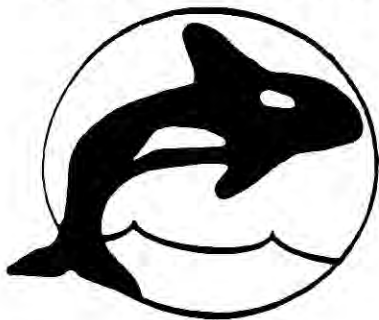


***Pacific Northwest Association  
of Masters Swimmers***



*Volume 13 - Number 12*

**The  
Wet  
Set**

*December, 1994*

**Upcoming Board Meetings**

*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**

**Articles from PNA swimmers**

**Birthdays**

**Change of Address**

**Dawn Musselman Swim**

**February Fitness Challenge '95**

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

**Meet Entry's**

North Whidbey Note Change

Orca

**Meet Schedules**

**Officials Corner**

**Places to Swim**

**President's letter**

**Registration-1995 Application**

**Results from Queen Anne**

**Subscription to the Wet Set**

**PRESIDENT**

***Jane Moore***

*1867 58th ST NE*

*Tacoma, WA 98422*

*(206)925-0803*

**VICE PRESIDENT**

***Jeanne Ensign***

*600 Malden Ave E #102*

*Seattle, WA 98112*

*(206)324-6768*

**SECRETARY**

***Frank Newquist***

*(206)474-1267*

**TREASURER**

***Tammi Keeler***

*(206)528-5351*

**EDITOR**

***Phyllis Gill***

*14037 SE Allen Rd*

*Bellevue, Wa 98006*

**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.*

December, 1994

Dear PNA Swimmers:

On the first swim of Christmas my coach gave to me, a five hundred warm-up free.

On the second swim of Christmas my coach gave to me, two hundred kick and a five hundred warm-up free.

On the third swim of Christmas my coach gave to me, three stroke drills, two hundred kick and a five hundred warm-up free.

On the fourth swim of Christmas my coach gave to me, four breath holders, three stroke drills, two hundred kick, and a five hundred warm-up free.

On the fifth swim of Christmas my coach gave to me, five IM sets, four breath holders, three stroke drills, two hundred kick, and a five hundred warm-up free.

On the sixth swim of Christmas my coach gave to me, six lengths a kicking, five IM sets, four breath holders, three stroke drills, two hundred kick, and a five hundred warm-up free.

On the seventh swim of Christmas my coach gave to me, seven lengths a swimming, six lengths a kicking, five IM sets, four breath holders, three stroke drills, two hundred kick, and a five hundred warm-up free.

On the eighth swim of Christmas my coach gave to me, eight sets of breaststroke, seven lengths a swimming, six lengths a kicking, five IM sets, four breath holders, three stroke drills, two hundred kick, and a five hundred warm-up free.

On the ninth swim of Christmas my coach gave to me, nine hundred backstroke, eight sets of breaststroke, seven lengths a swimming, six lengths a kicking, five IM sets, four breath holders, three stroke drills, two hundred kick, and a five hundred warm-up free.

On the tenth swim of Christmas my coach gave to me, ten lengths a flying, nine hundred backstroke, eight sets of breaststroke, seven lengths a swimming, six lengths a kicking, five IM sets, four breath holders, three stroke drills, two hundred kick, and a five hundred warm-up free.

On the eleventh swim of Christmas my coach gave to me, eleven fifties pulling, ten lengths a flying, nine hundred backstroke, eight sets of breaststroke, seven lengths a swimming, six lengths a kicking, five IM sets, four breath holders, three stroke drills, two hundred kick, and a five hundred warm-up free.

On the twelfth swim of Christmas my coach gave to me, twelve lengths of kicking, eleven fifties pulling, ten lengths a flying, nine hundred backstroke, eight sets of breaststroke, seven lengths a swimming, six lengths a kicking, five IM sets, four breath holders, three stroke drills, two hundred kick, and a five hundred warm-up free.

Enjoy the holidays, but don't forget the Anacortes meet and the Hour Swim are in January.

Happy Holidays!

