

# THE WET SET

Pacific Northwest Association  
of Masters Swimmers



Volume 24 • Issue 10

Masters Swimmers in Western Washington

December 2004

## USMS Members to Receive New Publication in March

*A message from the USMS President*

Many of you received the latest issue of SWIM Magazine and saw the reference to the cessation of that magazine as United States Masters Swimming's official publication. Unfortunately, it was not made clear that USMS will have a new official publication for its members in 2005.

Here is additional information about the periodical.

USMS's contract with Sports Publications, the publisher and

owner of SWIM Magazine, will expire at the end of 2004. Beginning with a March/April issue, USMS members will receive another publication with a new and exciting format. It will also have a new name, *USMS SWIMMER*.

These developments followed a year-long and complex process of request for proposals, submissions, interviews, comparison and evaluation. The 2004 House of Delegates voted to accept the recommendation of the Executive Committee to enter into a relationship with Douglas Murphy Communications to publish our magazine.

USMS will own the magazine and its contents. While we specialize in content and service to you, both fitness and competitive athletes, Douglas Murphy will specialize in production, design, graphics and writing excellence.

This opportunity is exciting to us. USMS is a dynamic organization which is unique among all masters organizations. We have become unique by dedicating ourselves to insisting upon excellence in education and service for all of our members. We are constantly looking for opportu-

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## Your USMS Registration is About to EXPIRE

All USMS memberships expire on December 31. Renew your membership today so you can keep receiving *The Wet Set* and the new *USMS Swimmer* magazine as well as participate in upcoming clinics and meets. See registration form on page 14.



# WET SET

Volume 24 • Issue 10  
December 2004

## Editor

Paul Freeman (206) 283-3802  
515 West Raye St.  
Seattle WA 98119  
pfwriter@blarg.net

## PNA Officers

### President

Jeanne Ensign  
511 East Roy Street #314  
Seattle WA 98102  
(206) 324-1354  
jeanne@raincity.com

### Vice President

Steve Peterson (360) 692-1669  
speterson@bandwagon.net

### Treasurer

Sarah Welch (206) 723-1814  
sarahwelch@Comcast.net

### Secretary

Hugh Moore (253) 759-4956  
swimmooore@comcast.net

## Board Members at-Large

Kathy Casey (253) 588-4879  
Tom Foley (206) 937-5585  
Jerry Plunkett (425) 861-9451

## PNA Volunteers

### Registrar

Arni Litt (206) 323-4712  
1920 10th Ave E  
Seattle WA 98102-4253  
arni@qwest.net

**Awards:** Ellen Cullom

**Coaches:** Barb Gundred

**Constitution & Bylaws:** Jane Moore

**Fitness:** Jo Moore

**Historian:** Tom Foley

**Meets:** Lee Carlson

**Records/Top Ten:** Walt Reid

**Officiating:** Kathy Casey/Jan Kavadas

**Open Water:** Sally Dillon

**Publicity:** Lynn Wells

**Safety:** Kathy Casey

**Webmaster/Computer Apps:** Jim Williams

No sooner is Thanksgiving marked off our calendars than we sashay right into the December holiday season. It's the time of year we express our gratitude for friends and family, our good health and all the blessings large and small that make our lives rewarding. Not to be forgotten is the wealth of good that comes to us from swimming. To all of you readers, our common denominator is our love of swimming.

If you are like me, you swim for many reasons, one of which is that you can eat more, a very important consideration this time of year!

## Reasons To Swim

Other reasons I swim? I like the meditative quality of swimming down and back, over and over again, sometimes watching that black line, sometimes not even noticing it is there. Some days and workouts preclude that peacefulness, like sprint days or crowded lane days, but those days have different rewards—like really tired muscles and tight lungs, or practicing the Zen of patience. I like noticing how my body moves in the water and how a small change in my movement makes me go faster or slower.

I like swimming in open water where my forward movement is measured only by the shoreline changing, which is much less immediate than reaching the end of the pool.

I swim because it makes me feel better later on in the day (I am a morning swimmer). I enjoy time I spend with my lane mates and visiting with them (but not during a set, coach) and because swimming makes me stronger. I'm

# LEADING OFF



By  
Jeanne  
Ensign,  
PNA  
President

grateful that I can fit a swim into my schedule several days each week.

## Swimming List

I hope you will take some time between now and the end of the year to notice what you like about your swimming. If your list is too short on the positives for your taste, think about what would make your swimming life better. What small change would make a difference? I've learned over the years that if I try to change a lot of things all at once it doesn't work nearly as well as small changes made on a regular, occasional basis.

