

the
**WET
SET**



THE PNA NEWSLETTER

**PACIFIC NORTHWEST ASSOCIATION
OF MASTERS SWIMMERS**

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(206) 474-1267*

Editor

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Nancy Foote-Edwards

Social

Jeanette Vallandigham

UPCOMING BOARD MEETINGS

*September 28th- Jeanette Vallandigham-4215 S. 30th #221, Tacoma
(206) 627-2511*

October 26th- ????

VOLUME 12 - NUMBER 10

October, 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.

October, 1993 President's Message

Dear Swimmers:

Twelve PNA swimmers had a great time at USMS Long Course Nationals in Minneapolis last month. Some of the swimmers had great times, too. It was a really fun meet, with lots of social activities. The Dawn Musselman award for the winner of the 60-64 women's 100 free went to Kathy Theis of Minnesota. She was very pleased and excited by the award.

The day after the meet, Steve Thrasher, Hugh Moore, and I, along with about 100 other people did the five mile Lake Minnetonka Challenge. The weather was nice, and the lake was warm and smooth so it was a great swim. Kathy Casey and Walt Reid spent the morning in canoes, paddling across the lake watching Hugh and I swim.

The PNA Board held a retreat on Saturday, September 11. A very energetic group discussed future directions for the PNA. We came up with lots of exciting ideas. There will be some new ad-hoc committees established to move forward with these plans. The goal is to keep everyone swimming and enjoying it, as well as to attract new members to keep the PNA growing and vital.

September 22 through 26, Kathy Casey, Phyllis Gill, Jan Kavadas, Hugh Moore, Frank Newquist, Walt Reid, and I attended the United States Masters Swimming Annual Meeting in Los Angeles. I'll let you know of any significant events there next month.

The new season of meets starts on Halloween with Short Course meters Zone Championships put on by GLAD at Juanita High School pool. GLAD's meets are always well run and fun, so lets all start the new season there.

See you at a meet soon.



WELCOME TO THE PNA

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

CELESTE COMBS, LINDA MARIZ, MISTY RUMSEY, AND RICK SHOOP.

PNA MEETING MINUTES

August 28, 1993

The meeting was called to order at approximately 8:36 p.m. at Shakey's Pizza Parlor in West Seattle, immediately following a well attended long course workout at Colman Pool. In attendance were Tammi Keeler, Robin O'Leary, Jane Moore, Hughe Moore, Karen Jost, Jan Kavadas, Walt Reid, Steve Peterson, Phyllis Gill, Jennie Goldberg, Jo Scherer, Deborah Bagg, Gordon Gray, Kathy Casey, Jeanette Vallandigham, and Frank Newquist and several other children. Teams represented were GLAD, Federal Way Masters, Cascade, Fort Steilacoom, OOPS, Issy, SSEA, Tacoma Y, and one unattached.

Due to the time and place of the meeting, a number of format changes were made for this meeting.

MINUTES

Postponed until the next board meeting. The streak continues!

TREASURER

Full report postponed, but Tammi requested reimbursement to Francine Harmeson of \$27.34 for ???? MSA.

MEETS

Jane announced that North Kitsap will put on a meet some time in December, specific date to be clarified later.

FITNESS

Karen reported that the anticipated fitness clinic is getting a somewhat slower start than hoped for, and she would keep the board apprised.

All other committee reports were postponed.

OLD BUSINESS

Some of the proposed changes in legislation and rules at the upcoming national convention were discussed for input from those in attendance at the meeting. The PNA delegation is expected to vote on a number of issues and was looking for a consensus of the group.

First, was the issue of Individual Annual Registration, i.e., each swimmer registering on his or her birthday each year. Various pros and cons were discussed, but there were no strong feelings on either side.

Next, was a discussion of a one-day registration which would be, in effect, registration for just one meet or one event (such as an open-water swim or a postal meet). The registrant would gain none of the benefits normally accruing to Masters swimmers, and would be allowed to do it just once a year. There probably would be a minimum registration fee of \$15.00. Any times recorded would not be eligible for records or top 10 consideration. One-day registrants would have to swim unattached and could not score points in any competition. The pros were that it might help get people involved and

acquainted with Masters swimming. There was some thought that it would be difficult for registrars and those tabulating meet results.

There was some discussion of continuing the approval/sanction of USS meets wherein Masters swimmers compete in those USS meets with times being considered for records and top 10.

Fourthly, was a discussion of registering as an LMSC club at national meets. (Apparently this one was over my head, folks, as my notes are very sparse.)

One proposed change (not proposed by the PNA, I will mention) was to change the structure of national officers to one president and three nondescript offices wherein all candidates would simply move through all the chairs, eventually becoming president. It appeared to this impartial observer that the idea was poorly received.

Next, was a proposal to make members of the Long-Distance Committee convention delegates. (Members of the rules and legislation committees currently have delegate status.)

