

# The WetSet



Volume 16 Issue 8

August 1997

## President's Letter

Dear Swimmers:

Hope everyone is enjoying the summer, especially since the weather finally makes it seem like summer. We went on vacation for two weeks and swam in several different lakes. Lake Tahoe was gorgeous! It was also very cold. After a few minutes though, you got numb and it wasn't too bad. The scenery was beautiful. There are going to be some open water swims in Lake Washington in September. There are entry forms elsewhere in this newsletter. One event has several different distances to swim; the other is along the floating bridge from Mercer Island to Seattle. This could be a fun change of pace, but there's no black line on the bottom to follow.

Long Course Nationals in Orlando are coming up soon. In September, is the annual USMS Convention. This year it will be in the San Francisco area. Hugh and I will attend, as well as Kathy Casey, Walt Reid, Jeanne Ensign, Jan Kavadas, Frank Newquist, Steve Peterson, Dan Frost, and Lee Carlson. Also coming up are the 5K/10K postal competition (we'll have pool time in Federal Way on September 13th), the 3000/6000 yard postal swim, and Short Course Meters Zone Champs in Oak Harbor November 15 & 16.

The most important and significant upcoming event is the PNA's 25th Anniversary Blast. It will be held Saturday, August 23, at Arbor Heights Swim Club in Burien. All current and former PNA swimmers and their families are welcome. Hope to see you there.

Jane Moore



A final look back at the successful Nationals hosted by PNA.

From the Editor:

As Jane stated in the President's Letter, there are several open water events to be held at the end of summer. The Race Director for several of these events is Dave Horning. I first met Dave when we were competing at the 1982 Hawaiian Ironman. Dave is a great swimmer and overall athlete, but he does not take himself too seriously and enjoys having a good time. At the 1983 Ironman, Dave had lunch set out for him during the run portion of the triathlon complete with tablecloth, china, silver, covered awning and a waiter in a tuxedo. Dave has traveled the world and been a goodwill ambassador through his swimming. He now puts on many well-known events such as the Sharkfest swim, Escape from Alcatraz triathlon and Golden Gate Bridge swim. Speaking of open water swims, the 13th Annual Emerald City swim at Seward Park is scheduled for August 16th. So there are lot's of options for getting wet in Lake Washing-

ton this summer.

Looking ahead, the Northwest Short Course Zone meet will be held at Oak Harbor. Dan Frost is the meet director and should be contacted for details (Dan's E-mail address is on page 2; the entry form is also in this issue). The 3000/6000 Postal Event hosted by PNA starts September 1st, and Bellingham is slated for a meet in December. The swim season is just getting going so good luck and have a great year.

## Inside

**Team Fitness**

**by Dan Frost**

**Race Entry Forms**

**Northwest Zone Champs**

**3000/6000 Postal Champs**

**Emerald City Open Water Swim**

**Seattle Swimfest**

**Floating Bridge Swim**

**Escape from the Rock Triathlon**

## PNA OFFICERS

### President

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## 1997 MEET SCHEDULE

### PNA Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>
9/1 to 10/31	SCY	3000/6000 USMS National Postal Championships - Any Pool
Nov 15-16	SCM	NW Zone Championships - Oak Harbor (see entry form)
Dec 14	SCY	Bellingham Aquatic Center - Bellingham

### Other Local Events

Aug 16	OW	Emerald City Swim - Seward Park (see entry form)
Sep 6	OW	Seattle SwimFest .25/.5/1/2 mile - Mercer Island (see entry form)
Sep 7	TRI	Escape from the Rock Triathlon - Mercer Island (see entry form)
Sep 21	OW	Floating Bridge Swim - Lake Washington (see entry form)

### Oregon

Aug 2	OW	Elk Lake Open Water Swim - Bend
Aug 30	SCY	Matt Dishman Pool - Portland
Sep 1	OW	Columbia River Cross Channel Swim 1.1 mile - Hood River

### Idaho

Aug 2	OW	Long Bridge 1.76 Mile Swim - Lake Pend Oreille, Sandpoint, Idaho
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### British Columbia/Canada

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

### Vancouver Open Water Swim Association (604) 290-9425

Aug 9	OW	Kitsilano Challenge 2.5k
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### 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

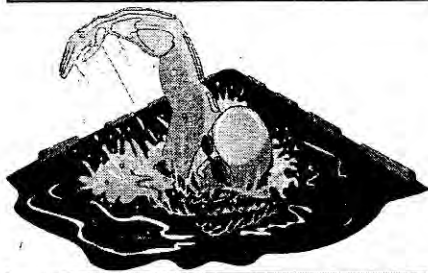
**Oregon**  
Eric Guest  
44861 SE Highway 26  
Sandy, OR 97055  
(503) 668-4465

**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](mailto:mmonteit@clm.etc.bc.ca)

**Snake River**  
Jeff Erwin  
422 Sherman St #101  
Boise, ID 83703  
(208) 344-6733

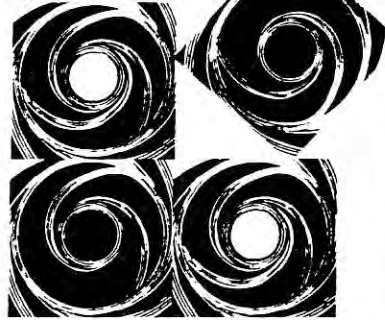
**Montana**  
Steve Holloway  
232 S 6th Street E  
Missoula, MT 59801  
(406) 542-0535



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](http://www.whidbey.net/frosty/pna)

SEATTLE



# SWIMFEST

September 6, 1997  
9:00 a.m. start

Luther Burbank Park  
Mercer Island

- 400 yard
- 800 yard
- 1 mile
- 2 mile

A great introduction to open water swimming in a controlled environment.

