

the
**WET
 SET**

**PACIFIC NORTHWEST ASSOCIATION
 OF MASTERS SWIMMERS**



THE PNA NEWSLETTER

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*

UPCOMING BOARD MEETINGS

June 19th - After meet at Round Table Pizza

July 27th - Hosted by Odra Swim Team

VOLUME 12 - NUMBER 6

June, 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.

June, 1993 President's Message

Dear Swimmers:

A number of PNA swimmers have recently returned from Short Course Nationals in Santa Clara, California. It was a great meet and the PNA swimmers did well. The big news from the meet was the announcement of the annual Ransom Arthur award winner. For the second year in a row the winner is from the Pacific Northwest. Kathy Casey, along with Gail Dummer from Michigan, were given the award for their work on the USMS Rulebook over the past five years, as well as their many local and zone activities. The award will be presented (are you ready Kathy?) with much fanfare at the United States Aquatic Sports Annual Banquet at convention in September in Los Angeles. Kathy joins her husband, Walt Reid, as an award recipient. Walt was the 1992 winner.

Steve Freeborn will be arranging some long course workouts for this summer at Coleman Pool. We hope to do them on Saturday evenings and follow with a potluck like last summer. Long course Nationals this year will be in Minneapolis. The four day meet will be followed by a five mile lake swim on Monday. If you're interested, give me a call, I have entry forms. We are also hoping to have the August board meeting in conjunction with a workout at Coleman pool. Watch for more details on both later.

Also note that bids for PNA meets for 1993-1994 are being accepted. They will be awarded at the June and July Board meetings. Suzie Ness is the meets chair, so contact her or me if you need a bid packet. Rumor is that GLAD will bid to host a short course meter zone championship in late October at Helene Madison pool. Keep in the swim of things this summer and we'll see you at a meet or a board meeting.

Jane

MINUTES OF PNA BOARD MEETING

The meeting was held on Tuesday, May 25, 1993, at the home of Phyllis Gill in Bellevue. The meeting was called to order at about 7:20 p.m. by president, Jane Moore. Also present were AnnaMarie Terhaar, Hugh Moore, John Pottle, Phyllis Gill, Tom Foley, Nancy Foot-Edwards, Francine Harmeson, Paul Sherman, Jeanette Vallandigham, Marietta Hunziker, Tammi Keeler, and Frank Newquist. Teams represented were Issy, Tigers, ORCA, GLAD, Newport Hills, and Federal Way Masters (FWM).

MINUTES

Minutes of the previous meeting were approved.

COMMITTEE REPORTS

Treasurer

Brand new treasurer, Tammi Keeler, reported that the total account balance for the PNA is \$9,969.53. Of this, \$2,931.40 is in the Wiggin Memorial Fund, and the balance, \$7,038.13, is in the PNA treasury.

Membership

Francine reported that we had 558 members.

Meets

Hugh Moore, reporting for Suzie Ness, advised that the meet bid packets were sent to PNA clubs and USS clubs. The Board will start working on upcoming meet bids at the June meeting. Tammi reported that the GLAD team hopes to host a short course meters zone championship meet in late October, somewhere around Halloween.

PUBLICITY

Nancy said she is working on a draft of a letter to different aquatics interests in the Puget Sound area asking them to post a flyer on Masters Swimming and inquire about their interest in getting our newsletter. Further, she suggested working up something for a cable channel, channel 29, where perhaps we could do a video presentation regarding masters swimming. The Board asked Frank to organize a small committee to work on that project.

NEWSLETTER

Phyllis reported that she is taking over the bulk mail procedure, at least on a trial basis, for the summer. She also advised that King County wants to put either a notice or an advertisement in

our newsletter for the upcoming Lake Washington Swim. This is the annual relay swim of the length of Lake Washington.

AWARDS

No report.

SOCIAL

Jeanette Vallandigham has volunteered as Chairperson for the committee and expects to have an informal social put together for after the Long Course Meet in June.

OFFICIATING

No report.

FITNESS

Jane, reporting on behalf of Karen Jost, advised that the fitness swim would be held in the latter part of the year. She said that Karen hopes to have the fitness clinic ready for the first part of October.

COMPUTER APPLICATIONS

No report.

