

# THE WETSET

## XIII FINA World Championships - A Race (and Trip) Report

by Steve Peterson

“Oregon called... they want their weather back.” So started one email from USMS on-deck coach Mark Johnston upon his arrival in Gothenburg. The moderate rain on *my* ride from the airport reminded me of a balmy fall in Seattle while the rocky terrain was reminiscent of the landscape around Spokane. Gothenburg’s latitude places it nearly 700 miles north of Seattle. Fortunately, I escaped the rain that fell on a few more of the meet days as four of my races were indoors in the Valhalla pool. The sky turned clear for my last pool event outdoors at Lundby and the 3 km open water swim at Lake Delsjön. The women, I think, bore the brunt of the rain that did fall.

The Valhalla facility in central Gothenburg features a 10-lane 50 m pool with adjacent 25 m pool and dive tank. To accommodate the Championships, the 8-lane 50m pool at Lundby, across the river about 25 minutes north by tram, provided the nearest additional facility. Lundby has an indoor 25 m tank but its long course is outdoors. Events were alternated daily by gender between these two venues for the duration of the swim events, July 31 through

Pacific Northwest Association  
of Masters Swimmers



PNA President Steve Peterson in Goteburg, Sweden for FINA Worlds

August 6. The open water swim was August 7 in Lake Delsjön, Gothenburg’s water reservoir – “so clean you won’t have to shower afterwards!”

Despite the negatives of outdoor vs. indoor, 10-lane vs. 8-lane and not being readily able to attend your opposite-gender teammates’ events, both pools were great for competition. Flat screens displayed real-time results

for both venues, including some live video. Our PNA swimmers fared well, garnering a few world records while having a great time in a modern city dating from the 1700s where English is readily spoken. NEO (the North End Otters), with a dozen members, may have been the best-represented team among the 200 or so American swimmers who came: Charlotte Davis, John  
*(continued on page 4)*

Don't Forget! BAMFest is October 9

(Entry form on page 14)

## LEADING OFF



BY PNA  
PRESIDENT  
STEVE  
PETERSON

*Simma för livet!* declared the banner in the Valhalla warm-up pool. Swim

for life! How true for our 19 PNA swimmers who competed at the XIII FINA World Masters Championships in Sweden during the first week of August. And for the 6000 competitors from 73 nations who participated in six aquatic sports at several locations in and around Gothenburg (“Yota-bor”): swimming and diving at Valhalla; water polo in Borås; synchronized swimming in Mölndal; synchronized diving in Jönköping; and the 3 km open water swim at week’s end in nearby Lake Delsjön.

Congratulations to all and to Charlotte Davis in particular, who set new world records in the 200 and 400 IMs! The Zone meet at South Kitsap a month before was a great warm-up: she dropped 5 seconds from her 200 IM time and over 10 seconds in the 400 IM. She set meet records in the 50 and 100 Free and also took gold in the

50 Fly. Placing in the Top Ten in one or more of their events were Charlotte’s sister Janet Getzendaner, Lyle Nalli, Kirk Nelson, Mary Lippold, Leigh Johnson, Kathy Casey, Mike McColly (taking first in his 400 IM), and me! See the cover article for more details about the Championships.

Congratulations, too, to our 11 PNA swimmers who traveled to Puerto Rico for USMS Long Course Nationals, August 9 – 12. All enjoyed top ten finishes in nearly all their events, with these gold medalists: Toni LeClerq (200 IM), Don Graham (50 Fly) and Scott Lautman (1500 Free, 100 and 200 Fly).

It’s convention time again, with a dozen PNA people heading to Dallas for the annual USMS business meeting September 15 - 19. This is a “rules” year, and who (other than our USMS Rules Committee chair Kathy Casey) would think that there could be 62 proposed changes to the Glossary and Part 1 of our Rule Book? Granted, many of these are fine-point clarifications (plus an additional nine “housekeeping” fixes), but some will be controversial. **RII**, for example, proposes making Dec. 31 the age-determining date for short course

*(continued on page 5)*

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## The WetSet

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## Like Ultra Distance Swimming? Come circumnavigate Mercer Island with us!

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by Shannon Singer

On Saturday, September 18, I'll be joined by a couple crazy swim buddies for our 2nd Annual SAMI (Swim Around Mercer Island) expedition. Depending on how straight you swim, the distance is between 13 and 14 miles.

Each swimmer will need their own kayak/canoe support crew to escort them and hold food / liquids. There are bailout points at the five- and eight-mile marks if you want to change support crews or don't want to go the whole distance.

Want more information? Contact Shannon Singer of Skagit Valley Masters Swimming ([ssinger70@aol.com](mailto:ssinger70@aol.com)). **Important note:** This is NOT a USMS or PNA sponsored event; we're just a group of friends out for an adventure. Come join us!

## PNA Takes Fifth Place At LCM Nationals !

*(Full results online at [www.swimpna.org](http://www.swimpna.org))*

**Wanted: Volunteer with website design / administration skills!**

Our PNA website needs a makeover. Can you help?

Bring your web design skills and passion for Masters Swimming, and let's make our website more dynamic, more interactive, more user-friendly.

Contact Sarah Welch ([sarahwelch@comcast.net](mailto:sarahwelch@comcast.net)) or Ron Rhinehart ([ron@creative-island.net](mailto:ron@creative-island.net)) for more information.

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## Task Force To Address Integration Of Swim Meet Logistics

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USMS has created the End-to-End Event Management (E2EEM) Task Force to develop a strategy for integrating the various activities involved in USMS meets - from meet sanctions to pool length certifications to meet setup/entries/results and more. Steve Peterson and Lee Carlson of PNA are on the task force. We'll interview them in next month's issue of The WetSet to find out how this will make it better for you as a participant, and easier for your club to host a swim meet or open water competition. Stay tuned...



## FINA World Championships

(continued from page 1)

Huckabee, Dawn and Mark Jaeger, Anne Peters Johnson, Leigh Johnson, Mary Lippold, Mike McColly, Mike Nordby, Amy and Lib Rust and coach Robin O'Leary. Most of them, including Janet Getzendaner and associated spouses, shared two homes in the suburbs. I didn't hear where Lyle Nalli, Kirk Nelson, Kathy Casey and Walt Reid stayed, but Janet Johnson and I used the Hotel Mektagonen, a very efficient if not warehouse-looking building less than ten minutes from Valhalla via Tram #4.

