

the

WET
SET



THE PNA NEWSLETTER

PACIFIC NORTHWEST ASSOCIATION
OF MASTERS SWIMMERS

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VOLUME 11 - NUMBER 3

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ADVERTISING IN THE WET SET	7
ANNOUNCEMENTS	7
BIRTHDAYS	12
CHANGE OF ADDRESS	7
DAWN MUSSELMAN AWARD	13
H.O.S.T.	12
FOSTER MEET RESULTS.	18-20-21
LETTER OF APOLOGY FROM ROBIN O'LEARY	23
MEET ENTRIES	
OREGON SHORT COURSE CHAMPS.	19
LNUMCLAW DOLPHINS MEET.	22
MEET SCHEDULES.	2
NATIONAL SHORT COURSE CHAMPS	8-9
NATIONAL SHORT COURSE RELAY ENTRY	10
ORCA SWIM CLUB AD	21
PNA / USMS 1992 REGISTRATION FORM	6
PNA BOARD MEETING MINUTES	4-5
PNA SHORT COURSE CHAMPS.	14-15
FITNESS SWIM INFO	11
PRESIDENT STEVE'S LETTER	3
SUBSCRIPTION TO THE WET SET	7
TEAM REGISTRATION FORM	6
WELCOME NEW SWIMMERS TO THE PNA	5
WIGGIN MEMORIAL MEET RESULTS	16-17

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UPCOMING BOARD MEETINGS

MARCH 24, 1992 - ZENA HERRMANN'S HOME
APRIL 28, 1992 - JANE MOORE'S OFFICE IN FEDERAL WAY

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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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P N A MEET SCHEDULE

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

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OREGON MEET SCHEDULE

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

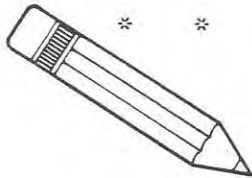
March 7-8	Yakima - Short Course Yards
March 28-29	Moscow, ID - Short Course Yards
JULY ???	Inland Empire Champs
	Northwest Zone Champs - TENTATIVE

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NATIONAL AND INTERNATIONAL SCHEDULE

May 21-24, 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.

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IMPORANT ENTRY DUE DATES:

PNA CHAMPS - POSTMARKED BY MARCH 20, 1992
 NATIONAL SHORT COURSE CHAMPS - MUST BE RECEIVED NO LATER
 THAN FRIDAY, APRIL 17, 1992



Not having a meet in January gave the outward appearance that not a lot was going on in the P.N.A. Nothing could be further from the truth.

1992 is proving to be very busy, perhaps the busiest in recent years.

February provided us with two meets, the pentathlon, hosted by Highline Swim Club and, the first of what is hoped to be many, Fred Wiggins memorial meet, hosted by Green Lake. Both organizations are to be commended for their efforts as each meet was well run.

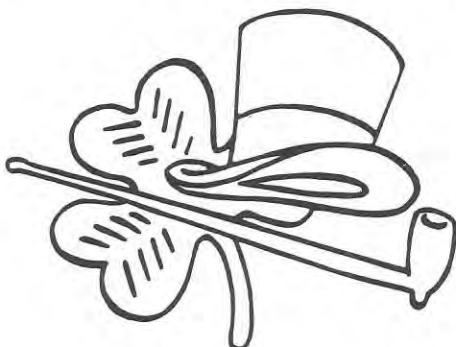
I would, however, like to see our attendance and support of these meets continue to increase. Bangor is hosting the March meet on the 22nd. Please do your best to attend and bring your family as other recreational facilities will be made available for our use.

P.N.A. Champs are scheduled for the first weekend in April. This is perhaps one of the most enjoyable meets as we compete as clubs with ribbons and trophies being awarded. However, please make sure your team is registered!

Don't forget long course nationals coming up in August. We can still use extra hands as there is plenty of work available. I encourage each of you to help out in some way. Please contact Hugh Moore or myself if you are at all interested.

In preparation for Nationals, the suggestion has been made that perhaps we can schedule some P.N.A. group workouts utilizing the aquatic center and some of the other long course pools in the area. Perhaps coordinating a workout with a cook-out at one of the parks. Sounds fun. If you have any interest, contact myself or Tami Keeler.

The P.N.A. is here for you. Your input is crucial to making the organization work. Let's hear from you.



MINUTES OF PNA BOARD MEETING

The meeting was held on February 22 at approximately 3:30, give or take several minutes, at a pizza parlor in north Seattle. Against the background of a jukebox, the accuracy of these notes are not guaranteed (are they ever?). In attendance were Kelly Casey, Lana Freeborn, Steve Freeborn, Gordon Gray, Zena Herrmann, Tammi Keeler, Nancy Lawrence, Hugh Moore, Jane Moore, Robin O'Leary, Walt Reid, Steve Schmidt, and Frank Newquist.

MINUTES: Minutes of the previous meeting were corrected to reflect the fact that Zena Herrmann's world record for the 200-meter long-course backstroke was not 2:30 as previously reported, but is 2:29.01. The minutes were then approved as amended.

