

*Pacific Northwest Association
of Masters Swimmers*



Volume 13 - Number 11

**The
Wet
Set**

November, 1994

Upcoming Board Meetings

November - combined with Dec.

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

January 24th - Tacoma YMCA ?

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-12/10

Meet Schedules

President's letter (from Hugh Moore)

Registration-1995 Application

Results from Orca

Seattle University Ad

Subscription to the Wet Set

USMS 1994 Convention Report

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(206)528-5351

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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 11, 1994



To: Members of the PNA 1996 Nationals Organizing Committee

Our bid for the USMS Long Course National Championship was presented to the USMS House of Delegates on Friday, September 30th in Kansas City. We competed against excellent bids from Irvine, California and De Anza (Cupertino), California. Each group presented their bid to the 180 member house. It was clear that we had the best facility as well as the most experienced organizing committee. Following the presentation, a written ballot was taken in which no group received a majority. A run-off was held between us and De Anza, with De Anza winning.

I have heard that we were probably defeated due to too many events in the Northwest in too short of a period of time. Our '92 meet is still fresh in the minds of most of the delegates and the 1995 Long Course Nationals will be held in Gresham.

We did not leave convention empty handed. We won the bid to "host" the 1996 Hour Swim postal competition. This event attracts over a thousand competitors and an opportunity for the PNA to make a \$3000 to \$4000 profit. Last year we won the bid to host the 1995 5K & 10 K National Championship postal competition. Even though these events do not require the amount of effort that a "pool" event does, they do still require a considerable effort to create the entry form, design and purchase T-shirts, process entries, compile results, and distribute T-shirts, results and awards. If you are interested in helping with either of these events, please contact Jane at 925-0803.

I wish to thank all of you for your efforts. I feel that we presented an excellent bid and was quite surprised when we were not selected. Its time to start planning for future events. We will probably bid for either the 1998 Long Course meet or the 1999 Short Course meet.

Sincerely,

Hugh Moore

P N A Meet Schedules

Nov 20 1994	25 yards	North Kitsap, Wa
Jan 15 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

Nov 19-20	25 meters	Oregon City
Dec 10	25 yards	Eugene
Jan 21 1995	Pentathlon 25yards	Tualatin Hills
Feb 18 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 Empire Meet Schedules

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 on this and other camps call Terry Laughlin 914-294-3510

Announcements

Jane Moore (PNA President), Phyllis Gill (Newsletter Editor), and *Elin Zander - Inland Empire (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!!

*Elin Zander, Zone Rep - S 13927 Traver Ln, Valleyford, Wa 99036

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



WE ARE OPEN !!!

Due to popular demand the Board and Management at the Samena Club in Bellevue have agreed to keep the **OUTDOOR POOL OPEN** for lap swim only this winter Effective **NOW!** The pool will be for youths (age 10 and older) and adults to swim laps

Hours: Mon - Fri **6am- 9am** **Adults only**
 12pm - 1pm **Adults only**
 4pm - 7pm **Youth & Adults**

Sat - Sun **10am - 11am** **Adults only**
 11am - 1pm **Youth & Adults**

Masters program is M/W/F 6am - 7am

Fee: monthly cost \$20/M \$30/NM or

Drop-in \$2/M \$3/NM

for more information call 746-1160

UNITED STATES MASTERS SWIMMING, INC.
1995 REGISTRATION APPLICATION
 Pacific Northwest Association of Masters Swimmers

REGISTER WITH SAME NAME YOU WILL USE FOR COMPETITION
 Please print clearly

RENEWAL
 My current USMS number is _____

NEW registration

Name: Print clearly

 Last

 First

 Initial

Address:

 Street or box number

 Apt number

 City

 State

 Zip code

Telephone

 Area Code

Date of birth:

 Month Day Year

Age:

M/F:

- My club is:**
- Pacific NW Aquatics (PNA)
 - Sequim (SQM)
 - Pro Sports Club (PRO)
 - Puyallup Aquatic (PAC)
 - Unattached

My Team is: _____
 Name

Unattached

If you coach a Masters swim team check here:

PLEASE MAKE CHECKS PAYABLE TO: PNA MASTERS SWIMMERS

Your LMSC fee includes a subscription to the WetSet.

	<u>USMS Fee</u>		<u>LMSC Fee</u>	<u>TOTAL FEE</u>
Under 65	15.00	plus	15.00	30.00
Senior: 65 & over	15.00	plus	8.00	23.00

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

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all 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 and regulations of USMS.