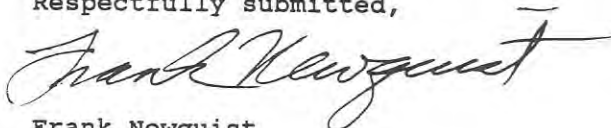
Next, was a proposal for a rules change, wherein the first swimmer of each relay would be allowed to have their split count for top 10 consideration and consideration for records at all levels. Currently, this is done only for world record consideration. The only criticism of the proposal is that it favors back-strokers and free-stylers.

The next board meeting is at Jeanette Vallandigham's in Tacoma, on 9/28/93.

There was some mention of conning Marietta into a meeting at her home in October, although the October board meeting is considered in an open status.

The meeting was adjourned at 9:21 p.m.

Respectfully submitted,



Frank Newquist

(Some of you may be impressed to learn that, not only do I make contributions to medical science, but I also dabble in physics. I have only recently completed the development of the formula:

$$(1)SD\pi R^2 = (1)SL\pi R^2$$

For those who may not be well versed in mathematics, that reads, basically: "the speed of dark equals the speed of light".... I mean, have you ever noticed how quickly dark envelopes a room when you flick the light switch to "off"? The only part I have not figured out yet is does the dark start from the center and move to the outside, or does it start from the outside and converge on the center? Any other physics students have thoughts on this? I will certainly keep you updated.)

P N A MEET SCHEDULE

October 31-	25M Zone Champs	GLAD-Seattle
November 21-	25Y Swim Rally	Queen Anne-Seattle
December 4-5-	25Y	Poulsbo
January 16-	25M	Anacortes
February 12-	25Y Distance meet	GLAD-Seattle
February 13-	25Y Shorter Events	ORCA-Seattle
March 20-	25Y	Bangor
April 8-10-	25Y PNA Champs	Federal Way
July 23-25-	50M LC Zones	Federal way

* * * * *

OREGON MEET SCHEDULE

October 17	25Y	Mt. Hood CC
November 20-21	25Y	Portland
December 4-5	25Y	Grants Pass
January ??	25Y	Portland
February 5	25Y	Tualatin
March 5-6	25M	Bend
March 25-27	25Y Oregon Champ SCY Meet	Roseburg

* * * * *

INLAND EMPIRE

November 6	25Y	Coeur d' Alene
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* * * * *

NATIONAL AND INTERNATIONAL SCHEDULE

May 13-16 1994	SHORT COURSE NATIONALS	TEMPE, AZ (ASU)
August 25-28 1994	LONG COURSE NATIONALS	BUFFALO, NY
July 4-9 1994	WORLD CHAMPIONSHIPS	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

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.

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

NOTE!!! If you would like to host a fellow swimmer in your home, please contact your local representative. This is an excellent way to meet new friends and cement old friendships



HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

10/17	MARY HODGKINS	10/29	WILLIAM MICKELSON	11/06	ERIKA GISTE
10/18	JACK ANDREWS	10/29	PATRICIA NELLIS	11/06	MIRIAM RABITZ
10/18	ERIN ERONEMO	11/01	ANNE HEALEY	11/10	SUE HEBERT
10/18	CAROLYN STEVENSON	11/02	KAREN SERESUN	11/11	JANE MOORE
10/19	WILLIAM (BILL) FENNER	11/03	DEBBIE FALSGRAF	11/11	STEVEN VELA
10/19	TIM KELLY	11/03	GLENN HILL	11/13	DEBORAH BAGG
10/19	STEPHEN THRASHER	11/03	CHRIS JACKSON	11/13	LARRY TOMAVICK
10/20	BETTY KERCHEVAL	11/04	LARRY DEGROEN	11/14	MICHAEL MC COLLY
10/23	ROBERT DORSE	11/04	SUE HARRINGTON	11/15	PETER MUNA
10/27	LEE E. HOLM	11/06	CINDY BAKER	11/15	DEREK WILLIAMSON

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

This is the second in a series of columns on the scientific aspects of swim training and competition. This column reviews Chapter Two titled "Energy for Swimming" 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).

Muscles must produce energy to work and move the body through the water. This energy comes from the carbohydrates, fats, and proteins in the foods which are eaten. These are broken down into compounds which are converted to ATP (adenosine triphosphate) which is the first energy source for muscles. Some ATP is stored in muscles, some is produced using another compound, phosphocreatine, more comes from breakdown of muscle sugar (glycolysis), and finally, ATP is produced with the use of oxygen.

Phosphocreatine in muscle fiber rebuilds ATP but is very limited in amount. This energy source can last for only a few seconds so provides energy for only very brief, maximal sprint swimming or an explosive start.

Glycolysis, or breakdown of muscle sugar, is done without the use of oxygen. This results in a buildup of lactic acid levels in the active muscles. Eventually high levels of lactic acid stop further glycolysis and can interfere with the muscle's ability to contract or perform work. This system is used in swimming events ranging from 50 yards to 200 meters.

