

# The WetSet



Volume 18 Issue 2

February 1999

## PNA SWIMMERS CELEBRATE HOLIDAYS WITH A SPLASH

U.S. MARINES DISPATCHED TO BELLINGHAM POOL AMID REPORTS OF TURBULENCE - REPORT BEGINS ON PAGE 5

### LEADING OFF by Jane Moore

Hello again swimmers,

In November, I began to summarize what I learned when I attended a Masters coaching seminar at the USMS Convention this year. I will continue that this month. As the December PNA Board meeting was held before the deadline for the January WetSet and the January meeting will be held after the deadline for this issue, there are no Board meeting minutes to discuss.

Emmett Hines from Houston presented a talk titled "The Future's So Bright, I Gotta Wear Shades." Emmett is the 1993 USMS Coach of the Year and the author of *Fitness Swimming*, a book available from Human Kinetics Publishers. He is a full time Masters coach and talked about how to earn a living from coaching. In addition to coaching a Masters team, he offers private adult swim lessons. He presented a Top Ten List of Coaching Hints.

10. Give the swimmers 100% of your time and attention during the workout or lesson. Put the rest of the world on hold.

9. Be hard to get. Do not schedule new lessons in less than two weeks.

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

JENNIFER ADKINS, RICH BEEN, ELIZABETH DAVIS, TELVED DEVLET, THEO DEVOS, ADAIR DINGLE, EVAN FERBER, MARK FLUSS, GEORGE GONZALEZ, LESLIE MCCULLOUGH, UNA PETT, ROBIN PRATT, STEVEN RUITER, TOM SHERRY, LINDA STANCHI, JUDI SWENSON, TOM TAYLOR, LYNN WELLS, AND ANDREW WOOD.

8. Always give more than expected. Schedule lessons for 45 minutes but actually take one hour.

7. Encourage students to call with questions between sessions.

6. Strongly encourage swimmers to keep a training diary including lessons and practices. Spend the first five minutes of each lesson reviewing the diary.

5. Price your services high enough so that you are excited about teaching lessons, and that some prospective clients will say no.

4. Don't take it personally when someone says no. Keep a list of other instructors/coaches to refer them to.

3. Have business cards and always give at least two to each swimmer. Call yourself a "teaching professional".

2. Make yourself available for presentations to triathlon and running clubs.

1. Develop loyal, repeat customers through good relationships.

Michael Collins, former Davis Aquatic Masters Coach and 1990 USMS Coach of the Year talked about "Race Specific Training." He stressed practicing all elements of competition before a big meet. This should include diving, streamlining, underwater power kicking, a plan for a breathing pattern,

transitions from underwater to stroking, pacing, and a general race plan. He suggested that each swimmer have a "Key Workout". This is a workout based on your goal event. It is swum once a week as a benchmark. He used his own key workout as an example. He swam this workout once a week for ten weeks before doing the 1000 free at Short Course Nationals.

2 x 500 @ 6:30 (1:10 pace)

1<sup>st</sup> 500 - descend each 100

2<sup>nd</sup> 500 - hold @ 75-80% effort

10 x 100 @ 1:10 (tight interval)

4 x 250 pull @ 3:15 (about 30 seconds rest) descend 1 through 4

*(Continued on page 19)*

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**VISIT OUR NEW WEBSITE AT [WWW.SWIMPNA.ORG](http://WWW.SWIMPNA.ORG)**

# HANGIN' WITH THE WET SET

*by editor Dan Frost*

Greetings from Prince Sultan Air Base in Saudi Arabia. Flying over the Southern No-Fly Zone over Iraq has been unusually active lately, as you may have noticed in the news. Thankfully, there is enough rest and free time around to send e-mails and write newsletters. Hope you enjoy this month's edition of *The WetSet*.

There is certainly plenty of news to present in this issue. The Bellingham Masters Swim Club hosted a terrific swim meet in December, and you can read all about it in this issue. I also heard that the Orca Swim Team did just as well in hosting their successful meet at Seattle University last month. We have certainly been blessed this season with a meet schedule hosted by some great and energetic Masters teams and swimmers!

After this month's inaugural PNA meet on Mercer Island, it will be time for the Steve Engle Memorial PNA Championships. Yes, Champs is just around the corner. Now is the time to start organizing your team to participate. This month's *WetSet* contains an update from Steve Peterson on discounted accommodations in the Bangor area. The scenic beauty of the Kitsap Peninsula is a bonus to the great time in store for all participants!

The annual passage of Champs brings some extra significance, and some changes, to the PNA. Our current officers are completing their terms, which means that it is ELECTION TIME! You will find an election ballot in this newsletter, with instructions on how to make sure that your vote gets counted. Also, the Dawn Musselman Inspirational Swimmer Award will be presented at Champs as always. Participating as a Masters swimmer to any degree, by striving to improve one's personal physical fitness, and helping friends to do the same, makes every PNA swimmer pretty inspirational (without inspirational people to write for and about, this would be a fairly meaningless newsletter). Some swimmers are inspirational in rather unique ways, and if you know one of them you can nominate them for the Musselman Award. Details are on The Final Lap.

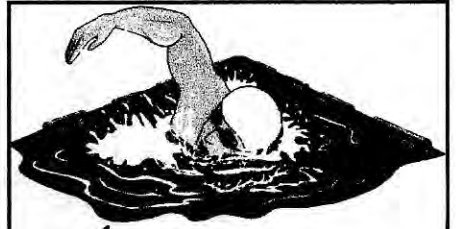
Masters swimmers in British Columbia have been putting on some great meets as well this season. Two recently built pools in Victoria and Richmond (south of Vancouver) will be hosting long course meets soon, and another fine facility and club on Vancouver Island will be hosting the BC Championships in April. South of the border, the pace of Masters events does not let up, either. The Northwest Zone Championships will be held in April, with the USMS Short Course Nationals in California coming in May.

The Stanford Swim Camp advertisement in this month's issue is also a reminder that it is not too early to plan for summer clinics, triathlons, open water swims, and meets. What could be a better vacation than to go to a beautiful place and do a fun, healthy activity? And speaking of advertisements, *The WetSet* can print them. There are certain restrictions that apply because of our non-profit organizational status. You can ask me for details.

Next month, results from the Orca meet, plus the usual collection of articles, tips, and information. (Please keep sending me news and photos!)

