

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

PNA is hosting a long-course meter meet at King County Aquatic Center for the first time in many, many years on July 6. I hope you are already registered to swim because the deadline to enter was June 30; it is too late to enter at this point. However, if you want to **come help, I'd be happy to put you to work.....** WE NEED TIMERS! Email me ASAP at salswmr@comcast.net.



PNA is also providing an opportunity to swim the 5K ePostal swim at the aquatic center. The USMS National Championship ePostal swim must be swum in a 50-meter pool, so the aquatic center has been reserved for the two hours following the July 6 swim meet. There are a few **spots open so contact me at the above email address before July 4 if you'd like a spot!**

5K/10K ePostal

Registration is open for the USMS 5K/10K ePostal National Championship.

Swims must be completed in a 50-meter pool only. Each swimmer must have a timer to time and count lengths by recording cumulative split times every two lengths during the swim. Split times should be recorded to the nearest second on the [official split sheet](#).



Remember to complete your swim first and then register at [this link](#).

National Senior Games

Mile-High Performances at National Senior Games in Scenic Albuquerque
By Dan Underbrink

Eighteen Washington State Seniors made a big splash at the 2019 National Senior Games in Albuquerque June 16-19. They included seven PNA Members: Carl Haynie, Andrea Hunt, Steve Peterson, Steven Schwartz, Dan Underbrink, Mary Underbrink, and Frank Warner.

Carl Haynie, in his first National Senior Games appearance, absolutely set the pool afroth, swimming the meet maximum six individual events and churning out five individual gold medal performances!

Andrea Hunt won gold in the 200 back, took home silver in the 100 back, and snagged a number of ribbons in her other events, including 5th place finishes in both the 100 IM and 500 free. Steve Peterson, a veteran at these meets, won the bronze medal in both the 200 IM and 200 breaststroke and nearly found the podium twice more in the 50 and 100 breaststroke.

Meanwhile, Dan and Mary Underbrink combined with familiar Washington Seniors (though not PNA) Rick Howell and Tammy Wilson and reached the podium not once but twice, landing bronze medals in the two mixed relays on Day 4. Dan, in his fifth National Senior Games appearance, also entered six individual events. In addition to his two bronze medals, he grabbed sixth in the 400 IM and seventh in the 500 free.

Rounding out the PNA field were Steven Schwartz (7th and 8th place ribbons in the 100 back and 50 free, respectively) and Frank Warner (4th place ribbons in the 50 and 200 back events, 5th in the 200 free, and 6th in the 100 back).

What are the National Senior Games (NSGs)?

The NSGs are full Olympics-style Games, featuring 20-25 different sports. They are held every two years in odd-numbered years. "Seniors" are defined as athletes aged 50 and older. Qualification for the NSGs occurs at each of the State Senior Games held in even-numbered years. To qualify in an event, the athlete must finish in the top four at their State Games in those years – or meet the NSG cut-off time for their age group.

There are a couple of unique rules for Swimming at the State and National Senior Games events. The first has to do with competition age. The course for Senior Games meets is always

Short Course Yards (SCY). In the Senior Games, a swimmer's age for competition purposes is the age the swimmer will be at the end of the year (like meter meets in USMS).

The second unique rule has to do with event qualifications for the NSGs. Swimmers are allowed six individual events at NSGs, and two of these may be "bonus" events. A bonus event is a shorter distance of any event that a swimmer has qualified in. Thus, a swimmer qualifying in the 400 IM, has the option to swim the 100 IM and/or the



L-to-R: Carrie Richardson, Mary Underbrink, Dan Underbrink, Steve Peterson, Carl Haynie, Tammy Wilson, & Rick Howell

(Continued on page 3)

National Senior Games (cont)

(Continued from page 2)



Dan Underbrink & Andi Hunt

200 IM as bonus events. Likewise, a swimmer qualifying in the 500 Freestyle, would have all the other Freestyle events (50, 100, and 200) available as bonus events. Some careful meet planning in State Senior Game qualification years can open a variety of options to swimmers when it is time to sign up for the NSG competition.

Albuquerque was a beautiful destination for four days of swim competition, with shirt-sleeve cool mornings and evenings, and hot afternoons. The high desert climate was pleasant and the terrain was scenic, allowing for interesting side trips, such as The Turquoise Trail, the Sandia Peak Tram, and the Petroglyphs National Monument.

The elevation did prove to be a challenge for many swimmers. Albuquerque sits at just over a mile high, so the atmosphere is a little less oxygen rich.

Upon arrival in town, athletes reported to the Athlete Village, in the Albuquerque Convention Center, to pick up the all-important Athlete Credential, required for entry into any Games venue. The Athlete Village featured 25-30 vendor booths, a presentation stage, and much more. The Convention Center was also the venue for the badminton and volleyball competitions. Over 13,700 senior athletes from all over the country had to check in for competition in 20 different sports.

There was a Swimming warm-up session available almost all day on June 15, the day before competition began. This is where many sea-level swimmers got their first indication of the difficulties of swimming at altitude, with no acclimation time.

Haynie had traveled down a week earlier, spending his time in the Santa Fe area (even higher, at 7,000+ feet). He also swam one workout with a Santa Fe Masters group during his acclimation week. Steve Peterson tapered and acclimated during a five-day trailer trip from Silverdale with wife Cindy. Dan Underbrink and others arrived the evening before or the day of warm-ups and were definitely feeling the altitude challenge.



Carl Haynie tops the podium.

