

PACIFIC NORTHWEST
ASSOCIATION OF
MASTERS SWIMMERS

U.S. MASTERS
SWIMMING IN
WESTERN
WASHINGTON

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The WetSet

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JULY-AUGUST 2018

President's Message

By Sally Dillon, PNA President

USMS CEO Dawson Hughes paid a visit to the Seattle area this past week, meeting with various leadership groups in PNA. On Tuesday evening he met with BWAQ members Kim Boggs, Zena Courtney, Steve Freeborn, and Wendy Neely. On Wednesday, he met with PNA board members Kathy Casey, Jim Davidson, Arni Litt, Steve Peterson, Walt Reid, and me. Later that day he met with Sarah Welch and Teri White (USMS Officials Chair).

At the meeting I attended, Dawson reported that PNA is one of only 11 LMSCs in the country (there are 52) that continues to grow from year to year; something we are very proud of. He updated us on recent initiatives USMS has embraced, such as a new USMS website, College Club Swimming, and Club Finder. We also discussed areas where the national office can better assist our LMSC. It was a very informative meeting and we appreciate Dawson taking the time to come visit. Please reach out to me if you are interested in more meeting details.



I think it is likely that PNA has the most balanced membership in all of USMS! At our recent board meeting, it was reported that we have 1553 members; 777 are men and 776 are women! Most LMSCs have a higher percentage of men than women but over the last year or so, we have often had more women and the men have just recently caught up and gone ahead by one!

Finally, PNA submitted its bid to the USMS Championship Committee to host the 2020 Spring Nationals. There is one other bidder: San Antonio, TX. The committee will be **reviewing both bids, asking questions, and making a decision by early August. If we don't win the bid, we hope to be considered for 2021.**

Whidbey Adventure Swim

By Teresa Wiley

Saratoga Passage was deceptively calm when swimmers entered the water for the 8th annual Whidbey Adventure Swim on June 9. Within five minutes, the seasonal afternoon winds picked up, and whitecaps made the swim a bit more adventurous than usual.

The race, held on the south end of Whidbey Island in Langley, was the **first of PNA's open-water** season. Low Saturday tides in the month of June changed the customarily morning race to an afternoon one this year, but turnout was still good, with 62 swimmers competing.

Winning the 1.2-mile distance for the men's division was **Wayne Methner**, with a time of 33:17, followed by Kurt Johnson (37:01) and Sam Miller (41:05). Emma

Gaulke-**Janowski** won the women's 1.2-mile in 33:58, followed closely by Fiona Clausen (34:35) and Barbara Gomez (36:09).



Octogenarian swimmer Kirby Drawbaugh wins the Inn at Langley raffle prize.

Langley. Drawbaugh said the prize, which included overnight accommodations and 12-course, "prix fixe" dinner for two, guaranteed his return for next year's race.

Thank you to everyone that came out to swim, to those who cheered from the sidelines, and especially to those that helped make the event a success. Nothing beats the great attitude and spirit of fun in open-water swimmers. We'll see you next year!

The men's 2.4-mile distance was won by Kevin Jackson, in a time of 50:57, followed by brothers Lars Durban (55:27) and **Eric Durban (55:31)**. **Sue Phillips** won the women's 2.4-mile race in a time of 1:06:10, with Angela Bertrand (1:08:13) and Rondamarie Smith (1:12:45) taking second and third place, respectively.

Regardless of the windy conditions, fun and camaraderie remained steady for the duration of the race. Octogenarian swimmer Kirby Drawbaugh won the big raffle prize from the Inn at



The 2018 Whidbey Adventure Swim gets underway!



Seattle's Notorious Alki Swimmers.

Coach Needed!

Any local swim coaches out there looking to coach a great morning group of Masters swimmers?

The Snohomish Aquatic Center is looking for a dedicated morning Masters coach to work with a well-established and fun group of morning swimmers. Must be available Mondays, Wednesdays, and Fridays from 5:15-6:45am. See job description [here](#).

Interested applicants should contact Rob Serviss, the Aquatic Manager, at 360-563-1987 or robert.serviss@snohomishaquatic.com.

USMS 5K/10K

Sad news for the PNA swimmers who like to swim the 5K and 10K USMS postal events during the summer. The events must be swum in a 50-meter pool and a year ago we discovered that Colman Pool was no longer acceptable to USMS due to its salt water content. We were fortunate to be able to reserve pool time at the South Kitsap pool in Port Orchard; unfortunately, the movable bulkhead at that pool is now broken and the pool can no longer be set up for long course swimming. There is no plan for repairs at this time.

Three PNA swimmers traveled to Eugene, OR in May to take advantage of their pool time. Dan Kirkland (70) broke the national record for his age group by swimming a 2:34:31.04 in his 10K swim. His 5K split of 1:14:07.45 broke that national record as well. Another opportunity to swim in Oregon takes place Sunday, August 26 in Bend (9:30 AM start). Contact Bob Bruce at coachbobbruce@gmail.com to reserve a slot. Bend is a fun place to visit; especially in the summer!

King County Aquatic Center has the only pool in western WA available for the 50-meter postal events. It is challenging to schedule pool time there, but it looks like we will be able to reserve some lanes on Thursday, July 26 from 6-8 PM. If you would like to reserve a spot to swim the 5K at that time, please contact me at salswmr@comcast.net no later than July 7. Cost will be \$15 per swimmer, payable to PNA.

Swimmers have until September 15 to complete this event.



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Swimmer Spotlight

*Sally Dillon -- Commit, Contribute, Compete, Care and Conquer!
With Tom Walker of TWIM*

We as Masters swimmers know that all great swimming comes from the heart, from that seemingly insatiable passion that propels our body and soul as one always ever forward in the water. We know the commitment and determination required from us on a daily basis.

