

# THE WET SET

July/August 1995

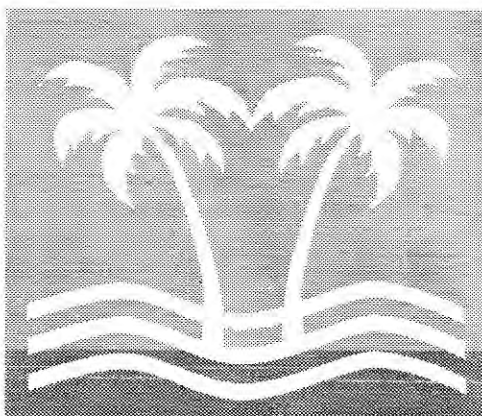
Volume 14 Issue 7

## Editor's Message:

This issue represents a changing of the guard. Phyllis Gill is stepping down as Newsletter Editor and I will be assuming the reins. Phyllis found that she no longer had time to work on the newsletter. I can't imagine why, since she is only running an aquatics program, coaching a swim team, playing on a tennis and softball team, swimming competitively, raising two kids and taking care of a husband. I would like to take this opportunity to thank Phyllis for all the time she has spent putting together a great newsletter. Phyllis will be missed, however she will not be disappearing because she has accepted a board position as the new chairperson for the Fitness Committee.

You have probably noticed that the look of the Wet Set has been changing on a monthly basis. This was due to some changes in computer hardware and software. The format of the newsletter will become more standardized over the next couple of issues.

This month's newsletter is a combined issue for July and August. I would like to particularly direct your attention to the entry forms because several of the postal events have tight timelines for completing the



*It is more important to swim correctly than swim fast because swimming correctly will make you go faster -  
Matt Biondi*

events (USMS 2000 and 5K and 10K events).

One more bit of housekeeping. I would like to thank Phoebe and AnnaMarie Terhaar for volunteering to have the July Board Meeting and PNA, barbeque and get together at their house. A good time was had by all.

**Gary Maynard**

## Upcoming Board Meetings

August/September will be combined and will be held September 12th in Tacoma at the Alternative High School at 7 pm.

The October meeting will be in Federal Way on the 24th.

For more information call Jane Moore at 925-0803.

**The PNA is looking for a team to host the 1996 Long Course Zone Championships. If you are interested, please give Hugh Moore a call at 925-0803. The deadline for applications is in mid-August 1995.**

**inside...**

**PNA and Zone Meet Schedules**

**Race Results - Canadian Nationals, Zone Championships & U.S. Nationals**

**President's Letter**

**Event Entry Forms and more...**

**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) 528-5351

**Secretary**

Deborah Bagg  
(206) 621-7896

**Membership**

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

**Newsletter Editor**

Gary Maynard  
13818 SE 7th Street  
Bellevue, WA 98005

**MEET SCHEDULES**

**1995/1996 PNA Meets**

<u>Host</u>	<u>Date</u>	<u>Location</u>
North Whidbey Masters	Oct. 21-22	John Vandersicht Memorial Pool (Oak Harbor)
North Kitsap High School Swim Teams	Nov. 18-19	North Kitsap Community Pool (Poulsbo)
TAC Masters	Jan. 21	Fidalgo Pool (Anacortes)
Orca Swim Club	Feb. 17	Helene Madison (Seattle)
Bangor Tridents	Mar. 17	Naval Submarine Base (Bangor)
PNA LMSC	Apr. 12-14	Weyerhaeuser/King County Aquatic Center (Federal Way)
<b>Oregon</b>		
Mt. Hood Community College Aquatic Center	Aug. 24-27	Long Course Nationals (Gresham Oregon)

**For information on out of PNA meets:**

**Inland Empire**

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

**Oregon**

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

**Idaho**

Paula Howard  
1816 S. Empire Way  
Boise, ID 83709  
(208) 323-1471

**British Columbia**

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

**Utah**

Annette Taylor  
1709 E 1700 S  
Salt Lake City, UT 84108

**Montana**

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

**Alaska**

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

**Snake River**

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

*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.*

August, 1995

Dear PNA Swimmers:

Long Course Nationals in Oregon are almost here. Good luck to all the PNA swimmers who will attend. Soon after, summer comes to an end, and everyone who did other things all summer ends up back at the pool getting ready for another season. We'll try to give everyone some goals by publishing the PNA Short Course Records in the WetSet in September.

