

the

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

WET SET



THE PNA NEWSLETTER

PRESIDENT

Steve Freeborn
29925 2nd Ave. SW
Federal Way, WA 98023
(206) 941-6808

EDITOR

Phyllis Gill
14037 SE Allen Road
Bellevue, WA 98006
(206) 865-9856

VOLUME 11 - NUMBER 9

SEPTEMBER, 1992

ADVERTISING IN THE WET SET	3
ANNOUNCEMENTS	3
BIRTHDAYS	5
CHANGE OF ADDRESS	5
H.O.S.T.	4
MEET ENTRIES	
NORTH KITSAP	6
OREGON - OCTOBER	9
OREGON - NOVEMBER	11
MEET SCHEDULES	4
PNA / USMS 1992 REGISTRATION FORM	10
PNA BOARD MEETING MINUTES	2
PRESIDENT STEVE'S LETTER	2
RENTON RIVER DAYS RESULTS	7-8
SUBSCRIPTION TO THE WET SET	3
WELCOME NEW SWIMMERS TO THE PNA.	5

* * * * *

UPCOMING BOARD MEETINGS

SEPTEMBER 15TH - LEE CARLSON'S HOME
4368 EAST MERCER WAY, MERCER ISLAND

* * * * *

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.

* * * * *

Congratulations

Congratulations to all PNA swimmers who volunteered to help with the 1992 Long Course National Championships. The overwhelming success of the meet is due entirely to the efforts of the meet volunteers. The thousands of hours of donated time were greatly appreciated by everyone involved with the meet.

I received scores of compliments during the meet regarding nearly every aspect of the meet. Everyone who helped with the meet should feel proud to have been involved. I feel obligated to share the note Jane and I received from Maxine Melino so that everyone who helped with the meet can share the feeling of accomplishment.

"I wish to tell you that I've been to many National & International Swim Meets but this one impressed me with being the most well-organized, efficient & friendly from the moment I entered the lobby of the impressive facility. There were adequate directional signs, informational materials, & even the daily BEAT THE HEAT sheet had the warm friendly touch! The announcement procedure was excellent & I'm sure winners & record-breakers being noted was as pleasing to everyone as it was to me. Finally, I was pleasantly surprised & happy with the unique awards & the speed with which they were available. It has been a most enjoyable experience - Thank you, Thank you, Thank you."

Hugh Moore
Meet Director

PRESIDENT STEVE'S LETTER

Steve was unable to have a letter for us this month because he has been busy tying up the loose ends of our National meet. Thank you Steve and we all will be looking forward to hearing from you in October.

PNA Board Meeting Minutes

No minutes this month because there was no August meeting held! ! Everyone is welcome to come to any of the board meetings. Just watch your WETSET for the time and place ! !

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.

* * * * *

P N A MEET SCHEDULE

NOVEMBER 17	NORTH KITSAP HIGH SCHOOL	POULSBO WA.
DECEMBER 12	ENUMCLAW DOLPHINS	ENUMCLAW WA.
JANUARY 1993	TAC MASTERS	MOUNT VERNON
FEBRUARY 22?	GREENLAKE AQUADUCKS	SEATTLE WA.
MARCH 14	BANGOR SWIM TEAM	POULSBO WA.
APRIL 3-5	CHAMPS -TBA	
APRIL 23-25	ZONES	FEDERAL WAY
JUNE 19	FEDERAL WAY MASTERS	FEDERAL WAY

(some maybe subject to change)