There were four days of swim competition. On days 1-3, the 70-and-older groups swam in the mornings while the 50-69 groups got to sleep in and swim in the afternoon. The fourth day featured the 500-yard free for all ages followed by the only two relay events offered, the 200 mixed medley relay and 200 mixed free relay.

The pool at the West Mesa Aquatic Center provided an excellent venue; the water was deep and there were ten competition lanes. There were wide gutter lanes on either side, so excess wave rebound off the walls was minimal. There were eight additional warm-up lanes available to all swimmers during the meet.

With over 850 swimmers, the officials had a tough job on their hands, trying to keep events on schedule. They did an admirable job, there were enough volunteer timers, and the meet was very well run.

(Continued on page 4)

National Senior Games (cont)

(Continued from page 3)



Bronze medal winners in both the 200 mixed medley and 200 mixed free relays. L-to-R: Mary Underbrink, Dan Underbrink, Rick Howell, & Tammy Wilson



Steve Heck (Louisiana) congratulates Steve Peterson on his 3rd in the 200 IM.

Upon check-in, each athlete received their credential and a great string bag, full of restaurant and attractions coupons as well as product samples (a whole roll of muscle-aid Kinesiology Tape for each athlete!). The medals were top-notch, heavy-metal awards. Albuquerque is the hot-air balloon capital of the world, and the medals captured some of the local flavor by being in the shape of hot-air balloons and featuring an Olympics-type torch consisting of Red and Green Chile Peppers for flames. Very imaginative and beautiful!

Ribbons at NSGs have typically been very nice red-white-and-blue with gold lettering. This was not the case in Albuquerque! The ribbons (for fourth through eighth places) are purple with a cascade of Red and Green Chile Peppers as a background – very fun!

For those under 50: Doesn't this sound like a great future endeavor to work toward? For those 50-and-older athletes: You would be hard-pressed to find a more enjoyable swim meet than the one at National Senior Games. If you are interested in this event, be sure to pay attention to the nuances of the qualification rules. You will be better able to set up your meet for success when you qualify at the Washington State Senior Games in 2020. **Try your hand first, though, at this year's event at Briggs YMCA, Olympia, on July 28** (details and entry information on the calendar). It would be great to have a huge PNA contingent at the 2021 NSGs in Fort Lauderdale!

PNA members individual events

Haynie, Carl (55-59)	50 br (1st), 100 bk (1st), 200 bk (1st), 100 IM (1st), 50 bk (1st), 200 br (2nd)
Hunt, Andrea (70-74)	100 bk (2nd), 200 bk (1st), 100 IM (5th), 50 bk (6th), 500 fr (5th)
Peterson, Steve (70-74)	50 br (4th), 100 br (4th), 50 fr, 200 IM (3rd), 100 fr (8th), 200 br (3rd)
Schwartz, Steven (55-59)	50 br, 100 bk (7th), 100 br, 50 fr (8th), 50 bk, 50 fl
Underbrink, Dan (60-64)	400 IM (6th), 100 br, 200 bk, 200 IM, 200 br, 500 fr (7th)
Underbrink, Mary (60-64)	200 fr, 100 IM, 50 fr
Warner, Frank (70-74)	200 fr (5th), 100 bk (6th), 200 bk (4th), 50 bk (4th)

Whidbey Adventure Swim

The Whidbey Adventure Swim was held Sunday, June 23 at Seawall Park on Whidbey Island. The event sold out this year for the first time in its history, with 100 registrants – 59 for the 1.2-mile swim and 41 for the 2.4-mile event.

David Dahl (33 years old) was the top overall finisher in the 1.2-mile swim, finishing in 26:28.5. Rounding out the top five males were Andrew White (41, 28:49.1), Ian McCurdy (34, 31:47.1), Darren Van Pelt (50, 32:10.5), and Wayne Methner (65, 32:14.4).

Elizabeth Lucco (52) was the top female and fourth overall finisher in the 1.2-mile with a time of 32:05.5. Other top-five female finishers were Tani Stenford (53, 32:09.1), Martha Layzer (54, 32:20.4), Amanda Cross (42, 33:25.6), and Mary Lippold (63, 34:05.4).

Laurie Bauder (50) took first overall in the 2.4-mile swim in 58:55.0. Finishing second through fifth for females were Fiona Clauson (53, 1:07:25.4), Bethany Mitchell (43, 1:08:15.8), Amanda Winans (36, 1:09:27.3), and Sarah Manchester (53, 1:10:22.8).

The top male and second overall finisher in the 2.4-mile was Eric Dolven (51, 1:00:37.9). Rounding out the top five males were Pete Gills (63, 1:04:18.4), Stephen Jones (57, 1:05:15.8), Sheldon Sweeney (56, 1:07:44.8), and Stephen Freeborn (63, 1:08:06.5).



Swimmer Spotlight

A Masters Pioneer - The Robert Pilger Story
With Tom Walker of TWIM

You probably know him as Bob, or maybe Robert. Maybe even Dr. Pilger. But for me he is and will always remain, simply Pilger.

I first met Pilger a few years back when I was looking for a roommate for the SCY Nationals in Santa Clara and one of our fellow swimmers connected us. Pilger had assured me over and over again prior to our first actual **meeting that he didn't snore, but that's exactly what he did the first night out! However, he turned out to be a great guy and even did some onsite flashlight dental exams for me, as I had just had a tooth removed. I had finally met my ideal partner in Comedy!**

That was the beginning of a beautiful friendship, as Humphrey Bogart said to the Captain as the plane takes off in the final scene of Casablanca - or something of that sort, anyway.