An Adobe Acrobat® .PDF version of this edition of *The WetSet* is available on request to any interested person, group, or organization. To request a free copy of the .PDF file, send an e-mail to the editor at [thewetset@yahoo.com](mailto:thewetset@yahoo.com)

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 2  
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### PNA OFFICERS

#### President

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Jeanne Ensign (206) 324-6768  
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#### Secretary

Steve Peterson (360) 692-1669  
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### 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.

February 1 - 28

February Fitness Challenge  
Bill Volckening (503) 533-5567  
E-mail: Volckening@aol.com

Look for entry form in this edition of *The WetSet* or on the World Wide Web at [www.usms.org](http://www.usms.org)

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 / Bartlett Pool  
Ginny Wright (907) 344-5321  
E-mail: ginny@alaska.net

**February 21**

**Mercer Island Redwoods SCY Sprint  
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@themac.com

February 28

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

**March 19 - 21**

**PNA Championships  
Bangor Submarine Base /  
Kitsap Peninsula WA  
Steve Peterson (360) 692-1669  
See 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 LCM Meet  
Richmond BC / Watermania Complex  
Brian Johnston (604) 591-8357  
and Cheryl Miniato (604) 946-1597

**April 10 - 11**

**Northwest Zone SCY Championships  
Federal Way WA / King County A.C.  
Robin O'Leary (206) 525-7225  
See information and entry form in this issue of *The WetSet***

April 23 - 25

BC Masters Provincial Championships (SCM)  
Duncan BC  
Alison Meredith (250) 748-8920  
and Patty Watson (250) 748-8190

May 13 - 16

USMS Short Course National Championships  
Santa Clara CA  
Alma Guimarin (408) 947-2298  
E-mail: aguimarin@aol.com  
Look for entry form in the January-February 1999 edition of *Swim* magazine or on the World Wide Web at [www.usms.org](http://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 meet  
Beaverton OR  
Ed Ramsey (503) 693-8173  
E-mail: ed\_ramsey@intersolv.com

**July 31 - August 1**

**Northwest Zone LC Championships  
Federal Way WA / King County A.C.  
Hugh and Jane Moore (253) 925-0803  
Look for information and entry form in a future issue of *The WetSet***

August 19 - 23

USMS Long Course National Championships  
Minneapolis MN  
Paul Windrath (612) 388-8524  
E-mail: pwindrath@compuserve.com  
Look for entry form in the May-June 1999 issue of *Swim* Magazine or on the World Wide Web at [www.usms.org](http://www.usms.org)

September 1 - October 31

USMS 3000 & 6000 Yard Postal Championship  
Marie Hutinger (727) 521-1172  
Look for information and entry form in a future issue of *The WetSet*

**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 "The Final Lap" for World Wide Web addresses)**

### **Pacific Northwest**

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thewetset@yahoo.com

### **Oregon**

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5832 SE Woll Pond Wy  
Hillsboro OR 97123  
(503) 648-7141  
therads@integrityonline.com

### **Snake River**

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

### **British Columbia**

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

### **Inland Northwest**

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

### **Alaska**

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

## Pacific Northwest Association of Masters Swimmers

**Local Team Registration**

Please fill out and return the form below to register your team for 1999. Registration must be received by March 5, 1999 in order to compete as a team and be eligible for team awards at the 1999 PNA Championships. All team members competing in the meet must be paid members of PNA Masters Swimmers.

We would like to include information about your Masters team in *The WetSet* and the PNA web page. Please indicate if there is any information below that you *do not* want published.

**TEAM NAME** \_\_\_\_\_ **Abbreviation (4 letters max)** \_\_\_\_\_

**TEAM REP. Name** \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

**TEAM COACH Name** \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Application Fees: \$10.00    **Make check payable to: PNA Masters Swimmers**

Mail this form and check to:    Lee Carlson  
    The Seattle Times  
    P.O. Box 70  
    Seattle, WA 98111

\_\_\_\_\_ < CUT HERE > \_\_\_\_\_ < CUT HERE > \_\_\_\_\_ < CUT HERE > \_\_\_\_\_ < CUT HERE > \_\_\_\_\_

**OFFICIAL BALLOT****ELECTION OF OFFICERS FOR THE PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS**

Each PNA member is entitled to vote to elect the PNA's president, vice president, secretary, and treasurer. Members not affiliated with a PNA team (unattached), or those affiliated with a PNA team of less than 8 members may also vote for at-large representatives to the PNA board of directors. All officers and representatives-at-large elected here will serve a two-year term commencing in April 1999 and concluding after the PNA Championships in 2001.

Your **NAME** or  
**USMS REGISTRATION NUMBER**  
 (for verification only)

**FOR ALL MEMBERS****PRESIDENT**

(vote for one)

Lee Carlson

**VICE PRESIDENT**

(vote for one)

Carolyn Behse

**SECRETARY**

(vote for one)

Steve Peterson

**TREASURER**

(vote for one)

Jeanne Ensign

**UNATTACHED / SMALL TEAM  
(LESS THAN 8) MEMBERS ONLY****AT-LARGE****REPRESENTATIVES**

(vote for no more than three)

Kathy Casey

Kathy Moore

Ballots must be submitted to PNA secretary Steve Peterson by March 12, 1999. Members may mail their ballots to the following address:

Steve Peterson

PNA Secretary

11165 Central Valley Rd NW  
 Poulsbo WA 98370-7014

# NEWS ABOUT PNA SWIMMERS



## BELLINGHAM MASTERS HOLIDAY SWIM MEET



By Dan Frost  
WetSet editor

The third annual Bellingham Masters Swim Club Holiday Swim Meet was destined to be unique. When Bellingham coach Barb Gundred departed on a vacation to Africa, leaving her swimmers to organize the meet, one had to wonder if the inmates had just taken over the asylum.

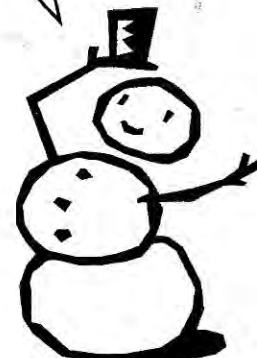
Indeed, the Masters from throughout the PNA, as well as from British Columbia, who decided to avoid the shopping malls on a rainy Sunday and put off their Christmas shopping even further, noticed right away that this was not to be a typical Masters meet. The first unusual sign was that the entrance to the Bellingham Aquatic Center was being guarded by United States Marines! It was then discovered that Marines were requested by the meet management to come and maintain order and discipline, as well as to receive donations for the Marines' annual Toys For Tots program. Many Masters, who

apparently had done at least a little Christmas shopping beforehand, made generous contributions to brighten the holidays of needy area children.