Your swimming life is perfect? Fabulous! We all want to take lessons from you.

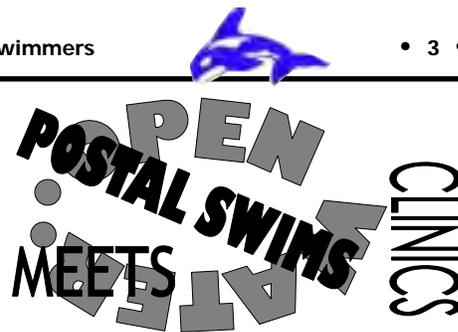
## Swimming Journal

In all seriousness, make a list of your swimming goals and review them from time to time during the year. If you keep a swimming log, expand it to become a swimming journal as well. Record your little

(Continued on page 4)

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 2004-2005 CALENDAR



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

□ January 1 to 31, 2005  
2005 USMS One Hour Postal Championships  
Mel Goldstein  
(317) 253-8289  
[goldstein@mindspring.com](mailto:goldstein@mindspring.com)  
See pages 9-11 for more information.

□ January 22, 2005  
**SCY PNA Meet**  
**Fidalgo Pool**  
**Anacortes, WA**  
**Leslie Mix (360) 293-0673**  
**See page 12 for entry form.**

□ January 25, 2005  
**PNA Board Meeting**  
**Seattle Parks & Recreation**  
**7:00 p.m.**

□ February 20, 2005  
**SCM Meet**  
**Bellevue Club**  
**Bellevue, WA**  
**Cory Hilderbrand**  
**(425) 688-3127**  
[cory@bellevueclub.com](mailto:cory@bellevueclub.com)  
**See page 13 for entry form.**



□ **February 22, 2005**  
**PNA Board Meeting**  
**Federal Way or Tacoma**

□ **March 22, 2005**  
**PNA Board Meeting**  
**Seattle Parks & Recreation**

□ **April 26, 2005**  
**PNA Board Meeting**  
**Seattle Parks & Recreation**

□ May 15 to September 30, 2005  
2005 USMS 5 & 10K Postal Championships  
Christine Swanson  
(813) 254-4514 (phone or fax)  
[ctswanson@yahoo.com](mailto:ctswanson@yahoo.com)  
Livia Zien  
(727) 821-8113  
[livia.zien@att.net](mailto:livia.zien@att.net)

□ May 19 to May 22, 2005  
USMS Short Course Nationals  
Ft. Lauderdale, FL  
Stu Marvin  
(954) 828-4580  
[smarvin@fortlauderdale.gov](mailto:smarvin@fortlauderdale.gov)

□ July 22 to July 31, 2005  
World Masters Games  
Edmonton, Alberta, Canada  
SCM; [www.2005worldmasters.com](http://www.2005worldmasters.com)

□ July 29, 2005  
2005 USMS 1-Mile Open Water National Championships - Elk Lake Bend, OR  
OW; Bob Bruce, 61200 Parrell Rd., Bend, OR 97702  
(541) 317-4851  
[bobbruce13@attglobal.net](mailto:bobbruce13@attglobal.net)  
Pam Himstreet  
(541) 385-7770  
[himstreet@bendnet.com](mailto:himstreet@bendnet.com);  
Sanctioned by OR LMSC

□ August 7, 2005  
2005 USMS 5-Mi Open Water National Championships - La Jolla Bay, San Diego, CA  
OW; David Lamott, 2425 Palermo Dr, San Diego, CA 92106  
(619) 222-3436  
[JLamott@pacbell.net](mailto:JLamott@pacbell.net)  
Steve Dockstader  
[stevedocks@san.rr.com](mailto:stevedocks@san.rr.com);  
Sanctioned by SD LMSC



## 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)

# Coaching and Growing Family Keep South Whidbey Swells' Kristi Eager Busy

## Masters Coach Profile

**T**he South Whidbey Swells owe their existence to their coach, Kristi Eager.

Three-plus years ago, Kristi's husband Mark landed a job teaching high school on Whidbey Island, so the couple moved from Maple Valley to Langley. After the move Kristi took a job teaching water aerobics and providing personal training at South Whidbey's Island Athletic Club.

Although the club has a swimming pool, it didn't have a Masters team. Kristi offered to form and coach one, and the club took her up on this offer. "I went to people who might be interested and that's how the team got started," says Kristi.

The Swells began life with just five members. Now about 20 Island Athletic Club members have swum with the team. "And about 15 of them are consistent swimmers," says Kristi.

