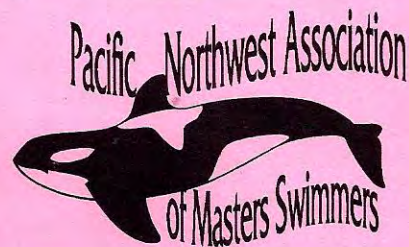


The WetSet



Volume 17 Issue 3

March 1998

President's Letter

Dear Swimmers:

All swimmers and coaches should be aware that USMS has adopted a few rule changes that will go into effect on March 6th. These rules were passed by FINA, the international organization that oversees competitive swimming. Both USMS and United States Swimming have agreed to these rule changes.

1.. The butterfly and freestyle now have a 15 meter restriction on underwater swimming on the turns and start similar to the current backstroke rules.

2.. The requirement that the shoulders remain in line with the surface of the water during the breaststroke swim and turn has been removed. However, the requirement that the arms move in a plane in line with the surface of the water was NOT removed.

3.. The requirement that the shoulders remain in line with the surface of the water during the butterfly TURN ONLY has also been removed.

Remember to get your champs entries and team registrations in prior to the March 20th deadline. This is a strict deadline.

Sincerely,

Jane Moore, President

Webmaster's News

A few added features have been made to the PNA website recently. The major addition is a page for Masters meets/events to be announced. Typically, I translate any entry forms or meet information sheets that I have received, and publish that information on the website. The URL for this page is... <http://www.whidbeynet.net/frosty/pna/meetinfo.htm>.

From that page, there are a few spinoff pages that are linked. There is a dedicated page of information for the 1998 PNA Champs, which includes the three pages of meet information, including the meet entry form that may be directly printed and mailed.

Another added page is an experimental Consolidated (generic) entry form. This is something that Pacific Masters has done for a while, and one of my friends on the USMS computer committee was able to convert this to HTML code. A consolidated entry form is a generic form that may be used to enter any Masters meets sanctioned by the same body. The form asks for the information required of every meet (such as name, address, age, etc), has the required USMS liability release to be signed/dated, and has spaces for all possible pool events. The information for filling out the event specific items (such as event numbers, fees, etc.) is listed in the meet entry information.

The experimental generic entry form is just that. This is simple another way that swimmers can enter our meets via the website. Since this is such a new thing, it should be up to the PNA Board and Meet Hosts to decide if they want to stick with it, modify it, or dump it. Suggestions are welcome.

USMS has announced the amended swimming rules for the breaststroke, butterfly and freestyle that were changed due to changes in FINA rules and consequently USS rules. The text of the new rules is on the USMS website. Our website has posted a message in the HOT NEWS section on the Homepage (pna.htm) and links to the new rules page on the USMS website. The new rules to into effect on March 6.

Finally, in other news, the North Whidbey Masters are finalizing a letter to the PNA Board with its opinion/position on the meet fee/PNA fee share debate.

Sincerely,

Dan Frost
PNA Webmaster
Computer Apps Chair

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PNA Champs Apr. 3-5
NW Zone Champs Apr. 18-19
Canadian Nationals May 15-18

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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.

1998 MEET SCHEDULE

PNA Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>
Mar 15	SCY	Naval Submarine Base - Bangor
Apr 3-5	SCY	PNA Championships - Bellingham Aquatic Center
July 11	LCM	Northwest Zone Champs - Federal Way (tentative date)

Other Local Events

Apr 4	Women's triathlon fitness clinic presented by Lynne Cameron - 5 time Ironman and Kim Chen - Olympic Swimmer at the Bellevue Club (see ad)
Apr 18	WashPIRG Swim for Clean Water (Alex Russell (206) 523-8985)

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

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

British Columbia/Canada

Mar 22	SCM	Delta Retreads, BC (Brian Johnston (604) 591-8357)
Apr 3-5	SCM	BC Provincial Champs, North Vancouver, BC

National/International

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 (Terry Dewhurst (800) 661-2718)
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

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

PNA MASTERS LOCAL SWIMMING COMMITTEE
Short Course Yards Meet: April 3-5, 1998
 Hosted by Bellingham Masters, Oak Harbor Masters and Anacortes Masters
 Sanction #

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)
 TOTAL (Surcharge + Individual events)

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, Oak Harbor and Anacortes teams respectively.

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.

Minutes of the PNA Board Meeting January 27, 1998

President Jane Moore called the meeting to order at 7:12 P.M. at Vice President Lee Carlson's home on Mercer Island. Attending were: Carolyn Behse, Kathy Casey, Sally Dillon, Suzanne Dills, Jeanne Ensign, Tom Foley, Dan Frost, Jan Kavadas, Hugh Moore, Suzie Ness, Frank Newquist, Steve Peterson, and Walt Reid. Teams represented: Bellevue Club, Federal Way, Fort Steilacoom, GLAD, North Whidbey, OOPS, Orcas, and Tigers. Guest: Parker Blackman of the Washington Public Interest Research Group (WashPIRG).

INTRODUCTIONS: Jane introduced Parker Blackman, who will address WashPIRG's swimming fundraiser (see New Business).

MINUTES: The December meeting minutes were approved as submitted.

TREASURER'S REPORT: The PNA 1997 Balance Sheet indicates total assets of \$33,389 including the Wiggin Fund's \$2,517. Net ordinary income for 1997 included \$1,233 plus National SC Meet proceeds of \$22,067, for a grand total of \$23,300. USMS National registration, Postal 3K/6K, and *WetSet* expenses reduce total assets to \$31,921 as of January 31. The Board accepted Jeanne's report as presented.

As previously recommended to and approved by the Board, Jeanne has purchased a 1-year CD for \$10K at 5.1% APR. The PNA falls into eight tax classifications as a result of "doing business" (meets) in four countries, giving Jeanne "the hardest excise tax preparation" she's done. A note to future meet hosts: any souvenirs (e.g., tee shirts) sent out of state are exempt from state sales tax.

