

The WetSet



Volume 15 Issue 4

April 1996

President's Letter

Last month I attended the annual meeting of the Northwest Chapter of the American College of Sports Medicine at Oregon State University in Corvallis. This group includes various sports medicine professionals and students, in both clinical (patient care) and basic science (research) settings. Carolyn Behse, from Bellevue, also attended. The topic of this year's program was Exercise and Aging. The following are some interesting tidbits from the various talks.

Inactivity makes muscles smaller and less strong. Muscle strength decreases about 8% per decade with world class athletes at all ages showing the same relative decline. However, they start that decline from a higher level than the average person. This strength decrease is due to a decrease in the size of muscle fibers, but for any given size of muscle, an older person generates less force than a younger person does.

Appropriate resistance training results in an increase in size and strength of muscles at any age. Unfortunately, it is not possible

to completely reverse or prevent the declines in strength with age, but the process can be slowed and delayed by regular training. We do not yet know the minimum and optimum amount of training for either health or performance.

Resistance training (weight training) improves bone strength as well as muscle strength. Increased bone strength is important in preventing age related fractures of the hip, wrist, and spine.

While swimming is an excellent overall training exercise, it may not provide adequate resistance training to provide the optimum bone and muscle strength for long term health and independent functioning with aging. We might all benefit from adding some other weight training.

This does not require heavy weights or special equipment. One suggested program included chair raises, squats, forward and side lunges, stepping on an 8" step, toe raises and jumping in place. Such a program will improve strength, balance and power.

See you soon.

Jane Moore

WORLD CLASS AQUATIC FOUNDATION INVITATION

The World Class Aquatic Foundation is an organization founded in 1995 to help improve the King County Aquatic Center. The mission of the group is to provide for the enlargement and enhancement of the indoor pool facilities of the King County Aquatic Center for the good of the public; to acquire and donate to King County special equipment for the training of swimmers and divers and to further improve the Aquatic Center; to support and develop swimmers, divers, synchronized swimmers, water polo players, and other aquatic athletes for international competition in their sports.

The World Class Aquatic Foundation will hold their first fund raising activity on May 18, 1996. It will be a dinner with entertainment to be held at the Weyerhaeuser King County Aquatic Center. All interested persons are invited to attend. The cost is \$50 per person. For further information contact Judith Magruder at (206) 838-4492 or David Silver at (206) 838-4031.

Inside This Issue

Orca Swim Meet Results

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National Masters 2-Mile Cable
10K 2-Person Postal Relay

MINUTES OF THE PNA
BOARD MEETING
HELD FEBRUARY 27, 1996

The meeting was called to order by President Jane Moore at 7:10 pm at the Alternatives for Individuals High School in Tacoma. Present were Deborah Bagg, Gary Maynard, Kathy Casey, Frank Newquist, Robin O'Leary, Tom Taylor, Steve Peterson, Jan Kavadas, Walt Reid, Tammi Keeler, Jane Moore, Hugh Moore, Suzanne Dills, Suzie Ness, and Jeanne Ensign. Teams represented were SSEA, Samena, Fort Steilacoom, FWM, GLAD, OOPS, BAC, and Orca.

MINUTES. January minutes were MSA as submitted.

TREASURER'S REPORT.

Tammi Keeler announced that the PNA balance is \$7,035.16, and the Wiggin Fund balance is \$2394.76. Her financial report was MSA as submitted.

COMMITTEE REPORTS.

A. Meets. -- Suzie Ness announced that there were 136 swimmers at the Orca meet in February.

-- Jane Moore announced that PNA should realize approximately \$900 in profits from the 10K Postal Meet.

-- Jane and Hugh Moore have been diligently working on the results of the Hour Swim, and asked for help with mailing awards. PNA should realize approximately \$4,000 in profits from the Hour Swim.

-- The correct date for the Oregon LMSC Champs Meet is March 22-24. (It is listed as

March 15-17 in the February WetSet.)

-- Hugh Moore is contacting teams to help with timing at the PNA Champs/Zones Meet in April. He explained that alternate heats will be run at Champs/Zones, as practice for the 1997 Nationals Meet.

-- Robin O'Leary volunteered to organize PNA relays for the Short Course Nationals Meet in Cupertino, CA.

-- Robin asked about the possibility of the Wiggin Meet being held as a Long Course meet in Federal Way.

-- Jane Moore announced that the US Veterans National Swim Championships will be in Federal Way on July 3, 1996.

-- A mistake was noted on the Bangor Meet entry form in the February issue of the WetSet: event 11 should be 100 free.

