

The WetSet



Volume 15 Issue 9

September 1996

President's Letter

Dear PNA Swimmers:

At the July PNA Board meeting, the Board adopted a new set of safety guidelines for our meets. These guidelines are designed to help meet directors ensure safe swimming for all of us. This year, you will start seeing Safety Marshals at each PNA meet. The job of the Safety Marshal is to watch warm-up to protect the swimmers. You will be able to recognize the Marshals by their unique shirts.

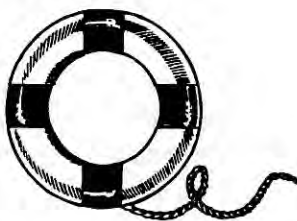
The safety guidelines specify that swimmers should enter the pool feet first in a cautious manner. This means NO DIVING. Sprint lanes will be designated for part of the warm-up period. Racing dives and backstroke starts may be done only in the sprint lanes. Please cooperate and don't dive into other lanes. There are often many swimmers in each lane during warm-up, making diving very hazardous.

We will also be asking swimmers who are resting at the end of a lane to move to either corner of the lane and avoid resting in front of the end wall target in the middle of the lane. Use of hand paddles during warm-up is not allowed. Please cooperate with these suggestions and with the Safety Marshals at the upcoming meets. The guidelines will be required at Nationals next spring. By then everyone should be well accustomed to them.

Hugh and I went to Long Course Zone Championships in Boise, Idaho in early August. Dan Frost from Whidbey Island was also there from the PNA. The meet was held in the new Boise City Aquatic Center. It is a wonderful facility with a great 50 meter by 25 yard pool. There is also a 25 yard shal-

low instructional pool, a large hot tub, and a slide the dumps into a separate pool. The competition pool was very good. The meet was smaller than we are accustomed to with about 55 swimmers, but it was lots of fun. It was well organized and ran smoothly. Boise plans to put on more meets in the future. Watch for those and try one. It's well worth the trip.

See you soon.
Jane Moore



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From the Editor:

Well, it is time to gear up for the indoor swim season and this issue is packed with registration entry forms so be sure to check the schedule and start planning to attend the upcoming swim meets.

I would like to remind everyone to register early so that you won't miss out on any issues of Swim magazine or the WetSet. Renewal forms will be arriving in November. Also encourage your fellow swimmers to register as rates are discounted for the rest of the year. So look for the PNA registration form in the WetSet.

I would also like to send out a thank you to Dan Frost for his prodigious output of excellent articles for the WetSet and would encourage others to submit articles as well. Remember this is your forum, so please contribute.

The Shilshole Aquatic Club is going to be holding a clinic for Masters swimmers this fall. The clinic will include stroke technique, nutrition and sports medicine. Call Doug Rusk (781-0827) or Andy Hathaway (763-1130 (w) or 633-4346 (h)) for details.

Just a reminder: anyone who would like to swim the 10K postal event, the Federal Way Aquatic Center has scheduled time for the swim on September 7th. Call Jane or Hugh Moore for details.

Help! I Can't Keep My Goggles On!

by Dan Frost

Recently, I was cruising down the information superhighway when I saw the following short message posted on the "misc.sport.swimming" newsgroup:

"Any idea on how to keep my goggles on after the start on the blocks?"

It caught my eye because I can not consistently keep my goggles on either. In practice, mine would come off almost half the time. My percentage of goggle retention in competition is slightly better, only because I tie the elastic headbands to "race tension," which for me is slightly looser than the pressure of a well-tied tourniquet. Even so, I have still had more than a fair share of starts where my goggles have partially flooded, fully flooded, partially shifted, or ended up around my lips. In freestyle, it is a simple nuisance, but in breaststroke or butterfly/IM starts, it is blinding.

I eagerly searched around the newsgroup to see what other people were giving for answers. Some seemed reasonable, others seemed far-fetched. Here is a sample:

"I have the same problem. One way a lanemate told me was to pull your cap down so that it is over the top part of the goggles. Ugly, but it does work."

"I guess pulling your cap down over your goggles would help, but I myself wouldn't recommend it. If your goggles are coming off after your start, you've got one of two problems. 1) They need to be tightened, or 2) Work on your start, you're probably diving too low."

"I'd have to agree. Get your head down. Think about getting your ears below your arms. This will force your head down."

"I suggest moving the band up higher on the back of your head. Right over the bump on the back of your noggin. Also try to sandwich your head between your arms on the push-off or dive. This will make you more streamlined and protect your goggles from the brunt of the force of the water."

"Tighten them."

"Crazy Glue."

"Binford 2000 goggle straps, now with turbo boost holding power."

"I prefer to wear Swedish goggles and find that they never come off. After I put my goggles on, I place my fingers on the top of the goggles and pull down with a little force. If it feels loose or pops off, I reposition them or tighten the straps. I always check right before I step up to the block, too."

"The straps going in back of your head must be placed higher than your ears, as high on your head as possible."

I made some adjustments to my starts at my most recent competition, based on some of the more reasonable suggestions listed above. Mostly, I concentrated on keeping my head down and my arms close to the ears. I kept my "Swedes" at "race tension" with my swim cap over the headband (but not on the lenses themselves). The result: Four clean starts in four races. I was overjoyed that I did not have to resort to Crazy Glue.

I'm certainly no expert on the subject of goggle retention, but I think that some of these ideas point in the right direction. If you have any suggestions on this or any other technique items, please drop me a line (dfrost@delrinamail.interserv.net), or send in your suggestion to *The Wetset*.

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1996/1997 MEET SCHEDULE

PNA Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>
Oct 19-20	SCY	North Kitsap Community Pool - Poulsbo
Nov 16-17	SCM	John Vandersicht Pool - Oak Harbor (SCM Zones Champs)
Dec 15	SCY	Bellingham Aquatic Center - Bellingham
Jan 19	SCM	Fidalgo Pool - Anacortes
Feb 14-16	SCY	Weyerhaeuser Aquatic Center - Federal Way (PNA Champs)
Mar 22	SCY	Helene Madison Pool - Seattle
Apr 12-13	SCY	Naval Submarine Base Pool - Bangor
May 15-18	SCY	USMS Short Course National Championships - Federal Way

Other Local Meets

Sept 7 LCM 10K Postal Championship - Federal Way

Oregon (Eric Guest)

Sep 29 OW Roslyn Lake 3,000 & 1,500 Swim - Sandy, Oregon

Inland Empire (Rich Swoboda)

Snake River (Jeff Erwin)

British Columbia/Canada

Nov 3		Winskill Otters Masters Meet (604) 943-6561
Nov 23		Naniamo Ebttides Masters Meet (604) 390-2164
Jan 26		Cowichan Aquannis Masters Meet (604) 746-0450
Feb 22		Salmon Arm Masters Meet (604) 832-4185
Mar 9	LCM	Victoria Mastes (604) 478-3379
May 3-4		Provincial Champs (604) 426-8951
Jun 27-30	SCM	Canadian Masters Champs - Montreal

