

the

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

WET SET



THE PNA NEWSLETTER

PRESIDENT

Steve Freeborn
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(206) 941-6808

EDITOR

Phyllis Gill
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OCTOBER, 1992

ADVERTISING IN THE WET SET	11
ANNOUNCEMENTS	5
BIRTHDAYS	15
CHANGE OF ADDRESS	13
H.O.S.T.	5
INDIANAPOLIS RESULTS	13
MEET ENTRY	
NORTH KITSAP	10
ENUMCLAW DOLPHINS	12
OREGON - NOVEMBER	8
OREGON - DECEMBER	14
MEET SCHEDULES	7
NATIONAL SHORT COURSE TOP 10	9&11
PNA BOARD MEETING MINUTES	3-4
PRESIDENT STEVE'S LETTER	?
SUBSCRIPTION TO THE WET SET	13
WELCOME NEW SWIMMERS TO THE PNA	5

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UPCOMING BOARD MEETINGS

OCTOBER 27TH - JANE MOORE'S OFFICE
NOVEMBER 22ND - FOLLOWING MEET AT POULSBO

* * * * *

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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WANTED



(HOPEFULLY ALIVE)

SWIMMERS TO TAKE CHARGE AND LEAD THE PNA THROUGH THE NEXT TWO SEASONS. NEED CAPABLE MEN AND WOMEN (Yes, in this year of women we need men too).

SERVE ON THE PNA BOARD!!!!

IF YOU ARE INTERESTED IN BEING NOMINATED PLEASE CALL US, OR IF YOU KNOW SOMEONE WHO YOU THINK WOULD DO A GOOD JOB LET US KNOW AND WE WILL CONTACT THEM.

WE ARE LOOKING FOR PEOPLE TO SERVE AS :

PRESIDENT

VICE PRESIDENT

SECRETARY

TREASURER

3 AT LARGE REPS.

THE DEADLINE FOR NOMINATION IS NOV. 15TH.

TO NOMINATE SOMEONE OR FOR MORE INFORMATION PLEASE CONTACT :

PAUL SHERMAN @ 322-0871
TAMMI KEELER @ 361-7041
PHYLLIS GILL @ 865-9856



MINUTES OF PNA BOARD MEETING

The meeting was held on September 15 at Lee Carlson's. The meeting was called to order by Vice President Carolyn Baldwin at 7:10 p.m. In attendance were Carolyn Baldwin, Lee Carlson, Hugh Moore, Jane Moore, Tammy Keeler, Phyllis Gill, Kathy Casey, Zena Herrmann, Paul Sherman, Nancy Edwards, Pat Matthiesen, and Frank Newquist.

TEAMS REPRESENTED: BEST, TIGERS, Issaquah, Federal Way Masters, Newport Hills, ORCA, GLAD, and Ft. Steilacoom.

MINUTES: Minutes of the previous meeting were basically approved. A minor glitch on the meeting location was quickly forgiven and passed over.

COMMITTEE REPORTS:

TREASURER: Jane reported a current balance of \$21,886.59, including \$2881.33 in the Wiggin Memorial Fund, leaving a net balance to the PNA of \$19,005.26. We still have bills to pay for the National Championship Meet at WKCAC, including the pool rental bill and the emergency medical bill. There is some financial return expected from USMS once they have completed the evaluation of the meet.

MEMBERSHIP: Zena reported a current membership of 607. Please note that membership applications will be put in the Wet Set for November and December. Anybody registering in either month will get a registration continuously all the way through 1993. That is, it will be possible to get 14 months of registration for 12 months of dues. There was some discussion of a possible fee increase, but no action was taken.

MEETS: GLAD will bid on the PNA Championship Meet. Tammi Keeler and Robin O'Leary will be co-meet directors. The Champs Meet will be held April 2, 3, and 4. The Short-Course Zone Meet will be April 23, 24, and 25 at WKCAC. The ORCA team will bid for a swim meet in February. In addition, Paul Sherman announced that ORCA was putting on a meet in October and would send an entry form to Frank, who would get it duplicated and sent out to the various team reps for further distribution. The meet will be held on Saturday, October 17 at Helene Madison and will be scheduled as an afternoon meet.

RECORDS: No report.

AWARDS: Phoebe Terhaar is continuing on designs for awards.

RECORDS: Just kidding. As a matter of fact, at our recently completed National Championship Meet at WKCAC, there were approximately 75 national records and 46 world records set. (Our local swimmers Rick Colella and Zena Herrmann were two of the world record setters.)

