

PACIFIC NORTHWEST
ASSOCIATION OF
MASTERS SWIMMERS

U.S. MASTERS
SWIMMING IN
WESTERN
WASHINGTON

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The WetSet

VOLUME 39, ISSUE 1

JAN-FEB 2019

President's Message

By Sally Dillon, PNA President

I hope your holiday season went smoothly. As I write this message, Christmas has not yet arrived and fortunately the power is still on. I'm keeping my fingers crossed that the recent power failures and tornados are enough to make Mother Nature happy enough to leave us alone. Having lived in the Truckee/Tahoe area for nearly 20 years before coming to Washington, I have many memories of lengthy power outages – but I had wood stoves and other advantages that I no longer have.



PNA will be holding its bi-annual election of officers this coming spring. You'll find an article in this newsletter about the nomination process. I have to say that participating on the Board for PNA has been a rewarding way for me to "thank Masters Swimming" for all it has given me. It's been a part of my life for many, many years, bringing opportunities to stay connected with swimming friends from my youth, to meet others through competitions and volunteering, and to travel to "exotic" locations – just so I can race! Masters Swimming has made it possible to have a group of like-minded swimmers to train with, often under the tutelage of caring and knowledgeable coaches. I can't imagine my life without it.

If you value PNA like I do, maybe you're at a time in your life when you'd like to give back to Masters Swimming. While six of the board members are "elected", the other positions are appointed. We welcome "new blood" to the board and the enthusiasm and ideas that come with it. Please reach out to the nominating committee and let them know that you are interested in being more involved. And feel free to contact me with your questions at salswmr@comcast.net.

I offer a "toast of my water bottle" to all PNA members for a healthy and happy 2019. Let's enjoy another year of following the lane line back and forth, venturing out into "open waters", and for some of us, "concealing" the goggle marks around our eyes.



Snohomish Aquatic Masters Meet

The Snohomish Aquatic Masters hosted their third annual meet November 4th at their home pool in Snohomish.

The Snohomish Aquatic Center is a state-of-the-art facility built in 2014 that features a 10-lane competition pool along with a recreation pool, a "lazy river" area, a wave rider, and a waterslide. Pool water is treated with salt to produce a natural chlorine,

which eliminates much of the eye irritation and other side effects of the more traditional chlorine-treated pools. The SCY event featured 106 swimmers representing more than 20 clubs registered for 398 individual events and 15 relays.



Referee Dave Baer readies the start of 500 Free, Heat 1. In lane number order, Kerry Ness, Jillian Dees, Michael Gates, Wanda Bolerjack, Tom Fritschen, Kate Carruthers, Shannon Singer, and Paul Ikeda.



Starter Deb Soper and Meet Referee Dave Baer.

Sakaiya McCoy (UC35, 18-24) was the individual high scorer, winning all six of her events (50, 100, and 500 free, 50 breast, and 100 and 200 IM) for a perfect 120-point score. Close behind were Chantal Lauzon (EBSC, 45-49) with 114 points and Gail Akiyama (UC36, 40-44) and Dan Underbrink (TWIM, 60-64) with 113 points each. Margaret Barber (UC36, 18-24), Kerry Ness (SVMS, 45-49), and Ryan Robertson (ORCA, 30-34) each scored 111.

Registration deadline January 8!

2ND ANNUAL BELLEVUE CLUB MASTERS' MILE

Sunday, January 13

PNA distance swimmers.....be sure to sign up for this event!

Entries are limited to only 70 swimmers.

The Bellevue Club pool is a fast one - 9 lanes, all 9' deep.

Meet information and registration can be found [here](#).

How can you resist a pool that looks like this?



PSM SCM Championships

The 4th Annual Puget Sound Masters Short Course Meters Championship Meet was held November 17-18 at the Weyerhaeuser King County Aquatic Center in Federal Way. The event also served as the NW Zone SCM Championships.

The meet featured 166 swimmers registered for 751 individual events and combining for 45 relays. Host Puget Sound Masters, with 107 members competing, dominated the team scoring with 3444 points, followed by Oregon Masters (30 swimmers) with 1075 points.

Swimmers winning six individual events for perfect 54-point scores included Chelsea Chan (BWAQ, 25-29); Sam Couch (UC31, 18-24); Ellen Reynolds (SAWS, 50-54); PSM swimmers Morena Calvo (30-34), Carl Haynie (55-59), and Erik Petersen (30-34); and Oregon Masters swimmers Chase Mesford (25-29), David Radcliff (80-84), Sonja Skinner (40-44), Maggie Trujillo (35-39), and Willard Lamb (95-99). Lamb was the oldest competitor at the meet.

Just behind the individual scoring leaders, with 52 points (5 firsts and a second) were Oregon Masters' Kurt Grote (45-49) and Matt Miller (40-44) as well as PSM's Andrea Hunt (70-74) and Steve Peterson (70-74).



*Meet Director Lisa Dahl and
Meet Announcer Tim Vagen*



*Meet officials L-to-R: Mike Kelly, Ken Breiding, Deb Soper, Steve Kumpan, Rachel Sherrer,
Mark Jaeger, Dave Coddington, Meet Referee Teri White, Jim Davidson, Rick Cox,
Lisa Vetterlein, Ed Lesnick, Mike Murphy, Mary Coddington, Dick Chapman, Dave Baer*

Dawn Musselman Award Nominations

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913-1986). As a long-time PNA member, Dawn inspired others and encouraged them to do their best. While she still holds six PNA records in the 70-74 age group, competitive participation is not a criterion for this award.



