

the
WET
SET



PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS

PRESIDENT

Rondi-Beth White
7001 Topaz Dr. SW
Tacoma, WA 98498
(206) 582-0532

EDITOR

Dorothy Kleist
31417 36th Ave. SW
Federal Way, WA 98023
(206) 838-1555

THE PNA NEWSLETTER

VOLUME 6 NUMBER 12

DECEMBER 12, 1987

INDEX

PAGE

ADVERTISING IN THE WETSET INFORMATION - (DOROTHY KLEIST)		12
CALENDAR - (LOWELL JOHNSON)		18
CHANGE OF ADDRESS FORM		12
COACH'S CORNER - (WARREN KLEIST)		2
FITNESS COLUMN - "HEART OF FITNESS SWIMMING" -(IAN THOMPSON)		4
FITNESS - SWIM THE PNA		6
HOST A SWIMMER INFORMATION		12
MINUTES OF P N A BOARD MEETING - (DEBBIE LEWIS)		3
OCEANA ZONE MEET INFORMATION - (KATHY CASEY)		9
OTHER MEET INFORMATION - (JOANN BRISLIN/KATHY CASEY)		8
VIKING SC METERS - PORTLAND	DEC	5-6 8
P N A MEET INFORMATION - (JOANN BRISLIN/KATHY CASEY)		6
EVERGREEN	DEC	11-12 6
FIDALGO	JAN	17 6
FIDALGO ENTRY FORM.....POSTMARKED BY	JAN	5 15
DAWN MUSSLEMAN SWIM AGAINST CANCER - POSTAL MEET	JAN	13
TEAM SEATTLE MEET	FEB	7 7
TEAM SEATTLE ENTRY FORM.....DUE BY	JAN	27 16
ANIMAL MEET - FORT STEILACOON	FEB	20 7
ANIMAL MEET ENTRY FORM.....POSTMARKED BY	FEB	9 17
P N A REGISTRATION - (DAVE ADDLEMAN)		9
PRESIDENT RONDI'S MESSAGE - (RONDI WHITE)		2
SOCIAL - (COOKIE JUSTESEN WEDDING INVITATION)		11
SUBSCRIPTION FORM FOR THE WETSET - (DAVE ADDLEMAN)		12

DECEMBER BOARD MEETING - DECEMBER 14, 1987 - 7:00 P.M.

The DECEMBER Board Meeting will be held the THIRD Tuesday of the Month at the the UNIVERSITY OF WASHINGTON HEC ED POOL.

NOTE: The board meeting is changed from the fourth to the third Tuesday of the month for DECEMBER only. EVERYONE is invited to attend.

December 1, 1987

Dear PNA Swimmers;

I hope this letter finds you all more organized, and in better shape than I and with lots of holiday spirit! We have the Husky meet coming up in December and the Anacortes meet in January. What better way to take a break from the fast pace of the holidays, or to work off the Christmas cookies, than a swim meet? I hope everybody will have time for these meets. Anacortes is a beautiful drive from the Tacoma-Seattle area, and the meets there are always fun, so don't get too busy and forget to enter!

During the holidays, when all the hurry and excitement draws to a close, the dishes are done, the living room cleared of wrapping paper and all that is left of the fire is the red glow of the embers, I often find myself sitting down wondering where the time went, and how it could all be over so quickly. When it's quiet like that, I have time to think about all the good things that happened during the year. I would like to thank you all, ahead of my fireside contemplation, for all the support I have had this year. I have learned some things about people and I will always be grateful for the special warmth I have felt from many of you. It isn't only the season making me mellow, but the fact that every time I am at a swim meet, I come away knowing that some of you have gone out of your way to tell me you think I'm doing all right! I certainly owe a lot to the Board, and to you for keeping me going. I wish you all a great holiday season, and thanks a lot! Remember; "If you are too busy to laugh and love, then my friend, you are too busy."