-- Jeanne Ensign announced that Dennis Brightman has asked about videotaping at the PNA Champs/Zones meet. After discussion, it was decided that if he charges a fee for taping swimmers, he must pay 10% to King County, and a fee to PNA. It was also decided that he should be asked to sign a no-broadcast agreement. Tom Taylor agreed to draw up a form for this purpose.

B. Membership. Suzanne Dills announced that current membership is 555 swimmers. 100 of those signed up within the last month, and most were new members. Suzanne has only received 4 team registrations for PNA Champs/Zones, so she is sending out a reminder letter to all teams that competed last year.

C. Records/TopTen. Walt Reid

announced that the results of January's meet will be in the next WetSet. He will receive the Short Course Masters Top Ten results soon; PNA members from that list will be named in an upcoming WetSet.

D. Publicity. No report.

E. Newsletter. No report.

F. Awards. PNA has only 100 place medals left for the Champs/Zones Meet. It was MSA to buy 1,000 medals, same size and design, to be sold for Champs places as they have been in the past. Ribbons for Zones places will be free at the meet.

G. Social. No report.

H. Officiating. Jan Kavadas reminded people not to go past vertical (i.e., roll over) on backstroke turns. She also commented on the good officiating at the Orca Meet.

I. Fitness. -- At the upcoming Coach and Stroke Clinic to be held at Samena, the coaches manuals will be offered for sale for \$12 apiece. We can buy these in bulk to sell at the clinic. Jane Moore will check with Phyllis Gill to see how many coaches have registered. If less than 10 have registered, PNA will purchase 12 manuals; if more than 10 have registered, PNA will purchase 18.

-- Jeanne Ensign presented a form she prepared for the clinic describing one-event registration vs. full membership registration. She also said that people attending the clinic will need to sign a waiver form when they check in. She will send waiver forms to Phyllis Gill.

J. Computer Applications. Steve Peterson has written a follow-up

(Continued on page 4)

PNA OFFICERS

President

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

Vice President

Jeanne Ensign
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Seattle, WA 98112
(206) 324-6768

Treasurer

Tammi Keeler
(206) 397-7781

Secretary

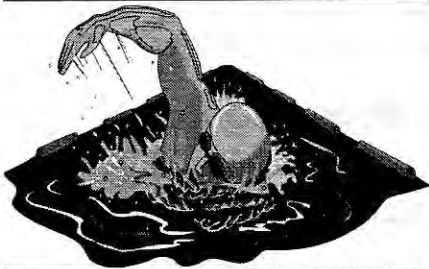
Deborah Bagg
(206) 621-7896

Membership

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

WetSet 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.

1996/1997 MEET SCHEDULE

PNA Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>
Apr. 12-14	SCY	PNA/NW Zone Championships - Federal Way
June 1		Wiggin Meet
July 3		U.S. Veterans National Championships - Federal Way
May 1997	SCY	USMS Short Course National Championships - Federal Way

Inland Empire (Rich Swoboda)

Oregon (Eric Guest)

April 27	SCY	Tualatin Hills Pentathlon - Beaverton
June 22	LCM	Tualatin Hills, Beaverton
July 21	Open Water	Southern Oregon Lake Swim, Squaw Lake
Aug 10	Open Water	Washington to Portland Relay (503) 524-7444

Snake River (Jeff Erwin)

Aug. 3-4	LCM	NW Zone Championships, Boise Idaho
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Utah (Annette Taylor)

National/International

Apr. 18-21	SCY	YMCA Masters Nationals - Orlando Florida
Apr. 27-28		BC Provincial Champs, Simon Fraser University (604) 421-0240
May 9-12	SCY	USMS Nationals - Cupertino California
May 17-20	LCM	Canadian Championships - Winnepeg, Ontario (204) 985-4132
5/15-10/15		Postal 10K 2-Person Relay
6/23 - 7/2	LCM	FINA World Championships - Sheffield England
July 6	Open Water	National 2-Mile Cable Swim - Charlottesville Virginia
Aug. 21-25	LCM	USMS Nationals - Ann Arbor Michigan
Sept. 11-15		USMS Convention, Orlando Florida
August 1997	LCM	USMS Long Course National Championships - Orlando Florida

For Information on Meets Outside of the PNA Area

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

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

Northwest Zone Rep
Elin Zander
S 13927 Traver Lane
Valleyford, WA 99036
(509) 448-5250