* * * * *

OREGON MEET SCHEDULE

TBA

* * * * *

INLAND EMPIRE

TBA

* * * * *

NATIONAL AND INTERNATIONAL SCHEDULE

TBA

* * * * *

FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED

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

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

09/16	JOHN WALTON	10/01	DENNIS DACEY
09/17	STEVEN PETERSON	10/01	JUDY HARRISON
09/18	SUE BOOTH	10/02	MARION CHADWICK
09/18	DANIEL VANCAMP	10/02	ROBERT CORSIGLIA
09/19	WILLIAM TULIN	10/03	DONNA HUSS
09/20	RUSSELL HAWKES	10/04	JEFFREY PARDEE
09/20	JAMES NORRIS	10/05	KATHRINE CASEY
09/20	JACQUELINE SAXON	10/05	HAROLD (HAL) II YOUNG
09/21	ALISON DILLOW	10/06	JOAN DAVIS
09/21	AMY MCAULEY	10/07	ROCKY PHOENIX
09/21	ROGER RUDOLPH	10/09	MELANIE GRIMES
09/21	AKIRA SASABE	10/09	SARA LAKIN
09/21	BARBARA SCHAEFFLER	10/09	DARRYL TAYLOR
09/22	STANLEY CARPER	10/10	MORIA BRASS
09/23	WARREN KLEIST	10/11	DON ENGELBACH
09/23	DICK TODD	10/11	TAMMI KEELER
09/23	JOHN WEIL	10/12	ANNE MARSTON
09/24	JAMIE MCGREGOR	10/13	BILL CASTNER
09/24	MACK ORSBORN	10/13	DENISE DRAGOVICH
09/25	NANCY CAHILL	10/14	JOSHUA GERT
09/25	MANUEL CHAUS	10/15	STEPHEN BERGMANN
09/25	NICHOLAS PARRY	10/15	SUSAN DEARBORN
09/25	MARY WHITMORE	10/15	SUSAN SHISLER
09/29	MARTHA PETERS		
09/29	DAVID TONEY		
09/30	NICK GARLAND		

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 _____	

* * * * *

WELCOME TO THE PNA

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

STANLEY CARPER, JEANNE CONLEY, GARY GIBSON, MARJORY MAGWIRE, MACK ORSBORN, MELISSA SOETE, JON THORSON, AND DICK VANHOLLEBEKE.

PNA MASTERS LOCAL SWIMMING COMMITTEE
 MEET INFORMATION: November 21, 22, 1992
 Hosted by North Kitsap High School Swim Team
 Sanction # 923612

ORDER OF EVENTS
 EVENT # EVENT
Saturday, November 21
 1 400 IM
 2 1650 FREE

Sunday, November 22
 3 500 FREE*
 4 400 FREE RELAY
 5 100 BACK
 6 200 FREE
 7 50 FLY
 8 200 BREAST
 5 MINUTE BREAK
 9 200 MIXED FREE RELAY
 10 100 IM
 11 200 BACK
 12 50 FREE
 13 100 FLY
 14 50 BREAST
 5 MINUTE BREAK
 15 200 MEDLEY RELAY
 16 50 BACK
 17 100 FREE
 18 200 FLY
 19 100 BREAST
 20 200 I.M.
 21 200 MIXED MEDLEY RELAY

DATE: November 21-22, 1992
 TIME: Sat. Nov. 21
 Warmup: 4:00 p.m.
 Meet starts: 5:00 p.m.
 Sun. Nov. 22
 Warmup: 8:30 a.m.
 Meet starts: 9:30 a.m.
 * Warm-up after 500 Free, 30 minutes
 Event 4 starts 10:30 am

PLACE: North Kitsap Pool
 1881 Hostmark St
 Poulsbo WA
 (206) 779-3790

MEET DIRECTOR: Marilyn Grindrod
 (on site)
 Entries: Gordon Gray
 (206) 488-8825 (Before 9 pm)
 FACILITY: 6-lane 25 yd pool,
 diving area for warm-up
 available throughout
 the meet. Water temp: 82 degrees
 CONCESSION STAND

RULES: Current USMS rules will
 govern the meet
 ELIGIBILITY: Open to all USMS 1992
 registered swimmers 19 and over
 as of the last day of the meet
 SEEDING: Slow to fast except 400 IM
 and 1650 FREE. Events 1, 2, and 3
 will be deck seeded.

AWARDS: Special Awards for 1st entry; closest to seed time!