\$20 for first event, \$25 after 8/20  
Additional events \$5 each.



## ESCAPE FROM THE ROCK TRIATHLON™

1/2 mile swim, 15 mile bike, 2.5 mile run

SEPTEMBER 7, 1997  
8:00 am Start

- SWIM: 1/2m in Lake Washington
- BIKE: 15m on 1-90 Express Lanes (closed to traffic)
- RUN: 2.5m road race on North Mercer Island Way

Individuals: \$50 \$60 after 8/20  
Relays: \$75/team \$90 after 8/20

Start/Finish and all transitions in Luther Burbank Park on Mercer Island.  
Pre-registration recommended as limited entries will be accepted.

Confirmations and final instructions mailed August 25.

FLOATING BRIDGE SWIM



## LAKE WASHINGTON SEATTLE

September 21, 1997

1.5 miles 8:00 am start

Ferry will depart Leschi to transport swimmers to start at Mercer Island. Swim is parallel to Floating Bridge on south side of bridge out of wind and waves.

First ferry departs 7:30 a.m., then every 45 minutes for 3 heats.

\$40 \$50 after 9/1

A great open water swim from shore to shore.

# ENVIRO SPORTS™

Box 1040 Stinson Beach, CA 94970 415-868-1829 Fax 415-868-2611  
e-mail: envirosp@well.com URL: http://www.envirosports.com  
Dave Horning, Executive Director.

ENVIRO-SPORTS specializes in unique environmental outings and environmental education. Proceeds benefit High School Athletics. We produce exotic and challenging athletic events including; the ALCATRAZ TRIATHLON, SAN FRANCISCO TRIATHLON, GOLDEN GATE BRIDGE SWIM, and have escorted over 6400 swimmers from Alcatraz to San Francisco.

PRIZES AND AWARDS: Custom designed 100% Cotton T-Shirts with unique logos to all entrants.  
1st place awards to age groups 29 and under; 30-39; 40-49; 50 & over and overall winners.

Special ENVIRO-SPORTS rate at The Doubletree Inn, Bellevue 1-800-222-8733  
Rooms subject to availability, make your reservations at least two weeks in advance of event.

RACE DAY REGISTRATION 1 hour prior to start.

ENVIRO-SPORTS Box 1040 Stinson Beach, CA 94970 415-868-1829  
ENTRY FEES ARE NON-REFUNDABLE AND NON-TRANSFERABLE

**Instructions:**

Fill in completely, send with a Self-Addressed Stamped 4"x9" envelope.  
Checks payable to ENVIROSPORTS.

Last name \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Zip \_\_\_\_\_

Phone (hm) \_\_\_\_\_

Phone (wk) \_\_\_\_\_

e-mail \_\_\_\_\_

Date of birth \_\_\_\_\_ Age \_\_\_\_\_

Sex M F T-Shirt size S M L X

### Seattle Triathlon

- Individual: \$50 \$60 after 8/20
- Relay  Swim  Bike  Run
- each person must apply
- \$75/team \$90 after 8/20

### Seattle Swimfest

- 400YD \$20 1st event
- 800YD \$5 each additional
- 1MILE \$25 after 8/20
- 2MILE

- Floating Bridge Swim
- \$40 \$50 after 9/1



# 1997 USMS Long Distance 3000/6000 Yard National Postal Championship - Individual Entry Form

## Swim may take place anytime from September 1 through October 31, 1997

Name \_\_\_\_\_ Sex \_\_\_\_\_ Age \_\_\_\_\_ DOB \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Registration # (USMS #) \_\_\_\_\_ Official's Signature \_\_\_\_\_ Date \_\_\_\_\_  
 Club \_\_\_\_\_ Recorder's Signature \_\_\_\_\_ Date \_\_\_\_\_

**Release From Liability:**

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, Inc.

