

The WetSet



Volume 16 Issue 1

January 1997

President's Letter

Dear PNA Swimmers:

Happy New Year! I hope everyone had a wonderful holiday season. And, I hope everyone is back in the water. Remember PNA Champs is Valentine's Day weekend, February 14, 15 & 16. That means your individual registration renewal, your team's annual registration, and your Champs entry are all due January 31. Don't forget!

PNA elections are underway. You should receive a ballot soon, if you haven't already. Be sure to vote and return your ballot. Results will be announced at the meeting and awards ceremony at the conclusion of Champs. In a slight change from usual policy, the new officers will not take office until late May, after National Championships. This will allow for a smoother transition, without expecting new officers to jump right in the middle of preparing for Nationals.

Preparations for Nationals are moving right along. Entry forms were mailed to all clubs, LMSC chairs, and LMSC newsletter editors in mid-December. The entry form will also be in the January-February issue of SWIM magazine. Be sure to heed the entry deadline for Nationals. No late entries are allowed. The meet director doesn't have a choice, as the national organization makes the rules.

Don't forget the Hour Swim. You can swim anytime in the month of January.

Jane Moore

Improving Your Swimming Without Getting Wet by Scott Rabalais

Common sense dictates that in order to become a better swimmer, you must swim. However, completing laps in the pool is not the only method of improving your overall swimming ability. Various exercises, both physical and mental, along with "smart" lifestyle habits, can lead to faster, more efficient and more enjoyable swimming.

Dryland Exercises

Spending only a few minutes each day on exercises can improve your overall strength. A typical dryland workout that requires no special equipment or assistance includes sit-ups, push-ups, abdominal crunches, dips and leg raises. Start your dryland routine with one minute of each exercise, and gradually increase the time or number of repetitions for each activity. Rest briefly (roughly one minute) between exercises.

Weightlifting is a common form of dryland training for Masters swimmers. Beginning weightlifters should be very cautious when starting a new routine and should use light weights. All weightlifting should be practiced with supervision or in the company of others. A common weight-training routine for swimmers includes military and bench presses, lat pulls, bicep and tricep curls, leg presses, hamstring and leg lifts and squats. Start with a minimal number of repetitions of each exercise, increasing number of repetitions before increasing the weight load.

Other strengthening exercises that require equipment are medicine ball, stretch cords, swim benches, leapers and jump rope.

Cross Training

The heart is the "engine" of the physical body. The stronger the heart muscle, the greater volume of blood and oxygen can be delivered to the muscles. Aerobic exercises other than swimming can lead to greater cardiovascular fitness and physical strength. Popular activities to elevate the heart rate for an extended period are running, walking, cycling, land and water aerobics, rollerblading and tennis. Adding cross-training to your routine will require adjustments, as alternate muscles and energy systems may be stressed. It may be necessary to temporarily reduce the swimming work load when initiating cross-training activities.



Stretching and Flexibility

An important factor in the success of any
(Continued on page 3)

Inside

Race Results - Oak Harbor

The Golden Medley

by Dan Frost

Improving Your Swimming

by Scott Rabalais

Race Entry Forms

PNA Champs SCY

ORCA SCY

February Fitness Challenge

USMS Nationals

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

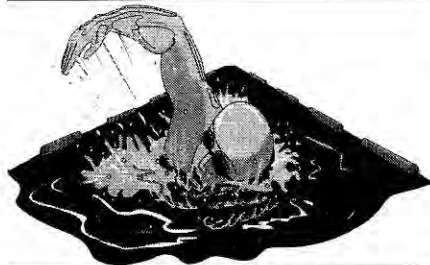
Deborah Bagg
(206) 621-7896

Membership

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

WetSet Editor

Gary Maynard
13818 SE 7th Street
Bellevue, WA 98005
(206) 641-7435
e-mail: maynard@parametrix.com
or maynard@accessone.com



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.

1997 MEET SCHEDULE

PNA Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>
Jan 19	SCM	Fidalgo Pool - Anacortes
Feb 14-16	SCY	PNA Championships - Federal Way
Mar 15	SCY	Helene Madison Pool - Seattle
Apr 12-13	SCY	Naval Submarine Base Pool - Bangor

Oregon

Jan 18	SCY	Barracudas Pentathlon - Beaverton
Mar 8-9	SCM	Bend
Apr 4-6	SCY	Oregon Association Championships - Ashland

Inland Empire

Feb 8-9	SCM	Fairchild AFB Masters - Fairchild
Mar 2	SCY	Lyons Pool - Yakima
Mar 29-30	SCY	Inland Empire Championships

Snake River

Apr 25-27	SCM	NW Zone Championships - Boise
-----------	-----	-------------------------------

Utah

Jan 18	SCY	Murray High School - Murray
Feb 15	SCY	Salt Lake Community College - Salt Lake
Mar 8	SCY	Tooele High School - Tooele

Alaska (www.alaska.net/billings/akms.html)

Feb 14-15	SCY	State Championships - Anchorage (Annie Haxby (907) 248-6040)
-----------	-----	--

British Columbia/Canada

Jan 26	SCM	Cowichan Aquannis Masters Meet ((604) 746-0450)
Feb 22	SCM	Salmon Arm Masters Meet (Bernice Saunders (604) 832-4185)
Mar 9	LCM	Victoria Masters (Leon Politano (604) 478-3379)
Mar 23	SCM	Delta Retreads (Brian Johnson (604) 591-8357)
May 3-4	SCM	BC Provincial Champs (Brian Halls (604) 426-8951)
Jun 27-30	SCM	Canadian Masters Championships - Montreal, Quebec

National/International

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

For Information on Meets Outside of the PNA Area

Inland Empire

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

Northwest Zone Rep

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

Alaska

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

Oregon

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

Utah

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

British Columbia

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

Snake River

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

Montana

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

THE GOLDEN MEDLEY *Swimming a successful IM*

By Dan Frost

Do you remember the old TV game show “Name That Tune”? That was the one where two contestants listened to a 30-piece orchestra play songs that they were supposed to name. The contestants would challenge each other in such classic games as “Melody Roulette” and “Bid-A-Note” (“I can name that tune in seven notes!”). At the end of every show, the victorious player tried to win the bonus money in “The Golden Medley,” attempting to name seven songs in 30 seconds.

It usually was a medley in a true sense. There were jazz tunes, contemporary hits, country songs, oldies, and “big band” sounds. A winning contestant really had to know his music, especially since he could only afford to listen to a tune for barely four seconds.

Swimming’s version of “The Golden Medley” has the same path to success. It isn’t enough to be able to swim one or two strokes really well. A strong IM requires four skillfully performed strokes. Sure, it helps to be really good at your “specialty” stroke, but one or two strong legs of an IM don’t make up for the struggle and pain in the other segments.

Good individual medleys are trademarks of good swimmers, and they are worth the effort required to practice and perfect them. You use just about every muscle on your body, usually more than once and in more ways than one. The skills required for each stroke are varied... anyone who has tried to swim butterfly knows how different it is than trying to swim freestyle. No other challenge in swimming demands such a combination of physical condition, skill in execution, and brain power.

