

THE WET SET



VOLUME 19 • ISSUE 9

NOVEMBER 1999

MEET JEANNE \$\$\$ - YOUR TREASURER

By Sally Dillon

Jeanne was born and raised in Montana and enjoyed many years of swimming in the cold lakes and rivers around Whitefish and Missoula. Although she didn't take lessons as a child, lake swimming was a favorite activity for her. Her schools offered no organized sports for girls (shame, shame!) so Jeanne became an accomplished musician, playing the piano and clarinet.

After graduating from high school in 1964, Jeanne attended the University of Montana for a couple of years, then returned to school in the late seventies to obtain a BS in Accounting.

At the University, Jeanne enrolled in her first swim class, "Swim I", where she learned freestyle and backstroke. Hooked on swimming, she promptly enrolled in "Swim II" where she learned the other competitive strokes.



Jeanne Ensign at PNA Board Retreat

The skills Jeanne gained from her college swim lessons gave her confidence to become a regular lap swimmer which, after about 3 more years, she became comfortable with. Eventually she started doing sets with other swimmers in the pool.

A fellow lap swimmer, Steven Holloway, asked Jeanne if she would be willing to "fill a relay" in a meet that was to be

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LEADING OFF

By Lee Carlson

Two subjects for this month. The first is a continuation of the Places to Swim listing. Last month we covered teams and team representatives. This month we are listing pool locations and workout times. We have a number of excellent teams with superb coaches. If you haven't experienced a coached workout you should try one. A team corner also introduces the three newest teams in the PNA.

Planning is the second subject. In late April, we conducted a planning session with good attendance before the monthly board meeting. The twenty or so members attending broke into five groups and came up with a number of great ideas.

(Continued on page 2)



WELCOME TO THE FOLLOWING SWIMMERS WHO HAVE RECENTLY JOINED THE PNA!

BRIAN BROCHU, JERI DONAHUE, KAIA HALVORSON, TODD KOWALSKI, SARAH KRAMER, ERIKA MILLER, QUYNH NGUYEN, KATHY PLAKINGER, ANNE SEELEY, KARYN TAGGART

VISIT OUR WEBSITE AT WWW.SWIMPNA.ORG

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Orca SCY, Jan 15

LEADING OFF

By
Lee Carlson

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These included some simple suggestions like publishing the dates and locations of the board meetings in advance, putting the board minutes on the web, developing a team handbook, and permitting day of the meet entries at meet directors' discretion.

We are working on a number of suggestions from the planning meeting. Foremost among these is keeping the WetSet first class. Dan Frost did an excellent job of "raising the bar"—now we need to maintain the quality and keep it timely. A second area you will see more activity in is clinics. We will have a mentor coaches clinic after the first of the year and also a Nike Championship clinic. We have a proposal to update the Constitution and bring the by-law amendment procedure more in line with the Constitution. You will be able to vote on the constitutional changes shortly. We will work next on updating and simplifying the by-laws. We will also work to encourage more membership involvement.

Speaking of involvement, after a very fun meet at Oak Harbor we had a great discussion with all who attended the Social. Many members of the new Bainbridge Swim Team were there. One new PNA member shared his experiences on swimming his first Masters meet, indicating it was not nearly as intimidating as he thought it would be. Bainbridge coach Lynn Wells brought a lot of enthusiasm and said her team was looking forward to hosting an open water meet in a warm water bay in the sound next summer.

The Board held a retreat to continue the planning following this meeting. Sally Dillon has just completed building a new home near Oak Harbor with a 180-degree view of Puget Sound and the

Strait of Juan de Fuca. In this great setting it was tough to stay focused on the planning for the year. Jim and Mardi McCleery, our webmasters, offered suggestions on materials we could put up on the web site. We discussed the WetSet at length and all realized the importance of keeping this a quality publication. Coaching information, swimmer profiles and especially getting the newsletter out on time are important to you and to us.

Another product of the planning retreat is a member survey. Please take a minute to complete this when you see it. And don't forget, your Association has two major events coming up in 2001.

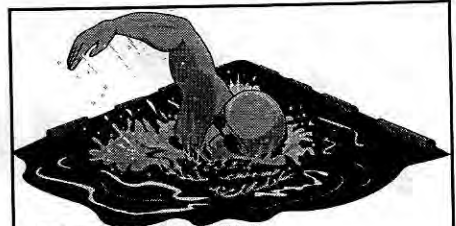
We have a One-Hour Postal meet in the early part of the year and then Long Course Nationals in August. We will need two different groups of workers, one to put on each of these events. We can't continue to rely on Hugh and Jane Moore and a small group of individuals to do all the work putting on these events. Here's a chance for you to "give back" and to have some fun, too!

Another change of emphasis during the next two years will be to get your coaches involved, to help us grow the organization through active participation by coaches and swimmers alike.

Some additional goals were set at the retreat. The first is to increase member retention and overall membership by 5%. We want to encourage your participation and we want to increase committee membership so we have two to three people on each committee.

