

The WetSet



Volume 15 Issue 12

December 1996

President's Letter

Dear PNA Swimmers:

Another year is drawing to an end. Remember that PNA Champs will be much earlier than usual, February 14 - 16, so don't skip too many holiday workouts.

We're continuing to work on Nationals and still have plenty of room for volunteer help. If you are part of a company that might be able to help with donations for Nationals, let us know.

Congratulations to Suzie (PNA Meets Chair) and Colin Ness on the birth of their daughter in October and to Wendy and Malcolm Neely (Federal Way Masters coaches) on the birth of their daughter in November. Zena Hermann, former PNA swimmer, soon to return, also has a new daughter born in October.

Best wishes to everyone for a happy holiday season and a wonderful new year.

Jane Moore



An advertisement for the 1997 United States National Short Course Championships Masters Swimming. The central image shows a mountain range with snow-capped peaks. Two orcas are depicted: one on the left, swimming upwards, and one on the right, swimming downwards. The text "United States 1997 National Short Course Championships" is positioned above the mountain. Below the mountain, the words "Masters Swimming" are written in a large, bold font. At the bottom, it says "Federal Way, Washington May 15-18".

From the Editor:

Well, we made it through another year. I hope everyone met their swim goals and had fun. This issue of the WetSet has some time sensitive material so look for the PNA Team registration form and entry forms for the Bellingham, Anacortes and PNA Champs swim meets.

Kudos go out to PNA's own **Kelly Molaski** of the Bellingham Masters Swim Club. Kelly won her age group at the 1996 IRONMAN TRIATHLON WORLD CHAMPIONSHIPS in Kona Hawaii. Kelly

(Continued on page 7)

Inside

Race Results - North Kitsap

All I Want For Christmas

by Dan Frost

Swimmers That Made the USMS Top Ten Short Course Yards

Race Entry Forms

Bellingham SCY

Anacortes SCY

PNA Champs SCY

ORCA SCY

PNA OFFICERS

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Tammi Keeler
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Secretary

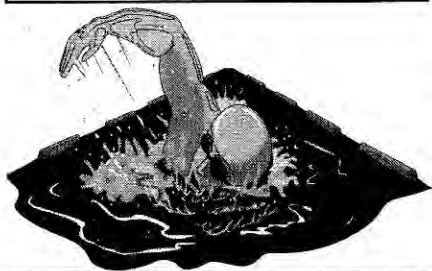
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United States Masters Swimming, Inc. is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United 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>
Dec 15	SCY	Bellingham Aquatic Center - Bellingham
Jan 19	SCM	Fidalgo Pool - Anacortes
Feb 14-16	SCY	PNA Championships - Federal Way
Mar 15	SCY	Helene Madison Pool - Seattle
Apr 12-13	SCY	Naval Submarine Base Pool - Bangor

Oregon

Dec 15	SCM	Oregon City Pool - Oregon City
Jan 4	SCY	Echo Hollow Pool - Eugene
Jan 18	SCY	Barracudas Pentathlon - Beaverton
Apr 4-6	SCY	Oregon Association Championships - Ashland

Inland Empire

Dec 7-8	SCM	Sandpoint Masters - Sandpoint
Feb 8-9	SCM	Fairchild AFB Masters - Fairchild
Mar 29-30	SCY	Inland Empire Championships

Snake River

Apr 25-27	SCM	NW Zone Championships - Boise
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Utah

Dec 14	SCY	Steiner Aquatic Center - Salt Lake City
Dec 31	SCY	Steiner Aquatic Center - Salt Lake City
Jan 18	SCY	Murray High School - Murray

Alaska

Dec 14	SCM	SCM State Champs - Annie Haxby (907) 248-6040
Feb 14-15	SCY	SCY State Champs - Ginny Wright (907) 344-5321

British Columbia/Canada

Jan 26	SCM	Cowichan Aquaniss Masters Meet (604) 746-0450
Feb 22	SCM	Salmon Arm Masters Meet - Bernice Saunders (604) 832-4185
Mar 9	LCM	Victoria Masters - Leon Politano (604) 478-3379
May 3-4		BC Provincial Champs - Brian Halls (604) 426-8951
Jun 27-30	SCM	Canadian Masters Championships - Montreal, Quebec