I was impressed by the light-pole banners and street advertising that publicized the Championships [photo on page 1]. However, except for my emails, my Swedish cousins seemed unaware of the event. Some 6000 competitors from 73 nations came to participate in not only swimming but water polo (in Borås); synchronized swimming (in Mölndal); diving (at Valhalla); and synchronized diving (in Jönköping). Curiously, the only Goteborgs-Posten article I found was about the open water swim: "Tusen simmare fyllde Delsjön" (Thousand swimmers fill Delsjön). Actually, it was about 950. The youngest was 25 and among the oldest was Robert Beach of the St. Petersburg (Florida) Masters at 80. The oldest pool swimmers were a French gentleman born in 1914 and German woman born in 1920.

You gotta love those Europeans! Item 7 from the Technical Meeting stated "There is absolutely no smoking at any of the venues." Yet, at least one Eastern European swimmer was puffing away between races at Lundby [photo, right]. I was also intrigued by the café offerings at the Valhalla pool. In addition to the usual sandwiches, soft drinks and fruit, you could purchase beer, wine and Swedish snooze to enhance your race preparation!

My sole disappointment was not swimming any relays. You would think that swimmers from one country could be used to form national relays. However, current FINA rules allow only relays formed from the same *club*. Between swimmers registering under uncontrolled variants of their club name (e.g., PNA and Pacific Northwest Aquatics as we did) and clubs having just a few members, only a handful of U.S. relays were assembled.

Most of us spent the following week touring European locales. This was my first trip to Sweden, from which my paternal grandparents emigrated (separately) in the 1890s. I had the time of my life with 35 who came to a crayfish feed at the family farm and touring with many cousins from Gothenburg to Molkom to Stockholm. I'm looking to return after the next FINA championships in Riccione, Italy, in 2012. *Simma för livet!*



Pictured are five swimmers from NEO at the FINA Worlds Open Water event. From left to right (with placings in their respective age groups): Dawn Jaeger (17th), Mary Lippold (9th), Amy (25th) and Lib (26th) Rust, Robin O'Leary (18th). Not pictured are NEO's Leigh Johnson (7th), Loggers' Lyle Nalli (4th), and OAC's Steve Peterson (10th).

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## Leading Off (*continued*)

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yards (same as for meters). **R18** and **R19** want to re-legalize tech suits for SCY meets. There's a storm brewing in Texas...

Word has come that long time PNA member and coach Chaya Amiad passed away in June at age 72. Chaya was honored as our 2003 Dawn Musselman Inspirational Swimmer. She will be missed by her West Seattle Y teammates.

*AquaRun for Adoption* (Sep. 6) and *Swim Across America* (Sep. 11) wrap up our local open water events. See you there and at BAMFest (Oct. 9)!

Steve

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## MASTERS CALENDAR

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### LOCAL EVENTS

**September 6, 2010**

**AquaRun For A Child**

Commencement Bay, Tacoma  
 Info: Zena Courtney,  
 253-740-9872,  
[zenacourtney@hotmail.com](mailto:zenacourtney@hotmail.com),  
[www.aquarunforachild.org](http://www.aquarunforachild.org)

**October 9, 2010**

**BAMFest #9**

Bainbridge Is. Aquatic Center  
 Bainbridge Island, WA  
 Info: [brussell@hntb.com](mailto:brussell@hntb.com), or  
[www.bainbridgeaquaticmasters.org](http://www.bainbridgeaquaticmasters.org)

**November 21, 2010**

**North Whidbey SCM**

John Vanderzicht Mem. Pool  
 Oak Harbor, WA  
 Info: Craig Carlson,  
 360-675-7665,  
[director@oakharborpool.com](mailto:director@oakharborpool.com)

### NATIONAL EVENTS

**January 1-December 31, 2010**

**2010 Check-Off Challenge**

Info: [www.usms.org/fitness/content/checkoff](http://www.usms.org/fitness/content/checkoff)  
 Contact: Jean Blackburn,  
[blackburn88@msn.com](mailto:blackburn88@msn.com)

**Sept 15 - Nov 15, 2010**

**USMS 3000/6000 Yard Postal Championships**

(25 Yard Pools ONLY)  
 Info: [www.usms.org/longdist/](http://www.usms.org/longdist/)

### OTHER EVENTS

**September 11, 2010**

**Swim Across America**

Info:  
[www.swimacrossamerica.org/seattle](http://www.swimacrossamerica.org/seattle)

### MEETINGS

**October 30, 2010**

**PNA Board Retreat**

9am - 4pm  
 Sally Dillon's home  
 Issaquah, WA  
 Directions:  
[salswmr@comcast.net](mailto:salswmr@comcast.net)

## LCM (Long Course Meters) Zone Championship Results

**Highlights:**

World Records

Megan Jendrick (W25-29) 200 FR, 50 BR, 100 BR, 50 FL  
 Charlotte Davis (W60-64) 200 IM, 400 IM  
 4 x 100 Free Relay (Mixed 200-239 Combined Age)  
 Charlotte Davis, Lisa Dahl, Alan Bell, Rick Colella

National Records

Charlotte Davis (W60-64) 50 FR

Zone Records

Mary Armstrong (W40-44) 50 BR  
 Charlotte Davis (W60-64) 50 FL  
 Suzanne Dills (W65-69) 200 IM, 400 IM  
 Alan Bell (M60-64) 200 BA, 100 FL, 200 FL  
 4 x 100 FR Relay (M160-199 Combined Age)  
 Brent Washburne, Eric Wan, David Hathaway, Benjamin Weston

PNA Records

Sally Dillon (W60-64) 1500 FR  
 Suzanne Dills (W65-69) 200 FR, 400 FR, 100 BA  
 Janet Getzendaner (W70-74) 200 BA  
 Ned Stack (M50-54) 50 FR, 100 FR  
 Alan Bell (M60-64) 50 FL  
 Michael McColly (M65-69) 400 FR, 800 FR, 50 BA, 100 BA, 200 BA, 50 BR, 400 IM

