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President's Message

By Sally Dillon, PNA President

I hope by the time you read this, the inconveniences and damages from our series of February snowstorms are gone. It was an interesting couple of weeks that included **experiences we won't soon forget.**

In 2018, PNA hosted a successful gathering on the Saturday during Champs weekend. It was the first time in many, many years that a social event was organized during the meet. The purpose was three-fold:

- 1) enjoy social time and a meal with other swimmers, families, and friends;
- 2) recognize the contributions of two members by awarding the Coach of the Year and Dawn Musselman Inspirational awards; and
- 3) hold an Annual Meeting at a venue where many members can attend.

Planning for the 2nd Annual Social/Awards/Meeting event is currently underway. It will take place Saturday, April 13th, immediately following the conclusion of the meet. The banquet hall is attached to the swimming complex on the north end, an easy walk from either parking lot.

A no-host selection of beer, wine, and non-alcoholic beverages will be available (cash only). Complimentary snacks will be served to stave off hunger until the meal is served. A continuous video will highlight the 2018 accomplishments of PNA members. The awards presentation and a short business meeting will follow the meal. PNA board members will be on hand to make a brief presentation, encourage discussion, and answer questions.

PNA is funding the cost for the hall. A pasta-bar is planned, which will be accompanied by salad and dessert. Vegetarian and gluten-free pasta will be available. Cost for the meal is

Please share your photos to be added to the "2018 PNA Highlights" slide show that will be shown at the April 13 PNA Social on Saturday night of PNA Champs. Email pictures to luciannepugh@yahoo.com.

(Continued on page 2)

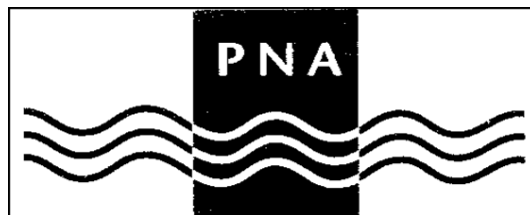
President's Message (cont)

(Continued from page 1)

\$15/person. Tickets can be purchased when signing-up for the swim meet. If you are not entering the meet, contact PNA President Sally Dillon at salswmr@comcast.net to purchase tickets.

I hope you will plan to attend this 2nd annual event!

Save the Date – July 6! A meet committee is being formed to conduct a one-day LCM meet at KCAC on Saturday, July 6th. It has been years since we have been able to get pool time in the summer, so we are thrilled to have the opportunity. The plan is to run the meet with the cooperation of numerous clubs and/or workout groups. Those interested in helping, please contact me ASAP at the above email.



Please note - **the meet is being held the day before the deadline to enter USMS Summer Nationals.** If you're interested in the national meet, which is being held in Mission Viejo August 7-11, this meet offers a great opportunity for you to get some official times.

Award Nominations Due

The deadline for nominations for the Dawn Musselman Inspirational Swimmer and Coach of the Year awards is fast approaching.

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 **in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986).** Each year PNA also honors a local coach with the PNA Coach of the Year Award for his/her service, dedication, and inspiration.

Submit your nominations by Saturday, March 23 to:

PNA Webmaster Steve Peterson, speterson@bandwagon.net (for Musselman Award)

Wendy Neely, wendymal@mac.com (for Coach award)

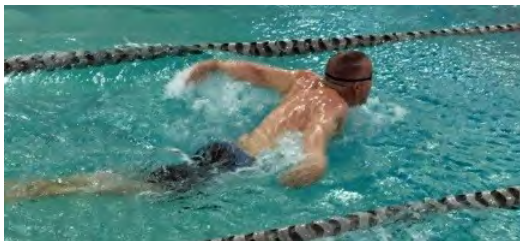


Dawn Musselman

See the [January 2019 issue of The WetSet](#) for more complete info on criteria for these awards. Click [here](#) to check out past award recipients in many categories on PNA's website.

Lake Washington Masters Meet

The 2019 Lake Washington Masters Invitational was held Sunday, February 17, at Juanita Aquatic Center in Kirkland, WA. Twenty-four clubs were represented by 106 swimmers registered for 361 individual events and 19 relays.



