

the  
**WET  
SET**



# **PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS**

## **PRESIDENT**

Jane Moore  
1867 58th ST.NE  
Tacoma, WA 98422  
(206) 925-0803

## **EDITOR**

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

**THE PNA NEWSLETTER**

## **UPCOMING BOARD MEETINGS**

**May 25th 7:00pm** - Phyllis Gill's house - Hosted by Issaquah Masters Swim Team  
14037 SE Allen Rd, Bellevue - 865-9856  
**June 22nd** - Tammi Keeler's house

\* \* \* \* \*

**VOLUME 12 - NUMBER 5**

**MAY, 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.*



May 1, 1993

Dear PNA Swimmers:

The Northwest Zone Championship was another great meet. Thanks to Federal Way Masters for hosting that meet. It was smaller than hoped for but still lots of fun. My times were great, I hope yours were too.

Zone champs marks the end of another short course season in this area, but don't hang your suit up for the summer. Federal Way Masters will be hosting another meet in June. This will be your only chance to swim a long course meet at the Weyerhaeuser King County Aquatic Center this year. The meet will be held June 18 and 19, so get your entries in soon. For those true distance swimmers, a few of us will be doing the 10K swim on July 10. That's 10,000 meters or 6.2 miles. If you're interested, give me a call (925-0803) for more details.

Best of luck for great swims to all those PNA swimmers who will be attending Short Course Nationals in Santa Clara.

See you soon.



Jane Moore



**NEW BOARD MEMBERS: SITTING LT TO RT-JANE MOORE, FRANK NEWQUIST  
STANDING LT TO RT- DEBBIE FALSGRAF, TAMMI KEELER**



## MINUTES OF PNA BOARD MEETING

The meeting was held on Tuesday, April 27, 1993, at the Pearl Street YMCA in Tacoma. The meeting was called to order at 7:15 p.m. by New President, Jane Moore. Also present were Karen Jost, Hugh Moore, Suzie Ness, Tom Foley, New Vice President Debbie Falsgraf, New Treasurer Tammi Keeler, Jan Kavadas, Steve Peterson, Phyllis Gill, Nancy Edwards, and Recording Secretary Frank Newquist.

Teams represented were FWM, ORCA, Tigers, GLAD, OOPS, Issy, Newport Hills.

**MINUTES:** Minutes of the previous meeting were approved.

### **COMMITTEE REPORTS:**

**TREASURER:** Treasurer Emeritus, Jane Moore, reported that the current balance for the PNA treasury is \$6,991.30, and that the Fred Wiggin Memorial Fund has a total of \$3,131.40. Jan Kavadas advised the Board that the Fred Wiggin scholarship committee had approved a grant of \$200 to assist a local swimmer in attending the upcoming Short Course Nationals. Approval was given for the expenditure of \$160 for the New President to purchase 500 stamped envelopes to be used for mailing agendas for the upcoming year.

**MEMBERSHIP:** Karen Jost, unofficially reporting on behalf of Francine Harmeson, advised that current membership was at least 513.

**MEETS:** New Meet Chair, Suzie Ness, stated that bid packets would probably be sent out in the upcoming week. Jane Moore will provide a list of team reps to all board members. Jane Moore pointed out that the PNA had given out "goodies" from last year's national championship meet to each participant in the recently concluded Zone Championship Meet hosted by the FWM. She asked for a discussion and direction as to whether that should be considered a donation on the part of the PNA, or whether FWM needs to reimburse the PNA. There was a brief discussion and approval was given to donate the "goodies" to FWM. Karen Jost, one of the meet directors at Zone's, advised that 172 swimmers had registered for the meet. There were 798 splashes. That splash number is the basis of payment from FWM to the PNA of \$306.60. Hugh reported that the Long Course Meet in June would begin on Friday night with the 800M freestyle and 400 IM. The meet begins Saturday morning with warm-ups at 7:30 to 8:10 a.m., and the meet beginning at 8:15 a.m. The first event will be the 400M freestyle. There will be a short break after the conclusion of the 400M freestyle and the rest of the meet will begin no earlier than 9:00 a.m. The KCAC requires that the meet be finished by 2:00 p.m. due to other commitments.

