

The WetSet



Volume 16 Issue 12

December 1997

President's Letter

Dear Swimmers:

Congratulations to Dan Frost and his group at Oak Harbor for a great Short Course Meters Zone Championship Meet. The meet was well organized, efficiently run, and lots of fun. Many thanks to everyone who helped put on the meet.

The meet schedule for this year has been finalized. This month (Dec. 16) is Bellingham, January 17 is Seattle (Helene Madison), February 22 is Anacortes (short course meters), and March 22 is Bangor. Then on April 3, 4, & 5 comes PNA Champs. Champs has been at the King County Aquatic Center for the last several years. This year there will be a change of pace. The teams in Anacortes, Bellingham, and Oak Harbor are joining forces and will put on PNA Champs in Bellingham. They have a nice, new pool. Make your plans now to go for the weekend and enjoy the meet.

Now some tips from the American College of Sports Medicine Health & Fitness Journal. Dehydration is the most common cause of early fatigue in training and competition. Most people don't drink enough fluids for optimal performance. Whenever fluid is lost from the body faster than it is replaced, dehydration occurs. About 60% of the body is water. This water and its dissolved solids (fluid) is divided into three compartments. The largest part is the intracellular compartment, the fluid found within each of the cells in the body. Next is the interstitial fluid which is outside the cells but not part of the blood. Finally is the cardiovascular compartment which is the fluid portion of blood. Together, the interstitial and cardiovascular compartments form the extracellular compartment. Fluid is lost mostly through sweat and urine. Some fluid is also lost in feces and

exhaled breath. Total fluid loss per day is about eight cups (2 liters). This loss increases with additional activity, especially strenuous exercise, and in warmer environments. A very active person in a hot climate can lose more than 10 liters per day.

Swimmers need to be aware that sweating occurs in response to any physical activity, even in the water. Swimmers also have an increase in urine production from being immersed in water. Dehydration results in a decrease in blood volume which makes it more difficult for the heart to supply working muscles with oxygen and nutrients. To compensate, heart rate increases, even without an increase in exercise intensity.

The fluid lost with exercise must be replaced. Any fluid can be used. Caffeine contains a diuretic which increases urine production and fluid loss, so caffeine containing beverages are not the best choice for fluid replacement. The same is true of alcohol. Individuals should drink adequate fluids at all times to maintain proper hydration. Drinking about 17 ounces of fluid two hours before exercise starts is a good idea. During exercise, athletes should start drinking early and do so at regular intervals. Water is fine for exercise lasting less than one hour. For longer exercise sessions, carbohydrate solutions such as sports drinks help delay the onset of fatigue. Find something that tastes good and it will be easier to drink a lot. Stay well hydrated for best health and performance. A good rule of thumb is to check the color of your urine. If you are properly hydrated, it will be clear to light yellow. Darker urine is a warning sign that you need more fluid.

Happy holidays to everyone. Hope to see you at a meet soon.

The following article appeared in the Whidbey News-Times.

MASTER SWIMMERS BREAK RECORDS AT MEET HERE

By RICH BOUDET
Sports Editor

Three world records were unofficially set as more than 110 swimmers converged on Oak Harbor last weekend for the U.S. Masters Northwest Zone Championships.

The records are awaiting verification, but it appears that Canadian Bonnie Pronk broke the world record in the 100-meter breaststroke (for women age 55-59) by nearly a full second and became the only woman over age 55 to eclipse the 40-second barrier in the 50-meter breaststroke.

Danielle Ogier of Walnut Creek, Calif., also apparently broke the world record in the 400 freestyle.

An official international time recorder was at the meet and should verify the three new world records.

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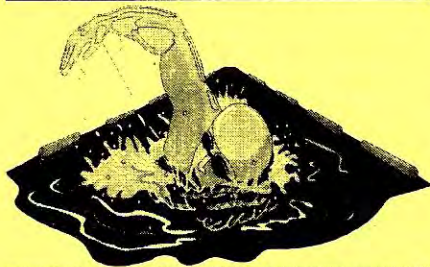
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United States Masters Swimming, Inc. is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United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

1997/1998 MEET SCHEDULE

PNA Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>
Dec 14	SCY	Bellingham Aquatic Center - Bellingham
Jan 17	SCY	Helene Madison Pool - Seattle
Feb 22	SCM	Fidalgo Pool - Anacortes
Mar 22	SCY	Helene Madison Pool - Seattle
Apr 3-5	SCY	PNA Champs - Bellingham Aquatic Center

Oregon

Dec 7	SCM	Oregon City (Tim Waud (503) 655-7131)
Jan 31	SCY	Echo Hollow Pool - Eugene (Lynda Christiansen (541) 687-8379)
Apr 3-5	SCY	Oregon Masters Champs - Corvallis (Pat Allender (541) 753-5681)

Inland Empire

Dec 6-7	SCM	Sandpointe (Diana Leake)
Jan 10-11	SCY	Spokane (Diana Leake)
Feb 7-8	SCM	Fairchild AFB, Spokane (Diana Leake)
Mar 21-22	SCY	Inland NW Champs, Spokane (Diana Leake)

