



PNA Champs Run Smoothly and Sees New National Records Set

The Steve Engle Memorial PNA Championship Meet, held this year on April 8 and 9, was smoothly run. And it included a number of record swims, including national records set by PNA's own Jim McCleery.

According to meet director Hugh Moore, 292 swimmers entered PNA Champs this year. While that's fewer than in 2005 – when the meet was a combined PNA Champs/Zone event – the number of PNA swimmers entering what has become PNA's signature annual event was about the same both years.

Two pools at the Weyerhaeuser King County Aquatic Center were used for the meet, so the tempo was fast. "I haven't heard much feedback regarding running two courses," says Hugh. "But the little I did hear favors getting the meet done as quickly as possible, which is what we accomplished."

Records Broken

Several women set zone records. Among them: Stephanie Miller (23, HMST) in the 400 yard I.M. (4:55); Mary Lippold (50, NEO) in the 200 yard free (2:13.14); Charlotte Davis (55, NEO) in the 200 yard free (2:13.76); Joy Ward (63, OREG) in the 100 yard back (1:19.07); Jan Kavadas (75, NEO) in the 200 yard back (4:17.37) and Bernice Phillips (78, BAM) in the 50 yard back (50.55) and 100 yard back (1:54.85).



Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our Web site at www.swimpna.org.

But the big record-setter among the women was Ginger Pierson (60, NMSA). She set zone records in the 100 yard breast

(Continued on page 4)

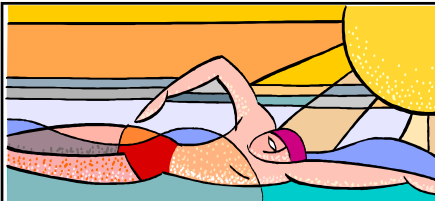
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Lynnwood Sharks at Champs (From left) Top Row: Kyle Asp, Suzanne Way and Ron Oren; Bottom Row: Eric Asp, Katie Asp, Taylor Holmes and Philip Andrews



WET SET

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A great benefit of writing "Leading Off" each issue is hearing from you. Last month at PNA Champs, several different people stopped me to comment on the column, or just to say hello. Thank you for doing that.

If you've been reading my columns regularly you probably already know the importance to me of the camaraderie and friendships that I have with those of you in the swimming community.

A Special Award

At Champs I received the Dawn Musselman Inspirational Swimmer of the Year Award. I'm humbled by seeing my name as the twenty-first person inscribed on the traveling trophy (and I have made sure it sits where I see it every day). It's a Who's Who of PNA. I am honored to be included.

More importantly, I want to say to all of you that it doesn't matter if you are the best at what you do, or the fastest person in the pool. What matters is that you care. What I do for PNA, for GLAD, for USMS is all because swimming and the swimming community make such a difference in my life.

Masters for One and All

In USMS we all swim for fitness, but Dr. Ransom Arthur's intent in the beginning was to form an organization so "older" swimmers could continue competing. In the ensuing years USMS has expanded to encompass swimmers that don't participate in meets and competitions.

To all of you who have never won first place or a high point trophy, or don't care to, there are

LEADING OFF



By Jeanne Ensign,
PNA President

other awards and rewards, and the Dawn Musselman Award is one of those. Thanks to my teammate who nominated me and to PNA for selecting me.

Upcoming Events

If you want to mingle with other swimmers (and compete as well), there are lots of opportunities coming up.

On July 8 the Puget Sound Swim Club, which always puts on a great meet, is hosting a long-course meters meet at the South Kitsap High School pool. On June 17, Metro Parks Tacoma is hosting a LCM spring meet at the Titlow Pool. These meets offer you a golden opportunity to get ready for XI FINA World Masters meet at Stanford in early August.

Also in July: the Lake Padden and the Fat Salmon open water swims. And in September the Fins of San Juans are hosting their first ever Orcas Island Open Water Challenge, a weekend of fun. Another September event: the ninth annual short-course meters Pentathlon in Oak Harbor.

If you've never competed in a PNA-sponsored event, consider doing so this year. It's a wonderful way to meet some terrific people.

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**.*

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

May 23, 2006
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

May 27, 2006
**Saturday workouts begin at West
Seattle's Colman Pool**
See page 14 for details.

June 17, 2006
LCM Meet
Titlow Pool
Tacoma, Wash.
Entry form on page 15.

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

June 27, 2006
PNA Board Meeting
6:45 p.m.

**Jan Kavadas' condo,
Edmonds**

July 8, 2006
LCM Meet
South Kitsap High School
Port Orchard, Wash.
Entry form on page 16.

July 15, 2006
Fat Salmon Open Water Swim
1 and 3 miles
Lake Washington
www.fatsalmon.org
See update on page 11.

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

July 22, 2006
Lake Padden
Open Water Swim, 2.5K and 5K
**Lake Padden Park, Bellingham,
Wash.**
Cory Chapin;
happychaps@comcast.net
Entry form on page 17.

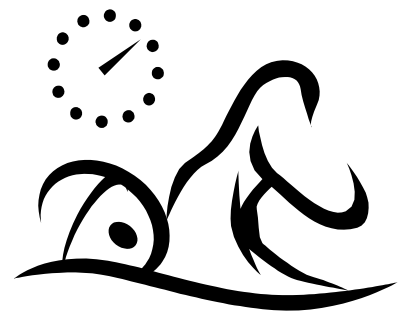
July 29, 2006
USMS 1 Mile Open Water

Championships, Lake Erie,
Cleveland, OH
OW; Tom Spence, (216) 299-3858
talltom13@msn.com

August 4 to August 10, 2006
2006 XI FINA World Masters
Championships, Palo Alto, Calif.
LCM; see article on page 11.

September 9 & 10, 2006
**Orcas Island Open Water
Challenge**
Orcas Island, Wash.
<http://www.islandathleticevents.com/water-challenge/index.html>

September 24, 2006
**9th Annual Short Course Meters
Pentathlon Meet**
Oak Harbor, Wash.
Entry form on page 18.



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
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

(1:21.99) and 200 yard breast (3:01.98). In addition, Ginger set two national records: in the 50 yard breast (36.70) and 200 yard fly (3:00.87).

The men set a few records, too. Chris Lautman (51, NSYG) set a zone record in the 50 yard breast (29.94) while Jim McCleery (60, NWM) set a national record in the 1650 yard free with his time of 18:55.22. Jim's split of 11:25.35 in the 1000 yard free also was a national record.

People to Thank

It takes a lot of dedicated people to put on PNA Champs. Holly Bork, for example, worked tirelessly before, during and after the meet. Her efforts included processing individual entries before the meet; checking-in swimmers, processing relays and overseeing award distribution during the meet; and acting as treasurer.

Hank Kirkland worked the office during the meet, reducing Hugh's workload significantly.

Carrie Breed helped Holly on Saturday, then took over her duties Sunday.

Mike Anderson arranged timers.

Gregg Metzler and Patrick Sullivan announced.

Ken Breiding served as meet referee and was assisted by a dozen officials, including Federal Way Masters swimmers Mary Coddington and Kim Boggs.

Mary Ann White designed the t-shirts and meet logo.

Judy Williams, Julie Fay and Kim Hicks arranged for hospitality for the meet volunteers.

For full meet results, go to www.swimpna.org. You can also obtain a hard copy of the results by contacting Walt Reid at walt.reid@comcast.net.