### Detailed Results by Age Group

<p style="text-align: center;">WOMEN 19-24</p> <p>50 M. FREE                      MADELINE BANASHAK 20 PNA 34.51</p> <p>100 M. FREE                      MADELINE BANASHAK 20 PNA 1:14.98</p>	<p style="text-align: center;">WOMEN 35-39</p> <p>200 M. FREE                      SHANNON DAVIS 35 UNAT 2:49.05</p> <p>800 M. FREE                      SHANNON DAVIS 35 UNAT 12:31.32</p> <p>50 M. BRST                      SHANNON DAVIS 35 UNAT 47.62</p> <p>100 M. BRST                      SHANNON DAVIS 35 UNAT 1:43.57</p> <p>200 M. BRST                      SHANNON DAVIS 35 UNAT 3:39.72</p> <p>50 M. FLY                      SHANNON DAVIS 35 UNAT 37.47</p>
<p style="text-align: center;">WOMEN 25-29</p> <p>200 M. FREE                      MEGAN JENDRICK 26 PNA 2:04.56 W</p> <p>50 M. BRST                      MEGAN JENDRICK 26 PNA 31.60 W</p> <p>100 M. BRST                      MEGAN JENDRICK 26 PNA 1:10.56 W</p> <p>50 M. FLY                      MEGAN JENDRICK 26 PNA 28.29 Z</p>	<p style="text-align: center;">WOMEN 35-39</p> <p>200 M. FREE                      SHANNON DAVIS 35 UNAT 2:49.05</p> <p>800 M. FREE                      SHANNON DAVIS 35 UNAT 12:31.32</p> <p>50 M. BRST                      SHANNON DAVIS 35 UNAT 47.62</p> <p>100 M. BRST                      SHANNON DAVIS 35 UNAT 1:43.57</p> <p>200 M. BRST                      SHANNON DAVIS 35 UNAT 3:39.72</p> <p>50 M. FLY                      SHANNON DAVIS 35 UNAT 37.47</p>
<p style="text-align: center;">WOMEN 19-24</p> <p>50 M. FREE                      MADELINE BANASHAK 20 PNA 34.51</p> <p>100 M. FREE                      MADELINE BANASHAK 20 PNA 1:14.98</p>	<p style="text-align: center;">WOMEN 35-39</p> <p>200 M. FREE                      SHANNON DAVIS 35 UNAT 2:49.05</p> <p>800 M. FREE                      SHANNON DAVIS 35 UNAT 12:31.32</p> <p>50 M. BRST                      SHANNON DAVIS 35 UNAT 47.62</p> <p>100 M. BRST                      SHANNON DAVIS 35 UNAT 1:43.57</p> <p>200 M. BRST                      SHANNON DAVIS 35 UNAT 3:39.72</p> <p>50 M. FLY                      SHANNON DAVIS 35 UNAT 37.47</p>

200 M. FLY  
SHANNON DAVIS 35 UNAT 3:28.29

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WOMEN 40-44  
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50 M. FREE  
NELLS KIM 40 PNA 33.65  
KATHY MOORE 43 PNA 36.09  
100 M. FREE  
KATHY MOORE 43 PNA 1:22.07  
200 M. FREE  
ELIZABETH LUCCO 44 PNA 2:39.35  
MARY ARMSTRONG 43 PNA 2:40.21  
MARSHA HAYNES 41 PNA 3:02.85  
400 M. FREE  
MARSHA HAYNES 41 PNA 6:20.76  
800 M. FREE  
NELLS KIM 40 PNA 12:26.36  
1500 M. FREE  
MARY ARMSTRONG 43 PNA 22:26.26  
50 M. BACK  
NELLS KIM 40 PNA 44.75  
KATHY MOORE 43 PNA 44.95  
MARSHA HAYNES 41 PNA 45.80  
100 M. BACK  
MARSHA HAYNES 41 PNA 1:38.92  
50 M. BRST  
MARY ARMSTRONG 43 PNA 38.01 Z  
ELIZABETH LUCCO 44 PNA 45.06  
KATHY MOORE 43 PNA 48.75  
100 M. BRST  
MARY ARMSTRONG 43 PNA 1:27.36  
ELIZABETH LUCCO 44 PNA 1:35.50  
50 M. FLY  
ELIZABETH LUCCO 44 PNA 37.59  
KATHY MOORE 43 PNA 41.69  
MARSHA HAYNES 41 PNA 47.42  
100 M. FLY  
ELIZABETH LUCCO 44 PNA 1:26.01  
200 M. I.M.  
MARSHA HAYNES 41 PNA 3:40.62  
400 M. I.M.  
MARSHA HAYNES 41 PNA 7:47.94

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WOMEN 45-49  
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50 M. FREE  
LISA DAHL 48 PNA 29.05  
S.DAHL 47 PNA 30.52  
100 M. FREE  
LISA DAHL 48 PNA 1:06.18  
S.DAHL 47 PNA 1:06.28  
200 M. FREE  
SAM GOSKI 45 UNAT 2:44.32  
JENNIFER FORDHAM 47 PNA 3:08.59  
50 M. BACK  
S.DAHL 47 PNA 36.55  
100 M. BACK  
S.DAHL 47 PNA 1:18.02  
200 M. BACK  
SAM GOSKI 45 UNAT 3:07.57  
JENNIFER FORDHAM 47 PNA 3:25.50  
50 M. BRST  
JENNIFER FORDHAM 47 PNA 49.04  
50 M. FLY  
SAM GOSKI 45 UNAT 36.93  
400 M. I.M.  
SAM GOSKI 45 UNAT 6:15.67  
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WOMEN 50-54  
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50 M. FREE  
MARY LIPPOLD 54 PNA 32.28  
KATE OLIVER 51 PNA 39.73  
100 M. FREE  
MARY LIPPOLD 54 PNA 1:11.41  
ZENA COURTNEY 51 PNA 1:13.26  
AMY RUST 51 PNA 1:28.96  
LIB RUST 51 PNA 1:34.96  
200 M. FREE  
MARY LIPPOLD 54 PNA 2:37.02  
COLETTE CRABBE 54 OREG 2:38.64  
400 M. FREE  
MARY LIPPOLD 54 PNA 5:34.90  
COLETTE CRABBE 54 OREG 5:38.97  
AMY RUST 51 PNA 6:34.79  
LIB RUST 51 PNA 6:44.08  
800 M. FREE  
MARY LIPPOLD 54 PNA 11:45.02  
AMY RUST 51 PNA 13:17.89  
LIB RUST 51 PNA 13:39.64  
50 M. BACK  
ZENA COURTNEY 51 PNA 38.08  
KATHY GRAHAM 52 UNAT 39.02  
KATE OLIVER 51 PNA 45.05  
100 M. BACK  
ZENA COURTNEY 51 PNA 1:21.59  
KATHY GRAHAM 52 UNAT 1:28.16  
50 M. BRST  
COLETTE CRABBE 54 OREG 40.72  
100 M. BRST  
KATHY GRAHAM 52 UNAT 1:45.09  
50 M. FLY  
COLETTE CRABBE 54 OREG 35.50  
KATHY GRAHAM 52 UNAT 37.63  
100 M. FLY  
MARY LIPPOLD 54 PNA 1:21.47  
KATHY GRAHAM 52 UNAT 1:32.34  
200 M. FLY  
COLETTE CRABBE 54 OREG 3:03.31  
200 M. I.M.  
KATE OLIVER 51 PNA 4:36.70  
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WOMEN 55-59  
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50 M. FREE  
ELIZABETH KASSEN 58 PNA 36.63  
ELLEN SUMMERS 56 OREG 55.35  
100 M. FREE  
JEANNA SUMMERS 56 OREG 1:19.12  
ELLEN SUMMERS 56 OREG 2:15.43  
200 M. FREE  
ELIZABETH KASSEN 58 PNA 2:59.99  
JENNIFER SEVERIN 56 PNA 3:24.56  
400 M. FREE  
ELIZABETH KASSEN 58 PNA 6:27.46  
800 M. FREE  
JEANNA SUMMERS 56 OREG 12:50.04  
50 M. BACK  
JEANNA SUMMERS 56 OREG 41.64  
ELLEN SUMMERS 56 OREG 1:06.46  
100 M. BACK  
JEANNA SUMMERS 56 OREG 1:30.54  
200 M. BACK  
JENNIFER SEVERIN 56 PNA 3:42.90  
50 M. BRST  
JANET JOHNSON 56 PNA 48.32  
100 M. BRST

