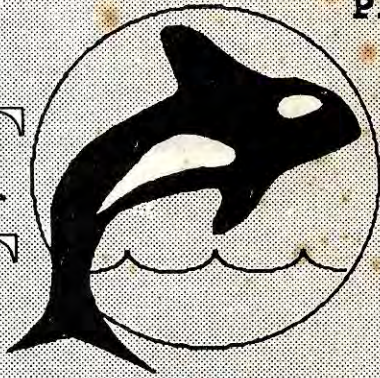


the
WET
SET



PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS

PRESIDENT

Rondi-Beth White
7001 Topaz Dr. SW
Tacoma, WA 98498
206 582-0532

EDITOR

Dorothy Kleist
31417 36th Ave. SW
Federal Way, WA 98023
206 838-1555

THE PNA NEWSLETTER

VOLUME 6 NUMBER 8

AUGUST 10, 1987

Dear PNA Members:

This Summer has really flown by for me. We managed to watch, but not swim in, the Italian Masters Nationals. The Italians do not allow "non-Italians" to swim, if they did, by their own statement, they wouldn't win much. The meet organization fit the Italian lifestyle! There was a three hour lunch break for pasta, wine and a little nap. If they got behind, they ran the events they didn't get to on the day they were scheduled the next day. Swimmers may not know exactly when they would swim, but a good time was certainly had by all! It was as much a social event as a competitive one; a real experience for us to have! My Dad swam, and did very well. (He's allowed because he is a resident, and really thinks he is Italian anyway. His team had some very good times.)

It has been a busy year for me. I'm looking forward to getting back into the groove and swimming regularly this Fall. I hope the rest of the Summer goes well for all of you! Good luck at Nationals! For those of us who will be getting older between now and my next letter, I've found these words of wisdom: "Youth is a gift of God, maturity is a work of art!"

Love,

Rondi

AUGUST BOARD MEETING - AUGUST 25TH - 7 PM
UNIVERSITY OF WASHINGTON - IN THE RANCIERO
ALL PNA MEMBERS ARE INVITED AND WELCOME. SEE YOU THERE!

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AUGUST BOARD MEETING - AUGUST 25TH - 7 PM
UNIVERSITY OF WASHINGTON - IN THE RANCIERO
ALL PNA MEMBERS ARE INVITED AND WELCOME. SEE YOU THERE!

EDITORIAL COMMENTS

There are several sections of the WET SET that we hope to have on a regular basis. These include:

| | | |
|----------------------------|-----------------|----------|
| Deck Profiles..... | Debbie Kingsly | 644-2029 |
| Fitness..... | Jane Moore | 941-3100 |
| Coach's Corner..... | Various Coaches | |
| | Rondi White | 582-0532 |
| Letters to the Editor..... | ANY PNA Member | |
| | Dorothy Kleist | 838-1555 |
| President's Message..... | Rondi White | 582-0532 |
| Editorials..... | Peter Hebert | 778-7108 |
| | Dorothy Kleist | 838-1555 |
| Calendar..... | Lowell Johnson | 582-0532 |

Material for the WET SET that is camera ready should arrive at the Editor's desk no later than the first of the month. (Camera Ready means a good, legible copy that has a nice dark print.)

Material that must be re-typed should arrive at the Editor's desk by the 25th of the month.

Both camera ready material and material that must be re-typed are welcome. Let's hear from YOU! (After all it is YOUR newsletter!)

P N A MEET INFORMATION

OCTOBER 17 EASTSIDE CATHOLIC MEET will be held Saturday, October 17, at the Mercer Island District Pool. Warmup for the 500 FR will be at 8:00 AM with the 500 FR starting at 8:30 AM.

There will be an additional warmup of at least 30 minutes following the 500 FR and the rest of the meet will start no earlier than 10:00 AM. Additional information on page 8 and Entry Form on page 9.

Entries must be postmarked by October 6, 1987.

OCTOBER 23-25 REGION XII SHORT COURSE METER CHAMPIONSHIPS
The Region XII Short Course Meter Championships will be held at the Kittitas Valley Memorial Pool in Ellensburg October 23rd through the 25th. Additional information on page 14 and Entry Form on page 15.