PNA Champs Short Course Yards Meet April 8 & 9, 2006 Weyerhaeuser King County Aquatic Center

(Photos by Paul Freeman, Lee Carlson & Tom Foley)



*Neil Romney, NWM
coach and PNA's 2006
Coach of the Year*



*Ginger Pierson (OREG), who set
two national records*



*The Brothers Lautman: (from left) Scott and
Chris*



*Members of the Western Washington University Swim
Team*



(From left); Jan Kavadas (NEO), who set a zone record, and Gail Gladell (BC)



(From left); NEO's Mary Lippold and Charlotte Davis, who set a Zone record



(From left); Khaila Courtney and Maggie Courtney, who staffed the awards table



Bernice Phillips (BAM), who set two Zone records



Officials Mary Coddington and Ken Breiding

PNA Swimmers in 2005 Top 10 USMS Short Court Meters

Women 18-24

50 Free			
Shona Pierce	20, #7	29.45	
Erin Jacobson	20, #8	29.51	
100 Free			
Shona Pierce	20, #6	1:05.35	
Naomi Jacobson	22, #7	1:05.73	
50 Back			
Erin Jacobson	20, #8	36.17	
100 Back			
Shona Pierce	20, #10	1:21.93	
50 Breast			
Shona Pierce	20, #6	38.83	
100 IM			
Shona Pierce	20, #9	1:17.24	

Women 25-29

100 Back			
Jennifer Evans	27, #8	1:14.18	
100 Breast			
Noel Geary	26, #6	1:24.41	
400 IM			
Renee Hukkanen	28, #2	5:21.41	
Women 30-34			
400 Free			
Margaret Pizer	30, #4	4:59.39	
100 Fly			
Margaret Pizer	30, #6	1:15.27	
200 IM			
Margaret Pizer	30, #3	2:46.16	

Women 35-39

50 Free			
Tara Simsak	36, #9	29.99	
100 Free			
Tara Simsak	36, #9	1:05.28	
400 Free			
Linda Hegeberg	35, #6	5:02.74	
400 Free			
Allison Moore	36, #10	5:09.86	
1500 Free			
Megan Bussart	35, #6	21:32.97	
50 Back			
Tara Simsak	36, #5	33.74	
100 Back			
Tara Simsak	36, #6	1:12.51	
50 Breast			
Linda Hegeberg	35, #4	37.61	
100 Breast			
Linda Hegeberg	35, #6	1:21.05	
200 Breast			
Linda Hegeberg	35, #5	2:54.62	
50 Fly			
Tara Simsak	36, #4	31.26	
100 IM			
Tara Simsak	36, #7	1:14.47	
200 IM			
Linda Hegeberg	35, #6	2:40.50	

Women 40-44

50 Free			
Lisa Dahl	44, #2	27.97	
50 Back			
Lisa Dahl	44, #5	34.48	
50 Breast			
Lisa Dahl	44, #9	38.89	

200 Breast			
Penny Bates	44, #10	3:11.79	
50 Fly			
Lisa Dahl	44, #3	30.27	
100 IM			
Lisa Dahl	44, #5	1:11.23	

Women 45-49

400 Free			
Mary Lippold	49, #9	5:14.86	
200 Breast			
Judy Hawksworth	46, #7	3:16.36	
100 Fly			
Mary Lippold	49, #7	1:17.75	
200 Fly			
Judy Hawksworth	46, #10	3:24.25	
400 IM			
Judy Hawksworth	46, #8	6:26.92	

Women 50-54

50 Free			
Debbie Glassman	52, #9	31.51	
200 Free			
Debbie Glassman	52, #8	2:40.68	
200 Free			
Nancy Townsend	50, #10	2:41.37	
400 Free			
Nancy Townsend	50, #7	5:43.04	
200 Breast			
Janet Johnson	51, #10	3:45.29	
50 Fly			
Debbie Glassman	52, #8	35.11	
100 Fly			
Debbie Glassman	52, #6	1:20.11	
100 IM			
Debbie Glassman	52, #9	1:23.36	

Women 55-59

100 Free			
Sally Dillon	59, #9	1:19.96	
100 Free			
Kathrine Casey	57, #10	1:20.34	
1500 Free			
Kathrine Casey	57, #8	25:45.19	
100 Back			
Kathrine Casey	57, #7	1:29.77	
200 Back			
Kathrine Casey	57, #8	3:18.85	
200 Breast			
Kathrine Casey	57, #10	3:56.39	
100 Fly			
Kathrine Casey	57, #10	1:39.03	
200 Fly			
Kathrine Casey	57, #10	3:46.48	
200 IM			
Kathrine Casey	57, #5	3:19.96	
400 IM			
Kathrine Casey	57, #9	7:27.74	

Women 75-79

50 Free			
Bernice Phillips	78, #10	74.38	
50 Back			
Bernice Phillips	78, #4	57.60	
100 Back			
Bernice Phillips	78, #4	2:12.90	
200 Back			
Bernice Phillips	78, #4	4:55.64	

Women 80-84

200 Free			
Marion Chadwick	84, #9	6:02.50	
400 Free			
Marion Chadwick	84, #8	12:51.84	
800 Free			
Marion Chadwick	84, #5	27:28.00	
200 Back			
Marion Chadwick	84, #8	6:53.23	
100 Breast			
Muriel Flynn	82, #2	2:21.49	

200 Breast			
Muriel Flynn	82, #2	5:03.70	
100 IM			
Muriel Flynn	82, #4	2:22.36	

Women 85-89

50 Back			
Pat Matthiesen	89, #4	1:32.30	
50 Breast			
Pat Matthiesen	89, #4	1:52.18	
50 Fly			
Pat Matthiesen	89, #2	1:58.65	

Men 18-24

50 Free			
Kyle Ciminski	19, #6	25.50	
400 Free			
Jason Merrifield	20, #8	4:56.20	
50 Back			
Kyle Ciminski	19, #8	31.23	
50 Breast			
Kyle Ciminski	19, #3	31.75	
50 Fly			
Kyle Ciminski	19, #3	27.00	
100 IM			
Kyle Ciminski	19, #6	1:04.77	

Men 30-34

200 Free			
Troy Griffith	34, #10	2:06.44	
100 Back			
Mark Arnold	31, #5	1:04.34	
100 Back			
Todd Doherty	34, #9	1:06.81	
200 Back			
Mark Arnold	31, #5	2:24.14	
100 IM			
Todd Doherty	34, #9	1:04.45	
100 IM			
Troy Griffith	34, #10	1:04.60	
200 IM			
Troy Griffith	34, #6	2:22.06	

Men 35-39

800 Free			
David Kays	38, #10	9:41.18	
1500 Free			
David Kays	38, #6	18:39.69	

Men 40-44

200 Back			
Steven Ruitter	40, #6	2:24.86	
200 Breast			
Steven Ruitter	40, #5	2:45.45	
200 Fly			
Steven Ruitter	40, #6	2:22.51	
200 Fly			
Paul Glezen	44, #8	2:32.67	
200 IM			
Steven Ruitter	40, #5	2:22.87	
400 IM			
Steven Ruitter	40, #5	5:04.92	

Men 45-49

200 Fly			
Dan Robinson	48, #10	2:33.62	
Men 50-54			
800 Free			
Scott Lautman	53, #2	9:39.59	
100 Fly			
Scott Lautman	53, #2	1:01.64	
200 Fly			
Scott Lautman	53, #1	2:20.02	

