

# THE WET SET

Pacific Northwest Association  
of Masters Swimmers



Volume 26 • Issue 2

Masters Swimmers in Western Washington

February 2006

## Races! Records! Cheerleaders! Anacortes Meet Had It All

By Steve Peterson,  
PNA Vice President

Masters competitors found plenty to enjoy at the third annual meet hosted by the Thunderbird Aquatic Club and Anacortes High School boys' swimming and diving teams on Saturday, January 21.

Photo by Steve Peterson



(From left): Sarah Jurick (swimmer), Cameron Quinn (cheerleader), Riley Jones (swimmer) and Rachel Rowlands (supporter) from Western Washington University Vikings

As in the past, the meet was held at the Fidalgo Pool and Fitness Center.

Meet Directors Leslie Mix and Mike Lund ran an excellent event, attentively supported by members of the boys' teams. Swimmers also enjoyed the (now traditional?) complimentary snacks and beverages.

Meet Referee Dick LaFave headed a group of quality meet officials. Dick has been a friend of Masters swimming for about 30 years and continues to help PNA

at a number of meets during the year. Heather Brennan served as starter while stroke and turn officiating was expertly handled by Nancy Akland, Gary Ciminski, Lucille Nelson and Kathy Whitney. (Remember to thank all our officials who volunteer their time to keep us honest!)

About 107 swimmers participated, including a number of younger ones.

Presenting an award for team spirit would have been a challenge — coach Neil Romney accompanied 16 lively members from the North Whidbey Masters while the smaller Western Washington University Vikings group brought their own cheerleader, Cameron Quinn.

This year, teams fielded many relays and like last year the 500 Free was quite popular (over 40% signed up). Deck-seeding kept the eight 500s heats moving.

In the final 500 heat North Whidbey's Jim McCleery broke the USMS record in his 60-64 age group. Jim's 5:32.93 eclipsed Bob Miller's (Bellevue Club) PNA mark from Champs '94 and Tom Landis' (Oregon) 5:35.28 national best set in April '02.

Several other swimmers set new PNA records. Once these are validated, you'll find them on the PNA website along with complete meet results.

For more photos of the meet, see page 5.

## ON THE INSIDE



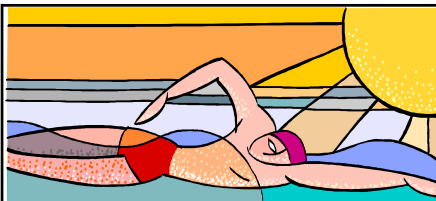
Leading Off	Page 2
Masters Calendar	Page 3
USMS Top Ten LCM for 2005	Page 7
Bainbridge Island Entry Form	Page 9
PNA Champs Entry Form	Page 10
NW Zone Entry Form	Page 12
Places to Swim	Page 13
PNA Team Registration Form	Page 15



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

## Help Wanted

Volunteer Needed To Help  
Keep PNA's Membership and  
Records Data Bases Updated  
Please see page 7 for details.



# WETSET

Volume 26 • Issue 2  
February 2006

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**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:** Rondamarie Smith

What about those New Year's fitness resolutions? Are you sticking with them? February can be a tough month to maintain your fitness resolve. The daylight hours are increasing with measured slowness. It's still dark in the morning and light at day's end is inching later only by minute degrees. Without plenty of sunshine and warmth, outside activities aren't especially appealing.

There is hope, though. The days are getting longer. As I write this, it isn't raining every single day.

Take advantage of the sun breaks and take a look around outside. The daffodils and crocuses are pushing up. Spring and better weather are on the way.

## Great Swimming Weather

In the meantime, there is plenty to do inside. Swim, swim and swim some more. Find an opportunity once a week to fit in a longer workout. My body is used to one-hour workouts and it takes mental effort to swim an extra half hour. An easy warm up and cool down make a longer practice easier and your recovery quicker. Don't skip your stretching or your dryland training.

If you're not motivated to swim that longer workout, find a "swim buddy." Or, if you swim on a team, ask for encouragement from one of your teammates or your coach. This isn't the time to go it alone.

## New Board Members

Thank you and congratulations to three new PNA board members.

Toby Coenen has joined the

# LEADING OFF



By Jeanne Ensign,  
PNA President

board as an at large representative. Our three at large board members represent those that don't swim with a team or swim on a team of fewer than eight members.

Wendy Neely is our new coaches chair. You may remember that Wendy and her husband Malcolm were the 2004 recipients of the PNA Coach of the Year award. She coaches Federal Way Masters.

Kelly Crandell is our new awards chair. She has been an active participant on the board since she joined. She'll make sure medals are available at all PNA meets and ribbons at Champs.

## WetSet Cutback?

At our most recent PNA board meeting, we discussed decreasing the frequency of *The WetSet* from ten issues a year to six. There are two primary reasons for this step: (1) much of the information in the newsletter, including meet entry forms, can be made available in a timely manner on the PNA website; and (2) compiling ten issues a year is a lot of work for a volunteer editor and contributors.

What do you think about reducing the number of issues? We really want to hear from you, our

(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 2006 CALENDAR

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

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

**January 1 to December 31, 2006**  
Fitness Check-Off Challenge  
Hugh Moore  
[swimmoore@comcast.net](mailto:swimmoore@comcast.net)  
Note: entry deadline extended to February 28, 2006.

**February 19, 2006**  
SCM PNA Meet  
Bellevue Club  
Bellevue, Wash.  
Cory Hilderbrand, (425) 688-3127  
[cory@bellevueclub.com](mailto:cory@bellevueclub.com)

**February 21, 2006**  
PNA Board Meeting  
7:00 p.m.  
Yesler Community Center  
917 E. Yesler Way, Seattle

**March 11, 2006**  
Bainbridge Island  
SCY Sprint Meet  
Bainbridge Island Aquatic Center  
Bainbridge Island, Wash.  
Brian Russell, (425) 985-2677  
[Brian.Russell@earthtech.com](mailto:Brian.Russell@earthtech.com)  
See page 9 for entry form.

**March 21, 2006**  
PNA Board Meeting  
7:00 p.m.  
Yesler Community Center  
917 E. Yesler Way, Seattle

**April 8 & 9, 2006**  
SCY PNA Champs  
Weyerhaeuser King County  
Aquatic Center  
Federal Way, Wash.  
See page 10 for entry form.

