



The WetSet

U.S. Masters Swimming in Western Washington
Volume 35, Issue 4

Pacific Northwest Association of Master Swimmers
July-August 2015

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It is Open Water Swim Season!!! Hurray! Swim Defiance made its debut on Sunday, June 21st, Father's Day. Check out that huge inflatable! Read more about the surreal experience of two open water competitors, the exploits of an international traveler to Medellin, Colombia and other exciting news. **JOIN IN - YOU CAN DO IT!!!!**
SEE YOU THERE!!! — Zena Courtney, editor



Joyous State of Mind

By Julie Montiel, Blue Wave Aquatics

Swim Defiance is the most exhilarating and challenging swim I've ever done. Alcatraz's Sharkfest is a walk in the park compared to Swim Defiance.

The beginning of the race grabbed my heart, shocked my skin, and a crazed determination got me through the first hundred yards.

Then I started to breathe and enjoy the peace of swimming . . .Sunlight in the water, beautiful layers of jellyfish below, and the rush of the water following my arms. I began to think about how thankful I am for the gift of swimming. To dad for building a pool "for me." To mom for

driving me to swim class or lap swim. She made it possible for me to swim when I went to a school with no program. To you, Zena for saying, "You should swim with us!" in that matter of fact way that convinced me I was good enough to join. Thankful to Wendy, Jenn and Malcolm for showing me how to swim better and accepting where I'm at and encouraging me along. And thankful to my team...my best friends, my competitors, my soul mates for the love of swimming.

The middle of the race was surreal and hypnotically long as that yellow arch seemed so far away. When I realized I had less than a quarter of the race to go, the mind games and euphoria ended. The current pulled me south as waves interfered with my strokes in the opposite direction. How confusing! Frustrated with the arch moving north, I remembered our experiment with swimming with rubber bands. Dan wrote about the additional

Joyous – continued on page 17

2015 PNA OPEN WATER SERIES

Four Great Races



June 21st. The series starts off with the Swim Defiance which re-enacts the 1926 Dalco Passage crossing. The race location is Owens Beach in Point Defiance Park on Commencement Bay in Tacoma, Washington. There is a clockwise 5k triangular course swim beginning and ending at Owens Beach and one-way 3k linear course swim from Jackson Is to Owens Beach. <http://www.swimdefiance.com>



July 18th. Next is the Fat Salmon Open Water Swim. It's a 3.2-mile race along the Seattle shoreline of Lake Washington. The course runs South-to-North, generally between the I-90 and 520 floating bridges. The race starts at the Day Street Boat Ramp directly beneath I-90 and finishes at Madison Park.

<http://www.fatsalmonswim.org> **JULY 12th LAST DAY TO REGISTER**



August 15th. The third event is the Aly Fell Memorial Open Water Invitational held at Lake Padden in Bellingham, Washington. Four distances will be offered, 10k, 5k, 2.5k, swum over a 2.5k course and a separate ½ mile course.

<http://www.alyfellmemorialopenwaterswim.com>.



August 22nd. The fourth event is the Whidbey Island Adventure Swim. The swim includes 1.2 and 2.4 mile races off the shore of Langley, Washington. The course follows a rectangular path beginning and ending at the Seawall Park. Both distances follow the same course, with the 1.2-milers swimming one lap and the 2.4-milers swimming two laps. <http://ow.swhidbey.org/whidbey-adventure-swim>



September 19th. The series finishes with the Last Gasp of Summer. The race takes place at Angle Lake in SeaTac, Washington and includes a 1.0 mile and 2.0 mile race on a rectangular course. One milers swim one lap, two milers swim two laps. <http://www.lastgaspofsummer.com>

*** Open Water Series High Point Awards ***

We will be tracking finishes again this year for the Open Water High Point awards. The awards honor the top two male and female swimmers in each age group. To be eligible, each swimmer must swim at least two of the PNA sanctioned events. The more events swum, the more points accumulated.

Points will be awarded to the top ten PNA registered finishers in each event swum. One Event registrants are not eligible. Wetsuit swimmers score points separately from those not wearing wetsuits. At the end of the season, points will be tallied and awards will be sent to the winners.

Receive ONE Entry for EACH race entry for a drawing for ONE FREE Blue Seventy Reaction wetsuit (either full or sleeveless depending on the winner's preference)

Long-distance swimmer makes historic journey from Tacoma to Seattle waters

Seattle resident Andrew Malinak spreads sunblock on his body with the help of fellow marathon swimmer Elaine Howley at Jack Hyde Park in Tacoma on Saturday. Malinak was attempting a historic 18.8 mile swim from Tacoma to West Seattle's Lincoln Park. Malinak, 27, has dubbed his effort "The Return of Bert Thomas Swim" in honor of the notable long-distance swimmer from Tacoma who accomplished the feat on his third try in May 1956, the only known person to do so.

DREW PERINE — Tacoma News Tribune Staff photographer



By Drew Perine, Staff Reporter, Tacoma News Tribune, June 6, 2015

Staff writer Kari Plog contributed to this report

Read more here: http://www.thenewstribune.com/2015/06/06/3828014_long-distance-swimmer-makes-historic.html?rh=1#storylink=cpy

As sun glinted off the water at Jack Hyde Park, Andrew Malinak spun around in his hot pink swimsuit so fellow marathon swimmer Elaine Howley could slather on more sunblock. Minutes away from attempting a historic 18.8-mile swim from Tacoma to West Seattle's Lincoln Park on Saturday morning, the Seattle resident was feeling confident.

"Conditions are beautiful," Malinak said. "The water's completely flat right now. This is as good as it ever gets."

As good as it gets got even better when Malinak, 27, finished the swim a little before 6 p.m.

Everything went according to plan, he said. "It worked out exactly as I hoped," he said. "It was really successful."

Malinak said he was pretty tired, and really hungry, at the end of it.

But he had enough energy to slip down the water slide into Colman Pool at Lincoln Park immediately after stepping out of the water.

Malinak has dubbed his effort "The Return of Bert Thomas Swim" in honor of the notable long-distance swimmer from Tacoma who accomplished the feat in the reverse direction on his third try in May 1956, the only person known to do so.

"It's fitting; it's his swim. He's the first person to do this," Malinak said. "That's kind of what got me excited about this. It's a cool

swim to begin with, but to follow in his waves, or steps ... he was one of the legendary swimmers of that era."

