

THE WET SET

Pacific Northwest Association
of Masters Swimmers

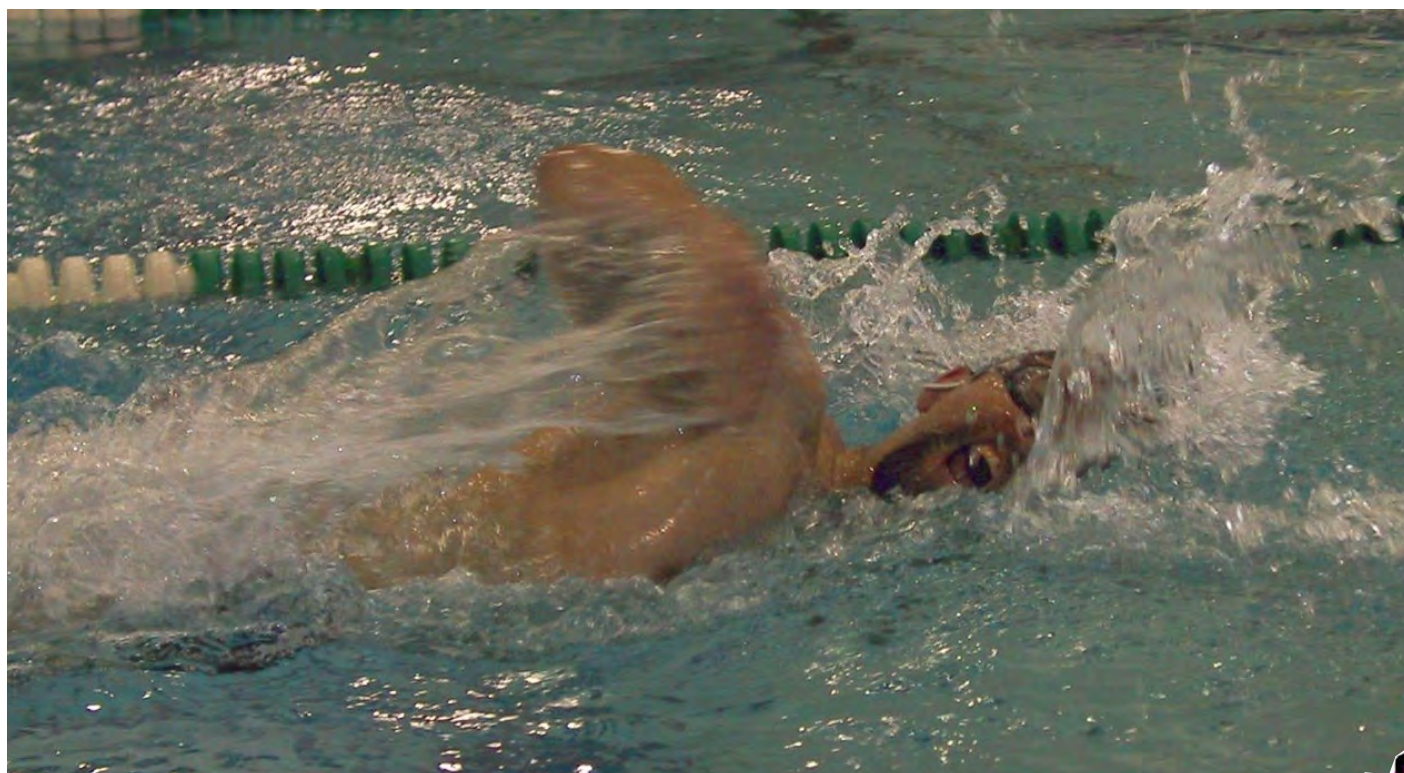


Volume 21 • Issue 10

2000 USMS Newsletter of the Year

December 2001

Happy Holidays from PNA



Kevin Esko takes first place in the 400 IM in the Men's 35-39 age group at the SCM Zone Meet at Tualatin Hills. Results start on page 12.

LEADING OFF

By
Lee Carlson

Our USMS Convention and a Survey of Its Members

During the last two weeks nine of your fellow PNA members went to Louisville, Kentucky, November 15-18 to determine how your Masters swim organization should govern itself. Jeanne Ensign, Hugh Moore, Sally Dillon, Jan Kavadas, Kathy Casey, yours truly, Steve Peterson,

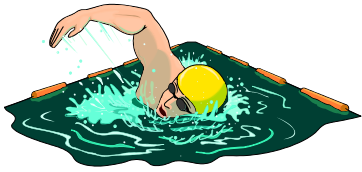
Sandy McNeel, and Jett Vallandigham worked hard and helped make some big decisions.

At convention, we elect officers, pass some new rules, adopt a budget and participate in some

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Volume 21 • Issue 10
December 2001

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Meets/Sanctions: Dan Frost

Records/Top Ten: Walt Reid

Officiating: Jan Kavadas

Open Water: Sally Dillon

Safety: Kathy Casey

Social: Jett Vallandigham

LEADING OFF

By
Lee Carlson

(Continued from page 1)

great workouts led by the best coaches in the country. The session was one day shorter than normal, rescheduled from September 12th.

The newly elected USMS officers are all excellent coaches as well. Jim Miller, the new President, is a physician who coaches one of the largest teams in the country, the Virginia Masters. Scott Rabalais, the new Vice President, is the coach of the Crawfish Masters in Louisiana. We had three Northwest candidates running for office. Sandi Rousseau ran for President, Hugh Moore for Vice President, and Sally Dillon for Secretary. Sally was elected as Secretary but Hugh and Sandi were not successful in their races. Hopefully, Hugh will choose to run again. He has been an excellent USMS Officer. We are fortunate as an organization to have such talented and well-qualified candidates.

For me, highlights of the convention were the coaches meeting, workouts, and the general sessions. At the coaches meeting, we agreed to put daily workouts online. The committee is also going to do more mentoring work in terms of clinics for coaches. The fitness committee is going to develop an outline of different programs and events. During the general session, we passed a few new rules, worked at making more of our Board of Directors meetings open, and passed a budget with \$225,000 more in expenses than revenue for next year. Much of this was for prior projects that had been approved but not implemented. We have had a surplus for many years so there is no financial danger in the budget for next year. An emphasis on marketing ourselves and on coach and team development will continue.