Signature _____

Date _____

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

11/18	CHARLES BROCKUS	11/29	LIZ MCCORMACK
11/18	MARK ELLIS	11/29	KEITH REYES
11/18	WILLIAM JOHNSTON	11/30	SHIRLEY KOLM
11/20	AMY MORRIS	11/30	THORNTON TYSON
11/20	DAVID TURNER	12/02	JEAN SCARZELLO
11/21	SAMUEL ORR	12/03	DEBRA TAYLOR
11/22	MATTHEW PALMER	12/04	PETER STEKEL
11/22	BROOKE WIMBUSH	12/06	JULIE PULLIAM
11/23	NICK LECLERCQ	12/06	GEOFF WILWERDING
11/24	MARY ELLEN NOURSE	12/08	KELLY MOHR
11/25	MARCUS FAIRBANKS	12/08	JAY WALTERS
11/25	PETER LIEKKIO	12/09	MEGAN BERGER
11/25	MICHAEL NAYLOR	12/09	DAN NELLIS
11/25	D. KIKO VANZANDT	12/09	ROBERT STONE
11/26	PAUL CLEMENTS	12/10	SUZANNE HANSEN
11/27	SAM LAWRENCE	12/13	FRANK NEWQUIST
11/27	LINDA MARIZ	12/14	RICK COLELLA
11/28	MARIA MACKAY	12/14	SALLY MACLAREN-MEUER
		12/15	LEEANN MCGHIE

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.

1994 USMS CONVENTION REPORT
Kansas City, Missouri, Sept. 28 - Oct. 1

Compiled by PNA members who attended convention: Kathy Casey, Jeanne Ensign, Phyllis Gill, Jan Kavadas, Hugh Moore, Frank Newquist, and Walt Reid. Kathy is a member of the Rules Committee and the ad hoc Awards and Recognition Committee. Jeanne is chair of the Internal Audit Committee. Phyllis is a member of the Rule Book Committee. Jan is a member of the Rules Committee. Hugh is chair of the ad hoc Officials Committee and ex-officio member of the Planning Committee. Frank is a member of the Finance Committee. Walt is chair of the Records and Tabulation Committee, a member ad hoc Awards and Recognition Committee and ex-officio member of the International Committee.

The PNA's bid for the 1996 USMS Short Course National Championships was unsuccessful. We did, however, win our bid to "host" the 1996 Hour Swim competition. This event attracts over a thousand competitors and provides an opportunity for the PNA to make a modest profit. Last year we won the bid to host the 1995 5K & 10K National Championship postal competition. Even though these events do not require the amount of effort that a "pool" event does, they do still require a considerable effort to create the entry form, design and purchase T-shirts, process entries, compile results, and distribute T-shirts, results and awards. If you are interested in helping with either of these events, please contact Jane Moore at 925-0803.

CHAMPIONSHIP COMMITTEE

The 1996 Short Course National Championships will be hosted by De Anza (Cupertino), California. The Long Course meet will be held at the University of Michigan. New National Qualifying Times were established at 10% greater than the tenth place time listed in the previous year's national top ten times.

RULES COMMITTEE

PNA submitted eight proposed rule changes. Six of those proposed changes passed:

1. Relay lead-off splits will count for all official purposes if recorded by fully automatic timing and the relay is not DQ'd,
 2. An individual split must be completed with a legal finish at the initial distance and the Referee must be notified, in writing, of the intent to record an initial split time,
 3. The 100+ age group and the corresponding age groups will be listed in the rule book, and
 - 4, 5, & 6. Housekeeping.
- (Two failed: eliminating false start recalls and 5 events per day at Nationals)

The following rule changes also passed:

* During warm-ups and warm-downs swimmers must enter the pool feet first in a cautious manner. (The wording "...with at least one hand in contact with the pool deck or gutter" was removed due to injuries to older swimmers who tried to keep one hand on the deck when entering the water.)

* The starting command "Place your feet" is now mandatory rather than optional for backstroke starts.

* Three new basic schedules (orders of events) for national championship meets were selected for use on a rotational basis over the next four years.

* National qualifying times will be 10% over the previous year's tenth place time on the USMS Top Ten list rather than the slowest tenth place time from the preceding three years' national championship meets. (It tightens up some qualifying times and relaxes the qualifying times for sprinters in the younger age groups.)

* Relays (at Nationals) "...may be entered the day before the first day relays are swum" rather than the day before the meet starts (because the first day could be a distance day without relays).

