

the
**WET
SET**



THE PNA NEWSLETTER

**PACIFIC NORTHWEST ASSOCIATION
OF MASTERS SWIMMERS**

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UPCOMING BOARD MEETINGS

NOVEMBER 21ST - AFTER QUEEN ANNE SWIM MEET ?? 1:30pm ??
ROMO PIZZA, 2001 W. DRAVUS, SEATTLE-(NEED MORE INFO CALL A BOARD MEMBER)

DECEMBER - NO BOARD MEETING

JANUARY 25TH - JANE MOORE'S OFFICE, FEDERAL WAY
(ADDRESS WILL BE DECEMBERS NEWSLETTER)

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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.

November, 1993 President's Message

Dear Swimmers:

In last month's message, I neglected to mention one of the best events and awards of Long Course Nationals. The event was "get your relay to the blocks". Jan Kavadas won the prize for fastest change into a wet swimsuit. After the women's and men's medley relay, the PNA team was in heat one of the mixed free relay. Jan was to be the leadoff swimmer but she was nowhere to be found. Jeanette Vallandigham took the card and agreed to go first instead of third. Hugh, Kathy Casey, and I went looking for Jan. After we had looked all over the pool deck and the dressing rooms, Hugh finally spotted her in the balcony and was calling her from the pool deck. She didn't hear, but Kathy, who was also in the balcony, did hear and followed his voice to find Jan. Jan said "I took my suit off, and I don't have a dry one." She took off for the dressing room to change. Walt Reid and I realized that she wouldn't make it to the far end of the pool in time to swim the third leg of the relay, so Walt got Steve Thrasher who was supposed to swim anchor to move quickly to the other end of the pool and swim third. Jan got to the blocks just after Alan Sachs took off for the second leg of the relay and managed to swim anchor. After all that, they placed fifth. Hugh, Kathy, Walt, and I also got a good warm-up out of that. We placed tenth in a different age group of the same relay.

The holidays are approaching rapidly, but don't let all the celebrations and parties destroy your training entirely. January is the month of the Hour Swim. This is a postal competition. You swim for one hour and see how far you can go. Watch for details next month about this and how it fits into the PNA Fitness Swim for 1994.

See you at a meet soon.

WELCOME TO THE PNA

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

RANDI BEERS, EARL BERGQUIST, CHRISTY DAVIS, KELLY HANK, BILL JOHNSON, SHUIMU JOHNSON, SHERRY LUCAS, REBECCA MAYFIELD, JANELLE MCCOY, JAMES MCNAMARA, GARY SEILHEIMER, SUSSETTE SOHODSKI, GREGORY STONER, PETER SUMMERVILLE, JOANNEKE VERSCHUUR, AND MILES WILLIAMS.

PNA MEETING MINUTES
September 28, 1993

The meeting was called to order at 7:18 p.m. at Jeanette Vallandigham's. In attendance were Steve Peterson, Jeanette Vallandigham, Suzie Ness, Jeanne Ensign, Jane Moore, Hugh Moore, Robin O'Leary, Kathy Casey, Phyllis Gill, and Karen Jost, in addition to several children who provided the entertainment. Teams represented were OOPS (Old Olympic Peninsula Swimmers), TACY (Tacoma YMCA), ORCA, GLAD (GreenLake AquaDucks), FWM (Federal Way Masters), FS (Fort Steilacoom), and ISS (Issaquah).

MINUTES

June and July, 1993 meeting minutes were approved as written. August minutes were amended to indicate that Francine was reimbursed for registration expenses, not "???" as noted in the minutes. August minutes were approved as amended. Sorry, Frank, the streak is over.

TREASURER

Robin gave the report for Tammi. Current balance is \$4306.32 in the PNA, \$2931.40 in the Wiggin fund. The report was approved as given. Jeanne noted that our bulk mail permit at Tacoma has expired, and since several PNA members are now volunteering their time and services (THANK YOU, IT'S SUCH A FUN TASK) to prepare the newsletter for mailing, they would like to change the permit to Seattle. M/S/A \$75.00 for new permit.

COMMITTEE REPORTS

Membership: No report given. There was discussion of what should be done if an individual overpays their USMS registration during the second half of the year when the rate is reduced. M/S/A that the amount overpaid would be transferred to the Wiggin fund, although it could be refunded at the Treasurer's discretion. Rationale for the motion was to simplify accounting measures.