We know too that the people we remember most when all is said and done are those who give of themselves for the greater good of us all. These words describe this month's guest in the Spotlight, Sally Dillon, USMS Champion and the Queen of Volunteerism on behalf of the Masters swimming we all love so well.

Her list of accolades and accomplishments would require all of this month's issue of *The WetSet* to enumerate, but let me share just a few of the highlights:

- Sally has achieved 438 Individual USMS Top Ten rankings and 58 relay Top Ten victories.
- Sally has been awarded 11 All-American honors in in the pool, five in pool relays and 14 - yes, 14! - All-American honors in the Long Distance category.

The list of her contributions to USMS swimming both on a national and local level since 1979 or before is truly staggering, so again I will merely summarize. In a long list of her Volunteer achievements since that time, which in themselves are literally mind-boggling, she has been the recipient, along the way, of the ultimately prestigious 2002 USMS Dorothy Donnelly Service Award and the 2006 Capt. Ransom J. Arthur M.D. Award, U.S. Masters Swimming's top honor named for the founder of USMS.

And she continues to serve through this very day with her ongoing leadership roles for our beloved PNA. I could go on of course, but I won't because I need to tell you about the interview!

TW: So Sally, where and how did it all begin for you? Swimming, that is!
SD: Long Beach, CA – Pacific Coast Club (PCC). I followed in my brother's footsteps and joined the swim team at about age 8. Don't know for sure, but I have a few ribbons as a 9-year-old.

TW: Who were your early mentors and influencers?

SD: I loved my coach at Lakewood – Jerry



At Riverside Nationals in 2017. Clockwise from top left: Kathy Casey, Stella Preissler, Sally Dillon, Charlotte Davis.

(Continued on page 5)

Swimmer Spotlight (cont)

(Continued from page 4)

LaBonte. He was a really nice person and he emphasized technique, which influenced my own style when I founded the Truckee Tahoe Swim Team in 1979.

TW: What was it that drew you to swimming early on?

SD: The friends I made and the social activities at the PCC. It was on the beach and we would have fun hanging out and eating in the snack bar. There were Sunday dinners with live music – I fondly remember doing the polka with my dad and other dances (with me standing on his feet). The meets were fun too, but the social life was great! When we got older, there were teen dances and the pre-teens got to sit on the sideline and watch! It was a couple blocks down the beach to the famous Pike Amusement Park, which we would frequent often during the summer months to ride the roller coaster and stare at the Navy men!



TW: Tell us a bit about your swimming career.

SD: **Much to my mother's dismay, I really enjoyed competitive swimming. My 11-12 relay at the PCC set a couple of national records back in the '50's so that was very motivating. My family had to drop our PCC membership so I moved on to Lakewood Aquatic Club, which was a short bike ride from my home. (I was taking a bus to the club most days.) I eventually attended the AAU Women's Nationals in April 1962 (Arden Hills, CA). That summer I won a number of events at the Long Course Junior Olympics held at my then home club – Lakewood Aquatic Club. I met my first love on that team, too! But with no support from family and no college swimming to look forward to, I retired, just before my junior year in high school. I continued to swim in high school and then for three years at Long Beach City College. It was all "punch and cookies" for women's sports in those days.....never any awards or higher recognition. After a 3+ year break to get married and start a family, I returned to college at Long Beach State. My goal by then was to be a PE teacher (I had been teaching swimming to all ages for many years by then), so I talked with the college swim coach about training with the team to get more fit. College women were competing in AIAW sports before then (not NCAA – that was many years down the road). The coach said yes and the next thing I knew, I was not only training, but competing for LB State. I qualified to go to nationals twice and traveled to the University of Idaho and Penn State. Fun experiences for a "wife and mother" but I didn't qualify for any finals.**

TW: How and when did you find out about Masters Swimming?

SD: **During an exercise physiology class, I was paired with a fellow swimmer, Klaus Barth, to do a "research" project. He suggested we go down to the Belmont Plaza Olympic Pool and do some heart-rate tests on the Masters swimmers. I think my exact words were, "What are Masters swimmers?" I was totally unaware of the program. I quickly found out, met some wonderful and talented people (Maxine Merlino and Rita Simonton of Long Beach Masters to name a couple), and I was totally sucked in! This was the fall of 1972 and I started swimming Masters meets in early 1973 (while still swimming for college). As my good luck would have it, the SCY Nationals was being held in Santa**

(Continued on page 6)

Swimmer Spotlight (cont)

(Continued from page 5)

Monica, so I signed up. I was totally hooked after that meet. Masters gave me a “second chance” to be a swimmer. I had frequently regretted my early retirement in 1962, so Masters got me back in the water.

TW: What is it that inspires you about swimming and keeps you coming back for more?

SD: I’ve been inspired by friends and fellow competitors and the fun we have trying to best each other year after year. I’ve inspired myself when I’ve been able to put in the extra effort and have particularly good times and results. I’ve trained year-in, year-out for a long time and while the opportunity to have life-time best swims has long since disappeared, I still enjoy the chance to set new goals and join a new age group.

TW: How does swimming affect the rest of your life?

