

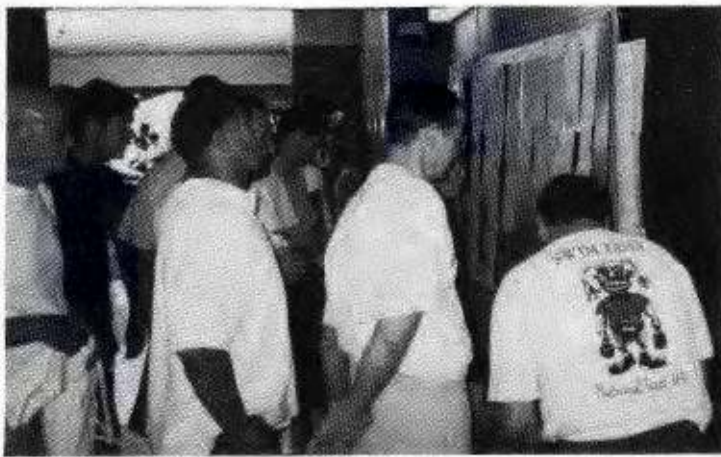
The WetSet



Volume 16 Issue 6

June 1997

SCENES FROM THE NATIONALS



Bangor results 4-13-97

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

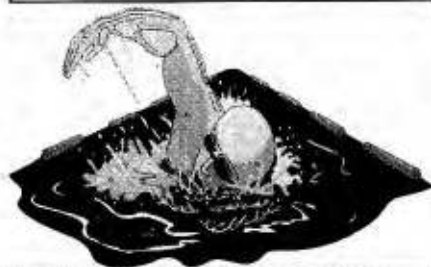
Deborah Bagg
(206) 621-7896

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>
July 5	SCY	Helene Madison Pool - Seattle
9/1 to 10/31	SCY	3000/6000 USMS National Postal Championships

Other Local Events

Aug 2	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

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 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

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

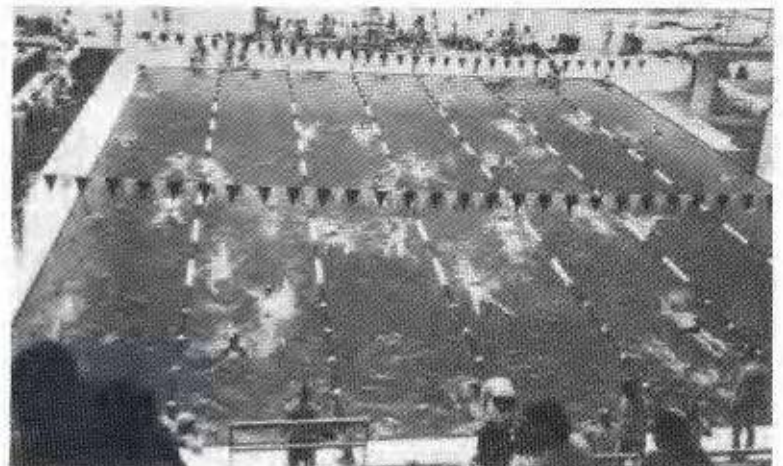
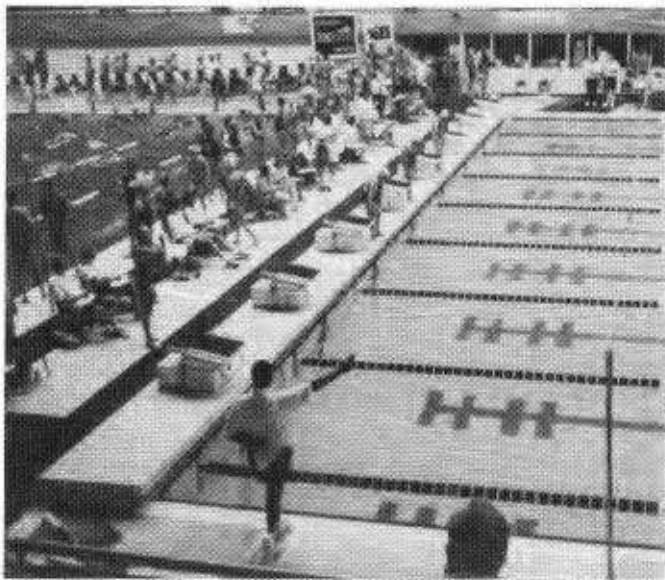
Utah
Annette Taylor
1709 E 1700 Street
Salt Lk. City, UT 84108
(801) 467-8713

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

MORE SCENES FROM NATIONALS



From the Editor:

Well, Nationals is over and if you didn't go you missed a great meet. The meet ran smoothly from start to finish and the athletes that attended were incredible. Over 90 new National records were set (these will be printed in the next WetSet). Congratulations to meet directors Jane and Hugh Moore and a big thank you goes out to the organizing committee members, vendors, officials, sponsors and in particular all of the volunteers who did everything from parking control, awards, check-in, souvenir sales, and participant hospitality to banquet set-up and clean-up, locker room patrol and safety marshall.

The USMS Masters Swimming Top10 tabulations are available in single copies or in a 1 or 2 year subscription. Three issues (short course yards, short course meters and long course meters) are available for \$15. Six issues over two years cost \$30 and single issues are \$6. Make checks payable to:

USMS
USMS National Office
261 High Range Road
Londonderry, NH 03053

The USMS Top10 patch with stroke segment is available for purchase for \$5 with additional stroke segments available for \$1 each. Send check payable to:

Darlynn Ferguson
P.O. Box 8005
Canton, OH 447111

The USMS individual All American certificate and patch are available for purchase for \$5 from the USMS office (see above).

The FINA Masters Swimming Top10 tabulation for 1996 has been published. It contains both short course meters and long course meters plus the current World Records for both courses. The following items can be purchased from the FINA office in Switzerland:

1996 FINA Masters Top10	= \$7
Top10 Patch	= \$5
Year Numerial	= \$3
World Record Patch	= \$5

Payment is in U.S. dollars and is preferred in cash if less than \$20, otherwise a check is okay. Send to:

FINA
Avenue de Beaumont 9
1012 Lausanne, Switzerland

USMS is looking for an editor for Swim magazine to replace Scott Rabalais. If interested, contact Mel Goldstein at (317) 253-8289.