**April 25, 2006**  
PNA Board Meeting  
7:00 p.m.  
Yesler Community Center  
917 E. Yesler Way, Seattle

**April 28 to April 30, 2006**  
Northwest Zone Short Course  
Championships - Boise, ID  
SCY; Kristi Lee, (208) 895-0481,  
[kristidlee@aol.com](mailto:kristidlee@aol.com); Shannon  
Hamrick, (208) 855-2212,  
[sawtoothmasters@cableone.net](mailto:sawtoothmasters@cableone.net);  
[www.ymcasawtoothmasters.org](http://www.ymcasawtoothmasters.org);  
Sanctioned by SR LMSC #596-001  
See page 12 for entry form.

**May 11 to May 14, 2006**  
USMS Short Course Nationals  
Coral Springs, Fla.  
Michael Lohberg, (954) 345-2121  
[mlohberg@aol.com](mailto:mlohberg@aol.com)

**May 15 to September 15, 2006**  
USMS 5k and 10k Postal  
Championships  
PST-LD; Neil Salkind  
(785) 841-0947  
[njs@sunflower.com](mailto:njs@sunflower.com)

**May 23, 2006**  
PNA Board Meeting  
7:00 p.m.  
Yesler Community Center  
917 E. Yesler Way, Seattle

**June 17, 2006**  
USMS 1-3 Mile Open Water  
Championship (2.5 km), Hartwell  
Lake, Clemson, S. C. OW  
Jacque Grossman, (864) 646-8836  
[jelg@innova.net](mailto:jelg@innova.net); Sanctioned by SC  
LMSC

**June 27, 2006**  
PNA Board Meeting  
7:00 p.m.  
Jan Kavadas' condo  
Edmonds

**July 15, 2006**  
USMS 2 Mile Cable  
Championships, Chris Greene  
Lake, Charlottesville, Va.  
OW; Dave Holland, (804) 282-6224,  
[dholland@rmc.edu](mailto:dholland@rmc.edu)  
Mark Gill (480) 874-7112  
[markgill@usms.org](mailto:markgill@usms.org);  
Sanctioned by Va. LMSC

**July 29, 2006**  
USMS 1 Mile Open Water  
Championships, Lake Erie,  
Cleveland, OH  
OW; Tom Spence, (216) 299-3858

## 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)

## Welcome New PNA Swimmers

Tom Baker  
Jake Bartholomy  
Nina Brutzer  
John Bryant  
Ryan Carroll  
Ghim-Sim Chua  
Alison Craig  
Brian Davis  
Mark Fanning  
Brian Goldman  
Shannon Goss  
Mark Handel  
Vince Healy  
Joel Holyan  
Anne Horton  
Mike Humphreys  
McKenzie Huneke  
Gary Joos  
Deborah Keane  
Mark Lacotta  
Laura Lai  
Kyle Levine  
Lisa Lund  
Dong Ma  
Christopher Manly  
Emiko Mar

David Margolis  
Brett Patrick Maughan  
Andy McKim  
Ashley Melseth  
Jeffrey Morrison  
Ross Nakanishi  
Elisha Naylor  
Adam Novsam  
Peter Ong Lim  
Craig Pepin  
Anne Ravenscroft  
Megan Reha  
Eric Robison  
John Simmons  
Lauren Smith  
Pamela Stewart  
Peter Strong  
Bing Su  
Diane Thoma  
Rocky Ursiho  
Darbi Linn VanGerpen  
Rita Vasquez  
Stan Wakeman  
Magdalena Walczak  
Dariusz Walczak  
Sara Woods

(Continued from page 2)

### Leading Off

readers. Send your thoughts to me or to the newsletter editor, Paul Freeman. (See contact information at the end of this article.)

### Volunteers Welcome

We also want to hear from you if you'd like to help out with small tasks from time to time. Even though we have committee chairs on the PNA board, most "committees" are really an individual, the chair. Each committee chair would welcome help. So, if you have an area of interest, please let me know. If you would like to be of help generally, we'll find something of interest to you.

You can reach me at [jeanne@raincity.com](mailto:jeanne@raincity.com) or (206) 324-1354. You can reach Paul Freeman at [pfwriter@blarg.net](mailto:pfwriter@blarg.net) or (206) 283-3802. We look forward to your input.

## PNA Board Meeting Summary for January

Thirteen members of the PNA Board met at the Yesler Community Center in Seattle on January 24th. Significant actions included:

- Discussed reducing frequency of printing *The WetSet* from ten issues a year to six. This was tabled in order to get more feedback from members.
- Approved a short course yards meet at the Evergreen State College in Olympia for June 3.

- Approved paying relay entry fees for this summer's FINA World Champs
- Approved Toby Coenen as at-large representative for zip codes < 98100
- Approved Kelly Crandell as awards chair
- Approved Wendy Neely as coaches chair
- Nominated Sally Dillon for the Ransom Arthur Award

## Important Info About Your Membership Number and Permanent ID

The format of your USMS ID is AABC-DDDDD. AA=36=PNA; B=6=2006, C=a computer generated authentication number/letter and DDDDD=your personal 5-digit permanent ID number.

Membership numbers never contain the letters O, I, L, or Q; letters that look like that are always the numbers zero or one.



# Anacortes Short Course Yards Meet Fidalgo Pool and Fitness Center January 21, 2006

(Photos by Lynn Johnson, Tom Foley & Steve Peterson)



Meet officials Dick LaFave and Heather Brennan



North Whidbey Masters team



(From left): Margaret Diddams, Mike Nordby and Renee Quistorf of the North End Otters



(From left): Rob Densmore, Mike Chung, Kyle Ciminski and Adam Clump, members of the North Whidbey Masters medley relay team



Start of Heat #5 for the 500 Free, Jim Cleery third from the right



Jim McCleery after setting a national record in the 500 freestyle (60-64)

## It's Time to Nominate PNA's "Coach of the Year"

Some coaches stand out from the crowd.

To recognize these individuals, PNA will give its third annual PNA Coach of the Year Award. The recipient will be honored at PNA Championships in April and receive a personal plaque. In addition, the recipient's name will be engraved on a permanent trophy.

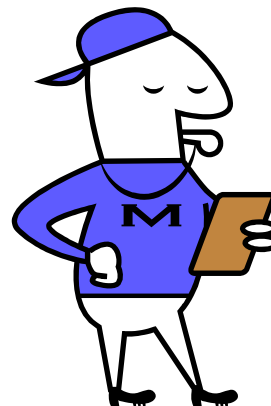
A three-member committee will review the nominations. The selection criteria may include:

- Improvement or enhancement of an ongoing program or establishment of a new program
- Sustained service over a long period of time
- Contributions to PNA
- Commitment to PNA
- Willingness to share coaching

- skills and information
  - Loyalty of team members
  - Inspiration to others and coaching accomplishments
- Past recipients were (2004, 1st annual) Wendy and Malcolm Neely and (2005) Michael McKinlay.

