

# ❖ The WetSet ❖

Volume 14 Issue 11

December 1995

## President's Letter



Dear PNA Swimmers:

The 5K and 10K Postal National Championship, hosted by PNA, is completed. There were a total of 118 entries. The largest number of entries came from Crawfish Masters in Baton Rouge, Louisiana with 25. Seven PNA swimmers entered. The final financial report is not done yet, but PNA should make several hundred dollars from the competition.

The next PNA sponsored event is the Hour Swim to be held in January. We should try for much greater PNA participation in this event. Everyone can swim for an hour. You can stop as much as you need to, but continue on to find the distance you can swim in one hour.

Along with the national postal championship, you can raise money for the American Cancer Society in the Swim Against Cancer. Look for details elsewhere in the WetSet.

Please remember that our meets are Masters meets. This means that everyone in the pool must be registered with United States Masters Swimming. To register with USMS, you must be at least 19 years old. That means that no one's young children are Masters swimmers. They should not be allowed in the pool at meets. This activity invalidates our insurance coverage. Please help by keeping your children out of the water at meets.

Tom Foley of the Tigers serves as PNA Historian. He has several scrapbooks containing articles about various PNA swimmers and activities. If you see an article about one of our swimmers, please get a copy to Tom so we can continue to update the scrapbooks. His address is 10011 40th Ave SW, Seattle, WA 98146.

Congratulations to the PNA members serving on national committees. This shows a great dedication and commitment to the future of Masters swimming. Jeanne Ensign is the new chair of the Finance Committee. Walt Reid continues as chair of Records and Tabulation. Hugh Moore is chair of the newly established Officials Committee.

USMS Committee members are Frank Newquist: finance; Phyllis Gill: fitness; Jan Kavadas: officials and rules; Kathy Casey: rules; Kathy Casey and Walt Reid: ad hoc Recognition and Awards, and Hugh Moore and Walt Reid: ad hoc computer registration and top ten. I am on the sports medicine and legislation committees. This gives the PNA excellent representation at the national level.

Have a happy holiday season. Good swimming in the coming year.

Jane Moore

### Editor's Note:

Congratulations to the 1995 PNA recipients of the Presidential Service Awards recognizing exceptional work on behalf of USMS: Kathy Casey, Jeanne Ensign, Hugh Moore and Walt Reid.

I would like to encourage everyone to participate in a special event coming up in January, the Swim Against Cancer. This is an event where we as swimmers can give something of ourselves to help others. The one-hour swim is held in memory of our own Dawn Musselman who died of cancer.

Nominations for the Dawn Musselman Inspirational Swimmer Award are now being accepted. This award is open to all PNA swimmers. See details on the one-hour swim and award nominations in this newsletter.

Happy Holidays

### *Inside This Issue*

Dawn Musselman Award and Swim Against Cancer

February Fitness Challenge

North Kitsap Meet Results

#### **Race Entry Forms**

TAC Masters - Anacortes  
Orca Swim Club - Seattle  
Eugene Masters - Eugene



**PNA OFFICERS****President**

Jane Moore  
1867 58th Street NE  
Tacoma, WA 98422  
(206) 925-0803

**Vice President**

Jeanne Ensign  
600 Malden Avenue E #102  
Seattle, WA 98112  
(206) 324-6768

**Treasurer**

Tammi Keeler  
(206) 397-7781

**Secretary**

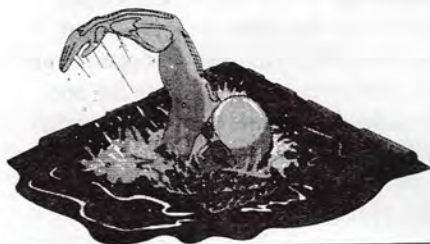
Deborah Bagg  
(206) 621-7896

**Membership**

Suzanne Dills (Registrar)  
1101 N Northlake Way  
Seattle, WA 98103  
(206) 547-1654

**Newsletter Editor**

Gary Maynard  
13818 SE 7th Street  
Bellevue, WA 98005  
(206) 641-7435



United States Masters Swimming, Inc. is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc.

