

◆ The WetSet ◆

Volume 14 Issue 10

November 1995

President's Letter

Dear PNA Swimmers:

As usual, the four days at USMS National Convention were busy and productive. As you read in the editor's note last month, we were successful in bidding for 1997 Short Course National Championships. This will be a major undertaking, involving many hours of effort by many people. The payoff for all the work, aside from an excellent Nationals in our backyard, should be a large financial return for the PNA. Recent hosts have made profits of \$15,000 to \$50,000. This should allow PNA to maintain the current membership fees without increase for many years.

As those who helped with 1992 Long Course Nationals remember well, it is a tremendous amount of work. We will need many, many volunteers to help with the meet. Anyone can help, with small or large time commitments, before or during the meet. Watch this column and the rest of the newsletter in the upcoming months for volunteer needs. If you have special skills or know what you would like to do to help, give me a call at 925-0803. Most of the key people from the previous Nationals will be returning to help with

this event, so we have a foundation of well qualified volunteers to make the meet go smoothly.

One of the major ways of increasing profits from a National event is through donations or sponsorships. This can be through donations of money or products, purchase of advertising, sponsorship of specific events, and so forth. Products are needed for "goody" bags for swimmers and officials, as well as for the hospitality room where meet volunteers and officials eat. Special events for the swimmers, such as the pasta feed, can also use sponsors. Advertising can be done in the meet program or results as well as on the scoreboard during the meet. If you are connected with, or have contacts at, companies that might be helpful let us know about that as well.

The PNA LMSC will be putting on a combined PNA Association Northwest Zone Championship meet at the Weyerhaeuser King County Aquatic Center April 12-14, 1996. We will be using this as a test meet for Nationals as we expect a very large turnout. We will need lots of help for that meet as well. Each team will be asked to help with the meet so let me know if you have preferences or ideas on how you can help with that meet as well.

Remember, we all want to swim in these meets as well as ensure a quality meet. The more we work together, the easier it is to get all the work done and still let everyone swim well.

Jane Moore

Upcoming PNA Board Meetings
December 5th - Samena Club
January 23rd - Federal Way Library
February 27th - Tacoma AI School

Editor's Message: There are several notable corrections that need to be made to last month's Wet Set.

The first is that JIM PENFIELD was left off the list of National Long Course Champions. Jim placed first in four individual events. Congratulations Jim!!!

The second correction is that the results of the National Long Course Championships were mixed up with the USMS Top 10. Our printer informed me that they dropped the originals and tried to put them back in the right order. Sorry for the mix up.

Gordon Gray's name was misspelled in the percentage time article.

At the bottom left hand side of this page is a logo with an ORCA. This has been the traditional icon of the PNA. I would like to start putting it back on the Wet Set, but would like some feedback on how it looks. Drop me a line and let me know or let someone on the PNA board know.

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Masters Clubs - Vancouver BC

USMS 3000 Postal



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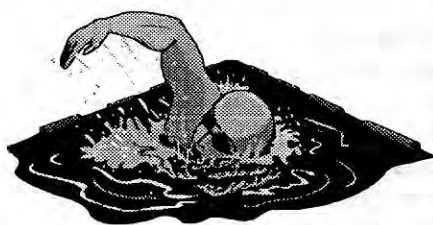
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Newsletter Editor

Gary Maynard
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United States MastersSwimming, 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.

1995/1996 MEET SCHEDULE**PNA Meets**

<u>Date</u>	<u>Event</u>	<u>Location</u>
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		
Nov. 19	SCM	Simon Fraser University, Vancouver BC
Apr. 13-17	LCM	International Senior Games - Bermuda
May 9-12	SCY	USMS Nationals - Cupertino California
6/23 - 7/2	LCM	FINA World Championships - Sheffield England
Aug. 21-25	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

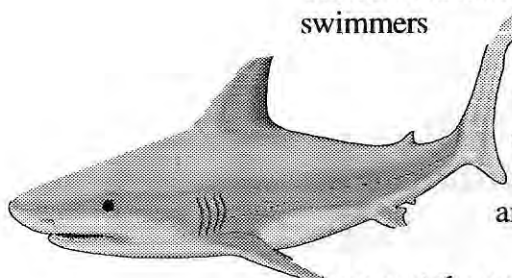
Steve Holloway
232 S 6th Street E
Missoula, MT 59801

BY BRYAN SPARROWHAWK

ESCAPE FROM ALCATRAZ

Ten GLAD swimmers and two other area swimmers took advantage of inexpensive airfares and traveled to San Francisco to participate in the 4th annual Sharkfest's "Escape From Alcatraz" swim on September 17.

