

# ◆ THE WET SET ◆

Volume 14 Issue 9

Pacific Northwest Association of Masters Swimmers

October 1995

## President's Letter

Dear PNA Swimmers:

This month's letter will be very brief as I am about to leave for the airport to fly to Houston for the 1995 United States Aquatic Sports Convention. Hugh, Walt Reid, Kathy Casey, Jeanne Ensign, Jan Kavadas, Phyllis Gill, and Frank Newquist will come later in the week for the United States Masters Swimming Annual Meeting. I go earlier to attend the U S Swimming Sports Medicine Council and Sports Medicine Society meetings. This year I will be presenting a report on the trip to the Pan Pacific Championships and a talk on eating disorders in female athletes.

The USMS meetings are important in determining changes in the rules and policies governing Masters swimming. Sites for the 1997 National Championship meets will be selected as well. This meeting is very important to the ongoing functioning of Masters Swimming. The PNA has an excellent group of swimmers to represent it at the national level.

We'll have a convention report to update everyone next month so watch for that. Hope to see everyone at Oak Harbor later this



## From The Editor:

As this issue goes to print, I am happy to report that we won the bid to host the 1997 Short Course Nationals at the Federal Way Aquatic Center. We were fortunate because in the normal rotation for the Short Course Nationals, it should have gone to the Central region. So kudos go out to our convention

## Inside This Issue

Long Course National Results

USMA Top Ten - PNA Swimmers

Hip Rotation - The New Paradigm

Places to Swim (updated)

"My View from the Bottom"

representatives.

Also, congratulations to everyone who competed in Gresham at the Long Course Nationals. In particular, congratulations to our newest Long Course National champions:

**Lisa Gomez**  
**Camille Thompson**  
**Suzanne Dills**  
**Alan Cardwell**  
**Alan Bell**  
**Stephen Thrasher**  
**Nick Templeman**

## Attention All Swimmers!!!

Would you like to swim the Postal Pentathlon (Minnesota Masters)?

All swimmers are invited to the SAMENA CLUB - Saturday, October 28th at 9am.

Swim any of the Postal Pentathlon Distances and stay after for a pancake feed and social.

**Samena Club**  
15231 Lake Hills Blvd. Bellevue

## Upcoming PNA Board Meetings

October 24th - Federal Way

Library 7 pm.

Dec. 5th - Place to be determined

For more information call Jane Moore at 925-0803.

1995/1996 MEET SCHEDULEPNA OFFICERSPresident

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PNA Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>
Oct. 21-22	SCM	John Vandersicht Memorial Pool - Oak Harbor
Nov. 18-19	SCY	North Kitsap Community Pool - Poulsbo
Jan. 21	SCM	Fidalgo Pool - Anacortes
Feb. 17	SCY	Helene Madison Pool - Seattle
Mar. 17	SCY	Naval Submarine Base - Bangor
Apr. 12-14	SCY	PNA/NW Zone Championships - Weyerhaeuser King County Aquatic Center - Federal Way

Inland Northwest (Rich Swoboda)

Nov. 4-5	SCM	Sandpoint West Athletic Club, Sandpoint, Idaho
Dec. 10	SCY	CdA Sta-Fit Pool, Coeur d'Alene, Idaho (Pentathlon)
Jan. 13-14	SCM	Fairchild AFB Pool, Spokane, Wa.
Feb. 3-4	SCY	Shadle Park High School, Spokane, WA.
Feb. 24-25	SCY	Lions Pool, Yakima, WA.
Mar. 16-17	SCY	Inland Northwest Championships

Oregon (Eric Guest)

Nov. 3-4	SCY	Grants Pass YMCA, Grants Pass
Nov. 18	SCY	N. Clackamas Aquatic Park, Clackamas
Dec. 9-10	SCM	NW Zone Championships, Oregon City
Jan. 20	SCY	Echo Hollow Pool, Eugene
Mar.	SCY	Oregon LMSC Championships, Mt. Hood CC, Gresham

National/International

Apr. 13-17	LCM	International Senior Games - Bermuda
May	SCY	USMS Nationals - Cupertino California
June 23-30	LCM	FINA World Championships - Sheffield England
Aug.	LCM	USMS Nationals - Ann Arbor Michigan

For Information on Out of PNA Meets:Inland Northwest

Rich Swoboda  
9366 N Kayla Ct  
Hayden Lake, ID 83835  
(208) 772-9450

Northwest Zone Rep

Elin Zander  
S 13927 Traver Lane  
Valleyford, WA 99036

Alaska

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

Oregon

Eric Guest  
44861 SE Highway 26  
Sandy, OR 97055  
(503) 668-4465

Utah

Annette Taylor  
1709 E 1700 Street  
Salt Lk. City, UT 84108

British Columbia

Mary Lou Monteith  
22363 Seine Road  
Duncan B.C. V913B2  
(604) 748-0527

Snake River

Jeff Erwin  
422 Sherman St #101  
Boise, ID 83703  
(208) 344-6733

Montana

Steve Holloway  
232 S 6th Street E  
Missoula, MT 59801

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My View from the Bottom

by

Francis X. Langlois

How can I say this? I am not a great swimmer. In fact, I am on the better side of terrible, but have I improved!

I started working out in a Masters program in October of 1994. It is now February of 1995, some four months of swimming, and I feel pretty good. When I talk about my view from the bottom, I am referring to my position in the pecking order of our club and my state of mind after a tough workout. I am exhausted, and I can barely keep my head above water! (Actually, no one has been forced to rescue me yet.)

My swimming story is not the most extreme story that I've heard. A woman in my club has a much better story. When she started, she could not swim two complete laps. She "was put" with the little kids in order to learn the basic strokes. Of course, I can barely keep up with her, and I am told that I am her junior. I have no idea how old she is and that is a testimony to genetics, swimming and a positive mental outlook. All this from a kindergarten teacher. How does she do it?

I am thirty-two and a former life guard at the puddle, ahem, pond in my little hometown of Oxford, Massachusetts. I learned to swim there with the guidance of the venerable American Red Cross. I learned all the basic strokes: crawl, breast, side and elementary back; but none of the competitive ones: freestyle, butterfly, wind-mill back. My school had no swim team and no real swim competition. I knew that I was a slow but competent swimmer by swimming with the other guards.

I have always been fairly athletic, even completed a sprint triathlon once, then I went to a Master's workout in Issaquah, Washington.

The first problem was the hour: 5:00 am. Next, I noticed the other swimmers. All were faster than me. I had been swimming throughout the summer on my own. I'd read several swimming books. And, I'd subscribed to this SWIM magazine. If all that didn't get me in shape, what could?

During the warm-up, I was gasping for air at the wall. "You look good in the water," said the coach. He was obviously referring to my stylish swimming costume because even the refraction of the water couldn't make me look like a good swimmer.

I have improved in the four months that I have attended the Master's workout. I wear short fins most of the time, and though not as

slow as before, I am still slow. Now, I do all of the strokes. I am most comfortable with the free and breast, but the fly no longer scares me. It just irritates me as it does all the other swimmers.

I put pen to paper (really fingers to keyboard) for one reason alone: to encourage anyone who has pondered swimming for fitness to just do it. (I can use that phrase without paying a royalty due to the absence of high priced footwear in the pool.) I don't mean to say, "if I can do it then anyone can." Instead, I mean that I feel great for having done something. Don't worry about meeting anyone's expectations, just swim for yourself.

One of my desires was to improve the quality of my strokes and learn the other competitive strokes. But you can have any goal you want. One of the books I read was *Thirty Laps in Thirty Days* by Jane Katz. That is another worthwhile goal. Many of the other swimmers in our club are triathletes who have goals that I don't even comprehend.

