



## First PSSC Meet A Winner; South Kitsap Shines as Meet Venue

By Steve Peterson

“C'mon, Jesse!” the kids shouted.

The focus of their encouragement was Inland Northwest swimmer Jesse Macias, who was introduced to Masters competition just a few years ago by his wife Melinda Tomlinson-Macias. The couple had driven over from Yakima for the final day of the 2003 Northwest Zone SCM Championships Meet at the South Kitsap High School pool. Hosting

the meet was Port Orchard's Puget Sound Swim Club (PSSC).

With the 100M freestyle behind him, Jesse was now swimming in the first heat of the 1500M free, the meet's final event. By the time he began lap 18 (of 30), everyone else in his heat, including Melinda, had finished. But being the only swimmer left didn't faze Jesse, who continued to plow through the water at a steady, determined pace.

(Continued on page 4)



Photo by Steve Peterson

Yakima's Jesse Macias gives a thumbs-up at South Kitsap after completing his first 1500M freestyle race.

**AWESOME  
STUFF  
INSIDE!!!!**

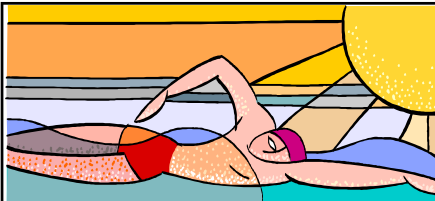


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Photo by Steve Peterson

Lap counters, many of them PSSC age-group swimmers, doing a great job at the South Kitsap High School pool.



# WET SET

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**Ad Hoc Open Water:** Sally Dillon

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**Records/Top Ten:** Walt Reid

**Officiating:** Kathy Casey/Jan Kavadas

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For PNA, 2003 was a year of phenomenal growth with small victories along the way. A focus on developing teams and supporting coaches has made a difference. We currently have 1,179 members, 13% more than last year.

During 2003 we held two clinics, eight pool meets and two open water swims. Two of the pool meets were Northwest Zone Championships. We provided pool time for swimmers to complete the 5K, 10K and One-Hour Postal Swims. PNA also launched a new postal swim: the Thirty Minute Fitness Challenge.

## Keeping Pools Open

Early in the year a months-long effort to keep certain King County pools open concluded with 10 of 11 pools kept open. Lee Carlson's efforts on behalf of the affected pools and their swimmers stretched the definition of volunteerism.

An annual highlight is PNA Championships, and our 313 participants agreed that this year was no exception. Our Mentor Coach & Swimmer Clinic this month features Bob Bruce of Central Oregon Masters Aquatics (COMA), the 2003 USMS Coach of the Year.

## Serving Nationally

PNA continues with a strong presence nationally, as reflected at the United States Aquatics Sports Convention in September. Sally Dillon was re-elected USMS Secretary and in that capacity serves on the Executive Committee. Hugh Moore (Communications) and Kathy Casey (Recognition and Awards) serve as committee chairs.

National committee members include Lee Carlson (Coaches, Fitness), Kathy Casey

# LEADING OFF



By Jeanne Ensign,  
PNA President

(Communications, Rules), Jan Kavadas (Officials, Rules), Arni Litt (Legislation, Registration), Hugh Moore (Recognition & Awards, Database Task Force), Jane Moore (Fitness, Recognition & Awards, Sports Medicine), Steve Peterson (Legislation) and Walt Reid (Records & Tabulation). I serve as Internal Auditor.

## January Retreat: PNA Board Wants Your Input

In early January, the PNA board will hold a day-long retreat. Before we meet we would like to hear from you. Let us know how we're doing. What do we do well? What could we do better? We'll see if we can make a difference.

It has been a great year for PNA. I hope that individually you consider your swimming year a success, as well. Best wishes for a happy holiday season.

For additional information about PNA activities check out our Web site at [www.swimpna.org](http://www.swimpna.org).



United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



# MASTERS 2003-2004 CALENDAR

**OPEN  
POSTAL SWIMS  
MEETS** **CLINICS**

*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events.  
PNA Events are listed in **bold**.*

January 1-31, 2004  
USMS One-Hour Postal  
Championship  
Nancy Ridout (415) 892-0771  
[nancyridout@mindspring.com](mailto:nancyridout@mindspring.com)  
Chris Foote (415) 457-9645  
[dummy4me80@hotmail.com](mailto:dummy4me80@hotmail.com)

**January 18, 2004**  
**SCY PNA Meet**  
**Fidalgo Pool**  
**Anacortes, WA**  
**Leslie Mix (360) 293-0673 (day)**  
**Tbirds@Fidalgo.net**

**February 15, 2004**  
**SCM Meet**  
**Bellevue Club, WA**  
**Cory Hilderbrand**  
**(425) 637-4610**  
**[cory@bellevueclub.com](mailto:cory@bellevueclub.com)**

**March 14, 2004**  
**SCY Mercer Island Sprint Meet**  
**Mercer Island, WA**

**April 9-10, 2004**  
**SCY PNA Champs**  
**WKCAC**  
**Federal Way, WA**

April 22-25, 2004  
USMS Short Course  
Championships  
Indianapolis, IN  
Mel Goldstein (417) 253-8829  
[goldstein@mindspring.com](mailto:goldstein@mindspring.com)

May 5-September 30, 2004  
USMS 5K & 10K Postal  
Championship  
Bruce Hopson (314) 569-2220  
(314) 569-0382  
[bhopson@swbell.net](mailto:bhopson@swbell.net)