The production of ATP using oxygen (aerobic energy) is the most important energy system for most swimming events. Without aerobic energy, the duration of sprint swimming could be limited to 30 seconds or less. Aerobic energy production requires delivery of oxygen to the exercising muscles. As exercise intensity increases, the heart beats faster to increase blood flow and oxygen delivery to the muscles. With training, the volume of blood pumped with each beat of the heart (stroke volume) increases, thus supplying more blood and oxygen to the muscles.

Oxygen is absorbed by the blood as it passes through the lungs. It is then carried both attached to hemoglobin (a protein in the blood) and dissolved in plasma (the liquid part of blood). Increased rate of breathing with exercise provides larger quantities of oxygen to be absorbed by the blood and transported to the muscles.

The amount of energy needed for swimming varies with the intensity and with the stroke used. Energy use can be estimated by oxygen consumption during exercise. Energy during swimming is used to maintain the body on the surface of the water and to generate force to overcome the water's resistance to motion and move the body through the water. Good stroke techniques allow more efficient swimming by moving the body through the water with more speed at lower levels of energy use. Therefore, time spent on mechanical aspects or technique of swimming is probably more important than the time spent improving strength and endurance.

Official's Corner
Jan Kavadas

Below you will see a list of clinics for becoming a certified USS swimming officials.

Did you know that Masters Rules require that Masters Meets are covered by insurance when they include covered officials and Masters records count only if they are obtained in a meet which is properly officiated?

USMS rules currently require a that the Referee, Starter, or a Stroke & Turn judge must be certified by USS, YMCA or other approved certifying boby. In the Pacific Northwest at the present time, USS certified officials are the only certified officials and are used by USS, College (NCAA), and USMS.

USS officials are required in our local Masters meets; while some of them are also Masters swimmers most are not. They volunteer their time (for free donuts and coffee). Can you consider becoming a certified official with USS; work some of their meets? You will return some of their time at our meets.

Classes are free; a take home open book test is required; you must demonstrate your ability to apply the rules on deck. To complete certification (above level of timer) you must become a USS-registered non-athlete member.

Next Spring, the USS Spring Nationals will return to the WKC Aquatic Center. You can watch world class swimmers at deck level if you are a certified official. Fred Wiggin appreciated his opportunity to serve as an escort for Goodwill Games swimmers and talk with them one on one. You also get some free donuts and coffee!

Summer league and high school meets do not generally require certified officials and only limited training is available for those working these meets exclusively.

AREA	INSTRUCTOR	TIMER, S & T	STARTER	REFEREE
Seattle	Neville Johnson 824-2953	Sept. 11	Sept. 25	Oct. 9
Federal Way	Ron Van Pool 941-3828	Sept. 11	Oct. 9	
Peninsula	Kevin Matthew 479-3116	Sept. 25	Sept. 11	Oct. 9
Tacoma & south	Dick Sears 845-3075	Sept. 11	Oct. 9	Sept. 25
Lynnwood & north	Dick LaFave 778-1650	Sept. 18	Oct. 2	
Eastside	John Olver 747-6219	Oct. 2	Sept. 18	Sept. 11

Want to set NEW RECORDS or make the NATIONAL TOP 10 list?

HERE'S YOUR OPPORTUNITY!!

GLAD is hosting a
HALLOWEEN MEET!!
 Short Course Meters Zone Champs

October 31, 1993 at Juanita Pool.

Come see how many short course meters records you can break!

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 ZIP CODE

AREA CODE+TELEPHONE DATE OF BIRTH AGE SEX

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 Harmeson
 2617 NW 64 St #4
 Seattle, Wa 98107
 (206) 782-0921

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

PNW Aquatics SQM HUSKY UNATTACHED

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 _____

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 timing surcharge \$1) \$5.00 (Includes LMSC surcharge \$1 and electronic)
 Individual Events @ \$1.00 _____ (No charge for relays)
 T-Shirt @ \$10.00 _____ S _____ M _____ L _____ XL _____
 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 _____

SWIMMERS FROM LMSC'S OTHER THAN PNA MUST INCLUDE A COPY OF THEIR USMS CARD, OR THE CANADIAN EQUIVALENT.

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

ORDER OF EVENTS
 EVENT # EVENT

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

- 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

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 relay 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

**QASC- Swim Rally, Sunday, November 21, 1993, 8:30 am
Queen Anne Pool, 1920 1st Ave. West.**



Queen Anne Swim Club-Masters is happy to announce a swim meet for Sunday, November, 21, 1993.

This meet is a unique event where each swimmer tries to match estimated times for the following events:

EVENTS

1- 500	2-400	3-300	4-200	5-100
--------	-------	-------	-------	-------

FACILITY: 25 yd. X 15 yd., 6 lanes, Warm-ups at 8:30 am, first event @ 9:30 am.

ADDITIONAL WARM-UPS: Between events..

PLACE; Queen Anne Pool, 1920 1st Ave. West. 386-4282. Terrence Irvis, Senior Guard. Water temp. 82 degrees.