Thomas, a strapping 275-pound Marine who fought in World War II, was also the first person recorded to have swam across the Strait of Juan De Fuca. He completed the 18.3-mile crossing without a wetsuit in just over 11 hours on July 8, 1955.

That's next on Malinak's to-do list for later this year. His attempt in 2013 is the only long-distance swim he had to abandon.

"It still haunts me," Malinak said.

To prepare for Saturday's cold water and long distance, Malinak trained since December at Alki Beach in West Seattle. He followed Marathon Swimming Federation rules for unassisted swims — no wetsuit or outside assistance.

Malinak began swimming marathon distances about six years ago and within three years accomplished his first major goal — circumnavigating 28.5 miles around Manhattan.

He was hooked.

"At the end of it I realized I really liked it," Malinak said. "I really liked being able to push myself farther. And in this one I'm going to push myself colder. Just seeing where I can make my body go."

At least Malinak wasn't battered by the high winds and tides Thomas encountered on his swim, which took nearly 16 hours. Still, there are always unforeseen factors and Malinak was considering

continued next page



Malinak – continued from previous page
 “several of them before he left Tacoma.

My shoulder’s been hurting, but what worries me more is missing a current, having a wind pop up somewhere, and there have been reports of orca activity in the Narrows. There’s lots of variables you can never predict. I could get eaten by an orca.”

“It’s unlikely, but it could happen,”
 Howley teased.

All joking aside, Malinak said he was confident he would follow Bert Thomas’ historical wake.

“With conditions like this and with the crew I have, it’s going to be a good day.”



YouTube Video Link: <https://bay178.mail.live.com/ol/#>

SINK or SWIM - Running Amuck

by Greta Perales, Skagit Valley Masters Swim Club

Once again I find myself spending long periods of time in the pool as I prepare for IRONMAN Canada at Whistler, BC. Since I am not the fastest swimmer, it usually takes me two to three days to get my miles done; I have been known to catnap poolside with teddy bear and pillow in hand. Usually my training partner, who I previously referred to as the Eager Beaver (she was the one that jumped in my lane to share when at least three other lanes were open), helps keep me amused as I slog/slosh through the miles. We like to wear matching suits and caps and pretend we are synchronized swimmers. This can be tough, since she is a faster swimmer, kicks, and does flip turns.

Anyway, she has been spending a lot of time working on the landscape for her new home, so I have been on my own. The last time she left me alone, I signed up for the Super Ironman with only a month left until race day. Another time I agreed to the Ragnar Relay and ended up in a van full of people dressed as pirates doing shots of ice tea flavored vodka mixed with Gatorade. Both of these decisions left me with some serious intestinal issues, but I powered through. I believe

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Say Yes!
TO LIFE SWIMS

Open Water Swim Adventures

The Northwest's only small group, non-competitive Swim Excursion business
 Trained, experienced safety kayakers accompany you

Challenge yourself

Choose from twelve amazing Swim Excursions
 Fully insured and super fun

Join us!

say-yes-to-life-swims.com

Welcome, New Swimmers!

(Registered as of 7/5/2015)

Blue Wave Aquatic

Masters /BWAQ-CLUB

Haroon Anwar
Melanie Crump
Vijay Elango
Riley Hein
Kris A Kissel
Andrew Manembu
Veronica Merjilla
Teshome Odessa
Rachel Ostrander
Eduardo Reillo
John Roberts
Heather Thrush
Hannah Woods

Bellingham Athletic Club

Swimming (BACS)-CLUB

Aimee Kinney

Puget Sound Masters /

PSM-CLUB

Bainbridge Area Masters (BAM)

Deanna Dewell-Price
Anne Howard Lindquist
Sara McCulloch
David Ortyon

Coal Creek Family YMCA (CCFY)

Niv Cousins

Greenlake Aquaducks (GLAD)

Bridget Adam
Jamie Hathaway

Husky Masters (HMST)

Chad Brandon
Frederick Campbell
Kelly Reynolds
Mark Silvius
Sarah Skwira

Mercer Island Redwoods (MIR)

Mike Apple

North End Otters NEO

Lisa Crowder

ORCA Swim Team (ORCA)

Brian Weiss
Tracy Wormwood

Ohana Swim Team (OST)

Sangkros LoK

PRO Sports Club (PRO)

Dongluo Chen
Mara Kage

Samena Masters (SAM)

Justine Ramos
Sequim Aquatic
Recreation

Center (SARC)

Sarah Sullivan

Skagit Valley Masters Swimming (SVMS)

Wade Melton
Cheryl Schmitt
Shelia Vonbergen
Scott Vonbergen
Sara Young

Thunderbird Aquatic Masters (TACM)

Calvin J Milbach

Thomas Walker Int'l Masters (TWIM)

Kathy Pelham

UC36

Lauren Adler Elizabeth Allen
Margit Bantowsky Tara Boucher
Wood Brownlow Margo Coxon
Alison Eliason Theresa Glatstein
Doreen Greene Ethan Hallowell
Jannine Houston Kye Lee
Terry Mutter Michelle Quinton
Sarah Roberts Christopher Rogers
John Townsend Sharon Tuemmler



Running Amuck -continued from page 4

there is a field in Mt. Vernon named after me after my Ragnar frolics. There is also something known by a small group of runners as "pulling a Perales."

This time, however, I really screwed up. After a long morning of swimming, I told my coach that I would compete in the 50 and 100 butterfly at next year's meets. She is always asking us to set goals, and I was feeling a little "jazzed up" from being done with my laps. Competing in the fly may not sound like such a bad idea to the average masters swimmer; however, may I remind you that I don't kick, and I look like I am wrestling a small boar in the pool when I try to fly. In addition, my coach has decided that we will be competing against one another. I am not sure what this entails, however, I am envisioning leather wrists bands and a small shield. I don't know whether I should be scared or she should -- probably her.

Anyway, wish me luck as I work on becoming a master flyer. Also, if anyone knows a way to attach butterfly wings to a swimsuit and stay meet legal, please let me know ASAP.

Sincerely, Greta "What was I thinking" Perales

NOTE: Please email error corrections (and names of unattached swimmers who want to change their affiliation to a specific workout group) to pnregistrar@usms.org

PNA membership form can be found at:

<https://www.clubassistant.com/c/D63FBF8/file/registration/Regform.pdf>

YES, Swim Defiance Lives On In The 21st Century!

by Thomas Walker, TWIM Founder



Swim Defiance 3K race competitors in-water start on the Vashon side.