### Morning Workouts

Initially the Swells worked out two nights a week. But because of Kristi's family obligations—she has three young children and expects her fourth child in April—the workouts were switched to early morning, the only time of the day Kristi can take time away from her growing brood for coaching.

### Strong Resume

Kristi brings a strong resume to her coaching role. She swam with an age group team at Bellevue's Samena Swim and Recreation Club

from the time she was in elementary school through high school, competing primarily in freestyle and butterfly events.

Kristi didn't swim at Central Washington University, where she went to college. But she did graduate from there in 1995 with a degree in physical education.



*Kristi with husband Mark and (left to right) Kinsey, Kellen and Cody hiking in the Olympics*

After college, she started swimming again with a Masters group at Samena and also began coaching an age group team at the facility. In addition, she spent two years in the late 1990s as an assistant swim coach at Redmond's Eastlake High School and taught physical education for four years at a middle school.

### Hands-In-Water Coach

Unlike many Masters coaches, Kristi swims with her team. The Island Athletic Club pool has only four lanes and during a workout Kristi usually will swim in more than one of them.

Swimming with her team, she says, lets her see what her swimmers' strokes look like underwater. "I also can get a good sense of what they're feeling from the work-

out I've given them."

Still, Kristi would like to do some deck coaching in the future, she says. "Right now, we're only able to get pool time for two workouts a week. If we can get a third workout slot, I'd coach that one from the deck."

Like most Masters teams, the Swells include everything from strong swimmers that regularly compete in meets to triathletes seeking to improve their freestyle to beginning swimmers that never swam competitively. "Some of the people on the team never even swam laps before," says Kristi. "It's been fun to get them to do a workout and work on strokes and pacing and flips turns."

Just as she did during her last two pregnancies, Kristi intends to continue coaching and swimming right up to the birth of her fourth child. Then, after a month to a month and a half off, she'll be back in the pool again with the Swells. "I love my job and feel lucky that I can inspire others not only to become better swimmers but also to live healthier lives," she says.



*(Continued from page 2)*

### Leading Off

victories along the way even if they're not related to any goal, like a really fast 100 time in the middle of an ordinary workout or that you swam every day this week.

Make a list headed "What I Want from My Swimming" and write down everything, absolutely everything. Don't leave anything out because you think it isn't possible. Make the list then review it from time to time. I know that next year at this time you will be pleasantly surprised.



## Welcome New PNA Swimmers

Lois Andrews  
Jody Bauder  
Brenda Beckett  
Simone Boe  
Dana Brown  
Kelly Buell  
Kyle Byers  
Debra Campbell  
David Carnahan  
Andrea Carter  
William Crimbring  
Karen De Jongh  
Diana Dillard  
Sarah Dublin  
Leonore Faulds  
Noel Geary  
Megan Geitz  
Chris Geitz  
Laura Halter  
Chris Hanson-Hughes  
Joseph Hebert  
Bob Hiltner  
Cynthia Hlebasko  
Cyndy Holtz  
Allen Igawa  
Vicki Judkins  
Nick Klem  
Tuyen Kraber  
Melanie Kuechle  
Marcia Lagerloef  
Nancy Larson  
Tyler Lippold  
Kacie Luderus  
Bobbi Malone  
Nora Masters  
Sally Mayo  
Emily McCollum  
Michael McGinn  
David Messenheimer  
Annette Moser-Welman  
Marcia Newlands  
Madonna North  
Jane Perry

## PNA's Two Fall Swim Clinics Make a Big Splash with Participants

**B**ased on participant feedback, PNA's two fall swimming clinics, each lasting two days, were a big success.

### All Four Strokes

The October clinic, held at the Samena Swim and Recreation Club in Bellevue, worked on breaststroke the first day and butterfly the next. The November clinic, held at the Bellevue Club, focused first on freestyle and then on backstroke.

For both clinics, each day's session lasted five hours and included classroom instruction, video taping of participants and in-pool drills.

### Terrific Coaches

Leading both clinics was Bob Bruce, USMS 2003 Coach of the Year and current chair of the USMS Coaches Committee. Assisting Bob was his wife and coaching partner Barb Harris.

### Limited Enrollment

Based on feedback from clinics that Bob and Barb did last year, PNA limited enrollment at this year's clinics to 25 swimmers

a day. "Swimmers appreciated the small size of the clinics and the immediate feedback they received from the videos taping of their swimming," says Sarah Welch, PNA treasurer who served as clinic coordinator. "Many of the participants are self-coached or receive a workout from a coach on deck, but get very little feedback on technique."

