

the

WET  
SET



THE PNA NEWSLETTER

PACIFIC NORTHWEST ASSOCIATION  
OF MASTERS SWIMMERS

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OCTOBER , 1991

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UPCOMING BOARD MEETINGS

OCTOBER 22, 1991 7:00 PM TACOMA YMCA - FAMILY BRANCH - 6TH AND PEARL

NOVEMBER 17, 1991 - FOLLOWING THE NORTH KITSAP MEET

\* \* \* \* \*

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.

\* \* \* \* \*

THE PNA BOARD - REPRESENTING OVER 550 SWIMMERS AT THE NATIONAL LEVEL !!!  
GET INVOLVED-ATTEND A BOARD MEETING, OR JOIN THE BOARD-CONTACT STEVE FREEBORN

\* \* \* \* \*

Another convention has come and gone and once again, the PNA was well-represented, thanks to Hugh and Jane Moore, Walt Reid, Kathy Casey, and Jan Kavadas. As expected, Region LII is no more. We are now the Northwest Zone, which consists of Region LII plus Utah, Montana, and Alaska. Perhaps in the not-too-distant future we will be fortunate to have meets in these areas.

Of special note from convention is that the David Yorsyk Award for the outstanding 400 IM at Short Course Nationals was awarded post-humously to Fred Wiggin. Kathy Casey accepted the award on behalf of his family. Remember, a Memorial fund has been established by Fred's family, and the funds raised are to be used to benefit swimmers in the Northwest. Contact Jane Moore or Kathy Casey for details on how to donate to this fund.

A little bit closer to home: on Saturday, October 5, a retreat was held at the home of Hugh and Jane Moore. The purpose of this meeting, other than good times and good food, was to try to determine ways to promote the PNA and increase our overall size. It appears we have been stagnating at about 560 swimmers for the past few years. Along these lines, focus was on local clubs and what we can do to increase team size and maintain membership. A model team in this regard is the club from Sequim. The results of our roundtable discussion will be revealed next month.

Lastly, PNA has now branched out into cross-training. On November 2, at 2:00 pm at the Lewis and Clark Lanes just north of Sea-Tac airport, the PNA will be hosting a bowling social. This is something a little different and highly unusual because we don't have to get wet! I'm sure this event will be the first of many and hope that you will plan on participating. It should be a good warm-up for our meet at North Kitsap on November 16-17. If you are interested in participating (this includes family and friends), please contact our Social Chair, Tammi Keeler at 328-7819.

The PNA is trying to offer more than just competitive swimming to our membership and promote the motto "Fun, Fitness and Friendship". If any of you have suggestions as to what you would like to see offered, talk to your board member, team rep, or better yet, come in person to the next Board meeting!

Steve



**NEXT MEETING:** The next meeting will be held on October 22 at the Tacoma Y on Pearl Street. The following meeting will be held on Sunday, November 17, right after the swim meet.

**STATISTICS:** Teams represented were Tigers, Fort Steilacoom, Federal Way, Green Lake, Highline Swim Club, Sequim Masters, Issaquah, OOPS, and GLAD.

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

Respectfully submitted,

FRANK M. NEWQUIST  
Recording Secretary



## "Fish Out of Water Day"

All PNA Members are invited to attend a PNA Bowling Outing on Saturday, November 2, 1991 at Lewis and Clark Lanes. Reservations are required. 2 - 5 pm.

Lewis and Clark is on Hwy. 99, just south of Hwy. 518 near the airport. Lewis and Clark theatres are adjacent to the bowling alley, bring the entire family!

Bowl three games for \$6.00 plus \$1.50 shoe rental per person.

**RSVP:** by October 20th, to Tammi Keeler, 328-7819, 763 Belmont Place E., #104, Seattle, WA 98102.



**OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET**

SANTIONED (92-A) by USMS, INC. and LMSC for OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1991 registration form and fee with this form. PLEASE NOTE: Swimmers less than 25 years of age are advised that they jeopardize their amateur standing under FINA rule GR1 if they compete in Masters.

