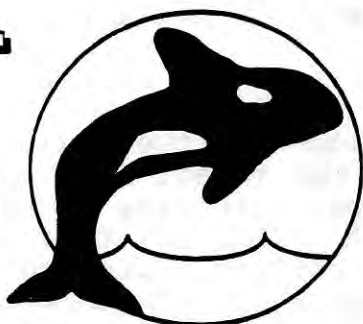


the WET SET



THE PNA NEWSLETTER

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

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Frank Newquist
(206) 474-1267

Editor

Phyllis Gill

Publicity

Nancy Foote-Edwards

Social

Jeanette Vallandigham

UPCOMING BOARD MEETINGS

July 27th - Paul Sherman's House - 1617 Summit Ave #25
(206) 322-0871

August 28th - Coleman Pool, Seattle - POTLUCK

* * * * *

VOLUME 12 - NUMBER 7

July, 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.

July, 1993 President's Message

Dear Swimmers:

Congratulations to Jim Penfield who set two national and world records in his new age group at the recent long course meet in Federal Way. He broke the 85-89 men's records in the 100 and 200 meter backstroke in one race with a 100 split of 2:18.65 and a 200 time of 4:43.49. Lavelle Stoinoff of Multnomah Athletic Club in Portland also set world records in three events, the 200 backstroke and the 400 and 800 freestyle for the women's 60-64 age group.

Steve Freeborn has arranged some long course workouts for this summer at Colman Pool. We will do them on Friday and Saturday evenings and follow with a potluck like last summer. We tried to get more Saturday evenings, but the pool management said they couldn't give too many Saturdays to one group. Dates for the workouts are: Friday, July 23, Friday, August 6, Friday, August 13, and Saturday, August 28. All workouts will be from 7:00 PM until 8:00 PM and will be followed by a potluck picnic. Cost for each workout will be \$3.00 a person. The August board meeting will be held with the potluck after the workout on August 28.

Bids for PNA meets for 1993-1994 were discussed at the June board meeting. Meets awarded included:

- October 30 - GLAD - SC-M Zone Champs
- November 21 - Queen Anne - Swim Rally
- February 12 - GLAD - Distance meet
- February 13 - ORCA - regular meet, no distance
- April 8-10 - Fed Way - PNA Champs
- July 23-23 - Fed Way - LC Zones

September, December, January, March, June and August remain open and will be discussed at the July board meeting. Suzie Ness is the meets chair, so contact her or me if you need a bid packet.

Watch for the relay entry forms in this newsletter for those who would like to swim relays at either Long Course Zones at Mt. Hood in Gresham, OR, or Long Course Nationals in Minneapolis. By the way, be sure to send in your entry for the Zone Championship meet as soon as possible. It was moved up a week from the original dates. Now it will be held July 31 and August 1. The entry deadline is July 17 so work fast.

Condolences to Pat Matthiesen on the loss of her husband, Jim. He spent lots of time at swim meets with Pat and was always willing to help as a timer or official.

Get your best picnic recipes ready, and we'll see you at a workout at Colman pool.

Jane

P N A MEET SCHEDULE

OREGON MEET SCHEDULE

JULY 31-AUG 1

N.W. ZONE LONG COURSE CHAMPS

GRESHAM OR.

INLAND EMPIRE

NATIONAL AND INTERNATIONAL SCHEDULE

AUGUST 19-22 1993

U.S.M.S. LONG COURSE NATIONALS

MINNEAPOLIS MN.

JULY 4-10 1994

WORLD MASTERS CHAMPIONSHIP

MONTREAL CANADA

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

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)

1992-Renewal (valid 1 Jan to 31 Dec 93)

PLEASE PRINT OR TYPE INFORMATION

LAST NAME FIRST NAME INT

STREET ADDRESS

CITY STATE ZIPCODE

AREA CODE+TELEPHONE DATE OF BIRTH AGE SEX

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

PNW Aquatics ☐ SQM ☐ HUSKY ☐ UNATTACHED ☐

PLEASE NOTE
This application is ONLY good
for JULY 1, 1993 to DECEMBER '93
PLEASE NOTE

	USMS FEE	LMSC FEE	TOTAL FEE
UNDER 65	\$15.00	\$7.50	\$22.50
SENIOR (65+)	\$15.00	\$4.00	\$19.00

LMSC FEE INCLUDES A SUBSCRIPTION TO THE WETSET

Make check payable to: PNA MASTERS SWIMMERS

MAIL TO: Francine Harneson

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.