**1995/1996 MEET SCHEDULE****PNA Meets**

<u>Date</u>	<u>Event</u>	<u>Location</u>
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 Empire (Rich Swoboda)**

Dec. 17	SCY	CdA Sta-Fit Pool, Coeur d'Alene, Idaho (Pentathlon)
Jan. 6-7	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 Empire Championships

**Oregon (Eric Guest)**

Dec. 9-10	SCM	NW Zone Championships, Oregon City
Jan. 20	SCY	Echo Hollow Pool, Eugene
Jan. 27	SCY	Tualatin Hills Pentathlon, Beaverton
Mar. 15-17	SCY	Oregon LMSC Championships, Mt. Hood CC, Gresham

**Snake River**

Aug. 3-4	LCM	NW Zone Championships, Boise Idaho
----------	-----	------------------------------------

**National/International**

Apr. 13-17	LCM	International Senior Games - Bermuda
Apr. 18-21	SCY	YMCA Masters Nationals - Orlando Florida
May 9-12	SCY	USMS Nationals - Cupertino California
May 17-20	LCM	Canadian Championships - Winnipeg, Ontario
6/23 - 7/2	LCM	FINA World Championships - Sheffield England
Aug. 21-25	LCM	USMS Nationals - Ann Arbor Michigan

**For Information on Meets Outside of the PNA Area****Inland Empire**

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

**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

**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

**MINUTES OF THE PNA BOARD MEETING  
HELD SEPTEMBER 12, 1995**

The meeting was called to order by President Jane Moore at 7:08 pm at The Alternative High School in Tacoma. Present were Jeanne Ensign, Gary Maynard, Jan Kavadas, Kathy Casey, Hugh Moore, Suzie Ness, Gordon Gray, Deborah Bagg, Steve Peterson, and Frank Newquist. Teams represented were GLAD, Samena, Federal Way Masters, Fort Steilacoom, BASS, Orca, OOPS, and SSEA.

MINUTES. June minutes were MSA after the following corrections were made: the correct spelling of the Hy-Tek computer program was noted; the correct spelling of Marietta Hunsiker's name was also noted. August minutes from the PNA Board Meeting at Nationals were also MSA. At that meeting, it was decided that PNA will submit a bid to host the 1997 Short Course Nationals.

TREASURER'S REPORT. Jeanne Ensign (for Tammi Keeler) announced that the total account balance is \$6,462.38 with \$2,694.33 in the Wiggin Fund and \$3,768.05 in the PNA treasury.

-- Tammi Keeler's new address is: 8908 - 10th Place SE, Everett, WA 98205. Phone: (206) 397-7781.

-- The Wiggin Fund approved \$200 for a rental car for Chaya Amiad to attend Long Course Nationals.

-- It was MSA that 1) we find out what we still owe for awards and certificates; and 2) that if the amount is more than \$60.00, we go back to the Wiggin Fund and ask for more money.

-- Jeanne read a memo from Orca requesting a waiver of the balance owing from their meet. It was MSA to approve that waiver for \$72.47.

-- It was MSA to approve \$181.60 for Jane Moore for envelopes, to mail Board meeting agendas.

COMMITTEE REPORTS.

A. Meets. Suzie has provisionally approved the Wiggin Meet bid from Green Lake, pending the completion of the sanction form, for Saturday, May 18, 1996. Discussion revealed that this date is one week after Nationals and one week before

Memorial Day. Suzie will suggest another date in June, 1996 to ensure better attendance, but May 18 is acceptable.

-- Tom Foley has suggested we rename the Wiggin meet the "Memorial Meet". After discussion, the Board decided to retain the original name.

-- Jane announced that there is currently a 5K/10K Postal Meet taking place.