My mother always asks about my swimming. She has always enjoyed swimming herself. Earlier in life, she was the one who encouraged my siblings and me to become life guards. Mom sets a goal every time she gets in the water. For example, in a neighbors backyard pool, her goal is forty-five laps.

When she came out to Washington from Massachusetts to visit her granddaughter

(Continued on page 4)

HAPPY BIRTHDAY TO THE FOLLOWING  
PNA SWIMMERS

10/16	LISA GOMEZ	11/01	GAIL SNOW
10/17	SHIRLEY MACLEOD	11/01	WILHELM WIELAND
10/18	JACK ANDREWS	11/02	ERIK STROM
10/18	ERIN ERONEMO	11/03	JAMES BERTOLINI
10/18	SHEILA GUARD	11/03	GREG DYMERSKI
10/18	JEFF OSBORN	11/03	DEBBIE FALSGRAF
10/18	TERRY TONGATE	11/04	LARRY DEGROEN
10/19	BILL FENNER	11/06	ERIKA GISTE
10/19	MARK GETZENDANER	11/06	TARA MYERS
10/19	STEPHEN THRASHER	11/07	LISA O'BRIEN
10/20	BETTY KERCHEVAL	11/08	NICOLE KESLER
10/20	PAUL SYTMAN	11/08	JIM WILLIAMS
10/22	JEANNE ENSIGN	11/10	INGELA THOMSEN
10/23	ROBERT DORSE	11/11	JANE MOORE
10/27	LEE E HOLM	11/13	DEBORAH BAGG
10/28	MICHAEL COLLINS	11/13	DAVID BAUGH
10/29	ERIK FREDERICKSON	11/14	GREGORY HULLENDER
10/29	PATRICIA NELLIS	11/14	MICHAEL MC COLLY
10/30	JEFF WOLF	11/15	ELIZABETH JONES
11/01	ANNE HEALEY	11/15	PETER MUNA

*(Continued from page 3)*

(coincidentally her son and daughter-in-law). she swam thirty laps with me at my city pool. I told her that she had swum 750 yards, nearly half a mile. She quickly downplayed it by saying it was mostly side-stroke and breast stroke. So what! By the end of her visit, she was vowing to learn how to rhythmic breathing for the freestyle. Good for her. Maybe next time she visits, she can teach me flip turns.

WELCOME TO THE PNA

THE FOLLOWING SWIMMERS HAVE RECENTLY JOINED THE PNA: DAVID BOYD, MARY BRUGGEMAN, BILL BUSH, HOLLY CORNER, JOEL EDWARDS, BUNNY FOX, DOUGLAS FRAZER, LISA GOMEZ, CAROLE GOYA, BARBARA HAYNES, GAY HUNTER, ANDRE MARSHALL, DALE PATTERSON, MARK PHILIPS, PAUL PIKE, CATHERINE RADWICK, JEFFREY RAEBER, CHARLES ROOT, TOM SCHUTTE, EUGENE STAEBELL, BLAIR STEWART, TERRY TONGATE, VINCENT TRUJILLO, AND WILHELM WIELAND.

**NON -PNA MEMBERS SUBSCRIPTION FORM FOR THE WET SET**

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 \_\_\_\_\_

Send this form and a check for \$12.00, payable to PNA Masters Swimmers, to:  
**Suzanne Dills, 1101 N Northlake Way, Seattle WA 98105**

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

**Change of Address**

NAME \_\_\_\_\_ USMS # \_\_\_\_\_  
 OLD ADDRESS \_\_\_\_\_  
 \_\_\_\_\_  
 NEW ADDRESS \_\_\_\_\_  
 \_\_\_\_\_

**Return to: Suzanne Dills, 1101 N Northlake Way, Seattle WA 98105**

## PLACES TO SWIM

<b>ABERDEEN</b> <i>Aberdeen YMCA</i>	533-3881	<b>NORTH BEND</b> <i>Si View Pool</i>	41600 SE 122nd St. 888-1447
<b>ANACORTES</b> <i>Fidalgo Pool</i>	1603 22nd. 293-0673	<b>OAK HARBOR</b> <i>John Vanderzicht Memorial Pool</i>	2299 29th NW. 765-7665
<b>AUBURN</b> <i>Auburn Pool</i>	516 4th Ave NE. 939-8825	<b>OLYMPIA</b> <i>Evergreen State College</i>	866-6000
<i>Auburn Valley YMCA</i>	1005 12th Ave SE. 833-2770	<i>North Thurston High School Pool</i>	493-2900
<b>BELLEVUE</b> <i>Bellevue Pool</i>	601 143rd Ave NE. 296-4262	<i>Olympia Area YMCA</i>	357-6609
<i>Eastside YMCA</i>	14230 Bel-Red Rd., 746-9900	<b>PORT ANGELES</b> <i>William Shore Pool</i>	457-0241
<i>Newport Hills</i>	5474 119th Ave SE. 746-9510	<b>POULSBO</b> <i>North Kitsap Pool</i>	1881 NE Hostmark St. 779-3790
<i>PRO Raquet &amp; Health Club</i>	4455 148th Ave NE. 885-5566	<b>REDMOND</b> <i>Redmond Pool</i>	17535 NE 104th St. 296-2961
<i>Samena Club</i>	15231 Lake Hills Blvd. 746-1160	<b>RENTON</b> <i>Hazen High School Pool</i>	1011 Hoquiam Ave SE. 235-2227
<i>The Bellevue Club</i>	112000 SE 6th St. 455-1616	<i>Lindberg Pool</i>	16740 128th Ave SE. 296-4335
<b>BELLINGHAM</b> <i>Bellingham Aquatic Center</i>	647-7665	<b>SEATTLE</b> <i>Aquatic Development Clinic</i>	11009 1st Ave S. 232-3474
<i>Whatcom Family YMCA</i>	733-8630	<i>Ballard Pool</i>	1471 NW 67th St. 684-4094
<b>BOTHELL</b> <i>Northshore Pool</i>	9815 NE 188th St. 296-4333	<i>Downtown YMCA</i>	909 4th Ave. 382-5010
<i>Northshore YMCA</i>	485-9797	<i>Downtown YWCA</i>	1118 5th Ave. 447-4868
<b>BREMERTON</b> <i>Bremerton Municipal Pool</i>	50 Magnuson Way. 478-5376	<i>East Madison YMCA</i>	1700 23rd Ave. 322-6969
<i>Olympic Aquatic Center</i>	7070 Stampede Blvd. 692-3192	<i>Evans Pool</i>	7201 E. Green Lake Dr N. 684-4961
<b>BURIEN</b> <i>Burien Swim Club</i>	626 SW 154th St. 433-7900	<i>Helene Madison Pool</i>	13401 Meridian Ave N. 684-4979
<i>Evergreen</i>	606 SW 116th St. 296-4410	<i>Gateway Athletic Club</i>	70 5th Ave, Suite 14. 343-4692
<b>DES MOINES</b> <i>Mount Rainier Pool</i>	22722 19th Ave S. 296-4278	<i>Meadowbrook Pool</i>	10515 35th Ave NE. 684-4989
<b>DUPONT</b> <i>Keeler Pool</i>	967-2604	<i>Medgar Evars Pool</i>	500 23rd Ave. 684-4763
<i>Kimbro Pool</i>	967-2604	<i>Queen Anne Pool</i>	1920 1st Ave W. 386-4282
<b>EDMONDS</b> <i>Harbor Square Athletic Club</i>	160 W Drayton. 778-3546	<i>Rainier Beach Pool</i>	8825 Rainier Ave S. 386-1944
<i>Yost Pool</i>	9535 Bowdoin Way. 775-2645	<i>Salvation Army Pool</i>	9050 16th Ave SW. 767-3150
<b>ENUMCLAW</b> <i>Enumclaw Pool</i>	420 Semanski S. 825-1188	<i>Sandpoint Naval Station</i>	(Military personnel only). 526-3531
<b>EVERETT</b> <i>Everett Community College</i>	801 Wetmore Ave. 259-7151	<i>Seattle Athletic Club</i>	33 NE 97th St. 522-9400
<i>Forest Park Swim Center</i>	259-0300	<i>Seattle University</i>	14th & Cherry. 296-6404
<i>McCollum Park Pool</i>	337-4408	<i>Shoreline Pool</i>	19030 1st Ave NE. 296-4345
<i>YMCA of Snohomish County</i>	2720 Rockefeller. 258-9211	<i>South Central Pool</i>	4400 S 144th St. 296-4487
<b>FEDERAL WAY</b> <i>Federal Way Pool</i>	30421 16th Ave S. 839-1000	<i>Southwest Pool</i>	2801 SW Thistle St. 684-7440
<i>King County Aquatic Center</i>	650 SW Campus Drive. 296-4444	<i>View Ridge Club Pool</i>	5815 NE 77th St. 524-3500
<b>FIFE</b> <i>Fife Community Pool</i>	5410 20th St E. 922-7665	<i>Wedgewood Pool</i>	7727 28th Ave NE. 523-8211
<b>GIG HARBOR</b> <i>Peninsula High School Pool</i>	857-3533	<i>West Seattle YMCA</i>	4515 36th Ave SW. 935-6000
<b>ISSAQUAH</b> <i>Julius Boehm Pool</i>	50 SE Clark St. 296-4263	<b>SEQUIM</b> <i>Sequim Aquatic Center</i>	N 610 5th St. 683-6699
<b>KENMORE</b> <i>St. Edward Pool</i>	14445 Juanita Drive NE. 296-2970	<b>SNOHOMISH</b> <i>Hal Moe Memorial Pool</i>	405 3rd. 568-6881
<b>KENT</b> <i>Kent Pool</i>	25316 101st Ave SE. 296-4275	<b>SUMNER</b> <i>Sumner High School Pool</i>	1707 Main St. 863-8110
<i>Tahoma</i>	18230 SE 240th St. 296-4276	<b>TACOMA</b> <i>Eastside Community Pool</i>	35th and L. 591-2042
<b>KIRKLAND</b> <i>Juanita High School Pool</i>	10601 NE 132nd St. 823-7627	<i>Lakes High School Pool</i>	10320 Farwest Dr SW. 756-8401
<b>LAKE STEVENS</b> <i>Lake Stevens High School Pool</i>	2908 113th Ave NE. 335-1515	<i>Lincoln High School Pool</i>	596-2053
<b>LYNNWOOD</b> <i>Lynnwood Pool</i>	18900 44th Ave W. 771-4030	<i>Pierce College Pool</i>	9401 Farwest Dr SW. 964-6678
<b>MARYSVILLE</b> <i>Marysville-Pilchuck High</i>	5611 108th Ave NE. 653-0609	<i>People's Center Pool</i>	591-5323
<b>MERCER ISLAND</b> <i>Mercer Island District Pool</i>	8815 SE 40th St. 296-4370	<i>Tacoma-Pierce Co. YMCA</i>	1002 S Pearl St. 564-9622
<b>MOUNTLAKE TERRACE</b> <i>Mountlake Terrace Pavillion</i>	5303 228th Ave SW. 776-3197	<i>The Center at Norpoint</i>	591-5504
<b>MOUNT VERNON</b> <i>Mount Vernon YMCA</i>	215 E. Fulton. 336-9622		
<i>Riverside Health Club</i>	424-4200		

