
The Wet Set

Volume 14 Issue 5

June 1995

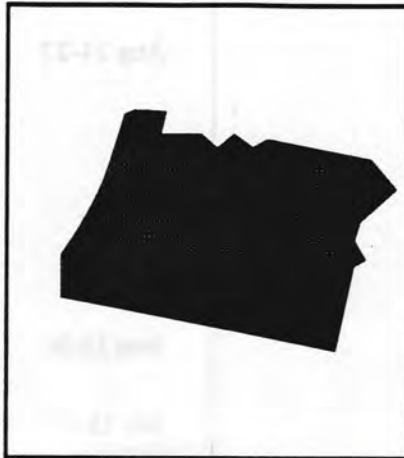
BY JANE MOORE

June President's Letter

Dear PNA Swimmers:
Get ready for long course nationals. It's right in our backyard this year at Mount Hood Community College in Gresham, Oregon. Last time nationals were there, lots of PNA swimmers attended. We hope for a good showing again this year. There is a club championship competition at Nationals, so relays are important for scoring points. Robin O'Leary, Malcolm Neely and Alan Capron have volunteered to set up relays for Pacific Northwest Aquatics. Look for a relay information sheet in this newsletter and send it in so they can include you on relays.

The 5K/10K Postal Swims have started. These are both national championship events this year. There will be an opportunity to swim these at the Weyerhaeuser King County Aquatic Center on June 18 and again in September. If you are interested, give me a call so we know how many lanes will be needed.

At the board meeting this month we will be considering bids for meets for next year. Past meet hosts should have received a meet bid packet. If



not, or if you are interested in putting on a meet, contact the PNA Meets Chair, Suzie Ness, at 547-3309.

See you soon.

Jane Moore

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

Mark Budos, David Kienlen, Michael Krattli, Ann Lennartz, Mark Logan, Katherine Olson, Jeff Osborn, Stephen Reidy, Mary Wolfe, and Rain Wurdemann.

Upcoming Board Meetings

June 27th - Home of Jan Kavadas, Edmonds, 7:00pm

July 29th - Friday Night Bar-B-Q Home of Phoebe and AnnaMarie Terhaar, Issaquah, 5:30pm

August and September will be combined Sept. 12th - TBA



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-
-

Federal Way - 4/9/95

MEET SCHEDULESPNA OFFICERSPresident

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

Treasurer

Tammi Keeler
(206) 528-5351

Secretary

Deborah Bagg
(206) 621-7896

Membership

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

Publication Chair

Phyllis Gill
14037 SE Allen Rd
Bellevue, WA 98006



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.

PNA Meets

July 1	SCY	ORCA - Seattle
July 15-16	LCM	NW Zones - Federal Way

Oregon

Aug 24-27	LCM	LC Nationals - Gresham
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Inland EmpireUtah

June 22-24	SCY	Summer Games - Cedar City
July 15	LCM	Steiner Aquatic Center
Sept. 9	SCY	Park City

For information on out of PNA meets:Inland EmpireOregon

David Cobb
4008 NE Thompson
Portland, OR 97212
(503)282-0472

Idaho

Paula Howard
1816 S. Empire Way
Boise, ID 83709
(206)323-1471

British Columbia

Mary Lou Monteith
2363 Seine Road
Duncan, BC V913B2
(604)748-0527

Utah

Annette Taylor
4286 Lynne Lane
Salt Lake City 84124

Montana

Steve Holloway
P.O. Box 8412
Missoula, MT 59807

Alaska

Ed Cronick
7851 Alatna Ave
Anchorage, AK 99516
(907)345-4228

**MINUTES OF THE PNA BOARD
MEETING
HELD APRIL 25, 1995**

The meeting was called to order by President Jane Moore at 7:10 pm at the 320th Library in Federal Way. Present were Jeanne Ensign, Steve Peterson, Tammi Keeler, Gary Maynard, Frank Newquist, Jan Kavadas, Phyllis Gill, Tom Foley, Chaya Amiad, Kathy Casey, Hugh Moore, and Deborah Bagg. Teams represents were GLAD, OOPS, Samena, Federal Way Masters, Tigers, OGRE, Fort Steilacoom, and SSEA.

MINUTES. March minutes were MSA after the following corrections were made: MEETS The Bangor meet had 111 entries with 99 swimmers actually showing up. NEW BUSINESS: Jane Moore read a letter from Suzanne Rague, the zone treasurer, stating that a zone committee appointed to this task had come up with a \$0.25 surcharge per swimmer to be contributed to the zone. It was MSA to approve this surcharge.

TREASURER'S REPORT. Treasurer Tammi Keeler announced that the total account balance is \$7,968.33 with \$2,665.75 in the Wiggin Fund and \$5,302.58 in the PNA treasury. Jeanne Ensign reminded the group that the deadline for filing the 990 tax form is May 15, 1995.

COMMITTEE REPORTS.