Utah
Annette Taylor
1709 E 1700 Street
Salt Lk. City, UT 84108
(801) 467-8713

Montana
Steve Holloway
232 S 6th Street E
Missoula, MT 59801
(406) 542-0535

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

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

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

My current USMS number is _____

NEW Registration

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:

Team 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 1996 Fee</u>	<u>If after September 1 (1996 registration only)</u>
Under 65	\$30	\$22.50
Senior: 65 & over	\$23	\$19.00

<p>Mail to: Suzanne Dills, Registrar 1101 N. Northlake Way Seattle, WA 98103 (206) 547-1654 (work)</p>

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 _____

CYD MCMILLIAN	26		
GARY MATHER	46	PNA	2:08.55
MIKE LAMB	27		
JIM LASERSOHN	31		
TYSON NEVIL	25		
JAMES COOKE	30	CAN	2:15.49
LUKE SHWART	41		
DAN MACGREGOR	45		
TIM MARKS	39		
AVELIN TACON	49	PNA	2:23.80
JAY MANNING	38		
ERIC STROM	29		
KEVIN LYON	41		

 RELAYS-MIXED 200 YD. FREE

25 +			
SUZIE NESS	33	PNA	1:51.43
ELLEN FORNEY	27		
CRAIG MALLERY	33		
PAUL SHERMAN	32		

LINDA NELSON	35	PNA	2:03.84
AVELIN TACON	49		
FRAN MCFALAND	31		
RANDY SPARKS	46		

MATT WARNER	30	PNA	2:04.05
ROY INGHAM	71		
LINDA MARIZ	47		
BARB THRASHER	30		

HEIDI SMITH	31	PNA	2:06.66
SANDY MCNEEL	43		
PAUL SKOGLAND	28		
CHRIS MARCY	25		

35 +			
JEFF GROSS	44	PNA	1:58.67
CLARK PACE	43		
LIZ MCCORMACK	38		
KIMBERLY GROSS	37		

 RELAYS-MIXED 200 YD. MEDLEY

25 +			
SUZIE NESS	33	PNA	2:14.20
PAUL IKEDA	36		
KARL BARTON	27		
ELLEN FORNEY	27		

HEIDI SMITH	31	PNA	2:49.98
MARY SIPPLE	43		
BILL BANKO	36		
KIRK HOFFMAN	33		

(continued from page 2)

to his first column in the WetSet about masters swimming on the Internet.

K. Constitution and By-Laws.
 No report.

OLD BUSINESS

-- Safety Guidelines. There was discussion of Oregon's safety guidelines, and the modifications to those guidelines made by Kathy Casey for PNA. Kathy will continue to work on them.

-- It was MSA to purchase 20 stopwatches at \$17.75 apiece with income from the 10K Swim.

-- It was MSA to purchase a copy of HyTek software for \$250. Hugh will talk with Suzanne Rague about how Oregon uses HyTek, as there are questions about its use at PNA-sponsored meets vs. individual team-sponsored meets.

NEW BUSINESS.

-- Oregon will nominate Suzanne Rague for the Ransom Arthur award. It was MSA that PNA will also nominate her.

-- Steve Peterson has received one nomination for the Dawn Musselman award. It was noted that people can also be nominated posthumously.

-- Tom Taylor raised the question of how to best memorialize Steve Engel, who passed away recently following a bone marrow transplant. It was MSA to designate the PNA Champs/Zones meet team awards the Steve Engel championship awards; and to dedicate the PNA Champs/Zones meet to Steve Engel on the heat sheet.

Upcoming meetings:

Sunday, March 17 at Bangor, after the meet.

Tuesday, April 23 at Bellevue Athletic Club.

Tuesday, May 21 at the Tacoma Family YMCA.

Tuesday, June 25 at Jan Kavadas' home in Edmonds.

Calling all PNA Swimmers:

This is a call for articles to be published in the WetSet. If you enjoy reading other things besides meet results and entry forms then it is time to contribute. PNA swimmers are a diverse group of talented individuals. I would like to urge everyone to share their experiences and information with other PNA swimmers.

We accept articles and photos of any nature that would be of interest to PNA members. The monthly deadline for articles is the 15th of the month (for publication in next month's issue if time sensitive). Our preference is to receive submissions on 3.5" computer disks along with a printed copy. We can read most word processing programs, but prefer Microsoft Word, Microsoft Works or Word Perfect.