And I quickly found out at that Nationals that this Pilger guy is one fast swimmer, especially for a person of such advanced age! I always suspected him of prevaricating about his age because he appeared to be twenty years younger than what it showed on paper.

Back in the prehistoric period of the 1970's, Pilger met a man named Dr. Ransom Arthur, the Father of Masters swimming, who asked him to join a workout group down there by the naval base in San Diego and to compete in some inter-service meets. The rest, as they say, is history.

Well, let's let him tell his story now.

I will say in parting though, that Dr. Pilger exemplifies the passion and love that we all have for this great sport of ours and the unwritten code at the foundation of USMS itself.

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

RP: Since I grew up in Los Angeles and in our neighborhood about every other house had a swimming pool in the backyard, I guess my parents enrolled me in swimming lessons at an early age. I swam in high school, then went to a nearby college in 1962 called San Fernando Valley State College, which had just been opened in 1958. It was built in an old orange grove



Swimmer Spotlight (cont)

and included a few buildings, a gymnasium and outdoor pool. It fielded basketball, swimming, and water polo teams. I tried out for basketball, but could not make the team, but did OK in swimming and water polo. I swam the 50, 100, and 200 freestyle events and was the California state college champ in 1964. We competed in what was then the CCAA (California Collegiate Athletic Association) which included Long Beach State, Fresno State, San Diego State, San Francisco State and San Jose State. You had to keep a 2.0 GPA to be eligible in athletics and this was a struggle for me as I was a pre-med major, but I credit my desire to be on the swim team for helping me achieve this and eventually being able to get into dental school and avoid the draft.

The water polo coach was also a lieutenant with the Los Angeles Beach Lifeguard Service and encouraged me to take the test (1000-yard swim in the ocean in April in 58-degree water). I was first, so got a summer job at Venice Beach lifeguarding, which paid well then, I think about \$8 or \$10 an hour when the minimum wage was \$1.25 per hour. LA beach lifeguards worked the beaches inside LA city limits, and LA county guards those outside the city in LA County. **Later in the 1980's, the two services merged, which led to the popular TV program called Baywatch, but the seven summers I worked, it was men only and not as dramatic as portrayed in the show.**

TW: And you won, which seems to be a common theme in all your endeavors, at least aquatically speaking. How did you first become involved in Masters Swimming?

RP: I never swam Masters until one national meet in Southern California in the mid 1980's, as I started swimming again when South Kitsap High School built a 50-meter indoor pool with "Trident Nuclear Submarine Impact Funds", courtesy of our two powerful Senators at that time, Warren Magnuson and Henry "Scoop" Jackson.

I did meet Dr. Ransom Arthur (the Father of Masters Swimming) in 1970 while stationed at the Dental Clinic in San Diego. He was the CO of the Navy Neuropsychiatric Unit nearby, which worked with returning POWs and did other secret stuff, including training dolphins to do mine detection and who knows what else. He found out I had been a swimmer and arranged for me to join his workout group and compete in some inter-service military swim meets. I recall he had a great interest in swimming as it related to healthy aging, and it was about that time he and a friend named Bob Beach were planning a swim competition in Texas for older age groups. Concurrently, however, I was transferred to a ship home-ported in Bremerton.

TW: So, what does swimming mean to you after all this time?

RP: I am committed to trying to live a healthy lifestyle and swimming is a big part of that. Swimming has helped me deal with my chronic back pain issues, in that it relaxes me and strengthens the core. One of the best feelings I experience is that once my workout is over, I can go have a cup of coffee and pastry with my friends at the start of the day.

TW: What fuels your desire to compete at this point?



Swimmer Spotlight (cont)

RP: I enjoy competing as it helps me to set goals, check up on my fitness level, make new friends, and see new places when going to meets. Plus, I get to encounter a strange individual named Thomas Walker.

TW: Thanks Pilger, I needed that! What was your early training like and how has it progressed since then?

RP: When I swam in high school and college, we mostly just swam laps on our own, as my coaches were mostly associated with the teaching faculty and did not supervise workouts much. When I transferred to the University of Denver (Division I), the workouts were more structured, and we did repeats.

I noticed the recent article in Swimmer Magazine about “Race Paced” workouts, rather than concentrating on high yardage, so I tried that approach this past year. It suits me just fine as I notice my shoulder hurts when I swim for longer than one hour or try doing more than a mile in yardage.

TW: So, what are your goals in the pool moving forward?

RP: I hope to become more proficient at backstroke and breaststroke so I can swim the IM competitively. I also think this will help me avoid injury and shoulder pain, by varying workouts and strokes.

TW: So, what is your philosophy at this point?

RP: My attitude about life is to try to enjoy just about everything and everyone I encounter. I especially enjoy swimming in various new venues and countries and places I visit, pools, lakes or oceans.

TW: Now tell us about your dental work on the submarine.