Love,

Rondi

COACH'S CORNER - WARREN KLEIST

WARM-UP	200 Swim	- Free	
	200 Kick	- Free	
	200 Pull	- Free	
MAIN SET	5X50 Pull/pull bouys	- Free	- On 1:20
	5X50 Swim	- Free	- On 1:00
	1X100 EASY swim down		- 1 min rest
	1X500 Swim at 85-90%	- Free	
	1X100 EASY swim down		
	2x50 Swim	- Fly	- On 1:30
	2X50 Swim	- Back	- On 1:30
	2X50 Swim	- Breast	- On 1:30
	4x50 Swim	- Free	- On 1:30
	2X100 Kick	- IM	- 30 rest @ 100
WARM-DOWN	200 SWIM		

This workout is 2700 yards. You may have to vary the intervals and rest time to accomodate your speed and cardio vascular capabilities.

PNA Board Meeting
November 24, 1987

The meeting was called to order at 7:10 p.m. Those in attendance were: Rondi White, Lowell Johnson, Ann Gindroz, Forrest and Cathy Brooks, Dorothy and Warren Kleist, Kathy Casey, Walt Reid, Marietta Hunziker, Bob Miller, Hugh and Jane Moore, Tom Taylor, Joann Brislin, Steve Freeborn, Debbie Lewis, Dan Duwe, Allen Hatchel, Allison Beezer and Steve Peterson.

Correction to the October minutes: Kathy Casey was finished working on the order of events when she gave her report.

Treasurer's Report: There is \$4,450.79 in the account. Motion made and passed to accept the treasurer's report.

Fitness Committee: 34 people are entered in the swim across the PNA. There has been a good response from people willing to be instructors for swim clinics. There will be more trouble getting pool time. Motion was made and passed to accept the informational brochure as presented. Jane Moore will have a final layout of the brochure and printing costs for the January board meeting.

Officiating Committee: Hugh Moore needs a distance swimmer for the committee to cover the distant event nights.

Meets Committee: A sprint meet hosted by Team Seattle will be held February 7, 1988. Motion was made and passed to approve the February meet. Recommendation was made to divide the meet committee into 2 sub committees: Meet Acquisition and Scheduling and Meet Management. Each co-chair would receive a vote on the board. The change would necessitate a by-law change in order to establish 2 separate committees. This would require a 30% vote from the membership for approval. An attempt to make this change will take place during PNA Champs meet registration.

Social Chair: Linda Cazin will assume chair of this committee and will also help plan the banquet.

Sunshine Committee: Marietta Hunziker will be chair of this committee.

Pool Report: The PNA membership needs to lobby King County Council members on behalf of a pool.

The December board meeting will be held December 15, 1987 at 7:00 p.m. at the Husky Pool.

The meeting was adjourned at 8:50 p.m.

Debbie Lewis

THE HEART OF FITNESS SWIMMING

One of the main reasons we swim is to keep our hearts in good shape. Needless to say we only have one, we can't live without it, so we better take good care of it. In most circumstances the heart beats, and the heart rate is a good tool to use in measuring fitness.

One value that is important to know is our Max Heart Rate. It is calculated by the formula $220 - \text{age} = \text{Max HR}$. For people over 45 it is often best for your doctor to evaluate a safe Max HR. From Max HR we can calculate the Aerobic Fitness Rate which is equal to 60-80% Max HR. To develop and maintain cardiovascular fitness we need to maintain this Aerobic Fitness Rate for at least a minimum of 20 min 3x/wk. The more you do, the better fitness you will achieve. If you swim with a HR less than 60% of your maximum you may stretch and tone your muscles but you aren't getting your cardiovascular system in shape. Aerobic training occurs when the oxygen use in muscle equals the oxygen supplied. As we train we teach our muscles to be more efficient.

Aerobic swimming is the basis for fitness but competitive swimming entails more than aerobics. Aerobic fitness training is great training for the 1650 but most Masters events entail shorter distances, hence shorter more intense bursts of energy. The oxygen demand in the muscle is greater than the amount available. The muscle enters anaerobic metabolism which is what occurs in most swim races. When you are working at this anaerobic level your heart beats as fast as it can, trying (unsuccessfully) to pump oxygen to the hard working muscles. The better your condition the more rapidly your muscles and body recover when the burst of exercise is over and your heart rate returns to normal more completely and faster.

This principle is behind the "Heart Rate Fitness Evaluation Tool" mentioned in the Oct. Wet Set. Remember it consists of 3 numbers. 1) The ave. time of the last 6 of 10x100s with 1min rest between each one. 2) The immediate pulse rate (count pulse for 10 sec and multiply x 6). 3) The recovery pulse one minute later. As you get in shape your times should get faster for a given HR and you should recover faster. Lets look at 3 Mt. Baker Master swimmers.