The 5K/10K Postal Swims are continuing. We've received quite a few entries already. The deadline for doing the swims is September 30.

At the June Board Meeting, meet bids were reviewed. Meets for the '95-'96 Short Course season were awarded to:

North Whidbey Masters	Oak Harbor	October 21-22	SCM
North Kitsap High School	Poulsbo	November 18 or 19	SCY
TAC Masters	Anacortes	January 21	SCM
Orca	Helene Madison, Seattle	February 17	SCY
Bangor Tridentes	Bangor NSB	March 17	SCY
PNA/Zone Champs	Federal Way	April 12-14	SCY

A bid has been received since that meeting for the Wiggin Memorial Meet to be hosted by Greenlake in May. This still leaves a couple of open months (September and December), so if your group would like to host a meet let us know.

This should get you interested in getting back in the swim of things if you were out of the water this summer. The PNA LMSC will host a combined PNA and Northwest Zone Championship meet in April at the King County Aquatic Center. We'll need lots of help for that so mark the dates now. We'd like to change the date to April 19-21, but currently there is another meet scheduled at the Aquatic Center.

See you soon.

Jane Moore

**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:**

\_\_\_\_\_  
Age

**M/F:**

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

**MINUTES OF THE PNA BOARD  
MEETING  
HELD MAY 23, 1995**

The meeting was called to order by President Jane Moore at 7:12 pm at the home of Suzie and Colin Ness. Present were Jeanne Ensign, Tammi Keeler, Gary Maynard, Jan Kavadas, Phyllis Gill, Chaya Amiad, Kathy Casey, Hugh Moore, Suzie Ness, Gordon Gray, Robin O'Leary, and Deborah Bagg. Teams represents were GLAD, Samena, Federal Way Masters, OGRE, Fort Steilacoom, BASS, Orca, and SSEA.

MINUTES. April minutes were MSA after the following corrections were made: TREASURER'S REPORT -- Jeanne Ensign reminded the group that the deadline for filing the 990 tax form is May 15, 1995, *and an extension will be filed.* MEETS -- Tammi and Robin O'Leary will *consider* working on getting timers for the Long Course Zones meet. -  
- Discussion of combining the 1996 PNA Champs and SC Zone Champs Meet -- it was MSA to combine these two meets, *contingent upon approval at the April Zone meeting.* NEW BUSINESS -- It was decided to designate a summer Board meeting as a social to review and label *pictures in the PNA scrapbooks.*  
-- Hugh suggested that PNA consider buying 20 new stopwatches. The cost would be under \$400.00.

TREASURER'S REPORT. Treasurer Tammi Keeler announced that the total account balance is \$6,315.30 with \$2,626.30 in the Wiggin Fund and \$3,689.00 in the PNA treasury.

COMMITTEE REPORTS.

- A. Membership. Hugh Moore (for Suzanne Dills) announced that the current membership is 625 individuals.
- B. Meets. - Suzie Ness announced that she has gotten 1 meet bid back. She will have the rest by the June meeting. She also distributed some safety guidelines from Oregon to be considered.
- C. Records and Top 10. - Kathy Casey (for Walt): Walt has finished entering all the relay results from PNA Champs, and has also finished entering the world top 10 results. He is currently on his way to Casablanca for the FINA meeting.
- D. Publicity. - We still need a new Chairperson for this committee.
- E. Newsletter. - Phyllis raised a question about an ad from the Pacific Northwest Swimming Alliance of Volunteers. Kathy Casey asked about the status of Inland Empire's newsletter; she hasn't seen one in a while.
- F. Awards. - No report.
- G. Social. - No report.
- H. Officiating. - Jan Kavadas went to a USS officials training in May. She learned that USS currently doesn't have a rule regarding blood pathogens. She also clarified a Backstroke rule: 1 whistle means step in; 2 whistles means get back to the starting block.

I. Fitness. - This committee still needs a new Chairperson.

J. Computer Applications. - Gordon Gray announced he is getting married on June 23. She is not a swimmer. Gordon also said he needs a list of team names represented at the Orca meet. Hugh told Gordon about the High Tech program. Gordon said he needs to get meet results in a standardized format.