Jane Moore

## P N A Meet Schedules

Jan 15 1995	25 meters	<b>North Whidbey</b> Seattle, Wa Bangor, Wa Federal Way, Wa
Feb 18 1995	25 yards	
Mar 19 1995	25 yards	
Mar 31-Apr 2 1995	25 yards PNA Champs	

### Oregon Meet Schedules

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

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-for info on 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



## **World Senior Games**

Five PNA Swimmers attended the World Senior Games held at St. George Utah in mid October. Leading the way was Maxine Carlson with 5 silver medals and 1 bronze, the other 4 swimmers were Marion Chadwick with 2 silver and 2 bronze, Lee Holm and Maryann Burke each with 2 bronze, and Tom Foley with a bronze in swimming and of all things he along with his softball team won gold in the 55+ softball competition. Over 3,000 senior athletes participated in the multiple sports events, the hosts and volunteers did an outstanding job in all phases of the games.





## REFLECTIONS ON THE WORLD MASTERS GAMES

Frank Warner

So you think 3,000 or 4,000 people at a swim meet is a big deal, huh? How about 23,000 people at an event! That's how many showed up for the third World Masters Games in Brisbane, Australia, last month. I remember the first Games I went to in Canada in 1985 had about 5,000. I went to the second Games in Denmark in 1989 and that had around 7,500. So, I was quite impressed with the growth to 23,000 this year. The organizers claimed it was the largest multi-sport event ever staged and I have no doubt that was true. It was well run, well financed, and, although I didn't talk to all of the 23,000 people, no one I met had any serious complaints. But I think the thing that made this event different from the others I have been to was that you definitely had the feeling you were at a world class event.

There were the little things like banners all over the place. It seemed as though every light pole had a World Masters Games banner hanging from it. Most of the shops in town had posters in their windows showing their support for the event. (I found out later they paid \$100 for a Games display kit to suck us into their stores to buy stuff -- remember, I said it was well financed!). Most locals you ran into knew about the Games and were glad to see you. The papers and the TV had daily reports on both results and things of interest. Like the female diver who was 90+. Or the 101 year old lady swimming the 50 with her 73 year old son yelling "Sprint, Mom!" as she rode the pool current under the backstroke flags. When awards were given out, they had a little ceremony rather than just a pick-up spot (the mayor of the town the pool was in presented me with my medal). Lots of little things like that which added something extra.

Then there were the big things. Like the opening ceremonies. They were held at the track and field stadium and on the news that night they said there was somewhere around 30,000 people in atten-

dance. There were the speeches, fireworks, and even a parade of athletes. There were closing ceremonies with big screen TV highlights of events of the games beamed overhead during the program. And let us not forget that really big thing -- the entry fee. \$125US. That's \$2.9 million in entry fees for the 23,000. I did find out that the City of Brisbane kicked in \$1 million and corporate sponsors about another \$5 million. The point is, they raised lots of bucks and were therefore able to put on a class act.

As for the swimming, it was a slowly run meet that ran over six days with a day off in the middle. There were no 800 or 1500 freestyle events. I never really heard a final tally but I'm assuming there were between 3,000 and 4,000 entries. Events like the 200s took three hours to run. The meet director had never heard of starting from both ends of the pool to save time. They had lots of volunteer timers and a few of them actually knew what button to push. My favorite was the day the Army Cadets timed. They arrived in combat fatigues and boots with assault watches. But I must admit, I'd rather have Rambo Jr. there than to hear the meet director pleading for timers so he could continue the meet. Although there was a lack of depth to the competition, there was still plenty of quality there. As for my results, I left with a bronze in the 50 and 200 back, a fifth in the 400 free and a sixth in the 100 free. I missed the 200 free as I had to get to the airport to head up to the Great Barrier Reef, and the plane wasn't about to wait for my heat to finish.

In addition to swimming, I was also involved in the triathlon. There were two others from Bremerton who went to the Games, a biker and a runner, and we teamed up for a silver medal in the event. Not only were we second in our age group, but we were also second overall, which out of 1,200 entrants made us feel pretty good.

REFLECTIONS ON THE WORLD MASTERS GAMES by Frank Warner (continued)

Overall, it was a great time. As for why I decided to go in the first place, I will borrow a page from David Letterman and offer the following:

**THE TOP TEN REASONS TO GO TO THE WORLD MASTERS GAMES**

NUMBER TEN: I just turned 45 (and we all know what that means!).