To nominate someone, simply submit a completed nomination form, together with a letter of support explaining why you're nominating this person. **Nominations must be received by March 29, 2006.**

You can find a nomination form on the PNA website at [www.swimpna.org](http://www.swimpna.org). You also can have a copy of the form mailed to you by contacting Jeanne Ensign, 511 E Roy St. #314, Seattle WA 98102. Jeanne's telephone number is (206) 324-1354, and her e-mail is [jeanne@raincity.com](mailto:jeanne@raincity.com).



### A Welcome to New and Returning PNA Teams

Welcome to the following new teams:

- Bellingham Bay Swim Team (BBST). The team rep is Larry Bax and the coach is Tod Edison. The team swims at Arne Hanna Aquatic Center in Bellingham.
- Brooks Swimming (BS) The team rep is Hamish Stewart and the coach is Beth Brewster. The team swims at NorthShore YMCA in Bothell.
- Poseidon Aquatic Club (PAC) is the new name for Thurston Olympians Swim Club (TOSC).

perpetual trophy with the recipient's name added, will be presented at the PNA Champs meet, April 8 and 9, at King County Aquatic Center in Federal Way. Send your nomination to:

Steve Peterson  
(360) 692-1669  
11165 Central Valley Rd  
NW  
Poulsbo WA 98370-7014  
[speterson@bandwagon.net](mailto:speterson@bandwagon.net)

**Nominations must be received by March 29, 2006.**

## Call for Nominations Dawn Musselman Inspirational Award



PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986).

A long-time PNA member, Dawn inspired others and encouraged them to do their best. She was a gifted swimmer as well—check PNA's records for ages 60 to 74!—but speed is not a criterion for this award.

Nominations are open to all PNA members. We're looking for

the candidate who:

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

You swim with someone who qualifies—compose a few paragraphs telling why! The award, consisting of a personal plaque and the



# USMS Top Ten Long Course Meters for 2005

Congratulations to the following members of the Pacific Northwest LMSC. All achieved times in 2005 that put them in the top ten nationally for long course meters events.

### WOMEN 35-39

50 M. BRST RONDAMARIE SMITH	35 # 4	38.23
200 M. BRST RONDAMARIE SMITH	35 # 4	2:59.08
200 M. I.M. RONDAMARIE SMITH	35 # 4	2:41.69

### WOMEN 40-44

50 M. FREE LISA DAHL	44 # 2	28.48
50 M. BACK LISA DAHL	44 # 6	34.66
50 M. FLY LISA DAHL	44 # 2	31.24

### WOMEN 50-54

50 M. FREE DEBBIE GLASSMAN	52 # 6	31.02
100 M. FREE DEBBIE GLASSMAN	52 # 5	1:09.74
200 M. FREE DEBBIE GLASSMAN	52 # 9	2:41.21
50 M. FLY DEBBIE GLASSMAN	52 # 6	34.08
100 M. FLY DEBBIE GLASSMAN	52 # 3	1:19.16
200 M. FLY DEBBIE GLASSMAN	52 # 3	3:01.21

### WOMEN 55-59

800 M. FREE KATHRINE CASEY	57 # 9	12:37.47
1500 M. FREE KATHRINE CASEY	57 # 6	23:27.74
100 M. BACK KATHRINE CASEY	57 # 6	1:30.73
200 M. BACK KATHRINE CASEY	57 # 7	3:20.31
200 M. BRST KATHRINE CASEY	57 # 9	3:55.51
200 M. FLY KATHRINE CASEY	57 # 8	3:45.74
200 M. I.M. KATHRINE CASEY	57 #10	3:32.48
400 M. I.M. KATHRINE CASEY	57 # 5	7:16.90

### WOMEN 80-84

400 M. FREE MARION CHADWICK	84 # 7	13:20.45
800 M. FREE MARION CHADWICK	84 # 8	28:15.59
200 M. BACK MARION CHADWICK	84 # 9	7:22.52

### MEN 40-44

1500 M. FREE JOSEPH LANG	42 # 5	18:35.95
50 M. BRST RICHARD DUNWIDDIE	40 # 3	32.50
100 M. BRST RICHARD DUNWIDDIE	40 # 4	1:13.31
200 M. BRST RICHARD DUNWIDDIE	40 # 2	2:45.02
DANIEL SMITH	43 #10	2:57.05

### MEN 45-49

200 M. FLY DAN ROBINSON	48 # 9	2:34.73
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### MEN 50-54

50 M. BACK DONALD GRAHAM	51 # 3	31.56
100 M. BACK DONALD GRAHAM	51 # 7	1:11.37
50 M. BRST CHRIS LAUTMAN	51 # 2	34.02
50 M. FLY DONALD GRAHAM	51 # 7	28.60
100 M. FLY DONALD GRAHAM	51 # 9	1:07.70
200 M. FLY HUGH MOORE	51 # 8	2:52.87

### MEN 55-59

800 M. FREE JAMES MCCLEERY	59 # 4	10:28.00
1500 M. FREE JAMES MCCLEERY	59 # 3	19:48.17

### MEN 65-69

50 M. BACK WALT REID	65 # 4	40.10
100 M. BACK WALT REID	65 # 2	1:28.88
50 M. BRST WALT REID	65 # 5	40.84
100 M. BRST WALT REID	65 # 4	1:35.96

### RELAYS-WOMEN 200 M. FREE

200-239 LISA DAHL	44 # 5	2:18.21
JANE MOORE	55	
KATHRINE CASEY	57	
DEBBIE GLASSMAN	52	

### RELAYS-MIXED 200 M. FREE

160-199 LISA DAHL	44 # 3	1:53.73
DEBBIE GLASSMAN	52	
JAMES LITTLEFIELD	45	
DONALD GRAHAM	51	



## Volunteer Needed To Help Keep PNA's Membership and Records Data Bases

For many years, long-time PNA member Jim McCleery has been helping keep PNA's records data base and membership data base current. As of June 2006, Jim will no longer be able to continue in that role.

So PNA is looking for a volunteer to take over for Jim. That individual needs to have a good understanding of MySQL (the database PNA uses), PHP (the programming language PNA uses) and Linux (the operating system PNA uses).

Jim will be happy to work with his replacement to get him or her up to speed.