**RECORDS:** Walt Reid is in England attending a Fina meeting.

**PUBLICITY:** Nancy Edwards, New Chair for the Publicity Committee, advised the Board that she had published a list of workout pools in the Northwest Runner magazine. She stated she may publish recommendations regarding safety for open water swimming.

Further, she will include a list of pools for the Wetset. There was then some discussion and approval given to send complimentary Wetsets to King County Recreational Department, Aquatics Office, and Seattle Aquatics. The Board then discussed the possible use of posters in local swimming pools advertising the PNA, and also the possibility of mass mailings to pools to determine their interest in receiving the Wetset.

**NEWSLETTER:** Phyllis Gill requested that she publish a photo of the new PNA officers in an upcoming issue of the Wetset.

**AWARDS:** Jane advised us that new awards are being designed for the Fall of 1993. Phoebe Terhaar is working on the designs.

**SOCIAL:** The PNA needs a chairperson to head the Social Committee. Anybody interested should contact President Jane Moore.

**OFFICIATING:** Jan Kavadas handed out a list of suggested rule changes for USMS, asked the Board members to review them and come back at a later meeting with any recommendations.

**FITNESS:** Karen Jost advised that the Fitness Clinic would probably be held in September, 1993. She also indicated that she is having T-shirts made up for the participants in the 1992 Fitness Swim. She is proposing a 1993 Fitness Swim to run from mid-September to mid-November, with both individual and team competition for yardage.

**COMPUTER APPLICATIONS:** Gordon Gray will stay on as chairperson for this committee.

**CONSTITUTION AND BYLAWS:** Hugh Moore, New Chairperson for this committee, will be reviewing and making recommendations for changes in the Constitution and Bylaws. In addition to any revisions of the Constitution and Bylaws, Jane requested a list of PNA policies. (PNA policies are those decisions made by the various PNA Boards directing the activities of the PNA.)

**OLD BUSINESS:** Jane wants to put together a working calendar and asked all committee chairs to think about their duties and the timing of various things throughout the year so that we can work in concert to put together a calendar. Jane, as treasurer of last year's National Championship Meet, indicated that a final financial report of Nationals will show that the PNA made a little over \$4,000 on the meet. King County got about \$7,000. It was brought to the Board's attention that the earlier recipients of the Dawn Musselman Inspirational Award did not receive individual trophies. The Board discussed and then approved that individual trophies be made up and presented to those recipients. The Board has asked Phoebe to have the individual trophies made up.

**NEW BUSINESS:** The upcoming 1993 USMS National Convention was discussed. The Convention will be held, beginning about the third week in September, 1993, in Los Angeles. Hugh Moore pointed out that the National Committee recommends a two-year term for each delegate. He further recommended that Frank Newquist, as a delegate from 1992, be approved as a delegate for 1993. The Board gave that approval. As the PNA is entitled to two delegates (in addition to the national offices held by PNA members), he recommended that the Board pick a PNA member with experience in Board meetings. That is, selection of the delegate



would be restricted to a registered PNA member who has shown interest in becoming a delegate by having performed some type of service work on behalf of the PNA.

There will be a Postal Swim on July 10, 1993, at KCAC. This is a 10-K swim. Phyllis will put a notice in the Wetset. Anyone interested can call Hugh or Jane Moore.

Jane suggested a retreat, later in the year, to discuss problems within the PNA. Meet size and membership are both down from past years. There was some brief discussion about how to put together such a retreat and the Board decided to specifically invite all past-Presidents. (Please note that all members of the PNA are welcome to attend Board meetings and retreats.) In addition, a steering committee was selected by President Jane to establish the focus of the retreat and put together some preliminary ideas. The members of that committee are Suzie Ness, Karen Jost, Jan Kavadas, and Frank Newquist.

**NEXT MEETING:** The next meeting will be held in May at Phyllis Gill's house. Jane Moore is recommending that each team host a PNA Board Meeting with the members of that team invited to attend the meeting.

The following meeting will be held June 22, 1993, somewhere in Seattle, details to follow.