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

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

PNA MASTERS LOCAL SWIMMING COMMITTEE
 MEET ENTRY FORM: November 21, 22, 1992
 Hosted by N. Kitsap High School Swim Team
 at Kitsap High School Pool
 Sanction # 923612

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____

Must have 1992 registration number or 1993.
 TEAM _____ or UNATTACHED _____ ASSOCIATION _____

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59

60-64 65-69 70-74 75-79 80-84 85-89 90+

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

ENTRY LIMIT: 5 EVENTS per day plus relays

EVENT NUMBER _____ EVENT _____ EVENT TIME _____

ENTRY FEES

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

TOTAL _____

Checks payable to: Gordon Gray
 Mail fees and this entry form to: Gordon Gray TEL: 488-8825
 15911 67th LN NE #2
 Bothell, WA 98011

ENTRIES Postmarked November 10, 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 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 _____

RENTON RIVER DAYS

Splash and Dash

One Mile Open Water Swim Renton River Days
August 8, 1992

Places by age group -Ladies

18-20

1. Kerry Marra	28:07.26
2. Heather Speight	28:15.55
3. Desiree Snow	35:12.56
4. Amy Roe	36:19.37
5. Amanda Carroll	36:41.91

21-24

1. Gina Patelli	43:57.16
-----------------	----------

25-29

1. Jordana Weiffenbach	25:03.11
2. Caroline Dodgson	32:19.76
3. Mary Woodland	33:51.32
4. Robin Chapman	34:31.99

30-34

1. Zena Herrmann	22:29.97
2. Katherine Casey	25:24.27
3. Sally Dobbin	28:09.49
4. Gail Bruner	28:16.81
5. Susan Main	29:35.05
6. Julie Johnson	40:51.36
7. Tracey Russett	46:53.40

35-39

1. Jennifer Wrenn	26:47.80
2. Nancy Eisner	28:24.05
3. Kristi Collins	34:33.68
4. Patti Lane	36:30.09
5. Nancy Halversen	37:29.13
6. Jane Donald	42:42.57

40-44

1. Susan Burnham	38:42.10
2. Shirley Kolm	47:24.77
3. Ann Wimmenauer	49:06.88

45-49

1. Maudry Speight	39:41.69
2. Charlotte Morrison	54:04.84

55-59

1. Joy Ross	34:02.54
-------------	----------

75+

1. Pat Matthiesen	
-------------------	--

Men

Time

18-20

1. Paul Boyett	30:27.32
----------------	----------

21-24

1. Scott Stoneman	28:17.62
-------------------	----------

25-29

1. Andy Frank	27:52.62
2. Robert Miyahira	33:47.31

30-34

1. Mark Van Achte	23:59.08
2. Andrew Weiffenbach	24:04.19
3. Rich Been	28:30.47

35-39

1. Steve Sussex	23:34.40
2. Matt Smith	24:22.65
3. Dale Cary	25:06.44
4. Andrew McKim	28:20.54
5. Gregg Whittier	30:25.61
6. Scott Serpa	30:50.11
7. Ilan Caron	35:46.04
8. Jell Rickard	41:26.45

40-44

1. Jeff Gross	23:57.39
2. Eric Beam	24:08.84
3. James Harris	25:00.75
4. Steve Harrell	25:37.61
5. David Kirker	26:51.40
6. Dick Green	27:32.35
7. Rick Hoffman	33:40.30
8. Wallace Wood	36:43.28
9. Greg Wimmenauer	38:10.38

45-49

1. Don Burton	28:00.25
2. John Affolter	31:18.44
3. Mike Marshall	31:46.41
4. Ron Fisher	50:55.09

50-54

1. Dennis Donovan	26:56.15
2. Robert Davis	33:45.69
3. Larry Patelli	36:16.87
4. Dennis Roumsavelle	37:46.49

55-59

1. Chuck Januska	35:18.80
2. Ron Sandelius	35:42.20

60-64

1. Jarl Secher-Jensen 43:43.06

Splash and Dash (One mile swim and four mile run)

