

**Pacific Northwest Association
of Masters Swimmers**



Volume 13 - Number 5

**The
Wet
Set**

May, 1994

Upcoming Board Meetings

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

August 23rd - TBA

In this month's Newsletter:

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Birthdays

Change of Address

Coach Wanted

Gateway Athletic Club

H.O.S.T.

Meet Enrtys

Meet Schedules

Minutes of the Board meeting

New Swimmers

Places to Swim

President's Letter

Results - Banqov

Subscription to the Wet Set

Swimming Science

USMS Application

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Phyllis Gill

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1101 N. Northlake Way

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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.

May, 1994

Dear PNA Swimmers:

PNA Champs are done for another year. This year, we revived the PNA Banquet. It used to be an annual event but has not been held for a number of years. This year had a fairly small group attending but was very enjoyable. Walt Reid and Karen Jost presented award certificates to a number of PNA swimmers who were in the National Top Ten, set a National or PNA Record, or qualified as an All American. The meal was great, and best of all, we were done by 6:30! Remember that, and next year be sure to come. You won't be up late enough to hurt your swims the next day. Thanks to Jeanette Vallandigham for arranging the banquet and to Karen Jost for producing the award certificates.

PNA champs marked the end of another short course season in this area (except for those of us who went to Cheney for Zone Championships and those going to Nationals), but don't hang your suit up for the summer. Federal Way Masters will be hosting LC Zone Champs in July. This will be your only chance to swim a long course meet at the Weyerhaeuser King County Aquatic Center this year. The meet will be held July 30 and 31, so watch for an entry form. For those true distance swimmers, a few of us will be doing the 10K swim again this summer. That's 10,000 meters or 6.2 miles. We haven't set a date yet. If you're interested, give me a call (925-0803) for more details.

Don't forget the current Lap for Fitness. The USMS 2000 Swim Challenge must be completed by May 31. It can be done either short course, long course, or short course meters. I have entry forms if you need one.

Best of luck for great swims to all those PNA swimmers who will be attending Short Course Nationals in Tempe, Arizona.

See you soon.

Jane Moore

WELCOME TO THE PNA

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

DAN ADAMS, DANIELA AHMED, SHELLEY BIRNIE, DAVID BRITTON, IAN CARON, SHARON CHEW, AMANDA CHILLQUIST, EILEEN COLLOPY, STEVE CROCKER, MICHAEL DONALD, KERSTIN DORSE, YVONNE DYMERSKI, WESLEY FLINN, SUZEY FRANK, NANCY GAYMAN, BARBARA GUNDRED, KATE HIGGINS, BEN HOLMAN, JIM HYLAND, MICHAEL KAWATA, MARCUS LEMASTER, TOM LEONARD, COLIN LOWIN, WILLIAM MCCAFFREY, CHIP MCDERMOTT, SCOTT MILLER, RICH MONTGOMERY, BLAIR MURRAY, MELISSA NOBLE, ELISA PANELLI, REESE RABON, DUANE REED, ZOE SANTILLI, NANCY SPESER, SETH STARK, ERIC TWEIT, DEBORAH WALKER, PHIL WARNOCK, SHIRLEY WESTLING, AND LYNN WILLE.

**MINUTES OF THE PNA MEETING
HELD MARCH 22, 1994**

The meeting was held at the home of Suzie Ness in Seattle. Present were Jane Moore, Hugh Moore, Jeanne Ensign, Tammi Keeler, Walt Reid, Suzie Ness, Phyllis Gill, Jan Kavadas, Karen Jost, Gordon Gray, Steve Peterson, Gina Brown, Lee Carlson, and Frank Newquist.

The meeting was called to order at 7:20 p.m. by President Jane. Hugh knocked over his water. ^{LATER}
MINUTES. The minutes were not available at the beginning of the meeting but were approved with massive corrections. Several of these were grammatical and spelling errors. The most glaring error was an omission under the caption for "Officiating." I failed to mention that it was MSC to reimburse \$63.00 to Jan Kavadas for USMS Rule Books.

