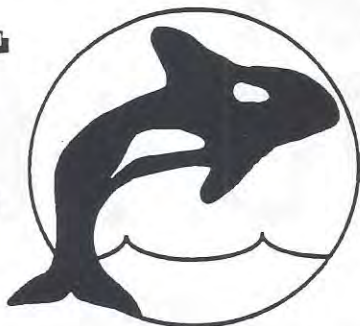


the

# PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

# WET SET



### PRESIDENT

Steve Freeborn  
29925 2nd Ave. SW  
Federal Way, WA 98023  
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## THE PNA NEWSLETTER



VOLUME 11 - NUMBER 7

JULY, 1992

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### UPCOMING BOARD MEETINGS

JULY 28TH - TAMMI KEELER'S IN THE SHORELINE DISTRICT

\* \* \* \* \*

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.

+ + + + +

# PNA TEAM SUITS + CAPS!

Would you like to be wearing a new suit for nationals? One that will represent the PNA and won't cost an arm and a leg? Those of us who are interested can order the team suit directly from Sherrie Suits in Bellevue.

These suits are 87-97% nylon (13% lycra) and come with several options for custom-fitting ie.. length, leg cut, shelf bras for women, mature cut, odd sizes, neckline etc. Prices will run \$25.00 for women and \$18.00 for men. Shelf bras for women will be \$5.00 extra.

You may call Sherrie Suits directly to order (747-0831) or come to Coleman Pool July 21 and 22 from 6:30- 8:00p.m. to be fitted personally. And for those last minute folks, Sherrie Suits will also be at Coleman Pool August 1st from 6-7p.m. Any orders after August 1st may not guarantee your suit in time for the meet, so hurry and order up now!

And of course you'll want a PNA cap to go with your PNA suit. They'll cost \$3.00. You can buy them at Coleman Pool, at our 7-8p.m. masters workouts August 1st and 8th from Zena Herrmann and Phoebe Terhaar. We'll also sell on deck at nationals. Please bring correct change only.



## *Sherrie Suits*

*Handmade Northwest Swim Suits and Sportswear*

- Teams
- Custom Fitting
- Childrens, Maternity and Extra Large Sizes Available

Nancy Laymance  
Sales & Marketing

(206) 747-0831  
Bellevue, WA



LONG COURSE NATIONALS ONLY ONE MONTH AWAY! Just over one month to go until long course nationals and I am happy to report that entries have been coming in at a relatively good clip. With the entry deadline having been July 16, 1992, it is now too late to remind you of this; however, I am sure you all remembered.

As a member of the organizing committee, we have worked hard to prepare for this meet with the goal of providing for you a great swimming experience. Support master swimming and the PNA - Swim Nationals! Besides, I'm really looking forward to seeing John Zell, president of Oregon Masters, swim across the Columbia River. I'll be waiting on the Washington side with towel in hand.

TUNE UP PRACTICES FOR NATIONALS. On Saturday evening, June 27, at the Coleman pool in West Seattle, the PNA held the first of three group work-outs. These work-outs are designed to afford you the opportunity to swim in a 50 meter pool and to swim with individuals outside your local club. The next two practices are scheduled from 7 pm to 8 pm on Saturday, August 1 and Saturday, August 8. The practices are followed by a pot-luck in the park.

There is a deck coach at these practices. Robin O'Leary, coach from GLAD, has graciously volunteered her services. As those who attended the last practice will attest, the evening was a lot of fun. For more information, contact myself (941-6808) or Tammi Keeler (361-7041).

VOLUNTEERS STILL NEEDED FOR NATIONALS. It's nice to see that some of you really do read this newsletter. In response to my request in last month's newsletter, I have received a few offers from individuals and I wish to thank them. We will definitely be utilizing your services at some point and you will be contacted. For those of you who have, as yet, not volunteered, please do not assume that we have too many. Telephone lines are open to accept your call.

DELEGATES FOR SEPTEMBER CONVENTION. In last month's newsletter, I stated that the PNA had a few delegate positions currently open for those wishing to attend convention. I also stated that finances, or lack thereof, prevented us (PNA) from funding those positions. Since then, we have done some adjusting of finances and feel we can now afford, at least in part, to fund these positions.

If you are at all interested in going, please contact a board member ASAP - or better yet, be at the next board meeting. If you are seriously considering applying for a delegate position, it is critical that you understand how the PNA operates and what better way to learn than by attending the monthly board meetings and getting involved!