Age groups- Ladies

Combined Time

18-20

1. Kerry Marra 1:06:26.96
2. Desiree Snow 1:17:57.27
3. Amanda Caroll 1:19:18.86

21-29

1. Jordana Weiffenbach 57:34.22
2. Mary Woodland 1:03:37.30
3. Caroline Dodgson 1:06:17.49
4. Robin Chapman 1:09:57.88
5. Gina Patelli 1:19:18.86

30-39

1. Zena Herrmann 48:14.51
2. Gail Bruner 56:59.38
3. Krista Collins 1:06:53.27
4. Nancy Halversen 1:08:06.70
5. Patti Lane 1:10:29.05
6. Julie Johnson 1:16:04.52

40-49

1. Susan Burnham 1:17:31.89
2. Ann Winnenauer 1:25:52.09
3. Charlotte Morrison 1:35:29.78

50-59

1. Joy Ross 1:14:01.50

Men

18-20

1. Paul Boyett 55:12.40

21-29

1. Scott Stoneman 52:46.85
2. Andy Frank 53:41.35
3. Robert Miyahira 59:10.09

30-39

1. Mark Van Achte 45:54.14
2. Rich Been 51:50.61
3. Andrew McKim 52:47.32
4. Gregg Whittier 55:04.41
5. Scott Serpa 55:39.38
6. Jell Rickard 1:11:25.62

40-49

1. Eric Beam 48:34.55
2. David Kirker 54:49.19
3. Dick Green 58:02.01
4. John Afolter 59:42.49
5. Wallace Wood 1:01:57.15
6. Rick Hoffman 1:02:36.89
7. Mike Marshall 1:02:75.60
8. Greg Wimmenauer 1:03:44.60
9. Don Burton 1:06:55.05

50-59

1. Larry Patelli 1:01:39.24
2. Ron Sandelius 1:02:34.80
3. Robert Davis 1:02:43.92
4. Dennis Roumsavelle 1:14:31.23

60-69

1. Jarl Secher-Jensen 1:22:33.36

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET
SANCTIONED (93-B) 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. 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.

DATE: OCTOBER 3rd, 1992

MEET: NEWPORT MASTERS S.C. YARDS
PLACE: SHELDON HIGH COMMUNITY POOL
NEWPORT, OREGON

WARM-UPS: 8:00 P.M.
MEET STARTS: 9:00 P.M.

5 LANES COMPETITION - ELECTRONIC TIMING
1 CONTINUOUS WARM UP/DOWN LANE

HOST: Newport Swim Team **Meet Director: STEVE COLE 503-265-8678 days**
DIRECTIONS TO POOL: 1212 N.E. Fogarty. From the North via Lincoln City, Hwy 101 south to Newport, turn left (east) onto N.E. 12th St. (near McDonalds and McIvars). Go to the end of 12th Street. Pool is at corner of 12th and Fogarty.

ENTRY DEADLINE : POSTMARKED NO LATER THAN SEPTEMBER 23rd, 1991

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 5 individual events plus 4. Enter relays at the meet. The 400 I.M. and 500 Free will be deckseeded and all events will be seeded slow to fast.

SATURDAY OCTOBER 3 NEWPORT

400 I.M. (1)	_____ : _____ . _____	50 BACK (11)	_____ : _____ . _____
BREAK	BREAK BREAK	100 FLY (12)	_____ : _____ . _____
FREE RLY (2)	XXXXXXXXXXXXXXXX	MED RLY (13)	XXXXXXXXXXXXXXXX
50 FREE (3)	_____ : _____ . _____	BREAK	BREAK BREAK
100 BREAST (4)	_____ : _____ . _____	200 FREE (14)	_____ : _____ . _____
200 BACK (5)	_____ : _____ . _____	50 BREAST (15)	_____ : _____ . _____
50 FLY (6)	_____ : _____ . _____	100 BACK (16)	_____ : _____ . _____
200 I.M. (7)	_____ : _____ . _____	200 FLY (17)	_____ : _____ . _____
MXD FR RLY (8)	XXXXXXXXXXXXXXXX	100 I.M. (18)	_____ : _____ . _____
BREAK	BREAK BREAK	MXD MD RLY (19)	XXXXXXXXXXXXXXXX
100 FREE (9)	_____ : _____ . _____	BREAK	BREAK BREAK
200 BREAST (10)	_____ : _____ . _____	500 FREE (20)	_____ : _____ . _____

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. PLEASE NOTE: Swimmers less than 25 years of age are advised that they jeopardize their amateur standing under FINA Rule GR1 if they compete in Masters Swimming.