-- Suzie announced that she received a call from the West Seattle YMCA requesting a meet bid packet. This would be a possibility for December.

-- Hugh announced that April 12-14 are the dates for the Champs/Zone meet. Dates for the Long Course meet were discussed; it was decided to wait until Convention and see when the Zones Meet will occur.

-- Suzie said that PNA needs to turn in an application for sanction.

-- Jane announced several other meet events: Short Course Meters Championships, December 8-10, 1995; the Minnesota Postal Pentathlon; and the Pacific Masters, October 14-15.

B. Membership. Jeanne (for Suzanne Dills) announced that current PNA membership is 670 individuals. There was discussion that some members are overpaying; the policy is that if members request a refund, we will give it to them. The membership form in the WetSet has been changed. Jane asked Jeanne to send an updated list of officers to the national registrar.

C. Records and Top 10. - Kathy Casey (for Walt): National Short Course Yards Top 10 information is at the printer's. PNA swimmers who made the Top 10 will be listed in the next WetSet. The PNA Top 10 records book will be ready for the next Board meeting.

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

E. Newsletter. - Gary Maynard is now editor of the WetSet. He encouraged people to submit columns, or pictures of officers. Steve Thrasher has asked that a list of PNA records (times only, not names) be published in a Fall issue of the WetSet. Hugh will give Gary information re: the correct number of newsletters to print.

F. Awards. - No report.

G. Social. - No report.

H. Officiating. - No report.

I. Fitness. - Gary (for Phyllis): questions can be discussed at Convention.

J. Computer Applications. - Gordon Gray distributed an explanation of how he calculated percentages for PNA swimmers. Jane said that USMS will subsidize the purchase of Hy-Tek software for PNA; we need to let them know we are considering this purchase.

K. Constitution and Bylaws.

OLD BUSINESS.

C. 1997 Short Course Nationals Meet Bid - Hugh discussed the bid. Dates would be May 15-18 or 16-19, 1997, with May 7-12 as a second option.

NEW BUSINESS.

Convention-related business: We need to elect a new NW Zone representative. It was MSA that we support Elin Zander, who is currently unopposed. Jane went over a tentative agenda for the NW Zone meeting. There was discussion of bids for the 1996 Zone Long Course Champs Meet: Mt. Hood bid for July 20-21; Boise Idaho bid for August 3-4. It was MSA to support Boise's bid. The Zone rep's duties were reviewed, based on the questions from Elin Zander in the Zone Chatter newsletter.

Convention legislation changes were discussed extensively.

It was MSA to order 50 "Take the Plunge" posters from USMS.

It was MSA to budget \$200.00 for our national meet bid.

NEXT MEETINGS. The next meetings will be Tuesday, October 24th at the home of Suzie and Colin Ness; Tuesday, December 5 (location to be determined); Tuesday, January 23, 1996 at the 320th Library in Federal Way; and Tuesday, February 27 at the Clover Park Alternative High School.

The meeting was adjourned at 9:00 pm.

Respectfully Submitted,

Deborah Bagg, Secretary



## HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

12/16 Edward Waldron	01/03 Joan Miller
12/18 Thomas Grandine	01/03 Larry Wright
12/24 Bernard Kingsly	01/04 Richard Lilleberg
12/24 Thomas Stine	01/05 Elizabeth Herring
12/25 L. (Gene) Crossett	01/05 Peter Sorensen
12/26 Jeanette Harris	01/05 Tim Tynan
12/26 Michelle Robinson	01/06 Nan Benson
12/27 Ute Cray	01/06 Ed Clarke
12/27 A. Jules de Giulio	01/07 James Camlin
12/27 Hope Dean	01/07 Helen Schuchart
12/27 Dawn Ellis	01/08 David Feltwell
12/27 David Hutchinson	01/08 Kiesten Huck
12/27 Brian Jennings	01/09 Bryan Sparrowhawk
12/28 James(Jim) Sloan	01/09 Thomas Taylor
12/29 Marylou Haugland	01/10 Tracy Ferguson
12/29 Curtis Wade	01/10 James McCleery
12/30 Garet Munger	01/11 Vincent Anderson
12/30 Joy Rogers	01/11 Michael Saunders
12/31 James Scantland	01/11 Deborah Taylor
01/01 Julie Corman	01/11 Frank Warner
01/01 Carol Dewell	01/12 Benjamin Miller
01/01 Jeffrey Freshley	01/12 Amy Popp
01/01 Peter Herbst	01/13 Mark Bequette
01/02 Ralph Bremer	01/13 Molly Curtz
01/03 D. Alan Capron	01/13 Jeannie Stougard
01/03 Beverly Krueger	01/15 John Underbrink
01/03 John McJunkin	

