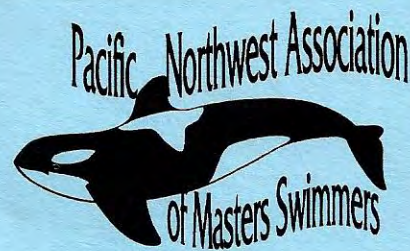


The WetSet



Volume 17 Issue 2

February 1998

1998 NIKE WORLD MASTERS GAMES UPDATE

by Sandi Rousseau

Registration Information: The World Masters Games organizing committee contracted with a company named VSI in Florida to provide a 1-800 number for world wide access. This company was to provide the services of fluency in 20+ languages, travel information, sending out registration information, and providing a database of registered athletes. Unfortunately for the Games, there has been a problem with performance from this company. While the 1-800-984-2637 number still works most of the time, the integrity of that line is not always present. You may still use the 1-800 number for travel information.

If you need registration information or the registration packet, WMG is now recommending and publishing the local number at the headquarters in Portland. It is not toll free, but you will get your information and your questions answered. The numbers to contact WMG are as follows:

1-503-226-1998 Ext 275 Lauren Kelling is the Registration Coordinator
1-503-226-0989 Fax You can send you name, address, and sport; and
information will be mailed to you.

Address: 1998 NIKE World Masters Games
55 SW Yamhill
Portland, OR 97204

There is also a WMG ad in the Jan-Feb issue of *SWIM* (page 9) with a form to fax into WMG headquarters.

Website: WMG also has a website which has general information about the Games, each sport, and souvenirs. You may find this at www.worldmasters.org. You may also download registration forms from www.info@worldmasters.org.

If you have any questions or problems with the above numbers or addresses, please call me (642-3679) so that I can get the information to the appropriate person at WMG.

President's Letter

1997 was an exciting year for the PNA. We hosted our second successful national championship and membership grew from 712 swimmers in 1996 to 881 at the end of 1997. The PNA Board of Directors would like to take actions to assure that this growth continues and that all members feel that the PNA is a valuable organization. If you have any ideas for events or other suggestions for improving the PNA, please contact a board member or me directly. You can write me at 1867 58th ST NE, Tacoma 98422 or e-mail at weswim@mindspring.com.

Sincerely,

Jane Moore, President

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Dan Frost

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in Bellingham

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1998 MEET SCHEDULE

PNA Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>
Feb 22	SCM	Fidalgo Pool - Anacortes
Mar 15	SCY	Naval Submarine Base - Bangor
Apr 3-5	SCY	PNA Championships - Bellingham Aquatic Center

Oregon

Mar 14	SCY	Pentathlon, Beaverton (Ed Ramsey (503) 693-8173)
Apr 3-5	SCY	Oregon Masters Champs - Corvallis (Pat Allender (541) 753-5681)
Apr 18-19	SCY	Northwest Zone Champs - Bend (Pam Himstreet (541) 593-9101)

Inland Empire

Feb 7-8	SCM	Fairchild AFB, Spokane (Diana Leake (208) 263-3976)
Mar 8	SCY	Lyons Pool, Yakima (Diana Leake)
Mar 21-22	SCY	Inland NW Champs, Spokane (Diana Leake)

Alaska

Feb 13-14	SCY	Alaska State Champs, Anchorage (Joanne Wainwright)
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British Columbia/Canada

Feb 22	SCM	Victoria, BC (Leon Plitano (250) 478-3379)
Mar 22	SCM	Delta Retreats, BC (Brian Johnston (604) 591-8357)
Apr 3-5	SCM	BC Provincial Champs, North Vancouver, BC

National/International

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

Inland Empire

Rich Swoboda (editor)
9366 N Kayla Ct
Hayden Lake, ID 83835
(208) 772-9450

Northwest Zone Rep

Dave Radcliff
5832 SE Woll Pond Way
Hillsboro, OR 97123
(509) 448-5250

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British Columbia

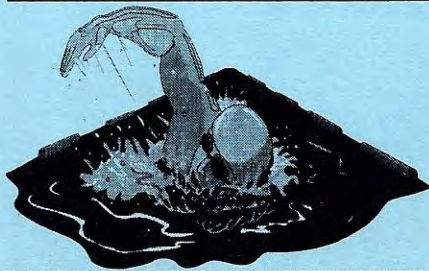
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United States Masters Swimming, Inc. is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United 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.

