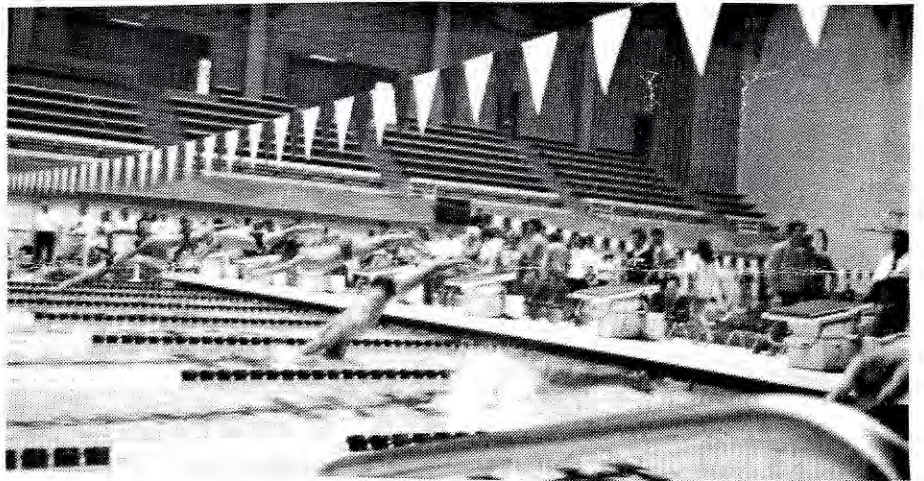
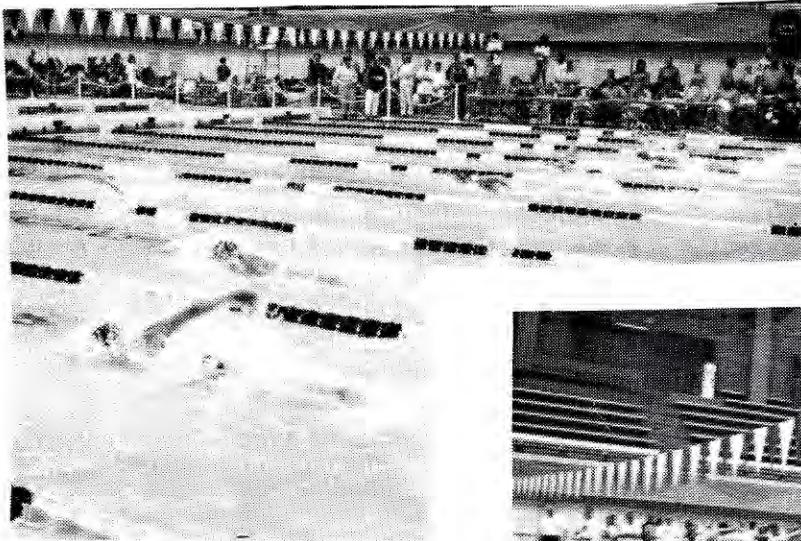


# The WetSet

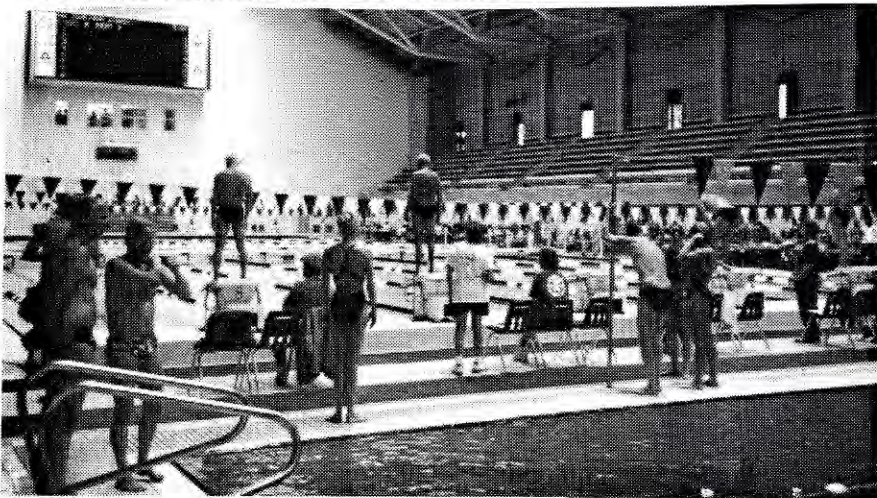
Pacific Northwest Association  
of Masters Swimmers

Volume 15 Issue 6

June 1996



Scenes from the recent PNA Championship Meet held at Federal Way on April 12-14. PNA Board members Steve Peterson and Walt Reid are pictured below and to the left.



## Inside

***Training for Distance*** by Dan Frost

**PNA Swimmers in USMS Top 10**

**Long Distance Swim Calendar**

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**NW Zone Long Course Champs**

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**USMS Long Course Nationals**

**5k & 10k Postal Championships**



# President's Letter

Dear Swimmers:

A belated congratulations to all who participated in the PNA/ Northwest Zone Championship meet in April. As usual, it was a top quality meet. A special thanks to everyone who helped organize and run the meet. Until you have helped put on a meet, it is hard to realize how much work goes into it both before and during the meet. It's a special challenge to those who try to swim as well as run the meet.

Remember, this was a warm-up for 1997 Short Course Nationals which the Pacific Northwest Association is hosting. We'll need lots of help so that everyone who wants to can swim, as well as help put on the meet. Over the next few months, I'll describe the various people involved and their committees so everyone can get an idea of where they would be able to help. The reason for hosting a national meet is to raise money for our association. This allows us to continue our annual registration fee at the same level without increases. As that benefits every member of the PNA, everyone can be expected to help in some way.

For now, we are discussing Nationals as part of the monthly PNA Board meetings. Later on, some additional Nationals planning meetings will probably be necessary. Anyone with an interest in helping is welcome to attend.

The PNA had a number of USMS All Americans for 1995. Each All American had the fastest time in an event during the year. Congratulations to all of these great swimmers:

Katherine Casey	45-49	Suzanne Dills	50-54
Greg Harrison	40-44	Alan Bell	45-49
Stephen Thrasher	50-54	Nick Templeman	60-64
Bob Miller	65-69	Jim Penfield	85-89

A special congratulations to Jim Penfield who was also named the 1995 USMS Finals All Star swimmer for Men 85-89.

Keep swimming,  
Jane Moore

## EDITOR'S NOTE:

This issue of the WetSet is packed full of information and because I wasn't able to include everything I'll make some notable mentions here. First, the Federal Way pool is going to hold sessions for those wishing to swim the 5K and 10K postal events. The 5K is scheduled for June 5th and the 10K for September 7th at Federal Way Aquatic Center. Contact Jane Moore at 925-0803 for information. The Arc Seafair Swim, a team relay and fund raising event is being held July 27th. Relays and solo swimmers traverse either 20 or 14 miles of Lake Washington. For more information call Sally Habegger at 364-6337 (ext. 19). Also, check out the Long Distance Swim calendar included in this issue.

**Note:** I received a mayday from Tom Logan who I erroneously reported as being able to supply free copies of the FINA Masters newsletter. I have been informed that people interested in getting the newsletter should contact FINA at this address:

The FINA  
Avenue de Beaumont 9  
1012 Lausanne, Switzerland

## 1997 PNA Championships Final Team Scores

AAA		AA		A	
1. Green Lake Aqua Ducks	3,142	1. Bellingham Masters Club	749	1. Tacoma Y	358
2. Federal Way Masters	1,875	2. Tigers	670	2. Issaquah	243
3. Bellevue Club Masters	1,002	3. Swim Seattle	500	3. Thunderbird Aquatic	219
		4. PRO Club	484	4. Mt. Rainier Masters	187
		5. Mercer Island Swim Coalition	483	5. Old Olympic Peninsula	153
		6. Queen Anne Swim Club	399	6. Ft. Steilacoom	139
		7. Samena Club	346	7. Sequim	41
		8. Tumwater Valley Masters	140	8. North Whidbey Aquatic	37
				9. Puyallup Aquatic	25
				10. Gateway	23

## 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

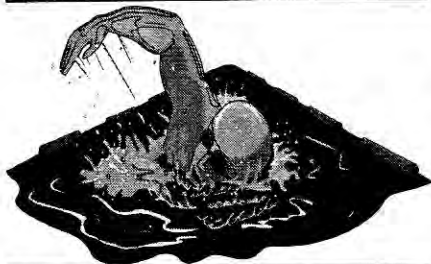
Deborah Bagg  
(206) 621-7896

### 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

<u>Date</u>	<u>Event</u>	<u>Location</u>
July 3		U.S. Veterans National Championships - Federal Way
July 6	SCY	Summer Sports Festival - Helene Madison Pool - Seattle
June 5		5K Postal Championship - Federal Way
July 27	OW	Arc Seafair Swim - Lake Washington
9/1 - 11/30	SCY	3,000 Yd Postal National Championship (PNA is host)
Sep 7		10K Postal Championship - Federal Way
May 1997	SCY	USMS Short Course National Championships - Federal Way

### Oregon (Eric Guest)

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

### British Columbia

July 1	Canada Day Challenge, 1km and 2.5 km	<i>(for information on the four open water swims in Canada call (604) 683-7454)</i>
July 7	Bay Challenge, 10 km	
July 20	SeaFest Challenge, 2.5 km	
July 27	Kitsilano Challenge, 2.5 km	

### National/International

5/15-10/15		Postal 10K 2-Person Relay
5/15 - 9/30		5K and 10K Postal National Championships
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

**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

**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

MINUTES OF THE PNA BOARD  
MEETING  
HELD APRIL 23, 1996

The meeting was called to order by President Jane Moore at 7:10 pm at the Bellevue Athletic Club. Present were Deborah Bagg, Gary Maynard, Hugh Moore, Walt Reid, Sue Dills, Jan Kavadas, Steve Peterson, Suzie Ness, and Tammi Keeler. Teams represented were SSEA, Samena, FWM, Fort Steilacoom, BCM, OOPS, Orca, and GLAD.

