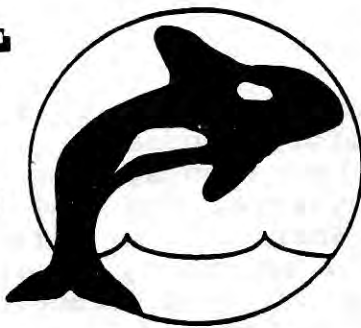


the

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

WET SET



THE PNA NEWSLETTER

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Editor

Phyllis Gill

Publicity

Nancy Foote-Edwards

Social

Jeanette Vallandigham

UPCOMING BOARD MEETINGS

DECEMBER - NO BOARD MEETING

JANUARY 25TH - JANE MOORE'S OFFICE, FEDERAL WAY

* * * * *

VOLUME 12 - NUMBER 12

December, 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.

Juamba: 10/31/93

Dear Swimmers:

By the time you read this newsletter, Thanksgiving will be over and Christmas and New Year's rapidly approaching. I will have left for Spain the morning after Thanksgiving to return on December 6. I am the team physician for the United States National Swim Team at the first Short Course World Championship meet in Palma, Majorca, Spain. I am really looking forward to the trip and hope to have lots of good experiences, not to mention pictures, to share when I return.

Unfortunately, that trip means I have to miss the Poulsbo meet, but everyone should have a good time there with the Swim Cap Food Exchange and the Coffee Cup Exchange. I will have to wait for the Anacortes meet in January to swim again.

We have several new committees working on projects for the PNA. These committees are Participation and Growth, Coaches, and Open Water Swims. If you are interested in helping with any of these, please let me know. If you have other ideas that should be addressed, let me know about those too. Remember, any PNA member is welcome to attend any Board meeting. Dates and locations are in the WetSet. Feel free to call me for further details.

Don't forget to check out the details of the 1994 Fitness Swim in this newsletter. You have to get started in January, so don't miss the boat. It should be lots of fun and a challenge to complete.

See you at a meet or board meeting soon.

Jane Moore

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

12/16	LOUIS HERRERA	01/02	RALPH BREMER
12/16	JACK LYNCH	01/02	DORA COFFELT
12/25	L. (GENE) CROSSETT	01/03	KRISTOPHER HISLOP
12/27	A. JULES DE GIULIO	01/03	JOHN MC JUNKIN
12/27	DAVID HUTCHINSON	01/03	LARRY WRIGHT
12/27	BRIAN JENNINGS	01/05	ELIZABETH HERRING
12/27	SHERRY LUCAS	01/06	NAN (NANCY) BENSON
12/27	JAMES STRETCH	01/06	ED CLARKE
12/28	TYGE PISTORIO	01/07	HELEN SCHUCHART
12/28	JAMES(JIM) JR SLOAN	01/09	BRYAN SPARROWHAWK
12/29	CURTIS WADE	01/09	THOMAS TAYLOR
12/30	BETTY GRIGGS	01/11	RANDI BEERS
12/30	GARET MUNGER	01/11	MICHAEL SAUNDERS
12/30	JOY ROGERS	01/11	TOM SEIFTS
12/31	JOHN KUCERA	01/11	DEBORAH TAYLOR
12/31	JAMES SCANTLAND	01/11	FRANK WARNER
12/31	DONNA WILLIAMS	01/12	BENJAMIN MILLER
01/01	JULIE CORMAN	01/13	MARK BEQUETTE
01/01	MARK OZANICH	01/13	MARILYN GRINDROD
01/01	ROBBERTA (ROBBIE) WOODS	01/14	JACK KINDRED
01/02	EARL BERGQUIST	01/15	JOHN UNDERBRINK

**PNA BOARD MEETING
THURSDAY, OCTOBER 21, 1993**

Held at the Home of Suzie and Collin Ness in Seattle.

The meeting was opened at 7:18 p.m. by president, Jane. Those present were: Suzie Ness, Tammy Keeler, Jane Moore, Hugh Moore, Karen Jost, Walt Reid, Francine Harmeson, AnnaMarie Terhaar, Jeanne Ensign, Steve Peterson, Phyllis Gill, Gordon Gray, Jan Kovadas, Phoebe Terhaar, Robin O'Leary, Ali O'Leary (a little ray of sunshine who loves her veggies), and Frank Newquist. Teams represented were: ORCA, GLAD, FWM, Fort Steilacom, Issy., and OOPS.

MINUTES

MSA as corrected. (Have to get a new streak started!)

TREASURER

Tammy Keeler announced a total account balance of \$6,428.70, with \$2,931.40 in the Wiggin Fund and \$3,497.30 as a balance for the PNA.

COMMITTEES

A. MEMBERSHIP

Francine announced that we currently have 590 members registered, with another eight or so applications to be processed. She passed around samples of the invoice that was being mailed to all of the PNA swimmers to reregister. The approximate cost for the mailing is 50 cents per swimmer. One day/event registration was discussed, and it was MSA to not approve that type of registration at present. Francine said she was having problems with the PNA computer, and asked for authorization to go to Ballard Computer. MSA to allow Francine \$150.00 for the initial exam fee and repairs. Further, she has paid the LMSC dues to USMS for 1994.

B. MEETS

Suzie announced that the new release advised by USMS will be used at the South K meet. Further, she reminded everybody that, at the Queen Anne Meet on 11/21, all swimmers must enter all events for an award. It was MSA that ORCA could move its meet to February 19. Please note that we no longer have "approved" meets, only "recognized" meets. Jane announced that she was donating swim caps to the South K meet for anyone bringing two cans of food for the local food bank. It was also MSA to donate Long Course National swim caps for the meet.

C. RECORDS AND TOP 10

Walt Reid will compile a short course yards top ten for PNA swimmers.

D. PUBLICITY

Jane said that an article regarding a masters swimmer had appeared in the Tacoma paper, and that she had received four phone calls as a result of that article.

E. NEWSLETTER

Phyllis Gill is checking out a publisher to revamp the newsletter, and stated that she may get some new software. She also announced that she is looking for PNA swimmers who are interested in working on her committee to publish the newsletter. (If you are interested, please contact her or Jane Moore.)

