

# THE WETSET

## Pools Under Pressure

by Sarah Welch, PNA Board Member

Pools are at risk all over the Puget Sound region. As Masters swimmers, we depend on access to publicly-operated pools, and we can sometimes take that access for granted. Not this year. We haven't seen this level of pool closures since the early 2000's when King County 'got out' of the swimming pool business. Here's a roundup of what pools are at risk, some success stories, as well as some suggestions for how you can help.

As both kids and adults returned in the fall from summer holidays, swimmers got a big dose of bad news. Seattle University (SU) shut down their shallow pool due to structural problems discovered during the annual maintenance program. With the loss of that pool, the university cancelled their 3-times-daily Masters practices to provide students and the varsity team access to the main pool. (Note, ORCA still rents the SU pool in the evenings). Seattle University is 'reevaluating' the status of the pool at year end, so stay tuned.

As Steve Peterson mentions in his Leading Off column, even open water swimming is affected by cutbacks in park budgets. Two

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## Pacific Northwest Association of Masters Swimmers



## Coming Soon To Your Local Pool!

### The 33rd Annual One Hour USMS National Championship Postal Swim

Here's a great way to get your year off to a strong start. Train hard in December and challenge yourself to a test of endurance in January. The One Hour Postal Swim is a very popular USMS event and can provide a lot of fun for you and your teammates. Meet the challenge this year and see how far you can swim in one hour!

If you're not familiar with postal events, review the FAQ on page 7 in this issue. The official entry form is at [www.usms.org/longdist/](http://www.usms.org/longdist/). Talk to your coach and/or teammates and formulate a plan to do timed swims for 10, 20, or 30 minutes in December to build up your endurance. Then set a date and arrange

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## Coaches Corner

### Setting Goals

*Excerpt from AquaMaster article by Jody Welborn, first published in July/August 2005, reprinted with permission.*

Goal setting is a very important part of my swimming. It allows me to evaluate where I am and where I want to be. And I have learned over the years that there are specific steps I must follow when I set goals.

First of all, the goal must be specific. For me, this means identifying the goal (swim the 5K/10K, achieve a certain time in a specific event in competition, etc.) and writing it down. It always amazes how my written goals are so much easier to reach than the ones that casually float through my mind.

The goal should be measurable. This is something great about swimming. Any goal you set is easily measurable whether it is a distance, a

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## LEADING OFF



BY PNA  
PRESIDENT STEVE  
PETERSON

All right!  
You've

renewed your USMS membership, voted on the revised PNA bylaws and are getting your annual training plan for 2010 squared away. Excellent! If you haven't done so, however, there's still time to renew – just follow the link in the email from Registrar-extraordinaire Arni or click “Join/Renew” in the upper right corner of the USMS home page. (Seniors and need-based members eligible to receive our discounted rates will have to apply by snail-mail.) Thank you for being a member!

### Pools Under Pressure

As Sarah Welch indicates in her feature article, participating in our sport presents the challenge of maintaining – let alone expanding – access to Seattle-area swimming facilities in this economy. In my neck of the woods, Kitsap County Parks &

Rec officials are considering closing Horseshoe Lake and Wildcat Lake Parks through 2010 to help balance their budget. (Wildcat Lake has become increasingly popular to local open water enthusiasts, including me.) Fortunately, the Husky Masters have been successful in regaining access to their pool, and Silverdale's new Haselwood Family YMCA remains on schedule to open by fall 2011.

### Communication is Key

How do you like the new look of *The WetSet*? Editor Ron has dived in headlong, executing a smooth relay exchange with Paul. During the transition I warned Ron that I typically generate numerous picky suggestions and corrections. So when I noticed that some of my enhancements weren't in the November issue, I was chagrined to discover that I'd emailed everyone on our pre-publication review team except Ron! My key items of note are that Co-Meet Director Dac Cuthbert wrote the BAMFest article and that BAM's age-group volunteers

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United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have 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.

## The WetSet

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Officiating: Kathy Casey/Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

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## PNA Board Meeting (Sep 29)

by Herb Cook, PNA Secretary

**Budget Adjustments.** The Board approved two additions to the 2009 expense budget: \$900 for additional meet awards, and \$1,200 for Board Retreat expenses.