Alaska

Dec 13	SCM	Bartlett Pool, Anchorage (Joanne Wainwright (907) 262-5308)
Feb 13-14	SCY	Alaska State Champs, Anchorage (Joanne Wainwright)

British Columbia/Canada

Jan 25	SCM	Cowichan, BC (Nancy Hamilton (250) 746-0450)
Feb 22	SCM	Victoria, BC (Leon Plitano (250) 478-3379)
Mar 22	SCM	Delta, BC (Brian Johnston (604) 591-8357)

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 7-10	SCY	USMS SCY Champs, Indianapolis (Judy Goldstein (317) 253-8289)
May 16-18	LCM	Canadian National Champs, Edmonton, Al. (A. Looye (430)489-3638)
June 19-26	LCM	World Masters Championships, Casablanca, Morocco
Aug 20-23	LCM	USMS LCM Champs, Ft. Lauderdale (Stu Marvin (954) 468-1580)
Aug 10-15	LCM	Nike World Masters Games - Portland, Oregon (Sandi Rousseau)
Sep 1988		USMS Convention, Cincinnati, Ohio

For Information on Meets Outside of the PNA Area

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Visit the PNA Web Site created by Dan Frost at:
<http://www.whidbeynet.net/frosty/pna/pna.htm>

*** 1997 POSTAL PENTATHLON SWIM MEET ***

Sponsors: Minnesota Masters Swim Club and United States Masters Swimming Fitness Committee.

Eligibility: Open to all registered masters swimmers for the 1997 or 1998 season.

Conduct of Meet: Participant swims the 5 events in a specific course (Sprint, Middle Distance, or Ironman - **no mixed courses**), preferably in a 25 yard pool, Butterfly, Backstroke, Breaststroke, Crawlstroke, and Individual Medley. All results will be based on a 25 yard course, swims performed in meter pools must indicate that their entries are from a meter pool so their times are converted to a yard equivalent. The meet results will compare each event of the pentathlon amongst the participants. It is recommended that the pentathlon legs be swum in the order Butterfly, Backstroke, Breaststroke, Crawlstroke, and then Individual Medley. The events must be swum during the same day and it is recommended that all 5 events be swum in a 2 to 3 hour period. Participants may swim the Sprint, Middle Distance, or Ironman courses. If you desire to swim more than one course you should swim each course on a separate day. **All times must be recorded to the 1/100th of a second. Times not reporting tenths or hundredths will have 9's inserted for the missing digits.** The pentathlon must be swum from September 15, 1997 to December 15, 1997 and the entries must be postmarked by December 24, 1997, include a copy of your USMS registration card or foreign equivalent. **Incomplete entries will be returned and assessed a \$3.00 (US funds) administration fee. All fees are nonrefundable.**

Age Groups: 19-24, 25-29, ... , 95-99, 100+. Age will be determined by the swimmers' age on December 15, 1997.

Awards: Winners of each age group will receive a special award. All participants may purchase a participation T-shirt for \$12.00 (US funds), XXL shirts add \$3.00(US). Certificates of completion are available for \$3.00(US) per course.

Entry Fee: \$7.50(US) per course. Make checks payable in US funds to: **Postal Pentathlon**. All fees nonrefundable.

Send entries to: **1997 Postal Pentathlon
570 - 96th Lane
Blaine MN 55434 USA**

Questions: Wayde Mulhern Phone-Day: (612) 635-5167 Evenings: (612) 783-1282

PLEASE INDICATE SHIRT SIZE WHEN ORDERING A PARTICIPATION SHIRT.

Name: _____ USMS or foreign registration #: _____

Address: _____ Swim Club: _____

City: _____ State: _____ Zip/Postal Code: _____ Country: _____

Sex: M F Phone Days: _____ Evenings: _____

Shirt Size: **S M L XL XXL** Shirt Type: **Sprint Middle Distance Ironman** Birth Date : ____/____/____

Entry Fee: \$ _____ Shirt: \$ _____ Certificate: \$ _____ Total Fees: \$ _____ MON /DAY /YEAR

Enter your times for each individual event. Circle pool type: Yards / Meters.

Sprint course	50 Yards/Meters each stroke and 100 IM				Date Swum ____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____	
Middle distance	100 Yards/Meters each stroke and 200 IM				Date Swum ____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____	
Ironman course	200 Yards/Meters each stroke and 400 IM				Date Swum ____/____
Fly _____	Back _____	Breast _____	Crawl _____	IM _____	

I the undersigned have participated in the Postal Pentathlon having swum the designated events in the recommended time period.

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 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 THESE ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature: _____ Witness: _____

IRONMAN

200 FLY, BACK, BREAST, CRAWL, 400 I.M.

**SPRINT
50 FLY, BACK, BREAST, CRAWL, 100 I.M.**

**MIDDLE DISTANCE
100 FLY, BACK, BREAST, CRAWL, 200 I.M.**

Minutes of the PNA Board Meeting (October 29, 1997)

President Jane Moore called the meeting to order at 7:15 P.M. in the Federal Way 320th Library. Lee Carlson, Kathy Casey, Sally Dillon, Suzanne Dills, Jeanne Ensign, Dan Frost, Jan Kavadas, Gary Maynard, Hugh Moore, Robin O'Leary, Steve Peterson, Walt Reid, and Jett Vallandigham attended, representing the North Whidbey, Fort Steilacoom, Bellevue Club, GLAD, Samena, Federal Way, OOPS, and Tacoma Y teams.

