

◆ The WetSet ◆

Volume 15 Issue 2

February 1996

President's Letter

Dear PNA Swimmers:

The January President's Letter inadvertently contained some erroneous information regarding transfers between clubs. When changing clubs, a swimmer needs to swim unattached for 60 days (not 90 as previously stated).

It's easy for swimmers to overlook or not be aware of the number of volunteers required to put on a swim meet, especially a large meet. People are needed to officiate, time, help with results and check in, provide hospitality (food and drink for meet workers), and numerous other tasks to keep a meet running smoothly. We are lucky here in the PNA to have lots of help from US Swimming volunteers, especially officials. The Pacific Northwest Swimming Association officials are always willing to help with Masters meets along with the US Swimming, high school and college meets which they work. This shows a great dedication to promoting the sport of swimming at all levels.

We can return their help and also work to help swimming in general, by helping them at large US Swimming meets. This can be a lot of fun. I spent a large part of last weekend working at the

Grand Prix meet in Federal Way and really enjoyed it. Many of the US National Team members were there. Working at a meet allows you to be on deck and meet the swimmers who are usually very interesting and nice people.

United States Swimming Junior National Championships West will be held March 19-23, 1996 at the Weyerhaeuser King County Aquatic Center in Federal Way. This is a big event and lots of help is needed. No previous experience is necessary for most jobs. The meet director is the current Pacific Northwest Swimming Chair Gary Ladd (who, by the way, is also a Masters swimmer). If you are interested in helping, give Gary a call at home 206-535-3483, work 206-233-2220, fax 206-537-8216, or e-mail US-JAH29B@IBMMAIL.COM.

Junior Nationals is also looking for sponsors and donations. There should be a letter elsewhere in this newsletter with further information. If not, contact Gary for further information about that as well. We also will need help at our combined PNA/Northwest Zone Short Course Championship meet at the Aquatic Center April 12, 13, and 14. It's a little trickier to work and swim, but it is possible. We could also use help from non-swimming spouses or friends or non-competing swimmers, so recruit your family and friends to help. Give me a call at 206-925-0803 if you have questions or if you want to volunteer.

See you soon.

Jane Moore

News From the Net . . .
by Steve Peterson

At the December PNA Board Meeting, I was volunteered to take the reins of the Computer Applications committee (actually, long-standing Chair Gordon Gray thought it was time for some new blood!). SO, thanks for your service, Gordon. And I thought I'd start out with an article about Masters Swimming on the Internet.

Wow! If you haven't had the opportunity to peruse the offerings of the information source of the '90's, you'll be amazed at what's out there. I'm still quite the novice net-surfer, more so for simple lack of time to surf (y'know, swim workouts, family obligations, those sorts of distractions...). Recently, I dialed my Internet provider (more on these details perhaps in another article), mouse-clicked on my favorite

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PNA Champs - Federal Way



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1995/1996 MEET SCHEDULE

PNA Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>
Feb. 17	SCY	Helene Madison Pool - Seattle
Mar. 17	SCY	Naval Submarine Base - Bangor
Apr. 12-14	SCY	PNA/NW Zone Championships - Weyerhaeuser King County Aquatic Center - Federal Way

Inland Empire (Rich Swoboda)

Feb. 24-25	SCY	Lions Pool, Yakima, WA.
Mar. 16-17	SCY	Inland Empire Championships

Oregon (Eric Guest)

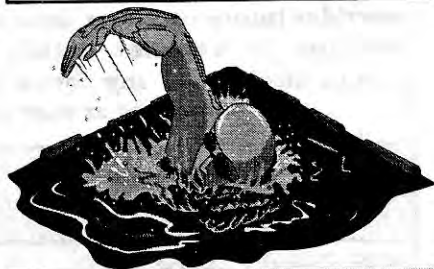
Mar. 15-17	SCY	Oregon LMSC Championships, Mt. Hood CC, Gresham
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Snake River

Aug. 3-4	LCM	NW Zone Championships, Boise Idaho
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National/International

Apr. 13-17	LCM	International Senior Games - Bermuda
Apr. 18-21	SCY	YMCA Masters Nationals - Orlando Florida
May 9-12	SCY	USMS Nationals - Cupertino California
May 17-20	LCM	Canadian Championships - Winnepeg, Ontario
6/23 - 7/2	LCM	FINA World Championships - Sheffield England
Aug. 21-25	LCM	USMS Nationals - Ann Arbor Michigan



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.

