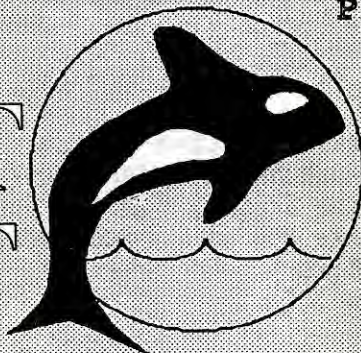


the
WET
SET



PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS

PRESIDENT

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

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206 838-1555

THE PNA NEWSLETTER

VOLUME 6

NUMBER 7

JULY 10, 1987

Tom Taylor, President of P N A (Aquatics) received, on behalf of the PNA women who swam at SC Nationals, the SECOND PLACE plaque that will be officially presented at the July Board meeting.

Out of 51 teams competing PNA took 6th place overall. PNA women taking second and the PNA men taking 15th.

Our other team competing, the HUSKIES, took 46th place overall.

Rondi White, President of P N A (Association), extends congratulations to all who participated in the SC Nationals meet. We are proud of you!

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JULY BOARD MEETING - JULY 28, 7:00 P.M.
UNIVERSITY OF WASHINGTON - IN THE RANCHERO
ALL PNA MEMBERS ARE INVITED AND WELCOME. SEE YOU THERE!

PNA Board Meeting
June 23, 1987

The meeting was called to order by Vice President Dave Addleman at the Tacoma YMCA. The previous minutes were read. Those in attendance were: Darryl Swenson, Bob Miller, Arlene Proebsting, Mike Stipek, Stephen Freeborn, Steve Peterson, Gloria Masters, Dorothy and Warren Kleist, Gordon Gray, Rick Ingraham, Jane and Hugh Moore, Dave Addleman, Kiko Kimura, and Debra Lewis.

Committee Reports:

Treasurer: There is a balance of \$3049. Bob discussed a procedure of collecting an additional amount of \$2.00 for NSF checks. Bob will look into a new bank to transfer the PNA account.

Membership: There are 525 members.

Social: The social at Gordon Gray's is running smoothly. Darryl is looking for someone to set up children's games at the party. Motion made, seconded and passed to provide \$100.00 for Darryl to buy ice, briquettes and watermelon for the party. People are encouraged to bring water toys and lawn furniture. The across Lake Washington swim is being dropped as a function.

Awards: Carolyn Baldwin will take the awards to the Oak Harbor meet.

Officiating: 18 PNA swimmers attended the Vancouver B.C. meet. Mary Lou Haughland will be on the officiating committee. Since no one from the committee will be at the Oak Harbor meet, Dave Addleman volunteered to explain the basic USMS rules to the meet officials. Hugh Moore will talk to the Team Seattle meet officials about rules prior to their meet.

Fitness: The committee is working on putting together a column for the newsletter on a monthly basis.

Meets: Dave presented Jan Kavadas' notes of the upcoming meet schedule. Ft. Steilacoom would like to host an Animal Meet. The Canadian dual meet will not be in Canada this year. Motion was made, seconded and passed to inform the Canadians that an international meet will be held the 2nd weekend of December, pool and times to be announced. Darryl would like it to be held in Seattle. A motion was made, seconded and passed to approve Eastside Catholic as host for the October meet.

New Business: Motion made, seconded and passed for the PNA to pay a maximum of \$550.00 for convention costs of the 4 PNA delegates. Motion made, seconded and passed approving Kathy Casey, Walt Reid and Hugh and Jane Moore to be the PNA delegates at the national convention. The Board will discuss all proposed rule changes prior to the delegates leaving for the convention. Dave presented a report from the President requesting Walt and Kathy be in charge of handling the "Dawn Musselman Award" at Long Course nationals. The award was established as a perpetual award. The board is waiting for the national association to accept the award on an annual basis. The awards chairman will find out how much it will cost to run a picture and an article in the heat sheet at nationals discussing the award.

Finance committee will bring a proposed budget for the upcoming fiscal year to the July board meeting for discussion.