Dawn Musselman

Any PNA member may submit a nomination. We're looking for the candidate who:

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

Show that teammate your appreciation! Compose a paragraph or two describing their qualifications. Include an anecdote for fun, too! The award consists of a personal plaque and a perpetual trophy with the recipient's name added and will be presented at the Annual Membership Social and Meeting during the PNA Champs meet in Federal Way on Saturday, April 13.

Submit your nomination by Saturday, March 23 to: PNA Webmaster Steve Peterson, speter-son@bandwagon.net. If you have questions, call Steve at 360-692-1669.

Past recipients of the Dawn Musselman Inspirational Swimmer Award

1986 - Dawn Musselman	2003 - Chaya Amiad
1987 - Marlene Holmes	2004 - Kathy Casey
1988 - Maxine Carlson	2005 - Gene Crossett
1989 - Jim Penfield	2006 - Jeanne Ensign
1990 - Tom Foley	2007 - Lee Carlson
1991 - Karen Jost	2008 - June Van Leynseele
1992 - Jan Kavadas	2009 - Steve LaHaie
1993 - Robin O'Leary	2010 - Betsey Kassen
1994 - Marion Mueller	2011 - Sarah Welch
1995 - Tammi Keeler	2012 - Kiko Kimura Van Zandt
1996 - Ian Thompson	2013 - Rick Colella
1997 - Suzanne Dills	2014 - Charlotte Davis
1998 - Clark Pace	2015 - Sally Dillon
1999 - Dan Frost	2016 - Steve Peterson
2000 - Joan Davis	2017 - Zena Courtney
2001 - Paul Ikeda	2018 - Lisa Dahl
2002 - Barb Gundred	

PNA Coach of the Year Nominations

Each year PNA honors a local coach with the PNA Coach of the Year Award. Nominations are accepted from any PNA member and it is time to submit your nomination for 2018. Recognize your coach for the outstanding contributions to Masters Swimming that he/she has made. Show how much you love and appreciate your coach by nominating them for the Coach of the Year Award. The award will be presented at the Annual Membership Social and Meeting on Saturday, April 13.

Your nomination should address any, or all, of the following selection criteria:

- Improvement or enhancement of an ongoing program or establishment of a new program
- Sustained service over a long period
- Commitment and/or contributions to PNA
- Willingness to share coaching skills and information with others
- Loyalty of team members
- Coaching accomplishments and/or inspiration to others



To nominate your coach, compose a letter with the following information:

- Your name and email address
- Nominee's name and email address
- Name of the team, workout group, or club
- Number of years the nominee has coached the team/workout group/club
- Coaching experience
- Coaching accomplishments
- Examples of improvement and/or enhancement of program or new program
- Examples of contributions to PNA
- Evidence of nominee's coaching skills and knowledge
- Impact of nominee's coaching efforts on others

Submit your nomination by Saturday, March 23 to Wendy Neely at wendymal@mac.com. If you have questions, call Wendy at 206-793-9391. Previous recipients of the Coach of the Year Award will serve on the selection committee.

Past recipients of the Coach of the Year Award

2018 – Pete Colella, North End Otters
 2017 – Wendy Neely, Blue Wave Aquatics
 2016 – April Cheadle, Bainbridge Aquatic Masters
 2015 – Paul Ikeda, Orca Swim Team
 2014 – Joel Dodds, Mukilteo YMCA
 2013 – April Cheadle, Bainbridge Aquatic Masters
 2012 – Becca Watson, Lake Washington Masters
 2011 – Ken Rice, West Coast Aquatic Masters
 2010 – Shannon Singer, Skagit Valley Masters

2009 – Lynn Wells, Aquatic Fanatics
 2008 – Mel Smith, Briggs Y Masters
 2007 – Robin O'Leary, North End Otters
 2006 – Neil Romney, North Whidbey Masters
 2005 – Michael McKinlay, Downtown/Bellevue Swim Team
 2004 – Wendy and Malcolm Neely, Federal Way Masters

Volunteer Spotlight

Mr. Jim Davidson

With Tom Walker of TWIM

In 2019, the Spotlight will be shining on the Volunteers who make our PNA events a reality and consistently provide us with a safe and outstanding environment to pursue our aquatic passion. There is so much that goes into an event, be it a meet or an open water swim, from planning to execution and all the details along the way, large and small.

We here at PNA are blessed to have a cadre of dedicated and talented volunteers, without whom none of this would be happening. These are people who are fortunate enough to have gone beyond self and to have achieved mastery in the art of giving.

As I have been swimming in meets here since what seems like time immemorial, I've always seen a dapper and quiet gentleman with a touch of white moving ceaselessly in the background and also in the foreground, seemingly attentive to every detail. I always remember glancing at him officiating on deck while I am dying in one of my races.....

I came to learn that this ubiquitous individual is none other than our own Mr. Jim Davidson and I call him Mr. because he has earned my respect and then some.

TW: How did it all begin? What made you decide to volunteer and how and when did you get started?

JD: I started with PNA in 2014. I was at swim work-out with Blue Wave (Federal Way Masters back then), and our coach, Wendy Neely, said that PNA was looking for a volunteer to serve as Open Water Chair. I said I might be interested and she put me in touch with Sally Dillon, who was the Open Water Chair at that time. Sally described what the position entailed and it sounded like something I could manage. Since PNA needed someone to help keep the open water program going and it was a good fit for me, I said okay. I really enjoy open water swimming and wanted to make sure that there continued to be good events for open water swimmers in the Northwest. Since becoming PNA Open Water Chair I have also become a member of USMS Long Distance National Committee (LDC). We supervise the conduct of USMS Open Water and ePostal National Championships and help write the USMS rules for these events. Serving on the LDC is really a logical extension of what I do for PNA.