Of particular emphasis for your Board is to get the Coaches committee more actively involved, and for PNA to conduct open water swims. Stay tuned for more developments.

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



THE WET SET

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Publicity: Brad Palmer

Records/Top Ten: Walt Reid

Officiating: Jan Kavadas

Open Water: Sally Dillon

Safety: Kathy Casey

Social: Jett Vallandigham



MASTERS CALENDAR

OPEN WATER
POSTAL SWIMS
MEETS
CLINICS

Events in Washington, Oregon, British Columbia, Idaho, and Alaska, plus USMS Championship events.
PNA Events are listed in **BOLD**. All events subject to change.

November 13
Nanaimo SCM meet
Nanaimo BC
Darlene Higgins (250)758-0407
E-mail: higginsd@mala.bc.ca

November 13 – 14
Ashland SCY meet and swim clinic
John Weston & Erin Coke (541) 488-2547
Look for entry form at www.swimoregon.org

November 13 – 14
Total Immersion Freestyle Clinic
Seattle
Call (800) 609-SWIM or see information at
www.totalimmersion.net

November 21
**MWR-NSB Bangor Tridents Swim Team
SCY meet**
Bangor WA / Naval Sub Base pool
Marilyn Girndrod (360) 535-5941 (Pool)
E-Mail: speterson@bandwagon.net
See entry form in this issue of *The WetSet*

December 4 – 5
Northwest Zone SCM Championships
Portland OR / Multnomah Athletic Club
Sean Taylor (503) 285-3860
E-mail: staylor@thamac.com
See entry form in this issue of the WetSet.

December 4
Delta SCM meet / Delta BC
Ted Moens (604) 572-8081

December 7
PNA Board Meeting and holiday potluck
6:30 pm
Lee Carlson's home

December 18
Montana Masters SCY meet / Missoula MT
Ellen Mills
E-mail: ellenmm@montana.com

January 1 – 31, 2000
USMS One-Hour Championship Postal Swim
Look for information and entry form at www.usms.org.

January 15, 2000
ORCA Queen City Splash & Ski-2000
Seattle / Helen Madison Pool
Brad Palmer (206) 223-9359
E-mail: orcanews@yahoo.com
See entry form in this issue of *The WetSet*

January 16, 2000
UBC Masters SCM Meet
Vancouver BC / UBC Aquatic Center
Ivan Szasz (604) 734-4455
E-mail: iszasz@interchange.ubc.ca

January 29, 2000
Eugene SCY meet / Eugene OR
Pam Himstreet (541) 593-9101
E-mail: him@cmc.net
Look for information at www.swimoregon.org

February 1 – 29, 2000
February Fitness Challenge (Postal fitness event)
Bill Volckening (503) 533-5567
E-mail: volckening@aol.com
Look for information at
www.barracudas.portland.or.us/swim/

February 20, 2000
Bellingham Masters SCY meet
Look for entry form in a future issue of
The WetSet

March 5, 2000
Victoria Masters LC meet
Victoria BC / Saanich Commonwealth Place
Rod Carmichael (250) 598-5289

March 12, 2000
Mercer Island Redwoods SCY meet
Look for entry form in a future issue of
The WetSet

March 25, 2000
Cowichan Aquaniss Masters SCM Meet
Duncan BC / Cowichan Aquatic Centre
Nancy Hamilton (250) 746-0450

April 7 – 9, 2000
PNA Championships (SCY)
Federal Way WA / King Co. Aquatic Ctr.
Look for entry form in a future issue of
The WetSet

April 27 – 30, 2000
USMS Short Course Nationals (SCY) *MOVED TO*
Indianapolis IN / Indiana University Natatorium
Look for information on this and other National /
International meets on the web at www.usms.org.

April 28 – 30, 2000
BC Masters Provincial Championships (LC)
Richmond BC
Cheryl Miniato (604) 946-1597



For further information on Masters events, 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)

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10 Steps to Lengthen Your Life Span

by James Peterson, Ph. D., FACSM

1. Exercise regularly

A number of studies have documented the fact that engaging in sound exercise on a regular basis can have a significant impact on how long a person lives. One theory hypothesizes that you extend your life two seconds for every second that you exercise.

2. Reduce the total number of calories you ingest

In theory, digesting food wears down the body's machinery and creates by-products (e.g., free radicals) that can harm the body. Accordingly, eating less food results in less damage to your body.

Documentation for such a theory comes from the considerable research involving lab animals that were fed 30% less than normal (while receiving their full

allotment of nutrients); they lived 30% longer.

3. Stop smoking

Evidence suggests that quitting smoking for five years can add two years to the average life span.

4. Keep your blood pressure down

Research has shown that taking action to keep your blood pressure level below the recommended reading of 120/80 mmHg can lengthen your life by three years.

5. Keep your blood cholesterol levels at an appropriate level

If you can raise the level of "good" cholesterol (i.e., HDL) in your blood above 55, you can add a year to your life. By the same token, if you can reduce the level of "bad" cholesterol (i.e., LDL) in



your blood to below 160, you can add another year to your life.