APPLICANTS SIGNATURE

DATE

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



Colman Pool Workouts!!! - We have over 500 members in the PNA!! Wouldn't it be fun to meet some of these swimmers!!! Well this would be a good place to do just that!!!

Friday 7-23	7pm - 8pm
Friday 8-6	7pm - 8pm
Friday 8-13	7pm - 8pm
Saturday 8-28	7pm - 8pm

Workouts will cost \$3.00

😊😊POTLUCK Right after workout😊😊

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 NW 64TH - #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 _____

* * * * *

WELCOME TO THE PNA

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

KATHRYN BORK, TIM CALLAHAN, BETH CRISPIN, PATRICK DWYER, BRUCE ERICKSON, KELLY FARRELL, KEITH GRAVEL, STEPHEN HAGELAUER, STEPHEN HOWE, TYGE PISTORIO, CLARK RICHARD, SHERYL SCOTT, LAURA SLEVIN-MORIARTY, HEIDI SMITH, BRYAN SPARROWHAWK, AND HEATHER WICKLEIN,

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

Official's Corner Jan Kavadas

The LMSC Board has suggested that the newsletter sometimes include a corner on officiating and/or Masters' rules. This corner will remind us of the "false start" rule (or more appropriately the "no false start" rule).

Some of us remember when a person could be charged with a false start and get a second chance. The "no false start" rule has at least two important elements.

First, if you false start (leaving the blocks before the Starter's signal: are moving and do not come to a complete stop), you are disqualified from the event. You may not swim "for time". You must leave the pool or blocks and the starting area.

Second, a false start is declared if the swimmer fails to appear at the starting blocks in time for the start of their event. Again, you are disqualified from that event and cannot swim.

Sometimes at local meets, the Starter will repeat the call for the event and wait for a swimmer who did not "hear" the final call. But the Starter may start the heat when swimmers who are seeded in the event are there even if you are missing!

Rules referred to are: USMS 102.15.2; 103.2.5.B; 103.6.A and 103.6.B

**NW Zone Meet has been changed!!!
Check the entry form in this newsletter!!
Entries must be in right away!!**



Mariners v/s Toronto
August 29th, 1993
1:30pm @ Kingdome
\$5.50 per Ticket

Send a self addressed stamped envelope
to : Jeanette Vallandigham
4215 S. 30th #221
Tacoma, Wa. 98409



We've reserved a block of tickets for
Master Swimmers and their Family's

Send me your:

* * * * *

Name: _____

Phone #: _____

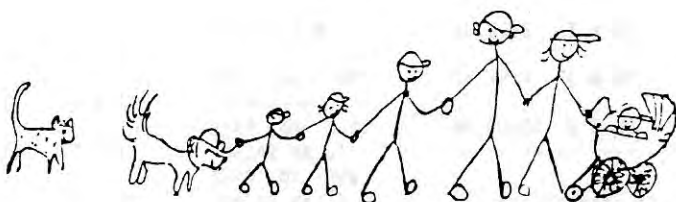
Number of Tickets: _____

A check or money order for \$5.50 X the # of tickets

TOTAL AMOUNT INCLUDED IS: _____

Please make checks payable to Jeanette Vallandigham

POSTMARKED BY 8/7/93



Join
Us

SANTA CLARA-NAT
05-23-93
SHORT COURSE YARDS
P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD
W = WORLD RECORD
U = UNOFFICIAL TIME (1 WATCH)

WOMEN 30-34

50 YD. BACK		
LISA DECK	33	34.23
100 YD. BACK		
LISA DECK	33	1:12.30
200 YD. BACK		
LISA DECK	33	2:33.26
50 YD. FLY		
LISA DECK	33	33.00
100 YD. FLY		
LISA DECK	33	1:13.44
200 YD. I.M.		
LISA DECK	33	2:36.21