Jeanne has analyzed Meet Report financial data from 1995 - 1998 (missing only 2 or 3 reports, by the way). The average meet fee per swimmer was \$8.52, average number of swimmers at meets was 83, and average gross receipts were \$726.31 (excluding Champs, Nationals, Postals, and Zone meets). Analysis of 1997 *WetSet* expenses reveals an annual cost of \$13.88 per registered swimmer. Current "subscription only" price is \$12, although only a dozen or so are mailed separately.

The Board approved \$52.50 to Jan Kavadas for Rule Books (given to Meet Directors). The PNA also owes Snake River LMSC for 361 ribbons used at the SCM Zone meet, which Jeanne will remit.

COMMITTEE REPORTS:

A. Membership: 630 swimmers have already registered for 1998, compared to 640 for all of 1994, 672 for 1995, and 881 for all 1997! (And only one check has bounced, and has since been made good.)

B. Meets: Suzie Ness reported that the Orca meet went well. Barb Gundred's meet bid was accepted for Champs to be held at the Bellingham Aquatic Center. A Dave Damm of Montana has requested meet results for all 1998

meets, and other board members report similar requests from him. In response, Mr. Damm will be asked to either join the PNA or subscribe to the *WetSet*. Suzanne Dills asked whether the King County Aquatic Center (KCAC) could be reserved now to avoid dis-appointment for Champs next year. Hugh Moore offered to follow up on this.

Meet Fee Policy Subcommittee Chair Dan Frost presented their final report, saying that members endorse no particular plan. The committee findings and recommendations cover six points: (1) current fee guidelines need restructuring; (2) meet hosts are not making reasonable profits from meets; (3) meet hosts perceive that PNA's fee share is excessive; (4) meet hosts rarely propose alternate fee structures; (5) three major expenses are incurred (pool, timing system, and PNA fee); which lead to (6) seven goals for a new meet fee structure and policy. Does PNA need the money? Yes, to offset expenses and balance the annual budget. The Nationals SCY meet leaves PNA in better financial condition than in years past, but we can't count on profitable Nationals income every year. Tom Foley asked how do we defend raising meet fees when PNA has this surplus? Why have we experienced such a lack of meets in Seattle pools? Cost? More likely is the time involved to put on a meet. Much discussion followed in re profits, costs, and reasonable PNA income (\$2 to \$2.50 per swimmer?). The Subcommittee's proposal will be sent to team representatives for local discussion, to solicit additional recommendations for consideration at the February Board meeting.

1998 LC Zone Meet: Jeanne Ensign says that her team will GLADly host this meet, especially with the aid of past meet directors. KCAC has been reserved for July 11-12, but this conflicts with the Oregon State Games meet (which might reduce attendance by 30 swimmers here, as it's a qualifier for Senior Nationals). June 30 may still be open. Coleman Pool may be available July 18 - Lee Carlson will contact Seattle Parks & Recreation; Hugh will coordinate with KCAC; both will coordinate with GLAD.

Other meets: 1998 SCM Zone Meet bids are due to Dave Radcliff by March 15. The SCY Zone Meet will be April 18-19 in Bend, Oregon. The Calgary Alberta Canadian Provincials are March 28-29 (403-286-3434). Canadian National Champs are in Edmonton May 16-18. Call 800-661-2718 or see www.compumart.ab.ca/dwellis/nat98 for details.

C. Records/Top Ten: Walt has submitted the SCM Top Ten records data to National.

D. Publicity: No report.

E. Newsletter: Gary Maynard is ready to relinquish his duties as editor of the *WetSet*. If you're interested, we need you!

F. Awards: Sally Dillon has inventoried the current stash of ribbons and medals with

the objective to *simplify!* (that is, maintain only one type of medals and ribbons for PNA use.) She asked if any written records existed. Jeanne said that financial entries in past years were not accompanied with any form of documentation. Upon Sally's recommendation to donate the odds 'n ends, Kathy Casey said she'd take the ribbons and pins for Special Olympics and the box of Nationals ball-point pens for the Alternative High School pen box.

G. Social: No report.

H. Officiating: Jan says that officials are needed for the National Junior Wheelchair Champs at the Bellevue Aquatic Center on June 29 (Monday) and July 3.

I. Fitness: Carolyn announced Ironman Mark Allen's "Fitness, Training, and Family" seminar being held in Bellevue on January 31 (\$95 fee).

J. Computer Applications: Dan has added an additional web page to the PNA site for meets information (see www.whidbeynet.net/frosty/PNA/PNA.htm).

K. Constitution: No report.

L. Safety: Kathy: "It's getting done."

M. Ad Hoc Open Water: No report.

N. Ad Hoc Coaches: No report.

O. At-Large Reps: No report.

P. Team Reps: No report.

OLD BUSINESS:

A. Team Survey: Lee says that seven teams have registered to date. Deadline is March 20. Lee will compile the teams list, to verify official qualifiers for Champs.

B. Other: None.

NEW BUSINESS:

A. WashPIRG Water Watch fundraiser: Parker Blackman described this organization, now 20 years old with 20,000 members. It has offices in Bellevue with student chapters at Evergreen College and Oregon College. Water quality is its emphasis, focused through its Water Watch program (cleanups of streams and shorelines). WashPIRG wants to expand its organization and effort. So, would the PNA consider endorsing, sanctioning, or sponsoring a swim-a-thon fundraiser at Seattle U? Suzanne Dills expressed the PNA's reservations about involvement in political organizations, asking if PNA has a policy on this. If liability coverage is not an issue, then PNA involvement is of no particular advantage. Carolyn Behse suggested that Parker contact Sports Northwest magazine for advertising support.

NEXT MEETINGS:

Sunday, February 22, following the Anacortes meet

Tuesday, March 24, at Federal Way Library (320th)

Tuesday, April 28 (place to be determined)
President Jane adjourned the meeting at 9:22 P.M.