MEET DIRECTOR: *Ed Artis, 2547 1st Ave. West. Seattle, WA. 98109. 285-1268. Or, Mark Pembroke, 783-2211.*

CONCESSIONS, STORES, RESTAURANTS: Yes, many facilities within walking distance from pool.

RULES: You may use any combination of legal strokes and turns during events. No watches are allowed on swimmers during events.

ELIGIBILITY: USMS registered swimmers.

SEEDING: Slow to fast for each individual event.

TIMING: By hand.

RESULTS & PRIZES: Results are computed and posted as each event is completed. Same day result sheets will be available after the rally. Both Heat Sheets and completed results are available for sale for \$1.00.

Ribbons go to the first 3 places that come the closest to estimated times, as a percentage. There are two categories are for Men and Women, without regard to age.

NOTE: Sauna is available for use during meet times.

PNA MASTERS LOCAL SWIMMING COMMITTEE
 MEET ENTRY FORM: Sunday, November 21, 1993
 Hosted by Queen Anne Swim Club - Masters
 @ Queen Anne pool
 Sanction # 933609

QUEEN ANNE MASTERS SWIM RALLY
 MEET INFORMATION: Sunday, November 21, 1993
 Hosted by The Queen Anne Swim Club-Masters

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ Date of Birth _____ USMS # _____

TEAM _____ or Unattached _____ Association _____

AGE GROUP: none. Top 10 finishers are ranked by closest percentage of finishing actual versus estimated times. Separate lists for men and women.

Age is determined by your age on the last day of the meet.

ENTRY LIMIT: none

EVENT	1	2	3	4	5	TOTAL TIME
	500	400	300	200	100	

(Est. Times) : : : : : :

ENTRY FEES: (per-registered)	\$ 7.00
LATE ENTRY FEES (day of meet)	\$10.00
TOTAL	\$ _____

Make checks payable to: QASC-Masters c/o Ed Artis
 2547 1st Ave. West
 Seattle, WA. 98109

ENTRIES postmarked November 15, 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 injury 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 against United States Masters Swimming Committee, 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 _____

EVENT

1	500
2	400
3	300
4	200
5	100

DATE: Sunday, November 21, 1993

TIME: Warm-ups 8:30 am, first event @ 9:30 am.

ADDITIONAL WARM-UPS: Between events..

PLACE; Queen Anne Pool, 1920 1st Ave. West.

386-4282. Terrence Irvis, Senior Guard.

MEET DIRECTOR: Ed Artis, 2547 1st Ave. West.

Seattle, WA. 98109. 285-1268

FACILITY: 25 yd. X 15 yd., 6 lanes, Warm-ups at 8:30 am, first event @ 9:30 am.

CONCESSIONS, STORES, RESTAURANTS: Yes, many facilities within walking distance from pool.

RULES: You may use any combination of legal strokes and turns during events. No watches are allowed on swimmers during events.

ELIGIBILITY: USMS registered swimmers.

SEEDING: Slow to fast for each individual event.

TIMING: By hand.

RESULTS & PRIZES: Results are computed and posted as each event is completed. Same day result sheets will be available after the rally. Both Heat Sheets and completed results are available for sale for \$1.00.

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NOTE: Sauna is available for use during meet times.

DIRECTIONS

From Tacoma/Everett: Take I-5 North/South to the Mercer street exit. Follow arterial to Denny Way and turn right (West). Turn right (North) at 1st Ave. North and follow the arterial onto Queen Anne Avenue. Go up the hill to the stop sign at the top of Queen Anne Hill. Proceed straight (North) on Queen Anne Avenue to and turn Left (West). The poll parking lot is immediately on the left.

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 _____

* * * * *

PNA LOCAL MASTERS SWIMMING COMMITTEE

SHORT COURSE YARDS MEET: December 4 - 5, 1993 (Meet Sanction #933611)
 Hosted by the North Kitsap High Vikings Men's & Women's Swim Teams
 at the North Kitsap Community Pool

ORDER OF EVENTS	
Event #	Event
Saturday, December 4	
1	400 IM
2	1650 Free
Sunday, December 5	
3	200 Free Relay
4	50 Free
5	100 Breast
6	200 Back
7	50 Fly
8	200 IM
5 Minute Break	
9	200 Mxd Free Rly
10	100 Free
11	200 Breast
12	50 Back
13	100 Fly
14	200 Medley Relay
5 Minute Break	
15	200 Free
16	50 Breast
17	100 Back
18	200 Fly
19	100 IM
20	200 Mixed Medley
21	500 Free

DATES: Saturday - Sunday, December 4 - 5, 1993
TIMES: Saturday, December 4:
 Warmup at **4:30 PM**
 Meet starts at **5:30 PM**
 Sunday, December 5:
 Warmup at **8:30 AM**
 Meet starts at **9:30 AM**

PLACE: North Kitsap Community Pool
 1881 NE Hostmark Street, Poulsbo WA
 Phone: **206-779-3790**

MEET DIRECTOR: Marilyn Grindrod
 206-779-3790 (pool)
 206-779-7796 (home)

FACILITY: 25 yards x 6 lanes
 Diving tank for warmup/warmdown
 Water temperature: ~82 degrees F

CONCESSION STAND: Yes

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS-registered swimmers (1993), 19 and above as of the last day of the meet

SEEDING: Slow to fast **TIMING:** Electronic

RELAYS: Deck-enter relays at the meet. Each relay may be swum as all MEN, all WOMEN, or MIXED (2 men and 2 women). Please mark your relay entry card *carefully* to ensure correct intent and results.