June 3-13, 2003  
FINA Masters World Champs  
Riccione, Italy

June 12, 2004  
USMS 5K Open Water  
Championship  
Fernandina, FL  
Edward Gaw  
[edginc@att.net](mailto:edginc@att.net)

June 27, 2004  
USMS 2-Mile Cable Championship  
Eagle Creek Reservoir  
Indianapolis, IN  
Mel Goldstein (317) 253-8289  
[goldstein@mindspring.com](mailto:goldstein@mindspring.com)

June 28, 2004  
USMS 1 Mile Open Water  
Championship  
Wildwood, NJ  
Vicki Anders (410) 502-5395  
[andervi@jhmi.edu](mailto:andervi@jhmi.edu)

July 2004  
3.5K Open Water Championship  
Applegate Lake, Jacksonville, OR  
Dan Gray (541) 890-5483  
[dangray45@hotmail.com](mailto:dangray45@hotmail.com)

July 2004  
2004 USMS 10K Open Water  
Championship Huntington Bay  
Huntington, NY  
Bea Hartigan (631) 271-3349  
[bea10k@yahoo.com](mailto:bea10k@yahoo.com)

**July 17, 2004**  
**Fat Salmon**

**August 7, 2004**  
**Lake Padden (tentative)**

August 11-15, 2004  
USMS Long Course  
Championships  
Savannah, GA  
Scott Rabalais (912) 927-7016  
[scottrabalais@compuserv.com](mailto:scottrabalais@compuserv.com)

## Web Guide

Check out these sites on the Internet for information on Masters swimming, news, events, workouts and more from throughout the Northwest!

**PNA Masters Swimming**  
US Masters Swimming  
USMS Northwest Zone  
Oregon Masters  
Alaska LMSC  
Utah Masters  
Masters Swimming of BC

[www.swimpna.org](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.northwestzone.org](http://www.northwestzone.org)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.akmswim.org](http://www.akmswim.org)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.mastersswimming.bc.ca](http://www.mastersswimming.bc.ca)



(Continued from page 1)

With two laps to go the noise grew deafening, as the age-groupers from meet host PSSC, their parents and the Masters swimmers remaining to watch or swim the last two 1500 heats cheered Jesse on to the finish.

The cheering peaked as he touched the pad: 1500 meters in just over 53 minutes! Not a record, but for Jesse a personal best and a stirring display of the can-do spirit Masters swimming epitomizes.

### Several Records Set

As one of the meet's co-directors, I hope this event generated strong feelings of accomplishment not just for Jesse but for the 70-plus other competitors as well. Unofficial results suggest that Larry Krauser (Inland Northwest, 50-54) set Zone records in the 200 free and 100 IM; Jim McCleery (PNA, 55-59) improved PNA and Zone records in the 200, 400 and 800 free; and Jasen Speer (PNA, 19-24) chalked up a new PNA mark in the 1500

### Meet Results

Remember, you can find official meet results on [www.swimpna.org](http://www.swimpna.org) as soon as they become available.

free. In addition, Bonnie Pronk (BC, 60-64) set new British Columbia and Canadian national records in the 1500 free.

Throughout the two days, I heard others commenting on personal bests, too. And despite my own distractions (co-meet director, home pool closed for maintenance and little water time or sleep the week before), I unexpectedly came within a second of the Zone 200M breaststroke record for my age

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# 2003 Northwest Zone Short Course Meters Champs November 8-9, 2003



Meet Co-Director Steve Peterson



From left: Meet Referee Rene Bollman, PSSC President Cliff Rousell and Jacki Allender



Head Timer Greg Mercer



Megan Bussart and Lisa Dahl



Kaetche Miller, Tom Foley and Tom Walker

(Photos by Steve Peterson and Paul Freeman)



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group (55-59). Hey, maybe I discovered a new taper technique!

This was the first Masters meet hosted by Port Orchard-based PSSC. The PSSC kids and their parents marveled that we Masters swimmers, ranging in age from 22 to 90, displayed the same nervousness and skills that the kids (and some of the parents) have experienced at their own USA Swimming meets. "This was a great eye-opening and fun experience," said one parent/timer, "and a lot quieter [than the kids' meets]!"

PSSC President Cliff Rousell was the driving force in assembling this meet and served as an official. PSSC VP Leroy Smith wore two hats: co-meet director and timing system chief. And by Sunday evening Leroy had the results posted on the PSSC web site ([www.SwimPSSC.org](http://www.SwimPSSC.org)). René Bollman served as our accommodating Meet Referee, ably assisted by Mike Steinbrink and Jacki Allender, who traveled from Oregon to graciously work the entire meet while husband Pat swam.

One swimmer remarked that she'd never attended a meet where lap counters were so plentiful. For this we thank Head Timer Greg Mercer and all those PSSC kids who grabbed the boards and counted for swimmers in all the distance events.

### Future Meets?

PSSC did an outstanding job running its first PNA-sanctioned meet—a Zone meet no less. So it looks like PNA has an enthusiastic new partner for future meets. Plus we've rediscovered a 50-meter venue that's versatile—and legal — for all three courses. Look for future meets at South Kitsap and consider attending.

And if Jesse Marcias is swimming, don't forget to cheer for him!



## Christian Bruhn Makes History with "Sea Slugs"

### Masters Coach Profile

When Christian Bruhn enrolled at the University of Washington, he planned to become a history teacher. But after working as a teacher's aide in the Seattle School District during college, Christian realized teaching was not for him. "I didn't like all the school district politics," he says.