Dan Underbrink swimming the 400 IM
(from TWIM blog)

Natascha Tullock (UC37, 25-29), Ryan Robertson (ORCA, 30-34), Chantal Lauzon (NOVA, 45-49), Wendy Hoffman (PSM, 55-59), and Janet Gettling (OREG, 70-74) each earned five first place finishes in their divisions. Tullock won the 50 breast, back, and fly and the 100 back and IM; Robertson won the 50 breast, back, fly, and free and the 100 IM; Lauzon won the 50 breast and fly, the 100 breast and fly, and the 200 breast; Hoffman won the 100 free, back, and IM, the 200 IM, and the 400 IM; and Gettling won the 50 fly, breast, and free, the 100 breast, the 200 IM, and the 500 free.

Women in the Open Water 2:

Awakening the Dolphin Within



Thursday, March 21st from 6:00 - 8:00pm
PricewaterhouseCoopers Café - 1420 5th Ave, #2800, Seattle, WA

Hosted by: Melissa Kegler, Triple Crown Mermaid, and Guila Muir, Founder, Say Yes to Life Swims
Refreshments Courtesy of PwC's Women's Inclusion Network



Women's Inclusion Network
Empowering the next generation of leaders

Records set at BC Masters Mile Meet



Dan Kirkland and Dave Radcliff

Dan Kirkland and Dave Radcliff set new SCM world records at the Bellevue Club Masters Mile event, which was held on Sunday, January 13. The meet featured only one event – the 1500 freestyle – and **attracted 48 swimmers from 13 clubs, including nine “new” swimmers** who were participating in their first PNA competition.

Kirkland, age 71, is swimming for Oregon Masters this year. His 1500-meter time of 18:46.94 placed him sixth overall and broke the previous **record of 19:52.89, which he set at last year’s Bellevue Mile.** Radcliff (also from Oregon) aged up to 85 this year and promptly set both 1500 (25:22.07) and 800 (13:20.46 split) SCM world records.



Tara Boucher Moses & Rachel Elizalde enjoyed competing in their first PNA competition

Paul Orland (25-29, HMST) was the event’s top finisher with a blazing 18:24.17, followed closely by teammate Kirk Nelson (45-49) in 18:33.09. Rounding out the top five were Brendan Lang (UC36, 35-39), David Dahl (ORCA, 30-34), and David Hathaway (OREG, 55-59) in 19:32.22, 19:43.55, and 19:46.94 respectively.

Other swimmers winning their divisions were Julia Iyall (YPKC, 25-29), Morena Calvo (PSM, 30-34), Hannah Gottschall (YPKC, 35-39), Michelle Murphy (UC36, 40-44), Will Whittington (UC36, 40-44), Tamara Koppelberger (TWIM, 45-49), Wendy Polidori (SAM, 50-54), Allison Villarreal (NKM, 55-59), Richard Howell (OREG, 60-64), Jeanna Summers (OREG, 65-59), Laurence Hile (BAM, 65-69), Andrea Hunt (BAM, 70-74), and Richard Duringer (UC36, 75-59).

3000 & 6000 ePostal Relay Results

Relay results for the 2018 3000/6000-yard ePostal were not yet available when individual results were reported in the January issue of *The WetSet*. Puget Sound Masters swimmers finished very well in the four relays that they entered.

The Women’s 35+ 3x3000K relay of Michelle McRae, Tamara Koppelberger, and Sarah Landrum took first in a combined time of 1:59:47.92.

The Men’s 35+ 3x3000K relay of Johnny van Velthuyzen, Chad Hagedorn, and Dan Kirkland took second in a combined time of 1:55:15.37.

The mixed 35+ 4x3000K relay of Michelle, Tamara, Dan, and Chad took first in a combined time of 2:32:51.72.

The men’s 25+ 3x6000K relay of Blake Hansen, Chad Hagedorn, and Dan Kirkland took first in a combined time of 3:48:05.71.

At press time, the 1-Hour ePostal event was just concluding; results will be reported in the next newsletter.

Thunderbird Masters Meet

The 2019 Thunderbird SCM Masters Meet was held Saturday, February 2, in Anacortes, WA. This was the 29th annual event and featured 86 swimmers entered in 330 individual events and 26 relays. Leading the individual scoring with perfect 42-point scores were Monique Turner (TACM, 40-44), Karl Tallman (CRUZ, 60-64), and Scott Neuhaus (TWIM, 65-59). Turner won the 50 free, fly, back, and breast and the 100 back and IM; Tallman won the 50 free, fly, and back and the 100 free, back and IM; and Neuhaus won the 50 free and breast, the 100 free, breast, and IM, and the 200 breast.

Dick Peterson (BMSC, 80-84) was the oldest competitor and swam five events – the 50 fly, back, and breast and the 100 breast and IM.

