

# Federal Way Kings

## Currents



M A S T E R S S W I M M I N G

AUG.—SEP. 2007

### MEN AND WOMEN OF STEEL

By Judy Williams

Despite the rain, 20+ Federal Way Kings swam in the 1st Men and Women of Steel swim / picnic on August 26th. A one mile course was set in the shape of a coat hanger. Swimmers could choose the Fin or No Fin division. After the mile event, impromptu relays were arranged and most swimmers participated. It didn't matter to them that it was raining - they were already wet.

Following the swim, swimmers, family and friends enjoyed a BBQ lunch.

The team provided the burgers (beef, chicken and salmon) and drinks. Team members brought salads, side dishes and desserts. The biggest hit was the hot coffee that Lynn and Larry Gross brought for the cold swimmers. The food was delicious and enjoyed under the covered pavilion near the beach.

After lunch, Wendy and Jenn awarded prizes to the winners:

*(Continued on page 3)*

### COACH'S COLUMN

By Wendy Neely

Dear Federal Way Kings,

Everyone has been doing awesome this week! We have continued working distance per stroke. As you have noticed the sets have been smaller and rest has been longer, but at the end of the workout you realize that DPS is hard work!

If you haven't been swimming or even if you have this is not the month to miss! Distance per stroke is the foundation of our training this year. We are working on building a better

awareness of our bodies through different muscle memory sets. Getting our stroke count down and different kicking and balance techniques will help build the base of our training.

If you have someone you know who is waiting to join the is the time! The workouts caters to all swimming abilities.

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VOL. 9, ISSUE 8

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### TEAM OFFICERS

President:

Hugh Moore

Vice President:

Gregg Metzler

Secretary:

Judy Williams

Treasurer:

Holly Bork

Membership:

Julie Montiel

Webmaster:

Dan Smith

**Federal Way Masters**

PO Box 24083

Federal Way, WA 98093

<http://www.fwmasters.com>



## FAT SALMON SUCCESS

By Zena Courtney

Saturday, July 14th dawned with the continued nice weather experienced in Seattle the week previous and gave the 328 participants (and that was WITHOUT day-of-race registration) an absolutely gorgeous morning to face the Fat Salmon 3.2 or 1.2 mile open water swim challenge in Lake Washington.

The Fat Salmon Open Water Swim is a premier open water swimming event in the Seattle Area and the Northwest. Hundreds of swimmers have participated in this event



since it was first run in 1999. Two swimming distances are offered to accommodate swimmers with different levels of experience and ability. Swimmers who are new to Open Water Swimming or who are more comfortable swimming a shorter distance wet their toes with the 1.2 mile swim. Those with more experience, who want to challenge themselves with a truly long-distance event, opt for the 3.2 mile swim. The 3.2 mile swim starts under the I-90 bridge and follows the shore to Madison Park. The 1.2 mile course starts up the beach at Denny Blaine Park, intersects with the 3.2 mile course and also finishes at Madison Park. There are both wetsuit and non-wetsuit divisions with separate rankings and awards for each.

The race had great sponsors, great volunteers, and two awesome race organizers; Liz Shimizu, the PNA Registrar and Toby Coenen, the Race Director. The grand combination of the perfect lake conditions and perfect weather, made the 2007 Fat Salmon Open Water Swim a day to remember. Two FS records were broken this year. **Greg Jablonski** now holds the 3-mile wetsuit record and **Gordon Smith**, the 1-mile non-wetsuit record. A link to the full race results

is posted on the website [www.fatsalmonswim.org](http://www.fatsalmonswim.org).

FWM was represented by a slightly smaller than usual, but none-the-less jovial, band of BRAVE souls!!! **Julie Monteil, Judy Williams, Chris Hinds, Zena Courtney, Eric Dybdahl** and former FWM'er **Dave Stewart**. The water was warmish (66) and relatively calm (compared to the year 2004 when we did it on Fishing Opening Day with tons of boats making tons of waves). We almost all bettered our times from previous years and while I did experience my usual asthma and claustrophobia attack, I managed to keep my wetsuit on this year for the entire 1.2 swim. However, the record held by a local TRIATHLETE (this is insulting to swimmers, mind you) that I usually beat in open water by minutes, continues to elude me...