Men 55-59

1500 Free			
James McCleery	59, #3	19:06.39	
Jim Norris	58, #10	21:17.04	



200 Back James McCleery	59, #8	2:48.78
100 Breast Steven Peterson	59, #10	1:23.03
200 Breast Steven Peterson	59, #9	2:59.27

Men 60-64

400 Free Michael McColly	60, #4	5:08.95
800 Free Michael McColly	60, #1	10:36.58
100 Back Michael McColly	60, #5	1:17.66
200 Back Michael McColly	60, #2	2:43.60
200 IM Michael McColly	60, #3	2:46.24
400 IM Michael McColly	60, #2	5:57.05

Men 65-69

50 Back Gary Chase	65, #1	33.90
Walt Reid	65, #3	40.54
100 Back Walt Reid	65, #1	1:30.72
Lee Carlson	65, #6	1:40.78
200 Back Gary Chase	65, #1	2:45.56
50 Breast Gary Chase	65, #1	38.33
Walt Reid	65, #6	41.36
100 Breast Walt Reid	65, #4	1:35.98
100 IM Walt Reid	65, #6	1:29.37

Men 70-74

200 Fly Tom Foley	71, #8	5:29.59
200 IM Don Rehfeldt	71, #9	4:11.76
400 IM Tom Foley	71, #7	9:42.41

Men 75-79

400 Free Harvey Prosser	77, #3	6:53.68
1500 Free Harvey Prosser	77, #4	26:58.23
200 Fly Harvey Prosser	77, #2	4:53.77
100 IM Harvey Prosser	77, #8	1:48.84
400 IM Harvey Prosser	77, #3	8:44.58

Men 80-84

800 Free Hal Young	84, #8	24:29.78
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Men 90-94

50 Free Gene Crossett	92, #2	1:02.83
100 Free Gene Crossett	92, #3	2:28.23
200 Free Gene Crossett	92, #3	5:17.33
400 Free Gene Crossett	92, #2	10:56.26

Men 200-239

200 Medley Gary Chase (65) Dennis Sawyer (61) Brian Russell (48) Barney Voegtlen (56)	#7	2:19.42
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Men 240-279

200 Free Rick Almberg (61) Allan McDougall (64) Lee Carlson (65) James McCleery (59)	#5	2:19.06
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Men 240-279

200 Medley Lee Carlson (65) Allan McDougall (64) Rick Almberg (61) Jim McCleery (59)	#3	2:39.55
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Women 72-99

200 Medley Erin Jacobson (20) Erin Salman (22) Naomi Jacobson (22) Laura Dowd (22)	#2	2:26.19
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Women 100-119

200 Free Krys Postma (26) Jen Mesler (35) Noel Geary (26) Jennifer Evans (27)	#5	2:06.38
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Women 100-119

200 Medley Jennifer Evans (27) Noel Geary (26) Jen Mesler (35) Krys Postma (26)	#2	2:20.91
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Mixed 120-159

200 Free Margaret Pizer (30) Mark Arnold (31) Renee Hukkanen (28) Kirk Nelson (35)	#3	1:52.92
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Mixed 240-279

200 Free Debby Spence (43) Sally Dillon (59) Harvey Prosser (77) Rick Almberg (61)	#3	2:20.38
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Volunteer Needed for PNA Databases

For many years, PNA's Jim McCleery has been helping keep PNA's records database and membership database current.

But PNA needs a replacement for Jim. That individual needs a good understanding of MySQL, PHP and Linux.

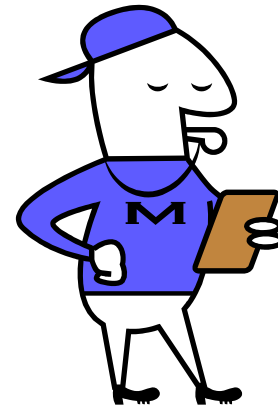
If you're interested in volunteering or know someone who might be, please contact Jeanne Ensign at (206) 234-1354 or jeanne@raincity.com.

Swim Coach Wanted

The Green Lake Aqua Ducks Masters Swim Team (GLAD) at Evans Pool in Seattle is accepting applications for a USMS-eligible or "credentialed" coach, 5:00 a.m. to 6:00 a.m. Mon.-Fri. and 7:00 a.m. to 8:30 a.m. Sat.

Responsibilities include maintaining coaching certifications, developing daily workouts and long-term goals for all swimming levels, coaching for safety and skills and communication with the GLAD board for team improvements. Compensated for time on deck, swim meets, clinics, etc. Position offers above-average compensation and paid vacation time.

If you or anyone you know is interested, call (206) 525-3925.



Swim Coach Wanted

The West Seattle YMCA is seeking a volunteer swim coach.

The YMCA has a group of 15-25 swimmers that are highly motivated but need the assistance of a coach for stroke work and making workouts.

Practices are Mon., Wed. and Fri., 6:00 a.m. - 7:00 a.m.

If you or anyone you know is interested, please contact Mac Snow, the YMCA's aquatic coordinator, at (206) 935-6000.

PNA Presents Third Annual "Coach of the Year" Award to North Whidbey Masters' Neil Romney

Coaches are an essential part of Masters swimming. To recognize PNA's top coaches, PNA has instituted a Coach of the Year Award that is handed out every year at Champs. This year's award went to Neil Romney, who coaches North Whidbey Masters.

Text of Award Speech

The PNA Coach of the Year Award is given in recognition of coaching that stands out in its scope, its impact on a program and the benefits to Masters Swimmers. The Pacific Northwest Local Masters Swimming Committee proudly presents the 2006 Coach of the Year Award to Neil Romney.

Since you began coaching the North Whidbey Masters in 2004, the team has shown significant growth in its membership and even more significantly, participation. In practice the lanes are crowded with swimmers and participation in meets has noticeably increased.

In nominating you for this award, your swimmers listed their top 15 reasons why you should be honored as PNA Coach of the Year.

- Your intelligence and background in the science of exercise makes you uniquely well qualified as a swimming coach.
- Your good humor and positive attitude make you a pleasure to work with.
- You consistently get the best out of your swimmers.
- You ensure that your swimmers are in the appropriate lane for their speed and skill level. This is especially helpful to new team members.
- You make workouts interesting by including activi-



Several members of North Whidbey Masters accept Coach of the Year Award on behalf of Neil Romney. (From left): Michael Chung, Jim McCleery, Rob Densmore, Kyle Ciminski and Lee Carlson

- ties like Pizza Point Relays, circuit training, swimming over mirrors, challenge sets, and distance swim training.
- You will not hesitate to revise a planned workout in order to better accommodate the swimmers for lane management.
- You make time for each of your swimmers and have a positive comment for everyone at practice.
- You vary the workouts yet push each swimmer to achieve his or her best.
- You approach stroke work with drills in an interesting and informative manner.
- You are a great sounding board for swimmers who want to set attainable goals and you help create plans to achieve them.
- You treat each meet and event as a learning experience and you attend meets on your own time.
- You introduce new ideas such as swimming performance measurement.
- You challenge your swimmers to participate in meets, open water and postal events.
- You have patience and treat every swimmer respectfully.
- And finally, you laugh easily and make workouts FUN as well as challenging.

The entire membership of Pacific Northwest Association of Masters Swimmers joins me in congratulating you as the 2006 PNA Coach of the Year.



PNA President Jeanne Ensign Receives 2006 Dawn Musselman Inspirational Swimmer Award

PNA has presented this Inspirational Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913–1986).