MEET BIDS FOR 1992 - 1993 SEASON ARE DUE! Jan Kavadas informs me that to date, only 2 bids have been received: **Anacortes** for short course meter meet in January and **Federal Way Masters** for short course Zone meet April 23 - 25. Please get your bids to Jan ASAP! If you don't have a bid packet, call her and she will send you one. Hosting meets affords you an excellent opportunity to raise money for your local clubs.

Continued wishes for good swimming.



## 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.

### **PNA LONG COURSE WORKOUTS AND POT-LUCK SOCIAL !!!!!**

The following dates are for anyone interested in working out in a meter Pool to ready themselves for nationals and to get to know other PNA swimmers (Since we will be swimming as one Big Team!) The workouts will be held at the Coleman swim pool in West Seattle, a cost of \$2.50 is charged to swim and the Pot-luck will be held afterwards in the Park.

Aug. 1st (7-8PM is the swim time)  
Aug. 8th (same time)

If you have any questions please call Tami Keeler @ 361-7041

Coleman Pool (Lincoln Park) will be open as of June 20th. 684-7185

Monday - Sunday 12:00 - 1:30 Lap swim Sat & Sun 5 - 7pm Lap swim  
Monday - Thursday 5:30 - 7pm Lap swim  
Monday - Thursday 6:00 - 7pm Masters workout

\*cost for drop in is \$1.75

**DON'T FORGET TO SEND JAN KAVADAS YOUR MEET BIDS -  
THEY ARE DUE ! ! !**

## MINUTES OF PNA BOARD MEETING

The meeting was held on Saturday, June 20 at the King County Aquatics Center, following the meet. The meeting was called to order by President Steve at about 2:20 p.m. In attendance were Steve Freeborn, Kathy Casey, Jane Moore, Walt Reid, Zena Herrmann, Tammi Keeler, Jan Kavadas, Carolyn Baldwin, Cynthia Rosik, Maxine Carlson, Gordon Gray, Steve Peterson, Maryanne Burke, Kate Sutherland, Jeanne Vallandigham, Jeanette Vallandigham, Ann Gindroz, and Frank Newquist.

**TEAMS REPRESENTED:** Ft. Steilacoom, Federal Way, Cascade, Tigers, Tacoma Y, OOPS, GLAD, and two unattached (the Vallandighams!).

**MINUTES:** Believe it or not, folks, the minutes of the previous meeting were approved exactly as read...can you believe it!?!? I mean, they weren't even hungry, as they had all been fed and watered quite well before the meeting even began. So, chalk that up as a great victory for your humble secretary.

### COMMITTEE REPORTS:

**TREASURER:** The Chancellor, Jane Moore, reported a current balance of \$5242.39, which includes approximately \$1300 from the June 20 meet and approximately \$1250 already received for Long-Course Nationals. Zena received approval for \$61 as reimbursement for supplies, and a total of \$133 was approved for Jan to reimburse her for printing and convention expenses.

**MEMBERSHIP:** Zena reported a current enrollment of 558 members.

**MEETS:** Jan has begun receiving some response on the bid packets that she sent out earlier. Anacortes requested approval for a short-course meters meet on January 23, 1993 and that was approved. Federal Way Masters requested approval for their hosting of the Zone Short-Course Yards Championship on April 23-24-25 at KCAC; that was also approved.

**RECORDS:** Walt reported that the results of the Enumclaw Meet, the last short-course yards meet of the season, will be printed in the July newsletter. He also mentioned that the World Top Ten list is available at a cost of \$5. Contact him if you are interested.

**AWARDS:** Steve Freeborn is asking for input on designs for PNA awards from any interested PNA members.

**NEWSLETTER:** Editor Phyllis needs all the stuff for the newsletter by the first of the month.

**COMPUTERS:** No report. But, stay tuned, as there will probably be a real zinger of a report next month.

**OFFICIATING:** The general consensus was that the meet officials at the June 20 meet did a fine job. There was some expression of concern that officials need to notify swimmers regarding the rules of crossing over lane lines, possibly interfering with other competitors. If there is interference, the interfering swimmer may be disqualified. All swimmers should be aware of this for the upcoming Nationals meet at KCAC. It was suggested that we may need a "traffic controller" to assist people in moving across lane lines after the completion of a race.

**SOCIAL:** The first PNA group workout will be held on June 27 at the Coleman pool in West Seattle from 7-8 p.m. The charge will be \$2.50. There will be two subsequent group workouts which will be publicized. Robin O'Leary is coaching the June 27 workout. There will be some sort of potluck in the park after the workout.

