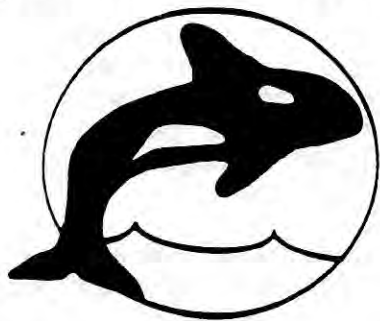


*Pacific Northwest Association
of Masters Swimmers*



Volume 13 - Number 4

**The
Wet
Set**

April, 1994

Upcoming Board Meetings

April 26th - Jane Moore's Office - Federal Way 7:00pm

May 24th - Tacoma YMCA 7:00pm

June 28th - Jan Kavadas's home -217 Alder St. #305, Edmonds (206)775-5814 7:00pm

July 26th - Lee Carlson's home - 4368 E Mercer Way, Mercer Island (206)232-3916 7:00pm

In this month's Newsletter:

Advertising in the WetSet - 8

Announcements - 7

Birthdays - 12

Change of Address - 12

Gateway Athletic Club - 11

H.O.S.T. - 7

Meet Enrty

Meet Schedules - 6

Minutes of the Board meeting - 3,4&5

New Swimmers - 2

Places to Swim - 21

President's Letter - 2

Results - 15-19 Orca / Wiggins

Starters Clinic - 6

Subscription to the Wet Set - 8

Triathlete News - 9,10

Top Ten - 13,14

USMS Application - 20

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.

April, 1994 President's Message

Dear Swimmers:

It's hard to believe, but the first year of my term as PNA President is ending. Time really does fly when you're having fun. Either that or I'm really getting old and can't keep up anymore. The past year has gone by smoothly, with no real problems, thanks to the great help of the other board members of the PNA. Everyone does a great job keeping things going smoothly so we can all keep going to meets and swimming.

Last month, Kathy Casey and I (and my daughter Sarah) went to a meet in Yakima. It was really fun. The weekend was sunny and clear, so the drive over and back was gorgeous. The meet was small, only about forty swimmers, and it was very well run. Everyone was friendly and it was lots of fun. David and Laurel Krueger let us and Elin Zander from Spokane stay at their home Saturday night and provided breakfast Sunday morning. Many of the swimmers went out to eat together Saturday evening and Sunday afternoon after the meet. The meet started at 5:00 Saturday evening for the 400 IM and 1000 free, with the rest of the events on Sunday morning. That schedule allowed time to travel before and after the meet. We had a great time and met some neat people. I would encourage everyone to consider attending a meet outside the PNA. It's fun to go and get to know other swimmers. Sharing your house with out of town swimmers who are here for a meet is a nice thing to do too. Let our HOST person, Ann Gindroz, know if you are willing to do that.

I dreamed about swimming the other night. I was swimming laps at a pool with a group of people who weren't really swimming and kept getting in my way. Suddenly, they all stopped swimming and stood around in the shallow end of the pool eating breakfast that someone had brought them from Burger King. The lifeguard came and scolded me for interfering with breakfast by continuing to swim. I wonder if that means I'm spending too much time in the water. More likely, it means I'm not in the water enough or maybe I was hungry.

Keep swimming.

Jane Moore

WELCOME TO THE PNA

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

JERI ADAMS, PAMELA BAKER, LAURIE BARNARD, DAVID BATTISTI, ION BEZA, TRACEY BROBERG, RICHARD BUTLER, PATRICE J CALMETS, JEFF DALEY, TOM DAVIS, ALISON ELIASON, STEW ELLISON, STEVE ENGEL, ELLEN FORNEY, JEFFREY FRESHLEY, JOHN FURRER, JUSTIN GILLEN, WAYNE GUEST, BETSY HALE, SUZANNE HANSEN, GREG HOLLES, MIKE IVERSON, BETH JOHNSON, JULIE JOHNSON, LOWELL JOHNSON, BEVERLY KRUEGER, JOHN LAFFEY, SANDRA LAMONTAGNE, KERRI LARSON, JULIA LAWRENCE, SAM LAWRENCE, MEL LEBSACK, RICHARD LILLEBERG, MARIA MACKAY, GARY MATHER, JOYCE MC COLLOUGH, JAMES MCCLEERY, LAURIE MCCLOSKEY, KEN MCLELAND, BILL MCNAMARA, KATHY MOORE, WENDY NEELY, SUSAN PATTERSON, WILLIAM PATTERSON, BOYD PAUSENER, WILLIAM PENN, THOMAS RAWDING, DON REHFELDT, MELINDA ROGERS, JOHN SIRUTIS, ARNE SKOG, GORDON STUBBE, PAUL SYTMAN, KEITH SZOT, DIANE TIMMONS, KIRK WALKER, BRIAN WALL, JAMES WATERS, KAMERON WELLS, NANCY WILLIAMS, BROOKE WIMBUSH,

