

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

## UPCOMING BOARD MEETINGS



February 23 - Jane Moore's Office  
March 23 - Carolyn Baldwin's Home

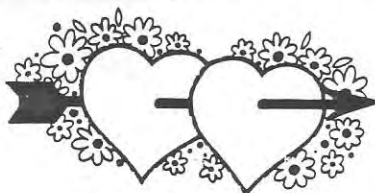
\* \* \* \* \*

**VOLUME 12 - NUMBER 2**

**FEBRUARY, 1993**

ADVERTISING IN THE WETSET	5
ANNOUNCEMENTS	4
BIRTHDAYS	4
CHANGE OF ADDRESS	5
DAWN MUSSELMAN AWARD	17
H.O.S.T	4
MEET ENTRY	
PNA CHAMPS	6-7
ZONE CHAMPS	10-11
BANGOR TRIDENTS	14
MEET SCHEDULES	2
MINUTES OF THE BOARD MEETING	3
REGISTRATION APPLICATION -1993	17
RESULTS FROM ENUMCLAW MEET	9&12
RESULTS FROM ANACORTES MEET	13&15
SUBSCRIPTION TO THE WET SET	5

*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.*



## P N A MEET SCHEDULE

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

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

#### 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

Paula Howard  
1816 S Empire Wy  
Boise, ID 83709  
(208) 323-1471

#### BRITISH COLUMBIA

Denis Crockett  
BC Masters  
3833 Emerald Dr  
Vancouver, BC  
V7R 3B6  
(604) 985-2262

#### UTAH

Micchael Makarczyk  
55 E 300 N  
Salt lake City, UT  
84054  
(801)295-7436

#### MONTANA

Steve Holloway  
Box 8412  
Missoula, MT  
59807  
(406)542-0535

#### ALASKA

John Zell  
PO Box 230125  
Anchorage, AK  
99523  
(907) 345-7088



MINUTES OF THE PNA BOARD MEETING

The meeting was held January 23, 1993 in Anacortes following the swim meet. It was called to order by Vice-President Carolyn Baldwin. In attendance were Carolyn Baldwin-Vice President/Tigers, Cynthia Rosik-Tacoma Y, Robin O'Leary-GLAD, Forest Brooks-Tigers, Ire Siebert-Bellingham Y, Jane Moore-Treasurer/Federal Way, Paul Sherman-Orca, Hugh Moore-Federal Way, Jan Kavadas-Meets Chair/Cascade, Steve Peterson-OOPS, and Pinky Walker-TACM.

MINUTES: The minutes of the November board meeting were reviewed. Jan Kavadas requested they be amended to note her appointment to the PNSA Officials Committee (not the PNSA Board). The minutes were approved as amended.

TREASURER'S REPORT: The current PNA balance is \$6324.87. The Wiggin fund balance is \$2888.33. The treasurer's report was approved.

MEMBERSHIP: It was noted that the chair should stop accepting constitution and by-laws amendment ballots and count the total number of ballots received as well as the current number of registered swimmers to determine if 50% submitted ballots. If so, the vote is official and ballots should be tallied.

AWARDS: Two new designs were presented. It was noted that the Space Needle does not represent the entire Association. It was moved, seconded and passed that a different design, similar to that used for the LC Nationals logo, be developed for presentation at a future board meeting.

MEETS: The February Orca meet entry form was printed without a sanction number. They will have a certified official (Lee Carlson) present for the meet. A sanction number will be issued. It was moved, seconded, and passed that participation medals be presented at PNA Champs instead of ribbons or medals for places. Carolyn Baldwin will check with Scott Trophy on prices and will coordinate design with Steve Freeborn. Regular awards and ribbons which are still on hand could be sold to those who desire awards for placing.

COMPUTER: The PNA computer has been repaired and is available if needed for PNA business.

