

the  
WET  
SET

PACIFIC NORTHWEST ASSOCIATION  
OF  
MASTERS SWIMMERS



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THE PNA NEWSLETTER

VOLUME 9 - NUMBER 10

OCTOBER, 1990

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OCTOBER BOARD MEETING  
SEQUIM AREA RECREATION CENTER  
SATURDAY, OCTOBER 13 7:30 PM

\* \* \* \* \*

United States Masters Swimming, Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc.

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Nationally registered clubs represented by this LMSC are:  
Pacific Northwest Aquatics  
Husky Masters  
SQMasters

The meeting was called to order by President Bobby Gallegos. Ten people in attendance were: Kathy Casey, Steve Freeborn, Bobby Gallegos, Gordon Gray, Karen Jost, Nancy Lawrence, Watson Lawrence, Hugh Moore, Jane Moore, and Walt Reid. Six teams represented were: Federal Way, Fort Steilacoom, Highline, OOPS, South Kitsap and Sequim.

1. **Minutes** - The minutes of the last meeting were read and approved.
2. **Treasurer's Report** - Jane Moore reported a current balance of \$3,566.68. Year-to-date revenue is \$19,186.58 and year-to-date expenses are \$18,226.53. The board approved an additional \$500.00 to cover Convention expenses for five delegates. The board also approved the 1991 budget as amended.
3. **Committee Reports**
  - A. **Membership** - Hugh Moore submitted his resignation effective as of October 1. Hugh reported that Pat Matthiesen volunteered to be the new membership chairman and Zena Herman offered to help. Bobby Gallegos will interview Pat and make a decision.
  - B. **Meets** - Federal Way might host the long course meet at the King County Aquatic Facility August 2, 3, and 4, 1991. The board voted to go on record as opposing any change to the seeding policy for Region XII Championship meets. The minutes of the August Region XII Presidents' meeting indicate that Inland Empire is to have a location selected for Short Course Regionals by January 1.
  - C. **Newsletter** - Karen Jost reported that October 1 is the submission deadline for the next newsletter. The results for PNA swimmers who swam the Emerald City Open Water Swim will be published in the newsletter. The board may pursue an idea to offer to publish the entry form for the next Emerald City Open Water Swim in exchange for putting PNA information in their meet registration packets.
  - D. **Officiating** - As of January 1, 1992, at least one official at each meet must be certified by USS, YMCA, or a USMS approved certifying body. If a meet does not have at least one certified official, times from that meet will not count for records and Top Ten. The PNA meet bid packet will be updated to reflect that rule change.
  - E. **Fitness** - The USMS ad hoc Fitness Committee has published a packet of ideas for fitness swimmers that will be mailed out with the agenda for the next board meeting. Additional ideas included encouraging swimmers to earn the Presidential Sports Award (swim 44,000 yards in a calendar year counting a maximum of 1,320 yards per day) and nominating some award winners for the Presidential Masters Sports Award for outstanding leadership in the fitness field. Watson Lawrence will write a fitness article for the newsletter.
  - F. **National Meet Organizing Committee** - Hugh Moore reported that he, Bob Regan, and Kathy Casey gave the bid presentation to the House of Delegates at the USMS Convention in Pittsburgh on September 21. PNA was awarded the bid for the 1992 USMS Long Course Championship Meet by acclamation. During that meeting Hugh took a straw vote to help determine which of two weekends in August the meet should be held. Hugh will check with the NMOC and Highline Swim Club before settling on a final date for the meet. Regarding awards at national championship meets, USMS approved a rule change allowing the Championship Committee to consider appropriate awards rather than medal awards, thereby allowing PNA to submit a request to give plaque awards in



1992 if USMS is not contractually bound to the current USMS medal at that time.

#### 4. Old Business

A. **Clinic** - The registration form is in the September and October newsletters.

B. **Bumper Sticker** - Watson Lawrence reported a price of \$.60 per bumper sticker. The board voted to drop the bumper sticker project. Kathy reported that the bids from Sooner Web & Offset amounted to \$.24 or \$.36 per bumper sticker depending on the printing process used.