## **PNA Board Meeting** (held at Nationals 8-27-95 at 8:50 am)

(In attendance: Jane Moore, Hugh Moore, Jeanne Ensign, Chaya Amaid, Tom Foley, Suzanne Dills, Walt Reid, Kathy Casey, Jeannette Valladigham (and sister), Phyllis Gill, Steve Peterson and Robin O'Leary.)

Funding for convention was discussed. Jeanne Ensign discussed the budget for convention: \$2,500 had been budgeted for 8 delegates to attend the Houston USMS Convention. Tom Foley moved and it was seconded to advance up to \$375 for air fare. The motion passed.

Phyllis asked for reimbursement of 4 PNA coaches T-shirts of about \$80 total. It was decided that the T-shirts would be purchased by individuals.

Jane announced that the Short Course Nationals for 1997 have not been bid on. It was moved and seconded to have PNA bid to host these Nationals. The motion passed. Meeting was adjourned at 9:05 am.

Respectfully submitted, Suzanne Dills

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### **Book Review: Swimming Into the 21st Century, by Cecil M. Colwin**

by  
**Francis X. Langlois**

I began to swim more seriously this year, my thirty-second, in an effort to regain some cardio-vascular conditioning. Okay, I'll be honest: I felt like a lump of jello and thought swimming might be the cure. I chose swimming for a couple of reasons but this is supposed to be a book review not an autobiography.

Over the past year, I have read a couple of books on swimming so that I might swim faster and get more out of my limited conditioning. I recently finished Swimming into the 21st Century by Cecil M. Colwin (I will refer to this book as Colwin's). In short, I found the book to be educational, interesting but a bit technical. What's the word? Pedantic. Some of the chapters discuss the hydrodynamics of swimming and those chapters sometimes went over my head (yes, that is a pun).

I was only able to read this book after working up to it. I picked up Colwin's before but after reviewing it, realized that I would not understand most of the content. I am happy to say that year and a couple thousand yards have helped me understand many of the concepts that Colwin discusses.

Don't let me steer you wrong, fellow Masters swimmers. This book is well done. It is a very thorough, well-written book about swimming. It covers a wide variety of topics including the history of swimming, principles of stroke mechanics, coaching suggestions, training programs, rules of swim racing, and suggestions from top athletes. I would say that this book could be a text book, which also means that you might not want to take this class. Many Masters swimmers are not like me—anal-retentive—and don't care about the fluid dynamics of the dolphin kick. It's hard for me to believe but some swimmers just want to know how to train and improve their strokes.

Colwin does discuss some hands-on drills in this book and the chapters about the training effect were quite compelling. The section about coaching the feel of the water was excellent. I think many coaches would profit from reading it. He discusses drills that help the swimmer sensitize his body, primarily the hand and forearm, to the flow of the water and react to it in the most efficient way. He discusses several drills that he uses with his swimmers and sketches the drills so that they are easily visualized.

Colwin has quite a command of the human physiology and this is evident when he discusses training. He presents a comprehensive chronology of training methods, including those specific to swimming and track. He compares the knowledge obtained through clinical research with that obtained from athletes. He leaves no apparent method untouched. Aerobic, anaerobic, sprint training, even *fartlek* training (more often associated with track) are all discussed. Later, he synthesizes all this in a chapter that prescribes training programs designed to obtain specific results. Colwin further illustrates his point by presenting training programs used by Olympic caliber swimmers. There is a flip side to all this.

My personal approach to swimming philosophy started and ended with the American Red Cross when I was sixteen years old. I empathize with many swimmers who are only trying to improve their fitness, not win any age group records. If you are still trying to breath on both sides, or if you're like me and say, "S-shaped pull? Hunh?" Then this book might be too much.

Let me close with a couple of thoughts. There seem to be two types of swimming books: handbooks and text books. The Colwin is an good text book. It has a lot of useful information for coaches and a little less for swimmers like me. Certain chapters contain very interesting and useful data for anyone who swims, but not everything will captivate you. I hope to review one of the handbooks in the future.