WOMEN 35-39

50 YD. FREE		
DONNA WILLIAMS	39	27.94
50 YD. FLY		
DONNA WILLIAMS	39	33.58
100 YD. I.M.		
DONNA WILLIAMS	39	1:15.50
200 YD. I.M.		
DONNA WILLIAMS	39	2:50.02

WOMEN 40-44

50 YD. FREE		
KATHRINE CASEY	44 #10	29.60
100 YD. FREE		
KATHRINE CASEY	44	1:04.85
500 YD. FREE		
JANE MOORE	42	7:23.68
1650 YD. FREE		
JANE MOORE	42 #10	25:19.38
200 YD. BACK		
JANE MOORE	42	3:21.30
50 YD. BRST		
KATHRINE CASEY	44 # 6	37.38
100 YD. BRST		
KATHRINE CASEY	44 # 5	1:21.14
200 YD. BRST		
KATHRINE CASEY	44 # 7	3:00.28
JANE MOORE	42	3:31.33
200 YD. I.M.		
KATHRINE CASEY	44	2:46.03
JANE MOORE	42	3:25.14
400 YD. I.M.		
JANE MOORE	42	6:54.01

WOMEN 45-49

50 YD. FREE		
J.VALLANDIGHAM	46	35.36
200 YD. FREE		
SUZANNA DILLS	48 # 8	2:26.10
500 YD. FREE		
SUZANNA DILLS	48 # 5	6:18.05
1000 YD. FREE		
J.VALLANDIGHAM	46 #10	17:43.83
50 YD. BRST		
J.VALLANDIGHAM	46 #10	42.25
100 YD. BRST		
J.VALLANDIGHAM	46 #10	1:35.09
200 YD. BRST		
J.VALLANDIGHAM	46	3:33.07
100 YD. I.M.		
SUZANNA DILLS	48	1:19.64
200 YD. I.M.		
SUZANNA DILLS	48 # 6	2:48.69

400 YD. I.M.
SUZANNA DILLS 48 # 3 5:49.15

WOMEN 50-54

50 YD. BRST		
CAROLYN BEHSE	50 # 4	41.30
100 YD. BRST		
CAROLYN BEHSE	50 # 5	1:27.93
200 YD. BRST		
CAROLYN BEHSE	50 # 2	3:05.16 Z

WOMEN 55-59

50 YD. BACK		
CHAYA AMIAD	55 # 4	43.87
200 YD. BACK		
CHAYA AMIAD	55 # 5	3:43.84
50 YD. BRST		
CHAYA AMIAD	55 # 9	48.40
200 YD. BRST		
CHAYA AMIAD	55 # 7	4:04.17
200 YD. FLY		
CHAYA AMIAD	55 # 4	4:39.68
400 YD. I.M.		
CHAYA AMIAD	55 # 5	8:02.12

WOMEN 60-64

50 YD. BRST		
CYNTHIA ROSIK	60 # 7	51.28
100 YD. BRST		
CYNTHIA ROSIK	60 # 8	1:55.24
200 YD. BRST		
CYNTHIA ROSIK	60 # 8	4:10.09
50 YD. FLY		
CYNTHIA ROSIK	60 # 8	56.87
100 YD. I.M.		
CYNTHIA ROSIK	60 # 7	1:54.07

WOMEN 70-74

50 YD. FREE		
MURIEL FLYNN	70 # 3	39.98
100 YD. FREE		
MURIEL FLYNN	70 # 2	1:30.64
200 YD. FREE		
MARION CHADWICK	71 # 6	4:15.87
1650 YD. FREE		
MARION CHADWICK	71 # 2	37:42.01
50 YD. BRST		
MURIEL FLYNN	70 # 4	49.77 Z
100 YD. BRST		
MURIEL FLYNN	70 # 3	1:48.76 Z
200 YD. BRST		
MURIEL FLYNN	70 # 2	3:56.76
100 YD. FLY		
MARION CHADWICK	71 # 3	3:55.29
100 YD. I.M.		
MURIEL FLYNN	70 # 3	1:49.84
200 YD. I.M.		
MARION CHADWICK	71 # 6	6:11.98