Timed to take full advantage of a slack tide (and slumbering night feeders), all twelve swimmers



made it back to the beach at San Francisco's Aquatic Park. The swim was approximately 1.5 miles and finish times ranged from 28 to 80 minutes. Water temperature was in the mid to upper 50's depending on location. A minority of the 500 swimmers made the swim without wetsuits. A yellow 'lab'...yes, a dog, made the swim and beat most of the swimmers to shore.

Amongst the group there were minor problems with wet suit neck rash and food poisoning from the 'Warf'. Because of a slightly late start, and especially for those who took more time to make the swim, increasing ebb tide currents increased the swimming distance. The tide caused 'navigational' problems and some swimmers were washed into the West Pier at the entrance to Aquatic Park; fortunately the cuts from the barnacles on the pilings did not awaken any slumbering night feeders.

If you wonder if there are miracles in coordination, traveling with these swimmers for two and a half days would make you a believer.



Alcatraz Swimmers: Peter Leikkio, Jess & Clark Pace, John McJunken, Kimberly & Jeff Gross, Karen Stockall, Geoff Anderson, Leslie Helm, Donna Keyser, Bryan Sparrowhawk and Jeanne Ensign.

**HAPPY BIRTHDAY
TO THE FOLLOWING PNA SWIMMERS**

11/16	David Harrison	11/30	Sachin Kukreja
11/17	Scott Furrer	11/30	Colin Mailer
11/18	Mark Ellis	12/01	Margaret Bay
11/22	Matthew Palmer	12/02	Carolyn Ackerley
11/23	Jody Braden	12/02	Jean Scarzello
11/23	Nick Leclercq	12/03	Debra Taylor
11/24	Debbie Glassman	12/04	Peter Stekel
11/24	Mary Ellen Nourse	12/04	Timothy Welch
11/25	Gile Beye	12/06	Thomas Laflamme
11/25	Marcus Fairbanks	12/06	Scott Palmer
11/25	Peter Liekkio	12/06	Geoff Wilwerding
11/25	Michael Naylor	12/07	Peter Jones
11/25	D. Kiko Vanzandt	12/08	Jay Walters
11/26	Paul Clements	12/09	Megan Berger
11/26	Miles Hart	12/09	Dan Nellis
11/26	Thomas Quann	12/11	Alan Harrison
11/27	Sam Lawrence	12/11	Teresa Soucie
11/27	Linda Mariz	12/13	Frank Newquist
11/27	David Schultz	12/14	Rick Colella
11/28	Joan Adkisson	12/14	Sally Maclaren-Meu
11/29	Liz McCormack	12/15	Anthony Jones
11/29	Mary Wolfe	12/15	Leeann Mcghie
11/30	Francine Harmeson	12/15	Lysle Wilhemi

WELCOME TO THE PNA

The Following Swimmers
Have Joined The PNA In
The Last Month:

Greta Benner, Russell
Brinton, Marlaine Campbell,
Peter Jackson, Lois Johnson,
Julia Mclain, Joan Miller,
Julie Pugh, Charles Queen,
and Anne Wicknick.

