

The WetSet



Volume 15 Issue 10

October 1996

President's Letter

Dear PNA Swimmers:

The PNA members who attended the annual USMS meetings at the USAS Convention have recently returned. They are hard at work on the convention report, but time was too short to get it ready for this issue of the WetSet, so look for their report next month. I was unable to attend due to a serious illness just before convention, but Hugh, Walt, Jeanne, Jan, Frank, Phyllis and Steve did a great job of representing the PNA as usual.

USMS now has a home page. You can check it out at www.usms.org. Watch for Steve's computer column for further information. The home page contains information about videos and books related to swimming available on loan as a service of the USMS Coaches Committee.

MBNA has a Master Card available for USMS members. For each person who signs up for a card (whether they use it or not), USMS receives \$10. If each of the 30,000 USMS members did this, USMS would receive \$300,000! I have information if you are interested, and we'll try to get it in the WetSet again.

There are also several national sponsors for USMS. These organizations have contributed large sums to USMS and deserve our support. Current sponsors are Kast-a-Way Swimwear, Competitor Swimwear, and Powerbar.

Fitness Swimmer is a quarterly magazine published by Rodale Press. It is a good source of information on swimming with articles about technique, training, injury prevention, and well known swimmers. The Fall, 1996

issue ends with a well written column by Mel Stewart titled "Vanity Swimming". After failing to make the 1996 Olympic team at trials in March, he quit swimming. Three months later, he looked in the mirror and saw his 280 pound father. Terror at the idea of being fat sent him back to the pool. He now swims daily and finds it very enjoyable for exercise, stress release, and weight control. He writes "Swimming is once again an important part of my life, but for a very different reason. What once was my identity, my livelihood and the basis for my self-worth has become an integral part of my health and well-being." We would all do well to keep this attitude in mind and remember to enjoy the hours we spend in the water for the many benefits they provide.

See you soon.
Jane Moore

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Minutes of the PNA Board Meeting
August 27, 1996

The meeting was called to order at 7:13 P.M. by Vice President Jeanne Ensign at the home of Suzanne Dills. Present were Deborah Bagg, Frank Newquist, Robin O'Leary, Jan Kavadas, Jeanne Ensign, Tom Foley, Hugh Moore, Kathy Casey, Phyllis Gill, Suzie Ness, Gary Maynard, Suzanne Dills, and Steve Peterson. Teams represented were SSEA, FWM, GLAD, Tigers, Ft. Steilacoom, Orca, Samena, Bellevue Club, OOPS, and Officials.

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

TREASURER'S REPORT/FINANCE COMMITTEE: Jeanne Ensign presented Tammi Keeler's report. The PNA balance is \$3,486.65, and the Wiggan Fund balance is \$2,285.05.

COMMITTEE REPORTS:

- A. Meets: No report. Discussion of the generic meet entry form was tabled.
- B. Membership: Suzanne Dills reported a membership of 685. The national registrar will do a bulk mail certification for us. It was MSA'd to approve \$182.60 for stamped window envelopes, and a \$33.50 reimbursement to Suzanne for mailing. It was decided that registrations should be mailed out after Election Day.
- C. Records and Top 10: Kathy Casey (for Walt) gave the Boise Zone Champs results and records to Gary for the WetSet. The SCY Top 10 is done; PNA winners will be listed in the next WetSet.
- D. Publicity: It was noted that the Third Age newsletter ran an article about swimmer Pat Mathiesen.
- E. Newsletter: No report.
- F. Awards: No report.
- G. Social: No report.
- H. Officiating: Jan said that recertification notices are being mailed. There will be a stroke and turn clinic on October 12 at the King County Aquatic Center.
- I. Fitness: No report. Frank Newquist noted that the coaches' clinic held at the Samena Club was the largest in the U.S. this year.

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HAPPY NEW YEAR!

How to Get a Great Start on the New Season

by Dan Frost

Relax, it really isn't 1997 just yet. You didn't miss Thanksgiving, and there are still over a hundred shopping days until Christmas. A recent check of my calendar does confirm that it is simply the end of summer.

