

the  
**WET  
SET**



**PACIFIC NORTHWEST ASSOCIATION  
OF MASTERS SWIMMERS**

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**THE PNA NEWSLETTER**



VOLUME 11 - NUMBER 1

JANUARY, 1992

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UPCOMING BOARD MEETINGS

JANUARY 19, 1992 - FOLLOWING THE KENT MEET  
FEBRUARY 22, 1992 - FOLLOWING THE FRED WIGGIN 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.

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Happy New Year to all! I hope that everyone has had a joyous holiday season and is now ready to jump in 1992.

A review of 1991 shows that many changes occurred within masters swimming, perhaps most notable being the readjustment of the zones and the phasing out of Region XII.

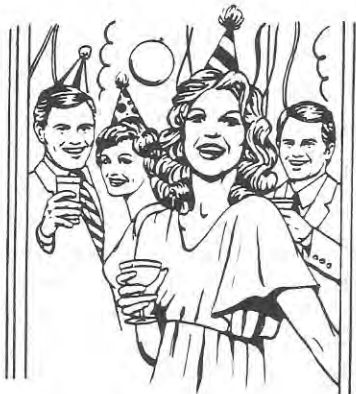
On a more local level, with world wide significance of course, was our own Zena Hermann setting a world record in the 200 back. Congratulations!!

As 1992 takes off please welcome to our organization the new local club located at Queen Anne. Mark Pembroke has worked very hard to get this club going and should certainly be commended for his efforts. Welcome Queen Anne.

Perhaps the greatest focus for 1992 continues to be the upcoming long course nationals to be held at the Weyerhauser/King County Aquatic Center in August. While preparations for the meet are continuing on course, as time gets closer we can certainly use more volunteers. Should you wish to help in some way, please contact myself or Hugh Moore.

With the start of a new year, it is my hope that more input is received from the local clubs. PNA currently has approximately 600 registered members, yet only approximately 150 participate in the monthly meets. For those who elect not to compete, I want to ensure them that the PNA is here to assist them in their needs. However, in order to do so we must hear from the local clubs. To ensure that we are reaching as many of the membership as possible, I strongly encourage participation at the monthly meetings. In addition, this newsletter provides an excellent opportunity to get your message to the PNA membership and I strongly encourage its use.

I look forward to a healthy 1992 in terms of membership. I would also like to wish each of you a healthy and prosperous new year. Enjoy and swim hard.



## 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.

Steve Freeborn (PNA President), Phyllis Gill (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!!

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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### PNA SNOW TRIP

**What:** A day of fun in the snow with your choice of innertubing or cross country skiing.

**Where:** Paradise on Mt. Rainier, about a 2 1/2 hour drive, south of Seattle.

**When:** Saturday, February 1, 1992.

Meet at the front door of the Visitor's Center at Paradise at 10:00 am on Saturday. Bring all of your snow equipment (skis, innertubes, warm clothes, gloves, etc.).

After we are finished playing in the snow, you can either drive home or spend the night at Hugh and Jane Moore's cabin, who have so graciously allowed us to use their cabin. The cabin is not that far from paradise, and instructions will be provided at that time on how to get to the cabin. There will be a potluck dinner Saturday evening, so bring your favorite dish.

Please contact Tammi Keeler at 361-2241 if you plan to attend or if you have any questions. So bring your snow equipment, food for the potluck, a sleeping bag for Saturday night, and we'll see you there!

---

*Sixth Annual*  
**Dawn Musselman**  
**Swim Against Cancer**

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The Dawn Musselman Swim Against Cancer is a one-hour individual swim to benefit the American Cancer Society. Named in memory of Dawn Musselman, a nationally-ranked Masters swimmer from the Puget Sound area who died of cancer, the **Swim Against Cancer** is an annual event to raise funds to fight cancer.

**WHAT:** The **Swim Against Cancer** is a contest to determine the distance an individual can swim in one hour while raising funds for the American Cancer Society. It is organized as a swim-a-thon, with each participant collecting pledges for the distance he/she will swim. Participants swim in their local pools, and must have a timer/counter to verify the number of lengths swum by stopwatch. Results are mailed with pledged contributions.