**Convention Recap.** President Steve Peterson reported that Lisa Dahl and Paul Freeman had received Dot Donnelly service awards at the USMS Convention in Chicago—Lisa for her leadership roles in PNA's club and team development efforts, Paul for his distinguished service as editor of *The WetSet* from March 2003 through September 2009.

**Revised Bylaws.** Jane Moore reviewed a final group of proposed amendments to the PNA Bylaws. The revised Bylaws and a proposal to repeal the PNA Constitution will be presented to all PNA members for approval during PNA's annual membership renewal cycle in November and December, 2009.

**Registration.** PNA Registrar Arni Litt reported that USMS is raising Annual Membership, End-of-Year Membership and One-Event registration fees by \$2 each for 2010. All registrations will be online unless a member specifically "opts in" for paper registration. The Board approved the following Registration Fees for 2010:

Annual	\$42 (\$27 USMS + \$15 PNA)
End-of-Year	\$27 (\$22 USMS + \$5 PNA)
One Event	\$20 (\$12 USMS + \$8 PNA)
Seniors/Need-Based	
	\$30 (\$27 USMS + \$3 PNA)
Team Registration	\$12

**Funding Appeal.** The Board agreed to forward to the Trustees of the Wiggin Fund a request for donations to pay an age group swimmer's club dues and monthly fees.

Read the full Minutes at: [www.swimpna.org](http://www.swimpna.org)

## USMS & PNA Rules

Don't forget that when you renew your U.S. Masters Swimming registration for 2010, we are asking you to vote on changes to the PNA bylaws. Every vote is important because changes to the current constitution require a two-thirds majority vote by at least 25% of the membership. Changes to the current bylaws require a simple majority of 30% of the membership.

You can review the current and proposed documents on-line. The current constitution & bylaws are posted at <http://www.swimpna.org/pdf/misc/PNAbylawscurrent.pdf>

The proposed revisions are posted at <http://www.swimpna.org/pdf/misc/PNAbylawsrev2009.pdf>

If you have questions, contact Jane Moore at [swimmoore@comcast.net](mailto:swimmoore@comcast.net).

## Time To Renew Your Registration!

A reminder from PNA Registrar Arni Litt

It's December, and that means it's time to renew your USMS membership. Your 2009 membership expires December 31, 2009.

The 2010 membership fee is \$42; \$27 for USMS and \$15 for PNA.

In early November, you received an email reminder and a link to your personalized online membership renewal form. Members without email addresses received a renewal form by mail. You can print your card online or choose to receive one by mail.

Note that seniors and need-based renewals will need to use the paper form since that discount is offered by PNA, not USMS.

Make sure you vote on the changes to the PNA Bylaws. In order for your registration to be complete, you MUST vote to Approve (For), Disapprove (Against), or Abstain!

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## A Success Story

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### HUSKY MASTERS SAVE THEIR POOL

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The University of Washington's decision to disband their intercollegiate swim team last May left the Husky Masters club in limbo. For three months, they worked with the Intramural Activities department (which now had responsibility for the pool) to agree on workout access and a new fee structure.

According to club president Tim Essington and member Kirk Nelson, keeping that dialogue alive was key to their success. Although they currently have only three workouts each week, as opposed to the five they had before, the vast majority of their swimmers are back in the water on a regular basis. If their efforts to recruit additional members are successful, the new fee structure will allow them to expand their workout schedule.

Congratulations to Husky Masters!

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## Leading Off

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should have been credited for their help instead of me.

### Retreat Recap

Independent facilitator Ethan Smith led a dozen of us through a constructive day at PNA's retreat on October 24. Read about the highlights in the article below.

### Big Meet!

What a turnout for the first annual "Get Ready for Thanksgiving" SCM meet in Oak Harbor on November 22 – over 140 competitors signed up! *The WetSet* will feature this event and its results in the January issue. Meanwhile, I hope to see you at the Anacortes meet on January 10.

Have a wonderful holiday season and great new year!

