

THE WETSET

Pacific Northwest Association
of Masters Swimmers



What Are Your Goals For 2012?

For most of the population, New Years resolutions have been made - and often discarded. For athletes, however, this early part of each year is an opportunity to carefully consider our goals. If no workout should be done without a specific purpose, then doesn't it stand to reason that no year of athletic endeavor should be done without specific goals?

See page 4 for some ideas beyond the usual race-oriented calendar.

PNA Secretary Herb Cook Wins Service Award

Longtime PNA board member and (current) Secretary Herb Cook was awarded the Dorothy Donnelly Service Award for 2011. The award recognizes those volunteers "whose service stands out in its scope and its impact on the program."

In the photo (right), Herb poses with his award and fellow board member (and 2002 Donnelly recipient) Jeanne Ensign.

Congratulations, Herb, and thanks for all your hard work on behalf of Masters swimming!

(See pages 5-6 for Herb's recap of the 2011 PNA Board Retreat.)



Fat Salmon Named As Best Of The Northwest

The Fat Salmon Open Water Swim, held each summer in Lake Washington, was named "Best Swimming/Watersports Event" by Competitor Magazine in their Northwest Edition. Another winner of interest to the Masters community was Sylvia's Swimwear (Best Swim Shop).

Visit www.competitor.com to read the whole list. Congrats, Fat Salmon!!

LEADING OFF



BY LISA DAHL, PNA PRESIDENT

As we go into the new year, PNA is exhibiting many changes. The organization is growing - new clubs are forming, new swimmers are joining, more swimmers are going to swim meets, and there are more opportunities for coaches.

In these changes, I see opportunities to promote swimming as a vehicle to health, fitness and fun. I see people every day wanting to know how they can find a Masters program to join. So what can I do with these opportunities?

I can teach coaches how to start Masters programs and develop their athletes.

I can work with the City of Seattle to promote Masters swimming and will work harder to get Masters swimmers more options in City pools.

I can create more options for non-competitive athletes within

PNA, and I can help new swimmers learn about the sport. Our goal is to give out more than 300 "New Swimmer Goody Bags" this year.

I will be asking for your help, though. PNA wants to be more active in support of Masters swimming and that takes people. Your energy, your ideas and your willingness to say "Yes" to opportunities to help. PNA has more clubs and swimmers than ever before, and when a few more people step up to help, we can get a lot of stuff done.

A couple final notes - we need nominations for the Dawn Musselman Award and the Coach of the Year Award, both to be presented at PNA champs April 14. Nomination forms are located in this issue of The WetSet.

I also encourage you to think about making a trip to Omaha for the U.S. Masters Nationals, immediately following the Olympic Trials, in the same pool. USMS is going all out to host the event. If you're interested in swimming in the same pool as the Olympic hopefuls, I encourage you not to let this opportunity pass by. The event is open to all members of U.S. Masters Swimming - everyone can go and swim!

Lisa

U.S. 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, U.S. 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 U.S. Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.

The WetSet

Editor

Ron Rhinehart (360) 632-5626

ron@creative-island.net

PNA Officers

President

Lisa Dahl (206) 251-1278

4742 42nd SW #151, Seattle, WA 98116

ldahl@usms.org

Vice President

Rich Seibert

rjseibert@hotmail.com

Treasurer

Jeanne Ensign (206) 948-1354

jeanne@raincity.com

Secretary

Herb Cook (360) 797-7097

herbcook@att.net

Immediate Past President

Steve Peterson (360) 692-1669

speterson@bandwagon.net

Board Members At-Large

Kathy Casey (253) 588-4879

kathycasey@comcast.net

Vacant (206) 240-7721

Michael Grimm

michael.grimm@live.com

PNA Volunteers

Registrar

Armi Litt (206) 849-1387 (cell)

PO Box 12172

Seattle WA 98102-0172

PNARegistrar@usms.org

Awards: Kerry Ness

Coaches: Wendy Neely

Bylaws: Jane Moore

Fitness: Sarah Welch

Historian: Tom Foley

Meets: Linda Chapman

Records/Top Ten: Walt Reid

Officiating: Kathy Casey/Jan Kavadas

Open Water/Long Distance: Sally Dillon

Safety: Kathy Casey

Webmaster/Computer Apps: Hugh Moore

Interested In The Future Of Competitive Swimming at Seattle Pools?

Attend a meeting / open discussion, hosted by Seattle Parks & Recreation Department

Wednesday, February 22, 2012

4:00-5:30pm

Aquatics Office, 4201 W Marginal Way SW, Seattle WA 98106

RSVP to Bill Dougherty at 206.684.7185 or bill.dougherty@seattle.gov

Volunteer Opportunity - WetSet Editor

-  Seeking enthusiastic PNA member with writing / editing talent.
-  Produce six (6) issues per year of the PNA newsletter, The WetSet.
-  Coordinate with the PNA webmaster to post content on the website.
-  Participate in PNA board meetings and retreats to grow the organization.

Interested? Contact Ron Rhinehart (ron@creative-island.net)
or Lisa Dahl (lisaisswimming@hotmail.com) for more details.