TREASURER'S REPORT. Report was given by Suzie Ness showing \$3,069.40 in the Wiggin Fund and \$5,062.68 in the PNA fund. It was MSC to reimburse Jeanne Ensign \$43.00 for postage. There was no other financial stuff.

MEMBERSHIP. Suzie reported that there were a few more than 510 members currently registered in the PNA.

MEETS. Suzie Ness passed out ... meet bid packets. The packets included new information on marketing. Further, it specifies five events per day for nonchampionship meets and six events total for PNA Champs. There was then a discussion regarding costs, sliding fees, and sur charges. There will be a \$3.00 basic sur charge plus an additional \$1.00 sur charge for electronic timing, \$1.00 for each event entered, and one more buck for something else. Meet dates were discussed for adding options for 1995. PNA Champs from May 8 through the 21st. (Correct me if I'm wrong, but I believe this will prove to be the longest meet we have ever had.) Short-course nationals at Ft. Lauderdale some time in May (that is if we ever finish with the Champs). There is the possibility of a PNA long-course meet June 2, 3, and 4. Long-course Nationals will be held in Gresham, Oregon August 24-27. There was then a discussion regarding inaccurate results. The consensus was that if it's inaccurate, don't do it. The last paragraph in the cover letter on the meet bid packets will mention insurance from USMS insurance covers the Master swimmer and the host for liability. Everyone liberally shared their comments. Jane then kicked over her water.

Long-Course Zones. L.C. Zones will be held July 23 and 24 at WKCAC. There will be a social event on Saturday, perhaps at the Round Table Pizza. It may not be possible for the long-distance swimmers to swim both the 800- and 1500-meter because of time constraints. It was suggested that with the proper number of times that a 1500-meter swimmer could get a split at 800 meters and have that count for records and top 10. Further, it was MSC to increase the sur charge for this meet from \$5.00 to \$7.00 to cover the Aquatic Center's costs. That will be \$7.00 plus an event charge. It was also MSC to provide a visor to the first 125 entrants to the zone meet.

PNA Champs. Karen announced that there were 80 entries so far. Karen also asked that the host team, FWM, pay the PNA \$1.00 per swimmer and waive the 20% surcharge per swimmer as FWM is not using PNA awards at the meet. Her suggestion was MSC. It was also mentioned that the PNA has swim caps available to give to each of the entrants at the PNA Champs.

RECORDS AND TOP 10. Walt has copies of the 1992/1993 Top 10 data. He has also prepared a list of new PNA records and national top 10 for 1993. He is preparing certificates to hand out at the banquet at PNA Champs. Walt also mentioned that there were 10 PNA swimmers who had qualified as Masters All Americans. Walt asked that the PNA provide the cost of the certificates for our All American swimmers. It was MSC to apply to the Fred Wiggin fund for all of the above awards up to a total of \$175.00. If that proves to be an inappropriate request to that fund, then the PNA has agreed to underwrite the costs.

PUBLICITY. No report.

NEWSLETTER. Phyllis mentioned that she had an ad from Gateway Athletic Club in Seattle and that they had paid for three months. Further, she mentioned that Chaya Amiad is the coach at that club. It was MSC to reimburse Phyllis for one cartridge of toner.

AWARDS. The Board approved a nomination for the Ransom Arthur Award. We need to get more first place awards for our PNA swimmers as we are about out. Jane will contact the committee chair. Jane then asked for a motion to give out two second place awards or three third-place awards for all first place winners until the new medals arrive. That was MSC.

SOCIAL. Suzie also reported on the upcoming PNA banquet. There will be special awards and honors given at the PNA and team level. There will be some door prizes. We are looking for a volunteer to MC the banquet.

OFFICIATING. Jan Kavadas announced that there would be a starter's clinic on 4/20/94. However, you must joint USS as a nonathletic member in order to participate in the clinic.

FITNESS. Karen Jost announced that she has received entry forms from six or seven swimmers regarding the year-round fitness swim. She also announced that there would be upcoming clinics on open water swimming, probably in July, and a clinic on aging probably in October. The cancer swim in January netted just over \$1,400.00.

