

The WetSet



Volume 17 Issue 1

January 1998

Dawn Musselman Inspirational Swimmer Award

The initial inspirational swimmer award was given to Dawn Musselman in 1986. Dawn was a long time member of the PNA. Not only was she one of PNAs most gifted swimmers, but she was the kind of person who inspired other swimmers and encouraged them to do their best. This award was named in her honor. Last year's winner was Suzanne Dills.

Other past winners of this award are: Marlene Holmes (1987), Maxine Carlson (1988), Jim Penfield (1989), Tom Foley (1990), Karen Jost (1991), Jan Kavadas (1992), Robin O'Leary (1993), Marion Mueller (1994), and Tammi Keeler (1995).

Nominations for the annual Dawn Musselman Inspirational Swimmer Award are open to all members of the PNA. The award is given to the swimmer who is...

An inspiration to all PNA swimmers

Shows willingness to share information, training or coaching tips

Offers encouragement to other swimmers

Exhibits good sportsmanship at all times

Shows a strong committment to PNA Masters Swimming

The award for 1997 will be presented at the Banquet following the PNA Championship meet in April. Nominations should be submitted by phone to either Steve Peterson at (360) 692-1669 in Port Orchard or Frank Newquist at (253) 474-1267 in Tacoma.

All nominations must be received by March 10, 1998.

President's Letter

Dear Swimmers:

Welcome to another year. Hope the holiday season was joyful and happy for everyone. We can all look forward to another year of fun, fitness, and friendship with our fellow Masters swimmers.

Best wishes for a wonderful 1998.

Jane Moore



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Natural Butterfly?

Dan Frost

Race Results - Bellingham

Race Entry Form

Anacortes - Feb 22nd

Bangor - Mar 15th

Dawn Musselman Swim for

Cancer - January 1 -31

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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>
Jan 17	SCY	Helene Madison Pool - Seattle
Feb 22	SCM	Fidalgo Pool - Anacortes
Mar 15	SCY	Naval Submarine Base - Bangor
Apr 3-5	SCY	PNA Championships - Bellingham Aquatic Center

Other Local Events

Jan 31 Fitness Clinic with Mark Allen contact Sally Reed (425) 455-1616

Oregon

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

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

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)

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>

Minutes of the PNA Board Meeting November 15, 1997

President Jane Moore called the meeting to order at 2:08 P.M. at the John Vanderzicht Memorial Pool, Oak Harbor. Attendees: Lee Carlson, Kathy Casey, Sally Dillon, Jeanne Ensign, Tom Foley, Dan Frost, Jan Kavadas, Robin O'Leary, Steve Peterson, Walt Reid, Jett Vallandigham, Pinky Walker. Teams represented: Anacortes, Federal Way, Fort Steilacoom, GLAD, MISC, North Whidbey, OOPS, Tacoma Y, Tigers. Guests: Denis Crockett (President, MSABC British Columbia), Danielle Ogier (Olympic Club), Ginger Pierson (MACO, Oregon), and Bonnie Pronk (MSABC).

MINUTES: The October meeting minutes were approved as submitted. (*WetSet* correction, *Meets* section: Jim Lasersohn's request was to consider an electronic *starting*, not timing, system. And hey, those *Killer B's* weren't entirely *my* fault! ~;-)

TREASURER'S REPORT: The PNA Balance Sheet indicates total assets of \$26,958.52 including the Wiggan Fund's \$2,517.40. Net ordinary income through November is -\$4,020.14, excluding National SC Meet proceeds of \$20,965 (nearly finalized) and member registrations anticipated before year end. The Board accepted Jeanne's report as presented.

The 1998 Budget Subcommittee (Jeanne Ensign, Suzanne Dills, Gary Maynard, Hugh Moore, and Sally Dillon) met November 9 to study Jeanne's original proposal. They generated nine recommendations to accompany the revised budget. The Board approved Recommendation 3 to reduce the number of *WetSets* per year to ten. Jan Kavadas dissented, pointing out that limiting our main communications vehicle stymies our goal of better member service. The Board approved Recommendation 5, deciding to invest \$10K of the Nationals SC Meet proceeds in a 6 or 12-month CD, as best determined by Treasurer Jeanne. Jeanne will draft a PNA Investment Policy per Recommendation 6. A motion to accept Recommendation 8, changing the PNA registration form to indicate that the senior discount is optional, was withdrawn pending further study. Once the Champs venue was determined (see *Meets* (2) below), the Board reconsidered 1998 Budget details. Assuming a 1998 membership of

850, deleting Miscellaneous Expenses of \$191, and reducing anticipated PNA Champs income to \$259 would yield a net income of \$0. The Board then accepted this revised 1998 Budget.

