

The WetSet



Volume 18 Issue 1

January 1999

THREE WORLD RECORDS SET AT N.W. ZONE CHAMPS

LEADING OFF

by Jane Moore

Hello again swimmers, and Happy New Year!

The November-December board meeting was held December 2, 1998. That meeting was also the annual PNA LMSC meeting. Treasurer Jeanne Ensign presented a 1999 budget proposal, which was discussed at length and adopted as amended (See page 18 for summary). The budget is based on an estimated 800 registered swimmers, resulting in a net loss of \$1,654. This will be offset by the \$20,000 profit from 1997 Short Course Nationals.

In keeping with a PNA policy adopted last year guaranteeing each meet host a profit of \$3 per swimmer, Orca Swim Team was refunded \$292 for their January 1998 swim meet. Jeanne, Sally Dillon, and Jim Lasersohn will draft a policy defining which expense and income items will be used for financial reporting of meets for this purpose.

Long Course Zone Championships will be held July 31 and August 1, 1999 at the King County Aquatic Center in Federal Way. My husband, Hugh, and I will be meet directors. I have been talking with the Seattle committee of the



ALL SMILES – USMS Northwest Zone Representative Dave Radcliff (center) is flanked by Northwest Zone Championship officials Sally Dillon and Alan Schell. Why are they so happy? Find out on page 13. *WetSet* photo by Dan Frost

Washington State Senior Games. They would like to have a meet next summer at the same time as events in other sports. The Board approved the use of a special registration with a fee of \$15 for non-USMS swimmers to swim only at Long Course Zones. Their times would only count for the Washington State Senior Games event.

Brad Palmer of Orca Swim Team was approved as the new chair of the Publicity Committee.

The Nominating Committee reported on the slate of officers for the 1999 PNA election. Candidates are

President, Lee Carlson; Vice President, Carolyn Behse; Secretary, Steve Peterson; Treasurer, Jeanne Ensign; and At-Large Representatives, Kathy Casey and Kathy Moore. An additional At-Large Representative is needed. The Nominating Committee will continue to seek candidates. The ballot will be published in the February *WetSet*.

(Continued on page 8)

Welcome to the following swimmers who have recently joined the PNA

David Barcliff, Gloria Blair, David Cheatile, Kent De Vigni, Aaron Dean, Simone Gobel, Thomas Jowett, Peter Kelly, Gary Kimura, Scott MacIntire, Peggy O'Donnell, Robert Parker, Robert Petris, Gary Scott, James Shields, Christopher Smith, David Thompson, Joy Thompson, David Thomson, Mark Van Achte, John Van Velthuyzen, Jane Vlastic, and K. Rayne Watters

VISIT OUR NEW WEBSITE AT WWW.SWIMPNA.ORG

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HANGIN' WITH THE WET SET

by editor **Dan Frost**

This month's *WetSet* is a big one. There are plenty of things going on in the PNA during the month of January, as you are about to discover.

First, we recap the Northwest Zone Championships from Oak Harbor. It was a GREAT weekend! The meet ran fairly fast, thanks to a good starter and a speedy group of participants that set a staggering 47 new Northwest Zone records.

This month's PNA meet is at Seattle University, hosted by the Orca swim team. Next month, the Bellevue Club Masters and the Mercer Island Redwoods team up to host a new sprint meet on Mercer Island. Then, in March, the PNA Championships will be held on the Kitsap Peninsula, and we plan to hold it at the Bangor Naval Base, if the "Terrorist threat condition" allows (I'm going to be working on that personally. I'll explain momentarily.).

Also the national One-Hour swim is being held this month, followed in February by the February Fitness Challenge. Sally Dillon has included an article about postal swims in this *WetSet*. She is also coordinating PNA's "relay" entries for the One-Hour swim. Postal swims are a great challenge that you can do during lap swims or as an organized team activity.

Also in January, nominations close out for our next slate of PNA officers and at-large board members. Ballots will be printed in next month's *WetSet*. Nominations are also being accepted for the annual Dawn Musselman Inspirational Swimmer Award. Information about both the elections and the Musselman Award can be found in this issue.

WWW.SWIMPNA.ORG is our new home on the World Wide Web. I have passed the Webmaster's torch (for reasons that I'll explain momentarily) to my training partner and fellow North Whidbey Master, Jim McCleery. Jim, who teaches computer science at Skagit Valley College, has set up www.swimpna.org as our permanent website. Jim will also be keeping you up to date on the latest Masters news and events within PNA and around the Northwest and B.C.

Also joining the PNA board of directors is Orca's Brad Palmer. As the new head of publicity, Brad will be keeping Jim, the local media and myself busy building interest in PNA activities and highlighting the exploits and personalities of our members.

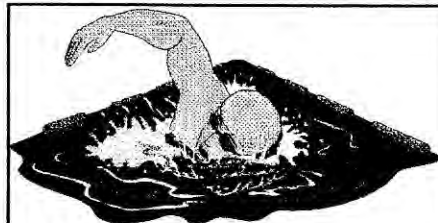
However, the three of us need your help (1) to make news and (2) to tell us about it. A great example came from Carolyn Baldwin, who sent me an e-mail about Tom Foley's senior softball World Series championship (Tom's story begins on page 4). Be a correspondent and tell us about your team, your workouts, whatever! We want to print your photos, too!

As many of you already know, when I'm not splashing in the pool or editing newsletters, I serve in the active duty U.S. Navy as a navigator and weapon systems operator aboard EA-6B airplanes. As I am writing this, I am about to depart for a three month deployment to Saudi Arabia. From my base there, I will be patrolling the No-Fly Zone over Iraq.