On Sunday, June 21, 2015, 46 courageous and indomitable swimmers braved the 54° waters of the Puget Sound as they recreated that historic open water race swam by thirteen hardy souls in 1926!

At 8:30 A.M., the 5K swimmers, all in wetsuits, dove into the water at Owen Beach. A wave of red caps and BIG red balloons headed for Vashon Island in the distance.

At 9:00 AM, our 3K group set off from Vashon Island toward Pt. Defiance, having taken the Pt. Defiance–Tahlequah ferry over. They swam toward a crowd of expectant onlookers.

About an hour and thirteen minutes later we could discern a single swimmer approaching the finish line, cranking like an aquatic machine. It was none other than the Fabulous Haleigh Werner, completing another one of her amazing swims! She hardly seemed winded -- just another walk in the park for her.

Shortly after, Eric Dolven, the second place finisher brought it home in grand style with a 1:18:17. The crowd (yours truly included) cheered loudly as each successive swimmer completed their own personal will power contests. Conditions proved to be a bit choppy and the sideways current more challenging as the morning progressed.

James Littlefield rang the first place bell for

the 3K wetsuit division with a 40:59.6 followed by Katherine Ciurej with a 47:45.1.

You may be asking yourself as this point – “Are these people crazy?” The answer of course is YES, but in a very delightful and inspiring way! Speaking of sanity, there were five 3K swimmers that swam WITHOUT a wetsuit! Wendy Van De Sompele/45:35.6, Melissa Nordquist/46:28.4, Alison Deem/46:37.8, Julie Montiel/1:02:02 and the lone male, Scott Matthews/49:27.8 **ALL did the 3K SANS WETSUIT....BRRR! AND** they all looked like champions coming out of the water! SHAAAWIINNGGGG!

It was indeed thrilling and moving to see each swimmer complete their journey. They put everything on the line - Body and Soul - AND they all pushed to the MAX! What a joy to behold! GREAT SWIMS BY EVERYONE!

This fantastic event was made possible by the ever amazing Race Director dynamo, our own Zena Courtney AND her amazing Blue Wave Aquatic Swim Team, supported by a host of outstanding volunteers.

Yes, Swim Defiance 2015 has left its mark in local history and the waves it created are still being felt by all of us who were privileged to participate. MEGA KUDOS TO EVERYONE INVOLVED ON THAT GLORIOUS MORNING!!! Next year Zena?

For full results visit:

<http://www.swimdefiance.com/results.aspx>



ADULTS LEARN TO SWIM CLINIC by Kathy Morris, Puget Sound Masters

Did you know that 37% of US adults cannot swim from one end of the pool to the other? Also, according to the WA Dept. of Health, for every 100,000 water sports participants, 1.6 drownings occurred in 2010 (in comparison to 1.3 on a national level). And, already this year, we have had at least four drownings since the start of our super-early summer.

I don't know about you, but as for me, even one person drowning because of "unintentional injury death" is too much tragedy. Imagine how wonderful it would feel to empower these individuals who have little to no knowledge or a fear of the water how to play with the skills they need to enjoy our wonderful Washington world of water!

This is likely the core reason why 21 swimmers from Washington, Oregon, and Alaska gathered in Renton and at the Medgar Evers Pool for training in the first curriculum developed specifically to help adults learn to swim and/or overcome their fear of the water. The curriculum was developed by USMS, who also certifies instructors once they have successfully completed the training.

I wish I knew even a little of what it's like to teach young children and age group swimmers, so I could compare the methods. Perhaps those of you who are yet to be ALTS certified, but are familiar with teaching kids, will be able to discern the differences between a curriculum designed for children versus a curriculum designed specifically for adults.

There is a ten step progression of skills that all students should master before moving forward to American Red Cross competencies and stroke technique. The introductory skills are: air exchange, breathing with a snorkel, supported front float, unsupported front float, stand up recovery, front flutter kick, back float, front glide, back glide and back

flutter kick. Some students might find this progression too easy for their skill level. That's ok. It's very important to make sure all your students have these skills before advancing.

Without even discussing the great box lunch we got, I must say that this was a very professional and well-organized course. In addition to excellent classroom and in-water instruction, each graduate received a binder filled with 103 pages of "Adult Learn-to-Swim" instruction. It is so thorough, you could well call it the "Adult Learn-to-Swim" bible! The materials discuss such subjects as deciding whether to do individual or group lessons, "the fearful swimmer," and how to set up an ALTS program

I am aware of only one ALTS program already set up and ongoing. It is through Blue Wave Aquatics. In fact, for the entire month of June, all the ALTS classes were free. What a great gift for folks in the extended Federal Way area! According to Zena Courtney, "Nellis has been teaching up a storm! with the BWAQ Friends and Family free lessons going on."

If you were a participant in the Seattle ALTS class and wouldn't mind communicating with me, could you please send your name and e-mail address to me, Kathy Morris, at renwmn59@gmail.com. I would like to do at least one follow-up article before year's end, so being able to communicate with you would be extremely helpful!

ALTS classes, offered through USMS, and specifically designed for adults, can result in the joy of a parent being in the water with his/her child for the first time in both their lives, so keep your eyes peeled for when they offer the next Seattle class. Most importantly, the skills you teach could prevent water-related deaths in this country where we are so blessed with so many indoor and natural settings in which to enjoy the joys of the swim!



Adults Learn To Swim Clinic Pictures at Medgar Evers Pool



Class Picture!



And we had to tread water AND swim 25 yards as part of the final test!



Teaching the 'Front Flutter Kick' on the wall



Teaching the 'Unsupported Front Glide'

16th Fat Salmon Open Water Swim



3.2 miles
Saturday, July 18, 2015
Sanctioned by PNA for USMS
Inc. #365-W002
Hosted by:
Orca Swim Team

JULY 12th LAST DAY TO REGISTER

LOCATION: Lake Washington, Seattle, WA. Check-in and finish are at [Madison Park](#).

COURSE: This is a point to point swim. See [website](#) for [map](#) and details. Water temp ranges between 60 & 70 degrees. Portable toilets are starting line; showers and toilets at the bathhouse at the city park check-in and finish location.