TW: What do you enjoy about volunteering? What to you is the most satisfying part of this role?

JD: What is most satisfying to me is making the open water events conducted by PNA enjoyable experiences for all who participate. We work hard to ensure the swims are safe and well run. We like to think that we provide whatever our swimmers are looking for. We have competition if you want it. If you want to set goals, our swims can challenge those goals, and we want to provide a fun swim for everyone. Thanks to our great event hosts and volunteers, I think we accomplish these objectives. To the extent that I can help maintain the roster of our Open Water Series and the quality of our events, I get the satisfaction I'm looking for.

TW: What is in your personal background that has drawn you to contribute your talents to Masters swimming?

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Davidson is often part of the officiating crew at PNA meets.

Volunteer Spotlight (cont)

(Continued from page 6)

JD: I think volunteering is important, so when an opportunity came up, I was open to it. The position of Open Water Chair in PNA requires some organizational skills as well as the ability to process the data from all the race results. In my working career, I was an engineer and in engineering management, so I had the background that the Open Water Chair needs. With the right background and a willingness to volunteer, how could I say no?

TW: What is your vision for PNA swimming and USMS swimming in general? How about for your future as a leader of the volunteering set?

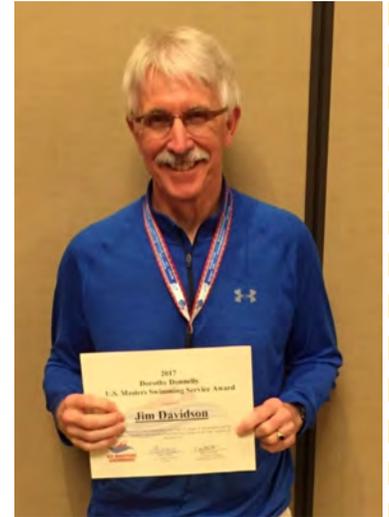
JD: PNA in particular and USMS in general need to promote adult swimming and meet the needs of their members. They do this by creating a community of swimmers and providing opportunities to work out, get coaching, and compete both in the pool and in open water. PNA and USMS need to continue this mission and find ways to improve their services. As long as I can contribute to that, I'll volunteer.

TW: Do you have a real life?

JD: I like to think so.

TW: What do you do when you're not volunteering?

JD: I stay active. I swim, cycle, hike and ski. I have a small woodworking shop, usually with one or two projects in some state of semi-completion. Sharon and I have a 5-year-old grandson who keeps us busy, too.



Davidson was recently honored with the Dorothy Donnelly Award for outstanding volunteer service.

SAVE the DATE

Port Angeles Masters Meet

Sunday, March 10th, 2019

William Shore Memorial Pool, 225 E. 5th

Competition 25 yards, 6 lanes	
200 Medley Relay M	100 Free
200 Medley Relay W	50 Breast
200 Free	200IM
50 Back	200 Free Relay W
100IM	200 Free Relay M
100Fly	100 Back
200 Medley Relay Mixed	50 Fly
50 Free	100 Breast
Break (15 mins)	200 Free Relay Mixed
500 Free - Check In	500 Free

Sanctioned by PNA for USMS Inc.

Sponsored by Port Angeles Swim Club

In beautiful downtown Port Angeles,

WHERE THE MOUNTAINS GREET THE SEA

1-Hour ePostal National Championship

By Sally Dillon, PNA Postal Event Coordinator

The “granddaddy” of all Postal Swims, the 1-Hour ePostal National Championship (AKA “Happy Hour” for Masters Swimmers), runs through the months of January and February and is “open for business.” Thousands of Masters Swimmers take on this event each year.

The event is relatively simple to accomplish: 1) find a pool; 2) have someone count your laps and take your splits while you swim as far as possible in one hour; 3) celebrate your accomplishment (breakfast, lunch, nap); 4) submit your results via the internet before the stated deadline.

Why is it called an “ePostal” swim? Back in the dark ages (1970’s), when the internet didn’t exist for USMS, swimmers across the country participated in the 1-Hour Postal swim and mailed (with an envelope and stamp, no less) their entry form and split form to the event host. The host gathered a group of team members together to review every entry for accuracy and tabulate the results (using paperclips, staplers, a typewriter, whiteout, etc). Once the results were final, they mailed (envelopes/stamps again) a copy of the results, awards, and t-shirts to the participants. Fast forward to the present and most everything is done electronically. Entries are done entirely online and if a swimmer breaks a national record, their split sheet must be scanned and emailed to the event director (or mailed with an envelope/stamp for the handful of us who don’t have a scanner!). The results are announced online, and awards/t-shirts are still mailed by a crew of workers.



The details are the same for all USMS Postal Championship Swims:

- Age - determined by the age on December 31, except 18-year-olds must be 18 on the day that they swim
- Current USMS membership required by the day of your swim. Register for 2019 now!
- Pool must be 25-yards or longer (a conversion for metric pools takes place during registration)
- Swim the event FIRST, then enter the championship online. The deadline to enter is Friday, March 8, 2019

Preparing for and competing in the 1-Hour ePostal Swim is a great way to “build a base” and hopefully swim stronger and faster come spring. Work with your coaches and/or teammates to arrange for pool time so an opportunity to take part in this event is possible. Adhere to USMS Rules as follows:

- Check out swimwear rules (see USMS 102.12.1 in the USMS Rule Book, available online at USMS.org)
- Drafting, flotation, and propulsive devices are not permitted (pull buoys, fins, paddles, snorkels, wet suits, etc)
- No more than two swimmers may share a lane and circle swimming is not permitted
- An adult acting as a starter/head timer/referee shall be present during the swim
- Each swimmer must have a verifier to count laps and record cumulative splits every two lengths of the pool
- The timing of the event may be done with a stopwatch or electronic timing device
- Distances are to be rounded DOWN to the nearest completed 5-yard increment (i.e. 2764 rounds to 2760)
- One person may serve as a counter/timer for no more than two swimmers at a time

Your club (PSM, BWAQ, etc) may enter relays for the event. The three relay categories are three men, three women, and four “mixed” (two men, two women). Typically, your coach or relay coordinator will handle this so please don’t form your own relays without first consulting with your club leaders. Relays are not swum “together” like at

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ePostal 3000/6000

Puget Sound Masters swimmers represented our region by participating in the last National Championship postal events of the year. 5 men and 5 women participated in the 3000-yd event, and 4 men and 1 woman took on the 6000-yd event. USMS Postal Swim rules allow a swimmer to set a record in the 3000-yd event on the way to the 6000, but in order to enter both events, two separate swims must take place. Four of the swimmers did just that! PSM entered four relays but results were not yet available at press time.

3K results

Katy Smith (37)	5th	43:37.00
Sarah Landrum (40)	3rd	41:39.60
Michelle McRae (43)	2nd	38:46.24
Tamara Koppelberger	3rd	39:22.08
Betsey Kassen (66)	4th	45:48.14
Johnny van Velthuyzen (39)	2nd	40:31.97
Chad Hagedorn (46)	2nd	37:53.59
Jason Koppelberger (47)	12th	52:12.85
Tom Fritschen (62)	8th	51:49.02
Dan Kirkland (70)	1st	36:49.81

6K results

Blake Hansen (30)	2nd	1:15:25.00
Katy Smith (37)	5th	1:29:10.59
Johnny van Velthuyzen (39)	4th	1:20:22.99
Chad Hagedorn (46)	2nd	1:16:58.13
Dan Kirkland (70)	1st	1:15:42.58

1 Hour Postal (cont)

(Continued from page 8)

swim meets. The coach or coordinator uses each person's individual swim results to form the best relays for the club. Coach [Wendy Neely](#) typically forms relays for BWAQ and [Sally Dillon](#) is PSM's relay coordinator. Please send your results to the person coordinating relays for your club.

Questions? Feel free to email Sally at salswmmr@comcast.net. The official 1-Hour ePostal event information can be found [here](#).

Kirkland Sweeps!

Dan Kirkland, a member of Lake Washington Masters, has accomplished greatness as a distance swimmer in 2018! As a warmup for an outstanding year in the pool, Dan swam the 1st Annual Bellevue Mile SCM meet in January, where he smashed the World Record for the 1500-meter swim with a time of 19:52.89 (the 17-year-old record was 20:54.56). On the way to the finish, his 800-meter split of 10:28.96 was also a World Record.

Since then, Dan has swum all five of the USMS National Championship Postal Swims.....and all in National Record time! Competing in the 70-74 age group, Dan started the year off by swimming 4765 yards in one hour to set the record in the Speedo One-Hour ePostal Championship. Over the summer, he traveled to Oregon twice to swim the 5K in 1:14:32.01 and the 10K in 2:34:31.04; both had to be swum in 50-meter pools. Dan set two more National Records. And this fall, Dan hit the jackpot by swimming the 3000- and 6000-yard ePostal events in 36:49.81 and 1:15:42.58, respectively, which were also National Records.

Lest you think Dan only swims in pools, it should be pointed out that he traveled to Oregon during July to take on two USMS Open Water National Championships, finishing first in both the 2-mile Cable OW Championship on 7/12 in a time of 49:00.09 and on 7/14 the Marathon (10K) OW National Championship in a time of 2:50:55.5. After posting wins in seven of the 10 USMS Long Distance Championships, Dan will be named a 2018 Long Distance All-Star!

Special Report From Costa Rica

A Conversation with Coach Martha Campos

With Tom Walker of TWIM

International Correspondent for *The WetSet*

On my recent journey to beautiful San Jose, Costa Rica, one of my first questions is one familiar to all of us when we travel: So just where do I swim around here?

That question was answered as my crazy taxi driver Edwin and I careened through the streets of the city, paying little heed to traffic lights, pedestrians or anything else for that matter as we swerved toward our destination on the outskirts of town. Edwin has been driving a cab there for 39 years so that was somewhat reassuring, although I mostly closed my eyes and did a great deal of screaming along the way!

We finally pulled up alongside the tattered gate in the fence that borders the pool, which I opened and peeked into amid the weeds and debris, not really knowing what to expect and hoping for the best. Within, on that gorgeous tropical afternoon, was a treasure in the form of an ancient-but-beautiful 50-meter outdoor pool!

Within was also Inspiration in the form of Coach Martha Campos, whom I spied in a far corner of the pool as I walked past the Aquatic Center building, which looked like it was constructed about 100 years ago and not much seems to have been done to it since.

That seems to be the story everywhere in Costa Rica, but I digress.

I will say, though, that the less these magnificent people possess, the more joyful they seem to be and they are getting it done every day, including in the pool! Coach Martha, who turned out to be a One-Woman Energy Center, was on deck coaching an Open Water workout for her athletes. Fortunately she speaks English after a 5-year stay in California, because my Spanish is still a work in progress!



She was standing on deck with an unshakeable confidence and authority, almost as though she were standing on the deck of the finest aquatic facility in the world and her being seemed to radiate a positive glow of assurance. I thought to myself, this is the Spirit of Swimming that knows no boundaries! It felt like the very indomitability of the Aquatic Spirit was alive in that very moment.

