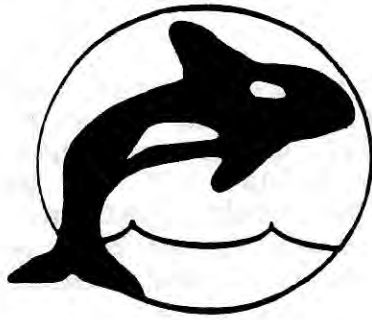


***Pacific Northwest Association
of Masters Swimmers***



Volume 13 - Number 9

**The
Wet
Set**

September, 1994

Upcoming Board Meetings

*August & September combined: Sept. 13th - Jane's Office Federal Way (206)925-0803 7:00pm
October 25th - Suzie Ness-3613 Wallingford Ave N (206)547-3309 7:00pm
December 6th?? -TBA*

In this month's Newsletter:

Announcements

Birthdays

Change of Address

H.O.S.T.

Meet Entry's

1994 Postal Pentathlon

Queen Anne Swim Club - Oct 16

North Kitsap-Nov 19 & 20

Meet Schedules

Minutes of June Board Meeting

President's letter

Pro Club Biathlon/Shark Swim

Top 10/World & KSCS Results

Subscription to the Wet Set

Swimming Science

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

September, 1994

Dear PNA Swimmers:

It is always a challenge to me to write a letter almost a month ahead of the time it will be read and come up with something timely. It's a particular challenge this time because as I write this, it is early August and I'm getting ready to leave with my family for a two week vacation. This is to be published in the September WetSet, so by the time it is read, school will be back in session and summer will be over. So, here goes!

Kathy Casey, Jeanne Ensign, Phyllis Gill, Jan Kavadas, Hugh Moore, Frank Newquist, and Walt Reid will be representing the PNA the end of this month at the annual USMS convention. A lot of hard work goes on in just a few days to keep Masters swimming running smoothly the rest of the year. I usually go too, but I am unable to go this year because I just became an employee after eight years of self-employment. I hope to be able to attend again and represent the PNA in the future. Hugh will be presenting PNA's bid to host the 1996 USMS Short Course National Championship meet. If we are awarded the meet, there will be lots of work over the next one and one half years to put on another successful National Championships as was done in 1992. Many of the swimmers who worked on that meet have already committed to working again. There's always a need for more help, so volunteer if you are interested and don't be surprised if you are asked to help the PNA in the effort.

Everyone should be back into a regular training program now to get ready for the upcoming meets. Be sure to look for entry information elsewhere in this newsletter.

Best wishes for a speedy recovery go to Marion Mueller who was injured in a fall at Long Course Zone Championships. Hope you're back in the water soon.

See you soon.

Jane Moore

WELCOME TO THE PNA

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

DAVE ADDLEMAN, ALAN CARDWELL, ELIZABETH CONLIN, MOLLY CURTZ, JENNIFER DILLS, TODD DOHERTY, JENISE DOTY, JILL ENRIGHT, CHRIS ERICKSON, JENNIFER HAMMOND, WALT HICKEY, KATHLEEN HOFSTETTER, JULIANNE JAY, DIANNE KEEN, KARL KRABER, HALEIGH KURTZ, MARY ELLEN NOURSE, GLENN REED, BARRY REISS, KERRY SMITH, CATHY WALTERS, AND LISA WORTHINGTON.

P N A Meet Schedules

Sept 17 1994	25 yards	Seattle, Wa
Oct 16 1994	25 yards Rally (4 events)	Seattle, Wa
Nov 20 1994	25 yards	North Kitsap, Wa
Jan 1 1995	25 meters	Anacortes, Wa
Feb 18 1995	25 yards	Seattle, Wa
Mar 19 1995	25 yards	Bangor, Wa
Mar 31-Apr 2 1995	25 yards PNA Champs	Federal Way, Wa

Oregon Meet Schedules

TBA

Inland Empire Meet Schedules

Oct 29 1994	25 yards	Coeur d'Alene, Id
Nov 12-13 1994	25 meters	Sandpoint, Id
Dec 10	25 yards	Spokane, Wa
Jan 14-15 1995	25 yards	Spokane, Wa
Feb 4-5 1995	25 meters	Spokane, Wa
Mar 4-5	25 yards	Yakima, Wa
TBA	IEM Champs	TBA

