

CONTENTS

- 1—President's Message
- 2—USMS Summer Nationals
- 4—FINA Worlds in Budapest
- 7—Board meeting highlights
- 8—Fat Salmon
- 8—Seattle Open
- 9—Whidbey Adventure Swim
- 10—Open water series
- 11—Last Gasp
- 13—BamFest
- 14—SAM meet
- 15—PSC SCM meet
- 18—Calendar



President's Message

By Sally Dillon

I hope everyone has been enjoying the terrific weather this summer (not counting the smoke from the BC fires) and finding opportunities to swim outside. Swimming in Lake Washington is a highlight for me each year and I've had some particularly nice swims of late. With the water temp 75° and water that's "pure glass", it doesn't get much better!

As I'm writing this, the FINA World Championships are taking place and while there are only a handful of swimmers representing PSM, it's fun reading their results online and seeing their Facebook posts. Their experiences in Budapest have been wonderful. PNA's Officials Coordinator, Teri White, is in Budapest serving in an "official" capacity. Kudos to her for being selected!

The first USMS Open Water National Championship to be held in Washington State is taking place on Saturday, September 23 at Angle Lake in SeaTac. This PNA historic event is the "sprint distance" of 1-mile. Blue Wave Aquatics is hosting this championship and other distances are offered that day as well. BWAQ puts on a great event with lots of swimming and plenty of hospitality. Go to <http://www.lastgaspofsummer.com/> for more details. If you haven't already entered this race or the others, I encourage you to do so.

September brings the annual USMS National Convention, which this year is being held in Dallas, TX. Every year PNA sends representatives to the convention where they meet for four days and take part in committee meetings, workshops, house of delegates meetings, and special events. Those attending as voting delegates for PNA are Linda Chapman, Hugh Moore, Walt Reid, and Teri White. Also attending are those who have leadership positions that allow them voting privileges: Kathy Casey (Rules), Jim Davidson (Long Distance), Sally Dillon (NW Zone Chair), Jane Moore (Legislation), Steve Peterson (Legislation), and Sarah Welch (At Large Director on the USMS Board). Well over 200 USMS delegates meet at the convention, which also includes volunteers and athletes from USA-Swimming, Diving, Water Polo, and Synchronized Swimming.

USMS Summer Nationals

By Zena Courtney

USMS Masters LCM Nationals at the University of Minnesota in Minneapolis had stiff competition for participants with the World Masters Games in Budapest, Hungary that followed two weeks later, but it still attracted 1016 registered swimmers. The format was extended to five days to accommodate the number of distance swimmers. Wednesday was the first day with the 1500 freestyle event. PNA swimmers, Brian Carlton, Kathy Pelham, and Shannon McIntyre experienced the "Minnesota Nice" in this event firsthand; (they provided counters!) despite the warmer water and slippery decks.

PSM had 15 folks registered - only three were female, which meant no women's relays and only two mixed, the 200 free and 200 medley (both consisted of Don Graham, Rick Colella, Zena Courtney, and Shannon McIntyre). Both mixed relays won gold in the 240-279 age group at exactly 240 in combined age! The men's relays won the silver in the 200-239 200 medley with a 1:58.59 (only .24 seconds behind first) and split the wealth of sprint fastness for the 200 free relays, the 200-239 (Rick Colella, Robert DeWard, Todd Doherty, and Mats Nygren) placed 2.15 seconds behind first with a 1:47.09 in the 200-239 and the second 240-297 relay (Steve Peterson, Steve Fogg, Kevin Esko, Maoz Ahlsberg) placed 5th. Ahlsberg, this relay's anchor, swam his leg so fast (moving the team from 8th to 5th in 50 meters!) that he broke a bone in his arm when he touched the wall! YIKES!



Mats Nygren, Rick Colella, Maoz Ahlberg, and Todd Doherty



Maoz Ahlsberg shows off the broken arm he earned as relay anchor.

PSM swimmers also shone individually, led by Rick Colella with six national championships (which included four world records!) in the 65-69 age group (200 & 400 free, 100 & 200 fly, 100 breast, and 400 IM). Zena Courtney (55-59) was national champion in the 100 & 200 back, placed 2nd in the 50, 100, & 200 free. Steve Peterson

(Continued on page 3)

USMS Summer Nationals cont.....

(Continued from page 2)

(70-74) was national champion in the 50 & 200 breast, placed 2nd in the 100 breast, and was fourth in the 200 IM.