Arlene Proebsting was introduced as the new hospitality chair.

Kiko suggested that the PNA appoint an "ombudsman" to help smooth over problems and complaints that arise at meets and to relieve the meet director of this hassle. This suggestion will be considered at another meeting.

The meeting was adjourned at 8:25 p. m. The next meeting will be on July 28 at the University of Washington at 7:00 p.m.

Debra Lewis

LETTERS TO THE EDITOR

Hello Wet Set Editor!

It was a distinct pleasure to see all of the PNA and Oregon swimmers at our Seymour Rapids Invitational. Good swims were had by all PNA swimmers, but most especially by Greg Harrison who broke the 35-39 200 Meter SC Breast record by over six seconds!

I look forward to seeing lots of PNA faces in Houston this summer.

Peter Cruise

FAMILY FUN DAY

Our first Family Fun Day is July 11th at Gordon Grays, with a western exposure and lawn to the lake front. Ice, briquettes and watermelon (for greased watermelon water polo) is furnished. Bring water toys, both adult and children style, lawn furniture, and of course FOOD.

See the last issue of the WET SET for detailed directions.

(Darryl Swensen - Social Chairman 284-6529)

COMMITTEE ADDITIONS

HOSPITALITY CHAIR - ARLENE PROEBSTING - 206 848-1411

We now have all committee chairs filled but there is still a need for volunteers to round out those committees. In short, PNA needs you and your talents!

One more volunteer this month is PETER HEBERT who will be assisting on the WET SET.

*****COACH'S CORNER*****

By request, "Warming Up to Swim Fast" is being reprinted. Since its first printing in the WET SET, United States Masters Swimming has adopted some new rules to help make warm-up a safer environment. There is no diving allowed during warm-up except for the designated sprint lanes during the designated times. Hand paddles are not allowed. These new rules involve some habit-changing on all of our parts but the increased safety will make the changes well worthwhile.

WARMING UP TO SWIM FAST

The most critical part of your racing day is your warmup. A good warmup, while not a guarantee for fast times, gives you a much improved chance of swimming faster.

When you arrive at the pool, become acquainted with the facility, note depth at starting end, style of starting blocks, characteristics of the ceiling (back-IM'ers), walls, gutters, backstroke flags. Try to do some stretching before entering the water. This can be done while catching up on the news of the day with fellow competitors. A little stretching will make you feel a lot better when you get in.

Once you do get in, avoid the urge to sprint that first 25-50 yards. Swim relaxed for at least 200-400 yards, stretching out. (You can be getting used to the turns and walls. It's a good idea to do some kicking of all of the strokes you will swim that day, (100-200 yards) with special attention to the breaststroke legs. Be good to your knees and warm them up. Pulling is a good warmup for the arms and for many is easier than swimming. Try to avoid substituting pulling for the swim portion of your warmup. Do both.

Once you feel good, or at least better, you might want to do some "speed work". Be very careful not to do anything at race pace. Do no sprinting at 100% effort. Save that kind of effort for your races. Often times it's very hard to hold back in warmup. If you feel you must do some "sprints", you would be better off doing accelerating 25's or 50's. That is, start out relaxed and smooth, and pick up the speed throughout the 25 or 50 with the final 8-10 yards hard. Be patient and save the "all out" swims for your races.

When you feel you are ready to get out, check and be sure any tightness or stiffness is gone, or at least improved. You should leave the warmup feeling much better than when you first got in. After warmup, stay warm. Warm muscles function better than cool or cold ones. Shoes and socks help a lot.

* * * * *

On most pools around the country, the warmup routine is about the same. The first ½ hour is general warmup, all lanes used for kick-swim-pull. Usually a half hour before the meet starts, the two outside lanes become sprint lanes, or dive 25 lanes, (See Warmup Re: Sprints!) Please try to avoid swimming anything but 25's in these lanes.