WOMEN 75-79

1650 YD. FREE		
PAT MATTHIESEN	76 # 2	35:49.41 Z
50 YD. FLY		
PAT MATTHIESEN	76 # 3	1:11.09
100 YD. FLY		
PAT MATTHIESEN	76 # 3	2:22.06 Z
200 YD. I.M.		
PAT MATTHIESEN	76 # 3	4:57.67
400 YD. I.M.		
PAT MATTHIESEN	76 # 2	10:09.04

M E N 30-34

100 YD. FREE		
CRAIG MALLERY	30	48.71 Z

ERIC VALLEY	31	51.41
200 YD. FREE		
CRAIG MALLERY	30	1:48.65
ERIC VALLEY	31	1:56.35
100 YD. FLY		
CRAIG MALLERY	30	54.19
100 YD. I.M.		
CRAIG MALLERY	30 #10	55.80
200 YD. I.M.		
ERIC VALLEY	31	2:12.24

M E N 35-39

500 YD. FREE		
HUGH MOORE	38	5:34.23
200 YD. BRST		
HUGH MOORE	38	2:38.06
100 YD. FLY		
HUGH MOORE	38	1:01.30
200 YD. FLY		
HUGH MOORE	38	2:15.56

M E N 40-44

100 YD. FREE		
GARY HAFER	42	53.10
LARRY WRIGHT	44	53.60
200 YD. FREE		
LARRY WRIGHT	44	2:01.50
50 YD. BACK		
GARY HAFER	42 # 3	27.10
100 YD. BACK		
GARY HAFER	42 # 3	59.25
200 YD. BACK		
GARY HAFER	42 # 5	2:11.02 Z
50 YD. FLY		
LARRY WRIGHT	44 # 9	25.68
100 YD. FLY		
GARY HAFER	42 #10	57.49
LARRY WRIGHT	44	59.34
100 YD. I.M.		
LARRY WRIGHT	44 # 8	1:00.90
200 YD. I.M.		
LARRY WRIGHT	44 #10	2:16.48

M E N 45-49

1000 YD. FREE		
MICHAEL MCCOLLY	47 # 8	11:56.34
100 YD. BACK		
MICHAEL MCCOLLY	47	1:05.00
200 YD. BACK		
MICHAEL MCCOLLY	47 #10	2:19.12 P
200 YD. I.M.		
MICHAEL MCCOLLY	47	2:28.28

M E N 60-64

50 YD. FREE		
ROBERT DORSE	61	29.01
100 YD. FREE		
ROBERT DORSE	61 # 8	1:06.03
100 YD. BRST		
ROBERT DORSE	61 #10	1:29.66
BOB DORSE	61 #10	1:29.66
50 YD. FLY		
BOB DORSE	61 # 8	37.23
100 YD. I.M.		
ROBERT DORSE	61 # 6	1:18.58

M E N 80-84

50 YD. FREE		
ALLAN SACHS	80 # 1	39.95
100 YD. FREE		
ALLAN SACHS	80 # 2	1:30.93
200 YD. FREE		
ALLAN SACHS	80 # 4	3:46.31
EVERETT CASSELL	80 # 6	4:11.16
50 YD. BACK		

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

ALLAN SACHS	80 # 1	55.76
EVERETT CASSELL	80 # 5	1:11.86
50 YD. BRST		
EVERETT CASSELL	80 # 3	1:01.44
100 YD. I.M.		
EVERETT CASSELL	80 # 3	2:28.92

M E N 85-89

200 YD. FREE		
JIM PENFIELD	85 # 1	4:19.10 P
200 YD. BACK		
JIM PENFIELD	85 # 1	4:13.75 N
100 YD. BRST		
JIM PENFIELD	85 # 1	2:03.10 N
200 YD. BRST		
JIM PENFIELD	85 # 1	4:54.67 Z
100 YD. FLY		
JIM PENFIELD	85 # 1	2:32.52 P