Host team Thunderbird Aquatic Club Masters dominated the team scoring with 761 points, followed by Western Washington University (272) and Bainbridge Aquatic Masters (217). Rounding out the top five teams were Stanwood-Camano Y Masters (183) and Team Walker International Masters (159).

An exciting highlight of the meet was the breaking of a 30+-year-old **PNA record in the men's short course 200-meter medley relay** (280-319 age group). Steve Fogg (71, SCYM), Steve Peterson (73, YPKC), Dick Peterson (82, BMSC), and Brad Hering (58, SCYM) combined for a time of 2:46.76 – 33.71 seconds faster than the standing PNA record of 3:20.47, set by Allen Sachs, Jim Penfield, Tom Foley, and John Robinson in October 1987. The third time was the charm for this group as two previous attempts at the record were **jinxed by DQ's**.

Peterson praised BAM coach April Cheadle for her enthusiasm and for putting this relay team (and others) together. **"If she hadn't bird-dogged the meet host to reset Meet Manager to accept our mix of teams (though all under Puget Sound Masters), the officials wouldn't have let it fly,"** he noted.

A pizza feed at Village Pizza in downtown Anacortes followed the event, with Philip Prud'homme acting as TACM's master of ceremonies. Special guest was Masters world record holder and swim clinician Karlyn Pipes, who not only swam the meet but conducted a swim clinic there the following day (Sunday). Karlyn's presentation was not so much about swimming but about the causes of and recovery from her alcohol addiction, help from friends and family, and the power of positive attitude, as told in greater detail in her 350+ page autobiography "The Do Over – My Journey from the Depths of Addiction to World Champion Swimmer." Inspiring story accompanied by great pizza!



Karlyn Pipes and TACM's Philip Prud'homme



The after event pizza feed featuring guest speaker Karlyn Pipes was a great success!

“Fly Away” Butterfly Stroke Clinic

By Tom Walker of TWIM

On Sunday January 17, 34 brave, determined, and heroic swimmers were on hand at the beautiful Stanwood Camano YMCA for a Butterfly Stroke Clinic conducted by the incomparable April Cheadle, the 2018 USMS Coach of the Year!

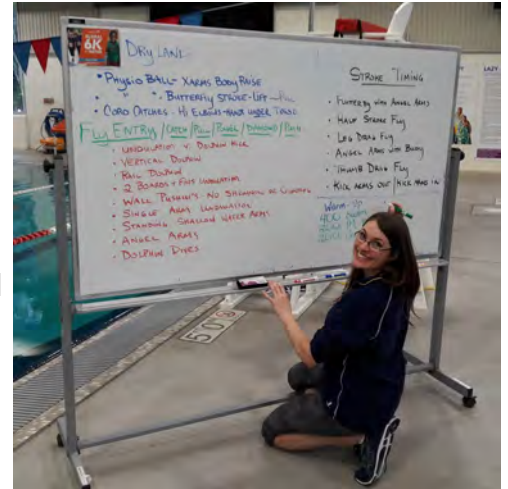
The clinic was hosted by Stanwood Camano Masters and adeptly facilitated by that noted Aquatic Guru, Coach Brad Hering, who was seen to be lurking about here and there and was even reported to have been spotted in the water, doing One-on-Ones! Thanks, Coach Brad!

And what a marvelous clinic it was! Coach Cheadle got the party rolling with an overview of the mission and an explanation of the elements of the stroke, followed by an hour of dryland drills, all aimed at gaining skill in each component of the Fly, starting with the entry then moving on to the catch, the Diamond, and the always exciting Fly Away!

All 34 swimmers were drilling it on the ball and talk about a core workout on steroids! Ouch! Cheadle showed whence the power comes that rocks this King of Strokes.

It was then into the water, where Cheadle led the swimmers through a two-hour progression of stroke drills, from the Alpha to the Omega, which culminated in the complete stroke. **It was a glorious thing to behold and there's a good chance all our athletes slept well that night!**

This clinic was truly inspirational because there was one who had never done a yard of butterfly before in her entire life, a few who were just starting to work on their stroke, and on up the ladder to those who had already **been “Flying” on their own, so to speak. Everyone seemed to benefit, from beginner to seasoned pro, and everyone improved!** It was amazing to watch each swimmer bravely move forward to build their own stroke.



BAM Coach April Cheadle led the clinic.



The clinic included both on-deck and in-the-water instruction.



Butterfly Stroke Clinic (cont)

What determination! At the end of the clinic, the pool was alive with the electricity of Fly Mania!