	Time	1st H.R.	Recovery H.R.			
Aug	A.	1:02-198-88		B.	1:04-165-108	C. 1:20-156-108
Sept		1:02-198-88			1:07-148-88	1:14-169-102
Oct		1:02-180-88			1:03-167-106	1:13-168-102

P N A MEET INFORMATION (JOANN BRISLIN and KATHY CASEY)

* NO DIVING DURING WARM UP - except in sprint lanes during *
* designated sprint times! *
* NO DIVING IN WARM UP AREA DURING MEET *
* ALL ENTRY FOR WARM UP OR WARM DOWN MUST BE FEET FIRST *

DEC 11-12 The EVERGREEN meet will be Friday and Saturday, Dec 11-12
PLACE: Evergreen Pool, 606 SW 116th Pl, Seattle, WA
206 246-1610

OCT 1-MAR 31 Swim Across the PNA sponsored by the Fitness Committee.
To enter send \$5.00 to Jane Moore, 29920 2nd Pl SW,
Federal Way, WA 98023. See the September, October, or
November WETSET for entry and tracking information.

JAN 1 - JAN 31 DAWN MUSSELMAN SWIM AGAINST CANCER. This is a Swim-A-thon
to benefit the American Cancer Society plus a one hour
postal swim jointly sponsored by the PNA and the American
Cancer Society

JAN 17 FIDALGO MEET, Sunday, January 17th at Fidalgo Pool,
1603 22nd Street, Anacortes, WA 98221 206 293-0673
WARMUP: 8:30 AM - MEET START: 9:30 AM
HOSTED BY: Fidalgo Islanders Seahawks Masters
DEADLINE: Entry must be postmarked by January 5, 1988
ENTRY FEE: \$2.00 Surcharge plus \$1.00 per event
Relays are free. *
POOL: 25 yard, 6 lane pool, Colorado electronic
timing system, diving tank available for warmups, lockers
available (.10 cents small, .25 cents large), smooth deck
surface, plenty of spectator seating, complimentary
coffee and doughnuts.
DIRECTIONS Take I-5 to Burlington, take Burlington-
Anacortes exit (#230). Turn left (west) on Highway 20.
Anacortes is 16 miles from the exit. Hiway 20 curves
right onto Commercial Street in Anacortes. Turn left at
the second stop light onto 22nd. The pool is at J and
22nd on the left side of the road.
MEET INFORMATION: The meet will be seeded slow heets
first including the 400 IM. Entrants swimming the 400 IM
must check in 30 minutes before meet start time. You must
be registered for 1988 in order to swim this meet.
Relays may be swum Men's, Women's or Mixed.
NOT OFFERED are the 200 Breast, 200 Fly, 200 IM, 100 Free
100 Back and the 500 Free. as meet schedule number 1 is
in effect for this meet.
* The entry form in the November WETSET did not reflect
the new fee schedule. The new entry fee is as stated
above. If you submit the wrong amount, you will be
entered in all events that you signed up for and asked
to pay the amount owed at the meet.

2 1/2 hrs

OTHER MEET INFORMATION (JOANN BRISLIN and KATHY CASEY)

