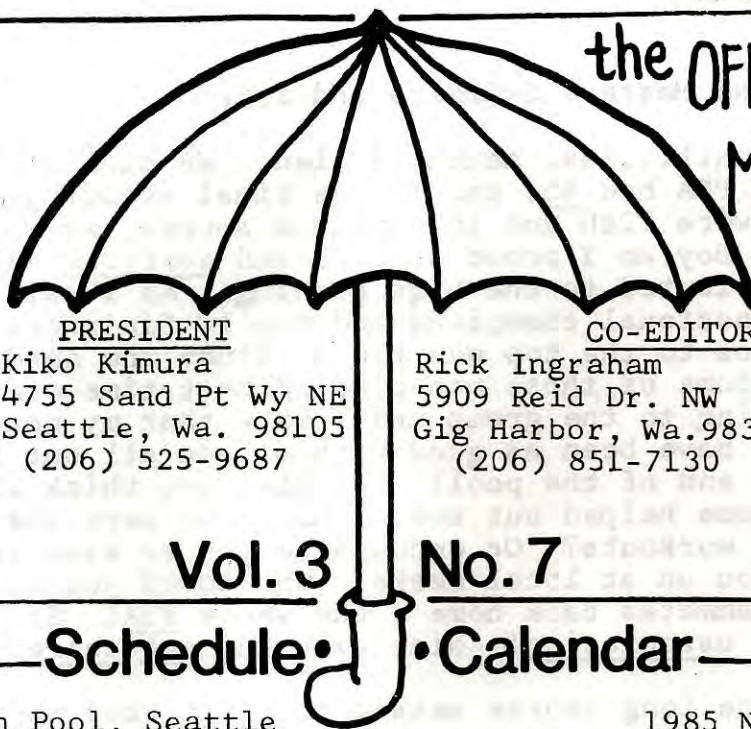


# the WET SET



# the OFFICIAL PNA MASTERS NEWSLETTER

PRESIDENT

Kiko Kimura  
4755 Sand Pt Wy NE  
Seattle, Wa. 98105  
(206) 525-9687

CO-EDITORS

Rick Ingraham 5909 Reid Dr. NW Gig Harbor, Wa. 98335 (206) 851-7130	Susan Allen 14837 SE 113th St. Renton, Wa. 98056 (206) 226-9295 after 7:30 pm
--	---

**Vol. 3**

**No. 7**

July 10, 1984

## Schedule • Calendar

- July 21-22 Coleman Pool, Seattle
- Aug. 10-12 LC Reg. Champs, Mt. Hood  
Comm. Coll., Gresham, Or.
- Aug. 23-26 LC Natnls. Raleigh, NC
- Sep. 15 or 16 FUN MEET at Central Kitsap HS
- Sep. 29 1st Inter-Oceana Zone meet  
Walnut Creek, Ca. (northern)

1985 NATIONALS

- May 9-12/85 SC Brown Deer, Wis.
- Aug. 17-20/85 LC Providence, R.I.

Board Meeting: July 24, 7:30 pm at Debbie Lewis', 4765 41st NE, Seattle, Wa.

## EDITOR'S CORNER...

COMBINED TEAM SCORES: PNA was 4th place at Nationals! PNA women placed 2nd in the nation! (1st place women were Westside.)  
PNA men placed 12th!

WE NEED HELP!

There will soon be 600 swimmers in the PNA. The 7-11 people who consistently show up at the BOARD MEETING cannot DO IT ALL! Please come and help run the PNA at the next Board Meeting. Everyone welcome. Thanks,.....RICK

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Dear Fellow PNA Masters Swimmers and friends:

First of all...last month, I lied! We didn't have 36 swimmers at nationals, PNA had 45, and in the final standings, the women were 2nd, the men were 12th and in combined scores, we were 4th over all! Not too bad! Boy am I proud of each and everyone who swam because everyone contributed to the high placing. As I said last month, we had a lot of national champions and top 10 finishers, but I think what carried us to the top was the attitude and enthusiasm we showed as a group. Some of those non-placing best-time-ever swims were pretty inspiring to the group and I know that my non-placing 400 I.M. swim wouldn't have been as good without you all out there cheering for me at the end of the pool! And when you think about it, the people back home helped out too; I mean who were the ones who pushed you in workouts? Or encouraged you to even start swimming? Who cheered you on at local meets? Who loved you in victory or defeat? The teammates back home - the whole PNA! So congratulations to the entire association! Nice swimming out there!

I know the long course season is short, but there are at least 3 more meets available in our region this season...Coleman (Seattle), Spokane and Regionals in Portland at Mt. Hood Community College. This regional pool is a nice one - site of 1982 Masters Long Course Nationals, so you might want to consider going. (Camping sites and Motels close by)

\*\*Also - PNA picnic at Lincoln Park (site of Coleman Pool) after the meet on Saturday, June 21st - Bring your own picnic and meet some new PNA people.

Welcome to the new teams and PNA members! It's nice to have you!

See you at the Coleman meet!

Your prez,

Kiko

---

CHANGE OF ADDRESS FORM

NAME.....

OLD ADDRESS:

NEW ADDRESS:

.....

.....

.....

.....

ZIP.....

ZIP.....

SEND TO: Norma Ingraham  
5909 Reid Dr. NW  
Gig Harbor, Wa. 98335

## Minutes of the June 26, 1984 Board Meeting

The PNA board meeting was called to order at 7:45 p.m. by President Kiko Kimura. The meeting was held at Hugh and Jane Moore's home. Those in attendance were the Moores, Kiko Kimura, Rick Ingraham, Walt Reid, Debra Lewis, Kathy Crandell, Susan Allen and Donna Phelan.

The minutes were approved as read.

Treasurer: \$2,959.40 in the bank.