We will have to verify this, but it was probably a new PNA record for the number of people doing the Fly together in the same pool at the same time in these parts!

Cheadle was capably assisted by a team of on-deck PNA coaches, including the aforementioned Brad Hering (SWYM), Steve Fogg (SWYM), Kate Carruthers (BAM, and who demonstrated the drills in the water, thanks Kate!), James Stretch (BAM), Calvin Milbach (TACM), Mary Armstrong (SAM), Kerry Ness (SVMS), and yours truly, Thomas W. Walker (TWIM).

Thanks Coaches and congratulations swimmers! Now go and enjoy your brand new Fly!

We are blessed and fortunate indeed to have this level of aquatic knowledge available to us because of the talent and commitment of Cheadle and many others like her in the PNA. It seems like we are all working on this together, this **pursuit of the best swimming we can do, each time our hand reaches into the water and takes another stroke.** It's truly an exciting and exhilarating journey and we are constantly enriched by all around us who share our common goal.

Don't miss the next one! If your dream is improved swimming, this is definitely the place to start!

SAVE the DATE

Port Angeles Masters Meet

Sunday, March 10th, 2019

William Shore Memorial Pool, 225 E. 5th

Competition 25 yards, 6 lanes

200 Medley Relay M	100 Free
200 Medley Relay W	50 Breast
200 Free	200IM
50 Back	200 Free Relay W
100IM	200 Free Relay M
100Fly	100 Back
200 Medley Relay Mixed	50 Fly
50 Free	100 Breast
Break (15 mins)	200 Free Relay Mixed
500 Free - Check In	500 Free

Sanctioned by PNA for USMS Inc.

Sponsored by Port Angeles Swim Club

In beautiful downtown Port Angeles,

WHERE THE MOUNTAINS GREET THE SEA

Board Meeting Highlights

Highlights from the January 14, 2019 Board Meeting

- April Cheadle (BAM coach) was nominated for the Open Board Member position to replace Sarah Welch while Bob DeWard was nominated for another one-year term. Both were approved
- Zena Courtney is willing to continue as Vice President if no one else volunteers; however, she expects to move out of the area before her term ends
- Current membership is 1,136 with an equal number of men and women! (568 each)
- Total income for 2018 was \$27,688
- The 2019 Whidbey Island Open Water event has been sanctioned
- The budget for a new PNA website was approved

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

Blue Wave  Aquatics

SWIM OPEN WATER

 <p>in challenging Puget Sound WA July 21, 2019</p> <p>3K / 5K www. swimdefiance.com</p>	 <p>in peaceful Angle Lake WA Sept 14, 2019</p> <p>1Mi / 2Mi www.lastgasp ofsummer.com</p>
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www.bluewave-aquatics.com
 ADULT SWIM LESSONS • MASTERS SWIM TEAM
 TRIATHLON TRAINING

PNA Elections

Nominations are complete for elected positions on the PNA Board. The term of office is two years. Following is the slate of candidates:

President: Sally Dillon
 Vice President: Linda Chapman
 At-large Directors: Kathy Casey and Todd Doherty

Treasurer: Arni Litt
 Secretary: Jay Pearson

Per our bylaws, ballots will be distributed via an online survey in early March and voting will close one week before the PNA Championship meet, April 13-14, 2019.

2019 PNA Budget

The PNA Board recently adopted a financial budget for the 2019 calendar year. Here are the highlights:

Income: \$24,738

- Registration: \$22,788
- Other income from meets and donations: \$1,950

Expenses: \$29,740

- Admin expenses: \$3,360 includes \$1,000 for software/website expenses
- Board expenses: \$2,188 includes conference calls for Board meetings and LMSC Leader Summit
- Club support: \$6,300 includes per swimmer fees to help defray costs
- Convention expenses: \$8,000 The National Convention is where your voice is heard; where the planning and organization for USMS takes place. We send up to 10 people.
- Meets/other expenses: \$6,542 includes awards and officials
- Swimmer and Coach support: \$3,350 includes training and new swimmer goodie bags

The Board adopted a budget where expenses exceed revenues. If the final income and expenses are as budgeted, the deficit will be drawn from reserve funds.



Bid to Host a National Championship!

All interested organizations are encouraged to submit bids to host the 2021 open water and ePostal national championships. Please fill out the appropriate bid form and submit by July 1, 2019. (Click [here](#) for open water and [here](#) for ePostal bid forms.)