SD: Swimming has led me to a life of volunteerism. It is not all about what’s going on in the water. From the very beginning, I have been encouraged by others and drawn to volunteering to the administrative end of Masters Swimming. In Southern California, I served as LMSC Secretary and Top-10 chair (we filed cards from meets to determine the top ten times and typed the results each year – no computers). Representing Southern Pacific LMSC, I attended the USMS National Convention for the first time in 1976 (it was AAU back then). Once I moved north to the Truckee area, I founded not only a kids team (Truckee Tahoe Swim Team) but also with fellow swimmers, a Masters team – Sierra Nevada Masters. I also founded the long-running Donner Lake Open Water Swim in 1980 and a SCY Masters meet that was held in Truckee for 15 years. I attended occasional Pacific LMSC meetings (I lived 3.5 hours away and there were no conference calls in those days). In 1987, I once again was selected to be a delegate to the USMS convention, which I continue to attend. Since moving to the Pacific Northwest in 1997, I have served on our LMSC board in numerous positions (currently President). At the national level I have served as chair of numerous committees and also was elected to the USMS Executive Committee for four years. I don’t want to think about how many hours I have sat in meetings (in person or on the phone), but I have no regrets. Masters Swimming wouldn’t exist if it wasn’t for the hundreds and hundreds of volunteers around the country who sit on boards, organize meets, or contribute in many other fashions. I am proud of the contributions I have made to USMS for over 40 years and I don’t expect to stop any time soon.



With husband Glen.

TW: What are your most memorable moments as a Masters swimmer and of what are you the most proud?

SD: There have been many memorable moments over the years. I’ve been able to travel to some World Championship meets (Brisbane, Sheffield, Munich, Christchurch) and have brought home some gold medals as well as wonderful memories of traveling before/after the competitions. Since 1973 and until 2004, I attended one or both of the USMS national meets in all but five years (with mixed results, depending on where I was

(Continued on page 7)

Swimmer Spotlight (cont)

(Continued from page 6)

in my 5-year age group). Going to Nationals so often was like an annual reunion – such fun to see swimmers from around the country that have become friends. From the volunteer perspective, it was a thrill and an honor to be recognized and awarded the Ransom Arthur Award back in 2006.

TW: Tell us about your involvement with the PNA and how the organization has evolved over the years that you have been active.

SD: Before moving to the NW, I had already developed some friendships with PNA's leaders like Kathy Casey, who I knew from convention and swim meets. Although I lived on Whidbey Island, I was encouraged to join the LMSC board and made the trek to the Seattle area (sometimes Federal Way) for most of our meetings. I was retired so driving to meetings 11 times a year was doable.....and I hosted a couple meetings (sleepover retreats) at my home as well. PNA has always had dedicated volunteers to lead it so there hasn't been a lot of "fixing" needed. We have become more efficient as we have gradually reduced the number of our meetings to eight; half are held by teleconference. Over the last five years we have made significant changes to the LMSC organization by 1) reducing the size of the Board to 16; 2) revising the Bylaws; and 3) separating "Club PNA" from the PNA LMSC. Club PNA is now Puget Sound Masters (PSM).

TW: What is/are your favorite stroke/strokes?

SD: Freestyle and breaststroke. In my younger years I dabbled in the other strokes and IM. But my backstroke has never been efficient (very hard to do that stroke when you have a lousy kick). I could get a nice start on the fly and then be dead last by the end of the back.....even in a 100 IM! So while I swim back during workouts, I've retired my fly altogether and stick with free and breast when I compete. Unlike my youth, when I was a drop-dead sprinter, I like distance freestyle the best. I was in my 30's when that light bulb came on!

TW: What are your goals for the future as a swimmer?

SD: My goal is to keep competing until I outlive all my competition! I aged up in 2017 and that was lots of fun; I did well! The youngsters are catching me already so I'm looking forward to the next age group! Since I have been swimming for a really long time, my shoulders need TLC. One is particularly cranky these days (arthritis) but I'm sure it will get better with the PT that has been prescribed recently. Long term – I want to stay in the water for both workouts and the occasional competitions.

TW: So what do you do when you're not swimming?

SD: I do more volunteering! When I'm not doing Masters stuff, I am busy with projects that my Issaquah branch of the American Association of University Women (AAUW) takes on. As a long-time board member, I spearhead a bi-annual fundraiser and am also involved in our annual High School Scholars recognition program. I'm also a caregiver for my hubby, who suffered a spinal injury in a car accident back in 2003. We like to travel and often take road trips, such as to California to see family and friends or to Sun Valley a couple times a year. His three kids and our six grandchildren are in the Seattle area (except when they are off at college), so we like spending time with them as well. My son lives in SoCal; no spouse or kids so far.

TW: Good luck with that last project. Sally, on behalf of everyone here in the PNA and every USMS swimmer that you have inspired and nurtured along the way I want to say thank you!

Welcome New Swimmers!

Anderson, Holly
 Barbar, Xander
 Barkell, Leah
 Bell, Marissa
 Bigman, Jenny
 Bowley, Joseph
 Brine, Matthew
 Campbell, John
 Clark, Oliver
 Cramer, Theiline W
 Dailey, Travis
 Daly, Declan
 Davisson, Mackie
 Dobler, Judy
 Eide, Tina
 Frothinger, Linda
 Gamrath, Dave
 Garrett, Emily
 Gaulke-Janowski, Emma
 Gill, Sean
 Haigh, Timothy

Hanley, Melody
 Harper, Blake
 Harvie, Sandra
 Hass, Katie
 Haydon, Connor
 Hinds, Cynthia
 Klettke, Barry
 Koppelberger, Jason
 Kriegh, Leah
 La Paz, Maeselle
 Lawrence, Michelle
 Lee, Amourence
 Lehman, Nicole
 Lewis, Julian
 Li, Wei
 Lockhart, Walker
 Loman, Joshua
 Lu, Ruobo
 Lyon, Judy
 Metcalf, Tasha
 Milbradt, Carson