P N A Meet Schedules

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

Oregon Meet Schedules

Inland Empire Meet Schedules

April 9 April 22-23-24	25Y Inland Empire Champs	Pullman 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

David Cobb
4008 NE Thompson
Portland, OR 97212
(503) 282-0472

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

Starter's Clinic

Wednesday April 20th

7:00pm - 9:00pm

Bellevue Schools Educational Service Center

12111 N.E. 1st Street

Bellevue, WA

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
Corvallis, Oregon
Snake River

Terry and Judy McCurdy
Mark and Laura Wordon
Janet Wood

(503) 673-3673
(503) 753-9352
(208) 345-8843 H
(208) 339-7229 W

PNA

Ann Gindroz
Marietta Hunziker

(206) 272-1854
(206) 391-7244

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



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

Swim Against Cancer

Thank you to all the swimmers who took part in the 7th Annual Dawn Musselman Swim Against Cancer. This annual swim benefits the American Cancer Society. The total funds raised this year was \$1,401.22. **Thank you swimmers:** Charlie Dunford, Jamie McGregor, Kathleen Buckner, Linda Sullivan, Patrick Sullivan, Steven Thrasher, Phil Spencer, Mark Watling, Karen Jost, Jane Moore, Hugh Moore, Melvin Driver, Deborah Bagg, Megan Loe, Ian Thompson, Carolyn Baldwin, Carol Anning, Ann C. Gindroz, Kristen Aserlind, Jan Kavadas, Dan Ziemer.

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, prior to 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

How Much Exercise is Too Much?

Mike Cochran, M.S.

- Have you had a nagging reoccurring injury lately?
- Has a doctor ever told you to stop exercising, or to switch to another activity during your rehabilitation, and you thought either they were crazy, or didn't know what they were talking about?
- When forced to stop exercising due to an injury, do you suffer sleeplessness, restlessness, or loss of appetite?
- Do you go to unusual lengths to get in your workout, sacrificing time with family, or possibly taking time away from work?
- Do you keep extensive detailed logbooks of your training?
- Is exercise more important than anything in life?

We know that exercise is good for us and hard training is required to enjoy that deep-down feeling of satisfaction after a good competitive effort. To be successful in our endeavors we know that sacrifices have to be made, but where do we draw the line? How much exercise is too much? If you answered yes to any of the questions above, the possibility exists that you could benefit from reevaluating your training.

The phenomenon of "exercise addiction" is a difficult topic for athletes to discuss. Furthermore, a very fine line exists between being a dedicated athlete and an "exercise addict." Many times exercise excess results from a lack of knowledge about proper training principles, but when there is a physiological and/or psychological dependence it suggests an exercise addiction.

Have you ever entertained the notion that maybe this training thing has gotten a little out of hand? Have there been situations where you promise yourself some "down time" when the big event is over? However, when the competition is over you don't "chill out", either because you did so well that you want to compete again the following weekend, or because you did so poorly that you want to regain some feeling of self-worth?

I can recall my own self-realization a few years ago when I was seeing a sportsmedicine doc for a troublesome Achilles tendon injury. Based on his evaluation, the doc told me to stop running for a couple of weeks, stretch more frequently, and to spend more time cycling. I appreciated his prognosis, but because he wouldn't find a treatment program that would allow me to run, I dismissed his advice as "not knowing how to deal with highly motivated athletes." Looking back on that experience and upon a close examination of my training, I think I indeed had a tendency towards an exercise addiction. But where do you draw the line between being a motivated athlete trying to do your best and training to extremes? There are no clear cut answers, and to date there hasn't been a great deal of research looking at exercise addictions.