**WHERE:** The **Swim Against Cancer** will take place in any 25-yard pool.

**WHEN:** The **Swim Against Cancer** is held anytime between January 1 and January 31, 1992. Entry forms with pledges and contributions are due February 16, 1992.

**WHO:** **YOU!** Any registered USMS athlete is eligible to participate. All participants will receive a certificate of appreciation. Team awards will be given in three categories – most yardage, most money raised, and greatest team participation. (A minimum of three swimmers is required for team award.) A minimum \$15 contribution is required for each entry.

**WHY:** All proceeds benefit the American Cancer Society. You can help defeat cancer in our lifetime.

The Dawn Musselman Swim Against Cancer is sanctioned by United States Masters Swimming (USMS) and the Pacific Northwest Association (PNA). Results will be printed in the WET SET. Swimmers are responsible for submitting receipts to donors. The event is sponsored by the PNA and the American Cancer Society.

**TO ENTER**

Send completed pledge sheet and collected contributions to:  
Ian Thompson, M.D.  
3217 Squalicum Parkway  
Bellingham, WA 98225

QUESTIONS? Call Ian Thompson at 671-0070 (days) or 733-2338 (home).

**CHALLENGE YOUR TEAMMATES! GAIN MORE YARDS THAN THE OTHER PNA TEAMS!**  
**RAISE MORE MONEY FOR THE AMERICAN CANCER SOCIETY!**



\* \* \* \* \*

### P N A MEET SCHEDULE

January (weekend of 17-19)	Kent Area Dolphins
February 8	Foster Pool (Highline SC Pentathlon)
February 22	Wiggins Memorial Meet
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

January 4-5	Eugene - Short Course Yards
February 1	Tualatin Hills Pentathlon
February 23	Portland 25-Yd TRI-M II 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 - SOSC - 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

\* \* \* \* \*

### INLAND EMPIRE

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 - TENTATIVE

\* \* \* \* \*

### 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 St, Rm 204, Indianapolis, IN 46202
August 20-23, 1992	1992 Long Course National Championships Federal Way, WA - King Co. Aquatic Ctr.

\* \* \* \* \*



WELCOME TO THE PNA

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

KATHLEEN DYER, GEORGE HOLZAPFEL, MARYJEANNE (MARNIE) KERN, NANCY RICHARDS, AND STEVE SUSSEX.

FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED

INLAND EMPIRE

Carolyn Kent  
2712 Honeysuckle  
Couer d'Alene ID  
83814  
(208) 765-1711

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

UTAH

Carol Morgan  
4650 Idlewild Rd  
Salt Lake City, UT  
84124

MONTANA

Steve Holloway  
Box 8412  
Missoula, MT  
59807

ALASKA

John Zell  
PO Box 230125  
Anchorage, AK  
99523  
(907) 345-7088

\* \* \* \* \*

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

\* \* \* \* \*



1992 P.N.A. Annual Fitness Swim



This year's swim will be held February 1 - November 30, 1992.

Prizes awarded in team and individual categories will include participation awards, most number of swimmers, highest yardage, most number of days swum, etc.

Start logging your yardage February 1. Entry form and logs will be printed in the February newsletter. Enter individual and/or team categories. \$5.00/category.





1992 UNITED STATES MASTERS
POSTAL ONE HOUR SWIM NATIONAL CHAMPIONSHIP



Sanctioned by Potomac Valley LMSC for United States Masters Swimming, Inc., #102-001

SPONSOR: DC Masters, Inc.

WHERE AND WHEN: Any pool 25 yards in length or longer; any time during January 1992.

OBJECTIVE: The object of the championship is to determine who can swim the greatest distance in one hour. The person swimming the greatest distance will be declared the winner; the person swimming second greatest distance will be awarded second place, etc. If two or more swimmers complete the same distance, a tie will be declared.

ELIGIBILITY: Any registered U.S. Masters swimmer and Masters athlete registered with a similar body in his/her own country. Swimmers under the age of 25 are advised that they may jeopardize their amateur standing under FINA rule GR1 if they participate in Masters competition.

CATEGORIES: Individuals: The age groups are (M&F) 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, 90-94, 95 & above. Overall outstanding performances: Awards will be given to the three men and three women swimming the three greatest distances. All entrants will be considered for this award. Club awards: The three clubs scoring the most points will receive an award. Scoring will be treated as if the event had been swum in a ten-lane pool for individual entries; relays will be awarded points for ten places equal to twice the points of an individual place in a ten-lane pool. Relay Team Event: See relay entry form.

