

PACIFIC NORTHWEST  
ASSOCIATION OF  
MASTERS SWIMMERS

U.S. MASTERS  
SWIMMING IN  
WESTERN  
WASHINGTON

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# The WetSet

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## President's Message

By Sally Dillon, PNA President

In the July issue I reported that PNA had submitted a bid to host the 2020 USMS Spring Nationals. We last hosted a national championship in 2007 so we are long overdue to bring the event back to the Seattle area. Unfortunately, we were not selected, and the meet will instead take place in San Antonio, TX. While this is disappointing news, we were encouraged to bid again; the Board voted at its 10/27 meeting to bid for the 2021 SCY National Championship!

**In case you didn't know, the first Masters national championship took place in 1970 in Texas (Amarillo), so it is rather fitting to celebrate 50 years of Masters Swimming so close to where it all began. If you're at all interested in historical documents, you can see the results of the Amarillo meet online [here](#).** There were 10 teams entered and the two-day meet went pretty fast. Warmups started at 10:30 am with the meet starting at noon. It looks like the meet lasted just a few hours each day. Fast forward to May of 2018, which was the 49th annual SCY national meet and set a record for the most participants. Warmups began at 0-dark-thirty and the days were long.



**If you're interested, go to [this link](#) to view the results for every USMS National Championship meet. And speaking of championship meets, there are three significant ones being held in 2019:**

- **Spring Nationals (short course yards) will be in Mesa, AZ, April 25-28**
- **Summer Nationals (long course meters) will be in Mission Viejo, CA, August 7-11**
- **FINA World Championships (long course meters) will be in Gwangju, South Korea, August 5-16**



# Cheadle Wins National Award

April Cheadle, U.S. Masters Swimming 2018 Coach of the Year  
By Ken Bennett, BAM Booster Club Board Member

The secret is out. Bainbridge Aquatic Masters Coach April Cheadle - recognized and celebrated by USMS swimmers around the Puget Sound - is now in the national spotlight.

On September 29, Cheadle was named 2018 USMS Coach of the Year at a packed awards banquet at the United States Aquatic Sports annual convention in Jacksonville, Florida.

**There's no question Cheadle has the background, expertise, and well-earned credentials of an elite US Masters Coach.** A lifelong swimmer herself, Cheadle swam for the University of Washington, qualified for the Pac-10 Championships all four years, and earned a spot on the NCAA 800 freestyle relay team. One of only 29 USMS Level 4 Certified Coaches in the nation, **she's attended and taught countless clinics and training seminars and guided hundreds of swimmers through meets of all sizes—from small regional competitions to international events.** A two-time recipient of the PNA Coach of the Year Award and the prestigious USMS Kerry O'Brien Coaches Award, she's also no stranger to tributes and accolades.

But to really understand what makes April special to the people she coaches and leads in meets, and why Bainbridge Aquatic Masters (BAM) has grown from 69 to 180 swimmers in just a few years, you have to talk to the athletes April coaches. April has served as Head Coach to Puget Sound Masters at both short-course and long-course USMS national meets six times since 2012, and the following praise comes from those national athletes and BAM athletes.

**"For April, coaching is not just about conditioning and times and places, she truly cares about the swimmers as people. My experience at Nationals is always bettered by April's presence. When April is the coach, I know everything will go great!"**

—Rick Colella, May 31, 2018  
Lake Washington Masters and Puget Sound Masters

**"I just want to say what an absolute privilege it is to have Coach April represent PSM at the nationals. My swimming has greatly improved from the on deck help she was able to give and from the after race video review. I can't say thanks enough, or give adequate praise and acknowledgment for the great work she does."**

—Tom Fritschen, May 31, 2018  
TWIM (Team Walker International Masters)



*April Cheadle was named 2018 USMS Coach of the Year at the United States Aquatic Sports annual convention.*

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## Cheadle Wins National Award (cont)

(Continued from page 2)

“April can have 20 people in the pool swimming along and no matter which one of those 20 people you are, you will feel like you are the only one that April is paying attention to. She has a true gift for keeping all the members of our pod fine-tuned at the same time. She is one of the **most amazing people I have ever known.**”

—Connie Waddington, BAM

“April is an amazing coach and is there for support through thick and thin, especially injuries, surgery, and challenging returns to the water. She even shows up for open water workouts at Wildcat Lake in the worst of weather! Her steady and nurturing feedback have made a huge **difference in my life. I can’t thank her enough.**”

—Eileen McSherry, BAM

“April has become a shining light in my life since the first time I tried a Masters class. No one — NO ONE — could juggle her exquisite attention to each swimmer’s needs (e.g., age, disability, anxiety) the way she does.”

—Carole Kant, BAM

Cheadle says she looks forward to growing the BAM program—now with the help of two outstanding assistant coaches, Kate Carruthers and James Stretch—and is excited about the year ahead. “I’m deeply honored for the **opportunities and relationships I’ve developed through coaching both BAM and in the Pacific Northwest. This award truly represents all the amazing athletes and coaches who have invested in United States Masters Swimming, and value the benefits of our great sport! Thank you for being an integral part of this humbling award!**”

*Editor’s note: Click [here](#) for a link to a Kitsap Sun article about Cheadle.*



Cheadle with PNA President Sally Dillon.

## Butterfly Clinic - January 27

**Stanwood-Camano Masters**

is hosting a

**BUTTERFLY CLINIC**

Sunday, January 27, 8am-noon

at the Stanwood-Camano YMCA

*This clinic features USMS Coach of the Year April Cheadle teaching the stroke mechanics of butterfly.*

*Clinic will include drills, body positioning, breathing, kick, and dryland exercises to reinforce the stroke.*

*Cheadle uses stroke progression style coaching that accommodates all levels of ability and swimmers will receive individual evaluation.*

*Cost is \$55.*

# Swimming the English Channel

Nothing Great is Easy

by Zena Courtney, with Robin Davis and Pat Duggan

*Just before sunset on October 4, 2018, the two-woman relay team of Robin Davis and Zena Courtney reached the shores of France after a 12-hour, 18-minute grueling crossing of the English Channel. The two dubbed themselves Whitney's Wynners in honor of Whitney Wynn, a young woman in Bellingham who is fighting a rare form of adrenal cancer. Here is Zena's recap of their momentous swim.*

My day started early at 4am with a quick cup of instant joe (English style), 800 mg of ibuprofen, oatmeal, and hot chocolate. Three of us - Coach Carol Breiter, Robin Davis, and I - sauntered off in the dark to the harbor to meet up with the Sea Leopard and crew at 5am for the adventurous day ahead. Luckily, we stayed in Dover, a 20-minute walk to the harbor (thanks, Coach Carol!), so my "getting to the start on time" anxiety could be managed by running to the harbor, if necessary. I was strangely awake and not queasy like I am when I have to get up early for triathlon races. How is it we had so much stuff for a second trip to the boat? Good thing we had six hands and a roller suitcase!



*Dock at the start*

We met our crew for the day, arranged by our stalwart Sea Leopard Captain, Stuart Gleeson. Stuart is a good-looking, easy-going, early 40-ish captain with a great sense of humor and a sincere interest in the welfare of his swimmers. Also aboard was his assistant Sean to help pilot the boat and Sarah Oldrey as our official Channel Swimming Association observer. Sarah is committed to swim the Channel solo next July with our same boat.

After introductions and unceremoniously unpacking our suitcase and bags all over the back of the vessel, we intrepidly motored off into the dark to Samphire Hoe, which is a beach just south of Dover created from the material excavated from the rail Channel Tunnel between England and France. Once we arrived, I was adorned with a blinking light on the back of my goggle strap, a large chem-light tied to the back of my suit and **Carol's special grease smeared on my heat-loss-vulnerable parts to stay warm.** Then I jumped off a perfectly good boat in the dark and swam to a spotlight on the shore. My heart was racing and I felt so alive; I gave a "Whoop" scream once I surfaced from my jump! What a rush!

I found the 62°F salty water cold but not unbearable, much like the sensation of my Strait of Gibraltar swim and totally colder than the waters around Alcatraz Island. Those Puget Sound swims in 55-58°F water really do work to acclimatize! After I finished stumbling up the pebble beach, I bowed to the crew to acknowledge the "Start of the Show".....or was it my Japanese heritage showing? Next up was to return to the water and swim back to the Sea Leopard after the starting horn sounded. It was eerie swimming in the dark and once I got to the boat, I swam next to a spotlight that I was convinced would invite unspeakable sea creatures to come over and investigate. My stroke rate was 77 strokes a minute, much faster than my 60-second sprint 100 free turnover of 70 strokes! Eventually the sun rose and I was finally able to relax, exhale slowly, and enjoy the beautiful sky.

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## Swimming the English Channel (cont)

*(Continued from page 4)*

It turned out to be a warm, mostly sunny autumn day on the water, where I swam a total of six hours in one-hour increments plus the 18-minute finish leg; my teammate Robin Davis swam the other six one-hour legs. The strait between England and France measures 33 kilometers (21 miles) at its narrowest point. The tidal current in **the English Channel can range up to six knots that can flush away a swimmer's attempt with no warning.** That's the reason why no one swims to France in a straight line, instead following a curved route. First the high tide pushes the swimmer in a northeasterly direction, and then the ebb tide pulls them back to the southwest. Swimmers who make it across the Channel have in fact swum at least 44 kilometers (27 miles). It's also one of the world's busiest shipping lanes, with about 500 ships passing through it every day, hence the need for a good boat pilot (as they call themselves). We have several photos of Robin racing a ferry and even though we ended up crossing the ferry lanes several times, we never had to stop due to the excellent piloting skills of Captain Stuart.