C. **Convention Report** - Jane and Hugh Moore, Kathy Casey, Walt Reid, and Jan Kavadas presented a written report of the business conducted at the USMS Convention. That report will be published in the next newsletter. Meet directors are reminded that no one may alter the waiver statement on the meet entry form before signing it.

#### 5. New Business

A. **Sunshine** - The board accepted Marietta Hunziker's resignation. Kathy Casey offered to fill in until a new volunteer can be found. Bobby Gallegos will take it under advisement.

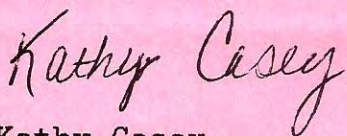
B. **Nominating Committee** - will be established in November to find nominees for PNA officers for 1991-1993.

C. **Constitution and By-laws** - Asking the membership to vote on the proposed changes to the constitution was discussed and tabled until August, 1991. Hugh Moore volunteered to be Constitution and By-laws chairman. Bobby Gallegos will take it under advisement.

D. **Happy Birthday** - The board members sang "Happy Birthday" to Bobby Gallegos, wished him a happy 40th birthday (September 26), and then decided perhaps this was really "old" business.

E. **Next Board Meeting** - will be Saturday, October 13, 7:30 p.m., at the home of Nancy and Watson Lawrence in Sequim the night before the swim meet in Port Angeles. We need all Team Reps!!!!!!  
(Minutes are subject to approval by the board.)

Respectfully submitted,



Kathy Casey

#### YOUR AD IN THE WETSET!

When your team hosts a PNA Masters meet, you are entitled to a half-page ad to "market" that meet in an issue of the Wet Set. You prepare camera ready copy and send to Karen Jost as early as possible before the meet. Ad size is 7 1/2" x 5". The PNA Masters Board wants you to have a successful meet; encourage swimmers and their families to come. Perhaps a motel will give a preferential rate; special restaurant coupon?



Please send corrections and additions to Hugh Moore 29920 2nd PL SW Federal Way 98023

**ANACORTES** Fidalgo Pool, 1603 22nd  
 workouts: Sat. mornings, contact Pinky Walker 424-8755  
 lap swim: M-F: 6-8 AM, 11AM - 1PM; Sat. 1-2 PM, 7:30-8:30 PM, Sun 4-5 PM

**AUBURN** 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/ S&S 12:30-2 PM  
 Samea 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  
 workouts: M-F: 5:30 - 7:00 AM contact Perry Dolan 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 296-4410  
 lap swim: MWF: 6-7:30 AM/M-F: 8-9 AM 11:30-1 4:30-5:30 PM 8-9 PM/SAT 11-1  
 Burien Swim Club, 626 SW 154th, Burien 433-7900

**DES MOINES** Mt. Rainier, 22722 19th Ave. S., Des Moines 296-4278  
 workouts: T/TH/F: 6-7 PM contact: Karen Jost 824-3377  
 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  
 workouts: M-F: 6:00 - 8:30 AM/ M-Th: 8:00 - 9:00 PM

**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  
 lap swim: M-F: 6 AM - 1 PM / Sat 12-1 PM  
 King County Aquatic Center 650 SW Campus Drive, Federal Way 296-4444  
 workouts: M-F: 6-8 AM / 6:30-7:30 PM contact: Hugh Moore 941-3100  
 lap swim: M-F: 6-8 AM - 1:30 PM  
 Fife Fife Community, 5410 20th St. E, Fife 922-7665  
 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 296-4263  
 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 Pool, 25401 104th SE, Kent 296-4275  
 lap swim: M,W,F: 6:30 - 7:30 AM/ T,TH: 8:00 - 9:00 PM  
 Tahoma, 18230 SE 240th, Kent 296-4276

**KIRKLAND** Juanita, 10601 NE 132nd, Kirkland 823-7627  
 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 296-4370  
 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** Si 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/ S&S: 1-6:30 PM  
 North Thurston High School (Thurston Olympians Swim Club)  
 workouts M,W,F 5:30-7 AM contact Stefan Smith 493-1546