DIRECTIONS:

From Tacoma, take Route 16 across the Narrows Bridge. Stay to the left when Bremerton's battleships are in sight, to take Highway 3 North (Silverdale, Bangor, Poulsbo). Exit at Poulsbo (Highway 305). Go straight on 305 through 4 lights, turn LEFT at the fifth (Hostmark Street). Pool is 0.6 mile up the hill, across from NK High School.
 From Bainbridge Island (Ferry), go north on Highway 305 and continue to Poulsbo. Turn RIGHT at the first light (Hostmark Street). Pool is 0.6 mile up the hill, across from NK High School.

**** NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES ****

PNA LOCAL MASTERS SWIMMING COMMITTEE

MEET ENTRY FORM: December 4 - 5, 1993
 Host: North Kitsap High Vikings Women's & Men's Swim Teams at the NK High Pool
 Meet Sanction #933611

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS NUMBER: _____

TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age on the last day of the meet):
 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 - 94 95+

ENTRY LIMIT: 5 EVENTS plus relays.

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$4.00 (includes \$1 LMSC and \$1 electronic timing surcharges)

Individual Events @ \$1 each: + _____ (\$5.00 maximum; no charge for relays)

Total: \$ _____ [\$4.00 (relays only) to \$9.00 (five events)]

Please make checks payable to: **Gordon Gray** (telephone **206-488-8825**, before 9 PM)
 Mail this entry form and fees to: **15911 67th Lane NE, Apt. 2**
Bothell WA 98011

Please send entries postmarked no later than **November 24, 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 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. I agree to abide by and be governed by the rules of USMS, Inc.

SIGNED: _____ DATE: _____

P. N. A. RECORDS -- SHORT COURSE METERS AS OF 03-14-93

WOMEN	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	90-94	95-99	100 +
50 M. FREE	28.20	30.30	29.59	28.82	31.88	35.91	32.92	42.08	41.79	39.00	44.39	1:03.12					
100 M. FREE	1:03.55	1:07.44	1:05.50	1:05.02	1:09.95	1:16.23	1:28.81	1:26.43	1:29.78	1:29.40	1:42.75	2:17.66					
200 M. FREE	2:16.44	2:27.33	2:20.06	2:22.08	2:32.50	2:44.52	3:13.04	3:08.52	4:05.03	4:36.02	4:34.91	4:41.44					
400 M. FREE	5:25.48	4:48.31	5:28.11	5:05.00	5:25.10	6:20.26	6:22.29	7:05.65	7:00.93	9:25.79	9:22.61	9:54.01					
800 M. FREE		11:17.49		10:32.83	11:28.09	15:05.94	14:08.18			18:04.79	19:08.00	20:35.09					
1500 M. FREE		18:47.44	23:16.79	21:25.62	21:13.85	25:02.92	27:26.31			34:07.83	37:28.19						
50 M. BACK	38.80	35.88	33.33	35.72	37.35	41.94	43.04	53.45	58.10	48.70	54.91	1:05.90					
100 M. BACK	1:22.72	1:19.04	1:10.68	1:17.20	1:20.84	1:32.99	1:37.56		2:10.55	2:03.98	2:15.45	2:23.15					
200 M. BACK	2:35.06	2:49.96	2:32.32	2:45.68	2:53.13	3:27.20	3:33.13	3:50.51	4:32.27	4:36.31	4:51.32	4:58.02					
50 M. BRST	40.21	37.60	41.20	39.14	39.82	45.43	47.78	50.40	54.09	54.52	1:06.74	1:11.94					
100 M. BRST	1:27.89	1:22.80	1:27.90	1:28.44	1:28.63	1:37.81	1:45.89	1:52.23	2:12.79	1:59.03	2:36.20	2:41.94					
200 M. BRST	3:20.56	3:04.75	3:18.65	3:09.93	3:15.11	3:54.94	3:45.70	4:05.31	4:05.34	4:12.82	7:02.45	6:11.23					
50 M. FLY	32.50	34.81	34.20	31.26	35.83	37.59	38.02	41.79	43.41	1:18.62	1:11.30	1:13.52					
100 M. FLY	1:16.81	1:13.57	1:07.34	1:14.12	1:27.86	1:39.06	2:03.57	1:34.41	1:36.95		2:38.95	2:43.37					
200 M. FLY	2:46.92	2:37.48	2:31.16	2:52.16	3:31.04	3:40.20	4:30.22	3:34.78	3:38.76		5:41.91						
100 M. I.M.	1:12.61	1:21.24	1:17.20	1:13.62	1:24.99	1:33.91	1:47.39	1:53.01	1:46.44	1:55.76	2:25.65	2:28.52					
200 M. I.M.	2:46.61	2:50.84	2:51.58	2:44.27	2:54.23	3:07.89	3:48.10	3:54.37	3:58.28	4:13.58	5:18.87	5:17.97					
400 M. I.M.				5:55.43	6:27.03	7:34.82	7:41.42	8:50.45	10:55.90								