Although participants could sign up for only one day of each two-day clinic, most enrolled for both days.

### Future Clinics

After the November clinic, Bob talked to PNA representatives about the possibility of holding a future two-hour refresher course for past clinic participants. This course would have video taping and a drill session but no classroom portion. It could be paired with a full-day freestyle clinic, for which there is significant demand.

"Because we limited the clinics to 25 participants a day, I had to turn down 15 swimmers for the freestyle clinic," says Sarah. "This tells me that swimmers want this kind of clinic from PNA."

Shona Pierce  
Steven Reed  
Sarah Richardson  
Richard Robertson  
Nancy Russell  
Tricia Sandstrom  
Nick Savatovic  
Tracey Sondgroth  
Kasey Stewart  
Wendy Stroschein  
Summer Sturhan  
Bill Tiffany  
Anne Voegtlen  
Erin Weeks  
Doug Winter



*Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our website at [www.swimpna.org](http://www.swimpna.org).*

# Health and Fitness

## Managing Stress

*Editor's Note: The following article appeared in the August 2004 issue of Aqua Master, the newsletter of Oregon Masters Swimming. It has been edited.*

**W**hat do the sun, Twinkies and French fries all have in common? In excess they can be harmful to your health.

What about stress? We all experience some of it in our lives, and we all have a constant amount of stress that is "normal" (called eustress). But when our stress meters start topping out, it's time to check with ourselves and see how we can eliminate the excess stress.

Consider how exercise, rest and relaxation, sleep and environmental adjustments can help minimize stress.

### Exercise

Exercise is a physical stress-reducing technique. Exercise can reduce stress by improving fitness, relaxing muscles and helping us fall asleep at night. The key to exercise is to keep it fun. Other positive benefits of exercise are:

- improved blood circulation through the brain to supply necessary sugars and oxygen for intense thinking and to remove waste faster and more efficiently
- endorphins that are released with exercise, giving the feeling of happiness and improved overall well-being

### "R and R"

Rest and relaxation are necessary to reduce stress besides



being a human requirement to thrive. If periods of stress are brief, we can more easily rebound from sleep deprivation. But if periods of stress are long without relief, there is an increased risk of burnout. Daily and weekly rest is essential and can include a hobby or activity that is fun and enjoyable like reading, watching movies, socializing and vacations.

### Sleep

Sleep needs vary from three to 11 hours a night, with eight hours being the average required amount. Frequent decreased sleep periods can diminish concentration and energy levels. And they can produce a domino effect: we become less effective at work and that increases stress, then we more easily make mistakes and eventually lose control and that also increases

stress. Stress and anxiety can hinder sleep; our thoughts are busy and we can't relax.

Some tips to improve sleep:

- stop doing mentally demanding work a few hours before bedtime
- read an enjoyable and "light" book as you relax your body, allowing your eyes to tire and letting go of your worries.
- write your thoughts and ideas in a journal
- have a consistent bedtime
- cut back on alcohol and caffeine



- don't do a hard workout just before bed time

### Environment

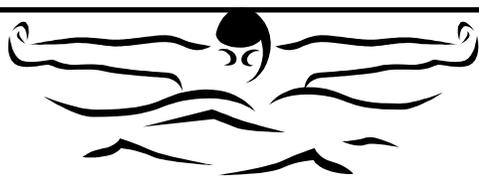
Environmental stress is our daily interaction at home, work and everywhere in between. A good environment includes the following: privacy, ergonomic furniture, plenty of light to work under, good air quality and well-maintained living and working environments. Become aware of your surroundings and how they affect your stress level.

### Masters Swimming

Masters swimmers have an edge on controlling stress. We have exercise, we have a fun group of people to be around and water is a relaxing environment. It's up to each of us to make each day unique and take care of ourselves, do the things we enjoy and see the people we like.

If life becomes stressful and unpleasant, work to restore BALANCE to your life. Make time for yourself and make time for relaxing, enjoyable activities. Just say, "NO to stress!"





# Technique

## Why Compete?

*Editor's Note: As PNA looks forward to another year of swimming, meets and postal events, The WetSet thought it would be useful to ask the question, why compete? The following article, written by a former USMS Coach of the Year, responds to the question. The article, which appeared in a recent issue of Aqua Master, the newsletter of Oregon Masters Swimming, has been edited.*

You call yourself a fitness swimmer. You attend two to four workouts per week intending to get your heart rate up for a goodly period of time while enjoying a group atmosphere and, hopefully, improving your swimming technique and speed. Your doctor, your co-workers and friends, your significant other, numerous magazine articles and the conventional wisdom all hold that this kind of activity is good for you and you should do it (or something like it) for the rest of your life. You swim because it is good for you, not because you are one of those hard-core, competition-driven, yardage-crazy, lactate-hungry, racing animals in the fast lane.

