

PACIFIC NORTHWEST
ASSOCIATION OF
MASTERS SWIMMERS

U.S. MASTERS
SWIMMING IN
WESTERN
WASHINGTON

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The WetSet

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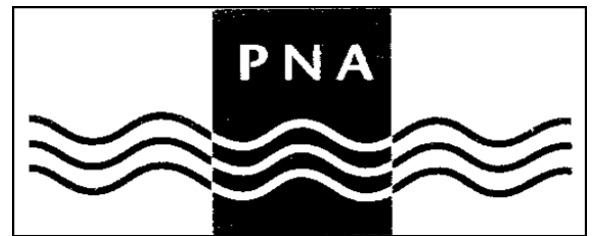
President's Message

By Sally Dillon, PNA President

HAPPY NEW YEAR!

USMS will be celebrating 50 years of existence throughout 2020. I hope you'll celebrate this terrific organization by participating in swimming related activities with your teammates, coaches, and friends. **And, if you are at a time in your life where you'd like to give back to USMS,** let me know and I will be happy to direct you toward needs within our swimming community.

It's back.....the annual USMS 1-Hour ePostal National Championship event! This is the 43rd annual 1-Hour swim; it became a national championship in 1978. A few years ago, the USMS Long Distance Committee extended the time to participate so the swim can be done any time during January and February.



I've swum this event 25 times, beginning in 1982, and 19 of the past 22 years. I guess you could say I am "hooked." **What inspires me to participate in this event so frequently is that it allows me to monitor my fitness level early in the year.** While I am more than twice as old as I was back in 1982, and definitely slower, I still enjoy the challenge of swimming for an hour and trying to keep a constant focus and pace. It is especially fun when teammates are in the pool doing the same thing.

While participation in this event used to attract over 80 swimmers from PNA, in recent years **the numbers have been very low.** **I've not been able to determine why this has happened,** but I would love to see more clubs and workout groups organize pool time and encourage their swimmers to take on the 1-Hour challenge. The link to the 2020 event is [here](#).

You'll find more details about postal swims on the PNA website [here](#).

Have a terrific year in the pool and/or open water!

Dawn Musselman Award Nominations

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913-1986). As a long-time PNA member, Dawn inspired others and encouraged them to do their best. While she still holds three PNA records in the 70-74 age group, competitive participation is not a criterion for this award.



Dawn Musselman

Any PNA member may submit a nomination. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship always
- Shows a strong commitment to PNA Masters Swimming

Show that teammate your appreciation! Compose a paragraph or two describing their qualifications. Include an anecdote for fun, too! The award consists of a personal plaque and a perpetual trophy with the recipient's name added and will be presented in conjunction with the PNA Champs meet in Federal Way on Saturday, April 11.

Submit your nomination by Saturday, March 21 to: PNA Webmaster Steve Peterson, speterson@bandwagon.net. If you have questions, call Steve at 360-692-1669.

Past recipients of the Dawn Musselman Inspirational Swimmer Award

1986 - Dawn Musselman	2003 - Chaya Amiad
1987 - Marlene Holmes	2004 - Kathy Casey
1988 - Maxine Carlson	2005 - Gene Crossett
1989 - Jim Penfield	2006 - Jeanne Ensign
1990 - Tom Foley	2007 - Lee Carlson
1991 - Karen Jost	2008 - June Van Leynseele
1992 - Jan Kavadas	2009 - Steve LaHaie
1993 - Robin O'Leary	2010 - Betsey Kassen
1994 - Marion Mueller	2011 - Sarah Welch
1995 - Tammi Keeler	2012 - Kiko Kimura Van Zandt
1996 - Ian Thompson	2013 - Rick Colella
1997 - Suzanne Dills	2014 - Charlotte Davis
1998 - Clark Pace	2015 - Sally Dillon
1999 - Dan Frost	2016 - Steve Peterson
2000 - Joan Davis	2017 - Zena Courtney
2001 - Paul Ikeda	2018 - Lisa Dahl
2002 - Barb Gundred	2019 - Arni Litt

PNA Coach of the Year Nominations

Each year PNA honors a local coach with the PNA Coach of the Year Award. Nominations are accepted from any PNA member and it is time to submit your nomination for 2020. Recognize your coach for the outstanding contributions to Masters Swimming that he/she has made. Show how much you love and appreciate your coach by nominating them for the Coach of the Year Award. The award will be presented in conjunction with the PNA Champs meet in Federal Way on Saturday, April 11.