CONSTITUTION AND BYLAWS

Jane passed out copies of the Constitution and Bylaws, asked the Board to review them and offer their critiques. She also asked that the Constitution and Bylaws Committee update the Standing Policies of past board meetings. She hopes to have copies of the past Standing Policies for the next board meeting. (If any of the PNA swimmers are interested in having a copy of the Constitution and Bylaws, please contact Hugh Moore.)

OLD BUSINESS

Jane asked that committee chairs review their committee assignments and compile any information that they feel is appropriate to put into a working calendar.

A. Convention Delegate

Phyllis Gill applied for the open position of PNA Delegate to the USMS Convention. Her application was approved unanimously by the Board.

B. Retreat

A date of Saturday, September 11, was picked for the PNA retreat. The site and specific starting time are to be determined.

C. Dawn Musselman Inspirational Award

The Board very gently reminded Frank to get his butt in gear and get the individual trophies for the earlier recipients of the award who were not given the individual trophies.

D. USMS Rules

USMS rule changes will be discussed at the June Board Meeting.

NEW BUSINESS

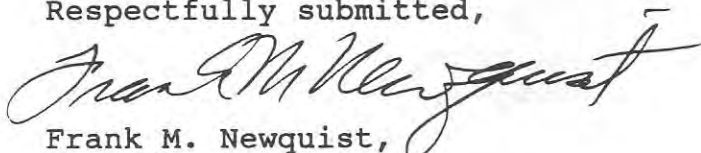
Hugh Moore was asked to work on a policy to select future convention delegates. Jane passed out brochures for swim camps. (If any of the PNA swimmers are interested in a swim camp, please contact Jane.) She also passed out brochures and entries for the Long Course Nationals Meet and for an upcoming Postal Pentathlon. The upcoming 10 K postal swim was also discussed.

NEXT MEETINGS

The June Board Meeting was changed. It will now be held immediately following the Long Course meet on June 19. We expect to meet at the Round Table Pizza Parlor in Federal Way. The July 27 meeting will be hosted by the ORCA team in Seattle. Specific address will be provided. Francine Harmeson suggested a combination workout, picnic, and board meeting for August, perhaps at the Coleman Pool in Seattle. The September Board Meeting was tentatively scheduled for Jeanette Vallandigham's home on Tacoma.

The meeting was adjourned at approximately 8:37 p.m.

Respectfully submitted,



Frank M. Newquist,
Recording Secretary

WELCOME TO THE PNA

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

CRISTINE CASHATT, ED CLARKE, LINDA GLASIER, MICHAEL JACKSON, ROSANNE JOHNSON, JOHN KIRKMAN, DAVID LAW, MARISHA LOCKWOOD, LEN MCCOLLAM, ROBERT MITCHELL, KATHLEEN TOIVOLA, AND GEORGE WILKINS II.

P N A MEET SCHEDULE

JUNE 19 * * * FEDERAL WAY MASTERS-LONG COURSE * * * FEDERAL WAY * * *

JUNE 13 #4 OREGON MEET SCHEDULE
 JULY 24-25 TUALATIN HILLS LONG COURSE BEAVERTON OR
 N.W. ZONE LONG COURSE CHAMPS GRESHAM OR.

INLAND EMPIRE
 * * * * *

AUGUST 19-22 1993 NATIONAL AND INTERNATIONAL SCHEDULE
 JULY 4-10 1994 U.S.M.S. LONG COURSE NATIONALS MINNEAPOLIS MN.
 WORLD MASTERS CHAMPIONSHIP MONTREAL CANADA
 * * * * *

SWIM CAMPS

F.A.S.T. Swim Camp June 23rd-27th & July 14th -17th for info. call Mike Stromberg (701) 777-2766 or (701) 746 5817

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

Annette Taylor
 4286 Lynne Lane
 Salt lake City, UT
 84124
 (801)277-6942

MONTANA

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

ALASKA

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



FITNESS CLINIC - 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.

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



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

PNA Night At The Mariner's !!!
Social event for all swimmer's and their family's
This will be sometime in August
Watch for more details!!
The date's we are looking at would be Aug. 15th, 28th or 29th ??

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

* * * * *

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 _____

* * * * *

**PUT YOUR BUSINESS CARD
HERE !!!**

Washington State Games
Swimming

The Washington State Games will be held in Pullman, July 16-18. Swimming events begin at 2pm on Saturday and 8am Sunday. Try your local Safeway for complete entry information. Two items to be aware of:

USS or AAU membership is required: USMS won't do?