"Therefore," you conclude, competition is not for me."

Let's think through this for a moment. If we were to poll the ranks of "competitive" swim-

mers and inquire as to their desires regarding fitness, I suspect we would find little difference between your interests and theirs. Almost without exception, competitors call themselves "fitness swimmers" too. Why, then, do they enter events, pay entry fees, wear special suits,

shave their bodies bald, drag themselves around the globe (or perhaps just across town) and generally subject themselves to the rules and rigors of the competitive experience?

In a word, motivation. When you train your body to perform an activity, it is natural to want to measure your ability from time to time. When you see improvement, it spurs a desire for further advances through additional training. This training/feedback/training cycle continues to feed upon itself, creating daily motivation to Just Do It.

Swimming in competition is a wonderful way to measure your ability. If your key desire is aerobic fitness, swimming distance events in pool meets or doing open water swims is ideal. If your fitness goals include raw speed, power and explosiveness, then sprint events are going to be appealing.

Planning ahead for a competition motivates you to train so that you will be prepared for the event. The extra adrenalin experienced during competition helps you put forth your best effort in determining how good you really are at that moment. Improvements are realized in dropping minutes, seconds or tenths of seconds off your times from one competition to the next. Seeing these improvements provides motivation to go back to the

workout pool and train for further improvements.

Besides feeding the training/feedback/training cycle, competition offers additional opportunities to learn from other swimmers that are going through the same experiences you are. Learning experiences in

meets contribute to the motivation you take back to the training pool.

And perhaps most importantly, swimming in a meet occasionally provides much needed variety to your swimming

experience.

So, if you concluded somewhere along the line that competition was not for you, I would urge you to rethink your position and perhaps attend an upcoming meet, like the January PNA meet in Anacortes or the February one at the Bellevue Club. You don't have to get hard core. Just Do It cuz it's good for you.

*Emmett Hines is the head coach of H2Ouston Swims. He has coached competitive Masters swimming in Houston since 1982 and was selected as United States Masters Swimming's Coach of the Year in 1993. Currently he coaches workouts at the University of Texas Health Science Center, the University of Houston and The Houstonian Club.*



*"Competition offers opportunities to learn from other swimmers that are going through the same experiences you are."*

*"When you train your body to perform an activity, it's natural to want to measure your ability from time to time."*

# Want to Run PNA?

## How You Can Become an Officer

By Jane Moore

Are you happy with the direction of the PNA? Do you like the contents of the newsletter and the website? What about the meet schedule?

### Board of Managers

A Board of Managers conducts the business affairs of PNA (Pacific Northwest Association of Masters Swimmers). This includes determining the direction and focus of the organization, determining the meet schedule and publishing the newsletter. The board is composed of four officers, a representative from each registered team with

eight or more registered swimmers, the chair of each standing committee and one to three representatives at large.

### Officers

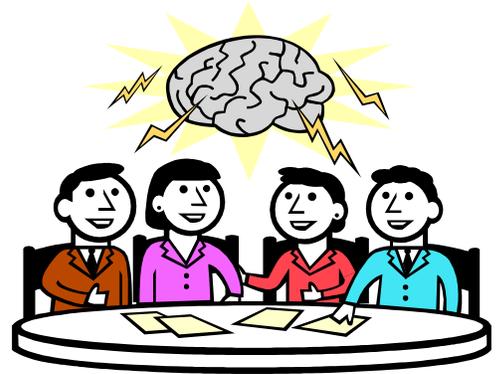
The officers are president, vice-president, secretary and treasurer. Each serves a two-year term. Elections are held every two years. Ballots are mailed at least 30 days prior to the first day of PNA Champs and must be returned by one week before Champs. 2005 is an election year. Further information about the Board of Managers, duties of the officers and the election process can be found in the PNA Team Handbook posted on the website, [www.swimpna.org](http://www.swimpna.org). From the home page, click on "PNA Information" on the left and then scroll down the page to "Team Handbook."

### At-Large Reps

The representatives at large are also elected every two years. They represent unattached swimmers, those not affiliated with a team and teams with less than eight members.

