

The WetSet



Volume 17 Issue 6

June/July 1998

President's Letter

Dear Swimmers,

In an effort to cut costs, the PNA board has decided to reduce the number of WetSet issues from twelve a year to ten. The June-July issue is the first of the combined issues. Since we don't have many meets during the summer, we feel that change will not have much effect on swimmers. Please let the PNA board whether or not you approve of this change.

I hope to see you in the water at the LCM Zone meet at the end of July.

Sincerely,

Jane

Minutes of the PNA Board Meeting March 24, 1998

VP Lee Carlson, in Jane Moore's absence, called the meeting to order at 7:10 P.M. at the Federal Way Library. Carolyn Behse, Lee Carlson, Sally Dillon, Jeanne Ensign, Tom Foley, Dan Frost, Jan Kavadas, Suzie Ness, Frank Newquist, Steve Peterson, Walt Reid, and Jeanette Vallandigham attended, representing Bellevue Club, Federal Way, Fort Steilacoom, GLAD, OOPS, ORCA, Mercer Isle Redwoods, NWAC, Tigers.

MINUTES: The February minutes were approved as submitted. (Colman Pool was misspelled in two previous reports.)

TREASURER'S REPORT: USMS Short Course Nationals earned net income of \$17,481. This is below original estimates mainly due to taxes totaling \$3,594 (449% of anticipated). The 3K/6K Postal Championships netted \$719 (\$1,790 revenue - \$1,071 expenses). The Long Distance Committee's evaluation will determine what amount of the meet bond is returned. The PNA Balance Sheet indicates total assets of \$29,007 including the Wiggin Fund's \$2,572. The Board accepted Jeanne's report as presented.

COMMITTEE REPORTS:

A. Membership: Current membership is 716 (versus 778 at this time last year, with Champs over and Nationals looming). Twenty-one teams have registered (versus 16 or 17 last year). Steve Peterson and Walt Reid will assist Lee Carlson in determining Champs team divisions.

B. Meets: Green Lake's bid to host the LCM Zone meet (July 25 - 26) at the King County Aquatic Center was MSA'd. Suzie Ness reminds hosts to return meet contracts to her expeditiously. To Sally Dillon's question about additional officials to work the Champs meet, Jan Kavadas said she has three certified offi-

cial in Bellingham. Suzie Ness reviewed officials certification requirements (the Referee must be certified as a stroke and turn judge, starter, or referee per Article 103.2). Tom Foley reported Bob Dorse's inquiry into Seattle pool fees: rentals over four hours require 10% of gross income (\$100 min) plus \$15 an hour for one staff person. King County advertises a dual rate structure: \$50/hour (private party) or \$30/hour plus \$8.50 per hour for staff person and lifeguard. Suzie Ness will use this for meet planning purposes. The Washington State Games (Aug. 6 - 9) will include a one-day meet at Evergreen State College, Olympia. Masters age bracketing will apply. Information on events is forthcoming.

C. Records/Top Ten: Walt is preparing SCM Top Ten and All Americans for the next *WetSet*.

D. Publicity: No report.

E. Newsletter: Edmonton sent a video promoting the '98 Canadian Nationals. Sally Dillon volunteered to complete the

(Continued on page 11)

Inside

**Personal Swim Meet Challenges
& In Sickness and in Health**
Dan Frost

Meet Results -
PNA Champs

Race Entry Form
NW Long Course Champs -
July 25-26
EnviroSports Events



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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>
July 25-26	LCM	Northwest Zone Champs - Federal Way (hosted by GLAD)

June 7		Seattle Duathlon - EnviroSports
July 18	OW	Mercer Island Mile Swim - EnviroSports
July 19	Sm/Rn	Seattle SalmonMan - EnviroSports
Sep 7	OW	Lake Washington Bridge Swim - EnviroSports
Sep 12	OW	Seattle Swimfest - EnviroSports
Sep 13	Tri	Escape from the Rock Triathlon - EnviroSports

Other Local Events

Oregon

June 7	OW	Emerald Aquatics 1,500 & 3,000 (Steve Johnson (541) 683-5758)
July 18-19	OW	Rogue Valley 3,000 + Open Water Clinic (Pat Burch (541) 488-5928)
Aug 1-2	OW	Central Oregon 1,500 & 3,000 & relays (Matt Mercer (541) 389-7665)
Aug 16	OW	OMS Open Water (Dan Gray (541) 944-0529)

National/International

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

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

IN SICKNESS AND IN HEALTH

To Swim, or Not To Swim, when you are not feeling your best

* Do you have a cold? Muscles feel sore? Feeling tired? If so, when is it time to get out of the water?