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## PNA 1994/1995 Short Course Yards -- By Percentage

by Gordan Gray

As discussed last Spring, here are the swim percentages based on the National records in your age group(s). There were 317 PNA swimmers that swam in at least one event. 165 swimmers swam at least five events and are listed below. Congratulations! If you make the assumption that over half the adults in the U.S. don't know how to swim, and over half those would have difficulty even completing five events, it could be reasoned that 80% of the population would be UNDER the 20% level! There are only 16 swimmers that swam 10 or more different events, while one swimmer, Jane Moore swam all 18. Now that's a great example our President is setting! Your mission for next season (if you decide to accept) -- IMPROVE ON YOUR PERCENTAGE. Everyone will have an equal chance to improve since the national records/percentage is based upon both your current age group and the next age group up -- prorated on where your birthdate is within the age group. For example a swimmer 45 swims the 1650 5 seconds faster than a swimmer 49, but the 45 year old will have a lower percentage than the 49 year old.

1 JIM PENFIELD	PNA 86 100.8557	61 YVONNE DYMERSEKI	PNA 34 82.5027	120 MARION CHADWICK	PNA 73 72.3801
2 STEVE THRASHER	PNA 53 97.8457	62 GARY MAYNARD	PNA 41 82.4950	121 DAVE KAYARIAN	PNA 35 72.3107
3 CAMILLE THOMPSON	PRO 40 93.4443	63 PHIL SPENCER	PNA 27 81.8889	122 HAL YOUNG	PNA 73 72.2321
4 JODY BRADEN	PNA 26 93.2445	64 DAN FROST	PNA 26 81.8794	123 CAROLYN BALDWIN	PNA 60 72.0466
5 JO MOORE	PNA 40 92.4013	65 LISA DECK	PNA 35 81.8720	124 JIM BROPHY	PNA 37 71.9563
6 LARRY WRIGHT	PNA 46 92.3735	66 MEL LEBSACK	PNA 46 81.6318	125 MARK WATLING	PNA 42 71.8469
7 TOM TAYLOR	PNA 64 92.0050	67 LINDA SULLIVAN	PNA 38 81.4504	126 DONNA KEYSER	PNA 36 71.7067
8 KATHRINE CASEY	PNA 46 91.3473	68 JIM LASERSOHN	PNA 30 81.3837	127 KARL BARTON	PNA 26 71.6595
9 ALAN BELL	PNA 45 91.2512	69 MARC FAIRBANKS	PNA 43 81.3708	128 ROBERT MITCHELL	PNA 44 71.3131
10 GARY HAFER	PNA 44 91.0625	70 JOHN FINKE	PNA 24 81.2857	129 JOHN SIRUTIS	PNA 48 71.2400
11 TODD DOHERTY	PNA 24 90.9931	71 GEOFF WILWERDING	PNA 33 81.1195	130 MIKE COLLINS	PNA 37 70.7972
12 MURIEL FLYNN	PNA 72 90.8419	72 MALCOLM NEELY	PNA 35 81.0778	131 DANA STEWART	PNA 26 70.3869
13 GREGORY HARRISON	PNA 43 90.3800	73 BOB DORSE	PNA 63 81.0174	132 TOM FOLEY	PNA 60 70.3021
14 TOM RAWDING	PNA 30 90.3063	74 JOHN PRIGGER	PNA 32 80.8550	133 RICK FULLMER	PNA 33 70.0964
15 DAVID ADDLEMAN	PNA 60 90.1029	75 ROBERT KING	PNA 31 80.3459	134 LEE HOLM	PNA 80 69.9613
16 SUZANNE DILLS	PNA 49 89.8875	76 PASCAL RONCALEZ	PNA 35 80.2579	135 LYNN HOVDE	PNA 40 69.3018
17 ROBIN O'LEARY	PNA 37 89.6107	77 SUZANNE STROM-REED	PNA 46 79.9779	136 EVERETT CASSELL	PNA 81 69.2674
18 MATT STAUFFER	PNA 31 89.1438	78 TOM MURPHY	PNA 23 79.7271	137 MARYAN BURKE	PNA 69 69.1023
19 MICHAEL MCKINLAY	PNA 51 89.1293	79 ELIZABETH JONES	PNA 33 79.1699	138 JANET KAVADAS	PNA 63 69.0153
20 TOM LEONARD	PNA 32 88.9854	80 NICOLE KESLER	PNA 19 79.1504	139 GREG DYMERSEKI	PNA 35 68.5724
21 CATHY WALTERS	PNA 34 88.9315	81 INGELA THOMSEN	PNA 27 79.0571	140 DAVE SONNEN	PNA 30 68.5114
22 PAT MATTHIESEN	PNA 78 88.6580	82 JOHN FURRER	PNA 60 78.9427	141 JEANNE ENSIGN	PNA 48 68.4073
23 STEVE FREEBORN	PNA 39 88.6169	83 LINDA MARIZ	PNA 46 78.8547	142 BARBARA VAN DEFEN	PNA 26 67.9424
24 LISA O'BRIEN	PNA 33 88.4960	84 MELISSA NOBLE	PNA 27 78.7181	143 ABBIE MORRIS	PNA 40 67.7350
25 DEBBIE GLASSMAN	PNA 41 88.4167	85 JIM WORREL	PNA 72 78.6265	144 GORDON STUBBE	PNA 51 67.5654
26 JUSTIN SIEGEL	PNA 23 88.1290	86 VINCE RIGGIO	PNA 22 78.5614	145 SHEILA GUARD	PNA 26 67.4078
27 GENE CROSSETT	PNA 81 87.7867	87 BETSY HERRING	PNA 48 78.1675	146 JEANETTE HARRIS	PNA 40 67.2065
28 ERIC VALLEY	PNA 33 87.7598	88 KIMBERLEY HAY	PNA 27 77.9945	147 DEBORAH BAGG	PNA 41 66.5480
29 STEVE PETERSON	PNA 48 87.6114	89 MAXINE CARLSON	PNA 75 77.9813	148 SUSAN HIGINBOTHAM	PNA 38 66.2530
30 JAY WALTERS	PNA 39 87.5898	90 BARRY REISS	PNA 34 77.8915	149 SAM LAWRENCE	PNA 30 66.2285
31 ERIC HUTCHINSON	PNA 52 87.5070	91 CORAL BERNIER	PNA 40 77.7812	150 JENISE DOTY	PNA 47 66.1146
32 MICHAEL MC COLLY	PNA 49 87.4001	92 MICHELLE MC PHEE	PNA 37 77.6989	151 NANCY SPESER	PNA 37 65.2182
33 JIM MC CLEERY	PNA 49 87.0454	93 SUSANNAH ILTIS	PNA 26 77.5416	152 JACK ANDREWS	PNA 63 64.9073
34 BERNIE KINGSLEY	PNA 36 86.5858	94 GORDON GRAY	PNA 49 77.4487	153 CAROL ANNING	PNA 57 64.0199
35 SCOTT KELLY	PNA 25 86.3953	95 BRYAN SPARROWHAWK	PNA 39 77.1090	154 JOAN DAVIS	PNA 64 63.8380
36 RICK STAFFORD	PNA 47 86.2335	96 RICK LILLEBERG	PNA 48 77.0913	155 DEBBIE TAYLOR	PNA 38 63.6109
37 BRUCE BOYTLER	PNA 36 86.2258	97 ANNE BERNHARD	PNA 30 76.8191	156 MIKE SAUNDERS	PNA 43 63.0562
38 KAREN OLIVER	PNA 35 86.0489	98 PATRICK SULLIVAN	PNA 47 76.6166	157 BECKY MAYFIELD	PACW 40 2.5423
39 WALT REID	PNA 54 86.0476	99 KATHY COLLINGS	PNA 42 76.5680	158 GARET MUNGER	PNA 51 61.9363
40 JOHN LORIMER	PNA 43 85.9087	100 CHAYA AMIAD	PNA 57 76.4342	159 GERALD VAN HOOSIER	PNA 60 61.5073
41 PINKY WALKER	PNA 52 85.6068	101 TAMMI KEELER	PNA 26 76.4091	160 HUGH JAMES	PNA 53 61.4943
42 MARK GETZENDANER	PNA 32 85.5471	102 PAUL IKEDA	PNA 35 76.0552	161 JENNY BROWN	PNA 31 60.9330
43 WENDY NEELY	PNA 20 85.5456	103 KRIS LARSEN	PNA 30 76.0397	162 ROLLIE ROBERTS	PNA 59 58.9238
44 JEANNIE STOUGARD	PNA 36 85.3617	104 DAVID DEMOREST	PNA 52 75.7855	163 RUSSELL KNUDSEN	PNA 72 56.9441
45 CAROLYN BEHSE	PNA 51 85.0532	105 TOM RUNGE	PNA 37 74.9374	164 COLIN MAILER	PNA 56 55.4091
46 CAROLYN ACKERLEY	PNA 29 84.9774	106 ROY INGHAM	PNA 70 74.2617	165 FOREST BROOKS	PNA 47 47.0236
47 HUGH MOORE	PNA 40 84.7834	107 JEANETTE VALLANDIGHAM			
48 LINDA NELSON	PNA 35 84.7598		PNA 48 74.2509		
49 MARK VAN ACHTE	PRO 35 84.4078	108 TOM HARRYLOCK	PNA 33 74.1579		
50 KIKO VAN ZANDT	PNA 39 83.9645	109 PATRICE CALMELS	PNA 34 74.0376		
51 DEBORAH TAYLOR	PNA 37 83.9028	110 PAULA TERHAAR	PNA 42 74.0088		
52 DAN BALDERSON	PNA 28 83.7192	111 ERIKA PARKER	PRO 24 73.3842		
53 JOHN UNDERBRINK	PNA 37 83.5268	112 BLAIR MURRAY	PNA 32 73.3727		
54 SARAH WELCH	PNA 48 83.4350	113 KATIE BUCKNER	PNA 37 73.2399		
55 BRUCE FLETCHER	PNA 35 83.3799	114 TERRI CLARK	PNA 30 73.0686		
56 WAYNE METHNER	PNA 41 83.0804	115 JANE MOORE	PNA 44 72.9929		
57 JULIE CORMAN	PNA 46 82.7933	116 CYNTHIA ROSIK	PNA 62 72.9856		
58 BETTY KERCHEVAL	PNA 70 82.7496	117 HOPE DEAN	PNA 36 72.9081		
59 TIM GILMORE	PNA 45 82.5522	118 BRIAN HERRING	PNA 29 72.8012		
60 MATTHEW SMITH	PNA 38 82.5382	119 JILL ENRIGHT	PNA 31 72.7116		

