

The WetSet



Volume 16 Issue 3

March 1997

President's Letter

Dear Swimmers:

Another PNA Champs has been successfully completed. Congratulations to all the swimmers who participated, and many sincere thanks to each and every volunteer who helped make the meet run smoothly. A number of PNA, Zone and National records were set. About 350 swimmers participated, with 23 registered PNA teams taking part in the team competition. These were divided into three divisions based on number of swimmers at the meet. Division I teams had 17 or more swimmers, Division II 7 to 12, and Division III 5 and under. Here are the final results of the team competition:

Division I	1st Green Lake	2535
	2nd Federal Way	1416
	3rd Bellingham	821
	4th Pro Club	680
	5th Bellevue Club	579
	6th Queen Anne	470
Division II	1st Mercer Island	491
	2nd Tigers	431
	3rd Swim Seattle	388
	4th Issaquah	273
	5th Northshore Y	201
	6th Tumwater Valley	187
Division III	1st Tacoma Y	254
	2nd OOPS	181
	3rd North Whidbey	174
	4th BEST	152
	5th Juanita	120
	6th Ft Steilacoom	118
	7th Skagit Valley Y	87
	8th Valley Medical	84
	9th Thunderbird	61
	10th Orca	32
	11th Gateway	14

Again, congratulations to all.

PNA elections were held before Champs.



Scene from the recent PNA Champs in Federal Way.

The new officers will take over after Nationals to avoid confusion during a time when we are all very busy getting ready for Nationals. The new officers will be Treasurer Jeanne Ensign, Secretary Steve Peterson, and Vice-President Lee Carlson. I will be continuing in another term as President. At-Large Board Representatives will be Kathy Casey and Gary Maynard. Each registered team with 8 or more members are allowed a Board Representative as well. Be sure your team participates.

Watch for information elsewhere in this newsletter regarding relays for Short Course Nationals and volunteers for Short Course Nationals. We need many volunteers for all sorts of tasks. We expect about 1,800 swimmers to enter Nationals, so lots of help will be needed to keep things running smoothly. No experience is needed for most volunteer duties, so anyone can help. We will make sure that volun-

teers don't miss any events they are entered in, so you can help even if you are swimming. Non-swimmers are welcome to help as well.

See you soon,

Jane Moore, President

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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

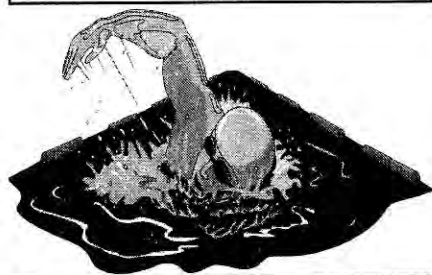
Deborah Bagg
(206) 621-7896

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>
Mar 15	SCY	Helene Madison Pool - Seattle
Apr 12-13	SCY	Naval Submarine Base Pool - Bangor

Other Local Events

Aug 9 OW ARC-Seafair Swim

Oregon

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 29-30 SCY Inland Empire Championships

Snake River

Apr 25-27 SCM NW Zone Championships - Boise

Utah

Apr 8-9 SCY Utah Championships - Salt Lake City

British Columbia/Canada

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 26	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

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

Minutes of the PNA Board Meeting January 28, 1997

The meeting was called to order at 7:10 P.M. by President Jane Moore at the home of Suzie, Colin and Zoe Ness. Present were Deborah Bagg, Steve Peterson, Dan Frost, Jeanne Ensign, Jane Moore, Hugh Moore, Frank Newquist, Suzie Ness, Jan Kavadas, Lee Carlson, Tom Foley, Tammi Keeler, Gary Maynard, Ed Artis, and Suzanne Dills. Teams represented were SSEA, OOPS, N. Whidbey, GLAD, FWM, Orca, Tigers, Samena, Queen Anne and BAC.

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

TREASURER'S REPORT/FINANCE COMMITTEE: Tammi Keeler presented the following reports: the final 1996 report, with a PNA balance of \$7,205.57 and a Wiggin Fund balance of \$2484.24; the January 1997 report, with a PNA balance of \$5748.72 and a Wiggin fund balance of \$2484.24; and the 1997 PNA budget. It was MSA'd to approve all three reports as amended.

COMMITTEE REPORTS:

A. Meets --

- Suzie Ness has received several out-of-town phone calls about the PNA Champs meet.

- Suzie asked about including the safety marshal guidelines in meet bid packets; it was decided to have Kathy Casey evaluate how these guidelines are working.

- The Protest Committee for the PNA Champs meet will include: Tom Taylor (Friday), Suzie Ness (Saturday), Jeanne Ensign (Sunday), Lee Carlson, Dan Frost, and Jan Kavadas.

- Suzie Ness, Gary Maynard, and Deborah Bagg will determine the team divisions (A, AA, AAA) for the PNA Champs meet.