Entries must be received by October 2, 1987.

OTHER MEET INFORMATION

AUGUST 16 FAN LAKE DISTANCE CLASSIC (Formerly Deer Lake Classic)
2.4 Mile Open Water Swim - Deer Lake (40 miles north of
Spokane) The swim starts Sunday, August 16th at 10:00 AM.
All participants to receive a long sleeve T-Shirt. First
place male and female finishers will also receive a long
sleeve sweat shirt. Age group trophies will also be given
out at the conclusion of the race. See page 16.

SEPT 19-20 ROSEBURG, OREGON - SHORT COURSE METERS
The Umpqua Valley Masters are hosting a Short Course
Meters meet at the Umpqua Community College Pool in
Roseburg, Oregon. The meet warmup starts at 3:00 PM on
the 19th and at 9:00 AM on the 20th. The Meet Director
is Terry Mc Curdy, 503 673-3673. Take exit 129 on I-5.
Go left at the stop and follow the signs to Umpqua
Community College. There will be a social event after
Saturday's events. Entry Fee \$5.00 and must be postmarked
no later than September 8, 1987. See page 11.

OCT 3-4 REDMOND, OREGON - SHORT COURSE METERS
Cascade Aquatic Masters are hosting the Redmond Short
Course Masters Meet, October 3rd and 4th. Warmup starts
at 9:30 AM on the 3rd and at 8:00 AM on the 4th. The meet
Director is Cynthia Dunlap 503 548-5628 (home) or 503
548-6066 (work). The address of the pool is 465 SW
Rimrock. From Sisters East on Hwy 20 go to yellow
blinking light at Rimrock Ave turn left. Go past Redmond
High School. Pool in on the left just north of the High
School. From Hwy 97 South turn right on Highland Ave.
Continue to yellow blinking light at Rimrock Ave, turn
right. Entry Fee \$5.00 and must be postmarked no later
than Sept 23, 1987. See page 13.

DECEMBER ? International Dual Meet (More Information Later)

MAY 13-16 1988 CANADIAN MASTERS SWIMMING CHAMPIONSHIPS
1988 The 1988 Championships will be held in accordance
with Rule 22 of the Swimming Canada Natation Handbook.
(CASA). The meet site is the UBC Aquatic Center in
Vancouver BC. The Aquatic Center comprises two 50 meter
pools, one indoors and one outdoors. (The meet will be
held in the indoors pool - 8 lanes for the meet and a
25 meter portion for competitors during the meet.)

For information about out of association meets, unless otherwise listed:

INLAND EMPIRE
Harry Lewis
E 944 39th Ave
Spokane, WA 99203
509 747-3421

OREGON
Bert Peterson
2051 NE 137th
Portland, OR 97230
503 252-6081

IDAHO
Richard Cook
Sawtooth Masters Swimming
1915 SW State Street
Boise, ID 83702
604 736-7645

BRITISH COLUMBIA
Denis Crockett
BC Masters
1531 W 4th Ave
Vancouver, BC V6J 1L6

RELAYS-MIXED 200 M. MEDLEY

| 76 + | | | 120+ | | | 160+ | | |
|--------------|--------|-----------|-------------------|--------|-----------|----------------|--------|-----------|
| SHARI MIKROT | 23 PNA | 2:30.73 N | JIM SWEENEY | 25 PNA | 2:42.17 P | TERRI HIGHLAND | 40 PNA | 2:47.01 P |
| DONNA BROWN | 31 | | MARGIE HARRINGTON | 41 | | CHARLES ROTH | 47 | |
| FRAN EINTERZ | 33 | | DANA BEATTY | 28 | | MARVIN WOOD | 51 | |
| CHRIS MYERS | 32 | | RICK ALMBERG | 42 | | MAGI HARRIS | 40 | |

FITNESS - THE PURPOSE OF
MASTERS SWIMMING

I realized that this year I probably won't make Nat'l top 10 in any event, that my times were a bit slower than last year, and that the best place I would have gotten at Stanford would have been 17th. On top of that I got a print out from the USC Alumni Relays and realized that most of my former teammates can beat the socks off me (at least for a 50) even though they hardly train at all. In bouts of despair I ask myself - What is the purpose of getting up at 5:30 AM every morning to swim 20,000 yds/wk?

