

The WetSet



Volume 16 Issue 7

July 1997

President's Letter

Dear Swimmers:

Hope everyone is staying in shape after Nationals and enjoying the summer. I know that Hugh and I are happy to have a little more time to get things other than Nationals done. We are looking forward to going to Long Course Nationals in Orlando in August and getting to concentrate on swimming instead of running the meet. If you are thinking of going and would like to swim relays, please fill out and return the relay form to me as soon as possible. For the first time, there are 400 and 800 relays. Since I'm a distance swimmer, I would like to swim some of the longer relays if we have enough PNA swimmers to do so.

The new officers take office at the June PNA Board meeting. Many of the committee chairs will be continuing in their positions, but there are a few openings. I would like to thank retiring chairs Phoebe Terhaar of Awards and Linda Sullivan of the Social Committee for their hard work over the past few years. We are looking for replacements for them. Let me know if you are interested. We can also use committee members for all of our committees. Those committees include Finance, Membership, Meets, Records/Top Ten, Publicity, Newsletter, Awards, Social, Officiating, Fitness, Computer Applications, Constitution and ByLaws, and Safety. If you'd like to get involved with any of those, let me know as well. If you have other ideas, feel free to call me or come to a Board meeting. They are open to all members of the LMSC. We would love to have increased participation in planning and getting things done. Hope to see you in Orlando or at a Board meeting.

Jane Moore



The PNA board hard at work!

From the Editor:

Well everyone seems to be recovered from Nationals and ready to get things back to normal. PNA has topped out at 839 swimmers this year. Our largest membership ever! This is an appropriate time to celebrate. We just finished hosting Nationals, we have our largest membership ever and we have reached our 25th birthday. Be sure to check out the last page of the WetSet for details on our 25th anniversary pool party.

If anyone is interested in being the zone rep or USMS zone committee chairperson, contact Jane Moore for details (see page 2 for address and phone).

I did not have room in this issue for several race entry forms. Please contact me if you are interested in the following events: Long Bridge Open Water Swim (1.76 miles) - Sandpoint Idaho; USMS Postal 10k 2 person re-

lay; USMS Postal 5k and 10k Championships; Catalina Clearwater Classic (USMS National event) 5k and 1 mile open water swim; and the Seal Beach Rough Water Swim (1 mile, 3 mile and 10 mile events) the 10 mile is a USMS Championship event.

See you out there on the water.

Inside

Race Results - Nationals

Comparing Apples to Oranges
by Dan Frost

Race Entry Forms

NW Zone Champs - Oregon
Arc-Seafair Swim

PNA OFFICERS

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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 - Any Pool
Nov 15-16	SCM	NW Zone Championships - Oak Harbor
Dec 14	SCY	Bellingham Aquatic Center - Bellingham

Other Local Events

Sep 6	OW	Seattle SwimFest .25/.5/1/2 mile, Mercer Island (Call Dave Horning 415-868-1829)
Aug 2	OW	ARC-Seafair Swim - See entry form in this issue

Oregon

July 26-27	LCM	NW Zone Championships - Portland - See entry form in this issue
Aug 2	OW	Elk Lake Open Water Swim - Bend
Sep 1	OW	Columbia River Cross Channel Swim 1.1 mile - Hood River

Idaho

July 19	OW	Snake River 8.5 Mile Swim - Glens Ferry, Idaho
Aug 2	OW	Long Bridge 1.76 Mile Swim - Lake Pend Oreille, Sandpoint, Idaho

British Columbia/Canada

Sep 3-6		BC Seniors Games
Nov 22		Nanaimo Ebbtides
Jan 25		Cowichan Aquannis

Vancouver Open Water Swim Association (604) 290-9425

July 13	OW	Seafest Challenge 2.5k
July 26	OW	Bay Challenge 10k
Aug 9	OW	Kitsilano Challenge 2.5k

National/International

May - Oct		USMS Postal 10k 2-person relay (Mike Stott 804-288-8808)
May - Sep		USMS Postal 5k and 10k (Scott Rabalais [FAX#] 504-766-5937)
Aug 14-18	LCM	USMS Long Course National Championships - Orlando, Florida
Aug 9-22	1998	Nike World Masters Games - Portland
Sep 9	OW	USMS 5k & 1 Mile Open Water Champs - Catalina Island, California
Sep 25-28		USMS Convention - Burlingame, California

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

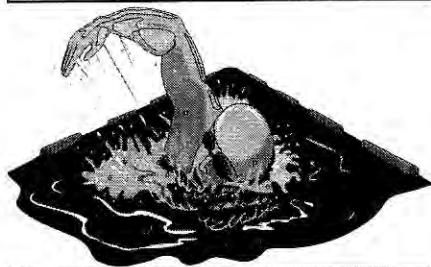
Oregon
Eric Guest
44861 SE Highway 26
Sandy, OR 97055
(503) 668-4465

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



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.