* A swimmer may compete in both of the two longest freestyle events at Nationals (rather than only one). This requires both the meet director and Championship Committee concurrence.

* A meet director may establish a US Post Office postmark deadline (for Nationals) 7 days prior to the individual entry deadline. Private or corporate meter postmarks will not be accepted. The postmark deadline applies only to the 50 states in the US.

* Three divisions (rather than two) will be recognized for club scoring at Nationals.

USS changes that affected Masters swimming were:

* The elbows shall be under water on the recovery in breaststroke.

* Seeding is changed so the second fastest swimmer in the heat will always be seeded to the left of the fastest swimmer in the heat.

COACHES COMMITTEE

Todd Samland of Omaha, Nebraska was awarded the Coach of the Year. The committee maintains a series of videos that may be borrowed. The committee is developing clinics that can be put on by Masters coaches. A coaches manual is also under development.

INTERNAL AUDIT COMMITTEE

In her position as internal auditor, Jeanne Ensign has reviewed the USMS financial records and procedures and made suggestions for changes. She presented a report to the Finance Committee which was accepted by the committee.

FINANCE COMMITTEE

The 1995 budget, which includes \$530,050 in revenues and \$506,000 in expenses, was approved. Minor revisions to the Financial Operating Guidelines were approved. The committee has established a goal of working more closely with all committees in budgeting and other financial areas.

INSURANCE COMMITTEE

There is no professional liability coverage provided for medical malpractice types of exposures (e.g. chiropractic/massage).

RULE BOOK COMMITTEE

The 1995 rule book cover was designed by Eric Lindstrom and depicts various depths of water and the USMS logo. The 1995 Rule Book will be dedicated to the memory of former USMS Treasurer E. Kevin Kelly.

LONG DISTANCE COMMITTEE

The 5K has been added to the 10K as a Postal Championship. The Postal 6000 has been changed to a 3000. Postal Championships will no longer be bid by area and may be hosted two years in a row by the same organization. Bids for National Long Distance Championships will now be due 30 days prior to convention. A person may now count for more than one swimmer in a pool championship.

PLANNING COMMITTEE

Hugh will present "goal times" to LMSCs and SWIM Magazine for distribution. LMSCs will be encouraged to use them as a goal-setting motivation for swimmers. The committee organized a workshop on team marketing that was especially informative.

MARKETING COMMITTEE

A guide is being developed with a variety of information on how to run a Masters swim club. An 11" X 17 " promotional poster is also being developed. Kastaway has received the exclusive right to sell merchandise with the USMS logo. USMS will receive 10% on every item sold.

REGISTRATION COMMITTEE

Results of the first year of One-Event registrations were discussed. There have been 164 total One-Event registrations to date in 1994, with less than 15 converting to full memberships. One event registration will continue for one more year. The committee will review the results at next year's convention to determine the effectiveness of this program. Bill and Diane Black's contract as National Registrars was renewed. The committee discussed the possibility of a two year membership. The idea will be investigated more in the next year to study the impact to LMSCs. The subscription arrangement with SWIM magazine will be continued.

LEGISLATION COMMITTEE

Only emergency legislation could be considered by the House of Delegates this year. The two items passed as emergency items were:

1. Housekeeping to the liability release including removing "recognized event" entry forms (e.g., USS) from the list of those needing the USMS liability release statement, and
2. Recognition of meets held outside the jurisdiction of USMS shall be obtained from the USMS Executive Committee.

The committee is working on a revision of Part Four: Athletes' Rights, Hearings, and Appeals.

SPORTS MEDICINE, HEALTH, & SAFETY COMMITTEE

The committee organized a workshop which was presented at Convention. The workshop was well received by those in attendance and will be offered again next year. \$2500 was budgeted to serve as seed money for next years workshop. Suggested topics include Body fat and nutrition, Psychological aspects of swimming, and Injury prevention and rehabilitation.

NORTHWEST ZONE

Elin Zander from Inland Empire is our new Zone Rep. PNA has been asked to host the LC Zone meet. We have already reserved the Weyerhaeuser King County Aquatic Center in June and are seeking an organization to be meet host. The zone is investigating a \$0.25 per swimmer surcharge to go into the zone fund. This could then be used by our smaller LMSCs to defray costs of sending someone to convention.