A. Membership. Hugh Moore announced that the current membership is 619 individuals.

B. Meets. - Jane Moore announced that PNA is hosting the Long Course Zones Meet July 15-16. Discussion followed about assigning meet-related duties such as timing to various teams. Responsibilities would be based on team representation at PNA Champs; for example, a team might be assigned to provide timers for 2 lanes for the duration of the meet. Tammi and Robin O'Leary will work on this. - There was discussion of the strict cutoff entry deadline for PNA Champs. Currently, the deadline is postmarked/in the hands of the meet director 2 weeks prior to the meet; teams must also be

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registered by this time. The possibility of relaxing this policy was raised, but the consensus was that the procedure has been perfected as well as possible, and it was MSA to continue with the current procedure. - The Short Course Zone Championship Meet will take place on Oregon April

28 - 30. Jane announced that there were 3 bids to host the 1995 NW Zone Short Course Meters Champs Meet December 9 - 10: 2 from Oregon, and 1 from Oak Harbor. The consensus was that Oregon City is the easiest to get to and will draw the most people; Jane will call the Oak Harbor rep. and encourage them to submit a local meet bid. - There was discussion of combining the 1996 PNA Champs and SC Zone Champs Meets; this would yield 2 sets of results, individual and team. It was MSA to combine these two meets, contingent upon bids received.

- In 1998, the Long Course Nationals Meet will be hosted somewhere in the West, and the World Master's Games will be in Portland around the same time. There was discussion of bidding for the LC Nationals Meet.

C. Records and Top 10. - Kathy Casey (for Walt): Walt is still working on hand-entering all the relay results from PNA Champs.

D. Publicity. - We need a new Chairperson for this committee.

E. Newsletter. - Tom Foley asked if the PNA Champs team scores would be in the next issue; Phyllis said they would.

F. Awards. - 304 medals were sold at PNA Champs.

G. Social. - No report.

H. Officiating. - Jan Kavadas announced that she is going to attend a USS officials training in May. - There was discussion about the number of DQs at PNA Champs; the consensus was that it was about the same as in previous years.

I. Fitness. - Karen Jost has resigned her position, so this committee also needs a new chair. We need someone who is interested in organizing fitness activities.

J. Computer Applications. - Hugh (for Gordon Gray): there was discussion of a software program called High Tech. The cost is \$205.00; we may be able to plan this for next year.

Happy Birthday to the following PNA swimmers

06/16	Jean Enersen	06/29	Dawn Paxton
06/16	Craig Mallery	06/30	Michelle Mcphee
06/16	Doug Portelance	07/01	Suzey Frank
06/17	James Curd	07/01	Gregory Stoner
06/17	Steve Engel	07/02	Len McCollam
06/17	Paton McClung	07/03	Sharon Belk-Krebs
06/17	Robert Mora	07/03	Vincent Riggio
06/17	Elisa Panelli	07/03	David Sonnen
06/20	David Demorest	07/04	Ben Dotson
06/20	Jennifer Ogle	07/05	Laurie Barnard
06/20	Gordon Stubbe	07/05	Bridget Case
06/21	Sally Parry	07/06	Judith Hutchison
06/22	Thomas Foley	07/06	Russell Knudsen
06/22	Gordon Gray	07/06	Michael Mckinlay
06/23	Leslie Babbitt	07/06	James Worrel
06/23	Pat Matthiesen	07/07	Paul Sherman
06/24	David Drum	07/08	Nancy Gayman
06/24	Fred Leatherman	07/08	Kathleen Southard-Dean
06/25	Kerri Larson	07/10	Scott Kelly
06/25	David Storey	07/11	William Benko
06/26	Wayne Methner	07/11	Lowell Johnson
06/28	Thomas Druhan	07/11	Bonnie Kennedy
06/28	Jane Estes	07/11	Joy Ross
06/28	John Holliday	07/12	Barbara Van Defen
06/28	Abbie Morris	07/13	Jeanette Vallandigham
06/29	Kay Glade	07/14	Kevin Connolly
06/29	Susan Patterson	07/14	Daniel Frost

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**

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K. Constitution and Bylaws. - Hugh is still going through policies, and wants complete sentences from previous minutes. These will be mailed out with the May Board meeting agenda, for approval at the May meeting.

OLD BUSINESS.

A. AdHoc Committees - no reports.

NEW BUSINESS.

It was decided to designate a summer Board meeting as a social to review and label scrapbooks. As many swimmers as possible should be invited to attend. Jeanne suggested calling all team reps. before the next Board meeting. Several people volunteered to do this; Jeanne will contact them with the names of people to call.

Hugh wants PNA to buy 20 new stopwatches. The cost would be under \$400.00.

Steve Peterson has written an article on relays at the LC Champs Meet. He is looking for a "relay master." The article will appear in the Wet Set.

NEXT MEETINGS. The next meetings will be May 23rd at the home of Suzie Ness in Seattle; June 27th at the home of Jan Kavadas in Edmonds; July 25th at the home of Phoebe Terhaar in Issaquah; and September 12 (combined August and September) TBA.

The meeting was adjourned at 8:40 pm.

Respectfully Submitted,

Deborah Bagg, Secretary

Officials

by Jan Kavadas

In May I attended the USS Officials training clinic in Colorado Springs. Although this session did not take place at the Training Center itself, we had an opportunity to tour on Friday. The flume is small. You would think that a butterflyer

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would scrape the side of the flume. The swimmer has to maintain his head in a specific position so that the video can take the same position each time. There is also a video monitor on the bottom to give instructions to the swimmer: speed up--or we are speeding up the water. (I always thought the swimmer swam against the water flow, but they swim with it at a predetermined pace.)