**MINUTES.** March minutes were MSA as submitted (with thanks to Steve Peterson for pinch-hitting).

**TREASURER'S REPORT.** Tammi Keeler announced that the PNA balance is \$10,433.51, and the Wiggin Fund balance is \$2427.32. Her financial report was MSA as submitted.

- It was MSA to reimburse \$52.07 to Suzie Ness for postage to mail meet bid packages.
- It was MSA to pay the outstanding \$88.00 pool fee to the Samena Club for the Coaches' Clinic held there recently (\$112.00 has already been paid), and to submit that amount to USMS for reimbursement; and to identify other actions to be taken after we get a complete financial report. The policy of splitting the Coaches' Clinic profits established at the January board meeting will be followed.
- It was MSA that PNA Masters has always depended on volunteers. If the Board determines that a task may be paid for because of its scope, then it must be subject to proposal, budgeting, and board approval prior to undertaking that task.
- It was MSA to deny Phyllis Gill's request for reimbursement for time spent as Coaches' Clinic director.
- It was MSA to reimburse \$29.13 to Steve Peterson for Dawn Musselman award prepara-

tion costs.

**COMMITTEE REPORTS.**

**A. Meets.** -- Suzie Ness announced that Orca has applied for sanction for the July 6th meet. That sanction was MSA.

- The Wiggin meet will consist of 7 events: 400 IM, 200 fly, and 5 freestyle events 1,000 and shorter. It was MSA to approve a flat fee of \$10, OR the regular PNA fee structure, for this meet. Suzie will notify Robin O'Leary of this.
- Hugh announced that next year's PNA Champs meet will take place in early March, and the Bangor meet will take place in April, in order to accommodate scheduling of the Nationals meet.
- Steve Peterson suggested that a likeness of Steve Engel appear on all future PNA Champs award plaques. Jane will ask the awards chair about this.
- Gary Maynard presented a sample generic meet entry form. It will be discussed at the next board meeting.

**B. Membership.** Suzanne Dills announced that current membership is 650 swimmers; there were 643 by the PNA Champs entry cutoff date. Sue wants to continue using the renewal form, and noted that a reminder about registration should appear in the September and October issues of the WetSet.

**C. Records/TopTen.** Walt Reid is still working on Zones results. All SCY results have been sent to USMS.

**D. Publicity.** No report.

**E. Newsletter.** No report.

**F. Awards.** No report.

**G. Social.** No report.

**H. Officiating.** Jan Kavadas commented on the good officiating at PNA Champs/Zones. Shilshole Aquatic Club is interested in doing a stroke clinic; they should submit a proposal.

**I. Fitness.** -- No report.

**J. Computer Applications.** Steve Peterson has given a new article to Gary for the WetSet.

**K. Constitution and By-Laws.** No report.

**OLD BUSINESS**

- Safety Guidelines will be sent out with the next agenda, so people will have an opportunity to comment on them.
- Open Water -- Follow-up on the Swim Across America: Jane received a response from the chair of our insurance company, who said that all parts of any open water swim should be sanctioned, and all participants should be USMS members. Swim Across America has no insurance coverage. It was decided to wait for a response from Pete Gillis before proceeding any further.

**NEW BUSINESS.**

- Delegates need to be chosen for convention. This will be discussed at the next board meeting.

Upcoming meetings:  
Tuesday, May 21 at the Tacoma Family YMCA.  
Tuesday, June 25 at Jan Kavadas' home in Edmonds.  
Tuesday, July 23 in Suzie Ness' newly remodeled kitchen.

The meeting was adjourned at 8:55 pm.

Respectfully submitted,

Deborah Bagg, Secretary





# Training for Distance

## A Strategy for Swimming Long-Distance Races

by Dan Frost

Are you thinking about competing in a long distance race? There are frequent opportunities throughout the year to challenge yourself in swims of various lengths and types. Most of the larger Masters meets offer the 1000yd. (800m) and "mile" events. There are also a number of postal events being staged like the annual one-hour, 5k and 10k events sanctioned by USMS. During the summer months, there are open-water events, including triathlons, held in the region, as well as USMS open-water National Championships.

Competing in a distance race, whether in the pool or not, is not for the faint of heart by any means. Rowdy Gaines, while commentating for ESPN during the 1650 yard Freestyle of the 1995 Men's NCAA Championships, said "I swam this thing a couple of times, and, I can tell you, I have never been so nauseous in my life as that last 500 of this race. I don't know how they do it. I'm really, literally sick to my stomach by the end of it...it's a tough race to swim." Distance races are perhaps the toughest challenge there is in the sport of swimming.

However, preparing for, and competing in, distance events does not require any complicated strategy. Neither must one spend endless, mindless hours in the pool, logging as much long and slow yardage as possible. You will get out of the effort that which you put in. So, with a little special attention towards training, as well as a little fun, you can be on your way to a satisfying achievement of your distance swimming goals.

Here is a general strategy for overcoming the long-distance challenge:

1. *Plan ahead.* Find an event that you would like to compete in, and give yourself time to prepare. Swimming a distance event at a zone or national meet is a great end-of-season goal.
2. *Technique, Technique, Technique!* Work hard on improving your swimming efficiency. Small stroke defects can add up to higher energy cost and slower times. You will need all of your strength to complete a long-distance race. Learn how to get the most out of yourself, and waste not.
3. *Do a "benchmark" swim.* Sometime before your event, get into the water and swim your race distance without stopping. You can do this as fast or slow as you like, but it is important to physiologically and mentally feel what it is like to cover the distance. You may have to deal with pain and nausea, like Rowdy Gaines, during your race. Performing a benchmark workout will help you anticipate these situations during the race itself. If you are preparing for an open-water event, learn to deal with the challenges of navigation and swimming in cold water (make sure you take along a buddy). This is also a chance to evaluate the effectiveness of your training.
4. *Focus on pacing.* Success in distance racing depends mostly on holding a fast but constant pace. Once you become comfortable swimming long intervals in workouts, begin to increase your workout speed. If you have set a time goal for yourself, say swimming the 1500 meters in 20 minutes, work toward lowering your intervals to your desired race pace (1:20 per 100m in this case).
5. *Taper.* More than any other event, give yourself at least a couple of days of rest or easy exercise before your competition. You need to give your body the chance to restore its muscle glycogen by tapering your workout intensity and eating a high-carbohydrate diet. Most distance races are held on the opening day of meets, so that you won't waste precious energy competing in your other races. The most energy that you should spend in the days before the race should be spent just traveling to the competition site.
6. *Swim your best race!* You should be confident in yourself if you have trained well. Do a brief warm-up swim, so that you can concentrate on form and take a little bit of the edge off. Swim with control, for adrenaline will not help you here. A winning race strategy includes good pacing and endurance through the difficult parts of the race.

Completing a distance swim is a lofty challenge that you can achieve! Again, there are many opportunities to swim with (and compete against) others driven to master long-distance swims. Your Masters coach can help you plan specific workout sets designed to build your endurance base, lower your race pace, and improve your technique. You can take the BIG PLUNGE!