Meets: Suzie reported that GLAD is hosting SCMeter Zones October 31st (entries have been mailed in the WetSet), and the first swim meet to be hosted by QueenAnne Swim Club will be November 21st. This is scheduled to be a "special meet" - be sure to take a look at it!! Also, the waiver that swimmers sign was changed during the Convention (see the Convention Report) recently concluded in Los Angeles. The Insurance committee, and USMS Legal council **strongly recommended** that all swimmers sign the new waiver, even if they have already signed a waiver. All meet hosts will be provided with the new waiver, and it will begin to appear on the USMS registration form, effective immediately. We were reminded that registrations received after November 1 are good until December 31, 1994. Jane reported that LC Zones at the Aquatics Center has been changed to July 30-31, 1994. There was a brief discussion regarding the low attendance from out-of-LMSC swimmers at Zone champs, and what to do about it. The question was deferred until those in attendance had the opportunity to discuss it with other swimmers. Steve Peterson requested suggestions for relays at the North Kitsap meet in December. Recommendations were made, and Steve gets to decide what he wants to do.

One last meet-related item. 1996 Short Course Nationals is scheduled to be held in the Western region. Several PNA members have been planning to turn in a bid for this meet. At Convention, Georgia Masters petitioned to be allowed to present an out-of-rotation bid, and host the meet at the facilities being built for the 1996 Summer Olympics. If they do turn in a bid, it will be considered along with any western bids. The aforementioned group from the PNA plans to go ahead with a bid, which they would be allowed to re-submit for 1997 (with a meet site rotation change) SC Nationals. ANYBODY INTERESTED IN WORKING ON THE BID, CONTACT JANE MOORE.

Records: No report.

Newsletter: As a result of the PNA retreat in September, Phyllis is organizing a group to generate ideas for revising and revamping the newsletter. As mentioned before, a group of swimmers has been doing the bulk mailing of the newsletter. M/S/A that Jane send a note to Stu Wittwer at Mt. Tahoma High School, along with \$50.00, thanking him for his services with the bulk mailing.

Awards: Phyllis reported for Phoebe. She presented some sample medals for consideration. There are 220 gold, 128 silver, 177 bronze medals, and 121 patches in the current PNA stock of awards. It was recommended that the awards be used for SCM Zones in October. A discussion of whether to use medals or ribbons for regular meets led the group to suggest that Phoebe draw up a proposal for the next board meeting that gave several medal options for championship meets, and another option for smaller meets.

Social: Jeanette is looking for social activity suggestions. Steve Peterson thanked Jeanette for her efforts in coordinating the Mariners game. Ideas were generated for the NKitsap meet, Jeanette will coordinate with Steve P.

Officiating: No report. Jan Kavadas (our Officiating Chair) has been recommended by the current chair of the USMS Officiating Committee to become the new Chair. CONGRATULATIONS, JAN!

Fitness: No report.

Computer Applications: No report.

Constitution and By-Laws: No report.

OLD BUSINESS

Working calendar: Discussion deferred.

Board retreat: Frank has the report (but he's not here, as you can probably tell from the different style in the minutes!). The retreat went well, there are some things to get started on:

- 1) We need an ad hoc committee to work on increasing participation (lots of ideas generated at the retreat) and membership.
- 2) Jane asked Robin to chair an ad hoc coaches committee, to increase coach participation in the PNA.
- 3) Jane is looking for someone to work on a series of open water swims next year. Any of you tri-athletes interested???
- 4) How about organizing a PNA group trip to do the Maui Channel swim and the Waikiki Roughwater in September, 1994? This was not a retreat item, but it came up during the board meeting, and I couldn't decide where else to put it... Anybody interested in helping to coordinate this??

Logo: Discussion deferred.

Sales tax: Jeanne Ensign still working on the details of what the PNA needs to do. Jeanne was recruited to audit past PNA financial records.

NEW BUSINESS

Convention report: Please see the Convention report printed in the WetSet.

1994 Registration: M/S/A that the National registrar be contracted to send out 1994 invoices for USMS registration to all current PNA members at a cost of \$0.50 per swimmer.

Congratulations: Kathy Casey, 1993 recipient of the Ransom Arthur Award. Jeanne Ensign, finished 3rd in her age group in the National Championship Open Water Swim following nationals (her first open water swim).