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

Alaska

Ed Cronick
7851 Alatna Avenue
Anchorage, AK 99516

Oregon

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

Utah

Annette Taylor
1709 E 1700 Street
Salt Lk. City, UT 84108

British Columbia

Mary Lou Monteith
22363 Seine Road
Duncan B.C. V913B2

Snake River

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

Montana

Steve Holloway
232 S 6th Street E
Missoula, MT 59801

PNA LOCAL MASTERS SWIMMING COMMITTEE
 SHORT COURSE YARDS MEET: March 17, 1996 (Meet Sanction #963603)
 Hosted by the MWR-NSB Bangor TRIDENTS Swim Team

ORDER OF EVENTS (#4)	
#	Event
1	500 Free
Warmup Break	
2	200 Free Relay
3	50 Breast
4	100 Fly
5	200 Free
6	50 Back
7	100 IM
5 minute break	
8	200 Mixed Free Relay
9	100 Breast
10	50 Fly
11	50 Fly
12	200 Back
5 minute break	
13	200 Medley Relay
14	200 Breast
15	200 Fly
16	50 Free
17	100 Back
18	200 IM
5 minute break	
19	200 Mixed Medley Relay

DATE: Sunday, March 17, 1996
 TIME: Warmup: **8:30 AM**; Meet starts **9:30 AM**
 Warmup after Event #1; resume **10:30 AM**

PLACE: Naval Submarine Base Bangor Pool
 Phone: **360-779-4817**

MEET DIRECTOR: **Marilyn Grindrod**
 360-779-4817 (pool) 360-779-7796 (home)

FACILITY: 25 yd x 25 m (10 lanes) plus diving tank
 Lanes 5 - 10 for meet
 Lanes 1 - 4 for Warmup
 Water temperature: ~ 82 degrees F

CONCESSION STAND: Yes. Also, hot tub, bowling alley, deli restaurant, espresso bar, and video games. McDonald's is nearby, too. AND . . . the pool will be open for (Masters) Family Swim after the meet 'til 5 PM!

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

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Please mark your relay entry card *carefully* to ensure correct intent and results.

NOTE: Unless you otherwise have access to DoD facilities, ALL PERSONS in your vehicle must be listed on your entry sheet to gain base access. In addition, you must have an EVENT PASS.

Every effort will be made to send you an EVENT PASS by mail prior to the meet. If you arrive without an Event Pass, call the pool (779-4817) upon arrival at the Main Gate, and escort arrangements will be made. Map to the pool (Building 2700) is included on the back of the Event Pass.

DIRECTIONS: From Tacoma, take Route 16 across the Narrows Bridge. Stay to the left when the battleships are in sight, to take Highway 3 North (Silverdale, Bangor, Poulsbo). Continue to the NSB Bangor Main Gate exit, Luoto Road (or the Trigger Avenue gate, which occurs first).

From Bremerton Ferry, depart ferry terminal, turning RIGHT onto Washington Street. Move into the LEFT lane, which becomes 11th Street. Follow 11th across town, turning RIGHT at the last light onto Kitsap Way. Go north on Highway 3 to the NSB Bangor Trigger Avenue or Main Gate exits.

From Bainbridge Island (Ferry), go north on Highway 305 and continue through Poulsbo. Go straight through all 4 lights to enter Highway 3 (South). Continue south to the NSB Bangor Main Gate exit, Luoto Road.

From Kingston (Ferry), follow main route from terminal. Bear LEFT through the light onto Bond Road. Follow Bond Road toward Poulsbo; turn RIGHT at the Highway 305 intersection. Continue straight through next light, to enter Highway 3 (South). Continue south to the NSB Bangor Main Gate exit.

From Hood Canal Bridge, go south on Highway 3, which changes from 2-lane to 4-lane at Poulsbo. Continue on to the NSB Bangor Main Gate exit, Luoto Road.

Safety First! NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES!

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: March 17, 1996 Meet Sanction #963603
 Hosted by the MWR-NSB Bangor TRIDENTS Swim Team at the NSB Bangor 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

NSB BANGOR GATE LIST: Driver: _____

All Passengers: _____

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

Individual Events: + _____ (\$5.00 maximum @ \$1 each; no charge for relays)

Total: \$ _____ [\$5.00 (relays only) to \$10.00 (five events)]

Please make checks payable to: **STEVE PETERSON** 360-692-1669 (h)

Mail this entry form and fees to: **11165 CENTRAL VALLEY ROAD NW**
POULSBO WA 98370-8197 360-396-1354 (w)

Please send entries postmarked no later than **March 7, 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 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.

SIGNED: _____ DATE: _____

**MINUTES OF THE PNA BOARD
MEETING
HELD DECEMBER 5, 1995**

The meeting was called to order by President Jane Moore at 7:00 pm at the Samena Club in Bellevue. Present were Deborah Bagg, Steve Engel, Pete Gillis, Phyllis Gill, Suzanne Dills, Jeanne Ensign, Walt Reid, Jane Moore, Hugh Moore, Gary Maynard, Tammi Keeler, Gordon Gray, Steve Peterson, Andy Lovan, and Frank Newquist. Teams represented were SSEA, Northshore YMCA, Samena, BAC, GLAD, Ft. Steilacoom, Federal Way, BASS, OOPS, and PRO.

