

# The WetSet



Volume 17 Issue 8

October 1998

## SHORT COURSE SEASON HITS THE WATER

### LEADING OFF

by Jane Moore

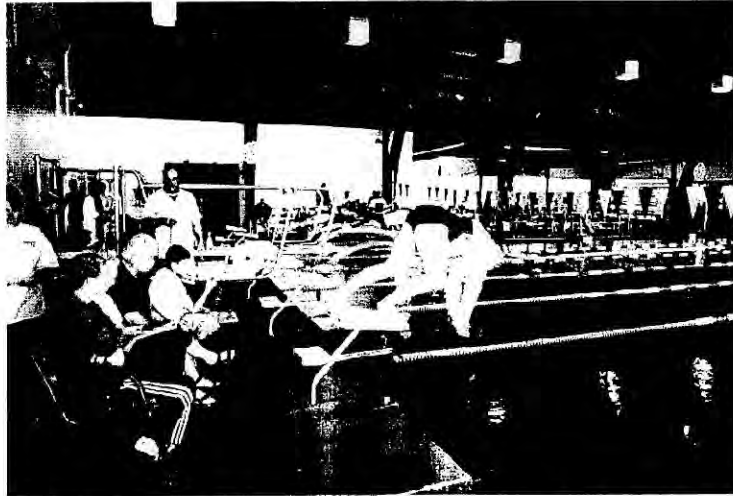
Hello again swimmers,

Another busy meet season is underway with the recent pentathlon at Oak Harbor. Look for other upcoming meet entry forms in this newsletter. Meets are fun for almost everyone. It gives you a chance to see how you are doing and if your training is paying off. Besides that, it's a great way to see old friends and make new friends. A nice social event.

The Board of Directors of the PNA consists of the elected officers and at-large representatives as well as the appointed representatives from the teams. The Board meets monthly and conducts the business of running the PNA. Starting this month, I will try to summarize important Board actions in this space instead of printing the entire minutes. At the August Board meeting, much time was spent discussing the content of *The WetSet*. There will be some changes, but *The WetSet* will continue to print entry forms, results of local meets, new swimmers and birthdays, as well as articles of interest when available. The Board of Directors is confident that the editor, Dan Frost, will produce an excellent newsletter.

#### Welcome to the following swimmers who have recently joined the PNA

Jennifer Adams, Victoria Ainlay, Clifford Anderson, Nancy Anderson, Venkat Balasvbramani, Susan Bigler, Jeff Boyce, Lance Calisch, Susan Carlton, Lauri Cikatz, Mary Dominique, Michael Gaeta, Sam Galzerano, Laura Hanan, Michael Hastings, Nancy Hoefling, Lynn Hovde, Kelli Jackson, Robert Jackson, D.J. Kleist, Warren Kleist, Helmi Kortess-Erkkila, Chuck Kriebel, James Kurtz, Alex Lam, Herb Larson, Matthew Lind, Bob McNeel, Robert Miyahira, Timothy Rood, Elizabeth Scott, M. Wade Stine, Susan Symons, Tristie Thirsk, Evert Tornfelt, Jane Vitkuske, Frances White, Judy Williams, and Robert Wilson.



Jane Moore (Foreground, lane 1) and husband Hugh (Lane 3) get off to a quick start during the PNA Short Course Pentathlon in Oak Harbor. Forty-five swimmers participated in the season's first meet. See page 7 for more photos and preliminary results. *WetSet* photo by Dan Frost.

The meet schedule for the coming year is still being finalized. A design is being solicited so that new PNA award medals can be ordered. PNA will submit a bid to put on a national championship postal swim in the year 2000. The next Board meetings will be October 28th and December 2nd. Any PNA swimmer is welcome to attend any Board meeting. The December meeting will be the LMSC Annual meeting as well as a monthly board meeting. Contact me at 253-925-0803 or weswim@mindspring.com if you'd like more details on any meeting.

## Inside

### Results

'97-'98 USMS SC Top Ten  
USMS LC Nationals  
Nike World Masters Games

### Masters Events Calendar

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### PNA Member's Guide

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### Entry Forms

GLAD Animal+ Meet - Oct. 18  
NW Zone SCM - Nov. 14-15  
Bellingham SCY - Dec. 13  
USMS 3k/6k Championship -  
Through Oct. 31

# HANGIN' WITH THE WET SET

by editor **Dan Frost**

In this edition, *The WetSet* focuses on the PNA itself, and its membership. Located in the center of this newsletter is the PNA Member's Guide, a four-page section that you can pull out and save. Inside, you will find in-depth information about who the PNA is, and what the PNA does. It will also outline your benefits as a PNA member, and highlight some of the frequent "behind-the-scenes" activities that keep Masters Swimming in Northwest Washington as strong as it is. If you have wondered where your registration fees go, you will find out in the Member's Guide.

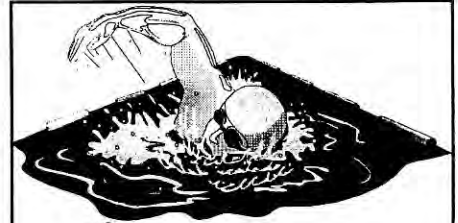
You will also find on the back cover a new 1999 PNA membership form. If you are already a member, a renewal reminder from Sue Dills should be coming soon. Feel free to use the new form yourself, or pass it on to a friend who may be interested in joining the PNA. Starting this year, you will have a chance to make a donation to the new USMS Endowment Fund through your membership registration. Jeanne Ensign sits on the Endowment Fund committee, and can answer your questions about this opportunity to give a little something back to Masters Swimming.

A focus on the PNA and its membership would not be complete without mentioning Tom Foley, our current historian. Tom has been around the PNA ever since it was started 26 years ago, and has served the association in many capacities. He is always looking to receive items for the PNA scrapbook, such as pictures and news clippings. You will find him at nearly every PNA event, or you can send material to him at 10011 40th Avenue SW, Seattle WA 98146.

## Happy Birthday to the Following PNA Swimmers

10/17 TARA CANNAVA	11/01 JIM WATTS
10/17 SHIRLEY MACLEOD	11/02 KATHRYN SHARP
10/18 JACK ANDREWS	11/02 DIANA EKSTROM
10/18 MARILYNN SISCO	11/03 NATE STARLING
10/18 LINDA CRUZE	11/04 LARRY DEGROEN
10/19 JILL NUSS	11/04 CHUCK KRIEBLE
10/19 BILL FENNER	11/05 KATE SILBERNAGEL
10/19 STEVEN THRASHER	11/05 WILLIAM PENN
10/20 BETTY KERCHEVAL	11/05 KAREN HALLIS
10/20 RICKI VADSET	11/06 ERIKA GISTE
10/21 PAUL SKOGLUND	11/07 MONICA HERIOT
10/21 ELIZABETH DIETZ	11/08 JIM WILLIAMS
10/22 KERRY CARNAHAN	11/09 JOHN CALL
10/22 JEANNE ENSIGN	11/09 BRADLEY REED
10/23 BILL REEDER	11/10 ALETIA ALVAREZ
10/23 ROBERT DORSE	11/11 JANE MOORE
10/26 CHRIS MILLER	11/13 DEBORAH BAGG
10/27 JENNIFER LEONG	11/13 STEPHANIE GLICKMAN
10/27 MICHAEL OLSON	11/14 ROBERT MARKS
10/29 PATRICIA NELLIS	11/14 MICHAEL MCCOLLY
10/29 ANNE TILLERY	11/15 GIGI BAKER
10/30 GLEN VEDERA	11/15 PETER MUNA
10/30 MARK WILSON	11/15 KARIN GARDNER
11/01 ANNE HEALEY	

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.