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.  
 Your USMS fee includes a subscription to SWIM magazine

	<u>TOTAL FEE</u>		<u>IF AFTER SEPT 1: (1995 registration only)</u>
Under 65	\$30	(USMS fee \$15, LMSC fee \$15)	\$22.50
Senior: 65 & over	\$23	(USMS fee \$15, LMSC fee \$8)	\$19

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

**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 \_\_\_\_\_



# Being Hip in the Water

Swimmers propel themselves through the water by kicking their legs and pulling with their arms. Right? Wrong. After some 1500 hours of watching underwater tapes of the world's best swimmers, I discovered that elite swimmers propel themselves by rotating their hips.

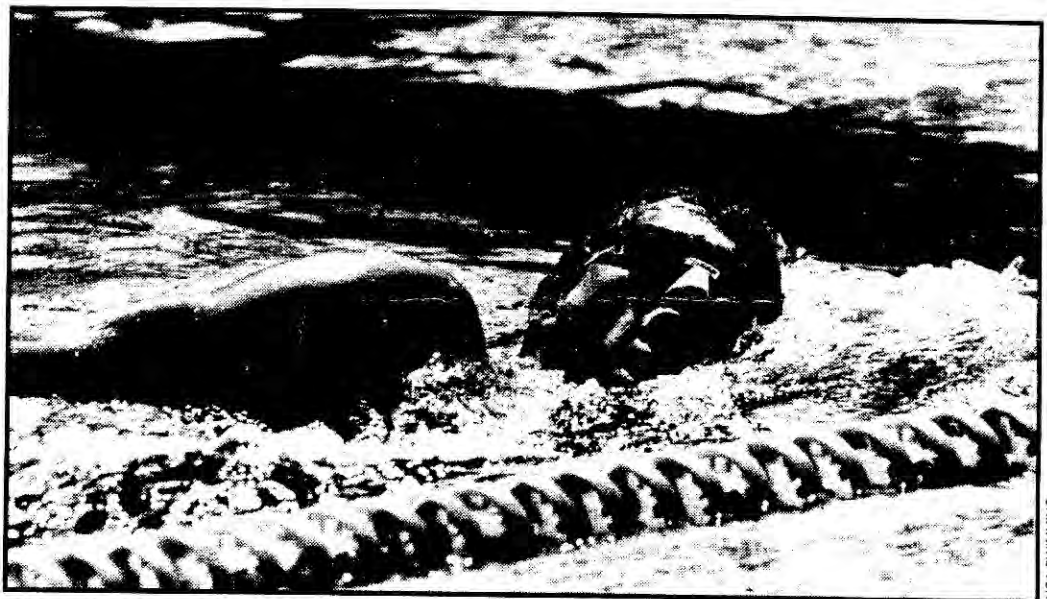
This discovery was confirmed years later while doing research at the Olympic Training Center at Colorado Springs. There I examined more than a dozen computer analyses of the force output of the hands of the top freestylers and backstrokers.

The focus was placed on the point in each swimmer's force output curve where there was an upsurge in power. What was happening at this exact point?

After reviewing the tapes from which the analyses were made, the answer was apparent. Just prior to the upsurge in power, each swimmer, regardless of the distance they swam, started rotating their hips.

This is clear in the chart on the opposite page (top left). Swimmer A has a power surge in the last fifth of the stroke. Just prior to the surge, the swimmer started to rotate his hips. On the other hand, Swimmer B rotates his hips much earlier in the stroke. As a result, this swimmer has a much broader power output. Swimmer B is more efficient. He is producing greater power over more of his stroke, thus he

*Bob Prichard is Director of Somax Posture & Fitness in Corte Madera, CA. Prichard has worked with many of the top swimmers and coaches in the world.*



USA SWIMMING

The revolutionary idea of hip rotation can help all swimmers improve their performance. Even Matt Biondi (above), one of the world's best swimmers, swam faster after improving his hip rotation. The proof: seven medals at the 1988 Summer Olympics and a world record time in the 100-meter freestyle.

takes fewer strokes per length than Swimmer A. He also swims much faster.

The fact that the power in swimming comes from hip rotation is a revolutionary idea. However, while this knowledge is new in swimming, other sports have known about the importance of hip rotation for quite some time. In sports such as golf, tennis, baseball (pitching and hitting), discus, javelin, shotput, and others, the power comes from hip rotation.

The question remains - will merely changing the hip rotation in swimmers improve their performance?

## Applying The New Paradigm

Using this new knowledge, 10-year-old Junior Olympic swimmers who were swimming 24 strokes per length cut their stroke count to 14. Masters swimmers who were doing 16 strokes per length dropped down to 11. Elite college sprinters dropped from 13 to 10. This was all accomplished in a week's time.

By advancing the timing, speed and power of their hip rotation, my swimmers became not only more efficient, but faster.

For example, in the spring of

1988, Nort Thornton, head swim coach at the University of California-Berkeley and two-time NCAA coach of the year, asked me to analyze the stroke of his best swimmer, Matt Biondi. Matt had been swimming poorly that spring. He was even getting beaten in the 100-meter freestyle, an event in which he held the five fastest times in the world.

