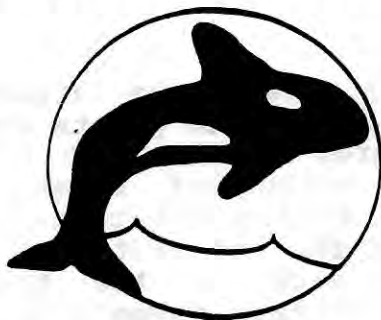


**Pacific Northwest Association  
of Masters Swimmers**



Volume 13 - Number 3

**The  
Wet  
Set**

March, 1994

**Upcoming Board Meetings**

March 22nd - Suzie Ness's home - 3613 Wallingford Ave N., Seattle, (206)547-3309

April 26th - Jane Moore's Office - Federal Way

May 24th - Tacoma YMCA

June 28th - Jan Kavadas's home - 217 Alder St. #305, Edmonds (206)775-5814

July 26th - Lee Carlson's home - 4368 E Mercer Way, Mercer Island (206)232-3916

**In this month's Newsletter:**

Advertising in the WetSet - 10

Announcements - 6

Birthdays - 8

Change of Address - 2

Dawn Musselman - 11

H.O.S.T - 6

Meet Enrty

PNA Champs - 16 & 17

Masters & Triathlete Clinic - 21

Meet Schedules - 5

Minutes of the Board meeting - 3 & 4

Places to Swim - 9

PNA Fitness News - 14

PNA Banquet - 7

President's Letter - 2

Results - 15,18,19 - *Anacortes*

Subscription to the Wet Set - 8

Team Registration (local) - 13

USMS Application - 12

**PRESIDENT**

*Jane Moore*

1867 58th ST NE

Tacoma, WA 98422

(206)925-0803

**VICE PRESIDENT**

*Jeanne Ensign*

600 Malden Ave E #102

Seattle, WA 98112

(206)324-6768

**SECRETARY**

*Frank Newquist*

(206)474-1267

**TREASURER**

*Tammi Keeler*

(206)524-7579

**EDITOR**

*Phyllis Gill*

(206)865-9856

**MEMBERSHIP**

*Suzanne Dills - Registrar*

1101 N. Northlake Way

Seattle, Wa. 98103

(206)232-3654

*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.*

March, 1994

Dear PNA Swimmers:

PNA Champs is fast approaching. This is usually the largest meet of the year, and the only meet in which team points are scored. The teams with swimmers entered in the meet are divided into three groups based on number of swimmers entered in the meet. Points are then scored and totalled for each team. Awards are presented at the end of the meet for first through third places in each of the team categories. I hope to see lots of people that haven't been to meets regularly. You've got to hurry though. Both individuals and teams have to be registered by March 25. Entries deadline is the same day.

The Northwest Zone Championship Meet will be hosted by the Inland Empire Association this year. They are combining their association championship meet with the zone meet. It will be held at Eastern Washington University Pool in Cheney, WA on April 23 and 24. This can be a really fun meet with good competition too so I would encourage everyone to consider attending that meet as well.

USMS Short Course Nationals will be May 13 through 16 in Tempe, Arizona. I have entry forms and information brochures, if you are interested. Entry deadline is received by Monday, April 11. National Qualifying Times are in effect for this meet.

Don't forget to keep working on your PNA Laps to Fitness steps. If you have ideas for PNA projects, newsletter topics, or other comments, please let me know.

See you soon.

Jane Moore

\* \* \* \* \*

**Change of Address**

**IMPORTANT !! BULK MAIL IS NOT FORWARDED !!**

**RETURN TO: Suzanne Dills**

**1101 N. Northlake Way  
Seattle, WA. 98105**

**NAME** \_\_\_\_\_

**USMS #** \_\_\_\_\_

**OLD ADDRESS** \_\_\_\_\_

**NEW ADDRESS** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**NEW PHONE NUMBER** \_\_\_\_\_

## MINUTES OF THE P.N.A. BOARD MEETING OF 1/25/94

The meeting was held at the office of Jane Moore. The meeting was called to order at 7:02 p.m.

**ATTENDANCE:** Suzie Ness, Tom Foley, Phyllis Gill, Jeannette Vallandigham, Paul Sherman, Jane Moore, Karen Jost, Robin O'Leary, Walt Reid, Jeanne Ensign, Tammi Keeler, Gina Brown, Lee Carlson, Hugh Moore, and Frank Newquist. Noticeably absent was our good friend Riley O'Leary who missed his first board meeting in eight or nine months. Come back, Riley!

Teams represented were ORCA, TIGER, ISS, TACY, GLAD, FedWay, and Ft. Steilacoom.

**MINUTES:** It was MSA as corrected. Corrections included that Jan Kavadas had not volunteered for the new Open Water Swim Committee. The correct membership includes Steve Thrasher, Ian Thompson, Keith Szot, and Mark VanAchte.

**TREASURER'S REPORT/FINANCE COMMITTEE:** Treasurer Tammi Keeler announced that the account balance is \$8,915.44. Out of that, \$2,931.40 is in the Wiggin Fund, and the balance of \$5,984.04 is the P.N.A. Treasury. Further, it was MSA to approve an additional Zone expense of \$43, and to approve \$30 for a stapler.

### COMMITTEE REPORTS

**A. Membership:** Jeanne Ensign, Vice President and serving as interim chair for the membership committee, advised that we had over 400 new registrations. In addition, she advised that both Puyallup and the Pro-Club had registered as national teams. She also announced that USMS has made a proposal for a two-year registration as an option. We are to think about it and report our impressions back to USMS. All P.N.A. swimmers were encouraged to get registered and to register their teams.

**B. Meets:** Suzie Ness asked that anybody who needed officials for meets to call Jan Kavadas. Jane announced upcoming meets in Santa Clara and the world championships in Montreal in 1994.

**C. Records and Top Ten:** Walt Reid advised that he is waiting for a measurement from the Juanita Pool to confirm Jim Penfield's worlds record!!! He also announced that he is working on a P.N.A. booklet for 1992 SCM and LCM, and for the 1992/1993 SCY and P.N.A. records and top ten. He may be able to do a booklet for our upcoming banquet which will be given free to all registrants.