- Steve Peterson raised a question about the advisability of including a 1650 event in the Bangor meet; Sue Dills will try to remove this from the entry form before it is printed.

- Dan Frost warned that the USMS website is not always up to date.

- 1997 Zone SCM Champs bids are due to Elin Zander by 3/15/97.

B. Membership -- Suzanne Dills. PNA membership is 630 as of 1/28/97. There have been 148 new members so far in

1997. 20 teams have registered for PNA Champs. It was MSA'd to approve \$182.60 to Sue Dills for envelopes.

C. Records/Top Ten -- Send any articles about swimming to Tom Foley.

D. Publicity -- Jan Kavadas noted that Governor Gary Locke once swam for Franklin High School.

E. Newsletter -- Donna Keyser should have been given credit for her Nationals logo.

Gary thanked Dan Frost for all his articles. Someone suggested an "Ask Ernie Etiquette" column for the WetSet.

F. Awards -- The awards for Champs have been ordered.

G. Social -- No report.

H. Officiating -- Jan Kavadas has ordered the 1997 rule books.

I. Fitness -- The Dawn Musselman swim is being organized for April.

J. Computer Applications -- No report.

K. Constitution and By-Laws -- Hugh has updated policies. It was MSA'd to approved amendments to the policies. These will be mailed out with the next PNA Board agenda.

OLD BUSINESS:

A. 1997 Short Course National Championships -- The next Nationals Planning Committee meeting is Saturday, February 1 at the Federal Way Aquatic Center.

B. PNA Board Nominating Committee -- the ballots have been mailed, and returns have started coming in. Jeanne Ensign wants future ballots to include an explanation of how elections are organized. She will write something, and save it for the 1999 election.

C. Safety Marshals -- We now have 4 orange safety marshal shirts, courtesy of Ed Artis.

NEW BUSINESS: Steve Peterson and Frank Newquist are taking nominations for the Dawn Musselman award.

NEXT MEETINGS:

Tuesday, February 25, AI High School, Tacoma

Tuesday, March 25, Federal Way 320th Library

Tuesday, April 22, BAC

There will be no meeting in May

The meeting was adjourned at 8:27 P.M.

Respectfully submitted,
Deborah L. Bagg, Secretary

From the Editor:

Well there are lots of goings on and news to report. First, I would like to congratulate Suzanne Dills, who was awarded this years Dawn Musselman Inspirational Award. See the announcement in this issue.

I recently received a copy of the results from the 1996 USMS 5 and 10 Kilometer Postal Championships and we had several members of the PNA who competed. In the 5K event, Jane Moore placed 7th in a time of 1:45:12.09, Gregory Harrison placed 3rd in a time 1:14:03.00, and Hugh Moore placed 6th in a time of 1:19:37.57. In the 10K event, Stephen Freeborn finished in 3rd place in a time of 2:39:37.99 and Steven Thasher placed 1st in a time of 2:31:35.11. I also have results for the 1996 3,000 Postal Championships where PNA was represented by Jan Kavadas and Lisa Wilson. Jan finished 2nd in her age group in a time of 62:08.39 and Lisa finished 7th with a time of 38:05.99. Congratulations to our PNA swimmers.

I also have a long overdue kudo that goes out to Donna Keyser. Donna designed the logo that is being used for the USMS Short Course Nationals in Federal Way. I first printed a copy of the logo in the December WetSet which although it was only printed in black and white still looked great. The color version is even more incredible. Our thanks go out to Donna for this impressive design which will be proudly sported on T-shirts for years to come by the many swimmers who will be at Nationals.

I would like to remind everyone that if you see any articles or pictures from local newspapers (or personal pictures) about PNA swimmers, that we have a club historian that maintains a scrapbook of this information. Tom Foley is our club historian and he can be reached at (206) 937-5585 or 10011 40th Ave. SW Seattle 98146. So please keep an eye out for local articles or pictures. (If pictures are sent to Tom, please identify the swimmers.)

Entry deadlines are fast approaching: Bangor Meet (4/5), USMS Nationals (4/3) and the NW Zone Championship Meet (4/21). Don't miss out on these events because of a late entry!

Check out the results from the Anacortes Meet in this issue. PNA swimmers went on a record rampage: Nick LeClerq - 2 World records and a National record, Tonya Berg and Pinky Walker both set 2 PNA records, Jan Kavadas and Kathy Casey both had a PNA record time, Steve Peterson set 2 PNA records, Steve Thrasher set 4 Zone records and 1 PNA record, Don Rosenthal had a zone record and Roy Ingham had a PNA record. There were also PNA and Zone records set in relays. What have you guys been eating? Congratulations!!!!