**POULSBORO** 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 296-2961  
 lap swim: M-F: 6:00 - 7:30 AM & 8:00 - 9:00 PM

**RENTON**  
 Lindberg, 16740 128th SE, Renton 296-4335  
 lap swim: M-F: 11:30 - 12:30  
 Hazen, 1101 Hoquiam Ave. NE, Renton 235-2227

**SEATTLE**  
 Ballard, 1471 NW 67th, Seattle 783-7176  
 Evans, 7201 E. Green Lake Dr. N., Seattle 684-4961  
 workouts: M-F: 5-6 AM contact: Robin O'Leary 525-7725  
 Helene Madison, 13401 Meridian N., Seattle 362-5344  
 workouts: M-F: 5:30 - 6:30 AM contact: Jan Kavadas 775-5814  
 Meadowbrook, 10515 35th NE, Seattle 365-9933  
 Medgar Evers, 500 23rd, Seattle 324-2560  
 workouts M,W: 7-8:30 PM; Sat 9-10:30 AM contact Allison Beezer 325-6412  
 Queen Anne, 1920 1st W, Seattle 386-4282  
 Rainier Beach, 8825 Rainier S., Seattle 386-1944  
 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  
 Sandpoint Naval Station, 7500 Sandpoint Way, NE, Seattle 526-3531  
 lap swim: 6-7 AM Note: Military personnel only  
 Shoreline, 19030 1st Ave. NE, Seattle 363-4845  
 South Central, 4414 S 144th, Seattle 296-4487  
 lap swim: M-F: 5:45 - 8:00 AM & 8:05 - 9:05  
 Southwest Pool, 2801 SW Thistle Street, Seattle 684-7440  
 workouts: M,W: 5:30-6:30 PM / F 6-7 PM (10 workouts/\$20)  
 lap swim: M-F: 6-7:30 AM & 3-4 PM / Sun 5-6 PM

**YMCA**, 909 4th, Seattle 382-5010  
 YMCA, 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 contact: Seattle Athletic Club 522-9400  
 Seattle University 14th & Cherry, Seattle  
 workouts M-F: 5:30 - 7 AM contact Barbara Thorp 363-9951  
 View Ridge Club, 5815 NE 77th, Seattle 524-3500  
 Wedgwood, 7727 28th NE, Seattle 523-8211  
 West Seattle YMCA, 4515 36th Ave SW, Seattle 935-6000  
 workouts: M-F 5:35 - 6:30 PM contact Mike Dale 935-6000

**SEQUIM** Sequim Aquatic Recreation Center, N 610 5th, Sequim 683-6699  
 workouts: T/TH 8:45 - 10:00 PM / Sun. 7:45-9 PM  
 contact: Kevin Johnston PO Box 1671, Sequim 98382 683-6699  
 lap swim: M-F: 6-9 AM, 10 AM-3:30 PM, 6-8:45PM/SS 12-1:30 PM

**SUNNER** Sumner High School, 1707 Main, Sumner 863-8110  
 workouts: M,W,F: 5-6 PM contact: Vicki Gill 845-7318  
 lap swim: M-F: 5:30 - 7:00 AM, 12:00 - 1:15 PM

**TACOMA**  
 Lakes High School, 10320 Farwest Dr. SW, Tacoma 756-8401  
 workouts: M-Th: 5:00 - 7:00 PM; Sat. 10:00 - 11:15 AM  
 contact: Kathy Casey 588-4879  
 Pierce College, 9401 Far West Dr. SW, Tacoma 964-6678  
 workouts: M-F 5-6:30 PM 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



**1990 USMS CONVENTION REPORT**  
**Pittsburgh, PA**  
**September 19-23**

Prepared by Kathy Casey, Jan Kavadas, Hugh & Jane Moore, and Walt Reid

**PNA was awarded the bid for 1992 Long Course National Championships.** The bid was presented to the House of Delegates by Kathy Casey, Hugh Moore, and King County Aquatic Director, Bob Regan. A non-binding vote was taken to show preference on dates of the meet. The results of the vote indicate support for moving the meet one week earlier to August 20-23, 1992.