Respectfully submitted, Steve Peterson, Secretary.

Oregon Masters Swimming Short Course Yards Meet

Sanctioned by Oregon LMSC for USMS, Inc. Sanction #378-04

Eligibility: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1998 registration form and fee with this form.

N.W.ZONE SC YARDS CHAMPIONSHIPS

Place: Juniper Aquatic Center - Bend, OR

5 lanes competition - electronic timing / 1 lane continuous warm up/down

Large, new, hot tub spa

Meet Director: Matt Mercer 503-389-7665 work 503-388-1952 home

Directions to pool: From Hwy 97 North or South, take Hwy 20, or Greenwood Avenue, east. Turn right on 6th Street and go south 2 blocks to pool.

DATES: APRIL 18, 19, 1998

**WARM-UPS: SAT. & SUN. 7:00 A.M.
MEET STARTS: SAT. & SUN. 8:00 A.M.**

**All entrants MUST submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY**

ENTRY DEADLINE: POSTMARKED NO LATER THAN - April 5, 1998

Fill in completely-----return lower portion-----fill in completely

NAME _____ 1998 USMS# _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____ SEX _____

USMS CLUB _____ (OREG, MACO, IEM, SNAKE, PNA, etc.)

Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 19+, 25+, 35+, 45+, 55+, 65+, 75+. You may enter a maximum of 6 individual events plus 4 relays. You may enter no more than 5 individual events per day. Enter relays at the meet. The 400 I.M., 500, 1000 & 1650 Frees will be deck seeded and all events will be seeded slow to fast.

SATURDAY APRIL 18

1000 FREE (1) _____ : _____ . _____

SECOND WARM UP

Event 2 will not start before 9:30

200 I.M. (2) _____ : _____ . _____

200 BACK (3) _____ : _____ . _____

50 FREE (4) _____ : _____ . _____

100 BREAST (5) _____ : _____ . _____

BREAK BREAK BREAK

MXD FREE RLY (6) XXXXXXXX

50 FLY (7) _____ : _____ . _____

200 FREE (8) _____ : _____ . _____

100 BACK (9) _____ : _____ . _____

BREAK BREAK BREAK

MEDLEY RLY (10/11) XXXXXXXX

400 I.M. (12) _____ : _____ . _____

FREE SWIM CLINIC BY BOB BRUCE

(1-1/2 hour Clinic. Zone Meeting after clinic.)

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 _____

MEET ENTRY FEE: \$14.00 Make checks payable to Oregon Masters Swimming

I PLAN TO ATTEND THE BOB BRUCE SWIM CLINIC _____ (check if yes)

I PLAN TO ATTEND THE SOCIAL AFTER THE CLINIC _____ (check if yes)

SUNDAY APRIL 19

1650 FREE (13) _____ : _____ . _____

SECOND WARM UP

Event 14 will not start before 9:30

200 FLY (14) _____ : _____ . _____

50 BREAST (15) _____ : _____ . _____

100 FREE (16) _____ : _____ . _____

BREAK BREAK BREAK

FREE RELAY (17/18) XXXXXXXX

100 FLY (19) _____ : _____ . _____

50 BACK (20) _____ : _____ . _____

200 BREAST (21) _____ : _____ . _____

100 I.M. (22) _____ : _____ . _____

MIXED MED RLY (23) XXXXXXXX

BREAK BREAK BREAK

500 FREE (24) _____ : _____ . _____

Send form(s) and fee (s) c/o Suzanne Rague 935 N.W. 170th Place Beaverton, OR 97006

HAPPY BIRTHDAY - PNA SWIMMERS

03/16 TODD DOHERTY	04/03 ERIC DYBDAHL
03/16 PHOEBE TERHAAR	04/03 THOMAS TAYLOR
03/19 JULIE AINSWORTH-FISHER	04/03 JAMES KETTLEBOROUGH
03/19 PATRICK SLOWEY	04/03 MICHELE HINATSU
03/21 BARBARA HAYNES	04/04 ALAN BELL
03/22 MIKE NELSON	04/05 SYDNEY MUNGER
03/22 CAROLYN CAVALIER	04/05 MARIANNE HUNTER
03/22 JOHN (JACK) CONNELLY	04/06 CAROLYN BALDWIN
03/25 EDWARD ARTIS	04/06 JANET KAVADAS
03/25 JACKIE KIMPTON	04/06 TOM BAKER
03/25 BECKY KLIEMAN	04/08 CHAYA AMIAD
03/26 RICK SPENCER	04/09 GAIL HASHAGEN
03/27 VICTOR YAGI	04/09 JIM PENFIELD
03/29 MARY ANNA KEISER	04/10 SUSAN AMOTT
03/30 CLAUDIA BERTOLONE-SMITH	04/11 THOMAS RIEPE
03/30 JACK STAVROS	04/12 YVONNE YOKOTA
03/31 JENNIFER SANTILLANO	04/12 JENNIFER STAPP
04/01 MARK WEAVER	04/12 DONNA PETERS
04/01 JIM ALEXANDER	04/14 MARK WATLING
04/01 JEAN HUCKINS	04/14 SAM ANDERSON
04/01 AMY RUSHO	04/15 WENDY VAN DESOMPELE
04/02 JOHN CARROLL	04/15 ANTHONY HILLMAN
04/03 MARK GENTHER	04/15 TRISHA SCHWERZLER

From the Editor:

It is with regret that I inform WetSet readers that I have decided to step down as editor. However, this creates an opportunity for someone else to step in and take over this exciting PNA position. If you are interested please contact Jane Moore.

The USMS Coaches Committee is issuing a nominations call for its 1998 Coach of the Year Award. Since 1986, the award has been presented at the USMS annual convention to a coach who demonstrates excellence in five areas: club and individual accomplishments, publications, contributions to USMS and the LMSC, letters of support and long-term contributions to Masters swimming.