The reasons behind exercise as an addictive behavior are many. Some common reasons and behaviors include:

- Dysfunctional family history - where there was alcoholism, abuse, or absent family members.
- Distorted body image - where self-image is distorted, and there is a preoccupation of attaining some unrealistic physical appearance.
- Disregard of negative consequences - whether it be injuries, personal or workplace problems, or deteriorating relationships.
- Exercising to the point of hating the activity.
- Inability to take a day off without feeling guilty.

Athletes are generally intrinsically motivated. They know there is a price for success, but sometimes the perceptions of what it takes to be successful can lead to overtraining. When hearing or reading about other athletes and their training regimes, it is easy to place unreal expectations on our own training. "Well, if Mark Allen can do 10X1 mile repeats on the track after a 30 mile time trial then I can too." It is easy to lose sight when comparing yourself to other athletes, and fail to realize that some of these people are making their livings by competing. The "more is better", and "if I take a day off means I'm weak", are common mentalities with many of today's athletes. But many would benefit from some "down time."

I recently had an eye-opening experience that clearly illustrates what can be accomplished by backing off a little (even if it is forced). I was training for the Seattle Marathon, and eight weeks before the marathon things were going great. I had already gotten in some long runs, was on the track once a week, and my overall strength and endurance was at its best in months. I was balancing several projects between work and home, but still managed to get in my training. Then I came down with an upper respiratory infection and things came to a screeching halt. I thought to myself, "O.K., not the end of the world, I'll take it easy for a week and kick this thing." A week went by and I resumed my training with the same intensity as before. But instead of getting better, I got worse. My times were getting slower, and on a few training runs I actually wondered if I was going to have

enough strength to finish (some of the same training runs I had PR'ed only weeks before). I was pondering doing the half-marathon (I had already paid, and I needed the T-shirt as I was getting short on oil-changing rags), but being the "Type A anal-retentive" individual that I am, decided to do the marathon after all (again I couldn't ignore that nagging irrational voice in the back of my head). I was astonished beyond belief when I finished the marathon in my best time in six years. For the four weeks prior the race I only ran two days a week, and the last long run (18 miles) was six weeks before the marathon! Amazing what a little rest can do.

From my own coaching experience, and the training research that I have done, it's very obvious that a majority of athletes are overtrained. Personally, I gain a psychological confidence from a strict and demanding training program. However, that psychological confidence doesn't always translate to PR's. When I look at some of my old training logs a definite pattern emerges - during those times when I had a layoff - my performances have improved. It is O.K. to take time off and it is preferred, especially after a big effort. It is impossible to train at a high intensity level year-round. The best way to approach your training is to break the year up into several periods, focus on one or two aspects of training during each period, and above all, build in some play and rest. That periodization of training, including rest, is the formula for success.

If you exercise with a pattern that suggests an addiction, then reading this article will probably have little impact. However, if you have reached an awareness that possibly your exercise is taking too much importance in your life, then seeking out a sports psychologist or a professional that deals with addictive behaviors is highly recommended.

**This article appeared in the March issue of Northwest TRI-Sport magazine. For more information on the local triathlon scene send \$12 to NWTS 6815 142nd Ct. NE Redmond, Wa. 98052 and get NWTS delivered right to your door.*

NWTS 1994 Triathlete Rankings

For the second time, in 1994, 15 of the Northwest's finest Triathlons have banded together as the Northwest TRI-Sport Triathlon series. At the end of the season the NWTS Rankings will be determined from the results of these 15 races. The main incentive for this venture is to recognize the best Triathlons and Triathletes in the Northwest. Individual scores will be determined by direct comparisons between competitors. The criteria used in selecting races, and the requirements for being ranked are listed below.

Criteria in selecting races:

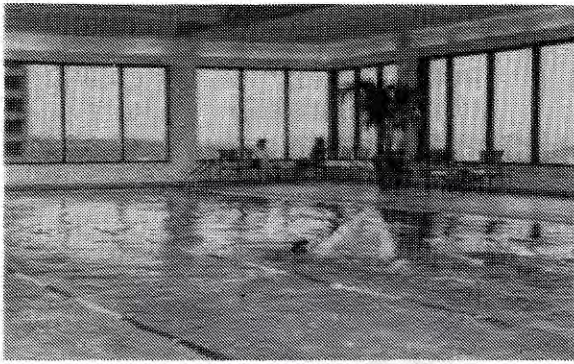
- Overall quality of race, race organization, and enforcement of generally accepted triathlon rules.
- Wide distribution of races geographically.
- Minimum of 100 individual finishers.