*Dan Frost is from Oak Harbor, and swims with the North Whidbey Masters. He made the 1995 USMS Top Ten in the 1500 meter Freestyle (25-29 age group), and swept his age group in all three mile races at the 1995 PNA, SC Zone, and LC Zone meets. He also took second in his age group at the 1995 Canadian Masters Nationals in the 800 meter Freestyle.*

## HAPPY BIRTHDAY - PNA SWIMMERS

06/16 DOUG PORTELANCE	06/16 CRAIG MALLERY
06/16 PHILLIP ENDICOTT	06/17 PATON MCCLUNG
06/17 JAMES CURD	06/17 ANDREW LOVAN
06/17 ELISA PANELLI	06/17 ROBERT MORA
06/20 DAVID DEMOREST	06/20 RANDY SPARKS
06/20 GORDON STUBBE	06/20 BRIDGET SIPHER
06/21 SALLY PARRY	06/22 THOMAS FOLEY
06/22 GORDON GRAY	06/22 MICHAEL PETERS
06/23 PAT MATTHIESEN	06/24 DAVID DRUM
06/24 FRED LEATHERMAN	06/26 WAYNE METHNER
06/28 ABBIE MORRIS	06/28 THOMAS DRUHAN
06/29 BRAD WILLIAMS	06/29 DAWN PAXTON
06/29 KAY GLADE	06/29 AARON OGUS
06/30 MARK ROWE	07/01 DEBBIE DOSEY
07/01 GREGORY STONER	07/02 LEN MCCOLLAM
07/02 ALEXANDRA SMITH	07/02 JAMES LOUNSBURY
07/02 CAROLE GOYA	07/03 DAVID SONNEN
07/03 JAY BURNHAM	07/03 SHARON BELK-KREBS
07/03 AUDRA RESCHKE	07/04 KEALY KURDY
07/04 BEN DOTSON	07/04 EDWARD RUGGLES
07/04 TIMOTHY PETERS	07/05 BRIDGET CASE
07/05 ROBERT FURLONG	07/06 RUSSELL KNUDSEN
07/06 JIM BOWE	07/06 JAMES WORREL
07/06 MICHAEL MCKINLAY	07/06 JUDITH HUTCHISON
07/07 PAUL SHERMAN	07/08 NANCY GAYMAN
07/08 KATHLEEN SOUTHARD-DEAN	
07/10 SCOTT KELLY	07/10 ROD EGOLF
07/11 MARCI CANONGE	07/11 WILLIAM BENKO
07/11 LOWELL JOHNSON	07/11 JOY ROSS
07/12 PETER EMSKY	07/12 BARBARA VAN DEFEN
07/12 MICHELLE MCPHEE	07/13 RALPH MOORE
07/13 JEANETTE VALLANDIGHAM	
07/14 RUSSELL BRINTON	07/14 DANIEL FROST

# WELCOME TO THE PNA

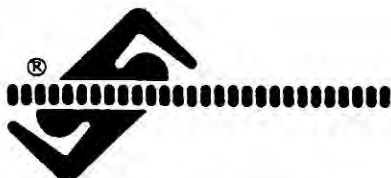
**The Following Swimmers  
Have Joined PNA In The  
Last Month**

Jon Bernhoft  
Phil Brennan  
Tara Cannava  
Steven Delehoy  
Christopher Hattasch  
Kealy Kurdy  
Leslie McCullough  
Patrick Miller  
Edward Ruggles  
Nick Smith  
Sherry VanSant  
Bruce Whittaker

**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**



# LONG DISTANCE SWIMMING 1996 LONG DISTANCE CALENDAR

NOTE: OPN = Open Water, PST = Postal Swim, LD = Long Distance in Pool

1/1-31/96	*** NATIONAL CHAMPIONSHIP *** 1-Hour Postal Championship	PST	Jane Moore, 1867 58th St. NE, Tacoma, WA 98422-1517	206-925-0803
1/1/96 - 12/31/96	Virtual Century Swim - No Time Limit	PST	Bill Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731 Internet 76216.2345@compuserve.com	770-698-8020
1/7/96	1.5-Mile Swim - Kihei, Maui	OPN	Maui Masters Swim Club, PO Box 424, Pu'unene, Maui, HI 96784	
2/1-29/96	February Fitness Challenge	PST	Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820	504-766-5937
2/1-29/96	Postal 1650	PST	Christine Win, 415-507-0188 (w)	415-485-5909(h)
3/24/96	Swim for your Heart - Wailea, Maui	OPN	Maui Masters Swim Club, PO Box 424, Pu'unene, Maui, HI 96784	
4/13/96	3K River & Bay Swim - Indialantic, FL	OPN	Sam Freas, 900 N. Riverside Dr., Indialantic, FL 32903, in conjunction with USS 10K Championships	407-723-6536(h)
4/14/96	The Fin Swim (2K) - Ala Moana Park	OPN	Waikiki Swim Club, PO Box 8462, Honolulu, HI 96830	
4/21/96	3K Ocean Swim - Hollywood Beach, FL	OPN	Hurricane Aqua Team Seacats, #1 Hurricane Dr., Coral Gables, FL 33146, Info: Sid Cassidy, FAX 305-284-3645	305-284-3593
May 96	7K Open Water - Natal, South Africa	OPN	Peter Charter, PO Box 767, Kelvin, South Africa 2054, E-Mail: peter.charter@pixie.co.za	
5/11/96	5K State Champs & 1/2-Mi Swim - Lake Lanier Islands, GA	OPN	Bill Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731, Internet 76216.2345@compuserve.com	770-698-8020
5/11/96	1.2-Mile Swim - Hanakano'o Beach Park, Maui	OPN	Maui Masters Swim Club, PO Box 424, Pu'unene, Maui, HI 96784	
5/11/96	2-Mile Pensacola Bridge Swim - Pensacola, FL	OPN		904-484-1312
5/11/96	Spring Lake Open Water - Santa Rosa, CA	OPN	Jim McCray	707-528-4718(w)
5/15/96 - 10/15/96	10K * 2-Person Relay	PST	Mike Stott, 403 Lakewood Dr., Richmond, VA 23229	804-288-8808
5/15/96 - 9/30/96	*** NATIONAL CHAMPIONSHIP *** 5 & 10 K Postal Championships	PST	Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820	504-766-5937
5/19/96	1.7-Mile Swim - Kailua Beach Park	OPN	Waikiki Swim Club, PO Box 8462, Honolulu, HI 96830	
5/26/96	Reston 2-Mile Lake Swim - Reston, VA	OPN	Lynne Hook, 13708 Springhaven Dr., Chantilly, VA 22021	703-845-SWIM
5/27/96	1.5-Mi Alcatraz Swim - San Francisco, CA	OPN	Enviro Sports, PO Box 1040, Stinson Beach, CA 94970, FAX 415-868-2611	415-868-1829
Jun 96	Montauk Marathon Swim Practice - NY & RI	OPN	MOMS, c/o Captain Tim Johnson, 74 Broadway, Garden City Park, NY 11040, MOMS race is 7/20/96	516-746-4844
6/1/96	7.5-Mi Potomac River Swim for Environment	OPN	Joe Stewart, 3212 Avon Ave, Baltimore, MD 21218	410-243-4418
6/1/96	1-Mi Surf Classic - Cardiff-by-the-Sea, CA	OPN	UCSD Masters, Campus Recreation, 9500 Gilman Dr., #0044, La Jolla, CA 92093-0044	619-534-8124
6/1/96	1 & 2-Mile Swims - Lake Berryessa, CA	OPN	John Tice, Davis Aquatics Masters, PO Box 921, Davis, CA 95617, FAX Kinko's 916-758-5672	916-661-5985
6/1/96 - 7/31/96	2000 Fitness Challenge	PST	Lori Gibson-Rick, 79 Ridgeport Dr., Rochester, NY 14617, CoachLorie@aol.com	716-338-3209
6/1/96	1/2, 1 & 2-Mi Cable - Shepherdsville, KY	OPN	Tom Popp, 1606 Noel Dr., Jeffersonville, IN 47130	812-284-5448
6/1/96	12-Mi Swim Around Key West	OPN	Coral Springs Masters, c/o JPC, PO Box 8086, Coral Springs, FL 33065, For Info: Tricia Holm	954-340-8454
6/2/96	2.4-Mi Choptank River - Cambridge, MD	OPN	Columbia Triathlon Assn., Inc., 6662 Windsor Ct., Columbia, MD 21044, Contact: Robert Vigor FAX 410-964-2274	410-964-1246
6/2/96	1-Mile Guess Your Time - Ft. DeRusse Beach, HI	OPN	Waikiki Swim Club, PO Box 8462, Honolulu, HI 96830	
6/9/96	4.4-Mi Chesapeake Bay Swim - Baltimore, MD	OPN	L. Brooks Productions, Inc., 701 Scarlett Dr., Baltimore, MD 21286	410-783-5482
6/15/96	1-Mile Swim - Evergreen Lake, PA	OPN	PTC/Evergreen Lake Swim, PO Box 21332, Lehigh Valley, PA 18002-1332	
6/15/96	5K & 3K Lake Swims - Clemson, SC	OPN	Jacque Grossman, 110 Pleasant View Dr., Clemson, SC 29631-1781	864-654-4704
6/15/96	Swim for Life - Baltimore, MD	OPN	Joe Stewart, PO Box 39464, Baltimore, MD 21212, 2.1 nautical miles, 1.1 nautical miles, 200 or 100 yds	410-243-4418
6/16/96	1-Mile Ocean Swim - Virginia Beach, VA	OPN	Betsy Durrant, 211 66th St, Virginia Beach, VA 23451	804-422-6811
6/22/96	1-Mile Swim - Lake Allatoona, GA	OPN	Bill Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731, Internet 76216.2345@compuserve.com	770-698-8020
6/22/96	1-Mile Swim - Georgetown, Grand Cayman	OPN	David Boudreau, 380 Coconut Cir., Ft. Lauderdale, FL 33326, Temporary Contact	954-399-5827
6/22/96	1.2-Mile Swim - Kailua-Kona Pier, Hawaii	OPN	Kona Aquatics, PO Box 957, Kailua-Kona, HI 96745	
6/22/96	2-Mi Open Water - Lake Sonoma, CA	OPN	Mike Joyce, 38 Knoll Rd., San Anselmo, CA 94960, 415-453-4550 x213(w)	415-456-7404(h)



