

the  
WET  
SET



PACIFIC NORTHWEST ASSOCIATION  
OF  
MASTERS SWIMMERS

PRESIDENT

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THE PNA NEWSLETTER

VOLUME 7 - NUMBER 11

NOVEMBER 10, 1988

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NOVEMBER BOARD MEETING

NOVEMBER 20, 1988 RIGHT AFTER NORTH KITSAP MEET

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November 1, 1988

Dear PNA Swimmers;

For those of you who missed the Regional Short Course Meter Champs in Ellensburg, and there were lots of you, I would encourage you to try to go next year. This is my second trip to Ellensburg and it is a great event. The meet is fun and well run, and could accommodate more swimmers. This year's meet was small, but the pool is fast and the officials are very friendly. The weather on the far side of the hills, was beautiful. I even swam a PR. (Remember, all things are relative!) There were a few fleeting moments on the last lap of the butterfly, where I knew exactly how those stranded whales felt in those tiny breathing holes! (I probably brought the image to mind for several spectators as well.)

Remember that if you haven't sent in your registration renewal you will miss out on the Wet Set and my wonderful letters each month! And, if that isn't bad enough, you will not be able to swim in the meets either! The forms go to Hugh Moore, and there has been an increase in fees, so read the forms well.

For those of you who have been taking a break from workouts in September, you should be back in shape this month and ready to swim at the North Kitsap meet. I'm doing so well with all my new resolutions that I sent my entry in weeks ago. I want to be sure to get a good lane! I don't expect any miracles in my swimming, but I'll be glad to see all the people again.

Just a couple reminders; The PNA needs a few good people to keep the organization running. Elections aren't until this winter, but time has a way of passing, we would like to hear from all those interested in being on the Board, whether as an elected officer or in another Board position. Each team has a representative and each committee has a chairperson. Please get in touch with either Hugh Moore, Steve Peterson or me. Also remember to join the Swim Across the PNA. You will be pleasantly surprised at how fast the miles add up. Keeping track gives that extra incentive to finish the last set!

Take care, I'll see you in Poulsbo. "Time has a way of making lovely memories out of exasperating situations" Here we go into another season!

Love,

Rondi

PNA BOARD MEETING  
October 25, 1988

The meeting was called to order at 7:10 p.m. at the Tacoma YMCA. Those in attendance were: Warren and Dorothy Kleist, Joann Brislin, Hugh and Jane Moore, Bobby Gallegos, Kathy Casey, Walt Reid and Debbie Lewis.

The minutes of the September board meeting were approved as submitted.

Meets Committee: The Highline people were pleased with the meet and plan to bid for another meet in the future. The January meet hosted by Husky will be at Foster Pool.

Treasurer's Report: The current balance is \$4,032.56. The Board passed approval of reimbursement of expenses to Dave Addleman and Hugh Moore for registration expenses.

Registration: 100 people have registered so far. The November newsletter is the last one for all people who have not renewed their registration. Hugh will mail a letter explaining the PNA to all new PNA members. Motion was made and passed to appropriate \$30.00 to cover printing costs for the letter.

Fitness Committee: So far 19 people have entered the "Swim Across the PNA".

Convention Report: A full report will be printed in the newsletter.

New Business: The PNA has been requested to come up with some ideas for masters swimming to raise money for the Goodwill Games Pool. There may be a clinic at the BAC as a fund raiser.

The meeting was adjourned at 8:50 p.m.

The next meeting will be November 20 after the North Kitsap meet.

*Debbie Lewis*

**THIS IS YOUR LAST WETSET UNLESS YOU EITHER RENEW YOUR MEMBERSHIP OR HAVE A CURRENT SUBSCRIPTION.**

NOTICE: SEE YOUR NOVEMBER 1988 USMS NATIONAL NEWSLETTER FROM NATIONAL FOR THE ORDER FORM FOR THE MASTERS RULES BOOK THAT WILL BE AVAILABLE IN JANUARY.

## 1988 USMS Convention Report

Prepared by Kathy Casey, Walt Reid, Jane Moore, and Hugh Moore.

The 1988 USMS convention was held in St. Louis on October 19 - 23. Hugh and Jane served as the PNA delegates. Walt, Kathy, and Jane are included as members of the House of Delegates as committee chairs. A number of significant changes were adopted during the convention. The following report is separated by actions of the various committees.

### Finance

The Convention Committee budget was increased to cover cost of paying for convention registration (\$50.00) for the chairs of each standing committee. A goal of increasing the general reserve fund by the end of 1994 from \$100,000 to \$150,000, plus an additional fund of \$20,000 to cover liability insurance deductibles, was adopted. At present we are \$36481.09 in the red for the year due to the increase in insurance premiums. This should be offset in the remainder of the fiscal year by income from registrations. In order to accomplish the reserve fund goals, national dues will be increased from \$9 to \$12 per swimmer effective November 1, 1989.