COMPUTER APPLICATIONS. Gordon Gray announced that he has found a fax/modem that he will order. The cost will be around \$125.00.

Sale of PNA Computer. The PNA currently has three computers that are not being used. Frank Newquist had a request from a non-PNA member to purchase one of the computers. There was some discussion, and the Board agreed to allow a computer, purchased about 2-1/2 years ago, to be put up for sale. Frank is to negotiate the sale price.

CONSTITUTION AND BYLAWS. Hugh announced that he had reviewed all of the minutes from 1987 to the present. There were a few sets of minutes that were missing and he will dig for those. He is updating the list of PNA policies.

OLD BUSINESS

Ad Hoc Committees. No report.

Logo. Lee is working on the logo with Lisa Farin.

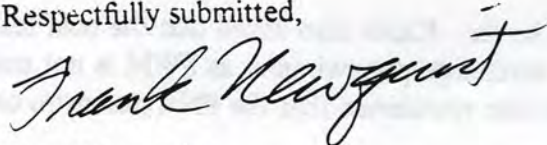
National Meet Bid. ^{HUGO} will get a meet bid form and will use some of the data from our 1992 bid. It was MSC to provide \$200.00 for the immediate costs of putting the bid together.

NEW BUSINESS. None.

NEXT MEETINGS. The next meeting, in April, will be at Jane Moore's office in Federal Way. The May meeting will be at the Pearl Street Y in Tacoma. The June meeting will be at the home of Lee Carlson.

ADJOURNMENT. The meeting was adjourned promptly at 9:10:47.

Respectfully submitted,



Frank Newquist
Recording Secretary

(Anybody remember how I have whined and sniveled about my "extra" weight? Well, I finally just decided to stop worrying about it. What I did was get one of those flags from the back of a big truck that says "WIDE LOAD," stuck it on my butt, and stopped feeling guilty.)

Many thanks to Lee Carlson for taking the minutes for the first part of the meeting. It really saved me a lot of sweat. Less stuff that I have to make up. Thanks again.

P N A Meet Schedules

Change
July 30 & 31

50M LC Zones

Federal Way

Oregon Meet Schedules

June 4
June 26

long course
short course meters

Beaverton, Or
Lincoln City

Inland Empire Meet Schedules

National & International Schedule

May 13-16 1994
August 25-28 1994
July 4-10 1994
Sept 26-Oct 8 1994

Short course Nationals
Long course Nationals
World Championships
World Masters Games

Tempe, AZ (ASU)
Buffalo, NY
Montreal Canada
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

Announcements

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



*Saying "thanks" and thinking, too,
How very nice it was of you!*



Dear P.N.A.

I have a new coat! I love it! Was I ever surprised! When I was opening it, I jokingly told Jane the box wasn't big enough for a new coat. (Knowing how popular my old coat is). But it was a new coat, and in my colors too, purple lined with pink. I even bought a purple hat and purple gloves to go with it. Needless to say, Walt is thrilled! Something about "no more bag lady..."

I loved being your Zone rep. Thanks a million for the new coat!!



*Sincerely,
Kathy Casey*



Swimming Science
Jane A. Moore, M.D.

I will again start reviewing chapters 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). Next is Chapter Six titled "Propulsion and Resistance".

Water gives less resistance to the propulsive efforts of swimmers than the solid surfaces of land, but it also is 1000 times more dense than air so provides much greater resistance to forward movements. Because of this, increasing efficiency by reducing resistance and increasing propulsive force is extremely important to improved performance in swimming.

Drag is the resistance of a fluid to the movement of an object through it. Drag is always exerted in the direction opposite to the direction of a swimmer's movement. Water molecules flow in smooth streams called laminar flow until they meet a solid object that interrupts their flow. Laminar flow has a low rate of resistance because the water molecules are traveling in the same direction at a uniform rate of speed. When these molecules hit a solid object, they rebound wildly in all directions in a random motion or turbulent flow. The turbulent molecules hit other molecules, creating more turbulence so that the pattern of turbulence continues to spread. This increases the pressure in front of a swimmer relative to that behind where flow remains laminar.

