

The WetSet



Volume 16 Issue 5

May 1997

NO PAIN, NO GAIN?!? *How hard should you push yourself?*

By Dan Frost

There you are again...another day, another swim workout. Your coach guides you through a hazy maze of sprints, descending intervals, drill sets and building repeats. After weeks of this routine, you begin to wonder if all this stuff is making you an improved swimmer or not. Maybe your total workout distance is going up, or you can now handle faster intervals, or your clocking faster times in sprints or races.

Or maybe you are working out on your own. One day, you decide to try swimming 1000 yards without stopping, just to see if you can do it. Let's say that you're successful. Now, how do improve yourself in the next workout? Swim 1200 straight yards? Swim another 1000, but faster? At what point does it end, if ever?

In other words, how hard should you push yourself? Should you swim as fast as you can all the time? How about just trying to maintain a constant heart rate or gentle speed over a long distance? Is it healthy to overload yourself with physical stress over and over again?

The answer is each person, depending on individual goals. For goals is to burn off a to train as intensely to win Nationals triathlete hoping to swimming will train in a slightly different manner than the 1650-yard pool competitor.



going to be different for ing on a swimmers indi- example, if one of your little fat, you do not need as another swimmer try- in the 50 Free. Even a improve his open water

There are, however, a couple of things that all swimmers of all abilities should know about in terms of training. The first is *the value of rest*. It used to be popular to believe that the best way to get swimmers ready for the big meet at the end of the season was to workout hard for weeks and weeks (No pain, no gain!), and then let them "taper" for a couple weeks or so. Now, coaches are having better success by planning "cycles" of 4-6 weeks at a time, giving their swimmers a chance to recover and adapt to the conditioning of exercise more frequently.

The value of rest is evident not just in multi-week "cycles," but also in daily workouts. In general, the more intense you swim, the more you need to rest between swims. Of course, you knew that, but it is not necessarily because you need to catch your breath. High-intensity swimming without sufficient rest will fatigue you beyond the point where you can keep an efficient or effective stroke form. Plus, you increase the likelihood of injury from overtraining. This doesn't mean that you should take a 10 minute break after every 50 sprint you do, but it should be long enough to give your muscles a chance to recover while your heart rate remains at an acceptable level.

The second thing to know about training is where your *anaerobic threshold* is. It is a generally accepted theory that there is a training/swimming speed where you can maximally overload your aerobic metabolism and remove as much lactic acid (generated by your anaerobic metabolism) as is being produced. It is located somewhere in between "full-speed ahead," where you are maximizing your anaerobic metabolism and lactic acid production, and "idle power" at virtual rest.

The best known way to determine your anaerobic threshold is to take the T-30 test.

(Continued on page 3)

From the Editor:

Last month I referred to the new Web site created by Dan Frost and was going to include an E-mail address for Dan which inadvertently got left out. So here is his E-mail address: frosty@whidbey.net.

USMS Nationals are this month in Federal Way. Swimmers from seven countries and 47 states will be there. A team of 14 swimmers from the Ukraine will also be competing. Good luck to all the Northwest swimmers competing - 346 from Washington, 134 from Oregon, 16 from Idaho, and 11 from British Columbia. Even if not competing, this is a fun event to be a spectator as former Olympians, Hall of Fame, and current world record holders will be there. There will also be an appearance by Michael Newman of the TV series Baywatch ("Newmy"). Michael is in reality a lifeguard as well as an actor. He has competed around the world in lifeguard endurance events. He has also swam competitively.

The ORCA swim team is looking for a new coach to start immediately. Contact Gary Mather at (206) 323-2256 or gmather@u.washington.edu.

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5 & 10 K Postal Champs**

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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>
May 15-18	SCY	USMS Short Course National Championships - Federal Way
7/5/97	SCY	Helene Madison Pool - Seattle
9/1 to 10/31	SCY	3000/6000 USMS National Postal Championships

Other Local Events

Aug 9	OW	Emerald City Swim
	OW	ARC-Seafair Swim

Oregon

July	LCM	Multnomah Athletic Club - Portland
July	LCM	MHCC State Games of Oregon - Gresham
Aug 2-3	OW	Elk Lake Open Water Swim - Bend

British Columbia/Canada

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 3	OW	USMS National 1-Mile Open Water Champs - Irving Texas
May 15-18	SCY	USMS Short Course National Championships - Federal Way
May 25	OW	USMS National 2-Mile Open Water Champs- Reston Virginia
May to Sept	LCM	USMS National 5 & 10 K Postal Championship - Any pool
July 12	OW	USMS National 2-Mile Cable Championship - Charlottesville, Virginia
July 7	OW	USMS National Open Water Champs (10 miles) - Seal Beach CA
Jun 23-29	LCM	Pan Pacific Masters Championships - Maui Hawaii
Aug 14-18	LCM	USMS Long Course National Championships - Orlando Florida
Sept 9	OW	USMS 5K Open Water Championships - Catalina Island California
Sept 25-28		USMS Convention - Burlingame California
Sept to Nov	SCY	USMS 3000/6000 Postal Championship - Any pool

See the Long Course Distance Events Calendar in this Issue

For Information on Meets Outside of the PNA Area

Inland Empire Rich Swoboda 9366 N Kayla Ct Hayden Lake, ID 83835 (208) 772-9450	Oregon Eric Guest 44861 SE Highway 26 Sandy, OR 97055 (503) 668-4465	Snake River Jeff Erwin 422 Sherman St #101 Boise, ID 83703 (208) 344-6733
Northwest Zone Rep Elin Zander S 13927 Traver Lane Valleyford, WA 99036 (509) 448-5250	Utah Annette Taylor 1709 E 1700 Street Salt Lk. City, UT 84108 (801) 467-8713	Montana Steve Holloway 232 S 6th Street E Missoula, MT 59801 (406) 542-0535
Alaska Ed Cronick 7851 Alafna Avenue Anchorage, AK 99516 (907) 345-4228	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	

Minutes of the PNA Board Meeting March 25, 1997

The Meeting was called to order at 7:06 P.M. by President Jane Moore at the 320th Library in Federal Way. Present were Deborah Bagg, Frank Newquist, Jeanne Ensign, Jan Kavadas, Robin O'Leary, Tammi Keeler, Dan Frost, Walt Reid, Hugh Moore, Gary Maynard, Suzie Ness, Tom Foley, Steve Peterson, Phyllis Gill, and Lee Carlson. Teams represented were SSEA, FWM, GLAD, N. Whidbey, Ft. Steilacoom, Samena, Orca, Tigers, and OOPS.