Miles, Chad
 Miller, Sam
 Moriarty, Katherine
 Mueller, Kaspar
 Myers, Nicki
 Nelson, Jenny
 Nikomborirak, Jakdej
 Opsahl, Bradley
 Perkins, Elizabeth
 Petersen, Diana
 Preston, William
 Pyell, Steven
 Richardson, Carolyn
 Rogers, Jamie
 Rousseau, Denise
 Schlimmer, Jacob
 Sievers, Colin
 Stoddard, Carter
 Weir, Sheila
 Wesley, Arthur
 Wiese, April

SAVE THE DATE! 2018 LAST GASP OF SUMMER

**SATURDAY
 September 15, 2018**

WATCH OUR WEBSITE
WWW.LASTGASPOFSUMMER.COM
 FOR REGISTRATION
 AND DETAILS

• 1 & 2 mile events
 in beautiful Angle Lake
 SeaTac, Washington

• Wetsuit & non-wetsuit
 divisions

**Last Gasp
 OF SUMMER**

WWW.LASTGASPOFSUMMER.COM

Board Highlights

June 5, 2018: PNA president Sally Dillon presided over the meeting, which took place via conference call. She reported a bid was submitted to host the 2020 Spring Nationals. San Antonio is the other site that submitted a bid.

Arni Litt provided a financial report and PNA's assets total \$60,773.81. There are 1,553 PNA members to date (777 men, 776 women).

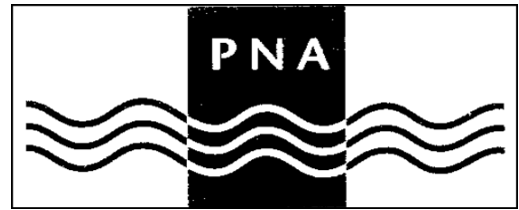
Jim Davidson reported all open water swims except the Last Gasp of Summer have been sanctioned with USMS. The first event for the year is coming up on Saturday, June 9 (Whidbey Island).

There was considerable discussion about the pros and cons of unattached swimmers scoring at the April PNA Champs meet. In the end, a subcommittee was formed, led by Linda Chapman, to make a recommendation. The subcommittee will present a recommendation at the July meeting.

The Board discussed whether we should have a PNA credit card. Arni and Dave Baer will meet to determine how a card should be used and report to the board at the July meeting.

Sally led a review of goals set one year ago, several of which have been met. The following is a summary of some of the goals:

- Meet attendance has increased this past year
- Aly Fell Open Water event is back on the meet schedule
- Social media communication has improved
- Progress has been made in updating policies and position descriptions; still ongoing
- Annual membership meeting was accomplished



PNA Voting Board Members

President - Sally Dillon

Vice President - Zena Courtney

Secretary - Jay Pearson

Treasurer - Arni Litt

At-Large Director - Kathy Casey

At-Large Director -

Isaac Contreras Sandoval

Bylaws - Hugh Moore

Meets - Linda Chapman

Membership - Stephanie Hiebert

Open Water - Jim Davidson

Appointed Director - Sarah Welch

Appointed Director - Bob DeWard

Club Director - Kim Boggs

Club Director - Doug Jelen

Club/Coach Coordinator - Steve Peterson

Coordinators/Standing Committees

Awards - Kerry Ness

Coaches - Wendy Neely

Fitness - Sarah Welch

Newsletter - Lucianne Pugh

Officiating - David Baer

Postal - Sally Dillon

Records/Top Ten - Doug Jelen

Social Media - Isaac Contreras Sandoval

Webmaster - Steve Peterson

Swim at Colman Pool!

It's not too late to enjoy the 50-meter saltwater outdoor Colman Pool!

The Green Lake Aqua Ducks invite all registered USMS swimmers to join them from 6:30-8am on Saturdays through September 5th (except July 14 and 21) to swim in this wonderful 50-meter, 8-lane pool.

Turnout at the swims so far has been great! Swim in a lane with others at your speed and never feel crowded. If you have never been in a 50-meter pool, this is your chance. Don't miss it! Bring an 18+ family member and get a 30-day USMS trial for them.

The fee is \$13 for all swimmers. The more people that show up at 6am to help take off the covers and put in the lane lines, the better. Refer to <http://www.gladswim.com/colman-pool.html> for payment methods and changes in the schedule and <http://www.seattle.gov/parks/aquatics/colman.htm> for directions to the pool.

It's a great swim and one of the few 50-meter pools in the area.



SAVE THE DATE

ALY FELL MEMORIAL OPEN WATER SWIM

800M | 2.5K | 5K | 10K

AUGUST 25, 2018

LAKE PADDEN | BELLINGHAM, WA

WETSUIT & NON-WETSUIT DIVISIONS
USA & USMS SANCTIONED

BELLINGHAM BAY SWIM TEAM FUNDRAISER
www.AlyFellMemorialOpenWaterSwim.com




Blue Wave Aquatics

SWIM OPEN WATER



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Puget Sound WA
Aug 5, 2018

3K / 5K
[www.
swimdefiance.com](http://www.swimdefiance.com)



in peaceful
Angle Lake WA
Sept 15, 2018

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[www.lastgasp
ofsummer.com](http://www.lastgasp
ofsummer.com)

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ADULT SWIM LESSONS • MASTERS SWIM TEAM
TRIATHLON TRAINING

2018 PNA Open Water Series



COMPLETED: June 9 - The series starts with the Whidbey Island Adventure Swim. This course is one long rectangle along the shores of Whidbey Island with 1.2-mile swimmers turning mid-course and 2.4-mile swimmers swimming to the farthest buoy and returning.
<http://www.whidbeyadventureswim.org/>