INTRODUCTIONS: Jane introduced Sally Dillon, formerly of Lake Tahoe and recently relocated to Whidbey Island. Sally has been very active at the USMS national level (longtime chair of the Long Distance committee) and locally with Pacific Masters. Welcome to the PNA, Sally, land of the rain-tan!
MINUTES: The September meeting minutes were approved as submitted.

TREASURER'S REPORT: Jeanne Ensign presented a Balance Sheet, Profit & Loss YTD statement, Profit & Loss Budget Comparison, Convention expenses report, and the preliminary 1998 budget (>whew!<). PNA current assets, in two checking and two savings accounts, total \$27,115.31 including the Wiggin Fund's \$2,517.40. Net income through October is \$17,385.34 (65% ahead of plan). Without the National SC Meet proceeds (approximately \$21,144), however, this represents a negative balance. More than 300 member registrations expected before year end should resolve this deficit. Reimbursable expenses for the ten convention attendees came to \$3090.50 against the budgeted \$3,750 (favorable airfares were the major factor). Jeanne wrote reimbursement checks, and Hugh even paid the \$18.50 balance he owed Jane.

Jeanne's 1998 budget estimates were judged reasonable, but incurred lengthy discussion about 1998 membership predictions (850 likely?) and funding areas to reconsider. Regarding meet fees versus convention reimbursement: should we favor meet hosts instead? Provide meet scholarship funding to attract more meets? Raise meet entry fees? The PNA should receive some income from meets, since it sanctions meets, provides insurance, and publicizes entries and results. But fees haven't kept up with inflation. Should we earmark National SC Meet profits for meet subsidies? We should stay within our balanced budget guidelines. Convention reimbursements encourage new attendees (not to mention the veterans!). But the PNA should be encouraging successful *meets*. Should we trim other areas (the *WetSet*, for example)? Perhaps relax the PNA's control over meet fees -- is money the meet incentive? (Robin O'Leary sponsors meets for *fun*.) Jane formed a committee (Jeanne Ensign, Suzanne Dills, Gary Maynard, Hugh Moore, and Sally Dillon) to prepare budget recommendations for the November board meeting.

COMMITTEE REPORTS:

- B. Membership** -- PNA membership now stands at a record 881! (This phrase has been delightfully repetitious!) Sue Dills noted that some swimmers are not realizing that it's time for 1998 registration, so she calls them for another \$15 to cover the full year.
- B. Meets** -- Suzie Ness (via Hugh Moore) asked for permission to charge a \$10 flat fee for the Orca January meet, which the Board MSA'd. The Board also MSA'd an Anacortes bid for an SCM meet on Sunday, February 22. *Fitness Swimmer* magazine wants to publish our meet dates -- we will try to have the Champs date(s) ready for their December 1 deadline. Champs, unfortunately, will not be held at the King County Aquatic Center -- we lost out to many other events and groups, leaving only the Easter weekend (April 11-12) open. Should we split Champs over two weekends? Two pools, one weekend? Lee Carlson will head a committee to determine the best solution. **Member request:** Jim Lasersohn submitted a request that the PNA buy an electronic timing system for use at meets (about \$875). The Board tabled this discussion to a later meeting (for lack of time this evening).
Meets Chair: The Board MSA'd a capable replacement for Suzie Ness in one Tammi Keeler, now of Everett.
- B. Records/Top Ten** -- Skipped to save time.
- B. Publicity** -- Skipped to save time.
- B. Newsletter** -- No report.
- B. Awards** -- A new chair is *really* needed *soon*!
- B. Social** -- The *Odyssey* sailboat cruise planned for October 26 was postponed to next spring for lack of participants. Jett Vallandigham solicits any and all ideas for a Champs social event (what? no pizza in the peanut gallery again?).
- B. Officiating** -- Jan announced a Stroke and Turn Clinic on November 15.
- B. Fitness** -- Potential chair Trisha backed out. And our nomad Phyllis Gill apparently has moved again!
- B. Computer Applications** -- Skipped to save time.
- B. Constitution and By-Laws** -- Skipped to save time.
- B. Safety** -- NWAC has lined up safety marshals for the Oak Harbor meet. Robin O'Leary has adopted Kathy Casey's opposite-rotation idea for her workouts (adjacent lanes circle swim in opposite directions so that swimmers on either side of each lane line are moving in the same direction). Robin notes that the only swimmers confused by this are Masters folks who are relocated from one lane to another.
- B. Ad Hoc Open Water** -- Skipped to save time.
- B. Ad Hoc Coaches** -- Skipped to save time.
- B. At-Large Reps** -- No report submitted.
- B. Team Reps** -- No reports submitted.

