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President's Message

By Sally Dillon, PNA President

Volunteerism is alive in PNA! A long-course meter meet was held at King County Aquatic Center for the first time in many, many years. The July 6 event drew 127 entrants and went smoothly with the help from volunteers representing numerous clubs, workout groups and the community.

LCM Nationals - Sixteen swimmers from Puget Sound Masters attended the USMS Summer Nationals (LCM) in Mission Viejo, CA. In spite of being small in number, the club **took 2nd place in the men's "regional" division (348 points) and 3rd place in combined "regional" division (477 points). April Cheadle (BAM) served as the club's on-deck coach.**

FINA World Championships - Three PNA swimmers competed in the meet held in Gwangju, Korea. See photos on pages 2-5.

- Nellis Kim (49 - BWAQ) swam the 800 free (9th), 50 breast (18th), 100 breast (17th), 200 breast (14th), and the 200 free (13th)
- Frank Warner (70 - PSM) swam the 50 back (5th), 100 back (6th), and 200 back (5th)
- Walt Reid (79 - PSM) swam the 50 breast (6th), 50 back (8th), and 100 back (6th).
Walt's main responsibility was as the FINA Masters Recorder; he was responsible for documenting the FINA Masters World Records during the meet.

PNA Official Teri White served as USMS's Technical Official at this meet – we were honored to have her represent PNA and USMS!



US Masters Swimming Annual Meeting - PNA will once again send delegates to the annual meeting/convention, which is taking place September 11-15 in St Louis, MO. Our elected delegates are Linda Chapman, Stephanie Hiebert, Hugh Moore, and Walt Reid. Also attending due to their committee and leadership responsibilities are Kathy Casey, Jim Davidson, Jane Moore, Steve Peterson, Sarah Welch, Teri White, and yours truly. USMS maintains a convention webpage that includes access to materials that will be used during convention and the minutes for meetings as they become available during. If interested – go to: <https://www.usms.org/volunteer-central/2019-annual-meeting>.

FINA World Championships

By Nellis Kim of BWAQ

I'm not a record setter or a record breaker. I'm not someone with aspirations to be an All-American. I do set goals for myself and try to improve from meet to meet – so why cross the Pacific to go to Worlds?

The journey began in the fall of 2018, when my teammate Zena Courtney forwarded me a FINA newsletter about the 2019 World Masters Championships, which were going to be held in - of all places - South Korea! My parents both hail from Korea – my dad from Kaesong (now cut off by the DMZ) and my mother from Seoul. I had only visited once before, 35 years ago. The qualifying times were generous for my age group, so I figured, **“Why the heck not?” It would give me, my mom, and my sister the opportunity to see Korea again, meet cousins I had never met, and I would get to swim!**

We spent the first week visiting family and playing tourist. Seoul has transformed into an exceedingly tourist-friendly city with an extensive subway system that will take you just about anywhere. We visited palaces and museums, visited the cart vendors that take over the streets of Myeong-dong at night, went up the North Seoul Tower and the Seoul Sky (the fifth tallest building in the world), and tried some new but tasty beverages and food items at our local Starbucks. To my surprise, I also discovered that the Korean food I get at local restaurants here in Federal Way is every bit as good as what I could buy in Korea.

On Sunday, August 11th, we traveled by high-speed train to Gwangju, a city of 1.5 million people located in the southwestern part of the country. Although it seemed as if most of the Masters swimmers showed up that same day, **the process of obtaining our credentials and checking in to our unit at the Athletes' Village went very smoothly.** The organizers had hired numerous tour buses to shuttle competitors and their family members **between the pools and the Athletes' Village on a daily basis, and between the train station, local airport, and the pools.**



Nellis Kim with coach Dr Howard Lee.

Competition started on Monday, August 12th with the 800 free and wrapped up on Sunday the 18th with the 50 breast. While I was not suffering from the jet lag that affected folks who had just landed in Korea, I was still impacted by the high heat and humidity that is typical of Korean summers. We had several days prior to and during competition where the heat index reached 108 degrees or more. The competition pool, I discovered, was partly open to the outdoors where they had added a huge number of additional seats. Although it was never unbearably warm, the result was that swimmers and supporters tended to come and go as soon as their events were done, and the pool water was a bit warmer than I expected.



Nellis Kim proudly shows off her BWAQ affiliation!

(Continued on page 3)

FINA World Championships (cont)

(Continued from page 2)

A couple of USMS swimmers set up a Facebook group and added as many US swimmers as they could find. We communicated with one another and cheered one another on through streams of uplifting **messages and photos**. So even if we couldn't watch in person, results were shared and congratulations flew back and forth on Messenger. One amazingly talented US swimmer, Nadine Day, even created a meet timeline that was both incredibly accurate and incredibly helpful! The US coach, Dr. Howard Lee, tracked down most of us and offered us support and feedback. He organized a team dinner, and described his role as photographer, medical consultant, caterer, and interpreter, with a bit of swim coach thrown in!



Nellis Kim with other USMS swimmers

In addition to the swimming, the City of Gwangju and event organizers created opportunities for participants to join tours of the city and surrounding areas. My family and I participated in a tour of the city that included a visit to an active Buddhist temple on Mt. Mudeung (a local hiking destination on the outskirts of Gwangju), a cooking class, and a **nighttime trip to the Asian Cultural Center's World Music Festival**. Public transportation was free for anyone with a World Masters Championship credential, so we also took the bus and subway into downtown to visit museums and eat.