Last year the USMS commissioned a survey of its



Lee Carlson feasts on spaghetti and meatballs at a recent celebration at Buca di Beppo. The Organizing Committee for Long Course Nationals were treated to this dinner. Some committee meetings are more fun than others.

membership. Here are some of the key findings from the survey and some indicators of things we need to be working on:

How long do we stay?

- 40% of us stay with USMS for one year
- 22% have been active from five to ten years

Do we have a coach?

- 73% of us have a coach

Why do we swim?

- 76% of us swim for conditioning and fitness
- 22% swim for year around exercise.

What are the top five reasons we belong to USMS?

- 44% were required to join
- 16% for improved skills
- 15% for organized competition



Coffee anyone? Hugh and Sarah Moore at the Buca di Beppo dinner for the Long Course Nationals Organizing Committee.

USMS Convention News

The USMS Convention was held November 15-18 in Louisville, Kentucky.

Significant news for our LMSC is that Sally Dillon was elected USMS Secretary and Dan Frost was elected Northwest Zone representative. Congratulations to both!

The immediate news is that 18-year-olds may now join USMS. (This age was formerly 19 years.) For competition the age is still set at 19 years old. This means that for short course competition, the swimmer must be 19 by the last day of the meet. For short course meters competition, the swimmer must be 19 by the last day of the year. And for long distance swimming, the swimmer must be 19 on the day of the competition.

Also reported was that FINA granted the FINA Master's Committee recommendation to exclude the portion of SW8.3 in Masters Competition which reads, "A breaststroke kicking movement is not permitted." This means that you can set a FINA world record using a breaststroke kick in the butterfly stroke.

More news will be in the January *WetSet*.

How often do we swim?

- 39% swim three days a week
- 23% swim four days a week

How far do we swim?

- 42% swim 2000-3000 yards
- 25% swim 3000-4000 yards
- 20% swim 1000-2000 yards
- 10% under 1000 or over 4000 yards

What outside activities do we participate in?

- 48% weight training
- 42% bicycling
- 36% running

What additional benefits do we want?

- 37% more facilities for training
- 33% more clinics
- 24% more coaching
- 26% more product discounts

We seem to be on target with the emphasis for the coming year on clinics, coaching, and teams. We would like to hear from you. Do you agree with these areas of emphasis? Do you have other ideas for things we should be addressing?

**It's time to renew
your USMS
membership for
2002!
See back page**

Which Direction Do You Pull?

By Doug Garcia

Pulling is a subject that gets much scrutiny in swimming circles. If presented to a room full of talented swim coaches, the subject of pulling would generate many different responses—good, bad, and otherwise.

One common suggestion most coaches give is that when done properly pulling can increase strength, although pulling with paddles, especially with many hundreds of yards and poor technique, can increase the chance of shoulder injury, particularly in older Masters swimmers. Therefore Masters swimmers should carefully examine their use of equipment when doing pull sets.

The part of pulling that usually draws the most criticism is the use of hand paddles. To use them or not, what size, jumbo or miniature, with holes or solid, with wrist straps or not.

In paddle use, certainly the larger the paddle the more distance per stroke the swimmer can obtain, but what also might occur is large amounts of stress on the shoulder which can create “swimmer’s shoulder”. Smaller paddles can create shoulder stress problems as well.

Wrist straps on hand paddles can also create problems. Swimmers who use the wrist straps and have a shortened recovery phase of their stroke will never become aware of this “shortening”. Wear paddles without the wrist straps, and you’ll quickly determine if you shorten your stroke. Without the wrist straps, you might not be able to keep hold of the paddles or feel stress on the finger strapped to the paddle. This wrist strap test is an excellent way to determine if the recovery phase of your stroke needs work. This is one of the few good benefits to using paddles.

Another part of pulling which usually does not get much

discussion is the use of buoys. Most swimmers from about the age of 14 and up will use a buoy if the set is to be considered a “pull set”.

Swimmers who normally have a poor body position in the water, that is not flat, usually like to swim with a buoy to get the feeling of swimming flatter. The trouble with using the buoy is that you artificially create a body position that you should learn to do without the buoy.

With the buoy, the body becomes flatter in the water. Throw on some large paddles and you’re able to zip through the water like a torpedo, interval times drop, and you’ll hear phrases such as: “I can pull faster than I can swim”. Outside of using the paddles to determine the completion on the recovery phase of your stroke, pulling with large quantities of equipment can be a detriment to learning how to swim better.

A better suggestion to doing long pull sets with lots of equipment that artificially give that Superman feeling is to pull without the buoy or paddles. Do a pull set with a kick, but don’t forget to kick enough to keep the body balanced. To get a better feel for the water, do a pull set alternating 25s with closed fists and open hands. The 25 using a

closed fist will force you to feel the water on the forearm.

In general, Masters swimmers should carefully examine their use of pulling equipment and the number of pulling yards in relationship to individual goals.

Doug Garcia is the Washington State University Masters coach and the editor of Splashmaster, the newsletter for the Inland Northwest Masters LMSC.



Potluck after Orca Meet

The Orca swim team invites its Queen City Splash & Ski participants to a potluck dinner after the meet on January 19th. (Locals bring food. Others bring drinks.) Eric Raptosh’s photos photography from the meet will be displayed.

The potluck is at Miller Community Center at 330 19th Ave E, Seattle, at 7:30 pm.

Queen City Splash & Ski Meet Weekend is an annual IGLA (International Gay and Lesbian Aquatics) event put on by Orca swim team and includes a series of events (dinners, parties, skiing, and snowboarding).

More details are on Orca’s web site: www.teamseattle.org/orca.



Welcome to the swimmers who have recently joined PNA!

- PAMELA ADAMS, KEVIN BERNADT, ALICE BIRNBAUM, CAROL BROWN,
- CHRISTINE CAPUTO, TIMOTHY COLMAN, JENNIFER CRUZE, JENNIFER
- DELONG, HEATHER DESCHENE, ROBERT FARRELL, ROGER
- FICKENSCHER, LISA GOMEZ, KAREN GREGORY, CAROL HARDY,
- DANIEL HUIE, GLENWOOD JOHNSON, KAREN MAHER, BETSY
- MCCONNELL JGUTIERREZ, CHRISTINA MITTS, NATALIE MORGAN,
- ROBERT MUCKLESTONE, REBECCA NUGENT, VINCE O’HALLORAN,
- MIRIAM RABITZ, SHIRLEY RIVERA, CATIE RODEHEFFER, JENNIFER
- SCHNIEDWIND, JULIET STELL, AMY STRAND, AMY MARIE WEBBER





MASTERS CALENDAR

OPEN WATER
POSTAL SWIMS
MEETS
CLINICS

Events in Washington, Oregon, British Columbia, Idaho, and Alaska, plus USMS Championship events. PNA Events are listed in **bold**.