Often times at well-attended meets, it seems the warmup becomes a survival test. Kickers should attempt to form a kicking lane, making it easier on them and those having to swim past them in a crowded lane. Be courteous. It's not necessary to swim your fellow swimmers into the lane line or push off their backs on a turn. Avoid holding on to the wall in the middle of the lane. Keep your lane running smoothly.

If everyone cooperates, the chances for a good warmup will be better.

Oldies But Goodies in Swim Meet

Masters of the Pool

By Pam King

This is one swim meet at which you're less likely to see chlorine-tinted green hair than Clairrol-tinted blue hair.

The U.S. Masters National Short Course Championships, the biggest swim meet ever in California, at Stanford's deGuerre Swimming Complex beginning today at 8 a.m., will include 2,328 swimmers (1,438 men, 890 women, representing 196 clubs), ranging in age from 25 to 89 years old. The oldest racer is Hawaii's Pearl Miller, a member of the Humuhumunukunukuapuaa swim club.

To get an idea of just how many people will be competing, consider that there will be 128 heats in the 10-lane pool for the 100-yard freestyle and 47 heats for the grueling 400-yard individual medley.

Athletes compete against those of the same sex and approximate age. For example, the youngest contingent is ages 25-29, and climbs upward in five-year increments (30-34, 35-39, etc.)

"What first stunned me about Masters swimming was seeing 70-year-old women who weren't daunted by the 200-yard butterfly or the 1,650-yard freestyle," said 45-year-old Jim McCoy, a member of Los Alto Masters, the club that's organizing the meet.

Twenty-two of the athletes are former Olympians, although their swimming prowess as teenagers by no means guarantees them medals as adults; it's not uncommon for swimmers in their 30s to record better times than they did 15 years ago.

Among the Olympians are swimmers such as Steve Clark, 43, who set nine world records in the early-to-mid 1960s and helped the U.S. team win three relays at the

Tokyo Games in 1964.

"I don't mind getting beat," said Clark, a lawyer who lives in San Anselmo and trains at the Olympic Club, "but I don't like getting humiliated."

Today he's not the fastest swimmer of his age — it's his former Yale College swimming teammate Tim Garton — but he still enjoys competition. Besides, he's by no means slow (he swam a 50-meter freestyle last summer in 25.29 seconds).

"In college, I could clean (Garton's) clock," Clark said, "but now he can clean mine, I guess. He

Twenty-two of the athletes are former Olympians

claims it's his body, but I say it's because he trains harder. He's damn good ... but he's arrogant as hell."

That so many former Olympians have returned to competition distinguishes swimming from many other sports. In some cases, young athletes burn out on their sport; in others, there are no Masters events. Still other former world-class athletes are embarrassed because they cannot perform at their own high standards.

Of the former Olympians entered in this weekend's meet, one has a special distinction — he wasn't a swimmer. Parry O'Brien, 55, is considered the greatest shot-putter of all time, having won gold medals in the 1952 and 1956 Olympics and a silver in 1960. And let's face it — we're talking about a man who can displace an awful lot of water.

"Because of my muscle mass

— I've always lifted weights — I had to learn some tricks to make my body more buoyant," said O'Brien, who weighs about 250 pounds and will enter the 50- and 100-yard freestyle events. "For one thing, I take a breath every stroke so I stay closer to the top of the water. Of course, I had to learn a flip turn and a racing dive."

O'Brien has been training seriously only for five months, but said his times in biweekly Masters meets in the Los Angeles area suggest he should be among the national leaders. He has been training nearly two hours a day, averaging 7,500 yards.

"I was looking for an outlet for my competitive urge," said O'Brien, who was introduced to swimming by his 19-year-old stepson, Norm Skorge, California JC champion in the 100 butterfly. "I've always been able to get more out of my body in competitive situations. I can make myself get excited and do everything right."

Although the meet is the American championship, 16 nations will be represented, and several of the former Olympians are foreign. Most noteworthy are the oldest gold medalist in the meet, Japan's Kuzo Kitamura, now in his late 70s, winner of the 1,500-meter freestyle in the 1932 Games, and the remarkable Aussie, Dawn Fraser, 46, heroine of three consecutive Olympics, from 1956 through 1964, and the first woman to break the one-minute mark in the 100-meter freestyle.