As I slid into that pool and glided through the blue serenity of the water on that gorgeous tropical afternoon in San Jose, I felt like I was at home. I also starting thinking that this story needs to be in *The WetSet* as an inspiration for us all. Swimming is a universal language like music and the full orchestra was on hand for this one!

I told Coach Martha about us up here at USMS and about *The WetSet* and she was kind enough to share her story with me. Here it is:

Special Report From Costa Rica (cont)

(Continued from page 10)

TW: So Coach Martha, tell me about your swimming program here and how you got it started.

MC: First of all I want to thank you for giving me the opportunity to express myself about my career as a Coach.

Our program here teaches beginner, intermediate and advanced classes. We host Open Water, Masters, Water Polo and National Games teams. The National team includes all the best swimmers and prospects of the Junior League.

I got started about three months ago. I was just coming back from Europe where I was working in summer schools as a swim coach and shortly after I returned to Costa Rica I got a call from the Comité Cantonal de Recreación y Deportes de San José who asked me to Coach and I accepted. I am now part of this amazing experience as a Swim Coach here in my lovely Costa Rica!

TW: This is a government sponsored program, right?

MC: Yes, this is a government facility and our program is sponsored by the San José Sports and Recreation Cantonal Committee. You need a bachelor's degree in Physical Education and to be a member of the Teaching Association to work and coach here.

TW: What is the situation with adult swimming in Costa Rica?



MC: The swimming culture is great right now here. There are many adults and seniors in Costa Rica today who swim for pleasure and for sport. Current the participation of women continues to grow because of the greater freedom and security that females in general have gained here in the last decade.

TW: Where did you pick up your love for swimming?

MC: I fell in love with swimming when I was five in the sweet rivers of a place called Guapiles

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Call for Nominations

The Nominating Committee for PNA's spring election of officers is currently assembling a formal slate of one or more candidates for each elected position. The elected offices for PNA are President, Vice President, Secretary, Treasurer and two At Large Director positions. PNA officers are elected to two-year terms in odd numbered years and must be current PNA members.

The PNA Board meets eight times a year. At least four of those meetings are conference calls and the in-person meetings allow call-in capability. Board members' responsibilities are to serve on the board and perform the duties associated with their role. More information about the duties can be found in [our Bylaws](#) and [Job Descriptions](#).

The committee will prepare ballots by the end of January. PNA Bylaws offer a "write-in" option, but it's somewhat tedious: "Nominations shall be accepted directly from the membership if a petition is received prior to February 1 and contains the nominee's consent and an endorsement by at least 10% of the current PNA membership." If you, or someone you know, is interested in being an officer candidate, the easiest way to get on the ballot is to contact a member of the Nominating Committee before February.

Election ballots will be distributed in early March and voting closes one week before the PNA Championship meet, which will be held April 13-14, 2019. Voting will be done via online survey and paper ballots will be available upon request. More information will be provided as the election date approaches.

Do you want to get more involved in PNA? We suggest you consider serving on the board, whether as an elected officer, appointed board member, or a non-voting coordinator (see list on page 20). If you're interested, please contact a member of the Nominating Committee. We can answer your questions via email or arrange a phone call.

Nominating Committee Contacts:

Kim Boggs kmboggs@comcast.net

Kathy Casey Kathyj.casey@comcast.net

Hugh Moore (chair) hugh.moore.hm@gmail.com

Butterfly Clinic - January 27

Stanwood-Camano Masters
is hosting a

BUTTERFLY CLINIC

Sunday, January 27, 8am-noon
at the Stanwood-Camano YMCA

*This clinic features **USMS Coach of the Year April Cheadle** teaching the stroke mechanics of butterfly.*

Clinic will include drills, body positioning, breathing, kick, and dryland exercises to reinforce the stroke.

Cheadle uses stroke progression style coaching that accommodates all levels of ability and swimmers will receive individual evaluation.

Cost is \$50.

What to bring: Suit, towel, goggles, equipment you use regularly, water bottle

Limited to 36 attendees. Click [HERE](#) to register.

Welcome New Swimmers!

Alle, Isabelle	Galup, Luis	Miller, Jasmine	Twogood, Max
Beaumont, Sam	Giannoulas, Luke	Minters, Jason	Upsall, Benjamin
Betz, Gail	Guerin, Serge	Moorehead, Cameron	Voivenel, Nathalie
Chalendar, Lionel	Hansen, Blake	Opalka, Christina	Vreeland, Therese
Coulon, Michael	Hermanson, Diana	Pailliez, Lionel	Wade, Doug
Davis, William	Hicks, Roger	Phillips, Kaitlyn	White, Emily
Devries, Rebecca	Higley, Erin	Plakinger, Josef	Williams, Karin
Evans, Hope	Laffiche, Gilles	Rose, Stephanie	Wu, Joanna
Faught, Jennifer	Lippitt, Alice	Schpok, Andrea	Young, Heather
Feller, Miles	Mank, Catherine	Souviraa-Labastie, Bruno	
Fore, Matthias	McDonald, Cassandra	St Martin, Christophe	
Frey, Michelle	McFadden, Christine	Stockwell, Willow	

Special Report from Costa Rica (cont)

(Continued from page 11)

where my family took me in the summers and where the waters are clean and full of beautiful fish. I then had the opportunity to study at Etiwanda High School in Riverside county, where the swimming program was spectacular, and my Physical Education teacher saw talent in me and made me part of the team. So here in Costa Rica in the South Caribbean I practice open water swimming, surfing and snorkeling. The element of water has always been in my life as a sport and as a passion.