# The WetSet

Volume 17 - Issue 8  
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## PNA VOLUNTEERS

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Awards: Sally Dillon  
Coaches: Barb Gundred  
Computer Applications: Dan Frost  
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Fitness: Carolyn Behse  
Historian: Tom Foley  
Meets/Sanctions: Tammi Keeler  
Publicity: (vacant)  
Records/Top Ten: Walt Reid  
Officiating: Jan Kavadas  
Open Water: Sally Dillon  
Safety: Kathy Casey  
Social: Jett Vallandigham

## MASTERS SWIMMING EVENTS

### MEETS, OPEN WATER SWIMS, POSTAL SWIMS, AND CLINICS

*Events in Washington, Oregon, British Columbia, and Idaho, plus USMS National events.*

*PNA Events are listed in **BOLD**. All events subject to change.*

Ongoing through October 31  
USMS 3000 & 6000 Yard Postal Championship  
Ann Svanson, PO Box 425, Greenfield Center NY  
12833; (518) 893-1967  
E-mail: asvanson@skidmore.edu  
Look for entry form in this issue of *The WetSet*

October 10  
English Bay Swim Club SCM meet  
Vancouver BC - Percy Norman Pool  
Paul Carter (604)688-1256

**October 18**  
**GLAD Animal Plus SCY**  
**Shoreline WA**  
**Robin O'Leary (206) 525-7725**  
**E-mail: glad1@excitemail.com**  
**See information and entry form printed in**  
**this issue of *The WetSet***

**November 14-15**  
**Northwest Zone SCM Championships**  
**Oak Harbor WA**  
**Dan Frost (360) 675-5751**  
**E-mail: frosty@usms.org**  
**See information and entry form printed in**  
**this issue of *The WetSet***

November 21  
Nanaimo Ebttides SCM meet  
Nanaimo BC / Beban Park Pool  
Sunny Runnels (250) 390-2164

November 21-22  
Total Immersion Four-Stroke Clinic  
Seattle University - Seattle WA  
E-mail: info@totalimmersion.net  
Website: www.totalimmersion.net

December 4-5  
Lincoln City, Oregon SCM Meet  
Lissa Parker - (541) 994 3264  
E-mail: allpark@wcn.net

**December 13**  
**Bellingham Masters SCY Holiday Meet**  
**Jim Williams (360) 734-6448**  
**E-mail: jimbo@usms.org**  
**Look for information and entry form in**  
**this issue of *The WetSet***

January 1-31, 1999  
USMS One-Hour Postal Championship  
Jon Einsidler, 10 Waterside Plaza, Apt. 6D, New York  
NY 10010; (212) 684-2979

January 17, 1999  
UBC Masters SCM meet - Vancouver BC  
Ivan Szasz (604)734-4455

January 30, 1999  
Eugene, Oregon SCY / Echo Hollow Pool  
Point of Contact TBA

January 31, 1999  
Cowichan Aquannis Masters SCM meet - Duncan BC  
Nancy Hamilton (250)746-0450

February 6, 1999  
Tualatin Hills Barracudas SCY Pentathlon  
Beaverton OR  
Point of Contact TBA

February 27-28, 1999  
Multnomah Athletic Club SCY  
Portland OR  
Point of Contact TBA

February 28, 1999  
Victoria Masters LC meet  
Saanich Commonwealth Place / Saanich BC  
Point of Contact TBA

**March 19-21, 1999**  
**PNA Championships - Location TBA**  
**Point of Contact TBA**  
**Look for information and entry form in a**  
**future issue of *The WetSet***

March 19-21, 1999  
Oregon Masters Championships (SCY) / Bend OR  
Point of Contact TBA

March 21  
Richmond/Delta Winskill Masters LC  
Richmond BC / Watermania Complex  
Point of Contact TBA

**April 9-11, 1999**  
**Northwest Zone SCY Championships**  
**Federal Way WA**  
**Point of Contact TBA**  
**Look for information and entry form in a**  
**future issue of *The WetSet***

April 23-25, 1999  
BC Masters Provincial Championships - Location TBA  
Point of Contact TBA

May 13-16, 1999  
USMS SC Nationals - Santa Clara, CA  
Alma Guimarin, 2150 Paseo Del Oro,  
San Jose CA 95124; (408) 947-2298  
E-mail: aguimarin@aol.com  
Look for information and entry form in the January-  
February 1999 edition of *Swim* magazine.

**May 15 - September 30, 1999**  
**USMS 5k & 10k Postal Championship**  
**Jane Moore (253) 925-0803**  
**Look for information and entry form in a**  
**future issue of *The WetSet***

June 12, 1999  
Tualatin Hills LCM / Beaverton OR  
Point of Contact TBA

July 10, 1999  
USMS 2 Mile Cable Championships  
Charlottesville VA  
Joyce Mullins, 3104 Waterton Dr,  
Midlothian VA 23113; (804) 323-0483

For further information on Masters meets, call or mail the point of contact, the WetSet editor, or any of the following newsletter editors...

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(907) 364-3106  
janmr@fishgame.state.ak.us

# NEWS ABOUT PNA SWIMMERS

## USMS TOP TEN FILLED WITH PNA SWIMMERS

The 1997-1998 USMS Top Ten listings for short course yards have recently been released, and the names of many PNA swimmers can be found there, as expected. The listings not only highlight Muriel Flynn, Jim Penfield, and Sally Dillon as USMS All-Americans, but they also include many swimmers making their first-ever appearances in the Top Ten, and three PNA relay teams.

*THE PNA SWIMMERS AND THEIR USMS TOP TEN PERFORMANCES MAY BE FOUND ON PAGE 18.*

## YET ANOTHER WORLD-FAMOUS SWIMMER

Alert members of the Bellingham Masters Swim Club pointed out that their own Lawrence Nordell (55-59) was inadvertently omitted from *The WetSet's* list of FINA World Top Ten swimmers. Larry's 200 meter butterfly LCM effort of 3:01.62 at the 1997 Northwest Zone Championships was worth a fifth place ranking, and it made Larry the 20th PNA swimmer to make the World Top Ten rankings in 1997. Congratulations, and we regret the omission.

## WETSET LOOKING FOR NEW FEATURES

*The WetSet* is constantly looking to publish new features about our swimmers, coaches, and activities. We are also on the watch for other items that interest PNA swimmers, such as tips on swimming technique, workouts, and news from throughout the world of Masters Swimming. Would you like to have your workout group, coach, or a fellow swimmer prominently mentioned in *The WetSet*, or do you have an idea for an interesting article? You can contact our editor, Dan Frost, about submitting your articles or ideas for articles for publication in future editions of the newsletter. Contact information can be found within the masthead on page 2.

## USMS LONG COURSE NATIONALS

FT. LAUDERDALE, FLA. - Three PNA swimmers journeyed to sunny South Florida in mid-August for the 1998 USMS National Long Course Championships, turning in some outstanding performances. Congratulations to the following:

**KATHY CASEY 49**  
 1500M FREE #8 24:06.16  
 50M BREAST #6 :43.01  
 100M BREAST #9 1:42.40  
 200M BREAST #7 3:36.92  
 200M FLY #4 3:31.34  
 (NEW PNA RECORD)  
 200M I.M. #6 3:15.46

**JANICE MILLER 60**  
 800M FREE #2 14:16.90  
 200M BREAST #3 4:02.13  
 (NEW PNA RECORD)  
 200M FLY #2 3:51.40  
 200M I.M. #2 3:42.30  
 (NEW N.W. ZONE RECORD)  
 400M I.M. #2 7:55.99

**TOM TAYLOR 67**  
 1500M FREE #2 24:31.70  
 (NEW N.W. ZONE RECORD)

## WetSet Subscription / Change of Address Form

*The WetSet* is PNA's official newsletter. It is produced 10 times a year, and is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for \$12, payable to "PNA MASTERS SWIMMERS". To request a change of address or a new subscription, please send this completed form to:

**Suzanne Dills**  
**PNA Registrar**  
 1101 N Northlake Wy  
 Seattle WA 98103

IMPORTANT NOTICE - *The WetSet* is sent via Bulk Mail, and is NOT forwarded by the U.S. Postal Service.

CHANGE OF ADDRESS

NEW SUBSCRIPTION

*If you would like to become a PNA member or renew your membership, and receive *The WetSet* and *Swim Magazine*, please use the Member Registration Form on the back cover of this newsletter.*

### AFFIX ADDRESS LABEL HERE

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP CODE \_\_\_\_\_

PHONE \_\_\_\_\_

USMS #36 \_\_\_\_\_

**PNA LOCAL MASTERS SWIMMING COMMITTEE**

1998 ANIMAL PLUS MEET

October 18, 1998 Meet Sanction # 983620

Hosted by the Green Lake Aqua Ducks (GLAD)

DATE: **Sunday, October 18, 1998**

TIMES: Warmup: **8:00 AM**, Meet starts **9:00 AM**

PLACE: Shoreline Pool, 19030 1st Ave N.E. Shoreline, Washington  
Phone: (206) 362-1307

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

FACILITY: Competition pool: 25 yards, 6 lanes  
Warm up pool: Separate shallow end  
Water temperature: 85 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: Manual

AWARDS: Ribbons first through sixth. Medals available for \$1.00 each. A Fred Wiggin Memorial swim cap for those individuals that enter all 5 events.