If you're interested in becoming this volunteer, or know someone who might be, please contact PNA president Jeanne Ensign. You can reach her at (206) 234-1354 or [jeanne@raincity.com](mailto:jeanne@raincity.com).

### Time to Register Your Team

Has your team registered for 2006? Make sure your team registers before Champs, so it can compete for points. You can find a 2006 team registration form on page 15 or at [www.swimpna.org](http://www.swimpna.org).

# Health and Fitness

## Boost Your Immune System

*This article, which has been edited and shortened, was written by Jani Sutherland and appeared in the February issue of Aqua Master, the newsletter of Oregon Masters swimming.*

### Vitamin C

Vitamin C tops the list of immune boosters. It increases the production of infection fighting white blood cells and antibodies and increases the level of interferon, the antibody that coats cell surfaces and prevents the entry of viruses. Vitamin C also reduces the risk of cardiovascular disease by raising level of HDL (good) cholesterol, while lowering blood pressure and interfering with the process by which fat is converted to plaque in the arteries.

About 200 milligrams seems to be the generally agreed upon amount. You can obtain that by eating at least six servings of fruits and vegetables a day. If you take supplements, take them throughout the day rather than taking one large dose, which may end up being excreted in your urine.

### Vitamin E

Vitamin E stimulates the production of natural killer cells, those that seek out and destroy germs and cancer cells. Vitamin E enhances the production of B-cells, the immune cells that produce antibodies to destroy bacteria. Vitamin E supplements may also reverse some of the decline in immune response commonly seen in aging. You need 100-400 milligrams per day.

You can get 30-60 grams per day from a diet rich in seeds, vege-

table oils and grains. But it is difficult to consume more than 60 milligrams through diet alone. So supplements may be necessary. People who are active and lead a healthy lifestyle need less Vitamin E than those who are sedentary, smoke and consume high amounts of alcohol.

### Carotenoids

These powerful antioxidants mop up excess free radicals that accelerate aging. They also reduce the risk of cardiovascular disease by interfering with how the fats and cholesterol in the blood stream oxidize to form arterial plaques. Studies have shown that beta carotene (the best known carotenoid) can lower the risk of cardiovascular disease. Perhaps the new slogan will be a carrot a day keeps the heart surgeon away.

*“Perhaps the new slogan will be  
a carrot a day keeps the heart  
surgeon away.”*

Beta carotene is the most familiar carotenoid, but is only one member of a large family, all of which produce good effects.

### Bioflavonoids

Bioflavonoids protect cell membranes against pollutants by attaching to them. Along the membrane of each cell there are microscopic parking places, called receptor sites. Pollutants, toxins or germs can park here and gradually eat their way into the membrane of the cell. When bioflavonoids fill up these parking spaces there is no room for the toxins.

Bioflavonoids also reduce cholesterol's ability to form plaques in arteries and lessen the formation of microscopic clots inside arteries, which can lead to heart attack and stroke. A diet rich in fruits and vegetables (at least six servings daily) will help you get the bioflavonoids needed to help your immune system work in top form.

### Zinc

This mineral increases the production of white blood cells that fight infection and helps the cells fight more aggressively. It also increases killer cells that fight cancer and helps white cells release more antibodies. And zinc increases the number of infection fighting T-cells.

### Garlic

Garlic is a powerful immune booster that stimulates the multiplication of infection fighting white cells, boosts natural killer cell activity and increases the efficiency of antibody production. Garlic is heart-friendly since it keeps platelets from sticking together and clogging tiny blood vessels.

### Selenium

This mineral increases natural killer cells and mobilizes cancer-fighting cells. The best food sources of selenium are tuna, red snapper, lobster, shrimp, whole grains, vegetables (depending on the selenium content of the soil which they are grown in), brown rice, egg yolks, cottage cheese, chicken (white meat), sunflower seeds, garlic, Brazil nuts and lamb chops.

### Omega-3 Fatty Acids

The omega-3 fatty acids found in flax oil and fatty fish (salmon, tuna, mackerel) act as immune boosters by increasing the activity of phagocytes, the white blood cells that eat up bacteria. They also help reduce LDL (bad) cholesterol.



**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
**THE ISLAND MEET**  
 SHORT COURSE YARDS MEET: March 11, 2006 Meet Sanction # 063603  
 Hosted by: Bainbridge Area Masters **BAM**

EVENTS (ORDER #3)	
#	Event
Saturday, March 11	
1	100 IM
2	50 Free
3	100 Breast
4	50 Fly
5	200 Mixed Free Relay
10 minute break	
6	100 Free
7	50 Back
8	100 Fly
9	200 Medley Relay
10 minute break	
10	50 Breast
11	100 Back
12	200 Free
13	200 Mixed Medley Relay

**DATE:** Saturday, March 11, 2006  
**TIME:** Warm-up: 9:00 AM; Meet starts 10:00 AM  
**LOCATION:** Bainbridge Island Aquatic Center: High School Road and Madison Ave., @the East Campus entrance, Bainbridge Island WA. 25-yard course with six lanes used for competition and two lanes for continuous warm-up. The spa will be available during the meet for competitors only.

**PHONE:** 206-842-2302-pool  
**MEET DIRECTOR:** Brian Russell (425) 985-2677-cell  
[brian.russell@earthtech.com](mailto:brian.russell@earthtech.com)

**CONCESSIONS:** Provided. Donations accepted.  
**RULES:** Current USMS Rules will govern the meet.

**ELIGIBILITY:** Open to all USMS 2006 registered swimmers, 18 and above as of March 11, 2006.

**SEEDING:** Slow to fast  
**TIMING:** Electronic  
**Awards:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place PNA medals for sale for \$2.00 each

**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 Seattle:* Take the ferry to Bainbridge Island. Proceed straight from the ferry terminal on SR 305 exactly one mile to NE High School Road. Turn left (west) and proceed ¼ mile. Turn right (north) at traffic circle onto Madison Avenue. Proceed ¼ mile –take first left for driveway entrance to pool.  
*From Westsound:* Take SR 305 to Madison Ave. N and turn right (south) Proceed 0.6 miles to the pool.