Here are a few ideas on turning those individual medleys into golden ones:

- *Practice your weak strokes.* In an IM you need to be able to swim each stroke efficiently. For example, you can’t waste energy on the butterfly and expect to have enough for the remaining legs. Also, you need good endurance... the ability to keep a good pace and good form as fatigue sets in.
- *Breaststroke is a big key.* IM swimmers usually have a “specialty” stroke... some are very good at backstroke, others at breaststroke or butterfly. More than a fair share of the top IM swimmers in the world specialize in breaststroke. Why? Fast and efficient breaststroke requires good timing, stroke mechanics, and strength (particularly in the kick). The problem is trying to swim an efficient breaststroke after the fatigue from the first two legs of the IM. The good IM swimmers have the endurance to maintain good breaststroke form while keeping a fast pace and saving some arm strength for the freestyle. Those who don’t hold their form here will eat up time and compound their fatigue.
- *Don’t ignore the freestyle.* Swimming an efficient freestyle is just as important as in the breaststroke. You shouldn’t have to spend the first part of the freestyle leg trying to recover from the first three legs. Even in a 100 IM, you’ll cover the last leg faster by taking good long strokes instead of trying to sprint at a rapid stroke rate.
- *Don’t rely on your specialty stroke.* If you expect to make up some time by pushing hard on your strong stroke, you are setting yourself up for trouble. You may gain a few seconds now at the risk of burning out later in the swim. Again, you need to save something for the freestyle.
- *Practice kicking.* Good kicking is another key to the IM. A good dolphin kick leads to an efficient butterfly. A good frog kick makes for a fast breaststroke, and gives the arms a little rest before the freestyle.
- *Work on turns.* Once you’ve mastered each stroke, it is time to concentrate on the three IM transition turns. Just like in any event, good fast turns help shave time and maintain pace and momentum. One common habit is to hang on the wall and take an extra long breath (and rest) before pushing off on the next stroke segment. This is particularly common at the backstroke-to-breaststroke changeover. In fact, that is partly why the back-to-breast turn is perhaps the most difficult (and least liked) IM turn. There is more than one way to execute the back-to-breast turn, and it takes some practice to determine which is best for you.

Go forth, build a strong IM, and put yourself on the way to becoming a better all-around swimmer. Remember, when it’s time to play the Golden Medley, you can name that tune in four *strokes*.

100 M. FREE			
ERIC GUEST	67 OREG	1:18.23	
BOB DORSE	65 PNA	1:20.02	
HARVEY PROSSER	68 PNA	1:23.75	
200 M. FREE			
HARVEY PROSSER	68 PNA	3:00.56	
400 M. FREE			
HARVEY PROSSER	68 PNA	6:23.92	
1500 M. FREE			
HARVEY PROSSER	68 PNA	25:01.27	Z
50 M. FLY			
ERIC GUEST	67 OREG	40.94	
100 M. I.M.			
BOB DORSE	65 PNA	1:35.23	

M E N 70-74

50 M. FREE			
AUBREY DODD	73 IEM	51.60	
100 M. FREE			
AUBREY DODD	73 IEM	2:33.73	
200 M. FREE			
GILBERT YOUNG	74 OREG	3:09.83	
400 M. FREE			
GILBERT YOUNG	74 OREG	6:43.67	
800 M. FREE			
GILBERT YOUNG	74 OREG	13:56.51	
50 M. BACK			
JAMES WORREL	74 PNA	55.92	
AUBREY DODD	73 IEM	1:10.56	
50 M. BRST			
JAMES WORREL	74 PNA	49.87	
200 M. BRST			
JAMES WORREL	74 PNA	4:11.67	P
50 M. FLY			
AUBREY DODD	73 IEM	1:13.06	
100 M. I.M.			
JAMES WORREL	74 PNA	1:50.64	
AUBREY DODD	73 IEM	2:38.29	
200 M. I.M.			
JAMES WORREL	74 PNA	4:09.50	P

M E N 75-79

50 M. FREE			
HAL YOUNG	75 PNA	49.10	
200 M. FREE			
HAL YOUNG	75 PNA	3:57.06	
400 M. FREE			
HAL YOUNG	75 PNA	8:36.42	
800 M. FREE			
HAL YOUNG	75 PNA	19:16.20	SZ
1500 M. FREE			
HAL YOUNG	75 PNA	36:12.35	Z
50 M. BRST			
HAL YOUNG	75 PNA	57.29	P

M E N 85-89

400 M. FREE			
JIM PENFIELD	88 PNA	12:34.61	SZ
800 M. FREE			
JIM PENFIELD	88 PNA	25:53.48	Z

RELAYS-M E N 200 M. FREE

160-199			
STEVE WELLS	49 PNA	2:02.49	
HARVEY PROSSER	68		
JACK HALLIGAN	28		
DAN FROST	28		

RELAYS-M E N 200 M. MEDLEY

120-159			
MARK HEINNICK	39 PNA	2:06.74	
BRAD LOUNSBURY	42		
DAN FROST	28		
JACK HALLIGAN	28		

CHRIS SCHULTZ	41 PNA	2:23.90	
MIKE HENDERSON	29		
PETE GILLIS	41		
TERRY LEY	31		

RELAYS-MIXED 200 M. FREE

100-119			
TIMOTHY WAUD	29 OREG	2:01.61	
JEANNE THIMM	30		
SHANNA SIMPSON	25		
STEVE STONEHAM	25		
LINDA SANDFIELD	25 PNA	2:02.94	P
HOPE DEAN	37		
JACK HALLIGAN	28		
DAN FROST	28		

(Continued from page 1)

swimmer is degree of flexibility. While some swimmers are fortunate to have the "long and limber" physique, most swimmers need a healthy dose of regular stretching to reach desired flexibility levels. Stretching should be implemented into every workout, either on land or in the water (or both). Allocate at least 10 minutes for flexibility exercises, either before, during or after training. Stretching may also serve to reduce the chance of injury and may be used as therapy for some ailments. Always consult a medical professional before stretching injured areas of the body.

Sleep and Rest

In our active culture, sleep is often sacrificed for a few extra hours of productivity. Unfortunately, loss of sleep will often lead to a decrease in productivity and the quality of our lives. Sleep is the body's quickest means of recovering from a strenuous workout. Swimmers who train daily should sleep from seven to eight hours per night, although some may require slightly less. During working hours, our bodies will respond favorably if we are mentally and physically relaxed. High levels of stress are destructive to the mind, body and soul, and such practices as meditation, yoga or a few minutes of "quiet time" can enhance recovery.

Massage

It is common for swimmers to develop sore and tight muscles due to strenuous training. A professional massage therapist can help bring those strained muscles back to their more natural and relaxed state. While friends and fellow

swimmers may be willing to offer a gentle backrub, it is recommended that a professional massage therapist be visited, particularly one who is experienced in working with athletes. Therapists will vary in degree of applied pressure, and the swimmers should provide constant feedback to the therapist to achieve the best results. Interestingly, you may be able to determine a stroke fault that manifests as pain in a particular area of the body. For example, a strained and sore left shoulder may be the result of a lack of rotation to the right side in freestyle and/or backstroke.

Nutrition

A virtually endless library of information and research is available on diet and nutrition. While this information may be helpful, in the end individuals must determine their own unique nutritional needs. No two people are alike; for example, while one may need a relatively high level of protein, another may require less protein and more carbohydrates. Pay attention to what your body craves--it sends clear messages. Also, be aware of your physical reaction to all food and beverage. View food as fuel for the body more than as an emotional stimulus.

