

The WetSet



Volume 15 Issue 5

May 1996

DAWN MUSSELMAN INSPIRATIONAL SWIMMER AWARD

An Inspirational Award has been presented during the PNA Championships meet since 1986 in memory of the "ultimate Masters swimmer," Dawn Musselman (1913 - 1986). Dawn was one of the earliest Masters swimmers, and there are few records above age 60 that she didn't hold. In her early days she was an Olympics hopeful; in her last days she continued to inspire her teammates until cancer took its toll. Past award winners are Dawn Musselman, Marlene Holmes, Maxine Carlson, Jim Penfield, Tom Foley, Karen Jost, Jan Kavadas, Robin O'Leary, Marion Mueller, and Tammi Keeler. This year's recipient was presented with a personal trophy, the perpetual trophy, and this statement at the Northwest Zone and PNA Champs meet (April 13, 1996):

1996 DAWN MUSSELMAN INSPIRATIONAL SWIMMER

The Pacific Northwest Association Local Masters Swimming Committee is proud to present the *Dawn Musselman Inspirational Swimmer Award* for 1996 to **Ian Thompson**.

Quoting Ian's current Masters coach, "This is an appropriate award for someone who has certainly dedicated a large portion of his life to the sport of swimming. Ian has been actively swimming since an early age. He swam four years for USC, and still attends the annual USC Alumni swim meet. He even competed at the Olympic Trials in 1968. Over the last ten years I have known him, Ian has been ranked in the Top 10 nationally many times in two breaststroke events and distance freestyle. In 1989, at Long Course Nationals in Grand Forks, North Dakota, Ian placed first in the 100 meter breaststroke. Ian also competes in open water swimming during the summer, and is undefeated in the Vancouver B.C. open water swimming series.

"Ian's influence on the sport does not encompass just competing. I met Ian when I began swimming in Bellingham in 1985. Ian had started a small Masters team back in the early 80's at the YMCA pool. Over the years the team has shrunk and grown, but Ian has always been there, both as swimmer and coach. He is extremely encouraging to new swimmers, going out of his way to welcome them onto our team and help with stroke techniques. At PNA meets he can be seen roaming the deck greeting new swimmers and old friends, and giving words of encouragement wherever he goes. Ian has authored many articles for the PNA newsletter on training techniques and nutrition, and has been a sounding board for several PNA presidents.

"Ian was also instrumental in organizing and funding the drive to build Bellingham's new aquatic center that opened last August. Ian was on the planning and design committee, and without his help, time, and expertise the facility would not have been built. Ian donated a great deal more than his time: he funded a lane (named after him), and the diving pool is dedicated to the memory of his parents.

"Ian is incredibly supportive of his fellow swimmers in and out of the pool. He is a credit to our sport. He is what swimming is all about: dedication, involvement, and encouragement for all interested. He is an outstanding individual who definitely deserves recognition for his unrelenting dedication to the sport of swimming. Ian is an inspiration to us all."

-- Coach Barb Gundred

Signed by: President Jane Moore and VP Jeanne Ensign (for the PNA Board); and Steve Peterson and Jan Kavadas (for the Nominating Committee)

Inside

Bangor Swim Meet Results

Race Entry Forms

USMS Long Course Nationals

Minutes of the PNA Board Meeting March 17, 1996

The meeting was called to order by President Jane Moore at 2:20 pm following the Bangor meet, in the general purpose room adjacent to the pool. Present were Jane Moore, Hugh Moore, Tom Foley, Andy Lovan, Steve Peterson, Kathy Casey, Tammi Keeler, Jeanne Ensign, Livia Walker, Linda Sullivan, and Gordon Gray. Teams represented were Federal Way, Tigers, PRO Club, OOPS, Fort Steilacoom, GLAD, and BASS.

MINUTES:

The February minutes were MSA'd as presented.

TREASURER'S REPORT:

Tammi Keeler's presented the financial report, indicating the PNA balance is at \$8470.00 and the Wiggin fund balance is at \$2422.78. Financial report was MSA'd as submitted.

COMMITTEE REPORTS:

A. Meets:

-- Steve Peterson hoped the 70 swimmers who attended the Bangor meet enjoyed a Happy St. Patrick's Day.

-- Suzanne Dills, in absentia, asked whether one-event registration would be in effect for the PNA Champs/Zones meet. If so, registration would be due by the entry deadline in order to score team points. It was MSA'd to table one-event registration until

the July board meeting for further discussion.

-- Tom Taylor submitted the "no-broadcast agreement" form that he had volunteered to draft. The board previously agreed that this should be signed by videographer Dennis Brightman prior to any taping of swimmers and events at the PNA Champs/Zones meet.

B. Membership: no report.

C. Records/Top Ten: no report.

D. Publicity: no report.

E. Newsletter: no report.

F. Awards: no report.

G. Social: The PNA Champs/Zones meet banquet will be more a social, with swimmers meeting at "The Old Country" buffet restaurant in Federal Way on Saturday evening (April 13).

H. Officiating: no report.

I. Fitness: Tom Foley reported for Phyllis Gill that the Coaching and Stroke Clinic sponsored by Samena and the PNA had attracted some 40 people, and generated approximately \$500 profit after expenses.

J. Computer Applications: no report.

K. Constitution and By-Laws: no report.

OLD BUSINESS:

-- Safety Guidelines: Kathy Casey distributed Safety Marshal/Safety Guidelines write-ups for review and discussion at the next board meeting. She also handed out USMS "Report of Occurrence" (for accident reporting) and American Red Cross "Signals of Sudden Illness" flyers, and noted that USMS Safety Committee Chair Forrest Sullivan seeks feedback from the field.

NEW BUSINESS:

-- Board Meetings: Jane Moore solicited opinions from those present on holding any board meetings after meets versus strictly on a one-evening-per-month basis. The object of after-meet meetings is to attract members who would not ordinarily attend evening meetings (because of distance, schedule conflicts, and so on). But past experience seems to show that not many "new" attendees show up (only one "non-regular" attended this Bangor meeting, for example). No change was proposed, so the current practice of holding one or two board meetings per year following meets will be continued.

UPCOMING BOARD MEETINGS:

Tuesday, April 23, at the Bellevue Club

Tuesday, May 21, at the Tacoma Family YMCA

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

President Jane Moore adjourned the meeting at 2:43 pm.

