

# The WetSet



Volume 15 Issue 3

March 1996

## President's Letter

Dear PNA Swimmers:

It is with great sorrow that I report the loss of one of the founders and the first president of the PNA, Steve Engel (6/17/43 -2/17/96). Steve recently lost his battle with cancer following a bone marrow transplant. His energy and enthusiasm will be greatly missed. The following tribute was presented at Steve's memorial services by Tom Taylor, another swimmer who has been with the PNA since its early days. See you soon.

Jane Moore

I looked up the word "persistence" in the dictionary and there was a picture of Steve. I'm a living example.

I got a phone call, one evening. He identified himself as Steve Engel, and assured me that I didn't know him. However, he wanted to talk to me about something new they had got going the year before, called Masters Swimming...could he have a few minutes of my time? I assured him that I was 42 years old and my days as an athlete were quite far behind me. (Actually, I was not only 42, but sedentary, overweight, and out of shape. I had quit smoking and that, of course, was going to save my life.) He insisted that we all needed to do something to upgrade the quality

and quantity of our lives. I knew he was right...but I feebly waved him away. I told him I wasn't a candidate. He was wasting his time. But, he said he would call me back in 3 weeks, after I had had time to reconsider. I assured him it would be a waste of his time. He cheerfully signed off.

Of course he called 3 weeks later. To the DAY! He and I put each other through the same dance, and I tried will all my might to get him off my back. I assured and reassured him that I had no interest. He said he would give me more time to think this through. He would call me back in 3 weeks.

Three weeks, TO THE DAY, he called. This time, however, he had a slightly different presentation. Would I just show up at a meeting-- get a feel for what was possible-- and then make up my mind? Folks, to move that irresistible force to a place where I could exert some control over it, I agreed...to just a meeting! That was in 1973. Since then I, and thousands like me, many of us under Steve's prodding, have been swimming for our lives.

Now, there is out there, among some people, a bit of misunderstanding about Masters Swimming. To some, we have the reputation for being superior athletes who compete against one another for medals. A sort of elite group...hard core competitors...you know, "you bet

(Continued on page 2)

## Swimming on the Net . . .

by Steve Peterson

Last time, my first article about Masters Swimming on the Internet briefly described how I was able to find a wealth of information just with the wave of my, er, mouse. Now, a couple of months later, a repeat search for "Masters Swimming" shows almost double the number of home page "hits" (21).

Would that I had the time to browse, which is certainly the context of Internet visiting! Two sites looked interesting. "WebSwim Home Page" ([alf2.tcd.ie/~smftzger/swim/header.html](http://alf2.tcd.ie/~smftzger/swim/header.html)) is the brainchild of collegiate swim champ Donncha Redmond of Dublin, Ireland(!)

There, I found a reference to a USMS sanctioned anonymous FTP site at "orion.lpl.arizona.edu." ("Anonymous FTP" means anyone can sign on, to deposit or retrieve data using the File Transfer Protocol, a well-defined exchange sequence). As advertised, "the site will eventually contain USMS top ten listings, national, regional and local USMS swim meet results, upcoming events, places to swim and other useful information..." The site administrator turns out to be ex-PNA swimmer Hop Bailey, now in Arizona! Unfortunately, it

(Continued on page 4)

## Inside This Issue

USMS Coaches Clinic

PNA Board Minutes - January

Race Entry Forms

USMS National Short Course Championships - Cupertino

PNA Champs - Federal Way

Anacortes Results - 1/21/96

## From the Editor:

For this issue, I thought I would share some information from several other masters newsletters and the NW Zone Chatter, as well as other relevant information. So here goes...

The deadline for registering for the USMS National Short Course Championships in Cupertino California is fast approaching. Entries must be post-marked by March 28, 1996 and received by April 4, 1996!

For a FREE subscription to the FINA Masters News write to: Tom Logan  
FINA Masters Newsletter  
P.O. Box 5092  
Mount Maunganui, New Zealand

For a complete copy of the annual Hawaii Sports Calendar which includes pool and ocean swims, send SASE to the Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Honolulu, HI 96789.

Fred Fredregill is organizing a 14-mile relay which starts on the Washington side of the Columbia River, crosses the Columbia and then travels up the Willamette River to Portland. The swim is tentatively scheduled for August 30th. For more information, send your name and address to Frank at 9405 SW Carriage Way, Beaverton OR 97008 or call (503) 524-7444.

Continuing the interest in the Internet, Pacific Masters Swimming, the LMSC for Northern California has established a home page and site on the World Wide Web. The home page includes places to swim in Northern California, the PMS swim meet schedule, national and PMS swim records and links to other swimming home pages. The address to connect to the PMS Web site: <http://www.hooked.net/users/swim>

Traveling to the Los Angeles area and would like to swim or compete? Contact the Southern Pacific Masters Association. For information on places to swim or meets call (310) 451-6666.

Well that's all for now. See you in the pool!

*(Continued from page 1)*

ter be in good shape before you get in the water with those people!" Well, hold on. While it's true that that was the way the originators of the idea first saw the concept, up here in Engel country, Steve (and his co-conspirator, Mike Bryant) had a more full-blown vision. Their plan, the PNA, the Pacific Northwest Association, was not only going to have room for middle-aged, overweight, sedentary ex-smokers like me. It would have room for the barely-swimmer and the fairly-swimmer...the handicapped as well as the hesitant. Still does!

Of course, for Steve, there was no greater thrill than competing, especially against himself, and he was a distance swimmer. He was what we lovingly call in the swimming lexicon, "an animal." A workout had to be at least 4,500 yards; it should be 5 times a week. He worked out with high school kids, under the coaching of Andy Hathaway. Andy tells me he challenged those kids constantly. And, he coached the coach a little too.

At meets, he always entered the maximum number of events, and he warmed up for those events with a 3,000 yard easy swim. It wasn't a good meet unless he broke at least one personal best time. There's a little barb that distance swimmers poke at those who compete in the short events. We say, "When the going gets tough, the sprinters get out."

Paul Murphy, who was on Steve's early board of directors, told me to put it this way: "When the going got tough, Steve Engel got tougher." He set records, in multiple events, in every age group he swam in. And, as we meet here today, in remembrance of him, Steve still owns the age group record for 45 to 49-year olds in the 1,000 yard freestyle, which he set 6 years ago.

