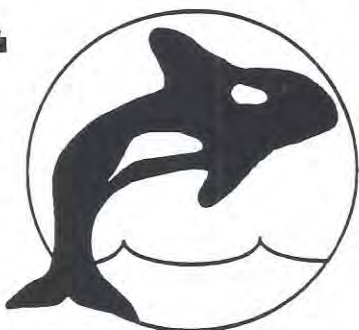


the

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

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14037 SE Allen Road
Bellevue, WA 98006
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UPCOMING BOARD MEETINGS



NOVEMBER 22ND - FOLLOWING MEET AT POULSBO
DECEMBER 12TH - FOLLOWING MEET AT ENUMCLAW

* * * * *

VOLUME 11 - NUMBER 11

NOVEMBER, 1992

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United States Masters Swimming, Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc.

* * * * *





My President's letter has been a little silent for the last two months, largely due to the completion of long course nationals and efforts on my part to try to catch up on those obligations I neglected during the months of July and August.

In any event, I am back and focused on another year. October's meet, held at the Helena Madison pool and hosted by Orca went quite well. There were about 50 entrants, a surprisingly good turn out when one realizes that the decision to hold the meet came after the deadline for posting in the We t Set. Word of mouth was the key to the success of this meet. Congratulations to Orca for a meet well done.

We do have a full slate of meets for the short course season so I hope everyone will get out there and show their support for these meets and the hosting clubs.

Perhaps this year more than years past (in large part due to the hiring of our new coach at Federal Way) I have become more focused on stroke mechanics and technique. This is an ideal time for the year to work on our strokes. We are still six months away from the championship season, but have monthly meets available to gauge our improvement. Several outstanding articles have appeared on this subject; and for those who may have missed it, go back and read the last issue of SWIM Magazine.

Another topic that is worthy of note is that of officer and team representation within the PNA. Over the next few months you will hear me discussing this more and more as this is an election year. We will be electing a new slate of officers to take effect at the conclusion of PNA Champs. In addition to the officers, team reps will also be needed. I am trying to give you all advance warning in hopes that you will give serious thought to serving the PNA in some capacity.

Steve

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

- | | | | |
|-------|-------------------|-------|-----------------------|
| 11/17 | MIKE MC QUAID, JR | 12/01 | NANCY BAGEANT |
| 11/18 | CHAR SIMONS | 12/02 | CAROLYN ACKERLEY |
| 11/18 | OWEN VANDE VELDE | 12/02 | CHRISTIE GEIST |
| 11/20 | KEITH MOODY | 12/03 | DOUGLAS(DOUG) TIMPE |
| 11/20 | DAVID TURNER | 12/04 | PETER STEKEL |
| 11/21 | WILLIAM HUMPHRIES | 12/06 | CINDY REESE |
| 11/22 | MATTHEW PALMER | 12/07 | TAMARA (TAMI) BENNETT |
| 11/22 | WILLIAM PLEVICH | 12/08 | ROBERT JR WATKINS |
| 11/23 | ALAN BERRY | 12/09 | MEGAN BERGER |
| 11/23 | NICK LECLERCQ | 12/09 | RAY FREDERICK |
| 11/24 | KIRK ADAMS | 12/09 | DAN NELLIS |
| 11/25 | MICHAEL BANDOW | 12/10 | AULIS KAHKONEN |
| 11/25 | MARCUS FAIRBANKS | 12/11 | DAVID HARGER |
| 11/25 | PETER LIEKKIO | 12/12 | MARIA BUSKE |
| 11/25 | D. KIKO VANZANDT | 12/13 | MICHAEL CARR |
| 11/27 | NANCY BRANDWEIN | 12/13 | FRANK NEWQUIST |
| 11/27 | LINDA MARIZ | 12/13 | BOB SPENCER |
| 11/28 | MARK I CHRIEST | 2/15 | PAUL STOERMER |
| 11/30 | FRANCINE HARMESON | | |
| 11/30 | SHIRLEY KOLM | | |



MINUTES OF PNA BOARD MEETING

The meeting was held on October 27 at Jane Moore's office. The meeting was called to order by President Steve at 7:12 p.m. There was some difficulty in getting a quorum, but Carolyn Baldwin's arrival solved that. Those actually present were Steve Freeborn, Carolyn Baldwin, Kathy Casey, Tammy Keeler, Walt Reid, Jane Moore, Hugh Moore, and Frank Newquist.

