

The WetSet



Volume 16 Issue 2

February 1997

President's Letter

Dear PNA Swimmers:

Happy February, the month of PNA Champs. Holding champs earlier in the year than usual has certainly accelerated membership renewals. We're already up to nearly 600 swimmers in the PNA Association. We expect to have even more by the time Nationals arrive in May. Some of you may be interested in volunteering to help with the seemingly unlimited number of things to get done. If you would like to help with any of the many tasks of running the PNA or Nationals, let me know.

There's lots to be done, and more help is always welcome. New ideas for different events or different ways of doing things

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The new Bellingham Aquatic Center hosts its first masters swim meet.



Steve Peterson, Steve Thrasher and Robin O'Leary take a break between events.

Inside

Race Results - Bellingham

Northern Exposure

by Dan Frost

Race Entry Forms

ORCA SCY

Bangor SCY

TAMS 1650 Postal

February Fitness Challenge

USMS Nationals

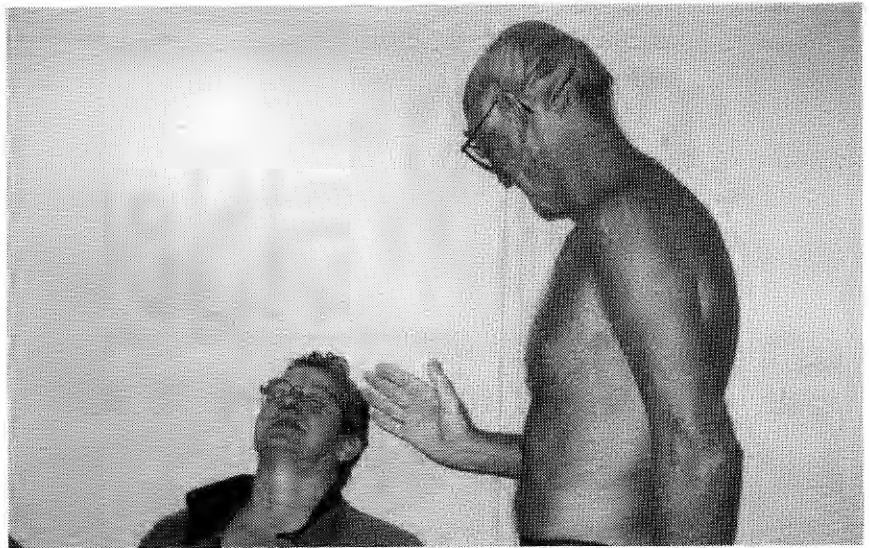
(Continued from page 1)

are also encouraged. Leave a message on my home phone, and I'll call you back. Everyone is always welcome to come to the monthly PNA Board meetings. The Board of Directors is responsible for running the Pacific Northwest Association, which includes each of the clubs and teams registered in the PNA. It would be great to have representation from all of the clubs and teams at the Board meetings.

For the past nine years, PNA has sponsored an hour swim in January to raise money for the American Cancer Society in memory of Dawn Musselman. Dawn was an outstanding swimmer who died in April, 1986 of cancer. She held many PNA and National records in her age groups. She had been a top swimmer as a young woman as well, qualifying for an Olympic team. We dropped the ball this year and did not get the event put together. Ann Martin, from the Tacoma Y team, has volunteered to work with the American Cancer Society to set a swim up for later this year, probably in April. Ann has done the swim each year. Watch for more information in a later WetSet.

Short Course Nationals is rapidly approaching. The entry deadline is in early April (postmarked by April 4th or received by April 10th). Don't miss that. We are not allowed to accept late entries. The meet organizing committee is hard at work to ensure a successful, enjoyable meet. Please consider helping us during the meet. Watch for a request for volunteer help in the next WetSet. If you swim for the Pacific Northwest Aquatics Club (PNA), look for the relay interest form in the WetSet. Robin O'Leary has volunteered to put together PNA relays for Nationals. We should be able to have lots of great relays. Fill out and return the form so she can get them together. It's a lot of work. If you have particular people you would like to swim a relay with, let Robin know. All of the PNA relays should be entered together by Robin, who is the PNA club relay captain.