F. AWARDS

Phoebe (turns out she is a fellow physics student and was able to offer conclusive proof that dark does, indeed, move from the outer perimeter to the interior ... by moving her hands from a distance of about three feet apart to a distance of about two inches apart. I was really impressed.) announced that she has enough awards to cover the meets for October, November, and December. She is looking at the possibility of mixing up styles of awards so that the same style of award is not used in two consecutive years. There was some discussion on various topics such as using participation awards only, looking for new designs for awards, how much to spend on awards, seeking corporate sponsorship participation to provide awards. The cost, in the past, has run about \$600.00 every two to three years. Walt suggested putting out a questionnaire at an upcoming swim meet regarding swimmers' usage of the awards. That was MSA. Phoebe was authorized to get a plaque for the Dawn Musselman award presented each year at Long Course Nationals for the winner of the 60- to 64-year age group, women in the 100-meter freestyle.

G. SOCIAL

Suzie said she had heard from Jeannette and announced that a social would be held after the upcoming Queen Anne Meet at Romeo's Pizza which is near the pool. At the North Kitsap Meet, there will be a coffee cup trade. The Board spent several minutes establishing the "ground rules."

H. OFFICIATING

No report.

I. FITNESS

Karen Jost announced that she, Tammy, and Frank were working as an organizing committee for an upcoming fitness clinic to be held February 1994. (PLEASE NOTE THAT THE CLINIC HAS ACTUALLY BEEN RESCHEDULED FOR 1/29/94.) Jan suggested including the one-hour swim as part of the fitness clinic. Karen is also preparing a fitness challenge for the entire PNA that will include several long-distance events, including the one-hour swim. All results

are to be submitted to Karen. A plaque with separate engraved bars for each event will be awarded.

J. COMPUTER

Gordon Gray advised that he would work with Walt Reid to get results produced and published. Jane announced that, at the recently concluded USMS convention, all LMSCs were encouraged to automate their meets. USMS is willing to subsidize the purchase of a Hytek program that is recommended by USMS. Hugh said that he will research this a little further and report back.

K. CONSTITUTION AND BYLAWS

No report.

L. OLD BUSINESS

As previously reported, Debbie Falsgraff had to resign as PNA vice president due to other conflicts. It was MSA that Jeanne Ensign serve as replacement effective 11/1/93.

1. Ad Hoc Committees. The board is looking for a chairperson to head the new Participation and Growth Committee. (Steve Peterson apparently was out on the porch having a smoke and escaped the usual railroad job.) Phyllis Gill, Francine Harmeson, and AnnaMarie Terhaar volunteered to participate, and AnnaMarie was selected as chairperson.

2. New Logo. Francine showed the additional changes for the new logo for PNA. She indicated that she could have a final draft at the next meeting.

M. NEW BUSINESS

Suzie Ness was picked as liaison to the PNSA. Her specific job is to get information on all USS meets and be the contact person to receive that information.

Approval was given for \$25.00 for a zone expenditure.

The meeting was adjourned at 9:05 p.m. The next meeting will follow the Queen Anne Meet on Sunday, November 21.

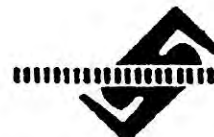
Respectfully submitted,

Frank Newquist
Frank Newquist

(Once again, my deepest thanks to Karen Jost for making my job so much easier by doing it for me. I was, indeed, playing in the smog in California. I came back with a head cold that you wouldn't believe. It is absolutely stunning that one human head can produce so much snot in such a short period of time. If I could market the stuff, I'd retire early.)



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 _____

P N A MEET SCHEDULE

January 16-	25M	Anacortes
February 12-	25Y Distance meet	GLAD-Seattle
February 19-	25Y Shorter Events	ORCA-Seattle
March 20-	25Y	Bangor
April 8-10-	25Y PNA Champs	Federal Way
July 30-31	50M LC Zones	Federal Way

* * * * *

OREGON MEET SCHEDULE

January ??	25Y	Portland
February 5	25Y	Tualatin
March 5-6	25M	Bend
March 25-27	25Y Oregon Champ SCY Meet	Roseburg

* * * * *

INLAND EMPIRE

January 15-16	25Y	Spokane
February 5-6	25M	Fairchild Air Force Base
February 26-27	25Y	Yakima
March 12-13	25Y	Spokane
April 22-23-24	(tentative) Inland Empire Champs	NW Zone Meet ???

* * * * *

NATIONAL AND INTERNATIONAL SCHEDULE

April 20-24 1994	YMCA MASTERS NATIONALS	INDIANAPOLIS, IN
May 13-16 1994	SHORT COURSE NATIONALS	TEMPE, AZ (ASU)
August 25-28 1994	LONG COURSE NATIONALS	BUFFALO, NY
July 4-10 1994	WORLD CHAMPIONSHIPS	MONTREAL CANADA
Sept 26-Oct 8 1994	WORLD MASTERS GAMES	BRISBANE, AUSTRALIA

* * * * *

FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED

INLAND EMPIRE
Chuck Tasca
 E. 18005 8th Ave
 Green Acres, WA.
 99016
 (509) 922-5616

OREGON
New Chair
 will be updated

IDAHO
Paula Howard
 1816 S Empire Wy
 Boise, ID 83709
 (208) 323-1471

BRITISH COLUMBIA
Mary Lou Monteith
 2363 Seine Road
 Duncan, BC V9L 3B2
 (604)748-0527

UTAH
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 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

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 *John Zell-Oregon (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!
John Zell, 4640 NE 36th Ave, Portland OR 97211 (503) 282-9347

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



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**

OFFICIALS' NOTE

The beginning of the competitive season is a good time to reinforce safety in Masters swimming. A particular concern is "diving" into the pool. Thou shalt not as described in the rule:

102.4 Warm-up/Warm-down procedures

.2 Swimmers must enter the pool feet first in a cautious manner, with at least one hand in contact with the pool deck or gutter. Diving shall be permitted only from the blocks in the designated lanes.