"It was kind of amazing to see Dawn Fraser at the world championships (last summer in Japan)," Clark said. "There she was — a little gray hair, a few more pounds — but the same incredible athlete. She was like me — she didn't win everything, but she was competitive, and she enjoyed it."

P N A MEET INFORMATION

1987 REGION XII LONG COURSE CHAMPIONSHIPS

Friday, Saturday and Sunday - August 7,8, and 9, 1987 at the Mt. Hood Community College Pool. Entries postmarked no later than July 17, 1987. The meet begins Friday, warm up at 6PM; Saturday and Sunday 8AM warm up. 400 IM and 1500 entrants check in by 6 PM Friday, and 400 entrants check in before event 12 on Sunday. Potluck Party, Saturday after the meet.

From Portland, take I84 East to Wood Village Exit. Head south to Stark. Left on Stark to 257th. Right on 257th to Cochran. Left on Cochran to pool. See Page 10 for relay entries and party information, Page 12 for additional information and Page 11 for the entry form.

1987 USMS NATIONAL LONG COURSE CHAMPIONSHIPS

The Nationals will be held August 21-24 at the Woodlands Athletic Center in The Woodlands, Texas.

Entries must be in the hands of the entry chairman no later than July 21 and late entries will be returned. The cost is \$3.00 per individual event plus a \$13.00 surcharge per swimmer. Fees must accompany the entry form, and an entry is not considered complete until the check clears.

A Texas Barbeque will be held on Saturday evening, August 22nd at The Woodlands Inn. Cash bar at 6:00 P.M. and a buffet style Barbeque starting at 7:00 P.M. There will be a live Disc Jockey with 50's and 60's music from 8:00 P.M. to 12:00 M. The dress is casual. FREE BEER! For more information and the entry form see Pages 13 and 14.

EMERALD CITY OPEN WATER SWIM

WHAT: Open water swim of one mile on a triangular course

WHERE: Andrews Bay, Seward Beach, Seattle

WHEN: Saturday, August 8th, 9:30 A. M.

COST: \$10.00 Pre-registration - T Shirt
\$15.00 Day of race

FURTHER INFORMATION: 206 935-6006 (Southwest Pool - 12 Noon to 8 PM
To receive a registration form, send a self addressed stamped envelope
to: Southwest Pool
2801 SW Thistle
Seattle, Wa 98126

(Nancy Eisner)

OTHER MEET INFORMATION

JULY 18 Red Cross Swim Across Willamette, Saturday July 18, 1987
Tom Mc Call Park South, on the Willamette River, Portland
Starting at the Alexis Hotel you will swim a course out
around some bouys and back, approximately 1000 yards.
The cost is \$15.00 per entrant which includes a long
sleeve T-shirt and a swim cap. Plus its tax deductible
For an official entry form or more information, write or
call: The American Red Cross, PO Box 3200, Portland, OR
97208 - Attn: Laurie Conlin 503 284-1234 Ext. 307

JULY 19 Howard Prarie Lake Swim
Ashland, Oregon
Open Water - 1500 Meter or 3000 Meter

AUGUST 16 FAN LAKE DISTANCE CLASSIC (Formerly Deer Lake Classic)
2.4 Mile Open Water Swim - Deer Lake (40 miles north of
Spokane) The swim starts Sunday, August 16th at 10:00 AM.
All participants to receive a long sleeve T-Shirt. First
place male and female finishers will also receive a long
sleeve sweat shirt. Age group trophies will also be given
out at the conclusion of the race. See Page 9 for entry.

Fee: \$10.00 prior to August 7; \$12.00 after August 7.

DECEMBER ? International Dual Meet (More Information Later)

MAY 13-16 1988 CANADIAN MASTERS SWIMMING CHAMPIONSHIPS
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.)

Excellent accomodations available at Walter Gage
Residence Hall on a first come - first serve basis.