Fina
WORLD
CHAMPIONSHIPS

This was my first time participating in an international competition, and apart from my initial confusion over the ready room process, I thought that it went very smoothly. From what other participants shared, the Gwangju event was very well organized. Participants appreciated the shuttle buses which ran every 20 minutes from 5am till late in the evening, and the **Athletes' Village created opportunities to interact with participants from other countries as well as your own**. The Village also offered amenities such as a full gym, free laundry facilities, all the bottled water you could drink, shops, and an amazing breakfast buffet that was included in the price of the accommodations. Close to the pools, on the grounds of Nambu University, organizers had set up an entertainment stage, a food truck row, and a beer garden where participants could relax, eat, drink, and watch music and dance performances before and after events every day.

In the end, I competed in five events, and achieved personal bests in the 50, 100 and 200 breast. My highest placement was 9th in my age group for the 800 free, my lowest was 16th in the 100 breast. While I did not walk away with any awards, it was an amazing experience and one that I will gladly participate in in the future. I want to wrap up

(Continued on page 4)

FINA World Championships (cont)

(Continued from page 3)

with a huge “THANK YOU” to my head coach, Wendy Neely, for doing her best to whip my breaststroke into shape, and for reminding me that discomfort is part of competition. My teammates and lane mates were the best cheerleaders/taskmasters I could ask for. And, as always, my mom and my sister were the most wonderful support crew of all – even if they did eat my Hershey bar!

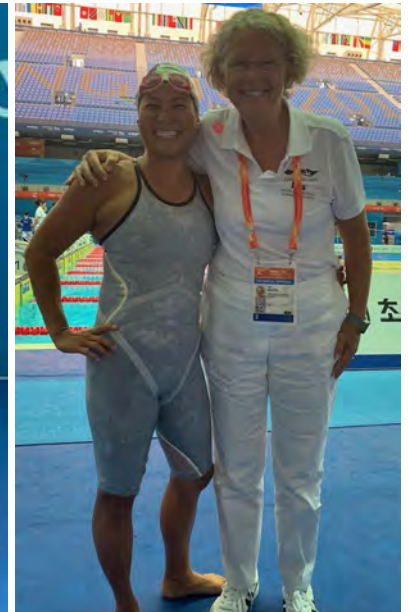
Now - **who's going to Worlds in 2021?**

From Teri White, PNA, USMS Officials Committee Chair

Gwangju Korea was hot and humid, and it was impossible to read 90% of the signs...or understand most conversations. But it was full of excited, energetic, and talented Masters swimmers - nearly 3,000!



Teri White with other officials



*Teri White with Nadine Day,
past president of USMS*

I was honored to be USMS's International Technical Official, one of five from around the world, working with close to 90 Korean officials. One pool, 10-12 hour days, but all the elements that makes Masters competition dear to me - World Records, ages 25-94, “age beating youth” in so many heats, huge grins, repeated requests of “please wait for me at the start, I move very slow” (always do!), and wet hugs from excited swimmers; many I didn't even know but they needed to hug someone!

(Continued on page 5)

FINA World Championships (cont)

(Continued from page 4)

Masters Swimming has joy, accomplishment, bantering rivalry, and friendships throughout. Eight days of this sandwiched between two LONG flights and that sums it up. Wonderful experience AND I “started” Walt Reid’s two 50’s events. Perfect!

From Walt Reid, PSM, FINA official

I too went to the 18th FINA Masters World Championships in Gwangju, Korea and served as the FINA Masters Recorder, responsible for documenting the FINA Masters World Records. I also attended the FINA Masters Committee Meeting. There were 18 World Records and 80 Championship Records.



Frank Warner and Walt Reid



Walt Reid

With about 3000 swimmers in a single 10-lane pool, the days ran about 9-10 hours with the 800 free day going a little over 12 hours. The meet was well organized and the officials kept it moving (Thank you, Teri!).

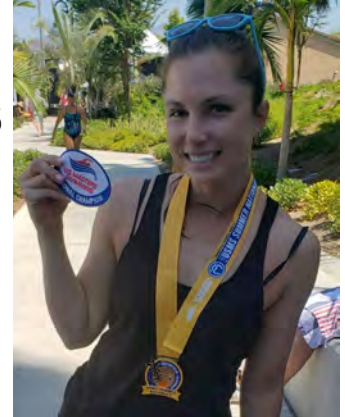
I was most impressed with the “awards ceremony.” It was held in a room just off the pool area. Most award ceremonies done for swimming at these Masters World Championships are very minimal. But this one was very formal with announcements, music, presenters with silver trays, and a congratulation from a FINA Official. They gave medals for 1st-6th places. I did get to swim a few events and placed 6th in two of them.

USMS Summer Nationals

The USMS Summer National Championship was held August 7-11 in Mission Viejo, CA, where 1378 swimmers representing 216 teams/groups registered for 5525 individual events and combined for 508 relays. Puget Sound Masters, with 16 swimmers (12 men and 4 women) placed third overall in the regional division. The men were second in regional scoring while the women placed fifth. Daniel Phillips (55-59) was PSM's high individual scorer with 45 points, which included second place finishes in the 50, 100, and 200 breast and the 200 and 400 IM.

