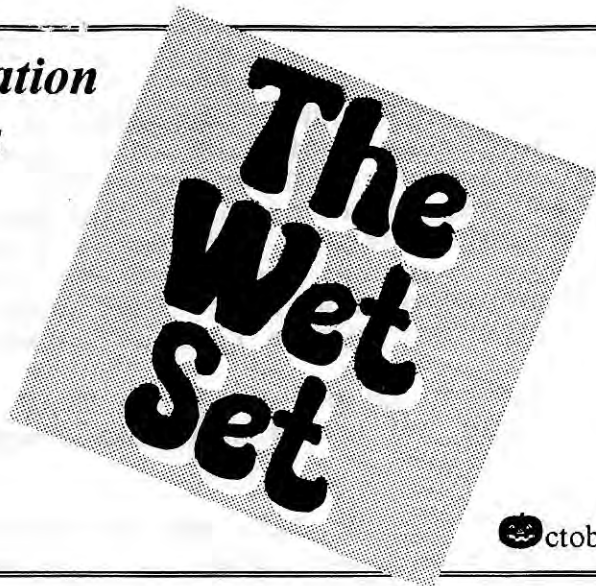
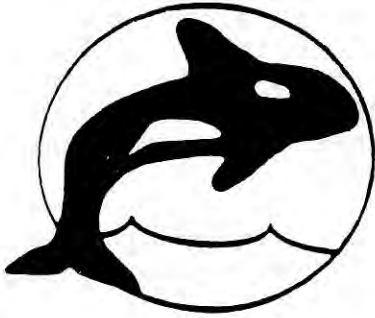



**Pacific Northwest Association  
of Masters Swimmers**



Volume 13 - Number 10

 October, 1994

**Upcoming Board Meetings**

October 25th - Suzie Ness-3613 Wallingford Ave N (206)547-3309 7:00pm

November - combined with Dec.

December 6th -The Pro Sports Club-4455 148th Ave NE, Bellevue(206)885-4591 7:00pm

**In this month's Newsletter:**

**Announcements**

**Birthdays**

**Change of Address**

**H.O.S.T.**

**Meet Entry's**

1994 Postal Pentathlon

North Kitsap-Nov 19 & 20

Oregon-10/30,11/19-20,12/10

**Meet Schedules**

**Minutes of July Board Meeting**

**President's letter**

**Pro Club Shark Swim**

**Results LC Nationals**

**Seattle University Ad**

**Subscription to the Wet Set**

**Swimming Science**

**PRESIDENT**

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Tacoma, WA 98422

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**Frank Newquist**

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**Tammi Keeler**

(206)528-5351

**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.*

October, 1994

Dear PNA Swimmers,

Soon you will be receiving a registration renewal form in the mail. As always, there seems to be some confusion about the difference between teams and clubs. It is important that you register correctly. A club is a group of swimmers that are registered together with United States Masters Swimming. In order to swim a relay, all swimmers must be registered with the same CLUB. In order to change CLUBS, a swimmer must not represent the previous CLUB for 90 days. The swimmer may swim unattached during that time. The swimmer then must complete a transfer form and pay a fee to change to a different CLUB.

TEAMS are recognized in our LMSC. A TEAM is usually a group of swimmers who work out together. The PNA holds one team championship each year. Swimmers may change TEAMS at any time.

This diagram will help explain the structure of USMS. You can see that there are three teams that are also clubs. If you swim with one of those groups, be sure to register with them for both team and club. All other teams currently are part of Pacific Northwest Aquatics so those swimmers should list their team (i.e. Queen Anne, Orca, etc.) and put Pacific Northwest Aquatics as their club. Be sure to register correctly. If you have questions contact me (925-0803) or the PNA Registrar, Suzanne Dills (232-3654).