- DEC 5 & 6 VIKING MASTERS SHORT COURSE METERS MEET to be held at
Portland State Univerisity Pool.
Jeff Jacob, Meet Director, 503 645-3750
Dec. 5th - Warmup 5:00 PM
Dec. 6th - Warmup 9:00 AM
- MAY 13-16 1988 CANADIAN MASTERS SWIMMING CHAMPIONSHIPS
1988 The 1988 Championships will be held in accordance
with Rule 22 of the Swimming Canada Natation Handbook.
(CASA). The meet site is the UBC Aquatic Center in
Vancouver BC. The Aquatic Center comprises two 50 meter
pools, one indoors and one outdoors. (The meet will be
held in the indoors pool - 8 lanes for the meet and a
25 meter portion for competitors during the meet.)
- MAY 19-22 1988 MASTERS NATIONAL SHORT COURSE CHAMPIONSHIPS
For meet information send a self-addressed, number 10
business size envelope, stamped with .44 cents to:
Huddy Murray, 1988 Masters Nationals
% Texas Swim Center
1900 E Campus Drive
Austin, TX 78705
- AUG 25-28 1988 MASTERS NATIONAL LONG COURSE CHAMPIONSHIPS
University of Buffalo, Amherst, New York
- OCT 9-16 1988 WORLD MASTERS SWIMMING CHAMPS - BRISBANE, AUSTRALIA
Estimated cost - minimum \$1600.00 including airfare, eight
nights hotel, airport transfers, portorage, "Welcome"
function, World EXPO 88, and the "Finale" function.
- 1988 is Australia's Bicentennial and Brisbane the site of
World EXPO 88 so a go/no go decisions must be made ASAP.
SWIMTOUR INTERNATIONAL / JETSET TOURS hold accomodations in
all categories but booking should be made soon after
receiving the brochure. Write/call to be assured early
receipt of the brochure: SWIMTOUR INTERNATIONAL, 413 Canal
St, Stamford, CT 06902 or call 1 800 243-6346. (SWIMTOUR
INT'L/ASK MR. FOSTER - BILL KRUMM)

For information about out of association meets, unless otherwise listed:

INLAND EMPIRE
Elin Zander
E 1922 15th
Spokane, WA 99203
509 534-7509

IDAHO
Richard Cook
Sawtooth Masters Swimming
1915 SW State Street
Boise, ID 83702
604 736-7645

OREGON
Bert Peterson
2051 NE 137th
Portland, OR 97230
503 252-6081

BRITISH COLUMBIA
Denis Crockett
BC Masters
1531 W 4th Ave
Vancouver, BC V6J 1L6

OCEANA ZONE MEET SCHEDULE - KATHY CASEY

INLAND EMPIRE ASSOCIATION

JAN	9-10	YAKIMA, WA	25	Y	
JAN	23-24	WALLA WALLA, WA	25	Y	
FEB	13-14	FAIRCHILD, WA	25	M	
MAR	5-6	WENATCHEE, WA	25	Y	
MAR	25-27	SPOKANE, WA	25	Y	WHITWORTH (IEA CHAMPS)
APR	22-24	SPOKANE, WA	25	Y	WHITWORTH (REG 12 CHAMPS)

OREGON ASSOCIATION

JAN	9-10	PORTLAND, OR	25	Y	M A C
FEB	6	TUALATIN, OR	25	Y	PENTATHLON
MAR	4-5	NEWBERG, OR	25	Y	
APR	8-10	CORVALLIS, OR	25	Y	(OREGON CHAMPS)

PACIFIC NORTHWEST ASSOCIATION)

JAN	17	ANACORTES, WA	25	Y	
FEB	7	SEATTLE, WA	25	Y	
FEB	20	TACOMA, WA	25	Y	ANIMAL MEET - PIERCE COLLEGE
MAR	?	BURIEN, WA	25	Y	
APR	8-10	SEATTLE, WA	25	Y	(PNA CHAMPS)

PACIFIC MASTERS SWIMMING ASSOCIATION

(NORTHERN CALIFORNIA - NOT AVAILABLE AT THIS TIME)

SAN DIEGO/IMPERIAL ASSOCIATION

(SOUTHERN CALIFORNIA - NOT AVAILABLE AT THIS TIME)

UNITED STATES MASTERS SWIMMING, INC.

REGISTRATION APPLICATION - NOV 1, 1987 - OCT 31, 1988

FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS

PLEASE PRINT OR TYPE INFORMATION

THIS IS A RENEWAL My 1987 USMS No. is _____ NEW REGISTRATION

PLEASE NOTE THE CHANGE(S) FROM MY 1987 REGISTRATION:

ADDRESS NAME _____ CLUB/DIST. _____ (PREVIOUS)
 OTHER _____

Last Name _____ First Name _____ Initial _____

Street Address _____

City _____ State _____ Zip Code _____

Telephone No. _____ Date of Birth _____ Age _____ Sex _____

Local _____ Date of Application _____
 Team _____ Unattached

(Club (Nat'l Level Only) _____
 PNA Other _____ Unattached



OFFICE USE ONLY

THANK YOU

MAKE CHECK PAYABLE TO: **PNA MASTERS SWIMMERS**

MAIL TO: **DAVID R. ADDLEMAN**
 4030 South 158th Lane
 Seattle, WA 98188

USMS FEE	LMSC FEE	TOTAL FEE
\$5.00	\$10.00	\$15.00

SENIORS (65+) \$10.00

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

x _____
 APPLICANTS SIGNATURE.