Membership: Hugh Moore provided the following information: 580 members as of June, 1984. The majority of the PNA swimmers, 68.6%, are 39 and under. 264 of the 580 swimmers are women. Almost 1/2 of the registered swimmers from last year have not renewed their membership for 1984. A motion was made and passed to spend \$100 for a survey to be sent to swimmers who did not re-register for 1984. The wording of the survey will be discussed at the next board meeting. Hugh will write the letter. All swimmers must register by November 1, 1984 for 1985 USMS membership.

Awards: There are still enough awards. The PNA is making approximately \$100 a meet on awards. 60 medals were sold at the South Kitsap meet.

Teamwear: Time to think about new logos, new T-shirt styles, getting pins, patches and anything else. The Board welcomes suggestions. The ORCA logo will have to be reproduced because the original has been lost.

The Board will evaluate the 1984 expenses to determine whether or not to raise dues for 1985. Hugh Moore will meet with Chaya Amiad to look at the finances. He will come up with a breakdown of costs and a 1985 budget.

Newsletter: If ads are inserted in the newsletter it will increase the size of it and could create production and mailing problems. The July newsletter may be late because we are awaiting the Regional Long Course meet entry form from Oregon. PNA might buy a 3/8" electric stapler for the newsletter. Rick's dad will supply us with price quotes.

Top 10: National results will be in the next newsletter. Many records were set at Nationals.

Meets: There were 45 PNA swimmers at Nationals. National meet was poorly run and poorly organized. South Kitsap meet was a big hit, everyone liked the awards. Coleman Meet---can a shuttle be provided for those who need it from the parking lot to the pool? This idea will be explored. There will be a PNA picnic at Lincoln Park after the meet. Kiko will call and reserve a shelter. Regional Meet--no information has been received from Oregon on Long Course Regionals. Meet Schedule for 1984-85--10 teams bid for 7 meets. A motion was made and passed to award a September fun meet to Central Kitsap High School for a short course meet September 15-16. The rest of the meet schedule for 1984-85, as well as a discussion of the possibility of double meets, will be discussed at the July board meeting.

June 26, 1984  
Board Meeting  
pg. 2

Retreat: There may be an informal meeting instead of a retreat. A formal retreat will be held in October.

Miscellaneous: Kathy Crandell has not heard anything from any of the National committees.

Big, Exciting Meets: 1985 Short Course Nationals will be held May 9-12, 1985 in Wisconsin. 1985 Long Course Nationals will be held August 17-20, 1985 in Providence, Rhode Island.

The next PNA board meeting will be held July 24, 1984 at Debbie Lewis' house.

The meeting was adjourned at 10:00 p.m.

*Debbie Lewis*

\*\*\*\*\*

UNITED STATES MASTERS SWIMMING, INC. REGISTRATION APPLICATION - 1984

THANK YOU

**"FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS"**

PLEASE PRINT OR TYPE INFORMATION

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

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Name of Club You Represent \_\_\_\_\_ Date of Application \_\_\_\_\_



OFFICE USE ONLY

\_\_\_\_\_

Area \_\_\_\_\_

Telephone No. \_\_\_\_\_

Date of Birth \_\_\_\_\_

Age \_\_\_\_\_

Sex \_\_\_\_\_

I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters Swim Committee

MAIL TO ►

PNA Masters Swimmers  
Member Chairpersons  
Hugh & Jane Moore  
29920 - 2nd Pl. S.W.  
Federal Way, Wa. 98003  
(206) 941-3100

USMS fee	\$ 3.25
L M S C fee	\$ 8.75
TOTAL FEE	\$ 12.00

Seniors 65+ \$ 9.00

MAKE CHECK PAYABLE TO PNA MASTERS SWIMMERS

FORM 3-84

X \_\_\_\_\_  
APPLICANT'S SIGNATURE

Please encl. stamped self-addressed envelope!

EVENT NUMBER 3 Best Time . **KC 83**

RELAYS - HOW TO FILL OUT RELAY CARDS

EVENT 200 FREE RELAY  
 MEET ANACORTES DATE 3/18

FULL NAME(S)	AGE(S)
1. <u>Mike Jackson</u>	<u>34</u>
2. <u>Walt Reid</u>	<u>43</u>
3. <u>Dick Campbell</u>	<u>58</u>
4. <u>Karl Frederick</u>	<u>70</u>

CLUB/ASSOC: Ft. Steil.

AGE GROUP:	20-24	25-29	30-34
	35-39	40-44	45-49
	50-54	55-59	
	60-64	65-69	70-74
		75-79	

RELAYS ONLY	20 & Up	<u>25 &amp; Up</u>	35 & Up
	45 & Up	55 & Up	
	<u>MEN</u>	WOMEN	COED

HEAT	Timers Initials	Time		Tenths/Hundredth
		Minutes	Seconds	
LANE				
OFFICIAL TIME			FINAL PLACE	

Please fill out the full name (first and last name, no nicknames that obscure the swimmer's real name - ie, "Frog"). The PNA membership is large enough that two swimmers in the same age group may have the same last name. Using a nickname prevents us from figuring out which swimmer it really is. Some swimmers of the same age have the same first and last name but a slightly different spelling. All mysteries are eliminated by printing the correct full name and age of each relay member on the card in the first place.

Use Pink cards for women's relays. Use Blue cards for men's relays. Use yellow cards for mixed relays only. Please write the name of the relay event on the card as well as the event number. Writing either the meet location or the date on the card helps immensely when compiling records and top ten.

\*\*\*\*\*



**MASTERS SWIMMING-INTERNATIONAL**

CONSTITUTED 12 APRIL 1983

to promote friendship and understanding through swimming

Publicity Officer  
 Tel: 818 449-8634

MARGARET G SAMSON  
 159 SOUTH ALLEN APT 106  
 PASADENA CA 91106 USA

INTERNATIONAL NEWS

the official publication of M.S.I.

\*\*\*SUBSCRIPTION FORM\*\*\*

4 issues - FIRST CLASS MAIL - US \$4.00 per year

Name . . . . . Club . . . . .

Address . . . . .

\*\*\*\*\*

**INSTRUCTIONS FOR FILLING OUT TIME CARDS FOR ALL MEETS:**

All swimmers are asked to pick up time cards from their team representative or a board member, fill them out completely and accurately as illustrated below, and send them in with the entry form. Use one card for each event you enter.