# WELCOME TO THE PNA

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

Jan Ahten-Cassot, Allison Beadle, Richard Breuhaus, Stewart Ellison, Jenny Emsky, Peter Emsky, Robert Furlong, Robin Garst, David Geisheker, Gail Hashagen, Camille Johnson, Lynette Jones, Mary Anna Keiser, Michael Keller, John Kokes, Ralph Moore, Bill Pepin, Michael Peters, Timothy Peters, John Sweeney, Mark Terrell, George Unruh, and Doug Wolf.

### NON -PNA MEMBERS SUBSCRIPTION FORM FOR THE WETSET

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

# MINUTES OF THE PNA BOARD MEETING HELD OCTOBER 24, 1995

The meeting was called to order by President Jane Moore at 7:11 pm at the home of Suzie and Colin Ness. Present were Deborah Bagg, Gordon Gray, Walt Reid, Gary Maynard, Suzie Ness, Steve Peterson, Kathy Casey, Tom Foley, Chaya Amiad, Jan Kavadas, Jeanne Ensign, Phyllis Gill, and Suzanne Dills. Teams represented were SSEA, BASS, Ft. Steilacoom, Samena, Orca, OOPS, Tigers, FW, GLAD, and BAC.

**MINUTES.** September minutes were MSA after the following corrections were made: the correct spelling of *ensure* was noted; there is no hyphen in *rename*; there is no slash in *PNA Top Ten* records book; Elin Zander is *unopposed*; it was MSA to order 50 "Take the Plunge" posters from USMS; it was MSA to budget \$200.00 for our national meet bid; the February 27, 1996 meeting will be at the *Clover Park Alternative High School*; *WetSet* is one word.

**TREASURER'S REPORT.** Jane Moore (for Tammi Keeler) announced that the PNA balance is \$1,658.69, and the Wiggin Fund balance is \$2,379.84.

-- It was MSA to approve \$68.63 for Jane Moore, to cover postage and printing expenses.

-- Jane presented Hugh Moore's proposal to fully reimburse Convention expenses for the eight people who attended. \$3,000.00 had been budgeted; the actual expenses totaled \$4,599.57. Discussion was deferred until the December Board meeting.

-- Jane proposed the formation of an ad hoc committee to determine selection of Convention delegates, reimbursement of Convention-related expenses, and other Convention-related requirements and policies. Tammi Keeler, Walt Reid, Jeanne Ensign, and Steve Peterson volunteered to serve on this committee. Jeanne will ask Suzanne Rague for a copy of Oregon's Convention-related policies. This committee will publish its recommendations in the *WetSet* before they are finalized. In response to Gordon Gray's question, it was clarified that anyone can go to Convention, if they are willing to

pay their own way -- they just won't be able to vote.

-- Jane requested that each PNA Board Committee chair find 2 or 3 people to be on their committees, so that the workload can be shared.

## COMMITTEE REPORTS.

**A. Meets.** Suzie Ness -- It was MSA to accept the Wiggin Meet bid for June 1, 1996.

-- At the January Anacortes Meet, swimmers will have the choice of swimming a 400 free OR a 400 IM.