Study Swimming

To learn more about swimming, watch elite swimmers in action at a local college, high school or USS meet. Order videotapes that include footage of the world's best swimmers in action and emulate them. In your own workouts, study the strokes of the experienced swimmers in the "fast" lanes. In addition, read the latest books, magazines and newsletters from the swimming experts. Ask your own coach to evaluate your stroke technique or to explain the training plan. If you do not have a personal coach, introduce yourself to one at your next meet or clinic and ask for stroke tips. Perhaps most helpful is watching a video of your own swimming. Most ideal is underwater filming and evaluation from a knowledgeable coach or fellow swimmer.

Keep a Journal

After each workout, record important data and reactions. Track your distance and list times from main sets and time trials. List skills learned or improved upon. Record short- and long-term goals and keep a list of achievements. Give yourself positive reinforcement for a job well done.

February Fitness Challenge '97



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 (a branch of Bengal Tiger Aquatic Club), Baton Rouge, La.

Sponsor: Maxwell Medals & Awards

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, 1997, 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 28, 1997

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: \$8.00, all fees (check or money order) payable to **Crawfish Masters Swim Team**

T-shirts: \$12.00, short sleeve, 100% cotton, five-color screen. Theme: "Winter in the Water"

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

Entry Deadline: Entries must be RECEIVED by March 18, 1997. 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 "Improving Your Swimming (Without Getting Wet)," send a self-addressed stamped envelope to the above address.

February Fitness Challenge '97

(please print)

NAME: _____ AGE (as of 2/28/97): _____ SEX: _____

ADDRESS: _____ CITY: _____ STATE: _____

ZIP: _____ COUNTRY: _____ PHONE: (____) _____ USMS MEMBER? Y N

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

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	\$ 8.00	_____	(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)			

HAPPY BIRTHDAY - PNA SWIMMERS

01/16	Leslie Helm	01/23	Lisa Deck
01/16	David Kayarian	01/25	William Etnyre
01/16	Sheila Shannon	01/25	James Allen
01/16	Paul Frederick	01/25	Cynthia Rosik
01/17	Ira Cooper	01/25	Eric Tweit
01/17	Roy Ingham	01/26	John Berry
01/17	John Prigger	01/27	Avelin Tacon
01/17	Nancy Lawrence	01/27	Maxine Carlson
01/17	Nancy Price	01/27	Linda Bingler
01/18	Paul Pike	01/27	Gary Mather
01/19	Marc Beck	01/28	Marcia Stock
01/19	Gay Hunter	01/29	Matthew Jarmin
01/19	William Garrison	01/29	David Kienlen
01/19	Mary Sipple	01/29	Jennifer Stevens
01/20	Coral Bernier	01/30	Jennie Goldberg
01/20	Jean Henderson	01/30	Mary Lippold
01/21	Michael Burngasser	01/30	Lawrence Nordell
01/21	Gary Brock	01/30	James Weyand
01/22	Gary Ladd	01/30	Laura Hanan
01/22	Kerry McShane	01/31	Robert Welcher
01/22	Ken Alrrich	02/02	Masahito Sanae
01/23	Jim Lasersohn		



WELCOME TO THE PNA

The Following Swimmers Have Joined PNA In The Last Month

Julie Ainsworth-Fisher, Katherine Banta, Veronica Bowman, Katherine Boyd, Beth Brenner, Carol Brown, Ralph Busch, Joann Bushnell, James Byfield, Philip Day, Samuel Day, Steven Feyedelem, Kirsten Gagnaire, Karin Gardner, John Geyman, Pete Gillis, Walter Gingery, Jack Halligan, David Harger, Linda Hegeberg, Mark Heinrich, Elizabeth Henderson, Michael Henderson, Cynthia Hirst, Mark Jaeger, Hugh James, Matthew Jarmin, Nancy Jones, John Joseph, Laura Keegan, Jamshid Khajuai, Samuel Lawrence, Ann Lemke, Jay Leuke, Terry Ley, Sabrina Lightbourn, Anne McClenan, Carol McCaig, Molly McCormick, Kerry Ness, George Passino, Wade Prager, Joan Randish, Ryan Roberts, Taunya Roberts, Bruce Robertson, Linda Sanfield, Gary Schimek, Chris Schulz, Karl Segnitz, Rebecca Slivka, Nate Starling, Dave Steele, Jennifer Stevens, Miran Terry, Deborah Thomson, Brenda Tomtan, Curtis Troupe, Haley Wagner, Deborah Walker, Stephen Wells, and Jenny Wren.

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

1997 United States Masters Swimming National Short Course Championships

Weyerhaeuser King County Aquatic Center
Federal Way, Washington May 15-18, 1997



The islands and shoreline of Puget Sound offer unlimited vacation opportunities.

The Weyerhaeuser King County Aquatic Center is one of the fastest pools in the world.

MEET INFORMATION

The Pacific Northwest Association of Masters Swimmers is proud to host the 1997 USMS Short Course National Championships. Participants are asked to read the following information carefully and to refer to the checklist on the entry form to avoid any problems or misunderstanding regarding the conduct of the meet. All times listed are Pacific Daylight Time.

Location
Weyerhaeuser King County Aquatic Center, 650 SW Campus DR, Federal Way, WA

Directions
From north- or southbound I-5, take exit 142B, which directs traffic west on S 348th (a continuation of westbound Hwy 18). Continue west on S 348th across Pacific Hwy S (Highway 99) and across 1st Ave S (Note: 348th becomes SW Campus Dr after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

Facilities
The Aquatic Center is an indoor facility with spectator seating for 2,500 and a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water-depth range of 9 to 10 1/2 feet. The Center includes a seven-lane, 25-yard diving tank and a 25-yard recreational pool with three lanes available for continuous warm-up during the meet.

EMERGENCY TELEPHONE
(206)296-4444 - Emergencies only
DO NOT USE FOR CHECK-IN!

Headquarters Hotel

The Sheraton Tacoma, 1320 Broadway Plaza, Tacoma, WA (206)572-3200, 12 miles from pool, \$78 (tax rate).

Other Hotels on Shuttle Route

Comfort Inn, 8 miles, (206)925-2301, \$56-65

Days Inn, 8 miles, (206)922-3500, \$64

Executive Inn, 8 miles, (206)922-0080, \$65-70

Royal Coachman, 8 miles, (800)422-3051, \$64

Travel & Lodging

AST Travel Management (1-800-433-9066) has been named the official booking agent for the meet and can book your hotel, airfare, airport shuttle and car rental reservations along with pre- and post-meet tours.

Meet Shuttle Service and Parking

LIMITED PARKING is available at the Aquatic Center. Swimmers are encouraged to take advantage of the free shuttle service for transportation to and from the Aquatic Center. The headquarters hotel and other hotels listed above will be on the shuttle route. A schedule for complimentary shuttle service between designated hotels and the Aquatic Center will be available at registration. The shuttle will run from noon until 9 p.m. on Wednesday, May 14, and from 5:30

a.m. until one hour after the last event on Thursday, May 15, through Sunday, May 18.

Airlines

Most major airlines serve Seattle-Tacoma International Airport, which is located 15 miles north of the Aquatic Center along the I-5 corridor. Special fares are available through AST Travel Management.

Ground Transportation

Car rental is available at the airport. Airport shuttle to hotels can be arranged in advance through Shuttle Express at (800)487-7433.

Meet Officials

Meet Referee: Ron VanPool and Neville Johnson. Meet Directors: Hugh and Jane Moore (206) 925-0803 (before 9 p.m. PDT)

General Meeting

All coaches, officials and swimmers should be represented at the general meeting at the Aquatic Center on Wednesday, May 14, at 7 p.m. Matters pertinent to the operation and conduct of the meet will be discussed.