So, for the next couple of months, *The WetSet* will be produced from the desert sands of the Middle East. Hopefully, there will not be too many noticeable changes, except perhaps for some articles on tethered swimming and turns (we have an above ground, backyard-style pool on base).

If all goes well, I will be looking very forward to seeing all of you again at the PNA Champs. Good luck and best wishes to you all this winter.

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 18 - Issue 1
January 1999

Dan Frost - Editor
P.O. Box 845
Oak Harbor WA 98277-0845
(360) 675-5751
E-mail: thewetset@yahoo.com

PNA OFFICERS

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

PNA VOLUNTEERS

Registrar

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

Awards: Sally Dillon
Coaches: Barb Gundred
Computer Apps.: Jim McCleery
Constitution & By-Laws: Hugh Moore
Fitness: Carolyn Behse
Historian: Tom Foley
Meets/Sanctions: Tammi Keeler
Publicity: Brad Palmer
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, Idaho, and Alaska, plus USMS National events.

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

January 1-31

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

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

January 16

**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

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

January 30

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

January 31

Cowichan Aquannis Masters SCM meet - Duncan BC
Nancy Hamilton (250) 746-0450

February 1-28

February Fitness Challenge '99
Bill Volckening (503) 533-5567

E-mail: Volckening@aol.com

Look for information and entry form at www.usms.org
or in the February issue of *The WetSet*

February 6

Tualatin Hills Barracudas SCY Pentathlon
Beaverton OR

Ed Ramsey (503) 693-8173

E-mail: ed_ramsey@intersolv.com

February 12-13

Alaska SCY State Champs - Anchorage, AK
Ginny Wright (907) 344-5321

E-mail: ginny@alaska.net

February 21

**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

Multnomah Athletic Club SCY / Portland OR
Sean Taylor (503) 285-3860

E-mail: Staylor@thetmac.com

February 28

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

March 19-21

**PNA Championships
Bangor / Kitsap Peninsula WA
Steve Peterson (360) 692-1669**

**Look for information and entry form in
this issue of *The WetSet***

March 19-21

Oregon Masters Championships (SCY) / Bend OR
Pam Himstreet (541) 593-9101

E-mail: him@cmc.net

March 28

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

April 9-11

**Northwest Zone SCY Championships
Federal Way WA**

**Look for information and entry form in a
future issue of *The WetSet***

April 23-25

BC Masters Provincial Championships - Duncan BC
Point of Contact TBA

April 25

**Thunderbird Aquatic Club SCM meet
Anacortes, WA**

**Look for information and entry form in a
future issue of the *WetSet***

May 13-16

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
or at www.usms.org

May 15 - September 30

**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

Tualatin Hills LCM / Beaverton OR
Ed Ramsey (503) 693-8173

E-mail: ed_ramsey@intersolv.com

July 31-August 1

**Northwest Zone LC Championships
Federal Way WA**

Hugh and Jane Moore (253) 925-0803

**Look for information and entry form in a
future issue of *The WetSet***

August 19-23

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)

Pacific Northwest

Dan Frost
P.O. Box 845
Oak Harbor WA 98277-0845
(360) 675-5751
thewetset@yahoo.com

British Columbia

Vanda Stocks
PO Box 149 5th Main
Duncan BC V9L 3X1
(250) 748-4628
vstocks@mail.island.net

Oregon

Dave Radcliff (Northwest Zone Representative)
5832 SE Woll Pond Wy
Hillsboro OR 97123
(503) 648-7141
therads@integrityonline.com

Inland Northwest

Doug Garcia
P.O. Box 145
Albion WA 99102
(509) 332-1621
dagarcia@wsu.edu

Snake River

Kim Antrim
120 Locust St
Boise ID 83705
(208) 344-8337

Alaska

Jan Rumble
P.O. Box 33336
Juneau AK 99803
(907) 364-3106
janrr@fishgame.state.ak.us

NEWS ABOUT PNA SWIMMERS

TOM FOLEY WINS SOFTBALL SENIOR WORLD SERIES, BECOMES LATEST TWO-SPORT SUPERSTAR

By Bill Christianson
West Seattle Herald

As a young aspiring engineer attending Saint Martin's High School nearly 50 years ago, Tom Foley wore thick coke-bottle glasses and a tight white dress shirt, topped off with a black bow tie and a clear pocket calculator.

"We were the typical nerds," he said. "We had slide rules and everything. I was just too small to play sports, so I hit the books."

Now as a trim, fit 64-year-old, Foley no longer wears a bow tie around his neck. He prefers gold medals.

The Arbor Heights resident won eight gold medals in two different sports at the Washington State Senior Games Aug. 6-9 in Olympia. His golden performance has qualified him to compete in the National Senior Games, which will be next October in Orlando. Foley, a retired Boeing engineer, won gold medals in seven different swimming events in addition to being part of the gold-medal softball team, the Emerald City Masters.

"You're never too old to learn," said Foley, the grandfather of three

young boys. "This is good for my grandsons. It opens their eyes that anyone can play."

Foley, who does most of his training at the Arbor Heights Swim Club, began swimming 25 years ago, after watching all four of his boys swim in junior high and high school.

"I would be sitting in the bleachers waiting for them to finish practice every morning," he said. "So finally I decided to jump in the water with them."

Foley, a self-taught swimmer, admits he is not the smoothest of swimmers. However, his hard work and persistence make up for his technical flaws in his strokes.

Foley learned most of the strokes by watching other swimmers. He used to swim with the Husky Swim Club and before that he swam with pre-teen youths, who also were just beginning to learn the proper strokes.