Your nomination should address any, or all, of the following selection criteria:

- Improvement or enhancement of an ongoing program or establishment of a new program
- Sustained service over a long period
- Commitment and/or contributions to PNA
- Willingness to share coaching skills and information with others
- Loyalty of team members
- Coaching accomplishments and/or inspiration to others



To nominate your coach, compose a letter with the following information:

- Your name and email address
- **Nominee's name and email address**
- Name of the team, workout group, or club
- Number of years the nominee has coached the team/workout group/club
- Coaching experience
- Coaching accomplishments
- Examples of improvement and/or enhancement of program or new program
- Examples of contributions to PNA
- **Evidence of nominee's coaching skills and knowledge**
- **Impact of nominee's coaching efforts on others**

Submit your nomination by March 21 to PNA Coaches Chair Kathleen Brooks at kathleen.mary.brooks@gmail.com. If you have questions, call Kathleen at 206-802-8874. Previous recipients of the Coach of the Year Award will serve on the selection committee.

Past recipients of the Coach of the Year Award

2019 – Brad Hering, Stanwood-**Camano WA “Y”**
 2018 – Pete Colella, North End Otters
 2017 – Wendy Neely, Blue Wave Aquatics
 2016 – April Cheadle, Bainbridge Aquatic Masters
 2015 – Paul Ikeda, Orca Swim Team
 2014 – Joel Dodds, Mukilteo YMCA
 2013 – April Cheadle, Bainbridge Aquatic Masters
 2012 – Becca Watson, Lake Washington Masters
 2011 – Ken Rice, West Coast Aquatic Masters

2010 – Shannon Singer, Skagit Valley Masters
 2009 – Lynn Wells, Aquatic Fanatics
 2008 – Mel Smith, Briggs Y Masters
 2007 – Robin O'Leary, North End Otters
 2006 – Neil Romney, North Whidbey Masters
 2005 – Michael McKinlay, Downtown/Bellevue Swim Team
 2004 – Wendy and Malcolm Neely, Federal Way Masters

Snohomish Aquatic Masters Meet

The Snohomish Aquatic Masters hosted their third annual meet November 3 at their home pool in Snohomish. The event featured 106 swimmers representing 23 clubs registered for 355 individual events and 23 relays.

Gerald Cermak (55-59, PSM) was the day's high scorer, winning the 50 breast, 100 free, and 100 IM and placing second in the 50 free, 50 back, and 50 fly to score 111 points. Rounding out the top five individual point scorers were Dan Underbrink (60-64, TWIM) with 109 points (three 1sts, one 2nd, and two 3rds); Chantal Lauzon (45-49, NOVA) with 108 points (two 1sts and four 2nds); David Hansen (55-59, TACM) with 107 points (two 1sts, three 2nds, and one 3rd); and Amy Gleixner (30-34, SEAS) with 106 points (two 1sts, two 2nds, and two 3rds).

Flora Wong (90-94) of Big Sky Montana Masters was the meet's oldest participant and swam the 50, 100, and 200 free and the 50 and 100 back.

Thunderbird Aquatic Masters of Anacortes won the team scoring with 1019 points followed by host Snohomish Aquatic Masters with 710 and Team Walker International Masters with 697.



Picture via TWIM Blog

Starts & Turns

With Coach Brad Hering
Sunday, February 9, 2020
Sammamish YMCA
6:30pm - 8:30pm

Photo: Alibek Kasler

PSM SCM Championships

The 5th annual Puget Sound Masters SCM Championship Meet was held November 24 at the Weyerhaeuser King County Aquatic Center in Federal Way. The meet featured 179 swimmers representing 22 clubs registered for 613 individual events and 41 relays.



