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President's Message

By Sally Dillon, PNA President

This month PNA will be holding our biennial election of officers. Members will have an opportunity to vote via Survey Monkey, so keep an eye out for a link to arrive in your email inbox. Having already served two 2-year terms, I will be handing the gavel over to a new President. Go to page 11 to see the slate of candidates.

When I moved to the Northwest in 1997, I was anxious to get involved with PNA and make new friends. Back in those days, the PNA board held meetings 11 times a year at various locations around the Puget Sound. For years I drove from my home at the north end of Whidbey Island to Edmonds, Seattle, Federal Way, and even Tacoma to attend meetings. In the ensuing years, the meeting schedule and method has evolved, making meeting attendance easier to manage. For a number of years, we've met mostly by conference call with just two in-person meetings each year. And since July of 2020 we've met via Zoom only! While it is working well, I can't wait until the Board can have the occasional in-person meeting again.

I like to refer to the PNA board as our "Leadership Team." We have our workout groups and clubs...but we also need volunteer leaders to "work as a team" managing the Pacific Northwest LMSC. My four years as PNA President have been supported by a wonderful group of volunteers who have served in various capacities on PNA's Leadership Team. My sincerest thanks to the following individuals who have served during my two terms as PNA President:

- Vice Presidents Zena Courtney and Linda Chapman (Linda is also our long-time Meets Coordinator)
- Secretary Jay Pearson
- Treasurer Arni Litt
- At Large Directors Kathy Casey, Isaac Contreras (also the Social Media Chair), and Todd Doherty
- Bylaws Chair Hugh Moore
- Membership Coordinator Stephanie Hiebert
- Open Water Chair Jim Davidson

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President's Message (cont)

- Appointed Directors Bob DeWard, Sarah Welch (also the Fitness Chair), April Cheadle, Maddie Sabilia, and Jane Moore
- Club Directors Kim Boggs, Lisa Dahl, and Doug Jelen (also the Records and Top 10 Chair)
- Club and Team Development Coordinator Steve Peterson (also the Webmaster)
- Awards Chair Kerry Ness
- Coaches Coordinators Wendy Neely and Kathleen Brooks
- Fitness Coordinator Wade Praeger
- Historian Walt Reid
- Newsletter Editor Lucianne Pugh
- Officials Coordinators Teri White and Dave Baer

These individuals are often leaders within their workout groups and/or clubs. If you know them, be sure to express your thanks for their dedication to PNA. One of my "presidential" initiatives has been to update the job descriptions for our board positions. If you'd consider getting more active in PNA and want more information, you can find the descriptions [at this link](#).

"Swan Song" - Misquoting Buddy Holly in my all-time favorite tune, "That'll be the day when I say goodbye." Volunteering for PNA and USMS is a passion for me and I see no reason to stop. While I'll continue on the Board as the "Immediate Past President," I hope to serve in another board position if our new President chooses to appoint me. I'm looking forward to "life after COVID" and hope to see you on the pool deck or the lake shore soon! PNA's open water event directors are gearing up for their summer events; keeping fingers crossed!

PNA Calendar

USMS POSTAL EVENTS

1/1 to 3/31—[U.S. Masters Swimming 1-hour ePostal National Championships](#)

PNA OPEN WATER EVENTS:

6/19 - [Whidbey Island Adventure Swim](#), Langley, WA
 7/31 - [Swim Defiance](#), Tacoma, WA
 8/14 - [Aly Fell Memorial Swim](#) Lake Padden, Bellingham, WA
 9/25 - [Last Splash of Summer](#), Angle Lake Park, Seatac, WA

NON-PNA OPEN WATER EVENTS:

<http://say-yes-to-life-swims.com/>

5/27 - [Thursday Evening Stress Relief Series](#)

6/3 - [Thursday Evening Stress Relief Series](#)

6/27 - [Tubby Trout 5K](#)

7/17 - [The OctoChallenge 8K](#)

7/24 - [Make the Most of your Breast Stroke in the Open Water : Clinic and 1/2 mile swim](#)

Paid advertisement



Discover the joy of open water swimming

[Sign up for our newsletter](#)
for news of pop-up events.

Registration for [Say Yes to Life Swims](#) events opens at 8 am on March 15th.