*Wearing lights and getting greased!*

Swimming across the Channel is indeed an extreme experience, a test of will and a personal challenge. There is folklore that the Channel has a spiritual presence. My teammate had seen to address that aspect by offering her mermaid medallion to **Lady Channel the day before the swim. She gave thanks and expressed respect to the spirit's great powers, which I'm sure helped us with a successful crossing.**

Of course, the premier accomplishment remains the solo swim across the English Channel. In 1875, Englishman Captain Matthew Webb earned his title of the first observed and unassisted swim across the English Channel. He did not have the benefit of modern swim technology such as tech suits, swim caps, pilot craft with GPS and defibrillators. **His was indeed a mighty feat and set the high bar for today's Channel aspirants.**

Open Water Swimming continues to grow in popularity with swim events held yearly around the world. Yet, conquering the English Channel still stands as the Holy Grail of marathon swimming. Each year hundreds of swimmers attempt a solo crossing from England to France. Although determined and well trained, many do not make it. The Channel holds many secret and unexpected tests for every swimmer. The notorious weather, fickle tides, exhaustion, and seasickness pose daunting challenges to even the best of swimmers.



*Food & supplies.*

Robin Davis, originally from Normandy Park and who grew up swimming with the infamous PNW Lautmans, had put a call out on the Western Washington Open Water Swimmer Facebook page for someone to join her as a relay since health issues prevented her from adequately training for a solo attempt. Robin is a previous Penticton Ironman finisher, as well as an accomplished concert violinist and graduate of the Paris Music Conservatory! She is also an excellent cartoonist, depicting her wild brain idea to do the English Channel swim with a humorous sketch of gentle rolling seas and dolphin escorts in the tropical sun - WRONG!

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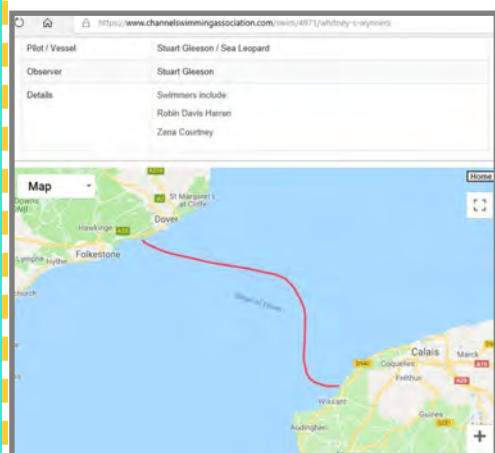
## Swimming the English Channel (cont)

(Continued from page 5)

Fresh off my successful Strait of Gibraltar swim, I bravely responded to Robin's Facebook post. It turns out that I could use my three-hour Gibraltar swim for the "same year two-hour 60°F or colder" qualifying swim required for a relay. Robin had previously hired marathon swimming Coach Carol Breiter from California, of pre-Title 9 EC crossing fame (she had been pulled unconscious from a failed solo attempt, came back with a successful France to England solo, and participated in several relays). Coach Breiter boasted a 100% coached success rate. My Stanford swimming connections came in handy as we had many California swimming friends in common, so I was given the thumbs up to join. It turns out Carol, Robin, and I were all within three years of age, but had such dramatically different experiences that brought us together for this amazing adventure. Since Robin had already paid most of the required fees, there was only the remaining £1,800 (approx \$2,400) boat charge that she asked me to split. She is a very generous, kind, and musically talented soul. All I had to do was arrange for more time off work, convince my husband to agree to me jetting off to Europe again without him, continue my creative time management to attend more physical therapy and massage appointments needed for my aging shoulders, and quickly come up with \$1,200. Easy, right?

So, back to the swim! I was surprised by the beautiful turquoise water and by the lack of any wildlife during all my swim legs, after hearing about possible Lion's Mane jellyfish and debris in the area between shipping lanes. What did prove distracting were the white flecks dancing in the sea that tended to mesmerize me if I gazed too long. I had to make a concerted effort to stay focused on speed and efficiency; after all, we told everyone about our swim and we knew they were following us on the live tracker, especially Whitney and my husband, who were up all night silently rooting us on. Robin even decorated her cap with the Wonder Woman symbol (all Ws for Whitney) to keep up our motivation. And Carol drew a Wonder Woman 'W' on her spiral-bound art paper pad to flash at us in the water.

We made great time, leaving the White Cliffs of Dover behind, before encountering the dreaded tide change. Then it was eight plus hours of four-to-five-foot swells in the neap tide transition to low tide that rivals the Wild Thing roller coaster at Wild Waves. Consequently, even with my pathetic over-the-counter seasick herbal



patches firmly in place, I was unable to keep any food or liquids down for many hours until we finally arrived in the shallows outside France. Robin and I both remarked that it was hard to rustle up songs to keep our minds occupied during our one-hour swims. It was all we could do to keep ahead of the sporadically moving boat to stay out of its diesel fumes puffing out the stern. The engineer in me asks why the boats don't have a motor that can putt along at a swimmer's pace or even a filter to screen out those diesel fumes? (Might be a possible retirement project for me!) I had previously made colorful signs on our art paper pad to count down the minutes of each relay leg - 30, 15, 10, and finally 5 - that Coach Carol faithfully shared with Robin and me during our swims. Carol herself endured 12-plus hours of diesel fumes and suffered her own bouts of seasickness (even

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## Swimming the English Channel (cont)

*(Continued from page 6)*

though she too had taken her medication) to steadfastly keep her eyes on us at all times; that's why she is such a great coach.

The first 30 minutes went by seemingly fast, maybe even the next 15. The last 10 and five minutes seemed like an eternity. I tried to use the observer's 68 strokes a minute rate (this seemed to be my observed comfortable long-distance stroke rate) to count to 68, five times. Sounds easy right? Well, my engineer brain had a hard time remembering which cycle of five I was on, but at least I was able to distract myself temporarily. The relay exchanges were never the same, as well. It seemed like controlled chaos each time! After an hour of swimming at near top speed, Sarah, the CSA observer, signaled that it was exchange time. You had to actually be looking at Sarah to see it so, of course, with my attempt of counting to 68 five times, I totally missed it. What I could not miss was Robin teetering on the boat railing with her dark tinted prescription goggles and two sets of strong hands, waiting for the waves to roll in her direction so she could land in the water behind me. Then it was up to me to quickly scoot behind her without touching her and then clamber up the skinny ladder at the back of the



*Getting warm and catnapping.*

boat, using my tired arms and balance-challenged brain. Meanwhile, Robin chilled out in the cold water, trying to stay warm without actually swimming. Once at the top of the ladder, thankfully, there were two strong shoulders for me to grab onto so I could haul my legs over the railing and plop myself down on the back seat. Then in reverse, when I jumped in to start swimming, Robin had to climb up that same skinny ladder with her prescription goggles affecting her balance. After her first less than graceful landing on the deck, the quick-thinking support crew created a sling out of a towel to help guide her up the ladder and onto the seat. Where was that EC exit training manual when we needed it? **Like I said, that cold water really does affect you. I can't imagine how the solo swimmers keep any dexterity at all during their long cold swims.**

Closing in on the finish and 12 hours since the 6:02am start, I was enjoying my ability to finally nibble a Clif Bar when our pilot informed Carol and me that I had to **"go back in to do the finish bit."** DARN, I was warm and almost asleep! My final jump off the boat was quite ungainly and the confusion of swimming between the newly activated finish escort Zodiac and the Sea Leopard several times only added to my finish anxiety and to our final time. When I emerged from the water (and for some reason) took a bow toward France, I felt jubilant and surprised! We had made it after all that doubt. We had weathered wind and wave, cold and seasickness, fatigue and tedium. We were now Channel Swimmers!

The finish was surreal as it was low tide so the walk up to the sand in thigh high water seemed like it took forever. I totally forgot the explicit FINISH instructions that I could not touch anyone until I cleared the water. Thank goodness there was no one there to hug me while I trudged along! Successful French Channel swimmers, Steve and Frederique, who met Robin at a Dover Channel Swimmer BBQ the previous weekend, were on the beach with huge American flags and their cell phones to forever capture the moment. I have an incredible photo of me under the flag, silhouetted against the setting sun on the horizon. Pure HAPPINESS for sure, as evidenced by my ear to ear smile! That

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# Swimming the English Channel (cont)

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photo quickly became my new Facebook profile picture.

While it was certainly a momentous occasion, I can honestly say I see no reason for me to attempt a solo swim as my right shoulder is still recovering. Two weeks later, I am still limited to 600 yards before it starts to throb and ache. Maybe time will change my outlook, but as I turn 60 next year, my primary goal is to get back into pool racing shape!

Let me know if any of you want to pursue the English Channel swim. I will gladly fill you in on any details, including my violent bouts of seasickness while on board our boat. I told my teammates that I don't usually get seasick so did not adequately prepare for that, but I ate my words and more! In closing, I can claim that "Whitney's Wynners" is the first successful U.S. two-person relay team (male, female, or mixed) to date. Amazing. We are famous! Carry on and Cheerio!