In underwater tapes of Matt, it was discovered that his hip rotation had dropped by one-third on one side and that both sides were late. I spent two weeks with him to improve his hip rotation. He swam the 100-meter freestyle a few weeks later at the Olympic Trials in 48.42 seconds, a world record that stands to

by Bob Prichard

## Beyond Stretching

Anyone who has spent time stretching knows that there are some ranges that just do not loosen up, no matter how hard you try. Now those ranges can be loosened up.

This can be done through a new process called Micro-fiber Reduction (MR). MR is a new form of connective tissue massage that releases micro-fibers that have formed in the connective tissues between the muscles as a result of old injuries, overuse, illness or stress. These micro-fibers form as part of the healing process, binding the muscles together like an internal cast. Unfortunately, after the area has healed, the micro-fibers not only stay, they tend to accumulate over time. This is why we get stiffer as we get older. Most swimmers lose 50 percent of their flexibility in one or more ranges from the age of five to 25. Just as swimmers are entering their prime condition, they have lost the flexibility that makes them efficient.

By releasing these micro-fibers we can improve flexibility far beyond what stretching alone can do. We can literally reverse the stiffness that comes with age. In addition, as is evident by the chart below, swimming times can be noticeably improved through Micro-fiber Reduction. An individual program of Micro-fiber Reduction is 15-60 hours and is usually completed in a week or two.

Swimmers who use the New Swim Paradigm will continue to set records. Combined with Micro-fiber Reduction, all swimmers will set records that are unimaginable today. ❖

*For more information about generating propulsion from the hips or on Micro-fiber reduction, contact Bob Prichard, Director of Somax Posture & Fitness in Corte Madera, CA at 1 (800) 227-6629.*

swimmer. This is why she holds world records in the 400, 800 and 1500-meter free-style when she has a VO2Max of only 56, compared to most swimmers with a VO2Max of 70-80. In other words, Janet can outswim freestylers with a cardiovascular capacity 50 percent greater than hers because her breathing flexibility is 50 percent greater than theirs.

Mary T. Meagher had 100 percent of the ranges she needed in her legs for the butterfly, the only butterfly swimmer I measured who had 100 percent. As a result, her record set in 1981 still stands to this day.

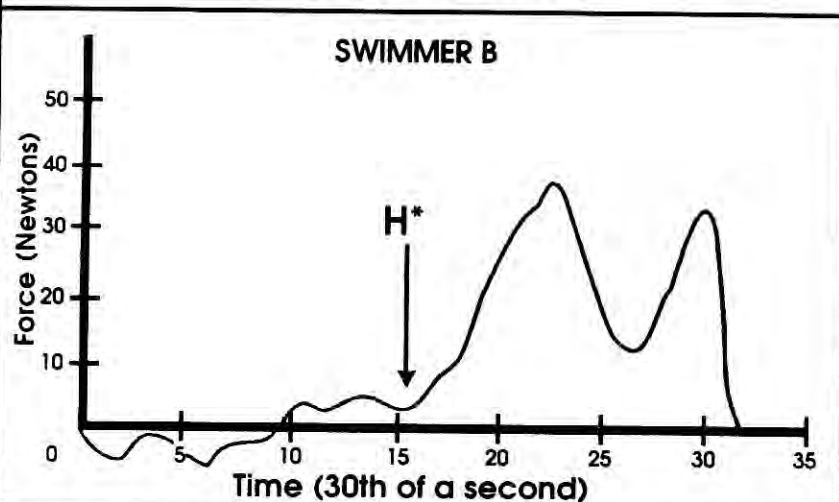
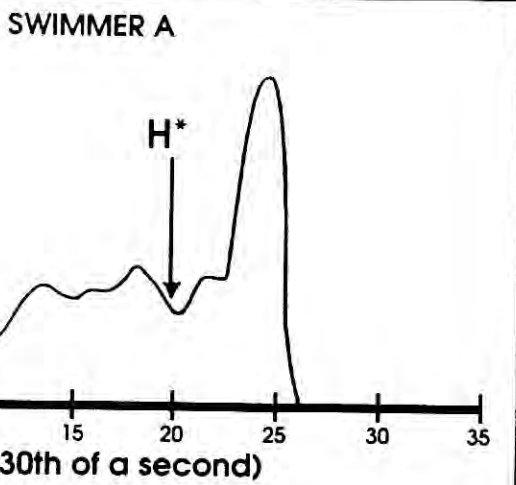
The fastest freestylers in the world today have less arm strength than their slower counterparts, but they have as much as 70 degrees more range of motion in their shoulders.

## Flexibility

Stretching is a little like eating spinach. We do it because it's good for us, but we don't know why. We are told

that it will help prevent injuries and that long muscles can contract better than tight ones.

Flexibility is much more important than that. The reason that flexible swimmers are so much faster is that flexibility is necessary to effectively transmit the power of the hips to the water.



By rotating his hips earlier, Swimmer B produces more power over a greater amount of his stroke. He takes fewer strokes per length than Swimmer A. Conversely, Swimmer A produces a power surge very late (in the last fifth of the stroke). Swimmer B is more efficient and faster. (H\* = indicative of the time when hip rotation started.)

this day. With his improved hip rotation, Biondi went on to win seven medals at the 1988 Olympics in Seoul, South Korea.

The hip rotation theory was again confirmed at the elite level when I worked with Alexander Popov and the Soviet National Men's Swim Team in 1991. The Soviets went on to win the European Championships and all the gold medals in the Olympic sprints in Barcelona.

## The Other Half Of The Equation

While examining those 1500 hours of swim files, I measured the ranges the swimmers' joints went through underwater and discovered something amazing: the stretches swimmers were doing had no relation to what they were doing underwater.

Over the next four years, I measured the best college and Olympic

swimmers for the 20 ranges I found to be critical to efficient stroke mechanics. The results were startling, but entirely logical. The best swimmers have the greatest percentages of those ranges specific to their stroke.

Janet Evans, for instance, has the biggest breathing range of any elite

IMPROVED TIMES WITH MICRO-FIBER REDUCTION							
Category	Age	Event	Distance	Before	After	Improvement	% Improved
Master	35-40	Butterfly	200 yards	Nationally Ranked		5.15	3.4%
	51	Freestyle	2 miles	63:31	55:08	8:23	13.1%
Senior	18-35	Freestyle	100 yards	47.00	45.30	1.70	3.6%
Junior	12	Freestyle	50 yards	28.45	25.94	2.51	8.8%
		Backstroke	50 yards	34.96	31.74	3.22	9.2%
		Breaststroke	50 yards	36.50	32.99	3.51	9.6%
		Butterfly	50 yards	32.24	29.39	2.85	8.8%
		Ind. Medley	100 yards	1:13.41	1:06.03	7.39	10.0%
		Freestyle	100 yards	1:11.38	59.16	12.22	17.1%
		Backstroke	100 yards	1:20.05	1:10.94	9.11	11.3%
Freestyle	100 yards	1:21.44	1:14.09	7.35	18.3%		

**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 SHORT COURSE YARDS MEET: November 18-19, 1995 (Meet Sanction #953610)  
 Hosted by the *North Kitsap High Vikings Men's & Women's Swim Teams*  
 at the North Kitsap Community Pool

EVENTS (ORDER #1)	
#	Event
<b>Saturday, November 18</b>	
1	400 IM
2	1650 Free
<b>Sunday, November 19</b>	
3	200 Free Relay
4	50 Free
5	100 Breast
6	200 Back
7	50 Fly
8	200 IM
5 minute break	
9	200 Mixed Free Relay
10	100 Free
11	200 Breast
12	50 Back
13	100 Fly
14	200 Medley Relay
5 minute break	
15	200 Free
16	50 Breast
17	100 Back
18	200 Fly
19	100 IM
20	200 Mixed Medley Relay
21	500 Free

DATES: Saturday, November 18, 1995  
 Warmup at **4:30 PM**; Meet starts **5:30 PM**  
 &  
 TIMES: Sunday, November 19, 1995  
 Warmup at **8:30 AM**; Meet starts **9:30 AM**

PLACE: North Kitsap Community Pool  
 1881 NE Hostmark Street, Poulsbo WA  
 Phone: **360-779-3790**

MEET  
 DIRECTOR: **Marilyn Grindrod**  
 360-779-3790 (pool) 360-779-7796 (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 1995 registered swimmers, 19 and above as of the last day of the meet

SEEDING: Slow to fast      TIMING: Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 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 5th (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.