What he did like was another job he had during college, working at Seattle Athletic Club Northgate. In fact, after graduating from UW, Christian went to work full-time at the club, where he's now a personal trainer, aquatics instructor and coach of a relatively new PNA team.

The team's official name is Seattle Athletic Club (SAC). But team members call themselves the "Sea Slugs."

### Sea Slugs Barely One Year Old

Launched in September 2002 by Christian, SAC now has more than 30 members. The team practices at the club five mornings a week from 6:00 a.m. to 7:00 a.m. Officially these practice sessions are the club's swim conditioning class, which Christian has taught for five years. (There also are evening practices.)

About three-fourths of the Sea Slugs never swam on any type of team before joining SAC. What's more, a number of them learned to swim only recently. "Two years ago, many people on our team would have never thought of Masters swimming," says Christian.

Although most Masters swimmers work out in pools that are at least 25 yards long, the pool at Seattle Athletic Club Northgate is only 20 yards. In addition, it has no deep end. Consequently, the Sea Slugs can practice starts only when they go to meets at other pools.

### Sea Slugs Make Impression at Champs

A shorter, shallow pool didn't prevent the Sea Slugs from capturing third place in the medium-



Christian Bruhn and wife Janelle

sized team standings last April in the SCY PNA Champs at Federal Way. "For many of our swimmers, it was their first-ever meet," says Christian, a former age-group swimmer who competed through high school.

### Married to Irish Dancer

Earlier this year, the 31-year-old Sea Slugs' coach tied the nuptial knot. His wife Janelle is an amateur Irish dancer whose dance team is good enough to be heading to Belfast for a big competition this coming April.

Christian will be with her. But last year, he broke a foot trying some Irish dancing moves. So you won't see him on the dance floor. He'll just be cheering wildly from the sidelines.

# Health and Fitness

## Why The Scales Lie

*Editor's Note: This article appeared in the March 2003 issued of Oregon's Aqua-Master newsletter. It's from a monthly column called "Get Fit with Jani and Sara."*

**W**e've all been told or have heard that daily weighing is not necessary. However, a lot of us can't resist stepping onto the scales every morning. If you can't bring yourself to throw out the scales, there are some things you should know that can influence its readings. Once you understand the factors influencing weight gain you can free yourself from the daily bathroom scale battle.

### Water Retention

Water makes up about 60% of our total body mass. Two factors influence water retention: water consumption and salt intake. Crazy

*"It may sound crazy, but the less water you drink the more water your body retains."*

as it sounds, the less water you drink the more water your body retains. If you are even a little dehydrated your body will keep what water it has, which may cause the number on your bathroom scales to creep upward. The solution is to drink plenty of water.

Excess sodium (salt) can also affect water retention. A single teaspoon of salt contains over 2,000 mg. of sodium. Generally speaking we should be consuming between 1,000 and 3,000 mg. of sodium daily, so its easy to overdo.

Sodium is sneaky. A food doesn't have to taste salty to contain a lot of sodium. We expect chips, crackers and salted nuts to be salty. Half a cup of instant pudding actually contains four times as much sodium as one ounce of salted nuts. The more highly processed a food is the more likely it is to have a high salt content. It's wise to stick to the basics: fruits, vegetables, lean meat, beans, whole grains. Be sure to read labels on canned and processed foods and frozen dinners.



Women can retain several pounds of water prior to menstruation. This is quite common and the weight disappears as quickly as it appears. This water-weight gain can be minimized by drinking plenty of water, maintaining an exercise program and keeping high sodium foods to a minimum.

### Glycogen

Think of glycogen as a fuel tank full of stored carbohydrates. Some glycogen is stored in the liver and some in the muscles. This glycogen energy reserve weighs more than a pound and when stored it has 3-4 pounds of water with it. Your glycogen supply will shrink during the day if you don't take in enough carbohydrates. Your body will normally restore this fuel reserve along with its water due to a small but imperceptible appetite increase. It's nor-



mal to experience water and glycogen weight shifts up to two pounds a day with no changes in activity level or calorie intake. These fluctuations don't have anything to do with weight loss.

### Weigh Yourself Early

If you must weigh yourself, do it first thing in the morning before eating or drinking. If you weigh yourself after a meal the weight gain that you experience is not fat but the actual weight of everything you've had to eat or drink. The added weight of the meal will be gone in several hours after you have finished digesting it.

### Lose a Pound, Gain a Pound

Exercise physiologists tell us that to store a pound of fat you will need to eat 3,500 more calories than your body is capable of burning. In other words, to store a dinner as five pounds of fat you would have to eat 17,500 calories. Very unlikely, and not humanly possible! So when the scale goes up a few pounds overnight it's likely water, glycogen and the weight of your dinner.

Keep in mind the 3,500 rule works in reverse. To lose one pound you will need to burn 3,500 more calories than you take in. Usually it's only possible to lose 1-2 pounds of fat per week. When you are on a strict, low calorie diet that causes weight to drop ten pounds

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## Why Scales Lie

in a week, it's physically impossible for all of that to be fat. You are losing water, glycogen and muscle.

Scales don't just weigh fat. They weigh muscle, bone, internal organs and water. When you lose weight it doesn't necessarily mean you've lost fat. The scales can't tell what you've lost or gained. You don't want to lose muscle.