### 1.2 mile non-wetsuit ('04/'06 vs '07 time)

Julie (41:52/38:25 )

Judy (44:24/38:54)

Chris (NT/30:39)

### 1.2 mile wetsuit (the elusive record is 26:20)

Zena (31:03/ 27:12)

Dave (41:07/36:12 )

### 3.2 mile wetsuit

Eric (1:17:57/1:17:14)

The race organizers are always looking for volunteers to help with everything and anything so if you feel so inclined next year to watch before experiencing it- their e-mail address is [fatsalmonswim@gmail.com](mailto:fatsalmonswim@gmail.com).

May the Swimming Salmon Be With You!

**PRESIDENT'S LETTER, Continued****MEN AND WOMEN OF STEEL 2007**

Men	Fins	Brent Nordyke	(23:58)
Women	Fins	Julie Montiel	(27:49)
Men	No Fins	Eric Dybdahl	(25:08)
Women	No Fins	Lynn Gross	(26:01)

Prizes followed a Super Man theme with capes (AKA towels) for the winner of the No Fin division and hats for winners of the Fin division. All swimmers received a "Man of Steel" wrist band for participating in the first Men and Women of Steel Swim.

*The Steel Lake Mile*

A special "thank you" to Julie and Jerry Montiel for purchasing the food and prizes. Also, to Wendy and Malcolm Neely and Jenn and Ken Messler who kept us safe in the water.

Don't miss the 2nd Annual Men and Women of Steel Swim and Picnic next summer!

## COMPLETE RESULTS

### Steel Lake 1.0 Mile Swim

#### 26-Aug-07

Name	M/F	Fins /No Fins	Time
Duggan, Pat	F	No Fins	0:35:34
Gross, Lynn	F	No Fins	0:26:01
Moore, Sarah	F	No Fins	0:26:38
Menkens, Michelle	F	No Fins	0:28:46
Reddoch, Jill	F	No Fins	0:34:31
Sullivan, Linda	F	No Fins	0:35:28
Boytler, Bruce	M	No Fins	0:27:34
Burnham, Jay	M	No Fins	0:25:18
Dybdahl, Erik	M	No Fins	0:25:08
Freeborn, Steve	M	No Fins	0:28:14
Gross, Larry	M	No Fins	0:49:07
Moore, Hugh	M	No Fins	0:28:35
Bork, Holly	F	Fins	0:33:35
Montiel, Julie	F	Fins	0:27:49
Williams, Judy	F	Fins	0:32:10
Collins, Greg	M	Fins	0:28:23
Nordyke, Brent	M	Fins	0:23:58

**COACH'S COLUMN, Continued**

This is the start of a New Season!

"You want the wind on your back and not the wind in your face!"

Seize the opportunity!

Wendy

**SWIMMING ETIQUETTE**

by Art Hutchinson

[Editor's Note: Reprinted from <http://www.cartegic.com/pooletiquette.htm>]

We are all in this together, and so a refresher course on what Lane Etiquette is can be very helpful to your health and coexistence with other Federal Way Kings. Some of this applies more to lap swimming, but still read on and repeat after me...

**GENERAL**

Swimmers should observe and respect the pace and workout routines of other swimmers in their lane - especially when circle swimming - avoiding actions that are likely to interfere with those routines.

Examples include:

- 1) Slower swimmers starting a set should wait to push off the wall until faster swimmers have passed (i.e. don't push off right in front of a faster swimmer who's coming into the wall about to turn, as this blocks the faster swimmer). Slower swimmers should push off almost immediately behind a faster individual or group, thus extending the time until they are lapped again and need to stop.
- 2) Faster swimmers starting a set should give slower swimmers as much "running room" as possible before pushing off, (rather than jumping right behind and immediately tapping their toes to move over.)
- 3) Allow swimmers doing faster strokes to go ahead. For example, those swimmers doing breaststroke, stroke drills, or a using a kickboard should stay aware of the likely need to give way to swimmers doing freestyle - usually a faster stroke.
- 4) Try to select or negotiate workout routines complementary to others in the lane. For example, a set of short backstroke sprints may be difficult to weave in with others who are already doing a long, steady freestyle set without interfering with each other.
- 5) Swimmers resting or otherwise waiting at the wall should stay far to one side of the lane, (preferably at the left from the perspective of an approaching swimmer, or the right from their own perspective looking back up the pool). Resting swimmers should specifically

avoid standing or floating in the middle of the lane as this interferes with swimmers "swimming through" who need to tag or flip at the wall. If the lane is crowded, other swimmers may need to rest out away from the wall along either side of the lane.