The pool is large! 50m and 10 lanes. A movable video camera is stationed at the 10th lane side and photos the 8th lane; here it follows the swimmer but only concentrates on the front half. Because of altitude there will not be any swim meets here. There are video cameras at 6 locations and a control room (like the football play selector video room)--wonder if we could officiate from there?

Oh yes, officials attended from throughout the US. Pacific Northwest is unusual (as we knew from Aquatic Sports Conventions) in that our officials are certified by USS/PNSA and work USS, high school(beginning some additional training); college, masters. In some areas, Master clubs have paid the USS fee for those USMS interested in officiating so they would not have to pay two fees. Officials then work both areas. California (Southern Pacific) pays Starters for their high school meets (they also serve as Referees and sometimes Stroke & Turn) and they are assigned meets. I believe we have excellent training, and training programs for novice officials here in the Pacific Northwest (even though we don't pay much)

Let me know if you want to join this elite group! Charly Mallery, USS Officials' Chair noes: "The hours are great: 5:30 a.m. practice, meets to 9p.m. Pay is exceptional: slice carrots, chips and dip, cold hot dogs eaten on deck and all that Gatorade."

Jan Kavadas

(206) 775-5814

Swimming Science Jane A. Moore, M.D.

I will continue reviewing 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 Commission and the Federation Internationale de Natation Amateur (FINA). I will next review Chapter Fourteen titled "A Training Plan".

The training year is separated into small units to allow the swimmer to adapt and peak at the time of important meets. After selecting important meets, the year is divided into seasons around those meets, then phases emphasizing different methods of training, and subphases to allow increases in distance and intensity. Most coaches divide the year into two or three seasons, generally corresponding to the short course and long course seasons.

Each season typically has four phases, each with a different goal. The phases are general endurance, specific endurance, competition, and taper. The general endurance phase of six to ten weeks is designed to develop a base of endurance, strength, flexibility, and psychological endurance as well as to improve techniques. About 60% of the mileage should be at the basic endurance pace with 20% as intense endurance training. The remainder is some sprints, warm up and cool down. All strokes and repeat distances are included, but specialties are not emphasized. Much time is also given to dry land strength training and stretching.

The specific endurance period of eight to twelve weeks is next. Endurance training is done at a more intense level and more of the training is done in the swimmers' specialty strokes. Aerobic training mileage reaches its highest level. Dry land stretching and strength training continues with a shift to fast repetitions for the strength training.

During the competition period, emphasis shifts from endurance to sprinting with stress on race specific training, anaerobic training, and power training. Endurance training continues at a level to maintain the aerobic base previously established. This period usually lasts four to eight weeks. The final phase is the taper, two to five weeks of decreased volume and intensity before the major meet.

After these phases have been established, weekly and daily planning can begin. Each week should include basic endurance training (short rest repeats at a moderate pace), intense endurance training (long sets of short rest repeats swum at the fastest possible average speed), race specific training (under distance repeats swum at or near race speed), and sprint training (repeats at very fast speeds). Two general guidelines for weekly planning are to include at least three major sets of intense endurance training each week and to never swim more than two sets of intense endurance training in a row without at least 24 hours of reduced intensity or mileage. One to two hours of intense training will almost completely deplete muscle glycogen stores. Recovery time of 24 - 48 hours is needed to replace those stores. Basic endurance training can be used for training sessions to allow glycogen replacement.

Meets swum during the training season can be used as race specific training sessions. Daily training sessions should begin with a warm up that progresses to basic endurance level speeds. Short sprint sets should be early in the workout before the swimmer is too tired to swim fast. Major sets of intense endurance and race specific training should be late in the daily session as they will deplete the muscle glycogen. The remaining sets will then be swum at recovery speeds. The final set is easy swimming to aid recovery.