Others earning national championships were Todd Doherty, who won the 200 breast, placed second in the 100 fly and 50 & 100 breast, 3rd in the 50 fly, and 4th in the 100 free and Mats Nygren (50-54), who won the 800 free, placed 3rd in the 200 free, and 4th in the 400 free.

Also earning top-five finishes were Robert Deward (40-44, 100 back & 200 IM), Maoz Alsberg (45-49, 50 back & 100 free), Brian Carlson (65-69, 1500 free), Kevin Esko (50-54, 50 breast), Donald Graham (60-64, 50 & 100 back, 50 & 100 fly), Shannon McIntyre

(50-54, 200 & 400 IM, 200 breast, and 500 free), Kathy Pelham (40-44, 1500 free), and Randy Rogers (55-59, 1500 free).



National meet venue - photo by Donald Graham



Randy Rogers competing in the 200 fly.

The meet was well run and stayed right on or slightly ahead of the timeline. The women's 50m free on Saturday had to change start ends in the middle of the event due to a start block wedge malfunction. Without missing a beat, the meet host pumped up the natatorium with

The Clash's "Should I Stay or Should I Go?" and other dance tunes

for the 10 heats of women to boogie to the other end of the pool. The backstroke events had the advantage of pull-down backstroke start ledges, but these were a bit cumbersome to use as they were nestled right under the backstroke handholds and freewheeled if one forgot the lower the locking lever before starting.

There were 55 national records and 39 world records broken. A PNW local highlight of the meet was Oregon Masters swimmer, Willard Lamb (95), who set Masters World Records in the 100-



Bob DeWard celebrated with very pregnant wife Julie and three-year-old son Ben.

(Continued on page 6)

FINA World Championships in Budapest

By Dan Phillips

For PSM swimmers who are asking the question “Why go to Worlds?” I have a couple of answers. At the most



practical level, the value of having Worlds on your radar is fantastic motivation. Having such a concrete, powerful goal will create many other benefits which offset the cost of travel. Then there is the energy you get as a member of Team USA. Every athlete, whether on the podium or not, is a kind of ambassador for their respective countries. For this reason alone I recom-

mend that every PSM athlete put Worlds on their bucket list and try to make the next one. You will enjoy the experience.

Shelley Blain Reimer made some competition gear specifically for this event which had a very NW vibe - if she has any left over you should try to buy them. Maybe we could work out a way for her to do that again for Seoul.

About this competition in particular: logistics, logistics, logistics. This has been a theme of other Worlds so I expect it will be again. The pools were very high quality. The main one was world class. They were not super user-friendly, though. All four



Photo by Carl Haynie.

FINA World Championships (cont)

(Continued from page 4)

of the US Coaches (Richard Garza, Janelle Higashida, Katalin Rutherford, and Martin Wagner) were awesome for helping navigate the odd venues. This was a very punctual meet in terms of heats going off at their appointed times. However, public transportation took a little getting used to. Then both venues had complicated layouts which required more time for tech suits, warmups and other things prior to events. Getting to the correct pool at the correct time to be in your heat was tricky, and since they were going like clockwork there was no room for error. No single thing was difficult, but there were a ton of little things so the overall event required more attention and planning than other Masters meets.

Idiosyncrasies: At both venues there were pools that appeared functional, clean and useful for warmups or warm downs but were closed off. One was behind a fence and also had a guard posted by it. Opening them would have helped. The second odd thing was NO COFFEE. Not at the venues, not on the Buda side, not on the Pest side, not in Hungary. When your first event is at 8am, a vending machine Americano at 9 is like the punchline from a bad clown routine. Coach Richard put out an emergency appeal on Facebook for anyone to bring a regular cup to the more remote venue one day. I really wanted to help but if I had found a pot of it somewhere within the area code it would have disappeared on the spot. A physiologist from Zurich attested that the lack of coffee slowed me by 2 seconds per hundred. (Well, that might not have been exactly what he said but that is how it felt.)

The pool facilities were the best I have ever seen at a Masters World championship meet: four 50-meter pools (two pools in each of two different venues), each competition pool with a 25-meter warm down pool and competition conducted in all four pools over seven days (except on the relay day). There were over 6,500 swimmers entered in the pool competition. Most swimmers seemed to like the format; the division of age groups into four groups rotating among all four pools over the seven days. Budapest is the most beautiful city to walk around, making it easy to visit landmarks, it is beautifully lit at night, and the outdoor restaurants were wonderful. We "tapered" with a river cruise from Nuremburg to Budapest the week before the meet (lovely experience).