Competitor's Signature \_\_\_\_\_

Date \_\_\_\_\_

Lap Time	Cumulative Time	Lap Time	Cumulative Time	Lap Time	Cumulative Time	Lap Time	Cumulative Time
50		1550		3050		4550	
100		1600		3100		4600	
150		1650		3150		4650	
200		1700		3200		4700	
250		1750		3250		4750	
300		1800		3300		4800	
350		1850		3350		4850	
400		1900		3400		4900	
450		1950		3450		4950	
500		2000		3500		5000	
550		2050		3550		5050	
600		2100		3600		5100	
650		2150		3650		5150	
700		2200		3700		5200	
750		2250		3750		5250	
800		2300		3800		5300	
850		2350		3850		5350	
900		2400		3900		5400	
950		2450		3950		5450	
1000		2500		4000		5500	
1050		2550		4050		5550	
1100		2600		4100		5600	
1150		2650		4150		5650	
1200		2700		4200		5700	
1250		2750		4250		5750	
1300		2800		4300		5800	
1350		2850		4350		5850	
1400		2900		4400		5900	
1450		2950		4450		5950	
1500		<b>3000</b>		4500		<b>6000</b>	

**Entries must be postmarked in the 50 states by November 9, 1997 or received by November 15, 1997**

USMS rules require a time to be recorded for every 50 yards. You must record the cumulative time for each 50 yards and may record the lap or split time as well. Record cumulative times to the nearest tenth of a second and record the final cumulative time to the nearest 100th of a second.

**A Complete Entry Includes:**

- 1) Complete entry form with all cum splits and three signatures.
- 2) Check or money order for US \$10 made out to PNA.
- 3) Copy of 1997 USMS (or foreign national) registration.

Circle T-Shirt Size  
 1st T-Shirt Size    S    M    L    XL    XXL  
 2nd T-Shirt Size    S    M    L    XL    XXL

Mail Entries To: Gary Maynard  
 13818 SE 7th Street  
 Bellevue, WA 98005

**Individual Fee Calculation**

Individual Entry Fee            \$10.00  
 T-shirts @ \$12 each + \_\_\_\_\_  
 Total = \_\_\_\_\_

## TEAM FITNESS *Keeping strong and healthy can be a team effort*

By Dan Frost

One of my favorite sections in each edition of *Swim* magazine is the "MasterSpeak" page near the final page. The "MasterSpeak" section is basically the typical "man-on-the-street" interview, where various Masters are asked questions about their swimming goals, favorite workouts, where they like to swim, and so forth.

The most recent "MasterSpeak" interviewed competitors at the Federal Way Nationals, asking them, "If you wrote a book about your swimming career, what would its title be?" The range of responses proved to be as wide as the spectrum of the respondents. Some described their swimming "careers" as a series of challenges. Some talked about their performances through the years. Many spoke about the refreshing, soothing feelings they have experienced in the water. A few spoke about the therapeutic qualities of swimming that have helped them to deal with illnesses and injuries.

The respondents were a typical cross-section of Masters, women and men, from their 20s to their 60s. In fact, your Masters team is probably similar in both composition and attitudes toward swimming. Masters attracts swimmers of various ages and occupations, and they bring to Masters swimming a variety of experiences and perceptions about their "careers".

However, all Masters share a common goal in swimming for fitness. Some may swim for a few hundred yards in a workout while others may swim thousands. Some may frequently compete in meets while others do not. A few Masters are ex-Olympians or ex-collegiate or national-level competitors while many are not. There are even those, like triathletes, for whom swimming is not their primary fitness exercise. Nonetheless, from the fast lane to the slow lane, swimming for fitness is the common denominator of all Masters.

This is why swimming with a Masters group can make a big difference in improving your fitness as opposed to working out on your own. I call it "Team Fitness", whereby a coach and each swimmer work together to spur each other on toward meeting their individual and group goals. It does not matter if one swimmer in your group wants to train for open-water swims while another aims for sprints and yet another just wants to swim a certain number of days per week. Each Master swimmer and coach can work together and make "Team Fitness" a positive reality.

Here are a few suggestions about how you can enhance "Team Fitness" in your Masters group:

- *Fitness challenges and postal swims:* There are many annual events such as the One Hour Swim, the February Fitness Challenge, and the 2000 Fitness Challenge, where your group can participate in a fitness challenge together at your own pool. Last January, the North Whidbey Masters participated as a group in the One Hour Swim. Included in the group were many swimmers who do not swim in Masters meets, but still swim for fitness. Your Masters group can also create your own fitness challenge, like the Brute Squad swim performed by the Davis Aquatic Masters (swimming a 1650 free, 400 IM, and 200 fly in the same workout), or a New Year's Eve swim (98 laps for '98). Any of these fitness challenges can easily take place within time frame of a "standard" workout.
- *Team calendars:* Consider creating a calendar of Masters swim meets, fitness challenges, postal swims, and open water swims that you can enter as a group. Your Masters group can work together towards preparing for these "Team meets", such as the Nationals or a nearby meet or open water swim. Your calendar can also include other non-swimming activities, such as a team potluck or social. You can even enter running events, triathlon relays, or other healthy activities as a team.
- *Host a meet:* Yet another good way to build "Team Fitness" is to host a Masters meet at your own facility. The competitive-oriented members of your group will be encouraged to train and defend the honor of the home pool, while others are encouraged to swim in a few events, meet other Masters from out-of-town, and volunteer to administer the meet. Hosting a meet can also earn your group some monetary profit as well as added local publicity.
- "Team Fitness" also extends to the PNA level. PNA swimmers usually team up to travel and participate in zone and national events (the Federal Way Nationals being a prime example). Swimmers from all PNA teams are encouraged to join together at these events and keep "Team Fitness" strong in the PNA.