National/International

Sept 7	OW	National 2-Mile Open Water Swim - Wylie Texas
Sept 11-15		USMS Convention, Orlando Florida
Sept 21	OW	National 5K Open Water Swim - Catalina Island, California
9/1 - 11/30		National 3000 Postal Swim - Davis Masters (916) 758-7212
August 1997	LCM	USMS Long Course National Championships - Orlando Florida

For Information on Meets Outside of the PNA Area

Inland Empire

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

Oregon

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

Snake River

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

Northwest Zone Rep

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

Utah

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

Montana

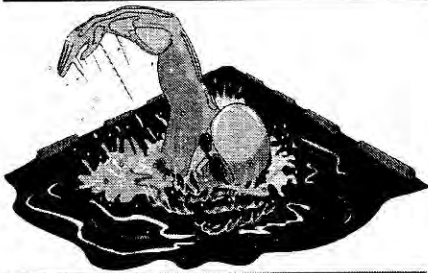
Steve Holloway
232 S 6th Street E
Missoula, MT 59801
(406) 542-0535

Alaska

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

British Columbia

Mary Lou Monteith
2363 Seine Road
Duncan B.C. V9L3B2
(604) 748-0527/FAX (604) 748-0517
e-mail: mmonteit@clm.etc.bc.ca



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.

PNA LOCAL MASTERS SWIMMING COMMITTEE
SHORT COURSE YARDS MEET: October 19-20, 1996 (Meet Sanction #963610)
 Hosted by the *North Kitsap High Vikings Men's & Women's Swim Teams*
 at the North Kitsap Community Pool

EVENTS (ORDER #3)	
#	Event
Saturday, October 19	
1	400 IM
2	1000 Free
- or -	
3	1650 Free
Sunday, October 20	
4	200 Free Relay
5	200 Fly
6	200 Back
7	50 Breast
8	100 Free
5 minute break	
9	200 Medley Relay
10	200 IM
11	50 Fly
12	100 Back
13	200 Breast
14	50 Free
5 minute break	
15	400 Medley Relay
16	100 Fly
17	50 Back
18	100 Breast
19	200 Free
5 minute break	
20	100 IM
21	800 Free Relay
22	500 Free

Pool is 0.6 mile up the hill on the right, across from NK High School.

DATES: Saturday, October 19, 1996
 Warmup at 4:00 PM; Meet starts 5:00 PM
 &
 TIMES: Sunday, October 20, 1996
 Warmup at 8:30 AM; Meet starts 9:30 AM
 PLACE: North Kitsap Community Pool
 1881 NE Hostmark Street, Poulsbo WA
 Phone: 360-598-1070
 MEET DIRECTOR: Marilyn Grindrod
 360-779-4817 (pool) 360-779-7796 (home)

FACILITY: 25 yards x 6 lanes
 Diving tank for warmup/warmdown
 Water temperature: ~ 82 degrees F

CONCESSION STAND: Yes.

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 1996 registered swimmers, 19 and above as of the last day of the meet

SEEDING: Slow to fast TIMING: Electronic

NOTE: You may swim either Event 2 (1000 Free) or Event 3 (1650 Free), but not both.

RELAYS: Deck-enter relays at the meet. Relays may be Men, Women, or Mixed (2 men and 2 women). Please mark your relay entry card *carefully* to ensure correct intent and results.

DIRECTIONS: From Tacoma, take Route 16 across Narrows Bridge. Bear left when Bremerton's battleships are in sight, taking Highway 3 North (Silverdale, Bangor, Poulsbo). Take the Poulsbo/Bainbridge Island/Highway 305 South exit. Go straight on 305 through 5 lights, turn LEFT at the 6th (Hostmark Street). Pool is 0.6 mile up the hill on the right, across from NK High School. From Bainbridge Island (Ferry), go north on Highway 305 and continue to Poulsbo. Turn RIGHT at the first light (Hostmark Street).

Safety First!

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES!

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: October 19-20, 1996 Meet Sanction #963610
 Host: *North Kitsap High Vikings Men's & Women's Swim Teams* at North Kitsap Pool

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS NUMBER: 366- _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of the last day of the meet):

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 - 94	95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your first Masters meet: **Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 5.00 (includes \$1 LMSC and \$1 electronic timing surcharges)

Individual Events: + _____ (\$7.00 maximum @ \$1 each; no charge for relays)

Total: \$ _____ [\$5.00 (relays only) to \$12.00 (seven events)]

Please make checks payable to: **GORDON GRAY** 206-488-8825 (before 9 PM)
 Mail this entry form and fees to: **15911 67TH LANE NE, #2**
BOTHELL WA 98011

Please send entries postmarked no later than **October 9, 1996**.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules and regulations of USMS.

SIGNED: _____ DATE: _____

UNITED STATES MASTERS SWIMMING, INC.
1996 REGISTRATION APPLICATION
 Pacific Northwest Association of Masters Swimmers

REGISTER WITH THE SAME NAME YOU WILL USE FOR COMPETITION
 Please Print Clearly

RENEWAL *NEW Registration*
 My current USMS number is _____

Name:

 Last First Initial

Address:

 Street or box number Apt number

City State Zip code

Telephone:
 Area code

Date of birth:
 Month Day Year

Age: **M/F:**

My club is: Pacific NW Aquatics (PNA) **My team is:** _____
 Sequim (SQM) Team Name
 Pro Sports Club (PRO) Unattached
 Puyallup Aquatic (PAC)
 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	\$15.00
Senior: 65 & over	\$23	\$11.50

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 _____

Minutes of the PNA Board Meeting
July 23, 1996

The meeting was called to order at 7:10 P.M. by President Jane Moore at the home of Suzie Ness. Present were Deborah Bagg, Hugh Moore, Jane Moore, Jeanne Ensign, Robin O'Leary, Tammi Keeler, Walt Reid, Frank Newquist, Gary Maynard, Chaya Amiad, Suzie Ness, Phyllis Gill, Steve Peterson, and Suzanne Dills. Teams represented were SSEA, FWM, GLAD, Ft. Steilacoom, Samena, Orca, OOPS, and Bellevue Club.

MINUTES: The June minutes were MSA'd as amended.

TREASURER'S REPORT/FINANCE COMMITTEE: Tammi Keeler reported a PNA balance of \$3,183.63 and a Wiggin Fund balance of \$2,280.78. Her report was MSA'd as submitted.