*Steve*

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## PNA Board Retreat Recap

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The PNA board held a planning retreat in October, building on the work done at a similar retreat last year. We again hired an outside consultant to facilitate our discussions as we worked through some challenging topics.

Most significantly, we realized the PNA board can increase its effectiveness by doing more work in committees, rather than trying to rush through every issue during our monthly board meetings. You will hear more about these committees – and your opportunity to join those of interest to you – in the future. We also have several functions – most notably that of the registrar – in need of volunteer support.

An important outcome of the retreat was PNA's commitment to develop a strategic plan that supports the USMS strategic plan and our long-term objectives. We believe this process will help us prioritize the myriad ideas which the Board receives. In keeping with our new working philosophy, Toby Coenen will head up the committee working on the strategic plan.

Our retreat also served as an opportunity to revisit the eight standing agreements made at last year's retreat. Although we concluded that the Board has not been diligent in adhering to them, we remain committed to them as valuable guidelines for our organization. You can read them on our website at [www.swimpna.org](http://www.swimpna.org).



## Setting Goals

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number of workouts, or a number of beers after evening practice.

The goal has to be attainable. It doesn't have to be easy, and indeed should be challenging and require commitment, but it does need to be something you believe you can achieve.

The goal should be relevant. It has to be something that interests you. For example, there is no reason for me to set "swimming an open water 10K" as a goal because it doesn't interest me to spend over 3 hours in bone-chilling water when I could be on the shore visiting with my friends. On the other hand, swimming the 5K postal event is something that does interest me and would be an excellent goal.

The goal should be timely. There must be a deadline that you can "see." As I read once, "a goal without a deadline is only a wish."

If you look back over the steps, you will see they spell SMART.

### Attention PNA Coaches!

Do you have a favorite workout, or key technique tip, to share?

Contribute to the PNA swimming community by writing an article for our Competition section.

Contact Ron Rhinehart ([ron@creative-island.net](mailto:ron@creative-island.net)) for details.

## Rules Corner

*by Kathy Casey, USMS Rules Chair*

### Questions And Clarifications

#### 1. Wrist Watches:

Question: If I wear a wrist watch during the 1650, will I be disqualified?

Answer: No, if you do not use it as a pacing device. Yes, if you use it as a pacing device (102.15.9).

#### 2. 15-Meter Rule:

Question: Three of the stroke rules specify that a swimmer's head must break the surface within 15 meters of the start and after turns. Does the head have to break the surface 15 meters from the wall or can the head break the surface when the swimmer's feet have traveled 15 meters from the wall?

Answer: The head has to break the surface at or before the 15-meter mark. If the head breaks the surface when the feet pass the 15-meter mark, that is a DQ. The head must break the surface of the water not more than 15 meters (16.4 yards) after the start and each turn (101.3.2, 101.4.2, and 101.5.2).

#### 3. Breaststroke Turn:

Question: If I touch the wall in the middle of a stroke cycle (after the arm pull), am I disqualified for not completing the stroke cycle with a kick?

Answer: No. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order (101.2.2). The breaststroke turn rule (101.2.4) refers to the last complete or incomplete cycle preceding the touch, so a swimmer can touch the wall after an arm pull (an incomplete cycle).

*(Kathy Casey is the Rules Chair for the national USMS organization, and a member of the PNA Board of Directors. These rules originally appeared in the Spring 2008 edition of Streamlines, the national USMS newsletter, and are reprinted with Kathy's permission.)*

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## Anacortes SCY Meet

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January 10, 2010

The first PNA meet of 2010 will be hosted by Thunderbird Aquatics, and held at their pool in Anacortes on January 10.

This SCY meet has traditionally served as a great way to kick off a new year of training and racing, so make plans to be there!

The entry form for this meet is available on page 11 of this issue. Contact meet director Myke Lund at 360-293-0673 to obtain one, or with any questions.

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## One Hour Postal Swim

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for pool time to do the actual one hour swim sometime in January. Only 2 people can share a lane - circle patterns not allowed - and someone needs to be on deck timing and recording your 50-yard or meter splits. Organize two "heats" and you can time each other!