Space is limited due to COVID restrictions, so register early. All events are insured and supported by water safety personnel.

The first two events are:

- [Thursday Evening Stress Relief Series](#) (2 events, choose from 1/2 mi & 1 mi for each) May 27 and June 3, 6:30 pm
- [Tubby Trout 5k](#) June 27, 9 am

PNA Open Water Events for 2021

Four PNA open water events have been scheduled for 2021, but because of the on-going uncertainty surrounding COVID-19, all dates should be considered tentative at this time.

All of these swims will be subject to state and local guidelines as well as recommendations from USMS. The number of participants may be limited and procedures for conducting the events could be significantly different from those in the past. In any case, the priority will be maintaining a safe environment for swimmers. Organizers are hopeful that restrictions will loosen as the year progresses and everyone can get back to events that are relatively normal.

Here is the schedule as it stands now. Watch the [PNA website](#) and [Facebook page](#) for updates. The May-June issue of *The WetSet* will have more details on all the events.

[Whidbey Adventure swim](#) - June 19
(WAS entry information is included in this newsletter.)
[Swim Defiance](#) - July 31

[Aly Fell Memorial](#) - August 14
[Last Splash of Summer](#) - September 29
[Eat Salmon](#) - No date set; ORCA still considering

Scott Lautman on cover of Swimmer Magazine

Be sure to read the cover story "Around the World in 80 Million Strokes" by Elaine Howley on pages 18-22 of the March-April edition of Swimmer magazine! The article features Blue Wave Aquatics member Scott Lautman, who is described as a "jet-setting, cold-water swimmer with a soft spot for helping others."

[Here is a link](#) for online perusal of the magazine. Way to go, Scott!

PNA Board Commissions New Logo

By Steve Peterson

PNA has used a variety of logos over the years, primarily on the masthead of *The WetSet*, but also on swim caps, occasional correspondence, and paperwork associated with PNA's *Coach of the Year* and *Dawn Musselman Inspirational Swimmer* awards. President Sally Dillon and board members have been pondering the need for a refreshed version, which ultimately grew into commissioning an update by one of our own!

Logo: a graphic mark, emblem, or symbol used to aid and promote public identification and recognition.

The selection process began with a Logo Committee consisting of PNA board members Bob DeWard, Jim Davidson, and Lucianne Pugh. The Committee began with a wide variety of logo shapes, Orca styles, and font types and colors, before narrowing the field down to a manageable amount of logo mockups for full Board consideration. A logo of an orca diving through a circle and a prominently placed red "PNA" was the overwhelming choice.

The project was then turned over to BWAQ member and professional graphics artist Mary Ann White, who produced a beautiful set of logos that encompass the five qualities that make them instantly identifiable and help establish a connection with PNA: Simple, Relevant, Memorable, Timeless, and Versatile.

For you trivia buffs, here's a rundown on the logos that have graced our newsletter masthead through the years. These were typically created by the newsletter editor or another volunteer at the time, advancing from hand-drawn to computer-assisted (e.g., using the "WordArt" features of Microsoft Word).

From	To	Logo Design
Apr '75		(earliest record) hand sketch of a butterfly, face on
Oct '75	Dec '80	None
Jan '81	Jan '84	Umbrella, with or without raindrops
Nov '85	Apr '87	Orca leaping to right above calm water surface
May '87	May '87	Orca leaping to right in a circle, no water
Jun '87	Dec '94	Orca leaping to right in a circle with waves
Jan '95	Dec '95	None
Jan '96	Dec '00	Orca swimming to left between undulating text lines "Pacific Northwest Association" and "of Masters Swimmers"
Jan '01	Oct '09	Orca swimming to left below undulating text "Pacific Northwest Association of Masters Swimmers"
Nov '09	May '11	Native American stylized Orca (to the right of "Pacific Northwest Association of Masters Swimmers" in block text on the left)
Jun/Jul '11	current	Orca leaping to the right over "PNA"

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PNA Commissions New Logo (cont)



New logo for larger applications where wording size will be readable

(Did you notice its inaugural appearance on page 1?)