TW: So, what do you think is the core vision that moves you forward as a Coach and a swimmer?

MC: I think when I saw the trajectory of the life of Silvia Poll, our great Olympic Medalist, I saw that with effort and perseverance all your desired goals can be obtained. As a champion in her discipline she has been a big motivation for me since I was a child. I wanted to be a swim coach so I could share that way of thinking, living and training with all the people who would like to learn and compete.

TW: What are your future goals for your program?

MC: To bring the teams that I am training to international competitions and to grow with them as Coach and to share our achievements.

TW: And your personal goals as a coach and a swimmer?

MC: To leave a legacy as a swim coach and as a teacher. To have the satisfaction of being part of the growth of swimming at a competitive and recreational level in our country. And to empower people of all genders to achieve their goals.

Yes, I was very greatly moved when I saw Coach Martha and her passion and commitment to the sport we all love and her will to get it done no matter what.

Bellevue Club Masters Mile

1500 - Short Course Meters

Sunday, January 13, 2019

Warm-up: 12 noon; Meet starts at 1 PM
Sanctioned by PNA for USMS Inc. #369-S001

LOCATION: Bellevue Club, 11200 SE 6th St,
Bellevue, WA 98004

The Bellevue Club is a private facility. After parking, enter at the athletic entrance and check in at the reception desk (your name will be on a list). Day-use lockers are available in the locker rooms at no cost. Please be respectful of the membership facilities.

FACILITY: 25-meter pool, 9 lanes, at least 7 lanes for competition. Temp 81°F. 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.

TIMING SYSTEM: Electronic touch pads with button and watch backup.

MEET DIRECTOR: Sally Dillon, 425-961-0023,
salswmr@comcast.net

MEET REFEREE: Dick Chapman,
dick_chapman@comcast.net

CONCESSIONS: Many delicious choices available at athletic entrance

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2019 USMS or foreign registered swimmers 18 and above as of 1/21/2019. Age groups based on the swimmer's age as of 12/31/2019 (must be 18 on or before meet date).

ENTRIES: Swimmers may enter only the 1500-meter freestyle. All entries must have an entry time. Use an estimated time if you don't have a time from a previous competition. See conversion chart on registration page. Entries must be received or online by 11:59 PM (Pacific) Tuesday, 1/8/2019. NO race day entries will be accepted. Meet entry cap is 70 swimmers.

SEEDING: The event will be deck seeded fast to slow with age groups and sexes mixed.

CHECK-IN: In-Person positive check-in required by 12:30 PM. Online check-in will be available the day of the meet from 6am to 12 pm. Swimmers missing the check-in deadline may be scratched from the event.

AWARDS: PNA medals will be available for purchase at meet.

ENTRY FEES: Flat fee of \$20 US; includes LMSC and timing surcharges

ONLINE ENTRIES ONLY: Enter online at:
https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=11036

DIRECTIONS: From I-405, exit at SE 8th Street in Bellevue, WA. Go west on SE 8th, turn right at 114th, and left at SE 6th. The Bellevue Club will be on your right.



Thunderbird Aquatic Club Masters
2019 TAC SCM Masters Meet
Saturday, February 2, 2019
Warm-up: 9:00 AM Meet starts at 10:00 AM
Sanctioned by PNA for USMS Inc. #369-S002

LOCATION: Fidalgo Pool, 1603 22nd St, Anacortes, WA, 98221

FACILITY: 25m pool, six lanes, two side warm-up area. Temp 83°F. 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.

TIMING SYSTEM: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

MEET DIRECTOR: Calvin Milbach, cmilbachfpfc@gmail.com

MEET REFEREE: Heather Brennan, brennan@wavecable.com

CONCESSIONS: None.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2019 USMS or foreign registered swimmers 18 and above as of Feb 2, 2019. Age groups based on age of swimmer as of Dec 31, 2019. Foreign registered swimmers must provide proof of current registration in their country's federation.

ENTRIES: Swimmers may enter up to six individual events.
Online entry deadline: 11:59 PM (PST) Monday, January 28th.
Paper entry deadline: postmarked by Wednesday, January 23rd. NO race day entries accepted.

RELAY ONLY SWIMMERS: Swimmers wishing to swim only relays at the meet may do so. Same entry deadlines as above, same surcharge as below.

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

CHECK-IN: Positive check-in required for 400 IM by 9:30am and by the end of event #13 for the 400 free. Swimmers missing the check-in deadline may be scratched from the event.

BREAKS: Four 5-minute breaks.

SPLIT REQUESTS: Split requests for an initial distance within a longer race must be made, in writing, before the event for backstroke and relay leadoffs OR before the conclusion of the meet for non-backstroke. See the Clerk of Course.

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 medals available for purchase at meet.

ENTRY FEES: \$16.00; (includes LMSC and timing surcharges) PLUS \$3.00 per individual event. No charge for relays. PNA Swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#).

ORDER OF EVENTS:

1	400 IM	12	50 back
2/3	W/M 200 medley relay	13	100 fly
---	5 min break ---	14/15	W/M 200 free relay
4	50 free	---	5 min break ---
5	100 breast	16	200 free
6	200 back	17	50 breast
7	50 fly	18	100 back
8	200 IM	19	200 fly
---	5 min break ---	20	100 IM
9	mixed 200 free relay	---	5 min break ---
10	100 free	21	mxld 200 medley relay
11	200 breast	22	400 free

ONLINE ENTRIES:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=11051

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA Website or in *The WetSet*. Make checks payable to TAC and mail to: Calvin Milbach, Fidalgo Pool, 1603 22nd St, Anacortes, WA 98221.