OFFICIALS COMMITTEE

The committee will be focussing on developing policies and procedures that further the goal of having all USMS sanctioned events officiated by competent officials on a uniform basis throughout the country, applying all USMS rules, at all levels, for all ages at all meets. Since most meet hosts rely on USS officials and commonly review Appendix B of the Rule Book with officials prior to meets, a new section entitled "ENFORCEMENT OF RULES" will be added to Appendix B. It will state that USMS rules shall be applied uniformly regardless of age. Hugh will distribute a quarterly newsletter to LMSC Officials chairs.

AWARDS AND RECOGNITION

The results of the survey were discussed. PNA submitted responses to this survey. The following actions were approved:

1. Anyone may nominate a candidate for the Ransom Arthur Award given that the nomination is endorsed by an LMSC,
2. Presidential Service Awards (certificates) will be presented by the USMS President at the House of Delegates meeting each year,
3. "Length of Service" pins or patches for USMS volunteers and pins or a similar award for all the Ransom Arthur Award winners were referred to a subcommittee for work during the year (Kathy Casey is a member of that subcommittee), and
4. USMS should, at some point, facilitate an LMSC award for local service. Currently, nomination forms are available for the "Behind the Scenes" column in SWIM magazine, and Masters are encouraged to submit names on that form of people who do work on the local level.

RECORDS AND TABULATION

Copies of the USMS Top Ten and Relay Top Ten are sent to all LMSC Recorders. Walt publishes an errata for those errors missed on the proofreading list. Late submissions are not included in the errata.

The following FINA rule changes were effective September 2, 1994, and apply ONLY to WORLD RECORDS and WORLD CHAMPIONSHIP MEETS:

1. FINA has added the 95-99 and 100+ age groups (FINA does not, however, recognize 19-24),
2. Beginning with age 25, FINA now has the same relay age groups as USMS including capping each age group with an upper age limit,
3. World Record documentation is due to Walt 60 days after the meet, and

4. "Age shall be determined as of December 31 of the year of competition." This applies to individual events and to relay events. This means that as of January 1 of each year everyone ages up one year. For example, if a swimmer will be 40 years old sometime during 1995, then he can set World Records as a 40-year-old starting January 1, 1995. Since USMS did not adopt this age determining rule (USMS still uses the last day of the meet to determine age), it will be up to the individual swimmer to alert the meet director that he or she qualifies for a world record in the next older age group.

Commlink (available with Hy-Tek's meet manager/team manager software) can now handle relays.

Walt will update his program to include the LMSC numbers allowing LMSCs to print a report of swimmers from a particular LMSC.

INTERNATIONAL

The 1994 World Championship Meet hosted 3474 swimmers in Montreal, Canada. The next World Championship Meet will be in Sheffield, England, June 23 - July 2, 1996. The swimming competition will last seven days. Qualifying times (40% over the World Record as of November 1, 1994) will be used for the 400 IM and the 800 freestyle. There will be no 400 freestyle or mixed relays. A swimmer may enter only one event per day up to a maximum of five events plus relays. The order of events will be:

<u>SUN</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THURS</u>	<u>FRI</u>	<u>SAT</u>	<u>SUN</u>
400 IM	200 Br	200IM	200 Back	200 Free	200 Fly	800 Free	5 K
50 Fly	100 Free	100 Br	50 Br	50 Back	50 Free		
200 MR		200 FR	100 Fly		100 Back		

(Note: Walt has since learned that the FINA Bureau may approve qualifying times (40% over the World Record) for all events at the World Championship Meet.)

The International Committee recommended that the Hawaii LMSC issue a "recognition" of the 1995 MSI Masters Hawaii Festival, although the committee's earlier postal poll recommended endorsing the Executive Committee's decision. (The USMS Executive Committee recommended no sanction or recognition for the 1995 MSI Hawaii Masters Festival.) Controversy has arisen since the festival's dates conflict with USMS Long Course Nationals at Mt. Hood, Oregon, in 1995.

The FINA rule regarding age determination as of January 1st of the year of competition is in effect for World Championship meets. See Records and Tabulation #4.

SAFETY COMMITTEE

Coaches and workout supervisors should have safety training similar to that of USS coaches. This training includes first aid (including blood borne diseases) and CPR. Workout safety should be stressed. Always remember to enter the water feet first unless you are specifically practicing starts. The committee will develop safety articles which will be available through the Marketing Committee and the USMS insurance agent. Open water safety guidelines need to be developed and stressed..