July 14 - The second swim is the Fat Salmon Open Water Swim. It's a 3.2-mile race along the Seattle shoreline of Lake Washington. The course runs south-to-north, generally between the I-90 and 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath I-90 and finishes at Madison Park. www.fatsalmonswim.org/



August 5 - Next is Swim Defiance, which re-enacts the 1926 Dalco Passage crossing. The race location is Owen Beach in Point Defiance Park on Commencement Bay in Tacoma, WA. There is a clockwise 5K triangular course swim beginning and ending at Owen Beach and a one-way 3K linear course swim from Vashon Island (after a 15-min ferry ride) to Owen Beach with competitive and non-competitive divisions. <http://www.swimdefiance.com>

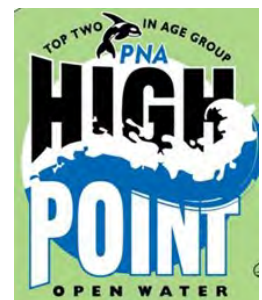
August 25 - The fourth event is the Aly Fell Memorial Open water Invitational held at Lake Padden in Bellingham, WA. Four distances will be offered (10K, 5K, 2.5K, and 1/2 mile) swum over a 1.25K course. <http://www.alyfellmemorialopenwaterswim.com/index.html>



September 15 - The series finishes with the Last Gasp of Summer. This race takes place at Angle Lake in Seatac, WA and includes 1- and 2-mile races on a rectangular course. One-milers swim one lap, two-milers swim two laps. www.lastgaspofsummer.com/

Enter more than one event and compete for The Open Water Series High Point Awards!

We will be tracking finishes again this year for the Open Water High Point awards. The awards honor the top two male and female swimmers in each age group. To be eligible, each swimmer must swim at least two of the PNA-sanctioned events. The more events swum, the more points accumulated. Points will be awarded to the top 10 PNA registered finishers in each event swim. One Event registrants are not eligible. Wetsuit swimmers score points separately from those not wearing wetsuits. At the end of the season, points will be tallied and awards will be sent to the winners. See the PNA website for rules.



Win a *blueseventy* Reaction Wet Suit

Each race entry will earn you one ticket into the drawing for a *blueseventy* Reaction Wetsuit (either full or sleeveless at the winner's preference).



PNA Open Water Series sponsor

Fat Salmon Open Water Swim

DISTANCE: 3.2 miles

DAY AND DATE: Saturday, July 14th 2018

SANCTIONED BY PNA for USMS # 368-002

HOSTED BY: Orca Swim Team

LOCATION: Lake Washington from Day Street Park to Madison Park along the western shore of the lake.

COURSE: In water start immediately offshore from Day Street boat launch, finish across timing mats on shore at Madison Park; participants will need to ascend 4 stairs at the completion of this race. Water temperatures are typically in the high 60s or low 70s during the summer but can vary significantly; be prepared for a cold swim. Course will follow the western shore of the lake in a straight line marked with buoys approximately every ½ mile.



TIME:

- 6:00 AM Swimmer Check in opens
- 7:00 AM Swimmer Check in closes
- 7:10 AM Mandatory swimmer Safety Briefing
- 7:30 AM Swimmers depart for Day Street via carpools
- 8:15 AM Race start; swimmers will be sent off in five separate waves scheduled every 3 minutes.

RACE DIRECTOR:

Meg Meinerz
919.672.8542

racedirector@fatsalmonswim.com

ELIGIBILITY: Open to all 2018 registered Masters swimmers (USMS or MSC) 18 and above as of 7/14/18. Competitors not registered may sign up for a \$22 One-Event USMS registration. Non-PNA registered swimmers must provide proof of their Masters membership card at check-in.

RULES: Current USMS rules will govern this event. Wetsuits and full-body swimsuits are allowed in the wetsuit division. No additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.). Swimmers will have two hours to complete this event; any swimmer more than 250 yards from shore at 1:40 minutes will be pulled from the course.

SAFETY: Lifeguards and safety boats will monitor the entire course. All participants MUST attend the safety meeting. Kayaks will assist with escorting swimmers along course and provide assistance in event of an emergency.

AWARDS: All participants will receive a T-shirt as a participation award; age group awards will be provided as ribbons to top finishers from each gender and age division.

ENTRY FEES:

- \$70 early (May 1st-May 31st)
- \$80 on time (June 1st-June 30th)
- \$90 late (July 1st-July 10th)
- \$100 same day, if available.

ENTRY DEADLINE: Online entry only! It opens May 1st at 12:00 (midnight) PST; closes on July 10th at 11:59PST. If spots remain, will be available on first come/first serve basis for same day registration.

ONLINE ENTRY: [Click Here](#)

PAPER ENTRIES: Not accepted

RESULTS: Posted in person at race site; will be electronically posted to www.fatsalmonswim.com/results as they are collated.

DIRECTIONS: Checkin + safety meeting at Madison Park Beach (43rd and Madison; from I-5 exit at Madison Ave and continue east until it terminates at 43rd. Beware parking is limited in this area due to residential congestion; we recommend carpooling when possible. Swim start is accessible via carpool, located at Day Street Park (1400 Lakeside Ave) and can be found from the start by following Lake Washington Blvd south to the I-90 bridge; the park is located immediately underneath this bridge. Parking will be limited in this area as well, please carpool when possible.

ADDITIONAL INFORMATION: Please stay after the event and support the great Madison Park businesses that help sponsor this event! Sponsoring organizations can be found on our website at <http://www.fatsalmonswim.com>

LINKS: <http://www.fatsalmonswim.com>



SWIM DEFIANCE 3K and 5K Open Water Swim
Sunday, August 5, 2018
PNA/USMS Sanction: 368-W004
Host: Blue Wave Aquatics

LOCATION: Owen Beach, Point Defiance Park, Commencement Bay, Tacoma, WA 98407.