**FITNESS:** Everyone was urged to participate in the fitness swim for this season (it is certainly not too late to begin this if you have not already entered).

**PUBLICITY:** No report.

**OLD BUSINESS:**

**NMOC UPDATE:** The NMOC update was given by Hugh Moore, chairperson for the organizing committee. Hugh mentioned that there is sponsorship available for each event being swum at Long-Course Nationals. Individuals or businesses may sponsor an event at a cost of \$50. In exchange for that, they get their name on the big scoreboard at the pool and in the heat sheet. Hugh reiterated the need for volunteers in all areas, specifically to help with computer input and credit card approval; however, there are many other areas in which volunteers are needed. Hugh briefly discussed the greater number of swimmers attending. We are currently anticipating approximately 1000 swimmers; however, perhaps because of the drop in air fares that occurred recently, there may be a greater influx of swimmers. It was thought that we could get up around 1200 or even more. Hugh pointed out that this could prove to be a double-edged sword. We could look at it from the point of view of making more money on the meet; however, the other side is that the greater number of swimmers could slow down the meet, causing logistics problems. So, getting more swimmers could prove to be good or bad, depending on your point of view. Or, as baseball players say, "Is the spittoon half full or half empty?"

**USMS RULE CHANGES:** Kathy reviewed the proposals for rule changes that she is suggesting for the upcoming National Convention in Minneapolis in September. The Board discussed all of the proposals and a motion was made and approved for Kathy to submit the changes to the appropriate committees at the convention. A final printout of all of these changes will be made available and any PNA swimmers interested in reviewing them may contact the recording secretary for copies.

**CONVENTION:** Jane Moore suggested to the group that we review our initial proposals regarding funding of delegates to the National Convention. It was her proposal that the PNA should fund people attending the convention in the following order: 1) PNA delegates to the National Convention according to PNA policy; 2) PNA persons holding National position, not otherwise funded; 3) PNA members holding National position, funded by other sources. Jane made a motion to this effect, it was seconded, and unanimously approved. It was then mentioned that any interested PNA members should notify President Steve Freeborn of their interest in attending the convention and their willingness to serve as delegates.

**DAWN MUSSELMAN MEMORIAL AWARD:** Steve Freeborn will follow-up on the Dawn Musselman Memorial Award to be made at Long-Course Nationals.

**NEW BUSINESS:** None.

**NEXT MEETING:** The next meeting will be held on Tuesday, July 28 at Tammy Keebler's in the Shoreline district. The August meeting is undecided at this point.

The meeting was adjourned at approximately 3:55 p.m.

Respectfully submitted,

*Frank Newquist*

FRANK M. NEWQUIST  
Recording Secretary

WELCOME  
PNA  
TO THE

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

ROSALINE (ROS) BIRD, WANDA BOLERJACK, CHRISTOPHER DE GRANDA, WILLIAM (BILL) FENNER, ERIKA GISTE, MARYLOU HAUGLAND, KIMBERLY HAY, LARRY LAURENT, TODD MITTLEMAN, WADE OGG, KATHLEEN PETERSON, AND PETER STEKEL.



IN MEMORY OF KARL FREDERICK

Karl Frederick, a long-time masters swimmer, died suddenly June 16 at the age of 78. Karl swam many years for Fort Steilacoom Masters Swim Team and held many records. He still holds the PNA short course yard records in all three breast strokes and the 50 yard butterfly for the 65 - 69 age group as well as the PNA short course meter records for the 50 and 100 meter breast strokes also in the 65 - 69 age group.

Karl competed in the Senior Sports Festival the Saturday before at Medgar Evers Pool in Seattle where he was delighted to see many of his PNA swimming friends.

Competition was a major part of Karl's life. In addition to swimming he continued to compete in track events, bringing home many medals in both sports. Karl maintained good health and great physical conditioning until the very end.

Remembrances may be made to Karl's wife, Dorothy, and his family at 308 Main, Steilacoom, WA 98388.



\* \* \* \* \*

P N A MEET SCHEDULE

June 20  
August 20-23

PNA-sponsored long course - KCAC  
1992 USMS LC Nationals - KCAC

July 13  
July ???

OREGON MEET SCHEDULE  
SO. Oregon Willow Lake Swim  
MT. Hood Long Course - Gresham

JULY 25-26

INLAND EMPIRE  
Northwest Zone Champs - Spokane, WA

June 27- July 5, 1992

NATIONAL AND INTERNATIONAL SCHEDULE  
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.