NATIONAL

United States Masters Swimming

LMSC (Regional)

Pacific Northwest Association

Oregon

Others

CLUB (Nationally registered)

Pacific Northwest Aquatics

PRO Club

SQMasters

Puyallup Aquatic Club

TEAM

GLAD

FWM

TACY

others

PRO

SQM

PAC

(Local use only)

**CLUB:** A club is registered nationally with USMS.  
Swimmers must be registered with the same club to swim relays together.

**TEAM:** A team is registered at the LMSC level only.  
It is not recognized by USMS.  
A team competition is held at PNA Champs for this LMSC only.

See you soon at one of the meets. Don't forget to get your entries in on time.

Jane Moore

## P N A Meet Schedules

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

Oct 30	25 yards	Mt Hood CC
Nov 19-20	25 meters	Oregon City
Dec 10	25 yards	Eugene
Jan 21 1995	Pentathlon 25yards	Tualatin Hills
Feb ?? 1995	TBA	Portland
Mar 3-4 1995	25 yards	Grants Pass
April 7-8-9 1995	Oregon Champs 25 yards	Bend
April 28-29-20 1995	NW Zones 25 Yards	Tualatin Hills

### Inland Emprie 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

May 18-21 1995	Canadian Nationals	Victoria BC
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

**Total Immersion Swim Camp-Seattle U, Nov. 4-6 for info call Terry Laughlin 914-294-3510**

## 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	Andy Schrag	(206)254-9400 H
Oregon Masters		(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



### **B.A.C. Masters swim in Waikiki Roughwater 2.4 Mile Ocean Race**

Sue Dills, Carolyn Behse, Suzanne Bigelow, Betsy Herring and Marion Cadwick know what "Brutal!" really is. These B.A.C. ladies and 1000 plus swimmers participated in the 25th annual Waikiki Roughwater swim that was held over Labor Day. Sue Dills placed 2nd in the women 45-49yr group, Suzanne Bigelow placed 8th in the 30-34yr group and Carolyn Behse placed 3rd in the 50-54yr group.

Way To Go Ladies!!!



### *Welcome To The PNA*

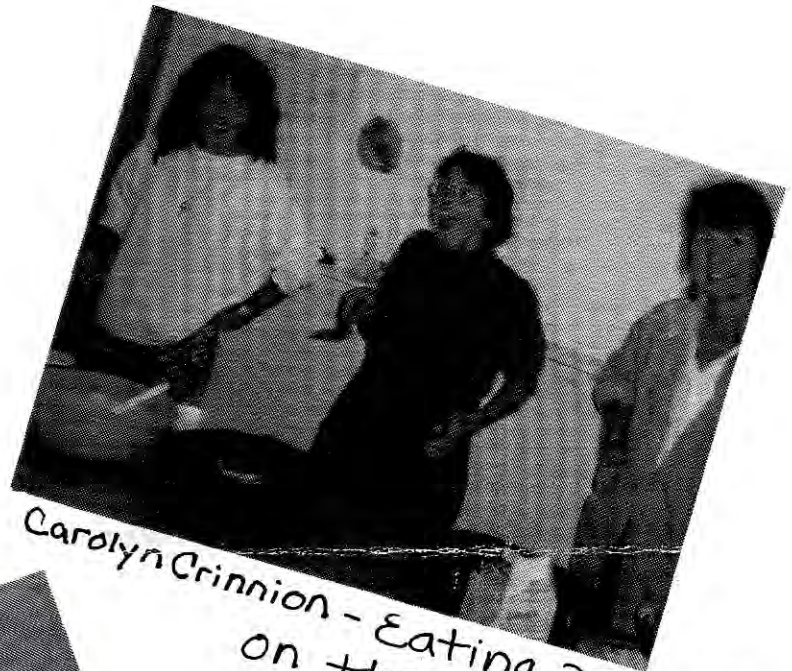
The following swimmers have joined the PNA in the last month:

David Addelman, James Bertolini, Jonathan Bradley, Kathy Collings, Dawn Ellis, Erik Frederickson, Lucy Kowalczyk, Don Low, Barbara Moran, Erik Nielson, Rachael Pasteris, Scott Sageman, Sunny Smallwood, Kerry Smith, Kathy Tokas, Jay Walters, and Cori Wells

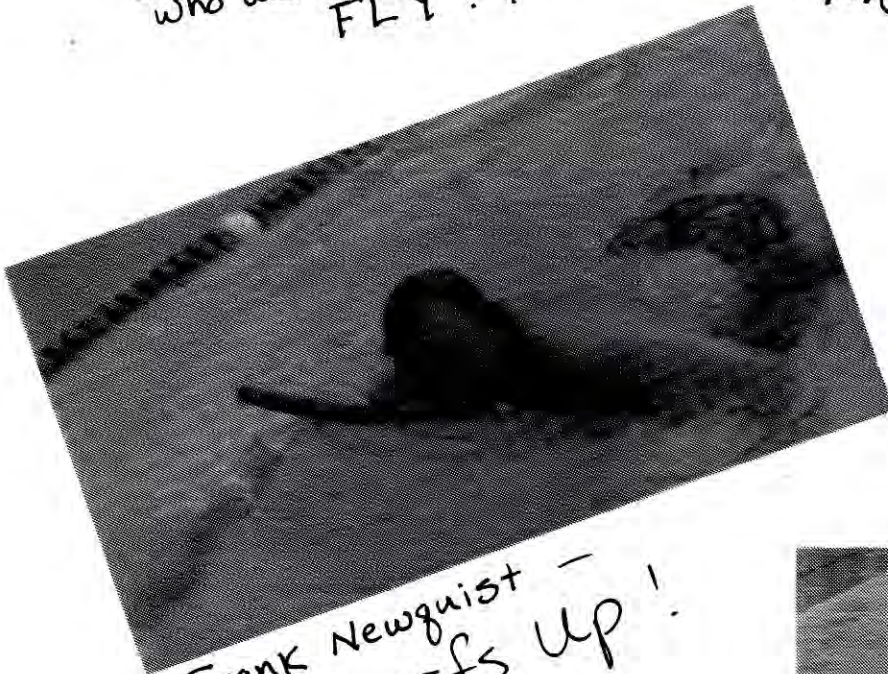
**Sorry** if you were unable to attend the first Samena Club workout and breakfast. ☹️ This event took place Sept. 10th with swimmers from Queen Anne, Pro Club, Federal Way and Samena Club members. Everyone had a fun time and we all enjoyed **blueberry** pancakes after our hard 5000 yard swim. 😊 Special thanks to Phoebe & Annamarie Terhaar (PNA members), John Chrismet and Carolyn Crinnion (Samena members) for sacrificing their workout to stay in the kitchen and make the pancakes! Thank-you



Who wants to Swim 200  
FLY??



Carolyn Crinnion - Eating pancakes  
on the fly!



Frank Newquist -  
Surfs up!



We have to stop meeting like this!

**Coming Up  
PRO Sports Club  
Ultimate Pool Shark**

**When:** Sunday, October, 23 9:00 am

**Where:** PRO Sports Club  
(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)

Send entries to:  
PRO Club Ultimate Pool Shark  
4455 - 148th Ave N.E.  
Bellevue, Wa. 98007

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

*For more info CALL Mark VanAchte 881-6767*

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_  
ZIP \_\_\_\_\_ PHONE \_\_\_\_\_

\*500yd free 50yd \_\_\_\_\_ 100yd \_\_\_\_\_ 200yd \_\_\_\_\_

\*everyone swims a 500yd free, to complete entry fill in stroke for 50,100, and 200yd events

AGE \_\_\_\_\_ SEX M F  
SHIRT SIZE L XL

**RACE RELEASE**

In consideration of my entry. I for myself, and executors, hereby release and discharge the PRO Club, it's officials, employees, and anyone who is connected with the race from any and all claims, actions, liability, accidents, and illness which I might receive as a result of my participation in this event. Anyone under the age of 18 must have a parent/guardian signature.

