

short course nationals

by Jeff Commings

Federal Way Prepares for USMS Championship



> **T**he Weyerhaeuser King County Aquatic Center is gearing up for its fourth Masters nationals in 15 years. This time, the Federal Way, Wash., pool will welcome more than 1,000 swimmers May 17-20 for the 2007 United States Masters Swimming National Short Course Championship.

With three meets already on their résumés, it's clear that organizers Hugh and Jane Moore have been doing something right to keep USMS and its swimmers coming back for more. But they point out they really don't have to do much—the city (near Seattle) and the

pool (where national and world records are smashed) sell themselves.

“They know we put on a good meet,” says Jane Moore.

For those who haven't competed at this facility, here's a primer on one of the hottest swimming destinations in the U.S.

Seattle, about 25 miles north of Federal Way, needs no introduction. But the Moores would like to let visitors know that it does *not* rain 365 days a year. One week could be cloudy and chilly. The next could be warm with endless sunshine. “It's as unpredictable as anywhere else,” Hugh Moore says.

Those of you fortunate to



Daniel Brunner

have a day off during the meet can travel to Seattle, or Mount Rainier, 90 minutes away, or take an excursion on one of the



many ferries dotting the Puget Sound coastline. Or you can stay in town and visit Six Flags-owned Enchanted Village or shop at the Crossing at Federal Way.

The thriving city had plenty of attractions when the pool opened in 1990, but Hugh Moore

has seen new businesses crop up as the city grows.

"Since the first meet, the whole area from I-5 to the pool has been built in," he says, mentioning a wealth of hotels and strip malls.

But back to the pool, which is

Register Online Starting Feb. 1

- Visit www.usms.org/comp/scnats07.
- You can swim three events without qualifying.
- Medals will be awarded for first through 10th places in each age group.
- A USMS Championship Patch will be given to each individual and relay team member for the first event won.
- See www.usms.org and www.usmsswimmer.com for more details.

Don't Miss the Social

Make plans to attend the swimmers' social Saturday, May 19. Held at a banquet hall adjacent to the Aquatic Center, the social will include a buffet dinner with a Pacific Northwest flavor: salmon, pasta, salad, bread and dessert. Coffee, tea, soft drinks, beer and wine will be available.

After dinner, enjoy a live band and dancing. Cost for the social is \$35. Attendance is limited to the first 300 registrants. See entry form.

USMS NATIONAL WOMEN'S QUALIFYING TIMES

EVENT	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
50 Free	:29.50	:28.82	:29.61	:29.68	:29.25	:30.59	:31.89	:34.99	:38.33	:40.63	:46.07	:49.16	1:00.58
100 Free	1:04.59	1:03.18	1:05.29	1:04.61	1:04.25	1:07.69	1:10.64	1:17.97	1:27.22	1:30.52	1:43.57	1:54.67	2:24.18
200 Free	2:15.35	2:13.18	2:17.87	2:14.21	2:15.40	2:23.08	2:32.71	2:44.16	3:03.76	3:12.28	3:41.22	4:01.90	5:04.59
500 Free	6:06.62	6:02.73	6:07.73	6:03.25	6:02.72	6:24.44	6:49.28	7:17.57	8:15.76	8:42.21	10:06.03	10:46.72	13:53.84
1000 Free	13:24.36	12:56.99	12:59.89	12:42.04	12:42.38	13:20.84	14:25.38	15:09.83	17:37.06	18:50.15	21:43.79	24:28.23	29:15.77
1650 Free	22:24.71	21:38.58	21:57.19	21:30.63	21:54.04	22:31.48	24:42.83	26:07.84	29:57.08	31:55.17	37:41.26	42:39.09	No Time
50 Back	:34.10	:33.75	:34.38	:34.51	:35.11	:36.65	:38.64	:43.04	:46.60	:51.28	:57.61	1:00.82	1:08.75
100 Back	1:13.72	1:12.93	1:13.87	1:13.55	1:15.64	1:18.91	1:24.78	1:35.36	1:42.21	1:50.65	2:08.30	2:12.24	2:36.70
200 Back	2:34.54	2:32.77	2:34.45	2:33.10	2:38.13	2:44.01	2:55.78	3:14.54	3:35.66	3:51.08	4:27.66	4:39.61	5:42.02
50 Breast	:38.28	:38.05	:38.94	:38.81	:38.84	:40.50	:42.94	:46.77	:51.36	:55.43	1:00.41	1:07.11	1:20.55
100 Breast	1:23.77	1:22.33	1:24.62	1:24.54	1:24.36	1:27.95	1:34.95	1:42.04	1:52.01	2:02.54	2:18.06	2:29.20	3:01.45
200 Breast	2:56.29	2:53.51	2:57.00	2:54.58	3:00.00	3:07.22	3:18.88	3:42.27	3:53.38	4:22.42	4:49.12	5:14.37	6:12.30
50 Fly	:32.34	:31.46	:32.66	:32.35	:32.02	:33.85	:35.44	:40.04	:45.64	:50.86	1:02.48	1:07.99	1:42.36
100 Fly	1:11.66	1:10.36	1:12.98	1:12.45	1:12.57	1:16.60	1:23.61	1:36.36	1:54.03	2:01.30	3:03.23	3:07.17	4:10.49
200 Fly	2:38.53	2:37.42	2:38.85	2:39.54	2:42.56	2:51.66	3:24.10	3:43.14	4:44.74	4:43.42	5:47.34	5:45.69	No Time
100 IM	1:13.48	1:12.66	1:15.11	1:14.37	1:14.32	1:18.45	1:23.83	1:30.57	1:41.52	1:50.20	2:08.55	2:20.02	2:51.67
200 IM	2:32.83	2:30.87	2:35.18	2:33.52	2:37.64	2:43.82	3:00.54	3:14.42	3:45.69	3:48.57	4:46.45	5:09.95	7:10.18
400 IM	5:33.23	5:30.10	5:38.10	5:31.07	5:43.57	5:58.45	6:36.17	7:06.73	8:08.35	8:57.68	9:44.15	10:55.45	No Time