December 20
Deadline for articles for January *WetSet*

January 1-31
USMS 1 Hour Postal Swim
Margie Hutinger (727-521-1172)
phut@usms.org
Entry deadline Feb 10

January 1-February 28
1650 Postal Swim
Jon Steiner (415) 459-2000
lawjls@aol.com
Postmark deadline Mar 10

January 19
SCY Queen City Splash & Ski 2002
Helene Madison Pool, Seattle
Matt Lind (206) 328-8351
chewma@earthlink.net
Entry deadline Dec 31
Entry in this issue of *WetSet*

January 20
Deadline for articles for February
WetSet

January 22
PNA Board Meeting
Seattle Parks & Recreation
Seattle, WA

January 26
SCY Meet, Echo Hollow Pool
Eugene, OR
Lynda Christiansen
ericandlynda@netzero.net

February 15-16
Alaska Master SCY State Champs
Anchorage, AK
Ginny Wright (907) 344-5321
ginnyw@alaska.net
www.akmswim.org
Entry deadline Feb 7

February 16
SCY President's Day Meet
Bellingham
Barb Gundred (360) 734-8364
konabarb@hotmail.com
Entry deadline Feb 8
Entry in this issue of *WetSet*

February 16
PNA Board Meeting
Bellingham

February 20
Deadline for articles for March *WetSet*

February 23
SCY Meet
North Bend, OR
Guy Marchione
guy.marchione@worldnet.att.net

March 9
SCY Pentathlon, Tualatin Hills
Sandi Rousseau
tsrousse@ix.netcom.com

March 10
SCY Mercer Island Sprint Meet
Mary Wayte Pool, Mercer Island
Lee Carlson (425) 427-8430
leedee@cablespeed.com
Entries due Mar 1

March 20
Deadline for articles for April *WetSet*

March 24-30
LCM
FINA Masters World Championships
Christchurch, New Zealand
Neil Blanchfield +64-3 377-1700
masters.swim@greatevents.co.nz
www.eventnz.co.nz

March 27
PNA Board Meeting
Federal Way Library

For PNA Board information, e-mail
Steve Peterson at
speterson@bandwagon.net.

For information on Masters events outside of the PNA area, contact any of the following newsletter editors:

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Holladay, UT 84124
(801) 274-8004 *oliver4597@aol.com*

Alaska
Doug Quist
quist@alaska.net



QUEEN CITY SPLASH & SKI 2002 MEET

Sponsored by the Orca Swim Team
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 023601

DATE: Saturday, January 19th, 2002

TIMES: Check-in & First Warm-up: **8:00am** Meet: **9:00am**
Event 3 will start no earlier than 9:45am.

PLACE: HELENE MADISON POOL

CONTACTS: 13401 Meridian Ave N, Seattle 98133 (206) 684-4979
Matt Lind (206) 328-8351 chemma@earthlink.net
Jim Lasersohn (206) 325-8613 OrcaJim@teamsatttle.org

DEADLINE: Postmark by **Monday, December 31st, 2001**. Sorry, but no late or day of meet entries. Entries must be received by Friday, 1/4/02.

FACILITY: An indoor facility with six (6) 25-yard competition lanes with an adjacent warm-up and warm-down area. Water temp is 84 degrees. Coin lockers will be available. Snacks/drinks will be available for a nominal donation.

RULES: Current 2002 USMS Rules will govern the meet.

SAFETY FIRST: NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.
ELIGIBILITY: Open to all year 2002 USMS or MSC registered swimmers 19 and above as of 1/19/2002. Age groups will be based upon the swimmer's age as of 1/19/2002.

DIRECTIONS (located approximately 15 minute drive from downtown Seattle)

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

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

ORDER OF EVENTS (PNA Order #2) (Seeding is slow to fast)			
1	400 IM (must check-in by 8:30am)	12	50 Free
2	500 Free (check-in by 8:30am)	13	100 Fly
	20 minute break & 2nd warm-up	14	50 Breast
	<small>Event 3 will not begin before 9:45am</small>		
3/4	200 Women's/Men's* Free Relay		30 min Break including John Hornan Memorial Pink Flamingo Relay
5	100 Back	15/16	200 Women's/Men's* Medley Relay
6	200 Free	17	50 Back
7	50 Fly	18	100 Free
8	200 Breast	19	200 Fly
9	100 IM	20	100 Breast
10	200 Mixed Free Relay	21	200 IM
	10 min Break		
11	200 Back	22	200 Mixed Medley Relay

Note: Relays entries done on day of meet and deck-seeded.

* - Men's Relays and Women's Relays will be swum in combined heats.

DISCOUNTED OFFICIAL HOTELS in Downtown Seattle (request **Orca Swim** group rate)
Hawthorn Inn & Suites, 2224 8th Ave, 98121 (800) 437-4867 (206) 624-6820. Rate \$75. Free parking & breakfast. Call by 1/4/02. Confirm 24-hour cancellation policy.

Paramount Hotel, 724 Pine St, 98101 (206) 292-9500. Rate \$99. First-class hotel steps away from retail/entertainment core. Call by 1/1/02. Confirm 72-hour cancellation policy.

For more info on social events for the meet see: www.teamseattle.org/orca.

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

QUEEN CITY SPLASH & SKI 2002 MEET

Sponsored by the Orca Swim Team
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 023601

Name: _____ First Master's Meet? Y/N

Phone: (____) _____ E-mail Address: _____

Street Address: _____

City: _____ State/Province: _____ Zip/Postal Cd: _____

M or F Age/Jan 1/19/02: _____ Birthdate (mm/dd/yy): ____/____/____ USMS or MSC# _____

Team Abbrev: _____ Team Name: _____ LMSC: _____

USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED

AGE GROUPS (Determined by your age as of 1/19/2002):

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

INDIVIDUAL EVENT ENTRIES - ENTRY LIMIT: 5 individual events (excluding relays)

EVENT NUMBER	EVENT NAME	SEED TIME (Short Course Yards)

FLAT ENTRY FEE: \$11 US funds or \$16.50 CDN. 65¢ over: \$7 US or \$10.50 CDN.

Includes charge for all individual and relay events, heat sheet, and ribbon awards.