OLD BUSINESS:

- B. USMS Convention** -- A convention report composed by the ten attendees and edited by Jane will appear in the November *WetSet*.
- B. Teams Survey** -- Jane suggested that the form drafted by Lee Carlson and Sue Dills be mailed with the Club re-registrations to emphasize the need for Clubs and Teams to register.
- B. Other** -- None.

NEW BUSINESS:

- B. World Class Aquatic Foundation** -- Jane sent this group a letter, inviting their presentation (as our meeting would be close by in Federal Way). She received no response.
- B. Other** -- None.

NEXT MEETINGS:

Saturday, November 15, after Zone Meet events and Zone Meeting, Oak Harbor
Sunday, December 14, following the Bellingham meet
Tuesday, January 27, at Lee Carlson's home (Mercer Island)

President Jane adjourned the meeting at 8:53 P.M., in time to put the chairs and tables away.
Respectfully submitted, Steve Peterson, Secretary.

PNA Masters Local Swimming Committee Meet Entry Form
ORCA Winter Swim Meet
Saturday, JANUARY 17th, 1998
 Helene Madison Pool - Seattle, WA - Sanction # 983601



Name: _____ *USMS, CASA, Masters Regist. #: _____

Address: _____

City: _____ State: _____ Country: _____ Postal/Zip Code: _____

Phone: (____) _____ Birth Date: _____ Age on 1/17/98: _____ Male ___ Female ___

Team (e.g. Orca, GLAD, etc.) _____ (or) Unattached ___ Assoc. (e.g.: PNA, OREG, etc.) _____

E-mail Name (if available -useful for any last minute information): _____

Age Groups: 19-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-59 80-84 85-89 90+

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

<u>Event #</u>	<u>Event Name (5 individual events max., plus relays)</u>	<u>Estimated time (25 yard pool)</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Entry fee: \$10 U.S. Checks payable to: ORCA SWIM TEAM

FLAT MEET ENTRY FEE includes individual events, relays, heat sheet, ribbons (1st through 6th place), and LMSC surcharge of \$1.00.)

Mail entry fee and this entry form to: Winter 98 Swim Meet c/o
 ORCA SWIM TEAM
 1122 EAST PIKE ST, SUITE 869
 SEATTLE WA 98122-3934

FIRM DEADLINE: Postmark by Saturday, January 3rd. We must receive your entry by Sat., January 10th.

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

*Signature: _____ *Date: _____

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

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

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

ORCA Winter Swim Meet

SATURDAY, JANUARY 17th, 1998 - Helene Madison Pool - Seattle, WA

Hosted by:



Entries Due: Postmark by Saturday, January 3rd. We must receive your entry by Saturday, January 10th. We CANNOT accept late entries as this makes it impossible for our volunteers to run a meet without losing their mind! Mail your entry now!

Mailing Address: Winter 98 Meet c/o Orca Swim Team,
1122 E Pike St Suite 869, Seattle, WA 98122-3934

Meet Director: BILL GARRISON (206) 323-2256 (before 9pm)

Schedule: Check-in: 8:30 a.m. Warm-up: 8:30-9:20am
Meet Begins Promptly: 9:30am

(At check-in you will be provided with card indicating all your events with heats/lanes shown. Pick-up individual event cards (to be handed to timers) prior to swimming from the Clerk or Course on the pool deck)

ORDER OF EVENTS (Seeding is slow to fast)

1. 200 Free Relay
2. 50 Free
3. 100 Breast
4. 200 Back
5. 50 Fly
6. 200 IM
(5 minute break)
7. 200 Mixed Free Relay
8. 100 Free
9. 200 Breast
10. 50 Back
11. 100 Fly

12. 200 Medley Relay
(20 minute break - The Original Pink Flamingo)
13. 200 Free
14. 50 Breast
15. 100 Back
16. 200 Fly
17. 100 IM
(5 minute break)
18. 200 Mixed Medley Relay
19. 500 Free
(subject to re-seeding, please check-in with clerk of course at before event 14 starts)

Rules & Eligibility

No diving during warm-ups except in designated sprint lanes. This meet is open to all 1998-registered Masters swimmers, 19 years and older.

Facility

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

Directions

From SeaTac Airport, Downtown Seattle and areas S of Seattle, take I-5 Northbound, take NE 130th St. exit. Continue north from exit ramp to signal at NE 130th St. TURN LEFT on NE 130th. Continue to Meridian Ave N (2nd signal). Turn RIGHT on Meridian Ave N. The pool is on the left at N 134th St.
From Vancouver BC, and areas north of Seattle: take I-5 Southbound, take N or NE 145th St. exit. Turn RIGHT on N 145th St to Meridian Ave N. Turn LEFT on Meridian Ave N. The pool is on the right at N 134th St.