Highlights of the competition included national championships earned on the third day by Trevor Gray (40-44, 100 free), Erin McPeak (35-39, 200 fly), Rick Colella (65-69, 50 breast), and Morena Calvo (30-34, 50 breast). McPeak's and Calvo's championships included new PNA record times and also setting new PNA records were Mats Nygren (50-54) with a second-place finish in the 100 free and Chris Conway (30-34) in the 50 breast.

Colella earned another national championship performance in the 100 breast the next day while Nygren also added a second championship in the 400 free.



Morena Calvo is national champion (30-34) in the 50 breaststroke



Chris Conroy, April Cheadle, Cejih Yung

Coach April Cheadle called PSM's nationals swimmers "a small but mighty team" and noted that, "Without a doubt, it is my pleasure and honor to be selected to Head Coach these National meets and have the opportunity to connect with each of you and hopefully help your National experience to be memorable and fun!"



Sarah Welch, Brent Barnes, Holly Lickwala



*Trever Gray, April Cheadle,
Mats Nygren, Rick Colella*

*Trever Gray, Chris Conroy,
Mats Nygren, Steve
Peterson, Cejih Yung*



*Jin Yamamoto, Rick Colella,
Lyle Nalli*

Summer LCM Meet

The first PNA long course meters meet in many years was held July 6 at King County Aquatic Center in Federal Way. Thirty teams were represented by 126 swimmers registered for 492 individual events and 18 relays.

Janet Gettling (70-74, OREG) had the top individual performance, winning all seven of her events (100, 200, 400, and 800 free; 50 breast; 100 back; and 200 IM). Jill Fritz (75-79 ARIZ) and Eulah Varty (85-89, VIC) each earned six first-place finishes while Jack Fritz (85-89, ARIZ) and Dan Underbrink (60-64, TWIM) each took five firsts and a second.



Announcer Tim Vagen

Meet director Sally Dillon noted an outstanding turnout of volunteers for the meet, including the following:

- Bainbridge Masters took on Hospitality, feeding timers, officials, coaches, and more. Thanks go to **Barbara Belt, Eileen Schmale, and their "BAM crew."**
- PNA Officials Chair Dave Baer lined up a long list of officials - Holly Alleva, Ken Breidling, Wes Campos, Dick Chapman, Jim Davidson, Chris Fako, Earl Long, Lorraine Masse, Suzane Pinkston, Deb Soper, and Lisa Vetterlein.
- Timers and check-in help came from many sources. Masters swimmers from numerous clubs volunteered, including Carolyn and Dean Behse, Christine Cote, Sureyya Ciliz (all BC), Angie Turley and Ken Kreer (BWAQ), and Tom Fritschen (TWIM). Other volunteers were Josh and Lorelei Geldien and Paris Wolf. And finally, Scout Leader Kirk Charboneau brought members from **Troop 392 and Coach Josh MacLurg's** Marine Hills Swim and Tennis Club provided a half dozen timers as well.
- Announcer Tim Vagen did a fabulous job keeping everyone informed about the action both in and out of the water.
- Special thanks to PNA Meets Chair Linda Chapman who handled all of the meet administration and data entry for the meet and bailed me out numerous times during the months leading up to the meet.



Thunderbird Aquatic Club Masters Daniel Brown, Thomas Stevens, Laurel Gill, Sandi York, Michael Nordby, and Matt Castle



Sarah Welch gives "New Member Goody Bags" to Laurel Gill (TACM), Tori Head (BWAQ), Adrian Savage (UC36), Dan Brown (TACM), and Sean Gill (TACM)

Plans for a 2020 LCM meet are underway.

Fat Salmon

By Jim Lasersohn

Over 300 swimmers participated this year in the 20th Annual Fat Salmon 3.2 Mile Open Water swim, which took place July 13th along the Seattle shoreline of Lake Washington between I-90 and Madison Park. Despite variable weather conditions in the week leading up to the event, it was a sunny day with calm winds, which made ideal swim conditions this year.

Although this event had a strong showing of local USMS swimmers participating, over 40% of the swimmers participated as one-event USMS members and another 15% were members of Masters teams from all over the US, Canada, and this year, one from France.

Continuing the tradition of actual salmon awards, Wild Salmon Seafood Market of Seattle generously donated wild salmon filets to the top three finishers by gender of the wetsuit and non-wetsuit categories.

First Place Finishers were:

Men's No-Wetsuit: Steve Sholdra (1:04.3) – also holds the course record time of 1:00.46

Women's No-Wetsuit: Mackenzie Leake (1:10.53) – also holds the course record time of 1:09.19

Men's Wetsuit: David Dahl (1:09.30)

Women's Wetsuit: Sydney Anderson (1:13.00)

The Orca Swim Team, now in its fifth year hosting the event, organized the event with new race director Jim Lasersohn, who took the baton from former race director Meg Meinerz. New this year to the event were some homemade baked good treats, new metal water bottle awards for age group winners, and a new ropes and buoys to guide swimmers to the finish at Madison Park. The Orca Swim team also partnered with the founder of the Fat Salmon **Open Water Swim, Mike Meyer, and his brother Marc in designing this year's popular t-shirt** which featured the iconic Fat Salmon on a \$20 bill in recognition of the 20th year of the Fat Salmon.