MINUTES. October minutes were MSA after the following corrections were made:
--The *net* (Convention) expenses *after USMS reimbursement* totaled \$3,884.15.
--*The Board* will publish its recommendations in the *WetSet* before they are finalized. In response to Gordon Gray's question, it was clarified that anyone can go to Convention, if they are willing to pay their own way -- they *won't necessarily be a delegate*.

-- Suzanne said she would try to get a Zip+4 zip code listing for *Hugh*, to reduce our bulk mailing costs.
-- Gary Maynard said that Jeanne Ensign...needs *someone to be in charge of mailing the WetSet*.

Steve Engel and Pete Gillis made a special presentation to the Board about the Swim Across America. Last August, Pete participated in one of these events (which raises funds for cancer research) in Massachusetts. There are several other Swim Across America events taking place on the East Coast. Steve and Pete are interested in spreading this program to the Puget Sound area, in the form of a "Salmon Swim" from Elliott Bay to Lake Washington. Their target date is Summer, 1997, and they would like PNA's support and involvement. The money raised would go to the Fred Hutchinson Cancer Research Center. Jane Moore said the ad hoc Open Water Swim committee's membership and focus could be changed to accommodate this. Steve and Pete left some information about Swim Across America with the Board.

TREASURER'S REPORT. Tammi Keeler announced that the PNA balance is \$4,149.70, and the Wiggin Fund balance is \$2,388.78. Tammi presented her proposed budget for 1996; it was MSA as amended. There was discussion of reimbursing 1995 Convention expenses. It was MSA to keep the Convention budget at \$3,000.00. It was MSA to reimburse Suzanne Dills for envelopes and USMS registrations. It was MSA to reimburse Jane and Hugh for \$374.09, for Champs/Zones bid expenses.

COMMITTEE REPORTS.

A. Meets. Jane (for Suzie Ness) -- The Orca team's entry form looks OK. It was MSA to tentatively approve a flat entry fee for the Orca meet. Steve Peterson announced that the Bangor meet will be Sunday, March 17th (St. Patrick's Day).

B. Membership. Suzanne Dills announced that 1996 PNA membership is 280 individuals so far; 10 of those are people from 1994 who have re-enrolled.

C. Records and Top 10. Walt has copies of the PNA records booklet available to team representatives.

D. Publicity. - Jane (for Chaya Amiad) said that we've received the publicity posters from USMS.

E. Newsletter. - No report.

F. Awards. - No report.

G. Social. - No report.

H. Officiating. - No report.

I. Fitness. - Phyllis Gill raised a question about one-event registration for the coach's clinic. It was MSA that if Phyllis gets the bid for the coach's clinic, one-event registration will be allowed. It was also MSA to approve a \$20.00 one-event registration fee.

J. Computer Applications. - Gordon Gray suggested that Steve Peterson take over as Chair of the Computer Application Committee, and that Gordon serve on both the Computer Applications and Records and Top 10 Committees.

K. Constitution and Bylaws. - Hugh brought copies of the PNA Standing Policies, which will be printed in January's *WetSet*.

OLD BUSINESS.

A. Ad Hoc Committees - The ad hoc Convention Committee met at the Poulsbo meet, and developed criteria for delegate

status to the US Aquatic Sports Convention. Jeanne presented these criteria to the Board. She will revise them, incorporating the Board's recommended changes, and send the revised criteria to Jane to be mailed out with January's Board meeting agendas. Jeanne Ensign and Gary Maynard expressed an interest in serving on the ad hoc Open Water Swim committee. Jane will send a letter to the existing members of this committee, to see if they are interested in continuing their participation.

B. 1997 PNA Champs/Zones Meet - Hugh said that this meet will serve as a warm-up for the 1997 Nationals meet. He proposed that this meet use the Zones Short Course 1996 order of events. It was MSA: that the awards will be PNA medals and Zone ribbons; and that the meet signup cost will include a \$10.00 surcharge, plus \$1.00 per event. There will be a social (not a banquet) on Saturday night, the details of which will be left to the discretion of the Social Committee chair. Some Champs/Zones Meet planning will be done at the January Board meeting; if this proves too time-consuming, there will be separate planning meetings scheduled. There will be a letter in the January *WetSet* about the one-hour cancer swim, including a fund-raising challenge from the Federal Way Masters.

NEW BUSINESS.

Hugh suggested that the PNA's newsletter *officially* be named the *WetSet* (one word) for official PNA policy purposes. This was MSA.

NEXT MEETINGS. The next meetings will be Tuesday, January 23 at the 320th Library in Federal Way; Tuesday, February 27 at the Clover Park Alternative High School; Sunday, March 17 at the Bangor meet; and Tuesday, April 23 at BAC.