NUMBER NINE: All of my competitors blew their vacation budgets going to Montreal in July and probably won't show up in Brisbane.

NUMBER EIGHT: Most of my competitors still have kids in school in October so, once again, they probably won't show up.

NUMBER SEVEN: Translation of numbers 8 & 9 above: EASY MEDALS!!!

NUMBER SIX: Our newborn is now four months old and I don't think I'll hear her crying in the middle of the night all the way down there (especially since she's staying home with Grandma).

NUMBER FIVE: It's a great test to see if you can squeeze your butt into an economy seat for 14 straight hours, endure fine airplane cuisine, and try to sleep in a space an astronaut wouldn't accept without getting irritated because, after all, you paid for this adventure.

NUMBER FOUR: It's a chance to find out what happens to a country that originally began as a penal colony (as in a place where they put prisoners, not where they grew experimental penises).

NUMBER THREE: The CPA business is slow in October and some sunshine sounds pretty good.

NUMBER TWO: It's a chance to drive on the left hand side of the road like a madman and not get a ticket.

AND THE NUMBER ONE REASON TO GO: All the beaches are topless and I have mirrored sunglasses!!!

Editor's Addendum: In addition to PNA swimmers Marion Chadwick and Frank Warner, fellow PNA-er Carol Dewell attended the Games. Carol, on a teacher exchange from Bremerton for the year and swimming with a local Masters club, earned three bronze medals (50 breast, 50 back, and 100 back). Frank's triathlon partners were biker Steve Martin and runner Greg Chapman.



# THE WORLD MASTERS GAMES

Marion Chadwick

Brisbane, Australia

26 September - 8 October 1994



The swimming program (28 September to 3 October) was organized by Queensland Masters Swimming and held at the Sleeman Sports Complex in Chandler near Brisbane. Some 3,000 swimmers from 71 countries, including many from Australia, New Zealand, Japan, Germany, and Hong Kong, plus many others, attended. The U.S. had 35 participants.

The other 23,000 participants competed in thirty Olympic sports, with many coming from the Commonwealth Games in Vancouver, B.C.

The official opening ceremonies at the Queen Elizabeth II Stadium on October 1st were spectacular, with a show put on by 450 dancers, aboriginal dancers, a number of marching groups elaborately garbed with costumes and flags, a horse troop, plus marching bands. There were 2,500 entertainers. After their wonderful show, the athletes -- a large percentage of the 23,000 -- marched on, filling the entire arena. Many officials gave short speeches (Mayor, Head of World Games in Brisbane, etc.). Afterward, there were over 100 buses lined up outside the stadium to take people back to the downtown area.

The most memorable pool activity was a woman, 101 years old, swimming the 50 meter freestyle as the oldest woman to participate in a Masters swimming championship. There were so many flash cameras and photographers that I hoped she could see her way in the light. She sat near me in the "Golden Oldies" section, a place on the main floor for senior people. She was very humble and gracious, not understanding how others could make so much of her accomplishment.

I won two silver medals for which I was most grateful. One was the 400 IM, and the other was the 200 butterfly. They are lovely medals and were engraved showing your name and what you did. I told them to please leave off the times.

It was a superb and wonderful meet with many kind, warm, caring Australians who made you feel most welcome.

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 # \_\_\_\_\_



PNA MASTERS LOCAL SWIMMING COMMITTEE  
 MEET INFORMATION: January 15, 1995  
 Hosted by North Whidbey Aquatic Club  
 DEADLINE: Entries due: January 4, 1995

PNA MASTERS LOCAL SWIMMING COMMITTEE  
 MEET ENTRY FORM: January 15, 1995  
 North Whidbey Aquatic Club at  
 John Vanderzicht Pool in Oak Harbor  
 Sanction # 953601  
 SHORT COURSE METERS

ORDER OF EVENTS  
 EVENT # EVENT

DATE: January 15, 1995  
 TIME: Warmup 8:30 A.M.  
 Meet 9:30 A.M.

1 400 M FREE

30 Minute Warm-up Event 2 will not start before 11:00 A.M.

2 400 M FREE RELAY  
 3 100 M BACK  
 4 200 M FREE  
 5 50 M FLY  
 6 200 M BREAST  
 7 100 M I.M.