USMS fees: USMS will be discounting their portion of registration fees for registrations received after September 1st each year. It was decided by consensus that the PNA should change from a July 1st to a September 1st rate reduction.

Vice President: Debbie Falsgraff has resigned as PNA Vice-President, due to other conflicts. According to PNA Constitution and By-Laws, the Board can fill the vacancy with a 2/3 vote of those in attendance at a meeting. Jane is working on finding a replacement to present to the Board for their approval.

Newsletter ads: Phyllis requested approval to negotiate with other organizations to reciprocate advertising. M/S/A.

UPCOMING MEETINGS

October 21st at Suzie Ness' home at 7 p.m. (This is a Thursday meeting).

November 21st following the Queen Anne meet.

December - no meeting.

January 25th, 1994 at Jane's office in Federal Way.

The meeting was adjourned at 9:02 p.m.

Respectfully submitted,

Karen Jost for Frank Newquist (lollygagging in the sun/smog in California).

P N A MEET SCHEDULE

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

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

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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
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 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



BOARD MEETINGS ARE OPEN TO ANYONE INTERESTED IN MASTERS SWIMMING. WE WOULD LIKE TO ENCOURAGE NON-COMPETITIVE SWIMMERS TO COME AND LET US KNOW HOW WE CAN BEST MEET YOUR NEEDS!!! ALSO IT WOULD BE NICE TO SEE ALL THE TEAM REPS & COACHES AT THESE MEETINGS!!!

1993 USMS CONVENTION REPORT
Los Angeles, CA Sept. 23-26

Compiled by Kathy Casey (NW Zone Rep), Phyllis Gill (PNA Delegate), Jan Kavadas (Rules Committee), Hugh Moore (Planning Committee Chair), Jane Moore (Sports Medicine Chair), Frank Newquist (PNA Delegate), and Walt Reid (Records and Tabulation Chair)

Significant Events

Kathy Casey, along with Gail Dummer, received the Ransom Arthur award for their work in developing the USMS Rule Book. The award is given annually to a person or persons who contribute greatly to the development of Masters swimming. The new National Officers are President, Mel Goldstein from Indianapolis, Indiana; Vice-President, Jim Miller from Midlothian, Virginia; Secretary Suzanne Rague from Beaverton, Oregon; and Treasurer Lucy Johnson Trapp from Long Beach, California. Hugh Moore was the silver medalist for Treasurer. 1995 USMS National Championships will be in Fort Lauderdale, FL, for short course and Mt Hood Community College in Gresham, OR, for long course. Atlanta will be allowed to bid for the 1996 Short Course Championships at the Olympic Pool event though it is out of rotation. USS meets are recognized for records and top ten and no longer will require a USMS observer. USMS will partially subsidize LMSC purchases of HYTEK Meet Manager Software. John Zell is the new Northwest Zone representative.

The following is a summary of the significant events from each committee.

Championship: The results of a survey regarding National Qualifying Times showed that the vast majority of respondents felt that NQTs were desirable and well received. They will be instituted at Tempe, AZ for 1994 SC. NQTs will also be developed for Long Course. The House of Delegates voted to consider a bid from Atlanta (out-of-rotation) with equal weight to in-rotation bids. The meet would be held in the Olympic Pool approximately three months prior to the Olympics. This significantly effects the PNA's intent to bid for '96 SC Nationals. We should know by April of '94 if Atlanta will be able to host the meet in the Olympic Pool. It was obvious from the showing at the House of Delegates that Atlanta would be the overwhelming choice if they bid. Under the current rules, if Atlanta wins the bid, the West coast will not be able to host a Short Course Nationals until 1999. Therefore, the PNA delegation strongly feels that the PNA must propose a rule change that will allow the West Coast region to bid for 1997 instead of 1996.

Coaches: Coach of the Year was presented to Emmett Hines of Houston, TX. Teams are encouraged to nominate worthy coaches. Criteria include publications and articles written, contributions to USMS and LMSCs, club and individual accomplishments, letters of support (4 max), and long term contributions. The Coaches Committee has numerous videos available for rental (\$50 deposit + \$4 postage).

Finance: A budget of \$487,197 was approved for 1994. A revised Financial Operating Guidelines (FOG) was approved. Included in the FOG is a requirement that each LMSC's financial records be reviewed annually by someone other than the LMSC's Treasurer.

