

the WET SET

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS



PRESIDENT

Bobby L. Gallegos
340 Tremont W.
Port Orchard, WA 98366
(206) 876-0960

EDITOR

Karen Jost
31908 Third Lane S.W. #M-101
Federal Way, WA 98023
(206) 839-6161

THE PNA NEWSLETTER

VOLUME 10 - NUMBER 3

MARCH, 1991

| | |
|---|----|
| ADVERTISING IN THE WET SET | 10 |
| ANNOUNCEMENTS | 16 |
| BIRTHDAYS | 10 |
| CHANGE OF ADDRESS | 6 |
| H.O.S.T. | 4 |
| MEET ENTRIES | |
| OREGON ASSOCIATION CHAMPS | 5 |
| PNA CHAMPS (APRIL 12-14) | 22 |
| (BE SURE TO READ ENTRY POLICY INFORMATION ON PAGE 16!) | |
| BC MASTERS SWIMMING CHAMPIONSHIPS (APRIL 19-21) | 8 |
| REGION XII SHORT COURSE YARDS CHAMPS - MOSCOW, ID (APR 26-28) | 9 |
| MEET RESULTS | |
| ANACORTES | 17 |
| MEET SCHEDULES | 4 |
| PLACES TO SWIM | 21 |
| PNA / USMS 1990 REGISTRATION FORM | 12 |
| PNA BOARD MEETING MINUTES - FEBRUARY | 2 |
| PNA 1991-1993 BOARD ELECTION BALLOT | 15 |
| RELAY ENTRY FORM FOR SHORT COURSE REGIONALS AND NATIONALS | 7 |
| SUBSCRIPTION TO THE WET SET | 6 |
| TEAM REGISTRATION FORM FOR PNA CHAMPS | 6 |
| USMS BACKSTROKE RULE CHANGES - IMPORTANT !! | 13 |
| WELCOME NEW SWIMMERS TO THE PNA | 10 |
| 1991 PNA FITNESS SWIM | 11 |

MARCH BOARD MEETING
MARCH 26, 1991
DOWNTOWN TACOMA YMCA
7:00 PM

PLEASE BE SURE TO NOTE THAT THIS IS AT THE DOWNTOWN, NOT FAMILY BRANCH !!

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.

Pacific Northwest Association LMSC Board Meeting
February 26, 1991 Tacoma YMCA Chapel
Nationally registered clubs represented by this LMSC are:
Pacific Northwest Aquatics
Husky
SQMasters

The meeting was called to order at 7:20 p.m. by President Bobby Gallegos. Twelve people in attendance were: Kathy Casey, Steve Freeborn, Muriel Flynn, Bobby Gallegos, Jan Kavadas, Nancy Lawrence, Watson Lawrence, Hugh Moore, Jane Moore, Walt Reid, Cynthia Rosik, and Steve Schmidt. Seven teams represented were: Cascade, Federal Way, Fort Steilacoom, South Kitsap, Sequim, Tacoma Y, and Team Seattle ORCA.

1. **Minutes** - The minutes of the last meeting were approved.

2. **Treasurer's Report** - Jane Moore reported a current balance of \$5,701.20, year-to-date revenues of \$11,472.06, and year-to-date expenses of \$7,698.64. The board approved a reimbursement of \$41.67 to the PNA Secretary and approved the Treasurer's report. PNA received \$417 from the ORCA meet and \$113 from the sale of awards. Sales tax has been paid to the state for the last two years in the amount of \$41.77.

3. **Committee Reports**

A. **Membership** - There are currently 430 members compared to 455 last year and 480 two years ago. 30 members reregistered due to the reminder mailing. Husky registered as a club. The PNA information sheet has been updated. It is time for teams to register to be eligible for team awards at the PNA Championships. Team registrations should be sent to Zena Herrmann. Team registration forms will also be mailed out with the next board agenda.

B. **Meets** - The Presidents of Oregon and Inland Empire agreed with the proposed dates for Region XII Long Course Championships (first choice - July 27-28, second choice August 10-11 both at the King County Aquatic Center). The meet contract was reviewed and corrected. The PNA meet contract was approved. The board approved the following policies: Seeding shall be slow-to-fast except that distance events swum on a different day (e.g., 400 I.M. and 1650 freestyle on a Friday night) may be seeded fast-to-slow (must be so announced on the entry form); the 4 orders of events for PNA meets were formally approved. (Both policies have long been in use, but there is no mention of them in past minutes; the orders of events have been used for the past seven years since February 10, 1984).