But, I prefer not to just remember Steve as the affable, barrel-chested, inexhaustible competitor and dedicated organizer. I prefer to dwell on a few of the joyful times in the part of his life that we lived with him. Murphy tells me that when some of the competitors gathered for a meal right after a meet,

Steve was the absolute swiftest devourer of Tacos in all the land.

Hathaway recalls, at a workout one evening at Highline Community College, Steve showed up straight from work in a suit and tie. He pointed out to Andy the brand new pair of Florsheim wingtips he was wearing. After a brutal workout, he came out of the locker room completely dressed, but without the shoes. He was screaming mad. Someone had taken them. Then, he and Andy broke into laughter when they both realized the picture Steve presented...standing there on the deck, irate, in a suit and tie...barefooted.

Then there was the time, at a meet out on the peninsula, that his swimsuit ripped. We were all watching the start. When the starter called, "Take your mark", Steve (and all the other swimmers) bent over and grabbed the block. Steve, however, immediately stood up and covered his behind with his hands. It seems that the timers behind his lane had been mooned! The officials agreed to start another heat while Steve with a huge smile on his face walked briskly to the locker room (trying to hold together the last vestiges of a tired little nylon racing suit).

Steve, I stand in awe of what you have accomplished. How many of us, in such a short lifetime, will have touched so many others in such important ways? Last Saturday, Steve, it was fitting that 131 of us were at Helene Madison Pool, swimming in a meet. We were there because of your leadership. Because of your vision, enthusiasm, persuasion, and guidance, thousands of Seattle-area people over the years have been members of the PNA. How many of us have had such an impact on the quality of the lives of so many?

Across America, there are now more than 30,000 of us. And one of the pioneer associations in the nation was right here in Steve Engel land. Thank you, Steve. Your vision long ago became a solid reality that will endure. It was not a false start. You have swum the entire distance to heaven.

## PNA OFFICERS

### President

Jane Moore  
1867 58th Street NE  
Tacoma, WA 98422  
(206) 925-0803

### Vice President

Jeanne Ensign  
600 Malden Avenue E #102  
Seattle, WA 98112  
(206) 324-6768

### Treasurer

Tammi Keeler  
(206) 397-7781

### Secretary

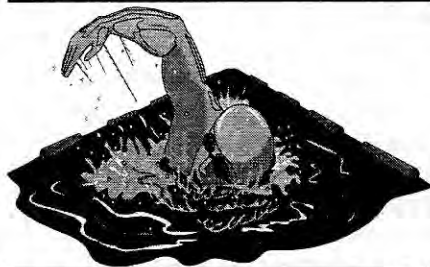
Deborah Bagg  
(206) 621-7896

### Membership

Suzanne Dills (Registrar)  
1101 N Northlake Way  
Seattle, WA 98103  
(206) 547-1654

### Newsletter Editor

Gary Maynard  
13818 SE 7th Street  
Bellevue, WA 98005  
(206) 641-7435



United States Masters Swimming, Inc. is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc.

## 1995/1996 MEET SCHEDULE

### PNA Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>
Mar. 17	SCY	Naval Submarine Base - Bangor
Apr. 12-14	SCY	PNA/NW Zone Championships - Weyerhaeuser King County Aquatic Center - Federal Way
June 1		Wiggin Meet
<b>Inland Empire (Rich Swoboda)</b>		
Mar. 16-17	SCY	Inland Empire Championships
<b>Oregon (Eric Guest)</b>		
Mar. 22-24	SCY	Oregon LMSC Championships, Mt. Hood CC, Gresham
June 22	LCM	Tualatin Hills, Beaverton
July 21		Southern Oregon Lake Swim, Squaw Lake
<b>Snake River (Jeff Erwin)</b>		
Aug. 3-4	LCM	NW Zone Championships, Boise Idaho
<b>Utah (Annette Taylor)</b>		
Mar. 29-30	SCY	Utah Championships, University of Utah
<b>National/International</b>		
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
Sept. 11-15		USMS Convention, Orlando Florida

### **For Information on Meets Outside of the PNA Area**

#### **Inland Empire**

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

#### **Oregon**

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

#### **Snake River**

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

#### **Northwest Zone Rep**

Elin Zander  
S 13927 Traver Lane  
Valleyford, WA 99036

#### **Utah**

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

#### **Montana**

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

#### **Alaska**

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

#### **British Columbia**

Mary Lou Monteith  
22363 Seine Road  
Duncan B.C. V913B2  
(604) 748-0527

**MINUTES OF THE PNA BOARD MEETING  
HELD JANUARY 23, 1996**

The meeting was called to order by President Jane Moore at 7:05 pm at the 320th Library in Federal Way. Present were Deborah Bagg, Jane Moore, Jeanne Ensign, Walt Reid, Tammi Keeler, Robin O'Leary, Suzie Ness, Phyllis Gill, Gary Maynard, Hugh Moore, Tom Foley, Frank Newquist, and Steve Peterson. Teams represented were SSEA, FW, GLAD, Ft. Steilacoom, Orca, Samena, Tigers, and OOPS.

MINUTES. December minutes were MSA after the following correction was made:

K. Constitution and Bylaws. - Hugh brought copies of the PNA Standing Policies, which will be *mailed out with the February agenda for Board review.*

TREASURER'S REPORT. Tammi Keeler distributed her 1995 and 1996 financial reports. They were MSA as submitted. Tammi announced that the PNA balance is \$6,433.06, and the Wiggin Fund balance is \$2,388.78.

COMMITTEE REPORTS.

A. Meets. Suzie Ness -- The Wiggin Meet is scheduled for June 1. -- There was discussion of the upcoming Champs/Zones Meet. Hugh announced that we will try to have a second scoreboard. We will also try running the odd heats in one course, and the even heats in the other course. The biggest concern is timers: we will need 16 or more. It was MSA that we will pay timers for one course, and get volunteers for the other course.

E. Newsletter. -- Gary Maynard (and Jeanne Ensign) have investigated mailing services. It was MSA to use Kal Szkely's Alternative Business Services to Mail the WetSet.

