

The WetSet



Volume 17 Issue 10

December 1998

SHORELINE POOL TAKEN OVER BY WILD ANIMALS - SEE STORY PG. 10

LEADING OFF by Jane Moore

Hello again swimmers,

I hope everyone had a good time and good times at the Short Course Meters Zone Championship meet last month in Oak Harbor. Unfortunately, Hugh and I caught a bug and spent the weekend as couch potatoes. I'm sure we missed another great meet.

At the USMS Convention this year, I attended a Masters coaching seminar. The talks were very interesting. Topics included starting a web page, coaching diverse swimmers, making a living as a Masters coach, and coaching to prepare for championship meets. I will summarize what I learned in the next few columns.

The talk on coaching a diverse group of swimmers contained some useful hints from Dr. Jim Miller, a family physician and Masters swim coach from Richmond, Virginia.

Coordinating a workout with swimmers of greatly varied skills requires lane organization. The traditional approach puts swimmers of similar speeds in the same lane. Each lane swims a similar set with a different send off. The fastest lane might swim 10 x 100 free on 1:20; next fastest, 8 x 100 on 1:30; then 6 x 100 on 1:45; and 4 x 100 on 2:00. Swimmers never see the swimmers in other lanes and have little interaction with each other.

A teaching approach has the coach concentrating on slower swimmers and letting faster swimmers swim on their own. Slower swimmers are helped to improve, but others get little feedback. This method also does not foster any team unity.

A team approach sends a consistent message that every swimmer is important. A send off time such as 1:25 is established. Each lane swims a distance that can be accomplished in that interval. Fastest swimmers may be doing 100's, while slowest swimmers do 50's. Everyone finishes at about the same time.

A final approach is the intimidation or terror method. The fastest swimmers are spread out one in each lane, then the next fastest and so on. Everyone does the same intervals and distance. This is a good approach at taper time. The fastest swimmers get lots of rest, while the slowest swimmers work very hard.

Swimmers from fast lanes can be paired with swimmers from slow lanes. Members of pairs take turns acting as coach and athlete to work on drills and techniques. Slower swimmers can also use fins, paddles, buoys, or other devices to keep up during interval swims.

Mixing lanes and swimmers enhances communication and helps build team spirit. Try mixing things up and using different types of workouts to liven up

your teams.

The most recent PNA Board meetings were held September 23 and October 28. As the September meeting was just before convention, rules change proposals and other convention issues were discussed. (I reported convention results in my last letter.) Meet bids from Bellingham for December 13 and Orca for January 16 were approved. Orca team members requested consideration for awarding meets on a long term basis. This would allow meet hosts to plan more than one year in advance. The Board will continue to discuss this topic. The Board agreed to join the Washington Coalition for Promoting Physical Activity. Jane Moore will be the representative. There is no fee to become part of the coalition.

At the October board meeting, Suzanne Dills reported a final 1998 membership of 832 swimmers. Meets bids from Bangor for PNA Champs March 19, 20,

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Welcome to the following swimmers who have recently the PNA

Stacy Akin, Debra Anderson, Julie Bonneau, Marsha Hansen, Julia Lawrence, Susan Mayes, Kari Osterhaug, Clare Painter, Steven Rosaria, Ingrid Spies, Caroline Whitlock, and Laura Young.

HANGIN' WITH THE WET SET

by editor Dan Frost

Making a return to this edition of *The WetSet* is Gordon Gray's computation of "PNA Percentages". Gordon takes the results of all of last season's PNA short course yards meets and compares each person's times with the national records. Your "percentage" is the average of your five best swims for the year. I have found these percentages to be a great way for all swimmers, young and old, man or woman, to compare against each other on an equal basis. It is also a great personal motivator. One of my biggest goals last season was to match my percentage from the previous (1996-1997) season. I met my goal, but only after some tough work and some good swims!

Would you like to have your percentage computed for this season? All you have to do is complete five short course yards events. You only have to attend one meet to do that. Details can be found in the Percentages article.

Enjoy this issue! Next month we'll report on the NW Zone SCM Champs.

Happy Birthday to the Following PNA Swimmers

12/16 LYNN HOVDE	01/01 CAROL DEWELL
12/16 BRITA ENFIELD	01/02 RALPH BREMER
12/18 SUSAN LEVERIDGE	01/03 RYAN ROBERTS
12/18 THOMAS GRANDINE	01/03 DON GALLAGHER
12/19 SCOTT ENGELHARD	01/03 LAURA MAIN
12/21 PAM STRANDBERG	01/03 JOHN MCJUNKIN
12/22 CHARLES SCOTT	01/03 LARRY WRIGHT
12/23 KATY WISWALL	01/03 D. ALAN CAPRON
12/24 BRUCE COONAN	01/04 DIANE BRITZIUS
12/24 ROBERT YOUNG	01/05 TIM TYNAN
12/25 L. (GENE) CROSSETT	01/05 ELIZABETH HERRING
12/25 SELBY RADABAH	01/06 SIDNEY COUCH
12/25 ROBERT MURRAY	01/06 NAN BENSON
12/26 DEBORAH THOMSON	01/06 ED CLARKE
12/26 MADELAINE SMITH	01/06 SUSAN CARLTON
12/26 MICHAEL HENDERSON	01/07 KIM BOGGS
12/27 HOPE DEAN	01/07 HELEN SCHUCHART
12/28 JAMES (JIM) JR SLOAN	01/09 THOMAS TAYLOR
12/28 TRISTIE THIRSK	01/09 BRYAN SPARROWHAWK
12/28 JANE DONALD	01/10 JAMES MCCLEERY
12/29 JEANNINE VEDERA	01/10 STACY AKIN
12/29 CURTIS WADE	01/10 BRYAN KIENLEN
12/30 JOY ROGERS	01/11 WILL KELLOGG
12/30 KUO WANG	01/11 FRANK WARNER
12/30 ROMI EPSTEIN	01/11 DEBORAH TAYLOR
12/30 ROBERT KEEVER	01/11 TOM SEIFTS
12/31 ELIZABETH HENDERSON	01/12 TERRY LEY
12/31 JAMES SCANTLAND	01/13 JAMES RICE
01/01 JULIE CORMAN	01/14 ROBIN ROBERTSON
01/01 HAROLD HUFF	01/15 JOAN SMITH

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

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December 1998

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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, Idaho, and Alaska, plus USMS National events.