By Dan Frost

- It's 5:00 A.M. when your alarm clock goes off. You went to bed late last night after eating a small dinner. Your Masters swim workout starts at 6:00 A.M. Should you get out of bed and head to the pool, or should you hit the snooze button?
- It's the cold & flu season and, sure enough, you are not feeling 100%. Your nose is working overtime, and you have a hacking cough. You feel well enough to walk outside and get some fresh air, but you are not sure that you can handle a pool workout. A big competition is approaching, and you do not want to lose a training opportunity. But will trying to swim make you feel even worse?
- You and your fellow Masters have built up a good conditioning base, and lately the yardage of your workouts has increased. Also, you have made the commitment to add an extra workout per week. Now your shoulders are starting to feel sore as the training load has picked up. Should you keep stroking along at this pace, or do you need to let your body rest?

Every Masters swimmer, runner, or athlete of any type will at one time or another exercise when feeling less than his best. But, is it healthy to do so? Can your workout make your illness or injury even worse? We will take a look at three common maladies affecting swimmers, and some suggestions on dealing with each of them.

Colds and Flu: Living with cold or flu symptoms can be a nuisance to most, but anybody who knows about the worldwide outbreak of flu in 1918 knows that it could be deadly as well.

Research into the effect of exercise on the body's immune system reminds us

that physical training affects the whole body, not just the parts that are actively working. In some respects, the immune system responds to exercise like muscles do. Generally after exercise, your immune system is temporarily depressed, but then strengthens after a recovery period. Regular exercise, including hard training, will enhance your immune system. However, if you train hard day after day, your immune system may be in a continually depressed state. You will then increase the likelihood of illness and retard the recovery process.

Because of that, you ought to pay attention to any early signs of illness, and heed the warnings. If your symptoms are all located above your neck, such as a stuffed or runny nose, sneezing, or sore throat, you should start to back off from your exercise.

Do a "neck check"

Exercise may make you feel better if you have cold symptoms, but it is best to do a "neck check" first. If your symptoms are "above the neck", such as a stuffy nose or sneezing, it is probably safe to exercise at half speed. But, if you still feel miserable after about 5-10 minutes of exercise, stop.

If your illness progresses, and your symptoms begin to appear below the neck, you should not exercise. These symptoms include hacking coughing, chills, vomiting, diarrhea, muscle aches, and fever. Exercising in the presence of these symptoms will make you feel worse, and will delay your recovery. The best course of action is to rest. Once you begin to feel better, and your symptoms clear, ease back into your workout routine so that your immune system will still be able to strengthen itself. One rule of thumb is to exercise at reduced intensity for twice as long as your period of illness.

Overuse injuries: One of the prime benefits of swimming is that it exercises the body through the low impact resistance of water. Indeed, participants of other sports often come to the swimming pool in order to rehabilitate

their high-impact injuries. However, swimmers are not immune from the possibility of acquiring injury from overused muscles and tendons.

While such injuries can occur anywhere on the body, swimmers will likely acquire sore shoulders and arms, due to their frequency of use. Having "Swimmer's shoulder" is a serious warning signal. Many former elite swimmers ignored the pain in their shoulders long enough to the point where corrective surgery was required.

The best way to cure tendonitis or muscle soreness is to avoid doing the actions that made you sore. If swimming made you sore, then stop until the pain goes away. If you want to prevent further overuse injuries, you should slowly ease into increasing your workout intensity. Also, consider incorporating a muscle stretching program before and after swimming.