The City of Seattle may host a meet June 9 as a qualifying meet for the Senior Sports Festival.

Jan Kavadas and Frank Newquist researched low entries at meets. At one time swimmers complained because meets were too big and too long, so more meets were held to decrease attendance. Lower attendance was achieved. Another concern was the lack of meets in Seattle. There have been no bids from Seattle. The City of Seattle charges 10% of the gross for hosting meets, and Seattle meet hosts also have to pay pool and lifeguard fees. Ideas for other types of meets were: a 1650 meet, relay meets (many relay records are wide open), a Trl.M. meet, an animal meet, and a pentathlon. Suggestions for different types of meets as an effort to increase meet attendance will go in the cover letter with the meet bid packet.

Jan and Frank also worked in sanction fees. There are two types of sanction fees: those for meets solicited by PNA with meet fees included as part of the contract (20% of meet entry fees and \$1 PNA surcharge), and those not solicited by PNA (\$10 sanction fee for such a meet that requires some processing of results by PNA). Approved meets have required have no sanction fee. The board approved a \$25 sanction/approval fee for nonsolicited sanctioned and approved meets.

Regarding Power Food bars, meet directors are free to contact the company regarding product samples and/or sponsorship.

Hugh will check with Bob Regan about the Washington Games (Centennial Games).

C. **Newsletter** - Everyone liked the blue masthead.

D. **Officiating** - Walt Reid reported that the ORCA meet had no certified officials. If PNA can get a PNSA officials' training schedule, PNA will publish it. Kathy Casey will write an explanation of the new backstroke rule (new rule effective March 4, 1991).

E. **Fitness** - A number of swimmers participated in the Dawn Musselman swim against cancer. Other swimmers are working on the Presidential Fitness Award.

F. **Computer** - A new power pack for the PNA computer will cost about \$100. Bobby Gallegos will try to find another source for a new power pack.

G. **Publicity** - Gordon Gray wrote an article about Masters swimming for the North Kitsap Herald. The TV special on PNA Masters swimmers aired again.

H. **Awards** - Steve Freeborn reported that ribbons for the PNA Championships will cost \$400.00. (Jane Moore reported that the awards budget is \$600.) Steve will order 1535 ribbons to add to the current ribbon inventory (2600 ribbons are needed for PNA Championships).

I. **Records** - Nancy Lawrence reported that everything is running smoothly. The PNA Top Ten book will be considered as a project at the end of the short course yard season.

J. **Social** - A chairman is needed.

K. **National Meet Organizing Committee** - Hugh Moore reported that bids were heard from the Red Lion and a travel agent. The Fife Executive Inn was preempted from being the headquarters hotel by a long standing tow truck convention. Frank Newquist will continue the search for a headquarters hotel. The NMOC will meet next week to work on the banquet and select a headquarters hotel (6:30 p.m., Thursday, March 7, at Jane Moore's office).

4. Old Business

A. **USS Spring Nationals** - Jane Moore passed out applications for drug escorts. Volunteers must be 18 or older.

5. New Business

A. **Ransom Arthur Award** - PNA will make no nominations this year.

B. **Insurance** - Initial indications are that Seattle Parks Department feels that USMS insurance does not meet their requirements. PNA will secure their list of requirements.

C. **Next Board Meeting** - will be Tuesday, March 26, at 7:00 p.m. at the Downtown Tacoma YMCA on the corner of 13th and Market Streets (take the "City Center" exit to Tacoma, take the 15th Street exit, go up the hill on 15th, and turn right on Market) in the Board room. We need all Team Reps!!!!!!