At Convention some consideration was given to describing proper procedure in more detail. The most common error in judgement occurs when a swimmer enters "feet first" but in an unsafe manner. I have witnessed persons jumping 5 feet from the edge of the pool in a cannonball. This type of entry is no safer than diving into the pool. The rule states: "...with at least one hand in contact with the pool deck or gutter."

During warm-up you must enter the pool carefully with one hand in contact with the deck or gutter. Insure that there are no others in the space you are to enter. Sprint lanes may be set up for diving practice.

Practice these safety procedures in your every day practice as well. Again, set up a special lane to practice your dives.

GET FIT IN FEBRUARY!

Wanna make those New Year's resolutions come true? How about shedding those unwanted pounds and inches? Do you need a little motivation to make it to the pool each day? Well, the February Fitness Challenge may be just what you need!

This unique postal event is sponsored by the USMS Fitness Committee, Speedo, SWIM Magazine, and American Lap Swimmers Association. Simply keep track of your daily yardage, and at the end of February calculate your monthly total. For a nominal fee, you'll receive a copy of the national results plus an achievement certificate. For a few more dollars, you're entitled to the popular and colorful "Fitness Frog" t-shirt and an event swim cap. Medals awarded to the top three achievers in each age group.

Join swimmers from around the world in reaching the 1994 FFC goal - 1000 participants completing a trip around the globe - 24,072 miles! For a few training ideas, write for a free brochure entitled "Ten Great Workouts for the February Fitness Challenge". See the enclosed entry form for more information. And while swimming those laps during the dead of winter, remember Fitness Frog's motto: "Count every yard, 'cause every yard counts!"

Thanks for your support of the February Fitness Challenge. Here's hoping you, too, will participate in the "Challenge".

USMS Inc. National Office • Dorothy Donnelly, Executive Secretary • 2 Peter Avenue, Rutland, MA 01543 • (508)886-6631 FAX (508) 886-6265

President Daniel F. Gruender 3329 N. Valencia Lane Phoenix, AZ 85018 302-994-1560	National Office Dorothy Donnelly 2 Peter Ave Rutland, MA 01543 (508) 886-6631 FAX (508) 886-6265	Vice President Nancy Rideout 580 Sunset Parkway Novato, CA 94947 (415) 892-0771	Secretary Mel Goldstein 6456 Broadway Indianapolis, IN 46220 (317) 253-3652	Treasurer Suzanne Rague 263 West End Ave #9C New York, NY 10580 (914) 967-8167	Legal Counsel Jack Geoghegan 155 Osborn Road Rye, NY 10580 (914) 967-8167	Past President Thomas D. Boak, Jr. 15 Saw Mill Grove Lane The Woodlands, TX 77380 (713) 363-0672	Zone Chairman Mary Pat Maley 5450 Foley Road Cincinnati, OH 45239 (513) 922-7954
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February Fitness Challenge '94



Purpose: To promote fitness through swimming and to encourage participants to swim regularly and to track their results over a monthly period

Sponsors: Southern Masters Swimming, United States Masters Swimming Fitness Committee, SWIM Magazine, Speedo America, American Lap Swimmers Association

Eligibility: Must be at least 19 years of age

Recording Distance: Beginning February 1, 1994, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

Awards & Results: All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Allow 30 days after deadline for mailing of results/awards.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59... (in five year increments)

Age: Determined by your age on February 28, 1994

Rules: Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

Entry Fee: \$5.00, all fees (check or money order) payable to Southern Masters Swimming

T-shirts: \$12.00, short sleeve, 100% cotton.

Theme: "Fitness Frog: Sittin' On Top Of The World!"

Caps: Swim caps with FFC logo available for \$3.00

Entry Deadline: Entries must be RECEIVED by March 21, 1994. Late entries will be returned!

Entry Procedure: Send form below and fees to:

FEBRUARY FITNESS CHALLENGE
c/o Scott Rabalais
950 South Foster Dr. #29
Baton Rouge, LA 70806 USA
Phone: (504)928-5596

International Entries: Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

Workout Guide: For a free brochure entitled "Ten Great Workouts for the February Fitness Challenge," send a self-addressed stamped envelope to above address.

FEBRUARY FITNESS CHALLENGE '94

(please print)

NAME: _____ AGE:(as of 2/28/94): _____ SEX: _____
ADDRESS: _____ CITY: _____ STATE: _____
ZIP: _____ COUNTRY: _____ PHONE:() _____ USMS MEMBER? Y N

TUE FEB 1 _____ yds	TUE FEB 8 _____	TUE FEB 15 _____	TUE FEB 22 _____
WED FEB 2 _____	WED FEB 9 _____	WED FEB 16 _____	WED FEB 23 _____
THU FEB 3 _____	THU FEB 10 _____	THU FEB 17 _____	THU FEB 24 _____
FRI FEB 4 _____	FRI FEB 11 _____	FRI FEB 18 _____	FRI FEB 25 _____
SAT FEB 5 _____	SAT FEB 12 _____	SAT FEB 19 _____	SAT FEB 26 _____
SUN FEB 6 _____	SUN FEB 13 _____	SUN FEB 20 _____	SUN FEB 27 _____
MON FEB 7 _____	MON FEB 14 _____	MON FEB 21 _____	MON FEB 28 _____

TOTAL MONTHLY YARDAGE = _____ YARDS
TOTAL MONTHLY MILEAGE = _____ MILES
(To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

SIGNATURE: _____ DATE: _____

FEEs
Entry fee \$ 5.00 _____ (required)
T-Shirt 12.00 _____ (optional)
Shirt size: _____ S M L XL
Swim cap 3.00 _____ (optional)
Int'l fee 3.00 _____ (outside U.S.)
TOTAL _____ (U.S. dollars)
(payable to Southern Masters Swimming)

Ten Great Workouts

for the

February Fitness Challenge



Contributing Coaches

Robert Bablak
Judy Bonning
Dick Bower
Michael Collins
David Diehl
Tom Harmon
Lucky Meisenheimer
Jim Miller
Nancy Miller
Scott Rabalais