**Safety First!**

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

**PNA LOCAL MASTERS SWIMMING COMMITTEE**

MEET ENTRY FORM: November 18-19, 1995      Meet Sanction #953610  
 Host: *North Kitsap High Vikings Men's & Women's Swim Teams* at North Kitsap Pool

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

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS NUMBER: 365- \_\_\_\_\_

CLUB/TEAM: \_\_\_\_\_ or UNATTACHED: \_\_\_\_\_ ASSOCIATION: \_\_\_\_\_

AGE GROUP (determined by your age as of 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. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

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

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

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

Please make checks payable to: **GORDON GRAY**      206-488-8825 (h)  
 Mail this entry form and fees to: **15911 67TH LANE NE, UNIT 2**      (before 9 PM)  
**BOTHELL WA 98011**

Please send entries postmarked no later than **November 7, 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 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 and regulations of USMS."

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

# 1995 USMS Long Distance 3000 yd Postal Championship

## Official Event Information

Sponsored by Gulf LMSC  
September 1 thru November 30, 1995

### Sanction

By Gulf Masters Swimming Committee for USMS, 6307 Craigway Rd., Spring, TX 77389. Sanction #255-002

### Event

The Individual 3000 yard (120 lengths) swim is a new USMS National Championship and takes the place of the 6000 yard postal championship. The 3 person team is also a championship event.

### Eligibility

Open to all currently registered Masters swimmers 19 years of age and older as of the day they swim the event. Each swimmer must include a copy of their USMS (or foreign national) registration card or their entry will be rejected. Swimmers who change age groups during the event may enter twice but must swim the event twice, complete two entry forms and send in two entry fees (see Ages topic below). Any swimmer may swim the event as often as desired but may submit only one individual entry per age group.

### Affiliation

A swimmer's club affiliation as indicated on the USMS (or foreign national) registration card will apply.

### Entry Fees

\$10.00 in US funds for each individual entry and \$12 for each team entry. Checks or money orders only. Do not send cash. Make checks payable to Gulf Masters Swimming Committee or GMSC.

### Team Entries

A team shall consist of three swimmers from the same registered club (foreign teams must send proof of club registration). The cumulative time of all three swimmers will be the team time. To enter a team send the completed entry forms of the three swimmers together in the same envelope along with the individual entry fees for all three swimmers (\$10.00 each) and an additional \$12.00 for the team entry fee. Alternatively, if the individual entries are sent separately, photocopies of the completed entry forms of all three swimmers may be sent in one envelope with the \$12.00 team entry fee. In any case, all three swimmers on the team must submit and pay for individual entries. Team sexes are Men, Women and Mixed. A mixed team must have at least one man and at least one woman. A competitor may enter his swim as part of as many different teams as desired.

### Dates & Deadlines

The swim(s) must be completed between September 1 and November 30, 1995. Entries must be postmarked by a U.S. Postal Service office in the 50 states (no private or corporate meter postmarks) by midnight December 9, 1995 or in the Meet Director's hands no later

than December 15th 1995 to be considered on-time. Fax entries will not be accepted.

### Course

3000 yards (120 lengths) in any 25 yard pool.

### Counter / Recorder

For each swimmer there shall be a counter who shall record cumulative split times for every 50 yards and the final time at 3000 yards.

### Ages and Age Groups

For individual events 19-24, 25-29, 30-34, ... 95-99, 100+. Team age groups are based on the age of the youngest swimmer, 19+, 25+, 35+, ... 75+, 85+. The swimmer's age on the day he/she swims the individual event is used to determine the age group for both the individual and team events.

### Rules

1995 USMS rules will govern the conduct of the competition. No drafting. A Starter/Referee/Official must be present. Swimmer, recorder and official must sign the Official Entry Form. A copy of the individual's USMS (or foreign national) registration card must accompany the entry.

### Awards

USMS Long Distance National Championship medals will be awarded to the top three individual and top three team finishers in each age group and sex. Championship patches will be awarded to each first place finisher.

### T-Shirts

Commemorative t-shirts may be ordered. GMSC reserves the right to return t-shirt orders and money if there are insufficient numbers. It is suggested you purchase a t-shirt for the poor soul who shookey into counting and taking splits for you.

### Results

A complete set of results will be mailed to each entrant.

### Questions?

Emmett Hines  
4361 Graduate Circle  
Houston, TX 77004  
(713) 748-7946 - voice  
73021.2360@compuserve.com

Kris Wingenroth  
Rice Athletics - MS 548  
6100 Main Street  
Houston, TX 77005-1892  
(713) 527-4710 - off  
(713) 661-4790 - hm

## 1995 USMS 3000 yd Postal Championship

### Official Team Event Entry Form

This form is used only for entering a team of 3 swimmers from the same registered club - one Team Entry Form per team. Attach all 3 original individual entry forms (or photocopies) to this form and include the \$12 Team entry fee. All members of the a team must be entered in the individual event. All entries must be US postmarked in the 50 states no later than Dec. 9, 1995 or received by Dec. 15, 1995. Foreign teams must send proof of club registration.

Team Name:	_____
Swimmer's Names	_____ Times _____
_____	_____
_____	_____
Cumulative Team Time:	_____

## 1995 USMS Long Distance 3000 Yard Postal Championship - Individual Entry Form

Swum anytime from September 1 thru November 30, 1995

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Counter/Recorder's Signature \_\_\_\_\_ Date \_\_\_\_\_ Registration# (USMS#) \_\_\_\_\_

Official's Signature \_\_\_\_\_ Date \_\_\_\_\_ Club \_\_\_\_\_

### Release from liability:

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.

Competitor's Signature \_\_\_\_\_

Date \_\_\_\_\_

	cum	lap		cum	lap		cum	lap
50			1050			2050		
100			1100			2100		
150			1150			2150		
200			1200			2200		
250			1250			2250		
300			1300			2300		
350			1350			2350		
400			1400			2400		
450			1450			2450		
500			1500			2500		
550			1550			2550		
600			1600			2600		
650			1650			2650		
700			1700			2700		
750			1750			2750		
800			1800			2800		
850			1850			2850		
900			1900			2900		
950			1950			2950		
1000			2000			3000		

USMS rules require a time to be recorded every 50 yards. You must record the cumulative (cum) time for each 50 yards and may record the lap split (lap) time as well. Record cum times to the nearest tenth of a second and record the final cumulative time at 3000 yards to the nearest 100th of a second.

A complete individual entry includes:  
1. Completed entry form with all cum splits and all three signatures.  
2. Check or money order (US funds) for \$8.00 entry fee plus \$12.00 per shirt ordered. Made out to GMSC.  
3. Copy of 1995 USMS (or other national) Registration Card.

Only complete entries will be accepted.