KC83

EVENT NUMBER 4 Best Time :35.2 ← 1. ENTER EVENT NUMBER & BEST TIME

EVENT 50 Breast ← 2. EVENT NAME

MEET KENT DATE 2/11 ← 3. ENTER MEET NAME & DATE

FULL NAME(S)	AGE(S)
1. <u>KATHRINE CRANDELL</u>	<u>35</u>
2.	
3.	
4.	

← 4. PRINT YOUR NAME & YOUR AGE. USE THE SAME NAME WITH WHICH YOU REGISTERED. PRINT LEGIBLY!!

CLUB/ASSOC: Ft. Steil. ← 5. PRINT CLUB NAME

AGE GROUP:	20-24	25-29	30-34	
<u>35-39</u>	40-44	45-49	50-54	55-59
60-64	65-69	70-74	75-79	

← 6. CIRCLE YOUR AGE GROUP. IF OVER 79 WRITE IN YOUR AGE GROUP.

RELAYS ONLY	20 & Up	25 & Up	35 & Up
	45 & Up	55 & Up	
	MEN	WOMEN	COED

HEAT	Timers Initials	Time Minutes	Seconds	Tenths/Hundredth
LANE				
OFFICIAL TIME				FINAL PLACE

DO NOT FILL OUT ANYTHING BELOW THIS LINE

\*\*\*\*\*

**\*FOR NON-MEMBERS ONLY!**

**SUBSCRIPTION FORM FOR WET SET NEWSLETTER**

DATE..... MAKE \$6.00 CHECK PAYABLE TO:  
 ADDRESS..... PNA MASTERS SWIMMERS AND SEND  
 .....

TO:  
 Norma Ingraham  
 5909 Reid Dr. N.W.  
 Gig Harbor, Wa. 98335

ZIP CODE.....

\*Registered members receive the newsletter for one year upon receipt of their registration and do not have to subscribe.

PNA SOCIAL EVENT

BRING YOUR OWN PICNIC AND FELLOWSHIP WITH THE GROUP SATURDAY  
JULY 21st AFTER THE COLEMAN MEET AT LINCOLN PARK! DETAILS AT  
THE MEET. WE HAVE TO BE OUT OF THE POOL BY NOON, SO COME AND  
JOIN US FOR LUNCH!

\*\*\*\*\*

TEAMWEAR

PNA PARKAS WITH HOOD FROM DU WEST. ROYAL BLUE NYLON SHELL WITH  
RED PILE LINING. RED BLOCK LETTERING ACROSS BACK: PNA MASTERS.

COST: \$80.00 SIX TO EIGHT WEEK DELIVERY

AVAILABLE IN: X-SM, SM, MED, LG, EX LG.

please include check with order made payable to: DU WEST

-----

NAME:	_____	ORDER
ADDRESS:	_____	YOUR
PHONE:	_____	PARKA
SIZE:	_____	NOW !

-----

I will be sending in an order every 3 months. The next order will  
be going in August 20th. Please send the order blanks to:

Kiko Kimura  
4755 Sandpoint Way N.E.  
Seattle, Wa. 98105

## "DECK PROFILES"

### "How to Keep Fit while Having Fun"

Some months ago I was asked by a PNA Board member to devote an edition of "Deck Profiles" to explain the training program I had developed this year for the Tigers Masters team. For the Tigers, I have drawn primarily from the coaching techniques used by Dr. Counsilman at Indiana University and adapted them to adult ability levels. Since my training principles are similar to those used by two of the top Masters programs in the Nation, I spent some time interviewing the coaches of those programs at the recent Short Course Nationals in Industry Hills, California. They have had a lot more experience coaching than I and provided additional insight into successful training methods which I can share with you.

My interviews included Tom Pappas, assistant coach of the Lone Star Masters (LSM) from Dallas, Texas, and Ross Yancher, Head Coach, Davis Aquatic Masters of Davis, California, (DAM); Lynda Campbell, Senior Assistant, for DAM.

Tom Pappas, assistant coach of Lone Star Masters, is a former Southern Methodist University (SMU) collegiate swimmer. Tom recently graduated from law school and came to the Lone Star team in December 1981. Jim Montgomery, Head coach of Lone Star, spent his collegiate career swimming for Dr. Counsilman at Indiana University and is probably best remembered for his world records and gold medals at the 1976 Olympics. Dr. Counsilman is recognized as one of the best college coaches in the Nation with the distinction of being the only college coach to have had swimmers make the last eight U.S. Olympic teams. Also, at one time or another his swimmers have set world records in every swimming event. Jim and Tom brought to LSM knowledge from similar training they received at Indiana and SMU.

Ross Yancher swam competitively as a youngster and first became involved in age group coaching in the Rocky Mountain Association. He was there a little over 5 years during which time he took a small program and built it into a team of 100 age group swimmers and also 100 Master swimmers. Ross's team won the National Championship in 1979 or 1980. He said it was one of those years but he just couldn't remember when. After a real estate developer made his workout pool into a water slide park he left for California to become head coach of the Davis Masters team. Dave Scott had started DAM with six Master swimmers and developed it into the largest in the world, but his time consuming interest in Triathathon events caused Dave to leave coaching. Ross has expanded the membership even further, since last year alone the team has grown by over a 100 people with membership now totaling over 500. Lynda Campbell began coaching at DAM as a coaching intern from the University of California at Davis. Prior to that she had five years coaching experience with both age group swimmers and the Los Altos Masters team. After completing her internship she was hired as an assistant coach and has since become senior assistant and will marry Ross in September.



The best question I asked during my interviews was one my husband, Forest, had given me: "What do you think is the biggest mistake Master swimmers make in their training?"