**DIRECTIONS:**

(a) NORTHBOUND I-5: Take the 175<sup>th</sup> street exit, head west (LEFT) under the freeway. Turn RIGHT on Meridian Ave N. Turn RIGHT on N. 185<sup>th</sup> St. Turn LEFT on 1<sup>st</sup> Ave N.E. The pool is just past the tennis courts.

(b) SOUTHBOUND I-5: Take EXIT #177 NE 205 St. Lake Forest Park. Off the exit ramp turn RIGHT, heading west. Get into the left lane soon. Turn LEFT on 1<sup>st</sup> Ave NE (at the light). The pool is .7 mile on the left. (c) EDMONDS/KINGSTON FERRY: Turn RIGHT (south) off the ferry dock onto highway 104. Follow Highway 104 which will become Edmonds Way. After you go under Highway 99 (Aurora Ave N.), Edmonds Way ends and feeds into NE 205<sup>th</sup> St. Follow NE 205<sup>th</sup> St. eastbound. Turn RIGHT on 1<sup>st</sup> Ave NE (at the light). The pool is .7 miles on the left.

**EVENTS:**

Event #1 - 400 Individual Medley

Event #2 - 1000 Freestyle (deck seeded, please check in by 9:00)

Event #3 - 200 Butterfly

Event #4 - 200 Breaststroke

Event #5 - 200 Backstroke

Safety First!

**NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES**  
Please include a copy of your Masters registration card if you are not a PNA member.

**PNA LOCAL MASTERS SWIMMING COMMITTEE**

1998 ANIMAL PLUS MEET

October 18, 1998 Meet Sanction # 983620

Hosted by the Green Lake Aqua Ducks (GLAD)

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

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

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

CLUB \_\_\_\_\_ 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: 5 EVENTS TOTAL

EVENT NUMBER	EVENT	SEED TIME (for SC Yards)

ENTRY FEE: \$ 6.00

Individual Events: + \_\_\_\_\_ (\$1 each)

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

Please make checks payable to: **JANIE LAYMAN** (206)542-1845  
Mail this entry form and fees to: **19505 22 AVE NW**  
**BEFORE 9 P.M.** **SHORELINE, WA 98177** GLAD1@excitemail.com

Please send entries postmarked no later than Tuesday, October 13, 1998.  
**Include a copy of your Masters registration card if you are not a PNA member.**

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: \_\_\_\_\_

# NORTH WHIDBEY MASTERS PENTATHLON

OAK HARBOR

SEPTEMBER 26, 1998

(Official times and records will be posted next month)

WetSet photos by Dan Frost

## LONG SPRINT PENTATHLETES

(100m of each stroke, plus 200 IM)

### WOMEN

- 19-24: Jean Dillon
- 30-34: Gigi Baker
- 35-39: Cynthia Hirst
- 40-44: Lynn Hovde
- 45-49: Jane Moore
- 75-79: Marion Chadwick

### MEN

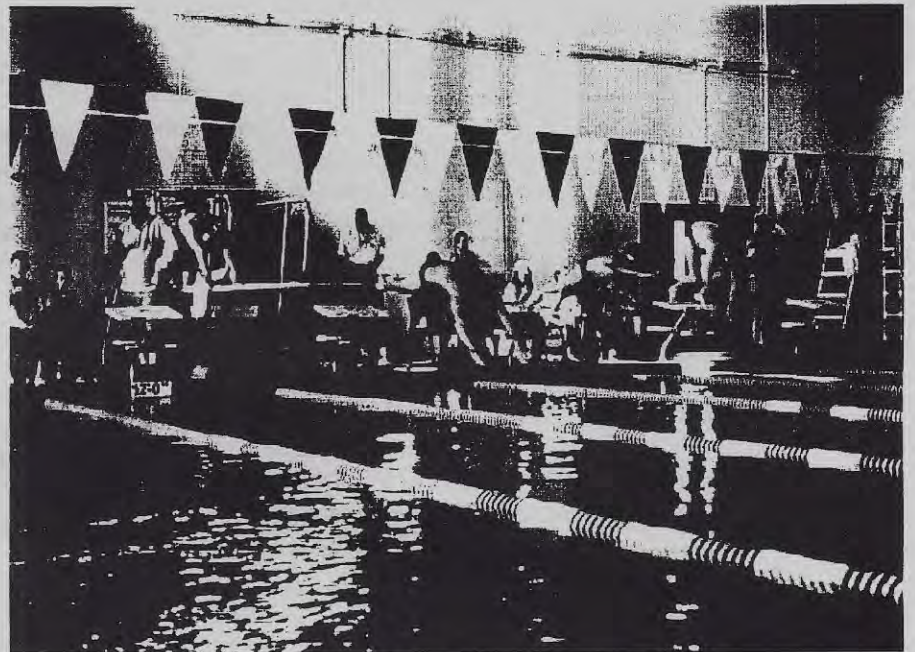
- 35-39: Eric Dybdahl
- 40-44: Steve Sussex (1st), Stephen Freeborn (2nd), Hugh Moore (3rd)
- 60-64: Tom Foley
- 70-74: Harvey Prosser



CLOCKWISE FROM TOP:  
"Long" sprinters fly off the blocks at the start of the 200 Individual Medley.

All eyes are on Tom Foley as he steps up on the blocks.

Safety Marshal Jim McCleery reviews the heat sheets for potential drowning victims during the warm-up.



## PURE SPRINT PENTATHLETES

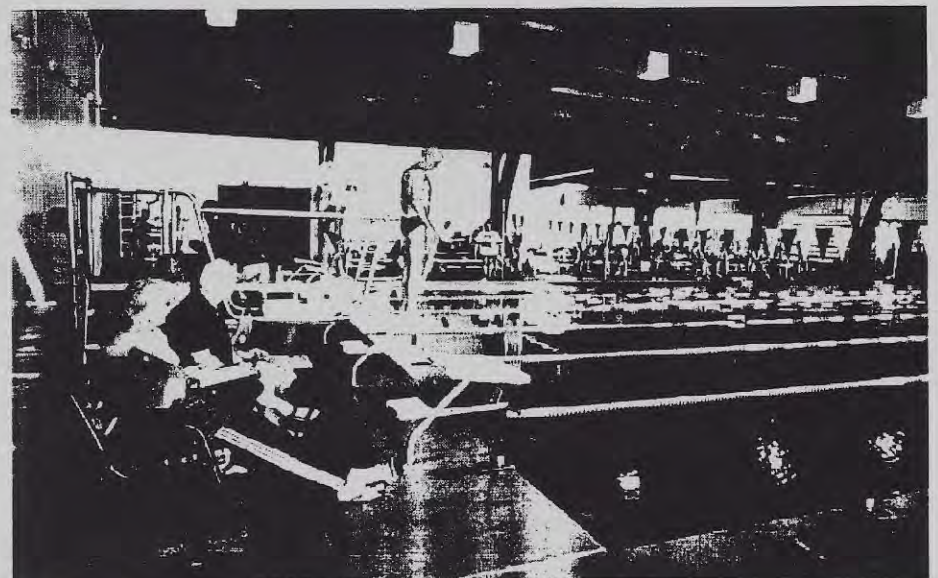
(50m of each stroke, plus 100 IM)

### WOMEN

- 25-29: Yuriko Sat Poehlman (1st), Linda Hegeberg (2nd)
- 30-34: Sharon Filipowski (1st), Kathy Moore (2nd)
- 35-39: Carolyn Mathews
- 40-44: Debbie Glassman (1st), Coral Bernier (2nd), Jill Clark (3rd)
- 45-49: Kathy Casey
- 55-59: Francesca Drum
- 65-69: Jan Kavadas

### MEN

- 19-24: David Austin
- 30-34: Dan Frost (1st), Patrick Gibbs (2nd), Michael Henderson (3rd), Rich Mckeown (4th)
- 35-39: Bob Fish
- 40-44: Peter Cruise (1st), Brian Carlton (2nd)
- 45-49: Gerry Plunkett
- 55-59: Walt Reid
- 60-64: Dave Drum (1st), David Addleman (2nd)



# LOOKING TO SWIM IN A MEET THIS SEASON? HERE'S THE PLAN.

The new short course swimming season is taking shape, and if you are thinking about participating, here is what you can expect. These are the orders of events for PNA local meets, the PNA Championships, and the Northwest Zone SCY Championships. If you are also thinking about attending the 1999 USMS Short Course Nationals in Santa Clara, California (May 13-16), the order of events should become available next month.