See you soon.



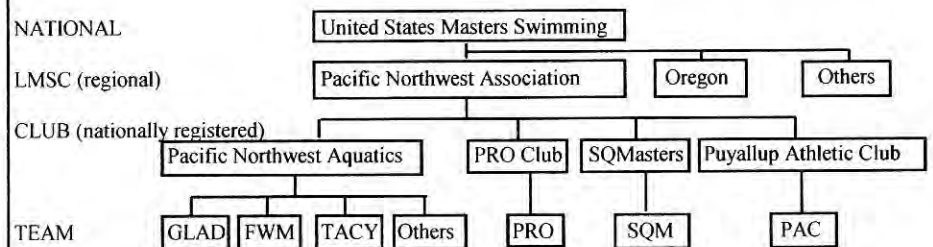
Tom Foley explains the finer points of pre-race visualization at the recent Bellingham Swim Meet.

USMS and Local Masters Swimming Organization

Here is an explanation of the difference between clubs and teams. For PNA Champs and Nationals it is important to register correctly. A CLUB is a group of swimmers that are registered together with United States Masters Swimming. When you enter a zone or national meet, you must list your CLUB, not your local team name. In order to swim a relay outside of the PNA, all swimmers must be registered with the same CLUB. In order to change CLUBS, a swimmer must not represent the previous CLUB for 90 days. The swimmer may swim unattached during that time. The swimmer then must complete a transfer form and pay a fee to change to a different CLUB.

TEAMS are recognized only in our LMSC. A TEAM is usually a group of swimmers who work out together. The PNA holds one team championship each year (PNA Champs). Swimmers may change TEAMS at any time. At PNA Champs, team scores are calculated for teams in each of three size divisions (i.e., small, medium and large). Any swimmer may also swim unattached at either the local or national level or both. Then unattached should be listed as club on entry forms.

This diagram will help explain the structure of USMS. You can see that there are three teams in the PNA that are also clubs. If you swim with one of those groups, be sure to register with them for both team and club. All other teams currently are part of Pacific Northwest Aquatics so those swimmers should list their team (i.e. Queen Anne, Orca, etc.) and put Pacific Northwest Aquatics as their club when registering for PNA Champs. Be sure to register correctly. If you have questions contact Jane Moore (925-0803) or the PNA Registrar, Suzanne Dills (547-1654).



- Club: A club is registered nationally with USMS. Swimmers must be registered with the same club to swim relays together.
- Team: A team is registered at the LMSC level only. It is not recognized by USMS. A team competition is held at PNA Champs for this LMSC only.

PNA OFFICERS

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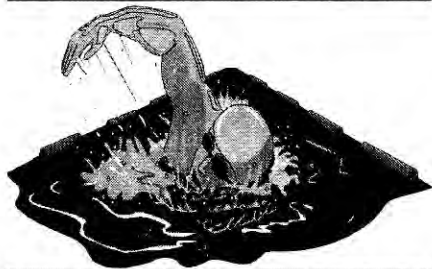
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United States Masters Swimming, Inc. is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United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

1997 MEET SCHEDULE

PNA Meets

| <u>Date</u> | <u>Event</u> | <u>Location</u> |
|-------------|--------------|------------------------------------|
| 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

| | | |
|-----------|-----|--|
| Mar 8-9 | SCM | Bend |
| Mar 15-16 | SCY | Mount Hood Aquatic Center - Gresham |
| Apr 4-6 | SCY | Oregon Association Championships - Ashland |
| July | LCM | NW Zone Championships - Portland |
| Aug 2-3 | OW | Elk Lake Open Water Swim - Bend |

Inland Empire

| | | |
|-----------|-----|-----------------------------|
| Mar 2 | SCY | Lyons Pool - Yakima |
| Mar 29-30 | SCY | Inland Empire Championships |

Snake River

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

Utah

| | | |
|---------|-----|--|
| Feb 15 | SCY | Salt Lake Community College - Salt Lake City |
| Mar 8 | SCY | Tooele High School - Tooele |
| Apr 8-9 | SCY | Utah Championships - Salt Lake City |