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

December 12

Alaska SCM Champs - Anchorage, AK
Ginny Wright (907) 344-5321
E-mail: ginny@alaska.net

December 13

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

December 13

USMS Nike Champions Clinic w/Anita Nall
Tualatin Hills Pool / Beaverton OR
Bill Volckening (503) 533-5567
E-mail: volckening@aol.com

January 1-31, 1999

USMS One-Hour Postal Championship
Jon Einsidler (212) 684-2979
Look for information and entry form in the November/December 1998 issue of *Swim Magazine*

January 10, 1999

Parkrose SCY meet / Portland OR
Bert Peterson (503) 252-6081

January 16, 1999

ORCA Swim Team SCY Meet
Seattle University / Seattle WA
Bob Young (206) 329-4260
See information and entry form in this issue of *The WetSet*

January 17, 1999

UBC Masters SCM meet - Vancouver BC
Ivan Szasz (604) 734-4455
E-mail: iszasz@erich.triumf.ca

January 30, 1999

Eugene (OR) SCY Animal Meet / Echo Hollow Pool
Lynda Christiansen (541) 687-8379
E-mail: lchristiansen@peacehealth.org

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
Ed Ramsey (503) 693-8173
E-mail: ed_ramsey@intersolv.com

February 12-13, 1999

Alaska SCY State Champs - Anchorage, AK
Ginny Wright (907) 344-5321
E-mail: ginny@alaska.net

February 21, 1999

Mercer Island Redwoods SCY Sprint
Mary Waite Pool / Mercer Island WA
Lee Carlson (206) 232-3916
E-mail: leedee@home.com
See information and entry form in this issue of *The WetSet*

February 27-28, 1999

Multnomah Athletic Club SCY / Portland OR
Sean Taylor (503) 285-3860
E-mail: Staylor@themac.com

February 28, 1999

Victoria Masters LC meet
Saanich Commonwealth Place / Saanich BC
Point of Contact TBA

March 19-21, 1999

PNA Championships
Bangor / Kitsap Peninsula WA
Steve Peterson (360) 692-1669
Look for information and entry form in a future issue of *The WetSet*

March 19-21, 1999

Oregon Masters Championships (SCY) / Bend OR
Pam Himstreet (541) 593-9101
E-mail: him@cmc.net

March 28, 1999

Richmond/Delta Winskill Masters Meet
Richmond BC / Watermania Complex
Point of Contact TBA

April 9-11, 1999

Northwest Zone SCY Championships
Federal Way WA
Look for information and entry form in a future issue of *The WetSet*

April 23-25, 1999

BC Masters Provincial Championships - Duncan BC
Point of Contact TBA

May 13-16, 1999

USMS SC Nationals - Santa Clara, CA
Alma Guimarin (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
Ed Ramsey (503) 693-8173
E-mail: ed_ramsey@intersolv.com

July 31-August 1, 1999

Northwest Zone LC Championships
Federal Way WA
Look for information and entry form in a future issue of *The WetSet*

August 19-23, 1999

USMS LC Nationals - Minneapolis MN
Paul Windrath (612) 388-8524
E-mail: pwindrath@compuserve.com
Look for information and entry form in the May/June 1999 issue of *Swim Magazine*

For further information on Masters meets, call or mail the point of contact, the WetSet editor, or any of the following newsletter editors... (also, see page 15 for World Wide Web addresses)

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NEWS ABOUT PNA SWIMMERS

BELLINGHAM MASTERS SUPPORT FISHERMAN'S MEMORIAL

*A letter to the WetSet editor
By Jim Williams
Bellingham Masters Swim Team*

Hi Dan,

Just last Saturday, November 7, I held a fund raiser for the Squalicum Harbor Fishermen's Memorial. It was set up like a swim-a-thon, but called "Swim for a Safe Return" because I found out USA Swimming has a trademark on "Swim-a-thon." The Memorial statue, entitled "Safe Return", was sculptured by one of our Master swimmers' father, and is dedicated to the memory of fishermen who have lost their lives at sea. I became involved with the committee this year after the boat I had fished on for over ten years rolled and all four crew members were lost. Two were never found. Having spent years fishing in the Gulf of Alaska during the winter and then to lose them in Bellingham Bay just six miles from town still haunts me.

What might be of interest to other teams is the potential of an event like this. Granted, we had a community that is very fishing oriented and had just lost two boats and eight men this year.

Having volunteered on many fundraisers, I saw that our return was always

eaten up with expenses, and nothing much was left for the construction of the Memorial. That's when I decided to look into a swim fundraiser. I figured the pool would be my biggest expense and started there, though the pool rental would most likely price me right out of this idea. What I found was a pool manager that was more than happy to donate the pool for two hours for all eight lanes. All she asked was a \$1 admittance fee to the pool for each swimmer. After hearing this, it was a no-brainer, I had to do it.

After picking a date and time, coming up with a format was next. Again I went to the web and the "rec.swim" newsgroup. I decided to go with swimming as far as you can in two hours or 200 lengths, which ever comes first. Wanting to encourage anyone willing to try, I added relays of up to eight members (Four would have been enough). Like any swim-a-thon, the swimmers were asked to sell pledges that were sold by the length 25 yards or by a straight dollar amount. I also added that you could participate by swimming or making a pledge, and for those that wanted to pledge but didn't have a swimmer in mind could call a number and adopt a

swimmer to sponsor.

Next some awards were needed for the top pledge-getters and first individual to complete the 200 lengths. Here anything is possible. Don't spend a penny on these. Get out there in your community and ask for donations. I ended up with a float plane sightseeing trip for three and dinner to follow at a restaurant right on the bay. This went to the top individual pledge-getter. Other awards included a plaque for first swimmer to 200, and dinner for the top relay pledge-getters, all were donated. Add more categories, depending on the awards you get. Refreshments are also nice to have for the counters and other volunteers as well as the swimmers. Again get them donated. Most of ours were homemade, along with 50 donated bottles of Odwalla.

Most of the printing for the information and pledge form was donated by a fishing supply business. Make sure you have all the information on the form and a contact person. Distribute these at the pool, gym, and so on, or at whatever related businesses that would support your cause. Hit your local paper

(Continued on page 15)

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 _____

**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.

ORDER OF EVENTS (ORDER #4) (Seeding slow to fast / Deck enter relays at the meet.)

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		

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.