National/International

1/1 - 1/31		USMS One-Hour Postal - Nancy Ridout (415) 892-0771
May 15-18	SCY	USMS Short Course National Championships - Federal Way
May 10	OW	USMS National 1-Mile Open Water Swim - Lake Whitney Texas
May 25	OW	USMS National 2-Mile Open Water Swim - Reston Virginia
Jun 23-29	LCM	Pan Pacific Masters Championships - Maui Hawaii
Aug 14-18	LCM	USMS Long Course National Championships - Orlando Florida

For Information on Meets Outside of the PNA Area

<u>Inland Empire</u>	<u>Oregon</u>	<u>Snake River</u>
Rich Swoboda 9366 N Kayla Ct Hayden Lake, ID 83835 (208) 772-9450	Eric Guest 44861 SE Highway 26 Sandy, OR 97055 (503) 668-4465	Jeff Erwin 422 Sherman St #101 Boise, ID 83703 (208) 344-6733
<u>Northwest Zone Rep</u>	<u>Utah</u>	<u>Montana</u>
Elin Zander S 13927 Traver Lane Valleyford, WA 99036 (509) 448-5250	Annette Taylor 1709 E 1700 Street Salt Lk. City, UT 84108 (801) 467-8713	Steve Holloway 232 S 6th Street E Missoula, MT 59801 (406) 542-0535
<u>Alaska</u>	<u>British Columbia</u>	
Ed Cronick 7851 Alatna Avenue Anchorage, AK 99516 (907) 345-4228	Mary Lou Monteith 2363 Seine Road Duncan B.C. V9L3B2 (604) 748-0527/FAX (604) 748-0517	

200 YD. I.M.
JIM WORREL 74 PNA 3:41.94

M E N 75-79

500 YD. FREE
HAL YOUNG 75 PNA 9:38.51
1000 YD. FREE
HAL YOUNG 75 PNA 20:10.37
50 YD. BACK
HAL YOUNG 75 PNA 53.97
100 YD. BACK
HAL YOUNG 75 PNA 2:06.75
50 YD. BRST
HAL YOUNG 75 PNA 53.02

M E N 80-84

50 YD. FREE
GENE CROSSETT 82 PNA 40.07
100 YD. FREE
GENE CROSSETT 82 PNA 1:30.56
200 YD. FREE
GENE CROSSETT 82 PNA 3:26.83
500 YD. FREE
GENE CROSSETT 82 PNA 9:29.74

M E N 85-89

50 YD. FREE
JIM PENFIELD 88 PNA 49.24
50 YD. BACK
JIM PENFIELD 88 PNA 58.51
100 YD. BACK
JIM PENFIELD 88 PNA 2:08.58
50 YD. BRST
JIM PENFIELD 88 PNA 1:00.07

RELAYS-M E N 200 YD. MEDLEY

25 +
TIM TYNAN 41 PNA 1:56.61
SCOTT BIRD 31
ERIK STROM 29
MARK SUTTON 42

RELAYS-M E N 800 YD. FREE

55 +
STEVE THRASHER 55 PNA 10:36.59 P
BOB DORSE 64
DAVID ADDLEMAN 61
WALT REID 56

RELAYS-MIXED 200 YD. FREE

25 +
C B GLASS 28 PNA 2:09.18
GENE CROSSETT 82
LANI DOELY 40
SHELLEY BIRNIE 27

Minutes of the PNA Board Meeting
October 22, 1996

The Meeting was called to order at 7:05 P.M. by President Jane Moore at the Green Lake Community Center. Present were Deborah Bagg, Gary Maynard, Gordon Gray, Suzanne Dills, Robin O'Leary, Tammi Keeler, Jane Moore, Hugh Moore, Steve Peterson, Tom Foley, Kathy Casey, Walt Reid, and Jeanne Ensign. Teams represented were SSEA, Samena, BAC, GLAD, FWM, OOPS, Tigers, and Fort Steilacoom.