Fitness: February Fitness Challenge and 2000 Yard Swim will continue. A summer open water fitness swim will be held next summer. A postal fitness event will be hosted to encourage non-USMS participation in swimming a continuous 500 yards.

Insurance: Insurance premiums are remaining relatively constant. 1994 projected total insurance bill is \$111,039 for liability, \$22,500 for accident, \$3850 for directors & officers, \$250 for equipment, and \$1300 for crime. Since the title "Approved Meet" can be interpreted as obtaining USMS approval of meet conduct and safety, the title will be changed to "Recognized Meet". The release of liability statement was revised.

International: "Unattached" swimmers will not be permitted in World Championship meets. 1994 World Championships are in Montreal July 4th -9th.

Legislation: USS meets are recognized for records and top ten and no longer will require a USMS observer. One event registrations may be accepted at the discretion of each LMSC. Rule Book and Fitness committees were added as standing committees.

Long Distance - PNA will "host" the 1995 10K Postal Swim. The event can be swum in any 50 meter pool from May 15th to September 30th. Each swimmer sends their time to us and we compile the results.

Other 1995 meets awarded include 1 Mile (June 18, Virginia Masters), 2 Mile (July 22, Ohio LMSC), Open Water 1.5 to 3 mile (July 23, Long Beach, CA), Open Water 3.5 to 5 mile (May 22, Ft. Lauderdale, FL), Open Water 6+ mile (mid August, Coronado, CA), 1 hour postal (Jan. 1 - Jan. 31, Georgia Masters), and 6000 yd postal (Sept. 1 - Nov. 30, Gulf Masters)

Marketing: The USMS Planner will be sent to each USMS member if adequate corporate sponsorship can be obtained. SWIM magazine subscriptions will follow the USMS registration year instead of being valid for one calendar year. Results of the SWIM magazine survey were presented. This included numerous demographic data as well as reasons people swim, number of swims/week, why they joined USMS, etc.

Planning: The committee recommended that the Executive Committee establish an ad hoc committee to work on development of a USMS Foundation. A three year agreement with SWIM magazine on similar terms to those currently in effect will be pursued. The committee recommended that the President establish an ad hoc committee to develop and implement the goal times project.

Records and Tabulation: The Top Ten Publication will be sent to the Top 10 Recorder of each LMSC instead of the LMSC Chairman. Subscribers to the publication will be invoiced for renewal. Certificates are available through MSI for World Records held between June, 1985 and May, 1992. FINA will provide certificates for records set after May, 1992.

Registration: National Registration fees will be reduced from \$15 to \$10 for swimmers registering in September and October, beginning in 1994. The national registrars now have an 800 phone #. They are also providing a new service of sending renewal invoices to USMS members.

Rules: Since this was a Legislation year, no significant rule changes were adopted.

Sports Medicine and Research: The committee name will be changed to Sports Medicine, Health, and Safety and the description revised accordingly. For supervised workouts, it is recommended that at least one individual on deck maintain certification in CPR, first aid training, and one of the following; coaches safety training, emergency water safety training, lifeguard training, or other equivalent training. For Masters swimmers in unsupervised workouts, it is recommended that there be a certified lifeguard on the pool deck at all times. The committee recommended to the Championship Committee that the no-diving cautions on the entry forms and each page of the heat sheet for 1994 National Championships include "subject to disqualification".

ad hoc One-Event Registration: One-event registrations will be allowed at the discretion of each LMSC. Such registrants are considered unattached. They will be designated as 1 EVT and must agree to be governed by USMS rules and regulations. Their times will not be considered for top ten or records.

ad hoc Officials: A revamped certification manual and video was prepared by San Diego-Imperial. The materials need expansion, revision, and review of rule citations. Concerns about lack of no-diving enforcement at meets and workouts was expressed.

USS meetings: The club development committee recommended that their extensive packet of materials for LSCs and clubs include information on USMS for parents. The Safety committee reported on their relationship with the American Red Cross. USMS may want to become involved in that relationship.