6. Don't be a loner

Social interactions with others purportedly rouse the body's immune system. In such a case, individuals with social ties tend to get sick less often and get well quicker. Allegedly, people who socially interact with others at least three times

Why Jenny Thompson Gets More Out Of Her Workouts Than You Do.

You don't get this kind of success without a lot of hard work. Jenny works hard, but she also works smart. Before working out she makes sure she warms up, does some gentle stretching and she always eats half a BioZone® bar 30 minutes before and after every workout.

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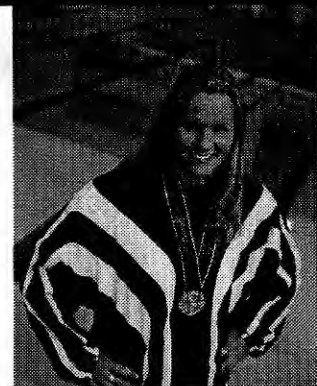
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a month can lengthen their life by two years.

7. Eat nutritionally sound meals

In addition to how much you eat, what you eat can have an impact on how long you live. For example, eating five servings of fruit and vegetables a day can add a year to your life.

In a similar vein, keeping the number of fat calories that you consume to less than 20% of your total calories can boost your life span by up to two years.

8. Train your brain

The brain like muscles, atrophies if unused. If exercised regularly (e.g. reading, interacting with others, etc.), your chances of maintaining an enhanced zest for life will be greatly improved.

9. Prevent diabetes

By the time you reach age 65, your odds of developing adult onset diabetes are almost one in 10. If you take steps to avoid diabetes (i.e., exercise, eat a sound diet, manage your weight, etc.), you can add a year to your life.

10. Have a passion

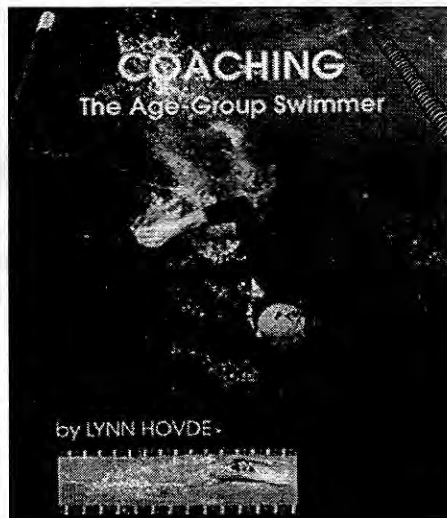
Research suggests that individuals live longer who have strong interests and goals.

Written for the College of American Sports Medicine. James A. Peterson, Ph. D., FACM is a freelance writer and consultant in sports medicine.

From 1990 until 1995, Dr. Peterson was director of sports medicine with Stair-Master. Until that time he was professor of physical education at the United States Military Academy.

Blue Horizons Publishing Introduces

- **Addresses age-group swim coaches, yet swimmers of all ages and parents of swimmers will find the information instructive and useful.**
- **Draws on the author's 28 years of teaching and coaching swimming and synchronized swimming, as well as a lifetime of involvement as a competitive swimmer (Age-group, college, Masters).**



- **Includes: Coaching characteristics, factors and responsibilities; swimmer, team, and parent; practice, safety, equipment, teaching and learning, and goal setting; stroke, start, and turn techniques; training factors and concepts, workout components, and health considerations; competition.**

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PNA LOCAL MASTERS SWIMMING COMMITTEE

SHORT COURSE YARDS MEET: November 21, 1999 (Meet Sanction #993611)

Hosted by the MWR-NSB Bangor **TRIDENTS** Swim Team

ORDER OF EVENTS (#3)	
#	Event
1	1650 Free
2	400 IM
Warmup Break	
3	200 Free Relay
4	200 Fly
5	200 Back
6	50 Breast
7	100 Free
5 minute break	
8	200 Mixed Free Relay
9	200 IM
10	50 Fly
11	100 Back
12	200 Breast
13	50 Free
5 minute break	
14	200 Medley Relay
15	100 Fly
16	50 Back
17	100 Breast
18	200 Free
19	100 IM
5 minute break	
20	200 Mixed Medley Relay
21	500 Free

DATE: **Sunday**, November 21, 1999
 TIME: Warmup: **8:15 AM**; Meet starts **9:00 AM**
 Warmup after Event #2; resume **10:30 AM**

PLACE: Naval Submarine Base Bangor Pool
 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 is nearby, too. **BRING THE KIDS** for
 (Masters) Family Swim AFTER the meet until 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.
 SEEDING: Slow to fast TIMING: Electronic
 RELAYS: Deck-enter relays at the meet. Mixed relays
 require 2 men and 2 women. Mark your relay entry card
carefully to ensure correct intent and results.
 NOTE: Please try to list everyone riding in your vehicle.
 We will create a Gate List to permit base entry.
 DIRECTIONS: From Tacoma, take Route 16 to Bremer-
 ton, 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.

