



the OFFICIAL PNA
MASTERS
NEWSLETTER

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after 7:30 pm

Vol. 3

No. 9

SEPTEMBER 10, 1984

Schedule • Calendar

Sep. 29 1st Inter-Oceana Zone Mt.
Walnut Creek, Ca. (northern)
Oct. 20-21 Totem Lake/Juanita HS Order #1
Nov. 17-18 Bangor, Order #2
Dec. 8-9 Husky Foster or Mt. Rainier, #3
Jan. 12-13 B.E.S.T. Order #4

Jan. 26-27 Port Angeles, Order #1
Feb. 9-10 Kent/Tahoma, Order #2
Mar. 9-10 Cascade, Order #3
Mar. 29-31 So. Kitsap (PNA Champs)
May Summer/UPS (25 meter meet)
1985 NATIONALS
May 9-12 SC Brown Deer, Wis.
Aug. 17-20 LC Providence, R.I.

BOARD MEETING SEPTEMBER 25, 7:30 PM AT TACOMA YMCA

EDITOR'S CORNER...

PLEASE DO NOT RENEW YOUR REGISTRATION BEFORE OCTOBER 31st.RICK

THE DECEMBER, 1984 NEWSLETTER WILL BE THE LAST YOU WILL RECEIVE IF YOUR REGISTRATION IS NOT RENEWEDRICK

WE NEED HELP!!

There are over 600 swimmers in the PNA. The 7-11 people who consistently show up at the BOARD MEETING cannot DO IT ALL! Please come and help run your PNA at the next meeting. Everyone welcome!RICK

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COACH'S CORNER

It's time to begin a new season of Master's swimming!! I'm sure everyone is excited about a new season--new people to meet, new goals to set and achieve.

We're excited about starting our fourth year of Husky Masters. Our objective at Husky Masters is to maintain the balance between fun, fitness, and fellowship and the achievement and pursuit of excellence that comes from competition. We try to balance out our hard work with good friendships and fun times. You don't need a coach to share ideas on how to have a good time, so I'll use this coach's corner to share some ideas that I encourage Husky masters swimmers to incorporate into their training in order to get the most out of their workout time.

1. Come to workout ready to enjoy yourself! Chat with your team mates. Feel good about working hard. Be courteous to your team mates (and coach!) and they will return the favor.
2. Keep a log book! Record your workout each day and other information that is important to you--your pulse, weight, the weather, diet, out of the water training, personal notes--whatever. Log books are good for a number of reasons. They show your personal progress and achievements. They provide a good collection of workouts for times when you have to train on your own or for sharing with Masters swimmers from other teams. They are a record of workouts that were beneficial or detrimental to your racing. You can keep your goals, training and meet times all in one place. Keep it in your swim bag or by your bed--and use it!!
3. Establish good habits in workout. ALWAYS do legal turns. ALWAYS swim to the wall when you finish a repeat or swim. Keep your head down (i.e., don't breathe) from the flags in to the wall when you finish a freestyle or fly swim.
4. Know your splits from your races. Try to come as close to those splits as you can when you repeat those split distances in workout. For example, your middle 50 splits in a 200 free are 34.5. When you swim 4x50 free @ 60 during workout, try to swim a 34.5 on the fourth 50.
5. Stretch and streamline off every wall--every turn and every pushoff.
6. Experiment with different racing strategies. Go out hard and try to hang on. Go out relaxed and try to build. Negative split. Find out which strategies work best for you at the different distances and with different strokes.
7. Don't be afraid to attack your weak points. Work on swimming fly longer distances. Strengthen the back or breast leg of your IM. Be able to turn off both hands in free and back. Enter races in your weaker strokes--just for fun.
8. Share ideas with other PNA swimmers and the masters swimmers you meet when you travel. Every program is different and every program has areas we can learn from.
9. Support your team mates and friends at meets.
10. Remember that even though we gather together most often in competitive situations, our Masters philosophy is fun, fitness and fellowship. Enjoy yourself, your team mates and all the other Masters swimmers you swim with.

See you on the deck, Joann Brislin

CHANGE OF ADDRESS FORM

NAME..... USMS #.....
OLD ADDRESS..... NEW ADDRESS.....
.....
.....ZIP..... ZIP.....
NEW PHONE NO.....

SEND TO: Jane & Hugh Moore
29920 - 2nd Pl. S.W.
Federal Way, Wa. 98003

PLEASE DO NOT RENEW YOUR REGISTRATION BEFORE OCTOBER 31st!

UNITED STATES MASTERS SWIMMING, INC. REGISTRATION APPLICATION - 1985

THANK YOU

"FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS"

PLEASE PRINT OR TYPE INFORMATION

Form with fields for: Last Name, First Name, Initial, Street Address, City, State, Zip Code, Name of Club You Represent, Date of Application.



OFFICE USE ONLY

Form with fields for: Area, Telephone No., Date of Birth, Age, Sex.

I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters Swim Committee

MAIL TO ►

PNA Masters Swimmers
Member Chairpersons
Hugh & Jane Moore
29920 - 2nd Pl. S.W.
Federal Way, Wa. 98003
(206) 941-3100

U S M S fee	\$ 3.25
L M S C fee	\$ 8.75
TOTAL FEE	\$ 12.00

Seniors 65+ \$ 9.00

FORM 3-84

X _____
APPLICANT'S SIGNATURE

MAKE CHECK PAYABLE TO PNA MASTERS SWIMMERS

Please encl. stamped self-addressed envelope!

PNA Board Meeting

August 14, 1984

The meeting was called to order at 7:35 p.m. by President Kiko Kimura. Those in attendance were: Julie Corman, Marty McClelland, Carol Ann Thurston, Dawn Musselman, Hugh and Jane Moore, Walt Reid, Rick Ingraham, Dave Addleman, Kiko Kimura, Debbie Lewis, Donna Phelan, and Jan Shaw.