Past President's Wife Passes

Word has reached us that Lillian Foley, wife of longtime PNA member Tom Foley, passed away last September at the age of 77. Tom, as many of you know, has been a member of PNA since its inception and was notable for always selecting the more grueling events to swim at PNA meets. He served as our second president in those early years of PNA following founder Steve Engle, continues as PNA Historian and was an At-Large Representative until just recently. Tom is still swimming but no longer competes.

Lil become well known to PNA members (and grateful officials) for the times that she served, along with Tom, in the hospitality room at several PNA-hosted Short Course and Long Course National Championships. The PNA Board extends its condolences to Tom and his family on the loss of their beloved Lillian.

What Are Your Goals For 2012?

(Excerpts from USMS communications, edits by Ron Rhinehart)

It's good to have goals. We've all heard it - from parents, coaches, employers, self-help gurus, even our spouses. Goals provide motivation, giving a tangible sense of where we're headed. Goals provide structure, as we "plan the work and work the plan." And, goals provide us a mechanism to measure our progress, as we methodically get closer and closer.

As athletes, we have a special opportunity to set quantifiable goals for ourselves through competition - key races, goal times in favorite events. The beginning of the year also offers us the opportunity for goals that are specifically annual in nature - and our national organization, U.S. Masters Swimming (USMS), sponsors two exciting annual challenges.

The annual **Go The Distance (GTD)** program has become the most popular event offered by USMS. More than 2,800 members participated in this USMS fitness event in 2011, logging a total of more than one billion yards for the year (over 577,000 miles). With the new year, it's time to sign up for the GTD 2012 and start FLOG-ing your yards/meters. Quickly, these turn into miles and you'll love seeing your own accomplishments grow. And you may end up earning some sponsor prizes as well!

GTD is a self-directed program intended to encourage Masters swimmers to regularly exercise and track their progress. There is no time limit for the distance milestones, except that they must be achieved in the calendar year 2012. Speed does not count - just the effort to attain whatever goal you set for yourself.

GTD is on the honor system - you track the distance you swim. Daily, weekly, or monthly, you enter that information into your online Fitness Log (FLOG). When you achieve certain milestones, ranging from 50 miles through 1500 miles, you will be recognized on the U.S. Masters Swimming website and will receive special prizes from Nike Swim, our event title sponsor for the event.

There is no cost to enter GTD. You may register for GTD through your FLOG in the [My USMS <http://www.usms.org/myusms/>](http://www.usms.org/myusms/) section of the website. Your FLOG allows you to track all your fitness activity, not just swimming, while simultaneously participating in GTD. Once you've entered GTD, your results are automatically included in the daily summary reports, and your milestone awards are sent directly to you. [<http://www.usms.org/fitness/enterflogevent.php>](http://www.usms.org/fitness/enterflogevent.php)

In 2011, over 250 USMS members participated in **The Check-Off Challenge**, hosted by Maryland Masters. This year's Check-Off Challenge, hosted by Hammerhead Aquatics (Florida) is a postal event designed to motivate swimmers to complete 18 "pool" events and an "open water swim" during the 2012 calendar year. It challenges all levels of swimmers. Novice swimmers can swim new events. Experienced swimmers can try for their personal best times in as many events as practical. Simply "Check-off" each swim on your t-shirt [<http://www.usms.org/fitness/2012checkoff_tshirt.pdf>](http://www.usms.org/fitness/2012checkoff_tshirt.pdf) when you complete the event.

The events may be swum in practice or in meets, in yards or in meters, any time during 2012. The challenge is to complete all events or try new events. The event is open to registered Masters swimmers. Enter by filling out the entry form [<http://www.hammerheadaquatics.com/The%202012%20Check%20Off%20Challenge.pdf>](http://www.hammerheadaquatics.com/The%202012%20Check%20Off%20Challenge.pdf) or enter online [<https://www.clubassistant.com/club/meet_information.cfm?c=1854&smid=3501>](https://www.clubassistant.com/club/meet_information.cfm?c=1854&smid=3501). You must have your 2012 registration number before you can enter.

Make 2012 the year that you try one - or both - of these fun programs!

Notes From PNA Annual Retreat (October 29, 2011)

(compiled by Herb Cook, PNA Secretary)

The Board of the Pacific Northwest Association of Masters Swimmers met in retreat to:

- Review PNA's 2010 Strategic Plan
- Compare PNA's Plan to the Strategic Plan adopted by USMS in September 2011
- Review PNA's Accomplishments and Shortcomings in 2011
- Set goals and objectives for 2012
- Identify "Make It Stick" Tools to help achieve the goals and objectives

The following notes should be read along with the "Flipchart Notes" prepared by Rich Seibert, who volunteered to facilitate/moderate the Retreat. Rich's unflagging energy, positive outlook and skill at keeping the discussion "on point" contributed much to a productive meeting. Below, roughly following the order of discussion, are summaries of key topics:

PNA LMSC & PNA Club

Resolving the relationship between the Pacific Northwest Association (PNA LMSC) and Pacific Northwest Aquatics (PNA Club) emerged as a major need. Herb Cook summarized the position of USMS that an LMSC and a Club must be separate in both governance and finances. Hugh Moore stated his opinion that PNA Club should operate independently and chart its own course. Kathy Casey pointed out that PNA Club presently functions only to support area swimmers at national meets. Rich Seibert offered to work on this issue and bring ideas back to the Board in January, 2012.