New logo for smaller applications

Mary Ann delighted in creating this logo package for PNA through at least two iterations of design and acceptance, with final approval by the board. The design is not only new, but is trademarkable, fully owned by PNA. Paraphrased from some of her emails, the new logo set features these improvements:

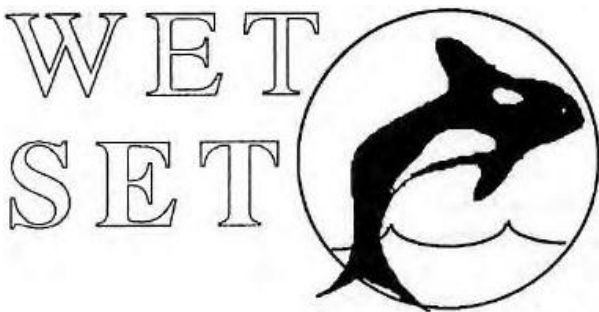
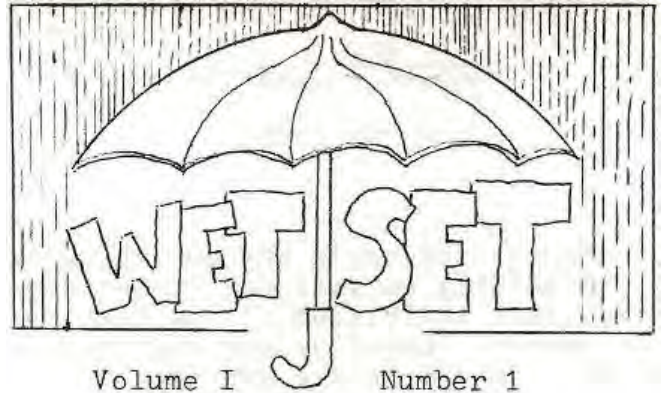
- The orca is in a deeper, more active dive.
- “PNA” is big, bold, and important.
- “Pacific Northwest” is somewhat on the 'northwest' side of the circle (subtle but nice).
- Full name reads easily in one sweep.
- Full name in blue creates both 'water' and 'shining ray/ glow' effect.
- **Big bold red “PNA” visually stabilizes the mark.**
- In simplified version, the blue semicircle is related to the full name version (all blue).
- The shape is more unusual than a circle which helps it stand out from others.
- This will make an awesome cap!

Many thanks to Mary Ann for this much-needed update!

A Few PNA Logos Through the Years



Pacific Northwest Association
of Masters Swimmers



Whidbey Adventure Swim Scheduled

With vaccines, masks, distancing, and a little luck, the 10th Whidbey Adventure Swim will be held Saturday, June 19, 2021! Please watch [the website](#) for updates. Registration tentatively opens April 1 (no joke!).

Registration will be limited to 50 swimmers, and all registrants must live within a 100-mile radius of Langley, WA. 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. The race will follow USMS COVID guidelines, as well as state, county, and city mandates.

Go to <http://www.whidbeyadventureswim.org/> for more info.

Saturday June 19, 11am

Sponsored by South Whidbey Parks and Aquatics Foundation



10TH ANNIVERSARY 2021



- ▶ 1.1 and 2.4 mile distances.
- ▶ Watch our website for the most recent updates:

www.whidbeyadventureswim.org



USMS COVID guidelines, and state, county, and city mandates will be followed



Follow PNA on Facebook!

Swimmer Spotlight

And I Volunteered...

An interview with Kathy Casey
With Tom Walker of TWIM

All we do is from the legacy of those before us who pioneered the steps upon which we trod and from those who continue to inspire us to aspire ever upward. Or perhaps I may more properly say, smoothed the lanes for us in advance. As my mind wanders back now over many years of United States Masters Swimming, I reflect on the earliest days and the journey that brought me to this moment. I think of all those that I have known, coaches and swimmers, of all the truly great individuals that I have striven somehow to emulate. I remember **when I realized early on that swimming is a way of life and thinking “I want to be like these people!”**

There are moments, too, when we are called to accomplish the unexpected, only to discover the majestic rush of success! How many of you know this feeling? Yes, some of the great discoveries of mankind, like penicillin and gravity, were purely accidental. In the 1938 classic of **American drama, “You Can’t Take It With You” by Hart and Kaufman**, the mother of the family receives a typewriter one fine day, which has been mistakenly delivered. She becomes a **mystery writer. As you’ll see in a moment, Kathy Casey fits very nicely into this delightful world of serendipity.**