JANET JOHNSON 56 PNA 1:45.14  
 200 M. BRST  
 JANET JOHNSON 56 PNA 3:46.68  
 50 M. FLY  
 ELIZABETH KASSEN 58 PNA 44.25  
 JANET JOHNSON 56 PNA 54.26  
 200 M. I.M.  
 ELIZABETH KASSEN 58 PNA 3:32.83  
 JANET JOHNSON 56 PNA 3:53.51  
 400 M. I.M.  
 ELIZABETH KASSEN 58 PNA 7:28.13

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 WOMEN 60-64  
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50 M. FREE  
 CHARLOTTE DAVIS 60 PNA 31.48 N  
 ELIZABETH SMITH 62 UNAT 37.24  
 TONI LECLERCQ 62 PNA 38.11  
 SALLY DILLON 64 PNA 38.82  
 100 M. FREE  
 ELIZABETH SMITH 62 UNAT 1:24.52  
 SALLY DILLON 64 PNA 1:25.22  
 200 M. FREE  
 SALLY DILLON 64 PNA 3:01.08  
 M LEIGH JOHNSON 61 PNA 3:14.03  
 400 M. FREE  
 ELIZABETH SMITH 62 UNAT 6:36.66  
 M LEIGH JOHNSON 61 PNA 6:41.14  
 800 M. FREE  
 M LEIGH JOHNSON 61 PNA 13:42.86  
 1500 M. FREE  
 ELIZABETH SMITH 62 UNAT 25:17.81  
 SALLY DILLON 64 PNA 25:31.33 P  
 50 M. BACK  
 TONI LECLERCQ 62 PNA 50.69  
 100 M. BACK  
 ELIZABETH SMITH 62 UNAT 1:35.46  
 200 M. BACK  
 M LEIGH JOHNSON 61 PNA 3:47.56  
 50 M. BRST  
 TONI LECLERCQ 62 PNA 50.61  
 50 M. FLY  
 CHARLOTTE DAVIS 60 PNA 34.50 Z  
 TONI LECLERCQ 62 PNA 42.13  
 ELIZABETH SMITH 62 UNAT 42.41  
 100 M. FLY  
 TONI LECLERCQ 62 PNA 1:47.14  
 200 M. I.M.  
 CHARLOTTE DAVIS 60 PNA 2:57.98 W  
 TONI LECLERCQ 62 PNA 3:42.05  
 400 M. I.M.  
 CHARLOTTE DAVIS 60 PNA 6:19.17 W

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 WOMEN 65-69  
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50 M. FREE  
 JOY WARD 68 OREG 37.18  
 JOAN DELGADO 65 PNA 41.26  
 200 M. FREE  
 SUZANNE DILLS 65 PNA 2:57.35 P  
 BONNIE PRONK 68 UNAT 3:16.10  
 JOAN DELGADO 65 PNA 3:33.41  
 400 M. FREE  
 SUZANNE DILLS 65 PNA 6:18.81 P  
 800 M. FREE  
 BONNIE PRONK 68 UNAT 13:46.74  
 50 M. BACK  
 JOY WARD 68 OREG 43.56  
 100 M. BACK  
 SUZANNE DILLS 65 PNA 1:45.26 P

200 M. BACK  
 BONNIE PRONK 68 UNAT 3:26.17  
 JOY WARD 68 OREG 3:27.41  
 200 M. BRST  
 BONNIE PRONK 68 UNAT 3:47.13  
 100 M. FLY  
 JOY WARD 68 OREG 1:47.90  
 200 M. I.M.  
 SUZANNE DILLS 65 PNA 3:35.29 Z  
 JOY WARD 68 OREG 3:38.20  
 JOAN DELGADO 65 PNA 4:09.87  
 400 M. I.M.  
 SUZANNE DILLS 65 PNA 7:25.84 Z

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 WOMEN 70-74  
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50 M. FREE  
 JILL FRITZ 70 ARIZ 47.32  
 100 M. FREE  
 JILL FRITZ 70 ARIZ 1:48.06  
 200 M. FREE  
 JILL FRITZ 70 ARIZ 4:04.00  
 50 M. BACK  
 JILL FRITZ 70 ARIZ 56.97  
 JANET GETZENDANER 70 PNA 1:01.45  
 100 M. BACK  
 JANET GETZENDANER 70 PNA 2:04.12  
 JILL FRITZ 70 ARIZ 2:08.32  
 200 M. BACK  
 JANET GETZENDANER 70 PNA 4:17.80 P  
 JILL FRITZ 70 ARIZ 4:49.01  
 50 M. BRST  
 JILL FRITZ 70 ARIZ 1:21.87

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 WOMEN 75-79  
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400 M. FREE  
 EULAH VARTY 76 UNAT 8:45.65  
 1500 M. FREE  
 EULAH VARTY 76 UNAT 33:16.68  
 50 M. BACK  
 EULAH VARTY 76 UNAT 1:00.89  
 100 M. BACK  
 EULAH VARTY 76 UNAT 2:08.20  
 50 M. BRST  
 EULAH VARTY 76 UNAT 1:05.32  
 200 M. BRST  
 EULAH VARTY 76 UNAT 4:54.18  
 50 M. FLY  
 EULAH VARTY 76 UNAT 1:06.59  
 200 M. I.M.  
 EULAH VARTY 76 UNAT 4:37.58  
 400 M. I.M.  
 EULAH VARTY 76 UNAT 9:41.88