PLACES TO SWIM IN THE PUGET SOUND AREA

Auburn, 516 4th NE, Auburn 839-6168
 lap swim: M-F: 6:30 - 8:00 AM & noon - 1:00 PM
 Bellevue
 Eastside Branch YMCA, 14230 Bel-Red Rd., Bellevue 746-9900
 workouts: M-F: 6:45 - 7:45 AM contact: Kevin O'Shea 746-9900
 lap swim: M-F: 7:45-9 AM, 11:30 AM-1 PM, 5:30-6:15 PM/ SAS 12:30-2 PM
 Samana Club, 15231 Lake Hills Blvd., Bellevue 746-1160
 lap swim: M-F: 5:00 - 9:00 AM / Every Day: 9:00 - 10:00 PM
 Newport Hills, 5464 119th Ave. SE, Bellevue 746-9510
 workouts: M - F: 6:30 - 7:30 AM contact: John Underbrink 828-6733
 Bellevue Athletic Club, 11200 SE 6th, Bellevue 455-1616
 Bellevue, 601 143rd NE, Bellevue 747-4245
 lap swim: M-Sat.: noon - 1:30 PM
 P.R.O. Racquet & Health Club, 4455 148th Ave. NE 885-5566
 Bremerton
 Bremerton Municipal Pool, 50 Magnuson Way, Bremerton 478-5376
 lap swim: M-F: 11:15 - 12:30 PM; Tu/Th: 6:30-9:00 PM; F: 6-7 PM
 Olympic Aquatic Center, 7070 Stampede Blvd., Bremerton 692-3192
 workouts: TU/TH - 6:30 - 7:30 AM contact: Geoff Pentz 692-3192
 lap swim: M-F: 5:30-8:00 AM; M-TH: 8:00 -9:00 PM
 Burien
 Evergreen, 606 SW 116th, Burien 246-1610
 workouts: T, TH: 7:30 - 8:30 AM / M-F: 4:30 - 6:00 PM
 contact: Tom Anderson 246-1610
 lap swim: M-F: 6:10-30 AM, 11 AM-2 PM, 6-9:30 PM/ Sat.: Noon-2 PM
 Burien Swim Club, 626 SW 154th, Burien 433-7900
 Des Moines
 Mt. Rainier, 22722 19th Ave. S., Des Moines 824-1729
 workouts: M-W: 8-9:30 PM / F: 6-7 PM contact: Bob Miller 878-4789
 lap swim: M-F: 6:00 - 8:30 AM / M-TH: 8:00 - 9:00 PM
 Edmonds
 Harbor Square Athletic Club, 160 W. Dayton 778-3546
 Enumclaw
 Enumclaw, 420 Semanski S., Enumclaw 825-1188
 lap swim: M-F: 6:00 - 7:30, noon - 1 PM, & 8:00 - 9:00 PM
 Federal Way
 Federal Way Pool, 30421 16th Ave. S., Federal Way 839-1000
 workouts: M-F 6:00 - 7:00 AM contact: Hugh Moore 941-3100
 lap swim: M-F: 6-7:30 AM & 12-1 PM / Sat 12-1 PM
 Fife
 Fife Community, 5410 20th St. E, Fife 922-P00L
 lap swim: M-F: 8:00 - 9:00 AM, 10:30 AM - noon, 1-3 PM, & 4-5 PM
 Issaquah
 Issaquah, 50 SE Clark, Issaquah 392-1650
 workouts: M,W,F: 6:00 - 7:00 AM
 lap swim: M-F: 7:00 - 8:00 AM/M-TH: 8:30 - 9:30
 Kent
 Kent, 25401 104th SE, Kent 854-3260
 lap swim: M,W,F: 6:30 - 7:30 AM/ T,TH: 8:00 - 9:00 PM
 Tacoma, 18230 SE 240th, Kent 432-1948
 Kirkland
 Juanita, 10601 NE 132nd, Kirkland 828-3251
 Lynnwood
 Lynnwood Pool, 18900 44th Ave. W., Lynnwood 771-4030
 lap swim: M-F: 5:30-8:30 AM/ M-TH: 8:45-10:45 AM & 1-2:30 PM
 M-TH: 2:45-3:45 PM & 5:45-6:45 PM
 Mercer Island
 Mercer Island District Pool, 8815 SE 40th 232-7370
 workouts: Tu,Th: 11:00 AM - noon contact: John Underbrink 828-6733
 lap swim: M-F: 6:00 - 7:30 AM, noon - 1 PM, & 8:00 - 9:00 PM