"It's a really tough sport when you don't grow up doing it all the time," Foley said. "I learned a lot from those kids."

Foley grew up in Port Angeles, went to high school in Olympia and then attended Seattle University to

study for his bachelor's and master's degrees. He moved to West Seattle in 1962, a year after earning his masters degree in engineering. After more than 30 years at Boeing, Foley retired in 1991.

Nowadays, Foley swims three days a week and when his is not getting his feet wet, he is getting his hands dirty on the softball diamond.

Foley, who still wears large-brimmed glasses, is a key pitcher on the Masters, which won the national title in 1996.

"When you first look at him, you think he can't play ball," said Masters' coach Chip Cipriano. "But he is one of the most valuable players on the team."

Foley was the winning pitcher of the 1996 title-clinching game. His unorthodox, deceptive delivery and high-arching pitches make him one of the most effective hurlers on the team, Cipriano said.

Foley, one of the oldest players, joined the team in 1992 after responding to a newspaper advertisement. And now five years later, Foley and his teammates have won the National Ma-

(Continued on page 8)

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 _____

February Fitness Challenge '99



Balance Works



Purpose: To promote fitness through swimming by encouraging participants to swim regularly and to track results over a monthly period.

Host: Tualatin Hills Barracudas, Beaverton, Oregon.

Sponsor: Maxwell Medals and Awards.

Eligibility: Must be at least 19 years of age.

Rules: Use of training aids, such as kickboards, fins, paddles, and bouys IS permitted.

Recording Distance: Beginning February 1, 1999, record on the form below the number of YARDS completed each day. PLEASE BE AS ACCURATE AS POSSIBLE! To convert meters to yards, add 10% to meter distance to obtain yard total {For example: 3000 meters + 300 (10%) = 3300 yards}

Monthly Totals: At month's end, add daily yardage totals to obtain monthly total. To calculate number of miles, divide monthly yardage total by 1760.

Caution: Use caution when attempting to improve fitness level. Increases in yardage should be gradual over an extended period.

Age Groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79 (in five-year increments).

Age: Determined by your age on February 28, 1999.

Awards & Results: All participants receive final results and an achievement certificate. Three females and males in each age group with the highest monthly totals receive medals. Please allow 30 days after deadline for mailing of results and awards.

Entry Fee: \$8.00, all fees payable to Tualatin Hills Barracudas.

T-Shirts: \$12.00, short sleeve, 100% cotton, with the 1999 FFC theme, "Leaping across the Land"

Swim Caps: Custom Latex swim caps with FFC frog (see above) available for \$3.00.

Entry Deadline: Entries must be RECEIVED by March 20, 1999. Late Entries will not be accepted.

Entry Procedure: Send form below and fees to:
 FEBRUARY FITNESS CHALLENGE
 c/o Bill Volckening
 370 NW Island Circle #B5
 Beaverton, OR 97006
 Telephone: (503) 533-5567 -- e-mail: Volckening@aol.com

International Entries: \$3.00 additional postage fee required; mail early to ensure arrival by entry deadline.

Workout Brochure: Send S.A.S.E. for a special FFC Workout Brochure.

February Fitness Challenge '99 (please print)

NAME: _____ AGE (as of 2/28/99): _____ SEX: _____
 ADDRESS: _____ CITY: _____ STATE: _____
 ZIP: _____ COUNTRY: _____ PHONE: _____ USMS MEMBER? Y N

MON FEB 1 _____ yds	MON FEB 8 _____	MON FEB 15 _____	MON FEB 22 _____
TUE FEB 2 _____	TUE FEB 9 _____	TUE FEB 16 _____	TUE FEB 23 _____
WED FEB 3 _____	WED FEB 10 _____	WED FEB 17 _____	WED FEB 24 _____
THU FEB 4 _____	THU FEB 11 _____	THU FEB 18 _____	THU FEB 25 _____
FRI FEB 5 _____	FRI FEB 12 _____	FRI FEB 19 _____	FRI FEB 26 _____
SAT FEB 6 _____	SAT FEB 13 _____	SAT FEB 20 _____	SAT FEB 27 _____
SUN FEB 7 _____	SUN FEB 14 _____	SUN FEB 21 _____	SUN FEB 28 _____

TOTAL MONTHLY YARDAGE = _____ YARDS
 TOTAL MONTHLY MILAGE = _____ MILES
 (To calculate milage, divide monthly yardage by 1760)

I attest that the above results are accurate and true.

Signature: _____ Date: _____

FEES			
Entry Fee	\$ 8.00	_____	(required)
T-Shirt	___ x 12.00	_____	(optional)
	Circle T-shirt size (s):	S M L XL XXL	
Swim Cap	___ x 3.00	_____	(optional)
International Fee	3.00	_____	(outside U.S.)
TOTAL		_____	(U.S.funds only)
(fee payable to Tualatin Hills Barracudas)			

**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.swimpna.org) for updated information.

Social: Informal Social Hour at the historic Roanoke Inn following the meet.

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: _____

NEWS ABOUT PNA SWIMMERS

PNA OFFICER ELECTIONS GET UNDERWAY

As is the custom, bi-annual elections for PNA Officers will be held during the 30 day period prior to the Short Course Championships. The following "Slate of Officers" was presented to the PNA Board of Managers at the December meeting by the nominations committee (Janet Kavadas, Walt Reid and Sally Dillon).