TIME: Check In at 6:15 AM; Mandatory Competitor Meeting at 7:20 AM; 3.2-mile event starts at 8:15 AM.

RACE DIRECTOR: Meghan Meinerz
racedirector@fatsalmonswim.com

ELIGIBILITY: Open to all 2015 registered USMS or MSC swimmers 18 and above as of 7/18/15. Swimmers not registered may sign up online for a \$22 One-Event USMS registration. Non-PNA swimmers must provide a copy of their Masters membership card at check-in.

RULES: Current USMS rules will govern this event. Neoprene wetsuits are allowed. 2-hour time limit.

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking required on both hands. Competitors must wear color-coded race caps to distinguish groups (provided).

AWARDS: T-shirts and caps to all competitors; special awards in each division; ribbons available for top 3 in each age group. See website and registration for more information.

ENTRY FEES: May: \$65, June: \$75, July: \$85. Online entries only! No race day OR paper entries accepted. No refunds will be given for any reason.

ENTRY DEADLINE: Online registration opens May 1st and closes July 12th at 11:59 pm, however the race may fill up ahead of close date.

ONLINE ENTRY: Click the "Register" link on our website: www.fatsalmonswim.com

RESULTS: Preliminary results available on race day and final results posted on website ASAP after the event.

DIRECTIONS: See [Fat Salmon](#) website.

LODGING: Dozens of options downtown Seattle, within 3 miles of Madison Park, which is on a direct bus line from downtown Seattle.

ADDITIONAL INFORMATION: See [Fat Salmon](#) website or jump straight to the [FAQ page](#).

South Whidbey Island Masters



Whidbey Adventure Swim

1.2 & 2.4-mile open water swims
Saturday, August 22, 2015

Sanctioned by PNA for USMS Inc. #365-W003

LOCATION: Seawall Park– along the shore of the Saratoga Passage in Langley, WA on Whidbey Island.

COURSE: The course is an elongated rectangle parallel to shore, which will be swum in a clockwise direction; 1.2 milers swim 1 lap, 2.4 milers swim 2 laps. Outdoor showers and changing tents will be provided. Public showers are available nearby at Phil Simon Park next to Langley Marina at the foot of Wharf Street. WATER TEMPERATURE IS EXPECTED TO BE 60 DEGREES OR BELOW.

TIME: Check In at 9:00-10:30am; Mandatory Safety Meeting for all competitors at 10:30 AM; both events start at 11 AM.

RACE DIRECTOR: Emily Weinheimer at info@swhidbey.org or 425-293-9475. Visit <http://ow.swhidbey.org/whidbey-adventure-swim> for details.

ELIGIBILITY: Open to all 2015 registered USMS or MSC swimmers 18 and above as of 08/22/15. Swimmers not registered may sign up online for a \$22 One-Event USMS registration. Non-PNA swimmers must provide a copy of their Masters membership card.

RULES: Current USMS rules will govern this event. Wetsuits are required. Experienced open water swimmers may request that the wet suit requirement be waived for them but will need to fill out the form available for download on the registration page and return it to us at least 2 days in advance of the race.

SAFETY: Lifeguards and safety boats will monitor the entire course. Body marking is required on both hands. The official cap provided by the race host must be worn during the swim.

AWARDS: No participation awards. Caps to all registered competitors. Tee shirts optional for preregistration only. A participation raffle will take place during post-race festivities. Unique cap colors for the two different events.

ENTRY FEES and DEADLINE: \$45.00 (US or Canadian). Late or Race Day registration is \$55.00. Fee includes official race swim cap, which must be worn during the swim. Paper entries will be accepted on race day only.

ONLINE ENTRY: Online registration good until Aug 20th. This includes T-shirt orders up through Aug 16 when we put in the order. We will order extra, but can't guarantee that we will have your size. [Register on line](#)

RESULTS: Preliminary results will be posted 15 minutes after the finish of the last swimmer and will be posted on the Whidbey Adventure Swim website.

DIRECTIONS: From the Clinton Ferry, travel northbound on SR 525. Turn north onto Langley Rd and travel to town. Location is Seawall Park at 1st Street and Anthes.

LODGING: Nearby lodging can be found at: www.visitlangley.com/lodging

ADDITIONAL INFORMATION: Public parking is available at the corner of 3rd St. and Anthes, across from the Langley United Methodist Church.

The 3rd Annual Aly Fell Memorial Open Water Invitational

Saturday, August 15, 2015

Sanctioned by PNA for USMS Inc. #TBD



Hosted by: The Bellingham Bay Swim Team

LOCATION: Lake Padden, Bellingham, WA.

COURSE: The event includes an 800Meter out and back swim and 2.5 kilometer, a 5 kilometer and a 10 kilometer race on a 2.5k triangle course. The water temperature will be approximately 65 degrees.

TIME: The 800 meter race will start at 9:10am, the 10 K race will start at 9:00am, the 5 K race will start at 9:20am and the 2.5 K race will start at 9:30am. The last swimmer is expected to finish around 11:30 a.m. All swimmers must check-in by 8:15 and attend mandatory safety meeting. No late check-in will be allowed.

RACE DIRECTOR: Sean Muncie –
coachmuncie@yahoo.com

ELIGIBILITY: Open to current USA Swimming and USMS registered athletes. Masters Swimmers not registered may sign up online for a \$22 One-Event USMS registration. Non-PNA swimmers must provide a copy of their Masters membership card at check-in.

RULES: Current USA swimming rules will govern this event for USA Swimming Participants and USMS rules will govern USMS participants. Use of a neoprene swimsuit, wetsuit or other non-porous attire is allowed in the Masters wetsuit division only. Fins, pull buoys, snorkels, MP3 players are NOT allowed. Swimmers must wear the caps provided at check in

SAFETY: The course will be monitored by safety boats and paddlers. Swim caps will be given to all participants and are mandatory to wear for the swim. Swimmers who cannot finish the 2.5K in under 50 minutes cannot enter the 5k and 10k distances. Swimmers still on the course after the time limit will be stopped and listed as DNF in the results. All swimmers will be body marked.

AWARDS: 1st thru 3rd place awards will be given in the Men's and Women's categories for each distance and event. Event T-shirt and Post Race athlete Breakfast is included in the meet fees.

ENTRY DEADLINE: This event is limited to the first 199 entries. Day of race entry is available as long as the quota has not been reached.