Please make checks payable to **Orca Swim Team**. Amount Enclosed: _____

Mail completed and signed Entry Check & copy of USMS card to: **Queen City Splash & Ski 2002 c/o Orca Swim Team, PMB 869, 1122 E Pike St., Seattle, WA 98122.**

ALL ENTRANTS: PLEASE RENEW YOUR MASTERS REGISTRATION EARLY.

Those without proof of Year 2002 Masters registration will be asked to register with PNA for \$30 on the day of the meet in order to swim.

Non-PNA entrants must make a copy of your Year 2002 Masters registration card and mail it in with this entry form.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician.

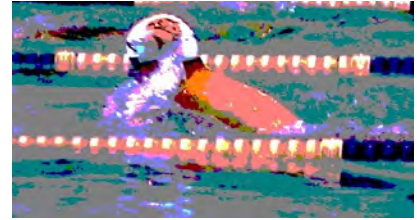
I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERE TO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____



PNA Board Meeting Minutes

By Steve Peterson
PNA Secretary



September 4, 2001—President Lee Carlson called the meeting to order at 7:12 pm at the Lakewood YMCA. Attendees also included Kathy Casey, Sally Dillon, Jeanne Ensign, Jan Kavadas, Jim McCleery, Mardi McCleery, Hugh Moore, Jane Moore, Steve Peterson, Walt Reid, and Sarah Welch. These 12 represented Federal Way, Ft. Steilacoom-WAKO, GLAD, North Whidbey, OOPS, Redwoods, and Swim Seattle.

Minutes:

The Board approved the July meeting minutes as corrected.

Treasurer's Report:

Total assets are \$37,686 including the Wiggin Fund's \$2,742. The Board approved Sarah's report.

Committee Reports:

Committee reports except as shown were suspended to devote time to consider Convention issues.

Meets: Hugh recommended that we combine Champs and Zones (our turn) for a better turnout on April 13-14, which the Board approved. Also approved were bids for January 19 (Orca), February 16 (Bellingham), and March 10 (Mercer Island). No meets have been bid for April or beyond yet. SCM Zones will be in Beaverton October 27-28. A straw vote

preferred the weekend of November 17-18 for an SCM meet at PSNS, Bremerton.

Awards: The Board approved Sally's recommendation to purchase 400 ribbons.

Computer Applications: Jim McCleery asked for feedback on the revised format of the *SwimPNA.org* web site and for suggestions on additional items or features that could be posted.

Ad Hoc Open Water: Sally has not received the expected \$55 bill for the July 5K/10K swim at King County Aquatic Center, but county invoicing is typically slow. Only three have signed up for this Sunday's Colman swim, so Sally will work with Ed Artis and Sarah Welch about rescheduling to share Queen Anne Swim Club's pool time. Jeanne mailed PNA's written endorsement to the Mayor's office and Seattle Police for follow-ups to Fat Salmon III. She received responses along the lines of "a thorough evaluation and review is required for future events." Jeanne will contact Mike Meyers and Ed Artis to coordinate PNA representation at the proposed meeting.

Old Business:

LC Nationals 2001: With some bills yet to be received, Jeanne

estimates a profit of about \$14,000 (\$90K gross less \$76K expenses). Souvenir sales accounted for half (\$18.5K gross less \$11.5K cost)—10 meet caps and 700 decals are all that remain. Deck seeding was effective but tedious—educating swimmers will surely help. Pacific Masters has deck-seeded their meets for years, so their members are well tuned to the process. To celebrate the very successful and well-received meet, the Board planned for a recognition dinner in conjunction with the October meeting. Lee proposed Buca DiBeppo's Restaurant; time to be determined.

Planning Retreat: Scheduled for 29-30 September at Sally Dillon's following the Pentathlon meet. Lee asked prospective attendees to e-mail him their top three topics of interest by September 17.

Convention Proposals: (See *USMS.org* for text of proposals.) Proposals acceptable to the Board included: L2, L3, L7, L13, L16, L24.

Possibly or partially acceptable: L1, L4, L8, L9, L11, L22.

Not acceptable: L5, L6, L10, L19, L20, L21.

Questionable: L12, L14, L15, L17, L18, L23, L25, and L26 – L31.

Web Guide

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

PNA Masters Swimming
US Masters Swimming
Masters Swimming Canada
Oregon Masters
Masters Swimming of BC
Utah Masters
Pacific Masters (CA)

www.swimpna.usms.org
www.usms.org
www.compumart.ab.ca/masterssc/
www.swimoregon.org
www.mastersswimming.bc.ca/
www.utahmasters.org
www.pacificmasters.org

**PNA Local Masters Swimming Committee
 President's Day Short Course Yards Meet - Sanction #023602
 Hosted by the Bellingham Masters Swim Club**

**PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: February 16, 2002 Sanction #023602
 Hosted by the Bellingham Masters Swim Club**

ORDER OF EVENTS (#3)	#	EVENT
	1	1650 FREE
	1A	400 IM
30 minute break		
	2	200 FREE RELAY
	3	200 FLY
	4	200 BACK
	5	50 BREAST
	6	100 FREE
	7	200 MIXED FREE RELAY
Five minute break		
	8	200 IM
	9	50 FLY
	10	100 BACK
	11	200 BREAST
	12	50 FREE
Five minute break		
	13	200 MEDLEY RELAY
	14	100 FLY
	15	50 BACK
	16	100 BREAST
	17	200 FREE
	18	100 IM
Five minute break		
	19	200 MIXED MEDLEY RELAY
	20	500 FREE

DATE & TIME:
 Saturday, February 16, 2002
 Warm-up: 8:00 AM; Meet starts 8:45 AM
 30-minute warm-up before event #2
 Meet will resume no earlier than 10:30 AM

LOCATION:
 Arne Hanna Aquatic Center, Bellingham WA
 (360) 647-POOL

Eight-lane x 25-yard course. Lanes 2-7 will be used for competition. Lanes 1 and 8 will be used for continuous warm-up and warm-down. There is a diving tank which will be open for warm-up and warm-down, and a large whirlpool available for relaxation. Manual timing will be used.

DIRECTIONS:
From I-5 Northbound: Take exit 253 (Lakeway Dr.) which empties onto Potter St. Proceed straight for two blocks. The pool is located on the right past the school.
From I-5 Southbound: Take exit 253 (Lakeway Dr.). Turn left onto Lakeway and proceed to second light. Turn left onto Lincoln St. Go one block past the school and turn right onto Potter St. The pool is located on the right.