Minimum Standards

Hugh Moore mentioned that a revision of USMS Minimum Standards for LMSCs should be completed by January, 2012, and advocated that PNA should conduct a self-assessment using the new standards. Rich Seibert agreed, adding that a self-assessment by Clubs also would be a good outcome of the Minimum Standards process.

Volunteers

It was noted that volunteers are an important component of the USMS Strategic Plan. Lisa Dahl said a scarcity of new volunteers in recent years has hindered PNA's ability to achieve its goals. Kathy Casey said PNA needs younger volunteers, people with specific skill sets and leadership potential. Mike Grimm suggested using The WetSet and the PNA website as "touch points" to reach potential volunteers. Hugh Moore noted that many team representatives do not actively participate in PNA Board activities, and should be encouraged to get engaged and to recruit new volunteers from their teams. Lisa Dahl suggested a goal of getting 10 team representatives engaged in 2012. Rich Seibert proposed identifying three or four key focus areas and finding a "champion" to lead volunteer development for each of those areas.

Accomplishments in 2011

Board members reviewed PNA's accomplishments in three key focus areas:

- Serve Coaches: sent 3 coaches to Nationals; 16 to USMS regional certification programs; 30+ to local ASCA training; 2 to ASCA World Clinic. Coaches also met via conference calls.

PNA Annual Board Retreat

(continued from page 5)

- Serve PNA Members, including both competitive and fitness swimmers: distributed new swimmer goodie bags; published The WetSet; sanctioned and promoted pool meets and open water events; obtained pool time for postal swims; maintained and contracted the redesign of PNA website; secured member discounts from merchandise vendors.
- Serve Teams and Team Representatives: provided support and information to meet sponsors; promoted meets and team activities via The WetSet and PNA website; organized relays at Nationals; provided USMS rulebooks to registered teams; maintained and published team contact information; registered teams and tracked team membership.

Goals Not Accomplished in 2011

- Open Water Challenge Series.
- Fitness Swimmer Initiative.
- Volunteer Recruitment.

Objectives for 2012

- Serve Coaches: Make “Club-in-a-Box” materials available to all teams and team representatives; provide training opportunities for all PNA coaches; coordinate USMS coach certification with Dick Hannula’s USA Swimming coach certification clinic.
- Serve PNA Members: Provide information and services to non-competitive swimmers via The WetSet, the PNA website and links to USMS resources; expand and enhance vendor relationships; provide social opportunities at PNA Champs meet—consider a mixer or keynote speaker.
- Serve Teams, Team Reps and Clubs: Communicate a full range of information about PNA through consistent messages via as many channels as possible; maximize the benefit of PNA’s redesigned website for teams and team reps; use social media—Facebook, Twitter, etc.; survey the needs of team reps; track issues involving pool facilities and pool time—assist teams when appropriate.
- Grow PNA Membership: Reach out to potential members through ad fliers, communication with triathlon clubs, exit surveys at meets and open water events, etc.; emphasize eligibility for USMS membership at age 18; provide tips on health and fitness; provide information on new equipment; offer social opportunities, excursions and group experiences—e.g. Olympics-watching parties.

Making It Stick

Board members agreed that PNA needs one or more “point persons” to take responsibility for each 2012 objective. Rich Seibert volunteered to assume responsibility for coordinating communications. Lisa Dahl volunteered to coordinate Club and Coach Services. Linda Chapman, Sarah Welch and Sally Dillon volunteered to coordinate sanctions and clinics; Arni Litt volunteered to coordinate membership growth initiatives. Still needed is a point person to coordinate volunteer recruitment and services.

2012 PNA Meets Update

by Linda Chapman, PNA Meets Coordinator

Most Common Error When Entering a Meet Online . . .

Most of us love entering meets online using Club Assistant. No paper forms, best times listed right there on the entry form, no envelopes and stamps and we get instant confirmation that we are entered. What could go wrong?

The most common error is manually typing in an invalid or incorrect workout group (aka team) or choosing the incorrect workout group from the list. Most of the time, your workout group will already be selected on the form. When it isn't selected, or the wrong team is selected, make sure you carefully check the drop down list for the correct team. All registered PNA teams should be in the drop down list so you shouldn't have to write in a team.

Help out our great PNA meet hosts and make sure your online entry is accurate. Thanks!

New Look for Meet Info and Paper Entries

Meet announcements have a new, slimmed down look! Starting with this issue of the WetSet, *most* meet announcements will be just a ½ page wide so that two meets fit onto one page. The goal is to have each meet/event follow the same compact, and more readable, format. With the vast majority of entries coming through Club Assistant, it seemed wasteful to have a paper entry form as part of each meet announcement.