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

INLAND EMPIRE
Harry Lewis
E 944 39th Ave
Spokane, WA 99203
509 747-3421

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

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

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

FAN LAKE DISTANCE CLASSIC

SPONSORED BY THE YMCA AND DENNY'S RESTAURANTS

TIME: SUNDAY, AUGUST 16TH, 10:00 A.M.

FEE: \$10.00 (Please make checks payable to the YMCA)
\$12.00 Late registration fee for entries sent after Friday, August 7th

AWARDS: All participants to receive a long sleeve t-shirt and a guest pass to the YMCA. First place male and female finishers will receive a long sleeve sweat shirt. Age group trophies will be given out at the conclusion of the race.

COURSE: Start and finish line will be at the Public Fishing Access at YMCA Camp Reed. The course will be an out and back 1.5 mile swim. A detailed description and directions to Camp Reed, along with additional information, will be found in the race packet.

Race packets can be picked up Friday, August 14th between 9 AM and 8:30 PM at the YMCA, N. 507 HOWARD, SPOKANE, WA 99201.

For additional information call 509 838-3577 and ask for George.

ENTRY FORM

NAME (Print) _____ AGE _____

ADDRESS _____ BIRTHDATE _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____

MALE _____ FEMALE _____ T-SHIRT SIZE ___S___M___L___XL___XXL

In consideration of the acceptance of this entry and intending to be legally bound, I hereby, for myself and for my heirs, executors and administrators, waive and release all rights and claims for damages which may hereafter occur to me against the organizers of this swimming event. This includes the YMCA and DENNY'

I understand this statement and my signature confirms it and that I am also physically fit and have trained specifically for this event.

SIGNATURE _____

Please send check made out to the YMCA and the entry form to:

FAN LAKE DISTANCE CLASSIC
C/O YMCA
N 507 HOWARD
SPOKANE, WA 99201

CHANGE OF ADDRESS FORM

NAME..... USMS #.....
 OLD ADDRESS..... NEW ADDRESS.....

ZIP.....ZIP.....
 NEW PHONE NO.....

SEND TO: David Addleman
 1812 Maple Lane #D-21
 Kent, WA 98031

*FOR NON-MEMBERS ONLY
SUBSCRIPTION FORM FOR WET SET NEWSLETTER

NAME..... MAKE \$8.00 CHECK PAYABLE TO:
 ADDRESS..... PNA MASTERS SWIMMERS AND SEND
 TO:
 David Addleman
 1812 Maple Lane #D-21
 Kent, WA 98031
 ZIP CODE.....

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

UNITED STATES MASTERS SWIMMING, INC.
REGISTRATION APPLICATION – NOV. 1, 1986 – OCT. 31, 1987

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

PLEASE PRINT OR TYPE INFORMATION
 THIS IS A RENEWAL My 1986 USMS No. is, _____ NEW REGISTRATION

PLEASE NOTE THE CHANGE(S) FROM MY 1986 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 ADDLEMAN**
1812 MAPLE LANE #D-21
KENT, WA 98031
(206) 852-7002

(THESE FEES GOOD THRU OCT. 31, 1987 ONLY)

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

SENIORS (65+) \$8.00

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

 APPLICANTS SIGNATURE

LONG COURSE REGIONALS PARTY INFO

Following Saturday's events at the long course regionals in August there will be a very informal hot dog roast at the home of Bert Petersen. OMS will provide hot dogs and appropriate condiments, salads and soft drinks. If you wish to attend please sign up at the meet on Saturday, August 9. Maps to Bert's house will be available at the meet. There is no charge, just bring some chips & dips, etc. and the rest is on us. If you wish to partake of an alcoholic beverage you must provide your own. This is a rain-or-shine affair. If the weather should be wet, Bert has graciously offered to run the videos he has of the 1986 Long Course Nationals PLUS a continuous loop of the famous swimmer himself swimming the 50 fly! Who could ask for anything more? Hope to see you there.

RELAYS! RELAYS! RELAYS!