Respectfully submitted,

Steve Peterson (for Deborah Bagg)

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

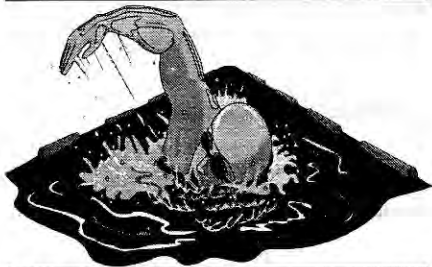
Deborah Bagg
(206) 621-7896

Membership

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

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

Date	Event	Location
June 1		Wiggin Meet
July 3		U.S. Veterans National Championships - Federal Way
May 1997	SCY	USMS Short Course National Championships - Federal Way

Oregon (Eric Guest)

June 22	LCM	Tualatin Hills, Beaverton
July 21	OW	Southern Oregon Lake Swim, Squaw Lake
July 27	LCM	Senior Masters Sports Fest, Eugene
Aug 10	OW	Washington to Portland Relay (503) 524-7444

Snake River (Jeff Erwin)

July 20	OW	Snake River Swim, Boise Idaho
Aug. 3-4	LCM	NW Zone Championships, Boise Idaho

California

May 9-12	SCY	USMS National Champs, Cupertino
May 11	OW	Spring Lake One Mile Swim, Santa Rosa (707) 524-4036
May 17-19	LCM	Santa Clara Invitational, Santa Clara (408) 248-6103
June 1	OW	Lake Berryessa One & Two Mile Swims (916) 795-4755
June 8-9	LCM	Woodland Masters, Woodland (916) 666-1106
June 14-15	LCM	Walnut Creek Masters, Walnut Creek (510) 274-1233
July 20	OW	Trans Tahoe - 11.5 Mile Relay, Lake Tahoe (415) 775-4400

National/International

5/15-10/15		Postal 10K 2-Person Relay
6/23 - 7/2	LCM	FINA World Championships - Sheffield England
July 6	OW	National 2-Mile Cable Swim - Charlottesville Virginia
July 19 - August 4		OLYMPIC GAMES - Atlanta
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

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

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

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

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

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

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

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

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

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 of USMS.

Signature _____ Date _____

LESLIE HELM	40 PNA	2:06.85
LANI DOELY	40	
TAMMI KEELER	27	
Laurie Cyr	27	

 RELAYS-WOMEN 200 YD. MEDLEY

25 +		
Laurie Cyr	27 PNA	2:20.22
Lani Doely	40	
Tammi Keeler	27	
Donna Keyser	38	

 RELAYS-M E N 200 YD. MEDLEY

25 +		
David Reeck	26 PRO	1:58.15
Marc Beck	27	
Andrew Lovan	29	
Sachin Kukreja	26	

 RELAYS-MIXED 200 YD. FREE

25 +		
David Wright	33 PNA	2:00.04
Allison Moore	26	
Amy Baribeau	25	
Bill Benko	36	

Swimming on the Net . . . (#3) by Steve Peterson

I volunteered to write, but I didn't promise how regularly! Fortunately, this column has raised the interest of a few readers, and I appreciate your response. First, to answer last time's questions, in any discipline or human undertaking a lexicon of word tools evolves, most visibly as acronyms. Take Masters Swimming, for example. By now you have a PR (personal record) or two? How about IM, PNA, LMSC, USMS, and MSA? (Oops, that last one's

from the Board meeting minutes.) So, too, does Web surfing have its own shorthand.

I've mentioned HTML (HyperText Markup Language, or to insiders, "Hot Metal" or "Hot Tamales! More Lingo"). And HTTP (HyperText Transfer Protocol). So, then, FAQ stands for Frequently Asked Questions, which (with the answers) seems to be a popular item found on many home pages to describe their content or purpose. I easily predict that this particular acronym (and concept) will evolve rapidly into everyday usage.

How about a "home page" for the PNA? Reader Dan Frost, a Navy EA-6B pilot stationed at Whidbey Island, wrote me a great letter, which lists all the topics I was going to discuss. For example, what could appear on our home page? General PNA information (hey, a FAQ!). Lists of places to swim and teams to join around the Sound. Meet schedules and results. PNA records. Invitations to other clubs and LMSCs to exchange information. And specifics about 1997 SC Nationals. It may not be long before we can join the PNA and enter meets by filling out a form on the PNA home page! (As an aside, information and questions regarding this year's Dawn Muselman Award recipient were delivered by electronic mail between Barb Gundred and me!).

But, you ask, how does this happen? Dan aptly describes the hurdles as (1) cost, (2) where to

host it (that is, whose "server" computer will make it available - around the clock), and (3) who will build and maintain it?

Voila! At the last Board meeting, I was handed Page 5 from the marketing section of the 1996 LMSC Handbook, "Take your LMSC On-Line."

Here, Michael Moore states that in a perfect world we could find a person, company, or university to give us space on their computer because we're a non-profit organization. Otherwise, the PNA would have to subscribe to an ISP (Internet Service Provider) for \$20 to \$45 per month. Fees are based on the page complexity and expected volume of traffic. "Once you have your Web page up and running ... and advertised ... you have your LMSC on the information highway." (Michael knows of what he writes -- I was visitor #330 to the great-looking Pacific Masters Swimming home page in San Ramon CA (www.hooked.net/users/-swim.html), which he designed and produced!).

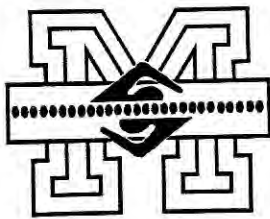
Next time, a recap of home page information from the LMSC Handbook "On-Line" guide. Or, should I tackle how *you* get on the Information Highway? Meanwhile, do we have any Webmeisters or "tech-heads" out there willing to volunteer resources?