MEN	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	90-94	95-99	100 +
50 M. FREE	25.75	25.00	24.44	26.76	27.16	27.48	27.78	31.20	30.96	33.89	32.89	39.37	42.24				
100 M. FREE	54.98	55.88	54.41	1:01.76	58.69	1:06.77	1:06.13	1:09.63	1:10.19	1:16.03	1:26.11	1:32.79	1:40.52				
200 M. FREE	2:28.32	2:01.93	2:07.29	2:12.24	2:13.47	2:38.30	2:38.60	2:38.82	2:46.76	2:54.73	3:40.78	3:23.38	4:28.24				
400 M. FREE	4:29.09	4:25.81	4:25.66	4:47.60	4:42.43	5:41.13	5:37.78	5:41.96	5:49.19	7:40.52	7:47.96	7:13.95					
800 M. FREE		9:25.41	10:39.09	10:02.70	10:28.85	12:12.24	12:54.40										
1500 M. FREE	26:05.01	19:20.83	19:29.91	19:34.00	21:26.00			22:26.91		30:42.77							
50 M. BACK	31.42	30.20	30.96	31.37	30.49	34.76	34.91	37.23	40.94	45.44	51.21	51.60	58.03				
100 M. BACK	1:16.13	1:07.34	1:09.71	1:09.30	1:06.46	1:15.40	1:22.25	1:27.03	1:28.83	2:02.42	1:53.28	1:56.63	2:09.94				
200 M. BACK		2:38.18	2:32.00	2:42.06	2:28.20	2:42.53	3:43.94	3:23.45		3:34.47	4:00.44	5:06.18					
50 M. BRST	35.26	32.70	32.36	33.32	34.38	36.46	37.16	39.38	38.02	46.61	47.77	59.01	55.32				
100 M. BRST	1:14.62	1:10.23	1:11.01	1:10.13	1:12.93	1:20.84	1:25.18	1:30.98	1:34.73	1:41.09	2:07.56	2:35.71	2:09.01				
200 M. BRST	3:55.40	2:32.03	2:38.53	2:28.35	2:31.37	2:57.32	3:13.11	3:13.78	3:26.73	4:20.02		4:39.19	5:15.41				
50 M. FLY	27.96	28.26	28.15	29.35	30.33	32.92	32.58	34.96	47.57	43.72	37.48	58.77	1:01.07				
100 M. FLY	1:03.16	1:00.19	1:02.20	1:07.13	1:06.60	1:43.84	1:28.12	1:33.15	1:53.30	1:49.67			2:45.39				
200 M. FLY		2:10.91	2:17.02	2:30.27	3:41.74	3:23.53	3:24.78	4:14.91									
100 M. I.M.	1:12.86	1:05.95	1:06.20	1:07.57	1:08.80	1:20.07	1:16.54	1:24.49	1:28.96	1:33.60	1:50.60	1:58.51	2:09.26				
200 M. I.M.		2:22.12	2:23.22	2:26.23	2:31.00	2:46.79	3:13.07	3:10.76		3:30.66							
400 M. I.M.		5:06.16	5:31.94	5:09.68		6:32.22	6:57.33	7:01.23	11:58.32								

RELAYS

	WOMEN					MEN					MIXED				
	200 M. FREE	200 M. MEDLEY	400 M. FREE	400 M. MEDLEY	800 M. FREE	200 M. FREE	200 M. MEDLEY	400 M. FREE	400 M. MEDLEY	800 M. FREE	200 M. FREE	200 M. MEDLEY	400 M. FREE	400 M. MEDLEY	800 M. FREE
76 - 99		2:22.24					2:00.40				2:05.82	2:21.10	4:28.14		
100-119															
120-159	2:29.20					1:56.68	2:11.14	4:26.64			2:01.87	2:18.17	4:36.82		
160-199	2:10.05	2:43.96				2:02.12	2:20.95				2:07.72	2:22.64		6:13.31	
200-239	2:36.24					1:58.09					2:12.18	3:01.58			
240-279	3:55.78	4:14.84									3:00.92	2:59.83			
280-319	4:13.31	4:32.01										3:47.81			
320-359															