### Championship

1990 Championships: SC - USC (Olympic Pool) May 18 - 21  
LC - The Woodlands, TX Aug 24 - 27

The following policy will be used at future National Championships - swimmers should wait in their lane after completion of an event and then exit to the side after the next event has begun in individual events and in relays, if practical. For deck seeded events at National Championships (400 IM, 400/500, 800/1000, 1500/1650 free) check-in deadline in person or by postcard of 5 PM (local time) day prior to event. Heats should be posted later that day. The Executive Committee will review all awards currently presented at National Championship meets and consider future policy. Guidelines based on 20th place of previous Nationals for the same course held in the same area will be published in the advance meet information.

### International

The USMS nominee for appointment to FINA Masters Swim Committee will be June Krauser. There will be two World Championships in 1992, probably about 1 month apart. MSI in Montreal and FINA in Indianapolis. FINA is not currently sanctioning the 1989 Masters Games in Denmark, therefore, times may not count for records or other official purposes.

### Records/Tabulations

Walt Reid is currently the chair and compiles all Records and Top 10. Documentation of world record swims (SC Meters & LC Meters) must be received within 6 months of swim. Reminder: birth certificates are required for world record applications.

### Legislation

A separate USMS rule book was approved. Insurance Committee was added as a standing committee. The proposal suggested by Hugh Moore and submitted by the PNA to remove observation requirement for approval of sanctioned international meets was approved. Each LMSC will be required to file a copy of their current by-laws with the National Office. Registrations of new swimmers applying after Sept. 1 will be good through the following registration year (previously Oct. 1).

## **Rules**

The following rule changes were **accepted**:

Added 90-94 and 95+ individual age groups and 85+ and 320+ for relays. Relay split times will not be considered for records or Top Ten Times (Splits in individual performances are still acceptable. World records may still be established by lead-offs on relays).

Swimmers may not dip shoulder on butterfly or breaststroke SC turn.

The "short course" start will continue to be used for the forward start for both long course and short course.

On the backstroke start swimmers may curl toes over gutter or edge of pool out of water but may not use stand-up start (must hold grips, not block, can pull up as high out of water as you want after "take your mark").

Deadline for entries to National Championships moved from 30 to 35 days prior to 1st day of meet.

One official at every meet should be USS or YMCA certified.

If deemed necessary by USMS Championship committee, when more than 2000 entrants SC or 1000 LC, individual entries may be limited to 5 events.

The separate USMS rule book was approved.

The following rule changes were **rejected**:

19-24 age group at National Championships.

SC Meters National Championships (currently not enough bidders).

Requiring two to a lane in events over 200 M at National Championships with only 1 course.

USS defeated FINA change requiring swimmers to surface within 10 M on backstroke start.

### **Long Distance Swimming**

In postal events all swimmers must have lap times recorded. They must be supplied if a national record is set or the results are protested.

Drafting is now illegal in all pool events. The separate USMS rule book was approved.

### **Long Range Planning**

Hugh Moore is a member of this committee. In an effort to curb national mega teams, a policy was adopted "encouraging development by individuals of long term attachment to clubs". The committee also deemed it "highly desirable to develop USMS programs for non-competitive swimmers".

### **Marketing/Publications**

The calendar project has died due to inadequate sales. The committee chair requests inclusion on all LMSC mailing lists. Promotional brochures and decals are available through the National office. A new championship meet medal has been adopted. The committee is seeking suggestions for future projects and direction.

### **Registration**

A standard LMSC computer registration program has been developed and distributed. Hugh Moore administered the development of the program, wrote most of the users' manual, and distributed the program. Mailing labels for USMS individual members may be given to non-profit organizations with primary purpose similar to USMS. They will not be given to for-profit organizations at this time. A method of indicating individuals preference for inclusion on mailing lists will be developed. Beginning in 1990, LMSC registration fee will be increased from \$10 to \$20.

### **Sports Medicine and Research**

Jane Moore is chair of this committee. There is an increasing number of people requiring emergency care at National Championships. Everyone needs to be aware that similar situations may arise at local meets or practices. Research projects for the upcoming year include: a) incentive/motivation - mail questionnaire. b) injury surveillance - telephone interviews on regular basis with test group. c) nutrition in conjunction with '89 LC championships. The committee will continue to work on brochures for publication.

### **Zone**

The Zone committee is the Nominating committee for next years USMS elections. Any suggestions should be sent to Kathy Casey, our Oceana Zone chair, by March 1, 1989.

### **Oceana Zone**

The zone will try to coordinate 25 M meets in fall (Oct.) '89 in different areas of zone and compile results as zone championships. The newsletter will continue but there was not enough interest in zone postal relays to continue the project.