MARINE CORPS TOYS FOR TOTS PROGRAM DRIVE: Participants are encouraged to support the annual U.S. Marine Corps Toys for Tots program by bringing new, unwrapped toys to the meet. Marines will pick up the toys and distribute them to local social welfare agencies and churches for ultimate distribution to needy children on Christmas Day. For more information about the Toys for Tots program, visit their website at www.toysfortots.org

ACCOMODATIONS: Best Western Lakeway Inn 1-888-671-1011 (Please mention "Master Swimmers Special Rate") and Quality Inn Baron Suites (360) 676-8000

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 swimmers 65 and over
No charge for relays

Total: \$ _____ Please make checks payable to:
BELLINGHAM MASTERS SWIM CLUB

Mail this entry form and fees to: **Jim Williams** **Jimbo@usms.org**
1400 Moore St., #D5 **(360) 734-6448**
Bellingham WA 98226

Entries must be received no later than **Saturday, December 5, 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: _____

PNA 1997/1998 SCY Improvement by Percentage

By Gordon Gray

Following are the 1997/1998 short course yards improvement percentages based on the National records for age group(s). Of the 255 PNA swimmers that swam any meet, 126 swam at least five different events to qualify for a percentage, i.e., the average of their five best events. This year Jim Penfield again was on top, having obliterated five records at Nationals.

The percentages are based upon national records in the current age group and the next age group up, calculated by day according to the birth date. The calculations used are similar to the AGE-GRADED TABLES published by the National Master News (Track and Field). There are two differences: (1) The AGE-GRADED TABLES use age (by year) versus the birth date (by date); (2) The AGE-GRADED TABLES are compared against a theoretical performance as opposed to the national age-group records for swimming.

The latter makes the swim performances more of a "moving target" since a new national record will create a higher standard the next year (an incentive to improve!). This will occur more in the older age groups. For example, Jim Penfield could be a victim of his own success since next year he will be compared with his own 90-94 records. On the other hand, about 1/5 of his percentage will be compared with the 95-99 age group.

What do the percentages mean? The best way to use them is to gauge your performance from year to year. They are based on your birth date, so changing age groups will have no effect. The track and field AGE-GRADED TABLES have the following achievement levels:

Over 90% = World Class / Over 80% = National Class / Over 70% = Regional Class / Over 60% = Local Class

Since the swim percentages will be higher (because of the calculation method), I would propose that 5% be added, i.e., 95%, 85%, 75% and 65%. However, it should be noted that anyone who participates in Masters Swimming is doing a 'First Class Act.'

PNA 1997/1998 SHORT COURSE YARDS - BY PERCENTAGE

1 Jim Penfield	90	111.3390	31 Tracy Larson	36	85.3317
2 Sally Dillon	51	95.5980	32 Blair Elander	36	85.3104
3 Suzanne Dills	53	93.7119	33 Carolyn Mathews	35	85.2109
4 Jim McCleery	52	92.3355	34 Dan Frost	29	84.9709
5 Todd Doherty	27	92.1249	35 Steve Freeborn	42	84.8962
6 Cathy Cooley	40	91.7635	36 John Sylvester	41	84.8435
7 Kathrine Casey	49	91.3349	37 Hugh Moore	43	84.7458
8 Steve Sussex	42	91.0943	38 Marc Fairbanks	46	84.6013
9 Mary Lippold	42	91.0202	39 Elizabeth Dietz	31	84.5700
10 Debbie Glassman	44	90.9838	40 Pat Matthiesen	81	83.9907
11 Tonya Berg	39	90.8588	41 Bob Dorse	66	83.9181
12 Muriel Flynn	75	90.7629	42 Carol McCaig	35	83.8732
13 Michael McColly	52	90.4556	43 Betty Kercheval	73	83.8325
14 Jack Stavros	37	89.4678	44 Wayne Methner	44	83.3735
15 Paul Monohon	52	89.3926	45 Francesca Drum	56	83.2739
16 Lisa Wilson	36	89.1705	46 Linda Hegeberg	28	82.7097
17 Bob Fish	34	88.6177	47 Patrick Gibbs	32	82.6451
18 Ian Thompson	48	88.4775	48 Tom Quigley	23	82.3340
19 Kuo Wang	23	87.9676	49 Bill Reeder	45	82.2588
20 Carolyn Behse	55	87.7330	50 Steve Ruthford	23	82.2098
21 Lynn Morin	21	87.7184	51 Michael Schaeffer	41	82.1748
22 Larry Nordell	57	87.5060	52 James Worrel	75	82.0743
23 Pinky Walker	55	86.7941	53 Jim Williams	41	81.8580
24 Suzanne Strom-Reed	49	86.7228	54 Rich Kline	22	81.8302
25 Bart Christie	41	86.6674	55 Kevin Prigger	35	81.6667
26 Andy Lovan	31	86.4134	56 Jim Lasersohn	32	81.6181
27 Steve Peterson	51	86.3226	57 Betsy Herring	51	81.3205
28 Peter Marcus	38	85.7761	58 Cynthia Hirst	35	81.1806
29 Tim Tynan	43	85.5686	59 Sahara Pirie	37	81.1544
30 Karin Gardner	29	85.5478			

(Continued on page 7)

PNA 1997/1998 SHORT COURSE YARDS - BY PERCENTAGE

(Continued from page 6)

60 Pete Gillis	42	81.1501	93 Jett Vallandigham	51	75.3966
61 Mike Jones	37	81.0836	94 Michael Frank	32	75.3595
62 Linda Mariz	49	80.9736	95 Sachin Kukreja	28	74.1710
63 Jan Beckman	42	80.7497	96 Paul Ikeda	38	73.9609
64 Gigi Baker	32	80.6728	97 Wendy Hoffman	35	73.3231
65 Kerry Carnahan	31	80.0856	98 Mike Grimm	29	73.1087
66 Bryan Sparrowhawk	42	79.9582	99 Jeff Cox	39	72.8305
67 Lani Doely	42	79.8834	100 Keith Cottingham	36	72.8020
68 Kenneth Cummings	19	79.7457	101 Janet Kavadas	66	72.3748
69 Jeremy Gerking	24	79.6025	102 Roy Ingham	73	72.2688
70 Stefani Fersch	33	79.3046	103 Charles Thrasher	35	72.0719
71 Maxine Carlson	78	79.2433	104 Jeanne Ensign	51	71.1571
72 Tammi Keeler	29	79.2310	105 Pam Strandberg	44	70.7027
73 Julia Bent	50	78.5024	106 Joann Bushnell	40	70.4300
74 Gordon Gray	52	78.3122	107 Jane Moore	47	70.4164
75 Mimi Wyndham	35	78.1924	108 Kerry Ness	28	70.2897
76 Jeff Gross	47	77.8858	109 Jesse Pace	45	70.2293
77 Coral Bernier	42	77.7976	110 Brad Palmer	37	70.1264
78 Clark Pace	45	77.6804	111 Claire Eadie	55	70.0554
79 Eric Dybdahl	37	77.6653	112 Don Gallagher	50	69.2877
80 Abbie Morris	43	77.5001	113 Tom Foley	63	69.1741
81 Leigh Johnson	49	77.3024	114 John Maki	39	68.4626
82 Lee Carlson	57	76.8651	115 Hal Young	76	68.2135
83 Matt Bell	24	76.8178	116 Janie Layman	48	67.6143
84 Eric Askilrud	25	76.7983	117 Everett Cassell	84	67.4709
85 Paul Verner	43	76.7963	118 Helen Schuchart	79	66.9260
86 Dave Austin	23	76.7077	119 Gerry Plunkett	51	66.2876
87 Tammy Cruz	24	76.6048	120 Joan Davis	67	65.2499
88 Jim Byfield	39	76.4503	121 Marion Chadwick	76	63.8686
89 Dempsey Dybdahl	49	76.3723	122 Chaya Amiad	59	63.8332
90 Jennifer Blair	25	75.9726	123 Sandy McNeel	45	62.9631
91 Donna Daly	46	75.6055	124 David Nunn	35	62.1540
92 Paul Senuty	35	75.4114	125 Judith Hutchison	59	48.5546
			126 Forest Brooks	50	47.4370