Later, the charitable swimmers donned Santa hats themselves during the unique Christmas Fun Relay. This was not an activity for Scrooges! Participants had to leap into the pool as well as Santa's reindeer leap off rooftops, then carry their precious cargo through the cool waters, and decorate their Christmas trees! And when Santa's work was done, the swimmers who saved Christmas were able to enjoy a massage and a relaxing moment in the hot tub.

The Christmas spirit was evident throughout the meet. There were many great swims, including a few records broken. Even the officials did not give out many disqualifications, lest they become known as "The Grinches who stole Christmas."

SEE THE RESULTS  
OF THE  
BELLINGHAM  
HOLIDAY MEET  
ON THE  
NEXT PAGE



### 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.*

<b>AFFIX ADDRESS LABEL HERE</b>	
NAME _____	
ADDRESS _____	
CITY/STATE/ZIP CODE _____	
PHONE _____	USMS #36 _____

**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, 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 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 40<sup>th</sup> St. (stop light) and turn left. Drive ¼ mile on SE 40<sup>th</sup> 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](http://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 in 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: \_\_\_\_\_

# 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 _____

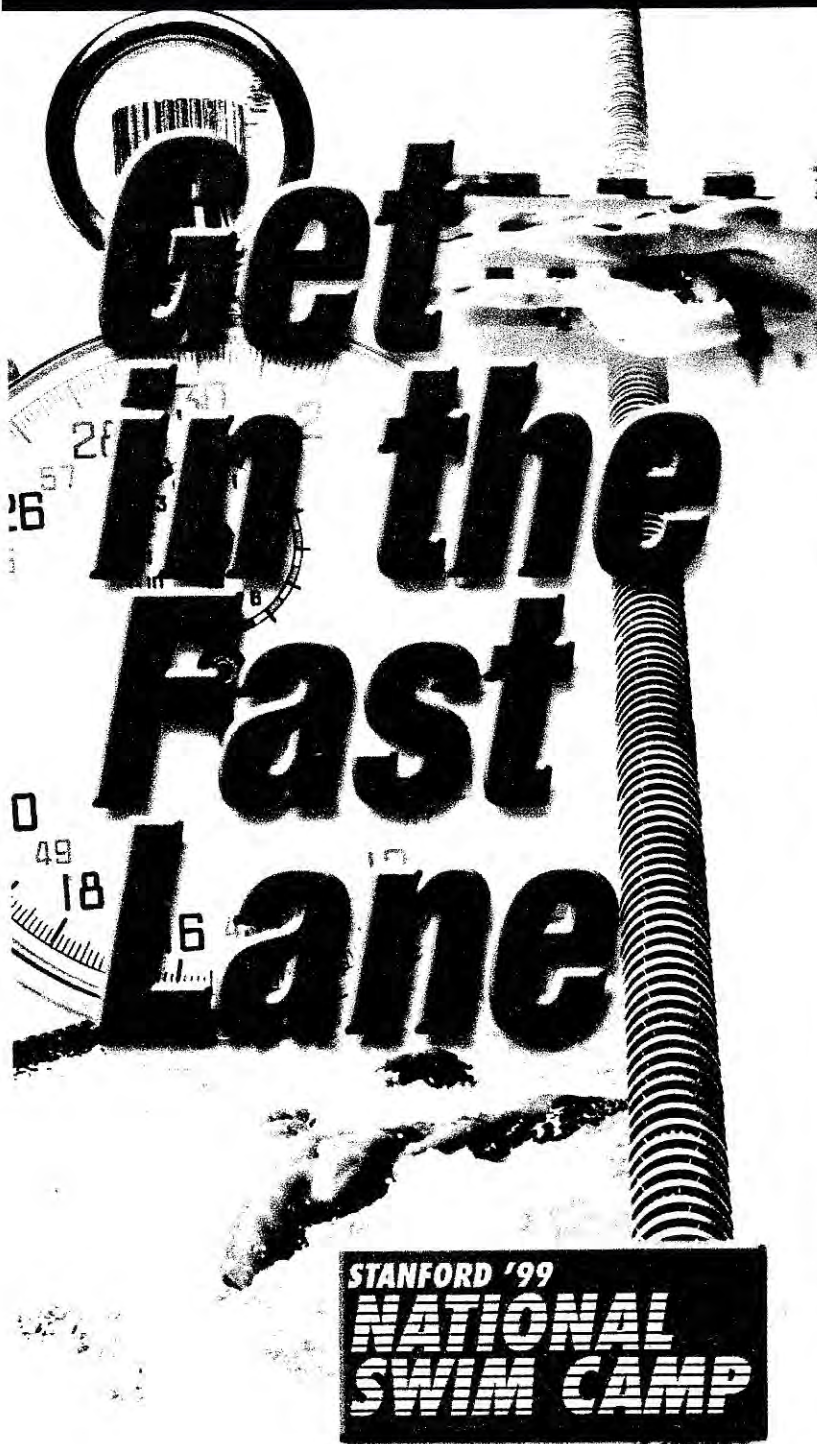
TOTAL MONTHLY YARDAGE = \_\_\_\_\_ YARDS  
 TOTAL MONTHLY MILAGE = \_\_\_\_\_ MILES  
 (To calculate milage, divide monthly yardage by 1760)

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)			

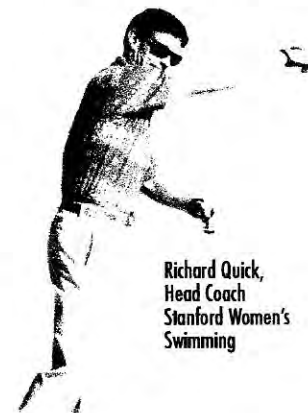
# Come to the Home of the Champions!



Learn the techniques  
Stanford's championship  
swimming teams use from the  
coaches who taught them.