NEWSLETTER: Editor Phyllis announced that she has purchased her own laser printer that will be used for typing the newsletter. The copy will be given to the printer who will start shipping it by UPS to Tacoma for the folding, stapling, and mailing. The UPS cost will be no more than \$12.00. This allows a little more flexibility in terms of the time frame for publishing the newsletter and saves some wear and tear on our esteemed editor.

COMPUTERS: Jim is in Florida for two months, and the PNA computer is safely ensconced in his garage.

OFFICIATING: There were varying opinions of the officiating at Nationals ranging from very good to great. Although somewhat indecisive (or is that undecided...nondecisive?), everyone really gave them high marks.

SOCIAL: No report.

FITNESS: No report.

PUBLICITY: A rumor began circulating that we may have a volunteer to take responsibility for this committee.

OLD BUSINESS:

PNA CONSTITUTION: Amendments to the PNA Constitution were proposed a year or so ago and were not passed due to a shortage of voters. The ballot will be published again in November and December, along with the registration forms. The current constitution requires that 50% of the registered members, at the time of voting, participate in the election, and that 50% of those participating pass the measure.

USMS CONVENTION: There was some discussion of rules changes for the convention. The big discussion centered on the possibility of bringing drug testing into US Masters Swimming. Apparently, FINA wants to introduce drug testing at the International Championships. This was to be one of the foci of Dr. Jane Moore's committee on sports medicine.

NMOC: The US Nationals were held at our WKCAC. There were lots of accolades from the participants. It was good for me...was it good for you? Hugh Moore, meet director for the recent National Championship, advised that the PNA would realize some profit from the meet, but not as much profit as initially predicted. There were a number of leftover souvenirs from the meet: shirts (mostly smalls and mediums), swim caps (Nationals caps, 120 left), squeeze bottles (168 left), sun visors (127 left), patches (351 left), pins (301 left). (Your secretary was one of the few people to purchase a squeeze bottle, sun visor, patch, and pin. If you want any advice on managing your stock portfolio, let me know.) There was some discussion on how to dispose of them. Some items may be handed out at meets as awards. Others will be sold at upcoming meets. PNA is looking for volunteers to handle the overload. If you would like to help, call President Steve Freeborn and give him your name, address, and phone number. You can also attend the next Board meeting and volunteer.

PHONE EXPENSE: The Board approved reimbursement to Hugh and Jane for their telephone expense of \$80.00+ for NMOC work.

NEW BUSINESS:

FITNESS CLINIC: A suggestion was made to hold a fitness clinic some time next spring. The discussion and action was tabled until October, until we could discuss this with the Fitness Chairperson, Karen Jost.

NOMINATIONS: A volunteer committee was formed to select nominations for next year's elections for PNA officers. Those volunteering were Tammi Keeler, Paul Sherman, and Phyllis Gill. If you are interested in running for President, Vice President, Treasurer, or Secretary, contact any of those people.

NEXT MEETING: The next meeting will be held on Tuesday, October 27 at Jane Moore's office in Federal Way. The following meeting will be held on November 22 following the swim meet at Poulsbo.

The meeting was adjourned at approximately 8:40 p.m.

Respectfully submitted,

FRANK M. NEWQUIST
Recording Secretary



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

* * * * *

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.

Volunteer Call: The PNA is looking for someone to handle the leftover souvenirs from the National Championship meet. There are shirts, sun visors, patches, pins, caps and squeeze bottles. If you would like to volunteer call Steve Freeborn @ 941-6808. Please let him know by the next board meeting Oct. 27th . ☺

WELCOME TO THE PNA

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

SUSAN DEMPSEY. ☺

EXPLANATION OF ORDERS OF EVENTS

You will see on the meet schedule a number after the date of the meet. Here is what those numbers mean.

The four orders of events alternate back to back strokes. For example: Freestyle and Breaststroke are back to back in Order #1, but not in #2. They are back to back again in Order #3, but not in #4. The 400 I.M. and 1650 Freestyle are listed at the top of each order as optional because it is up to the Meet Directors whether they have those events and when they have them. Break? means the break could be before or after the Relay at the Meet Director's discretion. The 500 Freestyle is last in #1 and first in #2, last in #3 and first in #4. The 100 I.M. and the 200 I.M. also alternate positions from one order to the next. By publishing all 4 orders of events now and listing them in the meet calendar, you can see what order of events will be used at each meet. You can plan your events for the year if you want. The PNA Championships will be a separate order of events which gives every combination of strokes at least one back to back.