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

Respectfully submitted,

FRANK M. NEWQUIST  
Recording Secretary

HAPPY BIRTHDAY  
TO THE FOLLOWING PNA SWIMMERS

- |                         |                         |
|-------------------------|-------------------------|
| 5/16 KIM HIGDON         | 6/01 SAM BALL           |
| 5/16 NADINE WHITEHALL   | 6/01 RICHARD FOLSOM     |
| 5/17 KIP HARDINA        | 6/01 TED PIERCE         |
| 5/17 JONATHAN IVES      | 6/01 AMY RUST           |
| 5/17 ROGER PETTIBONE    | 6/01 LIB RUST           |
| 5/18 KNUT LANDBOE       | 6/03 JEAN CRECELIUS     |
| 5/19 RANDY CLARKSON     | 6/03 LAURA LOLL         |
| 5/20 ROGER JOHNSON      | 6/03 WADE OGG           |
| 5/23 NANCY FAEGENBURG   | 6/04 SHAWN BAZ          |
| 5/23 JASON SIGNOREETTI  | 6/04 JULE KAS           |
| 5/26 TRACY ASHER        | 6/04 GERALD VAN HOOSIER |
| 5/26 RICHARD BEEN       | 6/04 STEPHEN WRIGHT     |
| 5/26 CHARLES LARRABEE   | 6/04 ANN ZIEGLER        |
| 5/27 CHARLES NUSSBAUM   | 6/05 NANCY FOOT-EDWARDS |
| 5/27 BRAD THOMAS        | 6/05 ERIC LINDAHL       |
| 5/28 KIMBERLY GROSS     | 6/07 LAURIE MITCHELL    |
| 5/28 DENNIS HERBERT     | 6/09 YURIKO SATO        |
| 5/28 CAROL TROUP        | 6/10 STEVE KENYON       |
| 5/29 DAN FENTON         | 6/11 DONNA BURKHART     |
| 5/29 ROBERT GRIFFITH    | 6/12 PAUL ALLYN         |
| 5/29 LARRY LITTLE       | 6/13 LYNN BELL          |
| 5/29 GEORGE MARSHALL    | 6/13 LORI SABADO        |
| 5/29 SUZANNE STROM-REED | 6/13 MARIAN SMITH       |
| 5/30 CATHERINE SUTER    | 6/14 MICHAEL O'LEARY    |
| 5/31 JOHN POTTLE ☺☺☺    | 6/15 CRAIG BROWN        |



## 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.

Jane Moore (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



You might have seen in past newsletters - ads about a Postal Swim and wondered "What is a Postal Swim??" Well wonder no longer - Postal : A postal event is a competition in which swimmers swim the event at a place of their choosing and send the time or distance to a central location for tabulation. Each entrant in a postal event will be responsible for the validity of the figures and the distance submitted. Postal events conducted in pools must comply with all rules of USMS and Article 302.2.3. The Meet Director shall have the discretion to designate the size(s) of the pools in which the event is swum. (This was taken from the rule book, part three, page 65).

**POSTAL SWIM JULY 10TH @ KCAC: IF INTERESTED CALL JANE OR HUGH MOORE @ 925-0803**

### WELCOME TO THE PNA

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

JAMES ALLEN, JOHN FOGES, STEVE KENYON, CHARLES LARRABEE, BONNY LIST, ROBERT MCKENZIE, JEFF RICKARD, IRA SIEBERT, AND DAVID STOREY.

MEET INFORMATION: PNA LONG COURSE MEET  
JUNE 18 & 19, 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. This is one of the fastest pools in the world. The competition pool has eight nine foot wide lanes and will be set to 50 meters in length. The diving pool will have seven twenty-five yard lanes and will be used for warm-up during competition.

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 JUNE 7, 1993. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JUNE 7, 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 JUNE 19, 1993.

SEEDING: SLOW TO FAST FOR ALL EVENTS.

THE DIVING POOL WILL BE OPEN FOR WARM-UP/COOL-DOWN DURING COMPETITION

MEET DIRECTOR: HUGH MOORE (206)925-0803 (BEFORE 9 PM PLEASE)

TIMES: Friday, June 18th: WARM-UPS: 6:00 PM to 6:50 PM. Events 7 PM  
Saturday, June 19th: WARM-UPS: 7:30 AM to 8:10 AM. Event #3 (400 free) 8:15 AM. Event #4 will start no earlier than 9:00. A second warm-up in the competition pool may be provided if time permits.