### **Coaches Committee**

The committee will continue with its on-deck coaching program at national and international meets. A coaches clinic will be presented at the Pan Pacific Games. The following clinics will be presented at '89 National Championships: SC - Tapering LC - Weight training. Keith Bell was selected coach of the year.

### **Insurance**

There was an 800% increase in liability premium this year which necessitated our dues increase. Our liability coverage has a \$10,000 deductible with a \$1,000,000 limit. Historically we have had an average of one claim filed per year. An agreement exists between liability carriers that allows USMS and USS registered athletes to share workouts. However, the workout must be supervised by a USMS or USS registered person. All swimmers in the workout must be registered (a 30 day trial period is allowed). **Competitions in water polo, diving, or synchronized swimming are not covered and may not be sanctioned or approved. Diving from other than starting platforms or poolside is not insured.** Other activities that are a usual part of practice and are supervised are covered during practice (e.g. dry-land exercises, jogging, or water polo). Accidental medical coverage was changed to become a secondary insurance. It will cover expenses in excess of those covered by usual medical insurance. If a swimmer has no other insurance, it would become primary coverage with a \$250 deductible.

### **Rule Book**

A great amount of work by Kathy Casey and other members of the committee resulted in compilation of Masters Rules derived from the US Swimming Rule Book. The cover was designed by Kerry O'Brien. Publication was approved for 1989. Copies will be available from the National office in January.

### **Other**

The new United States Aquatic Sports president has requested Masters representatives on each of the three USAS standing committees. The USMS president will study methods to begin to certify officials.

THE BEGINNING OF A SWIM SEASON  
BY: IAN THOMPSON, MD

DEDICATED TO MY STRAGGLING TEAMMATES, (they know who they are)

A lot of Master Swimmers, instead of relying on swimming for their only fitness activity, swim only during the "short course season." This is the time of year that many people begin swimming once again. Maybe your team has been slogging away the yards for two months now, but my team has its full share of procrastinators who are just not dipping their toes in the water. What advice can I give them this time of year?

1. INCREMENTAL INCREASES IN TRAINING - Even if you've been vigorously active all summer, you can still be out of shape for swimming. Swimming uses muscles differently than other activities. One stretches differently in swimming, and studies have shown that aerobic fitness is at least partially sports specific. So do not expect to be able to train as many yards, in optimum intervals, at top set speeds just yet.

First decide how long it usually takes you to "get in shape." For me it is taking 6 - 8 weeks to recover from the 2 1/2 weeks I was out of the water, (ridiculous, but that's the way I am). Other fortunate souls may need only 2 - 3 weeks to recover from a 6 month hiatus.

Second, set a target date for full training and plan incremental weekly yardage goals that increase to that goal. My full training goal is to train more than 20,000 yards per week with more than 60% interval swimming sets. Week one begins with 12,000 yards; week two = 16,000 yards; week three = 18,000 yards; and week four = 20,000 yards with about 30-40% interval swim sets. Now I'm adding more interval swimming each week to reach my 6 week goal.

2. VARY THE TRAINING IN INTENSITY AND IN TERMS OF WHAT YOU DO IN THE WATER. This allows for recovery of tired muscles as well as preventing boredom. Slow distance freestyle swims are not the best way to get in shape. The freestyle arm muscles will fatigue too soon for adequate aerobic training. Besides, there is more to life than distance freestyle (that may be a shocking statement to my teammates, coming from me). Do kicking and pulling sets, mixed up combinations and especially stoke drills. Make one day easy and the next day hard.

3. USE YOUR HEART AS A GUIDE. Your times probably won't be as good as your peaking times just before last year's PNA Champs, so rely on your pulse rate to measure your training. For aerobic benefit in early season, keep your pulse rate in the 60-70% of maximum range. (maximum is 220 minus your age). To get in the same training benefit later in the season as your body adapts you will need to get your pulse rate in the 70-85% of maximum range. Do the same set once a month, checking your pulse and your recovery pulse rate 1 - 2 minutes afterwards. As you get in shape, your interval set should be faster, your pulse rate the same, and your recovery pulse should be lower.

4. MAKE SURE YOU EAT ENOUGH. Swimming expends lots of calories. A recent study indicated that one of the causes of "overtraining" is a swimmer's failure to eat enough to keep up with energy demands. Eat lots of carbohydrates! Since I really enjoy eating, this study was enthusiastically endorsed by my appetite.

5. BE DISCIPLINED AND SET GOALS. Set yourself a realistic goal as to when you can swim and how long. Factor in the incremental increase; say from two days per week for 1/2 hour per day to five days per week for 1 1/2 hours per day. Train at a time that enhances your daily schedule rather than interferes with it, and then make a firm commitment to that time and keep it a priority.