K. Constitution and Bylaws. - Hugh said we'd get the policies at the June meeting...maybe.

#### OLD BUSINESS.

A. AdHoc Committees - Jane asked Robin O'Leary about the possibility of having coaches attend meets to analyze people's performances in events. They could wear T-shirts indicating they were a "PNA Coach." Robin, Chaya and Phyllis indicated an interest in doing this. - We need people to organize the relays at LC Nationals. Robin O'Leary, Malcolm Neely, and Alan Capron have agreed to do this. - Hugh said we still need to organize the timing at the LC Zones meet. Jeanne said she would send a letter to team reps.

#### NEW BUSINESS.

Jane reported the following from the April Zone meeting: -- The policy for the .25 per swimmer surcharge was approved. Jeanne should receive .25 per swimmer (times 625 swimmers) by May 15. -- Oregon City's bid for the SCM Zone Champs Meet December 9 - 10 was approved. -- It was also approved to

combine the PNA Champs and Zone Champs Meets in 1996, contingent upon bids received.

On July 22 there will be an 8.5 mile swim in the Snake River (with the current). The entry fee is \$100.

At the next Zone meeting (at LC Zone Champs) we'll elect a new Zone rep. Aileen will continue the safety guidelines.

Jan Kavadas announced that the City of Edmonds has hired a consultant to get recommendations for a new pool. PNA Masters supports building a 50-meter pool in Edmonds.

Deborah distributed flyers for the ARC Swim on July 29, and put in a plug for more team participation.

NEXT MEETINGS. The next meetings will be June 27th at the home of Jan Kavadas in Edmonds; July 28th BBQ at the home of Phoebe and AnnaMarie Terhaar in Issaquah; and September 12 (combined August and September) at Alternative High School in Tacoma.

The meeting was adjourned at 8:42 pm.

Respectfully Submitted,

Deborah Bagg, Secretary

**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**

**Order of Events**

**Saturday October 21,'95**

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

**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 Meuer**

**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**

- | <b>Event #</b> | <b>Event</b>                 |
|----------------|------------------------------|
| 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!!**

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



**MINUTES OF THE PNA BOARD MEETING  
JUNE 27, 1995**

The meeting was called to order by President Jane Moore at 7:05 pm at the home of Jan Kavadas in Edmonds. Present were Tammi Keeler, Hugh Moore, Jan Kavadas, Phyllis Gill, Gary Maynard, Steve Peterson, Tom Foley, Kathy Casey, Suzie Ness, and Jeanne Ensign. Teams represented were GLAD, Federal Way Masters, Samena, OOPS, Tigers, Fort Steilacoom, and ORCA.

MINUTES. May minutes were MSA after the following corrections were made:

Teams represents ~~represented~~ were . . .

B. Meets. ~~She also distributed some s-~~ Safety guidelines from Oregon ~~to be considered.~~ *will be considered next month.*

E. Newsletter. Kathy Casey asked about the status of Inland Empire's newsletter, ~~she hasn't seen one in a while.~~ *contact name in our newsletter.*

H. Officiating. (Jan) also clarified a Backstroke rule ~~rule~~ *FINA procedure.*

J. Computer Applications. . . . announced he is getting married on June 23. ~~She is not a swimmer.~~ . . . Hugh told Gordon about the High Tech *Hitek* program.

OLD BUSINESS

A. Ad Hoc Committees. Jane asked Robin O'Leary about the possibility of having coaches attend meets *Long Course Nationals* to analyze . . . Robin, Chaya Amiad, Kathy Casey, and Phyllis indicated an interest. . . Jeanne Hugh said she he would send a letter to team reps.

NEW BUSINESS

Jeanne, as *Zone treasurer*, should receive \$ .25 per swimmer . . .

~~On July 22 there will be an 8.5 mile swim in the Snake River (with the current).~~

~~The entry fee is \$100. At the next Zone meeting (at LC Zone Champs) we'll elect a new Zone rep. Aileen will continue the safety guidelines.~~

NEXT MEETINGS. . . . at *The Alternative High School* . . .

TREASURER'S REPORT. Treasurer Tammi Keeler announced that the total account balance is \$ 5,874.19, with \$ 2,688.37 in the Wiggin Fund and \$ 3,201.91 in the PNA treasury. The Board discussed requesting a reimbursement from the Wiggin Fund for All-American patches awarded at the banquet in April. Kathy and Jan, both members, will take it up with the Wiggin Committee.