RULES: Drafting and flotation and propulsive devices (full buoys, flippers, etc.) are not permitted. U.S. Masters Long Distance Swimming rules require a starter/referee be present and a verifier count lengths, record lap splits, and time the event with a stop watch. He/she must sign the official entry form. Round down all distances to the nearest completed five yard increment (i.e., round 2764 yards to 2760). If the pool is meters, multiply the distance swum by 1.0936, round down to the nearest five-yard increment, and enter yards. All swims must be done during January 1992. Any participant who submits an entry that may qualify for USMS All American or record consideration may be required to submit verification (i.e., split sheet). Therefore, these participants must retain their split times until at least May 31, 1992. Currently, USMS does not permit distance adjustments for swims at altitude. Dual Entries: Swimmers who change age groups during January may enter twice but must swim twice.

AWARDS: U.S. Masters Championship medals will be awarded to the first ten places by age group and sex in the individual event and the first three places in relay events. First place winners will also receive championship patches. Distinctive awards will be presented to three men and three women for overall outstanding performances. The three top scoring clubs will receive engraved plaques.

\*\*\*\*\* OFFICIAL ENTRY FORM -- PLEASE PRINT \*\*\*\*\*

ENTRIES MUST BE RECEIVED BY FEBRUARY 10, 1992 WITH A COPY OF YOUR CURRENT USMS CARD ATTACHED.

Last Name First Telephone (Foreign entries include country and city codes)

Address including country if not USA

Age: Sex: (Male or Female)

Age Group: A 19-24 C 30-34 E 40-44 G 50-54 I 60-64 K 70-74 M 80-84 O 90-94
(One) B 25-29 D 35-39 F 45-49 H 55-59 J 65-69 L 75-79 N 85-89 P 95 & up

Distance (If pool was in meters, multiply distance swum by 1.0936, round down to nearest 5-yard increment, and enter yards) Club Name (Print the name of your club or unattached. If left blank "unattached" will be entered.) 1992 USMS registration number (attach copy) or foreign equivalent.

I certify that I have read the rules of this competition. I acknowledge that if I leave the club name blank, I will be entered as unattached, and my name and distance may not be entered in a relay team entry. I further certify that on \_\_\_\_\_, I swam \_\_\_\_\_ yards in one hour.

Signature of swimmer (required) Signature of verifier (required)

Entry fee — \$5 for USA, \$6 for foreign address DISCOUNT: Every 10th entry FREE when 10 or more entries submitted in ONE envelope with ONE check.

Number of T-Shirts ordered x \$12.00 = TOTAL = Checks payable to DC Masters

Mail Entry to: One Hour Swim, 5601 Seminary Road #1510N, Falls Church, VA 22041, USA

No foreign personal checks accepted. Only U.S. funds via international money order will be accepted. U.S. cash is accepted, but at your own risk. Entry fee includes mailing awards and results. Results take 30 days to compile, print, and mail after the deadline for entries. Please be patient.



**1992 UNITED STATES MASTERS  
POSTAL ONE HOUR SWIM NATIONAL CHAMPIONSHIP**

**The Relay Team Event**

A relay team is composed of three swimmers in the following age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+ for men and women. The age of the youngest member determines the age group of the team. Individual distances are combined for the relay entry distance. The relay team with the highest combined total yardage shall be declared the winner. Multiple relay entries from a single club (i.e., "A," "B," "C," etc.) in a given age group are permitted. Each member of the relay team must enter the individual event. Unattached or mixed sex teams are not allowed and swimmers who enter the individual event as unattached may not be listed on a relay entry. Swimmers must use the same club name on both individual and relay entries. *Relays which include unattached swimmers or swimmers who did not enter the individual competition will be disqualified without refund of entry fees.* Swimmers may swim on only one relay. Complete official entry form for *each* relay entered.

**Entry Fee -- \$8.00 per Relay Team. U.S. Funds Only.**

No foreign personal checks accepted. U.S. cash is accepted, but at your own risk.

