

PACIFIC NORTHWEST
ASSOCIATION OF
MASTERS SWIMMERS

US MASTERS
SWIMMING IN
WESTERN
WASHINGTON

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The WetSet

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BAMfest 2016!

Bainbridge Aquatic Masters hosted the 15th annual BAMfest SCY meet on October 8 at their home pool on Bainbridge Island.



The event featured 341 entries by 89 registered swimmers representing 22 clubs. The host team dominated the scoring with 151 team points, followed by Team Walker International Masters with 27 points and Skagit Valley Masters Swimmers with 25.

Swimmers winning all their events included John Baker, Chelsea Chan, Karl Morrison, and Nick Schnee (BAM); Jennifer Carlson (RMST); Lisa Dahl, Charlotte Davis, and Daniel Phillips (LWM); Bob Davis (WAC); Carl Haynie and Kathy Pelham (TWIM); William Kaperak, Elizabeth Kassen, and Jason McAlees (GLAD); Homer Lane (UNA); Chantel Lauzon (NOVA); Steve Peterson and Charlotte Snow (YPKC); Cyndy Standert (NEO); Erik Valley (MOVY); and Chris Bell, Ruben Guerrero, and Charles Robinson (unattached).



Thank you officials Teri White, Mike Murphy, Bernadette Witty, and Jim Davison—we couldn't do it without you!

Last Gasp of Summer

By Angela Turley, BWAQ

Rain AND wind! Ugh, one is bad, but both? No thank you!

We have been hosting Last Gasp of Summer for six years and in previous years, Mother Nature teased us a little but gave us a beautiful day in the end. Not this year! It was windy and rainy most of the day! But true to our Northwest spirit, our swimmers and volunteers showed up and had a wonderful day.



Some fun facts about THE LAST GASP OF SUMMER 2016:

- This was the 5th year for USA swimmers and the 6th year for USMS swimmers.
- We had 89 USMS swimmers registered for 116 splashes and 37 USA swimmers.
- This was our first year for the Elite Mile and 23 swimmers swam the event.
- USA broke 2 records this year, USMS broke 15 records.
- Women 60-64 dominated the record breaking with three.
- Zena Courtney currently holds the one-mile wetsuit, two-mile wetsuit, and two-mile no-wetsuit (two age groups) records!
- A new men's 70-74 age group was added and Doug Mason is the new record holder there!

This is the third year for the blueseventy wetsuit drawing and this year's winner was Allie Boettger from Hoonah, AK. Congratulations Allie!

Website: <http://www.lastgaspofsummer.com>

Results: <http://www.lastgaspofsummer.com/Results.aspx>

Image Gallery: <http://www.lastgaspofsummer.com/ImageGallery.aspx>

Long Distance Info

At USMS's annual convention, held in Atlanta, GA in September, the House of Delegates approved several changes to USMS long distance swimming rules, including:

- The time for swimmers to participate in the annual One-Hour ePostal swim has been extended. It will now take place during the months of January and February.
- The "age determining date" has been aligned with FINA and other Masters sports. This will prevent swimmers from double-participating (and double-scoring) in postal events and will simplify and speed up the annual compiling of the USMS Long Distance All-Star team list. Your age, when you participate in an ePostal swim or an open water event, will be your age as of December 31 of the year of competition. This age determination is the same as for USMS meters competition (short and long course) but differs from USMS short course yard competition, which remains your age on the day of competition (or the last day of a multi-day competition). Please note that 18-year-olds must be 18 on the day that they swim.
- In the USMS Category 1 swimwear rule for open water swimming, both men and women have been allowed to wear textile suits that cover the legs and the chest, but do not cover the neck, arms, or feet. An amendment to the rule states that these suits can no longer feature clasps or zippers. (Wetsuits are not considered part of Category 1.)

USMS 5K/10K ePostal National Championships

Puget Sound Masters and PNA reserved time at Colman Pool in late August for swimmers to participate in the summer's National Postal event. Twelve hardy souls, including a couple swimmers who drove up from Oregon, took advantage of the hard-to-get 50-meter pool time. Special thanks go to Coach Becca Watson, who supervised the event. Preliminary results indicate that those swimmers who entered the National Championship represented PSM very well.



2016 Speedo USMS 5K/10K ePostal National Championship

Relay results will be reported in the next *WetSet*.