<u>Order #1</u>	<u>Order #2</u>	<u>Order #3</u>	<u>Order #4</u>
400 I.M.	400 I.M.	400 I.M.	<i>Ana Cortes</i> 400 I.M.
1650/1000 Free	1650/1000 Free	1650/1000 Free	1650/1000 Free
	500/400 Free		500/400 Free
	30 min. warmup		30 min. warmup
Free Relay	Free Relay	Free Relay	Free Relay
50 Free	100 Back	200 Fly	<u>50 Breast</u>
100 Breast	200 Free	200 Back	<u>100 Fly</u>
200 Back	50 Fly	50 Breast	<u>200 Free</u>
50 Fly	200 Breast	100 Free	50 Back ←
200 I.M.	100 I.M.	BREAK	100 I.M.
BREAK?	BREAK?	Mxd. Free Relay	BREAK
Mxd. Free Relay	Mxd. Free Relay	200 I.M.	Mxd. Free Relay
100 Free	200 Back	50 Fly	<u>100 Breast</u>
200 Breast	50 Free	100 Back	50 Fly
50 Back	100 Fly	200 Breast	<u>100 Free</u>
100 Fly	50 Breast	50 Free	200 Back ←
Medley Relay	BREAK?	BREAK	Medley Relay
BREAK	Medley Relay	Medley Relay	<u>200 Breast</u>
200 Free	50 Back	100 Fly	200 Fly
50 Breast	100 Free	50 Back	<u>50 Free</u>
100 Back	200 Fly	100 Breast	100 Back ←
200 Fly	100 Breast	200 Free	200 I.M.
100 I.M.	200 I.M.	BREAK?	BREAK?
Mxd. Med. Relay	Mxd. Med. Relay	100 I.M.	Mxd. Med. Relay
		Mxd. Med. Relay	
500/400 Free		500/400 Free	<i>or back stroke</i>

P N A MEET SCHEDULE

NOVEMBER 21-22	#2	NORTH KITSAP HIGH SCHOOL	POULSBO WA.
DECEMBER 12	#3	ENUMCLAW DOLPHINS	ENUMCLAW WA.
JANUARY 23		TAC MASTERS- short course meters	MOUNT VERNON
FEBRUARY 13		GREENLAKE AQUADUCKS	SEATTLE WA.
MARCH 14	#2	BANGOR SWIM TEAM	POULSBO WA.
APRIL 3-5		CHAMPS -TBA	
APRIL 23-25		ZONES	FEDERAL WAY
JUNE ?		FEDERAL WAY MASTERS	FEDERAL WAY

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OREGON MEET SCHEDULE

NOVEMBER 7-8	#2	N.W. ZONE SHORT COURSE METERS CHAMPS	PORTLAND OR.
DECEMBER 19	#3	MT HOOD COMMUNITY COLLEGE S.C.Y.	GRESHAM OR.
JANUARY 23		TUALATIN HILLS PENTATHALON	BEAVERTON OR.
JANUARY 30		ALBERTINA KERR SWIM A-LAP TUALATIN HILLS 50M POOL	
FEBRUARY 27	#4	UNIVERSITY OF OREGON LEIGHTON POOL	EUGENE OR.
MARCH 13-14	#1	LINCOLN CITY COMMUNITY POOL S.C.M.	LINCOLN CITY OR.
APRIL 9-11	#2	OREGON MASTERS ASSOC. CHAMPS	PORTLAND OR.
JUNE ?	#4	TUALATIN HILLS LONG COURSE	BEAVERTON OR
JULY 24-25		N.W. ZONE LONG COURSE CHAMPS	GRESHAM OR.

* * * * *

INLAND EMPIRE

DECEMBER 5-6		INLAND EMPIRE YMCA	CHENEY WA.
JANUARY 9-10		SHADLE PARK H.S.	SPOKANE WA.
FEBRUARY 6-7		FAIRCHILD AIR FORCE BASE	SPOKANE WA.
MARCH 6-7		LYONS POOL	YAKIMA WA.
MARCH 26-28		INLAND EMPIRE SHORT COURSE CHAMPS	CHENEY WA.

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NATIONAL AND INTERNATIONAL SCHEDULE

MAY 20-23 1993	U.S.M.S. SHORT COURSE NATIONALS	SANTA CLARA CA.
AUGUST 19-22 1993	U.S.M.S. LONG COURSE NATIONALS	MINNEAPOLIS MN.