\_\_\_\_\_  
SIGNATURE

\_\_\_\_\_  
GUARDIAN SIGNATURE (if under 18)

\_\_\_\_\_  
DATE

**PMA 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

**PMA 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

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 \*\***

**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:** \_\_\_\_\_

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 Ten titled "Breaststroke".

The breaststroke is the slowest of the four competitive strokes. Although more force is generated during propulsion, the marked deceleration during recovery reduces the average velocity greatly. Breaststroke is undergoing more rapid style changes than any other stroke. Some of the more noticeable recent changes have occurred since publication of this book. At the time of publication, the undulating style or wave stroke was considered the best way to swim the stroke.

The armstroke consists of outswEEP, insweep, and recovery. The outswEEP begins with the catch with the hands outside shoulder width and facing back. The arms are extended but flex slightly at the end of the outswEEP. After the catch, the propulsive insweep begins as the arms make a large semi-circle, sweeping down, in, and up ending just before the hands come together. To do this, the arms flex and the palms rotate in. Hand velocity increases steadily throughout the insweep. For the recovery, hand pressure on the water is released, the elbows squeeze down and in, and the arms move forward. The hands face up under the chin and then rotate down as the arms extend. The arms may recover over or underneath the surface of the water. For an underwater recovery, the arms should be kept close together and just under the surface of the water with the hands put together to resemble an arrowhead.

The breaststroke kick has evolved from a wide wedge kick to a narrow, snappy whip kick. Most swimmers now use a combination of the two kicks. The kick consists of recovery, outswEEP, insweep, lift and glide. Only the insweep is propulsive. During the recovery, the knees flex to bring the lower legs forward almost to the buttocks. The hips do not flex at this time, but the feet remain underwater. Forward speed decelerates to its slowest point during leg recovery so it should be done quickly.

Next the legs sweep out to position the feet for the insweep. The thighs flex slightly at the hips, the knees continue to flex, and the feet rotate outward and flex down toward the soles of the feet. Greater ankle flexibility allows a stronger kick. The insweep then consists of the feet moving down and in. To do this, the legs extend at the hips and knees until they are completely straight. The feet rotate down and in until the soles face each other and then move across the water until they come together. Pressure on the water is then released and the legs float towards the surface of the water until they are in line with the trunk of the body. This is the lift portion of the kick. The glide follows during the propulsive phase of the arms. the legs are held close together and streamlined with legs and feet completely extended and toes pointing downward.

Breaststroke timing may be continuous, glide, or overlap. In continuous timing, the armstroke begins after the legs come together. With glide timing, there is a short interval between completion of the kick and start of the armstroke. In overlap timing, the armstroke begins before the kick is completed. Overlap timing is the best method for reducing the period of deceleration between the propulsive phases of the kick and the armstroke.



The outswEEP of the arms should begin as the legs complete the last portion of the insweep.

As with the butterfly, body position varies throughout the stroke. During the propulsive phases of the kick and the armstroke, the body should be as horizontal as possible. During leg recovery, the trunk should slant down from head to knees so that hips do not flex until outswEEP of legs begins.

A breath should be taken during each stroke cycle regardless of the distance of the race. Rhythm is lost if a breath is not taken. When the arms are extended forward, the head should be tucked between them looking down. As the arms start to sweep out, the face is lifted to the surface so that the head is on the surface when the catch is made. During arm recovery, the swimmer should inhale and then lower the head back into the water between the arms as recovery is completed. Keeping the head and shoulders above the surface of the water until the legs have recovered and the outswEEP of the kick begins keeps the hips submerged instead of pushing up above the water surface.