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

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

British Columbia/Canada

| | | |
|-----------|-----|---|
| 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 |

Vancouver Open Water Swim Association (604) 290-9425

| | | |
|---------|----|----------------------------------|
| July 1 | OW | Canada Day Challenge 1 or 2.5 km |
| July 13 | OW | Seafest Challenge 2.5 km |
| July 27 | OW | Bay Challenge 10 km |
| Aug 9 | OW | Kitsilano Challenge 2.5 km |

National/International

| | | |
|-----------|-----|---|
| May 15-18 | SCY | USMS Short Course National Championships - Federal Way |
| May 10 | OW | USMS National 1-Mile Open Water Swim - Lake Whitney Texas |
| May 25 | OW | USMS National 2-Mile Open Water Swim - Reston Virginia |
| Jun 23-29 | LCM | Pan Pacific Masters Championships - Maui Hawaii |
| Aug 14-18 | LCM | USMS Long Course National Championships - Orlando Florida |

For Information on Meets Outside of the PNA Area

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

PNA LOCAL MASTERS SWIMMING COMMITTEE
 SHORT COURSE YARDS MEET: April 13, 1997 (Meet Sanction #973604)
 Hosted by the MWR-NSB Bangor TRIDENTS Swim Team

| ORDER OF EVENTS (#4) | |
|----------------------|------------------------|
| # | Event |
| 1 | 400 IM |
| 2 | 1650 Free |
| 3 | 500 Free |
| Warmup Break | |
| 4 | 200 Free Relay |
| 5 | 50 Breast |
| 6 | 100 Fly |
| 7 | 200 Free |
| 8 | 50 Back |
| 9 | 100 IM |
| 5 minute break | |
| 10 | 200 Mixed Free Relay |
| 11 | 100 Breast |
| 12 | 50 Fly |
| 13 | 100 Free |
| 14 | 200 Back |
| 15 | 200 Medley Relay |
| 5 minute break | |
| 16 | 200 Breast |
| 17 | 200 Fly |
| 18 | 50 Free |
| 19 | 100 Back |
| 20 | 200 IM |
| 5 minute break | |
| 21 | 200 Mixed Medley Relay |

DATE: **Sunday**, April 13, 1997
 TIME: Warmup: **8:30 AM**; Meet starts **9:30 AM**
 Warmup after Event #3; resume **10:30 AM**

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

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

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

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

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 1997 registered swimmers, 19 and above as of the last day of the meet.

SEEDING: Slow to fast TIMING: Electronic

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

NOTE: Please try to list everyone riding in your vehicle. We will create a Gate List to permit base entry. Directions to the pool (Building 2700) are available at both gates (Trigger Avenue and Main).

DIRECTIONS: From Tacoma, take Route 16. Stay to the left when the battleships are in sight, to take Highway 3 North (Silverdale, Bangor, Poulsbo). Continue to the NSB Bangor

Trigger Avenue gate exit(which occurs first) or the Main Gate exit (Luoto Road).
From Bremerton Ferry, depart ferry terminal, turning RIGHT onto Washington Street. Move into the LEFT lane, which becomes 11th Street. Follow 11th across town, turning RIGHT at the last light onto Kitsap Way. Go north on Highway 3 to the NSB Bangor Trigger Avenue or Main Gate exits.
From Bainbridge Island (Ferry), go north on Highway 305 and continue through Poulsbo. Go straight through all 4 lights to enter Highway 3 (South). Continue south to the NSB Bangor Main Gate exit, Luoto Road.
From Kingston (Ferry), follow main route from terminal. Bear LEFT through the light onto Bond Road. Follow Bond Road toward Poulsbo; turn RIGHT at the Highway 305 intersection. Continue straight through next light, to enter Highway 3 (South). Continue south to the NSB Bangor Main Gate exit.
From Hood Canal Bridge, go south on Highway 3, which changes from 2-lane to 4-lane at Poulsbo. Continue on to the NSB Bangor Main Gate exit, Luoto Road.