RELAYS-WOMEN 200 YD. FREE

35 +		
JANE MOORE	42	2:25.01
CYNTHIA ROSIK	60	
J. VALLANDIGHAM	46	
KATHRINE CASEY	44	

RELAYS-WOMEN 200 YD. MEDLEY

35 +		
JANE MOORE	42	2:32.65
J. VALLANDIGHAM	46	
KATHRINE CASEY	44	
DONNA WILLIAMS	39	

RELAYS-M E N 200 YD. MEDLEY

25 +		
LARRY WRIGHT	44	1:56.01
HUGH MOORE	38	
CRAIG MALLERY	30	
ROBERT DORSE	61	

RELAYS-MIXED 200 YD. MEDLEY

35 +		
LARRY WRIGHT	44	2:12.53
HUGH MOORE	38	
JANE MOORE	42	
J. VALLANDIGHAM	46	

65 +		
ALLAN SACHS	80 # 6	4:09.55
MURIEL FLYNN	70	
EVERETT CASSELL	80	
PAT MATTHIESEN	76	

07/16	EUAL KAPLAN
07/16	ROBERT POSCH
07/17	BRUCE LOMAX
07/17	GEORGE NELSON
07/17	MARK PEMBROOKE
07/18	CHRISTOPHER DE GRANDA
07/18	ARNOLD KAS
07/19	THOMAS MARSHALL
07/20	JEFFERY BORNHEIMER
07/20	PATRICK DWYER
07/20	MARC HILT
07/21	ROSALINE (ROS) BIRD
07/21	STEPHEN FREEBORN
07/22	NICK SAVATOVIC
07/22	CHARLES VANZANDT
07/23	CYNTHIA (CINDY) WALSTON
07/24	MARTHA LAYZER
07/24	JANICE MILLER
07/24	SHIRLEY OLSEN
07/24	STEVE SUSSEX
07/25	ROBERT FARRELL
07/25	ERIC FLEMING
07/26	LEE CARLSON
07/26	DOREEN SCANTLAND
07/26	PHILL SPENCER
07/29	KEN KOSTER
07/29	JAMES LIMERICK
07/29	LYNN MARTINDELL☺☺
07/29	DEBRA PATE
07/30	DANIEL KOLOSKY
07/31	SHERRY GRINDELAND
08/01	THOMAS HARRYLOCK
08/01	JOHN HORMAN
08/01	SUSAN WALTAR
08/02	PHYLLIS GILL☺☺☺☺
08/02	WENDY HOFFMAN
08/02	JULIA MORRISH
08/02	JENNIFER WRENN
08/03	ANDREW MCKIM
08/04	HUGH MOORE
08/05	ERIC VALLEY
08/06	RICHARD PETERSON
08/06	ANNAMARIE TERHAAR☺☺
08/07	MARY JANE WOODLAND
08/09	NICOLE DORCHESTER
08/09	GARY GIBSON
08/09	JO SCHERER
08/10	WALTER REID
08/11	GARY RASMUSSEN
08/12	ELIZABETH (LIZ) CAMPBELL
08/13	JOHN KORUGA
08/13	WILLIAM PHILBRICK
08/14	DAVID HILL
08/14	TAMMY PIERCE
08/14	BRENT SCHMIDT
08/14	DANIEL WINKLER
08/15	STEVE HARRELL
08/15	JOE LEITZINGER
08/15	SHARON MC BRIDE
08/15	DALE SAWYER
08/15	LIVIA WALKER

The Emerald City OPEN WATER SWIM

Sponsored by:

Seattle Department of Parks and Recreation



Race Information . . .

What . . .

The Seattle Department of Parks and Recreation is proud to sponsor the ninth annual Emerald City Open Water Swim.

Where . . .

The triangular course will be in Andrew's Bay, off Seward Park, on Lake Washington.

When . . .

Race day is Saturday, August 21. Registration is 8:00 to 9:00 a.m. The one mile swim will begin at 9:30 a.m. For safety, there will be a one (1) hour time limit for completion of the course. Course will be closed at 10:30 a.m.

Additional Information . . .

684-4763.

TDD Only

233-7061 (Persons with disabilities will be accommodated on request.)

Prizes . . .