PNA 1997/1998 SHORT COURSE YARDS - PERCENTAGE OF IMPROVEMENT

The second list of percentages shows those swimmers that improved over their 1997 percentage (see the September 1997 *WetSet*). Of the 74 swimmers listed for both 1997 and 1998, 27 bettered last year's efforts. There were fewer improvements over last year because of the many great swims at the 1997 SC Nationals in Federal Way.

1 Jim Penfield	90	11.8394	15 Helen Schuchart	79	1.7329
2 Betsy Herring	51	6.1643	16 Suzanne Dills	53	1.4589
3 Gerry Plunkett	51	6.0520	17 Jim McCleery	52	1.1920
4 Paul Senuty	35	5.0027	18 Kathrine Casey	49	1.0300
5 Michael Schaeffer	41	4.4219	19 Kevin Prigger	35	0.8626
6 Mimi Wyndham	35	4.2358	20 James Worrel	75	0.5842
7 Suzanne Strom-Reed	49	3.8481	21 Jennifer Blair	25	0.5107
8 Eric Dybdahl	37	3.7758	22 Charles Thrasher	35	0.3368
9 Debbie Glassman	44	2.6459	23 Dan Frost	29	0.2947
10 Carol McCaig	35	2.5549	24 Linda Mariz	49	0.2866
11 Wayne Methner	44	2.1883	25 Paul Monohon	52	0.2131
12 Bob Dorse	66	1.8584	26 Pinky Walker	55	0.1983
13 Karin Gardner	29	1.8077	27 Cynthia Hirst	35	0.0425
14 Everett Cassell	84	1.7487			

1998-1999 PNA SCY PERCENTAGES

Have your percentage computed for the 1998-1999 season by completing five SCY swims. You can do that in one meet or several. This season, the SCY meets include the GLAD Animal Plus (October), Bellingham (December), ORCA (January), Mercer Island (February), PNA Champs (March), NW Zone Champs (April), and the USMS Champs (May).



Winter Snow Ball Swim Meet Information
Saturday, January 16, 1999
Connolly Athletic Center at Seattle University – Seattle, WA
Hosted by: ORCA SWIM CLUB

Entries Due: Postmark by Thursday, December 31st. We must receive your entry by Saturday, January 9th. We CANNOT accept late entries as this makes it impossible for our volunteers to run the meet.

Mailing Address: Winter 99 Meet c/o Orca Swim team,
1122 E. Pike St. Suite 869, Seattle, WA 98122-3927

Meet Director: BOB YOUNG (206) 329-4260 (before 9pm)

Schedule: *Check-in: 8:30 a.m. Warm-up: 8:30 – 9:20 a.m. Meet begins promptly: 9:30 a.m.*

At check-in, you will be provided with a card indicating all of your events with your respective heat & lane information. Pick-up your individual event cards (which will be handed to timers prior to swimming) from the Clerk of Course on the pool deck.

Order of Events (PNA Order #1) (Seeding is slow to fast)

#1. 1000 Free*	#12. 100 Fly
#2. 200 Free Relay	#13. 200 Medley Relay
#3. 50 Free	<i>20 Minute Break - Original Pink Flamingo</i>
#4. 100 Breast	#14. 200 Free
#5. 200 Back	#15. 50 Breast
#6. 50 Fly	#16. 100 Back
#7. 200 IM	#17. 200 Fly
<i>5 minute Break</i>	#18. 100 IM
#8. 200 Mixed Free Relay	<i>5 Minute Break</i>
#9. 100 Free	#19. 200 Mixed Medley Relay
#10. 200 Breast	#20. 500 Free**
#11. 50 Back	

* Check-in required with Clerk of Course by 8:45 a.m. Subject to re-seeding.

** Subject to re-seeding, please check-in with Clerk of Course prior to the start of Event #14.

Rules & Eligibility: No diving during warm-ups except in designated sprint lanes. This meet is open to all 1999-registered Masters swimmers, 19 years and older. You may swim in either the 1000 or 500, but not both.

Facility: Connolly Center – 550 14th Avenue, phone number (206) 296-6441. This facility has a Six-lane, 25-yard pool (short-course yards) with seating for 150, a separate 6-lane, 25-yard warm-up pool located adjacent, and the water temperature is 84 F. Lockers are available (bring a lock). Food & Drink are also available for purchase.

Directions: From I-5 take the James/Cherry Street Exit. Head up the hill (away from downtown) – on James. James becomes Cherry Street as you cross Broadway; follow Cherry down the hill until you reach 14th Avenue; turn right and park on the street. Connolly Center is the building on the left with an entrance onto 14th Ave. As you enter the building, there will be a check-in window with a turnstyle entry; go through the turnstyle and follow the signs to the locker room and pool.

The ORCA SWIM TEAM is 501 (c) (3) non-profit corporation dedicated to promoting the sport of swimming and to educating the public about the value of sports in community-building. The team is comprised of gay/lesbian and gay/lesbian-friendly swimmers and welcomes all Masters swimmers to its swim meets. ORCA SWIM TEAM is a member of Pacific Northwest Aquatics (PNA), International Gay and Lesbian Aquatics (IGLA) and Team Seattle.