Muscle is a metabolically active tissue. The more muscle you have the more calories your body burns, even when you are not exercising. A fit, active person is able to eat more than the person who is dieting and unknowingly destroying muscle.

If you are exercising and eating right don't be discouraged by small gains on the scale. Fluctuations are normal.

## Welcome New PNA Swimmers

Erika Balz  
 Scott Bradbury  
 Leigh Brooks  
 Blanche Bybee  
 Adam Clump  
 Robert Comiskey  
 Steve Deligan  
 Emily Dunlap  
 Jeff Foisy  
 Mike Gilmore  
 Wayne Goodman  
 Malti Greenberg  
 Freda Haas  
 Thomas Long, Jr  
 Keith McDaniel  
 Marketa McGuire  
 Linda Noble  
 Jeff Nyman  
 Molly O'Neil  
 Tracy Orcutt  
 Sephen Pangrazzi  
 Ramona Ramadas  
 Bernard Sauve  
 Victoria Scott  
 Paul St. Pierre  
 Jeremy Stephens  
 Tristan Stringer  
 Colin Trunkey

# Technique

## Swim Faster and With Less Effort Using DPS

*Editor's Note: This article is from a "Tip of the Month" column written by Dr. Paul Hutinger and published in tFlorida's Maverick Lane Lines newsletter-*

The importance of distance per stroke (DPS) is a generally accepted principle. The big problem in my coaching is that swimmers will go slower, until they make adjustments. Many do not have the patience to continue working on DPS, until speed is introduced into their training techniques. Why change and what are the advantages?

- INCREASES SPEED
- HELPS TO STREAMLINE
- INCREASES STROKE EFFICIENCY
- EXERTS LESS ENERGY
- BUILDS A GOOD STROKE RHYTHM
- GENERATES RELAXED SPEED
- GOOD FOR RACE PACE

Top swimmers, such as Popov, Biondi, Thorpe and Phelps all train using DPS.

Start by swimming 25 yards, and count each time your hand enters the water. Do a lot of 25's on one minute intervals. Suggestions after each repeat: take one fewer stroke on next 25, work on streamline and drop your head, use more body roll to increase stroke length, reach more on recovery, don't rush your stroke, try "riding off your kick." Matt Watkins, FMM, is a good example of 12 strokes/25 yard, with flip turn. He maintained this DPS for his recent 6000 yard swim. Twelve strokes would be an ultimate DPS for most Masters swimmers.

After you have reduced your DPS, add speed, but maintain your DPS. Do a set of 4 x 50 on 2:00 (more if needed) and time each one with your lower stroke count. Keep a log on your progress. Include a set of 50's in each training session.

At your next meet, concentrate on your DPS in warm-up and in your swims. Keep a record of your best times with a swimmer or coach giving you a stroke count.

In practice, try to swim a 200 or 500 with the longer stroke. Remember, technique will improve your swim times along with good training.

This same principle can be applied to back, breast and fly strokes. Take fewer strokes and increase your efficiency with precise efforts in all your training, including fins.

As one world class swimmer, Scott Shake (my former grad student), Tucson, AZ, told me at SCY in Tempe, "In Masters swimming, there are three things by which we can measure our

*"You can use DPS to increase speed and stroke efficiency for any stroke, not just freestyle."*

success. If you achieve one of the three, then you had a successful swim. If you achieve two of the three, then you had a very good swim. If you are fortunate to achieve all three, then you had a GREAT swim! The three Masters Swimming Objectives: 1. Look Good 2. Feel Good 3. Swim Fast.

## \$\$\$\$ Such a Deal!! \$\$\$\$

USMS NATIONAL CHAMPIONSHIP ONE-HOUR POSTAL SWIM

PNA WILL ENTER YOU IN A POSTAL SWIM TEAM EVENT  
**AND PAY YOUR TEAM EVENT FEE.\***

### THE TEAM:

- ◆ Team events are “postal relays” where the swimmers don’t need to be in the same pool.
- ◆ Teams are organized by age group 19+, 25+ . . . and are three male, three female and four mixed (2+2).
- ◆ Team coordinators will form the best teams possible.
- ◆ Every effort will be made to include every swimmer on a team.
- ◆ The team coordinators will mail your individual and team entries to the event director for you.

### THE SWIM:

- ◆ The official entry form is in THIS *WetSet* on pages 10-11. Read the directions carefully.
- ◆ Your USMS registration must be current (2004). *Register today if you haven’t done so already.*
- ◆ Swim for one continuous hour any time in January at a pool of your choice.
- ◆ Have a friend or teammate count your laps, time you and record your splits.
- ◆ No drafting or circle swimming; no more than two swimmers per lane.

### TEAM COORDINATORS:

Sally Dillon (360) 679-5038, [salswmr@earthlink.net](mailto:salswmr@earthlink.net)  
Sarah Welch (206) 723-1814, [sarah.welch@seattle.gov](mailto:sarah.welch@seattle.gov)

**DO NOT SEND YOUR FORM AND FEES DIRECTLY TO TAMALPIAS MASTERS.**  
INSTEAD, MAIL YOUR OFFICIAL ENTRY FORM and your individual entry fee of \$6  
(payable to PNA) to Sarah Welch, 3704 Cheasty Blvd. S, Seattle, WA 98144.

### IMPORTANT DEADLINES:

Your swim must take place by January 31.