Dawn was a long-time PNA member. Not only was Dawn a gifted competitor (still holding 13 SCY, 14 LCM, and 4 SCM records from 1976–1985 for ages 60 to 74!), she inspired others and encouraged them to do their best. In her early days she was an Olympics hopeful. In her last days she continued to inspire her teammates until cancer took its toll.

Presenting the 2006 award at PNA Champs was Steve Peterson, PNA vice president.

Text of Award Speech

The Pacific Northwest Association Local Masters Swimming Committee proudly presents the 2006 Dawn Musselman Inspirational Swimmer Award to Jeanne Ensign.

Jeanne, you have served Masters Swimming at the local, regional, and national administrative levels since joining USMS over twenty years ago. But this award honors you for what you do at the grassroots level here in the PNA. Quoting from Jesse Pace’s nomination letter:

“When I grumbled after swim practice that I was on my way to jury duty, Jeanne said softly, ‘This is your chance to serve your community.’ These unselfish words lingered on my mind for weeks as I thought of all the time and tireless energy Jeanne volunteers not just to her community but to her swim community as well. Jeanne speaks of swimming as her true love and gives back at every opportunity.

“Since joining USMS in the mid-eighties, Jeanne has volun-



Jeanne Ensign, winner of the 2006 Dawn Musselman Award, with PNA Vice President Steve Peterson, who presented the award at PNA Champs on April 9.

teered her service on committees, held USMS board positions, helped organize meets and open water events like the Fat Salmon, and even helped with local triathlons. She is presently president of PNA and treasurer of GLAD. But her personal inspiration is her encouraging gift in sharing her love of the water. She takes time for new swimmers to explain the ropes and, though she is not the fastest swimmer, her technique is solid and she is always willing to share tips. When the team became coachless, Jeanne helped keep us together by becoming coach-credentialed. She is always available in a pinch when a coach is needed.

“Her commitment to her teammates is strong and dedicated. Despite a very demanding full time job, Jeanne has taken the time to accompany and sag for teammates on long bike, run or open water swim events. She will en-

courage consistent swimming attendance and even inspires walks or runs around the lake afterward. She never turns down an invitation for a Saturday social bike ride or lake swim, even in the winter!

“Her words expressing her love to give back inspired me to think more about what I can do, and to pay it forward as she has done.”

Jeanne, for your inspiration to the entire membership of the Pacific Northwest Association of Masters Swimmers, and by your example of good sportsmanship, encouragement and commitment, the PNA is proud to recognize you as our 2006 Dawn Musselman Inspirational Swimmer.



Cold, Rainy Weather Doesn't Dampen April PNA Clinics

By Sarah Welch,
PNA Treasurer

If you were in Seattle on Easter weekend, you might recall the chilly temperatures and thunderstorms. Despite these inclement conditions, 40 PNA swimmers from around the Puget Sound region attended PNA's most recent swim skills clinics. The clinics, which used an outdoor pool at Bellevue's Samena Club, were taught by Bob Bruce, head coach of Central Oregon Masters, and his partner Barb Harris.

Short-Axis Learning

One clinic was devoted to the short axis strokes, breast stroke and butterfly. We learned that they're similar in body alignment, symmetry of stroke, importance of core strength and maintenance of a high-elbow position.

After reviewing videos he took of us, Bob gave tips to each swimmer. In almost every case, the first tip was to work on body alignment and head position to reduce resistance (which increases speed).

Another common tip for proper alignment was "eyes down under; eyes down above." In other words, eyes down all the time.

For some breaststroke drills, we practiced head position alignment by holding a tennis ball under our chins the entire length of the pool (try it, it's difficult).

Proper alignment, we also learned, requires rebalancing your body quickly after inhaling, driving *forward* for both fly and breaststroke with your head and torso and getting streamlined right away. Both strokes require breathing



Bob Bruce teaching the classroom portion of the April PNA clinic

while looking down. Both benefit from being "long" by extending forward in the most streamlined position possible.

Stroke Drills

Bob led us through several drills to help both strokes. For the fly, he recommends body dolphin

(arms at the sides) and one-armed fly. He encourages swimmers to drill rather than to do imperfect strokes.

A common flaw in butterfly is to use the head rather than the chest/core to create the body dol-

(Continued on page 11)

Welcome New PNA Swimmers

Jennifer Bowman
Diane Boyer
Robby Davis
Joan Delgado
Justin Erickson
Angela Evans
John Farris
Lauren Fejarang
Kathleen Flood
Brian Guillen
Kim Harada
Thomas Hayden
Nancy Huntamer
Arina Ivanieva
Brad Kickert

Janae McCullough
Daniel Mercer
Alicia Rasch
Stephen Rich
Luis Rojas
Neil Romney
Michael Schaefer
Brad Scott
Elizabeth Scott
Elizabeth Snyder
Jacob Towle
Scott Ventoza
Jocelyn Waite
Chris Wennerstrom



(Continued from page 10)

Clinic

phin. If you do this, your head and hands bob up and down, creating resistance. By practicing body dolphin (25 yards or more), you can concentrate on the chest/core undulation instead of raising and lowering the arms and head position.

High Elbows

Another tip from Bob was to maintain a high elbow position. This means a high elbow under the water—not above. To illustrate this point, Bob had us try to pull ourselves out of the water and onto the deck with our arms completely straight; it's nearly impossible because of the lack of leverage. But it's easy once you bend your arms and push.

As for arm position after entry, drive hands forward (not down or up). When the elbow is in the right position, the palms are straight down, facing to push water directly back, not up or down. Hence, with both fly and breaststroke, you need to flex at the elbow before you begin to propel yourself. These were probably the most common suggestions for improvement.

In addition to taping us and giving us immediate feedback, Bob and Barb will send individual comments on a DVD to each clinic participant.

PNA is planning additional clinics with Bob and Barb this fall, so stay tuned.

Orcas Island Open Water Swim

A two-day open water challenge, September 9 and 10, in Cascade Lake on Orcas Island. To register and for more information, go to <http://www.islandathleticevents.com/water-challenge/index.html>.

Latest News on XI FINA Worlds Masters Championships

The XI FINA World Masters Championships online meet entry system is up and running. You can now register for all events online. Just click on the "OnLine Entries" button to the right.

Be one of the first 1,000 entrants, and you'll receive a FINA Logo'd blue nylon bag (the bag also has the meet's seal logos on it) when you are accredited at the meet. Over 250 people have registered already, so NOW is the time to register.

Changing Your Times

Worried about your times? Until June third you can go back online and change your meet entry time.

For each team that registers 20 swimmers, the coach will receive a championships coaches' polo shirt. This cool shirt will identify the person as a coach for a team that is competing at the World championships.

You can register for all aquatic disciplines: swimming, open water, water polo, synchronized swimming and diving. However, you must be a member of your federation. For U.S. residents, that means being a member of the governing NGB (i.e., USMS, US Water Polo, US Synchronized Swimming or US Diving).

All relays will be held on Tuesday: the 200 Mixed Free Relay, 200 Mixed Free Relay, 200 Men's Medley relay, 200 Men's Free relay, 200 Women's Medley relay and 200 Women's Free relay. The team leader can enter a time and an event.

The final names do not have to be entered until Monday

Fat Salmon Update



Fat Salmon, a one- and three-mile open water swim in Lake Washington, is scheduled for July 15, pending permit approval by the City of Seattle Parks and Recreation.