- Kathy Casey

I agree with Kathy [Casey]. Budapest was beautiful and the Hungarian people were great hosts. There were over 300 American Athletes.

Pool A at the Duna center was top notch and the best pool I had ever swum in.

I could write a book on how not to taper for a big meet. My wife and I celebrated 30 years of marriage with this trip so arrived in-country early (Aug 3). We walked our tails off in Vienna and Salzburg before the meet and Budapest during the meet :-)

- Carl Haynie

(Continued on page 6)

Worlds in Budapest (cont)

(Continued from page 5)

CASEY, Katherine		
800' FRISE	15 TH	
100 BACK	17 TH	
200 BACK	13 TH	
400 IM	15 TH	
REID, Walt		
50 BACK	7 TH	
100 BACK	7 TH	
50 BREAST	23 RD	
100 BREAST	25 TH	
PHILLIPS, Dan		
50 BREAST	DNS	
100 BREAST	16 TH	
200 BREAST	10 TH	
200 IM	9 TH	
400 IM	6 TH	
HAYNIE, Carl		
200 BACK	10 TH	
100 BREAST	8 TH	
200 IM	14 TH	
100 BACK	7 TH	
50 BACK	7 TH	

Budapest and Hungary were wonderful places to visit, lack of morning beverages aside. The hosts were very happy to have us there and loved explaining the ins and outs of the city. English-speakers were fairly common and people who could not speak English were very patient and made great efforts to help as they could. That made a huge difference when sightseeing. Kelley and I had a great time as tourists and recommend Budapest to anyone.



Puget Sound Masters was represented at Worlds by Kathy Casey, Walt Reed, Dan Phillips, and Carl Haynie. Phillips medaled in the 400 IM and the four combined for nine top-10 swims.

USMS Summer Nationals cont.....

(Continued from page 3)

200-, 400-, 800-, and 1500-meter freestyle over the first four days of the 2017 Summer Nationals in Minneapolis. However, he couldn't break the 50 freestyle record in the men's 95-99 age group in his first four attempts. Oregon Masters coach Matt Miller came up with an idea to switch Lamb from his Speedo to Matt's tech suit jammer for the 4 x 50 freestyle relay on Sunday, the final day of the meet, and lead off for another shot at the record. Lamb swam a 45.71, setting a new world record by nearly two seconds!

Mark your calendar for May 10-13, 2018 for the 2018 Nationwide USMS Spring SCY National Championship hosted by Indy Aquatic Masters. Get ready to swim fast in the world-famous and newly renovated IU-PUI Natatorium. This pool has seen 18 USA Swimming world records and seats 4,700 people.

Board Meeting Highlights

July 18, 2017 - PNA President Sally Dillon presided over the meeting, which took place in Federal Way, WA. It was reported that PNA has 1567 members (770 men and 797 women).

The new Facebook page has seen a large increase in the number of "likes" and followers and Board member Isaac Contreras is posting interesting articles on a regular basis.

Newly elected Secretary Sherry Grindeland unfortunately resigned due to personal reasons. A search for a replacement has been successful and an appointment will be made at the September board meeting.

The board received and denied a request to rent PNA's open water buoys to a water ski championship event. A policy will be developed to cover future requests.

Complete minutes for Board meetings can be found at <http://www.swimpna.org/w/PNA/more/?artid=3471>.

Next PNA Board meetings

9/5 - conference call, 6:45pm

10/28 - Sally's house
in Issaquah, 1-4pm

12/5 - Sally's house
in Issaquah, time TBA

CONTACT US

PNA Voting Board Members

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

Coordinators/Standing Committees

Awards - Kerry Ness
Coaches - Wendy Neely
Fitness - Sarah Welch
Newsletter - Lucianne Pugh
Officiating - Teri White
Postal - Sally Dillon
Records/Top Ten - Doug Jelen
Social Media - Isaac Contreras Sandoval
Webmaster - Steve Peterson

3000/6000 ePostal swims

By Sally Dillon

As PNA Postal Swim Coordinator, I'd like to tell you about the last couple USMS National Championship ePostal swims on the calendar. The 3000/6000 events can be swum in 25-yard or 25-meter pools, which makes it easy for all of us to find an opportunity to participate! The swims must be done from September 15 through November 15. As with all postal events, you swim the distance with someone timing and recording your splits at each 50, and then you enter online. Go to <http://www.usms.org/longdist/ldnats17/> and scroll to the bottom of the page for the link to entry details. You may enter both the 3000 and 6000 distances but each must be swum separately. For more information, contact me at pncchair@usms.org.