I remember Kathy Casey from my earliest days in PNA, back in 1996. She was a force and a star in the constellation of our forebears and still is. She always seemed to win and to lead. Funny how these two states are interrelated! And she continues to win today, as a coach, as a swimmer, and as a PNA volunteer of long standing. Yes, these larger-than-life people I have met during my love affair with the water have done what all of us are called to do, which is to stand up, take ownership, and acquit ourselves well. They are Life Winners, and such is the tale of Ms. Casey. You see, her entire life is informed by swimming, by her love of and commitment to **our sport. As she says, “I face the day better after a swim.” One day they asked her, only accidentally it appears, if she wanted to swim...**

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

KC: **With swim lessons when I was 5 (not sure if 5 or 6). I thought from Mom’s stories that I sat on the edge and cried, but my aunt informed me that was my little brother! I grew up on a farm outside a small town in Eastern Washington (Whitman County, highest yield wheat in the world), and all the kids learned to swim at the city pool. That’s where we spent every day in the summer until we started getting jobs. My little brother joined the summer swim team. When I went to a meet to watch my brother, the coach went through the crowd looking for high school girls to swim that meet. He asked my girlfriend, who declined, and I volunteered even though he didn’t ask me. I discovered I could beat everybody in the county in the breaststroke and backstroke and decided that was fun! When I went to Washington State University, I joined the swim team and swam varsity**

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Casey with husband Walt Reid

Swimmer Spotlight (cont)

(Continued from page 8)

four years (going to early morning practices was a huge shock!), specializing in breaststroke (did the IM when the butterfly didn't show up and dove when the diver didn't show up). Those were the days when they didn't give girls college letters; I got my varsity letter from WSU 37 ½ years later! I also tried out for the synchronized swim team, Fish Fans, and did that for three years.

TW: How did you first hear about Masters Swimming and when did you start?

KC: My first year of teaching at Auburn, a neighbor was the aquatic director at the YMCA where I trained our high school swimmers and divers, and he asked me to swim Masters on their relays. However, I was only 22, too young to swim Masters. Minimum age at that time (1970-71) was 25.

TW: Who were the people who've inspired you along the way?

KC: 1) My dad, who loved water sports and could swim a LONG way underwater on one breath (when he did that in the lake, I would stand and watch, worried he might not come up!); 2) My husband, Walt Reid, who loved swimming as much as I did and loved volunteering in the organization; and 3) All the swimmers I have coached and taught.

TW: What is it about Masters Swimming that draws you?

KC: The camaraderie. Competition, coaching, and volunteer work facilitate that.

TW: How does it inform your life as a whole?

KC: **It's a major part of my life due to the coaching, volunteering, and my own swimming and competition. I face the day better after a swim.**

TW: Tell us a bit about your time thus far in PNA, both as a competitor and a volunteer.

KC: I vividly remember my first Masters meet; driving to the meet by myself and being so nervous about racing again. I met my team there (I was the coach) and had a fabulous time! We eventually hosted two PNA championship meets. I have served in a variety of positions: newsletter editor, meet director, secretary, meets co-chair, safety chair, team rep, At Large Director, and protest committee chair at PNA champs.

TW: Looking on your experience, how has PNA changed and what is your vision for the future?

KC: **PNA has grown substantially, so there are always new people. It's also grown more inclusive. My vision for the future is that competition will be restored, clubs and teams will be able to work out together again, and PNA will host another USMS national meet.**



Coach Casey with the Steilacoom High School boys swim and dive team, the 2020 district champions

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Swimmer Spotlight (cont)

(Continued from page 9)

TW: What are your proudest moments as a Masters swimmer?

KC: Breaking a minute in the 100 free for the first time (in my late 30s), losing 1st place in the 200 Fly at Nationals by 0.03 from the gutter lane (I was shocked; I am NOT known for my butterfly!), working on the first-ever USMS Rule Book with Gail Dummer and co-winning the Ransom Arthur Award with her, and having the privilege of serving as USMS Rules Chair.

TW: What are your current goals as a swimmer?

KC: Get back in the pool! I have managed to do that, fortunately; now the next effort is to regain some speed.

TW: What do you do for kicks outside the pool?