Then I put things in perspective usually during a kicking set. How important is it to have a fantastic 50 relay split in comparison to a low % body fat, above normal HDLs, a commendable VO2 max, and a low resting pulse that goes with hard training? Needless to say a 50 split comes out 2nd best.

So why not just swim 30 min/day, 3days/wk and get some aerobic fitness and forget all this competition stuff? Because even without the social and psychological benefits of Master's competition it is good for me. Studies have shown that increased training beyond the minimum results in better fitness. Having to perform in a meet makes me train when I might not want to. Also a study summarized in the Seattle PI gives a good reason. They found that a group of 60 yr olds who were in a regular exercise program had better aerobic fitness than lean healthy 20 yr olds who were not in training. PLUS those 60 yr olds who competed in regularly scheduled events maintained their performances hence fitness over the 10 yrs of the study better than those who didn't compete.

That is why I train and participate in Master's Swimming. It is so good for me. It is good for you as well and the fitness committee hopes to make it even better for you by this column. Hopefully you will see it regularly with a variety of subjects on fitness, health, and training. Keep Fit!

Ian Thompson
PNA Fitness Committee

EASTSIDE CATHOLIC MEET INFORMATION

DATE: Saturday, October 17, 1987

WARMUP 8 A.M.

500 START 8:30 AM

2ND WARMUP After 500, at least 30 min.

MEET START 30 min after 500, no earlier than 10:00 A.M.

| | |
|------------------------------------|---------------------------|
| PLACE: Mercer Island District Pool | MEET DIRECTOR: Mike Jones |
| 8815 S.E.40TH | Eastside Catholic H. S. |
| Mercer Island, WA. 98040 | 225 - 102ND AVE N.E. |
| | Bellevue, WA. 98004 |
| PHONE: 206 232-7370 | 206 454-1723 |

HOSTED BY: Eastside Catholic Girls' Swim Team

DEADLINE: Postmarked by October 6, 1987

NOTE: Entrants must register for 1987 in order to swim in this meet. Events will be seeded slow heat first except the 500 Free which will be deck seeded fast heat first. Entrants swimming the 500 Free must check in at 8:00 A.M.

FACILITY: 6 lane, 25 yard pool, water temperature 83-84 degrees, manual timing, deck surface smooth, coin operated lockers, concessions available.

ORDER OF EVENTS: (Relays will be swum by age groups 19+, 25+, 35+, etc.)

- | | | | | | | | |
|---|--------------------|----|-----|--------------------|------|----|-------------------|
| 1 | 500 Freestyle | | --- | BREAK | ---- | 14 | 50 Backstroke |
| | -- 30 MIN WARMUP-- | 8 | | 200 MXD FREE RELAY | | 15 | 100 Freestyle |
| 2 | 200 FREE RELAY | 9 | | 200 Backstroke | | 16 | 200 Butterfly |
| 3 | 100 Backstroke | 10 | | 50 Freestyle | | 17 | 100 Breaststroke |
| 4 | 200 Freestyle | 11 | | 100 Butterfly | | | --- BREAK --- |
| 5 | 50 Butterfly | 12 | | 50 Breaststroke | | 18 | 200 I. M. |
| 6 | 200 Breaststroke | | | --- BREAK --- | | 19 | 200 MXD MED RELAY |
| 7 | 100 I.M. | 14 | | 200 MED RELAY | | | |

DIRECTIONS: From East or West take I-90 to Mercer Island. Turn South on Island Crest Way. Turn left (East) on 40th Street. The pool is two blocks on the right.