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA LOCAL MASTERS SWIMMING COMMITTEE

MEET ENTRY FORM: November 21, 1999 Meet Sanction #993611

Hosted by the MWR-NSB Bangor **TRIDENTS** Swim Team at the NSB Bangor Pool

NAME: _____ M F AGE as of 11/21/99: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

TEAM _____ or UNATTACHED _____ LMSC _____

AGE GROUP (Circle one - determined by your age as of November 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 EVENTS PER DAY plus relays. Circle if your first Masters meet: **Y**

EVENT NUMBER	EVENT	SEED TIME (for SC YARDS)

GATE LIST: Driver: _____

All Passengers: _____

ENTRY FEES: \$ 9.00 (includes LMSC and \$3 electronic timing surcharges)

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

No charge for swimmers 65 or over.

Total: \$ _____

Please make checks payable to: **STEVE PETERSON**

Mail this entry form and fees to: **11165 CENTRAL VALLEY ROAD NW**

speterson@bandwagon.net **POULSBO WA 98370-8197**

360-692-1669 (h)

Please send entries postmarked no later than **Thursday, November 11, 1999.**

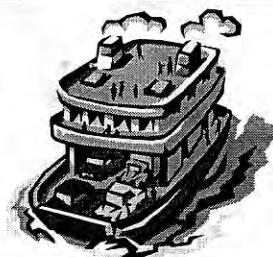
Include a copy of your Masters registration card if you are not a PNA member.

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



Meet Jeanne Ensign - continued from page 1

held at the University of Moscow, Idaho and she jumped at the chance. The Montana swimmers had to register with Inland Empire because there was no USMS program in their state.

The meet was a huge success and Jeanne had a terrific time, citing the "cute guys" and those Speedos, "maybe that's why I've always kept swimming". She and Steven returned to Montana invigorated, contacted the National Office, and formed the Montana LMSC. Jeanne was the registrar and treasurer for a number of years while Steven was the president and she represented the Montana LMSC at the USMS annual convention in 1992 and 1993.

They were both proud of the gradual growth that the Montana LMSC experienced.

Jeanne decided to move on to Seattle for "professional advancement" in 1993. The decision was a blow to Montana swimming but certainly a big

PLUS for the PNA. Kathy Casey recommended the GLAD team with Coach Robin O'Leary and Jeanne has been happily enjoying the workouts ever since.

Jeanne was invited to attend a PNA meeting shortly after arriving in the Seattle area and was soon nominated to fill a vacancy in the Vice President spot. She also helped as the PNA registrar for a period of time. Recognizing that masters swimming has given her so much enjoyment, Jeanne has never hesitated to be of service to the PNA and USMS when asked. She has shared her accounting experience in many ways:

Appointed USMS Internal Audit Chairman '94-'95.

Appointed USMS Finance Committee Chairman '96-'97.

Elected Northwest Zone Treasurer since '95

Elected USMS Treasurer '97-'98, '99-2000.

Elected PNA Treasurer since '97.

Competition is just as important as service to Jeanne and she attends meets regularly on the local, regional and national level.

She makes the USMS Top 10 list, usually in distance freestyle, most years and takes pride in her accomplishments knowing full well that she doesn't have the extensive swimming background that many of her competitors have. The open water competitions in the summer are especially fun and she still enjoys the cold water as much as she did in her youth.

Jeanne "looks forward to workouts with her team and always feels terrific afterwards". thinks the social aspect of swimming with a team is very important - both in practice and at the meets.

She loves her team and the terrific camaraderie that they share with each other.