**Website:** For more information, visit the PNA website ([www.bainbridgelaquaticmasters.org](http://www.bainbridgelaquaticmasters.org)) or [www.w.w.s.w.i.m.p.n.a.o.r.g](http://www.w.w.s.w.i.m.p.n.a.o.r.g)

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

**EMERGENCY CONTACT** -----  
**PHONE NUMBER** -----

**THE ISLAND MEET**

**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 MEET ENTRY FORM: March 11, 2006 Meet Sanction # 063603  
 Hosted by: Bainbridge Area Masters **BAM**  
**PLEASE PRINT CLEARLY**

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

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS #: \_\_\_\_\_

TEAM: \_\_\_\_\_ or UNAT: \_\_\_\_\_ ASSOCIATION: \_\_\_\_\_

AGE GROUP (determined by your age as of March 11, 2006):

18 - 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 & electronic timing fees)

Individual Events: + \_\_\_\_\_ (\$1 each; **optional** for age 65 & over and needs based)

Total: \$ \_\_\_\_\_ **(no charge for relays)**  
 [from \$9.00 (relays only) to \$14.00 (five events)]

Please make checks payable to: BAM  
 Mail this entry form and fees to: PO Box 10848  
 Bainbridge Island, WA 98110

**\*\*\*Entries must be received by Wednesday March 1st, 2006. Include a copy of your Masters registration card if you are not a PNA member.**

**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: \_\_\_\_\_

2006 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET

Hosted by Federal Way Masters  
Sanctioned by the Pacific Northwest Association of Masters Swimmers  
for USMS, Inc. Sanction # 063604

DATE: **Saturday, April 8<sup>th</sup> and Sunday, April 9<sup>th</sup>, 2006**

TIMES: **Saturday, April 8<sup>th</sup>:** Warm-up: 11:00 – 11:50 AM, Meet starts: Noon  
**Sunday, April 9<sup>th</sup>:** Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM

PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,  
Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: Hugh Moore (253)759-4956 / [swimmooore@comcast.net](mailto:swimmooore@comcast.net)

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses will be used for all events except relays. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2006 USMS or foreign registered swimmers age 18 and above as of April 9<sup>th</sup>. Age groups will be based upon the swimmer's age as of April 9, 2006.

DIRECTIONS: From North or South Bound I-5 take exit 142 B, which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #BB) (Seeding slow to fast / Deck enter relays at the meet.)

	Saturday, April 8th: Noon	Sunday, April 9th: 9 AM
1	400 Individual Medley	13 500 Freestyle
2	50 Breaststroke	14 100 Backstroke
3	100 Butterfly	15 50 Freestyle
4	200 Freestyle	16 200 Breaststroke
5	Women's 200 Medley Relay	17 200 Individual Medley
6	Men's 200 Medley Relay	18 Women's 200 Freestyle Relay
7	100 Breaststroke	19 Men's 200 Freestyle Relay
8	200 Backstroke	Special Awards Presentation
9	50 Butterfly	20 50 Backstroke
10	100 Individual Medley	21 200 Butterfly
11	200 Mixed Freestyle Relay	22 100 Freestyle
12	1000 Freestyle	23 Mixed 200 Medley Relay
		24 1650 Freestyle
		PNA Team Awards

**NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.**

**Entry Confirmation:** If entry confirmation is desired, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

**Check-in:** Check-in is required for the 1000 Freestyle (Deadline end of event 6), the 500 Freestyle (Deadline: Sunday at 8:30 AM), and the 1650 Freestyle (Deadline: end of event 19). Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 5&6, end of event 1; event 11 end of event 6; events 18-19 end of event 13; and event 23 end of event 19.

2006 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET  
Saturday, April 8<sup>th</sup> and Sunday, April 9<sup>th</sup>, 2006

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

PHONE \_\_\_\_\_ Email \_\_\_\_\_  
BIRTHDATE: \_\_\_\_\_ USMS #: \_\_\_\_\_

**Include a copy of your Masters registration card if you are not a PNA member**

LMSC \_\_\_\_\_ (PNA, Oregon, Inland NW, etc.) Club \_\_\_\_\_ (non-PNA members only)  
TEAM \_\_\_\_\_ (note: PNA teams must register with PNA by 3/26/06)

AGE GROUP (Determined by your age as of April 9th, 2006):

18 - 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: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

ENTRY FEE: \$ 17.00 Surcharge \$2 per event. No charge for relays.

Individual Events: + \_\_\_\_\_ No charge for need-basis or seniors (65 & over).  
T-shirts @ \$15 indicate size (M L XL)

Total: \$ \_\_\_\_\_ Please make checks payable to Federal Way Masters

Mail this entry form and fees to: Holly Bork  
6233 S 233rd St  
Kent, WA 98032

Questions? Email Holly at [holly.d.bork@boeing.com](mailto:holly.d.bork@boeing.com)

Entries must be postmarked no later than Saturday, March 25th or received by March 30th, 2006. All swimmers must have a valid 2006 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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: \_\_\_\_\_

Additional Information:

**In Memory of Steve Engel**  
**June 17, 1943 - February 17, 1996**

PNA's annual Championship meet is dedicated to the memory of the co-founder and first president of the PNA. Steve lost his battle with complications from leukemia, but his energy and enthusiasm will long be remembered by those of us fortunate to have known him.

"Across America, there are now more than 30,000 of us. And one of the pioneer associations in the nation was right here in Steve Engel land. Thank You, Steve. Your vision long ago became a solid reality that will endure. It was not a false start. You have swum the entire distance to heaven."

- From Tom Taylor's tribute in the March 1996 WetSet

**Individual Awards:** PNA Championship ribbons will be awarded first through 8<sup>th</sup> place in every age group in every event. PNA first, second and third place medals can be purchased for \$2 each.

**Club/Team:** PNA members must indicate the team that they plan to score points for during the meet. Non-PNA swimmers should indicate the club that they are registered with.

**PNA Team Eligibility:** To be eligible for team awards, teams must submit a 2006 team registration by the meet entry deadline. PNA team registration forms are available in the WetSet and on the PNA website, [www.swimpna.org](http://www.swimpna.org).

**PNA Team Categories:** Eligible PNA teams will be divided into three categories, (Large, Medium, and Small), based upon the number of swimmers entered from each team in the meet. Category assignments will be made after the meet entry deadline and announced during the meet.

**Scoring:** The meet shall be scored from places 1 through 12 in every age group for every event. Individual events will be scored 13-11-10-9-8-7-6-5-4-3-2-1. Relays score double the individual points. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.

**PNA Team Awards:** Plaques will be awarded to the top three teams in each category.

**Website:** Visit the PNA website at [www.swimpna.org](http://www.swimpna.org) for updated information.

**Motels:** There are numerous motels within fifteen miles of the pool including

<b>Name</b>	<b>Distance to Pool</b>	<b>City</b>	<b>Phone</b>
Holiday Inn Express	1.4 miles	Federal Way	253-838-3164
Best Western Executel	5 miles	Federal Way	253-941-6000
Super 8 Motel	2.4 miles	Federal Way	253-838-8808
Motel 6	7 miles	Fife	253-922-1270

**PNA Coach of the Year and Dawn Musselman Awards:** The 2006 PNA Coach of the Year and the 2006 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Sunday at the conclusion of event #19.