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FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED

INLAND EMPIRE

Carolyn Kent
2712 Honeysuckle
Coeur 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 PI
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

**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
PLACE: PORTLAND STATE UNIVERSITY
AQUATIC CENTER
PORTLAND, OREGON

DATE: NOVEMBER 7 & 8th, 1992

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

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

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 Harriso 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)	XXXXXXXXXXXXXX	MED RELAY(14)	XXXXXXXXXXXXXX
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)	XXXXXXXXXXXXXX	MXD MD RL(20)	XXXXXXXXXXXXXX
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**

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 1991
 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 _____

TEAM _____ Must have 1992 registration number or 1993.
 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 _____

100 YD. FLY
DAVID EMERY 50 # 2 59.56
200 YD. I.M.
STEVEN THRASHER 50 # 7 2:23.90

M E N 60-64

50 YD. FREE
BOB DORSE 60 #10 27.85
1000 YD. FREE
TOM TAYLOR 61 # 7 13:38.31
1650 YD. FREE
TOM TAYLOR 61 # 3 22:41.78
50 YD. BACK
AULIS KAHKONEN 61 # 1 32.33
50 YD. BRST
AULIS KAHKONEN 61 # 1 31.76
100 YD. BRST
AULIS KAHKONEN 61 # 2 1:12.24
200 YD. BRST
AULIS KAHKONEN 61 # 2 2:51.68
100 YD. I.M.
AULIS KAHKONEN 61 # 3 1:08.80

M E N 75-79

1000 YD. FREE
GENE CROSSETT 78 # 9 19:24.90
1650 YD. FREE
GENE CROSSETT 78 # 6 32:05.03

M E N 80-84

100 YD. FREE
JIM PENFIELD 83 # 8 1:36.80
1000 YD. FREE
JIM PENFIELD 83 # 5 24:08.14
50 YD. BACK
JIM PENFIELD 83 # 7 51.32
200 YD. BACK
JIM PENFIELD 84 # 5 4:13.44
50 YD. BRST
JIM PENFIELD 83 # 4 50.34
200 YD. BRST
JIM PENFIELD 83 # 3 4:37.83
50 YD. FLY
JIM PENFIELD 84 # 4 55.18
100 YD. I.M.
JIM PENFIELD 83 # 4 1:57.83

RELAYS-WOMEN 200 YD. FREE

65 +
PAT MATTHIESEN 75 # 6 3:53.97
LEE HOLM 77
MARION MUELLER 80
MAXINE CARLSON 72

RELAYS-WOMEN 200 YD. MEDLEY

65 +
MARION MUELLER 80 # 3 4:01.99
MARYAN BURKE 66
PAT MATTHIESEN 75
MAXINE CARLSON 72

RELAYS-WOMEN 400 YD. FREE

65 +
PAT MATTHIESEN 75 # 1 8:11.04
MARYAN BURKE 66
MAXINE CARLSON 72
MARION MUELLER 80

RELAYS-WOMEN 400 YD. MEDLEY

19 +

MEG LLOYD 30 # 4 4:34.92
NANCY CAHILL 34
DEBORAH LADD 32
PAMELA SALTER 24

RELAYS-WOMEN 800 YD. FREE

19 +
ZENA HERRMANN 32 # 2 8:57.12
TAMMI KEELER 23
DEBBIE FALSGRAF 27
MARIA BUSKE 30

RELAYS-M E N 200 YD. MEDLEY

25 +
JACK CONNELLY 36 # 7 1:41.69
DAN BALDERSON 25
KIRK DODGE 29
STEVE SCHMIDT 30

RELAYS-MIXED 400 YD. MEDLEY

19 +
ZENA HERRMANN 32 # 3 4:31.94
DAVID HILL 30
JEFF PARADEE 32
TAMMI KEELER 23

RELAYS-MIXED 800 YD. FREE

19 +
WAYNE METHLIER 38 # 3 8:32.83
JUSTIN FARABEE 26
TAMMI KEELER 23
DEBBIE FALSGRAF 27
JACK TUREK 19 # 7 9:13.81
KATHRINE CASEY 43
ZENA HERRMANN 32
STEVE FREEBORN 36

* * * * *
IF YOU ARE IN BUSINESS, CONSIDER ADVERTISING IN THE "WET SET"
ONE FOURTH PAGE
ONE HALF PAGE
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.

\$20.00 FIRST MONTH, THEN \$15.00 PER MONTH
\$40.00 FIRST MONTH, THEN \$20.00 PER MONTH

Telephone: 865-9856.

PNA MASTERS LOCAL SWIMMING COMMITTEE
 MEET ENTRY FORM: December 12, 1992
 Enumclaw Dolphins Swim Club
 at Enumclaw Forward Thrust Pool
 Sanction # 923613

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____

TEAM _____ or UNATTACHED _____ ASSOCIATION _____

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

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

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER EVENT EVENT TIME

EVENT NUMBER	EVENT	EVENT TIME

ENTRY FEES

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

TOTAL _____

Checks payable to: Enumclaw Dolphins (EDSC)

Mail fees and this entry form to: Mike Krattli
 25811 SE 396th
 Enumclaw, Washington 98022

ENTRIES DUE: December 1, 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, practice and competition) including possible permanent disability or death and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters swimming.