Coaches Meeting

A meeting of the Masters Aquatic Coaches Association will be held on Saturday, May 17, from 6 to 7 a.m. at the Aquatic Center. A MACA Masters Coaching School and Certification Course (\$40) will be held on Wednesday, May 14, from 1 to 5 p.m. at the Aquatic Center. Contact Judy Bonning at (954)345-5370 or 10728 NW 21st Pl., Coral Springs, FL 33071.

MEET INFORMATION

Registration

All participants must register prior to competing to receive a meet program, banquet tickets and other meet information. Registration will be held in the lobby at the Aquatic Center on Wednesday, May 14, from 11 a.m. to 8 p.m. and on Thursday, May 15, through Sunday, May 18, from 6 a.m. until the end of the last event. Check-in for distance events and relays will be available in the same area.

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 14, at the Aquatic Center. Telephone check-in for the 1000 and 1650 freestyles will be available on Tuesday, May 13, from noon until 4 p.m. and on Wednesday, May 14, from 9 a.m. until 6 p.m. Each swimmer who enters a distance event will be sent a confirmation card with the telephone check-in number. 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.

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 10, 1997. If a swimmer wishes to affiliate with a Masters club, the club 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." Foreign swimmers are welcome. Entries must include a copy of swimmer's USMS registration card or International Travel Permit and fees in U.S. dollars.

Age Groups

Individual events: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 100-104. Relay events: 19+, 25+, 35+, 45+ ... (ten year increments as high as necessary). Age for the meet is determined as of the last day of the meet (May 18, 1997).

Scoring

Individual events: 11-9-8-7-6-5-4-3-2-1. Relay events: 22-18-16-14-12-10-8-6-4-2.

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 scores are counted only in the Combined category. The USMS Championship Committee will determine divisions after the entry deadline based on number of entrants from each club.

Awards

Distinctive plaques will be presented to all competitors. Colored bars (gold, silver, bronze and copper) will be awarded for first through tenth places in each age group in each event including relays. Bars will be engraved with place and event. An engraver will be present at the meet to provide additional engraving, if desired. A USMS Championship patch will be given to each individual and relay team member for the first event won. Swimmers winning more than one Championship event may purchase an additional patch for each additional event won for \$2 per patch. Relay representatives should pick-up relay awards. Awards not claimed will not be mailed unless arrangements are made in advance at the meet. Awards will be presented to the top three teams in each category of 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. Men's heats will precede women's heats for each event. The 1000 and 1650 freestyles and the 400 IM will be deck-seeded slowest to fastest by time only for each sex. The 500 freestyle will be deck-seeded first by age group and then by time.

Warm-up Times

The warm-up pools at the Aquatic Center will be available throughout the competition. On Wednesday, May 14, warm-up is from noon until 8 p.m. at the Aquatic Center. On competition days, the warm-up pools will be available from 6 a.m. until 30 minutes following the conclusion of the final event. On Thursday, the competition

BANQUET

A banquet will be held at historic Union Station near Sheraton-Tacoma on Friday evening at a cost of \$25 per person. Pacific Northwest foods will be served. Union Station contains a wonderful display of world-famous Chihuly glass. The adjacent Washington State History Museum will be open prior to the banquet. Shuttle provided.

pool will be open for warm-up from 6 to 6:50 a.m. On Friday, the competition pool will be open for warm-up from 6 until 7:50 a.m. On Saturday and Sunday, the competition pool will be open for warm-up from 6 until 6:50 a.m. and for 45 minutes following the first event of the day, the 500 free.

Warm-up Procedures

Water Entry: Swimmers must enter the pool feet first in a cautious manner. No diving allowed except in designated sprint lanes. Also, no diving allowed into the warm-up pools. Special caution must be observed in the recreational pool, which has a depth of only three feet.

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 sessions in the competition pools only. No sprint lanes will be designated in the warm-up pools.

ANY SWIMMER WHO ACTS IN AN UNSPORTSMANLIKE OR UNSAFE MANNER WITHIN THE SWIMMING VENUE MAY BE CONSIDERED FOR APPROPRIATE ACTION OR PENALTY AT THE DISCRETION OF THE REFEREE (Rule 102.15.2).

Sixth Event Rule

If, in the opinion of the USMS Championship Committee, the meet is deemed too large to be run in an efficient manner, a swimmer's sixth event will be dropped. Each swimmer entering six events must indicate the sixth event as directed on the entry form. The sixth event cannot be changed after the entry is submitted.

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.

Attractions

The islands and shoreline of Puget Sound offer unlimited opportunity for sightseeing. There are three National Parks within a two-hour drive of Federal Way (Mt. Rainier, Olympic and North Cascades). Mt. St. Helens is 1 1/2 hours from Federal Way.

Concessions, Vendors & Souvenir Items

A full-service snack bar is available in the lobby of the Aquatic Center. Vendors will offer souvenirs, swimming apparel and other merchandise. Commemorative clothing items with the meet logo will be sold.

Temperature and Climate

Average temperature range is a low of 50 and a high of 70. Sweats recommended.

1997 USMS National Short Course Championships Official Entry Form

**Weyerhaeuser King County Aquatic Center
Federal Way, Washington May 15-18, 1997**

Sanctioned by Pacific Northwest Association for USMS, Inc. Sanction number: 369702

Name* _____		Sex _____	
Last	First	Middle Initial	
Address _____			
Street	City	State	ZIP Country
Phone _____		Age _____ Birthdate _____	
A/C	Days	A/C	Evenings
		(on 5/18/97) Month/Day/Year	
Emergency _____		USMS Reg. # _____	
Name		Phone No.	
Club Name or Unattached _____		Club Abbreviation _____	
*Print name as it appears on USMS registration card. A copy of 1997 USMS card is required with entry.			

BEFORE COMPLETING, READ "ENTRY FORM INSTRUCTIONS" ON PREVIOUS PAGE.
Entries must be U.S. postmarked by April 3, 1997 or received by April 10, 1997.

Event No.	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6
Warm-Up 6:00 - 6:50 a.m.				THURSDAY, MAY 15, 1997	Start 7:00 a.m.			
2				1000 FREESTYLE**	1			
4				1650 FREESTYLE**	3			
Warm-Up 6:00 - 7:50 a.m.				FRIDAY, MAY 16, 1997	Start 8:00 a.m.			
6				100 BREASTSTROKE	5			
8				50 BUTTERFLY	7			
10				200 FREESTYLE	9			
12				100 BACKSTROKE	11			
13/14	SEE RELAY FORM			200 MIXED MEDLEY RELAY	13/14	SEE RELAY FORM		
16	SEE RELAY FORM			200 FREESTYLE RELAY	15	SEE RELAY FORM		
18				400 INDIVIDUAL MEDLEY	17			
Warm-Up 6:00 - 6:50 a.m.				SATURDAY, MAY 17, 1997	Start 7:00 a.m.			
N/A	WOMEN'S 500 FREE SUNDAY			500 FREESTYLE (MEN)**	19			
22				50 BREASTSTROKE	21			
24				100 BUTTERFLY	23			
26				200 INDIVIDUAL MEDLEY	25			
28				50 FREESTYLE	27			
30				200 BACKSTROKE	29			
31/32	SEE RELAY FORM			200 MIXED FREESTYLE RELAY	31/32	SEE RELAY FORM		
Warm-Up 6:00 - 6:50 a.m.				SUNDAY, MAY 18, 1997	Start 7:00 a.m.			
34				500 FREESTYLE (WOMEN)**	N/A	MEN'S 500 FREE SATURDAY		
36				100 INDIVIDUAL MEDLEY	35			
38				200 BREASTSTROKE	37			
40				100 FREESTYLE	39			
42				200 BUTTERFLY	41			
44				50 BACKSTROKE	43			
46	SEE RELAY FORM			200 MEDLEY RELAY	45	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?
 *No more than three events per day entered?
 *Liability release signed and dated?
 *Fees payable to "PNA Masters Swimmers" enclosed?
 *USMS card/Int'l permit attached?
 *SASE enclosed?
 Indicate purpose on envelope: hotel list, additional meet info, proof of entry receipt, and/or relay entry form.
 *Entry postmarked by April 3, 1997, or received by April 10, 1997, deadline?
 *Questions? Call (206)925-0803 before 9 p.m. PDT.