NAME _____ AGE M F USMS# _____
 ADDRESS _____ CITY _____ ST _____ ZIP _____
 PHONE _____ BIRTHDATE _____

_____ I WILL be attending Long Course Regionals at Mt Hood, OR on August 7 - 9, 1987. I would like to swim on the following relays:

- _____ FREE RELAY
- _____ MEDLEY RELAY
- _____ MIXED MEDLEY RELAY
- _____ MIXED FREE RELAY

My best 50 Meter times for 1986-1987 are: (Please be accurate AND please circle YD or MTR)

50 FREE _____ YD MTR 50 BREAST _____ YD MTR
 50 BACK _____ YD MTR 50 FLY _____ YD MTR

PLEASE NOTIFY KATHY IMMEDIATELY IF YOU CANNOT SWIM ON RELAYS!!!!!!!!!!!!!!

DEADLINE: We need a relay committment from you by AUGUST 3, 1987.

MAIL TO; KATHY CASEY
 11114 - 111th St SW
 Tacoma, WA 98498

1987 REGION XII LONG COURSE CHAMPIONSHIPS ENTRY FORM
SANCTIONED BY USMS, INC AND LMSC FOR OREGON ASSOCIATION
 Sanction No. 87J

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____ PHONE _____

USMS# Z AGE _____ BIRTHDATE _____ SEX _____

ASSOCIATION (check one):

OREGON: Oregon PNA: PNA IEA SRA OTHER
 MAC Huskies please specify

You are limited to a maximum of 6 individual events (not to exceed 5 in one day) plus 4 relays. Enter relays at the meet. The 400 IM, 1500 and 400 Free will be deck-seeded. 400 IM and 1500 entrants should check-in no later than 6:00pm on Friday. 400 Free entrants should check-in before event #12 on Sunday. All other events will be pre-seeded, one fast heat men, one fast heat women, then mixed heats fast to slow.

Please indicate if you are willing to swim two to a lane in the 1500 Free:
 Yes No

ENTRIES MUST BE POSTMARKED BY 7-17-87

		ENTRY TIME				ENTRY TIME	
<u>FRIDAY</u>				<u>SUNDAY</u>			
400 IM	1	_____	_____	50 Fly	12	_____	_____
1500 Free	2	_____	_____	200 Back	13	_____	_____
<u>SATURDAY</u>				100 Free	14	_____	_____
100 Back	3	_____	_____	5 MIN BREAK			
50 Breast	4	_____	_____	Mxd Med Relay	15	XXXXXX	
200 Free	5	_____	_____	5 MIN BREAK			
5 MIN BREAK				100 Fly	16	_____	_____
Medley Relay	6	XXXXXX		200 Breast	17	_____	_____
5 MIN BREAK				50 Back	18	_____	_____
100 Breast	7	_____	_____	5 MIN BREAK			
200 Fly	8	_____	_____	400 Free	19	_____	_____
50 Free	9	_____	_____	5 MIN BREAK			
5 MIN BREAK				Free Relay	20	XXXXXX	
200 IM	10	_____	_____				
5 MIN BREAK							
Mxd Fr Relay	11	XXXXXX					

Meet Entry Fee = 7.00

SEND FORM & FEE(S) PAYABLE TO OMS TO:
 OMS
 18476 TIMBERGROVE COURT
 LAKE OSWEGO, OR 97034

PLEASE NOTE: Swimmers less than 25 years old may jeopardize their amateur standing under FINA Rule GR1 if they compete in Masters competition.

STATEMENT OF RELEASE: The undersigned agrees to hold USMS, Inc. and LMSC for Oregon free and harmless for 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.

