

THE WETSET



VOLUME 18 • ISSUE 5

MAY – JUNE 1999

DUCKS, WHALES, & TREES WIN PNA CHAMPS



Green Lake Coach Robin O'Leary (right) is happy with her team's performance at the 1999 PNA Championships. The Aqua Ducks had a very strong showing in Bangor to claim the Division One (Large Team) title. Results begin on page 6.

O'Leary and the Aqua Ducks were also active at the 1999 Northwest Zone Championships (SCY) last month in Federal Way, teaming up with the Federal Way Masters to host the meet. Read on for results, story, and photos from the Zone Champs. *WetSet* photo by Dan Frost.

PNA CHAMPIONSHIPS TEAM COMPETITION

DIVISION ONE

- 1 – Green Lake Aqua Ducks – 2420.5 pts.
- 2 – Old Olympic Peninsula Swimmers – 566 pts.

DIVISION TWO

- 1 – Mercer Island Redwoods – 607.5 pts.
- 2 – Federal Way Masters – 338 pts.
- 3 – North Whidbey Masters – 165 pts.
- 4 – Tigers – 130 pts.

DIVISION THREE

- 1 – Orca Swim Team – 140 pts.
- 2 – Olympia YMCA Ynauts – 125 pts.
- 3 – Fort Steilacoom Masters – 109 pts.
- 4 – Swim Seattle – 65 pts.
- 5 – Bellevue Club Masters – 62 pts.
- 6 – Bellingham Masters Swim Club – 60 pts.
- 7 – Northshore Y's Guys – 51 pts.

LEADING OFF

By
Lee Carlson

Hello Swimmers!

Occasionally we have the need to swim at different locations or with other teams.

In late March and early April, I scheduled some vacation and needed to get in a few workouts to stay in shape. I asked Sally Dillon, Board Member and Long Distance Chair, if she knew a place to swim near Kona, Hawaii. Sally identified Steve Borowski, the coach of the Kona Masters, as the person to contact. A quick phone call and I had four workouts lined up. During the first workout, Steve was getting registration forms from the Masters swimmers. He

(Continued on page 2)



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

ANTONIO ANDERSON, MARK ANDERSON, JACOB AUSTIN, JAYLANI BATTLE, ARAINA BENNATTS, VAUGHN BIGELOW, FRED CARTER, J.T. CLOUGH, REB COBB, CHRIS CUSHMAN, ALLISON DEMERITT, JILL DEVENPORT, FRANCIS EINTEREZ, GUNNAR FORSMAN, CAROL GANNAWAY, JANET GETZENDANER, JOHN GOESSMAN, FREDERICK GRAHAM, JOHN HALLIGAN, LINDA HENNING, ERIKA HOFFMAN, MARY ELLEN HUGHES, ERIC HUTCHINSON, SUSANNAH ILTIS, JAMES JACOBSON, KARLAN JESSEN, TOM LEONARD, LAURIE LEONETTI, LEE LINDENAU, RICHARD LING, JENNIFER LONDERGAN, ROBERT MARTIN, SHEILA MCCUE, SCOTT MCKAY, LESLIE MCLAUGHLIN BEDE, RICARD MCMONIGAL, GRETCHEN MORGAN, CARLYE PETERSON, CAROLYN PETRO, KATHLEEN POKORNY, MICHELE PORTER, MOLLY ROSTON, MICHELLE RUESS, JENNIFER SAMPSON, LEONARDO SANTIBANEZ, BETTYLOU SCHINDLER, MICHAEL SCHNITZIUS, JEFFREY SCHULTZ, MICHAEL SCOTT, GARY SELHEIMER, PATRICIA SEVERSON, BARBARA SHELTON, CHRISTOPHER SJOBERG, LINDA SMITH, DAVID SNYDER, MARK STOREY, SHERRY SULLIVAN, TIMOTHY TOOMBS, MARK URQUHART, ROBIN VONHEEDER, WENDY WAHL, DAVID WALTON, KUO WANG, DEMELZA WARD, AARON WILBUR, SARAH WILLIS, AND MATTHEW WOARE

VISIT OUR WEBSITE AT WWW.SWIMPNA.ORG

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NWZ Long Course Champs

5/10K Postal Championship

LEADING OFF

By
Lee Carlson

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explained the registration was a requirement so the secondary insurance coverage would be in effect for all the swimmers. About thirty five of us then had a great workout (lots of variety and distance) in their new 50-meter outdoor pool. Many of the swimmers were new to organized workouts and participated mainly in running and cycling.

On Saturday, about fifteen members of the Kona team did an open water swim near the Ironman course off the main pier in Kona. I was disappointed that I could not join them, even more so when I learned that during the swim ten or so dolphins joined the group. Steve's workouts and the friendliness and enthusiasm of the Masters swimmers were one of the highlights of the trip.

On returning from Hawaii, our local team pool on Mercer Island was being closed for hot water tank replacement for six weeks. About seven of us are swimming at Santa Clara at Nationals, and we needed a place to swim. Three of us are at Seattle University from 5:45 to 7 in the morning. The work-group is sizeable and Coach Mike McClosky has a friendly word and a hard workout for everyone. Coming back to a broken mile for time last week and five "drop dead 100's" at the end of yesterday's workout brings you back to reality. The workout group has many good triathletes and PNA regulars such as Julie Corman and Deborah Bagg. Steve and Carrie Sussex and Mike Schaeffer are working out with Green Lake. This means a 5:00 A.M.-in-the-water routine. I understand this group refers to Coach Robin O'Leary's other morning workout that starts at 7:00 A.M. as the "Afternoon group."