-- Jane announced that there will be a LC Zones meet in Boise at the end of July, 1996, so there will be no meets at the Federal Way facility in July. June 15-16, 1996 is the only other weekend available for a LC meet at the Federal Way Aquatic Center. Anyone interested in being meet director should contact Jane or Hugh Moore.

-- The Tacoma Swim Club has started a master's team at Wilson High School. Workouts are Monday-Thursday, 7:30-8:45 pm.

-- There was discussion of the low turnout for the Oak Harbor meet; general consensus was that it was because the meet was a 2-day meet, scheduled for both mornings. Steve Peterson said the meet was very well run.

-- Suzie said that she needs to see meet entry forms **before** they are published in the *WetSet*.

**B. Membership.** Suzanne Dills announced that current PNA membership is 672 individuals; 1994's total was 642, so this year's figure represents a 5% increase. Suzanne said that in November she can begin registering swimmers for 1996.

-- It was MSA to approve invoices for membership renewal.

-- Suzanne said she would try to get a Zip+4 zip code listing for Gary, to reduce our bulk mailing costs.

-- It was MSA to maintain the \$10.00 charge for team registration, to pay for trophies for the PNA Champs meet.

**C. Records and Top 10.** Walt gave the Oak Harbor Meet results to Gary Maynard. He announced that at the Canadian Nationals SCM Meet in Victoria, two PNA members broke world records: Suzanne Dills in the 800 free, and Steve Thrasher in the 100 back and 200 back. Walt also

distributed copies of the PNA records booklet to representatives of each team.

**D. Publicity.** - Chaya Amiad volunteered to chair this committee.

**E. Newsletter.** - Gary Maynard said that Jeanne Ensign still needs volunteers to help with mailing the *WetSet*.

**F. Awards.** - No report.

**G. Social.** - No report.

**H. Officiating.** - Jan Kavadas announced that there may be a stroke and turn clinic on November 18, 9-11 am, at Cascade.

**I. Fitness.** - Phyllis Gill reminded people of the pentathlon taking place at the Samena Club on Saturday, October 28. She also said that Samena is interested in having an experienced coach mentorship program; she will talk to Robin O'Leary about this.

**J. Computer Applications.** - Steve Peterson shared the results of his recent Internet search on the terms "masters swimming." The search yielded 11 hits.

**K. Constitution and Bylaws.** - No report.

## OLD BUSINESS.

**A. Ad Hoc Committees** - No report.

**B. Convention Report** - This will be published in the next *WetSet*. Anyone wanting additional information can contact any of the convention delegates.

**C. Safety Guidelines** - Safety guidelines from Oregon were handed out at the last Board meeting. Jane proposed the formation of an ad hoc safety committee; Kathy Casey, Chaya Amiad, and Jan Kavadas volunteered.

**D. 1997 Short Course Nationals Meet Bid** - Jane read a proposal from Hugh. The April 12-14, 1996 Champs/Zones Meet would serve as a test meet for the 1997 Nationals. The proposal included a tentative list of committee chairs. It was MSA to approve the dates for the 1997 Nationals Meet: May 15-18, 1997 (Thursday - Sunday). Jane encouraged anyone who is interested in volunteering to contact her or Hugh, beginning immediately.

## NEW BUSINESS.

Jane distributed a memo from Karen Jost about increasing interest, participation, and fundraising in the annual Dawn Musselman Swim Against Cancer. Karen is asking for ideas and input.

(Continued on page 12)



# **Dawn Musselman**

## **Inspirational Swimmer Award**

The initial inspirational swimmer award was given to Dawn Musselman in 1986. Dawn was a long time member of the PNA. Not only was she one of PNAs most gifted swimmers, but she was the kind of person who inspired other swimmers and encouraged them to do their best. This award was named in her honor.

