

The WetSet



Volume 16 Issue 10

October 1997

President's Letter

Dear Swimmers:

Welcome to all the new PNA members. This year, the PNA has a record 871 members. This is partly due to the fact that Short Course Nationals were here in May, but not entirely. We have continued to add new swimmers since Nationals, even as the end of the year approaches. This is great news for our organization. Pacific Northwest Swimming (the local United States Swimming organization) has seen a decrease in memberships since 1994. The challenge for us now is to maintain this membership as well as to continue to grow. In the past, there has typically been a large turnover in membership, with many swimmers joining for a year or two, then not renewing their membership. While much of this turnover is due to relocation, we need to look at ways to minimize the turnover. In order for us to maintain a large membership, we must offer worthwhile returns to our members. Our chief focus has been to provide competitions for swimmers. Not all Masters swimmers are interested in racing. We have had some other activities in the past such as fitness clinics.

We (the PNA Board of Directors) need to know what we can provide our members to enhance their membership and encourage them to maintain their membership. We need input from all swimmers (competitors and non-competitors) to know what we can do. Let us know what programs or services you would like to see; what changes could make meets more enjoyable; what would make the WetSet more useful and interesting; what non-competitive events would you be interested in, for instance stroke clinics, talks on training, health, fitness, etc. Contact your team rep or any officer or committee chair of the Board, or better



The gang at the PNA 25th Anniversary Blast. Shown above standing left to right: Paul Murphy, Jim Miles, Jane and Hugh Moore, Maxine Carlson, Anna Marie Terhaar, Lee Holm, Phoebe Terhaar, Dan Frost, Jan Kavadas, Pat Mathieson, Steve Thrasher, Marion Mueller, Steve Peterson, Walt Reid, Muriel Flynn, Tom Taylor, Debra Addleman, Jeanne Vallindigham, Dave Addleman and son. Seated: Robin and Mike O'Leary, Honorable Tom Foley, Jean Abrams, Jett Vallindigham, and Cynthia Rosik.

yet, come to a board meeting. In November and December they will be held in conjunction with the Oak Harbor and Bellingham swim meets. The October meeting is Wednesday the 29th 7:00 PM at the Federal Way 320th Library.

I'm looking forward to hearing many new ideas and suggestions. You can reach me at 1867 58th ST NE, Tacoma, WA 98422; (253)925-0803; or e-mail: Swim-Jane@compuserve.com



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1997/1998 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
Dec 14	SCY	Bellingham Aquatic Center - Bellingham
Mar 22	SCY	Helene Madison Pool - Seattle
Inland Empire		
Nov 8-9	SCY	Coeur d'Alene (Diana Leake (208) 263-3976)
Dec 6-7	SCM	Sandpoint (Leake)
Jan 10-11	SCY	Spokane (Leake)
Feb 7-8	SCM	Fairchild AFB, Spokane (Leake)
Mar 21-22	SCY	Inland NW Champs, Spokane (Leake)
Alaska		
Dec 13	SCM	Bartlett Pool, Anchorage (Joanne Wainwright (907) 262-5308)
Feb 13-14	SCY	Alaska State Champs, Anchorage (Wainwright)
British Columbia/Canada		
Nov 22	SCM	Nanaimo, BC (Sunny Runnells (250) 390-2164)
Jan 25	SCM	Cowichan, BC (Nancy Hamilton (250) 746-0450)
National/International		
Jan 1-31		One Hour Postal Championship (Joann Stewart (703) 354-2130)
Feb 21-22		Senior Games, Palm Springs, California (Ben Green (760) 323-5689)
April 1988		YMCA Masters Championships, Ft. Lauderdale, Florida
May 1988	SCY	USMS SCY Championships, Indianapolis, Indiana
May 16-18	LCM	Canadian National Champs, Edmonton, Al. (A. Looye (430)489-3638)
July 1988		World Masters Championships, Casablanca, Morocco
Aug 1988	LCM	USMS LCM Championships, Ft. Lauderdale, Florida
Aug 9-22		Nike World Masters Games - Portland, Oregon (Sandi Rousseau)
Sep 1988		USMS Convention, Cincinnati, Ohio

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United States Masters Swimming, Inc. is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc.