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 _____

DAVE SNYDER	37 PNA	1:18.18	HUGH MOORE	45 PNA	2:45.90	100 M. I.M.		
200 M. BACK						BOB DORSE	68 PNA	1:39.31
ERIC DYBDAHL	39 PNA	2:49.74	-----			400 M. I.M.		
50 M. BRST			M E N 50-54			TOM FOLEY	65 PNA	9:07.86P
ROBERT FISH	36 PNA	36.07	-----			M E N 70-74		
100 M. BRST			50 M. FREE			-----		
JOHN SAYRE	37 PNA	1:14.25	FOREST BROOKS	52 PNA	1:00.71	100 M. FREE		
DAVE SNYDER	37 PNA	1:23.52	MICHAEL MCCOLLY	53 PNA	1:10.87	HARVEY PROSSER	71 PNA	1:19.03P
200 M. BRST			JOHN LEET	54 PNA	1:20.91	100 M. BACK		
ERIC DYBDAHL	39 PNA	3:41.97	GERRY PLUNKETT	53 PNA	1:22.59	HARVEY PROSSER	71 PNA	1:45.47P
50 M. FLY			50 M. BACK			100 M. BRST		
ROBERT FISH	36 PNA	29.52	FOREST BROOKS	52 PNA	1:25.92	HARVEY PROSSER	71 PNA	1:56.31
100 M. FLY			100 M. BACK			100 M. FLY		
JOHN SAYRE	37 PNA	1:03.00P	MICHAEL MCCOLLY	53 PNA	1:23.30	HARVEY PROSSER	71 PNA	1:55.18P
DAVE SNYDER	37 PNA	1:13.24	JOHN LEET	54 PNA	1:39.54	200 M. I.M.		
200 M. FLY			GERRY PLUNKETT	53 PNA	1:47.06	HARVEY PROSSER	71 PNA	3:46.12
ERIC DYBDAHL	39 PNA	2:49.99	50 M. BRST			-----		
100 M. I.M.			FOREST BROOKS	52 PNA	1:15.14			
ROBERT FISH	36 PNA	1:07.25	100 M. BRST					
200 M. I.M.			MICHAEL MCCOLLY	53 PNA	1:32.24			
DAVE SNYDER	37 PNA	2:42.61	JOHN LEET	54 PNA	1:33.16			
400 M. I.M.			GERRY PLUNKETT	53 PNA	1:52.83			
ERIC DYBDAHL	39 PNA	6:07.13	50 M. FLY					
-----			FOREST BROOKS	52 PNA	1:48.70			
M E N 40-44			100 M. FLY					
-----			MICHAEL MCCOLLY	53 PNA	1:28.97			
50 M. FREE			JOHN LEET	54 PNA	1:40.86			
TODD KOWALSKI	41 PNA	31.88	GERRY PLUNKETT	53 PNA	1:55.10			
CHIP WATERBURY	44 PNA	40.33	100 M. I.M.					
100 M. FREE			FOREST BROOKS	52 PNA	2:55.83			
JIM WILLIAMS	42 PNA	1:10.20	200 M. I.M.					
200 M. FREE			MICHAEL MCCOLLY	53 PNA	2:57.37			
TODD KOWALSKI	41 PNA	2:28.97	JOHN LEET	54 PNA	3:26.77			
50 M. BACK			GERRY PLUNKETT	53 PNA	3:42.16			
CHIP WATERBURY	44 PNA	50.91	-----					
100 M. BACK			M E N 55-59					
JIM WILLIAMS	42 PNA	1:21.41	-----					
50 M. BRST			50 M. FREE					
CHIP WATERBURY	44 PNA	49.53	LEE CARLSON	59 PNA	37.29			
100 M. BRST			50 M. BACK					
JIM WILLIAMS	42 PNA	1:19.18	LEE CARLSON	59 PNA	42.19			
50 M. FLY			50 M. BRST					
CHIP WATERBURY	44 PNA	50.06	LEE CARLSON	59 PNA	47.53			
100 M. FLY			50 M. FLY					
JIM WILLIAMS	42 PNA	1:14.78	LEE CARLSON	59 PNA	43.41			
100 M. I.M.			100 M. I.M.					
TODD KOWALSKI	41 PNA	1:25.00	LEE CARLSON	59 PNA	1:33.82			
200 M. I.M.			-----					
JIM WILLIAMS	42 PNA	2:46.38	M E N 60-64					
-----			-----					
M E N 45-49			-----					
-----			50 M. FREE					
50 M. FREE			DAVE DRUM	64 PNA	32.86			
PETER CRUISE	47 CAN	29.44	50 M. BACK					
BILL KRIEGER	45 PNA	29.90	DAVE DRUM	64 PNA	41.62			
BRIAN CARLTON	49 PNA	33.13	50 M. BRST					
100 M. FREE			DAVE DRUM	64 PNA	45.60			
HUGH MOORE	45 PNA	1:08.84	50 M. FLY					
50 M. BACK			DAVE DRUM	64 PNA	37.00			
BILL KRIEGER	45 PNA	35.28	100 M. I.M.					
PETER CRUISE	47 CAN	36.43	DAVE DRUM	64 PNA	1:28.47			
100 M. BACK			-----					
HUGH MOORE	45 PNA	1:22.58	M E N 65-69					
50 M. BRST			-----					
PETER CRUISE	47 CAN	35.46	50 M. FREE					
BILL KRIEGER	45 PNA	36.12	BOB DORSE	68 PNA	34.15			
BRIAN CARLTON	49 PNA	45.80	200 M. FREE					
100 M. BRST			TOM FOLEY	65 PNA	4:18.95			
HUGH MOORE	45 PNA	1:26.94	50 M. BACK					
50 M. FLY			BOB DORSE	68 PNA	46.34			
BILL KRIEGER	45 PNA	33.29	200 M. BACK					
PETER CRUISE	47 CAN	34.50	TOM FOLEY	65 PNA	4:11.03			
BRIAN CARLTON	49 PNA	38.17	50 M. BRST					
100 M. FLY			BOB DORSE	68 PNA	49.31			
HUGH MOORE	45 PNA	1:12.04 P	200 M. BRST					
100 M. I.M.			TOM FOLEY	65 PNA	4:27.76			
BILL KRIEGER	45 PNA	1:13.88 P	50 M. FLY					
PETER CRUISE	47 CAN	1:14.68	BOB DORSE	68 PNA	47.99			
200 M. I.M.			200 M. FLY					
			TOM FOLEY	65 PNA	5:06.17P			



Pan Pacific Championships By Jan Kavadis

Information on the new international starting procedures is found in this Wet-Set. Please read this if you plan to go to Munich in 2000. Through USAS rules and officials information I was aware of these procedures. Now I have experienced them.