The meeting was adjourned at 9:30 pm.

Respectfully Submitted,

Deborah Bagg, Secretary

**PNA Masters Local Swimming Committee Meet Entry Form
Hosted by Orca Swim Club
February 17, 1996
Helene Madison Pool — Seattle, WA
Sanction # 963602**

Name _____ Male ___ Female ___ Age _____
Address _____ City _____ State _____ Zip _____
Phone (____) _____ Birth Date _____ USMS or CASA No. _____

(NOTE: Entry is not valid without a current USMS or CASA No. Non-PNA swimmers:
please attach a copy of your Masters Registration card with this form.)

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.

Entry information (See back of sheet for event numbers and schedule.)

Event number	Event (5 individual events max., plus relays)	Your time
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Entry fees Make checks payable to Orca Swim Club.

Flat Fee: U.S. \$8.00 Can. \$10.00 (includes LMSC
surcharge of \$1.00, individual events, relays and heat sheet.) \$ _____

Payment in Canadian dollars should be in Canadian dollar
denominated cashier check or personal check.

Registered swimmers may form relays on the day of the meet.

Mail fees and this entry form to: **Paul Verner c/o
Orca Swim Club
P.O. Box 20173
Seattle, WA 98102
(206) 322-7769 [Team Seattle], voice mailbox 130
Entries must be postmarked by February 7, 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 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 _____

**PNA Masters Local Swimming Committee Meet Entry Form
Hosted by Orca Swim Club
February 17, 1996
Helene Madison Pool — Seattle, WA
Sanction # 963602**

ENTRIES DUE FEBRUARY 7, 1996

Schedule

Warm-up 9:00 a.m.
Meet 10:00 a.m.

Order of events (Seeding is slow to fast)

1. 200 Free Relay
2. 200 Fly
3. 200 Back
4. 50 Breast
5. 100 Free
Break (5 minutes)
6. 200 Mixed Free Relay
7. 200 IM
8. 50 Fly
9. 100 Back
10. 200 Breast
11. 50 Free
Break: Pink Flamingo Relay (30 minutes)
12. 200 Medley Relay
13. 100 Fly
14. 50 Back
15. 100 Breast
16. 200 Free
Break (5 minutes)
17. 100 IM
18. 200 Mixed Medley Relay
19. 500 Free

Rules & Eligibility

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

Facility

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

Directions

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

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

Pacific Northwest Swimming and Tacoma Swim Club Presents
1996 SPEEDO JUNIOR CHAMPIONSHIPS - WEST

WKCAC MARCH 19-23, 1996

Masters swimmers and teams have great opportunities to support this exciting world class youth championship meet. Show your support for our entire swimming community:

- **Sponsorships** - As little as \$100 puts your support in the Meet Program, in the heat sheets/results, and in the award ceremony! Other sponsorship opportunities are also available.
- **Advertising** - rates from \$50 to \$650 put your support in the Meet Program!
- **Volunteer** - work a shift in administration, hospitality or awards and receive a free session pass!
- **Ticket Blocks** - reserve now and receive a price discount - tickets make a great masters or age group swimming motivation and recruiting tool!

Your assistance is much needed and greatly appreciated. Contact Mark Patterson (daytime 383-3791, evenings 752-4511) or Gary Ladd (535-3483).

Total Immersion

by **Francis X. Langlois**

The Total Immersion Swim Camp (TISC) is run by Terry Laughlin. Laughlin has coached all age and ability levels, including teaching technique at the U.S. Olympic Training Center. He was assisted by Fiona Laughlin, his daughter, and by Eric Stram, a local coach. The camp, held at Seattle University, started inauspiciously. A misunderstanding about the start time caused a delay. Laughlin changed the order of the events to maximize the pool time. We checked-in and made brief introductions. I am a novice Masters swimmer but three quarters of the campers were triathletes who were relatively new to swimming. Everyone had the same goal: improved swim times..

The camp proceeded with some classroom discussion followed by practical application in the water. Part of the first and last pool sessions were videotaped. Laughlin viewed each swimmer; then he made constructive comments about his or her stroke. Two days of this proved to be quite a challenge. I can only guess at the amount of yardage, but it was fairly modest for the time spent in the water. The real challenge was the amount of information that was mentally processed.

Freestyle was the only stroke addressed at this camp. Laughlin explained that since he started offering freestyle-only camps, attendance has increased dramatically. He attributes this to the popularity of triathlons. I would have liked to attend a full stroke camp, but none were offered in this area of the country.

Laughlin's regular columns in SWIM magazine detail his approach to technique. I re-read some back issues and realized that the Total Immersion experience is essentially covered in the column. However, reading it is not quite the same as experiencing it. Swimming is a skill sport where you improve through practice rather than a fitness exercise where you improve through raw cardio-vascular conditioning according to Laughlin. You gain more (i.e. swim faster) by improving your technique rather than improving your fitness. Fitness is not neglected; instead, it is improved as a consequence of practicing the fundamental skills.