COMMITTEE REPORTS

A. Meets. Suzie Ness presented a schedule of meet bids for the 1995-1996 season. MSA to approve the schedule as presented. ORCA requested an additional \$1.00 surcharge per swimmer to cover the cost of ribbons for the meet they will host February 17, 1996. MSA to allow the surcharge.

Our LMSC (Pacific Northwest Association) is going to host a combination Short Course Yard Zone meet and PNA Champs in April 1996, but no meet bid was presented as several areas need to be discussed and agreed upon by the Board. PNA had agreed to host the meet if no other bids were received for the meet, and there were none. The preferred date is April 19-21, 1996 if the Aquatic Center becomes available, if not, the meet will be held April 12-14, 1996. The Board MSA the dates as proposed. PNA will inquire at the Zone meeting in July if plaques as awards are acceptable to all. We will check the possibility of recycling leftover plaques from the 1990 zone meet and 1992 national meet held at the Aquatic Center to reduce costs.

Hugh sent requests last week to team reps for timers for the Zone meet July 15-16th; no responses have been received yet.

The Zone committee set a new rotation for Zone championship meets; 1996 Long Course is open for bids. Since PNA hosted 1994 and 1995, we decided not to bid, but will print the announcement in the WetSet in case someone would like to bid.

Long Distance championship meet bids for 1997 will be considered at Convention in September. Jane and Hugh will prepare a bid for the 3,000 yard National Postal meet.

A. Membership. No report

C. Records and Top 10. No report.

D. Publicity. We still need a chair.

E. Newsletter. After producing great newsletters month after month after month, Phyllis Gill has submitted her resignation as editor. THANK YOU! Gary Maynard has volunteered to be the new editor. The Board MSA to accept Phyllis' resignation and Gary's undertaking the duties.

Jane announced that Maryetta Hunsiker requested her name be removed as Sunshine person and also to remove her name from the Host list in the WetSet. A volunteer is need to become the new Sunshine person.

Guidelines in a new USPS bulletin state that all ads and announcements must pertain to our non-profit purpose in order for us to continue to qualify for bulk mailing rates.

Tom Foley suggested printing pictures in the WetSet, like new officers, for example.

F. Awards. No report.

G. Social. Linda Sullivan proposed two social events for PNA swimmers and their families: (1) Saturday, August 12 at Enchanted Park in Federal Way (\$13 per person), and (2) a picnic and baseball party either August 18 or September 4 at Steel Lake Park in Federal Way (\$5 per hour for the park plus \$12 after dark for lights).

The first event has no up-front costs, so did not need Board approval; all agreed it sounds like a great time. For the second event the Board MSA the expenditure for August 18; MSA to reconsider the motion because August 18 is only a week after the first event, and did not consider September 4 because it is Labor Day weekend. The Board asked Linda to reschedule for another date in September if possible.

H. Officiating. Jan Kavadas announced Larry Snead of Oregon has requested officials for Long Course Nationals at Hood River Community College in Gresham in August.

I. Fitness. Phyllis Gill volunteered to be the new chair. The Board MSA.

J. Computer Applications. No report.

K. Constitution and By-Laws. Hugh distributed copies of the PNA Policies as rewritten at several Board meetings over the past year. The following changes were made:

N-2. MSA to delete "if possible".

F-6. MSA to approve changes.

Other housekeeping changes were made. The Board MSA policies as corrected. Hugh will incorporate the changes discussed and approved.

## OLD BUSINESS

Other. Convention: Jane reminded Convention delegates that Convention and room registrations need to be postmarked by August 1.

Hugh announced that a request is being made of the USMS Executive Committee to submit a rule change making the Officials Committee, of which Hugh is chair, a standing committee. Kathy suggested we submit the same request. MSA.

Kathy presented a rule change (202.2 Recognized events) being submitted by Inland Empire LMSC. MSA to submit the same rule, with one modification. Kathy will prepare.

Elin Zander, the Northwest Zone Rep, asked Kathy to run for Zone Chair. After lengthy consideration, and the approval of her family and the Board, she has decided to

do so. The Zone Chair is elected at Convention by the committee comprised of the eight Zone Reps.

MSA that Convention delegates and others attending Convention whose expenses are being reimbursed to some extent, will pay their expenses then submit receipts for reimbursement of the approved amount. This item was added to F-8 of PNA policies. Safety Guidelines will be discussed at September meeting.

NEXT MEETINGS.