I. Fitness.-- Phyllis Gill announced that the Samena Club was approved for the coach's clinic and mentor program. This will take place on March 9, 1996, with a program for coaches 9:00 - 12:00, lunch from 12:00 - 1:00, and a program for swimmers from 1:00 - 4:00. USMS will provide \$500 seed money, to cover travel and honorarium expenses for the mentor coach, as well as the coaches' lunch. It was MSA: to charge \$15.00 for early registration; \$25.00 for late registration; and \$12.00 for the coaches' manuals; and that PNA and the Samena Club will split the profits from this event. There will be a one-event registration fee of \$20.00 for this event.

OLD BUSINESS

Ad hoc Convention Committee -- It was MSA to approve the Criteria for Delegate Status.

Open Water Swims -- Jane raised some concerns about the Swim Across America proposal submitted at the December meeting. She will write to the head of the USMS Insurance Committee for more information.

MORE COMMITTEE REPORTS

J. Computer Applications. -- Steve Peterson gave an article about masters swimming on the Internet to Gary Maynard.

C. Records and Top 10. Walt's new project is an all-time Top 10 PNA short course yards list. He needs information prior to 1977.

B. Membership. Jeanne (for Suzanne Dills) announced that , as of January 23, 1996, there are 460 members.

NEW BUSINESS.

Jane announced that the US Swimming Junior Nationals will be held at the King County Aquatic Center March 18-23, 1996. They

will need volunteers and sponsors. Contact Mark Patterson at the Tacoma Swim Club, 752-4511 (h), or 383-3791 (w).

NEXT MEETINGS. The next meetings will be Tuesday, February 27 at the Clover Park Alternative High School; Sunday, March 17 after the Bangor meet; Tuesday, April 23 on the East Side (site to be determined); and Tuesday, May 21 at the Tacoma Y. The meeting was adjourned at 9:00 pm.

Respectfully Submitted,  
Deborah Bagg, Secretary

*(Continued from page 1)*

appeared that not much had changed at this site since August 1995. "The Yellow Pages of Swimming" ([www.tcd.net/~jj/swimlinx.html](http://www.tcd.net/~jj/swimlinx.html)) was much flashier.

A spiffy blue-water graphic backed its pitch: "At 264 and counting, no page has more Swimming links! Or hits! 19,553 times since 27 October 1995.

[A popular home page graphic is an odometer-style readout that increments each time someone visits!]

"This page was intended to serve as a "Yellow Pages" for net swimmers. It contains the most comprehensive set of links to other swimming pages found anywhere on the net. Last updated 12 Feb 1996 -- 25 new links!"

And creator J. J. Anderson isn't kidding! He's a senior at Southern Utah University, coaching high school and USS teams in Cedar City UT. (Hey, it's right there on his page!) He's listed links to swim pages for High Schools (14), Universities (78), Masters (13), Coaching (7), Swim Camps (7), Diving (6), Officiating (1), Water Polo (5), Triathlons (5), Open Water (2), and Commercial (41!). He even lists the electronic-mail address for Dot Donnelly, (soon retiring as) Executive Secretary of USMS ([75677.2433@compuserve.com](mailto:75677.2433@compuserve.com))!

Next time: What's a FAQ? And what about a home page for the PNA? (Or, should I address "what the heck is he talking about?!?")

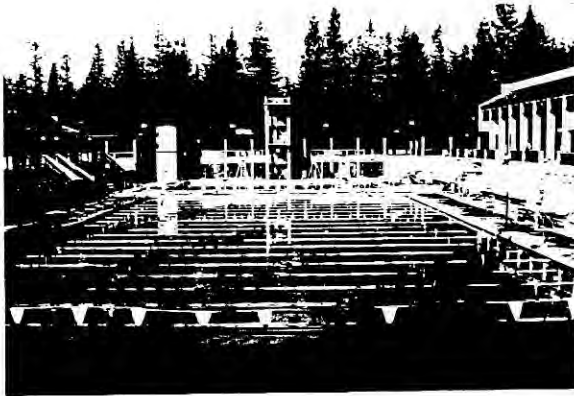


1996 Short Course National Championships

# 1996 United States Masters Swimming National Short Course Championships

De Anza College Aquatic Center  
Cupertino, California

De Anza Community College  
May 9-12, 1996



## MEET INFORMATION

### Location

De Anza College Aquatic Center, De Anza Community College, 21250 Stevens Creek Blvd., Cupertino, CA 95014

### Facilities

The championship pool is 50 meters x 25 yards, supporting two courses of 10 and nine lanes separated by a buffer lane. Eight lane, 25-yard warmup pool available during meet. Continuous shuttle provided between additional warm-up pool at Monta Vista High School, one mile from Aquatic Center. Two-way communication between both venues. Ample locker room facilities for both men and women. Shaded grandstands for off-deck spectator seating holds 1,500 people. Shaded rest areas/lawn close to pool. Elevator access to both deck levels.

### Headquarters Hotel

Westin Hotel-Santa Clara, 5101 Great America Parkway, Santa Clara, CA 95054. Phone (408)986-0700. \$85 single/double, \$95 triple, \$105 quad occupancy. Request USMS group rates, available through 4/96. Twenty minutes from pool on pool shuttle route, inquire directly about airport shuttle.

### Accommodations

A variety of additional hotels offering special rates for Masters swimmers are located within 20 minutes of the Aquatic Center. The following secondary hotels are also on the pool shuttle route:

Santa Clara Marriott Hotel (408)988-1500  
Sheraton Inn (408)745-6000

Days Inn-Santa Clara (408)980-1525  
Contact hotel directly to inquire of availability of airport shuttle service. For a complete list of meet hotels, shuttle services and other meet information, send a SASE c/o Meet Executive Director Jim McFadzean, DACA, P.O. Box 436, Cupertino, CA 95015-0436.

### Meet Shuttle Service

A schedule for complimentary shuttle service between the headquarters hotel and other designated hotels and the Aquatic Center will be available at registration. Separate shuttle specifically between De Anza College and auxiliary warm-up pool at Monta Vista High School.

### Airlines

American Airlines and Reno Air are the official airlines for the championships. For discounted rates and information on BOTH American Airlines and Reno Air, please contact American Airlines meeting services desk at (800)433-1790. Refer to Star File Number: **S 0656 SA**.