Once you swim your hour, complete the entry form and mail it to the event host with the entry fee and a copy of your USMS card. PNA forms relay teams every year, so PLEASE send a photocopy of your entry form to PNA's postal relay coordinator, Sally Dillon, 100 Timber Ridge Way NW, Apt. 6103, Issaquah, WA 98027.

Questions? Contact Sally at [salswmr@comcast.net](mailto:salswmr@comcast.net) or 425-961-0023.

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## Welcome New PNA Swimmers

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Duane Adams, Skagit Valley Masters Swimming (SVMS)

Emily Alder, Phinney Ridge Swim Club (PSC)

Kajetan Bauer, Orca Swim Club (ORCA)

Beth Blank, Skagit Valley Masters Swimming (SVMS)

Sean Bull, Downtown Seattle YMCA Masters (DSYM)

John Carroll, Unattached

Lisa Eisler, Federal Way Masters (FWM)

Lee Graber, Unattached

Robert Hartman, Downtown Seattle YMCA Masters (DSYM)

Richard Jones, Federal Way Masters (FWM)

Kathy Kost, Unattached

Inna Levin, Downtown Seattle YMCA Masters (DSYM)

Richard Ling, University Place Aquatic Club (UPAC)

Brian Meskell, Federal Way Masters (FWM)

Eric Peterson, Gold's Gym Redmond Masters (GGRM)

Richard Nelson Pykkonen, Federal Way Masters (FWM)

Gregory Raczniak, Olympic Aquatic Club (OAC)

James Radcliffe, Orca Swim Club (ORCA)

Lisa Reid, Unattached

Rebecca Reingold, Husky Masters (HMST)

Alyssa Schmeck, Monroe YMCA Masters (MYM)

David Seal, Federal Way Masters (FWM)

Rebecca Shults, Unattached

Lyn Strahm, Federal Way Masters (FWM)

Fletcher Street, Federal Way Masters (FWM)

Kristin Swanson, Bainbridge Area Masters (BAM)

Anne van Gessel, Orca Swim Club (ORCA)

Jude Verzosa, Federal Way Masters (FWM)

Valerie Wagner, Federal Way Masters (FWM)

Ann White, Unattached

Aron Ye, Orca Swim Club (ORCA)

*Errors or corrections should be sent to [pnaRegistrar@usms.org](mailto:pnaRegistrar@usms.org)*

## Postal Swim FAQs

### What exactly is a postal swim?

It is a competition that is swum in the pool of your choice – but you MAIL your results in an envelope to the event director or enter online. Your results are compared against those of the other entrants.

### What events and distances are available as postal swims?

There are five USMS National Championship events:

The **One Hour Swim** – how far can you swim in one hour?

The **5K & 10K** swims – how fast can you swim 5 or 10 kilometers?

The **3000 & 6000 Yard** swims – how fast can you swim 3000 or 6000 yards?

Information about these championship events is in the Long Distance section of the USMS web site at [www.usms.org/longdist](http://www.usms.org/longdist).

Non-championship postal events are also offered. Individual clubs sponsor postal swims such as Minnesota Masters' *Postal Pentathlon*, and TAM's *Postal 1650*. The USMS Fitness Committee sponsors a number of postal fitness challenges such as the *30 Minute Swim*, and *Go The Distance*. Look for entry forms for these events on the USMS web site.

### Does it matter what pool I swim in?

Yes. The One Hour Swim may be swum in any 25-yard, 25-meter, or 50-meter pool. The 5K & 10K swims may only be swum in a 50-meter pool and the 3000 & 6000 yd swims may only be swum in a 25-yard pool. Other events will list their particular restrictions.

### What are the rules?

In National Championship postal events, each participant must have someone count and record their lap times. Official split and entry forms must be completed and submitted with an entry fee. Complete directions are on the

forms for each event. The participant *and the lap counter* are required to attest to the accuracy of the information submitted.

### When can I participate?

The One Hour Swim is held in the month of January. The 5K & 10K is held from May 15-September 15. The 3000 & 6000 events are held from September 15 – November 15.