ELIGIBILITY:
 Open to all 2002 USMS or MSC registered swimmers age 19 and above as of 2/16/02.

RULES: Current USMS rules will govern the meet.

SEEDING: Slow to fast

RELAYS: Deck-enter relays at the meet.

MEET DIRECTOR: Barb Gundred
 (360) 734-8364 before 9:00 PM - konabarb@hotmail.com

WEBSITE: For more information, visit the PNA website (www.swimrna.org)

SAFETY FIRST!
NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

NAME: _____ M F AGE (as of 2/16/02) _____

ADDRESS: _____

PHONE: _____ **BIRTHDATE:** _____ **USMS or MSC #:** _____

CLUB/TEAM (or Unattached): _____

*All swimmers who are not registered through the Pacific Northwest LMSC MUST attach a photocopy of their current USMS or MSC registration card.

ENTRY LIMIT: Five individual events total, plus relays.

EVENT #	EVENT NAME	SEED TIME

ENTRY FEES: \$ 6.00 Surcharge
 \$ _____ Individual events:
 (\$1 per event for swimmers under 65.
 No charge for swimmers 65 or over. No charge for relays.)

TOTAL \$ _____ MAKE CHECKS PAYABLE TO
BELLINGHAM MASTERS SWIM CLUB

MAIL THIS FORM AND ENTRY FEES TO: Barb Gundred
 Entries must be received by 3880 Gala Loop
Friday, February 8, 2002 Bellingham WA 98226

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

SIGNATURE: _____ **DATE:** _____



NEWS ABOUT PNA SWIMMERS



More Thanks for More Volunteers

In October we published a list of volunteers for the Long Course Nationals we put on in August. We missed a few people. We are grateful for the following people for their help at Nationals.

- ALYSOUN BOND
- DAN BRIGHTWELL
- JOHN CROWLEY
- TELVED DEVLET
- ALAN GRENON
- GEORGE GONZALES
- REGAN HAINES
- PAUL IKEDA
- CHRIS JONES
- JIM LASERSOHN
- MATT LIND
- LYNN MCCORKLE
- KATHLEEN MORRIS
- SUZIE NESS
- RICK PETERSON
- DICK TODD
- ERIC TWEIT
- PAUL VERNER
- CHIP WATERBURY
- BRIAN WEISS
- TIM WELCH
- DAVID WINKLER

Jeanne Ensign: A Few Words from Our Former USMS Treasurer

When delegate swimmers from all over the country met this November in Louisville, Kentucky, for the United States Masters Swimming annual convention, it marked the end of four years for me as the elected treasurer of USMS and a member of the Executive Committee. It was an unrivaled opportunity to serve at another level of this very special organization and an experience I never could have imagined.

USMS is unique in that we are self-governed—we are the members and we are the worker bees. In our swimming community we have volunteers at every level—those who put in the lane lines before workout in the morning; local, zone, and national meet organizers from directors to timers; LMSC board members; delegates to the national convention; national officers and committee chairs; record keepers, webmasters, newsletter editors; and the list goes on. My respect is undiminished for the volunteers who do the work on every level and in all areas to keep our organization thriving.

When all is said and done, though, the most important and fun part of all is that we get in the water. We each swim for our own reasons, but we swim and we love to swim. The mission of USMS is to promote fitness and health in adults by offering and supporting Masters swimming programs. I hope that

Dan Frost: Back in Town and Back Helping PNA

At the PNA Board meeting November 27, 2001, Dan Frost officially took over the job as Meets Committee Chairman for PNA.

Due to a promotion to Lieutenant Commander in the Navy, Dan returned to the Northwest after living in Seaside, California, for two years and attending the Naval Postgraduate School.

Before moving to California, Dan was the *WetSet* newsletter editor and the webmaster for PNA. He created our first web page and provided a solid foundation for the current *WetSet*. One of his more amazing feats was producing and editing the *WetSet* while stationed in a tent in Saudi Arabia.

Dan is replacing Hugh Moore. Hugh has held this position since 1997. Hugh took his job to heart. In addition to Meets Committee Chairman, he was the Meet Director for two USMS National Championships during his tenure.



my work and that of all the volunteers has made it a little easier for you, the swimmer, to find a pool, a coach, or a workout, attend a clinic, or swim in a meet or fitness event. Keep swimming!

—Jeanne Ensign



Results

NW Zone Championships—Tualatin Hills Aquatic Center

October 27-28, 2001

Short Course Meters



PNA's sole relay at the NW Zone Championships: Laura Rookstool, Megan Bussart, Douglas Redfield, and Kerry Ness.

100 M. BACK Susan Elliott	51 # 1	1:58.89
50 M. BRST Susan Elliott	51 # 2	56.44
50 M. FLY Susan Elliott	51 # 4	52.89

WOMEN 60-64

50 M. BACK Chaya Amiad	63 # 1	1:03.62
100 M. BACK Chaya Amiad	63 # 1	2:15.09
200 M. BACK Chaya Amiad	63 # 1	4:46.86
100 M. FLY Chaya Amiad	63 # 1	2:54.90
200 M. FLY Chaya Amiad	63 # 1	6:18.27
400 M. I.M. Chaya Amiad	63 # 1	10:28.08

MEN 19-24

50 M. FREE Jasen Speer	20 # 1	26.35
200 M. FREE Jasen Speer	20 # 1	2:14.19
50 M. BRST Jasen Speer	20 # 1	38.20
100 M. BRST Jasen Speer	20 # 1	1:26.52
400 M. I.M. Jasen Speer	20 # 1	5:57.07

MEN 30-34

100 M. FREE Kerry Ness	32 # 3	1:12.79
50 M. BRST Kerry Ness	32 # 4	39.79
100 M. BRST Kerry Ness	32 # 3	1:29.17
200 M. BRST Kerry Ness	32 # 2	3:18.33
50 M. FLY Kerry Ness	32 # 1	36.46

MEN 35-39

200 M. FREE Douglas Redfield	38 # 2	2:28.90
800 M. FREE Douglas Redfield	38 # 1	10:42.39
1500 M. FREE Douglas Redfield	38 # 1	20:58.29
50 M. BRST Kevin Esko	35 # 2	33.11
100 M. BRST Kevin Esko	35 # 2	1:12.84
50 M. FLY Douglas Redfield	38 # 5	1:30.00
50 M. FLY Kevin Esko	35 # 1	29.13
200 M. FLY Kevin Esko	35 # 1	3:01.97
400 M. FLY Kevin Esko	35 # 1	5:41.36

