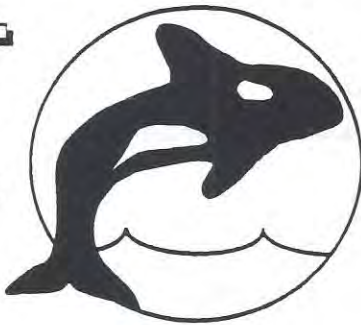


the
**WET
SET**

**PACIFIC NORTHWEST ASSOCIATION
OF MASTERS SWIMMERS**



THE PNA NEWSLETTER

PRESIDENT

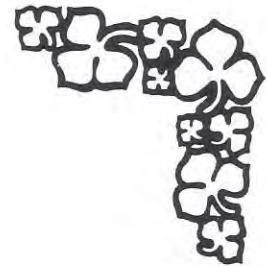
Steve Freeborn
29925 2nd Ave. SW
Federal Way, WA 98023
(206) 941-6808

EDITOR

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

UPCOMING BOARD MEETINGS

March 23 - Carolyn Baldwin's Home
April 27 - Tacoma YMCA



VOLUME 12 - NUMBER 3

MARCH, 1993

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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.

P N A MEET SCHEDULE

MARCH 14 APRIL 2-4 APRIL 23-25 JUNE 19	#2	BANGOR SWIM TEAM PNA SHORT COURSE CHAMPS NORTHWEST ZONE CHAMPS FEDERAL WAY MASTERS-LONG COURSE	POULSBO WA. FEDERAL WAY FEDERAL WAY FEDERAL WAY
* * *		* * * * * * * * * * * * * *	* * * *

OREGON MEET SCHEDULE

MARCH 13-14 APRIL 2-5 JUNE ? JULY 24-25	#1 #2 #4	LINCOLN CITY COMMUNITY POOL S.C.M. OREGON MASTERS ASSOC. CHAMPS TUALATIN HILLS LONG COURSE N.W. ZONE LONG COURSE CHAMPS	LINCOLN CITY OR. PORTLAND OR. BEAVERTON OR GRESHAM OR.
* * *		* * * * * * * * * * * * * *	* * * *

INLAND EMPIRE

MARCH 6-7 MARCH 26-28	LYONS POOL INLAND EMPIRE SHORT COURSE CHAMPS	YAKIMA WA. CHENEY WA.
* * *	* * * * * * * * * * * * * *	* * *

NATIONAL AND INTERNATIONAL SCHEDULE

MAY 20-23 1993 AUGUST 19-22 1993 APRIL 6-16 1993 JULY 4-10 1994	U.S.M.S. SHORT COURSE NATIONALS U.S.M.S. LONG COURSE NATIONALS PAN PACIFIC MASTERS CHAMPIONSHIP WORLD MASTERS CHAMPIONSHIP	SANTA CLARA CA. MINNEAPOLIS MN. NEW ZEALAND MONTREAL CANADA
* * *	* * * * * * * * * * * * * *	* * *

SWIM CAMPS

APRIL 2-8 1993	TOTAL IMMERSION ADULT CAMPS FOR MORE INFO CALL TERRY LAUGHLIN 914-294-3510	PALM BEACH FL
----------------	---	---------------

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 3833 Emerald Dr Vancouver, BC V7R 3B6 (604) 985-2262
<u>UTAH</u> Michael 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	



FITNESS CLINIC IN MAY - More details on that in up coming newsletter 😊

Karen Jost our Fitness person is going to try and have a column in our WetSet as a regular item if anyone has topics they want to read about, or articles, of interest they can send them to Karen at 31916 3rd Lane SW #304, Federal Way, WA. 98023 or you can call her @ 839-6161 and leave her a message. **LOOK FOR THIS ISSUES COLUMN "BACK CARE FOR SWIMMERS"**

MINUTES OF THE NOVEMBER PNA BOARD MEETING

The meeting was called to order on Tuesday, February 23, 1993, at about 7:10 p.m., by President Steve Freeborn. Present were: Hugh Moore, Jane Moore, Walt Reid, Kathy Casey, Karen Jost, Robin O'Leary, Tammi Keeler, Jan Kavadas, Carolyn Baldwin, Steve Freeborn, Paul Sherman, Lee Carlson, and Frank Newquist.

MINUTES

Minutes were approved.

TREASURER

Jane Moore reported that the current total balance was \$11,641.84. There was \$9,141.84 in the PNA's portion, and approximately \$2,500.00 in the Fred Wiggin Memorial Fund.