\* \* \* \* \*



Fun , Fitness, Friendship, and Food

MASTERS WORKOUT

HELENE MADISON POOL 8:30-9:30 P.M.

MON TUES THURS FRI CONTACT

ROBIN O'LEARY 525-7725



**HAPPY**  
**BIRTHDAY** TO THE FOLLOWING PNA SWIMMERS

07/16	COLEEN WEIL	07/29	LYNN MARTINDELL
07/17	BRUCE LOMAX	07/30	MARGARET FOLEY
07/17	GEORGE NELSON	07/30	BARBARA L'AMI
07/17	MARK PEMBROOKE	07/31	SHERRY GRINDELAND
07/18	CHRISTOPHER DE GRANDA	08/01	THOMAS HARRYLOCK
07/18	MICHAEL EVANS	08/01	JOHN HORMAN
07/18	ARNOLD KAS	08/01	SUSAN WALTAR
07/18	MICHELE RUESS	08/02	PHYLLIS GILL
07/19	GARY HURBAN	08/02	WENDY HOFFMAN
07/19	THOMAS MARSHALL	08/02	JULIA MORRISH
07/20	MARK AMBERSON	08/03	CLIFTON III WARD
07/20	JEFFERY BORNHEIMER	08/04	HUGH MOORE
07/20	JOHN LEET	08/05	ERIC VALLEY
07/21	ROSALINE (ROS) BIRD	08/06	RICHARD PETERSON
07/21	STEPHEN FREEBORN	08/06	ANNAMARIE TERHAAR
07/21	ZENA HERRMANN	08/08	GREGORY SWANSON
07/22	NANCY POFFENBERGER	08/09	JO SCHERER
07/22	CHARLES VANZANDT	08/10	KATHRYN GREENLEAF
07/23	CYNTHIA (CINDY) WALSTON	08/10	WALTER REID
07/24	MARTHA LAYZER	08/11	KELLY MC BROOM
07/24	SHIRLEY OLSEN	08/11	GARY RASMUSSEN
07/24	STEVE SUSSEX	08/12	ELIZABETH (LIZ) CAMPBELL
07/25	ROBERT FARRELL	08/13	WILLIAM PHILBRICK
07/26	LEE CARLSON	08/13	JOHN ROBINSON
07/26	DOREEN SCANTLAND	08/14	ANN BUTLER
07/27	DONALD COHEN	08/14	DAVID HILL
07/27	DEREK MEYER	08/14	TAMMY PIERCE
07/27	BEVERLY SORTLAND	08/14	VICTORIA WODRICH
07/28	ERIC HUTCHINSON	08/15	STEVE HARRELL
07/28	KATIE STEELE	08/15	SHARON LYDA
07/29	KEN KOSTER	08/15	LIVIA WALKER



YOU DON'T HAVE TO BE SWIMMING AT NATIONALS TO BE PART  
 OF THIS BIG EVENT - CONTACT HUGH MOORE @ 941-3100 TO  
 VOLUNTEER !!!



# The Emerald City OPEN WATER SWIM

Sponsored by:

Seattle Department of Parks and Recreation



## Race Information . . .

### What . . .

The Seattle Department of Parks and Recreation is proud to sponsor the eighth annual Emerald City Open Water Swim.

### Where . . .

The triangular course will be in Andrew's Bay, off Seward Park, on Lake Washington.

### When . . .

Race day is Saturday, August 15. Registration is 8:00 to 9:00 a.m. The one mile swim will begin at 9:30 a.m. For safety, there will be a one (1) hour time limit for completion of the course. Course will be closed at 10:30 a.m.

### Prizes . . .

Every participant will receive a commemorative t-shirt and a swim cap. Awards will be given for age groups, and top overall men and women finishers. All competitors will be eligible for prizes to be drawn after the swim. Age groups are as follows: 10-11, 12-13, 14-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

### Safety . . .

Every precaution will be taken to ensure a safe event for all participants. Expert lifeguards will be in the water accompanying the pack. Participants age 10 to 18 must have parental approval, minimum age 10. Wet suits will be allowed, but will not be eligible for prizes.

### Additional Information . . .

684-4763.

ENTRY FORM — PLEASE PRINT CLEARLY. Please use separate form for each swimmer (photo copies okay).