Nominations are due in writing no later than July 15, 1998. For more information and nomination guidelines contact either of the following:

Bonnie Adair	Scott Rabalais
520 Broadway, Suite 320-A	3537 Christina Ave.
Santa Monica, CA 90401	Baton Rouge, LA 70820
(310) 451-6666	(504) 766-5937
swims@jps.net	scottrabalais@compuserve.com

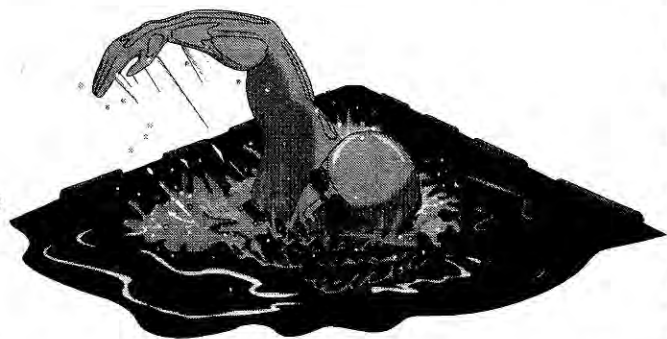
WashPIRG's Swim for Clean Water

The purpose of the **Swim for Clean Water** event is to educate and involve the community in our efforts to protect Puget Sound waterways. We are also raising money to further build and support this important program.

- When:** Saturday April 18th, from 9:00 am to 1:00 pm.
Where: Seattle University, Connolly Center Swimming Pools.
How: Contact Alex Russell (206) 523-8985, FAX (206) 523-8984 or e-mail: washpirg@mindspring.com
Register for your time to swim and then get all your friends and family to sponsor you in your Swim for Clean Water! (To enter, raise a minimum of \$50, that's just 4 sponsors giving \$.50 per lap for 25 laps; 5,000 meters or 100 lap maximum.)
Why: Help local effort for clean water
Prepare for Masters Nationals in May
Try out your butterfly stroke
Make new friends

There will be prizes for everyone who enters, including prizes for raising the most money, having the largest single contributor, swimming the most laps, having the most sponsors and more!

WashPIRG, one of the state's leading non-profit environmental organizations, is best known for helping to clean up some of the state's most polluted waterways. This year WashPIRG is continuing efforts to clean-up Puget Sound waterways by sponsoring the 1st annual **Swim for Clean Water** event.



PERSONAL SWIM MEET CHALLENGES *Making your next meet interesting*

By Dan Frost

Anybody who has seen a Masters swim meet knows how much fun they can be. Masters meets are part competition, part celebration, part opportunity, part challenge, and part entertainment. Any person of any age or skill level will feel at home at a Masters meet. Certainly, the meets are not that difficult. In fact, there are only two things that are truly difficult about swimming in a Masters meet...

- (1) The preparation and training for it, and
- (2) Deciding what events to swim in it.

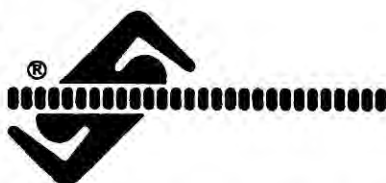
Unless you are the type of swimmer who always swims the same event in every meet, choosing the number and type of events to swim at a meet can be a tough mental exercise. It does not matter if you are entering your first-ever meet or your 100th...sometimes you just can not decide what to swim. Do you pick tough events or easy ones? Many events or few? Do you ask yourself, "What should I pick that will encourage me to train faithfully for the meet, and make the meet interesting?"

Here are some ideas that you can try for your next Masters meet that can help you look forward to the challenge and experience:

- *The One-Event Meet:* Enter only one event at the meet, and focus 100% of your efforts on that event. This can help you perform under pressure for that one big event at the end of the season.
- *The Max-Event Meet:* Enter the maximum number of events, and learn how to perform better when you are physically and mentally fatigued.
- *The Same Stroke Meet:* Enter the 50, 100, and 200 events of the same stroke. Learn to focus on keeping good stroke technique at both sprint and endurance speeds.
- *The Distance Meet:* You can challenge your endurance by entering events of the longer distances. One variation can be entering the 500, 1000, and 1650 in the same meet. Another could be entering events (of any stroke combination) that are at least 200 yards long.
- *The Pentathlon:* Enter one event each of freestyle, backstroke, breaststroke, butterfly, and individual medley. The event distances could be all short, all long, or a mixture. A Masters team in Minnesota has an annual postal meet where the entrants swim this "pentathlon" of events.
- *The Back-to-Back Meet:* Enter two consecutive events, and try to do your best in both. This will help you develop a tough mental attitude, especially during that second event. One confidence booster is to have that second event be your personal best event, or one that you know that you can handle well no matter how tired you get. If you want an even bigger challenge, try entering three consecutive events, back-to-back-to-back!
- *The Underdog Meet:* Enter events where you think that the opposition will be tough. Try your best to be the victorious underdog! This could be the chance to beat somebody that you never thought you could.
- *The Conquering Hero Meet:* Enter events where you think that the opposition will be weak. Try to "bring home the gold" in the midst of (artificial) pressure to live up to the status of a favorite.
- *The Mountain Climb Meet:* Enter, in order, a 50, 100, 200, and 500 event of any stroke or combination of strokes. This is a good way to build up your endurance through the meet for the final "push to the summit".
- *The Avalanche Meet:* Enter, in order, a 500, 200, 100, and 50. If you have any energy left for that 50, let it all out!
- *The Negative-Split Meet:* Enter any number of events of at least 100 yards, and attempt in each event to swim faster in the second half than in the first. This is good practical practice for an important swimming skill.
- *The Save-the-Best-for-Last Meet:* In addition to your other events, enter the final event of the meet, and focus your training and effort on making that final event the best one of the day.
- *The Brute Squad Meet:* The Davis Aquatic Masters team has an annual meet with only three events: The 200 butterfly, the 400 individual medley, and the 1650 freestyle (the competitors swim all three events). To conquer the three toughest events in swimming, all in the same meet or day, is a mighty accomplishment. A variation, should your meet not offer those events, is to enter the longest butterfly event, the longest I.M., and the longest freestyle available.
- *The Things-Go-Wrong Meet:* Try doing a few things wrong on purpose. Show up at the pool late. Wear your old, baggy swimsuit. Flood or lose your goggles. Try to swim your best in spite of your "adversity", so that you can learn how to prepare for and deal with any situation when the big end-of-season meet comes.