Interested in running for office? Just contact a member of the Nominating Committee:  
Lee Carlson  
[leedee17340@msn.com](mailto:leedee17340@msn.com)  
Sally Dillon  
[salswmr@earthlink.net](mailto:salswmr@earthlink.net)  
Walt Reid  
[walt.reid@comcast.net](mailto:walt.reid@comcast.net)

Nominations are also accepted directly from the membership by petition. Any petition must be



received by February 1. It must contain the nominee's consent to run for office and an endorsement by at least 10% of the current PNA membership. Contacting a member of the Nominating Committee is a much easier process.

(Continued from page 1)

### New USMS Magazine

nities to enhance this service.

The new publication will offer us the next level of service by allowing USMS to control quality and ensure that our members' needs and interests are being addressed. A transition team composed of representatives from several areas of USMS is hard at work to assure the best product for our members.

Your new national publication will not have a new price tag. All the costs of development will be done within the current budget with no dues increase needed. I appreciate your feedback as we implement this change and work to provide the best service to you.

Jim Miller, MD  
President, USMS



Seasons  
Greetings  
From  
PNA



## **ONE HOUR POSTAL SWIM 28th Annual - USMS NATIONAL CHAMPIONSHIP**

***SWIM THE ANNUAL ONE HOUR SWIM AND PNA WILL ENTER YOU IN A TEAM EVENT\*  
. . . AND PAY YOUR TEAM EVENT FEE!\****

You must have 2005 USMS registration - register today if you haven't done so already.

### **THE INDIVIDUAL SWIM:**

- Read the directions on the entry form carefully. You'll find it on page 11 in this *WetSet*.
- Swim for one continuous hour any time in the month of January – last chance is January 31.
- Swim the event at a pool of your choice – yards or meters.
- Swim with no more than 2 swimmers per lane – circle swimming is not allowed.
- Have someone time you, count your laps, and record your official splits.
- Mail your entry form and individual \$6 fee (payable to PNA please) to the PNA team coordinator.

### **THE SWIM:**

- Team events are “postal relays” that are formed from results of those who do the individual swim.
- The team age groups are 19+, 25+ . . . 95+.
- The team relay events are 3 male, 3 female and 4 mixed (2+2).
- The PNA coordinators for this event will form the most competitive teams possible.
- Every effort will be made to include every interested swimmer on at least one team.
- The PNA coordinators will submit your individual entries to the event director for you.

*Do NOT send your form and fees to YMCA Indy SwimFit.*

**SEND YOUR OFFICIAL ENTRY FORM and your individual entry fee of \$6 (payable to PNA) to:**

PNA One Hour Swim  
c/o Sally Dillon  
PO Box 845  
Oak Harbor, WA 98277

***Entry must be received by Saturday, February 5.***

### **QUESTIONS? Contact the PNA Coordinator:**

Sally Dillon at 360-679-5038 or [salswmr@earthlink.net](mailto:salswmr@earthlink.net)

***Let's have great PNA participation in the one hour swim!***

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



## 2005 United States Masters Swimming Annual One Hour Postal Swim

Sanctioned by Greater Indiana LMSC,  
Sanction # 165-0001

**DATE:** All swims must take place during January 2005.

**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 the 2005 with USMS or if non-US a similar body in the swimmer's country. **A COPY OF YOUR 2005 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

**INDIVIDUAL EVENT:** 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 team are not permitted. Team entries must include copies of the individual entry forms if they are not submitted with the originals.

**CLUB EVENT:** Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in 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 USMS Long Distance Committee Chairman. 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 3 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, floatation and propulsive devices (pull buoys, fins, paddles, wetsuits, 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 should 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 laps, 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 to 2760). (See previous 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.

**FEES:** Individual entry fees are US \$6 per swimmer for (US \$10 for non-US Swimmers). Team entry fees are US \$18 per relay (US \$18 for non-US entries). All fees are non refundable. Make checks payable to YMCA Indy SwimFit and mail entries to the address below. 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, 2005.** Swimmers submitting incomplete entries will be contacted by collect phone call or email.

**T-Shirts:** A 2005 USMS One Hour Postal National Championship t-shirt is available at a cost of \$17. (International orders please add US \$5 postage for each shirt).