Steve Sholdra was the first swimmer in.



The Orca Swim Team would like to thank the over 80 volunteers involved in helping continue the tradition of the Fat Salmon Open Water swim. The Orca Swim Team is in the process of **requesting approval for next year's event date** of Saturday, July 11th, 2020. Stay tuned for updates at www.fatsalmonswim.com.

Full results for this year's event can be found [here](#).

Swim Defiance

By Zena Courtney

What an absolutely GORGEOUS day we had for Swim Defiance 2019! The currents were perfect and everyone finished with a pretty straight track.

The event was approved for a “Make a Splash” grant from the City of Tacoma for educating athletes on Stormwater Pollution Prevention. Department of Ecology employee (and morning swimmer!) Erin Tyler provided an informative display.

The kayakers and volunteers arrived in droves. Registration Chair Angela Turley, Race Volunteer Coordinator Nellis Kim, and their team handled everyone with professional ease. The event boasted 59 volunteers and 59 swimmers!

The water safety crew from Tacoma Maritime Institute supports water events all summer, so they were more than prepared. Thanks to their connections, we had West Pierce County Police and Fire boats on the water the day of the event as well as five personal volunteer boats captained by Steve Colella, Kaycie Wood, Matt Stauffer, and Jeff Spencer and Peter Hodum. Hodum brought his Zodiac and towed a large orange buoy to guide the 5K swimmers to the Vashon buoys.

Top finishers are listed at right. Full results can be found [here](#).



5K Wetsuit

David Dahl (34)	1:08:54.5	PSM
Dan Smith (57)	1:17:39.7	BWAQ
Joshua Arnold (20)	1:19:30.3	OEVT

Jayette Pettit (52)	1:21:06.3	OREG
Lacey Wright (20)	1:30:32.2	OEVT
Amy Gleixner (33)	1:37:12.9	PSM

3K Wetsuit

Jim Littlefield (59)	46:00.4	PSM
Jim McGoorty (53)	48:31.8	OEVT
Samuel Chao (45)	49:35.8	BWAQ

T Koppelberger (47)	47:51.8	PSM
Fiona Clauson (53)	54:38.2	PSM
Heidi Skrzypek (51)	1:02:19.1	ROCK

5K No-Wetsuit

Christian Tujo (48)	1:23:40.6	OREG
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3K No-Wetsuit

R Condotta (56)	58:21.5	BWAQ
K Drawbaugh (82)	1:48:28.4	BWAQ

Megan Holt (49)	1:11:42.1	BWAQ
R Dearderick (45)	1:17:41.4	BWAQ
Guila Muir (64)	1:20:31.5	PSM

Julie Montiel Friends & Family

Ashley Cook (34)	1:04:24.1	BWAQ
Michelle Garred (48)	1:18:29.1	BWAQ

Aly Fell Memorial Swim

The 6th Aly Fell Memorial Open Water Swim was held August 24th at Lake Padden in Bellingham, WA. The event featured 61 USMS and USA swimmers competing at 10K, 5K, 2.5K, and 800-meter distances.

Top finishers by event included David Dahl, Daniel Smith, Sydney Anderson (Seattle, 5K Wetsuit), Kirby Schaufler (Lake Stevens, 5K Non-Wetsuit), Grace Brown (Marysville, USA 5K), Nicholas Duprey (Vancouver, 2.5K Wetsuit), Ian McCurdy (2.5K Non-Wetsuit), Gavin Jones (USA 2.5K), and Derek Jones (USA 800m).

The event was hosted by the Bellingham Bay Swim Team and organizers are extremely grateful for all of the volunteers who gave countless hours of their time as well as the generosity of sponsors and the Fell Family.

Top finishers are listed at right. Full results are available [here](#).

Editor's note: *Aly Fell was a top student and gifted athlete who transitioned from gymnastics to swimming at age 10. A member of the Bellingham Bay Swim Team as well as her high school squad, Aly competed in her first open water race at 15 years old and was the first female to finish. Tragically, she died in a car accident later that year. The Aly Fell Memorial Open Water Swim encourages participants to "Swim Felly Fierce" in Aly's honor.*



10K Wetsuit		
David Dahl (34)	2:21:00.9	Seattle
Barry Berg (52)	2:35:47.4	Vancouver
Jayette Pettit (52)	2:37:35.1	Vancouver

10K Non-Wetsuit		
Daniel Smith (57)	2:44:28.1	Auburn
Wade Grabow (40)	2:45:05.8	Shoreline
Suzy Jajewski (44)	3:01:53.5	Vancouver

5K Wetsuit		
S Anderson (27)	1:11:31.6	Seattle
Vince Grant (55)	1:33:25.3	Seattle
Ross Nicholson (56)	1:34:06.4	Surrey

5K Non-Wetsuit		
Kirby Schaufler (59)	1:27:48.6	Lake Stevens
Peter Gillis (64)	1:37:21.7	Carnation
Heidi Skrzypek (51)	1:50:57.6	Vashon

USA 5K		
Grace Brown (17)	1:24:00.8	Marysville
A Winquist (26)	1:25:24.8	Marysville