The rules allow one underwater stroke immediately after the start and each turn. This stroke can be very powerful so is important. This underwater stroke is like an exaggerated butterfly armstroke. There is a glide before and after the stroke. The first glide is a streamlined position held after the dive or push-off until speed begins to decrease. The arms then sweep out to the side facing back. The elbows then begin to flex and the palms rotate out for the catch. The insweep then occurs as the hands scull down and in under the body until the hands come together under the chest with the elbows bent at about 90 degrees. This is followed by the upsweep with the arms moving out, up, and back until they are completely extended along the thighs with the hands facing away from the body. The palms are then turned in against the thighs for a streamlined second glide. The second glide is followed by a kick to the surface while the arms recover. The head must break the surface of the water before the hands reach the catch or the widest point of the next stroke.

#### HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

10/16	SANDRA BORROWDALE	11/01	STEW ELLISON
10/18	JACK ANDREWS	11/01	ANNE HEALEY
10/18	ERIN ERONEMO	11/03	JAMES BERTOLINI
10/18	SHEILA GUARD	11/03	DEBBIE FALSGRAF
10/19	WILLIAM (BILL) FENNER	11/03	GLENN HILL
10/19	MARK GETZENDANER	11/03	RENE OLDRICH
10/19	STEPHEN THRASHER	11/04	LARRY DEGROEN
10/20	BETTY KERCHEVAL	11/05	WILLIAM PENN
10/20	PAUL SYTMAN	11/06	CINDY BAKER
10/22	SUSAN BENNER	11/06	ERIKA GISTE
10/22	JEANNE ENSIGN	11/06	MIRIAM RABITZ
10/23	MICHAEL DONALD	11/08	JIM WILLIAMS
10/23	ROBERT DORSE	11/11	JANE MOORE
10/23	KEN MCLELAND	11/13	DEBORAH BAGG
10/23	REESE RABON	11/13	DIANNE KEEN
10/27	LEE E HOLM	11/13	LARRY TOMAVICK
10/29	ERIK FREDERICKSON	11/14	MICHAEL MC COLLY
10/29	WILLIAM MICKELSON	11/15	ELIZABETH JONES
10/29	PATRICIA NELLIS	11/15	PETER MUNA
10/30	JEFF WOLF		

**\* 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.*

<b>Sprint course</b>	50 Yards/Meters each stroke and 100 IM				Date Swum	___/___
Fly _____	Back _____	Breast _____	Crawl _____	IM _____		
<b>Middle distance</b>	100 Yards/Meters each stroke and 200 IM				Date Swum	___/___
Fly _____	Back _____	Breast _____	Crawl _____	IM _____		
<b>Ironman course</b>	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.**

**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 - All material must be camera ready

**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 (206)547-1654

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

**Change of Address**

Return To: Suzanne Dills  
1101 N. Northlake Way  
Seattle, WA. 98105  
(206) 547-1654

Name \_\_\_\_\_

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

Old Address \_\_\_\_\_

\_\_\_\_\_  
New Address \_\_\_\_\_

\_\_\_\_\_  
New Phone # \_\_\_\_\_

# OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 374-10  
 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 OR FORM WITH THIS ENTRY.**

**MEET: Mt. Hood Masters S.C. Meet**  
**PLACE: MT. HOOD C.C. AQUATIC CENTER**  
 26000 S.E. STARK  
 GRESHAM, OR  
 5 LANES COMPETITION  
 ELECTRONIC TIMING  
 1 LANE CONTINUOUS WARM UP/DOWN

**DATE: October 30th, 1994**

**SUN. OCT 30 WARM-UPS: 8:00 A.M.**  
**MEET STARTS: 9:00 A.M.**

HOST: Mt. Hood Masters    **Meet Director: PHIL KING 503-667-7243 work**  
 DIRECTIONS TO POOL: Take I-5 or I-205 to I-84 East. Follow signs to Mt. Hood Community College.

## **ENTRY DEADLINE : POSTMARKED NO LATER THAN October 9th, 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: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet.  
 ALL EVENTS WILL BE SEEDED SLOW TO FAST.