6/22/96	Alexandria Lake Races - Alexandria, MN	OPN	Sarah Fromada, Minnesota LMSC Sanctions, PO Box 24602, Edina, MN 55424	612-941-5557
6/22/96	10K Pool Swim - Baton Rouge, LA	LD	Scott Bahalals, 3537 Chrstna Ave., Baton Rouge, LA 70820, Send SASE marked '10K Swim'	504-766-5937
6/27/96	1-Mile Ocean Swim - San Clemente, CA	OPN	Scott Hubbell Productions, 24955 Pacific Coast Hwy., Suite B, 203, Malibu, CA 90265	310-456-7343
6/29/96	Roughwater Swim Clinic - Kaimana Beach	OPN	Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Honolulu, HI 96789	
6/29/96	3 Mile Ocean Swim - Santa Barbara, CA	OPN	Sarah Clayton, Parks & Recreation, PO Box 1990, Santa Barbara, CA 93102-1990	805-965-0509
6/29/96	2K Swim - Kahakii Beach Park, Maui	OPN	Maui Masters Swim Club, PO Box 424, Pu'unene, Maui, HI 96784	
6/30/96	1.5-Mi Lake Del Valle - Alameda, CA	OPN	Linda Gilchrist, PO Box 4020, Alameda, CA 94501	510-522-0787(h)
6/30/96	1-Mile Swim - Sunset Beach, HI	OPN	Kalaheo Sports Productions, PO Box 25277, Honolulu, HI 96825	
7/4/96	1-Mi Rough Water Swim - Coronado, CA	OPN	Coronado Roughwater Swim, PO Box 180063, Coronado, CA 92178	619-275-1292
7/5/96	1 Mile Bay Swim - Somers Point, NJ	OPN	Karen Pratz, City of Ocean City Aquatics, PO Box 570, Ocean City, NJ 08226	609-398-6900
7/6/96	*** NATIONAL CHAMPIONSHIP *** 2-Mile Cable Championship - Charlottesville, VA	OPN	Linda McCowan, 13613 Prince William Dr., Midlothian, VA 23113	804-379-2537
7/6/96	1-Mile Ocean Swim - Santa Barbara, CA	OPN	Scott Hubbell Productions, 24955 Pacific Coast Hwy., Suite B, 203, Malibu, CA 90265	310-456-7343
7/7/96	1-Mile Roughwater Swim - Hapuna, HI	OPN	Frozen Pee Productions, PO Box 1583, Kailua-Kona, HI 96745	
7/7/96	1.5-Mile - Lake Oglethorpe, GA	OPN	Bill Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731 Internet 76216.2345@compuserve.com	770-698-8020
7/7/96	2.4-Mile Swim - 'Ehukai Beach Park	OPN	Waikiki Swim Club, PO Box 8462, Honolulu, HI 96830	
7/7/96	6-Mile Ocean Swim - Santa Barbara, CA	OPN	Pete Kelley, 1921 Aspen St., Los Osos, CA 93402	805-528-3575
7/13/96	4.25-Mi Bay Swim - Sayville, NY	OPN	Rotary Bay Swim, c/o Chuck Raynor, 4420 Wilshire Ln., Oakdale, NY 11769	516-563-4930
7/13/96	1/3/10-Mi Rough Water - Seal Beach, CA	OPN	Lynn Markman, c/o Seal Beach Rough Water Swim, PO Box 853, Seal Beach, CA 90740	310-456-7343
7/13/96	Navy Base-to-Base Swim - San Diego, CA	OPN	Athletic Office, Naval Station San Diego, PO Box 368015, Code N 445, MWR, 2375 Recreation Way, San Diego, CA 92136-5592	619-556-5156
7/13/96	1-Mile Ocean Side Pier - San Diego, CA	OPN	Scott Hubbell Productions, 24955 Pacific Coast Hwy., Suite B, 203, Malibu, CA 90265	310-456-7343
7/13/96	2-Mile Russian River Swim - Santa Rosa, CA	OPN	Jim McCray	707-528-4718(w)
7/13/96	1 Mile in Long Island Sound - Westport, CT	OPN	Bob Knoebel, Westport/Weston YMCA, PO Box 190, Westport, CT 06881	203-226-8981
7/13/96	5K Swim - Huntington, NY	OPN	Bea Hartigan	516-271-3349
7/14/96	2-Mile Lake Swim - New Auburn, WI	OPN	Nancy Gonderzik, Aquatic Director, Eau Claire YMCA, 700 Graham Ave., Eau Claire, WI 54701	715-836-8460
7/14/96	1.5-Mi Lake Oglethorpe - Athens, GA	OPN	Bill Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731, Internet 76216.2345@compuserve.com	404-698-8020
7/14/96	Silver Creek Open Water - NY State	OPN	Mary Beth LoPat	716-875-6936
7/14/96	2-Mi Cable Swim - Clermont Cty., OH	OPN	Linda Vallerio, 54 Lockwood Pl., Ft. Thomas, KY 41075, 606-572-0454 (h)	513-762-3540
7/20/96	2-Mi Ocean Swim - Atlantic City, NJ	OPN	Bill Henry, 10 Dina Dr., Linwood, NJ 08221	609-927-7748
7/20/96	Trans Tahoe Relay - Lake Tahoe, CA	OPN	Dana Totten, 524 Post St., San Francisco, CA 94102-1295	415-775-3088 x205(w)
7/20/96	17-Mile Montauk Marathon Swim - NY & RI	OPN	MOMS, c/o Captain Tim Johnson, 74 Broadway, Garden City Park, NY 11040	516-746-4844
7/20/96	5-Mi Lk. Minnetonka Swim - Minneapolis, MN	OPN	Steve or Sara Nelson, 10088 Lee Dr., Eden Prairie, MN 55347	612-941-4618
7/20/96	1-Mi Swim - Sea Isle City, NJ	OPN	Sea Isle City Beach Patrol, 44th St. & Boardwalk, Sea Isle City, NJ 08243, Telephone after June 1	609-263-3655
7/20/96	8.5 Mile Snake River Swim - King Hill, ID	OPN	Richard E. Cooke, 3640 Holl Dr., Eagle, ID 83616, approx. 2 hours in 62 degrees	208-939-8289
7/20/96	*** NATIONAL CHAMPIONSHIP *** 10-Mile Open Water Championship - Seal Beach, CA	OPN	Mitch Berro, 625 Silver Shoals, Seal Beach, CA 90740 (days)	310-430-8522
7/21/96	1 & 2-Mi Squaw Lake Swims - Southern Oregon	OPN	Eric Guest, 44861 SE Highway 26, Sandy, OR 97055	503-668-4465
7/21/96	2.4-Mile Swim - Waimea Bay	OPN	Waikiki Swim Club, PO Box 8462, Honolulu, HI 96830	
7/21/96	1/2 & 1-Mi Swims - King of Pier, NJ	OPN	Seaside Heights Recreation, 800 Ocean Terrace, Seaside Heights, NJ 08751	908-830-7260
7/27/96	1 Mile in Long Island Sound - Greenwich, CT	OPN	Frank Salvo, 95 Columbus Place, #1, Stamford, CT 06907	203-322-6162
7/27/96	Roughwater Swim Clinic - Kaimana Beach	OPN	Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Honolulu, HI 96789	
7/27/96	1-Mile Cable Swim - Coronado, CA	OPN	Sports Fiesta, PO Box 180251, Coronado, CA 92178-0251	619-583-8008
7/27/96	1.7-Mi Save the Bay - Narragansett Bay, RI	OPN	Page Cooper, Save the Bay, 434 Smith St., Providence, RI 02908-3770, FAX 401-273-7153	401-272-3540
7/27/96	1-Mile Cable Swim - Coronado, CA	OPN	King Deutch	619-435-8088