The March 23rd PNA Board meeting was held at the Bellevue Club. Membership was at 712. Orca received approval for a meet on July 3rd at Helene Madison Pool in Seattle. New meets chair Hugh Moore presented a tentative schedule of meets: Samena (Sept), Oak Harbor (Oct), Bellingham (Nov), Orca (Jan), Bangor (Feb), Mercer Island (Mar), and Champs at King County Aquatic Center (April). A meet financial report form was approved. Dan Frost plans to be in Monterey, Calif. by June 1st, so a new newsletter editor must be on board by then. New medals arrived in time for Champs. Steve Peterson presented to Dan Frost the 1999 Dawn Musselman award for his inspiration to the PNA. An Official's chair is also needed.

An abbreviated April 27th Board Meeting was held at Robin O'Leary's. Membership is now at 771 with total assets at \$26,000 (about where budgeted). The newsletter and an approach to publishing the newsletter were discussed. Sue Dills and Dan Frost presented information on proposals to reduce costs and spread the workload. Kathy Moore, Brad Palmer, Dan Frost, and Lee Carlson will decide how to fill the newsletter editor's position. Forty-seven PNA swimmers will attend Short Course Nationals and Dan Frost will place as many as possible on relays. The women's team looks particularly strong. Open Water Guidelines were completed by Sally Dillon and these will be distributed to teams by e-mail and regular mail.

The planning or brainstorming session was held prior to the April meeting. Eighteen members attended and contributed a number of ideas grouped

(Continued on page 20)

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.



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PNA VOLUNTEERS

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Computer Apps.: Jim McCleery
Constitution & By-Laws: Jane Moore
Fitness: Carolyn Behse
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Meets/Sanctions: Hugh Moore
Publicity: Brad Palmer
Records/Top Ten: Walt Reid
Officiating: Jan Kavadas
Open Water: Sally Dillon
Safety: Kathy Casey
Social: Jett Vallandigham



MASTERS CALENDAR



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

May 15 - September 30
USMS 5k & 10k Postal Championship
Jane Moore (253) 925-0803
See entry form in this issue of *The WetSet*

May 24
Alaska Masters LCM Meet / Anchorage AK
Janet Rumble (907) 364-3106

June 12
Tualatin Hills LCM / Beaverton OR
Ed Ramsey (503) 693-8173
E-mail: tkramsey@gte.net

July 1
Canada Day Challenge 1k/2.5k/5k OW swims
Sasamat Lake / Port Moody BC
Vancouver Open Water Swim Assn. (VOWSA)
(604) 290-9425

July 3
Orca Swim Team SCY meet
Helene Madison Pool / Seattle
Brad Palmer (206) 870-5121
E-mail: orcanews@yahoo.com
See entry form in this issue of *The WetSet*

July 10
Jim Briggs Classic OW swim (1k/2.5k)
English Bay Beach / Vancouver BC
VOWSA (604) 290-9425

July 17
Snake River 8.5 mile OW Swim
King Hill ID to Glens Ferry ID
Dick Cooke (208) 853-9999
E-mail: richcooke@aol.com

July 17 - 18
Rogue Valley Masters 1.5k/3k/5k OW swims
Applegate Lake (near Medford) OR
Dan Gray (541) 944-0529
E-mail: openwater@swimoregon.org

July 18
Steve Omi 1mi OW Swim
Coeur d'Alene ID
Margaret Hair (208) 667-3721 [h] / (208) 765-2086 [w]

July 18
Bay Challenge 10k OW swim
North Vancouver to English Bay / Vancouver BC
VOWSA (604) 290-9425

July 24
Senior Masters Sports Festival LCM
(ages 30 and over)
Echo Hollow Pool / Eugene OR
Arden Adams (541) 688-4013

July 31 - August 1
Northwest Zone LC Championships
Federal Way WA
Hugh and Jane Moore (253) 925-0803
See entry form in this issue of *The WetSet*

July 31 - August 1
Central Oregon Masters 1.5k/3k OW swims
Elk Lake OR
Dan Gray (541) 944-0529
E-mail: openwater@swimoregon.org

July 31
Mercer Island 1.5 mile OW swim
Luther Burbank Park / Mercer Island
Enviro-Sports / Dave Horning (415) 868-1829
E-mail: envirosp@wenet.net
Website: www.envirosports.com

August 7
Kitsilano Challenge OW swim (1k/2.5k)
Kitsilano Beach / Vancouver BC
VOWSA (604) 290-9425

August 14 - 15
Oregon Masters OW swim clinic (Aug. 14)
and OW Championships (Aug. 15) - 1.5k/3k
Cottage Grove OR
Dan Gray (541) 944-0529
E-mail: openwater@swimoregon.org

August 19 - 23
USMS Long Course National Championships
Minneapolis MN
Paul Windrath (612) 388-8524
E-mail: pwindrath@compuserve.com
See on-line information at www.usms.org or see entry form in the May/June 1999 issue of *Swim Magazine*

August 21
Emerald City 0.5 mile & 1 mile OW swim
Lake Washington / Seattle
Kristen Schuler (206) 684-4766

August 21
Longbridge 1.75 mile OW swim
Lake Pend Oreille / Sandpoint ID
Eric Ridgway (208) 265-5412
Website: www.keokee.com/longbridgeswim

August 28
North Bend 1.5k/3k OW swims
Eel Lake / North Bend OR
Dan Gray (541) 944-0529
E-mail: openwater@swimoregon.org

September 1 - October 31
USMS 3000 yd & 6000 yd Postal Championships
Marie Hufinger (727) 521-1172
Look for information and entry form in a future issue of *The WetSet*

September 6
Columbia River Cross Channel 1 mile OW swim
Hood River OR
Hood River City Chamber of Commerce
(800) 366-3530

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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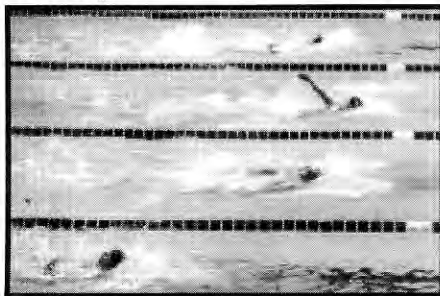
NEWS ABOUT PNA SWIMMERS



ZONE CHAMPIONSHIPS ATTRACT NEAR-RECORD FIELD

Story and Photos
by Dan Frost

The Weyerhaeuser King County Aquatic Center in Federal Way usually attracts many Masters swimmers to its fast waters, and this year's Northwest Zone Short Course Yards Championships were no exception. The meet drew 262 entries from throughout the Northwest, including Eastern Washington, Oregon, Montana and Idaho, plus a visitor from San Diego.