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

TREASURER'S REPORT/FINANCE COMMITTEE: Tammi Keeler's report was MSA'd as submitted. The PNA balance is \$11,925.05, and the Wiggin Fund balance is \$2490.45. It was MSA'd to approve \$208 in miscellaneous Champs expenses.

COMMITTEE REPORTS:

- A. Meets -- Suzie said there were 160 swimmers at the Orca meet.
- Orca is bidding for the July meet. It was MSA'd to approve a \$12 flat fee for this meet. It was also MSA'd to approve a senior discount to \$10 for swimmers 65 and older.
- The question of including a voluntary donation to IGLA (International Gay and Lesbian Aquatics) on the entry form was discussed; the consensus was not to set such a precedent.
- There was also discussion of a motion by Suzie to use a new formula for meet fees: \$1 per swimmer, plus 25% of profits after deducting all expenses. It was decided that the Board needs financial history and information from Tammi before this can be discussed. The motion was withdrawn.
- It was MSA'd to approve the Orca meet bid for July.
B. Membership -- Jeanne (for Suzanne Dills): PNA membership is at 775.
- Suzanne is looking into the cost of setting up a mailing list for coaches and team reps, and adding this to Kal's database.
C. Records/Top Ten -- No report.
D. Publicity -- No report.
E. Newsletter -- Hugh suggested that Gary include information about the op-

- portunity to sponsor an event at Nationals for \$25 in the WetSet. Gary can do this, despite the tight turnaround time.
F. Awards -- No report (need new chair).
G. Social -- No report (need new chair).
H. Officiating -- Jan has the rule books for Nationals.
I. Fitness -- Phyllis will continue as chair.
J. Computer Applications -- Dan Frost has created a PNA home page on the World Wide Web. Its address is <http://www.whidbey.net/frosty/pna.htm>. It was MSA'd to approve this as the official PNA web site.
K. Constitution and By-Laws -- Policies were mailed out with the meeting agendas.

OLD BUSINESS:

- A. 1997 Short Course National Championships -- 220 entries have been received so far. There will be a meeting at the Moore's house on April 19, beginning at 9:00 am, for people who want to help enter data, prepare information for the heat sheet, etc.
-- Lee has 67% of the officiating positions filled so far.
-- Deborah has reserved the display case at the 320th Library for a swimming display in May, to coincide with Nationals.
B. Other -- Frank said that we need to fill the position of Social Chair before the 25th anniversary banquet. Tom Foley will call Kiko VanZandt about a banquet/potluck for the 25th anniversary of PNA.

NEW BUSINESS:

Jane said that we need to prepare a list of likely candidates for Convention. Frank has asked for delegate-at-large status. Steve Peterson, Phyllis Gill, Lee Carlson, Dan Frost, and Robin O'Leary will be on the list. (Steve and Phyllis went last year, and thus will get information in the mail.) Delegates will actually be chosen after Nationals.

NEXT MEETINGS:

Tuesday, April 22 at the Bellevue Athletic Club (sign in at the desk).
Tuesday, June 24 at Jan Kavadas' home in Edmonds.

The meeting was adjourned at 8:36 P.M.

(Continued from page 1)

Swim as fast as you can, at a constant pace, for thirty minutes. Whatever pace you hold will be at your anaerobic threshold. For example, if you swim exactly 2000 yards at an even pace for 30 minutes, your anaerobic threshold speed is 1:30 per 100 yards. You could also determine your anaerobic threshold by swimming a series of intervals on a short rest, say 100s on 10-30 seconds rest. Again, hold as fast a pace as you can for 30

minutes, and this will be your threshold speed. This interval method works well with strokes other than freestyle.

The training sets that you see on the workout board are designed to target your efforts at some level above, below, or at your anaerobic threshold...

- Basic endurance training, cardiovascular conditioning, and swimming for weight loss takes place *below* the anaerobic threshold. Since fat can only be metabolized aerobically, you can lose weight and gradually improve your cardiovascular fitness without ever speeding over the anaerobic threshold.
- By training *at the threshold* speed, you best condition yourself to improve your aerobic metabolism. While this sounds like the optimum speed that everybody should swim at, threshold speeds can not be maintained day after day due to eventual depletion of muscle glycogen.
- Training *above* that anaerobic threshold has many purposes. One is to continue to overload the aerobic system. Another is to improve the anaerobic metabolism, in effect to *increase* lactic acid production. Yet another is to condition the body to tolerate the elevated lactic acid levels. Swimming faster than threshold speeds also develops muscular strength and power. Again, due to the extreme fatigue induced, training above the threshold should make up only a small percentage of your total training distance.

Whether you swim laps on your own or have a coach, you can exercise and train smarter by knowing the value of rest and the importance of swimming at certain speeds and intensities.

HAPPY BIRTHDAY - PNA SWIMMERS

05/16	SHELLEY BIRNIE	06/02	MARK HIRAYAMA
05/17	RENEE STEWART	06/03	JAMSHID KHAJUI
05/17	AMERICO CARNEVALE	06/03	MARK JAEGER
05/18	RON OREN	06/03	JEAN CRECELIUS
05/19	PAUL VAHEY	06/03	LAURA LOVATO
05/19	CHERYL LEE	06/03	WENDY NEELY
05/19	JANEL HAMMOND	06/04	JOHN FURRER
05/21	MARIANNE MASON	06/04	PAUL MONOHON
05/21	BETTY KINNEY	06/04	GERALD VAN HOOSIER
05/22	PHIL MARINO	06/04	MICHAEL JONES
05/23	NANCY FAEGENBURG	06/05	BLAIR MURRAY
05/23	REBECCA SKAGGS	06/05	MIKE FOERSTER
05/23	MIRAN TERRY	06/05	DON BURTON
05/23	LORRAINE ARNOLD	06/05	ROZ ATHERTON
05/23	JULIE BARNARD	06/07	ANN LENNARTZ
05/25	REBECCA SLIVKA	06/07	JAMES BYFIELD
05/26	CHARLES LARRABEE	06/09	JON BERNHOFT
05/26	ERIK NIELSON	06/09	MATTHEW WARNER
05/27	TAM KING	06/09	YURIKO SATO-POEHLMAN
05/27	DAVID STERN	06/10	ERIC ASKILSRUD
05/28	KIMBERLY GROSS	06/11	DONNA BURKHART
05/28	CAROL TROUP	06/11	JULIE TARADAY
05/29	PEGGY ZAPPONE	06/12	LOREN ZOOK
05/29	DAN FENTON	06/13	LYNN BELL
05/29	LARRY LITTLE	06/13	GARY HOLMQUIST
05/29	SUZANNE STROM-REED	06/13	JANICE LINVILLE
05/30	ED REED	06/14	MICHAEL O'LEARY
05/30	MARILYN SANTIAGO	06/14	JOHANN VANVEELEN
05/31	DAN O'BRIEN	06/14	JEREMY GERKING
06/01	AMY RUST	06/15	ERIC KLISKEY
06/01	ROBIN SHERWOOD		