**D. Publicity:** No report.

**E. Newsletter:** Phyllis announced that she had received a notice for a rather unique competition called "Team USA." (See elsewhere in this newsletter for an insert.) There was some discussion of printing the newsletter every other month because of the expense and the enormous amount of work for one person to produce the newsletter. However, some very wise person asked that the newsletter be continued on a monthly basis inasmuch as Editor Phyllis is in the process of putting together a staff. It was thought that we might do better to wait until the staff has had a chance to function for awhile and then review the possibility of modifying the distribution of the newsletter. It was MSA to proceed as indicated.

**F. Awards:** Phyllis, on behalf of Phoebe, announced that trophies for P.N.A. champs were being considered. The general consensus that we should use plaques instead of trophies. Team registration fees pay for the plaques. Next, the *Dawn Musselman* plaque for the long course national meet has been prepared and will be forwarded to the recipient.

**G. Social:** Jeannette announced that we would have a banquet for P.N.A. champs and that it will be held Saturday, 4/9/94. It will be at the new Northeast Tacoma Community Center, about 10 minutes for KCAC. Apparently, it has gotten rave reviews from all of those who have seen it. The board is estimating \$15 per person to attend the banquet. However, in order to keep the costs down, we will need help in setting up and cleaning up. There will be a separate entry form for the banquet. However, both the banquet and swim entry form can be sent in at the same time. Without making this too complicated, the board has requested separate checks for the banquet and the meet. At the banquet,

individual awards for top ten, team awards, and the P.N.A.'s *Dawn Musselman Award* will be announced.

**H. Officiating:** No report.

**I. Fitness:** Karen announced that the fitness clinic for 1/29/94 was a "go," and that she and her committee would be working on additional clinics. She is considering clinics on stroke work, open water swims, and aging.

**OLD BUSINESS:** Phyllis announced that the ad hoc committee on Participation and Growth will have a P.N.A. announcement in the Bellevue Journal and other newspapers.

**Coaches Committee:** Robin O'Leary, chairperson for this committee, will send out a letter to other coaches looking for input for coaching information for the newsletter.

**Open Water Swim Committee:** It was announced that Bellingham wants to do an open water swim sometime this year. Further information will follow.

**New P.N.A. Logo:** Lee Carlson will check with Lisa Ferrin and work with her on this project.

**Dawn Musselman Inspirational Award for P.N.A. Swimmers:** Any registered P.N.A. member may nominate any other P.N.A. member as a candidate for the *Dawn Musselman Inspirational Award*. Nominations may be given to either Steve Petersen or Frank Newquist. (Please check elsewhere in this newsletter for the full announcement of this award.)

**Places to Swim:** Tammi Keeler is finishing up the places to swim list and that will be published as soon as possible.

**NEW BUSINESS:** Jane Moore announced that USS Nationals will be held at KCAC from 3/30/94 through 4/3/94. She asked for volunteers from P.N.A. Masters. (If you would like to be a drug runner for Dr. Jane, you may contact her to see if there are any remaining positions.)

**P.N.A. History:** Anybody who has any old news clippings or sees current news clippings regarding local swimmers, please contact Tom Foley. Tom's address is 10011-40th Street S.W., Seattle, WA 98146; and his home telephone number is (206) 937-5585. Please do not call after 8:00 p.m.

**NEXT MEETING:** The next meeting will be at Lee Carlson's home on Mercer Island, Tuesday, 2/22/94. The following meetings will be at the home of Suzie Ness on 3/22/94, and at the office of Jane Moore on 4/26/94. Any registered swimmer is very welcome and we hope that you will attend. It is perfectly O.K. to show up at even just one meeting to find out how this thing operates.

Respectfully submitted,

Frank Newquist  
Recording Secretary

(Congratulations to our own President doctor... Jane stayed mainly on the plane in Spain as she had been selected as doctor for the U.S.S National Swim Team. [sorry...I could not refrain from that refrain!])

**P N A Meet Schedules**

March 20-	25Y	Bangor
April 8-10-	25Y PNA Champs	Federal Way
July 23-24	50M LC Zones	Federal Way

**Oregon Meet Schedules**

March 5-6	25M	Bend
March 25-27	25Y Oregon Champ SCY Meet	Roseburg

**Inland Empire Meet Schedules**

March 5-6	25Y	Yakima
March 19-20	YMCA	Spokane
April 9	25Y	Pullman
April 22-23-24	Inland Empire Champs	NW Zone Meet

**National & 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 other wise 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**

**Annette Taylor**  
4286 Lynne Lane  
Salt lake City, UT  
84124  
(801)277-6942

**MONTANA**

**Steve Holloway**  
Box 8412  
Missoula, MT  
59807  
(406)542-0535

**ALASKA**

**John Zell**  
PO Box 230125  
Anchorage, AK  
99523  
(907) 345-7088

## 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.

*Inland Empire*

*Oregon Masters*

*Andy Schrag*

*(206) 254-9400 H*

*(206) 254-9916 W*

*Southern Oregon*

*Terry and Judy McCurdy*

*(503) 673-3673*

*Corvallis, Oregon*

*Mark and Laura Wordon*

*(503) 753-9352*

*Snake River*

*Janet Wood*

*(208) 345-8843 H*

*(208) 339-7229 W*

*PNA*

*Ann Gindroz*

*(206) 272-1854*

*Marietta Hunziker*

*(206) 391-7244*

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



### Preserve PNA History

The PNA scrapbook needs copies of any news articles (local or national) related to masters' swimmers. We particularly need articles covering the last 2 or 3 years. So get your swim feats (feet) covered in the press in the PNA scrapbook. Articles on you, your friends, ex-husband(s), mother-in-law or any other PNA swimmer should be sent to Tom Foley - 10011 40th SW, Seattle, Wa. 98146

---

### Looking for Workout Partner!!

AnnaMarie Terhaar of Redmond is looking for someone in that area to workout in the evenings. She is getting ready for champs. Give her a call at (206) 883-9744

Samena Club in Bellevue will be starting a new Masters program in mid April, check it out!!!