*Tom Taylor YMCA (Gig Harbor) swimmers
Brenda Wilks, Bobbie Burch, coach Rich Adcock,
and Bob Pilger*



*BAM's Mary Tuffley and coach
April Cheadle*

Nineteen swimmers won all four of their individual events for a perfect 36-point score: Lianna Badran (45-49, PSM); Morena Calvo (30-34, PSM); Rick Colella (65-59, PSM); Zena Courtney (60-64, BWAQ); Charlotte Davis (65-69, PSM); Lars Durban (60-64, PSM); Andrea Hunt (70-74, PSM); Dan Kirkland (70-74, OREG); Willard Lamb (95-99, OREG); Mats Nygren (50-54, PSM); Craig Olynyk (25-29, PSM); Erik Petersen (30-34, PSM); Dick Peterson (80-84, PSM); Steve Peterson (70-74, PSM); Robert Pilger (75-79, PSM); Benjamin Roy (45-49, PSM); Jaiden Simmons (18-24, HBSC); Peter Trahms (40-44, PSM); and Joy Ward (75-79, OREG).

Host Puget Sound Masters topped the team scoring with 4629 points followed by Oregon Masters with 2915.



Some of the TWIM contingent at PSM SCM Champs (via TWIM blog)

Mercer Island Madness

*The Saga as told by Eyewitnesses
With Tom Walker of TWIM*

Ten years ago, a small group of crazy individuals set forth together on an epic aquatic journey. That Odyssey, now legend, was a 13.5-mile swim around Mercer Island, which has come to be known in these later times as the SAMI (Swim Around Mercer Island). It has largely, until now, been a silent and unheralded saga.

The genesis of this wild adventure began in the mind of Tom Elliot, a mild-mannered high school math teacher with a slightly twisted sense of enjoyment.

He was joined by a Lady we have come to know as our own Coach Shannon Singer and a few other brave souls, who apparently had nothing better to do that day.

These gallant pioneers were joined, as time went on, by Dan **“The Man” Underbrink, whom you may know from his animalistic exploits in the pool here in the PNA and elsewhere.**

Dan the Man took up the banner and has carried on the awesome tradition, completing this daunting orbit of the Isle every year for the last ten, solitary and unrelenting as he pushes through those dark and ever- challenging waters-

The spirit is irrepressible, the endeavor heroic, so here is the story!

TW: So, when did the Madness first overtake you? When was it exactly and how did it all happen? What was the spark that ignited all of this?

TOM ELLIOTT: Great question! I began triathlon training around 2002, with a strength in swimming, while living in the Bay Area. I did most of my open water training swims in Santa Cruz and I LOVED swimming around the Pier. That gave birth to my love of swimming around stuff. When I moved to the Seattle area, my first swim was around Seward Park.

As I settled into the area, I became focused on Mercer Island. My girlfriend (now wife and mother to my daughter) grew up on Mercer Island and every time I biked on the island or we



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Mercer Island Madness (cont)

(Continued from page 6)

drove on I-90, I would look at the island and think, "Could I swim around this thing?"

I'm a teacher and have a lot of free time in the summer. In the summer of 2009, I decided to act. I have a dream of being a race organizer and I decided to try to recruit as many people as possible for this dream swim. Towards the end of August of that year I found a list of all the local Masters swim teams and I spent a day emailing every single club within 100 miles of here, inviting them to the event. I was confident I could find 20+ people, or at least some relays, interested in this day of MEGA FUN.

I received only two responses. One was from my Angel, Shannon Singer, and she also knew a swimmer named Kelly, who proved to be an open-water MACHINE!

We had created a good map and a set of simplified rules. I wanted two prizes, the Winner of the Year to possess a **cool trophy like the Stanley Cup, I came up with SAMI the Shark, I**

SHANNON SINGER: Tom Elliott found me, and I dragged Kelly (Jensen) Howell into the mix. They were both faster than I was, so I got a head start of about an hour, I think. We left from Luther Burbank and swam clockwise. They caught up to me just as I was rounding the northeast corner of the island and I drafted them for the last half mile or so. We all finished together. That was pretty sweet.

Unlike Dan The Man (Underbrink), I've only completed the swim twice - 2009 and 2018 - though I've attempted it five times. So, the two finishes are memorable. But I'd have to say the most fun I've had at the event was when we had a ton of people involved, both swimmers and support crew. Watching Haleigh Werner complete the swim in about five and a half hours was pretty amazing. Not sure she bothered to eat or drink!