National & International Schedule

Sept 26-Oct 8 1994	World Masters Games	Brisbane, Australia
May 18-21 1995	Short Course Championships	Ft. Lauderdale, Fl
Aug 24-27	Long Course Championships	Gresham, Or

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 (not "Places To Swim") 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 & Judy McCurdy	(503)673-3673
Corvallis Oregon	Mark & Laura Wordon	(503)753-9352
Snake River	Janet Wood	(208)345-8843 H (208)339-7229W
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

09/16	TIMOTHY GILMORE	10/01	JUDY HARRISON
09/17	STEVEN PETERSON	10/01	MIKE IVERSON
09/19	PATRICK SULLIVAN	10/01	KEITH SZOT
09/20	HEIDI SMITH	10/01	KATHLEEN WAGNER
09/21	ALISON DILLOW	10/01	JAMES WATERS
09/21	ROGER RUDOLPH	10/02	MARION CHADWICK
09/21	AKIRA SASABE	10/02	SHARON MARCOE
09/21	BARBARA SCHAEFFLER	10/03	ROGER DUTTON
09/22	JOYCE JINKA	10/03	DONNA HUSS
09/22	GLENN REICHENBACH	10/04	JEFFREY PARDEE
09/23	KRIS STAPP	10/05	KATHRINE CASEY
09/23	DICK TODD	10/05	H HAROLD (HAL) II YOUNG
09/24	JAMIE MCGREGOR	10/06	JOAN DAVIS
09/24	MACK ORSBORN	10/07	JENNIFER STECKLER
09/24	SUSAN REICHMANN	10/08	JERRY BAUER
09/25	NANCY CAHILL	10/08	KATHLEEN BLANCHARD
09/25	MANUEL CHAUS	10/09	SARA LAKIN
09/25	TOM JOVA	10/10	MORIA BRASS
09/25	NICHOLAS PARRY	10/10	BRENDA STONE
09/26	ALAN CARDWELL	10/11	TAMMI KEELER
09/26	RICK FULLMER	10/11	JANELLE MCCOY
09/26	BOBBY GALLEGOS	10/12	RICHARD FOXLEE
09/29	STEVEN CORDERA	10/13	BILL CASTNER
09/29	MIKE THOMPSON	10/13	TINA HARRINGTON
09/29	DAVID TONEY	10/15	STEPHEN BERGMANN
		10/15	SUSAN DEARBORN

Swimming Science
Jane A. Moore, M.D.

I will continue the review of 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 Committee and the Federation Internationale de Natation Amateur (FINA). Next is Chapter Nine titled "Backstroke".

The back crawl stroke consists of alternating armstrokes and a flutter kick as does the front crawl. However, because the swimmer is on their back, armstrokes must be to the side rather than under the body. The back crawl armstroke consists of four sweeps and a recovery.

The first downsweep occurs as the arm enters the water fully extended and directly up from the shoulder. The palm faces out to the side. As it enters the water it moves down and out to its widest and deepest position for the catch. This is not propulsive, and any attempt to apply force to the water before the catch will push water down and decrease forward speed.

Next is the first upsweep which is the first propulsive movement. From the catch, the arm moves up and back in a semi-circle until it is flexed about 90 degrees. The hand rotates up and in as it moves toward the surface. This is followed by the second downsweep when the arm sweeps back and down, again in a semi-circle, until it is completely extended. The hand rotates down so that it faces the bottom of the pool at the end of the sweep. The stroke is completed with the second upsweep which moves the hand up, back, and in to reach the rear of the thigh. After reaching the thigh, the hand moves forward and up for the recovery. The second upsweep is not propulsive for all swimmers, but can be used with practice. A wide second downsweep improves the propulsion of the second upsweep.

As the hand approaches the thigh, pressure on the water should be released. The palm then turns in toward the body, and the hand moves up and out of the water. The arm then moves up and forward staying high overhead and not to the side. The palm faces in for the first half of recovery, then changes to facing out at the highest point for the second half of recovery and entry. The arms alternate in a windmill fashion. The recovering arm enters the water as the stroking arm completes the second downsweep. The front arm begins the first downsweep while the rear arm does the second upsweep to maintain propulsion.