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U. S. M. S. NATIONAL RECORDS -- SHORT COURSE METERS AS OF 05-08-93

		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	90-94	95-99	100 +
WOMEN																		
50 M.	FREE	27.54	26.93	26.46	26.24	28.25	30.05	30.48	31.83	35.33	35.76	39.13	43.98	48.76	1:03.78			
100 M.	FREE	1:00.14	59.17	57.35	1:00.29	1:01.15	1:06.64	1:06.41	1:11.63	1:16.63	1:20.80	1:29.76	1:46.64	1:54.23	3:01.15			
200 M.	FREE	2:15.34	2:06.47	2:06.83	2:12.69	2:14.32	2:28.69	2:28.85	2:40.27	2:39.93	3:03.63	3:18.51	3:51.23	4:17.73	5:33.83			
400 M.	FREE	4:43.50	4:26.18	4:31.88	4:46.93	4:50.68	5:08.62	5:12.43	5:34.32	5:38.06	6:13.42	6:54.54	8:11.07	8:48.24				
800 M.	FREE	10:00.67	9:18.99	9:17.55	9:46.95	10:04.16	11:04.43	11:20.21	11:29.99	11:30.55	12:35.26	14:29.66	16:20.48	18:14.52	24:05.34			
1500 M.	FREE	18:54.01	17:30.18	18:10.81	18:27.71	19:00.81	22:06.73	21:44.35	21:35.84	23:28.15	23:38.44	28:29.85	33:53.33	35:07.91				
50 M.	BACK	33.30	30.63	32.24	32.50	34.63	37.29	37.59	37.92	39.60	40.48	47.22	52.11	59.47	1:13.57			
100 M.	BACK	1:12.40	1:04.66	1:10.41	1:12.14	1:10.94	1:20.40	1:20.50	1:21.90	1:29.13	1:30.41	1:51.64	1:53.00	2:15.14	2:52.17			
200 M.	BACK	2:34.32	2:20.66	2:32.32	2:35.03	2:38.40	2:56.06	2:48.88	3:00.66	3:16.14	3:15.72	3:56.72	4:01.89	4:38.53	6:00.16			
50 M.	BRST	36.05	34.36	35.25	34.63	37.79	38.67	40.51	40.69	45.39	47.39	50.95	58.91	1:05.64	1:37.05			
100 M.	BRST	1:19.97	1:14.82	1:18.13	1:16.70	1:22.19	1:23.49	1:28.51	1:30.31	1:37.78	1:46.82	1:55.84	2:10.17	2:21.80	3:09.62			
200 M.	BRST	2:50.30	2:47.08	2:50.96	2:50.93	2:54.12	3:04.75	3:11.20	3:23.08	3:36.01	3:48.71	4:11.18	4:35.24	5:00.63				
50 M.	FLY	29.66	29.13	30.20	30.05	30.18	33.17	34.37	37.50	39.64	43.93	51.96	59.09	1:05.04	1:24.53			
100 M.	FLY	1:07.42	1:06.31	1:07.34	1:07.28	1:07.59	1:17.96	1:12.66	1:27.95	1:36.95	1:38.74	2:04.25	2:12.17	2:30.84	3:29.58			
200 M.	FLY	2:34.28	2:28.67	2:26.98	2:28.96	2:32.19	2:37.88	3:11.83	3:20.43	3:32.29	3:36.03	4:36.96	4:48.50	5:22.65	7:15.07			
100 M.	I.M.	1:09.25	1:08.16	1:07.78	1:08.15	1:11.65	1:14.41	1:18.05	1:24.19	1:27.50	1:37.84	1:50.32	2:00.07	2:07.52	3:00.23			
200 M.	I.M.	2:34.20	2:24.07	2:27.11	2:31.39	2:33.89	2:42.88	3:04.26	3:05.53	3:14.28	3:18.77	4:01.01	4:17.89	4:45.93	9:49.36			
400 M.	I.M.	5:21.53	5:18.02	5:13.84	5:30.35	5:32.53	5:55.35	5:56.24	6:39.90	6:58.97	7:19.42	8:34.79	9:07.66	9:50.43	15:34.06			