Jane also reported that we took in approximately \$15,000.00 on the sale of souvenirs at the summer Long Course Nationals.

Jan Kavadas briefly discussed the Fred Wiggin Memorial Fund. Applications will be published in both the PNA and PNS newsletters for people or groups wishing to apply for use of the fund. Those applications will be reviewed by the Wiggin Memorial Committee.

Steve Freeborn mentioned that one of the PNA swimmers had asked about establishing a fund raising swim in honor of Dawn Musselman. In the past this had been tied into the one-hour swim. The suggestion has been made for another event for that same purpose. (Any ideas from the PNA members are most welcome. Please contact Steve Freeborn.)

MEMBERSHIP

Current membership is 423.

FITNESS

Karen Jost is looking for ideas for a fitness challenge. Any ideas should be presented to Karen. Karen also mentioned that she will be publishing an article in the Wet Set. She intends to make use of some articles published in other sources. She also mentioned that she will have T-shirts made up for the participants in the recently concluded fitness swim.

AWARDS

There was some discussion as to how to use two new designs for medals. The Board finally decided to use a ferry boat design as a participation award at the championship meet, and to put a hold on the rest of the ideas for medal designs until the new Board for the PNA is elected in April 1993.

MEETS

Jan Kavadas is working on a meet bid package and will try to coordinate with both Oregon and Inland Empire on future meet

scheduling. She reported that the PNA is scheduled to host the Long Course Zone Meet in 1994. There was a discussion of entry fees and approval was given for \$7.00 for PNA champs and \$6.00 for the zone championships. Greg Harrison (by proxy) requested approval for his times at the upcoming Senior Regional Meet at Twalatin Hills. That request was approved by the Board. In that same motion, Greg was also appointed to be the official observer at the meet on behalf of the PNA. A discussion to purchase meet equipment for the PNA was tabled. Kathy Casey said she will check with Marilyn Grindrod, host for the upcoming Bangor meet regarding the status of the equipment for that particular meet.

OFFICIALS

Jan made brief mention of officials clinics that are available to those interested. She has a list of instructors for those clinics. Kathy Casey has a list of instructions to officials. The current USS Rule Book is available. (Please contact Jan Kavadas if you are interested.) USMS Rule Books are available for \$6.00 per copy. (Contact Kathy Casey.)

NEWSLETTER

Swimmers currently registered but not currently getting the newsletter will be sent meet entries and should start getting the newsletter with the March issue. The Oregon meet schedule was corrected to reflect that their Championship Meet will be held April 2, 3, and 4. Hugh Moore reported that he had received a letter from Vancouver British Columbia Masters regarding participation in open-water swims. It was recommended that the BC Masters put an ad in our local newsletter and give it them free if they are a nonprofit organization or charge the regular advertising rates if they are a for-profit organization.

RECORDS

Walt Reid advised that swim meets that are not sanctioned or approved by the PNA should not have their results published in the newsletter. He further advised that he had removed PNA records from a Norwegian swimmer who recently participated in a PNA meet but was not registered with the PNA. He also mentioned that he had World's Record Certificates for Rick Collella, Alan Sachs, and Jim Penfield, but had not seen any of them at swim meets. He will publish a notice in the newsletter as to who is now responsible for issuing those World's Records Certificates.

OLD BUSINESS

Paul Sherman and Tammi Keeler, representing the nominating committee for PNA officers advised that they had completed their ballot for available candidates. The ballot is to be printed and mailed to each individual PNA member with the ballot to be completed and returned by March 25, 1993. Frank Newquist was asked to oversee the printing, mailing, and counting of the ballots upon their return.

The Board approved a motion that ballots on the amendments to the Constitution and Bylaws should be considered closed as of

February 23, 1993. A committee was appointed to count and report on that balloting by the next Board Meeting.

NEW BUSINESS

Karen will look for volunteers to handle the list of places to swim that appears in the Wet Set.

A committee to determine team sizes at the upcoming PNA Championship Meet was appointed. The members are: Lee Carlson, Jan Kavadas, and Carolyn Baldwin.

The March Board Meeting will be at Carolyn Baldwin's, the April Board Meeting at the Tacoma YMCA, and the May Board Meeting will be at Phyllis Gill's house.

The meeting was adjourned at approximately 9:10 p.m. by Vice President Carolyn Baldwin.