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

Visit Team Seattle's web site and look us up within Sports Contacts and Swimming at <http://teamseattle.org>

WILLIAM HOLMAN 66 OREG 3:30.51
 400 M. FREE
 ERIC GUEST 68 OREG 6:37.69
 JIM BRYAN 65 PNA 6:40.46
 HARVEY PROSSER 69 PNA 6:46.18
 WILLIAM HOLMAN 66 OREG 7:25.04
 1500 M. FREE
 HARVEY PROSSER 69 PNA 26:39.53
 100 M. FLY
 ERIC GUEST 68 OREG 1:43.58

M E N 70-74

50 M. FREE
 DENIS CROCKETT 73 CAN 45.14
 100 M. FREE
 DENIS CROCKETT 73 CAN 1:54.54
 200 M. FREE
 DENIS CROCKETT 73 CAN 4:30.79
 50 M. BACK
 DENIS CROCKETT 73 CAN 1:05.61
 50 M. BRST
 DENIS CROCKETT 73 CAN 1:20.50
 100 M. I.M.
 DENIS CROCKETT 73 CAN 2:32.40

M E N 75-79

50 M. FREE
 GILBERT YOUNG 75 OREG 38.79
 100 M. FREE
 GILBERT YOUNG 75 OREG 1:27.34 Z
 200 M. FREE
 GILBERT YOUNG 75 OREG 3:15.90 Z
 HAL YOUNG II 76 PNA 4:11.20
 400 M. FREE
 GILBERT YOUNG 75 OREG 6:52.51 Z
 HAL YOUNG II 76 PNA 8:57.65
 1500 M. FREE
 GILBERT YOUNG 75 OREG 27:24.16 Z
 HAL YOUNG II 76 PNA 36:55.27
 50 M. BACK
 EARL WALTER 76 OREG 46.74
 100 M. BACK
 EARL WALTER 76 OREG 1:48.54
 HAL YOUNG II 76 PNA 2:17.10
 200 M. BACK
 EARL WALTER 76 OREG 4:00.95
 JAMES WORREL 75 PNA 4:11.62 P
 50 M. BRST
 JAMES WORREL 75 PNA 51.83 P
 HAL YOUNG II 76 PNA 57.99
 100 M. BRST
 JAMES WORREL 75 PNA 1:56.22 Z
 100 M. I.M.
 EARL WALTER 76 OREG 1:44.61
 JAMES WORREL 75 PNA 1:53.93 P
 200 M. I.M.
 JAMES WORREL 75 PNA 4:16.93 P

M E N 80-84

50 M. FREE
 GENE CROSSETT 83 PNA 47.10
 100 M. FREE
 GENE CROSSETT 83 PNA 1:48.69
 200 M. FREE
 GENE CROSSETT 83 PNA 4:11.87
 400 M. FREE
 GENE CROSSETT 83 PNA 8:46.45
 EVERETT CASSELL 84 PNA 11:48.21
 50 M. BACK
 EVERETT CASSELL 84 PNA 1:31.21
 100 M. BACK
 EVERETT CASSELL 84 PNA 3:04.24
 200 M. BRST
 EVERETT CASSELL 84 PNA 6:52.94

RELAYS-WOMEN 200 M. FREE

120-159
 TERRI OKONESKI 37 PNA 2:31.25
 MIMI WYNTHAM 35
 JOANN BUSHNELL 40
 DAWN JAEGER 41

RELAYS-M E N 200 M. FREE

100-119
 MARC BECK 28 PRO 1:54.74 P
 ANDY LOVAN 31
 MIKE GRIMM 28
 ERIC ASKILSRUD 25

120-159
 JIM WILLIAMS 41 PNA 1:59.32
 IAN THOMPSON 47
 DAVID AUSTIN 23
 BOB FISH 34

160-199
 STEVE SUSSEX 42 PNA 1:49.30 P
 MIKE JONES 37
 J SCHAEFFER 40
 WILLIAM STERLING 41

MARK JAEGER 44 PNA 2:17.11
 PETE GILLIS 42
 TERRY LEY 32
 CLARENCE JOHNSON 51

RELAYS-M E N 200 M. MEDLEY

120-159
 STEVE SUSSEX 42 PNA 2:18.30
 J. SCHAEFFER 40
 KEITH COTTINGHAM 36
 MIKE JONES 37

160-199
 EARL WALTER 76 OREG 2:42.63
 RICHARD JUHALA 54
 STEVE STONEHAM 26
 CHARLES HELM 41

RELAYS-M E N 400 M. FREE

280-319
 EARL WALTER 76 OREG 5:20.66 N
 GIL YOUNG 75
 ERIC GUEST 68
 DAVID RADCLIFF 63

RELAYS-MIXED 200 M. FREE

120-159
 DAVID AUSTIN 23 PNA 2:13.17
 SHARON BELK-KREBS 47
 CAROLYN MATTHEWS 35
 BOB FISH 34

RELAYS-MIXED 200 M. MEDLEY

120-159
 KERRY CARNAHAN 31 PRO 2:16.06 P
 MARC BECK 28
 ANDY LOVAN 31
 CAROL MCCAIG 35

160-199
 DAWN JAEGER 41 PNA 2:33.06
 MARK JAEGER 44
 PETE GILLIS 42
 MIMI WYNTHAM 35

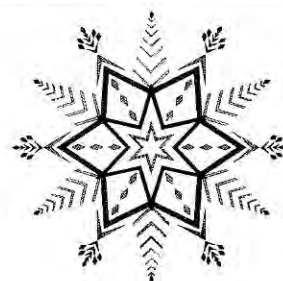
From the Editor:

Due to some inconsistencies in how the USMS Postal 3000/6000 event was advertised, the event will remain open to entry through the end of November. This is a postal event which we (the PNA) are hosting. So far we have received 90 individual entries and 12 relay entries. If anyone is still interested in competing in this event, please contact me for an entry form or more information (see page 2 for how to contact me).