COMMITTEE REPORTS:

A. Membership: Suzanne Dills reported a membership of 675, as compared to 676 at this time last year. She suggested we reduce the membership fee late in the season. It was MSA'd that PNA cut registration fees in half as of September 1, 1996, to \$11.50 for seniors and \$15.00 for regular members. Suzanne said that automatic registration can't be done by bulk mail, but she thinks Pip Printing and Cal can do it more cheaply. B Meets: Suzie Ness reported that we have a full meet schedule for the 1996-97 season:

- 10/19-20 SCY North Kitsap
- 11/2 Swim Rally Queen Anne
- 11/16-17 SCM Zone Champs - Oak Harbor
- 12/15 SCM Bellingham Aquatic Center
- 1/19 SCM Anacortes (includes 400 IM and 400 free, swum separately, but can only enter one of these two events)
- 2/14-16 PNA Champs King Co. Aqu. Center, Federal Way
- 3/22 SCY Orca, Helene Madison (includes a \$10 flat fee)
- 4/12-13 SCY MWR Bangor Pool
- 5/15-18 SCY Nationals King Co. Aquatic Center, FW

It was MSA'd to approve all dates, including the \$10 surcharge for the Orca meet.

C. Records and Top 10: Walt reported that he is caught up with the Sheffield results.

D. Publicity: No report.

E. Newsletter: No report.

F. Awards: No report.

G. Social: No report.

H. Officiating: No report.

I. Fitness: There was discussion of the Shilshole Aquatic Club's proposal for a competitive clinic for masters swimmers. It was MSA'd to approve PNA sanction for this event. It was suggested that the first weekend in October would be a good date for this event; it was also suggested that the event's organizers lengthen the event beyond the proposed 3 1/2 hours.

J. Computer Applications: No report.

K. Constitution and Bylaws: Hugh Moore suggested that we go through the meet bid packet, and see if anything should be added to policies.

There was additional financial discussion on the subject of Convention attendance. \$3,750 has been budgeted for delegates' attendance. Three of our eight delegates will be reimbursed for 50% of their expenses by USMS, so we will be able to budget between \$580 and \$650 per delegate. It was decided to wait and reimburse delegates after the Convention.

OLD BUSINESS

A. Ad Hoc Committees

1. Ad hoc Safety Guidelines: Oregon Masters are requesting that Oregon's safety guidelines be adopted by the NW Zone. These guidelines were MSA'd as amended. There was discussion about how to best disseminate this information -- they will be posted at meets, and published in the WetSet. It was MSA'd that the PNA Board will take responsibility for providing safety marshals for all 1996-97 PNA meets.

2. Ad hoc Coaches Committee: No business.

B. 1997 Short Course National Championship Meet: The next meeting of the National Meet planning committee will be at the Bellevue Club on August 10 at 9:00 A.M. Chaya Amiad volunteered to be the transportation chair. We still need a volunteer coordinator for this committee. Hotel/motel and banquet issues are being worked on.

NEW BUSINESS: None.

NEXT MEETINGS: Tuesday, August 27th at Suzanne Dills' home on Mercer Island
Tuesday, September 24th at the 320th Library in Federal Way
Tuesday, October 22.

The meeting was adjourned at 8:45 P.M.

Respectfully Submitted,
Deborah L. Bagg, Secretary



It's volunteers like Phoebe Terhaar (at left) who help make our swim meets run smoothly. We are looking for volunteers to help with Nationals next year. If you would like to help, contact Jane Moore.

1996 USMS Long Distance 3000 yd Postal Championship
September 1 — November 30, 1996
 Sponsored by Davis Aquatic Masters
 Sanctioned by Pacific Masters Swimming Inc. for USMS Inc.
 SANCTION #:38-96-26

EVENT

The Individual 3000 yard (25 yds. x 120 lengths) swim is a USMS National Championship. The 3 person team is also a championship event.

ELIGIBILITY

Open to all currently registered Masters swimmers 19 years of age and older as of the day they swim the event. Each swimmer must include a copy of their USMS (or foreign national) registration card or their entry will be rejected. Swimmers who change age groups during the event may enter twice but must swim the event twice, complete two entry forms and send in two entry fees (see Ages topic below). Any swimmer may swim the event as often as desired but may submit only one individual entry per age group.

AFFILIATION

A swimmer's club affiliation as indicated on the USMS (or foreign national) registration card will apply.

ENTRY FEES

\$10.00 in US funds for each individual entry and \$12 for each team entry. Checks or money orders only. Do not send cash. Make checks payable to: **Davis Aquatic Masters.**

TEAM ENTRIES

A team shall consist of three swimmers from the same registered club (foreign teams must send proof of club registration). The cumulative time of all three swimmers will be the team time. To enter a team send the completed entry forms of the three swimmers together in the same envelope along with the individual entry fees for all three swimmers (\$10.00 each) and an additional \$12.00 for the team entry fee. Alternatively, if the individual entries are sent separately, photocopies of the completed entry forms of all three swimmers may be sent in one envelope with the \$12.00 team entry fee. In any case, all three swimmers on the team must submit and pay for individual entries. Team sexes are Men, Women and Mixed. A mixed team must have at least one man and at least one woman. A competitor may enter his swim as part of as many different teams as desired.

COUNTER/RECORDER

For each swimmer there shall be a counter who shall record cumulative split times for every 50 yards and the final time at 3000 yards.

DATES & DEADLINES

The swim(s) must be completed between September 1 and November 30, 1996. Entries must be postmarked by a U.S. Postal Service office in the 50 states (no private or corporate meter postmarks) by December 6, 1996 or received no later than December 13th 1996 to be considered on-time. Fax entries will not be accepted.

COURSE

3000 yards (120 lengths) in any 25 yard pool.

AGES AND AGE GROUPS

For individual events 19-24, 25-29, 30-34, ... 95-99, 100+. Team age groups are based on the age of the youngest swimmer, 19+, 25+, 35+, ... 75+, 85+. The swimmer's age on the day he/she swims the individual event is used to determine the age group for both the individual and team events.

RULES

1996 USMS rules will govern the conduct of the competition. No drafting. A Starter/Referee/Official must be present. Swimmer, recorder and official must sign the Official Entry Form. A copy of the individual's USMS (or foreign national) registration card must accompany the entry.

AWARDS

USMS Long Distance National Championship medals will be awarded to the top three individual and top three team finishers in each age group and sex. Championship patches will be awarded to each first place finisher.

T-SHIRTS

Commemorative t-shirts may be ordered. Davis Aquatic Masters reserves the right to return t-shirt orders and money if there are insufficient numbers. It is suggested you purchase a t-shirt for your lap/split counter.

RESULTS

A complete set of results will be mailed to each entrant by January 1, 1997. To find out how you did sooner, check out the results on the Davis Aquatic Masters home page at: <http://www.hooked.net/users/swim/clubs/dam/DAM.html>

QUESTIONS?