- 6) When circle swimming, swimmers should never stop in the middle of a length (e.g., to adjust goggles), as this may cause a trailing swimmer to run into them. Unless one is swimming in 'split' format or alone, it's best to continue to the wall and stop there. If the loss of a contact lens is at stake, it's easy enough to close one or both eyes for a few strokes and swim by 'feel' to the wall.

**ENTERING:**

Swimmers arriving at a pool should do three things before getting in the water:

- 1) Make note of "Fast, Medium, and Slow" lane designations. If such signs aren't obvious at your pool, ask a lifeguard.
- 2) Spend a few minutes observing and roughly timing the per-lap pace of swimmers already in the pool.
- 3) Select a lane containing swimmers moving as closely as possible to the pace that one realistically expects to swim throughout his or her entire workout.

It is the responsibility of the swimmer entering a lane to inform all incumbent swimmers in that lane of their desire to change format (i.e. from 'split' to 'circle' swimming or vice versa). Be patient, as this may take a few minutes.

A swimmer entering a lane being 'split' by two people (each swimming up/back on their own side) should be sure before s/he begins to swim that s/he alerts both individuals to the need to change to a 'circle' format (everyone swimming counterclockwise\* on the right side of the lane). This is most commonly done by sitting at/on the edge of the pool, waving a kickboard under water, or standing in the water in the corner of the lane.

When entering a lane with only one swimmer, the arriving swimmer should still notify that

*(Continued on page 5)*

**SWIMMING ETIQUETTE, continued**

swimmer of his/her presence before starting to swim, and explicitly agree with him/her on which format to use (circle or split).

Entering swimmers should allow incumbents a few laps before expecting them to stop. Incumbent swimmers have an initial right-of-way, but not a right to 'own' the lane indefinitely or to insist on their own idiosyncratic rules.

**PASSING / BEING PASSED:*****When passing...***

An overtaking swimmer should gently but distinctly touch the feet of the swimmer being overtaken. It may take two or three touches, but overtaking swimmers should not need to repeatedly slap or grab at the legs of a slower swimmer to politely make their presence known. Swimmers enjoying a draft behind a strong lead swimmer, but who are just barely able to hold that pace should think twice before tagging the leader's toes and requesting to move ahead. In such situations, it's highly unlikely that the (formerly) trailing swimmer will be able to hold the same pace for very long when leading without the draft. This can lead to repeated "leap-frogging" and unnecessary contact, which can be annoying and disruptive for everyone in the lane.

Drafting swimmers not wishing to pass should swim far enough back from a lead swimmer that they don't inadvertently touch the lead swimmer's toes.

Overtaking swimmers should not attempt to swim 'wide' past a slower swimmer—unless they are the only two swimmers in the lane—since in most cases this presents a hazard to other oncoming swimmer(s), forcing them to pull over to get out of the way.

In the rare case that a passing swimmer does swim wide, s/he should be confident in his/her ability to sprint into the field of vision of the lead swimmer well before s/he gets to the wall. Otherwise, this sets up for a collision at the wall as both swimmers attempt to turn on top of one another. In the case of any ambiguity at the

wall, the swimmer whose head is behind should give way to the swimmer whose head is in front. In the equally rare case that a strong swimmer finds him or herself at the back of a line of several slower swimmers in circle format, it is acceptable (after looking carefully) to move to the other side of the lane mid-length and proceed in the opposite direction, somewhat ahead of the line s/he had been trailing. This should only be done in cases where the lane is relatively crowded, where there are no other lanes moving at a more suitable pace, and where the process of tapping several swimmers in succession would be overly disruptive. For anal-retentive swimmers fond of keeping detailed training logs, this move has the unfortunate disadvantage of completely messing up one's lap counts by introducing fractions. :)

***When being passed...***

A lead swimmer who feels a touch on the feet from an overtaking swimmer, should continue to the next wall, then stop in the corner of the lane to let faster swimmer(s) past. A single light touch may be accidental and can be ignored, but two or more distinct touches should be regarded almost universally as a request to swim through. A swimmer who has been touched on the feet should move to a corner of the lane as soon as they get to the next wall in order to make way for passing swimmers turning there. It's best if the touched/stopping swimmer moves immediately to the far left corner (from the perspective of an approaching swimmer), which would be the far right corner (from their own perspective looking back up the pool). This routine applies as well to swimmers stopping of their own accord, (i.e., even if they haven't been tagged on the toes), since another swimmer who hasn't seen fit to touch toes may be right behind.