*Make checks payable to DC Masters.*

Entries must be received by February 10, 1992

Mail to: One Hour Swim, 5601 Seminary Road #1510N, Falls Church, VA 22041, USA

Entry fee includes mailing awards and results to one member of the relay team.

Results take 30 days after the entry deadline to compile, print, and mail. Please be patient.

**OFFICIAL RELAY ENTRY FORM**

**PLEASE PRINT!!!**

List one person's address to receive all awards for the relay team.

Club Name \_\_\_\_\_ Total Yardage \_\_\_\_\_

Sex: \_\_\_\_\_ Age Group:    A 19+            D 35+            H 55+            L 75+  
 Male/Female    (Circle One)    B 25+            F 45+            J 65+            N 85+

Swimmer #1 (full name) \_\_\_\_\_ Age \_\_\_\_\_ Distance \_\_\_\_\_

Swimmer #2 (full name) \_\_\_\_\_ Age \_\_\_\_\_ Distance \_\_\_\_\_

Swimmer #3 (full name) \_\_\_\_\_ Age \_\_\_\_\_ Distance \_\_\_\_\_

Address of swimmer to receive awards \_\_\_\_\_

Country (if not USA) \_\_\_\_\_ Telephone (Foreign entries include country and city codes) \_\_\_\_\_

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: Phyllis Gill, 14037 SE Allen Rd., Bellevue, WA 98006. Telephone: 865-9856.

\* \* \* \* \*

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 \_\_\_\_\_

\* \* \* \* \*

**H.S.C PENTATHLON - FEB. 8 !**

Highline Swim Club invites you to join them February 8 for a Sprinters Pentathlon. Please note correct date!!

Place: So. Central (Foster) Pool 4414 S. 144th St. Time: warmups 9:00 am meet 10:00 am (206) 296-4487

Events: 50 Free, 50 Fly, 50 Back, 50 Breast, 100 IM. Questions?: Meet Director Karen Jost 206 839-6161

Concessions will be available.

Register now, and get ready for a Sprinters Paradise!!

**UNITED STATES MASTERS SWIMMING, INC. -- 1992 REGISTRATION APPLICATION**

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

Please (X) One: **New Registration only** (valid 1 Nov 91 to 31 Dec 92) \_\_\_\_\_

**PLEASE PRINT OR TYPE INFORMATION**

**1991 Renewal** (valid 1 Jan to 31 Dec 92) \_\_\_\_\_

LAST NAME  FIRST NAME  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 1991 REGISTRATION:  
 NAME \_\_\_\_\_  
 ADDRESS   
 OTHER \_\_\_\_\_

	USMS FEE	LMSC FEE	TOTAL FEE
UNDER 65	\$15.00	\$10.00	\$25.00
SENIOR (65+)	\$15.00	\$4.00	\$19.00

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

**VOTE NOW! VOTE NOW! VOTE NOW! VOTE NOW!**

**Please vote (✓= YES) on the following Amendments to the Constitution!!!!!!!!!!!!!!**

Proposed Amendments to the Constitution:

- \_\_\_CA1. Add that PNA is a local Masters Swimming Committee (LMSC) of United States Swimmers, Inc. (USMS).
- \_\_\_CA2. Add a paragraph to limit liabilities of the Board of Managers.
- \_\_\_CA3. Add that the Board of Managers are required to operate consistent with the By-Laws and USMS rules.
- \_\_\_CA4. Amend the constitution by changing the number of votes required to pass a motion **from** a 2/3 majority of 50% of the membership **to** a 2/3 majority of 25% of the membership.

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.

\_\_\_\_\_  
 APPLICANT'S SIGNATURE

\_\_\_\_\_  
 DATE

In April 1989, the PNA membership had the opportunity to vote on amendments to both the Constitution and By-Laws. The amendments for the By-Laws passed. However, not enough ballots were cast to validate the Amendments to the Constitution. The PNA Board has decided to place the amendments on a ballot once again. The ballot will be in the December newsletter. Please read the following proposed amendments. Let your team rep know your feelings on the proposals and be prepared to vote next month. The ballot will accompany the 1992 registration form (note - 1991 registration expires December 31st). Each proposed amendment is labeled (A-X). Underlines indicate additions. Strikeouts indicate deletions.