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

TREASURER'S REPORT/FINANCE COMMITTEE: Tammi Keeler's report was MSA'd as submitted. The PNA balance is \$3400.69, and the Wiggin Fund balance is \$2474.95. It was MSA'd to approve \$182.60 to Suzanne Dills for envelopes.

COMMITTEE REPORTS:

A. Meets -- The Nationals Meet Committee is running PNA Champs as a practice for the Nationals Meet. It was MSA'd to direct the Nationals committee to make all decisions with regard to running PNA Champs.

- Gary Maynard agreed to direct the 3000 Postal Meet. Jeanne Ensign, Tammi Keeler and Frank Newquist will help.
- The Federal Way Aquatic Center has reserved the July 4th weekend for a LC meet.

- There were 70 people at the North Kitsap meet.

B. Membership -- Suzanne Dills. PNA membership is at 713. Membership renewal forms will be mailed out right after the November 5, 1996 election.

C. Records/Top Ten -- Walt Reid is caught up with Nationals and Long Course records.

D. Publicity -- No report.

E. Newsletter -- No report.

F. Awards -- No report.

G. Social -- No report.

H. Officiating -- No report

I. Fitness -- No report.

J. Computer Applications -- Steve Peterson is still looking into options for a low-cost or no-cost Internet service provider for a PNA home page on the World Wide Web.

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

OLD BUSINESS:

A. 1997 Short Course National Championships -- The next Nationals Planning Committee meeting is Saturday, November 2. The information brochure is in the final stages of editing, and will appear in the January/February, 1997 issue of Swim magazine.

B. The PNA Board Nominating Committee members are Deborah Bagg (Chair), Walt Reid, and Tom Foley. Ballots will be mailed January 15th, 1997, and must be returned by February 7, 1997. Positions to be filled are President, Vice President, Secretary, Treasurer, and 3 at-large representatives.

C. Safety Marshals -- It was MSA'd to approve funding for 3 brightly-colored T-shirts for meet safety marshals. Jane will make laminated cards with instructions for safety marshals.

NEW BUSINESS: It was noted that the Sequim team representative died in an accident recently.

NEXT MEETINGS:

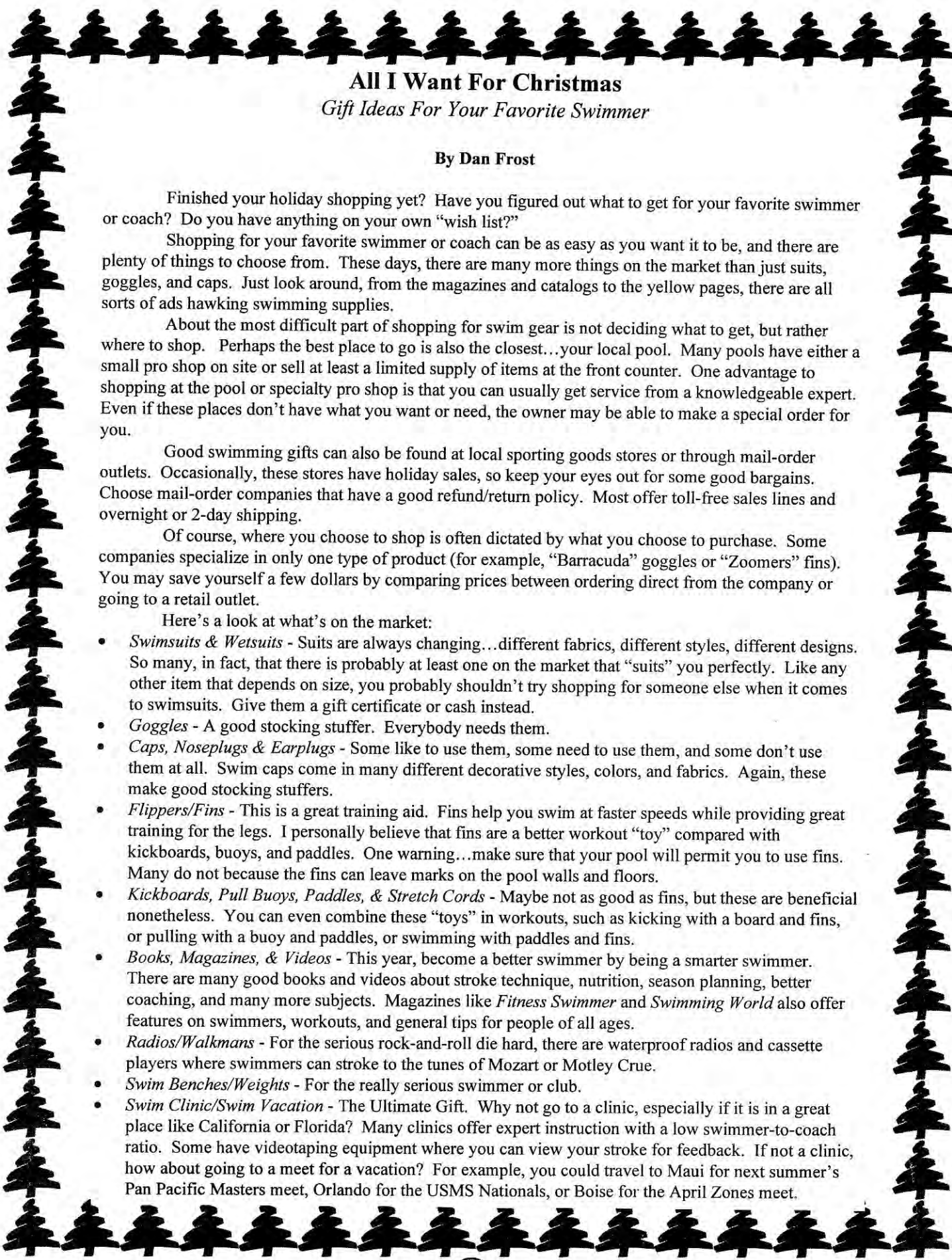
Tuesday, December 10, Tacoma Y (combined November/December)
Tuesday, January 28, Green Lake Community Center
Tuesday, February 25, AI High School, Tacoma

The meeting was adjourned at 8:07 P.M.

ORCA Team Seeks Coach

WO Times Tues. & Fri. 7-8 pm
Possible Sun. afternoon time TBD
If Interested
Call Mike Lamb 323-5915





All I Want For Christmas

Gift Ideas For Your Favorite Swimmer

By Dan Frost

Finished your holiday shopping yet? Have you figured out what to get for your favorite swimmer or coach? Do you have anything on your own "wish list?"

Shopping for your favorite swimmer or coach can be as easy as you want it to be, and there are plenty of things to choose from. These days, there are many more things on the market than just suits, goggles, and caps. Just look around, from the magazines and catalogs to the yellow pages, there are all sorts of ads hawking swimming supplies.

About the most difficult part of shopping for swim gear is not deciding what to get, but rather where to shop. Perhaps the best place to go is also the closest...your local pool. Many pools have either a small pro shop on site or sell at least a limited supply of items at the front counter. One advantage to shopping at the pool or specialty pro shop is that you can usually get service from a knowledgeable expert. Even if these places don't have what you want or need, the owner may be able to make a special order for you.

Good swimming gifts can also be found at local sporting goods stores or through mail-order outlets. Occasionally, these stores have holiday sales, so keep your eyes out for some good bargains. Choose mail-order companies that have a good refund/return policy. Most offer toll-free sales lines and overnight or 2-day shipping.

Of course, where you choose to shop is often dictated by what you choose to purchase. Some companies specialize in only one type of product (for example, "Barracuda" goggles or "Zoomers" fins). You may save yourself a few dollars by comparing prices between ordering direct from the company or going to a retail outlet.