Michael Collins, (916) 758-7212 Tel & Fax
 email: SWIM MC@aol.com

1995 USMS Long Distance 3000 Yard Postal Championship - Individual Entry Form

Swum anytime from September 1 thru November 30, 1996

Name _____ Sex _____ Age _____ DOB _____ Phone _____

Address _____ City _____ State _____ Zip _____

Counter/Recorder's Signature _____ Date _____ Registration# (USMS#) _____

Official's Signature _____ Date _____ Club _____

Release from liability:

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

Competitor's Signature _____ Date _____

	cum	lap
50		
100		
150		
200		
250		
300		
350		
400		
450		
500		
550		
600		
650		
700		
750		
800		
850		
900		
950		
1000		

	cum	lap
1050		
1100		
1150		
1200		
1250		
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1850		
1900		
1950		
2000		

	cum	lap
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2150		
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2500		
2550		
2600		
2650		
2700		
2750		
2800		
2850		
2900		
2950		
3000		

USMS rules require a time to be recorded every 50 yards. You must record the cumulative (cum) time for each 50 yards and may record the lap split (lap) time as well. Record cum times to the nearest tenth of a second and record the final cumulative time at 3000 yards to the nearest 100th of a second.

A complete individual entry includes:
 1. Completed entry form with all cum splits and all three signatures.
 2. Check or money order (US funds) for \$10.00 entry fee plus \$12.00 per shirt ordered. Made out to Davis Aquatic Masters.
 3. Copy of 1996 USMS (or other national) Registration Card.
 Only complete entries will be accepted.

CIRCLE SIZES

1st T-shirt Size S M L XL XXL
 2nd T-shirt Size S M L XL XXL

ENTRY FEE CALCULATION

Individual entry fee \$10.00
 T-shirts x \$12 each + _____
 Total = _____

MAIL ENTRIES TO:

Michael Collins - 3,000 Postal
 P.O. Box 1366
 Davis, CA 95617

Entries must be US postmarked in the 50 states by Dec. 6, 1996 or received by Dec. 13, 1996

1996 USMS 3000 yd Postal Championship — Official Team Event Entry Form

This form is used only for entering a team of 3 swimmers from the same registered club - one Team Entry Form per team. Attach all 3 original individual entry forms (or photocopies) to this form and include the \$12 Team entry fee. All members of the a team must be entered in the individual event. All entries must be US postmarked in the 50 states no later than Dec. 6, 1996 or received by Dec. 13, 1996. Foreign teams must send proof of club registration.

Team Name: _____	
Swimmer's Names _____	Time _____
_____	_____
_____	_____
Cumulative Team Time _____	

PNA 1995/1996 Short Course Yards - Improvements by Percentages

by Gordon Gray

Following are the 1995/1996 short course yards swim percentages based on the National records in your age group(s). This year 156 swam at least five events to qualify. About twice that many swam in at least one event, while there are about twice that many registered PNA swimmers, ie 600 plus. The second list of percentages shows those swimmers that improved over their 1995 percentage(see OCT 1995 WetSet). Special congratulations go to Donna Keyser who improved from 71.7% to 81.4% and Abbie Morris who went from 67.6% to 76.0%. Now that's taking seconds/minutes off your swims!. Also note --some big percentage gains came from those that already had a high percentage. You can always swim faster!

Your percentage is based upon national records in both your current age group and the next age group up --prorated on here your birthdate is within the age group. For example, a 45-year old swimmer swims the 1650 five seconds faster than a 49-year old swimmer, but the 45-year old will have a lower percentage than the 49-year old. This explains how Jim Penfield, our winner for the 2nd consecutive year was