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

PNA LOCAL MASTERS SWIMMING COMMITTEE

MEET ENTRY FORM: April 13, 1997 Meet Sanction #973604
 Hosted by the MWR-NSB Bangor TRIDENTS Swim Team at the NSB Bangor Pool

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS NUMBER: 367- _____

CLUB/TEAM: _____ or UNATTACHED; _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of the last day of the meet):
 19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
 60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

| EVENT NUMBER | EVENT | SEED TIME (for SC YARDS) |
|--------------|-------|--------------------------|
| | | |
| | | |
| | | |
| | | |
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| | | |
| | | |
| | | |
| | | |

NSB BANGOR GATE LIST: Driver: _____

All Passengers: _____

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

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

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

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

Mail this entry form and fees to: **11165 CENTRAL VALLEY ROAD NW**
POULSBO WA 98370-8197

Please send entries postmarked no later than **April 5, 1997**.

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

SIGNED: _____ DATE: _____

Northern Exposure *For a unique meet experience, swim B.C.*

By Dan Frost

It really doesn't matter where you look. Whether you are in Seattle or Sydney, Los Angeles or London, Tokyo or Toronto, Masters Swimming is alive and well throughout the world! And the scene at almost every swimming pool around is similar; Women and men of all ages and abilities joining together in the spirit of fitness, fun, and friendship. Distances between lands or differences between cultures have done nothing to change this universal concept of Masters Swimming.

But there is certainly that element of culture that gives Masters its unique "flavor" wherever you go. The goal may be the same, but there are many roads to get there. This is particularly evident in the competitive aspect of Masters. If you thought that all meets are like the PNA Championships or the USMS Nationals, guess again!

One can see a good contrast just between our local meets and those north of the 49th, up there in B.C. (which stands for British Columbia, but all the locals simply call it "B.C.") O.K., they use the same fluid medium that we do (the stuff that's two parts hydrogen and one part oxygen), but everything else has a few differences. It makes for a unique competitive experience that may be worth your while.

Here are some of the things in B.C. meets that are unique to us southerners...

- *The Metric system* - All the distances are in meters. If you are the type of swimmer that always puts out 110%, you'll be right at home. Good News: Distance swimmers used to the 500 yard freestyle get a 12% break by swimming only 400 meters. Bad News: Backstrokers can't have their toes on the gutter.
- *Meets are well attended* - Per capita, Masters is more popular in Canada than in the U.S. Well attended meets equals more competition across all age groups.
- *Super sprints* - Is the 50 Butterfly too long for you? Then you'll enjoy the 25 Fly! Yes, they actually have the short course splash-and-dash in some meets.
- *False starts* - Canadian rules follow more closely to the international rules, particularly with false starts. Just like the Olympics, any initial false start is charged "to the field" without disqualification, and a second start follows. False starts occur frequently in the later (faster) heats as swimmers try to get a quick start. Starters are very quick in giving the recall signal, usually before the swimmers hit the water. The starters also tend to have a quick trigger on the second start, starting the race before anyone could possibly DQ themselves.
- *Commercialism* - Masters swimming in Canada is well sponsored by many businesses, organizations, and individuals. Canada Safeway Ltd. is the premier sponsor of the provincial Masters organization. Other groups sponsor individual meet events or advertise in the heat sheets.
- *Entries* - Usually a flat entry fee for the entire meet. A typical one-day meet entry costs \$15CDN (\$12US) and you can enter up to four individual events. Relays may be extra and may need to be pre-entered (instead of deck entered on the day of the meet). Also, entries are submitted by team representatives instead of individuals. The designated team rep, on meet day, will pick up all the heat sheets, entry cards, awards, results, etc. for the entire team.
- *The post-meet Social* - While the entry fee may seem a little pricy, it seems that much of the extra money goes into the *apres-nager*. Plenty of food at the pool after the meet, as well as door prizes donated by the sponsors.

For more information on competing in B.C., contact Mary Lou Monteith (MSABC President) or call any of the meet phone numbers listed in the *WetSet*.