Variations in stroke patterns exist, primarily deep versus shallow catch and wide versus narrow stroke. No style is best for everyone. The best technique is probably a compromise between the two. Best style depends on shoulder flexibility and skill at sculling.

The flutter kick is very similar to that used for the front crawl. The upbeat rather than the downbeat is probably the propulsive part of the kick so great force and speed is not required during the downbeat. A six beat kick is almost always used for backstroke.

Body position is more difficult to maintain in backstroke than in other strokes. The body should stay horizontal with the surface of the water. The waterline should pass just under the ears. Swimmers should not arch the back or bend excessively at the waist. The body should not swing from side to side. The body should roll about 45 degrees to each side in harmony with the arm movements. Except for the head which remains still with the eyes focused up and back, the body should roll as a unit from shoulders to toes. The body roll helps maintain proper alignment, allows

greater propulsive force to develop, and facilitates arm recovery over instead of through the water.

Because the face remains out of the water at all times, a specific breathing pattern is not required. Some recommend inhaling during one arm recovery and exhaling during the other. Most backstrokers will naturally develop a breathing pattern suitable for themselves, but beginners may practice inhaling on one arm recovery and exhaling on the other.

PRO Club Masters Swimming invites you to a swim workout

What: A Masters swim workout and a chance to meet and socialize with other area Masters Swimmers.

When: Saturday, October, 8th 9:00 am

Where: PRO Sports Club 4455 148th Ave. NE, Bellevue

Cost: \$3 (includes coffee and muffins after the workout)

For more information Call Mark VanAchte and leave a message **881-6767**

Coming Up PRO Sports Club Ultimate Pool Shark

When: Sunday, October, 23 9:00 am

Where: PRO Sports Club - 4455 148th Ave NE. Bellevue
(885-5566 for directions)

What: A swim meet with a scoring system based on your age group (ALL SWIMMERS HAVE AN EQUAL CHANCE)

Cost: \$15 preregistration, \$25 DOR (includes t-shirt)

All swimmers swim 500, 50, 100, and 200 yd distances. You pick the stroke. Points are scored for each event, your point total is based on you local age group record.

For an entry and more info CALL Mark VanAchte 881-6767

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

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 POSTAL PENTATHLON SWIM MEET ★

Approval: By Minnesota LMSC for USMS Inc. # 304-13.

Eligibility: Open to all registered masters swimmers for the 1994 or 1995 season.

Conduct of Meet: Participant swims the 5 events, preferably in a 25 yard pool, Butterfly, Backstroke, Breast-stroke, Crawlstroke, and Individual Medley. All results will be based on a 25 yard course, swims performed in meter pools must indicate that their entries are from a meter pool so their times are converted to a yard equivalent. The meet results will compare each event of the pentathlon amongst the participants. It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley. The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, Ironman, or any combination of courses. If you desire to swim more than one course you should swim each course on a separate day. **All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits.** The pentathlon must be swum from September 15, 1994 to December 15, 1994 and the entries must be postmarked by December 24, 1994, include a copy of your USMS registration card or foreign equivalent. **Incomplete entries will be returned and assessed a \$2.00 (US funds) administration fee. All fees are non-refundable.**

Age Groups: 19-24, 25-29,, 90-94, 95+. Age will be determined by the swimmers age on December 15, 1994.

Awards: Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for \$12.00 (US funds), XXL shirts add \$3.00(US).

Entry Fee: \$5.00(US) per course. Make checks payable in US funds to: **Postal Pentathlon Swim Meet.** All fees are non-refundable.

Send entries to: **1994 Postal Pentathlon Swim Meet**
570 - 96th Lane
Blaine MN 55434 USA

Questions: Wayde Mulhern Phone-Day: (612) 635-5167 Evenings: (612) 783-1282

PLEASE INDICATE SHIRT SIZE WHETHER YOU ORDER A PARTICIPATION SHIRT OR NOT.