Visit the PNA Web Site created by Dan Frost at: www.whidbey.net/frosty/pna

OREGON MASTERS SWIMMING LC METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #377-06

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1997 registration form and fee with this form.

N.W. Zone Long Course Championships

July 26-27, 1997

Multnomah Athletic Club

1849 SW Salmon St., Portland, OR

50 meter pool, 5 lanes competition, 1 lane continuous warm-up and separate pool is available

Meet Director: Robert Kim 503-227-1828 (w)

<p>WARM-UPS: 8:00 A.M.</p> <p>MEET STARTS: 9:00 A.M.</p>
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ENTRY DEADLINE : POSTMARKED NO LATER THAN July 12th, 1997

All entrants MUST submit a PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY.

FILL IN COMPLETELY-----RETURN THIS LOWER PORTION-----FILL IN COMPLETELY

NAME _____ 1997 USMS # _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

ASSOCIATION _____ Age Groups: 19-24, 25-29, 30-34 etc up to 100+. Relay age groups: 67-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, 320-359. You may enter a maximum of 6 individual events plus 4 relays. You may swim a maximum of 5 individual events in one day. Enter relays at the meet. The 400 I.M., 400, and 800 Free will be deckseeded. All events will be seeded slow to fast.

Saturday July 26

- 400 FREE (1) _____ : _____ . _____
- 200 FREE RLY(2/3) XXXXXXXXXXXXXXXX
- BREAK BREAK BREAK
- 100 BACK (4) _____ : _____ . _____
- 50 BREAST (5) _____ : _____ . _____
- 200 FREE (6) _____ : _____ . _____
- BREAK BREAK BREAK
- 200 MXD F.R. (7) XXXXXXXXXXXXXXXX
- 100 BREAST (8) _____ : _____ . _____
- 200 FLY (9) _____ : _____ . _____
- 50 FREE (10) _____ : _____ . _____
- 400 I.M. (11) _____ : _____ . _____

Sunday July 27

- 800 FREE (12) _____ : _____ . _____
- 200 MED RLY(13/14) XXXXXXXXXXXXXXXX
- BREAK BREAK BREAK
- 50 FLY (15) _____ : _____ . _____
- 200 BACK (16) _____ : _____ . _____
- 100 FREE (17) _____ : _____ . _____
- BREAK BREAK BREAK
- 200 MXD M.R.(18) XXXXXXXXXXXXXXXX
- 100 FLY (19) _____ : _____ . _____
- 200 BREAST (20) _____ : _____ . _____
- 50 BACK (21) _____ : _____ . _____
- 200 I.M. (22) _____ : _____ . _____

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 of 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 ENTRY FEE: \$12.00 Make checks payable to: OREGON MASTERS SWIMMING
 Mail form(s) and fee(s) to: Suzanne Rague 935 N.W. 170 Place Beaverton, OR 97006

HAPPY BIRTHDAY - PNA SWIMMERS

- | | |
|----------------------------|-------------------------|
| 07/17 SHARON BELTRANDELRIO | 07/29 ELLIOTT KEPHART |
| 07/17 BRUCE LOMAX | 07/29 DEBRA PATE |
| 07/18 JOANIE WILLIAMS | 07/29 KEN KOSTER |
| 07/18 ARNOLD KAS | 07/31 PHILIP KEZELE |
| 07/18 PEGGY CARON | 07/31 HALEY WAGNER |
| 07/19 THOMAS MARSHALL | 07/31 SHERRY GRINDELAND |
| 07/19 MARK TERRELL | 08/01 THOMAS HARRYLOCK |
| 07/20 MARK AMBERSON | 08/01 KARL HALLESY |
| 07/20 ERIC NUNEZ | 08/02 JENNY WRENN |
| 07/21 ALLISON BEADLE | 08/02 WENDY HOFFMAN |
| 07/21 ZENA COURTNEY | 08/03 ANDREW MCKIM |
| 07/21 MOHAMED FOFANA | 08/03 STEPHEN KICINSKI |
| 07/21 ROS BIRD | 08/03 KERRY NESS |
| 07/21 STEPHEN FREEBORN | 08/03 ADRIENNE REARDON |
| 07/21 MARK BLAGDON | 08/04 HUGH MOORE |
| 07/22 CHARLES VANZANDT | 08/04 CLARK PACE |
| 07/22 BRAD COLLINS | 08/04 MEL LEBSACK |
| 07/22 NANCY POFFENBERGER | 08/05 DAVE STEELE |
| 07/22 SAMUEL DAY | 08/06 ANNAMARIE TERHAAR |
| 07/22 PETE GILLIS | 08/06 RICHARD PETERSON |
| 07/23 DALE PATTERSON | 08/09 PAUL WEBBER |
| 07/23 ARNE SKOG | 08/10 WALTER REID |
| 07/23 RALPH BUSCH | 08/11 ANNE WICKNICK |
| 07/24 STEVE SUSSEX | 08/11 DANIEL KOLTON |
| 07/24 EILEEN COLLOPY | 08/11 ROSE ROBERTS |
| 07/24 JANICE MILLER | 08/11 TINA HALL |
| 07/25 DAVE FITZPATRICK | 08/11 CHRIS HOLLAND |
| 07/25 KAREENA KING | 08/12 ERIC BORNFLETH |
| 07/25 ROBERT FARRELL | 08/12 EMERY RHODES |
| 07/25 PAUL VERNER | 08/13 STANLEY WHITEMORE |
| 07/26 LEE CARLSON | 08/13 PHILIP DAY |
| 07/27 STEVEN FEYEDELEM | 08/14 JOE COATS |
| 07/27 HOLLY CORNER | 08/15 LIVIA WALKER |
| 07/27 SHARON MIYATA | 08/15 LAURA KEEGAN |
| 07/29 LYNN MARTINDELL | 08/15 STEVE HARRELL |