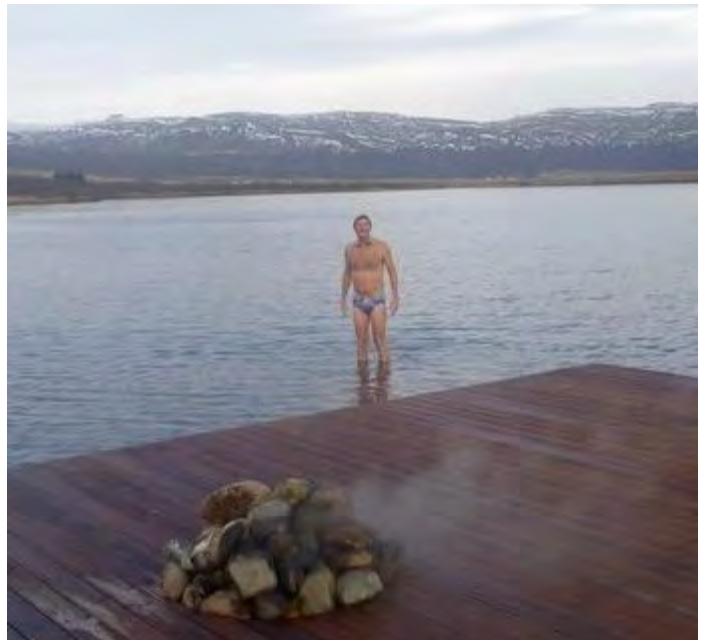
RP: I do not know where you got the idea that I was in the Submarine Service. Maybe from watching me swim underwater? I doubt that, because after every turn my lungs are screaming for air and the first thing I think about is my next breath! I was a Navy Dentist stationed for two years at the Naval Training Center (Boot Camp) in San Diego, then one year at sea on the USS Sacramento, a fast combat support ship which spent most of the time off Vietnam in the Gulf of Tonkin.

TW: So Pilger, what do you do outside the pool for kicks?

RP: I enjoy mountain biking, hiking, sailing my Hobie Cat, just about any water sport, and traveling.

TW: One last question and be honest because this is going into print. Do you use Grecian Formula?

RP: Yes, my hair is turning gray, but hey, I still have a lot of it. Just think how fast I could swim if I shaved my head!



PNA History

If you are interested in PNA History then take a look at what has been posted on the PNA website. PNA Historian Walt Reid has finished loading all of his old meet results. We now have meet results for SCY going back to 1976, LCM from 1977, and SCM from 1979.

Reid has also completed loading the old PNA records with SCY back to 1975, LCM back to 1977 and SCM back to 1979. Did you know that PNA held SCM meets and kept SCM records before USMS decided to do it?

Reid's current project is to scan and load old issues of *The WetSet*. His oldest copy is from 1976 with a few from the early 1980's. He is currently working on the 1984-1987 years. Take a look at what has been loaded at www.swimpna.org - use the Member Services drop down menu.

Do you have any of our missing issues? If so, contact Reid at walt.reid@comcast.net and let him know what you have.

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Coaches Clinics

USMS Coach Certification Clinics were held in Seattle on June 8 & 9. While serving mostly coaches and swimmers from PNA, there were 15 attendees who came from Iowa, Minnesota, Southern California, Northern California, Idaho, and Oregon. Two coaches going to school in the US will take the information home to coaching roles in China. A team of people who work at the Everett Naval Base attended; they are trying to re-start a Masters Swimming program on the base.

63 students signed up for the various classes offered: Levels 1&2 and Level 3 Coach Certification Courses, Adult Learn to Swim Instructor Certification, Clinic Course for Coaches, and a Stroke Development Clinic for **swimmers (with many of the “training” coaches in attendance)**. The clinics were conducted by **Bill Brenner and Mel Goldstein**, from the USMS National Office, and Wendy Neely, Blue Wave Aquatics head coach. PNA offered \$125 scholarships to make the clinics more accessible to PNA coaches.

Clinic attendee Sarah Welch noted that the Level 1&2 certification course is valuable for all coaches – from ongoing regular Masters coaches to volunteer and fill-in coaches. It would also be a good experience for aquatics program administrators, facility personnel, and LMSC volunteers. The curriculum includes teaching the value coaches bring to the swimmers, principles for creating good workouts, and stroke technique with accompanying videos.

PNA Coaches Chair Kathleen Brooks reported that the Level 3 coaches certification course focused on program administration - the business side of a Masters program rather than coaching techniques. It included a review of season planning and creating workouts to fit the plan. She appreciated learning from Goldstein, who has made a career out of coaching swimming and running a Masters program.

Brooks also attended a clinic that addressed considerations for hosting a swim clinic, including what is considered the standard rate for an expert coach leading such a clinic (\$100/hour). The clinic detailed the format that the USMS Stroke Development Clinic follows, which uses a specific progression of drills for all competitive strokes. The progression is well suited for a large group, enabling a few coaches to teach many students in one clinic. The following day, Brooks and other clinic attendees helped coach swimmers who signed up for the swim clinic. While the drills in the progression **weren't new to her, she found it helpful to learn new phrasing/cues from other coaches and see how that can help a swimmer “get it.”**



Pacific NW All-Stars & All-Americans

From the USMS website: To be recognized as attaining All-American status, a swimmer must post the fastest time in an event/age group in at least one course of the three official courses as listed in the USMS Top 10 Tabulation or in one of the recognized Long Distance Championships. For pool events, swimmers may achieve Individual All-American status for the fastest time in individual events or Relay All-American status for the fastest time in relay events.

USMS has been naming All-Stars since 1987 and starting in 1995 USMS began naming long distance All-Stars as a separate category. Pool All-Stars are those who have achieved the most first place finishes in their age group during the year in Top Ten competition. Long Distance All-Stars are named on a total point basis from the results of all long distance championships.