Skip Kenney, Head Coach  
Stanford Men's Swimming



Richard Quick,  
Head Coach  
Stanford Women's  
Swimming

## 1999 Stanford National Swim Camp Sessions

### AGE GROUP CAMPS (For Ages 9-18)

Resident \$595/Day \$495

- Session 1 - June 15-19
- Session 2 - June 20-25
- Session 3 - June 27-July 2
- Session 4 - July 4-9
- Session 5 - July 11-16

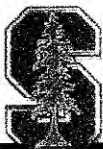
### ADULT CAMPS (For Ages 19 Up)

- Adult 4 Stroke  
May 29-June 3 450
- Adult Freestyle  
June 5-7 350

For more information and an  
application, call or write today:

Judy Heller, Swim Camp Director  
**Stanford National Swim Camp '99**  
1526 Chestnut Street  
San Carlos, CA 94070  
(650) 591-0946 • FAX (650) 591-6753  
[swimfast@sprintmail.com](mailto:swimfast@sprintmail.com)

[www.stanfordswimcamp.com](http://www.stanfordswimcamp.com)



[www.stanfordswimcamp.com](http://www.stanfordswimcamp.com)

**Apply Now – Camps Sold out 1993-98!**



**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

<b>EVENT ORDER "AA"</b>	
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 a registration form with payment along with their 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 5<sup>th</sup> 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 3<sup>rd</sup> 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 3<sup>rd</sup> light onto Trigger Avenue. Turn LEFT at Ohio (2<sup>nd</sup> light) and park in front of Bldg. 2700 on your left.

From Trigger Avenue Gate: Proceed up Trigger to 1<sup>st</sup> 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: \_\_\_\_\_

IF YOU ARE NOT A PNA MEMBER, PLEASE INCLUDE A PHOTOCOPY OF YOUR MASTERS REGISTRATION CARD.

**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.

**Places to Stay:** (Silverdale: 10 min to pool; Poulsbo: 20 min to pool; identify yourself as shown)

WestCoast Silverdale Hotel & Resort  
3073 NW Bucklin Hill Road  
Silverdale: 360-698-1000 / 800-426-0670  
"PNA Masters" rates: \$68 (1 Qn) to \$78 (2 Qn)  
*www.westcoasthotels.com/silverdale*

Poulsbo Inn  
18680 Highway 305  
Poulsbo: 360-779-3921 / 800-597-5151  
"Corporate (PNA)" rate: \$58 (2 Qn)

Poplars Motel  
9800 Silverdale Way  
Silverdale: 360-692-6126 / 800-824-7517  
"PNA Masters" rates: \$54 (1 person, 1 Qn) to \$66 (3-4 persons, 2 Qn) with 2 night stay paid 2 wks ahead.

Cimarron Motor Inn  
9734 Silverdale Way  
Silverdale: 360-692-7777 / 800-273-5076  
"PNA Masters" rate: \$63 (1-4, 2 Qn) or \$57 (2 nights); complimentary Continental breakfast.

### PNA Registered Teams - 1998

Team	Abbr.	Swimmers	Team Rep/Contact	Pool	Workout Times
Bellevue Club Masters	BC	70	Jody Braden 425-644-1616	Bellevue Club 11200 SE 6 <sup>th</sup> Street 425-644-1616	12:00-1:00 PM M/W/F 6:00-7:00 AM Tu-Th 9:30-10:30 AM Tu-Th 10:00-11:30 AM Sa
Bellevue Eastside Swim Team	BEST	20	Michael McKinley 425-643-5129	Bellevue Eastside Y 14230 Bel Red Road 425-746-9900	6:30-7:30 AM M/W/F
Bellingham Masters	BMSC	30	Barb Gundred 360-734-8364 barbg@memes.com	Bellingham Aquatic Center 360-647-7665	5:30-7:00 AM M-F
Federal Way Masters	FWM		Linda Sullivan 253-941-8028 LESmasswim@aol.com.	King County Aquatic Center 650 SW Campus Dr. 253-296-4444	6:00-7:15 AM M-F 12:00-1:00 PM M/W 7:00-8:00 PM M/W/Th
Ft. Steilacoom Masters	FTST	6	Kathy Casey 253-588-4879	Pierce College Pool 9401 Farwest Dr SW 253-964-6678	5:00-6:30 PM M-Th
Gateway Athletic Club (Seattle)	GACM	12	John Pauole 206-343-4692	Gateway AC Pool 700 Fifth Avenue 206-343-4692	6:30-8:30 AM M/W/F
Green Lake Aqua Ducks (Seattle)	GLAD	80	Robin O'Leary 206-525-7725 GLAD1@mailexcite.com	Evans Pool 7201 E Green Lake 206-684-4961	5:00-6:00 AM M-F 7:00-8:30 AM Sa
				Shoreline Pool 19030 1 <sup>st</sup> Ave. NE 206-296-4345	7:00-8:00 AM M-F
Issaquah Swim Team	IST	21	Dave Kienlen 425-837-3355 DaveK@ci.issaquah.Wa.us	Julius Boehm Pool 50 SE Clark Street 425-837-3355	5:00-6:30 AM M/W/F
Maranha Swim Team (Summer)	MST		Nina Cunningham	Sumner High School 1707 Main St. 253-863-8110	
Mercer Island Redwoods	MIR	15	Steve Sussex 206-232-9263	M. I. District Pool 8815 SE 40 <sup>th</sup> Street 206-296-4370	6:00-7:00AM M-F
Newport Hills Swim Team (Bellevue)	NH	10	Tom Dunning 425-746-9510	Newport Hills Pool 5474-119 <sup>th</sup> Ave SE 425-746-9510	6:00-7:00 PM M/W/F
Northshore Y's Guys (Bothell)	NSYG	20	Joanne Bushnell 425-485-9797	Northshore Y 11811 NE 195 <sup>th</sup> 425-485-9787	5:00-6:30AM M-F
North Whidbey Masters (Oak Harbor)	NWM	19	Dan Frost 360-675-5751 desertfrost@yahoo.com	Vanderzicht Pool 85 SE Jerome St 360-675-7665	12:30-1:30 PM M/W/F 5:00-6:00 AM M/W/F 5:00-7:00 AM Tu/Th
Orca Swim Team (Seattle)	ORCA	65	Suzie Ness 206-729-9403 zoeness@GTE.net suzieness@Boeing.com	Seattle University Connolly Center 14 <sup>th</sup> & Cherry 206-296-6404	7:30-8:45 PM Tu 7:30-8:30 PM Th 7:00-8:15 PM F 4:00-5:30 PM Su
Old Olympic Peninsula Swimmers (Silverdale)	OOPS	6	Frank Warner 360-692-1040	Bangor Subase Pool	4:30-5:30 PM M-F
Pro Club Masters (Bellevue)	PRO		Andy Lovan 425-885-4591 prosc@email.msn.com	Pro Club 4455 148 <sup>th</sup> Ave. NE 425-885-5566	
Queen Anne Swim Club (Seattle)	QASC	60	Ed Artis 206-285-1268	Queen Anne Pool 1920 First Ave W 206-386-4282	8:00-9:30 PM W/F 9:30-11:00 AM Su
Samena Masters Swim Team (Bellevue)	SAM		Cynthia Hirst 425-885-5303 hirst@sprintmail.com	Samena Club Pool 15231 Lake Hills Blvd. 425-746-1160	6:00-7:00 AM M/W/F 7:15-8:30 AM Sa
Skagit Valley YMCA Chinooks (Mount Vernon)	SVYC	12	Gary O'Neill 360-336-9622	Skagit Valley Y 215 E. Fulton	6:30-7:30 PM M/W/Th
Swim Seattle	SSEA	45	Deborah Bagg 206-621-7896 dbagg@rain.kcls.lib.wa.us	Seattle University Connolly Center 14 <sup>th</sup> Cherry 206-296-6404	5:45-7:00 AM M-F
Tacoma Family Y	TACY	15	Cathy Barmore 253-564-9622	Morgan Family Y 1002 South Pearl 253-564-9622	9:00-10:00 AM M-F 7:00-8:30 PM M/W/F
Tacoma Swim Club	TSC	7	Mark Patterson 253-752-4511 253-383-3791	Univ. of Puget Sound	5:30-7:00 AM M/W/F
				Foss High School	6:00-7:15 PM M-Th
Thunderbird Aquatic Club Masters (Anacortes)	TAC	11	Pinky Walker 360-424-8755	Fidalgo Pool 1603 22 <sup>nd</sup> 360-293-0673	8:00-9:30 AM M/W/F 5:30-6:30 PM M-F
Tigers	TIG	8	Tom Foley 206-937-5585		