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

ABERDEEN <i>Aberdeen YMCA</i>	533-3881	NORTH BEND <i>Si View Pool</i>	41600 SE 122nd St, 888-1447
ANACORTES <i>Fidalgo Pool</i>	1603 22nd, 293-0673	OAK HARBOR <i>John Vanderzicht Memorial Pool</i>	2299 29th NW, 765-7665
AUBURN <i>Auburn Pool</i>	516 4th Ave NE, 939-8825	OLYMPIA <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
BELLEVUE <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	PORT ANGELES <i>William Shore Pool</i>	457-0241
<i>Newport Hills</i>	5474 119th Ave SE, 746-9510	POULSBO <i>North Kitsap Pool</i>	1881 NE Hostmark St, 779-3790
<i>PRO Raquet & Health Club</i>	4455 148th Ave NE, 885-5566	REDMOND <i>Redmond Pool</i>	17535 NE 104th St, 296-2961
<i>Samena Club</i>	15231 Lake Hills Blvd, 746-1160	RENTON <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
BELLINGHAM <i>Bellingham Aquatic Center</i>	647-7665	SEATTLE <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
BOTHELL <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
BREMERTON <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
BURIEN <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
DES MOINES <i>Mount Rainier Pool</i>	22722 19th Ave S, 296-4278	<i>Meadowbrook Pool</i>	10515 35th Ave NE, 684-4989
DUPONT <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
EDMONDS <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
ENUMCLAW <i>Enumclaw Pool</i>	420 Semanski S, 825-1188	<i>Sandpoint Naval Station</i>	(Military personnel only), 526-3531
EVERETT <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>McCullum 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
FEDERAL WAY <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
FIFE <i>Fife Community Pool</i>	5410 20th St E, 922-7665	<i>Wedgewood Pool</i>	7727 28th Ave NE, 523-8211
GIG HARBOR <i>Peninsula High School Pool</i>	857-3533	<i>West Seattle YMCA</i>	4515 36th Ave SW, 935-6000
ISSAQUAH <i>Julius Boehm Pool</i>	50 SE Clark St, 296-4263	SEQUIM <i>Sequim Aquatic Center</i>	N 610 5th St, 683-6699
KENMORE <i>St. Edward Pool</i>	14445 Juanita Drive NE, 296-2970	SNOHOMISH <i>Hal Moe Memorial Pool</i>	405 3rd, 568-6881
KENT <i>Kent Pool</i>	25316 101st Ave SE, 296-4275	SUMNER <i>Sumner High School Pool</i>	1707 Main St, 863-8110
<i>Tahoma</i>	18230 SE 240th St, 296-4276	TACOMA <i>Eastside Community Pool</i>	35th and L, 591-2042
KIRKLAND <i>Juanita High School Pool</i>	10601 NE 132nd St, 823-7627	<i>Lakes High School Pool</i>	10320 Farwest Dr SW, 756-8401
LAKE STEVENS <i>Lake Stevens High School Pool</i>	2908 113th Ave NE, 335-1515	<i>Lincoln High School Pool</i>	596-2053
LYNNWOOD <i>Lynnwood Pool</i>	18900 44th Ave W, 771-4030	<i>Pierce College Pool</i>	9401 Farwest Dr SW, 964-6678
MARYSVILLE <i>Marysville-Pilchuck High</i>	5611 108th Ave NE, 653-0609	<i>People's Center Pool</i>	591-5323
MERCER ISLAND <i>Mercer Island District Pool</i>	8815 SE 40th St, 296-4370	<i>Tacoma-Pierce Co. YMCA</i>	1002 S Pearl St, 564-9622
MOUNTLAKE TERRACE <i>Mountlake Terrace Pavillion</i>	5303 228th Ave SW, 776-3197	<i>The Center at Norpoint</i>	591-5504
MOUNT VERNON <i>Mount Vernon YMCA</i>	215 E. Fulton, 336-9622	WELCOME TO A NEW MASTERS SWIM TEAM IN TACOMA	
<i>Riverside Health Club</i>	424-4200	Starting 10/23 at Wilson High School	
		The Tacoma Swim Club	
		Masters Workouts: M-Th 7:30 - 8:45 pm	
		Cost \$45/month	
		Contact: Mark Patterson	
		P.O. Box 6974	
		Tacoma, WA 98407-0393	

1995 CONVENTION REPORT

The 1995 USMS convention was held in Houston on September 20-24. This report was compiled by PNA members in attendance: Kathy Casey - member Rules Committee and Recognition/Awards Committee; Jeanne Ensign - Chairman Internal Audit Committee and ex-officio member of the Finance Committee; Phyllis Gill (PNA delegate) - member Rule Book Committee; Jan Kavadas - member Rules Committee; Hugh Moore - Chairman Officials Committee, member Planning Committee; Jane Moore (PNA delegate) - member of Sports Medicine Committee; Frank Newquist - member Finance Committee; Walt Reid - Chairman Records and Tabulations Committee and member Recognition/Awards Committee.

Highlights The PNA was awarded the 1997 USMS Short Course National Championship meet. This will be held at the Weyerhaeuser King County Aquatic Center during the weekend of May 17 - 18. We still need to decide whether the meet will be Thursday - Sunday or Friday - Monday. The PNA was also awarded the 1997 3000 yd Postal Championship

Championship Upcoming National Championships: 1996 Short Course: De Anza, CA May 9-12; 1996 Long Course: Ann Arbor, MI Aug 22-25; 1997 Short Course: Federal Way, WA May 15-19; 1997 Long Course, Orlando, FL Aug 15-19. The current "day before" check-in of relays will continue to be used. However, a red change card will be used to identify changes in relay members made after the check-in deadline.