25 YARD SHORT COURSE SWIM MEET ENTRY FORM

USMS AND PNA SANCTION # 873609

DATE: Sat. October 17, 1987 WARMUP: 8:00am 500 START: 8:30AM
 PLACE: Mercer Island Dist. Pool WARMUP: after 500 MEET: 30 min. later
 8815 SE 40th but not before 10:00am
 Mercer Island, WA 98040 MEET DIRECTOR: Mike Jones
 PHONE: 206-232-7370 Eastside Catholic HS
 HOSTED BY: Eastside Catholic Girls' Swim Team 225 - 102nd Ave. NE
 Bellevue, WA 98004

DEADLINE: POSTMARKED BY OCTOBER 6, 1987 PHONE: 206-454-1723
 NAME _____ M or F BIRTHDATE _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE _____ USMS # 7 TEAM _____ OR UN ASSOC _____
 AGE GROUP: (Circle one) 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+

YOUR AGE AT THE MEET IS DETERMINED BY YOUR AGE ON THE LAST DAY OF THE MEET
Entries limited to five events plus relays. Circle the events you wish to enter and fill in the best or estimated time. Meet will be seeded slow heats first except 500 Free, which will be seeded fast heat first.
ENTRANTS SWIMMING THESE EVENTS MUST CHECK IN 30 MINUTES BEFORE MEET START TIME. You must register for 1987 in order to swim this meet.
 DIRECTIONS: See meet information page.

| <u>EVENTS</u> | | <u>BEST TIME</u> | <u>EVENTS</u> | | <u>BEST TIME</u> |
|-----------------|------------------------------|------------------|-----------------------|-----------------------------|------------------|
| <u>Saturday</u> | | | <u>Saturday cont.</u> | | |
| 1 | 500 Freestyle | _____ | 11 | 100 Butterfly | _____ |
| | -30 MINUTE WARMUP- | | 12 | 50 Breaststroke | _____ |
| 2 | <u>XX</u> 200 FREE RELAY | <u>XXX</u> | | BREAK----- | |
| 3 | 100 Backstroke | _____ | 13 | <u>XX</u> 200 MEDLEY RELAY | <u>XXX</u> |
| 4 | 200 Freestyle | _____ | 14 | 50 Backstroke | _____ |
| 5 | 50 Butterfly | _____ | 15 | 100 Freestyle | _____ |
| 6 | 200 Breaststroke | _____ | 16 | 200 Butterfly | _____ |
| 7 | 100 I.M. | _____ | 17 | 100 Breaststroke | _____ |
| | BREAK----- | | | BREAK----- | |
| 8 | <u>XX</u> 200 MXD FREE RELAY | <u>XXX</u> | 18 | 200 I.M. | _____ |
| 9 | 200 Backstroke | _____ | 19 | <u>XX</u> 200 MXD MED RELAY | <u>XXX</u> |
| 10 | 50 Freestyle | _____ | | | |

ENTRY FEE: \$5.00 with cards, \$5.50 without cards.
 SEND ENTRY, TIME CARDS, AND PAYMENT TO:

Mike Jones
 Eastside Catholic High School
 225 - 102nd Ave. NE
 Bellevue, WA 98004

MAKE CHECK PAYABLE TO:
PNA MASTERS SWIMMERS

ELIGIBILITY: Open to all USMS (United States Masters Swimming, Inc.) registered swimmers, 19 years of age or older, as of last day of the meet.

NOTE: Swimmers under the age of 25 years are advised they might jeopardize their amateur status under FINA Rule GR-1 if they participate in Masters competition.

RULES: Current USMS rules will govern.

STATEMENT OF RELEASE

The undersigned agrees to hold United States Masters Swimming, all local Masters Swimming Committees, Mercer Island District Pool and Eastside Catholic Girls' Swim Team free and harmless from any and all damages, claims, demands, and legal action arising by reason of injury to anyone during the conduct of the event including all attorney fees and court costs.

SIGNED _____

DECK PROFILE - DARRYL SWENSON

Indoctrinated in the Mecca of competitive swimming, Darryl Swenson began swimming Masters with the Santa Clara Masters ten years ago. After moving from California to Seattle, he swam briefly for the Cascade and Husky Masters before settling into his own fitness schedule.

Now swimming unattached, Darryl works out in a twenty yard pool just one block from his home. At the age of 41 he swims for his own conditioning and enjoyment.

Despite Darryl's intentions he managed to place in the National Top Ten three years ago. "I'm not out to set the world on fire with National records right now." Darryl said, "My motivation is no different than others. The main reason I keep swimming is because it provides continuous stimulation to keep up day to day exercise. Even if I'm not in shape, I won't let that deter me. I always come away more motivated than when I started, regardless of how well I do in a swim meet."