Respectfully submitted,

Frank Newquist
Frank Newquist

(I've been out of the loop for too long. Because of a series of injuries, not the least of which was my "achy breaky heart," fat attacks, and a rotten attitude, I was doing very little working out, no meets, and not getting to recent Board Meetings. However, things are on the mend, and I am at least getting back to workouts and Board Meetings. My deepest gratitude to Jane Moore and Kathy Casey who kept things afloat while I was AWOL.)
-- FMN



* * * * *
CHANGE OF ADDRESS

IMPORTANT !! BULK MAIL IS NOT FORWARDED !!

RETURN TO: Francine Harmeson, 2617 N.W. 64TH - #4, Seattle, WA 98107

NAME _____ USMS # _____
OLD ADDRESS _____ NEW ADDRESS _____
NEW PHONE NUMBER _____

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.

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.

<i>Inland Empire</i>	<i>Mariah Clarke</i>	<i>(509) 926-2597</i>
<i>Oregon Masters</i>	<i>Andy Schrag</i>	<i>(206) 254-9400 H</i>
		<i>(206) 254-9916 W</i>
<i>Southern Oregon</i>	<i>Terry and Judy McCurdy</i>	<i>(503) 673-3673</i>
<i>Corvallis, Oregon</i>	<i>Mark and Laura Wordon</i>	<i>(503) 753-9352</i>
<i>Snake River</i>	<i>Janet Wood</i>	<i>(208) 345-8843 H</i>
		<i>(208) 339-7229 W</i>
<i>PNA</i>	<i>Ann Gindroz</i>	<i>(206) 272-1854</i>
	<i>Marietta Hunziker</i>	<i>(206) 391-7244</i>

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



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, 2617 NW64TH-#4, Seattle, WA 98107

1992 PNA Fitness Swim Results

9 swimmers participated, 6 completed logs for all 10 months.

Swimmer	# Days	% of 365 days	Yards	Avg. yds./day swum
Chaya Amiade@	202	55	779,359	3,858
Taan Donoso*	230	63	405,000	1,760
Jan Kavadas	163	44	337,345	2,071
Nancy Lawrence	129	35	210,686	1,633
Jane Moore	107	29	241,223	2,254
Gene Crossett*	236	64	408,600	1,731

* Most consistent swimmers

@ Most yards swum/distance travelled

As promised, all participants will be receiving a T-shirt shortly. I have chosen the following slogan for the shirts - "Fitness Swimmer: All Wet and Loving It!" I hope you all continue your fitness efforts, and improve each year. Keep your eyes open for the 1993 Fitness events, including a Fitness clinic (hopefully in May), and the 1993 Fitness Swim (still looking for ways to encourage more participation, give me a call!!)

Karen Jost

PNA MASTERS PNSA OFFICIALS EXECUTIVE COMMITTEE February 8th: 7:30pm WKCAC

USS officials training is now organized in 3 regions: North (Snohomish County and North); Central (King County) South. Each designated trainer can be contacted for training in their area. Contacts attached. I have received notice for training in November and January too late for the newsletter but I have made calls to some team reps who have indicated an interest. Lee Carlson has suggested that we host an officials training in April before Zones.

I am trying to contact a trainer to provide a clinic for Timer/Judge and Stroke and Turn officials at Federal Way Aquatic Center prior to our Zone meet on April 23-25. Please call Jan Kavadas at 775-5814 if you wish to have dates when they are available. Information will be available at PNA Champs.

John Oliver announced that the PNSA Swimming News would announce applications are open for the National Officials Training Clinic in Colorado Springs over Memorial Day weekend. PNSA will send 1 or 2 people: cost is air fare plus \$50 registration fee.

Fred Wiggin Memorial Fund application is enclosed. Applications can be accepted for swim meet expenses, training fees, special training such as officials clinics. Applications will be reviewed as received; funds are limited.

Jan Kavadas
(206) 775-5814

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

3 100 IM
4 200 FREE
5 100 BREAST
6 50 FLY
7 5 MIN BREAK
8 200 FREE RELAY
(ENTRIES DUE AT 9 AM)
9 200 BACK
10 50 FREE
11 100 FLY
12 5 MIN BREAK
13 200 MIXED MEDLEY RELAY
(ENTRIES DUE AT 11 AM)
14 500 FREE (11 AM CHECK-IN)

SUNDAY APRIL 4

13 200 BREAST
14 100 FREE
15 50 BACK
16 5 MIN BREAK
17 200 MIXED FREE RELAY
(ENTRIES DUE AT 9 AM)
18 200 FLY
19 100 BACK
20 50 BREAST
21 200 IM
22 5 MIN BREAK
23 200 MEDLEY RELAY
(ENTRIES DUE AT 11 AM)
24 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

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.