The times listed in the information bulletin are "de-qualifying times."

That means that you can swim in the event if you have not met or exceeded the stated time.

Example:

Girls 400 IM 13-Open. 5:13.99. Since my times are in the 9 minute range I could swim the event!

Boys 200 Back 13-Open. 2:16.79. If you swim 200 back stroke in 2 minutes, you can't swim this. If you take 2 mintues 20 second to swim 200 back then youu can swim this event.

Diane Hovland, Seattle Parks and Recreation Dept, who has substituted the Washington State Games for the Senior Sports Festival qualifying events for 55+ is now on the State Games Board and will be trying to improve the participation of Masters sports including swimming.

For further information :Washington State Games phone no. is (206) 453-1670

Jan Kavadas

* * * * *

NOTES FROM THE EDITOR

If you would like something printed in the WETSET, it must go through the board. Please send any material to President Jane Moore so she can bring it up at board meetings.

If you know someone who hasn't received their newsletter or would like to receive one, please contact the Membership Coordinator, Francine Harmeson. Her number is 782-0921.

Thank you
Phyllis Gill

* * * * *

The Seattle Arc-SEAFair SWIM
Saturday, July 24th 1993
Lake Washington
If interested contact: Sally Habegger (206) 364-9028
* * * * *

**PUT YOUR BUSINESS CARD
HERE !!!**

*** 1993 POSTAL PENTATHLON SWIM MEET ***

Approval: By Minnesota LMSC for USMS Inc. # 303-13.

Eligibility: Open to all registered masters swimmers for the 1993 or 1994 season.

Conduct of Meet: Participant swims the 5 events, preferably in a 25 yard pool, Butterfly, Backstroke, Breast-stroke, Crawlstroke, and Individual Medley. All results will be based on a 25 yard course, swims performed in meter pools must indicate that their entries are from a meter pool so their times are converted to a yard equivalent. The meet results will compare each event of the pentathlon amongst the participants. It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley. The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, Ironman, or any combination of courses. If you desire to swim more than one course you should swim each course on a separate day. **All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits.** The pentathlon must be swum from September 15, 1993 to December 15, 1993 and the entries must be postmarked by December 24, 1993, include a copy of your USMS registration card or foreign equivalent. **Incomplete entries will be returned and assessed a \$2.00 (US funds) administration fee. All fees are non-refundable.**

Age Groups: 19-24, 25-29, . . . , 90-94, 95+. Age will be determined by the swimmers age on December 15, 1993.

Awards: Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for \$10.00(US funds), XXL shirts add \$3.00(US).

Entry Fee: \$5.00(US) per course. Make checks payable in US funds to: **Postal Pentathlon Swim Meet.** All fees are non-refundable.

Send entries to: **1993 Postal Pentathlon Swim Meet
570 - 96th Lane
Blaine MN 55434 USA**

Questions: Wayde Mulhern Phone-Day: (612) 635-5167 Evenings: (612) 783-1282

PLEASE INDICATE SHIRT SIZE WHETHER YOU ORDER A PARTICIPATION SHIRT OR NOT.

Name: _____ USMS or foreign registration #: _____
 Address: _____ Swim Club: _____
 City: _____ State: _____ Zip/Postal Code: _____ Country: _____
 Sex: M F Phone Days: _____ Evenings: _____
 Shirt Size: **S M L XL XXL** Shirt Type: **Sprint Middle Distance Ironman** Birth Date: ____/____/____
 Entry Fee: \$ _____ Participation Shirt: \$ _____ Total Fees: \$ _____ MON / DAY / YEAR

Enter your times for each individual event. Circle pool type: Yards / Meters.

Sprint course	50 Yards/Meters each stroke and 100 IM				Date Swum ____/____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____	
Middle distance	100 Yards/Meters each stroke and 200 IM				Date Swum ____/____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____	
Ironman course	200 Yards/Meters each stroke and 400 IM				Date Swum ____/____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____	

I the undersigned have participated in the Postal Pentathlon having swum the designated events in the recommended time period. I also intend to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damage arising out of participation in the Masters program or any activities incident thereto against USMS, Inc., the LMSC, the Clubs, host facilities, meets 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.