Our Nation's Best *Looking ahead to the upcoming USMS Nationals*

By Dan Frost

Coming to a pool near you... The 1996 USMS Short Course National Championships, to be hosted by us, the PNA. I'm sure that the PNA leadership will encourage all of you to go to Federal Way in May and take part in the Nationals in some manner. You can compete (of course), but you can also be a host volunteer or an official. You could also take in the social events or simply be a spectator, loudly and vociferously cheering for your favorite masters team (that just might win the large-team title).

If you have never been to a Nationals, you really do not know what a special experience it is. The best reason to come to the Nationals is the *atmosphere* about it. The best way that I can describe that atmosphere is to relay a story about a certain swimmer's first National Championship meet.

I had been swimming in Masters for about a year before I knew there was such a thing as a National Championship meet. When I did, though, I was immediately intrigued by the concept. A *chance* to compete for a national championship. What other sport can give an Average Joe like me that kind of opportunity?

That opportunity came in 1992. I was about to drive with my brother from Pensacola, Florida to my new assignment on Whidbey Island. I figured that going to Chapel Hill, North Carolina (the site of the '92 short course Nationals) would make a pleasant side trip. But I did have a problem... I was due in San Diego (for a Navy training school) the day after Nationals would end. Since San Diego was at least a three-day drive from Chapel Hill, my only chance to swim would be on the meet's opening day.

This is when "reason" should have set in my mind. After all, I had less than two years experience swimming Masters. I had only competed in two other meets before in my life, neither time beating anyone from my age group. And now I was thinking of driving from Florida to North Carolina, and then to California, in order to swim in one race. And that race would be either a 1000 or 1650 free.

Then, I remembered why I thought about going in the first place. It was simply the chance to compete in a national championship. Soon enough, I sent in my entry and started my long distance training in preparation for the 1000. I guessed at my seed time (13 minutes), but soon found myself swimming faster than that in practice. I left Pensacola with no idea how stiff the competition would be... my main goal was simply to have fun and get under 12:30.

I showed up in Chapel Hill on the day before the meet. The pool was open for warm-ups and there was a pre-meet competitors/coaches meeting to attend (I was Greater Pensacola Aquatics' one-man team). The meeting was beneficial. It was a chance to interact with some of the other swimmers as well as to learn about how the meet was going to be run. Most of all, I wanted to find out who my competition was. I got a heat sheet and found out that my age group in the 1000 had just three swimmers. I was psyched! Beat two swimmers and I would be a national champion. I was almost too excited to sleep that night.

The 1000 was the first event of the meet, and I drew Heat 6, Lane 4. The seeding was based solely on our entry times, so I found myself as the youngest swimmer in my heat. In fact, I was 15 years younger than the next youngest swimmer. Knowing that, plus knowing that I was going to be well below my seed time, made me really want to win my heat. Then, I had one final tactical decision to make... do I get my brother to count my laps or do I put him in the stands with the camcorder? I elected to have him record the big moment while hoping that I could still count to 40 in my head.

On the blocks, I tried to recall one last time my race strategy. It was simple... just swim fast. Don't hold anything back, after all, this is for the national championship. That strategy worked well early in the race. I was already a body length in the lead at the first turn. After the first 100, my split was 1:00 and the lead was over five yards.

I would find out soon enough that I was taking the race out way too fast. At the 350, I was really wishing that the race was over. My arms were screaming in agony, and I didn't know if they had another 650 left in them. I slowly started feeling better after I settled into a more comfortable pace. A virtual eternity later, my mind started telling me that I was on my final laps. I knew that I was still in the lead, but I didn't hear a gunshot when my self-counting reached 38 laps. Slightly confused, I picked up my pace a little and hoped that when I returned to the starting end there would be three timers staring down at me. Fortunately, there was.

The effort was good enough for a silver medal. I proudly wore that silver medal the rest of the day, as my brother drove me to dinner in Knoxville. I knew that I was not the second-best under-25 Masters swimmer in the country, but I was the runner-up to the national champion. Not bad for an Average Joe.

**Minutes of the PNA Board Meeting
December 10, 1996**

President Jane Moore called the meeting to order at 7:25 PM by at the Tacoma YMCA. Present were Kathy Casey, Suzanne Dills, Jeanne Ensign, Tom Foley, Jan Kavadas, Gary Maynard, Jane Moore, Suzie Ness, Steve Peterson, and Walt Reid. Teams represented were Fort Steilacoom, BAC, GLAD, Tigers, Samena, Federal Way, Orca, and OOPS.

MINUTES: The October meeting minutes were MSA'd as written.

TREASURER'S REPORT: Tammi Keeler's report was MSA'd as submitted. The PNA balances are \$4675.15 (checking), \$2508.06 (savings), and \$2479.59 (Wiggin fund). A motion to forward \$72.61 to Suzanne Dills for registration cards postage was MSA'd. Also MSA'd was a motion to donate \$25 to the Northwest AIDS Foundation in memory of Rick Peterson's partner of 20 years who passed away recently.