WELCOME TO THE PNA

LORRAINE ARNOLD, ILA BARLEAN, PHIL BRENNAN, JASMINE BRYANT, ANGIE BUGARCIC, KEITH COTTINGHAM, ERIC CROSSSTONE, JOHN DUNN, CHRIS ERICKSON, SKIP FRAILEY, PAUL FREEMAN, TINA HALL, PAUL HARKINS, KATHLEEN HOFSTETTER, JULIE LOVAN, DON MACLANE, C. ANDREW NEFF, CARRIE PASCAL, BRIAN RUSSELL, LUIS SANTANA, STUART SCARFF, JEFF SHEARSTONE, ROBIN SHERWOOD, B.J. SLATER, JENNIFER STAPP, WILLIAM STERLING, WHITNEY THOMPSON, PAUL VAHEY, STEVEN VELA, WENDY WARNE, JULIE ZAPPONE, AND PEGGY ZAPPONE.

(Continued from page 7)

Relays-Mixed 200 yard Medley (continued)

SUZIE NESS	35 PNA	2:16.26
COLIN NESS	36	
ANNE AVREY	27	
NICK SMITY	35	
CYNTHIA HIRST	34 PNA	2:23.53
DAWN PAXTON	32	
GLENN KNITTER	50	
EDWARD REED	60	

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

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 _____

Meet Information

SATURDAY, JULY 5th, 1997 - Helene Madison Pool - Seattle, WA

HOSTED BY:



Entries Due: **Postmark by Friday, June 20th.** We must receive your entry by Friday, June 27th. We **CANNOT** accept late entries as this creates too much last minute extra work for our hard-working volunteers to be able to run an efficient meet. Thanks for your understanding.

Mailing Address: July 97 Meet c/o Orca Swim Team, 1122 E Pike St Suite 869, Seattle, WA 98122-3934

Meet Director: **JOHN CARROLL** (206) 323-6241 (before 9pm) E-mail: johnlex2@aol.com

Schedule: **Check-in: 10:00 a.m. Warm-up: 10:15 a.m. Meet Begins: 10:45 a.m.**
 (At check-in you will be provided with card indicating all your events with heats/lanes shown. Pick-up individual event cards (to be handed to timers) prior to swimming from the Clerk or Course on the pool deck)

ORDER OF EVENTS (Seeding is slow to fast)

1. 500 Free (subject to re-seeding, please check-in with clerk of course at beginning of warm-up)
(additional warm-up of 30 minutes)
2. 200 Free Relay (will not start before 11:30am)
3. 50 Breast
4. 100 Fly
5. 200 Free
6. 50 Back
7. 100 IM
(5 minute break)
8. 200 Mixed Free Relay
9. 100 Breast
10. 50 Fly
11. 100 Free
12. 200 Back
(15 minute break - Pink Flamingo competition)
13. 200 Medley Relay
14. 200 Breast
15. 200 Fly
16. 50 Free
17. 100 Back
18. 200 IM
(5 minute break)
19. 200 Mixed Medley Relay

Rules & Eligibility

No diving during warm-ups except in designated sprint lanes. This meet is open to all USMS/CASA 1997-registered swimmers, 19 years and older.

Facility

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

Directions

From SeaTac Airport, Downtown Seattle and areas S of Seattle: take I-5 Northbound, take NE 130th St. exit. Go west on NE 130th St to Meridian Ave N (2nd signal). Turn RIGHT on Meridian Ave N. The pool is on the left at N 134th St.

From Vancouver BC, and areas north of Seattle: take I-5 Southbound, take N or NE 145th St. exit. Go west on N 145th St to Meridian Ave N. Turn left on Meridian Ave N. The pool is on the right at N 134th St.

The ORCA SWIM TEAM is 501 (c) (3) non-profit corporation dedicated to promoting the sport of swimming and to educating the public about the value of sports in community-building. The team is comprised of gay/lesbian and gay/lesbian-friendly swimmers and welcomes all Masters Swimmers to its swim meets. ORCA SWIM TEAM is a member of Pacific Northwest Aquatics (PNA), International Gay and Lesbian Aquatics (IGLA) and Team Seattle.

Visit our web site within Team Seattle at <http://teamseattle.org>

SATURDAY, JULY 5th, 1997

Helene Madison Pool - Seattle, WA - Sanction # 973605



Name: _____ *USMS or CASA #: _____
 Address: _____
 City: _____ State: _____ Country: _____ Postal/Zip Code: _____
 Phone: (____) _____ Birth Date: _____ Age on 7/5/97: _____ Male _____ Female _____
 Team _____ (or) Unattached _____ Association (USMS/FINA Club) _____
 E-mail Name (if available -useful for any last minute information): _____
 Age Groups: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90+

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

Event #	Event Name (5 individual events max., plus relays)	Estimated time (25 yard pool)

Entry fee: \$12 U.S. (\$10 for age 65 or over) **Checks payable to: ORCA SWIM TEAM**
 Canadian Funds (multiply entry fee by 1.395)
FLAT MEET ENTRY FEE includes individual events, relays, heat sheet, ribbons, and LMSC surcharge of \$1.00)

Mail entry fee and this entry form to: July 97 Meet c/o
 ORCA SWIM TEAM
 1122 EAST PIKE ST, SUITE 869
 SEATTLE WA 98122-3934

FIRM DEADLINE: Postmark by Fri., June 20th. We must receive your entry by Fri., June 27th.

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: _____

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

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

Make a copy of your entry and check and bring it to meet as corroborating evidence of your entry.

1997 USMS 5K & 10K Postal Championships

NAME: _____ SEX: _____ AGE: _____
 ADDRESS: _____ PHONE: (____) _____
 CITY: _____ STATE: _____ COUNTRY: _____ ZIP: _____
 USMS #: _____ CLUB: _____ BIRTHDATE: ____/____/____

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 those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY INCIDENT THEREOF, I HEREBY WAIVE ANY AND ALL RIGHTS TO 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: _____

Split Sheet				
100	2100	4100	6100	8100
200	2200	4200	6200	8200
300	2300	4300	6300	8300
400	2400	4400	6400	8400
500	2500	4500	6500	8500
600	2600	4600	6600	8600
700	2700	4700	6700	8700
800	2800	4800	6800	8800
900	2900	4900	6900	8900
1000	3000	5000	7000	9000
1100	3100	5100	7100	9100
1200	3200	5200	7200	9200
1300	3300	5300	7300	9300
1400	3400	5400	7400	9400
1500	3500	5500	7500	9500
1600	3600	5600	7600	9600
1700	3700	5700	7700	9700
1800	3800	5800	7800	9800
1900	3900	5900	7900	9900
2000	4000	6000	8000	10000

Official Time: _____

We certify that on ____/____/____ (date), the entrant completed the 5K ____/10K ____ (check only one event) in the official time recorded above.