Tom Pappas responded, "Overtraining!" Tom went on to explain what he meant by elaborating on the philosophy of Lone Star. "The reason the people are swimming is for fitness sake. Fitness is the key. If it is fun people will train. At Lone Star, the coaching philosophy is for the swimmers to have a life time commitment to swimming, rather than people dropping out after one year because they are burned out. There is a large number of Dallas business people on the team who have high pressure jobs. The workouts have to be fun for them or else they will become burned out." Tom explained some of the wealthiest millionaire Dallas real estate people are members of the Lone Star team and, if the training wasn't fun, they wouldn't workout. "They have enough hard work in the real estate business and they need an outlet to stay fit".

Ross Yancher felt the biggest mistake was: "Paying attention to training tips from people who don't know what they are talking about. Some of those people write books and sell them at meets like this (Nationals). And, some of my people bought them!"

The basic core of the training program at DAF, LSM and the Tigers is to not overtrain Master swimmers. Workouts are designed to first, fit the particular fitness level of the Master, and then gradually intensify at a comfortable rate enabling the individual swimmer to become fit and still have fun at the sametime. This approach ties in with the coaching philosophy of both the Davis and Lone Star teams. The Davis philosophy is to involve as many people as possible in swimming. With 506 people, it is obvious no one is being left out. The Lone Star philosophy is to swim for fitness.

The coaching technique used by LSM is based upon Tom's and Jim's collegiate experience adapted to the adult level. Workouts at Lone Star are based largely on interval training. Interval training involves starting set distance swims at a specific time interval, (e.g. 5x 100 on the 2:15). One's rest is based upon how long it takes to do the swim. A 100 on the 2:15 would give 15 seconds rest for someone swimming the 100 in 2 minutes. Of course, there is more to picking an interval for individual swimmers than just thinking of some general number for everyone. The interval has to take into consideration the swimmer's current level of fitness and what will only comfortably challenge them during the swim. Some people would be in great stress on a 2:15 interval, others would be under no stress, and some would be under the correct stress, i.e. comfortable stress.

The coaches of each of these programs determine what will put their swimmers in the right amount of stress when making up their intervals. The Lone Star team, which totals 266 swimmers with a waiting list of over 30, has workouts based upon intervals with allowances for individual needs in training. There are three ability levels for the team: Rattlers, Armadillos, and Animals. Three to six people

of the same ability level train in a lane. There is also individual variance within the three levels as needed. The size of the team requires five different workouts a day of an hour and 15 minutes each. Tom coaches the three morning workouts while Jim coaches the two evening ones. LSM training is supplemented by a weight program three times a week. The weight program was designed by LeBaron Caruthers from SMU, who designed training programs for Steve Lundquist, and Jim. LeBaron Caruthers currently works for the New England Patriots. Unlike alot of weight training programs, it was designed specifically for swimmers, so strength is developed without unnecessary muscle bulk which would only slow the swimmers down.

The season begins at Lone Star with easy workouts. Both Tom and Jim stress not overdoing when starting out and give preventative tips to keep swimmers from overtraining. They make it a practice to become familiar with their swimmers, so they know the level of fitness of each. Adults are at Lone Star because they want to swim, so Jim and Tom try to make it as enjoyable and interesting as possible. To help assure this, they stress to every swimmer that, if a set is creating uncomfortable stress, to sit it out. Tom elaborated, we don't believe in forcing people to swim when they are too tired.

Tom further provides positive incentives by being upbeat and positive to every swimmer. Even though he may have 20-30 swimmers per workout, he says something each workout to every one. He adds, "You can always find something positive to say to any swimmer." In return, when Tom has to make a coaching correction, he finds the adults accept it more readily because of his positive comments before. "The bottom line is these people are adults. They can't be treated like age group swimmers," Tom concludes. His suggestion to fellow coaches is to say something to everyone each workout, e.g., a comment on their stroke.

Next month I will describe the training methods at DAM, what I use for the Tigers workouts, and some thoughts on how keeping fit can be fun.

Cathy Brooks

SEND ALL BIDS TO:

Leif Johnson  
P.O. Box 2405  
Silverdale, Wa. 98383

Please submit bids as soon as possible.

	<u>MONTH</u>	<u>DATES</u>
1st CHOICE	.....	.....
2nd CHOICE	.....	.....
3rd CHOICE	.....	.....

Will you host a meet including 400 IM and 1650 Free? YES NO  
(Circle one). Teams indicating YES will be given preference.

Will you host a special interest or fun meet? i.e: Pentathalon,  
1650 meet, relay meet etc. YES NO (Circle one). State a  
preference or a suggestion.

AVAILABLE MEET WEEKENDS

1984

1985

Oct. 20-21 SC

Nov. 17-18 SC

Dec. 8-9 SC

Jan. 12-13 SC

Feb. 9-10 SC

Mar. 9-10 SC

Mar. 29-31 SC PNA CHAMPS

June 15-16 LONG COURSE

July 20-21 LONG COURSE

NAME OF PNA TEAM .....

NAME, LOCATION & PHONE  
OF POOL IN WHICH MEET  
IS HELD .....

HAVE DATES BEEN RESERVED WITH POOL? YES NO (Circle one)

NAME, ADDRESS & PHONE OF  
TEAM REPRESENTATIVE OR  
MEET DIRECTOR .....

UPCOMING CHANGES IN MASTERS SWIMMING (NATIONWIDE)

- (1) REGISTRATION YEAR - the 1985 registration year begins November 1, 1984 rather than January 1, 1985 to coincide with the beginning of the short course season. In the past you have applied for your new card halfway through the short course season. In the past you could begin applying for your new card November 1. This year you may apply for your 1985 card beginning August 1, 1984. All new swimmers who apply after August 1 will receive a 1985 USMS card. The 1985 registration year will end October 31, 1985. All current members must apply for their 1985 registration before they swim any Masters' meets in November or December of 1984. (That's right your 1984 registration is only good through October 31, 1984. It becomes invalid on November 1, 1984.)
- (2) 20-24 CAN SWIM NATIONALS IN '86': The 20-24 age group will be added to National Masters Competition in 1986. Due to the additional age group, relay age groups will also change in 1986 to 20-29, 30-39, 40-49, etc. That means we will start over with brand new relay records in 1986.
- (3) Earl Walter from Oregon is in charge of compiling National Championship Meet records. Championship Meet records had not been kept before this year.
- (4) Bert Petersen from Oregon is in charge of compiling the Top 20 in the Nation for relays. In the past relays have been listed as Top 10. Beginning this year they will be listed to Top 20 in the Nation. This is for relays only. Individuals will still be listed as TOP 10.