 *You're Invited* 

to the  
*1994 PNA Awards Banquet*

*When: Saturday April 9th, 1994 at 5pm*

*What: Chicken dinner, cost per person is \$16.00*

*Where: Northwest Tacoma Community Center  
(5-10 minutes west of the Aquatic Center)*

*Why: Fun & Friendship*

*Many awards will be presented to our local swimmers.*

*You are encouraged to bring family and friends.*

*This fun event will be after the PNA champs swim meet.*

*Submit payments to Karen Jost - 31916 3rd Ln PW A304*

*Federal way, WA 98023*

*(206)839-6161*

*\* make checks payable to PNA Masters (you can also send in your payments along with your meet entry forms)*

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

03/16	MATTHEW SMITH	04/03	THOMAS TAYLOR
03/16	PHOEBE TERHAAR☺☺☺	04/04	ALAN BELL
03/16	TODD WIRTZ	04/05	WAYNE GUEST
03/19	PATRICK SLOWEY	04/05	SYDNEY MUNGER
03/20	JENNIFER BATES	04/06	CAROLYN BALDWIN
03/20	JOE FERONG	04/06	JANET KAVADAS
03/21	ROBERT MCKENZIE	04/06	BARB THRASHER
03/21	WILLIAM MCNICHOL	04/07	JERROL GOLDEN
03/22	JOHN (JACK) CONNELLY	04/08	CHAYA AMIAD
03/22	REX GARDNER	04/08	JUSTIN GILLEN
03/22	HOMAYOUN KHAJAVI	04/09	BILL MCNAMARA
03/22	MIKE NELSON	04/09	JIM PENFIELD
03/24	BETH CRISPIN	04/09	NORA STAM
03/24	LAURA SLEVIN-MORIARTY	04/10	APRIL GERLOCK
03/25	EDWARD ARTIS	04/10	SANDRA LAMONTAGNE
03/26	RICK SPENCER	04/11	THOMAS RIEPE
03/27	MARIE CAWRSE	04/12	JENNIFER STAPP
03/28	BRIAN WALL	04/12	YVONNE YOKOTA
03/30	CLAUDIA BERTOLONE-SMITH	04/13	FRAN KAMIN
03/31	TAAN DONOSO	04/13	GARY SEILHEIMER
03/31	KATE SUTHERLAND	04/14	STEVE GAYNER
04/02	RICHARD BUTLER	04/14	MARK WATLING
04/03	MARK GENTHER	04/15	GEORGE UNRUH

**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  
Suzanne Dills  
1101 N. Northlake Way, Seattle WA 98105

**Bulk Mail is NOT Forwarded!!!**



# Places to Swim

## ANACORTES

*Fidalgo Pool*, 1603 22nd, Anacortes, 293-0673 workouts: Contact Pinky Walker at 424-8755

## AUBURN

*Auburn*, 516 4th NE, Auburn 939-8825

## BELLEVUE

*Eastside Branch YMCA*, 14230 Bel-Red Rd., Bellevue 746-9900

workouts: M,W,F 6:30-7:30 am contact Paul Craig 746-9900

*Samena Club* 15231 Lake Hills Blvd., Bellevue 74601160

*NewPort Hills* 5474 119th Ave. SE, Bellevue 746-9510

work outs: M,W, F 6-7 pm, T,Th 6:30-7:30 am Contact Eric Bartleson 746-9510

*Bellevue Athletic Club*, 112000 SE 6th, Bellevue 455-1616

work outs: T,Th,F 6-7 am, M-F 12-1, M,W 6:30-7:30 pm Contact Andy Lovan 455-1616

*Bellevue*, 601 143rd NE, Bellevue 296-4262

*P.R.O. Racquet & Health Club*, 4455 148th Ave NE, 885-5566

workouts: M-F 5:30-7 am Contact Mark Van Acht 885-5566

## BOTHELL

*Northshore Pool*, 9815 NE 188th, Bothell 296-4333

## BREMERTON

*Bremerton Municipal Pool*, 50 Magnuson Way, Bremerton 478-5376

*Olympic Aquatic Center*, 7070 Stampede Blvd., Bremerton 692-3192

## BURIEN

*Evergreen*, 606 sw 116th, Burien 296-4410

*Burien Swim Club*, 626 SW 154th, Burien 433-7900

## DES MOINES

*Mt. Rainier*, 22722 19th Ave., S, Des Moines 296-4278

## EDMONDS

*Harbor Square Athletic Club*, 160 W. Dayton, 778-3546

*Yost Pool*, 9535 Bowdoin Way, Edmonds 775-2645

## ENUMCLAW

*Enumclaw*, 420 Semanski S, Enumclaw 825-1188

## EVERETT

*YMCA of Snohomish County*, 2720 Rockefeller, Everett 258-9211

*Everett Community College*, 801 Wetmore Ave, Everett 259-7151

*Forest Park Pool*, 259-0300

*McCollum Park Pool*, 337-4408

## FEDERAL WAY

*Federal Way Pool*, 30421 16th Ave. S., Federal Way, 839-1000

*King County Aquatic Center*, 650 SW Campus Drive, Federal Way 296-4444

workouts: M-F 6-7:30 am Contact Hugh Moore 925-0803

## FIFE

*Fife Community*, 5410 20th St. E., Fife 922-7665

## ISSAQUAH

*Issaquah*, 50 SE Clark, Issaquah 296-4263

workouts: M,W,F 5-6:30 am Contact David Kiemlem 557-8206

## KENMORE

*St. Edward's* 14445 Juanita Dr. NE, Juanita 296-2970

## KENT

*Kent Pool*, 25316 101st Ave. SE, Kent 296-4275

*Tahoma* 18230 SE 240th, Kent 296-4276

## KIRKLAND

*Juanita*, 10601 NE 132nd, Kirkland 823-7627

## LAKE STEVENS

*Lake Stevens High School*, 2908-113th Ave NE, Lake Stevens 335-1515

## LYNNWOOD

*Lynnwood Pool*, 18900 44th Ave W, Lynnwood 771-4030

## MARYSVILLE

*Marysville-Pilchuck High School*, 5611-108th NE, Marysville 653-0609

## MERCER ISLAND

*Mercer Island District Pool*, 8815 SE 40th 296-4370 workouts: M,W,F 11-12, no contact person

## MT. LAKE TERRACE

5303 228th, SW, Mt. Lake Terrace 776-3197

## MT. VERNON

*Mt. Vernon YMCA*, 215 E. Fulton, Mt Vernon 336-9622

## NORTH BEND

*Sr View*, 41600 SE 122nd, North Bend 888-1447

## OAK HARBOR

*Vanderzicht Memorial*, 2299-20th NW, Oak Harbor 675-7665

## OLYMPIA

*The Evergreen State College*, Campus Recreation Center, Olympia 866-6000

*North Thurston High School*, workouts: Contact Stefan Smith at 493-1546.