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

PNA LOCAL MASTERS SWIMMING COMMITTEE

SHORT COURSE YARDS MEET: March 15, 1998 (Meet Sanction #983603)
Hosted by the MWR-NSB Bangor *TRIDENTS* Swim Team

ORDER OF EVENTS (#3)	
#	Event
1	1650 Free
2	400 IM
Warmup Break	
3	200 Free Relay
4	200 Fly
5	200 Back
6	50 Breast
7	100 Free
5 minute break	
8	200 Mixed Free Relay
9	200 IM
10	50 Fly
11	100 Back
12	200 Breast
13	50 Free
5 minute break	
14	200 Medley Relay
15	100 Fly
16	50 Back
17	100 Breast
18	200 Free
19	100 IM
5 minute break	
20	200 Mixed Medley Relay
21	500 Free

DATE: **Sunday**, March 15, 1998
TIME: Warmup: **8:15 AM**; Meet starts **9:00 AM**
Warmup after Event #2; resume **10:30 AM**

PLACE: Naval Submarine Base Bangor Pool
Phone: **360-779-4817**

MEET DIRECTOR: **Marilyn Grindrod**
360-779-4817 (pool) 360-779-7796 (home)

FACILITY: 25 yd x 25 m (10 lanes) plus diving tank
Warmup: Lanes 1 - 4; Meet: Lanes 5 - 10
Water temperature: ~ 82 degrees F

CONCESSIONS: Bowling alley adjacent, video games.
McDonald's is nearby, too. **BRING THE KIDS** for
(Masters) Family Swim **AFTER** the meet until 5 PM!

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 1998 registered swimmers, 19 and above as of the last day of the meet.

SEEDING: Slow to fast TIMING: Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

NOTE: Please try to list everyone riding in your vehicle. We will create a Gate List to permit base entry. Directions to the pool (Building 2700) are available at both gates (Trigger Avenue and Main).

DIRECTIONS: From Tacoma, take Route 16 to Bremerton, then Highway 3 North (Silverdale, Bangor,

Poulsbo). Continue to the NSB Bangor Trigger Avenue gate exit (which occurs first) or the Main Gate exit (Luoto Road).

From Bremerton Ferry, depart ferry terminal, turning **RIGHT** onto Washington Street. Move into the **LEFT** lane, which becomes 11th Street. Follow 11th across town, turning **RIGHT** at the last light onto Kitsap Way. Go north on Highway 3 to the NSB Bangor Trigger Avenue or Main Gate exits.

From Bainbridge Island (Ferry), go north on Highway 305 and continue through Poulsbo. Go straight through all 6 lights to enter Highway 3 (South). Continue south to the NSB Bangor Main Gate exit, Luoto Road.

From Kingston (Ferry), follow main route from terminal. Bear **LEFT** through the light onto Bond Road. Follow Bond Road toward Poulsbo; turn **RIGHT** at the Highway 305 intersection. Continue straight through next light for Highway 3 (South). Continue south to the NSB Bangor Main Gate exit.

From Hood Canal Bridge, go south on Highway 3, which changes from 2-lane to 4-lane at Poulsbo. Continue on to the NSB Bangor Main Gate exit, Luoto Road.

Safety First!

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA LOCAL MASTERS SWIMMING COMMITTEE

MEET ENTRY FORM: March 15, 1998 Meet Sanction #983603
Hosted by the MWR-NSB Bangor *TRIDENTS* Swim Team at the NSB Bangor Pool

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: 368- _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of the last day of the meet):

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 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME (for SC YARDS)

GATE LIST: Driver: _____

All Passengers: _____

ENTRY FEES: \$ 5.00 (includes \$1 LMSC and \$1 electronic timing surcharges)

Individual Events: + _____ (\$5.00 maximum @ \$1 each; no charge for relays)

Total: \$ _____ [from \$5.00 (relays only) to \$10.00 (five events)]

Please make checks payable to: **STEVE PETERSON** 360-692-1669 (h)

Mail this entry form and fees to: **11165 CENTRAL VALLEY ROAD NW**
speterson@bandwagon.net **POULSBO WA 98370-8197**

Please send entries postmarked no later than **Thursday, March 5, 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 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.