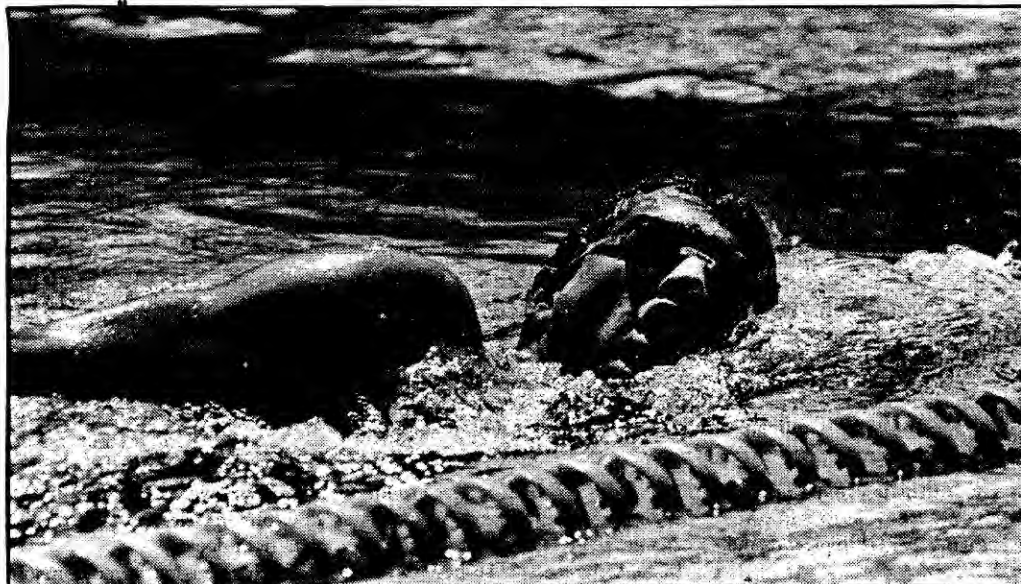


7/28/96	1 & 3-Mile Roughwater - Richardson Ocean Park, HI	OPN	Dr. of Hawaii Parks & Rec. Aquatics BICRTA, 2349 Kalia Drive St., Hilo, HI 96720	
7/28/96	1500 & 3000 Mtr Lake Swims - Shawnee, KS	OPN	Darla Letts, Johnson County Parks, 17501 Midland Dr., Shawnee, KS 66217-9531	913-631-7050 x429
8/3/96	28.5-Mi Manhattan Is. Marathon Swim	OPN	Marty McMahon, c/o Fleet Bank, PO Box 318, Broadbrook, CT 06016, (\$15 & 2 - #10 SASE - postage 32c & 64c)	
8/3/96	1-Mi Ocean Swim - Ocean City, NJ	OPN	L & M Computer Sports, 7 Westwood Dr., Mantua, NJ 08051	609-468-0010
8/3/96	1 & 2-Mi Lake Swim - Canandaigua, NY	OPN	Vern Hecker, 3452 Gehan Rd., Canandaigua, NY 14424	716-394-4075
8/3/96	*** NATIONAL CHAMPIONSHIP *** 1-Mile Open Water Championship - Santa Cruz, CA	OPN	Rick Gould, 323 Church St., Santa Cruz, CA 95060	408-429-3197
8/4/96	1.2-Mi - Schuylkill River, Philadelphia, PA	OPN	Alyn Cutts, PTC/Fairmount Park Classic Swim, PO Box 21332, Lehigh Valley, PA 18002	
8/4/96	22-Mi Ocean Marathon - Somerspoint, NJ	OPN	Ocean/Bay Sim Festival, 38 Gulph Mill Rd., Somerspoint, NJ 08244	
8/4/96	2000 Yd Swim - Waimea Bay	OPN	Rainbow Aquatics, 1259 S. Berentania St., Rm 20, Honolulu, HI 96814	
8/4/96	Coastal Crawl - Harbor Springs, MI	OPN	Marilyn Early, 1423 Quick Rd., Harbor Springs, MI 49740	616-526-9824
8/4/96	5-Mi Pier Swim - Santa Cruz to Capitola, CA	OPN	Joel Wilson, PO Box 8422, Santa Cruz, CA 95061	408-425-5762(w)
8/10/96	1 & 3K Open Water - Georgian Bay, Canada	OPN	Beth Whitehall, RR #1, Meadford, Ontario, Canada NOH 1Y0	519-538-5548
8/10/96	2.7-mile Donner Lake Swim - Truckee, CA	OPN	Nancy Rose, PO Box 9122, Truckee, CA 96162, 916-582-7725(w)	916-582-1214(h)
8/10/96	Mystery Mile Swim - Atlanta, GA	OPN	Bill Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731, Internet 76216.2345@compuserve.com	770-698-8020
8/10/96	Roughwater Swim Clinic - Kaimana Beach	OPN	Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Honolulu, HI 96789	
8/10/96	1 & 3-Mile Swims - Long Island Sound	OPN	Joshua Glantz, PO Box 526, Ardsley, NY 10502, joshg@xcom.com, \$500 minimum pledges, cancer benefit	212-879-8101
8/10/96	1.5-Mi Swim - Seaside Park, NJ	OPN	Ocean Cty. YMCA, 1088 Whitty Rd., PO Box 130, Toms River, NJ 08754	908-341-9622
8/11/96	1 & 2-Miles in Lake Erie - Cleveland, OH	OPN	Maureen Koss, 3400 Wooster Rd., #215, Rocky River, OH 44116, 216-333-7521	216-468-3400
8/17/96	1-Mile Ocean Swim - Zuma Malibu, CA	OPN	Scott Hubbell Productions, 24955 Pacific Coast Hwy., Suite B, 203, Malibu, CA 90265	310-456-7343
8/17/96	Lake Swim - Boulder, CO	OPN	Sandy Plattar, 421 Kelly Rd. East, Boulder, CO 80302	303-444-1287
8/18/96	6-Mile Swim - Keauhou Bay, Hawaii	OPN	Kona Aquatics, PO Box 957, Kailua-Kona, HI 96745	
8/18/96	2 x 1-Mi Relay - Manatee, CA	OPN	Steve Toschi, 510-835-3400(w)	510-484-9776(h)
8/23/96	1-Mi Inlet Swim - Atlantic City, NJ	OPN	Capt. Francis Bennett, A.C. Beach Patrol, City Hall, Atlantic City, NJ 08401	
8/24/96	Roughwater Swim Clinic - Hilton Hawaiian Village Beach	OPN	Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Honolulu, HI 96789	
8/24/96	1-Mile Pier Swim - Avila Beach, CA	OPN	Kevin Watkins, 1310 Newport Ave., Arroyo Grande, CCA 93420	805-489-8691
8/24/96	5 & 10K Ocean Swims - Atlantic City, NJ	OPN	Charles Fry, Atlantic City Beach Patrol, Atlantic City NJ 08401	609-347-5304
8/24/96	1-Mile Ocean Swim - Manhattan Beach, CA	OPN	Scott Hubbell Productions, 24955 Pacific Coast Hwy., Suite B, 203, Malibu, CA 90265	310-456-7343
8/24/96	.5 & 1-Mi Ocean - Seaside Heights, NJ	OPN	Seaside Heights Dept. of Rec., c/o L & M Computer Sports, 89 Park Dr., Berlin, NJ 08009	908-830-7260
8/25/96	12-Mi Around Coronado Island - San Diego, CA	OPN	David Lamott, 2425 Palermo Dr., San Diego, CA 92106, Relays & Solos	619-222-3436
8/25/96	1-Mi Bay Swim - Brigantine, NJ	OPN	Bayfest Swim, Brigantine Elks Lodge, PO Box 44, Brigantine, NJ 08203	609-266-9826
8/29/96	28.5-Mi Race for Record - Manhattan Is., NY	OPN	Morty Berger, c/o MIMSF, 56 WWest 71st St., Suite 4A, New York, NY 10023, Send \$15 & 2-#10 SASE	212-873-8311
8/30/96	WA to Portland Relay	OPN	Contact: Frank Fredregill, Note: Event may be on 8/31 or 9/1	503-524-7444
8/31/96	10-Mile Relay Swim - Maui Channel	OPN	Ian Emberson, PO Box 169, Makaweli, Kaula, HI 96769, Phone or FAX	808-335-5790
Sep 96	Open Water Classic - Atlanta, GA	OPN	Bill Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731, Internet 76216.2345@compuserve.com	404-698-8020
9/1/96 - 11/30/96	*** NATIONAL CHAMPIONSHIP *** 3000 Yard Postal Championship	PST	Davis Aquatic Masters, PO Box 1366, Davis, CA 95617	916-758-7212
Sep 96	1-Mi Catfish Crawl - Lake Levon, Wylie, TX	OPN	Tom Gargulak	214-684-5863
9/1/96	1.5-Mi Ocean Swim - Atlantic City, NJ	OPN	Bill Brooks, AC Beach Patrol, 3716 Boulevard Ave., Atlantic City, NJ 08041	609-344-0808
9/1/96	100 Meter Sprint - Kaimana Beach	OPN	100 Meter Sprint, 9 N. Pauahi #319, Honolulu, HI 96817	
Sep 96	3/4-Mi Bay Swim - Narragansett Bay, RI	OPN	Sydney Event Prod., Inc., 900 St. Paul St., Baltimore, MD 21202	410-539-2868
9/2/96	1.1-Mi Cross Channel - Hood River, OR	OPN	Hood River Cty. Chamber of Port Marina Park, Hood River, OR 97031	503-386-2000
9/2/96	1.2-Mi Pier Swim - Oceanside, CA	OPN	Ray Duncan, Aquatics Supt., 301 No. The Strand, Oceanside, CA 92054	619-966-4535
9/2/96	Waikiki 2.4-Mile Roughwater - Kaimana Beach	OPN	Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Honolulu, HI 96789	
9/7/96	*** NATIONAL CHAMPIONSHIP *** 2-Mile Open Water Championship - Wylie, TX	OPN	Craig Tribuzi, 7504 Zurich Dr., Plano, TX 75025	214-517-2498
9/7/96	1.4 Mile Swim For Life - Provincetown, MA	OPN	Jay Critchley, PO Box 819, Provincetown, MA 02657, Phone or FAX	508-487-3684
9/8/96	1 & 2-Mi Whiskeytown Lake - Redding, CA	OPN	Pete O'Neill, 916-225-0200(w)	916-246-7340(h)
9/8/96	2.5-Mi Bay Swim - Ocean City, NJ	OPN	Polly Caffrey, PO Box 623, Ocean City, NJ 08226	609-391-7735
9/8/96	5K Swim - Olive Park, Chicago, IL	OPN	Susan Vance, PO Box 946, Beverly Shores, IN 46301	219-872-7266