Please note that our swim schedule for the year is now finalized. We have a meet scheduled every month through April. I hope everyone will be able to compete at PNA champs which are being hosted by our northern pools - Oak Harbor, Anacortes and Bellingham. Bellingham is just a short drive away and the town has many amenities besides a terrific new pool.

USMS Top Ten patches are available to USMS swimmers who have earned them in any event, in any course (short course yards, short course meters or long course meters). Top Ten patches and stroke segments (freestyle, butterfly, individual medley, relay, 1-hour swim, etc.) can be ordered for the present year and as far back as 1982. You are eligible to obtain a Top Ten patch if you are listed in the Top Ten in any event during the year. Members of Top Ten relays are also eligible. USMS publishes three Top Ten listings each year - one for each course. Listings from 1993 to the present are listed on the internet at www.swimgold.com. Patches can be purchased for \$5 each (includes one stroke segment). Additional stroke segments can be purchased for \$1 each. Orders may be sent to: Dar Ferguson
 P.O. Box 8005
 Canton OH 44711

Your order must include your name, address, year, course, age group and event in with you placed in the Top Ten. Checks can be made payable to: Lake Erie LMSC.



PNA MASTERS LOCAL SWIMMING COMMITTEE

Short Course Yards Meet: December 14, 1997

Hosted by Bellingham Masters Swim Club

Sanction # 973606

Entries due: December 6, 1997

ORDER OF EVENTS EVENT#	EVENT	DATE:	December 14, 1997
1A.	400 IM	TIME:	500 Free/400 IM Warmup 8:00-8:45 a.m.
1	500 Free		Event 1A Start: 8:45 a.m.
	Warm up Break		
2.	200 Free Relay		
3.	50 Breast		Warmup after event 1 9:45 a.m.-10:30 a.m.
4.	100 Fly		Meet starts: 10:30 a.m.
5.	200 Free		
6.	50 Back		
7.	100 IM	PLACE:	Bellingham Aquatic Cen. 1114 Potter Street 360-647-7665
	5 Minute Break		
8.	200 Mixed Free Relay		
9.	100 Breast		
10.	50 Fly	FACILITY:	8 lane, 25 yard pool. 6 lanes competition 2 lanes for warmup diving tank for warm- up, hydrotherapy pool water slide.
11.	100 Free		
12.	200 Back		
	5 Minute Break		
13.	200 Medley Relay		
14.	200 Breast		
15.	200 Fly		
16.	50 Free	RULES:	Current USMS rules will govern meet.
17.	100 Back		
	5 Minute Break		
18.	200 IM	ELIGIBILITY:	Open to all USMS 1997 & 1998 registered swimmers, 19 and over
19.	200 Mixed Medley Relay		
		SEEDING:	Slow to fast

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

There will be a "Fun Relay" run during the breaks, utilizing all of the 4 pools. Be prepared to have a team ready. Details will be provided at the meet. Also, check out our Web site which has the entry form, map and other information. Our URL is <http://members.aol.com/Ariston844/bmsc.htm>.

Directions: From I-5 Northbound, take the Lakeway exit. The exit empties onto King St. Go across King St. one block to Lincoln St. There is a stop sign here. Cross Lincoln St. past the school on the right and the pool is the next parking lot on the right side.

From I-5 Southbound, take the Lakeway exit. The exit stops at a light which is Lakeway Dr. Turn left at the light onto Lakeway Dr. and follow Lakeway through to the second light. This is Lincoln St., turn left onto Lincoln and go one block past the school and turn right at Potter St. The pool is just to the right past Carl Cozier School.

Accommodations: Mention this meet to the Val'U Inn for a discount rate. The hotel can be reached at (360) 671-9600 and is located at 805 Lakeway Drive (within walking distance of the pool). Rates at the Val'U Inn are \$41.50 for a queen bed and \$46.50 for 2 queen beds. Also, there is limited HOST (House our Swimmers Tonight) accommodations available. Contact the meet director if you wish to be HOSTed.

PNA MASTERS LOCAL SWIMMING COMMITTEE
Short Course Yards Meet: December 14, 1997
Hosted by Bellingham Masters Swim Club
Sanction # 973606

NAME _____ M F AGE _____

ADDRESS _____

PHONE _____ DATE OF BIRTH _____ USMS NUMBER _____

TEAM or UNATTACHED _____ ASSOCIATION _____

AGE GROUP 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+

Your age group is determined by your age on the last day of the meet.