2018 Pacific NW All-Americans

Long Distance

McRae, Michelle	40-44	PSM
Williams, Judy	70-74	BWAQ
Jackson, Kevin	18-24	UC36
Van Velthuyzen, J	35-39	PSM
Hagedorn, Chad	45-49	PSM
Loftis, Mark	55-59	PSM
Robinson, Dan	60-64	PSM

Pool

Kaestner, Katie	18-24	PSM
Armstrong, Mary	50-54	PSM
Davis, Charlotte	65-69	PSM
Rybin, Roman	25-29	PSM
Kotynia, Jakub	30-34	PSM
Campea, Scott	40-44	PSM
Nygren, Mats	50-54	PSM
Hering, Brad	55-59	PSM
Colella, Rick	65-69	PSM
Kirkland, Dan	70-74	PSM
Peterson, Steven	70-74	PSM

2018 Pacific NW All-Stars

Long Distance

McRae, Michelle	40-44	PSM
Van Velthuyzen, J	35-39	PSM
Hagedorn, Chad	45-49	PSM

Pool

Colella, Rick	65-59	PSM
Kirkland, Dan	70-74	PSM



Board Meeting Highlights

May 11, 2019

PNA received a perfect score in results from the LMSC Standards Survey. The details, provided by the LMSC Development Committee (specifically Linda Chapman) have been distributed to the Board and PNA club and workout group representatives.

Coaches Chair Wendy Neely is stepping down. The Board is searching for people to take on the Coaches, Fitness, and Clinics positions. Lucianne Pugh has agreed to continue as Newsletter Editor.

PNA Coaches of the Year Pete Colella (2018) and Brad Hering (2019) plan to attend the USMS clinics coming up in Seattle on June 8 & 9, paying with funding that the award provides. They were encouraged to take the ALTS training as well.

PNA hosted its Annual Meeting and Social on April 13. Over 50 people attended the event, which included a meal of pasta, salad, French bread, and brownies. Brad Hering was honored as PNA Coach of the Year and Arni Litt was honored with the Dawn Musselman Inspirational Swimmer award.

PNA has 1508 members – 768 men and 740 women.

PNA LCM Summer Meet is sanctioned and open for entry. It was reported that meet attendance for BAMFest, LWM, and PNA Champs has dropped off from previous years, but the addition of new meets has kept overall meet attendance similar to previous years.

The first four open water meets for the summer have been sanctioned.

PNA Historian Walt Reid is continuing to upload historical documents (meet results, records) to the PNA website. There was also general discussion about a future website update that is still in the planning stage.

The LCM meet and Postal event are July 6 at KCAC. Linda Chapman has handled the sanction and Club Assistant details, Dave Baer is lining up officials, BAM has committed to running hospitality, and TWIM will also be supporting the meet.

President Sally Dillon has alerted USMS Championship Committee Chair Jim Clemmons that PNA plans to bid for the 2021 USMS National SCY meet. **KCAC's Mike Dunwiddie has said that we do not need to cap the entries at 1800.** Possible dates are May 12-16, May 6-9.

PNA Voting Board Members

President - Sally Dillon
 Vice President - Linda Chapman
 Secretary - Jay Pearson
 Treasurer - Arni Litt
 At-Large Director - Kathy Casey
 At-Large Director - Todd Doherty
 Bylaws - Hugh Moore
 Meets - Linda Chapman
 Membership - Stephanie Hiebert
 Open Water - Jim Davidson
 Appointed Director - April Cheadle
 Appointed Director - Bob DeWard
 Club Director - Kim Boggs
 Club Director - Doug Jelen
 Club/Coach Coordinator - Steve Peterson

Coordinators/ Standing Committees

Awards - Kerry Ness
 Coaches - **Kathleen Brooks**
 Fitness - vacant
 Newsletter - Lucianne Pugh
 Officiating - David Baer
 Postal - Sally Dillon
 Records/Top Ten - Doug Jelen
 Social Media - Isaac Contreras Sandoval
 Webmaster - Steve Peterson

Upcoming meetings
 July 14, 7:30pm, conference call
 Sept 8, 7:30pm, conference call
 Nov 2, 10am, Issaquah

Board Member Spotlight - Hugh Moore

Name: Hugh Moore

Birth year: 1954

What position do you hold?
Bylaws Chair



Significant other: Jane
How long? 40 years

Where did you meet? We like to say that she found my name on the wall at the Y. Actually, I was promoting a Masters group with information on a bulletin board at a YMCA in Wichita, Kansas. Jane read it and came to a practice. Her first practice was on my birthday. She thought it was pretty cool that everyone went out for cake afterward.

Number of years a member of USMS: 42

Why did you join USMS? To continue competing after college.

Number of years a member of PNA: 36

What brought you to the Pacific NW? Employment; retired from Boeing a few years ago.

Current club and/or WG: Blue Wave

Why did you join this group? Location.

What's your favorite thing about your club/WG? Everyone is welcome, whether they are learning to swim or hold world records.

Competition:

Yes/No: Yes

Frequency: one or two events a year

Pool/OW: both

Favorite event/race: 400 IM

What do you do for fun that doesn't involve the pool or OW? Hiking & visiting National Parks.

Why do you volunteer for PNA? It's in my DNA.

Anything else you'd like to add? Consider volunteering.

There are countless ways to contribute: leadership roles, voting or non-voting board member, technical support with our website, officiating, numerous positions within each workout group and/or hosting meets just to name a few.



Pacific NW officials at the 2019 USMS Nationals meet in Mesa, AZ. L-to-R: Lisa Vetterlein, Teri White, Dick Chapman, Rachel Sherrer, Holly Alleva, Deb Soper

Help PNA on Meet Days

PNA is looking for 3-6 people to share the task of getting two types of supplies to PNA meets:

1 – Transport New Swimmer Goodie Bags: PNA has a great tradition of honoring swimmers at their first Masters meet. Each swimmer gets a goodie bag with PNA and USMS swag. We need help getting these goodie bags to PNA meets. During one of the meet breaks, the first-time swimmers will be called up to get their bag. Would you be willing to help with this? If you go to meets anyway, we would love your help!