WELCOME TO THE PNA

RUTH AFFLACK,
 ROY AGLOINGA,
 DORIS BOND,
 ERIC BORNFLETH,
 KYLE BRANDON,
 JIM BRYAN,
 SEAN CLARK,
 DEAN COOK,
 KELLY DENGEL,
 NATALIA ESUABANA,
 JOANNE FIEDLER,
 CHERILYN GARCIA,
 SEAN HILBERT,
 AULIS KAHKONEN,
 MARY KESTER,
 KIP KNAPPETT,
 KRISTIN LAIDRE,
 DANNY MARTIN,
 MARY MEAGHER,
 GAILE MOE,
 KAREN OYAMA,
 PEG PETTY,
 KRAIG TREGO,
 SYLVIA VON AULOCK,
 LESLEY WEINBERG



Nationals Results (continued)

200 yd Medley Relay 65+

L. CROSSETT 83

75 +

MAXINE CARLSON 77 # 2 4:01.70 Z

HAROLD YOUNG 75

PAT MATTHIESEN 80

EVERETT CASSELL 84

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

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: _____

Comparing Apples To Oranges

Do time conversions really work?

By Dan Frost

One sure way that we measure our swimming progress is to see if our times in workouts and meets are improving. However, around the region we have pools in all different varieties: the "standard" 25 yard pools, an "Olympic-sized" 50 meter (long course) pool in Federal Way, and a couple pools that are 25 meters long. So if you swim in a different pool, how can you know if you are swimming faster?

Time conversions have been devised in order to predict what your effort would have yielded in a pool of different size. There are many different methods to converting times, from simply adjusting for the change in distance, to adding seconds for turns not taken. Another method, used by the NCAA, uses factors developed by comparing times between the NCAA Championships and the USS Nationals. These factors are listed below:

Short-Course Conversion Factors (Men and Women)		
EVENT	FACTOR	
400 meters to 500 yards	1.143	
1500 meters to 1650 yards	1.006	
All other events	0.914	
Long-Course Conversion Factors		
EVENT	MEN'S FACTOR	WOMEN'S FACTOR
50 meter freestyle	0.870	0.880
100 meter freestyle	0.870	0.880
200 meter freestyle	0.875	0.885
400 meter freestyle	1.105	1.120
1500 meter freestyle	0.975	0.980
100 meter backstroke	0.870	0.885
200 meter backstroke	0.870	0.885
100 meter breaststroke	0.865	0.870
200 meter breaststroke	0.865	0.880
100 meter butterfly	0.885	0.890
200 meter butterfly	0.880	0.890
200 meter IM	0.865	0.880
400 meter IM	0.870	0.885
SOURCE: 1995 NCAA Men's and Women's Swimming and Diving Rules, pg. 123-4		

Just how accurate are these conversion factors, and is there any conversion method superior than the rest? First, there is no perfect conversion formula. Thus, whatever method you choose to use, you ought to take the result with a grain of salt.

In general, converting from a time in a metric pool to a time in yards is more "realistic" than working the other way around. For example, look at the above conversion between short course meters and short course yards in events less than 400 meters/yards (a straight distance conversion). Since there are the same number of starts and turns in these short course races, the value that gets factored out is straight swimming. And since straight swimming is slower than the average speed of the race (since starts and turns are part of the average), the converted time to yards will be slower than that which can be achieved with equal effort. Consequently, a conversion from a yards time to a meters time will likely yield a time faster than a comparable effort will allow.

