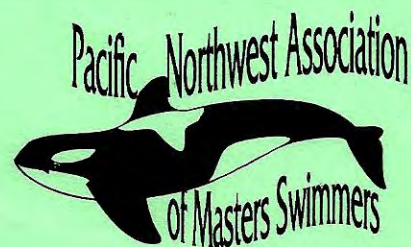


# The WetSet



Volume 17 Issue 4

April 1998

## President's Letter

Dear Swimmers:

By the time you get this issue of the Wet-Set, PNA Champs will be over. Some of us will be looking forward to the Short Course Zone Championship in Bend, Oregon, and some to Short Course Nationals in Indianapolis. Others may think that the season is over. If you are one of those, don't forget that there is a long course season coming up. It is the PNA's turn to host Long Course Zone Championships this year. The Green Lake Aqua Ducks will host the meet July 25 & 26 at the King County Aquatic Center. That should give everyone another goal. It's been a few years since there has been a long course meet here. We should get back in the habit of having at least one long course meet a year. Mark the dates on your calendar now so you won't miss the fun.

I haven't heard from anyone regarding how you think the PNA is doing. I guess that means everyone thinks everything is perfect. I know better than that. The PNA Board and I would really like to have some new ideas for additional things we could be doing for the swimmers. Let us know your thoughts. What would you like to see the PNA do? Remember that the PNA is all of us. It's not some bureaucracy (at least I don't think so). Everyone on the Board is a swimmer who is volunteering time and energy to improve swimming for all of us.

Hope to hear from you soon.

Jane Moore

253-925-0803  
1867 58th ST NE Tacoma, WA 98422  
weswim@mindspring.com

## Where Have All the Masters Gone?

by Dan Frost

This year, the Pacific Northwest Association of Masters Swimmers has, for the first time, over 800 active members. A significant part of that total includes many new swimmers that have only recently joined the PNA. Overall, this is a clear sign that we are doing many of the right things to attract new members and encourage all members to stay. To everyone who joined us this year, I hope you found that your membership provided you with all that you were expecting, and then some. I further wish to all members, both new and "experienced", that you will choose to take part in another exciting year of participation in the best sport in which to exercise and socialize.

With that theme in mind, I respectfully submit to you a fictitious "open" letter from the next swimmer to join your Masters swimming group. It is based on a few experiences I have had or have heard, and I trust that it strikes a chord with each of us.

Dear Masters swim team,

I recently made the decision to take up swimming for exercise on a regular basis. Perhaps, I decided to swim because I wanted to improve my health. Or, maybe it was because I remember how much fun it was to swim on the youth team when I was growing up. It could be a wish to change from those other sports I did that left me bruised and sore. It also seems like a great opportunity as both a refresher from the daily grind of life, and a chance to take on a challenge someday like crossing the English Channel or finishing the Ironman triathlon.

I recently heard that there actually was such a thing as adult swimming. I

can't remember if I heard it mentioned from my friends, read it in a book, saw an advertisement, or stumbled upon it as I was browsing through the Internet. In any case, it sounded like joining your group could just be the right thing for me.

I do have some questions to ask about your group. Questions such as how much prior swimming experience is required, what are the workouts like, and how much does it cost. However, I have had great difficulty finding anybody who knows the answers. I looked up the phone number of the local pool and called, but the person who answered didn't know much about your program. I found an e-mail listing for a swimmer who lives in the region, but he could not tell me any specifics about your group either. Through my Internet search, I did find a small, seemingly outdated note about your program, with a phone number for either your coach

*(Continued on page 8)*

## Inside

**Where Have All the Masters Gone?**

**Dan Frost**

**Meet Results -**

**Helene Madison  
Anacortes**

**Race Entry Form**

**NW Long Course Champs -  
July 25-26**



## PNA OFFICERS

### President

Jane Moore

1867 58th Street NE

Tacoma, WA 98422

(206) 925-0803

e-mail: weswim@mindspring.com

### Vice President

Lee Carlson

(206) 232-3916

### Treasurer

Jeanne Ensign

(206) 324-6768

### Secretary

Steve Peterson

(360) 692-1669

### Membership

Suzanne Dills (Registrar)