DIRECTIONS: From I-5, take exit 230. Go west on Highway 20 to its end in Anacortes. Turn right onto Commercial Ave and go about ten blocks to 22nd St and turn left. Go up the hill to J Ave (about six blocks) Fidalgo pool is on the left.

ENTRY QUESTIONS: Calvin Milbach, 360-293-0673, cmilbachfpfc@gmail.com

POST THUNDERBIRD MEET/KARLYN PIPES TALK: 2PM – 5PM, upstairs at Village Pizza ([807 Commercial Ave, Anacortes 98221](#)). Family friendly! All swimmers, families, and friends are welcome to join us at Village Pizza to tell swim stories. Karlyn Pipes, who was inducted into the International Swimming Hall of Fame in 2015, is tentatively scheduled to speak to swimmers who join us for pizza after the meet.

LODGING:

[The Marina Inn](#) 3300 Commercial 360-293-1100
[Anaco Bay Inn](#) 916 33rd (kitchens) 360-299-3320
[Islands Inn](#) 3401 Commercial (complimentary Dutch breakfast) 360-293-4644



Lake Washington

MASTERS SWIMMING

Lake Washington Masters Invitational - SCY
Sunday February 17th, 2019
Warm-up: 9am Meet starts: 10am
Sanctioned by PNA for USMS Inc. #369-TBD

LOCATION: Juanita Aquatics Center @ Juanita High School, 10601
NE 132nd St, Kirkland, WA 98034

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

TIMING SYSTEM: The primary timing system will be automatic
timing. Times may be submitted for USMS records and USMS
Top 10 consideration.

MEET DIRECTOR: Linda Chapman, 425-980-3751,
chapman_family@comcast.net.

MEET REFEREE: Dick Chapman dick_chapman@comcast.net

CONCESSIONS: None. Bring your own snacks.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2019 USMS or foreign registered
swimmers 18 and above as of 02/17/2019. Age groups based on
the swimmer's age as of 02/17/2019.

ENTRIES: Swimmers may enter up to 5 individual events and 4
relays. Online Entry Deadline: Monday, February 11, 11:59pm.
Paper Entry Deadline: Postmarked by Thursday, February 7.

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 five individual events.

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

CHECK-IN: Positive check-in required for the 500 Free and 400 IM.
Check in for the 400 IM by 9:20am and check in for the 500 Free

by the conclusion of event #15. Swimmers missing the check-in
deadline may be scratched from the event.

SPLIT REQUESTS: Split requests for an initial distance within a
longer race must be made, in writing, before the event for
backstroke and relay leadoffs OR before the conclusion of the
meet for non-backstroke. See the Clerk of Course.

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 medals available for purchase at meet.

ORDER OF EVENTS:

1	400 IM	13	200 back
2/3	W/M free relay	---	5 min break ---
4	50 breast	14/15	200 W/M mdly relay
5	100 fly	16	200 breast
6	200 free	17	200 fly
7	50 back	18	50 free
8	100 IM	19	100 back
---	10 min break ---	20	200 IM
9	200 mixed mdly rly	---	5 min break ---
10	100 breast	21	mixed 200 free relay
11	50 fly	22	500 free
12	100 free		

ENTRY FEES: \$16 surcharge plus \$3 per individual event. PNA
Swimmers who need financial assistance for entry fees may
request same from the [PNA Wiggin Fund](#). No charge for relays.

ONLINE ENTRIES: Enter online at:

[https://www.clubassistant.com/club/meet_information.cfm?c=1534
&smid=11052](https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=11052)

PAPER ENTRIES: Use the PNA Generic Entry Form available on
the PNA Website or in *The WetSet*. Make checks payable to
Wave Aquatics and mail to: Linda Chapman, 17532 NE 142nd St,
Redmond, WA 98052.

DIRECTIONS: From I-405 take the NE 124th St exit and head west.
Turn right at 116th Ave NE, then left on NE 132nd St, then left on
Juanita HS Dr. Pool is located next to field house.

ENTRY QUESTIONS: Linda Chapman,
chapman_family@comcast.net,

LODGING: [http://www.marriott.com/hotels/travel/seatc-courtyard-
seattle-kirkland/](http://www.marriott.com/hotels/travel/seatc-courtyard-seattle-kirkland/)





Port Angeles Masters Meet
Sunday, March 10, 2019
Warm-up: 11:00 AM Meet Starts: 12:00 Noon
Sanctioned by PNA for USMS Inc. #369-TBD

LOCATION: William Shore Memorial Pool, 225 E 5th St, Port Angeles, WA 98362

FACILITY: Competition 25 yard, 6 lanes. Temp 82°F. Continuous warmup in the dive tank. 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.

TIMING SYSTEM: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

MEET DIRECTORS: Michelle Govertsen, mbgov@aol.com

MEET REFEREE: Shellie Hunter (Shellie.hunter@yahoo.com)

CONCESSIONS: Snacks for sale at the PASC table.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2019 USMS or foreign registered swimmers 18 and above as of 03/10/2019. Age groups based on the swimmer's age as of 03/10/2019.

ENTRIES: Swimmers may enter up to five individual events. Entries must be postmarked by Thursday, February 28, 2019 or submitted online by 11:59 PM (Pacific) Monday, March 4, 2019. NO Deck Entries.

ENTRY FEES: \$16 (US; includes LMSC and timing surcharges) PLUS \$3 per individual event. PNA swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#). No charge for relays.

ENTRY QUESTIONS: Cari Gavin (triplethejoy@wavecable.com)

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 by end of break between Events 8 & 9. Swimmers missing the check-in deadline may be scratched from the event.