HAPPY BIRTHDAY - PNA SWIMMERS

- | | |
|----------------------------|------------------------|
| 02/16 Andrew Bernard | 03/04 Karl Kraber |
| 02/17 Marilyn Gottlieb | 03/04 Muriel Flynn |
| 02/18 Sarah Welch | 03/04 Curtis Troupe |
| 02/19 Gary Hafer | 03/05 Rachel Carpenter |
| 02/20 Edward JR Phillips | 03/05 Lani Doely |
| 02/20 Melissa Noble | 03/05 Ken Telloian |
| 02/22 Patricia(Suzie) Ness | 03/05 Camille Thompson |
| 02/22 Michael Kelf | 03/06 Tom Robertson |
| 02/25 Peggy Pomeroy | 03/07 David Nunn |
| 02/26 Marian Byse | 03/07 Tyson Nevil |
| 02/26 Gary Maynard | 03/08 Yvonne Dymerski |
| 02/26 Peter Shaffer | 03/08 Ellen Forney |
| 02/27 Walter Gingery | 03/09 Colin Ness |
| 02/27 Tonya Berg | 03/09 Malcolm Neely |
| 02/27 Kelly Molaski | 03/09 Helen Eldred |
| 02/28 Jill Clark | 03/09 Julie Pugh |
| 02/28 Jeff Gross | 03/10 P. Carol Anning |
| 03/01 Charles Thrasher | 03/10 Veronica Bowman |
| 03/01 Elizabeth Terry | 03/10 Darryl Swenson |
| 03/02 Marion Mueller | 03/11 Matthew Stauffer |
| 03/02 Nick Smith | 03/11 Linda Hegeberg |
| 03/02 Francine Fay | 03/14 Kelly Hawk |
| 03/02 Katherine Olson | 03/14 Seth Lachance |
| 03/02 Wayne Wager | 03/14 Linda Nelson |



WELCOME TO THE PNA

The Following Swimmers Have Joined PNA In The Last Month

- SAM ANDERSON
 ROBERT BLACK
 DIANE BRITZIUS
 CAROLYN CAVALIER
 STEVEN COURTNEY
 ZENA COURTNEY
 PAUL CYR
 MARY EAGAN
 FRANCINE FAY
 DAVE FITZPATRICK
 KAREN HALLIS
 FRED JAMISON
 ELLIOTT KEPHART
 BECKY KLIEMAN
 HEIDI LASHER
 HOLLY OLMSTED
 DONNA PETERS
 ADRIENNE REARDON
 PATTY ROSE
 DON ROSENTHAL
 MICHAEL SCHAFFER
 JUNIAN SHARPE
 JOHN TANNER
 MICHAEL VEITH
 BRIAN WEISS

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.

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)926-2301, \$56-65
Days Inn, 8 miles, (206)922-3500, \$64
Executive Inn, 8 miles, (206)922-0080, \$65-70

La Quinta, 10 miles, (206)383-0146, \$64-72

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

Travel & Lodging

AST Travel Management (1-800-483-9066) 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.

Airline

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 motels 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.

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

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. Swimmers 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 _____
 A/C Days A/C Evenings (on 5/18/97)
 Age Birthdate Month/Day/Year
 Emergency _____ USMS Reg. # _____
 Name Phone No. (Foreign entries include Masters registration #)
 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 | | | |

**You may enter either the 1000 Free or the 1650 Free, not both. Check-in required; phone check-in on Thurs, May 15, 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 these 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 = _____
 Banquet x \$25 = _____
 Final Results x \$15 = _____
 TOTAL FEE ENCLOSED = _____
 Check or money order payable to: PNA Masters Swimmers