**MEET: PARKROSE SHORT COURSE MASTERS MEET**

**PLACE: PARKROSE HIGH SCHOOL  
PORTLAND, OREGON**

**DATE: SUNDAY NOVEMBER 10, 1991**

6 LANE 25 YARD POOL MANUAL TIMING  
1 LANE FOR CONTINUOUS WARM-UP/DOWN  
HOST: PARKROSE SWIM TEAM

**WARM-UPS: 8:30 A.M.**

MEET DIRECTOR: Bert Peterson phone: 503-252-6081

**MEET STARTS: 9:30 A.M.**

**Directions to Parkrose pool:** N.E. 117th and Shaver. Travel on I-84 East to Gateway exit. Continue up Halsey to 122nd. Turn left (north) on 122nd and go to Shaver (approx. 2 miles). Turn left on Shaver and go to 117th.

**ENTRY DEADLINE : POSTMARKED NO LATER THAN OCTOBER 26th, 1991**

FILL IN COMPLETELY-----RETURN THIS LOWER PORTION-----FILL IN COMPLETELY

NAME \_\_\_\_\_ 1991 USMS # \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
 ASSOCIATION \_\_\_\_\_ TEAM \_\_\_\_\_ Age Groups: 19-24, 25-29, 30-34 etc up to 95+

Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a max of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M. and 1000 Free will be deckseeded and all events will be seeded slow to fast.

***PARKROSE NOVEMBER 10TH***

400 I.M. (1)	_____ : _____ . _____	100 FREE (11)	_____ : _____ . _____
BREAK	BREAK BREAK	200 BACK (12)	_____ : _____ . _____
FREE RLY (2)	XXXXXXXXXXXXXXXX	MED RLY (13)	XXXXXXXXXXXXXXXX
50 BREAST (3)	_____ : _____ . _____	BREAK	BREAK BREAK
100 FLY (4)	_____ : _____ . _____	200 BREAST (14)	_____ : _____ . _____
200 FREE (5)	_____ : _____ . _____	200 FLY (15)	_____ : _____ . _____
50 BACK (6)	_____ : _____ . _____	50 FREE (16)	_____ : _____ . _____
100 I.M. (7)	_____ : _____ . _____	100 BACK (17)	_____ : _____ . _____
MXD FR RLY (8)	XXXXXXXXXXXXXXXX	200 I.M. (18)	_____ : _____ . _____
BREAK	BREAK BREAK	MXD MD RLY (19)	XXXXXXXXXXXXXXXX
100 BREAST (9)	_____ : _____ . _____	BREAK	BREAK BREAK
50 FLY (10)	_____ : _____ . _____	1000 FREE (20)	_____ : _____ . _____

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 of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. PLEASE NOTE: Swimmers less than 25 years of age are advised that they jeopardize their amateur standing under FINA Rule GR1 if they compete in Masters Swimming.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
**MEET ENTRY FEE: \$7.00**      **SEND FORM(S) & FEE(S) PAYABLE TO:**  
**OREGON MASTERS SWIMMING    P.O. BOX 8785    PORTLAND, OREGON 97207**



PNA MASTERS LOCAL SWIMMING COMMITTEE  
 MEET INFORMATION: November 16-17, 1991  
 Hosted by North Kitsap High School Swim Team

- ORDER OF EVENTS  
 EVENT # EVENT  
Saturday November 16  
 1 400 IM  
 2 1650 FREE  
  
Sunday, November 17  
 3 200 FREE RELAY  
 4 50 FREE  
 5 100 BREAST  
 6 200 BACK  
 7 50 FLY  
 8 200 I.M.  
 5 MINUTE BREAK  
 9 200 MIXED FREE RELAY  
 10 100 FREE  
 11 200 BREAST  
 12 50 BACK  
 13 100 FLY  
 5 MINUTE BREAK  
 14 400 MEDLEY RELAY  
 15 200 FREE  
 16 50 BREAST  
 17 100 BACK  
 18 200 FLY  
 19 100 I.M.  
 20 200 MIXED MEDLEY RELAY  
 21 500 FREE