Requirements for being ranked:

- Compete in a minimum of 3 races from the 15 that are participating.
- For every 4 races participated in, 1 race will be discarded before determining a triathlete's score.
- A DNF counts as a 0 score. This score can be eliminated by racing 4 or more times.

The following Triathlons comprise the 1994 NWTS Triathlon Series and Rankings.

Date	Race	Location	Phone	Race Director
11 June	Poulsbo EDS Triathlon	Poulsbo, Wa.	206-697-9770	Kim Kuntz
19 June	Blue Lake Triathlon	Portland, Or.	503-646-0131	Frank Goulard
10 July	Valley of the Sun Triathlon	Yakima, Wa.	509-697-6106	Candi Turner
16 July	Tiger Tri	Colville, Wa.	509-684-6037	Suzette Hart
17 July	Hagg Lake Triathlon	(30 miles west of Portland)	503-646-0131	Frank Goulard
24 July	Silver Lake Triathlon	Everett, Wa.	206-259-0300	Lori Cummings
24 July	Whisky Dick Triathlon	Ellensburg, Wa.	509-925-3137	Craig Carlson
30 July	Burley Spudman Triathlon	Burley, Id.	208-678-2256	Dennis Peterson
31 July	Lake to Forest Triathlon	Sandpoint, Id.	208-263-8468	Carol & Dick Hemis
14 August	Coeur d' Alene Triathlon	Coeur d' Alene, Id.	208-667-3589	Jordan Keough
21 August	Troika Triathlon	Spokane, Wa.	509-624-2980	Bill Close
28 August	Danskin Women's Triathlon	Seattle, Wa.	206-562-8841	Catherine Springman
3 Sept.	Titanium Man Triathlon	Tri-Cities, Wa.	509-627-1329	Eric Greager
10 Sept.	Aluminum Man Triathlon	The Dalles, Or.	503-296-9533	Deborah Jones
10 Sept.	Black Hills Triathlon	Olympia, Wa.	206-754-9240	Brett Buckley



GATEWAY ATHLETIC CLUB

DOWNTOWN SEATTLE'S # 1 FITNESS FACILITY!

WE GET RESULTS

- ★ Professional Fitness Staff
- ★ Flextime Memberships
- ★ Aerobics, Squash, Massage, Yoga
- ★ Family Programs
- ★ Easy Access, Easy Parking

- ★ 25 Yard pool, lap lanes always available
- ★ Masters Coaching, multiple times daily
- ★ Personal coaching, childrens lessons
- ★ Water Aerobics



*AT&T Gateway Tower, 700 5th Ave. 14th Floor
Corner of 5th and Columbia*

Call Today For Your Personal Tour 343-4692

Awards Across America

The Dixie Zone of United States Masters Swimming is establishing a program to recycle unused and unwanted awards to agencies and groups which represent the disabled and underprivileged. You can help in more ways than one.

Do you have a box full of awards that continues to collect dust? If you've been a Meet Director, do you have any leftover awards you need to put to good use? Although medals are preferred, any type of award can be passed on to our special organizations.

Would you be aware of any agencies or groups who might be able to benefit from this program? Examples of potential recipients are local Special Olympic groups, nursing homes, Boys Clubs, Big Brother/Big Sister, and inner-city programs. Could you pass along a contact name and address for these organizations?

Thanks for reaching outside of Masters swimming to help those in dire need of a little recognition. If you can be of assistance, please mail your awards or information to:

Awards Across America
c/o Scott Rabalais, Dixie Zone
950 S. Foster Dr. #29
Baton Rouge, LA 70806
Phone: 504-928-5596