SIGNED: _____ DATE: _____

Minutes of the PNA Board Meeting
December 14, 1997

Treasurer Jeanne Ensign called the meeting to order at 2:15 P.M. at Cascade Pizza following the Bellingham SCY meet (President Jane Moore was home battling the flu). Attendees: Kathy Casey, Sally Dillon, Dan Frost, Barb Gundred, Jan Kavadas, Hugh Moore, Steve Peterson, Walt Reid, Jett Vallandigham, Pinky Walker, and Jim Williams. Teams represented: Bellingham, Federal Way, Fort Steilacoom, GLAD, North Whidbey, OOPS, TACM, and Tacoma Y. Guest: Denis Crockett (President, MSABC British Columbia).

MINUTES: The November meeting minutes were approved as submitted. Sandi Rousseau sent corrections regarding this August's World Masters Games in Portland: Nike has nothing to do with managing the WMG -- WMG is now publishing Portland number 503-226-1998 for details (the 800 number is for travel only). Sandi has written two articles for Oregon's *Aquamaster* to help clarify WMG issues.

TREASURER'S REPORT: The PNA Balance Sheet indicates total assets of \$27,950 including the Wiggin Fund's \$2,517. Net ordinary income through December 12 is -\$3,029. National SC Meet proceeds of \$20,965 (to be finalized by Jan. 31, when excise and B&O taxes are due) plus 150 member registrations by year end will leave PNA in the black. The Board accepted Jeanne's report as presented.

Jeanne noted that she is missing the Meet Report from last April's Bangor meet (the Meets Chair does not normally receive this report). *Someone* should track the number of swimmers, net income, and other meet details. Jeanne volunteered to follow up on this.

The Board approved \$365 to Suzanne Dills for envelope expenses.

COMMITTEE REPORTS:

A. Membership: 461 swimmers are registered, versus 300 last year in December. Suzanne attributes this to re-registration invoicing and swimmers liking what the PNA has to offer.

B. Meets: Tammi Keeler will take over as committee chair in June.

The Meet Fee Policy Subcommittee is an outfall of the feeling among meet directors that current PNA guidelines do not promote profitable results. Chair Dan Frost feels that we need not a "one size fits all" solution but one closer to the needs of the 90s to avoid driving away meet hosts. The NWAC meet, for example, realized \$150 profit after the PNA received its \$311. What is a reasonable profit? \$4 per swimmer; \$2.50 to the PNA? The \$1 electronic timing fee is too low -- a timing system surcharge up to \$5 has been applied at some meets. Sally Dillon offered that \$15 for a 3-day meet is unrealistically low, for example. Should we replace the per-event-plus-surcharge structure with a flat fee? Dan concluded that we drop the sliding scale in favor of the flat fee. Hugh suggested \$5 for a 1-day meet to \$7 for 3 days plus \$3 - \$5 for electronic timing. Also, the "exceptional circumstances" phrase in current PNA meet fee policy is too loosely defined. Dan solicited input from both Board and membership to assist in policy revision. The Committee will present its final recommendations at the next meeting.

The Champs entry form must be prepared immediately to meet the meet and *WetSet* January publication deadlines. A motion to have Barb Gundred work up a fee structure for Champs and present it to the Executive Committee for approval was accepted.

The King County Aquatic Center has been reserved, but a team to host the 1998 Long Course Zone Champs is still needed. Jeanne will approach GLAD.

The Board approved changing the Bangor meet date from March 22 to March 15 to provide a longer taper before Champs...

C. Records/Top Ten: No report.

D. Publicity: No report.

E. Newsletter: Gary Maynard presented a survey (via Hugh Moore) asking what our membership wants to see in the *WetSet*. He listed typical article topics including personal interest stories, records, meet results, minutes, and new swimmers. Consider one to five favorites and mail your recommendations directly to Gary, or give them to your Team Rep. Sally Dillon observed that many meets are not announced soon enough. Also, why publish entries for local meets that are imminent, or for national postal meets when these are printed in *Swim* magazine?

Kathy Casey and Walt Reid, both past newsletter editors, volunteered to assist Gary on newsletter issues.