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 _____

WORLD RECORD CERTIFICATES

1. MSI has announced that any swimmer who set a World Record from the starting date of 22 June 1985 that was broken by the time World Records were published 1 May 1991 may apply for a MSI World Record Certificate by sending details of event, date, place and age group to:

Peter Gillett
28 Rawlings Road
Modbury North
S.A. 5092
AUSTRALIA

Individual Certificate US \$ 5.00
Relay Certificates (5) US \$10.00

Payable to: Masters Swimming
International

Please send all inquiries to the above address.

2. MSI has announced that any swimmer who held a World Record on the 1 May 1991 list or the 1 Nov 1991 list that was broken as of the 1 May 1992 list will receive an MSI World Record Certificate at no cost. By the end of Feb all of these certificates should be in the hands of USMS recipients.

Please send all inquires to Peter Gillett.

3. FINA has taken the responsibility of the World Record Certificates as of 1 May 1992. All swimmers who held a World Record as of the 1 May 1992 list should have by now received a FINA World Record Certificate at no cost.

Please send all inquires to Walt Reid
11114-111th ST. SW
Tacoma, WA 98498
FAX (206) 589-8321

4. FINA will continue to distribute World Record Certificates for any properly documented swim that breaks the published record. Certificates for records broken between 1 May 1992 and 1 Nov 1992 should be in the hands of USMS recipients by the end of Feb 1993. From this point on, the FINA office plans to distribute Certificates on a monthly basis.

Please send all inquires to Walt Reid.

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.

PNA MASTERS LOCAL SWIMMING COMMITTEE
Fred Wiggin Memorial Fund Application

Fred Wiggin was a lifelong swimming competitor and volunteer who died in 1991 while swimming in US Masters National Championships. He set PNA and Regional Masters records in Backstroke and was regularly ranked in US Top 10.

In addition, Fred Wiggin volunteered as a timer, starter, and in other official positions for high school, college, and USS meets throughout the Puget Sound area. He had worked the Goodwill Games and USS Spring Nationals the year before his death.

The Memorial Fund was initiated by Pacific Northwest Association of Masters Swimmers to provide support for swimmers. The Fund Committee has required that it be used for training fees or travel for USS or USMS swimmers who contribute to swimming. Amount available may be limited by the Fund Committee. This application may be supplemented by additional information you feel is appropriate.

I am applying for Fred Wiggin Memorial Funds for

___ Training fees. Amount requested \$_____. Explain the purpose of your request.

___ Travel costs. Amount requested \$_____. Explain the purpose of your request.

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____

USMS NUMBER _____ TEAM _____ or

USS NUMBER _____ TEAM _____ or

UNATTACHED _____ ASSOCIATION _____

VOLUNTEER _____ TEAM _____

Competitive swimming experience: Please list your years of swimming; samples of recognition received and awards; such as ranked top 10; placed at Regionals, etc.

Volunteer experience: Please list volunteer for club, meets, as a timer, other official, other volunteer work.

Present Coach, if any: NO ___ YES: _____

Swimmer's Signature: _____

Complete the following if appropriate.

Coach's Signature: _____

Statement from Coach/Mentor:

BACK CARE FOR SWIMMERS

by Terry Laughlin

The following is reproduced from the March, 1993 issue of "Fitness Swimmer" Magazine.

One day about four years ago, I reached into my car to pick up a parcel and couldn't straighten up again. I had to be taken to the emergency room curled sluglike on the back seat of a car. Thanks to large doses of painkillers and muscle relaxants, I was eventually able to stand upright, but I decided then and there it was time to do something about my back.

I began swimming again. Although I had been a fairly good swimmer in college, 16 years of inactivity had softened my muscles and padded me with 50 excess pounds. Still, my decision to return to the pool was a no-brainer. I liked swimming. I'd been pretty good at it. And I always heard that swimming was the best exercise for a balky back.

I've met dozens of swimmers who have been able to dodge the surgeon's knife by strengthening and stabilizing a bad back with regular laps in the pool. But I've also met others who, despite habitual swimming, have undergone disc surgery. So where's the truth? Does swimming make our backs healthy or do healthy backs allow us to swim better?