Fatigue and stress: It is normal to feel tired after swimming, and during a swimming season. However, there are times when exercising a tired body is not a good idea.

First, there is a difference between feeling tired when you wake up in the morning, and feeling tired at other times. If you can not seem to make it to the morning workout with any energy, you can do many things to help you wake up more refreshed. Besides the obvious task of getting enough hours of sleep, you can help yourself by waking up immediately (lose the "snooze" alarm), eating dinner earlier in the evening, and retiring after some light exercise, walk, or chore.

If you are fatigued at other times, it could be a sign that your body is recovering from exercise at a slower rate than normal. It could also be a sign that other life stress, like work, family, and commuting, is having an effect on you. If your fatigue appears persistent, you ought to reduce or eliminate your workout load.

As always, if you have a chronic health condition or doubts about your health, please seek a physician for a diagnosis.

STEPHEN FREEBORN	42	FWM	2:41.53
PAM STRANDBERG	44		
KAREENA KING	23		
ELLIOTT KEPHART	55		
25 +			
CAROLYN MATHEWS	35	BMSC	1:55.84
LINDA HEGERBERG	28		
PETER MARCUS	38		
BOB FISH	34		
ERIC ASKILSRUD	25	PRO	2:00.50
ELISA PANELLI	30		
ELIZABETH DIETZ	31		
SACHIN KUKREJA	28		
JULIE LOVAN	28	PRO	2:14.32
CAROL MCCAIG	35		
ANDREW LOVAN	31		
GERRY PLUNKETT	51		
CATHY COOLEY	40	GLAD	2:16.00
WAYNE METHNER	44		
BILL RIACH	35		
TAMMI KEELER	29		
35 +			
MICHAEL MCCOLLY	52	GLAD	2:01.89
TONYA BERG	39		
DEBBIE GLASSMAN	44		
FRANK LEONARD	43		
ERIC DYBDAHL	38	FWM	2:19.14
DEMPSEY DYBDAHL	49		
HUGH MOORE	43		
JANE MOORE	47		
LEE CARLSON	57	MIR	3:21.73
HELEN SCHUCHART	79		
BETTY KERCHEVAL	73		
STEVE SUSSEX	42		
45 +			
BARB GUNDRED	46	BMSC	2:08.44
IAN THOMPSON	48		
LARRY NORDELL	57		
LINDA MARIZ	49		
BILL REEDER	45	GLAD	2:25.16
JULIA BENT	50		
PETER LIEKKIO	50		
LEIGH JOHNSON	49		
JESSE PACE	45	GLAD	2:29.48
CLARK PACE	45		
JEFF GROSS	47		
JANIE LAYMEN	48		
55 +			
MAXINE CARLSON	78	TIG	3:40.60
JUDITH HUTCHISON	59		
TOM FOLEY	63		
BOB DORSE	66		

(Continued from page 1)

WetSet reader survey (to add responses arriving after Gary's initial review). Jeanne Ensign suggested that a subcommittee scan our membership for likely individuals to replace editor Gary, since no candidates have stepped forward. Tom Foley and Suzie Ness offered to assist Jeanne (after tax season). Lee Carlson will prepare a request to hand to team reps at Champs. Meanwhile, Dan Frost and Sally Dillon volunteered to serve as interim co-editors.

F. Awards: \$129 was collected from the Anacortes and Bangor meets for awards (25 + 43 medals, respectively).

G. Social: Jett Vallandigham is soliciting Champs goodies from local Bellis Faire merchants. Items may be provided by Sylvia's Swimwear (Bellevue), J.D. Pence, and ByGeorge!

H. Officiating: Revised stroke rules went into effect just before the Bangor meet. Jan is in charge of officials for the National Junior Wheelchair Championships, June 29 (6 - 9 P.M. and July 3 (9 - 12N) at Bellevue Aquatic Center. Volunteer timers are needed.

I. Fitness: Bellevue Club is hosting a Triathlon Clinic for novice women triathletes (same weekend as Champs). Great presenters! (see *WetSet* ad). Dan Frost says more USMS Fitness Committee information will be appearing on the USMS Home Page.