Name: _____ USMS or foreign registration #: _____
 Address: _____ Swim Club: _____
 City: _____ State: _____ Zip/Postal Code: _____ Country: _____
 Sex: M F Phone Days: _____ Evenings: _____
 Shirt Size: **S M L XL XXL** Shirt Type: **Sprint Middle Distance Ironman** Birth Date: ____/____/____
 Entry Fee: \$ _____ Participation Shirt: \$ _____ Total Fees: \$ _____ MON /DAY /YEAR

Enter your times for each individual event. Circle pool type: Yards / Meters.

Sprint course	50 Yards/Meters each stroke and 100 IM				Date Swum	____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____		
Middle distance	100 Yards/Meters each stroke and 200 IM				Date Swum	____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____		
Ironman course	200 Yards/Meters each stroke and 400 IM				Date Swum	____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____		

I the undersigned have participated in the Postal Pentathlon having swum the designated events in the recommended time period. I also intend 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 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 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 THESE ACTIVITIES. I further agree to abide by and be governed by the rules and regulations of USMS.

Signature: _____ Witness: _____

IRONMAN

200 FLY, BACK, BREAST, CRAWL, 400 I.M.

**SPRINT
50 FLY, BACK, BREAST, CRAWL, 100 I.M.**

**MIDDLE DISTANCE
100 FLY, BACK, BREAST, CRAWL, 200 I.M.**

PNA MASTERS LOCAL SWIMMING COMMITTEE
 MEET ENTRY FORM: Sunday, October 16, 1994
 Hosted by Queen Anne Swim Club - Masters
 @ Queen Anne pool
 Sanction # 943608

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ Date of Birth _____ USMS # _____

TEAM _____ or Unattached _____ Association _____

AGE GROUP: none. Top 10 finishers are ranked by closest percentage of finishing actual versus estimated times. Age is determined by your age on the last day of the meet.

ENTRY LIMIT: none

EVENT	1	2	3	4	Σ
	400	300	200	100	
(Est. Times)	:	:	:	:	:

ENTRY FEES: (due by 10/12/94) \$ 8.00

DECK ENTRIES AFTER 10/12 \$11.00

Make checks payable to: QASC-Masters c/o Ed Artis
 2547 1st Ave. West
 Seattle, WA. 98109

STATEMENT OF RELEASE

I the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES, AS A CONDITION OF MY PARTICIPATION IN MASTERS SWIMMING. In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

QUEEN ANNE MASTERS SWIM RALLY
 MEET INFORMATION: Sunday, October 16, 1994
 Hosted by The Queen Anne Swim Club-Masters

EVENTS

- 1 400
- 2 300
- 3 200
- 4 100

DATE: Sunday, October 16, 1994.

TIME: Warm-ups 8:00 am, first event @ 9:00 am.

ADDITIONAL WARM-UPS: Between events.

PLACE: Queen Anne Pool, 1920 1st Ave. West.

MEET DIRECTOR: Ed Artis, 2547 1st Ave. West.
 Seattle, WA. 98109. 285-1268

FACILITY: 25 yd. X 15 yd., 6 lanes, Warm-ups at 8:00 am, first event @ 9:00 am.

CONCESSIONS, STORES, RESTAURANTS: Yes, many facilities within walking distance from pool.

RULES: You may use any combination of strokes and turns during events. No watches are allowed on swimmers during events.

ELIGIBILITY: USMS registered swimmers.

SEEDING: Slow to fast for each individual event; except for DECK ENTRIES. Any entries not received by 10/12/94 are deck entries, and will be seeded on the day of the event.

TIMING: By hand.

RESULTS & PRIZES: Results are computed and posted s each event is completed; without regard to gender. Same day result sheets will be available after the rally.

Individual awards are given to the first three places in each event for those who come closest to their estimated time as a percentage.

In addition, prizes are awarded to the top ten overall finishers who swim all events.

DIRECTIONS

From Tacoma/Everett: Take I-5 North/South to the Mercer street exit. Follow arterial to Denny Way and turn right (West). Turn right (North) at 1st Ave. North and follow the arterial onto Queen Anne Avenue. Go up the hill to the stop sign at the top of Queen Anne Hill. Proceed straight (North) on Queen Anne Avenue to and turn Left (West). The pool parking lot is immediately on the left.