PRESIDENT - Lee Carlson

VICE PRESIDENT - Carolyn Behse

SECRETARY - Steve Peterson

TREASURER - Jeanne Ensign

REPRESENTATIVE-AT-LARGE -
Kathy Casey (represents swimmers
from zip code 98200 and above)

REPRESENTATIVE-AT-LARGE -
_____ (represents swimmers
from 98100-98199 zip codes)

REPRESENTATIVE-AT-LARGE -
Kathy Moore (represents swimmers
from zip code 98099 and below)

At-Large Representatives come from three geographical areas defined by zip codes and represent the unattached swimmers, those not affiliated with a team and swimmers of teams with less than eight (8) members. Additional nominations will be accepted directly from the membership. The nominations petition must contain the nominees' consent and an endorsement by at least 10% of the current PNA Masters Swimmers' membership (83 signatures). In order to meet the election timeline, the petition must be received by the nominations committee prior to January 7. Anyone interested in running for the "unfilled" At-Large spot will not need a petition with signatures.

PNA Officers attend monthly meetings held in the greater Seattle area. Nominations for any of the above offices should be submitted (by January 7) to the Nominations Committee:

FOLEY WINS WORLD SERIES TITLE

(Continued from page 4)

joys World Series title at the tournament held in early October in Palm Springs, Calif.

Each member of the team earned a gold, Super-Bowl-style ring. "We were all joking that Ken Griffey Jr. doesn't even have a ring," Foley said. "But we have ours."

A month preceding the ring-winning title, the Masters won their second Softball Players Association national title in three years at a Texas tournament. With that title, each team member received a gold watch. After the World Series, the Masters captured a silver medal at the Huntsman World Senior Games in St. George, Utah.

"It's been quite a ride," the crafty pitcher said. "Bill Clinton hasn't called us yet, though."

The closest the Masters got to winning the Majors national title was eight place four years ago, and now finally all the work has paid off this year. "The team never quits," Foley said. "And we proved it at the world games."

The Masters have never won a Huntsman Games world title, but they came close in Utah.

The Masters battled their way through the loser's bracket and into the

championship round against the California Oaks, which beat Emerald City earlier in the double-elimination tournament.

Emerald City got their revenge with a wild 36-35 eight-inning victory. But because they were playing out of the loser's bracket, the Masters had to beat the Oaks twice.

In game two, the Oaks came away with a 27-24 win and the World Games title.

In the tournament, Foley won all three of his starts.

To go along with his medals, rings and watches, Foley also has produced his first baseball card, where he sports his teal, white and black uniform with the Utah landscape in the background.

"It's more for the grandkids, than me," he admitted.

After all, Foley already has plenty of other reminders of his accomplishments this past summer and fall.

EDITOR'S NOTE: Thanks to Carolyn Baldwin for her news tip on Tom's World Series championship. Reports that Tom Foley has been negotiating a contract with the Seattle Mariners have not been confirmed.

Sally Dillon
PO Box 845
Oak Harbor, WA 98277
360-679-5038 (phone and fax)
salswmr@oakharbor.net

Walt Reid
11114 111th St. SW
Tacoma, WA 98498
253-588-4879
reidw@wdni.com

Janet Kavadas
217 Alder St #305
Edmonds, WA 98020
425-775-5814

PRESIDENT'S LETTER

(Continued from page 1)

The next Board meeting will be held at Suzie Ness' home following the January 16th swim meet. The February meeting will be on Tuesday the 23rd, probably at the Tacoma YMCA. The March meeting is planned for March 23rd at the Bellevue Club.

Remember to swim and enter the Hour Swim this month. If you haven't already, renew your registration. This is the last *WetSet* you will receive unless you register for 1999.

**PNA LOCAL MASTERS SWIMMING COMMITTEE
1999 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET**

Hosted by Naval Submarine Base MWR and the Bangor *TRIDENTS* Swim Team Sanction #993603

EVENT ORDER "AA"	
Friday, March 19	
1	400 IM
2	1000 Free OR
3	1650 Free
Saturday, March 20	
4	100 IM
5	200 Back
6	50 Free
7	100 Breast
8	200 Mixed Free Relay
10 minute break	
9	50 Fly
10	200 Free
11	100 Back
12	200 Medley Relay
13	500 Free
Sunday, March 21	
14	200 Fly
15	50 Breast
16	100 Free
17	200 Free Relay
10 minute break	
18	200 IM
19	100 Fly
20	50 Back
21	200 Breast
22	200 Mixed Medley Relay

DATE: Friday March 19, 1999
TIME: Warmup: **6:00 - 6:50 PM**;
 Meet starts **7:00 PM**

DATES: Saturday March 20 and Sunday March 21
TIME: Warmup: **8:00- 8:50 AM**; Meet starts **9:00 AM**

PLACE: Naval Submarine Base Bangor Pool, Building 2700
 Phone: **360-535-5941**

MEET DIRECTOR: **Marilyn Grindrod**
 360-535-5941 (pool); 360-779-7796 (home)

FACILITY: 25 yd x 25 m (10 lanes) plus diving tank
 Warmup: Lanes 1 - 4; Meet: Lanes 5 - 10
 Water temperature: ~ 82 degrees F

CONCESSIONS: Bowling alley adjacent; video games. McDonald's and Subway are nearby, too. Fircrest Swim Shop will be on deck. **BRING THE KIDS** for (Masters) Family Swim **AFTER** the meet Saturday ('til 7 PM) and Sunday ('til 5 PM)!

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all USMS 1999 registered swimmers, 19 and above as of the last day of the meet. Swimmers not yet registered with USMS may submit an registration form with payment along with your meet entry.

SEEDING: Slow to fast

TIMING: Electronic

RELAYS: Deck-enter relays at the meet. Watch for deadline times! Mark your relay entry card *carefully* to ensure correct intent and results. *PNA teams must be registered by March 5th to be eligible for team awards.*

NOTE: List everyone riding in your vehicle (adults need photo ID). We will create a Gate List to permit base entry.