ENTRY LIMIT: 5 EVENTS plus relays

ENTRY NUMBER	EVENT	EVENT TIME

EVENT FEES	
SURCHARGE: \$4.00	_____ (Includes LMSC surcharge \$1)
INDIVIDUAL EVENTS: \$1.00 EACH	_____ (No charge for relays)
TOTAL	_____ (Surcharge + individual events)

Please make checks payable to: **Bellingham Masters Swim Club**

Mail fees and this entry form to: **Barb Gundred**
 3880 Gala Loop
 Bellingham, Wa, 98226

ENTRIES MUST BE POSTMARKED BY DECEMBER 6, 1997

LIABILITY RELEASE (Must be signed and dated in order for entry to be accepted)

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 _____

HAPPY BIRTHDAY - PNA SWIMMERS

12/17	SARA MACKENZIE	01/01	CHRIS ERICKSON
12/17	ANNEMARIE HOBBS	01/02	RALPH BREMER
12/18	RANDALL YURCHAK	01/03	BEVERLY KRUEGER
12/18	THOMAS GRANDINE	01/03	D. ALAN CAPRON
12/20	JOSEPH ZIMSEN	01/03	JOHN MCJUNKIN
12/22	JIM LEMIEUX	01/03	RYAN ROBERTS
12/23	KATY WISWALL	01/03	LARRY WRIGHT
12/24	BRUCE COONAN	01/04	DIANE BRITZIUS
12/24	BERNARD KINGSLY	01/04	KARL SEGNITZ
12/25	L. (GENE) CROSSETT	01/05	ELIZABETH HERRING
12/25	ROBERT MURRAY	01/05	DON ROSENTHAL
12/26	MICHAEL HENDERSON	01/05	TIM TYNAN
12/26	DEBORAH THOMSON	01/06	NAN BENSON
12/27	HOPE DEAN	01/06	ED CLARKE
12/27	JAMES STRETCH	01/06	JEFF FRESHLEY
12/27	UTE CRAY	01/07	KIM BOGGS
12/28	JAMES(JIM) SLOAN JR	01/07	HELEN SCHUCHART
12/29	MARYLOU HAUGLAND	01/07	TRINA TORGELSON
12/29	JULIE ZAPPONE	01/09	BRYAN SPARROWHAWK
12/29	CURTIS WADE	01/09	THOMAS TAYLOR
12/30	ROBERT KEEVER	01/10	JERRI FREIMUTH
12/30	LINDA JARVIE	01/10	SCOTT MILLER
12/30	GARET MUNGER	01/10	JAMES MCCLEERY
12/30	JOY ROGERS	01/11	WILL KELLOGG
12/31	JOHN KUCERA	01/11	TOM SEIFTS
12/31	JEFF SHEARSTONE	01/11	DEBORAH TAYLOR
12/31	ELIZABETH HENDERSON	01/11	FRANK WARNER
12/31	JAMES SCANTLAND	01/12	TERRY LEY
01/01	JULIE CORMAN	01/13	MARK BEQUETTE
01/01	CAROL DEWELL	01/15	CINNY BURRELL
01/01	SEAN CLARK	01/15	JOAN SMITH
01/01	HAROLD HUFF		



(Continued from page 1)

This is the second year in a row that Oak Harbor's Vanderzicht Pool has hosted the U.S. Masters Northwest Zone Short Course Meters Championships. The competition features a wide variety of athletes, from retirees who use the sport as a good workout, to others who compete against national and world records. Swimmers ranged in age from 21 to 84 years old.

"I didn't expect the world records," meet director Dan Frost said. "I think it's a fast pool, although it doesn't seem that way on the surface...but we had some talent here, too."

Seven local swimmers took part in the meet. Newcomer Sally Ann Dillon fared the best, sweeping first place in six events. Mark Heinrich added five wins, and was fastest overall in the 50 backstroke and 800 freestyle. Heinrich set two Northwest Zone records and five Pacific Northwest Association records.

Jim McCleery won three events and set records in the 200 freestyle and 800 freestyle. Frost and Eric Smith added three first places. Frost's three wins brought his career total to 25 at the Northwest Zones.

In total, the meet competitors swam more than 67 miles on two days of events, which is roughly the water distance from Oak Harbor to Seattle. Not all were posting record times, either.

Everett Cassell of Shoreline, the eldest competitor at age 84, was happy to finish his first event in decent time.

"It gets harder every day," he said, smiling.

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



1998 UNITED STATES MASTERS SWIMMING
20th ONE HOUR POSTAL SWIM
NATIONAL CHAMPIONSHIP

Sponsored by DC Masters and dedicated to David McAfee
Sanctioned by Potomac Valley LMSC for United States Masters Swimming, Inc., #108-001

WHERE & WHEN

Any pool 25 yards in length or longer, any time during January 1998.

OBJECTIVE

To swim the greatest distance in one hour. The order of finish is determined by the total number of yards swum. If two or more swimmers complete the same distance, a tie will be declared.

ELIGIBILITY

Any swimmer registered with USMS or a similar body in his/her own country for 1998. A copy of your 1998 registration card must accompany your entry.