COMMITTEE REPORTS:

TREASURER: By Jane (IABP*): Current balance is \$5219.46, including the Wiggin fund of \$2365.00, leaving a PNA balance of \$2854.46. It was approved as read.

MEMBERSHIP: 400.

MEETS: We want to find ways to promote team size. Anybody with ideas is asked to contact any of the Board members.

RECORDS: Walt Reid asked for approval for \$18.50 from the PNA to reimburse him for publishing the PNA records and top ten booklet. That was approved.

PIZZA: Walt's and Kelly's pizza got to the table before Frank's did, and Frank objected strenuously; however, he was once again voted down unanimously. Choose the appropriate response: A) Life is tough; B) Sometime's there's no justice; C) Frank gets screwed again.

AWARDS: No report.

NEWSLETTER: Please avoid faxing information to Phyllis Gill because of the cost. The Board expressed its appreciation (verbally, not monetarily) to Phyllis for her excellent graphics work in the newsletter.

COMPUTERS: Zena knows someone who can resurrect the old PNA computer that we had all assumed was dead and buried.

OFFICIATING: No report.

SOCIAL: We need a social chairperson. If you are interested in getting further information on this, please contact any of the Board members. Tammi announced that she would like the PNA to put on a pool party some time in April, specific date to be announced. We could play other types of water games, certainly including a variety of forms of water polo, rather than the usual spartan-like workouts that we are used to.

FITNESS: No report.

PUBLICITY: Karen clarified that the charge for participating in the swim contest publicized in the February newsletter is \$15 a year, not \$15 a month.

OLD BUSINESS:

PNA Champs: Steve Freeborn reported that he still has many awards from past championship meets and will not have to purchase very many to get a reasonable amount for the current championship meet. Steve will also check on the Dawn Musselman Award trophy that we need to have modified. Steve Freeborn and Tammi Keeler will work on putting together a pizza feed on the last day of Champs.

NMOC Update: Hugh reported that the brochure is going to the printer very soon. Approval was given for Tammi Keeler to be the chairperson of the timer's committee for Nationals. The next NMOC meeting is Monday, March 9, 1992 at 6:45 p.m. at KCAC. An announcement was made that Tammi Keeler had made arrangements with the Merlino Company to provide free pasta and sauce for a welcoming spaghetti feed on Thursday night, the first night of Nationals. Anybody who is not swimming that day is asked to volunteer to help in either the cooking or serving. Please contact Zena at 235-6371.

NEW BUSINESS: The Ransom J. Arthur Award is a national award given annually to a person or persons making an outstanding contribution to US Master's swimming. The Oregon LMSC is nominating our own Walt Reid and Kathy Casey. It was approved unanimously by the PNA Board to send a separate letter to the National Committee endorsing that recommendation by Oregon. This needs to be done by early March.

A request was made by Karen (IABP*) requesting waiver of the \$1.00 per swimmer fee given to the PNA because of the meet. The request was discussed, but not acted upon as no motion was made to approve.

The ORCA team requested LMSC approval of a meet they are sponsoring for July 4, 1992 at KCAC. There was some discussion, as ORCA was not quite sure if it wanted "approval" or a "sanction". The pros and cons were discussed, and the ORCA rep asked for the approval, which was unanimously passed by the Board; however, the ORCA team was hedging its bet by asking for approval of an LMSC sanction if the ORCA team decided it wanted a sanction instead. Shortly after the meeting adjourned, the ORCA rep consulted with members of the ORCA team, and they decided they really wanted a sanction. So, instead of approving the approval, the Board, in effect, approved a sanction. (So, Orcans, now are you straight??) Incidentally, the sanction number is 9236013.

TEAMS REPRESENTED: GLAD, OOPS, ORCA, FW Masters, and Ft. Steilacoom.

NEXT MEETING: The next meeting will be held on Tuesday, March 24 at 6:56 p.m. at Zena's. The following meeting will be held on April 28 at Jane Moore's office in Federal Way.

Snottily and arrogantly submitted,

FRANK M. NEWQUIST
Recording Secretary

* See minutes in January newsletter



WELCOME TO THE PNA

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

BARBARA ANDERSON, MARIA BARASHKOFF, CLAUDIA BERTOLONE-SMITH, MORIA BRASS, ROD BURLINGHAME, ANN BUTLER, MARK I CHRIEST, JIM CLAUS, MARGARET (MARGEE) CURRAN, LINDA EBENSTEIN, DAVID EMERY, DON ENGELBACH, JOHN FREITAS, CLAIRE GORDON, BETTY GRIGGS, GARY HURBAN, PAUL JENSEN, SHIRLEY KOLM, NOREEN LIGHT, BENJAMIN MILLER, JIM MITCHELL, DONNA MULLER, PATTY MULLER, MARY OLIVER, ROBERT PARKER, EKE PETSCHL, CARA ROZELL, DOREEN SCANTLAND, JAMES SCANTLAND, PAULA SCHWARY, JOSEPH SEAGRAVES, HENRY SHAW III, ALEXANDRA SMITH, NANCY SMITH, FRANK STARACE, PAUL STOERMER, DARRYL TAYLOR, DAVID TEMPEST, STEOHEN THRASHER, JAMES TUOMEY, KEITH UHLS, AND DONNA WILLIAMS.