J. Computer Applications: Dan will add registration for LCZones to the PNA website. Bellingham will post Champs results on their website.

K-P. Constitution, Safety, Ad Hoc Open Water, Ad Hoc Coaches, At-Large Reps, Team Reps: No reports.

OLD BUSINESS:

A. Meet Fee Surcharge: Dan Frost stated that fee exemption criteria should apply uniformly to membership, awards, and meet fees. Sally Dillon offered that Masters already presents a relatively low-cost recreation expense. Jan Kavadas proposed postponing changes so Suzie can send out the meet bid package. Tom Foley reiterated his team's concern that some Seniors who view fees as high might slip away from PNA rather than speak out. Jan moved that next year we retain current LMSC and Timing surcharges but make individual event fees optional for Seniors (over 64) - MSA'd. A motion to examine membership demographics to determine

whether additional age groups and income levels should be granted meet or registration fee discounts was also MSA'd. Should the Wiggin Fund be used to compensate PNA for the cost of any discounts taken, based on information collected over the coming year?

B. Other: None.

NEW BUSINESS:

A. Coaching Clinics: Lee Carlson reminded the Board that USMS offers \$500 seed money to sponsor clinics.

B. USMS Convention: Sally Dillon asked if the list of delegates likely to attend Convention is due.

C. '98 SCM Zones: A motion to support North Whidbey's bid for the '98 SCM Zone meet was MSA'd.

D. PNA Service Award: Steve Peterson proposed a "PNA Distinguished Service Award" to acknowledge exemplary service to the PNA - MSA'd. This award would complement the Dawn Musselman Inspirational Swimmer award, but be presented irregularly. A motion to select Jane and Hugh Moore as initial recipients for award at Champs was MSA'd, with up to \$80 for a plaque plus up to \$250 for a getaway weekend retreat. (The Board also thanks Hugh and Jane for both being absent this one meeting to simplify award coordination.)

NEXT MEETINGS:

Tuesday, May 26, at Lee Carlson's (Mercer Island)

Tuesday, June 23, at Jan Kavadas' (Edmonds)

Vice President Lee adjourned the meeting at 9:18 P.M. in the parking lot.

Respectfully submitted, Steve Peterson, Secretary.

**ANNOUNCEMENTS
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DISABILITY CHAMPIONSHIPS

**1998 UNITED STATES SWIMMING CHAMPIONSHIPS
FOR SWIMMERS WITH A DISABILITY**
USMS swimmers with a disability are welcome!

JUNE 26-28, 1998

University of Minnesota, Minneapolis
Long Course Meters

Sanctioned by Minnesota Swimming, Inc. Meet Directors:
Gail Dummer (dummer@pilot.msu.edu) and Julie Bare
(jbare81895@aol.com). Meet information is available
from US Swimming, One Olympic Plaza, Colorado
Springs, CO 80909, phone (719) 578-4578, or by e-mail
(helen@usswim.org). This competition will serve as the
team selection meet for the 1998 International Paralympic
Committee World Swimming Championships to be held
October 12-27 in Christchurch, New Zealand.

**1998 INTERNATIONAL PARALYMPIC COMMITTEE
WORLD SWIMMING CHAMPIONSHIPS**
USMS swimmers with a disability are welcome!

OCTOBER 12-27, 1998

Christchurch, New Zealand
Long Course Meters

Sanctioned by the International Paralympic Committee.
Swimmers with the best performances in the 1998 United
States Swimming Championships for Swimmers with a
Disability will qualify for the USA World Championship
Team. For additional information about team and staff
selection criteria, contact the USA World Swimming
Championship web site at:

members.aol.com/dandrijase/ipc.html/ipc.htm

1999 NATIONAL SENIOR GAMES

Please note the following "corrections" to the
information that was printed in the March/April issue
of SWIM Magazine.

The only way to qualify is through an NGSAs State Games.
The qualifying period is January 1st through December
31st 1998. There are no exemptions from qualifying any
longer. Everyone must compete in a State Games first.
The correct mailing address is: National Senior Games
Association, 445 North Boulevard, Suite 2001, Baton
Rouge, LA, 70802, phone (504) 379-7337 and e-mail
ngsa@idismail.com.