Visit the Orca's web site at: <http://www.teamseattle.org/orca>



Winter Snow Ball Swim Meet Entry Form
Saturday, January 16, 1999
Connolly Athletic Center at Seattle University – Seattle, WA
Hosted by: ORCA SWIM CLUB

Name: _____ *USMS or MSC Masters Registration #: _____
 Address: _____ State: _____ Country: _____ Postal/Zip Code: _____
 Phone: (____) _____ Birthdate: _____ Age on 1/16/99: _____ Male ___ Female ___
 Team (e.g. ORCA, etc.) _____ (or) Unattached ___ Assoc. (e.g.: PNA, OREG, etc.) _____
 E-Mail Name (if available – useful for any last minute information): _____

Circle your Age Group: 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+

INDIVIDUAL EVENT ENTRIES (See meet information sheet for event numbers and schedule. Registered swimmers may form and register relays on the day of the meet with the Clerk of Course)

Event #	Event Name (5 individual events max., plus relays)	Estimated Time (25 yard pool)	Fee \$
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Meet Fees - \$9 (includes electronic timing surcharge) + \$1 per individual event. Entrants over the age of 65 may waive the \$1 per event fee. Your meet fee includes ribbons for 1st through 6th place.
 Base fee (\$9) + # of individual events at \$1 each = US\$ _____. Please multiply by 1.5 for amount in Canadian\$. Canadian Checks accepted. Please make checks payable to: ORCA SWIM TEAM

Mail the following to: Winter 99 Meet c/o ORCA SWIM TEAM, 1122 E. Pike St., Suite 869, Seattle, WA 98122-3927:

1. Fully Completed Orca Snow Ball Meet Registration Form – includes cost of meet and other activities.
2. Copy of your 1999 Masters Registration Card (if not a member of PNA).

FIRM DEADLINE: Postmark by Thursday, December 31st. We must receive your entry by Saturday, January 9th.

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: _____

*Entry is not valid without signature and date above AND a current USMS or MSC registration number. Swimmers who are not members of Pacific Northwest Aquatics (PNA) must also attach a copy of current year Masters Registration Card with this form. PLEASE RENEW YOUR MASTERS REGISTRATION EARLY!!!

Checklist: USMS# _____, Copy of USMS Card _____, Check _____, Entry Form _____, Signature and Date _____

Make a copy of your entry form and check, and bring it to the meet as corroborating evidence of your entry.

SHORELINE
10-18-98
SHORT COURSE YARDS
P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD
W = WORLD RECORD
S = SPLIT TIME
U = UNOFFICAL TIME (1 WATCH)

WOMEN 25-29

200 YD. BACK
JENNIFER LELAND 27 PNA 2:56.84

WOMEN 30-34

200 YD. BRST
CLARE PAINTER 30 PNA 3:05.17

WOMEN 35-39

200 YD. BACK
TONYA BERG 39 PNA 2:42.14
200 YD. BRST
TONYA BERG 39 PNA 2:45.08
200 YD. FLY
WENDY HOFFMAN 36 PNA 3:18.70
400 YD. I.M.
WENDY HOFFMAN 36 PNA 6:23.91

WOMEN 40-44

1000 YD. FREE
JAN BECKMAN 43 PNA 13:38.21
CORAL BERNIER 43 PNA 13:54.26
200 YD. BACK
CATHY COOLEY 41 PNA 2:31.45
CORAL BERNIER 43 PNA 3:03.39
LANI DOELY 42 PNA 3:27.80
200 YD. BRST
LANI DOELY 42 PNA 3:07.43
200 YD. FLY
DEBBIE GLASSMAN 44 PNA 2:38.90
LANI DOELY 42 PNA 3:16.13
400 YD. I.M.
CATHY COOLEY 41 PNA 5:20.37
DEBBIE GLASSMAN 44 PNA 5:40.45
JAN BECKMAN 43 PNA 5:56.51
CORAL BERNIER 43 PNA 6:12.11
LANI DOELY 42 PNA 6:26.80

WOMEN 45-49

1000 YD. FREE
JANE MOORE 47 PNA 16:55.88
200 YD. BACK
JANE MOORE 47 PNA 4:01.80
200 YD. BRST
JANE MOORE 47 PNA 3:58.95
200 YD. FLY
JANE MOORE 47 PNA 4:22.51
400 YD. I.M.
JANE MOORE 47 PNA 8:00.07

WOMEN 50-54

1000 YD. FREE
KATHRINE CASEY 50 PNA 14:02.04
JULIA BENT 51 PNA 16:48.73
200 YD. BACK
KATHRINE CASEY 50 PNA 2:49.26
200 YD. BRST
KATHRINE CASEY 50 PNA 3:09.89
JULIA BENT 51 PNA 3:31.70
200 YD. FLY
KATHRINE CASEY 50 PNA 3:22.11
400 YD. I.M.
KATHRINE CASEY 50 PNA 6:04.24

WOMEN 65-69

200 YD. BACK
JANET KAVADAS 67 PNA 4:24.00
200 YD. BRST
JANET KAVADAS 67 PNA 4:36.50

WOMEN 75-79

200 YD. BRST
LIVIA WALKER 76 PNA 5:47.50

MEN 19-24

1000 YD. FREE
J.VAN VELTHUYZEN 19 PRO 11:58.19

MEN 30-34

1000 YD. FREE
STEVE RUITER 33 DUN 11:09.63
DAN FROST 30 PNA 12:20.10
200 YD. BACK
STEVE RUITER 33 DUN 2:13.29
DAN FROST 30 PNA 2:29.86
200 YD. BRST
DAN FROST 30 PNA 2:30.71
STEVE RUITER 33 DUN 2:30.80
200 YD. FLY
STEVE RUITER 33 DUN 2:08.49
DAN FROST 30 PNA 2:36.63
400 YD. I.M.
DAN FROST 30 PNA 5:09.92

MEN 35-39

1000 YD. FREE
ERIC DYBDAHL 38 PNA 12:45.83

MEN 40-44

1000 YD. FREE
STEVE SUSSEX 43 PNA 11:35.43
HUGH MOORE 44 PNA 13:08.72
MIKE SCHAEFFER 41 PNA 13:32.80
JOHN METTLER 44 UNAT 17:15.31
WILLIAM BROWN 44 PNA 19:24.81
200 YD. BACK
STEVE SUSSEX 43 PNA 2:16.53
HUGH MOORE 44 PNA 2:42.90
MIKE SCHAEFFER 41 PNA 3:09.66
200 YD. BRST
STEVE SUSSEX 43 PNA 2:34.88
HUGH MOORE 44 PNA 2:54.24
JOHN METTLER 44 UNAT 3:19.18
200 YD. FLY
STEVE SUSSEX 43 PNA 2:18.55
HUGH MOORE 44 PNA 2:28.94
400 YD. I.M.
STEVE SUSSEX 43 PNA 4:43.38
HUGH MOORE 44 PNA 5:19.04