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) _____
1991 Renewal (valid 1 Jan to 31 Dec 92) _____

PLEASE PRINT OR TYPE INFORMATION

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

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

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.*

GENERAL ANNOUNCEMENTS

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 1992 USMS Rule Book, available from Kathy Casey for \$6.00.

MSI has World Top 10 standings for 1991 (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!!

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.



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 _____

* * * * *



Sanction No. 132-01



**Official Entry Form for Individual Events
1992 United States Masters Swimming
National Short Course Championships
Koury Natatorium, University of North Carolina - Chapel Hill
May 21-24, 1992**

Name _____		Last _____		First _____		Middle Initial _____		Sex _____	
Address _____		Street _____		City _____		State _____		Zip _____	
Phone _____		A/C Days _____		A/C Evenings _____		In Case of Emergency _____		Name _____	
Age _____		(on 5/24/92)		Birthdate _____		Month/Day/Year _____		USMS Reg # _____	
Club Name or Unattached _____		Club Abbrev _____		(if you know it)		LMSC _____		(Assoc.) _____	

Entry Due Date: Entry must be received no later than Friday, April 17, 1992

Event No.	Entry Time Women	★	Event	Event No.	Entry Time Men	★
Thursday, May 21 8:00 am						
1			1000 YARD FREE	2		
3			1650 YARD FREE	4		

NOTE: YOU CAN SWIM EITHER THE 1000 YARD OR 1650 YARD FREESTYLE — NOT BOTH
YOUR ENTRY DOES NOT AUTOMATICALLY SEED YOU FOR THESE EVENTS. YOU MUST CHECK IN BEFORE THE DEADLINE TIMES LISTED ON BACK.

Friday, May 22 8:00 am						
5			100 YARD BREASTSTROKE	6		
7			200 YARD FREESTYLE	8		
9			50 YARD BACKSTROKE	10		
11			200 YARD INDIVIDUAL MEDLEY	12		
13			100 YARD BUTTERFLY	14		
15	SEE RELAY FORM		200 YARD MEDLEY RELAY	16	SEE RELAY FORM	
17/18	SEE RELAY FORM		200 YARD MIXED FREE RELAY	17/18	SEE RELAY FORM	

Saturday, May 23 8:00 am						
19			100 YARD INDIVIDUAL MEDLEY	20		
21			200 YARD BUTTERFLY	22		
23			50 YARD FREESTYLE	24		
25			200 YARD BACKSTROKE	26		
27			50 YARD BREASTSTROKE	28		
29	SEE RELAY FORM		200 YARD FREE RELAY	30	SEE RELAY FORM	
31			500 YARD FREESTYLE	32		

Sunday, May 24 8:00 am						
33			100 YARD FREESTYLE	34		
35			400 YARD INDIVIDUAL MEDLEY	36		
37			50 YARD BUTTERFLY	38		
39			200 YARD BREASTSTROKE	40		
41			100 YARD BACKSTROKE	42		
43/44	SEE RELAY FORM		200 YARD MIXED MEDLEY RELAY	43/44	SEE RELAY FORM	

(Legible Xerox copies of this entry form are acceptable. You must complete the reverse side of this form.
YOU MAY ENTER SIX EVENTS — BUT SWIM NO MORE THAN THREE ON ANY ONE DAY.
(If you enter 6 events, please indicate by a star (★) your least desired event in case the Championship Committee imposes a five-event limit.)

SPONSORS: Presenting: Joseph C. Woodard Company; Gold: IBM; Silver: Mars; Blackwell Group; Bronze: Arla and Arnie Formo; Suppliers: American Airlines, Budget Rent-a-Car, Carrow Sports & Marketing, Henley and Howard Travel; City: Winn-Dixie; Other: Capitol Broadcasting Company, SAS Institute.

Dates: May 21-24, 1992

Location: Koury Natatorium, University of North Carolina - Chapel Hill

Sanctioned By: US Masters Swimming Inc., and LMSC/North Carolina Masters Swimming, Sanction # 132-01.

Filling Out Entry Blank:

There are no qualifying standards for this meet. Write your best time or a reasonable estimate in the space next to the event(s) you wish to enter. DO NOT ENTER WITH "NO TIME" or your entry will be rejected.

You may enter six events but swim no more than three on any one day. No refunds will be given for events not swum. If you enter 6 events, please indicate your least-desired event in case the Championship Committee imposes a five-event limit: USMS Rule 104.3A.

Eligibility:

National Championships are open to USMS registered swimmers, 19 years of age and older (as of May 24, 1992). If you wish to represent a club, then you and the club must be registered in the same LSMC. If there are any questions about your affiliation, you will be entered "unattached." Foreign swimmers require a travel permit with entry. 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.

Conduct of the Meet:

Meet Brochure has all details of the meet conduct. All events 200 yards and under will be pre-seeded. The 500 freestyle, the 400 IM, the 1000 and the 1650 freestyle will be deck seeded.