2.5K Wetsuit		
N Duprey (40)	38:32.9	Vancouver
Michael Falette (66)	49:45.0	Bellingham
Tricia Fertig (58)	49:53.4	Monroe

2.5K Non-Wetsuit		
Ian McCurdy (34)	42:12.0	Bellingham
Schott-Bresler (32)	46:27.3	Bellingham
A McKinney (31)	52:04.2	Anacortes

USA 2.5K		
Gavin Jones (16)	35:12.5	Bellingham
M Cratsenberg (13)	35:59.3	(no city listed)
Jonah Herring (16)	36:11.2	(no city listed)

USA 800m		
Derek Jones (13)	14:13.1	Bellingham
D Fisk (11)	14:38.0	(no city listed)
K Isakova (13)	14:43.1	(no city listed)

Swimmers Hall of Fame

The Masters International Swimming Hall of Fame has announced that Rick Colella will be inducted into the Hall as a member of the Class of 2019. The MISHOF induction ceremony will be held in St. Louis, MO, on September 13, 2019, as part of the United States Aquatic Sports annual convention.

Colella survived a rocky introduction to pool life. **“When I was 5, we were on vacation in California and I nearly drowned in the motel pool. I was fished out by my dad’s friend who realized I wasn’t just swimming underwater.”** Sometime later, his parents enrolled him in swim lessons to help get him over a fear of the water. The summer he was eight years old, he joined a swim team at Sand Point Country Club and the rest is history! He and his older sister Lynn became star swimmers at the University of Washington and Olympic prospects.



“I started having aspirations about the Olympics in 1969 when I placed 3rd at Nationals in the 200-meter breast,” Colella noted. He finished fourth in the final of the men’s 200-meter breaststroke at the 1972 Summer Olympics in Munich, Germany, and then went on to finish third and receive the bronze medal in that same event at the 1976 Summer Olympics in Montreal, Quebec.

Since competing in Masters, Colella has set 47 Masters World Records including the 200-breaststroke short course world record in the 60-64 age group, which has stood for eight years.



Colella will join nine other individuals that will be inducted at MISHOF’s ceremony at the Hyatt Regency St. Louis at the Arch. The group includes five swimmers, one diver, one synchronized swimmer, one water polo player and one contributor, who will be representing five different countries: the United States, Canada, Lithuania, Brazil, and Japan. The event is open to the public and free of charge.

About ISHOF

The International Swimming Hall of Fame, Inc. (ISHOF), established in 1965, is a not-for-profit educational organization located in Fort Lauderdale, Florida, USA. It was first recognized by FINA, the International Olympic Committee’s recognized governing body for the aquatic sports, in 1968. ISHOF’s mission is to collaborate with aquatic organizations worldwide to preserve, educate and celebrate history, showcase events, share cultures, and increase participation in aquatic sports.

PNA History

After a recent revision, the PNA website now has all the Top 10 tabulations in a separate category under “Member Services”. There you will find the following:

- PNA Top 10 – This tabulation is one that PNA Historian Walt Reid built many years ago. It is a SCY Top 10 tabulation that contains only PNA Swimmers for both individual and relay events for each year beginning with 1978 through 2007.
- PNA swimmers in the USMS Top10 – This report uses the USMS database and shows the PNA swimmers that made the USMS Top10 for each course for each year.
- **PNA swimmers that achieved USMS “All American”** – Another report that uses the USMS Database. An All-American is the USMS member with the fastest listed time from each course in each age group and gender in an individual or relay event for that season.
- **PNA swimmers that achieved USMS “All Star” status** – Another report that uses the USMS database. An All-Star is the USMS member with the most individual All-American finishes accumulated for all three courses in each age group and gender is declared the All-Star in that age group and gender for the year.
- PNA SCY All Time Top 12 – This tabulation is another one that PNA Historian Reid built and it contains the top 12 PNA swimmers in each individual event and age group by gender. It is built from the results of all meets starting in 1972 where PNA swimmers participated. It is updated and reported each year at the end of the SCY season. Currently there is a tabulation for each year starting with 2011 and for each year since. The 2018 tabulation is now available.
- PNA Swimmers in the FINA World Top10 – This is a list by course (LCM and SCM) by year from 1985 to current showing the placement of the PNA swimmers in the FINA Masters World Top10.

ePostal Updates

The deadline to enter the USMS 5K/10K ePostal National Championship is quickly approaching.

Swims must be swum in a 50-meter pool and be completed by September 15th. 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.

Several swimmers took advantage of PNA-arranged pool time immediately after the Summer LCM meet to complete their 5K swims. Those participating included Matt Miller (1:07:35.00), Dan Phillips (1:10:10.40), Allison Cox (1:11:26.46), Michelle McRae (1:16:04.09), Dave Radcliff (1:37:06.47), Andrea Hunt (1:37:10.54), and David Goldsberry (1:42:30.00).

Remember to complete your swim first and then register [at this link](#) by September 23rd.

The USMS 3000/6000 ePostal National Championship will run September 15th to November 15th. More information will soon be available [at this link](#).

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.

- 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 the 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!
- 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:LindaChapman@PNAmeets@gmail.com) (PNAmeets@gmail.com). Training, advice, and answers to questions will be cheerfully provided. Volunteering for this task would really help spread the workload of hosting PNA meets.