COMMITTEE REPORTS:

- A. Meets -- The call is out for an assistant meet announcer to aid our venerable Tom Taylor at PNA Champs.
- B. Membership -- Suzanne Dills reports that 1997 membership stands at 335, with 75 new faces. Registration renewals have been mailed out; nationally registered clubs include Pacific Northwest Aquatics, PRO Club, Tumwater Valley AC, Sequim, and Puyallup. Suzanne sees a need for a "Teams and Clubs" resource person to answer questions and coordinate registrations. This position may be proposed for 1998, and could be an added function of the LMSC representative requested by USMS. Suzanne was given the USPS notice of telebalance capability so that she and printer Kal can verify current bulk mail postage balances.
- C. Records/Top Ten -- Walt Reid has assembled a '95 LCM, '95 SCM, and '95-'96 SCY records booklet. One copy will be provided each registered team, with additional copies for \$2.00.
- D. Publicity -- No report.
- E. Newsletter -- Gary asked for photos from the Bellingham meet, and noted that PIT Printing was selected to print future WetSet issues (kudos to PIT for the nice job on the December issue).
- F. Awards -- Phoebe Terhaar is believed

to have 200 to 250 medals remaining, which should be sufficient for Champs. Only additional ribbons will need to be ordered.

- G. Social -- No report.
- H. Officiating -- Jan Kavadas, recently re-elected to the PNSA Officials Committee, noted that no fewer than *five* USS meets are scheduled during the term of Masters Nationals. Lee Carlson will request the assistance of all Western Washington USS swim officials by mail. Hugh has already sent a request to the USMS Officials Committee.
- I. Fitness -- No report.
- J. Computer Applications -- Steve Peterson has had preliminary discussions with a new PNA member who is willing to offer a home for the PNA Home Page on the Internet. Meanwhile, his research discovered that the "domain name" of "PNA.org" has already been taken -- by the Palestine National Authority of Gaza, Palestine . . .

K. Constitution and Bylaws -- No report.

OLD BUSINESS:

- A. 1997 Short Course National Championships -- Jane presented two versions of the awards plaque design backing plate: Board members present voted for the white background over the silver. The next Nationals Planning Committee will meet Saturday, January 11, at Green Lake. A morning workout (7:30 - 8:30) will precede the 9 AM meeting.
 - B. Nominating Committee -- Tom Foley announced that for President, Jane Moore was nominated by acclamation of many members surveyed. Other nominees are Lee Carlson (VP); Jeanne Ensign (Treas.); Steve Peterson (Sec'y); and Kathy Casey and Gary Maynard plus a third write-in (Reps. At Large). The Committee will mail ballots to members by January 15 for return no later than February 7.
 - C. Safety Marshals -- Kathy Casey has "those ugly" T-shirts ready for the Bellingham meet. She will enclose written instructions in a traveling bag along with the "no diving" signs and cones to assist the Safety Marshal volunteers. Kathy also assembled a list of meets to keep track of volunteers and help distribute the work. The Bellingham, Anacortes, and Champs meets remain open for Safety Marshal volunteers.
 - D. Postal 3000/6000 (Fall '97) -- Jane forwarded meet information to Gary Maynard (for Newsletter) and Suzie Ness (for meet sanction).
- NEW BUSINESS:**
- A. USMS LMSC Contact -- A motion was approved to make this function an ancillary duty of the PNA Vice President.

B. "Over 50 and Fit" Newsletter -- This local publication, touting that "life before 50 is the warmup," wants a write-up on Masters Swimming. The Publicity Committee will be assigned this task.

C. USMS National Treasurer -- Two PNA members, Jeanne Ensign and Hugh Moore, have expressed interest in this position.

D. Ransom Arthur Award -- Sandi Rousseau is Oregon's nominee for this annual top honor. Should the PNA corroborate or nominate our own candidate? Kathy Casey and Walt Reid will draft a letter nominating Hugh and Jane Moore, and will also solicit the rest of our Zone for nominees.

NEXT MEETINGS:

- Tuesday, Jan. 28: Ness' home, Seattle
 - Tuesday, Feb. 25: AI High School, Tacoma
 - Tuesday, Mar. 25: TBD
- The meeting was adjourned at 8:36 PM.