SIGNATURE _____ DATE _____

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

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 LOCAL AFFILIATION

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

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.*

**OREGON MASTERS SWIMMING SHORT COURSE METERS MEET
SANCTIONED (93-C) 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 S.C. METERS CHAMPIONSHIPS

DATE: NOVEMBER 7 & 8th, 1992

**PLACE: PORTLAND STATE UNIVERSITY
AQUATIC CENTER
PORTLAND, OREGON
5 LANES COMPETITION - MANUAL TIMING
1 LANE CONTINUOUS WARM UP/DOWN**

WARM-UPS: SATURDAY 12:00 P.M. SUNDAY 8:00 A.M. MEET STARTS: SATURDAY 1:00 P.M. SUNDAY 9:00 A.M.
--

HOST: P.S.U. Viking Masters Meet Directors: Bob Morrison (503)-244-1927 h & John Zell (503)-282-9347 h
DIRECTIONS TO POOL: I-5 Northbound, take exit 299B (I-405), then take exit 1-C (6th avenue), on 6th Ave. turn left on Harris and left at Broadway, FREE PARKING IN PSU PARKING STRUCTURE #1 ON BROADWAY & HALL. I-5 Southbound, take Beaverton/City Center exit to I-405, then exit 1-C (6th Avenue), turn left on Harrison and left on Broadway, FREE PARKING IN PSU PARKING STRUCTURE #1 ON BROADWAY & HALL. POOL IS ONE TO TWO BLOCKS WEST OF PARKING STRUCTURE CORNER OF COLLEGE AND PARK AVENUE.

ENTRY DEADLINE : POSTMARKED NO LATER THAN OCTOBER 24th, 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: 76+, 100+, 120+, 160+, 200+, 240+, 280+, 320+. 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., 400 and 800 Free will be deckseeded and all events will be seeded slow to fast.

SATURDAY NOVEMBER 7 P.S.U.		50 FREE (11)	_____ : _____ . _____
400 LM. (1)	_____ : _____ . _____	100 FLY (12)	_____ : _____ . _____
800 FREE (2)	_____ : _____ . _____	50 BREAST (13)	_____ : _____ . _____
FREE RLY (3)	XXXXXXXXXXXXXXXXXX	MED RELAY (14)	XXXXXXXXXXXXXXXXXX
100 BACK (4)	_____ : _____ . _____	BREAK	BREAK BREAK
200 FREE (5)	_____ : _____ . _____	50 BACK (15)	_____ : _____ . _____
SUNDAY NOVEMBER 8		100 FREE (16)	_____ : _____ . _____
50 FLY (6)	_____ : _____ . _____	200 FLY (17)	_____ : _____ . _____
200 BREAST (7)	_____ : _____ . _____	100 BREAST (18)	_____ : _____ . _____
100 LM. (8)	_____ : _____ . _____	200 LM. (19)	_____ : _____ . _____
MXD FR RL (9)	XXXXXXXXXXXXXXXXXX	MXD MD RL (20)	XXXXXXXXXXXXXXXXXX
BREAK	BREAK BREAK	BREAK	BREAK BREAK
200 BACK (10)	_____ : _____ . _____	400 FREE (21)	_____ : _____ . _____

*******LODGING INFO*******

THERE ARE 6 MOTELS WITHIN A SHORT WALK FROM THE P.S.U. AQUATIC CENTER

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: \$12.00 SEND FORM(S) & FEE(S) PAYABLE TO:
OREGON MASTERS SWIMMING P.O. BOX 8785 PORTLAND, OREGON 97207