The minutes of the July Board meeting were read and approved.

Treasurer: Julie Corman is transferring the PNA funds to a credit union to take advantage of a higher interest rate. A trial budget for 1985 is in the process of being developed.

Old Business: Coleman meet: everyone liked it. Don Helling is interested in hosting a Long Course meet in July, 1985. Regional Meet: meet was fine. 1985 Short Course regionals will be in Moscow, Idaho the last weekend in April. PNA may host Long Course regionals in 1985.

Membership: Currently have 600 members, up 100 members from last year. Renewal forms for 1985 registration should be sent in October. There will be a 2 month grace period for the newsletter before dropping a person from the newsletter mailing list for failure to renew membership.

Meets: Meet packet information is being revised. Sumner and Bangor were not notified about the 1984-85 meet schedule. The Bangor meet will be Saturday morning for the long distance events and all day Sunday. Sumner is organizing a 25 meter meet at UPS for late May or in June.

Records: all up to date.

Awards: \$52.00 was made on awards at the Coleman meet. We still have a good supply of awards.

Nomination Committee: Need 3 members for a committee to seek candidates to fill 4 positions on the PNA Board. Board is looking for volunteers to serve on the committee. Tom Foley and Donna Phelan have already volunteered.

PNA Board meetings will be held on the 4th Tuesday of each month at 7:30 p.m; time and place to be announced in the newsletter.

The next PNA Board meeting will be held at 7:30 on September 25, hopefully at the Tacoma YMCA.

The meeting was adjourned at 9:00 p.m.

Respectfully Submitted,

Julie L. Corman

SUMNER TRITON TRIATHLON

Unsanctioned by PNA

October 6, Saturday morning, 7:59 A.M. One minute to starting time. Competitors don goggles at the pool's edge. The starter raises his gun as he asks his timers to check their stopwatches. Out on the roads, amateur radio operators are patrolling the cycle course, and run course volunteers are setting up checkpoints. As they anticipate the burst of the starting gun, triathletes, spectators and event workers fall silent.

Whether you're a veteran triathlete, or are attempting a triathlon for the first time, there's nothing quite like it. The fifth annual SUMNER TRITON TRIATHLON: This one's for you.

To earn an STT award certificate, you must successfully complete three back-to-back endurance events, which include swimming 1000 yards, cycling 27.1 miles and running 10 kilometers.

The swim segment is held in a 25-yard heated pool. For those who've avoided the typical triathlon because of swims through frigid Northwest waters, this is your event. The bicycle and run segments take place on country roads through the scenic Green River and Puyallup valleys and the foothills beyond.

The sponsors of STT have traditionally been as excited about the event as the participants. Experienced, enthusiastic volunteers man checkpoints, run com-stations, patrol the roads, hand out water, and help with the computerized timing.

We know that in order to go the distance, triathlon competitors have already invested hours of training and sweat before they start the event. We'll be waiting to cheer you across the finish line, because we know what it means.

When John Howard, 1981 Hawaiian Ironman Champion, was asked what he gets out of it all, he said...."Satisfaction. There's not much else than that." And we agree. We'd be proud to have you join us for one of the premier triathlon events in the Northwest. This one's for you!

S U M M E R T R I T O N T R I A T H L O N

GENERAL INFORMATION

INVITATION We, The Sumner Tritons, would be proud to have triathletes throughout the PNA join us for our 5th annual Summer Triton Triathlon.

UNSANCTIONED By the PNA Masters.

EVENTS Swim-1000 yards, Cycle-27.1 miles, Run-10 Kilo-meters.

DATE Saturday, October 6, 1984

TIME Event starting time for the first heat is 8:00 A.M. Five of the heats will follow on 30 minute start intervals. Please note that each contestant will be asked to attend an important pre-event meeting. Information concerning assigned heats and pre-event meetings will be included in a letter which will be mailed 1 1/2 weeks before the event to all registered contestants. Please keep these forms and maps for future use.

COURSE It is recommended that each contestant become familiar with the specific course segments before the day of the event. Maps of the cycle/run routes will be included with your letter of acceptance.

AWARDS Each contestant will receive a Summer Triton Triathlon 1984 (S.T.T. '84) T-shirt and personal certificate of participation.

ELIGIBILITY S.T.T. '84 is open to any person who is at least 15 years of age on or before October 6, 1984. The additional Statement of Release must be signed by the parent or legal guardian of any contestant under 18 years of age.

PHYSICAL CONDITION It is essential that each contestant have an appropriate level of general health and have an established aerobic background in each of the three event segments.

ENTRY LIMIT/DEADLINE S.T.T. '84 will be limited to the first 144 COMPLETED entries which are received by or before September 1, 1984. All persons will be notified concerning their registration status. Payment will be returned promptly to all persons who do not make the 144 person entry limit.

REGISTRATION Please complete the attached registration form and mail it with the \$20.00 registration fee and a self-addressed, stamped envelope to:
Sumner Triton Triathlon 1984
P. O. Box 356
Sumner, WA 98390

Checks should be payable to "Sumner Tritons". Because of the scheduling difficulties associated with this event, full refunds for cancellations made after the deadline date of September 1, 1984, cannot be made.

CANCELLATIONS If it becomes necessary for you to withdraw from the event, please contact us immediately so an alternate can be notified of the available opening. Contestants may not transfer their entry to another individual. Your cooperation will be appreciated.

JUDGING All decisions made by the S.T.T. '84 planning committee, the S.T.T. '84 Referee, or the Event Judge of each event segment will be considered final.

CHECK POINTS Check points will be used on both the cycle and run routes. Each contestant will be required to wear an assigned chest number so that it is clearly visible as the contestant approaches each check point.

EQUIPMENT Each contestant will be responsible for supplying all necessary equipment and for securing that equipment from theft. BICYCLE HELMETS ARE REQUIRED.