speters@kpt.nuwc.navy.mil

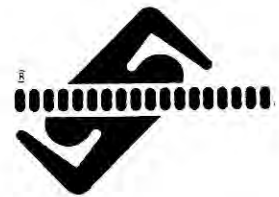
PLACES TO SWIM

ABERDEEN <i>Aberdeen YMCA</i>	533-3881	NORTH BEND <i>Si View Pool</i>	41600 SE 122nd St, 888-1447
ANACORTES <i>Fidalgo Pool</i>	1603 22nd, 293-0673	OAK HARBOR <i>John Vanderzicht Memorial Pool</i>	2299 29th NW, 765-7665
AUBURN <i>Auburn Pool</i>	516 4th Ave NE, 939-8825	OLYMPIA <i>Evergreen State College</i>	866-6000
<i>Auburn Valley YMCA</i>	1005 12th Ave SE, 833-2770	<i>North Thurston High School Pool</i>	493-2900
BELLEVUE <i>Bellevue Pool</i>	601 143rd Ave NE, 296-4262	<i>Olympia Area YMCA</i>	357-6609
<i>Eastside YMCA</i>	14230 Bel-Red Rd., 746-9900	PORT ANGELES <i>William Shore Pool</i>	457-0241
<i>Newport Hills</i>	5474 119th Ave SE, 746-9510	POULSBO <i>North Kitsap Pool</i>	1881 NE Hostmark St, 779-3790
<i>PRO Raquet & Health Club</i>	4455 148th Ave NE, 885-5566	REDMOND <i>Redmond Pool</i>	17535 NE 104th St, 296-2961
<i>Samena Club</i>	15231 Lake Hills Blvd, 746-1160	RENTON <i>Hazen High School Pool</i>	1011 Hoquiam Ave SE, 235-2227
<i>The Bellevue Club</i>	112000 SE 6th St, 455-1616	<i>Lindberg Pool</i>	16740 128th Ave SE, 296-4335
BELLINGHAM <i>Bellingham Aquatic Center</i>	647-7665	SEATTLE <i>Aquatic Development Clinic</i>	11009 1st Ave S, 232-3474
<i>Whatcom Family YMCA</i>	733-8630	<i>Ballard Pool</i>	1471 NW 67th St, 684-4094
BOTHELL <i>Northshore Pool</i>	9815 NE 188th St, 296-4333	<i>Downtown YMCA</i>	909 4th Ave, 382-5010
<i>Northshore YMCA</i>	485-9797	<i>Downtown YWCA</i>	1118 5th Ave, 447-4868
BREMERTON <i>Bremerton Municipal Pool</i>	50 Magnuson Way, 478-5376	<i>East Madison YMCA</i>	1700 23rd Ave, 322-6969
<i>Olympic Aquatic Center</i>	7070 Stampede Blvd, 692-3192	<i>Evans Pool</i>	7201 E. Green Lake Dr N, 684-4961
BURIEN <i>Burien Swim Club</i>	626 SW 154th St, 433-7900	<i>Helene Madison Pool</i>	13401 Meridian Ave N, 684-4979
<i>Evergreen</i>	606 SW 116th St, 296-4410	<i>Gateway Athletic Club</i>	70 5th Ave, Suite 14, 343-4692
DES MOINES <i>Mount Rainier Pool</i>	22722 19th Ave S, 296-4278	<i>Meadowbrook Pool</i>	10515 35th Ave NE, 684-4989
DUPONT <i>Keeler Pool</i>	967-2604	<i>Medgar Evars Pool</i>	500 23rd Ave, 684-4763
<i>Kimbro Pool</i>	967-2604	<i>Queen Anne Pool</i>	1920 1st Ave W, 386-4282
EDMONDS <i>Harbor Square Athletic Club</i>	160 W Drayton, 778-3546	<i>Rainier Beach Pool</i>	8825 Rainier Ave S, 386-1944
<i>Yost Pool</i>	9535 Bowdoin Way, 775-2645	<i>Salvation Army Pool</i>	9050 16th Ave SW, 767-3150
ENUMCLAW <i>Enumclaw Pool</i>	420 Semanski S, 825-1188	<i>Sandpoint Naval Station</i>	(Military personnel only), 526-3531
EVERETT <i>Everett Community College</i>	801 Wetmore Ave, 259-7151	<i>Seattle Athletic Club</i>	33 NE 97th St, 522-9400
<i>Forest Park Swim Center</i>	259-0300	<i>Seattle University</i>	14th & Cherry, 296-6404
<i>McCullum Park Pool</i>	337-4408	<i>Shoreline Pool</i>	19030 1st Ave NE, 296-4345
<i>YMCA of Snohomish County</i>	2720 Rockefeller, 258-9211	<i>South Central Pool</i>	4400 S 144th St, 296-4487
FEDERAL WAY <i>Federal Way Pool</i>	30421 16th Ave S, 839-1000	<i>Southwest Pool</i>	2801 SW Thistle St, 684-7440
<i>King County Aquatic Center</i>	650 SW Campus Drive, 296-4444	<i>View Ridge Club Pool</i>	5815 NE 77th St, 524-3500
FIFE <i>Fife Community Pool</i>	5410 20th St E, 922-7665	<i>Wedgewood Pool</i>	7727 28th Ave NE, 523-8211
GIG HARBOR <i>Peninsula High School Pool</i>	857-3533	<i>West Seattle YMCA</i>	4515 36th Ave SW, 935-6000
ISSAQUAH <i>Julius Boehm Pool</i>	50 SE Clark St, 557-3298	SEQUIM <i>Sequim Aquatic Center</i>	N 610 5th St, 683-6699
KENMORE <i>St. Edward Pool</i>	14445 Juanita Drive NE, 296-2970	SNOHOMISH <i>Hal Moe Memorial Pool</i>	405 3rd, 568-6881
KENT <i>Kent Pool</i>	25316 101st Ave SE, 296-4275	SUMNER <i>Sumner High School Pool</i>	1707 Main St, 863-8110
<i>Tahoma</i>	18230 SE 240th St, 296-4276	TACOMA <i>Eastside Community Pool</i>	35th and L, 591-2042
KIRKLAND <i>Juanita High School Pool</i>	10601 NE 132nd St, 823-7627	<i>Lakes High School Pool</i>	10320 Farwest Dr SW, 756-8401
LAKE STEVENS <i>Lake Stevens High School Pool</i>	2908 113th Ave NE, 335-1515	<i>Lincoln High School Pool</i>	596-2053
LYNNWOOD <i>Lynnwood Pool</i>	18900 44th Ave W, 771-4030	<i>Pierce College Pool</i>	9401 Farwest Dr SW, 964-6678
MARYSVILLE <i>Marysville-Pilchuck High</i>	5611 108th Ave NE, 653-0609	<i>People's Center Pool</i>	591-5323
MERCER ISLAND <i>Mercer Island District Pool</i>	8815 SE 40th St, 296-4370	<i>Tacoma-Pierce Co. YMCA</i>	1102 S Pearl St, 564-9622
MOUNTLAKE TERRACE <i>Mountlake Terrace Pavillion</i>	5303 228th Ave SW, 776-3197	<i>The Center at Norpoint</i>	591-5504
MOUNT VERNON <i>Mount Vernon YMCA</i>	215 E. Fulton, 336-9622		
<i>Riverside Health Club</i>	424-4200		