**PNA 1995/1996 Short Course Yards --
By Percentage**

1 Jim Penfield	PNA 87 104.0494	52 Clark Pace	PNA 43 84.1201	106 Katie Buckner	PNA 38 75.6569
2 Steve Thrasher	PNA 54 97.1528	53 Paul Skoglund	PNA 28 84.1081	107 Leslie Helm	PNA 40 75.4782
3 Bob Miller	PNA 67 96.9865	54 Walt Reid	PNA 55 84.0061	108 Rick Wisen	PNA 24 74.2175
4 Camille Thompson	PRO 41 95.7239	55 Betty Kercheval	PNA 71 83.7173	109 Nancy Gayman	PNA 37 73.9304
5 Charlotte Davis	PNA 45 95.2042	56 Linda Nelson	PNA 35 83.5965	110 Robert Mitchell	PNA 45 73.7911
6 Tom Taylor	PNA 65 93.7922	57 Suzanne Strom-Reed	PNA 47 83.2568	111 Paula Terhaar	PNA 43 73.6079
7 Larry Wright	PNA 47 93.7459	58 Masahito Sanae	PNA 37 82.5771	112 Scott Miller	SQM 38 73.5907
8 Mark Amberson	PNA 35 92.2615	59 Jim Lasersohn	PNA 31 82.5332	113 Elizabeth Jones	PNA 34 73.3784
9 Michael McColly	PNA 50 92.0665	60 Camille Johnson	PNA 22 82.4246	114 Timothy Welch	PNA 25 73.3451
10 Gregory Harrison	PNA 43 91.6891	61 Mary Pat Lawlor	PNA 35 82.3530	115 Jim Bowe	PNA 25 73.2276
11 Robin O'Leary	PNA 38 91.5926	62 John Underbrink	PNA 37 82.3369	116 Roy Ingham	PNA 71 73.1979
12 Debbie Glassman	PNA 42 91.1889	63 Wayne Methner	PNA 42 82.2721	117 Marilyn Gottlieb	PNA 40 72.9061
13 Kathrine Casey	PNA 47 90.9211	64 Allison Moore	PNA 26 82.2493	118 Carolyn Baldwin	PNA 61 72.8331
14 Muriel Flynn	PNA 72 90.6818	65 Paul Stoermer	PNA 35 82.2076	119 Hal Young	PNA 74 72.4247
15 Lawrence Nordell	PNA 55 90.3549	66 Pascal Roncalez	PNA 36 82.1534	120 Mark Watling	PNA 43 72.3544
16 Steve Peterson	PNA 49 90.0575	67 Yvonne Dymerski	PNA 35 82.1351	121 Tom Foley	PNA 61 72.1564
17 Dave Drum	PNA 60 89.3989	68 Tim Gilmore	PNA 46 81.9155	122 Eric Dybdahl	PNA 35 72.0289
18 Steve Warmenhoven	PNA 34 89.3980	69 Sarah Welch	PNA 49 81.7494	123 Jane Moore	PNA 45 71.7213
19 Ian Thompson	PNA 46 89.2335	70 John Prigger	PNA 32 81.6105	124 Jeanette Vallandigham	
20 Geoffrey Anderson	PNA 35 89.2049	71 Donna Keyser	PNA 38 81.4352		PNA 49 71.4946
21 Lisa Wilson	PNA 34 88.9584	72 Bryan Sparrowhawk	PNA 40 81.4000	125 Janet Kavadas	PNA 65 70.3171
22 Steve Freeborn	PNA 40 88.8871	73 Linda Sullivan	PNA 39 81.2606	126 Rick Fullmer	PNA 34 69.6762
23 Joseph Zimsen	PNA 26 88.7217	74 Catherine Brooks	PNA 47 80.9220	127 Lance Randolph	PNA 25 68.9762
24 Kirk Ericksen	PRO 37 88.6996	75 Robert Lanisus	PRO 44 80.7247	128 Sandy McNeel	PNA 43 68.1681
25 Jim McCleery	PNA 49 88.3616	76 Jim Worrel	PNA 73 80.6958	129 Charles Thrasher	PNA 33 67.7366
26 Bernie Kingsly	PNA 37 88.3262	77 Maxine Carlson	PNA 76 80.6936	130 Jean Huckins	PNA 37 67.5904
27 Jim Williams	PNA 39 88.0917	78 Sharon BeltranDelRio	PNA 28 80.6190	131 Everett Cassell	PNA 82 67.5292
28 Laurie Cyr	PNA 27 87.6080	79 Coral Bernier	PNA 41 80.5939	132 Avelin Tacon	PNA 49 67.2638
29 Gene Crossett	PNA 82 87.3141	80 Betsy Herring	PNA 49 80.5454	133 Bill Benko	PNA 36 66.7023
30 Chris Marcy	PNA 25 87.2992	81 Jeremy Gerking	PNA 22 80.3968	134 Alexandra Smith	PNA 33 66.6582
31 Eric Valley	PNA 34 87.2374	82 Lisa Deck	PNA 36 80.0134	135 Cynthia Rosik	PNA 62 66.4461
32 Marc Beck	PRO 27 86.8459	83 David Wright	PNA 33 79.9470	136 Greg Dymerski	PNA 36 66.3945
33 Doug Frazer	PNA 39 86.8363	84 Nicole Kesler	PNA 20 79.8528	137 Deborah Bagg	PNA 42 66.3573
34 Thomas Marshall	PNA 49 86.6649	85 George Grant	SQM 52 79.3022	138 Jenise Doty	PNA 48 66.2293
35 Pat Matthiesen	PNA 79 86.6320	86 Laurie McCloskey	PNA 34 79.2176	139 Eugene Hunn	PNA 52 66.0480
36 Jeff Paradee	PNA 36 86.3738	87 Malcolm Neely	PNA 36 79.1327	140 David Nunn	PNA 33 65.9057
37 Andrew Lovan	PRO 29 86.3424	88 Lani Doely	PNA 40 78.6901	141 Jack Andrews	PNA 64 65.8640
38 Hugh Moore	PNA 41 86.1305	89 Tammi Keeler	PNA 27 78.4323	142 Joan Davis	PNA 65 65.4631
39 Jan Miller	PNA 57 85.7359	90 Liz McCormack	PNA 38 78.4219	143 Marianne Hunter	PNA 37 65.0791
40 Jeff Gross	PNA 45 85.7149	91 Dan Frost	PNA 27 78.1760	144 Lee Holm	PNA 81 65.0683
41 Erik Strom	PNA 29 85.3156	92 Gordon Gray	PNA 50 78.1433	145 Helen Schuchart	PNA 77 64.9879
42 Kiko Van Zandt	PNA 40 85.2050	93 Kathleen Blanchard	PNA 40 77.7705	146 Sally Culverwell	PNA 58 64.9612
43 Allison Beadle	PNA 31 85.0831	94 Blair Murray	PNA 33 77.4834	147 Debbie Taylor	PNA 38 63.4868
44 Bridget Sipher	PNA 22 85.0581	95 Paul Ikeda	PNA 36 77.3305	148 Walter Henebry	PNA 46 63.1440
45 Pinky Walker	PNA 53 85.0181	96 Scott Kleven	PNA 31 77.1100	149 Mike Saunders	PNA 43 62.0851
46 Geoff Wilwerding	PNA 34 84.8319	97 Michelle McPhee	PNA 38 76.9627	150 Jenny Brown	PNA 32 61.6591
47 John Lorimer	PNA 44 84.7112	98 Kimberley Hay	PNA 28 76.9443	151 Nancy Hunn	PNA 53 60.6890
48 Dave Schmalz	PNA 41 84.6849	99 Wendy Hoffman	PNA 33 76.7086	152 Peggy Pomeroy	PNA 66 60.5718
49 John Skroch	PRO 23 84.5476	100 David Demorest	PNA 53 76.6100	153 Carol Anning	PNA 58 58.8266
50 Malia Chong	PNA 27 84.5447	101 Kristy Glaze	PNA 39 76.5344	154 Russell Knudsen	PNA 73 58.4459
51 Marc Fairbanks	PNA 44 84.5330	102 Leeann McGhie	PNA 30 76.3111	155 Rollie Roberts	PNA 60 55.9526
		103 Abbie Morris	PNA 41 76.0351	156 Forest Brooks	PNA 48 47.6815
		104 Mel Lebsack	PNA 47 75.8423		
		105 Tom Rutherford	PNA 42 75.6884		

(Continued on page 9)

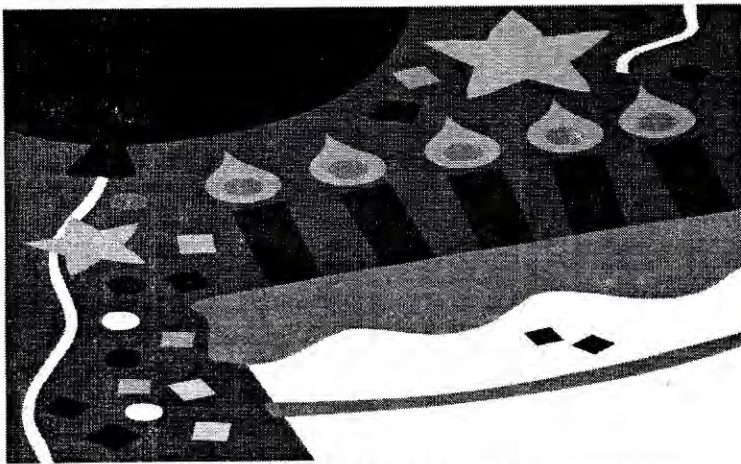
HAPPY BIRTHDAY - PNA SWIMMERS

(Continued from page 8)