\*\*\*\*\*

1984 INLAND EMPIRE L/C MASTERS' INVITATIONAL SWIM MEET

SANCTIONED BY: IEA Masters Swim Committee of USMS Sanction #38407

PLACE: Mission Park "Witter" Pool. From I-90 East & West take Division St. exit. Proceed north on Division to Mission. Proceed east on Mission to 1400 block.

FACILITY: (9) Lane by (50M) Pool. Anti-Wave overflow gutters and excellent lane ropes.

DATES: July 27-28-29. July 27, W/U 9:00pm Start @ 9:15 pm. July 28-29, W/U @ 7:30am Start @ 8:00am.

ELIGIBILITY: All currently, i.e. 1984 registered master swimmers 20\* years of age older as of the Last day of the meet are eligible.\*Note: 20-24 may permanently jeopardize their chances of swimming @ NCAA or USS open or olympic swim events by competing at a masters swim meet. If you live within the boundaries of the IEA and do not have a 1984 IEA/USMS card, you may purchase a new 1985 card with your form for \$10.00.

MASTERS' SWIM RULES: All current masters rules will apply for the conduct of this meet. The Breaststroke kick may be used along with the dolphin kick while doing the Butterfly either individually or alternately. The dolphin kick may not be used with the Breaststroke. The forward start may be taken from the water, on the deck, or from the starting blocks. Please check with your coach or the current USS swimming rules on the proper execution of the other strokes you plan on swimming.

AWARDS: First thru Third place individual ribbons will be available free for those who win them.

ENTRY DEADLINE: Entries must be postmarked no later than JULY 19, 1984. Entries will not be accepted without payment inclosed. SEND ENTRIES AND MAKE PAYABLE TO: I.E.A. Master Swimmers, c/o Harry J. Lewis, E. 944-39th Ave., Spokane WA 99203. (See entry below \$Amount).

NON-IEA SWIMMERS: We welcome NON-IEA swimmers at this meet. They must a current registration card on them to show, if necessary.

NUMBER OF EVENTS: You may enter (7) events but only swim in (6) individual events with no maximum on any day. You may also compete in (4) relays.

(fill in entry below and send in with payment no later than July 18)

NAME: \_\_\_\_\_ M/F: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ AGE: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ 1984USMS#: \_\_\_\_\_ IEA: \_\_\_\_\_ PNA: \_\_\_\_\_ ORE: \_\_\_\_\_ SRA: \_\_\_\_\_ ? : \_\_\_\_\_  
 (Check event entered and fill in Best or Estimated Time: Bt/Et). NOTE: Women are odd-numbered and men even-numbered events. (See above for No. of Entries).

Friday, July 27th, 1984.

1&2 1500 M FREESTYLE \_\_\_\_\_

Saturday, July 28th, 1984

3&4 200 M MEDLEY RELAY \_\_\_\_\_

5&6 100 M BACKSTROKE \_\_\_\_\_

7&8 100 M BREASTSTROKE \_\_\_\_\_

9&10 200 M IND. MEDLEY \_\_\_\_\_

11&12 200 M FREESTYLE \_\_\_\_\_

13&14 50 M BREASTSTROKE \_\_\_\_\_

15&16 200 M BUTTERFLY \_\_\_\_\_

17&18 200 M MX. FREE. RELAY XXXXXXXXXXXXXXXXXX

19&20 400 M FREESTYLE \_\_\_\_\_

Sunday, July 29th, 1984.

21&22 400 M IND. MEDLEY \_\_\_\_\_

23&24 200 M FREESTYLE RELAY XXXXXXXXXXXX

25&26 50 M BUTTERFLY \_\_\_\_\_

27&28 100 M FREESTYLE \_\_\_\_\_

29&30 50 M BACKSTROKE \_\_\_\_\_

31&32 200 M BREASTSTROKE \_\_\_\_\_

33&34 100 M BUTTERFLY \_\_\_\_\_

35&36 200 M BACKSTROKE \_\_\_\_\_

37&38 50 M FREESTYLE \_\_\_\_\_

39&40 200 M MX. MED. RELAY XXXXXXXXXXXXXXXXXX

HELP!! We need non-swimming timers and people to hold lap-counters during the meet. Please bring a friend or (2) who can help out. Extra watches too would be a big help.

Surcharge--Required for all entrants with entries \$ 4.00  
 New IEA Swimmers only. 1985 USMS/IEA card. \$ 10.00

MASTERS SWIM MEET ENTRY FORM

USMS & PNA MASTERS SANCTIONED 50 METER LONG COURSE POOL

DATE: Sat. & Sun. July 21,22 1984  
 PLACE: Coleman Pool  
 8033 Fauntleroy Way SW  
 Seattle, Washington  
 HOSTED BY: Rainier Valley Swim Club  
 & Seattle Parks Dept.

SAT. WARMUP 7.30am, MEET 8.30-11.30am  
 SUN. WARMUP 7.30am, MEET 8.30-11.30am  
 MEET DIRECTOR: Don Helling  
 P.O. Box 78407  
 Seattle, Wa. 98178  
 206-723-5919

DIRECTIONS TO: Coleman Pool

DEADLINE: July 13, 1984

From I-5 North or South take the Spokane Street exit (West Seattle Freeway). Continue several miles, take Fauntleroy Way S.W. (left fork), go South several miles until you reach Lincoln Park. Park your car North of Fauntleroy Ferry Terminal and follow the foot path to the beach and pool.