1996 United States Masters Swimming National Long Course Championships



Donald B. Canham Natatorium
Ann Arbor, Michigan

University of Michigan
August 22-25, 1996

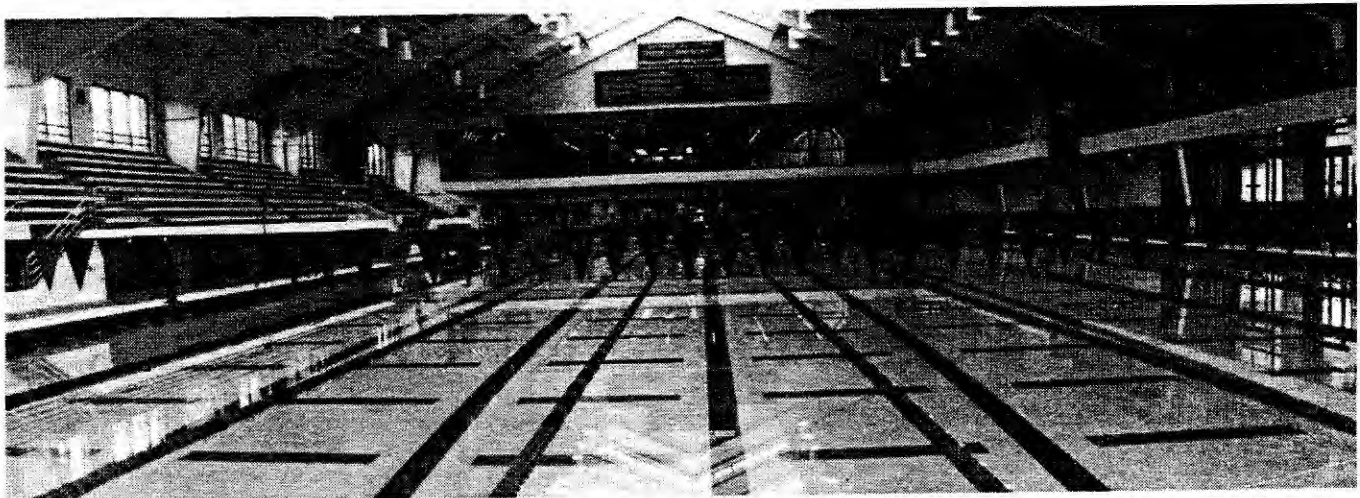


Photo By: Phyllis J. Reid

The Donald B. Canham Natatorium, located on the University of Michigan campus, is the home of the 1995 NCAA-champion Michigan Wolverine Men's Swim Team and site of the 1994 U.S. Open, 1995 USS Junior Nationals and 1996 NCAA Women's Championships.

MEET INFORMATION

Location

Donald B. Canham Natatorium, University of Michigan, 500 East Hoover St., Ann Arbor, Michigan. (Do NOT call or send correspondence to this address.)

Entry Information

For additional forms and information sheets, send a stamped self-addressed business size envelope to: Phyllis Reid, P.O. Box 100, Clark Lake, MI 49234. (517)592-8908.

Relay Entry Form

Relay entry forms will be sent to each USMS club, or send SASE to Phyllis Reid at above address. Cost per relay is \$8 through July 18, 1996, \$12 afterwards.

Facilities

The Canham Natatorium has an eight-lane, 50-meter by 25-yard competition pool with a six-lane, 25-yard diving well for warm-up. An additional five-lane 25-yard pool will be available for warm-up in an adjacent building. The competition pool is seven feet deep at both ends. Colorado 4000 timing systems will be used.

Accommodations

The following hotels, five-to-eight minutes from the pool and on the shuttle route, are offering special rates to Masters swimmers. To receive rates listed below, ask for "Masters Rate."

Sheraton Inn (Meet Headquarters)

\$63 single/double
Pool, restaurant and lounge
(800)848-2770

Crowne Plaza

\$68 single/double
Pool, restaurant and lounge
(800)2CROWNE or (313)761-7800

Fairfield Inn

\$65 single, \$70 double/triple/quad
Complimentary continental breakfast
(800)228-2800 or (313)995-5200

Hampton Inn

\$77 single/double
Complimentary continental breakfast
(800)HAMPTON or (313)665-5000

Courtyard by Marriott

\$79 single, \$85 double
Fitness center, full breakfast buffet
(800)321-2211 or (313)995-5900

Motel 6

\$36 single/\$42 double
Outdoor pool, free HBO and ESPN
(313)665-9900

Wolverine Inn (Best Western)

\$52 single/double
Sauna, whirlpool, Bill Knapps restaurant
(800)766-4023 or (313)665-3500

Meet Shuttle Service

A free shuttle service will run between all hotels listed above and the Natatorium. A schedule will be available at registration. Shuttle service will run Thursday through Sunday and on a limited basis on Wednesday.

Travel Agent

Carlton's Red Carpet Travel is the official travel agency for the meet. Call (800)777-5717 from 8 a.m. to 5:30 p.m. (EST/EDT). Identify yourself as a "Masters" swimmer.

Airlines

Northwest Airlines is the official air carrier for the Championships. For discounted rate, use group number **NC828** through Carlton's Red Carpet Travel, your local travel agent or Northwest Airlines directly. Ann Arbor is serviced by Detroit's Metropolitan Airport.

Ground Transportation

Transportation from Detroit's Metropolitan Airport to Ann Arbor (30 minutes) is available for hire by bus or taxi. Car service may be obtained from *Commuter Transportation* at (800)488-7433 or (313)941-3252.

Parking

Ample parking is available at the Natatorium.

RV/Trailer Parking & Camping

Trailer and RV parking will be allowed at the Natatorium ONLY during the daytime; there will be NO OVERNIGHT RV parking. For camping information, enclose a SASE, marked "camping," with your entry.

Officials

Meet Referee: David Goble
Meet/Facilities Director: Mark Lambert
Meet/Administrative Director: Bill Reid
Meet Hosts: University of Michigan and Michigan Masters Swimming

Emergency Telephone Number
(313)936-8850

MEET INFORMATION

Registration

All swimmers must register to receive meet program, social tickets, and other meet information. Registration will be at the University of Michigan's Canham Natatorium from 10 a.m. to 7 p.m. on Wednesday, August 21, and from 6 a.m. until the end of the day's events on Thursday through Sunday.

Positive Check-in Events

The 400, 800 and 1500 Freestyles and the 400 IM are positive check-in events. For these events, each swimmer must check in either by phone or in person. Check-in may be handled by a swimmer's teammate or coach. No changes in seeding will be made to accommodate individual travel arrangements.

In-person and Phone Check-in

Check-in will be accepted for the following events during the following times: 400, 800 and 1500 freestyles and 400 IM on Wednesday, August 21, from 10 a.m.-7 p.m. Swimmers in the 800 or 1500 free who have not checked in (in person or by phone) by 7 p.m. Wednesday WILL BE SCRATCHED. All swimmers in the 400 IM must be checked in by 7 p.m. on Thursday. Women in the 400 free must be checked in by 7 p.m. on Friday, and men swimming the 400 free must be checked in by 7 p.m. on Saturday. Swimmers failing to check in by the deadline times will be scratched from the event.

**Distance event phone check-in number:
(313)936-8850**

Eligibility

This National Championship is open to any swimmer who is 19 years old as of July 18, 1996. If a swimmer wishes to affiliate with a Masters team, the team and swimmer must both be registered by the same Local Masters Swim Committee (LMSC). If there are questions about affiliation, the swimmer will be entered "unattached."

Age Groups

Individual events: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49...etc. Age for the meet is determined as of the last day of the meet (August 25, 1996). Relay events (aggregate ages): 76-99, 100-119, 120-159, 160-199, 200-239, etc.