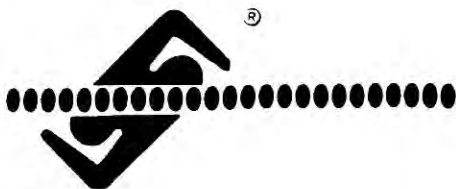
**You may enter either the 1000 Free or the 1650 Free, not both. Check-in required; phone check-in on Tues., May 13, 12-4 pm and Weds., May 14, 9am - 6pm PDT.

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."

FEES:

Meet Surcharge (required)	\$70
Number of Individual Events _____ x \$ 4 = _____	
Banquet _____ x \$25 = _____	
Final Results _____ x \$15 = _____	
TOTAL FEE ENCLOSED = _____	
Check or money order payable to: PNA Masters Swimmers	

Signature _____ Date _____



Official Entry Form for RELAY Events
1997 UNITED STATES MASTERS SWIMMING
NATIONAL SHORT COURSE CHAMPIONSHIPS
 Weyerhaeuser King County Aquatic Center
 Federal Way, Washington
 May 15 - 18, 1997

Sanctioned by
 Pacific Northwest Associati
 for USMS, Inc.
 Sanction No. 369702

Club Name _____	Club Abbrev. _____
Name of Relay Representative: _____	Telephone: _____ / _____
Address: _____	City: _____ State: _____ Zip: _____

Instructions: Please enter the age group, A/B/C designation and an achieved time or a reasonable aggregate time for your relay teams under the correct event column. **IF YOU ENTER "NO TIME" YOUR ENTRY WILL BE REJECTED.**

Entry Deadline: Entries must be postmarked (in the U.S..) by April 3, 1997 or received by April 10, 1997. Entries received after April 10th are \$12 relay. Deck entries will be accepted until Thursday May 15, 1997 6:00PM. All relay swimmers must have entered the meet by April 10th. **Swimmers entering relays only and no individual events must complete the individual entry form, pay the surcharge and sign the liability release.**

Relay Eligibility: Each relay swimmer must be a registered Masters swimmer. Each of the four members of any relay team must be properly registered with the same Masters club. **"Unattached" swimmers may not swim on relay teams.** Relay entry is in addition to individual events. A swimmer may swim each relay event only once (limit of 4 relay events per swimmer).

Awards: Engraved bars stating event and place to be mounted on award plaques.

Age Groups: The age of the youngest swimmer determines the age group of the relay team.. Relay age groups are: 19+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+. Ages are determined in whole years as of the last day of the meet (May 18, 1997) **Designate A, B, C, etc. if you have more than one member in the same age group.**

Relay scoring: Men, Women, Mixed - 22, 18, 16, 14, 12, 10, 8, 6, 4, 2. Points from mixed relays shall count for combined score only

Deck Entries: Clubs may deck enter relay teams until 6 PM Thursday, May 15, 1997 at the Relay Registration desk, for a fee of \$12.00 per relay.

Age Group	A B C	WOMEN'S RELAYS		MEN'S RELAYS		MIXED RELAYS	
		EVENT #16 200 Yards Free Relay	EVENT #46 200 Yard Medley Relay	EVENT #15 200 Yard Free Relay	EVENT #45 200 Yard Medley Relay	EVENTS #13/14 200 Yard Medley Relay	EVENTS #31/32 200 Yard Free Relay

Checks Payable to:
 PNA Masters Swimmers
Mail entry & Fees to:
 1997 USMS National Championships
 c/o Hugh & Jane Moore
 1867 58th Ave. NE
 Tacoma, WA 98422-1517

Number of Relays entered on or before April 10, 1997 _____ x \$ 8.00 = _____
 Number of Relays entered after April 10, 1997 _____ x \$12.00 = _____
 Total \$ _____

RELAY SWIMMERS ONLY - PLEASE SUBMIT INDIVIDUAL ENTRY FORM

Legible copies of this entry blank are acceptable. For relay instructions see reverse side of this form.