SUPPORT CREWS Support crews will not be permitted during any of the three event segments. Contestants may, however, use one designated assistant during the transitions between segments (swim to cycle, cycle to run) if desired. This assistant must remain in the enclosed transition area, which will be located adjacent to the pool, when aiding a contestant. Several water stations have been planned for both the cycle and run segments.

TRANSITION/SECURITY AREA There will be two major spectator areas located at or near the pool. The first will be the bleacher area on the pool deck, which will allow excellent viewing of the swim segment. The second spectator area will be outside overlooking the start/finish and transition/security areas. Seating and cover from the weather will be limited outside, so it is suggested that spectators consider bringing their own lawn chairs.

COURSE CHANGES The Summer Triton Triathlon 1984 Planning Committee reserves the right to make necessary course changes. Any necessary changes will be described in detail at the meetings on the day of the event.

SPECTATORS Before and during the event a large area adjacent to the pool building will be closed to all persons except contestants, assistants and event officials. Because of the special safety and security factors associated with a triathlon event, this area must be kept clear of all unauthorized persons. The cooperation of everyone concerning this matter will be appreciated.

POOL LOCATION Sumner Pool is located behind the Sumner High School Gym on Main Street in Sumner, just east of the downtown area.

QUESTIONS ????, If you have any additional questions concerning S.T.T. '84, please direct them to:

Sumner Triton Triathlon
P. O. Box 356
Sumner, WA 98390
(Please include a stamped, self-addressed envelope.)
or call: John Gillespie (206) 863-2751.

FOR OFFICIAL USE ONLY

Number:

Date Received:

Payment:

SUMNER TRITON TRIATHLON 1984
REGISTRATION

Name _____ Male _____ Female _____
Address _____ Phone () _____
City _____ State _____ ZIP _____
Age (on race day) _____ T-shirt size: S M L XL

SEEDING INFORMATION

IMPORTANT: The following information must be accurate. Please use column A to estimate realistically what you think your time for each event segment will be the day of S.T.T. 1984. Then, use column B behind each event segment to list any other recent/accurate performances which you may have in a specific event (example; 500 or 1650 yard swim times, 10 or 25 mile cycle-time trial times, 5 or 10 kilometer run times, etc.). Obviously the most important of these is the 1000 yard swim time. If you are unsure, swim a 1000 yard time trial - WE WILL NEED AN ACCURATE, REALISTIC TIME.

Column A

Column B

1000 Yard Swim _____
27.1 Mile Cycle _____
10 Kilometer Run _____
Est. Final Time _____

If you competed, what were your times in:

S.T.T. 1983 _____ Other Triathlon Events _____

DECLARATION-STATEMENT OF RELEASE

In consideration of the acceptance of my entry for participation in the Sumner Triton Triathlon 1984 athletic event I hereby from myself, my heirs, successors and assigns, waive, release and forever discharge any and all rights and claims for injury or damage which I may have now or in the future against the Sumner Tritons or its respective members, officers, agents, or assigns, from all liability, any and all losses, damages, and injuries which may be sustained and suffered by me in connection with my entry in, travelling to, participating in and returning from said athletic event.

I hereby assume full responsibility for and risk of all injury, death or property damage to me due to any cause while competing in the Sumner Triton Triathlon 1984.

I further release all officials and professional personnel from any claim whatsoever on account of first aid, treatment or service rendered me during my participation in the Sumner Triton Triathlon 1984. Furthermore, if my participation in the Sumner Triton Triathlon 1984 athletic event causes injury or damage to a third party, then I agree to indemnify the Sumner Tritons, or its respective members, officers, agents, or assigns from any and all judgments, settlements, costs, and attorney's fees incurred by the Sumner Tritons or its respective members, officers, agents or assigns, resulting for any and all claims for injury or damage arising out of my participation in the said athletic event.

I expressly agree that this release, waiver, and indemnity agreement is intended to be as broad and inclusive as permitted by the laws of the State of Washington and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I have read the general information forms and understand the established policies of Sumner Triton Triathlon 1984.

Signed _____ Date _____
(by entrant)

If said entrant is under 18 years of age, the signature of said minor's parent or legal guardian is required for the above Statement of Release.

Signed _____ Date _____
(parent or legal guardian of above entrant)

This is to certify that the above minor, of whom I am his/her parent or legal guardian, has my permission to compete in the Sumner Triton Triathlon 1984, Saturday, October 6, 1984. He/she has trained for this meet and is in good physical condition.

Signed _____ Date _____
(parent or legal guardian of above entrant)

Please remember to include the following with your entry:

- _____ All necessary signatures
- _____ \$20.00 Entry fee
- _____ Self-addressed, stamped envelope
- _____ Accurate 1000 yard swim time
- _____ T-shirt size

DIRECTIONS TO NAVAL SUBBASE BANGOR POOL

From Tacoma: Take Rt. 16 over the Narrows Bridge and continue North to Rt. 3 North. Turn left onto Rt. 3 and follow to Naval Subbase Bangor exit. This will take you directly to main gate on Luoto Rd.

From Bremerton Ferry: Drive off ferry and turn Right onto Wash. Street. Get into left lane which will become 11th Street. Follow until you must turn Right onto Kitsap Way. Stay on Kitsap Way until you reach Rt. 3. Go Right (north) and follow Tacoma directions.

From Winslow: Go North out of terminal on 305 and continue through Poulsbo. Drive through light at business 3 and go South on Rt. 3 to Naval Subbase Bangor exit. Go to main gate at Luoto Rd.

From Kingston: Leave terminal, stay on Rd. and go Left onto Bond Rd. Follow Bond to 305 in Poulsbo; go Right and take Hwy 3 to NSB BANGOR.

From Hood Canal Bridge: Go South on Rt. 3 to NSB BANGOR.