COMMITTEE REPORTS:

A. Membership -- No report.
B. Meets -- (1) The Meet Fee Policy Subcommittee is not yet ready to offer its recommendation. (2) The PNA Champs Subcommittee (Lee Carlson, chair) determined that no one favored a split venue. The KCAC's only available date (June 5) was judged too late. Sally Dillon offered that now all can benefit from again cycling Champs around the Northwest. Jane noted that we would rather control where we have Champs and go elsewhere in lieu of accepting an undesirable KCAC date. A consortium of Bellingham, Oak Harbor, and Anacortes teams offered to cohost Champs at the Bellingham Aquatic Club on April 3 - 5. The pool offers at least 6 lanes for the meet plus 2 lanes and the dive tank for warmup/warmdown. (Adjacent warmup lanes might be disconcerting to competitors, but at least you'd be passing *someone!*) A waterslide relay might even be included. Denis Crockett (MSABC) noted that the Canadian Provincials meet is the same weekend (April 3-5), but perhaps not in conflict as it's a meters meet versus yards. The Board MSA'd holding Champs in Bellingham on the first or third April weekend (our CPA and tax-procrastinating members might have a chance to attend Champs next year!). (3) It's PNA's turn to host LC Zones. Jeanne nominated Hugh and Jane as meet co-directors, but the vote was overridden by laughter (or was it the evil eye?).

C. Records/Top Ten -- Skipped to save time.

D. Publicity -- Skipped to save time.

E. Newsletter -- Skipped to save time.

F. Awards -- Sally Dillon graciously accepted taking over as chair of this committee.

G. Social -- through **P. Team Reps** -- Skipped to save time.

OLD BUSINESS: None.

NEW BUSINESS:

A. Ransom Arthur Award: The nominees proposed by Oregon were MSA'd by the Board. Kathy Casey and Walt Reid will draft the PNA's nominating letter. (Kathy is rewriting the submittal rules and

format guidelines for the Ransom Arthur award committee.)

B. Edmonds 50-meter Pool: Robin O'Leary solicited PNA members to sign a petition supporting this proposal. The Board MSA'd sending a letter of support to the Edmonds City Council.

C. World Masters Games: Oregon Masters is hosting the swim meet component. Head Timer Ginger Pierson noted that a crew of 18 timers could earn up to \$500 per day, so groups might consider this for a fundraiser. Timers will be needed from 0730 to 1900+ between August 10 and 15, 1998, at the Mt. Hood Community College 50-meter pool. Ginger will assemble and send out volunteer packets to anyone interested. Ginger also stated that Nike was taking over direct management of the Games from their hired provider, so any current confusion or unresolved issues should now be pursued through Nike's 800 number out of Atlanta.

D. Meets Publicity: Pinky Walker wants to ensure that all upcoming meets are advertised in the *WetSet*. Jane will strive to make sure this happens.

NEXT MEETINGS:

Sunday, December 14, following the Bellingham meet

Tuesday, January 27, at Lee Carlson's home (Mercer Island)

Sunday, February 22, following the Anacortes meet

President Jane adjourned the meeting at 4:05 P.M. so we'd be out of the way of the Open Swim patrons.

Respectfully submitted, Steve Peterson, Secretary.

ATTENTION!

The Bellevue Club is hosting a Fitness Climic on Jan 31 from 10 am to 4 pm with 6-time Ironman Champion

Mark Allen

Mark Allen will teach you how to design your own training program, discuss diet, how to face athletic and personal challenges and how to balance fitness and family.

Contact Sally Reed at the Bellevue Club for details at (425) 455-1616.

NATURAL BUTTERFLY *Realm of the Elite or Frontier for All?*

By Dan Frost

Everybody who has tried to swim the butterfly stroke for the first time learns, usually the hard way, that butterfly takes tremendous coordination and strength. Trying to make the arms move together, in the water and above the water, while trying to make the legs move together seems tough enough. And, somewhere in that sequence, you still have to find the strength to breathe.