Sarah must receive your entry form and individual fees by **Tuesday, February 4.**

**MAIL YOUR ENTRY FORM AS SOON AS YOU COMPLETE YOUR SWIM!**

*ORGANIZE YOUR FRIENDS AND TEAMMATES AND SET ASIDE A DAY OR TWO IN JANUARY TO DO  
THE ONE-HOUR SWIM. LET’S HAVE A GREAT PNA TURNOUT THIS YEAR!*

\* PNA “teams” will be formed for swimmers whose “club” is PNA (check your registration card if you’re unsure). Sequim Masters swimmers may form teams within their own club and the PNA LMSC will reimburse them for the relay team costs upon request.





# PNA Board Members At Work



Jo Moore, Fitness Chair; Arni Litt, Registrar; and Sarah Welch, Treasurer



PNA Secretary Hugh Moore and Jane Moore, Constitution & Bylaws Chair

## Summary of Actions Taken by PNA Board at September and October Meetings



By Hugh Moore, PNA Secretary

The following is a summary of action taken by your PNA Board at the September and October meetings.

### The board approved the following:

- Changes to our Meets and Newsletter policies
- Increasing the USMS convention budget from \$3,500 to \$4,000
- Purchase of Acrobat software to enable PNA's Webmaster, Jim Williams, to convert materials to PDF format
- Organizing Committee to establish budget for Mentor/Coaches Clinic December 12-13
- Ellen Cullom as our new Awards Chair

### Other items of interest noted at these meetings:

- 1,174 swimmers have registered with PNA for 2003
- PNA has current assets of \$40,560, including checking, savings and CDs
- Board member Jan Kavadas was awarded the Dave Duval Meritorious Award for her almost 20 years of volunteering with Edmonds swimming and track.

Complete minutes of the September and October meetings can be found at [www.swimpna.org](http://www.swimpna.org)

(Photos by Tom Foley)



Walt Reid, Records/Top Ten Chair, and Lee Carlson, Meets Chair



Tom Foley, History Chair, and PNA VP Steve Peterson



Paul Freeman, Newsletter Editor; PNA President Jeanne Ensign; and Representative-at-Large Jerry Plunkett

# 27th Annual One Hour Postal Swim

## 2004 United States Masters Swimming Long Distance National Championship

Sanctioned by the Pacific Masters MSC for USMS, Inc.

Sanction Number: 38-04-02

**Date:** All swims must take place during January 2004.

**OBJECTIVE:** To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

**VENUE:** Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)

**ELIGIBILITY:** Each participant must be registered for 2004 with USMS, or if non-US, a similar body in the swimmer's country. **A COPY OF YOUR 2004 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

**INDIVIDUAL EVENTS:** Men and women separately will compete as individuals in the following age groups: 19-24, 25-29, ....., 100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.

**RELAY EVENT:** Two team relay events will be contested: 1) a 3 swimmer, same gender team and 2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 19+, 25+, ....., 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached teams are not permitted.

**CLUB EVENT:** Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in each division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and Long Distance Committee chair. Relay yards will not be counted.

**AWARDS:** USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 relay teams in each age group relay team event. First place finishers in individual and

team relay events also receive USMS Champion patches. Distinctive awards will be given to the top 3 Clubs in each division of the Club event.

**RULES:** Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they must each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count lengths, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760). (See Venue section for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group. No adjustment may be made for swims completed at altitude. Split sheets must be kept for each swimmer and a copy included with your entry. Using a stopwatch, record cumulative split times to the nearest second and tenth or hundredths for each 50 split.

**FEES:** Individual entry fees are US \$6 per swimmer for US (\$8 for non-US swimmers). Team entry fees are US \$15 per relay (\$18 for non-US entries). All fees are non-refundable. Make checks payable to Tamalpais Aquatic Masters and mail entries to: *Tamalpais Aquatic Masters, One Hour Postal Swim, PO Box 150516, San Rafael, CA, 94915.* International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. **ENTRIES MUST BE RECEIVED by February 10, 2004.** Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail.

**T-SHIRTS:** A 2004 USMS One Hour Postal National Championship T-shirt is available at a cost of \$15. (International orders please add US \$5 postage for each shirt.) Shirt is white with colorful logo pictured above.

**MORE INFO:** Address questions to:

Nancy Ridout  
nancyridout@mindspring.com  
415-898-3467

Christine Foote  
c71foote@yahoo.com  
415-457-9645



### Relay Entry Form - Use only for relay entries (please print clearly)

Club Name: \_\_\_\_\_ Relay Type: F \_\_\_ M \_\_\_ Mixed \_\_\_

Mail Results/awards to:

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_ Club Abbreviation: \_\_\_\_\_

Name of Swimmer # 1: \_\_\_\_\_ Gender \_\_\_ Age: \_\_\_ Yards swum: \_\_\_\_\_

Name of Swimmer # 2: \_\_\_\_\_ Gender \_\_\_ Age: \_\_\_ Yards swum: \_\_\_\_\_

Name of Swimmer # 3: \_\_\_\_\_ Gender \_\_\_ Age: \_\_\_ Yards swum: \_\_\_\_\_

Name of Swimmer # 4: \_\_\_\_\_ Gender \_\_\_ Age: \_\_\_ Yards swum: \_\_\_\_\_

**Total Team Yards:** \_\_\_\_\_

Team Entry Fees: US \$15 (\$18 for non-US entries). Payment in US \$ from US Banks or international Money Order ONLY.