Information about this event and the entry form will be posted, as soon as available, at www.swimpna.org and www.fatsalmon.org.

If you want to volunteer to help put on this event or you have questions, please e-mail fatsalmonswim@hotmail.com.

before the relay, so the coach/team leader can see who is swimming at the meet, but all the swimmers must have registered for the meet.

Registration Changes

There have been changes in the registration process. You do NOT have to send two photos with your registration. But, when you go to accreditation, you must bring a government issued ID (e.g., passport or drivers license). Your picture will then be taken and your meet ID will be generated.

Hotels

Want to stay at a hotel or motel in the Stanford area? Now is the time to book a room. You can sign up now, and your credit card will not be charged until July. Most hotel rooms in Palo Alto have been booked, but there are plenty of rooms in Santa Clara and San Mateo.

Pacific Northwest Aquatics (PNA) Registered Teams 2006

Team/Abbreviation	Team Rep/Coach	Pool	Workout Times
Bainbridge Aquatic Masters BAM http://www.bainbridgeaquaticmasters.org/	Brian Russell (206) 842-5849 Brian.russell@earthtech.com Lynn Wells (206) 780-5378 swimlynn@usms.org	Bainbridge Aquatic Center High School Rd & Madison Ave Bainbridge Island	5:30- 6:30 am T/Th 5:30-6:30 am M, W, F Uncoached 9:00-10:00 am M-Th Noon-1:00 pm M-Th 6:30-8:30 am Sat
Bellevue Eastside Swim Team Masters BEST	Michael McKinlay (425) 417-9770 mmckinlay@acm.org http://home.comcast.net/~BESTMasters/	Bellevue Eastside YMCA 14230 Bel-Red Road Bellevue, 98007 (425) 746-9900	6:30-7:30 am MWF 6:00-7:30 am MWF (July - August)
Bellingham Bay Swim Team BBST http://bbswimt.usswim.net/Masters.htm	Larry Bax (360) 332-2317 Larryebax@hotmail.com Todd Edison (360) 647-8417 Toddkedison@hotmail.com	Arne Hanna Aquatic Center 1114 Potter St Bellingham WA	5:30-7:00 am M-F 7:00 -8:00 pm T, Th
Bellingham Masters BMSC	Bob Fish (360) 738-1678 therealfish@msn.com	Arne Hanna Aquatic Center 1114 Potter St, Bellingham (360) 647-7665	5:30-7:00 am M,T,Th,F 7:00-8:00 pm T-Th
Brooks Swimming BS	Hamish Stewart (425) 489-2460 Hamish.stewart@brooksrunning.com Beth Brewster (425) 489-2467 Beth.brewster@brooksrunning.com	NorthShore YMCA	7:15-8:45 am M,W,F
Columbia Athletic Masters CAC Pine Lake	Vincent Cucinell (425) 313-0123 Vincentc@columbiaathletic.com Cynthia Krass (425) 313-0123 Cynthia@soundmultisport.com	Columbia Athletic Clubs – Pine Lk 2930 228 th Ave SE Sammamish WA 98075	5:45 – 7 am T, Th 7:00 – 8:30 am Sat
Evergreen Swim club ESC	Mark Maurer (360) 943-1571 edg@collatg.com Ian Hardie (360) 753-3562 ianhardie@comcast.net	The Evergreen State College Olympia WA 98505	5:30 – 7:00 am M-F 4:30 – 6:30 pm M-F 8:00 – 10:00 am Sat
Federal Way Masters FWM www.fwmasters.com	Hugh Moore (253) 925-0803 weswim@mindspring.com Wendy Neely (253) 838-8408 malwen9@mac.com	1. Weyerhaeuser King County Aquatic Center 650 SW Campus Dr, Fed. Way (253) 296-4444 2. Federal Way High School Pool (Kenneth James Pool) 30421 16th Ave S Federal Way, WA 98003	1. 5:30-6:45 am M-F 7:00-8:00 am T, Th 9:30-10:30 am M,W,F 7:00-8:00 pm M-Th 2. 7:00-8:00 am Sat
Fins of the San Juans FSJ	Blanche Bybe (360) 378-1398 blanche@microscopemechanic.com	San Juan Island Fitness Cntr. 435 Argyle Friday Harbor, WA 98250 (360) 378-4449	6:15-7:15 am M, T, Th, F
Fort Steilacoom - WAKO FTSW	Kathrine Casey (253) 588-4879 Kathyj.casey@comcast.net Walt Reid (253) 588-4879 Walt.reid@comcast.net	Lakes High School Pool 9401 Farwest Dr SW Lakewood, 98498 Clover Park High School 11023 Gravelly Lake Drive SW Lakewood, WA 98498	5:30-6:30 pm M,W 6:00-7:15 am M-F
Greenlake Aquaducks GLAD	Clark Pace (206) 525-3925 pacec@u.washington.edu Jeanne Ensign (206) 324-1354 Jeanne@raincity.com	1. Evans Pool 7201 E Green Lake Dr N Seattle, 98115-5301 (206) 684-4961 2. Coleman Pool (Outdoor, 50m) Lincoln Park, West Seattle	1. 5:00-6:00 am M-F 7:00-8:30 Sat 2. Saturdays : 5/ 27 – 7/22 6:30-8:00 am 7/29- 9/9 7:30-9 am. Open to all USMS members - \$7.00 drop in
Husky Masters HMST	Kiko VanZandt (206) 524-2417 cuanzan@attbi.com Kim Harada 206-543-6644 Harada@u.washington.edu Erin Kloss 206-910-5160 Emk2@u.washington.edu	U of W Pool, Graves Annex University of Washington Seattle, 98195	5:40 pm – (varies) M-F http://groups.yahoo.com/group/huskymasters/
Issaquah Swim Team ISST	Ty Rudolph (425) 392-3996 office@istsockeyes.com Stephanie Wang (425) 392-3996 Office@istsockeyes.com	Klahanic lakeside Pool 4210 244 th PI SE Issaquah, WA 98029	5:30-7:00 am M, W, F
Lynnwood Sharks LWS	Ron Oren (425) 712-9878 roonytues@hotmail.com Katie Asp (425) 771-4030 Katieasp@aol.com	Lynnwood Pool 18900 44 th Ave W Lynnwood 98012-5737	8:15-9:30 pm M, W 6:05-7:30 pm F