De Anza College in Cupertino is centrally located on the San Francisco peninsula 40 mins. south of San Francisco International

Airport (SFO) via Interstate 280, 15 mins. north of San Jose International (SJC) via Interstates 880 and 280, and 50 minutes west of Oakland International Airport.

### Ground Transportation

Airport shuttles: **South and East Bay Shuttle**--from SFO: \$21 for first person, \$5 for each additional person going to same location. From SJC: \$12 for first person, \$5 each additional passenger. Vans service airports continuously, but reservations recommended at (408)866-6660. Arriving at airport, call 1-800-548-4664 (from SFO) or use the So. & E. Bay white courtesy phone at SJC to summon van. From Oakland: Contact **Bayporter**, (415)467-1800, \$31 first person, \$10 each additional to Cupertino. Advance reservations required. From Oakland airport, call 1-800-287-6783.

### Car Rental

Hertz is the official car rental agency of the Championships. For discounted rentals, call (800)654-2240 and refer to **CV 34002** for special meet rates. Hertz services all Bay Area airports.

### Parking

Ample free parking immediately adjacent to Aquatic Center with room for self-contained RV parking at no charge. **NO PARKING AT MONTA VISTA HIGH SCHOOL ON THURSDAY AND FRIDAY.** Take shuttle from De Anza College.

### **EMERGENCY TELEPHONE**

**(408)864-8926 - Emergencies only  
DO NOT USE FOR CHECK-IN!**

## MEET INFORMATION

### Meet Information Hotline (not for check-in)

(408)446-DACA

### Registration

All participants must register prior to competing to receive heat sheet booklet, parking pass, banquet tickets and other meet information. Registration will be held at the Aquatic Center on Wednesday, May 8, from 9 a.m. to 8 p.m. and on Thursday, May 9, through Sunday, May 12, from 6 a.m. until the end of the last event.

### Check-in

**CHECK-IN IS REQUIRED FOR 400 IM, 500 FREE, 1000 FREE AND 1650 FREE -- NO EXCEPTIONS!**

Swimmers in the 1000 or 1650 freestyle must check in by 6 p.m. on Wednesday, May 8 at the Aquatic Center. Check-in via telephone at (408)864-8881 will be accepted on Tuesday, May 7, from noon to 3 p.m. PDT and on Wednesday, May 8, from 9 a.m. to 6 p.m. PDT. At the time of the call, a confirmation number will be issued, which swimmers will be responsible for producing upon request to confirm phone check-in. No changes in seeding will be made to accommodate individual travel arrangements.

All participants swimming the 500 free and 400 IM must check in prior to 6 p.m. on the day before the event will be swum. Any swimmer failing to check in by the 6 p.m. deadline will be considered scratched from that event. Coaches and teammates may check in for those swimmers whose travel plans do not permit check-in by 6 p.m.

### Eligibility

The Championships are open to any swimmer at least 19 years of age as of April 4, 1996. If a swimmer wishes to affiliate with a Masters team, the team and swimmer must both be registered with the same Local Masters Swim Committee (LMSC). If there are questions about affiliation, the swimmer shall be entered "unattached."

### Age Groups

Individual events: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49...100-104. Age for the meet is determined as of the last day of the meet (May 12, 1996).

### Scoring

Individual events: 11-9-8-7-6-5-4-3-2-1. Relays score double points.

### Team Scoring

Team scoring will be divided into three divisions: Division I (large team), Division II (medium team), and Division III (small team), each containing three categories—Men, Women, and Combined. Mixed relays are scored in the Combined category. Championship Committee will determine divisions after entry deadline.

### Awards

Medals awarded first through tenth place in each age group including relays. USMS championship patch given to each individual and relay team members for the first event won. Team awards for top three teams in each division.

### Seeding

Individual events (200 yards or less) will be pre-seeded and swum slowest to fastest within each age group, oldest to youngest. Partial heats may be combined. Women's heats will precede men's heats. The 500, 1000 and 1650 freestyles will be deck-seeded slowest to fastest by time or by a combination of age group and time. Swimmers must choose to swim EITHER the 1000 OR 1650 freestyle, but not both. The 400 IM will be seeded by time ONLY.

### Warm-up Times

Warm-up pool available throughout competition at both the Aquatic Center and the Monta Vista High School pool. On Wednesday, May 8, warm-up is from noon to 8 p.m. **at the Aquatic Center only.** On competition days, warm-up lanes will be available at both pools from 6 a.m. to 30 minutes following final event. On Thursday, the competition pool will be open for warm-up from 6 to 6:45 a.m. On Friday, Saturday and Sunday, the competition pool will be open for warmup from 6 to 6:45 a.m., and for 45 minutes following the last heat of the first event of the day.

### Warm-up Procedures

Water Entry: Swimmers must enter the pool feet first in a cautious manner. No diving allowed except in designated sprint lanes. Racing Starts (including backstroke starts): allowed only in designated sprint lanes during the pre-meet warm-up sessions.

Sprint Lanes: One or two lanes shall be designated as ONE WAY SPRINT lanes during the pre-meet warm-up session.

**THE MEET REFEREE MAY DISQUALIFY A COMPETITOR FOR ANY SAFETY RULES VIOLATION THAT RESULTS IN UNSAFE CONDUCT (102.15.2).**

### Mandatory Scratch Rule

If, in the opinion of the USMS National Championship Committee, the meet is deemed too large to be run in an efficient manner, your sixth event will be dropped.

### Scratches

Any swimmer who fails to report to the proper lane in the correct heat of his/her event shall be considered scratched from that event and shall not be permitted to swim that event at another time.

### Social Event - Friday, May 10

Italian Pasta Feast featuring live music at De Anza College Campus Center, 7 p.m., \$18 per person.

### Medical Care

Medical care for emergencies and first aid will be provided for all participants.

### Attractions

Stanford University  
San Francisco/Alcatraz  
Carmel-Monterey  
Big Sur, Ventana  
Napa and Sonoma Wine Country  
Valco Fashion Park/Gilroy Outlet Mall  
(Additional information available at meet.)

### Concessions/Vendors Village

Full-service snack bar available on upper deck throughout the meet serving pancake breakfast daily and high-quality, nutritious meal items and beverages for lunch, dinner and snacks. Sample famous strawberry shortcakes and fresh fruit smoothies. A vendor village on the premises will offer souvenirs, swimming apparel and merchandise throughout the competition.