Attachments to the bid form, such as maps for OW swims, logos, and pertinent event details, are not required but will be considered. Mail to the address at the bottom of the page. A safety plan for the OW events is required to be submitted with the bid.

You will receive an immediate email response acknowledging confirmation that your bid form was received. Please follow up via phone (number below) if you do not receive an email confirmation within 24 hours. Site/host selection for the 2021 events will occur prior to the 2019 USMS Annual Convention. Committee collaboration, review, and discussion of all bids will take place via conference calls before the Convention; we will schedule phone interviews with bidders and select bid winners in July/August.

For more information contact Ali Hall at 415-238-2251 or LongDistance@usmastersswimming.org.



2019 Saturdays@Colman Workouts

Green Lake Aqua Ducks (GLAD) is very pleased to announce that it has once again arranged for Saturday morning workouts at beautiful outdoor Colman Pool for 2019. Saturdays@Colman will begin on May 11 and end on September 21, 2019 and run from 6:30-8am.

Workout dates, coaches, fees, and information about Colman Pool (including a map) are available at www.gladswim.com & www.gladswim.com/saturdays.html.

Get these dates on your calendar and come join Saturdays@Colman workouts! You'll be GLAD you did!



photo by Liz Rosen

Welcome New Swimmers!

Amans, Maddie
 Arden, Irene
 Baker, Jarred
 Bar, Razvan
 Bartel, Andrea
 Bergman, Rachel
 Bjelkengren, Jason
 Bomberry, Bradley
 Bouttefroy, Philippe
 Brandau, Caroline
 Brown, Clara
 Brown, Kim
 Brown, Hannah
 Bryant, EJ
 Buchan, Liz
 Campanile, Anthony
 Connolly, Caitlin
 Connolly, Melissa
 Crook, David
 Cunningham, Eithne
 Curtis, Sarah
 Dalton, Jeff
 Davis, Tricia
 Dell, Jill
 Dickman, Matthew

Duncan, Nicole
 Elizalde-Powell, Rachel
 Fahsl, Eric
 Falkenreck, Margaret
 Farrell, Andrew
 Hagar, Kate
 Ham, Brennon
 Hansen, Christina
 Harris, Larry
 Harrison, William W
 Hartmann, Emma
 Hernandez, Alexander
 Hoffmab, Robert
 Holzbach, John
 Jo, Nate
 Joern, Elliott
 Klevay, Shay
 Klies, Paul
 Kranwinkle, Mark
 Lauderman, Ashley
 Lusk, Lisa
 MacQuarrie, Colin
 Marachal-McCoy, Maxime
 Meyers, Alison
 Mills, Matthew

Moffitt, Marie
 Monsen, Sigmund
 Morales, George
 Morris, Allison
 Murchie, Peter
 Murphy, Michelle
 Nesvig, Chelsea
 Netzer Tito, Lihi
 Neufeld, Anna
 Nguyen, Dong-Ha
 Piedad, Christian
 Plank, Tara
 Ream, Anna
 Reed, Hunter
 Rohrer, Justin
 Ronald, Erin
 Ruelos, Nikko
 Ruge, Michelle
 Sander, Karissa
 Schmit, Kristen
 Schossow, Jesse
 Sickle, Madelyn
 Smith, Marysia
 Smith, Nancy
 Soper, Deborah

Stadler, Krystina
 Stephens, Trevor
 Stute, Nina
 Sutton, Paul
 Swedin, Britta
 Swink, Don
 Switzer, Trip
 Tighe, Jenifer
 Tito, Amir
 Vail, Frances
 Valdivia, Hector
 Van Fossen, Claire
 Verhei, Bridget
 Vo, Kelly
 Wellman, Lisa
 White, Robin
 Whittington, Will
 Winans, Gary
 Wolff, Morgan
 Wong, Nancy
 Wood, Nolan
 Woodruff, Morgan
 Xu, Haitong
 Yates, Brigette
 Yeung, Aaron

Sunday, June 23rd, 9am
 Kick off your open water season on Whidbey Island



- 1.2 and 2.4 mile distances
- Lovely seaside location
- Fun post race raffle and snacks



details and registration at
www.whidbeyadventureswim.org

USMS Coaching Clinics In Seattle

USMS Clinics are coming to Seattle! Sign up [here](#) for level 1, 2, & 3 courses on Saturday, June 8 and sign up [here](#) for an ALTS (Adult Learn-to-Swim coaching) class on Sunday, June 9.