NAME \_\_\_\_\_ M or F \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_ USMS # \_\_\_\_\_ TEAM \_\_\_\_\_ OR UNATTACHED \_\_\_\_\_

AGE GROUP: (CIRCLE ONE) 20-24 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+

Entries limited to 5 events plus relays. Circle the events you wish to enter and fill in the best time or an estimated time. Meet will be seeded fast heat first.

		<u>EVENTS</u>	<u>BEST TIME</u>			<u>BEST TIME</u>
<u>SATURDAY:</u>				<u>SUNDAY:</u>		
1	<input type="checkbox"/>	50 Freestyle	_____	12	<input type="checkbox"/>	50 Backstroke
2	<input type="checkbox"/>	100 Breaststroke	_____	13	<input type="checkbox"/>	100 Butterfly
3	<input type="checkbox"/>	200 Backstroke	_____	14	<input type="checkbox"/>	200 Freestyle
4	<input type="checkbox"/>	50 Butterfly	_____	15	<input type="checkbox"/>	50 Breaststroke
5	<input type="checkbox"/>	200 I.M.	_____	16	<input type="checkbox"/>	100 Backstroke
6	<input type="checkbox"/>	100 Freestyle	_____	17	<input type="checkbox"/>	200 Butterfly
7	<input type="checkbox"/>	200 Breaststroke	_____	18	<input type="checkbox"/>	400 Freestyle
8	<input checked="" type="checkbox"/>	Free Relay	<u>XXXXX</u>		<input checked="" type="checkbox"/>	LEFT OVER RELAYS
9	<input checked="" type="checkbox"/>	Medley Relay	<u>XXXXX</u>			<u>XXXXX</u>
10	<input checked="" type="checkbox"/>	Mixed Free Relay	<u>XXXXX</u>			
11	<input checked="" type="checkbox"/>	Mixed Medley Relay	<u>XXXXX</u>			

"NO BREAKS!! THEY KICK US  
 OUT AT NOON" (OR 11.30am)

RELAYS ARE BACK TO BACK FIRST DAY TILL OUT OF TIME, FINISH RELAYS ON SUNDAY

ENTRY FEE: Surcharge per swimmer \$3.50 Amount enclosed \$3.50 payable to: PNA MASTERS SWIMMERS

Awards may be purchased at the meet for the places earned after each event is posted and the awards table has received those results. Awards are \$1.50 each. Senior Citizens - first award free, \$1.50 for additional awards.

SEND ENTRY & PAYMENT TO: Don Helling  
 (Checks payable to PNA MASTERS SWIMMERS) P.O. Box 78407 (206-723-5919)  
 Seattle, Wa. 98178

ELIGIBILITY: Open to all USMS (United States Masters Swimming, Inc.) registered swimmers, 20 years of age or older, as of first day of the meet.

RULES: Current USMS (United States Masters Swimming, Inc.) rules will govern.

STATEMENT OF RELEASE

In consideration of your accepting this entry, I for myself, my heirs, executors & administrators, waive and release any and all rights and claims for damages I may have against the Coleman Pool, Rainier Valley Swim Club, Seattle Parks Dept. and other sponsors, for all claims of damages, demands, action whatsoever in any manner as a result of my participation in said PNA Masters swim meet. I attest and verify that I am physically fit and have sufficiently trained for the swimming of these events.

SIGNED \_\_\_\_\_

**MUST NOTIFY KATHY CRANDELL(588-4879) 11114 - 111th ST. SW, TACOMA, WA., 98498 BY OFFICIAL ENTRY BLANK FOR INDIVIDUAL EVENTS JULY 9 IF YOU ARE GOING! :**

**1984 UNITED STATES MASTERS SWIMMING NATIONAL LONG COURSE CHAMPIONSHIPS**

PLEASE PRINT

**AUGUST 23-24-25-26, 1984**

Raleigh, NC

First Name \_\_\_\_\_ Initial \_\_\_\_\_ Last Name \_\_\_\_\_ \*Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex \_\_\_\_\_

Street Address \_\_\_\_\_ Telephone No. \_\_\_\_\_  
Home: ( ) \_\_\_\_\_ Work: ( ) \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ USMS Registration No. \_\_\_\_\_

Name of Club you Represent \_\_\_\_\_ Name of Association \_\_\_\_\_  
PACIFIC NATIONAL ASSOCIATION PACIFIC NATIONAL ASSOCIATION

**ENTRY DEADLINE: All entries must be RECEIVED by Monday, July 23, 1984. \*As of last day of Meet.**

Event No.	WOMEN	TIME and EVENT	MEN	Event No.
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**THURSDAY, August 23, 1984 8 a.m.**

1		200 meter backstroke		2
3		100 meter breaststroke		4
5		50 meter freestyle		6
7		200 meter butterfly		8
9	see relay form	200 meter medley relay	see relay form	10
11		400 meter freestyle		12

**FRIDAY, August 24, 1984 8 a.m.**

13		200 meter breaststroke		14
15		100 meter butterfly		16
17		50 meter backstroke		18
19		100 meter freestyle		20
21		200 meter individual medley		22
23	see relay form	200 meter freestyle relay	see relay form	24
25	see relay form	200 meter mixed medley relay	see relay form	26

**SATURDAY, August 25, 1984 8 a.m.**

27		200 meter freestyle		28
29		50 meter breaststroke		30
31		100 meter backstroke		32
33		50 meter butterfly		34
35		400 meter individual medley		36
37	see relay form	200 meter mixed freestyle relay	see relay form	38

**SUNDAY, August 26, 1984 8 a.m.**

39		1500 meter freestyle		40
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I am willing to swim the 1500 meter freestyle with two persons per lane  yes  no (check one)

LEGIBLE XEROX COPIES OF THIS ENTRY BLANK ARE ACCEPTABLE. YOU MUST COMPLETE REVERSE SIDE.