18th Annual Fat Salmon Open Water Swim

The 18th annual Fat Salmon open water swim was held Saturday, July 15 in Seattle. Swimmers competed in wetsuit and non-wetsuit divisions over a 3.27-mile course.

Eddie Switaj (33) of Mercer Island took first in both the wetsuit division and overall, finishing in 1:04:46. Rounding out the top five males (wetsuit division) were Kevin Jackson (23, 1:05:09) of Olympia, Chris Yontez (53, 1:05:50) of Los Angeles, CA, Matthew Dixon (55, 1:06:38) of Seattle, and Kris Behrens (42, 1:09:55) of Marina Del Rey, CA.

Shannon McIntyre (53) of Issaquah was the top female finisher in the wetsuit division, finishing 8th overall in 1:10:29. Rounding out the top five women were Seattle swimmers Anna Grant (33, 1:11:51), Sydney Anderson (25, 1:13:56), and Janet Zeaiter (32, 1:17:10) and Jennifer Carlson (38, 1:17:45) of Tumwater.

The non-wetsuit division was a close race with Patrick Woodruff (34, 1:09:14) of Seattle just edging out top female finisher Mackenzie Leake (24, 1:09:19) by five seconds. Rounding out the top five men were Aaron Wilson (38, 1:10:00) of Federal Way, Nolan Wood (42, 1:10:06) of Seattle, Rod Craig (57, 1:11:54) of Vancouver, and Steve June (36, 1:13:52) of Seattle. Other top-five females were Pamela Kalas (41, 1:13:53) and Annelle Harmer (49, 1:14:28) of Vancouver, BC, Jessica Stacy (28, 1:14:55) of Portland, OR, and Mariko Ikehata (34, 1:16:30) of Vancouver, BC.

Seattle Senior Open

The 98th Senior Seattle Open was conducted once again at Colman Pool in West Seattle July 6-8 and dual sanctioned (USA-S & USMS), thanks to our highly efficient Meets Chair, Linda Chapman. Sixteen masters swimmers competed at the event, of which 13 were from PNA.

The weather was sunny and warm and the meet was run efficiently with adequate warm-up/down periods between events. Many PNA swimmers used it as a training event to prep for USMS LCM Nationals that occurred one month later. Complete results can be found at <https://www.clubassistant.com/c/D63FBF8/file/results/2017/results%202017%20senior%20seattle%20open.pdf>.



Whidbey Adventure Swim Wrap-Up

By Sarah Manchester

It was the perfect morning for a great swim: calm waters and grey skies, soon to give way to a sunny day. Once again, event organizers, volunteers, and supporters of the Whidbey Adventure Swim worked diligently to make certain the race was a well organized, safe, and fun swim. The new extended long course for 2017 was well received, and everyone had a good time.

Top finishers walked away with handmade bling (an Adventure Swim tradition). Local businesses generously support the event so more than a few lucky swimmers went home with drawing prizes, including wine tastings, \$100 gift cards, and dinner for two at The Inn at Langley.



Race registrations again exceeded previous years, yet the Whidbey Adventure Swim continues to be a small grassroots event with an island vibe. Thanks to everyone who came out to swim and support our race. Watch our website www.whidbeyadventureswim.com early in the spring for 2018 dates and times.

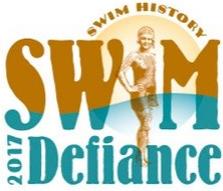
See you next year!



Get connected here:
 Facebook: <https://www.facebook.com/SwimPNA/>
 Twitter: <https://twitter.com/PNWMastersSwimm>
 Website: www.swimpna.org



2017 PNA Open Water Series



(COMPLETED) June 3 - The series starts with Swim Defiance, which re-enacts the 1926 Dalco Passage crossing. The race location is Owen Beach in Point Defiance Park on Commencement Bay in Tacoma, WA. There is a clockwise 5k triangular course swim beginning and ending at Owen Beach and a one-way 3k linear course swim from Vashon Is to Owen Beach.

<http://www.swimdefiance.com>



(COMPLETED) June 17 - The second event is the Whidbey Island Adventure Swim. The course has been extended to be one long, rectangular course, with 1.2-mile swimmers turning mid-course and 2.4-mile swimmers swimming to the farthest buoy and returning.