WOMEN 19-24

50 M. FREE Katie Richter	24 # 2	41.39
100 M. BACK Katie Richter	24 # 1	1:40.97
50 M. BRST Katie Richter	24 # 1	48.36
100 M. BRST Katie Richter	24 # 1	1:48.48

WOMEN 30-34

100 M. FREE Megan Bussart	31 # 1	1:10.39
200 M. FREE Megan Bussart	31 # 1	2:35.71
400 M. FREE Megan Bussart	31 # 1	5:31.49
800 M. FREE Megan Bussart	31 # 2	11:27.89
50 M. BRST Megan Bussart	31 # 2	43.39
100 M. BRST Megan Bussart	31 # 1	1:30.50

WOMEN 40-44

50 M. FREE Laura Rookstool	40 # 3	35.54
100 M. FREE Laura Rookstool	40 # 3	1:20.29
50 M. BACK Laura Rookstool	40 # 2	47.75
50 M. BRST Laura Rookstool	40 # 1	46.69

WOMEN 45-49

200 M. FREE Sandy McNeel	49 # 3	3:23.32
800 M. FREE Sandy McNeel	49 # 2	14:33.84
100 M. BRST Sandy McNeel	49 # 4	2:07.01

WOMEN 50-54

50 M. FREE Susan Elliott	51 # 4	43.17
100 M. FREE Susan Elliott	51 # 2	1:38.13
50 M. BACK Susan Elliott	51 # 1	53.36

**MEN 40-44**

400 M. FREE		
Eric Dybdahl	41 # 3	4:53.34
800 M. FREE		
Eric Dybdahl	41 # 1	10:09.99
1500 M. FREE		
Eric Dybdahl	41 # 1	20:12.42
200 M. BACK		
Eric Dybdahl	41 # 1	2:40.37
200 M. FLY		
Eric Dybdahl	41 # 3	2:35.98
400 M. I.M.		
Eric Dybdahl	41 # 2	5:57.01

MEN 45-49

50 M. FREE		
Donald Graham	47 # 1	26.22
50 M. BACK		
Donald Graham	47 # 1	31.80
50 M. FLY		
Donald Graham	47 # 1	28.32
100 M. FLY.		
Donald Graham	47 # 1	1:04.74

MEN 55-59

400 M. FREE		
James McCleery	55 # 1	4:49.43
Michael McColly	56 # 2	5:01.96
800 M. FREE		
James McCleery	55 # 1	9:56.60
Michael McColly	56 # 2	10:28.60
1500 M. FREE		
James McCleery	55 # 1	19:09.94
200 M. BACK		
Michael McColly	56 # 1	2:46.61
200 M. I.M.		
Michael McColly	56 # 1	2:46.74
400 M. I.M.		
James McCleery	55 # 1	5:36.47
Michael McColly	56 # 2	5:59.05

MEN 70-74

800 M. FREE		
Thomas Taylor	70 # 1	12:35.96
1500 M. FREE		
Thomas Taylor	70 # 1	24:15.59
50 M. BRST		
Thomas Taylor	70 # 2	43.27
100 M. BRST		
Thomas Taylor	70 # 1	1:38.69
200 M. BRST		
Thomas Taylor	70 # 1	3:40.93

RELAYS-MIXED 200 M. MEDLEY

120-159		
Kerry Ness	32 # 2	2:42.28
Laura Rookstool	40	
Megan Bussart	31	
Douglas Redfield	38	

For complete results, look at PNA's web site: swimpna.usms.org.



5K & 10K Postal Championships: Four PNA swimmers competed in the USMS 2001 5K & 10K Postal Championships this year.

Jeanne Ensign, our lone female entry, swam the 5K, placing 10th in her age group with a time of 1:46:02.71.

Eric Dybdahl finished 4th in his age group with a time of 1:10:49.25 for the 5K. To top that he also swam the 10K, placing 7th in his age group with a time of 2:32:4.19.

Thomas Taylor finished first in his age group, with a time of 1:27:26.12 for the 5K. That's less than one minute from Robert Beach's current record of 1:26:24, swam in 2000. Eric and Thomas are pictured above at the NW Zones Meet.

James McCleery swam the 5K in 1:10.07.40. This is a National Record for the Men's 55-59 age group! And it looked effortless the whole way.

For complete results, look under Results under PNA's web site swimpna.usms.org.

You Might Be a Swimmer . . .

The first portion of a list by Jill Gellatly, Gulf LMSC

- If whenever you hear an electronic beep, you instinctively jump.
- If you have rings around your eyes unrelated to the amount of sleep you got.
- If you have been wearing the same pair of Lycra underwear for the past two weeks.
- If waking up before dawn to exercise seems normal. (You might also be crazy.)
- If jamming a piece of Styrofoam between your legs is not a kinky sexual activity.
- If bugs die of chlorine poisoning when they land on your skin.
- If you sport long, curling hair with split ends on your legs.
- If the phrase "This set with fins" is better than hearing "You just won \$1,000".

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

It's time to renew your USMS membership for 2002!

The 2002 USMS Registration form for individuals is on the back page of the *WetSet*. Here's a few definitions of some of the terms on the registration form:

- LMSC (Local Masters Swim Committee): Pacific Northwest Association (PNA) is the division of United States Masters Swimming (USMS) that covers (roughly) western Washington.
- Clubs are part of the LMSC. Currently there are two clubs in the PNA LMSC. Those are Pacific Northwest Aquatics (also PNA) and Sequim. You may also swim as "unattached". You use your club affiliation any time you register for a meet. To swim as part of a relay at Zone or National meets, you must be registered with the same club. You use the club affiliation for this registration.
- Teams: A Team is the local group you swim with (e.g. Federal Way, Orca, GLAD). The only time team points are tallied is at PNA SCY Championships in the spring.

Pacific Northwest Association of Masters Swimmers

Local Team Registration

To register your team for 2002, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held in the spring. All team members competing in the meet must be currently registered with USMS. (See back page for registration form.)

Team Reps: PNA will provide your team with a USMS Rule Book which contains rules for Swimming, Competition, Long Distance Swimming, Athletes' Rights, and Organization and Bylaws. Contact Jeanne if you would like one. They will be available in January.