**MORE INFO:** Address questions to:  
Mel Goldstein, Event Director  
5735 Carrollton Ave  
Indianapolis, IN 46220 USA  
317-253-8289  
Email: [goldstein@mindspring.com](mailto:goldstein@mindspring.com)

**Relay Entry Form- Use Only for Relay Entries**

**Relay Type: Age Group \_\_\_\_\_ F M Mixed**  
*(Circle One)*

Club Name \_\_\_\_\_ Contact Person \_\_\_\_\_

Mail Results/Awards to  
Contact Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_ Club Abbreviation: \_\_\_\_\_

Swimmer # 1: _____	Gender	Age	Yards Swum
Swimmer # 2: _____	Gender	Age	Yards Swum
Swimmer # 3: _____	Gender	Age	Yards Swum
Swimmer # 4: _____	Gender	Age	Yards Swum

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

**Please Note:**  
Team Entries must include the original or copies of Individual entry form or the relay will be disqualified.

**Team Entry Fees: US \$15 (\$18 for non US entries). Payment in US\$ from US Bank or international Money Order Only.**

# 2005 USMS One Hour Postal Swim National Championship Individual Entry Form

Name \_\_\_\_\_ USMS Reg. Number \_\_\_\_\_  
(As it appears on registration card) (Include copy of 2005 USMS card)

Address \_\_\_\_\_ Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ Gender M F  
(Circle One)

E Mail Address \_\_\_\_\_ Age \_\_\_\_\_ Birth Date \_\_\_\_\_  
(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 the 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 DAMAGE 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 25 yd \_\_\_\_\_, 25m \_\_\_\_\_, 50m \_\_\_\_\_ 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 \_\_\_\_\_  
(Date) (Distance Swum) (Pool name / City)

\_\_\_\_\_  
 Swimmer's Signature Verifier's Signature

Entry Fee \$6.00 (US Only) \$10.00 (International/Non US) = \$ \_\_\_\_\_  
 T-shirt order: Indicate T-shirt Quantity Ordered: \$15/Shirt = \$ \_\_\_\_\_  
 International @\$20/shirt: (includes shipping) = \$ \_\_\_\_\_  
 Small \_\_\_ Medium \_\_\_ Large \_\_\_ X-Large \_\_\_ XX Large \_\_\_  
**TOTAL (US\$)** = \$ \_\_\_\_\_

Include: Masters 2005 Registration Card  
 Official Entry form and split sheet  
 Make Checks Payable To: YMCA Indy SwimFit  
 Send Entries To: One-Hour Postal Swim c/o Mel Goldstein, 5735 Carrollton Ave., Indianapolis, IN 46220 USA

**Results:** Electronic via email address listed above   
 Paper results via US Postal

**Awards:** Please Check if you **DO NOT** wish to receive your Championship Medal and or 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 Yards: \_\_\_\_\_



**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 SHORT COURSE METERS MEET: February 20, 2005 (Meet Sanction #053602)  
 Hosted by the Bellevue Club

EVENTS (ORDER #4)	
#	Event
	Sunday, February 20
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
13	100 IM
5 minute break	
14	200 Medley Relay
15	200 Breast
16	200 Fly
17	50 Free
18	100 Back
19	200 IM
5 minute break	
20	200 Mixed Medley Relay
21	800 Free

DATE: **Sunday, February 20, 2005**  
 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 2005 registered swimmers, 19 and above as of *December 31, 2005*.

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 20, 2005      Meet Sanction #053602  
 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 December 31, 2005):

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; no charge for relays or if 65 and up; or if needs based);

Total: \$ \_\_\_\_\_ [from \$9.00 (relays only) to \$14.00 (five 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 **Wednesday, February 09th**

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: \_\_\_\_\_



**2005 Membership Application**  
**Pacific Northwest Association of Masters Swimmers (PNA)**

**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: \_\_\_\_\_  
Last First Initial

Birth date: \_\_\_\_\_  
Month Day Year

Address: \_\_\_\_\_  
Street or box number

Age: \_\_\_\_\_ Male Female (circle one)

City State Zip+4

E-Mail: \_\_\_\_\_  
please print carefully

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

**If you coach a Masters swim team check here**   
**Are you and Official?** \_\_\_\_\_

**I am interested helping the PNA committee**

**CLUB:**  Pacific NW Aquatics (PNA)  
or  Unattached

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

**2005 Annual Fee:** Of your membership fee \$20 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication).

*Choose a membership level below.*

Regular: 11/01/04 thru 12/31/05 \$35

Need-based or Seniors (65 & over): \$25

Foreign address, add US\$10

*Optional Donations:*

USMS Endowment Fund \$ \_\_\_\_\_

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

Make check payable to: **PNA**

Mail to: Arni H. Litt, Registrar

1920 10th Ave E

Seattle, WA 98102-4253

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** \_\_\_\_\_

The United States Masters Swimming Policy on the privacy of member information is at: [www.usms.org/admin/privacy.shtml](http://www.usms.org/admin/privacy.shtml)

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 Maybe (Circle one)**

# Pacific Northwest Association of Masters Swimmers

## 2005 Local Team Registration

To register your team for 2005, 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 each April. All team members competing in the meet must be currently registered with USMS.