Respectfully submitted,
Steve Peterson for Deborah Bagg

(Continued from page 6)

RELAYS-M E N	200 M.	FREE	

160-199			
HARVEY PROSSER	68 PNA	2:01.34	
DAN FROST	28		
JIM MCCLEERY	51		
JACK HALLIGAN	28		
280-319			
GENE CROSSETT	83 PNA	3:10.00	
EVERETT CASSELL	83		
HAL YOUNG	75		
CLARK PACE	44		

RELAYS-M E N	200 M.	MEDLEY	

200-239			
KEN KOSTER	61 PNA	2:21.95 P	
DON ROSENTHAL	65		
PAUL MONOHON	51		
JIM MCCLEERY	51		

RELAYS-MIXED	200 M.	FREE	

160-199			
LESLIE HELM	41 PNA	2:09.44	
TONYA BERG	37		
CURT TROUPE	39		
CLARK PACE	44		
280-319			
JEANNE ENSIGN	50 PNA	3:40.39 P	
JANET KAVADAS	65		
EVERETT CASSELL	83		
GENE CROSSETT	83		

10th annual

Dawn Musselman Swim Against Cancer



The Dawn Musselman Swim Against Cancer is a one-hour individual swim to benefit the American Cancer Society. Named in memory of Dawn Musselman, a nationally-ranked Masters swimmer from the Puget Sound area who died of cancer, the **Swim Against Cancer** is an annual event to raise funds to fight cancer.

- WHAT:** The Swim Against Cancer is a contest to determine the distance an individual can swim in one hour as well as the amount of money he/she is able to raise for the American Cancer Society. It is organized as a swim-a-thon, with each participant collecting pledges for the distance he/she will swim. Participants swim in their local pools and must have a timer/counter with a stopwatch to verify the number of lengths swum. Results are mailed with pledged contributions.
- WHERE:** The Swim Against Cancer may take place in any 25-yard pool.
- WHEN:** The Swim Against Cancer is held any time between April 1 and April 30, 1997. Entry forms with pledges and contributions are due May 15, 1997.
- WHO:** YOU! Any registered USMS athlete is eligible to participate. All participants will receive a certificate of appreciation. Team awards will be given in three categories - most yardage, most money raised, and highest team participation. (A minimum of three swimmers is required for team award.) A minimum \$15 contribution is required for each entry.
- WHY:** All proceeds benefit the American Cancer Society. You can help defeat cancer in our lifetime.

The Dawn Musselman Swim Against Cancer is sanctioned by United States Masters Swimming (USMS) and the Pacific Northwest Association (PNA). Results will be printed in the WET SET. Swimmers are responsible for submitting receipts to donors. The event is sponsored by the PNA and the American Cancer Society.

TO ENTER

Send completed pledge sheet and collected contributions to:

Ann Martin

715 N. Yakima

Tacoma, WA 98403

QUESTIONS? Call Ann Martin at (206)272-1854.

**CHALLENGE YOUR TEAMMATES! GAIN MORE YARDS THAN THE OTHER PNA TEAMS!
RAISE MORE MONEY FOR THE AMERICAN CANCER SOCIETY!
PRIZES FOR TEAMS AND INDIVIDUALS!!**

VOLUNTEERS NEEDED!!

for the MASTERS NATIONAL CHAMPIONSHIPS
at the
WEYERHAEUSER KING COUNTY AQUATIC CENTER

What: 1997 United States Masters Swimming National Short Course Championships

When: Thursday through Sunday, May 15-18, 1997

Where: Weyerhaeuser King County Aquatic Center, Federal Way, WA

Who: PNA swimmers, friends, family, relatives, nice strangers!! Anyone interested in helping with the event. **NO EXPERIENCE NECESSARY!!**

Reward: Anyone working over 10 hours will receive a special collectors edition volunteer T-shirt. (Mighty hot item at the last Nationals in Federal Way.)

How many records will fall? How many former Olympians will attend? How many PNA swimmer will win GOLD? These and other exciting questions will be answered if you...

JUST DO IT!

DESCRIPTION OF DUTIES:

- Awards Table:** Issue awards to swimmers listed on official results.
- Banquet Set-up:** Help set-up for the banquet Friday evening, May 16, 1997.
- Hospitality:** Monitor and provide food and drink for all the volunteers working at the meet.
- Parking Attendant:** Direct traffic in three parking lots. Monitor restricted parking in lot closest to the pool.
- Runners:** Collect cards from the timers and return them to the results desk.
- Safety Marshall:** Provide an important early notification to on-deck personnel of any medical emergency. Gently remind swimmers of the pool rules.
- Souvenir stand:** Sell USMS Short Course Nationals merchandise during meet.
- Volunteer Check-in Desk:** Check in and provide the assignments to the volunteers as they arrive. Monitor volunteer hours toward their special collectors edition T-shirt.

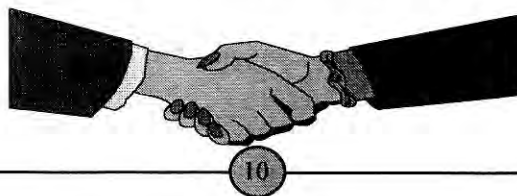
Please give back to the organization which makes these fun events possible and volunteer your time even if you are swimming in the meet (we will make sure you do not miss your event!).

**To volunteer please fill out a flyer
(available in the Wet Set, by calling Zena or from your swim coach)
and return it promptly to:**

**Zena Courtney
1300 SW Campus Drive, #67-1
Federal Way, WA 98023**

OR

Call Zena at (206) 874-9011, before 9 PM please.