Darryl's actual swimming career began much earlier as an age group and High School swimmer in California. A confirmed devotee of the Emerald City however, he now lives as a Seattle bachelor. Darryl claims he really loves the city and own a condominium with an "awesome view" of Lake Union.

In addition to Masters Swimming, he finds time to pursue other interests. Darryl loves travel, art museums, snow skiing and sailing in the San Juans. An avid computer buff, he manages his own investments and is also in the formative stages of starting his own business.

In addition to all the above activities Darryl fits PNA Social Director into his already busy schedule. He would like to see more social activities and relaxing exchanges at meets. Darryl feels Master's socials are a "total blast", and envisions more varied activities with Oregon and British Columbia swimmers.

Well Darryl, all the Masters thought your San Francisco Cruise at Nationals was certainly a "total blast". From all the swimmers thanks for a great social event. You do indeed epitomize the Master's spirit, "Fun, Fitness, Friendship".

(Debbie Kingsly - Deck Profiles Editor)

- - - - - NOTICE - - NOTICE - - NOTICE - - - - -

PACIFIC NORTHWEST AQUATICS swimmers who attended Short Course Nationals at Stanford:

If you paid for a relay but were not assigned to one to swim, refunds are ready. The refunds will be distributed to swimmers or their team reps at the August PNA Board Meeting.

SHORT COURSE METERS SHORT COURSE METERS SHORT COURSE METERS

**OREGON MASTERS SHORT COURSE METERS SWIMMING MEET ENTRY FORM
SANCTION NO. 87K BY USMS, INC AND LMSC FOR OREGON ASSOCIATION**

ELIGIBILITY: Currently registered USMS swimmers, 19 years and older. Unregistered swimmers must submit a registration form and fee (see last sheet of Aquamaster) with this entry.

MEET: Umpqua Valley Masters SC Meters Meet DATE: Sept. 19 & 20, 1987

PLACE: Umpqua Community College Pool, Roseburg
Outdoor pool - 6 lanes, warm-up space available

| | | |
|------------------------------|----------------|--------------------|
| HOST: Umpqua Valley Masters | <u>WARM UP</u> | <u>MEET STARTS</u> |
| Terry McCurdy, Meet Director | 19th 3:00 PM | 4:00 PM |
| 673-3673 (H) | 20th 9:00 AM | 10:00 AM |

DIRECTIONS TO POOL: From I-5, take exit #129. Go left at the stop and follow the signs to Umpqua Community College. Look for signs to pool.

PARTY: There will be a special social gathering after Saturday's events. Details will be available at the meet. You won't want to miss it!

ENTRY DEADLINE: Postmarked no later than 9-8-87. No late entries will be accepted.

- - - - - RETURN THIS LOWER PORTION - - - - -

NAME _____ PHONE _____

ADDRESS _____ CITY _____ ST _____ ZIP _____

1987 USMS# 7 BIRTHDATE _____ SEX _____ AGE _____ ASSOC _____

**REMINDER: IF YOU HAVE NOT REGISTERED WITH USMS FOR 1987, YOU MUST SUBMIT
A USMS REGISTRATION FORM AND FEE WITH THIS COMPLETED MEET ENTRY.**

AGE GROUPS: 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+
RELAY AGE GROUPS: 76+, 100+, 120+, 160+, 200+, 240+, and 280+.
You are limited to a maximum of 5 individual events, plus 4 relays. Enter relays at the meet. The 800 and 400 Free and the 400 IM will be deck-seeded. All other events will be pre-seeded fastest heats first.