Deck Seeded Events/Check In Times:

Your entry DOES NOT automatically seed you for these events. You must check in before the deadline times listed:

1000 FREE	6:00 pm May 20	500 FREE	9:00 am May 23
1650 FREE	6:00 pm May 20	400 IM	8:15 am May 24

A postcard to the Meet Director (at the address below) received during the week prior to the meet can be used as CHECK-IN, i.e. to confirm your participation in the 1000 or 1650.

Age Groups:

19-24, 25-29, 30-34, etc. to 90-94, and 95 and over. Your age is determined as of the last day of the meet (5/24/92).

Awards: National Masters Medals to first through tenth places.

Scoring: Individual Events (men/women): 11-9-8-7-6-5-4-3-2-1. See relay entry for relay scoring.

Fees:

\$4.00 per individual event, plus \$13.00 surcharge per swimmer. Fees must accompany the entry form: An entry is not considered complete until the check clears the bank. If any questions about your fees, full cash payment will be required before you are permitted to swim. NOTE: Refund requests must be in writing and postmarked to the meet director no later than April 12, 1992: no refunds are given for events not swum.

Accommodations:

For help and lowest prices on accommodations, airfare, and rental cars, contact the Masters Nationals Desk at 1-800-633-9350 or 1-919-787-2511 (9 am - 5:30 pm, M-F).

Banquet:

On Saturday evening, May 23, a big Carolina blow out will feature an outdoor reception with live music and excellent food — all you can eat — at the Sheraton Imperial, Meet Headquarters Hotel. But that is just the start, as the social moves indoors to the ballroom where great music, everyone's favorite beverages, and a big dance floor will insure that the party is hopping well into the night! The price is only \$20 per person (rated one of the best entertainment bargains in America!), and should be paid for with your meet entry to guarantee your place. (Keep in mind that the 1991 social in Nashville sold out!)

Checks Payable to: 1992 USMS Nationals Mail Entry & Fees to: 1992 Short Course Nationals c/o Raleigh Area Masters Swim Team P.O. Box 19845, Raleigh, NC 27619	Meet Surcharge (required of all swimmers): _____	X \$13.00 _____
	Number of individual events entered: _____	X \$ 4.00 = _____
	Number of Banquet tickets: _____	X \$20.00 = _____
	Fax Surcharge _____	X \$ 3.00 = _____
	TOTAL AMOUNT OF FEES DUE	
(do not send cash) : _____		= _____

ATTACH COPY OF USMS REGISTRATION CARD TO ENTRY.

Entry Deadline:

Entry must be in the hands of the Meet Director no later than Friday, April 17, 1992. Late entries will be returned to sender. For proof of receipt, enclose self-addressed, stamped envelope or postcard.

Release From Liability:

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 disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damage 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. I further agree to abide by and be governed by the rules and regulations of USMS.

Date: _____ Signature: _____

For RELAY ENTRY FORMS AND/OR ADDITIONAL MEET INFORMATION, write the address above or call the numbers listed under "Accommodations" above.

**1992 PNA Annual Fitness Swim
An event for individuals and teams**

The 1992 PNA Annual Fitness Swim has been designed to encourage individuals as well as teams to maintain a steady workout routine. Keeping track of your yardage is **EASY!!!** Just write down the number of yards you swim each workout, and submit your yardage to me monthly. If you happen to work out in a meter pool, just indicate that your distances are in meters and I will convert it for you.

Yardage swum will be totalled for February through November, 1992. Team and individual awards will be given. All participants will receive a T-shirt at the end of the year.

REMEMBER!! YARDS SWUM AS WELL AS NUMBER OF DAYS SWUM WILL BE CONSIDERED FOR AWARDS, SO YOU DON'T HAVE TO SWIM LONG WORKOUTS, YOU JUST NEED TO BE CONSISTENT ABOUT IT!!

NAME: _____ ENTRY FEE
 ADDRESS: _____ \$15.00/indiv.
 _____ \$15.00/team
 PHONE #: _____ Submit entry
 TEAM NAME: _____ fee only once

MONTH Feb Mar Apr May June July Aug Sept Oct Nov

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Please submit logs to me by the 15th of the month following (i.e., March 15 for February log, etc.). I hope this will help keep everyone on top of their swimming! Mail completed logs (and entry fee with first log only) to:

Karen Jost / PNA Fitness Swim
 31908 3rd Ln. SW #M101
 Federal Way WA 98023

Call with questions or if you need some encouragement to get going!! (206) 839-6161. If you don't reach me, I'll be at the pool (or the bowling alley!), but I will return your call, so leave a message. **GOOD LUCK AND KEEP ON SWIMMING!!**

FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED

INLAND EMPIRE

Carolyn Kent
2712 Honeysuckle
Cover 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