But we know that swimming a “natural” butterfly can be done, because we have all seen people who can do it with seemingly no special effort. We have seen them at the Olympics on television, at swim meets, and even in our own workout groups. For the 95 percent of us whose worst stroke is the butterfly, we look upon those other five percent as some sort of elite group of swimmers gifted with supernatural talent. We are convinced that there is only one Mary T. Meagher (a.k.a. Madame Butterfly) in the world, and few swimmers like her. On the outside, us mere earthbound mortals look upon the natural butterflyers with awe. On the inside, we can not figure out how anybody could be so talented enough to swim butterfly so gracefully. If each of us had only an ounce of envy in ourselves, it would be reserved for butterflyers.

The reality is that, after taking that first big gulp of water learning to swim butterfly, the “elite” five percent later learned that butterfly did not really require tremendous coordination and strength after all. What butterfly does require is good, efficient technique, more so than for any other stroke. That is why swimming a natural butterfly is not the kingdom of the elite swimmer, but rather a swimmer’s final frontier.

There are many other reasons for trying to perfect your own butterfly stroke. First, it just looks good, smooth, and rhythmic. More importantly for most of us, it is a good calorie (fat) burner. It also is a great way to strengthen the leg, chest, shoulder, and abdominal muscles.

There are many good, detailed sources about learning to swim a natural butterfly, from coaches to books. Meanwhile, here are some quick tips to remember (otherwise known as *Secrets of the elite butterfly swimmer*):

The hips go up as the hands go in: This is THE NUMBER ONE law of butterfly. If the timing and rhythm of the stroke is wrong, the stroke becomes difficult as arms and legs begin applying force at the wrong times and in the wrong directions. The timing mechanism can be simply learned by remembering that the hips go up as the hands go in.

Apply T-pressure: Pressing the “T” refers to the action of applying downward pressure through your chest (The “T” being the intersection of the long axis of your body with a line from armpit to armpit). This pressure is used for balancing the body. Your body naturally will pivot about the hips, like a teeter-totter pivots (or balances) at the middle of the board. Applying T-pressure releases your hips to go up (as the hands go in, of course).

Use your head: Your body naturally follows where your head is going. No kidding! Remember, though, that your skull matter comes with a certain amount of mass (weight) and drag. If you attempt to raise your head up real high in order to breathe, your body will naturally attempt to achieve airborne flight. However, more appropriate movements of this “throw weight” will help maintain body balance like T-pressure.

Put the arms in the right place: When starting the arm stroke, the hands should land in front of you at, or barely wider than, shoulder width. A wider “catch” doesn’t hold much water (literally), while having the hands meet in front of you requires extra energy.

Keep elbows high: The dreaded “dropped elbow” can easily occur during the butterfly stroke. Elbows are most likely to fall below the wrists (and well below the water surface) early in the pull when the hands are widest from the body. By concentrating on keeping the elbows near the surface, above the wrists, and pointed outwards, you will keep your arms energized by leading with the mass of your arms instead of leading by the elbows.

Kick from the chest down, and kick the bottom of the pool: The kick in butterfly should not originate from the knees, or be limited to the lower legs. When you see dolphins or whales swimming, their movement in the water looks like one big body undulation from the head area through the body to a powerful kick motion. Natural butterfly looks similar. Trying to picture yourself kicking from the chest down is another way to focus on body balance.

There are two principles you should consider when practicing the butterfly stroke. The first is to build the stroke in the proper sequence. That sequence is (1) balance, (2) body position with the head/chest (3) hip movement, and finally (4) arm propulsion. Some drills you may try for body position include single-arm butterfly swimming and a “short-axis combo” (swimming a few strokes of fly, then immediately switching to a few strokes of breaststroke).

The second principle is to start small with the distance. If you are just learning the butterfly, start out by just taking a few strokes in the shallow end. As you get more proficient in maintaining your stroke, you can build your interval distance up, one pool length at a time. Then pretty soon, people will be calling you a “natural” swimmer.

11th annual Dawn Musselman Swim Against Cancer



The Dawn Musselman Swim Against Cancer is a one-hour individual swim to benefit the American Cancer Society. Named in memory of Dawn Musselman, a nationally-ranked Masters swimmer from the Puget Sound area who died of cancer, the Swim Against Cancer is an annual event to raise funds to fight cancer.