Laughlin is a natural teacher. He clearly enjoys introducing these concepts to the campers, especially triathletes. Many of them are

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**MEET INFORMATION: NORTHWEST ZONE/PNA SHORT COURSE CHAMPIONSHIP MEET
APRIL 12 -14, 1996**

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. You will then be going 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).

This year's meet will be combined Northwest Zone Championship and PNA Championship. Over 400 entrants are expected. In preparation for next year's USMS Short Course Nationals, which will also be held at the Aquatics Center, two separate 25 yard courses will be used. All entrants will be entered in the Zone Meet. Ribbons will be awarded for first through sixth place for each event in the zone meet. Only swimmers registered with PNA who enter in a timely manner (by March 29th) will be eligible for PNA Champs scoring and awards. Separate medals will be available for purchase (\$2) for PNA Champs entrants who place first through sixth. Teams must register with PNA by March 29th to be eligible for team competition.

A no-host social will be held Saturday at 5 PM at the Old Country Buffet, 1816 S. 320th, Federal Way (across from Sea-Tac Mall).

ENTRIES MUST BE POSTMARKED OR IN THE HANDS OF THE MEET DIRECTOR BY March 29, 1996. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY MARCH 29, 1996 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 1996 USMS REGISTERED SWIMMERS 19 AND OVER AS OF APRIL 14, 1996.

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, April 12th: WARM-UPS: 5:00 to 5:50 PM; EVENTS 6:00 PM
 Saturday, April 13th: WARM-UPS: 8:00 AM to 8:50 AM; EVENTS 9:00 AM
 Sunday, April 14th: WARM-UPS: 8:00 AM to 8:50 AM; EVENTS 9:00 AM.

FRIDAY APRIL 12th

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

SATURDAY APRIL 13TH

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

SUNDAY APRIL 14TH

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

**NORTHWEST ZONE SHORT COURSE CHAMPIONSHIP & PNA CHAMPIONSHIP
APRIL 12 - 14, 1996**

SANCTION # 963605, HOSTED AND SANCTIONED BY PACIFIC NORTHWEST ASSOCIATION FOR USMS, INC.

NAME _____ M F AGE as of 4/14/96 _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____ - _____

CLUB _____ or UNATTACHED _____ LMSC _____ PNA TEAM _____

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

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) - plus relays.

<u>Event #</u>	<u>EVENT</u>	<u>ESTIMATED TIME</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

ENTRY FEES

SURCHARGE: (includes PNA and NW Zone Surcharges) \$10.00
 Individual events @ \$1 each (no charge for relays) _____
 T-shirts: size(s) ()M ()L ()XL @ \$10.00 each. Extra T-shirts will NOT be available at the meet. _____
Total: _____

CHECKLIST

Checks payable to PNA
 Meet Directors: (206) 925-0803 before 9 PM

Mail to: Jane & Hugh Moore
 1867 58th ST NE
 Tacoma, WA 98422

VERIFY THAT YOU HAVE ENTERED THE CORRECT CLUB NAME AS IT APPEARS ON YOUR REGISTRATION FORM. PNA MEMBERS SHOULD ALSO VERIFY THAT THE CORRECT TEAM NAME IS ENTERED (ASK YOUR COACH OR TEAM REP)! ENTRIES MUST BE POSTMARKED BY March 29, 1996. ALL SWIMMERS MUST BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY MARCH 29TH ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY. LIABILITY RELEASE MUST BE SIGNED!

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

SIGNED _____ DATE _____

PNA MEET ACCOMMODATIONS

The following is a list of motels in the area:

Name/Address	Phone (206)	Restaurant	Approx. Distance to pool
Executel 31611 20th Ave. S	941-5888	yes	6 miles
Super 8 Motel 1688 S 348th ST	838-8808	next door	2 miles
Executive Inn (Best Western) 5700 Pacific Hwy E, Fife	922-0080	yes	8 miles
Royal Coachman Motor Inn 5805 Pacific Hwy E, Fife	922-2500	yes	8 miles
Motel 6 - Fife 5201 20th ST E	922-1270	no	8 miles
Nendel's 3518 Pacific Hwy E Fife	922-0550	yes	8 miles
Portage Inn 3021 Pacific Hwy E Fife	922-3500	yes	8 miles
Holiday Inn Express 34829 Pacific Hwy S, Federal Way	838-3164	next door	2 miles

Numerous additional accommodations are available in Tacoma and near Sea Tac airport. Both areas are located approximately 10 miles from the Weyerhaeuser King County Aquatic Center.