Minutes of the PNA Board Meeting April 22, 1997

The Meeting was called to order at 7:13 P.M. by President Jane Moore at the Bellevue Athletic Club. Present were Deborah Bagg, Jeanne Ensign, Jan Kavadas, Walt Reid, Gary Maynard, Tom Foley, Kathy Casey, and Sue Dills. Teams represented were SSEA, Officials Committee, BAC, FWM, GLAD, Ft. Steilacoom, Samena, and Tigers.

MINUTES: The March minutes were MSA'd as submitted.

TREASURER'S REPORT/FINANCE COMMITTEE: No report.

COMMITTEE REPORTS:

- A. Meets -- No report.
- B. Membership -- Sue Dills reported that PNA membership now stands at 815.
- C. Records/Top Ten -- No report.
- D. Publicity -- No report.
- E. Newsletter -- Gary Maynard reported that everything with the WetSet is going great.
- F. Awards -- No report (need new chair).
- G. Social -- No report (need new chair).
- H. Officiating -- No report.
- I. Fitness -- No report.
- J. Computer Applications -- No report.
- K. Constitution and By-Laws -- No report.

OLD BUSINESS:

- A. 1997 Short Course National Championships -- Approximately 1,400 entries for Nationals have been received, representing 47 states and 7 countries.

NEW BUSINESS:

Jane passed around a card from Rick Peterson at Bailey-Boushay House thanking PNA for a donation.

NEXT MEETINGS:

No meeting in May.
Tuesday, June 24 at Jan Kavadas' home in Edmonds.
Tuesday, July 22, TBA

The meeting was adjourned at 7:40 P.M. (27 minutes -- possibly the shortest meeting in history! :-)

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 Yarrow Bay, 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 # 972665



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)

Table with 3 columns: Event #, Event Name (5 individual events max., plus relays), Estimated time (25 yard pool)

Entry fee: \$12 U.S. (\$18 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.

President's Letter

Hello Swimmers:

Nationals is over. The meet went really well thanks to the help of all of the wonderful volunteers. There were many swimmers as well as friends, family members and others who gave generously of their time to make the meet a success. Everyone's help was greatly appreciated. Now we can catch our breath and think about training again instead of putting on the meet. Thanks again to everyone who helped. Watch for news on the PNA 25th Anniversary Party in August. All PNA swimmers, past and present, as well as all others who helped at the meet are invited.

COMBINED TEAM RESULTS FROM NATIONALS

Combined - Small Team (less than 20 swimmers)

1	EL SEGUNDO	14	521
2	ILLINOIS MASTERS	16	454.50
3	COLONIALS "1776"	14	449
4	RINCONADA MASTERS	12	424
4	CONNECTICUT MASTERS	10	424
6	BAYLOR LONE STAR MASTERS	9	342.50
7	TAMPALPAIS AQUATIC	13	332
8	LOS ALTOS MASTERS	7	281
9	GREATER OHIO SWIM TEAM	10	274
10	SO CALIF AQUATIC MASTERS	17	258
11	HEARTLAND SWIM ASSOC.	11	239
12	CALGARY MASTERS	13	233
13	MULTNOMAH ATHLETIC CLUB	11	224
14	TEAM TEXAS	9	220
15	GOLD COAST MASTERS	9	212.50
16	MONTGOMERY ANCIENT MARINE	11	212
17	SAN MATEO MASTER MERLINS	8	204
18	MINNESOTA MASTERS	12	202
19	SANTA CLARA SWIM CLUB	4	197
20	CRAWFISH MASTERS	7	179
21	SHORE AQUATICS	14	174
22	OJAI - SANTA BARBARA	6	159
23	WISCONSIN MASTERS	4	139.50
24	GEORGIA	7	131.50
25	TEXAS AQUATIC MASTERS	17	126
26	NIAGARA MASTERS	8	123
27	UCLA MASTERS	6	116
28	MOUNTAIN VIEW MASTERS	8	113
29	L.A. PENINSULA	17	110
30	SAWTOOTH MASTERS	8	108
31	GREATER INDIANA	4	106
32	DAVIS ATHLETIC CLUB	4	94
33	SANTA CRUZ MASTERS	5	91
34	VEIZANDAH AQUATIC CLUB	6	85
35	NORTH CAROLINA MASTERS	2	83
36	UKIAH MASTERS SWIM CLUB	4	80
37	MICHIGAN MASTERS	5	78
38	MONTANA MASTERS	4	76.50
39	DC MASTERS	2	74
40	UNIV OF SAN FRANCISCO	5	73
41	MISSOURI VALLEY	5	71

42	VIRGINIA MASTERS	7	69
43	SAN RAMON MASTERS	4	60
44	OKLAHOMA MASTERS	3	56
45	MANATEE AQUATIC MASTERS	8	48
46	MARYLAND MASTERS	4	44
47	VENICE MASTERS	8	34
48	SOUTHWEST AQUATIC MASTERS	2	24
49	NEW MEXICO MASTERS	3	23
50	TUMWATER VALLEY MASTERS	9	19
51	VICTORIA MASTERS	3	15
52	ROLLING HILLS MUD SHARKS	2	12
53	WEST COAST AQUATIC MASTER	3	7

Combined - Medium Team (20 - 63 Swimmers)

1	THE OLYMPIC CLUB	33	1049.50
2	NEW ENGLAND MASTERS	25	790
3	ARIZONA MASTERS	38	736
4	SAN DIEGO SWIM MASTERS	22	645
5	UTAH MASTERS	28	621.50
6	DAVIS AQUATIC MASTERS	25	616.50
7	STANFORD	21	509.50
8	ALASKA MASTERS	32	462.50
9	SIERRA NEVADA MASTERS	23	418
10	INLAND EMPIRE MASTERS	30	341
11	THE PRO SPORTS CLUB	20	140.50

Combined - Large Team (64 Swimmers or more)