EVENTS: 3K swim (w/Julie Memorial Swim) OR 5K swim.

COURSE: Re-enacts the 1926 Dalco Passage crossing. Out and back 5K triangular course swim OR one-way 3K linear course. Water temp is estimated at 54-59F. Water jugs provided for rinsing at finish. Metro Parks restrooms and change tents/portable toilets at start/finish area.

TIMELINE:

- 9:30am: Check-In
- 10:45am: Mandatory Competitor Safety Meeting near start
- 11:15am: 5K swim starts
- 12:15pm: 3K swim starts after 11:45am WA State Ferry

RACE DIRECTOR: Zena Courtney, cell 206-651-0823,
<mailto:swimdefiance@bluewave-aquatics.com>.

ELIGIBILITY: Open to all 2018 registered Masters swimmers (USMS or MSC) 18 and older as of Aug 5, 2018. Competitors not registered may sign up for a \$20 One-Event USMS registration.

RULES: Current USMS rules will govern this event. Neoprene wetsuits, swim safe buoy and race provided caps are required, unless swimmer has pre-approval, email race director for wetsuit exemption form. Time limits are enforced as follows: 2-hr limit (3K) and 3-hr limit (5K).

SAFETY: Certified Lifeguards/Tacoma Maritime Institute/Law Enforcement safety boats will monitor the entire course. Body marking required on hands. Competitors must wear a high visibility swim buoy (purchase info on website), the color-coded race cap, and race chip provided by the host. Lost chip/\$20 charge.

AWARDS: Custom participant award and cap to all competitors. A random drawing of merchandized prizes for participants and volunteers will be held while waiting for the last person to finish. Custom event awards for male and female in each event. 1st-3rd place vintage medals will be presented to men and women in age groups 18-24, 25-29, etc. Scrumptious pre/post-race refreshments and extra sponsor kudos for recycle and beach pick-ups!

ENTRY FEES: \$12 Early Bird Discount: May 6-Jun 1, 2018 \$80 -3K short course swim, includes ferry crossing fee \$80 -5K long course swim. Add \$15 for day of race entries w/copy of 2018 USMS registration card. Long sleeve perf. T-shirt available for purchase (\$28/\$33).

ENTRY DEADLINE: Race registration closes at 11:59 pm Pacific on Thursday, 8/2/18. 300 max swimmers.

ONLINE ENTRIES ONLY: Opens 5/6/18. See link [here](#).

RESULTS: Preliminary results available on race day and final results posted at <http://www.swimdefiance.com>.

NEW DIRECTIONS: FROM SEATTLE: Take I-5 SOUTH to Tacoma. Take exit 132B for WA-16 west toward Bremerton. Stay on WA16 for approximately 3 miles to Exit 3 for 6th Ave toward WA163 N/Ruston. Turn left at end of off ramp onto 6th Ave. Take the 1st right onto N Pearl St. Go 3 miles on N Pearl Street to stoplight at N51st Street. Turn left on N51st, go 0.5 mi and follow bend to right as it become Mildred Street. Continue straight onto Mildred St for 0.2 mi. to top of hill. Turn right at stop sign on Mildred St/Five Mile Drive. Go 0.1 mi to next stop sign, turn right at stop sign to stay on Five Mile Drive. Go 249 ft and turn left at next stop sign to stay on Five Mile Dr. for 0.3 mi, Turn left at next stop sign to continue on Five Mile Road for 0.5 mi, Turn right onto Owen Beach Rd. NO PARKING in CARPOOL spot.

FROM OLYMPIA: Take I-5 NORTH to Tacoma (about 26 miles). Take exit 132 for S 38th St. Keep left at the fork, follow signs for Washington 16W (WA-16)/Gig Harbor/Bremerton for 1.0 mi. Keep left to continue on WA-16 west for about 3.0 mi to Exit 3 for 6th Ave toward WA-163 N/Ruston. Continue using Seattle directions (see above).

LODGING: Info on website: www.swimdefiance.com.

RACE DETAILS: The 5K electronic chipped swim is a triangular course that starts in the water at Owen Beach at 11:15am by designated buoy, proceeds north toward Vashon Island toward *new* onshore strobe light, makes two right hand turns around the outside of two tall yellow cylindrical buoys at 1.5 miles, and then heads south back to Owen Beach. The 3K swimmers will carpool from the finish area to walk on the 11:45AM Tahlequah (WA State Ferry), and enjoy a 15 minute ride to Vashon Island/use toilets onboard. Upon arrival, they enter water at the beach just west of the ferry terminal for the start at approximate 12:15pm. All swimmers will finish at Owen Beach with a short run across a timing mat.



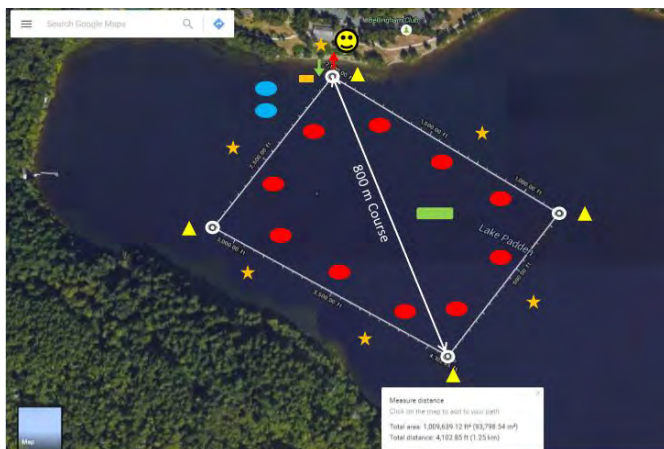


Aly Fell Memorial Open Water Swim

SWIM DISTANCE: 10K, 5K, 2.5K or 800m
Wetsuit and Non-Wetsuit Divisions
SANCTIONED BY PNA for USMS # TBA
DAY & DATE: Saturday August 25th, 2018
HOSTED BY: Bellingham Bay Swim Team

LOCATION: Lake Padden – West Entrance
Lake Padden Park, 4882 Samish Way, Bellingham
WA

COURSE: 1.25K rectangular Course for 2.5K, 5K &
10K. Out and back for 800m race.