Friday, July 28 at Phoebe & AnnaMarie Terhaars, Issaquah; bring friends and teammates to work on PNA scrapbooks.

Tuesday, September 12 (August & September combined) - The Alternative High School, Tacoma

Tuesday, October 24 - Federal Way

The meeting was adjourned at 9:30 pm.

Respectfully submitted,

Jeanne Ensign, Vice-president

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

### **Change of Address**

Return to:  
Suzanne Dills  
1101 N. Northlake Way  
Seattle, WA 98105  
(206) 547-1654

NAME \_\_\_\_\_

USMS# \_\_\_\_\_

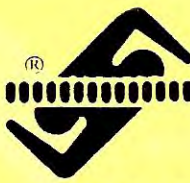
OLD ADDRESS \_\_\_\_\_

NEW ADDRESS \_\_\_\_\_

NEW PHONE# \_\_\_\_\_

# HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

07/17	BRUCE LOMAX	07/31	SHERRY GRINDELAND
07/18	ARNOLD KAS	07/31	PHILIP KEZELE
07/18	JOANIE WILLIAMS	07/31	DANA STEWART
07/19	THOMAS MARSHALL	08/01	THOMAS HARRYLOCK
07/21	ROSALINE (ROS) BIRD	08/02	PHYLLIS GILL
07/21	STEPHEN FREEBORN	08/02	WENDY HOFFMAN
07/22	BRAD COLLINS	08/03	SHERYL GASKELL
07/22	ELIZABETH DEAN-NORLING	08/03	ANDREW MCKIM
07/22	PETER GILLIS	08/03	ERIKA PARKER
07/22	KAREN KRAMER	08/04	MEL LEBSACK
07/22	NANCY POFFENBERGER	08/04	HUGH MOORE
07/22	CHARLES VANZANDT	08/04	CLARK PPACE
07/22	DECLAN WYNNE	08/05	SUSANNAH ILTIS
07/23	PETER ALBANO	08/05	ERIC VALLEY
07/23	ARNE SKOG	08/06	RICHARD PETERSON
07/24	EILEEN COLLOPY	08/06	ANNAMARIE TERHAAR
07/24	JANICE MILLER	08/08	JOHN FINKE
07/24	STEVE SUSSEX	08/09	JO SCHERER
07/25	ROBERT FARRELL	08/09	PAUL WEBBER
07/25	PAUL VERNER	08/10	WALTER REID
07/26	LEE CARLSON	08/10	CONRAD STEFFANS
07/26	OSCAR LILLO	08/11	ROSE ROBERTS
07/26	DOREEN SCANTLAND	08/12	MICHAEL KRATTLI
07/26	PHIL SPENCER	08/13	WILLIAM PHILBRICK
07/28	ERIC HUTCHINSON	08/13	STANLEY WHITTEMORE
07/29	KEN KOSTER	08/14	DAVID HILL
07/29	LYNN MARTINDELL	08/15	STEVE HARRELL
07/29	DEBRA PATE	08/15	KNUT LANDBOE
07/30	BEVERLY BELL	08/15	LIVIA WALKER
07/30	VAUGHN BRESHEARE		
08/16	BOB BAUCKE	08/30	JONATHAN BRADLEY
08/16	DAVID TEMPEST	08/30	MARK SUTTON
08/17	CRISTINE CASHATT	08/31	JAMES BROPHY
08/17	STEPHEN REIDY	08/31	FRANK MONDOK
08/18	KAREN JOST	09/01	JOHN LORIMER
08/19	CLAIRE GORDON	09/01	ROLLIE ROBERTS
08/19	BRIAN PAYNE	09/03	FRANCEAN BROWN
08/20	MICHAEL SCHAEFER	09/03	RICHARD ELYA
08/21	MARVIN WOOD	09/04	GEORGE GRANT
08/22	TODD GERMAN	09/04	JESSE PACE
08/22	SANDY MCNEEL	09/05	PATRICE J CALMELS
08/23	JOAN ADAMS	09/06	BARBARA GUNDRED
08/23	KATIE BUCKNER	09/09	JEFFREY LOWELL
08/23	MARGARET (MAGI) HARRIS	09/09	PAULA TERHAAR
08/23	DALE HERTER	09/10	TRACY DRUEBERT
08/25	SUZANNE BIGLOW	09/10	OLIVER PRESS
08/25	JULIA LAWRENCE	09/12	RICHARD GOLDEN
08/25	LUCY NORDWELL	09/12	JUDY HILLS
08/27	RACHELLE EDGAR	09/12	HUGH JAMES
08/27	KRIS LARSEN	09/13	FOREST BROOKS
08/28	HARVEY PROSSER	09/13	EUGENE PIETERS-KWIERS
08/29	ION BEZA	09/14	ELISE (PINKY) WALKER
08/29	CAROLYN DAVIDSON	09/15	DANIELA AHMED
08/29	MICHAEL GARRETT	09/15	FRANCESCA DRUM
08/29	WILLIAM HEALEY	09/15	JOYCE MC COLLOUGH
08/29	KATHY TOKOS	09/15	SHARON SMITH
		09/15	SARA WAHL