5/8/96	Rough Water Swims - La Jolla, CA	OPN	LWRWS, PO Box 46, La Jolla, CA 92038	619-456-2100
9/21/96	*** NATIONAL CHAMPIONSHIP *** 5 K Open Water Championship - Catalina Is., CA	OPN	Tom Katsouleas, 20452 Pacific Coast Hwy., Malibu, CA 90265	310-456-3657
9/21/96	1.2 & 2.4 K Open Water Classic - Atlanta, GA	OPN	Bill Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731, Internet 76216.2345@compuserve.com	404-698-8020
9/21/96	2K Swim - Carlsbad, CA	OPN	Jeff or Julie Williams, 1914 Cheyenne Circle, Oceanside, CA 92056	619-724-4613
Oct 96	1 & 3-Mi Rough Water - Solana Beach, CA	OPN	SI Masters Swim Office, 1511 Morena Blvd., San Diego, CA 92110	619-275-1292
Oct 96	3-Mi Swim - Georgetown, Grand Cayman	OPN	David Boudreau, 380 Coconut Cir., Ft. Lauderdale, FL 33326, Temporary Contact	954-389-5927
10/5/96	1 & 3-Mi Surf Classic - Solana Beach, CA	OPN	UCSD Masters, Campus Recreation, 9500 Gilman Dr., #0044, La Jolla, CA 92093-0044	619-534-8124
10/6/96	1.5-Mi Golden Gate Bridge Swim	OPN	Enviro Sports, Dave Horing, FAX 415-868-2611	415-868-1829
10/13/96	2-Mile Swim - Kealahakua Bay, HI	OPN	Frozen Pea Productions, PO Box 1583, Kailua-Kona, HI 96745	
10/20/96	1.7-Mile Roughwater - Keawekapu Beach, Maui	OPN	Maui Masters Swim Club, PO Box 424, Pu'unene, Maui, HI 96784	
11/2/96	1-Mi Swim - Key Biscayne, FL	OPN	Swim Miami, PO Box 558090, Miami, FL 33233	305-365-0600
11/23/96	1 & 2K Swims - Ala Moana Park, Oahu, HI	OPN	YMCA, 1441 Pali Hwy., Honolulu, HI 96813	
12/1/96	1.3-Mi Post Pigout Plunge - Kailua Bay, HI	OPN	Frozen Pea Productions, PO Box 1583, Kailua-Kona, HI 96745	
12/15/96	7K Swim - Kaimana Beach	OPN	Looong Distance Swim, One Keahole Place, #1607, Honolulu, HI 96825	
12/22/96	Delray Ocean Swim - Delray Beach, FL	OPN	Ocean Rescue	407-243-7352
1/1-31/97	*** NATIONAL CHAMPIONSHIP *** 1-Hour Postal Championship	PST	David Benjamin, 769 Rodney Dr., San Leandro, CA 94577	510-357-7753
5/10/97	*** NATIONAL CHAMPIONSHIP *** 1-Mile Open Water Championship - Lake Whitney, TX	OPN	Craig Tribuzi, 7504 Zurich Dr., Plano, TX 75025	214-517-2498
5/15/97 - 9/30/97	*** NATIONAL CHAMPIONSHIP *** 5 & 10K Postal Championships	PST	Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820	504-766-5937
5/25/97	*** NATIONAL CHAMPIONSHIP *** 2-Mile Open Water Championship - Reston, VA	OPN	Tom Yorty, 12817 Gatepost Ct., Herndon, VA 22071	703-476-6853
7/12/97	*** NATIONAL CHAMPIONSHIP *** 2-Mile Cable Championship - Charlottesville, VA	OPN	Linda McCowan, 13613 Prince William Dr., Midlothian, VA 23113	804-379-2537
7/19/97	*** NATIONAL CHAMPIONSHIP *** 10-Mile Open Water Championship - Seal Beach, CA	OPN	Seal Beach Swim Club, PO Box 605, Seal Beach, CA 90740	310-430-4380
9/1/97 - 11/30/97	*** NATIONAL CHAMPIONSHIP *** 3000 Yard Postal Championship	PST	Jane A. Moore, 1867 58th St NE, Tacoma, WA 98422	206-925-0803
9/21/97	*** NATIONAL CHAMPIONSHIP *** 5K Open Water Championship - Catalina Is., CA	OPN	Tom Katsouleas, 20452 Pacific Coast Hwy., Malibu, CA 90265	801-456-3657

Please send a self-addressed-stamped-envelope (SASE) with written requests and don't expect the meet directors to be able to return long distance phone calls—Thank You.

NOTE: All events listed on this calendar are not sanctioned by USMS, Inc. and are therefore not necessarily covered by insurance. Swimmers are advised to check with meet directors to determine if an event is insured. USMS Sanctioned events are covered by USMS insurance and can be recognized by the following statement on the entry form: "Sanctioned by (LMSC name) for USMS, Inc. Sanction Number





**MEET INFORMATION SHEET**

**Saturday, July 6, 1996 - Helene Madison Pool - Seattle, WA**

an event of the 1996 Team Seattle Gay/Lesbian Summer Sports Festival

*(This meet is open to all registered Masters swimmers regardless of sexual orientation)*

HOSTED BY:



**Entries Due:** Monday, June 24th (postmark) and should be received by us: Saturday, June 29th

**Meet Director:** TYSON NEVIL c/o ORCA SWIM CLUB, 1202 EAST PIKE ST, SUITE 869 SEATTLE WA 98122-3934 Phone (206) 322-1229 (before 9pm)

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

**ORDER OF EVENTS** (Seeding is slow to fast)

1. 200 Free Relay
2. 200 Fly
3. 200 Back
4. 50 Breast
5. 100 Free

*Break (5 minutes)*

6. 200 Mixed Free Relay
7. 200 IM
8. 50 Fly
9. 100 Back
10. 200 Breast
11. 50 Free

*Break: Pink Flamingo Relay (30 minutes)*

12. 200 Medley Relay
13. 100 Fly
14. 50 Back
15. 100 Breast
16. 200 Free

*Break (5 minutes)*

17. 100 IM
18. 200 Mixed Medley Relay
19. 500 Free

**Rules & Eligibility**

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

**Facility**

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

**Directions**

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

>From I-5 Southbound, take 145th St. exit. Go west on 145th to Meridian. Turn left on Meridian. Go to 134th.

*The ORCA SWIM CLUB is an association of queer and queer-friendly recreational and competitive swimmers. We welcome all to join us for this fun mid-summer swim meet.*

Sanction # 963609



Name: \_\_\_\_\_ \*USMS or CASA #: \_\_\_\_\_

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

City: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_ Postal/Zip Code: \_\_\_\_\_

Phone: (\_\_\_\_) \_\_\_\_\_ Birth Date: \_\_\_\_\_ Age on 7/6/96: \_\_\_\_ Male \_\_\_\_ Female \_\_\_\_

Team \_\_\_\_\_ (or) Unattached \_\_\_\_\_ Association \_\_\_\_\_

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

INDIVIDUAL EVENT ENTRIES (See meet information sheet for event numbers and schedule. Registered swimmers may form and register relays on the day of the meet with the Clerk of Course)

<u>Event #</u>	<u>Event Name (5 individual events max. plus relays)</u>	<u>Estimated time (25 yard pool)</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Entry fee: \$8.00 U.S \$11.00 Canadian Checks payable to: ORCA SWIM CLUB

(FLAT MEET ENTRY FEE includes individual events, relays, heat sheet, ribbons, and LMSC surcharge of \$1.00.) (Payment in Canadian dollars should be in Canadian dollar denominated cashier check)

Mail entry fee and this entry form to: TYSON NEVIL c/o ORCA SWIM CLUB 1202 EAST PIKE ST, SUITE 869 SEATTLE WA 98122-3934

DUE DATE: Postmark by Monday, 6/24/96. Must be received by Saturday, 6/29/96

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: \_\_\_\_\_

\*Entry is not valid without signature and date above AND a current USMS or CASA No. Non-PNA swimmers must also attach a copy of current year Masters Registration card with this form.