## HAPPY BIRTHDAY - PNA SWIMMERS

08/16 KAREN LEWIS  
 08/16 RICHARD FLETCHER  
 08/16 DAVID TEMPEST  
 08/17 CHRIS MARCY  
 08/17 LAURIE CYR  
 08/17 JOHN JOSEPH  
 08/18 KAREN JOST  
 08/19 BRIAN PAYNE  
 08/19 CLAIRE GORDON  
 08/19 RENEE MAUCHE  
 08/19 FRAN MCFARLAND  
 08/20 MICHAEL SCHAEFER  
 08/20 RONALD JACOBS  
 08/21 EMILY BUCK  
 08/21 MARVIN WOOD  
 08/22 ALISON HEIDERGOTT  
 08/22 SANDY MCNEEL  
 08/23 KATIE BUCKNER  
 08/23 DALE HERTER  
 08/23 MARGARET (MAGI) HARRIS  
 08/24 DAVE ALLES  
 08/25 BRENDA SUE KEPLEY  
 08/25 KATIE THOMPSON  
 08/25 SUZANNE BIGELOW  
 08/26 KAY DERKACHT  
 08/26 FRED STARK  
 08/26 LANCE CALTER-RANDOLPH  
 08/26 ANTHONY LIEGGI  
 08/27 KRIS LARSEN  
 08/27 WALTER HENEERY  
 08/27 PATRICK MILLER  
 08/28 HARVEY PROSSER  
 08/28 ALAN COOPER  
 08/29 CHRISTOPHER HATTASCH  
 08/29 ANNE PETERSON  
 08/29 CAROLYN DAVIDSON  
 08/29 MICHAEL GARRETT  
 08/30 ILA BARLEAN  
 08/30 PETER BODEN  
 08/30 MARK SUTTON  
 08/30 BARTON DANIEL  
 08/31 NADINE BOWEN  
 08/31 DON MACLANE  
 09/01 BRENDA NIXDORF  
 09/01 JOHN LORIMER  
 09/01 ROLLIE ROBERTS  
 09/03 FRANCEAN BROWN

09/03 JOHN MAKI  
 09/03 BRIAN LAGERBERG  
 09/04 GEORGE GRANT  
 09/04 DAVID COREY  
 09/04 JESSE PACE  
 09/04 MARIA SICILIANO  
 09/05 PAUL SENUTY  
 09/05 DAILEY TIPTON  
 09/05 DEAN NICOLLS  
 09/06 IVAN OAKES  
 09/06 STEVEN COURTNEY  
 09/06 JANICE KIRBY  
 09/06 BARBARA GUNDRED  
 09/07 JOHN DUNN  
 09/07 BRENT SHERWOOD  
 09/08 ERIK CARLSON  
 09/09 PAULA TERHAAR  
 09/10 TRACY KVIETKUS  
 09/10 OLIVER PRESS  
 09/11 CAROL MCCAIG  
 09/11 DAVE RIGGS  
 09/12 LISA WILSON  
 09/12 HUGH JAMES  
 09/12 RICHARD GOLDEN  
 09/12 JUDY HILLS  
 09/12 KAREN OYAMA  
 09/13 FOREST BROOKS  
 09/13 ANNE ZORICH  
 09/14 ROBERT DAMON  
 09/14 ELISE (PINKY) WALKER  
 09/15 FRANCESCA DRUM  
 09/15 SARA WAHL  
 09/15 TODD HURLEY  
 09/15 DANIELA AHMED  
 09/15 SHARON SMITH

**PAN-PAC-97 MAUI**  
 06-29-97  
 LONG COURSE METERS  
 P = P.N.A. RECORD  
 Z = NORTHWEST ZONE RECORD  
 N = NATIONAL RECORD  
 W = WORLD RECORD  
 S = SPLIT TIME  
 U = UNOFFICIAL TIME (1 WATCH)

### WOMEN 30-34

200 M. FREE  
 JERRI FREIMUTH 32 #2 2:23.91  
 400 M. FREE  
 JERRI FREIMUTH 32 #1 5:02.69  
 800 M. FREE  
 JERRI FREIMUTH 32 #1 10:21.73  
 100 M. BRST  
 JERRI FREIMUTH 32 #1 1:24.13  
 200 M. BRST  
 JERRI FREIMUTH 32 #1 3:01.00 Z

### WOMEN 45-49

400 M. FREE  
 KATHRINE CASEY 48 #7 6:07.32  
 800 M. FREE  
 KATHRINE CASEY 48 #8 12:48.64  
 50 M. BACK  
 KATHRINE CASEY 48 #4 42.50  
 100 M. BACK  
 KATHRINE CASEY 48 #2 1:31.51  
 200 M. BACK

KATHRINE CASEY 48 #3 3:16.48  
 400 M. I.M.  
 KATHRINE CASEY 48 #5 6:57.38

### WOMEN 60-64

100 M. FLY  
 CAROLYN BALDWIN 63 #5 2:27.67  
 200 M. I.M.  
 CAROLYN BALDWIN 63 #14 4:44.18  
 400 M. I.M.  
 CAROLYN BALDWIN 63 #9 10:09.94