The paper entry form, which was usually located on the right-hand portion of the page, was removed and replaced with a Generic PNA Paper Entry Form which can be used for pool meets, open water events, clinics, etc. A copy of the Generic PNA Paper Entry Form will be available in each issue of the WetSet and on the PNA website.

PNA 2012 Pool Meet Schedule

DATE	LOCATION/POOL	MEET HOST	COURSE
February 4	Olympia-Briggs Y	South Sound Masters	Yards
February 19	Kirkland-Juanita Aq. Ctr. (JHS)	Lake WA Masters	Yards
March 17	Seattle-Seattle University CANCELED	Orea Swim Team	Yards
Apr 14 & 15	PNA SCY Champs	Blue Wave Aquatics	Yards
October 6	Bainbridge Island-Bainbridge Aq. Ctr	Bainbridge Aq Masters	Yards
October 20 & 21	Federal Way-WKCAC – ZONE meet		SCM
November 18	Whidbey Island-John Vanderzicht Pool	North Whidbey Masters	SCM
December 1	Sand Point Country Club-Seattle (Outdoor)	Sand Point Masters	Yards

The October 20-21 SCM meet at WKCAC is a Zone meet.

The Whidbey Island meet was moved to November 18 from the original date of November 11.

The December 1 meet at Sand Point Country Club in Seattle will be outdoors. Yes, really!

Nationals

DATE	LOCATION/POOL	MEET HOST	COURSE
Apr 26-29	Greensboro, North Carolina	NC Masters Swimming	Yards
July 5-8	Omaha, Nebraska		LCM

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

Blue Wave Aquatics	PNA-NA	Dietrich Schmitt
Mark Anderson	Brenda Carter	Deborah Sigler
Monica Ayres	Cameron Justice	James Smith
Anamaria Baralt	PNA-North End Otters	Alain Steenbeeke
Ann Bettencourt	Adina Angle	PNA-Washington Athletic Club
Heather Black	Andrea Tousignant	Joel Werdell
Jenny Catlett	PNA-Olympic Aquatic Club	PNA-West Coast Aquatics Masters
Jill Ellingson	Justine Leake	Samuel King
Kristin Grimes	PNA-ORCA Swim Club	PNA - Western Washington Univ. Swimming
James Mowbray	Eric Kim	Madison Divelbiss
Eivind Naess	Ian Munar	Paul Heller
Bob Schwieger	Scotty Orr	Matthew Luka
Stacey Wurster	Laina Vereshagin	Geneva Olson
Rossana Zemek	PNA-Sequim Aquatic Recreation Center	Dan Schiedermayer
PNA-Bainbridge Area Masters	Eric Ellefson	Daniel Shelnut
Nina Mitchell	Jason Riddle	Jasmine Speaks
PNA-Bellevue Club	PNA-South Sound Masters Swimming	Nic Tower
Jennifer Draper	Fallon Becerra	PNA-YMCAPKC South Aquatics
Susan Pappalardo	Jennifer Connely	Nicole Eldredge
PNA-Downtown/Bellevue Swim Team	Janet Segovia	
Kris Allan	PNA-Seattle U. Redhawk Masters Swimming	
Rachel Auffant	Mary Patterson	
Bergen Beck	David Ritt	
Gary Bloxham	PNA-Thunderbird Aquatics	
John Brown	Kate McMullen	
Stephanie Major	PNA-Unattached	
Yadi Rodriguez	Shawn Brown	
PNA-Green Lake Aqua Ducks	Jason Carr	
Kathleen Brunner	Corbyn Ladd	
Bruce Lam	Susan Larson	
Angie Muthee	Sue Phillips	
Cory Wynhof	Madison Piersoll	
PNA-Logger Masters	Valerie Powerll	
Lisa Whitney	Diana Roberts	
PNA-Lake Washington Masters	Rick Rodriguez	
Michael Scott	Sheri Sawyer	
PNA-Monroe YMCA Masters		
Cherith Maples		

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

Call for Nominations

Dawn Musselman Inspirational Swimmer Award

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986). As a long-time PNA member, Dawn inspired others and encouraged them to do their best. While she still holds PNA records in the 60 to 74 age groups, competitive participation is not a criterion for this award.

Past recipients of the **Dawn Musselman Inspirational Swimmer Award** are:

1986 - Dawn Musselman	1995 - Tammi Keeler	2004 - Kathy Casey
1987 - Marlene Holmes	1996 - Ian Thompson	2005 - Gene Crossett
1988 - Maxine Carlson	1997 - Suzanne Dills	2006 - Jeanne Ensign
1989 - Jim Penfield	1998 - Clark Pace	2007 - Lee Carlson
1990 - Tom Foley	1999 - Dan Frost	2008 - June Van Leynseele
1991 - Karen Jost	2000 - Joan Davis	2009 - Steve LaHaie
1992 - Jan Kavadas	2001 - Paul Ikeda	2010 - Betsey Kassen
1993 - Robin O'Leary	2002 - Barb Gundred	2011 - Sarah Welch
1994 - Marion Mueller	2003 - Chaya Amiad	

Nominations are open to all PNA members. We're looking for the candidate who:

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

Don't you swim with someone who qualifies? Compose a few paragraphs telling why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at the PNA Champs meet, April 14 and 15, at Weyerhaeuser King County Aquatic Center in Federal Way.