PLACE: John Vanderzicht Pool  
 2299 20th NW  
 Oak Harbor  
 (206) 675-7665

MEET DIRECTOR: Andy King  
 675-7665

5 MINUTE BREAK

8 200 M MIXED FREE RELAY  
 9 200 M BACK  
 10 50 M FREE  
 11 100 M FLY  
 12 50 M BREAST

FACILITY: 6-lane, 25 Meter pool  
 Warm-up area  
 Water Temp: 84 °  
 RULES: Current USMS rules will govern the meet

5 MINUTE BREAK

13 200 M MEDLEY RELAY

ELIGIBILITY: Open to all USMS registered  
 1995 swimmers 19 and over as  
 of the last day of the meet

14 50 M BACK  
 15 100 M FREE  
 16 200 M FLY  
 17 100 M BREAST  
 18 200 M I.M.

SEEDING: Slow to Fast

5 MINUTE BREAK

CONCESSIONS: Yes:

19 200 MIXED MEDLEY RELAY

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: Take I-5 exit 230. Go west on Highway 20 to Oak Harbor turn-off. Turn LEFT continuing on Highway 20 South. About 20 miles there is a traffic light at 700 St. Turn LEFT for 2 blocks to 20th. Turn right and pool is on the left.

Taking the ferry at Mukilteo, follow Highway 20 NORTH. Turn RIGHT at 700 and right at 20th.

NAME \_\_\_\_\_ M F AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ USMS NUMBER \_\_\_\_\_

TEAM \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ ASSOCIATION \_\_\_\_\_

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59  
 60-64 65-69 70-74 75-59 80-84 85-89 90+

Age is determined by your age on the last day of the meet.

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER \_\_\_\_\_ EVENT \_\_\_\_\_ EVENT TIME \_\_\_\_\_

ENTRY FEES

SURCHARGE: \$3.00	\$3.00 _____	(Includes LMSC surcharge \$1)
Electronic Timing Surcharge	\$1.00 _____	
Individual Events @ \$1.00	_____	(No charge for relays)

TOTAL \_\_\_\_\_

Checks payable to NWAC

Mail fees and this entry form to:

Andy King  
 2299 20th NW  
 Oak Harbor, WA 98277

ENTRIES DUE: January 4, 1995

STATEMENT OF RELEASE

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

12/16	LYNN WILLE	01/03	BEVERLY KRUEGER
12/19	BOYD PAUSENER	01/03	JOHN MCJUNKIN
12/25	L. (GENE) CROSSETT	01/03	LARRY WRIGHT
12/26	JEANETTE HARRIS	01/04	RICHARD LILLEBERG
12/27	UTE CRAY	01/05	ELIZABETH HERRING
12/27	A. JULES DE GIULIO	01/05	PETER SORENSEN
12/27	DAWN ELLIS	01/06	NAN BENSON
12/27	DAVID HUTCHINSON	01/06	ED CLARKE
12/27	BRIAN JENNINGS	01/07	HELEN SCHUCHART
12/27	JAMES STRETCH	01/08	BARBARA MORAN
12/28	ELIZABETH CONLIN	01/09	BRYAN SPARROWHAWK
12/28	JIM SLOAN	01/09	THOMAS TAYLOR
12/29	CURTIS WADE	01/10	AMY HUNN
12/30	JOY ROGERS	01/10	JAMES MCCLEERY
12/31	JOHN KUCERA	01/10	SCOTT MILLER
12/31	JAMES SCANTLAND	01/11	MICHAEL SAUNDERS
01/01	JULIE CORMAN	01/11	TOM SEIFTS
01/01	CAROL DEWELL	01/11	DEBORAH TAYLOR
01/01	CHRIS ERICKSON	01/11	FRANK WARNER
01/01	JEFFREY FRESHLEY	01/12	BENJAMIN MILLER
01/01	WILLIAM MCCAFFREY	01/13	MARK BEQUETTE
01/02	EARL BERGQUIST	01/13	MOLLY CURTZ
01/02	RALPH BREMER	01/15	JOHN UNDERBRINK
01/03	KRISTOPHER HISLOP		

**OFFICIALS CORNER**

**Officials' Recertification**

Final Recertification Clinics for those whose Timer, Stroke & Turn, Starter or Referee's Certification expires in 1994 have been scheduled.