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	28.25	27.97	27.98	28.75	29.43	31.77	33.64	36.33	36.67	39.96	42.02	50.88	1:04.30
100 FREE	1:00.65	1:01.49	1:01.16	1:03.20	1:04.85	1:10.46	1:17.91	1:22.61	1:25.15	1:32.50	1:40.12	1:51.28	2:37.39
200 FREE	2:17.52	2:14.93	2:12.21	2:17.25	2:16.05	2:35.45	2:47.81	2:59.11	3:09.43	3:26.79	3:38.78	4:09.55	6:03.75
500 FREE	6:10.49	6:04.95	5:56.85	6:07.47	6:23.04	7:00.09	7:41.24	8:09.53	8:33.76	9:02.88	10:07.94	11:40.37	15:56.19
1000 FREE	13:16.85	13:10.30	12:30.60	12:47.47	13:18.61	14:54.58	16:39.55	16:46.05	17:56.17	19:02.87	22:33.42	30:41.30	No Time
1650 FREE	24:35.78	21:56.14	21:07.61	22:05.48	22:56.54	26:23.81	28:24.45	29:11.44	33:20.53	32:06.57	40:12.03	No Time	No Time
50 BACK	33.09	32.41	32.31	33.36	34.61	39.13	41.43	45.33	44.53	50.66	50.85	1:01.70	1:17.37
100 BACK	1:12.27	1:10.24	1:09.16	1:12.08	1:14.81	1:24.41	1:31.26	1:37.76	1:41.96	1:50.67	1:54.48	2:18.20	2:42.04
200 BACK	2:36.96	2:31.39	2:28.58	2:35.45	2:48.74	3:05.03	3:22.71	3:30.80	3:46.85	4:00.24	4:13.83	5:06.98	6:10.88
3 BREAST	37.35	35.96	36.49	37.29	38.67	41.94	43.92	47.38	49.27	54.66	57.60	1:08.92	1:40.83
100 BREAST	1:20.96	1:17.88	1:20.12	1:21.96	1:24.34	1:31.71	1:36.88	1:44.06	1:48.52	2:02.14	2:07.26	2:42.02	No Time
200 BREAST	2:55.59	2:50.06	2:54.37	3:02.04	3:08.20	3:24.08	3:31.98	3:47.24	4:01.48	4:30.30	5:00.40	6:49.30	No Time
50 FLY	31.37	30.88	30.90	31.76	32.44	35.02	37.62	42.46	46.41	48.47	57.71	1:10.13	2:01.29
100 FLY	1:09.62	1:07.93	1:08.57	1:11.32	1:13.93	1:24.46	1:37.74	1:44.02	2:00.82	2:12.07	2:26.40	No Time	No Time
200 FLY	2:46.28	2:32.52	2:33.23	2:44.27	2:48.98	3:20.73	3:50.16	3:54.44	5:47.68	4:46.98	No Time	No Time	No Time
100 IM	1:11.14	1:09.51	1:10.80	1:13.18	1:14.98	1:22.58	1:27.33	1:34.19	1:42.73	1:44.72	1:56.38	2:25.05	3:40.41
200 IM	2:33.96	2:31.48	2:32.04	2:38.97	2:46.40	2:58.23	3:14.65	3:29.06	3:50.37	4:02.00	4:25.83	5:53.33	7:30.33
400 IM	5:44.51	5:26.57	5:26.37	5:40.33	6:00.26	6:41.36	7:07.08	7:48.99	8:21.83	9:05.79	11:42.74	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	Men 85-89
50 FREE	24.46	23.98	24.04	24.74	24.98	26.11	26.53	28.50	29.65	30.67	34.46	36.43	42.32	1:04.13
100 FREE	54.22	52.88	52.71	54.16	55.13	57.97	58.82	1:03.62	1:07.54	1:10.25	1:22.50	1:30.36	1:40.59	2:40.46
200 FREE	2:00.43	1:57.71	1:58.45	2:01.58	2:03.00	2:07.29	2:11.77	2:26.67	2:33.00	2:43.92	3:04.89	3:34.98	4:03.30	No Time
500 FREE	5:35.79	5:30.02	5:23.98	5:31.94	5:41.23	5:55.86	6:18.06	6:50.99	7:03.29	7:52.53	8:39.42	9:54.97	11:16.56	No Time
1000 FREE	12:20.74	11:43.26	11:35.07	11:33.32	12:00.52	12:31.10	13:26.45	14:25.73	14:58.03	16:31.96	17:54.17	21:34.79	25:23.27	No Time
1650 FREE	20:35.69	20:53.85	19:07.67	19:24.09	20:19.06	21:24.20	23:12.42	24:59.64	25:35.72	28:01.57	32:00.68	33:43.90	No Time	No Time
50 BACK	28.93	28.00	28.56	28.78	29.80	30.69	32.18	35.32	37.53	39.11	42.97	47.47	56.62	1:45.71
100 BACK	1:03.57	1:00.23	1:01.85	1:02.27	1:04.68	1:07.95	1:11.67	1:18.01	1:21.38	1:28.72	1:30.73	1:51.00	2:09.27	No Time
200 BACK	2:20.53	2:12.94	2:16.63	2:14.86	2:21.90	2:29.99	2:37.76	2:54.74	3:06.01	3:20.35	3:39.48	4:13.26	5:47.60	No Time
50 BREAST	31.72	31.24	31.27	31.54	32.32	33.64	35.32	38.23	39.30	41.29	48.45	50.13	1:05.53	No Time
100 BREAST	1:08.81	1:07.63	1:08.15	1:09.63	1:10.52	1:14.07	1:17.83	1:25.34	1:29.23	1:33.98	1:45.47	2:00.45	2:44.08	No Time
200 BREAST	2:37.88	2:34.55	2:31.10	2:36.49	2:37.32	2:45.07	2:54.12	3:10.49	3:25.60	3:37.90	4:05.51	4:16.14	7:41.73	No Time
50 FLY	26.77	26.37	26.77	26.68	27.27	28.63	29.88	31.93	33.39	36.59	43.87	47.36	No Time	No Time
100 FLY	59.31	58.32	59.48	59.88	1:00.61	1:04.30	1:07.30	1:15.68	1:24.46	1:30.76	2:00.16	2:36.49	No Time	No Time
200 FLY	2:17.54	2:17.18	2:15.98	2:16.50	2:18.97	2:28.61	2:45.41	3:09.84	3:22.65	3:41.91	4:42.02	No Time	No Time	No Time
100 IM	1:02.51	1:06.72	1:01.19	1:02.38	1:03.04	1:07.99	1:09.63	1:15.47	1:18.28	1:24.28	1:39.87	1:47.91	2:35.60	No Time
200 IM	2:19.57	2:12.58	2:11.91	2:17.07	2:21.50	2:29.13	2:35.17	2:54.57	2:57.34	3:19.12	3:48.35	4:32.45	No Time	No Time
400 IM	5:06.27	4:51.97	4:51.72	4:58.34	5:09.52	5:22.38	5:46.76	6:31.99	6:39.16	7:21.89	8:41.41	No Time	No Time	No Time

NQTs 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 of affiliation.

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 above. Designate the events in which NQTs have been met with a "T" in column

designated as such. No NQTs for women age 85 and over and men age 90 and over.

Entry Times

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

Sixth Event

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 changes of designated 6th event will be allowed. No refunds given for the dropped event.

1000/1650 Yard Freestyle

A swimmer may enter either the 1000 or 1650 freestyle, but 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 is not complete until check has cleared the bank. If there are questions about an entrant's check, full cash payment in U.S. dollars will be required before the entrant is allowed to swim. Refund requests must be in writing and received by April 10, 1997. 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 10, 1997, deadline. All fees are payable to "PNA Masters Swimmers."

Relay Entry Form

Relay entry forms will be sent to USMS clubs, or send SASE to address below. Relay cost \$8 through April 10, \$12 afterwards.

Mail Entry and Fees

1997 USMS National Championships
c/o Hugh and Jane Moore
1867 58th Ave NE
Tacoma, WA 98422-1517

(206)925-0803 before 9 p.m. PDT

Entry Deadline

All U.S. entries must be postmarked with official U.S. postmark (no business meters) by April 3, 1997 OR received by April 10, 1997. Entries received after this date will be returned to sender. No telephone entries will be accepted. Mail entries early. Include SASE with entry for proof of receipt. Allow sufficient time for mail delivery. Photocopy completed entry form for your records.

**1997 US MASTERS SWIMMING
NATIONAL SHORT COURSE CHAMPIONSHIPS**

Federal Way, Washington
May 15 - 18, 1997

TRAVEL REGISTRATION

We're looking forward to welcoming you to the Weyerhaeuser King County Aquatic Center in Federal Way, Washington. Now we would like to make your travel arrangements so that every detail is perfect. For hotel, airline and car bookings, please fill in the information below and fax this form to AST Travel Management as soon as possible (no later than April 1, 1997). If you have any questions, please feel free to call and ask for the Masters Swimming Desk (800/433-8066). You will be contacted by an AST Consultant to discuss all details, followed by written confirmation.

Please list names of all adults & children sharing one hotel room / Use a separate sheet for additional hotel rooms

NAME(S) _____ ADDRESS _____

PHONE/FAX () _____ () _____
(daytime phone) (fax) (evening phone)

SPECIAL CONDITIONS (i.e., wheelchair, hearing impaired) _____
 Special travel discounts to SeaTac International Airport have been arranged exclusively for Master Swimmers and their traveling companions. Airline and hotel cancellation policies vary. You will be advised in writing of the details.

CHECK ITEMS BELOW THAT YOU WOULD LIKE AST TO RESERVE FOR YOU

AIRFARE ()
 Departure Airport _____ Seat Requests: () Window & seat next to
 Departure Date: _____ () Aisle & seat next to
 Return Date: _____ () Aisles across from each other
You will be contacted with schedule and airline options. Requests will be submitted, but cannot be guaranteed.