And finally, if all else fails...

- *The Dart Board Meet:* Throw one dart at a dart board. The number where the dart lands is the event number of your first event. Continue throwing one dart at a time until you are satisfied with your meet entry.



LONG DISTANCE SWIMMING 1998 LONG DISTANCE CALENDAR

NOTE: OPN = Open Water, PST = Postal Swim, LD = Long Distance in Pool

1/1-31/98	*** NATIONAL CHAMPIONSHIP *** 1-Hour Postal Championship	PST	Joann Leilich, 7209 Hansford Ct., Springfield, VA 22151; 703-354-2130; E-mail: hrswim@rails.com; Sanctioned by PV LMSC # 108-001
1/1/98-5/31/98	Geo Swim Challenge	PST	Geo Swim Challenge, 4164 Austin Bluffs Parkway, Ste. 352, Colorado Springs, CO 80918; 719-264-9301, 719-264-9301(fax); E-mail: geoswimchallenge@worldnet.att.net; Eight events representing a plotted swim course in eight lakes in the United States
1/4/98	1 Mi Ocean Swim - Boca Raton, FL	OPN	Steve Griffith; 561-393-7842
1/10/98	1 Mi Ocean Swim - Deerfield Beach, FL	OPN	Steve Griffith; 561-393-7842
1/11/98	1 Mi Ocean Swim - Hollywood, FL	OPN	Steve Griffith; 561-393-7842
2/1-28/98	February Fitness Challenge	PST	Scott Rabalais, 3537 Christina Ave., Baton Rouge, LA 70820; 504-766-5937, 504-766-5937(fax); E-mail: ScottRabalais@compuserve.com
4/11/98	3K Open Water - Indiatlantic, FL	OPN	Sam Freas, 900 N. Riverside Dr., Indiatlantic, FL 32903; 407-773-3367
May 98	Cable Swim - Louisville, KY	OPN	Joanne Tingley, 2107 Eastview, Louisville, KY 40205; 505-454-3029; Located in KY LMSC
5/2/98	3 Mi Bay Swim - Tampa, FL	OPN	Toby O'brien; 813-896-5320
5/15/98-9/30/98	*** NATIONAL CHAMPIONSHIP *** 5 & 10K Postal Championships	PST	Elin Zander, S 13927 Traver Ln., Valleyford, WA 99036; 509-448-5250; Sanctioned by IE LMSC
5/16/98	Spring Lake Open Water - Petaluma, CA	OPN	Jim McCray; 707-527-3353(d), 707-528-4718(e); Sanctioned by PC LMSC
5/23/98	5K Open Water - Pensacola, FL	OPN	Steven Fair, 4301 Creighton Rd., #55, Pensacola, FL 32504; 850-494-9724; E-mail: swimmore@ksinc.net
5/30/98	7.5-Mi Potomac River - Swim for Environment	OPN	Joe Stewart, 3212 Avon Ave., Baltimore, MD 21218; 410-243-4418; Accompanied swim with limited entries. Pledged swim to benefit the environment.
5/31/98	Reston 2-Mi Swim - Lk. Audubon, Reston, VA	OPN	Phyllis Sickenberger, 1807 Post Oak Tr., Reston, VA 20191; 703-845-SWIM; Lynn Hazlewood; E-mail: lynhzldw@usms.org; Entry forms available Feb 98; Sanctioned by PV LMSC
6/6/98	1 & 2 Mi Swim - Lake Berryessa, CA	OPN	Jon Tice; 916-661-5985(d), 916-795-4755(e); Sanctioned by PC LMSC
6/13/98	*** NATIONAL CHAMPIONSHIP *** 2-Mile Cable Championship - Lake Lanier, GA	OPN	D.A.M.P., PO Box 88863, Atlanta, GA 30356-8863; 770-698-8020, 770-399-6731(fax); E-mail: beyondwords@mindspring.com; Web Site: www.mindspring.com/~beyondwords/index.htm; Sanctioned by GA LMSC
6/13/98	The Victor 12.5 Mi Swim Around Key West	OPN	Coral Springs Masters, c/o JPC, PO Box 8086, Coral Springs, FL 33065; Randy Nutt; 954-755-3318
6/14/98	4.4 Mi Chesapeake Bay Bridge Swim - Baltimore, MD	OPN	GCBS, 211 E. Baltimore St., #6, Baltimore, MD 21202; 410-783-5482; Web Site: www.lin-mark.com
6/20-21/98	Alexandria Lake Swims - Alexandria, MN	OPN	Sarah Hromada, Sanctions, 6409 Wilryan Ave. S, Edina, MN 55439; 612-941-5557; Located in MN LMSC
6/20/98	Warm Springs 1 & 2 Mi - Healdsburg, CA	OPN	Roland Crotts; 415-459-8888; Sanctioned by PC LMSC
6/20/98	1.2 & 2.2 Nautical Mi Swim for Life - Gun Powder River, MD	OPN	Joe Stewart, c/o Swim for Life, PO Box 39464, Baltimore, MD 21212; 410-243-4418; AIDS benefit, Registration 7-8:30 AM
6/21/98	1 Mi Ocean Swim - Virginia Beach, VA	OPN	Betsy Durrant, 211 66th St, Virginia Beach, VA 23451; 804-422-6811; E-mail: durrantb@aol.com; Sanctioned by VA LMSC
6/26/98	VII FINA World Championships 5K Swim - Casablanca, Morocco	OPN	USMS National Office - Send \$2 with SASE, 261 High Range Rd., Londonderry, NH 03053-2616; Tour Packages by Pacific Place; 800-328-8778, 714-768-0280(fax), 213-980-8133(fax); E-mail: world-travel@juno.com; Tour Packages by Ponta Vedra Travel, 800-833-SWIM, 904-280-0045(fax); Web Site: www.fina.org/
6/27/98	1 & 3.1 Mi Swim - Mashpee (Cape Cod), MA	OPN	Gus Frederick, Mashpee Leisure Services, 16 Great Neck Rd., N., Mashpee, MA 02649; 508-539-1446
6/28/98	Lake Del Valle Open Water - Livermore, CA	OPN	Linda Gilchrist; 510-522-0787; Sanctioned by PC LMSC
7/4/98	*** NATIONAL CHAMPIONSHIP *** 1-Mile Open Water Championship - Greenwich Pt., CT	OPN	Kathy Salvo, 95 Columbus Place #1, Stamford, CT 06907; 203-322-6162; Sanctioned by CT LMSC
7/11/98	2 Mi Cable Swim - Charlottesville, VA	OPN	Joyce Mullins, 3104 Waterton Dr., Midlothian, VA 23113; 804-323-0483; Sanctioned by VA LMSC
7/11/98	Russian River Swim - Healdsburg, CA	OPN	Jim McCray; 707-527-3353(d), 707-528-4718(e); Sanctioned by PC LMSC
7/18/98	1 & 2-Mi Lake Swim - Canandaigua, NY	OPN	Vern Hecker, 3452 Gehan Rd., Canandaigua, NY 14424; 716-394-4075; New York State Championship; Located in NI LMSC
7/18/98	Trans Tahoe Relay - Lake Tahoe, CA	OPN	Dana Totten; 415-775-3088(x205); Sanctioned by PC LMSC