Dear Masters Swimmers and Webmasters,

The official website for the Pacific Northwest Association of Masters Swimmers (Pacific Northwest LMSC) has recently moved to a new server. The new URL for the PNA website is... <http://www.whidbey.net/frosty/pna/pna.htm>.

Please update your links and bookmarks to reflect this change. Visitors to the old PNA website (www.whidbey.net) are currently being referred to an outdated copy of the website until the Internet Service Provider can dial in a temporary redirect to the new website.

NEW FEATURES: During this server change, and with the help of Walt Reid, all the PNA and Northwest Zone records, individual and relay, for all three courses, are being posted. The posting should be complete within a couple days. The historical pages for the 1997 Short Course Nationals have been retained. The events calendar has been updated, and so have links to other Master swim sites and e-mail addresses of key people. Results from last season's meets that have yet to be posted will be inserted after the records are online. Back issues of the WetSet newsletter will be inserted as well. Finally, after some inspiration by the swimmers in Bellingham who have built their own team website, a spinoff homepage for the North Whidbey Masters is under construction. I hope you enjoy the new look, new server, and new information!

Sincerely, Dan Frost

A Visit to the Boulder Colorado Masters - Jan Kavadas

Visiting in Boulder Colorado over the Labor Day weekend, I stopped in on the Boulder area Masters Swimmers. The Swimmers Guide gave me a contact for workouts in the area and I swam at the Scott Carpenter pool. (The pool was named for the Apollo astronaut. I also stayed in a house that was next door to where Scott Carpenter lived at the corner of Aurora and 7th. Scott's space capsule was named the Aurora 7.) The pool had six lanes and was 50 meter in length. I was impressed that they held 2 workouts on Saturday and Sunday (35+ swimmers at the two workouts I attended - see photo). Coach Jane led the workouts. Saturday was freestyle day and Jane held a dry land session demonstrating shoulder exercises. Sunday she worked us on other strokes and there was more variety. I goofed off on some sets because I had been out of the water for 3 weeks and I could feel the effects of the altitude (Boulder is at a high altitude somewhere near 3,500-4,000 meters above sea level). Coach Jane reported that the Boulder area has 250-300 swimmers. Workouts are held at 4 recreation centers. One has a couple of 25 yard pools; one at 80 degrees and the other at 86 degrees. The workouts were great, the swimmers were friendly, and it was a great place to visit.



PNA 25th Anniversary Blast - A Report By Tom Foley

Pictured on page 1 is the group of old and new PNA swimmers who had a great time at the 25th PNA anniversary party held on August 23rd at Arbor Heights Pool. The group enjoyed considerable socializing, water games/races, eating and reviewing Walt Reid's great PNA all-time top 14 short course yard times (that's right some of the times went back to the 1970's). The water games showed that PNA swimmers know how to have fun in the water. The game finale, the greased watermelon wrestle was won by a determined team led by Jane Moore who scored the winning goal on a deceptive underwater pass play from Dan Frost. The party wrapped up with an informal review of 25 years of the PNA history including many funny memories contributed by several of the people present. A good time was had by all and we look forward to 25 more years of great swimming.

Message from the Registrar - Suzanne Dills

You will soon be receiving your 1988 USMS registration in the mail in early December. Please look it over, make any corrections and send it in right away to ensure receiving all 12 issues of the WetSet and all 6 copies of SWIM Magazine. Note to Coaches - Please encourage your swimmers to register with me directly. I can provide you with a list of registered swimmers on your team if you need to verify membership. New Swimmer registrations (any swimmer not registered for 1997) are accepted as early as November 1, 1997 for all of 1998. What a bargain...14 months for the price of 12!! Its a good time to encourage new swimmers to join or those who have let their registration lapse to rejoin.