OFFICIALS: Anyone interested in becoming a certified official should contact Jan Kavadas regarding certification clinics. (755-5314 - Jan)

FITNESS: The committee is attempting to organize a fitness clinic for May.

OLD BUSINESS: It was noted that a calendar noting dates of important recurring events should be developed.

The nominating committee has had no response to the ad in the WetSet requesting volunteers to run for office. They are now soliciting candidates. A list of candidates will appear in the February WetSet with request for other nominations from the membership. A ballot will be mailed to all currently registered PNA members on March 1. Ballot will be on a bright color of paper, tri-folded and mailed bulk mail.

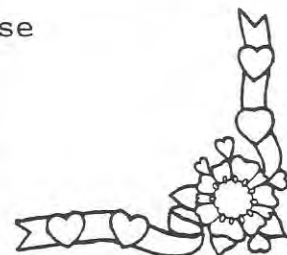
NEW BUSINESS: none.

NEXT MEETING: February 23: Jane Moore's office  
March 23: Carolyn Baldwin's house  
April 27th Tacoma YMCA.

The meeting was then adjourned.

Respectfully submitted,

*Jane A. Moore*  
Jane A. Moore  
Acting Recorder



## GENERAL ANNOUNCEMENTS

**LAST CALL** : If you would still like to run for a position on the PNA Board we are still taking calls for all positions. So far the following people have come forward:

Jane Moore, Nancy Foote-Edwards, Debbie Falsgraf, Frank Newquist, Tami Keeler, Lee Carlson, Laurie Mitchell. You have until February 25th so please call - Phyllis Gill 865-9856 Paul Sherman 322-0871 or Tammi Keeler 361-7041

**REMINDER** from Karen Jost : Finish your fitness logs by February 28th

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.

### 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

02/16	ANDREW BERNARD	03/04	MURIEL FLYNN
02/17	JOHN DONOSO	03/05	KEN TELLOIAN
02/17	MARILYN GOTTLIEB	03/06	MARY NIHISER
02/18	SARAH WELCH	03/09	HELEN ELDRED
02/19	GARY HAFER	03/09	MARY LOARIE
02/20	EDWARD JR PHILLIPS	03/09	P. RACHEL NATHANSON
02/22	PATRICIA (SUZIE) NESS	03/09	COLIN NESS
02/23	GREGORY MILLER	03/10	P. CAROL ANNING
02/23	JINRO UKITA	03/10	FRED MANZER
02/26	MARIAN BYSE	03/10	CASH O'DONNELL
02/28	JEFF GROSS	03/12	JOHN BURKHARDT
03/02	MARION MUELLER	03/14	LINDA NELSON
03/03	MELISSA PAGE	03/15	EMMETT GUISE
03/04	LISA FARIN		



Did you see that NAKED SWIMMER on deck last swim meet??? . . .Well Did Ya? . . .Huh? . . . NOT!!!

Now that I have your attention I'd like to make an announcement:

**THERE IS A NEW PNA REGISTRAR!!!!!!**

Yes the rumor is true. Your former registrar (you know me - Zena Herrmann) has accepted a new two-year work assignment in the Baltimore, Maryland area. I apologize for the untimeliness of this transition to a new registrar, but I have been informed of the enthusiastic, friendly and efficient manner of your new registrar, namely **Francine Harmeson**. Francine has gracefully volunteered to take on this arduous task with no advance notice! Thank you Francine! Look for her name and address on the current PNA registration applications. Please be patient while she gets up to speed and show her that great Pacific Northwest exuberance that all of you have shown to me. I've left my address and telephone with Hugh Moore and Phyllis Gill should anyone need to contact me.