## POULSBO

North Kitsap, 1881 Hostmark, Poulsbo 779-3790

## PUYALLUP

*Roger's High School* 12801 86th Ave. E, Puyallup 841-8787

workouts: M-F 5-7 am Contact Connie Burngasser at 841-0975

## REDMOND

*Redmond*, 17535 NE 104th, Redmond 296-2961

## RENTON

*Lindberg*, 16740 128th SE, Renton 296-4335

*Hazen*, 1101 Hoquiam Ave. NE, Renton 235-2227

## SEATTLE

*Ballard*, 1471 NW 67th, Seattle, 684-4094

*Evans*, 7201 E. Green Lake Dr. N., Seattle 684-4961

workouts: M-F 5-6 am Contact Robin O'Leary at 525-7725

*Helene Madison*, 13401 Meridian N., Seattle, 684-4979

workouts: 6:45-7:45 am and 8:30-9:30 pm Contact Robin O'Leary at 525-7725

*Meadowbrook*, 10515 35th NE, Seattle 684-4989 am

*Medgar Evers*, 500 23rd, Seattle 684-4763

workouts: M,W 7-8:30 pm, Sat 8:30-10 am Contact Paul Sherman at 322-0871.

*Queen Anne*, 1920 1st W, Seattle, 386-4282 workouts: W 7-8 pm, F 8-9 pm, Sun 9:30-1

*Rainier Beach*, 8825 Rainier S., Seattle 386-1944

*Sandpoint Naval Station*, 7500 Sandpoint Way NE, Seattle 526-3531

Note: Military personnel only.

*Shoreline*, 19030 1st Ave. NE, Seattle, 296-4345

*South Central*, 4400 S 144th, Seattle 296-4487

*Southwest Pool*, 2801 SW Thistle St., Seattle 684-7440

*YMCA*, 909 4th, Seattle, 382-5010

*YWCA*, 1118 5th, Seattle, 447-4868

*Aquatic Development Clinic*, 11009 1st S., Seattle 232-3474

*Red Shield*, 9050 16th SW, Seattle 767-3150

*Seattle Athletic Club*, 33 NE 97th, Seattle 522-9400

workouts: M,W,F 6:30-7:30 am. Contact Jodi Bauder at 522-9400

*Seattle University*, 14th & Cherry, Seattle 296-6404

workouts: M-F 5:30-6:30 am. Contact Mike McClosky at 296-6404

*View Ridge Club*, 5815 NE 77th, Seattle 524-3500

*Wedgwood*, 7727 28th NE, Seattle 523-8211

*West Seattle YMCA*, 4515 36th Ave SW, Seattle 935-6000

## SEQUIM

*Sequim Aquatic Recreation Center*, N 610 5th, Sequim 683-6699

workouts: Contact Sally Parry at 683-3660.

## SNOHOMISH

*Hal Moe Memorial Pool*, 405 3rd, Snohomish 568-6881

## SUMNER

*Sumner High School*, 1707 Main, Sumner 863-8110

## TACOMA

*Lakes High School*, 10320 Farwest Dr. SW, Tacoma 756-8401

workouts: M,T,W, F 5:30-6:30 am. Contact Kathy Casey at 588-4879

*Pierce College*, 9401 Far West Dr. SW, Tacoma 964-6678

workouts: M-Th 5-6:30 pm. Contact Kathy Casey at 588-4879

*Tacoma Pierce Co. Family YMCA*, 1002 S. Pearl St., Tacoma 564-9622

workouts: M,W,F 6:45-9 pm. Contact Dan Balderson at 564-9622.

*Eastside Community Pool*, 35th and L, Tacoma 591-2042

IF YOU ARE IN BUSINESS, CONSIDER ADVERTISING IN THE "WET SET"

ONE FOURTH PAGE  
ONE HALF PAGE

\$20.00 FIRST MONTH, THEN \$15.00 PER MONTH  
\$40.00 FIRST MONTH, THEN \$20.00 PER MONTH

Send your ad and a check, payable to PNA MASTERS SWIMMERS, by the <sup>15th</sup> of the month in which you wish your ad to appear to: Phyllis Gill, 14037 SE Allen Rd., Bellevue, WA 98006.  
Telephone: 865-9856

**Lake Union Waterworks**  
Moorage & Property Management

1101 N. Northlake Way  
Seattle, WA 98103  
547-1654

Suzanne Dills

(206) 325-0987  
Fax (206) 325-0632  
from Bremerton  
call 479-0737

**JEANNE ENSIGN**

Certified Public Accountant

**STEVEN C. GARBER, C.P.A., INC. P.S.**  
233 Harvard Avenue East  
P.O. Box 20670  
Seattle, Washington 98102-1670

FRANK M. NEWQUIST  
(206) 474-1267

1-800-474-1267

FRANK ABBOTT  
FAX (206) 474-7855



**American Viking Claims Service**

115 S. 38TH ST. Suite 5 TACOMA, WA 98408

**JANE A. MOORE, M.D.**

Family & Sports Medicine

30819 - 14th Ave. South  
Federal Way, WA 98003

(206) 946-1550  
(206) 927-1631

**Photography by Gill**

LARRY GILL  
Photographer  
Office: (206) 641-7962

14037 S.E. Allen Rd.  
Bellevue, Washington 98006

Lisa Farin

FARIN

DESIGN

GROUP

2326 N. Pacific St.  
Seattle, WA  
98103-9128  
Fax: (206) 633-1872

Phone: (206) 633-3900

**New! New! New!**  
**Business Cards \$10 the First month, then \$5.00 per month**

**DAWN MUSSELMAN  
INSPIRATIONAL SWIMMER AWARD**

The annual Dawn Musselman Inspirational Award will be presented at the Banquet following PNA Champs in April. Criteria for the award are as follows:

An inspiration to all PNA swimmers

Shows willingness to share information, training or coaching tips

Offers encouragement to other swimmers

Exhibits good sportsmanship at all times

Shows a strong commitment to PNA Masters swimming

The initial award was given to Dawn Musselman in 1986. Dawn was a long-time member of the PNA. Not only was she one of our most gifted swimmers, but she was the kind of person who inspired other swimmers and encouraged swimmers to do their best.