Signature of Swimmer (required) _____

Signature of Verifier (required) _____

Mail completed and signed entry form with fees for entry, T-shirt and foreign postage payable to Crawfish Masters Swim Team. Include copy of 1997 USMS registration card and optional SASE for entry receipt verification. Entries must be received by event director by October 15, 1997.

MAIL TO:
 Crawfish Masters Swim Team
 c/o Scott Rabalais
 3537 Christina Ave.
 Baton Rouge, LA 70820 USA

FEEs: Entry Fee (\$8 US) \$8.00
 T-shirts (\$12 each) Size(s): S ___ M ___ L ___ XL ___ XXL ___
 Check: 5K shirt(s) ___ 10K shirt(s) ___
 Foreign T-shirt postage (\$3 per shirt) _____
 TOTAL payable to Crawfish Masters Swim Team _____

1997 United States Masters Swimming
 5 Kilometer and 10 Kilometer
 Postal Championships

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

SANCTION: Sanctioned by Southern Masters Swimming for USMS, Inc. Sanction # 247-002

EVENT DIRECTOR: Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820 (504)766-5937

EVENT: The 5 Kilometer and 10 Kilometer swims are separate National Championship events.

LOCATION: Any 50 meter pool.

DATES: The swim must be completed between May 15 and September 30, 1997. Entries must be received by the event director by October 15, 1997.

ELIGIBILITY: Open to all USMS members with valid 1997 registration. Entrants are required to submit a photocopy of 1997 USMS registration card.

FOREIGN ENTRIES: Foreign swimmers 19 years of age and older are invited to participate; proof of Masters membership is required. Please mail foreign entries as early as possible to meet deadline! Foreign swimmers are not eligible for USMS records or All-American status.

AGE GROUPS: Age group is determined by actual age on date of swim. Swimmers who change age groups during the event period may swim twice and enter in each age group. Age groups for both male and female are 19-24, 25-29, 30-34, 35-39, etc. (in five-year increments) to 100+.

AWARDS: USMS Long Distance National Championship medals will be awarded to the top three finishers in each age group for the 5K and 10K Championships. Championship patches will be awarded to each age-group winner.

SCORING: Official club scoring will be tabulated based on the top ten finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be kept for men, women and com- in the 5K and 10K.

RULES: The 1997 USMS Rules for Long Distance Swimming govern this event. These include:

- 1) No drafting: two or more swimmers in one lane must maintain at least 10 meters of separation except when passing;
- 2) One or more adults must be present for the entire swim in the capacity of starter/head timer/referee;
- 3) A lap counter/timer/witness must record cumulative splits every 100 meters on the entry form split sheet. It is suggested that two watches with fresh batteries be used to ensure that an official swim time can be recorded to the nearest hundredth of a second;
- 4) You may enter both the 5K and the 10K. However, you may NOT use a split time from the 10K for the 5K, except for national record purposes (see #5). The 5K swim is 100 lengths of a 50-meter pool. The 10K swim is 200 lengths of a 50 meter pool.
- 5) A 5K national record may be established by using a swimmer's "split time" if the intent to record a split time is brought to the attention, in writing, of the event director. Also, the swimmer must complete the full distance of the scheduled event (10K) without being disqualified.

FEEs: The entry fee for each event is \$8.00, payable to Crawfish Masters Swim Team. Please do not send cash. Foreign entrants: Please submit fees in USA funds via international money order of bank check drawn on a bank with a USA affiliate.

RESULTS: Results will be mailed to each participant. Please allow approximately one month after entry deadline for delivery of results, T-shirts and awards.

T-SHIRTS: Commemorative T-shirts may be purchased for the 5K and/or 10K. Please indicate preference on entry form. Cost per shirt is \$12. For non-US delivery, include additional \$3 per shirt for foreign postage.

TRAINING TIPS: For a copy of the article, "Training Tips for the 5K and 10K," send a SASE to: Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820. Requests may also be made by fax at (504)766-5937 or e-mail at ScottRabalais@compuserve.com