* * * * *



HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS



03/16	MATTHEW SMITH	04/01	JIM MITCHELL
03/16	PHOEBE TERHAAR	04/01	ALAN SANDERS
03/16	TODD WIRTZ	04/03	THOMAS TAYLOR
03/17	SHANE SHISLER	04/04	ALAN BELL
03/18	STEVEN SCHMIDT	04/05	SYDNEY MUNGER
03/19	PATRICK SLOWEY	04/06	CAROLYN BALDWIN
03/20	JOE FERONG	04/06	JANET KAVADAS
03/20	NANCY RICHARDS	04/07	CATHERINE CHAY
03/21	BARBARA HAYNES	04/08	CHAYA AMIAD
03/22	JOHN (JACK) CONNELLY	04/08	KEITH WRIGHT
03/25	EDWARD ARTIS	04/09	JIM PENFIELD
03/25	BARBARA THORP	04/10	ANDREA DEMMONS
03/26	RICHARD SPENCER	04/10	APRIL GERLOCK
03/27	JEFF BYNUM	04/11	THOMAS RIEPE
03/29	KAREN TRUELOVE	04/12	PATTY MULLER
03/30	CLAUDIA BERTOLONE-SMITH	04/12	DONNA PETERS
03/30	KATHLEEN DYER	04/12	JENNIFER STAPP
03/30	MARGARET (MEG) LLOYD	04/12	YVONNE YOKOTA
03/31	TAAN DENOSO	04/13	MARK APPLEBY
03/31	KATE SUTHERLAND	04/15	GEORGE UNRUH

DAWN MUSSELMAN
INSPIRATIONAL SWIMMER AWARD

The annual Dawn Musselman Inspirational Award will be presented at the PNA Champs Meet in April. Criteria for the award are as follows:

- An inspiration to all PNA swimmers;
- Shows willingness to share information, training, or coaching tips with swimmers;
- Offers encouragement to other swimmers;
- Exhibits good sportsmanship at all times;
- Shows a strong commitment to PNA Masters swimming.

The initial award was given to Dawn Musselman in 1986. Dawn was a long-time member of the PNA. Not only was she one of our most gifted swimmers, but she was the kind of person who inspired other swimmers and encouraged swimmers to do well.

Subsequent winners of this award are: 1987, Marlene Holmes; 1988, Maxine Carlson; 1989, Jim Penfield; 1990, Tom Foley; 1991, Karen Jost.

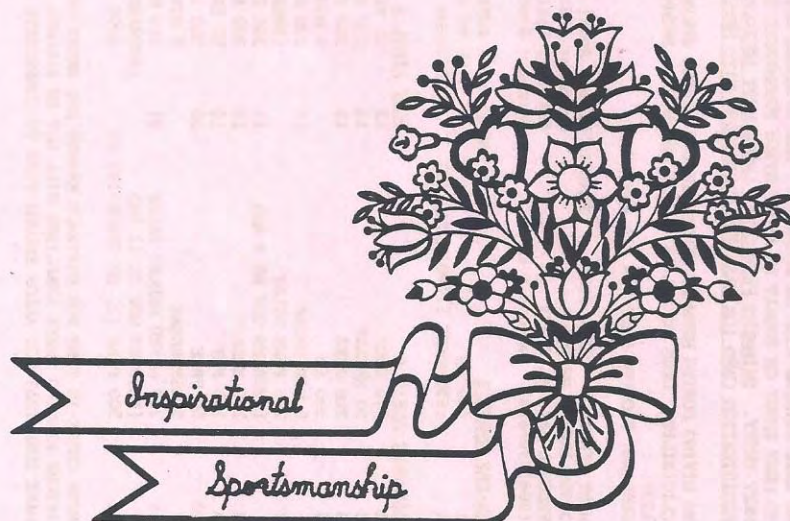
Nominations are open to all members of the PNA. Please phone your nominating information to any of the following:

Steve Peterson 692-1669
Port Orchard

Susan Dearborn 324-4945
Seattle

Frank Newquist 474-1267
Tacoma

All entries must be received by March 27, 1992.



MEET INFORMATION: PNA SHORT COURSE CHAMPIONSHIPS
APRIL 3-5, 1992

WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 (206)296-4444. The pool depth varies from 9 to 10-1/2 feet. During the meet the pool will be configured as two 25 yard courses. Both courses may be used for distance events with warm-ups in the diving pool. For other events the second pool will be available for warm-up. Concessions will also be available.

DIRECTIONS: a) NORTH BOUND I-5 OR SOUTH BOUND I-5: Take exit 142 B. You will then be going west on S 348th. Continue West on S 348th past Pacific Highway S (Highway 99) and past 1st AVE S (NOTE: 348th becomes SW Campus Drive after crossing 1ST AVE S). The pool is on your right about 1/2 mile past 1st AVE S.

b) WEST bound Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S 348th after crossing I-5. Follow the instructions for a).

Please note: Swimmers under the age of 25 are advised they might jeopardize their amateur status under FINA rule GR-1 if they participate in Masters competition.

ENTRIES MUST BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY MARCH 20, 1992. NO LATE ENTRIES WILL BE ACCEPTED. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY MARCH 20, 1992 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER IMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY.

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES. ELIGIBILITY: OPEN TO ALL 1992 USMS REGISTERED SWIMMERS 19 AND OVER AS OF APRIL 5TH, 1992.

SEEDING: SLOW TO FAST FOR ALL EVENTS.