Send Articles To:

The WetSet
 13818 SE 7th Street
 Bellevue, WA 98005

HAPPY BIRTHDAY TO THE FOLLOWING
PNA SWIMMERS

04/18	David Parsons	05/06	Jenny Emsky
04/18	Harold Johanson	05/06	Joseph Michalak
04/19	Ian Thompson	05/06	Margee Curran
04/20	Camille Morgan	05/06	John Sirutis
04/20	Suzanne Dills	05/07	Peter Jackson
04/20	Ann Bartells Martin	05/07	Megan Loe
04/21	Sandy Bequette	05/07	Robin O'Leary
04/23	Eugene Hunn	05/08	Robert Miller
04/24	Heidi Hagelstein	05/08	Mary Patricia Lawlor
04/24	Marietta Hunziker	05/11	Rebecca Mayfield
04/25	Kristy Glaze	05/12	Susan Higinbotham
04/25	Robert Mitchell	05/12	Bertil Dillner
04/27	Marcus Lemaster	05/13	Edward Moriarty
04/27	Linda Sullivan	05/13	Maryan Burke
04/28	Jenise Doty	05/14	Everett Cassell
04/28	Geoffrey Anderson	05/14	Alison Eliason
04/30	Mark List	05/14	Nick Templeman
04/30	Scott Kleven	05/15	Pascal Roncalez
05/01	Carolyn Behse	05/15	Kurt Heidergott
05/04	Paul Ikeda	05/15	Laurie McCloskey

WELCOME TO THE PNA

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

**CLIFF BUNCH, JAY
BURNHAM,
MARCI CANONGE,
LAURA LOLL, ED
REED, WARWICK
SMITH, AND WILL
WHITMORE**

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

NATIONAL MASTERS 2-MILE

Cable Swim - Quarter-mile Straightaway

CHRIS GREENE LAKE - CHARLOTTESVILLE, VIRGINIA SATURDAY, JULY 6, 1996

Sponsored By:
Virginia Masters Swim Team
"Sanctioned / Approved by VMSC for Virginia
for USMS, Inc."
LMSC for Virginia
535 Biltmore Drive
Virginia Beach, Virginia 23454
Sanction No. 126-0004

EVENT: The first heat will be swum counter clockwise and will start at 9 a.m. Check-in for the first heat will close promptly at 8:45. The second heat will be required to check in by 10:45 for an anticipated start immediately upon completion of the first heat. The second heat will be swum clockwise.

For safety reasons, swimmers who cannot complete the 2 miles in 2 hrs. are advised not to enter. Swimmers still on course after 2 hrs. will be stopped. From the standpoint of results, these swimmers will be indicated as not having completed the swim.

INDIVIDUAL AGE GROUPS: 19-24, 25-29, 30-34, and so on, in five year increments as high as necessary for both men and women.

TEAMS: A team shall consist of 3 swimmers. Men's, women's and mixed sex teams will be permitted. Age groups will be 19+, 25+, 35+, and so on, in ten year increments as high as necessary. The age of the youngest team member shall determine the age group. All team members must also be registered as individual entrants and registered with the same Masters - affiliated club; i.e. Virginia Masters, Triad Masters, etc.

TEAM ENTRIES: Team Entries must be submitted on a 3 x 5 card providing the following information: the type of

team (men's, women's or mixed), the age group, USMS Club, and the name, age, & sex of each team member.

AWARDS: Medals will be awarded to the top 3 individual finishers and to the 1st, 2nd and 3rd place teams in each age group. National Masters Championship patches will be awarded to all individual first place finishers.

ENTRY FEES: Payable to Virginia Masters. Individual: \$12 per individual. Team: \$15 per team. Team members must also register as individual entrants. Late and deck entries will not be accepted. "No Time" entries will be seeded last in the appropriate heat.

REGISTRATION: All swimmers must be registered with their Local Masters Swim Committee (LMSC). Entrants must include a photo copy of their 1996 USMS registration card with their entry form. Entries received without a copy of the 1996 card will be returned. Please do not show up at Chris Greene Lake planning to register or enter. Advance entry and registration are required to swim.

ENTRIES: Official form, entry fees, and 3x5 card for team entries must be received no later than June 28, 1996. If you wish to purchase a commemorative T-shirt, your entry and prepaid shirt order must be received no later

than June 17, 1996. Shirt orders will not be accepted after that date. **Send entries to:** Abbie McGee 1160 Warner Hall Drive, Virginia Beach, VA 23454, (804) 427-3947. Please no calls after 7 p.m.

ENTRANCE TO LAKE: Swimmers and meet workers will be admitted free. For all others, Chris Greene Lake requires the following entrance fees prior to admittance: Albemarle County residents: adults, \$2; children (4-12), \$1. Non-residents: adults, \$3; children (4-12), \$2.