WHAT: The Swim Against Cancer is a contest to determine the distance an individual can swim in one hour as well as the amount of money he/she is able to raise for the American Cancer Society. It is organized as a swim-a-thon, with each participant collecting pledges for the distance he/she will swim. Participants swim in their local pools and must have a timer/counter with a stop watch to verify the number of lengths swum. Results are mailed with pledged contributions.

WHERE: The Swim Against Cancer may take place in any 25-yard pool.

WHEN: The Swim Against Cancer is held any time between January 1 and January 31 1998. Entry forms with pledges and contributions are due February 15, 1998.

WHO: YOU! Any registered USMS athlete is eligible to participate. All participants will receive a certificate of appreciation. Team awards will be given in three categories - most yardage, most money raised, and highest team participation. (A minimum of three swimmers is required for the team award.) A minimum \$15 contribution is required for each entry.

WHY: All proceeds benefit the American Cancer Society. You can help defeat cancer in our lifetime.

The Dawn Musselman Swim Against Cancer is sanctioned by United States Masters Swimming (USMS) and the Pacific Northwest Association of Masters Swimmers (PNA). Results will be printed in the WetSet. Swimmers are responsible for submitting receipts to donors. The event is sponsored by the PNA and the American Cancer Society.

TO ENTER
Send completed pledge sheet and collected contributions to:
Ann Martin
715 N. Yakima
Tacoma, WA 98403
QUESTIONS? Call Ann Martin at (253) 272-1854

**CHALLENGE YOU TEAMMATES! GAIN MORE YARDS THAN THE OTHER PNA TEAMS!
RAISE MORE MONEY FOR THE AMERICAN CANCER SOCIETY!
PRIZES FOR TEAMS AND INDIVIDUALS!**

HAPPY BIRTHDAY - PNA SWIMMERS

TOM FOLEY 63 PNA 1:42.43

M E N 65-69

50 YD. FREE
BOB DORSE 66 PNA 29.39
100 YD. FREE
BOB DORSE 66 PNA 1:09.69
100 YD. I.M.
BOB DORSE 66 PNA 1:23.77

M E N 70-74

50 YD. FREE
DENIS CROCKETT 73 CAN 40.26
100 YD. FREE
DENIS CROCKETT 73 CAN 1:38.40
200 YD. FREE
DENIS CROCKETT 73 CAN 3:47.90
50 YD. BACK
DENIS CROCKETT 73 CAN 1:01.65
100 YD. I.M.
DENIS CROCKETT 73 CAN 2:23.72