FIRST NAME		LAST NAME		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
				Age on Day of Race	MALE	FEMALE	Swimmer #/Official Use Only
ADDRESS							
CITY, STATE & ZIP CODE				DATE OF BIRTH			
HOME PHONE		WORK PHONE		<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> XL
DIVISIONS:							
<input type="checkbox"/> MALE		<input type="checkbox"/> FEMALE					
<input type="checkbox"/> 10 — 11	<input type="checkbox"/> 20 — 24	<input type="checkbox"/> 40 — 44	<input type="checkbox"/> 60 — 64				
<input type="checkbox"/> 12 — 13	<input type="checkbox"/> 25 — 29	<input type="checkbox"/> 45 — 49	<input type="checkbox"/> 65 — 69				
<input type="checkbox"/> 14 — 15	<input type="checkbox"/> 30 — 34	<input type="checkbox"/> 50 — 54	<input type="checkbox"/> 70 & over				
<input type="checkbox"/> 16 — 19	<input type="checkbox"/> 35 — 39	<input type="checkbox"/> 55 — 59					

Make checks payable & mail to:  
Garfield Advisory Council  
Seattle Parks and Recreation  
500 23rd Avenue  
Seattle, WA 98122  
Attn: OPEN WATER SWIM

ENTRY FEES: U.S. Funds only—Non-refundable

Postmarked by 8/10/92	Thereafter and
Early Registration	Day of Race Registration
Youth - \$12.00	\$17.00
Adult - \$15.00	\$20.00

RELEASE: In consideration of the acceptance by sponsors of my entry in the Emerald City Water Swim, I will not hold the City of Seattle or the Department of Parks and Recreation or any employees or volunteers associated with the Emerald City Open Water Swim responsible for any injuries, damage or personal loss incurred while participating in said program. I am aware of the hazards inherent in open water swimming, including potential for hypothermia. I attest and verify that, to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in the open water swim, and that no physician or other qualified individual has advised me against competing in any portion of the Seattle Parks and Recreation Open Water Swim.

Signature \_\_\_\_\_ (Swimmer) \_\_\_\_\_ Date \_\_\_\_\_ Signature \_\_\_\_\_ (Parent if under 18 years) \_\_\_\_\_ Date \_\_\_\_\_

# 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  ZIP CODE

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.*

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 \_\_\_\_\_

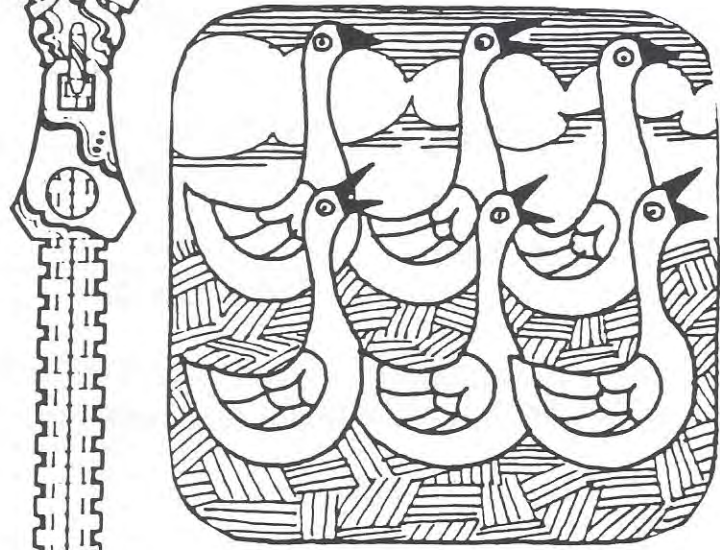
NEW PHONE NUMBER \_\_\_\_\_

\* \* \* \* \*



- Put a ZIP in your workout
- Try a week free w/ GREENLAKE AQUADUCKS
- Expert stroke inst 5-6am or 8:30-9:30 pm

Robin O'Leary  
525-7725



Social kick

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

\* \* \* \* \*



DON'T FORGET TO ORDER YOUR PNA NATIONALS SWIM SUIT -  
YOU CAN'T BEAT THE PRICE - AND WE ALL LOOK SOOO! GOOD

FRIENDLY NEW EVENT! LOTS OF SMILES GUARANTEED! BEAT THE HEAT!

# RENTON RIVER DAYS

## Splash and Dash

August 8, 1992—7:45 a.m.