SOCIAL: Fresh fruit, snacks, and beverages will be available immediately following the meet. Tickets at \$3 per individual must be purchased at the time the entry form is submitted.

T-SHIRTS: National Masters 2-Mile T-shirts will be available only on a pre-order and pre-payment basis. T-shirts are 3 color, 100% cotton. Price of a shirt is \$10, and payment must accompany your entry. Check the adult size on the entry blank. T-shirt orders will not be accepted after June 17, 1996.

FOR FURTHER INFORMATION:
LINDA MCCOWAN
13613 PRINCE WILLIAM DR.
MIDLOTHIAN, VA 23113
(804) 379-2537

DIRECTIONS TO CHRIS GREENE LAKE: From Washington, D.C., take Rt. 29 toward Charlottesville, Va. Approximately 6.3 miles north of Rt. 29, Charlottesville Bypass, turn right onto Airport Rd. (Rt. 649). Go one mile toward airport. Turn right onto Rt. 606 for 1.2 miles. Turn left through gate & follow the road around the lake to the beach.

From I-64 West, take Exit 124 Charlottesville/Shadwell, U.S. 250 West, to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649).

From I-64 East, take Exit 118B Charlottesville/Culpepper, U.S. 29 North Bypass, to U.S. 29 North. Follow U.S. 29 North approximately 6 miles to Airport Rd. (Rt. 649).

ACCOMMODATIONS: The Sheraton Inn on Rt. 29 North has reserved a limited number of rooms and is offering a group rate of \$59 to competitors for Friday, July 5. This is a substantial discount from their regular rate, and the Sheraton is conveniently located to Chris Greene Lake. If you are interested in taking advantage of this opportunity, you must make your reservation by Wednesday, June 5 under the Identity of Virginia Masters Swim Team in order to be eligible for the group rate. Rooms are available on a first-come, first-serve basis. The address and phone number for the Sheraton Inn - Charlottesville are as follows: 2350 Seminole Trail • Charlottesville, VA 22901 • (804) 973-2121

VIRGINIA CHAMPIONSHIP SERIES
Swim All Three Virginia Open Water Swims
Special Award for All Finishers to be Presented After the Charlottesville Race

Reston 2-Mile Lake Swim-May 26
Virginia Beach 1-Mile Ocean Swim-June 16
Charlottesville 2-Mile Cable Swim-July 6**

For Information Contact
Reston 2-Mile-Lynn Hazlewood, 11714 Decade Ct., Reston, VA 22091, 703-845-SWIM
Virginia Beach 1-Mile-Betsy Durrant, 211 66th St., Virginia Beach, VA 23451, 804-422-6811
**2-Mile Cable Swim is a USMS National Championship Event

NATIONAL MASTERS 2-MILES ENTRY FORM

July 6, 1996

Chris Greene Lake, Charlottesville, VA

ATTACH A COPY OF CURRENT USMS CARD HERE.					
Name					
Street					
City			State	Zip Code	
Sex	Age	Birth Date	Club Name		
USMS Number			LMSC		
Home Phone #		Work Phone #			

HEAT # (Circle one)	HEAT DESCRIPTION	1650 YD TIME (Indicate Below)
1	CounterClockwise (Left-side breathers)	:
2	Clockwise (Right-side breathers)	:

Heat 1: Starts 9:00 a.m./Check-in by 8:45 a.m.
Heat 2: Starts 11:00 a.m./Check-in by 10:45 a.m.

Entry Fees:
\$12 Per Individual \$ 12.00
\$15 per team \$ _____
After-Meet Social:
\$3 per person X _____ \$ _____
T-shirt:
\$10 each X _____ \$ _____
Indicate size (s):
M _____ L _____ XL _____
Total Payment Enclosed \$ _____

MAIL ENTRY & FEES TO:
Abbie McGee
1160 Warner Hall Drive
Virginia Beach, VA 23454

T-shirt orders must be received by June 17, 1996
Due by June 28, 1996
Payable to Virginia Masters

ENTRY CONFIRMATION:
Enclose self-addressed, stamped envelope or postcard.
DO NOT STAPLE PAYMENT TO ENTRY FORM

RELEASE BY PARTICIPANT 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 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Date _____

Signature _____



MCNEEL, SANDY
2364 FAIRVIEW AVE B #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

GOOD LUCK TO ALL SWIMMERS

APRIL 12-14

PNA/ NW ZONE CHAMPIONSHIPS

KING COUNTY AQUATIC CENTER

FEDERAL WAY