Bainbridge Aquatic Masters
presents



BAMFEST 2019
Saturday, October 12
Bainbridge Aquatic Center

Register at www.swimpna.org.

For more information, check out
bainbridgeaquaticsmasters.com.

July 14 Board Meeting Highlights

- Kathleen Brooks (head coach for the Greater Seattle Y Sixgill Sharks (SEAS)) has been appointed as the PNA Coaches Coordinator.
- July PNA Long Course Meet: BAM did a great job with hospitality feeding meet volunteers, including timers, and coaches. There were 127 swimmers from not only PNA, but also OR, AZ, AK, CA, NC, Canada, and UT.
- Four world records were set at the meet as well as two USMS records, 13 Zone records, and 11 PNA records!
- Seven swimmers swam the 5K immediately following the meet. Dave Radcliff, from Oregon Masters, set a national record in the 85-89 age group with a time of 1:37:06, besting the previous record by nearly 15 minutes!
- Total Assets are \$69,172. Checking account balance as of June 30 is \$5,300.33. Savings account balance as of June 30 is \$59,290.11. Other Assets (Postage) are \$14.76.
- Membership: 1,642 members with 832 men and 810 women.
- Minor changes were made in the descriptions for the Vice President and Coaches Coordinator board positions.
- The Fitness Chair position remains open.
- There will be 11 PNA members attending the USMS Convention this year: Teri White, Sarah Welch, Kathy Casey, Jim Davidson, Steve Peterson, Hugh & Jane Moore, Linda Chapman, Walt Reid, Stephanie Hiebert, and Sally Dillon.
- Rick Colella (LWM) will be inducted into the Masters International Swimming Hall of Fame during the convention.

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 - Wade Praeger
- Newsletter - Lucianne Pugh
- Officiating - David Baer
- Postal - Sally Dillon
- Records/Top Ten - Doug Jelen
- Social Media - Isaac Contreras Sandoval
- Webmaster - Steve Peterson

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

Welcome New Swimmers

- | | | |
|-------------------|-------------------|------------------|
| Andersen, Erik | Erickson, Chad | Nguyen, Thierry |
| Anderson, Kelsi | Erickson, Elton | Ohnemus, Macklin |
| Arns, Julianne | Flores, Luis | Pratt, Katie |
| Arns, Katherine | Gill, Laurel | Rathkopf, Alanna |
| Arns, Keith | Hendricks, Amanda | Rea Do, Marshall |
| Boychuk, Kealy | Horan, Katy | Rioux, Vincent |
| Brannon, Nora | Isley, Debbie | Ryan, Sally |
| Brown, Daniel | Keane, Ian | Sinha, Priya |
| Carlson, Charles | Kelly, Jennifer | Smith, Heather |
| Carroll, Maura | Kim, Steve | Spiegel, Jessica |
| Cave, James | Klug, Jacqueline | Stenfjord, Thor |
| Chapline, Michael | Langworthy, David | Talbert, Nathan |
| Chory, Jack | Lopez, Angela | Traynor, Chloe |
| Collins, Bobbie | Lowe, Amy | Turpin, Jennifer |
| Dawson, Kent | McDaniel, Sarah | Vachon, Andre |
| Elliott, Matthew | Mendez, Daniel | Zaza, Leo |



2019 PNA Open Water Series

PAGE XX



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/>

COMPLETED: 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/



COMPLETED: 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>

COMPLETED: 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) swim over a 1.25K course. <http://www.alyfellmemorialopenwaterswim.com/index.html>

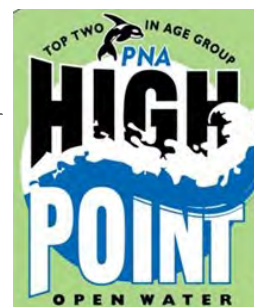


September 14 - The series finishes with the Last Gasp of Summer. This race takes place at Angle Lake in Seatac, WA and includes 1- and 2-mile races on a rectangular course. One-milers swim one lap and two-milers swim two laps. www.lastgaspofsummer.com/

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

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>

Bainbridge Aquatic Masters BAMFest 2019

Saturday, October 12th, 2019

Warm-up: 9am, meet starts at 10am

Sanctioned by PNA for USMS Inc. #369-S008



LOCATION: Bainbridge Island Aquatic Center,
8521 Madison Ave, Bainbridge Island WA 98110

FACILITY: 25yd pool, 6 lanes, separate warm-up area. Temp 82°F. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1.

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

MEET DIRECTOR: Jessica Dubey, jdubey13@gmail.com,
206-498-8226.

MEET REFEREE: Mike Murphy, swimoff1@gmail.com.

CONCESSIONS: Free, donations accepted.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2019 USMS or foreign registered swimmers 18 and above as of 10/12/2019. Age groups based on the **swimmer's** age as of 10/12/2019.

ENTRY DEADLINES: Swimmers may enter up to 5 individual events and 2 relays.

Individual Entries and Relay Only swimmers:

Online Entry Deadline: Sunday, October 6, 11:59pm.

Paper Entry Deadline: Postmarked by Tuesday, Oct 1.

NO race day individual entries accepted.