D. **Adjournment** - The meeting was adjourned at 9:07 p.m. (Minutes are subject to approval by the board.)

Respectfully submitted,

Kathy Casey

Kathy Casey

* * * * *

P N A MEET SCHEDULE

April 12-14

PNA Champs - King Co. Aquatics Facility

* * * * *

OREGON MEET SCHEDULE

April 5-7

Oregon Assoc. Champs - Newberg

* * * * *

NATIONAL AND INTERNATIONAL SCHEDULE

May 16-19

1991 Short Course National Champs.
Nashville, TN

August 15-18

1991 Long Course National Championships
Elizabethtown, KY

* * * * *

FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED

INLAND EMPIRE

Jerry Scheibner
Route 1, Box 204
Spangle, WA 99031
(509) 245-3532

OREGON

John Zell
4640 NE 36th Ave
Portland, OR 97211
(503) 282-9347

IDAHO

Pete Capano
5551 S. Lapwai Pl
Boise, ID 83709
(208) 362-2229
(208) 323-4579

BRITISH COLUMBIA

Denis Crockett
BC Masters
1531 W 4th Ave
Vancouver, BC
V6J 1L6
(604) 736-7645

* * * * *

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
Oregon Masters

Mariah Clarke
Andy Schrag

(509) 926-2597
(206) 254-9400 H
(206) 254-9916 W

Southern Oregon
Corvallis, Oregon
Snake River

Terry and Judy McCurdy
Mark and Laura Wordon
Janet Wood

(503) 673-3673
(503) 753-9352
(208) 345-8843 H
(208) 339-7229 W

PNA

Ann Gindroz
Marietta Hunziker

(206) 272-1854
(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

* * * * *

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 Zena Herrmann, 16204 135th Ave SE, Renton, WA 98058.

* * * * *

CHANGE OF ADDRESS

IMPORTANT !! BULK MAIL IS NOT FORWARDED !!

RETURN TO: Zena Herrmann, 16204 135th Ave SE, Renton, WA 98058

NAME _____

USMS # _____

OLD ADDRESS _____

NEW ADDRESS _____

NEW PHONE NUMBER _____

* * * * *

PACIFIC NORTHWEST ASSOCIATION TEAM REGISTRATION FORM

Team name (up to 30 characters) _____

Team name abbreviation (up to 4 characters) _____

Team Representative to the PNA Board _____

Phone number _____

Team Coach _____

Phone number _____

Mail completed form and \$10.00 (sorry, this info was forgotten last month!) to Zena Herrmann, 16204 135th Ave SE, Renton, WA 98058. Must be postmarked by March 29th to be eligible for Team Awards at Champs.

* * * * *

RELAY ENTRY FOR SHORT COURSE REGIONALS & NATIONALS

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

___ I will be attending Short Course Regionals at the University of Idaho in Moscow, ID, April 26 - 28. I would like to swim on the following relays:
 ___ 200 Medley relay (#3, Sat.) ___ 200 Free relay (#17, Sun.)
 ___ 200 Mixed Free relay (#10, Sat.) ___ 200 Mixed Medley relay (#21, Sun.)

My best 50 yard times for 1990-91 are: (please be accurate) "

50 free _____ 50 breast _____
 50 back _____ 50 fly _____

___ I will be attending Short Course Nationals in Nashville, TN, May 16 - 19. I would like to swim on the following relays:
 ___ 200 Medley relay, May 16 ___ 200 Mixed Medley relay, May 17
 ___ 200 Free relay, May 17 ___ 200 Mixed Free relay, May 18

FOR NATIONALS ONLY! Enclosed is my check for:
 _____ relays X \$2.00 = _____
 Make checks payable to: plus PNA surcharge \$1.00 = _____
PACIFIC NORTHWEST AQUATICS TOTAL = _____

I understand that if I cannot attend Nationals, I must notify Kathy Casey prior to March 31, or I may not get my relay fee back. If I am not selected to swim on all the relays that I have paid for, I will be reimbursed for the relays I do not swim.

SIGNED _____

PLEASE NOTIFY KATHY IMMEDIATELY IF YOU CANNOT SWIM ON RELAYS.

DUE DATE: MARCH 31, 1991 Mail to : Kathy Casey
 11114 - 111th St. S.W.
 (206)588-4879 Tacoma, WA 98498

1991 USMS RULE BOOK is now available. Order your copy now.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

Number of Rule Books ordered _____ Send \$6.00 for each book ordered and
 this form to: USMS NATIONAL OFFICE
 Two Peter Avenue
 Rutland, MA 01543

* * * * *

WELCOME TO THE PNA

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

DONALD BURTON, MARK CALLIER, ALEX CHYLIK, PATRICIA CROSWELL, JOHN ESPOSITO,
 GEOFF GROSHONG, UDY HILLS, CARL JAYNES, CHARLOTTE JENSEN, TAMMI KEELER,
 PAMELA LEWIS, KEVIN O'BRIEN, LISA O'BRIEN, NATE PANTILAT, GEORGE PASSINO,
 OTHO PAYNE, DANIEL PEREGOY, NANCY POFFENBERGER, JOHN POTTLE, RON ROBBECKE,
 RICHARD SHIPLEY, EMILIE SORENSEN, MARY WHITMORE, WENDY WORTH, KEITH WRIGHT,
 LORI ZWICK.

