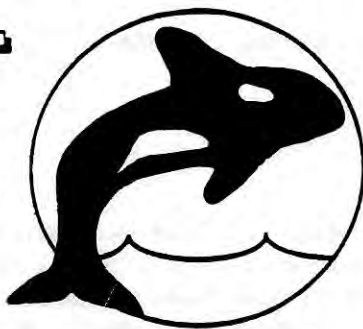


the

WET

SET



THE PNA NEWSLETTER

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

PRESIDENT

Jane Moore
1867 58th St. N.E.
Tacoma, WA 98422
(206) 925-0803

Vice President

Debbie Falsgraff
(206) 782-6498

Treasurer

Tammi Keeler
(206) 361-7041

MEMBERSHIP

Francine Harmeson
2617 NW 64th St. #4
Seattle, WA 98107
(206) 782-0921

Secretary

Frank Newquist
(206) 474-1267

Editor

Phyllis Gill

Publicity

Nancy Foote-Edwards

Social

Jeanette Vallandigham

UPCOMING BOARD MEETINGS

August 28th - Coleman Pool, Seattle
September - ???

VOLUME 12 - NUMBER 8-9

Aug - Sept, 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.

No results

September, 1993 President's Message

Dear Swimmers:

You may have noticed that there was no WetSet in August. This was done to allow a change in the newsletter deadline so that our editor, Phyllis Gill, has a more reasonable amount of time to prepare the newsletter and get it out early each month. The new deadline is the 15th of each month for the newsletter the following month. If you have information for the WetSet please get it to Phyllis by the 15th.

There are several PNA swimmers who are going to/did attend (remember I'm writing this before August 15) 1993 Long Course Nationals in Minneapolis. More about that next month after it has happened.

As I noted in the last letter, 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

Additional bids discussed and accepted at the July Board meeting were:

- January 16 - Anacortes - SC-M meet
- March 20 - Bangor - regular SC yards meet

Also, since the last board meeting, GLAD has requested a change in dates from October 30 to October 31 so they can use a short course meters pool rather than a yard pool.

Oregon is still developing their meet schedule for the coming season. So far, there is a regular meet scheduled October 17 at Mt. Hood Community College and a pentathlon scheduled February 5 at Tualitin Hills.

September 22 through 26, Kathy Casey, Phyllis Gill, Jan Kavadas, Hugh Moore, Frank Newquist, Walt Reid, and I will be attending the United States Masters Swimming Annual Meeting in Los Angeles. If you have any concerns or ideas for consideration at the national level please contact one of us soon.

See you at a meet soon.

Jane

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.

The 1992 FINA Masters Swimming World TOP 10 Tabulation can be ordered by sending a check for \$7.00 payable to FINA at the following address:

**FINA Office
Av. de Beaumont 9.
1012 Lausanne
Switzerland**

A FINA Masters Swimming World TOP 10 Patch is available for those that qualify. The circle patch is \$5.00 and the year numeral patch is \$3.00. Both are available from the FINA office.

A FINA Masters Swimming World Record patch is available for those that qualify. To qualify you must have received a FINA Masters Swimming World Record Certificate. The circle patch is \$5.00 and is available from the FINA office.

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



P N A MEET SCHEDULE

October 30-short course meters	Zone Champs	GLAD-Seattle
November 21	Swim Rally	Queen Anne-Seattle
February 12	Distance meet	GLAD-Seattle
February 13-no distance	Regular meet	ORCA-Seattle
April 8-10	PNA Champs	Federal Way
July 23-25	LC Zones	Federal way

OREGON MEET SCHEDULE

???

INLAND EMPIRE

???

NATIONAL AND INTERNATIONAL SCHEDULE
WORLD MASTERS CHAMPIONSHIP

MONTREAL CANADA

JULY 4-10 1994

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

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.

There is a NEW DEAD LINE Date for material to be in my hands for publication in the WETSET, that date is the 15th of each month.