**TEAMS:** Don't forget to re-register your team with PNA by March 5, 1999 to participate in the 1999 PNA Championships. Look for the team registration form in *The WetSet*. Corrections and updates to this list should be sent to PNA V.P. Lee Carlson.

**NORTHWEST ZONE SHORT COURSE CHAMPIONSHIP**

Sponsored by Green Lake Aqua Ducks and Federal Way Masters

Sanctioned by the Pacific Northwest Association of Masters Swimmers  
for USMS, Inc. Sanction # 993604

DATE: **Saturday April 10<sup>th</sup> and Sunday, April 11<sup>th</sup>, 1999**  
 TIMES: **Saturday April 10**, Warm-up: **10:00 AM**, Meet starts: **11:00 AM**  
**Sunday April 11**, Warm-up: **8:00 AM**, Meet starts: **9:00 AM**  
 PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER  
 650 SW Campus Drive, Federal Way, WA 98023 (206) 296-4444

MEET DIRECTOR: **Robin O'Leary** (206) 525-7725 (call before 9 PM)

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses will be used for events 500 yards and longer. Only one course will be used for events less than 500 yards. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard.

RULES: Current USMS Rules will govern the meet.

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

DIRECTIONS: *From I-5*: Take exit 142 B which directs traffic west on S 348<sup>th</sup> (a continuation of westbound Highway 18). Continue west on S 348<sup>th</sup> across Pacific Highway S (Highway 99) and across 1<sup>st</sup> Ave S (NOTE: 348<sup>th</sup> becomes SW Campus Drive after crossing 1<sup>st</sup> Ave S). The pool is on the right about 1/2 mile past 1<sup>st</sup> Ave S.

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

<b>SATURDAY APRIL 10<sup>TH</sup>: 11AM</b>		<b>SUNDAY APRIL 11<sup>TH</sup>: 9 AM</b>	
1	1000 Freestyle Event 2 will not start before 12:30 PM	13	500 Freestyle Event 14 will not start before 10:30 AM
2	Women's 200 Freestyle Relay	14	Women's 200 Medley Relay
3	Men's 200 Freestyle Relay	15	Men's 200 Medley Relay
4	50 Breaststroke	16	100 Backstroke
5	100 Butterfly	17	50 Freestyle
6	200 Freestyle 10 minute break	18	200 Breaststroke 10 minute break
7	100 Individual Medley	19	200 Individual Medley
8	Mixed 200 Medley Relay	20	Mixed 200 Freestyle Relay
9	100 Breaststroke	21	50 Backstroke
10	200 Backstroke	22	200 Butterfly
11	50 Butterfly	23	100 Freestyle
12	400 Individual Medley	24	1650 Freestyle

WEBSITE: Visit the PNA website at [www.swimpna.org](http://www.swimpna.org) for updated information.

MOTELS: There are numerous motels within fifteen miles of the pool, including...

Name	Distance to Pool	City	Phone
Holiday Inn Express	1.4 miles	Federal Way	253-838-3164
Best Western Executel	5 miles	Federal Way	253-941-6000
Super 8 Motel	2.4 miles	Federal Way	253-838-8808
Best Western Executive Inn	5.4 miles	Fife	253-922-0080
Motel 6	7 miles	Fife	253-922-1270

**NORTHWEST ZONE SHORT COURSE CHAMPIONSHIP**

Sponsored by Green Lake Aqua Ducks and Federal Way Masters

Sanctioned by the Pacific Northwest Association of Masters Swimmers  
for USMS, Inc. Sanction # 993604

**Saturday April 10<sup>th</sup> and Sunday, April 11<sup>th</sup>, 1999**

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

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

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

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

AGE GROUP (Circle one - determined by your age as of April 11, 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: 6 INDIVIDUAL EVENTS (5 PER DAY) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME (SC Yards)

ENTRY FEE: \$ 13.00 Surcharge (includes \$1 zone surcharge)  
 \$ \_\_\_\_\_ T-shirts @ \$12 each - indicate size (M \_\_\_ L \_\_\_ XL \_\_\_)  
 Individual Events: + \_\_\_\_\_ \$1 per event for swimmers under age 65.  
 No charge for swimmers 65 or over. No charge for relays.  
 Total: \$ \_\_\_\_\_ Please make checks payable to: FEDERAL WAY MASTERS

Mail this entry form and fees to: **Dave Addleman** (253) 735-0434  
**31410 48<sup>th</sup> Ave. S**  
**Auburn, WA 98001**

Entries must be postmarked by Saturday, March 27 or delivered to Dave Addleman by Thursday, April 1.  
**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: \_\_\_\_\_

## WORKOUT CORNER

### IM TRAINING - FOR FUN, FOR PLEASURE, FOR THE TAX BENEFITS

*By coach Doug Huestis - presented at the 1998 USMS convention*

#### WARM UP

300 to 600 yards - your choice of swim, kick, pull, etc

#### STROKE SET

12 x 25s on :40 in four cycles of three - #1 = Fly, #2 = Back, #3 = Breast, #4 = Free