7/26/98	Lk Erie 1 & 2 Mi Swims - Cleveland, OH	OPN	Pieter Cath, 35400 Bainbridge Rd., Solon, OH 44139; 440-248-8270; E-mail: cath.p@worldnet.att.net; Sanctioned by LE LMSC
Aug 98	1 & 2K Open Water - Silver Creek, Buffalo, NY	OPN	Miles-for-Smiles, c/o Demaree Brady, Children's Hospital, 239 Bryant St., Buffalo, NY 14222; 716-694-2841; Located in NI LMSC
8/1/98	1 Mi Swim - Santa Cruz, CA	OPN	Rick Gould, 323 Church St., Santa Cruz, CA 95060; 408-429-3197, 408-426-7728(fax); Sanctioned by PC LMSC
Aug 98	Open Water Swim - Colorado Springs, CO	OPN	Karen Burton; 719-535-0665; Located in CO LMSC
8/2/98	2 Mi Swim - Santa Cruz, CA	OPN	Rick Gould, 323 Church St., Santa Cruz, CA 95060; 408-429-3197, 408-426-7728(fax); Sanctioned by PC LMSC
8/2/98	*** NATIONAL CHAMPIONSHIP *** 6-Mile Open Water Championship - Santa Cruz, CA	OPN	Joel Wilson, Box 8422, Santa Cruz, CA 95061; 408-425-5762, 408-425-5762(fax); Sanctioned by PC LMSC
8/8/98	*** NATIONAL CHAMPIONSHIP *** 2.7-Mile Open Water Championship - Donner Lake, Truckee, CA	OPN	Nancy Rose, PO Box 9122, Truckee, CA 96162; 916-582-1214; Sanctioned by PC LMSC
8/16/98	2 * 1 Mi Relay - Lake Del Valle, Livemore, CA	OPN	Gary Fitschen; 415-777-2400(d), 510-530-7812(e); Sanctioned by PC LMSC
9/1/98-10/3/98	*** NATIONAL CHAMPIONSHIP *** 3000 & 6000 Yard Postal Championship	PST	Ann Svanson, PO Box 425, Greenfield Center NY 12833; 518-893-1967; E-mail: asvanson@skidmore.edu; Sanctioned by NI LMSC
9/12/98	*** NATIONAL CHAMPIONSHIP *** 3 to 6-Mile Open Water Championship - Buford, GA	OPN	D.A.M.P., PO Box 88863, Atlanta, GA 30356-8863; 770-698-8020, 770-399-6731(fax); E-mail: beyondwords@mindspring.com; Web Site: www.mindspring.com/~beyondwords/index.htm; Sanctioned by GA LMSC
9/13/98	1 & 3-Mi Rough Water Swims - La Jolla, CA	OPN	LJRWS, PO Box 2127, La Jolla, CA 92038; 619-456-2100; Phone number gives 24-hour recorded info.
9/13/98	1 & 2 Mi Whiskeytown Swim - Redding, CA	OPN	Pete O'Neill; 916-225-0020(d), 916-246-7340(e); Sanctioned by PC LMSC
9/19/98	Shadow Cliffs 1/2 & 1.5 Mi Swim - California	OPN	Tina Talbot; 510-275-2345(d), 510-831-9539(e); Sanctioned by PC LMSC
11/1/98	5 Mi Coral Reef Swim - St. Croix, U.S. Virgin Islands	OPN	Patty Sperber, c/o St. Croix Hotel and Tourism Association; 800-524-2026
1/1-31/99	*** NATIONAL CHAMPIONSHIP *** 1-Hour Postal Championship	PST	Jon Einsidler, 10 Waterside Plaza, Apt. 6D, New York, NY 10010; 212-684-2979; Sanctioned by MR LMSC
5/15/99-9/3/99	*** NATIONAL CHAMPIONSHIP *** 5 & 10 K Postal Championship	LCM	Jane A. Moore, 1867 58th St. NE, Tacoma, WA 98422-1517; 253-925-0803; Sanctioned by PN LMSC
7/10/99	*** NATIONAL CHAMPIONSHIP *** 2-Mile Cable Championship - Charlottesville, VA	OPN	Joyce Mullins, 3104 Waterton Dr., Midlothian, VA 23113; 804-323-0483, 804-323-9020(fax); E-mail: mullpost@ix.netcom.com; Sanctioned by VA LMSC
7/17/99	*** NATIONAL CHAMPIONSHIP *** 1-Mile Open Water Championship - Seal Beach, CA	OPN	Anne Welty, 68 Rivo Alto Canal, Long Beach, CA 90803; 562-424-4227(x236); Sanctioned by SP LMSC
8/1/99	*** NATIONAL CHAMPIONSHIP *** 2-Mile Open Water Championship - Cleveland, OH	OPN	Maureen Koss, 3400 Wooster, Apt. #215, Rocky River, OH 44116; 216-333-7521; Sanctioned by OH LMSC
9/1/99-10/3/99	*** NATIONAL CHAMPIONSHIP *** 3000 & 6000 Yard Postal Championship	SCY	Marie Hunter, 1755 Georgia Ave. NE, St. Petersburg, FL 33703; 813-521-1172; Sanctioned by FL LMSC
9/12/99	1 & 3-Mi Rough Water Swims - La Jolla, CA	OPN	LJRWS, PO Box 2127, La Jolla, CA 92038; 619-456-2100; Phone number gives 24-hour recorded info.
9/25/99	*** NATIONAL CHAMPIONSHIP *** 6+ Mile Open Water Championship - Santa Monica, CA	OPN	Bonnie Adair, 2310 29th St., Santa Monica, CA 90405-2010; 310-451-6666; Sanctioned by SP LMSC
9/26/99	*** NATIONAL CHAMPIONSHIP *** 5K Open Water Championship - Catalina Is., CA	OPN	Tom Katsouleas, 20452 Pacific Coast Hwy., Malibu, CA 90265; 801-456-3657; Sanctioned by SP LMSC