Mercer Island Redwoods MIR	Tomn Robertson (206) 232-7939 tomrobt@u.washington.edu	Mary Wayte Pool 8815 SE 40th St Mercer Island, 98040	5:30-7:00 am M,W,F
North End Otters NEO	Robin O'Leary (206) 525-7725 robinoleary@comcast.net	Shoreline Pool, (206) 296-4345 19030 1st Ave NE Shoreline, 9155	7:00-8:00 am M-F
Northshore Y's Guys NSYG	Pete Gillis (425) 489-4373 petegill@exchange.microsoft.com	Northshore YMCA 11811 NE 195 th St Bothell, 98011	5:00-6:30 am M-F 8:30-9:45 pm M, W
North Whidbey Masters NWM http://www.pioneernet.net/pool/	Sally Dillon (360) 679-5038 salswmr@verizon.net Neil Romney 360-675-7665 headcoach@oakharborpool.net	John Vanderzicht Memorial Pool 85 SE Jerome St Oak Harbor 98277 (360) 675-7665	5:30-7:00 am M,T,Th,F 12:00-1:15 pm M,W,F 8:00-10:00 am Sat
Old Olympic Peninsula Swimmers OOPS	Frank Warner (360) 692-1040 frank@frankwarnercpa.com	Naval Base Kitsap Bangor MWR Pool Ohio St Bangor WA 98315	4:30-5:30 pm
Orca Swim Team ORCA http://www.teamseattle.org/orca/	Chris Bresemann/Ross Linderman captains@orcawimteam.org Paul Ikeda, gladorca@aol.com www.teamseattle.org/orca	Seattle U-Connolly Center 14th Ave & Cherry St	5-6:15 pm Sun 7:30-8:15 pm M 8:00-9:15 pm W, Th 7:30-8:15 pm F
Poseidon Aquatic Club PAC	Kelli Denney 360-956-1948 coachkelli@comast.net	North Thurston/River Ridge HS Pools Lacy	5:30-7:00 am Tu, Th, F
Phinney Ridge Swim Club PSC	Peter Berner-Hays (206) 706-1184 BernerHays@cs.com Bob Martin	Ballard Pool Queen Anne Pool Lake Washington	6:00 - 7:00 am T, Th 7:30-9:00 am Sat May - September
Port Townsend Masters PTMS	Ann Bailey (360) 385-6351 johnnann@olypen.com	City of Port Townsend Municipal Pool 1919 Blaine St Pt. Townsend	10:30-Noon Sun 6:30-8:30 pm Wed
Queen Anne Masters QASC	Ed Artis (206) 793-3099 edmainlines@comcast.net	Queen Ann Pool 2121 1 st Ave W Ballard Pool 15 th NW & NW 67 th	8:00-9:30 pm Wed 8:00-9:00 pm Fri 9:30-11:00 am Sun (Ballard)
Rainier Foothills Swim Team RFST	Ann Bettencourt (360) 829-1873 annbettencourt@comcast.net	Enumclaw Pool 420 Semanski St Enumclaw	5:00- 6:30 pm M-F 5:00-6:00 pm Fri
Redmond Aqua Hotshots RAH	Stella Preissler (425) 868-1883 Stellamarie4@juno.com	Redmond City Pool	6:00-7:30 am M-F 8:30-9:30 am Sat-Sun 11:30-1:00 pm M-Sun 8:00-9:00 pm M-F
Seattle Athletic Club/Northgate SAC	Rebecca Logsdon (206) 522-9400 Christian Bruhn (206) 362-3696 cbruhn@sacng.com .	Seattle Athletic Club Northgate 333 NE 97 th Seattle, 98115	Varies
Samena Masters SAMM	Stephanie Segovia (425) 746-1160 stephanies@samena.com Dionne Reed (425) 746-1160 Dionnereed@hotmail.com	Samena Swim & Rec Club 15231 Lake Hills Blvd Bellevue, WA 98007	5:45 – 6:45 am M, W, F
Swim Seattle Redhawk Masters SSRM	Sarah Welch (206) 723-1814 sarahwelch@comcast.net Emily Weber Emily70480@hotmail.com	Seattle U. -Connolly Center 14th Ave & Cherry St Seattle, 98122	6:00 - 7:00 am M-F 7:00 – 8:00 am M, W, F
Storm Aquatics Masters STRM	Jeff Tinius (360) 568-2978 Stormaquatics02@hotmail.com	Lk Stevens High School Pool	5:30 – 6:30 am M, W, F
Skagit Valley YMCA SVY	Megan Elder-McCoy (360) 336-9622 meldermccoy@yahoo.com Shannon Singer (619) 665-1093 Ssinger70@aol.com	Skagit Valley Family YMCA 215 E Fulton St Mount Vernon, WA 98273 (360) 419-7207	5:00-6:00 am M-F 12:00-1:00 pm M-F 7:00-8:00 pm M,W
South Whidbey Island Swells SWIM	Kathy Rogers (206) 442-6815 KatherinePRogers@hotmail.com Kristi Eager (360) 321-4469 kritty@pioneernet.net	Island Athletic Club 5522 Freeland Ave, Freeland, WA 98249	5:30-6:30 am W, F
Tacoma Pierce County YMCA TacY	Kris Speir (253) 627-5573 Kspeirtr6@aol.com Dan Balderson (253) 460-8834 Dbalders@ymcatacoma.org	Morgan Family YMCA 1002 S. Pearl Tacoma, 98465	7:00-8:30 pm M, W, F
Tigers TIG	Tom Foley (206) 937-5585 lilmot@hotmail.com	Various pools and times	

Tumwater Valley Authority TVA	Eric Valley (360) 486-4959 evalley@hctc.com Don Martin	The Valley Athletic Club Tumwater WA	5:30-7:00 am M,W, F
Washington Athletic Club WAC	Jennifer Mesler (206) 464-3086 kcmesler@wac.net	Washington Athletic Club 1325 6 th Ave Seattle, WA 98101	6:30-7:30 pm M-Th Need to be a member of Washington Athletic Club
Whatcom County YMCA WCY	Pat Barr (360) 325-6037 pasquale-jb@comcast.net Taan Donoso (360) 354-0807	Lynden/Whatcom County YMCA	6:00-7:30 pm M, W, Th
West Coast Aquatics Masters WEST	Kelly McDermott (425) 745-3474 westswimmom@comcast.net	West Coast Family Aquatic Center 15622 Country Club Dr Mill Creek, WA 98012	6:30 – 7:45 am M,W,F 11:30-12:45 pm M,W,F 8:30 – 9:45 pm M,W,F 9:00 – 10:15 am Sat
Western Washington U. Masters Swimming WWUS	Erin Salman salman@cc.wvu.edu	Wade King Recreation Center Western Washington U	8:00 – 10 pm T, Th
West Seattle YMCA Dolphins WSYD	Christine Pruneau (206) 937-5621 cpruneau@quidnunc.net Chaya Amiad (206) 706-9712 cpruneau@jps.net	West Seattle YMCA 4515 36th Ave SW Seattle, WA 98126	6:00-7:00 am M,W,F 10am-11:30am, Sun Stroke Clinic

The above information may change with personnel changes, seasons and pool maintenance. Please contact the Team Representatives and Coaches for up-to-date information.

If you do not see your team on this list, it is because it was not registered this year and we do not have current infor-

2006 Pentathlon Moves to Sunday

The North Whidbey Masters “Afterburners” will host their ninth annual pentathlon meet in Oak Harbor on Sunday, September 24.

In addition to the original three pentathlon divisions, this fun, short-course meters meet will include last year’s new event, a 1500 meter freestyle, as well as last year’s new Brute Division. That means the meet’s four divisions will be as follows:

Sprinter’s choice – swim 50 each of fly, back, breast, free and the 100 IM

Middle Masters – 100 of each stroke and the 200 IM

Animals – 200 of each stroke and the 400 IM

Brute – 200 fly, 400 IM and the 1500 free

Warm-ups begin at 9:00 a.m. for the 1500 (10:00 a.m. start) and at noon for all other events (1:00 PM start).

Forms for entering the Annual Postal Pentathlon will be available. And special rosette ribbons will be awarded to the age group winners of each division.

If you don’t want to swim all four strokes, feel free to enter as many as five individual events. However, steer clear of back-to-back events because there is very little rest between distances of each stroke.

You can find plenty of fun things to do on Whidbey Island for the morning or the weekend. Among them: visiting Deception Pass State Park or strolling along Pioneer Avenue in Oak Harbor’s old town. There’s also Fort Casey and the historic towns of Coupeville and Langley.