I'll miss all of you but hope to see your smiling faces at Nationals in May at Santa Clara!!! Who knows, I may even pop in for a meet or two in Seattle this summer!!! Take care and **KEEP SWIMMING!!!**  
Love, Zena

**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 Francine Harmeson, 5803 20th Ave N. W., Seattle, WA 98107

\* \* \* \* \*

**CHANGE OF ADDRESS**

**IMPORTANT !! BULK MAIL IS NOT FORWARDED !!**

**RETURN TO: Francine Harmeson, 5803 20th Ave NW., Seattle, WA 98107**

NAME \_\_\_\_\_ USMS # \_\_\_\_\_

OLD ADDRESS \_\_\_\_\_ NEW ADDRESS \_\_\_\_\_

\_\_\_\_\_

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



MEET INFORMATION: PNA SHORT COURSE CHAMPIONSHIPS  
APRIL 2-4, 1993

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

DIRECTIONS: a) NORTH BOUND I-5 OR SOUTH BOUND I-5: Take exit 142 B. You will then be going west on S 348th. Continue West on S 348th past Pacific Highway S (Highway 99) and past 1st AVE S (NOTE: 348th becomes SW Campus Drive after crossing 1ST AVE S). The pool is on your right about 1/2 mile past 1st AVE S.  
b) WEST bound Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S 348th after crossing I-5. Follow the instructions for a).

ENTRIES MUST BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY MARCH 19, 1993. NO LATE ENTRIES WILL BE ACCEPTED. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY MARCH 19, 1993 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.  
ELIGIBILITY: OPEN TO ALL 1993 USMS REGISTERED SWIMMERS 19 AND OVER AS OF APRIL 4TH, 1993.  
SEEDING: SLOW TO FAST FOR ALL EVENTS.

MEET DIRECTORS: Robin O'Leary (206)525-7725 before 9 PM  
Tammi Keeler (206)361-7041 before 9 PM

TIMES: Friday April 2:  
warm-up: 6-6:50 PM meet: 7 PM  
Saturday April 3 & Sunday April 4:  
warm-up: 8:00-8:50 AM meet: 9:00 AM

FRIDAY APRIL 2  
1 400 IM  
2 1650 FREE (7:00 CHECK-IN)

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

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

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

PACIFIC NORTHWEST ASSOCIATION SHORT COURSE CHAMPIONSHIPS  
APRIL 2ND - 4TH, 1993 SANCTION # 93-3604  
SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.  
HOSTED BY GREEN LAKE AQUA DUCKS

NAME \_\_\_\_\_ M F AGE as of 4/4/93 \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ USMS NUMBER \_\_\_\_\_

LOCAL TEAM \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_ CLUB \_\_\_\_\_

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59  
60-64 65-69 70-74 75-79 80-84 85-89 90+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS - 5 PER DAY plus relays  
Event # EVENT ESTIMATED TIME

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

ENTRY FEES  
Surcharge: \$7.00 \$7.00  
Individual events @ \$1.00 each \_\_\_\_\_  
T-SHIRTS size(s) ( )S( )M( )L( )XL @ \$10 each \_\_\_\_\_  
Social @ 5.00 each \_\_\_\_\_  
TOTAL \_\_\_\_\_

CHECKLIST  
Checks payable to Tammi Keeler Mail to: Tammi Keeler  
Phone Robin O'Leary (206)525-7725 before 9 PM 1706 NE 177th NE  
Tammi Keeler (206)361-7041 before 9 PM Seattle, WA 98155

VERIFY THAT YOU HAVE ENTERED THE CORRECT TEAM NAME (ASK YOUR TEAM REP!)  
ENTRIES MUST BE POSTMARKED BY MARCH 19, 1993. NO LATE ENTRIES WILL BE ACCEPTED.  
ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY MARCH 19, 1993 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY. WAIVER MUST BE SIGNED

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all 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 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. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_



Awards:

PARTICIPATION MEDALS WILL BE AWARDED TO ALL COMPETITORS.

TEAM AWARDS WILL BE PRESENTED TO THE TOP THREE SCORING TEAMS IN EACH TEAM SIZE CATEGORY. TEAMS MUST REGISTER WITH PNA PRIOR TO MARCH 19TH TO BE ELIGIBLE. SWIMMERS FROM OTHER LMSCs WILL NOT BE SCORED.