Thank you
Phyllis Gill

Happy Birthday To The Following PNA Swimmers

09/17	Steven Peterson	09/26	Bobby Gallegos	10/08	Jerry Bauer
09/18	Sue Booth	09/29	Mike Thompson	10/08	Kathleen Blanchard
09/20	James Norris	09/29	David Toney	10/09	Sara Lakin
09/20	Heidi Smith	10/01	Judy Harrison	10/10	Moria Brass
09/21	Alison Dillow	10/02	Marion Chadwick	10/10	Brenda Stone
09/21	Roger Rudolph	10/02	Robert Corsiglia	10/11	Tammi Keeler
09/21	Akira Sasabe	10/03	Roger Durrón	10/12	Richard Foxlee
09/21	Barbara Schaeffler	10/03	Peter Frawley	10/12	Anne Marston
09/23	Warren Kleist	10/03	Donna Huss☺	10/13	Bill Castner
09/23	Dick Todd	10/04	Jeffrey Pardee	10/13	Denise Dragovich
09/24	Mack Orsborn	10/05	Kathrine Casey	10/13	Tina Harrington
09/24	Susan Reichmann	10/05	Leo Jaeger	10/14	John Doyle
09/25	Nancy Cahill	10/05	Harold Young	10/14	James Mullin
09/25	Tom Jova	10/06	Joan Davis	10/15	Stephen Bergmann
09/25	Nicholas Parry	10/07	David Harmon	10/15	Susan Dearborn
09/25	Jason White				



1993 THIRD ANNUAL

(Wet Suits Are Recommended)



**OPEN WATER
DISTANCE SWIMMERS
TRIATHLETES**

**SUNDAY
SEPTEMBER 12, 1993
RACE BEGINS AT 9:15 AM.**



Finish Line Sports

Lake Oswego

"Your Sport Is Our Specialty."

INSPORT

**NORTHWEST
concrete Pumping**
For The Best Call Northwest
(503) 242-0715 • (206) 256-0363



COLUMBIA RIVER CHALLENGE

**OPEN WATER SWIM
2.5 MILES**

2.5 mile open water swim around Skamania Island, water temperature is 69°-70°. You will swim across the channel to Skamania Island from the Oregon side. At the west end of the island will be a gate. You must pass through the gate and proceed around the west end of the island through another gate, and proceed up the back side, passing through more gates as you swim to the east end of the island and back across the channel to the finish gate. If you miss any gates or drop below a designated pickup point, you will be disqualified. We will have safety boats, kayakers and lifeguards near by at all times. The main channel has about a 4 knot current. You will need your open water skills to judge your rate of decent in order to make the first and last gates.

We will meet at Multnomah Falls, I-84 parking lot, Sunday, September 12th

Each First 10 Men & Women

- 1st Place: Trophy & \$50.00
- 2nd Place: Trophy & \$25.00
- 3rd Place: Trophy & \$15.00
- 4th-10th: Stoneware Awards

**FOR INFORMATION, CALL:
BILL PARKER (503) 253-6626**

Swimming Science
Jane A. Moore, M.D., Chair
USMS Sports Medicine and Research Committee

As a new feature for the WetSet, I would like to start a series of columns on the scientific aspects of swim training and competition. I hope these will be interesting and provide some useful information for many swimmers.

I will start by reviewing chapters from the book Swimming by David Costill, Ernest Maglischo, and Allen Richardson. It was published in 1992 by Blackwell Scientific Publications for the International Olympic Committee (IOC) Medical Commission and the Federation Internationale de Natation Amateur (FINA). Chapter One is titled "Characteristics of Muscle".

Strength of the muscles of the upper body is one of the major factors in speed in swimming events from 50 to 1500 meters. Strength allows the development of power. Power accounts for 86% of performance in a 25 meter front crawl sprint and for 74% at 100, 72% at 200, and 58% at 400 meters.

Skeletal muscles attach to and cause movement of the skeleton or bones of the body. These muscles are under voluntary control of an individual. Each muscle is composed of thousands of individual muscle fibers, each composed of many filaments of the proteins actin and myosin. The actin and myosin filaments slide across each other causing lengthening or shortening of the muscle and allowing movement.