PNA LOCAL MASTERS SWIMMING COMMITTEE

SHORT COURSE YARDS MEET: November 19-20, 1994 (Meet Sanction #943609)
 Hosted by the North Kitsap High Vikings Men's & Women's Swim Teams
 at the North Kitsap Community Pool

EVENTS (MEET ORDER #2)	
Event #	Event
Saturday, November 19	
1	400 IM
2	1650 Free
Sunday, November 20	
3	500 Free
Warmup Break	
4	200 Free Relay
5	100 Back
6	200 Free
7	50 Fly
8	200 Breast
9	100 IM
5 Minute Break	
10	400 Medley Relay
11	200 Back
12	50 Free
13	100 Fly
14	50 Breast
5 Minute Break	
15	200 Medley Relay
16	50 Back
17	100 Free
18	200 Fly
19	100 Breast
20	200 IM
21	800 Free Relay

DATES: Saturday - Sunday, November 19 - 20, 1994

TIMES: Saturday, November 19:
 Warmup at 4:30 PM
 Meet starts at 5:30 PM
 Sunday, November 20:
 Warmup at 8:30 AM
 Meet starts at 9:30 AM
 Warmup break after Event 3 (500 Free)
 Event 4 starts no sooner than 10:30 AM

PLACE: North Kitsap Community Pool
 1881 NE Hostmark Street, Poulsbo WA
 Phone: 206-779-3790

MEET DIRECTOR: Marilyn Grindrod
 206-779-3790 (pool)
 206-779-7796 (home)

FACILITY: 25 yards x 6 lanes
 Diving tank for warmup/warmdown
 Water temperature: ~82 degrees F

CONCESSION STAND: Yes

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS-registered swimmers (1994),
 19 and above as of the last day of the meet

SEEDING: Slow to fast.
 Events 1, 2, and 3 and relays will be deck seeded.

TIMING: Electronic

RELAYS: Deck-enter relays at the meet. Relays may be swum with all MEN, all WOMEN, or MIXED (2 men and 2 women). Please mark your relay entry card *carefully* to ensure correct intent and results.

DIRECTIONS:

From Tacoma, take Route 16 across the Narrows Bridge. Stay to the left when Bremerton's battleships are in sight, to take Highway 3 North (Silverdale, Bangor, Poulsbo). Take the Poulsbo/Bainbridge Island/Highway 305 South exit. Go straight on 305 through 4 lights, turn LEFT at the fifth (Hostmark Street). Pool is 0.6 mile up the hill on the right, across from NK High School.

From Bainbridge Island (Ferry), go north on Highway 305 and continue to Poulsbo. Turn RIGHT at the first light (Hostmark Street). Pool is 0.6 mile up the hill on the right, across from NK High School.

**** NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES ****

PNA LOCAL MASTERS SWIMMING COMMITTEE

MEET ENTRY FORM: November 19 - 20, 1994
 Host: North Kitsap High Vikings Women's & Men's Swim Teams at North
 Kitsap Pool
 Meet Sanction #943609

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS NUMBER: 364- _____

TEAM: _____ or UNATTACHED: ASSOCIATION: _____

AGE GROUP (determined by your age on the last day of the meet):
 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 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays.
 (For 1650, Event 2, indicate if willing to swim 2 to a lane)

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 4.00 (includes \$1 LMSC and \$1 electronic timing surcharges)

Individual Events @ \$1 each: + _____ (\$7.00 maximum; no charge for relays)

Total: \$ _____ [\$4.00 (relays only) to \$11.00 (seven events)]

Please make checks payable to: Gordon Gray (telephone 206-488-8825, before 9 PM)
 Mail this entry form and fees to: 15911 67th Lane NE, #2
 Bothell WA 98011

Please send entries postmarked no later than Tuesday, November 8, 1994.

STATEMENT OF RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES 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, Inc.

SIGNED: _____ 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 Kicmlem 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

July to Dec

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

only

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 WETSSET.

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

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

Break that long dry spell and dive into the water at the



"Get Back in the Water and Start the Season Out Right"
Meet!

at

Helene Madison Pool, September 17, 1994
Warm-up at 9:00 AM, meet at 10:00 AM