T- Shirts.

T- shirts will be available for \$12. Please order them with your meet entry to guarantee that you get one.

SOCIAL:

We will host a social at the pool beginning during the 1000 free on Sunday. The social will last for approximately 45 minutes following completion of the meet. Highlights will include presentation of team awards as well as introduction of the new PNA officers. The \$5 cost will cover food and drink.

ACCOMMODATIONS

Following is a list of motels in the area

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

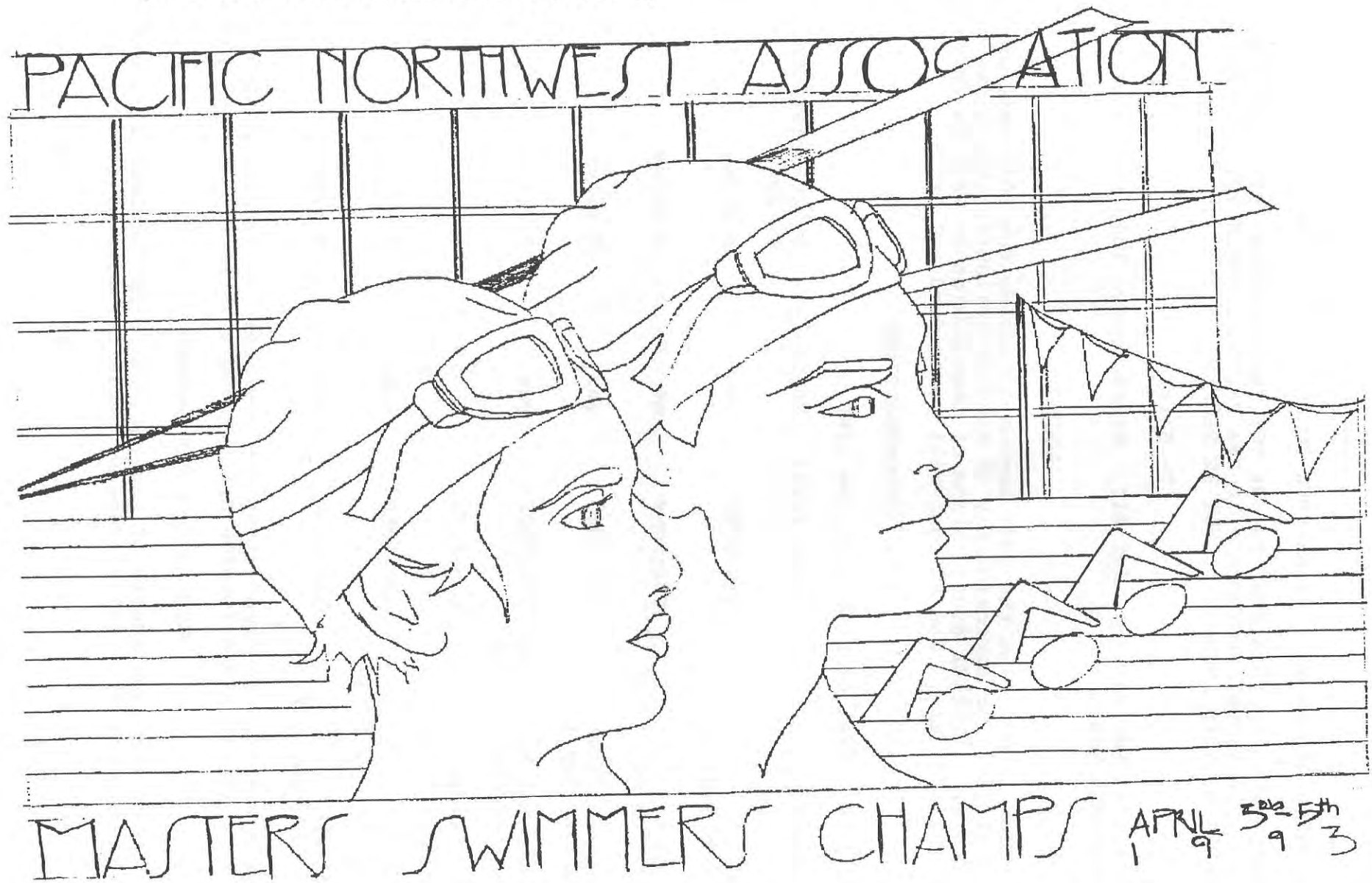
Numerous additional accommodations are available in Tacoma and near Sea Tac airport. Both areas are located approximately 10 miles from the pool.