KC: Water ski, paddle board, kayak, play with the grandchildren, coach high school swimming and diving, read, and spend time at the farm and in the mountains.



Casey, Sarah Welch, Andrea Hunt, and Debbie Glassman as a May 2018 relay

PNA Progressive Records

PNA Historian Walt Reid has completed the PNA Record Progression Project and a chronological list of all PNA records for all courses from the early days to the present.

You can find these record progression documents on the Member Services tab of the [PNA website](#) or by using these links:

- [SCY Chronological Record Holders \(Female\) 1975-2020](#)
- [SCY Chronological Record Holders \(Male\) 1975-2020](#)
- [SCM Chronological Record Holders \(Female\) 1979-2020](#)
- [SCM Chronological Record Holders \(Male\) 1979-2020](#)
- [LCM Chronological Record Holders \(Female\) 1974-2020](#)
- [LCM Chronological Record Holders \(Male\) 1974-2020](#)

Please check out this great new feature! If you have any comments, corrections, or questions, Reid can be reached at walt.reid@comcast.net.



Board Meeting Highlights

January 10, 2021 (via Zoom)

- As of January 10, PNA has 810 members (378 men, 432 women), three clubs (BWAQ, PSM, ROCK), and 23 workout groups registered for 2021.
- Total assets as of 12/31/21 were \$66,211.36.
- Date requests for two summer open water events have been made – June 19 for Whidbey Adventure Swim and August 14 for Aly Fell Memorial Swim. ORCA is looking at July 10 or 17 for Fat Salmon.
- 2021 budget was reviewed and discussed by category and a final budget showing a profit of about \$7,000 was approved.

Board Member Elections

2021 is an election year for six PNA board positions. All registered PNA swimmers will receive a link to an online survey in early March. This survey will serve as your official ballot.

New board members typically start their term during PNA Champs in mid-April. Since the meet is canceled this year, they will begin their terms immediately after the election is complete.

The Board gives special thanks to the following departing officers: Sally Dillon, who has served as president for the past four years; Arni Litt, who has served as treasurer for the past six years; and Jay Pearson, who has served as secretary for the past four years. Dillon will remain on the board as Immediate Past President.

This year's candidates are:

President: Linda Chapman	Secretary: Steve Peterson	At-large Director: Todd Doherty
Vice President: Kathy Casey	Treasurer: Lucianne Pugh	At-large Director: Dick Green

Voting board members continuing on the Board include Stephanie Hiebert (Membership Coordinator), Jim Davidson (Open Water Coordinator), Jane Moore (Appointed Director), Bob DeWard (Appointed Director), Kim Boggs (Club Director), Doug Jelen (Club Director), and Hugh Moore (Bylaws Coordinator).

The Board is responsible for determining the direction and focus of the organization, executing the fiscal expenditures of the organization, and conducting the business of the organization on behalf of its members.

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 - Bob DeWard
- Appointed Director – Jane Moore
- Club Director - Kim Boggs
- Club Director - Doug Jelen
- Club/Coach Coordinator - Steve Peterson

Coordinators/
Standing Committees

- Awards - Kerry Ness
- Coaches – Kathleen Brooks
- Fitness/Clinics – Wade Praeger
- Newsletter - Lucianne Pugh
- Officiating - David Baer
- Postal - Sally Dillon
- Records/Top Ten - Doug Jelen
- Social Media - open
- Webmaster - Steve Peterson

The COVID GRE!

By Wade Praeger, Lake Washington Masters

While many Masters swimmers are either out of the water or doing laps at a pool by themselves, my Lake Washington Masters club has been offering three workouts a day for eight months during this pandemic. We have done so with zero transmissions because we adhere to strict safety protocols. Of course we require **masks, but we also limit our movement on the pool deck before, during, and after practice; we don't use the dressing rooms; we limit socializing; and we exit out the back of the building (at least six feet apart) so we don't cross paths with the next group entering the pool.**

Every night I copy the list of swimmers for the next day from our sign-up portal to a spreadsheet that I use to record health metrics and take attendance before every swim. All these rules, along with the normal **personalities, peculiarities, and predilections of my team, makes every evening feel like I'm doing a GRE story problem from Hell. It goes something like this.....**

You are a Masters swim coach during a global pandemic and you need to assign your swimmers to different lanes in a six-lane pool. Though State Health guidelines allow teams to have up to four people in a lane (two at each end), you feel more comfortable with just three per lane at most - two at the shallow end and one in the deep end. To keep the prescribed six feet of separation one of the shallow end people waits under the flags between intervals. Each lane should have people with similar abilities.