**RULES COMMITTEE** (Kathy Casey, member)

**There are no significant changes in the stroke rules. The 19-24 year old age group is now eligible to swim at National Championship meets.** Effective January 1, 1992, at local meets, one of the officials must be a referee, starter, or stroke and turn judge certified by USS YMCA, or other USMS approved certifying body. National Championship meets will now rotate three different schedules of events. The following procedures were adopted for limiting the size of National Championship meets:

1. The number of individual events **may** be limited to five.
2. Time standards **may** be imposed. Such standards will be based on the slowest tenth best time for each event in each age group from the results of the previous three years' National Championship meets. All entrants will be allowed three individual events without meeting the time standards and may enter an additional two or three events if the time standards have been met in the previous two years. If there is no tenth best time for an event within an age group, then there will be no time standard for that event and age group. Until 19-24 has swum at Nationals, time standards for that age group will be determined by a different formula using either the Top Ten Times list or a combination of 19-24 and 25-29 results from the previous three years' National Championships. Relays are now eligible for All-American recognition.

**SPORTS MEDICINE COMMITTEE** (Jane Moore, chair)

The committee discussed the article Jane Moore wrote summarizing medical literature on immersion hypothermia. The most serious problems seem to occur in water of less than 60°F. The aging and performance study being conducted by Jane and Hugh Moore was discussed. It was felt that more years of data (swim times) are needed to reach reliable conclusions. The House of Delegates funded distribution of a new survey. Ian Thompson presented preliminary results from his motivation survey.

**RECORDS AND TABULATION COMMITTEE** (Walt Reid, chair)

The USMS Top Ten Times lists will be distributed on a subscription basis beginning January, 1992. Relays will be eligible for All-American recognition. There must be at least one certified official at each meet in order to submit times for Top Ten and Records consideration effective January 1, 1992. Initial relay splits are recognized for world records only.

**AD HOC RULE BOOK COMMITTEE** (Kathy Casey, co-chair)

Names of USMS record holders will be published in the USMS Rule Book. Lloyd Skramstad from San Diego submitted the winning cover design, "Classic Woman". 1990 Rule Books will be advertised for half-price (\$3) in the November USMS Newsletter. The ad hoc Officials Committee assigned the final reorganization of Appendix E, "Differences Between USS and USMS Rules" to Jan Kavadas. 1991 rule books will be sold for \$6 each. Kathy Casey and Gail Dummer will resign as co-chairs December, 1991.

**PLANNING COMMITTEE** (Hugh Moore, member)

Hugh Moore outlined proposed revisions in Zone and Area alignments following extensive study during the year. The committee unanimously endorsed the proposal. The committee discussed corporate sponsorship, turnover and growth in USMS, the role of the fitness swimmer, local development programs, and governance.

**INSURANCE COMMITTEE** (Jane Moore, member)

Insurance rates will increase from \$60,000 to approximately \$125,000 January 1, 1991. The USMS budget can accommodate this increase. Future increases in insurance rates may require an increase in registration fees. At approved meets, the club does not have liability insurance coverage but USMS registered individuals do. Sanctioned meets do provide liability coverage for the club. No modification of the waiver statement is allowed. Registration applications and meet entries with modifications of the language of the waiver will be refused.

**ZONE COMMITTEE** (Kathy Casey, Oceana zone rep)

The committee adopted a plan for nominating and electing USMS officers, zone reps, and zone chair during 1991. The committee endorsed the zone realignment plan and recommended approval of one or more candidates for each USMS office.

**INTERNATIONAL COMMITTEE** (Walt Reid, member)

The 4th FINA/MSI World Championships will be in Indianapolis during late June and early July, 1992. Entries will be ranked by preference to control the number of splashes if necessary. Being the host country, USMS will set limits on its own members at the meet.