HOTEL ()
 Hotel Choice: 1) _____ Check-in Date: _____ Check-out: _____
see attached sheet Requests: () 1 bed () 2 beds () non smoking
 2) _____ () roll away - \$10-20 per day may apply
 3) _____
Credit card required as a deposit/guarantee for your room reservation, no checks accepted.

CAR RENTAL ()
 Car Size: _____ Pick-up Date: _____ Drop off Date: _____
Economy, midsize, full-size, luxury, van, convertible. You will be contacted with the price.

OPTIONAL TOURS () A flyer will be sent to you upon request outlining several options in the Pacific Northwest

FORM OF PAYMENT: () Visa () Master Card () American Express
 CC# _____ exp _____ Signature _____

RESERVATIONS & CHANGES MUST BE COMPLETED BY APRIL 1

FAX reservations by April 1: (206)453-8306
 MAIL to be received by April 1: AST Travel Mgmt 11201 SE 8 Street, Suite 100, Bellevue, WA 98004

Hotels & Motels on Pool Shuttle Route

<u>Hotel</u>	<u>Distance to Pool</u>	<u>City</u>	<u>Rate</u>	<u>Comments</u>
Sheraton Tacoma (Headquarters)	10.2 miles	Tacoma	\$78-\$88	
Best Western Executive Inn	5.4 miles	Fife	\$65-\$70	
Comfort Inn	5.5 miles	Fife	\$56-\$65	
Days Inn	7.1 miles	Fife	\$60	pool
La Quinta	8.3 miles	Tacoma	\$69-\$81	pool
Royal Coachman	5.4 miles	Fife	\$64	

Other Hotels & Motels Not On Pool Shuttle

<u>Hotel</u>	<u>Distance to Pool</u>	<u>City</u>	<u>Rate</u>	<u>Comments</u>
Best Western Execotel	5 miles	Federal Way	\$75	pool
Best Western Pony Soldier Inn	9 miles	Auburn	\$70-\$75	
Econo Lodge	6.8 miles	Fife	\$46	
Holiday Inn Express	1.4 miles	Federal Way	\$65	free breakfast
Holiday Inn Express	6.8 miles	Fife	\$60	
Hometel Inn	6 miles	Fife	\$40-\$60	
La Quinta	12 miles	SeaTac	\$76-\$78	pool, at airport
Nendels	9 miles	Auburn	\$56-\$66	
Ramada Inn	9 miles	Tacoma	\$77	
Red Lion	12 miles	SeaTac	\$105	pool, at airport
Super 8 Motel	9 miles	SeaTac	\$87	
Super 8 Motel	2.4 miles	Federal Way	\$62	
Valu Inn	9 miles	Auburn	\$62	

For reservations and availability, please call AST Travel Management at
 (800) 433-8066

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

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

DIRECTIONS:

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

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

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

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

SEEDING: SLOW TO FAST FOR ALL EVENTS.

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

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

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

FRIDAY FEBRUARY 14th

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

SATURDAY FEBRUARY 15TH

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

SUNDAY FEBRUARY 16TH

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

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

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

PACIFIC NORTHWEST SHORT COURSE CHAMPIONSHIP
FEBRUARY 14-16, 1997
 Hosted and Sanctioned by Pacific Northwest Association for USMS, INC.
 (SANCTION # 973604)

NAME _____ M F AGE as of 2/16/96 _____

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: \$9.00
 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 Mail to: Jane & Hugh Moore
 Phone (206)925-0803 before 9 PM 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 JANUARY 31, 1997. ALL SWIMMERS **MUST** BE REGISTERED WITH USMS PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY JANUARY 31ST 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 _____

ACCOMMODATIONS FOR PNA SHORT COURSE CHAMPS

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

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

HOST (House Our Swimmers Tonight)

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

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

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

TEAM NAME _____

TEAM REP. Name _____
 Address _____
 Phone _____

TEAM COACH Name _____
 Address _____
 Phone _____

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

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

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



Entries Due: March 8, 1997
Meet Director: CHRIS HATTASCH c/o ORCA SWIM CLUB, 1202 EAST PIKE ST, SUITE 869 SEATTLE, WA 98122-3934 Phone (206) 322-4084 (before 10 PM)
Schedule: Warm-up: 9:00 A.M. Meet Begins: 10:00 A.M.

ORDER OF EVENTS (Seeding is slow to fast)

1. 200 Free Relay
2. 200 Fly
3. 200 Back
4. 50 Breast
5. 100 Free

Break (5 minutes)

6. 200 Mixed Free Relay
7. 200 IM
8. 50 Fly
9. 100 Back
10. 200 Breast
11. 50 Free

Break: Pink Flamingo Relay (30 minutes)

- Fun Relay, Please Have Your Team Ready -

12. 200 Medley Relay
13. 100 Fly
14. 50 Back
15. 100 Breast
16. 200 Free

Break (5 Minutes)

17. 100 IM
18. 200 Mixed Medley Relay
19. 500 Free

Rules & Eligibility

No diving during warm-ups except in designated sprint lanes. The ORCAs welcome all USMS/CASA 1997-registered swimmers, 19 years and older.

Facility

Helene Madison Pool, 13401 Meridian Ave. North, Seattle, WA 98125 Tel. (206) 684-4979
 Six-lane, 25 yard pool (short-course yards) with warm-up area. Water temperature approximately 84 F. Coin lockers, food, drink will be available.

Directions

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

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

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

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



Name: _____ * USMS or CASA #: _____

Address: _____

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

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

Team _____ (or) Unattached _____ Association _____

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

INDIVIDUAL EVENT ENTRIES (See meet information sheet for event numbers and schedule. Registered swimmers may form and register relays on the day of the meet with the Clerk of Course)

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

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

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

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

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

* Signature: _____ *Date: _____

Entry is not valid without signature and date above AND a current USMS or CASA No. Swimmers who are not members of Pacific Northwest Aquatics (PNA) must also attach a copy of current year Masters Registration card with this form.

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

UNITED STATES MASTERS SWIMMING, INC.
1997 REGISTRATION APPLICATION
 Pacific Northwest Association of Masters Swimmers

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

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

Name:

 Last First Initial

Address:

 Street or box number Apt number

_____ City State Zip code

Telephone: _____
 Area code

Date of birth: _____
 Month Day Year

Age: _____ **M/F:** _____

My club is: Pacific NW Aquatics (PNA)
 Sequim (SQM)
 Pro Sports Club (PRO)
 Puyallup Aquatic (PAC)
 Unattached

My team is: _____
 Team Name
 Unattached

If you coach a Masters swim team check here:

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

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

	<u>Total 1997 Fee</u>	<u>If after September 1 (1997 registration only)</u>
Under 65	\$30	\$15.00
Senior: 65 & over	\$23	\$11.50

Mail to: Suzanne Dills, Registrar
 1101 N. Northlake Way
 Seattle, WA 98103
 (206) 547-1654 (work)