**Please note:**

**Each relay team member must also have submitted an individual entry form or the relay will be disqualified.**

**2004 USMS One Hour Postal Swim National Championship Individual Entry Form — Please Print Clearly**

NAME \_\_\_\_\_ USMS Reg. NUMBER \_\_\_\_\_  
(As it appears on registration card) (Include COPY of 2004 USMS Reg. Card or NGB equivalent)

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ GENDER M F

E-Mail Address: \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
(mm/dd/yy)

CLUB \_\_\_\_\_ CLUB ABBR. \_\_\_\_\_

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

I swam this event in a 25yd \_\_\_\_\_, 25m \_\_\_\_\_, 50 m \_\_\_\_\_ pool. Distance in meters: \_\_\_\_\_ meters x 1.0936 = \_\_\_\_\_ yards.  
(If you have swum this event in a 25m or 50m pool, the conversion to yards is distance in meters x 1.0936, rounded down to the nearest 5 yards increment.)

I certify that I have read the rules of this competition and that on \_\_\_\_\_ I swam \_\_\_\_\_ yards at \_\_\_\_\_  
(mm/dd/yy) (distance) (pool name/city)

Swimmer's Signature

Entry Fee: \$6.00 (US Only) \$8.00 (International/non-US) = \$ \_\_\_\_\_

T-shirt Order: Indicate T-shirt quantity ordered at  
 \$15/shirt in US; \$20/shirt international  
 Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large \_\_\_\_\_ XX-Large \_\_\_\_\_ \$ \_\_\_\_\_

**TOTAL(US \$):** = \$ \_\_\_\_\_

Verifier's Signature

**IMPORTANT— You Must Include:**

(1) Masters 2004 Registration Card, (2) Official Entry Form and  
 (3) Split Sheet.

**Make Checks Payable To:** Tamalpais Aquatic Masters  
**Send Entries to:** Tamalpais Aquatic Masters, One Hour Postal  
 Swim, PO Box 150516, San Rafael, CA 94915.  
**Must be RECEIVED by February 10, 2004**

**Results:** (check one)  Electronic results via email address listed above  
 Paper results via US Postal

**Awards:** Please check if you **DO NOT** wish to receive your  
 Championship Medal  Patch



Record Split Entries using **CUMULATIVE** split times to the nearest second and tenth or hundredth.

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

**Total Yardage:** \_\_\_\_\_



**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 SHORT COURSE YARDS MEET: January 18, 2004 (Meet Sanction #043601)  
 Hosted by TAC/AHS Boys Swim Team

<b>EVENTS (ORDER #3)</b>	
#	Event
	Sunday, Jan. 19
1	200 Free Relay
2	200 Fly
3	200 Back
4	50 Breast
5	100 Free
	5 minute break
6	200 Mixed Free Relay
7	200 IM
8	50 Fly
9	100 Back
10	200 Breast
11	50 Free
12	400 IM
	5 minute break
13	200 Medley Relay
14	100 Fly
15	50 Back
16	100 Breast
17	200 Free
18	100 IM
	5 minute break
19	200 Mixed Medley Relay
20	500 Free

**DATE:** Sunday, January 18, 2004  
**TIME:** Warm-up: 9:00 AM; Meet starts 10:00 AM

**PLACE:** Fidalgo Pool, Anacortes, WA  
 1603 22<sup>nd</sup>  
 Anacortes, WA  
**Phone:** 360-293-0673

**MEET DIRECTOR:** Leslie Mix  
 Tbirds@Fidalgo.net  
 360-293-0673 (daytime)

**FACILITY:** Six-lane 25 yard pool  
 Warm-up: 42 ft. by 23 ft.  
 Water temperature: ~ 84 degrees F

**CONCESSIONS:** None

**RULES:** Current USMS Rules will govern the meet

**ELIGIBILITY:** Open to all USMS 2004 registered swimmers, 19 and above as of *January 18, 2004*.

**SEEDING:** Slow to fast TIMING: Electronic

**RELAYS:** Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

**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 block to 22nd street and turn left. Go up the hill to J Ave (about six blocks). Fidalgo pool is on the left.

**Motels:**  
 The Marina Inn 3300 Commercial 360-293-1100  
 Anaco Bay Inn 916 33<sup>rd</sup> (kitchens) 360-299-3320  
 Islands Inn 3401 Commercial (complimentary Dutch breakfast) 360-293-4644

**NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES**

**EMERGENCY CONTACT** \_\_\_\_\_  
**PHONE NUMBER** \_\_\_\_\_

**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 MEET ENTRY FORM: January 18, 2004 Meet Sanction #043601  
 Hosted by TAC/AHS Boys Swim Team

**NAME:** \_\_\_\_\_ **M** **F** **AGE:** \_\_\_\_\_  
**ADDRESS:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_ **BIRTHDATE:** \_\_\_\_\_ **USMS #:** \_\_\_\_\_  
**CLUB/TEAM:** \_\_\_\_\_ or **UNATTACHED:** \_\_\_\_\_ **ASSOCIATION:** \_\_\_\_\_

**AGE GROUP** (determined by your age as of JANUARY 18, 2004):  
 19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59  
 60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

**ENTRY LIMIT:** 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet:** **Y**

EVENT NUMBER	EVENT	SEED TIME

**ENTRY FEES:** \$ 9.00 (includes LMSC and electronic timing surcharges)  
**Individual Events:** + \_\_\_\_\_ (\$1 each; optional for age 65 and over)  
 (No charge for relays)  
**Total:** \$ \_\_\_\_\_ [from \$9.00 (relays only) to \$14.00 (six events)]

Please make checks payable to: LESLIE MIX 360-293-0673 (w)  
 Mail this entry form and fees to: Leslie Mix  
 1603 22<sup>nd</sup>  
 Anacortes, WA 98221

Questions? Email [Tbirds@fidalgo.net](mailto:Tbirds@fidalgo.net)  
 Please send entries postmarked no later than Thursday, January 9th.