1	PACIFIC NORTHWEST	262	2584
2	ROCKY MTN MASTERS	70	1628.50
3	OREGON MASTERS	129	1551.50
4	WALNUT CREEK	64	1359

PNA Swimmers That Made 1996 USMS Individual All-American

Women 35-39

Margee Curran	200 yd Free	1:58.10
	500 yd Free	5:15.13
	1000 yd Free	10:43.03

Women 45-49

Charlotte Davis	50 yd Free	27.79
-----------------	------------	-------

Women 80-84

Pat Matthiesen	100 m Fly	3:10.12
----------------	-----------	---------

Men 40-44

Greg Harrison	200 m Breast	2:39.44
---------------	--------------	---------

Men 55-59

Steven Thrasher	100 m Back	1:11.04
	200 m Back	2:37.05
	200 m IM	2:42.64
	400 m IM	5:57.18

Men 65-69

Robert Miller	200 yd IM	2:42.88
Thomas Taylor	200 m Breast	3:26.72

Men 85-89

Jim Penfield	50 yd Back	56.95
--------------	------------	-------

The Arc-SEAFAIR Swim

Swim Hard or Hardly Swim on August 2nd, 1997

A long-distance swim or relay on Lake Washington for all skill levels

Presented by:



PEMCO
Financial Services

Challenge your team — challenge other teams. Instead of the same old dreary meet day stuck on the pool deck, think about a relaxing day on Lake Washington with your teammates, working on "real" distance swimming. Join us on Saturday, August 2, 1997 for The 10th Annual Arc-SEAFAIR Swim, benefitting The Arc of King County.

Competitive teams begin 7:00 a.m. at Tracy Owen Park in Kenmore and finish at Coulon Park in Renton, for a total distance of 18 miles. Non-competitive teams will start at 8:00 a.m. at Magnuson Park, and will swim a total of 14 miles. Teams typically consist of 4 to 7 swimmers. The relay is broken into 30-minute legs. Most teams make an entire day of it, although it is possible to swap out swimmers at Magnuson and Luther Burbank Parks during the course of the day. Each team will have a team boat and a canoe or kayak to protect the swimmers. Most teams bring along their own powerboat or sailboat for the day, but the Arc Swim Committee can help you find a boat.

Each swimmer must raise at least \$200 as their entry fee. You will receive a short sleeve T-shirt, a swim cap, and breakfast, lunch and dinner the day of the event. There are additional prizes at other fundraising levels. The top fundraiser will receive two tickets from Southwest Airlines anywhere they fly in the continental U.S.

So, take a break — haul your teammates out to do some swimming where there isn't a black line on the bottom, and help a worthy cause.

The Arc of King County is Washington's oldest non-profit organization, helping people with developmental disabilities achieve their greatest level of independence.



An Official **SEAFAIR** Event

Swim Hotline: 206-364-9028

Swimmers: You must raise \$200 to participate. All swimmers must complete a registration form and sign the Waiver of Responsibility below.

- I'm an independent swimmer
- I'm an individual long-distance swimmer
- I swim with a noncompetitive team
Team name: _____
- I swim with a competitive team
Team name: _____
- I'd like to volunteer for the event
- I won't be able to participate, but I'd like to make a contribution of \$ _____ to your organization
- T-Shirt Size: L _____ XL _____

Name: _____

Team Name: _____

Address: _____

City, State, Zip: _____

Day Phone: _____

Evening Phone: _____

MAIL TO: THE ARC-SEAFAIR SWIM 1997
10550 Lake City Way NE, Suite A
Seattle, WA 98125-7752
Phone: (206) 364-9028

WAIVER OF RESPONSIBILITY: I hereby state that I want to participate in The Arc-SEAFAIR Swim 1997, sponsored by The Arc of King County, a nonprofit organization. I recognize the activity involves certain dangers and the risk of injury. I hereby release The Arc of King County from any and all liability, claims, and causes of action whether or not caused in whole or part by the negligence or fault of The Arc of King County, arising out of or in any way connected with my participation in The Arc-SEAFAIR Swim 1997. I personally assume all risks in connection with this activity and further agree to indemnify The Arc of King County from all liability, claims, and causes of action that I may have in connection with my participation in the event. The terms of this agreement shall serve as a release and indemnity agreement for my heirs, personal representatives, and all members of my family.

EACH PARTICIPANT MUST SIGN THIS WAIVER. A PARENT OR LEGAL GUARDIAN MUST SIGN IF THE PARTICIPANT IS UNDER AGE 18.

SIGNATURE: _____

SIGNATURE: _____

HAPPY BIRTHDAY - PNA SWIMMERS

DOUG PORTELANCE	6/16	LEN MCCOLLAM	7/03
CRAIG MALLERY	6/16	JAY BURNHAM	7/03
PHILLIP ENDICOTT	6/17	AUDRA RESCHKE	7/03
PATON MCCLUNG	6/17	SHARON BELK-KREBS	7/04
JAMES CURD	6/17	TIMOTHY PETERS	7/04
ELISA PANELLI	6/17	KEALY KURDY	7/04
ROBERT MORA	6/17	BEN DOTSON	7/05
ANDREW LOVAN	6/18	ROBERT FURLONG	7/05
DIANNE FERRIS	6/20	WILLIAM NELSON	7/05
DAVID DEMOREST	6/20	BRIDGET CASE	7/05
GORDON STUBBE	6/20	DAVID SCHIRMER	7/06
STEPHEN WELLS	6/21	RUSSELL KNUDSEN	7/06
SALLY PARRY	6/22	JAMES WORREL	7/06
THOMAS FOLEY	6/22	JULIAN SHARPE	7/06
MICHAEL PETERS	6/22	MICHAEL MCKINLAY	7/06
GORDON GRAY	6/23	JUDITH HUTCHISON	7/06
WILLIAM BRANVOLD	6/23	PAUL FREEMAN	7/07
SCOTT GLASER	6/23	PAUL SHERMAN	7/08
PAT MATTHIESEN	6/24	NANCY GAYMAN	7/08
DAVID DRUM	6/24	KATHLEEN SOUTHARD-DEAN	7/09
FRED LEATHERMAN	6/26	KAREN THOMAS	7/10
WAYNE METHNER	6/26	MARGARET MCCLEERY	7/10
ERIKA PAYTON	6/27	ILLES BOGNAR	7/11
TERRI COLBECK	6/28	JOY ROSS	7/11
ABBIE MORRIS	6/28	LOWELL JOHNSON	7/11
THOMAS DRUHAN	6/29	WADE PRAGER	7/12
KAY GLADE	6/29	PETER EMSKY	7/12
DAWN PAXTON	6/30	BARBARA VAN DEFEN	7/13
MICHELLE MCPHEE	6/30	JEANETTE VALLANDIGHAM	7/13
PATTY ROSE	6/30	RANDALL BRACKETT	7/13
JOANN SANDERS	7/01	JOHN TANNER	7/13
PETER STRONG	7/01	ALAN CROWE	7/14
GREGORY STONER	7/01	DANIEL FROST	7/15
STEVE GILES	7/02	ALLISON MOORE	7/15
ALEXANDRA SMITH	7/02		