Workout #1

Robert Bablak, Ohio Masters

Warm Up:

Swim 2 x 250 IM's (rest :30 between 250's)
(25 fly, 50 back, 75 breast, 100 free)

Note: Can be done in reverse order

Kick 1 x 300 using two kicks, alternate 50's

Main Set:

Swim 5 x 50 (various)

Kick 4 x 25 (:30 sendoff)

Swim 1 x 50 (free)

Repeat all three sets for each stroke, suggested
sendoffs are free :50, back, breast, fly 1:00

Rest :30 between each 400 yard set

Kick 4 x 100 IM's continuously with no board

Swim 6 x 125 IM's - 50 yards of least efficient stroke

Swim Down 300 yards choice

Total: 3550 yards

Workout #2

Judy Bonning, Coral Springs Masters

Warm Up:

400 choice - every 3rd 50 is 25 right arm, 25 left arm

Kick 10 minute kick for distance; how far can you
kick in ten minutes? Choose kick and method of
kicking (with or without board, fins, etc.) Record your
distance and method for future reference.

Main Set: (locomotive)

25 free - 25 back, 50 free - 50 back, 75 free - 75
breast, 100 free - 100 IM

100 free - 100 IM, 75 free - 75 breast, 50 free - 50
back, 25 free - 25 fly

Pull 500 Free - breathe every 3rd, 5th, and 7th
strokes by 50's if possible, if not breathe at least
every 3rd stroke. Work on distance per stroke.

Loosen 4 x 50 - 25 drill/25 swim, choice of drill and
stroke

Total: 2500 yards (approximate)

Workout #3

Dick Bower, Bolts Masters

Swim easy choice, 10 minute warm up

Swim 3 x 6 minute distance with descending times
(Swim as far as you can including :20 to :30
rest, leave every 6:00.)

Swim 15 minutes of 100's, stopping to rest for :10
after each 100, medium pace

Pull 16 x 25 on :30 (or 12/:40), medium to fast pace

Kick 5 minutes continuous, medium pace, with or
without fins

Kick 16 x 25 on :30 (or 12/:40), fast pace, with or
without fins

Swim 20 x 25 on :30 (or 16/:40), all fast pace, then
swim down easy

Total: 3500 yards (approximate depending on ability)

Workout #4

Michael Collins, Davis Aquatic Masters

Warm Up: Swim easy 200 free, 100 back, 100 breast

Kick/Swim 8 x 50/:15 rest interval

25 kick without board, 25 swim

2 x 50 in each stroke, reverse IM order

Substitute free if unable to do strokes

2nd 50 of each stroke faster than 1st 50

Main Set:

Pull 1 x 800/:30 rest

Swim 8 x 100/:15 rest, odds 25 specialty/75 free;
evens IM

Pull 1 x 600/:30 rest, avg. 1-2 secs. per 100 faster
than 800

Swim 6 x 100/:15 rest, odds 50 spec./50 fr, evens IM

Pull 1 x 400/:30 rest, avg. 1-2 sec. faster than 600

Swim 4 x 100/:15 rest odds 75 spec./25 fr

Pull 1 x 200/:30 rest avg. 1-2 sec. faster than 400

Swim 2 x 100/:15 rest, odds 100 spec., even IM

Warmdown: Swim 1 x 200 choice easy

Total: 5000 yards

Workout #5

David Diehl, Terrapin Masters

A-Advanced, I-Intermediate, E-Easy

Warm Up: 50's freestyle (A-12/50, I-10/1:00, E-8/1:10) Concentrate on technique:

Odd - Reach (roll shoulders), Push (finish stroke)

Even - Bilateral breathing, every 3rd stroke

Kick Set: 50's back (A-12/1:00, I-10/1:10, E-8/1:20)
Arms above head, streamlinedDrill Set: 50's free (A-12/55, I-10/1:05, E-8/1:15)
Odd - Finger drag (high elbows on recovery)
Even - Thumb drag (down center of chest, hands under body)

Main Set: 500's free (A/7:30, I/9:00, E/10:30)

Build intensity with each 500

1- Broken at 100's for :15

2- Broken at 50's for :10

3- Broken at 25's for :05

4- Straight Swim (A-3 times, I-2 times, E-1 time)

Swim 200 choice easy

Total: A-5000 yards, I-4200 yards, E-3400 yards

Workout #6

Tom Harmon, IRCC Masters

Warm Up: 200 free swim, 200 kick, 200 pull,
then 8 x 75 - each 25 drill, 25 swim, 25 buildMain Set: 6 x 100 - Odds free, Evens other than free
Descend first to last, after set swim 50 long & smooth

4 x 125 - 50 drill, 25 build, 25 long & smooth, 25 no breath

8 x 25 kick - 25 sprint, 25 underwater (can be done with or without fins), then 50 long & smooth

Pull 6 x 50 negative split, then 200 warm down

Total: 3100 yards

Workout #7

Lucky Melsenheimer, Team Orlando Masters

E - Elite Masters, M - Masters,

F - Fitness Swimmers

Warm Up: E-800 swim, M-600 swim, F-400 swim

Set: E - 8 x 75/1:20

25 catch-up drill, 25 build, 25 hard

M - same

F - 8 x 50/1:20, 25 catch-up, 25 build

Main Set: E - 90 x 25, M - 90 x 25

F - 90 x 25 (every other one)

20 choice on :30

20 IM (5fl, 5ba, 5br, 5fr) on :30

10 free, 1 easy, 1 hard on :30

20 kick on :40

20 swim (5/30, 5/25, 5/20, 5/15)

Concentrate on streamlining off the push off!