Signature _____ Date _____

1987 REGION XII LONG COURSE CHAMPIONSHIPS
SANCTIONED BY USMS, INC AND LMSC FOR OREGON ASSOCIATION
Sanction No. 87J

MEET: REGION XII LC CHAMPIONSHIPS
PLACE: Mt. Hood Community College
Gresham, Oregon
8 lanes, continuous warm-up area

DATES: AUGUST 7, 8 & 9, 1987

	<u>Events</u>	<u>Warm up</u>	<u>Meet Starts</u>
<u>Fri</u>	1-2	6:00PM	7:00PM
<u>Sat</u>	3-11	8:00AM	9:00AM
<u>Sun</u>	12-20	8:00AM	9:00AM

HOST: Mt. Hood Community College & OMS, Inc.
Meet Contact: Susan Albright, 644-9668

DIRECTIONS TO POOL:

From Portland: Take I-84 East to Wood Village Exit. Head south to Stark. Left on Stark to 257th. Right on 257th to Cochran. Left on Cochran to pool.

ELIGIBILITY: Open to all USMS registered swimmers, 19 years of age or older, as of last day of meet.

AGE GROUPS: 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+

RELAY AGE GROUPS: (total team age) 76+, 100+, 120+, 160+, 200+, 240+, 280+

SEEDING: Enter relays at meet. The 400 IM, 1500, and 400 Free will be deck-seeded. 400 IM and 1500 entrants should check-in no later than 6:00pm on Friday. 400 entrants should check-in before event # 12 on Sunday. All other events will be pre-seeded, one heat fast men, one heat fast women, then mixed heats fast to slow.

AWARDS: Individual awards may be purchased at the meet for \$1.50 each.

ENTRY FEE: \$7.00 per swimmer. Make check payable to OMS. Mail entries to:
OMS, 18476 Timbergrove Ct., Lake Oswego, OR 97034

ENTRY DEADLINE: Postmarked no later than 7-17-87. No late entries will be accepted.

PARTY: We have tentative plans for a potluck picnic following Saturday's events. Look for further details in the next issue of your newsletter.

HOUSING: For those of you who would like to add a personal touch to your visit or are interested in keeping your budget in tact here is a deal for you. Contact Ginger Pierson (H.O.S.T. Chairperson for OMS) at H-(206) 254-2536 or W-(206) 256-6065. Ginger will get you in touch with one of our local swimmers who would be happy to provide you with lodging for a couple of nights. Available hosts are limited so call early.

Alternative lodging includes the following (1985 prices):

Shilo Inn, 2522 NE 238th Drive, (503) 667-1414 (8 min. from pool)
\$38 S/ \$46 Dbl

Coachman Inn, 1545 E. Burnside, (503) 666-9545 (5 min. from pool)
\$36 S/ \$44 Dbl

Wood Village Inn, 23705 NE Sandy Blvd, (503) 666-6623 (8 min. from pool)
\$28 S/ \$36 Dbl

Official Entry Form for Individual Events
 1987 UNITED STATES MASTERS SWIMMING
 NATIONAL LONG COURSE CHAMPIONSHIPS
 The Woodlands, Texas
 August 21-24, 1987

NAME Last First MI SEH

ADDRESS No. Street City State Zip Country

AGE on 8/24/87 BIRTHDATE Mo Day Yr 1987 No. Required

USMS REG #

Club Name or Unattached Club Abbrev LMSC (Assoc)

TELEPHONE day eves

ENTRY DUE DATE: Entry must be received no later than Tuesday, July 21, 1987.

Event No.	WOMEN	TIME and EVENT	Event No.	MEN
-----------	-------	----------------	-----------	-----

FRIDAY, August 21, 1987 @ 8:00

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	10	See relay form
11		400 Meter freestyle	12	

SATURDAY, August 22, 1987 @ 8:00am

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	24	See relay form
25	See relay form	200 Meter mixed medley relay	26	See relay form

SUNDAY, August 23, 1987 @ 8:00 am

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	38	See relay form

MONDAY, August 24, 1987 @ 8:00 am

39		800 Meter freestyle	40	
41		1500 Meter freestyle	42	

NOTE: YOU CANNOT ENTER BOTH THE 800 AND 1500 METER FREESTYLE

I am willing to swim the 800/1500 meter freestyle with two persons per lane. yes
 no

1987 USMS NATIONAL LONG COURSE CHAMPIONSHIPS

Dates: August 21-24, 1987

Location: The Woodlands Athletic Center, The Woodlands, Texas

Sanctioned by: US Masters Swimming, Inc. & the LMSC/Gulf Masters Swimming

Filling Out Entry Blank: There are no qualifying standards for this meet. Write your best time or a reasonable estimate in the space next to the event(s) you wish to enter. DO NOT ENTER WITH "NO TIME," or your entry will be rejected. You may enter six events but swim no more than three on any one day.