1:49.38 GENE CROSSETT	81 # 8	120-159	
200 M. FREE M E N	80-84	PNA	
3:55.03 GENE CROSSETT	81 # 5	LARRY DEGROEN	
400 M. FREE M E N	80-84	CATHY WALTERS	
8:25.37 GENE CROSSETT	81 # 4	LISA GOMEZ	
100 M. BRST M E N	80-84	JOEL EDWARDS	
3:05.74 EVERETT CASSELL	82 # 10		
200 M. BRST M E N	80-84		
7:12.57 EVERETT CASSELL	82 # 5	160-199	
50 M. FREE M E N	85-89	PNA	
49.69 JIM PENFIELD	87 # 3	STEPHEN FREEBORN	# 7
50 M. BACK M E N	85-89	STEVEN PETERSON	2:15.81
1:02.68 JIM PENFIELD	87 # 1	DEBBIE GLASSMAN	40
100 M. BACK M E N	85-89	KATHRINE CASEY	48
2:17.72 JIM PENFIELD	87 # 1		41
50 M. BRST M E N	85-89		46
1:02.86 JIM PENFIELD	87 # 2		
50 M. FLY M E N	85-89		
1:04.63 JIM PENFIELD	87 # 1		
200 M. I.M. M E N	85-89		
6:03.79 JIM PENFIELD	87 # 1		
*****			
RELAYS: WOMEN 200 M. FREE			
*****			
120-159			
PAC NORTHWEST	# 8		
2:08.16			
KAREN OLIVER			
KATHRINE CASEY	35		
YVONNE DYMERSKI	46		
DEBBIE GLASSMAN	34		
*****	41		
RELAYS: WOMEN 200 M. MEDLEY			
*****			
100-119			
PNA	# 5		
2:36.28			
MELISSA NOBLE	27		
LINDA SULLIVAN	39		
WENDY NEELY	21		
LEEANN MCGHIE	29		
*****			
160-199			
PNA	# 2		
2:29.08			
KAREN OLIVER	35		
KATHRINE CASEY	46		
DEBBIE GLASSMAN	41		
JANE MOORE	44		
*****			
RELAYS: M E N 200 M. FREE			
*****			
200-239			
PNA	# 7		
2:04.75			
DAVID ADDELMAN	60		
WALTER REID	55		
STEPHEN FREEBORN	40		
STEPHEN PETERSON	48		
*****			
RELAYS: M E N 200 M. MEDLEY			
*****			
200-239			
PNA	# 3		
2:14.33			
STEPHEN THRASHER	53		
WALTER REID	55		
HUGH MOORE	41		
DAVID ADDELMAN	60		
*****			
RELAYS: MIXED 200 M. FREE			
*****			
200-239			
PNA	# 8		
2:19.21			
KATHRINE CASEY	46		
KATE SUTHERLAND	47		
STEVEN PETERSON	48		
DAVID ADDELMAN	60		
*****			
RELAYS: MIXED 200 M. MEDLEY			
*****			

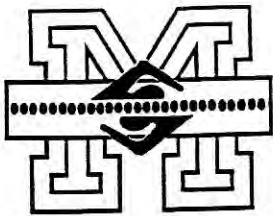
## CALL FOR SWIMMERS

Wanted!! Swimmers interested in swimming the length of Lake Washington! Competitive Relay Teams will swim the distance in an 11 hour (max.), 20 mile course. Non-competitive relay teams will swim a shorter 8 hour, 14 mile course. Long-distance marathon swimmers also participate in swimming the entire length- solo.

Saturday, July 27th, The Arc-SEAFAIR SWIM 1996 will take place. This event benefits The Arc-King County which serves children and adults with developmental disabilities and their families and is a sanctioned community event of SEAFAIR.

For more information or to sign up, please call The Arc-SEAFAIR SWIM Hotline at (206) 364-9028. Thank you!!!





# 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	35.52	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	3:28.32	3:47.21	4:02.36	4:09.96	5:14.01	6:16.07	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.



# 1996 United States Masters Swimming 5 Kilometer and 10 Kilometer Postal Championships

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

**SANCTION:** Sanctioned by Southern Masters Swimming for USMS, Inc. Sanction # 246-001

**EVENT DIRECTOR:** Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820 (504)766-5937

**EVENT:** The 5 Kilometer and 10 Kilometer swims are separate National Championship events.

**LOCATION:** Any 50 meter pool.

**DATES:** The swim must be completed between May 15 and September 30, 1996. Entries must be received by the event director by October 15, 1996.

**ELIGIBILITY:** Open to all USMS members with valid 1996 registration. Entrants are required to submit a photocopy of 1996 USMS registration card.

**FOREIGN ENTRIES:** Foreign swimmers 19 years of age and older are invited to participate; proof of Masters membership is required. Please mail foreign entries as early as possible to meet deadline! Foreign swimmers are not eligible for USMS records or All-American status.

**AGE GROUPS:** Age group is determined by actual age on date of swim. Swimmers who change age groups during the event period may swim twice and enter in each age group. Age groups for both male and female are 19-24, 25-29, 30-34, 35-39, etc. (in five-year increments) 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 Championships. 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 (11-9-8-7-6-5-4-3-2-1). Scores will be kept for men, women and combined in the 5K and 10K.

**RULES:** The 1996 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 entry form split sheet. It is suggested that two watches with fresh batteries be used to ensure that an official swim time can be recorded to the nearest hundredth of a second.

4) You may enter both the 5K and the 10K. However, you may NOT use a split time from the 10K for the 5K. The 5K swim is 100 lengths of a 50-meter pool. The 10K swim is 200 lengths of a 50 meter pool.

**FEES:** The entry fee for each event is \$8.00, payable to Crawfish Masters Swim Team. Please do not send cash. Foreign entrants: Please submit fees in USA funds via international money order of bank check drawn on a bank with a USA affiliate.

**RESULTS:** Results will be mailed to each participant. Please allow approximately one month after entry deadline for delivery of results, T-shirts and awards.

**T-SHIRTS:** Commemorative T-shirts may be purchased for the 5K and/or 10K. Please indicate preference on entry form. Cost per shirt is \$12. For non-US delivery, include additional \$3 per shirt for foreign postage.

**CRAWFISH MASTERS 10-K SWIM:** The Crawfish Masters Swim Team is hosting a 10-K Pool Swim at the L.S.U. Natatorium on Saturday, June 22, 1996. The event includes free airport-hotel-pool-social transportation, a Friday evening "Pasta at the Pool," a Saturday evening "Celebration Dinner" and automatic entry in the 1996 USMS 10K Postal Championships. Counter/timer provided by Crawfish Masters. For more information, contact event director Scott Rabalais at (504)766-5937 or send a SASE to above address. Entries limited to the first 48 and accepted on a first-come, first-serve basis. USMS membership required.

## 1996 USMS 5K & 10K Postal Championships

NAME: \_\_\_\_\_ SEX: \_\_\_\_\_ AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ COUNTRY: \_\_\_\_\_ ZIP: \_\_\_\_\_

USMS #: \_\_\_\_\_ CLUB: \_\_\_\_\_ BIRTHDATE: \_\_\_\_/\_\_\_\_/\_\_\_\_

**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 those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY 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 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 and signed entry form with fees for entry, T-shirt and foreign postage payable to Crawfish Masters Swim Team. **Include copy of 1996 USMS registration card** and optional SASE for entry receipt verification. **Entries must be received by event director by October 15, 1996.**

MAIL TO:	FEES: Entry Fee (\$8 US)	\$8.00
Crawfish Masters Swim Team	T-shirts (\$12 each) Size(s): S__ M__ L__ XL__ XXL__	_____
c/o Scott Rabalais	Check: 5K shirt(s)____ 10K shirt(s)____	_____
3537 Christina Ave.	Foreign T-shirt postage (\$3 per shirt)	_____
Baton Rouge, LA 70820 USA	TOTAL payable to <b>Crawfish Masters Swim Team</b>	_____



JEAN THOMPSON	37	GLAD	2:19.66
LANI DOELY	39		
PETE LIEKKIO	48		
JEFF GROSS	45		
45 +			
WILL DOLPHIN	70	IEM	2:25.03
DAVID DABALL	59		
H.CARLING-SMITH	45		
CAROLYN MAGEE	50		
BOB JEANS			
S.STROM-REED	47	BCM	2:30.05
CAROLYN BEHSE	52		
C.A.MANSFIELD	45		
CHARLOTTE DAVIS			
NANCY HUNN	53	GLAD	2:37.94
TOM MARSHALL	49		
WALTER HENEERY	47		
TOM FOLEY			
CAROLYN BALDWIN	62	TIG	3:11.39
CATHY BROOKS	47		
FOREST BROOKS	48		
65 +			
EVERETT CASSELL	82	GLAD	4:04.44
JAN KAVADAS	65		
JOAN DAVIS	65		
GENE CROSSETT	82		

## PUBLICATION/MEDIA INFORMATION

**EVENT NAME:** The Arc-SEAFAIR SWIM  
**DATE:** Saturday, July 27, 1996  
**LOCATION:** Lake Washington  
 from Kenmore to Renton  
**TIME:** 6am-6pm  
**ADMISSION:** No Admission Fee,  
 but each swimmer must raise \$200.00 in  
 donations/support to participate.  
**FOR MORE INFORMATION:** Call Sally Habegger, Coordinator,  
 The Arc-SEAFAIR SWIM at  
 (206) 364-9028.