Swimming in the 7th Annual Pan Pacific Swimming Championships in Perth in October, during the first heat, it dawned on me that those whistles meant something.

Two whistles are for swimmers to get ready, remove sweats, adjust goggles, take that splash of water (and since the masters swimmers remained in the water following their heat, it was a signal to leave the pool). One whistle means step up on the blocks or in the water for backstroke.

The only starting command is "take your marks." It works and despite local USAS officials concerns, it is quite simple to learn and execute.

Northwest Zone Short Course Meters Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #379-11

Eligibility: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 1999 or 2000 registration form and fee with this form.

Place: Multnomah Athletic Club

New 25 meter pool

1849 SW Salmon, Portland

8 lanes competition, all 9 1/2 ft. deep - electronic timing

6 lanes separate continuous 25 yard warm-up/down pool

Meet Director: Robert Maestre Phone 503-292-4021

Directions to Multnomah Athletic Club -

SOUTHBOUND - Take I-5 to I - 405 South. Take the Burnside exit, go straight on that street (15th) to Salmon, turn right, go through

stoplight at 18th, MAC club is on the right, and parking garage is on the left. NORTHBOUND - Take I-5 to I-405 North, Take the Salmon St. Exit. Merge onto 14th St. Go one block and turn left onto Taylor. Turn left onto 17th. Proceed on 17th to Salmon. Turn right onto Salmon

DATES: December 4, 5, 1999

Warm-ups: Saturday 11:00 AM

Meet Starts: Saturday 12 NOON

Warmups: Sunday 8:00 AM

Meet Starts: Sunday 9:00 AM

All entrants MUST submit a PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY

ENTRY DEADLINE: POSTMARKED NO LATER THAN November 20, 1999

FILL IN COMPLETELY ----- RETURN THIS LOWER PORTION----- FILL IN COMPLETELY

NAME _____ (for office use) _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

PHONE _____ BIRTHDATE _____ AGE _____

SEX _____ 1999 or 2000 USMS# _____ USMS CLUB _____ (OREG, MACO, PNA, etc)

Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 79-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320-359. You may enter a maximum of 6 individual events plus 4 relays with no more than 5 individual events per day. Enter relays at the meet. In each relay event, relay teams may swim either 200m, 400m, or 800m, (800m for Free relays only). The 400 and 800 relays will be seeded in heats following the 200m relays of the same type. The 400, 800, and 1500 Freestyles will be deck seeded. Check in for these events and for the relays will close 30 min. before event is to be swum. All events will be seeded SLOW TO FAST.

Saturday, December 4

800 FREE (1) _____ : _____ . _____

20 minute warm-up in 25 m. pool

Event 2 will not start before 12:30 PM

100 I.M. (2) _____ : _____ . _____

200 FREE (3) _____ : _____ . _____

100 BREAST (4) _____ : _____ . _____

50 FLY (5) _____ : _____ . _____

BREAK BREAK BREAK

MXD FREE RELAY(6) XXXXXXXXX

200 BACK (7) _____ : _____ . _____

50 FREE (8) _____ : _____ . _____

100 FLY (9) _____ : _____ . _____

BREAK BREAK BREAK

MED RELAY (10/11) XXXXXXXXX

400 I.M. (12) _____ : _____ . _____

Sunday, December 5

400 FREE (13) _____ : _____ . _____

20 minute warm-up in 25 m. pool

Event 13 will not start before 9:30 AM

200 BREAST (14) _____ : _____ . _____

100 FREE (15) _____ : _____ . _____

50 BACK (16) _____ : _____ . _____

BREAK BREAK BREAK

FREE RELAY (17/18)XXXXXXXX

200 FLY (19) _____ : _____ . _____

100 BACK (20) _____ : _____ . _____

50 BREAST (21) _____ : _____ . _____

200 I.M. (22) _____ : _____ . _____

BREAK BREAK BREAK

MXD MED RELAY (23) XXXXXXXX

1500 FREE (24) _____ : _____ . _____

"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 _____

MEET ENTRY FREE: \$14.00 Make checks payable to Oregon Masters Swimming. Mail form(s) and fee(s) to: Suzanne Rague 935 N.W. 170th Place Beaverton, OR 97006

PNA NEEDS YOUR HELP!

(Please complete this brief survey at your earliest convenience; it will take no more than 5 minutes.)

Volunteers who contribute hundreds of hours each month run your organization. These hours include, but are not limited to, registering swimmers, running meets, preparing and distributing the WetSet, managing the web site, attending board meetings, running and officiating swim meets, preparing meet results, Top Ten and other local and national records.

We need your assistance to continue to grow, to meet your swimming objectives, and to share the workload. Planning for the benefit of all PNA swimmers is our top priority! So, we want to know what you are willing to contribute to help the organization be more successful. Please take a few moments to complete and return this survey.