Coaches The committee decided to change the "Coach of the Year" selection from three to five members to avoid showing favoritism or appearance of impropriety. The committee will begin 8 regional two part clinics, designed to motivate & train coaches, educate swimmers, and retain and increase membership. Each of the 8 clinics will receive \$500 seed money to assist in bringing an outside the area mentor to work with the area coaches. The committee will purchase 2 Snooper underwater cameras to service 24 clubs for one month each. Priority for use of the Snooper will be given to programs who host USMS sponsored clinics. The committee also requested \$750 for tent space at the American Swim Coaches Association clinic to recruit new Masters coaches. A Coaches Manual has been developed in a cooperative effort with USMS, ASCA, and MACA. The manual will be sold for approximately \$20.

Finance The committee's time at convention was primarily spent preparing the 1996 budget. The committee reviewed the budget requests from all committees and officers, reviewed expected revenues, and prepared a budget of \$583,982 in expenditures and \$585,882 in revenue. Registration fees paid to USMS (\$15 of your PNA registration) will remain the same for another year, although the SWIM magazine subscription has increased by one dollar to \$7 per swimmer. Several marketing committee efforts are coming to fruition and are producing additional revenues that have enabled dues to remain at their current level.

Fitness The committee will be developing a Fitness Award for both local and national levels. The award will be co-sponsored with Speedo and is designed to honor USMS swimmers who have overcome adversity/handicap or who have significantly influenced the fitness of others. A collection of articles on fitness is planned for the future to be distributed as a Fitness Package. A sub-committee will work with Marketing and Finance committees to obtain financial support to participate in the 21st Annual National Wellness Conference July 13-19 at the University of Wisconsin. The committee will work with legal counsel and the Insurance Committee to provide guidance for the conduct of current and future fitness events. Current fitness events include the 2000 Fitness Challenge, the Check Off challenge, The Great American walk, and Nature Swim USA.

Insurance USMS carries several kinds of insurance: Liability (general liability = \$1,000,000 per occurrence, excess liability = \$4,000,000 per occurrence), Secondary Accident-Medical, Bonding and Directors & Officers liability coverage for USMS, Inc. and its LMSCs, and coverage for USMS-owned equipment. All have been renewed and, due to our favorable history, there was no increase in premium rates. The current level of reserves (to cover USMS deductible fees) is \$110,000. Note: Other Entities on Deck (such as vendors, massage therapists, chiropractors, etc.) should provide a Certificate of Insurance providing proof that they are carrying their own insurance to the meet host. The committee reminds us that for all events sponsored by USMS, participants must sign the USMS liability release and be a USMS member. In activities such as workouts, a non-member may attend on a 30 day trial basis and not jeopardize registered member insurance. Should an accident occur, however, non-members are not covered. There is no coverage of events for which membership and/or USMS release is not required.

International The next FINA World Championships will be in 1996 in Sheffield England. The 1998 FINA World Championships will be held in Casablanca, Morocco. There will be an open forum held prior to the meet in Sheffield for swimmers to input their ideas on how to control the size of these World Championships. This committee voted to support the Executive Committee in their decision to continue financial support for Masters Swimming International (MSI).

Legislation It is the responsibility of the swimmer to submit times achieved in a recognized event with complete documentation to the

appropriate top ten recorder. Swimmers shall be registered with USMS in order to participate in Fitness events promoted by USMS or its LMSCs. Proposals to change terms of national officers and to make the Zone Chair an at-large officer elected by the House of Delegates were defeated. Numerous minor changes to the USMS Code were approved.

Long Distance PNA will "host" the 1997 3000 Postal meet. A Long Distance events calendar is available (Jane has a copy). An open-water Meet Managers guide has been developed and will be available for distribution soon. Records set at intermediate distances during postal swims will now be recognized.

Marketing A USMS Affinity Credit Card is available through MBNA. Power Bar and Kastaway have signed-on to be national sponsors. Kastaway has developed a line of USMS clothing. Two booklets (Building a Successful Masters Club and Places to Swim) are available from the national office. A public service announcement video should be available by the end of the year. Work is in progress on a phone debit card, travel card, and rental car agreement. SWIM magazine contract was renewed through the year 2000.