6. FINALLY, HAVE FUN. As we get older, it probably takes more time and is harder to get back into shape. Without the fun and fellowship of Masters, it would be really easy to just not do it. Have funny sets, do silly drills, pull on the lane lines, talk back to the coach. Our workouts are a lot more fun, even if we go more yards, when our class clown shows up. (She will be nameless but she had a baby boy in April and is nationally ranked sprinter in the 30-35 age group.)

Having fun keeps everything in perspective. We swim for fitness not, I hope, just to be faster than someone else. If you can laugh during this time of the swim season because your butterfly arm recovery has taken a new form...an unusual under water flailing type of motion...you will more than likely be able to hang in there and do it correctly in March.

So GOOD LUCK - GET STARTED - SET GOALS..

Go about it carefully and with humor but GET GOING!!!

#### WELCOME TO THE PNA

THE FOLLOWING NEW SWIMMERS HAVE JOINED THE PNA IN THE LAST MONTH:

CHARLES BEEK JR., SUSAN BEEK, CAROLYN BROWN, MERINDA CHAMBERS, ED CLARKE, JULIE CROMAN, TOM DAVIS, MICHAEL GRIFFIN, STEVE HARRELL, MATT KEARNEY, KERRI LANNOYE, CHARLES LARRABEE, STEVEN MANCUSO, JOHN (MIKE) MARSHALL, SUSAN MATHER, STEVE MC CAFFRAY, GIL MCNABB, BOB MILLER, GREGORY MILLER, JEANETTE MILLER, MIKE NELSON, JANET OLIVER, PETER PAGET, SHERYL PANTER, KAIN PAPES, RUTH POWERS, ANTONIO ROIG, PAULA ROTHKOPF, MONICA SARCHIAN, DONALD SCHAEBERLE, PATRICK SLOWEY, DOUGLAS STEVENS, THOMAS TAYLOR, BRAD WILLIAMS, DAVID WRIGHT.

**THIS IS YOUR LAST WETSET UNLESS YOU EITHER RENEW YOUR MEMBERSHIP OR HAVE A CURRENT SUBSCRIPTION.**



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IF YOU ARE IN BUSINESS CONSIDER ADVERTISING IN THE "WET SET"

ONE FOURTH PAGE \$20.00 FIRST MONTH, THEN \$15.00  
ONE HALF PAGE \$40.00 FIRST MONTH, THEN \$20.00

Send your ad and a check, payable to PNA MASTERS SWIMMERS,  
To D.J. KLEIST, 31417 36TH AVE SW, FEDERAL WAY, WA 98023

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CHANGING YOUR ADDRESS? FILL IN THIS FORM AND MAIL IT TO  
HUGH MOORE, 29920 2ND PLACE NW, FEDERAL WAY, WA 98023  
TELEPHONE 206 941-3100

NAME \_\_\_\_\_ USMS# \_\_\_\_\_

OLD ADDRESS \_\_\_\_\_

\_\_\_\_\_

NEW ADDRESS \_\_\_\_\_

\_\_\_\_\_

NEW TELEPHONE NUMBER \_\_\_\_\_

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NON-PNA MEMBERS SUBSCRIPTION FORM FOR THE "WET SET"

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

Send this subscription form and a check for \$8.00, payable to PNA  
MASTERS SWIMMERS, TO: HUGH MOORE, 29920 2ND PLACE NW,  
FEDERAL WAY, WA 98023, TELEPHONE 206 941-3100

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FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED:

INLAND EMPIRE

ELIN ZANDER  
E 1922 15TH  
SPOKANE, WA. 99203  
509 534-7509

OREGON

BERT PETERSEN  
2051 NE 137TH  
PORTLAND, OR. 97230  
503 252-6081

IDAHO

RICHARD COOKE  
SAWTOOTH MASTERS SWIMMING  
1915 STATE STREET  
BOISE, ID 83702  
208 939-8289 / 208 336-0606

BRITISH COLUMBIA

DENIS CROCKETT  
BC MASTERS  
1531 W 4TH AVE  
VANCOUVER, BC V6J 1L6  
604 736-7645

FOR INFORMATION ON ANY MEET WITHIN THE OCEANA ZONE (WASHINGTON, OREGON, ALASKA, CALIFORNIA, IDAHO, HAWAII) CONTACT THE OCEANA ZONE CHAIRMAN KATHY CASEY 11114 111TH ST SW, TACOMA, WA 98498, 206 588-4879 OR, IN AN EMERGENCY, DOROTHY KLEIST 206 838-1555.