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

04/17	MARY EAGAN	05/01	CAROLYN BEHSE
04/18	HAROLD JOHANSON	05/01	JOHN LAFFEY
04/18	SUSAN ROBERTS	05/04	JULI ANDERSON
04/19	CAROL BROWN	05/04	PAUL IKEDA
04/19	IAN THOMPSON	05/06	JOSEPH MICHALAK
04/20	SUZANNE DILLS	05/06	JOHN SIRUTIS
04/20	C. ANN GINDROZ	05/07	MEGAN LOE
04/20	CAMILLE MORGAN	05/07	ROBIN O'LEARY
04/21	SANDY BEQUETTE	05/08	MARY PATRICIA LAWLOR
04/21	DWIGHT DAVIS	05/08	ROBERT MILLER
04/22	EVANS FOWLER	05/09	SCOT HISLOP
04/23	EUGENE HUNN	05/09	THOMAS HUGHES
04/24	HEIDI HAGELSTEIN	05/11	REGAN HAINES
04/24	MARIETTA HUNZIKER	05/11	REBECCA MAYFIELD
04/25	KRISTY GLAZE	05/12	BERTIL DILLNER
04/25	DEBORAH LADD	05/12	SUSAN HIGINBOTHAM
04/25	ROBERT MITCHELL	05/13	MARYAN BURKE
04/25	KAREN WOLF	05/13	JOHN FOGES
04/27	KRISTEN ASERLIND	05/13	EDWARD MORIARTY
04/27	LINDA SULLIVAN	05/14	EVERETT CASSELL
04/27	MATTHEW WINDER	05/14	ALISON ELIASON
04/28	GEOFFREY ANDERSON	05/15	KURT HEIDERGOTT
04/30	CHARLOTTE DAVIS	05/15	LAURIE MCCLOSKEY
04/30	GREG HOLLES		
04/30	MARK LIST		

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

Change of Address

Return To: Suzanne Dills
1101 N. Northlake Way
Seattle, WA. 98105

Name _____
USMS# _____
Old Address _____

New Address _____

New Phone # _____

NON-PNA Members Subscription Form For The "WET SET"

NAME _____

ADDRESS _____

Send this form and check for \$12.00, payable to PNA Masters Swimmers, to Suzanne Dills, 1101 N. Northlake Wy, Seattle WA. 98105

NATIONAL TOP10
 12-31-93
 SHORT COURSE METER
 P = P.N.A. RECORD
 Z = NORTHWEST ZONE RECORD
 N = NATIONAL RECORD
 W = WORLD RECORD
 U = UNOFFICIAL TIME (1 WATCH)

WOMEN 19-24

400 M. FREE
 JENNIFER BATES 24 # 8 5:47.40

WOMEN 30-34

400 M. FREE
 AMY NEWELL 30 # 7 4:57.82
 100 M. BACK
 AMY NEWELL 30 # 6 1:13.69
 MARGARET LLOYD 31 # 9 1:18.54
 200 M. BACK
 AMY NEWELL 30 # 5 2:36.79
 LISA DECK 33 # 9 2:53.34
 100 M. FLY
 MARGARET LLOYD 31 # 6 1:15.43

WOMEN 35-39

50 M. FREE
 WENDY BOGLIOLI 38 # 3 29.24
 100 M. FREE
 WENDY BOGLIOLI 38 # 4 1:04.27
 50 M. BRST
 SUE HARRINGTON 35 # 7 40.88
 50 M. FLY
 WENDY BOGLIOLI 38 # 3 31.67

WOMEN 40-44

100 M. FLY
 LINDA MARIZ 44 #10 1:31.42

WOMEN 45-49

50 M. FREE
 KATHRINE CASEY 45 # 6 32.41
 400 M. FREE
 SUZANNE DILLS 48 # 2 5:30.71
 50 M. BRST
 KATHRINE CASEY 45 # 5 42.34
 100 M. BRST
 KATHRINE CASEY 45 # 3 1:31.81
 200 M. BRST
 KATHRINE CASEY 45 # 4 3:22.96
 200 M. FLY
 SUZANNE DILLS 48 # 2 3:18.24
 100 M. I.M.
 KATHRINE CASEY 45 # 4 1:21.75
 200 M. I.M.
 SUZANNE DILLS 48 # 2 3:05.97

WOMEN 50-54

100 M. FREE
 FRANCESCA DRUM 51 #10 1:28.81
 200 M. FREE
 FRANCESCA DRUM 51 #10 3:13.04
 400 M. FREE
 PINKY WALKER 50 # 6 6:22.29
 CAROLYN BEHSE 50 #10 6:48.89
 50 M. BACK
 PINKY WALKER 50 # 6 43.04
 100 M. BACK
 PINKY WALKER 50 # 6 1:37.56
 200 M. BACK
 PINKY WALKER 50 # 6 3:33.13
 50 M. BRST
 CAROLYN BEHSE 50 # 6 47.51
 FRANCESCA DRUM 51 # 7 47.78