Send your nomination to:

Steve Peterson
speterson@bandwagon.net
360-692-1669
11165 Central Valley Road NW
Poulsbo WA 98370-7014

Please submit your nomination by March 28, 2012.

2012 PNA Coach of the Year Nomination Information

PNA recognizes a coach annually for outstanding contributions to local Masters swimming programs. If you'd like to nominate a coach, submit either the attached nomination sheet (one page only) or a one-page letter of support addressing any or all of the following selection criteria: improvement or enhancement of ongoing program or establishment of a new program; sustained service over a long period of time; contributions to PNA; commitment to PNA; willingness to share coaching skills and information; loyalty of team members; coaching accomplishments; and/or inspiration to others. Please use this word document .

Nominator's Name

Email Address

Cell Number

Candidate's Name

Workout Group

Number years coaching this team:

Candidate's coaching experience:

Candidate's coaching accomplishments:

Candidate's improvement/enhancement of program or development of a new program:

Candidate's contributions to PNA:

Evidence of candidate's coaching skills and knowledge:

Impact of coach's efforts on others:

PLEASE REPLY BY MARCH 1, 2012

REPLY TO LISA DAHL ldahl@usms.org

2012 PNA CALENDAR

	Saturday	Sunday		Saturday	Sunday
Jan 2012	7	8	Jul 2012	7	8
	14	15		July 5 - 8, LCM Natls, Omaha, NE	
	21	22 Anacortes TAC / SCM		14 Lake Padden 2.5, 5 Bellingham	15
	28	29		21 Lk Wash Madison Pk, Seattle	22
Feb 2012	4 Olympia Briggs SSM / SCY	5	Aug	28	29
	11	12		4	5 Lake Samm 1.1 m Bellevue
	18	19 Kirkland LWM/ SCY		11	12 Aqua Run for Child Com.Bay, Tacoma
	25	26		18	19
Mar 2012	3	4	Sep 2012	25	26
	10	11		1	2
	17 Seattle ORCA / SCY	18		8 Saratoga Passage Langley, Whidbey	9
	24	25		15	16
	31	1		22 Angle Lake Seatac	23
Apr	7	8	Oct 2012	29	30
	14	15 --- PNA CHAMPS ---		6 Bainbridge BAM / SCY	7
	21	22		13	14
	28	29		20	21 ---- SCM Zone @ WKCAC ----
	Apr 26-29 SCY Natls, Greensboro NC			27	28
May 2012	5	6	Nov 2012	3	4
	12	13		10	11
	19	20		17	18 Whidbey NWM / SCM
	26	27		24	25
Jun 2012	2	3	Dec 2012	1	2
	9	10		SPCC Outdoor SCY	
	16	17		8	9
	23	24		15	16
	30	1		22	23
			29	30	

The ORCA-hosted SCY meet, originally scheduled for March 17, has been canceled.

South Sound Masters
Beat the Clock Masters Meet
Saturday, February 4, 2012
Warm-up: 08:30 AM Meet starts at 9:00 AM
Sanctioned by PNA for USMS Inc. # 0362-03

LOCATION: Briggs YMCA, [1530 Yelm Hwy SE, Olympia, WA](#) 98501,
(360) 753- 6576

FACILITY: 25yd pool, 6 lanes, separate warm-up pool. Temp 81.5°F

MEET DIR.: Mel Smith, melcomplynow@msn.com, 360-970-9466

CONCESSIONS: Available mid-morning to mid-afternoon.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2012 USMS or foreign registered swimmers
18 and above as of 02/04/2012. Age groups based on the swimmer's
age as of 02/04/2012.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must
be postmarked by Friday, January 27 or online by 11:59 PM (Pacific)
Wednesday, February 1. NO race day entries accepted. Meet
director may limit # of entries in 1650. Enter online at:
[https://www.clubassistant.com/club/meet_information.cfm?c=1651
&smid=3608](https://www.clubassistant.com/club/meet_information.cfm?c=1651&smid=3608)

SEEDING: All events slow to fast, age group and sexes mixed. Pre-
seeding except for 1650 free, 400 IM, and 500 free.

CHECK-IN: Positive check-in required for the 1650 Free and 400 IM by
8:45 AM and the 500 Free by the conclusion of event #13. Swimmers
missing the check-in deadline may be scratched from the event.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays
require two men and two women. Mark your relay entry card
carefully to ensure correct intent and results.

AWARDS: Available for purchase at meet

ORDER OF EVENTS:

1	400 IM	11	50 Free
2	1650 Free	12	100 Fly
- -	30 Minute Warm-Up - -	13	50 Breast
3	200 Free Relay	- - -	Break - - -
4	100 Back	14	200 Medley Relay
5	200 Free	15	50 Back
6	50 Fly	16	100 Free
7	200 Breast	17	200 Fly
8	100 IM	18	100 Breast
- - -	Break - - -	19	200 IM
9	200 Mixed Free Relay	- - -	Break - - -
10	200 Back	20	200 Mixed Medley Relay

ENTRY FEES: \$16 (US or Canadian; includes LMSC and timing
surcharges) PLUS \$3 per individual event (optional for seniors and
needs-based swimmers). Entry fees include WA State sales tax. No
charge for relays.