All events are Long Course Meters

FRIDAY JUNE 18TH

- 1 400 IM
- 2 800 FREE

SATURDAY JUNE 19TH

- |    |                |                  |    |                  |
|----|----------------|------------------|----|------------------|
| 3  | 400 FREE       | CHECK IN BY 8 AM | 11 | 100 FLY          |
| 4  | 100 BACK       |                  | 12 | 50 BREAST        |
| 5  | 200 FREE       |                  | 13 | 200 MEDLEY RELAY |
| 6  | 50 FLY         |                  | 14 | 50 BACK          |
| 7  | 200 BREAST     |                  | 15 | 100 FREE         |
| 8  | 200 FREE RELAY |                  | 16 | 200 FLY          |
| 9  | 200 BACK       |                  | 17 | 100 BREAST       |
| 10 | 50 FREE        |                  | 18 | 200 IM           |

IF TIME ALLOWS, 400 RELAYS WILL BE OFFERED AS EVENTS 19 (MEDLEY) AND 20 (FREE)



PNA LONG COURSE MEET - JUNE 18 & 19, 1993  
 SANCTION # 933606, HOSTED BY FEDERAL WAY MASTERS  
 SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.

NAME \_\_\_\_\_ M F AGE as of 6/19/93 \_\_\_\_\_

ADDRESS \_\_\_\_\_  
 \_\_\_\_\_

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

CLUB \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_

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: 5 INDIVIDUAL EVENTS - plus relays. DUE TO OTHER ACTIVITIES  
 SCHEDULED AT THE AQUATIC CENTER, WE MUST BE OUT OF THE POOL BY 2 PM ON THE 19TH.

<u>Event #</u>	<u>EVENT</u>	<u>ESTIMATED TIME</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

ENTRY FEES  
 SURCHARGE: \$5.00  
 INDIVIDUAL EVENTS \_\_\_\_\_ @ \$1 \_\_\_\_\_ \$5.00  
 TOTAL \_\_\_\_\_

Note: Relays are free and entered at the meet

**CHECKLIST**

Checks payable to Federal Way Masters      Mail to: Hugh Moore  
 Phone (206)925-0803 before 9 PM              1867 58th ST NE  
    Tacoma, WA 98422

VERIFY THAT YOU HAVE ENTERED THE CORRECT CLUB NAME AS IT APPEARS ON YOUR  
 REGISTRATION FORM. ENTRIES MUST BE POSTMARKED BY JUNE 7, 1993. ALL SWIMMERS  
 MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION  
 POSTMARKED BY JUNE 7TH 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. I  
 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. In addition, I agree to abide by and be governed by the rules  
 of USMS.

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



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 Harneson, 2617 NW64TH-#4, Seattle, WA 98107

\* \* \* \* \*

**CHANGE OF ADDRESS**  
**IMPORTANT !! BULK MAIL IS NOT FORWARDED !!**

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

NAME \_\_\_\_\_

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

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

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

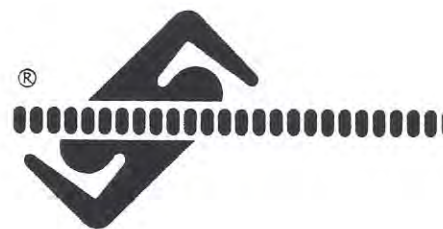
\_\_\_\_\_

\_\_\_\_\_

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



## **Press Release**



### **1993 Coach of the Year Nominations Duel**

There is no greater honor that can be given to a coach than to receive recognition by swimmers and peers for outstanding contribution to Masters Swimming on both a national and local level. Nominations are reviewed on the following criteria by a panel of members from the USMS Coaches Committee. The USMS Coaches Committee encourages each LMSC to select their own LMSC Coach of the Year, and forward the name to be considered for the national award. The winner will be announced at the 1993 USMS National Convention held in Los Angeles, September 22-26. Submissions must be received by July 15, and should include the following information:

#### **USMS Coach of the Year Criteria:**

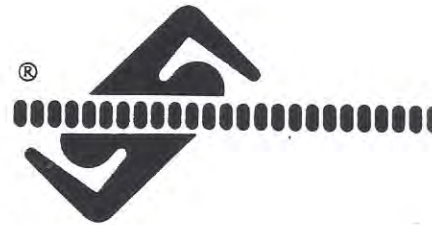
- 1. Letter of nomination and up to four letters of support**
- 2. Club & individual accomplishments over the past year**  
Club size & growth. Club results at nationals, regionals, open water, postals, etc. Records set, top 10 ranked swimmers, etc. Others.
- 3. Publications/Articles/etc.**  
Please submit copies of articles or names of publications.
- 4. Contributions to USMS/ local LMSC**  
Meets hosted, clinics run, LMSC committee member, presentations/speaker
- 5. Long Term Contributions to Masters Swimming**  
Number of years in masters. Special accomplishments, etc.

#### **All information must be received by July 15, 1993 to:**

Michael Collins  
P.O. Box 1366  
Davis, CA 95617  
(916) 758-7212 Tel & Fax

#### **Former recipients**

- 1986 Dr. Jim Miller, Virginia Masters, VA
- 1987 Kerry O'Brien, Walnut Creek Masters, CA
- 1988 Keith Bell, Team SportsPsych, TX
- 1989 Bill Tingley, Lakeside Masters, KY
- 1990 Michael Collins, Davis Aquatic Masters, CA
- 1991 Judy Bonning, Coral Springs Aquatics, FL
- 1992 Clay Evans & Gerry Rodrigues, So. Calif. Aquatic Masters, CA



**USMS 1993 Coach of the Year Nomination**

**Cover Sheet**

**(Please print or type legibly)**

**Coach nominated:** \_\_\_\_\_

**Club:** \_\_\_\_\_ **LMSC:** \_\_\_\_\_

**Nominated by:** \_\_\_\_\_

**Title/Position:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

**(Attach the following information in order shown)**

**1. Letters of support (4 maximum)**

Name	Title/Position
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

**2. Accomplishments over the past year (club & individual)**

Club size & growth. Club results at nationals, regionals, open water, postals, etc. Records set, top 10 ranked swimmers, etc. Others.

**3. Publications/Articles/etc.**

Please submit copies of articles or names of publications.

**4. Contributions to USMS/ local LMSC**

Meets hosted, clinics run, LMSC committee member, presentations/speaker

**5. Long Term Contributions to Masters Swimming**

Number of years in masters. Special accomplishments, etc.

**All information must be received by July 15, 1993 to:**

**Michael Collins, P.O. Box 1366, Davis, CA 95617. (916) 758-7212 Tel & Fax**

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*Zone Chairman  
Mary Pat Maley  
5450 Foley Road  
Cincinnati, OH 45238  
(513) 922-7954*



**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

2617 NW 64 ST #4

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*

RESULTS OF 1993 PNA SCY CHAMPIONSHIPS

DIVISION A

1	Fort Steilacoom	FS	154
2	Old Olympic Peninsula Swim	OOPS	152
3	Thunderbird Aquatics	TACM	146
4	Downtown Seattle YMCA	YMCA	113
5	Queen Anne Swim Club	QASC	113

DIVISION AA

1	Tigers	TIGRS	408
2	Mercer Island Swim Coalition	MISC	367
3	Bellevue Eastside Swim Team	BEST	239
4	Issaquah	ISSY	238
5	Swim Seattle	SSEA	97

DIVISION AAA

1	Green Lake Aquaducks	GLAD	1986
2	Tacoma Y	TACY	906
3	Federal Way Masters	FWM	649
4	ORCA	ORCA	362

**SPRING IS HERE AND THE  
HEARTS OF ALL SWIMMERS  
TURN TO LONG COURSE**

**FEDERAL WAY MASTERS  
OFFERS LC WORKOUTS  
AT THE AQUATIC CENTER**

**M-F 6 - 7:15 AM AND  
MON & WED EVENING 7 - 8**

**CALL HUGH OR JANE MOORE  
925-0803 FOR MORE  
INFORMATION OR COME TO  
ONE OF THE WORKOUTS**