F. Awards: No report.

G. Social: Jett Vallandigham will work with the Champs crew on banquet ideas.

H. Officiating and I. Fitness: No report.

J. Computer Applications : PNA's web site has been updated except for the latest *WetSet* content. Dan Frost will be away for much of April through June on Navy duty, so he may make arrangements for page maintenance via remote access.

K. Constitution through P. Team Reps: No reports, except for **N. Ad Hoc Coaches:** Barb Gundred agreed to chair this committee.

OLD BUSINESS:

A. Team Survey: No report.

B. Other: None.

NEW BUSINESS:

A. International Thanks: Denis Crockett, President of MSABC (British Columbia), noted that he had met Hugh Moore in Toronto at the first World Masters meet. Since then, PNA has helped immensely with Masters Swimming development in British Columbia. So "thank

(Continued on page 5)

HAPPY BIRTHDAY - PNA SWIMMERS

02/16 J. TIMOTHY HEFFERNAN
02/17 MARILYNN GOTTLIEB
02/18 SARAH WELCH
02/19 GARY HAFER
02/19 NANCY SPESER
02/20 MELISSA NOBLE
02/20 EDWARD JR PHILLIPS
02/20 AMY STEWART
02/21 DALE WATANABE
02/21 BARBARA MAHONEY
02/22 JOSEPH JORDAN
02/22 PATRICIA(SUZIE) NESS
02/22 SUZANNE PERMUTH
02/24 SCOTT STONE
02/25 HEIDI TURNER
02/25 HEATHER LAWRENCE
02/25 JENNIFER DEMITRUK
02/25 PEGGY POMEROY
02/26 MARIAN BYSE
02/26 GARY MAYNARD
02/27 KELLY MOLASKI
02/28 JEFF GROSS
03/01 CHARLES THRASHER
03/01 GREG MATTHEWS
03/01 ELIZABETH TERRY
03/02 NICK SMITH
03/02 FRANCINE FAY
03/02 FRANK LEONARD

03/02 MARION MUELLER
03/02 KATHERINE OLSON
03/02 WAYNE WAGER
03/04 C. ANDREW NEFF
03/04 MURIEL FLYNN
03/05 LANI DOELY
03/05 KEN TELLOIAN
03/06 TOM ROBERTSON
03/07 DAVID NUNN
03/07 JO MOORE
03/07 THOMAS WALKER
03/08 YVONNE DYMERSKI
03/08 ELLEN FORNEY
03/08 AMY LEPARD
03/09 COLIN NESS
03/09 MALCOLM NEELY
03/09 JULIE PUGH
03/10 SHARON FILIPOWSKI
03/10 DARRYL SWENSON
03/10 CASH O'DONNELL
03/11 SHEILA MOORE
03/11 MATTHEW STAUFFER
03/13 TRACY LARSON
03/14 LINDA NELSON
03/15 KATHY MOORE

WELCOME TO THE PNA

TAMAR BENNETT, ROYCE CHRISTENSEN, PAUL CLOW, ANN COOKE, SIDNEY COUCH, JEFF COX, ELIZABETH DIETZ, TODD DOHERTY, JANE DONALD, LORRAINE EADIE, LEO ESPINOZA, MARILYN FILLEY, DORRES FOSTER, MICHAEL FRANK, DON GALLAGHER, MICHAEL GARCEAU, CAROLE GOYA, MICHELE HINATSU, CHRISTINE HOLLINGSHEAD, JEANNE JOHNSTON, KARL KUNKLE, DOUGLAS LAWRENCE, HEATHER LAWRENCE, AMY LEPARD, SUSAN LEVERIDGE, ROBERT MARKS, GREG MATTHEWS, GREGG METZLER, MICHAEL OLSON, LISA PERRY, STEVEN RUTHERFORD, JO SCHERER, KATHRYN SHARP, ROB SIMPSON, MADELAINE SMITH, PAM STRANDBERG, ELIZABETH TERRY, HEIDI TYRNER, THOMAS WALKER, AND RANDALL WILLMORE.

(Continued from page 4)

you PNA" from MSABC! Denis notes that the ratio of non-competitive to competitive swimmers suggests a need for more stroke and fitness articles in the *WetSet*. MSABC has had success with a pamphlet (now Version 2) and a questionnaire for membership development.