HOST (House Our Swimmers Tonight)

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

**The New PNA T-Shirt Design For 1993 PNA Champs**  
**Order Early with your Entry!!!!**  
**\$10. with Entry or \$11. day of Meet!!!**  
**(shirts are white with multi color printing)**

8





MEET INFORMATION: NORTHWEST ZONE CHAMPIONSHIPS  
APRIL 23-25, 1993

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

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

b) WEST-BOUND HIGHWAY 18 (from North Bend) becomes S 348th after Highway 18 crosses underneath I-5. Follow the instructions for a) above.

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

ENTRIES MUST BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY APRIL 9, 1993. NO LATE ENTRIES WILL BE ACCEPTED. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY APRIL 9, 1993 WITH THE MEET ENTRY. SWIMMERS FROM OTHER LMSC'S MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (CASA FOR CANADIANS) WITH MEET ENTRY.

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.  
ELIGIBILITY: OPEN TO ALL 1993 USMS REGISTERED SWIMMERS 19 AND OVER AS OF APRIL 25, 1993.

SEEDING: SLOW TO FAST FOR ALL EVENTS

MEET DIRECTOR: STEVE FREEBORN  
(206)941-6808

TIMES: Friday, April 23  
Warm-up 6-6:50 pm Meet 7pm  
Saturday/Sunday, April 24/25  
Warm-up 8-8:50 am Meet 9am

FRIDAY, APRIL 23  
1 400 IM  
2 500 FREE (7:00 CHECK-IN)

NOTE: MAKE SURE THAT YOU ALLOW  
TIME TO COMPENSATE FOR  
TRAFFIC CONDITIONS

SATURDAY, APRIL 24  
3 100 IM  
4 50 BACK  
5 200 FLY  
6 100 FREE  
5-minute break  
7 200 MEDLEY RELAY  
(entries due 9 am)  
8 100 BACK  
9 50 FREE  
10 200 BREAST  
5-minute break  
11 200 MIXED FREE RELAY  
(entries due 11 am)  
12 1000 FREE (11 am check-in)

SUNDAY, APRIL 25  
13 200 IM  
14 100 BREAST  
15 50 FLY  
16 200 FREE  
5-minute break  
17 200 FREE RELAY  
(entries due 9 am)  
18 50 BREAST  
19 200 BACK  
20 100 FLY  
5-minute break  
21 200 MIXED MEDLEY RELAY  
(entries due 11 am)  
22 1650 FREE (11 am check-in)

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

NORTHWEST ZONE CHAMPIONSHIPS  
APRIL 23-25, 1993 SANCTION # 93-3605  
SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.  
HOSTED BY FEDERAL WAY MASTERS

NAME \_\_\_\_\_ M F AGE as of 4/25/93 \_\_\_\_\_  
ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ USMS # \_\_\_\_\_  
LMSC \_\_\_\_\_ UNATTACHED \_\_\_\_\_ CLUB \_\_\_\_\_  
(needed for relays)

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64  
65-69 70-74 75-79 80-84 85-89 90+