Seattle Area Multi-Sports Association (S.A.M.S.A.) and the Renton Parks and Recreation Department are co-sponsoring a one mile swim in Lake Washington at Coulon Beach Park. The race is to be two lengths inside the log boom area. The swim race is immediately followed by the 7th annual four mile Park to Park Dash. The Dash starts at the swim location; the course is flat and scenic, and the race finishes along the Renton River Days parade route to Liberty Park. You can swim, run, or do both for a combined time event. (The two events are timed separately, and the times added together.)

### Prizes!

Extra large, fluffy beach towels provided by THE FINALS™ are to be awarded to the winner of each age divisions immediately after the swim. BARRACUDA™ goggles will be awarded to the winner of each age division for the swim/run category. These awards will be presented at Liberty Park, at the end of the Dash. Beach towels and other unclaimed prizes will be delivered to the second award ceremony so you won't miss anything! Swim/run entrants will also be eligible for individual run awards.

### Largest Team Prize!

A team pizza feed has been donated by PIZZA HUT™ and there will be a goodie-filled coach's bag for any team or club with the greatest number of entrants. SAMSA members can register if affiliated with another club. SAMSA CLUB not eligible for the team prize. Fitness swimmers can list their workout location. In case of a tie; tie breaker will be the greater of the cumulative ages; to determine the oldest team.

1. Wetsuits allowed, but the swimmer cannot win a swim or swim/run award.
2. You must wear the swim cap provided.
3. Refreshments available at the finish lines. Additional snacks by CONNECTION—an adult daycare program.
4. Runners' clothes will be transported to the Dash finish line.

### Directions/Parking

Follow Interstate 405 to Renton, north or southbound. Take Exit 5 and Park Ave. N. down the hill toward Boeing. Parking is FREE, in Boeing Lot 6, which is located south of Gene Coulon Park. Cars can be left all day, enabling you to enjoy post-swim festivities. (Allow a 10-minute walk time from the parking lot to the park which is north on Lake Washington Blvd.)

### Times

Registration tables open at 7:00 a.m. Swim registration closes at 7:30 a.m. Swim race starts at 7:45 a.m. Park to Park Dash starts at 8:45 a.m. (There is the possibility of a wave start for the swim if the number of applicants warrants. Combined swim/run event participants should mark the first wave on the registration form.)

Proceeds benefit CONNECTION—a Renton area adult daycare program.

## SPLASH AND DASH RACE APPLICATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE/WORK \_\_\_\_\_ PHONE/HOME \_\_\_\_\_

### ONE MILE SWIM

Circle age group for the swim: 18-20 21-24 25-29 30-34 35-39 40-44 45-49 50-54  
55-59 60-64 65-69 70-74 75+  Male  Female

COST: \$15 Preregistration \$18 day of the race (includes t-shirt and Speedo swim cap)

Please indicate t-shirt size:  M  L  XL

### SWIM AND RUN

Circle age group for the combined one mile swim and four mile run: 18-20 21-29 30-39 40-49 50-59 60-69 70+  
 Male  Female (Also mark age group in the swim category to be eligible for swim prizes.)

COST \$22 Preregistration \$28 day of the race (includes t-shirt and cap as above)

WAVE ONE OR TWO \_\_\_\_\_ APPROX. ONE MILE SWIM TIME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ AGE ON RACE DAY \_\_\_\_\_

TEAM/CLUB OR WORKOUT LOCATION \_\_\_\_\_ (to enter for largest team prize).

Waivers to be signed at race registration. Must be 18 to enter the swim race.

Make checks payable to CONNECTION: Splash and Dash, or you may use your VISA/MasterCard.

Want to run only? Call 255-0488. For more information on Splash and Dash, call 235-2560.

### Thanks to our sponsors!

Aqua Barn Ranch Swimming Pool, Bicycles West, Barracuda Sports Optics, Dunn Lumber-Renton Yard, J.D. Pence Aquatic Supply, Jerseys Sports Bar, KIDSWIM, LGF Fabrics, Pizza Hut, Ross Laboratories, Kelly Sterling and Associates CPAs, Summit Electric, The Finals Swimwear, Speedo™, Valley Harvest, Sports Publications, Inc., Castle Cash & Carry, Chris Clifford, Ted Levack, John T. Joseph, M.D., Bob and Nancy Edwards, SAMSA, Renton Parks and Recreation

Special thanks to the Renton Firefighters.