<http://www.whidbeyadventureswim.org/>



(COMPLETED) July 15 - 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.

www.fatsalmonswim.org/

September 23 - The series finishes with the Last Gasp of Summer. This race takes place at Angle Lake in Seatac, Washington and includes 1- and 2-mile races on a rectangular course. One-milers swim one lap, two-milers swim two laps.

www.lastgaspofsummer.com/



Enter more than one event and compete for The 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 10 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. See the PNA website for rules.

Win a *blueseventy* Reaction Wet Suit

*Each race entry will earn you one ticket into the drawing for a *blueseventy* Reaction Wetsuit (either full or sleeveless at the winner's preference).*



blueseventy

PNA Open Water Series sponsor



**2017 Last Gasp of Summer
Open Water Swim**

**USMS Sprint Distance
Open Water Championship, 1 Mile
1 and 2 Mile Events
September 23rd, 2017**

**Sanctioned by PNA for USMS 367-W004
Hosted by: Blue Wave Aquatics**

LOCATION: 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.

USMS SPRINT DISTANCE OPEN WATER CHAMPIONSHIP, 1 MILE

CHECK-IN: Sprint Distance check-in will open at 7:30 am. No late check-ins will be allowed.

TIMELINE:

7:30 am Check-in opens
8:30 am MANDATORY Safety Meeting
8:45 am Chip check-in and warmups
9:00 am START Sprint Distance

TIME LIMIT: The course will be swept at 50 minutes. Swimmers who cannot swim one mile in 50 minutes should not sign up for the Sprint Distance.

ELIGIBILITY: Open to all 2017 registered Masters swimmers (USMS or FINA). The eligibility of a swimmer shall be determined by the age of the swimmer on Dec 31st of the year of competition, except for 18 year olds, who must be 18 on the day that they swim.

REGISTRATION: Online registration only, no paper entries. USMS membership is available during the online registration process. No day of race entries, no USMS one day membership allowed. Online registration closes 11:59 pm PDT on Thursday, September 21st or sooner if the race is sold out.

RULES: Current USMS rules will govern this event. No wetsuit allowed, no additional devices to help speed, pace, buoyancy, or endurance are allowed (such as webbed gloves, fins, snorkels, etc.).

AWARDS: Top six place winners in each age group will receive a national championship medal or other appropriate award approved by the Long Distance Committee chair.

NOTES: When you register for the Sprint Distance you may register for the one mile (wetsuit or no-wetsuit), two mile (wetsuit or no-wetsuit) or Julie Montiel Fun Swim for no additional charge.

ONE MILE, TWO MILE AND JULIE MONTIEL FUN SWIM

CHECK-IN: One mile, Two mile and Julie Montiel Fun Swim check-in will open at 9:00 am. No late check-ins will be allowed.

TIMELINE:

9:00 am Registration and check-in opens
10:15 am MANDATORY Safety Meeting
10:40 am Chip check-in and warmups
11:00 am START USA 2 Mile Swim
11:05 am START USMS 2 Mile Swim
11:10 am START USA 1 Mile Swim
11:15 am START USMS 1 Mile Swim
11:20 am START 1 Mile Julie Montiel Fun Swim
START USA 500 Meter swim when the course is clear

ELIGIBILITY: Open to all 2017 registered Masters swimmers (USMS or FINA). The eligibility of a swimmer shall be determined by the age of the swimmer on Dec 31st of the year of competition, except for 18 year olds, who must be 18 on the day that they swim. Competitors not registered may either register, for USMS, or pay the USMS one day membership fee of \$10.00.

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.).

RULES FOR THE JULIE MONTIEL FUN SWIM: Fins, snorkels, mask and safety buoy is allowed. Hand Paddles are NOT allowed. This swim is not an official USMS timed swim and your times will not be eligible for submission.

AWARDS: Participation gift for all swimmers. 1st place award to top men and women finishers in each age group in each event. Overall award to man and woman in each event.

ALL EVENTS

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>.

TIMING: Timing for this event will be provided by BUDU Racing.

ENTRY FEES:

Event	Thru 08/31	09/01 – 09/21	Day of Race
Sprint Distance	\$60.00	\$70.00	Not eligible
1 Mile, 2 Mile and Julie Montiel Fun Swim	\$60.00	\$70.00	\$80.00
USMS One Day Membership fee (NO Sprint Distance)	\$10.00	\$10.00	\$10.00

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

ENTRY DEADLINE: Online registration opens on Sunday, June 18th and closes at 11:59 pm PDT on Thursday, September 21st or SOONER if race has sold out.