1101 N Northlake Way

Seattle, WA 98103

(206) 547-1654

### WetSet Editor

Gary Maynard

13818 SE 7th Street

Bellevue, WA 98005

(206) 641-7435

e-mail: maynard@parametrix.com

## 1998 MEET SCHEDULE

### PNA Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>
Apr 3-5	SCY	PNA Championships - Bellingham Aquatic Center
July 25-26	LCM	Northwest Zone Champs - Federal Way (hosted by GLAD)

### 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

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)

### British Columbia/Canada

Apr 3-5	SCM	BC Provincial Champs, North Vancouver, BC
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### 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

#### Oregon

David Radcliff (editor)  
5832 SE Woll Pond Way  
Hillsboro, OR 97123  
(503) 648-7141

#### Snake River

Jill Wright (editor)  
1626 Williams  
Boise, ID 82706  
(208) 338-5287

#### Northwest Zone Rep

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

#### Utah

Carol Morgan (editor)  
4650 Idlewild Road  
Salt Lk. City, UT 84124  
(801) 278-3795

#### Montana

Craig Christopherson (editor)  
678 Sunset Blvd  
Kalispell, MT 59901  
(406) 257-3257

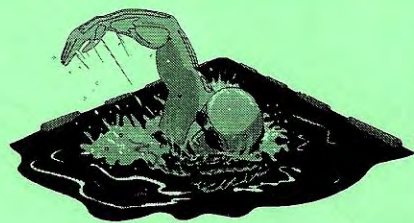
#### Alaska

Janet Rumble (editor)  
P.O. Box 33336  
Juneau, AK 99803  
(907) 364-3106

#### British Columbia

Mary Lou Monteith  
2363 Seine Road  
Duncan B.C. V9L3B2  
(604) 748-0527/FAX (604) 748-0517  
e-mail: monteith@mail.island.net

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



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.



**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 1998 LONG COURSE METERS ZONE CHAMPIONSHIP MEET  
 July 25 & 26, 1998 Meet Sanction #983605  
 Hosted by the Green Lake Aqua Ducks (GLAD)

DATE: **Saturday, July 25 & Sunday July 26, 1998**  
 TIMES: **SATURDAY** Warmup: **8:00 AM**, meet starts **9:00 AM**  
 Warmup after Event #2; resume no sooner than **10:30 AM**  
**SUNDAY** Warm up: **8:00 AM**, meet starts **9:00 AM**

PLACE: Weyerhaeuser King County Aquatic Center, Federal Way, Washington  
 Phone: (206) 296-4444

**MEET DIRECTOR: Robin O'Leary**  
 (206) 525-7725 (before 8:30 pm)

FACILITY: Competition pool: 50 meters x 8 lanes  
 Warmup pool: 25 yards x 7 lanes  
 Water temperature: 80 degrees F

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.

AWARDS: Ribbons will be awarded for first through sixth place.

DIRECTIONS: (a) NORTHBOUND I-5 or SOUTHBOUND I-5: Take exit 142B. You will then be going west on S 348<sup>th</sup>. Continue West on S 348<sup>th</sup> past Pacific Highway S (highway 99) and past 1<sup>st</sup> Ave S (NOTE: 348<sup>th</sup> becomes SW Campus Drive after crossing 1<sup>st</sup> Ave S). The pool is on your right about 1/2 mile past 1<sup>st</sup> Ave S.  
 (b) WESTBOUND Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S. 348<sup>th</sup> after crossing I-5. Follow the instructions for (a).

- Saturday**
- 1 1500 Free (May enter EITHER
  - 2 800 Free event #1 OR #2)
  - Break**
  - 3 200 Medley Relay
  - 4 50 Breast
  - 5 100 Fly
  - 6 200 Free
  - 7 200 IM
  - Break**
  - 8 400 Medley Relay
  - 9 400 Free Relay
  - 10 100 Breast
  - 11 200 Back
  - 12 50 Fly
  - Break**
  - 13 200 Mixed Free Relay

- Sunday**
- 14 400 IM
  - Break**
  - 15 200 Free Relay
  - 16 100 Back
  - 17 50 Free
  - 18 200 Breast
  - Break**
  - 19 800 Free Relay
  - 20 50 Back
  - 21 200 Fly
  - 22 100 Free
  - Break**
  - 23 200 Mixed Medley Relay
  - 24 400 Free

Safety First!