LONG DISTANCE SWIMMING 1997 LONG DISTANCE CALENDAR

NOTE: OPN = Open Water, PST = Postal Swim, LD = Long Distance in Pool

11/1/96-1/3 1/97	Oceania One Hour Postal Champs	PST	New Zealand Masters Swimmers, Inc., PO Box 57-112 Owairaka, Auckland, NZ	
1/1-31/97	*** NATIONAL CHAMPIONSHIP *** 1-Hour Postal Championship	PST	Nancy Ridout or Carolyn Boak, 580 Sunset Parkway, Novato, CA 94947; E-mail: 75713.2314@compuserve.com; Web Site: www.pacificmasters.org/comp/97_hour_swim/entry_info.html	415-892-0771
1/1/97-12/3 1/97	Virtual Century Swim - No Time Limit	PST	Bill Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731; E-mail: 76216.2345@compuserve.com; Web Site: http://ourworld.compuserve.com/homepages/swim	770-698-8020
1/4/97	Hollywood Mile - Hollywood, FL	OPN	Jim Shoemaker	954-921-3423
1/5/97	Ocean Mile Classic - Boca Raton, FL	OPN	Steve Griffith	561-393-7820
2/1-28/97	1650 Postal Meet	PST	MM Postal Mile, Thomas Moyer, 3403 Binscarth Ave., Saginaw, MI 48602	517-249-0043(h)
2/1-28/97	February Fitness Challenge	PST	Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820, Phone or FAX; E-mail: 76202.2203@compuserve.com	504-766-5937
2/1-28/97	TAM 1650 Postal Swim	PST	TAM 1650, 582 Market St., Suite 1217, San Francisco, CA 94104; Web Site: http://www.pacificmasters.org/comp/tam1650.html	
2/2/97	2K Roughwater - Bondi Bay, Sydney, Australia	OPN	Walter Cole, PO Box 375, Vaucluse 2030, Sydney, Australia	(02) 9363-1330
2/6/97	NZ Masters Games Open Water - Wanganui	OPN	N.Z. Masters Games, PO Box 500, Wanganui, New Zealand, FAX: (06) 345-0015	(06) 345-4555
2/9/97	NZ Masters 3.6K Champs - Lk. Rotorua	OPN	Rotorua Masters Swimming, Margaret Dick, 90 Parawai Rd., Ngongotaha, NZ	07-357-2024
3/23/97	1-Mi Swim - Wailea, Maui, HI	OPN	Maui Masters Swim Club, PO Box 424, Pu'unene, Maui, HI 96784	
3/31/97	AUSSI Open Water Champs - Manly Dam, Sydney	OPN	Secretary, PO Box 580, Cronulla 2230 - Sydney, Australia	(61-2) 544-1383
3/31/97	Aussi National Open Water Swim - Sydney	OPN	NSW AUSSI Office, PO Box 580, Cronulla, NSW 2230, Phone/FAX after 7/29/96 (02) 9544-1383	(02) 544-1383
4/6/97	SC Meet - U of Hawai'i Pool	OPN	Rainbow Aquatics Masters, 7080 Hawai'i Kai Dr. #3, Honolulu, HI 96825	
4/12/97	3K River Swim - Indiatlantic, FL	OPN	Sam Freas, 900 N. Riverside Dr., Indiatlantic, FL 32903, Includes USS 10K Open Water National Championship	407-723-6536
4/23/97	2K Fin Swim - Ala Moana Park, HI	OPN	Waikiki Swim Club, 98-1464 Akaaka St., 'Aiea, HI 96701	
5/3/97	*** NATIONAL CHAMPIONSHIP *** 1-Mile Open Water Championship - Irving, TX	OPN	Craig Tribuzi, 7504 Zurich Dr., Plano, TX 75025; E-mail: TOCT@TI.COM	214-517-2498
5/3/97	5K Swim - Pensacola Sound, FL	OPN	Steven Fair, PO Box 30318, Pensacola, FL 32503	904-484-1312
5/10/97	3K & 5K Ocean Swim - Hollywood, FL	OPN	Sid Cassidy	305-284-3593
5/10/97	Georgia 5K State Champs - Lake Lanier, GA	OPN	Bill & Diane Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731; E-mail: 76216.2345@compuserve.com; Web Site: http://ourworld.compuserve.com/homepages/swim	770-698-8020
5/10/97	2.5-Mi Open Water - Tampa Bay, FL	OPN	Lindy McCollum Brounley, 8401 9th St. N., #230-B, St. Petersburg, FL 33702	813-896-5320
5/10/97	Spring Lake Open Water - Santa Rosa, CA	OPN	Jim McCray, Redwood Coast One Mile Swim, PO Box 337, Healdsburg, CA 95448; Web Site: http://pacificmasters.org/comp/springlake.html	707-528-4718(w)
5/10/97	1.2-Mi Swim - Hanakano'o Beach Park, Maui, HI	OPN	Maui Masters Swim Club, PO Box 424, Pu'unene, Maui, HI 96784	
5/15/97-10/ 15/97	10 K * 2 Person Relay	PST	Mike Stott, 403 Lakewood Dr., Richmond, VA 23229	804-288-8808
5/15/97-9/30 /97	*** NATIONAL CHAMPIONSHIP *** 5 & 10K Postal Championships	PST	Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820	504-766-5937
5/18/97	1.7-Mi Swim - Kailua Beach Park	OPN	Waikiki Swim Club, 98-1464 Akaaka St., 'Aiea, HI 96701	
5/25/97	*** NATIONAL CHAMPIONSHIP *** 2-Mile Open Water Championship - Reston, VA	OPN	Phyllis Sickenberger, 1807 Post Oak Tr., Reston, VA 20191; E-mail: Phyllis_E_Sickenberger@FannieMae.com	703-845-SWIM
5/31/97	1.6/3.2 Mi Ocean Swim - Wrightsville Beach, NC	OPN	Daniel Forrester, 4718 Greenway Ave., Wilmington, NC 28403; E-mail: dforres238@aol.com	910-799-2845
5/31/97	7.5-Mi Potomac River - Swim for Environment	OPN	Joe Stewart, 3212 Avon Ave., Baltimore, MD 21218, 1997 swim is full - see listing for 5/30/98	410-243-4418
Summer 97	2K Carlsbad Seawall Swim - Carlsbad, CA	OPN	Julie Williams	619-724-4613
6/1/97	2-Mi Guess Your Time - Fort DeRussey Beach	OPN	Waikiki Swim Club, 98-1464 Akaaka St., 'Aiea, HI 96701	