North Bend
 St View, 41600 SE 122nd, North Bend 888-1447
 lap swim: M,W,F: 6:30 - 8:30 AM/ M,W: 5:30 - 6:30 PM
 Olympia
 The Evergreen State College, Campus Recreation Center, Olympia 866-6000
 lap swim: M-F: 11:30 AM-3 PM, 5-9 PM/ SAS: 1-6:30 PM
 Poulsbo
 North Kitsap, 1881 Hostmark, Poulsbo 779-3790
 lap swim: M-F: 5:45-9:00 AM, 11:30-12:30, 5-6 PM, 7:30-8:30
 Redmond
 Redmond, 17535 NE 104th, Redmond 885-3600
 lap swim: M-F: 6:00 - 7:30 AM & 8:00 - 9:00 PM
 Renton
 Renton, 16740 128th SE, Renton 226-9230
 lap swim: M-F: 11:30 - 12:30
 Hazen, 1101 Hoquiam Ave. NE, Renton 235-2227
 Seattle
 Sandpoint Naval Station, 7500 Sandpoint Way, NE, Seattle 526-3531
 workouts: Tu,Th: 6:30 - 7:30 AM; F: 4:30 - 5:30 PM
 contact: Stacy McInelly 526-3531 - note: Military personnel only
 lap swim: M-F: 10:30 - 1:30 & 4:30 - 5:30
 Ballard, 1471 NW 67th, Seattle 783-7176
 Evans, 7201 E. Green Lake Dr. N., Seattle 625-4258
 Helene Madison, 13401 Meridian N., Seattle 362-5344
 Meadowbrook, 10515 35th NE, Seattle 365-9933
 Medgar Evers, 500 23rd, Seattle 324-2560
 Queen Anne, 1920 1st W., Seattle 625-2282
 Rainier Beach, 8825 Rainier S., Seattle 723-5919
 Southshore, 2801 SW Thistle, Seattle 935-6006
 Northshore, 9815 NE 188th, Bothell 486-9177
 lap swim: M-F: 6:00 - 7:30 AM, noon - 1:30 PM, & 8:30 - 9:30 PM
 Shoreline, 19030 1st Ave. NE, Seattle 363-4845
 workouts: M-F: 5:30 - 7:00 AM contact: Robin O'Leary 241-0623
 lap swim: M-F: 5:30 - 7:00 AM & 11:30 - 12:30
 South Central, 4414 S 144th, Seattle 242-2287
 lap swim: M-F: 5:45 - 8:00 AM & 8:05 - 9:05
 Southwest Pool, 2801 SW Thistle Street, Seattle 935-6006
 workouts: M,W: 5:30-6:30 PM / F 6-7 PM / Sun 5-6 PM
 lap swim: M-F: 6-7:30 AM & 3-4 PM / Sun 5-6 PM
 YWCA, 909 4th, Seattle 382-5010
 YWCA, 1118 5th, Seattle 447-4868
 Aquatic Development Clinic, 11009 1st S., Seattle 232-3474
 Red Shield, 9050 16th SW, Seattle 767-3150
 Seattle Athletic Club, 333 NE 97th, Seattle 522-9400
 workouts: M,W,F: 6:30 - 7:30 AM / M,W: 7:00 - 8:00 PM
 contact: Jody Kleven 326-4600 (day) or 367-2350 (eve.)
 View Ridge Club, 5615 NE 77th, Seattle 524-3500
 Wedgwood, 7727 28th NE, Seattle 523-8211
 Summer
 Summer High School, 1707 Main, Summer 863-8110
 workouts: M,W,F: 5-6 PM contact: Donna Phelan 862-8777
 lap swim: M-F: 5:30 - 7:00 AM, 12:00 - 1:15 PM
 Tacoma
 Ft. Steflacom, 9401 Farwest Dr. SW, Tacoma 964-6678
 workouts: M - Th: 5:00 - 7:00 PM; Sat. 8 - 10 AM
 contact: Kathy Casey 588-4879
 Tacoma Pierce Co. Family YMCA, 1002 S. Pearl St., Tacoma 564-9622
 workouts: M-W-F: 7:30 - 9:00 PM contact: Mike Stipek 564-9622
 Eastside Community Pool, 35th & L, Tacoma 591-2042
 lap swim: M-F: 6-7:30 AM, 11:45 AM - 1 PM/ M,W,F: 4-6 PM/ T,Th: 8-9 PM