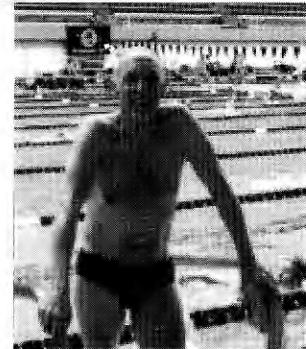
LAYING BACK – Oregon's Robert Smith (Second from bottom) goes for the USMS record in the 100-yard backstroke event. Smith would get the record leading off a medley relay.

While the pool itself was the big attraction for the swimmers, there were many other reasons for the large participation, fast times, and high spirits:

- **Timing** – Only five weeks from the USMS Nationals, the meet attracted many Nationals participants eager to swim fast.
- **A Smoothly-run meet** – Federal Way Masters teamed up with Green Lake's Aqua Ducks to run an efficient meet.
- **Fun & Food** – Many swimmers, especially the out-of-state guests, enjoyed the social fun at the Clubhouse Grill and other nearby restaurants.

Healing Hands – One of the most popular teams on deck was the Washington Sports Massage Team.

On-Deck Coaching – The meet featured the first time an organized on-deck coaching program was conducted outside of the USMS Championships.



WELCOME BACK! Oregon's Dave Raddliff returns to the waters of Federal Way after surviving a heart attack last fall.



TIMING IS FUN! PNA's Claire Painter and Larry DeGroen share a laugh while timing the 1650.

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 _____



TEAM SEATTLE SUMMER SPORTS FESTIVAL SWIM MEET
Sponsored by the Orca Swim Team

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 993607

DATE: Saturday, July 3rd, 1999
TIMES: Check-in and Warm-up: **8:30am** Meet Begins: **9:30am**
PLACE: **HELENE MADISON POOL,**
13401 Meridian Ave N, Seattle (206) 684-4979
MEET DIRECTORS: Jim Lasersohn (206) 325-8613 JLasersoCo@aol.com
& Brad Palmer (206) 223-9359 orcanews@yahoo.com
DEADLINE: Must be Received by: Friday, June 25th, 1999. Mail early please!

FACILITY: The venue is an indoor facility with six (6) 25-yard competition lanes with an adjacent warm-up and warm-down area. The water temperature is about 84 degrees. There is ample pool deck space for participants and the adjacent outdoor grassy area will be available for those who would like to enjoy the sun. Coin lockers available. Snacks and drinks available for a nominal donation.

RULES: Current USMS Rules will govern the meet. Reminder: No diving during warm-ups except in designated sprint lanes.

ELIGIBILITY: All 1999 registered swimmers age 19 and above as of the day of the meet are welcome to participate. Age groups will be based upon the swimmer's age as of July 3rd, 1999.

DIRECTIONS:

From SeaTac Airport, Downtown Seattle and areas S of Seattle: Take I-5 Northbound, take NE 130th St. exit. Continue north from exit ramp to signal at NE 130th St. TURN LEFT on NE 130th. Continue to Meridian Ave N (2nd signal). Turn RIGHT on Meridian Ave N. The pool is on the left at N 134th St.

From Vancouver BC, and areas north of Seattle: Take I-5 Southbound, take N or NE 145th St. exit. Turn RIGHT on N 145th St to Meridian Ave N. Turn LEFT on Meridian Ave N. The pool is on the right at N 134th St.

ORDER OF EVENTS (Seeding slow to fast)

1	400 IM (check-in by 9am)	12	200 Back
2	500 Free (check-in by 9am)	13	50 Free
	Swimmers cannot do both events 1 & 2	14	100 Fly
	20 minute Break - 2 nd Warm-up	15	50 Breast
3/4	**200 Free Relay(single		20 min. Break and the
5	100 Back		Original Pink Flamingo Relay
6	200 Free	16/17	*200 Medley Rly (single sex/mixed)
7	50 Fly	18	50 Back
8	200 Breast	19	100 Free
9	100 IM	20	200 Fly
	5 minute Break	21	100 Breast
10/11	*400 Free Rly (single sex/mixed)	22	200 IM

* - **SPECIAL NOTE ON RELAYS:** Single Sex and Mixed Relays will be swum together so a swimmer cannot swim for both a single sex and mixed relay of the same relay type. Relays are deck-entered at meet. Listen for entry deadlines.

- Event 3/4 will not start before 10:30am

WEBSITE: For more information on hosted housing, discounted official hotels, and other events associated with the meet, please visit our website at www.teamseattle.org/orca. For the results of this meet and information on Pacific Northwest Aquatics, visit the PNA website at www.swimpna.org.

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



TEAM SEATTLE SUMMER SPORTS FESTIVAL SWIM MEET
Sponsored by the Orca Swim Team

Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 993607

Name: _____ First Master's Meet? Y/N
Phone: (____) _____ E-mail Address: _____
Street Address: _____
City: _____ State/Province: _____ Zip/Postal Cd: _____
Sex: M or F Age (as of 7/3/99): _____ Birthdate (mm/dd/yy): ____/____/____ USMS#: _____
Team Abbrev: _____ Team Name: _____ LMSC _____
USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED

AGE GROUPS (Determined by your age as of July 3rd, 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+

INDIVIDUAL EVENT ENTRIES - ENTRY LIMIT: 5 INDIVIDUAL EVENTS PLUS RELAYS

EVENT NUMBER	EVENT NAME	SEED TIME (Short Course Yards)

FLAT ENTRY FEE: \$13 US funds or \$19.50 Canadian funds.