2 – PNA Meet Box: Another item that goes to many meets is the PNA Meet Box. Similar to above, the meet box is delivered to the host at the start of warm-up and collected again at the end of the meet. Often, it can be handed off to the next meet host at the end of the meet. Coordinating who has the box, which host needs it next, and getting it to the meets that need it is all that is involved.

If you are willing to be on a small team of 3-6 people which will handle these tasks, please contact [Linda Chapman](mailto:PNAMeets@gmail.com) (PNAMeets@gmail.com). Training, advice, answers to questions all cheerfully provided. Volunteering for this task would really help spread the workload of hosting PNA meets.

Welcome New Swimmers!

Adam, Nicholas	Cunningham, Chris	Martin, Emily	Sang, Bayla
Amon, Elizabeth	Dart, Jessie	McCarthy, Todd	Savage, Adrian
Anderson, Peter	Fertig, Tricia	McKinney, Alexandra	Shepard, Michelle
Austin, Stacie	Francis, Ann	Mishra, Apu	Sherrer, Rachel
Baer, Melanie	Graves, Scott	Mitchell, Bethany	Sivigny, Chloe
Baumner, Nigel	Gui, Yuwei	Moore, Holly	Sohlberg, Linda
Bert, Roma	Guinn, Linda	Nikula, Nicole	Spencer, Gillian
Biehl, Thomas	Harley, Catherine	O'Neill, Erin	Stanton, George
Bils, Michael	Harriss, Nancy	O'Shea, Conor	Summerl, Dale
Bolser, Erika	Hempel, Joseph	Overgaard, Dan	Teschke, Erika
Brelsford Belyaev, Ginna	Hendrickson, Rebecca	Paz-Castillo, Lea	Troupe, Curtis
Calley, Paul	Hogan Warburg, Shan- non	Persons, Nicole	Trueger, Ruari
Carroll, Daniel	Johnston, Halle	Peterson, Carlye	Tworek, Ted
Chappell, John	Jones, Brandi	Register, Krista	Van Staeyen, Raisa
Cheesman, Molly	Kaz, Amy	Riley, Mary	Wintermeyer, David
Chenard, Rebecca	Kostka, Nikolai	Roy, Benjamin	
Cook, Ashley		Ruiz, Cameron	

2019 PNA Open Water Series



COMPLETED: 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>

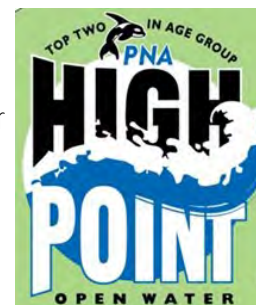


September 14 - The series finishes with the Last Gasp of Summer. This race takes place at Angle Lake in Seatac, WA and includes 1- and 2-mile races on a rectangular course. One-milers swim one lap and two-milers swim two laps. www.lastgaspofsummer.com/

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

Fat Salmon Open Water Swim

SWIM DISTANCES: 3.2 miles

DAY AND DATE: Saturday July 13th, 2019

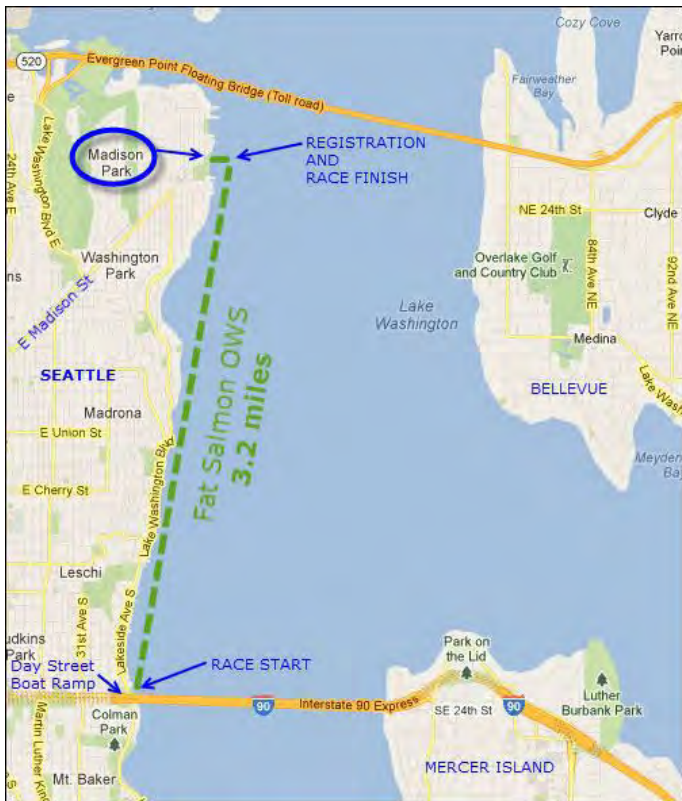
SANCTIONED BY PNA for USMS

Inc. # 369-W002

HOSTED BY: Orca Swim Team

LOCATION: Lake Washington from Day Street Boat Ramp under I-90 to Madison Park Beach (1900 43rd Ave E, Seattle WA) along the western shore of the lake along a straight line marked by buoys ever half mile.