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

Signature _____ Date _____



Places to Swim



ABERDEEN <i>Aberdeen YMCA</i>	533-3881	MOUNTLAKE TERRACE <i>Mountlake Terrace Pavillion</i>	5303 228th Ave SW, 776-3197
ANACORTES <i>Fidalgo Pool</i>	1603 22nd, 293-0673	MOUNT VERNON <i>Mount Vernon YMCA</i>	215 E. Fulton, 336-9622
AUBURN <i>Auburn Pool</i>	516 4th Ave NE, 939-8825	<i>Riverside Health Club</i>	2225 Riverside Drive 424-4200
<i>Auburn Valley YMCA</i>	1005 12th Ave SE, 833-2770	NORTH BEND <i>Si View Pool</i>	41600 SE 122nd St, 888-1447
BELLEVUE <i>Bellevue Pool</i>	601 143rd Ave NE, 296-4262	OAK HARBOR <i>John Vanderzicht Memorial Pool</i>	2299 29th NW, 765-7665
<i>Eastside YMCA</i>	14230 Bel-Red Rd., 746-9900	OLYMPIA <i>Evergreen State College</i>	866-6000
<i>Newport Hills</i>	5474 119th Ave SE, 746-9510	<i>North Thurston High School Pool</i>	493-2900
<i>PRO Raquet & HealthClub</i>	4455 148th Ave NE, 885-5566	<i>Olympia Area YMCA</i>	357-6609
<i>Samena Club</i>	15231 Lake Hills Blvd, 746-1160	PORT ANGELES <i>William Shore Pool</i>	457-0241
<i>The Bellevue Club</i>	112000 SE 6th St, 455-1616	POULSBORO <i>North Kitsap Pool</i>	1881 NE Hostmark St, 779-3790
BELLINGHAM <i>Bellingham Aquatic Center</i>	647-7665	REDMOND <i>Redmond Pool</i>	17535 NE 104th St, 296-2961
<i>Whatcom Family YMCA</i>	733-8630	RENTON <i>Hazen High School Pool</i>	1011 Hoquiam Ave SE, 235-2227
BOTHELL <i>Northshore Pool</i>	9815 NE 188th St, 296-4333	<i>Lindberg Pool</i>	16740 128th Ave SE, 296-4335
<i>Northshore YMCA</i>	485-9797	SEATTLE <i>Aquatic Development Clinic</i>	11009 1st Ave S, 232-3474
BREMERTON <i>Bremerton Municipal Pool</i>	50 Magnuson Way, 478-5376	<i>Ballard Pool</i>	1471 NW 67th St, 684-4094
<i>Olympic Aquatic Center</i>	7070 Stampede Blvd, 692-3192	<i>Coleman Pool (summer only)</i>	684-7494
BURIEN <i>Burien Swim Club</i>	626 SW 154th St, 433-7900	<i>Downtown YMCA</i>	909 4th Ave, 382-5010
<i>Evergreen</i>	606 SW 116th St, 296-4410	<i>Downtown YWCA</i>	1118 5th Ave, 447-4868
DES MOINES <i>Mount Rainier Pool</i>	22722 19th Ave S, 296-4278	<i>East Madison YMCA</i>	1700 23rd Ave, 322-6969
DUPONT <i>Keeler Pool</i>	967-2604	<i>Evans Pool</i>	7201 E. Green Lake Dr N, 684-4961
<i>Kimbrow Pool</i>	967-2604	<i>Helene Madison Pool</i>	13401 Meridian Ave N, 684-4979
EDMONDS <i>Harbor Square Athletic Club</i>	160 W Drayton, 778-3546	<i>Gateway Athletic Club</i>	70 5th Ave, Suite 14, 343-4692
<i>Yost Pool</i>	9535 Bowdoin Way, 775-2645	<i>Meadowbrook Pool</i>	10515 35th Ave NE, 684-4989
ENUMCLAW <i>Enumclaw Pool</i>	420 Semanski S, 825-1188	<i>Medgar Evars Pool</i>	500 23rd Ave, 684-4763
EVERETT <i>Everett Community College</i>	801 Wetmore Ave, 259-7151	<i>Queen Anne Pool</i>	1920 1st Ave W, 386-4282
<i>Forest Park Swim Center</i>	259-0300	<i>Rainier Beach Pool</i>	8825 Rainier Ave S, 386-1944
<i>McCullum Park Pool</i>	337-4408	<i>Salvation Army Pool</i>	9050 16th Ave SW, 767-3150
<i>YMCA of Snohomish County</i>	2720 Rockefeller, 258-9211	<i>Sandpoint Naval Station</i>	(Military personnel only), 526-3531
FEDERAL WAY <i>Federal Way Pool</i>	30421 16th Ave S, 839-1000	<i>Seattle Athletic Club</i>	33 NE 97th St, 522-9400
<i>King County Aquatic Center</i>	650 SW Campus Drive, 296-4444	<i>Seattle University</i>	14th & Cherry, 296-6404
FIFE <i>Fife Community Pool</i>	5410 20th St E, 922-7665	<i>Shoreline Pool</i>	19030 1st Ave NE, 296-4345
GIG HARBOR <i>Peninsula High School Pool</i>	857-3533	<i>South Central Pool</i>	4400 S 144th St, 296-4487
ISSAQUAH <i>Julius Boehm Pool</i>	50 SE Clark St, 557-3298	<i>Southwest Pool</i>	2801 SW Thistle St, 684-7440
KENMORE <i>St. Edward Pool</i>	14445 Juanita Drive NE, 296-2970	<i>View Ridge Club Pool</i>	5815 NE 77th St, 524-3500
KENT <i>Kent Pool</i>	25316 101st Ave SE, 296-4275	<i>Wedgewood Pool</i>	7727 28th Ave NE, 523-8211
<i>Tahoma</i>	18230 SE 240th St, 296-4276	<i>West Seattle YMCA</i>	4515 36th Ave SW, 935-6000
KIRKLAND <i>Juanita High School Pool</i>	10601 NE 132nd St, 823-7627	SEQUIM <i>Sequim Aquatic Center</i>	N 610 5th St, 683-6699
LAKE STEVENS <i>Lake Stevens High School Pool</i>	2908 113th Ave NE, 335-1515	SNOHOMISH <i>Hal Moe Memorial Pool</i>	405 3rd, 568-6881
LYNNWOOD <i>Lynnwood Pool</i>	18900 44th Ave W, 771-4030	SUMNER <i>Sunmer High School Pool</i>	1707 Main St, 863-8110
MARYSVILLE <i>Marysville-Pilchuck High</i>	5611 108th Ave NE, 653-0609	TACOMA <i>Eastside Community Pool</i>	35th and L, 591-2042
MERCER ISLAND <i>Mercer Island District Pool</i>	8815 SE 40th St, 296-4370	<i>Lakes High School Pool</i>	10320 Farwest Dr SW, 756-8401
		<i>Lincoln High School Pool</i>	596-2053
		<i>Pierce College Pool</i>	9401 Farwest Dr SW, 964-6678
		<i>People's Center Pool</i>	591-5323
		<i>Tacoma-Pierce Co. YMCA</i>	1102 S Pearl St, 564-9622
		<i>The Center at Norpoint</i>	591-5504
		<i>Wilson High School</i>	

We Want Stories. We're compiling human interest stories for the swimmers at this year's USMS Nationals at Federal Way. So coaches and swimmers dig out those unique, funny, unusual or whacky stories, stories about comebacks or overcoming adversity, or anything you think may be of interest.

Send Information To:
AnneMarie and Phoebe Terharr
7804 Renton/Issaquah Road SE
Issaquah, WA. 98027

ORCA SWIM TEAM SEEKS COACH

Workout times Tuesday and Friday from 7 to 8 pm and possible Sunday afternoon time (to be determined)

If interested contact:

Mike Lamb
323-5915

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

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

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