Every participant will receive a commemorative t-shirt and a swim cap. Awards will be given for age groups, and top overall men and women finishers. All competitors will be eligible for prizes to be drawn after the swim. Age groups are as follows: 10-11, 12-13, 14-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and over.

Safety . . .

Every precaution will be taken to ensure a safe event for all participants. Expert lifeguards will be in the water accompanying the pack. Participants age 10 to 18 must have parental approval, minimum age 10. Wet suits will be allowed, but will not be eligible for prizes.

ENTRY FORM — PLEASE PRINT CLEARLY. Please use separate form for each swimmer (photo copies okay).

FIRST NAME		LAST NAME		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
				Age on Day of Race	MALE	FEMALE	Swimmer #/Official Use Only
ADDRESS							
CITY, STATE & ZIP CODE				DATE OF BIRTH			
HOME PHONE		WORK PHONE		S	M	L	XL
				T-SHIRT SIZE			

Make checks payable & mail to:

Garfield Advisory Council
Seattle Parks and Recreation
500 23rd Avenue
Seattle, WA 98122
Attn: OPEN WATER SWIM

DIVISIONS:		<input type="checkbox"/> MALE	<input type="checkbox"/> FEMALE
<input type="checkbox"/> 10 — 11	<input type="checkbox"/> 20 — 24	<input type="checkbox"/> 40 — 44	<input type="checkbox"/> 60 — 64
<input type="checkbox"/> 12 — 13	<input type="checkbox"/> 25 — 29	<input type="checkbox"/> 45 — 49	<input type="checkbox"/> 65 — 69
<input type="checkbox"/> 14 — 15	<input type="checkbox"/> 30 — 34	<input type="checkbox"/> 50 — 54	<input type="checkbox"/> 70 & over
<input type="checkbox"/> 16 — 19	<input type="checkbox"/> 35 — 39	<input type="checkbox"/> 55 — 59	

ENTRY FEES: U.S. Funds only — Non-refundable	
Postmarked by 8/16/93	Thereafter and
Early Registration	Day of Race Registration
Youth — \$15.00	\$20.00
Adult — \$18.00	\$23.00

RELEASE: In consideration of the acceptance by sponsors of my entry in the Emerald City Water Swim, I will not hold the City of Seattle or the Department of Parks and Recreation or any employees or volunteers associated with the Emerald City Open Water Swim responsible for any injuries, damage or personal loss incurred while participating in said program. I am aware of the hazards inherent in open water swimming, including potential for hypothermia. I attest and verify that, to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in the open water swim, and that no physician or other qualified individual has advised me against competing in any portion of the Seattle Parks and Recreation Open Water Swim.

Signature _____ (Swimmer) _____ Date _____ Signature _____ (Parent if under 18 years) _____ Date _____

1993 FITNESS CLINIC SURVEY

The Fitness Committee is getting ready for the 1993 Fitness Clinic. In order to provide PNA Swimmers with a valued learning experience, we would like to determine what topics and sessions you would be most interested in attending. Please fill out and return the following survey RIGHT AWAY to:

Karen Jost
31916 3rd Lane SW #A304
Federal Way, WA 98023

I would be interested in the following topics (indicate as many as you wish, identifying your first choice with a "1", second with a "2", etc.

- _____ Home exercise for flexibility and strength, including technique and equipment.
- _____ Vendor displays (swim videos, books, swim accessories, etc.)
- _____ The Aging Process: what's normal, what's not?
- _____ Swim workout following the clinic
- _____ Body composition testing (no charge)
- _____ Athletic Shoes, what do I need?
- _____ Proper Nutrition for Swimmers (training and competition)
- _____ Injury prevention and/or treatment (indicate any specific injury interests_____)
- _____ Principles of cross-training
- _____ Health Risk Appraisal (a brief screening tool)
- _____ Cholesterol screening (would cost \$10-15 additional)
- _____ Diabetes screening (would cost up to \$5 additional)
- _____ should be required if offered _____ should be an optional additional charge

If you have any questions about the above suggestions, or would like to offer other topics, or know of anyone with some expertise in any of the above areas, please feel free to contact Karen Jost at 839-6161 (home, message), or 845-5785 (work, days)

CHOOSE TO VOICE YOUR OPINION NOW!!!