Here's a look at what's on the market:

- *Swimsuits & Wetsuits* - Suits are always changing...different fabrics, different styles, different designs. So many, in fact, that there is probably at least one on the market that "suits" you perfectly. Like any other item that depends on size, you probably shouldn't try shopping for someone else when it comes to swimsuits. Give them a gift certificate or cash instead.
- *Goggles* - A good stocking stuffer. Everybody needs them.
- *Caps, Noseplugs & Earplugs* - Some like to use them, some need to use them, and some don't use them at all. Swim caps come in many different decorative styles, colors, and fabrics. Again, these make good stocking stuffers.
- *Flippers/Fins* - This is a great training aid. Fins help you swim at faster speeds while providing great training for the legs. I personally believe that fins are a better workout "toy" compared with kickboards, buoys, and paddles. One warning...make sure that your pool will permit you to use fins. Many do not because the fins can leave marks on the pool walls and floors.
- *Kickboards, Pull Buoys, Paddles, & Stretch Cords* - Maybe not as good as fins, but these are beneficial nonetheless. You can even combine these "toys" in workouts, such as kicking with a board and fins, or pulling with a buoy and paddles, or swimming with paddles and fins.
- *Books, Magazines, & Videos* - This year, become a better swimmer by being a smarter swimmer. There are many good books and videos about stroke technique, nutrition, season planning, better coaching, and many more subjects. Magazines like *Fitness Swimmer* and *Swimming World* also offer features on swimmers, workouts, and general tips for people of all ages.
- *Radios/Walkmans* - For the serious rock-and-roll die hard, there are waterproof radios and cassette players where swimmers can stroke to the tunes of Mozart or Motley Crue.
- *Swim Benches/Weights* - For the really serious swimmer or club.
- *Swim Clinic/Swim Vacation* - The Ultimate Gift. Why not go to a clinic, especially if it is in a great place like California or Florida? Many clinics offer expert instruction with a low swimmer-to-coach ratio. Some have videotaping equipment where you can view your stroke for feedback. If not a clinic, how about going to a meet for a vacation? For example, you could travel to Maui for next summer's Pan Pacific Masters meet, Orlando for the USMS Nationals, or Boise for the April Zones meet.

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: January 19, 1997
 Hosted by TAC Masters at Fidalgo Pool
 Sanction # 973601

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____

TEAM _____ or UNATTACHED _____ ASSOCIATION _____

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

Your age group is determined by your age on the last day of the meet.

Please note that swimmers in event 1 may choose to swim either the 400m Freestyle or the 400m IM. If you enter event 1, please indicate whether you will be swimming freestyle or IM so that your swim can be judged accordingly.

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER	EVENT	EVENT TIME

ENTRY FEES
 SURCHARGE: \$4.00 _____ \$4.00 (Includes LMSC surcharge \$1)
 Electronic Timing surcharge _____ \$1.00
 Individual Events @ \$1.00 each _____ (No charge for relays)
 TOTAL _____

Checks payable to: **TAC Masters**

Mail fees and this entry form to: **Mike Bemis**
1603 22nd
Anacortes WA 98221

Entries must be postmarked by January 9, 1997.

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 and regulations of USMS.

SIGNATURE _____ DATE _____

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: January 19, 1997
 Hosted by TAC Masters
 at Fidalgo Pool
 Sanction # 973601

Entries due: January 9, 1997

ORDER OF EVENTS #	Event	DATE:	January 19, 1997
1	* 400 Free/400 IM *	TIME:	Warmup: 8:30 a.m. Meet: 9:30 a.m
30 minute warm-up - Event 2 will not start before 11:00 AM			
2	Free Relay	PLACE:	Fidalgo Pool
3	100 Back		1603 22nd
4	200 Free		Anacortes WA 98221
5	50 Fly		(360)-293-0673
6	200 Breast	FOR MEET INFO	Mike Bemis
7	100 IM	CALL:	(360)-293-0673
	5 minute break	FACILITY:	6-lane, 25 meter pool warm-up area water temp: 85
8	Mixed Free Relay	RULES:	Current USMS rules will govern the meet
9	200 Back	ELIGIBILITY:	Open to all USMS registered 1997 swimmers 19 and over
10	50 Free	SEEDING:	Slow to Fast
11	100 Fly	CONCESSIONS:	Yes - donuts for 25 cents and free coffee
12	50 Breast		
	5 minute break		
13	Medley Relay		
14	50 Back		
15	100 Free		
16	200 Fly		
17	100 Breast		
18	200 IM		
19	Mixed Medley Relay		

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions: Take I-5 exit 230. Go west on Highway 20 to its end at Anacortes. Turn RIGHT onto Commercial Avenue and go about 10 blocks to 22nd Street. Turn LEFT on 22nd and go up the hill to J Avenue (about 6 blocks).