09/16	TIMOTHY GILMORE	10/01	DENNIS DACEY
09/17	STEVEN PETERSON	10/01	JAMES WATERS
09/17	AMY BARIBEAU	10/01	JUDY HARRISON
09/18	FRANCIS LANGLOIS	10/01	JULIE BRUNO
09/19	JOHN SKROCH	10/01	CRAIG ELSNER
09/19	PATRICK SULLIVAN	10/01	KEITH SZOT
09/20	RICK ALMBERG	10/02	SHARON MARCOE
09/20	JOHN KOKES	10/02	MARION CHADWICK
09/20	HEIDI SMITH	10/02	C.A. MANSFIELD
09/21	ALISON DILLOW	10/03	SALLY REED
09/21	ROGER RUDOLPH	10/03	DONNA HUSS
09/21	EILEEN MURPHY	10/03	PHIL BRENNAN
09/21	BARBARA SCHAEFFLER	10/04	JEFFREY PARDEE
09/21	MICHAEL LAMB	10/04	DENISE KLISKEY
09/23	KRIS STAPP	10/05	CATHERINE BROOKS
09/23	RICHARD BREUHAUS	10/05	H HAROLD (HAL) YOUNG
09/24	SUSAN REICHMANN	10/05	KATHRINE CASEY
09/24	JENNY BROWN	10/06	JOAN DAVIS
09/25	JEFFREY DAHL	10/07	JEAN CANTU
09/25	TOM JOVA	10/07	RONALD RAUCH
09/25	MANUEL CHAUS	10/08	JERRY BAUER
09/25	NICHOLAS PARRY	10/08	DAVID GOLDMAN
09/25	PATRICK RILEY	10/08	KATHLEEN BLANCHARD
09/26	JOE BERNOLFO	10/09	SARA LAKIN
09/26	ALAN CARDWELL	10/10	CORI WELLS
09/26	BOBBY GALLEGOS	10/11	TAMMI KEELER
09/26	RICK FULLMER	10/11	JANELLE MCCOY
09/28	ANN THISTLE	10/12	WARWICK SMITH
09/29	DAVID TONEY	10/12	BOB JEANS
09/29	MARTHA PETERS	10/14	ERIC SMITH
09/29	CHARLES ROTH	10/15	SUSAN DEARBORN
09/30	BILL CARTER	10/15	STEPHEN BERGMANN

PNA 1995/1996 Short Course Yards --Percentage of Improvement

1	Donna Keyser	PNA 38	13.5671
2	Abbie Morris	PNA 41	12.2538
3	Blair Murray	PNA 33	5.6025
4	Bryan Sparrowhawk	PNA 40	5.5648
5	Michael McColly	PNA 50	5.3391
6	Geoff Wilwerding	PNA 34	4.5765
7	Suzanne Strom-Reed	PNA 47	4.0998
8	Marc Fairbanks	PNA 44	3.8862
9	Coral Bernier	PNA 41	3.6162
10	Maxine Carlson	PNA 76	3.4781
11	Robert Mitchell	PNA 45	3.4748
12	Katie Buckner	PNA 38	3.3001
13	Jim Penfield	PNA 87	3.1666
14	Debbie Glassman	PNA 42	3.1354
15	Betsy Herring	PNA 49	3.0421
16	Steve Peterson	PNA 49	2.7920
17	Tammi Keeler	PNA 27	2.6479
18	Tom Foley	PNA 61	2.6376
19	Russell Knudsen	PNA 73	2.6373
20	Jim Worrel	PNA 73	2.6318
21	Joan Davis	PNA 65	2.5457
22	Camille Thompson	PRO 41	2.4395
23	Pascal Roncalez	PNA 36	2.3618
24	Robin O'Leary	PNA 38	2.2117
25	Bernie Kingsly	PNA 37	2.0100
26	Tom Taylor	PNA 65	1.9425
27	Janet Kavadas	PNA 65	1.8862
28	Paul Ikeda	PNA 36	1.6768
29	Hugh Moore	PNA 41	1.5889
30	Jim McCleery	PNA 49	1.5121
31	Larry Wright	PNA 47	1.4857
32	Kiko Van Zandt	PNA 40	1.4774
33	Jack Andrews	PNA 64	1.4739
34	Gregory Harrison	PNA 43	1.4484
35	Jim Lasersohn	PNA 31	1.4124
36	Forest Brooks	PNA 48	1.3991
37	Jenny Brown	PNA 32	1.1916
38	Betty Kercheval	PNA 71	1.1694
39	Carolyn Baldwin	PNA 61	1.0917
40	David Demorest	PNA 53	1.0879
41	John Prigger	PNA 32	0.9344
42	Gordon Gray	PNA 50	0.8969
43	Nicole Kesler	PNA 20	0.8874
44	Mark Watling	PNA 43	0.7064
45	Steve Freeborn	PNA 40	0.3049
46	Hal Young	PNA 74	0.2666
47	Jenise Doty	PNA 48	0.1735



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

Swimming Uncharted Waters

How to Get a Good Workout on the Road

By Dan Frost

It takes dedication and flexibility to be consistent at swim training. Balancing workouts with other tasks in our busy lives is a difficult challenge. It often takes good scheduling in order to commute to the pool and squeeze in a workout around our jobs and time with our families.

No wonder, then, that when we hit the road for a business trip or vacation, such trips usually become extended furloughs from swimming. We think that our travel itineraries are too busy, or perhaps it is too hard to find or get to a pool. We often avoid the hotel pool, too, if it seems unsuitable for lap swimming. Our first "regular" workout with our home club, upon returning from the trip, is usually an anemic or painful one.

However, you can get a good swim in when you are on the road. Again, it takes some dedication and flexibility, as sometimes some advance planning, in order to make the effort worthwhile.

First of all, be prepared wherever you travel. Make sure to pack your suit, cap and goggles, as well as a spare towel. They hardly take up any space or weight in your luggage. Keep your pull buoys and kick boards back home - you can look forward to using them when you return home.

You can look for places to swim even before you leave on your journey. If you are visiting family or friends, ask them for information on pools in their area. Look for hotels with pools on the premises, or ask them when making reservations about pools nearby. Many finer hotels offer discounts to their guests at local health clubs or municipal pools. Speaking of health clubs, if you belong to a YMCA or a health club chain, ask if there is a branch at your destination.

There are also two excellent guides that can help you find a good pool on the road. USMS publishes an annual *Places to Swim* guide, listing pools throughout the country, most with ongoing Masters programs. Visiting another Masters team for a workout is a good social experience and perhaps the best quality workout you can get while on the road. Each club has different workout times, admission costs, and other policies on allowing visiting swimmers. So, it is best to call ahead. Also, you will need to bring your USMS registration card with you for insurance purposes. USMS Zone and LMSC representatives are also good sources of information, and their addresses and phone numbers are often printed in *Swim* magazine and in the *WetSet*.