Name: _____ Address: _____
 City/ZIP: _____ Phone: _____
 E-mail: _____

Please indicate which skills you're willing to offer:

- | | |
|--|--|
| <input type="checkbox"/> Computer skills | <input type="checkbox"/> Writing an article for the WetSet |
| <input type="checkbox"/> Data entry | <input type="checkbox"/> Fund raising |
| <input type="checkbox"/> Database management | <input type="checkbox"/> Open water meet management |
| <input type="checkbox"/> Editing skills | <input type="checkbox"/> Clinic development |
| <input type="checkbox"/> Accounting skills | <input type="checkbox"/> Fitness event development |
| <input type="checkbox"/> Swim meet management | <input type="checkbox"/> Marketing |
| <input type="checkbox"/> Helping at a swim meet | <input type="checkbox"/> Art design for t-shirts, meet logos, etc. |
| <input type="checkbox"/> Assisting as a Safety Marshal | <input type="checkbox"/> Awards - design, order, sell |
| <input type="checkbox"/> Timing | <input type="checkbox"/> Sales of meet souvenirs |
| <input type="checkbox"/> Officiating | <input type="checkbox"/> Social event preparation |

Other skills not listed above _____

Special Needs

USMS has awarded our PNA the 2001 National Championship One Hour Postal Swim and the 2001 United States Masters Swimming National Long Course Championships to be held in Federal Way. Would you be willing to offer the skills you've checked above for one or both of these meets?

- One-Hour Postal Swim (January 2001)
 National Long Course Championships (August 2001)

Thank you for taking the time to complete the survey. Please send your responses by December 1, 1999, to:

**PNA Chair Lee Carlson
 FAX 206-464-2009
 Email leedee@home.com
 Or mail to 2913 70th Ave. SE, Mercer Island, WA 98040**



HAPPY BIRTHDAY

TO THE FOLLOWING PNA SWIMMERS!

11 15	LONNY KANEKO	11 28	JOAN ADKISSON
11 15	GIGI BAKER	11 28	SARAH WILLIS
11 15	KARIN GARDNER	11 28	ADRIANNE HUGHES
11 16	DORRES FOSTER	11 29	JOHN DEWIT
11 16	KARLA EDWARDS	11 29	LIZ MCCORMACK
11 17	JASMINE BRYANT	11 30	SHIRLEY KOLM
11 17	AARON DEAN	11 30	DAVID CONNER
11 17	ELIZABETH SCOTT	11 30	COLIN MAILER
11 18	MARK ELLIS	11 30	SACHIN KUKREJA
11 19	KYMMBERLY MYRICK	12 01	CATHY FRITCHEN
11 19	KARL JEFFERS	12 01	IAN JOHNSTON
11 19	MICHAEL SCHAEFFER	12 02	MIKE GRIMM
11 19	ADAIR DINGLE	12 04	AARON WILBUR
11 19	STACIE SINGLETON	12 04	PETER STEKEL
11 19	MOLLY ROSTON	12 05	TELL ASNER
11 20	DAVID TURNER	12 05	GARY KIMURA
11 20	ALAN MILLER	12 06	LAURA ROOKSTOOL
11 21	DANA COX	12 06	GEOFF WILWERDING
11 22	JENNIFER KABACY	12 07	EVERETT MC COOEY
11 23	RONALD JONES	12 07	PETER JONES
11 23	NICK LECLERCQ	12 07	MARSHA HANSEN
11 23	RICHARD WILLE	12 07	ELEANOR SPILLMAN
11 24	JENNIFER ADKINS	12 08	ERIKA MILLER
11 24	DEBBIE GLASSMAN	12 09	DAN NELLIS
11 25	PETER LIEKKIO	12 09	MEGAN BERGER
11 25	CHRIS JONES	12 10	GLENN KNITTER
11 25	MARCUS FAIRBANKS	12 11	CAROL GANNAWAY
11 25	D. KIKO VANZANDT	12 11	TERESA SOUCIE
11 26	SHELLEY HALL	12 12	MARIA DRIANO
11 26	PAUL CLEMENTS	12 12	DEANA MOSBY
11 27	STEVEN TRUMFIO	12 12	JAMES KURTZ
11 27	DAVID SCHULZ	12 13	FRANK NEWQUIST
11 28	SAHARA PIRIE	12 13	TERRI OKONESKI
11 28	KRISTOPHER KASCHAK	12 14	RICK COLELLA

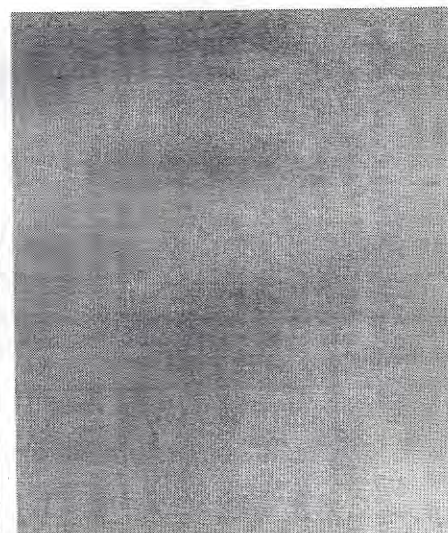


From The Registrar By Sue Dills

- All 1999 Registered Members of USMS (PNA and Unattached) will receive their year 2000 renewal application in the mail in November.
- Please make any changes such as new area code, team or club change, address change, or name change.
- Return the renewal form before January 1, 2000 to ensure receiving all issues of SWIM magazine and the WetSet.