In circle format, swimmers should always stay aware of the gap behind them to the next swimmer, and try to anticipate when that swimmer (if s/he is faster) is likely to overtake him/her. This is easily accomplished by looking back just before or during each turn, (whether 'flip' or 'open').

*(Continued on page 6)*



## SWIMMING ETIQUETTE, continued

A lead swimmer who sees another swimmer coming up close behind as s/he turns at the wall should consider stopping and moving over immediately at that wall in order to let the faster swimmer past - rather than blocking that swimmer for an entire length to the next wall, creating a situation where toe-touching becomes necessary.

Swimmers being overtaken should never stop in the middle of the pool, nor should they continue beyond the next wall (e.g. back to the shallow end) after being 'tagged' on the feet. Instead, they should stop at the next wall, at the corner of the lane.

If more than one swimmer is bunched close behind, the swimmer being overtaken should allow the entire group of faster swimmers to pass before pushing off the wall again (i.e. don't push off right in front of someone else who's also obviously faster.)

Swimmers being overtaken should not attempt to speed up (or slow down) once 'tagged', nor should they jump in and 'tag back' the new lead swimmer on the next lap.

If two or more swimmers are closely matched in pace they should either position themselves at opposite ends of a lane (endless pursuit) or agree on how to share the lead.

### **COMMON SENSE:**

#### ***All swimmers should...***

Keep toenails and fingernails closely trimmed and not wear a watch or protruding jewelry. These items can easily scratch other swimmers in a busy pool. Don't believe it? I'm not the only one who can show you scars to prove it. Those needing to know their splits should look at the pace clock. Those worried about the possible theft of valuable jewelry from pool lockers should leave those items at home - or pick a safer pool. Be aware of how 'wide' stroke mechanics may impact adjacent swimmers. Some peoples' wild backstroke and butterfly arm strokes can hit swimmers in other lanes, as can an over-wide breaststroke kick.

Carefully check for the position and speed of other swimmers before diving or jumping into a lane, or entering a lane from the side (i.e. under water). At many pools, diving is absolutely prohibited, as is any crossing of active lap lanes for any reason - safety precautions that are difficult to disagree with. People routinely overestimate their ability to see and gauge the depth and speed of objects in the water, as well as the ability of swimmers to see them.

Don't 'water-run' or 'aqua-jog' in lap lanes— unless the pool is nearly empty. While both activities are valid forms of exercise that need to be respected and provisioned-for, they are inappropriate for lap lanes. Aqua-jogging in a lap lane effectively reduces the capacity of that lane to just two individuals (one swimming up and down one side, and one aqua-jogging on the other). This is an extremely poor use of scarce pool "real-estate". At least half a dozen aqua-joggers could easily be accommodated in a single, special lane designated for that purpose, (twice that in a 50M pool, or one with an extended deep end).

Respect the 'toys' of other swimmers. This should be self-explanatory to anyone who received a passing grade in kindergarten, but unfortunately it bears repeating with some adults. Simply put, no swimmer should ever swipe kickboards, fins, hand paddles, pull buoys or other 'devices' positioned at the end of a lap lane unless they first obtain the explicit permission of the person who brought it over to the side of the pool. (Whether the device is pool property or private property is absolutely irrelevant in this case). Just because another swimmer isn't doing something with that device at the moment doesn't mean that s/he doesn't have plans to incorporate it into his/her workout in just a few minutes - or seconds. "Borrowing" something may force a fellow swimmer to interrupt his or her routine, get out of the pool to find a replacement, and in the process lose their position in that lane. As a tactic to win better position lane position for oneself, this kind of behavior is juvenile and underhanded in the extreme.



## Local and Regional Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
Sep 9, 2007	Patriot Games, A Metric Pentathlon	SCM	<a href="mailto:bertbutterfly@msn.com">bertbutterfly@msn.com</a> <a href="http://www.swimoregon.org/">www.swimoregon.org/</a>	Camas, WA	n/a
Sep 23, 2007	10th Annual SCM + Brute Pentathlon	SCM	<a href="#">Entry Form</a>	Oak Harbor, WA	Early reg. by 9/15/2007 or Day of Meet
Oct 27, 2007	6th Annual BAMFest	SCY	<a href="#">Entry Form</a>	Bainbridge Island, WA	Postmark by 10/16/2007 or receive by 10/20/2007