* * * * *

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

| | | | |
|-------|---------------------------|-------|-------------------|
| 03/16 | WILLIAM CARLYLE | 04/02 | STEFAN MITU |
| 03/16 | TODD WIRTZ | 04/03 | THOMAS TAYLOR |
| 03/16 | MATTHEW SMITH | 04/04 | ALAN BELL |
| 03/16 | PHOEBE TERHAAR | 04/05 | SYDNEY MUNGER |
| 03/17 | PATRICIA (PATTY) SWEDBERG | 04/05 | SAM SHABB |
| 03/18 | STEVEN SCHMIDT | 04/06 | JANET KAVADAS |
| 03/19 | PATRICK SLOWEY | 04/06 | CAROLYN BALDWIN |
| 03/20 | MARK OLASON | 04/07 | JAMES ADAMS |
| 03/20 | JOE FERONG | 04/08 | KEITH WRIGHT |
| 03/21 | BARBARA HAYNES | 04/08 | JUSTIN GILLEN |
| 03/24 | TERRY HEATH | 04/08 | KERRI LANNOYE |
| 03/25 | BARBARA THORP | 04/09 | DANIEL PEREGOY |
| 03/26 | E LE MOAL | 04/09 | JIM PENFIELD |
| 03/26 | RICHARD SPENCER | 04/10 | APRIL GERLOCK |
| 03/27 | WENDY BECKER | 04/10 | FRANCIS JOWETT |
| 03/29 | DENISE PULLIAM | 04/12 | JENNIFER STAPP |
| 03/29 | KAREN TRUELOVE | 04/12 | YVONNE YOKOTA |
| 03/30 | MARGARET (MEG) LLOYD | 04/12 | DONNA LANDREVILLE |
| 03/31 | KATE SUTHERLAND | 04/13 | RICH HENDRICKSON |
| 04/01 | ALAN SANDERS | 04/13 | MILLARD HASBROOK |
| | | 04/13 | MARK APPLEBY |

* * * * *

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

*The President's Council
on Physical Fitness and Sports
and
SWIM Magazine*

SWIM

Magazine

Challenge You to Earn the Presidential Sports Award For Swimming

The Presidential Sports Award stands for a commitment to fitness through active and regular participation in a sport or fitness activity. Earning this award means that you have put in the time and effort to meet the challenge of personal fitness. The award recognizes this achievement and the fact that you are part of a nationwide effort toward a healthier, more vital America.

TO QUALIFY

1. Swim a minimum of 25 miles (44,000 yards).
2. No more than three-fourths ($3/4$) of a mile (1,320 yards) in any one day may be credited to the total.
3. For maximum benefit, the criteria should be fulfilled within a four-month period.

THE AWARD

1. A personalized gold embossed certificate of achievement from President Bush.
2. A congratulatory letter from Arnold Schwarzenegger, Chairman of the President's Council.
3. An embroidered swimming emblem.
4. A personalized commemorative certificate of achievement from SWIM Magazine.
5. Sports Identification Tag and Emergency I.D. Tag.

Before undertaking any physical activity program, you should have a thorough medical examination. This is especially important for persons over 40, or for anyone who has not been physically active on a regular basis.

To receive your Presidential Sports Award, swim the required yardage and document your achievement with a completed, signed and dated fitness log. Along with your completed log, send a \$6.00 check or money order to:

Presidential Sports Award
AAU House
PO Box 68207
Indianapolis, IN 46268
317-872-2900

Make your Check or Money Order payable to
"AAU/Presidential Sports Award"
Allow 6 weeks for delivery

To earn the Presidential Sports Award in Swimming:

1. Swim a minimum of 25 miles (44,000 yards).
2. No more than three-fourths ($\frac{3}{4}$) of a mile (1,320 yards) in any one day may be credited to the total.
3. For maximum benefit, the criteria should be fulfilled within a four-month period.

The Presidential Sports Award can also be earned in: Archery, Back Packing, Badminton, Baseball, Basketball, Bicycling, Canoe-Kayak, Climbing, Equestrian, Fencing, Figure Skating, Fitness Walking, Football, Golf, Gymnastics, Handball, Ice Skating, Jogging, Judo, Karate, Orienteering, Racquetball, Rifle, Roller Skating, Rowing, Rugby, Running, Sailing, Scuba-Skin, Skeet-Trap, Skiing (Alpine), Skiing (Nordic), Soccer, Softball, Sports/Fitness (Aerobics), Squash, Table Tennis, Tennis, Volleyball, Water Skiing, Weight Training.