## 1998-1999 PNA LOCAL MEETS

The following four orders of events are used for PNA meets. The assignment of orders to specific meets was not known at press time.

The 400 IM and 1650 Free are listed at the top of each order as optional because it is up to the host to decide whether and when to swim them. "Break?" means that the break could be before or after the relay, at the host's discretion. Relay distances are at the host's discretion.

PNA LOCAL MEETS - ORDERS OF EVENTS			
ORDER #1	ORDER #2	ORDER #3	ORDER #4
400 IM	400 IM	400 IM	400 IM
1650 Free	1650 Free	1650 Free	1650 Free
	500 Free		500 Free
	Warm-up		Warm-up
Free Relay	Free Relay	Free Relay	Free Relay
50 Free	100 Back	200 Fly	50 Breast
100 Breast	200 Free	200 Back	100 Fly
200 Back	50 Fly	50 Breast	200 Free
50 Fly	200 Breast	100 Free	50 Back
200 IM	100 IM		100 IM
Break?	Break?	Break?	Break
Mixed Free Relay	Mixed Free Relay	Mixed Free Relay	Mixed Free Relay
100 Free	200 Back	200 IM	100 Breast
200 Breast	50 Free	50 Fly	50 Fly
50 Back	100 Fly	100 Back	100 Free
100 Fly	50 Breast	200 Breast	200 Back
		50 Free	
Medley Relay	Break?	Break	Medley Relay
Break	Medley Relay	Medley Relay	Break
200 Free	50 Back	100 Fly	200 Breast
50 Breast	100 Free	50 Back	200 Fly
100 Back	200 Fly	100 Breast	50 Free
200 Fly	100 Breast	200 Free	100 Back
100 IM	200 IM	Break?	200 IM
		100 IM	Break?
Mixed Medley Relay	Mixed Medley Relay	Mixed Medley Relay	Mixed Medley Relay
500 Free		500 Free	

## 1999 PNA CHAMPIONSHIPS and NORTHWEST ZONE SCY CHAMPS

The orders of events for the 1999 PNA Championships and the 1999 Northwest Zone Short Course Yards Championships are listed below. The PNA Championships are scheduled for March 19-21 at a site to be announced. The NW Zone Championships will be held at the King County Aquatic Center on April 9-11.

Both orders are based on four "quadrants" of events that occur in the listed order. Distance freestyle events, IM events, relays, and breaks are scheduled around and between the quadrants at the host's discretion. IM events are separated from quadrants by relays and breaks.

'99 PNA Champs	'99 NW Zone Champs
March 19-21	April 9-11
<b>FRIDAY</b>	
Distance event(s)	
<b>SATURDAY</b>	
Relay, Distance event + 2nd Warmup, or IM event + Break	
200 Free	50 Back
100 Breast	200 Fly
50 Fly	100 Free
Break and/or Relay and/or IM event	
200 Back	100 Back
50 Free	50 Free
100 Fly	200 Breast
Break and/or Relay and/or IM event and/or Distance event	
<b>SUNDAY</b>	
Relay, Distance event + 2nd Warmup, or IM event	
200 Breast	100 Breast
100 Free	50 Fly
50 Back	200 Back
Break and/or Relay and/or IM event	
200 Fly	50 Breast
100 Back	200 Back
50 Breast	100 Fly
Break and/or Relay and/or IM event and/or Distance event	

**PNA MEMBER'S GUIDE**

1998 EDITION - Written by Dan Frost

**FACTS ABOUT LMSCs, TEAMS, AND CLUBS**

The Pacific Northwest Association of Masters Swimmers is a Local Masters Swimming Committee (LMSC) which governs Masters Swimming within the Puget Sound region. This LMSC is one of 58 throughout the country with make up the national association known as United States Masters Swimming (USMS).

Approximately 800 Masters swimmers are registered members of the Pacific Northwest Association (PNA) and, consequently, USMS. Most of these swimmers are members of Masters Swimming clubs that are registered with PNA, and a majority of those swimmers belong to one "umbrella club" known as Pacific Northwest Aquatics. Pacific Northwest Aquatics includes various "teams" of Masters workout groups spread throughout the Puget Sound region. There are also other workout groups who have formed their own clubs that are independent of Pacific Northwest Aquatics, but are still registered with PNA. Additionally, there are registered Masters swimmers that do not belong to, or affiliate with, an established workout group. These swimmers either have signed up to belong to Pacific Northwest Aquatics (though not affiliated with a workout "team"), or are "unattached" swimmers who belong to no registered clubs, but maintain full PNA and USMS membership privileges.

A major purpose for distinguishing different clubs among Masters swimmers is to provide a framework for competition among clubs in Masters competitions, and particularly in relay competitions. In Masters meets, relay teams can only be formed by members of the same club. In the case of Pacific Northwest Aquatics, members of different workout groups or "teams" can officially swim together on relay teams in local and national Masters meets, and may be eligible to set LMSC, zone, and national records. Thus, the broad "umbrella" of Pacific Northwest Aquatics is designed to facilitate greater participation among its members in relay competitions (PNA often designates a "relay coordinator" to organize relays at large meets like zone and national championships). Members of independent clubs within the Pacific Northwest Association can form official relays only among their own members. Unattached Masters who do not belong to any club may not officially participate on relays.

Masters swimmers can verify their LMSC and club affiliation by looking at their USMS registration cards. All PNA swimmers have a USMS registration number that begins with the number 36 (36X-XXXXX), and will have their club name listed (Unattached, Pacific Northwest Aquatics, or another independent club).

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DIRECTORY OF BOARD MEMBERS

**PNA MEMBERSHIP BENEFITS**

Masters swimmers who are registered members of USMS are covered with secondary accident insurance in practices supervised by a USMS member or a United States Swimming (USS) certified coach where all swimmers are USMS registered or USS registered. This insurance is also provided to members participating in USMS sanctioned meets and events, where all competitors must be registered USMS members.

Membership in USMS entitles the Masters swimmer to participate in USMS sanctioned events. In fact, USMS sanctioned events are only open to registered Masters swimmers. Registered Masters may also participate in internationally sanctioned competitions, including Canadian Masters meets in British Columbia, and the biennial Masters World Championships conducted by FINA, the interna-

tional governing body of the sport of swimming.

Additionally, USMS members receive a subscription to *SWIM* Magazine, the official magazine of USMS which is published bimonthly. *SWIM* contains news about Masters swimming, articles on improving swimming skills and fitness, tips, workouts, and information about national championships.

USMS members registered through the Pacific Northwest Association also receive a subscription to the LMSC newsletter, *The WetSet*. This newsletter is distributed 10 times per year, and frequently contains news and announcements on local Masters events, articles on fitness, and reports from the PNA board of directors.



## PNA MEMBER'S GUIDE

### SANCTIONED EVENTS AND COMPETITIONS

Each year, the Pacific Northwest Association sanctions, for USMS, various Masters swim meets and other events. Any team, club, group, or organization is welcome to submit bids to the PNA to host Masters events. Sanctioned events are governed by USMS rules and PNA bylaws and policies with regards to conduct, competition, safety, operation, and liability coverage.

Various Masters teams from throughout the Puget Sound region have recently hosted Masters swim meets. Some of the locations that have hosted Masters meets in the last few years include Seattle, Federal Way, Bellingham, Anacortes, Poulsbo, Bangor Naval Base, Port Orchard, and Oak Harbor.

An annual PNA championship meet, the "PNA Champs", is conducted, and it is open to all Masters swimmers. A team competition is held at the PNA Champs among the teams that make up Pacific Northwest Aquatics and the other independent clubs registered in the LMSC.