NATIONAL QUALIFYING TIMES QUESTIONNAIRE

Santa Clara, CA, was the first USMS Nationals in which National Qualifying Times were utilized. The USMS Championship Committee is interested in input from all USMS swimmers, both those who attended Nationals and those who did not attend, regarding your opinions about these qualifying times, the manner in which the times were communicated to you and implemented, and whether the times had an impact upon you or anyone else you know who did not attend this meet. Swimmers who attended Nationals have already answered a similar questionnaire; this questionnaire is for those who did not attend the meet in Santa Clara.

Please take a few minutes to fill out this questionnaire. This input will provide your USMS volunteers with valuable information and enable us to better provide quality National Championship meets in the future.

Age _____ Sex _____ LMSC _____ Number of USMS Nationals Attended in the Past _____
 How far would you have had to travel from your home to attend this meet?
 _____ < 50 miles _____ 51 - 200 miles _____ 201 - 500 miles _____
 _____ 501 - 1000 miles _____ 1001 - 2000 miles _____ 2001 - 3000 miles _____
 _____ > 3001 miles _____

Do you enter National meets only when they are close to home? Yes _____ No _____

Are you satisfied with the number of events you could have entered in this meet? Yes _____ No _____

Did the use of National Qualifying Times (NQT) at this meet reduce the number of events that you could have entered? Yes _____ No _____

If yes, how many events could you have entered? _____

How many events do you usually enter? _____

How many NQT did you make? _____

Did you make the NQT in all of your events? Yes _____ No _____

Did you make the NQT in at least 3 events? Yes _____ No _____

Did the usage of NQT influence your decision not to attend this meet? Yes _____ No _____

Mark all of the following that influenced your decision:

_____ I did not make any NQT and thought 3 events was too few events to enter.

_____ I made some NQT but not in the events I desired to swim.

_____ I thought NQT made the meet too competitive.

_____ I did not like the concept of NQT and will not attend a meet using NQT.

_____ Other reasons: _____

In general, I think NQT: _____

_____ Are a reasonable way to limit the size of potentially very large meets

_____ Should be implemented only when the potential meet size would be unmanageable in 4 days

_____ Should not be used because it eliminates too many people

_____ Should not be used because it is not consistent with the spirit of Masters swimming

_____ Should be used, but use slower times

_____ Should have different standards used in the younger and older age groups

Please elaborate upon what NQT should be based, i.e. what formula should be used to determine NQT

Are you satisfied with the way in which your age group was affected by NQT? Yes _____ No _____

The following are general comments regarding the size of National meets. Please check all that apply.

_____ Past National Championship meets have often been too long.

_____ Short Course _____ Long Course

_____ Past National Championship meets have not been too long.

_____ Limitation of the length of meets needs to be coordinated by USMS.

_____ Meet hosts should be allowed to accept as many entries as they desire.

_____ A reasonable goal for the length of the meet day (including warm-up) should be 10-12 hours.

_____ I find no problem with meets that run 14-16 hours each day.

Comments: _____

Do you think USMS should consider other options other than NQT to restrict the length of the meet?

Yes _____ No _____

Mark all options that you consider to be acceptable alternatives to NQT as a means to control the length of the meet:

_____ Limit the number of events that all swimmers may enter with the maximum being three events

_____ Limit the number of events that all swimmers may enter with the maximum being four events

_____ Limit the number of events that all swimmers may enter with the maximum being five events

_____ Allow swimmers who enter the meet at least two or three months before the deadline to enter six events and all those entering within the last month to enter four events

_____ Increase the length of the meet format to five days

_____ Splitting Nationals into two meets, e.g. East and West

_____ Splitting Nationals into age groups, e.g. 19-49 and 50 & over

_____ Other _____

General Comments and ideas you would like the USMS Championship Committee to consider: _____

Name (Optional): _____

Please return this questionnaire by August 1, 1993, to: Sandi Rousseau, USMS

Championship Committee, 23995 SW Drake Lane, Hillsboro, OR 97123

SR 303 DATASUBMITALQUES DOC APR 93

OREGON MASTERS SWIMMING LONG COURSE METERS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 373-08

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1993 registration form and fee with this form. All Entrants from outside of Oregon Masters (PNA, IEA, SNAKE RIVER, PMS, etc.) must submit a COPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.