U.S. Masters Swimming has four levels of Masters coach certification. The courses for levels 1, 2, and 3 are taught in classroom settings throughout the country by USMS-certified coach trainers. (Level 4 is a portfolio-style application and has no classroom component.)

In Level 1, you'll be introduced to the basics of coaching and understanding the adult learner, including the different types of swimmers you'll encounter as a coach, such as triathletes and open water swimmers. You'll also learn how to write effective workouts.

Level 2, AKA Stroke School, is where the rubber hits the road. You'll get into the meat and potatoes of stroke technique, learning the basics of correction and development for all four competitive strokes, as well as starts, turns, and transitions.

Level 3 delves into program management, leadership, and administration. This certification focuses on the professional coach seeking to build and run a successful Masters program. Topics include budgets, support structure, event planning, special populations, dryland training, nutrition, injury prevention, and more.

Do you want to expand the reach of your Masters club to include adults who don't yet know how to swim? Do you see a need in your community for learn-to-swim lessons geared toward adults? Have you taught others to swim and experienced the joy of sharing the sport of swimming with someone? If yes, you might make a good adult learn-to-swim instructor. USMS provides a certification program for adult learn-to-swim instructors. Click [here](#) to find more information about this program.

USMS Style Freestyle Clinic

TWIM, in conjunction with the Sammamish YMCA, will be presenting a USMS Freestyle Clinic on Sunday, March 10th from 5-8:30pm at the new Sammamish YMCA (425-391-4840). Join Head Coach Todd Doherty, Triathlon Coach Kainoa Pauole-Roth, and six other USMS-Certified Masters Swim Coaches on deck for three hours of personalized stroke instruction.

This clinic is for swimmers of all abilities who want to improve technique and learn drills that will enable them to continue to refine their stroke. Your stroke will be evaluated and improved with the use of drills and coach instruction.

Swimmers must be 18 years of age. The clinic cost is \$75 and registration will be limited to the first 30 entrants. Click [here](#) for more information. See you there!

2019 PNA Open Water Series

PAGE 13



June 23 - The series starts with the Whidbey Island Adventure Swim. The race includes 1.2- and 2.4-mile races off the shore of Langley, WA, beginning and ending at Seawall Park. Both distances follow a rectangular course with the 1.2-milers turning halfway down the course and the 2.4-milers swimming the full rectangle. <http://www.whidbeyadventureswim.org/>

July 13 - **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.com/



July 21 - 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 24 - 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>

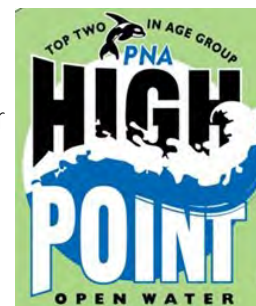


September 14 - The series finishes with the Last Gasp of Summer. This race takes place at Angle Lake in Seatac, WA and includes 1- and 2-mile races on a rectangular course. One-milers swim one lap and two-milers swim two laps. www.lastgaspofsummer.com/

These events are open to USMS members only. For non-USMS swimmers, a One-Event USMS membership can be purchased for \$27. (The fee can be applied to a full USMS membership.)

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 swum. (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



Port Angeles Masters Meet
Sunday, March 10, 2019
Warm-up: 11:00 AM Meet Starts: 12:00 Noon
Sanctioned by PNA for USMS Inc. #369-TBD

LOCATION: William Shore Memorial Pool, 225 E 5th St, Port Angeles, WA 98362

FACILITY: Competition 25 yard, 6 lanes. Temp 82°F. Continuous warmup in the dive tank. 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: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

MEET DIRECTORS: Michelle Govertsen (mbgov@aol.com)

MEET REFEREE: Shellie Hunter (Shellie.hunter@yahoo.com)

CONCESSIONS: Snacks for Sale at the PASC table.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2019 USMS or foreign registered swimmers 18 and above as of 03/10/2019. **Age groups based on the swimmer's age** as of 03/10/2019.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Thursday, February 28, 2019 or submitted online by 11:59pm (Pacific) Monday, March 4, 2019. NO DECK ENTRIES.

ENTRY FEES: \$16 (US; includes LMSC and timing surcharges) PLUS \$3 per individual event. PNA Swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#). No charge for relays.

ENTRY QUESTIONS: Cari Gavin (triplethejoy@wavecable.com)

SEEDING: All events slow to fast, age groups and sexes mixed. Pre-seeding except for 500 Free.

CHECK-IN: Positive check-in required for the 500 Free by end of break between Events 8 & 9. Swimmers missing the check-in deadline may be scratched from the event.