## Things I learned swimming the English Channel.....

1. Every swim is truly different and unique due to millions of variables. Be like a duck and let everything roll off your back. Most of all, NO WHINING!
2. At least two organizations support swimmers who attempt a Channel crossing. The original Channel Swimming Association (CSA/ [www.csa.org](http://www.csa.org)), and the Channel Swimming and Piloting Federation (CSPF/ [www.cspf.co.uk](http://www.cspf.co.uk)) both of which provide certified Channel crossing pilots. Both also require an application, fees, and membership. Clear instructions are on their websites. Remember, you are on your own to book your boat. The CSA keeps track of ratified successes!
3. A live tracking feed for all boats crossing each day is available on these websites if you know the swim date and the name of boat.
4. There is an actual EC crossing window from May to early October, depending on the weather. Because of restrictions imposed by the French Coast Guard, no more than 12 support boats can cross the Channel each day. Because the French Coast Guard believes that swimming across the Channel is too risky, it barred swimmers from starting the crossing on its coast 20 years ago, but still tolerates swimmers coming from England
5. A relay team swims one-hour each in the same order. A two-person relay is the next hardest swim to a solo. Some solos and relays have done double and triple crossings in a row. It really does help to warm up quicker if you take off your wet swimsuit after each leg, so plan accordingly. I only brought six suits, so had to re-wear one of the damp ones for the finish. If you are female, bring a female crew/coach to help you strip out of your wet gear and into a dry suit when the time comes.
6. There are two tides to choose when swimming across; Spring tide (a tide just after a new or full moon, when there is the greatest difference between high and low water) and Neap tide (tide just after the first or third quarters of the moon when there is least difference between high and low water.) Swells in the middle of the Atlantic can reach five feet and can cause the untrained to experience violent bouts of seasickness. The best seasickness patch with scopolamine is available only by prescription, so ask your doc for it at the time of your mandatory **medical waiver. Don't board the boat without it! Make sure your unseaworthy support crew has patches as well.**
7. Write down and/or pre-communicate what you want every hour **after swimming. Your brain can't remember what you need upon exiting the water.** Rely on your crew person to help you get dressed as quickly as possible since doing it yourself is like moving in oatmeal, even though you may not be shivering. This includes your boat pilot. I recommend you ask them to maneuver the boat to allow you to stay near the bow (front) of the boat. Not only is it demoralizing to have the craft scoot off every **time you catch up, the motor's diesel fumes are definitely not** something you want to add to your challenge.
8. Bring your down ski mittens, a wind breaker coat/swim parka - we borrowed a Dry Robe coat that really did cut the wind, unlike my pool deck TYR coat - warm boots, wool hiking socks, and Hot Hands toe warmers. Note: hand warmers are too big to fit in boots/shoes.
9. Bring your cell phone charger and share your charged phones with the crew to help you capture the moments.
10. And finally, remember you are there to have fun. Be ready to laugh at everything and everyone as it will enhance the memory of your momentous adventure.



## Last Gasp of Summer

The eighth annual Last Gasp of Summer open water swim took place September 23 at Angle Lake in SeaTac. There were 127 finishers in the seven categories: USMS 1-mile & 2-mile wetsuit; USMS 1-mile & 2-mile non-wetsuit; and USA 500-meter, 1-mile, and 2-mile.

This year's participants ranged in age from 10 to 81. Swimmers setting new event records in their categories included Adam Kwon (12 years old), Dana Haller (44), Greg Kabacy (45), Jennifer Kabacy (48), Lance Trebilcock (51), Elizabeth Lucco (52), Jan Acuff (63), Ron Emhoff (63), Judy Williams (70), Hank McCurdy (70), Steve Peterson (72), and Kirby Drawbaugh (81).

Full event results are available [here](#).



Part of the YPKC Sea Dragons contingent at Angle Lake.

# Registration is open!



## BELLEVUE CLUB MASTERS' MILE

Sunday, January 13

This beautiful 25-meter pool has nine deep-water lanes, which will be used for competition and warmup/down.

The 9-lane scoreboard can be easily seen by the competitors.

Warmups begin at noon; meet starts at 1 pm.

Register now - 70 swimmer entry limit!

The 1500-meter event will be seeded fast to slow with ages and sexes mixed. Official intermediate splits will be available upon request.

# Swim Across America Event

By Steve Peterson

2018 marks the 32nd year of Swim Across America. During that time, **it's grown from a single event in Nantucket, MA, to the 18 open water benefit swims and 100 annual pool swims across the country mid-April through early October.** September 8 was the 10th anniversary of the Seattle edition that raises funding for immunotherapy clinical trials and cancer research at the Seattle Cancer Care Alliance (Fred Hutch, Seattle Children's, and UW Medicine).

Open water swimmers are required to raise at least \$300 by event day. The SAA website is well organized with all the details needed, included fundraising assistance along with Facebook. Swimmer contributors had their choice of a 1/2-, 1-, or 2-mile open water in Lake Washington or 400- or 800-yard pool relays or 1-mile swim at the Mercer Island Beach Club. I chose the 2-mile challenge from Mercerwood Shore Club, under the I-90 east channel bridge (what are those painted boxy structures hanging beneath the bridge, anyway?), to Luther Burbank Park at the north end of Mercer Island.

No distinction was made for timing purposes whether you wore a wetsuit (as I did) or not, as the swims are intended as a family-fun fundraiser, not races per se. Results are taken and posted, however. Masters swimmers **were well represented, several I recognized among many others I'm sure, along with a few Olympians like Emily Silver (Bainbridge Island).** In fact, Mel Smith (coach of the Olympia High School swim teams and meet director of the former "Beat The Clock" meet series) invited me to join his team of Olympians. In the photo of our Y-Naughts group, I'm the only one *not* from Olympia...

The 2-milers (110 women and 84 men) boarded buses at Luther Burbank Park for the trip south to the starting point and were sent off in two waves split at age 40. Participant ages ranged from 14 (male and female) to 74 (female) and 75 (Mel Smith, doing his ninth SAA swim). Event organization was superb, introductory speakers were motivating, participants with their body markings were inspirational, and the food provided was awesome! Another highlight was the enthusiasm of the 23 members of University of Idaho Women's Swim and Dive who came to swim!



The Seattle event raised 99% of their \$500,000 goal with help from those Idaho Vandals (#7 team, \$11,658) and my Y-Naughts (#12, \$8,868). In these ten years over \$4M has been donated. There were 44 teams, over 440 swimmers, 90 water volunteers and 170 land volunteers. Says SAA-Seattle: **"We hope to see you back on Mercer Island with a friend in tow! Save the date: September 7, 2019. Thank you so much for joining us this year and for helping us 'Make Waves to Fight Cancer.'"**

*Like many others, I was marked: for my Mom (pancreatic cancer, 1983) and first niece Anneliese, just diagnosed with breast cancer at 39.*



*Team Y-Naughts: Steve Peterson, Marcia House, Erika Hoffman, Lance Calisch, Carolyn Prouty, Steve Hall, Cammy Webster, Mel Smith, and Ann Eure.*



## World Senior Games

PSM swimmers Dan Underbrink, Mary Underbrink, and Frank Warner competed at the 31st annual Huntsman World Senior Games in St George, UT. This international competition, held October 8-20, 2018, featured approximately 11,000 senior (age 50+) athletes competing in 30 different sports.

The SCM swimming competition took place Oct 10-12 at Sand Hollow Aquatic Center. The facility features an eight-lane pool that can be set to either short course meters or short course yards as well as an adjacent three-lane warm-up pool.

Dan Underbrink (60-65) swam a tough schedule of seven events over the three days, winning the 200m backstroke and 200m breaststroke. Underbrink placed second in the 1500 free, third in both the 800 free and 400 IM, and **fourth in the 400 free and 200 fly. Underbrink's** 12:36.26 mark in the 800 free was a 12-second personal best.

Frank Warner (65-69) was also a double gold medal winner, taking first in both the 50m and 100m backstroke. Warner placed second in the 200 back, third in the 200 free, and fifth in the 100 free.

Mary Underbrink (55-59) competed in four events, placing third in the 200m free, fourth in both the 50m and 100m free, and seventh in the 100IM.



## BAMfest

This year's annual BAMfest SCY meet was held Saturday, October 13, at the Bainbridge Island Aquatic Center. The event featured 118 swimmers registered for 408 individual events and 27 relays. Twenty clubs were represented, led by host Bainbridge Aquatic Masters with 44 swimmers.

Ryan Robertson (30-34, ORCA) led the individual scoring with six first-place finishes (200 & 500 free, 50 & 100 back, 50 breast, and 200 IM) while Dan Kirkland (70-74, LWM) won all five of his individual events (200 & 500 free, 50 & 100 back, and 100 IM). **Kirkland's 5:47.46 time in the 500 set a new USMS record, besting Palm Beach Masters' David Quiggin's mark from May 2015.**



**YPKC Men's 45+ free relay L-to-R:**  
*Chad Hagedorn, Brad Link, Bob Pilger, and Ethan Fowler*

Rondamarie Smith (45-49, BWAQ) and Cestjon McFarland (55-59, BAM) were the top women's finishers, each earning four first-place finishes and two seconds.

Meet Director Greg Coles' "Angel of the Meet" Award went to Tamara Toulou for her constant and unwavering dedication to BAM and this meet year after year. As always, the officials, timers, and many volunteers can't be thanked enough for donating their time to make this a great meet, including Mike Murphy (Head Referee), Miin Houseman, Julee Longridge, Dick Chapman, and Bernadette Witty.

As she did last year, Gracie Kate Moffatt (age 11) impressed everyone with her singing of the National Anthem.



# Mercer Island Swim

By Dan Underbrink

On August 25, 2018, I completed my 9th annual SAMI (Swim Around Mercer Island). The swim was 13.51 miles and took me 9 hours and 22 minutes. My wife Mary was my safety kayak support, and I thank her for giving up her day to participate in this event.

This year's swim started and ended at Enatai Beach (on the Bellevue side of the I-90 East Channel Bridge). I often swim this with a few open water friends, but this year (and last year) I swam solo. Conditions were pretty optimal, with the water fairly calm and temperatures in the 55-62 degree range while I was swimming. The water temperature was about 73 degrees, which you could do without a wetsuit, but not for 9+ hours!

The swim went under the bridge and around the north end of the island. There was a fairly strong northbound current in the channel, but this was no longer a factor once I was in the lee of the island. At the northwest corner of the course (about 1/4 mile north of the I-90 floating bridge) there was moderate choppiness and a strong northbound current as I began swimming south. The chop eased after about a mile, but the current was a factor all the way to the south end of the island.

There were three breaks taken for nutrition, hydration, goggle defogging, and treatment of wet suit chaffing. The first (maybe 7-8 minutes) was at Proctor Landing, 3.98 miles in, and just south of the I-90 floating bridge. My second stop would normally be at Groveland Beach (6.67 mile into the swim) but the property was a major construction project, so I swam to the 7.29 mile point and trespassed on a private beach for about 10 minutes. That home was under construction, and no one was around, so no one noticed and we left zero footprint. The third and final break was around the south end of the island (Clarke Beach at 10.1 miles) and we spent about 15 minutes there.