Subsequent winners of this award are: Marlene Holmes, 1987; Maxine Carlson, 1988; Jim Penfield, 1989; Tom Foley, 1990; Karen Jost, 1991; Jan Kavadas, 1992; Robin O'leary, 1993.

Nominations are open to all members of the PNA. Please phone your nominating information to the following:

Steve Peterson (206)692-1669

Port Orchard or

Frank Newquist (206)474-1267

Tacoma

**All entries must be received by March 27, 1994**



**USS Is Asking For Our Help**

Weyerhaeuser King County Aquatic Center will be hosting the USS Spring Nationals. This meet will be used for selecting the US National Team for the 1994 Goodwill Games.

The PNA has been asked to help provide Monitors for spectator entry, Traffic control and escorts for athlete drug testing.

If you would like to volunteer, please call Jane or Hugh Moore at (206)925-0803.

**March 30th - April 3rd**

**UNITED STATES MASTERS SWIMMING, INC.  
1994 REGISTRATION APPLICATION  
Pacific Northwest Association of Masters Swimmers**

**RENEWAL** my current USMS number is \_\_\_\_\_  **NEW** Registration

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

**Name:**

Last:	First:	I:
-------	--------	----

**Address:**

Street:	Apt#:	
City:	State:	Zip: -

**Telephone:**

**Date of Birth:**

**Age: M/F:**

( )	Mo:	Day:	Yr:		
-----	-----	------	-----	--	--

**CLUB:**

PNA Aquatics  SQM  Unattached

**TEAM:**

(Check One)

	Unattached
--	------------

**PLEASE MAKE CHECKS PAYABLE TO: PNA MASTER SWIMMERS**

	<u>USMS Fee</u>		<u>LMSC Fee</u>		<u>Total Fee</u>
Under 65	15.00	+	15.00	=	30.00
Senior 65+	15.00	+	8.00	=	23.00

LMSC Fee includes a subscription to the WETSET.

<b>MAIL TO:</b>	<b>Suzanne Dills, Registrar 1101 N. Northlake Way Seattle, WA 98103 (206) 547-1654 (w) 232-3654 (h)</b>
-----------------	---

**WAIVER:** 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. In addition, I agree to abide by and be governed by the rules of USMS.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

LOCAL TEAM REGISTRATION

Any group of two or more paid members of PNA Masters Swimmers may register with the membership chairperson for the purpose of swimming as a recognized team in meets sponsored by PNA Masters Swimmers. All team members must be registered with the same nationally registered club in order to swim on relays.

A team must be registered with the PNA in order to compete for team awards at PNA Champs. Each registered team having eight or more registered swimmers shall be entitled to one vote on the Board of Managers. Any nationally registered club (other than Pacific Northwest Aquatics) will automatically be registered as a local team.

Please return the form below to register your team. Registrations must be postmarked by March 25, 1994 in order for teams to be eligible for team awards at 1994 PNA Champs.

TEAM NAME: \_\_\_\_\_

TEAM REPRESENTATIVE: Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number \_\_\_\_\_

TEAM COACH: Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number \_\_\_\_\_

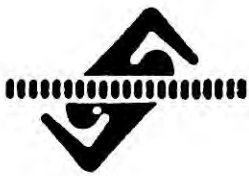
APPLICATION FEES: \$10.00

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

MAIL THIS FORM TO: Jane Moore (206) 925-0803  
1867 58th St. NE  
Tacoma, WA 98422

---

**You don't score points for your team at PNA  
Champs if your team is not officially registered.  
So don't forget to register your team!!**



# 1994 USMS 2000 SWIM CHALLENGE



## ATTENTION

United States Masters Swimming, the USMS Fitness Committee, the Niagara District of New York State, and SPEEDO invite ALL competitive and fitness swimmers, triathletes and runners to the challenge of a 2000 yard or 2000 meter swim.

## AWARDS COST

All participants will receive a custom t-shirt, swim cap and copy of results.

Entry fee is \$12.00. Swimmers entering more than once may enter the additional events for \$6.00 (each entry) and receive one t-shirt. A separate entry form is required for each entry and they cannot be swum concurrently. International entries must include a \$3.00 processing fee.

## DATES

The distance must be completed between April 1 and May 31, 1994. Entries must be received by June 15, 1994.

## ELIGIBILITY

USMS membership is NOT required. Participants must be physically fit and sufficiently trained to complete the distance safely. No drafting, pull buoys, paddles, fins, bands or other swim aids are allowed.

## RESULTS RULES

Will be compiled and ranked by time in five-year USMS age groups (19-24, 25-29, 30-34, etc.).

Times should be recorded with a stopwatch. We recommend that you have a person counting laps (80 lengths or 40 laps of a 25 yard/meter pool) and recording your final time.

## TO ENTER

Complete the entry form below and mail with a check payable to "1994 USMS 2000" to Betty J. Barry, 1403 Victor Holcomb Road, Victor, New York 14564 (716-924-5344). Print clearly. For tips on preparing for the event, send a SASE to the above address.

### OFFICIAL ENTRY FORM

I, the undersigned, completed the distance in accordance with the designated rules in the time indicated below.