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

Event # EVENT ENTRY TIME

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

ENTRY FEES

Surcharge: \$ 6.00  
Individual events @ \$1.00 each  
T-SHIRTS: size(s) \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL @ \$10 each  
Social: \_\_\_\_\_ guests @ \$5.00 each  
Total \_\_\_\_\_

Checks payable to Federal Way Masters  
Meet Director: Steve Freeborn  
(206) 941-6808

Mail to: NW Zone Champs  
c/o Karen Jost  
31916 3rd Ln SW #A304  
Federal Way WA 98023

VERIFY THAT YOU HAVE ENTERED THE CORRECT LMSC AND CLUB, AS WRITTEN ON YOUR USMS CARD! ENTRIES MUST BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY APRIL 9, 1993. LATE ENTRIES WILL NOT BE ACCEPTED. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY APRIL 9, 1993 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSC'S MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA CARD FOR CANADIANS) WITH MEET ENTRY.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, 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 \_\_\_\_\_



### Awards

Region XII medals are available for purchase for those swimmers placing 1st, 2nd, or 3rd. These are medals remaining from the old Region XII, and may end up being a collector's item, since we are now known as the Northwest Zone!!

### T-shirts

T-shirts are available for \$10.00 They are short-sleeve, 50% cotton/50% polyester. Please order them with your meet entry to guarantee that you get one.

### Social

We will be hosting a social at the pool beginning during the 1000 Free on Sunday. The social will last for approximately 45 minutes following completion of the meet so those people in the last heats can participate. Cost is \$5.00 per person. Please make reservations with your entry so that we can plan on having enough food for all.

### Accommodations

Following is a list of motels in the area

Name/address	Phone (206)	Restaurant	Approx. distance to pool
Executive Inn-Fife 5700 Pacific Hwy E	922-0080	yes	8 miles**
** Special rate offered for NW Zone Champs April 22-25, 1993 ** \$58.00 per night (plus tax), 1-4 person occupancy			
Executel 31611 20th Ave S	941-5888	yes	6 miles
Best Western Fife 5700 Pacific Hwy S	922-0080	yes	6 miles
Super 8 Motel 1688 S 348th St	838-8808	no (next door)	2 miles
Royal Coachman 5805 Pacific Hwy E (Fife)	922-2500	yes	8 miles
Motel 6 - Fife 5201 20th St E	922-1270	no	8 miles
Econo Lodge 3518 Pacific Hwy E (Fife)	922-0550	yes	8 miles
Portage Inn 3021 Pacific Hwy E (Fife)	922-3500	yes	8 miles