Each cycle: #1 25 kick (no board) @ 80%, #2 25 stroke drill (choice) @ 90%, #3 25 sprint @ 100%

#### MAIN SET

Three times through the following - pick a group according to your base 100 Free sendoff times:

##### Group 1

4 x 100s Free  
     on 1:10 or 1:15 or 1:20  
 4 x 25s easy free w/:10 rest  
 4 x 50s IM Switch  
     on :50 or :55 or 1:00  
 4 x 25s easy free w/:10 rest  
 2 x 100s kick  
     on 1:45 or 2:00  
 4 x 25s easy free w/:10 rest

*30 seconds extra rest  
 between sets*

##### Group 2

3 x 100s Free  
     on 1:30 or 1:40 or 1:50  
 4 x 25s easy free w/:10 rest  
 3 x 50s IM Switch  
     on 1:00 or 1:10 or 1:20  
 2 x 25s easy free w/:10 rest  
 2 x 100s kick  
     on 2:00 or 2:15  
 4 x 25s easy free w/:10 rest

*30 seconds extra rest  
 between sets*

##### Group 3

2 x 100s Free  
     on 2:00 or 2:15 or 2:30  
 2 x 25s easy free w/:10 rest  
 2 x 50s IM Switch  
     on 1:30 or 1:45 or 2:00  
 2 x 25s easy free w/:10 rest  
 2 x 100s kick  
     on 2:30 or 2:45  
 2 x 25s easy free w/:10 rest

*30 seconds extra rest  
 between sets*

#### AND NOW...THE FINE PRINT

- Choose a 100 Free sendoff time that allows you to swim repeats at or slightly faster than "AT pace" (~85-90%), should be getting about 10-20 seconds rest. For hard core IM swimmers, do the last 100 of each set as a fast 100 IM.
- Easy free 25s are just that, approximately 60-65% effort.
- 50s IM Switch are solid descend each set to near maximum effort (~90-95%). Work transitions - flow from one stroke to next with perfect (and legal) turns. Should be getting about 15-30 seconds rest.
  - First set - all 50s are 25 Fly / 25 Back
  - Second set - all 50s are 25 Back / 25 Breast
  - Last set - all 50s are 25 Breast / 25 Free
- 100s kick - each set #1 = kick with board @ 90%, #2 = 50 kick w/board / 50 kick-swim (by 25s) @ 90-95%. Should be getting about 30 seconds rest between kicks.
  - First set - Fly
  - Second set - Back or Free
  - Last set - Breast

# **UNITED STATES MASTERS SWIMMING**

## **INFORMATIONAL AND PROMOTIONAL ITEMS AVAILABLE FROM THE USMS NATIONAL OFFICE**

**P.O. BOX 185**

**LONDONDERRY NH 03053-0185**

**Phone: 603-537-0203 / Fax: 603-537-0204 / E-mail: usms@usms.org**

### **1999 USMS RULE BOOK - \$8.00**

All USMS Members should have one! It includes: Swimming Rules, Administrative Regulations of Competition, Long Distance/Open Water Swimming Rules, Athletes' Rights, Hearings, and Appeals, United States Masters Swimming, Inc.: Organization and Bylaws, Amendment Procedures, Records, Information for Meet Directors and Officials, National and International Masters Swimming Schedule, Zone and LMSC Boundaries, USMS Directory and History.

### **PLACES TO SWIM - \$6.00**

Updated, 1997; anticipated update, 1999. This book is valuable to the traveler. It lists places to swim and workout groups by geographical location both within the United States and internationally.

### **USMS COACHES MANUAL - \$25.00**

Developed and updated by the USMS Coaches Committee, this manual will assist the individual Masters Coach in the organization and administration of the individual Masters Swimming program and in supporting all of the swimmers who are members of the program, being alert to the diversity of the ages and abilities of the swimmers. A loose-leaf book which contains already available information with room for updates and expansion. This manual includes sections on: USMS Coaches Clinics, Stroke Drill Manual, Fitness Clinics, Workouts, Articles, Publications, Videotapes, LMSC and Local Team Information. It is also a means of communication between all Masters Coaches.

### **BUILDING A SUCCESSFUL MASTERS CLUB - \$6.00**

Developed and updated by the USMS Marketing Committee (updated in 1998), this publication gives prospective clubs an idea of how to get started, new clubs ideas to help them grow and be successful, and aids established clubs in finding information and ideas that will result in a fresh and creative approach to running their organizations. It contains: General Information about Masters Swimmers and Masters Swim Clubs, Basic Needs, Club Operation, Member Benefits and Awards, Fitness Activities, Swim Meets, Where to Find Help, Registration Information, Sample Press Release and National Office Merchandise.

### **USMS NATIONAL TOP TEN TIMES/NATIONAL and WORLD RECORDS**

3 Issues - 1 year (SCY, LCM, SCM) - \$15.00 / 6 Issues - 2 years - \$30.00 / Single Issues - \$7.00

### **USMS POSTERS - 1-4/\$1.50 each, 5-9/\$1.25, 10+/\$1.00**

"Take the Plunge, Join Masters Swimming", A promotional poster with a place to fill in your local Masters information.

### **USMS BROCHURES - free (postage - 25-100/\$3.00, 125/\$4.00, 150/\$5.00)**

"Masters Swimming, What's It All About?" This is an 8 page, 4" x 9", full-color, glossy brochure which contains information on United States Masters Swimming: What is Masters Swimming, Who are the Members, Where is it Located, How is it Organized, Benefits of Membership, Competition, Workouts, Cost, and How to Join.

### **USMS DECALS - 4/\$1.50 or 100/\$20.00**

2 1/5" x 4 1/2", 2 color (red and blue) decal to proudly display on your car window.

### **USMS STICKY NOTE PADS - 1/\$3.00, 2/\$5.00**

100 sheet, 3" x 4", sticky note pad with USMS logo in red and blue.

### **USMS THANK YOU NOTES - 5/\$2.00, 10/\$3.50, 25/\$8.00**

4 1/4" x 5 1/2" (folded) with USMS logo in red and blue and Thank you written in blue. Includes envelopes.

### **USMS PLANNER - free (include 6" x 9" \$.55 SASE)**

4 1/2" x 6 1/2", A helpful compendium of information and facts about Masters Swimming. It is an invaluable resource for keeping track of your swimming activities and progress as well as a calendar for recording workouts and schedules.