For additional personal fitness logs and requirements for the other 42 sports, please contact the Amateur Athletic Union at

PRESIDENTIAL SPORTS AWARD
AAU House
P.O. Box 68207
Indianapolis, IN 46268
317-872-2900

Presidential Sports Award Personal Fitness Log

[illegible]

I hereby affirm that I have fulfilled all of the requirements for the Presidential Sports Award in _____
NAME OF SPORT

SIGNATURE _____ I OBTAINED MY FITNESS LOG AT **SWIM MAGAZINE**

SIGNATURE

FILL IN BELOW (PLEASE PRINT CLEARLY):

NAME _____

STREET

CITY/STATE

ZIP

Age (check one)

□ 15-17

☐ 18-25☐ 35-44

□ 45-54

☐ 55-64
☐ 65 +

Sex (che

☐ Male☐ Female

SWIM ACROSS THE
PNA!

This is the fitness swim for this year!
Mail completed log (a copy of it) to Ian Thompson, too!

DAWN MUSSELMAN INSPIRATIONAL SWIMMER AWARD

The Dawn Musselman award is made each year to a swimmer who:

Is an inspiration to all PNA swimmers

Shows willingness to share information, training, or coaching tips with fellow swimmers

Offers encouragement to other swimmers

Exhibits good sportsmanship at all times

Shows a strong commitment to PNA Masters swimming

Past winners are:

| | |
|------|----------------|
| 1986 | Dawn Musselman |
| 1987 | Marlene Holmes |
| 1988 | Maxine Carlson |
| 1989 | Jim Penfield |
| 1990 | Tom Foley |

Nominations for the 1991 award are open to anyone in the PNA. You may nominate an acquaintance, friend, or teammate by contacting any of the Selection Committee members:

| | | |
|----------------|----------|-----------|
| Susan Dearborn | 324-4945 | (Seattle) |
| Frank Newquist | 474-1267 | (Tacoma) |
| Steve Peterson | 692-1669 | (Poulsbo) |

Nominations must be received by March 31, 1991. The award will be presented during the PNA Championships in April.

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 |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |

| | 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

| | | |
|----------------------|----------------------|----------------------|
| CITY | STATE | ZIP CODE |
| <input type="text"/> | <input type="text"/> | <input type="text"/> |

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

MAIL TO: ZENA HERRMANN
 16204 135TH AVE SE
 RENTON, WA 98058
 (206) 235-6371

| | | | |
|-----------------------|----------------------|----------------------|----------------------|
| AREA CODE + TELEPHONE | DATE OF BIRTH | AGE | SEX |
| <input type="text"/> | <input type="text"/> | <input type="text"/> | <input type="text"/> |

LOCAL AFFILIATION

CLUB (NATIONAL LEVEL ONLY)

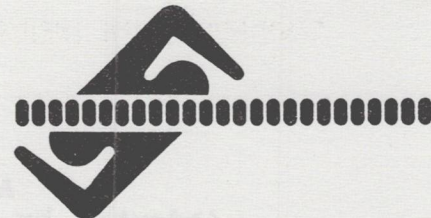
PNW AQUATICS ☐ SQM ☐ HUSKY ☐ UNATTACHED ☐

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



FR: June Krauser, Rules Chairman

RE: Amendments to Backstroke Rules

At the FINA Extraordinary General Congress held in Perth, Australia on 1 January 1991, two proposed changes to the FINA Constitution were adopted. 1) A Technical Congress was added for Masters. 2) Technical rules agreed upon by the Congress shall not become effective earlier than two (2) months after the decision has been made.

At the FINA Swimming Technical Congress held in Perth, Australia on 2 January 1991, amendments to the backstroke rules were adopted.

Our Technical Rules are based on Articles 101 and 102 of the U.S. Swimming Technical Rules which, as amended, will govern all Masters competitions. Enclosed is the new USS wording for BACKSTROKE effective March 4, 1991.

USMS will follow this USS revised rule EXCEPT for the Short Course Backstroke start. Swimmers will be able to:

1. Remain completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn.
2. Do a one arm cross over pull turn without touching with the hand.
3. Roll into the turn and pull with both arms without touching the wall with a hand.