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 | 27.96 | 28.75 | 29.43 | 31.77 | 33.64 | 36.33 | 36.67 | 39.96 | 42.03 | 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 | 2:17.28 | 2:20.05 | 2:35.45 | 2:47.81 | 2:59.11 | 3:09.43 | 3:26.79 | 3:38.78 | 4:09.55 | 6:43.75 |
| 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 | 10:09.94 | 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 | 50.45 | 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 | 1:41.96 | 1:41.96 | 1:50.67 | 1:54.48 | 2:10.20 | 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 | 5:06.90 | 6:10.88 |
| 50 BREST | 37.35 | 35.96 | 36.49 | 37.29 | 38.67 | 41.94 | 43.92 | 47.38 | 49.27 | 54.66 | 57.68 | 1:06.92 | 1:40.83 |
| 100 BREST | 1:20.96 | 1:17.88 | 1:20.12 | 1:21.96 | 1:24.34 | 1:31.71 | 1:36.89 | 1:44.06 | 1:48.52 | 2:02.14 | 2:07.26 | 2:42.02 | No Time |
| 200 BREST | 2:55.59 | 2:50.06 | 2:54.37 | 3:02.04 | 3:00.20 | 3:24.08 | 3:31.98 | 3:47.24 | 4:01.48 | 4:30.30 | 5:00.40 | 6:49.50 | No Time |
| 50 FLY | 31.37 | 30.88 | 30.90 | 31.76 | 32.44 | 35.62 | 37.62 | 42.46 | 46.41 | 48.47 | 57.71 | 1:10.13 | 2:01.29 |
| 100 FLY | 1:09.62 | 1:07.93 | 1:06.57 | 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 | 3:57.60 | 4:46.98 | 5:46.80 | No Time | No Time |
| 100 IM | 1:11.14 | 1:09.51 | 1:10.80 | 1:13.10 | 1:14.98 | 1:22.58 | 1:27.33 | 1:34.19 | 1:42.73 | 1:44.72 | 1:56.38 | 2:25.03 | 3:40.41 |
| 200 IM | 2:33.96 | 2:31.48 | 2:32.04 | 2:38.97 | 2:46.40 | 3:14.65 | 3:19.06 | 3:30.57 | 3:50.37 | 4:02.00 | 4:25.83 | 5:23.33 | 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 | 34.66 | 36.43 | 42.32 | 1:04.13 | |
| 100 FREE | 54.22 | 52.88 | 52.71 | 54.16 | 55.13 | 57.97 | 58.82 | 1:03.66 | 1:07.54 | 1:19.25 | 1:22.58 | 1:36.32 | 1:48.95 | 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 | 3:34.90 | 4:03.30 | No Time |
| 500 FREE | 5:35.79 | 5:30.03 | 5:23.98 | 5:31.94 | 5:41.23 | 5:55.86 | 6:18.06 | 6:50.99 | 7:03.29 | 7:32.53 | 8:04.82 | 9:54.97 | 11:18.56 | 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 | 14:25.93 | 14:58.83 | 16:31.96 | 17:54.17 | 21:34.79 | 25:32.27 | 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 | 28:01.27 | 32:00.68 | 35:43.90 | No Time | No Time |
| 50 BACK | 28.93 | 28.00 | 28.56 | 28.78 | 29.88 | 30.69 | 32.15 | 35.32 | 37.23 | 39.11 | 42.97 | 47.47 | 56.62 | 1:05.71 |
| 100 BACK | 1:03.57 | 1:00.23 | 1:01.85 | 1:02.77 | 1:04.68 | 1:07.95 | 1:11.67 | 1:18.01 | 1:21.38 | 1:28.72 | 1:36.73 | 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 | 3:04.01 | 3:20.25 | 3:39.48 | 4:13.26 | 5:07.66 | No Time |
| 50 BREST | 31.72 | 31.24 | 31.27 | 31.54 | 32.32 | 33.64 | 35.32 | 38.23 | 39.30 | 41.29 | 46.45 | 56.13 | 1:05.53 | No Time |
| 100 BREST | 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 | 2:44.00 | No Time |
| 200 BREST | 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 | 36.99 | 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 | 1:04.72 | 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.

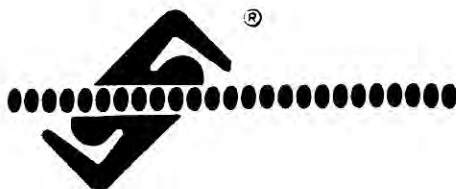
1000/1650 Yard Freestyle: A swimmer may enter either the 1000 or 1650 freestyle, but not both.

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.