SCHEDULE:

8:00-8:30am: Check In
8:45am: pre-race MANDATORY safety meeting for
all swimmers.
9:00am: 10K Race
9:10am: 800m Race
9:20am: 5K Race
9:30am: 2.5K Race

SAFETY: Lifeguards, Safety Boats(s), Kayaks and
Paddleboards will monitor the entire course and
provide assistance in case of an emergency.

ELIGIBILITY: Open to all 2018 registered Masters
Swimmers (USMS or MSC). Competitors not signed
up may sign up for a \$22 One-Event USMS
registration.

RULES: Current USMS rules will govern this event.
Swimmers must wear swim caps, race chip and hand
markings given at registration. Time Limits will be
enforced as follows: 10K – 3 hours, 5K – 2:10 hours,
2.5K – 1 hours, 800m – 35 minutes.

ENTRY FEES:

10K: \$70
5K: \$60
2.5K: \$50
800m: \$30

Registration includes a participation souvenir and
post-race refreshments. Day of Race Registration will
be available for an additional \$10 if space permits.
Canadian swimmers will be charged according to the
CAD/USD exchange rate.

ONLINE REGISTRATION: Now open on our website:
www.alyfellmemorialopenwaterswim.com

ENTRY DEADLINE: Registration ends August 23rd,
2018 at 11:59pm, or when the event maximum of 200
swimmers is reached.

RESULTS: Posted at the event and available on the
website the following day.

AWARDS: Medals will be presented to the top three
finishers from each gender and age group for both
wetsuit and non-wetsuit divisions.

ADDITIONAL INFORMATION: This event is
dedicated to Aly Fell, a young swimmer from
Bellingham Bay Swim Team, who tragically lost her
life in a car crash while on a team trip. Just days
prior, Aly had competed in her first open water swim
at Lake Padden, and at age 15 took first place in the
**women's division and third overall – at just 5'2" you
can see how she earned the nickname "Swim Felly
Fierce"**.



2018 Last Gasp of Summer Open Water Swim

One and Two Mile Events
Saturday September 15th, 2018

Sanctioned by PNA for USMS Inc.
Hosted by: Blue Wave Aquatics

LOCATION: Angle Lake Park 19408 International Blvd, Seatac,
WA 98148

COURSE: The course is a rectangular course. One mile swimmers
swim one lap and two mile swimmers swim two laps. The lake
temperature averages in the high 60's in mid-September.

EVENTS: 1-mile wetsuit / non-wetsuit, 2-mile wetsuit / non-wetsuit

CHECK-IN: Check-in will open at 8:30am. No late check-ins will be
allowed.

TIME: 1 and 2 Mile Swims

8:30am	Registration opens
9:30am	MANDATORY Safety Meeting
9:40am	Chip check-in and warmups
10:00am	Start USA 2 Mile Swim
10:05am	Start USMS 2 Mile Swim
10:10am	Start USA 1 Mile Swim
10:15am	Start USMS 1 Mile Swim
10:20am	Start Julie Montiel Fun Swim
11:00am	Start USA 500 Meter swim at the conclusion of the 2 Mile Swim

ELIGIBILITY: Open to all 2018 registered Masters swimmers
(USMS or MSC). The eligibility of a swimmer shall be determined
by the age of the swimmer on Dec 31st of the year of competition,
except for 18-year-olds, who must be 18 on the day they swim.
Competitors not registered may either register for USMS or pay the
USMS one-day membership fee of \$22.

RULES: Current USMS rules will govern this event. The use of
neoprene wet suits or other nonporous attire is allowed. No
additional devices to help speed, pace, buoyancy, or endurance
are allowed (such as webbed gloves, fins, snorkels, etc.).

JULIE MONTIEL FUN SWIM:

Fins, snorkels, masks, and safety buoys are allowed. Hand
paddles are NOT allowed. This swim is not an official USMS timed
swim and your times will not be eligible for submission.

SAFETY: The course will be marked with large buoys. Fire Dept.
power boat, kayaks, and lifeguards will be located along the
course. Swimmers must wear the swim caps furnished at check-in.
A mandatory safety meeting will be held before the event start.
More at: <http://www.LastGaspofSummer.com/safety.aspx>

TIMING: Timing for this event will be provided by BUDU Racing.

AWARDS: Participation gift for all swimmers. 1st place award to
top men and women finishers in each age group in each event (1
mile no wetsuit, 1 mile wetsuit, 2 mile no wetsuit and 2 mile
wetsuit). Overall award to man and woman in each event.

ENTRY FEES:

\$60 – Early entry before Sept 1
\$70 – Sept 2 thru Sept 13
\$80 – Day of race entry
\$22 – One-Event USMS registration (see eligibility)

*There will be NO refunds if the race must be cancelled due to
adverse conditions, dangerous waters, or other safety
decision or act of God. Online entries are non-refundable and
non-transferable.*

ENTRY DEADLINE: Online registration opens on Sunday, July
15th and closes at 11:59pm PDT on Thursday, September 13th (or
SOONER if race has sold out). Maximum 300 swimmers.