World Records

For FINA World Records, age shall be determined as of December 31, 1996. Swimmers aging up after August 25, 1996, must bring this fact to the attention of the meet director.

Scoring

Individual events: 11-9-8-7-6-5-4-3-2-1
Relays score double points.

Team Scoring

Team scoring will be divided into three divisions: large-team, medium-team and small-team. Each division will contain three categories: men, women, and combined scores. Mixed relays will be scored as "combined." Championship Committee will determine team divisions after entry deadline.

Awards

Customized medals will be awarded for first through tenth places. A USMS Championship patch will be given to each swimmer and relay team member for first event won. Those winning more than one championship may purchase additional patches for each event won. Team plaques given in each division. If leaving early, arrange to have awards picked up, or awards can be mailed for a nominal fee (see "Answers" desk prior to departure).

Seeding

Women's events will precede men's events. Odd-numbered heats will consistently start from west end, and even-numbered heats will start from the east end. Events 200 meters or less will be pre-seeded, swum slowest to fastest within each age group, oldest to youngest; partial heats may be combined. The 400, 800, and 1500 free and 400 IM will be deck-seeded slowest to fastest by time or by a combination of age group and time. In distance free events, two-per-lane swimmers will swim before those swimming one per lane.

Warm-up Times

Competition pool will be available for warm-up on Wednesday from 10 a.m.-7 p.m., Thursday from 6-6:45 a.m. and Friday through Sunday from 6-7:45 a.m. The diving well and IM pool will be available for continuous warm-up during competition.

Warm-up Procedures

Swimmers must enter the pool feet first in a cautious manner. No diving allowed except in designated sprint lanes. Racing Starts (including backstroke starts) will be allowed only in designated sprint lanes during all warm-up sessions, where one or two lanes shall be designated as "One Way Sprint Lanes." Safety marshals will monitor pool entry. No training equipment (hand paddles, kickboards, fins, etc.) may be used at any time during the warm-up periods.

**THE MEET REFEREE MAY DISQUALIFY A COMPETITOR FOR ANY SAFETY RULES VIOLATION THAT RESULTS IN UNSAFE CONDUCT
(102.15.2).**

Mandatory Scratch Rule

If, in the opinion of the USMS National Championship Committee, the meet is deemed too large to be run in an efficient manner, your sixth event will be dropped.

Scratches

Any swimmer who fails to report to the proper lane in the correct heat of his/her entered event shall be considered scratched from that event and shall not be permitted to swim that event at another time.

Official Verification Card (OVC)

Any swimmer in need of an OVC should contact the following official prior to arrival at the meet: David Goble, 21991 Bedford Dr., Northville, MI 48167. (810)380-9436

Medical Care

Medical care for emergencies and first aid will be provided for all participants.

**Social Event
Friday, August 23
Authentic Italian Buffet
Sheraton Inn - \$14**

Concessions/Vendors Village

Food concessions, including healthy fare, will be available at the meet. Standard souvenirs will be on sale beginning Thursday, including a limited number of specialty items with meet logo (starting Friday).

Temperature/Climate

Outdoor temperatures range from the 70s to the 90s during the day.

General Meeting

All coaches, officials, and swimmers should be represented at the general meeting to be held at the Canham Natatorium on Wednesday, August 21, at 7 p.m.

Masters Coaches Meeting

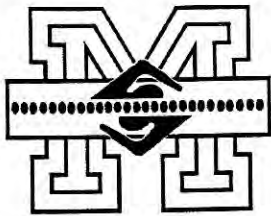
A Masters Coaches meeting will be held on Saturday, August 24, at 6:30 a.m. Location to be announced and posted at the meet.

Alumni Team "Competition"

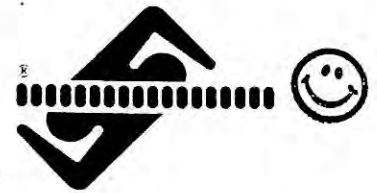
A "side competition" of high school, college or camp alumni teams consisting of five or more swimmers will be scored. Scoring will be handicapped by dividing the total team points by the number of team members. Gather your friends together, and fill in the "Alumni Team" category on the entry form. For '96 LC meet only.

Early Entry Raffle

Swimmers whose entries arrive postmarked prior to June 1, 1996, will be entered in one of two lotteries (male and female). Sponsors' prizes will be awarded to the two lottery winners during the meet.



1996 USMS National Long Course Championships Official Entry Form



University of Michigan * Canham Natatorium * August 22-25, 1996
Sanctioned by Michigan Masters for USMS, Inc. Sanction number: MM199601LC

Name* _____ Sex _____
Last First Middle Initial

Address _____
Street City State ZIP Country

Phone _____ Age _____ Birthdate _____
A/C Days A/C Evenings (on 8/25/96) Month/Day/Year

Emergency _____ USMS Reg. # _____
Name Phone No. Copy of 1996 Card Required

Club Name or Unattached _____ Club Abbrev _____ Alumni Team _____
(Optional - High School, College or Camp Team)

***Print name as it appears on USMS registration card. A copy of 1996 card is required with entry.**

BEFORE COMPLETING, READ "ENTRY FORM INSTRUCTIONS" ON PREVIOUS PAGE.
Entries must be U.S. postmarked by July 11, 1996 or received by July 18, 1996.

Event No.	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6	
Warm-up 6-6:45 a.m.				THURSDAY, AUGUST 22, 1996				Start 7 a.m.	
1				800 FREESTYLE**	2				
3				1500 FREESTYLE**	4				
Warm-up 6-7:45 a.m.				FRIDAY, AUGUST 23, 1996				Start 8 a.m.	
5				100 BUTTERFLY	6				
7				50 BREASTSTROKE	8				
9				100 BACKSTROKE	10				
11				200 FREESTYLE	12				
13	SEE RELAY FORM			200 MEDLEY RELAY	14	SEE RELAY FORM			
15	SEE RELAY FORM			200 MIXED FREESTYLE RELAY	15	SEE RELAY FORM			
17				400 INDIVIDUAL MEDLEY**	18				
Warm-up 6-7:45 a.m.				SATURDAY, AUGUST 24, 1996				Start 8 a.m.	
19				200 BACKSTROKE	20				
21				50 FREESTYLE	22				
23				200 INDIVIDUAL MEDLEY	24				
25				50 BUTTERFLY	26				
27				100 BREASTSTROKE	28				
29	SEE RELAY FORM			200 MIXED MEDLEY RELAY	29	SEE RELAY FORM			
31				400 FREESTYLE (WOMEN)**	N/A	MEN'S 400 FREE SUNDAY			
Warm-up 6-7:45 a.m.				SUNDAY, AUGUST 25, 1996				Start 8 a.m.	
33				200 BUTTERFLY	34				
35				100 FREESTYLE	36				
37				200 BREASTSTROKE	38				
39				50 BACKSTROKE	40				
41				200 FREESTYLE RELAY	42				
N/A	WOMEN'S 400 FREE SAT.			400 FREESTYLE (MEN)**	44				

Entry Checklist

- *Entry form filled out completely?
- **"T" and "6" events marked correctly?
- *Seed times in proper columns?
- *Two-per-lane in distance events checked?
- *Liability release signed and dated?
- *Appropriate fees made payable to "MICHIGAN MASTERS EVENTS" enclosed?
- *USMS card/Int'l permit attached?
- *SASE enclosed?
- (Indicate purpose on envelope: additional meet info, proof of entry receipt, relay entry form, and/or camping information.
- *Entry postmarked by July 11 or mailed to arrive by July 18 deadline?