Down at your local swimming pool, though, it is time to celebrate the New Year! For many reasons, the end of summer signals the beginning of a new season at the pool. Kids are going back to school after their summer break, and the youth swimming programs are winding down. Many of us adults have taken time away from the pool in order to take vacations or simply a change of pace. Some have kept stroking through the summer championships and open water events, which have now come and gone.

No matter how you spent your summer, it is time to start anew and make some new year's "resolutions" to get the season off to a great start.

First, think of some goals that you would like to achieve for the next 12 months. They do not need to be "competitive" in nature. One of your goals may simply be to get in better shape, or to lose weight, or to meet new friends. Perhaps you would like to try to make two, three, or more workouts per week. You may want to learn how to swim butterfly (or swim it better). Would you like to someday complete that tough workout set? These are just some ideas of goals that have nothing to do with competing in races or meets.

Of course, you can also have competition goals. Simply going to a meet can be a goal, especially if you have not been to one in a while. This could be the year where you want to complete a 1650, or break a minute in the 100. What about competing in a different stroke or in a medley? This is a good time to look back on the previous season and determine what went right and wrong, and where you would like to be later.

After you have identified your goals, I highly encourage you to share them with your coach. You coach will do all he can to help you. You may even discover that many other swimmers in your club share the same goals, and can push you toward attaining them.

Another aspect of a new swimming season is that it is a prime opportunity to experiment or try something different, particularly with technique items. For the new swimmer, everything will seem new and different. For the more accomplished swimmer, this is a chance to make adjustments to a stroke pattern, or learn a new drill, or play with different "toys" like fins, stretch cords, and hand paddles.

The beginning of the season is also a good time to develop endurance and cardiovascular fitness. After the summer layoff, it may take some time to build up your fitness level. Generally, workouts during these months tend to start off with mild yardages and gradually lengthen, while developing proper stroke technique.

Finally, this is the best time to encourage others to join your swimming program. If you have friends who would like to swim, or see others at the pool working out by themselves, invite them to an early-season workout. Swimmers who enter clubs now are more likely to remain through the year. They can easily assimilate into the group while the workout intensity is relatively low. By developing interest in your program now, they will be more willing to come back after Christmas. PNA also offers memberships at a reduced price, for the rest of the calendar year, after September 1st.

Go out to the pool and have a Happy New Year!



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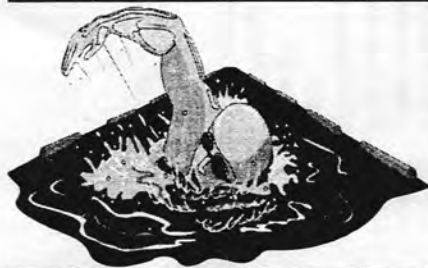
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United States Masters Swimming, Inc. is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United 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>
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	PNA Championships - Federal Way
Mar 22	SCY	Helene Madison Pool - Seattle
Apr 12-13	SCY	Naval Submarine Base Pool - Bangor

Oregon (Eric Guest)

Jan 4	SCY	Echo Hollow Pool - Eugene
Jan 18	SCY	Barracudas Pentathlon - Beaverton
Apr 4-6	SCY	Oregon Association Championships - Ashland

Inland Empire (Rich Swoboda)

Oct 27	SCY	Lake City Masters Pentathlon - Coeur d'Alene
Dec 7-8	SCM	Sandpoint Masters - Sandpoint
Feb 8-9	SCM	Fairchild AFB Masters - Fairchild
Mar 29-30	SCY	Inland Empire Championships

Snake River (Jeff Erwin)

British Columbia/Canada

Nov 3		Winskill Otters Masters Meet (604) 943-6561
Nov 23		Naniamo Ebbtides 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 Championships - Montreal

National/International

9/1 - 11/30		National 3000 Postal Swim - Davis Masters (916) 758-7212
May 15-18	SCY	USMS Short Course National Championships - Federal Way
Jun 24-29	LCM	Pan Pacific Masters Championships - Maui Hawaii
August 1997	LCM	USMS Long Course National Championships - Orlando Florida