ENTRY FEES: \$30 Meet Fee for 800 Meters, \$40 Meet Fee for 2.5 K, and \$60 Meet Fee for 5K and 10K. Make check payable to BBST. Event Day Registration will be available at the race 8:00 – 8:40am for an additional \$25. All Swimmers must sign the liability release form. You can bring it the day of the race but please remember, *you cannot swim without it.*

MAIL-IN AND DAY OF RACE ENTRY

For mail entries, mail Entry Form, Liability release and check to: Aly Fell Open Water

Attention: Sean Muncie

PO Box 5821

Bellingham, WA 98227

ONLINE ENTRY: alyfellmemorialopenwaterswim.com

RESULTS: Preliminary results available on race day and final results posted on website ASAP after the event.

DIRECTIONS: From I-5

S on I-5: Take Exit 246 to N. Lake Samish. Go approximately 2.4 miles then take a left on Samish Way.

N on I-5: Take Exit 246 to N. Lake Samish. Go approximately 2.4 miles then take a left on Samish Way
All Participants can park in the Lake Padden parking area

ADDITIONAL INFORMATION: See
alyfellmemorialopenwaterswim.com



Well, that water certainly didn't feel as smooth as it looks now!!!



(Race Director) YIPPEE! Steve (Safety Director) and Andy (5K competitor)...Another successful Swim Defiance in the books!



2015 Last Gasp of Summer Open Water Swim
One and Two Mile Events
Saturday September 19, 2015
Sanctioned by PNA for USMS Inc. # TBD
Hosted by: Blue Wave Aquatics

LOCATION: Angle Lake in Seatac, Wa. Check-in is at Angle Lake Park 19408 International Blvd, Seatac, WA 98148

COURSE: The course is a rectangular course. One mile swimmers swim one lap two mile swimmers swim two laps. The lake temperature averages in the high 60's in mid-September.

TIME:

8:30 – 9:30 am Pre-Race Check-in for *both* races
 9:30 am Mandatory Meeting for ALL swimmers
 10:00 am Start of 2 Mile Race
 10:30 am Start of 1 Mile Race

RACE DIRECTOR: Mike Murphy

MeetDirector@BlueWave-Aquatics.com (206)316-0234

ELIGIBILITY: Open to all 2015 registered Masters swimmers (USMS or MSC) 18 and above as of Sept 19, 2015. Competitors not registered may sign up for a \$22 One-Event USMS registration. Non-PNA USMS registered swimmers **must** submit a copy of their 2015 registration card to the race registrar.

RULES: Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire is allowed. No additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.).

SAFETY: The course will be marked with large buoys. Fire Dept. power boat, kayaks and lifeguards will be located along the course. Swimmers must wear the swim caps furnished at check-in. A mandatory safety meeting will be held before the event start. More at: <http://www.LastGaspofSummer.com/safety.aspx>

AWARDS: Participation gift to all swimmers. 1st place award to top men and women finishers in each age group in each event (1 mile no wetsuit, 1 mile wetsuit, 2 mile no wetsuit and 2 mile wetsuit).

ENTRY FEES:

\$65 + tax – Early entry before Sept 1
 \$70 + tax – Sept 1 thru Sept 15
 \$80 –Day of Race
 \$22 – One-Event USMS registration (see eligibility)
 LONG SLEEVE PERFORMANCE SHIRT included in entry fee!

Registrar: Judy Williams 206.242.7802
Registrar@BlueWave-Aquatics.com

Online open water registrations are non-refundable and non-transferable.

ENTRY DEADLINE: Registration closes 11:59 PM PST on September 15th OR when the event is full. Maximum athletes for the Last Gasp of Summer is 300.

ONLINE ENTRY: To register online go to https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=6851

ENTRY DEADLINE: Registration closes 11:59 PM PST on September 15th OR when the event is full. Maximum athletes for the Last Gasp of Summer is 300.

ONLINE ENTRY: To register online go to https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=6851

RESULTS: (How will results be made available, both at and after the event)

DIRECTIONS: From I-5: Take the South 188th St exit (#152); drive west 1 mile; turn left onto International Blvd (aka Pacific Highway South); drive south .5 miles; turn left on South 195th St into the park. Plenty of free parking.

ADDITIONAL INFORMATION: Angle Lake is an L shaped community lake in the heart of Seatac, about 1 mile south of Seatac Airport. The park has a large beach and picnic area. Restrooms and changing areas are available. Picnic lunch will be free to all swimmers after the race. Family members and friends are welcome, donations accepted.

LINKS: More information available at <http://www.LastGaspofSummer.com>

The Ballad of Swim Defiance

*Was a sunny, windy day when the swimmer came to play,
 I never shall fergit it 'til my dying day.*

*They were sweet two-five, give or take a year,
 Brought along their wetsuits and their cold water gear.*

*The mighty swimmers, exploded with speed
 Fifty eight degree water! Whatcha gonna need?
 Currents, swirls and those damn red balloons
 All finished and feasted and chilled to some tunes...*



Bainbridge Aquatic Masters

14th Annual BAM Fest

Saturday, October 3rd, 2015

Warm-up: 9:00 AM Meet starts at 10:00 AM

Sanctioned by PNA for USMS Inc. # 0365-S007

LOCATION: Bainbridge Island Aquatic Center, 8521 Madison Ave, Bainbridge Island WA 98110

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

MEET DIRECTOR: Andrea Wilson (206-799-1918), email: BAMFest2015@gmail.com.

MEET REFEREE: Teri White, teriwhite53@gmail.com, 253-370-8261.

CONCESSIONS: Free, donations accepted

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2015 USMS or foreign registered swimmers 18 and above as of 10/03/2015. Age groups based on the swimmer's age as of 10/03/2015.

ENTRIES: Swimmers may enter up to 5 individual events. Entries must be postmarked by Monday, September 28th or online by 11:59 PM (Pacific) Wednesday, September 30th. NO race day entries accepted.

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

CHECK-IN: Positive check-in required for the 500 Free by the conclusion of event #6. 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: PNA awards available for purchase at meet.