5K results:	<u>Name</u>	<u>Age Group</u>	<u>Place</u>	<u>Time</u>
	Michelle McRae		1st	1:11:42.58
	Betsey Kassen		6th	1:26:03.87
	Kirk Nelson		2nd	1:04:24.81
	Matt Dixon		2nd	1:06:45.89
	Randy Rogers		1st	1:09:10.14
10K results:	Michelle McRae		1st	2:31:26.60
	Johnny van Velthuyzen		2nd	2:35:47.23

USMS 3000/6000 ePostal National Championships

The final National Championship of the year runs through November 15. The 3000- & 6000-yard postal swims can take place in 25-yard or 25-meter pools, making the opportunity to find pool time much easier than the 5K/10K event.

As with all postal swims, participants do not register for the event until after they have completed the swim, but it is important to review the rules before getting started. Go to https://www.clubassistant.com/club/meet_information.cfm?c=1287&smid=7130 for complete instructions.

The 3000 event is a good warmup for the Speedo USMS One-Hour ePostal National Championship, which will run January/February. Look for more information on the One-Hour in the next issue of *The WetSet*.

Board Meeting Highlights

July 12, 2016 - President Mike Grimm presided over the meeting, which was held at Zena Courtney's home in Tacoma. Current PNA membership stood at 1562 members (778 men and 784 women) and seven registered clubs.

Mike offered to lead a project to develop Board orientation materials and a welcome letter. Hugh Moore reported on efforts to fill the vacant Club and Coach Services Coordinator position, noting that an experienced board member might be a better fit for this role, freeing up an existing position for a newer member. He will look for a current board member willing to move into a different position.



PNA Officials Chair Teri White proposed a policy, which the Board approved, that provides a path to obtaining financial support for meet officials when they travel to officiate at USMS National Championships. The Board also agreed to send April Cheadle, PNA's 2016 Coach of the Year, to the USMS Coaching Clinic, which will be held in San Mateo, CA in November.

The Board thanked Linda Chapman for her efforts in getting the Senior Seattle Open dual sanctioned so that USMS swimmers could participate in the long course meet.

September 6, 2016 - Vice President Zena Courtney led the conference call. The budget is on track and net income as of 8/31 was \$8550. Convention expenses have not been submitted. PNA has 1646 members (818 men and 828 women). With two meets scheduled in October, we might receive a few more registrations. The Board decided to raise the 2017 registration fee, passing through a \$2 increase being imposed by the national organization.

A message was approved that will go to each member who registers online. It highlights the benefits of USMS and PNA membership. Steve Peterson volunteered to take on the Club and Coach Services Coordinator position and will relinquish his Appointed Director position. VP Zena Courtney will reach out to those on the "willing to volunteer" list; anyone interested in the vacated position should contact PNA Secretary Sally Dillon at salswmr@comcast.net.

Sarah Welch created a survey to get feedback from those who have attended Adult Learn to Swim (ALTS) clinics and will report results at the October meeting. Citing concerns that meet attendance has dropped in recent years, Linda Chapman has surveyed coaches for opinions on why this is happening. Only 10 responded and the reasons were varied but included: "Too many meets in February/March" and "Teams made up of triathletes and open water swimmers are not interested." Several coaches said, "The meets take a lot of time on weekends." More discussion of this topic is warranted.

With the USMS annual convention taking place in September, the Board discussed the merits of some

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Board Meeting Highlights (cont)

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of the more contentious proposals to be presented. PNA has long provided financial assistance, upon request, to coaches who wish to attend local coaching clinics. Two coaches requested funding for the USMS Coaching Clinic being held in CA in November and the Board approved an expenditure of \$125 each.

Meet fees for the SCM Championship being held at KCAC in November were approved: \$38 surcharge and \$4/event. Despite summer and lake water temperatures being a bit cooler this year, attendance was up in most of the PNA sanctioned open-water events. The final event of the season, Last Gasp of Summer, took place later in September.

The Board commended Lucianne Pugh, editor of *The WetSet*, for doing an excellent job producing PNA's newsletter.

***Are you a social media whiz?
Are you addicted to your phone?***

PNA is looking for assistance in spreading our organization's news on social media (Facebook, Twitter). If interested, please contact Zena Courtney at 206-651-0823 or zenacourtney@hotmail.com.