Pacific Northwest Association of Masters Swimmers



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Minutes of the PNA Board Meeting July 29, 1997

President Jane Moore called the meeting to order at 7:15 P.M. at the Beaumont Apartments (Tacoma). Host Jett Vallandigham welcomed fellow PNAers Dan Frost, Gary Maynard, Hugh Moore, Frank Newquist, Steve Peterson, Walt Reid, and Cynthia Rosik. Attendees represented the North Whidbey, Samena Club, Federal Way, OOPS, Fort Steilacoom, and Tacoma Y teams, but could not conduct official PNA business for lack of a quorum (it was a warm and lovely Pacific Northwest evening ...).

MINUTES: The June minutes were corrected to note that Sue Dills, not Suzie Ness, had volunteered to develop a teams information questionnaire with Lee Carlson.

TREASURER'S REPORT: Jeanne Ensign submitted her financial report in absentia. The PNA cash balance is \$12,181, including the Wiggin Fund balance of \$2,519. Jeanne swapped the checking and savings balances (now \$2,636 and \$9,545 respectively) to earn a better rate of return.

National Short Course Meet: Jeanne estimates \$6,700 in receivables due (USMS refund and sponsors' contributions) less \$9,100 in expenses (\$8K pool fee, \$800 B&O tax, and miscellany) should leave an adjusted net income of \$21,202. j

COMMITTEE REPORTS:

Membership -- PNA membership now stands at a record 850. Sue Dills nominated our newsletter printer Kal to produce the membership (re)registration forms, this year to include preprinted team association.

Meets -- Suzie Ness received a bid from Bangor for a March 21 SCY meet. Orca is amenable to swap their March bid for a January date, and Board consensus is to approve. Suzie has not yet heard from Anacortes. September, October, and February remain meet-less locally.

The running discussion on meet fee structure will be resumed next meeting, toward revising standing policy to accommodate changes in expense items (e.g., pool rentals going down while timing costs rise).

PNA attendees at the Zone LCM Champs at the Multnomah Athletic Club (Portland) experienced good times and a quick meet because of low turnout. Fortunately, certain parties weren't turned out despite failing to meet the restaurant dress code (required,

apparently, even to enter the elevator!).

Records/Top Ten -- Walt Reid is preparing the PNA All-Time SCY Top Ten (actually Top 14) for presentation at the PNA 25th Anniversary Party. Walt has compiled data from his massive records archive (1977-1979 meets information plus PNA records 1975-on), but seeks any previous data available (and corrections, too).

Publicity -- Phil Whitten's *Swim* magazine editorial "PR, Yes! PR, No!" (July/Aug '97, p. 6) fueled a few moments of contemplative discussion as we wondered how Phil could conclude that "there was exactly *no* [media] coverage of the meet." Phil's point, while lamenting the general dearth of Masters publicity, failed to acknowledge any flicker of credit for AnnaMarie Terhaar's hard and productive work as Publicity Chair.

Newsletter -- Gary Maynard reported that the August WetSet has gone to print.

Awards -- A new chair is still needed.

Social -- A new chair is still needed.

Officiating -- The PNS Officials Committee wrote a Thank You note for the check from PNA for officiating at Nationals.

Fitness -- No report submitted.

Computer Applications -- Chair Dan Frost received an e-mail from USMS Webmaster Jim Matysek regarding e-mail addresses available through the USMS web site (members can set their own aliases -- visit www.usms.org). Jim suggested that we assign generic addresses for PNA officers.

Meet results will be posted on the PNA web site on a time-available basis. Dan asked about receiving the WetSet electronically to ease data extraction and formatting.

Constitution and By-Laws -- No report submitted.

Safety -- No report submitted.

Ad Hoc Open Water -- Gary Maynard reported that several local open water events are coming: the annual ARC fundraiser (8/2); the Emerald City swim in Seward Park (8/16); Seattle SwimFest on Mercer Island (9/6); and the Floating Bridge Swim from Leschi Park (9/21). Dave Horning from the Bay Area had contacted Gary looking for triathlon help and additional local sites for open water swims.

Ad Hoc Coaches -- Should we revive this committee? If so, a chair is needed. Jane will approach Wendy and Malcolm Neely.

At-Large Reps -- No report submitted.