Includes charge for events, heat sheet, and ribbons.

TOTAL ENCLOSED: _____

Please make checks payable to **Orca Swim Team.**

Mail this entry form and fees to: **Summer 99 Meet c/o Orca Swim Team**
1122 E Pike St. #869
Seattle, WA 98122

Entries should be postmarked by **Friday, June 19th, 1999**

and received no later than **Friday, June 25th, 1999.** Mail early please!

You MUST include a copy of your Masters registration card if you are not a 1999 PNA member (don't make us call you!)

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: _____

NORTHWEST ZONE LONG COURSE CHAMPIONSHIP

Sponsored and sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 993608

DATE: Saturday, July 31st and Sunday, August 1st, 1999

TIMES: Saturday July 31, Warm-up: 11:00 AM, Meet starts: 12 NOON
Sunday August 1, 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: Jane and Hugh Moore (253) 925-0803 weswim@mindspring.com

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 rated as one of the fastest pools in the world 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. 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 August 1 are welcome to participate. Age groups determined by the swimmer's age on December 31, 1999.

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

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

SATURDAY JULY 31 st : 12 PM		SUNDAY AUGUST 1 st : 9 AM	
1	800 Freestyle (check-in by 11:30 AM) Event 2 will not start before 12:30 PM	14	400 Freestyle (check-in by 8:30 AM) Event 15 will not start before 9:30 AM
2	Women's/Men's 200 Freestyle Relay	15	Women's/Men's 200 Medley Relay
3	Women's/Men's 400 Freestyle Relay	16	Women's/Men's 400 Medley Relay
4	Women's/Men's 800 Freestyle Relay	17	200 Backstroke
5	50 Freestyle	18	50 Breaststroke
6	200 Butterfly	19	100 Butterfly
7	100 Backstroke 10 minute break	20	200 Individual Medley 10 minute break
8	Mixed 200 Medley Relay	21	Mixed 800 Freestyle Relay
9	Mixed 400 Medley Relay	22	Mixed 400 Freestyle Relay
10	100 Freestyle	23	Mixed 200 Freestyle Relay
11	50 Backstroke	24	200 Freestyle
12	200 Breaststroke	25	100 Breaststroke
13	400 Individual Medley (check-in by 2:30 PM)	26	50 Butterfly
		27	1500 Freestyle (check-in by 11:30 AM)

RELAYS: Swimmers shall be allowed to swim only once in each relay sequence (e.g. event 2, 3, or 4). Each relay team can choose to swim 200m, 400m, or 800m (800m for Freestyle relays only). Women's relays will precede Men's relays (Events 2, 3, 4, 15, and 16).

WEBSITE: Visit the PNA website at www.swimpna.org for updated information.

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

Name	Dist. 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	5.4 miles	Fife	253-922-0080
Motel 6	7 miles	Fife	253-922-1270

NORTHWEST ZONE LONG COURSE CHAMPIONSHIP

Sponsored and sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 993608

Saturday, July 31st and Sunday, August 1st, 1999

NAME: _____ M F AGE as of 12/31/99: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB _____ or UNATTACHED _____ LMSC _____

AGE GROUP (Circle one - determined by your age as of December 31, 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: SIX INDIVIDUAL EVENTS (MAXIMUM FIVE PER DAY) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME (LC Meters)

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: PNA

Mail this entry form and fees to: **Jane Moore (253) 925-0803 (before 9 PM)**
1867 58th St NE
Tacoma WA 98422

Entries must be postmarked by **Saturday, July 17th, 1999**

or delivered to Jane Moore by **Tuesday, July 20th, 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: _____

MAKING THE BEST OUT OF SWIMMING WITH A COACH

Last of a three-part series

By Dan Frost

If you are a swimmer who is regularly coached by a real person, right there on the pool deck, consider yourself fortunate. You might even consider yourself in the minority. In a recent, unscientific poll conducted on the USMS website, only 47 percent of respondents said that they typically swam in coached workouts compared to swimming on their own or in a small, uncoached group.

Again, you should certainly consider yourself fortunate. The benefits of having a coach with you on the pool deck are numerous. In many cases, all you need to worry about when you come to the pool is the swimming itself. The coach is often there to take care of most everything else...writing the workouts, setting up the pool, having training aids available, providing direction and feedback, ensuring safety measures are in place, and various other things as mentioned in the previous article in this series.

However, to help make the best out of your efforts to reach your swimming and fitness goals (as well as the efforts of others), you ought to go a little farther than just showing up to workouts and blindly following the advice of your coach.

MAKE THE COACH FEEL WELCOME

If you believe that encouragement from a coach is important (and necessary) motivation to help you progress toward your goal, than you should believe that it is just as important for the coach to be encouraged by you. As noted previously, coaching Masters is a challenging endeavor. Coaches do not necessarily seek appreciation from their swimmers, but they certainly can not survive without it day after day. Acts of appreciation from individual swimmers and/or the entire group pay huge dividends.

BE A STUDENT OF SWIMMING

Think of your Masters workouts as "Night School", because that is precisely

what it is when you have a coach. Indeed, consider your workout as a laboratory session, where you are there to learn how to swim better, under the supervision of your professor/instructor/coach.

Lab sessions are meant to be active, hands-on experiences. This is the time to experiment, ask questions, test old theories and explore new ideas.