ORDER OF EVENTS

Modified "High School" Format

1/2	Womens/Mens	9	100 Free
	200 Medley Relay	10	500 Free
3	200 Free	11	100 IM
4	50 Back	12/13	Womens/Mens
5	200 IM		200 Free Relay
6	50 Free	14	100 Back
	-- 15 min break --	15	50 Fly
7	100 Fly	16	100 Breast
8	50 Breast	17	200 Mxd Fantasy Rly

ENTRY FEES: \$16 (US or Canadian; includes LMSC and timing surcharges) PLUS \$1 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=1534&smid=6391

PAPER ENTRIES: Use the PNA Generic Entry Form available on the PNA Website or in the WetSet. Make checks payable to **BAM and mail to: BAM, PO Box 10934, Bainbridge Island, WA 98110.**

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.

LODGING:

- **Eagle Harbor Inn**, 291 Madison Ave. S., Bainbridge Island, (206) 842-1446 (www.theeagleharborinn.com)
- **BEST WESTERN INN PLUS**, 350 NE High School Road, Bainbridge Island, (206) 855-9666
- **Island Country Inn**, 920 Hildebrand Lane, Bainbridge Island, (206) 842-6861
- **Suquamish Clearwater Casino Resort** 15347 Suquamish Way, NE, Suquamish (866) 609-8700



MASTERS CLINIC WITH MATT BIONDI

UNIQUE CLINIC SPECIFICALLY DESIGNED FOR
MASTERS LEVEL SWIMMERS AND TRIATHLETES
LIMITED TO ONLY 50 PARTICIPANTS!



**OCT. 17
2015 Kirkland, WA**

Juanita Aquatics Center • 10601 NE 132nd Street • Kirkland, WA, 98034

REGISTER AT: WWW.FITTERANDFASTER.COM



Matt Biondi

A three-time Olympian and 11-time Olympic Medalist, Matt Biondi has been to the top and back again. As a career educator and one of the most legendary Olympians of his time, he brings with him a wealth of swimming knowledge and teaching experience to each clinic.



Megan Romano

Romano is a 2013 World Championships silver medalist in the 100-meter freestyle and 2013 NCAA Champion. Aside from being a double-threat in both freestyle and backstroke, she is a true team-player. At the 2013 FINA World Championships, she anchored the U.S. to gold medals in both the 400m freestyle relay and 400m relay.

Use promo code **PNA** to save an additional 10% off the current online price!



5K & 10K Postal National Championships Swim time at Colman Pool

by Sally Dillon, PNA Secretary

Pool time has been reserved at Colman Pool in West Seattle for PNA swimmers who want to compete in this summer's National Postal Championship events. Becca Watson, coach of Lake Washington Masters, will be on hand to provide the required credentialed supervision that we must have to use the pool.

DETAILS:

Location: Colman Pool; 8603 Fauntleroy Way SW in Seattle

Date: Saturday, August 29

Time: 8:30 AM – 11:30 AM.

Cost: \$15 per swimmer to defray pool rental costs, **payable to PNA.**

5K and 10K swimmers will start together at 8:30 AM unless we need to run a second 5K heat, in which case the second heat will start when the first heat swimmers finish.

Swimmers will most likely need to share a lane. If participation is such that more than two swimmers need to share a lane, plans to avoid drafting will be made; drafting is not allowed.

All swimmers must provide someone to count and time their swim. Official split times per 100 meters must be recorded. A split sheet will be distributed to those who sign up. All entries into the event must be completed online, after the swim has been completed. The swimmer or person counting/timing should bring a clipboard, pen/pencil, and stop watch.

RSVP – you must reserve YOUR space to participate in this event – NO last minute drop-ins will be allowed.

To reserve, send an email to:

Sally Dillon at salswmr@comcast.net AND Becca at beccawatson@waveaquatics.org

Please indicate the distance you wish to swim and your expected time. You will receive a reply and confirmation of other details.

RELAYS – PSM, BWAQ and other participating clubs will form relays after the swims are completed. The relay configurations will depend on the number and combination of swimmers who participate. Sally is the relay coordinator for PSM; Wendy Neely will coordinate relays for BWAQ.

For further information contact Sally via email at salswmr@comcast.net or at 425-961-0023.

The **ORCA Emerald City Pentathlon** was held at Seattle University Connolly Center on May 16, 2015. There were a number of swimmers for whom this was their first meet including Orca swimmer Baron Cato. Baron is the 65-69 age group. Baron had a good time at the meet, and it shows that it's never too late to start participation in a Masters meet.



The meet was smaller than last year, but drew people from out of the area including five from Oregon and one from California. Because the meet was smaller, we took a few extra breaks to make sure people got enough rest between events. A pentathlon is accomplished by racing the same distance (50's, 100's, or 200's) in each stroke and by swimming an IM that is double the length, for example: a 50 in fly, back, breast, and free; and a 100 IM. Swimming the pentathlon was not required, but many swimmers entered it, and winners took home either an Orca Pentathlon glass beer stein or an Orca Pentathlon water bottle.

Thanks to the Seattle University Swim Team, swim coach Craig Nisgor and assistant coach Kat Kubancik who were a great help with the timing and timing system. The SU student timers said they loved the music that was provided by DJ Chris Bresemann. The meet went smoothly thanks to Brock Jones' efforts and coordination as meet director for the second year in a row.

Results at: <https://www.clubassistant.com/c/D63FBF8/file/results/2015/pentathlon%20scores.pdf>



Frankie Goes to Hollywood...Oops, I Mean Colombia!

Frankie Powell, the lone PSM/TWIM swimmer, competed in the 2015 Pan-American Masters Championships in Medellin, Columbia between June 18 – 24, 2015. He took 4th place in the 200M Free with a time of 2:36:22, 4th place in the 200M Back with a time of 3:11:53, 3rd in the 100M Back with 1:19:84 and 2nd Place in the 50M Back with a time of 35.55!!! He did miss his heat of the 50M Free- he was probably spending too much time with the pretty senioritas in the warm-up pool!!! But who's counting? Kudos to you Frankie- way to plant the TWIM flag south of the border!