HOST (House Our Swimmers Tonight)

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

Social

A no-host social will be held Saturday at 5 PM at the Old Country Buffet, 1816 S. 320th, Federal Way (across from Sea-Tac Mall).

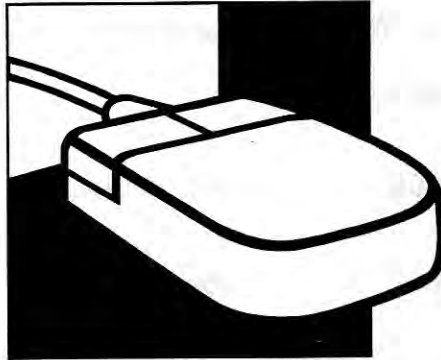


(Continued from page 1)

"browser's" NetSearch button, and entered "Masters Swimming" just for the fun of watching one "search engine" (a 'yellow pages' computer) thrash about fruitlessly. Silly me -- it returned *eleven* "home page" references, that is, links to other computers whose self-describing text contained those two words.

Among the titles returned were "World Masters Swimming," "WebSwim Home Page," "Sports from Omar's World," "Swimming in the Netherlands," "Los Altos Masters," "GNN Swimming," and "Avalon Masters Swim Club (and food critic society)." These titles appeared underlined on screen with three- to four-line excerpts describing their contents; by clicking on any title, my browser could use the underlying "URL" (Uniform Resource Locator) address to contact that source for an information "download." A simple analogy would be opening your telephone Yellow Pages to "Pools, Public," calling one of the listed numbers, and hearing, "Press 1 for the swim schedule, 2 to contact the Masters Coach, ..."

URLs, by the way, are interesting in their own cryptic way. The URL for that first home page was "<http://www.hk.super.net/~kff/wms.html>." By clicking on that title, my computer sent out a "HyperText Transfer Protocol" request on the World Wide Web (<http://www>, get it?) to this particular machine, which responded in amazingly quick order (a matter of seconds) to present me a colorful screen titled, "The World of Masters Swimming." "Welcome to the World of Masters Swimming," it said, "the fun sport for mature partici-



pants. This web site is located in Hong Kong ...! (Underlined items can be clicked on for further information browsing -- this is the basic tenet of "hypertext" information systems.)

Wow! So here's a Kevin Francis in Hong Kong who's maintaining a computer on the Internet, and making available such information as "the definitive World Masters Swim Records" (PNA's Walt Reid is curious about the sources for that one!), "FINA Constitution and Rules," and "Where to swim in Hong Kong." And all for free! (Wonder if Kevin has time to swim?)



I linked next to "GNN Swimming," and read their account of the controversy surrounding the 1995 Pan Pacific Championships, where three disputed disqualifications endeared stroke-and-turn officials to the Australians and Japanese. But the 1996 Olympics pool there in Atlanta is superb. I then jumped to the "Harvard Swimming & Diving" home page, and was amazed at the two and a half printed pages of links to other swim-related sources (colleges, US Swimming, US Diving, and advertisers). Curious, I clicked on the "Milburn (New Jersey) High School Swim Team" home page, wherein they featured pictures of their top performers, and even though this was a losing year, next year's prospects certainly looked positive ...

Next time, I'll continue describing my web searches (time permitting). Feel free to call me with your questions and observations, too! (360-692-1669)

P.S. -- I briefly championed my preference for the two-word form of our newsletter name at a recent board meeting, only to acquiesce to the single name on our masthead. Good thing, apparently. An Internet search of "WetSet" found nothing, while "Wet Set" returned several "hits" (related home pages), including a "Wet Set" magazine in Australia! Excited, I clicked on that one, only to get "Caution! If you are offended by references to sexual fetishes, proceed no further!" Well, OK, I peeked a bit. Suffice it to say, there's a whole 'nother group of wet folks out there, but they're obsessed with *diapers* ...

USMS Coaches Committee Mentor Program

Coaches Clinic & Stroke Technique Clinic

March 9th, 1996

Samena Swim and Recreation Club, Bellevue WA

PNA Masters Local Swimming Committee Sanction # 963608

This USMS Coaches & Stroke Technique Clinic is one in a series of eight clinics sponsored by USMS in 1996. Samena is proud to be one of the eight national clinic locations to be held March 9th, 1996.

The purpose of the clinics is to increase the knowledge and skills of Masters swimming. Each clinic features an outstanding mentor coach who will conduct the pool sessions and lectures. Michael Collins coach of Davis Aquatic Masters, 1990 USMS Coach of the Year, Chairman of the USMS Coaches Committee and Author of "A DAM Good Year" will conduct the clinic for our zone.