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 Associat
 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+, 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 swimmer 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 |
| | | | | | | | |
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Checks Payable to:
 PNA Masters Swimmers
Mail entry & Fees to:
 1997 USMS National Championships
 c/o Robin O'Leary
 6323 19th Avenue NE
 Seattle, WA. 98115-6903

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 FORMS

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 | 2:26.05 | 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 |
| 50 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 | 3:08.29 | 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 | 9:08.79 | 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 | 29.68 | 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 | 1:03.46 | 1:07.54 | 1:10.25 | 1:22.55 | 1:30.30 | 1:48.55 | 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 | 7:32.53 | 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 | 28:35.72 | 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 | 1:38.73 | 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 | 45.45 | 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 | 3:22.66 | 3:41.91 | 4:42.02 | No Time | No Time | No Time |
| 100 IM | 1:02.51 | 1:00.72 | 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: _____ () Aisle across from each other _____
You will be contacted with schedule and further options. Requests will be submitted, but cannot be guaranteed.

HOTEL ()
 Hotel Choice: 1) _____ Check-in Date: _____ Check-out: _____
see attached sheet 2) _____ Requests: () 1 bed () 2 beds () non smoking
 3) _____ () roll away - \$10-20 per day may apply
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

| Hotel | Distance to Pool | City | Rate | Comments |
|--------------------------------|------------------|--------|-----------|----------|
| 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

| Hotel | Distance to Pool | City | Rate | Comments |
|-------------------------------|------------------|-------------|-----------|------------------|
| Best Western Executel | 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

DON'T WASTE YOUR BASE TAM's 1650 Postal

February 1997

PMS Sanction Number to be announced

WHAT YOU NEED: A 25 yard pool and someone to time you (who can also count to 66)

DISTANCE: 1650

DATE: Anytime during the month of February, 1997

ELIGIBILITY: All swimmers registered with USMS for 1997 are eligible to participate.

RULES: All USMS and PMS rules apply. A split sheet with 50 splits and signed by at least by one timer. Times not entered to the 1/100 will be rounded up. Drafting/circle swimming is not permitted.

ENTRY FORMS: You may enter by using the entry form below. Again, a split sheet with 50 splits and signed by at least one timer must be attached to the entry form. Enter relays by filling out the relay form and attaching photocopies of the individual entries. All individual entries must be accompanied by a copy of your current USMS card. Mail entries to TAM 1650, 582 Market Street, Suite 1217, San Francisco, CA, 94104.

POSTMARK DEADLINE: All entries must be postmarked by March 10, 1997.

AGE DIVISIONS: 19-24, 25-29, 30-34, etc., male and female

RELAYS: Four person relay entries will be accepted in the following age groups: 19+, 25+, 35+, etc., male, female and mixed.

ENTRY FEES: For individual entries - \$6.00. For relay entries - \$4.00. Checks should be made out to Tamalpais Aquatic Masters.

AWARDS: Awards will be given out for 1-3 place for individual events and first place for relays.

T-SHIRTS: T-shirts are available for \$12 each. If you wish to order a T-shirt, please indicate the size you want on the check.

INFORMATION: For more information or questions call Jon Steiner at (415) 981-0300

Name Age Male Female

Address State Zip

Phone: (.....) Club

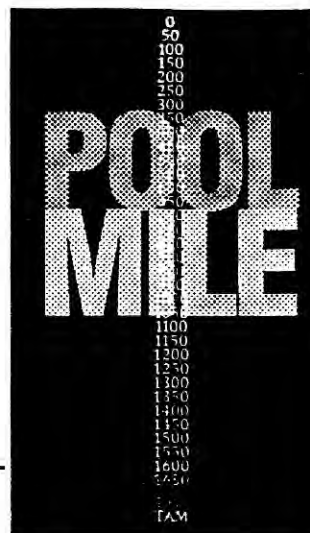
T-shirt Yes No Size: XXL XL L M S My time: : .

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 ON THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition I agree to abide by and be governed by the rules and regulations of USMS for Open Water Events: In addition, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

Name of Event: TAM 1650 Postal Date of Event Signature

Make sure your entry fee, a signed split sheet, and a copy of your USMS card are attached.