Swimmers should also consider the academic side of swimming as well, and supplement what they learn at the pool with material (euphemism for "homework") from swimming books and publications. Ideas for study were presented in the first article in this series.

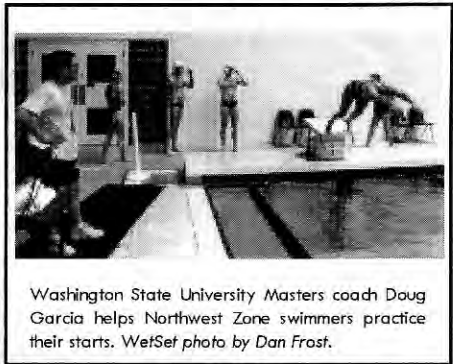
GET INVOLVED WITH THE PROGRAM (in two ways)

It was noted earlier that the coach usually seems to be the "glue" that holds the team together – the person who supervises the workout and all the items associated with it, and the "natural" person to organize the Masters team and its activities. However, you can help your coach and teammates (and consequently yourself) by "getting involved with the program" in even the smallest way.

First way - HELP ORGANIZE THE TEAM

You can free up some of your coach's time by helping with team organization. Team members can help plan and run team events, such as group socials and carpools to meets. They can also help with setting up the pool for the workout, making workout lane assignments, contacting absent members, assisting in administrative duties, and various other items. Even a modestly active role in helping make the team a better organization helps the coach and all team members, both in the pool and out.

If you have a special talent or occupational skill, you may consider using those things to help your team as well. For example, anyone good at writing can help publish a team newsletter. Computer-savvy swimmers can keep a da-



Washington State University Masters coach Doug Garcia helps Northwest Zone swimmers practice their starts. *WetSet photo by Dan Frost.*

tabase of workouts and swim times, or even supervise a team webpage. Your employer may be willing to make a charitable donation to your team on your behalf. The possibilities are endless.

Additionally, consider becoming politically active on behalf of the team. Most Masters teams are dependent upon other clubs and organizations. Be a voice for your team whenever meetings take place of your aquatic center's board of directors, parks and recreation district supervisors, and even the swim club itself (if it is large enough to have a board). You may even consider campaigning to be a board member or supervisor. Your coach may already represent your team with these groups, but it always helps to have another supportive voice backing up the coach. (There is safety, and power, in numbers!)

Second way - HELP THE REGIONAL ASSOCIATION

I recently saw a message on the USMS discussion forum from a coach who was describing that "It is like pulling teeth to bring new blood into active participation in the administration of Masters" in his region. The truth is, there is always a need for "new blood", and "old blood", to help Masters swimming prosper.

Even if your team has an established representative on the Local Masters Swimming Committee (LMSC) board of directors, you can still lend a valuable hand at the LMSC level. LMSC volunteers help organize officials, assist in meet and event preparations

(Continued on page 19)

MAKING THE BEST OUT OF SWIMMING WITH A COACH

(Continued from page 11)

(particularly championship events), write newsletters, manage World Wide Web pages, keep track of records and Top Ten swims, and provide various other services to both the grass roots swimmer and the national Masters swimming association.

EVERYBODY IS A SAFETY OFFICER

A motto around my workplace is that "Everybody is a safety officer." We have a safety department that helps provide us with a safe environment and helps us comply with the various laws and regulations governing occupational safety. However, we rely upon every worker to look out for potential dangers and hazards. Often, it is an alert worker who discovers and reports something that could be potentially hazardous and/or lethal to coworkers.

The previous article mentioned that "A coach's highest priority should be to help ensure that swimmers can participate in a safe environment." Participants in coached workouts should also have safety as the top priority. Just like in the workplace, it may be the swimmer who is the first to discover a safety problem. As mentioned earlier, safety hazards in the pool can come in various forms and should always be reported to the coach or pool staff.

In particular to the coached swimmer, the swimmer has a responsibility to follow the safety guidance of the coach supervising the workout, as well as the safety rules governing Master meets (when applicable) and safety regulations of the aquatic facility. The swimmer is also the best person to watch out for his or her own safety. It is the swimmer more often than the coach who can first detect the onset of pain and injury upon himself (or herself) and perhaps in other swimmers in the workout group. In summary, if something just does not feel right or look right, it should be brought to the coach's attention.

VOLUNTEER TO SUBSTITUTE FOR THE COACH

Coaches need time off, too, and the team should not necessarily fall apart when the coach is gone. After reading the first two parts of this series, you may consider volunteering to substitute for your coach, particularly during a busy part of the season, if the coach's departure would leave a void. The coach should certainly appreciate your efforts to carry on the team's workout plan (the coach ought to provide some guidance before leaving), and your teammates will appreciate the continuity of coaching and stability of the team. You can also help provide continuity when the going really gets tough,

particularly when the coach has an emergency or needs an extensive sabbatical, or when the coaching job becomes vacant.

To all Masters, coached, uncoached, and coaches, best wishes in "Making the best" of what you have and getting to where you want to be!