### Souvenir Items

Commemorative clothing items with four-color meet logo--heavy-duty sweatshirts, T-shirts, polo shirts--will be available in assorted sizes and colors. Also available are logo swim caps and four-color posters.

### Temperature/Climate

Daily temperatures for Cupertino in May range from 56 to 72 degrees. Sweats are recommended for morning and evening.

### General Meeting

All coaches, officials and swimmers should be represented at the general meeting at the Aquatic Center on Wednesday, May 8, at 7 p.m.

### Coaches Meeting

A meeting of Masters coaches will be held on Saturday, May 10, at 6:30 a.m. at the Aquatic Center.

### Coaching Certification Class

An ASCA Certification Class for Masters coaches will be held on Wednesday, May 8, from 1 to 5 p.m. at the Decathlon Club in Santa Clara. For additional information, contact Mo Chambers, Mt. View Masters, at (415)948-4819.

### Meet Proceeds

A portion of the meet proceeds will be donated to assist the Adaptive P.E. Program at De Anza College.

### Meet Officials

Meet Referee: Anneliese Eggert  
Meet Director: Donn McPhail  
Executive Director, DACA Steering Committee: Jim McFadzean



# 1996 USMS National Short Course Championships Official Entry Form

De Anza College Aquatic Center      De Anza Community College  
Cupertino, California      May 9-12, 1996

Sanctioned by Pacific Masters Swimming for USMS, Inc. Sanction number: 38-96-11



Name\* \_\_\_\_\_ Sex \_\_\_\_\_  
Last First Middle Initial

Address \_\_\_\_\_  
Street City State ZIP Country

Phone \_\_\_\_\_ Age \_\_\_\_\_ Birthdate \_\_\_\_\_  
A/C Days A/C Evenings (on 5/12/96) Month/Day/Year

Emergency \_\_\_\_\_ USMS Reg. # \_\_\_\_\_  
Name Phone No. (Foreign entries include Masters registration #)

Club Name or Unattached \_\_\_\_\_ Club Abbrev \_\_\_\_\_

*\*Print name as it appears on USMS registration card. A copy of 1996 USMS card is required with entry.*

**BEFORE COMPLETING, READ "ENTRY FORM INSTRUCTIONS" ON PREVIOUS PAGE.**  
*Entries must be U.S. postmarked by March 28, 1996 or received by April 4, 1996.*

Event No.	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6
<b>Warm-Up 6:00 - 6:45 a.m. THURSDAY, MAY 9, 1996 Start 7:00 a.m.</b>								
1				1000 FREESTYLE**	2			
3				1650 FREESTYLE**	4			
<b>Warm-Up 6:00 - 6:45 a.m. FRIDAY, MAY 10, 1996 Start 7:00 a.m.</b>								
5				400 INDIVIDUAL MEDLEY**	6			
7				50 BUTTERFLY	8			
9				200 BREASTSTROKE	10			
11				100 BACKSTROKE	12			
13				200 FREESTYLE	14			
15/16	SEE RELAY FORM			200 MIXED MEDLEY RELAY	15/16	SEE RELAY FORM		
17	SEE RELAY FORM			200 FREESTYLE RELAY	18	SEE RELAY FORM		
<b>Warm-Up 6:00 - 6:45 a.m. SATURDAY, MAY 11, 1996 Start 7:00 a.m.</b>								
N/A	WOMEN'S 500 FREE SUNDAY			500 FREESTYLE (MEN)**	20			
21				100 BREASTSTROKE	22			
23				200 BUTTERFLY	24			
25				50 BACKSTROKE	26			
27				200 INDIVIDUAL MEDLEY	28			
29				100 FREESTYLE	30			
31/32	SEE RELAY FORM			200 MIXED FREESTYLE RELAY	31/32	SEE RELAY FORM		
<b>Warm-Up 6:00 - 6:45 a.m. SUNDAY, MAY 12, 1996 Start 7:00 a.m.</b>								
33				500 FREESTYLE (WOMEN)**	N/A	MEN'S 500 FREE SATURDAY		
35				50 FREESTYLE	36			
37				100 BUTTERFLY	38			
39				200 BACKSTROKE	40			
41				50 BREASTSTROKE	42			
43				100 INDIVIDUAL MEDLEY	44			
45	SEE RELAY FORM			200 MEDLEY RELAY	46	SEE RELAY FORM		

**Entry Checklist**

- \*Entry form filled out completely?
- \*"T" and "6" events clearly marked? ("T" is for 4th, 5th & 6th events if entered. Mark "6" only if entering 6 events.)
- \*Seed times in proper columns?
- \*Liability release signed and dated?
- \*Fees payable to "DACA" enclosed?
- \*USMS card/Int'l permit attached?
- \*SASE enclosed?
- Indicate purpose on envelope: hotel list and additional meet info, proof of entry receipt, and/or relay entry form.
- \*Entry postmarked by March 28, 1996 or mailed to arrive by April 4 deadline?

**\*\*You may enter either the 1000 Free or the 1650 Free, not both. Check-in required; phone check-in on Tues., May 7, 12-3 pm and Weds., May 8, 9am - 6pm PDT.**