December 17, 10-12 a.m. will be the Starter & Referee Recertification Clinic at Weyerhaeuser King County Aquatic Center.

January 28th there will be a Recertification Clinic for Stroke & Turn officials and for Timers at 10-12 a.m. at the Weyerhaeuser King County Aquatic Center in Federal Way.  
These clinics are free and will maintain your ability to work at Masters or USS meets!

We don't as often stress certification for Timers but many persons take the Timers Clinic and Test and never go further which is o.k. An announcement of the January 28th Clinic will be mailed to those persons certified as Timers. Please consider attending. Recertification as a Timer will maintain your ability to become a Stroke & Turn Judge if you wish.

Certification Clinics for these positions are being scheduled. Call Jan Kavadas for assistance in getting an Instructor or scheduling.



PNA MASTERS LOCAL SWIMMING COMMITTEE  
 MEET ENTRY FORM: February 18, 1995  
 Hosted by ORCA Swim Club  
 at Helene Madison Pool  
 Sanction # 953602

PNA MASTERS LOCAL SWIMMING COMMITTEE  
 MEET ENTRY FORM: February 18, 1995  
 Hosted by ORCA Swim Club  
 at Helene Madison Pool  
 Sanction # 953602

Entries due: February 11, 1995

ORDER OF EVENTS  
 EVENT # EVENT

1. 500 Free
- 30 Minute Break
2. 400 free relay
3. 50 Breast
4. 100 Fly
5. 200 Free
6. 50 Back
7. 100 IM
- 5 Minute Break
8. 200 mixed free
9. 100 Breast
10. 50 Fly
11. 100 Free
12. 200 Back
- 5 Minute Break
13. 200 medley relay
14. 200 Breast
15. 200 Fly
16. 50 Free
17. 100 Back
- 5 Minute Break
18. 200 IM
19. 200 mixed medley relay

DATE: February 18, 1995  
 TIME: Warmup: 9:00 a.m.  
 Meet: 10:00 a.m.  
 PLACE: Helene Madison Pool  
 13401 Meridian Ave., N  
 Seattle WA 98125  
 684-4979

FOR MEET INFO, CALL: Rick Shoop  
 PHONE: (206) - 323-6374  
 (Before 9:00 PM)

FACILITY: 6-lane, 25 yard pool, warm-  
 up area, water temp: 84

RULES: Current USMS rules will govern the meet

ELIGIBILITY: Open to all USMS registered  
 1995 swimmers 19 and over

SEEDING: Slow to Fast

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: From I-5 Northbound, take 130th St exit. Go WEST on 130th to Meridian (second light). Turn RIGHT on Meridian. The pool is on the left at 134th.

From I-5 Southbound, take 145th St exit. Go WEST on 145th to Meridian. Turn LEFT on Meridian. Go to 134th.

NAME \_\_\_\_\_ M F AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ USMS NUMBER \_\_\_\_\_

TEAM \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ ASSOCIATION \_\_\_\_\_

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59  
 60-64 65-69 70-74 75-59 80-84 85-89 90+

Your age group is determined by your age on the last day of the meet.

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER \_\_\_\_\_ EVENT \_\_\_\_\_ EVENT TIME \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

ENTRY FEES

SURCHARGE: \$3.00 \_\_\_\_\_ \$3.00 (Includes LMSC surcharge \$1)  
 Individual Events @ \$1.00 each \_\_\_\_\_ (No charge for relays)

TOTAL \_\_\_\_\_

Checks payable to: ORCA Swim Club

Mail fees and this entry form to: Kris Larsen  
 P.O. Box 3  
 Mountlake Terrace WA 98043

Entries must be postmarked by February 11, 1995.