Sawtooth Masters swimmer Rich Cooke swims the 1650-yard freestyle event at the Northwest Zone Championships with the help of his coach, Rick Davis. Cooke and Davis organized a strong contingent of swimmers from the Boise team to come to Federal Way. *WetSet photo by Dan Frost.*

PNA CHAMPIONSHIPS RESULTS

(Continued from page 9)

35 +			
JOHN SYLVESTER	42 PNA	1:43.17	
GEOFF ANDERSON	38		
MARY LIPPOLD	43		
LISA WILSON	37		
45 +			
RONALD JACOBS	47 PNA	1:57.44	
DEBBIE GLASSMAN	45		
M. LEIGH JOHNSON	50		
JEFF GROSS	48		
MICHAEL MC COLLY	53 PNA	2:06.72	
JESSE PACE	46		
PAULA TERHAAR	46		
CLARK PACE	46		
55 +			
CHERYL DE GROOT	55 PNA	2:43.34	
MURIEL FLYNN	76		
HAL YOUNG	77		
LOWELL JOHNSON	61		

RELAYS-MIXED		200 YD. MEDLEY
25 +		
J. LONDERGAN	26 PNA	2:09.22
KERRY SUSSEX	43	
STEVE SUSSEX	43	
MICHAEL SCHAEFFER	42	
JESSE PACE	46 PNA	2:13.21
CLARE PAINTER	30	
STEVEN RUITER	34	
JOHN SEMANICK	25	
35 +		
LANI DOELY	43 PNA	2:22.45
TONYA BERG	40	
FRANK LEONARD	44	
JEFF COX	40	
45 +		
JAMES SHIELDS	56 PNA	2:14.98
CLARK PACE	46	
DEBBIE GLASSMAN	45	
JANIE LAYMAN	49	

ZONE CHAMPS RESULTS

(Continued from page 18)

RELAYS-MIXED		400 YD.	FREE
55 +			
JOY WARD	56 OREG N	4:12.82	
PAM HIMSTREET	55		
TOM LANDIS	56		
ROBERT SMITH	55		



HAPPY BIRTHDAY

TO THE FOLLOWING PNA SWIMMERS!

05 15	KURT HEDBERGOTT	06 19	LUCA PETHERAM
05 15	MARY ELLEN HUGHES	06 19	CATHERINE BARMORE
05 15	LAURIE MCCLOSKEY	06 20	GORDON STUBBE
05 15	PASCAL RONCALEZ	06 20	EDUARDO JANY
05 15	BRIAN RUSSELL	06 20	JANE LINDLEY
05 16	JEAN DILLON	06 20	DAVID DEMOREST
05 18	DAVID BARCUFT	06 21	SHEILA FINN
05 18	RON OREN	06 21	STEVEN NIELSEN
05 18	CLAIRE EADIE	06 21	SALLY PARRY
05 19	MAIA HAYKIN	06 22	GORDON GRAY
05 19	RICHARD GUELIICH	06 22	THOMAS FOLEY
05 19	AL RUBECK	06 23	PAT MATTHESIN
05 19	HILLARY KRUG	06 24	TIMOTHY TOOMBS
05 20	CINDY SPRENGER	06 24	DAVID DRUM
05 21	BETTY KINNEY	06 25	DONNA DALY
05 23	MAGGIE DOUR	06 26	WAYNE METHNER
05 23	NANCY FAEGENBURG	06 27	PAMELA ALEGNANI
05 23	MIRAN TERRY	06 27	LORRAINE EADIE
05 24	DAVID THOMPSON	06 27	SARA MACDUFF
05 24	BRAD PALMER	06 28	ABBIE MORRIS
05 24	STEVEN ROSARIA	06 30	MICHELLE MCPHEE
05 26	SCOTT STILUKA	07 01	GREGORY STONER
05 26	RICH BEEN	07 01	CHRISTOPHER SMITH
05 27	TAM KING	07 01	STEVE GILES
05 28	KIMBERLY GROSS	07 02	MARK ANDERSON
05 28	CAROL TROUP	07 02	ALEXANDRA SMITH
05 28	SUNNY SMALLWOOD	07 02	LEN MCCOLLAM
05 29	LARRY LITTLE	07 03	SHARON BELK-KREBS
05 29	SUZANNE STROM-REED	07 03	RAYMOND BALL
05 30	DEBRA ANDERSON	07 03	JAY BURNHAM
05 30	JOHN SAYRE	07 04	NANCY LANE
06 01	SALLY ROUTH	07 04	TIMOTHY PETERS
06 01	AMY RUST	07 04	JEFFREY SCHULZ
06 02	KATHY BYERS	07 04	BEN DOTSON
06 02	MARK HIRAYAMA	07 05	LAURIE LEONETTI
06 02	DAVID ROBERTS	07 05	DAVID SCHIRMER
06 03	WENDY NEELY	07 05	WILLIAM NELSON
06 03	JEAN CRECELIUS	07 05	MARK STOREY
06 04	JAMES SEABERG	07 05	BRIDGET BRODERICK
06 04	GERALD VAN HOOSIER	07 06	PAUL FREEMAN
06 04	MICHAEL JONES	07 06	FRANCIS ENTERZ
06 04	PAUL MONOHON	07 06	RUSSELL KNUDSEN
06 04	JOHN FURRER	07 06	MICHAEL MCKINLAY
06 05	DON BURTON	07 06	JAMES WORREL
06 05	ROZ ATHERTON	07 06	JUDITH HUTCHSON
06 06	WENDY WAHL	07 07	MICHAEL FRANK
06 06	JACK HILORSKY	07 07	TELYED DEVLET
06 07	ANN LENNARTZ	07 07	POLLY PHPPS
06 08	CLARENCE JOHNSON	07 07	SHEILA MCCUE
06 08	CHERYL CURRAN	07 08	KATHLEEN SOUTHARD-DEAN
06 09	JON BERNHOFT	07 08	JAYLANE BATTLE
06 09	ARAINA BENINATIS	07 09	KAREN THOMAS
06 09	YURIKO SATO POEHLMAN	07 10	MARGARET MCCLEERY
06 11	BART CHRISTIE	07 10	ILLES BOGNAR
06 12	DON REHFELDT	07 11	WADE PRAGER
06 13	GARY HOLMQUIST	07 11	DAVID NIELSEN
06 15	ERIC KUSKEY	07 11	LOWELL JOHNSON
06 15	TOM LEONARD	07 11	MARCY WRIGHT
06 16	PHILIP ENDICOTT	07 11	BRADLEY POOL
06 16	DOUG PORTELANCE	07 11	JOY ROSS
06 16	INGA CHARRON	07 12	PETER EMSKY
06 17	ROBERT MORA	07 13	LINDA HENNING
06 17	JAMES CURD	07 13	ALAN CROWE
06 17	ANDREW LOVAN	07 13	JEANETTE (JETT) VALLANDIGHAM
06 17	EUSA PANELLI	07 14	DAN FROST

LEADING OFF

By
Lee Carlson

(Continued from page 2)

into five areas. Those working on the area set a priority in each area: These are:

1. Communications. WetSet. Keep this publication first class, timely and informative. Among other ideas is to publicize our activities to triathletes.