Northwest Zone championship meets are often hosted within the Pacific Northwest Association. A meet rotation schedule awards the Northwest Zone Long Course and Short Course Yards meets to the PNA every third year. PNA hosted the N.W. Zone Long Course championship in 1998, and will again host it in 2001. PNA will host the N.W. Zone Short Course Yards championship in 1999, and every three years thereafter. Currently, the N.W. Zone Short Course Meters championship is awarded based on competitive bids submitted from throughout the Zone. The North Whidbey Masters have successfully bid to host the N.W. Zone Short Course Meters championship in 1996, 1997, and 1998.

The PNA also hosts USMS national championships. PNA hosted both the 1992 USMS National Long Course Championships and the 1997 USMS National Short Course Championship at the Weyerhaeuser / King County Aquatic Center in Federal Way. In addition, PNA has hosted national postal championships, such as the 1997 USMS 3000/6000 Yard postal championships, and will host the USMS 5 Kilometer / 10 Kilometer postal championships in 1999.

### THE OPERATION OF THE PNA

The Pacific Northwest Association is led by volunteer members who form a board of directors. Four members of the board, a president, vice-president, treasurer, and secretary, are elected by the entire PNA membership to serve two year terms (Elections are held prior to the PNA Champs in odd-numbered years, with the new officers assuming their posts after the PNA Champs). Up to three additional "At Large" board members are also elected by the full PNA membership, and represent all PNA members who are "unattached" or swim on teams with fewer than eight members. Each Pacific Northwest Aquatics team with at least eight members, and each independent PNA registered club, is entitled to have one representative on the board of directors.

The PNA president can also appoint other PNA members to the board of directors as chairmen of various committees.

These committees help the board to perform its vital functions. The PNA committees in place are Finance, Membership, Meets, Records, Publicity, Newsletter, Awards, Social, Officiating, Fitness, Computer Applications, Constitution & By-Laws, Safety, Open Water (Ad Hoc), and Coaches (Ad Hoc).

PNA board meetings are held monthly at various locations throughout the Puget Sound region. Occasionally, they are held in conjunction with PNA sanctioned Masters swim meets. All PNA board meetings are open to the entire membership, and the meeting schedule, as well as a summary of the minutes of previous meetings, are routinely printed in *The WetSet*. PNA board meetings typically include reports from the secretary (previous minutes), treasurer, the committee chairs, and items of new business.

### PNA OFFICERS AND THEIR RESPONSIBILITIES

**PRESIDENT** - Serves as Chair of the PNA Board. Represents PNA Masters Swimmers in all other meetings and has the authority of voting on behalf of PNA Masters Swimmers at those meetings, and is the contact person when dealing with outside agencies including USMS. Appoints all committee chairs, subject to approval by the eligible Board of Managers. Annually proposes to the Board a set of goals that the PNA organization should strive to achieve.

**VICE PRESIDENT** - Assumes all responsibilities delegated to the office by the President, including the authority to vote on behalf of PNA Masters Swimmers, if and when the President is unable to participate.

**SECRETARY** - Prepares the minutes of each monthly PNA Board meeting, retains a permanent file of the minutes, and places in the subsequent newsletter a summary of the Board Meeting including significant actions/decisions. Lists all unfinished business from the previous minutes and presents it to the President for action at the ensuing meeting. Notifies the Board membership of the next meeting and the agenda of that meeting not less than one week prior to the next scheduled meeting, and notifies the PNA membership at least one week prior to any general membership meeting. Prepares all correspondence notices and invitations of PNA Masters Swimmers as directed by the President. Maintains a listing of all Standing Policies as adopted.

**TREASURER** - Receives all moneys and pay all bills approved by the PNA Board. Maintains records of all transactions and the progress of these transactions. Prepares a yearly budget proposal for consideration and approval by the Board. Serves as Chair of the Finance Committee.

## PNA COMMITTEES AND THEIR RESPONSIBILITIES

All PNA members are welcome and encouraged to support the association with their ideas and talents through any of the following committees.

### FINANCE

Responsible for budget proposals, cost/fee studies, and fundraising. The Treasurer serves as Chair of the Finance Committee.

### MEMBERSHIP

Responsible for new member sign-ups and membership renewals, team formation, motivating current members to remain active, and interaction with county, municipal, and other aquatic groups to encourage Masters swimming in PNA. The Registrar serves as Chair of the Membership committee.

### MEETS

Responsible for meet schedules, host teams, entry fees, recommended events, and place awards.

### RECORDS

Maintains records of PNA individual and relay times at the association level for short course yards, long course meters, and short course meters, assists other LMSC's in the Northwest Zone in maintaining Zone Records/Top Ten tabulations, and provides record documentation and Top Ten tabulations from PNA sanctioned/approved meets at the USMS and FINA levels for all courses.

### PUBLICITY

Reports newsworthy activities of the PNA to the appropriate various media, and encourages the coverage of PNA events and the organization itself through the media.

### NEWSLETTER

Prepares an informative publication for the PNA membership.

### AWARDS

Establishes an appropriate awards program.

### SOCIAL

Plans and directs social events.

### OFFICIATING

Verifies that meet officials are consistent and enforce the rules. Meets with officials prior to meets to verify that they know the rules. Organizes clinics for officials.

### FITNESS

Organizes clinics and publishes articles and flyers emphasizing the fitness aspects of swimming.

### COMPUTER APPLICATIONS

Provides state-of-the-art computer methodologies so that data used by committees (such as the Membership, Records, and Meets committees) is made available to one another. Also keeps abreast of new hardware/software pertaining to Masters Swimming and provides developmental and implementation recommendations. This committee also manages the PNA's World Wide Web homepage.

### CONSTITUTION AND BY-LAWS

Reviews the Constitution, By-Laws, and Standing Policies for changes, and advises the PNA Board as to procedure.

### SAFETY

Establishes and enforces guidelines for the safe conduct of PNA events and workouts.

### COACHES

Facilitates and encourages communication among PNA Masters coaches, and communication between coaches and PNA board members.

### OPEN WATER

Establishes guidelines and facilitates conduct of PNA sanctioned open water swimming events.

## THE ANNUAL U.S. MASTERS SWIMMING CONVENTION

The USMS convention, held annually in late September in conjunction with the U.S. Aquatic Sports convention, is where much of the business of Masters swimming takes place. The delegates come from all across the nation and from various backgrounds, including swim coaches, aquatic administrators, and swimmers of all ages and abilities.

Each LMSC is entitled to send one delegate to the convention. LMSCs with over 300 Masters are entitled to send a second delegate, and can send an additional delegate for each additional 500 registered Masters. The Pacific Northwest Association is entitled to send three delegates to the 1998 USMS convention based upon the membership of 821 Masters during 1997 (The largest number of members from either the current year or the past year is used to determine LMSC delegate allotment).

In addition, members of the USMS Executive committee receive automatic status as delegates, as well as the chairmen of each USMS standing committee, and all members of select standing committees. Approximately 160 Masters swimmers from throughout the country are given official delegate status at the national convention, collectively forming the "House of Delegates". Members of the House of Delegates have full voting privileges to amend USMS competition rules and by-laws, elect the members of the Executive committee, and adopt a budget. Delegates also carry out the work of USMS, both during the convention and throughout the year, through their service in the various standing and ad hoc committees.

Ten PNA members were delegates to the 1998 convention. The PNA board of directors selected the three delegates it is entitled to send, based on guidelines incorporated into the PNA policies. The remaining seven delegates received automatic delegate status or delegate-at-large status. In accordance with PNA policies, all delegates from the PNA are entitled to partial reimbursement of convention registration, lodging, and travel expenses.