FERRY SCHEDULE

**SEATTLE-BREMERTON
Weekday Schedule**
(Monday-Friday
except holidays)
Approx. Crossing—
60 Minutes

Lv. Seattle	Lv. Bremerton
5:50 AM	5:40 AM
6:50	6:55
8:00	8:00
9:10	9:10
10:20	10:20
11:30	11:30
1:20 PM	1:00 PM
2:30	2:30
3:55	3:55
5:00	5:00
6:10	6:10
7:15	7:15
9:30	8:20
11:45	10:35
* 2:10 AM	12:50 AM

* Via Winslow

**SEATTLE-BREMERTON
Weekend Schedule**
(Saturday, Sunday
and holidays)
Approx. Crossing—
60 Minutes

Lv. Seattle	Lv. Bremerton
6:35 AM	5:30 AM
7:45	8:00
9:15	9:00
10:10	10:30
11:45	11:20
1:20 PM	1:20 PM
2:30	2:30
4:15	3:55
5:00	5:25
6:30	6:10
7:15	7:35
9:30	8:20
11:45	10:35
2:10 AM	12:50 AM

SEATTLE-WINSLOW
(Kitsap, Bainbridge Island)
Approx. Crossing—
35 Minutes

Lv. Seattle	Lv. Winslow
6:25 AM	5:45 AM
* 7:10	* 6:30
7:50	7:10
# 8:30	# 7:50
9:15	8:30
10:10	9:15
11:10	10:10
12:10 PM	11:10
1:10	12:10 PM
2:10	1:10
3:00	2:10
3:45	3:00
4:30	3:45
5:15	4:30
5:55	5:10
6:40	5:55
@ 7:30	@ 6:45
8:05	7:20
@ 9:00	@ 8:15
9:50	9:05
11:15	9:40
12:30 AM	10:30
S 2:00	1:10 AM

Explanation of Symbols:
 * Daily except Saturday, Sunday and Holidays
 # Daily except Sundays and Holidays
 @ Friday, Saturday, Sunday and Holidays only
 □ Friday, Sunday and Holidays only
 S Departs at 2:10 AM weekday mornings

HOOD CANAL BRIDGE
 The one-way toll on the bridge is \$2.00 per standard vehicle, with no additional charge for passengers. Rates for trucks and other large vehicles may be obtained by calling Washington State Ferries information numbers listed in this schedule.

EDMONDS-KINGSTON
(North Kitsap)
Approx. Crossing—
30 Minutes

Lv. Edmonds	Lv. Kingston
* 5:50 AM	* 5:10 AM
7:10	6:30
8:30	7:50
9:10	8:30
9:50	9:10
10:25	9:50
11:05	10:25
11:40	11:05
12:20 PM	11:40
1:00	12:20 PM
1:45	1:00
2:25	1:45
3:10	2:25
3:50	3:10
4:30	3:50
5:10	4:30
5:50	5:10
6:30	5:50
7:10	6:30
# 7:45	# 7:10
8:20	7:45
† 8:55	† 8:20
9:30	8:55
10:40	10:05
11:45	11:15

* Daily except Sundays and holidays
 # Fridays, Saturdays, Sundays and Holidays only
 † Fridays, Sundays and Holidays only

SAFETY INFORMATION
 For your safety, Coast Guard re auto decks and in your car while arrives at a terminal, please do vessel is completely docked and barked. Do not carry gasoline abo of your car or boat. If you are tr two Coast Guard-approved port gallons each, in the boat. Propane must be closed prior to boarding during the crossing. Please follow State Ferries employees at all tir you and your vehicle.

SWIM MEET ENTRY FORM, MASTERS SWIM MEET

USMS & PNA MASTERS SANCTIONED 25 YARD SHORT COURSE POOL

DATE: Sat. & Sun. November 17-18, 1984 WARM UP: Saturday, 8:30am MEET: 9:00am
 PLACE: Subase Bangor Pool WARM UP: Sunday, 8:30am MEET: 9:30am
 HOSTED BY: Bangor Masters Swim Club MEET DIRECTOR: Jan Lehmann-Shaw
 ENTRY DEADLINE: November 8, 1984 8075 Daniel Pl. N.W.
 POOL PHONE: 779-4817 Silverdale, Wa. 98383
 (206-692-0456)

THE ENTRY DEADLINE IS EARLIER THAN USUAL SO BANGOR CAN COMPILE A LIST OF NAMES FOR THE FRONT GATE. PLEASE! NO LATE ENTRIES. WE MUST HAVE THE NAMES OF ALL INDIVIDUALS WHO PLAN TO ATTEND MEET, WHETHER SWIMMING OR WATCHING, SO THEY WILL BE ALLOWED THROUGH THE MAIN GATE!! ENTRIES MUST BE IN JAN'S HANDS BY NOV. 8.

 NAME _____ M OR F _____ BIRTHDATE _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE _____ USMS # _____ TEAM _____ OR UNATTACHED _____

AGE GROUP: (circle one) 20-24 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+

Entries limited to 5 events plus relays. Circle the events you wish to enter and fill in the best time or estimated time. Meet will be seeded slow heat 1st.

	<u>EVENTS</u>	<u>BEST TIME</u>		<u>BEST TIME</u>
SATURDAY:				
1	400 I.M.	_____	12	50 Freestyle _____
2	1650 Freestyle	_____	13	100 Butterfly _____
SUNDAY:			14	50 Breaststroke _____
3	500 Freestyle	_____	15	XXX Medley Relay <u>XXXXXXXX</u>
4	XXX Free Relay	<u>XXXXXXXX</u>	16	50 Backstroke _____
5	100 Backstroke	_____	17	100 Freestyle _____
6	200 Freestyle	_____	18	200 Butterfly _____
7	50 Butterfly	_____	19	100 Breaststroke _____
8	200 Breaststroke	_____	20	200 I.M. _____
9	100 I.M.	_____	21	XXX Mxd. Medley Relay <u>XXXXXXXX</u>
10	XXX Mixed Free Relay	<u>XXXXXXXX</u>		
11	200 Backstroke	_____		

****ENTER RELAYS AT THE MEET****

ENTRY FEE: Surcharge per swimmer \$5.00 Payable to PNA MASTERS SWIMMERS
 Awards may be purchased at the meet for the places earned after each event is posted and the awards table has received those results. Awards are \$1.50 each. Senior Citizens - first award free, \$1.50 for additional awards.