HAPPY BIRTHDAY - PNA SWIMMERS

12/18	THOMAS GRANDINE	01/01	CAROL DEWELL
12/20	JOSEPH ZIMSEN	01/02	RALPH BREMER
12/24	BERNARD KINGSLEY	01/03	BEVERLY KRUEGER
12/24	BRUCE COONAN	01/03	D. ALAN CAPRON
12/25	L. (GENE) CROSSETT	01/03	JOHN MCJUNKIN
12/25	ROBERT MURRAY	01/03	LARRY WRIGHT
12/25	DOUG MORRIS	01/05	ELIZABETH HERRING
12/27	BRIAN JENNINGS	01/05	TIM TYNAN
12/27	HOPE DEAN	01/06	NAN BENSON
12/27	JAMES STRETCH	01/06	JEFF FRESHLEY
12/27	UTE CRAY	01/06	ED CLARKE
12/27	DAVID HUTCHINSON	01/07	HELEN SCHUCHART
12/27	DAWN ELLIS	01/08	KIESTEN HUCK
12/28	JAMES(JIM) JR SLOAN	01/09	THOMAS TAYLOR
12/29	SANDY DENTINGER	01/09	BRYAN SPARROWHAWK
12/29	CURTIS WADE	01/10	JAMES MCCLEERY
12/30	ROBERT KEEVER	01/10	SCOTT MILLER
12/30	GARET MUNGER	01/10	JERRI FREIMUTH
12/30	JOY ROGERS	01/11	TOM SEIFTS
12/31	BARBARA SAMUELS	01/11	FRANK WARNER
12/31	JAMES SCANTLAND	01/11	MICHAEL SAUNDERS
01/01	JULIE CORMAN	01/12	AMY POPP
01/01	HAROLD HUFF	01/13	MARK BEQUETTE



WELCOME TO THE PNA

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

*SCOTT BIRD, RACHEL CARPENTER,
SHANNON CLARK, TERRI COLBECK,
CAROL JENDREZAK, STEVEN LAY,
KAREN LEAHY, TRISHA
SCHWERZLER, PETER SHAFFER,
MARCIA STOCK AND DARRYL
SWENSON.*

(Continued from page 1)

burned the course in a total time of 10 hours 41 minutes and 44 seconds to win the womens 35-39 age group. Her splits were 1:03:39 for the 2.4 mile swim, 5:31:05 for the 112 mile bike, and 5:31:05 for the marathon. Her previous best time was over 12 hours. As a two-time Ironman competitor, I can tell you that this is an incredible achievement and a truly outstanding accomplishment. Way to go Kelly! (Thanks to Jim Williams for the info.)

The graphic/logo for this year's national championships at Federal Way is on page one. This will be the logo on T-shirts and other material. Pretty cool, huh. Well, that's all for now. Enjoy the season and have a great holiday.

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

**PACIFIC NORTHWEST ASSOCIATION SHORT COURSE CHAMPIONSHIP MEET
FEBRUARY 14-16, 1997**

WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive, Federal Way, WA 98023 (206)296-4444. The pool depth varies from 9 to 10-1/2 feet. This is one of the fastest pools in the world and will be the site of the 1997 USMS Short Course National Championship. The competition pool has two courses, each with eight nine foot wide lanes. The diving pool will have seven twenty-five yard lanes and will be used for warm-up during competition.

DIRECTIONS:

- a) NORTH BOUND I-5 OR SOUTH BOUND I-5: Take exit 142 B. Go west on S 348th. Continue West on S 348th past Pacific Highway S (Highway 99) and past 1st AVE S (NOTE: 348th becomes SW Campus Drive after crossing 1st AVE S). The pool is on your right about 1/2 mile past 1st AVE S.
- b) WEST bound Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S 348th after crossing I-5. Follow the instructions for a).