M E N 75-79

50 YD. BRST
JAMES WORREL 75 PNA 46.81
100 YD. BRST
JAMES WORREL 75 PNA 1:44.06
100 YD. I.M.
JAMES WORREL 75 PNA 1:44.57

RELAYS-MIXED 200 YD. FREE

19 +
STEVE RUTHERFORD 23 PNA 1:42.22
DAVE AUSTIN 23
JIM WATTS 21
JEREMY GERKING 24

SAM ANDERSON 29 PNA 1:50.25
LYNN MORIN 21
KELLY MOLASKI 39
STEVE RUTHERFORD 23

CAROLYN MATTHEWS 35 PNA 1:58.18
KELLY MOLASKI 39
LISA PERRY 32
LYNN MORIN 21

25 +
SAM ANDERSON 29 PNA 1:43.86
MARK AARSTOL 36
DAVE KAYARIAN 37
BOB FISH 34

ANDY LOVAN 31 PRO 1:50.72
MIKE GRIMM 29
CAROL MCCAIG 35
KERRY CARNAHAN 31

35 +
LARRY NORDELL 56 PNA 1:46.83
IAN THOMPSON 48
JIM WILLIAMS 41
MARC FAIRBANKS 46

RELAYS-MIXED 200 YD. MEDLEY

25 +
ANDY LOVAN 31 PRO 2:08.77
KERRY CARNAHAN 31
CAROL MCCAIG 35
MIKE GRIMM 29

01/16	DAVID KAYARIAN	01/30	MARY IGARTA
01/16	SHEILA SHANNON	01/30	LAWRENCE NORDELL
01/16	LESLIE HELM	01/30	DAVID SANTOS
01/17	NANCY PRICE	01/31	JACQUES BERGERON
01/17	JOHN PRIGGER	02/01	MISTY LEN
01/17	NANCY LAWRENCE	02/01	HOLLY RYDEL
01/17	ROY INGHAM	02/02	KEVIN KRIZEK
01/17	IRA COOPER	02/02	PETE COLBECK
01/19	MARC BECK	02/03	JANELLE STOUT
01/19	MARY SIPPLE	02/03	BRYAN ALBERT
01/19	WILLIAM GARRISON	02/04	JOHN THOMAS
01/19	GAY HUNTER	02/04	GARY SCHIMEK
01/19	JENNIFER BLAIR	02/04	SKIP FRAILEY
01/19	JANET MYERS	02/04	JAY LEMKE
01/20	JEAN HENDERSON	02/04	JACK HALLIGAN
01/20	PEG PETTY	02/05	KARL BARTON
01/20	CORAL BERNIER	02/05	GREGORY HARRISON
01/21	GARY BROCK	02/05	JIM BRYAN
01/22	KEN ALDRICH	02/06	DUNCAN MACKINNON
01/22	BILL RIACH	02/06	PAUL VANSANT
01/23	LISA DECK	02/07	DONNA PLUMMER
01/23	JIM LASERSOHN	02/07	JULIE LOVAN
01/24	CHIP WATERBURY	02/07	DAVID ADDLEMAN
01/24	FRED JAMISON	02/08	JON PAUOLE
01/25	ERIC TWEIT	02/08	MIKE WAYTE
01/25	CYNTHIA ROSIK	02/08	BETSY HALE
01/25	SYLVIA VON AULOCK	02/09	JOHN GEYMAN
01/25	WILLIAM ETNYRE	02/10	MARGARET WINNIE
01/25	JAMES ALLEN	02/10	JOSEPH KEENAN
01/26	JOHN BERRY	02/12	SEAN HILBERT
01/26	CARRIE PASCAL	02/12	JAMES MILLAR
01/27	GARY MATHER	02/13	PATRICIA DOTSON
01/27	LINDA BINGLER	02/13	DEMPSEY DYBDAHL
01/27	JOHN SYLVESTER	02/13	JOHN SEMANICK
01/27	MAXINE CARLSON	02/14	CYNTHIA HIRST
01/28	MARCIA STOCK	02/14	AMY WHEELER
01/29	MATTHEW JARMIN	02/14	DONNA KEYSER
01/29	JENNIFER STEVENS	02/14	LESLIE VAN ROMER
01/30	B.J. SLATER	02/15	DIANE O'NEAL
01/30	JAMES WEYAND	02/15	LAURA NATTRESS
01/30	JENNIE GOLDBERG	02/15	KIP KNAPPETT
01/30	MARY LIPPOLD		

WELCOME TO THE PNA

JIM ALEXANDER, SUSAN AMOTT, GALEN ATWOOD, DAVID AUSTIN, KIEL BISCEGLIA, MICHELLE BOROZAN, MARIA REUHAUS, KERRY CARNAHAN, LINDA CRUZE, TIM DAHL, DONNA DALY, NATASHA DIAMOND, SALLY DILLON, KENDRIA ELLIOTT, BRITA ENFIELD, SCOTT ENGELHARD, ERVIN GEBHARDT, HEATHER GERHARD, PETER GILLIS, MIKE GRIMM, DAWN JAEGER, CLARENCE JOHNSON, DEBORAH JOHNSON, LYNN JOHNSON, BRYAN KIENLEN, KEVIN KRIZEK, ALISSA KUEPERS, MISTY LEN, SARA MACDUFF, CAROLYN MATHEWS, MICHAEL MCCOLLY, LYNN MORIN, BRAD MOTT, STEVEN NIELSON, TERRI OKONESKI, BETH PETERSON, SAHARA IRIE, STEFANI REEL, BILL RIACH, GRETCHEN ROWE, JAMES EABURG, JAMES SHERMAN, KATE SILBERNAGEL, JOHN SYLVESTER, HOLLY VANCE, GLEN VEDERA, JEANNINE VEDERA, AND CHIP WATERBURY.