Entry Fee \$12.00 \_\_\_\_\_ 2nd Event \$ 6.00 \_\_\_\_\_  
3rd Event \$ 6.00 \_\_\_\_\_ International Fee \$ 3.00 \_\_\_\_\_ TOTAL FEES ENCLOSED \$ \_\_\_\_\_

DATE OF SWIM \_\_\_\_\_ TIME \_\_\_\_\_ Yards \_\_\_\_\_ Meters LC(50) \_\_\_\_\_ SCM(25) \_\_\_\_\_  
(Indicate length of pool)

AGE AT SWIM DATE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ USMS REGISTERED YES \_\_\_\_\_ NO \_\_\_\_\_

NAME \_\_\_\_\_ SEX \_\_\_\_\_ SIGNATURE \_\_\_\_\_  
(Print Clearly)

ADDRESS \_\_\_\_\_ DATE \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_ PHONE # \_\_\_\_\_

T-SHIRT
SIZE
Medium _____
Large _____
X-Large _____

## Goal Setting and Achieving for the 2000 Swim Challenge...Terry Laughlin

In order to get more from this fitness challenge, set a goal according to your level of ability and use this goal to guide you in your preparations.

**Level 1 Goal.** To complete 2000 yards nonstop. For the month, do a weekly set of 20 repeats of 100 yards at a comfortable, but steady pace. Initial interval - time for first repeat + 30 seconds. Each week, reduce the rest interval by 5 seconds. Three weeks before your 2000, try a set of 4 x 500. A week

later, swim 10 x 100 and 2 x 500. One week before your 2000, swim a 1500 followed by a 500. Rest one minute between all swims.

**Level 2 Goal.** To swim an even paced 2000. (An even-paced 2000 means swimming the second 1000 as fast as the first.) Use the same training sets as above, but increase your speed progressively on all sets (e.g. on 20 x 100 hold 1:20 for # 1-10, 1:19 for # 11-15, and 1:18 for # 16-20. On 4 x 500, swim each succeeding

500 faster.

**Level 3 Goal.** To swim a fast 2000. Time your self for a 500 this week. Multiply that time by 4, then add about 40 seconds. Aim to swim your 2000 at least that fast. To set training goals, calculate the 200 pace for the swim (i.e. if 2000 goal is 25:00, pace per 200 is 2:30.) Swim 10 x 200s at that pace on 1:00 rest. Each week reduce the rest interval by 10 seconds, trying to hold your goal pace.

**AWARDS**

IRON ON PLACE AWARDS FOR T-SHIRTS WILL BE PROVIDED for first through eighth place for each event. Regular PNA medals will be available for sale for those swimmers choosing not to buy T-shirts.

TEAM AWARDS WILL BE PRESENTED TO THE TOP THREE SCORING TEAMS IN EACH TEAM SIZE CATEGORY. TEAMS MUST REGISTER WITH PNA PRIOR TO MARCH 25TH TO BE ELIGIBLE. SWIMMERS FROM OTHER LMSCs WILL NOT SCORE POINTS AND WILL NOT DISPLACE PNA SWIMMERS FROM SCORING.

**BANQUET**

A Pacific Northwest Association Banquet will be held on Saturday, April 9th following the meet. Further details will be available prior to the meet. The Dawn Musselman Inspirational Swimmer Award will be presented at the banquet as well as other PNA awards and team sponsored awards.

**ACCOMMODATIONS**

Following is a list of motels in the area

Name/Address	Phone (206)	Restaurant	Approx distance to pool
Executel 31611 20th Ave. S	941-5888	yes	6 miles
Super 8 Motel 1688 S 348th St	838-8808	no	2 miles
Best Western Fife 5700 Pacific Hwy E	922-0080	yes	8 miles
Royal Coachman Motor Inn 5805 Pacific Hwy E, Fife	922-2500	yes	8 miles
Motel 6 - Fife 5201 20th St E	922-1270	no	8 miles
Nendel's 3518 Pacific Hwy E Fife	922-0550	yes	8 miles
Portage Inn 3021 Pacific Hwy E Fife	922-3500	yes	8 miles

Numerous additional accommodations are available in Tacoma and near Sea Tac airport. Both areas are located approximately 10 miles from the pool.

**HOST (House Our Swimmers Tonight)**

If you prefer the camaraderie of staying with other Masters swimmers contact either Ann Gindroz at (206)272-1854 or Marietta Hunziker at (206)391-7244.

**MEET INFORMATION: PNA SHORT COURSE CHAMPIONSHIPS  
APRIL 8-10, 1994**

WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 296-4444. The pool depth varies from 9 to 10-1/2 feet. During the meet the pool will be configured as two 25 yard courses. Both courses may be used for distance events with warm-ups in the diving pool. For other events the second pool will be available for warm-up. Concessions will also be available.

DIRECTIONS: a) NORTH BOUND I-5 OR SOUTH BOUND I-5: Take exit 142 B. You will then be going west on S 348th. Continue West on S 348th past Pacific Highway S (Highway 99) and past 1st AVE S (NOTE: 348th becomes SW Campus Drive after crossing 1ST AVE S). The pool is on your right about 1/2 mile past 1st AVE S.  
b) WEST bound Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S 348th after crossing I-5. Follow the instructions for a).

ENTRIES MUST BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY MARCH 25, 1994. NO LATE ENTRIES WILL BE ACCEPTED. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY MARCH 25, 1994 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY.

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.  
ELIGIBILITY: OPEN TO ALL 1994 USMS REGISTERED SWIMMERS 19 AND OVER AS OF APRIL 8TH, 1994.

SEEDING: SLOW TO FAST FOR ALL EVENTS.

**MEET DIRECTORS:**

Jane Moore (206)925-0803 before 9 PM  
Karen Jost (206)839-6161 before 9 PM

TIMES: Friday April 8:

warm-up: 6-6:50 PM meet: 7 PM  
Saturday April 9 & Sunday April 10:  
warm-up: 8:00-8:50 AM meet: 9:00 AM  
Sunday Event 14 will not start before 10:30 AM

**FRIDAY APRIL 8**

1 400 IM  
2 1000 FREE (7 PM CHECK-IN)

NOTE: MAKE SURE THAT YOU ALLOW ENOUGH TIME TO COMPENSATE FOR TRAFFIC CONDITIONS.