6/1/97	San Francisco Maritime Swimfest - Aquatic Park, S.F. Bay	OPN	Dave Homing, Enviro-Sports, Box 1040, Stinson Beach, CA 94970, FAX 415-868-2611, 400 yds, 800 yds, 1 Mile, & 2 Mile events; E-mail: envirosp@well.com; Web Site: http://www.envirosports.com	415-868-1829
6/7/97	1 & 2-Mile - Lake Berryessa, CA	OPN	John Tice, Davis Aquatics Masters, PO Box 921, Davis, CA 95617; E-mail: lberryessa@aol.com; Web Site: http://pacificmasters.org/comp/berryessa.html	916-795-4755
6/7/97	12.5-Mi Bain de Soleil Swim Around Key West	OPN	Coral Springs Masters, c/o JPC, PO Box 8086, Coral Springs, FL 33065. For entry send SASE, Info: Anna Fugina Penella, Key West; E-mail: jceraolo@mindspring.com	305-745-1331
6/8/97	4.4 mi Bay Bridge Swim - Baltimore, MD	OPN	Great Chesapeake Bay Swim, 211 E. Baltimore St. #6, Baltimore, MD 21202	410-783-5482
6/14/97	1 mi Against The Tide - Hopkinton, MA	OPN	Against the Tide/MBCC, 85 Merimac St., Suite 508, Boston, MA 02114, Swim to fight Breast Cancer with current and past Olympians, E-mail to Maria Vetrano: maria@vetrano.com; E-mail: lin8@MBCC.org; Web Site: http://www.vetrano.com/swim/	800-649-MBCC
6/14/97	2-Mile Cable Swim - Lake Allatoona, GA	OPN	Bill & Diane Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731; E-mail: 76216.2345@compuserve.com; Web Site: http://ourworld.compuserve.com/homepages/swim	770-698-8020
6/14/97	1.1/2.1 Mi Swims - Gunpowder River, Chase, MD	OPN	Maryland Swim for Life, PO Box 39464, Baltimore, MD 21212, Swim to benefit people with AIDS	410-243-4418
6/14/97	MD Swim for Life - Baltimore, MD	OPN	Joe Stewart, PO Box 39464, Baltimore, MD 21212, Pledged swim to benefit AIDS service organization, 1.1 or 2.1 nautical miles in Gunpowder River	410-243-4418
6/14/97	1-Mile Aquatic Park Swim - San Francisco, CA	OPN	Nancy Ridout, PMS Registrar, 580 Sunset Pkwy., Novato, CA 94947-4810, Temporary Contact; E-mail: 75713.2314@compuserve.com	415-892-0771
6/14/97	1.2-Mi Swim - Kailua-Kona Pier, HI	OPN	Kona Aquatics, PO Box 957, Kailua-Kona, HI 96745	
6/15/97	Alcatraz 1.5 Mi Sharkfest Swim - San Francisco, CA	OPN	Dave Homing, Enviro-Sports, Box 1040, Stinson Beach, CA 94970, FAX 415-868-2611; E-mail: envirosp@well.com; Web Site: http://www.envirosports.com	415-868-1829
6/15/97	1-Mile Ocean Swim - Virginia Beach, VA	OPN	Betsy Durrant, 211 66th St, Virginia Beach, VA 23451	804-422-6811
6/21/97	Warm Springs Open Water - Healdsburg, CA	OPN	Nancy Ridout, PMS Registrar, 580 Sunset Pkwy., Novato, CA 94947-4810, Temporary Contact; E-mail: 75713.2314@compuserve.com	415-892-0771
6/21/97	3K & 5K Lake Swim - Clemson, SC	OPN	Jacque Grossman	864-654-4704
6/22/97	1-Mi Swim - Sunset Beach	OPN	Kalaheo Sports Productions, PO Box 25277, Honolulu, HI 96825	
6/27/97	Independence Mile Bay Swim - Somers Point, NJ	OPN	Karen Pratz, PO Box 570, Ocean City, NJ 08226, FAX 609-398-7409; E-mail: kaprunsa@aol.com	609-398-6900
6/28/97	Roughwater Swim Clinic - Kaimana Beach	OPN	Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Mililani, HI 96789	
6/28/97	5K & 10K Open Water - The Wildwoods, NJ	OPN	Viki Altomonte, 209 Embleton Rd., Owings Mills, MD 21117; E-mail: ALTOMVI@wpmail.onc.jhu.edu	410-550-5395
6/29/97	1.5-Mi Lake Del Valle - Livermore, CA	OPN	Linda Gilchrist, PO Box 4020, Alameda, CA 94501	510-522-0787
6/29/97	3-Mi Ocean Swim - Santa Barbara, CA	OPN	Parks & Recreation, PO Box 1990, Santa Barbara, CA 93102-1990	805-965-0509
6/30/97	Pan Pacs 1.25-Mi Open Water - Ka'anapali, Maui, HI	OPN	Hawaii Sports, 1155 Olowalu Way, Honolulu, HI 96825, Phone or FAX; E-mail: hawaiiisp@lava.net; Web Site: http://www.lava.net/hawaiisports/	800-690-8055
7/4/97	1 Mi Rough Water Swim - San Diego, CA	OPN	Coronado Rough Water Swim, PO Box 180063, Coronado, CA 92178	
7/5/97	Quarry Swim - Racine, WI	OPN	Harlan Drake, Sanctions Chair, Wisconsin Masters Swim Committee, 11917 W. Rainbow Ave., West Allis, WI 53214	
7/6/97	1-Mile Roughwater - Hapuna, Hawai'i	OPN	Frozen Pea Productions, PO Box 1583, Kailua-Kona, HI 96745	
7/6/97	2.4-Mi Swim - Ehukai Beach Park	OPN	Waikiki Swim Club, 98-1464 Akaaka St., Aiea, HI 96701	
7/6/97	1 & 2-Mile - Lk. Oglethorpe, East Athens, GA	OPN	Bill Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731; E-mail: 76216.2345@compuserve.com; Web Site: http://ourworld.compuserve.com/homepages/swim	770-698-8020
7/6/97	Semana Nautica 5.5 Mi Ocean Swim - Santa Barbara, CA	OPN	Pete Kelley, 1921 Aspen St., Los Osos, CA 93402	805-528-3575
7/12/97	2-Mi Russian River - Santa Rosa, CA	OPN	Jim McCray	707-528-4718(w)
7/12/97	*** NATIONAL CHAMPIONSHIP *** 2-Mile Cable Championship - Charlottesville, VA	OPN	Joyce Mullins, 3104 Waterton Dr., Midlothian, VA 23113, FAX 804-323-9020; E-mail: mullpost@ix.netcom.com	804-323-0483
7/13/97	1.5 Mi Golden Gate Bridge Swim - San Francisco, CA	OPN	Dave Homing, Enviro-Sports, Box 1040, Stinson Beach, CA 94970, FAX 415-868-2611; E-mail: envirosp@well.com; Web Site: http://www.envirosports.com	415-868-1829
7/19/97	28.5 Mi Manhattan Island Swim	OPN	Manhattan Island Foundation, PO Box 959, Ansonia Station, New York, NY 10023, To receive an application, you MUST send \$20 and 4 self addressed mailing labels; Application deadline 4/25; Web Site: http://www.swimnyc.org	888-NYC-SWIM
7/19/97	*** NATIONAL CHAMPIONSHIP *** 10-Mile Open Water Championship - Seal Beach, CA	OPN	Anne Welty, c/o Seal Beach Swim Club, PO Box 2143, Seal Beach, CA 90740; E-mail: Annewel@aol.com	562-424-4227 x236
7/19/97	8.5-Mi Snake River Swim - Boise, ID	OPN	Richard Cooke, 3640 Holl Dr., Eagle, ID 83616, 2-Hour swim - wet sit encouraged; E-mail: richcooke@aol.com	208-939-8289
7/19/97	1.75-Mi in Lk. Michigan - Grand Haven, MI	OPN	Lynn DeMarse, c/o Tri-Cities Family YMCA, 1 Y Drive, Grand Haven, MI 49417	616-842-7051