New members for the year 2000 can register as early as November 1st, 1999 and will receive two months free. Tell your friends!

If you would like to participate in a test project to receive the WetSet by email please note this on your year 2000 registration form. During the test period you will continue to receive a copy of the newsletter by mail.



THE FINAL LAP



RULES

By Kathy Casey

Here are rules that become effective January 1, 2000.

Whistle Start

A, a short series of whistles will signal swimmers to be ready behind the blocks; **B**, one long whistle will signal the swimmers to take their positions with at least one foot at the front of the block, the edge of the deck, on the wall, or enter the water for backstroke; and **C**, the starter will give the command "Take your mark" or a second long whistle will signal backstrokers to return to the starting position (followed by the command "Take your mark"). Announcement of event, stroke, and distance are optional but recommended.

No Recall for False Starts

Any swimmer starting before the starting signal has been given, shall be disqualified. If the starting signal sounds before the disqualification is declared, **the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race.** If the disqualification is declared **before** the starting signal, the starting signal shall **not** be given but the remaining swimmers shall be called back...and start again.

Clarifying the Use of Breaststroke Kick with Butterfly - No, you cannot use more than one breaststroke kick on the start and turns prior to the first arm pull.

National Championship Information

National Championship Meet Surcharge - increased to \$30.00 from \$20.00. National Championship Meet Entries no longer require a copy of your USMS registration card.

If a swimmer enters a deck-seeded event with a significantly slower time than his/her recently recorded time, the meet director may, after notifying the swimmer, change the seeded time to a realistic time.

Recognition and Awards

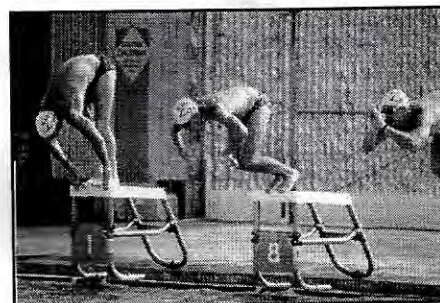
Jane Moore received a USMS service award for outstanding service to the PNA while also being actively involved on the national level. She served as PNA president for six years, paid close attention to every detail of operation, and pushed the PNA to new levels of masters activity including hosting national meets.

Records and Tabulations

By Walt Reid

USMS will continue to provide USMS Record Certificates to swimmers that

break the records posted in the Rule Book for Short Course Yards. Starting Nov 1 this will be extended to Long Course Meters and Short Course Yards. The records listed in the Rule Book will be posted on the USMS Web site separately from the current records. So swimmers will be able to see the record to break for a certificate and still keep up with the current record in each course.



New Teams

By Carolyn Behse

These new teams are in the process of joining the PNA.

Marysville Marlins, Maryville School District 4220 80th St. NE, Marysville, WA.. Coach is Mark Verbon.

Husky Masters, University of Washington, Graves Annex. P. O. Box 35408, Seattle, WA. Coach is Ricky Perkins.

Fife Swim Team, Fife Swim Center, 5410 20th East, Fife, WA.. Coach is Dan McGrath.

WORLD WIDE WEB GUIDE

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

PNA MASTERS SWIMMING

U.S. MASTERS SWIMMING
MASTERS SWIMMING CANADA
OREGON MASTERS
B.C. MASTERS
SAWTOOTH (Idaho) MASTERS
ALASKA MASTERS
BELLINGHAM MASTERS
ORCA SWIM TEAM

www.swimpna.org

www.usms.org
www.compusmart.ab.ca/masterssc/
www.swimoregon.org
www.island.net/~bpronk
netron.micron.net/~ricdavis/Sawtooth/index.html
www.alaska.net/~billings/AKMS.htm
members.aol.com/Ariston844/bmsc.htm
www.teamseattle.org/orca

**UNITED STATES MASTERS SWIMMING, INC.
2000 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: Print clearly

Last First Initial

Address:

Street or box number Apt number

City State Zip code

Telephone _____ **EMAIL ADDRESS** _____ **Date of birth:** _____ **Age:** _____ **M/F:** _____
Area Code Month Day Year

My club is: Pacific NW Aquatics (PNA) **My Team is:** _____
 Unattached Unattached
Team Name
 Sequim (SQM) **If you coach a Masters swim team check here:**

2000 ANNUAL FEE Your fee includes a subscription to the WetSet and to SWIM Magazine

Under 65	\$30	(If after Sep 1, 2000 for 2000: \$15.00)	\$ _____
Senior: 65 & over	\$23	(If after Sep 1, 2000 for 2000: \$11.50)	\$ _____
Canadian Fee:	\$35		\$ _____
<i>Optional Donations:</i>			
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) 779-3654 (w)

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

Signature _____ Date _____

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

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