Tom got us started, I was the driving force for the few years when we had a bigger group (6-8 swimmers), but credit goes to Dan for keeping the tradition alive. Here's a list of people I know have finished the swim with us at one point or another:

Kelly (Jensen) Howell	Shannon Singer	Sadie Brumley	Haleigh Werner
Tom Elliott	Dan Underbrink	Jim Gross	Lars & Eric Durban (relay)

DAN UNDERBRINK:

I started (pool) swimming again in 2009 and it was great, but I also suspected I would love open water swimming, and I was right! I got a wet suit in 2010 and started swimming lots of open water, including at Lake Padden with Shannon. It was Shannon who invited me to try to swim SAMI my first year (2010).

I was excited to push my boundaries in open water. The first break in SAMI that first year was at about the 5-mile point. That by itself was farther than I had ever swam before! When I actually made it all the way around (about 13.5 miles) I was hooked!

From my start in 2010, I have made it a priority to get this swim done each year – even if I am the only swimmer out there! As of 2019, I have completed the swim 10 years in a row. I have been the sole swimmer at least four of the years I have swum SAMI.

TE: I'll take credit for the first year, but years 2- 11 are strictly Dan and Shannon.

TW: What are the early highlights?

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Mercer Island Madness (cont)

(Continued from page 7)

TE: Shannon's description is perfect! We timed it well, with Shannon starting first and Kelly and I starting later. Finishing with both of them was a BEAUTIFUL MOMENT!

TW: How do you train for this craziness? What advice do you have for those you want to swim this?

SS: Train! Enter a 5K early in the summer. And sit down and spend half an hour with **one of us who has completed it. We'll tell you all our secrets!**

I enjoy pool meets so I'll train with my team for those. I'll target all the longer events - the 1650, 1000, 500, as well as the 400 IM. Once the lakes warm up, you're much more likely to find me there than in a pool. Doing a 5-mile swim is infinitely more enjoyable in a beautiful lake than it is in a 25-yard box!



DU: Train for some distance! Do at least a half-dozen open water events before this one. Try it if you are looking for an EPIC open water swim!

Train, train, train! It's all about just getting out there and swimming! Make a plan for the Swim (when you will start, where you will start, what direction you will swim, and potential breaks for food and drink). Have a backup plan in case weather, wind, or some other condition messes with your original plan. And always have a good exit strategy in case conditions get too bad, you get too exhausted, or whatever!

TE: Try It! This swim has several opportunities to stop and reset your goal realistically!

For training, I'm the wrong person to ask! I knew I could swim 3 miles and I'm an Ironman (triathlete) so I figured my endurance training would carry me. That logic worked two years. I had years of diminishing returns until I joined a Masters team last year and I have found my swimming endurance returning. Long distance swimming can be dull. You either love the dullness or you need to find something to lessen the dull!

TW: So, what are the primary logistical challenges surrounding this swim?

DU: For an event of this distance, a swimmer must fuel and hydrate. It is HIGHLY advisable that anyone attempting this swim have a safety kayaker accompanying them.

SS: As Dan said, you've got to have kayak support to carry your hydration and nutrition and keep you safe!

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Mercer Island Madness (cont)

(Continued from page 8)

Since Mercer Island is mostly private property, you must plan your landings carefully. Even if a swimmer plans to stay offshore for the whole swim, the kayakers will most likely need a potty break at some point!

I think the biggest challenge is the bailout plan. If a swimmer runs into trouble halfway around the island when the closest public access is a mile in either direction, what do you do?

DU: The starting point for the swim is always up for grabs, as is the direction of the swim. I have started from three different locations and have swum the circuit both clockwise and counterclockwise. The weather out there can be quite **variable and sometimes the waves can be so large that you can't even see your kayaker, a mere 12 feet away!** These conditions can be scary, but also super fun!

TE: **The LAW! On Lake Washington, you aren't allowed 50+ yards offshore without a boat escort. When the beaches are open, swimmers and kayakers are NOT allowed near the beaches. Swimmers must have a support boat within 25 yards of the swimmer.**

And the BOATS! The law is in place to protect you from boats but the people in boats on Lake Washington can't be trusted to be sober!

TW: So, you are celebrating your 10-year anniversary. What is your vision for the future of this Mighty Event?

DU: I plan to continue swimming this each year and will continue to invite my friends to join me if they wish and if they can convince someone to kayak for them!

TE: Actually, this was the 11th year. I would still love it to become a REAL event. I think this swim could become a premier open-water event here in the PNW.