SPLIT REQUESTS: Split requests for an initial distance within a longer race must be made, in writing, before the event for backstroke and relay leadoffs OR before the conclusion of the meet for non-backstroke. See the Clerk of Course.

RELAYS: Deck-enter relays at the meet at no charge. Mixed relays require two men and two women.

AWARDS: PNA medals for purchase at the meet \$2.

ORDER OF EVENTS:

1	200 medley relay (M)	9	100 free
2	200 medley relay (W)	10	50 breast
3	200 free	11	200 IM
4	50 back	12	200 free relay (W)
5	100 IM	13	200 free relay (M)
6	100 fly	14	100 back
7	200 medley relay (mx)	15	50 fly
8	50 free	16	100 breast
---	Break (15 min) ---	17	200 free relay (mx)
	Check-in deadline 500 free	18	500 free

ONLINE ENTRIES: Enter online at:

https://www.clubassistant.com/club/meet_information.cfm?c=1534&smid=11053

PAPER ENTRIES: Use the [PNA Generic Entry Form](#) available on the PNA Website or in The WetSet. Make checks payable to Port Angeles Swim Club. Mail to: PASC/ PO Box 1056, Port Angeles, WA 98362.

DIRECTIONS:

- From Edmonds-Kingston Ferry: WA-104 to US-101 to Port Angeles (60 mi).
- From Bainbridge Ferry: N on WA-305 & WA-3 to WA-104 (at Hood Canal Bridge) to US-101 to Port Angeles (71 miles).
- In Port Angeles, follow US-101 to E 5th St, turn left. The pool is the second building on your left.

LODGING: [Red Lion Hotel](#), 221 N Lincoln St, Port Angeles, (800) 733-5466) <http://www.redlion.com/port-angeles>
[Quality Inn Uptown](#), 101 E 2nd St, Port Angeles, (360) 457-9434, <https://www.choicehotels.com/washington/port-angeles/quality-inn-hotels/wa099>



PNA GENERIC ENTRY FORM

COMPETITION ENTRY INSTRUCTIONS

Pacific Northwest Association (PNA) Sanctioned Swimming Competitions

AGE GROUPS

Entrants must be at least 18 years old to compete.

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

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

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

ONLINE ENTRIES – EASIEST and BEST Method!

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

PAPER ENTRIES

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

ALL COMPETITIONS

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

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

POOL COMPETITIONS

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

Strictly forbidden: **Entering more than five individual events per day;** Using hand paddles in warm-up areas;

Diving in warm-up areas unless in designated sprint lanes;

Smoking in any area where swimmers may be present.

OPEN WATER COMPETITIONS (OW)

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

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

GENERIC ENTRY FORM • PACIFIC NORTHWEST ASSOCIATION

Name: _____ Sex: M F Birthday: __/__/____ Age: _____

Address: _____ City: _____ State: ____ Zip: _____

Email: _____ Phone: _____ USMS #: _____

Local team: _____ or UNAT: _____ USMS Club: _____ Club abbr: _____

Emergency Contact: _____ Phone: _____ T-shirt size: _____

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.

Form with fields: 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:

- 1/13 - [Bellevue Club Masters Mile](#)
Bellevue, WA
- 2/2 - [Thunderbird Masters Meet](#)
Anacortes, WA
- 2/17 - [LWM Invitational](#)
Kirkland, WA
- 3/10 - [Port Angeles Masters Meet](#)
Port Angeles, WA
- 4/13-14 - PNA SCY Champs
Federal Way, WA
- 8/9-18 - [FINA World Championships](#)
Gwangju, South Korea

[Search USMS Calendar of Events](#)

PNA Voting Board Members

President - Sally Dillon
Vice President - Zena Courtney
Secretary - Jay Pearson
Treasurer - Arni Litt
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 - Doug Jelen
Club/Coach Coordinator - Steve Peterson

Coordinators/Standing Committees

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

Board Meeting Highlights

October 27, 2018: PNA President Sally Dillon presided over the meeting, which took place in Issaquah. Treasurer Arni Litt reported current total assets of \$69,330. PNA currently has 1,764 swimmers, which is slightly higher than one year ago (1,738). There are 883 women and 881 men.

USMS raised its share of the One Event fee by \$5, which PNA only uses for open water events. The Board voted to raise the PNA One Event fee to \$27, which includes \$5 to PNA and \$2 to the meet host. The PNA One Event fee for 2018 was \$22.

The annual February masters meet hosted by Lake Washington Masters was approved. The meet will be February 17, 2019, at Juanita High School.

April Cheadle (BAM's coach) will coach a butterfly clinic on Jan. 27 in Stanwood from 8 am to 12 pm.

Historian Walt Reid reported that he has completed the following:

- Updated the PNA SCY All Time Top 12
- Finished loading the old PNA records for all three courses (SCY back to 1975, LCM back to 1977, SCM back to 1979)
- Started the scan/load of old *The WetSet* issues; 1989 and 1990 are done
- Scanned old PNA Top 10 lists (just PNA swimmers) for SCY 1974 to 2000. He needs to scan 2001 to 2006 and he needs a place to load them

Changes to the way workout groups are listed on the website were approved. Workout groups will need to be registered with USMS to be listed. Links will be updated to use the USMS Club Finder. Registered groups can easily update the information for their workouts on-line with USMS and these will be populated through PNA's website link.

Coaches' Clinics were approved, which will be roundtables with discussion led by long-time successful coaches.

Finally, the needs-based language regarding a senior discount for those 65-and-over in PNA Standing Policy MF-3 was stricken. This does not prevent seniors from asking for needs-based assistance.