NOTE: Not all events listed on this calendar are sanctioned by USMS, Inc. and are therefor not necessarily covered by insurance. Swimmers are advised to check with meet directors to determine if an event is sanctioned. USMS Sanctioned events can be recognized by the following statement on the entry form: "Sanctioned by (LMSC name) for USMS, Inc. Sanction Number _____." Wherever possible, sanction information is included on the calendar.

The USMS Long Distance Calendar can be found on the Web at:

<http://www.usms.org/comp/events.htm>

To receive an updated calendar by mail send SASE to:
Lynn Hazlewood, 11714 Decade Ct., Reston VA 20191-2942

ENTRY FORM 1998 CANADIAN MASTERS NATIONAL CHAMPIONSHIPS

Liability Release and Waiver:
I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit to participate in the 1998 Canadian Masters Swimming Championships (the Meet) and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in participating in a swim meet such as the Meet, including permanent disability or death and involuntarily agree to accept such risks. I hereby waive and release any and claims, demands, actions and causes of action for damages or otherwise which I may now or hereafter have arising out of my participation in the Meet and in any and all activities incident thereto against the members of the Organizing Committee for the Meet, Edmonton Masters Swim Club, the City of Edmonton as the owner of the host facilities, all meet sponsors and any and all individuals officiating at the Meet or supervising such activities, as a condition of my participation in the Meet.

Date _____

Signed _____
Have you enclosed a copy of your masters registration? _____

Please report illnesses or afflictions, of concern, to our medical staff upon arrival.

Massage therapy will be available during the meet.

COACHES MEETING
A meeting of coaches will be held on Friday, May 15 at 3:30 p.m. at the pool.

MEN		INDIVIDUAL EVENTS		WOMEN	
TIME	EVENT DESCRIPTION	TIME	EVENT DESCRIPTION	TIME	EVENT DESCRIPTION
FRIDAY 4:00 P.M.					
	# 1A 1500 M Free Style; Men or				
	# 1B 800 M Free Style; Men				
			Women; 400M Free Style # 2		
	# 3 200 M Breaststroke	# 4			
	# 5 50 M Butterfly	# 6			
	# 7 200 M Mixed Medley Relay				
SATURDAY 8:00 A.M.					
			Women; 1500 M Free Style # 8A		
			or Women; 800M Free Style # 8B		
	# 9 400 M Free Style; Men				
	# 11 200 M Backstroke	# 10			
	# 13 100 M Breaststroke	# 12			
	# 15 50 M Free Style	# 14			
			200 M Mixed Free Style Relay # 16		
SUNDAY 8:00 A.M.					
	# 17 400 M Individual Medley	# 18			
	# 19 200 M Butterfly	# 20			
	# 21 100 M Free Style	# 22			
	# 23 50 M Breaststroke	# 24			
	# 25 100 M Backstroke	# 26			
	# 27 200 M Medley Relay	# 28			
MONDAY 8:00 A.M.					
	# 30 200 M Free Style	# 29			
	# 32 100 M Butterfly	# 31			
	# 34 200 M Individual Medley	# 33			
	# 36 50 M Backstroke	# 35			
	# 38 200 M Free Style Relay	# 37			

Remember: 3 Day grazing pass only available with registration!