MINUTES: Minutes of the previous meeting were approved, then corrected to reflect the fact that Marietta Hunziker was not listed as being present at the previous Board meeting. Sorry, Marietta, the dog ate my attendance list.

COMMITTEE REPORTS:

TREASURER: Chancellor Jane had a ton of stuff for us, as we are still wrapping up from US Nationals, had convention expenses, routine PNA stuff, and also the 1993 budget to review. The current PNA balance is \$5202.19. In addition to that, the Fred Wiggin Memorial Fund now has a total of \$2881.33. Jane reported that total revenues from the recently-concluded US Masters Long-Course Nationals Championship was \$70,516.47 and that the total expenses, paid and unpaid, are \$67,091.49, leaving a current net profit of \$3424.98. This net profit figure does not reflect the expected refund from the USMS based on their grading of how well PNA ran the meet. The total net profit figure was not as high as initially anticipated before the meet, as we simply did not realize as much income from the souvenirs as was written into the budget (boy, those premature calculations can really ruin the day). Some of the leftover souvenir items from our Championship Meet will be sold at future meets and others will be given away as prizes. We have plaques that we hope can be reused for future swim meets. The vendor for the T-shirts has not completed the back orders, and the Board left it up to Steve Freeborn to use his discretion in deciding how to resolve that problem. The remaining gold bars for the award plaques will be donated to Minnesota for use in their Long-Course Meet for 1993. Hugh Moore proposed a donation of \$1000.00 to PNSA to be applied for training for officials. This was done as an expression of appreciation by the PNA to the officials provided by PNSA for our National Championship Meet. They did an outstanding job. It was approved unanimously. The budget was discussed at some length and a variety of registration fees was discussed. The current registration fee is \$25.00 and has held steady for at least the last three years, with no increase, in spite of the fact that our National fees have increased. Because of a pretty healthy PNA bank account, the PNA was able to absorb the National increase without passing it on directly to the PNA membership; however, we need to increase as we cannot run at a deficit for any extended period of time. The 1993 proposed budget, as accepted by the Board, reflected anticipated total revenues of \$21,800 and total expenses of \$21,675, leaving a net income of \$125.00. The other proposed budgets would have left the PNA operating at a continuing deficit; however, this means that the PNA needs to increase its annual registration fee to \$30.00 for those under 65 years of age and \$23.00 for those 65 and over. That increase is effective immediately. The budget for 1993 was unanimously approved. The Board approved \$74.82 to reimburse Frank for postage expenses.

MEMBERSHIP: Jane, reporting on behalf of MIA Zena Herrmann, requested that registrations and voting forms be sent out to members as a single sheet for their review and action. We still need to get approval of the constitution and by-law changes that were proposed quite some time ago. Those changes will be published in the November newsletter, and the registration and voting information will be sent out in early December. The Dynamic Duo, Zena and Jane, will coordinate on that effort.

MEETS: It was decided that the recently concluded ORCA meet could not be considered as official because there was no certified official present; however, those present emphasized that the ORCA team had done a great job in putting on the meet, as they volunteered to do it pretty much on a last-minute basis, as no one else had volunteered to host a meet for October. The unofficial results will be published in the newsletter. There were 47 swimmers in attendance. Further, the Board approved Hugh Moore as an assistant to Jan Kavadas on the meets. The GLAD meet will be switched to February 6 (please note your calendars). The Oregon December Mount Hood meet has been cancelled; there will be a swim meet January 9-10 in Bend, Oregon and a meet in Portland on February 7.

RECORDS: PNA 1991-1992 records and Top Ten lists are available. One copy will be given to each team rep in attendance at Board meetings. Other copies are available for \$2.00, available from Walt Reid (it is Walt's dedication and abilities with the computer which have resulted in a paradigm shift in the abilities of the PNA, USMS, and now FINA, to compile and publish massive quantities of swim meet results at a wide variety of levels).

AWARDS: Phoebe Terhaar is working on the design for the new PNA award.

NEWSLETTER: Sorry, but I can't read my own notes on this. Will make the correction in the next newsletter.

COMPUTERS: No report.

OFFICIATING: No report.

SOCIAL: Any PNA member having suggestions for social events, please contact Tammy Keeler.

FITNESS: The Board approved a fitness clinic to be held sometime in the spring of 1993, chaired by Karen Jost. Frank Newquist was appointed as assistant to Karen in that endeavor.

PUBLICITY: No report.

OLD BUSINESS:

CONVENTION: The convention report was distributed and reviewed. That will be included with the next Wet Set mailing for review by each PNA member. *I was specifically asked to not comment on the great condom race held at the last convention.