**WAIVER:** I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

**SIGNED:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 SHORT COURSE METERS MEET: February 15, 2004 (Meet Sanction #043602)  
 Hosted by the Bellevue Club

<b>EVENTS (ORDER #4)</b>	
#	Event
1	Sunday, February 15
1	400 Free
2	400 IM
3	200 Free Relay
4	50 Breast
5	100 Fly
5 minute break	
6	200 Free
7	50 Back
8	200 Mixed Free Relay
9	100 Breast
10	50 Fly
11	100 Free
12	200 Back
5 minute break	
13	200 Medley Relay
14	200 Breast
15	200 Fly
16	50 Free
17	100 Back
18	200 IM
5 minute break	
19	200 Mixed Medley Relay
20	1500 Free

DATE: **Sunday, February 15, 2004**  
 TIME: Warm-up: **8:00 AM**; Meet starts **9:00 AM**

PLACE: Bellevue Club  
 11200 SE Sixth ST  
 Bellevue, WA 98004  
 Phone: 425-637-4610

MEET DIRECTOR: **Cory Hilderbrand**  
[coryh@bellevueclub.com](mailto:coryh@bellevueclub.com)  
 425-688-3127

FACILITY: Nine-lane 25 meter pool  
 Warm-up: 2, 25 yard lanes.  
 Water temperature: ~ 81 degrees F

CONCESSIONS: Espresso Bar Available

RULES: Current USMS Rules will govern the meet  
 ELIGIBILITY: Open to all USMS 2004 registered swimmers, 19 and above as of *December 31, 2004*.

SEEDING: Slow to fast      TIMING: Electronic  
 RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

DIRECTIONS: From I-405 take exit 12 (SE 8<sup>th</sup> Street). Go west of SE 8<sup>th</sup> Street. Turn right at 114<sup>th</sup> Ave. SE. Turn left on SE 6<sup>th</sup> Street. The Bellevue Club is on the right. Please enter at the Athletic Entrance.

**NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES**

**EMERGENCY CONTACT** \_\_\_\_\_

**PHONE NUMBER** \_\_\_\_\_

**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 MEET ENTRY FORM: February 15, 2004      Meet Sanction #043602  
 Hosted by the Bellevue Club

NAME: \_\_\_\_\_ M F AGE: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS #: \_\_\_\_\_  
 CLUB/TEAM: \_\_\_\_\_ or UNATTACHED: \_\_\_\_\_ ASSOCIATION: \_\_\_\_\_

AGE GROUP (determined by your age as of JANUARY 18, 2004):

19 - 24    25 - 29    30 - 34    35 - 39    40 - 44    45 - 49    50 - 54    55 - 59  
 60 - 64    65 - 69    70 - 74    75 - 79    80 - 84    85 - 89    90 - 94    95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 9.00 (includes LMSC and electronic timing surcharges)

Individual Events: + \_\_\_\_\_ (\$5 max @ \$1 each; no charge for relay or if 65 and up);

Total: \$ \_\_\_\_\_ [from \$9.00 (relays only) to \$14.00 (six events)]

Please make checks payable to: BELLEVUE CLUB      425-688-3127 (w)  
 Mail this entry form and fees to: **Cory Hilderbrand**  
**C/O Bellevue Club**  
 11200 SE Sixth ST  
 Bellevue, WA 98004  
[coryh@bellevueclub.com](mailto:coryh@bellevueclub.com)

Please send entries postmarked no later than **Tuesday, February 10<sup>th</sup>**

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

## Pacific Northwest Association of Masters Swimmers

### Local Team Registration

To register your team for 2004, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held in the spring. All team members competing in the meet must be currently registered with USMS. (2004 Individual registration renewal forms will be mailed to each swimmer in October.)

Team Reps: PNA will provide your team with a USMS Rule Book, which contains rules for Swimming, Competition, Long distance Swimming, Athletes' Rights, and Organization and Bylaws. They will be available in January.

<b>Team Name:</b>	<b>Abbreviation (4 letters max):</b>
<b>Team Rep</b>	Name:
	Address:
	City: <span style="float: right;">Zip:</span>
	Phone:
	e-mail:
<b>Team Coach</b>	Name:
	Address:
	City: <span style="float: right;">Zip:</span>
	Phone:
	e-mail:
<b>Workout Pools</b>	Pool name:
	Address:
<b>Workout Times</b>	

Below are the abbreviations currently in use.