**Pacific Northwest Association of Masters Swimmers
Team Roster**

Team Name

Bellevue Club Masters	BAC	Team Rep -Alan Capron - 455-1616 11200 SE 6th, Bellevue 98004 Coach -same
Bellevue Eastside Swim Team	BEST	Team Rep -Sylvia Powell - 747-1181 1655 180th Ave NE, Bellevue 98008 Coach -Paul Craig - 746-9900 14230 Bel-Red Road, Bellevue 98007
Bellingham Area Y Swimmers	BAYS	Team Rep -Barb Gundred - 734-8364 3880 Gala Loop, Bellingham 98226 Coach - same
Enumclaw Dolphins Masters	EDSC	Team Rep -Jeanette Harris - 825-6172 37430 244th SE, Enumclaw 98022 Coach -Rene Pommerelle - 840-2666 11105 140th St Ct E, Puyallup 98374
Federal Way Masters	FWM	Team Rep -Frank Newquist - 922-3405 2210 6th Ave #2B, Milton 98354 Coach -Malcolm/Wendy Neely - 838-8408 2705 SW 345th Ct, Federal Way 98023
Fort Steilacoom	FTS	Team Rep -Kathrine Casey - 588-4879 11114 111th St SW, Tacoma 98498 Coach -same
Greenlake Aqua Ducks	GLAD	Team Rep -Tammi Keeler - 528-5351 539 NE Ravenna Blvd #1, Seattle 98115 Coach -Robin O'leary - 525-7725 6323 19th Ave NE, Bellevue 98115
Mercer Island Swim Coalition	MISC	Team Rep -David Demorest - 632-4821 4272 Whitman North, Seattle 98103 Coach -same
Mount Rainier Masters	MRM	Team Rep -Coral Bernier - 878-2695 22607 27th Pl S, Des Moines 98198 Coach -Connie Wright - 824-3351 724 S 231st, Des Moines 98198
Northshore YMCA	NSY	Team Rep -Kathy Collings - 823-4384 11635 NE 135th St, Kirkland 98034 Coach -Dwight Anderson -
North Whidbey Aquatic Masters	NWM	Team Rep -Sally Mclearen- Meuer - 679-2117 2127 N Fireside Lane, Oak Harbor 98277 Coach -Rachael Pasteris - 675-7665 2299 20th St SW, Oak Harbor 98277
Old Gateway Racing Enthusiast	OGRE	Team Rep -Chaya Amiad - 329-3497 1700 17th Ave #210, Seattle 98122 Coach -same

Old Olympic Peninsula Swimmers	OOPS	Team Rep -Steve Peterson - 692-1669 11165 Central Valley Rd NW, Poulsbo 98370 Coach -Frank Warner - 692-1040 9633 Levin Rd #204, Silverdale 98383
Orca	ORCA	Team Rep -Paul Sherman - 322-0871 1604 Madrona Drive, Seattle 98122 Coach -Craig Mallory - 322-0871 1604 Madrona Drive, Seattle 98122
PRO Sports Club*	PRO*	Team Rep -Dan Richards - 885-4591 4455 148th Ave NE, Bellevue 98007 Coach -same
Puyallup Aquatic Club*	PAC*	Team Rep -Rick Benner - 848-4911 13001 149th St E, Puyallup 98374 Coach -same
Queen Anne Swim Club	QASC	Team Rep -Edward Artis - 285-1268 2547 1st W, Seattle 98119 Coach -Mark Pembroke - 783-2211 105 NW 105th, Seattle 98177
Samena Swim & Recreation Club	SAM	Team Rep -Gary Maynard - 641-7435 13818 SE 7th St, Bellevue 98005 Coach -Phyllis Gill - 865-9856 14037 SE Allen Rd, Bellevue 98006
Seattle Club	SAC	Team Rep -Lee Carlson - 232-3916 4368 East Mercer Way, Mercer Island 98040 Coach -Tim Klug - 443-1111 2020 Western Ave, Seattle 98121
SQMasters Swim Club*	SQM*	Team Rep -Heidi Hagelstein - 385-3960 470 Snagstead Way, Pt Townsend 98368 Coach -none
Swim Seattle	SSEA	Team Rep -Deborah Bagg - 621-7896 170 11th Ave #306, Seattle 98122 Coach -Mike McCloskey - 485-2813 18320 147th Ct NE, Woodinville 98072
Tacoma YMCA	TACY	Team Rep -Cynthia Rosik - 265-2495 6133 Cromwell Drive NW, Gig Harbor 98335 Coach -Dan Balderson - 564-9622 1002 S Pearl St, Tacoma 98465
The Valley Masters	TVM	Team Rep -Erik Strom - 943-1040 4833 Tumwater Valley Dr, Tumwater 98052 Coach -same
Thunderbird Aquatic Club Masters	TACM	Team Rep -Pinky Walker - 424-8755 2802 Cherokee Lane, Mt Vernon 98273 Coach -same
Tigers	TIG	Team Rep -Tom Foley - 937-5585 10011 40th SW, Seattle 98146 Coach -none

**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 _____

UNITED STATES MASTERS SWIMMING, INC.
1988 REGISTRATION APPLICATION
Pacific Northwest Association of Masters Swimmers

REGISTER WITH SAME NAME AS ON PREVIOUS APPLICATION

CALL FOR SWIMMERS

Wanted!!! Swimmers interested in swimming the length of Lake Washington! Competitive Relay Teams will swim the distance in an 11-hour, 20-mile course. Non-competitive relay teams will SWIM a shorter 8-hour, 14-mile course. Long Distance Marathon Swimmers also participate in swimming the entire length - "solo".

Saturday, July 29th, The Arc - SEAFAIR SWIM 1995 will take place. This event benefits the Arc - King County, which serves individuals with developmental disabilities and their families and is a sanctioned community event of SEAFAIR.

For more information, or to sign up, please call The Arc - SEAFAIR SWIM Hotline at 364-9028. Thank you!

Telephone

My club is:

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# _____

July 1, 1995

Helene Madison Pool — Seattle, WA

Sanction # 953607

PNA Meet hosted by Orca Swim Club

(The Orca Swim Club is an association of queer and queer-friendly competitive and recreational swimmers.)

Schedule

Warm-up 10:00 a.m.

Meet 11:00 a.m.