SEND ENTRY & PAYMENT TO: Jan Lehmann-Shaw
 8075 Daniel Pl. N.W.
 (Checks payable to PNA MASTERS SWIMMERS) Silverdale, Wa. 98383
 (206-692-0456)

ELIGIBILITY: Open to all USMS (United States Masters Swimming, Inc.) registered swimmers, 20 years of age or older, as of first day of the meet.

RULES: Current USMS (United States Masters Swimming, Inc.) rules will govern.

STATEMENT OF RELEASE

In consideration of your accepting this entry, I for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Naval Subase Bangor, Bangor Masters Swim Club, PNA Masters Swimmers and any other sponsors, for all claims of damages, demands, action whatsoever in any manner as a result of my participation in said PNA Masters swim meet. I attest and verify that I am physically fit and have sufficiently trained for the swimming of these events.

SIGNED _____



UNITED STATES MASTERS SWIMMING INC.

25 August 1984.

Dear L S MC Chairperson :

Changes and delays seem to be the only constants in life these days and your Zone Rep is no exception to that fact. This note is to advise you of the current status of the projected Zone Oceana Short Course Swim Meet.

A new date had to be accepted. The event is now scheduled for Saturday, October sixth (6 th) in the Walnut Creek, California pool. Meet sheets are being prepared and will go out to you for distribution next week. A full slate of events is planned so as to accommodate the favorites of most every swimmer. They will include, in this order; 500 free, 50 back, 100 fly, 50 breast, 200 mixed medley relay, 100 back, 100 free, 50 fly, 100 breast, 50 free, 100 I.M. and 200 mixed free relay.

The meet will start at nine, with warm-ups at eight, A.M. so those coming from other associations are advised to get into the Bay Area on Friday. Our Pacific group will offer home hospitality to those requesting it on the returned meet entry forms. There will, of course, be no charge for your entrants.

I sincerely regret any inconvenience this change may cause. Circumstances made the week's delay impossible to avoid, short of scrubbing the meet. All of the swimmers in our association hope that most of your people can still participate.

Hopefully yours,

Dore

PLEASE CONTACT KIKO FOR INFORMATION IF YOU ARE
INTERESTED IN ATTENDING THIS FIRST ZONE MEET.
PLEASE NOTE THE DATE CHANGE!

President

Michael A. Laux
8 Myrtle Avenue
Westport, CT 06880
203/226-3392

Vice President

Verne H. Scott
646 Elmwood Drive
Davis, CA 95616
916/752-0690

Secretary

Dorothy Donnelly
5 Piggott Lane
Avon, CT 06001
203/677-9464

Treasurer

Reg Richardson
915 Fiora Vista Drive
Santa Barbara, CA 93109
805/962-5812

Past President

F. Ted Haartz
155 Pantry Road
Sudbury, MA 01776

Registration Chairman

Dr. Art Mayer
1024 Elkton Rd
Newark, DE 19711

Zone Committee

Chairman

Gail M. Dummer
Dept. of Physical Education
Indiana University
Bloomington, IN 47405

Jeanne Mason Bostwick

Colonies
3 Golden Hill Court
Catonsville, MD 21228

Peter Mullen

Dixie
Breneau College - Box 4743
Gainesville, GA 30501

William Tingley

Heartland
2008 Trevilian Way
Louisville, KY 40205

Kevin Kelly

Breadbasket
14 Dean Ave.
Des Moines, IA 50316

Karen Barnes

Cow & Oil
12317 Teakwood Road
Edmond, OK 73034

Edie Gruender

Continental Divide
3329 N. Valencia Lane
Phoenix, AZ 80518

Dore Schwab Jr.
Gray Oaks
Ross, CA 94957-0772

WORLD
HEADQUARTERS:
BOX 1985
POSTAL
STATION P,
TORONTO,
CANADA,
M5S 2Y7.
TELEPHONE
416-927-1985.



MASTERS GAMES
JUEGOS VETERANOS
JEUX DES MAÎTRES

SWIMMING IN THE MASTERS GAMES

Masters Swimmers from all over the world are invited to be part of the first MASTERS GAMES, to be held in Toronto, Canada, August 7-25, 1985. Swimming is one of the 22 sports included in the Games schedule.

EVENTS

August 7 Registration and warm-up

August 8 200 m Mixed Medley Relay
200 m Backstroke
200 m Breaststroke
50 m Freestyle

August 9 200 m Fly
50 m Backstroke
400 m Freestyle

August 10 200 m Freestyle
100 m Breaststroke
100 m Butterfly
200 m Medley Relay

August 11 200 m Mixed Free Relay
50 m Breaststroke
50 m Butterfly
400 m Individual Medley

August 12 200 m Individual Medley
100 m Backstroke
100 m Freestyle
200 m Free Relay

August 13 1500 m Freestyle

August 14 5 kilometre Distance Swim

AGE GROUPS

Individual

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+

Relays

25+, 35+, 45+, 55+, 65+, 75+

All events are long course metres.

Since a maximum of 2,000 entries will be accepted, we suggest you mail your early registration form or your information request form as soon as possible.

ELIGIBILITY

You must be 25 years or older on August 8, 1985, the first day of swimming events in the MASTERS GAMES. This date determines your age group for the meet.