DIRECTIONS: From Tacoma, take Route 16 to Bremerton, then Highway 3 North (Silverdale, Bangor, Poulsbo). Continue to the NSB Bangor Trigger Avenue gate exit (which occurs first) or the Main Gate exit (Luoto Road)...

From Bremerton Ferry, depart ferry terminal, turning RIGHT onto Washington Street. Move into the LEFT lane, which becomes 11th Street. Follow 11th across town, turning RIGHT at the last light onto Kitsap Way. Take Highway 3 north to the NSB Bangor Trigger Avenue or Main Gate exits...

From Bainbridge Island (Ferry), go north on Highway 305 and continue through Poulsbo. Go straight through all 6 lights to enter Highway 3 (South). Continue south to the NSB Bangor "Ordnance Annex" exit (just after Milepost 49). Turn RIGHT onto Luoto Road to Main Gate...

From Kingston (Ferry), follow Highway 104 from terminal, through 3rd light (which becomes Bond Road, Highway 307). Continue toward Poulsbo; turn RIGHT at the Highway 305 intersection (9.3 mi). Continue straight through next light for Highway 3 (South) from left lane. Continue south to the NSB Bangor exit just after Milepost 49 (14.4 mi)...

From Hood Canal Bridge, go south on Highway 3, which changes from 2-lane to 4-lane at Poulsbo. Continue on to the NSB Bangor Main Gate exit just after Milepost 49...

From Main Gate: Go straight on Trident Blvd., turn LEFT at 3rd light onto Trigger Avenue. Turn LEFT at Ohio (2nd light) and park in front of Bldg. 2700 on your left.

From Trigger Avenue Gate: Proceed up Trigger to 1st light. Turn RIGHT onto Ohio and find Bldg. 2700 on your left.

Safety First!
NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

1999 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET

MEET ENTRY FORM: March 19—21, 1999 Meet Sanction #993603
 Hosted by NSB MWR and the Bangor TRIDENTS Swim Team at the NSB Bangor Pool

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: 369-_____

CLUB/TEAM: _____ or UNATTACHED: _____ LMSC: _____

AGE GROUP (determined by your age as of the last day of the meet):

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59

60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 6 EVENTS (5 PER DAY) plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME (for SC YARDS)

For GATE LIST: (Adults should bring photo ID) Driver: _____

All Passengers: _____

ENTRY FEES: \$ 12.00 (Includes LMSC and electronic timing surcharges, plus heat sheet)

Individual Events: + _____ (\$6.00 maximum @ \$1 each event for swimmers under 65

No charge for swimmers 65 or over. No charge for relays)

T-SHIRT (\$12.00 each) + _____ (Optional: Indicate _____ MEDIUM, _____ LARGE, or _____ EXTRA LARGE)

Total: \$ _____ [Minimum \$12.00 (Relays only)]

Please make checks payable to: **STEVE PETERSON** 360-692-1669 (h)
 Mail this entry form and fees to: **11165 CENTRAL VALLEY ROAD NW**
POULSBO WA 98370-7014 speterson@bandwagon.net

Please send entries postmarked no later than Friday, **March 5, 1999** - OR - received by **March 10, 1999**

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 LOCAL MASTERS SWIMMING COMMITTEE
1999 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET**

Your Hosts: Naval Submarine Base Bangor Morale, Welfare, and Recreation (MWR) Department and the Bangor *Tridents* Swim Team.

Facility: The Naval Submarine Base Bangor is home to the west coast Trident submarine fleet. Base access is at the discretion of the Base Commanding Officer, and is subject to change without notice depending upon national defense conditions. Please list all persons that you expect to be riding in your vehicle, so that we may provide a comprehensive Gate List to Security. This list will permit access through the Main or Trigger Avenue gates. All adults should bring a photo ID (e.g., driver's license) to establish positive ID.

Eligibility: All swimmers must have a valid 1999 Masters registration (USMS or MSC) prior to meet entry, or may submit a USMS application with fees postmarked by March 5, 1999, accompanying the meet entry. Swimmers from outside the PNA must include a photocopy of their USMS or MSC registration card with the meet entry.

Entries must be postmarked no later than **March 5, 1999**, or in the meet assistant's hands by March 10, 1999. Make a copy of your entry form for your records. For confirmation of receipt, enclose a stamped and self-addressed envelope or postcard.

Meet Director: Marilyn Grindrod
360-535-5941 (pool)
360-779-7796 (home)

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

Event Check-In: Note that the 1000 Free and 1650 Free will be combined Friday evening. You may select one or the other, but not both events. You must check in for these events by the times designated:

400 IM:	6:30 PM, Friday
1000/1650 Free:	6:45 PM, Friday
500 Free:	End of event 10 (200 Free), Saturday
Relays:	As announced

Awards: PNA individual awards will be available. Team awards will be presented to the top three scoring teams in each team size category (typically Divisions I, II, and III). **Teams must register with PNA by March 5 to be eligible (contact Vice President Lee Carlson).** Swimmers from outside the PNA will not score points and will not displace PNA team swimmers from scoring.

Social Event: The time and place for a social event following Saturday's competition will be announced when available (see your next *WetSet*).

Places to Stay: (preliminary)

Westcoast Silverdale Hotel & Resort
3073 NW Bucklin Hill Road
Silverdale: 360-698-1000
www.westcoasthotels.com/silverdale

Poulsbo Inn
18680 Highway 305
Poulsbo: 360-779-3921

Poplars Motel
9800 Silverdale Way
Silverdale: 360-692-6126

Cimarron Motor Inn
\$51 - \$61; Continental breakfast
9734 Silverdale Way
Silverdale: 360-692-7777
800-273-5076

COMPETING BY "MAIL" - TRY A USMS POSTAL EVENT!