Subsequent winners of this award are: Marlene Holmes (1987), Maxine Carlson (1988), Jim Penfield (1989), Tom Foley (1990), Karen Jost (1991), Jan Kavadas (1992), Robin O'Leary (1993), Marion Mueller (1994), and Tammi Keeler (1995).

Nominations for the annual Dawn Musselman Inspirational Swimmer Award are open to all members of the PNA. The award is given to the swimmer who is...

An inspiration to all PNA swimmers

Shows willingness to share information, training or coaching tips

Offers encouragement to other swimmers

Exhibits good sportsmanship at all times

Shows a strong commitment to PNA Masters Swimming

The award will be presented at the Banquet following the PNA Championship Meet in April. Nominations should be submitted by phone to either Steve Peterson at (360) 692-1669 in Port Orchard or Frank Newquist at (206) 474-1267 in Tacoma.

**All entries must be received by March 10, 1995**



**UNITED STATES MASTERS SWIMMING, INC.**

**1996 REGISTRATION APPLICATION**

Pacific Northwest Association of Masters Swimmers

REGISTER WITH THE SAME NAME YOU WILL USE FOR COMPETITION

Please Print Clearly

☐

**RENEWAL**

☐

**NEW Registration**

My current USMS number is \_\_\_\_\_

**Name:**

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**

**Total 1996 Fee**

Under 65

\$30

Senior: 65 & over

\$23

Your LMSC fee includes a subscription to the WetSet

Your USMS fee includes a subscription to SWIM Magazine

**Mail to:**

**Suzanne Dills, Registrar  
1101 N. Northlake Way  
Seattle, WA 98103  
(206) 547-1654 (work)**

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 the USMS.

Signature \_\_\_\_\_

Date \_\_\_\_\_

## Swimmer Information

Name: \_\_\_\_\_ Sex: M F Birthdate: \_\_\_\_\_

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

Phone: \_\_\_\_\_ USMS# \_\_\_\_\_

Team: \_\_\_\_\_

Release of 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 DAMAGE CAUSED BY 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, AS A CONDITION OF MY PARTICIPATION IN MASTERS SWIMMING. In addition, I agree to abide by and be governed by the rules of USMS.

**CERTIFICATION:**

It is certified that on \_\_\_\_\_, \_\_\_\_\_ swam \_\_\_\_\_ yards  
(date) (name)

in one hour, timed by stopwatch.

Signature of swimmer

Signature of counter/timer

## PLEDGES:

[illegible]



9TH ANNUAL

# ~ DAWN MUSSELMAN ~ Swim Against Cancer

The Dawn Musselman **Swim Against Cancer** is a one-hour individual swim event to benefit the American Cancer Society. When Dawn Musselman, a nationally ranked Masters swimmer from the Puget Sound area died of cancer, **Swim Against Cancer** was organized as an annual fundraising event.

## WHAT:

*Swim Against Cancer* is a contest to determine the distance an individual can swim in one hour to raise funds for the American Cancer Society. Each participant collects pledges for the distance he/she will swim. Participants swim in their local pools and must have a timer/counter to verify the numbers of lengths swum by stopwatch/splits.

## WHERE:

The *Swim Against Cancer* can take place in any 25-yard pool. Check the "Wet Set" for locations of organized swims near you. Or ask your local pool to donate time for a group effort.

## WHEN:

The *Swim Against Cancer* is held anytime between January 1 and January 31. Entry forms with pledges and contributions must be received by February 16, 1996 to be eligible for prizes and team credit.

## WHO:

Any registered USMS athlete is eligible to participate. A minimum \$15 contribution is required for each entry.

## PRIZES:

### \$25 level:

*Swim Against Cancer* swim cap

### Awards:

**Team:** Most money raised per person: plaque and traveling trophy  
Donated by Wilson Trophy  
(Must be PNA registered team of 4 or more participants)

**Individual :** Most money raised: \$40 gift certificate  
Donated by Sylvia's Swim Wear

### Raffle:

All swimmers entered in drawing (Feb. 19) for gift certificates & prizes.