NOMINATIONS: Tammy, as a member of the nominating committee, commented that we had a few volunteers and that the committee would finish its work in the next month or so.

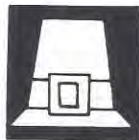
NEW BUSINESS:

DECEMBER BOARD MEETING: This was scheduled to be held after the Enumclaw Meet. There was a discussion on the waiver on the meet entry form. We need to get that clarified, as a variety of versions appear. Steve Freeborn volunteered to get that straightened out. Right, Steve?

NEXT MEETING: The next meeting will be held on November ~~21~~²² after the swim meet. The following meeting will be held in December after the swim meet.

The meeting was adjourned at approximately 8:50 p.m.

Respectfully submitted,



FRANK M. NEWQUIST
Recording Secretary

* However, Kathy Casey can give you all the details.

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.

FEBRUARY FITNESS CHALLENGE - How about a postal swimming event to put some spice in your mid-winter laps? The USMS Fitness Committee and the Southern Masters invite all Masters, regardless of swimming ability, to participate in the February Fitness Challenge. All you have to do to participate is record and submit your total swimming yardage for the month of Feb. 1993. All participants will receive a specially designed swim cap, certificate, and final results. For an entry form write to Scott Rabalais, 950 S. Foster Dr. #35, Baton Rouge LA 70806. For a free pamphlet containing timely tips on how to: 1) prepare for the Fitness Challenge and 2) how to get the maximum fitness benefit out of the yardage you do, send a SASE (#10 envelope) to Fitness Challenge, 381 Main St., Goshen NY 10924.

Thanks,

Terry Laughlin - USMS Fitness Committee

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



WELCOME TO THE PNA

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

DALE SAWYER.

P N A MEET SCHEDULE

DECEMBER 12	#3	ENUMCLAW DOLPHINS	ENUMCLAW WA.
JANUARY 23		TAC MASTERS- short course meters	ANACORTES
FEBRUARY 6		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

* * * * *

OREGON MEET SCHEDULE

JANUARY 23		TUALATIN HILLS PENTATHALON	BEAVERTON OR.
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.

* * * * *

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.
APRIL 6-16 1993		PAN PACIFIC MASTERS CHAMPIONSHIP	NEW ZEALAND
JULY 4-10 1994		WORLD MASTERS CHAMPIONSHIP	MONTREAL CANADA

* * * * *

SWIM CAMPS

FEBRUARY 11-17 1993	TOTAL IMMERSION ADULT CAMPS	BARBADOS
APRIL 2-8 1993	TOTAL IMMERSION ADULT CAMPS	PALM BEACH FL

FOR MORE INFO CALL TERRY LAUGHLIN 914-294-3510

FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED

<u>INLAND EMPIRE</u> Carolyn Kent 2712 Honeysuckle Coeur d'Alene ID 83814 (208) 765-1711	<u>OREGON</u> John Zell 4640 NE 36th Ave Portland, OR 97211 (503) 282-9347	<u>IDAHO</u> Paula Howard 1816 S Empire Wy Boise, ID 83709 (208) 323-1471	<u>BRITISH COLUMBIA</u> Denis Crockett BC Masters 1531 W 4th Ave Vancouver, BC V6J 1L6 (604) 736-7645
<u>UTAH</u> Micchael Makarczyk 55 E 300 N Salt lake City, UT 84054 (801)295-7436	<u>MONTANA</u> Steve Holloway Box 8412 Missoula, MT 59807 (406)542-0535	<u>ALASKA</u> John Zell PO Box 230125 Anchorage, AK 99523 (907) 345-7088	

UNITED STATES MASTERS SWIMMING, INC. 1993 REGISTRATION APPLICATION

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

Please (X) One: New Registration (valid 1 Nov 92 to 31 Dec 93) PLEASE PRINT OR TYPE INFORMATION

1992 Renewal (valid 1 Jan to 31 Dec 93)

1992 USMS No. if known _____

LAST NAME

FIRST NAME

INT

PLEASE NOTE THESE CHANGE(S) FROM MY 1992 REGISTRATION:
 NAME _____
 ADDRESS _____
 OTHER _____

VOTE NOW! VOTE NOW! VOTE NOW! VOTE NOW!

**Please vote (Y = YES) on the following Amendments to the Constitution!!!!!!!!!!!!!!
 (N = NO)**

Proposed Amendments to the Constitution:

CA1. Add that PNA is a local Masters Swimming Committee (LMSC) of United States Swimmers, Inc. (USMS).