Swim Down E-200 easy, M-100, F-100

Total: E-3850 yards, M-3550, F-2025

Workout #8

Jim Miller, Virginia Masters

Warm Up:

300 free easy, swim 25, kick 25

4 x 50/1:00 - easy perfect stroke

300 non-free, swim 25, drill 25

4 x 50 non-free/1:10 - easy stroke

Main Set:

3 x 100 free/1:30, steady even pace

3 x 75 IM/1:15 (fl-ba-br)

3 x 100 free/1:25, steady even pace

3 x 75 non-free/1:15

3 x 100 free/1:20, hold even pace

3 x 75 drill IM easy/1:30-1:45

3 x 100 free/1:45, faster pace than above with more rest

Warm Down: 300 easy, alternate 50 free and 50 non-free

Total: 3175 yards

Workout #9

Nancy Miller, Virginia Masters

Warm Up: 100 easy free

100 back (swim/kick/drill/swim by 25's)

100 breast (swim/kick/drill/swim by 25's)

100 free (swim/kick/drill/swim by 25's)

100 fly (swim/kick/drill/swim by 25's)

100 free easy

Main Set:

5 x 100 free/easy interval

2 x 50 easy choice stroke or dr/sw on 1:15-1:30

4 x 100 free/interval :05 faster than 1st interval

3 x 50 easy choice (same as 1st group of 50's)

3 x 100 free/interval :10 faster than 1st interval

4 x 50 easy choice (ditto)

2 x 100 free/interval :15 faster than 1st interval

5 x 50 easy choice (ditto)

1 x 100 free/interval :20 faster than 1st interval (fast)

6 x 50 easy choice (ditto)

Note: Set the interval for last 100 first (i.e. fastest all out 100 pace), then add time to create other ints.

Warm Down: 200 yards

Total: 3300 yards

Workout #10

Scott Rabalais, Crawfish Masters

"BROKEN 500's" - :30 rest within each 500

Intervals: 10/7:00 or 9/8:00 or 8/9:00 or 7/10:00 or 6/11-12:00 or 5/13-15:00

#1- 200 (:10) 150 (:10) 100 (:10) 50

#2- 150 (:10) 100 (:10) 150 (:10) 100

#3 - 25 (:05) 50 (:05) 75 (:05) 200 (:05) 75 (:05) 50 (:05) 25

#4 - 100 (:05) 100 (:10) 100 (:05) 100 (:10) 100

#5 - 50 (:05) 100 (:05) 50 (:05) 100 (:05) 50 (:05) 100 (:05) 50

#6 - 125 (:05) 125 (:10) 125 (:15) 125

#7 - 75 (:05) 75 (:10) 200 (:05) 75 (:10) 75

#8 - 200 (:10) 25 (:10) 200 (:10) 75

#9 - 50 (:05) 75 (:05) 125 (:10) 125 (:05) 75 (:05) 50

#10 - 50 (:05) 50 (:05) 300 (:15) 50 (:05) 50

Total: 2500 - 5000 yards

TRI-Training with Northwest TRI-Sport

If you have never done a triathlon and have been thinking about trying one I'd like to encourage you to take the challenge and go for it.

My first triathlon was in 1983 at the Troika Triathlon (half Ironman Distance). I had read in the paper about a Triathlete named John Blaylock who was the winner the previous year I was really impressed with his accomplishments. He had even gone to Hawaii that year and done the Ironman Triathlon. I thought with enough training maybe I could do the Troika Triathlon. The summer of that year I learned how to swim, sort of, I swam laps in a 15 yard Elks Club pool doing the water polo stroke you know head out of the water style. That same summer I bought my first triathlon bike and found out biking muscles are very different than running muscles. After three months of "Cross Training" it was time for the big race. Other than hyperventilating at the start of the swim and forgetting to blow up my tires on the bike, the race went great. I finished and for a while was even ahead of my mentor John Blaylock. I was hooked, I was never just a runner from that day on, I was a *Triathlete*. I've learned some things since that experience and hopefully I can share some of the knowledge I have gained since.

For you history buffs the Hawaii Ironman started in 1979 on the island of Oahu. The distances of 2.4 miles swimming 112 miles of biking and 26.2 miles of running evolved from three separate races held in Hawaii. The Waikiki Rough Water Swim, Around the Island Bike race, and the Honolulu Marathon. Fifteen men started that first race and 12 finished. The next year 1980 ABC Sports was there and the rest is history. Since that time Triathlons have sprung up all over the place of just about any distance you could think of.

Tri's require the best combo of all three specialties, a balance of 3 sports. You cannot spend too much time in one sport or it will decrease your overall training. Triathlons even have an added dimension called TRANSITIONS. I'll get into that more later.

The Triathlete is a new breed of athlete, no longer trying to prove who is the better athlete the swimmer, biker, or runner. Rather he/she understands that the best conditioned Triathlete is the one who fully realizes that the triathlon is a whole rather than three single sports. The Triathlete not the specialist wins the race.

Why do most single sport athletes try the sport. One word **Challenge**. With this new sport comes along a whole new experience, new idea's, new skills, new training techniques, a balance of cross training. Triathletes seek out the sport because it provides a balance of total fitness. Webster defines fitness as a combination of strength, endurance, agility, balance, and skill. I believe the sport of Triathlon provides just this very balance.

I'd like to cover the three disciplines, *swimming, biking, and running*.

If you are already an accomplished swimmer you can skip this next paragraph.

The key to **swimming** is efficiency and proper technique. If you're like me and do not come from a swimming background this part will take a bit more work. The best advice I can give for new swimmers is to get some coaching, join a masters swim program, and read all about this new activity. Since the crawl stroke is the fastest stroke it is all you need to concentrate on at first. A long pull, each arm reaching out to an imaginary line straight ahead. Bilateral breathing and flip turns are goals to strive for in the future, and if you start earlier the easier it will be down the road.

Biking is the easiest to start but the hardest to master. Biking can be easier than walking at a slow pace yet totally exhausting at full speed. It is physically simple but mechanically complex. Most of us have a background in biking from our childhood days. For the best performance technique is once again very important. Aerodynamic position on your bike is crucial, adding triathlon (otherwise know as aero bars) bars to your bike will lower your profile on the bike and reduce resistance. Proper pedaling (clipless pedals) braking, shifting, and riding position will maximize your efficiency. You can have a bike fit done at most good bike stores. Tom Price did my bike fitting at Sammamish Valley Cycle.