SPLIT REQUESTS: Split requests for an initial distance within a longer race must be made, in writing, before the event for backstroke and relay leadoffs OR before the conclusion of the meet for non-backstroke. See the Clerk of Course.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women.

AWARDS: PNA medals for purchase at the meet \$2.

ORDER OF EVENTS:

1	200 Medley Relay (M)	9	100 Free
2	200 Medley Relay (W)	10	50 Breast
3	200 Free	11	200 Im
4	50 Back	12	200 Free Relay (W)
5	100 IM	13	200 Free Relay (M)
6	100 Fly	14	100 Back
7	200 Medley Relay (Mixed)	15	50 Fly
8	50 Free	16	100 Breast
	BREAK (15 min)	17	200 Free Relay (Mixed)
	CHECK-IN Deadline	18	500 Free
	for 500 Free		

ONLINE ENTRIES: Enter online [here](#).

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA Website or in *The WetSet*. Make checks payable to Port Angeles Swim Club. Mail to: PASC/ PO Box 1056, Port Angeles, WA 98362.

DIRECTIONS:

- From Edmonds-Kingston Ferry: WA-104 to US-101 to Port Angeles (60 mi).
- From Bainbridge Ferry: N on WA-305 & WA-3 to WA-104 (at Hood Canal Bridge) to US-101 to Port Angeles (71 miles).
- In Port Angeles, follow US-101 to E 5th St, turn left. The pool is the second building on your left.

LODGING:

- Red Lion Hotel, 221 N Lincoln St, Port Angeles, (800) 733-5466 <http://www.redlion.com/port-angeles>
- Quality Inn Uptown, 101 E 2nd St, Port Angeles, (360) 457-9434, <https://www.choicehotels.com/washington/port-angeles/quality-inn-hotels/wa099>





2019 PNA Championship and Northwest Zones Championship Meet

Saturday April 13th / Sunday April 14th, 2019
 Hosted by Blue Wave Aquatics
 Sanctioned by PNA for USMS Inc. #369-S005

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

FACILITY: 50-meter championship pool set up as two 25-yd 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 (Omega). Times may be submitted for USMS records and USMS Top 10 consideration.

TIMES: Schedule is same for both days, Apr 13 – 14. Warm-up 9:00-9:50 am, meet starts 10:00 am. 10 minute break after events #5, on Saturday and #17, on Sunday.

CONCESSIONS: Vendor contracted with KCAC, 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 2019 USMS or foreign registered swimmers 18 and above as of 04/14/2019. **Age groups based on the swimmer's age as of 04/14/2019.** If not a member of USMS or MSC, please bring a copy of your 2019 registration card.

ENTRIES: Individual entries may enter up to 6 individual events, 6 individual events/day max. Individual and relay-only swimmers must register online by 11:59 PM (Pacific) Sunday, April 7th, 2019 or mail a paper registration form postmarked on or before Wednesday, April 3rd, 2019. No day of race or late entries allowed for this meet. Coaches will be provided relay cards at the meet.

ENTRY FEES: \$35 (US) surcharge for Individual and relay-only swimmers plus \$4 per individual event. PNA swimmers who need financial assistance for entry fees may request same from the PNA Wiggin Fund. No splash fee for relays.

ONLINE ENTRIES: Enter online [here](#). NO ENTRIES ACCEPTED AFTER SUNDAY APRIL 7th, 2019 11:59pm (Pacific Time).

PAPER ENTRIES: Use the PNA Generic Entry Form available on the PNA website or in *The WetSet*. Make checks payable to BWAQ and mail to: Blue Wave Aquatics PO Box 24083 Federal Way, WA 98093. **MUST BE POSTMARKED ON OR BEFORE WEDNESDAY, APRIL 3RD, 2019 AND RECEIVED ON OR BEFORE SUNDAY APRIL 7TH, 2019 11:59 PM (PACIFIC TIME).**

SEEDING: Two courses will be used for the 500 Free, 1000 Free and 1650 Free, depending on entries the 400IM may be swum in two courses. A single course will be used for all other events. All events slow to fast. Pre-seeding except for asterisked events, below.

CHECK-IN: Saturday: 1000 Free – 9:30am; Sunday: 500 Free – 9:30am, 1650 Free – end of Event #18. Swimmers missing the check-in deadline will be scratched from the event.

RELAYS: 18+, 25+ and subsequent ten-year increments as needed. The age of the youngest member of the relay team shall determine the age group. Mixed relays require two men and two women. Relay entries due by noon each day of the meet. Relays entry info above.