## TO ENTER

Send completed pledge sheet and collected contributions by February 16 to:  
Karen Jost • 5618 23rd Street East # 37 • Fife, WA 98424-2008

## QUESTIONS?

Call Karen at (206) 845-5785 (days) or (206) 926-8427 (home)





# February Fitness Challenge '96



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

**Host:** Crawfish Masters Swim Team, Baton Rouge, La.

**Sponsors:** Speedo Authentic Fitness  
Maxwell Marketing Associates, Inc.

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

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

**Recording Distance:** Beginning February 1, 1996, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

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

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

**Age Groups:** 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79... (in five year increments)

**Age:** Determined by your age on February 29, 1996

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

**Entry Fee:** \$6.00, all fees (check or money order) payable to Crawfish Masters Swim Team

**T-shirts:** \$12.00, short sleeve, 100% cotton, five-color screen. Theme: "Fitness Frog: Leap Year Laps!"

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

**Entry Deadline:** Entries must be RECEIVED by March 18, 1996. Late entries will be returned!

**Entry Procedure:** Send form below and fees to:  
FEBRUARY FITNESS CHALLENGE  
c/o Scott Rabalais  
3537 Christina Ave.  
Baton Rouge, LA 70820 USA  
Phone: (504)766-5937

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

**Workout Guide:** For a free brochure entitled "Using the Pace Clock," send a self-addressed stamped envelope to the above address.

## February Fitness Challenge '96

(please print)

NAME: \_\_\_\_\_ AGE (as of 2/29/96): \_\_\_\_\_ SEX: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_  
ZIP: \_\_\_\_\_ COUNTRY: \_\_\_\_\_ PHONE: ( ) \_\_\_\_\_ USMS MEMBER? Y N

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

LEAP YEAR BONUS: THU FEB 29 \_\_\_\_\_

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

I attest that the above results are accurate and true.

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

FEES			
Entry Fee	\$ 6.00	_____	(required)
T-Shirt	_____ x 12.00	_____	(optional)
Circle T-shirt size(s): S M L XL XXL			
Swim Cap	_____ x 3.00	_____	(optional)
Int'l Fee	3.00	_____	(outside U.S.)
TOTAL	_____	_____	(U.S. funds only)
(fee payable to Crawfish Masters Swim Team)			



# ★ 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:** Wayde Mulhern Phone-Day: (612) 635-5167 Evenings: (612) 783-1282

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

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

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

<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.



(Continued from page 5)

**NEXT MEETINGS.** The next meetings will be Tuesday, December 5 (Nov./Dec.) at the Samena Club (workout before the meeting!); Tuesday, January 23, 1996 at the 320th Library in Federal Way; and Tuesday, February 27 at the Clover Park Alternative High School.

The meeting was adjourned at 9:00 pm.

Respectfully Submitted,

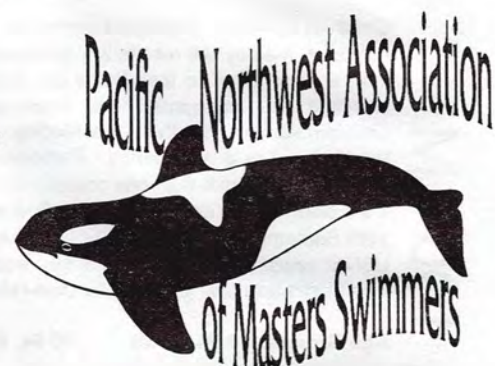
Deborah Bagg, Secretary

## Upcoming PNA Board Meetings

December 5th - Samena Club

January 23rd - Federal Way Library

February 27th - Tacoma AI School



## Tips For Fund-raising Swim Against Cancer

Dedicate your personal effort to someone who has won a battle with cancer or to someone who is battling cancer or to someone who has lost their battle - or all three. Include that in a letter along with a self-addressed stamped envelope.