ONLINE ENTRIES: Enter online at:
[https://www.clubassistant.com/club/meet_information.cfm?c=1651
&smid=3608](https://www.clubassistant.com/club/meet_information.cfm?c=1651&smid=3608)

PAPER ENTRIES: Use the Generic Entry Form found elsewhere in this
WetSet. Make checks payable to *Aquatics Dept, Briggs YMCA* and
mail to: *Mel Smith, Masters Coach; c/o Aquatics* see location
(above) for address.

DIRECTIONS: From the North-- take I-5 South to Exit 105. Stay to the
right onto 105B and go left at first stop light (Henderson Blvd.). Stay to the
left as the road makes a "Y" (do not take the Portland onramp), go
through the roundabout and continue to the corner of Yelm Hwy and
Henderson Blvd. (approx. 2 miles). The Briggs YMCA is on that corner.

From the South-- take I-5 North to Exit 101, Tumwater Blvd. Turn Right
onto Tumwater Blvd. and follow it until it dead-ends at Henderson Blvd.
Turn left and down a long hill; back up the other side to a light at the Yelm
Highway. The Briggs YMCA is on that corner.

Lake Washington Masters
Short Course Yards Masters Meet
Sunday, February 19, 2012
Warm-up: 9:00 AM Meet starts at 10:00 AM
Sanctioned by PNA for USMS Inc. # 0362-04

LOCATION: Juanita Aquatic Center, Juanita HS, [10601 NE 132nd St.,
Kirkland 98034](#)

FACILITY: 25yd pool, 6 lanes, separate warm-up area. Temp 82°F

MEET DIRECTOR: Becca Watson, beccawatson@waveaquatics.org,
425-936-1627

CONCESSIONS: Available.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2012 USMS or foreign registered swimmers
18 and above as of 02/19/2012. Age groups based on the swimmer's
age as of 02/19/2012.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must
be postmarked by Thursday, Feb 10 or online by 11:59 PM (Pacific)
Wednesday, February 15. NO race day entries accepted. Enter at:
[https://www.clubassistant.com/club/meet_information.cfm?c=1679
&smid=3620](https://www.clubassistant.com/club/meet_information.cfm?c=1679&smid=3620)

SEEDING: All events slow to fast, age group and sexes mixed. Pre-
seeding except for 1650 free, 400 IM, and 500 free.

CHECK-IN: Positive check-in required for the 400 IM by 9:30 AM and
the 500 Free by the conclusion of event #21. Swimmers missing the
check-in deadline may be scratched from the event.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays
require two men and two women. Mark your relay entry card
carefully to ensure correct intent and results.

AWARDS: Available for purchase at meet

ORDER OF EVENTS:

1	400 IM	11	100 Free
- - -	30 Minute Warm-Up - - -	12	200 Back
2	400 Free Relay	13	400 Medley Relay
3	50 Breast	- - -	Break - - -
4	100 Fly	14	200 Breast
5	200 Free	15	200 Fly
6	50 Back	16	50 Free
7	100 IM	17	100 Back
- - -	Break - - -	18	200 IM
8	400 Mixed Free Relay	19	400 Mixed Medley Relay
9	100 Breast	- - -	Break - - -
10	50 Fly	20	500 Free

ENTRY FEES: \$16 (US or Canadian; includes LMSC and timing
surcharges) PLUS \$2 per individual event (optional for seniors and
needs-based swimmers). Entry fees include WA State sales tax. No
charge for relays.

ONLINE ENTRIES: Enter online at:
[https://www.clubassistant.com/club/meet_information.cfm?c=1679
&smid=3620](https://www.clubassistant.com/club/meet_information.cfm?c=1679&smid=3620)

PAPER ENTRIES: Use the Generic Entry Form found elsewhere in this
WetSet. Make checks payable to *Wave Aquatics* and mail to: *Linda
Chapman, 17532 NE 142nd St, Redmond, WA 98052*

DIRECTIONS: From I-405 take the NE 124th St exit and head west.
Turn Right at 116th Ave NE. Turn Left on NE 132nd St. Go past light at
108th Ave NE. Turn Left at next light into Juanita High School
driveway. At roundabout take first right and park in that lot. Pool is
down the stairs to the right of the roundabout.

ENTRY QUESTIONS: Linda Chapman: chapman_family@comcast.net

2012 Steve Engel Memorial PNA Championship Meet
Saturday, April 14th and Sunday April 15th, 2012
 Hosted by Blue Wave Aquatics
 Sanctioned by PNA for USMS Inc. #xxxx

LOCATION: Weyerhaeuser King County Aquatic Center, 650 SW Campus Drive, Federal Way, WA 98023 206-296-4444

FACILITY: 50-meter championship pool set up as two 25-yd courses, each with 9-ft wide lanes and a water depth range of 9'-10.5' Continuous warm-up available in 7-lane, 25-yd dive tank.

