

# Federal Way Kings

## C U R R @ N T S



M A S T E R S S W I M M I N G

SEPTEMBER 2006

VOL. 8, ISSUE 9

### PRESIDENT'S LETTER

By Hugh Moore

Federal Way Kings Swimmers,

It's back to school time and for many of us time to get back in the water. Regardless of whether you've been swimming or doing other activities this summer, now is a good time to set new goals for the upcoming season.

There are many upcoming events to consider in your goals. Last month I mentioned the idea of virtual dual meets. Wendy and I have agreed to run them on Tuesdays during October.

PNA has a full slate of events coming up, three of which will be in our own back yard. The NW Zone Short Course Meter Championships ( **November 18 & 19** ), PNA Champs ( **April 14 & 15** ), and USMS Short Course Nationals ( **May 17-20** ), will all be held at the Aquatic Center.

PNA will also host meets at Oak Harbor on **September 24**, Bainbridge Island on **October 14** and Anacortes on **January 20**. Meets are likely to be approved soon for February and March.

*(Continued on page 4)*

### COACH'S COLUMN

By Wendy Neely

Do you feel like somebody is watching you?

I have a lack of words this month except what you get to do in practice, the Thomas Jefferson High School Girls Swim Team is enduring as well. This makes for good dinner talk with the handful of our members that have daughters on our team. This technique stuff is harder than regular training!

Everyone has improved so much! We are concluding week three; only three more! Keep up the hard work and keep bringing your gear bag full of patience.

Hang in there,

Wendy

### TEAM OFFICERS

President	Hugh Moore
Vice President:	Gregg Metzler
Secretary:	Judy Williams
Treasurer	Holly Bork
Membership:	Kim Hicks
Webmaster:	Dan Smith

**Federal Way Masters**  
**PO Box 24083**  
**Federal Way, WA 98093**  
<http://www.fwmasters.com>

### INSIDE

PAGE

- 1 President's Letter
- 1 Coaches Column
- 2 A "Heart" Walk To Remember
- 2 An Emerald City Open With Heart
- 3 Tom T Taylor Goes To Worlds
- 4 Park 2 Park, "2" !?!
- 5 Calendar
- 6 9th Annual Oak Harbor Pentathlon
- 7 5th Annual BAMFest Swim Meet
- 8 Northwest SCM Zones Meet

## A "HEART" WALK TO REMEMBER

Dear Federal Way Masters,

This past month I passed the one year anniversary of my heart failure, stroke and cardiac arrest. I was very fortunate to survive. I have also had to battle post traumatic stress disorder, panic attacks and depression.

I was exercising, seeing my doctor and taking my medication plus I was only forty-five years old. How could this happen to me?! If it happened to me, could happen to any of us?



*Malcolm Neely at the 22nd Annual Emerald City Open*

Did you know that cardiovascular disease is the No. 1 killer of women and men in our nation? Did you know that cardiovascular disease kills almost as many people as the next five leading causes of

death COMBINED?

After learning about the mission of the American Heart Association -- to reduce death, disability, and risk from heart disease and stroke -- I decided to help in the fight by participating in the 2006 Heart Walk where I will join community members from Puget Sound on **October 7th** at Qwest Field to honor survivors, walk the 3.2 mile route, and participate in fun and educational activities throughout the morn-

*(Continued on page 4)*

## AN EMERALD CITY OPEN WITH HEART

*Check out the photo gallery on the website*

Everything was better this year. Last year's swimming event started out with overcast skies and a overcast feeling because we were all concerned for Malcolm Neely who lay in Cardiac Intensive Care at Harborview. Ever the T-Shirt design was bad last year.

This year was a different swim. Malcolm, to celebrate his year of recovery, swam the 1/2 mile course with wife Wendy in tow. Literally. He blazed out to the turn around buoy and Wendy had to catch up to him.

In an effort to be supportive, a large contingent of Federal Way Kings gathered at the finish line waiting to cheer Malcolm in. We saw some others come in, we saw Wendy come in. After a while I began to be concerned that I hadn't seen Malcolm come in. There weren't that many 1/2 milers left and wondered where he was. That was when we turned around and found Malcolm had not only already finished but was out of his wet suit and dried off. Well, it's the thought that counts, we let out a big cheer anyway.

After the mile was over, the entire team got together to celebrate his finish with plastic champagne glasses filled with sparkling cider.

There were many other interesting experiences.

Zena Courtney swam the 1/2 mile race next to her daughter Kyla who was swimming her first Emerald City Open. She

*(Continued on page 3)*

*(Continued from page 2)*

was likely the youngest competitor in the event.

When Chris Hines, who is moving up from California was asked what he thought of Washington waters, he surprised everyone when he responded that they were much warmer than in California. Then we realized the difference between a lake and the ocean, and Lake Washington didn't disappoint, running about 71 degrees at the time of the race.

The starts were pretty tricky. As I watched the 1/2 start, there wasn't a very good countdown and a pretty meager horn sound via someone screaming into the megaphone. I hoped for a better start for the one mile. They warned us that we had seven minutes for our start but the clock was still counting up for the 1/2 mile swimmers, not counting down for the mile swimmers start. At less that a minute the clock started counting down for the mile start. But at 10 seconds, no one was paying attention and no one was counting down. I watched the clock count to zero and then start counting up, but nobody went and no start. At :09 seconds some of the swimmers started shouting, "go, go, go!" and the race was on, 10 seconds late, but still on.

And it wasn't a gentle start by any means. Hugh Moore has the eye socket gasket of his goggles knocked out, Bruce Boytler got an elbow in the nose and had to roll over on his back with a big nose bleed. Eric Dybdahl was out warming up when someone told him he was brave to swim the whole mile without goggles. That was when he realized that he had forgotten to bring them and there was no time to get them, so he really did swim the whole mile without goggle. Nothing like a little old

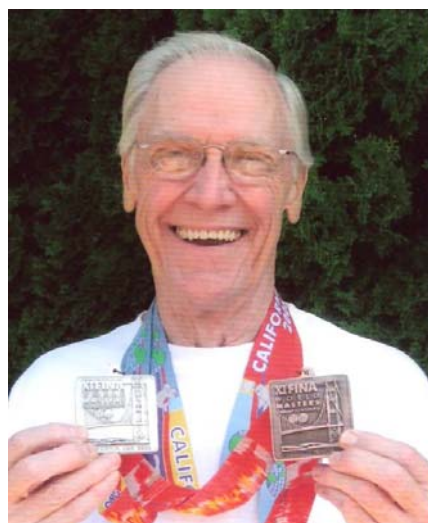
school!

Still despite these "minor" inconveniences, it was a very enjoyable swim with a nice blend of competitiveness and friendliness all rolled into making for a great morning at the lake.

### TOM T. TAYLOR GOES TO WORLDS

5,491 Masters swimmers from 70 countries gathered at Stanford University, in Palo Alto, CA., to complete in the 2006 World Championships. Along with 178 Olympians and swimmers ranging from 20 to 93 was our own Tom T. Taylor.

Tom is a Sun City snowbird and has been back to working out with the team in preparation for his showing at worlds. And an awesome showing it was. Tom garnered a silver medal in the 400 meter freestyle and a bronze medal in the 800 meter freestyle. All his events and times are listed below. Congratulations, Tom on keeping it going for so many years.



*Tom Taylor shows off the hardware*

Name	Event	Time	Place	Sex/Age
<b>Taylor, Thomas T</b>				<b>M75</b>
	800 Free	13:03.06		3
	100 Breast	1:46.24		8
	50 Breast	46.00		5
	200 Breast	3:58.26		5
	400 Free	6:24.16		2

*(Continued from page 1)*

Wendy is organizing a meet preparation clinic on **October 28th** and there will be stroke clinics with Bob Bruce on **November 4 & 5**.

If that isn't enough to keep you busy, Federal Way is bidding to sponsor the 2007 USMS Check off Challenge. I'll be presenting the bid at convention next week with a theme of "Tour de Pool". I'm optimistic about our chances of being awarded the bid.

Sincerely,

Hugh

*(Continued from page 2)*

ing. Funds raised from the Heart Walk provide local community and professional education about cardiovascular diseases, support groundbreaking medical research, and support advocacy efforts.

Please join me in supporting this great cause. You can also register online by visiting:

[www.pugetsoundheartwalk.kintera.org](http://www.pugetsoundheartwalk.kintera.org).

Think about investing in the prevention and treatment of cardiovascular disease, and the future of heart disease and stroke patients like myself. You can make donations online at the website above.

To learn more about the Heart Walk and the American Heart Association, visit [www.americanheart.org](http://www.americanheart.org).

Thank you and God bless,

Malcolm A. Neely

## PARK 2 PARK, "2" ?!?

Sunday, August 27 was the second annual running of the Park to Park swim, which is the last Lake Washington open water swim and also the only one that crosses the lake, going from Magnusen Park in Seattle to O.O. Denny park in Kirkland.

It began when some friends challenged each other to swim across the lake in a friendly competition to conclude with eating a nice breakfast together. It was opened to the public last year as a fundraiser for Children's Hospital. This year there were over 100 swimmers including Eric Dybdahl, Paul and Leann Stoermer and Dan Smith.

LeeAnn and Paul really enjoyed the swim, and look forward to next year. The air was a little cool at the start, but the water made up for that. It was well run, the bus transportation from the finish back to your car was very smooth. The distance was just right and Paul recommends this swim to anyone, especially new swimmers to the open water experience.

They sent the swimmers in waves 3 minutes apart from slow to fast, each wave a different colored cap. Paul lucked out and got the hot pink cap and was the envy of all of us. As the faster swimmers swam through the slower swimmers, the whole group ended up in a mix of multicolored heads bobbing toward the other side.

The course was lined with support boats but there was a southerly wind that caused the boats to drift which in turn caused us to swim a curve to the other side instead of a great line. But breakfast was fun and there were many prizes given away. Plan on this one next year.

## Local and Regional Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
Sept 24, 2006	9th Annual Oak Harbor Pentathlon	SCM	<a href="#">Entry Form</a>	Oak Harbor, WA	9/16/2006 - or day of race
Oct 14, 2006	5th Annual BAM-Fest Swim Meet	SCY	<a href="#">Entry Form</a>	Bainbridge Island, WA	10/02/2006
Nov 18-19, 2006	Northwest SCM Zones Meet	SCM	<a href="#">Entry Form</a>	King County Aquatic Center, Federal Way, WA	11/04/2006

## National and Postal Events Calendar

Date	Event	Type	Contact or Link	Location	Entry Deadline
Jan 1 to Dec 31, 2006	USMS Check-off Swim Challenge	POSTAL	<a href="#">Hugh Moore Entry Form</a>	POSTAL	12/01/2006
Jan 1 - Dec 31, 2006	2005 30-Minute Fitness Swim Challenge	POSTAL	<a href="http://www.usms.org/fitness/swim30.shtml">www.usms.org/fitness/swim30.shtml</a>	POSTAL	12/31/2006
Sep 15 to Nov 11, 2006	USMS 3000/6000 Yard Postal Championships	SCY	Max Veltman, 915-584-0227, <a href="mailto:max_veltman@yahoo.com">max_veltman@yahoo.com</a>	POSTAL	pending

## 22nd ANNUAL EMERALD CITY OPEN, SEWARD PARK, LAKE WASH.



Brad and daughter, Mary Ann, Julie Faye Eric Dybdahl, Kyla and Zena Courtney, Bruce Boytler, Janet Massey, Chris Hinds, Paul Havick, Carrie Breed, Judy Williams, Holly Bork, Malcolm Neely, Hugh Moore, Frank Newquist, Katherine Casey's daughter and Dan Smith

## 9<sup>th</sup> ANNUAL SHORT COURSE METERS PENTATHLON MEET WITH ADDITIONAL "BRUTE" DIVISION

Hosted by North Whidbey Masters (Sanction #063607)

ORDER OF EVENTS (#1)	
#	Event
1	1500 free
2	200 fly
3	100 fly
4	50 fly
5	200 back
6	100 back
7	50 back
8	200 breast
9	100 breast
10	50 breast
11	200 free
12	100 free
13	50 free
14	400 IM
15	200 IM
16	100 IM

**DATE:** Sunday, September 24, 2006

**TIME:** 1500 – Warm-up at 9 am, meet starts at 10 am  
check-in by 9:30 am  
Pentathlon - Warm-up 12 pm Meet starts 1:00 pm  
Check-in by 12:30 pm

**LOCATION:** John Vanderzicht Memorial Pool  
85 SE Jerome St  
Oak Harbor, WA 98277  
Phone: 360-675-POOL

**MEET DIRECTOR:** Sally Dillon  
Phone: (360) 679-5038  
E-mail: salswmr@verizon.net

**FACILITY:** Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.

**RULES:** Current USMS Rules will govern the meet.

**ELIGIBILITY:** Open to all year 2006 USMS or MSC registered swimmers 18 and above as of 9/24/2006. Age groups based upon the swimmer's age as of 12/31/06. Entries must be received by the meet director by Saturday, September 16 with the following exception: **Race day entries will be accepted for an additional \$5.00 (US) late fee until 9:30 am for the 1500 free and 12:30 pm for all other events.**

**SEEDING:** Slow to fast. **ALL EVENTS WILL BE DECK SEEDED - CHECK-IN IS REQUIRED.**

**TIMING:** Electronic timing will be used.

**AWARDS:** All participants will receive a certificate. Special awards will be presented to the fastest 3 swimmers in each age group for each division of competition. No separate awards will be given for individual events.

**THE COMPETITION:** In order to receive awards, swimmers must enter all of the events that "complete" a division. The divisions are:

"Sprinters Choice" Pentathlon Division 50 each of fly, back, breast, and free plus a 100 IM  
 "Middle Masters" Pentathlon Division 100 each of fly, back, breast, and free plus a 200 IM  
 "Animal" Pentathlon Division 200 each of fly, back, breast, and free plus a 400 IM  
 "Brute" Division 200 fly, 400 IM, 1500 free

There will be a short break after each stroke. Pentathlon/brute results will be calculated by adding the total time swum in the division's events. Swimmers competing will have a "time penalty" if they are disqualified in an event. It will be assessed as follows: ADD 5 seconds for each 50 of the event. Swimmers who try to abuse the disqualification system will be eliminated from the competition.

**WEB SITE:** Visit the PNA website at [www.swimpna.org](http://www.swimpna.org) for updated information.

**DIRECTIONS:** Take highway 20 to Oak Harbor. Turn east onto Whidbey Avenue. Proceed 1/2 mile to SE Jerome St. Turn right onto Jerome—the pool will be on the right.

### SAFETY FIRST!

**NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.**

## 9<sup>th</sup> Annual Short Course Meters Pentathlon + Brute event

Sunday, September 24, 2006

(Sanction #063607)

NAME: \_\_\_\_\_ M F AGE as of 12/31/2006: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS or MSC #: \_\_\_\_ - \_\_\_\_\_

Local Team \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_

USMS Club Abbrev: \_\_\_\_\_ USMS Club Name: \_\_\_\_\_ or UNATTACHED \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

**AGE GROUP (Circle one - determined by your age as of December 31, 2006)**

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+

ENTRY LIMIT: 5 EVENTS Circle if your first Masters meet: **Yes**

EVENT NUMBER	EVENT	SEED TIME (for SC METERS)

ENTRY FEES: \$14 (\$17 Canadian)  
 \$10 (\$13 Canadian) for seniors (65 & over)  
 \$10 (\$13 Canadian) for entering only the 1500 meter free  
 Race day entries will be accepted for an additional US \$5.00 late fee (see Eligibility)

Please make checks payable to: **NWAC** Direct questions to Sally at:  
 Mail this entry form and fees to: **Sally Dillon** salswmr@verizon.net  
**PO Box 845** 360-679-5038  
**Oak Harbor, WA 98277**

Pre-entries must be **received** no later than Saturday, September 16, 2006. **Add \$5 late fee for all others.**

**Please include a copy of your Masters registration card if you're NOT a PNA member.**

**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.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

PNA Local Masters Swimming Committee  
**5<sup>th</sup> Annual BAMFEST SCY Swim Meet- Sanction # 063608**  
**Hosted by Bainbridge Area Masters (BAM)**

ORDER OF EVENTS Modified "High School" Format	
#	EVENT
1 & 2	200 MEDLEY RELAY W/M
3	200 FREE
4	50 BACK
5	200 IM
6	50 FREE
15 minute Break	
7	100 FLY
8	50 BREAST
9	100 FREE
10	500 FREE
11	100 IM
12 & 13	200 FREE RELAY W/M
14	100 BACK
15	50 FLY
16	100 BREAST
17	200 Mixed Fantasy Relay

**DATE & TIME: Saturday, October 14, 2006**  
 Warm-up: **9:00 AM** Meet starts: **10:00 AM**  
 Check-in with Clerk of Course upon arrival and **positive check-in required for the 500FR** prior to the break.

**LOCATION:** Bainbridge Island Aquatic Center: High School Rd. & Madison Ave, @ the East campus entrance, Bainbridge Island WA; pool phone: 206-842-2302. 25-yard course with six lanes used for competition and two lanes for continuous warm-up. The jacuzzi will be available during the meet for competitors only. Electronic timing will be used.

**DIRECTIONS:**  
*From Seattle:* Take the 7:55 AM ferry to Bainbridge Island. Proceed straight from the ferry terminal on SR305 exactly one mile to NE High School Road. Turn left (west) on High School Rd. Turn right (north) at traffic circle onto Madison Ave. Take first left for driveway entrance to pool.  
*From Westsound:* Take SR305 to Madison Ave. N and turn right (south). Proceed 0.6 miles to the pool.

**ELIGIBILITY:** Open to all 2006 USMS registered swimmers age 18 and above on 10/14/06. Age groups determined by the swimmer's age on 10/14/06.

**RULES:** Current USMS rules will govern the meet.

**AGE GROUPS** (individual events): 18-24, 25-29, and 5-year age groups as high as necessary.

**RELAYS:** Deck-enter relays at the meet. Age groups 18+, 25+, 35+, and 10-year increments as high as necessary. Age of the youngest relay swimmer determines the age group of the relay. Fantasy relay instructions will be announced at the meet. (NOTE: the relay often utilizes inner tubes, backwards swimming, water polo balls, sculling, flower caps, and/or other exciting and goofy challenges).

**SEEDING:** Slow to fast. Check-in with the clerk of course.

**MEET DIRECTOR:** Tara Simsak [TaraSimsak@aol.com](mailto:TaraSimsak@aol.com), 206-780-3687; 206-550-2969

**WEBSITE:** For more information, visit the PNA website ([www.swimpna.org](http://www.swimpna.org)), or BAM website [www.bainbridgeaquaticmasters.org](http://www.bainbridgeaquaticmasters.org)

**Safety First; No diving during warm-up except in designated sprint lanes**

**MEET ENTRY FORM: October 14, 2006 5<sup>th</sup> Annual BAMFEST**

**Hosted by Bainbridge Area Masters (BAM) - Sanction # 063608**

NAME: \_\_\_\_\_ M F AGE (on10/14/06) \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_

E-MAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ USMS# \_\_\_\_\_ Team or Unattached \_\_\_\_\_

Include a copy of your current Masters Registration card if you are not a PNA member.

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

ENTRY LIMIT: Five individual events, plus relays. Circle if your first Masters meet: Y

EVENT #	EVENT NAME	SEED TIME (Short Course Yards)

ENTRY FEES: \$ 13.00 Surcharge (Includes LMSC & electronic timing fees)

Individual Events: \$ \_\_\_\_\_ \$1.00 per event. No charge for relays.

Optional for age 65 and over or if needs based.

TOTAL \$ \_\_\_\_\_ Please make checks payable to: **BAM**

Mail this entry form and fees to: Tara Simsak  
 8416 NE Beck Rd.  
 Bainbridge Island, WA 98110

**Entries must be postmarked by Oct. 2 or received by Oct. 5, 2006.**

Late entries prior to the day of the meet may be accepted at the discretion of the meet director in the order received and slotted into open lanes. There will be an additional \$10.00 late fee charged if swimmer is permitted to participate.

**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 US USMS.

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

2006 NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIP MEET

Hosed and Sanctioned by the Pacific Northwest Association of Masters Swimmers  
for USMS, Inc. Sanction # 063609

DATE: **Saturday, November 18<sup>th</sup> and Sunday, November 19<sup>th</sup>, 2006**

TIMES: **Saturday, November 18<sup>th</sup>: Warm-up: 11:00 – 11:50 AM, Meet starts: Noon**  
**Sunday, November 19<sup>th</sup>: Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM**

PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,  
Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: Jane Moore (253)759-4956 (before 9 p.m. PT Please) / [swimmooore@comcast.net](mailto:swimmooore@comcast.net)

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-meter courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses will be used for the 400, 800, and 1500 freestyle events. A single course will be used for all other events. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard. Results for 2 courses can be displayed simultaneously.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2006 or 2007 USMS or foreign registered swimmers. Swimmers must be 18 years of age to swim in warm-ups or competition. Age groups will be based upon the swimmer's age as of December 31, 2006.

DIRECTIONS: From North or South Bound I-5 take exit 142 B, which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #B) (Seeding slow to fast / Deck enter relays at the meet.)

	<b>Saturday, November 18th: Noon</b>		<b>Sunday, November 19th: 9 AM</b>
1	400 Individual Medley	13	400 Freestyle
2	50 Backstroke	14	100 Breaststroke
3	200 Butterfly	15	50 Butterfly
4	100 Freestyle	16	200 Freestyle
5	Women's 200 Medley Relay	17	200 Individual Medley
6	Men's 200 Medley Relay	18	Women's 200 Freestyle Relay
7	100 Backstroke	19	Men's 200 Freestyle Relay
8	50 Freestyle	20	50 Breaststroke
9	200 Breaststroke	21	200 Backstroke
10	100 Individual Medley	22	100 Butterfly
11	200 Mixed Freestyle Relay	23	Mixed 200 Medley Relay
12	800 Freestyle	24	1500 Freestyle

**NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.**

**Entry Confirmation:** If entry confirmation is desired, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

**Check-in:** Check-in is required for the 800 Freestyle (Deadline end of event 6), the 400 Freestyle (Deadline: Sunday at 8:30 AM), and the 1500 Freestyle (Deadline: end of event 19). Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 5-6, end of event 1; event 11 end of event 6; events 18-19 end of event 13; and event 23 end of event 19.

A Northwest Zone meeting will be held at the Aquatic Center following the 800 freestyle.

2006 NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIP MEET

Saturday, November 18<sup>th</sup> and Sunday, November 19<sup>th</sup>, 2006

NAME: \_\_\_\_\_ M F AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE \_\_\_\_\_ Email \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ USMS #: \_\_\_\_\_ - \_\_\_\_\_

**Non-PNA Members must include a copy of your Masters registration card.**

LMSC \_\_\_\_\_ (PNA, Oregon, Inland NW, etc.) Club \_\_\_\_\_

AGE GROUP (Determined by your age as of December 31, 2006):

18 - 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+

**ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS**

EVENT NUMBER	EVENT	SEED TIME

Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

ENTRY FEE: \$ 25.00 Surcharge  
Individual Events: + \_\_\_\_\_ \$2 per event. No charge for relays.  
Optional for need-basis or seniors (65 & over).  
Shirts @ \$17 Unisex indicate size (M \_\_\_ L \_\_\_ XL \_\_\_)  
Women's indicate size (S \_\_\_ M \_\_\_ L \_\_\_ XL \_\_\_ 2XL \_\_\_)

Total: \$ \_\_\_\_\_ **Please make checks payable to PNA**

Mail this entry form and fees to: Holly Bork  
6233 S 233rd St  
Kent, WA 98032

Questions? Email Holly at [holly.d.bork@boeing.com](mailto:holly.d.bork@boeing.com)

Entries must be postmarked no later than Saturday, November 4, 2006. All swimmers must have a valid 2006 or 2007 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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.

SIGNED: \_\_\_\_\_ DATE \_\_\_\_\_:

Additional Information:

**Individual Awards:** NW Zone ribbons will be awarded first through 6<sup>th</sup> place in every age group in every event. PNA medals can be purchased for \$2 each.

**Website:** Visit the PNA website at [www.swimpna.org](http://www.swimpna.org) for updated information.

**Motels:** There are numerous motels within fifteen miles of the pool including

<b>Name</b>	<b>Distance to Pool</b>	<b>City</b>	<b>Phone</b>
Holiday Inn Express	1.4 miles	Federal Way	253-838-3164
Best Western Executel	5 miles	Federal Way	253-941-6000
Super 8 Motel	2.4 miles	Federal Way	253-838-8808
Motel 6	7 miles	Fife	253-922-1270

**Shirts:** Shirts are available for \$17, but must be ordered with your entry. The meet shirt design and size description can be found on the PNA website at [www.swimpna.org](http://www.swimpna.org). Please note that women's sizes will run smaller than unisex sizes.