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

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 ****

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

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: _____

PRO Club Masters Swim Social

October, 15 the Pro Club hosted a swim social for the area's Masters swimmers. Pro Club Coach **Camille Walker** led the group through a tough morning workout. BAC Masters was represented by swimmers **Bruce Boytler, Patricia Dotson, Suzanne Bigalow, Suzanne Dills, Peter Paget, Laurie McClosky, Mike McColly, Manny Chaus,** and Coach **Alan Capron. Steve Engel** from Northshore YMCA, Samena Coach **Phyllis Gill**, and all the way from Louisiana, Crayfish Masters swimmer **Gile Beye** joined with the masters group from the Pro Club. Everyone swam a 2200 yard workout which included a set of crazy relays.

Then the best part, coffee and muffins and a chance to meet and socialize with other folks from other clubs.

Everybody had a terrific time and it was a great opportunity to swim in a new pool with a superb coach and excellent company.

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 # _____

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

★ 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.**

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

STEVE ENGEL	51 PNA	1:06.61

M E N 55-59		

50 YD. FREE		
DAVE DRUM	59 PNA	28.13
100 YD. FREE		
DAVE DRUM	59 PNA	1:03.29
50 YD. FLY		
DAVE DRUM	59 PNA	31.57

M E N 60-64		

50 YD. FREE		
BOB DORSE	62 PNA	29.16
100 YD. FREE		
BOB DORSE	62 PNA	1:07.56
JOHN FURRER	60 PNA	1:13.41
200 YD. FREE		
JOHN FURRER	60 PNA	2:50.24
100 YD. BACK		
TOM FOLEY	60 PNA	1:39.03 U
50 YD. BRST		
JOHN FURRER	60 PNA	39.50
100 YD. BRST		
JOHN FURRER	60 PNA	1:26.97
TOM FOLEY	60 PNA	1:41.63
100 YD. FLY		
TOM FOLEY	60 PNA	1:50.13
100 YD. I.M.		
BOB DORSE	62 PNA	1:21.37
TOM FOLEY	60 PNA	1:34.91

M E N 65-69		

50 YD. FREE		
WILLIAM NEWELL	67 SQM	39.58
100 YD. FREE		
WILLIAM NEWELL	67 SQM	1:36.80
200 YD. FREE		
WILLIAM NEWELL	67 SQM	3:45.38

M E N 70-74		

50 YD. BACK		
GERALD HUESTIS	74 ORE	38.21
100 YD. BACK		
GERALD HUESTIS	74 ORE	1:26.06
400 YD. I.M.		
GERALD HUESTIS	74 ORE	6:49.28

M E N 80-84		

50 YD. FREE		
GENE CROSSETT	80 PNA	41.69
100 YD. FREE		
GENE CROSSETT	80 PNA	1:35.94
200 YD. FREE		
GENE CROSSETT	80 PNA	3:23.78

M E N 85-89		

50 YD. BRST		
JIM PENFIELD	86 PNA	52.30
100 YD. I.M.		
JIM PENFIELD	86 PNA	2:00.16 Z

RELAYS-M E N 200 YD. FREE		

19 +		
ERIK NEILSON	27 PNA	1:47.94
RICK SHOOP	25	
MICHAEL FOERSTE	25	
DON LOW	23	

RELAYS-MIXED 200 YD. FREE		

19 +		
ERIK NEILSON	27 PNA	1:52.65

GAIL BRUNER	35	
KELLY MOHR	23	
DON LOW	23	

LYNN GLEASON	21 PNA	2:10.43
DAVID MOORE	33	
JEANETTE HARRIS	39	
MARIO VIEIRA	21	

35 +		
PATRICK SULLIVAN	46 PNA	2:07.85
LINDA SULLIVAN	38	
JANE MOORE	43	
HUGH MOORE	40	

55 +		
PAT MATTHIESEN	78 PNA	3:17.17
JANET KAVADAS	63	
TOM FOLEY	60	
GENE CROSSETT	80	

RELAYS-MIXED 200 YD. MEDLEY		

19 +		
DAVID MOORE	33 PNA	2:36.49
DEBRA TAYLOR	37	
LYNN GLEASON	21	
MARIO VIEIRA	21	

35 +		
JANE MOORE	43 PNA	2:37.11
MARK WATLING	42	
LINDA SULLIVAN	38	
PATRICK SULLIVAN	46	



The following swimmers have joined the PNA in the last month: Coral Bernier, James Brophy, Terri Clark, Mark Ellis, Allen Igawa, Kathleen Lynch, Kerry Marra, Rhonda Matlock, Erika Payton, Peter Sorensen, & Mario Vieira

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

TIME SENSITIVE MATERIAL!!

Non-Profit Org.
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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"