## National and Postal Events Calendar

Date	Event	Type	Contact or Link **	Location	Entry Deadline
Jan 1 - Dec 31, 2007	USMS Check-off Swim Challenge	POSTAL	<a href="#">Hugh Moore Entry Form</a>	POSTAL	2/28/2007
Jan 1 - Dec 31, 2007	Go The Distance	FITNESS	<a href="#">Entry Form</a> <a href="#">Spreadsheet</a>	POSTAL	the 5th following each month
May 15 - Sep 15, 2007	USMS 5 and 10 Km Postal Championships	POSTAL	Susan Ingraham 210-493-0388 <a href="mailto:aquatex101@aol.com">aquatex101@aol.com</a>	POSTAL	9/15/2007

**\*\* NOTE:** To open Entry Forms using links, go to our website at <http://www.fwmasters.com/calendar>



*Eric Dybdahl and Lynn Gross take flight as this year's Super Man and Woman*

**FEDERAL WAY KINGS MEMBER BUSINESS DIRECTORY; A-M**

Below is a new feature listing businesses of team members. Swimmers, especially lane-mates, are a close, friendly group and I have often noticed many of us who would love to have fellow swimmers help them out once they are aware of what they do for a living.

Do you have a business, service, idea or skill that you would like to make known to other Federal Way Kings? You can put your business contact information here for free.

Send your info to [greysmoke@juno.com](mailto:greysmoke@juno.com) and next month see your names in print. (at least in pixels)

Business	Swimmer/Email/Web	Address / Description	Phone	Fax
<b>American Drapery, Blind and Carpet</b>				
	Don Williams donw@american-drapery.com www.freeinhome.com	700 S 3 <sup>rd</sup> Street in Renton, WA 1555 N.W. Market Street, Seattle WA 7990 Leary Way in Redmond, WA <i>We have been in business 54 years. We sell and install custom drapery treatments, mini blinds, cellular shades, vertical blinds and wood blinds all made in our factory. We furnish and install all lines of carpet, vinyl flooring, laminate and wood floors. We sand and refinish hardwood floors. We offer free in-home estimates.</i>	425-981-4642	425-277-2244
<b>Bell'adesso Day Spa &amp; Personal Fitness Training</b>				
	Karen A Kuykendall karen@belladesso.com www.belladesso.com	PMB 123 26828 Maple Valley Hwy. Maple Valley, WA 98038 <i>Lifestyle &amp; Weight Management Consultant</i>	206-423-4518 425-432-8787	
<b>BK Business Systems</b>				
	Dan Smith dans@bkbusiness.com  www.bkbusiness.com	14241 Ambaum Blvd SW Seattle, WA 98168 <i>Specializing in supporting small business computing needs, we service all areas of information technologies from building workstations and servers, installing and maintaining networks, custom programming, web-site development, repairs and consulting services.</i>	206-246-2525 206-356-1663	206-246-5102
<b>CM Travel</b>				
	Linda E. Sullivan CMAgentLinda@aol.com  <a href="http://www.cmagent.net/lindas.html">http://www.cmagent.net/lindas.html</a>	<i>I am a CM Travel Consultant. I can meet or beat Internet sites and provide the service they are lacking. A straight 15% from the commission is now being offered and donated to our Fun Fundraiser for Coach Wendy's travel in team events. Such as the latest one in consideration ~ Bonaire Eco swim November 10th. Contact me if you are interested!</i>		
<b>Ecoquest International/Independent Dealer</b>				
	Paul Stoermer paulandlee@earthlink.net	5509 55th St Ct West University Place, WA. 98467 <i>I am an Independent Dealer for high-tech Air and Water Purification Systems and eco-friendly Laundry Pure system</i>	hm: 253-476-1172 cell: 253-227-6919	