**AD HOC OFFICIALS COMMITTEE** (Jan Kavadas, member)

There are 8000 certified officials in the United States. Jan Kavadas and Judy Gillies will rearrange and highlight Appendix E for publication in the rule book. The committee recommended that LMSCs include a copy of Appendix E, "Differences Between USS and USMS Rules" as well as "USMS Guidelines for Warmups" with each sanction approval mailed to meet directors. The committee recommended that LMSCs establish liaison with USS officials with regard to training and availability of officials for USMS meets.

**AD HOC COMPUTER COMMITTEE** (Hugh Moore and Walt Reid, members)

During the past year, the committee developed a functional specification defining a set of programs for registration, top ten, and meet management at both the national and local levels. Bids were solicited prior to convention. The committee selected the bid submitted by G.A. Sullivan. USMS will fund the project.



**LEGISLATION COMMITTEE** (attended by Hugh Moore, Jane Moore, & Kathy Casey)

The zone realignment plan prepared by Hugh Moore received over 80% approval but did not pass because it required 90% to pass this year. The Nominating Committee can now present a list of one or more candidates for each USMS office. Making the Rule Book Committee a standing committee received 60% approval but again required 90% to pass.

**CHAMPIONSHIP COMMITTEE** (attended by Hugh Moore and Kathy Casey)

The 1992 Short Course Nationals will be at Chapel Hill, North Carolina. The 1992 Long Course Nationals will be at Federal Way. The House unanimously approved "appropriate" awards rather than "medal" awards, allowing the Championship Committee to consider alternate awards. This was enacted to allow the possibility of the PNA presenting plaque awards. National Championship meet fees were increased to \$4.00 per individual event. Meet hosts will purchase club awards and pay to USMS one additional dollar per individual entrant in the meet. The committee recommended three schedules of events for rotation at National Championship meets and recommended time standards for Nationals that may be used at the discretion of the Championship Committee.

**REGISTRATION COMMITTEE** (attended by Walt Reid)

**The registration year will change to the calendar year.** The current (1990) registration year will end October 31, 1990. The 1991 registration year will begin November 1, 1990, and end December 31, 1991. Be prepared to send a copy of your USMS registration card with your meet entry for meets outside the PNA.

**MARKETING COMMITTEE** (attended by Jan Kavadas)

The USMS logo is now a registered trademark. LMSCs may continue to use it for official purposes. Ads are available in the USMS Rule Book (full page, \$200; 1/2 page, \$100); 2 page spread, \$400). The deadline is October 15 for ads. There may be a television package about Short Course Nationals in Nashville (1991) and the World Championship Meet in Indianapolis (1992) for ESPN or public television. All swimmers will receive USMS planners. The mailing list may be marketed. Members may request in writing to have their names removed from any list sold.

**LONG DISTANCE SWIMMING** (attended by Kathy Casey, Jane and Hugh Moore)

There was a safety concern about in-water finishes with respect to hypothermia. Multiple swim caps, including neoprene, are now permitted.

**FITNESS COMMITTEE** (attended by Jane Moore)

A package of ideas to encourage participation of fitness swimmers was developed to distribute to LMSCs. A copy has been forwarded to the PNA fitness chair.

#### **MISCELLANEOUS INFORMATION**

The Coaches Committee is establishing a library of video tapes and materials. SWIM magazine will print stroke drills supplied by the ad-hoc Coaches committee and will make them available as reprints. The 1990 Ransom Arther award was presented to Jack Geoghagan. The 1990 Coach of the Year award was presented to Michael Collins of Davis Aquatic Masters. The National Newsletter will now have the name of "Watermarks".