**500 FREE (1)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**400 I.M. (2)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
     **BREAK    BREAK    BREAK**  
**FREE RLY (3)**    **XXXXXXXXXXXXXXXXXX**  
**100 BACK (4)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FREE (5)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FLY (6)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 BREAST (7)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 I.M. (8)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
     **BREAK    BREAK    BREAK**  
**MXD FR RL (9)**    **XXXXXXXXXXXXXXXXXX**  
**200 BACK (10)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**50 FREE (11)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FLY (12)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BREAST (13)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**MED RELAY(14)**    **XXXXXXXXXXXXXXXXXX**  
     **BREAK    BREAK    BREAK**  
**50 BACK (15)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 FREE (16)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 FLY (17)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**100 BREAST (18)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**200 I.M. (19)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
**MXD MD RL(20)**    **XXXXXXXXXXXXXXXXXX**  
     **BREAK    BREAK    BREAK**  
**1000 FREE (21)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
     --- or ---  
**1650 FREE (22)**    \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 (You may enter the 1000 or 1650, but not both)

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 SEND FORM(S) & FEE(S) PAYABLE TO: OREGON MASTERS SWIMMING**  
**c/o 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 #374-11

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: OREGON CITY MASTERS MEET      DATE: NOV. 19-20, 1994**

**PLACE:** OREGON CITY MUNICIPAL POOL  
1211 Jackson Street  
OREGON CITY, OREGON  
5 LANES COMPETITION - ELECTRONIC TIMING  
1 LANE CONTINUOUS WARM UP/DOWN  
HOST: Oregon City Swim Team

**WARM-UPS SAT NOV 19: 4:30 P.M.**  
**SUN NOV 20: 7:00 A.M.**  
**MEET STARTS SAT NOV 19: 5:30 P.M.**  
**SUN NOV 20: 8:00 A.M.**

Meet Director: TIM WAUD phone: 503-656-2661 w 503-655-7131 h

**Directions to Lincoln City pool:** Take I-205 North or South to Park Place exit. Go West on Hwy 213. Take right at Washington St. and continue approx one (1) mile to 12th Street. Go right at 12th Street up to Jackson St.

**ENTRY DEADLINE : POSTMARKED NO LATER THAN Nov. 5th, 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 6 individual events plus 4 relays. You are allowed to swim a maximum of five individual events per day.** Enter relays at the meet. The 400 I.M., 800, and 1500 Freestyles will be deckseeded and all events will be seeded SLOW TO FAST.

**SATURDAY NOV 19**

400 I.M. (1) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 BREAK BREAK BREAK  
 100 BACK (2) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 FREE RELAY (3) XXXXXXXXXXXXXXXX  
 200 BREAST (4) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 800 FREE (5) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 1500 FREE (6) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

100 FLY (11) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 200 FREE (12) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 BREAK BREAK BREAK  
 50 FREE (13) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 100 BREAST (14) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 200 BACK (15) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 MXD FREE RLY(16) XXXXXXXXXXXXXXXX

**SUNDAY NOV 20**

MEDLEY RLY (7) XXXXXXXXXXXXXXXX  
 BREAK BREAK BREAK  
 50 BREAST (8) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 50 BACK (9) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 100 I.M. (10) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

BREAK BREAK BREAK  
 200 FLY (17) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 100 FREE (18) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 200 I.M. (19) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 50 FLY (20) \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_  
 MXD MED RLY(21) XXXXXXXXXXXXXXXX

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: \$12.00      MAKE CHECKS PAYABLE TO: OREGON MASTERS SWIMMING**  
**MAIL FORM(S) AND FEE(S) TO:      SUZANNE RAGUE      935 N.W. 170 PLACE**  
**BEAVERTON, OR 97006**