**You may swim either the 800 free or 1500 free, but not both. Positive check-in required for all events 400 meters and over.
 Check only if you wish to swim two-per-lane: 400 free _____ 800 free _____ 1500 free _____
 Two-per-lane swimmers cannot change at meet. Swimmers seeded two-per-lane will swim before those seeded one per lane.

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 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 _____

FEES:

Meet Surcharge (required) \$ 20 = \$20

Number of Individual Events _____ x \$ 4 = _____

Authentic Italian Buffet _____ x \$14 = _____

Final Results _____ x \$10 = _____

TOTAL FEE ENCLOSED = _____

Check or money order payable to:
 MICHIGAN MASTERS EVENTS

WOMEN'S QUALIFYING TIMES

	Women 19-24	Women 25-29	Women 30-34	Women 35-39	Women 40-44	Women 45-49	Women 50-54	Women 55-59	Women 60-64	Women 65-69	Women 70-74	Women 75-79	Women 80-84
50 FREE	33.37	32.23	32.82	33.81	34.71	36.85	42.65	41.65	43.65	45.67	49.91	57.92	1:25.15
100 FREE	1:13.98	1:11.74	1:12.53	1:14.21	1:17.94	1:23.77	1:39.65	1:34.36	1:41.86	1:43.41	1:55.05	2:14.06	3:29.18
200 FREE	2:41.16	2:41.25	2:38.53	2:39.73	2:54.02	3:06.48	3:36.15	3:36.43	3:39.77	4:00.88	4:16.64	4:54.10	No Time
400 FREE	5:42.06	5:42.20	5:34.54	5:43.29	6:11.01	6:37.77	7:18.83	7:28.90	7:59.37	8:39.09	9:09.71	11:11.39	No Time
800 FREE	13:09.23	13:06.06	12:00.41	11:55.26	13:04.82	14:01.93	14:58.76	16:19.79	18:07.12	18:30.19	21:58.56	No Time	No Time
1500 FREE	29:10.07	25:44.82	22:47.33	24:12.56	24:43.56	27:21.85	30:19.76	31:21.73	35:51.89	36:22.05	44:11.17	No Time	No Time
50 BACK	40.47	39.75	38.85	43.29	42.81	45.64	54.20	51.81	56.31	59.58	59.61	1:10.19	1:27.54
100 BACK	1:26.60	1:28.24	1:24.18	1:27.08	1:32.72	1:43.26	1:52.93	1:52.16	1:58.71	2:11.13	2:11.96	2:39.89	3:15.47
200 BACK	3:14.58	3:11.24	3:04.20	3:12.97	3:19.67	3:36.74	4:09.98	4:22.66	4:32.29	4:52.14	4:48.42	5:57.59	7:22.75
50 BREAST	44.23	44.11	44.17	45.03	46.63	48.87	55.39	54.44	57.43	1:05.00	1:06.08	1:27.09	2:12.21
100 BREAST	1:37.94	1:35.33	1:35.73	1:36.66	1:43.32	1:51.17	1:59.72	2:03.27	2:10.67	2:19.78	2:33.40	3:17.55	5:20.47
200 BREAST	3:36.56	3:31.88	3:28.12	3:41.73	3:49.06	4:03.38	4:22.41	4:22.41	4:43.75	6:00.69	6:40.43	7:55.34	No Time
50 FLY	36.69	35.32	35.59	37.37	38.63	41.54	51.26	49.52	54.13	1:05.24	1:08.37	1:35.72	2:31.79
100 FLY	1:27.55	1:19.65	1:22.03	1:24.72	1:35.71	1:45.78	No Time	1:57.12	2:26.34	2:37.65	No Time	No Time	No Time
200 FLY	No Time	No Time	3:26.25	3:20.63	4:13.15	4:06.75	No Time	5:03.41	No Time	No Time	No Time	No Time	No Time
200 IM	3:03.99	3:01.63	3:00.96	3:06.04	3:18.39	3:36.37	4:09.43	4:11.64	5:07.96	4:42.22	5:20.31	7:53.52	No Time
400 IM	7:05.93	6:53.78	6:23.33	6:48.20	7:54.88	8:08.43	No Time	9:19.56	13:41.52	11:53.05	No Time	No Time	No Time

MEN'S QUALIFYING TIMES

	Men 19-24	Men 25-29	Men 30-34	Men 35-39	Men 40-44	Men 45-49	Men 50-54	Men 55-59	Men 60-64	Men 65-69	Men 70-74	Men 75-79	Men 80-84	Men 85-89
50 FREE	28.66	27.90	28.93	28.79	29.98	30.33	31.43	32.79	35.17	36.19	40.05	43.02	48.84	1:12.51
100 FREE	1:03.76	1:02.43	1:03.53	1:04.60	1:06.00	1:07.85	1:11.28	1:15.78	1:21.86	1:23.68	1:34.26	1:40.64	2:02.18	3:20.75
200 FREE	2:26.65	2:22.34	2:20.56	2:21.77	2:26.27	2:29.24	2:46.90	2:58.06	3:06.57	3:19.65	3:32.83	3:57.67	4:48.78	No Time
400 FREE	5:28.25	5:08.18	5:02.65	5:09.39	5:11.64	5:22.11	5:54.38	6:25.67	6:38.84	7:15.09	7:34.71	8:42.72	10:39.10	No Time
800 FREE	14:27.44	11:42.38	11:26.83	10:55.03	11:16.07	11:25.54	13:01.59	14:44.55	14:13.40	15:29.56	17:19.08	No Time	No Time	No Time
1500 FREE	No Time	22:51.52	22:12.33	22:22.31	21:29.38	22:26.11	25:57.08	26:23.70	28:17.81	31:23.13	33:20.33	No Time	48:57.56	No Time
50 BACK	35.08	34.67	36.69	35.49	35.86	37.64	39.53	42.61	44.99	46.78	51.52	57.51	1:06.31	No Time
100 BACK	1:17.10	1:17.87	1:19.15	1:15.81	1:19.90	1:22.71	1:32.05	1:36.86	1:41.16	1:47.42	1:54.92	2:16.65	2:32.88	No Time
200 BACK	3:08.65	2:48.72	2:57.72	2:46.03	2:56.72	2:59.50	3:28.32	3:47.21	4:02.36	4:09.96	5:14.01	6:16.07	7:22.75	No Time
50 BREAST	38.80	37.30	37.07	38.01	38.72	39.74	42.02	43.49	45.76	48.06	56.29	1:04.80	1:23.17	No Time
100 BREAST	1:25.73	1:24.17	1:21.97	1:25.61	1:27.15	1:30.39	1:34.04	1:40.03	1:48.24	1:51.84	2:10.27	2:35.78	3:24.31	No Time
200 BREAST	No Time	3:07.97	3:09.38	3:08.13	3:16.35	3:19.86	3:35.94	3:55.35	4:08.04	4:25.19	4:44.45	No Time	No Time	No Time
50 FLY	30.94	30.98	31.08	31.22	32.48	32.74	34.38	35.94	40.41	43.54	48.26	1:03.40	No Time	No Time
100 FLY	1:12.00	1:11.08	1:09.93	1:10.48	1:14.43	1:15.71	1:26.12	1:33.10	1:42.48	1:54.63	2:11.76	No Time	No Time	No Time
200 FLY	No Time	2:48.59	2:44.02	2:47.35	2:51.53	3:21.52	4:08.96	No Time	5:30.92	5:14.82	11:52.20	No Time	No Time	No Time
200 IM	2:52.69	2:40.30	2:45.52	2:44.90	2:45.31	2:57.39	3:16.86	3:16.68	3:36.91	3:59.03	4:22.82	4:58.02	No Time	No Time
400 IM	6:42.71	6:01.48	6:03.07	5:59.69	6:23.76	6:22.76	9:10.91	8:04.15	9:53.33	9:09.26	11:46.97	No Time	No Time	No Time