Order of events (Seeding is slow to fast)

1. 200 Free Relay

2. 50 Free

3. 100 Breast

4. 200 Back

5. 50 Fly

6. 200 IM

7. Mixed Free Relay

Break (5 minutes)

8. 100 Free

9. 200 Breast

10. 50 Back

11. 100 Fly

12. 200 Medley Relay

Break: Pink Flamingo Relay (30 minutes)

13. 200 Free

13. 50 Breast

14. 100 Back

15. 200 Fly

16. 100 IM

17. 200 Mixed Relay

18. 500 Free

Rules & Eligibility

No diving during warm-ups except in designated lanes.

This meet is open to all USMS/CASA 1995-registered swimmers, 19 years and older.

Facility

Helene Madison Pool

13401 Meridian Ave. North

Seattle, WA 98125 Tel. (206) 684-4979

Six-lane, 25-yard pool with warm-up area. Water temperature, 84 F. Coin lockers.

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.

OPEN TO ALL ATHLETES USMS Membership NOT Required

For more information contact
Betty Barry, 1403 Victor Holcomb Road, Victor, New York 14564-9310
716-924-5344



1995 USMS 2000 Fitness Challenge



THE CHALLENGE: United States Masters Swimming, its Fitness Committee, New York State's Niagara LMSC, SPEEDO and Kast-A-Way Swimwear, Inc. invite athletes to complete a 2000 yard or 2000 meter swim.

AWARDS: All participants will receive a custom T-shirt, swim cap and copy of results.

COST: Entry fee is \$12.00. Swimmers entering more than once may submit additional entries for \$6.00 each but receive only one T-shirt, or \$12 each and receive a T-shirt for each entry. A separate entry form is required for each entry and swimmers may not swim separate entries concurrently. International entries must include a \$3.00 processing fee.

DATES: The distance must be completed between JULY 1 and AUGUST 31, 1995. Entries must be received by September 15, 1995.

ELIGIBILITY: Membership in any organization including USMS is NOT required. Participants must be physically fit and sufficiently trained to complete the distance safely. No drafting, pull buoys, paddles, fins, bands or other swim aids are allowed. RESULTS will be compiled and listed by time in five-year USMS age groups (19-24, 25-29, 30-34, etc.).

RULES: Times should be recorded with a stopwatch. We recommend that you have a person record your final time, counting laps as you swim (80 lengths or 40 laps of a 25 yard/meter pool - 40 lengths or 20 laps of a 50 meter pool).

TO ENTER: Complete the entry form below and mail with a check payable to "1995 USMS 2000" to Betty Barry, 1403 Victor Holcomb Road, Victor, New York 14564 (716-924-5344).

OFFICIAL ENTRY FORM -- Print Clearly

I, the undersigned, completed the distance in accordance with designated rules in the time indicated below.

Entry Fee	\$12.00 _____	Date of Swim	_____	USMS Registered	__Yes__ __No__
2nd Swim	\$ 6.00 _____	Entry Time	_____	Phone #	_____
3rd Swim	\$ 6.00 _____	Pool	__50 Meter__ __25 Meter__ __25 Yd	Age At Date of Swim	_____
International Fee	\$ 3.00 _____	(Indicate length of pool)			

TOTAL FEES \$ _____ (US Funds)

NAME _____ SEX _____

ADDRESS _____

CITY/STATE/ZIP _____

SIGNATURE _____

T-SHIRT Size
(circle)

M L XL

Meet Information: Northwest Zone Long Course Meet
JULY 15 & 16, 1995

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

DIRECTIONS: a) NORTH BOUND I-5 OR SOUTH BOUND I-5: Take exit 142 B. You will then be going west on S 348th. Continue West on S 348th past Pacific Highway S (Highway 99) and past 1st AVE S (NOTE: 348th becomes SW Campus Drive after crossing 1st AVE S). The pool is on your right about 1/2 mile past 1st AVE S.

b) WEST bound Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S 348th after crossing I-5. Follow the instructions for a).

ENTRIES MUST BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY JULY 6, 1995. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JULY 6, 1995 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMCSs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY.

No diving during warm-up except in designated sprint lanes.

Eligibility: open to all 1995 USMS registered swimmers 19 and over as of July 16, 1995.

Seeding: slow to fast for all events.

The diving pool will be open for warm-up/cool-down during competition.

No-host social at round table pizza (1414 s 324th) at 7:30 pm saturday.

MEET DIRECTORS: JANE & HUGH MOORE (206)925-0803 (BEFORE 9 PM PLEASE)

TIMES: Saturday, JULY 16th: WARM-UPS: 1:30 PM to 2:20 PM. EVENTS 2:30 PM.

Sunday, JULY 17th: WARM-UPS: 8:00 AM to 8:50 AM. EVENTS 9:00 AM.