### WOMEN 75-79

200 M. FREE  
 MARION CHADWICK 75 #7 5:15.67  
 400 M. FREE  
 MARION CHADWICK 75 #3 10:53.33  
 800 M. FREE  
 MARION CHADWICK 75 #4 22:07.52  
 200 M. FLY  
 MARION CHADWICK 75 #3 10:04.90 P  
 200 M. I.M.  
 MARION CHADWICK 75 #3 7:25.60

### MEN 45-49

50 M. FREE  
 GARY HAFER 46 #3 28.07  
 100 M. FREE  
 ALAN BELL 47 #1 1:02.18  
 GARY HAFER 46 #2 1:02.48  
 50 M. BACK  
 GARY HAFER 46 #3 32.72 P  
 100 M. BACK  
 ALAN BELL 47 #2 1:12.90 P  
 GARY HAFER 46 #3 1:13.30  
 200 M. BACK  
 ALAN BELL 47 #2 2:38.05  
 GARY HAFER 46 #3 2:43.65  
 200 M. BRST  
 GREGORY HARRISON 45 #1 2:41.81 Z  
 100 M. FLY  
 ALAN BELL 47 #1 1:07.21  
 GARY HAFER 46 #3 1:10.53  
 200 M. FLY  
 ALAN BELL 47 #2 2:34.53  
 200 M. I.M.  
 GREGORY HARRISON 45 #6 2:44.03 P

### MEN 55-59

50 M. BACK  
 WALTER REID 56 #4 39.28  
 100 M. BACK  
 WALTER REID 56 #4 1:27.11  
 50 M. BRST  
 WALTER REID 56 #4 40.54  
 100 M. BRST  
 WALTER REID 56 #2 1:33.13  
 200 M. BRST  
 WALTER REID 56 #3 3:29.78