DID YOU KNOW?? WE SWIM IN THE NORTHWEST ZONE. THERE ARE EIGHT ZONES IN THE UNITED STATES. WITHIN EACH ZONE THERE ARE LOCAL MASTERS SWIMMING CLUBS. OUR CLUB IS THE PACIFIC NORTHWEST ASSOCIATION. THERE ARE 55 LMSC IN THE EIGHT ZONES. THIS ALL MEANS THAT THERE ARE ALOT OF MASTER SWIMMERS OUT THERE, AND THAT NOT ALL OF THEM ARE COMPETITIVE SWIMMERS. IN OUR LMSC THE FITNESS SWIMMER OUT NUMBERS THE COMPETITIVE SWIMMER BY A SMALL MARGIN.

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

This is the third in a series of columns on the scientific aspects of swim training and competition. This column reviews Chapter Three titled "Fatigue: factors limiting swimming performance" 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).

The causes and sensations of fatigue from a 100 meter event are different from those of the 1500 meter. Another different form of fatigue results from periods of heavy training. Training programs can improve muscular endurance and build resistance to fatigue.

The causes of fatigue are many and are currently not fully understood. These causes include:

1. depletion of energy needed for sprinting (ATP, phosphocreatine, and glycogen).
2. accumulation of waste products (lactic acid).
3. changes in the chemical composition of the muscle
4. disturbances in the central nervous system that decrease muscular coordination.

Energy sources for swimming were discussed in the previous article. ATP and phosphocreatine are depleted quickly in sprints resulting in fatigue after sprints. Muscle glycogen is depleted more slowly, but results in fatigue after longer races. Chronic depletion of muscle glycogen without adequate replacement between workouts leads to the more chronic fatigue felt during times of intense training.

Lactic acid is the primary waste product of exercise. The accumulation of this acid in the muscles interferes with normal function by making the muscle tissue more acidic. Some time after exercise is required for acidity levels to return to normal in the muscles.

In some cases, the nerves may not be able to transmit signals to muscles across the nerve muscle junctions. This is not yet clearly understood.

Finally, the brain may respond to the discomfort of strenuous exercise by limiting performance to a more tolerable level. It is felt that most swimmers stop an exercise before their muscles are physically exhausted.

Although there are many conditions and causes of fatigue, swimmers must train to develop the capacity and endurance of muscles, to learn proper pacing, and to develop tolerance for the discomfort of fatigue in order to achieve peak performance.

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

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 _____

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

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.

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.

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.

Columbia River Challenge

Sept. 12,

by Mark Van Achte

The Columbia River 2.5 mile open water swim was one of the most scenic and enjoyable events I have done for some time. Located near Multnomah Falls just east of Portland, the Columbia Gorge is a beautiful setting for an open water swim. The swim starts at an unknown beach on the Columbia River. It is made accessible to for the swimmers by race director Bill Parker. One week before the event Bill hacks a trail to the swim start and secures your safe passage to the start with a climbing rope down the side of a short hill to the beach. Once at the beach a spectacular view of Skamania Island on the Columbia River is visible. Our swim course will take us around the Island and back to the unknown beach. The first segment of swim is a 3/4 mile swim across the river and through a gate near a long sand bar which the swimmers must run across. Leading the pack to the sand bar was former winner John Weston with Olympic swimmer Dan Jorgensen on his tail. "The racing strategy at this point was to use this portion of the swim to warm up, jog across the sand bar, and than crank it up on the far side of the island" said John Weston. John and Dan dueled it out for the next mile and a half until Dan made a slight move and pulled ahead by about 20 seconds and held on to win in a course record time of 44:55 with John finishing in 45:20 nearly 2 1/2 minutes faster than his time last year. Rounding out the top three men was Mark Van Achte with a time of 51:32.

In the women's race Record holder Judi Sheridan and Deborah Heim staged an incredible race with Judi battling to the front at the very end of the race winning by the narrowest margin of one second. Her winning time of 58:48 was a course record Deborah finished with a terrific time of 58:49. In third place was Kristi Gustafson with a time of 1:09:35.

This is a swimming event that I highly recommend. Bill Parker does a great job organizing the event and the hike up to Multnomah Falls is spectacular and worth the drive to Portland in itself. See you next year at the Columbia River Challenge.