CONTACT US

PNA Voting Board Members

*President - Mike Grimm
Vice President - Zena Courtney
Secretary - Sally Dillon
Treasurer - Arni Litt
Past President - Lisa Dahl
At-Large Director - Kathy Casey
Bylaws - Jane Moore
Meets - Linda Chapman
Membership - Stephanie Hiebert
Open Water - Jim Davidson
Appointed Director - Hugh Moore
Appointed Director - Vacant
Club Director - Kim Boggs
Club Director - Sarah Welch
Club/Coach Coordinator - Steve Peterson*

Coordinators/Standing Committees

*Awards - Kerry Ness
Coaches - Matthew Edde
Fitness - Sarah Welch
Newsletter - Lucianne Pugh
Officiating - Teri White
Postal - Sally Dillon
Records/Top Ten - Doug Jelen
Webmaster - Steve Peterson*

Norris Swims Bremerton to Alki

PNA member and open-water enthusiast Erika Norris recently completed a 10.4-mile swim in Puget Sound, traveling from the Bremerton waterfront to Alki Beach in West Seattle. She finished in 4:09:20.

Norris followed the rules of marathon swimming (aka "Channel Rules"), which means she did not wear a wetsuit and could not hold onto a support boat or kayak when taking rest or food breaks. It is believed she is the first to complete the swim since open-water pioneer Amy Hiland did the route in 1959.

Monitoring the swim in one of two escort boats was Andrew Malinak of the Northwest Open Water Swimming Association. Malinak served as official navigator, planning the swim to capitalize on currents and avoid ferry traffic.

Swimmer Spotlight - Charlotte Davis

By Tom Walker (TWIM)

Charlotte Davis is one of the most decorated female swimmers in USMS history and she is ours, all ours!

I figured it was about time to see what she has to say about all this aquatic glory and she graciously consented to do this interview. As of this writing, Ms Davis has just returned from the USMS Long Course Championships at Mt Hood Community College in Gresham, OR, where she once again set an array of USMS and world records. No big deal for Charlotte! I've asked her to sprinkle some of that pixie dust on me, so I'll let you know how it goes.

TW: Thanks for doing this interview. I know it will be meaningful not only for swimmers here in the PSM, but for Masters Swimmers everywhere. Let's start with the basics. Why do you swim and what does swimming mean to you?

CD: Swimming means so much to me on a variety of levels. First, the physical and mental benefits of working out and staying fit speak for themselves. I have always been a person who sets goals in life and swimming allows me to continue with them as a senior in life.

The social aspect of meeting people and developing new friends and relationships is a big part of swimming for me. After my husband of 37 years passed away in 2009, it was my swimming friends who helped me through such a difficult time. My fiancé, Mike McColly, was a lane mate of mine for 20 years who turned from Lane Mate to Love Mate!

Also, I guess I swim because I can. There are so many reasons why people are not able to exercise, like injuries, illnesses, work, and financial issues. I thank God every day that I was blessed with the desire, ability, and means that enable me to stay active as an adult athlete.

TW: So how did it all start for you, Charlotte?

CD: I began swimming at a very early age and took age group lessons at Sand Point Country Club. I competed for just a couple of years as an age group swimmer until my older sisters taught me "Water Ballet." I became hooked on syncho and then I became a competitive synchronized swimmer.

TW: I'm starting to "get the picture" as they say and it's a very inspirational one! You set another round of records at the Short Course Nationals in Greensboro in April and more recently more national and world records fell before you at the USMS Long Course Nationals in Gresham in August. Tell us how that felt and what it was like.

CD: It's always great to set records, of course, but the best part is reaching a goal you have been working toward all season. Our bodies are fighting the hands on the clock as we age and when we can "beat the clock" with these aging bodies, it's a thrill every time!



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TW: Amen to that! What keeps you swimming and working out?

CD: As my teammate, Rick Colella, so eloquently put it, "Fun, Friends, and Fitness!" I will add one more thing. I think our Coach Becca Watson might kick my b--- if I didn't show up at workout. She's a little scary!

TW: So, Charlotte, what are your swimming goals at this point in your career?

CD: My goal at this point is to stay as healthy as possible and avoid injury so I can keep training and competing. I would love to attend the 2017 World Championships in Budapest, Hungary. Traveling to competitions nationally and internationally offers great excuses to get out and see the world and make new friends.