CA2. Add a paragraph to limit liabilities of the Board of Managers.

CA3. Add that the Board of Managers are required to operate consistent with the By-Laws and USMS rules.

CA4. Amend the constitution by changing the number of votes required to pass a motion **from** a 2/3 majority of 50% of the membership **to** a 2/3 majority of 25% of the membership.

STREET ADDRESS

CITY

STATE

ZIPCODE

AREA CODE+TELEPHONE

DATE OF BIRTH

AGE

SEX

MARK ONE CLUB (NATIONAL LEVEL) OR YOU WILL BE UNATTACHED

PNW Aquatics SQM HUSKY UNATTACHED

	USMS FEE	LMSC FEE	TOTAL FEE
UNDER 65	\$15.00	\$15.00	\$30.00
SENIOR (65+)	\$15.00	\$ 8.00	\$23.00

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

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

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

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

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

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

Rationale: To protect members of the Board of Managers.

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

rationale: codifies our relationship to USMS.

A-4) 8.1 CONSTITUTIONAL AMENDMENTS

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

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

1992 USMS Convention Report
Compiled by PNA Representatives

Representing the PNA at the meeting were Zena Herrmann (PNA Delegate), Frank Newquist (PNA Delegate), Jan Kavadas (Member of USMS Rules Committee), Kathy Casey (Northwest Zone Representative), Hugh Moore (Chair of USMS Planning Committee), Jane Moore (Chair of USMS Sports Medicine Committee), and Walt Reid (Chair of USMS Records and Tabulation Committee).

Significant Items: Walt Reid was awarded the Ransom Arthur Award at the United States Aquatic Sports Banquet. This award is presented each year by USMS to honor outstanding contribution to USMS. 1994 National Championships were awarded to Tempe, Arizona (Short Course) and Buffalo, New York (Long Course). 1993 USMS National Short Course Championships at Santa Clara will use Qualifying Standards for the first time. Swimmers may compete in three events without making standard. Entries in more than three events require meeting standards. Relays must be competed in the highest age group for which they are eligible (i.e. you may not swim in younger age groups in order to accumulate points in weaker competition). There will be no USMS fee increases this year. However, PNA must address the \$3 increase that was enacted last year. PNA did not pass the increase along to its members. As a result, we incurred an \$1800 deficit for 1992.

Rules Committee: The number of entrants from a club which will constitute a Division I or a Division II team at National Championships will be determined by the Championship Committee following meet entry deadline. (i.e. similar to how we set divisions for Champs).

International Committee: USMS will maintain membership in MSI as well as FINA. International Committee will develop a written statement with information, policies, and procedures with regard to entries for non USMS-registered Masters Swimmers. Hugh has been assigned to the sub-committee working this issue. The International Committee issued a statement opposing drug testing.

Ad-hoc Officials Committee: The committee will submit 15 questions to USS for inclusion with their written test for officials. The DQ slips used at LC Nationals in Federal Way were shared with members of the committee to encourage use of such forms.

Planning Committee: Recommendations for fine-tuning the committee assignment process were made to the Executive Committee. The committee also recommended to the Executive Committee that LMSCs be encouraged to send the same delegates to convention for the two years that coincide with the executive officer election. The committee established growth goals of at least 3% per year over the next ten years. A goal of no more than a 10% increase of USMS dues in any two year period was also established. In the upcoming year the committee will research the formation of a USMS Foundation or Endowment fund, formulate a plan for growth implementation, and develop a plan for expansion of national office resources concurrent with USMS growth including potential requirements for an Executive Director.

Sports Medicine: The committee voted unanimously to oppose drug testing and forwarded letters to support rationale for avoiding drug testing to June Krauser who is a FINA Masters Technical Committee member. The following topics were suggested for future topics: hypothermia research, cross-training, swimming at altitude, average age of death of Masters swimmers and cause of death compared to non-athletes, and effects of weight training.

Legislation: Numerous housekeeping changes to the rule book were made. A sub-committee will work on rewording the Goals section of the Rule Book.

Insurance: There will be a 10% decrease in liability premium. Accident claim information will be forwarded to the appropriate LMSC. A handout on pool safety and emergency procedures will be distributed to all LMSC Safety Coordinators for distribution.

Championship: A five mile lake swim will be held on Monday following the '93 LC Championships in Minnesota. A subcommittee presented an Administration Model exploring the possibility of centralizing certain championship functions. The subcommittee will continue to explore the idea in the upcoming year. Hugh was given a copy of the draft.