See page 18 for an entry form.

Saturday Swims at Colman Pool



You are invited to Saturday morning swim workouts at Colman Pool starting May 27, 6:30 a.m. to 8:00 a.m. (start time changes to 7:30 a.m. from July 29 on). All currently registered masters swimmers are welcome.

Workouts will continue through September 9. No workout July 1 or July 15. Workouts sponsored by GLAD. \$7 drop-in fee.

This is a great chance to practice in a 50 meter pool in preparation for XI FINA World Masters meet in August.

TITLOW MEET
PNA LOCAL MASTERS SWIMMING COMMITTEE MEET SANCTION #063605
LONG COURSE METER SPRINT MEET: June 17, 2006
 Hosted by: Metro Parks Tacoma

SPRINT EVENTS	
#	Event
Saturday, June 17	
1	200 Free
2	100 Back
3	50 Fly
4	100 Breast
5	50 Free
BREAK	
6	100 Fly
7	50 Back
8	100 Free
9	50 Breast
10	200 IM

DATE: Saturday, June 17, 2006
TIME: Warm-up: 8:00 AM; Meet starts 9:00 AM
LOCATION: 8355 6th Ave Tacoma
 Titlow Pool is an outdoor 50-meter pool with a minimum depth of 3 feet and a maximum depth of 10 feet.
PHONE: (253) 591-2042 for questions before meet
MEET DIRECTOR: Dane Wolfstrom
CONCESSIONS: Not available.
RULES: Current USMS Rules will govern the meet.
ELIGIBILITY: Open to all USMS 2006 registered swimmers, 18 and above as of June 17, 2006. Swimmers from outside PNA must send a copy of their current registration card.
SEEDING: Slow to fast
TIMING: Semiautomatic with two buttons per lane
AWARDS: Available for purchase at the Meet

DIRECTIONS: From I-5 North or South, take Highway 16 West to Jackson Ave. Turn left on Jackson and drive 0.2 miles to Sixth Ave; turn right and follow to the pool. Pool will be on your right at the bottom of the hill.

Website: For more information, visit the PNA website (www.swimpna.org).

NO DIVING

DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT: _____
 PHONE NUMBER: _____

TITLOW MEET Hosted by Metro Parks Tacoma
PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: June 17, 2006 Meet Sanction # 063605
PLEASE PRINT CLEARLY

NAME: _____ M F AGE (as of 12/31/06): _____
 ADDRESS: _____
 PHONE: _____ BIRTHDATE: _____ USMS #: _____
 TEAM: _____ or UNAT: _____ LMSC: _____

AGE GROUP (determined by your age as of December 31, 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 plus relays. Circle if this is your **first Masters meet**: Y

EVENT NUMBER	EVENT	SEED TIME (meters)

ENTRY FEES: \$ 9.00 (includes LMSC & electronic timing fees)

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

Total: \$ _____ [from \$10.00 (one event) to \$14.00 (five events)]

Please make checks payable to: Metro Parks Tacoma

Mail this entry form and fees to: Dane Wolfstrom c/o Eastside Pool
 3524 East L Street
 Tacoma, WA 98404-3929

Entries must be received by: **June 8, 2006**

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: _____

"GET PSYCHED FOR WORLDS!" LONG COURSE METERS MEET
Hosted by the Puget Sound Swim Club of Port Orchard
 Sanctioned by the Pacific Northwest Association of Masters Swimmers LMSC
 for USMS, Inc. Sanction # 063606

DATE: **Saturday, July 8, 2006**

TIMES: Warm-up*: **8:00 – 8:55 AM**, Meet starts: **9:00 AM**

PLACE: South Kitsap High School pool,
 425 Mitchell Avenue, Port Orchard WA 98366. 360-874-5741

MEET DIRECTOR: Steve Peterson: 360-692-1669, 360-981-5075 (cell), *speterson@bandwagon.net*

FACILITY: This indoor venue has seating for 200+ people. The six-lane 50-meter pool's adjustable floor will be set to provide competition water depth of seven to thirteen feet.

*One lane will be available continuously for warm-up and warm-down.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2006 USMS and foreign registered swimmers age 18 and above as of July 8, 2006. (Note: for meters meets, your age is as of December 31, 2006!)

DIRECTIONS: From I-5: Take Highway 16 toward Bremerton. Take the Sedgwick exit (19 miles from the bridge). Turn right onto Sedgwick, head east... Turn left at Bethel Road (stop light). Bear right at 'Y' onto Mitchell Road, which becomes Mitchell Avenue. High School is on right after approximately 1 mile. (Watch for small "pool→" sign.)

From Bremerton: Take Highway 16 toward Tacoma. Take the Tremont exit, head east. Continue as Tremont becomes Lund Ave...

ORDER OF EVENTS (PNA Order #1) (Seeding slow to fast. Deck-enter relays at the meet.)

Saturday, July 8, 9 AM			
1	400 Free (check in by 8:30)	11	200 Breaststroke
2	400 IM	12	50 Backstroke
3	200 Freestyle Relay	13	100 Butterfly
4	50 Freestyle	14	200 Medley Relay
5	100 Breaststroke	5 minute break	
6	200 Backstroke	15	200 Freestyle
7	50 Butterfly	16	50 Breast
8	200 Individual Medley	17	100 Backstroke
5 minute break		18	200 Butterfly
9	200 Mixed Free Relay	19	200 Mixed Medley Relay
10	100 Freestyle	20	800 Free (check in before Event 17)

Visit the PNA website at www.SwimPNA.org for the latest information.

SAFETY FIRST

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

Check-in is required: for the **400 Free** (deadline: **8:30 am**) and **800 Free** (deadline: **start of Event 17, 100 Back**). Swimmers who do not check in by the deadline may be scratched from the event.

"GET PSYCHED FOR WORLDS!" LONG COURSE METERS MEET
Hosted by the Puget Sound Swim Club of Port Orchard
 Saturday, July 8, 2006 Sanction # 063606

NAME: _____ M F AGE*: _____

ADDRESS: _____

PHONE: _____ Email: _____

BIRTHDATE: _____ USMS #: _____ - _____

CLUB _____ or UNATTACHED _____ LMSC: _____

EMERGENCY CONTACT: _____ PHONE: _____

*AGE GROUP (Determined by your age as of DECEMBER 31, 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 INDIVIDUAL EVENTS PLUS RELAYS** Your first Masters Meet?

EVENT NUMBER	EVENT	SEED TIME (Long Course Meters)

ENTRY FEE: \$ 9.00 Surcharge (Includes LMSC & electronic timing fees)

Individual Events: + _____ \$1 per event. No charge for relays.
 Optional for age 65 and over and needs-based swimmers.

Total: \$ _____ Please make checks payable to **PNA**

Mail this entry form and fees to: Steve Peterson
Postmarked by June 28 11165 Central Valley Road NW
 or received by July 1, 2006 Poulsbo WA 98370

Include a copy of your Masters registration card if you are not a PNA member.
 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: _____

6th Annual Lake Padden 2.5K Zone Championship and 5K Open Water Swims

Saturday, July 22, 2006

Hosted by Bellingham Masters Swim Club

Sanctioned by PNA for USMS # 06OW/3601

NAME: _____ USMS # _____ - _____

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

Date of Birth: _____ Age (on race day): _____ Gender (circle): M F

Email address: _____

Emergency contact & phone: _____

Indicate event choice (circle): **2.5K** **5K**

Entry fee: \$30

Canadian fee: \$33

Race Day Entry fee: \$35 (\$35 CAN)

One-event USMS fee: \$10

T-shirt size (circle) M L XL

For more information go to the PNA

Web site at www.swimpna.org

Make checks payable and mail to:

Bellingham Masters Swim Club

Corey Chaplin

3101 Maple Ridge Ct.

Bellingham, WA 98229

happychaps@comcast.net

Liability 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 THERE TO, 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Must be signed and dated for acceptance.