| <u>SATURDAY, SEPT. 19</u> | ENTRY TIME | <u>SUNDAY, SEPT. 20</u> | ENTRY TIME |
|---------------------------|-------------|-------------------------|--------------|
| 400 IM | 1 : : . | 50 Fly | 10 : : . |
| 800 Free | 2 : : . | 100 Back | 11 : : . |
| | | 200 Breast | 12 : : . |
| | | 50 Free | 13 : : . |
| <u>SUNDAY, SEPT. 20</u> | | Medley Relay | 14 XXXXXX |
| 200 Fly | 3 : : . | 5 MIN BREAK | |
| 200 Back | 4 : : . | 100 Fly | 15 : : . |
| 5 MIN BREAK | | 50 Back | 16 : : . |
| Free Relay | 5 XXXXXX | 100 Breast | 17 : : . |
| 5 MIN BREAK | | 200 Free | 18 : : . |
| 50 Breast | 6 : : . | Mxd Med Relay | 19 XXXXXX |
| 100 Free | 7 : : . | 5 MIN BREAK | |
| 200 IM | 8 : : . | 400 Free | 20 : : . |
| Mxd Fr Relay | 9 XXXXXX | | |
| 5 MIN BREAK | | | |

**MEET ENTRY FEE: \$5.00 Send form(s) & fee(s) payable to OMS to:
OMS, 18476 TIMBERGROVE COURT, LAKE OSWEGO, OR 97034**

PLEASE NOTE: Swimmers less than 25 years old are advised that they may jeopardize their amateur standing under FINA Rule GR1 if they compete in Masters competition.
STATEMENT OF RELEASE: The undersigned agrees to hold USMS, Inc. and LMSC for Oregon free and harmless for any and all damages, claims, demands and legal action arising by reason of injury to anyone during the conduct of the event, including all attorney fees and court costs.

Signature _____ Date _____ 11

CHANGE OF ADDRESS FORM

NAME..... USMS #.....
 OLD ADDRESS..... NEW ADDRESS.....

ZIP..... ZIP.....
 NEW PHONE NO.....

SEND TO: David Addleman
 1812 Maple Lane #D-21
 Kent, WA 98031

***FOR NON-MEMBERS ONLY**
SUBSCRIPTION FORM FOR WET SET NEWSLETTER

NAME..... MAKE \$8.00 CHECK PAYABLE TO:
 ADDRESS..... PNA MASTERS SWIMMERS AND SEND
 TO:
 David Addleman
 1812 Maple Lane #D-21
 Kent, WA 98031
 ZIP CODE.....

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

UNITED STATES MASTERS SWIMMING, INC.
REGISTRATION APPLICATION – NOV. 1, 1986 – OCT. 31, 1987

FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS
PLEASE PRINT OR TYPE INFORMATION

THIS IS A RENEWAL My 1986 USMS No. is _____ NEW REGISTRATION

PLEASE NOTE THE CHANGE(S) FROM MY 1986 REGISTRATION
 ADDRESS NAME _____ CLUB/DIST. _____ (PREVIOUS)
 OTHER _____

_____ Last Name _____ First Name _____ Initial _____

_____ Street Address _____

_____ City _____ State _____ Zip Code _____

_____ Telephone No. _____ Date of Birth _____ Age _____ Sex _____

_____ Local _____ Date of Application _____
 Team _____ Unattached

_____ (Club (Nat'l Level Only) _____
 PNA Other _____ Unattached



OFFICE USE ONLY

THANK YOU

MAKE CHECK PAYABLE TO: **PNA MASTERS SWIMMERS**
 MAIL TO: ► **DAVID ADDLEMAN**
1812 MAPLE LANE #D-21
KENT, WA 98031
(206) 852-7002

(THESE FEES GOOD THRU OCT. 31, 1987 ONLY)

| | | |
|---------------------------|---------------------------|-----------------------------|
| USMS FEE \$5.00 | LMSC FEE \$5.00 | TOTAL FEE \$10.00 |
|---------------------------|---------------------------|-----------------------------|

SENIORS (65+) \$8.00

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

x _____
 APPLICANTS SIGNATURE.

**REGION XII SHORT COURSE METER CHAMPIONSHIPS
ELLENSBURG, WASHINGTON
OCTODER 23, 24, 25, 1987**

DATES: October 23, v/u 6:15 p.m., start 7:00 p.m. (1500 free and 800 free)
October 24, v/u 10:30 a.m., start 11:00 p.m. (400 I.M.)
v/u 12:00 p.m., start 1:00 p.m.
October 25, v/u 7:00 a.m., start 8:00 a.m.