Team Reps -- Two sole team reps (Cynthia Rosik/Tacoma Y, and Frank Newquist/Federal Way Masters) attended tonight's Board meeting (an especially good ratio consider-

ing general turnout).

OLD BUSINESS:

1997 USMS Convention -- PNA delegates were reminded to register by August 1.

Zone Matters -- The Northwest Zone must elect a new Zone representative with the retirement of Elin Zander. Hugh Moore was nominated for Zone Committee Chair and David Radcliff for Northwest Zone rep at the Northwest Zone meeting held at the Long Course Zone Champs last weekend. North Whidbey Masters will host the SCYM Zone Champs at Oak Harbor in November. The 1998 SCY Zone Champs will be in Oregon. PNA should host the 1998 LCM Zone Champs, but this is not yet on the planning calendar.

Other -- Gary Maynard will research sources for a T-shirt design for the 3000/6000 National Postal Championships. Gary had been asked for results from the last 3000/6000 Postal -- where are these available?

NEW BUSINESS:

World Class Aquatics Foundation --

Frank Newquist noted that this organization whose mission is to enlarge and enhance the Weyerhaeuser King County Aquatic Center and to develop aquatic athletes, has ignored PNA Masters swimming. Should we invite representative Lee Ann Stock to clarify the position? Consensus opinion was to wait until the next PNA meeting held in Federal Way, probably in October or November.

NEXT MEETINGS:

Tuesday, September 16, Lee Carlson's (Mercer Island)

Tuesday, October 28, (to be determined)

The meeting was adjourned by sweltering indifference (lacking a quorum) at 9:05 P.M. Respectfully submitted, Steve Peterson, Secretary.



As the Years Go By... Can swimming make you live longer?

By Dan Frost

Jan Kavadas is not your stereotypical sedentary American woman. At age 65, she swims regularly and competes in a number of Masters swim meets. In fact, she competes in the TOUGH events like the 400 yard Individual Medley and the 1000 yard Freestyle, and does very well. Aging has not yet taken away her ability to tackle these challenges. She could very well keep swimming until she turns 100. It seems her toughest competitor is Father Time, and Father Time seems to be losing.

There are more and more examples appearing every day of athletic longevity. Jack Nicklaus just played in his 41st consecutive U.S. Open. Triathlete Dave Scott, a winner of multiple Hawaii Ironman Triathlons, had a second place finish at the Ironman when he turned 40. And what is Cal Ripken, Jr.'s playing streak up to now? Many professional sports have active players who are over 35 and have a significant impact in their sports. Go to any major foot race or Masters swim meet, and you can see the growth in the number of older athletes out there.

But is swimming, or an athletic lifestyle in general, the ultimate Fountain of Youth? Sure, an apple a day may keep the doctor away, but will a mile a day make you live to be 100?

The answer is an unequivocal "maybe". Swimming, or other regular exercise, will make a positive difference in your health and longevity. However, it certainly is not the key to immortality. For example, do you remember Jim Fixx, the noted runner and author of many books on running? Jim looked like, he too, could run until he turned 100, until he died of a heart attack in his early-fifties. While you may not be able to find any of his books in stores anymore, it is not realistic to believe that running killed Jim Fixx. In fact, he was a high-risk candidate for heart disease due to other factors such as a family history of heart trouble.

Your life expectancy is most affected by heredity. If your parents and grandparents all lived to old age, you could realistically expect that you would also. If they have a history of heart disease, cancer, or diabetes, or died early for other reasons, you may be predisposed to that as well. The point here is that swimming or other exercise can not control your genetic makeup. You could live long or die early whether you exercise or not.

However, swimming can make you live longer and live "younger". In Dr. Phil Whitten's book *The Complete Book of Swimming*, he prints a life expectancy test that looks into four different categories in your life: Heredity and family, Education and occupation, Lifestyle, and Health. In the Health category, only one question deals directly with the issue of regular exercise. He says that if you do aerobic exercise (including swimming) at about 80 percent of your maximum heart rate for a minimum of 20 minutes at least three days a week, you will add three years to your life.