All events are Long Course Meters

SATURDAY JULY 16TH

SUNDAY JULY 17TH

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

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

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

1995 USMS National Long Course Championships Official Entry Form

**Mt. Hood Community College Aquatic Center
Gresham, Oregon August 24-27, 1995**
Sanctioned by Oregon LMSC for USMS, Inc. Sanction number: 375-09

Name _____		Sex _____	
Last	First	Middle Initial	
Address _____		Country _____	
Street	City	State	ZIP
Phone _____	Age _____	Birthdate _____	
A/C	Days	A/C	Evenings
		(on 8/27/95)	
Emergency _____		USMS Reg. # _____	
Name	Phone No.	Copy of 1995 Card Required	
Club Name or Unattached _____	Club Abbrev _____	LMSC _____	
		(Local Masters Swim Committee)	

BEFORE COMPLETING, READ "ENTRY FORM INSTRUCTIONS" ON PREVIOUS PAGE.

Entries must be U.S. postmarked by July 13, 1995 or received by July 20, 1995.

Event No.	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6
Warm Up 6:00 - 6:45 a.m.		THURSDAY, AUGUST 24, 1995			Start 7:00 a.m.			
1				800 FREESTYLE*	2			
3				1500 FREESTYLE*	4			
Warm Up 6:00 - 7:45 a.m.		FRIDAY, AUGUST 25, 1995			Start 8:00 a.m.			
5				100 BREASTSTROKE	6			
7				50 BUTTERFLY	8			
9				200 FREESTYLE	10			
11				100 BACKSTROKE	12			
13/14	SEE RELAY FORM			200 MIXED MEDLEY RELAY	13/14	SEE RELAY FORM		
15	SEE RELAY FORM			200 FREESTYLE RELAY	16	SEE RELAY FORM		
17				400 INDIVIDUAL MEDLEY	18			
Warm Up 6:00 - 6:45 a.m.		SATURDAY, AUGUST 26, 1995			Start 7:00 a.m.			
N/A	WOMEN'S 400 FREE SUNDAY			400 FREESTYLE (MEN)	20			
21				50 BREASTSTROKE	22			
23				100 BUTTERFLY	24			
25				200 INDIVIDUAL MEDLEY	26			
27				50 FREESTYLE	28			
29				200 BACKSTROKE	30			
31/32	SEE RELAY FORM			200 MIXED FREESTYLE RELAY	31/32	SEE RELAY FORM		
Warm Up 6:00 - 6:45 a.m.		SUNDAY, AUGUST 27, 1995			Start 7:00 a.m.			
33				400 FREESTYLE (WOMEN)	N/A	MEN'S 400 FREE SATURDAY		
35				200 BREASTSTROKE	36			
37				100 FREESTYLE	38			
39				200 BUTTERFLY	40			
41				50 BACKSTROKE	42			
43	SEE RELAY FORM			200 MEDLEY RELAY	44	SEE RELAY FORM		

**You may enter either the 800 meter free or the 1500 meter free, but not both.*

Entry Checklist

- *Entry form filled out completely?
- *"T" and "6" events clearly marked?
- *Seed times in proper columns?
- *Liability release signed and dated?
- *Appropriate fees made payable to "1995 USMS LC NATIONALS" enclosed?
- *USMS card/Int'l permit attached?
- *SASE enclosed?
- (Indicate purpose on envelope: proof of entry receipt, relay entry form, and/or open water swim entry form.)
- *Entry postmarked by July 13 or mailed to arrive by July 20 deadline?

Liability 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 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."

FEES:

Meet Surcharge (required)	\$20.00 = _____
Number of Individual Events _____ x \$ 4.00 = _____	
Pasta Feed _____ x \$10.00 = _____	
"Salmon Bake" Dinner _____ x \$25.00 = _____	
Final Results _____ x \$10.00 = _____	
Open Water Swim _____ x \$25.00 = _____	
TOTAL FEES ENCLOSED = _____	