**ANNOUNCEMENTS
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**VII WORLD MASTERS SWIMMING
CHAMPIONSHIPS
CASABLANCA, MOROCCO**

ROYAL TOURS, INC

This was sent to the National Office by June Krauser with
the following note:

*I received the following information which I would like you
to enclose in the next issue of NYCU.*

*I don't know if it will help anyone but the flight price is really
cheap cheap!*

Royal Tours Inc/USA offers a 5% discount for the stays
and 10% discount for the tours and the excursions.

The special airfare price that Royal Tours offers from New
York - JFK - to Casablanca, round trip on economy class is
US \$485.00 plus US tax of \$55.00 per person.

**FREE VISITOR ACCOMODATIONS
SYDNEY OLYMPICS**

This was received by the National Office, I am passing the
information on to you...

Vacation Network Pty Ltd (phone 61 7 32026185) will
launch a Home Exchange Website on July 1, 1998. The
website will list the names of people from countries
throughout the world and from within Australia who wish to
attend the Sydney Olympics, together with the names of
Sydney-siders who wish to take an international or
interstate vacation whilst the games are in progress. The
site will present an opportunity for people in either group to
make contact with each other.

Access to the site other than the home-page will be by way
of a password which will be issued to all those wishing to
exchange. The password cost is \$40. The first listings will
appear on the Site on the launch date and new names will
be added on a weekly basis. The Password will enable
members to see their own listing plus listings from
Sydney-siders with whom an exchange may be possible.

If a member, interested in an exchange notifies Vacation
Network VIA THE SUBMIT BUTTON by midnight, Sunday
June 7th at: <http://www.vacnet.com.au>, that member's
listing will appear on July 1st FREE OF CHARGE.

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 348th. Continue West on S 348th past Pacific Highway S (highway 99) and past 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on your right about 1/2 mile past 1st Ave S.
 (b) WESTBOUND Highway 18 (from North Bend) continue west on 18 into Federal Way. Highway 18 becomes S. 348th after crossing I-5. Follow the instructions for (a).

- | | |
|-------------------------------|---------------------------|
| Saturday | Sunday |
| 1 1500 Free (May enter EITHER | 14 400 IM |
| 2 800 Free event #1 OR #2) | Break |
| Break | 15 200 Free Relay |
| 3 200 Medley Relay | 16 100 Back |
| 4 50 Breast | 17 50 Free |
| 5 100 Fly | 18 200 Breast |
| 6 200 Free | Break |
| 7 200 IM | 19 800 Free Relay |
| Break | 20 50 Back |
| 8 400 Medley Relay | 21 200 Fly |
| 9 400 Free Relay | 22 100 Free |
| 10 100 Breast | Break |
| 11 200 Back | 23 200 Mixed Medley Relay |
| 12 50 Fly | 24 400 Free |
| Break | |
| 13 200 Mixed Free Relay | |

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.

[REDACTED]	[REDACTED]

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

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: _____

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.

Seattle Duathlon • Mercer Island Mile Swim • Escape from the Rock™ Triathlon
Seattle SalmonMan™ • Seattle Swimfest • Lake Washington Bridge Swim™

SEATTLE SERIES'

is brought to you by

ENVIROSPORTS™

Seattle Duathlon (1st)

Sun., June 7, 1998 8:00am

2.5 mile run, 11 mile bike, 1/2 mile run, Start/Finish Luther Burbank Park, Mercer Island, Washington. First run on North Mercer Way, bike out and back across Lake Washington, through the tunnel to Kingdome on I-90 Express Lanes, final run in Luther Burbank Park. A great short course duathlon. 2 person relays allowed.

Mercer Island Mile Swim (1st)

Sat., July 18, 1998 9:00AM

1 mile swim in Lake Washington along the northeast shore of Mercer Island from East Channel Bridge to Luther Burbank Park beach. A great point to point open water swim.