### PNA's 1998 convention delegates

**Jeanne Ensign**, USMS Treasurer and member of the Executive committee.

**Hugh Moore**, USMS Zone Committee chairman and member of the Executive committee.

**Sally Dillon**, Chairman of the Long Distance committee. Also member of the Officials committee.

**Jane Moore**, Member of the Legislation committee. Also member of the Sports Medicine committee.

**Steve Peterson**, Member of the Legislation committee. Also member of the Rule Book committee.

**Jan Kavadas**, Member of the Rules committee.

**Kathy Casey**, Member of the Rules committee.

**Walt Reid**, PNA delegate. Also member (and former chairman) of the Records and Tabulation committee.

**Lee Carlson**, PNA delegate. Also member of the Coaches and Insurance committees.

**Dan Frost**, PNA delegate. Also member of the Computer On-Line and Fitness committees.

# PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

## OFFICERS and MEMBERS OF THE BOARD OF DIRECTORS

### PRESIDENT

Jane Moore  
1867 58th St NE  
Tacoma WA 98422  
(253) 925-0803  
weswim@mindspring.com

### VICE PRESIDENT

Lee Carlson (206) 232-3916  
leedee@home.com

### TREASURER

Jeanne Ensign (206) 324-6768  
treasurer@usms.org

### SECRETARY

Steve Peterson (360) 692-1669  
speterson@bandwagon.net

### REGISTRAR

Suzanne Dills  
1101 N Northlake Wy  
Seattle WA 98103  
(206) 547-1654

## PNA COMMITTEE CHAIRMEN

AWARDS  
Sally Dillon  
COACHES (ad hoc)  
Barb Gundred  
COMPUTER APPLICATIONS  
Dan Frost  
CONSTITUTION & BY-LAWS  
Hugh Moore  
FITNESS  
Carolyn Behse  
MEETS  
Tammi Keeler  
MEMBERSHIP  
Suzanne Dills  
NEWSLETTER  
Dan Frost  
PUBLICITY  
(vacant)  
RECORDS/TOP TEN  
Walt Reid  
OFFICIATING  
Jan Kavadas  
OPEN WATER (ad hoc)  
Sally Dillon  
SAFETY  
Kathy Casey  
SOCIAL  
Jett Vallandigham

## CLUB AND TEAM REPRESENTATIVES

### PACIFIC NORTHWEST AQUATICS TEAM REPRESENTATIVES

BELLEVUE CLUB MASTERS (BCM) - Bellevue - Suzanne Dills  
BELLINGHAM MASTERS (BMST) - Bellingham - Barb Gundred  
BELLEVUE EASTSIDE SWIM TEAM (BEST) - Bellevue - Michael McKinley  
FEDERAL WAY MASTERS (FWM) - Federal Way - Jill Nuss and Linda Sullivan  
GATEWAY ATHLETIC CLUB MASTERS (GATE) - Seattle - Lee Stubbe  
GREEN LAKE AQUADUCKS (GLAD) - Seattle - Robin O'Leary  
ISSAQUAH MASTERS (ISST) - Issaquah - David Kienlen  
JUANITA AQUATIC MASTERS (JAM) - Kirkland - Jenny Wrenn  
MARAHNA MASTERS - Nina Cunningham  
NEWPORT HILLS MASTERS (NHM) - Bellevue - Eric Bartleson  
NORTH WHIDBEY MASTERS (NWM) - Oak Harbor - Dan Frost  
NORTHSHORE Y's GUYS (NYG) - Woodinville - Joann Bushnell  
ORCA SWIM TEAM (ORCA) - Seattle - Suzie Ness  
QUEEN ANNE SWIM CLUB (QASC) - Seattle - Edward Artis  
REDWOODS (REDW) - Mercer Island - Steve Sussex  
SAC MASTERS (SAC) - Seattle - Tony Young  
SAMENA MASTERS (SAM) - Redmond - Cynthia Hirst  
SKAGIT VALLEY YMCA (SVY) - Mt. Vernon - Ann Lemke  
SEQUIM MASTERS (SQM) - Sequim - Nancy Lawrence  
SWIM SEATTLE (SSEA) - Seattle - Deborah Bagg  
TACOMA FAMILY YMCA (TACY) - Tacoma - Cathy Barmore  
THUNDERBIRD AQUATIC MASTERS (TACM) - Anacortes - Pinky Walker  
TIGERS (TIG) - Tom Foley  
TUMWATER VALLEY MASTERS (TvM) - Tumwater - Erik Strom  
VALLEY MEDICAL MASTERS (VMM) - Trisha Scherzler

### INDEPENDENT PNA CLUBS

PRO CLUB MASTERS (PRO) - Bellevue - Andy Lovan

### PNA AT-LARGE REPRESENTATIVES

REPRESENTATIVE AT-LARGE - Kathy Casey



# NEW YEAR'S RESOLUTIONS

*Getting a great start on the new season*

\* It's October! Time to brace for La Nina and the Short Course season. Are YOU ready?

*By Dan Frost*

Down at your local swimming pool, it is time to celebrate the "New Year" known as the short course season. For many reasons, the end of summer signals the beginning of a new season at the pool. Kids are going back to school after their summer break, and the youth swimming programs are winding down. Many of us adults have taken time away from the pool in order to take vacations or simply a change of pace. Some have kept stroking through the summer championships and open water events, which have now come and gone.

No matter how you spent your summer, it is time to start anew and make some new year's "resolutions" to get the short course season off to a great start.

First, think of some goals that you would like to achieve for the next 12 months. They do not need to be "competitive" in nature. One of your goals may simply be to get in better shape, or to lose weight, or to meet new friends. Perhaps you would like to try to make two, three, or more workouts per week. You may want to learn how to swim butterfly, or swim it better. Would you like to someday complete that tough workout set? These are just some ideas of goals that have nothing to do with competing in races or meets.

Of course, you can also have competition goals. Simply going to a meet can be a goal, especially if you have not been to one in a while. This could be the year where you want to complete a 1650, or break a minute in the 100. What about competing in a different stroke or in a medley? This is a good time to look back on the previous season and determine

what went right and wrong, and where you would like to be later.

An important aspect in setting your goals is that you have to believe that they are attainable. You may not come close to attaining some of your goals during the season, and you might finish the season without achieving your goals. However, it is motivationally important that you feel that you can achieve your goals and that your work in the pool is helping progress you toward that goals.

For some swimmers, that could mean setting initial goals that are fairly easy to accomplish. When the initial goals are achieved, further goals that are more challenging can be set. This give a swimmer more of a sense of progress as goals are continually met.

Other swimmers prefer setting very high, but still perceptively achievable, goals. In many such cases, progress toward such lofty goals is difficult to measure. For example, you may not be able to come close to swimming your personal best time in an event until you taper for the end-of-season meet. You may not know how good of a swimmer you can become until you strive to achieve some lofty standards. You can shoot for the stars, but even if you only reach the moon, you still would have traveled a great distance!

After you have identified your goals, I highly encourage you to share them with your coach. Your coach will do all he can to help you. You may even discover that many other swimmers in you club share the same goals, and can push you toward attaining them.

Another aspect of a new swimming season is that it is a prime opportunity to experiment or try something different, particularly with technique items. For the new swimmer, everything will seem new and different. For the more accomplished swimmer, this is a chance to make adjustments to a stroke pattern,

or learn a new drill, or play with different "toys" like fins, stretch cords, and hand paddles.

## TYPES AND EXAMPLES OF PERSONAL SWIMMING GOALS

**TIME** - Records, Personal Bests, National Championship time standards.

**PLACING** - Top Ten list, Scoring at Nationals, placing in local meets.

**MEETS** - Competing in a championship meet, attending a certain number of meets, swimming in a particular event for the first time.

**WORKOUTS** - Completing a particular set, Yardage per week or month or workout, Workouts per week or month.

**TECHNIQUE** - Learning a new stroke, mastering stroke drills, swimming a particular stroke for a certain distance, learning how to use fins or paddles.

The beginning of the season is also a good time to develop endurance and cardiovascular fitness. After the summer layoff, it may take some time to build up your fitness level. Generally, workouts during these months tend to start off with mild yardages and gradually lengthen, while developing proper stroke technique.

This is the best time to encourage others to join your swimming program. If you have friends who would like to swim, or see others at the pool working out by themselves, invite them to an early-season workout. Swimmers who enter clubs now are more likely to remain through the year. They can easily assimilate into the group while the workout intensity is relatively low. By developing interest in your program now, they will be more willing to come back after Christmas.



# 1998 United States Masters Swimming 3000-Yard and 6000-Yard Postal National Championships

Sponsored & Sanctioned by Adirondack District Masters Swimming (ADMS) for USMS, Inc.,  
Sanction #038-005

## EVENT

Individual 3000-yd (120 lengths) and 6000-yd (240 lengths) Postal National Championships and 3-person team relay National Championships

## WHERE & WHEN

Any pool 25 yards in length; any time between September 1 and October 31, 1998

## ELIGIBILITY

Entrants must be registered with USMS or a similar body in his/her own country for 1998. (Foreign entries not eligible for USMS records or All-American status.) A copy of your 1998 registration card must accompany your entry.