**T-shirts.** T-shirts are available for \$15, but must be ordered with your entry. The meet t-shirt design can be found on the Federal Way Masters website at [www.fwmasters.com](http://www.fwmasters.com).

Mail entry & fees to:

Northwest Zone Meet  
Dee Turner  
2279 UA Ave.  
Emmett, ID 83617

# 2006 Northwest Zone Short Course Meet Official Entry Form YMCA & Boise Aquatic Center Boise, ID April 28-30, 2006

Sanctioned by the Snake River LMSC for USMS, Inc. – Sanction number 596-001



Name \_\_\_\_\_ Print name as it appears on USMS registration card.  
 \_\_\_\_\_  
 Last First Middle Initial

Address \_\_\_\_\_  
 \_\_\_\_\_  
 Street City State ZIP Country

E-Mail \_\_\_\_\_ Day Phone \_\_\_\_\_ Eve..Phone \_\_\_\_\_  
 \_\_\_\_\_  
 A/C A/C

Emergency \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_ Sex \_\_\_\_\_  
 \_\_\_\_\_  
 Name Phone (on 4/30/06) (Month/Day/Year) M/F

Club Name or Unattached \_\_\_\_\_ USMS or International Reg. # \_\_\_\_\_

**MEET DIRECTOR:** Dee Turner 208/365-1166  
or dee@bigskytel.com

**FACILITY:** The Boise Aquatic Center pool provides 8 competition lanes and 4 warm-up lanes.

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

**ELIGIBILITY:** Open to all year 2006 USMS registered swimmers age 18 and above on the day of competition. Age groups will be based on the swimmer's age as of April 30, 2006.

**ORDER OF EVENTS:** (Seeding will be slow to fast/Deck enter relays at the meet.)

Event #	Event	Seed Time
Friday April 28: 4PM Warmup, Start at 5PM		
1	1000 Freestyle*	_____
2	1650 Freestyle*	_____
3	400 Individual Medley	_____
Saturday April 29: 7:45-8:45AM Warmup, Start at 9AM		
4	500 Freestyle	_____
5	50 Freestyle	_____
6	200 Butterfly	_____
7	100 Backstroke	_____
break		
8	200 Individual Medley	_____
9-11	Mixed Freestyle Relay	Deck Seeded
12	100 Freestyle	_____
13	50 Backstroke	_____
14	200 Breaststroke	_____
15-16	Medley Relay	Deck Seeded

Sunday April 30: 7:45-8:45AM Warmup, Start at 9AM		
17	200 Backstroke	_____
18	50 Breaststroke	_____
19	100 Butterfly	_____
break		
20-22	Free Relay	Deck Seeded
23	100 Individual Medley	_____
24	200 Freestyle	_____
25	100 Breaststroke	_____
26	50 Butterfly	_____
27-28	Mixed Medley Relay	Deck Seeded

**INDIVIDUAL ENTRY LIMITS:** A swimmer may enter no more than 6 individual events for the entire meet and no more than 5 individual events on one day. \*A swimmer can enter either the 1000 or 1650, not both.

**RELAY ENTRY LIMITS:** A swimmer may enter only one Freestyle Relay, one Mixed Freestyle Relay, one Medley Relay, and one Mixed Medley Relay.

**CHECK-IN:** Check-in required for all events. On Friday by 4:30PM, Saturday and Sunday by 8:30AM for that days events.

**SAFETY FIRST:** NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

**ENTRY FEE:** \$14.00 Surcharge (includes NW Zone surcharge)  
Individual events + \_\_\_\_\_ \$4 per event. No charge for relays

**TOTAL:** \$\_\_\_\_\_ Make checks payable to "YMCA Sawtooth Masters"

**A COPY OF SWIMMER'S USMS REGISTRATION CARD MUST BE ATTACHED.**

Entries must be Postmarked by April 10, 2006 or received by April 14, 2006.

**Mail entry form, copy of USMS card, and fees to:**  
Northwest Zone Meet  
Dee Turner  
2279 UA Ave.  
Emmett, ID 83617

**USMS RELEASE:** "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."

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

# Places to Swim in the Pacific Northwest

## Anacortes:

Fidalgo Pool 1603 22nd St (360) 293-0673

## Auburn:

Auburn Pool 516 4th Ave NE (252) 939-8825

## Bainbridge Island:

Ray Williamson Pool/  
Bainbridge Island Aquatic Ctr HS Rd & Madison Ave (206) 842-2302

## Bellevue:

Bellevue Aquatic Center 601 143rd Ave NE (425) 452-4444  
Bellevue Club 11200 SE 6th St (425) 688-3127  
Bellevue Eastside YMCA 14230 Bel-Red Rd (425) 746-9900  
Newport Hills Pool 5474 119th Ave SE (425) 746-9510  
Pro Club 4455 148th Ave NE (425) 885-5566  
Samena Club Pool 15231 Lake Hills Blvd (425) 746-1160

## Bellingham:

Arne Hanna Aquatic Ctr 1114 Potter St (360) 647-7665  
Bellingham YMCA 1256 N State St (360) 733-8630  
Wade King Recreation Ctr Western Wa U (360) 618-1899

## Bothell:

Northshore Pool 9815 NE 188th St (206) 296-4333  
Northshore YMCA 11811 NE 195th (425) 788-6035

## Bremerton:

Bremerton Municipal Pool 50 Magnuson Way (360) 473-5376  
Olympic Aquatic Center 7070 Stampede Blvd (360) 662-2888

## Burien:

Arbor Heights 31st Ave SW  
Burien Swim Club 626 SW 154th (206) 433-7900

## Centralia:

Fitlife Center 2020 Borst Ave., Unit 2 360-736-1683

## Cottage Lake:

Cottage Lake Pool 18831 NE Woodinville-Duvall Rd(206) 296-2999

## Des Moines:

Mount Rainier Pool 22722 19th Ave S (206) 824-4722

## Edmonds:

Yost Pool (summer only) 9535 Bowdoin Way (425) 771-0229

## Enumclaw:

Enumclaw Aquatic Center 420 Semanski St S (360) 825-1188

## Everett:

Everett Family YMCA 2720 Rockefeller Ave 425-258-9211  
Forest Park Swim Center 802 E Mukilteo Blvd (425) 257-8300