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 \_\_\_\_\_

*Come Enjoy  
a West Coast Spring!*



B.C. MASTERS

# Canadian Masters Swimming Championship

1995

# Championnat Canadien Des Maîtres-Nageurs



Saanich Commonwealth Games Pool  
Victoria, British Columbia  
May/Mai 19-22, 1995

1995 CANADIAN MASTERS SWIMMING CHAMPIONSHIP  
1995 CHAMPIONNAT CANADIEN DES MAÎTRES-NAGEURS

Registration Package/Envelope D'Enregistrement:

Name/Nom: \_\_\_\_\_

Mail To/Envoyer à:

Address: \_\_\_\_\_

J. Woodward  
1691 Garnet Road  
Victoria, B.C.  
V8P 3C9

City/Ville: \_\_\_\_\_

Province: \_\_\_\_\_ P.C.: \_\_\_\_\_

FAX: (604) 383-4383

Age/Âge: \_\_\_\_\_ M: \_\_\_\_\_ F: \_\_\_\_\_ Country/Pays: \_\_\_\_\_  
Club Name: \_\_\_\_\_

For Office Use Only

Organizing Chairman: A. Rhodes  
(604) 477-9325 FAX: (604) 383-4383



**1995 CANADIAN MASTERS SWIMMING CHAMPIONSHIP  
CHAMPIONNAT CANADIEN DES MAÎTRES-NAGEURS 1995  
Registration Contacts**

A. Rhodes  
Organizing Chairman  
1655 Ash Street  
Victoria, B.C.  
V8N 2T2

Phone: (604) 477-9325  
FAX: (604) 383-4383

J. Woodward  
Registration Secretary  
1691 Garnet Road  
Victoria, B.C.  
V8P 3C9  
Phone: (604) 477-7986

**Accommodation/Transportation**

Airline flights and hotel accommodation may be arranged through *NEW PORTS TRAVEL* in Victoria, B.C. at 1-800-678-7701. *Canadian Airlines International* is the official carrier for the 1995 Canadian Masters Swimming Championship and they will be providing several free trips to be used in a draw for participants who register early. Registration packages will be available later this year. If you wish to make your own flight arrangements please let your travel agent know you will be a participant at the 1995 Canadian Masters so that you are eligible for the group rate *Canadian Airlines* is providing.

**SEE YOU IN VICTORIA IN 1995!**

**Logement/Transport**

Pour organiser les vols et le logement (hôtel) appelez *NEW PORTS TRAVEL* à Victoria, B.C. à 1-800-678-7701. *Canadian Airlines International* est la ligne aérienne officielle pour le Championnat Canadien des Maîtres-Nageurs 1995. *Canadian Airlines* donnera quelques vol gratuits pour les participants qui inscriront tôt. Les gagnants seront décide par une loterie. Les envelope d'en registration sera disponible plus tard année. Si vous ferez vos arrangements par un autre agence de voyage, informez l'agence que vous serrez un(e) participant(e) de 1995 Championnat Canadien si vous plait vous serrez éligible pour la prix du groupe de *Canadian*.

**RENDEZ-VOUS À VICTORIA À 1995!**

*Eighth Annual*  
**Dawn Musselman  
Swim Against Cancer**

**THERE'S NOTHING  
MIGHTIER THAN  
THE SWORD**



WASHINGTON DIVISION, INC.

FOR MORE INFORMATION CALL  
TOLL FREE: 1-800-ACS-2345

The **Dawn Musselman Swim Against Cancer** is a one-hour individual swim to benefit the American Cancer Society. Named in memory of Dawn Musselman, a nationally-ranked Masters swimmer from the Puget Sound area who died of cancer, the **Swim Against Cancer** is an annual event to raise funds to fight cancer.

- WHAT:** The **Swim Against Cancer** is a contest to determine the distance an individual can swim in one hour while raising funds for the American Cancer Society. It is organized so that each participant collects pledges for the distance he/she will swim. Participants swim in their local pools, and must have a timer/counter to verify the number of lengths swum by stopwatch/splits. Results are mailed with the collected pledges.
- WHERE:** The **Swim Against Cancer** will take place in any 25-yard pool.
- WHEN:** The **Swim Against Cancer** is held anytime between January 1 and January 31, 1995. Entry forms with pledges and contributions are due February 16, 1995.
- WHO:** **YOU!** Any registered USMS athlete is eligible to participate. All participants will receive a certificate of appreciation. Team awards will be given in three categories - most yardage per swimmer, most money raised per swimmer, and greatest percentage of team participation. (A minimum of four swimmers is required for team awards.) A minimum \$15.00 contribution is required for each entry.
- WHY:** **All proceeds benefit the American Cancer Society.** You can help defeat cancer in our lifetime.
- The **Dawn Musselman Swim Against Cancer** is sanctioned by United States Masters Swimming (USMS) and the Pacific Northwest Association (PNA). Results will be printed in the "Wet Set". Swimmers are responsible for submitting receipts to donors. The event is sponsored by the PNA and the American Cancer Society.