### **USMS PRE PAY PHONE CARDS - free (include \$.33 SASE)**

An easy to use USMS prepay telephone card with great rates and easy cash benefits to your club. Once you receive it, activate by calling the toll free number on the back of the card.

**Send orders to the USMS national office with check payable to USMS. All prices include shipping and postage.**

### **USMS NATIONAL SPONSORS**

KAST-A-WAY SWIMWEAR / MBNA / ALAMO / DESTINATIONS / NIKE / SPEEDO / MINDSPRING  
EARTH LINE COMMUNICATIONS (Pre-Pay Phone Card) / THE VICTOR / TYR / ULTRA SWIM

# PNA SWIMMERS ON THE USMS TOP TEN LIST

## 1998 - LONG COURSE METERS

NAME      EVENT      TIME      PLACE

### INDIVIDUALS

#### **Women 25-29**

Allison Moore 800 LCM FREE 10:50.49 4  
Laura Lovato 100 LCM BACK 1:15.03 7  
Laura Lovato 200 LCM BACK 2:48.19 9

#### **Women 35-39**

Zena Courtney 50 LCM BACK 34.85 6  
Tonya Berg 50 LCM BRST 40.23 8  
Tonya Berg 100 LCM BRST 1:25.82 6  
Tonya Berg 200 LCM BRST 3:08.61 7  
Cynthia Hirst 200 LCM FLY 3:27.24 9

#### **Women 40-44**

Debbie Glassman 50 LCM FREE 30.05 3  
Debbie Glassman 100 LCM FREE 1:07.80 3  
Debbie Glassman 50 LCM FLY 32.36 3  
Debbie Glassman 100 LCM FLY 1:15.00 7  
Debbie Glassman 200 LCM FLY 3:01.66 6

#### **Women 45-49**

Kathrine Casey 200 LCM BACK 3:14.11 8  
Kathrine Casey 50 LCM BRST 43.01 10  
Kathrine Casey 200 LCM FLY 3:31.34 7  
Kathrine Casey 400 LCM IM 6:59.90 10

#### **Women 50-54**

Sally Dillon 50 LCM FREE 34.75 8  
Sally Dillon 100 LCM FREE 1:16.63 4  
Sally Dillon 200 LCM FREE 2:44.46 4  
Sally Dillon 400 LCM FREE 5:54.02 4  
Sally Dillon 800 LCM FREE 12:03.84 3  
Sally Dillon 1500 LCM FREE 22:43.97 1  
Suzanne Dills 1500 LCM FREE 22:48.92 2

#### **Women 55-59**

Anna Ragaz 50 LCM FREE 34.52 5  
Anna Ragaz 100 LCM FREE 1:22.81 6  
Anna Ragaz 50 LCM BACK 40.37 2  
Pinky Walker 50 LCM BACK 43.91 5  
Pinky Walker 100 LCM BACK 1:38.71 7  
Carolyn Behse 100 LCM BRST 1:51.66 10  
Carolyn Behse 200 LCM BRST 3:53.53 9  
Carolyn Behse 100 LCM FLY 1:51.35 7

#### **Women 60-64**

Janice Miller 800 LCM FREE 14:16.90 3  
Janice Miller 200 LCM BRST 4:02.13 4  
Janice Miller 200 LCM FLY 3:51.40 2  
Janice Miller 200 LCM IM 3:42.30 4  
Janice Miller 400 LCM IM 7:55.99 3

#### **Women 75-79**

Muriel Flynn 400 LCM FREE 8:42.80 7  
Marion Chadwick 800 LCM FREE 23:58.83 7  
Muriel Flynn 50 LCM BRST 1:00.02 3  
Muriel Flynn 100 LCM BRST 2:16.15 3  
Muriel Flynn 200 LCM BRST 4:57.73 2  
Livia Walker 200 LCM BRST 6:27.54 10  
Marion Chadwick 100 LCM FLY 5:11.29 9  
Muriel Flynn 200 LCM IM 4:52.55 3

#### **Women 80-84**

Pat Matthiesen 50 LCM FREE 1:03.16 9  
Pat Matthiesen 100 LCM FREE 2:20.62 10  
Pat Matthiesen 200 LCM FREE 5:25.57 7  
Pat Matthiesen 50 LCM BACK 1:16.07 9  
Pat Matthiesen 50 LCM BRST 1:22.84 5  
Pat Matthiesen 50 LCM FLY 1:42.72 6

NAME      EVENT      TIME      PLACE

#### **Men 25-29**

Todd Doherty 100 LCM BACK 1:05.89 7  
Todd Doherty 50 LCM BRST 31.93 6  
Todd Doherty 100 LCM BRST 1:10.61 6

#### **Men 30-34**

Bob Fish 50 LCM FREE 25.34 9  
Bob Fish 100 LCM BACK 1:06.67 10  
Bob Fish 200 LCM BACK 2:27.35 6

#### **Men 40-44**

Steve Sussex 100 LCM FREE 57.81 4  
Steve Sussex 200 LCM FREE 2:08.07 5  
Steve Sussex 400 LCM FREE 4:35.89 3  
Steve Sussex 200 LCM BACK 2:32.69 10  
Steve Sussex 400 LCM IM 5:15.31 2

#### **Men 45-49**

Richard Peterson 50 LCM FREE 26.69 10  
Richard Peterson 100 LCM FREE 59.43 6  
Dana Cox 50 LCM BRST 35.23 10  
Gregory Harrison 100 LCM BRST 1:17.09 7  
Richard Peterson 100 LCM BRST 1:18.36 10  
Gregory Harrison 200 LCM BRST 2:44.01 2

#### **Men 50-54**

Jim McCleery 800 LCM FREE 10:29.22 7

#### **Men 55-59**

Steve Thrasher 50 LCM BACK 34.85 5  
Michael McKinlay 50 LCM BACK 36.28 8  
Steve Thrasher 100 LCM BACK 1:16.51 5  
Steve Thrasher 200 LCM BACK 2:51.67 5  
Walt Reid 50 LCM BRST 39.33 10  
Steve Thrasher 200 LCM IM 2:57.44 9

#### **Men 65-69**

Tom Taylor 400 LCM FREE 6:24.66 7  
Tom Taylor 1500 LCM FREE 24:31.70 4  
Tom Taylor 50 LCM BRST 43.10 10  
Tom Taylor 100 LCM BRST 1:40.21 8  
Tom Taylor 200 LCM BRST 3:39.44 8