Another good resource is the second edition of the *Swimmers Guide*, edited by Bill Haverland and Tom Saunders. Their book lists over 3000 places to swim, including many municipal pools, clubs and YMCAs that are not included in the USMS guide. All of the pools listed in the *Swimmers Guide* meet a minimum criteria for size and availability that ensures good access to most travelers.

Once you are on the road and find the pool, be flexible about the content of your workout. You may have to share a lane, or you may find yourself at an open pool with no lane ropes at all. The pool may even be too narrow for lap swimming or too shallow for flip turns. The facilities may be either crowded or not. But in any case, a little ingenuity and patience can help you get a quality workout. If the pool size does not permit lap swimming, try doing some kicking, drill work, or turn practice. Take advantage of pace clocks, pull buoys and kick boards if they are available. If you are sharing a lane with other swimmers, be willing to join in their workout, or invite them to join you in set of your choice. After your workout, you may recover in an adjacent hot tub or sauna, if you are so fortunate to have one.

Having a good swim when you are on the road is a beneficial experience, both physically and socially, that is well worth the coordination effort. It is a chance to get a nice break from a business trip, a pleasant addition to a vacation, a great opportunity to meet others who enjoy swimming as well, and a good way to come back to the home Masters team without guilt.

Bon Voyage!

1996 ROSLYN LAKE SWIM

1500 AND 3000 METER LAKE SWIM
ROSLYN LAKE IN SANDY, OREGON

Hosted by Portland Parks Masters Swim Club
in conjunction with Roslyn Lake...a P.G.E. Park facility

**Portland
General
Electric**

- Date: Sunday, September 29, 1996
- Race time: Check-in 7:30-8:30 AM
Race begins 9:00 AM Race will be conducted rain or shine.
- Location: Roslyn Lake, located 4 miles north of Sandy, Oregon (turn north off Hwy 26 onto Ten Eyck Road).
- Distances: 1500 and 3000 meters and a 2 person 3000 meter relay.
- Course: The race will begin at the main lakeside picnic area. The course is triangular, and will be swum clockwise. 3000 meter competitors will negotiate the course twice. A water start will be used as the first 50 meters of the course is shallow water. A staggered start will be used.
- Conditions: Altitude is 800 feet. Probable water temperature will be 67 - 70 degrees fahrenheit. Categories and awards for wetsuit and non-wetsuit swimmers.
- Eligibility: The race is open to all registered Masters Swimmers, 19 years and older. A 'One Day' registration will be available for those not currently registered with United States Masters Swimming. The cost is \$15.00, and the forms for a 'One Day' registration will be available the day of the race.
- Rules: The 1996 USMS Rules and Regulations will govern this event. All swimmers must finish the course within 2 hours of the start. Those in the water over 2 hours will be picked up. No escorts will be permitted.
- Entries: Entries will be accepted by mail and at the race site until 8:00 a.m. on the day of the race. Please try to enter early.
- Entry fee: \$20.00 per entrant for entries received by September 20, 1996. Later entries, \$25.00. Fee includes T-Shirt, swim cap, post race breakfast, awards, and mailed race results. (U.S.M.S. 'One Day' registration is an additional fee)
- Race meeting: There will be a pre-race meeting at 8:30 AM at the race site.
- Awards: Custom awards will be presented to the top finishers in each age group for both wetsuit and non-wetsuit categories.
- Lodging: Motels in Sandy. Campgrounds east of Sandy toward Mt. Hood. Motorhome park east of Sandy.

Information: Information and entry forms from:
Portland Parks Masters Swim Club
c/o John Zell
4640 N.E. 36th Avenue
Portland, OR 97211
Phone: 503-282-9347 (evenings after 7 p.m.)

**MAKE A COPY
OF THIS FORM
FOR YOUR RECORDS**

1996 ROSLYN LAKE SWIM

1500 AND 3000 METER LAKE SWIM - ROSLYN LAKE IN SANDY, OREGON
OFFICIAL ENTRY FORM
SUNDAY, SEPTEMBER 29, 1996
Hosted by Portland Parks Masters Swim Club in conjunction with Roslyn Lake...a P.G.E. Park facility

NAME _____ USMS 1996 REG. # _____
ADDRESS _____ PHONE _____
CITY _____ STATE _____ ZIP _____
CLUB _____ BIRTHDATE ____/____/____ AGE _____ SEX _____

Please check the appropriate boxes (You may enter 1500 and one of the 3000 races)
_____ 1500 and/or _____ 3000 _____ 2 Person 3000 Relay
My 3000 Relay teammate is _____
_____ I plan to wear a wetsuit.
APPROXIMATE TIME FOR: 1650yard Freestyle _____ or 1500 meter _____

T-Shirt size _____ Medium _____ Large _____ X-Large _____ XX-Large
(Those entering before the day of the race will be guaranteed their size shirt)

ATHLETES RELEASE - Must be signed

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, PORTLAND GENERAL ELECTRIC, ITS DIRECTORS, OFFICERS, AND EMPLOYEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks

SIGNATURE _____ DATE _____

Entry Fee...prior to September 20, 1996..... \$20.00 _____
'One Day' U.S.M.S. registration (non-members)..... \$15.00 _____
Entry Fee... after September 20, 1996 \$25.00 _____
Total enclosed _____

Mail entries to: Portland Parks Masters Swim Club
c/o John Zell
4640 N.E. 36th Avenue
Portland, OR 97223
Phone: (503)-282-9347 (evenings after 7 p.m.)