Eligibility: National Championships are open to USMS registered swimmers 25 years of age and older (as of August 24, 1987). If you wish to represent a club, then you and the club must be registered in the same LMSC; if any question about your affiliation, you will swim "unattached." Foreign swimmers require a travel permit with entry.

Conduct of the Meet: Meet Brochure has all details of the meet conduct. All events 200 meters & under will be pre-seeded. The 400m freestyle, the 400m IM, and the 800/1500m freestyle will be deck seeded.

Age Groups: 25-29, 30-34, etc. to 80-84, 85-89, and 90 and over. Your age is determined as of the last day of the meet (8-24-87).

Awards: National Masters Medals to first through ninth places.

Scoring: Individual Events (men/women): 10-8-7-6-5-4-3-2-1. See relay entry for relay scoring.

Fees: \$3.00 per individual event plus \$13.00 surcharge per swimmer. Fees must accompany this entry form; an entry is not considered complete until the check clears the bank; if any question about your fees, full cash payment will be required before you are permitted to swim. NOTE: Refund requests must be in writing and postmarked to the meet director no later than July 21, 1987; no refunds are given for events not swum.

Banquet: A Texas Barbeque will be held on Saturday evening, August 22, 1987 at The Woodlands Inn. Cash bar at 6:00 p.m. Buffet style Barbeque beginning at 7:00 p.m. Live Disc Jockey. 50's and 60's music, 8:00-12:00p.m. Dress-casual or western. Free Beer.

Number of individual events entered _____	x \$3.00 = _____
Meet Surcharge (required of all swimmers)	\$ 13.00 = _____
Number of Texas Barbeque tickets _____	x \$15.00 = _____
TOTAL AMOUNT OF FEES DUE (do not send cash) = _____	

Checks Payable To: Woodlands Masters Swimming

Mail Entry & Fees To: 1987 LC Nationals, Woodlands Masters Swimming, P.O. Box 7148, The Woodlands, TX 77387 For proof of receipt enclose self-addressed, stamped envelope or postcard.

Entry Deadline: Entry must be in the hands of entry chairman no later than July 21, 1987; late entries will be returned to sender. **MAIL EARLY.**

Release from Liability: I, the undersigned, intending to be legally bound, do hereby waive all rights to claims for loss or damages against United States Masters Swimming, Inc., the Gulf Masters Swimming Committee, The Woodlands Athletic Center, the meet committee, or any officiating individual of the meet, as a condition of my participation in the meet. I have read the meet information and agree to abide by the rules of USMS, Inc.

Date _____ Signed _____

July

mon	tue	wed	thu	fri	sat	sun
		1	2	3	4	5
	6	7	8	9	10	11
	Last day to get LC Regional and/ or National Relay Info to Kathy				Family Barbecue	12
13	14	15	16	17	18	19
				Last Day to Enter LC Regionals	Willamette R Swim Portland, Ore	Lake Swim Ashland, Ore
20	21	22	23	24	25	26
	Last Day to Enter LC Nationals					
27	28	29	30	31		
	Board Meeting at UW at 7:00					

On Deck:

- Aug 7-9 LC Reg'l Champs-Oregon
- Aug 8 Open Water Swim-Seattle
- Aug 21-24 LC Nat'ls-The Woodlands, TX
- Aug 25 Board Meeting- Tacoma Y
- Sep 19 Board Retreat
- Oct 27 Board Meeting- UW

Looking Forward:

- May ? 1988 SC Canadian Nat'ls-Vancouver, BC
- Oct 8-14 1988 LC World Champs-Brisbane,
Australia