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CONTACT THE FOLLOWING **H.O.S.T.** WHEN YOU WISH TO STAY IN ANOTHER SWIMMER'S HOME DURING AN OUT OF TOWN MEET:

INLAND EMPIRE	MARIAH CLARKE	509 926-2597
OREGON MASTERS	ANDY SCHRAG	503 254-9400 HOME 254-9916 WORK
SOUTHERN OREGON	TERRY & JUDY MC CURDY	503 673-3673
CORVALLIS, OREGON	MARK & LAURA WORDON	503 753-9352
SNAKE RIVER	JANET WOOD	208 345-8843 HOME 339-7229 WORK
PNA	MARIETTA HUNZIKER	206 564-9517
	ANN GINDROZ	206 272-1854

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TENTATIVE P N A MEET SCHEDULE

OCT 15	HIGHLINE (FIRM - SEE ENTRY)
NOV 19-20	NORTH KITSAP (FIRM - SEE ENTRY)
DEC 9, 10 OR 11	FIDALGO ISLAND - ANACORTES
JAN 13-14	HIGHLINE (FOSTER OR EVERGREEN POOL)
FEB 11	HUSKY ANIMAL MEET - EVERGREEN
FEB 19	BANGOR
MAR 5	CLOVER PARK PENTATHALON
MAR 19	SOUTH KITSAP
APR 6-8	SHORT COURSE CHAMPS - FOSTER POOL
MAY	REGIONALS
JUN 3 OR 4	BELLEVUE ATHLETIC CLUB - LONG COURSE
JUN 25	SOUTH KITSAP - LONG COURSE

# NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE

- October 8-14 1988 **2nd FINA/MSI World Championships**, Brisbane, Australia. Contact: Margaret Samson, *MSI News*, P.O. Box 70366, Pasadena, CA 91107-7366. Phone: 818/793-2582.
- October 10-22 1988 **World Senior Games** (multi-sport), Salt Lake City, UT. Contact: Sylvia A. Wunderli, 1291 S. Wasatch Drive, Salt Lake City, UT 84108. Phone: 801/583-6231.
- October 19-23 1988 **USMS Annual Convention**, St. Louis, MO. Contact: Nancy Ridout, 580 Sunset Parkway, Novato, CA 94947. Phone: 415/897-9221.
- May 12-15 1989 **USMS National Short Course Championships**, Mission Bay, Boca Raton, FL. Contact: Judy Meyer, 10333 Diego Drive South, Boca Raton, FL 33428. Phone: 205/488-2001.
- July 23-Aug. 5 1989 **1989 Masters Games** (34 sports), Arhus, Denmark. Contact: 1989 Masters Games, Executive Secretariat, Nyhavn 1, P.O. Box 1989, DK-1018, Copenhagen K., Denmark. Telephone: (45) 111-1989. Telex: 55-21311 MALTA DK. Telefax: (45) 157-0193.
- August 17-20 1989 **USMS National Long Course Championships**, University of North Dakota, Grand Forks, ND. Contact: Mike Stromberg, Athletic Department, University of North Dakota, Grand Forks, ND 58202. Phone: 701/777-2766.
- September 17-24 1989 **USMS Annual Convention**, Portland, OR.
- October 7-16 1989 **Pan Pacific Masters Aquatic Games** (all aquatic sports), Indianapolis, IN. Contact: Mel Goldstein, 6456 Broadway, Indianapolis, IN 46220. Phone: 317/253-3652.
- August 7-13 1990 **3rd FINA/MSI World Championships**, Rio de Janeiro, Brazil. Contact: Margaret Samson, *MSI News*, P.O. Box 70366, Pasadena, CA 91107-7366. Phone: 818/793-2582.
- Sept. 30-Oct. 6 1990 **USMS Annual Convention**, Pittsburgh, PA.
- Sept. 15-22 1991 **USMS Annual Convention**, Louisville, KY.

**UNITED STATES MASTERS SWIMMING, INC.**  
REGISTRATION APPLICATION - NOV 1, 1988 to OCT 31, 1989

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

PLEASE PRINT OR TYPE INFORMATION

THIS IS A  RENEWAL MY 1988 USMS NO. IS \_\_\_\_\_  NEW REGISTRATION

PLEASE NOTE THE CHANGE(S) FROM MY 1988 REGISTRATION:

ADDRESS  NAME \_\_\_\_\_  CLUB/DIST. \_\_\_\_\_  
 OTHER \_\_\_\_\_ (PREVIOUS)

LAST NAME FIRST NAME INIT

--	--	--

STREET ADDRESS

--

CITY STATE ZIP CODE

--	--	--

AREA CODE + TELEPHONE DATE OF BIRTH AGE SEX

--	--	--	--	--

LOCAL AFFILIATION DATE OF APPLICATION

TEAM _____ UNATTACHED <input type="checkbox"/>	
--	--

CLUB (NATIONAL LEVEL ONLY)

<input type="checkbox"/> HUSKY <input type="checkbox"/>	UNATTACHED <input type="checkbox"/>
---	-------------------------------------

OFFICIAL USE ONLY

--

THANK YOU

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

MAIL TO: HUGH C. MOORE  
29920 2nd Place SW  
Federal Way, WA 98023  
(206) 941-3100

USMS FEE \$9.00	LMSC FEE \$10.00	TOTAL FEE \$19.00
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SENIORS (65+): \$14.00

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

-----  
APPLICANT'S SIGNATURE



WASHINGTON DIVISION, INC.