Top Five Men

1. Dan Jorgensen 44:55
2. John Weston 45:20
3. Mark Van Achte 51:32
4. Michael Johnson 54:31
5. Patrick O'Malley 55:11

Top Five Women

1. Judi Sheridan 58:48
2. Deborah Heim 58:49
3. Kristi Gustafson 1:09:35
4. Pam Himstreet 1:18:01
5. Patti Van Achte 1:19:09

PRO Sports Ultimate Pool Shark

1	Carolyn Behse	50f	91.69	12	Mark Van Achte	33m	80.84
2	Pat Matthiesen	77f	90.40	13	Phil Spencer	28m	78.13
3	Suzanne Dills	48f	88.04	14	Dean Behse	51m	75.78
4	Keith Szot	28m	86.98	15	Barbara Schaeffer	32f	73.97
5	Tom Davis	45m	86.02	16	Kelly Korten	16f	73.63
6	Melissa Edwards	6f	85.11	17	Marion Chadwick	71f	72.79
7	Tami Keeler	24f	84.08	18	Ilan Caron	38m	72.07
8	Kerry Marra	18f	83.92	19	Mike Blume	41m	70.78
9	Mike Morrow	36m	82.55	20	Jean Ensign	46f	68.62
10	Bob Griffith	51m	81.47	21	Kim Dahlman	29f	67.90
11	Jeff Freshley	30m	81.10	22	Ron Moore	47m	66.23

The Pro Sports Ultimate Pool Shark is a four event swim meet. Each swimmer completes a 50yd.any stroke, 100yd. any stroke, 200yd. any stroke, & a 500yd Freestyle. Each swimmer scores points in each event, with a handicapped method of scoring. This makes it possible for any age group to win the swim meet. Look for the Ultimate Pool Shark in the spring this time there will be a team division. So get your Maters team ready!!! Also an added bounus each swimmer and volunteer recieves an original Ultimate Pool Shark T-Shirt.

IF YOU ARE IN **BUSINESS**, CONSIDER ADVERTISING IN THE "WET SET"
ONE FOURTH PAGE \$20.00 FIRST MONTH, THEN \$15.00 PER MONTH
ONE HALF PAGE \$40.00 FIRST MONTH, THEN \$20.00 PER MONTH

Send your ad and a check, payable to PNA MASTERS SWIMMERS, by the first of the month in which you wish your ad to appear to: Phyllis Gill, 14037 SE Allen Rd., Bellevue, WA 98006.
Telephone: 865-9856

NON-PNA MEMBERS SUBSCRIPTION FORM FOR THE "WET SET"

NAME _____

ADDRESS _____

Send this form and a check for \$12.00, payable to PNA MASTERS SWIMMERS, to Francine Harmeson, 2617 NW64TH-#4, Seattle, WA 98107

* * * * *

CHANGE OF ADDRESS

IMPORTANT !! BULK MAIL IS NOT FORWARDED !!

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

NAME _____

USMS # _____

OLD ADDRESS _____

NEW ADDRESS _____

NEW PHONE NUMBER _____

* * * * *

WANTED

I AM LOOKING FOR PEOPLE TO HELP ME WITH THE NEWSLETTER
NO EXPERIENCE NEEDED
CALL ME ! ! !
PHYLLIS GILL - 865-9856



UNITED STATES MASTERS SWIMMING, INC.
1994 REGISTRATION APPLICATION



RENEWAL my current USMS number is _____ NEW Registration

REGISTER WITH SAME NAME YOU WILL USE FOR COMPETITION.
PLEASE print clearly.

Last Name _____ First Name _____ Init _____

Street _____ Apt.# _____

City _____ State _____ Zip _____

Phone No. _____ Date of Birth _____

Mo _____ Day _____ Yr _____

CLUB: PNA Aquatics SQM Unattached

TEAM: (Check One) _____ Unattached

PLEASE MAKE CHECKS PAYABLE TO: PNA MASTER SWIMMERS

	USMS Fee		LMSC Fee		Total Fee
Under 65	15.00	+	15.00	=	30.00
Senior 65+	15.00	+	8.00	=	23.00



MAIL TO: Francine Harmeson (206) 782-0921
2617 NW 64 St #4
Seattle, WA 98107

WAVIER: I, 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 and competition) including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the Masters Swimming program or any activities incident thereto, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES INCLUDING ALL CLAIMS FOR LOSS OR DAMAGE CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OR THE FOLLOWING; United States Masters Swimming, Inc., the local masters swimming committees, the clubs, host facilities, meet sponsors, meet participation in Masters Swimming. In addition, I agree to abide by and governed by the rules of USMS.

Signature _____ Date _____

Don't miss the North Kitsap Meet, December 4 and 5!