MEET DIRECTOR: KAREN JOST TIMES: Friday April 3:
31908 3RD LN SW #M101 Warm-up: 6-6:50 PM Meet: 7 PM
FEDERAL WAY, WA 98023 Saturday April 4 & Sunday April 5:
(206)839-6161 before 9 PM Warm-up: 8:00-8:50 AM Meet: 9:00 AM

FRIDAY APRIL 3 NOTE: MAKE SURE THAT YOU ALLOW ENOUGH TIME TO COMPENSATE FOR TRAFFIC CONDITIONS.

SATURDAY APRIL 4		SUNDAY APRIL 5	
3	100 BACK	13	50 FLY
4	50 BREAST	14	200 BACK
5	200 FREE	15	100 FREE
6	100 IM		5 MIN BREAK
	5 MIN BREAK	16	200 MIXED FREE RELAY
7	200 FREE RELAY		(ENTRIES DUE AT 9 AM)
	(ENTRIES DUE AT 9 AM)	17	100 FLY
8	100 BREAST	18	200 BREAST
9	200 FLY	19	50 BACK
10	50 FREE	20	200 IM
	5 MIN BREAK		5 MIN BREAK
11	200 MIXED MEDLEY RELAY	21	200 MEDLEY RELAY
	(ENTRIES DUE AT 11 AM)		(ENTRIES DUE AT 11 AM)
12	500 FREE (11 AM CHECK-IN) 22		1000 FREE (11 AM CHECK-IN)

NOTE CHECK-IN TIME FOR DISTANCE EVENTS AND ENTRY DEADLINE FOR RELAYS. ANYONE MISSING THESE DEADLINES WILL NOT BE ALLOWED TO SWIM THE EVENT. MAKE SURE THAT YOU ALLOW ENOUGH TIME TO COMPENSATE FOR TRAFFIC CONDITIONS.

Awards:

RIBBONS WILL BE AWARDED TO ALL SWIMMERS WHO FINISH IN THE FIRST SIX PLACES. PNA CHAMPIONSHIP MEDALS ARE ALSO AVAILABLE. SUGGESTED DONATION OF \$1.50.

TEAM AWARDS WILL BE PRESENTED TO THE TOP THREE SCORING TEAMS IN EACH TEAM SIZE CATEGORY. TEAMS MUST REGISTER WITH PNA PRIOR TO MARCH 20TH TO BE ELIGIBLE. SWIMMERS FROM OTHER IMSCs WILL NOT BE SCORED.

T-Shirts:

T-shirts will be available for \$9. They will be short sleeve 50% cotton/50% polyester. Please order them with your meet entry to guarantee that you get one.

SOCIAL:

We will host a pizza social at the pool beginning during the 1000 free on Sunday. The social will last for approximately 45 minutes following completion of the meet. Highlights will include presentation of team awards. The \$5 cost will cover pizza and pop.

ACCOMMODATIONS

Following is a list of motels in the area

Name/Address	Phone (206)	Restaurant	Approx distance to pool
Executel 31611 20th Ave. S	941-5888	yes	6 miles
Best Western Fife 5700 Pacific Hwy E	922-0080	yes	8 miles
Super 8 Motel 1688 S 348th St	838-8808	no	2 miles
Royal Coachman Motor Inn 5805 Pacific Hwy E, Fife	922-2500	yes	8 miles
Motel 6 - Fife 5201 20th St E	922-1270	no	8 miles
Econo Lodge 3518 Pacific Hwy E Fife	922-0550	yes	8 miles
Portage Inn 3021 Pacific Hwy E Fife	922-3500	yes	8 miles

Numerous additional accommodations are available in Tacoma and near Sea Tac airport. Both areas are located approximately 10 miles from the pool.

HOST (House Our Swimmers Tonight)

If you prefer the camaraderie of staying with other Masters swimmers contact either Ann Gindroz at (206)272-1854 or Marietta Hunziker at (206)391-7244.

PNA LOCAL MASTERS SWIMMING COMMITTEE
 PACIFIC NORTHWEST ASSOCIATION SHORT COURSE CHAMPIONSHIPS
 APRIL 3RD - 5TH, 1992 SANCTION # 923604
 SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.
 HOSTED BY FEDERAL WAY MASTERS AND HIGHLINE SWIM CLUB

NAME _____ M F AGE as of 4/5/92 _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____ - _____

LOCAL TEAM _____ or UNATTACHED _____ LMSC _____ CLUB _____

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+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS - 5 PER DAY plus relays

Event #	EVENT	EVENT TIME
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

ENTRY FEES

Surcharge: \$6.00	\$6.00 - Six
Individual events @ \$1.00 each	_____
T-SHIRTS size(s) ()S()M()L()XL @ \$9 each	_____
Social @ 5.00 each	_____
TOTAL	_____

CHECKLIST

Checks payable to Federal Way Masters Mail to: Karen Jost
 Phone (206)839-6161 before 9 PM 31908 3rd Lane SW #M101
 Federal Way, WA 98023

VERIFY THAT YOU HAVE ENTERED THE CORRECT TEAM NAME (ASK YOUR TEAM REP!)
 ENTRIES MUST BE POSTMARKED BY MARCH 20, 1992. NO LATE ENTRIES WILL BE ACCEPTED.
 ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN
 APPLICATION POSTMARKED BY MARCH 20, 1992 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM
 OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR
 CANADIANS) WITH MEET ENTRY. WAIVER MUST BE SIGNED