A-1) (ADD to 1.1) PNA is a Local Masters Swimming Committee (LMSC) of United States Masters Swimming, Inc. (USMS)

Rationale. This is simply codifying an already existing structure. The USMS rule book defines LMSC as "a division of the Corporation, with supervisory responsibilities within a specified geographic territory."

A-2) (ADD the following paragraph to limit liabilities of the board.)

6.3 To the full extent of the Washington Non-Profit Corporations Act (R.C.W. 23A.08.025), as it exists on the date hereof or may hereafter be amended, permits the limitations or elimination of the liability of Trustees or Directors, a Director of this Corporation shall not be liable to this Corporation or its members for monetary damages for his or acts or omissions as a Director. Any amendment to or repeal of this Article shall not adversely affect any right or protection of a Director of the Corporation for or with respect to any acts or omissions of such Director occurring prior to such Amendment or repeal. This shall not eliminate or limit the liability of a Director for acts or omissions that involve intentional misconduct or a knowing violation of the law, for illegal distributions or loans, or for any transaction, conflict of interest, or act from which a Director will directly receive benefit in money, property or services to which a Director is not legally entitled. This amendment shall not limit or eliminate acts or omissions prior to the date of amendment.

Rationale: To protect members of the Board of Managers.

A-3) 7.1 The Board of Managers shall develop and operate under a set of By-Laws not inconsistent with this Constitution or USMS rules as shall be appropriate to the conduct of the affairs of PNA Masters Swimmers.

rationale: codifies our relationship to USMS.

A-4) 8.1 CONSTITUTIONAL AMENDMENTS

... For Amendment balloting to be valid, at least 50% of the current PNA Masters Swimmers membership must be represented (including proxies) at the meeting, or in the case of mail balloting, responses must be received from at least 50% of the current PNA Masters Swimmers membership. ...

Rationale: As evidenced by the Constitution Amendment failure in 1989, it is difficult to get the 50% validation vote. Since the proposed amendments must be mailed to members thirty days before the ballot, everyone has a chance to voice their opinion.

PNA MASTERS LOCAL SWIMMING COMMITTEE  
 MEET INFORMATION: February 9, 1992  
 Hosted by Highline Swim Club  
 Sanction # 923602  
 DEADLINE: Entries due: January 28, 1992

ORDER OF EVENTS  
 EVENT # EVENT

- 1 50 FREE
- 2 50 FLY
- 3 50 BACK
- 4 50 BREAST
- 5 100 I.M.

DATE: February 9, 1992  
 TIME: Warmup: 9 a.m.  
 Meet: 10 a.m.

PLACE: Foster Pool  
 4414 S 144th St  
 Seattle,  
 (206) 296-4487

MEET DIRECTOR: Karen Jost  
 (206)839-6161

FACILITY: 6-lane, 25 yard pool  
 separate warm-up area  
 Water Temp: 82°

RULES: Current USMS rules will  
 govern the meet

ELIGIBILITY: Open to all USMS registered  
 1992 swimmers 19 and over as  
 of the last day of the meet

SEEDING: Slow to Fast  
 CONCESSIONS: Yes

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: From I-5 or I-405 get on 518 West. Follow signs to Hwy 99 North. Go north on Hwy 99 to S 144th. Turn right on S 144th. Foster Pool is on the left approximately 2 blocks.  
 Coming South on Hwy 99, turn Left on S 144th.

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

PNA MASTERS LOCAL SWIMMING COMMITTEE  
 MEET ENTRY FORM: February 9, 1992  
 Highline Swim Club  
 at Foster Pool  
 Sanction # 923602

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

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 Highline Swim Club

Mail fees and this entry form to:

Karen Jost  
 31908 3rd Lane SW #M101  
 Federal Way WA 98023

ENTRIES DUE: January 28, 1992

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 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.