## 1995 Long Distance 5K & 10K Postal National Championship

Sponsored and Sanctioned by The Pacific Northwest Association of Masters Swimmers. Sanction # 369506.

**EVENT:** Both the 5 Kilometer and 10 Kilometer swims are National Championships (Note: this is the first year that the 5K has been recognized as a national championship).

**Location:** Any 50 Meter pool on the planet Earth.

**Date:** The swim must be completed between May 15 and September 30, 1995.  
**Entries must be received by the meet director by October 20, 1995.**

**Eligibility:** Open to all USMS members with valid 1995 registration. A photo copy of your 1995 USMS card must be sent with your entry. Foreign swimmers nineteen years of age and older are invited to participate. Proof of Masters membership is required. Foreign swimmers are not eligible for USMS records or All American status. Your age group is determined by your actual age on the date of your swim. Swimmers who change age groups during the event period may swim twice and enter in each age group. You may enter both the 5K and 10K. However, you may not use a split time from the 10K for the 5K.

**Age Groups:** Female and male in five year age groups 19-24, 25-29, etc., to 100+.

**Awards:** USMS Long Distance National Championship medals will be awarded to the top three finishers in each age group for the 5K and 10K Championship. Championship patches will be awarded to each age group winner.

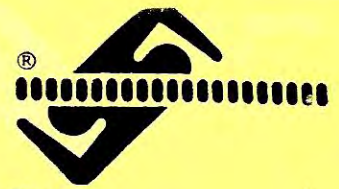
**Scoring:** Unofficial club scoring will be tabulated based on the top ten finishers in each age group. Scores will be kept for the men, women, and combined in three categories: 5K, 10K, and combined distances.

**Rules:** The 1995 USMS Rules for Long Distance Swimming govern this event. These include: 1) No drafting, two or more swimmers in one lane must maintain at least 10 meters of separation except when passing; 2) one or more adults must be present for the entire swim in the capacity of starter/head timer/referee; 3) A lap counter/timer/witness must record cumulative splits every 100 meters on the split sheet on the entry form; 4) Any swim entry which would establish a new USMS record must include an "Application for USMS Long Distance Record" (the form can be found in the USMS 1995 Rule Book, Appendix B). The 5K swim is 100 lengths of a 50 meter pool. The 10K swim is 200 lengths of a 50 meter pool. We suggest that 2 watches with fresh batteries be used to ensure that an official swim can be recorded, to the nearest hundredth of a second.

**Fees:** The entry fee for each event is \$8.00. Do not send cash. Make checks payable to: PNA Masters Swimmers. Foreign entrants, please submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

**Results:** Results will be distributed to all participants.

**T-Shirts:** Commemorative T-shirts for swimmers and special T-shirts for counters can be purchased for \$12. For non-US delivery include \$3 for foreign postage for each shirt.



Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_-\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_ Zip: \_\_\_\_\_

USMS#: \_\_\_\_\_ Club: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_

Entries must be received by the meet director by October 20, 1995.

**LIABILITY RELEASE:**

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITY INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGE, 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: \_\_\_\_\_

**Split Sheet**

100	2100	4100	6100	8100
200	2200	4200	6200	8200
300	2300	4300	6300	8300
400	2400	4400	6400	8400
500	2500	4500	6500	8500
600	2600	4600	6600	8600
700	2700	4700	6700	8700
800	2800	4800	6800	8800
900	2900	4900	6900	8900
1000	3000	5000	7000	9000
1100	3100	5100	7100	9100
1200	3200	5200	7200	9200
1300	3300	5300	7300	9300
1400	3400	5400	7400	9400
1500	3500	5500	7500	9500
1600	3600	5600	7600	9600
1700	3700	5700	7700	9700
1800	3800	5800	7800	9800
1900	3900	5900	7900	9900
2000	4000	6000	8000	10000

OFFICIAL TIME: \_\_\_\_:\_\_\_\_:\_\_\_\_.