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 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, meets 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 _____

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
SANCTIONED (92-H) by USMS, INC. and LMSC for OREGON ASSOCIATION

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1992 registration form and fee with this form. *All Entrants from outside of Oregon Masters (PNA, IEA, SNAKE RIVER, PMS, etc.) must submit a COPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.* 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: N.W. ZONE MASTERS SWIMMING
S.C. CHAMPIONSHIPS

DATE: APRIL 24, 25, & 26, 1992

PLACE: LEWIS AND CLARK COLLEGE
 S.W. Palater Road PORTLAND, OREGON
 ZENNTBAUER SWIMMING PAVILION
 6 LANES COMPETITION - ELECTRONIC TIMING
 1 LANE CONTINUOUS WARM UP/DOWN

WARM-UPS FRIDAY: 5:00 P.M.
 SATURDAY & SUNDAY: 8:00 A.M.
MEET STARTS FRIDAY: 6:00 P.M.
 SATURDAY & SUNDAY: 9:00 A.M.

HOST: Pride of Oregon Swim Team Meet Director: Larry Potter 503-692-1983 (Work)

DIRECTIONS TO POOL: I-5 (either north or south) take EXIT 297 - Terwilliger Blvd/Lewis & Clark College. Travel south on Terwilliger Blvd approximately 1.5 miles to Palater Road. Stay on Palater Road and you will see Lewis and Clark College on your left. Turn left at "Gate #3" just past the football stadium and follow this road to the ZENNTBAUER SWIMMING PAVILION next to the Pamplin Sports Center. **PARKING IN AND AROUND LEWIS & CLARK IS LIMITED SO CAR POOLING IS A GREAT IDEA.**

ENTRY DEADLINE : POSTMARKED NO LATER THAN APRIL 11th, 1992

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

NAME _____ 1992 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 maximum of 6 individual events plus 4 relays. You may swim a maximum of 5 individual events per day. Enter relays at the meet. The 400 I.M., 500, 1000, AND 1650 Free will be deckseeded and all events will be seeded slow to fast.

FRIDAY APRIL 24 ZONE CHAMPS

- 400 I.M. (1) _____ : _____ . _____
- 1650 FREE (2) _____ : _____ . _____
- SATURDAY APRIL 25**
- 500 FREE (3) _____ : _____ . _____
- BREAK BREAK BREAK
- 200 BACK (4) _____ : _____ . _____
- 50 FREE (5) _____ : _____ . _____
- 100 BREAST (6) _____ : _____ . _____
- BREAK BREAK BREAK
- FREE RELAY (7) _____ : _____ . _____
- 50 FLY (8) _____ : _____ . _____
- 200 FREE (9) _____ : _____ . _____
- 100 BACK (10) _____ : _____ . _____
- BREAK BREAK BREAK
- MXD FR RL (11) XXXXXXXXXXXXXXX

- 200 I.M. (12) _____ : _____ . _____
- SUNDAY APRIL 26**
- 200 FLY (13) _____ : _____ . _____
- 50 BREAST (14) _____ : _____ . _____
- 100 FREE (15) _____ : _____ . _____
- BREAK BREAK BREAK
- MED RELAY (16) XXXXXXXXXXXXXXX
- 100 FLY (17) _____ : _____ . _____
- 50 BACK (18) _____ : _____ . _____
- 200 BREAST (19) _____ : _____ . _____
- BREAK BREAK BREAK
- MXD MD RL (20) XXXXXXXXXXXXXXX
- 100 I.M. (21) _____ : _____ . _____
- BREAK BREAK BREAK
- 1000 FREE (22) _____ : _____ . _____

Oregon Masters will be selling an outstanding multi-color printed commemorative T-Shirt for \$10.00
 You may order in advance and pick-up and pay at the meet. Size: Medium _____ Large _____ XL _____

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.

SIGNATURE _____ **DATE** _____

MEET ENTRY FEE: \$ 10.00 **SEND FORM(S) & FEE(S) PAYABLE TO:**
OREGON MASTERS SWIMMING **P.O. BOX 8785** **PORTLAND, OREGON 97207**

HAL YOUNG	70 PNA	1:02.44
100 YD. I.M.		
HAL YOUNG	70 PNA	1:50.83

M E N 75-79

50 YD. FREE		
EVERETT CASSELL	78 PNA	41.90
50 YD. BACK		
EVERETT CASSELL	78 PNA	1:06.51
50 YD. BRST		
EVERETT CASSELL	78 PNA	59.48
100 YD. I.M.		
EVERETT CASSELL	78 PNA	2:25.39

M E N 80-84

50 YD. FREE		
JIM PENFIELD	83 PNA	41.86
50 YD. BACK		
JIM PENFIELD	83 PNA	53.61
50 YD. BRST		
JIM PENFIELD	83 PNA	50.34
50 YD. FLY		
JIM PENFIELD	83 PNA	56.48
100 YD. I.M.		
JIM PENFIELD	83 PNA	1:57.83

*Phone in your nominations for
Dawn Musselman award!*

*Remember to Register your team
before the PNA Champs*

* * * * *



**ORCA Swim Club
cordially invites you to join us for**

IGLA 1992
International Gay & Lesbian Aquatics Championships

July 3rd - 5th
King County Aquatic Center
Federal Way, Washington

IGLA members range from
Olympic Gold medalists
to the swimmers in your lane!