**SATURDAY APRIL 9**

3 100 IM  
4 50 BREAST  
5 100 FLY  
6 200 FREE  
7 200 FREE RELAY  
(ENTRIES DUE AT 9 AM)  
8 100 BREAST  
9 200 BACK  
10 50 FLY  
11 200 MIXED MEDLEY RELAY  
(ENTRIES DUE AT 11 AM)  
12 500 FREE (11 AM CHECK-IN)

**SUNDAY APRIL 10**

13 1650 FREE (8:30 CHECK-IN)  
14 200 IM (no start before 10:30 AM)  
15 100 BACK  
16 50 FREE  
17 200 BREAST  
18 50 BACK  
19 200 FLY  
20 100 FREE  
21 200 MEDLEY RELAY  
(ENTRIES DUE AT 11 AM)  
22 200 MIXED FREE RELAY  
(ENTRIES DUE AT 11 AM)

NOTE CHECK-IN TIME FOR DISTANCE EVENTS AND ENTRY DEADLINE FOR RELAYS. ANYONE MISSING THESE DEADLINES WILL NOT BE ALLOWED TO SWIM THE EVENT. MAKE SURE THAT YOU ALLOW ENOUGH TIME TO COMPENSATE FOR TRAFFIC CONDITIONS. PLEASE NOTE THAT THE SECOND EVENT SUNDAY MORNING WILL NOT START BEFORE 10:30 AM.

PACIFIC NORTHWEST ASSOCIATION SHORT COURSE CHAMPIONSHIPS  
 APRIL 8TH - 10TH, 1994 SANCTION # 94-3604 HOSTED BY FEDERAL WAY MASTERS  
 SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.

NAME \_\_\_\_\_ M F AGE as of 4/10/94 \_\_\_\_\_

ADDRESS \_\_\_\_\_  
 \_\_\_\_\_

PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ USMS NUMBER \_\_\_\_\_ - \_\_\_\_\_

LOCAL TEAM \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_ CLUB \_\_\_\_\_

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+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS - 5 PER DAY plus relays

Event #	EVENT	ESTIMATED TIME

ENTRY FEES

Meet Entry with T-shirt: \$20.00  
 T-shirt size ( )M ( )L ( )XL  
 Meet Entry without T-shirt: \$15.00 TOTAL \_\_\_\_\_  
 Extra T-shirts will NOT be available at the meet.  
 Additional T-shirts: \$10.00  
 T-shirt size ( )M ( )L ( )XL

CHECKLIST

Checks payable to Federal Way Masters Mail to: Karen Jost  
 Phone Jane Moore (206)925-0803 before 9 PM 31916 3rd Ln SW #A304  
 Karen Jost (206)839-6161 before 9 PM Federal Way, WA 98023

VERIFY THAT YOU HAVE ENTERED THE CORRECT TEAM NAME (ASK YOUR TEAM REP!)  
 ENTRIES MUST BE POSTMARKED BY MARCH 25, 1994. NO LATE ENTRIES WILL BE ACCEPTED.  
 ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN  
 APPLICATION POSTMARKED BY MARCH 25, 1994 ACCOMPANYING THE MEET ENTRY. SWIMMERS  
FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA  
FOR CANADIANS) WITH MEET ENTRY. WAIVER MUST BE SIGNED!

WAIVER: 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 Mas-  
 ters Swimming (training and competition) including possible permanent disability  
 or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICI-  
 PATION 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. In addi-  
 tion, I agree to abide by and be governed by the rules of USMS.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_



# The PNA Short Course Championships!!!

April 8-9-10th

**Weyerhaeuser King County Aquatics Center**  
650 SW Campus Drive  
Federal Way, Wa. 98023

**Hosted by the Federal Way Masters**  
Entries must be postmarked by March 25th, 1994

## BE THERE!!!

\*\*See Entry form in this newsletter for more information

---

**Your Ad Here**

---

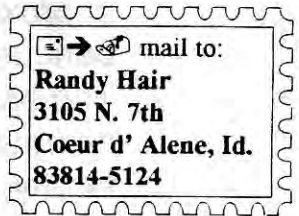
**Bonnie Blair** eats peanutbutter and jelly sandwiches before she skates in a race. What do you eat before a race or before a workout?? Send your food choice to: Phyllis Gill, 14037 SE Allen Rd., Bellevue, Wa. 98006



# NW Zone / IE Championship Meet

Saturday & Sunday  
April 23 & 24 1994

- \* SPONSOR: IELMSC, Eastern Washington University Pool, Cheney, WA. (25 Yd. Pool) USMS sanction #3540423
- \* ELIGIBILITY: All swimmers must be currently registered with IELMSC or USMS. New 1994 IELMSC registrations should be sent to Elin Zander (registrar). Swimmers from other LMSCs must send **PHOTOCOPY OF REGISTRATION CARD** with meet entry.
- \* RULES: All current Masters rules will apply. Certified stroke and turn judges will be present at all IELMSC sanctioned meets. Please consult the 1994 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast, except for the distance events. **NOTE: Deck entries not allowed for this meet!!**
- \* DEADLINE: All entries must be postmarked by **4/06/94** Incomplete or late entries will not be accepted.
- \* FEES: **\$10.00** for entries sent before deadline, Make fees payable to IELMSC. Payment to be made by check or money order only. **CASH will not be accepted** for entry fees or banquet fees.
- \* RELAYS: Submit relay cards to the clerk of course during the warmups. Individuals must be signed up with the club they represent to have their relay points count for that club.
- \* AWARDS: Participation buttons and First - Third place ribbons will be available free of charge.
- \* DIRECTIONS: **Eastern Washington University Pool, Cheney, WA.** From I-90 take exit 270 into Cheney. Follow signs to EWU. Pool is located at the top of hill at the western edge of campus in the Health and Physical Ed. Complex. For more information about the meet contact *Chuck Tasca (509) 922-5616*, H.O.S.T. representative *Elin Zander (509) 448-5250*
- \* **BANQUET TO FOLLOW MEET ON SATURDAY** - (SEE BACK SIDE FOR DETAILS), please send fee with meet entry.