**NO DIVING** DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

**PNA LOCAL MASTERS SWIMMING COMMITTEE**  
 1998 LONG COURSE METERS ZONE CHAMPIONSHIP MEET  
 July 25 & 26, 1998 Meet Sanction #983605  
 Hosted by the Green Lake Aqua Ducks (GLAD)

NAME: \_\_\_\_\_ M F AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS #: \_\_\_\_\_

CLUB/TEAM \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_

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: 6 EVENTS TOTAL, plus relays. MAXIMUM 5 EVENTS PER DAY, plus relays.

EVENT NUMBER	EVENT	SEED TIME (for LC Meters)

ENTRY FEES: \$ 11.00 (includes \$1 LMSC, \$1 electronic timing and \$1 Zone surcharges)

Individual Events: + \_\_\_\_\_ (\$6.00 maximum @ \$1 each; no charge for relays)

T-shirts + \_\_\_\_\_ S( ) M( ) L( ) XL( ) XXL( ) @ \$12.00 each

Total: \$ \_\_\_\_\_

Please make checks payable to: **JEANNE ENSIGN** (206) 324-6768 (h)

Mail this entry form and fees to: **600 MALDEN E. #102** (BEFORE 9 PM)

**SEATTLE, WA 98112-4500** [jeanne@rainier.net](mailto:jeanne@rainier.net)

Please send entries postmarked no later than Wednesday, **July 15, 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**  
February 22, 1998

President Jane Moore called the meeting to order at 2:30 P.M. at the Fidalgo Pool, Anacortes, following the February SCM meet. Attending were: Lee Carlson, Kathy Casey, Bob Dorse, Jeanne Ensign, Marc Fairbanks, Tom Foley, Barb Gundred, Hugh Moore, Robin O'Leary, Steve Peterson, Walt Reid, Jett Vallandigham, Pinky Walker, and Jim Williams. Teams represented: Anacortes, Bellingham, Federal Way, Fort Steilacoom, GLAD, OOPS, Mercer Island Redwoods, and Tigers.

**MINUTES:** The January meeting minutes were approved as submitted.

**TREASURER'S REPORT:** Excise tax processing for 1997 is complete. The PNA incurred \$212 and the National SC meet amount is \$3,586. The Balance Sheet indicates total assets of \$28,531 including the Wiggin Fund's \$2,572. The Postal 3K/6K earned \$843 (\$1,778 gross less \$935 expenses). The Board accepted Jeanne's report as presented.

**COMMITTEE REPORTS:**

**A. Membership:** Current membership is 670. The most recent inductees have been swimmers new to USMS. Suzanne (in absentia) noted that the USMS Registration form did not appear in either the January or February *WetSets*. She will contact Gary to make sure this form appears in every issue.

**B. Meets:** Meet Fee Policy: North Whidbey Masters submitted a request for relief from the LMSC fee in either of two ways: (1) waive the fee for the 1997 Northwest Zone Short Course Meters Championships in its entirety, or (2) if meet fees are waived as a result of Board action on their earlier proposal, that this be retroactive to include all PNA-sanctioned meets held since the 1997 USMS Short Course Nationals.

Hugh noted that we lack sufficient detail to analyze meet financial performance because we don't solicit it from meet hosts. (The PNA shouldn't necessarily get into the financial details of meet hosting.) He proposed that meet hosts provide the PNA with meet income and expense

information for the period September 1996 – August 1999. We would analyze this data as a basis for determining the future meet fee structure and to ensure that meet hosts keep at least \$3 per swimmer. Or, why not define the PNA fee as a flat percentage of the meet's net profit? One difficulty arises from many definitions of "net" income. The USMS Sanction fee was questioned: it is really a bond to guarantee meet performance. North Whidbey may have underestimated the value of the newsletter for distribution of meets information. After more discussion, Hugh restated his proposal as a motion: "The PNA shall guarantee a profit to Meet Hosts of \$3.00 per swimmer. This guarantee is retroactive to September 1, 1996, and shall remain in effect through August 31, 1999. Meet Hosts must submit to the PNA Treasurer an income and expense statement, on a form to be supplied by the PNA, to receive relief under this guarantee." This motion was MSA'd. Revised meet fee policy M-12 was put to vote, and Plan B (1 day or multiple day) adopted. Revised policy M-13 was MSA'd as proposed. Policy M-15 was modified to set the PNA fee at \$1.75 per swimmer, effective September 1, 1998, and was adopted. (Jeanne noted that the average PNA fee is about \$1.80±/swimmer from her summary sheets of last meeting, and that we shouldn't change policy until current season is over.) As a result, no action was deemed necessary regarding North Whidbey's two requests. Tom Foley proposed that the surcharge (not including electronic timing fee) be waived for Seniors (65+) to accommodate fixed-income folks. This doesn't address any limited-income folks at the other end of the range (19-24), however. Opinions are solicited from members for further consideration at the next meeting.