### When did Masters Swimming start having postal swims?

The first known Masters postal swim is the One Hour Swim, created and sponsored by the DC Masters in 1977. The following year it became the first USMS National Championship Postal Swim. PNA has hosted all of the National Championship postal swims at one time or another and our local OHANA team recently sponsored the One Hour Swim in January 2009.

### Are postal swims a “Team Effort”?

Absolutely! PNA encourages its swimmers to participate in postal swims. To manage expense and availability, PNA attempts to secure time at a local 50-meter pool for swimmers to do the 5K or 10K together. Plus, PNA's relay team coordinator will assemble entrants into relay teams for each event.

### So . . . what is a postal relay team?

Unlike conventional pool relays, your entry is matched with others to form relay teams. Standard age groups apply with three divisions per age group: 3 men, 3 women, or 4 mixed (2 men & 2 women). The more PNA swimmers who participate, the easier it is for the relay team coordinator to form fast relays and to include entrants on at least one relay. PNA covers the cost of the relay team entry fees!

### Still more questions?

If you have more questions, please contact PNA's Long Distance Committee Chair, who also volunteers as relay team coordinator: Sally Dillon, [425-961-0023](tel:425-961-0023), [salswmmr@comcast.net](mailto:salswmmr@comcast.net).

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## Pools Under Pressure

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lakes which are popular open water swimming locations in Kitsap County may be closed to public access through 2010.

The news isn't all bad, however. South of Seattle, there's a very exciting opportunity developing at Evergreen Pool near Highline. In early September, King County shut down the last of its community pools: Evergreen. White Water Aquatics, a USA Swimming age group swim team (with a small Masters group) is in negotiations with King County to reopen the pool by the first of the year. Whitewater, under the leadership of Masters swimmer / Head Coach Joel Schweiger, plans to provide the community with a robust program of swimming lessons, water exercise, public swim and swim team activities. Joel's goal is to maximize the use of the 9 lane pool in order to make ends meet.

White Water Aquatics Management, the new non-profit that will manage the pool, expects the pool to be self-sustaining once it gets running. The County has required that they raise \$100,000 in donations before the contract can go ahead. WWAM has secured a loan for \$30,000 and has raised about half the funds necessary to meet the County's requirement. Schweiger said they are looking for continued community donations to fund lesson programs and scholarships for low income kids. WWAM is a non-profit organization, so any donations are tax-deductible. In the event WWAM is not able to reopen the pool, all of the money will be returned to the donors.

You can help save Evergreen Pool by encouraging the King County Council in their 2010 budget deliberations to retain the \$300,000 capital budget for repairs to the roof, drains and HVAC system. A link to the

'Save Evergreen Pool' website can be found at [www.saveevergreenpool.org](http://www.saveevergreenpool.org).

There's more encouraging news in the south. Adjacent to Highline, the communities of Normandy Park and Des Moines voted this November to tax themselves to keep the Mt. Rainier pool open. Formerly operated by King County, the pool was slated for closure in 2004, when the two cities agreed to take over operations. Given the budget woes of local governments, the two cities felt that a voter approved levy was the only way to continue to support the pool. Des Moines overwhelmingly passed their measure which would tax the average homeowner \$56 annually to keep the pool open, while Normandy Park passed a similar measure by 24 votes. It now appears that Mt. Rainier pool will remain open.

Last year, swimmers and community groups were vocal in keeping Yost Pool in Edmonds open. Yost is a beautiful outdoor pool that was at risk of closure. The community raised funds to provide a cushion in case operating costs exceed the plan. The Yost Pool is no longer at risk for the coming summer and is likely to be busier than ever because the Lynnwood Aquatic Center will be closed until April 2011 for renovation. Visit [www.ci.lynnwood.wa.us/content/community.aspx?id=312](http://www.ci.lynnwood.wa.us/content/community.aspx?id=312) for more information.

Finally, the Husky Masters club was able to re-establish their Masters program after learning of plans by the University of Washington to shut it down.

You can help fight pool closures by contacting the agencies responsible for operating your local pool facilities and letting them know of your support. Contact [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net) with information to share or to work with PNA on this issue.