Report on the 10th Annual Dawn Musselman Swim Against Cancer by Ann Martin - Chair

Though the statistics cannot compare with a national swim meet, an impact has been made by nine dedicated participants and their sponsors for 1997. Total distance swam equals 33,144 yards and monies collected to be donated to the American Cancer Society equals \$1,110.60! Thanks to all who put in the effort with special note to Allison Moore who I met at Nationals in Federal Way - a great trouper supporting this cause. Thanks to the following:

Allison Moore	4,150 yds	\$772.60
Jo Moore	3,725 yds	\$120.00
Suzanne Dills	4,225 yds	\$ 55.00
Abbie Morris	3,725 yds	\$120.00
Cathy Fritchen	3,500 yds	\$ 32.00
Bob Murray	3,410 yds	\$ 31.00
Ann Martin	3,227 yds	\$ 30.00
Carol Anning	3,227 yds	\$ 15.00
Marion Mueller	donation	\$ 25.00

Thanks also to the Northwest Swim Shop in Tacoma for gift certificates valued at \$70.00. Watch for this event next year in January to coordinate with the National One Hour Swim.

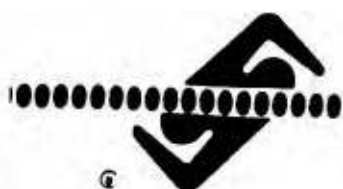
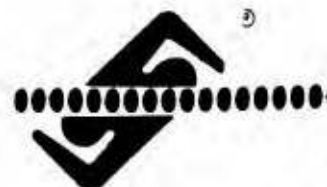
IMPORTANT!! Bulk Mail is NOT Forwarded!! Change of Address

NAME _____ USMS # _____
 OLD ADDRESS _____
 NEW ADDRESS _____

Return to: Suzanne Dills, 1101 N Northlake Way, Seattle WA 98105

1997 United States Masters Swimming National Long Course Championships

YMCA Aquatic Center
Orlando, Florida August 14-18, 1997



Eight world records, including three by Janet Evans, Pablo Morales and Betsy Mitchell, have been set at the YMCA Aquatic Center in Orlando, Fla., the leading vacation destination in the United States.

MEET INFORMATION

Location

YMCA Aquatic Center, 8422 International Dr., Orlando, Florida

Entry Information

For additional forms and information sheets, send a stamped self-addressed business size envelope to: Audrey Merritt, 249 Carisbrooke St., Ocoee, FL 34761-4747. Phone: (407)654-2171

Relay Entry Form

Relay entry forms will be sent to each USMS club, or send SASE to Audrey Merritt at above address. Cost per relay is \$8 through July 10, 1997; \$12 afterwards.

Facilities

The YMCA Aquatic Center has an eight-lane, 50-meter by 25-yard competition pool with a 10-lane, 25-yard diving well for warm-up. The competition pool has a depth of seven feet at both ends and 7.5 feet in the middle. Colorado 5000 timing systems will be used.

Accommodations

The following hotels, which are on the shuttle route, are offering special rates to Masters swimmers. To receive rates listed below, ask for "Masters Rate."

Orlando Marriott (Headquarters Hotel)

8001 International Drive
(407)351-2420, \$64-74, 1/2 mile

Quality Inn/International

7600 International Drive
(407)351-1600, \$34, 3/4 mile

Quality Inn Plaza

9000 International Drive
(407)345-8585, \$34, 3/4 mile

La Quinta

8300 Jamaican Court
(407)351-1660, \$58, 1/2 mile

Clarion Plaza Hotel

9700 International Drive
(800)627-8258, \$69, 2 miles

Economy Inns of America

8222 Jamaican Court
(800)826-0778, \$64.90, 1/4 mile

Days Inn Lakeside

7335 Sand Lake Road
(407)351-1900, \$46, 2 1/2 miles

Radhson Barcelo Hotel

8444 International Drive
(407)345-0505, \$69, adjacent to pool

Best Western

8738 International Drive
(800)654-7160, \$75, 1/2 mile

Embassy Suites

8250 Jamaican Court
(407)345-8250, \$115, 1/4 mile

Meet Shuttle Service

A free shuttle service will run between all hotels listed above and the Aquatic Center. A schedule will be available at registration. Shuttle service will run Thursday through Monday and on a limited basis on Wednesday.

Emergency Telephone Number

(407)363-1911

Travel Agent

Top's 'n Travel is the official travel agency for the meet. Call (800)872-8077 from 8 a.m. to 9 p.m. (EST/EDT), Monday through Friday. Identify yourself as a "Masters" swimmer. For those using Top's 'n Travel, an agency booth will be located at the pool.

Airlines

Continental Airlines and USAir are the official airlines for the meet. For Continental, ask for JWTTCDZWKM for a special rate. With USAir, ask for code 88110098.

Ground Transportation

Transportation from the airport to the International Drive area (15 minutes) is available by taxi or hotel shuttle. Contact Mears Motor Shuttle at (800)759-5219 or 843-2404 (airport location) for more information.

Parking

Parking is available at the Aquatic Center.

RV/Trailer Parking & Camping

Trailer and RV parking will be allowed at the Natatorium ONLY during the daytime, there will be NO OVERNIGHT RV parking. For camping information, enclose a SASE, marked "camping," with your entry.