Regarding meet attendance, Bob Dorse feels that the remoteness of meets contributes to low participa-

tion. How can we bring meets back into the Seattle and Tacoma core area? Bob would be happy to contact the authorities to plead PNA's case, particularly regarding pool rental fees. Tom Foley feels that attendance is the issue – if 20% rather than 10% of the membership attended meets, the financial problem would go away. Jane offered that any successful meet always requires at least one or two people to spearhead the event plus lots of volunteers to ensure its success.

**LC Zone Meet:** Will be held July 25-26 at the King County Aquatic Center to avoid the Oregon meet conflict. Coleman Pool had no available dates.

**C. Records/Top Ten:** No report.

**D. Publicity:** No report.

**E. Newsletter:** A new editor of the *Wet-Set* is still needed. If you're interested, we need you!

**F. Awards:** No report.

**G. Social:** The Champs social will be held at Cascade Pizza, across the way from the pool.

**H. Officiating:** No report.

**I. Fitness:** No report.

**J. Computer Applications:** No report.

**K. Constitution:** No report.

**L. Safety:** No report.

**M. Ad Hoc Open Water:** No report

**K. Constitution:** No report.

**L. Safety:** No report.

**M. Ad Hoc Open Water:** No report

**OLD BUSINESS:**

**A. Team Survey:** Lee says that 15 teams have registered to date. Deadline is March 20 (postmarked) or 24 (in hand). Lee has compiled a tentative teams list, to verify official qualifiers for Champs.

**B. Other:** None.

**NEW BUSINESS:**

None.

**NEXT MEETINGS:**

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

Tuesday, April 28, at Tacoma YMCA (tentative).

President Jane adjourned the meeting at 3:55 P.M.

Respectfully submitted, Steve Peterson, Secretary.