## Federal Way:

Federal Way HS Pool 30421 16th Ave S (253) 839-1000  
Weyerhaeuser King Co AC 650 SW Campus Dr (253) 296-4444

## Fife:

Fife Community Pool 5411 23th St E (253) 922-7665

## Friday Harbor:

San Juan Fitness Center 435 Argyle Rd (360) 378-4449

## Issaquah:

Klahanie Lakeside Pool 4210 244th Pl SE  
Julius Boehm Pool 50 SE Clark St (425) 837-3350

## Kenmore:

Wald Memorial Pool 14445 Hyabuta Dr NE (425) 823-6983

## Kent:

Kent Pool 25316 101st Ave SE (253) 854-9287  
Tahoma Pool 18230 SE 240th St (425) 413-7665

## Kirkland:

Juanita High School (evenings) 10601 NE 132nd St (425) 823-7627  
Peter Kirk Pool (Jun-Sep) 340 Kirkland Ave (425) 828-1235

## Lacey:

North Thurston High School 600 Sleater Kinney Rd NE (253) 588-4879

## Lakewood:

Clover Park High School 11023 Gravelly Lk Dr SW (253) 588-4879

## Lynnwood:

Lynnwood Pool 18900 44th Ave W (425) 744-6455

## Mercer Island:

Mary Wayte Pool 8815 SE 40th St (206) 296-4370

## Mill Creek:

West Coast Family Aquatic Ctr 15622 Country Club Dr (425) 745-3474

## Mount Vernon:

Skagit Valley YMCA 215 E. Fulton St (360) 336-9622

## North Bend:

Si View Pool 400 SE Orchard Dr (425) 888-1447

## Olympia:

Briggs Community YMCA 1530 Yelm Highway SE (360) 753-6576  
Discover Aquatics 110 Delphi Rd (360) 866-3684  
Evergreen State College Campus Rec Center (360) 866-6000

## Poulsbo:

North Kitsap Community Pool 1881 NE Hostmark St. (360) 598-1070

## Redmond:

Redmond Pool 17535 NE 104th St. (206) 296-2961

## Renton:

Hazen Pool 101 Hoquiam Ave NE (425) 204-4230  
Henry Moses Aquatic Ctr 1719 Maple Valley Hwy (425) 430-6780  
Lindberg Pool 16740 128th Ave SE (206) 296-4335

## Seattle:

All Star Fitness 700 5th Ave, 14th Flr (206) 343-4692  
Ballard Pool 1471 NW 67th St (206) 684-4094  
Colman Pool (summer only) 8603 Fauntleroy Wy SW(206) 684-7494  
Evans Pool 7201 E Green Lk Dr N (206) 684-4961  
Evergreen Pool 606 SW 116th St (206) 296-4410  
Gregory Seahurst 700 19th Ave Southwest, 206-244-3640  
Helene Madison Pool 13401 Meridian Ave N (206) 684-4979  
Meadowbrook Pool 10515 35th Ave NE (206) 684-4989  
Medgar Evers Pool 500 23rd Ave (206) 684-4766  
Mounger (summer only) 2535 32nd Ave W (206) 684-4708  
Queen Anne Pool 1920 1st Ave W (206) 386-4282  
Rainier Beach Pool 8825 Rainier Ave S (206) 386-1944  
Seattle Athletic Club 333 NE 97th St (206) 522-9400  
Seattle University (Connolly) 14th & Cherry (206) 296-6441  
Shoreline Pool 19030 1st Ave NE (206) 362-1307  
Southwest Pool 2801 SW Thistle St (206) 684-7440  
UW Pavillion Pool Hec Ed Pavillion Pool (206) 543-9880  
West Seattle YMCA 4515 36th Ave SW (206) 935-6000  
YMCA 909 4th (206) 382-5010

## Sequim:

Sequim Aquatic Rec Center 610 N 5th St (360) 683-3344

## Silverdale:

Bangor Subase Pool Bldg 2700 (360) 692-1040

## Snohomish:

Hal Moe Pool 405 3rd St (360) 563-7330

## Sumner:

Sumner HS Pool 1707 Main St (253) 891-5550

## Tacoma:

Centre at Norpoint Pool 4818 Nassau Ave NE (253) 591-5504  
Eastside Community Pool 3524 E 'L' St (253) 591-2042  
Foss High School 2112 S. Tyler St (253) 752-4511  
Lakes High School 10320 Far West Dr SW (253) 583-5550  
Morgan Family YMCA 1102 S Pearl St (253) 564-9622  
People's Pool 1602 MLK Jr Way (253) 591-5323  
Stewart Heights Pool 402 E 56<sup>th</sup> St (253) 573-2532  
Titlow Pool 8355 6<sup>th</sup> Ave (253) 564-4044

## Tukwila:

City of Tukwila Pool 4414 S 144<sup>th</sup> St (206) 267-2350

## Vashon Island:

Vashon Pool (seasonal) 9600 SW 204th St (206) 463-3787

## Whidbey Island :

Island Athletic Club 5522 S. Freeland Ave Freeland (360) 331-2582  
John Vanderzicht Pool 85 SE Jerome St, Oak Harbor (360) 675-7665

## Woodinville:

Cottage Lake Pool 18831 NE Woodinville-Duvall Rd(206) 296-2999



**2006 Membership Application**  
**Pacific Northwest Association of Masters Swimmers**

**New Swimmer**

**Returning USMS Swimmer**  
 (Old Number \_\_\_\_\_)

**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 please print carefully

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

**If you coach a Masters swim team check here**   
**If you are an Official please check here**   
**I am interested helping the PNA committee**

**CLUB:**  Pacific NW Aquatics (PNA) **AND** **Team :** \_\_\_\_\_  
 Or  Unattached **OR**  Unattached

**2006 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 A, B, or C below.

<b>A. Regular:</b> 11/01/05 thru 12/31/06	<b>\$35</b>	Make check payable to: <b>PNA</b>
<b>B. Need-based or Seniors (65 &amp; over):</b>	<b>\$25</b>	Mail to: Arni H. Litt, Registrar
<b>C. End of Year</b> 09/01/06-12/31/06	<b>\$20</b>	1920 10th Ave E
Foreign address, add	<b>\$10</b>	Seattle, WA 98102-4253

Optional Donations:

USMS Endowment Fund \$ \_\_\_\_\_  
 International Swimmers Hall of Fame \$ \_\_\_\_\_  
**TOTAL** \$ \_\_\_\_\_

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)