Phoebe Terhaar, Dan Frost & Phyllis Gill at Nationals



# Places to Swim



<b>ABERDEEN</b> <i>Aberdeen YMCA</i>	533-3881	<b>MOUNTLAKE TERRACE</b> <i>Mountlake Terrace Pavillion</i>	5303 228th Ave SW, 776-3197
<b>ANACORTES</b> <i>Fidalgo Pool</i>	1603 22nd, 293-0673	<b>MOUNT VERNON</b> <i>Mount Vernon YMCA</i> <i>Riverside Health Club</i>	215 E. Fulton, 336-9622 2225 Riverside Drive 424-4200
<b>AUBURN</b> <i>Auburn Pool</i> <i>Auburn Valley YMCA</i>	516 4th Ave NE, 939-8825 1005 12th Ave SE, 833-2770	<b>NORTH BEND</b> <i>Si View Pool</i>	41600 SE 122nd St, 888-1447
<b>BELLEVUE</b> <i>Bellevue Pool</i> <i>Eastside YMCA</i> <i>Newport Hills</i> <i>PRO Raquet &amp; HealthClub</i> <i>Samena Club</i> <i>The Bellevue Club</i>	601 143rd Ave NE, 296-4262 14230 Bel-Red Rd., 746-9900 5474 119th Ave SE, 746-9510 4455 148th Ave NE, 885-5566 15231 Lake Hills Blvd, 746-1160 112000 SE 6th St, 455-1616	<b>OAK HARBOR</b> <i>John Vanderzicht Memorial Pool</i>	2299 29th NW, 765-7665
<b>BELLINGHAM</b> <i>Bellingham Aquatic Center</i> <i>Whatcom Family YMCA</i>	647-7665 733-8630	<b>OLYMPIA</b> <i>Evergreen State College</i> <i>North Thurston High School Pool</i> <i>Olympia Area YMCA</i>	866-6000 493-2900 357-6609
<b>BOTHELL</b> <i>Northshore Pool</i> <i>Northshore YMCA</i>	9815 NE 188th St, 296-4333 485-9797	<b>PORT ANGELES</b> <i>William Shore Pool</i>	457-0241
<b>BREMERTON</b> <i>Bremerton Municipal Pool</i> <i>Olympic Aquatic Center</i>	50 Magnuson Way, 478-5376 7070 Stampede Blvd, 692-3192	<b>POULSBO</b> <i>North Kitsap Pool</i>	1881 NE Hostmark St, 779-3790
<b>BURIEN</b> <i>Burien Swim Club</i> <i>Evergreen</i>	626 SW 154th St, 433-7900 606 SW 116th St, 296-4410	<b>REDMOND</b> <i>Redmond Pool</i>	17535 NE 104th St, 296-2961
<b>DES MOINES</b> <i>Mount Rainier Pool</i>	22722 19th Ave S, 296-4278	<b>RENTON</b> <i>Hazen High School Pool</i> <i>Lindberg Pool</i>	1011 Hoquiam Ave SE, 235-2227 16740 128th Ave SE, 296-4335
<b>DUPONT</b> <i>Keeler Pool</i> <i>Kimbrow Pool</i>	967-2604 967-2604	<b>SEATTLE</b> <i>Aquatic Development Clinic</i> <i>Ballard Pool</i> <i>Coleman Pool (summer only)</i> <i>Downtown YMCA</i> <i>Downtown YWCA</i> <i>East Madison YMCA</i> <i>Evans Pool</i> <i>Helene Madison Pool</i> <i>Gateway Athletic Club</i> <i>Meadowbrook Pool</i> <i>Medgar Evars Pool</i> <i>Queen Anne Pool</i> <i>Rainier Beach Pool</i> <i>Salvation Army Pool</i> <i>Sandpoint Naval Station</i> <i>Seattle Athletic Club</i> <i>Seattle University</i> <i>Shoreline Pool</i> <i>South Central Pool</i> <i>Southwest Pool</i> <i>View Ridge Club Pool</i> <i>Wedgewood Pool</i> <i>West Seattle YMCA</i>	11009 1st Ave S, 232-3474 1471 NW 67th St, 684-4094 684-7494 909 4th Ave, 382-5010 1118 5th Ave, 447-4868 1700 23rd Ave, 322-6969 7201 E. Green Lake Dr N, 684-4961 13401 Meridian Ave N, 684-4979 70 5th Ave, Suite 14, 343-4692 10515 35th Ave NE, 684-4989 500 23rd Ave, 684-4763 1920 1st Ave W, 386-4282 8825 Rainier Ave S, 386-1944 9050 16th Ave SW, 767-3150 (Military personnel only), 526-3531 33 NE 97th St, 522-9400 14th & Cherry, 296-6404 19030 1st Ave NE, 296-4345 4400 S 144th St, 296-4487 2801 SW Thistle St, 684-7440 5815 NE 77th St, 524-3500 7727 28th Ave NE, 523-8211 4515 36th Ave SW, 935-6000
<b>EDMONDS</b> <i>Harbor Square Athletic Club</i> <i>Yost Pool</i>	160 W Drayton, 778-3546 9535 Bowdoin Way, 775-2645	<b>SEQUIM</b> <i>Sequim Aquatic Center</i>	N 610 5th St, 683-6699
<b>ENUMCLAW</b> <i>Enumclaw Pool</i>	420 Semanski S, 825-1188	<b>SNOHOMISH</b> <i>Hal Moe Memorial Pool</i>	405 3rd, 568-6881
<b>EVERETT</b> <i>Everett Community College</i> <i>Forest Park Swim Center</i> <i>McCullum Park Pool</i> <i>YMCA of Snohomish County</i>	801 Wetmore Ave, 259-7151 259-0300 337-4408 2720 Rockefeller, 258-9211	<b>SUMNER</b> <i>Sumner High School Pool</i>	1707 Main St, 863-8110
<b>FEDERAL WAY</b> <i>Federal Way Pool</i> <i>King County Aquatic Center</i>	30421 16th Ave S, 839-1000 650 SW Campus Drive, 296-4444	<b>TACOMA</b> <i>Eastside Community Pool</i> <i>Lakes High School Pool</i> <i>Lincoln High School Pool</i> <i>Pierce College Pool</i> <i>People's Center Pool</i> <i>Tacoma-Pierce Co. YMCA</i> <i>The Center at Norpoint</i> <i>Wilson High School</i>	35th and L, 591-2042 10320 Farwest Dr SW, 756-8401 596-2053 9401 Farwest Dr SW, 964-6678 591-5323 1102 S Pearl St, 564-9622 591-5504
<b>FIFE</b> <i>Fife Community Pool</i>	5410 20th St E, 922-7665		
<b>GIG HARBOR</b> <i>Peninsula High School Pool</i>	857-3533		
<b>ISSAQUAH</b> <i>Julius Boehm Pool</i>	50 SE Clark St, 557-3298		
<b>KENMORE</b> <i>St. Edward Pool</i>	14445 Juanita Drive NE, 296-2970		
<b>KENT</b> <i>Kent Pool</i> <i>Tahoma</i>	25316 101st Ave SE, 296-4275 18230 SE 240th St, 296-4276		
<b>KIRKLAND</b> <i>Juanita High School Pool</i>	10601 NE 132nd St, 823-7627		
<b>LAKE STEVENS</b> <i>Lake Stevens High School Pool</i>	2908 113th Ave NE, 335-1515		
<b>LYNNWOOD</b> <i>Lynnwood Pool</i>	18900 44th Ave W, 771-4030		
<b>MARYSVILLE</b> <i>Marysville-Pilchuck High</i>	5611 108th Ave NE, 653-0609		
<b>MERCER ISLAND</b> <i>Mercer Island District Pool</i>	8815 SE 40th St, 296-4370		



THE SEATTLE DEPARTMENT OF PARKS AND RECREATION  
PRESENTS...