*For various reasons, some people have a preference as to whether they start at the deep or the shallow end. For instance, tall people usually do better in the shallow end. And recently some swimmers have started **getting vaccinated, so it would be good to have "vax'd" lanes interspersed between the "un-vax'd" lanes to slow possible transmission.***

Tomorrow's workout is distance free, 15 swimmers total. You have 10 minutes to figure out who should swim in which lanes using the criteria below. GO!

- 1) Bill is a medium swimmer except he is fast in IM. Bill is not vaccinated, but he is tall.
- 2) Sally is fast in IM and free but she tires out halfway through the workout. She likes to start in the deep end and is vaccinated.
- 3) Ted is slow, short, not vaccinated and is married to Marie so they stash their gear together on deck. No preference deep or shallow but he always gets out last and likes to walk out of the pool last.
- 4) Marie is medium-paced in free but not IM, is not vaccinated, and sometimes brings her baby to practice so she likes to start in a wall lane at the deep end.
- 5) Will is 6'6" and swings his arms wide. He will start at either end and is not vaccinated.
- 6) Andy needs to be in lane six nearest the bathroom. He is vaccinated and is a medium speed swimmer.
- 7) Curt is too fast to share a lane with two other people and he is always the last person to get in, so he should probably start in the deep end.
- 8) Phyllis is medium, tries to do kicking during free sets, is vaccinated with no starting preference, but she often gets out early so she should be in the deep end near the door.
- 9) **Alice is the same speed as Will but doesn't like swimming with him because he broke her hand one time hitting it. She is not vaccinated and likes the shallow end.**

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The COVID GRE! (cont)

(Continued from page 12)

- 10) Amir is older and slow enough that he needs to “split” a lane with anyone else. He is vaccinated.
- 11) Terri is fast(ish), not vaccinated, and fairly tall. If she is anywhere near Alice, they will talk too much and forget to stay six feet apart.
- 12) Karl is pretty fast, but he may be an anti-masker because he tends to push the rules a bit, so he should swim with Will or Amir as punishment.
- 13) Fred is medium-paced and is not vaccinated, but he often doesn't show up so he should be placed in the shallow end with another swimmer.
- 14) Cheryl is medium to slow, is vaccinated, and is very short, but she likes the shallow end.
- 15) Vince thinks he is faster than he is, is not vaccinated, and has no preference for starting, but shouldn't be in lanes with women because he says inappropriate things.

(Disclaimer: All characters appearing in this article are fictitious. Any resemblance to real persons, or other real-life entities, is purely coincidental.)

One Hour ePostal

By Sally Dillon

The One Hour ePostal event has been extended through March 31. Beg, borrow, or steal an hour **of pool time and give it a try! Win or lose, it's** always a great test of your fitness level.

The pool must be 25 yards or 25 meters (a conversion for metric pools takes place during registration). As is the case for all postal events, you will swim first and then enter online. Splits **must be recorded at each 50 interval, so you'll** need someone on the deck doing this. This **year's 1-Hour ePostal event is being hosted by our neighbors to the south, Oregon Masters. I'm sure they'd appreciate our participation and support!** For more detailed event information go to [this link](#).

Clubs organize relays using swimmer's results. PSM swimmers should contact Sally Dillon at salswmr@comcast.net if they intend to enter the event.

New Swimmers!