PNA Board Meeting Highlights

by Sally Dillon, PNA Secretary

March 21, 2015 Board Meeting

PNA Vice Chair Mike Grimm conducted the meeting, which was held at Sally Dillon's residence in Issaquah. Acting Treasurer Arni Litt reported that IRS form 990 had been filed with the federal government. PNA closed out 2014 with a net income of \$2,624. The year-end report was approved. The bank balance totals \$43,142.07. Arni also reported that 1400 members have registered: 716 men and 684 women. Kim Boggs and Sarah Welch reported that ballots for the election of PNA officers have been distributed via Survey Monkey. The voting closed on April 4. After votes were taken, two positions on the board were filled: Arni Litt as Treasurer and Stephanie Hiebert as Membership Coordinator. A number of PNA Policy amendments were recommended and approved. The amended sections were

Award Policies, General Policies, and Meets/Financial Policies. New Policies were approved for Grievance and Procedures, and Conflict of Interest and Procedures. The board discussed the hosting of another pool National Championship. It was agreed that we would consider bidding next year for a 2018 championship event. Mike offered to send a letter to the USMS Championship Committee indicating our interest. The 2015 USMS convention takes place in Kansas City, MO late in September. A large number of board members expressed their interest in attending and will submit applications. An open water event in Bellingham was approved for the PNA calendar. It is scheduled for August 15 at Lake Padden.

Complete minutes for Board meetings at
www.swimpna.org/w/PNA/more/?artid=3471

STRONGER SWIMMERS ARE CREATED IN THE LAB.

SwimLabs is Now Open!

SwimLabs is a unique, innovative high-tech learning facility dedicated to improving swimming technique and therefore improving times, competitiveness, confidence and love of the sport. Utilizing the same training technology Olympic swimmers depend on, our highly-trained instructors help swimmers shave seconds off of times while creating a solid foundation of excellent technique for each swimmer to build upon.

Visit SwimLabs Issaquah
1555 NW Mall St.
Issaquah, WA 98027
425.654.0910
swimlabsnw.com

SwimLabs
Swim School | KIDS | COMPETITIVE | TRIATHLETE



PNA Meets: By the Numbers

With two PNA pool meets remaining in 2015 (BAMFest/October and SCM Champs/November), attendance at the six PNA sanctioned meets completed is in line with 2013-2014.

Takeaways so far in 2015:

- PNA Champs, LWM Invite and Briggs Y had about the same attendance in 2015 as in 2014
- SARC, hosting their first meet, attracted 91 to their “Old School” meet
- Anacortes had an increase of over 10% after static attendance the last couple of years.
- If [BAMFest](#) attendance is in line with the last couple of years, total meet attendance for 2015 should be in line with 2013-2014 at just under 1000.

PNA MEET ATTENDANCE BY MEET BY YEAR

Sum of swimmers	Year ▾						
Meet ▾	2009	2010	2011	2012	2013	2014	2015
Anacortes/TAC	165	139	132	145	98	99	113
BAMFest/BAM	110	157	144	113	110	106	
Briggs Y/SSM	91	105	91	113	98	80	83
Juanita /LWM		130	171	192	142	185	188
PNA Chmp/BWA	163	294	353	382	424	343	348
Sand Point CC/SP					113	94	0
SCM Zone/ORCA				188			
Seattle/ORCA	117	148	142				
Whidbey/NWM		114	111				
Pentathlon/ORCA						83	58
SARC/SARC							91
Grand Total	646	1087	1144	1133	985	990	881
Number of Meets	5	7	7	6	6	7	6

Results of all PNA meets are available on the PNA website: Member Services→[Results](#)
 Results of all PNA Sanction meets, meeting course length requirements, are submitted to [USMS Meet Results](#) and [Top Ten](#).

Times achieved by USMS registered swimmers at non-PNA meets, but which have Recognition status, are submitted to USMS Top Ten pending compliance with USMS rules of meet conduct.

Swimmers who set a PNA record, or SCY Zone record, in a non-PNA sanctioned meet, should send their meet results to the PNA Top Ten recorder, [Doug Jelen](#).



Joyous– continued from page 1

torque of breast stroke, and I went with it! After a few minutes of strong kicks and lungs full of air, the arch was in line and looked to be about 50 yards away. Almost there! I told myself that I would definitely be there by 100 breaths, no matter how

strong the current. I got to 56 and wobbled to my feet. So thankful to be done and for the steady hands that reached out to help me along. I really don't know how anyone could possibly dance the Charleston after that! But I do understand the joyous state of mind!

How About Hosting a Meet in 2016? by Linda Chapman, PNA Meets Coordinator

This is the time of the year when the meet calendar for the coming year begins to take shape.

It would be wonderful to have additional PNA pool meets.

Meet Hosting Considerations:

When can my team host a meet? Pretty much any date that doesn't conflict with an established meet. It is nice to have meets evenly spaced throughout the season, but it's not a requirement.

What are possible dates? Below are 2015 PNA meet dates. Meet hosts tend to pick the same weekend year to year.

- Jan 25 2015 Anacortes SCM
- Feb 7 2015 Olympia SCY
- Feb 22 2015 Kirkland SCY
- Mar 8 2015 SARC SCY
- Apr 11-12 2015 Federal Way (Champs)
- May 16 2015 Seattle SCY
- Oct 3 2015 Bainbridge
- Nov 21-22 2015 Federal Way (SCM Champs)

How do I pick a date?

- Most of our pool meets are Sep – April. Summer brings Open Water (OW) events which divert attention from pool meets and it is difficult to find an opportunity to schedule a meet at WKCAC or Colman pool in the summer.
- From Sep to April, you'll want to avoid weekends with a lot of PNS meets or a single PNS meet at WKCAC. When there are many PNS meets or a big meet at WKCAC, it is hard to get sufficient officials for Master's meets. The PNS meet schedule is available at pns.org under the '[meets'](#) [link](#)
- Make sure your Meet Referee signs off on the date you select.
- Pick a date which works with your team members. Check the school district calendar dates for Winter and Spring breaks. Especially if you are going to use high school students to provide timing, check the school calendar. Meets at the beginning or end of Winter or Spring break can be difficult to staff with HS kids.

OK, I've picked a date, picked a meet ref and tentatively reserved the pool. Now what?

- Complete the [PNA Pool Meet Date Approval Form](#) and submit. The due date is Sep 7, 2015.

Assuming my date is accepted at the Oct PNA BOD meeting, what's next?