MEN 45-49

1000 YD. FREE
BRIAN CARLTON 48 PNA 15:09.70
200 YD. BACK
FRANK WARNER 49 PNA 2:23.62

MEN 50-54

1000 YD. FREE
JIM MCCLERY 52 PNA 11:35.59 P
STEVEN PETERSON 52 PNA 13:16.17
DON GALLAGHER 50 UNAT 15:40.20
FOREST BROOKS 51 AK 22:37.50
200 YD. BACK
STEVEN PETERSON 52 PNA 3:00.84
FOREST BROOKS 51 AK 5:42.48
200 YD. BRST

STEVEN PETERSON 52 PNA 2:44.38
DON GALLAGHER 50 UNAT 3:20.02
FOREST BROOKS 51 AK 4:59.20
200 YD. FLY
STEVEN PETERSON 52 PNA 3:04.22
400 YD. I.M.
STEVEN PETERSON 52 PNA 5:35.63

MEN 60-64

400 YD. I.M.
TOM FOLEY 64 PNA 7:52.94

MEN 80-84

1000 YD. FREE
GENE CROSSETT 84 PNA 21:34.83
200 YD. BACK
GENE CROSSETT 84 PNA 5:14.30

MEN 85-89

1000 YD. FREE
EVERETT CASSELL 85 PNA 33:03.43
200 YD. BACK
EVERETT CASSELL 85 PNA 7:32.16
200 YD. BRST
EVERETT CASSELL 85 PNA 6:58.45

MEN 90-94

200 YD. BRST
JIM PENFIELD 90 PNA 6:22.86 Z

WILD ANIMALS UN-LEASHED INTO SHORELINE POOL BY AQUADUCKS

Over 30 "animals" converged upon Shoreline Pool on October 18 to participate in PNA's second meet of the short course season, the "Animal Plus" meet hosted by the Green Lake Aquaducks.

The meet featured a unique event format that included, in order, the 400-yard individual medley, 1000-yard free-style, 200-yard butterfly, 200-yard breaststroke, and the 200-yard backstroke. While most of the participants focused on one or two events in this early-season meet, there were seven wild animals who swam in all five events (pictured opposite page). Congratulations and thanks to GLAD for putting on this unique event!

GLAD'S ANIMAL KINGDOM

Right – The members of GLAD's Animal Kingdom. From left to right, PNA president Jane Moore and husband Hugh (*Leadership by example!*), newcomer Steve Ruitter (*Wondering if all PNA meets are this easy.*), PNA safety czar Kathy Casey (*She had to make sure that it was safe for everybody.*), PNA secretary Steve Peterson (*Recording the event for posterity.*), Steve Sussex (*Who swam because we needed a third person named Steve.*), and *WetSet* editor Dan Frost (*"I don't know how we did it, I don't know why we did it, but we did it!"*). *WetSet* photo by Robin O'Leary.



Bottom left – Jan Kavadas pushes off during the start of the 200 backstroke. When she wasn't in the water, Jan served as one of the stroke judges. *Bottom right* – The numbers keep getting higher and higher as the animal swimmers knock off the laps during the 1000-yard freestyle. *WetSet* photos by Dan Frost.



PRESIDENT'S LETTER

(Continued from page 1)

& 21 and Mercer Island for February 21 were approved. The Mercer Island meet will be a sprint meet. Lee Carlson will research the request for long term meet awards. He will report findings at the November – December board meeting. The board agreed to budget \$100 in 1999 to purchase a copy of the USMS public service announcement. The tape will be distributed to television stations with a local telephone number to contact for further information. We still need a chair for the publicity committee. We will also need a chair for the officials committee in the spring. Jan Kavadas will be stepping down after many years of service to the PNA Board. Thanks are given to her for her contributions. PNA will purchase ten rulebooks to be given to 1999 meet hosts. Jim and Mardi McCleery are taking over as webmasters. Because Dan Frost has used his personal web

space for the current web page, PNA will need to establish a new page. The Board approved \$95 for set up fees and \$35 per month for the McCleery's to establish a new web page at Mindspring. They will continue the excellent work done by Dan and provide useful information to PNA swimmers and others on-line. Many thanks to Dan for the excellent job he has done in getting the PNA on the internet. The Convention report was reviewed (see November *WetSet* for the report). Sally Dillon (360-679-5038; salswmr@oakharbor.net), Jan Kavadas (425-775-5814), and Walt Reid (253-588-4879; reidw@wdni.com) volunteered to serve as the PNA Officer Nominating Committee. Anyone interested in running for a PNA office or at large board representative should contact one of them. The election will be held prior to PNA Champs.

The next board meeting will be held Wednesday, December 2, at Lee Carlson's home on Mercer Island. The possibility of long term meet bid awards will be discussed. This meeting is also the PNA LMSC annual meeting. January's meeting will be held following the Orca meet January 16. The location will be announced at the meet. The meet bid packet will be reviewed. The February meeting will be held on the 23rd, probably at the Tacoma YMCA and the March meeting on the 23rd at a location to be determined. All PNA members are welcome to attend any board meeting. If you have questions or would like further information, please contact me at weswim@mindspring.com or 253-925-0803.

Best wishes to everyone for a joyous Holiday season and a wonderful New Year.

Jane Moore

**PNA MASTERS SWIMMING
MERCER ISLAND INAUGURAL SWIM MEET**

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 993602. Co-Hosted by the Mercer Island Redwoods and
Bellevue Club

DATE: **Sunday, February 21, 1999**

TIMES: Warm-up: **8:30 AM** , Meet starts **9:30 AM**

PLACE: King County Mercer Island Pool (a.k.a. Mary Wayte Pool), 8815 SE 40th St.,
Mercer Island WA. Phone: (206) 296-4370

MEET DIRECTOR: **Lee Carlson** (206) 232-3916 / leedee@home.com

FACILITY: 6 lane x 25 yard pool with separated warm-up area. Spectator seating for
200.

RULES: Current USMS Rules will govern the meet.

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

DIRECTIONS: Coming to Mercer Island on I-90 from Seattle or the Eastside, take the
Island Crest Way exit southbound. Drive approximately one mile south on Island Crest
Way to SE 40th St. (stop light) and turn left. Drive ¼ mile on SE 40th St - Pool is on the
right with plenty of parking available in adjacent lot.

SEEDING: Slow to fast.