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## MASTERS CALENDAR

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## LOCAL EVENTS

**January 10, 2010**  
**Anacortes SCY Meet**  
**Fidalgo Pool, Anacortes, WA**  
 Contact: Myke Lund,  
[h2obug101@yahoo.com](mailto:h2obug101@yahoo.com)

**February 6, 2010**  
**Briggs Y SCY Meet**  
 Olympia, WA

**April 10-11, 2010**  
**PNA SCY Championships**  
 Federal Way, WA

**January 26, 2010**  
**PNA Board Meeting**

*(Refer to [www.swimpna.org](http://www.swimpna.org) for meeting locations)*

## NATIONAL EVENTS

**Jan 1-Dec 31, 2009**  
**“Check-off Challenge”**  
 Swim all 18 pool events.  
 (Information at [www.swimpna.org](http://www.swimpna.org))

**Jan 1-Dec 31, 2009**  
**“Go The Distance” National Fitness Event**  
 (Information at [www.usms.org/fitness/content/fitnessevents](http://www.usms.org/fitness/content/fitnessevents))

**January 1-31, 2010**  
**USMS 1 Hour Postal Championships**  
 (See article on page 5.)  
 Contact: Jessica Jakobi,  
[jjakobi@comcast.net](mailto:jjakobi@comcast.net) or Jon  
 Haveman, [jon@haveman.org](mailto:jon@haveman.org)

**May 20-23, 2010**  
**USMS SCY Championships**  
 Georgia Tech, Atlanta, GA  
 (Information at [www.usms.org](http://www.usms.org))  
 Contact: Ed Saltzman,  
[es7204@att.com](mailto:es7204@att.com)

**August 9-12, 2010**  
**USMS LCM Championships**  
 San Juan, Puerto Rico  
 (Information at [www.usms.org](http://www.usms.org))  
 Contact: Mark Gill,  
[mark.gill@usms.org](mailto:mark.gill@usms.org)

## INTERNATIONAL EVENTS

**May 21-24, 2010**  
**2010 Canadian Masters National Swimming Championships**  
 Nanaimo, British Columbia, Canada  
 (Information at [http://cmssc2010.ca/Publicity/invitation\\_e.pdf](http://cmssc2010.ca/Publicity/invitation_e.pdf))

**July 27-August 7, 2010**  
**XIII FINA World Masters Championships**  
 Goteborg, Boras & Boindal, Sweden  
 (Information at [www.usms.org](http://www.usms.org))  
 Contact:  
[info@2010finamasters.org](mailto:info@2010finamasters.org)

**August 1-6, 2010**  
**2010 Gay Games**  
 Cologne, Germany  
 (Information at [www.usms.org](http://www.usms.org))  
 Contact: Jessica Seaton,  
[igla@usms.org](mailto:igla@usms.org)



# Pacific Northwest Association of Masters Swimmers

You may fill out the paper form below and mail it with a check or register online with a credit card at <https://www.clubassistant.com/club/USMS.cfm?L=36> or through the link for online registration at [www.swimpna.org](http://www.swimpna.org) and follow the instructions.

## 2010 Membership Application

New Swimmer     Returning USMS Swimmer  
(Permanent ID if available \_\_\_\_\_)

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_  
Last First Initial Month Day Year

Address: \_\_\_\_\_ Age: \_\_\_\_\_ Male Female (circle one)  
Street or box number

City State Zip+4 E-Mail: \_\_\_\_\_  
Home Phone (\_\_\_\_) \_\_\_\_\_ Cell Phone (\_\_\_\_) \_\_\_\_\_ Work Phone (\_\_\_\_) \_\_\_\_\_

**CLUB Affiliation**     Pacific NW Aquatics (PNA)    or     Unattached to a Club

**TEAM Affiliation** \_\_\_\_\_ see team list on next page

Coach ,    Certified Official ,    YMCA ,    USA Swimming ,    USA Triathlon

Choose a membership level A or B below for 11/01/2009 thru 12/31/2010.