TW: Have the three of you ever considered less demanding hobbies, like knitting or painting by numbers?

DU: I think a good variety of activities is the key.

SS: Seriously? What fun would that be?

TE: Yes, but nothing feeds the soul better than a distance event that tests its limits.



Board Meeting Summary

November:

- There will be no increase in PNA fees for 2020; however, PNA may have to increase fees in 2021 due to USMS Unified Fee requirements (more info on Unified Fee [here](#))
- Because PNA Champs falls on Easter weekend, the meet will be Fri/Sat. Due to this change, BWAQ was given permission to change the order of events to Order A
- The PNA Long Course meet will be July 19 at KCAC
- Total assets (as of Nov 2, 2019) are \$64,536
- Membership (as of Nov 2, 2019) is 1,805 (899 female, 906 male)

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

3rd Annual Bellevue Club Masters Mile Sunday, January 19

The deadline to enter is fast approaching –
Tuesday, January 14.

Entries are limited to only 60 swimmers.

The BC pool is a fast one and
the entire 9-lane pool is 9' deep.
Heats will be seeded fast to slow.

Don't miss out! Warmups at noon,
meet starts at 1pm. Meet information and
registration can be found on page 13.



Happy swimmers from the 2019 event.

Welcome New Swimmers!

Baker, Jarred	Gleixner, Amy	Moffitt, Marie	Sohlberg, Linda
Balzarini, Victoria	Goodman, Jonathan	Moore, Aubrey	Soper, Deborah
Busch, Bobbie	Grable, Jennifer	Nagorski, Schuyller	Sutherland, Douglas
Cejduo, Antonio	Graf, Darby	Neufeld, Anna	Swain, Luke
Chang, James	Jaback, William	Olynyk, Craig	Tam, Eleanor
Chenard, Rebecca	Jackson, Dave	Perillo, Alan	Tighe, Jenifer
Costa, Brenda	Kezer, Quinlan	Poprozhuk, Vitaliy	Todd, Rachel
Davis, William	Kingsbury, Caleb	Reed, Chip	Toss, Alex
Dryfoos, Sarah	Lee, Andrew	Richardson, Emily	Townliand, David
Enriquez-Ortiz, Lizzie	Mackay, Isaac	Roy, Benjamin	Walsh, David
Evans, Jennifer	Malo, Pamela	Sanford, Elizabeth	Wardlow, Brooke
Farrell, Andrew	Martin, Kira	Schmidgall, Emma	White, Emily
Freeman, Keith	Meyn, Stephanie	Shultz, Mike	Williams, Laurie

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



Follow PNA online!



ePostal 3000/6000

Seven PSM swimmers took on the final postal challenge of the year by swimming the 3000-yard and/or 6000-yard National Championship ePostal events.

Michelle McRae took on both events and finished 2nd in her division in the 6000-yd event and 4th in the 3000. Tamara Koppelberger, Andrea Hunt, and Dan Phillips also had top-five individual finishes.

Special congratulations go to Landrum (41), McRae (44) and T Koppelberger (47), who formed a women's 3x3000-yd relay that took first in the 35+ age group with a combined time of 2:00:09.48. J Koppelberger (48), Tavis (49), and Phillips (56) combined to take 6th in the men's 45+ 3x3000-yd relay in a time of 2:13:42.72. A mixed 3000-yd relay was also formed and T Koppelberger, McRae, Tavis, and Phillips placed 4th in a time of 2:42:03.98.

6000 yard results

Michelle McRae	40-44	2nd	1:22:11.20
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3000 yard results

Michelle McRae	40-44	4th	39:50.20
Sarah Landrum	40-44	8th	41:42.72
Tamara Koppelberger	45-49	3rd	38:26.56
Andrea Hunt	70-74	3rd	50:04.33
Craig Tavis	45-49	13th	47:04.31
Jason Koppelberger	45-49	15th	49:55.49
Dan Phillips	55-59	4th	36:42.91



1-Hour ePostal

The 1-Hour ePostal National Championship (AKA "Happy Hour" for Masters Swimmers), runs through the months of January and February and is open for registration. Thousands of Masters swimmers take on this event each year.