Officials Legislation to make the committee a standing committee passed the House of Delegates. The committee will produce and distribute 1500 pocket sized cards that detail the differences between USS and USMS Rules for use by USS certified officials. The committee is developing a Certification Manual for use by LMSCs to train and certify officials. The manual will be available by the first of the year. Over the next year, the committee will be working on proposals to change USMS Rules to require that referees be certified as well as clarification to other existing rules.

Planning Hugh will distribute "Goal Times" to the LMSCs. These times are meant to be motivational and are tiered so that most swimmers can make times in at least one level. A USMS Foundation has been established. The fund will be used for research. Gifts of present and future value, amounts from wills, insurance, and estates may be donated to the fund. The USMS Executive Secretary position will be open as of Jan. 1, 1997. The committee organized three Leadership seminars that were conducted during the convention.

Recognition/Awards The committee will secure bids for gold pins/charms for Ransom Arthur Award winners. Presidential service awards were given for the first time. "Behind the Scenes" articles in "SWIM Magazine" highlighting local swimmers were well received. A USMS service pin design will be finalized and distribution determined. USMS Thank Your note cards will be available for use.

Records and Tabulation 429 USMS National records were updated and 318 World Record Applications were received in the previous year. The USMS Top10 Tabulations were published for all 3 courses for the 4th year. Bids were requested for publishing the tabulation for the next 3 years.

Registration One event registration will continue for at least one more year. International swimmers may register through the national office without affiliating with any LMSC. Swimmers changing teams should make sure that their LMSC's registrar provides a post dated registration card showing the team affiliation effective for any championship meet. It is the responsibility of the swimmer to notify the registrar in sufficient time prior to the meet.

Rule Book The winner of the 1996 Rule Book Cover was submitted by Kathy Keffer-Sharpe and Steve Hogan. It depicts officials watching swimmers completing an event. Gene Donner will print the 1996 Rule Book and will use wire coated binding. The 1996 Rule Book will be dedicated to Dot Donnelly, our national Executive Secretary, who will retire at the end of 1996.

Rules The committee reviewed proposed housekeeping changes submitted by the Rule Book committee, instructions for writing proposed rule changes, and problem areas in the rules. Proposals will be prepared for the next convention. Two emergency housekeeping changes were passed. USS rule changes were reviewed and action taken. Most USS changes were not of a substantive nature. USS will add a section on officiating for swimmers with disabilities to their rule book. USMS tabled that section for review and consideration for next year.

Safety Education The committee will remain an ad hoc committee. A subcommittee was established to publish safety articles and disseminate them to each LMSC on a quarterly basis. The committee will purchase USS Safety brochures and distribute them to each LMSC safety coordinator.

Sports Medicine, Health and Safety Proposed name change to Science and Medicine Committee was defeated. Sports Medicine Workshops at Convention and SWIM magazine articles will continue.

Zone Incumbent officers were re-elected: President - Mel Goldstein, Vice President - Jim Miller, Secretary - Suzanne Rague, and Treasurer - Lucy Johnson. Nominees for Zone Chairman were Kathy Casey, Tom Lyndon, Stephanie Walsh, and Mary Lee Watson.

The committee elected Stephanie Walsh.

Northwest Zone Boise will host the 1996 Long Course Northwest Zone Championship. Elin Zander was re-elected as zone rep.