PNA will provide each team with a USMS Rule Book, which contains rules for Swimming, Competition, Long distance Swimming, Athletes' Rights, and USMS Bylaws. Please indicate who should receive the USMS Rule Book.

<b>Team Name:</b>	<b>Abbreviation (4 letters max):</b>	
<b>Team Rep</b>	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
<b>Team Coach</b>	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
<b>Workout Pools</b>	Pool name:	
	Address:	
<b>Workout Times</b>		
<b>Rule book</b>		

Below are the abbreviations currently in use. Team abbreviations in **bold** were registered in 2004. Team with \* is new for 2005.

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**

- |   |  |   |
|---|--|---|
| <p><b>BAM:</b> Bainbridge Area Masters<br/> <b>BC:</b> Bellevue Club<br/> <b>BEST</b> Bellevue Eastside Masters<br/> <b>BMSC:</b> Bellingham Masters Swim Club<br/> <b>DSYM:</b> Downtown Seattle YMCA Masters<br/> <b>EM:</b> Evergreen Masters<br/> <b>FSJ:</b> Fins of the San Juans<br/> <b>FTSW:</b> Ft. Steilacoom - WAKO<br/> <b>FWM:</b> Federal Way Master<br/> <b>GACM:</b> Gateway Athletic Club<br/> <b>GCMS:</b> Gold Creek Masters (GCM)<br/> <b>GLAD:</b> Greenlake Aquaducks<br/> <b>HMST:</b> Husky Masters<br/> <b>ISST:</b> Issaquah Swim Team Masters<br/> <b>JAM:</b> Juanita Aquatic Masters<br/> <b>LUNA:</b> Team Luna<br/> <b>LWS:</b> Lynnwood Sharks<br/> <b>MILL:</b> Mill Creek Masters<br/> <b>MIR:</b> Mercer Island Redwoods<br/> <b>NEO:</b> North End Otters<br/> <b>NHM:</b> Newport Hills Masters</p> | <p><b>NSYG:</b> Northshore Y's Guys<br/> <b>NWM:</b> North Whidbey Masters<br/> <b>OOPS:</b> Old Olympic Peninsula Swimmers<br/> <b>ORCA:</b> Orca Swim Club<br/> <b>PRO:</b> Pro Sports Club<br/> <b>PSC:</b> Phinney Ridge Swim Club<br/> <b>PTMS:</b> Port Townsend Master Swimmers<br/> <b>QASC:</b> Queen Anne Swim Club<br/> <b>RAH:</b> Redmond Aqua Hotshots<br/> <b>*RTB:</b> Raise the Bar*<br/> <b>SAC:</b> Seattle Athletic Club<br/> <b>SAM:</b> Samena Club<br/> <b>SQM:</b> SQMasters Swim Team<br/> <b>SSEA:</b> Swim Seattle<br/> <b>SVM:</b> Skagit Valley YMCA Chinooks<br/> <b>TACM:</b> Thunderbird Aquatic Masters<br/> <b>TACY:</b> Tacoma Pierce County YMCA<br/> <b>TIG:</b> Tigers</p> | <p><b>TMS:</b> Thorbecke's Masters Swimming<br/> <b>TOSC:</b> Thurston Olympians Swim Club<br/> <b>TSC:</b> Tacoma Swim Club<br/> <b>TUMV:</b> Tumwater Valley Masters<br/> <b>UNAT:</b> Unattached to a Team<br/> <b>UPAC:</b> University Place Aquatic Club<br/> <b>VAM:</b> Vashon Aquatic Masters<br/> <b>VAST:</b> Valley Aquatic Swim Team<br/> <b>VFC:</b> Valley Fitness Center<br/> <b>WCY:</b> Whatcom County YMCA<br/> <b>WIS:</b> S Whidbey Island Swells<br/> <b>WSAS:</b> West Seattle All-Stars<br/> <b>WSYD:</b> West Seattle YMCA Dolphins<br/> <b>WWUS:</b> Western Wa U Masters Swimming<br/> <b>YNOT:</b> Y Nauts</p> |
|---|--|---|

Don't see your team? Fill in the form and I will add it to the list.



## 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

December 2004 Issue



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

CHANGE SERVICE REQUESTED

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