SANCTIONED BY: IELMSC for USMS #3571025

PLACE: Kittitas Valley Memorial Pool, 815 East 6th Avenue, Ellensburg, WA 98926, Phone: (509) 962-9863, ext. 210. Six lane pool, 25 meters long, with electronic timing.

DIRECTIONS: Take Exit 109 off I-90, make a right onto Canyon Road. At first light, Canyon Road becomes Main Street, continue north along Main Street past three lights, stop at fourth light (8th Avenue). Take a right at 8th Avenue, go past two lights stopping at the 3rd light (Chestnut Street). Take a right onto Chestnut Street for 2 blocks, a left on 6th Avenue, and go one block.

ELIGIBILITY: All swimmers must be currently registered. Competitors 19-24 years of age may jeopardize their amateur standing under FINA rule GR-1 by competing at a Master's Meet.

AWARDS: First through sixth place ribbons will be available free of charge. Medals may be purchased.

RULES: All current USMS rules will govern. All swimmers must be registered with their association at the time of this meet. **NOTE:** Certified Stroke and Turn Judges will be present.

RELAYS: Enter these during the warmups. Individuals must be signed up with the association they represent in order to swim a relay for that association.

| | |
|--|-----------------------------------|
| MOTELS: Best Western Ellensburg Inn (509) 925-9801 | Rainbow Motel (509) 925-3544 |
| Harold's Motel (509) 925-4141 | Regalodge Motel (509) 925-3116 |
| I-90 Inn Motel (509) 925-9844 | Spur Motel (509) 925-2213 |
| Lighthouse Motel (509) 925-9744 | Super 8 Motel (509) 925-6888 |
| Nites Inn Motel (509) 962-9600 | Thunderbird Inn (509) 962-9856 |
| Ponderosa Motel (509) 925-9388 | Waits Motel (509) 962-9801 |

**REGION XII SHORT COURSE METER CHAMPIONSHIPS
ENTRY FORM**

NAME _____ M ___ F ___ ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____ USMS# _____

ASSOCIATION/CLUB: PNA HUSKY IEA MAC SRA CANADA OREGON UNATTACHED OTHER

AGE GROUP (Circle One): 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+ (Your age at the meet is determined
by your age on the last day of the meet)

Entries are limited to six events plus relays (no more than five in one day).
Check the events you wish to enter and fill in your estimated time for short
course meters. (For example, use your short course yard time and add 10%.)

Meet will be seeded slow heats first, except the 400 IM, and the 400, 800, and
1500 Free which will be deck seeded fast heat first. Entrants swimming these
events must check in 30 minutes before the meet start time.

| EVENT | BEST TIME | EVENT | BEST TIME |
|---|---------------|---------------------------------------|---------------|
| Friday 23, w/u 6:15 pm, Start 7:00 pm | | 12 _____ 50 Back | _____ |
| 1 _____ 800 Free | _____ | Ten Minute Warm Up | _____ |
| (Two to a lane option, Yes ___ No ___) | | 13 _____ 400 Free | _____ |
| 2 _____ 1500 Free | _____ | | |
| Saturday 24, w/u 10:30 am, Start 11:00 am | | Sunday 25, w/u 7:00 am, Start 8:00 am | |
| 3 _____ 400 I.M. | _____ | 14 _____ 200 I.M. | _____ |
| w/u 12:00 pm, Start 1:00 pm | | 15 <u>XXX</u> 200 Mx. Med. Rel. | <u>XXXXXX</u> |
| 4 <u>XXX</u> 200 Fr. Rel. | <u>XXXXXX</u> | 16 _____ 50 Free | _____ |
| 5 _____ 100 Breast | _____ | 17 _____ 100 Back | _____ |
| 6 _____ 200 Back | _____ | 18 _____ 200 Fly | _____ |
| 7 _____ 50 Fly | _____ | 19 <u>XXX</u> 800 Mx. Fr. Rel. | <u>XXXXXX</u> |
| 8 _____ 100 I.M. | _____ | Ten Minute Break | _____ |
| 9 <u>XXX</u> 200 Md. Rel. | <u>XXXXXX</u> | 20 _____ 50 Breast | _____ |
| 10 _____ 100 Free | _____ | 21 _____ 200 Free | _____ |
| 11 _____ 200 Breast | _____ | 22 _____ 100 Fly | _____ |

DECK ENTRIES: No deck entries will be allowed.