**CONTINUED ON NEXT PAGE**

**FEDERAL WAY KINGS MEMBER BUSINESS DIRECTORY; F-Z**

Business	Swimmer/Email/Web	Address / Description	Phone	Fax
<b>Freeborn Law Offices, P.S.</b>				
	Stephen L. Freeborn freebornlaw@qwest.net	33516 9th Avenue South #6 Federal Way, WA 98003 Federal Way, WA 98003	253-661-0200 206-624-5313 206-624-5313	253-838-0202
		<i>General law practice: criminal defense, debtor/creditor bankruptcy issues; business and contract law, landlord-tenant law, restrictive covenants and homeowner associations; homeowner property/boundary disputes. My wife, Sue - also an attorney - specializes in wills and estate issues, guardianship law and also her masters in clinical counseling with 3 offices, Seattle, Federal Way, and Enumclaw.</i>		
<b>St. Joseph Medical Clinic</b>				
	Greg Collins, LMP notmaui06@earthlink.net	1708 South Yakima Ave. suite 110 Tacoma, WA. 98405	253-593-8449	253-502-5977
	<a href="https://www.fhshealth.org/doctor/doctor.asp?ID=1382">https://www.fhshealth.org/doctor/doctor.asp?ID=1382</a>	<i>Greg specializes in deep tissue massage, with an emphasis on Trigger Point Therapy. He has spent the last 12 years practicing preventive and remedial treatment of muscles and soft tissue for the management of pain, stress and soft tissue injuries. Greg is a past member of the AMTA National Sports Massage Team, and the Washington State Sports Massage Team. Greg was director of Massage Services for the 2001 USMS Long Course Nationals.</i>		

**Weekenders consultant**

Zena Courtney  
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Corporate:  
www.weekendersusa.com  
Personal:  
www.weekendersusa.com/  
warriorprincess

hm:253-927-3695

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*Free personal wardrobe consult/sales for stylish, easy care, wash and wear Weekenders womens fashions and Cookie Lee jewelry. Shopping in your own home building on your current wardrobe, sizes XS-XXL. Ingeniously inter-mingle work, dress, and play wear to maximize your wardrobe dollars.*

**STEEL LAKE IS STILL  
70 DEGREES!!!**

**OPEN WATER TRAINING**

Steel Lake:

**SEPTEMBER 15th, 29th**

Practice will be a combined practice with all groups starting at 9:00. This means that the die-hards can get to the Federal Way Community Center for the 7:30 am swim, and still catch the Steel Lake hour. Come and double—dip this Saturday!

# 10<sup>th</sup> ANNUAL SHORT COURSE METERS PENTATHLON MEET WITH ADDITIONAL "BRUTE" DIVISION

Hosted by North Whidbey Masters (Sanction #0367-06)

ORDER OF EVENTS (#1)	
#	Event
1	1500 free
2	200 fly
3	100 fly
4	50 fly
5	200 back
6	100 back
7	50 back
8	200 breast
9	100 breast
10	50 breast
11	200 free
12	100 free
13	50 free
14	400 IM
15	200 IM
16	100 IM

**DATE:** Sunday, September 23, 2007

**TIME:** 1500 – Warm-up at 9 am, meet starts at 10 am  
check-in by 9:30 am  
Pentathlon - Warm-up 11 AM Meet starts at noon.  
Check-in by 11:30 pm

**LOCATION:** John Vanderzicht Memorial Pool  
85 SE Jerome St  
Oak Harbor, WA 98277  
Phone: 360-675-POOL

**MEET DIRECTOR:** Sally Dillon  
Phone: (360) 679-5038  
E-mail: salswmmr@verizon.net

**FACILITY:** Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.

**RULES:** Current USMS Rules will govern the meet.

**ELIGIBILITY:** Open to all year 2007 USMS or MSC registered swimmers 18 and above as of 9/23/2007. Age groups based upon the swimmer's age as of 12/31/07. Entries must be received by the meet director by Saturday, September 15 with the following exception: **Race day entries will be accepted for an additional \$5.00 (US) late fee until 9:30 am for the 1500 free and 11:30 am for all other events.**

**SEEDING:** Slow to fast. **ALL EVENTS WILL BE DECK SEEDED - CHECK-IN IS REQUIRED.**

**TIMING:** Electronic timing will be used.

**AWARDS:** All participants will receive a participation certificate. 1<sup>st</sup>-3<sup>rd</sup> place rosette ribbons will be presented to the swimmers with the fastest cumulative times in each age group for each division of competition. No separate awards will be given for individual events.

**THE COMPETITION:** In order to receive awards, swimmers must enter and finish all of the events that "complete" a division. The divisions are:

"Sprinters Choice" Pentathlon Division 50 each of fly, back, breast, and free plus a 100 IM  
"Middle Masters" Pentathlon Division 100 each of fly, back, breast, and free plus a 200 IM  
"Animal" Pentathlon Division 200 each of fly, back, breast, and free plus a 400 IM  
"Brute" Division 200 fly, 400 IM, 1500 free

Pentathlon/brute results will be calculated by adding the total time swum in the division's events. Swimmers will have a "time penalty" if they are disqualified in an event. It will be assessed as follows: ADD 5 seconds for each 50 of the event (i.e. 200 = 20 second penalty). Swimmers who try to abuse the disqualification system will be eliminated from the competition. There will be a **brief** break after each stroke series.