Eligibility All registered USMS swimmers and Coaches. A copy of your USMS card must accompany registration form. *One day registration will be available on the day of clinic for \$20.*

Schedule
8:30 to 9:00 Coaches Clinic Check-in (coaches manual \$12)
9:00 to 12:00 Coaches Clinic
12:00 to 1:00 Coaches Lunch and swimmer clinic discussion

12:30 to 1:00 Swimmers Check-in
1:00 to 4:00 Swimmers Clinic (session with the Snooper Camera)
(Featuring Michael Collins and other local and zone coaches)

Cost \$15 on or before February 29th; \$25 at the door. Advance registration is recommended. **Make checks payable to PNA Masters Swimmers.**

Director Phyllis Gill, c/o Samena Swim and Rec Club, 15231 Lake Hills Blvd. Bellevue Wa 98007 Phone (206) 865-9856

No-Host Social 6:00pm Held at a local watering hole, location to be announced later

Name: _____ Age: _____ Sex: _____

Address: _____

City, State, Zip: _____

Phone(_____) _____ Coaches Clinic _____ Swimmers _____

Coaches Manual _____ TOTAL\$ _____

(Continued from page 6)

already very fit but are frustrated by a lack of progress in the pool. Laughlin shows the futility of approaching swimming in the same way as running and biking—by pounding out more yards. He also understands that it will be difficult for many athletes to divorce themselves from the "no pain, no gain" method of training. He persuades you with encouragement and the promise that progress can be realized. He has a lot of convincing anecdotes to back it up, too.

I benefited most from Laughlin's passion. He instructs with enthusiasm and genuine encouragement. Additionally, he seems to have spent some time learning about learning. The method he has settled on after many hours of coaching follows a simple pattern: he presents the concepts aurally; he has printed material to support them; he applies the concepts first on the pool deck then in the water; then, after the campers practice them, they help each other with coaching. Laughlin uses this method because he claims it has the highest retention rate.

Ultimately, you want to see if there has been any improvement. Research of elite swimmers has revealed that the fastest swimmers take the fewest strokes, so counting strokes is the easiest measure. I swam 20 to 23 strokes per length before the camp. I swam 18 to 20 strokes per length after the camp. During the camp, I occasionally swam only 16 strokes per length.

Terry Laughlin presents the material in a way that is easy to understand. Although it is sometimes technical, all of the points become apparent in the pool. A lot of research and theory has resulted in a few simple rules of thumb: the fastest swimmers take the fewest strokes; more efficient body position has a more profound effect on your speed than increased fitness; and you can improve by practicing drills. I found the Total Immersion Swim Clinic to be fun and worthwhile.

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS
LOCAL TEAM REGISTRATION

Please fill out and return the form below to register your team for 1996. Registrations must be post-marked by **MARCH 12, 1996** in order to compete as a team and be eligible for team awards at the 1996 PNA Championships. All team members competing in the meet must be paid members of PNA Masters Swimmers.

TEAM NAME _____

TEAM REPRESENTATIVE Name _____
Address _____
City _____ Zip _____
Phone _____

TEAM COACH Name _____
Address _____
City _____ Zip _____
Phone _____

SWIM LOCATION _____

DAY AND TIMES OF WORKOUT _____

Application Fees: \$10.00
Mail This Form and Check To:

Make check payable to: PNA Masters Swimmers
Suzanne Dills (547-1654)
1011 N. Northlake Way

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)
- Sequim (SQM)
- Pro Sports Club (PRO)
- Puyallup Aquatic (PAC)
- Unattached

My team is:

- Name
- Unattached

If you coach a Masters swim team check here:

PLEASE MAKE CHECKS PAYABLE TO: **PNA MASTERS SWIMMERS**

Total 1996 Fee

- Under 65
- Senior: 65 & over

\$30
 \$23

Your LMSC fee includes a subscription to the WetSet
 Your USMS fee includes a subscription to SWIM Magazine

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 _____

HAPPY BIRTHDAY TO THE FOLLOWING
PNA SWIMMERS

02/16	Andrew Bernard	03/04	Muriel Flynn
02/17	Marilyn Gottlieb	03/04	Karl Kraber
02/19	Gary Hafer	03/05	Lani Doely
02/20	Kimberley Hay	03/05	Ken Telloian
02/20	Larry Morrison	03/06	Tom Robertson
02/20	Melissa Noble	03/07	Jo Moore
02/20	Edward JR Phillips	03/07	David Nunn
02/20	John Sheppard	03/08	Mary Brueggeman
02/21	Gregg Whittier	03/08	Yvonne Dymerski
02/22	Michael Kelf	03/08	Ellen Forney
02/22	Patricia(Suzie) Ness	03/08	Neil Lance
02/23	Bunny Fox	03/09	Helen Eldred
02/25	Peggy Pomeroy	03/09	Malcolm Neely
02/26	Marian Byse	03/09	Colin Ness
02/26	Gary Maynard	03/10	P. Carol Anning
02/27	Kelly Molaski	03/10	Fred Manzer
02/28	Jeff Gross	03/10	Cash O'Donnell
02/28	Robert Hamilton	03/11	Matthew Stauffer
03/02	Katherine Olson	03/14	Lelly Hawk
03/04	Lisa Farin	03/14	Seth Lachance
		03/15	Bill Hawkins