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: February 22, 1998
 Hosted by TAC Masters
 at Fidalgo Pool
 Sanction # 983602

Entries due: February 12, 1998

ORDER OF EVENTS

#	Event	DATE:	February 22, 1998
1	* 400 Free/400 IM *	TIME:	Warmup: 8:30 a.m. Meet: 9:30 a.m.
30 minute warm-up - Event 2 will not start before 11:00 AM			
2	Free Relay	PLACE:	Fidalgo Pool
3	100 Back		1603 22 nd
4	200 Free		Anacortes WA 98221
5	50 Fly		(360)-293-0673
6	200 Breast	FOR MEET INFO	Mike Bemis
7	100 IM	CALL:	(360)-293-0673
5 minute break			
		FACILITY:	6-lane, 25 meter pool
8	Mixed Free Relay		warm-up area
9	200 Back		water temp: 85
10	50 Free	RULES:	Current USMS rules will govern the meet
11	100 Fly		
12	50 Breast	ELIGIBILITY:	Open to all USMS registered 1998 swimmers 19 and over
5 minute break			
13	Medley Relay	SEEDING:	Slow to Fast
14	50 Back		
15	100 Free	CONCESSIONS:	Yes - donuts for 25 cents and free coffee
16	200 Fly		
17	100 Breast		
18	200 IM		
19	Mixed Medley Relay		

NO DIVING DURING WARMUP EXCEPT IN DESIGNATED SPRINT LANES

Directions. Take I-5 exit 230. Go west on Highway 20 to its end at Anacortes. Turn RIGHT onto Commercial Avenue and go about 10 blocks to 22nd street. Turn LEFT on 22nd and go up the hill to J Avenue (about 6 blocks).

PNA MASTERS LOCAL SWIMMING COMMITTEE
MEET ENTRY FORM: February 22, 1998
 Hosted by TAC Masters
 at Fidalgo Pool
 Sanction # 983602

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 75-59 80-84 85-89 90+

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

Please note that swimmers in event 1 may choose to swim either the 400m Freestyle or the 400m IM. If you enter event 1, please indicate whether you will be swimming freestyle or IM so that your swim can be judged accordingly.

ENTRY LIMIT: 5 EVENTS plus relays

EVENT NUMBER EVENT EVENT TIME

ENTRY FEES

SURCHARGE: \$4.00 _____ \$4.00 (Includes LMSC surcharge \$1)

Electronic Timing surcharge _____ \$1.00

Individual Events @ \$1.00 each _____ (No charge for relays)

TOTAL _____

Checks payable to: **TAC Masters**

Mail fees and this entry form to: **Mike Bemis**
1603 22nd
Anacortes WA 98221

Entries must be postmarked by February 12, 1998.

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 of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE _____ DATE _____

WETSET READER'S SURVEY

The PNA board and editor of the PNA newsletter would like to conduct a survey from our readers to find out what newsletter features interest you. We would also like to solicit any ideas you might have for what you would like to see in the newsletter. Part of the reason behind this is to determine how we can serve our membership better and the other is to try to reduce the costs of printing the newsletter. The newsletter is a significant part of our budget because of the number of copies we must print (around 1,000 copies). Please take the time to respond to this survey so that we can do a better job of providing information to the local swim community. Mail the completed survey to Gary Maynard at 13818 SE 7th Street, Bellevue, WA 98005 by February 15th. Thank you.

The following is a list of items from past WetSet issues. Please rank these items on a scale from 1 to 5 with 1 meaning that you have no interest in this item to 5 being very interested in having this feature retained in the WetSet.

Not Interested 1	Slightly Interested 2	Moderately Interested 3	Interested 4	Very Interested 5
Nationals/Worlds Race Results for PNA Swimmers	___		PNA Race Results	___
PNA Swimmers That Made USMS/World Top Ten	___		PNA Swimming Records	___
Minutes from the PNA Board Meetings	___		PNA Race Entry Forms	___
USMS Race Entry Forms	___		Other LMSC Race Entry Forms	___
Letters to the Editor	___		Meet Schedule	___
Personal Interest Stories from PNA Swimmers	___		Places to Swim	___
Featured Writers such as Dan Frost and Jane Moore	___		PNA Swimmer's Birthdays	___
Swimming Product Advertisements	___		Articles on Fitness/Diet	___
Articles on Sports Medicine	___		Articles from other Newsletters	___
New Swimmers That Joined PNA in the Last Month	___		USMS Convention Report	___
Listing of Registered PNA Masters Swim Teams	___		President's Letter	___
Swim Percentages (% improvement from last year)	___		Photos of Swimmers from Meets	___
Non-USMS Local Event Entry Forms such as the Emerald City Open Water Swim, Escape from the Rock Triathlon, etc.	___			___

Please put any other ideas for things you would like to see published in the WetSet in the space below.

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