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 M E N 25-29  
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50 M. FREE  
 BENJAMIN WESTON 29 OREG 25.45  
 MARK FANNING 25 PNA 28.93  
 200 M. FREE  
 BENJAMIN WESTON 29 OREG 2:05.90  
 400 M. FREE  
 BENJAMIN WESTON 29 OREG 4:20.22  
 50 M. BACK  
 MARK FANNING 25 PNA 33.62  
 100 M. BACK  
 MARK FANNING 25 PNA 1:11.47  
 50 M. BRST  
 KEVIN CLEARY 27 OREG 37.13



100 M. BRST  
 KEVIN CLEARY 27 OREG 1:24.94  
 50 M. FLY  
 BENJAMIN WESTON 29 OREG 27.74  
 KEVIN CLEARY 27 OREG 31.28

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 M E N 30-34  
 -----

50 M. FREE  
 M.BUCKMASTER 32 PNA 27.12  
 STATEN HANSEN 33 PNA 27.99  
 GABE BUSH 33 PNA 29.49

100 M. FREE  
 M.BUCKMASTER 32 PNA 59.80  
 STATEN HANSEN 33 PNA 1:02.28  
 GABE BUSH 33 PNA 1:06.27  
 PATRICK WINEMAN 30 PNA 1:08.07