ENTRIES MUST BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY JANUARY 31ST, 1997. ALL SWIMMERS MUST HAVE A VALID 1997 USMS REGISTRATION PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JANUARY 31, 1997 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY.

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

ELIGIBILITY: OPEN TO ALL 1997 USMS REGISTERED SWIMMERS 19 AND OVER AS OF FEBRUARY 16, 1997.

SEEDING: SLOW TO FAST FOR ALL EVENTS.

THE DIVING POOL WILL BE OPEN FOR WARM-UP/COOL-DOWN DURING COMPETITION.

MEET DIRECTORS: JANE & HUGH MOORE (206)925-0803 (BEFORE 9 PM PLEASE)

TIMES: Friday, Feb. 14th: WARM-UPS: 5:00 to 5:50 PM; EVENTS 6:00 PM
Saturday, Feb. 15th WARM-UPS: 8:00 AM to 8:50 AM; EVENTS 9:00 AM
Sunday, Feb. 16th WARM-UPS: 8:00 AM to 8:50 AM; EVENTS 9:00 AM.

FRIDAY FEBRUARY 14th

- 1 400 IM
- 2 1650 FREE (check-in 6 PM)

SATURDAY FEBRUARY 15TH

- 3 50 Breast
- 4 100 Fly
- 5 200 Free
- 6 200 Medley Relay (check-in 9 AM)
- 7 100 Breast
- 8 200 Back
- 9 50 Fly
- 10 100 IM
- 11 200 Mixed Free Relay
(check-in 12 noon)
- 12 500 Free (check-in 12 noon)

SUNDAY FEBRUARY 16TH

- 13 100 Back
- 14 50 Free
- 15 200 Breast
- 16 200 Free Relay (check-in 9 AM)
- 17 50 Back
- 18 200 Fly
- 19 100 Free
- 20 200 IM
- 21 200 Mixed Medley Relay
(check-in 12 noon)
- 22 1000 Free (check-in 12 noon)

NOTE CHECK-IN TIME FOR DISTANCE EVENTS AND ENTRY DEADLINE FOR RELAYS. ANYONE MISSING THESE DEADLINES WILL NOT BE ALLOWED TO SWIM THE EVENT. MAKE SURE THAT YOU ALLOW ENOUGH TIME TO COMPENSATE FOR TRAFFIC CONDITIONS.

PNA INDIVIDUAL AWARDS WILL BE AVAILABLE. TEAM AWARDS WILL BE PRESENTED TO THE TOP THREE SCORING TEAMS IN EACH TEAM SIZE CATEGORY. TEAMS MUST REGISTER WITH PNA PRIOR TO JANUARY 31ST, 1997 TO BE ELIGIBLE. SWIMMERS FROM OTHER LMSCs WILL NOT SCORE POINTS AND WILL NOT DISPLACE PNA SWIMMERS FROM SCORING.

ACCOMMODATIONS FOR PNA SHORT COURSE CHAMPS

<u>Name/Address</u>	<u>Phone (206)</u>	<u>Restaurant</u>	<u>Distance to pool</u>
Tacoma			
Sheraton-Tacoma/1320 Broadway Plaza	572-3200	Yes	10 miles
Federal Way			
Executel/31611 20th Ave. S.	941-5888	Yes	6 miles
Super 8 Motel/1688 S. 348th St.	838-8808	Next door	2 miles
Holiday Inn Express/34829 Pacific Hwy S.	838-3164	Next door	2 miles
Fife			
Executive Inn/5700 Pacific Hwy E.	922-0080	Yes	8 miles
Royal Coachman/5805 Pacific Hwy E.	922-2500	Yes	8 miles
Motel 6/5201 20th St. E.	922-1270	No	8 miles
Nendel's/3518 Pacific Hwy E.	922-0550	Yes	8 miles
Portage Inn/3021 Pacific Hwy E.	922-3500	Yes	8 miles

Numerous additional accommodations are available in Tacoma and near Sea Tac airport. Both areas are located approximately 10 miles from the pool.