1st T-shirt Size S M L XL XXL  
2nd T-shirt Size S M L XL XXL  
Circle Sizes

### Individual Fee Calculation

Individual entry fee \$10.00  
T-shirts @ \$12 each + \_\_\_\_\_  
Total = \_\_\_\_\_

Mail complete entries to:  
Kris Wingenroth  
Rice Athletics - MS 548  
6100 Main Street  
Houston TX 77005-1892

Entries must be US postmarked in the 50 states by Dec. 9, 1995 or received at this address by Dec. 15, 1995

**PNA Masters Meet Entry Form**  
 Hosted by North Whidbey Masters  
 The Chrissy Priest Memorial Meet  
 October 21 & 22, 1995  
 John Vanderzicht Memorial Pool  
 Sanction # 953609

**PNA Masters Meet Entry Form**  
 Hosted by North Whidbey Masters in Oak Harbor, Wa.  
 The Chrissy Priest Memorial Meet  
 October 21 & 22, 1995  
 John Vanderzicht Memorial Pool  
 Sanction # 953609

Name \_\_\_\_\_ M F Age \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Date of Birth \_\_\_\_\_

Team \_\_\_\_\_ USMS # \_\_\_\_\_ 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 75-79 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 \_\_\_\_\_ ENTRY TIME \_\_\_\_\_

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

Entry fees: Surcharge \$5.00 ( electronic timing being used )     \$5.00

Individual Events \$1.00 each (no charge relays) \_\_\_\_\_

Make checks payable to : Aquajets Booster Club Total \_\_\_\_\_

Mail to: JVMP, 2299 20th NW , Oak Harbor, Wa. 98277 Att. Sally

Entries Due by: October 13, 1995

Waiver: I the undersigned participant, intending to be a 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 permanant 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 thereof, 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 \_\_\_\_\_

**Order of Events**

Saturday October 21,'95

- |                          |                     |
|--------------------------|---------------------|
| Event #                  | Event               |
| 1.                       | 400 Meter Freestyle |
| <b>Half Hour Warm Up</b> |                     |

Date: October 21 & 22, 1995

Time: Warm up: 8 a.m.

Meet: 9 a.m.

Place: John Vanderzicht Memorial Pool, 2299 20th NW Oak Harbor, Wa. 360-675-7665

- |    |                                 |
|----|---------------------------------|
| 2. | 200 Freestyle Relay             |
| 3. | 50 Meter Breaststroke           |
| 4. | 100 Meter Butterfly             |
| 5. | 200 Meter Freestyle             |
| 6. | 50 Meter Backstroke             |
| 7. | 100 Meter I M                   |
| 8. | 400 Meter Mixed Freestyle Relay |

Meet Manager: Pat Holberg  
 Meet Director: Andy King/Sally Meurer  
 Phone: 675-7665

Facility: 6 lane 25 meter pool  
 5 lanes for competition, 1 lane continuous warm up

Rules: Current USMS rules will govern the meet.

Eligibility: Open to all USMS registered 1995 swimmers 19 and older.

Seeding: Slowest to fastest.

**Order Of Events**

Sunday, October 22,'95

- |         |                              |
|---------|------------------------------|
| Event # | Event                        |
| 9.      | 100 Meter Breaststroke       |
| 10.     | 50 Meter Butterfly           |
| 11.     | 100 Meter Freestyle          |
| 12.     | 200 Meter Backstroke         |
| 13.     | 200 Meter Mixed Medley Relay |
| 14.     | 200 Meter Breaststroke       |
| 15.     | 200 Meter Butterfly          |
| 16.     | 50 Meter Freestyle           |
| 17.     | 100 Meter Backstroke         |
| 18.     | 200 Meter IM                 |
| 19.     | 400 Meter Medley Relay       |

**NO DIVING DURING WARM UP EXCEPT IN DESIGNATED SPRINT LANES!!**

200 YD. FREE	BOB MILLER	65 # 4	2:23.12
100 YD. BACK	BOB MILLER	65 # 1	1:14.85
100 YD. I.M.	BOB MILLER	65 # 5	1:15.51
M E N 80-84			
50 YD. FREE	GENE CROSSETT	81 # 5	38.29
100 YD. FREE	GENE CROSSETT	81 # 5	1:28.36
200 YD. FREE	GENE CROSSETT	81 # 4	3:22.39
500 YD. FREE	GENE CROSSETT	81 # 4	9:10.92
1000 YD. FREE	GENE CROSSETT	81 # 3	19:18.12
50 YD. BRST	EVERETT CASSELL	81 # 10	1:06.19
200 YD. BRST	EVERETT CASSELL	81 # 6	5:51.78
M E N 85-89			
50 YD. FREE	JIM PENFIELD	86 # 3	44.34
500 YD. FREE	JIM PENFIELD	86 # 2	12:25.62
50 YD. BACK	JIM PENFIELD	86 # 2	53.90
50 YD. BRST	JIM PENFIELD	86 # 2	52.30
100 YD. BRST	JIM PENFIELD	86 # 2	2:14.35
200 YD. BRST	JIM PENFIELD	86 # 1	5:08.82
50 YD. FLY	JIM PENFIELD	86 # 1	58.28
100 YD. I.M.	JIM PENFIELD	86 # 1	2:00.16
RELAYS-WOMEN 200 YD. FREE			
65 +	MAXINE CARLSON	75 # 5	3:56.01
	MARYAN BURKE	69	
	PAT MATTHESEN	78	
	LEE HOLM	80	
RELAYS-WOMEN 200 YD. MEDLEY			
65 +	MAXINE CARLSON	75 # 8	4:28.40
	MARYAN BURKE	69	
	PAT MATTHESEN	78	
	LEE HOLM	80	
RELAYS-M E N 200 YD. MEDLEY			
19 +	AL CAPRON	25 # 5	1:40.10
	TODD DOHERTY	24	
	JODY BRADEN	26	
	JUSTIN SIEGEL	23	
RELAYS-M E N 800 YD. FREE			
25 +	KNUT LANDBOE	27 # 2	8:13.56
	EDWARD WALDRON	28	
	KEITH SZOT	29	
	WAYNE METHNER	41	
RELAYS-MIXED 400 YD. FREE			

**NEED MORE EXPOSURE? NOT THAT KIND! BUSINESS EXPOSURE....**

**CONSIDER ADVERTISING IN THE "WET SET"**

- One Fourth Page \$20.00 First Month, Then \$15.00 per Month
- One Half Page \$40.00 First Month, Then \$20.00 per Month
- Business Cards \$10.00 First Month, Then \$5.00 per Month

Send you ad and a check payable to PNA Masters Swimming, before the 15th of the month prior to the month in which you wish your ad to appear to:

Gary Maynard  
 13818 SE 7th Street  
 Bellevue, WA 98005

**ALL MATERIAL MUST BE CAMERA READY**

55 +	EVERETT CASSELL	81 # 4	7:27.98
	MARION CHADWICK	73	
	JANET KAVADAS	63	
	GENE CROSSETT	81	

★ 1995 POSTAL PENTATHLON SWIM MEET ★

**Approval:** By Minnesota LMSC for USMS Inc. # 305-13.

**Eligibility:** Open to all registered masters swimmers for the 1995 or 1996 season.

**Conduct of Meet:** Participant swims the 5 events, preferably in a 25 yard pool, Butterfly, Backstroke, Breaststroke, 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, 1995 to December 15, 1995 and the entries must be postmarked by December 24, 1995, 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, 1995.

**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: **1995 Postal Pentathlon Swim Meet  
570 - 96th Lane  
Blaine MN 55434 USA**

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

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

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

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

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

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

Signature: \_\_\_\_\_ Witness: \_\_\_\_\_

**IRONMAN**

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

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

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

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

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US Postage  
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Seattle, WA  
Permit No. 2334

Pacific NW Assoc. of Masters Swimmers  
1867 - 58th St. NE Tacoma, WA 98422

# **ALL SWIMMERS ARE INVITED**

THE SAMENA CLUB IS HOSTING A PANCAKE BREAKFAST  
AND POSTAL PENTATHLON SWIM (Minnesota Masters Postal Event)

Saturday, October 28th at 9am

Come to the SAMENA CLUB - 15231 Lake Hills Blvd, Bellevue

For More Information Call Phyllis Gill at Samena - 746-1160