Officials

Meet Referee: Al Soltis

Meet Director: Larry Peck

Aquatic Center Director: John Vebinder

Meet Host: YMCA Aquatic Center and
Team Orlando Masters Swimming

1997 USMS National Long Course Championships Official Entry Form

YMCA Aquatic Center * Orlando, Florida * August 14-18, 1997

Sanctioned by Florida LMSC for USMS, Inc. Sanction number: 147-009

Name* _____ Sex _____
Last First Middle Initial

Address _____
Street City State ZIP Country

Phone _____ Age _____ Birthdate _____
A.C. Days A.C. Evenings (on 3/18/97) Month/Day/Year

Emergency _____ USMS Reg. # _____
Name Phone No. Copy of 1997 Card Required

Club Name or Unattached _____ Club Abbrev _____

**Print name as it appears on USMS registration card. A copy of 1997 card is required with entry.*

Event No.	Entry Time Women	T	6	Event	Event No.	Entry Time Men	T	6
Warm-up 6-6:45 a.m.				THURSDAY, AUGUST 14, 1997	Start 7 a.m.			
2				800 FREESTYLE**	1			
4	SEE RELAY FORM			800 FREESTYLE RELAY	3	SEE RELAY FORM		
5	SEE RELAY FORM			800 MIXED FREESTYLE RELAY	5	SEE RELAY FORM		
Warm-up 6-6:45 a.m.				FRIDAY, AUGUST 15, 1997	Start 7 a.m.			
N/A	WOMEN'S 400 FREE SAT.			400 FREESTYLE (MEN)**	7			
10				100 BREASTSTROKE	9			
12				200 BUTTERFLY	11			
14				50 BACKSTROKE	13			
16				200 INDIVIDUAL MEDLEY	15			
18				100 FREESTYLE	17			
19	SEE RELAY FORM			200 MIXED FREE RELAY	19	SEE RELAY FORM		
Warm-up 6-6:45 a.m.				SATURDAY, AUGUST 16, 1997	Start 7 a.m.			
22				400 FREESTYLE (WOMEN)**	N/A	MEN'S 400 FREE FRIDAY		
24				50 FREESTYLE	23			
26				100 BUTTERFLY	25			
28				200 BACKSTROKE	27			
30				50 BREASTSTROKE	29			
32	SEE RELAY FORM			200 MEDLEY RELAY	31	SEE RELAY FORM		
Warm-up 6-6:45 a.m.				SUNDAY, AUGUST 17, 1997	Start 7 a.m.			
34				400 INDIVIDUAL MEDLEY**	33			
36				50 BUTTERFLY	35			
38				200 BREASTSTROKE	37			
40				100 BACKSTROKE	39			
42				200 FREESTYLE	41			
43	SEE RELAY FORM			200 MIXED MEDLEY RELAY	43	SEE RELAY FORM		
46	SEE RELAY FORM			200 FREESTYLE RELAY	45	SEE RELAY FORM		
Warm-up 6-6:45 a.m.				MONDAY, AUGUST 18, 1997	Start 7 a.m.			
48	SEE RELAY FORM			400 MEDLEY RELAY	47	SEE RELAY FORM		
49	SEE RELAY FORM			400 MIXED MEDLEY RELAY	49	SEE RELAY FORM		
52	SEE RELAY FORM			400 FREESTYLE RELAY	51	SEE RELAY FORM		
53	SEE RELAY FORM			400 MIXED FREESTYLE RELAY	53	SEE RELAY FORM		
56				1500 FREESTYLE**	55			

Entry Checklist
Important: Please read "Entry Form Instructions" on previous page.
**Entry postmarked by July 3 or mailed to arrive by July 10 deadline?*
**Entry form filled out completely?*
**"T" and "6" events marked correctly?*
**Seed times in proper columns?*
**Two-per-lane in distance events checked?*
**Liability release signed and dated?*
**Appropriate fees made payable to "TEAM ORLANDO MASTERS" enclosed?*
**USMS card/int'l permit attached?*
**SASE enclosed?*
(Indicate purpose on envelope: additional meet info, proof of entry receipt, relay entry form, and/or camping information.)

**You may swim both the 800 free and 1500 free. Positive check-in required for all individual events 400 meters and over.
 Check only if you wish to swim two-per-lane: 400 free _____ 800 free _____ 1500 free _____
 Two-per-lane swimmers cannot change at meet. Swimmers seeded two-per-lane will swim before those seeded one-per-lane.

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 THEREIN, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS."

Signature _____ Date _____

FEES:

Meet Surcharge (required)	\$ 20 =	50
Number of Individual Events _____ x \$ 4 =		
Social and Buffet _____ x \$ 7 =		
Final Results _____ x \$ 10 =		
TOTAL FEE ENCLOSED = _____		