The amount of resistance encountered by swimmers depends on the space taken up in the water, the shape presented to the water, and the speed of movement. A tapered shape allows the direction of water molecules to change gradually and creates only a small amount of turbulence. A rectangular shape presents a large, flat surface to the water molecules forcing a sudden change in direction, intruding on many adjacent streams, and producing a wide pattern of turbulence. Streamlining creates a much more tapered shape, thus reducing drag.

Taking up a larger space in the water will also disturb more molecules. This space has both horizontal and lateral components. Remaining nearly level from head to foot disrupts fewer water molecules in the horizontal component, so a swimmer should try to remain as level or horizontal as possible from head to foot. The lateral component involves the space occupied from side to side. Wiggling from side to side will affect many more molecules of water. Some horizontal movement is required to increase propulsion. This includes the body roll in freestyle and backstroke and undulating movements in breaststroke and butterfly. There must be a balance between efforts to increase propulsion and efforts to decrease drag.

The other major factor affecting drag is speed. Decreasing speed to reduce drag is not reasonable, but pacing a race to expend less energy in overcoming drag during the early part of the race may be helpful.

Three categories of drag that affect performance have been defined as form, wave, and frictional drag. Form drag is caused by the form or position of the swimmer's body and the space taken up in the water. Wave drag is caused by waves created by the swimmer. Some waves may be created by pool design. These are beyond the control of the swimmers but should affect all swimmers equally. Swimmers produce

other waves with their bodies and do have some control over these. Decreasing the frontal surface area presented to the water will decrease these waves. Frictional drag is due to the contact between the swimmer's body and the water molecules. This type of drag is influenced by a swimmer's body area, speed, and roughness of the body surface. Smooth surfaces cause less friction than rough surfaces. Studies have shown that shaving down improves performance by decreasing frictional drag.

None of the current theories of laws of motion covering propulsion of swimmers' bodies through the water has been proven. The primary propulsion of swimmers is probably based on Newton's third law of motion, the law of action-reaction. When swimmers push water back, they will accelerate their bodies forward with a force of equal magnitude. Bernoulli's theorem may also have some effect. This says that swimmer's hands act like foils. Water flows faster over the knuckle side of the hand than over the palm, thus creating a lift force which combines with the drag force acting on the hand to create a propulsive force. Swimmers use their hands like rotating propeller blades by constantly changing directions and creating a new blade throughout each armstroke. The changing directions allows the swimmer to continually push previously undisturbed streams of water molecules which require less force to accelerate than to already moving streams.

The effectiveness of swimming propulsion is determined by direction of limb movements, angle of attack, and velocity of movement. In all four competitive strokes, the primary direction of limb movements are lateral and vertical with some movements in a backward direction also. The angle of attack is the angle of the hand and arm or foot and leg with the direction it is moving. Propulsive force is increased when the angle of attack is about 40 degrees. If the hand is perpendicular to its direction of movement, there is no leading or trailing edge, only a large flat surface, causing marked turbulence and little propulsion. Air bubbles around arms and legs indicate increased turbulence with loss of propulsion. They signal use of an incorrect combination of direction and angle of attack. It is normal for air bubbles to appear around the hands and arms of all swimmers between the entry and catch phases of the butterfly, backstroke, and front crawl. Bubbles later in the stroke suggest incorrect mechanics.

Swimming speed is greatest in swimmers who accelerate their hands from the beginning to the end of the underwater armstroke. This acceleration is not steady but occurs in pulses. These pulses correspond to major changes in direction of the hand.

Propulsive arm movements can be divided into set portions. Propulsion begins with the catch. The catch is made about one-third of the way through the underwater stroke when the arms are in position to displace water backward. This position is frequently referred to as a high elbow because the elbow is always above the hand when it is reached. Attempts to apply propulsive force before this position is reached will reduce the forward speed. The arms will be facing out or down instead of back so will not displace water backwards. Besides the catch, the stroke is divided into outswEEP, downswEEP, inswEEP, and upswEEP. OutswEEP is the initial underwater sweep in the butterfly and breaststroke while downswEEP is the initial underwater sweep in front crawl and backstroke. These portions of the stroke are not propulsive and end with the catch. The inswEEP follows and is the first major propulsive sweep. The upswEEP is next and continues until the hand is near the thigh. Pressure on the water is then released and recovery begins. Hand speed slows during the transition from

insweep to upsweep and then accelerates rapidly reaching the fastest speed near the end of the upsweep.

It has been believed that the kick is not propulsive in freestyle, backstroke or butterfly. The legs were thought only to act as stabilizers. It now seems reasonable that propulsion may be generated by up and down movements of the legs just as it is generated by vertical movements of the arms.

The Arc- *SEAFAIR*® Swim

Saturday, July 30, 1994

Join a relay team
or individually swim

the entire length of Lake Washington.

**For more information, call
The SWIM Hotline at 364-9028.**

To Benefit: **The Arc - King County.**
*For people with developmental
disabilities and their families.*

Since 1936.

**GO
JUMP
IN THE
LAKE**

Coach Wanted!

The Pro-Club in Bellevue is looking for a Masters Swim Coach. MWF 5:30am - 7:30am, they have a wonderful facility and some eager swimmers. If you are interested please call Dan Richards at 885-4591.

**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

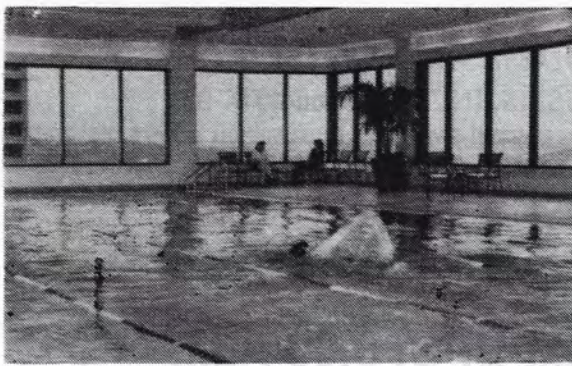
	<u>USMS Fee</u>	+	<u>LMSC Fee</u>	=	<u>Total Fee</u>
Under 65	15.00		15.00		30.00
Senior 65+	15.00		8.00		23.00

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 _____



GATEWAY ATHLETIC CLUB

DOWNTOWN SEATTLE'S # 1 FITNESS FACILITY!

WE GET RESULTS

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- ★ 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

Join us!!

It's fun!! Once a month a small group of PNA swimmers get together and have a really fun time. We talk and laugh about all kinds of things. This usually is around the first of each month. We would like to enlarge our group. We are inviting anyone who would like to come and have a fun filled 2hrs to call Jeanne Ensign at (206) 324-6768. Oh! did I mention that as we are talking and laughing we are preparing the Wet Set for bulk mailing??

OREGON MASTERS SWIMMING LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #374-05

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1994 registration form and fee with this form. *All Entrants from outside of Oregon Masters (PNA, IEA, SNAKE RIVER, PMS, etc.) must submit a COPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.*

MEET: BARRACUDAS L.C. MEET

PLACE: TUALATIN HILLS REC CENTER

158TH & WALKER RD.

BEAVERTON, OR

7-8 LANES COMPETITION

ELECTRONIC TIMING

1 LANE CONTINUOUS WARM UP/DOWN

HOST: Tualatin Hills Barracudas **Co-meet Directors:** Jeanne Teisher 649-4719 & Vlad Drobny 644-3799

DIRECTIONS TO POOL: Take Hwy. 26 west to the Cornell Road exit. Turn left, cross freeway, go to 158th and turn left, head south. Pool will be on your left. On corner of 158th and Walker Road.