The Social Committee offers these two attractions in addition to the charms of Poulsbo and the North Kitsap Community Pool:

Christmas Coffee Cup Exchange	Swim Cap Food Exchange
<p>Bring along a favorite (or not-so-favorite) cup or mug to exchange for another! Surely you have one that's --</p> <ul style="list-style-type: none"> • Unusual • Pretty • Shocking • Colorful • Profound • or otherwise White Elephantish 	<p>Bring in two cans of food (or an equivalent non-perishable item) to donate to our local food bank, and we'll give you a <i>PNA Swim Cap!</i></p> 
<p>Leave your mug at the Concession Table where negotiations may be arranged.</p>	<p>Friendly helpers at the Concession Table will collect your cans and issue caps.</p>

And after the meet, check out Christmas shopping in "Little Norway"!

15



NORTHWEST TRIATHLETE RANKINGS, RACE RESULTS, RACE CALENDAR, TRAINING TIPS, ALL THIS AND MORE IN NORTHWEST TRI-SPORT!!! THE NW TRIATHLETES TRI-MAG!!!

To Subscribe to NWTS send \$12 to NWTS 6815 142nd CT. NE Redmond Wa. 98052		
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<small>\$12 Per year subscription rate. NWTS is a bimonthly triathlon publication. Premier issue will be out Jan. 1994. Don't miss it!</small>		

**HAPPY BIRTHDAY
TO THE FOLLOWING PNA SWIMMERS**

11/16	BRUCE ERICKSON
11/18	CHARLES BROCKUS
11/18	BILL JOHNSON
11/18	CHAR SIMONS
11/18	OWEN VANDE VELDE
11/20	AMY MORRIS
11/20	DAVID TURNER
11/21	WILLIAM HUMPHRIES
11/21	RONALD KACH
11/21	SAMUEL ORR
11/22	MARK BOWLING
11/22	MATTHEW PALMER
11/23	NICK LECLERCQ
11/24	KIRK ADAMS
11/24	AMY NEWELL
11/25	MARCUS FAIRBANKS
11/25	PETER LIEKKIO
11/25	MICHAEL NAYLOR
11/25	D. KIKO VANZANDT
11/26	PAUL CLEMENTS
11/27	LINDA MARIZ
11/29	LIZ MCCORMACK
11/30	FRANCINE HARMESON
11/30	SHIRLEY KOLM
11/30	THORNTON TYSON
12/02	CHRISTIE GEIST
12/02	JEAN SCARZELLO
12/04	PETER STEKEL
12/06	LISA GARNER
12/06	ED POTTHARST
12/07	ROBERT STONE
12/09	MEGAN BERGER
12/09	LARRY LUPEAR
12/09	DAN NELLIS
12/09	PAMELA TURNER
12/10	AULIS KAHKONEN
12/12	MARIA BUSKE
12/13	FRANK NEWQUIST
12/14	RICK COLELLA
12/15	PAUL STOERMER

OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 373-13
 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 OR FORM WITH THIS ENTRY.**

MEET: G.P. "Y" Masters S.C. Meet

DATE: December 4th & 5th, 1993

PLACE: GRANT PASS FAMILY YMCA
 1000 REDWOOD AVENUE
 GRANTS PASS, OR
 5 LANES COMPETITION
 MANUAL TIMING

SATURDAY DEC 4	SUNDAY DEC 5
WARM-UPS: 3:30 P.M.	WARM-UPS: 7 A.M.
MEET STARTS: 4:30 P.M.	MEET STARTS: 8 A.M.

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Grants Pass Y Masters **Meet Director:** Lisa Glen 503-474-0001 work

DIRECTIONS TO POOL: From I-5 Southbound take exit 58. South Street South to Hwy 199. Turn right onto 199 to Redwood Avenue frontage road (on right side). YMCA is on right just past Fairgrounds.