TIMES: Saturday, Apr 14: Warm-up 11:00-11:50am, meet starts Noon
 Sunday, Apr 15: Warm-up 8:00-8:50am, meet starts 9:00am

MEET DIRECTOR: Steve Freeborn, 206-940-7442,
pnachamps@bluewave-aquatics.com

CONCESSIONS: Vendor contracted with WKCAC, available in lobby.

RULES: Current USMS rules will govern the meet. Strictly forbidden:
 Using hand paddles in warm-up areas; Diving in warm-up areas unless in designated sprint lanes; Smoking in any area where swimmers may be present.

ELIGIBILITY: Open to all 2012 USMS or foreign registered swimmers 18 and above as of 04/15/2012. Age groups based on the swimmer's age as of 04/15/2012.

ENTRIES: Swimmers may enter up to 6 individual events, 5 indiv events/day max. Entries must be postmarked by Thursday, April 5th 2012 or online by Saturday, April 7th, 2012 PM (Pacific) Midnight. No entries will be accepted after these deadlines.

SEEDING: Two courses will be used for the 400 IM, 500 Free, 1000 Free and 1650 Free. A single course will be used for all other events. All events slow to fast. Pre-seeding except for asterisked events, below.

CHECK-IN: 1000 Free – end of Event #6; 500 Free – 8:30am Sunday; 1650 Free – end of Event #18. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS: 18+, 25+ and subsequent ten-year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group. Mixed relays require two men and two women. Check-In Events #9, #10, #11 by 1pm Saturday. Events #21, #22, #23 by 11am Sunday.

AWARDS: Ribbons for places 1 – 6. Medals may be purchased at meet

ORDER OF EVENTS:

Saturday, April 14	Sunday, April 15
1 400 IM	13 500 Free*
2 200 Back	14 200 Fly
3 50 Free	15 50 Breast
4 100 Breast	16 100 Free
5 50 Fly	Special Awards Presentation
6 200 Free	17 200 IM
7 100 Back	18 100 Fly
8 100 IM	19 50 Back
9 Women's 200 Free Relay*	20 200 Breast
10 Men's 200 Free Relay*	21 Women's 200 Medley Relay*
11 Mixed 200 Medley Relay*	22 Men's 200 Medley Relay*
12 1000 Free*	23 Mixed 200 Free Relay*
	24 1650 Freestyle*
	PNA Team Award

ENTRY FEES: \$31 (US or Canadian; includes LMSC and timing surcharges) PLUS \$2 per individual event (optional for seniors and needs-based swimmers). No charge for relay.

ONLINE ENTRIES: Enter online at:
https://www.ClubAssistant.com/club/meet_information.cfm?c=1449&SMID=3621

PAPER ENTRIES: Use the Entry Form of the right side of this page.

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

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

NAME: _____ M F AGE: _____
 ADDRESS: _____
 CITY: _____ STATE: _____ ZIP: _____
 PHONE _____
 Email _____
 BIRTHDATE: _____ USMS #: _____

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

LMSC (PNA, Oregon, Inland NW, etc.)	Club (PNA or BWAQ if registered in PNA)

TEAM - PNA teams must register with PNA by Thursday, March 29 2012)

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

Event #	Event Name	Entry Time

ENTRY FEE: Fees include WA State Sales Tax

SURCHARGE	\$31.00					
INDIVIDUAL EVENTS	+	\$2 Per Event. No charge for relays. No charge for seniors (65+) or need-basis				
T-SHIRTS@ \$20 UNISEX SIZING	+	Small	Med	Lg	XL	XXL
WOMEN'S FIT	+	Small	Med	Lg	XL	XXL
	+	+\$2 for XXL shirt				
TOTAL	\$	Make checks payable to BWAQ and mail to: Blue Wave Aquatics, PO Box 24083 Federal Way, WA 98093				

Questions? Email Steve Freeborn at pnachamps@bluewave-aquatics.com
 Entries must be postmarked by Thursday, April 5th 2012 or online by **Saturday, April 7th**, 2012 PM (Pacific) Midnight. No entries will be accepted after these deadlines. All swimmers must have a valid 2012 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry.

Blue Wave Aquatics, PO Box 24083, Federal Way, WA 98093 "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
_____	_____
<input type="checkbox"/> This is my first Masters meet	

PNA GENERIC ENTRY FORM

COMPETITION ENTRY INSTRUCTIONS

Pacific Northwest Association (PNA) Sanctioned Swimming Competitions

AGE GROUPS

Entrants must be at least 18 years old to compete.

Individual Events: 18-24, 25-29 and subsequent five year increments as high as necessary to accommodate all swimmers.

Short Course (yards) Relays: 18+, 25+ and subsequent ten-year increments as high as necessary to accommodate all swimmers. The age of the youngest member of the relay team shall determine the age group.

Short Course (meters) and Long Course Relays: 72-99, 100-119, 120-159, 160-199, and 40 year increments as high as necessary. The aggregate age of the four relay members shall determine the age group.

ONLINE ENTRIES – EASIEST and BEST Method!