Seattle SalmonMan™ (1st)

Sun., July 19, 1998 8:00AM

1,000 Meter swim in Lake Washington at Luther Burbank park (Mercer Island), 5 K run on Mercer Island. A great new event in the heart of Seattle. Two person relays allowed in this great event. *Seattle International Triathlon™ postponed until 1999 due to Dept. of Transportation construction project. (Bike course unavailable)*

Seattle Swimfest (2nd)

Sat., September 12, 1998 9:00AM

Luther Burbank Park, Mercer Island, Washington. Open water swim meet in Lake Washington. Multiple distances: 400 yard, 800 yard, 1 mile & 2 mile. A great introduction to open water swimming.

Escape from the Rock™ triathlon (2nd)

Sun., September 13, 1998 8:00AM

Seattle, WA at Mercer Island. 1/2 mile swim in Lake Washington at Luther Burbank Park, 11 mile bike out and back on I-90 express lanes (closed to traffic) and 2.5 mile run on streets of Mercer Island.

Lake Washington Bridge Swim™ (2nd)

mon., September 7, 1998 8:30AM

1.5 mile swim across Lake Washington parallel to the Floating Bridge from Mercer Island to Seattle. A great open water swim from shore to shore. Limited entries.

RACE ADMINISTRATION: envirosports club inc. A club specializing in unique, environmental outings and environmental education. Proceeds benefit High School sports and parkland preservation. Dave Homing, Executive director.

PRIZES AND AWARDS: A Custom designed 100% cotton t-shirts with unique event logos to all entrants. 1st, 2nd & 3rd place awards to age groups: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60 & over.

FINAL INSTRUCTIONS: A Detailed instructions mailed to all entrants approximately 1 month prior to event

ENTRY FEES payable to: ENVIROSPORTS Box 1040, Stinson Beach, CA 94970 (415) 868-1829; Fax (415) 868-2611; E-mail envirosp@wenet.net WWW.ENVIROSPORTS.COM
Entry fees are non-refundable and non-transferable.

INSTRUCTIONS: fill in completely and send with self-addressed, stamped 4x9" envelope

- Seattle Duathlon: \$40 ind., \$50 relay (\$50 & \$60 after 5/31/98) Seattle Bridge Swim: \$30 (\$40 after 9/1/98)
 Mercer Island Mile Swim: \$25 (\$30 after 7/11/98) Seattle Swimfest: \$20, plus \$5 for each add'l distance (\$25 after 9/1/98)
 Seattle SalmonMan™: \$35 ind., \$50 relay (\$45 & \$60 after 7/1/98) Escape From The Rock: \$50 ind., \$75 relay (\$60 & \$90 after 9/1/98)

Sex: M F Birth Date: _____ Age (on race day): _____

Last name _____ First name _____

Address _____

City/State/Zip _____

Phone (home) _____ (work) _____ E-mail _____

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PO Box 1040, Stinson Beach, CA 94970

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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>Si 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>Kimbro Pool</i>	967-2604	<i>Helene Madison Pool</i>	13401 Meridian Ave N, 684-4979
EDMONDS <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>	

UNITED STATES MASTERS SWIMMING, INC.

1998 REGISTRATION APPLICATION

Pacific Northwest Association of Masters Swimmers

REGISTER WITH THE SAME NAME YOU WILL USE FOR COMPETITION

Please Print Clearly

RENEWAL

NEW Registration

My current USMS number is _____

Name:

Last

First

Initial

Address:

Street or box number

Apt number

City

State

Zip code

Telephone:

Area code

Date of birth:

Month Day Year

Age:

M/F:

My club is:

Pacific NW Aquatics (PNA)

Sequim (SQM)

Pro Sports Club (PRO)

Puyallup Aquatic (PAC)

Unattached

My team is:

Team Name

Unattached

If you coach a Masters swim team check here:

PLEASE MAKE CHECKS PAYABLE TO: PNA MASTERS SWIMMERS

Your LMSC fee includes a subscription to the WetSet

Your USMS fee includes a subscription to SWIM Magazine

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

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

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

Signature _____

Date _____

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

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