1997 United States Masters Swimming Short Course National Championships Volunteer Response

1. I will be attending Short Course Masters Nationals.
 Yes No

2. I will be competing at Nationals.
 Yes No

3. What days will you be at the pool in Federal Way?
 Thursday, May 15, 1997 Friday, May 16, 1997
 Saturday, May 17, 1997 Sunday, May 18, 1997

4. I would like to help!
 Yes Yes, and I know others who would like to help.
 No No, but I know others who would like to help.

Name _____
 Address _____
 Phone _____

5. Area of interest in working	Day/Hours available
<input type="checkbox"/> Awards	_____
<input type="checkbox"/> Banquet Set-up	_____
<input type="checkbox"/> Hospitality	_____
<input type="checkbox"/> Parking Attendant	_____
<input type="checkbox"/> Runners	_____
<input type="checkbox"/> Safety Marshall	_____
<input type="checkbox"/> Souvenir stand	_____
<input type="checkbox"/> Volunteer Check-in Desk	_____

**Please fold and mail to: Zena H. Courtney, 1300 SW Campus Drive,
 #67-1, Federal Way, WA 98023**

HAPPY BIRTHDAY - PNA SWIMMERS

03/16	Matthew Smith	04/02	John Carroll
03/16	Todd Wirtz	04/03	Mark Genthner
03/16	Phoebe Terhaar	04/03	Thomas Taylor
03/19	Julie Ainsworth-Fisher	04/03	Eric Dybdahl
03/19	Suzanne Ferris	04/03	James Kettleborough
03/19	Patrick Slowey	04/04	Alan Bell
03/21	Robert McKenzie	04/05	Marianne Hunter
03/21	William McNichol	04/05	Sydney Munger
03/21	Barbara Haynes	04/05	Wayne Guest
03/22	Carolyn Cavalier	04/06	Jan Sblendorio
03/22	Linda Sanfield	04/06	Kristin Merritt
03/22	John (Jack) Connelly	04/06	Janet Kavadas
03/22	Mike Nelson	04/06	Barb Thrasher
03/24	Laura Slevin-Moriarty	04/06	Carolyn Baldwin
03/25	Edward Artis	04/06	James Twining
03/25	Jackie Kimpton	04/08	Chaya Amiad
03/25	Becky Klieman	04/08	Robert Black
03/26	Rick Spencer	04/09	Jim Penfield
03/27	Emily Anderson	04/09	Gail Hashagen
03/27	Victor Yagi	04/11	Thomas Riepe
03/27	David Arnold	04/12	Yvonne Yokota
03/29	Mary Anna Keiser	04/12	Donna Peters
03/30	Jack Stavros	04/14	Mark Watling
03/30	Patrick Powers	04/14	Sam Anderson
03/30	Claudia Bertolone-Smith	04/15	George Unruh
03/30	Peter Anderson	04/15	Trisha Scherwzler
03/31	Jennifer Santillano	04/15	Brenda Tomtan
03/31	Kate Sutherland	04/15	Wendy Van Desompele
04/01	Jean Huckins	04/15	Deborah Sauer
04/02	Leo Kosenkranius	04/15	Anthony Hillman



WELCOME TO THE PNA

Bryan Albert, Aletia Alvarez, Emily Anderson, Peter Anderson, Eric Skilsrud, Roz Atherton, Anne Avery, Gigi Baker, Lynn Bandy-Gross, Aaron Belenky, Lynn Bell, Kim Boggs, Illes Bognar, Nadine Bowen, Karen Bowers, Randall Brackett, William Branvold, Emily Buck, Cinny Burrell, Erik Carlson, Peggy Caron, Rick Colella, Alan Cooper, Kay Derkacht, Lawrence Dickmann, Dennis Donovan, Dempsey Dybdahl, Duke Eide, Karl Einset, John Eliason, Dianne Ferris, Suzanne Ferris, Richard Fletcher, Richard Foxlee, Steve Giles, Lettie Goltry, Andy Gorski, James Harris, Scott Harris, MaryLou Haugland, Belinda Herring, Anthony Hillman, Joan Hitchner, Brenda Sue Kepley, James Kettleborough, Stephen Kicinski, Robert King, Leo Kosenkranius, John Kucera, Tracy Larson, Cheryl Lee, Jim Lemieux, Karen Lewis, Anthony Lieggi, Eileen Marcy, Margaret McCleery, Kristin Merritt, James Millar, Sharon Miyata, Sheila Moore, Robert Moritz, Janet Myers, Laurae Nattress, William Nelson, Eric Nunez, Diane O'Neal, Erika Payton, Michael Peters, Gerry Plunkett, Patrick Powers, Tim Pritchard, Tim Rood, Charles Root, Leslie Rorty, Yvonne Rowan, Joann Sanders, David Santos, Deborah Sauer, Jan Sblendorio, Patricia Schimmel, Paul Senuty, Brent Sherwood, Laura Slevin-Moriarty, Fred Stark, Jack Stavros, David Stern, Amy Stewart, Scott Stone, Jeff Stride, Peter Strong, Jan Sullivan, Lara Swimmer, Julie Taraday, Deborah Taylor, Waller Taylor, Douglas Thompson, Katie Thompson, Dailey Tipton, Trina Torgelson, James Twining, Paul VanSant, Cathy Walters, James Walters, Dale atanabe, Mike Wayte, Jane White, Gregg Whittier, Katy Wiswall, Victor Yagi, Erik York, Randall Yurachak, Jeff Ziesemer, Loren Zook, and Aamdanne Zorich.