KELLY STERLING 41  
 PAUL JOHNSON 36 CAN 1:50.52  
 GREGORY HEAD 36  
 TOM KEMPLE 35  
 GILLES BEAUDIN 43

DANA COX 46 PNA 2:06.43  
 GARY MATHER 47  
 BILL ETNYRE 50  
 PAUL CLEMENTS 42

-----  
 RELAYS-M E N 200 YD. MEDLEY  
 -----

19 +  
 MIKE LAMB 32 PNA 1:56.78  
 DANA COX 32  
 MARK BLAGDON 27  
 JON CARROL 24

PAUL CLEMENTS 42 PNA 2:07.98  
 PAUL IKEDA 38  
 JIM LASERSOHN 32  
 ERIC NUNEZ 21

JOHN BELL 36 CAN 2:13.66  
 JACK LEE 22  
 PAUL JOHNSON 36  
 KAI BEHREND 36

25 +  
 T KEMPLE 35 CAN 1:53.74  
 G BEAUDIN 42  
 M OLDHAM 28  
 B GLYN-WILLIAMS 30

ERIC TWEIT 34 PNA 2:18.52  
 GARY MATHER 47  
 MARK ELLIS 36  
 PHIL BRENNAN 29

35 +  
 STEVE SUSSEX 42 PNA 1:53.55  
 MIKE SCHAEFER 41  
 MIKE JONES 37  
 KELLY STERLING 41

GREGORY HEAD 36 CAN 2:23.30  
 TOM HARRINGTON 37  
 KEITH FRYER 39  
 NICK PHILIPS 41

-----  
 RELAYS-MIXED 200 YD. FREE  
 -----

25 +  
 AMY LEPARD 34 PNA 1:59.22  
 SHANNON CLARK 25  
 BRENDA NIXDORF 40  
 JON PAUOLE 27

LAURENCE KOLF 32 CAN 2:14.61  
 NICK PHILIPS 41  
 DEBRA SUTHERLAND 43  
 PAUL DUNSTON 42

GEORGE PISSANO 42 PNA 2:14.93  
 SUSAN LEVENDGE 34  
 CLARENCE JOHNSON 51  
 DONNA DALEY 46

35 +  
 RON JACOBS 46 PNA 1:43.44  
 LISA WILSON 36  
 MARY LIPPOLD 41  
 JACK STAVROS 37

SAHARA PIRIE 37 PNA 1:59.22  
 LANI DOELY 41

PAUL IKEDA 38  
 WAYNE METHNER 44

-----  
 RELAYS-MIXED 200 YD. MEDLEY  
 -----

25 +  
 GEORGE PASSINO 39 PNA 2:24.34  
 HEIDI TURNER 31  
 PETE GILLIS 42  
 MIMI WYNDHAM 35

TOM HARRINGTON 37 CAN 2:34.02  
 DEBRA SUTHERLAND 43  
 J. MCDOUGALL-GOULE 32  
 LAURENCE KOLF 32

35 +  
 SAHARA PIRIE 37 PNA 2:13.23  
 LANI DOELY 41  
 WAYNE METHNER 44  
 PAUL IKEDA 38

(Continued from page 1)

or your club president. However, I never got through to anybody when I called that number. I finally went by the local pool in person, but I found no information about your team posted, and again the receptionist at the front desk didn't help me very much, except to say that he would pass this letter on to you. Frankly, I do not understand why I should be bending over backwards trying this hard to contact you.

I still wish to learn more about your adult swimming group, with the intent on possibly joining it in the future. Thank you for your prompt reply.

Signed,

Wood B. Master

### CLINIC HOSTS WANTED

The United States Masters Swimming Coaches Committee is taking applications from organizations interested in hosting USMS-sponsored clinics in 1998. Two types of clinics are being offered, both of which include assistance from USMS.

#### Mentor Coach and Swimmer Clinics

Each year, USMS sponsors up to eight Mentor Coach and Swimmer Clinics, preferably one in each zone. These clinics consists of a minimum two-hour coaches clinic and a four-hour swimmer clinic, both of which are run by a proven, successful Masters coach. During the coaches clinic, the mentor coach will dispense information that will be helpful to local coaches in building their programs. The swimmers' clinic will feature both on-deck and in-water instruction with underwater video analysis usually included. For more information on applying to host a Mentor Coach and Swimmer Clinic, contact the PNA Board.

#### NIKE Champions Clinic

NIKE is teaming with USMS in sponsoring three NIKE Champions Clinics, which will be conducted by an Olympic swimmer. Among those athletes tapped by NIKE to conduct the clinics aer Barbara Bedford, Tom Dolan, Kurt Grote, Kristine Quance, Jeff Rouse and Melanie Valerio. The athletes will share their swimming expertise and Olympic experiences with the participants during the four-hour session. The instruction will include tips on the four competitive strokes along with starts and turns. Again, if interested, contact the PNA Board.



ROY INGHAM	73 PNA	1:37.61
DENIS CROCKETT	73 CAN	1:50.99
200 M. FREE		
ROY INGHAM	73 PNA	3:42.78
DENIS CROCKETT	73 CAN	4:19.18
50 M. BRST		
ROY INGHAM	73 PNA	51.80
100 M. BRST		
ROY INGHAM	73 PNA	2:10.27
100 M. I.M.		
ROY INGHAM	73 PNA	1:55.80

M E N 75-79

200 M. FREE		
HAL YOUNG	76 PNA	3:55.38
400 M. FREE		
HAL YOUNG	76 PNA	8:26.38
50 M. BACK		
HAL YOUNG	76 PNA	1:06.12
50 M. BRST		
HAL YOUNG	76 PNA	57.63

M E N 80-84

50 M. FREE		
GENE CROSSETT	84 PNA	45.47
100 M. FREE		
GENE CROSSETT	84 PNA	1:46.08
200 M. FREE		
GENE CROSSETT	84 PNA	3:52.74
400 M. FREE		
GENE CROSSETT	84 PNA	8:26.73