Swimmers will NOT be allowed to roll onto the stomach and kick into the wall. The past vertical position will be allowed only during the turn.

Please see that your swimmers are informed of this change in Backstroke rules. All officials should also be informed. In order to check the distance under water, place a cone or bright tape at the point of 15 meters or 16.4 yards.

MORE QUESTIONS ANSWERED:

1. No, you cannot roll over at the flags and kick in 5 yards. It must be part of the turn.
2. The double-arm pull underwater would be done by extending one arm while on the back (as if reaching for the wall) and bringing the other arm over as you roll into the turn. Then pull underwater with both arms as you flip into the wall.
A double-arm underwater pull could also be done from double-arm backstroke.
3. You may also turn over to touch the wall with a hand if you choose not to do a flip turn (making it easier to find the wall), BUT you cannot turn over at the flags and kick in. You must turn over after your last armstroke as you reach for the wall. If you turn over too far away from the wall, you will be disqualified.
4. Can we do the new turn on the back-to-breast turn of the I.M.? We assume so.

Kathy Casey

AMENDMENT TO PART 1 OF THE CODE
(Adopted by the USS Rules Committee January 26, 1991)

EFFECTIVE MARCH 4, 1991 Section 101.3 of the USS Rules & Regulations is revised to read as follows:

101.3 BACKSTROKE

.1 Start

A The swimmers shall line up in the water facing the starting end, with both hands placed on the gutter or on the starting grips.

B Prior to the command "take your mark" and until the feet leave the wall at the starting signal, the swimmer's feet, including the toes, shall be placed under the surface of the water. Standing in or on the gutter or curling the toes over the lip of the gutter is not permitted at any time before the start. A backstroke starting block may not be used.

.2 **Stroke** - Standing in or on the gutter or curling the toes over the lip of the gutter immediately after the start is not permitted. The swimmer shall push off on his back and continue swimming on the back throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point, the head must have broken the surface of the water.

.3 **Turns** - Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may turn past the vertical toward the breast. If the swimmer turns past vertical, such motion must be part of a continuous turning action and the swimmer must return to a position on the back before the feet leave the wall.

.4 **Finish** - The swimmer shall have finished the race when any part of his person touches the wall at the end of the course.

EFFECTIVE MARCH 4, 1991

PRIOR TO MARCH 4, 1991 ALL QUALIFYING TIMES IN BACKSTROKE EVENTS MUST BE SWUM IN ACCORDANCE WITH CURRENT USS RULES AND REGULATIONS.

* * * * *

BALLOT FOR NEW OFFICERS

ALL PNA REGISTERED SWIMMERS VOTE FOR THE FIRST FOUR POSITIONS ON THIS BALLOT. SINCE THIS IS A PROPOSED SLATE, YOU NEED ONLY VOTE YES OR NO TO ACCEPT OR REJECT THE PROPOSED SLATE.

PROPOSED SLATE OF OFFICERS:

| | | |
|----------------|-----------------|-----|
| PRESIDENT | STEVE FREEBORN | YES |
| VICE-PRESIDENT | CAROLYN BALDWIN | |
| SECRETARY | FRANK NEWQUIST | NO |
| TREASURER | JANE MOORE | |

IF YOU VOTE NO ON THE ABOVE SLATE OF OFFICERS, PLEASE WRITE IN THE CANDIDATES OF YOUR CHOICE BELOW.

| | |
|----------------|-------|
| PRESIDENT | _____ |
| VICE-PRESIDENT | _____ |
| SECRETARY | _____ |
| TREASURER | _____ |

REPRESENTATIVE - AT - LARGE ONLY UNATTACHED SWIMMERS, OR THOSE SWIMMERS ON TEAMS OF LESS THAN EIGHT MEMBERS MAY VOTE FOR THESE POSITIONS.

REP-AT-LARGE: (SELECT ONE FROM EACH CATEGORY)

| | | | |
|---------------|----------------|---|-----------------|
| ZIPS TO 98100 | BOBBY GALLEGOS | / | WATSON LAWRENCE |
| 98100 - 98199 | PAT MATTHIESEN | | |
| ABOVE 98199 | LEE CARLSON | / | DOROTHY KLEIST |

PLEASE MAIL BALLOT TO:

KATHY CASEY
11114 - 111TH ST. SW
TACOMA, WA 98498

** YOUR BALLOT MUST BE POSTMARKED, OR HAND-DELIVERED TO KATHY BY APRIL 5, 1991.

* * * * *

* * * * *

ENTRY POLICIES FOR PNA CHAMPS

NO LATE ENTRIES WILL BE ACCEPTED!