DATE: November 16-17, 1991  
 TIME: Sat. Nov. 16  
 Warmup: 4:00 p.m.  
 Meet starts: 5:00 p.m.  
 Sun. Nov. 17  
 Warmup: 8:30 a.m.  
 Meet starts: 9:30 a.m.  
 PLACE: North Kitsap Pool  
 1881 Hostmark St  
 Poulsbo WA  
 (206) 779-3790  
  
 MEET DIRECTOR: Marilyn Grindrod  
 (on site)  
 Entries: Gordon Gray  
 (206) 697-1532 (Before 9 pm)  
 FACILITY: 6-lane 25 yd pool,  
 diving area for warm-up  
 available throughout  
 the meet. Water temp: 82 degrees  
 CONCESSION STAND  
 RULES: Current USMS rules will  
 govern the meet  
 ELIGIBILITY: Open to all USMS 1991  
 registered swimmers 19 and over  
 as of the last day of the meet  
 SEEDING: Slow to fast except 400 IM  
 and 1650 FREE

Directions: From Bainbridge Island ferry: Follow 305 to Poulsbo. Turn RIGHT onto Hostmark (first light in Poulsbo). Pool is .6 mile up the hill, across from the high school.  
 From Tacoma: Take Rt 16 over Tacoma Narrows Bridge to Hwy 3 North to Poulsbo. At the first light, Hwy 3 and 305 intersect. Continue straight on 305. Go approximately 2 miles, turn left onto Hostmark. Pool is .6 mile up the hill across from the high school.

PLEASE NOTE: Swimmers under the age of 25 are advised that they might jeopardize their amateur status under FINA Rule GR-1 if they participate in Masters competition

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

PNA MASTERS LOCAL SWIMMING COMMITTEE  
 MEET ENTRY FORM: November 16-17, 1991  
 Hosted by N. Kitsap High School Swim Team  
 at Kitsap High School Pool  
 Sanction # 913611

NAME \_\_\_\_\_ M F AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ USMS NUMBER \_\_\_\_\_

TEAM \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ ASSOCIATION \_\_\_\_\_

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59  
 60-64 65-69 70-74 75-59 80-84 85-89 90+

Age is determined by your age on the last day of the meet.

ENTRY LIMIT: 5 EVENTS per day plus relays

EVENT NUMBER \_\_\_\_\_ EVENT \_\_\_\_\_ EVENT TIME \_\_\_\_\_

ENTRY FEES  
 SURCHARGE: @\$3.00 \$3.00 (Includes LMSC surcharge of \$1)  
 Individual Events @ \$1.00 \_\_\_\_\_ (No charge for relays)

TOTAL \_\_\_\_\_

Checks payable to: Gordon Gray  
 Mail fees and this entry form to: Gordon Gray TEL: 697-1532  
 P.O. Box 84  
 Keyport, WA 98345

ENTRIES Postmarked November 6, 1991

STATEMENT OF RELEASE

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 and competition) including possible permanent disability or death and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters swimming.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

NOTE: The September edition of the North Kitsap meet entry form used different event numbers. You need not re-enter if you have already used that listing. Please use the event numbers printed in this issue for your entry now.



**OREGON MASTERS SWIMMING SHORT COURSE METERS MEET**

SANTIONED (92-B) by USMS, INC. and LMSC for OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1991 registration form and fee with this form. PLEASE NOTE: Swimmers less than 25 years of age are advised that they jeopardize their amateur standing under FINA rule GR1 if they compete in Masters.