NEXT MEETINGS:

Tuesday, January 27, at Lee Carlson's home (Mercer Island)
Sunday, February 22, following the Anacortes meet
Tuesday, March 24, at Federal Way Library (320th)

Treasurer Jeanne adjourned the meeting at 3:45 P.M.
Respectfully submitted, Steve Peterson, Secretary.

NIKE WORLD MASTERS GAMES UPDATE

by Sandi Rousseau

As Commissioner of Swimming for the World Masters Games, I am serving as your liaison from Oregon Masters Swimming to the World Masters Games Organizing Committee. Oregon Masters Swimming has contracted with World Masters Games to organize and run the swimming competition, as well as to provide representatives to participate in the planning of the more global activities associated with the Games.

Three questions that have been repeatedly asked of your board members are (1) what benefit will OMS receive, (2) what is NIKE's involvement, and (3) why is the entry fee \$200. Let me address these topics for your understanding. OMS will benefit in a similar financial manner to hosting a National Championship, when we have made approximately \$15 per swimmer. This is a substantial income for our organization and does allow OMS to keep our dues at the same level as in the past several years.

NIKE is the lead Corporate Sponsor. The company has given money up front to assist with the organization of the Games for the 25 sports involved. No one at NIKE is making any of the day to day decisions regarding the Games. All decisions are being made by the WMG Organizing Committee with approval by the WMG Board of Directors. NIKE will make no profit other than what they gain from publicity.

The entry fee was set by the WMG Organizing Committee and is in keeping with their vision of the world class event that the Games will be. OMS agrees that it is a higher than usual fee for a swimming event, although it would be expected that the fee would be higher for an international event of this caliber. (The previous WMG in Australia was approximately \$125 per entrant.) The entry fee does include your entry into 5 events plus 4 relays, admission to three large events (including dancing and entertainment at some) during the two weeks of the Games, entry into "Celebration City" with entertainment, an athlete bag from NIKE, and a souvenir shirt. There will also be some "scholarships" available for those with fixed incomes or lower incomes.

I will be updating you at regular intervals until the Games in August, 1998, and seeking more volunteers in the upcoming months. So please think about the areas in which you would be willing to participate.

PNA MASTERS LOCAL SWIMMING COMMITTEE
LMSC
Short Course Championship Meet: April 3-5, 1998
Hosted by Bellingham Masters, North Whidbey Masters and TAC
Sanction #983604

Name _____ M F Age _____
 Address _____
 Phone _____ Date of Birth _____ USMS Number _____
 Team or Unattached _____ Association _____

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: 6 EVENTS (5 per day) plus relays

EVENT NUMBER	EVENT	EVENT TIME
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

EVENT FEES		
SURCHARGE:	\$10.00	_____ \$10.00 (Surcharge)
INDIVIDUAL EVENTS:	\$1.00 EACH	_____ (No charge for Relays)
T SHIRTS		_____ \$12.00 Med, Lg, Xlg (Please Circle One)
TOTAL		_____ (Surcharge + Individual events+ T Shirts)

The T-Shirts will have a chest pocket design and back print of Mt Baker to represent all three teams.
 Please make checks payable to: **Bellingham Masters Swim Club**

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

ENTRIES MUST BE POSTMARKED NO LATER THAN MARCH 20, 1998

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 DAMAGE, 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 SHORT COURSE CHAMPIONSHIP MEET
BELLINGHAM, WASHINGTON
APRIL 3-5, 1998**

HOSTED BY: Bellingham Masters, North Whidbey Masters and TAC

FACILITY: Bellingham Aquatic Center, 1114 Potter Street, Bellingham, Wa (360) 647-7665.

The Bellingham Aquatic Center is a two year old facility. The competition pool is 8 lanes, six of which will be used for competition with the outside two lanes for warm-up and warm-down. There is a diving tank which will be open for warm-up and warm-down. There is a large whirlpool available for relaxation.