We certify that on \_\_\_\_/\_\_\_\_/\_\_\_\_ (date) the entrant completed the 5K\_/10K\_ (check only one event), in the official time recorded above.

Signature of Swimmer (Required) \_\_\_\_\_ Signature of Verifier (required) \_\_\_\_\_  
 Mail completed & signed entry form (liability release & time verification must both be signed), check for fees (entry, T-shirt, & foreign postage) payable to PNA Masters Swimmers, copy of your 1995 registration card, OPTIONAL self-addressed stamped postcard for entry receipt verification to:

Jane Moore  
1867 58th St NE  
Tacoma, WA 98422-1517  
USA

FEES: Entry Fee (\$8.00 US) \$8.00  
 T-shirts \$12.00 each sizes(swimmer) S \_ M \_ L \_ XL \_  
 T-shirts \$12.00 each sizes(counter) S \_ M \_ L \_ XL \_  
 Foreign T-shirt postage (\$3.00) \_\_\_\_\_  
 TOTAL payable to PNA Masters Swimmers \_\_\_\_\_

Minnesota Masters Swim Club  
570 - 96th Lane  
Blaine, MN 55434  
June 27, 1995

Dear Postal Pentathlon Participants, Masters Swim Club, and LMSC Officials:

The Minnesota Masters Swim Club proudly presents its seventh annual Postal Pentathlon Swim Meet. The 1995 Postal Pentathlon should be even more exciting than the 1994 meet. The ability to swim the meet in Meters or Yards has been kept and we are continuing to keep the international flair (Australia, Canada, England, etc.) The starting date remains as September 15, this should give the LMSC's and Clubs a lot of flexibility in scheduling a meet which may include 1 or more of the courses. Secondly, it helps those who want to do it during a workout a few more weeks without worrying so much about the holidays. The courses are the same as last year: Sprint, Middle Distance, and Ironman.

We encourage you to hold a meet which will allow the individuals in your area a chance to participate. I believe you will find this type of meet fun and challenging to arrange. Last year when Minnesota Masters held three meets built around the Pentathlon we found some new and exciting ways to order events for a meet. This fall we will continue to offer opportunities within our meet schedule to swim these events in different meets.

We are enclosing a copy of our meet entry form for you and your fellow swimmers. Please pass on the entry form to your friends. I hope that in this one little way that Minnesota Masters Swimming is able to allow masters swimming to flourish internationally. Have a good remainder of the 1995 swimming year.

Swimmingly,



Wayde E. Mulhern  
Meet Director

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

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.**



# OPEN TO ALL ATHLETES USMS Membership NOT Required

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

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SWIMWEAR, INC.

## 1995 USMS 2000 Fitness Challenge

United States  
Masters  
Swimming



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

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

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

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

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

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

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

### OFFICIAL ENTRY FORM -- Print Clearly

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

Entry Fee	\$12.00 _____	Date of Swim	_____	USMS Registered	___Yes ___No
2nd Swim	\$ 6.00 _____	Entry Time	_____	Phone #	_____
3rd Swim	\$ 6.00 _____	Pool	___50 Meter ___25 Meter ___25 Yd	Age At Date of Swim	_____
International Fee	\$ 3.00 _____	(Indicate length of pool)			

TOTAL FEES \$ \_\_\_\_\_ (US Funds)

NAME \_\_\_\_\_ SEX \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

SIGNATURE \_\_\_\_\_

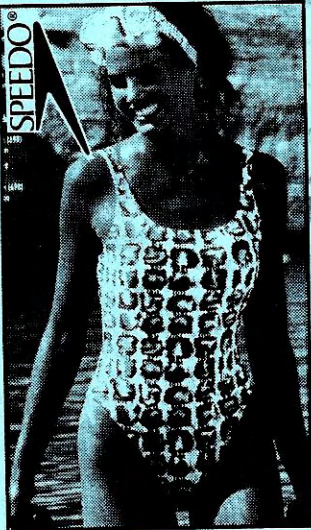
T-SHIRT Size  
(circle)

M L XL

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

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



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