Signed: _____ Date: _____

Events: 2.5K and 5K open water swims will be conducted on a triangular course in freshwater Lake Padden. The 2.5K swim is the 2006 NW Zone Championship. Both events start in the water and finish on the beach.

Schedule: 8:00 – 8:45 a.m. Check-in for all swimmers
 8:45 a.m. Pre-race briefing
 9:00 a.m. 5K start
 9:15 a.m. 2.5K start (may be a joint start)

Location: Lake Padden Park, Bellingham, WA. Hiking, biking, running trails, a large barbecue, and a play area for the family are available. Restrooms, showers, and changing facilities are located at the start/finish area.

Eligibility: USMS or Canadian Masters registered swimmers 18 years of age and older as of July 22, 2006, are eligible to compete. All competitors without a USMS or Canadian Masters registration must pay a \$10 one-event USMS registration fee at check-in. Non-PNA swimmers must submit a copy of their current registration card with their entry.

Entry Fee: The \$30 (\$33 CAN) entry fee includes a t-shirt and swim cap. All entrants will be required to wear the official race cap during the swim.

Entry deadline: Received by: 07/08/06. You may register race day for an additional \$3 but a **t-shirt will NOT be included** with your entry fee.

Rules: Current USMS rules will govern this event. The use of neoprene wetsuits is allowed. With the exception of Zone ribbons, no individual awards will be presented.

Safety: Lifeguards and safety boats will monitor the entire racecourse. Swimmers must wear the swim cap provided and their race number on their upper arm, leg, or hand.

Results: Results will be posted after each event and be available on the PNA web site shortly after the event.

Directions: Southbound I-5 take Exit 254. Follow exit to the light and stay in the left lane. Left at light onto Samish Way. Go across freeway and turn right at light. Follow road to entrance to Lake Padden – on the right about 2 miles. Northbound I-5 take exit 246. Follow exit right to stop sign. Turn left and follow road to the 2nd Lake Padden entrance. Park in the available lots. Registration will be by the building with the changing rooms.

9th ANNUAL SHORT COURSE METERS PENTATHLON MEET WITH ADDITIONAL "BRUTE" DIVISION

Hosted by North Whidbey Masters (Sanction #063607)

ORDER OF EVENTS (#1)	
#	Event
1	1500 free
2	200 fly
3	100 fly
4	50 fly
5	200 back
6	100 back
7	50 back
8	200 breast
9	100 breast
10	50 breast
11	200 free
12	100 free
13	50 free
14	400 IM
15	200 IM
16	100 IM

DATE: Sunday, September 24, 2006

TIME: 1500 – Warm-up at 9 am, meet starts at 10 am
check-in by 9:30 am
Pentathlon - Warm-up 12 pm Meet starts 1:00 pm
Check-in by 12:30 pm

LOCATION: John Vanderzicht Memorial Pool
85 SE Jerome St
Oak Harbor, WA 98277
Phone: 360-675-POOL

MEET DIRECTOR: Sally Dillon
Phone: (360) 679-5038
E-mail: salswmr@verizon.net

FACILITY: Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2006 USMS or MSC registered swimmers 18 and above as of 9/24/2006. Age groups based upon the swimmer's age as of 12/31/06. Entries must be received by the meet director by Saturday, September 16 with the following exception: **Race day entries will be accepted for an additional \$5.00 (US) late fee until 9:30 am for the 1500 free and 12:30 pm for all other events.**

SEEDING: Slow to fast. **ALL EVENTS WILL BE DECK SEEDED - CHECK-IN IS REQUIRED.**

TIMING: Electronic timing will be used.

AWARDS: All participants will receive a certificate. Special awards will be presented to the fastest 3 swimmers in each age group for each division of competition. No separate awards will be given for individual events.

THE COMPETITION: In order to receive awards, swimmers must enter all of the events that "complete" a division. The divisions are:

"Sprinters Choice" Pentathlon Division 50 each of fly, back, breast, and free plus a 100 IM
 "Middle Masters" Pentathlon Division 100 each of fly, back, breast, and free plus a 200 IM
 "Animal" Pentathlon Division 200 each of fly, back, breast, and free plus a 400 IM
 "Brute" Division 200 fly, 400 IM, 1500 free

There will be a short break after each stroke. Pentathlon/brute results will be calculated by adding the total time swum in the division's events. Swimmers competing will have a "time penalty" if they are disqualified in an event. It will be assessed as follows: ADD 5 seconds for each 50 of the event. Swimmers who try to abuse the disqualification system will be eliminated from the competition.

WEB SITE: Visit the PNA website at www.swimpna.org for updated information.

DIRECTIONS: Take highway 20 to Oak Harbor. Turn east onto Whidbey Avenue. Proceed 1/2 mile to SE Jerome St. Turn right onto Jerome—the pool will be on the right.

SAFETY FIRST!

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

9th Annual Short Course Meters Pentathlon + Brute event

Sunday, September 24, 2006

(Sanction #063607)

NAME: _____ M F AGE as of 12/31/2006: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

E-MAIL ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS or MSC #: ____ - _____

Local Team _____ or UNATTACHED _____ LMSC _____

USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED _____

EMERGENCY CONTACT: _____ PHONE: _____

AGE GROUP (Circle one - determined by your age as of December 31, 2006)

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		Circle if your first Masters meet: Yes
EVENT NUMBER	EVENT	SEED TIME (for SC METERS)

ENTRY FEES: \$14 (\$17 Canadian)
 \$10 (\$13 Canadian) for seniors (65 & over)
 \$10 (\$13 Canadian) for entering only the 1500 meter free
 Race day entries will be accepted for an additional US \$5.00 late fee (see Eligibility)

Please make checks payable to: **NWAC** Direct questions to Sally at:
 Mail this entry form and fees to: **Sally Dillon** salswmr@verizon.net
PO Box 845 360-679-5038
Oak Harbor, WA 98277

Pre-entries must be **received** no later than Saturday, September 16, 2006. **Add \$5 late fee for all others.**

Please include a copy of your Masters registration card if you're NOT a PNA member.

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SIGNED: _____ DATE: _____



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.

- A. Regular:** 11/01/05 thru 12/31/06 **\$35**
- B. Need-based or Seniors (65 & over):** \$25
- ~~**C. End of Year** 09/01/06-12/31/06 **\$20**~~
- Foreign address, add \$10

Make check payable to: **PNA**
 Mail to: Arni H. Litt, Registrar
 1920 10th Ave E
 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

TEAMS

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



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 _____

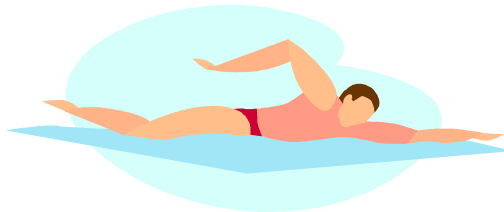
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Change of Address

New Subscription

May-June 2006 Issue



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Seattle, WA 98102-4253

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