PNA encourages online entries for all of its sanctioned competitions via Club Assistant. The link for each meet's online entry can be found within the description of the meet found elsewhere in this newsletter and also via the Calendar section at www.swimpna.org.

PAPER ENTRIES

Read the following instructions before using the Consolidated Entry Form at the bottom of the page to "paper" enter PNA sanctioned meets. For specific information on each competition, see elsewhere in this newsletter. The link for online entries will be located with the meet specifics found elsewhere in the WetSet. Current USMS and PNA rules govern all swim meets.

ALL COMPETITIONS

Entry Procedures: Read the specific info for each competition. Swimmers not registered with PNA must include a photocopy of their Masters Swimming registration card. Individual event information must be completed in the designated area on the form.

Check-in Requirements: Swimmers may need to check in at meets and in accordance with meet specifics.

POOL COMPETITIONS

Relays shall be entered at the meet using cards provided by the meet host.

Strictly forbidden: **Entering more than five individual events per day;** Using hand paddles in warm-up areas; Diving in warm-up areas unless in designated sprint lanes; Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS (OW)

Swimmers are not permitted to use fins, pull buoys or other swimming devices with the possible exception of using soft hand paddles or fins for prosthesis. Approval of prosthesis use is the responsibility of the event director. Wearing a highly visible cap is mandatory. Each course is patrolled by safety craft and unless specifically stated, individual escorts are not allowed. A cut-off time will be enforced. If awards are given, swimmers using non-porous neoprene swimsuits, wetsuits, or other non-porous attire will compete in separate divisions from those wearing traditional swimsuits.

----- Cut Here -----

GENERIC ENTRY FORM • PACIFIC NORTHWEST ASSOCIATION

Name: _____ Sex: M F Birthday: ___/___/___ Age: _____
 Address: _____ City: _____ State: ___ Zip: _____
 Email: _____ Phone: _____ USMS #: _____
 Local team: _____ or UNAT: _____ USMS Club: _____ Club abbr: _____
 Emergency Contact: _____ Phone: _____ T-shirt size (OW): _____

Event #	Distance/Stroke	Entry time	Event #	Distance/Stroke	Entry time
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

"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. For Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Name of Meet	Date of Meet	Signature	Date
_____	_____	_____	_____

This is my first Masters meet



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 and follow the instructions.

2012 Membership Application

New Swimmer Returning USMS Swimmer, ID if available _____

Name: _____ Birth date: _____
Last First Initial Month Day Year

Address: _____ Age: _____ Male Female
Street or box number

City State Zip+4 E-Mail: _____

Home Phone (____) _____ Work Phone (____) _____ Cell Phone (____) _____

FIRST choose a CLUB Affiliation

- Pacific NW Aquatics (PNA)
- Blue Wave Aquatics (BWAQ)
- Unattached to a Club

THEN choose a TEAM Affiliation (PNA only) _____

See team list on next page for team initials

Please check all that apply:

- Masters Coach
- Certified Official
- YMCA
- USA Swimming
- USA Triathlon

Choose a membership level A or B below for 11/01/2011 thru 12/31/2012.

A. Regular:	\$45	
B. Need-based or Seniors (65 & over):	\$36	
<i>Optional Donations:</i>		
USMS Swimming Saves Lives		\$
International Swimmers Hall of Fame		\$
Pacific NW Association (PNA) Support		\$
TOTAL		\$

Make check payable to: PNA

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

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

Swimming Saves Lives Foundation

focuses its resources on the vital lifesaving and lifetime benefits of swimming. Just \$1 from each of us has the potential to add \$55,000 annually to further adult swimming opportunities, sports medicine research, education and outreach through grants. See <http://www.usms.org/giving/>

International Swimming Hall of Fame (ISHOF)

is dedicated to the recognition of the famous swimmers, divers, water polo players, synchronized swimmers, and persons involved in life saving activities and education, throughout the world. <http://www.ishof.org/about/>

Pacific Northwest Association of Masters Swimmers supports clinics, education, *The Wetset*, and future projects. The Senior and Need-based discount is funded in part by donations.

Please consider making a tax-deductible donation to these funds.

A link to the PNA newsletter, *The WetSet*, will be sent by email 6 times/year unless you check here to have *The WetSet* sent by U.S. Postal Mail.

PNA always needs volunteers to help with meets, clinics and committees.

Check here to volunteer and someone will contact you about where you could make a difference.

2012 Annual Fee: Of your membership fee \$31 is sent to USMS and \$14 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 _____

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

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Inside The January/February Issue:

- * WHAT ARE YOUR GOALS FOR 2012? (PAGE 4)
- * PNA BOARD RETREAT NOTES (PAGES 5-6)
- * PNA MEETS UPDATE FOR 2012 (PAGE 7)
- * CALL FOR NOMINATIONS (PAGES 9-10)
(DAWN MUSSELMAN & COACH OF THE YEAR AWARDS)
- * CALENDAR AND EVENT ENTRY FORMS (PAGES 11-13)

*If you want to receive The WetSet by email instead of print,
or if you have not received it electronically as expected,
please ensure the PNA Registrar (PNARegistrar@usms.org)*