✂ ----- CUT HERE ----- ✂

Name \_\_\_\_\_ M/F \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_ USMS# \_\_\_\_\_ Club \_\_\_\_\_

**Saturday, April 23** Warmup at 9:00 am, Meet starts at 10:00 am *(Please Enter Yard Times)*

# -- EVENT	EST. TIME	# -- EVENT	EST. TIME	# -- EVENT	EST. TIME
1 -- 500 Y Free	_____	5 -- 100 Y Back	_____	9 -- 200 Y Breast	_____
15 Min. Break		6 -- 200 Y Free Relay	XXXXXXXXXX	10-- 200 MxdMedRelay	XXXXXXXXXX
2 -- 100 Y Ind Medley	_____	10 Min. Break		10 Min. Break	
3 -- 50 Y Free	_____	7 -- 100 Y Free	_____	11-- 400 Y Ind. Medley	_____
4 -- 200 Y Fly	_____	8 -- 50 Y Back	_____		

**Sunday, April 24** Warmup at 8:00 am, Meet starts at 9:00 am

12-- 200 Y Back	_____	16-- 200 Mxd Free Relay	XXXXXXXXXX	19-- 50 Y Fly	_____
13-- 50 Y Breast	_____	10 Min. Break		20-- 200 Med. Relay	XXXXXXXXXX
14-- 100 Y Fly	_____	17-- 200 Y Free	_____	10 Min. Break	
15-- 200 Y Ind. Medley	_____	18-- 100 Y Breast	_____	21/22-- 1000 / 1650 Free	_____

NOTE: **Other LMSC Swimmers send Photocopy of Registration Card.** (Circle One Only)

NOTE: **Maximum of 6 individual events & 4 relay events.** Meet Entry Fee: **\$10.00** Banquet Fee ( \_\_\_ x \$11 = \_\_\_\_\_ )

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all 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. In addition, I agree to abide by and be governed by the Rules of USMS.

Your Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# I.E.L.M.S.C BANQUET

**SATURDAY APRIL 23, 1994**

- Everyone is invited to our End of Season Banquet. It will include our annual association meeting, awards i.e. (Most Inspirational, Most Dedicated, Water Log), and other items of interest.
- Dinner will include several salads, spaghetti (vegi & meat), roll, dessert, and beverage. Cost is \$11.00 / person. Please indicate # of persons and submit fee with entry form.
- Social Hour will start at **6:30 p.m.** and Banquet to start at **7:00 p.m.** approximately. (Alcoholic beverages will not be served at the banquet or social hour.)
- The banquet will be held on the Eastern Washington University campus in the PUB Rm. 323 (across the street from the swimming facility).

Blank registration form with fields for name, address, phone, and event details.

Event Schedule:

Event	EST. TIME	EST. TIME
6-100 Y Back		
7-100 Y Back		
8-100 Y Back		
9-100 Y Back		
10-100 Y Back		
11-100 Y Back		
12-100 Y Back		
13-100 Y Back		
14-100 Y Back		
15-100 Y Back		
16-100 Y Back		
17-100 Y Back		
18-100 Y Back		
19-100 Y Back		
20-100 Y Back		

Form includes sections for "Event Details", "Registration Information", and "Contact Information".

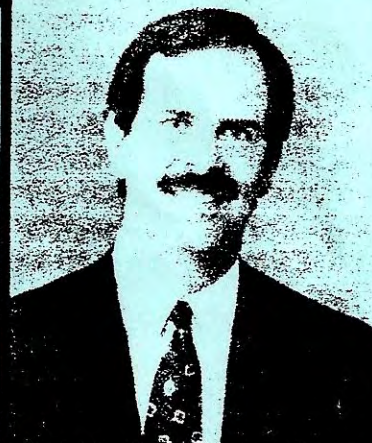
# THE BIG TIME COMES TO SEATTLE

The first major **MASTER SWIMMING**  
and **TRIATHLETE CLINIC** ever held  
in the Puget Sound area.

## **JOHN NABER**

**INTERNATIONAL KEYNOTE SPEAKER  
AND SEMINAR LEADER**

- \* 4 OLYMPIC GOLD MEDALS**
- \* 25 NATIONAL AAU TITLES**
- \* 10 NCAA INDIVIDUAL TITLES**
- \* SULLIVAN AWARD WINNER**
- \* ABC SPORTS COMMENTATOR,  
ANALYST, AND HOST**



**FREE WATER  
BOTTLES TO  
BE GIVEN  
OUT BY THE  
PRO CLUB**

**COFFEE AND  
MUFFINS  
INCLUDED**

## **WENDY BOGLIOLI**

**MOTIVATIONAL SPEAKER, AND  
NORTHWEST RESIDENT**

- \* OLYMPIC GOLD AND BRONZE  
MEDAL WINNER**
- \* 10 NATIONAL AAU TITLES**
- \* SPORTS ILLUSTRATED SPEAKER  
BUREAU**
- \* JAMES BRODERICK AWARD WINNER**
- \* WOMEN'S SPORTS FOUNDATION**
- \* PERSONAL COACH AT PRO CLUB**



**CLINIC  
HELD  
ON  
APRIL  
2  
1994  
9AM.  
UNTIL  
12 NOON**

**LEARN INSIDE TRAINING  
TECHNIQUES FROM 2 OLYMPIC  
SWIMMING GOLD MEDALIST**

**Seminar to be held at  
THE BELLEVUE  
CONFERENCE CENTER  
505 106th NE, Bellevue**

**ENROLLMENT IS LIMITED  
CALL 836-4129 FOR RESERVATIONS  
OR SEND  
NAME AND ADDRESS WITH A CHECK PAYABLE TO :  
BOGLIOLI-WILKINS AND ASSOCIATES  
22845 NE 8TH SUITE 164  
REDMOND, WA. 98053      COST IS \$50.00**

MCNEEL, SANDY  
2364 FAIRVIEW AVE E #1  
SEATTLE, WA 98102-3375

**TIME SENSITIVE MATERIAL!!**

Non-Profit Org.  
US Postage  
**PAID**  
Seattle, WA  
Permit No. 2334

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