**The ORCA Swim Club welcomes all Master's swimmers
to join us for this exciting event!**

For entry forms please contact Paul Sherman at 322-0871
Early entry fee (April 1) \$20...Regular entry fee (May 15) \$30

MEET ENTRY FORM
 MEET DATE: MAY 9, 1992
 HOSTED BY ENUMCLAW DOLPHINS SWIM CLUB
 AT ENUMCLAW FORWARD THRUST POOL
 SANCTION #923608
 APPLICATION DEADLINE: APRIL 28, 1992

PNA MASTERS LOCAL SWIMMING COMMITTEE
 MEET INFORMATION: May 9, 1992
 Hosted by Enumclaw Dolphins Swim Club
 Sanction # 923608

DEADLINE: Entries due: April 28, 1992

ORDER OF EVENTS
 EVENT # EVENT

- 1 200 FREE RELAY
- 2 200 FLY
- 3 200 BACK
- 3 50 BREAST
- 5 100 FREE
- 5 MINUTE BREAK
- 6 200 IM
- 7 50 FLY
- 8 100 BACK
- 9 200 BREAST
- 10 50 FREE
- 11 200 MEDLEY RELAY

CHECK IN FOR 500 FREE
 5 MINUTE BREAK

- 12 100 FLY
- 13 50 BACK
- 14 100 BREAST
- 15 200 FREE
- 16 100 I.M.
- 17 400 MEDLEY RELAY

5 MINUTE BREAK

18 500 FREE

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: From Renton: Take Highway 169. Turn left at Highway 164 (traffic light as you enter town, right on Cole (at next traffic light), right on Highway 410 (thru 4-way stop and in front of Coast-to-Coast store), right on 252nd SE, pool is on right immediately before High School.

From Auburn, take Highway 164 (13 miles) to 244th SE, right on 244th, left on 456th SE, right on 252nd SE, pool is on right immediately after High School.

NOTE: Relays may be swim all men; all women; or mixed (2 men, 2 women). Be sure your entry card specifies which relay you are entering.

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

DATE: May 9, 1992
 TIME: Warmup 8:30 a.m.
 Meet 9:30 a.m.

PLACE: Enumclaw Forward Thrust Pool
 420 Semanski S.
 Enumclaw, WA 98022
 (206) 825-1188

MEET DIRECTOR: Mike Krattli
 (206)825-1741

FACILITY: 6-lane, 25 yard pool
 Warm-up area

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 or No

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+

ENTRY LIMIT: 5 EVENTS, PLUS RELAYS

EVENT #	EVENT	EVENT TIME

ENTRY FEES

SURCHARGE @ \$3.00 (INCLUDES LMSC SURCHARGE \$1) \$ 3.00
 INDIVIDUAL EVENTS @ \$1.00 (NO CHARGE FOR RELAYS)
 TOTAL _____

MAKE CHECKS PAYABLE TO: EDSC
 MAIL FEES AND THIS ENTRY FORM TO:



MIKE KRATTLI
 25811 SE 396TH
 ENUMCLAW, WA. 98022

ENTRIES ARE DUE BY APRIL 28, 1992

STATEMENT OF RELEASE

I, THE UNDERSIGNED PARTICIPANT, INTENDING TO BE LEGALLY BOUND, HEREBY CERTIFY THAT I AM PHYSICALLY FIT & HAVE NOT OTHERWISE BEEN INFORMED BY A PHYSICIAN. I ACKNOWLEDGE THAT I AM AWARE OF ALL THE RISKS INHERENT IN MASTERS SWIMMING 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 MASTER SWIMMING.

SIGNED _____ DATE _____



The first annual Fred Wiggin Memorial meet was held February 22 and was a great success. Sixty swimmers entered, we raised \$496.00, for the Wiggin Memorial fund and the fun relay was enjoyed by participants and spectators.

The success of this meet was overshadowed by an unfortunate oversight on the part of the meet director. Marjorie and Ricki (Fred's wife and daughter) were looking forward to attending this tribute to Fred but in the hecticness of planning my first meet I overlooked sending them an invitation.

My apologies and regrets go to Marjorie and Ricki and to those of us who were looking forward to seeing them at the meet.

Robin O'Leary



IF YOUR TEAM WOULD LIKE TO
HOST A WORKOUT - PLEASE GIVE
TAMMI KEELER A CALL 361-2241



IF YOU HAVE SOMETHING THAT
YOU WOULD LIKE TO HAVE
PRINTED IN THE WETSET PLEASE
SEND IT BEFORE THE END OF
THE MONTH - I NEED THE
MATERIALS BEFORE THE 1ST OF
THE MONTH THAT THEY WILL BE
APPEARING THANK YOU