M E N 85-89

50 M. FLY		
JIM PENFIELD	89 PNA	1:16.38
100 M. I.M.		
JIM PENFIELD	89 PNA	2:51.05

RELAYS-WOMEN 200 M. FREE

160-199		
LANI DOELY	41 PNA	2:33.78
DEBBIE GLASSMAN	44	
JEANNE ENSIGN	51	
WENDY HOFFMAN	35	

RELAYS-M E N 200 M. FREE

120-159		
MARC FAIRBANKS	46 PNA	1:58.77
MATT BELL	24	
JIM WILLIAMS	41	
STEVE RUTHFORD	23	

RELAYS-M E N 200 M. MEDLEY

76 - 99		
STEVE RUTHFORD	23 PNA	2:15.46
JIM WILLIAMS	41	
MARC FAIRBANKS	46	
MATT BELL	24	

120-159		
MIKE SCHAEFFER	41 PNA	2:16.22
LEE CARLSON	57	
MIKE JONES	37	
STEVE SUSSEX	42	

RELAYS-MIXED 200 M. FREE

100-119		
SARAH HANS	22 PNA	2:11.85
TAHNEE BOLLERT	25	
SELBY RADABAH	34	

ROM OREN 38

RELAYS-MIXED 200 M. MEDLEY

100-119		
PINKY WALKER	55 PNA	2:20.26
VERONICA BOWMAN	27	
PAUL MONOHON	52	
BART CHRISTIE	41	

120-159		
MIKE MCCOLLY	52 PNA	2:23.91
LANI DOELY	41	
DEBBIE GLASSMAN	44	
JOHN SYLVESTER	41	

## 1998 USS Championships for Swimmers with a Disability

June 26-28, 1998

### University of Minnesota Aquatic Center

In June 1998, United States Swimming will become the first national sports governing body within the United States Olympic Committee family to conduct a national championships for athletes from all disability populations. United States Swimming is proud to showcase the efforts of these outstanding athletes —"swimmers first, and swimmers with a disability second."

The three-day competition will include swimmers who are deaf; swimmers who are blind/visually impaired; swimmers with mental disabilities such as mental retardation, severe learning disabilities, and autism; and swimmers with physical disabilities such as amputations, cerebral palsy, dwarfism, and mobility impairments. About 250 swimmers are expected to compete.

The field is certain to include world record holders and medal winners from recent Paralympic Games, World Games for the Deaf and International Special Olympics Games. With such talent, we can virtually guarantee that spectators will be treated to new American and World Records.

All internationally-recognized swimming events will be offered. This meet will serve as the team selection meet for the International Paralympic committee World Swimming Championships to be held in Christchurch, New Zealand in October 1998.

The 1998 United States Swimming Championships will be hosted by the Adapted Swimming committee of United States Swimming in partnership with the University of Minnesota Aquatic Center.

For meet information contact:

**Disability Championships  
United States Swimming  
One Olympic Plaza  
Colorado Springs, CO 80909**

For an Application to Officiate, address to "Application to Officiate" and send to the above address.



**UNITED STATES MASTERS SWIMMING, INC.**

**1998 REGISTRATION APPLICATION**

Pacific Northwest Association of Masters Swimmers

REGISTER WITH THE SAME NAME YOU WILL USE FOR COMPETITION

Please Print Clearly

<input type="checkbox"/> <b>RENEWAL</b>	My current USMS number is _____	<input type="checkbox"/> <b>NEW Registration</b>	
<b>Name:</b>			
<input type="text"/>	<input type="text"/>	<input type="text"/>	
Last	First	Initial	
<b>Address:</b>			
<input type="text"/>		<input type="text"/>	
Street or box number		Apt number	
<input type="text"/>	<input type="text"/>	<input type="text"/>	
City	State	Zip code	
<b>Telephone:</b>	<b>Date of birth:</b>	<b>Age:</b>	<b>M/F:</b>
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Area code	Month Day Year		
<b>My club is:</b>	<input type="checkbox"/> Pacific NW Aquatics (PNA)	<b>My team is:</b>	<input type="checkbox"/> _____
<input type="checkbox"/>	Sequim (SQM)		Team Name
<input type="checkbox"/>	Pro Sports Club (PRO)	<input type="checkbox"/>	Unattached
<input type="checkbox"/>	Puyallup Aquatic (PAC)		
<input type="checkbox"/>	Unattached		
	<b>If you coach a Masters swim team check here:</b>	<input type="checkbox"/>	

PLEASE MAKE CHECKS PAYABLE TO: **PNA MASTERS SWIMMERS**

Your LMSC fee includes a subscription to the WetSet  
Your USMS fee includes a subscription to SWIM Magazine

	<u>Total 1998 Fee</u>	<u>If after September 1, 1998 for 1998</u>
Under 65	\$30	\$15.00
Senior: 65 & over	\$23	\$11.50

**Mail to:** Suzanne Dills, Registrar  
1101 N. Northlake Way  
Seattle, WA 98103  
(206) 547-1654 (work)

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

Signature \_\_\_\_\_ Date \_\_\_\_\_

Pacific Northwest Association of Masters Swimmers  
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