DAWN MUSSELMAN SWIM AGAINST CANCER

A Swim-A-Thon to benefit the American Cancer Society plus a one hour postal swim jointly sponsored by the PNA and the American Cancer Society.

- SANTIONED BY: USMS and PNS
- LOCATION & TIME: Any 25 yd pool anytime between January 1-31, 1988
- ELIGIBILITY: Any registered USMS athlete who contributes or collects at least \$10.00 in pledges for the American Cancer Society.
- AWARDS: All participants to receive lapel pin & certificate. Results will be printed in the "Wet Set".
- EVENT: The object of the contest is to determine the distance an individual can swim in one hour. The swimmer must have a timer-counter to verify the number of lengths and the time swum with a stop watch. This person must sign the official entry form.
- ENTRY FEE: Swimmer must include pledge sheet & collected pledges, made out to the American Cancer Society, who will send out a receipt to the individual pledgers.
- ENTRY DUE: February 16, 1988
- SEND TO: Ian Thompson (W) 671-0070
3217 Squalicum Parkway (H) 733-2338
Bellingham, WA 98225

DAWN MUSSELMAN SWIM AGAINST CANCER ENTRY FORM
USMS AND PNA SANTION #873606

Last Name _____ First Name _____ Sex _____

Address _____ City _____ State _____ Zip _____

Age Group (Circle) 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+

Birthdate _____

Telephone _____ USMS # _____ Team _____

STATEMENT OF RELEASE


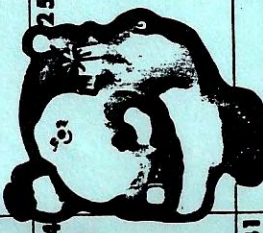

The undersigned agrees to hold United States Masters Swimming, Inc., all local Masters Swimming Committees, and the American Cancer Society free and harmless from any and all damages, claims, demands and legal action arising by reason of injury to anyone during the conduct of the event, including all Attorney fees and court costs.

Certification - I certify that on _____ I swam _____ yards in one hour

Signature of Swimmer

Signature of Verifier

December

mon	tue	wed	thu	fri	sat	sun
1 	2	3	4	5 SC Motors at Portland, Oregon	6	
7	8	9	10	11 SC Husky Meet - Evergreen Pool	12	13
14 BOARD MEETING 7:00 P.M. U of W	15	16	17	18	19	20
21	22	23	24	25 	26	27
28	29	30	31			

On Deck: 1/5 Last day to enter Fidalgo Meet
 1/17 Fidalgo Meet, Anacortes, WA
 1/27 Team Seattle Meet Entries Must Be In
 2/7 Team Seattle Meet
 2/20 Animal Meet - Fort Steilacoom

Looking Forward:

- APR 8-10 PNA CHAMPIONSHIPS
- APR 22-24 REGION 12 CHAMPS - SPOKANE
- MAY 13-16 1988 CANADIAN CHAMPS
- MAY 19-23 1988 SHORT COURSE NATIONAL CHAMPS - AUSTIN TX
- AUG 25-28 1988 LONG COURSE NATIONAL CHAMPS - NEW YORK
- OCT 8-14 1988 WORLD CHAMPS - AUSTRALIA
- MAY 12-15 1989 SHORT COURSE NATIONALS - FLORIDA
- AUG 17-20 1989 LONG COURSE NATIONALS - NORTH DAKOTA