Boat traffic was very light on the lake, with the exception of an outrigger canoe regatta that we encountered at the south end of the lake. I guess some folks actually take boats to circumnavigate the island. Weird! There were 12 or so 40-foot canoes, with six paddlers each. A couple of them seemed to be from Hawaii. Fun to see, but a bit startling to be in the middle of.

All in all, it was a very satisfying day on the lake. My arms were a bit tired, but otherwise, I felt great.



*Dan Underbrink swam 13.51 miles around Mercer Island*



*Also successfully completing a solo swim around Mercer Island this summer was Skagit Valley Masters Swimming coach Shannon Singer.*

*Singer (center) shown here with support crew Jane Vilders, Susan Brown, Steve Dorman, and Lori Dorman, completed the 13.5-mile route in 8:25 on Friday, September 7.*



## 2018 USMS 5K/10K ePostal

With Colman Pool no longer available due to its salt water content, and the South Kitsap pool suffering damage that prevents it from having a 50-meter course, PNA swimmers were scrambling to find opportunities to swim the 5K and/or 10K events in 50-meter water. Four of the six swims were done in Oregon, where more pools were available for the event. PNA & PSM joined forces to rent a lane at KCAC so two other swims could take place.

The good news is that the swimmers were rewarded with three individual first-place finishes, two seconds, and one sixth. The 4x5K Mixed Relay took first in their age group (35-39).

Special thanks go to Arni Litt, who supervised the event at KCAC. Preliminary results for the PSM swimmers are:

### 5K results:

Name	Age Group	Place	Time
Michelle McRae	40-44	1st	1:23:38.80
Betsey Kassen	65-69	6th	1:32:54.16
Johnny van Velthuyzen	35-39	2nd	1:17:00.45
Dan Kirkland	70-74	1st	1:14:32.01

### 10K results:

Johnny van Velthuyzen	35-39	2nd	2:32:05.94
Dan Kirkland	70-74	1st	2:34:31.04

### 4x5K Mixed Relay:

McRae, Kassen, Kirkland, van Velthuyzen	35+	1st	5:28:05
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## 2016 USMS 3000/6000 ePostal

The final National Championship of the year runs through November 15. The 3000 & 6000 swims can take place in 25-yard or 25-meter pools, making the **opportunity to find pool time much easier than the summer's events**. Click [here](#) for complete instructions. As with all postal swims, participants do NOT register for the event until AFTER they have completed the swim, but it is important to review the rules before getting started.

The 3000 event would be a good warmup for the biggest National Championship postal swim, the USMS 1-Hour ePostal National Championship. Look for more information in the January issue of *The WetSet*. The ePostal event will run from January 1 through the month of February.



# Swimmer Spotlight

A Swimmer for the Ages - An Interview with Brad Hering  
By Tom Walker of TWIM

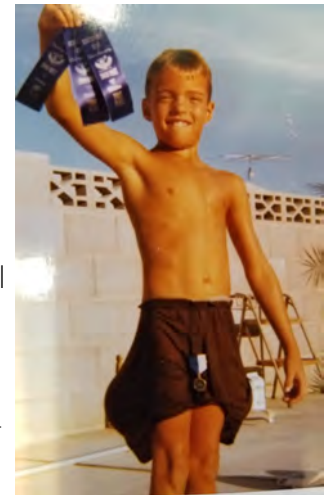
If ever insane desire, absolute joy, and maniacal determination defined a championship swimmer, it is this **month's guest in the Spotlight, the legendary coach and swimmer Brad Hering. Not only that, but for Coach Hering, swimming is a form of spiritual warfare - a glorious challenge to be embraced with every fiber of one's being.**

His passion for excellence in swimming, coaching, and life represents a code to live by and truly embodies the highest ideals of United States Masters Swimming. In short, he is an example for all us who strive for The Best in and out of the pool to emulate.

Here is what he has to say about all this and more and you will find a few laughs along the way, especially if you are fortunate enough to know him!

TW: So, Brad, how did it all begin for you, swimming that is?

BH: It all started in San Francisco when I was five years old at a YMCA. My mom was adamant that all Herings would learn to swim early in life because her mom had a foster kid that drowned in the Sandy River when she grew up. Apparently, you were supposed to be six years old to be in the swim lessons and I caught wind of that info. Like a good sprinter, I started screaming at the beginning of the lesson. My five-year-old lung capacity was impressive enough that they wondered what was wrong. Of course, I was glad to let them know I was only five years old. This was the only legitimate excuse to get out of the water in my career. My mom was not happy with me, not only because we didn't get to learn to swim, but also because I embarrassed her. We moved to Scottsdale, AZ when I was seven and I started swimming lessons at El Dorado Pool. After the swim lessons were over, the Lifeguard told my parents that I really should join a swim team. I started with Scottsdale Swim Team SST (which is now Scottsdale Aquatic Club SAC). My coaches were 1964 gold medalist Bill Mettler and Leroy Gaintner.



*Winning started early for Hering!*

TW: Sounds like the signature Hering style alright! Tell us about the development of your swimming career.

BH: I trained with Scottsdale Swim Team with my older brother Lance. One year later, when I was eight years old, I had three Arizona State records. I remember sending my first State record medal to my dad who was **servicing in Vietnam. Although I knew I was born to swim, somehow I allowed a TV program called "Lost in Space" to interrupt my age group career for about three months. So I remember at that age of eight suddenly grasping the reality that my time watching TV was wasted and that I needed to swim! I was definitely "Lost in Space" during that three month "taper!"**

I was determined to give everything I could to being the best swimmer I could be. When I was a 10-and-under, I would go to Far Westerns to swim against the best in the nation. I was small for my age, but when I was 12, I had my first top ranking in the nation in the 50-meter fly. It was the first time I beat the legendary Dennis Baker. In my 13-14 age group, I struggled because everyone except me appeared as giants on steroids with beards!

*(Continued on page 15)*

## Swimmer Spotlight (cont)

(Continued from page 14)

My club coach (Joe Phillips, who coached Olympians Charlie Hickox and Bill Mettler) was wise to tell me not to worry. He had me play the great sport of Water Polo and swim as well, concentrating on being a better technician so my future swimming would be better. I chose to believe Joe, and he was right! I progressed to the Junior National level and then to Senior Nationals.

In 1980, I swam for Ron Johnson at Arizona State University. I qualified for three individual events for NCAA's at Harvard University. All I wanted to achieve my freshman year at ASU was to make NCAA's and be on their relays. Our 400 freestyle relay got 3rd place at NCAA's. One of the most significant things in my swimming career happened to me on that relay.

During my freshman year of training, sometime in early January, I had a digestive problem and I lost much of my gained muscle. I was down to 149 lbs sopping wet going into the NCAA's, but I was determined to do my best. Before the Free relay, I got an amazing rub down as I listened to Neil Young's song "Sugar Mountain." Our relay team walked down the bulkhead to our lanes. On the way I always ask the Lord to help me, but this time I felt like He was asking me to ask for a big swim...so I did! I swam third on the relay (because that's where they used to put the slowest relay member!). I remember swimming next to Bill Barrett from UCLA and feeling all the waves from the flutter kicking and thrashing of arms. My relay team placed 3rd and we were all thrilled! When Coach Johnson told me my splits I nearly fainted! 43.23 (20.18/23.05) and the 2nd fastest split of the meet behind Rowdy Gaines! The newspapers interviewed me because my best 100 free up until the relay was 45.18. They asked me how I was able to swim a 43.2. *Was it your weight program this year? Was it your training routine?* (If they only knew how many times I had to run to the bathroom!) I told them the truth - that I felt that the Lord was asking me to ask Him for something big. I never swam that fast again, even when I was much stronger and more experienced! My senior year I was contemplating my last swim - the 400 free relay. I opened my Bible that day and my finger landed on Isaiah 43:2 which says, "When you pass through the waters I will be with you." I swam another 43 that day!



1983 World University Games, Edmonton, Canada - Hering (right) vs Olympian Anthony Mosse of New Zealand

TW: That is indeed a story of a mystical experience and delivered with your legendary panache! So, what are some of the highlights of your illustrious career?

BH: I have many other stories of swimming internationally, but there is not enough space to list them all here. Here are the highlights of my career:

1980 - Olympic Trials 100 fly, 100 free, 50 free  
1981 - 200 free relay American Record member

(Continued on page 16)

## Swimmer Spotlight (cont)

- 1981 - USA trip to Holland/France 100M Fly (swim of the meet)
- 1981 - Paris, France Dianna Meet-100M fly win (.15 off world rec)
- 1981 - Pac 10 Champion 100 Fly
- 1981 - 100M fly winner USA vs East Germany
- 1982 - USA vs USSR winner in 100M fly and 400 Medley relay
- 1983 - USA team to World University games
- 1983 - **2nd at NCAA's on 100-yard Fly**
- 1983 - USA team training in Hawaii
- 1984 - Olympic trials-awarded a Medal of Humility!
- 2007 - 4 wins at Masters Nationals, Federal Way, WA
- 2017 - 4 2nd place finishes at Masters Nationals, Riverside, CA
- 2018 - Indy 55-59 age 1st (50 fly), 2nd (50 free), 5th (50 back & 100IM), 6th (50 breast)

**TW:** Wow, sounds like you've been doing a bit of swimming! What exactly is the raging inner fire that motivated you to become a champion and what motivates you now?