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

DAWN MUSSELMAN INSPIRATIONAL SWIMMER AWARD

An Inspirational Award has been presented during the PNA Championships meet since 1986 in memory of the "ultimate Masters swimmer," Dawn Musselman (1913 - 1986). Dawn was one of the earliest Masters swimmers, and there are few records above age 60 that she didn't hold. In her early days she was an Olympics hopeful. In her last days she continued to inspire her teammates until cancer took its toll. Past award winners are Dawn Musselman, Marlene Holmes, Maxine Carlson, Jim Penfield, Tom Foley, Karen Jost, Jan Kavadas, Robin O'Leary, Marion Mueller, Tammi Keeler, and Ian Thompson. This year's recipient was presented with a personal trophy, the perpetual trophy, and this statement at the PNA Champs meet, February 15, 1997:

1997 DAWN MUSSELMAN INSPIRATIONAL SWIMMER

The Pacific Northwest Association Local Masters Swimming Committee is proud to present the Dawn Musselman Inspirational Swimmer Award for 1997 to Suzanne Dills.

Suzanne, from your original WetSet masthead design to serving as our current membership registrar, you have long demonstrated your commitment to PNA Masters Swimming. Your coaches, teammates, and friends alike testify to your dedication to our sport and to all of us who participate.

Bellevue Club Coach Alan Capron characterizes you as both a second Masters coach on deck and as the team's unofficial social chair. You keep your teammates posted on developments from around the PNA. You not only recruit new swimmers, but serve as a role model, getting them excited about improvement and competition. Even through injury you continued working out, doing the kick sets, perfecting your backstroke, and developing Velotrek expertise.

Your hard work has not gone unnoticed through the world of Masters Swimming. At the 1995 Canadian Nationals, for example, you had All American short course meter times in five events in the 50 - 54 age group, including a National and World record for the 800 meter free. You also qualified as All American in the 800 and 1500 meter freestyle events at the 1995 US Long Course Nationals at Mt. Hood. While you tempered your excitement with characteristic modesty, your coach and team shared your fun and pride—and made sure your feats were published in the Journal American.

"The best thing about Sue," says Coach Alan, "is her daily enthusiasm and commitment to the team. She's a hard worker and is exciting to work with." Sue, your positive enthusiasm for swimming and swimmers, encouraging without being judgmental, serves as an inspiration to us all.

Signed by: President Jane Moore and VP Jeanne Ensign (for the PNA Board);
and Steve Peterson and Frank Newquist (for the Nominating Committee).

**U.S. MASTERS SHORT COURSE
NORTHWEST ZONE CHAMPIONSHIPS
April 26-27, 1997**

Location: West Family YMCA/Boise City Aquatic Center; 5959 N. Discovery Place; Boise, ID 83713; (208) 377-9622. From I-84, take Eagle Rd. exit and follow Eagle Rd. North to Chinden Blvd. Turn right on Chinden; Go approximately 3/4 mile to Discovery Place, turn right.

Facility: 25 yard x 50 meter indoor pool; 8 lanes will be used for this competition; paragon-style blocks, 6" anti-wave lane lines; spectator gallery for 800 spectators. Daktronics Omnisport 6000 Timing system with 8 lane scoreboard.

Referee: Jim Everett; 10945 Janie Rd., Boise, ID 83703; (208) 939-0107.

Format: Individual events will be pre-seeded, slowest to fastest. The 400 IM, 500, 1000, & 1650 Freestyles and all Relays will be deck seeded. Swimmers may enter 6 events total, with no more than 5 events per day.

Warm-up: Saturday: Distance event warm-up beginning at 8:00 a.m.; meet begins at 9:00 a.m. Warm-up for events #3-11 will begin at 11:00 a.m.; meet begins at noon.
Sunday: Warm-ups begin at 8:00 a.m.; meet begins at 9:00.

Awards: Ribbons will be awarded 1st through 5th.