HOST (House Our Swimmers Tonight)

If you prefer the camaraderie of staying with other Masters swimmers contact Ann Martin at (206)272-1854

**Pacific Northwest Association of Masters Swimmers
Local Team Registration**

Please fill out and return the form below to register your team for 1997. Registrations must be received by the PNA Registrar by January 31, 1997 in order to compete as a team and be eligible for team awards at the 1997 PNA Championships. All team members competing in the meet must be paid members of PNA Masters Swimmers.

TEAM NAME _____

TEAM REP. Name _____
 Address _____
 Phone _____

TEAM COACH Name _____
 Address _____
 Phone _____

Application Fees \$10.00 Make check payable to: PNA Masters Swimmers

Mail This Form and Check To: Suzanne Dills
 1011 N. Northlake Way
 Seattle, WA 98103

ST. PATRICKS DAY SWIM MEET
Saturday, March 15, 1997 - Helene Madison Pool - Seattle, Washington



Entries Due: March 8, 1997
Meet Director: CHRIS HATTASCH c/o ORCA SWIM CLUB, 1202 EAST PIKE ST, SUITE 869 SEATTLE, WA 98122-3934 Phone (206) 322-4084 (before 10 PM)

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)

- Fun Relay, Please Have Your Team Ready -

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. The ORCAs welcome all USMS/CASA 1997-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 (short-course yards) with warm-up area. Water temperature approximately 84 F. Coin lockers, food, drink will be available.

Directions

From SeaTac Airport, Downtown Seattle and areas South of Seattle: Take I-5 Northbound, take N 130th Street exit. Go West on N 130th Street to Meridian Avenue North (second signal). Turn right on Meridian Ave. North. The pool is on the left at N 134th Street.

From areas North of Seattle: Take I-5 Southbound to the NE 145th Street exit. Go West on NE 145th Street to Meridian Avenue, turn left on Meridian Ave. North. The pool is on the right at N 134th Street.

The ORCA SWIM CLUB is an association of gay and gay-friendly recreational and competitive swimmers. The Club welcomes all Masters Swimmers to this meet.

MEET ENTRY FORM
Saturday, March 15, 1997 - Helene Madison Pool - Seattle, Washington
HOSTED BY:



Name: _____ * USMS or CASA #: _____

Address: _____

City: _____ State: _____ Country: _____ Postal/ZIP Code: _____

Phone: (____) _____ Date of Birth _____ Age on 3/15/97: _____ 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)

Event #	Event Name (5 individual events max., plus relays)	Est. Time 25 yd. Pool

Entry fee: \$10 U.S. \$14 Canadian Checks payable to: ORCA SWIM CLUB
 (Entry fee includes individual events, relays, heat sheet, ribbons, LMSC surcharge of \$1)

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

(In order to process your entry and assure placement in the events requested, please provide your entry no later than 3/8/97)

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 WAIV 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.. Swimmers who are not members of Pacific Northwest Aquatics (PNA) must also attach a copy of current year Masters Registration card with this form.

Checklist: USMS # _____ Copy of USMS Card _____ Check _____ Entry Form _____ Signature and Date _____

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 My current USMS number is _____ **NEW Registration**

Name:
 Last First Initial

Address:
 Street or box number Apt number
 City State Zip code

Telephone: Area code
Date of birth: Month Day Year
Age: **M/F:**

My club is: Pacific NW Aquatics (PNA) **My team is:** Team Name
 Sequim (SQM) Unattached
 Pro Sports Club (PRO)
 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 (1997 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 _____



Your Story Could End Up On The 5:00 News!

We Want Stories. We're compiling human interest stories for the swimmers at this year's USMS Nationals at Federal Way. Now if you figure there are over 700 swimmers in PNA (and some of us have over 50 years swimming experience) that we have thousands of years of experiences that are related to swimming. So coaches and swimmers dig out those unique, funny, unusual or whacky stories, stories about comebacks or overcoming adversity, or anything you think may be of interest.

Send Information To:

AnneMarie and Phoebe Terharr
7804 Renton/Issaquah Road SE
Issaquah, WA. 98027

Pacific Northwest Association of Masters Swimmers
1867 58th St. NE Tacoma, WA 98422

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