Adkisson, Timothy	McKenzie, Cora
Allum, Joanne	Melegh, Daniella
Arnold, Joshua	Mendes, Lea
Belkina, Maria	Miller, Scott
Benedetti, Thomas	Milton, Brandon
Black, Kayla	Montemayor, Fabian
Blake, Megan	Norgard, Debbie
Brown, Ruby	O'Rourke, Andrea
Cast, Jennifer	Pappas, S A
Coe, Christine	Payne, Richard
Eussen, Fabiana	Pedersen, Payton
Fairbanks, Michael	Pishchalnikova, Elmira
Farley, Merrie	Quintero Gonzalez, Jah
Galindo Manrique, Tadeo	Stewart, Kelly
Gea, Jean	Suleiman, Lila
Greenbach, Grace	Sullivan, Julia
Harper, Barbara	Tellekson, Rebecca
Hawley, Colt	Toews, Carl
Holm, Janet	Tucker, Megan
Knox, Janet	Wiener, Amanda
Kratzer, Charlie	Wong, Tyler
Lesesne, Edmond	Wood, Emily
Litzenberger, John	Yewell, Nina

2021 Whidbey Adventure Swim – 1.2- and 2.4-mile Events
Saturday, June 19, 2021, 11 am
Hosted By South Whidbey Island Masters (SWIM)
Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS, Inc.

Event: 1.2 and 2.4-mile open water swim along the shores of Langley, Washington in the waters of Saratoga Passage in Puget Sound. Both events will start in the water and finish on the beach. Swimmers will self-seed with faster swimmers to the front. ****WETSUITS ARE REQUIRED. WATER TEMPERATURE IS EXPECTED TO BE 55 DEGREES OR BELOW****

COVID Measures for 2021: 50 swimmer maximum. State, county, and city COVID regulations will apply. Masks must be worn at all times. Swimmers must live within a 100-mile radius of Langley, WA.

SCHEDULE for June 19th, 2021: Seawall Park – Langley
8:15-10:30am - Pre-Race Check-in by groups; swimmers will be sent their check-in time via a pre-race email. Check-in stations will include COVID screening, registration & cap pick-up, arm marking, and mandatory safety meeting/Q&A in small groups.
11 am - Estimated start time for 2.4 swimmers; 1.2 milers shortly after.

Eligibility: 18 years of age or older as of June 19, 2021; USMS or foreign registration for 2021 or \$15 One-Event USMS Registration fee.*

Entry Fee and Deadline: Advance registration (ends 6/7/21): \$60.00, either distance (USD/CND). Online entry only. There will be NO late or day-of registration.

Online entry: Click [HERE](#).

Rules: Current USMS rules will govern the event. Neoprene wetsuits are required.

Safety: Lifeguards, kayaks, and safety boats will monitor the entire race course. Swimmers must wear the swim cap provided and their race number on their hand. Swimmers **MUST** attend the pre-race meeting in order to compete.

Time limit for 1.2-mile swim is 60 minutes; 2.4-mile swim is 1:45 minutes.

Results: Results will be posted after completion of the final event and will be available at our website www.whidbeyadventureswim.org.

Additional Info: Visit www.whidbeyadventureswim.org for more details, or contact Race Director at racedirector@whidbeyadventureswim.org.

**USMS, Canadian, or foreign Masters Registration is required. Those without current Masters registration must pay the \$15 One-Event USMS entry fee.*



2021 Whidbey Adventure Swim – 1.2- and 2.4-mile Events
Saturday, June 19, 2021, 11 am
Hosted By South Whidbey Island Masters (SWIM)
Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS, Inc.

REGISTRATION FORM

Complete the following form and USMS Liability Waiver.

Name: _____ *USMS#: _____ - _____
Street: _____ Birth(mm/dd/yy) _____
City: _____ State: ____ Zip: _____
Email: _____ Phone: _____
Emergency Contact: _____ Phone: _____

Event choice (circle): 1.2 mile 2.4 mile

Gender (circle) M F

Fee Calculation:

Entry Fee

1.2 mile: \$60.00

2.4 mile: \$60.00

One-Event USMS fee (\$15) _____

Total Fees _____

**All entries must include a signed and dated participant waiver, found on the following page.





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 acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that I may be exposed to or infected by COVID-19, or other viral or bacterial infection, while participating in any of the Events, and that such exposure or infection may result in personal injury, illness, permanent disability, and death. I agree that if I have a fever, cough, feel short of breath, have any other symptoms, have knowingly been exposed to a communicable disease such as COVID-19 or have traveled to or from a highly impacted area, I will not attend an Event for at least two weeks after exposure or symptoms have subsided or I have returned from a highly impacted area. In addition, if I discover I have been exposed to a suspected or positive case of COVID-19 or have tested positive for COVID-19, I will notify the USMS coach or club administrator immediately.
5. 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.
6. 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.

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