**MEET: LINCOLN CITY SHORT COURSE METERS MEET**

**PLACE:** LINCOLN CITY COMMUNITY CENTER POOL  
2150 OAR ST. LINCOLN CITY, OREGON

**DATE:** SATURDAY DECEMBER 7, 1991

6 LANE 25 METER POOL MANUAL TIMING  
1 LANE FOR CONTINUOUS WARM-UP/DOWN

**WARM-UPS: 9:00 A.M.**

HOST: LINCOLN CITY MASTERS & SWIM TEAM

**MEET STARTS: 10:00 A.M.**

MEET DIRECTOR: LARRY FOWLER phone: 503-994-5208 & GAIL KIMBERLING phone: 503-994-7595

**Directions to Lincoln City pool:** Take Hwy 101 south through L.C. to light at 22nd St., turn left at 22nd and right at Oar. From south take right at 22nd and right at Oar. Pool is directly behind Elks lodge in Lincoln City.

**ENTRY DEADLINE : POSTMARKED NO LATER THAN NOVEMBER 23th, 1991**

FILL IN COMPLETELY-----RETURN THIS LOWER PORTION-----FILL IN COMPLETELY

NAME \_\_\_\_\_ 1991 USMS # \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_ SEX \_\_\_\_\_  
 ASSOCIATION \_\_\_\_\_ TEAM \_\_\_\_\_

Age Groups: 19-24, 25-29, 30-34 etc up to 95+  
 Relay age groups: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+. You may enter a max of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M., 400 and 800 Free will be deckseeded and all events will be seeded slow to fast.

**SATURDAY DECEMBER 7 LINCOLN CITY**

400 I.M. (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 400 FREE (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 BREAK BREAK BREAK  
 FREE RLY (3) XXXXXXXXXXXXXXX  
 50 FREE (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 100 BREAST (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 200 BACK (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 50 FLY (7) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 200 I.M. (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 MXD FR RLY (9) XXXXXXXXXXXXXXX  
 BREAK BREAK BREAK  
 100 FREE (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

200 BREAST (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 50 BACK (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 100 FLY (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 MED RLY (14) XXXXXXXXXXXXXXX  
 BREAK BREAK BREAK  
 200 FREE (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 50 BREAST (16) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 100 BACK (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 200 FLY (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 100 I.M. (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 MXD MD RLY (20) XXXXXXXXXXXXXXX  
 BREAK BREAK BREAK  
 800 FREE (21) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

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 of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. PLEASE NOTE: Swimmers less than 25 years of age are advised that they jeopardize their amateur standing under FINA Rule GR1 if they compete in Masters Swimming.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
**MEET ENTRY FEE: \$7.00** SEND FORM(S) & FEE(S) PAYABLE TO:  
**OREGON MASTERS SWIMMING P.O. BOX 8785 PORTLAND, OREGON 97207**



\* \* \* \* \*

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

10/18	JEFFREY OSBORN	11/04	LARRY DEGROEN
10/20	BETTY KERCHEVAL	11/04	DAVID LARSEN
10/20	MONICA MAYES	11/04	JAYNE MEIER
10/21	HEATH FOXLEE	11/05	BILL PENN
10/21	WENDY WORTH	11/06	CAROLYN LEWIS
10/22	DEBORRAH NYE	11/06	TIM YOUNG
10/23	ERIC BARTELSON	11/07	FREDERICK KASSAB
10/23	ROBERT DORSE	11/07	LISA O'BRIEN
10/27	LEE E. HOLM	11/10	SUE HEBERT
10/27	MARLENE HOLMES	11/11	ROBERT BRUNS
10/27	KATHLEEN WANDLER	11/11	JANE MOORE
10/29	PATRICIA NELLIS	11/11	STEVEN VELA
10/29	SONJA STENBERG	11/13	KIM DAHLMAN
10/31	JOHN MASTERS	11/14	MICHAEL MC COLLY
11/02	KAREN SERESUN	11/14	DAVID SCHMALZ
11/03	DUANE MILLSPAUGH	11/14	RICHARD SHIPLEY

\* \* \* \* \*

## **All teams and Coaches please note:**

The PNA has designated Carolyn Baldwin as the PNA Safety Coordinator per USMS guidelines. Her task is to notify all organized Masters Swimming Events and Groups that they must identify a person to be responsible for emergency response. This would include lifeguards, etc. Please contact Carolyn at 243-3705 to be sure that your group has been identified. There are several organized groups that need to document their existence, so that we may better help USMS keep liability insurance costs down. Please call now!!