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

PNA MASTERS LOCAL SWIMMING COMMITTEE  
 MEET INFORMATION: February 22, 1992  
 Hosted by Green Lake Aqua Ducks  
 Sponsored by Green Lake Dentistry  
 Geoffrey H. Anderson, D.D.S., P.S.  
 DEADLINE: Entries due: February 11, 1992

**FRED WIGGIN MEMORIAL MEET**  
 Distance Only Meet!

*FIRST 60 ENTRIES RECEIVED WILL RECEIVE A SWIM CAP  
 COMPLIMENTS OF GREENLAKE DENTISTRY  
 THERE WILL BE CONCESSIONS AT THE MEET*

ORDER OF EVENTS	DATE: February 22, 1992
<u>EVENT #</u> <u>EVENT</u>	TIME: Warmup: 10:00 A.M. Meet: 11:00 A.M.
1.            1000 FREE	
2.            Fun Relay	PLACE: Helene Madison Pool 13401 Meridian Ave. N.
3.            400 I.M.	Seattle, WA 98125      684-4979
4.            800 FREE RELAY	

MEET DIRECTOR: Robin O'Leary      PHONE: 525-7725 (before 9 p.m.)

FACILITY: 6 - lane, 25 yard pool      warm-up area    water temp: 84

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all USMS registered 1992 swimmers 19 and over as of the last day of the meet.

SEEDING: Slow to Fast

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: From I-5 NB, take 130th St exit; go WEST on 130th to Meridian (2nd light); turn RIGHT on Meridian; pool is on left at 134th. From I-5 SB, take 145th St. exit; go RIGHT on 145th to Meridian; turn LEFT on Meridian; go to 134th.

This is the 1992 Fred Wiggin Memorial Meet; a distance only event. A portion of the proceeds will go to the Memorial Fund. You are encouraged to make a donation even if you will not be swimming. You can also volunteer to be a timer or provide other assistance.

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.

PNA MASTERS LOCAL SWIMMING COMMITTEE  
 MEET ENTRY FORM: February 22, 1992  
 GREEN LAKE AQUA DUCKS  
 Sponsored by Green Lake Dentistry  
 Geoffrey H. Anderson, D.D.S., P.S.  
 at Helene Madison Pool  
 Sanction #923607

**FRED WIGGIN MEMORIAL MEET**

NAME \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_ AGE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ USMS NUMBER \_\_\_\_\_  
 TEAM \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ 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.

<u>EVENT NUMBER</u>	<u>EVENT</u>	<u>EVENT TIME</u>
_____	_____	_____
_____	_____	_____

Enter relays at meet.

ENTRY FEES

Single entry fee	\$ 7.00
additional donation	_____
TOTAL	_____

First 60 Entries Receive a  
 Complimentary Swim Cap

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Checks payable to : Robin O'Leary  
 Mail fees and this entry form to:

Robin O'Leary  
 6323 19 Ave N.E.  
 Seattle, Wa. 98115

ENTRIES DUE: February 11, 1992

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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PNA MASTERS LOCAL SWIMMING COMMITTEE  
 MEET ENTRY FORM: March 22, 1992  
 Hosted by MWR NSB Bangor Tridents Swim Team  
 at NSB Bangor Pool  
 Sanction # 923603

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 plus relays Please note "in-pool start" where applicable.

EVENT NUMBER	EVENT	EVENT TIME

NSB BANGOR GATE LIST: Driver: \_\_\_\_\_ All Passengers: \_\_\_\_\_

**ENTRY FEES**

SURCHARGE: @ \$3.00 \$4.00  
 (Includes LMSC surcharge \$1 and electronic timing surcharge \$1)  
 Individual Events @ \$1.00 \_\_\_\_\_ (No charge for relays)

TOTAL \_\_\_\_\_

Checks payable to: Marilyn Grindrod

Mail fees and this entry form to: Marilyn Grindrod TEL: 779-7796  
 26921 Edgewater Blvd  
 Poulsbo, WA 98370

ENTRIES Postmarked March 12, 1992

**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 \_\_\_\_\_

PNA MASTERS LOCAL SWIMMING COMMITTEE  
 MEET INFORMATION: March 22, 1992  
 Hosted by MWR-NSB Bangor Tridents Swim Team

**ORDER OF EVENTS**

EVENT # EVENT  
 1 400 FREE RELAY  
 2 50 FREE  
 3 100 BREAST  
 4 200 BACK  
 5 50 FLY  
 6 200 IM  
 5 MIN BREAK  
 7 100 FREE  
 8 200 BREAST  
 9 50 BACK  
 10 100 FLY  
 5 MIN BREAK  
 11 200 MEDLEY RELAY  
 12 200 FREE  
 13 50 BREAST  
 14 100 BACK  
 15 200 FLY  
 16 100 IM  
 5 MIN BREAK  
 17 500 FREE

DATE: March 22, 1992

TIME: Sunday  
 Warmup 8:30 a.m.  
 Meet Starts 9:30 a.m.