**MAKE A COPY
OF THIS FORM
FOR YOUR RECORDS**

**All Entrants MUST submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY. ***

PLACES TO SWIM

ABERDEEN <i>Aberdeen YMCA</i>	533-3881	MERCER ISLAND <i>Mercer Island District Pool</i>	8815 SE 40th St, 296-4370
ANACORTES <i>Fidalgo Pool</i>	1603 22nd, 293-0673	MOUNTLAKE TERRACE <i>Mountlake Terrace Pavillion</i>	5303 228th Ave SW, 776-3197
AUBURN <i>Auburn Pool</i> <i>Auburn Valley YMCA</i>	516 4th Ave NE, 939-8825 1005 12th Ave SE, 833-2770	MOUNT VERNON <i>Mount Vernon YMCA</i> <i>Riverside Health Club</i>	215 E. Fulton, 336-9622 424-4200
BELLEVUE <i>Bellevue Pool</i> <i>Eastside YMCA</i> <i>Newport Hills</i> <i>PRO Raquet & HealthClub</i> <i>Samena Club</i> <i>The Bellevue Club</i>	601 143rd Ave NE, 296-4262 14230 Bel-Red Rd., 746-9900 5474 119th Ave SE, 746-9510 4455 148th Ave NE, 885-5566 15231 Lake Hills Blvd, 746-1160 112000 SE 6th St, 455-1616	NORTH BEND <i>Si View Pool</i>	41600 SE 122nd St, 888-1447
BELLINGHAM <i>Bellingham Aquatic Center</i> <i>Whatcom Family YMCA</i>	647-7665 733-8630	OAK HARBOR <i>John Vanderzicht Memorial Pool</i>	2299 29th NW, 765-7665
BOTHELL <i>Northshore Pool</i> <i>Northshore YMCA</i>	9815 NE 188th St, 296-4333 485-9797	OLYMPIA <i>Evergreen State College</i> <i>North Thurston High School Pool</i> <i>Olympia Area YMCA</i>	866-6000 493-2900 357-6609
BREMERTON <i>Bremerton Municipal Pool</i> <i>Olympic Aquatic Center</i>	50 Magnuson Way, 478-5376 7070 Stampede Blvd, 692-3192	PORT ANGELES <i>William Shore Pool</i>	457-0241
BURIEN <i>Burien Swim Club</i> <i>Evergreen</i>	626 SW 154th St, 433-7900 606 SW 116th St, 296-4410	POULSBORO <i>North Kitsap Pool</i>	1881 NE Hostmark St, 779-3790
DES MOINES <i>Mount Rainier Pool</i>	22722 19th Ave S, 296-4278	REDMOND <i>Redmond Pool</i>	17535 NE 104th St, 296-2961
DUPONT <i>Keeler Pool</i> <i>Kimbro Pool</i>	967-2604 967-2604	RENTON <i>Hazen High School Pool</i> <i>Lindberg Pool</i>	1011 Hoquiam Ave SE, 235-2227 16740 128th Ave SE, 296-4335
EDMONDS <i>Harbor Square Athletic Club</i> <i>Yost Pool</i>	160 W Drayton, 778-3546 9535 Bowdoin Way, 775-2645	SEATTLE <i>Aquatic Development Clinic</i> <i>Ballard Pool</i> <i>Coleman Pool (summer only)</i> <i>Downtown YMCA</i> <i>Downtown YWCA</i> <i>East Madison YMCA</i> <i>Evans Pool</i> <i>Helene Madison Pool</i> <i>Gateway Athletic Club</i> <i>Meadowbrook Pool</i> <i>Medgar Evars Pool</i> <i>Queen Anne Pool</i> <i>Rainier Beach Pool</i> <i>Salvation Army Pool</i> <i>Sandpoint Naval Station</i> <i>Seattle Athletic Club</i> <i>Seattle University</i> <i>Shoreline Pool</i> <i>South Central Pool</i> <i>Southwest Pool</i> <i>View Ridge Club Pool</i> <i>Wedgewood Pool</i> <i>West Seattle YMCA</i>	11009 1st Ave S, 232-3474 1471 NW 67th St, 684-4094 684-7494 909 4th Ave, 382-5010 1118 5th Ave, 447-4868 1700 23rd Ave, 322-6969 7201 E. Green Lake Dr N, 684-4961 13401 Meridian Ave N, 684-4979 70 5th Ave, Suite 14, 343-4692 10515 35th Ave NE, 684-4989 500 23rd Ave, 684-4763 1920 1st Ave W, 386-4282 8825 Rainier Ave S, 386-1944 9050 16th Ave SW, 767-3150 (Military personnel only), 526-3531 33 NE 97th St, 522-9400 14th & Cherry, 296-6404 19030 1st Ave NE, 296-4345 4400 S 144th St, 296-4487 2801 SW Thistle St, 684-7440 5815 NE 77th St, 524-3500 7727 28th Ave NE, 523-8211 4515 36th Ave SW, 935-6000
ENUMCLAW <i>Enumclaw Pool</i>	420 Semanski S, 825-1188		
EVERETT <i>Everett Community College</i> <i>Forest Park Swim Center</i> <i>McCollum Park Pool</i> <i>YMCA of Snohomish County</i>	801 Wetmore Ave, 259-7151 259-0300 337-4408 2720 Rockefeller, 258-9211		
FEDERAL WAY <i>Federal Way Pool</i> <i>King County Aquatic Center</i>	30421 16th Ave S, 839-1000 650 SW Campus Drive, 296-4444		
FIFE <i>Fife Community Pool</i>	5410 20th St E, 922-7665		
GIG HARBOR <i>Peninsula High School Pool</i>	857-3533		
ISSAQUAH <i>Julius Boehm Pool</i>	50 SE Clark St, 557-3298		
KENMORE <i>St. Edward Pool</i>	14445 Juanita Drive NE, 296-2970		
KENT <i>Kent Pool</i> <i>Tahoma</i>	25316 101st Ave SE, 296-4275 18230 SE 240th St, 296-4276		
KIRKLAND <i>Juanita High School Pool</i>	10601 NE 132nd St, 823-7627		
LAKE STEVENS <i>Lake Stevens High School Pool</i>	2908 113th Ave NE, 335-1515		
LYNNWOOD <i>Lynnwood Pool</i>	18900 44th Ave W, 771-4030		
MARYSVILLE <i>Marysville-Pilchuck High</i>	5611 108th Ave NE, 653-0609		
		SEQUIM <i>Sequim Aquatic Center</i>	N 610 5th St, 683-6699
		SNOHOMISH <i>Hal Moe Memorial Pool</i>	405 3rd, 568-6881
		SUMNER <i>Sumner High School Pool</i>	1707 Main St, 863-8110
		TACOMA <i>Eastside Community Pool</i> <i>Lakes High School Pool</i> <i>Lincoln High School Pool</i> <i>Pierce College Pool</i> <i>People's Center Pool</i> <i>Tacoma-Pierce Co. YMCA</i> <i>The Center at Norpoint</i>	35th and L, 591-2042 10320 Farwest Dr SW, 756-8401 596-2053 9401 Farwest Dr SW, 964-6678 591-5323 1102 S Pearl St, 564-9622 591-5504

NON -PNA MEMBERS SUBSCRIPTION FORM FOR THE WETSET

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 ADDRESS _____

Send form and check for \$12.00, payable to PNA Masters Swimmers, to: Suzanne Dills, 1101 N Northlake Way, Seattle WA 98105

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This Month

10K Postal Swim - Federal Way Aquatic Center, Sept. 7th
National 2-mile Open Water - Wylie Texas, Sept. 7th
USMS Convention - Orlando Florida, Sept. 11-15
3,000 and 1,500 Open Water Swims - Roslyn Lake Oregon,
Sept. 29
National 3,000 Postal Swim - Anywhere USA, until Nov. 30th

Keep Swimming!