TW: Based on what you have so far, I can already hear the beautiful strains of the Hungarian Rhapsody wafting over your ears in 2017! Tell me about the early experiences that shaped you as a swimmer. Who influenced you in the beginning?

CD: After I discovered synchronized swimming as a young swimmer, I was training in both sports for a time. My parents finally made me decide on which one I wanted to pursue. I chose synchronized swimming, which I am very grateful for because it provided me with a long and successful career. When I retired from it as an athlete I became a synchronized swimming coach.

(Editor's note: Charlotte is too humble; she was inducted into the International Swimming Hall Of Fame in 2014 for her many Synchronized Swimming accomplishments: 1984 OLYMPIC GAMES: Head Coach; 1988 OLYMPIC GAMES: Assistant Coach and Team Leader; 1992 OLYMPIC GAMES: Assistant Coach and Team Leader; 1996 OLYMPIC GAMES: National Team Director and Coach of two swimmers winning two Olympic gold and one Olympic silver medal; National Team Director and Assistant Coach of 1991, 1994 WORLD CHAMPIONSHIPS: 1991, 1993, 1995 WORLD CUP: National Team Director and Assistant Coach; 1983, 1987, PAN AMERICAN GAMES: Head Coach 1995 PAN AM GAMES: National Team Director and Assistant Coach.)

TW: Describe your current workout routine.

CD: I usually train five or six days a week with Lake Washington Masters. Coach Becca puts us through paces as though we were an age group team, pushing us to go beyond what we think we can do. I also try to hit the gym a couple of times a week to keep my shoulders strong and to gain a little extra muscle for those extra hard races.

TW: What do you feel drives you to be a champion, Charlotte?

CD: I really don't know how to answer that question. I think it might be that I quit competing as a young adult too early, not really reaching my full potential. I also think God instilled in me the thrill of competition and the dream of being the best that you can be.

TW: Finally, Charlotte - what is the most inspirational moment you've had in your swimming career?

CD: The most inspirational moment I've ever had as a Masters swimmer was watching the 90-plus age group compete at the World Championships in Stanford in 2006 and in Sweden in 2010. I knew then that my final swimming goal was to compete as a 90-year-old in a World Championships. God willing, 2040 World Championships, here I come!

USMS Convention

By Kim Boggs, Club Director

I was honored to attend my first USMS Convention held October 21-24 in Atlanta and it was a great experience! It was much bigger than I thought it would be and more people attended than I expected. After sitting through many workshops, it all made sense to me as to why the PNA board does what it does when it does. We are just a small piece of a giant puzzle with many moving pieces.



We all know that swimmers are great, but I have never seen so many dedicated and passionate people in one venue. Every person and committee is so important within USMS. Being a “Newbie”, I got to wear a neon orange sticker on my name tag that said, “HELP ME, I’M NEW” and everyone was helpful and made me feel welcome right away. I didn’t go anywhere without someone paying compliments to PNA and the NW Zone, recognizing that we have so many wonderful and involved board members.

Convention swag!

But no joke - the days started very early and went late, leaving little free time. One of my favorite events was the IMSHOF Reception & Induction - very impressive and all well-deserved awards. My roommate Zena Courtney made me run down 19 flights of stairs rather than use the elevator and got me up at 5am for swim practice (which was 2am Seattle time!).

It was a great time sharing ideas and seeing what other LSMC’s are doing, discussing what works and what doesn’t work, expressing concerns, and finally putting faces to the names. Now it’s time to get back to work with the PNA board!

Addendum By Steve Peterson, Club/Coach Coordinator

Convention is mostly business. But it’s not always strictly serious. In their Convention packet notes, the Breadbasket Zone (nine central states) claimed to be the largest of the eight USMS zones. Chair Sally Dillon of our Northwest Zone (seven states) and Montana Chair Jeanne Ensign begged to differ, causing Breadbasket to respond (officially!) in their zone meeting *Minutes*:

...2. Knowing that [we have] 708,731 square miles in the Breadbasket Zone, and the Northwest Zone has 1,044,946 square miles, we discussed donating the zone jet to the larger of the two zones. MSA to donate the Breadbasket Zone Jet to the Northwest Zone.

And under *Tasks for the Upcoming Year*:

1. Check in with the Northwest Zone to ensure they are making good use of the Zone Jet; if it’s not being utilized to potential, the Breadbasket Zone will request for it to be returned.