**1995 PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS
BOARD OF DIRECTORS
UPDATED 10/15/95**

Jane Moore - President	1867 58th St NE Tacoma, WA 98422-1517	206-925-0803
Jeanne Ensign, Vice-Pres	600 Malden East #102 Seattle, WA 98112	206-324-6768
Deborah Bagg, Secretary/SSEA	170 11th Ave #306 Seattle, WA 98122	206-621-7896
Tammi Keeler, Treasurer/GLAD	8908 10th Pl SE Everett, WA 98205	206-397-7781
Kathrine Casey, At-Large/FTS	11114 111th St SW Tacoma, WA 98498	206-588-4879
Lee Carlson, At-Large/SAC	4368 E Mercer Way Mercer Island, WA 98040	206-232-3916
Chaya Amiad, At-Large	1700 17th Ave #210 Seattle, WA 98122	206-329-3497
Suzanne Dills, Membership	1101 N Northlake Way Seattle, WA 98103	206-547-1654
Suzie Ness, Meets	3613 Wallingford Ave N Seattle, WA 98103	206-547-3309
Walt Reid, Records/Top Ten	11114 111th St SW Tacoma, WA 98498	206-588-4879
Gary Maynard, Newsletter/SAM	13818 SE 7th St Bellevue, WA 98005	206-641-7435
Phyllis Gill, Fitness	14037 SE Allen Rd Bellevue, WA 98006	206-865-9856
Phoebe Terhaar, Awards	7804 RentonIssaquahRdSE Issaquah, WA 98027	206-557-6567
Janet Kavadas, Officiating	217 Alder St. #305 Edmonds, WA 98020	206-775-5814
Linda Sullivan, Social	1002 SW 298th Federal Way, WA 98023	206-941-8028
Gordon Gray, Computer Appl	15911 67th Lane NE #2 Bothell, WA 98011	206-488-8825
Hugh Moore, Const & ByLaws	1867 58th St NE Tacoma, WA 98422-1517	206-925-0803
Alan Capron, BAC	11200 SE 6th Bellevue, WA 98004	206-455-1616
Sylvia Powell, BEST	1655 180th Ave NE Bellevue, WA 98008	206-747-1181
Barb Gundred, BAYS	3880 Gala Loop Bellingham, WA 98226	360-734-8364
Jeanette Harris, Enumclaw	37430 244th SE Enumclaw, WA 98022	360-825-6172
Frank Newquist, FWM	2210 6th Ave #2B Milton, WA 98354	206-474-1267
David Kienlen, Issaquah	145 NewportWay NW D202, Issaquah, WA 98027	206-557-8206
David Demorest, MISC	4272 Whitman Ave N Seattle, WA 98103	206-632-4821
Coral Bernier, Mt. Rainier	22607 27th Pl S Des Moines, WA 98198	206-878-2695
Kathy Collings, Northshore	11635 NE 135th St, Kirkland, WA 98034	206-823-4384
Sally Meuer, North Whidbey	2127 Fireside Lane Oak Harbor, WA 98277	360-679-2117
Steven Peterson, OOPS	11165 CentralValley Rd NW Poulsbo, WA98370	360-692-1669
Paul Sherman, ORCA	1604 Madrona Drive Seattle, WA 98122	206-322-0871
Dan Richards, PRO Club	4455 148th Ave NE Bellevue, WA 98007	206-885-4591
Rick Benner, Puyallup	13001 149th St E Puyallup, WA 98374	206-848-4911
Edward Artis, QASC	2547 1st W Seattle, WA 98119	206-285-1268
Heidi Hagelstein, SQM	470 Snagstead Way Port Townsend, WA 98368	360-385-3960
Cynthia Rosik, Tacoma YMCA	6133 Cromwell Dr NW Gig Harbor, WA 98335	206-265-2495
Erik Strom, Valley Masters	4833 Tumwater Valley Dr Tumwater, WA 98502	360-943-1040
Pinky Walker, Thunderbird	2802 Cherokee Ln Mt Vernon, WA 98273	360-424-8755
Tom Foley, Tigers	10011 40th Ave SW Seattle, WA 98146	206-937-5585
AnnaMarie Terhaar Part/Growth	7804 RentonIssaquahRdSE Issaquah, WA 98027	206-557-6567
Robin O'Leary, Coaches	6323 19th Ave NE Seattle, WA 98105	206-525-7725
Mark VanAchte, Open Water	6815 142nd Ct NE Redmond, WA 98052	206-881-6767

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
Saturday, November 18	
1	400 IM
2	1650 Free
Sunday, November 19	
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: _____

**UNITED STATES MASTERS SWIMMING, INC.
1996 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 _____ **Date of birth:** _____ **Age:** _____ **M/F:** _____
Area Code Month Day Year

My club is: Pacific NW Aquatics (PNA) Sequim (SQM) Pro Sports Club (PRO) Puyallup Aquatic (PAC) Unattached
My Team is: _____ Unattached
Name
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 1996</u>	If Registering After Sept 1, 1996: (Prorated)
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 _____

PNA MASTERS LOCAL SWIMMING COMMITTEE
 MEET ENTRY FORM: January 21, 1996
 Hosted by TAC Masters
 at Fidalgo Pool
 Sanction # 963604

Entries due: January 11, 1996

ORDER OF EVENTS
 # Event

1 * 400 Free/400 IM *

30 minute warm-up - Event 2 will not start before 11:00 AM

2 Free Relay
 3 100 Back
 4 200 Free
 5 50 Fly
 6 200 Breast
 7 100 IM

5 minute break

8 Mixed Free Relay
 9 200 Back
 10 50 Free
 11 100 Fly
 12 50 Breast

5 minute break

13 Medley Relay
 14 50 Back
 15 100 Free
 16 200 Fly
 17 100 Breast
 18 200 IM
 19 Mixed Medley Relay

DATE: January 21, 1996
 TIME: Warmup: 8:30 a.m.
 Meet: 9:30 a.m.