DATE: JUNE 4, 1994

**WARM-UPS: 8:00 A.M.
MEET STARTS: 9:00 A.M.**

ENTRY DEADLINE : POSTMARKED NO LATER THAN MAY 21st, 1994

FILL IN COMPLETELY-----RETURN THIS LOWER PORTION-----FILL IN COMPLETELY

NAME _____ **1994 USMS #** _____

ADDRESS _____ **CITY** _____ **STATE** _____ **ZIP** _____

PHONE _____ **BIRTHDATE** _____ **AGE** _____ **SEX** _____

ASSOCIATION _____ Age Groups: 19-24, 25-29, 30-34 etc up to 100+. Relay age groups: 67-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M., 400, 800, and 1500 Free will be deckseeded. All events will be seeded slow to fast.

YOU MAY ENTER EITHER THE 800 FREE OR THE 1500 FREE, BUT NOT BOTH.

SATURDAY JUNE 4 BARRACUDA L.C.

400 I.M. (1) _____ : _____ . _____

800 FREE (2) _____ : _____ . _____

BREAK 15 MINUTE BREAK

FREE RLY (3) XXXXXXXXXXXXXXXX

200 FLY (4) _____ : _____ . _____

200 BACK (5) _____ : _____ . _____

50 BREAST (6) _____ : _____ . _____

100 FREE (7) _____ : _____ . _____

MXD FR RLY (8) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

200 I.M. (9) _____ : _____ . _____

50 FLY (10) _____ : _____ . _____

100 BACK (12) _____ : _____ . _____

200 BREAST (13) _____ : _____ . _____

50 FREE (14) _____ : _____ . _____

MED RLY (15) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

100 FLY (16) _____ : _____ . _____

50 BACK (17) _____ : _____ . _____

100 BREAST (18) _____ : _____ . _____

200 FREE (19) _____ : _____ . _____

MXD MD RLY (20) XXXXXXXXXXXXXXXX

BREAK BREAK BREAK

400 FREE (21) _____ : _____ . _____

1500 FREE (22) _____ : _____ . _____

"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** _____

MEET ENTRY FEE: \$8.00 MAKE CHECKS PAYABLE TO: OREGON MASTERS SWIMMING

**MAIL FORM(S) AND FEE(S) TO: SUZANNE RAGUE 935 N.W. 170 PLACE
BEAVERTON, OR 97006**

OREGON MASTERS SWIMMING SHORT COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #374-06

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1994 registration form and fee with this form. *All Entrants from outside of Oregon Masters (PNA, IEA, SNAKE RIVER, PMS, etc.) must submit a COPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.*

MEET: LINCOLN CITY MASTERS SCM DATE: JUNE 26, 1994

PLACE: LINCOLN CITY COMMUNITY POOL
2150 Oar Street
LINCOLN CITY, OREGON

5 LANES COMPETITION - MANUAL TIMING
1 LANE CONTINUOUS WARM UP/DOWN

HOST: Lincoln City Masters and Lincoln City Swim Team

Meet Director: LARRY FOWLER phone: 503-994-5208 & GAIL KIMBERLING phone: 503-994-7595

Directions to Lincoln City pool: Take Hwy 101 south through L.C. to light at 22nd St., turn left at 22nd and right at Oar. From south take right at 22nd and right at Oar. Pool is directly behind Elks lodge in Lincoln City.

**WARM-UPS: 8:30 A.M.
MEET STARTS: 9:30 A.M.**

ENTRY DEADLINE : POSTMARKED NO LATER THAN JUNE 11th, 1994

FILL IN COMPLETELY----->-----RETURN THIS LOWER PORTION----->-----FILL IN COMPLETELY

NAME _____ 1994 USMS # _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 PHONE _____ BIRTHDATE _____ AGE _____ SEX _____
 ASSOCIATION _____ TEAM _____ Age Groups: 19-24, 25-29, 30-34 etc up to 95+
 Relay age groups: 67-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359. **You may enter a maximum of 5 individual events and the 50 Free with fins, plus 4 relays.** Enter relays at the meet.
 Event #19 gives you the option to swim a 4 x 100 or 4 x 200 relay of your choice.