YOU MUST NOTIFY KATHY CRANDELL (588-4879) BY JULY 9 IF YOU ARE GOING!  
**1984 UNITED STATES MASTERS SWIMMING NATIONAL LONG COURSE CHAMPIONSHIPS**

**Dates:** August 23-24-25-26, 1984

**Location:** Optimist Park Pool, 5901 Whittier Drive, Raleigh, N.C. 27609

**Sanctioned by:** Local Masters Swim Committee for North Carolina and United States Masters Swimming, Inc.

**Filling out Entry Blank on Other Side:** There are no qualifying standards for this meet. Please enter your best time or a reasonable estimated time in the space next to the event(s) you wish to swim and in the correct sex column. DO NOT ENTER "NO TIME." You may enter and swim in a maximum of 6 individual events with a maximum of 3 individual events per day. This does not include relays. If you enter more than three events on one day, the first three events entered will be considered as the events officially entered.

**Eligibility:** This meet is open to all USMS registered swimmers 25 years of age and older as of August 26, 1984. Each swimmer must possess a current USMS registration card. If a swimmer wishes to represent a Team or Club, then both the swimmer and the Team or Club must be registered in the same association. You cannot change clubs during the meet. If there is a question about your affiliation, you will be entered as "unattached." All Foreign entries must send a travel permit with entries and fees.

**Conduct of Meet:** Seeding will be by age group and by sex, with the fastest swimmers first in each age group. Slower swimmers will be placed in empty lanes in another age group after at least one full heat has been seeded in each age group. Events 200 meters or less shall be pre-seeded. The 400 meter free, 400 meter I.M. and 1500 meter free will be deck seeded on time only, with the fastest times in the first heat, the second fastest times in the second heat, etc. Consult your program for heat and lane assigned to you. Any swimmer who fails to report to the proper lane in the correct heat of his/her event will be considered scratched from that event and will not be permitted to swim that event at another time. NO DECK ENTRIES ACCEPTED.

**Age Groups:** 25-29, 30-34, etc. to 80-84, and 90+. All events are swum youngest to oldest. **Awards:** National Masters Medals will be awarded for first place through eighth place in all events, in each age group.

**Individual Team Scoring:** 9-7-6-5-4-3-2-1.

**Fees:** \$3.00 per individual event plus a \$10.00 surcharge per swimmer. Fees must be included with this Entry Blank. An entry will not be considered complete until the check clears the bank. If there is any question about an entrant's check, full cash payment will be required before being allowed to swim. **NOTE:** Requests for refunds will be accepted if made in writing to the Meet Director and received prior to Monday, July 23.

**Banquet:** A Barbecue and Dance will be held on Saturday evening August 25th beginning around the outdoor pool of the Marriott Hotel at 6 p.m. A cocktail hour with free beer and cash bar will start at 6 p.m. Dinner will follow at 7 p.m. with Bluegrass Music provided by the Bluegrass Reward Band. At 9:00 p.m. we will move inside for a dance to the sounds of Congregation. The free beer and cash bar will be provided throughout the evening, until 1:00 a.m. This Barbecue and dance will be limited to the first 700 responses. Remit price of \$12.50 per person with Entry Blank.

Number of individuals events entered	_____	x \$3.00 =	_____
Meet surcharge (required of all swimmers)			= 10.00
Number of Banquet Tickets (optional)	_____	x \$12.50 =	_____
TOTAL FEES DUE (do not send cash)			\$ _____

**Checks Payable to:** 1984 U.S.M.S. National Championships **Mail Entry Blank and Fees to:** 1984 U.S.M.S. National Championships, P. O. Box 19845, Raleigh, N.C. 27619. You must enclosed a self-addressed, stamped envelope or postcard which will be returned to you as proof of your entry receipt.

**Entry Deadline:** All entries must be RECEIVED by Monday, July 23, 1984. Entries received after July 23 will be returned to the sender. THIS DEADLINE WILL BE ENFORCED.

**Release from Liability:** I, the undersigned participant, intending to be legally bound, do hereby waive all rights to claims for loss or damages against United States Masters Swimming, Inc., Raleigh Area Masters Swim Team, Local Masters Swim Committee for North Carolina, the City of Raleigh, and the meet committee or any officiating individual of the meet, as a condition of my participation in the meet.

Date \_\_\_\_\_ Signature \_\_\_\_\_



ANNOUNCEMENT:

IT'S CONVENTION TIME!

The USMS National Convention is September 19-22, in Indianapolis, Indiana. This is where national policies are formed that affect Masters Swimming and its future. The PNA has two (2) voting positions for which we must choose delegates. There are some monies available for expenses, however delegates are expected to pay for part of the trip.

Selection of delegates will be at the next board meeting. The board will be discussing convention issues, delegate qualifications and travel funds available. Anyone is welcome to attend, however there is only one vote per registered PNA team.

If you are interested in being a delegate, please submit a written proposal that includes:

- (1) Your qualifications,
- (2) How you represent the PNA,
- (3) Issues that you feel need to be addressed at the national level.

Please submit your proposal to Kiko by Sunday, July 22nd, 1984. In order to be fair, we can only consider proposals that arrive on time.

Items that we will be considering in our selection process will include:

- (1) Active swimming member of PNA Masters.
- (2) Previous convention experience.
- (3) New and creative ideas that benefit Masters swimming at the local and national level.
- (4) Ability to communicate ideas in appropriate, articulate manner.
- (5) Ability to record and report significant convention issues to the association.
- (6) Ability to represent the interest of the PNA.
- (7) Ability to work with a large group.

The proposals will be xeroxed and available at the board meeting for review. A secret ballot vote for the two (2) delegate positions will then be taken. Delegates will be notified within a week after selection.

If you have any questions, please call Kiko at (206) 526-2183 Monday thru Friday, 9.00am to 4.00pm.