MEET: N.W. ZONE

DATE: JULY 31 & AUG 1, 1993

LONG COURSE CHAMPIONSHIPS

PLACE: MT. HOOD C.C. AQUATIC CENTER

26000 S.E. STARK

GRESHAM, OR

6-8 LANES COMPETITION

ELECTRONIC TIMING

1 LANE CONTINUOUS WARM UP/DOWN OUTDOORS + INDOOR 25 YARD POOL AVAILABLE

HOST: Mt. Hood Masters Meet Director: Eric Guest 503-668-4465

DIRECTIONS TO POOL: Take I-5 or I-205 to I-84 East. Follow signs to Mt. Hood Community College.

SAT. JULY 31 WARM-UPS: 3:00 P.M.

MEET STARTS: 4:00 P.M.

SUN. AUG 1 WARM-UPS: 8:00 A.M.

MEET STARTS: 9:00 A.M.

ENTRY DEADLINE : POSTMARKED NO LATER THAN JULY 17th, 1993

FILL IN COMPLETELY-----RETURN THIS LOWER PORTION-----FILL IN COMPLETELY

NAME _____ 1993 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

ASSOCIATION _____ Age Groups: 19-24, 25-29, 30-34 etc up to 100+. Relay age groups: 100+, 120+, 160+, 200+, 240+, 280+ . You may enter a maximum of 6 individual events (no more than 5 per day) plus 4 relays. Enter relays at the meet. The 400 I.M., 400, 800, and 1500 Free will be deckseeded. All events will be seeded slow to fast.

SATURDAY JULY 24TH MT. HOOD

400 I.M. (1) _____:_____:_____

BREAK BREAK BREAK

50 FREE (2) _____:_____:_____

100 BREAST (3) _____:_____:_____

200 BACK (4) _____:_____:_____

50 FLY (5) _____:_____:_____

BREAK BREAK BREAK

1500 FREE (6) _____:_____:_____

SUNDAY JULY 25TH

400 FREE (7) _____:_____:_____

BREAK BREAK BREAK

FREE RLY (8) XXXXXXXXXXXXXXXX

200 I.M. (9) _____:_____:_____

100 FREE (10) _____:_____:_____

200 BREAST (11) _____:_____:_____

BREAK BREAK BREAK

MXD FR RLY(12) XXXXXXXXXXXXXXXX

50 BACK (13) _____:_____:_____

100 FLY (14) _____:_____:_____

200 FREE (15) _____:_____:_____

BREAK BREAK BREAK

MED RLY (16) XXXXXXXXXXXXXXXX

50 BREAST (17) _____:_____:_____

100 BACK (18) _____:_____:_____

200 FLY (19) _____:_____:_____

BREAK BREAK BREAK

MXD MD RLY (20) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

800 FREE (21) _____:_____:_____

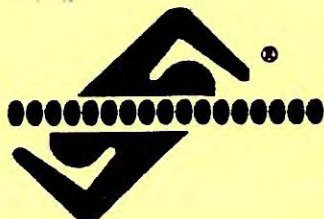
I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training & competition) including possible permanent disability or 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 Committee, the clubs, host facilities, meet sponsors, meet committees, or any individual's officiating at the meet 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.

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$10.00

SEND FORM(S) & FEE(S) PAYABLE TO:

OREGON MASTERS SWIMMING P.O. BOX 40313 PORTLAND, OREGON 97240



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

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	*
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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
1500 FREE 6:00 PM Wednesday, August 18

400 FREE 6:00 PM Saturday, August 21

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):

Number of individual events entered:

Number of Banquet tickets:

T-Shirt (100% w/Logo) (M, L, XL: _____)

TOTAL AMOUNT OF FEES DUE

(do not send cash) : _____ = _____

1 X \$13.00 = 13.00

X \$ 4.00 = _____

X \$ 20.00 = _____

X \$10.00 = _____

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: _____