The details:

- Age - determined by the age on December 31, except 18-year-olds must be 18 on the day that they swim
- Current USMS membership required by the day of your swim
- Pool must be 25-yards or longer (a conversion for metric pools takes place during registration)
- Swim the event FIRST, then enter the championship online. The deadline to enter is Sunday, March 8, 2020



Bellevue Club Masters Mile
1500 – Short Course Meters
Sunday, January 19, 2020

Warm-ups: 12 noon; meet starts at 1pm
Sanctioned by PNA for USMS Inc #360-S001

LOCATION: Bellevue Club, 11200 SE 6th St, Bellevue, WA 98004

The Bellevue Club is a private facility. After parking, enter at the athletic entrance and check in at the reception desk (your name will be on a list). Day-use lockers are available in the locker rooms at no cost. Please be respectful of the membership facilities. A block of hotel rooms at the Bellevue Club have been reserved under **“Masters Mile Swim Meet”** – call 425-454-44224 to secure a room.

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

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

MEET DIRECTOR: Sally Dillon, 425-961-0023,
salswmr@comcast.net

MEET REFEREE: Dave Baer,
<mailto:dlbaer53@gmail.com>

CONCESSIONS: Many delicious choices available at athletic entrance

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2020 USMS or foreign registered swimmers 18 and above as of 1/19/2020.
Age groups based on the swimmer's age as of 12/31/2020 (must be 18 on or before meet date).

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

Entries must be received or online by 11:59pm (Pacific) Tuesday, 1/14/2020. NO race day entries will be accepted. Meet entry cap is 60 swimmers.

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

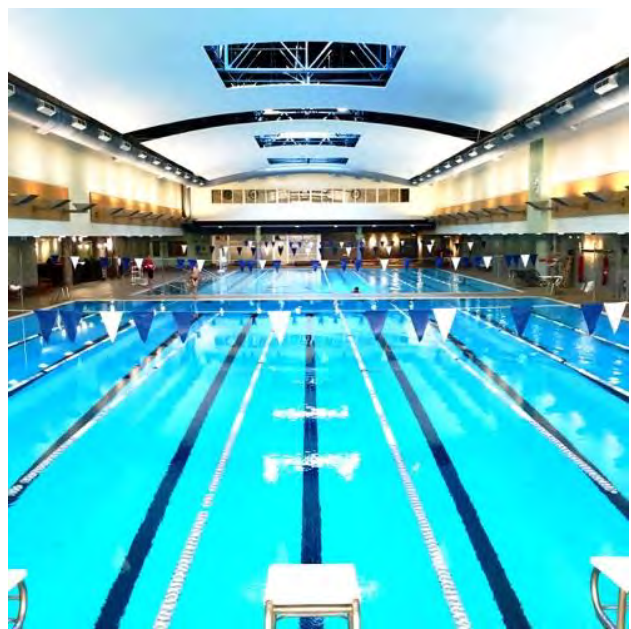
CHECK-IN: In-person positive check-in required by 12:20pm. Online check-in will be available the day of the meet from 6am-noon. Swimmers missing the check-in deadline may be scratched from the event. Online check-in link is [here](#).

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

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

ONLINE ENTRIES ONLY: Enter online at [this link](#).

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



Thunderbird Aquatic Club Masters

2020 TAC SCM Masters Meet

Sunday, February 2, 2020

Warm-up: 9am - Meet starts at 10am

Sanctioned by PNA for USMS Inc. #360-TBD

LOCATION: Fidalgo Pool, 1603 22nd St, Anacortes, WA, 98221

FACILITY: 25m pool, six lanes, two side warm-up area. Temp 83°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: Calvin Milbach cmilbachfpfc@gmail.com

MEET REFEREE: Heather Brennan brennan@wavecable.com

CONCESSIONS: None.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2020 USMS or foreign registered swimmers 18 and above as of February 2, 2020. Age groups based on age of swimmer as of Dec 31, 2020. Foreign registered swimmers must provide proof of current **registration in their country's federation.**

ENTRIES: Swimmers may enter up to 6 individual events. Online entry deadline: 11:59 PM (PST) Monday, January 27th. Paper entry deadline: postmarked by Wednesday, January 22nd. NO race day entries accepted.

RELAY ONLY SWIMMERS: Swimmers wishing to swim only relays at the meet may do so. Same entry deadlines as above, same surcharge as below.