**BH:** I was motivated to become a champion by being around my amazing coaches, my loving family and my challenging peers who inspired me to be the best I could be....in AND out of the water. Of course, winning and breaking records is always exhilarating, but more than that, every race and every training session is an opportunity to learn something not only for yourself, but also in relationship to others. I believe the motivation to become someone better than I could be by myself is still alive and well in me. Also, at the age of 14, I had an early inspiration to follow what **Jesus talks about in Colossians 3:17: "Whatever you do in word or deed, do all to the glory of God."** So that has been my standard, at least to the best of my ability.

**TW:** So, tell us about your coaching career.

**BH:** My coaching career started with helping my US club coach, Joe Phillips, with his summer league team at **Paradise Valley Country Club, AZ (where John McCain and Sandra Day O'Conner were members).**

1984: I co-coached the Arcadia High School team that won the Arizona State title with just nine swimmers. After winning the state title with my best friend, I got the bug to pursue coaching. In 1985 I was asked to be the assistant **coach for Arizona State University Men's program and I was privileged to coach with Ron Johnson. I had to give up** my aspiration of running track my fifth year with the ASU track team, but it was worth it!

1987-1988: My first head coaching position landed me in Southern California at Swim Team of Placentia where Janet Evans used to train.

1988: I was called to coach part of the national team for Brazil in Belo Horizonte (currently where Cesar Cielo trains). Five of my swimmers made the Olympic team to Korea.

1990-1992: I coached and was the Natatorium director at Northern Az Univ. where I met my wife. I also coordinated all the High-Altitude International training camps (Olympic and National teams from many countries).

1993-2003: My wife Traci and I started a club team in Mesa Az.

2007-2008: Head coach at Grand Canyon Univ. Phoenix, Az

2008-2009: Head coach in Mexico in San Luis Potosi, at La Loma

2009-2010: Head coach of Mesa Aquatics coached Breeja Larson

2014-2018: **Stanwood High school boys' coach**

2016-2018: M Stanwood Camano Y Masters coach





## Swimmer Spotlight (cont)

TW: What is your swimming philosophy?

BH: My swimming and coaching philosophy are congruent. I believe every athlete needs to know in their soul that what they are doing is fundamentally beneficial for them, and that even during the times that may be the biggest struggles, there is always a life lesson to learn. When I say beneficial, I mean that the activity brings joy, a sense of growth, a boost of courage, and especially a giving of oneself.

TW: So what else about coaching stands out to you?

BH: I believe coaching is the art or gift of instilling belief drop by drop in each athlete every day. I always do a goal card for my swimmers of What, How, Why, and GIVE. I usually give their goal cards back because there is not **enough detail and most don't really know their Why. "Why" shows motive, pure motive is powerful!**

TW: Who have been the key influencers for you as a swimmer and a coach?

BH: My club coach, Joe Phillips, was an amazing role model and a creative technician for swimming in my life. My college coach, Ron Johnson, was an exceptional motivator and an amazing athlete himself. He lived and breathed **the life of a world class athlete (50+ Masters records). One day in the Southeast corner of ASU's competition pool he said to me, "You will be world class!" I laughed at first....then I realized he wasn't joking, so I chose to believe him.** That year I was ranked 5th in the world in the 100 Fly. Ron was instrumental in my coaching in Brazil and Mexico. At age 17, my club coach was wise enough to send me to faster waters. I swam at Mission Viejo with Mark Schubert. The Olympic Training camps also provided an abundance of wealth for me with coaches from around the world. Many of the best American coaches I learned from include: Richard Quick, Jonty Skinner, Don Gambrell, Al Dorsett, and many other International coaches that I met when working at the high-altitude training center of Northern Arizona University.

TW: What obstacles have you overcome to swim?

BH: **I had a few big obstacles to overcome in swimming, like being 5'11" and swimming against giants that were 6'8".** The biggest obstacle, however, can be yourself if you allow negative talk to take over. Fortunately, I had outstanding **"shepherd coaches" who helped me through those sluggish times.**

TW: What do you think motivates you as a swimmer?

BH: FOOD, Fluid motion, Freestyle, Fly, Flexibility, Fast times, Fellowship, Fifties, and RELAYS!

TW: What is the greatest joy you get from swimming?

BH: I think the greatest joy I get from swimming is all the rich relationships I have around the world from all the great swimmers and coaches I am blessed to know and be sharpened by.

TW: What is your goal now as a swimmer now and for the future?

BH: To celebrate people of every nation and be more grateful for the life I have. Today I celebrate six years and 19 days of being a cancer survivor. Swim for worthy causes in this world of chaos. Enjoy and savor the time I have with family and friends. Make some records on relays and individual events. Enjoy my 4th best stroke, breaststroke, more and more every year!

**TW: So, what in the world do you do when you're not swimming, Brother Hering?**

BH: Drink coffee, read my Bible and other deep books! BTW did you know the 1st 100-yd free recorded is in John 21:8? And most of all, to love my family, my friends, and my enemies with the grace of His might.



**SOUTH WHIDBEY ISLAND MASTERS**  
**SWIM**

Whidbey  
Adventure  
Swim

2018

Registration opens March 1st!

**Saturday June 9, 2PM**

- 1.2 and 2.4 mile distances
- Post-race raffle
- Fun island vibe!

More info at:  
[whidbeyadventureswim.org](http://whidbeyadventureswim.org)



**SWIM TEAM**



**FAT Salmon**  
July 14, 2018



**Lake Washington, Seattle**

3.2 mi point to point swim  
Wetsuit and Nonwetsuit Divisions

[www.fatsalmonswim.com](http://www.fatsalmonswim.com)  
For more info



**BLUE wave aquatics**

SWIM HISTORY



**SWIM Defiance**  
2018

in challenging  
Puget Sound WA  
Aug 5, 2018

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



**ALY FELL MEMORIAL OPEN WATER SWIM**

800M | 2.5K | 5K | 10K

**AUGUST 25, 2018**

LAKE PADDEN | BELLINGHAM, WA

WETSUIT & NON WETSUIT DIVISIONS  
USA & USMA SANCTIONED

BELLINGHAM BAY SWIM TEAM  
[www.AlyFellMemorialOpenWaterSwim.com](http://www.AlyFellMemorialOpenWaterSwim.com)



**BLUE wave aquatics**



**Last Gasp OF SUMMER**  
2018 ANGLE LAKE

in peaceful  
Angle Lake WA  
Sept 15, 2018

**1Mi / 2Mi**  
[www.lastgaspofsummer.com](http://www.lastgaspofsummer.com)

# Open Water Series Wrap Up

The Last Gasp of Summer on September 15th concluded the 2018 PNA Open Water Season. With the return of the Aly Fell Memorial Swim we again had five events in our series. The series consisted of two races in Puget Sound and three lake swims; distances ranged from 1 mile to 10K. This year 529 swimmers participated and combined for 625 entries across all the events. They came from all over the US and Canada, including Washington (547 entries); BC (20); Oregon (17); California (9); Arizona (6); Colorado (4); Texas and Massachusetts (3 each); Arkansas, Hawaii, Idaho, and Illinois (2 each); and Georgia, Michigan, Montana, DC, New York, and Indiana (1 each).

All meet hosts did a great job getting the events organized and conducted. None of the events could have been possible without the help of all of the volunteers who stepped up to make them successful, so a big thank you to everyone involved.

Every year we have a High Point competition for PNA-registered participants in the Open Water Series who swim in at least two events. Points are awarded for places from first to tenth in every age group for every race. At the end of the season, the swimmers with the two highest point totals in every age group are the High Point Winners. They receive a special swim cap AND bragging rights for the winter.

Congratulations to all with special recognition to Andy Iyall in the 50-54 age group who earned the top 100-point total. Full details of the High Point Totals can be found on the PNA Website [here](#).

This year's Open Water Series high point winners are:



(Continued on page 19)

## Open Water Series Wrap Up (cont)

Women:

Age group	Name	Age	Club	Events	Points
25-29	Sarah Ellis	29	UC36	2	36
30-34	Angela Bertrand	31	PSM	3	56
30-34	K Schott-Bresler	31	PSM	2	36
35-39	Katy Smith	37	PSM	2	44
35-39	Melanie Prins	37	DBST	2	28
40-44	Ellyce Shulman	41	PSM	3	44
40-44	Sarah Lane	41	UC36	2	36
45-49	Kathy Pelham	45	PSM	2	44
45-49	Jennifer Farinas	46	PSM	2	44
50-54	Fiona Clauson	53	PSM	4	78
50-54	MarySue Balazic	51	PSM	4	68
55-59	Barbara Gomez	58	PSM	2	44
55-59	Elizabeth Hogan	57	PSM	2	36
60-64	Jan Acuff	63	PSM	3	66

Men:

Age group	Name	Age	Club	Events	Points
18-24	Declan Daly	24	BWAQ	3	60
18-24	Kevin Jackson	24	UC36	2	44
30-34	Ian McCurdy	33	PSM	3	60
30-34	David Dahl	33	PSM	2	44
35-39	Van Velthuyzen	39	PSM	2	44
40-44	Andrew White	41	UC36	2	44
45-49	<b>G D'Alessandro</b>	49	UC36	4	46
45-49	Chad Hagedorn	46	PSM	2	40
45-49	J Koppelberger	47	PSM	2	40
50-54	Andy Iyall	52	BWAQ	5	100
50-54	Craig Hatton	54	UC36	2	32
55-59	Daniel Smith	56	BWAQ	2	44
55-59	Kirby Schaufler	58	PSM	2	40
60-64	S Freeborn	63	BWAQ	5	90
60-64	Eric Durban	63	BWAQ	3	62
70-74	Steve Peterson	72	PSM	2	44
70-74	Hank McCurdy	70	UC37	2	40
80-84	K Drawbaugh	81	BWAQ	3	66