Check or money order payable to:
TEAM ORLANDO MASTERS

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	33.22	32.67	32.93	33.74	33.98	36.28	39.82	44.59	45.54	49.32	46.63	59.28	1:19.61
100 FREE	1:13.21	1:10.91	1:11.67	1:14.21	1:15.23	1:23.07	1:28.98	1:39.18	1:46.83	1:49.21	1:51.02	2:11.59	2:57.79
200 FREE	2:42.65	2:37.38	2:38.44	2:41.99	2:48.84	3:05.35	3:22.57	3:42.55	3:48.53	3:56.27	4:09.92	4:55.34	No Time
400 FREE	5:46.79	5:35.57	5:34.48	5:46.16	6:08.39	6:24.95	7:01.05	7:53.03	8:39.75	8:38.57	9:26.64	12:07.76	17:16.91
800 FREE	15:04.49	12:13.00	11:46.82	12:04.03	13:02.29	13:43.96	14:41.83	16:20.13	17:45.44	18:28.47	22:16.26	No Time	No Time
1500 FREE	No Time	25:25.50	23:02.27	22:59.88	24:09.39	27:03.96	28:12.25	31:23.05	36:58.71	36:28.97	42:07.11	No Time	No Time
50 BACK	39.45	39.81	38.98	40.07	41.51	45.90	47.55	53.26	57.08	1:01.05	57.20	1:12.66	1:40.00
100 BACK	1:25.78	1:28.90	1:22.65	1:28.21	1:27.90	1:41.93	1:47.75	2:00.22	2:07.30	2:12.97	2:10.75	2:37.78	3:54.74
200 BACK	3:12.80	3:03.47	3:01.14	3:09.55	3:24.29	3:41.33	3:54.74	4:19.33	4:37.95	4:47.71	5:15.78	6:12.64	8:39.38
50 BREAST	47.19	43.78	43.71	44.65	48.91	48.25	52.55	55.55	59.19	1:09.30	1:08.05	1:22.56	2:29.46
100 BREAST	1:41.96	1:36.89	1:35.84	1:37.37	1:42.44	1:46.70	1:52.39	2:04.07	2:09.59	2:13.65	2:16.50	3:07.01	No Time
200 BREAST	3:49.43	3:34.56	3:31.42	3:33.84	3:44.35	3:52.87	4:13.55	4:33.52	4:44.28	5:25.27	6:03.03	No Time	No Time
50 FLY	37.96	35.61	36.23	36.25	37.91	41.84	43.33	58.82	58.48	1:02.69	1:07.22	1:25.16	No Time
100 FLY	1:31.18	1:21.06	1:21.44	1:23.60	1:26.70	1:40.61	1:47.72	3:36.30	3:57.77	3:31.70	3:37.54	No Time	No Time
200 FLY	No Time	3:33.90	3:38.59	3:18.66	4:19.38	4:08.73	No Time	No Time	No Time	7:25.37	No Time	No Time	No Time
200 IM	3:01.46	3:08.29	3:01.12	3:07.12	3:16.30	3:39.60	3:47.72	4:29.65	4:39.22	4:42.83	5:07.95	6:46.37	No Time
400 IM	7:58.05	6:47.81	6:28.81	6:38.28	7:41.63	7:51.49	8:50.57	9:41.19	No Time	10:44.41	No Time	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	29.82	28.42	28.51	28.60	29.27	30.68	30.99	33.40	34.79	35.65	36.91	44.43	48.71	1:09.45
100 FREE	1:04.97	1:02.68	1:02.19	1:03.70	1:06.13	1:08.08	1:11.46	1:16.89	1:20.53	1:21.77	1:35.66	No Time	2:02.43	2:44.79
200 FREE	2:33.03	2:21.72	2:21.49	2:21.67	2:27.30	2:34.51	2:41.29	2:54.90	3:04.11	3:08.25	3:30.06	3:58.81	4:43.24	No Time
400 FREE	5:34.60	5:11.08	4:56.96	5:04.90	5:14.82	5:24.69	5:56.60	6:25.81	6:49.97	7:17.06	7:48.55	8:40.67	9:54.52	No Time
800 FREE	15:46.74	11:17.27	10:57.73	10:36.18	11:08.23	11:28.18	12:48.77	13:06.40	13:47.78	14:19.53	18:37.72	18:13.50	46:07.28	No Time
1500 FREE	23:48.18	22:48.81	21:05.26	21:16.70	21:44.83	21:59.45	26:15.89	26:26.65	29:07.04	29:31.72	36:59.83	34:51.20	No Time	No Time
50 BACK	36.66	33.83	35.11	34.40	35.71	37.40	37.76	41.86	44.06	46.17	50.95	55.89	1:07.53	2:02.31
100 BACK	1:19.31	1:12.33	1:17.09	1:15.88	1:17.99	1:21.98	1:26.81	1:32.24	1:39.34	1:44.48	1:56.30	2:02.80	2:36.38	No Time
200 BACK	3:09.21	2:39.83	2:56.60	2:49.14	2:50.84	3:00.72	3:11.83	3:28.36	3:56.12	3:58.58	4:28.69	4:52.95	8:14.40	No Time
50 BREAST	40.00	36.83	37.37	37.86	38.32	39.12	41.83	44.11	47.31	47.92	53.85	1:01.15	1:17.20	No Time
100 BREAST	1:31.98	1:21.87	1:23.38	1:24.44	1:27.29	1:27.66	1:32.68	1:40.61	1:48.07	1:51.43	2:04.53	2:19.72	2:50.53	No Time
200 BREAST	3:26.59	3:07.22	3:09.32	3:07.37	3:13.55	3:18.79	3:24.86	3:46.93	4:10.48	4:08.24	4:51.23	5:12.98	No Time	No Time
50 FLY	31.44	30.33	31.82	30.59	31.74	32.30	34.67	37.80	40.32	42.53	51.90	1:17.20	No Time	No Time
100 FLY	1:18.27	1:08.95	1:10.43	1:10.24	1:14.56	1:14.47	1:23.89	1:34.83	1:56.70	1:58.70	3:48.25	3:48.51	No Time	No Time
200 FLY	No Time	2:58.30	2:44.91	2:48.00	2:50.54	2:51.66	3:28.85	No Time	5:15.90	4:38.48	No Time	No Time	No Time	No Time
200 IM	2:53.39	2:36.00	2:42.12	2:44.93	2:44.11	2:54.88	3:06.16	3:21.80	3:33.00	3:45.32	4:43.70	4:46.44	No Time	No Time
400 IM	No Time	5:44.68	5:56.99	5:54.83	6:08.84	6:22.98	6:52.29	7:32.66	8:48.42	8:29.19	13:42.29	No Time	No Time	No Time

NQTs are 10 percent slower than the 10th place 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 subject to rejection. **A legible 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 the local registrar with new club affiliation and effective date.

National Qualifying Times (NQTs)

Competitors may enter and swim a maximum of six (6) events. In three (3) of six events, the competitor must have swum a time equal to or better than the NQT in the past two years. The NQTs for all events are listed in the entry information. Designate the events for which you have met the NQT with a "T" in the column designated as such. No NQTs for women ages 85 and over and men ages 90 and over.

Filling Out Entry Blank

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

Sixth Event

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

800/1500 Meter Freestyle

A swimmer may enter both the 800 and 1500 Freestyles. Swimmers may choose to swim two-per-lane in the 400, 800 and 1500 Freestyles. Two-per-lane heats will be run prior to one-per-lane heats.

Swimming Two-Per-Lane

Swimmers electing to swim two-per-lane cannot change their decision at the meet. Swimmers who elected to swim one-per-lane may change to two-per-lane prior to the final check-in time and date.

Fees

\$4 per individual event plus \$20 surcharge per swimmer. Fees must accompany entry form and must be paid in U.S. dollars by check or money order. Entry not complete

until check has cleared bank. If questions about an entrant's check, full cash payment in U.S. dollars required before the entrant allowed to swim. Refund requests must be in writing and received by July 10, 1997. No refunds for events not swum. The \$20 surcharge also applies to relay swimmers not entered in individual events. Relay-only swimmers must submit an entry form with \$20 payment by entry deadline.