ENTRY DEADLINE : POSTMARKED NO LATER THAN Nov. 20th, 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: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 6 individual events plus 4 relays. You may swim a maximum of 5 events per day. Enter relays at the meet. The 400 I.M., 500, and 1650 Free will be deck seeded. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

SATURDAY DEC 4

400 I.M. (1) _____ : _____ : _____
 1650 FREE (2) _____ : _____ : _____

SATURDAY DEC 5

FREE RLY (3) XXXXXXXXXXXXXXXX
 200 FLY (4) _____ : _____ : _____
 200 BACK (5) _____ : _____ : _____
 50 BREAST (6) _____ : _____ : _____
 100 FREE (7) _____ : _____ : _____
 MXD FR RLY(8) XXXXXXXXXXXXXXXX
 BREAK BREAK BREAK
 200 I.M. (9) _____ : _____ : _____
 50 FLY (10) _____ : _____ : _____

100 BACK (10) _____ : _____ : _____
 200 BREAST (11) _____ : _____ : _____
 50 FREE (12) _____ : _____ : _____
 50 FREE (DISABLED) (13) _____ : _____ : _____
 MED RLY (14) XXXXXXXXXXXXXXXX
 BREAK BREAK BREAK
 100 FLY (15) _____ : _____ : _____
 50 BACK (16) _____ : _____ : _____
 100 BREAST (17) _____ : _____ : _____
 200 FREE (18) _____ : _____ : _____
 100 I.M. (19) _____ : _____ : _____
 MXD MD RLY (20) XXXXXXXXXXXXXXXX
 500 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 Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$10.00 SEND FORM(S) & FEE(S) PAYABLE TO:
OREGON MASTERS SWIMMING P.O. BOX 40313 PORTLAND, OREGON 97240

PNA MASTERS LOCAL SWIMMING COMMITTEE
 MEET ENTRY FORM: February 12, 1994
 GREEN LAKE AQUA DUCKS
 at Helene Madison Pool
 Sanction #943602

FRED WIGGIN MEMORIAL MEET

NAME _____ M _____ F _____ AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS # _____

TEAM _____ or UNATTACHED _____

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.

EVENT NUMBER	EVENT	EVENT TIME
_____	_____	_____
_____	_____	_____

Enter relays at meet.

ENTRY FEES

First 50 Entries Receive a
 Complimentary Swim Cap

Single entry fee

\$ 7.00

additional donation

TOTAL

Checks payable to : Tammi Keeler

Mail fees and this entry form to:

Tammi Keeler
 911 1/2 N. 86 St.
 Seattle, Wa. 98105

ENTRIES DUE: February 2, 1994

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 of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES, AS A CONDITION OF MY PARTICIPATION IN MASTERS SWIMMING. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED _____ DATE _____

PNA MASTERS LOCAL SWIMMING COMMITTEE
 MEET INFORMATION: February 12, 1994
 Hosted by Green Lake Aqua Ducks
 DEADLINE: Entries due: February 2, 1994

FRED WIGGIN MEMORIAL MEET
 Distance Only Meet!

FIRST 50 ENTRIES RECEIVED WILL RECEIVE A SWIM CAP
 THERE WILL BE CONCESSIONS AT THE MEET

ORDER OF EVENTS
 EVENT # EVENT

- 1000 FREE
- Relay
- 400 I.M.
- 800 FREE RELAY

DATE: February 12, 1994
 TIME: Warmups: 8:00 A.M.
 Meet: 9:00 A.M.

PLACE: Helene Madison Pool
 13401 Meridian Ave. N.
 Seattle, WA 98125 684-4979

MEET DIRECTOR: Tammi Keeler

PHONE: 524-7579 (before 8 p.m.)

FACILITY: 6 - lane, 25 yard pool, warm-up area, water temp: 84

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all USMS registered 1994 swimmers 19 and over as of the last day of the meet.

SEEDING: Please indicate if you would like to swim two to a lane in the 1000 Freestyle. Two to a lane swimmers will swim first, then seeding will be fast to slow

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: From I-5 NB, take 130th St exit; go WEST on 130th to Meridian (2nd light); turn RIGHT on Meridian; pool is on left at 134th. From I-5 SB, take 145th St. exit; go RIGHT on 145th to Meridian; turn LEFT on Meridian; go to 134th.

This is the third annual Fred Wiggin Memorial Meet; a distance only event. A portion of the proceeds will go to the Memorial Fund. The memorial fund is used to support a USMS or USS swimmer in training or in competition. You are encouraged to make a donation even if you will not be swimming.

400 I.M. Traveling Award: A trophy and a plaque will be presented to the swimmer closest to a PNA record for the individual's age group.

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.

CASEY, KATHRINE
11114 - 111TH ST. SW
TACOMA, WA 98498

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