2. Clinic/Coaches. Mentor/coaches clinics and yearly swim clinics were discussed. Providing a coach's corner in the newsletter was suggested.

3. Meets. Open water swimming was emphasized. The guidelines will be published and safe group swims were discussed. We also tried to determine if day-of-meet entries could be accomplished in some circumstances.

4. Board Information. Having a central theme (such as meets or bylaws) for each board meeting was suggested. Getting the team reps to the Board meetings and building both the coaches and teams was a consistent theme.

5. Member and Workout Group (Team) Relations. A team handbook was suggested. Items on "how to run a meet" and building membership could be outlined. This group had a number of ideas on how to determine what our membership wants.

In June, we will have a separate planning meeting and swim workout to continue the planning and implementation of the many good ideas suggested.

The next board meeting is on May 25th at Jan Kavadas' in Edmonds.

The June board meeting is June 22nd at Lee Carlson's on Mercer Island.

1999 United States Masters Swimming

5 Kilometer & 10 Kilometer Postal National Championships

Sponsored and Sanctioned by the Pacific Northwest Association of Masters Swimmers. Sanction # 993606.

EVENT: Both the 5 Kilometer (5000 meters) and the 10 Kilometer (10,000 meters) postal swims are National Championship Events.

LOCATION: Any 50 meter pool. The 5K is 100 lengths and the 10K is 200 lengths of a 50 meter pool.

DATE: The swim must be completed between May 15 and September 30, 1999. **THE EVENT DIRECTOR MUST RECEIVE ENTRIES BY OCTOBER 10, 1999.**

ELIGIBILITY: Open to all USMS members with valid 1999 registration. **A PHOTOCOPY OF YOUR 1999 USMS CARD MUST BE SENT WITH YOUR ENTRY.** Foreign swimmers 19 years of age and older are invited to participate. Proof of membership in your nation's recognized Masters swimming governing organization is required. Foreign swimmers are not eligible for USMS records or All-American status.

INDIVIDUAL ENTRIES: Men and women will compete separately as individuals in five year age groups 19-24, 25-29, 30-34, etc., (5-year age groups as high as is necessary). Your actual age on the day of your swim determines your age group. Individuals who change age groups during the time of the event may enter twice but must swim the event twice, one time at each age. Swimmers may enter both the 5K and 10K but must swim each event separately. You may not use a split time from the 10K for a 5K entry.

TEAM ENTRIES: Team competitions will be held in 3 categories: Men (3 male swimmers), Women (3 female swimmers), and Mixed (2 male and 2 female swimmers). The team whose swimmers have the lowest cumulative time shall be declared the winner. The next lowest cumulative times will be used to determine second, third, and subsequent places. Each member of a team must also have entered the individual event for their age group. All team members must be registered with the same club. Unattached teams are not permitted. All entries must be made by registered clubs and signed by an authorized official of the club making the entry. The age of the youngest team member shall determine the age group. Teams must swim in the oldest age group for which they are eligible. Age groups are 19+, 25+, 35+. ... (10 year increments as high as is necessary).

SCORING: Club scoring will be tabulated based on the top ten individual finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be kept for the men, women, and combined in three categories: 5K, 10K, and Combined.

AWARDS: USMS Long Distance National Championship medals will be awarded to the top three finishers in each age group for the 5K and 10K Championships for men, women, men's teams, women's teams, and mixed teams. First place finishers in each age group will also receive USMS Championship patches. Certificates will be presented to the top three clubs in each category.

RULES: The 1999 USMS Rules govern this event. Drafting, flotation and propulsive devices (pull buoy, fins, paddles, wet suits, etc.) are not permitted. When two swimmers are sharing the same lane, each swimmer shall swim on one side of the lane during the entire race (no circle swimming). The referee shall establish procedures to prevent drafting if more than two swimmers are competing per lane.

There shall be an adult acting as a starter / head timer / referee present at all times during the swim. Each swimmer shall have a counter to record split times for every two lengths. One person may serve as a counter for a maximum of two swimmers per heat. A stopwatch or electronic timing system may be used. We suggest that 2 watches with fresh batteries be used to ensure that an official swim can be recorded to the nearest hundredth (.01) of a second.

A 5K National Record may be established by using a swimmer's 5K split time from a completed 10K swim if the intent to record a split time is brought to the attention of the event director in writing.

FEES: The individual entry fee for each event is \$10.00 per swimmer. The team entry fee is \$12.00 per team. All fees are non-refundable. Do not send cash. Make checks payable to PNA Masters Swimmers. Foreign entrants, please submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

RESULTS: Results will be mailed to each entrant. Please allow 4-6 weeks after entry deadline for delivery of results, T-shirts, and awards.

T-SHIRTS: Commemorative T-shirts may be purchased for \$15. For non-US delivery include \$5 for foreign postage for each shirt.

INFORMATION: Questions should be addressed to Jane Moore, Event Director, 1867 58th ST NE, Tacoma, WA 98422; 253-925-0803 (before 9 PM Pacific Time); e-mail: weswim@mindspring.com.