## Welcome New Swimmers!

Marcee Aahl	Juan del Moral Gonzalez	Amelia Jarvinen	Sidney Nelson	Briaan Steffes
Margaret Adam	Amy Denton	Allison Johnson	Michael Nelson	Ben Stull
Spencer Alpaugh	John Dobson	Veronica Jordan	Eileen Nicol	Abbie Sullivan
Emily Anderson	Arik Espineli	Meg Kane	Megan Nielsen	Seanna Sunde
Margaret Barber	Pennie Frantz	Patrick Kang	Kawin Nikomborirak	Nyle Taylor
Celine Barthelemy	Alex Freeburn	Maya Kuraisa	Alexander Ochs	Scott Taylor
Patrick Best	Anthony Freeman	Emma Lavold	Amanda Olekszulini	Malcolm Thieme
Barry Brown	Angela Freese	Kenny Le	Bryan Petersen	Tracy Trivitt
Amy Burns	Nicole Freutel	Stacie Leage	Kezia Philip	David Trowbridge
Ai Che	Annie Galloway	Michael Lesaca	Angelina Philip	Anna Wade
Kenneth Cheng	Justina Gamache	Glen Lewis	Catherine Pritchett	Tom Wagner
Erin Christ	Joshua Geldien	Drew Lilja	Steve Quinn	Jonathan Ward
Katlyn Christenson	Thomas Graf	Bradford Link	Michael Reid	David Watkins
David Chung	RuthAnn Gregory	Daniel Lloveras	Sean Rhodes	Kevin Welch
Sureyya Ciliv	Stephanie Hammond	Tom Lundy	Jessica Rice	Casey White
Jacqueline Cismowski	Jonathan Hanks	Julene Martin	Bryan Rodriguez	Kyle Wicklund
Marcella Coad	Peter Hansen	Phoebe Martinson	Justin Sass	Jen Wuest
Elizabeth Colver	David Heaney	Tom McBride	Tomoko Senechal	Samantha Yee
Chip Cressman	Amy Heape	Eric Miller	Richard Shanks	
James Curry	John Hickey	Angela Moretti	Avika Sharma	
Patricia Dacey	Tiffani Hilden	Michael Necessary	Robin Sherwood	

# USMS National Convention

By Sally Dillon, PNA President with other Board members

PNA was well represented at the USMS annual convention in Jacksonville, FL September 26-30. 270 USMS delegates attended, representing 52 LMSCs (PNA is one of them). The governing bodies for USA Swimming, Diving, Synchronized Swimming, and Water Polo were in attendance as well, bringing the total number of delegates to just over 1400!

An election was held for At Large Directors, who serve on the USMS Board of Directors; Matt Miller (Oregon) was elected to represent the Northwest Zone. Sarah Welch (PNA) has served in the position for the last four years and her service to USMS and our LMSC is very much appreciated. Other business at convention included the consideration of proposed changes to our rules of competition and administrative regulations and the approval of the annual budget. In addition to the many business meetings, delegates attend educational workshops and network with LMSC leaders from across the country. Delegates from PNA were Kathy Casey, Linda Chapman, April Cheadle, Jim Davidson, Sally Dillon, Hugh Moore, Jane Moore, Steve Peterson, Sarah Welch, and Teri White.

The delegates considered 48 long distance rules proposals (includes 22 housekeeping changes), 26 pool rules proposals (includes 3 housekeeping changes), and 67 legislative proposals (includes 14 housekeeping changes). Fortunately, the three committees in charge discussed the proposals during the months prior to convention and provided recommendations to the House of Delegates (HOD). Controversy was light this year because of **the three committees' due diligence!**

I serve on two National Committees: Recognition & Awards and LMSC Development. The Recognition & Awards committee voted to move the Ransom Arthur Award presentation from the Spring Nationals to a venue **in the LMSC of the recipient. This will allow the "surprise" announcement to be made at an event within the recipient's LMSC and soon after the selection is made. The R&A Committee also supervises the selection of other USMS awards: Dorothy Donnelly Service, Club of the Year, and June Krauser Communication. The committee maintains a presence on the USMS website for these awards as well as other national awards given by other USMS committees (e.g. Coach of the Year). The committee also nominates for the International Masters Hall of Fame (IMSHOF) Honor Contributor category. PNA's Walt Reid was nominated and selected for this award this year. See photos elsewhere in the newsletter. Hugh Moore reports on the LMSC DC below.**

Minutes to all of the meetings held at this year's convention can be found by going to [this link](#).

(Continued on page 21)



PNA representatives L-to-R: Sally Dillon, April Cheadle, Teri White, Jane Moore, Sarah Welch, Hugh Moore, Linda Chapman, Jim Davidson, Kathy Casey, and Steve Peterson.  
Not pictured - Walt Reid.



## USMS National Convention (cont)

(Continued from page 20)

*Kathy Casey, PNA At Large Director – serves on the Rules*

The most controversial proposed rule change to Part 1 was changing short-course-yard age groups to cumulative age groups as is done for all relays at meter meets. The House of Delegates ultimately chose to maintain the current “**compromise**” age-group relay rule with short-course-yard age groups still 10-year age groups as determined by the age of the youngest relay member and meters relays still cumulative age groups.

The other rule change of note that passed now allows a 2-watch backup to count for a USMS record if both the automatic and the semiautomatic timing fail.

Rules have also been added:

- **Regarding the use of cameras, video equipment, and drones at swim venues;**
- **Requiring a fixed mark on the deck at the 15-meter marks from each end of the course; and**
- **Requiring identical backstroke ledges for all lanes if backstroke ledges are used.**

*Hugh Moore, PNA Bylaws Chair – serves on the LMSC Development*

Sally, Linda, and Hugh are on the LMSC Development Committee. Linda chairs the LMSC Standards subcommittee. Progress is being made in helping all LMSCs achieve Mandatory Standards. The committee hosts approximately ten peer-to-peer teleconferences each year that typically bring together common LMSC officers or volunteers (e.g. LMSC Chairs, meet directors, secretaries). The committee will also organize the 2019 Leadership Summit in March where LMSC Chairs will meet face-to-face.

I also serve on the Governance Committee. The committee typically addresses topics of governance requested by the USMS Board of Directors. Recently the committee was asked to discuss the concept of a Nomination Committee for Board positions. The committee consensus was that we should instead work on processes that identify, encourage, and mentor future leaders of the organization.

*Jane Moore, former PNA board member – Serves on the Legislation*

Legislation: The Legislation Committee met twice to complete the work of reviewing submitted proposals for change begun and mostly completed in 5 conference calls during the summer. One of the most discussed topics was a number of changes related to College Club Swimming. Multiple proposals were combined into a single package so that parts of the program could not be passed without other necessary parts. The final proposal, which was recommended to the House of Delegates and passed, will allow College Club swimmers to become members of USMS for a fee of \$25 in addition to the College Club Swimming fee. This will allow them to participate in USMS meets as well as College Club Swimming competitions. A number of changes were approved to simplify and clarify language of various sections with no changes to the meaning of those sections. Proposals to remove automatic delegate status from members of Rules, Legislation, Long Distance, and Finance Committees were not recommended and were not passed. Also, past-presidents were not removed as non-voting members of the Board of Directors. Finally, a standing Diversity



(Continued on page 22)

## USMS National Convention (cont)

(Continued from page 21)

& Inclusion Committee was formed.

Sports Medicine & Science: The sports medicine blog was discussed; it is hard to locate on the web site and should be more prominent. Potential topics of interest were discussed. A video on dryland training – “Animal Locomotion” – was presented at Short Course Nationals and is now available on the web site. The committee will continue to work to present useful information to swimmers.



Sports Medicine Presentation: Dr. Hirofumi Tanaka, from the University of Texas Austin Cardiovascular Aging Research Laboratory, provided interesting and entertaining presentation on the health benefits of swimming. These benefits include improvements in function for those with arthritis, lower blood pressure, less arterial stiffness so less heart disease, and improved cardiovascular and sexual function with age.

*Jim Davidson, PNA Long Distance Chair – serves on the Long Distance*

The USMS Long Distance Committee announced the hosts for the 2020 LD National Championships and reviewed the bid process. The proposed changes to the LD rules were reviewed, allowing audience discussion of the more controversial issue – enabling event hosts to allow personal safety buoys. Rules for the All-Star and All-American awards were reviewed.

*Steve Peterson, PNA Club and Team Development Coordinator & Webmaster – serves on Legislation*

Legislation: College Club Swimming dominated this Convention. CCS, a relatively new, predominantly east-coast based organization, was created to provide a competition structure for those collegians not otherwise participating in varsity swim programs. The USMS Board of Directors, seeing the value in encouraging CCS as future members of USMS, developed an infrastructure for club and swimmer registration to begin this academic year, contingent on House of Delegates approval in September.

**Controversy arose around the \$25 “bridge” membership, collecting money prior to setting the USMS budget, lack of connection to LMSCs, and apparent side-stepping of Rule Book procedures.** Just over 50 plus 14 housekeeping proposals had been submitted to modify our Rule Book, including ten to incorporate CCS, such as adding Individual and Club memberships and defining fees. The Legislation Committee combined these CCS-related proposals into one. Following two Committee meetings and one forum before the House, the Committee included it **among 45 “recommended” proposals, most of which** – including CCS – the House of Delegates adopted. On the other hand, three vetted and recommended proposals that I had reworded were ultimately overridden! Another 12 were **“not recommended” (including one to merge the Rules, Legislation, Long Distance, and LMSC Development Committees)**, which the HOD agreed to reject.

**Adding to this year’s Committee “firsts” among Rules, Long Distance, and the House of Delegates itself (including budget approval), Legislation finished its business *early!* Always a fascinating process!**

*Linda Chapman, PNA Meets Chair – serves on LMSC Development*

LMSC Development focused on the peer-to-peer calls: topic selection and how often to repeat certain perennial

(Continued on page 23)

## USMS National Convention (cont)

*(Continued from page 22)*

topics, how to publicize easy access to the content of the calls, how to share best practices (beyond Guide to Operations), how to effectively communicate the upcoming schedule. Responsibility for finding topic experts will be farmed out to the Zone Chairs, who take turns leading the calls. In the Practices & Standards area there was discussion on sharing results; the committee will hammer this out in the coming months.