- The process is detailed on the PNA website (Events→Hosting an Event→Sanction a Pool Meet). All forms and info are available for download [here](#).
- Overall, the steps are: confirm Meet Ref, decide Order of Events, budget, meet info, sign PNA Meet Agreement, complete USMS online Sanction Process, set up Club Assistant online entry, open meet for entries
- **What's the deal with the Order of Events?**
- Meet hosts are given flexibility to set the events for the type of meet they would like to host. Hosts can choose to follow the regular PNA Order of Events rotation (you'll be advised of the Order of Events to use) or they can come up with their own Order of Events offering events for exactly the type of meet that suits them. BAMFest follows a modified high school Order of Events while the ORCA Pentathlon offered a choice of short, medium or long (50s, 100s or 200s) pentathlon competitions.
- A meet can offer all the events, or it could offer just the distance events – with swimmers providing their own timer and counter in order to ease the burden on the meet host. Be creative!

As Meet Host, are we protected from losing money on our meet?

- YES indeed! PNA guarantees a \$6 per swimmer profit for all PNA sanctioned meets. The budget process will help determine appropriate entry fees to clear the \$6/swimmer profit hurdle.

Where can I get answers to other meet hosting questions?

Check the PNA website (Events→Hosting an Event) or contact [Linda Chapman](#)

PNA MASTERS CALENDAR

LOCAL POOL EVENTS	PNA SANCTIONED OPEN WATER	INTERNATIONAL EVENTS
<p>July 26, 2015 WA State Senior Games** Olympia, WA</p> <p>October 3, 2015 BAMFest Bainbridge Island, WA</p> <p>November 21-22, 2015 PNA & NW Zone SCM Champs Federal Way, WA</p>	<p>July 18, 2015 Fat Salmon Seattle, WA</p> <p>August 15, 2015 Aly Fell Open Water Invitational, Bellingham, WA</p> <p>August 22, 2015 Whidbey Island Adventure Swim Langley, WA</p> <p>September 19, 2015 Last Gasp of Summer SeaTac, WA</p>	<p>August 5-16, 2015 MEET: 16th FINA World Masters Championship Kazan, Russia</p>
<p style="text-align: center;">POSTAL EVENTS</p> <p>August 29, 2015 USMS POSTAL Colman Pool Event, Seattle, WA 5K & 10K Postal Swims More Info: Sally Dillon</p>	<p style="text-align: center;">LOCAL NON-PNA SANCTIONED OPEN WATER*</p> <p>July 10, 2015 Friday Night Swim Races #2* Lake Meridian Park, Kent, WA</p> <p>August 15, 2015 31st Annual Emerald City* Andrews Bay, Seward Park, Seattle, WA</p> <p>August 23, 2015 Park to Park Swim*, Matthew's Beach to O.O. Denny Park in Kirkland, WA</p> <p>September 12, 2015 Swim Across America* Luther Burbank, Mercer Islnd, WA</p> <p>September 20, 2015 AquaRun For A Child * Owen Beach, Pt. Defiance Park Tacoma, WA</p>	<p style="text-align: center;">NATIONAL EVENTS</p> <p>August 6-9, 2015 MEET: USMS LCM Nat'l Champs, Spire Institute, Geneva, Ohio</p> <p>April 28 - May 1, 2016 USMS SCY Nat'l Champs Greensboro, NC</p> <p>August 17 - 21, 2016 USMS LCM Nat'l Champs Mt Hood CC, Gresham, OR</p>
<p style="text-align: center;">USMS FITNESS EVENTS</p> <p>All Year</p> <p>USMS Go the Distance</p>  <p>USMS Check-Off Challenge</p> 		<p style="text-align: center;">PNA BOARD MEETINGS</p> <p>July 14, 2015 PNA Board Meeting Lisa Dahl's, Shoreline 6:45 pm - 9 pm</p> <p>September 15, 2015 PNA Board Meeting Kim Boggs', Federal Way 6:45 pm - 9 pm</p> <p>October 24, 2015 PNA Board Meeting/Retreat Sally Dillon's, Issaquah 9 am - 4 pm</p> <p>December 8, 2015 Arni Litt's, Seattle 6am - 9 pm</p>

**Event is Recognized
(not sanctioned) by PNA

*PNA has not sanctioned or
recognized these events

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
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

Name of Meet _____

Date of Meet _____

This is my first Masters meet

USMS Waiver form on next page MUST be completed and signed in order to compete. Read form, complete and include with your entry.



**PARTICIPANT WAIVER AND RELEASE OF LIABILITY
ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

For and in consideration of United States Masters Swimming, Inc. ("USMS") allowing me, the undersigned, to participate in any USMS sanctioned or approved activity, including swimming camps, clinics, and exhibitions; learn-to-swim programs; swimming tryouts; fitness and training programs (including dryland training); swim practices and workouts (for both pool and open water); pool meets; open water competitions; local, regional, and national competitions and championships (both pool and open water); and related activities ("Event" or "Events"); I, for myself, and on behalf of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby certify and represent that (i) I am in good health and in proper physical condition to participate in the Events; and (ii) I have not been advised of any medical conditions that would impair my ability to safely participate in the Events. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Events.
2. I acknowledge the inherent risks associated with the sport of swimming. I understand that my participation involves risks and dangers, which include, without limitation, the potential for serious bodily injury, sickness and disease, permanent disability, paralysis and death (from drowning or other causes); loss of or damage to personal property and equipment; exposure to extreme conditions and circumstances; accidents involving other participants, event staff, volunteers or spectators; contact or collision with natural or manmade objects; dangers arising from adverse weather conditions; imperfect water conditions; water and surface hazards; facility issues; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Events, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses that I incur as a result of my participation in any Events.
3. I agree to be familiar with and to abide by the Rules and Regulations established by USMS, including any safety regulations. I accept sole responsibility for my own conduct and actions while participating in the Events.
4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: USMS, its members, clubs, workout groups, event hosts, employees, and volunteers (including, but not limited to, event directors, coaches, officials, judges, timers, safety marshals, lifeguards, and support boat owners and operators); the USMS Swimming Saves Lives Foundation; USMS Local Masters Swimming Committees (LMSCs); the Event organizers and promoters, sponsors and advertisers; pool facility, lake and property owners or operators hosting the Events; law enforcement agencies and other public entities providing support for the Events; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees, and volunteers (individually and collectively, the "Released Parties"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys' fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Events, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties.
5. I further agree that if, despite this Agreement, I, or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors, and assigns), acknowledge that I have signed this Agreement without any inducement, assurance, or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements, or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

Last Name	First Name	MI	Sex (circle) M F	Date of Birth (mm/dd/yy)
Street Address, City, State, Zip				
Signature of Participant			Date Signed	