You must be a registered member of a Masters Swimming Organization in your own country. Where no such organization exists, a \$5 (Cdn) masters swimming affiliation fee must be paid at time of entry.

No qualifying times are required.

FEES

Masters Games Registration Fee

\$50 (Cdn) - prior to March 1st, 1985

\$60 (Cdn) - March 2nd - June 1st, 1985

The payment of the \$50 (Cdn) **Masters Games Registration Fee** automatically qualifies Swimmers to participate in other sports on the MASTERS GAMES schedule, subject, of course, to the entry requirements of those sports.

Swimming Entry Fee

\$5 per individual event entered

\$10 per relay team

Deadline for registration and entry is **June 1st, 1985.**

VENUE

Etobicoke Olympium - This pool will be the site of the Canadian Olympic Trials in 1984, as it was in 1980 and 1976. Several world records have been broken here during international competitions.

The Olympium is a 50 metre pool with 8 lanes divided by Keiffer lane dividers, and Omega OSM3 electronic timing. There is a 25 yard warm-up pool adjacent to the main pool.

The 5 kilometre Swim is to be held at the Claireville Conservation Centre, which is a short distance northwest of the Olympium.

MEET HOTEL HEADQUARTERS

Holiday Inn, Toronto West

Enquiries:
Escriba:
Écrire à:

Swimming Masters Organizing Committee
The Masters Games, P.O. Box 1985
Postal Station P, Toronto, Canada M5S 2Y7

Telephone: 416-927-1985

Events: Eventos: Rencontres:	Individual: Individual: Individuel:	Relays: Relevos: Relais:
Freestyle Estilo libre Nage libre	50m, 100m, 200m, 400m, 1,500m 50m, 100m, 200m, 400m, 1,500m 50m, 100m, 200m, 400m, 1,500m	Freestyle 200m Estilo libre 200m Nage libre 200m
Breaststroke Nado de pecho Brasse	50m, 100m, 200m 50m, 100m, 200m 50m, 100m, 200m	Medley 200m Combinado 200m Quatre nages 200m
Butterfly Mariposa Papillon	50m, 100m, 200m 50m, 100m, 200m 50m, 100m, 200m	Mixed Freestyle 200m Mixto estilo libre 200m Mixte nage libre 200m
Backstroke Nado de dorso Dos	50m, 100m, 200m 50m, 100m, 200m 50m, 100m, 200m	Mixed Medley 200m Mixto combinado 200m Mixte quatre nages 200m
Individual Medley Combinado individual Quatre nages	200m, 400m 200m, 400m 200m, 400m	
5 k Swim Nado de 5 km Nage de 5 km		

Age Categories: Categoría por edades: Groupes d'âge:	Individual: Individual: Individuel:	Relays: Relevos: Relais:
	25-29 60-64	25+
	30-34 65-69	35+
	35-39 70-74	45+
	40-44 75-79	55+
	45-49 80-84	65+
	50-54 85-89	75+
	55-59 90+	



The First Masters Games Early Registration

Last Name _____
 First Name _____
 Address _____

 Phone Number(s) _____
 Sport(s) _____
 Member Association _____
 Sex (m) _____ (f) _____
 Date of Birth _____

I am enclosing my Registration Fee in the amount of \$50 (Canadian), and would like to be registered as a participant in the First Masters Games.

I understand that there will be a nominal ENTRY FEE for each sport entered.

An ENTRY FORM for your sport or sports will be forwarded to you.

Withdrawals prior to June 1, 1985 will receive a refund of the registration fee less an administration fee of \$10 (Canadian). Withdrawals after June 1, 1985 will receive no refund.

Please enclose a BANK DRAFT in the amount of \$50 (Canadian) as registration for the First Masters Games and mail to:

Los Primeros Juegos Veteranos Inscripción Anticipada

Apellido _____
 Nombre _____
 Dirección _____

 Número(s) de Teléfono _____
 Deporte(s) _____
 Asociación Afiliada _____
 Sexo (m) _____ (f) _____
 Fecha de Nacimiento _____

Adjunto mi cuota de inscripción por la cantidad de \$50 (dól. canadienses) y desearía inscribirme como participante en los Primeros Juegos Veteranos.

Entiendo que habrá una CUOTA DE ENTRADA nominal por cada deporte en que se participe.

Se le enviará un FORMULARIO DE ENTRADA para su deporte o deportes.

Si se retira antes del 1° de Junio de 1985 recibirá un reembolso de la cuota de inscripción menos una cuota de administración de \$10 (dól. canadienses). Si retira su inscripción después del 1° de Junio de 1985 no recibirá reembolso.

Por favor adjunte un GIRO BANCARIO por la cantidad de \$50 (Dól. canadienses) como cuota de inscripción para los Primeros Juegos Veteranos y envíe por correo a:

Les Premiers Jeux des Maîtres Inscription anticipée

Nom: _____
 Prénom: _____
 Adresse: _____

 N°(s) de téléphone: _____
 Sport(s): _____
 Association membre: _____
 Sexe (m) _____ (f) _____
 Date de naissance: _____

Je joins à la présente mes frais d'inscription de 50 \$ (canadiens). Veuillez m'inscrire comme participant aux Premiers Jeux des Maîtres.

Je comprends que des FRAIS D'ENREGISTREMENT minimes seront prélevés pour chaque sport.

J'attends de votre part une FORMULE D'ENREGISTREMENT pour mon (mes) sport(s).

Les personnes qui annulent leur inscription avant le 1^{er} juin 1985 se verront rembourser leur frais d'inscription moins des frais administratifs de 10 \$ (canadiens). Les personnes annulant leur inscription après le 1^{er} juin 1985 ne recevront aucun remboursement.