Signature: _____ Witness: _____

**SPRINT
50 FLY, BACK, BREAST, CRAWL, 100 I.M.**

**MIDDLE DISTANCE
100 FLY, BACK, BREAST, CRAWL, 200 I.M.**

**IRONMAN
200 FLY, BACK, BREAST, CRAWL, 400 I.M.**



**Official Entry Form for Individual Events
1993 United States Masters Swimming
National Long Course Championships
University of Minnesota Aquatic Center
August 19-22, 1993**

Name _____		Last _____		First _____		Middle Initial _____		Sex _____	
Address _____		Street _____		City _____		State _____		Zip _____ Country _____	
Phone _____		A/C _____ Days _____		A/C _____ Evenings _____		Emergency _____		Name _____ Phone _____	
Age _____		Birthdate _____		USMS Reg # _____		1993 No. Required _____			
(on 8/22/93)		Month/Day/Year							
Club Name or Unattached _____				Club Abbrev _____		LMSC _____		(Assoc.) _____	
				(if you know it)					

Entry Due Date: Entry must be received no later than Thursday, July 15, 1993

Event No.	Entry Time Women	*	Event	Event No.	Entry Time Men	*
Thursday, August 19, 1993 7:00 am						
1			▲ 800 M FREE (See Check-in Times)	2		
3			▲ 1500 M FREE (See Check-in Times)	4		

**NOTE: YOU CAN SWIM EITHER THE 800 METER OR 1500 METER FREESTYLE — NOT BOTH
YOUR ENTRY DOES NOT AUTOMATICALLY SEED YOU FOR THESE EVENTS. YOU MUST CHECK IN BEFORE THE DEADLINE TIMES LISTED ON BACK.**

Friday, August 20, 1993 8:00 am						
5			100 METER FREESTYLE	6		
7			400 METER INDIVIDUAL MEDLEY	8		
9			50 METER BUTTERFLY	10		
11			200 METER BREASTSTROKE	12		
13			100 METER BACKSTROKE	14		
15/16	SEE RELAY FORM		200 METER MIXED MEDLEY RELAY	15/16	SEE RELAY FORM	

Saturday, August 21, 1993 8:00 am						
17			100 METER BREASTSTROKE	18		
19			200 METER FREESTYLE	20		
21			50 METER BACKSTROKE	22		
23			200 METER INDIVIDUAL MEDLEY	24		
25			100 METER BUTTERFLY	26		
27	SEE RELAY FORM		200 METER MEDLEY RELAY	28	SEE RELAY FORM	
29/30	SEE RELAY FORM		200 METER MIXED FREE RELAY	29/30	SEE RELAY FORM	

Sunday, August 22, 1993 8:00 am						
31			200 METER BUTTERFLY	32		
33			50 METER FREESTYLE	34		
35			200 METER BACKSTROKE	36		
37			50 METER BREASTSTROKE	38		
39	SEE RELAY FORM		200 METER FREE RELAY	40	SEE RELAY FORM	
41			▲ 400 FREESTYLE (See Check-in Times)	42		

▲ I am willing to swim the 400 meter freestyle with two persons per lane Yes No
 800 meter freestyle with two persons per lane Yes No
 1500 meter freestyle with two persons per lane Yes No

Those swimming two per lane shall be seeded ahead of competitors swimming one per lane and shall be started at opposite ends of the pool. Seeding will not be altered to accommodate travel arrangements.

(Legible photocopies of this entry form are acceptable. You must complete the reverse side of this form.
 YOU MAY ENTER SIX INDIVIDUAL EVENTS (OR FIVE INDIVIDUAL EVENTS, IF DEEMED NECESSARY BY THE CHAMPIONSHIP COMMITTEE) — BUT SWIM NO MORE THAN THREE INDIVIDUAL EVENTS ON ANY ONE DAY.
 Please indicate with an asterisk (*) your 6th event in case the five event limit is imposed.

Sponsors: Herring Art & Frame, Wagner Spray Tech., Chippewa Springs, Speedo, The Finals

Dates: August 19-22, 1993

Location: University of Minnesota Aquatic Center

Sanctioned By: US Masters Swimming, Inc. and Minnesota Masters

Filling Out Entry Blank:

There are no qualifying standards for this meet. Write your best time or a reasonable estimate in the space next to the event(s) you wish to enter. IF YOU ENTER "NO TIME" your entry will be rejected.