ONLINE ENTRY: To register online go to
[https://www.clubassistant.com/club/meet_information.cfm?c=1449
&smid=10807](https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=10807)

PAPER ENTRIES: Day of the race only.

RESULTS: Posted onsite after the race. Available online within a
few hours on website at
<http://www.LastGaspofSummer.com/results.aspx>

DIRECTIONS: From I-5: Take the South 188th St exit (#152); drive
west 1 mile; turn left onto International Blvd (aka Pacific Highway
South); drive south .5 miles; turn left on South 195th St into the
park. Plenty of free parking.

ADDITIONAL INFORMATION: Angle Lake is an L-shaped
community lake in the heart of SeaTac, about 1 mile south of
Sea-Tac Airport. The park has a large beach and picnic area.
Restrooms and changing areas are available. Picnic lunch will be
free to all swimmers after the race. Family members and friends
are welcome, donations accepted.

RACE DIRECTOR: Eric Durban
lastgaspofsummer@BlueWave-Aquatics.com or call
206 423-8043

REGISTRAR: Angela Turley, 253-797-4920
Registrar@BlueWave-Aquatics.com

LINKS: More information available at
<http://www.LastGaspofSummer.com>

PNA GENERIC ENTRY FORM

COMPETITION ENTRY INSTRUCTIONS

Pacific Northwest Association (PNA) Sanctioned Swimming Competitions

AGE GROUPS

Entrants must be at least 18 years old to compete.

Individual Events: 18-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 18+, 25+ and subsequent ten-year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

Short Course (meters) and Long Course Relays: 72-99, 100-119, 120-159, 160-199, and 40 year increments as high as necessary. The aggregate age of the four relay members shall determine the age group.

ONLINE ENTRIES – EASIEST and BEST Method!

PNA encourages online entries for all of its sanctioned competitions via Club Assistant. The link for each meet's online entry can be found within the description of the meet found elsewhere in this newsletter and also via the Calendar section at www.swimpna.org.

PAPER ENTRIES

Read the following instructions before using the Consolidated Entry Form at the bottom of the page to "paper" enter PNA sanctioned meets. For specific information on each competition, see elsewhere in this newsletter. The link for online entries will be located with the meet specifics found elsewhere in the WetSet. Current USMS and PNA rules govern all swim meets.

ALL COMPETITIONS

Entry Procedures: Read the specific info for each competition. Swimmers not registered with PNA must include a photocopy of their Masters Swimming registration card. Individual event information must be completed in the designated area on the form.

Check-in Requirements: Swimmers may need to check in at meets and in accordance with meet specifics.

POOL COMPETITIONS

Relays shall be entered at the meet using cards provided by the meet host.

Strictly forbidden: **Entering more than five individual events per day;** Using hand paddles in warm-up areas; Diving in warm-up areas unless in designated sprint lanes; Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS (OW)

Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of using soft hand paddles or fins for prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing a highly visible cap is mandatory. Each course is patrolled by safety craft and unless specifically stated, individual escorts are not allowed. A cut-off time will be enforced. If awards are given, swimmers using non-porous neoprene swimsuits, wetsuits, or other non-porous attire will compete in separate divisions from those wearing traditional swimsuits.

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GENERIC ENTRY FORM • PACIFIC NORTHWEST ASSOCIATION

Name: _____ Sex: M F Birthday: __/__/____ Age: _____
Address: _____ City: _____ State: ____ Zip: _____
Email: _____ Phone: _____ USMS #: _____
Local team: _____ or UNAT: _____ USMS Club: _____ Club abbr: _____
Emergency Contact: _____ Phone: _____ T-shirt size: _____

Event #	Distance/Stroke	Entry time	Event #	Distance/Stroke	Entry time
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Name of Meet _____ Date of Meet _____

This is my first Masters meet

USMS Waiver form on next page MUST be completed and signed in order to compete. Read form, complete and include with your entry.



PARTICIPANT WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

- 1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Table with 5 columns: Last Name, First Name, MI, Sex (circle) M F, Date of Birth (mm/dd/yy). Includes rows for Street Address, City, State, Zip; Signature of Participant; Date Signed.

PNA Calendar

PNA-SANCTIONED OPEN WATER EVENTS:

- 7/14 - [Fat Salmon](#)
Seattle, WA
- 8/5 - [Swim Defiance](#)
Tacoma, WA
- 8/25 - [Aly Fell Memorial Swim](#)
Bellingham, WA
- 9/23 - [Last Gasp of Summer](#)
Angle Lake Park, SeaTac, WA

2018 USMS EDUCATION CLASSES:

- 9/15 - Coach Certification Levels 1-2
Portland, OR
- 9/15 to 9/16 - [Clinic Course for Coaches](#)
Portland, OR
- 9/16 - [Stroke Development Clinic](#)
Portland, OR

POOL EVENTS:

- 7/12 to 7/14 - [Seattle Senior Open](#)
Seattle, WA
- 7/15 to 7/31 - [USMS Summer Challenge 2K](#)
through 9/15 - [USMS 5K/10K Postal](#)
- 9/15 to 11/15 - USMS 3000/6000yd
Postal

[Search USMS
Calendar of Events](#)



(Paid advertisement)



Discover the joy of open water swimming

<http://say-yes-to-life-swims.com/>

- 7/28 - [The Jewel of the Northwest: Wilderness Adventure Swim](#)
- 9/8 - [The Fresh Water Frolic: Wilderness Adventure Swim](#)
- 9/15 - [Seattle's Annual 10K Invitational Open Water Swim](#)
- 10/6 - [Seventh Annual Awesome Alki Bash](#)