**TO ENTER**

Send completed pledge sheet and collected contributions to:

Karen Jost  
5618 23rd St. E #37  
Fife, WA 98424-2008

QUESTIONS? Call Karen Jost at (206)845-5785 (days) or (206)926-8427 (home).

**CHALLENGE YOUR TEAMMATES! GAIN MORE YARDS THAN THE OTHER PNA TEAMS!  
RAISE MORE MONEY FOR THE AMERICAN CANCER SOCIETY!**



# February Fitness Challenge '95



**Purpose:** To promote fitness through swimming and to encourage participants to swim regularly and to track their results over a monthly period

**Sponsors:** United States Masters Swimming, Southern LMSC of USMS, Crawfish Masters Swim Team, Speedo America, and Maxwell Marketing Associates, Inc.

**Eligibility:** Must be at least 19 years of age

**Rules:** Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

**Recording Distance:** Beginning February 1, 1995, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

**Monthly Totals:** At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles divide monthly yardage total by 1760.

**Caution:** Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

**Age Groups:** 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59... (in five year increments)

**Age:** Determined by your age on February 28, 1995

**Awards & Results:** All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Please allow 30 days after deadline for mailing of results and awards.

**Entry Fee:** \$6.00, all fees (check or money order) payable to Southern Masters Swimming

**T-shirts:** \$12.00, navy blue with five-color screen, short sleeve, 100% cotton. Theme: "Fitness Frog: Reachin' for the Stars!"

**Caps:** Custom swim caps with large, colorful FFC logo (see above) available for \$3.00

**Entry Deadline:** Entries must be RECEIVED by March 20, 1995. Late entries will be returned!

**Entry Procedure:** Send form below and fees to:  
 FEBRUARY FITNESS CHALLENGE  
 c/o Scott Rabalais  
 950 South Foster Dr. #29  
 Baton Rouge, LA 70806 USA  
 Phone: (504)928-5596

**International Entries:** Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

**Workout Guide:** For a free brochure entitled "A Weekly Workout Plan," send a self-addressed stamped envelope to above address.

## February Fitness Challenge '95

(please print)

NAME: \_\_\_\_\_ AGE (as of 2/28/95): \_\_\_\_\_ SEX: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_  
 ZIP: \_\_\_\_\_ COUNTRY: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_ USMS MEMBER? Y N

WED FEB 1 _____ yds	WED FEB 8 _____	WED FEB 15 _____	WED FEB 22 _____
THU FEB 2 _____	THU FEB 9 _____	THU FEB 16 _____	THU FEB 23 _____
FRI FEB 3 _____	FRI FEB 10 _____	FRI FEB 17 _____	FRI FEB 24 _____
SAT FEB 4 _____	SAT FEB 11 _____	SAT FEB 18 _____	SAT FEB 25 _____
SUN FEB 5 _____	SUN FEB 12 _____	SUN FEB 19 _____	SUN FEB 26 _____
MON FEB 6 _____	MON FEB 13 _____	MON FEB 20 _____	MON FEB 27 _____
TUE FEB 7 _____	TUE FEB 14 _____	TUE FEB 21 _____	TUE FEB 28 _____

TOTAL MONTHLY YARDAGE = \_\_\_\_\_ YARDS  
 TOTAL MONTHLY MILEAGE = \_\_\_\_\_ MILES  
 (To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

FEES	
Entry Fee	\$ 6.00 _____ (required)
T-Shirt	12.00 _____ (optional)
Circle T-shirt Size:	S M L XL XXL
Swim Cap	3.00 _____ (optional)
Int'l Fee	3.00 _____ (outside U.S.)
TOTAL	_____ (U.S. funds only)
(fees payable to Southern Masters Swimming)	



**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 at 746-9900

*Samena Club* 15231 Lake Hills Blvd., Bellevue 746-1160  
workouts: M,W,F 6-7 am Contact Phyllis Gill at 865-9856