Maximum Sprint Distance: 300 swimmers

Maximum for the other swims: 300 swimmers

ONLINE ENTRY: To register online go to

https://www.clubassistant.com/club/meet_information.cfm?c=1449&smid=8976

RESULTS: Posted onsite after the race. Available online within a few hours on website <http://www.LastGaspofSummer.com/results.aspx>.

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. Parking is limited at Angle Lake Park. Free parking available at Angle Lake Light Rail Station (19955 28th Ave South, SeaTac). It is a 10 minute walk to Angle Lake Park.

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.

Bring your USA SWIMMERS! More information is available at <http://www.lastgaspofsummer.com> or contact Wendy Neely at wendy@bluewave-aquatics.com.

RACE DIRECTOR: Mike Murphy
MeetDirector@BlueWave-Aquatics.com or call 206-316-0234

REGISTRAR: Angela Turley

Registrar@BlueWave-Aquatics.com or call 253-797-4920

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

2017 Last Gasp of Summer
Open Water Swim

USMS Open Water National Championship One Mile Event
One and Two Mile Events
September 23rd, 2017

Memorialize your swim with a t-shirt, sweatshirt or other merchandise seen below. Apparel and merchandise can be ordered during registration.

**Championship Technical T-Shirt
Unisex**



S, M, L, XG \$22.00
2XL \$25.00

**Fleece 1/4 Zip Sweatshirt
Unisex**



S, M, L, XG \$38.00
2XL \$41.00

**Fleece 1/4 Zip Sweatshirt
Womens**



S, M, L, XG \$38.00
2XL \$41.00

**Last Gasp of Summer
Water Bottle**



\$15.00

**Last Gasp of Summer
Towel**



\$24.00

**Last Gasp of Summer
Sock**



\$15.00

Bainbridge Aquatic Masters
BAMFest 2017
Saturday, October 14th, 2017

Warm-up: 9:00 AM Meet starts at 10:00 AM
Sanctioned by PNA for USMS Inc. #367-S006

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: Greg Cole Text: (206) 387-2153 or
email: BAMFest2017@gmail.com.

MEET REFEREE: Mike Murphy, swimoff1@gmail.com.

CONCESSIONS: Free, donations accepted.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2017 USMS or foreign registered
swimmers 18 and above as of 10/14/2017. Age groups
based on the swimmer's age as of 10/14/2017.

ENTRY DEADLINES: Swimmers may enter up to 5 individ-
ual events and 2 relays.

Individual Entries and Relay Only swimmers:

Online Entry Deadline: Tuesday, Oct 10, 11:59 PM

Paper Entry Deadline: Postmarked by Friday, Oct 6

NO race day individual entries accepted.

Relay Entries:

Online relay entry available Wednesday, Oct 11, 9:00 AM
to 11:59 PM (One day)

Relay entry also available at meet.

SEEDING: All events slow to fast, age group and sexes
mixed. Pre-seeding except for the 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: Enter Relays online on Oct 11th or deck-enter re-
lays at the meet at no charge. Mark your relay entry card
carefully to ensure correct intent and results.

AWARDS: Ribbons will be awarded for 1st, 2nd and 3rd
place finishers in each age and gender group.

ENTRY FEES: \$16 U.S. (Includes LMSC and timing sur-
charges) PLUS \$3 per individual event (optional for seniors
and needs-based swimmers. No charge for relays.

ONLINE ENTRIES: Enter online at:

[https://www.ClubAssistant.com/club/meet_infor-
mation.cfm?c=1534&smid=8796](https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=8796)

PAPER ENTRIES: Use the PNA Generic Entry Form availa-
ble on the PNA Website or in the WetSet.



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		

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.theeagleharbor-
inn.com](http://www.theeagleharbor-inn.com))
- **BEST WESTERN INN PLUS**, 350 NE High School
Road, Bainbridge Island, (206) 855-9666
- **Island Country Inn**, 920 Hildebrand Lane, Bain-
bridge Island, (206) 842-6861
- **Suquamish Clearwater Casino Resort** 15347
Suquamish Way, NE, Suquamish (866) 609-8700
- **Airbnb** www.airbnb.com

Snohomish Aquatics Masters Meet

Sunday, November 5, 2017

Warm-up: 8 AM - Meet starts at 9 AM to NLT 1 PM

Sanctioned by PNA for USMS Inc. 367-S007

LOCATION: Snohomish Aquatic Center 516 Maple Ave, Snohomish, WA 98290 (360) 568-8030

FACILITY: Competition 25 yard, 10 lanes. Temp 79-81°F. Continuous warmup in the extra lanes not being used for competition. Electronic timing. The number of lanes used for competition will range from 6 to 8, depending on size of meet. At least one lane will be available for continuous warm-up. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1. 7' – 12.5' deep.