SIGNED _____ DATE _____

PNA MASTERS LOCAL SWIMMING COMMITTEE
 MEET INFORMATION: December 12, 1992
 Hosted by Enumclaw Dolphins Swim Club
 Sanction # 923613

DEADLINE: Entries due: December 1, 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

CHECK IN FOR 500 FREE
 5 MINUTE BREAK

- 11 200 MEDLEY RELAY
- 12 100 FLY
- 13 50 BACK
- 14 100 BREAST
- 15 200 FREE
- 16 100 I.M.
- 17 200 FREE RELAY

5 MINUTE BREAK

- 18 500 FREE

DATE: December 12, 1992
 TIME: Warmup: 8:30 a.m.
 Meet: 9:30 a.m.

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

MEET DIRECTOR: Mike Krattli
 (206) 825-1741
 25811 SE 396th St
 Enumclaw WA 98022

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

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 left 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.

12

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED (93-D) 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.

20th
DATE: DECEMBER ~~20th~~ 1992

MEET: MT. HOOD MASTERS S.C. YARDS
PLACE: MT. HOOD COMMUNITY COLLEGE
GRESHAM, OREGON

WARM-UPS: 9:30 A.M.
MEET STARTS: 10:30 A.M.

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

HOST: Mt. Hood Masters Swim Team Meet Director: Eric Guest 503-668-4465 days

DIRECTIONS TO POOL: Take I-5 or I-205 to I-84 East. Follow I-84 east and watch for signs to Mt. Hood Community College. Aquatic Center is at the southwest corner of campus along 257th Avenue.

ENTRY DEADLINE : POSTMARKED NO LATER THAN DECEMBER 5th, 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 LM. and 500 Free will be deckseeded and all events will be seeded slow to fast.

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

200 BREAST (11) _____ : _____ : _____
 50 FREE (12) _____ : _____ : _____
 MED RLY (13) XXXXXXXXXXXXXXXX
 BREAK BREAK BREAK
 100 FLY (14) _____ : _____ : _____
 50 BACK (15) _____ : _____ : _____
 100 BREAST (16) _____ : _____ : _____
 200 FREE (17) _____ : _____ : _____
 100 I.M. (18) _____ : _____ : _____
 MXD MD RLY (19) XXXXXXXXXXXXXXXX
 BREAK BREAK BREAK
 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: \$9.00 SEND FORM(S) & FEE(S) PAYABLE TO:
OREGON MASTERS SWIMMING P.O. BOX 40313 PORTLAND, OREGON 97240

Attend North Kitsap Meet NOV 21/22!

- Swim in ~~1st~~ ~~2nd~~ 11th most livable U.S.A. county.
- Friendly meet with attention given to swimmers.
- Prizes for closest actual times versus seed times.
- Swim 2 miles (3600 yards) in competition.
- Spend the day in "Little Norway".
- Let a ferry ride relax you after your "swimmer's high".



HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

10/16	WILLIAM HOFACRE	10/28	CARLEN VOGEL
10/18	JACK ANDREWS	10/29	PATRICIA NELLIS
10/18	JEFFREY OSBORN	11/01	ANNE HEALEY
10/18	TERRY TONGATE	11/02	DAVID THOMSON
10/19	WILLIAM (BILL) FENNER	11/03	DEBBIE FALSGRAF
10/19	STEPHEN THRASHER	11/04	LARRY DEGROEN
10/20	BETTY KERCHEVAL	11/04	SUE HARRINGTON
10/21	KENNETH BRIGGS	11/04	DAVID LARSEN
10/21	JAN DAVIS	11/06	ERIKA GISTE
10/21	THERESE (TERI) REID	11/06	KATHLEEN (KATE) KIRKWOOD
10/21	WENDY WORTH	11/06	CAROLYN LEWIS
10/23	ERIC BARTELSON	11/07	KATHLEEN PETERSON
10/23	ROBERT DORSE	11/10	SUE HEBERT
10/24	LINDA EBENSTEIN	11/11	JANE MOORE
10/24	JACK TUREK	11/11	STEVEN VELA
10/26	STEWART DE LA HUNT	11/13	KIM DAHLMAN
10/27	LEE E. HOLM	11/14	MICHAEL MC COLLY
10/27	KATHLEEN WANDLER	11/15	DEREK WILLIAMSON
10/28	CATHERINE LEWIS		