NQT's are 10 percent slower than the 10th place time in the previous year's Top Ten listing for that age group and event.

ENTRY FORM INSTRUCTIONS

Entry Procedures

Use official entry form or photocopy of the entire form. Read all instructions and fill out form completely. Entries with "pending" in place of a registration number on the entry form will be subject to rejection. **A legible copy of each swimmer's USMS registration card or International Travel Permit (foreign entries) must accompany entry form.** Failure to include a USMS card copy or International Travel permit may result in the swimmer being charged a fee before being allowed to compete. A swimmer changing club affiliation prior to Nationals must send either a USMS registration card or a letter from the local registrar with new club affiliation and effective date.

National Qualifying Times

Competitors may enter and swim a maximum of six (6) events. In three (3) of six events, the competitor must have swum a time equal to or better than the NQT in the past two years. The NQTs for all events are listed in the entry information. Designate the events for which you have met the NQT with a "T" in the column designated as such. **No NQTs for women ages 85 and over and men ages 90 and over.**

Filling Out Entry Blank

All events must be entered with a time. "NT" entries will be rejected. Limit three (3) individual events per day.

Sixth Event

If six events are entered, please indicate, with the number "6," your least-desired event in the column designated with the number "6." If not indicated, your last event on the entry form may be dropped. No refunds for the dropped event.

800/1500 Meter Freestyle

A swimmer may enter the 800 or 1500 free, NOT BOTH. Swimmers may choose to swim two-per-lane in the 400, 800 and 1500 free. Two-per-lane heats will be run prior to one-per-lane heats.

Swimming Two-Per-Lane

Swimmers electing to swim two-per-lane cannot change their decision at the meet. Swimmers who elected to swim one-per-lane may change to two-per-lane prior to the final check-in time and date.

Fees

\$4 per individual event plus \$20 surcharge per swimmer. Fees must accompany entry form and must be paid in U.S. dollars by check or money order. Entry not complete

until check has cleared bank. If questions about an entrant's check, full cash payment in U.S. dollars required before the entrant allowed to swim. Refund requests must be in writing and received by July 18, 1996. No refunds for events not swum. The \$20 surcharge also applies to relay swimmers not entered in individual events. Relay-only swimmers must submit an entry form with \$20 payment by entry deadline.

Checks Payable To

MICHIGAN MASTERS EVENTS

U.S. Mail Entries

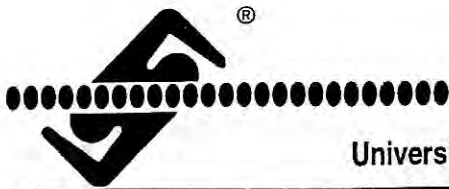
Phyllis Reid, P.O. Box 100, Clark Lake, MI 49234

Overnight Deliveries (only)

Phyllis Reid, 128 Marlboro Ct., Brooklyn, MI 49230

Entry Deadline

All U.S. entries must be postmarked with official U.S. postmark (no business meters) by July 11, 1996 OR received by July 18, 1996. No FAX, wire, or telephone entries will be accepted. Entries received after this date returned to sender. Mail entries early. Include SASE with entry for proof of receipt. Allow sufficient time for mail delivery. Photocopy completed entry form for your records.



Official Entry Form for RELAY Events
1996 UNITED STATES MASTERS SWIMMING
NATIONAL LONG COURSE CHAMPIONSHIPS

Sanctioned by
Michigan Masters
for USMS, Inc.
MM199601LC

University of Michigan, Canham Natatorium - August 22-25, 1996

Club Name _____ Club Abbrev. _____
 Name of Relay Representative: _____ Telephone: _____ / _____
 Address: _____ City: _____ State: _____ Zip: _____

Instructions: Please enter the age group, A/B/C designation and an achieved time or a reasonable aggregate time for your relay teams under the correct event column. **IF YOU ENTER "NO TIME" YOUR ENTRY WILL BE REJECTED.**

Entry Deadline: Entries must be postmarked (in the U.S.) by July 11, 1996 or received by July 18, 1996. Entries received after July 18 are \$12 per relay. Deck entries will be accepted until Thursday August 22, 1996 6:00 PM. All relay swimmers must have entered the meet by July 18th. **Swimmers entering relays only and no individual events must complete the individual entry form, pay the surcharge and sign the liability release.**

Relay Eligibility: Each swimmer must be a registered Masters swimmer. All four relay members must be registered with the same Masters club. **Unattached swimmers may not swim on relay teams.** Relay entry is in addition to the individual events. A swimmer may swim each relay event only once (limit of 4 relay events per swimmer).

Awards: Customized medals for places 1st through 10th.

Age Groups: The aggregate age of the four relay team members shall determine the age group. Ages are determined in whole years as of the last day of the meet (August 25, 1996). Relay age groups are: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359 and 360-399. **Relays in any age group that include swimmers between the ages of 19 and 24 are not eligible for world records; however, they will be considered for USMS National Records. Designate A, B, C, etc. if you have more than one relay in the same age group.**

World Records: For FINA Relay World Records, age shall be determined on December 31st. If this FINA rule places a relay in the next higher age group, then this must be brought to the attention of the Meet Director for world record consideration. Relays in any age group that include swimmers between the ages of 19 and 24 are not eligible for world records; however, if the youngest swimmer on a relay is 24 years old and will be 25 years old as of December 31st, then he/she must bring this fact to the attention of the Meet Director for world record consideration.