Spinning is the key to building a cycling base. Spinning means pedaling at a fast easy turnover also know as cadence. A good cyclist will have a cadence of 60-90 rpm on the flats and 60-80 going up hills. In other words a high revolution low resistance technique is the most efficient. How do you develop this feel for *spinning*? You develop this feel by staying in you front small chain ring. For my own training I will work %100 of my early season workouts in the small chain ring and later when the season starts I will work in about %10 big front chain ring and %90 small chain ring. I'll use the front large chain ring for speed and racing. What do I mean by small and large chain ring, well the front big chain ring on my bike has 52 teeth and the small ring has 42 teeth as you can imagine there is much less resistance when you only have to pull 42 teeth compared to 52 teeth.

I want to touch on my favorite part of cycling, hill training. Hill work can make or brake a triathlete, there are many fast riders on the flat but the hills will always thin out the pack. Positioning yourself on the back of your seat and staying in the saddle is the most efficient manner I've found to tackling the hills. You may see a lot of riders standing and climbing up a hill, this is O.K. for stretching your back and legs on a long uphill and I only suggest this for a short burst. You will shift to a high gear but still maintain a high cadence up the hills usually 60-80 rpms and power up the hills. You will find as with running, the more hills you work on the better and easier they will become. I like to incorporate hills into every bike ride. I also like to incorporate running after each bike ride even if its only one mile, your body will become accustomed to this activity and eventually will become second nature.

Another important key is to carry emergency equipment, usually a spare tube, money, bike pump, patch kit, and tire levers will be all you will need to carry on your bike. I also like to keep other misc. bike tools in my car in case of emergency.

I wanted to briefly mention the two types of bike tires clinchers and sew ups. Sew ups are lighter, faster because they offer lower rolling resistance but the downside is they are more expensive. Clinchers are your standard bike tire you are probable most familiar with. Clinchers are cheaper, more durable, but heavier and harder to change. If you have a choice its best to have a set of clinchers for training and a set of sewups for racing.

Running Shortly after we learn to walk we learn to run it is a very natural thing. Each of us has a very unique style of running. We can all identify our running buddies by their individual running style. Although running is pretty basic, one foot in front of each other, running after a bike ride can be an entirely new and unusual experience. The transition from biking to running is quite a shock. As I mentioned earlier I try to incorporate a run after each bike ride. Eventually running after a bike will become easier, it takes practice. Normally the first mile or so is the worst part of the triathlon run but your legs will loosen up after a couple of miles.

Transitions Crucial part of the triathlon race. You will pass a superior swimmer or biker with a fast transition. Keep it simple, the fewer things you have in the transition area the less cluttered and confusing it will be. All you really need is your running and biking shoes, a towel, bike helmet, and sunglasses. Practice your transitions. Its a big part of the race that will still count for your overall time.

Now that you're ready to go pick a target Triathlon and go for it!!

For more Cross Training and Triathlon Information you can subscribe to the Northwest's only local Triathlon source Northwest TRI-Sport.

Thanks for your support.

Mark VanAchte
Editor Northwest TRI-Sport

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

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 _____

* * * * *

Fitness Clinics

We'll be doing our first of 3 fitness clinics for the year, Jan. 29th 1994 at the King County Aquatics Center. 8:30am to 3:00pm with an optional coached workout from 3 to 4pm. Topics will include Injury prevention and Home Exercises for strength and flexibility; Nutrition for swimmers; Cross-Training. Brunch will be provided and body composition testing will be available at no charge. For more information call Karen Jost at (206)839-6161. Approximate cost is \$20.

* * * * *

HELP!!!

I'm still looking for people interested in helping me with the WETSET. I'd really like to have a few people who are fitness swimmers--who are PNA members but don't care to go to the meets! We need your involvement, too. I know you're out there! Give me a call!!
Phyllis 865-9856

WATER POLO ANYONE???

We are looking into the possibility of starting some informal COED water polo games on the Eastside and in Seattle. PNA Masters only. If you are interested please call Phyllis Gill at 865-9856

FRED WIGGIN SCHOLARSHIP FUND: FRED WIGGIN MEET

The scheduling of the Fred Wiggin Meet for the 3rd year suggests a report on the past year.

One scholarship was awarded to Chaya Amiad. She writes of the award:

"I want to thank you for the contribution from Fred's memorial fund for my trip to Nationals. It was such a thrill to finally swim at Santa Clara after so many years of dreaming of doing it. I saw lots of old swimming friends, made some new ones, learned helpful things for my volunteer coaching, had a great time, not to mention getting medals in all may events! I did not swim as well as I would have liked, but had a really great time there, and it was very inspirational. The fact that so many people contributed to getting me to Santa Clara makes me feel very loved and a fitting climax to my competitive swimming. (I will continue to compete but will probably be progressively more limited in my abilities to do so, so this experience was very special for me.) I will continue with my coaching masters, and am quite excited about the growing downtown YMCA program that I started in January. Hopefully, I will also be able to add some swim officiating to make the transition from swimmer to another phase of competitive swimming.

I have always felt that Masters swimming is about more than just swimming. The personal satisfactions and growth I have seen in myself and others are even more important than improving swim skills. I will be a swimmer for as long as I can be in the pool. Thanks again!"

Chaya Amiad has been a competitive swimmer for at least 15 years. She especially wanted to compete in Nationals in this year as she turned 50. You will recognize her in the pool for the double arm backstroke. She has already completed some of her requirements to become a Stroke and Turn official.

In 1994 we not only have another meet which brings in contributions to the memorial fund, and the opportunity to apply for scholarship funds for training, travel, continues.

Applications are available in the newsletter and will be available to the Fred Wiggin Memorial Meet on February 12th.

PNA MASTERS LOCAL SWIMMING COMMITTEE
Fred Wiggin Memorial Fund Application

Fred Wiggin was a lifelong swimming competitor and volunteer who died in 1991 while swimming in US Masters National Championships. He set PNA and Regional Masters records in Backstroke and was regularly ranked in US Top 10.