The 13th Annual Emerald City  
**Open Water Swim**

LET "13" BE YOUR LUCKY NUMBER!  
Saturday, August 16, 1997 at 9:00am



**We've listened to your comments! This year's race will feature more fun for everyone. Plan to bring a picnic lunch and enjoy the park and beach after the race.**

**RACE Information...**

- Sign up... for a 1/2 mile straight course or 1 mile triangular course, Open Water Swim Competition in ANDREW'S BAY, LAKE WASHINGTON, just off SEWARD PARK. Day of race registration is 7:30am to 8:30am. The 1/2 mile swim will begin at 9:00am at the 1 miles will begin immediately following the end of the 1/2 mile. There will be a 30 minute time limit for the completion of the 1/2 mile and a 1 hour time limit for the completion of the 1 mile course.
- Prizes and Awards... Each swimmer will receive a specially designed, commemorative swim cap and T-shirt. Awards will be given to top overall, and top age group male and female finishers and wet suits division.
- Water games and activities for children.
- Post Race refreshments... and hot drinks will be available for all swimmers after the race.
- Safety... On duty lifeguards will be in the water to supervise the event. Swimmers 17 and under must have parental approval to participate. Minimum participation age is 10. \* Wet suits... will be allowed, but swimmers wearing them will only be eligible for awards in the wet suit division.
- Directions... Take Swift/Albro Exit off I-5, head East. Continue East up South Graham Street (hill). At the top of the hill take a left onto Beacon Ave S. Take right on South Orcas Street. Follow South Orcas Street eastbound until you reach Lake Washington Blvd South. Seward Park is directly in front of you. Parking lot space is limited.
- Additional Information... Please call 684-4989. TDD ONLY... 233-7061 (Persons with disabilities will be accommodated upon request.)

**Emerald City Open Water Swim**

1 mile     1/2 mile

Fill out entry form completely ----- Please print clearly ----- copies okay ----- one entrant per form:


First Name	MI	Last Name
Street Address		

Age 8/16, 97	MALE	FEMALE	<input type="checkbox"/>
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City	State/Province	Zip/Postal Code	Date of Birth
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Day Phone	Evening Phone	Adult T-shirt size	<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> XL
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<b>DIVISIONS:</b>	<input type="checkbox"/> Male	<input type="checkbox"/> Female	<input type="checkbox"/> * Wet Suit
11 & under <input type="checkbox"/>	16 to 19 <input type="checkbox"/>	30 to 34 <input type="checkbox"/>	45 to 49 <input type="checkbox"/> 60 to 64 <input type="checkbox"/>
12 to 13 <input type="checkbox"/>	20 to 24 <input type="checkbox"/>	35 to 39 <input type="checkbox"/>	50 to 54 <input type="checkbox"/> 65 to 69 <input type="checkbox"/>
14 to 15 <input type="checkbox"/>	25 to 29 <input type="checkbox"/>	40 to 44 <input type="checkbox"/>	55 to 59 <input type="checkbox"/> 70 & 81 <input type="checkbox"/>

 Make Checks Payable and Mail by August 11, 1997 to

**Meadowbrook Advisory Council**  
Seattle Parks and Recreation  
10515 35th Ave NE  
Seattle, WA 98125

**NON-Refundable Entry Fee:**  
Through 8/11/97    Youth \$15.00 Adult \$18.00  
After 8/11/97    Youth \$20.00 Adult \$23.00

**Release:** In consideration of the acceptance by sponsors of my entry in the Emerald City Open Water Swim, I will not hold the City of Seattle or the Department of Parks and Recreation or any employees or volunteers associated with the Emerald City Open Water Swim responsible for any injuries, damage or personal loss incurred while participating in said program. I am aware of the hazards in open water swimming, including potential for hypothermia. I attest and verify that, to the best of my knowledge, my physical condition and fitness are adequate for me to safely compete in the open water swim, and that no physician or other qualified individual has advised me against competing in any portion of the Seattle Department of Parks and Recreation Open Water Swim.

Signature \_\_\_\_\_ date \_\_\_\_\_  
(swimmer)

Parent/Guardian Signature \_\_\_\_\_ date \_\_\_\_\_  
(if participant is under 18 years)



**1997 USMS NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIPS  
NOVEMBER 15-16, 1997**

**1997 USMS NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIPS  
OAK HARBOR, WASHINGTON / NOVEMBER 15-16, 1997**

Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #973620  
Hosted by the North Whidbey Masters

**ENTRIES MUST BE POSTMARKED BY OCTOBER 31<sup>ST</sup> OR RECEIVED BY NOVEMBER 8<sup>TH</sup>**

**OAK HARBOR, WASHINGTON / JOHN VANDERZICHT MEMORIAL POOL**  
Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #973620  
Hosted by the North Whidbey Masters

**ORDER OF EVENTS**  
*Seeding: slow to fast*

#	EVENT
<b>SATURDAY, November 15</b>	
1	400m Free
	<b>BREAK</b>
2	50m Back
3	200m Fly
4	100m Free
	<b>BREAK</b>
5	Mixed Free Relay
6	100m Back
7	50m Free
8	200m Breast
	<b>BREAK</b>
9	Medley Relay
10	400m IM
<b>SUNDAY, November 16</b>	
11	100m Breast
12	50m Fly
13	200m Free
	<b>BREAK</b>
14	200m IM
15	Free Relay
	<b>BREAK</b>
16	50m Breast
17	200m Back
18	100m Fly
	<b>BREAK</b>
19	100m IM
20	Mixed Medley Relay
	<b>BREAK</b>
21/22	800m/1500m Free

**TIME:** Saturday - Warm-up: 8:00am / Meet Starts: 9:00am  
Sunday - Warm-up: 8:00am / Meet Starts: 9:00am

**PLACE:** John Vanderzicht Memorial Pool  
85 SE Jerome St, Oak Harbor WA 98277  
(360) 675-POOL

**DIRECTIONS:** Take WA20 to Oak Harbor. Turn East onto Whidbey Avenue. Proceed ¼ mile to SE Jerome Street. Turn right onto Jerome - the pool will be on the right. Look for signs directing you to the pool.