WELCOME TO THE PNA

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

Rick Almberg, Julianne Arns,
Catherine Brooks, Barton Daniel,
Rod Egolf, Harold Huff, Nancy
Hunn, Karl Jeffers, Robert Lanius,
Fred Manzer, Kelly Molaski,
William Penn, Sally Reed, Audra
Reschke, David Schmalz,
Alexandra Smith, Wendy Van
Desompele, Stephen
Warmemhoven, and John Wilson

NON -PNA MEMBERS SUBSCRIPTION FORM FOR THE WETSET

NAME _____

ADDRESS _____

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

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

February Fitness Challenge '96



Purpose: To promote fitness through swimming by encouraging participants to swim regularly and to track results over a monthly period

Host: Crawfish Masters Swim Team, Baton Rouge, La.

Sponsors: Speedo Authentic Fitness
Maxwell Marketing Associates, Inc.

Eligibility: Must be at least 19 years of age

Rules: Use of training aids such as kickboards, fins, paddles, and buoys IS permitted.

Recording Distance: Beginning February 1, 1996, record on form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total. (For example, 3000 meters + (10%) 300 = 3300 yards.)

Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

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... (in five year increments)

Age: Determined by your age on February 29, 1996

Awards & Results: All participants receive final results and an achievement certificate. The three males and females in each age group with the highest monthly total receive medals. Please allow 30 days after deadline for mailing of results and awards.

Entry Fee: \$6.00, all fees (check or money order) payable to Crawfish Masters Swim Team

T-shirts: \$12.00, short sleeve, 100% cotton, five-color screen. Theme: "Fitness Frog: Leap Year Laps!"

Caps: Custom swim caps with large, colorful FFC logo (see above) available for \$3.00

Entry Deadline: Entries must be RECEIVED by March 18, 1996. Late entries will be returned!

Entry Procedure: Send form below and fees to:
FEBRUARY FITNESS CHALLENGE
c/o Scott Rabalais
3537 Christina Ave.
Baton Rouge, LA 70820 USA
Phone: (504)766-5937

International Entries: Subject to a \$3.00 postage fee; mail early to ensure arrival by entry deadline.

Workout Guide: For a free brochure entitled "Using the Pace Clock," send a self-addressed stamped envelope to the above address.

February Fitness Challenge '96

(please print)

NAME: _____ AGE (as of 2/29/96): _____ SEX: _____
 ADDRESS: _____ CITY: _____ STATE: _____
 ZIP: _____ COUNTRY: _____ PHONE: (____) _____ USMS MEMBER? Y N

THU FEB 1 _____ yds	THU FEB 8 _____	THU FEB 15 _____	THU FEB 22 _____
FRI FEB 2 _____	FRI FEB 9 _____	FRI FEB 16 _____	FRI FEB 23 _____
SAT FEB 3 _____	SAT FEB 10 _____	SAT FEB 17 _____	SAT FEB 24 _____
SUN FEB 4 _____	SUN FEB 11 _____	SUN FEB 18 _____	SUN FEB 25 _____
MON FEB 5 _____	MON FEB 12 _____	MON FEB 19 _____	MON FEB 26 _____
TUE FEB 6 _____	TUE FEB 13 _____	TUE FEB 20 _____	TUE FEB 27 _____
WED FEB 7 _____	WED FEB 14 _____	WED FEB 21 _____	WED FEB 28 _____
			LEAP YEAR BONUS: THU FEB 29 _____

TOTAL MONTHLY YARDAGE = _____ YARDS
 TOTAL MONTHLY MILEAGE = _____ MILES
 (To calculate mileage, divide monthly yardage by 1760.)

I attest that the above results are accurate and true.

Signature: _____ Date: _____

FEES	
Entry Fee	\$ 6.00 _____ (required)
T-Shirt	_____ x 12.00 _____ (optional)
Circle T-shirt size(s): S M L XL XXL	
Swim Cap	_____ x 3.00 _____ (optional)
Int'l Fee	3.00 _____ (outside U.S.)
TOTAL	_____ (U.S. funds only)
(fee payable to Crawfish Masters Swim Team)	

February Fitness Challenge '86



MCNEEL, SANDY
2364 FAIRVIEW AVE E #1
SEATTLE, WA 98102-3375

Non-Profit Org.
US Postage
PAID
Seattle, WA
Permit No. 2334

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



FEBRUARY 17TH

ORCA SWIM CLUB SWIM MEET

HELENE MADISON POOL