In addition, Fred Wiggin volunteered as a timer, starter, and in other official positions for high school, college, and USS meets throughout the Puget Sound area. He had worked the Goodwill Games and USS Spring Nationals the year before his death.

The Memorial Fund was initiated by Pacific Northwest Association of Masters Swimmers to provide support for swimmers. The Fund Committee has required that it be used for training fees or travel for USS or USMS swimmers who contribute to swimming. Amount available may be limited by the Fund Committee. This application may be supplemented by additional information you feel is appropriate.

I am applying for Fred Wiggin Memorial Funds for

___ Training fees. Amount requested \$_____. Explain the purpose of your request.

___ Travel costs. Amount requested \$_____. Explain the purpose of your request.

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____

USMS NUMBER _____ TEAM _____ or

USS NUMBER _____ TEAM _____ or

UNATTACHED _____ ASSOCIATION _____

VOLUNTEER _____ TEAM _____

Competitive swimming experience: Please list your years of swimming; samples of recognition received and awards; such as ranked top 10; placed at Regionals, etc.

THE NATIONAL SWIMMING FEDERATION
THE SWIMMING FEDERATION OF GREAT BRITAIN

Volunteer experience: Please list volunteer for club, meets, as a timer, other official, other volunteer work.

Present Coach, if any: NO _____ YES: _____

Swimmer's Signature: _____

Complete the following if appropriate.

Coach's Signature: _____

Statement from Coach/Mentor: _____

PHONE _____
TEAM NUMBER _____
TEAM _____
ASSOCIATION _____
VOLUNTEER TEAM _____

Swimming Science
Jane A. Moore, M.D.

This is the fourth in a series of columns on the scientific aspects of swim training and competition. This column reviews Chapter Four titled "Age and Gender Differences" 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).

First, we must realize that this book was written about young and Olympic level swimmers. The age differences that it discusses are related to growth and development, not to ageing which is of more concern and interest to Masters swimmers.

Until the onset of puberty at about age 12 to 14 years, boys and girls are very similar in all measurements of size and maturity. Differences begin to occur with puberty, and are due to the effects of the sex hormones, testosterone in males and estrogen in females. Females grow rapidly after the onset of puberty and achieve their full growth within about two years. Males have a longer period of growth, so generally achieve greater height. Females accumulate more body fat, while males have a greater increase in muscle or lean body mass.

Swimming performance usually improves rapidly during adolescence as strength, endurance, and motor skills improve. Because of wide individual differences in the rate of maturation, it is impossible to predict when an individual's best performances will be achieved.

Skill required for swimming generally increases with age. Studies have shown that most motor skills are learned rapidly from age 6 to 17, although girls tend to plateau at puberty. It appears that most swimmers learn the biomechanical skills needed for each of the swimming strokes prior to puberty with little additional improvement thereafter. Gross changes in technique are possible at any age. Swimming success seems to be more dependent on skill than on muscular strength or endurance.

Muscular strength seems to be the next most important factor in successful swimming. Muscle strength is proportional to the cross-sectional area of the muscle. Larger muscles are stronger. Female swimmers usually have markedly less upper body strength than do males, while lower body strength is usually similar.

Prior to puberty, children have a limited ability to do anaerobic exercise. This is similar in boys and girls and can be improved with training. Aerobic capacity increases steadily with age, but when corrected for increasing body size, it remains stable. Aerobic capacity also can be improved with training.

The amount of improvement in any training program depends largely on the swimmer's genetic potential. All swimmers can not be expected to respond to the same training program. To date, there is little good information on how to adapt training for various ages of swimmers.



Reach for your own "Peak of Fitness" with the 1994 LAPS TO FITNESS

A program for Competitive and Non-Competitive Swimmers Alike

The PNA Fitness Committee is excited to present the 1994 Laps to Fitness program. This year we are encouraging swimmers to participate in all aspects of Masters swimming. There are eight laps to complete in order to reach your personal "Peak of Fitness". The laps are listed below:

◆ Complete a one-hour swim during the month of January. You must have a timer that counts your lengths and signs your entry form. Swimmers are encouraged to combine this with the Sixth Annual Dawn Musselman swim to raise funds for the American Cancer Society. Lap counter forms will be available in the "Wet Set", or call Karen Jost.

◆ Participate in at least one PNA Fitness clinic. We are planning three. The first will be January 29th. The second and third are planned for late May (on open-H₂O swimming), and September (on aging).

◆ Participate in the February Fitness Challenge. Keep track of all your yardage during the month of February. A national Postal swim competition is available for those interested. Entry forms will be available in the January "Wet Set".

◆ Participate in a 5K or 10K swim during the summer. More details and entry forms will follow.

◆ Participate in a 2,000 yard challenge during late summer. Again, more details, etc. to follow.

◆ Participate in a 6,000 yard postal swim or the Emerald City Open Water Swim. Details later.

◆ Swim in or be a volunteer to help at one of the PNA swim meets during the 1994 calendar year.

Contact meet directors to volunteer, and have the meet directors sign a note to verify participation.

◆ Complete a challenge set of 3x500 free, 4x400 IM, 6x200 choice, 10x100 choice, or 20x50 choice. All sets should be done on an interval of your choice. Have your coach, the lifeguard, or a friend observe and verify your participation.

Awards:

All participants will receive a plaque. An engraved bar will be provided for each lap that is successfully completed. In addition, all participants that successfully complete all eight laps will receive a 1994 PNA Fitness T-shirt.

Yes, I want more information !!!

Please send a 1994 Laps to Fitness information packet to me so that I can start climbing my "Peak to Fitness"!!

Name _____

Address _____



Send to Karen Jost, 31916 3rd Ln SW #A304, Fed. Way 98023 839-6161

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET INFORMATION: January 16, 1993
Hosted by TAC Masters
DEADLINE: Entries due: January 5, 1994

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: January 16, 1994
TAC Masters at Fidalgo Pool: Anacortes
Sanction # 9436__

ORDER OF EVENTS
EVENT # EVENT

DATE: January 16, 1994
TIME: Warmup 8:30 A.M.
Meet 9:30 A.M.