For Information on Meets Outside of the PNA Area

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

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

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

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

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

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

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

HAPPY BIRTHDAY - PNA SWIMMERS

10/17	SHIRLEY MACLEOD	11/01	ANNE HEALEY
10/17	TARA CANNAVA	11/01	STEWART ELLISON
10/18	JACK ANDREWS	11/01	WILHELM WIELAND
10/18	SHEILA GUARD	11/01	JAY MANNING
10/18	JEFF OSBORN	11/01	ERICA TIFFANY
10/19	BILL FENNER	11/02	ERIK STROM
10/19	JILL NUSS	11/02	STEPHEN WARMEMHOVEN
10/19	STEVEN THRASHER	11/03	GREG DYMSKI
10/19	MARK GETZENDANER	11/03	GLENN HILL
10/20	BETTY KERCHEVAL	11/03	TED THOMAS
10/21	PAUL SKOGLUND	11/04	LARRY DEGROEN
10/22	JEANNE ENSIGN	11/05	MICHAEL KELLER
10/23	BILL PEPIN	11/05	WILLIAM PENN
10/23	ROBERT DORSE	11/06	ERIKA GISTE
10/24	KENDALL	11/08	NICOLE KESLER
	BODDEN-CONRAD	11/08	JIM WILLIAMS
10/27	JENNIFER LEONG	11/11	JANE MOORE
10/27	LEE E HOLM	11/13	DEBORAH BAGG
10/28	MICHAEL COLLINS	11/14	GREGORY HULLENDER
10/29	ADRIAN GJURASIC	11/14	MICHAEL MC COLLY
10/29	ERIK FREDERICKSON	11/14	FRED LOCKE
10/29	PATRICIA NELLIS	11/14	DAVID SCHMALZ
10/30	JEFF WOLF	11/15	ELIZABETH JONES
10/30	MARK WILSON	11/15	PETER MUNA

WELCOME TO THE PNA

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

DAVID ARNOLD, JULIA BENT,
TONYA BERG, DAVE BRANDLAND,
JOHN CROWLEY, MARILYN FILLEY,
PAUL FREDERICK, JERRI
FREIMUTH, GEORGE GONZALEZ,
KARL HALLESY, LAURA HANAN,
GARY HOLMQUIST, JENNIFER
LEONG, EVERETT MC COOHEY, JILL
NUSS, AND ANDREA POWERS.

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J. Computer Applications: Steve Peterson is looking into a low-cost or no-cost site for a PNA home page on the World Wide Web.

K. Constitution and By-Laws: No report.

OLD BUSINESS:

Hugh announced that the information for the Nationals brochure to be published in Swim Magazine is ready. Hugh distributed notebooks to members of the Nationals planning committee.

CONVENTION:

Hugh distributed a spreadsheet, prepared by Jane Moore, of all the meetings at Convention.

Rules change proposals were discussed for the remainder of the meeting.

NEXT MEETINGS: Tuesday, September 24 at the 320th Library in Federal Way.

Tuesday, October 22 at the Green Lake Community Center.

Tuesday, December 10 (combined November/December meeting), location TBA.

The meeting was adjourned at 9:20 P.M.

Respectfully submitted,
Deborah L. Bagg, Secretary



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

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.

Safety First!

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES!

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).