That sounds like a good deal. Exercise regularly and you buy yourself three free years of life. But there is more. What if swimming brings other changes elsewhere within the realm of Lifestyle and Health. If swimming compels you to stop smoking, manage your diet and alcohol consumption better, lower your body fat, sleep better, meet friends, change your personality, and improve your general health, you could really add on the years to your life expectancy.

Exercise is also the best medicine for living "younger". Only recently have doctors and scientists been able to explore whether exercise actually retards the aging process. Our maximum oxygen consumption rates (VO_2 max) decline about one percent per year without exercise. A couple of studies suggest that with exercise, the rate of decline is less. Dr. Walter M. Bortz, II, a professor at the Stanford University Medical School, finds that athletes lose only half a percent a year. Whitten believes that, until a person reaches their early-seventies, they too will lose less than a percent of physical ability per year. While these studies have mostly focused on VO_2 max (because if you can't breathe, what have you got left?), there is scientific evidence to suggest that exercise also retards the loss of muscle size and strength.

As a practical example, let's go back to Jan Kavadas and compare her with a sedentary woman her age. Using both the Bortz and Whitten models, we would expect Jan to have 83-85% of the physical capacity she had at age 30, while the sedentary woman is around 60% of her Age-30 capacity. Moreover, the sedentary woman would have passed the 83-85% mark in her early-forties. This suggests that Jan, at age 65, has turned back the clock at least 20 years and lives with the strength and vitality of a typical woman in her early-forties! Way to go!

Living "younger", living longer. Those are the benefits of exercise.

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

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
SATURDAY, November 15	
1	400m Free
BREAK	
2	50m Back
3	200m Fly
4	100m Free
BREAK	
5	Mixed Free Relay
6	100m Back
7	50m Free
8	200m Breast
BREAK	
9	Medley Relay
10	400m IM
SUNDAY, November 16	
11	100m Breast
12	50m Fly
13	200m Free
BREAK	
14	200m IM
15	Free Relay
BREAK	
16	50m Breast
17	200m Back
18	100m Fly
BREAK	
19	100m IM
20	Mixed Medley Relay
BREAK	
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 1/4 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.

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 31ST OR RECEIVED BY NOVEMBER 8TH

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 SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEE MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACT. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE: _____ DATE: _____

HAPPY BIRTHDAY - PNA SWIMMERS

10/17	GAILE MOE	11/01	JAY MANNING
10/17	SHIRLEY MACLEOD	11/01	ERICA TIFFANY
10/17	TARA CANNAVA	11/01	ANNE HEALEY
10/18	JACK ANDREWS	11/02	ERIK STROM
10/18	SHEILA GUARD	11/02	STEPHEN WARMENHOVEN
10/19	BILL FENNER	11/03	GREG DYMERSKI
10/19	DANNY MARTIN	11/03	NATE STARLING
10/19	STEVEN THRASHER	11/03	TED THOMAS
10/19	JILL NUSS	11/04	LARRY DEGROEN
10/20	BETTY KERCHEVAL	11/05	KAREN HALLIS
10/21	ROBERT MORITZ	11/05	MICHAEL KELLER
10/21	PAUL SKOGLUND	11/05	WILLIAM PENN
10/22	JEANNE ENSIGN	11/06	ERIKA GISTE
10/22	KAREN KOWALCHYK	11/08	JIM WILLIAMS
10/23	ROBERT DORSE	11/09	JOHN CALL
10/23	HEIDI LASHER	11/10	ALETIA ALVAREZ
10/26	CHRIS MILLER	11/10	INGELA THOMSEN
10/27	LEE E HOLM	11/11	JANE MOORE
10/27	JENNIFER LEONG	11/11	STEVEN VELA
10/28	TODD LANTRY	11/12	KAREN LEAHY
10/29	ERIK FREDERICKSON	11/13	DEBORAH BAGG
10/29	ADRIAN GJURASIC	11/14	DAVID SCHMALZ
10/29	PATRICIA NELLIS	11/14	FRED LOCKE
10/29	ROBERT KING	11/15	PETER MUNA
10/30	JEFF WOLF	11/15	KARIN GARDNER
10/30	MARK WILSON	11/15	MARCKE LHYLE
10/30	BRUCE ROBERTSON	11/15	GIGI BAKER
10/30	TIM PRITCHARD		
10/31	NANCY JONES		