1 400 M FREE

30 Minute Warm-up Event 2 will not start before 11:00 A.M.

2 400 M FREE RELAY
3 100 M BACK
4 200 M FREE
5 50 M FLY
6 200 M BREAST
7 100 M I.M.

PLACE: Fidalgo Pool
1603 22nd
Anacortes
(206) 293-0673

MEET DIRECTOR: Mike Bemis
293-0673

5 MINUTE BREAK

8 200 M MIXED FREE RELAY
9 200 M BACK
10 50 M FREE
11 100 M FLY
12 50 M BREAST

FACILITY: 6-lane, 25 Meter pool
Warm-up area
Water Temp: 85 °
RULES: Current USMS rules will
govern the meet

5 MINUTE BREAK

13 200 M MEDLEY RELAY

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

14 50 M BACK
15 100 M FREE
16 200 M FLY
17 100 M BREAST
18 200 M I.M.

SEEDING: Slow to Fast

5 MINUTE BREAK

CONCESSIONS: Yes: Donuts 25 cents;
Free coffee

19 200 MIXED MEDLEY RELAY

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: Take I-5 exit 230. Go west on Highway 20 to its end at Anacortes. Turn
RIGHT on to Commercial Avenue and go about 10 blocks to 22nd Street. Turn LEFT on
22nd and go up the hill to J Avenue (about 6 blocks).

SHORT COURSE METERS

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____

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: \$3.00 _____ \$3.00 (Includes LMSC surcharge \$1.00)
Electronic Timing Surcharge \$1.00 _____
Individual Events @ \$1.00 _____ (No charge for relays)

TOTAL _____

Checks payable to TAC Masters

Mail fees and this entry form to:

Mike Bemis
1603 22nd
Anacortes, WA 98221

ENTRIES DUE: January 5, 1994

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.

Signature _____ Date _____

REGISTRATION WILL NOT BE PROCESSED UNLESS THIS CONSENT IS SIGNED BY THE REGISTRANT.

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

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

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

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.

**PNA MASTERS LOCAL SWIMMING COMMITTEE
INDIVIDUAL SWIMMING APPLICATION**
Saturday, February 19, 1994 at Helene Madison Pool
Hosted by Orca Swim Club ▼ Paul Ikeda, meet director
Sanction # 943603
Approved by PNA for USMS, Inc.

Helene Madison Pool
13401 Meridian Ave. N., Seattle, WA

Warm-up: 10:00AM
Competition begins: 11:00AM

SWIMMING EVENTS—Short Course Yards

<u>Event #</u>	<u>EVENT</u>	<u>Event #</u>	<u>EVENT</u>
1	400 I.M.	12	50 Free
2	200 Free Relay		BREAK
3	200 Fly	13	200 Medley Relay
4	200 Back	14	100 Fly
5	50 Breast	15	50 Back
6	100 Free	16	100 Breast
	BREAK	17	200 Free
7	200 Mixed Free Relay		BREAK
8	200 I.M.	18	100 I.M.
9	50 Fly	19	200 Mixed Medley Relay
10	100 Back	20	500 Free
11	200 Breast		

A maximum of 5 individual events will be allowed. Write in the event(s) you wish to enter and fill in your entry time in the space provided on the Meet Entry Form. **THERE WILL BE NO DECK ENTRIES FOR INDIVIDUAL EVENTS!**

RULES: All four swimmers for any relay must be from the same Masters club. All relays will be deck entered on the day of the event. Current Masters rules will govern. The no false start rules will be in effect. All events will be timed finals slowest to fastest except the 500 yard freestyle which will be fastest to slowest.

Eligibility: Open to all swimmers with current USMS registration (or foreign equivalent) who are 19 years of age or older on the day of the meet.

Directions to pool: take I-5 to Exit 174 (NE 130th); west on 130th to Meridian Ave. N.; Right on Meridian to 134th. Pool phone: 684-4979.

FOR FURTHER INFORMATION: Contact Paul Ikeda, meet director, at 524-8461.

MEET ENTRY FORM

February 19, 1994 ▼ Helene Madison Pool ▼ Hosted by Orca Swim Club

Name _____ Gender M F
Last First
 Age on 2/19/94 _____ Birthdate ____/____/____ Masters # _____
 Club/Team _____
 Street Address _____
 City _____ State _____ Zip _____
 Telephone Number (Day) (____) _____ (Evening) (____) _____

A copy of your 1994 USMS card or foreign equivalent must accompany this form.

Age Group on 2/19/94: (circle one)

19-24	35-39	50-54	65-69	80-84
25-29	40-44	55-59	70-74	85-89
30-34	45-49	60-64	75-79	90+

ENTRY LIMIT: 5 Individual Events

<u>Event #</u>	<u>EVENT</u>	<u>EVENT TIME</u>

ENTRY FEES

Surcharge: \$5.00 \$5.00
 Individual Events @ \$1.00 each _____
TOTAL \$ _____

Make checks payable to:
ORCA SWIM CLUB
Mail entry form and fees to:
ORCA SWIM CLUB
P.O. BOX 20173
Seattle, WA 98102

ENTRY DEADLINE:

All entries must be postmarked by February 9, 1994

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.

Signature _____ Date _____

REGISTRATION WILL NOT BE PROCESSED UNLESS THIS CONSENT IS SIGNED BY THE REGISTRANT.

MCNEEL, SANDY
22364 FAIRVIEW AVE E #1
SEATTLE, WA 98102

TIME SENSITIVE MATERIAL!!

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Pacific NW Assoc. of Masters Swimmers
29925 2nd Ave SW
Federal Way, WA 98023-3508

Get your teams organized for the 1994 Dawn Musselman swim for the American Cancer Society. This is a one-hour fund raising swim that should be done between January 1 and January 31, 1994. Team awards will be presented if enough teams participate!! Pledge sheets will be sent to you, or you can get them in the January WetSet. For information you can call: Karen Jost at (206) 839-6161