200 M. FREE  
 M.BUCKMASTER 32 PNA 2:12.07  
 PATRICK WINEMAN 30 PNA 2:36.05

400 M. FREE  
 M.BUCKMASTER 32 PNA 4:59.29  
 PATRICK WINEMAN 30 PNA 5:29.02

800 M. FREE  
 GABE BUSH 33 PNA 10:35.20

100 M. BACK  
 PATRICK WINEMAN 30 PNA 1:27.91

50 M. BRST  
 PATRICK WINEMAN 30 PNA 41.27

100 M. BRST  
 PATRICK WINEMAN 30 PNA 1:28.60

50 M. FLY  
 M.BUCKMASTER 32 PNA 29.48

200 M. I.M.  
 PATRICK WINEMAN 30 PNA 2:53.60

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 M E N 35-39  
 -----

400 M. FREE  
 KENT MILSOM 36 UNAT 4:44.98

1500 M. FREE  
 KENT MILSOM 36 UNAT 18:37.72

100 M. BACK  
 DOUG JELEN 37 PNA 1:09.45

200 M. BACK  
 DOUG JELEN 37 PNA 2:30.74

200 M. BRST  
 DOUG JELEN 37 PNA 3:10.55

100 M. FLY  
 DOUG JELEN 37 PNA 1:04.78

200 M. FLY  
 DOUG JELEN 37 PNA 2:25.31

400 M. I.M.  
 DOUG JELEN 37 PNA 5:26.35

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 M E N 40-44  
 -----

50 M. FREE  
 ERIC WAN 44 OREG 26.21

MARK OLDHAM 41 UNAT 26.35

MATS NYGREN 44 UNAT 27.92

KIRK NELSON 40 PNA 28.08

PATRICK PRESTON 44 PNA 28.92

100 M. FREE  
 MATS NYGREN 44 UNAT 1:01.20

PATRICK PRESTON 44 PNA 1:06.56

200 M. FREE  
 MARK OLDHAM 41 UNAT 2:10.61

MATS NYGREN 44 UNAT 2:10.95

SYDNEY VINNEDGE 44 PNA 2:54.13

400 M. FREE  
 MARK OLDHAM 41 UNAT 4:40.26  
 MATS NYGREN 44 UNAT 4:41.84  
 KIRK NELSON 40 PNA 4:42.93

800 M. FREE  
 MATS NYGREN 44 UNAT 9:50.82

1500 M. FREE  
 MIKE KENNEDY 41 PNA 22:58.91

50 M. BACK  
 ERIC WAN 44 OREG 34.81

200 M. BACK  
 MATS NYGREN 44 UNAT 2:35.43

50 M. BRST  
 SYDNEY VINNEDGE 44 PNA 44.41

100 M. BRST  
 MARK OLDHAM 41 UNAT 1:22.86

SYDNEY VINNEDGE 44 PNA 1:50.56

50 M. FLY  
 ERIC WAN 44 OREG 30.06

SYDNEY VINNEDGE 44 PNA 39.81

200 M. FLY  
 MARK OLDHAM 41 UNAT 2:30.54

KIRK NELSON 40 PNA 2:37.49

200 M. I.M.  
 KIRK NELSON 40 PNA 2:37.59

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 M E N 45-49  
 -----

50 M. FREE  
 BRENT WASHBURNE 49 OREG 28.67

BLAIR ELANDER 49 PNA 29.36

ERIC VALLEY 49 PNA 29.47

DANIEL JAS 45 PNA 36.17

100 M. FREE  
 BLAIR ELANDER 49 PNA 1:05.18

ERIC VALLEY 49 PNA 1:07.00

DANIEL JAS 45 PNA 1:21.78

200 M. FREE  
 ERIC VALLEY 49 PNA 2:25.88

BLAIR ELANDER 49 PNA 2:28.19

JAY PEARSON 49 PNA 2:29.68

JIM LASERSOHN 45 PNA 2:31.26

PETER COLLINS 45 PNA 2:46.17

DANIEL JAS 45 PNA 3:13.88

400 M. FREE  
 ERIC VALLEY 49 PNA 5:12.18

BLAIR ELANDER 49 PNA 5:21.83

800 M. FREE  
 BLAIR ELANDER 49 PNA 11:09.99

1500 M. FREE  
 BLAIR ELANDER 49 PNA 20:53.98

JIM LASERSOHN 45 PNA 22:02.55

PETER COLLINS 45 PNA 24:01.91

50 M. BACK  
 BRENT WASHBURNE 49 OREG 35.82

ERIC VALLEY 49 PNA 37.49

50 M. BRST  
 BLAIR ELANDER 49 PNA 36.53

JIM LASERSOHN 45 PNA 39.87

100 M. BRST  
 BLAIR ELANDER 49 PNA 1:24.20

200 M. BRST  
 BLAIR ELANDER 49 PNA 3:15.73

50 M. FLY  
 BRENT WASHBURNE 49 OREG 30.85

JIM LASERSOHN 45 PNA 32.73

ERIC VALLEY 49 PNA 32.96

JAY PEARSON 49 PNA 33.70

100 M. FLY  
 ERIC VALLEY 49 PNA 1:16.18

JIM LASERSOHN	45	PNA	1:18.50
BRENT WASHBURNE	49	OREG	1:18.97
PETER COLLINS	45	PNA	1:32.39
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M E N 50-54			
-----			
50 M. FREE			
NED STACK	51	PNA	26.41 P
100 M. FREE			
NED STACK	51	PNA	1:00.78 P
200 M. FREE			
DAVID HATHAWAY	50	OREG	2:17.63
1500 M. FREE			
MICHAEL JONES	50	PNA	21:59.89
50 M. BACK			
JAMES LITTLEFIELD	50	PNA	34.83
100 M. BACK			
JAMES LITTLEFIELD	50	PNA	1:15.39
200 M. BACK			
DAN UNDERBRINK	54	PNA	3:13.74
100 M. BRST			
DAN UNDERBRINK	54	PNA	1:34.61
200 M. BRST			
DAN ROBINSON	53	PNA	3:15.11
50 M. FLY			
NED STACK	51	PNA	28.11
DAVID HATHAWAY	50	OREG	30.60
100 M. FLY			
NED STACK	51	PNA	1:06.62
MICHAEL JONES	50	PNA	1:16.04
200 M. FLY			
DAVID HATHAWAY	50	OREG	2:48.98
200 M. I.M.			
DAN ROBINSON	53	PNA	2:51.04
400 M. I.M.			
DAVID HATHAWAY	50	OREG	5:48.56
DAN UNDERBRINK	54	PNA	6:42.71
-----			
M E N 55-59			
-----			
50 M. FREE			
ALLEN LARSON	57	UNAT	33.09
100 M. FREE			
ALLEN LARSON	57	UNAT	1:12.68
RICK COLELLA	59	PNA	1:17.12
200 M. FREE			
WILLIAM PENN	59	PNA	2:36.06
ALLEN LARSON	57	UNAT	2:38.41
400 M. FREE			
RICK COLELLA	59	PNA	5:17.18
WILLIAM PENN	59	PNA	5:22.22
ALLEN LARSON	57	UNAT	5:56.55
800 M. FREE			
WILLIAM PENN	59	PNA	11:06.07
1500 M. FREE			
WILLIAM PENN	59	PNA	21:01.31
ALLEN LARSON	57	UNAT	23:05.31
50 M. BACK			
WES EDWARDS	57	SWMS	33.45
100 M. BACK			
WES EDWARDS	57	SWMS	1:11.86
200 M. BACK			
WES EDWARDS	57	SWMS	2:34.69
50 M. BRST			
SCOTT NEUHAUS	56	PNA	40.79
100 M. BRST			
SCOTT NEUHAUS	56	PNA	1:34.45
200 M. BRST			
RICK COLELLA	59	PNA	2:46.93
50 M. FLY			

SCOTT NEUHAUS	56	PNA	34.26
200 M. FLY			
SCOTT LAUTMAN	58	PNA	2:36.13
200 M. I.M.			
RICK COLELLA	59	PNA	2:29.86
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M E N 60-64			
-----			
100 M. FREE			
STEVEN PETERSON	64	PNA	1:27.49
50 M. BACK			
THOMAS WALKER	63	PNA	53.00
100 M. BACK			
ALAN BELL	60	PNA	1:18.91
200 M. BACK			
ALAN BELL	60	PNA	2:42.63 Z
200 M. BRST			
STEVEN PETERSON	64	PNA	3:13.34
THOMAS WALKER	63	PNA	4:33.91
50 M. FLY			
ALAN BELL	60	PNA	31.60 P
100 M. FLY			
ALAN BELL	60	PNA	1:10.28 Z
200 M. FLY			
ALAN BELL	60	PNA	2:48.09 Z
200 M. I.M.			
STEVEN PETERSON	64	PNA	3:08.42
THOMAS WALKER	63	PNA	4:28.43
-----			
M E N 65-69			
-----			
400 M. FREE			
MICHAEL MCCOLLY	65	PNA	5:29.46 P
800 M. FREE			
MICHAEL MCCOLLY	65	PNA	11:33.43 P
50 M. BACK			
MICHAEL MCCOLLY	65	PNA	39.64 P
MICHAEL MCKINLAY	67	PNA	54.89
100 M. BACK			
MICHAEL MCCOLLY	65	PNA	1:23.21 P
MICHAEL MCKINLAY	67	PNA	2:01.67
200 M. BACK			
MICHAEL MCCOLLY	65	PNA	2:57.57 P
50 M. BRST			
MICHAEL MCKINLAY	67	PNA	1:18.38
400 M. I.M.			
MICHAEL MCCOLLY	65	PNA	6:18.95 P
-----			
M E N 70-74			
-----			
100 M. FREE			
DAVID KEUDELL	70	OREG	1:33.60
50 M. BACK			
LEE CARLSON	70	PNA	49.39
100 M. BACK			
LEE CARLSON	70	PNA	1:49.66
50 M. BRST			
DAVID KEUDELL	70	OREG	45.80
100 M. BRST			
DAVID KEUDELL	70	OREG	1:44.67
200 M. BRST			
DAVID KEUDELL	70	OREG	3:49.49
-----			
M E N 75-79			
-----			
50 M. FREE			
DAVID RADCLIFF	76	OREG	31.86
ROBERT DORSE	79	PNA	39.63
JACK FRITZ	77	ARIZ	43.52
100 M. FREE			

BILL KING	77 OREG	1:30.18
JACK FRITZ	77 ARIZ	1:41.15
200 M. FREE		
DAVID RADCLIFF	76 OREG	2:34.97
BILL KING	77 OREG	3:25.49
JACK FRITZ	77 ARIZ	4:11.20
400 M. FREE		
JACK FRITZ	77 ARIZ	9:11.08
800 M. FREE		
DAVID RADCLIFF	76 OREG	11:43.77
1500 M. FREE		
BILL KING	77 OREG	32:57.29
50 M. BACK		
JACK FRITZ	77 ARIZ	1:12.61
100 M. BACK		
JACK FRITZ	77 ARIZ	2:48.57
50 M. BRST		
JACK FRITZ	77 ARIZ	1:05.43
50 M. FLY		
JACK FRITZ	77 ARIZ	1:08.96
200 M. I.M.		
ROBERT DORSE	79 PNA	4:48.30
-----		
RELAYS-M E N	400 M.	FREE
-----		
160-199		
BRENT WASHBURNE	49 37OR	4:00.11 Z
ERIC WAN	44	
DAVID HATHAWAY	50	
BENJAMIN WESTON	29	