Mail this form and check to:

Arni Litt, Registrar  
 1920 10<sup>th</sup> Ave East  
 Seattle, WA 98102-4253  
 Arni@qwest.net

Application fee: \$10

Make check payable to: **PNA Masters Swimmers**

- |  |                                      |  |
|--|--------------------------------------|--|
| AS: West Seattle All Stars               | MIR: Mercer Island                   | TACM: Thunderbird Aquatic Masters                                    |
| BAM: Bainbridge Area Masters             | Redwoods                             | TACY: Tacoma Pierce County YMCA                                      |
| BC: Bellevue Club                        | NEO: North End Otters                | TIG: Tigers  |
| BEST: Bellevue Eastside Masters          | NH: Newport Hills Swim Team          | TMS: Thorbecke's Masters Swimming                                    |
| BLAM: Bellevue Lunchtime Aquatic Masters | NSYG: Northshore Y's Guys            | TOSC: Thurston Olympians Swim Club                                   |
| BMSC: Bellingham Masters Swim Club       | NWM: North Whidbey Masters           | TSC: Tacoma Swim Club  |
| DSYM: Downtown Seattle YMCA Masters      | OOPS: Old Olympic Peninsula Swimmers | TUMV: Tumwater Valley Masters  |
| EM: Evergreen Masters                    | ORCA: Orca Swim Club                 | UNAT: Unattached to a Team   |
| FTSW: Ft. Steilacoom - WAKO              | PRO: Pro Sports Club                 | UPAC: University Place Aquatic Club                                  |
| FWM: Federal Way Master                  | PTMS: Port Townsend master Swimmers  | VAM: Vashon Aquatic Masters  |
| GACM: Gateway Athletic Club              | QASC: Queen Anne Swim Club           | VAST: Valley Aquatic Swim Team                                       |
| GCMS: Gold Creek Masters (GCM)           | SAC: Seattle Athletic Club           | VFC: Valley Fitness Center   |
| GLAD: Greenlake Aquaducks                | SAM: Samena Club                     | WIS: S Whidbey Island Swells   |
| HMST: Husky Masters                      | SQM: SQMasters Swim Team             | WSAS: West Seattle All-Stars   |
| ISST: Issaquah Swim Team Masters         | SSEA: Swim Seattle                   | WSYD: West Seattle YMCA Dolphins                                     |
| JAM: Juanita Aquatic Masters             | SVY: Skagit Valley YMCA              | WWUS: Western Wa U Masters Swimming                                  |
| LUNA: Team Luna                          | Chinooks                             | YNOT: Y Nauts  |
| LYN: Lynnwood Sharks                     |                                      | Don't see your team? Fill in the form and I will add it to the list. |
| MILL: Mill Creek Masters                 |                                      |  |



UNITED STATES MASTERS SWIMMING, INC.  
**2004 MEMBERSHIP APPLICATION**  
**Pacific Northwest Association of Masters Swimmers**

New Swimmer

Returning USMS Swimmer (Old Number \_\_\_\_\_)  
 if available)

**Please print clearly and fill out the entire form. Register with the same name you will use for competition. If your name has changed, please include old and new names.**

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_  
Last First Initial Month Day Year  
 Address: \_\_\_\_\_ Age: \_\_\_\_\_ Male Female (circle one)  
Street or box number  
 \_\_\_\_\_ E-Mail: \_\_\_\_\_  
City State Zip+4

Telephone: (\_\_\_\_) \_\_\_\_\_

If you coach a Masters swim team check here   
 I am interested in serving on a PNA committee

**CLUB:**  Pacific NW Aquatics (PNA)  
 Sequim (SQM)  Unattached

**AND Team :**  \_\_\_\_\_  
 Unattached

**2004 Annual Fee:** Your fee includes a subscription to *The WetSet* and to *SWIM Magazine*

*Choose a membership level below*

Regular:	\$35	\$ _____
Need-based or Seniors (65 & over):	\$25	\$ _____
Partial year <b>after</b> Sept. 1, 2004:	\$20	\$ _____
Canadian:	\$40 (US dollars)	\$ _____

*Optional Donations:*

USMS Endowment Fund	(\$1 or \$ _____)	\$ _____
International Swimming Hall of Fame	(\$1 or \$ _____)	\$ _____

TOTAL \$ \_\_\_\_\_

Mail to: Arni H. Litt, Registrar  
 1920 10th Ave East  
 Seattle, WA 98102-4253

Make check payable to: **PNA**  
 Questions: (206) 323-4712, arni@qwest.net

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

➔ **Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

When the option becomes available, I would like to receive the PNA newsletter, *The WetSet*, by electronic mail (e-mail) or be informed by email that it is available on the PNA website **YES NO (Circle one)**

Please reenter your email address. \_\_\_\_\_



## WetSet Subscription/Change of Address Form

*The WetSet* is PNA's official newsletter. Produced ten times a year, it is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for \$12, payable to "PNA Masters Swimmers." To subscribe, please send this completed form to Arni Litt, PNA Registrar, 1920 10th Ave E, Seattle, WA 98102-4253.

**\*Important** — *The WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.\*

Attach old address label here (if available)

Name \_\_\_\_\_

Address \_\_\_\_\_

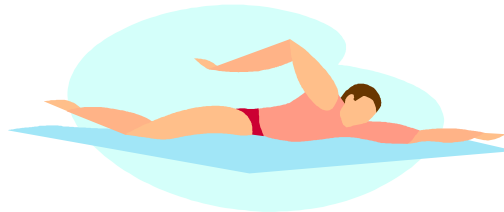
City / State / Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ USMS # \_\_\_\_\_

E-MAIL \_\_\_\_\_

Change of Address

New Subscription



Pacific Northwest Association of Masters Swimmers  
1920 10th Ave East  
Seattle, WA 98102-4253

CHANGE SERVICE REQUESTED

Non-Profit Org.  
US Postage  
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Seattle, WA  
Permit No. 2334