More details on this and other news of note from USMS National Convention is in the Convention Report in this issue of the "Wet Set". Be sure to read it so you don't miss all the changes coming up.



PNA MASTERS LOCAL SWIMMING COMMITTEE  
MEET INFORMATION: December 15, 1991  
Hosted by TAC Masters  
DEADLINE: Entries due: December 5, 1991

PNA MASTERS LOCAL SWIMMING COMMITTEE  
MEET ENTRY FORM: December 15, 1991  
TAC Masters at Fidalgo Pool: Anacortes  
Sanction # 913612

ORDER OF EVENTS  
EVENT # EVENT

DATE: December 15, 1991  
TIME: Warmup 8:30 A.M.  
Meet 9:30 A.M.

1 400 M FREE

30 Minute Warm-up Event 2 will not start before 11:00 A.M.

2 200 M FREE RELAY  
3 100 M BACK  
4 200 M FREE  
5 50 M FLY  
6 200 M BREAST  
7 100 M I.M.

PLACE: Fidalgo Pool  
1603 22nd  
Anacortes  
(206) 293-0673

MEET DIRECTOR: Mike Bemis  
293-0673

5 MINUTE BREAK

8 400 M MIXED FREE RELAY  
9 200 M BACK  
10 50 M FREE  
11 100 M FLY  
12 50 M BREAST

FACILITY: 6-lane, 25 Meter pool  
Warm-up area  
Water Temp: ??°  
RULES: Current USMS rules will  
govern the meet

5 MINUTE BREAK

13 200 M MEDLEY RELAY  
14 50 M BACK  
15 100 M FREE  
16 200 M FLY  
17 100 M BREAST

ELIGIBILITY: Open to all USMS registered  
1991 swimmers 19 and over as  
of the last day of the meet

5 MINUTE BREAK

SEEDING: Slow to Fast

CONCESSIONS: Yes

18 200 M I.M.  
19 200 MIXED MEDLEY RELAY

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: Take I-5 exit 230. Go west on Highway 20 to its end at Anacortes. Turn  
RIGHT on to Commercial Avenue and go about 10 blocks to 22nd Street. Turn LEFT on  
22nd and go up the hill to J Avenue (about 6 blocks).

PLEASE NOTE: Swimmers under the age of 25 are advised that they might jeopardize  
their amateur status under FINA Rule GR-1 if they participate in Masters  
competition

SHORT COURSE METERS

NAME \_\_\_\_\_ M F AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ USMS NUMBER \_\_\_\_\_

TEAM \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ ASSOCIATION \_\_\_\_\_

AGE GROUP: 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+

Age is determined by your age on the last day of the meet.

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER EVENT EVENT TIME

ENTRY FEES  
SURCHARGE: \$3.00 \$3.00 (Includes LMSC surcharge \$1)  
Individual Events @ \$1.00 \_\_\_\_\_ (No charge for relays)

TOTAL \_\_\_\_\_

Checks payable to TAC Masters

Mail fees and this entry form to: Mike Bemis  
P.O. Box 604  
Anacortes, WA 98221

ENTRIES DUE: December 5, 1991

STATEMENT OF RELEASE

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 and competition) including possible permanent disability or death  
and agree to assume all of those risks. I hereby waive any and all rights 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,  
meet sponsors, meet committees, or any individuals officiating at the meets  
or supervising such activities, as a condition of my participation in  
Masters swimming.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

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# Attend North Kitsap Meet NOV 16/17!

- Swim in 2nd most livable U.S.A. county.
- Friendly meet with attention given to swimmers.
- Prizes for closest actual times versus seed times.
- Restaurant/Overnight discounts.
- Spend the day in "Little Norway".