Ian Thompson, M.D.  
President

October 18, 1988

Dear Fellow Swimmer and Team Representative:

Believe it or not, January is not that far away. Now is the time to begin thinking about your team's participation in the 3rd Annual "Dawn Musselman Swim Against Cancer". As you may recall, this is a benefit for the American Cancer Society, sponsored by the PNA. It is a one hour postal swim. To enter, a swimmer may make a \$15 donation to the American Cancer Society or may obtain at least \$15 from pledges per/yard swim from family, friends, and colleagues. Last year there were 23 participants who raised over \$3,000.

We are hoping to see more involvement by PNA registered swimmers this coming year. For this reason there will be team awards given. The categories are:

1. Teams with the greatest number of participants/registered PNA swimmer in January.
2. Teams with the greatest yardage/number of participants.
3. Teams with the greatest funds raised/number of participants.

The Federal Way Masters and Mount Baker Masters last year raised the bulk of the funds and our teams would like to challenge the other PNA teams to outperform us.

If I can answer any further questions, please give me a call.

Sincerely,

Ian L. Thompson, M.D.

1514 Fairview  
Bellingham, Wa. 98226  
(w) 671-0070  
(h) 733-2338

2120 1ST AVE. N., P.O. Box 19140, SEATTLE, WA 98109-1140 206/283/1152

**PLACES TO SWIM IN THE PUGET SOUND AREA**

Please send any corrections or additions to Hugh Moore 29920 2nd Pl SW, Federal Way 98023