WELCOME TO THE PNA

TOM BAKER,
PAUL BOWEN,
KAREN BRYCE,
JOHN CALL,
CAROLYN CAVIEZEL,
LAURA INVEEN,
JOSEPH JORDAN,
WILL KELLOGG,
CHRISTY MILLER,
SUNNY SMALLWOOD

From the Editor -

Walt Reid created the PNA All-Time Short Course Yards Top 14 Times for the PNA 25th Anniversary Party. Anyone interested in these times can contact Walt Reid and purchase a copy for \$2. See Walt's address on page 4 of this issue. Walt has also just released the Northwest Zone Top 10 Times for the last year and these are also available from Walt. Our WebMaster, Dan Frost would like everyone to note that the PNA Web Site address has changed slightly (see the bottom of page 2). Speaking of Web Sites, check out the PNA team of the Mercer Island Swim Coalition found at www.seanet.com/~d2/misc. Finally, don't be surprised if that person standing next to you in Starbucks is a PNA Masters Swimmer. PNA is now over 870 swimmers strong. Hope to see everyone at the Zone Championships on Whidbey Island next month. Also, look for the PNA sailing event on the back page.



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

NAME _____

USMS # _____

OLD ADDRESS _____

NEW ADDRESS _____

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

UNITED STATES MASTERS SWIMMING, INC.
1998 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 1998 Fee</u>	<u>If after September 1, 1998 for 1998</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 _____

1997 USMS Long Distance 3000/6000 Yard National Postal Championship

Official Event Information

Sponsored and Sanctioned by Pacific Northwest Association of Masters Swimmers (PNA)
for USMS, Inc. Sanction # 973610

Event & Venue

Individual 3000 yard (120 lengths) and 6000 yard (240 lengths) National Postal Championships. The team relay events are also National Championship events. The swim may take place in any 25 yard pool.

Dates & Deadlines

The swim must be completed between September 1 and October 31, 1997. Entries must be postmarked by midnight November 9, 1997 or in the Meet Director's hands no later than November 15, 1997 to be considered on-time. Only complete applications will be accepted (FAX entries will not be accepted).

Eligibility

Open to all currently registered Masters swimmers 19 years of age and older as of the day they swim the event. Each participant must be registered with USMS for 1997 or a similar body in his/her own country. A copy of your 1997 USMS (or foreign national) registration card must accompany your entry. A participant may swim the event as often as desired, but may submit only one individual entry per age group. Participants who change age groups during the event may enter twice, but must swim the event twice, complete two separate entries and send in two entry fees.

Individual Event

Men and women will compete separately as individuals in the following age groups: 19-24, 25-29, ..., 100-104. The swimmer's age on the day they swim the individual event will be used to determine the age group for both the individual and team events.

Team Relay Event

Two types of relays will be contested: (1) a three-swimmer same sex relay, and (2) a mixed three-person relay (two women and one man or two men and one woman). The cumulative time for the individual swims by each team member will be the team relay time. The age of the youngest member of the team determines the age group of the relay team: 19+, 25+, 35+, ..., 95+. Each team member must also have entered the individual event. All team members must be registered with the same club. Unattached teams are not permitted.

Rules

Current USMS rules will govern the conduct of the competition. Drafting, flotation and propulsive devices (fins, pull buoys,

paddles, wet suits, etc.) are not allowed. A Starter/Referee/Official must be present. For each swimmer there shall be a counter who shall record cumulative split times for every 50 yards and the final time at 3000 or 6000 yards. Participant, recorder and official must sign the Official Entry Form. A 3000 split in the 6000 event may be submitted for a record but will not be accepted as a "separate entry" for the 3000. Events must be swum separately.

Fees

Individual entry fees are \$10.00 in US funds per participant. Relay entry fees are US \$12.00 per relay. Check or money orders only, please do not send cash. All fees are non-refundable.