Kiko Kimura  
President PNA Masters  
4755 Sandpoint Way N.E.  
Seattle, Wa. 98105

CRANDELL WILL BE ON  
VACATION JULY 21-AUG. 4

DUE JULY 9 IF YOU ARE  
ATTENDING NATIONALS

LONG COURSE NATIONALS & REGIONALS 1984

REGIONALS - MT. HOOD (Gresham, Or.) - August 10, 11, 12  
NATIONALS - RALEIGH, N.C. - August 23, 24, 25, 26

YOU MUST NOTIFY KATHY CRANDELL IF YOU ARE PLANNING TO ENTER EITHER MEET

Please do so as soon as possible (even if you are only contemplating entering either one) by returning the following form to: KATHY CRANDELL, 11114 - 111th St. S.W., Tacoma, Wa., 98498 (588-4879)

Are you planning to go to Nationals? <input type="checkbox"/> yes, definitely <input type="checkbox"/> maybe-seriously thinking about it <input type="checkbox"/> casually thinking about it	Are you planning to go to Regionals? <input type="checkbox"/> yes, definitely <input type="checkbox"/> maybe-seriously thinking about it <input type="checkbox"/> casually thinking about it
Are you willing to swim relays at Nationals? <input type="checkbox"/> yes <input type="checkbox"/> no	Are you willing to swim relays at Regionals? <input type="checkbox"/> yes <input type="checkbox"/> no
Would you be interested in an association travel package to Nationals (charter flight, block of motel rooms, and maybe a van rental)? <input type="checkbox"/> yes <input type="checkbox"/> no	

RELAYS

We must have your 50 Meter times in order to put together relays FOR EITHER MEET. Give us yard times if you don't have meter times and we will convert them. Even a close guess is better than no information at all. National entry forms will be DUE sometime during the week of July 23 INCLUDING RELAY ENTRIES. We need a couple weeks before that to put together the relays, so it is imperative that you send us this information as soon as possible. (It takes time to do the relays as well as put together a travel package or order team suits. So please cooperate, so we can do a better job for you.) If the information is received in time, you will be notified prior to each meet about your placement in relays (and the cost if you are on National relays). National relays normally cost \$2.00 per person per relay.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

TIMES: Please circle (yd.) or (mtr.) for each time.  
50 Free \_\_\_\_\_ yd/mtr                      50 Breast \_\_\_\_\_ yd/mtr  
50 Back \_\_\_\_\_ yd/mtr                      50 fly \_\_\_\_\_ yd/mtr

The entry form for Nationals will appear in the July newsletter.

MAIL THIS PAGE TO:

KATHY CRANDELL (588-4879)  
11114 - 111th St. S.W.  
Tacoma, Wa. 98498

1984 REGION XII MASTERS LONG-COURSE SWIMMING CHAMPIONSHIPS

DATE: August 10, 11 and 12

MEET DIRECTOR: Mike Popovich  
(503) 667 - 7243

PLACE: Mt. Hood Community College Pool

OREGON MASTERS SWIMMING MEET ENTRY  
FORM Sanctioned by USMS, Inc. and  
LMSC for Oregon Assn.

HOSTED BY: Mt. Hood Masters

ENTRY DEADLINE: August 4, 1984

NAME \_\_\_\_\_ M \_\_\_\_\_ or F \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_ USMS # \_\_\_\_\_ TEAM \_\_\_\_\_ OR UNATTACHED \_\_\_\_\_

AGE GROUP: (Circle one) 20-24 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+

Entries limited to 6 events plus relays, limit 5 events per day. Circle the events you wish to enter and fill in the best or estimated time. Meet will be seeded fast heat first, one heat each (men and women) then mixed by time. Enter relays at the meet. Filled out entry cards are required with entry form.

	<u>EVENTS</u>	<u>BEST TIME</u>		<u>EVENTS</u>	<u>BEST TIME</u>
CO-ED:					
<u>FRIDAY</u>	Warm up at 6:00pm		<u>SUNDAY</u>	Warm up at 8:00am	
	Meet at 7:00pm			Meet at 9:00am	
1-2	400 I.M.	_____	25-26	100 Backstroke	_____
3-4	1500 Freestyle	_____	27-28	50 Freestyle	_____
<u>SATURDAY</u>	Warm up at 8:00am		29-30	200 Breaststroke	_____
	Meet at 9:00am			BREAK	
5-6	100 Freestyle	_____	31-32	<u>XXXXX</u> 200 Mix.Med.Relay	<u>XXXXX</u>
7-8	200 Backstroke	_____		BREAK	
9-10	50 Butterfly	_____	33-34	50 Backstroke	_____
11-12	100 Breaststroke	_____	35-36	100 Butterfly	_____
	BREAK		37-38	400 Freestyle	_____
13-14	<u>XXXX</u> 200 Medley Relay	<u>XXXXX</u>		BREAK	
	BREAK		39-40	<u>XXXXX</u> 200 Free Relay	<u>XXXXX</u>
15-16	200 Butterfly	_____			
17-18	200 Freestyle	_____			
19-20	50 Breaststroke	_____			
21-22	200 I.M.	_____			
	BREAK				
23-24	<u>XXXX</u> 200 Mix.Free Relay	<u>XXXXX</u>			

ENTRY FEE: Surcharge per swimmer \$7.00 Payable to: OREGON MASTERS SWIMMERS  
SEND ENTRY & PAYMENT TO: Mike Popovich  
(Checks payable to Oregon Masters Swimmers) Mt. Hood Aquatic Center  
26000 S.E. Stark St.  
Gresham, Oregon 97030

Awards may be purchased at the meet for the places earned after each event is posted and the awards table has received those results. Awards are available at a nominal fee as earned.

ELIGIBILITY: Open to all USMS (United States Masters Swimming, Inc.) Registered swimmers, 20 years of age or older, as of first day of the meet.

RULES: Current USMS rules will govern. ENTRIES MUST BE POSTMARKED  
AUGUST 4 OR THEY WILL BE RETURNED.

STATEMENT OF RELEASE

In consideration of your accepting this entry, I for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Mt. Hood C.C. Pool, Mt. Hood Masters Swim Team, Oregon Masters Swimmers and any other sponsors, for all claims for damages, demands, action whatsoever in any manner as a result of my participation in said OREGON MASTERS SWIM MEET. I attest and verify that I am physically and have sufficiently trained for the swimming of these events.