COURSE: In water start immediately offshore from Day Street Boat Ramp, finish across timing mats on shore at Madison Park Beach; participants will need to ascend 4 stairs at the completion of this race. Water temperatures are typically in the high 60s or low 70s during the summer but can vary significantly; be prepared for a cold swim.



SCHEDULE:

- 6:00am - Swimmer check-in opens
- 7:00am - Swimmer check-in closes
- 7:05am - Mandatory swimmer safety briefing
- 7:20am - Swimmers depart for Day Street Boat Ramp (1402 Lakeside Ave S, Seattle, WA) via carpools
- 8:15am - Race start; swimmers will be sent off in five separate waves scheduled every three minutes

RACE DIRECTOR:

Jim Lasersohn, 425-686-9619, racedirector@fatsalmonswim.com

ELIGIBILITY: Open to all 2019 registered Masters swimmers (USMS or MSC) age 18 and above as of 7/13/2019. Competitors who are not registered Masters swimmers may sign up for a \$27 One-Event USMS registration. FINA or Canadian Masters swimmers must provide proof of Masters registration valid for 7/13/19 upon registering for this event or pay the \$27 One-Event USMS registration.

RULES: Current USMS rules will govern this event. Wetsuits and full-body swimsuits are allowed in the wetsuit division. No additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc). Swimmers will have two hours to complete this event; those not on pace to complete the swim within two hours will be pulled from the course.

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

AWARDS: A whole salmon will be awarded to the fastest male and female swimmers in both the wetsuit and non-wetsuit divisions. Other awards will be available for the top three finishers in all USMS age groups (5-yr) by sex, in both divisions. Your age as of December 31, 2019 determines your age group for awards. Each registered participant will be given one event t-shirt, size to be selected during the event registration.

ENTRY FEES:

\$70 (by May 31)	\$90 (July 1-7)
\$80 (June 1-30)	\$100 (July 8-13, if space available)

ENTRY DEADLINE: Online entry only! It opens May 1st by 6am Pacific time or earlier; regular registration closes on July 7th at 11:59pm Pacific Time. If space permits, late registration and day-of-race registration may be offered.

ONLINE ENTRY: Click [here](#) for online entry.

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

DIRECTIONS: Check-in and safety meeting at Madison Park Beach (1900 43rd Ave E Madison St); from I-5, exit at Madison St and continue east until you reach the lake (43rd Ave).

TRANSPORTATION / PARKING / CARPOOLING: There is limited parking in the area, so carpooling is encouraged as much as possible. Swimmers are responsible for their own transportation from the check-in location at Madison Park Beach to the race start at Day Street Boat Launch (three miles). We will encourage the formation of carpools at the conclusion of the pre-race safety meeting.

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



Swim Defiance

3K and 5K Open Water

Sunday, July 21, 2019

PNA/USMS Sanction:

369-W003

Host: Blue Wave Aquatics

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

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

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

TIMELINE: 6:15-7:00AM: Check-In

7:00 AM: Mandatory Competitor Safety Meeting near start

7:30 AM: 5K swim starts

8:00 AM: 3K swim starts after 7:35AM WA State Ferry ride

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

ELIGIBILITY: Open to all 2019 registered Masters swimmers (USMS or MSC) 18 and older as of Jul 21, 2019. Competitors not registered may sign up for a \$27 One-Event USMS registration. GSS points awarded.

RULES: Current USMS rules will govern this event. Neoprene wetsuits, swim safe buoy and race provided caps are required, unless swimmer has pre-approval, email race director for wetsuit exemption form. Time limits are enforced as follows: 3K – 1.5 hr. limit, 5K – 2 hr. limit.

SAFETY: Certified Lifeguards/Tacoma Maritime Institute/Law Enforcement safety boats will monitor the entire course. Body marking required on hands.

Competitors must wear a high visibility swim buoy (purchase info on website), the color-coded race cap, wetsuit & race chip provided. Lost chip charge of \$20.

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

ENTRY FEES: \$12 Early Bird Discount: Apr14-May31
\$80 - 3K short course swim, includes ferry fee, 1Jun-18Jul
\$80 - 5K long course swim, 1Jun-18Jul

Add \$15 for day of race entries w/copy of 2019 USMS registration card. Short sleeve perf. tee available for purchase. \$28-XS thru XL/ \$30 - 2XL&3XL

ENTRY DEADLINE: Race registration closes at 11:59 pm Pacific on Thursday, 7/18/2019. 300 max swimmers

ONLINE ENTRIES ONLY: Opens 04/15/2019

https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=11763

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

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

FROM OLYMPIA: Take I-5 NORTH to Tacoma (about 26 miles). Take exit 132 for S38th St. Keep left at the fork, follow signs for Washington 16W (WA-16)/Gig Harbor/Bremerton for 1.0 mi. Keep left to continue on WA-16 west for about 3.0 mi to Exit 3 for 6th Ave toward WA-163 N/Ruston. Continue using Seattle directions. (blue text).

LODGING: Info on website: www.swimdefiance.com

RACE DETAILS: The 5K electronic chipped swim is a triangular course that starts in the water at Owen Beach at 7:30AM by designated buoy, proceeds north toward Vashon Island to beach just East of ferry terminal, makes two right hand turns around the outside of two 5ft. yellow cylindrical buoys at 1.5 miles, and then heads south back to Owen Beach. The 3K swimmers will carpool from the finish area to walk on the 7:35AM Tahlequah (WA State Ferry), and enjoy a 15 minute ride to Vashon Island/use toilets onboard. Upon arrival, they enter water at the beach just west of the ferry terminal for the start at approximate 8:00AM. All swimmers will finish at Owen Beach with short run across a timing mat.