Veuillez joindre un CHÈQUE BANCAIRE de 50 \$ (canadiens) pour votre inscription aux Premiers Jeux des Maîtres, et l'envoyer à:

Masters Games, World Headquarters, Box 1985, Postal Station P, Toronto, Canada M5S 2Y7

First Masters Games Information Request

I am interested in participating in the First Masters Games and would like to receive further information.

Name _____
 Address _____

 Phone Number _____
 Sport(s) _____
 Event(s) _____

Send my information to me in: English
 French
 Spanish

Mail this form to:

Primeros Juegos Veteranos Solicitud de Información

Estoy interesado en participar en los Primeros Juegos Veteranos y desearía recibir mayor información.

Nombre _____
 Dirección _____

 Número de Teléfono _____
 Deporte(s) _____
 Evento(s) _____

Sírvase enviarme mi información en: Inglés
 Francés
 Español

Envíe este formulario por correo a:

Premiers Jeux des Maîtres Demande d'information

Je suis intéressé(e) à participer aux Premiers Jeux des Maîtres, et je désire recevoir de plus amples renseignements.

Nom: _____
 Adresse: _____

 N° de téléphone: _____
 Sport(s): _____
 Épreuve(s): _____

Veuillez m'envoyer des renseignements en: anglais
 français
 espagnol

Envoyez cette formule à:

Masters Games, World Headquarters, Box 1985, Postal Station P, Toronto, Canada M5S 2Y7

September 1984

Dear Fellow PNA Masters & Friends:

As the summer is winding down to a close, I hope that you all can look back upon this past year of Masters Swimming with satisfaction. Take your goals out of the closet (or your log book) and sit down to re-evaluate them. How many did you accomplish? Did you meet those ten people at meets this year? Did you lose those five extra pounds? Did you quit smoking? Did you try the 50 Fly for the first time? Or the 200 Fly? Or did you even get in there and begin to race for the first time, ever? If so, congratulations!! If not, why not? Time to reassess those goals and formulate new ones for the 1984-1985 season!

A personal opinion is that it is always easier to workout when I have a specific goal in mind; so, I want to encourage you to sit down either by yourself or with a coach you trust or some fellow Masters Swimmers and map out some realistic goals for the upcoming year. Take a good look at all the three aspects of our Masters Swimming motto: FUN, FITNESS, FELLOWSHIP. Search for a balance. Some priorities you might consider include:

FUN: What new places can I travel to this season? What new events/distances can I try? Which friends/family can I influence to join Masters? How many personal beats can I achieve?

FITNESS: How much weight do I want to lose? How much do I want to lower my blood pressure or pulse rate? How consistent can I be in my workouts? What stretching or weightlifting can I add to my program? (We encourage everyone to get a complete physical exam before undertaking strenuous exercise!)

FELLOWSHIP: How many new people can I meet this year? How can I encourage my fellow Masters Swimmers? How can I be an example?

As I've said before, the possibilities are endless. Let your imagination go and be creative! Good blessings to you all...Please let me know how you're getting along with those goals!

Don't forget the Central Kitsap Meet September 15th! Bring a friend and enjoy the Sprinter's Meet of the year! Or better yet, have a friend join you in a fun event with us non-sprinters and out of shape, fun loving PNA Masters!

See you there!

Love,

DKO

INSTRUCTIONS FOR FILLING OUT TIME CARDS FOR ALL MEETS:

All swimmers are asked to pick up time cards from their team representative or a board member, fill them out completely and accurately as illustrated below, and send them in with the entry form. Use one card for each event you enter.

KC83

EVENT NUMBER 4 Best Time :35.2 ← 1. ENTER EVENT NUMBER & BEST TIME

EVENT 50 Breast ← 2. EVENT NAME

MEET KENT DATE 2/11 ← 3. ENTER MEET NAME & DATE

FULL NAME(S) KATHRINE CRANDELL AGE(S) 35 ← 4. PRINT YOUR NAME & YOUR AGE. USE THE SAME NAME WITH WHICH YOU REGISTERED. PRINT LEGIBLY!!

CLUB/ASSOC: Ft. Steil. ← 5. PRINT CLUB NAME

AGE GROUP: 20-24 25-29 30-34 ← 6. CIRCLE YOUR AGE GROUP. IF OVER 79 WRITE IN YOUR AGE GROUP.
35-39 40-44 45-49 50-54 55-59
 60-64 65-69 70-74 75-79

RELAYS ONLY: 20 & Up 25 & Up 35 & Up
 45 & Up 55 & Up
 MEN WOMEN COED

HEAT	Timers Initials	Time		Seconds	Tenths/Hundredth
		Minutes			
LANE					
OFFICIAL TIME					FINAL PLACE

DO NOT FILL OUT ANYTHING BELOW THIS LINE

***FOR NON-MEMBERS ONLY!**

SUBSCRIPTION FORM FOR WET SET NEWSLETTER

DATE.....
 ADDRESS.....

 ZIP CODE.....

MAKE \$6.00 CHECK PAYABLE TO:
PNA MASTERS SWIMMERS AND SEND TO:

Jane & Hugh Moore
 29920 - 2nd Pl. S.W.
 Federal Way, Wa. 98003
 (206) 941-3100

*Registered members receive the newsletter for one year upon receipt of their registration and do not have to subscribe.

EXPLANATION OF ORDERS OF EVENTS

The four orders of events alternate back to back strokes. For example: Freestyle and Breaststroke are back to back in Order #1, but not in #2. They are back to back again in Order #3, but not in #4. The 400 I.M. and 1650 Freestyle are listed at the top of each order as optional because it is up to the Meet Directors whether they have those events and when they have them. Break? means the Break could be before or after the Relay at the Meet Director's discretion. The 500 Freestyle is last in #1 and first in #2, last in #3 and first in #4. The 100 I.M. and the 200 I.M. also alternate positions from one order to the next. By publishing all 4 orders of events now and listing them in the meet calendar on the front page of the newsletter, you can see what order of events will be used at each meet. You can plan your events for the year if you want. The PNA Championships will be a separate championship order of events which gives every combination of strokes at least one back to back.