You may enter six individual events (or five events, if deemed necessary by the Championship Committee) but swim no more than three individual events on any one day. No refunds will be given for events not swum. Indicate your sixth event with an asterisk (*) in case the five event limit is imposed: USMS Rule 104.5.3A.

Eligibility:

National Championships are open to USMS registered swimmers, 19 years of age and older (as of August 22, 1993). If you wish to represent a club, then you and the club must be registered in the same LSMC; if there are any questions about your affiliation, you will be entered "unattached." Foreign swimmers require a travel permit with entry. A copy of your USMS registration card must be included with your entry.

Conduct of the Meet:

The Meet Brochure has all details of the meet conduct. All events 400 meters and under (except 400M Free) will be pre-seeded. The 400 freestyle, the 800 freestyle, and the 1500 freestyle will be deck seeded.

Deck Seeded Events/Check In Times: Your entry DOES NOT automatically seed you for these events. You must check in before the deadline times listed:

800 FREE	6:00 PM Wednesday, August 18	400 FREE	6:00 PM Saturday, August 21
1500 FREE	6:00 PM Wednesday, August 18		

Age Groups:

19-24, 25-29, 30-34, etc. to 90-94, and 95 and over. Your age is determined as of the last day of the meet (8/22/93).

Awards: Each swimmer entering the meet will receive a plaque upon check-in at the registration table. Bars signifying the event and place will be awarded to the top ten finishers in each age group for each event, including relays.

Scoring: Individual Events (men/women): 11-9-8-7-6-5-4-3-2-1. See relay entry for relay scoring.

Fees:

\$4.00 per individual event, plus \$13.00 surcharge per swimmer. Fees must accompany the entry form: an entry is not considered complete until the check clears the bank; if there are any questions about your fees, full cash payment will be required before you are permitted to swim. No refunds are given for events not swum.

5 Mile Lake Minnetonka Swim - Monday, August 23, 1993: See Meet Brochure for Details and Entry Information.

Banquet:

6:30 p.m. at Coffman Memorial Union. \$20 per person — Casual Dinner at the Student Union. Drinks at 6:30 p.m., dinner at 7:15 p.m. Music and dancing will follow dinner.

Special Events:

Great American Shavedown, August 18, 1993 (5:00-6:00 p.m.); Carbo Loading - Free Pasta, August 19, 1993 (5:00-7:00 p.m.); Ronald McDonald House fundraiser, August 20, 1993 (7:00-9:00 a.m.); World's Fastest 50 Kick Contest (Zoomers and Ocean Pool) August 21, 1993 (6:00 p.m.); Beer and Chips Night at Stub & Herbs, August 20, 1993 (7:00-10:00 p.m.); Chippewa Springs 6-Pack Relay, Friday, August 20, 1993 (6:00 p.m.); Wheaties Breakfast of Champions, August 21, 1993 (7:00-9:00 a.m.); Saturday Night Banquet, August 21, 1993 (6:30 p.m.-?); Bagels and Cream Cheese at Poolside, August 22, 1993 (7:00-9:00 a.m.); Pasta Dinner, Sunday, August 22, 1993 (6:00 p.m.)

T-Shirts:

T-Shirts may be pre-ordered to ensure right size and availability. See meet brochure for details. Price is \$10 - payable with your entry. Meet Price \$12.00.

Checks Payable to: '93 USMS LC Nationals Mail Entry & Fees to: Paul Windrath, Meet Director 2612 Eunice Ave. Red Wing, MN 55066	Meet Surcharge (required of all swimmers):	<u>1</u>	X \$13.00 =	<u>13.00</u>
	Number of Individual events entered:	_____	X \$ 4.00 =	_____
	Number of Banquet tickets:	_____	X \$ 20.00 =	_____
	T-Shirt (100% w/Logo) (M, L, XL: _____)	_____	X \$10.00 =	_____
	TOTAL AMOUNT OF FEES DUE			
	(do not send cash) :	_____	=	_____

ATTACH COPY OF USMS REGISTRATION CARD TO ENTRY.