SEEDING: All events slow to fast, age group and sexes mixed. Pre-seeding except for the 400 IM and 400 Free.

CHECK-IN: Positive check-in required for 400 IM by 9:20am and 400 Free by the end of Event #14. Swimmers missing the check-in deadline may be scratched from the event.

BREAKS: Each of the breaks are 5 minutes.

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

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women. Mark your relay entry card carefully to ensure correct intent and results.

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

ENTRY FEES: \$16.00; includes LMSC and timing surcharges) PLUS \$3.00 per individual event. No charge for relays. PNA Swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#).

Order of Events

1	400 IM	12	50 Breast
2/3	W/M 200 Fr Rly		--- Break ---
4	100 Back	13/14	W/M 200 Mdly Rly
5	200 Free	15	50 Back
6	50 Fly	16	100 Free
7	200 Breast	17	200 Fly
	--- Break ---	18	100 Breast
8	Mxd 200 Fr Rly	19	200 IM
9	200 Back	20	Mxd 200 Mdly Rly
10	50 Free	21	400 Free
11	100 Fly		

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 TAC and mail to: Calvin Milbach, Fidalgo Pool, 1603 22nd St, Anacortes, WA, 98221.

DIRECTIONS: From I-5, take exit 230. Go west on Highway 20 to its end in Anacortes. Turn right onto Commercial Ave and go about ten blocks to 22nd street and turn left. Go up the hill to J Ave (about six blocks). Fidalgo pool is on the left.

ENTRY QUESTIONS: Calvin Milbach, 360-293-0673, cmilbachfpfc@gmail.com.

POST THUNDERBIRD MEET SOCIAL: 2-5pm, Upstairs at Village Pizza, [807 Commercial Ave, Anacortes 98221](#). Family Friendly! All swimmers, families, and friends are welcome to join us at Village Pizza to tell swim stories.

LODGING:

[The Marina Inn](#), 3300 Commercial, 360-293-1100
[Anaco Bay Inn](#), 916 33rd (kitchens), 360-299-3320
[Islands Inn](#), 3401 Commercial (complimentary Dutch breakfast), 360-293-4644





2020 PNA Championship and Northwest Zones Championship Meet
Friday, April 10th and Saturday, April 11th
Hosted by Blue Wave Aquatics
Sanctioned by PNA for USMS Inc. # _____ - _____

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

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

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

TIMES: Friday, April 10th warm-ups 5:30pm, meet starts 6:30pm. Saturday, April 11th warm-ups 9am, meet starts 10am. Five-minute breaks are scheduled for Saturday after events 7, 13, and 21.

CONCESSIONS: Vendor contracted with KCAC, available in lobby.

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

ELIGIBILITY: Open to all 2020 USMS or foreign registered swimmers 18 and above as of 4/11/20. **Age groups based on the swimmer's age as of 4/11/20.** If not a member of USMS or MSC, please bring a copy of your 2020 registration card.

ENTRIES: Individual entries may enter up to 6 individual events, 6 events per day. Relay entries may enter up to 4 relay events. Individual and Relay-Only swimmers must register online by 11:59 PM (Pacific) Sunday, April 5th, 2020. No day of race or late entries allowed for this meet. Coaches will be provided relay cards at the meet.

ONLINE ENTRIES: Click [here](#) to enter online. NO ENTRIES ACCEPTED AFTER SUNDAY APRIL 5th, 2020 11:59pm (PACIFIC TIME).

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA website or in *The WetSet*. Make checks payable to BWAQ and mail to: Blue Wave Aquatics PO Box 24083, Federal Way, WA 98093. MUST BE POSTMARKED ON OR BEFORE WEDNESDAY, APRIL 1st, 2020 AND RECEIVED ON OR BEFORE SUNDAY APRIL 5th, 2020 11:59pm (PACIFIC TIME).

ENTRY FEES: \$35 (US) surcharge for Individual and Relay-Only swimmers. PLUS \$4 per individual event. PNA swimmers who need financial assistance for entry fees may request same from the [PNA Wiggan Fund](#). No splash fee for relays.

SEEDING: All events 400 yards and over will be run in two courses. At the discretion of the meet referee and meet director, other events may be run in two courses to manage meet length. All events 400 yards and over will be seeded fast to slow, events under 400 yards will be seeded slow to fast.