ORDER OF EVENTS

1	200 Free Relay	9	200 Medley Relay
2	50 Free		10 minute BREAK
3	100 Breast	10	50 Breast
4	50 Fly	11	100 Back
5	200 Mixed Free Relay	12	100 IM
	10 minute BREAK	13	200 Mixed Medley Relay
6	100 Free		10 minute BREAK
7	50 Back	14	200 Free
8	100 Fly		

Website: Visit the PNA website (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**

**MERCER ISLAND MASTERS SWIM MEET
SUNDAY, FEBRUARY 21, 1999**

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 993602
Hosted by the Mercer Island Redwoods

NAME: _____ M F AGE*: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB _____ or UNATTACHED _____ LMSC _____

AGE GROUP (*determined by your age as of February 21, 1999):

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 (for SC Yards)

ENTRY FEE: \$ 6.00 Surcharge

Individual Events: + _____ \$1 per event for swimmers under age 65
No charge for swimmers 65 and over.
No charge for relays

Total: \$ _____ Please make checks payable to: Steve Sussex

Mail this entry form and fees to: **Steve Sussex
7550 East Mercer Way
Mercer Island WA 98040**

Entries must be received no later than **Saturday, February 13, 1999.**
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: _____

CELEBRATING SIXTY-FIVE YEARS OF BUTTERFLY SWIMMING

A story on how the stroke was "born" from the breaststroke

EDITOR'S NOTE:

This month, we celebrate the anniversary of the first swimmer to perform the "Butterfly Breaststroke" as it was first known in the early 1930s. Originally devised as an innovative adaptation of the breaststroke (that was within the rules of breaststroke in that day), butterfly would become the preferred version of breaststroke for the world's elite swimmers. Eventually, the butterfly stroke would become a separate competitive stroke in the 1950s.

In this excerpt from his 1942 book Swimming, the famous Robert J. H. Kiphuth, who was an Olympic swimming coach and the coach of Yale University swimming, gives us a close insight on the controversial birth and early development of the butterfly.

By Robert J. H. Kiphuth
Coach, Yale University

The under-water breaststroke has been dealt with in connection with the breaststroke start, so we pass on to the most sensational development in swimming in recent years, the butterfly breaststroke. This stroke meets the requirements of the breaststroke rules at every point. The changed action of the stroke that has added such great speed, especially over the shorter distances, has been the recovery of the arms out of water and the downward and backward pull of the arms through a greater arc than in the conventional stroke.

Because of some differences of opinion on the beginnings of the "butterfly," the writer thought it might be of interest to get as accurately as possible some of the facts of the development of the stroke. As the development of the stroke was largely the result of the efforts of the Dragon Swimming Club of Brooklyn the writer corresponded with members of this organization and the more pertinent letters received are here included. First from Jack Mellon the coach manager.

Sept. 17, 1940

Dear Mr. Kiphuth:

I have been waiting to speak to Henry Myers before answering your letter as I felt that he could provide me with a little more information than I already had at hand. I honestly believe there can be no questioning of the fact that Myers was the first to practice and develop the new breaststroke sufficiently well enough to use it in meets at distances of from 50 to 100 yards. I personally remember how he first toyed with the idea of the stroke here at the St. George Hotel. This was sometime in 1933, and in December of that year he used the stroke at an A.A.U. meet at the Brooklyn Central Y.M.C.A. Myers tells me that he sent you the whole story at your request several years ago.

Myers later interested Lester Kaplan and Paul Friesel in trying the new stroke, and during 1934 both of the above used it in a number of meets. In January, 1934, Kaplan and Friesel tried for a world's record for 100 yards at City College Pool. Kaplan did 1:07.4, and Friesel was a little slower. The listed record at the time be-

ing 1:06.8. Kaplan's best time for the 100 before using this stroke had been around 1:10, and Friesel's, around 1:12. Friesel, during the Summer of 1934, broke the American long course 100-meter record at Manhattan Beach, doing 1:18.2. The following Summer, he broke his own record at the same distance, doing 1:15.5 at Jones Beach, which record I believe is still in the book.

This is about all I can dig up on the subject, but perhaps the boys can give you some more particulars. I hope the above will be of some help and I am sure you will be perfectly accurate in your book if you give first credit to Myers for the development of this stroke.

Yours very truly,

JACK MELLON.

From Henry Myers.

Oct. 13, 1940

Dear Mr. Kiphuth:

I have received your letter and am very glad to hear from you. Everything in the letter that Mr. Mellon sent to you is true to the best of my knowledge.

I did invent the "butterfly" stroke and was the first one to use it in an A.A.U. meet. There are plenty of details concerning the first introduction of the stroke into swimming competition which may or may not interest you. Those first races in which it was used are as clear in my memory as though they happened only yesterday. Probably much of this information will be superfluous for your immediate purpose, but inasmuch as you have written me for details, here is the whole story from my own viewpoint. You may use any information out of it that you want for your book.

It was in the summer of 1933, while swimming in Sheepshead Bay, that I first conceived the idea of the over-water recovery breaststroke. After practicing it in the Bay and in the St. George Hotel pool, the extra speed caused by the elimination of the under-water recovery became evident. Having always been a free-style swimmer, it was a lot of fun for me to beat the regular breast-

(Continued on page 14)

CELEBRATING THE 65TH ANNIVERSARY OF BUTTERFLY

(Continued from page 13)

stroke swimmers with the odd-looking new stroke in short practice races. Careful perusal of the rule books led to the idea that the new stroke did not violate the A.A.U. rules for breaststroke, as they were then written. With the encouragement of Mr. W. W. Robertson, who was at that time the coach of the Dragon Club, it was decided to try the stroke in an A.A.U. meet in order to find out if the officials would disqualify it.

The race in which the butterfly stroke first saw the light of day was a 150-yard medley event of a meet held at the Brooklyn Central Y.M.C.A., sometime around December, 1933. I was placed in the first heat with Wallace Spence, who was then the National Medley Champion. The spectators all expected Spence to run away with the race with ease.

At the beginning of the race, Spence got off to a fast start and took the lead. Returning to the surface from the starting dive, I began to use the butterfly. Halfway down the 25-yard tank, I caught up to Spence, quickly passed him and kept pulling away. Spence was astonished and thought that I was swimming free style! By this time, the crowd was on its feet, shouting and laughing at the unexpected turn of events. The end of the breaststroke leg of the heat found Spence a full ten feet behind, but he of course overtook and passed me before the end of the medley. The perplexed officials then went into a football-type huddle to decide what to do about the case. Mr. Robertson was there also with the rule books. The announcer finally stated the results of the heat without any mention of a disqualification, and so was laid down the first precedent concerning the butterfly breaststroke.