Checks Payable To

TEAM ORLANDO MASTERS SWIMMING
U.S. Mail & Overnight Entries

Audrey Merritt

249 Carisbrooks St.

Orlando, FL 32761-4747

Phone: (407)654-2171

Entry Deadline

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

MEET INFORMATION

Registration

All swimmers must register to receive meet program, social tickets and other meet information. Registration will be at the YMCA Aquatic Center from noon to 7 p.m. on Wednesday, August 13, and from 6 a.m. until the end of the day's events on Thursday through Monday.

Positive Check-in Events

The 400, 800 and 1500 Freestyles and the 400 IM are positive check-in events. For these events, each swimmer must check in either by phone or in person. Check-in may be handled by a swimmer's teammate or coach. No changes in seeding will be made to accommodate travel arrangements.

In-person and Phone Check-in

Phone check-in will be accepted for the 800 and 400 Freestyles only. This will be taken on Tuesday, August 12, from 3 to 6 p.m. (EDT) and from noon to 6 p.m. (EDT) on Wednesday, August 13. Phone check-in is valid ONLY by talking specifically to a meet representative AND by retaining your check-in verification number.

Distance event
phone check-in number:
(407)354-1188

In-person check-in will be taken on Wednesday, August 13, from noon to 6 p.m. and from Thursday to Sunday from 6 a.m. to 6 p.m.

Check-in deadlines are as follows: 800 Free (M/W) 6 p.m., August 13; 400 Free (M) 6 p.m., August 14; 400 Free (W) 6 p.m., August 15; 400 IM (M/W) 6 p.m., August 16; and 1500 Free (M/W) 6 p.m., August 17. All swimmers failing to positive check-in will be scratched.

Eligibility

This National Championship is open to any swimmer who is 19 years old as of July 10, 1997. If a swimmer wishes to affiliate with a Masters team, the team and swimmer must both be registered by the same Local Masters Swim Committee (LMSC). If there are questions about affiliation, the swimmer will be entered "unattached."

Age Groups

Individual events: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49...etc. Age for the meet is determined as of the last day of the meet (August 18, 1997). Relay events (aggregate ages): 76-99, 100-119, 120-159, 160-199, 200-239, etc.

World Records

For FINA World Records, age shall be determined as of December 31, 1997. Swimmers aging up after August 18, 1997, must bring this fact to the attention of the meet director.

Scoring

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

Team Scoring

Team scoring will be divided into three divisions: large-team, medium-team and small-team. Each division will contain three categories: men, women, and combined scores. Mixed relays will be scored as "combined." Championship Committee will determine team divisions after entry deadline.

Awards

Customized medals will be awarded for first through tenth places. A USMS Championship patch will be given to each swimmer and relay team member for first event won. Those winning more than one championship may purchase additional patches for each event won. Team plaques given in each division. If leaving early, arrange to have awards picked up, or awards can be mailed for a nominal fee (see "Answers" desk at meet).

Seeding

Men's events will precede Women's events. Odd-numbered heats will consistently start from south end (near diving well), and even-numbered heats will start from the north end. Events 200 meters or less will be pre-seeded, and, along with the deck-seeded 400 Free, will be swum slowest to fastest within each age group, oldest to youngest, partial heats may be combined. The 800 and 1500 Freestyles and 400 IM will be deck-seeded slowest to fastest by time or by a combination of age group and time. In distance free events, two-per-lane swimmers will swim before those swimming one-per-lane.

Warm-up Times

The competition pool will be available for warm-up on Wednesday from noon to 7 p.m., Thursday through Monday from 6 to 6:45 a.m. and for 30 minutes after distance races on Friday, Saturday and Sunday. The diving well will be available for continuous warm-up during competition.

Warm-up Procedures

Swimmers must enter the pool feet first in a cautious manner. No diving allowed except in designated sprint lanes. Racing Starts (including backstroke starts) will be allowed only in designated sprint lanes during all warm-up sessions, where one or two lanes shall be designated as "One Way Sprint Lanes." Safety marshals will monitor pool entry. No training equipment (hand paddles, kickboards, fins, etc.) may be used at any time during the warm-up periods.

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

**Social & Buffet
Souvenir Exchange
Friday, August 15
Marriott \$7.00**

Distance Relays

For the first time, the 800 Free (Thursday) and 400 Medley and Free (Monday) Relays will be added at Nationals. All relays must be entered on a relay entry form by Wednesday, August 13, at 6 p.m. A relay entry form will be mailed to all clubs, or may be obtained from Audrey Merrit (see address under "Entry Information"). The 400 and 800 Relays will be deck-seeded by time only.

Mandatory Scratch Rule

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

Scratches

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

Official Verification Card (OVC)

For an OVC, contact the following official prior to arrival at the meet: Al Soltis, 2101 Sunset Point Rd., #702, Clearwater, FL 34625. Phone: (813)442-3751.

Concessions/Vendors Village

Food concessions, including healthy fare, will be available at the meet. Standard souvenirs will be on sale beginning Thursday, including a limited number of specialty items with meet logo (starting Friday).

Temperature/Climate

Outdoor temperatures range from the upper 90s (day) to the lower 70s (evening).

General Meeting

All coaches, officials, and swimmers should be represented at the general meeting to be held at the YMCA Aquatic Center on Wednesday, August 13, at 7 p.m.

Masters Coaches Meetings

A Masters Coaches Clinic will be held on Wednesday, August 13, from 1 to 5 p.m. A Masters Coaches meeting will be held on Saturday, August 16, at 6:30 a.m.

Early Entry Raffle

Swimmers whose entries arrive postmarked prior to June 1, 1997, will be entered in one of two lotteries (male and female). Sponsors' prizes will be awarded to the two lottery winners during the meet.

Hurricane Watch

If a hurricane threatens the status of the meet, call (407)354-1188 for an updated message.