Name _____ Sex M _____ F _____
 Address _____ Registration # _____
 City _____ Prov. _____ Postal Code _____
 Affiliation/Club _____ Code _____ Telephone (H) _____
 Date of birth Y 19__ M ___ D ___ *Age _____ Telephone (B) _____
*Age as of December 31, 1998

Staying at (Name of hotel) _____		Mail entries to:
Swim meet registration (Each participant)	\$ 35.00	Edmonton Masters Nationals
Number of events (Max. 6) @ \$ 5.00	\$ _____	P.O. Box 5216B
Final results @ \$ 10.00	\$ _____	Gameau Postal Outlet
BBQ Tickets Saturday night @ \$ 20.00	\$ _____	8210 - 109 Street
Grazing ticket 3 days @ \$ 30.00	\$ _____	Edmonton, AB Canada
Shuttle Service Pass @ \$ 12.00	\$ _____	T6G 2T5
Cheque (Cdn. funds) for	TOTAL \$ _____	Enclose: Copy Masters Reg., Entry Form(s), Cheque. (Payable to: Edmonton Masters Nationals)

ENTRY DEADLINE APRIL 10, 1998
NO TIME! NO SWIM!

Canadian Masters Swimming Championships

Commonwealth Pool (Kinsmen Sports Centre)
May 15, 16, 17 & 18, 1998
Edmonton, Alberta, Canada

Friday May 15	Saturday May 16	Sunday May 17	Monday May 18
Men Swim First	Women Swim First	Men Swim First	Women Swim First
Start 4:00 P.M. EVENT # 1 CHOICE Men Only! 800 M or 1500 M Free Style Check-in: Thursday 10:00 a.m. - 8:00 p.m., Friday 10:00 a.m. - 2:00 p.m.	Start 8:00 A.M. EVENT # 8 CHOICE Women Only! 800 M or 1500 M Free Style Check-in Friday until 8:00 p.m.	Start 8:00 A.M. EVENT # 17 & 18 400 M Individual Medley Check-in Saturday until 4:00 p.m.	Start 8:00 A.M. EVENT # 29 & 30 200 M Free Style
EVENT # 2 Women Only! 400 M Free Style Check-in Same as men.	EVENT # 9 Men Only! 400 M Free Style Check-in Friday see above.	EVENT # 19 & 20 200 M Butterfly	EVENT # 31 & 32 100 M Butterfly
EVENT # 3 & 4 200 M Breaststroke Men and Women	EVENT # 10 & 11 200 M Backstroke	EVENT # 21 & 22 100 M Free Style	EVENT # 33 & 34 200 M Individual Medley
EVENT # 5 & 6 50 M Butterfly	EVENT # 12 & 13 100 M Breaststroke	EVENT # 23 & 24 50 M Breaststroke	EVENT # 35 & 36 50 M Backstroke
EVENT # 7 200 M Mixed Medley Relay Check-in Friday until 6:00 p.m.	EVENT # 14 & 15 50 M Free Style	EVENT # 25 & 26 100 M Backstroke	EVENT # 37 & 38 200 M Free Style Relay Check-in until 10:00 a.m.
	EVENT # 16 200 M Mixed Free Style Relay Check-in until noon.	EVENT # 27 & 28 200 M Medley Relay Check-in until noon.	Very important: The NO false start rule will be in effect for the entire meet! Deadline for entries April 10, 1998
	BBQ Social Start 6:00 p.m.		

Please Note:
 The meet will operate under FINA rules. Events # 1, 2, 8 and 9 will swim two per lane! Events # 1, 2, 8, 9, 17 and 18 require the swimmers to check-in the day prior to the event, anyone not reporting in, will be omitted. All relays also require check-in. (All heats will be filled for these events). There will be no deck entries. All events will be seeded such, that the slowest heat will swim first, oldest to youngest competitor, while trying to maintain age group competition. Maximum number of personal events 6. Age groups: 19-24; 25-29; 30-34, etc. as required. Relays 80-119; 120-159; 160-199, etc. in 40 year increments. Also being made available, hotel shuttle service, BBQ social and all day grazing for competitors.
More info at: <http://www.compumart.ab.ca/dwellis/nat98>

GREAT SELECTION OF SOUVENIRS AVAILABLE AT THE MEET!

BREASTSTROKE

USMS 101.2 BREASTSROKE

- .2 Stroke - From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast ~~and both shoulders shall be in line with the water surface~~. The arms shall move simultaneously and in the same horizontal plane without any alternating movement. ... *<rest of section remains unchanged>*
- .4 Turns - At each turn, the touch shall be made with both hands simultaneously at, above, or below the water surface, ~~and the shoulders shall be in line with the water surface~~. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during any part of the last complete or incomplete stroke cycle preceding the touch. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall and the form prescribed in .2 must be attained from the beginning of the first arm stroke.

BUTTERFLY

USMS 101.3 BUTTERFLY

- .2 Stroke - After the start and after each turn, the swimmer's shoulders must be at or past the vertical toward the breast. One or more leg kicks are permitted, but only one arm pull under water, which must bring the swimmer to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish. From the beginning of the first arm pull, the swimmer's shoulders shall be in line with the water surface. Both arms must be brought forward over the water and pulled back simultaneously.
- .4 Turns - At each turn the body shall be on the breast ~~and the shoulders in line with the water surface~~. The touch shall be made with both hands simultaneously at, above, or below the water surface. Once a touch has been made, the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the swimmer leaves the wall.

FREESTYLE

USMS 101.5. FREESTYLE

- .2 Stroke - Freestyle means that in an event so designated the swimmer may swim any style, except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and each turn. By that point the head must have broken the surface.

These changes are effective March 6, 1998.

WOMEN'S TRIATHLON CLINIC

Women of all abilities welcome!

Saturday, April 4, 1998

8am – 12pm

Bellevue Club

(425) 637-4610

Cost: \$30

**Presented by: Lynne Cameron—Five Time Ironman Finisher
Kim Chen—Olympic Swimmer--1988**

WOMEN'S TRIATHLON CLINIC—Reservation Form

First Name	Last Name		
Address	City	State	Zip
Home Phone	Work Phone	E-mail	

Make checks payable to: Bellevue Club
Cost: \$30 before 3/29, \$35 after 3/29
Mail Reservation Form and check to:
Bellevue Club, Athletic Dept.
11200 SE 6th, Bellevue, WA 98004
For more information: (425) 637-4610

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

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