PLACE: NSB Bangor Pool  
 (See Directions)  
 Phone: 779-4817

MEET DIRECTOR: Marilyn Grindrod  
 (206) 779-7796

FACILITY: 25 yd x 25m, 6-8 lanes  
 area for warm-up  
 available throughout  
 the meet. Water temp: 82 degrees  
 CONCESSION STAND: Yes \*

RULES: Current USMS rules will  
 govern the meet

ELIGIBILITY: Open to all USMS 1992  
 registered swimmers 19 and over  
 as of the last day of the meet  
 SEEDING: Slow to fast

TIMING: Electronic

RELAYS: Enter at meet; each event may be swum as all men, all women, or mixed (2 men and 2 women). Please mark entry card carefully to insure correct results.

\*NOTE 1: Hot tub, bowling alley, video games available during meet. (Pro Shop tax free)

Note 2: All persons who will be in your vehicle must be listed on entry sheet for base access. Speed limit strictly enforced on base.

Note 3: Because this pool has some very shallow lanes, we will be diving from only 5 lanes. If you will start an event from the pool, we can use additional lanes. Please indicate "in-pool start" on your entry form.

Directions: From Tacoma: Take Route 16 over the Narrows Bridge. Continue north to Route 3 North. Turn LEFT onto Route 3 and follow to NSB Bangor exit. Go to main gate at Luoto Road. Naval Subbase Bangor exit.

From Bremerton Ferry: Drive off the ferry and turn RIGHT onto Washington St. Get into the Left lane: this becomes 11th St. Follow until you reach Route 3. Go RIGHT(north) and follow to NSB Bangor exit.

From Winslow: GO north out of terminal on 305 and continue through Poulsbo. Drive through light at business 3 and go south on Route 3 to NSB Bangor exit. Go to main gate at Luoto Road.

From Kingston: Leave terminal, stay on road and go LEFT onto Bond Road. Follow Bond Road to 305 in Poulsbo; go RIGHT and take Route 3 to NSB Bangor.

From Hood Canal Bridge: Go south on Route 3 to NSB Bangor.

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

JUSTIN FARABEE 26 PNA 4:28.14 N  
 DAVID HILL 30  
 PAMELA STALTER 24  
 TAMMI KEELER 23

Congratulations to - Zena Herrmann  
 for two world records and to  
 G.L.A.D. 400 free relay team for  
 setting a USMS national record

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS



01/16	DIANE TIMMONS	01/31	ARLENE SWINFORD
01/17	ROY INGHAM	02/03	KYLE GOFF
01/17	NANCY LAWRENCE	02/04	FREDERICK HOLM
01/21	MARK CAMPBELL	02/04	MERILYN(MIMI) JACOBSON
01/22	GARY LADD	02/04	TRACIE RUIZ-CONFORTO
01/23	SAM LECLERCQ	02/05	GREGORY HARRISON
01/23	ALLAN SACHS	02/07	DAVID ADDLEMAN
01/25	CYNTHIA ROSIK	02/07	WILLIAM KITTO
01/26	BOB BUSK	02/08	IRVIN BEADLE
01/26	AUDRE GILDEN	02/10	PHIL PETTIS
01/27	LINDA BINGLER	02/10	MARGARET WINNIE
01/27	MAXINE CARLSON	02/12	RONALD HOPPER
01/29	ALEX CHYLIK	02/13	PATRICIA DOTSON
01/29	STEVEN SIMS	02/13	THOMAS WHITE
01/30	JORDANA DOAR	02/14	SALLY DOBBIN
01/30	JENNIE GOLDBERG	02/14	LESLIE VAN ROMER
01/30	LAWRENCE NORDELL	02/15	GEORGE HOLZAPFEL
01/30	JAMES WEYAND		



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 Name \_\_\_\_\_  
 Phone Number \_\_\_\_\_

Please mail completed form and \$10.00 to Frank Newquist, 2210 6th Avenue,  
 Apt. 2B, Milton, WA 98354. Team Registrations valid January - December 1992