-----			
RELAYS-M E N	400 M.	MEDLEY	
-----			
120-159			
BRENT WASHBURNE	49 37OR	4:39.66	
KEVIN CLEARY	27		
BENJAMIN WESTON	29		
ERIC WAN	44		
-----			
RELAYS-MIXED	200 M.	FREE	
-----			
160-199			
PETER COLLINS	45 36PN	2:17.58	
JENNIFER FORDHAM	47		
DAN UNDERBRINK	54		
MARY ARMSTRONG	43		
-----			
RELAYS-MIXED	400 M.	FREE	
-----			
200-239			
CHARLOTTE DAVIS	60 36PN	4:24.95 W	
LISA DAHL	48		
ALAN BELL	60		
RICK COLELLA	59		
-----			
REQUESTED SPLITS			
-----			
Men	45-49	100 Free	
	Brent Washburne		1:04.53

## **All PNA Meets to use Club Assistant (from October 2010 forward)**

*by Lee Carlson, PNA Meets Chairperson*

Beginning with the October 2010 meet schedule, all PNA meets will use Club Assistant® software to communicate meet entry information electronically. The last two PNA meets have used this online program with great success. The new program promises to be a "win-win" for swimmers and the meet hosts, offering an user-friendly interface and significant time savings. The Club Assistant service costs three dollars per participant, which will be built into the meet entry fees.

### Advantages for the swimmer

- Register online
- View meet information online
- Select individual races and race times
- Secure credit card payment
- Electronic receipt
- Psych sheets available before the meet
- View and use prior meet results
- Greater data accuracy
- High level of security
- Ease of use

### Advantages to the meet host

- Easier meet setup
- USMS ID validation
- Online liability waiver
- Online credit card payment
- Export entry information to Meet Manager
- Tutoring for meet directors
- Time savings
- Greater data accuracy
- High level of security
- Access to reports and tech support

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**Welcome New PNA Swimmers** *(listed by workout group)*

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## Bainbridge Area Masters

April Cheadle

## Bellevue Club

Linda Stanchi

## Bremerton Tennis &amp; Athletic Club

Teri Sustare

## Federal Way Masters

Douglas Dawson

Tiffany Cobb

Chad Gabelsein

Lori Davis

## Julion Cuthorone

Rachel Mahar

Rob Fernandez

David Molen

Cheryle Vicente

Matthew Ramirez

## Green Lake Aqua Ducks

Anne Christine Kreter

Erin Kelley

Yumiko Uchino

## Lake Washington Masters

Carole Herrin

## Mercer Island Redwoods

Kristy Glaze

## Orca Swim Club

Rebecca Mitchell

Becca Manwiller-Thompson

Sean Gaddis

Owen Wagenhals

## Ohana Swim Team

Adrian Law

## Pro Sports Club

Rebecca Reinauer

## Thurston Olympians Swim Club

Leslie Flemmer

Tara Bogdon

## Tacoma Swim Club

Michelle Tragesser

Unattached *(see note below)*

Christie Palette

## Elizabeth Smith

Monica Rondon

John Kiely

Megan Chesley

Jennifer Gardiner

## Sarah Sotiropoulos

Lyset Cadena

Evan Gesche

Natalie Harmon

Peter Watson

Janine Manny

Diego de Acosta

Jennifer Loewenthal

Laura Wilkinson

Shannon Wilkenson

## Barbara Kiliz

Jill Arnow

Frank Powell

## Western Washington University Swimming

Sydney Anderson

*Note: Errors or corrections (and Unattached swimmers who wish to change their affiliation to a specific workout group) should be sent to [pnaRegistrar@usms.org](mailto:pnaRegistrar@usms.org)*

9<sup>th</sup> Annual BAMFest SCY Swim Meet- Sanction # 360-05  
 Hosted by Bainbridge Area Masters (BAM), Referee Teri White  
 Sanctioned by PNA Local Masters Swim Committee for USMS, Inc.

ORDER OF EVENTS	
Modified "High School" Format	
#	EVENT
1 & 2	200 MEDLEY RELAY W/M
3	200 FREE
4	50 BACK
5	200 IM
6	50 FREE
15 minute Break	
7	100 FLY
8	50 BREAST
9	100 FREE
10	500 FREE
11	100 IM
12 & 13	200 FREE RELAY W/M
14	100 BACK
15	50 FLY
16	100 BREAST
17	200 Mixed Fantasy Relay

**DATE & TIME:** Saturday, October 9, 2010  
 Warm-up: 9:00 AM Meet starts: 10:00 AM  
 Check-in with Clerk of Course upon arrival and positive check-in required for the 500FR prior to the break.

**LOCATION:** Bainbridge Island Aquatic Center: 8521 Madison Ave, Bainbridge Island WA 98110; pool phone: 206-842-2302. 25-yard course with six lanes used for competition and one lane for continuous warm-up and cool down in a separate pool. The hot tub, sauna, and steam room will be available during the meet for competitors only. Electronic timing will be used.

**DIRECTIONS:**  
*From Seattle:* Take the 7:55 AM ferry to Bainbridge Island. Proceed on SR305 exactly one mile to NE High School Road. Turn left (west) on High School Rd. Turn right (north) at traffic circle onto Madison Ave. Take first left for driveway entrance to pool.  
*From West sound:* Take SR305 to Madison Ave. N and turn right (south). Proceed 0.6 miles to the pool entrance on the right.

**ELIGIBILITY:** Open to all 2010 USMS registered swimmers age 18 and above on 10/09/10. Age groups determined by the swimmer's age on 10/09/10.

**RULES:** Current USMS rules will govern meet.  
**AGE GROUPS** (individual events): 18-24, 25-29, and 5-year age groups as high as necessary.

**RELAYS:** Deck-enter relays at the meet. Age groups 18+, 25+, 35+, and 10-year increments as high as necessary. Age of the youngest relay swimmer determines the age group of the relay. Fantasy relay instructions will be announced at the meet. (NOTE: the relay often utilizes inner tubes, backwards swimming, water polo balls, sculling, flower caps, and/or other exciting and goofy challenges).

**SEEDING:** Slow to fast. Check-in with the clerk of course.  
**MEET DIRECTOR:** Brian Russell, email: [brussell@hntb.com](mailto:brussell@hntb.com)  
**WEBSITE:** For more information, visit the PNA website ([www.swimpna.org](http://www.swimpna.org)), or BAM website [www.bainbridgeaquaticmasters.org](http://www.bainbridgeaquaticmasters.org)

**SAFETY FIRST**

**No diving during warm-up/warm-down except into designated sprint lanes.**

**MEET ENTRY FORM: October 9, 2010 9<sup>th</sup> Annual BAMFest**  
 Hosted by Bainbridge Area Masters (BAM) - Sanction # 360-05

NAME: \_\_\_\_\_  Male  Female

AGE (on 10/09/10) \_\_\_\_\_ Team or Unattached \_\_\_\_\_

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

E-MAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

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

Include a copy of your current Masters Registration card if you are not a PNA member.