ENTRY DEADLINE: October 2, 1987. Send entries and make checks payable to: IEA
Master Swimmers, c/o Dave Zander, E 1922 15th Avenue, Spokane, WA 99203.

ENTRY FEE: \$7.00 USMS Registration - 1987-1988: \$15 (IEA swimmers only)

STATEMENT OF RELEASE

The undersigned agrees to hold United States Masters Swimming, Inc., all Local
Masters Swimming Committees, the City of Ellensburg, Ellensburg Masters Swim
Club, and Central Washington University Swim Team free and harmless from any and
all damages, claims, demands, and legal action arising by reason of injury to
anyone during the conduct of the event, including all attorney fees and court
costs.

SIGNED _____

FAN LAKE DISTANCE CLASSIC

SPONSORED BY THE YMCA AND DENNY'S RESTAURANTS

TIME: SUNDAY, AUGUST 16TH, 10:00 A.M.

FEE: \$10.00 (Please make checks payable to the YMCA)
\$12.00 Late registration fee for entries sent after Friday, August 7th

AWARDS: All participants to receive a long sleeve t-shirt and a guest pass to the YMCA. First place male and female finishers will receive a long sleeve sweat shirt. Age group trophies will be given out at the conclusion of the race.

COURSE: Start and finish line will be at the Public Fishing Access at YMCA Camp Reed. The course will be an out and back 1.5 mile swim. A detailed description and directions to Camp Reed, along with additional information, will be found in the race packet.

Race packets can be picked up Friday, August 14th between 9 AM and 8:30 PM at the YMCA, N. 507 HOWARD, SPOKANE, WA 99201.

For additional information call 509 838-3577 and ask for George.

ENTRY FORM

NAME (Print) _____ AGE _____

ADDRESS _____ BIRTHDATE _____

CITY _____ STATE _____ ZIP _____

TELEPHONE _____

MALE _____ FEMALE _____ T-SHIRT SIZE __S__ __M__ __L__ __XL__ __XXL

In consideration of the acceptance of this entry and intending to be legally bound, I hereby, for myself and for my heirs, executors and administrators, waive and release all rights and claims for damages which may hereafter occur to me against the organizers of this swimming event. This includes the YMCA and DENNY'S.

I understand this statement and my signature confirms it and that I am also physically fit and have trained specifically for this event.

SIGNATURE _____

Please send check made out to the YMCA and the entry form to:

FAN LAKE DISTANCE CLASSIC
C/O YMCA
N 507 HOWARD
SPOKANE, WA 99201

August

| mon | tue | wed | thu | fri | sat | sun |
|-----|-----|-----|-----|-----|-----|-----|
| 31 | | | | | 1 | 2 |
| | | | | | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | | | | | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | | | | | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | | | | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | | | | | | |



Long Course Regional Champs at Gresham, Oregon

Open Water Swim
at Seattle

Open Water Swim
at Deer Lake

Long Course Nationals at The Woodlands, Texas

Board Meeting at
at 7:00 at UW

On Deck:

- SEP 8 Last day to enter Roseburg, OR SC Meters Meet
- SEP 19 BOARD RETREAT
- SEP 19 Roseburg, OR SC Meters Meet
- SEP 23 Last day to enter Redmond, OR SC Meters Meet
- OCT 2 Last day to enter SC Meters Regional Champs
- OCT 3 Redmond, OR SC Meters Meet
- OCT 6 Last day to enter Eastside Catholic Meet
- OCT 17 Eastside Catholic Meet
- OCT 23 SC METERS REGIONAL CHAMPS - Ellensburg, WA
- OCT 27 BOARD MEETING - TACOMA Y
- NOV 24 BOARD MEETING - UW

Looking Forward:

- MAY13-16 1988 SC Canadian Nat'ls-Vancouver, BC
- OCT 8-14 1988 LC World Champs-Brisbane, Australia

NEWSLETTER MAILING:
NORMA INGRAHAM
5909 REID DR. N.W.
GIG HARBOR, WA 98335

EDITOR:
DOROTHY KLEIST (206) 838-1555

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