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**P N A MEET SCHEDULE**

November 17-18	North Kitsap
December 8	Enumclaw
January 20	Anacortes
February 8-9	ORCA - Seattle
March 16	Bangor
April 12-14	PNA Champs - King Co. Aquatics Facility

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**OREGON MEET SCHEDULE**

November 4	Portland Parks Tri-M
Nov. 30-Dec. 1	Lincoln City - SCM (#4)
February 2	Swimcellar Pentathlon - Beaverton
March 2-3	SOSC - Ashland (#3)
April 5-7	Oregon Assoc. Champs - Newberg

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**NATIONAL AND INTERNATIONAL SCHEDULE**

May 17-20	1991 Short Course National Champs. Nashville, TN
August 22-25	1991 Long Course National Championships Elizabethtown, KY

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**FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED**

<u>INLAND EMPIRE</u>	<u>OREGON</u>	<u>IDAHO</u>	<u>BRITISH COLUMBIA</u>
Jerry Scheibner	Kathleen Buck	Pete Capano	Denis Crockett
Route 1, Box 204	31925 NE Canter Ln	5551 S. Lapwai Pl	BC Masters
Spangle, WA 99031	Sherwood, OR 97230	Boise, ID 83709	1531 W 4th Ave
(509) 245-3532	(503) 625-5747	(208) 362-2229	Vancouver, BC
		(208) 323-4579	V6J 1L6
			(604) 736-7645

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**HOUSE OUR SWIMMERS TONIGHT (H.O.S.T.)**

Contact the following H.O.S.T. when you wish to stay in another swimmer's home during an out of town meet.

Inland Empire	Mariah Clarke	(509) 926-2597
Oregon Masters	Andy Schrag	(206) 254-9400 H
		(206) 254-9916 W
Southern Oregon	Terry and Judy McCurdy	(503) 673-3673
Corvallis, Oregon	Mark and Laura Wordon	(503) 753-9352
Snake River	Janet Wood	(208) 345-8843 H
		(208) 339-7229 W
PNA	Ann Gindroz	(206) 272-1854
	Marietta Hunziker	(206) 391-7244

**NOTE ! ! !** If you would like to host a fellow swimmer in your home, please contact your local representative. This is an excellent way to meet new friends and cement old friendships

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**THE OCTOBER BOARD MEETING** will be held at the Sequim Area Recreation Center on October 13 at 7:30 pm. Anyone interested in attending, please contact Kathy Casey or Watson Lawrence for directions.

**PNA TOP TEN BOOKLETS** are available from Walt Reid for a reimbursement fee of \$2.00. See your team rep or contact Walt Reid at swim meets for your copy!!

**BC MASTERS** (Canada) has a meet at Simon Fraser Oct. 21 - contact Denis Crockett 736-7645; also Dec. 1 at Nanaimo - contact Helen Walker 758-4439 if you are interested in attending either meet.

\* \* \* \* \*

IF YOU ARE IN BUSINESS, CONSIDER ADVERTISING IN THE "WET SET"

ONE FOURTH PAGE \$20.00 FIRST MONTH, THEN \$15.00 PER MONTH  
ONE HALF PAGE \$40.00 FIRST MONTH, THEN \$20.00 PER MONTH

Send your ad and a check, payable to **PNA MASTERS SWIMMERS**, by the first of the month in which you wish your ad to appear to: Karen Jost, 31908 3rd Ln SW #M101, Federal Way, WA 98023 Telephone: 839-6161

\* \* \* \* \*

**NON-PNA MEMBERS SUBSCRIPTION FORM FOR THE "WET SET"**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

Send this form and a check for \$12.00, payable to **PNA MASTERS SWIMMERS**, to Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98023

\* \* \* \* \*

**CHANGE OF ADDRESS**

**IMPORTANT !! BULK MAIL IS NOT FORWARDED !!**

RETURN TO: Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98023

NAME \_\_\_\_\_

USMS # \_\_\_\_\_

OLD ADDRESS \_\_\_\_\_  
\_\_\_\_\_

NEW ADDRESS \_\_\_\_\_  
\_\_\_\_\_

NEW PHONE NUMBER \_\_\_\_\_

\* \* \* \* \*

**WELCOME TO THE PNA**

THE FOLLOWING SWIMMERS HAVE JOINED THE PNA IN THE LAST MONTH:

GARY HAFER, TIM LIVINGSTON, BRIDGET LEWIS-STONE, KATHLEEN SOUTHARD-DEAN,  
AND THERESA WITTENBERG

\* \* \* \* \*



# COMING UP IN THE NOVEMBER "WET SET"

- Results of the Motivational Factors Survey
- PNA SWIMMERS PARTICIPATE IN EMERALD CITY OPEN WATER SWIM AND MUCH MORE!