TEAM ENTRY FORM:

Club Name: _____	Club Code: _____	M	F	Mixed	Age Group: _____
Swimmer's Name		Age			Yards Swum
#1 _____	M	F	_____	_____	
#2 _____	M	F	_____	_____	
#3 _____	M	F	_____	_____	
#4 _____	M	F	_____	_____	
					TOTAL YARDS
Club Rep Signature: _____					Date: _____

1999 USMS 5K & 10K Postal National Championships

INDIVIDUAL ENTRY FORM:

Name: _____ M F Age: _____ Birthdate: ____/____/____

Address: _____ City: _____ State: _____ Country: _____ Zip: _____

USMS#: _____ - Club Name & Code: _____ Phone: (____) _____ - _____

LIABILITY RELEASE: 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: _____

OFFICIAL TIME: ____: ____: ____ Final time must be recorded to the nearest one-hundredth second.

We certify that on ____/____/____ (date) the entrant completed the 5K_/10K_ (check only one), in the official time recorded above.

Signature of Swimmer (Required) _____

Signature of Verifier (Required) _____

Mail to: Jane Moore 1867 58th ST NE Tacoma, WA 98422-1517 USA

Include: completed entry form split sheet with time for each 100 meters photocopy of USMS card
 signed liability release check for entry fees (entry, T-shirt, & foreign postage) or proof of membership if
 signed time verification self addressed, stamped postcard for entry receipt verification from another country

FEES: Individual Entry Fee (\$10.00 each) _____

Team Entry Fee (\$12.00 per team) _____

T-shirts (\$15.00 each) Size(s) S M L XL XXL _____

Foreign T-shirt postage (\$5.00) _____

TOTAL - payable to PNA Masters Swimmers _____

-----SPLIT SHEET-----

100 _____	2100 _____	4100 _____	6100 _____	8100 _____
200 _____	2200 _____	4200 _____	6200 _____	8200 _____
300 _____	2300 _____	4300 _____	6300 _____	8300 _____
400 _____	2400 _____	4400 _____	6400 _____	8400 _____
500 _____	2500 _____	4500 _____	6500 _____	8500 _____
600 _____	2600 _____	4600 _____	6600 _____	8600 _____
700 _____	2700 _____	4700 _____	6700 _____	8700 _____
800 _____	2800 _____	4800 _____	6800 _____	8800 _____
900 _____	2900 _____	4900 _____	6900 _____	8900 _____
1000 _____	3000 _____	5000 _____	7000 _____	9000 _____
1100 _____	3100 _____	5100 _____	7100 _____	9100 _____
1200 _____	3200 _____	5200 _____	7200 _____	9200 _____
1300 _____	3300 _____	5300 _____	7300 _____	9300 _____
1400 _____	3400 _____	5400 _____	7400 _____	9400 _____
1500 _____	3500 _____	5500 _____	7500 _____	9500 _____
1600 _____	3600 _____	5600 _____	7600 _____	9600 _____
1700 _____	3700 _____	5700 _____	7700 _____	9700 _____
1800 _____	3800 _____	5800 _____	7800 _____	9800 _____
1900 _____	3900 _____	5900 _____	7900 _____	9900 _____
2000 _____	4000 _____	6000 _____	8000 _____	10000 _____

THE FINAL LAP



1999 DAWN MUSSELMAN INSPIRATIONAL SWIMMER AWARD

An Inspirational Award has been presented during the PNA Championships meet since 1986 in memory of the "Ultimate Masters Swimmer," Dawn Musselman (1913 - 1986). Dawn was one of the earliest Masters swimmers, and there are few records above age 60 that she didn't hold. In her early days she was an Olympics hopeful. In her last days she continued to inspire her teammates until cancer took its toll. This year's recipient was presented with a personal trophy, the perpetual trophy, and this statement at the PNA Board Meeting, March 23, 1999. (He was not able to attend the Champs meet, March 21, 1999.)

The Pacific Northwest Association Local Masters Swimming Committee proudly presents the 1999 Dawn Musselman Inspirational Swimmer Award to **Dan Frost**.

Dan, you have established yourself as a true inspiration to PNA swimmers. From the moment of your arrival at Whidbey Naval Air Station in mid-1996, you have contributed to so many facets of the PNA. You nurtured and expanded the Masters program at Oak Harbor. You led the North Whidbey Masters in hosting meets, including very successful zone competitions. And your prolific number of articles for the *WetSet* on a wide range of swim topics certainly demonstrates your willingness to share training and coaching tips.

You have served the PNA well in improving communication for the membership. You have raised the standard for our newsletter, first with your many articles and now in your current role as editor. You brought the PNA quickly into the information age by building and maintaining the inaugural website. And both of these you have accomplished equally well whether at home in Oak Harbor or half way around the world on duty in Saudi Arabia.

You have demonstrated your strong commitment to the PNA not only by participating as an active board member but by actually traveling the distance from Oak Harbor to attend the meetings. You have also supported PNA at the national level as a delegate to the last two United States Aquatic Sports conventions, and now serving on the Computer and Fitness Committees. And you still have time to work out and excel as a Masters Swimmer!

For all you do for the PNA, particularly as an inspiration to the rest of us for improving ourselves and our organization, we are proud to recognize you as the Dawn Musselman Inspirational Swimmer for 1999.

Signed by:

President Jane Moore and Vice President Lee Carlson (for the PNA Board);
and Steve Peterson and Frank Newquist (for the Nominating Committee).

DAWN MUSSELMAN AWARD RECIPIENTS

Dawn Musselman - 1986

Marlene Holmes - 1987

Maxine Carlson - 1988

Jim Penfield - 1989

Tom Foley - 1990

Karen Jost - 1991

Jan Kavadas - 1992

Robin O'Leary - 1993

Marion Mueller - 1994

Tammi Keeler - 1995

Ian Thompson - 1996

Suzanne Dills - 1997

Clark Pace - 1998

Dan Frost - 1999

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.compumart.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