PLACE: Fidalgo Pool
 1603 22nd
 Anacortes WA 98221
 (360)-293-0673

FOR MEET INFO
 CALL: Mike Bemis
 (360)-293-0673

FACILITY: 6-lane, 25 meter pool
 warm-up area
 water temp: 85

RULES: Current USMS rules will govern the meet

ELIGIBILITY: Open to all USMS registered 1996 swimmers 19 and over

SEEDING: Slow to Fast

CONCESSIONS: Yes - donuts for 25 cents and free coffee

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: Take I-5 exit 230. Go west on Highway 20 to its end at Anacortes. Turn RIGHT onto Commercial Avenue and go about 10 blocks to 22nd street. Turn LEFT on 22nd and go up the hill to J Avenue (about 6 blocks).

PNA MASTERS LOCAL SWIMMING COMMITTEE
 MEET ENTRY FORM: January 21, 1996
 Hosted by TAC Masters
 at Fidalgo Pool
 Sanction # 963604

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____

TEAM _____ or UNATTACHED _____ ASSOCIATION _____

AGE GROUP: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59
 60-64 65-69 70-74 75-79 80-84 85-89 90+

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

Please note that swimmers in event 1 may choose to swim either the 400m Freestyle or the 400m IM. If you enter event 1, please indicate whether you will be swimming freestyle or IM so that your swim can be judged accordingly.

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER _____ EVENT _____ EVENT TIME _____

ENTRY FEES

SURCHARGE: \$4.00 _____ \$4.00 (Includes LMSC surcharge \$1)

Electronic Timing surcharge _____ \$1.00

Individual Events @ \$1.00 each _____ (No charge for relays)

TOTAL _____

Checks payable to: TAC Masters

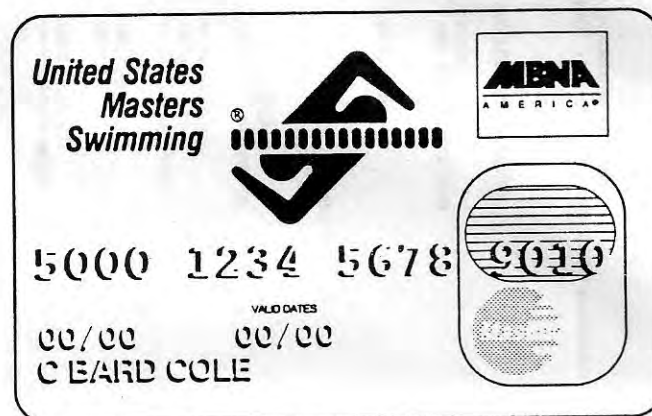
Mail fees and this entry form to: Mike Bemis
 1603 22nd
 Anacortes WA 98221

Entries must be postmarked by January 11, 1996.

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 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 individual officiating at the meets or supervising such activities. In addition, I agree to abide by and be governed by the rules of the USMS.

SIGNATURE _____ DATE _____

The winners of the world deserve special credit



The United States Masters Swimming MasterCard® Card Strength. Flexibility. Dedication.

Athletes and the U. S. Masters Swimming MasterCard have a lot in common. The U. S. Masters Swimming MasterCard. It's the only credit card that gives you the strength of higher credit lines, the flexibility of worldwide acceptance and the same dedication to swimming that our members show.

Each time you make a purchase with the USMS MasterCard card, MBNA America®, the card's issuing bank, makes a contribution to USMS to help fund important programs and services like fitness - all at no additional cost to you. It's a great way to show your pride in being a member of USMS and a great way to help shape the future of United States Masters Swimming.

And it's backed by MBNA's 24-hour commitment to customer satisfaction, 365 days a year.

The USMS MasterCard. For members, it's the winning choice.