CHECK-IN: Friday:1000 Free and 1650 Free – 6pm; Saturday 500 Free – 9:30am. Swimmers missing the check-in deadline will be scratched from the event.

RELAYS: 18+, 25+ and subsequent ten-year increments as needed. The age of the youngest member of the relay team shall determine the age group. Mixed relays require two men and two women. Deadlines for relay cards: relays #5, #6 and #7 – 10am; relays #22, #23, #24 – noon.

AWARDS: Ribbons for individual places 1–6. Medals may be purchased at meet.

SCORING: Scoring will be 9-7-6-5-4-3-2-1 for Individual Events and 18-14-12-10-8-6-4-2 for Relay Events

ORDER OF EVENTS:

Friday, April 10th:

1 – 400 IM 2 – 1000 free* 3 – 1650 free*

Saturday, April 11th:

4 – 500 free*	15 – 200 breast
5 – 200 women medley relay	16 – 100 free
6 – 200 men medley relay	17 – 50 back
7 – 200 mixed free relay	18 – 100 IM
8 – 200 free	19 – 200 fly
9 – 100 breast	20 – 100 back
10 – 50 fly	21 – 50 breast
11 – 200 back	22 – 200 women free relay
12 – 50 free	23 – 200 men free relay
13 – 200 IM	24 – 200 mixed medley relay
14 – 100 fly	



T-SHIRTS: Championship shirts are for sale during registration. We will have a limited number of t-shirts at the meet. Guarantee you get the right size by ordering your Championship t-shirt when you register today!
\$16 - unisex sizes XSM, SM, MD, LG, XLG;
\$18 - unisex sizes XXL, XXXL, XXXXL

PNA Annual Membership Meeting, Social and Award Presentation: Due to the Friday/Saturday meet format this year, plans for a meeting, social, and awards presentation are not yet developed and will be promoted at a later date if it is determined that the event can take place.

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.

QUESTIONS:

Meet Director: Steve Freeborn, pnachamps@bluewave-aquatics.com, 206-940-7442

Meet Referee: Mike Murphy, swimoff1@gmail.com

Meet Registrar: Angela Turley, registrar@bluewave-aquatics.com, 253-797-4920

PNA GENERIC ENTRY FORM

COMPETITION ENTRY INSTRUCTIONS

Pacific Northwest Association (PNA) Sanctioned Swimming Competitions

AGE GROUPS

Entrants must be at least 18 years old to compete.

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

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

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

ONLINE ENTRIES – EASIEST and BEST Method!

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

PAPER ENTRIES

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

ALL COMPETITIONS

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

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

POOL COMPETITIONS

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

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

OPEN WATER COMPETITIONS (OW)

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

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

GENERIC ENTRY FORM • PACIFIC NORTHWEST ASSOCIATION

Name: _____ Sex: M F Birthday: __/__/____ Age: _____

Address: _____ City: _____ State: ____ Zip: _____

Email: _____ Phone: _____ USMS #: _____

Local team: _____ or UNAT: _____ USMS Club: _____ Club abbr: _____

Emergency Contact: _____ Phone: _____ T-shirt size: _____

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

Name of Meet _____

Date of Meet _____

This is my first Masters meet

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



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

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

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

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

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

PNA Calendar

PNA POOL EVENTS:

- 1/19 - [Bellevue Club Masters Mile](#)
Bellevue, WA
- 2/2 - [Thunderbird Aquatic Masters Meet](#)
Anacortes, WA
- 4/10-11 - PNA Champs
Federal Way, WA
- 7/19 - PNA Long Course Meet
Federal Way, WA

OPEN WATER:

- 7/11 - Fat Salmon
Sammamish, WA

CLINICS:

- 2/9 - [TWIM Starts & Turns Clinic](#)
Sammamish, WA
- 6/11-14 - [Off Piste Aquatics' Master Swim Camp](#)
Vail, CO

[Search USMS Calendar of Events](#)

Save the dates - April 10 & 11!

*Friday's events include the 400 IM, 1000 Free, and 1650 Free.
Saturday will include all the remaining events including the 500 Free and relays.
PNA Annual Membership Meeting, Social and Award presentation
will be held at the conclusion of Saturday's events.*