Team Name:		Abbreviation (4 letters max):	
Team Rep	Name:		
	Address:		
	City:		Zip:
	Phone:		
	E-Mail:		
Team Coach	Name:		
	Address:		
	City:		Zip:
	Phone:		
	E-Mail:	Home Pool:	

Mail this form and check to:

Jeanne Ensign
 511 East Roy, #314
 Seattle, WA 98102
 (206) 324-1354
 Fax (206) 325-0632
 E-mail jeanne@raincity.com

Application Fee: \$10

Make check payable to: **PNA Masters Swimmers**



HAPPY BIRTHDAY

to the following PNA swimmers!

12 15	LEEANN MCGHIE	12 29	CURTIS WADE
12 15	PAUL STOERMER	12 30	ROMI EPSTEIN
12 15	JOANNE KIRKLAND	12 30	JOY ROGERS
12 16	TIMOTHY COLMAN	12 30	STEPHEN KIRK
12 16	NATALIE MORGAN	12 30	CORY MACKIE
12 16	STEVEN DILL	12 30	ANN THORN
12 16	KAREN VAN DUSEN	12 30	SCOTT LORENZEN
12 16	LYNN HOVDE	12 30	ROBERT KEEVER
12 16	BRITA ENFIELD	12 31	JAMES SCANTLAND
12 17	MICHELE MEHAFFEY	01 01	CAROL TYREE-DEWELL
12 17	JERRY SANCHEZ	01 01	HAROLD HUFF
12 17	ANN HELSER	01 01	JULIE CORMAN
12 17	SARAH BULLOCK	01 01	KATY DOBNER
12 17	AARON SUNDBERG	01 02	RALPH BREMER
12 17	ANNEMARIE HOBBS	01 03	MARC COTTRELL
12 17	SCOTT SKOGLUND	01 03	LARRY WRIGHT
12 18	THOMAS GRANDINE	01 03	LAURA MAIN
12 18	JENNIFER SCHNIEDWIND	01 03	RYAN ROBERTS
12 19	SCOTT ENGELHARD	01 05	ELIZABETH HERRING
12 19	BERNARD RYAN	01 05	TIM TYNAN
12 20	CHRIS OHANA	01 05	JULIE BURDICK
12 20	STEPHANIE DIEMEL	01 06	PAUL OLMSTEAD
12 20	CINDY MARTIN	01 07	KIM BOGGS
12 21	PAM STRANDBERG	01 07	SONNY GARRETT
12 23	ANDRE NGUYEN	01 07	NICOLE MCKENNEY
12 24	PATRICIA ALVARADO	01 07	RYAN MALGREN
12 24	ROBERT YOUNG	01 07	AMY LITTLE
12 24	JOHN BAILEY	01 07	HELEN SCHUCHART
12 25	L. (GENE) CROSSETT	01 08	MICHAEL TURGEON
12 25	CHRISTOPHER LAUBENTHAL	01 09	THOMAS TAYLOR
12 25	DAVID WITUS	01 09	JACK AKAMINE
12 27	HOPE DEAN	01 10	JERRI FREIMUTH
12 27	UTE CRAY	01 10	JAMES MCCLEERY
12 27	HENRY KIRKLAND	01 10	TAMMY SANCHEZ
12 27	KELLY WELCH	01 10	STEVEN RUITER
12 27	CATHERINE HERRING	01 11	JENNIFER PETERSON
12 27	KIMBERLY BUSSMAN	01 11	MICHAEL SAUNDERS
12 28	JERRY GALLAHER	01 11	DEBORAH TAYLOR
12 28	FRED CARTER	01 11	FRANK WARNER
12 28	CYNTHIA KRASS	01 12	ANNE SEELEY
12 28	KATHY COLE	01 12	BARBARA GEHRKE
12 28	MARY BRADBURY	01 12	RENEE GAMBOA
12 28	MAUREEN KELLY	01 12	AMY TOUSLEY
12 28	JAMES(JIM) SLOAN		

Manage Stress With Positive Affirmations

One should never underestimate the power of high self-esteem when dealing with stress. When your self-esteem is high, then everyday problems, both big and small, roll right off your back. However, when self-esteem is low, it's as if you become a bull's eye target, begging to be hit.

Self-esteem is hard to keep high when we badmouth ourselves. Like an obnoxious talk radio host, the ego babbles incessantly, constantly giving us subliminal negative feedback that we are never "good enough."

One of the first methods of effective stress management is called "positive affirmations," where you learn to turn down the volume of your ego's negative voice (which can so easily whittle away self-esteem) and replace the negative chatter with positive reinforcements which, in turn, help boost self-esteem.

Using positive affirmations, particularly during times of duress, can help you gain composure, and balance and not succumb to the internal voice of negative critic. It is thought that these affirmations unite both conscious and unconscious energies of thought to help accomplish a goal. Affirmations are a common practice among actors, artists, and in particular, athletes. . . . You don't have to be a champion athlete to gain from the benefits of positive self-talk.

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THE FINAL LAP

Swimming With Alan

By Chuck Kriebel



My good friend Alan Bell is the best training partner I've ever had. I couldn't ask for better while we trained this past year to swim the Catalina Channel. He showed up on time, swam every workout with few complaints, and lost graciously at rock-paper-scissors for the hot shower and kick board throwing contests. His jokes about me becoming shark bait were always amusing. He would often laugh while reminding me that the key to surviving a 21-mile swim in the ocean wasn't speed but the ability to inflict a small blood wound and be faster than the guy you are swimming with. Hmmm...

However, what is important to know is that Alan cannot swim straight no matter how much pool you give him. I wish to share this information with the swimming public because it has particular relevance, especially for those who may find themselves in the same body of water as Alan.

Alan is quite the open water swimmer. During 2001 his accomplishments included:

- Overall winner of the Seal Beach, California, 10 mile Rough Water Swim
- Overall winner of the 10K Bay Challenge in Vancouver, Canada
- 30th place finisher out of 1000 at the Waikiki 2.4 mile Rough Water Swim
- Successful crossing of the Catalina Channel (21 miles) in 9 hours 28 minutes.

As you can see, Alan is no slouch. As a former University of Washington swimmer, Alan should

have the training background and experience necessary to navigate effectively in any body of water. Swimming straight should not be an issue but this aspect of Alan's aquatic mastery took on particular meaning this summer as Alan and I each swam away from Doctor's Cove to begin our "buddy system" attempt of the Catalina Channel on the darkest night imaginable—September 20th.