NAT-BUFFALO  
 08-28-94  
 LONG COURSE METERS  
 P = P.N.A. RECORD  
 Z = NORTHWEST ZONE RECORD  
 N = NATIONAL RECORD  
 W = WORLD RECORD  
 U = UNOFFICIAL TIME (1 WATCH)

-----  
 WOMEN 45-49  
 -----  
 1500 M. FREE  
 KATHRINE CASEY 45 # 2 22:38.15 Z  
 200 M. BACK  
 KATHRINE CASEY 45 # 3 3:10.40  
 50 M. BRST  
 KATHRINE CASEY 45 # 1 42.28  
 100 M. BRST  
 KATHRINE CASEY 45 # 1 1:33.94 P  
 200 M. BRST  
 KATHRINE CASEY 45 # 2 3:31.43  
 200 M. I.M.  
 KATHRINE CASEY 45 # 2 3:07.76 P

-----  
 WOMEN 70-74  
 -----  
 100 M. FREE  
 MARION CHADWICK 72 #10 2:29.08  
 200 M. FREE  
 MARION CHADWICK 72 # 9 5:13.45  
 400 M. FREE  
 MARION CHADWICK 72 # 5 10:34.96  
 1500 M. FREE  
 MARION CHADWICK 72 # 4 39:57.80  
 200 M. I.M.  
 MARION CHADWICK 72 # 4 7:20.81  
 400 M. I.M.  
 MARION CHADWICK 72 # 3 15:46.69

-----  
 M E N 45-49  
 -----  
 100 M. FREE  
 FRANK WARNER 45 # 8 1:02.64 P  
 200 M. FREE  
 FRANK WARNER 45 # 6 2:19.75  
 800 M. FREE  
 FRANK WARNER 45 # 2 10:34.29  
 50 M. BACK  
 FRANK WARNER 45 # 3 33.32 P  
 100 M. BACK  
 FRANK WARNER 45 # 3 1:15.89 P  
 200 M. BACK  
 FRANK WARNER 45 # 4 2:43.12

## SEATTLE UNIVERSITY MORNING MASTERS

MULT-LEVEL SWIM PROGRAM SERVES A BROAD SPECTRUM OF SWIMMING ABILITIES, RANGING FROM NON-COMPETITIVE FITNESS SWIMMERS TO NATIONAL LEVEL COMPETITIVE SWIMMERS. IDEAL WORKOUT FOR TRIATHLETES WHO NEED TO COMBINE A CHALLENGING AQUATIC WORKOUT WITH SKILLED STROKE EFFICIENCY INSTRUCTION. SWIMMERS ARE ARRANGED IN LANES ACCORDING TO SKILL, LEVEL OF CONDITIONING AND SPEED. WORKOUT IS DESIGNED BY FORMER DIVISION 1 COLLEGIATE SWIM COACH WITH MORE THAN TEN YEARS EXPERIENCE WITH VARIED AGE GROUP, HIGH SCHOOL AND MASTERS SWIMMERS. PARTICIPANTS MUST COMFORTABLY SWIM THE CRAWL STROKE, INCLUDING BREATHING TO THE SIDE.

**TIME:** MONDAY, WEDNESDAY & FRIDAY, 7:00AM - 8:00AM.  
**LOCATION:** SEATTLE UNIVERSITY CONNOLLY CENTER, 550 14TH, SEATTLE, WA 98122  
**COST:** \$35.00 PER MONTH OR \$90.00 FOR THREE MONTHS.  
**START DATE:** WEDNESDAY, NOVEMBER 2, 1994.

**FOR MORE INFORMATION AND REGISTRATION CONTACT CRAIG MALLERY AT 296-6423.**

**Board Meetings are for everyone!**

It would be nice to see more Team Reps and Coaches at these meetings.

See you soon! 