Aly Fell Memorial Open Water Swim

SWIM DISTANCE: 10K, 5K, 2.5K or 800m

Wetsuit and Non-Wetsuit Divisions

SANCTIONED BY: PNA for USMS

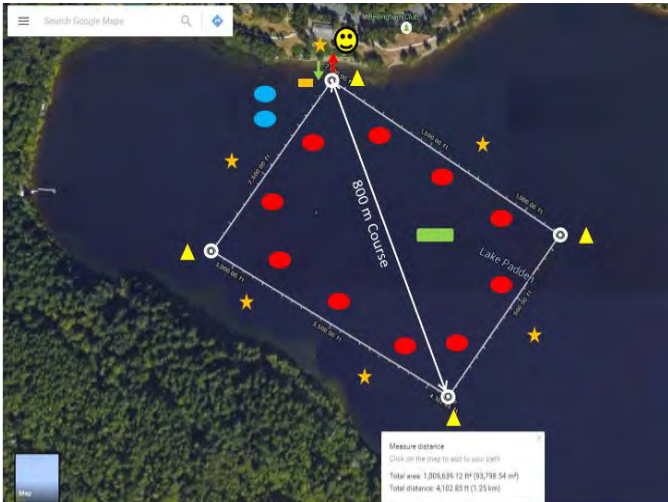
Inc #368-W003

DAY & DATE: Saturday August 24th, 2019

HOSTED BY: Bellingham Bay Swim Team

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

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



SCHEDULE:

8:00-8:30am: Check in

8:45am: MANDATORY pre-race safety meeting for all swimmers

9:00am: 10K Race

9:05am: 800m Race

9:20am: 5K Race

9:30am: 2.5K Race

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

ELIGIBILITY: Open to all 2019 registered Masters Swimmers (USMS or MSC). Competitors not signed up may sign up for a \$27 One-Event USMS registration.

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

ENTRY FEES:

10K: \$75 2.5K: \$55

5K: \$65 800m: \$35

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

ONLINE REGISTRATION: Now Open on our website:

www.alyfellmemorialopenwatersswim.com.

ENTRY DEADLINE: Registration ends August 21st, 2019 at 11:59pm, or when the event maximum of 200 swimmers is reached.

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

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

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

2019 Last Gasp of Summer Open Water Swim

One and Two Mile Events
Saturday September 14th, 2019

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

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

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

EVENTS: 1-mile wetsuit / non-wetsuit, Julie Montiel Fun Swim, 2-mile wetsuit / non-wetsuit

CHECK-IN: Check-in will open at 8:30am.

TIME: 1 and 2 Mile Swims

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

ELIGIBILITY: Open to all 2018 registered Masters swimmers (USMS or MSC). The eligibility of a swimmer shall be determined by the age of the swimmer on Dec 31st of the year of competition, except for 18-year-olds, who must be 18 on the day they swim. Competitors not registered may either register for USMS or pay the USMS one-day membership fee of \$27.

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

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

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

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

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

ENTRY FEES:
\$60 – Early entry before May 31
\$70 – June 1st through Sept 12th
\$80 – Day of race entry
\$27 – One-Event USMS registration (see eligibility)

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

ENTRY DEADLINE: Online registration opens on Monday, April 15th and closes at 11:59pm PDT on Thursday, September 12th (or SOONER if race has sold out). Maximum 300 swimmers.

ONLINE ENTRY: To register online click [here](#).

PAPER ENTRIES: Day of the race only.

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

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

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

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

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

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

PNA GENERIC ENTRY FORM

COMPETITION ENTRY INSTRUCTIONS

Pacific Northwest Association (PNA) Sanctioned Swimming Competitions

AGE GROUPS

Entrants must be at least 18 years old to compete.

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

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

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

ONLINE ENTRIES – EASIEST and BEST Method!

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

PAPER ENTRIES

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

ALL COMPETITIONS

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

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

POOL COMPETITIONS

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

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

OPEN WATER COMPETITIONS (OW)

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

----- 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.

Form with fields: Last Name, First Name, MI, Sex (circle) M F, Date of Birth (mm/dd/yy), Street Address, City, State, Zip, Signature of Participant, Date Signed

PNA Calendar

PNA POOL EVENTS:

- 7/6 - [LCM Summer Meet at KCAC](#)
Federal Way, WA
- 7/6 - [5K ePostal Swim pool time](#)
Federal Way, WA
- 8/7-11 - [LCM Nationals](#)
Mission Viejo, CA
- 8/9-18 - [FINA World Championships](#)
Gwangju, South Korea

PNA OPEN WATER:

- 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

NON-PNA EVENTS:

- 7/14 - [Pontiac Bay 1.2- or 2.4-mile](#)
Seattle, WA
- 7/27 - [Amazing OctoChallenge](#)
Seattle, WA
- 7/28 - [WA State Senior Games](#)
Olympia, WA
- 9/14 - [Seattle's 10K Invitational](#)
Seattle, WA
- 9/28 - [Awesome Alki Bash](#)
Seattle, WA

[Search USMS Calendar of Events](#)

SAY YES to LIFE SWIMS

THE AMAZING JULY OCTOCHALLENGE 8K 27TH

SEATTLE'S SEPT 10K INVITATIONAL 14TH

CHALLENGE YOURSELF! 2019 ENDURANCE EVENTS

TRAINED SAFETY PADDLERS FULLY INSURED
Register singly or save \$25 with The Intrepid