SEEDING: All events slow to fast, age group and sexes mixed. Pre-seeding except for the 500 free.

CHECK-IN: Positive check-in required for the 500 free by the conclusion of event #6. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Deck enter relays at the meet at no charge.

AWARDS: Ribbons will be awarded for 1st, 2nd and 3rd place finishers in each age and gender group.

ENTRY FEES: \$16 PLUS \$3 per individual event. PNA swimmers who need financial assistance for entry fees may request same from the [PNA Wiggins Fund](#). No charge for relays.

ORDER OF EVENTS

Modified "High School" Format

1/2	Womens/Mens	9	100 Free
	200 Medley Relay	10	500 Free
3	200 Free	11	100 IM
4	50 Back	12/13	Womens/Mens
5	200 IM		200 Free Relay
6	50 Free	14	100 Back
	-- 15 min break --	15	50 Fly
7	100 Fly	16	100 Breast
8	50 Breast		

ONLINE ENTRIES: Click [here](#).

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA Website or in The WetSet. Make checks payable to BAM and mail to: BAM, PO Box 10934, Bainbridge Island, WA 98110.

DIRECTIONS: From Seattle: Take the 7:55am ferry to Bainbridge Island. Proceed on SR305 exactly one mile to NE High School Road. Turn left (west) on High School Rd. Turn right (north) at traffic circle onto Madison Ave. Take first left for driveway entrance to pool.
From West Sound: Take SR305 to Madison Ave N and turn right (south). Proceed 0.6 miles to the pool entrance on the right.

LODGING:

- Eagle Harbor Inn, 291 Madison Ave. S., Bainbridge Island, (206) 842-1446 (www.theeagleharborinn.com).
- Best Western Inn Plus, 350 NE High School Road, Bainbridge Island, (206) 855-9666.
- Island Country Inn, 920 Hildebrand Lane, Bainbridge Island, (206) 842-6861.
- Suquamish Clearwater Casino Resort 15347 Suquamish Way, NE, Suquamish (866) 609-8700.
- Airbnb www.airbnb.com



Snohomish Aquatics Masters Meet

Sunday, November 3, 2019

Warm-up: 8 AM - Meet starts at 9 AM to NLT 1 PM

Sanctioned by PNA for USMS Inc. 369-S007

LOCATION: Snohomish Aquatic Center 516 Maple Ave,
Snohomish, WA 9829.0 (360) 568-8030.

FACILITY: Competition 25 yard, 10 lanes. Temp 79-81°F.
Continuous warmup in the extra lanes not being used for competition. Electronic timing. The number of lanes used for competition will range from 6 to 8, depending on size of meet. At least one lane will be available for continuous warm-up. 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 106.2.1. **7-12.5' deep.**

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

MEET DIRECTOR: Rob Serviss –
robert.serviss@snohomishaquatic.com

MEET REFEREE: Dave Baer - dlbaer53@gmail.com

CONCESSIONS: Available.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2019 USMS or foreign registered swimmers 18 and above as of 11/3/2019. Age groups based on **the swimmer's age as of 11/3/2019.**

ENTRIES: Individual entries and relay-only swimmers: Swimmers may enter up to 6 individual events. Entries must be submitted online by 11:59pm (Pacific) Sunday, October 27th, 2019 or postmarked by Wednesday, October 23rd, 2019.

DECK ENTRIES: Only in OPEN LANES and available only to swimmers already entered in the meet, and who are entered in less than the entry limit of 6 individual events.

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. Check in for the 500 Free by the conclusion of event #5. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: At the Meet: Deck-enter relays may be entered at the meet. Mixed relays require two men and two women.

- Deck entries due by 8:30 AM for Event #1, Mixed Medley Relay.
- Deck entries due by end of event #5 for Event #9, Mixed Free Relay.
- No charge for relays.

AWARDS: Available for purchase at meet.

ENTRY FEES: \$16 surcharge PLUS \$3 per individual event. No charge for relays. PNA Swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#). Your credit card will be charged by 'ClubAssistant.com Events' for this swim meet.

ORDER OF EVENTS

1	Mixed 200 Medley Relay	8	Mixed 100 free
2	Mixed 200 Free	9	Mixed 200 Free Relay
3	Mixed 50 Back	10	Mixed 100 Back
4	Mixed 200 IM	11	Mixed 50 Fly
5	Mixed 50 Free	12	Mixed 100 Breast
---10 minute BREAK -----		13	Mixed 100 IM
6	Mixed 100 Fly	---10 minute BREAK -----	
7	Mixed 50 Breast	14	Mixed 500 Free
500 Free limited to 32 entrants			

ONLINE ENTRIES: Click [here](#). Your credit card will be charged by 'ClubAssistant.com Events' for this swim meet.

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA Website or in *The WetSet*. Make checks payable to Snohomish Aquatic Center, and mail to: Snohomish Aquatic Center c/o – Rob Serviss, 516 Maple Ave, Snohomish, WA 98290.

DIRECTIONS:

North: I-5S, take exit 194 for US-2 E toward Wenatchee, continue onto US-2 E, take the 88th St SE exit, turn right onto 88th St SE, continue onto 92nd St SE, take a right onto Maple Ave.
South: I-5N, take exit 194 for US-2 E toward Wenatchee, continue onto US-2 E, take the 88th St SE exit, turn right onto 88th St SE, continue onto 92nd St SE, take a right onto Maple Ave.