## UNITED STATES MASTERS SWIMMING, INC. – HALF-YEAR REGISTRATION APPLICATION ONLY VALID FROM JULY 1, 1991 TO DECEMBER 31, 1991

PLEASE FILL OUT FORM WITH NAME YOU WILL USE ON MEET APPLICATIONS

New Registration \_\_\_\_\_  
1990 Renewal \_\_\_\_\_

PLEASE PRINT OR TYPE INFORMATION

LAST NAME                      FIRST NAME                      INT

INT

STREET ADDRESS

CITY                      STATE                      ZIPCODE

AREA CODE+TELEPHONE      DATE OF BIRTH      AGE      SEX

MARK ONE CLUB (NATIONAL LEVEL) OR YOU WILL BE UNATTACHED

PNW Aquatics  SQM  HUSKY  UNATTACHED

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

	USMS FEE	LMSC FEE	TOTAL FEE
UNDER 65	\$12.00	\$6.50	\$18.50
SENIOR (65+)	\$12.00	\$3.50	\$15.50

LMSC FEE INCLUDES A SUBSCRIPTION TO THE WETSET

Make check payable to: **PNA MASTERS SWIMMERS**

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

LOCAL AFFILIATION

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 risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. I further agree to abide by and be governed by the rules and regulations of USMS.



\* \* \* \* \*

**P N A MEET SCHEDULE**

November 16-17	North Kitsap
December 15	Anacortes
January (weekend of 17-19)	Kent Area Dolphins
February 8	Foster Pool (Highline Swim Club Pentathlon)
March 22	Bangor
April 3-5	PNA Champs - King County Aquatic Center
June 20	PNA-sponsored long course - KCAC
August 20-23	1992 USMS LC Nationals - KCAC

\* \* \* \* \*

**OREGON MEET SCHEDULE**

October 19	MAC Club Centennial - Portland
November 10	Parkrose HS - Portland
December 7	Lincoln City - Short Course Meters
January 4-5	Eugene - <b>TENTATIVE</b> - Short Course Yards
February 1	Tualatin Hills Pentathlon
February 15 and/or 16	Portland 25-Yd TRI-IM plus Free meet (3 X IM'S OR 100, 200, 500 FREE)
March 7-8	Bend, Oregon - Short Course Meters
April 3-5	ORE Assoc. Champs - SOSOC - Ashland
April 24-26	Northwest Zone Champs - Lewis/Clark
College	
May 9	Tigard - Age Group/Masters
July 13	SO. Oregon Willow Lake Swim
July ???	MT. Hood Long Course - Gresham

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**INLAND EMPIRE**

October 19-20	Cheney - Short Course Meters
November 16-17	Sand Point, ID - Short Course Meters
December 13-14	Cheney - Short Course Yards
January 11-12	Spokane, Shadle Park - SCY
February 8-9	Spokane, Fairchild AFB - SCM
March 7-8	Yakima - Short Course Yards
March 28-29	Moscow, ID - Short Course Yards
JULY ???	Inland Empire Champs Northwest Zone Champs - <b>TENTATIVE</b>

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**NATIONAL AND INTERNATIONAL SCHEDULE**

May 14-17, 1992	1992 Short Course National Champs. U. of North Carolina - Chapel Hill
June 27- July 5, 1992	World Masters Aquatic Championships Indiana University Natatorium Contact: Heidi Neuburger, 901 W New York Street, Rm 204, Indianapolis, IN 46202
August 20-23, 1992	1992 Long Course National Championships Federal Way, WA - King Co. Aquatic Ctr.