SUNDAY MARCH 14		100 FREE (13)	_____ : _____ . _____
400 I.M. (1)	_____ : _____ . _____	200 BACK (14)	_____ : _____ . _____
400 FREE (2)	_____ : _____ . _____	MED RLY (15)	XXXXXXXXXXXXXXXXXX
BREAK 5 MINUTE BREAK		BREAK BREAK BREAK	
FREE RLY (3)	XXXXXXXXXXXXXXXXXX	200 BREAST (16)	_____ : _____ . _____
BREAK BREAK BREAK		200 FLY (17)	_____ : _____ . _____
50 BREAST (4)	_____ : _____ . _____	50 FREE (18)	_____ : _____ . _____
100 FLY (5)	_____ : _____ . _____	100 BACK (19)	_____ : _____ . _____
200 FREE (6)	_____ : _____ . _____	200 I.M. (20)	_____ : _____ . _____
50 BACK (7)	_____ : _____ . _____	MXD MD RLY (21)	XXXXXXXXXXXXXXXXXX
100 I.M. (8)	_____ : _____ . _____	BREAK BREAK BREAK	
MXD FR RLY (9)	XXXXXXXXXXXXXXXXXX	RELAY (22)	XXXXXXXXXXXXXXXXXX
BREAK BREAK BREAK		800 FREE (23)	_____ : _____ . _____
50 FREE with fins (10)	_____ : _____ . _____	--- or ---	
100 BREAST (11)	_____ : _____ . _____	1500 FREE (24)	_____ : _____ . _____
50 FLY (12)	_____ : _____ . _____		

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** _____

MEET ENTRY FEE: \$8.00 MAKE CHECKS PAYABLE TO: OREGON MASTERS SWIMMING
MAIL FORM(S) AND FEE(S) TO: SUZANNE RAGUE 935 N.W. 170 PLACE
BEAVERTON, OR 97006

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

05/16	SHELLEY BIRNIE	06/01	SAM BALL
05/16	NADINE WHITEHALL	06/01	BRIAN HERRING
05/17	KIP HARDINA	06/01	AMY RUST
05/19	DAVID BATTISTI	06/01	LIB RUST
05/19	RANDY CLARKSON	06/02	JOANNEKE VERSCHUUR
05/23	NANCY FAEGENBURG	06/02	KIRK WALKER
05/23	RICH MONTGOMERY	06/03	JEAN CRECELIUS
05/25	SARA DICKERMAN	06/03	WENDY NEELY
05/26	TRACY ASHER	06/04	SHAWN BAZ
05/26	RICHARD BEEN	06/04	JOHN FURRER
05/26	CHARLES LARRABEE	06/04	JULE KAS
05/27	TAM KING	06/04	THOMAS RAWDING
05/27	CHARLES NUSSBAUM	06/04	GERALD VAN HOOSIER
05/27	BRAD THOMAS	06/04	STEPHEN WRIGHT
05/28	PAMELA BAKER	06/05	BLAIR MURRAY
05/28	KIMBERLY GROSS	06/09	YURIKO SATO
05/28	CAROL TROUP	06/11	DONNA BURKHART
05/29	DAN FENTON	06/11	MARISHA LOCKWOOD
05/29	ROBERT GRIFFITH	06/12	PAUL ALLYN
05/29	LARRY LITTLE	06/12	DON REHFELDT
05/29	GEORGE MARSHALL	06/13	LORI SABADO
05/29	SUZANNE STROM-REED	06/13	HEATHER WICKLEIN
05/29	KATHLEEN TOIVOLA	06/14	MICHAEL O'LEARY
05/31	JOHN POTTLE	06/15	TIM CALLAHAN
		06/15	AMANDA CHILLQUIST

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

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

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 Burmgasser 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

My goggles might fall off

I lost my suit

I'm at the top of my age group

The pool is too deep

The pool is too fast

**No More Excuses
Long Course Zones
July 30 & 31, 1994
Weyerhaeuser King County
Aquatic Center**

Note: date change

I haven't been training

Other people will see me

I lost my entry form