**1997 UNITED STATES MASTERS SWIMMING
NATIONAL LONG COURSE CHAMPIONSHIPS**

**YMCA Aquatic Center
Orlando, Florida
August 14-18, 1997**

Sanctioned by
Florida LMSC
for USMS, Inc.
Sanction #147-009

RELAY ENTRY INFORMATION

INSTRUCTIONS: Please enter an achieved or reasonable aggregate time for your relay teams under the correct age group heading and opposite the correct event. Designate A, B, or C if you have more than one relay in the same age group. **IF YOU ENTER "NO TIME" YOUR ENTRY WILL BE REJECTED.**

ENTRY DEADLINE: Entries are \$8 per relay and must be postmarked (in the U.S.) by July 3, 1997 or received by July 10, 1997. Entries received after July 10 are \$12 per relay. Deck entries will be accepted until Wednesday, August 13, 1997 at 6:00 p.m. All relay swimmers must have entered the meet by July 10. Swimmers entering relays only must complete the individual entry form, pay the surcharge and sign the liability release.

RELAY ELIGIBILITY: Each swimmer must be a registered Masters swimmer. All four relay members must be registered with the same Masters club. Unattached swimmers may not swim on relay teams. Relay entry is in addition to the individual events. A swimmer may swim each relay event only once.

AWARDS: Customized medals for places 1st through 10th will be awarded to all relay members.

AGE GROUPS: The aggregate age of the four relay team members shall determine the age group. Ages are determined in whole years as of the last day of the meet (August 18, 1997). Relay age groups are: 76-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 and 320-359. Relays in any age group that include swimmers between the ages of 19 and 24 are not eligible for world records; however, they will be considered for USMS National Records.

WORLD RECORDS: For FINA Relay World Records, age shall be determined on December 31st. If this FINA rule places a relay in the next higher age group, then this must be brought to the attention of the Meet Director for world record consideration. Relays in any age group that include swimmers between the ages of 19 and 24 are not eligible for world records; however, if the youngest swimmer on a relay is 24 years old and will be 25 years old as of December 31, then he/she must bring this fact to the attention of the Meet Director for world record consideration.

RELAY SCORING: Women, Men and Mixed: 22, 18, 16, 14, 12, 10, 8, 6, 4, 2. Points from mixed relays shall count under combined score only.

DECK ENTRIES: Clubs may deck enter relay teams until 6 p.m. Wednesday, August 13, 1997 at the Relay Registration Desk, for a fee of \$12.00 per relay.

ATTENTION COACHES

We are offering the longer relays (400 and 800) at Nationals for the first time. In order to plan accordingly we would like to know if you are considering entering any of these events. **THIS IS NOT A COMMITMENT ON YOUR PART.** Please fill out the attached form and send it to the address listed on the bottom. Thank You!

**1997 UNITED STATES MASTERS SWIMMING
NATIONAL LONG COURSE CHAMPIONSHIPS
YMCA AQUATIC CENTER
Orlando, Florida
August 14-18, 1997**

Club Rep: _____
Phone (D): _____
Phone (E): _____

Sanctioned by Florida LMSC for USMS, Inc.
Sanction #147-009

CLUB: _____
ABRV: _____

OFFICIAL RELAY ENTRY FORM

			76-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
EVENT 3	M	800 Free Relay	A							
			B							
			C							
EVENT 4	W	800 Free Relay	A							
			B							
			C							
EVENT 5	MX	800 Free Relay	A							
			B							
			C							
EVENT 19	MX	200 Free Relay	A							
			B							
			C							
EVENT 31	M	200 Medley Relay	A							
			B							
			C							
EVENT 32	W	200 Medley Relay	A							
			B							
			C							

Instructions: Enter an achieved or aggregate time for the relay teams under correct age group heading and opposite correct event. The aggregate age of the four relay members determines the relay age group. **DO NOT ENTER "NO TIME" OR YOUR ENTRY WILL BE REJECTED.** Relays are \$8.00 per team and must be received by July 10, 1997. Entries received after July 10 are \$12 per relay. Relays can be deck entered until Wednesday, August 13 at 6:00 pm. **NOTE:** Relay only swimmers must complete the individual entry form, pay the surcharge, sign the release and officially enter the meet by July 10, 1997.

			76-99	100-119	120-159	160-199	200-239	240-279	280-319	320-359
Event 43	MX	200 Medley Relay	A							
			B							
			C							
Event 45	M	200 Free Relay	A							
			B							
			C							
Event 46	W	200 Free Relay	A							
			B							
			C							
Event 47	M	400 Medley Relay	A							
			B							
			C							
Event 48	W	400 Medley Relay	A							
			B							
			C							
Event 49	MX	400 Medley Relay	A							
			B							
			C							
Event 51	M	400 Free Relay	A							
			B							
			C							
Event 52	W	400 Free Relay	A							
			B							
			C							
Event 53	MX	400 Free Relay	A							
			B							
			C							

FINANCIAL RECAP

_____ Relays Entered x \$8.00 / \$12.00 = \$ _____

Make checks payable to: *TEAM ORLANDO MASTERS SWIMMING*

US Mail & Overnight Entries:

Andrey Merritt
 249 Carlisbrooke St.
 Ocoee, FL 34761-4747
 Phone: (407) 654-2171

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 _____

USMS SERVICE AWARDS

As a volunteer-driven organization, USMS is forever grateful to the hundreds of talented volunteers, giving of their time and expertise to help our exciting program continue this growth. Among these volunteers, there are some whose service stands out in its scope, its impact on the program and the numbers of members who have benefitted from this individual's efforts on the local, regional or national level.

USMS wants you to tell them who and what is deserving of special recognition of the USMS Service Award. Write and tell us of a person who has executed a single service project, has given sustained service over a long period of time or whose efforts in some way extend above and beyond the usual fine work of our volunteers. Be sure to include the following: Name, address and phone number of nominee, clearly indicate whether the service was performed at the local, regional or national level, describe the impact of the candidate's service i.e., new programs, improvements or enhancement of on-going programs, and outline the scope of the service and the number of members who have benefitted. You may include a letter of support for your nomination (also include your own name and address).

Nominations may be forwarded at any time. For recognition at the 1997 Convention, please submit on or before August 1, 1997. Nominations should be sent to:

Mary Lee Watson
Chairman, Recognition and Awards
6613 Rolling Fork Drive
Nashville, TN 37205-3916

Selected honorees will receive service pins and a recognition letter and be formally recognized at the House of Delegates meeting during the annual convention.

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

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

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