**FACILITY:** Six lane x 25m course. No separate warm-up area. Lane 6 will be a continuous warm-up/warm-down area. Lanes 1-5 will be used for competition. Electronic timing will be used. Two hot tubs and a sauna are also available.

**MEET DIRECTOR:** Dan Frost (360) 675-5751 / frosty@usms.org

**ELIGIBILITY:** All 1997 registered Masters swimmers age 19 and over as of November 16, 1997 are welcome to participate.

**RULES:** Current USMS rules will govern the meet.

**MEET FORMAT**

**SEEDING:** Slow to fast. The 400m IM, 400m Free, 800m Free, 1500m Free, and all relays will be deck seeded. All others pre-seeded.

**DISTANCE EVENTS:** Swimmers may enter either the 800m Free or the 1500m Free, but not both. Swimmers in the 1500m Free will have their 800m splits automatically recorded.

**RELAYS:** Relay teams may choose the distance they wish to swim in each relay event: 200m, 400m, or 800m (800m for Free relays only). Each swimmer shall be allowed to swim only once in each relay event (Free, Medley, Mixed Free, and Mixed Medley). Relay teams will be seeded in heats based on the distance to be swum (200m, 400m, and 800m heats). Relay teams must consist of members of the same club.

**ACCOMODATIONS:** Mention this meet to the Coachman Inn (800-635-0043) for discount rates: Standard one/two bed \$49.50/59.50, Deluxe one/two bed \$69.50/\$79.50. Also, there is limited HOST (House Our Swimmers Tonight) housing available; contact the meet director if you wish to be HOSTed.

**ZONE CHAMPS SOCIAL:** Swimmers and their friends are invited to a social on Saturday evening. Details will be given at the meet.

**SAFETY FIRST! NO DIVING DURING WARM-UPS EXCEPT IN DESIGNATED SPRINT LANES. PLEASE OBEY THE ON-DECK SAFETY MARSHALS. THANK YOU.**

**NAME:** \_\_\_\_\_ **MALE** \_\_\_ **FEMALE** \_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE/PROVINCE:** \_\_\_\_\_ **POSTAL/ZIP CODE:** \_\_\_\_\_

**PHONE:** ( ) \_\_\_\_\_ **DATE OF BIRTH:** \_\_\_\_\_ **AGE** (as of 11/16/97) \_\_\_\_\_

**CLUB** (or Unattached): \_\_\_\_\_ **\*LMSC:** \_\_\_\_\_

**\*USMS or CASA number:** \_\_\_\_\_ **\*All swimmers who are not members of Pacific Northwest Aquatics MUST attach a copy of their current USMS or CASA registration card.**

**AGE GROUP (CIRCLE ONE / determined by your age as of 11/16/97):**  
19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59  
60-64 65-69 70-74 75-79 80-84 85-89 90-94

**ENTRY LIMIT:** Six individual events total, plus relays. Maximum five individual events per day.

EVENT NUMBER	EVENT NAME	SEED TIME (short course meters)

**ENTRY FEES:** \$ 7.00 Surcharge

\$ \_\_\_\_\_ Individual events: \$1 per event. No charge for relays.

**TOTAL \$ \_\_\_\_\_ MAKE CHECKS PAYABLE TO NWAC. Canadian Funds X 1.35**

**MAIL THIS FORM, ENTRY FEES, (\*AND COPY OF MASTERS REGISTRATION CARD) TO:**  
DAN FROST  
1121 SW BARRINGTON DR #4  
OAK HARBOR WA 98277-4585

**Liability Release:** I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR 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:** \_\_\_\_\_

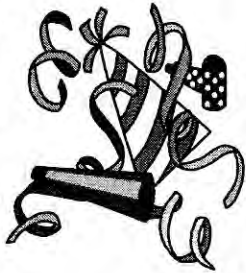
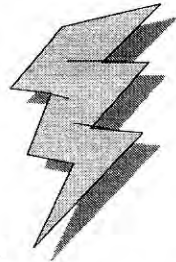
# PNA 25TH ANNIVERSARY BLAST

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

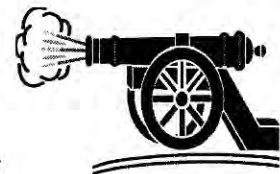
Brunch: Bring your favorite dish to share with approximately 8 people, drinks, paper plates and utensils will be provided. Also bring any stories you would like to share about Masters swimming.

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