# OREGON MASTERS SWIMMING SHORT COURSE YARDS MEET

SANCTIONED by OREGON ASSOCIATION FOR USMS, INC. SANCTION # 374-12

**ELIGIBILITY:** Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a 1995 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 OR FORM WITH THIS ENTRY.**

**MEET: Eugene Masters Meet      DATE: SATURDAY December 10th, 1994**

**PLACE: ECHO HOLLOW POOL**  
 1655 Echo Hollow Road (West Eugene)  
 EUGENE, OREGON

**WARM-UPS: 9:00 A.M.**  
**MEET STARTS: 10:00 A.M.**

6 LANES COMPETITION - ELECTRONIC TIMING  
 SEPARATE CONTINUOUS WARM UP/DOWN POOL

HOST: Eugene Masters Meet Director: Lynda Christiansen 503-687-8379

**DIRECTIONS TO POOL:** From I-5 north or south take the Beltline freeway exit and head west into Eugene. The Beltline freeway heads west for a few miles and then bends to your left and heads south. Take a left at Barger heading east until you come to Echo Hollow road. Turn right and pool will be on your left.

**ENTRY DEADLINE : POSTMARKED NO LATER THAN November 26th, 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: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 5 individual events plus 4 relays. Enter relays at the meet. The 400 I.M. and the 1000 Free will be deckseeded and all events will be seeded slow to fast.

<p><b>500 FREE (1)</b>    _____ : _____ . _____</p> <p><b>400 I.M. (2)</b>    _____ : _____ . _____</p> <p><b>BREAK    BREAK    BREAK</b></p> <p><b>FREE RLY (3)</b>    XXXXXXXXXXXXXXXX</p> <p><b>50 BREAST (4)</b>    _____ : _____ . _____</p> <p><b>100 FLY (5)</b>    _____ : _____ . _____</p> <p><b>200 FREE (6)</b>    _____ : _____ . _____</p> <p><b>50 BACK (7)</b>    _____ : _____ . _____</p> <p><b>100 I.M. (8)</b>    _____ : _____ . _____</p> <p><b>MXD FR RLY (9)</b>    XXXXXXXXXXXXXXXX</p> <p><b>BREAK    BREAK    BREAK</b></p> <p><b>100 BREAST (10)</b>    _____ : _____ . _____</p> <p><b>50 FLY (11)</b>    _____ : _____ . _____</p>	<p><b>100 FREE (12)</b>    _____ : _____ . _____</p> <p><b>200 BACK (13)</b>    _____ : _____ . _____</p> <p><b>MED RLY (14)</b>    XXXXXXXXXXXXXXXX</p> <p><b>BREAK    BREAK    BREAK</b></p> <p><b>200 BREAST (15)</b>    _____ : _____ . _____</p> <p><b>200 FLY (16)</b>    _____ : _____ . _____</p> <p><b>50 FREE (17)</b>    _____ : _____ . _____</p> <p><b>100 BACK (18)</b>    _____ : _____ . _____</p> <p><b>200 I.M. (19)</b>    _____ : _____ . _____</p> <p><b>MXD MD RLY (20)</b>    XXXXXXXXXXXXXXXX</p> <p><b>BREAK    BREAK    BREAK</b></p> <p><b>1000 FREE (21)</b>    _____ : _____ . _____</p> <p><b>---- OR ----</b></p> <p><b>1650 FREE (22)</b>    _____ : _____ . _____</p>
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(You may enter the 1000 or 1650, but not both)

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    SEND FORM(S) & FEE(S) PAYABLE TO: OREGON MASTERS SWIMMING**  
**c/o Suzanne Rague 935 N.W. 170 PLACE BEAVERTON, OR 97006**

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

MEET STARTS: 10:00 A.M.  
WARM-UPS: 9:00 A.M.

### 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

## Attend North Kitsap Meet NOV 19/20!

- Ten consecutive years -- longest ever in the PNA
- Friendly meet with attention given to swimmers.
- Prizes for closest actual times versus seed times.
- Swim 2 miles (3600 yards) in competition.
- Participate in a special 10th anniversary trivia contest!
- Let a ferry ride relax you after your "swimmer's high"