**WEB SITE:** Visit the PNA website at [www.swimpna.org](http://www.swimpna.org) for updated information.

**DIRECTIONS:** Take highway 20 to Oak Harbor. Turn east onto Whidbey Avenue. Proceed 1/2 mile to SE Jerome St. Turn right onto Jerome—the pool will be on the right.

### SAFETY FIRST!

**NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.**

# 10<sup>th</sup> Annual Short Course Meters Pentathlon + Brute event

Sunday, September 23, 2007

(Sanction #0367-06)

NAME: \_\_\_\_\_ M F AGE AS OF 12/31/2007: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
E-MAIL ADDRESS: \_\_\_\_\_  
PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS or MSC #: \_\_\_\_\_  
Local Team \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_  
USMS Club Abbrev: \_\_\_\_\_ USMS Club Name: \_\_\_\_\_ or UNATTACHED \_\_\_\_\_  
EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

AGE GROUP (Circle one - determined by your age as of December 31, 2007)							
19 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59
60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 - 94	95+
ENTRY LIMIT: 5 EVENTS							Circle if your first Masters meet: Yes
EVENT NUMBER	EVENT						SEED TIME (for SC METERS)

ENTRY FEES: \$15 (\$17 Canadian)  
\$10 (\$13 Canadian) for seniors (65 & over)  
\$10 (\$13 Canadian) for entering only the 1500 meter free  
Race day entries will be accepted for an additional US \$5.00 late fee (see Eligibility)

Please make checks payable to: **NWAC** Direct questions to Sally at:  
Mail this entry form and fees to: **Sally Dillon** salswmmr@verizon.net  
**PO Box 845** 360-679-5038  
**Oak Harbor, WA 98277**

Pre-entries must be **received** no later than Saturday, September 15, 2007. **Add \$5 late fee for all others.**

**Please include a copy of your Masters registration card if you're NOT a PNA member.**

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

# **Two NEW Swim Clinics from Karlyn Pipes-Neilsen and Eric Neilsen**

*Freestyle Clinic with Before & After Video Taping*

*Monday, September 24 from 5-9 pm*

**&**

*Multi-Stroke Swim Clinic with Video Taping (fly/back/breast)*

*Tuesday, September 25 from 5-9 pm.*

***Karlyn & Eric will teach you the SECRETS to swimming faster with less effort!***

PNA has invited **Karlyn Pipes-Neilsen** and **Eric Neilsen** to conduct one freestyle and one stroke clinic in September in Seattle. Each clinic will be limited to 20 swimmers and cost \$95.

**These clinics will offer video taping and feedback, step-by-step stroke progression, emphasis on correct head and body position, gradual progression to a faster, more efficient stroke, training and recovery suggestions.**

**Location: Seattle University, Connolly Center, 550 14<sup>th</sup> Avenue (14<sup>th</sup> Avenue at East Cherry Street. For more information or directions call Connolly Center: (206) 296-6441.** Bring suit, towel, sweats, etc., so you're comfortable in and out of the water. Bring swim fins for the drill session. Snacks provided.

**Karlyn Pipes-Neilsen:** Has set a World record in every stroke! She is a 2007 inductee into the International Masters Swimming Hall of Fame and the 2004 World Masters Swimmer of the Year. For swimming articles or information about Aquatic Edge swim camps and clinics visit [www.aquaticedge.org](http://www.aquaticedge.org)

**Eric Neilsen:** A tried and true multi-sport athlete with over 15 years of experience coaching and teaching both masters & youth swimmers. Eric is also an All-American Masters swimmer and a 2:56 Boston marathon runner. Eric is a certified Level 4 coach by the American Swim Coaches Assoc. (ASCA)

**Go Swim Freestyle Swimming with Karlyn Pipes-Neilsen** DVD will be available at the clinic for \$35.

**Cost is \$95 or \$170 for both clinics (save \$20). Space is limited to 20 participants each day.**

**Registration form and check made to PNA go to:** Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144. If you are not a registered USMS swimmer, you may request a 'day of event' registration for an additional \$10. Forms will be available at the clinic.

For questions, contact Sarah Welch at [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net) or call 206-723-1814.