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

**FEES:**

Meet Surcharge (required) \_\_\_\_\_ \$20

Number of Individual Events \_\_\_\_\_ x \$ 4 = \_\_\_\_\_

Pasta Feast \_\_\_\_\_ x \$18 = \_\_\_\_\_

Final Results \_\_\_\_\_ x \$15 = \_\_\_\_\_

**TOTAL FEE ENCLOSED = \_\_\_\_\_**

**Check or money order only payable to: DACA**

## WOMEN'S QUALIFYING TIMES

	Women 19-24	Women 25-29	Women 30-34	Women 35-39	Women 40-44	Women 45-49	Women 50-54	Women 55-59	Women 60-64	Women 65-69	Women 70-74	Women 75-79	Women 80-84
50 FREE	28.05	27.96	27.91	28.67	29.71	31.59	33.87	36.84	37.09	39.14	44.89	52.98	1:10.58
100 FREE	1:01.49	1:00.49	1:00.62	1:03.17	1:04.58	1:10.36	1:17.48	1:21.40	1:29.12	1:29.35	1:40.44	1:57.84	2:35.21
200 FREE	2:16.37	2:12.22	2:13.23	2:19.36	2:22.15	2:34.89	2:48.31	3:00.57	3:14.84	3:22.61	3:47.68	4:28.54	6:14.66
500 FREE	6:07.11	5:55.76	6:01.67	6:13.53	6:33.73	6:54.12	8:00.60	7:54.77	8:48.24	9:10.51	10:09.88	11:42.96	16:15.05
1000 FREE	12:47.17	12:34.85	12:32.47	12:59.90	13:46.86	14:18.64	16:16.22	16:46.23	18:16.59	19:03.95	22:36.98	No Time	No Time
1650 FREE	23:10.65	21:43.36	20:52.09	21:33.48	23:18.25	24:28.47	28:36.24	27:55.64	34:28.64	34:21.36	49:16.99	No Time	No Time
50 BACK	32.97	32.55	32.20	34.12	34.71	39.05	41.61	45.08	47.41	48.40	50.93	1:05.13	1:17.66
100 BACK	1:10.38	1:09.85	1:08.62	1:13.36	1:15.90	1:25.72	1:31.11	1:40.19	1:48.20	1:49.34	1:58.26	2:22.10	3:06.85
200 BACK	2:35.16	2:35.62	2:30.02	2:40.35	2:49.35	3:01.51	3:16.53	3:38.14	3:57.15	3:54.60	4:11.61	5:00.82	6:47.07
50 BREAST	36.55	36.42	36.64	37.66	39.16	41.79	42.99	46.34	50.77	52.43	59.74	1:18.95	No Time
100 BREAST	1:19.78	1:20.30	1:19.42	1:21.84	1:24.98	1:30.85	1:36.55	1:44.16	1:53.66	1:57.67	2:14.16	2:50.58	No Time
200 BREAST	2:56.45	2:55.96	2:53.17	3:01.17	3:10.66	3:18.96	3:32.64	3:45.42	4:17.10	4:17.09	4:52.36	7:04.06	No Time
50 FLY	31.30	30.55	30.43	31.38	32.24	34.97	39.57	42.82	45.66	48.60	58.63	1:15.30	No Time
100 FLY	1:10.02	1:08.40	1:09.07	1:12.37	1:16.62	1:22.54	1:39.13	1:40.88	2:02.17	1:55.23	2:25.39	4:33.47	No Time
200 FLY	2:36.33	2:36.21	2:35.02	2:48.31	3:04.16	3:19.45	4:00.52	3:46.92	5:20.89	5:11.01	6:24.04	No Time	No Time
100 IM	1:10.70	1:09.82	1:10.44	1:12.57	1:16.59	1:20.93	1:27.70	1:34.71	1:46.29	1:49.23	2:00.20	2:29.11	4:25.89
200 IM	2:32.85	2:31.64	2:32.55	2:40.90	2:49.55	2:57.83	3:16.96	3:25.38	4:00.71	4:01.88	4:32.75	5:45.17	No Time
400 IM	5:33.22	5:19.45	5:29.76	5:42.02	6:10.68	6:27.84	7:37.01	7:26.95	8:42.98	8:21.83	10:06.44	No Time	No Time

## MEN'S QUALIFYING TIMES

	Men 19-24	Men 25-29	Men 30-34	Men 35-39	Men 40-44	Men 45-49	Men 50-54	Men 55-59	Men 60-64	Men 65-69	Men 70-74	Men 75-79	Men 80-84
50 FREE	24.10	24.11	24.11	24.73	25.00	26.10	26.66	28.70	30.38	31.44	33.59	36.83	43.98
100 FREE	53.74	52.76	52.67	53.85	55.97	57.90	59.29	1:03.94	1:08.90	1:11.70	1:19.28	1:23.82	1:46.22
200 FREE	1:59.57	1:55.60	1:57.47	2:01.24	2:04.70	2:07.60	2:16.65	2:26.74	2:38.92	2:46.32	3:03.62	3:20.79	4:09.66
500 FREE	5:40.65	5:22.40	5:23.62	5:28.50	5:42.84	5:55.19	6:19.18	6:46.91	7:22.53	8:02.56	8:32.08	9:37.40	12:11.35
1000 FREE	13:42.24	11:49.95	11:28.88	11:37.96	11:58.33	12:20.58	13:59.95	14:39.85	15:20.01	17:22.23	17:46.66	19:25.29	35:26.00
1650 FREE	21:45.79	19:45.75	19:10.34	19:33.84	20:12.20	21:19.16	23:24.77	24:24.76	25:42.39	29:10.64	29:46.81	33:09.90	No Time
50 BACK	29.12	28.25	28.52	28.90	30.05	31.21	32.24	35.60	37.17	39.94	43.04	46.23	58.04
100 BACK	1:02.95	59.91	1:01.12	1:02.36	1:04.76	1:09.26	1:12.03	1:21.39	1:24.11	1:28.85	1:36.64	1:54.93	2:26.17
200 BACK	2:25.64	2:11.56	2:17.14	2:14.17	2:21.55	2:31.97	2:39.74	3:01.70	3:09.23	3:21.83	3:41.25	4:28.39	5:08.35
50 BREAST	31.36	31.35	30.70	31.27	32.68	33.63	35.39	38.23	40.34	42.08	45.20	51.33	1:12.81
100 BREAST	1:09.84	1:08.71	1:07.88	1:08.65	1:11.29	1:14.20	1:18.28	1:26.13	1:31.34	1:34.39	1:44.31	2:05.29	2:49.32
200 BREAST	2:40.02	2:31.31	2:32.48	2:32.86	2:37.78	2:48.14	2:53.79	3:15.36	3:27.83	3:37.22	3:57.17	4:31.80	7:08.29
50 FLY	26.04	26.00	26.37	26.96	27.48	28.89	30.17	32.35	34.51	36.22	42.21	48.70	2:19.15
100 FLY	1:00.63	58.40	58.08	1:00.82	1:01.61	1:05.55	1:11.03	1:18.03	1:25.65	1:36.05	1:47.88	2:13.97	No Time
200 FLY	2:22.23	2:14.06	2:15.23	2:20.25	2:20.25	2:18.92	2:30.10	2:55.56	3:40.13	4:35.44	4:39.05	No Time	No Time
100 IM	1:00.46	1:00.53	1:00.78	1:02.74	1:04.31	1:07.89	1:10.62	1:17.31	1:20.56	1:27.89	1:34.36	1:45.02	2:44.71
200 IM	2:16.07	2:11.15	2:15.40	2:17.41	2:20.11	2:28.68	2:38.30	2:51.83	3:03.67	3:29.69	3:41.24	4:18.46	No Time
400 IM	5:27.83	4:50.03	4:57.26	4:58.57	5:07.07	5:27.72	5:44.14	6:23.03	6:50.60	7:52.08	8:16.82	No Time	No Time

NQT's are 10 percent higher than the 10th time in the previous year's Top Ten listing for that age group and event.