Individual muscle fibers may be slow twitch (ST) or fast twitch (FT). Type is determined by the nerve cell that controls the muscle fiber. The nerve and all of the muscle fibers it serves are called a motor unit. Slow twitch motor units consist of a small nerve and 10 to 180 muscle fibers. They have good aerobic endurance and are used most often during low-intensity and endurance events or training. Fast twitch motor units have a larger nerve with 300 to 800 fibers of two sub-types. Fast twitch a fibers develop much higher levels of force than slow twitch fibers but tire quickly. Fast twitch b fibers are used infrequently in low intensity activities but are used when maximal strength is needed. With heavy training, FT-b fibers are used more frequently and become more like FT-a fibers.

In most other sports, composition of muscle fibers is related to the type of event with endurance athletes having a high percentage of slow twitch fibers and sprinters having a high percentage of fast twitch fibers. However, muscle fiber composition does not seem to be as closely related to success in swimming as the percentage of ST and FT fibers varies greatly among successful sprint and distance swimmers. Training does not appear to change fiber types by more than a very small amount.

Training is important in developing patterns of muscle fiber use. At slow swimming speeds, ST fibers are used almost exclusively. At progressively faster speeds, more and more FT fibers are used. Therefore, at least some training must be done at or near race pace in order to train both fiber types and increase the use of FT-b fibers.

PRO SPORTS CLUB



FALL BIATHLON



1/2 Mile Swim 4 Mile Run

Saturday, September 25th 9:00 am

Send entries to:
PRO SPORTS CLUB FALL BIATHLON
4455 148th Ave. N.E.
Bellevue, Wa. 98007

For more information contact Mark VanAchte 881-6767

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ AGE _____ SEX M _ F _____

SHIRT SIZE (circle) M L XL

Predicted 800 yard swim time _____
(please include your swim time so you can be seeded accordingly)

RACE RELEASE

In consideration of my entry, I for myself, and executors, hereby release and discharge the PRO CLUB, it's officials, employees, and anyone who is connected with the race from any and all claims, actions, liability, accidents, and illness which I might receive as a result of my participation in this event. Anyone under the age of 18 must have a parent/guardian signature.

SIGNATURE

GUARDIAN SIGNATURE (if under 18)

DATE

PRO CLUB BIATHLON ALL TIME RECORDS

MEN'S SWIM: BRAD WILLIAMS 8:59 (1992)

WOMEN SWIM: JORDANA WIEFENBACH 10:06 (1992)

WOMEN'S RUN: NANCY EDWARDS 27:15 (1992)

MEN'S RUN: DAVE WESTLAKE 21:55 (1993)

OVERALL

MEN: MARK VANACHTE 33:06 (1992)

WOMEN: NANCY EDWARDS 38:45 (1992)

PRO SPORTS CLUB ULTIMATE POOL SHARK

Sunday, October 10th 9:00 am

What is the Ultimate Pool Shark? It is a four event swim race with a decathlon style scoring system. You choose the stroke for 50, 100, 200, 500 yard distances (each swimmer swims each distance) A handicapped (age and sex) scoring system is then used to determine your score for that event. Then a total of all four events is added for your final score. There is only one division because everyone has an equal chance to win.

For more information **CONTACT: Mark VanAchte 881-6767**

Send entries to:

**PRO SPORTS CLUB ULTIMATE POOL SHARK
4455 148th Ave. N.E.
BELLEVUE, WA. 98007**

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____ AGE _____ SEX M F _____

SHIRT SIZE (circle) L XL

COST: \$12 pre/with T-shirt

\$15 DOR/poss. T-shirt

RACE RELEASE

In consideration of my entry, I for myself, and executors, hereby release and discharge the PRO CLUB, it's officials, employees, and anyone who is connected with the race from any and all claims, actions, liability, accidents, and illness which I might receive as a result of my participation in this event. Anyone under the age of 18 must have a parent/guardian signature.

SIGNATURE

GUARDIAN SIGNATURE(if under 18)

DATE

EVENTS (circle one)

50 yd Free _____

Back _____

Fly _____

Breast _____

(choose one)

100 yd Free _____

Back _____

Fly _____

Breast _____

I.M. _____

(choose one)

200 yd Free _____

Back _____

Fly _____

Breast _____

I.M. _____

(choose one)

500 yd Free _____

Choose one event from each distance and please predict time for that event.