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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>
Carolyn Kent 2712 Honeysuckle Couer d'Alene ID 83814 (208) 765-1711	John Zell 4640 NE 36th Ave Portland, OR 97211 (503) 282-9347	Pete Capano 5551 S. Lapwai Pl Boise, ID 83709 (208) 362-2229 (208) 323-4579	Denis Crockett BC Masters 1531 W 4th Ave Vancouver, BC V6J 1L6 (604) 736-7645

<u>UTAH</u>	<u>MONTANA</u>	<u>ALASKA</u>
Carol Morgan 4650 Idlewild Rd Salt Lake City, UT 84124	Steve Holloway Box 8412 Missoula, MT 59807	John Zell PO Box 230125 Anchorage, AK 99523 (907) 345-7088

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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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**GENERAL ANNOUNCEMENTS**

If you have been recording yardage for this year's fitness swim, please send a copy of your completed log and \$5.00 to Ian Thompson, 1514 Fairview, Bellingham, WA 98226.

If you swim in a non-USMS meet (eg. USS, etc.) and want your times considered for Top Ten / Records, you must request that the meet be approved by the PNA Board prior to your participation. For more details, see the "approved meets" section of the 1991 USMS Rule Book, available from Kathy Casey for \$6.00.

MSI has World Top 10 standings for 1990 (Long Course and Short Course Meters) available for \$5.00. See Walt Reid for the books. He has also ordered patches that cost \$3.00 for interested swimmers.

U.S.M.S. National Records and Top Ten Tabulations for relay and individual events, plus World Record listings are published three times yearly. You can subscribe to this publication for \$12.00 per year. Order through U.S.M.S. National office, Two Peter Ave., Rutland, MA 01543. Checks payable to U.S.M.S.



**MORE ANNOUNCEMENTS...**

Steve Freeborn (PNA President), Karen Jost (Newsletter Editor), and Kathy Casey (Oceana Zone Rep) all receive information on out-of-the-area meets on a regular basis. If you are planning a vacation and would like to check out a meet in another area, please contact one of us and we'll see if we can help!!

Kathy Casey has a copy of the United States Swimming video on the new backstroke turn. Contact Kathy at 588-4879 if you would like to view this video!!

Pacific Northwest Swimming (PNS) will be hosting Official Certification Clinics this fall. Wilson High School (Tacoma): Thurs., Nov. 14 - Starters clinic 6:30-9:30 pm; Thurs., Dec. 12 - Referee/Meet Admin. clinic 6:30-9:30 pm. Contact Stan Hern at 752-8064 to register. Space is limited, register early!!! Olympic Aquatic Club in Bremerton will also be hosting a clinic (date TBA). Contact Keven Matthew, 479-3116. Cascade Swim Club (North Seattle) will be announcing courses and times for timers and stroke/turn judges. Contact Jan Kavadas, 775-5814, or Steve Witcher, 524-9904 for more details.

Walt Reid has copies of the PNA Top Ten listings (PNA, Regional, National, World). These are free for registered team reps and may be picked up at PNA Board meetings. Extra copies will be available for \$2.00 soon.

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**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

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**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.

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**CHANGE OF ADDRESS**

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

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

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

USMS # \_\_\_\_\_  
NEW ADDRESS \_\_\_\_\_

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

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## 1991 USMS Convention Report

Prepared by Kathy Casey, Jan Kavadas, Hugh Moore, Jane Moore, and Walt Reid. Kathy is the former Oceana Zone Representative, co-chair of the ad Hoc Rulebook Committee, and a member of the Rules Committee. Jan is one of the PNA delegates and a member of the ad hoc Officials Committee. Hugh is the other PNA delegate, a member of the Long Range Planning Committee, and a member of the ad hoc Computerization Committee. Jane is the Chair of the Sports Medicine and Research Committee and a member of the Insurance Committee. Walt is Chair of the Top Ten and Records Committee, a member of the International Committee, and a member of the ad hoc Computerization Committee.

### IMPORTANT CHANGES

National dues will increase by \$3.00/year (total \$15.00/year). In return, each USMS member will receive a subscription to Swim Magazine. The zone realignment proposal drafted by Hugh passed. Oceana and Continental Divide zones have been split up. Colorado and Wyoming joined Breadbasket. Southern California, Arizona, & New Mexico form the Southwest Zone. Northern California and Hawaii remain as Oceana. PNA, Oregon, Inland Empire, Snake River, Montana, Utah, and Alaska form the Northwest Zone. Kathy Casey is the NW zone representative.