100 M. BRST
 CAROLYN BEHSE 50 # 2 1:40.82
 FRANCESCA DRUM 51 # 4 1:45.89
 200 M. BRST
 CAROLYN BEHSE 50 # 3 3:35.89
 FRANCESCA DRUM 51 # 4 3:45.70

WOMEN 55-59

50 M. BACK
 CHAYA AMIAD 55 #10 49.80
 100 M. BACK
 CHAYA AMIAD 55 # 9 2:00.23
 200 M. BACK
 CHAYA AMIAD 55 # 9 4:02.20
 200 M. BRST
 DORA COFFELT 56 # 9 4:11.08
 100 M. FLY
 CAROLYN BALDWIN 58 # 8 2:12.38

WOMEN 60-64

200 M. FREE
 JOY ROSS 60 # 9 3:33.37
 100 M. BACK
 JOY ROSS 60 #10 1:54.15
 200 M. BACK
 JOY ROSS 60 # 3 3:49.65
 100 M. BRST
 JOY ROSS 60 # 6 2:02.30
 200 M. BRST
 ANNE MARSTON 63 #10 5:22.71
 200 M. I.M.
 JOY ROSS 60 # 6 3:53.97

WOMEN 65-69

400 M. FREE
 PATRICIA DOTSON 66 # 4 6:47.05

WOMEN 70-74

200 M. BACK
 MAXINE CARLSON 72 # 8 4:51.32
 200 M. BRST
 LIVIA WALKER 71 # 7 6:03.91
 100 M. FLY
 MARION CHADWICK 71 # 8 4:44.10

WOMEN 75-79

50 M. FREE
 PAT MATTHIESEN 77 # 9 59.94
 200 M. FREE
 PAT MATTHIESEN 77 # 8 4:40.92
 400 M. FREE
 PAT MATTHIESEN 77 # 9 9:54.01
 50 M. BACK
 PAT MATTHIESEN 77 # 9 1:08.89
 100 M. BRST
 PAT MATTHIESEN 77 # 8 2:47.60
 200 M. BRST
 PAT MATTHIESEN 77 # 8 6:11.23
 50 M. FLY
 PAT MATTHIESEN 77 # 5 1:16.01
 200 M. FLY
 PAT MATTHIESEN 77 # 2 6:13.71
 100 M. I.M.
 PAT MATTHIESEN 77 # 7 2:33.58

WOMEN 80-84

400 M. FREE
 MARION MUELLER 81 # 1 12:12.96
 50 M. BACK
 MARION MUELLER 81 # 1 1:09.24
 100 M. BACK
 MARION MUELLER 81 # 3 2:26.46
 200 M. BACK
 MARION MUELLER 81 # 1 5:14.17

M E N 25-29

400 M. FREE
 KEITH SZOT 28 # 6 4:35.29
 200 M. FLY
 PAUL SHERMAN 29 # 7 2:35.64

M E N 30-34

50 M. FREE
 CRAIG MALLERY 31 # 6 24.91
 100 M. FREE
 CRAIG MALLERY 31 # 3 55.45
 50 M. FLY
 CRAIG MALLERY 31 # 5 27.57
 ERIN ERONEMO 30 # 9 28.32
 100 M. FLY
 ERIN ERONEMO 30 # 4 1:02.12
 CRAIG MALLERY 31 # 5 1:02.20
 200 M. FLY
 PAUL SHERMAN 30 # 5 2:34.97
 STEPHEN WRIGHT 34 #10 2:59.97

M E N 35-39

400 M. FREE
 BILL FENNER 37 #10 4:47.60

M E N 40-44

50 M. BRST
 GREG HARRISON 40 # 9 34.38
 100 M. BRST
 GREG HARRISON 40 # 3 1:12.93
 200 M. BRST
 GREG HARRISON 40 # 1 2:31.37
 200 M. FLY
 WAYNE METHNER 40 # 6 2:46.10
 200 M. I.M.
 GREG HARRISON 40 # 3 2:31.00

M E N 45-49

200 M. BACK
 MICHAEL MCCOLLY 47 # 9 2:42.53
 100 M. BRST
 STEVEN PETERSON 47 # 4 1:19.30
 RICK STAFFORD 46 # 6 1:19.62
 200 M. BRST
 STEVE PETERSON 46 # 3 2:57.32
 RICK STAFFORD 46 # 4 2:58.19