ELIGIBILITY: ALL SWIMMERS MUST HAVE A VALID 1998 USMS REGISTRATION PRIOR TO MEET ENTRY OR SUBMIT AN APPLICATION POSTMARKED BY MARCH 20, 1998 ACCOMPANYING THE MEET ENTRY. SWIMMERS FROM OTHER LMSCs MUST INCLUDE A COPY OF THEIR USMS REGISTRATION CARD (OR CASA FOR CANADIANS) WITH MEET ENTRY.

ENTRIES MUST BE POSTMARKED NO LATER THAN MARCH 20, 1998. OR IN THE HANDS OF THE MEET DIRECTOR BY MARCH 24, 1998. You are encouraged to make a copy of your entry form for your records. if you would like confirmation of entry, enclose a SASE or stamped postcard

MEET DIRECTOR: Barb Gundred (360) 734-8364 (Before 9:00 pm please)
Email-Barbg@memes.com

Seeding for events will be slow to fast.

TIMES: Friday, April 3: Warm-ups: 5:30 to 6:20 pm; Events 6:30 pm
Saturday, April 4: Warm-ups: 8:30 to 9:20 am; Events 9:30 am
Sunday, April 5: Warm-ups: 8:30 to 9:20 am; Events 9:30 am

Friday April 3rd

- 1 400 IM
- 2 1650 Free (check in 5:30 pm)

Saturday April 4th

- 3 100 Back
- 4 50 Breast
- 5 200 Free
- 6 200 Medley Relay (check-in 9:30 am)
10 minute break
- 7 100 IM
- 8 100 Breast
- 9 200 Fly
- 10 50 Free
- 11 200 Mixed Free Relay
10 minute break
- 12 500 Free (check-in 12:30pm)

Sunday April 5th

- 13 50 Fly
- 14 200 Back
- 15 100 Free
- 16 200 Free Relay
10 minute break
- 17 200 IM
- 18 100 Fly
- 19 200 Breast
- 20 50 Back
- 21 200 Mixed Medley Relay
10 minute break
- 22 1000 Free (check in 12:30pm)

RULES: Current USMS rules will govern the meet.

**NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES
NOTE CHECK-IN TIME FOR DISTANCE EVENTS AND ENTRY DEADLINE FOR RELAYS.
ANYONE MISSING THESE DEADLINES WILL NOT BE ALLOWED TO SWIM THE EVENT.**

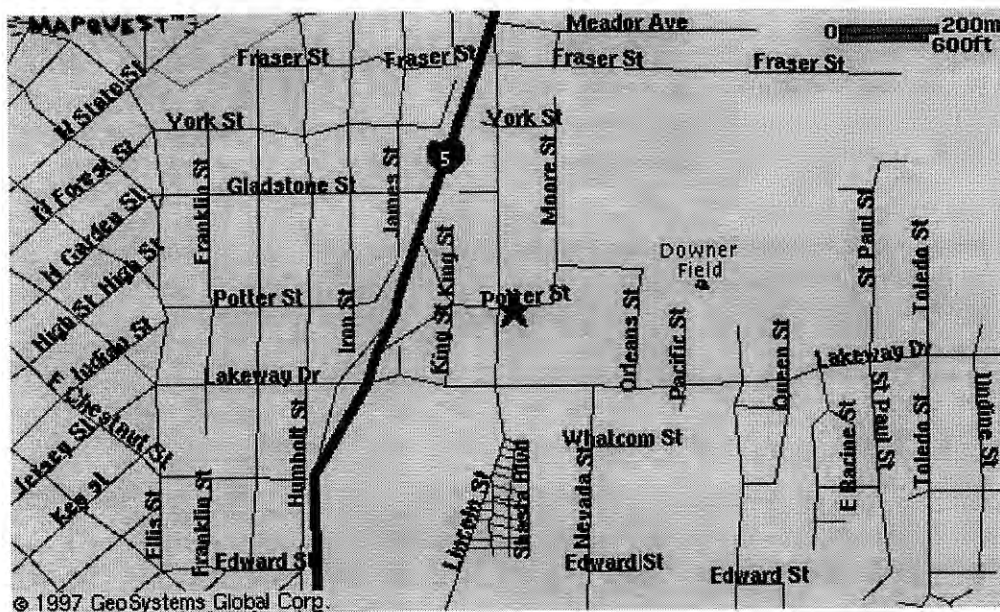
MAKE SURE THAT YOU ALLOW ENOUGH TIME TO COMPENSATE FOR TRAFFIC CONDITIONS.