UNITED STATES MASTERS SWIMMING, INC. REGISTRATION APPLICATION - NOV 1, 1990 TO DEC 31, 1991

FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS

PLEASE PRINT OR TYPE INFORMATION

THIS IS A  RENEWAL MY 1990 USMS NO. IS 360-  
 NEW REGISTRATION

PLEASE NOTE THE CHANGE(S) FROM MY 1990 REGISTRATION:  
ADDRESS  NAME  \_\_\_\_\_ OTHER  \_\_\_\_\_

LAST NAME  FIRST NAME  INIT

	USMS FEE	LMSC FEE	TOTAL FEE
UNDER 65	\$12.00	\$13.00	\$25.00
SENIOR (65+)	\$12.00	\$ 7.00	\$19.00

STREET ADDRESS

LMSC FEE INCLUDES SUBSCRIPTION TO THE WETSET

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

CITY  STATE  ZIP CODE

MAIL TO: HUGH MOORE  
29920 2ND PL SW  
FEDERAL WAY, WA 98023  
(206)941-3100

AREA CODE + TELEPHONE  DATE OF BIRTH  AGE  SEX

CLUB (NATIONAL LEVEL ONLY)

LOCAL AFFILIATION

PNW AQUATICS  SQM  HUSKY  UNATTACHED

TEAM  UNATTACHED

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training, practice, and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all right to claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meets sponsors, meet committees or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. I farther agree to abide by and be governed by the rules and regulations of USMS.

APPLICANT'S SIGNATURE

DATE



\* \* \* \* \*

**HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS**

10/15	BRIDGET LEWIS-STONE	10/27	LEE E. HOLM	11/05	BILL PENN
10/16	RUTH CONRAD	10/27	MARLENE HOLMES	11/05	JOAN PRATER
10/16	WILDER FOOTE	10/28	ERIC RAMHORST	11/06	TIM YOUNG
10/17	MICHAEL MARSHALL	10/29	PATRICIA NELLIS	11/07	WILLIAM RAYNOLDS
10/18	JACK ANDREWS	10/29	SONJA STENBERG	11/08	JOHN GIBSON
10/18	TERRY TONGATE	10/30	JAMES MILES	11/10	JOSEPH MEEK
10/18	JEFFREY OSBORN	10/31	JOHN MASTERS	11/10	PATRICIA WHALLEY
10/18	BRUCE MIXAN	11/01	MARY MC MAHON	11/11	JANE MOORE
10/19	ERIC SWARDSTROM	11/01	ERIC SCHROEDER	11/11	ROBERT BRUNS
10/19	STEVEN THRASHER	11/01	STEWART ELLISON	11/11	STEVEN VELA
10/20	BETTY KERCHEVAL	11/02	DAVID THOMSON	11/12	BRIAN LANGLAIS
10/20	RICKI VADSET	11/02	KAREN SERESUN	11/12	LOUISE ELLIOT
10/20	MONICA MAYES	11/03	TERI REXROAT	11/13	MEGAN HAWGOOD
10/21	KENNETH BRIGGS	11/03	JILL BREHAN	11/13	MARY GIBSON
10/22	SUSAN BENNER	11/04	DAVID LARSEN	11/13	ROBERT SCOTT
10/23	ROBERT DORSE	11/04	VICKI PARRY-SODERBERG		
10/24	FREDERICK MC KENNEY	11/04	CHUCK KRIEBLE	11/14	KAREN LARSON
10/24	ERIC JOHNSON	11/04	LARRY DEGROEN	11/14	JOSEPH SUENO
10/26	BOB GRIMM	11/14	MICHAEL MC COLLY	11/14	DAVID SCHMALZ

Attend North Kitsap Meet NOV 17/18!

- Swim in most livable U.S.A. county.
- Friendly meet with attention given to swimmers.
- Prizes for closest actual times versus seed times.
- Restaurant discounts/coupons.
- Spend the day in 'Little Norway'.