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

ENTRY LIMIT: Five individual events, plus relays. Circle if your first Masters meet: Y

EVENT #	EVENT NAME	SEED TIME (Short Course Yards)

Late entries will not be accepted.

ENTRY FEES: \$ 16.00 Surcharge (Includes LMSC & electronic timing fees)

Individual Events: \$ \_\_\_\_\_ \$1.00 per event. No charge for relays.  
 Optional for age 65 and over, or if needs based.

TOTAL \$ \_\_\_\_\_ Please make checks payable to: **BAM**

Mail this entry form and fees to: **BAM**  
 PO Box 10934, Bainbridge Island, WA 98110

**Entries must be postmarked by Sept. 28 or received by Oct. 1, 2010.**

**On-line entries are encouraged and must be completed by Oct. 1, 2010**

[https://www.clubassistant.com/club/meet\\_information.cfm?c=1550&smid=2479](https://www.clubassistant.com/club/meet_information.cfm?c=1550&smid=2479)

**Club Assistant available 6/15/10 - Your credit card will be charged by 'ClubAssistant.com Event Billing' for this swim meet.**

**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.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_



SANCTIONED BY PNA FOR USMS INC. SANCTION# 360-09  
**SECOND ANNUAL WHIDBEY ISLAND SCM MEET**  
 HOSTED BY THE NORTH WHIDBEY MASTERS

Events Order (#3)	
#	Event
Sunday, November 22, 2009	
1	400 Free
	break
2	200 Free Relay
3	200 Fly
4	200 Back
5	50 Breast
6	100 Free
	break
7	200 Mixed Free Relay
8	200 IM
9	50 Fly
10	100 Back
11	200 Breast
12	50 Free
13	400 IM
14	200 Medley Relay
	break
15	100 Fly
16	50 Back
17	100 Breast
18	200 Free
19	100 IM
20	200 Mixed Medley Relay
	break
21	1500 Free

**Directions**

From North or Southbound I-5 take exit 230 for WA-20 toward Anacortes, stay left on WA-20 toward Whidbey Island. In Oak Harbor turn east (left) onto Whidbey Avenue. Turn right after 1/2 mile onto SE Jerome. Turn right at second parking lot.

From South Whidbey follow WA-20 north. In Oak Harbor turn east (right) onto Whidbey Avenue. Turn right after 1/2 mile onto SE Jerome. Turn right at second parking lot.

**Date:** Sunday, November 21, 2010  
**Time:** Warm-Up: 9:00 AM. Meet starts at 10:00 AM  
**Location:** John Vanderzicht Memorial Pool  
 85 SE Jerome St  
 Oak Harbor, WA 98277  
 (360) 675-7665  
**Meet Director:** Craig Carlson  
 director@oakharborpool.com  
 (360) 675-7665  
**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 USMS & MSC registered swimmers 18 and above as of 12/31/2010 **Include a copy of your Masters registration card if you are not a PNA member.**  
**Seeding:** All events other than the 400 Free and the 1500 Free will be pre-seeded slow to fast.  
**Relays:** Deck-enter relays at the meet. Mixed relays require two men and two women. Mark your relay entry card carefully with proper aggregate age group (e.g. 160-199) to ensure correct intent and results.  
**Check-In:** Positive check-in required for 400 & 1500 free. Deadline for 400 free is 9:40 am. Deadline for 1500 free is 12:30 pm. Swimmers who do not check in by the deadline may be scratched from the event.

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

NOTE: we have vending machines but no concessions so please bring some nourishment.

**SECOND ANNUAL WHIDBEY ISLAND SCM MEET**  
 MEET ENTRY FORM: November 21, 2010 Meet Sanction #360-09  
 Hosted by the North Whidbey Masters

NAME: \_\_\_\_\_ M F AGE AS OF 12/31/2010: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 E-MAIL ADDRESS: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_ USMS #: \_\_\_\_\_  
 CLUB/TEAM: \_\_\_\_\_ or UNATTACHED: \_\_\_\_\_ ASSOCIATION: \_\_\_\_\_  
 EMERGENCY CONTACT: \_\_\_\_\_  
 EMERGENCY PHONE NUMBER: \_\_\_\_\_

AGE GROUP (Determined by your age as of December 31, 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: FIVE EVENTS PLUS RELAYS.  Check if your first Masters meet.

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 16 US or Canadian (includes LMSC & timing surcharges)  
 Individual Events: \_\_\_\_\_ \$1 per event. No charge for relays.  
 No charge for need-based seniors (65 & over)  
 Total: \$ \_\_\_\_\_

Register online at: If you submit a paper entry then make checks payable to:	<a href="https://www.clubassistant.com/club/meet_information.cfm?c=1577&amp;smid=2551">https://www.clubassistant.com/club/meet_information.cfm?c=1577&amp;smid=2551</a> <b>NWAC</b>
Mail this entry form and fees to:	<b>Craig Carlson</b>
	John Vanderzicht Memorial Pool 85 SE Jerome St Oak Harbor, WA 98277 (360) 675-7665
Entries must be postmarked by Wednesday, November 7 or online by November 17. NO race day entries accepted.	

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 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 individual officiating at the meets, or supervising such activities. In addition, I agree to abide by and be governed by the rules of USMS.

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



# Pacific Northwest Association of Masters Swimmers

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

\_\_\_\_\_ E-Mail: \_\_\_\_\_  
City State Zip+4

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

**New Membership 09/01/2010 – 12/31/2010**

(\*If you membership number starts with 360 you are already registered through 12/31/2010)

<b>A. Regular end of year:</b>	<b>\$27</b>	
<i>Optional Donations:</i>		
USMS Endowment Fund		\$
International Swimmers Hall of Fame		\$
<b>TOTAL</b>		\$

**U.S. Masters Swimming Endowment Fund**  
Just \$1 from each of us has the potential to add \$50,000 annually to further adult swimming opportunities, sports, medicine research, education and outreach through grants.  
[www.usms.org/admin/lmschb/lmsc\\_hb\\_endowment.pdf](http://www.usms.org/admin/lmschb/lmsc_hb_endowment.pdf)

**International Swimming Hall of Fame Fund**  
ISHOF promotes the benefits and importance of swimming as a key to fitness, good health, quality of life, and the water safety of children through operation of the International Swimming Hall of Fame, a dynamic shrine dedicated to the history, memory, and recognition of famous swimmers. <http://www.ishof.org>

**Please consider making a tax-deductible donation to one or both of these funds.**

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 \$22 is sent to USMS and \$5 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.

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

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

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