ENTRY QUESTIONS: Rob Serviss -
robert.serviss@snohomishaquatic.com

LODGING: Snohomish Inn, 323 2nd St, Snohomish, WA 98290
Phone: (360) 568-2208



2019 Puget Sound Masters SCM Championship Meet
 Sunday, November 24, 2019
 Hosted by Puget Sound Masters
 Sanctioned by PNA for USMS Inc. #369-S009
 Observed for USA Swimming

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

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

FACILITY: 50-meter championship pool set up as two 25m courses, each with 9-ft wide lanes and a water depth range of 9'-10.5' Continuous warm-up available in 7-lane, 25-yd dive tank. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, 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.



POSITIVE CHECK-IN DEADLINES: 400 Free: 9:20am, 400 IM: end of event #8, 800 Free: end of event #22. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: Age groups (sum of ages): 72- 99, 100-119, 120-159, 160-199, 200-239, 240-279, ... (40-year increments as high as necessary). The aggregate age of the four relay team members determines the relay age group. Mixed relays require two men and two women.
 • Relays may be entered online before the meet or deck-entered at the meet. Deck Entry Relay entries due as follows:
 • #4-#6: by 10am.
 • #15-#17: by the end of event #7.

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

AWARDS:

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

SCHEDULE: Warm-up 9-9:50am, meet starts 10am.

MEET DIRECTOR: Lisa Dahl, waterpolo890@hotmail.com 206-337-2204.

ENTRY FEES: \$32 includes LMSC surcharges. PLUS \$4 per individual event. PNA Swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#). No charge for relays. Relay only swimmers pay \$32 surcharge.

MEET REFEREE: Lisa Vetterlein lisa.vetterlein@gmail.com

ONLINE ENTRIES: Click [here](#).

CONCESSIONS: KCAC vendor, available in lobby.

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

ENTRY QUESTIONS: Linda Chapman chapman_family@comcast.net.

ELIGIBILITY: Open to all 2019 USMS or foreign registered swimmers 18 and above as of 11/24/2019. Foreign registered swimmers must provide a copy of their current registration card. Age groups based on the swimmer's age as of 12/31/2019. 18-24, 25-29... and up in 5-yr increments.

ENTRIES: Swimmers may enter up to 4 individual events.

- Individual entries and Relay-Only Swimmers: Entries must be submitted online by 11:59pm (Pacific) Sunday, November 17, 2019 OR postmarked by Wednesday, November 13, 2019.
- Relay teams may be entered from 9am Monday, November 18th to 11:59pm Wednesday, Nov 20th
- Deck entry for relays will also be available at the meet. See 'Relays', below.
- Swimmers will register by CLUB (i.e. PSM, BWAQ) rather than workout group (i.e. LWM, GLAD)
- The 800 Free is limited to 32 entrants - NO INDIVIDUAL ENTRIES ACCEPTED AFTER SUNDAY NOV 17TH, 2019 11:59pm (PACIFIC TIME).

2019 PSM SCM Order of Events-Sun, Nov 24			
50m, 100m and 200m events: Order W then M			
1	400 M Free-Mixed*	18	400 IM*
2/3	200 M IM	19/20	50 M Free
--- 5 Minute Break ---		--- 5 Minute Break ---	
4/5	W/M 200 M Fr Rly	21/22	100 M Fly
6	Mixed 200 M Mdly Rly	23/24	200 M Breast
7/8	200 M Free	25/26	100 M Free
9/10	100 M Breast	27/28	50 M Back
11/12	50 M Fly	--- 5 Minute Break ---	
13/14	200 M Back	29/30	100 M IM
--- 5 Minute Break ---		31/32	200 M Fly
15/16	W/M 200 M Mdly Rly	33/34	100 M Back
17	Mixed 200 M Fr Rly	35/36	50 M Breast
*	Positive Check-In Required	37	800 M Free*

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

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.

PNA Calendar

PNA POOL EVENTS:

- 10/12 - [BAMfest](#)
Bainbridge Island, WA
- 11/3 - [Snohomish Aquatic Masters Meet](#)
Snohomish, WA
- 11/24 - [PSM SCM](#)
Federal Way, WA

PNA OPEN WATER:

- 9/14 - [Last Gasp of Summer](#)
SeaTac, WA

NON-PNA EVENTS:

- 9/14 - [Seattle's 10K Invitational](#)
Seattle, WA
- 9/28 - [Awesome Alki Bash](#)
Seattle, WA



Last Gasp
OF SUMMER
2019 ANGLE LAKE

in peaceful
Angle Lake WA
Sept 14, 2019

1Mi / 2Mi
www.lastgaspofsummer.com

[Search USMS Calendar of Events](#)



SAY YES to LIFE SWIMS

- THE AMAZING JULY 27TH OCTOCHALLENGE 8K**
- SEATTLE'S SEPT 14TH 10K INVITATIONAL**
- CHALLENGE YOURSELF! 2019 ENDURANCE EVENTS**
- TRAINED SAFETY PADDLERS FULLY INSURED**
Register singly or save \$25 with The Intrepid