Awards

USMS championship patches will be awarded to each first place finisher. USMS championship medals will be awarded to the top six individuals (by age group and sex) and top three relay teams (in each age division and sex - women, men and mixed).

Club Event

Each club will automatically be entered into the club event. The top 6 clubs will receive a club award based on the overall combined placing of its individual members. Points will be awarded to individuals based on finishing place (11 points for first, 9 for second, 8 for third and so on). Points will be totalled with the combined club point total determining the winners.

T-Shirts

A 1997 USMS 3000/6000 National Postal Championship t-shirt is available at a cost of US \$12.00. Foreign entrants please send an additional \$5.00 to cover the cost of postage.

Results

A complete set of results will be mailed to each entrant.

Information

Make checks payable to PNA and mail to: 3000/6000 National Postal Championship, c/o Gary Maynard - Meet Director, 13818 SE 7th Street, Bellevue, WA 98005. International entrants, please submit US funds via international money order or bank check drawn on a bank with US affiliation. Questions? Call Gary Maynard at (206) 641-7435 or E-mail at:

maynard@parametrix.com
maynard@accessone.com

1997 USMS 3000/6000 Yard National Postal Championship - Official Relay Event Entry Form

This form is used only for entering a team of 3 swimmers from the same registered club - one entry form per relay team. Attach individual entry forms (or photocopies) to this form and include the \$12.00 team entry fee. All members of the team must be entered in the individual event. All entries must be postmarked by November 9, 1997 or received by November 15, 1997. Foreign teams must send proof of club registration. Relay teams consist of Women, Men or Mixed (two women and one man or two men and one woman).

Team Name:	_____		
Club:	_____		
Swimmers:	_____	Times:	_____
	_____		_____
	_____		_____
	_____		_____
Cumulative Team Time: _____			

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			3000			4500			6000		

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

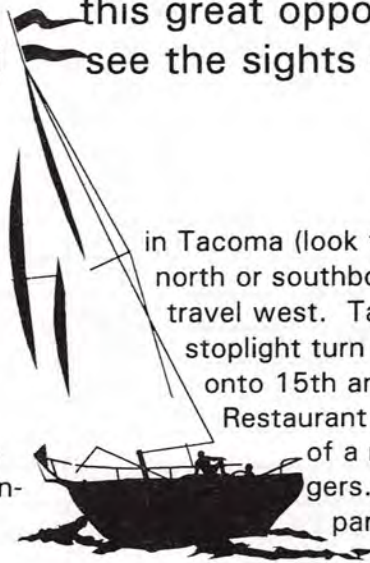
Individual Fee Calculation	
Individual Entry Fee	\$10.00
T-shirts @ \$12 each +	_____
Total =	_____

Sailing Adventure

PNA is hosting a get together on October 26th. We have reserved space aboard a 90-foot sailboat that will take us on a 3-hour tour of Commencement Bay in Tacoma. The cost is \$15 per person and those who come are encouraged to bring snacks to share. The boat will leave the dock at 1:30 on the 26th and return at approximately 4:30. RSVP and send money to Jett Vallandigham (253-582-7534) at P.O. Box 97162 Tacoma, WA 98497 by October 15th. Don't miss this great opportunity to relax with other PNA swimmers and see the sights of Tacoma by water.

Directions:

The boat is moored at Totem Marina high). To get there take I-5 either #133 to City Center (SR 705) and which veers left and then at the 15th Street take a right angle right overpasses towards the Johnny's right onto Dock Street. Travel 4/10s Marina where you can off load passengers. To park, travel back on Dock Street 2/10s of a mile to the marina Bantry Bay Gig Building.



in Tacoma (look for the longest mast - 103 feet north or southbound into Tacoma and take exit travel west. Take the S. 21st Street exit stoplight turn right onto Pacific Avenue. At onto 15th and travel under all the freeway Restaurant sign. At the stop sign take a of a mile on Dock Street to Totem gers. To park, travel back on Dock parking lot located adjacent to the

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

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SEATTLE WA 98102-3375