<b>A. Regular:</b>	\$42	
<b>B. Need-based or Seniors (65 &amp; over):</b>	\$30	
<i>Optional Donations:</i>		
USMS Endowment Fund		\$
International Swimmers Hall of Fame		\$
<b>TOTAL</b>		\$

Make check payable to: PNA

Questions: (206) 849-1387 or [pnaRegistrar@usms.org](mailto:pnaRegistrar@usms.org)

Mail check & form to: Arni Litt, Registrar  
PO Box 12172  
Seattle, WA 98102-0172

A link to the PNA newsletter, *The WetSet*, will be sent by email 10 times/year, unless you check here  to have *The WetSet* sent by U.S. Postal Mail.

PNA is seeking volunteers to help with meets, clinics and committees.     Check here to volunteer and someone will contact you about where you could make a difference."

**2010 Annual Fee:** Of your membership fee \$27 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication Swimmer Magazine. (There is no discount for those not wishing to receive the national publication.)

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

**Use of Image/Likeness:** I grant permission to U.S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

### YOU MUST VOTE

Please read the attached information regarding By-Laws changes and mark your ballot. Your membership will not be processed without a vote (Approve, Disapprove, or Abstain).

APPROVE CHANGES     DISAPPROVE CHANGES     ABSTAIN

You can read about the Bylaw changes at [http://www.swimpna.org/pna\\_info.htm](http://www.swimpna.org/pna_info.htm)

**SANCTIONED BY PNA FOR USMS INC. SANCTION # 360-001**  
**SHORT COURSE YARDS MEET:** January 10, 2010  
 Hosted by Thunderbird Aquatic Club & Masters and  
 Anacortes High School Swim Team

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

**DATE:** Sunday, January 10, 2010  
**TIME:** Warm-up: 9:00 AM;  
 Meet starts 10:00 AM

**PLACE:** Fidalgo Pool, Anacortes, WA  
 1603 22<sup>nd</sup>  
 Anacortes, WA  
**Phone:** 360-293-0673 ext. 14  
**MEET DIRECTOR:** Myke Lund  
[h2obug101@yahoo.com](mailto:h2obug101@yahoo.com)

**FACILITY:** Six-lane 25 yard pool  
 Warm-up: 42 ft. by 23 ft.  
 Water temperature: ~ 83 degrees F

**CONCESSIONS:** None

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

**ELIGIBILITY:** Open to all USMS 2010 registered swimmers, 18 and above as of *January 10, 2010*.

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

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

**Positive check in required for 500 free by 9:30 and for the 400 IM by the end of event 13.**

**DIRECTIONS:** From I-5, take exit 230. Go west on Highway 20 to its end in Anacortes. Turn right onto Commercial Ave. and go about ten block to 22<sup>nd</sup> street and turn left. Go up the hill to J Ave (about six blocks) Fidalgo pool is on the left.

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

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

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

**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
**MEET ENTRY FORM: January 10, 2010 Meet Sanction #360-001**  
**Hosted by TAC/TACM/AHS Swim Team**

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

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

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

CLUB/TEAM: \_\_\_\_\_ or UNATTACHED: \_\_\_\_\_ ASSOCIATION: \_\_\_\_\_

AGE GROUP (determined by your age as of JANUARY 10, 2010):  
 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: \$ 13.00 (includes LMSC and electronic timing surcharges)  
 Individual Events: + \_\_\_\_\_ (\$1 each; optional for age 65 and over or needs based) (No charge for relays)  
 Total: \$ \_\_\_\_\_ (from \$13.00 (relays only) to \$18.00 (five events))

Please make checks payable to: **TAC**  
 Mail this entry form and fees to: January Masters Meet  
 C/O Myke Lund  
 1603 22<sup>nd</sup>  
 Anacortes, WA 98221

Questions? [h2obug101@yahoo.com](mailto:h2obug101@yahoo.com)  
 Please send entries postmarked no later than **Saturday, January 2nd**

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: \_\_\_\_\_

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Pacific Northwest Association of Masters Swimmers  
PO Box 12172  
Seattle, WA 98102-0172

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### **Inside The December Issue:**

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  - \* HUSKY MASTERS SUCCESS STORY (*PAGE 4*)
  - \* POSTAL SWIM FAQ'S (*PAGE 7*)
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