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: _____

P. N. A. RECORDS -- SHORT COURSE METERS AS OF 01-21-96

WOMEN	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	95-99	100-1
50 M. FREE	28.20	30.30	29.59	28.82	31.88	32.41	32.92	40.43	41.79	39.00	44.39	59.94	1:09.28	00.	00.	00.	00.
100 M. FREE	1:03.55	1:05.59	1:05.50	1:04.27	1:04.71	1:11.63	1:25.23	1:26.43	1:29.78	1:29.40	1:40.67	2:14.61	2:35.03	00.	00.	00.	00.
200 M. FREE	2:16.44	2:23.05	2:19.20	2:22.08	2:25.28	2:38.71	2:38.99	3:08.52	3:33.37	4:36.02	4:34.91	4:40.92	00.	00.	00.	00.	00.
400 M. FREE	5:25.48	4:48.31	4:57.82	5:05.00	5:10.84	5:30.02	5:24.94	6:57.49	7:00.93	6:47.05	9:22.61	9:54.01	12:12.96	00.	00.	00.	00.
800 M. FREE	00.	11:17.49	00.	10:32.83	11:28.09	11:47.37	11:12.04	00.	00.	18:04.79	19:08.00	20:35.09	00.	00.	00.	00.	00.
1500 M. FREE	00.	18:47.44	23:16.79	21:25.62	21:13.85	22:00.59	27:26.31	00.	00.	34:07.83	37:28.19	00.	00.	00.	00.	00.	00.
50 M. BACK	38.80	34.42	33.33	35.72	37.35	40.55	42.27	49.80	53.17	48.70	54.91	1:05.38	1:09.24	00.	00.	00.	00.
100 M. BACK	1:20.26	1:14.89	1:10.68	1:17.20	1:17.26	1:24.38	1:34.64	2:00.23	1:52.40	2:03.98	2:15.45	2:18.89	2:26.46	00.	00.	00.	00.
200 M. BACK	2:35.06	2:40.64	2:32.32	2:45.68	2:53.13	2:57.38	3:27.03	3:50.51	3:49.65	4:36.31	4:51.32	4:52.27	5:14.17	00.	00.	00.	00.
50 M. BRST	40.21	37.60	37.13	39.14	39.82	40.95	46.58	50.40	54.09	54.52	58.74	1:11.94	2:10.93	00.	00.	00.	00.
100 M. BRST	1:27.89	1:22.80	1:27.90	1:26.23	1:28.63	1:30.56	1:40.82	1:52.23	2:02.30	1:59.03	2:06.37	2:41.94	00.	00.	00.	00.	00.
200 M. BRST	3:20.56	3:04.75	3:18.65	3:09.93	3:15.11	3:18.40	3:32.49	4:05.31	4:05.34	4:12.82	4:25.83	6:11.23	00.	00.	00.	00.	00.
50 M. FLY	32.50	33.42	31.52	31.26	33.30	37.59	38.02	41.79	43.41	1:18.62	1:11.30	1:13.52	00.	00.	00.	00.	00.
100 M. FLY	1:16.81	1:13.57	1:07.34	1:14.12	1:27.86	1:28.67	1:25.09	1:34.41	1:36.95	00.	2:38.95	2:43.37	00.	00.	00.	00.	00.
200 M. FLY	2:46.92	2:37.48	2:31.16	2:52.16	3:31.04	3:18.24	3:36.09	3:34.78	3:38.76	00.	5:41.91	6:13.71	00.	00.	00.	00.	00.
100 M. I.M.	1:12.61	1:18.86	1:15.90	1:13.62	1:24.99	1:21.75	1:29.07	1:41.86	1:46.44	1:55.76	2:25.65	2:28.52	3:32.48	00.	00.	00.	00.
200 M. I.M.	2:46.61	2:50.84	2:48.87	2:44.27	2:47.34	2:58.22	3:03.68	3:34.04	3:53.97	4:13.58	5:18.87	5:17.97	00.	00.	00.	00.	00.
400 M. I.M.	00.	00.	00.	5:55.43	6:27.03	6:31.48	6:33.06	8:50.45	8:40.78	00.	00.	00.	00.	00.	00.	00.	00.