Signature _____ Date _____

WOMEN'S QUALIFYING TIMES

	Women 19-24	Women 25-29	Women 30-34	Women 35-39	Women 40-44	Women 45-49	Women 50-54	Women 55-59	Women 60-64	Women 65-69	Women 70-74	Women 75-79
50 FREESTYLE	33.65	32.88	32.95	33.06	34.85	36.85	40.57	40.76	44.67	45.87	50.56	1:02.89
100 FREESTYLE	1:14.86	1:12.80	1:13.39	1:13.73	1:16.43	1:23.77	1:35.19	1:33.76	1:41.72	1:44.61	1:57.13	2:23.44
200 FREESTYLE	2:48.81	2:39.29	2:35.50	2:38.93	2:48.11	3:05.67	3:29.18	3:32.07	3:49.64	3:52.64	4:18.71	4:49.07
400 FREESTYLE	5:57.80	5:37.89	5:30.97	5:50.38	6:14.15	6:28.95	7:23.36	7:21.16	8:19.21	8:23.84	9:25.44	11:55.00
800 FREESTYLE	No Time	12:43.25	11:56.22	12:04.27	12:51.63	13:34.56	15:16.27	16:14.75	18:42.04	17:17.99	20:05.93	24:58.62
1500 FREESTYLE	No Time	24:33.73	22:43.23	24:57.62	25:32.87	28:12.87	29:48.61	32:46.04	37:44.41	35:32.30	No Time	47:07.69
50 BACKSTROKE	43.09	39.67	39.06	41.50	42.69	46.63	48.79	52.88	58.70	59.13	1:01.25	1:12.72
100 BACKSTROKE	1:30.94	1:27.37	1:24.96	1:28.40	1:32.72	1:41.52	1:51.24	2:05.15	2:10.36	2:06.89	2:15.96	2:40.78
200 BACKSTROKE	3:17.44	3:23.21	3:07.75	3:10.14	3:25.28	3:39.04	3:54.30	4:24.58	4:40.41	4:32.92	5:07.27	5:43.98
50 BREASTSTROKE	46.18	44.44	43.45	44.73	46.53	48.31	51.10	53.31	1:05.37	1:02.34	1:13.92	1:25.27
100 BREASTSTROKE	1:37.00	1:36.51	1:37.77	1:38.71	1:43.64	1:48.68	1:55.46	2:00.74	2:17.92	2:26.41	2:36.75	3:10.33
200 BREASTSTROKE	3:50.71	3:32.19	3:31.92	3:38.76	3:41.69	3:57.52	4:22.22	4:22.05	4:57.12	5:16.68	7:31.03	7:51.30
50 BUTTERFLY	37.18	35.50	35.10	35.81	38.62	43.22	47.71	51.41	1:01.23	1:01.09	1:12.59	1:33.07
100 BUTTERFLY	1:28.90	1:21.38	1:18.94	1:20.96	1:35.80	1:51.73	2:06.95	2:03.79	2:22.63	2:31.76	3:01.71	No Time
200 BUTTERFLY	No Time	No Time	3:09.53	3:35.34	4:31.15	4:25.00	6:22.55	5:02.03	7:36.43	6:04.20	No Time	No Time
200 IND. MEDLEY	3:02.19	3:03.61	3:02.57	3:04.82	3:19.83	3:32.54	4:03.95	4:03.08	4:33.92	4:46.74	5:09.44	7:19.60
400 IND. MEDLEY	7:10.82	7:19.80	6:20.14	6:44.87	7:46.74	7:54.94	8:57.82	9:14.85	10:19.60	11:08.15	No Time	No Time

MEN'S QUALIFYING TIMES

	Men 19-24	Men 25-29	Men 30-34	Men 35-39	Men 40-44	Men 45-49	Men 50-54	Men 55-59	Men 60-64	Men 65-69	Men 70-74	Men 75-79
50 FREESTYLE	28.56	28.68	28.34	28.64	29.10	30.10	31.24	33.39	34.30	35.75	39.56	41.13
100 FREESTYLE	1:04.60	1:03.11	1:01.73	1:04.28	1:04.33	1:07.52	1:11.81	1:16.22	1:20.86	1:23.09	1:33.45	1:40.07
200 FREESTYLE	2:28.01	2:19.22	2:18.63	2:22.89	2:23.74	2:30.79	2:45.45	2:52.98	3:02.79	3:17.08	3:32.51	3:48.86
400 FREESTYLE	5:54.89	5:03.01	5:10.02	5:07.33	5:07.35	5:17.68	5:55.60	6:19.89	6:51.94	7:23.93	7:49.69	8:29.66
800 FREESTYLE	14:21.22	11:20.35	11:07.37	11:06.62	10:57.78	11:23.36	13:30.25	13:16.39	14:40.67	15:57.98	18:34.20	17:38.45
1500 FREESTYLE	28:57.66	22:37.46	21:54.73	20:35.49	22:21.47	23:31.99	25:36.92	27:47.01	28:26.76	32:56.17	40:15.60	42:38.18
50 BACKSTROKE	35.77	34.72	34.27	35.10	35.93	37.53	40.39	42.22	43.18	47.06	50.22	51.55
100 BACKSTROKE	1:24.30	1:16.90	1:16.52	1:17.56	1:16.82	1:23.47	1:32.06	1:36.89	1:39.22	1:45.88	1:55.91	2:04.55
200 BACKSTROKE	No Time	2:48.87	2:53.58	2:52.50	2:51.28	3:03.55	3:28.95	3:33.84	3:41.35	3:57.73	4:16.63	4:48.57
50 BREASTSTROKE	39.14	37.49	36.41	37.27	38.23	40.50	41.05	44.15	46.51	48.32	53.28	1:03.13
100 BREASTSTROKE	1:27.91	1:25.39	1:21.24	1:23.40	1:25.83	1:30.70	1:33.50	1:43.02	1:47.15	1:52.65	2:08.35	2:51.09
200 BREASTSTROKE	3:46.69	3:16.32	3:05.57	3:02.14	3:10.81	3:22.96	3:31.19	3:50.65	4:04.83	4:19.62	4:51.91	5:28.15
50 BUTTERFLY	32.46	30.45	31.09	31.52	31.41	33.03	34.34	36.93	39.28	42.34	53.04	57.42
100 BUTTERFLY	1:19.09	1:09.60	1:10.33	1:12.69	1:12.31	1:17.13	1:24.48	1:36.50	1:44.61	2:03.67	2:39.80	No Time
200 BUTTERFLY	No Time	2:44.34	2:43.93	2:43.65	2:50.85	3:41.57	3:34.45	3:55.88	3:57.18	5:11.97	No Time	No Time
200 IND. MEDLEY	2:55.20	2:41.65	2:41.43	2:46.96	2:44.35	2:56.32	3:10.58	3:30.13	3:35.40	3:56.89	4:29.63	4:44.30
400 IND. MEDLEY	No Time	6:15.05	5:48.45	5:58.11	6:01.79	6:18.95	7:05.85	7:32.69	8:17.16	9:57.09	12:05.25	10:50.99

NQT's are 10% higher than the 10th time in the previous year's Top Ten listing for that age group and event.