Turns out, it's a bit of both. Eight out of 10 Americans will eventually have back trouble. Many of us athletic types mistakenly think we can ignore back pain when it comes, believing our fit lifestyles make us immune to muscle spasms. Sedentary folks have back problems, as I did, because their muscles are weak. Active individuals, however, may be just as vulnerable - particularly as we age and lose some of our youthful resilience - because we're always stressing our muscles in unusual ways. In the pool, these unusual stresses - the ones that can make our muscles susceptible to injury - often arise from the way we swim.

IS SWIMMING GOOD FOR YOUR BACK?

"Swimming provides a beneficial stretch and strengthening effect to the lower back muscles and hamstrings," says Lewis Maharam, M.D., of Columbia Presbyterian Center for Sports Medicine in New York City, "and it avoids the compression and impact-type loads on the spine that you encounter in land sports."

But swimming's benefits depend upon your technique, says Jim Miller, M.D., a Masters swimming coach in Richmond, Virginia, and a member of the United States Swimming Sports Medicine Committee. A smooth, fluid stroke is good medicine for anybody's back, he says, but "go to any pool and the majority of people you'll see there don't look like that." Swimmers who thrash through the water rather than flow with it could do their backs a favor by cleaning up their strokes, says Dr. Miller. "excessive head movement, straight arm recoveries, and fishtailing hips are doing their backs more harm than good."

An uneven stroke (e.g. breathing to the same side in the freestyle, instead of bilaterally) can tense muscles and reduce spinal mobility, say Richard Huminski, D.C., a chiropractic sports medicine practitioner and Masters swimmer in East Norwich, New York. "The body's natural instinct to protect the [stressed] area causes more spasms. This can start a cycle because poor spinal alignment can throw the hips, then the whole stroke out of balance. You can break the cycle - for instance, with a chiropractic adjustment."

AND THEN THERE'S YOUR "DAY JOB"

No matter how diligently you care for your back at the pool or gym, your life outside of the pool may still put a kink in your back. I'm in the pool for an average of about an hour a day - a fraction of the time I spend sitting in front of a computer as a writer. It takes me an excruciatingly long time to get the stiffness out of my back when I stand after sitting for more than 30 minutes at my desk or behind the wheel of my car. "When you're sitting," says Dr. Huminski, "all the body weight that is distributed down the legs when you stand is thrust upon a few discs in the lower back. You also lose flexibility in your hamstring and gluteal muscles." (These are the large muscles in the back of the thighs and buttocks.) Laborers and other individuals whose work involves bending and lifting are likely to suffer more acute than chronic back pain.

IS SWIMMING ENOUGH TO KEEP YOUR BACK HEALTHY?

The back experts interviewed for this column recommend supplemental exercise. According to Dr. Miller, the three keys to a healthy back are (a) strong back muscles - "obvious to most of us" (b) strong abdominals - "frequently ignored, but very important to supporting the back" and (c) flexibility - "the only thing significantly enhanced by swimming."

Thus, you need to engage in a regular strengthening routine for the upper abdominals and the lower extensor muscles of the back, and follow a regular stretching program for the hamstring and gluteal muscles. You can do a limited amount with specific pool exercises (see below), but a supplemental dryland program of exercise or yoga is better.

WHAT IF YOUR BACK ALREADY HURTS?

In the Pool

Always enter the pool gently, feet first, advises Dr. Maharam. Dr. Miller recommends staying away from kickboards because they arch the back, forcing the body out of its natural position.

Alternative forms of kicking may be beneficial because they strengthen the postural muscles (as long as your form is good). Kick on your side, on your back, or on your stomach without a board. Dolphin-kicking on your back with your arms fully extended may be the most effective back-strengthening technique. Use fins (cautiously) if your kick's too weak to dolphin-kick comfortably.

Out of the Pool

If your pain is not acute (which could signal a serious condition requiring treatment and bed rest), an aggressive strengthening program may be just what you need.

A typical case of lower-back tenderness with an occasional muscle spasm can be remedied with exercise. I've used Dr. Maharam's backstretches and strengtheners as well as yoga (see below). Both proved salubrious for my lower-back stiffness.

Yoga

I've followed the exercises on a tape called *Yoga for Beginners*, which is basic, but offers plenty for me as a novice yogi. The instruction is very clear and is accompanied by a 48-page book from the editors of *Yoga Journal*. Each time I've done the yoga exercises I've learned more about the limits of my flexibility, and have learned more ways of releasing needless tension to stretch beyond those limits. I can sense better spinal mobility in every direction and those critical gluteal and hamstring muscles have received a beneficial stretch - and even a strengthening effect. *Yoga for Beginners* is available from Sports on Video (818)715-0583 for \$29.95.