MEN	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	95-99	100-1
50 M. FREE	25.75	25.00	24.44	26.38	25.59	27.48	27.78	30.20	30.79	33.53	32.89	39.37	42.24	49.61	00.	00.	00.
100 M. FREE	54.98	55.88	54.03	58.62	57.60	1:01.11	1:04.21	1:09.63	1:10.19	1:15.96	1:26.11	1:32.79	1:40.52	00.	00.	00.	00.
200 M. FREE	2:28.32	2:01.93	2:02.90	2:12.24	2:13.47	2:14.17	2:38.60	2:35.18	2:41.89	2:49.49	3:40.78	3:23.38	3:48.13	00.	00.	00.	00.
400 M. FREE	4:29.09	4:25.81	4:25.66	4:37.25	4:42.43	4:48.52	4:56.82	5:41.96	5:49.19	5:55.27	7:47.96	7:13.95	8:08.65	00.	00.	00.	00.
800 M. FREE	00.	9:25.41	9:59.67	10:02.70	10:28.85	10:13.03	11:17.11	00.	00.	16:26.99	00.	00.	00.	00.	00.	00.	00.
1500 M. FREE	26:05.01	19:20.83	19:29.91	19:15.76	21:26.00	19:59.75	19:49.34	22:26.91	00.	30:42.77	00.	00.	00.	00.	00.	00.	00.
50 M. BACK	31.42	30.20	30.96	29.58	30.49	33.09	31.86	37.22	38.71	45.44	51.21	51.60	58.03	1:03.30	00.	00.	00.
100 M. BACK	1:08.20	1:05.56	1:09.71	1:02.15	1:06.46	1:12.66	1:07.76	1:27.03	1:26.13	2:02.42	1:53.28	1:56.63	2:09.94	2:15.47	00.	00.	00.
200 M. BACK	2:29.10	2:26.77	2:32.00	2:14.33	2:28.20	2:37.73	2:30.02	3:23.45	3:47.84	3:34.47	4:00.44	5:06.18	00.	5:21.45	00.	00.	00.
50 M. BRST	33.30	32.70	31.16	33.32	33.60	36.10	37.16	38.74	37.65	42.31	47.77	59.01	55.32	58.39	00.	00.	00.
100 M. BRST	1:12.94	1:10.23	1:10.35	1:10.13	1:12.11	1:18.78	1:25.18	1:29.24	1:34.73	1:38.62	1:54.96	2:35.71	2:09.01	2:24.19	00.	00.	00.
200 M. BRST	2:47.74	2:32.03	2:38.53	2:28.35	2:31.37	2:51.26	3:06.12	3:13.78	3:26.73	3:26.72	00.	4:39.19	5:15.41	6:01.03	00.	00.	00.
50 M. FLY	27.96	28.26	27.37	29.35	29.72	32.64	30.17	33.70	34.67	43.72	37.48	58.77	1:01.07	1:04.75	00.	00.	00.
100 M. FLY	1:03.16	1:00.19	1:00.6	1:03.72	1:06.60	1:12.43	1:15.10	1:33.15	1:53.30	1:49.67	00.	00.	2:45.39	00.	00.	00.	00.
200 M. FLY	00.	2:10.91	2:17.02	2:30.27	2:34.02	2:56.26	3:24.78	4:14.91	4:57.03	00.	00.	00.	00.	00.	00.	00.	00.
100 M. I.M.	1:05.44	1:05.95	1:04.23	1:06.06	1:08.41	1:13.97	1:12.17	1:21.11	1:21.96	1:33.60	1:50.31	1:58.51	2:15.66	2:15.66	00.	00.	00.
200 M. I.M.	2:30.66	2:22.12	2:23.22	2:26.23	2:31.00	2:42.29	2:38.51	3:06.69	3:10.32	3:30.66	00.	00.	00.	00.	00.	00.	00.
400 M. I.M.	6:24.05	5:06.16	5:31.94	5:09.68	5:19.25	5:44.56	5:52.05	7:01.23	8:30.79	00.	00.	00.	00.	00.	00.	00.	00.

RELAYS	WOMEN				MEN				MIXED				
	200 M. FREE	200 M. MEDLEY	400 M. FREE	800 M. MEDLEY	200 M. FREE	200 M. MEDLEY	400 M. FREE	800 M. MEDLEY	200 M. FREE	200 M. MEDLEY	400 M. FREE	800 M. MEDLEY	800 M. FREE
76 - 99		2:22.24				2:00.40				2:05.82	2:21.10	4:28.14	
100-119		2:27.69		5:30.67		1:55.62		4:14.71	8:51.34		2:11.85	4:24.04	
120-159	2:10.19	2:18.60	4:59.99		1:40.64	2:06.44	3:46.23			1:58.96	2:18.17	5:30.92	5:30.92
160-199	2:10.05	2:09.95	5:48.49		1:59.08	2:19.50				2:07.72	2:22.64	5:15.28	6:13.31
200-239	2:36.24	3:39.47			1:58.09	3:08.52	6:48.84			2:12.18	3:01.58		
240-279	3:55.78	4:14.84								3:00.92	2:59.83		
280-319	4:13.31	4:07.40	9:19.61		2:51.78	3:20.47					3:47.81		

UNITED STATES MASTERS SWIMMING, INC.
1997 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 1997 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 _____

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This Month

October 19-20 North Kitsap Pool - Poulsbo
Oct. 27 Lake City Masters Pentathlon - Coeur d'Alene
National 3,000 Postal Swim - Anywhere USA