	<u>ORDER #1</u>	<u>ORDER #2</u>	<u>ORDER #3</u>	<u>ORDER #4</u>
Optional →	400 I.M. 1650 Free	400 I.M. 1650 Free	400 I.M. 1650 Free	400 I.M. 1650 Free
	Free Relay	500 Free Free Relay	Free Relay	500 Free Free Relay
	50 Free 100 Breast 200 Back 50 Fly	100 Back 200 Free 50 Fly 200 Breast	200 Fly 200 Back 50 Breast 100 Free	50 Breast 100 Fly 200 Free 50 Back
	200 I.M. BREAK? Mxd. Free Relay	100 I.M. BREAK? Mxd. Free Relay	BREAK Mxd. Free Relay 200 I.M.	100 I.M. BREAK Mxd. Fr. Relay
	100 Free 200 Breast 50 Back 100 Fly	200 Back 50 Free 100 Fly 50 Breast	50 Fly 100 Back 200 Breast 50 Free	100 Breast 50 Fly 100 Free 200 Back
	Medley Relay BREAK	BREAK? Medley Relay	BREAK Medley Relay	Medley Relay
	200 Free 50 Breast 100 Back 200 Fly	50 Back 100 Free 200 Fly 100 Breast	100 Fly 50 Back 100 Breast 200 Free	200 Breast 200 Fly 50 Free 100 Back
	100 I.M. Mxd. Medley Relay	200 I.M. Mxd. Medley Relay	BREAK? 100 I.M. Mxd. Med. Relay	200 I.M. BREAK? Mxd. Med. Relay
	500 Free		500 Free	

SWIM MEET ENTRY FORM, MASTERS SWIM MEET

USMS & PNA MASTERS SANCTIONED 25 YARD SHORT COURSE POOL

DATE: Sat. & Sun. October 20-21, 1984 WARM UP: Saturday, 9:00 am MEET: 10:00 am
 PLACE: Juanita High School Pool WARM UP: Sunday, 8:00 am MEET: 9:00 am
 10601 N.E. 132nd St. MEET DIRECTOR: Carol Ann Thurston
 Kirkland, Wa. 98033 14518 N.E. 173rd St.
 HOSTED BY: Totem Lake Swim Team Woodinville, Wa. 98072
 ENTRY DEADLINE: October 10, 1984 Phone: 483-0286

ENTRY MUST BE IN CAROL'S HANDS OCT. 10

DUE TO JUANITA HIGH SCHOOL FOOTBALL GAME FRIDAY NIGHT, MEET HAS TO BE SATURDAY AND SUNDAY

DIRECTIONS TO: Juanita High School

From I-405, exit at N.E. 124th St. in Kirkland by Totem Lake Shopping Center (Exit 20B Northbound; Exit 20 Southbound). At end of exit turn left (from Northbound) or right (from Southbound) and go West to 116th Ave. N.E. Burger King and Taco Time are on the corner. Turn right. Go to N.E. 132nd St. just past the Kingsgate Park & Ride. Turn left. Pool is exactly 1/2 mile on your left, just "2 lengths of the pool" past 107th Lane and 106th Pl. Shallow end will be open for warm up during the meet. Lockers available but bring your own padlock. Concession stand.

NAME _____ M OR F BIRTHDATE _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE _____ USMS # _____ TEAM _____ OR UNATTACHED _____
 AGE GROUP: (circle one) 20-24 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+

Entries limited to 5 events plus relays. Circle the events you wish to enter and fill in the best time or estimated time. Meet will be seeded slow heat 1st.

	<u>EVENTS</u>	<u>BEST TIME</u>		<u>BEST TIME</u>
SATURDAY:				
1	400 I.M.	_____	12	50 Backstroke
2	1650 Freestyle	_____	13	100 Butterfly
SUNDAY:				
3	<u>XXXXX</u> Free Relay	<u>XXXXXXXX</u>	14	<u>XXXXX</u> Medley Relay <u>XXXXXXXX</u>
4	50 Freestyle	_____	15	200 Freestyle
5	100 Breaststroke	_____	16	50 Breaststroke
6	200 Backstroke	_____	17	100 Backstroke
7	50 Butterfly	_____	18	200 Butterfly
8	200 I.M.	_____	19	100 I.M.
9	<u>XXXXX</u> Mixed Free Relay	<u>XXXXXXXX</u>	20	<u>XXXXX</u> Mxd. Medley Relay <u>XXXXXXXX</u>
10	100 Freestyle	_____	21	500 Freestyle
11	200 Breaststroke	_____		

ENTER RELAYS AT THE MEET

ENTRY FEE: Surcharge per swimmer \$5.00 Payable to PNA MASTERS SWIMMERS
 Awards may be purchased at the meet for the places earned after each event is posted and the awards table has received those results. Awards are \$1.50 each. Senior Citizens - first award free, \$1.50 for additional awards.
 SEND ENTRY & PAYMENT TO: Carol Ann Thurston
 (Checks payable to PNA MASTERS SWIMMERS) 14518 N.E. 173rd St.
 Woodinville, Wa. 98072
 (206-483-0286)

ELIGIBILITY: Open to all USMS (United States Masters Swimming, Inc.) registered swimmers, 20 years of age or older, as of first day of the meet.
 RULES: Current USMS (United States Masters Swimming, Inc.) rules will govern.

STATEMENT OF RELEASE

In consideration of your accepting this entry, I for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Juanita High School Pool, Totem Lake Swim Team, PNA Masters Swimmers and any other sponsors, for all claims of damages, demands, action whatsoever in any manner as a result of my participation in said PNA Masters swim meet. I attest and verify that I am physically fit and have sufficiently trained for the swimming of these events.