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 _____
OLD ADDRESS _____

USMS # _____
NEW ADDRESS _____

NEW PHONE NUMBER _____

* * * * *

WELCOME TO THE PNA

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

PATRICK CARBONEAU, MARY CASSAR, GREG COLBY, ROGER DURRON, WILLIAM ETNYRE, LYELL FOX, JERROL GOLDEN, LOUIS HERRERA, JOHN KULSA, MELISSA LARSON, JANE MCBRIDE, AMY MORRIS, AMY NEWELL, TOM SEIFTS, SALLY SMITH, NORA STAM, PETER SUMMERVILLE, AND JASON WHITE.

* * * * *

PNA MASTERS LOCAL SWIMMING COMMITTEE
SHORT COURSE ZONES MEET ENTRY FORM: October 31, 1993
 Hosted by Green Lake Aqua Ducks
 at Juanita Pool
 Sanction # 933608

NAME _____ M F AGE _____
 ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS # _____
 TEAM _____ or UNATTACHED _____ ASSOCIATION _____
 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+

Age is determined by your age on the last day of the meet.
 ENTRY LIMIT: 5 events plus relays

EVENT NUMBER	EVENT	EVENT TIME

ENTRY FEES:

Surcharge: @ \$4.00 \$5.00 (Includes LMSC surcharge \$1 and electronic timing surcharge \$1)
 Individual Events @ \$1.00 _____ (No charge for relays)
 T-Shirt @ \$10.00 _____
 TOTAL _____

Checks payable to: Tammi Keeler
 Mail fees and this entry form to: Tammi Keeler Tel. 524-7579
 911 1/2 N. 86th
 Seattle, WA 98103

Entries must be postmarked by October 21, 1993.

STATEMENT OF RELEASE

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 participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters swimming.

SIGNED _____ DATE _____

PNA MASTERS LOCAL SWIMMING COMMITTEE
SHORT COURSE ZONES MEET INFORMATION: October 31, 1993
 Hosted by Green Lake Aqua Ducks

ORDER OF EVENTS
 EVENT # EVENT

- 1 400 FREE
(Relays will start no earlier than 10:00 am)
- 2 200 RELAY
- 3 200 BACK
- 4 50 FREE
- 5 100 BREAST
- 6 200 I.M.
- 7 50 FLY
- 8 200 FREE
- 9 100 BACK
- 5 MIN. BREAK
- 10 200 FLY
- 11 50 BREAST
- 12 100 FREE
- 13 100 IM
- 14 400 RELAY
- 15 100 FLY
- 16 50 BACK
- 17 200 BREAST

DATE: Oct. 31, 1993
 TIME: Sunday
 Warmup 8:00 am
 Meet starts at 9:00 am

CO-MEET DIRECTORS: Tammi Keeler
 (206) 524-7579
 Robin O'Leary
 (206) 525-7725

FACILITY: 25 meters, 6 lanes
 water temp: 84

CONCESSION STAND: Yes

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all USMS 1993 registered swimmers 19 and over as of the last day of the meet.

SEEDING: Slow to fast
 TIMING: Electronic

RELAYS: Enter at meet. Each event may be swum as a medley or freestyle relays with all men, all women or mixed(2 women and 2 men).

DIRECTIONS

From I-405: Go northbound past State Route 520. Take the 124th St. exit to the right. At the light at the end of the ramp go left (west over the freeway). Take a right at 116th St. and a left at 132nd St. The pool is on the left and a part of Juanita High School. Park off the right near the gymnasium.
 From Bothell Way: Going East take a right on 68th Ave. NE. Take a left on NE 170th which becomes Simonds Road. At the end of Simonds Road turn right on 100th and left on 132nd St. The pool is on the right and is a part of Juanita High School. Park off to the right near the gymnasium.
 PLEASE NOTE: Swimmers under the age of 25 are advised that they might jeopardize their amateur status under FINA Rule GR-1 if they participate in Masters competition.

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES