



**WetSet Content Changes
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DON'T MISS THIS STUFF



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BAMFest Story and
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USMS Coach of the Year To Lead Coaching And Swimming Clinic

What's the best way to become a better swimmer or swim coach? *By focusing on the fundamentals.* And that's exactly what participants will do at an upcoming mentor coaches' and swimmers' clinic.

The clinic, aptly called Focus on Fundamentals, will be held on Friday, December 12, and Saturday, December 13. It has two parts, a 2½-hour Coaches' Clinic Friday evening and an all-day Swimmers' Clinic Saturday. Both parts will be led by Bob Bruce, 2003 USMS Coach of the Year. (See Bob's article about training goals on page 6.)

Fundamentals Are Key

Although the clinic will pass along the latest swimming knowledge, the focus is on the fundamentals. "It's the surest path to swimming and coaching success and the basis for this clinic, *whether you're a competitive or fitness swimmer,*" says Bob.

Sponsored by PNA, the clinic has space for 10 coaches and 40 swimmers. Sign up early to make sure you have a spot. To participate, you must be registered with USMS. And, swimmers, bring fins.

Coaches' Clinic

This classroom-based workshop is intended for Masters coaches. (Self-coached swimmers taking the Swimmers' Clinic also may attend).

Topics to be covered:

- Season Planning for Your Whole Team
- Triathletes—Issues & Solutions, Drills to Skills
- Video Critique Methods

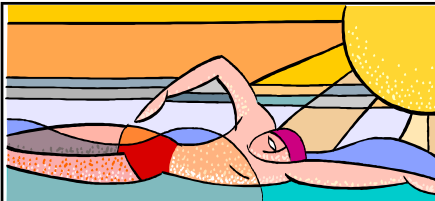
Plus, Bob will hold his famous "Ask the Coach" session, where anything relating to swimming is fair game.

Participating coaches will also attend the Swimmers' Clinic. "That will provide a valuable, hands-on educational opportunity for them," says Bob.

Swimmers' Clinic

This all-day classroom and pool session focuses on freestyle and backstroke. "Look for lots of personal attention from the coaching staff," says Bob.

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WETSET

Volume 23 • Issue 9
November 2003

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Meets: Lee Carlson

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Officiating: Kathy Casey/Jan Kavadas

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You've probably noticed that this issue has considerably fewer pages than recent ones. Future issues will be leaner, too, because of content changes approved by the PNA board.

The changes are as follows: Meet results and full PNA board minutes will be posted on PNA's Web site (www.swimpna.org) rather than published in *The WetSet*. And the newsletter no longer will carry swimmer birthday lists.

In making these changes, the PNA board considered several factors:

- Relevance of the content to PNA members
- Ability of most PNA members to access PNA's Web site
- Cost of printing and mailing the newsletter, PNA's single biggest expense (and one that increases with more pages)
- Newsletter and Web site policies of other Local Masters Swimming Committees (LMSCs)

Here's the PNA board's thinking on each content change:

Meet Results

As you know from reading recent issues of *The WetSet*, meet results can consume many pages, sometimes half the newsletter. Most PNA members have Internet access, so they can obtain these results from PNA's Web site, where they're posted as soon as they become available.

Anyone wanting a hard copy of a meet's results can obtain them by contacting Jeanne Ensign at 206/324-1354 or Jeanne@raincity.com.

The WetSet will continue to carry the results of PNA members at National and World

LEADING OFF



By Paul Freeman,
WetSet Editor

Championship events. And it will identify PNA swimmers who achieve FINA World, USMS Top Ten and All-American recognition.

Board Minutes

Some PNA members may read the complete board minutes in *The WetSet*. But the board's sense is that the vast majority do not. In addition, these minutes are usually two or three months old by the time they appear in the newsletter.

Future newsletters will include a more timely summary of formal board action taken at meetings. Anyone wanting to read the full minutes of a meeting can do so on PNA's Website, where they'll be posted and archived.

Happy Birthday List

Teams can easily obtain this information from their own records.

Going Digital

In coming months the PNA Board will take up the issue of electronic distribution. This would mean distributing the newsletter by e-mail to members agreeing to receive it in this form.

(Continued on page 4)

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.



MASTERS 2003-2004 CALENDAR

**OPEN
POSTAL SWIMS
MEETS** **CLINICS**

Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events.

December 6-7, 2003
Grass Valley Aquatic Center
SCM Meet
Camas, WA
Bert Petersen (503) 252-6081
Petersen@exchangenet.net
(See page 11 for entry form)

January 1-31, 2004
USMS One-Hour Postal
Championship
Nancy Ridout (415) 892-0771
nancyridout@mindspring.com
Chris Foote (415) 457-9645
dummy4me80@hotmail.com

January 18, 2004
SCY Meet
Anacortes, WA

February 15, 2004
SCM Meet
Bellevue Club, WA

March 14, 2004
SCY Mercer Island Sprint Meet
Mercer Island, WA

April 9-10, 2004
SCY PNA Champs
WKCAC
Federal Way, WA

April 22-25, 2004
USMS Short Course
Championships
Indianapolis, IN
Mel Goldstein (417) 253-8829
goldstein@mindspring.com

May 5-September 30, 2004
USMS 5K & 10K Postal
Championship
Bruce Hopson (314) 569-2220
(314) 569-0382
bhopson@swbell.net



June 3-13, 2003
FINA Masters World Champs
Riccione, Italy

June 12, 2004
USMS 5K Open Water
Championship
Fernandina, FL
Edward Gaw
edginc@att.net

June 27, 2004
USMS 2-Mile Cable Championship
Eagle Creek Reservoir Indianapolis,
IN
Mel Goldstein (317) 253-8289
goldstein@mindspring.com

June 28, 2004
USMS 1 Mile Open Water
Championship
Wildwood, NJ
Vicki Anders (410) 502-5395
andervi@jhmi.edu

July 2004
3.5K Open Water Championship
Applegate Lake, Jacksonville, OR
Dan Gray (541) 890-5483
dangray45@hotmail.com

July 2004
2004 USMS 10K Open Water
Championship Huntington Bay
Huntington, NY
Bea Hartigan (631) 271-3349
bea10k@yahoo.com

July 17, 2004
Fat Salmon

August 7, 2004
Lake Padden (tentative)

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
USMS Northwest Zone
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

www.swimpna.org
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

ED ARTIS KNOWS SHIP LINES AND SWIM LANES

Masters Coach Profile

Need a tanker or freighter tied up to the docks in Seattle or Tacoma? Then contact Ed Artis. He owns a company that's an expert in this area. Ed also is an expert in the art and science of coaching swimmers, something he's done in the Seattle area for more than a quarter of a century.



Ed Artis coaching his Masters' team at the Queen Anne Pool

Raised in Boise, ID, where he swam competitively for the local YMCA, Ed, like many young swimmers, got burned out and didn't swim for years. But in the early 1970s, realizing he missed an activity that he liked and was good at—especially in the backstroke—Ed began swimming again for fitness. He also started coaching kids and formed the Queen Anne Swim Club for age-group swimmers.

Payback Time

"Growing up, I had some exceptional coaching in both swimming and baseball," says Ed. "I wanted to help young people the way those coaches helped me."

Multiple Coaching Duties

In addition to coaching Queen Anne Masters, a team he founded, Ed coaches swim clinics put on by Mary Meyer Life Fitness and is an assistant coach for the swim team at Seattle's O'Dea High School.

This past year he coached at two other high schools as well, Blanchet and Roosevelt. And last year he coached the divers on the swim team at his alma mater, Seattle University.

Being a swim coach, says Ed, has involved a constant educational process. "Swimming has been revolutionized in my coaching lifetime. Twice I've had to re-learn the strokes, especially freestyle and backstroke."

Approach to Masters

As a Masters coach, Ed tries to have his swimmers set realistic goals—like moving up to a faster lane. Then Ed gives them the tools needed to reach these goals. "At the end of a practice, I want everyone to come away with some bit of advice they can use in their swimming."

Although most people regard swimming as an individual sport, Ed sees it as a team activity. "I find there's a synergy, with people feeding off each other's energy. If you're having a good day in the pool, and I see you doing that, it makes me have a good day."

53 Going on 27

When not coaching swimming or making sure those big ships are properly tied up, Ed likes to spend time with Deborah, his wife of 29 years, and their two daughters. The older one is 23 and a recent WSU graduate, the younger one is seven and active. "I feel like I'm 27 with her—and I have to be," says Ed, who just turned 53.



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Leading Off

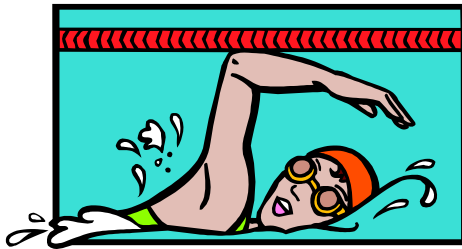
Members choosing this option would receive their newsletter sooner, and PNA would lower its printing and mailing costs.

To see how many members might be interested in an electronic newsletter, the 2004 PNA Registration Form, which was recently mailed out, includes a question about this option.

Agree or Disagree?

As editor, my job is to put out a quality newsletter relevant to the greatest number of PNA members. The PNA board, on which I serve, believes the content changes described above will streamline the newsletter and make it a more effective communication vehicle.

But if you disagree, or if you have any suggestions about improving *The WetSet*, please contact me or any other board member. Remember, *The WetSet* is **your** newsletter.



Second Annual BAMfest October 18, 2003

By Steve Peterson

Congratulations to Lynn Wells' Bainbridge Island Masters (BAM) team on their second annual—and highly successful—BAMfest Meet. It was well run and on schedule.

The event attracted 88 competitors, ranging in age from 19 to 82 and representing 22 teams from the Puget Sound area.

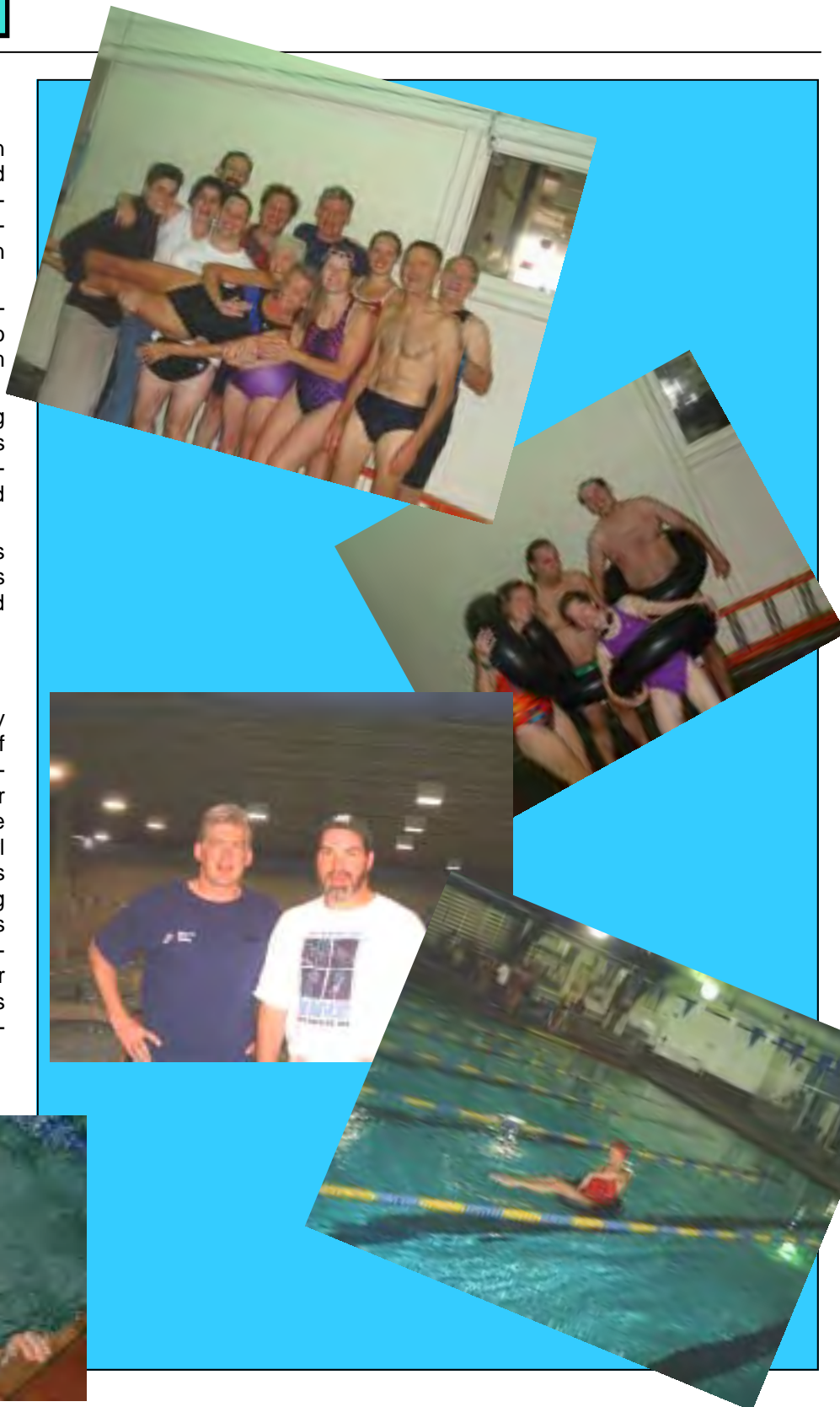
BAM was the team providing the most competitors, 15. Not as many as last year's 40, but a respectable showing on a warm and sunny mid-October day.

A high school meet format was used. So there were 13 events rather than the typical 20-plus—and no 200 Fly!

Fantasy Relay

New this year was a "Fantasy Relay." It drew two heats' worth of contestants, who swam on the Inner Tube, Flowered Swim Cap or Sculling teams. It quickly became apparent that the backwards crawl required of the flower-cappers was more difficult than feet-first sculling or inner-tube paddling. So the rules were amended to require inner tubers to field eight members rather than the original four, and scullers had to double up to pull their members down the lane.

What a super meet !!!!



Health and Fitness

Training Goals for Life

By Bob Bruce

Have you ever found it difficult to stay with your fitness program, even when you've been training for a while? Do you find it difficult to stay focused on staying in shape when life's distractions pull you away from the pool? I think we all do at some time or another. The trick to pursuing lifelong fitness through swimming involves learning a few tricks to help you get through the hard times, the times when motivation seems to desert you. Here are a few tips that I have learned to help me to stay with it:

1. Determine your ultimate lifetime goal and mission statement.

After all, we can be Masters swimmers for 75 or 80 years, and we need to take the long view now and then. This step clarifies your values, reminds you of the importance of the final result, and sometimes (by itself) helps to clear your mind of the distracting barriers that you seem to confront daily. When I state my personal goal—to break the national records in the 105-109 age group or die trying—I usually get a laugh, but stating it also reminds me of the fundamental reasons why I participate.

2. Set some realistic short term goals that will help you to focus on the tasks currently facing you.

Perhaps you would like to swim three times each week for the next month, or be especially well prepared for that meet in three weeks, or would like to improve one second per 100 on your favorite goal set. Goals like these refresh the daily challenge and displace the feeling of daily drudgery.

3. Keep training simple. Return to fundamentals.

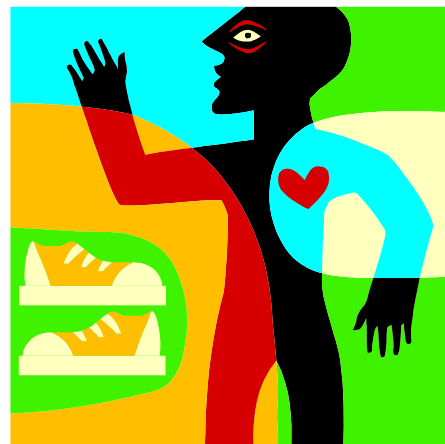
Sometimes we construct elaborate practice challenges that frustrate us (and occasionally hide the reason why we do them). There is nothing more fundamental for the dedicated fitness swimmer than good stroke technique and sound aerobic threshold swimming.

4. Get individual help.

Ask a coach to help you review your goals, technique and training plan, and stick with the suggestions. Our practice and technical habits often deteriorate without knowledgeable feedback, and we can back ourselves unknowingly into poor habits. When we discover the awful truth, the road back to good habits can seem miles too long. Often the change of focus from training to technique will refresh your outlook.

5. Learn from others.

Coaches are excellent sources of wisdom, but coaches have no monopoly on good advice. Watching and listening to other swimmers can be engaging and



fruitful. Look at skills that others perform well, and see if you can assimilate those skills into your own repertoire. Ask questions of others to determine their performance secrets. Stay curious and willing to change if you find a better way.

6. Find practice friends.

Training alone is incredibly difficult; hats off to the tough and disciplined few who seem to manage training over a long time without swimming partners. If you are currently swimming by yourself, look for others who share your passion for swimming. If you train with a team, find others who share your similar speed, endurance and mental outlook; you may have to change practice lanes in order to find them. Training partners are gems—I could never stay with it without them.

7. Think positively.

Our negative selftalk and fears are often our most fearsome opponent. Chase the dark doubts away and replace them with simple positive statements about things which are going right. Remove the subtle mental barriers that plague all of us. Focus on what feels good, not on what hurts.

8. Stay consistent.

The truly accomplished fitness swimmer, the one who will remain actively engaged in the sport through motivational ups and downs, will consistently go to practice even in the face of huge

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Glucosamine, MSM and Ibuprofen

By Deborah Collins



Editor's Note: The following article appeared in the Aug-Oct. 2003 issue of *Great Lengths*, the newsletter of the Master Swimming Association of British Columbia. The author, Dr. Deborah Collins, is a family practitioner focusing on sports medicine and a competitive swimmer. The article begins by posing two questions to the author: (1) Do you recommend the supplements glucosamine or MSM as part of prevention or when muscles are sore, or at all? (2) Some swimmers rate their practices as to toughness by the number of Ibuprofen tablets they take after their swim. Is this harmful? What follows is Dr. Collins' response.

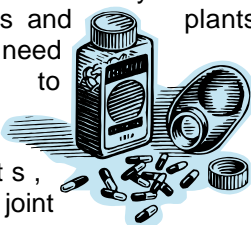
I don't routinely recommend glucosamine or MSM as part of prevention/treatment of activity related to muscle soreness. The main concerns I have in recommending either substance is the lack of studies supporting their benefit and the lack of regulation by the Food and Drug Administration (FDA) with respect to purity, etc.

I do sometimes recommend Ibuprofen (400 mg) as treatment/prevention of muscle soreness or inflammatory conditions (bursitis or tendonitis) but do not condone excessive use of Ibuprofen due to the potential for increased side effects.

....

Glucosamine

Also called chitosamine, this is a type of protein found in chitin. Chitin is found in yeasts, fungi, animals and plants. Our bodies need glucosamine to make tendons, ligaments, cartilage and joint



fluid. This substance has been used for treating osteoarthritis, helping to rebuild cartilage and helping to relieve pain and inflammation in the joints. It is thought to serve as an anti-inflammatory to enhance recovery.

Research on its effects is limited, but some anti-inflammatory benefits have been demonstrated. No significant side effects are known although mild stomach and intestinal problems, including nausea and heartburn, have been reported. Glucosamine is not recommended for individuals with high blood pressure. Exacerbation or development of diabetes has also been reported in individuals taking glucosamine for up to three years.

Glucosamine is available as a tablet, capsule or cream. Most individuals take the tablet or capsule form. The usual dose is 500 mg three times daily. The cost is about 10 to 12 cents per dose.

MSM

This is a sulfur-based compound. It is supplied by normal diets of raw foods. MSM is not well understood or thoroughly tested, although the major benefit of use appears to be pain relief.

Users have endorsed MSM for certain forms of arthritis, fibromyalgia, tendonitis and gout, but there is a lack of supporting controlled studies. MSM may have anticoagulant effects but until further information is available, individuals on other medications with anticoagulant effects are advised not to use this product.

Common side effects include diarrhea, stomach upset and mild cramps. Other side effects, as a consequence of the sulfur, include increased hair and nail growth.

MSM tablets are available in 1000 mg dosages, with the usual recommended dose of 1000 mg twice daily. The cost is about 10 to 25 cents per dose.

Ibuprofen (Advil, Motrin)

This anti-inflammatory medication is used to reduce inflammation and provide pain relief in conditions such as arthritis, bursitis, tendonitis and muscle pain/strain. Ibuprofen is regulated by the FDA and has been studied extensively.

The most common side effect is stomach upset, so Ibuprofen should always be taken with food. Other side effects include dizziness, headache, rash and fluid retention.



Occasionally bleeding, ulcers or perforation of the stomach or intestines can occur. These effects are all potentially increased with increased dosage. This list of side effects is not comprehensive and any unusual symptom while taking Ibuprofen or any other medication should be discussed with your physician.

The usual dose of Ibuprofen is 400 mg (two 200 mg tablets). It can be taken before or after activity to prevent or treat muscle soreness or tendonitis/bursitis. A maximum dose of 1200 mg per 24 hours should not be exceeded without medical approval. The cost is 10 to 20 cents per dose.

Final Thoughts

Editor's Note: At the end of her article, Dr. Collins cautions readers to take these substances only after becoming knowledgeable about them, and to consult a physician if they have questions or concerns. She then concludes with the following advice.

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Find Out What Your PNA Board is Doing

PNA Board Meeting Minutes

by Hugh Moore, PNA Secretary



Minutes of the PNA Board Meeting, August 26, 2003

Motions Approved are shown in bold and noted with MSA (Motion, Second, Approved).

I. Reports

A. Call to order and Introductions: President Jeanne Ensign called the meeting to order at 7 p.m. at the Federal Way Regional Library. Board members present included Steve Peterson, Sarah Welch, Hugh Moore, Kathy Casey, Jane Moore, Lee Carlson, Paul Freeman, Jan Kavadas, and Arni Litt. Also present was Kelly Crandell. **B. President's Report:** Jeanne was smiling as she noted that the deadlines for application for USMS Long Distance and pool championships had passed and PNA did not bid. **C. Minutes:** **MSA minutes for the July 22 meeting as corrected.** **D. Treasurer's Report:** **MSA Treasurers report as submitted.** Sarah reported a balance of \$49,447 in checking/savings accounts, including \$32,099 in CDs. **MSA to reimburse Jeanne \$49.76 for purchase of flowers for Sally following her recent surgery. MSA to reimburse Arni \$142.47 for a combination of LC Zone heat sheet printing (\$133.17) and \$9.30 (hospitality).**

II. Board Meeting Focus

A. Pre-convention Review: The United States Aquatic Sports convention will be held in San Diego, September 10th – 14th. National Governing Bodies for USMS, age group swimming, water polo, diving, and synchronized swimming simultaneously hold their annual meetings during the convention. The board reviewed the pre-convention packet and discussed

the legislative proposals. Steve will create a chart for coordinating meeting attendance for the 11 PNA members attending convention. **B. SCM Zone Meet host:** The meet will be held November 8th and 9th at South Kitsap Pool. Steve will be the Meet Director. He is working with Puget Sound Swim Club for volunteers and has 4 officials lined up. **C. Meet Policy Review:** Tabled until the September meeting.

III. Old Business

A. Review of USMS Promotional booth: The four volunteers working at the booth at the Emerald City Swim did a great job and had good conversations with interested swimmers. It was the consensus of the board that we should use the booth again next year. **B. LCM Zone Meet Review:** Thanks to numerous volunteers, the meet was a success. Lee will provide a report next month. **C. July Board Meeting:** A quorum was not present at the July meeting so actions were not official at that time. **MSA the following actions from the July 22nd board meeting**

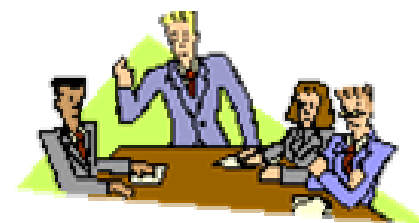
- Minutes from June 25 as corrected
- Treasurer's report
- Champs to be hosted by Federal Way Masters at the Aquatic Center on April 9-10, 2004 (Friday & Saturday only)
- Anacortes will host a short course yards meet on January 18th 2004.
- Membership policies as amended
- Financial policies as amended
- Jerry Plunkett as at-large member

IV. Reports

A. Newsletter: Paul reported that the September WetSet is ready to print pending the entry form for SCM Zones. He regrets that he did not receive articles on either Lake Padden or Fat Salmon. **B. Registration:** Arni reported that we have 1106 members and that she is working on a letter to send to coaches reminding them of the importance for insurance purposes of registering both themselves and their swimmers. **C. Meets:** Lee reported that he has received signed meet agreements from Oak Harbor, Bainbridge Island, Anacortes, Bellevue Club, Mercer Island, and Federal Way Masters. Jeanne suggested that we put a table listing all local, zone, and national meets on the PNA web site. Jan reported on the Puget Sound Senior Games. This was not a sanctioned meet and most competitors were not USMS members. There were two officials, but enforcement of rules was lacking.

V. New Business. None

VI. Next Meetings: Tuesday, September 23rd, Seattle Parks: Items on the agenda will include Working on 2004 calendar for board meetings and meet policies review. Tuesday, October 28th - Bellevue Club. Tuesday, December 2 - Jeanne Ensign's.



Welcome New PNA Swimmers

Erika Almvig
Shannon Barnes
Joanne Birkner
Jo Bodourian
Steven Brennan
Jill Deckman
Terence Ellard
Jan Glick
Luke Hansen
Galen Kawaguchi
Curtis Kirchhoff
Kacie Luderus
Robert Pilger
Susan Shulman
Ashley Sullivan
Janet Weisman

(Continued from page 7)

Glucosamine, etc.

At the end of the day, we swim to have fun, stay fit and sometimes challenge our body and mind in the athletic arena. At best, the use of any legal drug or supplement for athletic performance is unlikely to provide a significant benefit and at worst it can cause unnecessary physical damage.

(Continued from page 6)

Training Goals

distractions. The most difficult step towards the pool is the one at the front door, and the most difficult step at the pool is the first plunge. Taking these first steps creates consistency, the ultimate key to lifetime fitness, even on days when the desire is not there. Get to the pool and get in.

Good luck and good swimming.

This article first appeared in the March 2001 Splashmaster, the newsletter for Inland Northwest Masters Swimming.

Yep, It's That Time of Year Again

Time to renew your USMS membership.

This membership includes:

- Subscription to *The WetSet* (10 issues a year) and SWIM Magazine (6 issues a year)
- Right to participate in USMS-sanctioned or sponsored events
- Secondary accident insurance when participating in these events

Such a deal!!!!!!

You should have already received your 2004 registration form in the mail.

Filling it out is easier than ever because certain information, like your birth date, team and other personal information, is now included in the form. (You can thank PNA's dedicated registrar, Arni Litt, for this enhancement and the pellucid explanatory letter that came with your 2004 registration form.)

Be sure to carefully review the club and team information. And please answer the question at the bottom of the form about receiving an electronic version of *The WetSet* in the future.



Swim Coach Wanted

The Green Lake Aqua Ducks Masters Swim Team (GLAD) at Evans Pool in Seattle is accepting applications for a USMS-eligible or "credentialed" coach, 5:00 a.m. to 6:00 a.m. Mon.-Fri. and 7:00 a.m. to 8:30 a.m. Sat.

Responsibilities include maintaining coaching certifications, developing daily workouts and long-term goals for all swimming levels, coaching for safety and skills and communication with the GLAD board for team improvements. Compensated for time on deck, swim meets, clinics, etc. We offer above average compensation and paid vacation time.

If you or anyone you know is interested, call (206) 525-3925.

Grass Valley Aquatic Center Short Course Meters Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-08
 Eligibility: Currently registered USMS swimmers, 19 years and older.
 Unregistered swimmers must submit a 2004 registration form and fee with this form.

Hosted by: LaCamas Swim & Sport
 Grass Valley Aquatic Center
 2950 NW 38th Ave.
 Camas, WA 98607

DATE: Saturday & Sunday, December 6 & 7, 2003

SATURDAY: WARM-UPS: 3PM • MEET STARTS: 4PM
SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM

25 meters
 6-8 lanes competition-electronic timing
 Continuous 1-3 lanes warm-up/down area

Meet director: Bert Petersen • Phone: 503-252-6081 • E-mail petersen@exchangenet.net

Directions to Pool: Take I-205 North or South. Take Exit Highway 14 (Vancouver/Camas); go East on Highway 14 toward Camas. Exit on 192nd (second exit), cross Highway 14, and turn right on Brady (first right). Climb up the hill and go approximately 2 miles to the third stop sign. Turn right onto NW 38th Avenue. Go approximately 1/2 mile, and pool is on your right.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD OR 2004 REGISTRATION FORM WITH THIS ENTRY.

ENTRY DEADLINE: POSTMARK NO LATER THAN NOVEMBER 21, 2003

✂ FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY ✂

NAME _____
 ADDRESS _____
 CITY _____
 STATE _____ ZIP _____
 PHONE _____
 E-MAIL _____

BIRTHDATE _____ AGE (AS OF 12-31-03) _____ SEX _____
 2003/2004 USMS # _____
 USMS CLUB (OREG, MACO, PNA, ETC) _____
 IS THIS YOUR FIRST MASTERS MEET? YES NO

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 79-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 AND 320-359, ETC. **YOU MAY ENTER A MAXIMUM OF 6 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY. YOU MAY SWIM BOTH THE 800 FREE & 1500 FREE.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200M, 400M OR 800M (800M FOR FREE RELAYS ONLY). THE 400M AND 800M RELAYS WILL BE SEEDED IN HEATS FOLLOWING THE 200M RELAYS OF THE SAME TYPE. THE 400, 800 AND 1500 FREESTYLES & 400 IM WILL BE DECK SEEDED. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM.* ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Saturday, December 6, 2003

400 IM (1) _____ : _____ . _____
1500 FREE (2) _____ : _____ . _____

Sunday, December 7, 2003

400 FREE (3) _____ : _____ . _____

* 20 MIN BREAK FOR 2ND WARM-UP; EVENT #4 WILL BEGIN NO EARLIER THAN 10AM

100 IM (4) _____ : _____ . _____
50 FREE (5) _____ : _____ . _____
200 BACK (6) _____ : _____ . _____
100 FLY (7) _____ : _____ . _____

*** BREAK**

MIXED MEDLEY RELAYS (8-9)

50 BACK (10) _____ : _____ . _____
200 FREE (11) _____ : _____ . _____
100 BREAST (12) _____ : _____ . _____

Sunday, December 7, 2003 (con't)

*** BREAK**

FREE RELAYS (13-18)

200 IM (19) _____ : _____ . _____
50 FLY (20) _____ : _____ . _____
200 BREAST (21) _____ : _____ . _____
100 FREE (22) _____ : _____ . _____

*** BREAK**

MIXED FREE RELAYS (23-25)

50 BREAST (26) _____ : _____ . _____
200 FLY (27) _____ : _____ . _____
100 BACK (28) _____ : _____ . _____

MEDLEY RELAYS (29-32)

*** BREAK**

800 FREE (33) _____ : _____ . _____

"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 & 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 _____

MEET ENTRY FEE: \$17.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220



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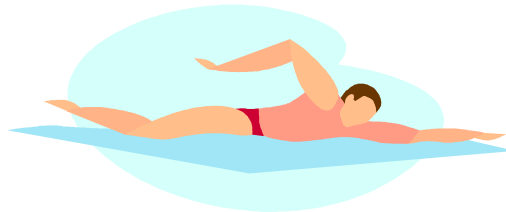
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