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**Freestyle: Mon. Sept 24<sup>th</sup> 5-9 pm**

**Multi-Stroke: Tues. Sept 25<sup>th</sup> 5-9 pm**

First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Cell \_\_\_\_\_ Email: \_\_\_\_\_

USMS Reg Number: \_\_\_\_\_ Age: \_\_\_\_\_

Describe your swimming level:  beginner  intermediate  masters  multi-sport

Please identify one goal for the clinic: \_\_\_\_\_

\$95 per adult  I would like to do BOTH clinics for \$170 (save \$20) Amount Enclosed: \$ \_\_\_\_\_

Send form and check made to PNA to: Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144

PNA Local Masters Swimming Committee  
**6<sup>th</sup> Annual BAMFEST SCY Swim Meet- Sanction # 0367-07**  
**Hosted by Bainbridge Area Masters (BAM)**

ORDER OF EVENTS	
Modified "High School" Format	
#	EVENT
1 & 2	200 MEDLEY RELAY W/M
3	200 FREE
4	50 BACK
5	200 IM
6	50 FREE
15 minute Break	
7	100 FLY
8	50 BREAST
9	100 FREE
10	500 FREE
11	100 IM
12 & 13	200 FREE RELAY W/M
14	100 BACK
15	50 FLY
16	100 BREAST
17	200 Mixed Fantasy Relay

**DATE & TIME:** Saturday, October 27, 2007  
**Warm-up: 9:00 AM Meet starts: 10:00 AM**  
 Check-in with Clerk of Course upon arrival and **positive check-in required** for the 500FR prior to the break.  
**LOCATION:** Bainbridge Island Aquatic Center: High School Rd. & Madison Ave, @ the East campus entrance, Bainbridge Island WA; pool phone: 206-842-2302. 25-yard course with six lanes used for competition and two lanes for continuous warm-up and cool down in a separate pool. The hot tub will be available during the meet for competitors only. Electronic timing will be used.  
**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.  
**ELIGIBILITY:** Open to all 2006 USMS registered swimmers age 18 and above on 10/27/07. Age groups determined by the swimmer's age on 10/27/07.  
**RULES:** Current USMS rules will govern meet.  
**AGE GROUPS** (individual events): 18-24, 25-29, and 5-year age groups as high as necessary.

**RELAYS:** Deck-enter relays at the meet. Age groups 18+, 25+, 35+, and 10-year increments as high as necessary. Age of the youngest relay swimmer determines the age group of the relay. Fantasy relay instructions will be announced at the meet. (NOTE: the relay often utilizes inner tubes, backwards swimming, water polo balls, sculling, flower caps, and/or other exciting and goofy challenges).  
**SEEDING:** Slow to fast. Check-in with the clerk of course.  
**MEET DIRECTOR:** Tara Simsak [TaraSimsak@aol.com](mailto:TaraSimsak@aol.com), 206-780-3687; 206-550-2969  
**WEBSITE:** For more information, visit the PNA website ([www.swimpna.org](http://www.swimpna.org)), or BAM website [www.bainbridgeaquaticmasters.org](http://www.bainbridgeaquaticmasters.org)

**SAFETY FIRST**

**No diving during warm-up/warm-down except into designated sprint lanes.**

**MEET ENTRY FORM: October 27, 2007 6<sup>th</sup> Annual BAMFEST**  
**Hosted by Bainbridge Area Masters (BAM) - Sanction # 0367-07**

NAME: \_\_\_\_\_ M F AGE (on10/27/07) \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 \_\_\_\_\_  
 E-MAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_  
 BIRTHDATE: \_\_\_\_\_ USMS# \_\_\_\_\_ Team or Unattached \_\_\_\_\_  
 Include a copy of your current Masters Registration card if you are not a PNA member.  
 EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_  
 ENTRY LIMIT: Five individual events, plus relays. Circle if your first Masters meet: Y

EVENT #	EVENT NAME	SEED TIME (Short Course Yards)

ENTRY FEES: \$ 13.00 Surcharge (Includes LMSC & electronic timing fees)  
 Individual Events: \$ \_\_\_\_\_ \$1.00 per event. No charge for relays.  
 Optional for age 65 and over, or if needs based.  
 TOTAL \$ \_\_\_\_\_ Please make checks payable to: **BAM**  
 Mail this entry form and fees to: **BAM**  
 PO Box 10848  
 Bainbridge Island, WA 98110

**Entries must be postmarked by Oct. 16 or received by Oct. 20, 2007.**  
 Late entries will not be accepted.

**WAIVER:** I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_