Mail application to:  
Splash and Dash  
Renton Parks and Recreation Department  
200 Mill Avenue South  
Renton, WA 98055

or bring to:  
Renton Community Center  
1715 Maple Valley Highway  
Renton, WA 98055  
Monday-Saturday 8 a.m.-10 p.m.  
Preregistration deadline: August 5, 1992

VISA/MC No. \_\_\_\_\_

Signature \_\_\_\_\_

Expiration Date \_\_\_\_\_



**Official Entry Form for Individual Events  
1992 United States Masters Swimming  
National Long Course Championships  
Weyerhaeuser King County Aquatic Center, Federal Way, Washington  
August 20-23, 1992**

Name _____		Sex _____	
Last	First	Middle Initial	
Address _____		Country _____	
Street	City	State	Zip
Phone _____		Emergency _____	
A/C	Days	A/C	Evenings
Age _____		Name _____	
(on 8/23/92)	Birthdate _____	USMS Reg # _____	Phone _____
	Month/Day/Year		1992 No. Required
Club Name or Unattached _____		Club Abbrev _____	
	(if you know it)	LMSC _____	(Assoc.)

**Entry Due Date: Entry must be received no later than Thursday, July 16, 1992**

Event No.	Entry Time Women	*	Event	Event No.	Entry Time Men	*
<b>Thursday, August 20, 1992 7:00 am</b>						
1			▲ 800 M FREE (See Check-in Times)	2		
3			▲ 1500 M FREE (See Check-in Times)	4		

**NOTE: YOU CAN SWIM EITHER THE 800 METER OR 1500 METER FREESTYLE — NOT BOTH  
YOUR ENTRY DOES NOT AUTOMATICALLY SEED YOU FOR THESE EVENTS. YOU MUST CHECK IN BEFORE THE DEADLINE TIMES LISTED ON BACK.**

<b>Friday, August 21, 1992 8:00 am</b>						
5			200 METER FREESTYLE	6		
7			50 METER BREASTSTROKE	8		
9			100 METER BACKSTROKE	10		
11			50 METER BUTTERFLY	12		
13/14	SEE RELAY FORM		200 METER MIXED FREE RELAY	13/14	SEE RELAY FORM	
15			400 METER IM (See Check-in Times)	16		

<b>Saturday, August 22, 1992 8:00 am</b>						
17			200 METER BREASTSTROKE	18		
19			100 METER BUTTERFLY	20		
21			50 METER BACKSTROKE	22		
23			100 METER FREESTYLE	24		
25			200 METER IM	26		
27	SEE RELAY FORM		200 METER FREE RELAY	28	SEE RELAY FORM	
29/30	SEE RELAY FORM		200 METER MIXED MEDLEY RELAY	29/30	SEE RELAY FORM	

<b>Sunday, August 23, 1992 8:00 am</b>						
31			200 METER BACKSTROKE	32		
33			100 METER BREASTSTROKE	34		
35			50 METER FREESTYLE	36		
37			200 METER BUTTERFLY	38		
39	SEE RELAY FORM		200 METER MEDLEY RELAY	40	SEE RELAY FORM	
41			▲ 400 FREESTYLE (See Check-in Times)	42		

▲ I am willing to swim the 400 meter freestyle with two persons per lane ___ Yes ___ No 800 meter freestyle with two persons per lane ___ Yes ___ No 1500 meter freestyle with two persons per lane ___ Yes ___ No	*Those swimming two per lane shall be seeded ahead of competitors swimming one per lane and shall be started at opposite ends of the pool. Seeding will not be altered to accommodate travel arrangements.
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(Legible Xerox copies of this entry form are acceptable. You must complete the reverse side of this form. YOU MAY ENTER SIX INDIVIDUAL EVENTS (OR FIVE INDIVIDUAL EVENTS, IF DEEMED NECESSARY BY THE CHAMPIONSHIP COMMITTEE) — BUT SWIM NO MORE THAN THREE INDIVIDUAL EVENTS ON ANY ONE DAY. Please indicate with an asterisk (\*) your 6th event in case the five event limit is imposed.

Dates: August 20-23, 1992

Location: Weyerhaeuser King County Aquatic Center, Federal Way, Washington

Sanctioned By: US Masters Swimming, Inc. and Pacific Northwest Association of Masters Swimmers

**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. IF YOU ENTER "NO TIME", your entry will be rejected.

You may enter six individual events (or five events, if deemed necessary by the Championship Committee) but swim no more than three individual events on any one day. No refunds will be given for events not swum. Indicate your sixth event with an asterisk (\*) in case the five event limit is imposed: USMS Rule 104.5.3A.