The 400 IM will be preseeded.

The 1650 free will be deck-seeded. Swimmers must check in by 7:00 pm in order to swim. Please keep in mind that traffic delays are not unusual!!

If entries justify, two courses will be used for the 400 IM and the distance freestyle events.

Swimmers from outside the PNA are welcome to enter the meet. If such swimmers place, they may purchase awards and receive ribbons. However, they may not score team points or displace a PNA swimmer from their placings. Thus, non-PNA swimmers who place will receive duplicate awards.

Events will be swum in mixed heats (men and women combined, seeded by entry time).

ENTRIES FROM UNREGISTERED SWIMMERS WILL BE RETURNED. USMS Registration form and fee may accompany the entry.

* * * * *

GENERAL ANNOUNCEMENTS

THE MARCH BOARD MEETING will be held at 7:00 pm on Tuesday, March 26 at the Downtown branch of the Tacoma Family YMCA. We need all team reps to attend these meetings!!

BALLOTS FOR THE ELECTION OF 1991-1993 PNA BOARD MEMBERS ARE FOUND IN THIS ISSUE OF THE NEWSLETTER. BALLOTS MUST BE POSTMARKED, OR HAND-DELIVERED, TO THE SECRETARY (that's you, Kathy!!) BY APRIL 5th, 1991.

A pizza social has been planned for Sunday afternoon at PNA Champs. The social will be combined with the distribution of team awards and the introduction of the new PNA Board.

USMS recently published some amendments to Backstroke rules that became effective on March 4, 1991. For a complete copy of the revised text, see pages 13 and 14 of this issue of the "Wet Set"

DON'T FORGET TO DO THE FOLLOWING!!

1. Sign up for PNA Champs
2. Turn in Team Registration (pg. 6)
3. Vote for New PNA Officers (pg. 15)
4. Call a Board Member to Volunteer!

* * * * *

ENTRY POLICIES FOR PNA CHAMPS

NO LATE ENTRIES WILL BE ACCEPTED!

The 400 IM will be preseeded.

The 1650 free will be deck-seeded. Swimmers must check in by 7:00 pm in order to swim. Please keep in mind that traffic delays are not unusual!!

If entries justify, two courses will be used for the 400 IM and the distance freestyle events.

Swimmers from outside the PNA are welcome to enter the meet. If such swimmers place, they may purchase awards and receive ribbons. However, they may not score team points or displace a PNA swimmer from their placings. Thus, non-PNA swimmers who place will receive duplicate awards.

Events will be swum in mixed heats (men and women combined, seeded by entry time).

ENTRIES FROM UNREGISTERED SWIMMERS WILL BE RETURNED. USMS Registration form and fee may accompany the entry.

* * * * *

GENERAL ANNOUNCEMENTS

THE MARCH BOARD MEETING will be held at 7:00 pm on Tuesday, March 26 at the Downtown branch of the Tacoma Family YMCA. We need all team reps to attend these meetings!!

BALLOTS FOR THE ELECTION OF 1991-1993 PNA BOARD MEMBERS ARE FOUND IN THIS ISSUE OF THE NEWSLETTER. BALLOTS MUST BE POSTMARKED, OR HAND-DELIVERED, TO THE SECRETARY (that's you, Kathy!!) BY APRIL 5th, 1991.

A pizza social has been planned for Sunday afternoon at PNA Champs. The social will be combined with the distribution of team awards and the introduction of the new PNA Board.

USMS recently published some amendments to Backstroke rules that became effective on March 4, 1991. For a complete copy of the revised text, see pages 13 and 14 of this issue of the "Wet Set"

DON'T FORGET TO DO THE FOLLOWING!!

1. Sign up for PNA Champs
2. Turn in Team Registration (pg. 6)
3. Vote for New PNA Officers (pg. 15)
4. Call a Board Member to Volunteer!

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
Samena 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

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 - 7:30 AM / 6:30-7:30 PM contact: Hugh Moore 941-3100
lap swim: M-F: 6-8 AM; 11:30 AM - 1:30 PM; 6-8 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
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 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

SUMNER Sumner High School, 1707 Main, Sumner 863-8110
workouts: M,W,F: 5-6 PM contact: Vicky 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