Registration: Bill and Diane Black will continue as National Registrars for 1993-1995.

Coaches: The coach of the year award was presented to Clay Evans and Gerry Rodrigues. A stroke drill manual is nearly complete. Topics for 1993 National Championship Meet Lecture Series will be "Five Great Workouts with Five Great Coaches" (Santa Clara) and "Power and Strength as You Age" (Minnesota).

Ad Hoc One-Event Registration: The committee will continue work on establishing one-event registration. There is mixed feeling on the matter in the House of Delegates, but sufficient support to continue investigation. A plan for implementing the plan beginning with 1994 registration year will be presented at the '93 convention.

Records and Tabulations: Walt is now responsible for compiling FINA world Masters records. World Records (SCM & LCM) will be published May 1st and November 1st. Relay All-American tabulations may be purchased for \$5 (available April 1st) and subscriptions to USMS Top Ten (3 issues per year) may be purchased for \$12 through the USMS Executive Secretary, Dorothy Donnelly, 2 Peter Avenue, Rutland, MA 01543.

Long Distance Swimming: There are eight Long Distance National Championships. Three of them are postal: 1 hour swim (Jan. 1 - Jan. 31), 6000 yd (Sept. 1 - Nov. 30), and 10 K (May 15 - Sept. 30). Other National Championships include 1 mile (Ohio), 2 mile cable (Virginia), 1.5-3 mile (Adirondack), 3.5-5 mile (Minnesota), and 8.5 mile (Southern Pacific).

Marketing: The committee is preparing a survey to gather demographic information on Masters swimming that will be distributed with the Jan./Feb. issue of SWIM magazine.

Ad Hoc Fitness: Survey results suggest that the focus of the committee should be on developing activities in which any level of swimmer can participate regardless of swimming ability or primary swimming focus. The activities should be non-threatening to the non-competitive swimmer.

Rule Book Editorial Board: The 1993 Rule Book will be dedicated to Kathy Casey and Gail Dummer and will include an index.

Ad Hoc Computer: The contract with G.A. Sullivan to produce an integrated software package for registration, meet administration, and top ten/records was terminated. A subcommittee of the Executive Committee will oversee future direction of the project.

Finance: A budget based on 27,000 registered swimmers was adopted.

Northwest Zone: Short Course Meter zone meet will be at Portland State University Nov. 7 & 8. Short Course Yards zone meet will be in Federal Way April 23rd - 25th. Separate meets in Alaska, Montana, and Utah will be encouraged, with the cumulative results tabulated. Long Course Meters zone meet is scheduled July 24th at Mt. Hood CC. Nominees for USMS officers are due to Betsy Durrant Feb. 28. The Zone Committee will prepare a slate of candidates for publication prior to the 1993 Convention. The NW Zone Rep will also be elected at convention.

Convention: Upcoming convention sites include Los Angeles (1993), Kansas City (1994), Houston (1995), and Orlando (1996).

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

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 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. 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.

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IF YOU ARE IN BUSINESS, CONSIDER ADVERTISING IN THE "WET SET"

ONE FOURTH PAGE
ONE HALF PAGE

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

* * * * *

**PRO CLUB ULTIMATE POOL SHARK
1ST TIME EVENT !!
JANUARY 10TH - LIMIT TO 30 PEOPLE
\$10.00 BEFORE JAN. 9TH AND 15.00 DAY OF RACE (INCLUDES T-SHIRT)
4 EVENT RACE - 50, 100, 200, 500**

FOR MORE INFORMATION CALL MARK VANACHTE @ 881-6767

**YOU CAN ALSO CALL MARK ABOUT AN INDOOR TRIATHLON ON DECEMBER 13TH
ALSO AT THE PRO CLUB**

PNA MASTERS LOCAL SWIMMING COMMITTEE
 MEET INFORMATION: January 23, 1993
 Hosted by TAC Masters
 DEADLINE: Entries due: January 12, 1993

PNA MASTERS LOCAL SWIMMING COMMITTEE
 MEET ENTRY FORM: January 23, 1993
 TAC Masters at Fidalgo Pool: Anacortes
 Sanction # 933601

SHORT COURSE METERS

ORDER OF EVENTS
 EVENT # EVENT

DATE: January 23, 1993
 TIME: Warmup 8:30 A.M.
 Meet 9:30 A.M.