MEET DIRECTOR: Rob Serviss – robert.serviss@snohomishaquatic.com

MEET REFEREE: Dick Chapman – dick_chapman@comcast.net

CONCESSIONS: Available.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2017 USMS or foreign registered swimmers 18 and above as of 11/5/2017. Age groups based on the swimmer's age as of 11/5/2017

ENTRIES:

- **Individual entries and Relay-Only Swimmers:** Swimmers may enter up to 5 individual events. Entries must be submitted online by 11:59 PM (Pacific) Sunday, October 29th, 2017 OR postmarked by Thursday, October 26th, 2017
- **Relay teams** may be entered from Monday, October 30th 9:00 am to Tuesday, October 31st 11:59pm. Deck entry for relays will also be available at the meet. See 'Relays', below.

DECK ENTRIES: Only in OPEN LANES and available only to swimmers already entered in the meet, and who are entered in less than the entry limit of 5 individual events.

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

CHECK-IN: Positive check-in required for the 500 Free. Check in for the 500 Free by the conclusion of event #5. Swimmers missing the check-in deadline may be scratched from the event.

RELAYS:

- Pre-Meet: See information under 'Entries', above.
- At the Meet: Deck-enter relays may be entered at the meet. Mixed relays require two men and two women.
 - Deck entries due by 8:30 AM for Event #1, Mixed Medley Relay.
 - Deck entries due by end of event #5 for Event #9, Mixed Free Relay.
 - No charge for relays.

AWARDS: Available for purchase at meet.

ENTRY FEES: \$16 (US; includes LMSC and timing surcharges) PLUS \$3 per individual event (optional for seniors and needs-based swimmers). Your credit card will be charged by 'ClubAssistant.com Events' for this swim meet. No charge for relays.

ORDER OF EVENTS

1	Mixed 200 Medley Relay	8	Mixed 100 free
2	Mixed 200 Free	9	Mixed 200 Free Relay
3	Mixed 50 Back	10	Mixed 100 Back
4	Mixed 200 IM	11	Mixed 50 Fly
5	Mixed 50 Free	12	Mixed 100 Breast
---10 minute BREAK -----		13	Mixed 100 IM
6	Mixed 100 Fly	---10 minute BREAK -----	
7	Mixed 50 breast	14	Mixed 500 Free
500 Free limited to 32 entrants			

ONLINE ENTRIES: Enter online at:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=9209 Your credit card will be charged by 'ClubAssistant.com Events' for this swim meet.

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA Website or in the WetSet. Make checks payable to Snohomish Aquatic Center, and mail to: **Snohomish Aquatic Center c/o** – Rob Serviss 516 Maple Ave, Snohomish, WA 98290

DIRECTIONS:

North- I-5S, Take exit 194 for US-2 E toward Wenatchee, Continue onto US-2 E, Take the 88th St SE exit, Turn right onto 88th St SE, Continue onto 92nd St SE, take a right onto Maple Ave.

South – I-5N, Take exit 194 for US-2 E toward Wenatchee, Continue onto US-2 E, Take the 88th St SE exit, Turn right onto 88th St SE, Continue onto 92nd St SE, take a right onto Maple Ave

ENTRY QUESTIONS: Rob Serviss -

robert.serviss@snohomishaquatic.com

LODGING: Snohomish Inn, 323 2nd St, Snohomish, WA 98290
Phone: (360) 568-2208



2017 Puget Sound Masters SCM Championship Meet
Saturday – Sunday, November 18-19, 2017
 Hosted by Puget Sound Masters
 Sanctioned by PNA for USMS Inc. #367-S008
 Observed for USA Swimming

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 18 & Sunday, Nov 19:
 • Warm-up 9:00-9:50am, meet starts 10 am

MEET DIRECTOR: Lisa Dahl, waterpolo890@hotmail.com
 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 2017 USMS or foreign registered swimmers 18 and above as of 11/19/2017. Foreign registered swimmers must provide a copy of their current registration card. Age groups based on the swimmer's age as of 12/31/2017. 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 and Relay-Only Swimmers:** Entries must be submitted online by 11:59 PM (Pacific) Sunday, November 12th, 2017 OR postmarked by Wednesday, November 8, 2017
- **Relay teams** may be entered from 9:00 AM Monday, November 13th to 11:59 PM Wednesday, November 15th
- 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 SUNDAY NOV 12TH, 2017 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 – 9:30am; Sunday: 400 Free – 9:30am, 1500 Free – end of Event #34. 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:
 - #11-#13: by the end of event #2,
 - #20-#21: by the end of event #13,
 - #31-#33: by the end of event #22,
 - #40-#41: by the end of event #33

AWARDS:

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

ENTRY FEES: \$38.00 includes LMSC surcharges. **PLUS** \$4 per individual event (optional for seniors and needs-based swimmers). No charge for relays. Relay only swimmers pay \$38.00 surcharge.