By Sally Dillon

USMS Long Distance Committee Chair

As defined in the USMS rules, "A postal event is a competition in which swimmers swim the event at a place of their choosing and send the time or distance achieved to a central location for tabulation". The "granddaddy" of all postal swims takes place this January when the Empire State Masters host the 23rd Annual One Hour Postal Swim. The event is the first USMS National Long Distance Championship for 1999. A record 1758 swimmers participated in the 1998 and competition was fierce for the club championship with four teams entering 150 or more swimmers.

The 1st Annual One Hour Postal Swim, originated by the DC Masters, took place in 1977 and the event was designated a National Championship in 1978. PNA hosted the One Hour Swim in 1996. Two other USMS National Long Distance Postal Championships take place each year, and PNA has hosted them both. In 1999, PNA will again host the 5K/10K Postal Championship which takes place from May 15-September 30. The third Championship event is the 3000/6000 yard Postal Championship and it takes place in September and October. Clubs "bid" to host National Championship events at the annual convention.

Postal events require an adult to be present who acts in the capacity of a starter/head timer/referee. Each swimmer must also have a counter to record split times for every two lengths during the swim. Swimmers are not allowed to "draft". In pools that are less than 50 meters, no more than two swimmers can share a lane and each swimmer must remain on one side of the lane throughout the entire race. The official entry form and split sheet must be signed by the competitor and his/her counter before it can be mailed to event host with the appropriate fees. Deadlines are strictly enforced.

The three types of National Postal Championships do have some differences. Two are defined as "distance-based" events and the object is to determine who can swim a specific distance in the shortest amount of time. The 5K/10K event must take place in a 50 meter pool while the 3000/6000 yard event must take place in a 25 yard pool. The One Hour event is a "time-based" event and the object is to determine who can swim the greatest distance in a given time period. It can take place in any pool 25 yards or longer. Conversions are used to change meter results.

Non-championship postal swims take place throughout the year as well. In the fall swimmers can enter Minnesota's Postal Pentathlon. In February, the Fitness Challenge is offered as well as a postal 1650 hosted by The Olympic Club. Look for notice of the various swims in SWIM Magazine or on the USMS web page.

HOW TO ENTER THIS YEAR'S ONE HOUR CHAMPIONSHIP

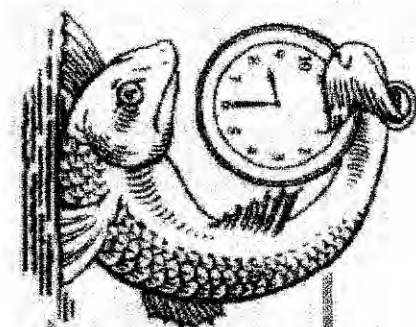
Official entry forms for the One Hour Postal Championship appeared in the November/December issue of SWIM Magazine. How about making a New Year's goal to organize a swim with your friends and teammates and give the event a try. In 1998 only 6 swimmers from the Pacific Northwest entered the event and the PNA was ranked 20th in the "small club" division. That's not much of a showing for a club that has 800 members! Davis Aquatic Masters had 306 entrants and won the "Extra large club" division. About 150 clubs were represented in the event. Surely the PNA can make a better showing in 1999!

All postal swims include Relay Team Events in three divisions: Three men, three women, and four mixed (two men/two women). Age groups are ages 19+, 25+, 35+, ... 95+. PNA is organizing relay teams for interested swimmers this year. Every effort will be

made to include you on a "same sex" team and a mixed team. Your fee will be otherwise refunded. In order to be on a PNA relay team, send a copy of your official split sheet, a copy of your USMS card, your phone number, and \$10 (payable to PNA) to the following relay team coordinator:

Sally Dillon
PO Box 845
Oak Harbor, WA 98277
Questions?? - call Sally at 360-679-5038 or e-mail her at salswmr@oakharbor.net

YOU MUST MAIL IN YOUR OWN INDIVIDUAL ENTRY FOR THE EVENT.



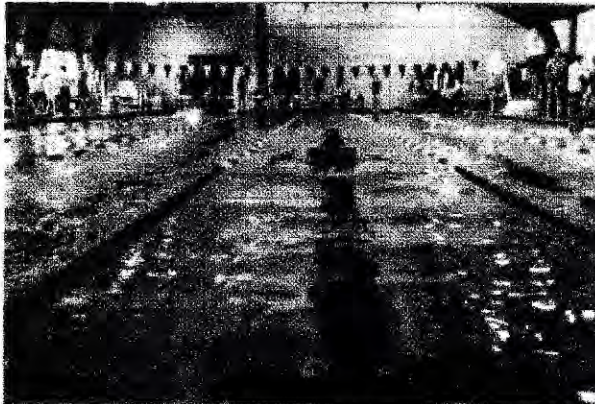
AT ANY POOL 25 YARDS IN LENGTH OR LONGER. ANY TIME DURING JANUARY 1999.

**1999 United States Masters Swimming
23rd One Hour Postal Swim
National Championship**
Sponsored by Empire State Masters
Sponsored by Metropolitan LMSC for United States Masters Swimming, Inc. #068-13-98



1998 NORTHWEST ZONE SHORT COURSE METERS CHAMPS

OAK HARBOR - NOVEMBER 14-15



From the post meet press release / photos by Dan Frost

The 1998 U.S. Masters Swimming Northwest Zone Short Course Meters Championships, hosted by the North Whidbey Masters swim team at Oak Harbor's John Vanderzicht Memorial Pool (JVMP), was highlighted by the setting of three world records. The two-day competition held November 14-15 also saw many new national, Northwest Zone, and Pacific Northwest Association records established.