Overall, LMSCs are meeting more Standards now than a year ago.

## Walt Reid Honored

PNA's Walt Reid was inducted into the International Masters Swimming Hall of Fame at IMSHOF's annual ceremony on September 28 at the Jacksonville Riverfront Hyatt Regency. There were a total of nine inductees from five different countries (the USA, Austria, Germany, Brazil, and Japan) – including four swimmers, two divers, one synchronized swimmer, one water polo player, and one contributor (Reid).

Reid began attending USMS conventions in 1984 and volunteered to help tabulate national records. Three years later, he was chair of the Records and Tabulation committee and went on to write a computer program for LMSCs to compile Top Ten Times that interfaced with his National Top Ten database. Keeping the national records quickly evolved into Walt's expanded interest in international performances. Reid was committed to tracking performances of Masters Swimmers globally and under FINA direction in 1992, he became the first "FINA Masters Recorder".

For more info about Reid's record-keeping career, see the article in the [Sep-Oct issue of \*The WetSet\*](#).



2018 Inductees L-to-R: Hitomi Matsuda (JPN, Swimming); Beth Carey (USA, Synchro); Wolf-Rudiger Schulz (GER, Water Polo); Walt Reid (USA, Contributor); Maurine Kornfeld (USA, Swimming); Betty Bennett accepting for mother Mary Bennett (USA, Diving); Jurgen Schmidt (USA, swimming); Marcus Mattioli (BRA, Swimming).  
At podium is Brent Rutemiller, CEO of the ISHOF.

# Board Meeting Highlights

Sept 10, 2018: PNA president Sally Dillon presided over the meeting, which took place via conference call. Arni Litt provided a financial report and PNA's assets total \$59,252.19. There are 1,696 PNA members to date (850 men, 846 women).

**Meets/Clinics:** The following meet and clinic dates have been approved (January-June 2019): Bellevue Club - BC Mile SCM (Sunday, Jan 13); Stanwood - Camano Swim Clinic (Sunday, Jan 27); Thunderbird (Anacortes) SCM (Saturday, Feb 2); PASC (Port Angeles) SCY (Sunday, March 10); and BWAQ - PNA Champs SCY (Sat-Sun, Apr 6-7). (**Editor's note** – PNA Champs has been changed to Apr 13-14.)

**Open Water:** The current was so strong at Swim Defiance that several swimmers had to be pulled at the two-hour mark. The Aly Fell meet was reported as very well run by Bellingham. There was discussion about the time limit rule for 5K swimmers (2.5K in 50 minutes). Jim will check to find out why there is a time limit for 5K swimmers when they will finish before 10K swimmers.

**Social Media:** After a couple of months without it, we recovered the Insights tab in Facebook after pinging their help staff. There was a small increase in our Facebook follower base from 211 followers on July 26 to 214 on September 9. Likes went up from 196 to 199. Twitter increased followers from 68 to 70. The 5th Aly Fell Memorial Open Water Swim and the Last Gasp of Summer were the events that hit the most views (at 216 and 391, respectively). We're seeing increased engagement on all the posts overall (increased number of reactions, likes and comments).

Topics for the upcoming National Convention:

#### *Rule Proposals*

- Primary changes include changing relay age groups to match FINA (long course) rules, allow two-watch tertiary backup for USMS records, delete article 104 (national championship meet rules), require marks on the deck at the 15-meter marks in addition to markers on lane lines

#### *Legislation proposals*

- The primary legislative proposal regards registration by college club swimmers and competing at meets
- There was considerable discussion about wording changes on multiple proposals

#### *Long Distance proposals*

- Most changes are housekeeping and minor word changes
- The primary changes have to do with escort craft and wearing of a personal buoy

## 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



# 2019 FINA Worlds - South Korea

By Walt Reid

I just returned from a 2-day meeting in Gwangju, South Korea - the site for the FINA Masters World Championships in August 2019. We visited most of the venues and had discussions with the Organizing Committee. The schedule has the open water running August 9-11 and the pool swimming August 12-18.

Swimming will be held in the Nambu University Aquatic Center. This is a beautiful large complex with a 10-lane, 50-meter main pool for competition and a separate 10-lane, 50-meter warmup pool in the same building. It will be the same pool that the elite swimmers compete in for the FINA World Championships the two weeks prior to our competition.

A second pool being considered for competition is the 10-lane, 50-meter pool at the Yeomju Aquatic Center. It also has a 25 by 25-meter dive tank for warmup in the same building. An alternate second pool being considered is a temporary pool (10 lanes, 50-meters) set up in the soccer field across the street from the Nambu University pool. It will have a 35-meter by 25-meter temporary pool for warmup.

The open water event will take place at the Yeosu Expo Park. This is where the elite will hold their open water competition. (We did not get to visit this location as it was 1.5 hours from Gwangju.)

**As for accommodations, there will be an "Athletes Village" similar to the one in Kazan. Single, double, and apartment style units are available with or without meals. There will also be a list of "official" hotels with special rates listed on their web site.**

The Organizing Committee will provide bus service from the Athletes Village and the official hotels to each venue free of charge. The time from these accommodations to the Nambu University Aquatic Center (main swimming pool) is 15 minutes, to the Yeomju A.C (possible 2nd pool) is 20 minutes and to the Yeosu Expo Park (open water) is 1 hour 40 minutes.

## Now for the "fun" part: How do you get to Gwangju?

Step #1 - There are many non-stops airlines from Seattle to Incheon Airport near Seoul.

Step #2 - **You then buy a bus ticket for transfer to the "Gwangmyeong Train Station". This is a 1-hour ride and costs about \$12.**

Step #3 - You then buy a train ticket to Gwangju. This is a 1.5-hour ride and costs about \$45.

You can fly all the way to Gwangju but you need to take a train shuttle between the Incheon airport and the domestic airport in Seoul (Gimpo). There are currently only two flights a day and the last flight leaves before you arrive so you spend a night in Seoul.

Therefore, I recommend the train route. The trains are beautiful, comfortable, always on time and FAST. Have you ever been on a train going 195 miles per hour?

Click [here](#) for the best website. The "time standards" are listed [here](#).

If you have any questions, please contact me at [walt.reid@comcast.net](mailto:walt.reid@comcast.net).

# Bellevue Club Masters Mile

1500 – Short Course Meters

Sunday, January 13, 2019

Warm-ups: 12 noon; meet starts at 1pm  
Sanctioned by PNA for USMS Inc #369-S001

LOCATION: Bellevue Club, 11200 SE 6<sup>th</sup> Street,  
Bellevue, WA 98004

The Bellevue Club is a private facility. After parking, enter at the athletic entrance and check in at the reception desk (your name will be on a list). Day-use lockers are available in the locker rooms at no cost. Please be respectful of the membership facilities.

FACILITY: 25-meter pool, 9 lanes, at least 7 lanes for competition. Temp 81°F. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.

TIMING SYSTEM: Electronic touch pads with button and watch backup.

MEET DIRECTOR: Sally Dillon, 425-961-0023,  
[salswmr@comcast.net](mailto:salswmr@comcast.net)

MEET REFEREE: Dick Chapman,  
[dick\\_chapman@comcast.net](mailto:dick_chapman@comcast.net)

CONCESSIONS: Many delicious choices available at athletic entrance

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2019 USMS or foreign registered swimmers 18 and above as of 1/21/2019.  
**Age groups based on the swimmer's age as of 12/31/2019 (must be 18 on or before meet date).**

ENTRIES: Swimmers may enter only the 1500-meter freestyle. All entries must have an entry time. Use an estimated time if you don't have a time from a previous competition. See conversion chart on registration page. Entries must be received or online

by 11:59 PM (Pacific) Tuesday, 1/8/2019. NO race day entries will be accepted. Meet entry cap is 70 swimmers.

SEEDING: The event will be deck seeded fast to slow with age groups and sexes mixed.

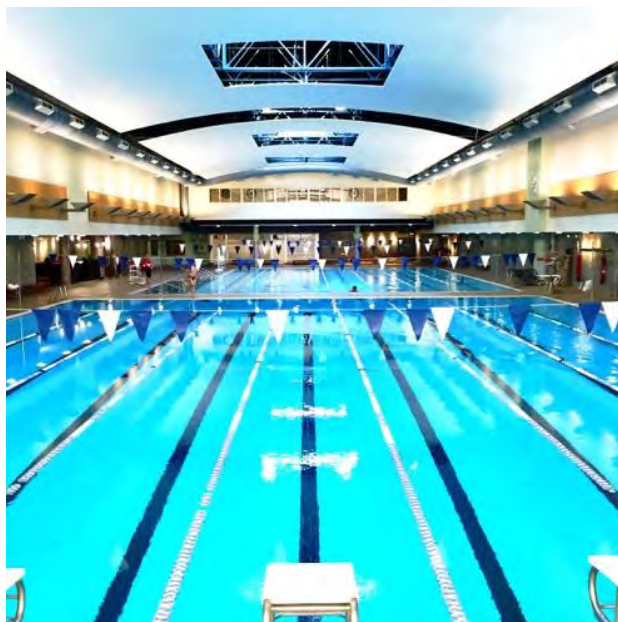
CHECK-IN: In-Person positive check-in required by 12:30 PM. Online check-in will be available the day of the meet from 6am to 12 pm. Swimmers missing the check-in deadline may be scratched from the event.

AWARDS: PNA medals will be available for purchase at meet.

ENTRY FEES: Flat fee of \$20 US; includes LMSC and timing surcharges

ONLINE ENTRIES ONLY: Enter online at:  
[https://www.clubassistant.com/club/meet\\_information.cfm?c=1534&smid=11036](https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=11036)

DIRECTIONS: From I-405, exit at SE 8<sup>th</sup> Street in Bellevue, WA. Go west on SE 8<sup>th</sup>, turn right at 114<sup>th</sup>, and left at SE 6<sup>th</sup>. The Bellevue Club will be on your right.