*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

*Bellevue*, 601 143rd HNE, Bellevue 296-4262  
*P.R.O. Racquet & Health Club*, 4455 148th Ave NE, 885-5566  
workouts: M-F 5:30-7 am Contact Mark Van Acht 885-5566

**BOTHELL**

*Northshore Pool*, 9815 NE 188th, Bothell 296-4333

**BREMERTON**

*Bremerton Municipal Pool*, 50 Magnuson Way, Bremerton 478-5376  
*Olympic Aquatic Center*, 7070 Stampede Blvd., Bremerton 692-3192

**BURIEN**

*Evergreen*, 606 sw 116th, Burien 296-4410  
*Burien Swim Club*, 626 SW 154th, Burien 433-7900

**DES MOINES**

*Mt. Rainier*, 22722 19th Ave., S, Des Moines 296-4278

**EDMONDS**

*Harbor Square Athletic Club*, 160 W. Dayton, 778-3546  
*Yost Pool*, 9535 Bowdoin Way, Edmonds 775-2645

**ENUMCLAW**

*Enumclaw*, 420 Semanski S, Enumclaw 825-1188

**EVERETT**

*YMCA of Snohomish County*, 2720 Rockefeller, Everett 258-9211  
*Everett Community College*, 801 Wetmore Ave, Everett 259-7151  
*Forest Park Pool*, 259-0300  
*McCollum Park Pool*, 337-4408

**FEDERAL WAY**

*Federal Way Pool*, 30421 16th Ave. S., Federal Way, 839-1000  
*King County Aquatic Center*, 650 SW Campus Drive, Federal Way 296-4444  
workouts: M-F 6-7:30 am Contact Hugh Moore 925-0803

**FIFE**

*Fife Community*, 5410 20th St. E., Fife 922-7665

**ISSAQUAH**

*Issaquah*, 50 SE Clark, Issaquah 296-4263  
workouts: M,W,F 5-6:30 am Contact David Kiemlem 557-8206

**KENMORE**

*St. Edward's* 14445 Juanita Dr. NE, Juanita 296-2970

**KENT**

*Kent Pool*, 25316 101st Ave. SE, Kent 296-4275  
*Tahoma* 18230 SE 240th, Kent 296-4276

**KIRKLAND**

*Juanita*, 10601 NE 132nd, Kirkland 823-7627

**LAKE STEVENS**

*Lake Stevens High School*, 2908-113th Ave NE, Lake Stevens 335-1515

**LYNNWOOD**

*Lynnwood Pool*, 18900 44th Ave W, Lynnwood 771-4030

**MARYSVILLE**

*Marysville-Pilchuck High School*, 5611-108th NE, Marysville 653-0609

**MERCER ISLAND**

*Mercer Island District Pool*, 8815 SE 40th 296-4370  
workouts: M,W,F 11-12 very informal-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 765-7665*

**OLYMPIA**

*The Evergreen State College, Campus Recreation Center, Olympia 866-6000*  
*North Thurston High School (Thurston Olympians Swim Club)*

**POULSBO**

*North Kitsap, 1881 Hostmark, Poulsbo 779-3790*

**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: T,Th 6:30-7:30 pm, Sun 10-11:30 am.  
*Meadowbrook, 10515 35th NE, Seattle 684-4989 am*  
workouts: M,F 6:30-7:30 pm.  
*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 am  
*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*  
*Gateway Athletic Club, 70 5th Ave., Suite 14, Seattle 343-4692*  
workouts: M-F 6:30-7:30 am, M,W,F 12-1 pm, T,Th 6:30-7:30 pm. Contact Chaya Amiad at 343-4692.

**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*

**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)

**My Team is:**

Name \_\_\_\_\_

Sequim (SQM)

Pro Sports Club (PRO)

Unattached

Puyallup Aquatic (PAC)

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 \_\_\_\_\_



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

**TIME SENSITIVE MATERIAL!!**

Pacific NW Assoc. of Masters Swimmers  
29925 2nd Ave SW  
Federal Way, WA 98023-3508

Non-Profit Org.  
US Postage  
PAID  
Seattle, WA  
Permit No. 2334

**CHANGE!!!**

**January 15th Swim Meet**  
**The dates the same but the Pool is not**

**New location is North Whidbey Aquatic Center**  
**This Pool is in Oak Harbor**  
(See entry form in this issue)