Robert Smith, age 55 of Lake Grove, Oregon, set a men's 55-59 world record Saturday in the 50-meter backstroke event with a time of 31.33 seconds. Sunday, the Oregon Masters swimmer added another world record in the 100-meter individual medley with a 1:09.43 clocking.

Sunday's competition also saw a world record from Jim Penfield, 90 of Longbranch, Washington. Representing Pacific Northwest Aquatics (PNA), Penfield lowered the men's 90-94 world record in the 100-meter breaststroke by over 15 seconds with his 2:45.20 effort. Penfield also broke his own American record in the 50-meter breaststroke with a time of

[Upper Left] PNA/North Whidbey's Harvey Prosser strokes towards a great time in the 100-meter butterfly. [Upper Right] Breaststrokers make the exchange with backstrokers during the Mixed Medley Relay.

[Lower Left] Oregon's Chris Roth (right) and Matt Roth swim stroke-for-stroke early in the final heat of the 1500-meter freestyle, while, on the opposite side of the pool [Lower Right], PNA/North Whidbey's Jim McCleery (right) and Bryan Albert work together.

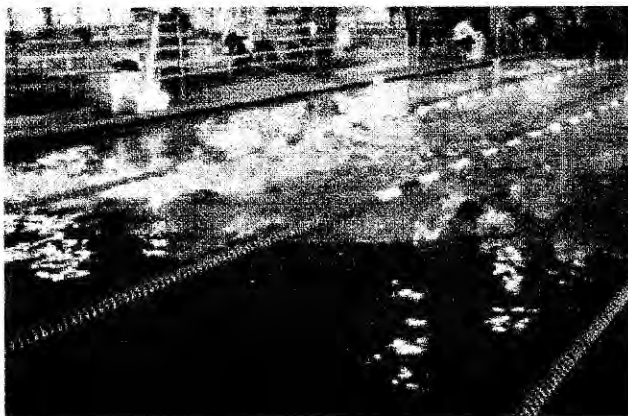


1:07.22, after setting his previous record in Oak Harbor seven weeks earlier.

In addition to those four new records, the 136 swimmers from Washington, Oregon, and British Columbia established 41 new Northwest Zone records. The 44 total Zone records far outnumbers the 32 records established at the 1997 championships and the 30 set at the 1996 championships, both held at JVMP. The 136 entrants was also a record draw for a Zone Championship meet in Oak Harbor, having had 93 participants in 1996 and 125 swimmers last year.

One of PNA's strongest individual showing came from Muriel Flynn. The 75-year-old set a zone record in each of her six events.

A strong contingent of Oregonians participated at the Zone Championships with outstanding results. After hosting the World Masters Games in August, 39 swimmers from Oregon-based teams made the trip to Oak Harbor, more than double the attendance of 15 swimmers in 1997. Oregonians were responsible for 26 of the 44 new Zone records.



160-199
 GINGER PIERSON 52 MACO 2:20.79
 BECKY OBLETZ 39
 ROBERT MAESTRE 48
 DAN KNAUER 38

 RELAYS-MIXED 400 M. MEDLEY

240-279
 ROBERT SMITH 55 OMS 6:02.41 Z
 SUSANNE SCHUMANN 61
 SANDI ROUSSEAU 51
 GILBERT YOUNG 76

 RELAYS-MIXED 800 M. FREE

100-119
 MATTHEW ROTH 31 OMS 9:03.67 Z
 BILL ZOLNA 29
 LISA HJERPE 30
 SHAUNA SIMPSON 27

120-159
 CHRIS ROTH 39 OMS 10:02.58 Z
 SANDI ROUSSEAU 51
 LISA GORSLINE 23
 PHILLIP KING 32

 SPLITS

WOMEN 800 M. FREE FROM 1500 M. FREE

JEANNE ENSIGN 52 PNA 14:48.73
 PAMELA HIMSTREET 55 OMS 13:30.71
 KATHRINE CASEY 50 PNA 12:21.89
 KARIN GARDNER 30 PNA 11:13.49 P
 LISA GORSLINE 23 OMS 11:14.45

MEN 800 M. FREE FROM 1500 M. FREE

HARVEY PROSSER 70 PNA 13:55.63 P
 GILBERT YOUNG 76 OMS 14:57.99
 HAL YOUNG 77 PNA 18:52.40
 STEVEN THRASHER 57 PNA 11:24.89
 CHRIS SMITH 27 PNA 11:45.24
 BRYAN ALBERT 32 PNA 10:47.77
 JIM MCCLEERY 52 PNA 10:24.09
 MATTHEW ROTH 31 OMS 9:47.25
 CHRIS ROTH 39 OMS 9:47.79

MEN 100 BACK FROM 400 MEDLEY RELAY

ROBERT SMITH 55 OMS 1:13.09

MEN 200 FREE FROM 800 FREE RELAY

MATTHEW ROTH 31 OMS 2:07.26
 CHRIS ROTH 39 OMS 2:12.13

WOMEN 100 FREE FROM 400 FREE

KATHRINE CASEY 50 PNA 1:24.75 P

WOMEN 200 FREE FROM 400 FREE

KATHRINE CASEY 50 PNA 2:54.59

PNA MASTERS SWIMMERS 1999 BUDGET

INCOME	
MEMBER REGISTRATION	\$23,453
MEETS	\$1,700
AWARDS	\$450
INTEREST	\$896
OTHER	\$92
TOTAL INCOME	\$26,591
EXPENSES	
MEMBER REGISTRATION WITH USMS	\$11,855
WETSET PRINTING, PREPARATION, AND POSTAGE	\$10,435
CONVENTION	\$2,500
AWARDS	\$1,410
POSTAGE, PRINTING & COPIES	\$975
WEBSITE	\$500
OTHER	\$600
TOTAL EXPENSES	\$28,275