ONLINE ENTRIES: Enter online at:

https://www.ClubAssistant.com/club/meet_information.cfm?c=1534&smid=8997

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

2017 PSM SCM Order of Events			
Saturday, Nov 18		Sunday, Nov 19	
50m, 100m and 200m events: Order W then M			
	Warm Up 9am		Warm Up 9am
1	800 Free - Mixed *	22	400 Free - Mixed *
2	400 IM -Mixed *	23/24	200 IM - W/M
3/4	100 Back - W/M	25/26	50 Fly - W/M
5/6	50 Breast - W/M	27/28	200 Back - W/M
7/8	200 Free - W/M	29/30	100 Free - W/M
9/10	100 IM - W/M		Break 5 minutes
	Break 5 minutes	31/32	W/M 400 Medley Relay
11/12	W/M 200 Medley Relay	33	Mixed 200 Free Relay
13	Mixed 400 Free Relay	34/35	100 Fly - W/M
14/15	100 Breast - W/M	36/37	200 Breast - W/M
16/17	200 Fly - W/M	38/39	50 Back - W/M
18/19	50 Free - W/M		Break 5 minutes
	Break 5 minutes	40/41	W/M 200 Free Relay
20	Mixed 800 Free Relay	42	1500 free - Mixed *
21	Mixed 200 Medley	*	Positive Check-In Required

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.

2017 Puget Sound Masters SCM Championship Meet
Saturday –Sunday, November 18-19, 2017
 Hosted by Puget Sound Masters
 Sanctioned by PNA for USMS Inc. #367-sxxx

PAPER ENTRIES: Complete this form, and waiver on following page, for a paper entry.

If using paper entry form, you must complete, sign and mail the USMS Waiver on the following page.

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)
---	--

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

Event #	Event Name	Entry Time

ENTRY FEE:

SURCHARGE	\$38.00	
INDIVIDUAL EVENTS	+	\$4 Per Event. No charge for relays. No charge for seniors (65+) or need-basis
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 7th, 2017. All swimmers must have a valid 2017 USMS (or foreign) registration prior to meet entry or submit an application accompanying this entry.

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



**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

PNA SANCTIONED OPEN WATER EVENTS:

9/23 - [Last Gasp of Summer, USMS National Sprint/One-mile Championship](#), Angle Lake Park, Seatac, WA

NON-PNA OPEN WATER EVENTS:

<http://say-yes-to-life-swims.com/>

9/16 - [10K Invitational Open Water Swim](#), Seattle, WA

9/24 - [Saltwater Swim Series NW](#), Seattle, WA (.5-, 1-, 1.75-mile distances)

10/7 - [6th Annual Awesome Alki Bash](#), Seattle, WA

USMS FITNESS EVENTS (all year)

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

POOL EVENTS:

10/14 - [BAMFest 2017](#)

11/5 - [Snohomish Aquatic Masters Meet](#)

11/18 to 11/19 - [PSM SCM Champs](#)

BOARD MEETINGS

9/5 - conference call, 6:45pm

10/28 - Sally's house in Issaquah, 1-4pm

12/5 - Sally's house in Issaquah, time TBA

(Contact Sally Dillon at salswmr@comcast.net for more information.)

[Search USMS Calendar of Events](#)

US MASTERS SWIMMING **SPRINT DISTANCE OPEN WATER NATIONAL CHAMPIONSHIP**

Last Gasp OF SUMMER

Saturday, September 23, 2017

7:30 am check-in for USMS Sprint
9:00 am check-in for all other events

SIX EVENTS FOR MASTER SWIMMERS:

- USMS Sprint Distance (1 Mile) Open Water National Championship
- USMS 1 mile wetsuit
- USMS 1 mile non-wetsuit
- 1 mile Julie Montiel Fun Swim (fins, toys, gear, tutus!)
- USMS 2 miles wetsuit
- USMS 2 miles non-wetsuit

REGISTER ONLINE WWW.LASTGASPOFSUMMER.COM