2018 Puget Sound Masters SCM Championship Meet  
and Pacific NW Zone Championship  
Saturday – Sunday, November 17-18, 2018  
Hosted by Puget Sound Masters  
Sanctioned by PNA for USMS Inc. #368-S008  
Observed for USA Swimming

LOCATION: Weyerhaeuser King County Aquatic Center, 650 SW  
Campus Drive, Federal Way, WA 98023 206-296-4444

FACILITY: 50-meter championship pool set up as two 25m  
courses, each with 9-ft wide lanes and a water depth  
**range of 9'-10.5'** Continuous warm-up available in 7-  
lane, 25-yd dive tank. The length of the competition  
course is in compliance and on file with USMS in  
accordance with articles 105.1.7 and 107.2.1, but as a  
bulkhead course, is subject to length confirmation.  
Eligibility of times for USMS Top 10 and Records will be  
contingent on verification of bulkhead placement.



TIMING SYSTEM: The primary timing system will be  
automatic timing. Times may be submitted for USMS records and  
USMS Top 10 consideration.

SCHEDULE: Saturday, Nov 17 and Sunday Nov 18:  

- Warm-up 9:00-9:50am, meet starts 10 am

MEET DIRECTOR: Lisa Dahl, [waterpolo890@gmail.com](mailto:waterpolo890@gmail.com) 206-337-  
2204

MEET REFEREE: Teri White, [teriwhite53@gmail.com](mailto:teriwhite53@gmail.com)

CONCESSIONS: KCAC vendor, available in lobby.

RULES: Current USMS rules will govern the meet. Strictly forbidden:  
using hand paddles, fins or kick boards in warm-up areas; diving in  
warm-up areas unless in designated sprint lanes.

ELIGIBILITY: Open to all 2018 USMS or foreign registered swimmers  
18 and above as of 11/18/2018. Foreign registered swimmers  
must provide a copy of their current registration card. Age groups  
**based on the swimmer's age as of 12/31/2018.** 18-24, 25-29...  
and up in 5-yr increments

ENTRIES: Swimmers may enter up to 6 individual events, 6 individual  
events/day max.

- Individual entries and Relay-Only Swimmers: Entries must be submitted online by 11:59 PM (Pacific) Sunday, November 11, 2018 OR postmarked by Wednesday, November 7, 2017
- Relay teams may be entered from 9:00 AM Monday, November 12<sup>th</sup> to 11:59 PM Wednesday, November 14<sup>th</sup>
- Deck entry for relays will also be available at the meet. See 'Relays', below.
- Swimmers will register by CLUB (i.e. PSM, BWAQ) rather than workout group (i.e. LWM, GLAD)

**NO INDIVIDUAL ENTRIES ACCEPTED AFTER SUNDAY NOV 11<sup>TH</sup>,  
2018 11:59 PM (PACIFIC TIME)**

SEEDING: At the discretion of the Meet Referee and Meet Director,  
two courses may be used for the 800 Free, 400 Free, and 1500  
Free. A single course will be used for all other events. All events  
slow to fast. Pre-seeding except for asterisked events, below.

POSITIVE CHECK-IN DEADLINES: Saturday: 800 Free – 9:30am;  
400 IM – 9:30am; Sunday: 400 Free – 9:30am, 1500 Free – end of  
Event #34. Swimmers missing the check-in deadline will be  
scratched from the event.

RELAYS: Age groups (sum of ages): 72- 99, 100-119, 120-159, 160-  
199, 200-239, 240-279, ... (40-year increments as high as  
necessary). The aggregate age of the four relay team members  
determines the relay age group. Mixed relays require two men  
and two women.

• Relays may be entered online before the meet or deck-  
entered at the meet. Deck Entry Relay entries due as  
follows:

- #9-#11: by the end of event #2,
- #20-#22: by the end of event #13,
- #31-#33: by the end of event #23,
- #40-#41: by the end of event #34

AWARDS:

- Medals may be purchased at meet.
- High point awards for each gender and age-group  
combination

ENTRY FEES: \$38.00 includes LMSC surcharges. PLUS \$4 per  
individual event (optional for seniors and needs-based swimmers).  
No charge for relays. Relay only swimmers pay \$38.00 surcharge.

ONLINE ENTRIES: Enter online at:

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1534&smid=10826](https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=10826)

ENTRY QUESTIONS: [Linda Chapman:](mailto:Linda.Chapman@comcast.net)  
[chapman\\_family@comcast.net](mailto:chapman_family@comcast.net)

2018 PSM SCM Order of Events			
Saturday, Nov 17		Sunday, Nov 18	
50m, 100m and 200m events: Order W then M			
	Warm Up 9am		Warm Up 9am
1	800 Free - Mixed *	23	400 Free - Mixed *
2/3	200 IM - W/M	24/25	100 Breast - W/M
4/5	50 Back - W/M	26/27	50 Fly - W/M
6/7	200 Fly - W/M	28/29	200 Free - W/M
8/9	100 Free - W/M	30/31	100 IM - W/M
	<b>Break 5 minutes</b>		<b>Break 5 minutes</b>
10/11	W/M 200 Free Relay	32/33	W/M 400 Free Relay
12	Mixed 400 Medley Relay	34	Mixed 200 Medley Relay
13	400 IM - Mixed *	35/36	50 Breast - W/M
14/15	100 Back - W/M	37/38	200 Back - W/M
16/17	50 Free - W/M	39/40	100 Fly - W/M
18/19	200 Breast - W/M		<b>Break 5 minutes</b>
	<b>Break 5 minutes</b>	41/42	W/M 200 Medley Relay
20/21	W/M 800 Free Relay	43	1500 free - Mixed *
22	Mixed 200 Free	*	Positive Check-In Required

DIRECTIONS: From North or South Bound I-5 take exit 142 B.  
Proceed west on South 348th St for 2 miles. South 348th changes to  
SW Campus Dr. at 1st Ave. The pool is on the right.

**2018 Puget Sound Masters SCM Championship Meet  
 Saturday –Sunday, November 17-18, 2018  
 Hosted by Puget Sound Masters  
 Sanctioned by PNA for USMS Inc. #368-sxxx**

PAPER ENTRIES: Complete this form, and waiver on following page, for a paper entry.

If using paper entry form, you must complete, sign and mail the USMS Waiver on the following page.

NAME: \_\_\_\_\_ M F AGE: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 PHONE \_\_\_\_\_ Email \_\_\_\_\_  
 BIRTHDATE: \_\_\_\_/\_\_\_\_/\_\_\_\_ USMS #: \_\_\_\_\_ - \_\_\_\_\_

Include a copy of your USMS Registration if not a PNA member

LMSC: (PNA, Oregon, Inland NW, etc.)	PNA Club: (UC36, BWAQ, PSM, ROCK)
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ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

Event #	Event Name	Entry Time

ENTRY FEE:

SURCHARGE	\$38.00	
INDIVIDUAL EVENTS	+	\$4 Per Event. No charge for relays. No charge for seniors (65+) or need-basis
TOTAL	\$	Make checks payable to PSM. Mail to: PSM, c/o Linda Chapman 17532 NE 142 <sup>nd</sup> St Redmond, WA 98052

Paper entries must be postmarked by Tuesday, November 7<sup>th</sup>, 2017. All swimmers must have a valid 2017 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry.

Signature _____	Date _____
<input type="checkbox"/> <u>This is my first Masters meet</u>	

Emergency Contact: _____
Emergency Contact Phone: _____





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). Row 2: Street Address, City, State, Zip. Row 3: Signature of Participant, Date Signed.

# PNA Calendar 2018-2019

## POOL EVENTS:

11/4 - [Snohomish Aquatic Masters Meet](#)  
Snohomish, WA

2/17 - [LWM Invitational](#)  
Kirkland, WA

11/17-18 - [PNA SCM meet](#) (NW Zone  
SCM Championship)  
Federal Way, WA

3/10 - [Port Angeles Masters Meet](#)  
Snohomish, WA

1/13 - [Bellevue Club Masters Mile](#)  
Bellevue, WA

4/13-14 - PNA SCY Champs  
Federal Way, WA

2/2 - [Thunderbird Masters Meet](#)  
Anacortes, WA

8/9-18 - [FINA World Championships](#)  
Gwangju, South Korea

[Search USMS Calendar of Events](#)

***It's time to renew your USMS membership! Click [here](#).***

## Thorbeckes 2018 New Year's 10K Swim

**Where/When:** Thorbeckes Aquatic Center, 910 Johnson Rd, Centralia / Tues, January 1, 9am-1pm  
**Who:** Open to all Thorbeckes members and non-members able to swim all or part of the practice

Start your New Year's Eve off on a fun & challenging note by joining the South Sound and TWIM Masters Teams for a group-led practice.

You can choose from one of the following workouts:

100x125's on 2:00 = 12,500 meters

100x75's on 2:00 = 7,500 meters

100x100's on 2:00 = 10,000 meters

100x50's on 2:00 = 5,000 meters

You can join us for all or part of the practice. Challenge yourself and have fun reaching your goal with the team. May use fins, paddles, kickboards, pull buoys, or snorkels as needed.

\$15 entry fee (Thorbeckes' members), \$30 entry fee (non-members, includes entry & guess pass fee). Limited to 30 swimmers. Deadline to sign up and pay entry fee is December 31st.

If you like, bring an item to donate to the Lewis County Animal Shelter, such as unopened dry or canned dog/cat food, treats, or toys.

"2018 New Year's 10K Swim" event long-sleeve t-shirts are available for an additional \$25. Deadline to order is Sunday, December 9th - pay at the Centralia Thorbeckes Aquatics Reception desk.

Please contact Erin McPeak ([emcpeak80@gmail.com](mailto:emcpeak80@gmail.com) / 317-608-9742) for more information.