As an "unscientific" example, below are the times of two swimmers (both men in the 25-29 age group), who were on all three USMS Top Ten lists in 1995 (SCY, SCM, and LCM).

Swimmer A: 200 freestyle

Actual times:	SCY 1:38.64	SCM 1:48.81	LCM 1:54.97
Times converted to SCY:	-----	1:39.45	1:40.59
Times converted to LCM:	1:52.73	1:53.65	-----

Swimmer B: 1500/1650 freestyle

Actual times:	SCY 17:16.75	SCM 17:19.90	LCM 18:43.06
Times converted to SCY:	-----	17:26.13	18:14.98
Times converted to LCM:	17:43.33	17:52.95	-----

Again, there are many different methods, and different methods work for different people. Everybody swims their strokes, starts, and turns proportionally different. Certainly, strategies are different between swimming in long course and short course pools.

All in all, time conversions are nothing more than an educated guess. They are not perfect, and some may not even be that close, but they are a good guide.

Relays! Relays! Relays!

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

Name _____ Age ____ M F USMS# _____

Address _____ City _____ State ____ Zip _____

Phone _____ Birthdate _____

I will be attending Long Course Nationals in Orlando. I would like to swim on the following relays:

- | | |
|---|--|
| <input type="checkbox"/> 800 Freestyle | <input type="checkbox"/> 200 Mixed Medley |
| <input type="checkbox"/> 800 Mixed Freestyle | <input type="checkbox"/> 400 Freestyle |
| <input checked="" type="checkbox"/> 200 Freestyle | <input type="checkbox"/> 400 Mixed Freestyle |
| <input checked="" type="checkbox"/> 200 Mixed Freestyle | <input type="checkbox"/> 400 Medley |
| <input checked="" type="checkbox"/> 200 Medley | <input type="checkbox"/> 400 Mixed Medley |

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

50 Freestyle _____ 50 Breastroke _____

50 Backstroke _____ 50 Butterfly _____

Enclosed is my check for:

Relays x \$3.00	=	_____
Plus PNA surcharge \$.50	=	_____
Total		_____

Makes check payable to:

Pacific Northwest Aquatics

I understand that if I cannot attend Nationals, that I must notify Jane Moore prior to August 5, 1997, or I may not get my relay entry fee back. If I am not selected to swim on all the relays that I have paid for, I will be reimbursed for the relays I do not swim.

Signed _____

PLEASE NOTIFY JANE IMMEDIATELY IF YOU CANNOT SWIM ON RELAY.

Deadline: We need committments to swim on relays by August 5, 1997.

Mail this competed form to:

Jane Moore
1867 58th Street NE
Tacoma, WA 98422

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

Name:

 Last First Initial

Address:

 Street or box number Apt number

 City State Zip code

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

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

If you coach a Masters swim team check here:

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

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

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

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

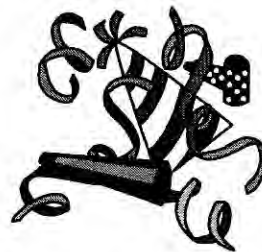
WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability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

Signature _____ Date _____

PNA 25TH ANNIVERSARY BLAST

(YOU HAVE COME A LONG WAY BABY!!)

Where: Arbor Heights Swim Club (see directions)
When: August 23rd, Saturday 9am - 1 pm
Why: Celebrate 25 years of PNA Masters Swimming
Who: Current and Former PNA Swimmers and Their Families



Format: Casual attire, fun pool time, fiasco relays, potluck brunch and PNA historical review

Brunch: Bring your favorite dish to share with approximately 8 people, drinks, paper plates and utensils will be provided. Also bring any stories you would like to share about Masters swimming.

RSVP (by 8/9): Carolyn Baldwin (206) 243-3705
Tom Foley (206) 937-5585
Jeannette Vallandigham (253) 582-7534



Directions: From the North or Eastside - Take I-5 south to Spokane Street and exit to West Seattle. Go west over the high bridge and continue up the hill. Turn left at the first light onto 35th Avenue SW and continue south to SW 106th Street. Turn left on SW 106th Street and continue to 31st Avenue SW. Turn right on 31st Avenue SW, pool is on the right about 4 blocks. From the South - Take I-5 north to Southcenter and exit onto Highway 518 and travel west towards Burien. Stay on 518 which becomes SW 148th Street and continue to Ambaum Blvd. SW. At Ambaum Blvd. turn right and continue on Ambaum which becomes 16th Avenue SW. At SW 107th Street turn left and follow road west (it becomes SW 106th Street). Continue on SW 106th Street to 31st Avenue SW. Turn left on 31st Avenue SW, pool is on the right about 4 blocks. Park on the south or west side of the pool and enter pool on the west side.

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