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

### H.O.S.T.

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







**PRO CLUB POOL SHARK CHALLENGE RESULTS  
FOR JANUARY 10TH, 1993**



<u>AGE</u>	<u>RANK</u>	<u>NAME</u>	<u>DISTANCE</u>	<u>TIME</u>	<u>PTS</u>						
25	1	Pam Statler	500	5:53	92						
			50	27.09	92						
			100	1:00.27	90						
			200	2:28.23	80						
				total	354						
32	2	Mark VanAtche	500	5:32.28	89						
			50	26.22	82						
			100	56.75	86						
			200	2:03.29	87						
				total	344						
17	3	Karry Marra	500	6:17.50	86	38	13	Nancy Edwards	500	6:54.27	78
			50	30.44	82				50	32.69	79
			100	1:06.44	83				100	1:08.87	78
			200	2:24.91	85				200	2:34.56	77
				total	336					total	312
50	4	Ted Pierce	500	7:40	74	46	14	Alan Cooper	500	7:41.69	71
			50	28.35	88				50	32.88	74
			100	1:04.59	90				100	1:10.25	78
			200	2:46.09	83				200	2:44.19	74
				total	335					total	297
34	4	John Vonderbrink	500	5:47	72	40	15	Mike Blume	500	7:02.81	76
			50	24.87	90				50	31.18	74
			100	55.31	89				100	1:10.35	72
			200	2:07.53	84				200	2:35.07	74
				total	335					total	296
50	6	Bob Griffith	500	7:17	78	31	16	Dave Westlake	500	6:54.72	71
			50	30.28	82				50	29.87	72
			100	1:07.53	86				100	1:07.34	73
			200	2:40.22	86				200	2:33.50	70
				total	332					total	286
24	7	Jennifer Bates	500	6:38.30	81	36	17	Patti VanAtche	500	7:43	70
			50	30.13	83				50	35.07	74
			100	1:07.44	82				100	1:17.83	69
			200	2:27.65	83				200	2:52.37	69
				total	329					total	282
31	8	Jeff Freshley	500	5:52	84	30	17	Alexandra Smith	500	7:17	68
			50	27.31	79				50	38	69
			100	1:01.62	80				100	1:19.78	65
			200	2:16.16	79				200	2:44.47	67
				total	322					total	269
41	9	Jim Stretch	500	6:33	81	30	19	Mike Reese	500	7:16.25	68
			50	28.03	83				50	31.41	69
			100	1:05	78				100	1:10.03	65
			200	2:26	79				200	2:40.13	67
				total	321					total	269
31	10	Larry deGroen	500	5:41	87	38	20	Ken Reeves	500	8:23.27	61
			50	27.07	80				50	36.32	62
			100	1:00.57	81				100	1:24.24	62
			200	2:28.72	72				200	3:15.72	47
				total	320					total	232
47	11	Gordon Gray	500	6:39.82	82						
			50	30.62	79						
			100	1:09.32	79						
			200	2:34.43	78						
				total	318						
37	12	Elan Caron	500	7:21.81	87						
			50	30.28	74						
			100	1:07.35	76						
			200	2:25	79						
				total	316						



**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 only (valid 1 Nov 92 to 31 Dec 93) \_\_\_\_\_  
 1991 Renewal (valid 1 Jan to 31 Dec 93) \_\_\_\_\_

PLEASE PRINT OR TYPE INFORMATION

LAST NAME  FIRST NAME  INT

STREET ADDRESS

CITY  STATE  ZIPCODE

AREA CODE+TELEPHONE  DATE OF BIRTH  AGE  SEX

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

PNW Aquatics  SQM  HUSKY  UNATTACHED

PLEASE NOTE THESE CHANGE(S) FROM MY 1991 REGISTRATION:  
 NAME \_\_\_\_\_  
 ADDRESS  \_\_\_\_\_  
 OTHER  \_\_\_\_\_

	USMS FEE	LMSC FEE	TOTAL FEE
UNDER 65	\$15.00	\$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: FRANCINE HARMESON  
 5803 20th AVE N.W.  
 SEATTLE, WA. 98107  
 (206) 782-0921

LOCAL AFFILIATION

TEAM  UNATTACHED

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming program or any activities incident thereto against United States Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. I further agree to abide by and be governed by the rules and regulations of USMS.

\_\_\_\_\_  
 APPLICANT'S SIGNATURE

\_\_\_\_\_  
 DATE

**PACIFIC NORTHWEST ASSOCIATION TEAM REGISTRATION FORM**

Team Name (up to 30 characters) \_\_\_\_\_

Team name abbreviation (up to 4 characters) \_\_\_\_\_

Team Representative to the PNA Board \_\_\_\_\_  
 Phone Number \_\_\_\_\_

Team Coach Name \_\_\_\_\_  
 Phone Number \_\_\_\_\_

Please mail completed form and \$10.00 to Frank Newquist, 2210 6th Avenue, Apt. 2B, Milton, WA 98354. *Team registrations valid January - December 1993.*



# YAKIMA VALLEY MASTERS SWIM MEET

**DATE:** Saturday March 6, Warmup at 5:00 pm, start at 6:00pm, Sunday March 7, Warmup at 9:00 am, start at 10:00am

**SPONSOR:** Yakima Valley Masters, Lions Pool (25 yard). Sanctioned by IELMSC for USMS Inc. #3530306

**ELIGIBILITY:** *All swimmers must be currently registered with IELMSC or USMS*. New 1993 IELMSC registrations should be sent to **Elin Zander** (registrar). Current registration forms can be found in the Splashmaster or are available at the meets.