CATEGORIES

Individuals: The age groups are (M&F) 19-24, 25-29, 30-34, ..., 100-104. The swimmer's age on the day the event is swum determines the entrant's age.

Relay Team Event: Two relays will be contested: a three-swimmer same sex relay and a four-person mixed relay (two men and two women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the relay team: 19+, 25+, 35+, ..., 95+. Each member of the relay must also have entered the individual event for his/her age group. All relay members must be registered with the same club. Unattached relays are not permitted.

Club awards: Club awards will be given in four divisions based on the number of participants—small (15 or fewer), Medium (16-30), Large (31-49), and Extra-large (50 and over). Scoring will be by total number of yards swum.

Overall outstanding performances: Awards will be given to the man and woman swimming the greatest distances. In honor of the 20th anniversary of the One Hour Swim the man and woman swimming the 20th greatest distance will receive recognition. All entrants will be considered for these awards.

RULES

Drafting, flotation, and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Drafting is defined as having more than one swimmer circle swimming in a lane. For purposes of this event, no more than two swimmers may share a lane, each swimming the duration on either the right or the left side of the lane. USMS Long Distance Swimming rules require a starter/referee be present and a verifier count lengths, record cumulative splits, time the event with a stop watch, and sign the official entry form. Distances must be rounded down to the nearest five yard increment (i.e., round 2764 yards to 2760). If the pool is meters, multiply the distance swum by 1.0936, round down to the nearest five-yard increment, and enter yards. No adjustment may be made for swims completed at altitude. Dual Entries: Swimmers who *change age groups* during January may *enter twice but must swim twice.*

AWARDS

USMS Championship Long Distance medals will be awarded to the first ten places in each age group in the individual event and the first six places in relay events. First place winners will also receive championship patches. The three top scoring clubs in each category will receive engraved plaques.

FEES

Individual entry fees are US \$5 per swimmer. Relay entry fees are US \$15 per relay. Entry fee includes mailing awards and results. All fees are non-refundable. Make checks payable to DC Masters and mail to 1998 One Hour Postal Swim, 6105 Chapman Road, Mason Neck, VA 22079, USA. International entrants must submit US funds and add \$3 surcharge for mailing costs. Entries must be postmarked by February 2, 1998 and/or received by February 10, 1998. Postage meter postmarks are not acceptable if received after February 10.

T-SHIRTS

A 1998 20th Anniversary One Hour Postal multi-color T-shirt may be ordered for US \$15 with your individual entry.

INFORMATION

Contact Joann Leilich, 7209 Hansford Ct., Springfield, VA 22151, (703) 354-2130, or at hrswim@rails.com for additional information. Split sheets are available from your club representative or the address above.

1998 USMS ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP 20TH ANNIVERSARY - INDIVIDUAL ENTRY FORM

Name _____				Registration No. _____		
Address _____				Phone _____		
City/State/Zip/Country _____				Sex M F (Circle One)		
Club	Club Abbr.	Age	Date of Birth			
Circle	A 19-24	D 35-39	G 50-54	J 65-69	M 80-84	P 95-99
Age	B 25-29	E 40-44	H 55-59	K 70-74	N 85-89	Q 100-104
Group	C 30-34	F 45-49	I 60-64	L 75-79	O 90-94	

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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. I certify that I have read the rules of this competition and that

on _____ I swam _____ yards in one hour at _____.

Signature of swimmer (required) _____

Signature of verifier (required) _____

T-SHIRT	QUANTITY	FEES
S	_____	Entry Fee \$5 US only _____
M	_____	International \$8 _____
L	_____	T-Shirt (___ @ \$15) _____
XL	_____	
XXL	_____	TOTAL (US Dollars) _____

FEES
Entry Fee \$5 US only _____
International \$8 _____
T-Shirt (___ @ \$15) _____
TOTAL (US Dollars) _____

BE SURE TO

Complete entire entry form
 Attach copy of registration card
 Attach split sheet
 Mail by Feb. 2 and/or **RECEIVED BY FEB. 10.**

**MAKE CHECKS PAYABLE TO DC MASTERS
 MAIL ENTRIES TO 1998 ONE HOUR POSTAL SWIM, 6105 CHAPMAN RD, MASON NECK, VA 22079**

1998 USMS ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP 20TH ANNIVERSARY - RELAY ENTRY FORM

Club _____	Club Abbr. _____	Age Group _____	Men	Women	Mixed (Circle One)
Relay Captain _____	BE SURE TO INCLUDE Copies of above for each relay swimmer Check for entry fee payable to DC Masters Entry fee @ \$15 per relay				
Captain's Address _____					
City/State/Zip/Country _____					

NAMES OF RELAY SWIMMERS	SEX (M/F)	AGE	YARDS SWUM
Swimmer #1 _____			
Swimmer #2 _____			
Swimmer #3 _____			
Swimmer #4 _____			
Relay entries without the individual entries and payment will NOT be accepted.	TOTAL YARDS		

**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 *NEW Registration*

My current USMS number is _____

Name:

 Last First Initial

Address:

 Street or box number Apt number

 City State Zip code

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

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 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 _____

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

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