In turn, Sally’s zone meeting minutes’ *Tasks for the Upcoming Year* noted:

1. Accept the donation of the Zone Jet from the Breadbasket Zone; budget for a pilot, flight attendant, and fuel.

2016 Puget Sound Masters SCM Championship Meet
Saturday – Sunday, November 19- 20, 2016
 Hosted by Puget Sound Masters
 Sanctioned by PNA for USMS Inc: #366S009

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 25m 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. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.



TIMES: Saturday, Nov 19 & Sunday, Nov 20:

- Warm-up 9:00-9:50am, meet starts 10 am

MEET DIRECTOR: Lisa Dahl, ldahl@usms.org 206-337-2204

MEET REFEREE: Teri White - teriwhite53@gmail.com

CONCESSIONS: Vendor contracted with KCAC, available in lobby.

RULES: Current USMS rules will govern the meet. Strictly forbidden: Using hand paddles, fins or kick boards in warm-up areas; Diving in warm-up areas unless in designated sprint lanes.

ELIGIBILITY: Open to all 2016 USMS or foreign registered swimmers 18 and above as of 11/20/2016. Age groups based on the swimmer's age as of 12/31/2016. 18-24, 25-29... and up in 5-yr increments

ENTRIES: Swimmers may enter up to 6 individual events, 5 individual events/day max.

- **Individual entries:** Entries must be submitted online by 11:59 PM (Pacific) Thursday, November 10, 2016 OR postmarked by Tuesday, November 8, 2016
- **Relay only swimmers** may enter from 9:00 AM Friday, November 11th to 11:59 PM Sunday, November 13th
- **Relay teams** may be entered from 9:00 AM Friday, November 11th to 11:59 PM Sunday, November 13th
- Deck entry for relays will also be available at the meet. See 'Relays', below.
- Swimmers will register by CLUB (i.e. PSM, BWAQ) rather than workout group (i.e. LWM, GLAD)

NO INDIVIDUAL ENTRIES ACCEPTED AFTER THURSDAY NOV 10TH, 2016 11:59 PM (PACIFIC TIME)

SEEDING: At the discretion of the Meet Referee and Meet Director, two courses may be used for the 800 Free, 400 Free, and 1500 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: Saturday: 800 Free – 9:30am; 400 IM – 10am; Sunday: 400 Free – 9:30am, 1500 Free – end of Event #39.

Swimmers missing the check-in deadline will be scratched from the event.

RELAYS: Age groups (sum of ages): 72- 99, 100-119, 120-159, 160-199, 200-239, 240-279, ... (40-year increments as high as necessary). The aggregate age of the four relay team members determines the relay age group. Mixed relays require two men and two women.

- Relays may be entered online before the meet or deck-entered at the meet. Online entry deadline above.
- Deck Entry Relay entries due as follows:
 - #9-#12: by the end of event #2,
 - #21-#23: by the end of event #15,
 - #33-#37: by the end of event #26,
 - #44-#46: by the end of event #38

AWARDS:

- Medals may be purchased at meet.
- High point awards for each gender and age-group combination

ENTRY FEES: \$38 includes LMSC surcharges. **PLUS** \$4 per individual event (optional for seniors and needs-based swimmers). No charge for relays. Relay only swimmers pay TBD surcharge.

ONLINE ENTRIES: Enter online at:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=8198

ENTRY QUESTIONS: [Linda Chapman](mailto:Linda.Chapman@psm.org): 425-890-3751

2016 PSM SCM Order of Events			
Saturday, Nov 19		Sunday, Nov 20	
50m, 100m and 200m events: Order W then M			
	Warm Up 9am		Warm Up 9am
1	800 Free - Mixed *	24	400 Free - Mixed *
2	400 IM -Mixed *	25/26	200 Fly - W/M
	Break (2nd warm up) 30	27/28	50 Breast - W/M
3/4	200 Back - W/M	29/30	100 Free - W/M
5/6	50 Free - W/M	31/32	200 IM - W/M
7/8	100 Breast - W/M		Break (to set up relays) 5
	Break (to set up relays) 5	33/34	W/M 200 Medley Relay
9/10	W/M 200 Free Relay	35	Mixed 400 Free Relay
11	Mixed 800 Free Relay	36/37	W/M 800 Free Relay
12	Mixed 400 Medley	38/39	100 Fly - W/M
13/14	50 Fly - W/M	40/41	50 Back - W/M
15/16	200 Free - W/M	42/43	200 Breast - W/M
17/18	100 IM - W/M		Break (to set up relays) 5
19/20	100 Back - W/M	44/45	W/M 400 Free Relay
	Break (to set up relays) 5	46	Mixed 200 Medley
21/22	W/M 400 Medley Relay	47	1500 free - Mixed *
23	Mixed 200 Free Relay	*	Positive Check-In Required