#### **Men 75-79**

James Worrel 100 LCM BACK 2:04.42 10  
James Worrel 100 LCM BRST 1:55.56 5

#### **Men 90-94**

Jim Penfield 100 LCM FREE 2:55.31 1  
Jim Penfield 50 LCM BACK 1:03.20 1  
Jim Penfield 100 LCM BACK 2:30.11 1  
Jim Penfield 50 LCM BRST 1:09.80 1  
Jim Penfield 50 LCM FLY 1:26.07 1  
Jim Penfield 200 LCM IM 7:02.80 1

NAME      TIME      PLACE

### RELAYS

#### **WOMEN 120+ 400m MEDLEY**

PNA 5:46.04 1  
Tracy Larson  
Gigi Baker  
Cynthia Hirst  
Sharon Filipowski  
PNA 6:19.68 4  
Debbie Glassman  
Wendy Hoffman  
Lani Doely  
Laura Lovato

#### **WOMEN 120+ 800m FREESTYLE**

PNA 13:25.47 3  
Julie Bruno  
Jane Moore  
Linda Sullivan  
Kareena King

#### **MEN 160+ 200m FREESTYLE**

PNA 1:48.55 8  
Blair Elander  
Frank Warner  
Michael Schaeffer  
Steve Sussex

#### **MEN 120+ 400m FREESTYLE**

PNA 4:45.08 9  
Paul Verner  
Kiel Bisceglia  
Brad Palmer  
Michael Lamb

#### **MEN 120+ 800m FREESTYLE**

PNA 11:12.83 4  
Dan Frost  
Eric Dybdahl  
Paul Ikeda  
Jamie Sherman

## USMS TOP TEN PATCHES

Congratulations to all PNA swimmers who made the USMS Top Ten list for Long Course Meters in 1998. Each individual and relay swimmer on this list is eligible to purchase a USMS Top Ten patch with stroke segment. For a patch and one stroke segment, send \$5 to Darlyne Ferguson, 4917 Walden Cir, Orlando FL 32811.

Once the 1998 USMS SCM Top Ten is finalized, the official All American roster will be published. A swimmer or relay who has the #1 time in any event in any course qualifies for All American status. To order an All American certificate and patch, send a check for \$5 made out to USMS to: USMS National Office, PO Box 185, Londonderry NH 03053-0185.



# 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

## Happy Birthday to the Following PNA Swimmers

02 15 KENT DE VIGNI	03 05 LANI DOELY
02 17 MARILYNN GOTTLIEB	03 06 TOM ROBERTSON
02 19 GARY HAFER	03 07 JO MOORE
02 20 MELISSA NOBLE	03 07 DAVID NUNN
02 20 EDWARD PHILLIPS	03 07 GARY SCOTT
02 21 JAMES HARRIS	03 07 THOMAS WALKER
02 21 DALE WATANABE	03 07 MATTHEW LIND
02 22 MICHAEL KELF	03 08 ELLEN FORNEY
02 22 PATRICIA (SUZIE) NESS	03 09 JOHN VAN VELTHUYZEN
02 22 SUZANNE PERMUTH	03 09 COLIN NESS
02 24 SCOTT STONE	03 09 MALCOLM NEELY
02 25 PEGGY POMEROY	03 10 SHARON FILIPOWSKI
02 26 GARY MAYNARD	03 10 ROBERT LAKE
02 28 JEFF GROSS	03 10 DARRYL SWENSON
03 01 MARK VAN ACHE	03 10 BRIAN CARLTON
03 01 GLORIA BLAIR	03 11 SHEILA MOORE
03 01 CHARLES THRASHER	03 11 MATTHEW STAUFFER
03 02 FRANK LEONARD	03 12 PEGGY O'DONNELL
03 02 NICK SMITH	03 13 TRACY LARSON
03 02 KATHERINE OLSON	03 14 JESSICA HARPER
03 02 MARION MUELLER	03 14 JOHN KIRKMAN
03 02 WAYNE WAGER	
03 04 C. ANDREW NEFF	
03 04 MURIEL FLYNN	

### 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; [speterson@bandwagon.net](mailto:speterson@bandwagon.net)) or Frank

Newquist (Milton: 253-474-1267; [AM-Viking@Sprynet.com](mailto: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.

## PRESIDENT'S LETTER

(Continued from page 1)

10 x 100 @ 1:45 fastest possible  
average to simulate 500 race pace  
50 easy swim after each 1000

Think about developing your own key workout for your best event based on your own abilities and goals.

## WORLD WIDE WEB GUIDE

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

<b>PNA MASTERS SWIMMING</b>	<a href="http://www.swimpna.org">www.swimpna.org</a>
U.S. MASTERS SWIMMING	<a href="http://www.usms.org">www.usms.org</a>
B.C. MASTERS SWIMMING	<a href="http://www.island.net/~bpronk">www.island.net/~bpronk</a>
BELLINGHAM MASTERS	<a href="http://members.aol.com/Ariston844/bmsc.htm">members.aol.com/Ariston844/bmsc.htm</a>
ORCA SWIM TEAM	<a href="http://www.teamseattle.org/orca">www.teamseattle.org/orca</a>
PACIFIC MASTERS (California)	<a href="http://www.pacificmasters.org">www.pacificmasters.org</a>
CRAWFISH MASTERS (Louisiana)	<a href="http://www.crawfishmasters.com">www.crawfishmasters.com</a>

**UNITED STATES MASTERS SWIMMING, INC.**  
**1999 REGISTRATION APPLICATION**  
**Pacific Northwest Association of Masters Swimmers**  
 REGISTER WITH SAME NAME YOU WILL USE FOR COMPETITION  
 Please print clearly

**RENEWAL**  
 My current USMS number is \_\_\_\_\_

**NEW REGISTRATION**

**Name:**

\_\_\_\_\_ Last

\_\_\_\_\_ First

\_\_\_\_\_ Initial

**Address:**

\_\_\_\_\_ Street or box number

\_\_\_\_\_ Apt number

\_\_\_\_\_ City

\_\_\_\_\_ State

\_\_\_\_\_ Zip code

**Telephone:**

\_\_\_\_\_ Area Code

**E-mail Address:**

\_\_\_\_\_

**Date of birth:**

\_\_\_\_\_ Month Day Year

**Age:**

\_\_\_\_\_

**M/F:**

\_\_\_\_\_

**My club is:**  Pacific NW Aquatics (PNA)  
 Unattached

**My Team is:**  \_\_\_\_\_ Team Name  
 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: <b>Suzanne Dills, Registrar</b> 1101 N. Northlake Way Seattle, WA 98103 (206) 547-1654 (w)
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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.

**Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

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

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