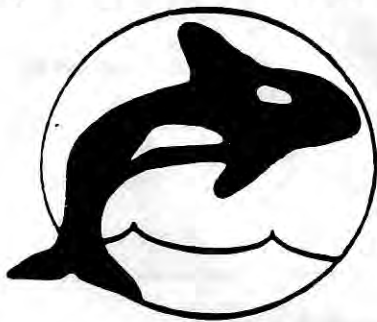


**Pacific Northwest Association
of Masters Swimmers**



Volume 13 - Number 7

**The
Wet
Set**

July, 1994

Upcoming Board Meetings

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 & September combined: Sept. 13th - Jane's Office Federal Way (206)925-0803 7:00pm

In this month's Newsletter:

Announcements

Birthdays

Change of Address

H.O.S.T.

Mariners Game

Meet Entry's

Northwest Zone Long Course Meet
National Long Course Championships
UBC Summer Classic Meet

Meet Schedules

New Swimmers

Subscription to the Wet Set

USMS Application

PRESIDENT

Jane Moore
1867 58th ST NE
Tacoma, WA 98422
(206)925-0803

SECRETARY

Frank Newquist
(206)474-1267

EDITOR

Phyllis Gill
(206)865-9856

VICE PRESIDENT

Jeanne Ensign
600 Malden Ave E #102
Seattle, WA 98112
(206)324-6768

TREASURER

Tammi Keeler
(206)524-7579

MEMBERSHIP

Suzanne Dills - Registrar
1101 N. Northlake Way
Seattle, Wa. 98103

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.

P N A Meet Schedules

**note change

July 30 & 31

50M LC Zones

Federal Way

Oregon Meet Schedules

Inland Empire Meet Schedules

National & International Schedule

August 25-28 1994

July 4-10 1994

Sept 26-Oct 8 1994

Long course Nationals

World Championships

World Masters Games

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

Welcome To The PNA

The following swimmers have joined the PNA in the last month:

Manuel Chaus, Steven Cordera, Elizabeth Jones, David Main,
Larry Morrison, Hiroshi Nakaz, Vebjorn Nilsen, Elizabeth Norling,
Katherine Pananen, Phillip Pettis, and Dan Ziemer.

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

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



HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

07/16	EVAN KAPLAN	07/29	LYNN MARTINDELL
07/17	BRUCE LOMAX	07/29	DEBRA PATE
07/17	GEORGE NELSON	07/31	SHERRY GRINDELAND
07/17	MARK PEMBROOKE	07/31	PHILIP KEZELE
07/18	ARNOLD KAS	08/01	THOMAS HARRYLOCK
07/19	THOMAS MARSHALL	08/02	PHYLLIS GILL
07/21	ROSALINE (ROS) BIRD	08/02	WENDY HOFFMAN
07/21	STEPHEN FREEBORN	08/02	JULIA MORRISH
07/22	TRACEY BROBERG	08/02	JENNIFER WRENN
07/22	BRAD COLLINS	08/03	JOHN KULSA
07/22	ELIZABETH NORLING	08/03	ANDREW MCKIM
07/22	CHARLES VANZANDT	08/04	MEL LEBSACK
07/23	ARNE SKOG	08/04	HUGH MOORE
07/23	CYNTHIA (CINDY) WALSTON	08/05	ERIC VALLEY
07/24	EILEEN COLLOPY	08/06	RICHARD PETERSON
07/24	MARTHA LAYZER	08/06	ANNAMARIE TERHAAR
07/24	JANICE MILLER	08/07	JERI ADAMS
07/24	STEVE SUSSEX	08/09	GARY GIBSON
07/25	ROBERT FARRELL	08/09	JO SCHERER
07/25	NANCY WILLIAMS	08/10	WALTER REID
07/26	LEE CARLSON	08/10	JOHN KORUGA
07/26	DOREEN SCANTLAND	08/13	STANLEY WHITTEMOR
07/26	PHIL SPENCER	08/13	MILES WILLIAMS
07/26	SHIRLEY WESTLING	08/13	DAVID HILL
07/27	DEREK MEYER	08/14	STEVE HARRELL
07/29	KEN KOSTER	08/15	LIVIA WALKER
07/29	JAMES LIMERICK	08/15	

MEET INFORMATION: NORTHWEST ZONE LONG COURSE MEET
JULY 30 & 31, 1994

WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 (206)296-4444. The pool depth varies from 9 to 10-1/2 feet. This is one of the fastest pools in the world. The competition pool has eight nine foot wide lanes and will be set to 50 meters in length. The diving pool will have seven twenty-five yard lanes and will be used for warm-up during competition.

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 JULY 21, 1994. ALL SWIMMERS **MUST** BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JULY 21, 1994 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMCS 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 JULY 31, 1994.

SEEDING: SLOW TO FAST FOR ALL EVENTS.

THE DIVING POOL WILL BE OPEN FOR WARM-UP/COOL-DOWN DURING COMPETITION.

THE FIRST 100 ENTRANTS WILL RECEIVE FREE SUN VISORS.

NO-HOST SOCIAL AT ROUND TABLE PIZZA (1414 S 324TH) AT 7:30 PM SATURDAY.

MEET DIRECTOR: HUGH MOORE (206)925-0803 (BEFORE 9 PM PLEASE)

TIMES: Saturday, JULY 30th: WARM-UPS: 2:00 PM to 2:50 PM. EVENTS 3:00 PM.

Sunday, JULY 31st: WARM-UPS: 8:00 AM to 8:50 AM. EVENTS 9:00 AM.

All events are Long Course Meters

SATURDAY JULY 30TH

SUNDAY JULY 31st

1	✓ 400 FREE	11	400 IM
2	200 FREE RELAY	12	200 MEDLEY RELAY
3	✓ 200 FREE	13	200 BREAST
4	100 BREAST	14	100 FREE
5	✓ 50 FLY	15	50 BACK
6	200 IM	16	200 FLY
7	200 BACK	17	100 BACK
8	✓ 50 FREE	18	50 BREAST
9	100 FLY	19	200 MIXED FREE RELAY
10	200 MIXED MEDLEY RELAY	20/21	800 FREE/1500 FREE (SEE NOTE)

NOTE: YOU MAY SWIM EITHER THE 800 FREE OR 1500 FREE, BUT NOT BOTH!

If you swim the 1500 and would like us to record your 800 split, please notify us in writing in advance.

NORTHWEST LONG COURSE ZONE MEET - JULY 30th & 31st, 1994
 SANCTION # 943606, HOSTED BY FEDERAL WAY MASTERS
 SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.

NAME _____ M F AGE as of 7/31/94 _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____ - _____

CLUB _____ or UNATTACHED _____ LMSC _____
 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

SURCHARGE: \$8.00 (includes PNA and NW Zone Surcharges) \$8.00
 INDIVIDUAL EVENTS _____ @ \$1 _____
 TOTAL _____

Note: Relays are free and entered at the meet

CHECKLIST

Checks payable to Federal Way Masters Mail to: Hugh Moore
 Phone (206)925-0803 before 9 PM 1867 58th ST NE
 Tacoma, WA 98422

VERIFY THAT YOU HAVE ENTERED THE CORRECT CLUB NAME AS IT APPEARS ON YOUR REGISTRATION FORM. ENTRIES **MUST** BE POSTMARKED BY JULY 21, 1994. ALL SWIMMERS **MUST** BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JULY 21ST 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 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 _____

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

New! New! New!

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

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

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 # _____

1994



UBC MASTERS

Summer Classic Swim Meet

DATE: Sunday, July 24, 1994

TIME: warm-up	8:30 am - 9:00 am
events	9:00 am - 2:00 pm
lunch	2:00 pm

LOCATION: U.B.C. Aquatic Centre

- | | | | | |
|----------------|----|---------------------------|-----|----------------------------|
| EVENTS: | 1. | 200 Choice | 9. | 400 Choice |
| | 2. | 50 Fly | 10. | 100 Fly |
| | 3. | 4 x 50 mixed MEDLEY Relay | 11. | 50 Back |
| | 4. | 100 Back | 12. | 4 x 50 mixed FREE Relay |
| | 5. | 50 Breast | 13. | 100 Breast |
| | 6. | 100 Free | 14. | 50 Free |
| | 7. | 200 IM | 15. | 4 x 100 mixed MEDLEY Relay |
| | 8. | 4 x 100 mixed FREE Relay | | LUNCH |
| | | 15 minute BREAK | | |

Maximum of 4 individual events per person. No restriction on the number of relays.

POOL: 55 yards; 6 lanes; outdoor; stopwatch timing
ELIGIBILITY: masters swimmers
AWARDS: Ribbons for 1st, 2nd, 3rd place finishers

RULES: No false start rule in effect. Starts may be from blocks, deck or in the water.
SOUVENIRS: we will be selling long sleeve t-shirts and ball caps at very reasonable prices.
DRAW PRIZES: there will be several draw prizes during lunch.

ENTRY DEADLINE: EARLY: Friday, July 15, 1994; LATE: Saturday, July 23, 1994
FEES: \$10.00/ person EARLY registration; \$15.00/ person LATE registration; make cheques payable to U.B.C. Masters Swim Club

PARKING: See map for free or pay parking areas
ACCOMMODATIONS: Gage Towers Residence (on U.B.C. campus) Telephone: (604) 822-1010
 5959 Student Union Boulevard Price: \$32 plus tax
 Vancouver, BC, Canada

MEET MANAGER: **Robert Greene** Tel: (604) 737-7298
 2768 Cypress Street Or fax your registration to:
 Vancouver, BC Canada Fax: (604) 737-7398
 V6J 5E1



1994



UBC MASTERS

Summer Classic Swim Meet

Competitor's Name: _____ Sex: _____
 Address: _____
 Phone: _____ Date of Birth: day _____ month _____ year _____
 Club Name: _____ Coach: _____

Individual

Event #	Event Name	Entry Time

Relays

Event #	Team Member Names	Age	Sex

Early Registration Deadline (\$10): July 15/94; Late Registration (\$15): July 23/94



July to Dec

only

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:

Mo: [] Day: [] Yr: []

Age: [] M/F: []

CLUB:

PNA Aquatics SQM Unattached

TEAM:

(Check One) [] Unattached []

PLEASE MAKE CHECKS PAYABLE TO: PNA MASTER SWIMMERS

	USMS Fee		LMSC Fee	=	Total Fee
Under 65	15.00	+	15.00 7.50	=	30.00 22.50
Senior 65+	15.00	+	8.00 4.00	=	23.00 19.00

LMSC Fee includes a subscription to the WETSET.

MAIL TO: Susanne 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 _____

1/2 way Fee - good only to Dec 94

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

Mariners v/s Minnesota
August 28th, 1994
1:30pm @ Kingdome
\$7.00 per Ticket

SMACK
WAAA
WAAA
WAAA

Send a self addressed stamped envelope
to : Jeanette Vallandigham
P.O.Box 97162
Tacoma, Wa. 98497



We've reserved a block of tickets for
Master Swimmers and their Family's

Send me your:

* * * * *

Name: _____

Phone #: _____

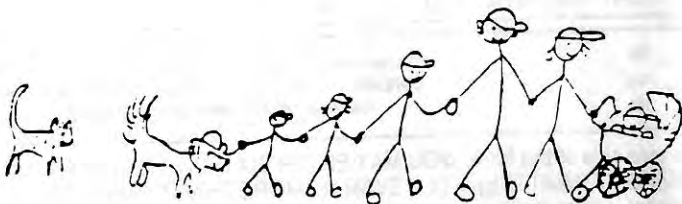
Number of Tickets: _____

A check or money order for \$7.00 X the # of tickets

TOTAL AMOUNT INCLUDED IS: _____

Please make checks payable to Jeanette Vallandigham

POSTMARKED BY 8/7/94



Join
Us



**Official Entry Form for INDIVIDUAL Events
1994 UNITED STATES MASTERS SWIMMING
NATIONAL LONG COURSE CHAMPIONSHIPS
Erie Community College Natatorium, Buffalo, New York
August 25-28, 1994**

Sanctioned by
Niagara District Masters Swimming
LMSC for USMS, Inc.
Sanction No. NDMS-93/94-1LC

Name _____ Last _____ First _____ Middle Initial _____ Sex _____

Address _____ Street _____ City _____ State _____ Zip _____ Country _____

Phone _____ A/C _____ Days _____ A/C _____ Evenings _____ Age _____ Birthdate _____ (on 8/28/94) _____ Month/Day/Year _____

Emergency _____ Name _____ Phone No. _____ Masters Reg# _____

Club Name or Unattached _____ Club Abbrev _____ (if you know it) _____ LMSC _____ Copy of 1994 Card Required _____ (Assoc.)

Entry Due Date: Entry must be received no later than Thursday, July 21, 1994

Event No.	Entry Time Women	*	Event	Event No.	Entry Time Men	*
Warm-Up 6:00 - 6:45AM Thursday, August 25, 1994 Start 7:00AM						
1			▲ 800 FREE (See Check-in Times)	2		
3			▲ 1500 FREE (See Check-in Times)	4		
NOTE: YOU CAN SWIM EITHER THE 800 OR 1500 FREESTYLE — NOT BOTH YOUR ENTRY DOES NOT AUTOMATICALLY SEED YOU FOR THESE EVENTS. YOU MUST CHECK IN BEFORE THE DEADLINE TIMES LISTED ON BACK.						
Warm-Up 6:30 - 7:45AM Friday, August 26, 1994 Start 8:00AM						
5			200 FREESTYLE	6		
7			50 BREASTSTROKE	8		
9			100 BUTTERFLY	10		
11			50 BACKSTROKE	12		
13	SEE RELAY FORM		200 FREE RELAY	14	SEE RELAY FORM	
15/16	SEE RELAY FORM		200 MIXED MEDLEY RELAY	15/16	SEE RELAY FORM	
17			400 INDIVIDUAL MEDLEY(See Check-in Times)	18		
Warm-Up 6:30 - 7:45AM Saturday, August 27, 1994 Start 8:00AM						
19			200 BREASTSTROKE	20		
21			50 BUTTERFLY	22		
23			200 BACKSTROKE	24		
25			100 FREESTYLE	26		
27	SEE RELAY FORM		200 MEDLEY RELAY	28	SEE RELAY FORM	
29			▲ 400 FREESTYLE (See Check-in Times) WOMEN ONLY	Men's Event Sunday		
Warm-Up 6:30 - 7:45AM Sunday, August 28, 1994 Start 8:00AM						
31			100 BACKSTROKE	32		
33			200 INDIVIDUAL MEDLEY	34		
35			50 FREESTYLE	36		
37			100 BREASTSTROKE	38		
39			200 BUTTERFLY	40		
41/42	SEE RELAY FORM		200 MIXED FREE RELAY	41/42	SEE RELAY FORM	
			▲ 400 FREESTYLE (See Check-in Times) MEN ONLY	44		

▲ I am willing to swim the
 400 freestyle with two persons per lane ___ Yes ___ No
 800 freestyle with two persons per lane ___ Yes ___ No
 1500 freestyle with two persons per lane ___ Yes ___ No

*Those swimming two per lane shall be seeded ahead of competitors swimming one per lane. Seeding will not be altered to accommodate travel arrangements.

(Legible copies of this entry form are acceptable. You must complete the reverse side of this form. YOU MAY ENTER SIX INDIVIDUAL EVENTS (OR FIVE INDIVIDUAL EVENTS, IF DEEMED NECESSARY BY THE CHAMPIONSHIP COMMITTEE) — BUT SWIM NO MORE THAN THREE INDIVIDUAL EVENTS ON ANY ONE DAY. Please indicate with an asterisk (*) your 6th event in case the five event limit is imposed. If 6th event is not (*) your last event listed will be considered your 6th event.

Dates: August 25-28, 1994 Location: Erie Community College Natatorium, Downtown Buffalo, NY (Elm & Swan St.)

Filling Out Entry Blank: There are no qualifying standards for this meet. Write your best time or a reasonable estimate in the space next to the event(s) you wish to enter. IF YOU ENTER "NO TIME", YOUR ENTRY WILL BE REJECTED. You may enter up to six individual events, but swim no more than three individual events on any one day. No refunds will be given for events not swum. Indicate your sixth event with an asterisk (*) in case the five event limit is imposed: USMS Rule 104.5.3A, page 45. If 6th event is not (*) your last event listed will be considered your 6th event.

Eligibility: This National Championship is open to Masters registered swimmers, 19 years of age and older as of July 21, 1994. You will be entered in the meet as a registered member of the club indicated on your Masters registration card (a copy must be attached to your entry) or you may also indicate unattached. If there are any questions about your affiliation, you will be entered "unattached." Foreign swimmers require a travel permit with entry.

Conduct of the Meet: The Meet Brochure has details of meet conduct. All events 200 meters and under will be pre-seeded. The 400 IM, the 400, 800 and 1500 freestyles will be deck seeded.

Deck Seeded Events/Check In Times: Your entry DOES NOT automatically seed you for these events. You must check in before the deadline times listed:

800 FREE	6:00 PM Wednesday, August 24	400 FREE Women	6:00 PM Friday, August 26
1500 FREE	6:00 PM Wednesday, August 24	400 FREE Men	6:00 PM Saturday, August 27
400 IM	6:00 PM Thursday, August 25		

Mail or telephone check-in will not be accepted.

Age Groups: 19-24, 25-29, 30-34, etc. to 95-99, and 100 and over. Your age is determined as of the last day of the meet (8 / 28 / 94).

Awards: Customized medals for places 1st through 10th.

Scoring: Individual events (men/women): 11-9-8-7-6-5-4-3-2-1. See relay entry for relay scoring.

Fees: \$4.00 per individual event, plus \$13.00 surcharge per swimmer. Fees must accompany the entry form. An entry is not considered complete until the check clears the bank. If there are any questions about your fees, full cash payment will be required before you are permitted to swim. No refunds are given for events not swum.

SPECIAL EVENTS:

- Pasta Night:** Thursday, August 25, 1994, starting at 5:00PM at the Spaghetti Warehouse (near Natatorium), \$10 per person (payable with entry).
- Fastest 50M Kick Contest** - Friday, August 26, 1994 following event 18. Enter at Registration Desk.
- Zoomer 50M Kick Contest** - Friday, August 26, 1994 following event 18. Enter at Registration Desk.
- Masters Night at Bisons Baseball** - Friday, August 26, 1994. Game time at 7:30PM. Stadium adjacent to pool. Check below if interested.
- Banquet:** "Taste of Buffalo", Saturday Night, August 27, 1994, 6:30PM at Hyatt Regency, \$21.00 per person (payable with entry).

T-Shirts: Meet T-Shirts may be pre-ordered to ensure right size and availability. \$10 payable with entry. \$12 at meet.

Checks Payable In US Funds to: NDMS LCN Mail Entry & Fees to: NDMS LCN c/o Southtown Business Forms 4220 South Park Ave. Blasdell, NY 14219 ATTACH COPY OF 1994 MASTERS REGISTRATION CARD TO ENTRY.	<table border="0" style="width: 100%;"> <tr> <td>Meet Surcharge (required of all swimmers):</td> <td style="text-align: right;">1 X \$13.00 = 13.00</td> </tr> <tr> <td>Number of Individual Events Entered:</td> <td style="text-align: right;">_____ X \$ 4.00 = _____</td> </tr> <tr> <td>Number of Pasta Night Tickets:</td> <td style="text-align: right;">_____ X \$10.00 = _____</td> </tr> <tr> <td>Number of Banquet Tickets:</td> <td style="text-align: right;">_____ X \$21.00 = _____</td> </tr> <tr> <td>T-Shirt (w/Logo) M, L, XL (circle).</td> <td style="text-align: right;">_____ X \$10.00 = _____</td> </tr> <tr> <td>Final Results</td> <td style="text-align: right;">_____ X \$10.00 = _____</td> </tr> <tr> <td>Fax Surcharge</td> <td style="text-align: right;">_____ X \$10.00 = _____</td> </tr> <tr> <td>TOTAL AMOUNT IN U.S. FUNDS</td> <td style="text-align: right;">= _____</td> </tr> </table>	Meet Surcharge (required of all swimmers):	1 X \$13.00 = 13.00	Number of Individual Events Entered:	_____ X \$ 4.00 = _____	Number of Pasta Night Tickets:	_____ X \$10.00 = _____	Number of Banquet Tickets:	_____ X \$21.00 = _____	T-Shirt (w/Logo) M, L, XL (circle).	_____ X \$10.00 = _____	Final Results	_____ X \$10.00 = _____	Fax Surcharge	_____ X \$10.00 = _____	TOTAL AMOUNT IN U.S. FUNDS	= _____
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Final Results	_____ X \$10.00 = _____																
Fax Surcharge	_____ X \$10.00 = _____																
TOTAL AMOUNT IN U.S. FUNDS	= _____																

Entry Deadline: Entry must be in the hands of the Meet Director no later than Thursday, July 21, 1994: Late entries will be returned to sender. For proof of receipt, enclose self-addressed, stamped envelope or postcard.

Meet Director: Gene Donner, c/o Southtown Business Forms, 4220 South Park Ave., Blasdell, NY 14219, (716) 823-3873, Fax (716) 823-8556.

Release From Liability:

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.

Date: _____ Signature: _____

Fax Entry Only

Your faxed entry will be confirmed either by fax or mail. You must bring your confirmation with you to registration. A faxed entry will be accepted if charged on your Visa or MasterCard. A \$10.00 surcharge will be added. **COPY OF REGISTRATION CARD MUST BE FAXED.** Print Legibly. **Fax 716-823-8556 8AM to 5:30PM EDT.**

Visa

 Exp. Date _____

MC

 Exp. Date _____

Signature _____

Confirmation

Fax Confirmation to me at _____ or mail confirmation to me at Address on Entry Form Other _____

Bison Baseball

Please send me Bison Baseball ticket information.

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