FOR MORE INFORMATION: CALL
1-800-847-7378

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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 you 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 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
50		
100		
150		
200		
250		
300		
350		
400		
450		
500		
550		
600		
650		
700		
750		
800		
850		
900		
950		
1000		

	cum	lap
1050		
1100		
1150		
1200		
1250		
1300		
1350		
1400		
1450		
1500		
1550		
1600		
1650		
1700		
1750		
1800		
1850		
1900		
1950		
2000		

	cum	lap
2050		
2100		
2150		
2200		
2250		
2300		
2350		
2400		
2450		
2500		
2550		
2600		
2650		
2700		
2750		
2800		
2850		
2900		
2950		
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

FUN - FITNESS - FRATERNITY - AND PARTICIPATION

INVITATIONAL SHORT COURSE METERS MASTERS SWIM MEET

HOSTED BY MASTERS CLUBS OF GREATER VANCOUVER

NET PROCEEDS FOR CANCER RESEARCH IN MEMORY OF COACH TED SIMPSON

SUNDAY, NOVEMBER 19, 1995, AT SIMON FRASER UNIVERSITY (MAP ON REVERSE)

WARMUP - 10:00AM
EVENTS - 10:45AM TO 3:00PM
SOCIAL - 3:00PM

25 METERS
6 LANES
DIVE TANK

MANUAL TIMING
COIN LOCKERS

SANCTION # MSA 5602
POOL EMERGENCY PHONE 604-291-4142

RULES: MASTERS SWIMMING CANADA RULES APPLY

ENTRIES: PLEASE COMPLETE THE REGISTRATION GRID CLEARLY AND COMPLETELY. CANADIAN OR USA MASTERS REGISTRATION AND CLUB AFFILIATION MUST BE DECLARED. PINK AND BLUE TIME CARDS ARE NOT REQUIRED. WHERE EVENTS ARE SEEDDED TOGETHER, PLEASE CHOOSE ONE ONLY. DUE TO NUMBERS, MEN'S AND WOMEN'S HEATS MAY BE COMBINED. MAXIMUM NUMBER OF ENTRIES PER SWIMMER: FOUR INDIVIDUAL EVENTS PLUS RELAYS.

AGE GROUPS: AGE AS OF DECEMBER 31, 1995. INDIVIDUAL EVENTS: 5-YEAR INCREMENTS STARTING 20-24. RELAYS: AGGREGATE AGES OF THE TEAM: 80+, 100+, 120+, THEN 40YR INCREMENTS.

AWARDS: EXCEPT FOR THE NOVELTY RELAY, RIBBONS FOR FIRST THREE IN EACH EVENT.

ENTRY FEES AND DEADLINE: \$15 PER SWIMMER ENTRY POST MARKED OR DELIVERED BY NOVEMBER 3, 1995. \$25 PER SWIMMER ENTRY POST MARKED OR DELIVERED BY NOVEMBER 10, 1995. ENTRIES WILL NOT BE GUARANTEED AFTER NOVEMBER 10, 1995. PLEASE MAKE CHEQUES PAYABLE TO "GREATER VANCOUVER MASTERS" AND MAIL COMPLETE ENTRY AND FEES TO MEET MANAGER.

MEET MANAGER: DENIS K.-CROCKETT, 3833 EMERALD DRIVE, NORTH VANCOUVER, BC, V7R-3B6
TELEPHONE: 604-985-5090 (OFFICE) PLEASE LEAVE MESSAGE

EVENTS:

	EVENT NUMBERS	
	FEMALE	MALE
200 M FREESTYLE RELAY	1	2
*200 M FREESTYLE OR BACKSTROKE OR BREASTSTROKE * 3 or 5 or 7 * * 4 or 6 or 8 *		
50 M BREASTSTROKE	9	10
100 M FREESTYLE	11	12
25 M BUTTERFLY	13	14
50 M BACKSTROKE	15	16
*200 M INDIVIDUAL MEDLEY or BUTTERFLY * * 17 or 19 * * 18 or 20 *		
100 M BREASTSTROKE	21	22
200 M MIXED MEDLEY RELAY		23
50 M BUTTERFLY	25	26
100 M BACKSTROKE	27	28
*400 M INDIVIDUAL MEDLEY or FREESTYLE * * 29 or 31 * * 30 or 32 *		
50 M FREESTYLE	33	34
100 M INDIVIDUAL MEDLEY	35	36
4 X 25 M NOVELTY RELAY TO BE DECK SEEDDED		37

* NOTE: THESE EVENTS ARE SEEDDED TOGETHER: CHOOSE ONLY ONE OF SUCH EVENTS.

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

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Seattle, WA
Permit No. 2334

Pacific Northwest Association of Masters Swimmers
1867 58th St. NE Tacoma, WA 98422



THANKS TO ALL SWIMMERS
WHO PARTICIPATED IN THE
POSTAL PENTATHLON AT SAMENA