Entry Deadline:

Entry must be in the hands of entry chairman no later than Thursday, July 15, 1993: Late entries will be returned to sender.

For proof of receipt, enclose self-addressed, stamped envelope or postcard.

Meet Director:

Paul Windrath (612-388-8524)

Release From Liability:

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of 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 and regulations of USMS.

Date: _____ Signature: _____

JENNIFER BLAIR 21 PNA 1:51.59
 TAMMI KEELER 24
 IRA SIEBERT 21
 MARC FAIRBANKS 41

ALESHA DURFEE 19 PNA 1:57.80
 ROS BIRD 50
 MICHAEL MCKINLEY 49
 GEORGE UNRUH 35

25 +
 MALCOM NEELY 33 PNA 1:45.87
 RICK COLLELA 41
 WENDY HOFFMAN 30
 LINDA NELSON 33

JUDY LAMPI 32 MAC 1:54.01
 TERI HENDRYX 39
 DAVID DRAKE 41
 JOE SANTRY 52

35 +
 MARK LIST 37 PNA 1:41.97
 ALAN BELL 43
 CAROL BROWN 41
 BONNIE LIST 35

MICHAEL LITTLE 37 IEM 1:56.59
 ELIN ZANDER 39
 MARGARET HAIR 38
 DAVE DABOLL 56

55 +
 JOYCE BAHLER 63 MAC 2:23.69
 LEE MIESEN 65
 TOM FALK 57
 LAVELLE STOINOFF 60

HAL YOUNG 71 PNA 2:53.04
 WARREN KLEIST 71
 JAN KAVADAS 62
 PAT MATTHIESEN 76

 RELAYS-MIXED 200 YD. MEDLEY

19 +
 JOHN POTTLE 34 PNA 2:05.28
 WAYNE MUSIC 43
 JENNIFER BLAIR 21
 TAMMI KEELER 24

25 +
 JOHN UNDERBRINK 35 PNA 2:01.34
 KATHY CASEY 44
 BRIAN JENNINGS 32
 JEAN SCARZETTO 34

JOE SANTY 53 MAC 2:23.41
 TERI HENDINGS 39
 JUDY LAMPI 32
 TOM FALK 57

45 +
 J. VALLANDIGHAM 46 PNA 3:40.75
 DALE SAWYER 55
 JAN KAVADAS 62
 HAL YOUNG 71

55 +
 LAVELLE STOINOFF 60 MAC 2:43.88
 LEE MIESEN 65
 JOYCE BAHLER 63
 CLARK AUSTIN 65

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

06/16 CRAIG MALLERY
 06/17 ANDREW LOVAN
 06/16 DOUG PORTELANCE
 06/18 JAMES DAVIES
 06/19 STEVEN MITCHELL
 06/20 DAVID DEMOREST
 06/20 JENNIFER OGLE
 06/21 JEFFREY OLLIFFE
 06/21 SALLY PARRY
 06/22 THOMAS FOLEY
 06/22 GORDON GRAY
 06/23 LESLIE BABBITT
 06/23 MELVIN DRIVER
 06/23 RICHARD HAYASHI
 06/23 ROGER HENDERSHOT
 06/23 PAT MATTHIESEN
 06/24 DAVID DRUM
 06/25 DAVID STOREY
 06/25 MARGARET VOLZ
 06/26 SCOTT MC BRIDE
 06/26 WAYNE METHNER
 06/27 TERRI COLBECK
 06/27 CHERI JOLLY
 06/28 THOMAS DRUH
 06/28 GORDON CHAR
 06/28 SCOTT LEWIS
 06/29 KAY GLADE
 06/30 MICHELLE MC
 07/02 LEN MCCOLLA
 07/02 ALEXANDRA S
 07/03 SHARON BELK
 07/04 BEN DOTSON
 07/04 TIMOTHY PET
 07/05 BRIDGET CAS
 07/06 RUSSELL KNI
 07/06 MICHAEL MC
 07/07 PAUL SHERN
 07/08 KATHLEEN S
 07/09 MARJORY M
 07/11 WILLIAM B/
 07/11 WADE PRA/
 07/11 JOY ROSS
 07/13 JEANETTE
 07/14 KEVIN CON
 07/15 MARK SHIM

UNITED STATES MASTERS SWIMMING, INC. - 1992 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