**Eligibility:**

National Championships are open to USMS registered swimmers, 19 years of age and older (as of August 23, 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. A copy of your USMS registration card must be included with your 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:**

The Meet Brochure has all details of the meet conduct. All events 200 meters and under will be pre-seeded. The 400 freestyle, the 400 IM, the 800 freestyle, and the 1500 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:

400 IM	9:00 AM Friday, August 21	800 FREE	7:00 PM Wednesday, August 19
400 FREE	9:00 AM Sunday, August 23	1500 FREE	7:00 PM Wednesday, August 19

**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 ( 8 / 23 / 92 ).

Awards: Each swimmer entering the meet will receive a plaque upon check-in at the registration table. Bars signifying the event and place will be awarded to the top ten finishers in each age group for each event, including relays.

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 there are any questions about your fees, full cash payment will be required before you are permitted to swim. No refunds are given for events not swum.

**Banquet:**

This year's banquet is scheduled for the Community Center at Brown's Point overlooking Puget Sound. Cocktails (no-host bar) will be served starting at 6:00 p.m. Food will be served buffet-style from 7:00 pm to 9:30 pm. The menu includes 8 oz. of meat (bbq salmon, filet mignon kabob, or chicken kabob), salads, bread and butter. Dance music and a DJ are scheduled for entertainment. Wear casual attire. Only \$18.00 per person.

<b>Checks Payable to:</b> PNA Masters Swimmers <b>Mail Entry &amp; Fees to:</b> 1992 USMS Long Course Nationals c/o Dr. Jane Moore 30819 14th Ave. S., Suite C Federal Way, WA 98003	Meet Surcharge (required of all swimmers):	<u>  1  </u>	X \$13.00	<u> 13.00 </u>
	Number of Individual events entered:	<u>      </u>	X \$ 4.00 =	<u>      </u>
	Number of Banquet tickets:	<u>      </u>	X \$ 18.00 =	<u>      </u>
	Indicate Entree Preference _____			
	Fax Surcharge	<u>      </u>	X \$ 10.00 =	<u>      </u>
TOTAL AMOUNT OF FEES DUE				
( do not send cash ) :			<u>      </u>	= <u>      </u>

ATTACH COPY OF USMS REGISTRATION CARD TO ENTRY.

**Entry Deadline:**

Entry must be in the hands of entry chairman no later than July 16, 1992:

Late entries will be returned to sender.

For proof of receipt, enclose self-addressed, stamped envelope or postcard.

**Meet Director:**

Hugh Moore (1-206-941-3100) before 9:00 p.m. Pacific Time

**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 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. I further agree to abide by and be governed by the rules and regulations of USMS.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_

<b>Fax Entry Only</b>																					
A faxed entry will be accepted if charged on your Visa or MasterCard. A \$10 surcharge will be added. Fax 206-941-2795																					
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Signature _____																					



1992 USMS LONG COURSE NATIONALS UPDATE

1992 USMS Long Course Nationals are only one month away. There is still time to get involved.

The meet is staffed by volunteers. Thousands of man-hours of volunteer help is needed to run the meet. Even a few hours of donated time will make a difference. Volunteers are needed for timing, officiating, swimmer check-in, and hospitality. If you haven't volunteered yet, contact Hugh at 941-3100.

You can sponsor any of the 40 events for \$50. Sponsor's names will appear in the meet program as well as on the scoreboard. This is an excellent way for teams, businesses, or individuals to advertise and show your support. Contact Hugh at 941-3100 or 925-0803 for more information or return the following form.

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1992 USMS Long Course National Championships - Event Sponsorship

Name to appear in Meet Program

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Mark events that you would prefer to sponsor with number 1, 2, or 3 showing order of preference. Selection will be by first come first served basis.

Men	Women		Men	Women	
___	___	800 Free	___	___	100 Free
___	___	1500 Free	___	___	200 IM
___	___	200 Free	___	___	200 Back
___	___	50 Breast	___	___	100 Breast
___	___	100 Back	___	___	50 Free
___	___	50 Fly	___	___	200 Fly
___	___	400 IM	___	___	400 Free
___	___	200 Breast	___	___	200 Free Relay
___	___	100 Fly	___	___	200 Medley Relay
___	___	50 Back			
		___ 200 Mixed Free Relay			
		___ 200 Mixed Medley Relay			

Enclose check for \$50 payable to PNA

Mail to

1992 USMS LC Nationals  
c/o Jane Moore, M.D.  
30819 14th AVE S.  
Federal Way, WA 98023