**PACIFIC NORTHWEST LMSC SHORT COURSE CHAMPIONSHIP MEET
BELLINGHAM, WASHINGTON
APRIL 3-5, 1998**

Directions:

From I-5 Northbound, take the Lakeway exit. The exit empties onto King Street. Go across King St. and up one block to Lincoln Street. There is a stop sign here. Cross Lincoln St. and go past the school which will be on the right. 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 onto Lakeway and follow Lakeway through the second stop light. This is Lincoln Street. Turn left onto Lincoln and go one block and turn right at Potter Street. An elementary school will be on your right. The pool is just past the school on the right hand side.



Places to Stay:

Best Western Lakeway Inn
714 Lakeway Drive
(360) 671-1011

****Ask for Masters Swimmers Discount****

Val-U-Inn
805 Lakeway Drive
(360) 671-9600

****Ask for Masters Swimmers Discount****

Ramada Inn
215 N. Samish Way
(360) 734-8830

Quality Inn/Baron Suites
100 E. Kellogg Road
(360) 647-8000

Social Event:

There will be a social event following competition on Saturday. The time and place will be announced soon.

PNA individual awards will be available. TEAM AWARDS WILL BE PRESENTED TO THE TOP THREE SCORING TEAMS IN EACH TEAM SIZE CATEGORY. TEAMS MUST REGISTER WITH PNA PRIOR TO March 20, 1998 TO BE ELIGIBLE. SWIMMERS FROM OTHER LMSCs/WILL NOT SCORE POINTS AND WILL NOT DISPLACE PNA SWIMMERS FROM SCORING.



Places to Swim



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

SURVEY FOR TEAMS/COACHES

1. Team Name _____ Team Abbreviation _____
(No more than four characters)
 2. Coach(es) Name _____ Phone _____
Email Address _____ Home _____
Work _____
 3. WORKOUT INFO: Best Time to Call _____
 A Pools(s) _____

NAME	ADDRESS
Other Pools Used _____	

 B. Days and Times of Workouts _____
 C. Number of swimmers on Team _____
 D. Cost Per Month _____
 E. USMS Membership Required? _____ YES _____ NO
- Other Requirements _____

4. THE WETSET would like to feature a team each month with an article. Please help us out by providing a few things about your team, such as the following. Use additional paper if necessary:

- | | |
|--|--|
| <ul style="list-style-type: none"> ❖ Your emphasis /philosophy ❖ Favorite workouts * Ideas for cohesiveness * Team goals, i.e., more participation in meets, PNA Champs, et. * Stroke work that improves ability, strength, speed | <ul style="list-style-type: none"> Motivational ideas Favorite drills Social Activities Team Meetings or Newsletter Success with cross-training |
|--|--|

-
-
-
5. Have you ever run a meet? Yes _____ No _____
 6. Would you be interested in running a meet? Yes _____ No _____
 7. If so, what would make it more appealing for you to run a meet? _____
 8. Who should receive WETSET (mailing address) _____
 9. Identify by name suggested people to come to the monthly Board meeting _____
 10. Interested in post- meet socials? Yes _____ No _____
 11. Other Ideas: _____

Please return this Survey with your team registration.

THE GREAT WEIGHT DEBATE *Can you lose weight through swimming?*

By Dan Frost

Swimming is a good way to exercise. It has positive benefits for the cardiovascular system without high-impact levels of stress upon the body. But if you want to burn fat and lose weight, you had better try running or cycling instead, right?

At least, that is what some exercise experts would say. Lately, there have been various articles and books published about swimming and its effectiveness in reducing body fat. Each author, it seems, comes to a different conclusion. One author says that swimming is the best way to lose fat through exercise. Another says that swimmers who are trying to lose fat are fighting against the odds. Yet another says that swimming will both conserve and *increase* body fat. Predictably, each author points to his own sets of scientific studies and personal observations to back his claim.

For many of us Masters swimmers, weight control is a significant reason as to why we swim. We would like to be able to fit into the same size of clothes, or eat holiday meals without guilt, or maybe even someday look like those swimsuit models or *Baywatch* television stars. But is weight loss possible? Does it have to depend on which fitness expert you believe?