**DESCRIPTION:** The ninth annual Arc-SEAFAIR SWIM will take place Saturday, July 27, 1996 beginning at 6am with the individual long-distance division. At 7am the competitive relay teams will start. Followed by the non-competitive relay division / athletes with developmental disabilities beginning at 8 am. This individual and relay team swim of the length of Lake Washington benefits people with developmental disabilities and their families served by The Arc-King County. Developmentally disabled swimmers join with over 200 other swimmers to swim the 20 mile course on Lake Washington from Kenmore to Renton. Each participant must raise \$200.00 in donations/support to swim. Prizes are awarded. There are two divisions: competitive and non-competitive. Competitive relay teams swim the length in three, six mile stages, while the others swim three quarters of the length in two, 6 mile stages. Additionally, 5-10 swimmers attempt to swim the entire length without stopping. There are two stopping points en-route: Magnuson Park in Seattle and Luther Burbank Park on Mercer Island, where lunch is served. An Awards Ceremony/Celebration conclude the event at approximately 5:00 p.m.

# NORTHWEST ZONE LONG COURSE CHAMPIONSHIPS

August 3 - 4, 1996

Sanction #596-002, Hosted and Sanctioned by Snake River Masters.

NAME \_\_\_\_\_ M F AGE as of 8/4/96 \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ USMS NUMBER \_\_\_\_\_

CLUB \_\_\_\_\_ Or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_

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+

Entries must be postmarked by July 20, 1996.

Mail entries to: Jill Wright  
1626 Williams St.  
Boise, ID 83706 Ph: (208) 338-5287

Event #	EVENT	ESTIMATED TIME
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Entry Fee: \$10.00 per person. Make check payable to: Snake River Masters

Entry Fee \$10.00  
T-Shirts: size(s) ( )M ( )L ( )XL @ \$10.00 each \$ \_\_\_\_\_

Extra T-shirts will NOT be available at the meet. \_\_\_\_\_ TOTAL

VERIFY THAT YOU HAVE ENTERED THE CORRECT CLUB NAME AS IT APPEARS ON YOUR REGISTRATION FORM. ENTRIES MUST BE POSTMARKED BY JULY 20, 1996. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JULY 20TH, ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD WITH MEET ENTRY. LIABILITY RELEASE MUST BE SIGNED!

**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 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.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

# NORTHWEST ZONE LONG COURSE CHAMPIONSHIP

## MEET INFORMATION

**Location** Boise Family YMCA and Boise City Aquatic Center, 5959 N. Discovery Pl., Boise, ID 83713  
Off I84 take Eagle Rd. North to Chinden. Turn east (right) on Chinden and south (right) on Discovery Pl.

**Facility** The City of Boise and the Boise Family YMCA opened their new Aquatic Center in January, 1996. The facility houses a 50 meter by 25 yard pool that is kept at 80-82 degrees and was designed so the filter and gutter systems create a waveless surface. There is also a 25 yd. instructional pool, a kiddie's pool, and a hydrotherapy pool/spa. These four pools are in the same facility as the YMCA. The facility offers locker rooms, showers, and an officials' room. There are on-deck bleachers and a community room available. Electronic timing, with Daktronics timing devices, will be utilized. Use of the rest of the YMCA will require an \$8.00 day pass or YMCA membership.

**Misc.** A no-host social will be held Saturday night. Information will be in your packet.

Motel information will be provided on request.  
OR to stay with a local swimmer contact Paula Howard 323-1471

All swimmer must be USMS registered prior to entry. Swimmers from other LMSCs must include a copy of their USMS registration card with meet entry.

Entry deadline is July 20, 1996  
Mail entries to: Jill Wright  
1626 Williams St.  
Boise, Id 83706 Ph. (208) 338-5287

**Awards** Ribbons will be awarded for first through sixth place.

**Times** Saturday, August 3rd: Warm-ups: Distance 11:00 am, Begin distance events 12:00 pm  
Balance of meet warm-ups: 1:00 pm (or following 800/1500 m)  
Meet starts at 2:00 pm  
Sunday, August 4th: Warm-ups: 8:00 am  
Meet starts at 9:00 am

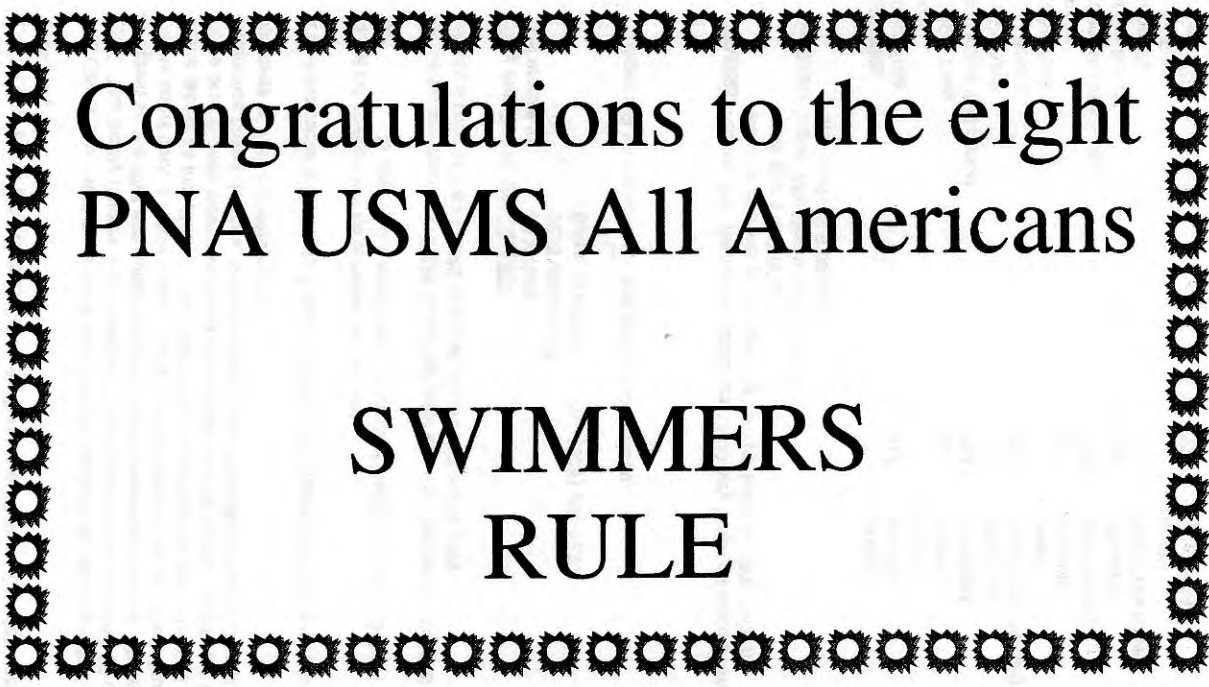
<u>Saturday</u>		<u>Sunday</u>	
#1	800m Free	#12	400m IM
	OR		BREAK
#2	1500m Free	#13	50m Fly
	Break/2nd WU period	#14	200m Back
#3	100m Back	#15	100m Free
#4	50m Breast	#16	200m Mixed Medley Relay
#5	200m Free		Break
	Break	#17	100m Fly
#6	200m Medley Relay	#18	200m Breast
#7	100m Breast	#19	50m Back
#8	200m Fly	#20	200m Free Relay
#9	50m Free		Break
	Break	#21	400m Free
#10	200m Mixed Free Relay		
#11	200m IM		



MCNEEL, SANDY  
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1867 58th St. NE Tacoma, WA 98422



Congratulations to the eight  
PNA USMS All Americans

**SWIMMERS  
RULE**