**RULES:** All current Masters rules will apply. Certified stroke and turn judges will be present at all IELMSC sanctioned meets. Please consult the USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast, except for the distance events.

**DEADLINE:** All entries must be postmarked by **02/26/93**. Incomplete or late entries will be treated as deck entries.

**ENTRY FEE: \$8.00** Send completed entries and make fee payable to: **INLAND EMPIRE LMSC**, c/o Randy Hair, 3105 N. 7th, Coeur d' Alene, Id. 83814. Payment to be made by check or money order only. **CASH will not be accepted** for entry fees or for deck entries at the meet. DECK Entries are \$10.00 and will be limited to four (4) individual events.

**RELAYS:** Submit relay cards to the clerk of course during the warmups. Individuals must be signed up with the club they represent to have their relay points count for that club.

**AWARDS:** First - Fourth place ribbons available free of charge. High point team trophy.

**DIRECTIONS:** Take I-90 west to I-82 south (few miles before Ellensburg). From I-82 take exit 33 west (Yakima/Terrace Hts.) Turn left on 6th st., go 2 blocks and turn right on Walnut. Go 11 blocks (cross RR tracks), turn left on 5th St. and right on Pine. Address S. 5th & Pine. For HOST information call **Robin Durant (509)452-7622**.

----- CUT HERE -----

Name \_\_\_\_\_ M/F \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ USMS # \_\_\_\_\_ Year \_\_\_\_\_ Club \_\_\_\_\_

**Saturday March 6, Warmup at 5:00 PM, Start at 6:00 PM**

!NOTE! Enter 'Yard' Times

# -- EVENT	EST. TIME	# -- EVENT	EST. TIME
1--400 Ind. Med.	_____	2--1000 Free	_____

**Sunday March 7, Warmup at 9:00AM, Start at 10:00AM**

!NOTE! Enter 'Yard' Times

# -- EVENT	EST. TIME	# -- EVENT	EST. TIME
3--200 Med.Relay	XXXXXXXXXX	9--200 Ind. Med.	_____
4--200 Fly	_____	10--50 Fly	_____
5--200 Back	_____	11--100 Back	_____
6--50 Breast	_____	12--200 Breast	_____
7--100 Free	_____	13--50 Free	_____
<--BREAK-->	-----	<--BREAK-->	-----
8--400 MxFreeRel	XXXXXXXXXX	14--200 Free Rel.	XXXXXXXXXX

# -- EVENT	EST. TIME
15--100 Fly	_____
16--50 Back	_____
17--100 Breast	_____
18--200 Free	_____
<--BREAK-->	-----
19--100 Ind. Med.	_____
20--500 Free	_____

NOTE: Maximum of 5 individual events and 3 relay events.

Meet Entry Fee: \$8.00

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of my participation in the Masters Swimming Program or any activities incident thereto against United States Masters Swimming Inc., the Local Masters Swimming Committees, the Clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. I further agree to abide by and be governed by the Rules and Regulations of USMS.

YOUR SIGNATURE: \_\_\_\_\_ TODAY'S DATE: \_\_\_\_\_



## DAWN MUSSELMAN INSPIRATIONAL SWIMMER AWARD

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

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

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

Subsequent winners of this award are: 1987, Marlene Holmes; 1988, Maxine Carlson; 1989, Jim Penfield; 1990, Tom Foley; 1991, Karen Jost; 1992, Jan Kavadas.

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

Steve Peterson Port Orchard	692-1669
Susan Dearborn Seattle	324-4945
Frank Newquist Tacoma	474-1267

**All entries must be received by March 27, 1993.**