## ENTRY FORM INSTRUCTIONS

### Entry Procedures

Use official entry form or photocopy of the entire form. Read all instructions and fill out form completely.

Entries with "pending" in place of a registration number on the entry form will be rejected. A copy of each swimmer's USMS registration card or International Travel Permit (foreign entries) must accompany entry form. Failure to include a USMS card copy or International Travel permit may result in the swimmer being charged a fee before being allowed to compete. A swimmer changing club affiliation prior to Nationals must send either a USMS registration card or a letter from local registrar with new club affiliation and effective date.

### National Qualifying Times

Competitors may enter and swim in a maximum of three (3) individual events without meeting the National Qualifying Time (NQT) established for those events. Competitors may enter up to three additional events in which they have swum a time equal to or better than the NQT in the last two years. The NQTs for all events are listed in the entry information.

Designate the events you have met the NQT with a "T" in the column designated as such. **No NQTs for ages 85 and over.**

### Filling Out Entry Blank

All events must be entered with a time. "NT" entries will be rejected. Limit three (3) individual events per day.

### Sixth Event

Please indicate, with the number "6," your least-desired event in the column designated with the number "6," **only if six events are entered.** If not indicated, your last event on the entry form may be dropped. No refunds for the dropped event.

### 1000/1650 Yard Freestyle

A swimmer may enter either the 1000 or 1650 freestyle, not both.

### Fees

\$4 per individual event plus \$20 surcharge per swimmer. Fees must accompany entry form and must be paid in U.S. dollars by check or money order. Entry not complete until check has cleared bank. If questions about an entrant's check, full cash payment in U.S. dollars required before the entrant is allowed to swim. Refund requests must be in writing and received by April 4, 1996. No

refunds for events not swum.

The \$20 surcharge also applies to relay swimmers not entered in an individual event. Relay-only swimmers must submit an entry form with payment by April 4, 1996 deadline. *All fees payable to "DACA."*

### Relay Entry Form

Relay entry forms will be sent to each USMS club, or send SASE to address below. Cost per relay is \$8 through April 4, 1996, \$12 afterwards.

### Mail Entry and Fees

1996 USMS National Championships  
c/o Entries Chairperson  
73 Nora Way  
Atherton, CA 94027

### Entry Deadline

All U.S. entries must be postmarked with official U.S. postmark (no business meters) by **March 28, 1996 OR** received by April 4, 1996. **No FAX, wire, or telephone entries will be accepted.** Entries received after this date returned to sender. Mail entries early. Include SASE with entry for proof of receipt. Allow sufficient time for mail delivery. Photocopy completed entry form for your records.



## Legal Strokes and Turns in Practice Keeps the Officials Away

by Michael Moore

I was officiating at Short Course Nationals, watching lanes 5 through 8 during the woman's 200 butterfly. In the faster heats, the first couple are more difficult to watch as the swimmers are coming into the turn at the same time. By turn 5, the swimmers had spread out making the judging of the turn easier.

The swimmer in lane 6, coming into turn 5, had her arms out reaching for the wall. Unfortunately, her right shoulder was lower than her left shoulder. I raised my right hand signaling an infraction and made out a disqualification slip, then walked over to the other side of the pool to find out the swimmer's name and notify her.

I found the swimmer and asked to see her for a moment. Behind the timers, I told the swimmer from Missouri that in one of her turns, her shoulders were not level, that that was an infraction and handed her a DQ slip.

"How can you do this? I have been swimming all my life and have never been DQ'ed." I thought of many things to tell her, such as the time my daughter took her first two strokes freestyle in the 50 fly at her first meet as an 8 and under. I thought of a couple of other examples of things to say, but I just said "Yes Ma'am," and turned and walked away.

Yet in some ways that bothered me. A woman travels half way across the country to swim in an athletic event and she gets disqualified in an event for which she has spent hours of training. What do you tell her?

One evening I was carpooling home from a Pacific Masters meeting, trading stories with a coach from another team when the source of the problem struck me. Maybe she had just gotten sloppy. I have noticed it in my swimming, and I have noticed it in my lane mates swimming.

Swimmers to get sloppy in practice. It is sometimes easier not to do the strokes correctly and to tell yourself that you will swim the stroke correctly

at a meet, than to work on doing the stroke and turn correctly.

These bad practice habits get entrenched in their muscles and memory. In a big competition a swimmer does not have time to think about doing the turn or stroke correctly. Training does pay off and sometimes it is in a negative way.

If there are not enough stroke and turn judges at local meets and LMSC championships, bad habits get reinforced. "No one has caught me, I must be doing it correctly." Then at a major meet, bad habits rear their ugly head and prove a major disappointment for the swimmer. All the time, money and effort spent for a DQ slip.

When at practice, swim as if you were swimming in a real meet with real stroke and turn judges. *Do the strokes correctly* even at the end of the practice. Make all the turns just as you would in a meet. A swim meet is not the place to begin your new good swim habits. It should be the culmination of your training -- training that includes doing all the strokes and turns correctly all the time. A few tips when training for those who will be competing:

For the Breaststroke and Butterfly, be sure that the arms and legs are synchronized and on the same plane. When coming into the wall, keep the shoulders even. Most swimmers whom I have seen dip a shoulder, usually dip the right shoulder when turning to the left (counter-clockwise; that is how most teams circle swim).

When working on the fly kick, concentrate on having the feet even (in the same horizontal plane) and never cross each other (flutter kick). I have pointed this out to some of my lane mates about their right foot crossing the plane of their left foot. If a stroke and turn judge sees it, your swim will not count for a Top 10. Of course, it is easier to see this infraction under the water than on top, but don't take the chance. When doing kick sets, think about where your feet are and what they are doing (and what they should be doing).