7/19/97	Trans Tahoe Relay - Lake Tahoe, CA	OPN	Dana Totten, 524 Post St., San Francisco, CA 94102-1295	415-775-3088 x205(w)
7/19/97	Greenwich Point 1-Mi - Greenwich, CT	OPN	Kathy Salvo, 95 Columbus Place #1, Stamford, CT 06907; E-mail: GSwim97@aol.com	203-322-6162
7/20/97	Clermont 2-Mi Lake Swim - Ohio	OPN	Linda McCowan, 1330 Quail Ridge, Richmond, IN 47374, Shannon Kurok (614-487-1916)	317-939-0873
7/20/97	1 Mi Pt-to-Pt Swim - Westport, CT	OPN	Bob Knoebel, Westport YMCA, PO Box 190, Westport, CT 06881	203-226-8981
7/20/97	2-Mi Swim - Waimea Bay	OPN	Waikiki Swim Club, 98-1464 Akaaka St., 'Aiea, HI 96701	
7/26/97	1 & 2-Mi Lake Swim - Canandaiga, NY	OPN	Vern Hecker, 3452 Gehan Rd., Canandaigua, NY 14424	716-394-4075
7/26/97	1 Mi Bay Swim - San Diego, CA	OPN	Sports Fiesta, PO Box 180251, Coronado, CA 92178-0251, For Info: King Deutsch	619-583-8008
7/26/97	Roughwater Swim Clinic - Kaimana Beach	OPN	Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Mililani, HI 96789	
7/26/97	1-Mile Bay Cable Swim - Coronado, CA	OPN	King Deutsch, 6796 Summit Ridge Way, San Diego, CA 92120-1739, 619-597-9555(w), FAX 619-597-9559; E-mail: dermonarch@aol.com	619-583-8008(h)
7/27/97	1-Mi Roughwater - Richardson Ocean Park, Hawai'i	OPN	Cty. of Hawai'i Parks & Rec. Aquatics/BIORTA, 2349 Kalaniana'ole St., Hilo, HI 96720	
Aug 97	1.25 & 2.5-Mi Ocean Swim - Jacksonville, FL	OPN	David Foster, 7077 Bonneval Rd., Suite 380, Jacksonville, FL 32216	904-281-0960
8/2/97	Elk Lake Open Water - Bend OR	OPN	Tim Waud, 715 Jefferson St., Oregon City, OR 97045	503-655-7131
8/2/97	Pier to Pier Swim - Santa Cruz, CA	OPN	Nancy Ridout, PMS Registrar, 580 Sunset Pkwy., Novato, CA 94947-4810, Temporary Contact; E-mail: 75713.2314@compuserve.com	415-892-0771
8/3/97	1 & 2-Mile Swims - Lake Erie	OPN	Maureen Koss, 3400 Wooster Rd., #215, Rocky River, OH 44116,	216-333-7521
8/3/97	1, 2, & 3-Mi in L. Michigan - Harbor Springs, MI	OPN	Marylin Early, 1423 Quick Rd., Harbor Springs, MI 49740	616-526-9824
8/3/97	2,000 yard Swim - Waimea Bay	OPN	Rainbow Aquatics, 2157 Brown Way, Honolulu, HI 96822	
8/3/97	Pier, 5.5 & 2-Mi Swims - Santa Cruz, CA	OPN	Nancy Ridout, PMS Registrar, 580 Sunset Pkwy., Novato, CA 94947-4810, Temporary Contact; E-mail: 75713.2314@compuserve.com	415-892-0771
8/9/97	1 & 2-Mi Lake Swims - Near Atlanta, GA	OPN	Bill Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731; E-mail: 76216.2345@compuserve.com; Web Site: http://ourworld.compuserve.com/homepages/swim	770-698-8020
8/9/97	Roughwater Swim Clinic - Kaimana Beach	OPN	Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Mililani, HI 96789	
8/9/97	2.7-Mile Donner Lake Swim - Truckee, CA	OPN	Nancy Rose, PO Box 9122, Truckee, CA 96162, 916-582-7725(w)	916-582-1214(h)
8/9/97	3.25-Mi Swim - Lake Okoboji, IA	OPN	Buzz Brenton, 1400 Windover Rd., Des Moines, IA 50315	515-288-0787
8/10/97	1 & 2-Mi Open Water - Silver Creek/Bufalo, NY	OPN	Miles-for-Smiles, c/o Demaree Brady, Children's Hospital, 239 Bryant St., Buffalo, NY 14222	716-694-2841
8/16/97	Island Beach 2-Mi - Greenwich, CT	OPN	Kathy Salvo, 95 Columbus Place #1, Stamford, CT 06907; E-mail: GSwim97@aol.com	203-322-6162
8/16/97	Save the Bay/Save the Harbor - Boston, MA	OPN	Save the Harbor/Save the Bay, 25 West St., Fourth Floor, Boston, MA 02111, Benefit swim for Boston Harbor, FAX 617-451-0496	617-451-2860
8/17/97	2 x 1-Mi Relay - Lk. Del Valle, Livermore, CA	OPN	Gary Fitcher, 3849 Brighton Ave., Oakland, CA 94602	415-777-2400
8/17/97	Off-The-Island-Swim - Coronado, CA	OPN	Dave Lamott, 2425 Palermo Dr., San Diego, CA 92106, 12 mile solo swim plus relays, replaces 12 mile around the island swim	619-222-3436
8/17/97	6-Mi Swim - Keauhou Bay, Hawai'i	OPN	Kona Aquatics, PO Box 957, Kailua-Kona, HI 96745	
8/23/97	Roughwater Swim Clinic - Hilton Hawaiian Village Beach	OPN	Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Mililani, HI 96789	
8/23/97	2-Mi Roughwater - Koloa, Kaua'i, HI	OPN	Maui Channel Swim, PO Box 169, Makaweli, Kaua'i, HI 96769	
8/23/97	1.6 mi Navy Base-to-Base - San Diego, CA	OPN	Athletic Officer, Naval Station, San Diego, Box 368015, Code N 445, MWR, 2375 Recreation Way, San Diego, CA 92136-5592, Limited to active & retired military & dependents, 18/older, reservists; DOD employees	619-556-7444
8/23/97	Shadown Cliffs Open Water - San Ramon, CA	OPN	Nancy Ridout, PMS Registrar, 580 Sunset Pkwy., Novato, CA 94947-4810, Temporary Contact; E-mail: 75713.2314@compuserve.com	415-892-0771
8/23/97	One Mile Pier Swim - Avila Beach, CA	OPN	Kevin Watkins, 1310 Newport Ave., Arroyo Grande, CA 93420	805-489-8691
8/30/97	Maui Channel Swim (10-Mi Relay) - Lana'i to Maui	OPN	Maui Channel Swim, PO Box 169, Makaweli, Kaua'i, HI 96769	
8/31/97	1.5-Mi Ocean Swim - Atlantic City, NJ	OPN	Bill Brooks, 3716 Boulevard Ave., Atlantic City, NJ 08401; E-mail: HomePie217@aol.com	609-344-0809
9/1/97	Waikiki 2.4-Mi Roughwater - Kaimana Beach	OPN	Waikiki Roughwater Swim Committee, 95-230 Waioleka #39, Mililani, HI 96789	
9/1/97	1.2 mi pier swim - Oceanside, CA	OPN	Ray Duncan, Aquatics Supt., 301 No. The Strand, Oceanside, CA 92054	619-966-4535
9/1/97-10/31/97	*** NATIONAL CHAMPIONSHIP *** 6000/3000 Yard Postal Championship	PST	Gary Maynard, 13818 SE 7th St., Bellevue, WA 98005	206-641-7435
9/6/97	Seattle Swimfest Open Water - Mercer Island, WA	OPN	Dave Horning, Enviro-Sports, Box 1040, Stinson Beach, CA 94970, FAX 415-868-2611, 400 yds, 800 yds, 1 Mile, & 2 Mile events; E-mail: envirosp@well.com; Web Site: http://www.envirosports.com	415-868-1829
9/6/97	Swim for Life Aids Benefit - Provincetown, MA	OPN	Jerry Critchley, PO Box 819, Provincetown, MA 02657; E-mail: reroot@sunspot.tiac.net; Web Site: http://www.ptownlib.com/swim.html	508-487-3684
9/7/97	1 & 2-Mi Whiskeytown Lake - Redding, CA	OPN	Pete O'Neill, 916-225-0200(w)	916-246-7340(h)