		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	90-94	95-99	100 +
MEN																		
50 M.	FREE	24.62	23.16	23.59	23.98	24.81	25.07	26.35	26.60	28.86	29.63	32.11	32.78	37.85	44.61	1:14.28		
100 M.	FREE	54.21	52.29	51.86	53.94	55.28	56.45	59.58	1:00.08	1:05.52	1:07.13	1:12.57	1:15.94	1:27.87	1:41.46	2:49.33		
200 M.	FREE	2:01.20	1:54.00	1:53.66	1:59.38	1:59.27	2:05.81	2:12.18	2:21.51	2:21.77	2:36.10	2:46.86	2:55.63	3:22.37	3:48.20	5:51.45		
400 M.	FREE	4:16.24	4:07.81	4:13.61	4:18.22	4:18.45	4:33.39	4:40.16	5:00.88	5:02.20	5:37.93	5:56.06	6:23.81	7:30.51	7:54.24	11:09.76		
800 M.	FREE	8:52.70	8:45.95	8:34.26	9:02.71	9:01.20	9:32.34	9:49.95	10:35.62	11:14.13	11:51.42	12:15.49	13:17.26	15:07.97	16:53.90			
1500 M.	FREE	17:03.17	16:23.21	17:05.25	17:25.79	17:38.17	18:27.36	19:16.63	20:03.24	20:12.52	22:19.37	23:59.12	26:04.74	29:58.32	32:20.20	51:43.20		
50 M.	BACK	29.62	26.85	27.18	28.05	28.93	29.33	31.42	32.69	34.81	35.54	38.44	41.93	50.13	57.97	1:29.99		
100 M.	BACK	1:01.29	58.42	58.12	1:01.45	1:04.50	1:05.31	1:10.07	1:12.17	1:17.31	1:20.13	1:24.30	1:34.08	1:50.89	2:12.69			
200 M.	BACK	2:19.68	2:09.12	2:11.19	2:15.47	2:22.17	2:24.39	2:33.18	2:41.11	2:49.13	2:54.25	3:07.57	3:27.82	4:01.12	4:55.62			
50 M.	BRST	31.68	29.08	29.62	31.64	31.33	32.23	34.15	33.77	35.31	38.18	40.81	42.85	55.32	1:05.82	1:50.16		
100 M.	BRST	1:09.02	1:05.09	1:04.33	1:08.40	1:11.22	1:10.41	1:14.72	1:16.32	1:18.77	1:27.91	1:32.13	1:37.39	2:09.01	2:31.20			
200 M.	BRST	2:36.23	2:24.68	2:30.18	2:28.35	2:31.37	2:35.71	2:45.11	2:51.47	3:00.71	3:20.02	3:24.66	3:36.71	5:03.34	5:30.76			
50 M.	FLY	26.94	25.77	25.06	25.96	26.66	27.08	29.34	30.15	32.34	33.63	36.09	40.81	49.08	1:21.90			
100 M.	FLY	58.41	57.07	56.43	1:00.50	1:00.79	1:03.36	1:06.66	1:12.51	1:15.69	1:21.66	1:31.20	1:36.80	2:07.29				
200 M.	FLY	2:13.68	2:10.91	2:13.62	2:14.64	2:16.15	2:25.95	2:36.01	2:53.71	3:00.48	3:10.49	3:31.97	3:49.00	5:14.66				
100 M.	I.M.	1:00.93	58.82	59.95	1:00.79	1:02.30	1:05.45	1:07.60	1:12.57	1:14.68	1:20.20	1:21.87	1:32.84	1:53.59	2:23.03			
200 M.	I.M.	2:14.07	2:12.28	2:12.33	2:15.67	2:18.73	2:24.45	2:31.52	2:40.88	2:46.69	3:03.80	3:08.13	3:22.14	4:36.38	5:02.31			
400 M.	I.M.	4:45.83	4:42.88	4:44.78	4:53.16	5:00.76	5:17.02	5:20.81	5:54.37	6:02.73	6:42.13	6:50.27	7:20.86	9:25.63	10:47.13			

RELAYS

	WOMEN					MEN					MIXED				
	200 M.	200 M.	400 M.	400 M.	800 M.	200 M.	200 M.	400 M.	400 M.	800 M.	200 M.	200 M.	400 M.	400 M.	800 M.
	FREE	MEDLEY	FREE	MEDLEY	FREE	FREE	MEDLEY	FREE	MEDLEY	FREE	FREE	MEDLEY	FREE	MEDLEY	FREE
76 - 99	1:59.79	2:22.24	4:45.47	5:07.60	10:55.74	1:43.64	1:58.73	3:53.01	4:56.13	11:48.18	1:51.87	2:03.76	4:25.28	5:26.32	9:17.27
100-119	1:54.04	2:16.25	4:34.09	4:58.83	9:48.14	1:36.15	1:52.59	3:55.59	4:21.93	8:32.67	1:47.91	2:01.83	4:16.92	4:48.01	9:03.17
120-159	1:58.02	2:13.77	4:25.46	4:53.87	9:48.06	1:37.89	1:50.73	3:55.05	4:23.91	8:41.77	1:48.60	1:58.28	4:05.98	4:56.95	9:12.88
160-199	2:01.10	2:19.83	4:40.73	6:57.48	10:10.40	1:41.93	1:55.51	4:00.88	4:21.80	8:58.69	1:50.55	2:07.18	4:29.69	4:50.99	9:32.22
200-239	2:11.64	2:34.15	6:06.07	6:16.07	12:44.99	1:48.34	2:02.44	4:30.16	5:11.59	9:48.41	1:57.25	2:15.20	4:50.94	5:13.60	10:40.03
240-279	2:46.95	2:52.00	6:09.03	6:24.68	13:34.12	2:07.70	2:21.09	4:51.11	5:46.32	12:03.13	2:12.98	2:32.46	5:55.13	5:59.74	12:38.59
280-319	3:16.06	3:45.54	7:26.27	8:16.37	15:49.09	2:13.84	2:36.92	5:27.45	6:25.20	13:40.53	2:38.80	3:06.67	6:26.07	7:42.99	20:36.33
320-359											3:48.82	4:23.02		10:40.94	