MEET SHIRT: Long-Sleeved, 'tech' type shirt. \$30

DIRECTIONS: From North or South Bound I-5 take exit 142 B. Proceed west on South 348th St for 2 miles. South 348th changes to SW Campus Dr. at 1st Ave. The pool is on the right.

2016 Puget Sound Masters SCM Championship Meet
 Saturday –Sunday, November 19- 20, 2016
 Hosted by Puget Sound Masters
 Sanctioned by PNA for USMS Inc. #366-S009

PAPER ENTRIES FOR PSM SCM MEET ONLY: Complete this form, and waiver elsewhere in this WetSet, for a paper entry.

If using paper entry form, you must complete, sign and mail the USMS Waiver elsewhere in this WetSet

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

Include a copy of your USMS Registration if not a PNA member

LMSC: (PNA, Oregon, Inland NW, etc.)	PNA Club: (UC36, BWAQ, PSM, ROCK)
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ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

Event #	Event Name	Entry Time

ENTRY FEE:

SURCHARGE	\$38	
INDIVIDUAL EVENTS	+	\$4 Per Event. No charge for relays. No charge for seniors (65+) or need-basis
LONG SLEEVED TECH @S30 UNISEX SIZING	+	X-SM SM Med Lg XL XXL
TOTAL	\$	Make checks payable to PSM . Mail to: PSM, c/o Linda Chapman 17532 NE 142 nd St Redmond, WA 98052

Paper entries must be **postmarked** by Tuesday, November 8th, 2016. All swimmers must have a valid 2016 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry.

NO ENTRIES ACCEPTED AFTER SUNDAY NOV 13TH, 2016 11:59 PM (PACIFIC TIME)

Signature	Date
_____	_____
<input type="checkbox"/> <u>This is my first Masters meet</u>	

Email [Linda Chapman](mailto:Linda.Chapman@swimpna.org) for final meet entry fees or check meet info on swimpna.org @ https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=8198



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	

PNA Calendar

POOL EVENTS:

11/12 to 11/13 – [NW Zone SCM Championship](#),
Coeur D'Alene, ID
11/19 to 11/20 [PSM SCM Champs](#),
Federal Way, WA
2/4 - Thunderbird Aquatic Masters Meet, Anacortes,
WA
2/19 - Lake WA Masters Meet, Kirkland, WA
3/5 - SARC/PASC Masters Meet, Port Angeles, WA
4/8 to 4/9 - NW Zone and PNA Champs, Federal
Way, WA
7/6 to 7/8 - Senior Seattle Open LCM, Seattle, WA

USMS FITNESS EVENTS (all year)

USMS [Go the Distance](#), [Check-Off Challenge](#)

CLINICS AND COACHING

1/28 – [USMS Adult Learn To Swim Clinic](#) (teaches
the teachers)
3/4 – [USMS Level 3 Coach Certification class](#)
3/5 – [USMS Stroke Development Clinic](#)

[Search USMS Calendar of Events](#)

PNA Board meeting - 12/13/16, Arni Litt's house, Seattle - Contact [Sally Dillon](#)

Sink or Swim

by Greta Perales (SVMS)

*is on hiatus as Greta trains for
Ironman Arizona in November.
Go, Greta! We're rooting for you!*



Newsletter editor Lucianne Pugh is
looking for PNA history items (stories,
pictures, etc) for an upcoming
newsletter article. Email her at
luciannepugh@yahoo.com.

Renew your USMS membership! [ONLINE](#) or [PAPER FORM](#)

*Please note: The PNA Board voted at its
October meeting to discontinue the auto-
matic reduction of fees for seniors through
the registration system in favor of offering
financial assistance (upon request) to
anyone in need. A [financial assistance ap-
plication](#) is on the PNA website.*

*November is registration month - if you
want financial assistance to help you pay
your registration fee, please contact PNA
Registrar, [Stephanie Hiebert](#).*