9/7/97	Big Shoulders 5K In Lake Michigan - Chicago, IL	OPN	Susan Vance; E-mail: bschicago@aol.com	219-872-7266
9/7/97	1 & 3-Mi Rough Water Swims - La Jolla, CA	OPN	LJRWS, PO Box 2127, La Jolla, CA 92038, Phone number gives 24-hour recorded info.	619-456-2100
9/14/97	1.2K & 2.5K Swims - Lk. Lanier, Atlanta, GA	OPN	Bill Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731; E-mail: 76216.2345@compuserve.com; Web Site: http://ourworld.compuserve.com/homepages/swim	770-698-8020
9/20/97	*** NATIONAL CHAMPIONSHIP *** 5K Open Water Championship - Catalina Is., CA	OPN	Tom Katsouleas, 20452 Pacific Coast Hwy., Malibu, CA 90265	801-456-3657
9/28/97	2-Mi Swim - Kealakekua Bay, Hawai'i	OPN	Frozen Pea Productions, PO Box 1583, Kailua-Kona, HI 96745	
10/5/97	1.5 Mi Alcatraz Sharkfest II - San Francisco, CA	OPN	Dave Homing, Enviro-Sports, Box 1040, Stinson Beach, CA 94970, FAX 415-868-2611; E-mail: envirosp@well.com; Web Site: http://www.envirosports.com	415-868-1829
10/6/97	1.5 Mi Golden Gate Bridge Swim II - San Francisco, CA	OPN	Dave Homing, Enviro-Sports, Box 1040, Stinson Beach, CA 94970, FAX 415-868-2611; E-mail: envirosp@well.com; Web Site: http://www.envirosports.com	415-868-1829
10/19/97	1.7-Mi Roughwater - Keawekapu Beach, Maui, HI	OPN	Maui Masters Swim Club, PO Box 424, Pu'unene, Maui, HI 96784	
11/2/97	St. Croix 5.5-Mi Coral Reef Swim	OPN	Elizabeth A. Armstrong, PO Box 25200 Gallows Bay, St. Croix, USVI 00824, Patty Serber (800-524-2026); E-mail: eaastx@aol.com	809-773-2100 x710
11/6/97	Malaysian Masters Swimming Festival - Open Water Swim	OPN	Allan Ho, Malaysian Amateur Swimming Union, Kuala Lumpur Swimming Complex, Bandar Tun Razak, Jalam Tenteram, Cheras 56-000 Kuala Lumpur, Malaysia	FAX 60-3-201-8586
11/15/97	1K or 2K Turkey Swim - Ala Moana Park	OPN	YMCA, 1441 Pali Highway, Honolulu, HI 96813	
11/30/97	1.3-Mi Post Pigout Plunge - Kailua-Kona Pier, Hawai'i	OPN	Frozen Pea Productions, PO Box 1583, Kailua-Kona, HI 96745	
12/21/97	7K Swim - Kaimana Beach	OPN	Looong Distance Swim, One Keahole Place, #1607, Honolulu, HI 96825	
1/1-31/98	*** NATIONAL CHAMPIONSHIP *** 1-Hour Postal Championship	PST	Joann Leilich, 7209 Hansford Ct., Springfield, VA 22151	703-354-2130
5/15/98-9/3 0/98	*** NATIONAL CHAMPIONSHIP *** 5 & 10K Postal Championships	PST	Elin Zander, S 13927 Traver Ln., Valleyford, WA 99036	509-448-5250
5/30/98	7.5-Mi Potomac River - Swim for Environment	OPN	Joe Stewart, 3212 Avon Ave., Baltimore, MD 21218, Accompanied swim with limited entries., Pledged swim to benefit the environment.	410-243-4418
6/13/98	*** NATIONAL CHAMPIONSHIP *** 2-Mile Cable Championship - Lake Lanier, GA	OPN	Bill Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731; E-mail: 76216.2345@compuserve.com; Web Site: http://ourworld.compuserve.com/homepages/swim	770-698-8020
8/1/98	*** NATIONAL CHAMPIONSHIP *** 6-Mile Open Water Championship - Santa Cruz, CA	OPN	Joel Wilson, PO Box 8422, Santa Cruz, CA 95061	408-425-5762
8/8/98	*** NATIONAL CHAMPIONSHIP *** 2.7-Mile Open Water Championship - Donner Lake, Truckee, CA	OPN	Nancy Rose, PO Box 9122, Truckee, CA 96162	916-582-1214
8/16/98	*** NATIONAL CHAMPIONSHIP *** 1-Mile Open Water Championship - Greenwich Pt., CT	OPN	Kathy Salvo, 95 Columbus Place #1, Stamford, CT 06907	203-322-6162
9/1/98-10/3 1/98	*** NATIONAL CHAMPIONSHIP *** 3000 & 6000 Yard Postal Championship	PST	Ann Svanson, PO Box 425, Greenfield, Center NY 12833	518-893-1967
9/12/98	*** NATIONAL CHAMPIONSHIP *** 3 to 6-Mile Open Water Championship - Buford, GA	OPN	Bill Black, PO Box 88863, Atlanta, GA 30356-8863, FAX 770-399-6731; E-mail: 76216.2345@compuserve.com; Web Site: http://ourworld.compuserve.com/homepages/swim	770-698-8020
9/13/98	1 & 3-Mi Rough Water Swims - La Jolla, CA	OPN	LJRWS, PO Box 2127, La Jolla, CA 92038, Phone number gives 24-hour recorded info.	619-456-2100

NOTE: All events listed on this calendar are not sanctioned by USMS, Inc. and are therefor not necessarily covered by insurance. Swimmers are advised to check with meet directors to determine if an event is insured. USMS Sanctioned events are covered by USMS insurance and can be recognized by the following statement on the entry form: "Sanctioned by (LMSC name) for USMS, Inc. Sanction Number _____."

The USMS Long Distance Calendar can be found on the Web at:

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To receive an updated calendar by mail send SASE to:
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