- ANACORTES** Fidalgo Pool, 1603 22nd  
 workouts: Sat. mornings, contact Pinky Walker 424-8755  
 lap swim: M-F 6-8 AM, 11AM - 1PM; Sat. 1-2 PM, 7:30-8:30 PM, Sun 4-5 PM
- AUBURN** Auburn, 516 4th NE, Auburn 839-6168  
 lap swim: M-F: 6:30 - 8:00 AM & noon - 1:00 PM
- BELLEVUE**  
 Eastside Branch YMCA, 14230 Bel-Red Rd., Bellevue 746-9900  
 workouts: M-F: 6:45 - 7:45 AM contact: Kevin O'Shea 746-9900  
 lap swim: M-F: 7:45-9 AM, 11:30 AM-1 PM, 5:30-6:15 PM/ S&S 12:30-2 PM  
 Samama Club, 15231 Lake Hills Blvd., Bellevue 746-1160  
 lap swim: M-F: 5:00 - 9:00 AM / Every Day: 9:00 - 10:00 PM  
 Newport Hills, 5464 119th Ave. SE, Bellevue 746-9510  
 workouts: M - F: 6:30 - 7:30 AM contact: John Underbrink 828-6733  
 Bellevue Athletic Club, 11200 SE 6th, Bellevue 455-1616  
 Bellevue, 601 143rd NE, Bellevue 747-4245  
 lap swim: M-Sat.: noon - 1:30 PM  
 P.R.O. Racquet & Health Club, 4455 148th Ave. NE 885-5566
- BREMERTON**  
 Bremerton Municipal Pool, 50 Magnuson Way, Bremerton 478-5376  
 lap swim: M-F: 11:15 - 12:30 PM; Tu/Th: 6:30-9:00 PM; F: 6-7 PM  
 Olympic Aquatic Center, 7070 Stampede Blvd., Bremerton 692-3192  
 workouts: TU/TH - 6:30 - 7:30 AM contact: Geoff Pentz 692-3192  
 lap swim: M-F: 5:30-8:00 AM; M-TH: 8:00 -9:00 PM
- BURIEN**  
 Evergreen, 606 SW 116th, Burien 246-1610 temporarily closed  
 Burien Swim Club, 626 SW 154th, Burien 433-7900
- DES MOINES** Mt. Rainier, 22722 19th Ave. S., Des Moines 824-1728  
 workouts: T/TH/F: 6-7 PM contact: Bob Miller 878-4789
- EDMONDS** Harbor Square Athletic Club, 160 W. Dayton 778-3546  
 lap swim: M-F: 6:00 - 8:30 AM/ M-TH: 8:00 - 9:00 PM
- ENJUMCLAW** Enjumclaw, 420 Semanski S., Enjumclaw 825-1188  
 lap swim: M-F: 6:00 - 7:30, noon - 1 PM, & 8:00 - 9:00 PM
- FEDERAL WAY** Federal Way Pool, 30421 16th Ave. S., Federal Way 839-1000  
 workouts: M-F 6:00 - 7:00 AM contact: Hugh Moore 941-3100  
 lap swim: M-F: 6-7:30 AM & 12-1 PM / Sat 12-1 PM
- FIFE** Fife Community, 5410 20th St. E, Fife 922-POOL  
 lap swim: M-F: 8:00 - 9:00 AM, 10:30 AM - noon, 1-3 PM, & 4-5 PM  
 workouts: M,W,F: 6:00 - 7:00 AM
- ISSAQUAH** Issaquah, 50 SE Clark, Issaquah 392-1650  
 lap swim: M-F: 7:00 - 8:00 AM/M-TH: 8:30 - 9:30
- KENT**  
 Kent, 25401 104th SE, Kent 854-3260  
 lap swim: M,W,F: 6:30 - 7:30 AM/ T,TH: 8:00 - 9:00 PM
- Tahoma**, 18230 SE 240th, Kent 432-1948
- KIRKLAND** Juanita, 10601 NE 132nd, Kirkland 828-3251  
 lap swim: M-F: 5:30-8:30 AM/ M-TH: 8:45-10:45 AM & 1-2:30 PM
- LYNNWOOD** Lynnwood Pool, 18900 44th Ave. W., Lynnwood 771-4030  
 lap swim: M-F 5:30-8:30 AM/ M-TH: 8:45-10:45 AM & 1-2:30 PM  
 M-TH: 2:45-3:45 PM & 5:45-6:45 PM
- MERCER ISLAND** Mercer Island District Pool, 8815 SE 40th 252-7370  
 workouts: Tu,Th; 11:00 AM - noon contact: John Underbrink 828-6733  
 lap swim: M-F: 6:00 - 7:30 AM, noon - 1 PM, & 8:00 - 9:00 PM
- NORTH BEND** Si View, 41600 SE 122nd, North Bend 888-1447  
 lap swim: M,W,F: 6:30 - 8:30 AM/ M,W: 5:30 - 6:30 PM
- OLYMPIA** The Evergreen State College Campus Rec. Center, Olympia 866-6000  
 lap swim: M-F: 11:30 AM-3 PM, 5-9 PM/ S&S: 1-6:30 PM
- POULSBORO** North Kitsap, 1881 Hostmark, Poulsbo 779-3790  
 lap swim: M-F: 5:45-9:00 AM, 11:30-12:30, 5-6 PM, 7:30-8:30
- REDMOND** Redmond, 17535 NE 104th, Redmond 885-3600  
 lap swim: M-F: 6:00 - 7:30 AM & 8:00 - 9:00 PM
- RENTON**  
 Renton, 16740 128th SE, Renton 226-9230  
 lap swim: M-F: 11:30 - 12:30
- Hazen**, 1101 Hoquiam Ave. NE, Renton 235-2227
- SEATTLE**  
 Sandpoint Naval Station, 7500 Sandpoint Way, NE, Seattle 526-3531  
 workouts: Tu,Th: 6:30 - 7:30 AM; F: 4:30 - 5:30 PM  
 contact: Stacy McInelly 526-3531 - note: Military personnel only  
 lap swim: M-F: 10:30 - 1:30 & 4:30 - 5:30  
 Ballard, 1471 NW 67th, Seattle 783-7176  
 Evans, 7201 E. Green Lake Dr. N., Seattle 684-4961  
 Helene Madison, 13401 Meridian N., Seattle 362-5344  
 workouts: M-F: 5:30 - 6:30 AM contact: Robin O'Leary 525-7725  
 Meadowbrook, 10515 35th NE, Seattle 365-9933  
 Medgar Evers, 500 23rd, Seattle 324-2560  
 Queen Anne, 1920 1st W, Seattle 386-4282  
 Rainier Beach, 8825 Rainier S., Seattle 723-5919  
 Northshore, 9815 NE 188th, Bothell 486-9177  
 lap swim: M-F: 6:00 - 7:30 AM, noon - 1:30 PM, & 8:30 - 9:30 PM  
 Shoreline, 19030 1st Ave. NE, Seattle 363-4845 temporarily closed  
 South Central, 4414 S 144th, Seattle 242-2287  
 lap swim: M-F: 5:45 - 8:00 AM & 8:05 - 9:05
- Southwest Pool**, 2801 SW Thistle Street, Seattle 684-7440  
 workouts: M,W: 5:30-6:30 PM / F 6-7 PM / Sun 5-6 PM  
 lap swim: M-F: 6-7:30 AM & 3-4 PM / Sun 5-6 PM
- YMCA**, 909 4th, Seattle 382-5010
- YMCA**, 1118 5th, Seattle 447-4868  
 Aquatic Development Clinic, 11009 1st S., Seattle 232-3474  
 Red Shield, 9050 16th SW, Seattle 767-3150  
 Seattle Athletic Club, 333 NE 97th, Seattle 522-9400  
 workouts: M,W,F: 6:30 - 7:30 AM / M,W: 7:00 - 8:00 PM  
 contact: Jody Kleven 326-4600 (day) or 367-2350 (eve.)
- View Ridge Club**, 5815 NE 77th, Seattle 524-3500
- Wedgwood**, 7727 28th NE, Seattle 523-8211
- SEQUIM** Sequim Aquatic Recreation Center, N 610 5th, Sequim 683-6699  
 workouts: T/TH 8:45 - 10:00 PM / Sun. 7:45-9 PM  
 contact: Kevin Johnston PO Box 1671 Sequim 98382 683-6699
- Lap swim**: M-F: 6-9 AM, 10 AM-3:30 PM, 6-8:45PM/SS 12-1:30 PM
- SUMNER** Summer High School, 1707 Main, Summer 863-8110  
 workouts: M,W,F: 5-6 PM contact: Donna Phelan 862-8777  
 lap swim: M-F: 5:30 - 7:00 AM, 12:00 - 1:15 PM
- TACOMA**  
 Lakes High School, 10320 Farwest Dr. SW, Tacoma 756-8401  
 workouts: M - Th.; 5:00 - 7:00 PM; Sat. 10:00 - 11:15 AM  
 contact: Kathy Casey 588-4879
- Tacoma Pierce Co. Family YMCA**, 1002 S. Pearl St., Tacoma 564-9622  
 workouts: M-W-F: 7:30 - 9:00 PM contact: Mike Stipek 564-9622
- Eastside Community Pool**, 35th & L, Tacoma 591-2042  
 lap swim: M-F: 6-7:30 AM, 11:45 AM - 1 PM/ M,W,F: 4-6 PM/ T,Th: 8-9 PM