**TEAMS**

- |  |   |  |
|--|---|--|
| <b>BAM:</b> Bainbridge Area Masters        | <b>MIR:</b> Mercer Island Redwoods          | <b>SVY:</b> Skagit Valley YMCA             |
| <b>BC:</b> Bellevue Club                   | <b>MMST:</b> Meredith Mathews E Madison     | <b>SWIM:</b> South Whidbey Island Masters  |
| <b>BEST:</b> Bellevue Eastside Masters     | YMCA Mudskippers                            | <b>TACM:</b> Thunderbird Aquatic Masters   |
| <b>BBST:</b> Bellingham Bay Swim Team      | <b>NEO:</b> North End Otters                | <b>TACY:</b> Tacoma Pierce County YMCA     |
| <b>BMSC:</b> Bellingham Masters Swim Club  | <b>NHM:</b> Newport Hills Masters           | <b>TIG:</b> Tigers                         |
| <b>BS:</b> Brooks Swimming                 | <b>NSYG:</b> Northshore Y's Guys            | <b>TSC:</b> Tacoma Swim Club               |
| <b>CAC:</b> Columbia Athletic Masters      | <b>NWM:</b> North Whidbey Masters           | <b>TMS:</b> Thorbecke's Masters Swimming   |
| <b>DSYM:</b> Downtown Seattle YMCA Masters | <b>OOPS:</b> Old Olympic Peninsula Swimmers | <b>UNAT:</b> Unattached to a Team          |
| <b>ESCM:</b> Evergreen Swim Club Masters   | <b>ORCA:</b> Orca Swim Club                 | <b>UPAC:</b> University Place Aquatic Club |
| <b>FSJ:</b> Fins of the San Juans          | <b>PAC:</b> Poseidon Aquatic Club           | <b>VAM:</b> Vashon Aquatic Masters         |
| <b>FTSW:</b> Ft. Steilacoom - WAKO         | <b>PAM:</b> PAMS                            | <b>VAST:</b> Valley Aquatic Swim Team      |
| <b>FWM:</b> Federal Way Master             | <b>PRO:</b> Pro Sports Club                 | <b>VFC:</b> Valley Fitness Center          |
| <b>GACM:</b> Gateway Athletic Club         | <b>PTMS:</b> Port Townsend Master Swimmers  | <b>WAC:</b> Washington Athletic Club       |
| <b>GCMS:</b> Gold Creek Masters (GCM)      | <b>QASC:</b> Queen Anne Swim Club           | <b>WCY:</b> Whatcom County YMCA            |
| <b>GLAD:</b> Greenlake Aquaducks           | <b>RAH:</b> Redmond Aqua Hotshots           | <b>WEST:</b> West coast Aquatics Masters   |
| <b>HMST:</b> Husky Masters                 | <b>RTB:</b> Raise the Bar                   | <b>WSAS:</b> West Seattle All-Stars        |
| <b>ISST:</b> Issaquah Swim Team            | <b>SAC:</b> Seattle Athletic Club           | <b>WSYD:</b> West Seattle YMCA Dolphins    |
| <b>JAM:</b> Juanita Aquatic Masters        | <b>SAMM:</b> Samena Club                    | <b>WWUS:</b> Western WA U Masters Swimming |
| <b>LUNA:</b> Team Luna                     | <b>SSEA:</b> Swim Seattle                   | <b>YNOT:</b> Y Nauts                       |
| <b>LWS:</b> Lynnwood Sharks                | <b>STRM:</b> Storm Lake Aquatics            |  |

# Pacific Northwest Association of Masters Swimmers

## 2006 Local Team Registration

To register your team for 2006, 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 Organization and 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.

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**

- |  |   |   |
|--|---|---|
| BAM: Bainbridge Area Masters<br>BC: Bellevue Club<br>BEST: Bellevue Eastside Masters<br>BMSC: Bellingham Masters Swim Club<br>CAC: Columbia Athletic Masters<br>DSYM: Downtown Seattle YMCA Masters<br>ESCM: Evergreen Swim Club Masters<br>FSJ: Fins of the San Juans<br>FTSW: Ft. Steilacoom - WAKO<br>FWM: Federal Way Master<br>GACM: Gateway Athletic Club<br>GCMS: Gold Creek Masters (GCM)<br>GLAD: Greenlake Aquaducks<br>HMST: Husky Masters<br>ISST: Issaquah Swim Team Masters<br>JAM: Juanita Aquatic Masters<br>LUNA: Team Luna<br>LWS: Lynnwood Sharks<br>MIR: Mercer Island Redwoods<br>MMST: Marysville Martins<br>NEO: North End Otters | NHM: Newport Hills Masters<br>NSYG: Northshore Y's Guys<br>NWM: North Whidbey Masters<br>OOPS: Old Olympic Peninsula Swimmers<br>ORCA: Orca Swim Club<br>PAC: Poseidon Aquatic Club<br>PAM: Port Angeles Masters<br>PRO: Pro Sports Club<br>PTMS: Port Townsend master Swimmers<br>QASC: Queen Anne Swim Club<br>RAH: Redmond Aqua Hotshots<br>RTB: Raise the Bar<br>SAC: Seattle Athletic Club<br>SAMM: Samena Club<br>STRM: Storm Aquatics<br>SSEA: Swim Seattle<br>SVY: Skagit Valley YMCA Chinooks<br>TACM: Thunderbird Aquatic Masters | TACY: Tacoma Pierce County YMCA<br>TIG: Tigers<br>TMS: Thorbecke's Masters Swimming<br>TSC: Tacoma Swim Club<br>TUMV: Tumwater Valley Masters<br>UNAT: Unattached to a Team<br>UPAC: University Place Aquatic Club<br>VAM: Vashon Aquatic Masters<br>VAST: Valley Aquatic Swim Team<br>VFC: Valley Fitness Center<br>WAC: Washington Athletic Club<br>WEST: West Coast Aquatic Masters<br>WCY: Whatcom County YMCA<br>WIS: S Whidbey Island Swells<br>WSAS: West Seattle All-Stars<br>WSYD: West Seattle YMCA Dolphins<br>WWUS: Western WA U Masters Swimming<br>YNOT: Y Nauts<br>Don't see your team? Fill in the form and it will be added 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)

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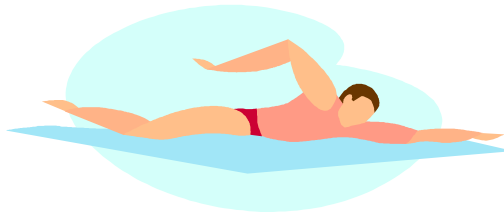
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February 2006 Issue



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