I should have realized earlier in the summer that I would be personally victimized by Alan's lack of an internal compass when I had several near miss collisions during our many training sessions in an outdoor, unlined and un-roped pool. One night we devised a unique open ocean simulation swim by placing glow sticks on the bottom of the pool in our respective lanes. We swam for two hours and at each turn I feared for my safety.

Reminder to self: Glow sticks mean nothing to Alan. He will meander across 5.5 lanes of a six-lane pool despite these reference points. Make sure health insurance premiums are paid when doing night swims with Alan.

We departed at approximately 2 am from Doctor's Cove, a 30-foot wide stretch of rocky beach along an otherwise unmanageable coastline at the north east end of Catalina Island. Alan and I both had our trepidations. The ocean at night is an ominous place. Alan had never swum in the ocean at night. I had, but I couldn't help but remember our training swims and Alan's philosophy on becoming shark bait.

Alan and I stroked away from Catalina Island and approximately five minutes later, while still adjusting to the ocean and the excitement of the moment, I suddenly felt a sharp pain on my side then the impact of "something," be it fish or mammal, bang against me and then travel across the back of my legs. The image of a Great White flashed through my brain. I kept my composure and looked out across the water to see Alan stroking away in a decidedly southern direction, away from our intended easterly destination at the shoreline below the Point Vicente Lighthouse. "So what's new..." I told myself. "Give the guy a thousand square miles of ocean and he still finds a way to run me over." I sigh...

Reminder to self: Schedule next buddy swim on a full moon. No moon means no ambient light. Alan will find a way to swim over the top of me on his way to Baja. At least I will see him coming.

The next 90 minutes were comparatively uneventful until I saw beneath me what appeared to be a big fish, a five footer by my estimation. During the next five minutes and after three more sightings, the loud and unmistakable shouts of my paddlers to "Get him out! Get him out!" convinced me it was time to abandon the swim in deference to the Mako Shark in whose waters I now appeared to be more interesting dining fare than the schools of baitfish surrounding me. After climbing back on board the



Bottom Scratcher, my escort boat, I collected my wits and began to reflect on Alan's shark jokes of the past.

Reminder to self: Fish feed on the surface at night, especially big ones. While swimming in the ocean at night, try to appear less appetizing than your swimming partner.

I then turned my attention toward Alan and hoped the best for him. My swim was over but Alan's swim was proceeding uneventfully about one quarter mile south. After the news of my near shark experience reached Alan's support crew it was decided that the less he knew about my situation, the better. Eventually they told him I had to get out. It was sad news to Alan who, like a true friend became more worried about my disappointment rather than the fact he still had about eight miles of ocean ahead of him. I joined the crew of paddlers after sunrise and assured Alan I was OK and encouraged him on to the finish. He looked tremendous! He maintained 76 strokes a minute with little deviation.

On a couple of occasions it became necessary for me to herd Alan in a straighter course by cutting him off with my kayak. The irony of those moments amused me greatly. I considered swimming with him but dismissed that idea immediately. I knew that although I was rested, I would have had difficulty keeping up with Alan who was clearly in a groove and would have swum away from me like any other day in the pool. It felt good to escort him to the shores near the lighthouse where he finished the swim in 9 hours 28 minutes.

A couple of months have passed since my swim with Alan. After returning from California, I stayed out of the water for a couple of weeks while re-evaluating my goals. Alan kept in close contact and offered support knowing I was disappointed with my experience. Finally, after growing impatient witnessing my self-pity party, Alan verbally harassed me back into the pool. As I write this article, things are back to normal. We swam a workout together just the other day. He still can't swim straight. Were it

not for lane lines I could have had him arrested for assault.

I have not decided yet if I will be returning to Catalina next year. Alan has offered to train with me if I do. "I'll be there for you every lap of the way!" he promises. "I'll swim the darn thing with you if it will help get you across!" he vows.

I have thought long and hard about his offer. The reasonable person in me thinks it might be a good idea provided Alan stays on the boat and is nowhere near during the first few miles of the swim. I think again. "You know, it just wouldn't feel right if Alan weren't crowding my space. However, the shark jokes have got to stop!"

Chuck Kriebel is a long-time resident of Carnation, Washington. He's an impressive swimmer himself. He placed 6th overall in the Seal Beach 33rd Rough Water Swim. He swims in numerous other open water swim and was an USMS All-American in 1989.



WetSet Subscription / Change of Address Form

The WetSet is PNA's official newsletter. It is produced 10 times a year and is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for \$12, payable to "PNA MASTERS SWIMMERS". To request a change of address or a new subscription, please send this completed form to:

Cindy Martin
PNA Registrar
2427 NE 143rd St.
Seattle WA 98125

Important — *The WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service.

Change of Address

New Subscription

If you would like to become a PNA member or renew your membership, and receive The WetSet and Swim Magazine, please use the Member Registration Form on the back cover of this newsletter.

Affix old address label here (if changing address)

Name _____

Address _____

City / State / Zip Code _____

Phone _____ USMS # _____

UNITED STATES MASTERS SWIMMING, INC.
2002 REGISTRATION APPLICATION

Pacific Northwest Association of Masters Swimmers

NEW Registration Renewal My current USMS number is _____

Please print clearly. Register with the same name you will use for competition.

Name _____ Birthdate _____
 Last First Initial Month Day Year
 Address _____ Age _____ M/F _____
 Street or box number
 _____ E-Mail _____
 City State Zip+4
 Telephone (____) _____

If you coach a Masters swim team check here

My Club is Pacific NW Aquatics (PNA) **My Team is** _____
 Unattached Sequim (SQM) Unattached

2002 Annual Fee: Your fee includes a subscription to the *WetSet* and to *SWIM Magazine*

Under 65	\$30	(If after Sep 1, 2002 for 2002: \$15.00)	\$_____
Senior: 65 & over	\$23	(If after Sep 1, 2002 for 2002: \$11.50)	_____
Canadian fee	\$35		_____
Optional Donations:	USMS Endowment Fund	\$1 or (\$_____)	_____
	International Swimming Hall of Fame	\$1 or (\$_____)	_____
			TOTAL \$_____

Mail to: Cindy Martin, Registrar
 2427 NE 143rd St.
 Seattle, WA 98125
 (206) 366-8195, ccmart@oz.net

Make check payable to: **PNA MASTERS SWIMMERS**

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

Signature _____ Date _____

Pacific Northwest Association of Masters Swimmers
 1000 Cabin Cr Lane SW D301
 Issaquah, WA 98027

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