## CATEGORIES

**Individuals:** Men and women will compete separately as individuals in the following age groups: 19-24, 25-29, 30-34...100+. Age group is determined by actual age on date of swim. Participants who *change age groups* during the event period may *enter* twice but *must swim twice*, once in each age group.

**Team Relay Event:** Two types of relays will be contested: 1) three-person, same-sex relay and 2) three person, mixed-sex relay. The cumulative time for the individual swims by each team member will be the team relay time. The age of the youngest swimmer on the relay determines the age group of the relay team. Age groups are 19+, 25+, 35+...95+. Each team member must also have entered the individual event. All team members must be registered with the same club. Unattached teams are not permitted.

## AWARDS

USMS Championship Long Distance medals will be awarded to the first three places in each age group *in the individual and team relay events*. First-place winners in all age groups will also receive championship patches.

## T-SHIRTS

A 1998 3000/6000 Postal National Championship T-shirt is available at a cost of \$15.00.

## RULES

Current USMS rules will govern the conduct of the competition. They include:

1) No drafting or flotation and propulsive devices (pull buoys, fins, paddles, wetsuits, etc.) are allowed. For purposes of this event, no more than two swimmers may share a lane, each swimming the duration on either the right or the left side of the lane.

2) A starter-referee must be present. For each swimmer there shall be a verifier who shall count lengths, record cumulative split times for every 50 yards, and record the final time for 3000 or 6000 yards. Final time must be recorded to the hundredth of a second. Swimmer and verifier must sign the official entry form. A 3000-yd split in the 6000-yd event may be submitted for a record but will not be accepted as a separate entry for the 3000-yd event. Events must be swum separately.

## FEES

*Individual entry fee* for each event is \$8.00 per swimmer. *Team relay entry fees* are \$12 per relay team. USMS-registered clubs that submit 5 or more individual entries in the same envelope will be eligible for reduced individual entry fees: \$7.00 per swimmer for 5-9 entries; \$6.00 each for 10-14 entries; and \$5.00 each for 15 or more. Results and awards for clubs taking advantage of reduced fees shall be sent to club representative. Please do not send cash. All fees are non-refundable.

## DEADLINE

Entries must be received by November 10, 1998. Any entries received after November 10, 1998, will be returned to sender. FAX entries not accepted. Incomplete or incorrect entries will be returned to entrant and must be resubmitted by the deadline.

## RESULTS

Complete results will sent to all entrants by December 1, 1998.

## INFORMATION

Contact Ann Svanson, P.O. Box 425, Greenfield Center, NY 12833, 518/893-1967 before 8:00 pm EST, or e-mail [asvanson@skidmore.edu](mailto:asvanson@skidmore.edu).

# 1998 USMS 3000-Yard and 6000 Yard Postal National Championships

## INDIVIDUAL ENTRY FORM

Complete or attach copy of USMS card here

Name: \_\_\_\_\_ Sex: \_\_\_\_\_ Age: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

USMS #: \_\_\_\_\_ Club: \_\_\_\_\_ Birthdate: \_\_\_\_\_

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. I certify that I have read the rules of this competition and that

on (date) \_\_\_\_\_, I swam (check one)  3000 yds or  6000 yds in \_\_\_\_\_ (official time).

Signature of Swimmer (required): \_\_\_\_\_

Signature of Verifier (required): \_\_\_\_\_

### T-SHIRTS:

Qty:  M  L  XL

### FEES:

Individual Entry \$ \_\_\_\_\_ \*

T-shirts (\$15 ea) \$ \_\_\_\_\_

TOTAL Enclosed \$ \_\_\_\_\_

*Make checks payable to ADMS*

\* **TEAM ENTRIES:** Check here

# Swimmers: \_\_\_\_\_ (see other side for special fees)

### ENCLOSE:

- Copy of Registration Card
- Entry Form with 2 signatures
- Split Sheet
- Payment Check

### MAIL TO:

1998 3000/6000 Postal Swim  
c/o Scott Petrequin  
1037 Tomahawk Trail  
Scotia, NY 12302

### DEADLINE for entries:

*Received by November 10, 1998.*

## TEAM RELAY ENTRY FORM

Event:  3 x 3000  3 x 6000

Club Name:	Age Group:	Men's	Women's	Mixed
NAMES OF SWIMMERS	AGE	SEX (M/F)	TIME	
Swimmer #1				
Swimmer #2				
Swimmer #3				
RELAY ENTRY FEE \$12. Attach individual entries or copies.				TOTAL TIME

## SPLIT SHEET (On this sheet, write down cumulative time (to 10ths) for each 50 yards and final time to 100th.)

50 _____	1050 _____	2050 _____	3050 _____	4050 _____	5050 _____
100 _____	1100 _____	2100 _____	3100 _____	4100 _____	5100 _____
150 _____	1150 _____	2150 _____	3150 _____	4150 _____	5150 _____
200 _____	1200 _____	2200 _____	3200 _____	4200 _____	5200 _____
250 _____	1250 _____	2250 _____	3250 _____	4250 _____	5250 _____
300 _____	1300 _____	2300 _____	3300 _____	4300 _____	5300 _____
350 _____	1350 _____	2350 _____	3350 _____	4350 _____	5350 _____
400 _____	1400 _____	2400 _____	3400 _____	4400 _____	5400 _____
450 _____	1450 _____	2450 _____	3450 _____	4450 _____	5450 _____
500 _____	1500 _____	2500 _____	3500 _____	4500 _____	5500 _____
550 _____	1550 _____	2550 _____	3550 _____	4550 _____	5550 _____
600 _____	1600 _____	2600 _____	3600 _____	4600 _____	5600 _____
650 _____	1650 _____	2650 _____	3650 _____	4650 _____	5650 _____
700 _____	1700 _____	2700 _____	3700 _____	4700 _____	5700 _____
750 _____	1750 _____	2750 _____	3750 _____	4750 _____	5750 _____
800 _____	1800 _____	2800 _____	3800 _____	4800 _____	5800 _____
850 _____	1850 _____	2850 _____	3850 _____	4850 _____	5850 _____
900 _____	1900 _____	2900 _____	3900 _____	4900 _____	5900 _____
950 _____	1950 _____	2950 _____	3950 _____	4950 _____	5950 _____
1000 _____	2000 _____	3000 _____	4000 _____	5000 _____	6000 _____

**BELLINGHAM MASTERS SWIM CLUB  
HOLIDAY SWIM MEET**

Sanctioned by the Pacific Northwest Association of Masters Swimmers  
for USMS, Inc. Sanction # 983621  
Hosted by the Bellingham Masters Swim Club

DATE: **Sunday, December 13, 1998**

TIMES: Warm-up: **8:00 AM**, Meet starts: **8:45 AM**

PLACE: Bellingham Aquatic Center, 1114 Potter St., Bellingham WA  
Phone: (360) 647-POOL

MEET DIRECTOR: **Barb Gundred** (360) 734-8364 before 9 PM / barbg@memes.com

FACILITY: Eight lane x 25 yard course. Lanes 2-7 will be used for competition. Lanes 1 and 8 will be used for continuous warm-up and warm-down. There is a diving tank which will be open for warm-up and warm-down, and a large whirlpool available for relaxation.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: All 1998 or 1999 registered swimmers age 19 and above as of the day of the meet are welcome to participate.

DIRECTIONS: *From I-5 Northbound:* Take exit 253 (Lakeway Dr.). The exit empties onto Potter St. Proceed straight for two blocks. The pool is located just past the school on the right. *From I-5 Southbound:* Take exit 253 (Lakeway Dr.). Turn left onto Lakeway, and proceed to the second light. Turn left onto Lincoln St., go one block past the school, and turn right onto Potter St. The pool is located just past the school on the right.

SEEDING: Slow to fast.

ORDER OF EVENTS (ORDER #4):

1	400 Individual Medley	11	50 Butterfly
2	500 Freestyle	12	100 Freestyle
	Break / 30 minute warm-up	13	200 Backstroke
3	200 Free Relay (Not before 10:15 AM)	14	200 Medley Relay
4	50 Breaststroke		Break
5	100 Butterfly	15	200 Breaststroke
6	200 Freestyle	16	200 Butterfly
7	50 Backstroke	17	50 Freestyle
8	100 Individual Medley	18	100 Backstroke
	Break	19	200 Individual Medley
9	200 Mixed Free Relay	20	200 Mixed Medley Relay
10	100 Breaststroke		

RELAYS: Deck enter relays at the meet.