Several important rules changes were made. Warm-up and warm-down policies now require pools of five lanes or more to set aside one lane for continuous warm-up/warm-down during a meet. Other arrangements must be made in pools of four lanes or less. Minimum water depth of four feet is required to use starting blocks more than 18 inches above the water surface. If the water depth is 3.5 to 4 feet, starting blocks up to 18 inches above the water may be used. In water less than 3.5 feet deep, starts may only be in the water or from the deck. There must be a colored marker 15 meters from each end of lane dividers. Events of the same distance of 200 yards or longer may be combined so that no swimmer has to swim alone. Two piece suits are now legal for competition.

### COMMITTEE REPORTS

**Championship:** The dates of Short Course Nationals in Chapel Hill, N.C., have been changed to May 21-24. Short Course Nationals 1993 will be at Santa Clara, CA. (probably the third weekend in May). Long Course Nationals 1993 will be in Minneapolis, MN., at the University of Minnesota, Aug. 19th - 22th. The plaque award was approved for the 1992 Long Course Nationals in Federal Way. The entry form for Nationals will include a line for an emergency contact, and the meet host will verify that contact number at check-in and note where each swimmer is staying during the meet.

**Coaches:** Each LMSC is encouraged to select an "LMSC Coach of the Year". Each coach will be asked to contribute a workout for publication at the following convention. The USMS has several videos for rent.

**Computer:** The registration portion of the USMS software will be ready at the end of the year. Registrars will use the current program for 1992 registration until the new program is ready. The meets and top ten programs will be ready early in 1992. The next enhancement will be interfacing with automatic timing. The usefulness of an electronic bulletin board will be investigated.



**Finance:** USMS will pay the following convention expenses for the chairmen of standing committees; one-half of the air fare and airport transfers to and from the airport as well as one-quarter of the cost of a double room for each chairman's lodging (note: Walt and Jane are chairs of standing committees).

**Fitness:** Successful fitness activities of the past year were reported. Future fitness activities included a poster and patch program. "Fitness Month" activities will be coordinated with "Heart Month".

**Insurance:** Liability and accident insurance are not in effect if non-registered swimmers are present in your workouts (coverage would not be voided if a swimmer from the general public accidentally gets in the workout lane). Swimmers participating in workouts during the 30-day trial period must sign the release-of-liability statement prior to participating in any workouts. Each LMSC shall appoint a safety coordinator to notify clubs and event sponsors in the LMSC of the need to identify a person responsible for emergency response at each practice and event.

**International:** USMS will continue its association with FINA and MSI.

**Long Distance:** Gary McDowell and Steve Schofield will prepare the 1992 Long Distance calendar. National Championship meet bids were awarded.

**Planning:** The committee reviewed the zone realignment plan and endorsed manageable growth.

**Marketing:** Each SWIM Magazine will include eight pages devoted to USMS content. The 1992 planner will be mailed with the December issue of SWIM Magazine.

**Officials:** The committee will solicit proposals for a USMS officials certification program. USS officials are covered by USS insurance when they work at USMS meets.

**Records and Tabulation:** The USMS Records and Top Ten lists will be sold on a subscription basis beginning with the 1991 Short Course Meter Top Ten list (to be published in April, 1992). Subscriptions will include three Top Ten and Records lists each year (World Records included) and will cost \$12.00 per year.

**Registration:** The possibility of one-day registration was discussed.

**Sports Medicine:** The presentation, "The Physics of Why Some People Swim Faster", was a big hit. Hugh and Jane presented the preliminary results of their research on aging and performance. The committee recommended that the Nationals entry form include a line for an emergency contact. Three new research projects were approved for the coming year.

**Zone:** The committee developed nominating guidelines for all elected positions on the national level.

The David Yorsyk Award for the outstanding 400 IM at Short Course Nationals was given to Fred Wiggin. Kathy Casey accepted the award on behalf of his family.