AWARDS: Ribbons for individual places 1–6. Medals may be purchased at meet. Plaques will be awarded for PNA team awards.

SCORING: Scoring will be 9-7-6-5-4-3-2-1 for individual events and 18-14-12-10-8-6-4-2 for relay events.

ORDER OF EVENTS:

Saturday, April 13th	Sunday, April 14th
1 1000 Free*	13 500 Free *
2 100 IM	14 50 Fly
3 100 Back	15 200 Back
4 50 Breast	16 100 Free
5 200 Free	17 200 IM
10-minute Break	10-minute Break
6 100 Breast	18 100 Fly
7 200 Fly	19 200 Breast
8 50 Free	20 50 Back
9 Women's 200 Medley Relay	21 Women's 200 Free Relay
10 Men's 200 Medley Relay	22 Men's 200 Free Relay
11 200 Mixed Free Relay	23 Mixed 200 Medley Relay
12 400 IM	24 1650 Free *
PNA Annual Membership Meeting, Social and Award Presentation	PNA Team Awards



T-SHIRTS: Championship long sleeved technical shirts are for sale during registration and we will have a limited number of t-shirts at the meet. Guarantee you get the right size by ordering your Championship t-shirt when you register!
 \$28.00 - Unisex sizing X-small, Small, Medium, Large, XL
 \$30.00 - Unisex sizing XXL, XXXL, XXXXL

PNA ANNUAL MEMBERSHIP MEETING, SOCIAL, AND AWARD PRESENTATION:
 This event will take place immediately following the **conclusion of Saturday's swimming events at the**

Aquatic Center complex banquet hall, which is adjacent to the pool. The social will feature a delicious meal at \$15/person. A no-host selection of beer, wine, and non-alcoholic beverages will be available (cash only).

Tickets for the event are required: sign-up when you enter the meet. If you are not entering the swim meet, contact PNA President Sally Dillon at salswmr@comcast.net to purchase ticket/s.

A continuous video of PNA swimmer's accomplishments over the previous year will be shown and the Coach of the Year and Dawn Musselman Inspirational Service awards will be presented. PNA board members will be on hand to conduct a brief meeting, which will include discussion and an opportunity to ask questions.

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

QUESTIONS:

Meet Director: Steve Freeborn 206-940-7442
pnachamps@bluewave-aquatics.com
 Meet Referee: Mike Murphy swimoff1@gmail.com
 Meet Registrar: Angela Turley 253-797-4920
registrar@bluewave-aquatics.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.

----- Cut Here -----

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

POOL EVENTS:

- 3/10 - [Port Angeles Masters Meet](#)
Snohomish, WA
- 4/13-14 - [PNA SCY Champs](#)
Federal Way, WA
- 7/6 - LCM meet at KCAC
Federal Way WA
- 8/7-11 - [LCM Nationals](#)
Mission Viejo, CA
- 8/9-18 - [FINA World Championships](#)
Gwangju, South Korea

CLINICS:

- 3/10 - [Freestyle Stroke Clinic](#)
Sammamish, WA
- 6/8 - [USMS Coaching clinics](#)
Seattle, WA
- 6/9 - [ALTS Coaching clinic](#)
Seattle, WA

OPEN WATER:

- 6/23 - [Whidbey Adventure Swim](#)
Langley, WA
- 7/13 - [Fat Salmon](#)
Seattle, WA
- 7/21 - [Swim Defiance](#)
Tacoma, WA
- 8/24 - [Aly Fell Memorial Swim](#)
Bellingham, WA
- 9/14 - [Last Gasp of Summer](#)
Seatac, WA



Masters Swim Camp Vail Racquet Club, Vail, CO June 16-19, 2019

- Coaching by Masters World Record Holder, USMS Level 3 Coach Katie Glenn
- 2 x Daily technique-focused workouts; learn to swim more efficiently; 1-on-1 videotaping & analysis above and below the water
- Open to all USMS Registered Swimmers

Registration Fee \$950*

*plus accommodations – Vail Racquet Club



Daily Workshops Include: Starts and Turns Clinic – FINA Masters’ Hall of Fame Member Rich Abrahams: sprinting and thoracic mobility and core-centric exercises – Masters World Record Holder David Sims: discussion on Ultra Short Race Pace Training, vegan diet and dryland training

For more details visit:

www.offpisteaquatics.com

Call us with any questions: 970-306-7680

Email us at offpisteaquatics@gmail.com