Even though different authors, scientists, and fitness experts come to different conclusions about the effectiveness of swimming in burning body fat, they do agree on some things. Here are some of those common beliefs that ought to help you decide if, and how, swimming can help achieve your weight control goals:

- *Swimmers mostly burn sugar, not fat:* The energy for muscular contraction primarily comes from the anaerobic metabolism of carbohydrates (glucose and glycogen) and the aerobic metabolism of glycogen and fat (free fatty acids). While a fat molecule contains more than twice the energy of a carbohydrate molecule, it is metabolized at a much slower rate than a carbohydrate molecule due to the added transport time from its stores to the working muscles and due to the length of the aerobic metabolic process. Even for the longest of pool swimming races, the metabolism of fat is less than 10 percent of an athlete's total energy consumption. However, during long workout intervals at sub-maximum speeds when the aerobic metabolism has time (opportunity) to significantly contribute to the amount of available energy, the metabolism of fat can provide up to 70 percent of the required energy. Runners and cyclists, who tend to exercise for extended periods and distances, burn roughly the same amount of total calories as swimmers, but burn more of those calories as fat.
- *Swimmers are ravenous eaters:* Why do you feel so hungry after a tough swimming workout? There are some reasons. First, you have burned much, if not most, of your *available* (carbohydrate) energy supply. Some research has suggested that the cool temperature of the water affects your appetite. In any case, your appetite is certainly not suppressed as it is after a jog, a walk, or a bicycle ride.
- *Swimming builds muscle:* At the very least, swimming retards muscle loss as we age. The more muscle we have, the more energy we need to metabolize both at rest and during exercise to feed that muscle.
- *Swimmers are fatter than runners:* At the highest level, elite runners carry approximately five percent less body fat than elite swimmers. This is due in some part to the greater amount of fat burned in a runner's energy mix. The elite swimmer may also benefit from the buoyancy of the extra fat. In any case, both elite runners and swimmers have safely low body fat levels.
- *Fat oxidation is greater after swimming than after running:* Fat metabolism after exercise is more essential to the swimmer than the runner, since fat metabolism slows the metabolic rate of the swimmer's depleting glycogen supply.
- *Swimmers should eat MORE meals:* In one respect, weight control is not as simple as "calories burned versus calories consumed." For example, eating a large, high-carbohydrate meal will elevate your blood sugar levels. It will also increase the secretion of the hormone insulin. Insulin regulates the amount of blood sugar by preventing the release of free fatty acids and by converting excess carbohydrate to be stored as fat. By consuming more frequent, but smaller, high-carbohydrate meals and snacks, you may dampen the fluctuations of blood sugar and insulin levels.
- *You are what you eat!:* If you are trying to reduce body fat, the last thing that you want to do is eat more fat than your body will use. A spike in your insulin level after a high-carbohydrate meal is nothing compared to the negative effect of a spike in your fat consumption.

Finally, I have known many swimmers who take various lengths of time off from swimming, and reappear much wider around the waist than before. As the effects of swim training faded away, so did their metabolic rates. Unfortunately, the ravenous swimmers appetite did not fade away as fast, if at all. For a while, I had wondered if a body fat gain during a break from swimming was inevitable. Instinct tells us that if you can match your metabolic decline with a proportional caloric intake decline, you can maintain your body fat percentage at about the same level. However, experience tells us that it is much easier to just keep swimming!

Pacific Northwest Association of Masters Swimmers - Local Team Registration

Please fill out and return the form below to register your team for 1998. We do want you to mail or fax the survey for teams / coaches to me as soon as possible. My fax number is 464-2009.

Registrations must be postmarked by February 27, 1998 in order to compete as a team and be eligible for team awards at the 1998 champs. All team members competing in the meet must be paid members of PNA Masters Swimmers.

Team Name _____
Team Representative: Name: _____
 Address: _____
 City: _____ Zip: _____
 Phone: _____

Team Coach: _____
 Address: _____
 City: _____ Zip _____

Application Fees: \$10.00 Made Payable to: PNA Masters Swimmers

Mail this form and check to : Lee Carlson
 The Seattle Times
 P. O. Box 70
 Seattle, WA 98109
 464-8558

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

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