Motels: Ameritel Inn (208) 378-7000
Plaza Suite Hotel (208) 375-7666 or 1-800-376-3608
Red Lion Riverside (208) 331-4913

SATURDAY EVENTS

1 1000 Yd Freestyle * OR
2 1650 Yd Freestyle*
Break
3 50 Yd Freestyle
4 200 Yd Butterfly
5 100 Yd Backstroke
Break
6 200 Yd Mixed Freestyle Relay
7 100 Yd Freestyle
8 50 Yd Backstroke
9 200 Yd Breaststroke
Break
#10 200 Yd Medley Relay
#11 400 Yd I.M.

SUNDAY EVENTS

#12 200 Yd Backstroke
#13 50 Yd Breaststroke
#14 100 Yd Butterfly
Break
#15 200 Yd I.M.
#16 200 Yd Freestyle Relay
Break
#17 200 Yd Freestyle
#18 100 Yd Breaststroke
#19 50 Yd Butterfly
Break
#20 100 Yd I.M.
#21 200 Yd Mixed Medley Relay
Break
#22 500 Yd Freestyle

*Swimmers may enter only 1 of these events.

**USMS NORTHWEST ZONE CHAMPIONSHIPS
April 26-27, 1997**

Sanction # _____ **Hosted and Sanctioned By:** Snake River Masters

Entries: Please mail entries postmarked no later than April 21st to:
Jill Wright; 1626 Williams St.; Boise, ID 83706
(208) 338-5287.

Fees: \$10 per swimmer for meet; \$15 per swimmer if deck entry.
Make checks payable to Snake River Masters.

Name: _____ M F

Address: _____

Phone: (____) _____ Date of Birth: _____ Age: _____

Club or Unattached: _____ USMS #: _____ LMSC: _____

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+

Please attach a copy of your USMS Registration Card with your entry.

<u>Event #</u>	<u>Event Name</u>	<u>Estimated Time</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

LIABILITY RELEASE

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

Signed _____ Date _____

UNITED STATES MASTERS SWIMMING, INC.
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 _____

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	1:08.65	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	3:24.79	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	13:19.30	12:30.60	12:47.47	13:18.61	14:54.58	16:39.55	16:46.85	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	5:06.90	6:10.88
5 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	1:18.13	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	4:46.90	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	1:03.66	1:07.54	1:10.25	1:22.55	1:30.30	1:40.55	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	11:16.54	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	32:00.60	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	3:04.01	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	46.45	50.13	1:05.53	No Time
100 BREAST	1:08.81	1:07.63	1:08.15	1:09.63	1:10.53	1:14.07	1:17.83	1:25.34	1:29.23	1:33.90	1:46.47	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	36.99	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	3:22.66	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	3:48.36	4:32.48	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.

Relays! Relays! Relays!

This is the place to sign up if you would like to swim on a PNA relay at Short Course Nationals. Robin O'Leary will be the relay master for setting up relays. To swim on a relay, please fill out this form.

Name _____ Age ____ M F USMS# _____

Address _____ City _____ State ____ Zip _____

Phone _____ Birthdate _____

I will be attending Short Course Nationals at Federal Way. I would like to swim on the following relays:

- | | |
|--|--|
| <input type="checkbox"/> 200 Medley Relay | <input type="checkbox"/> 200 Mixed Medley Relay |
| <input type="checkbox"/> 200 Freestyle Relay | <input type="checkbox"/> 200 Mixed Freestyle Relay |

My best 50 yard times for the 1996-1997 seasons are (please by accurate):

50 Freestyle _____	50 Breaststroke _____
50 Backstroke _____	50 Butterfly _____

Enclosed is my check for:

Relays x \$2.00	= _____
Plus PNA surcharge \$.50	= _____
Total	_____

Makes check payable to:

Pacific Northwest Aquatics

I understand that if I cannot attend Nationals, that I must notify Robin O'Leary prior to April 1, 1997, or I may not get my relay entry fee back. If I am not selected to swim on all the relays that I have paid for, I will be reimbursed for the relays I do not swim.

Signed _____

PLEASE NOTIFY ROBIN IMMEDIATELY IF YOU CANNOT SWIM ON RELAY.

Deadline: We need committments to swim on relays by April 1, 1997.

Mail this competed form to:

Robin O'Leary
6323 19th Avenue NE
Seattle, WA 98115-6903

Calling all Volunteers for Nationals

This is your chance to help out at the biggest meet of the year

You can help even if you are swimming!

As a volunteer, you can get a cool T-shirt, rub elbows with some of the Nationals Organizing Committee Members (they are real cool), see the swimming action and personalities (such as former Olympians and current Masters record holders) up close, and you can just be an all around good person. Plus you will win the undying affections of the organizing committee members (we may even leave you something in our wills). So this is the time to speak out, don't be shy. We are not particular, we take all comers (and any relatives or friends). And if you are entered in an event, we will make sure you have time to warmup before your swim, get to your event, and have time after for warmdown, massage, carbo-loading, partying, etc.

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

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Permit No. 2334

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