ENTRY FORM INSTRUCTIONS

Entry Procedures

Use official entry form or photocopy of the entire form. Read all instructions and fill out form completely.

Entries with "pending" in place of a registration number on the entry form will be subject to rejection. **A copy of each swimmer's USMS registration card or International Travel Permit (foreign entries) must accompany entry form.** Failure to include a USMS card copy or International Travel permit may result in the swimmer being charged a fee before being allowed to compete.

National Qualifying Times

Competitors may enter and swim in a maximum of three (3) individual events without meeting the National Qualifying Time (NQT) established for those events. Competitors may enter up to three additional events in which they have swum a time equal to or better than the NQT in the last two years. The NQTs for all events are listed in the entry information.

Designate the events you have met the NQT with a "T" in the column designated as such. **No NQTs for ages 80 and over.**

Filling Out Entry Blank

All events must be entered with a time. "NT" entries will be rejected. Limit three (3) individual events per day.

Sixth Event

Please indicate, with the number "6," your least-desired event in the column designated with the number "6." If not indicated, your last event on the entry form may be dropped. No refunds for the dropped event.

800/1500 Meter Freestyle

Entry in both the 800 meter and 1500 meter freestyles is not permitted; competitors may choose between one of these two events.

Fees

\$4.00 per individual event plus \$20.00 surcharge per swimmer. Fees must accompany entry form and must be paid in U.S. dollars by check or money order. Entry not complete until check has cleared bank. If questions about an entrant's check, full cash payment in U.S. dollars required before the entrant allowed to swim. Refund requests must be in writing and received by July 20, 1995. No refunds for events not swum.

The \$20.00 surcharge also applies to relay swimmers not entered in an individual

event. Relay-only swimmers must submit an entry form with payment by July 20, 1995 deadline.

Relay Entry Form

Relay entry forms will be sent to each USMS club, or send SASE to Ginger Pierson at address below. Cost per relay is \$8.00 through July 20, 1995, \$12.00 afterwards.

Checks Payable To

1995 USMS LC NATIONALS

Mail Entry and Fees

1995 USMS National Championships
Ginger Pierson
7655 SW Cedarcrest St.
Portland, OR 97223

Entry Deadline

All U.S. entries must be postmarked with official U.S. postmark (no business meters) by July 13, 1995 OR received by July 20, 1995. No FAX, wire, or telephone entries will be accepted. Entries received after this date returned to sender. Mail entries early. Include SASE with entry for proof of receipt. Allow sufficient time for mail delivery. Photocopy completed entry form for your records.

Long Course Championships RELAYS

Robin O'Leary has graciously offered to serve as the PNA's "Relay Master" for the 1995 Long Course National Championships at Mt. Hood Community College in Gresham, Oregon, August 24 - 27. Please return this form if you'd like to swim on one or more PNA relays!

NAME _____ AGE ___ M ___ F ___ USMS # _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 PHONE _____ BIRTHDATE _____

I will be attending the Long Course National Championships in Gresham, and would like to swim on the following relay(s):

- ___ 200 **Mixed Medley** Relay (Event 13/14), Friday, August 25
- ___ 200 **Free** Relay (Events 15 and 16), Friday, August 25
- ___ 200 **Mixed Free** Relay (Event 31/32), Saturday, August 26
- ___ 200 **Medley** Relay (Events 43 and 44), Sunday, August 27

My best recent 50 times (1994 or 1995), in yards, meters, or both (preferred) are:

Stroke	Yards Time	Meters Time	Stroke	Yards Time	Meters Time
50 Free	:	:	50 Breast	:	:
50 Back	:	:	50 Fly	:	:

Enclosed is my relay entry fee check, made payable to **Robin O'Leary**, for:

___ relay(s) @ \$3.00 each = \$ _____

I'm sending this form to :

Robin O'Leary
 6323 19th Avenue NE
 Seattle WA 98115-6903

206-525-7725

Please decide as soon as possible--and drop in the mail no later than **July 1** please!!

I understand that if I am not selected to swim on a relay that I have paid for, I will be reimbursed. If I decide to **not** swim a relay, I must notify Robin prior to **July 7**, or my relay entry fee will be forfeited (I know my swimmates will be counting on me to be there!).

Signed _____

MCNEEL, SANDY
 2394 FAIRVIEW AVE E #1
 SEATTLE, WA 98102-3375

NAME _____ AOB _____ M _____ USMS # _____
 ADDRESS _____ CITY _____ STATE _____ ZIP _____
 PHONE _____ BIRTHDATE _____

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 1867 - 58th St. NE Tacoma, WA 98422

Stroke	Yards Time	Meters Time	Stroke	Yards Time	Meters Time
50 Free	:	:	50 Breast	:	:
50 Back	:	:	50 Fly	:	:



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