Of course I used the butterfly in the final, with results very much like those of the first heat. Spence had scratched out of the final. The order of the finish was: 1-William Giesen, 2-John Wicklun, 3-Myers.

The attitude of the breaststroke swimmers toward the new stroke at that stage of the game is well illustrated by Wallace Spence's statement which was made after the race. He advised me to learn how to swim breaststroke before swimming any more medleys. It was not very long after this that Spence, himself, was using the butterfly in all of his medleys.

A few days later a vitriolic article, entitled "The Spirit or the Letter of the Rules," appeared in the Central Y.M.C.A. magazine. The article was an account of the medley with disparaging comments upon the sportsmanship of "young Myers, who observed the letter but not the spirit of the breaststroke rules." This article, I sent to you, Mr. Kiphuth, after having visited you at Yale several years ago. Perhaps you can locate it in your files.

The next A.A.U. meet in which the new stroke was used was one held at the R.C.A. pool in Harrison, N.J.,

on March 2, 1934. The event was a novice, 100-yard breaststroke. We told the Jersey officials before the race that we were going to use a new type of breaststroke which had been approved by New York officials and which was in use in New York swim meets and also that what was good enough for New York should be good enough for New Jersey. The officials were not sure enough of themselves to start a controversy with the New York officials, so they agreed readily enough not to disqualify the stroke. Consequently both Kenneth Stevenson and myself used the butterfly that night. The order of the finish was: 1-Stevenson, 2-George Muntz, 3-Myers.

With these precedents set in two states and the speed of the stroke having been demonstrated so spectacularly, the metropolitan breaststroke swimmers began to use it. Friesel and Kaplan quickly became the outstanding exponents of the new style, as Mr. Mellon has stated. You probably have the best information by your own observations concerning the spreading of the stroke through school and college competition.

As the popularity of the stroke grew, the ridiculing stopped and other swimmers began to claim to be the originators. Coach Ed Kennedy of Columbia will certify that I was the originator of the butterfly, if you should wish to get another check on this controversial subject.

Looking back over the history of the stroke it is important, in my opinion, because it has revived a dying stroke. The breaststroke was losing popularity as a racing stroke because of its lack of speed as compared to the backstroke and free style. It was uninteresting to watch a breaststroke race. In time, the old breaststroke would have become as passe as the side stroke, as far as racing is concerned. The butterfly stroke has changed the picture completely. A butterfly breaststroke race is a very exciting race to watch. The splashing and violent arm motion seem to be quite conducive to spectator enthusiasm.

Hoping that you will be able to pick some useful information out of this long, rambling letter, and wishing you the best success with your swimming book, I am,

Sincerely yours,

HENRY MYERS

Excerpt from *Swimming* by Robert J. H. Kiphuth, swimming coach, Yale University and coach of American Olympic swimming teams 1928, 1932, 1936, and 1940. Pages 78-82
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THE FINAL LAP

WHAT DO THE COACHES SAY?

Do you make any adjustments in your workouts for triathletes who are "freestyle-only" swimmers?

Mel Goldstein (Indianapolis) - Most triathletes prior to coming into a structured program have this swimming mentality: If the longest swim they race is one mile, they swam one mile in practice with no interval training or speed work. So, when triathletes come into our program, we introduce them to aerobic and anaerobic types of workouts. I would say there are some adjustments, but not many. I think it is educating the triathlete and informing him of the benefits of a set of 20 x 50 on 1:00 at 200 pace is beneficial. The only other adjustment we might make for them, if the set calls for stroke, the triathlete may swim freestyle, but we ask them to descend the intervals, since most stroke sets have a longer interval.

Janet Renner (Hawaii) - The biggest adjustment I make is that I highly recommend they learn at least a couple of the other strokes because I feel this will make them a stronger swimmer in the long run. I do allow them to do more free sets, and our training is mainly geared towards open water swimming anyway, so the actual workout is not varied too much.

Emmett Hines (Houston) - Yes and no. No, in that we don't have the triathletes do anything different of special, compared to what the rest of the group does. Yes, in that we structure our workouts so that there are plenty of "choice" sets where those who want to do predominantly freestyle can do so while others may do more stroke work.

Robert Zeitner (Illinois) - Learning all of the strokes is an easy sell to the triathletes because of their habit of cross training. Also, learning good starts and turns helps all swimmers to develop and maintain an efficient stroke. Of course, if a race is coming up, I would change the workout for those swimmers planning to race to give them more race-specific sets in the several weeks prior.

From the Coaches Committee Quarterly - Fall 1998

NEW ADDRESS FOR TOP TEN PATCHES

Darlynne Ferguson has moved to Orlando, Florida. She has given up her job as the Lake Erie LMSC registrar, but will continue to fill the orders for Top Ten patches. Her new address is **4917 Walden Cir., Orlando FL 32811.**

SWIM FOR A SAFE RETURN

(Continued from page 4)

and radio stations, they love this stuff. At this point just start pushing it to whoever you talk to. Age group, Masters, everyone.

That's about it. One more important thing is to have a key person on deck that can keep the lanes moving evenly. I used our Masters coach, that way I was able to swim.

This is an event any team could do to raise money for their team or any community fundraiser. This was not a Bellingham Masters Swim Club fundraiser, but it was very well supported by my teammates by swimming, pledges and moral support. After seeing what is possible, it might be something the team will consider in the future. Bottom line is the event "Swim for a Safe Return" raised \$7,000 and NO EXPENSES!!! The first person to 200 lengths or 5,000 yards was in one hour, five minutes. The top individual pledge-getter raised \$1,800. We had swimmers from age 6 to 73. Roy Ingham, 73, finished the 200 lengths in just 1:26 (John Glenn has nothing on him!). Again, we owe no one a penny! All the money can go directly to the fund. Any team could hold one of these. What a great way to help out your team or community. Good luck, anything is possible.

WORLD WIDE WEB GUIDE

Check out these sites on the internet for information on Masters swimming, events, workouts, and more!

PNA MASTERS SWIMMING
U.S. MASTERS SWIMMING
BC MASTERS SWIMMING
BELLINGHAM MASTERS
ORCA SWIM TEAM
PACIFIC MASTERS (California)
CRAWFISH MASTERS (Louisiana)
SWIMMING SCIENCE JOURNAL

SWIMMING TECHNOLOGY
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www.whidbeynet.net/frosty/pna/pna.htm
www.usms.org
www.island.net/~bpronk
members.aol.com/Ariston844/bmsc.htm
www.teamseattle.org/orca
www.pacificmasters.org
www.crawfishmasters.com
www-rohan.sdsu.edu/dept/coachsci/swimming/index.htm
members.aol.com/swimbetter/

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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.

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