Copyright 1996, Tamalpais Aquatic Masters



Universal Split Sheet

Provided by the Swim-By-Mail Group and Tamalpais Masters

Event: _____ Date: _____

Swimmer: _____ Verified by: _____

Signature: _____ Signature: _____

Pool Name: _____ Distance: _____

Circle One: **SCY** **SCM** **LCM** Final Time: _____

Use this sheet to track your laps and time for events like the USMS National Championship One Hour Postal Swim (January), the Tamalpais Masters Postal 1650 (February), and the USMS National Championship 3,000 & 6,000 Postal Swims (September-November).

| | Time | Split | | Time | Split | | Time | Split |
|--|-------|-------|--|-------|-------|--|-------|-------|
| | 50 | | | | | | 4,050 | |
| | 100 | | | 2,050 | | | 4,100 | |
| | 150 | | | 2,100 | | | 4,150 | |
| | 200 | | | 2,150 | | | 4,200 | |
| | 250 | | | 2,200 | | | 4,250 | |
| | 300 | | | 2,250 | | | 4,300 | |
| | 350 | | | 2,300 | | | 4,350 | |
| | 400 | | | 2,350 | | | 4,400 | |
| | 450 | | | 2,400 | | | 4,450 | |
| | 500 | | | 2,450 | | | 4,500 | |
| | 550 | | | 2,500 | | | 4,550 | |
| | 600 | | | 2,600 | | | 4,600 | |
| | 650 | | | 2,650 | | | 4,650 | |
| | 700 | | | 2,700 | | | 4,700 | |
| | 750 | | | 2,750 | | | 4,750 | |
| | 800 | | | 2,800 | | | 4,800 | |
| | 850 | | | 2,850 | | | 4,850 | |
| | 900 | | | 2,900 | | | 4,900 | |
| | 950 | | | 2,950 | | | 4,950 | |
| | 1,000 | | | 3,000 | | | 5,000 | |
| | 1,050 | | | 3,050 | | | 5,050 | |
| | 1,100 | | | 3,100 | | | 5,100 | |
| | 1,150 | | | 3,150 | | | 5,150 | |
| | 1,200 | | | 3,200 | | | 5,200 | |
| | 1,250 | | | 3,250 | | | 5,250 | |
| | 1,300 | | | 3,300 | | | 5,300 | |
| | 1,350 | | | 3,350 | | | 5,350 | |
| | 1,400 | | | 3,400 | | | 5,400 | |
| | 1,450 | | | 3,450 | | | 5,450 | |
| | 1,500 | | | 3,500 | | | 5,500 | |
| | 1,550 | | | 3,550 | | | 5,550 | |
| | 1,600 | | | 3,600 | | | 5,600 | |
| | 1,650 | | | 3,650 | | | 5,650 | |
| | 1,700 | | | 3,700 | | | 5,700 | |
| | 1,750 | | | 3,750 | | | 5,750 | |
| | 1,800 | | | 3,800 | | | 5,800 | |
| | 1,850 | | | 3,850 | | | 5,850 | |
| | 1,900 | | | 3,900 | | | 5,900 | |
| | 1,950 | | | 3,950 | | | 5,950 | |
| | 2,000 | | | 4,000 | | | 6,000 | |

4q98-01

Contact the Swim-By-Mail Group for information on other swims you can do at your home pool at your convenience. Write DAMP, PO Box 88863, Atlanta, GA, 30356-8863, call us at (770)698-8020, E-Mail 76216.2345@compuserve.com, or visit the DAMP home page on the World Wide Web at <http://ourworld.compuserve.com/homepages/swim>. If you would like to promote your events in a Swim-By-Mail Group package, give us a call. The deadline for inclusion in the 1st Quarter package is January 15, 1997.

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) | |

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

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

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

Name:
 Last First Initial

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

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

My club is: Pacific NW Aquatics (PNA) **My team is:** _____
 Sequim (SQM) Team Name
 Pro Sports Club (PRO) Unattached
 Puyallup Aquatic (PAC)
 Unattached **If you coach a Masters swim team check here:**

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

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

| | <u>Total 1997 Fee</u> | <u>If after September 1 (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** _____

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

Remember that the deadline for sending in your registration for short course Nationals is April 3rd!

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
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