Consider mailing to:

Friends

Service club members

Business associates

Church members

Co-workers

Doctor, dentist, hairdresser, barber

Relatives

Christmas or Hanukkah card list

Write one kind of letter for friends and another for business associates.

Aim high - ask for \$100 and settle for \$50. Gear the amount you are asking for to your audience.

If you belong to a service club or church group, ask if you may have 2 minutes to ask for support.

Ask your company about matching funds. In order for it to count toward incentives, you must turn in written confirmation prior to the event.

Be enthusiastic about the event when talking about it. Your enthusiasm will be catching.



**PNA Masters Local Swimming Committee Meet Entry Form  
Hosted by Orca Swim Club**

**February 17, 1996**  
Helene Madison Pool — Seattle, WA  
Sanction # 963602

Name \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Age \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone (\_\_\_\_) \_\_\_\_\_ Birth Date \_\_\_\_\_ USMS or CASA No. \_\_\_\_\_  
(NOTE: Entry is not valid without a current USMS or CASA No. Non-PNA swimmers:  
please attach a copy of your Masters Registration card with this form.)

Team \_\_\_\_\_ (or) Unattached \_\_\_\_\_ Association \_\_\_\_\_  
Age Group 19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55-59 60-64  
65-69 70-74 75-59 80-84 85-89 90+

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

**Entry information (See back of sheet for event numbers and schedule.)**

Event number	Event (5 individual events max., plus relays)	Your time
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Entry fees** **Make checks payable to Orca Swim Club.**

Fiat Fee: U.S. \$8.00 Can. \$10.00 (includes LMSC  
surcharge of \$1.00, individual events, relays and heat sheet.) \$ \_\_\_\_\_  
Payment in Canadian dollars should be in Canadian dollar  
denominated cashier check or personal check.

*Registered swimmers may form relays on the day of the meet.*

Mail fees and this entry form to: Paul Verner c/o

Orca Swim Club  
P.O. Box 20173  
Seattle, WA 98102  
(206) 322-7769 (Team Seattle), voice mailbox 130  
**Entries must be postmarked by February 7, 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 THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

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

**PNA Masters Local Swimming Committee Meet Entry Form  
Hosted by Orca Swim Club**

**February 17, 1996**  
Helene Madison Pool — Seattle, WA  
Sanction # 963602

**ENTRIES DUE FEBRUARY 7, 1996**

**Schedule**  
Warm-up 9:00 a.m.  
Meet 10:00 a.m.

**Order of events (Seeding is slow to fast)**

1. 200 Free Relay
2. 200 Fly
3. 200 Back
4. 50 Breast
5. 100 Free
- Break (5 minutes)
6. 200 Mixed Free Relay
7. 200 IM
8. 50 Fly
9. 100 Back
10. 200 Breast
11. 50 Free
- Break: Pink Flamingo Relay (30 minutes)
12. 200 Medley Relay
13. 100 Fly
14. 50 Back
15. 100 Breast
16. 200 Free
- Break (5 minutes)
17. 100 IM
18. 200 Mixed Medley Relay
19. 500 Free

**Rules & Eligibility**

No diving during warm-ups except in designated lanes.  
This meet is open to all USMS/CASA 1996-registered swimmers, 19 years and older.

**Facility**

Helene Madison Pool  
13401 Meridian Ave. North  
Seattle, WA 98125 Tel. (206) 684-4979  
Six-lane, 25-yard pool with warm-up area. Water temperature, 84 F. Coin lockers.

**Directions**

From I-5 Northbound, take 130th St. exit  
Go west on 130th to Meridian (second light).  
Turn RIGHT on Meridian. The pool is on the left at 134th.  
  
From I-5 Southbound, take 145th St. exit.  
Go west on 145th to Meridian.  
Turn left on Meridian. Go to 134th.



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

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

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

**HAPPY HOLIDAYS**

**BE SURE TO RENEW YOUR**

**USMS REGISTRATION**