LOWER-BACK EXERCISES

Do each exercise one to five times daily, gradually increasing to 10 reps, twice daily.

1. **Pelvic tilt** (strengthens abdominal and lower back muscles). Lie on your back, with knees bent and feet flat on the floor and your arms at your sides. Press the small of your back against the floor (hips will tilt upward). Hold for 10 seconds, then relax.
2. **Knee to chest** (stretches hip, buttock and lower back muscles). Lie on your back, with knees bent, feet flat on the floor and arms at your sides. Raise one knee to your chest and pull it in with both hands. Hold this position for 10 seconds, then release the knee and lower your leg slowly to the floor. Repeat with the opposite knee.
3. **Torso flex** (stretches back, abdominal and leg muscles). Starting on all fours, tuck in your chin and arch your back like an angry cat. Hold for six to 10 seconds, then sit back on your heels, slide your hands forward, and drop your shoulders toward the floor. Hold for six to 10 seconds.
4. **Partial sit-up** (strengthens abdominal muscles). Lie on your back with your knees bent, your feet flat on the floor and your arms crossed over your chest. Keeping your middle-and lower-back flat on the floor, lift your shoulder blades off the floor and hold for three to five seconds. Gradually increase the holding time as you get stronger.
5. **Hip flex** (strengthens, stretches hip, buttock and back muscles). Lying on your stomach with your head resting on your hands, slowly lift one leg slightly off the ground without bending your knee. Keep your pelvis flat on the floor. Slowly lower that leg and repeat with the opposite leg.

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)

PLEASE PRINT OR TYPE INFORMATION

1991 Renewal (valid 1 Jan to 31 Dec 93)

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.

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

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

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

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.

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 Saturday. 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 Tacoma airport. Both areas are located approximately 10 miles from the pool.

H.O.S.T.s

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.

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	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 my 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. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED _____ DATE _____

WELCOME TO THE PNA

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

BARBARA ABERLE, JENNIFER BLAIR, JOEL EDWARDS, JAY GLADSTEIN, RICHARD HAYASHI, MARK HAYS, KIM HIGDON, BRIAN JENNINGS, KNUT LANDBOE, HARVEY PROSSER, ANDREW ROTH, MARTIN RYAN, AND THORNTON TYSON.



HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

03/16	KAREN BILLS	04/01	ALAN SANDERS
03/16	MATTHEW SMITH	04/02	JAY GLADSTEIN
03/16	PHOEBE TERHAAR ☺	04/03	THOMAS TAYLOR
03/16	TODD WIRTZ	04/04	ALAN BELL
03/19	PATRICK SLOWEY	04/04	FERENC ZANA
03/20	JENNIFER BATES	04/06	CAROLYN BALDWIN
03/20	JOE FERONG	04/06	JANET KAVADAS
03/21	BARBARA HAYNES	04/07	DEBORAH ARTIS
03/21	WILLIAM MC NICHOL	04/07	CATHERINE CHAY
03/21	MARGARET SMITH	04/08	CHAYA AMIAD
03/22	JOHN (JACK) CONNELLY	04/08	JOEL EDWARDS
03/25	EDWARD ARTIS	04/09	JIM PENFIELD
03/26	E LE MOAL	04/10	ANDREA DEMMONS
03/26	RICHARD SPENCER	04/10	APRIL GERLOCK
03/27	MARIE CAWRSE	04/11	THOMAS RIEPE
03/30	DANIEL BALDERSON	04/12	DONNA PETERS
03/30	CLAUDIA BERTOLONE-SMITH	04/12	JENNIFER STAPP
03/30	LINDA CHAPMAN	04/12	YVONNE YOKOTA
03/30	MARGARET (MEG) LLOYD	04/12	GEORGE UNRUH
03/31	TAAN DONOSO		
03/31	KATE SUTHERLAND		

FROM THE EDITOR:

PLEASE NOTE!! If you have something that you want printed in the Wet Set, I **must** have it **before** the 1st of the month!!. It should be camera-ready, (ready for printing to size on 8.5 x 11 paper), however if you would like me to re-type something or cut and paste I must have that **2 weeks** before the 1st of the month.

As just a reminder, I am just a volunteer, and happen to be as busy as the rest of my fellow swimmers. I do enjoy putting the newsletter together and any input or suggestions are greatly appreciated, but it is difficult to get the newsletter out on time if additional items are received late.

Thank-you ☺

Dyllis