Relay scoring: Men, Women, Mixed - 22, 18, 16, 14, 12, 10, 8, 6, 4, 2. Points from mixed relays shall count under combined score only

Deck Entries: Clubs may deck enter relay teams until 6 PM Thursday, August 22, 1996 at the Relay Registration desk, for a fee of \$12.00 per relay.

Age Group	A B C	WOMEN'S RELAYS		MEN'S RELAYS		MIXED RELAYS	
		EVENT#41 200 Meter Free Relay	EVENT #13 200 Meter Medley Relay	EVENT #42 200 Meter Free Relay	EVENT #14 200 Meter Medley Relay	EVENTS #29/30 200 Meter Medley Relay	EVENTS #15/16 200 Meter Free Relay

Checks Payable to: Michigan Masters Events

Mail entry & Fees to: 1996 USMS LC Nationals
Phyllis Reid
P.O.Box 100
Clark Lake, MI 49234

Overnight Deliveries Only: Phyllis Reid
128 Marlboro Ct.
Brooklyn, MI 49230

Number of Relays entered before July 18, 1996 _____ x \$ 8.00 = _____
 Number of Relays entered after July 18, 1996 _____ x \$12.00 = _____
 Total \$ _____

RELAY SWIMMERS ONLY - PLEASE USE INDIVIDUAL ENTRY FORM

Legible copies of this entry blank are acceptable. For relay instructions see reverse side of this form.

UNITED STATES MASTERS SWIMMING NATIONAL CHAMPIONSHIP RELAY PROCEDURES

Day Prior to the First Relay:

6:00 PM ☞ Relay entry forms for all relays must be turned in to Relay Desk.

Day of the Relay:

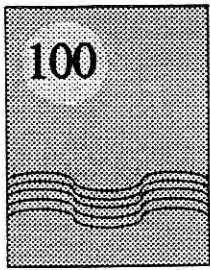
9:00 AM ☞ Age group and seed time changes for that day's relay(s) must be turned in to the Relay Desk by filling out a RED CHANGE CARD. (Changes for any future days' relays may also be turned in if desired.)

11:00 AM ☞ Relay cards for that day's relay(s) may be picked up at the Relay Desk.

General Relay Information:

- ◆ Relays may be deck entered until 6:00 PM on the day prior to the first relay. The cost is \$12 per relay, and payment is required at the time of entry. Refunds shall not be given for duplications and scratches, so *it is recommended that only Team Representatives handle relay entries.*
- ◆ Changes in age group and/or seed time(s) may be made until 9:00 AM on the day of the relay by filling out a RED CHANGE CARD at the relay desk.. Only the age group and seed time may be changed from the original relay entry information. This information may not be changed after 9:00 AM on the day of the relay.
- ◆ Relay heat sheets shall be posted and relay cards must be picked up at the Relay Desk after 11:00 AM on the day of the relay. Prior to the swimming of the relay, the card must contain the following additional information:
 1. Meet ID Number for each swimmer (available in the meet program and at the Relay Desk)
 2. Name of each swimmer competing in the relay
 3. Age of each swimmer
 4. Indication of the lead-off swimmer with a #1 by his/her name.

NOTE: Relay cards will not be checked for mistakes and omissions made by team representatives. Disqualifications resulting from mistakes and omissions shall not be reconsidered. Accuracy and completeness are your responsibility.



D.A.M.P.

Dunwoody Aquatic Masters Program
Helping you enjoy swimming

Take A Swimming Tour Of the World Swim the *Virtual* Century Swim

Do you ever feel like you swim and swim, but don't get anywhere? Tired of watching the same tiles and discolored spots on the bottom of the pool? How would you like to swim some of the world's most famous waterways and open water races? Now you can . . . with the *Virtual*/Century Swim!

Swim where you do now, but keep track of your distance on the *Virtual*/Century Swim log sheet. As you accumulate distance, you'll pass famous swimming landmarks. At 12.5 miles, your log sheet will show that you have completed the Swim Around Key West. At 28.5 miles, you've finished the Manhattan Island Swim. And at 90 miles, you'll do what Diana Nyad couldn't . cross the Straits of Florida from Havana to Key West. And,

there are many other landmarks in between. Once you have logged 100 miles through North American waterways, send in for the next log sheet in the series, and swim Europe, or Asia, or Australia!

Your entry package includes your log sheet, helpful training advice, a Century Swim cap, and post cards you can mail back to us to tell us how your travels are progressing. You set the pace, you determine how far you go each day, and you set your personal goals. We encourage you to set up a regular swimming routine for all the health and fitness benefits it can bring, but we know how life can sometimes get in the way so there are no time limits for completing the *Virtual*/Century Swim.

Additional Information

The *Fitness 500* is sponsored by Dunwoody Aquatic Masters Program. Contact Bill or Diane Black at (770) 698-8020 or via E-mail at 76216.2345@compuserve.com for more information, or to register for the *Virtual Century Swim*.
Cyberspace Alert: D.A.M.P. is on the World Wide Web at <http://ourworld.compuserve.com/homepages/swim>

The *Virtual* Century Swim

Official Entry Form

Mail entry to: D.A.M.P., PO Box 88863, Atlanta, GA 30356-8863

Name _____ Sex M or F (CIRCLE ONE) Age _____ (OPTIONAL)

Are you a repeat entry Y or N (CIRCLE ONE) T-shirt (if desired) M L XL (CIRCLE ONE)

Circle log sheet desired North America Europe Asia Australia Africa

Address _____ City _____ State _____ Zip _____

Signature: _____ Date: ___/___/___

\$5.00 entry fee, payable to D.A.M.P. \$7.00 for non-US addresses. (\$4.00/\$6.00 for repeat participants). Optional T-shirts are an additional \$9.00 (\$11.00 for non-US addresses).

How did you hear about the *Virtual*/Century Swim?

- | | |
|--|--|
| <input type="checkbox"/> Pool where I swim | <input type="checkbox"/> Club Newsletter |
| <input type="checkbox"/> Friend | <input type="checkbox"/> D.A.M.P. mailing |
| <input type="checkbox"/> <i>Swim</i> Magazine | <input type="checkbox"/> Internet / World Wide Web |
| <input type="checkbox"/> <i>Fitness Swimmer</i> Magazine | <input type="checkbox"/> Other: _____ |

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GOOD LUCK TO ALL SWIMMERS

**USMS SHORT COURSE
CHAMPIONSHIPS**

**DE ANZA COLLEGE
CUPERTINO, CALIFORNIA**