When swimming Butterfly and coming into the wall, decide where

you are going to take that last stroke. Your arms cannot start to pull, then stop, go forward under the water and touch the wall (underwater recovery). Work on hitting the wall at the end of a compete stroke. If you kick into the wall with arms outstretch, you may inadvertently dip a shoulder.

When taking that first stroke of Butterfly or Breaststroke off the wall, be sure the shoulder are level. You may be in a hurry, because the person in back of you is very close, but wait till you are level before taking that first stroke. This is one of the easiest infractions to see from the deck.

When swimming Breaststroke, your head must be above the water (hair to the air) by the instroke of the second arm pull off the wall (the first arm pull being your underwater pull down).

Watch your feet on the Breaststroke turn. The feet tend to drag and move up and down. If I see feet passing each other on the Breaststroke turn it is a flutter kick. Your feet should always be in the same plane. A "sloppy" turn often looks like a flutter kick, and will be called.

Breaststrokers often do a dolphin kick off the wall. If there are not too many stroke and turn judges, it will get you farther faster, but if the judge is in the right spot, it is so easy to see the knees break. During workout, practice keeping the legs straight.

After four years, the new backstroke turn is still uncomfortable for me to judge. Proper positioning to see all of the turn is important for the judge. Once the swimmer turns on the breast, the turn must be a continuous turning action. No kicking without arm movement and no gliding into the wall. It is also important for the swimmer to realize that the flags are put at different spots when you are swimming yards and meters. The flag placement for yards is five yards from the end of the pool. The flags are placed at five meters for metric events. That extra foot

*(Continued on page 10)*

*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).*

*(Continued from page 9)*

and a half will make quite a difference, if you do not plan for it. Work on making a good turn every time, not only will you not be DQ'ed, but chances are a technically sound and "legal" turn will be faster. When training for meets, during practice be sure to practice the proper ways of doing the stroke and turn. After you have put in those hours of practice and then have swam in your event, you do not want to look up at the end of your heat having the stroke and turn judge asking to see you for a second.

*(Reprinted with permission from Pacific Masters Swimming)*



# Short Course Championships Relays

Robin O'Leary has graciously offered to serve as the PNA's "Relay Master" for the 1996 Short Course National Championships at DeAnza College Aquatic Center, Cupertino, California, May 9-12. Please decide as soon as possible and return this form if you'd like to swim on one or more PNA relays!

NAME \_\_\_\_\_ AGE \_\_\_\_ M \_\_\_\_ F \_\_\_\_ USMS # \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY,ST,ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

I will be attending the Short Course National Championship in Cupertino and would like to swim on the following relay(s):

- 200 **Mixed Medley** Relay (Event 15/16), Friday, May 10
- 200 **Freestyle** Relay (Events 17 & 18), Friday, May 10
- 200 **Mixed Freestyle** Relay (Event 31/31), Saturday, May 11
- 200 **Medley** Relay (Events 45 & 46), Sunday May 12

My best recent 50 times (1995 or 1996), in yards are:

	<u>Yards Time</u>		<u>Yards Time</u>
<b>50 Free</b>	:	<b>50 Breast</b>	:
<b>50 Back</b>	:	<b>50 Fly</b>	:

Enclosed is my relay entry fee check made payable to **Robin O'Leary**, for:  
\_\_\_\_\_ relay(s) @ \$3.00 each = \$ \_\_\_\_\_

I'm sending this form to: Robin O'Leary (206) 525-7725  
6323 19th Avenue NE  
Seattle, WA 98115-6903

I understand that if I am not selected to swim on a relay that I have paid for, I will be reimbursed. If I decide to not swim a relay, I must notify Robin prior to April 15, or my relay entry fee will be forfeited (I know my swimmates will be counting on me to be there!).

Signed \_\_\_\_\_

HAPPY BIRTHDAY TO THE FOLLOWING  
PNA SWIMMERS

03/16	Matthew Smith	03/31	Kate Sutherland
03/16	Phoebe Terhaar	04/02	Julianne Arns
03/16	Todd Wirtz	04/02	John Carroll
03/19	Patrick Slowey	04/03	Eric Dybdahl
03/20	Joe Ferong	04/03	Mark Genther
03/21	Barbara Haynes	04/03	Thomas Taylor
03/21	William McNichol	04/04	Alan Bell
03/21	Robert McKenzie	04/05	Marianne Hunter
03/22	John (Jack) Connelly	04/06	Carolyn Baldwin
03/22	Mike Nelson	04/06	Janet Kavadas
03/22	Tom Rutherford	04/06	Barb Thrasher
03/23	Vebjorn Nilsen	04/07	Kimberly Gifford
03/25	Edward Artis	04/08	Chaya Amiad
03/25	Jackie Kimpton	04/09	Gail Hashagen
03/26	Rick Spencer	04/09	Jim Penfield
03/27	Marie Cawrse	04/10	Blair Stewart
03/28	Robert Lanius	04/11	Thomas Riepe
03/29	Mary Anna Keiser	04/12	Yvonne Yokota
03/29	Kathleen Lynch	04/14	Chad Hagedorn
03/30	Claudia Bertolone-Smith	04/14	Mark Watling
03/30	Rick Tupper	04/15	George Unruh
03/31	Jennifer Santillano	04/15	Wendy Van Desompele

**WELCOME TO THE PNA**

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

Sharon Beltrandelrio,  
Kendall Bodden-Conrad,  
Debbie Dosey, Eric  
Dybdahl, Phillip Endicott,  
Kimberly Gifford, Kirk  
Hoffman, David Johnson,  
Kevin Lyon, Chris Marcy,  
Marianna Mason, Fran  
McFarland, Eileen Murphy,  
Tyson Nevil, Jon Pauole,  
Randy Sparks, and Avelin  
Tacon.

**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**

**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)

## 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).

**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 \_\_\_\_\_

**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*

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)

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

\$30

Senior: 65 & over

\$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 \_\_\_\_\_



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

MARCH 17TH  
MWR-NSB BANGOR  
TRIDENTS SWIM TEAM

SWIM MEET  
BANGOR POOL