1 400 M FREE

30 Minute Warm-up Event 2 will not start before 11:00 A.M.

2 400 M FREE RELAY
 3 50 M BREAST
 4 100 M FLY
 5 200 M FREE
 6 50 M BACK
 7 100 M I.M.

PLACE: Fidalgo Pool
 1603 22nd
 Anacortes
 (206) 293-0673

MEET DIRECTOR: Mike Bemis
 293-0673

5 MINUTE BREAK

8 200 M MIXED FREE RELAY
 9 100 M BREAST
 10 50 M FLY
 11 100 M FREE
 12 200 M BACK

FACILITY: 6-lane, 25 Meter pool
 Warm-up area
 Water Temp: 84?°
 RULES: Current USMS rules will
 govern the meet

5 MINUTE BREAK

13 200 M MEDLEY RELAY

ELIGIBILITY: Open to all USMS registered
 1993 swimmers 19 and over as
 of the last day of the meet

14 200 M BREAST
 15 200 M FLY
 16 50 M FREE
 17 100 M BACK
 18 200 M I.M.

SEEDING: Slow to Fast

5 MINUTE BREAK

CONCESSIONS: Yes: Donuts 25 cents;
 Free coffee

19 200 MIXED MEDLEY RELAY

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: Take I-5 exit 230. Go west on Highway 20 to its end at Anacortes. Turn
 RIGHT on to Commercial Avenue and go about 10 blocks to 22nd Street. Turn LEFT on
 22nd and go up the hill to J Avenue (about 6 blocks).

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 _____

ENTRY FEES

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

TOTAL _____

Checks payable to TAC Masters

Mail fees and this entry form to:

Mike Bemis
 1603 22nd
 Anacortes, WA 98221

ENTRIES DUE: January 12, 1993

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 or other person 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 meet, or supervising such activities, as a condition of my participation in Masters swimming.

SIGNED _____ DATE _____

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KING COUNTY POOLS IN DANGER !!



Swimmers who use the King County Pools may find their pool times eliminated if the proposed new King County budget is approved.

King County currently operates 19 pools (including the KCAC) as part of their Parks and Recreation programs. The lifeguards at the County Beaches have already been eliminated for next year. County Councilman Ron Sims, chairman of the finance committee, favors these aquatic budget cuts. (Much of Ron Sims' district lies inside the city of Seattle, and of course these constituents are served by the Seattle City Pools.)

Aquatic programs could be lost because of other county budget expenditures such as the police helicopter, which is the equivalent of running 10 pools, or the extra dollars needed when Building and Land Development had extensive revenue shortfalls.

Swimmers must contact their county council representative. There's one vote against us, but we need saving, or we will be left high and dry.

This budget will probably be passed by Thanksgiving so don't wait!

Write : **King County Council**
Rm. 402 King Co. Courthouse
Seattle, WA 98104

AND Call : 296-1000
 (leave message!)



Did you Know ??

Congradulations to the following swimmers that swam on the following relays at Nationals:

Relays that were close to thier original seed time:

- 160+ Mix MR - Zena Herrman, Rick Colella, Alan Bell, Suzanne Dills 1st place
 Entered 2:08.0 Swam 2:08.07
- 240+ Womens MR - Maxine Carlson, Ann Ginddroz, Lynn Martindell, Marion Chadwick
 Entered 3:43.0 Swam 3:43.14

Relays that Swam Faster than thier original seed time:

- 76+ Men MR - Stephen Wright, Chris DeGrand, Frank Newquist, Alan Cooper 3rd place
 Entered 2:32.84 Swam 2:31.40 -1.44
- 320+ Mix MR - Marion Mueller, Everett Cassell, Jim Penfield, Lee Holm 1st place
 Entered 4:43.01 Swam 4:40.44 -2.57
 and official USMS record/unoffical World record
- 200+ Womens MR - Chaya Amiad, Ross Bird, Kathy Casey, Susan Dearborn 3rd place
 Entered 2:53.36 Swam 2:49.11 -4.24
- 200+ Men FR - Walt Reid, Sonny Garrett, Bob Griffith, Steve Thrasher 6th place
 Entered 2:08.40 Swam 2:03.72 -4.68
- 240+ Mix FR - Maxine Carlson, Dora Coffelt, Emmett Guise, Marvin Wood 7th place
 Entered 2:56.79 Swam 2:51.05 -5.74
- 280+ Womens FR - Maxine Carlson, Lee Holm, Jan Kavadas, Pat Matthiesen 3rd place
 Entered 4:07.0 Swam 4:00.65 -6.35