M E N 50-54

400 M. FREE
 STEVEN THRASHER 52 # 1 5:01.95
 50 M. BACK
 WALT REID 53 #10 39.12
 100 M. BACK
 STEVEN THRASHER 52 # 1 1:12.44
 200 M. BACK
 STEVEN THRASHER 52 # 2 2:37.93
 100 M. I.M.
 STEVEN THRASHER 52 # 2 1:14.80

M E N 55-59

50 M. FLY
 DAVE DRUM 57 # 8 34.96
 100 M. I.M.
 DAVE DRUM 57 #10 1:24.49
 200 M. I.M.
 DAVE DRUM 57 #10 3:10.76

M E N 60-64

50 M. BRST
 AULIS KAHKONEN 62 # 4 37.65

M E N 65-69

50 M. FREE		
HARVEY PROSSER	65 # 4	33.53
100 M. FREE		
HARVEY PROSSER	65 # 4	1:15.96
200 M. FREE		
HARVEY PROSSER	65 # 6	2:49.49
400 M. FREE		
HARVEY PROSSER	65 # 5	6:05.53

M E N 75-79

200 M. FREE		
GENE CROSSETT	79 # 8	3:45.71
400 M. FREE		
GENE CROSSETT	79 # 9	8:02.35

M E N 80-84

50 M. FREE		
ALLAN SACHS	80 # 5	43.85
100 M. FREE		
ALLAN SACHS	80 # 5	1:49.69
200 M. FREE		
ALLAN SACHS	80 # 7	4:31.11

M E N 85-89

100 M. BACK		
JIM PENFIELD	85 # 2	2:15.47
50 M. BRST		
JIM PENFIELD	85 # 1	58.39
100 M. BRST		
JIM PENFIELD	85 # 2	2:24.19
50 M. FLY		
JIM PENFIELD	85 # 1	1:04.75
100 M. I.M.		
JIM PENFIELD	85 # 1	2:15.66

RELAYS-WOMEN 200 M. MEDLEY

120-159		
PAULA TERHAAR	41 # 9	2:41.18
MARY CASSAR	30	
LIB RUST	34	
ANNAMARIE TERHAAR	32	

280-319		
MAXINE CARLSON	73 # 3	4:07.40
PATRICIA DOTSON	66	
MARION MUELLER	81	
PAT MATTHIESEN	77	

RELAYS-WOMEN 400 M. FREE

280-319		
MAXINE CARLSON	73 # 1	9:19.61
PAT MATTHIESEN	77	
MARION MUELLER	81	
JANET KAVADAS	62	

RELAYS-M E N 200 M. MEDLEY

200-239		
EUGENE HUNN	50 # 9	3:08.52
HUGH JAMES	52	
ROBERT GRIFFITH	51	
ROLLIE ROBERTS	58	

RELAYS-M E N 400 M. FREE

120-159		
PAUL SHERMAN	30 # 4	4:06.46
LEN MCCOLLAM	35	
TOM SEIFTS	27	
CRAIG MALLERY	31	

200-239		
EUGENE HUNN	50 # 3	6:48.84
HUGH JAMES	52	
ROLLIE ROBERTS	58	
ROBERT GRIFFITH	51	

RELAYS-MIXED 400 M. FREE

120-159		
DONNA PETERS	30 # 5	4:36.82
MARIA BUSKE	31	
DAVID HILL	31	
BILL FENNER	37	

RAD DUTTON	51 # 6	5:14.94
RICK STAFFORD	46	
AMY MORRIS	31	
AMY NEWELL	30	

RELAYS-MIXED 400 M. MEDLEY

120-159		
MARY CASSAR	30 # 7	5:30.92
LIB RUST	34	
WAYNE METHNER	40	
JOHN KULSA	25	

Shaklee Sports Nutrition

The Winning Difference

Shaklee Sports Nutrition products
have been helping world class athletes
all over the world go father, faster, higher.

They can help you, too.

Call today to learn how you can enhance
your athletic performance with healthy,
natural products:



® For more information about Sports Nutrition, contact:

In Seattle - Suzie Ness - 547-3309

The Eastside - Phyllis Gill - 865-9856

Products in harmony with nature and good health

**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.

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

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** _____

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

McCullum 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

Si 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 9:30-11

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

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