1999 NW ZONE CHAMPS ORDERS OF EVENTS

The orders of events for the 1999 PNA Championships and the 1999 Northwest Zone Championships, originally printed in the October 1998 *WetSet*, have been changed as a result of an amendment to NW Zone policies adopted in November. The new order of events for the PNA Champs may be found on page 9. The new orders for the NW Zone Champs meets are shown at right. Both Zone meets will be held at the King County Aquatic Center.

The 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 Zone SCY Champs April 9-11	'99 Zone LC Champs July 31-August 1
FRIDAY	
Distance event(s)	No events on Friday
SATURDAY	
Relay, Distance event + 2nd Warmup, or IM event + Break	
50 Breast	50 Free
100 Fly	200 Fly
200 Free	100 Back
Break and/or Relay and/or IM event	
100 Breast	100 Free
200 Back	50 Back
50 Fly	200 Breast
Break and/or Relay and/or IM event and/or Distance event	
SUNDAY	
Relay, Distance event + 2nd Warmup, or IM event	
100 Back	200 Back
50 Free	50 Breast
200 Breast	100 Fly
Break and/or Relay and/or IM event	
50 Back	200 Free
200 Fly	100 Breast
100 Free	50 Fly
Break and/or Relay and/or IM event and/or Distance event	

THE FINAL LAP

DAWN MUSSELMAN INSPIRATIONAL SWIMMER AWARD

The PNA has presented this Inspirational Award annually since 1986 in memory of our "Ultimate Masters swimmer," Dawn Musselman (1913 - 1986). Dawn was a long-time PNA member. Not only was she a gifted swimmer (check the record books for ages 60 to 74!), Dawn was the kind of person who inspired others and encouraged them to do their best. Besides Dawn, subsequent award winners include Marlene Holmes, Maxine Carlson, Jim Penfield, Tom Foley, Karen Jost, Jan Kavadas, Robin O'Leary, Marion Mueller, Tammi Keeler, Ian Thompson, Suzanne Dills, and Clark Pace.

Nominations are open to all PNA members. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming

You know someone who qualifies - write up a few paragraphs telling why! Submit your nomination to Steve Peterson (Poulsbo: 360-692-1669; speter-son@bandwagon.net) or Frank Newquist (Milton: 253-474-1267; AM-Viking@Sprynet.com). The award (a personal plaque and the perpetual trophy with recipient's name added) will be presented at PNA Champs at Bangor on Saturday, March 20.

**Nominations must be received by
February 28, 1999.**

Happy Birthday to the Following PNA Swimmers

JANUARY

15 Joan Smith
16 Leslie Helm
16 David Kayarian
17 Roy Ingham
17 Nancy Lawrence
17 John Prigger
17 Nancy Price
17 Ira Cooper
19 Gay Hunter
19 Marc Beck
19 Jennifer Blair
19 William Garrison
19 Mary Sipple
20 Coral Bernier
21 Gary Brock
22 Sam Galzerano
22 Bill Riach
23 Jim Lasersohn
23 Lisa Hallmon
24 Chip Waterbury
24 Fred Jamison
25 Cynthia Rosik
25 Eric Tweit
25 Susan Symons
25 William Etnyre
27 Linda Bingler
27 Maxine Carlson
27 John Sylvester
27 Gary Mather
28 Marcia Stock
29 M. Leigh Johnson
30 Laura Hanan
30 David Santos
30 Mary Lippold
30 James Weyand
30 Lawrence Nordell
30 Theresa Trinka
30 Jennie Goldberg

FEBRUARY

01 Misty Len
01 Lisa Perry
02 Pete Colbeck
02 Kevin Krizek
02 Tammy Sell
03 Janelle Stout
03 Bryan Albert
04 David White
04 Brett Buckley
04 John Thomas
05 Gregory Harrison
05 Jim Bryan
05 Robert Parker
06 Jeff Cox
06 Gregory Tate
06 Neil Beck
07 David Addleman
07 Julie Lovan
08 Jon Pauole
08 Betsy Hale
09 Michael Garceau
09 Duane Reed
09 John Geyman
10 Mary Ann White
10 Margaret Winnie
10 Joseph Keenan
11 Paul Clow
12 Sean Hilbert
13 Dempsey Dybdahl
13 John Semanick
13 Jeanne Johnston
13 Patricia Dotson
14 Cynthia Hirst
14 Leslie Van Romer
14 Donna Keyser

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

B.C. MASTERS SWIMMING

BELLINGHAM MASTERS

ORCA SWIM TEAM

PACIFIC MASTERS (California)

CRAWFISH MASTERS (Louisiana)

www.swimpna.org

www.usms.org

www.island.net/~bpronk

members.aol.com/Ariston844/bmsc.htm

www.teamseattle.org/orca

www.pacificmasters.org

www.crawfishmasters.com

**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:

E-mail Address:

Date of birth:

Age:

M/F:

Area Code

Month Day Year

My club is:

Pacific NW Aquatics (PNA)

My Team is:

Team Name _____

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 of USMS.

Signature _____

Date _____

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

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US Postage
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Seattle, WA
Permit No. 2334

BOB MCNEEL
2364 FAIRVIEW AVE E #1
SEATTLE WA 98102