Happy Birthday to the following swimmers:

11/01	MARY MCMAHON	12/02	PAUL CRAIG
	STEWART ELLISON	12/04	ANDREW FINNIGAN
11/03	RENE OLDRICH		DAVID BORG-BREEN
	STEPHEN BARKLEY	12/05	KIM VERDE
	TERI REXROAT	12/07	DEBORAH WALKER
11/04	LARRY DEGROEN	12/08	JOHN BRYANT
	VICKI PARRY		KELLY FIELD
11/05	BILL PENN		ROBERT WATKINS
11/06	RICHARD JOHNSON		RON STEVENS
11/07	KATHLEEN FLYNN	12/09	RAY FREDERICK
	LISA O'BRIEN		TAMARA (TAMI) BENNETT
	SUSAN GEIER	12/11	JUNE BROOKS
	WILLIAM RAYNOLDS	12/12	STEVEN IDEN
11/10	PATRICIA WHALLEY		TED LEAVITT
11/11	JANE MOORE	12/13	DONALD SCHAEBERLE
	MITCH NOVACK		FRANK NEWQUIST
11/12	BRIAN LANGLAIS	12/14	JAMES DAVIDSON
11/14	DAVID SCHMALZ	12/15	ROBERT DELLWO
11/15	KARLA SEGALÉ	12/17	ANN HELSER
11/16	BRUCE ERICKSON	12/18	THOMAS GRANDINE
	MARILYN EVANS	12/21	KATHLEEN STEYAERT
11/19	PAUL MURPHY		MARY OLIVER
11/20	BARBARA SIMPSON	12/22	BRIAN MCKINNON
	HELEN HOVIS	12/25	BRENT GRAY
11/23	NICK LECLERCQ		HOLLY MCLEAN CRAIG
	TIMI HUTCHINS		L. (GENE) CROSSETT
11/24	KIRK ADAMS	12/26	LAURA HAWLEY
11/25	KIKO KIMURA		MARGA STYA
	JUDY WESTON	12/29	LINDA MCHENRY
	PETER LIEKKIO		MARYLOU HAUGLAND
11/27	DAVID SCHULZ		SANDRA DENTINGER
	RUEDI RISLER	12/30	JOY ROGERS
11/28	BRIAN FUNK	12/31	FREDERICK WIGGIN
	ED HAMACHER		REX FLETCHER
11/29	AL MURCH		
	JOHN DEWIT		
	SALLY CULVERWELL		
	STEVE JACK		