WEBSITE: Visit the BMSC website (<http://members.aol.com/bhamwa/swim.htm>) or the PNA website (<http://www.whidbeynet.net/frosty/pna/pna.htm>) for updated information.

**Safety First!**

**NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES**  
Please include a copy of your Masters registration card if you are not a PNA member.

**BELLINGHAM MASTERS SWIM CLUB  
HOLIDAY SWIM MEET  
DECEMBER 13, 1998**

Sanctioned by the Pacific Northwest Association of Masters Swimmers  
for USMS, Inc. Sanction # 983621  
Hosted by the Bellingham Masters Swim Club

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

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

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

CLUB \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_

AGE GROUP (Determined by your age as of December 13, 1998):

19 - 24    25 - 29    30 - 34    35 - 39    40 - 44    45 - 49    50 - 54    55 - 59  
60 - 64    65 - 69    70 - 74    75 - 79    80 - 84    85 - 89    90 - 94    95+

ENTRY LIMIT: 5 INDIVIDUAL EVENTS PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME (SC Yards)

ENTRY FEE:        \$ 6.00        Surcharge

Individual Events: + \_\_\_\_\_ \$1 per event for swimmers under age 65

No charge for relays

Total:            \$ \_\_\_\_\_

Please make checks payable to: **BELLINGHAM MASTERS SWIM CLUB**

Mail this entry form and fees to: **Jim Williams**  
**1400 Moore St., #D5**  
**Bellingham WA 98226**

**Jimbo@usms.org**  
**(360) 734-6448**

Entries must be received no later than Saturday, December 05, 1998.

**Include a copy of your Masters registration card if you are not a PNA member.**

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: \_\_\_\_\_



JIM PENFIELD	90 # 2	50.47
50 YD. BACK		
JIM PENFIELD	90 # 1	55.26
100 YD. BACK		
JIM PENFIELD	90 # 1	2:10.24
50 YD. BRST		
JIM PENFIELD	90 # 1	57.65
100 YD. BRST		
JIM PENFIELD	90 # 1	2:29.10
100 YD. I.M.		
JIM PENFIELD	90 # 1	2:19.27

-----  
**RELAYS-WOMEN 200 YD. FREE**  
 -----

35 +		
LISA WILSON	36 # 6	1:48.09
DEBBIE GLASSMAN	44	
SAHARA PIRIE	37	
MARY LIPPOLD	42	

65 +		
JOAN DAVIS	67 # 9	3:53.17
MARGARET WINNIE	65	
LIVIA WALKER	75	
JANET KAVADAS	66	

-----  
**RELAYS-WOMEN 200 YD. MEDLEY**  
 -----

45 +		
KATHRINE CASEY	49 #10	2:27.44
SALLY DILLON	51	
SUZANNE DILLS	53	
JEANNE ENSIGN	51	

**TACOMA S.C.  
 JOINS THE PNA  
 FAMILY**

The Tacoma Swim Club has recently started its Masters program. Coaching the Tacoma Swim Club Masters are Jay Benner and Neil Beck.

TSCM currently conducts workouts at two locations: The University of Puget Sound and Foss High School. Workouts at UPS are held from 5:30 to 7:00 A.M. Monday, Wednesday, and Friday. During UPS's collegiate swimming season, these workouts will be moved to another pool.

Workouts at Foss High School are held Monday through Thursday evenings from 6:00 to 7:15 P.M.

For more information about the TSC Masters, contact Mark Patterson at (253) 383-3791 / mrpatterso@aol.com.

**THE FINAL LAP -  
 USMS CONVENTION FLASH REPORT**

**IMMEDIATE CHANGE TO STROKE DEFINITIONS**

Wording to the definitions of the Breaststroke, Butterfly, and Freestyle was slightly revised to conform with FINA rules. These changes take effect *immediately*.

101.1.5 BREASTSTROKE FINISH - At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below 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.

101.2.5 BUTTERFLY FINISH - At the finish, the body shall be on the breast and the touch shall be made with both hands simultaneously at, above, or below the water surface.

101.4.2 FREESTYLE STROKE - In an event designated freestyle the swimmer may swim any style, except that in a medley relay or an individual medley event, freestyle means any style other than butterfly, breaststroke, or backstroke.

**AGE DETERMINATION DATE CHANGED IN METRIC EVENTS**

Effective January 1, 1999, The age determination date for events held in short course and long course meters events changes to the swimmer's age on December 31st of that year. This change is consistent with international age determination. The age determination for swimmers in short course yards events remains the swimmer's age as of the final day of the meet.

102.2 AGE DETERMINING DATE -

- A - For Short Course Yards, the eligibility of a participant for a particular age group shall be determined by the age as of the last day of the meet.
- B - For Short Course Meters and Long Course Meters, the eligibility of a participant for a particular age group will be determined by the age as of December 31st of the year of competition.

**SWIMMERS MUST PRE-REQUEST RECORD TIMES FOR SPLITS**

Starting January 1, 1999, swimmers who want a split time to count for records or Top Ten times must request so in writing before the swim to the meet referee.

**TRIALS / FINALS FORMAT AUTHORIZED IN YARDS EVENTS**

Starting January 1, 1999, Events conducted in short course yards, except for the USMS National Championships, may be conducted on a trials & finals format. When such a format is utilized, competitors shall be limited to three individual events per day. It is doubtful that meet organizers would wish to offer heats and finals. However, this change allows for creativity and interesting possibilities.

**ALTITUDE ADJUSTMENTS FOR NQTs CHANGED**

Starting January 1, 1999, the altitude adjustment factors have been modified to give increased compensation to older swimmers. In any age group, men and women, the 200 Freestyle record is divided by the 200 Free record in the men's 25-29 age group. That factor is then multiplied to the existing altitude adjustment table. These altitude adjustments will continue to be used only for the purposes of adjusting times for qualification to the USMS National Championships, and not for records or Top Ten swims.

**USMS NATIONAL CHAMPIONSHIPS**

In the year 2000, the USMS Short Course National Championships will be held at the Phoenix Swim Club in Phoenix, Arizona. The Long Course National Championships will be held at the University of Maryland, Baltimore County, in Baltimore Maryland. Both facilities are outdoors.

Starting next year, all relays XXXXXXXXXX may be entered up to the day preceding the actual relay event. The relay entry fee is changed to \$12.

**UNITED STATES MASTERS SWIMMING, INC.  
1999 REGISTRATION APPLICATION**

Pacific Northwest Association of Masters Swimmers

**REGISTER WITH SAME NAME YOU WILL USE FOR COMPETITION**

Please print clearly

**RENEWAL**

My current USMS number is \_\_\_\_\_

**NEW REGISTRATION**

**Name:**

Last

First

Initial

**Address:**

Street or box number

Apt number

City

State

Zip code

**Telephone:**

Area Code

**E-mail Address:**

**Date of birth:**

Month Day Year

**Age:**

**M/F:**

**My club is:**

Pacific NW Aquatics (PNA)

**My Team is:**

Team Name

Pro Sports Club (PRO)

Unattached

Unattached

**If you coach a Masters swim team check here:**

**1999 ANNUAL FEE**

Your fee includes a subscription to the WetSet and to SWIM Magazine

Under 65      **\$30**      (If after Sep 1, 1999 for 1999: \$15.00)      \$ \_\_\_\_\_

Senior: 65 & over      **\$23**      (If after Sep 1, 1999 for 1999: \$11.50)      \$ \_\_\_\_\_

Optional Donations:

Donation of \$1.00 or (\$ \_\_\_\_\_) to the International Swimming Hall of Fame      \$ \_\_\_\_\_

Donation of \$1.00 or (\$ \_\_\_\_\_) to the USMS Endowment Fund      \$ \_\_\_\_\_

**PLEASE MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS      TOTAL      \$ \_\_\_\_\_**

**Mail to:**

Suzanne Dills, Registrar  
1101 N. Northlake Way  
Seattle, WA 98103  
(206) 547-1654 (w)

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 and regulations of USMS.

Signature \_\_\_\_\_

Date \_\_\_\_\_

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

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