USMS NATIONAL MEN'S QUALIFYING TIMES

EVENT	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
50 Free	:25.38	24.81	:25.26	:25.56	:25.88	:26.32	:26.69	:28.16	:29.49	:32.25	:33.62	:37.54	:44.18
100 Free	:55.87	:54.73	:55.73	:55.62	:56.89	:57.96	:58.75	1:01.93	1:06.18	1:12.93	1:15.49	1:28.70	1:49.86
200 Free	1:59.29	1:58.37	1:59.35	1:58.31	2:00.48	2:04.03	2:06.03	2:13.74	2:25.36	2:43.75	2:49.92	3:13.53	4:07.61
500 Free	5:38.38	5:34.09	5:31.90	5:32.02	5:30.67	5:39.92	5:49.21	6:12.83	6:45.93	7:28.65	7:45.23	9:21.91	11:28.66
1000 Free	12:54.24	12:11.64	12:04.87	11:41.81	11:40.88	11:55.56	12:17.06	13:12.58	14:52.06	15:49.97	16:36.51	21:01.77	23:15.75
1650 Free	22:12.60	20:33.73	20:36.45	20:16.05	19:44.49	20:15.21	20:37.34	22:21.97	24:03.86	26:48.44	28:33.86	36:14.36	39:33.28
50 Back	:30.07	:29.58	:29.98	:30.16	:30.71	:31.21	:32.25	:34.50	:36.53	:40.09	:42.82	:47.83	:54.61
100 Back	1:05.88	1:03.87	1:04.54	1:05.37	1:06.41	1:07.81	1:09.48	1:15.50	1:21.02	1:31.31	1:35.69	1:53.53	2:13.06
200 Back	2:20.06	2:15.59	2:18.37	2:17.81	2:20.73	2:23.03	2:30.40	2:42.24	2:54.02	3:14.76	3:23.01	4:04.74	4:45.34
50 Breast	:32.92	:32.00	:32.70	:33.06	:33.46	:33.93	:35.27	:36.70	:38.43	:42.53	:43.85	:49.10	1:00.56
100 Breast	1:12.31	1:10.38	1:11.87	1:11.71	1:12.80	1:14.16	1:17.84	1:21.41	1:25.40	1:36.72	1:40.81	1:53.57	2:23.46
200 Breast	2:41.37	2:32.06	2:34.40	2:33.31	2:36.13	2:38.02	2:44.96	2:53.07	3:04.28	3:31.02	3:43.03	4:23.20	6:04.48
50 Fly	:27.88	:27.22	:27.53	:28.13	:28.27	:28.89	:29.57	:30.95	:32.34	:36.42	:39.74	:49.46	1:14.01
100 Fly	1:03.07	1:01.03	1:01.73	1:02.19	1:02.47	1:04.59	1:06.14	1:10.57	1:19.77	1:33.10	1:46.69	2:08.27	3:56.99
200 Fly	2:37.45	2:19.89	2:20.32	2:18.01	2:17.05	2:25.26	2:32.43	2:51.54	3:21.02	3:46.84	4:07.92	6:03.24	6:47.02
100 IM	1:04.83	1:03.22	1:04.10	1:05.02	1:05.66	1:07.09	1:09.12	1:13.25	1:17.18	1:27.05	1:30.18	1:46.41	2:27.70
200 IM	2:17.96	2:13.99	2:16.06	2:16.76	2:18.15	2:22.69	2:26.98	2:36.77	2:48.36	3:15.05	3:24.46	4:06.65	6:12.49
400 IM	5:07.47	5:01.15	5:02.24	4:57.86	4:59.70	5:11.03	5:23.15	5:44.74	6:26.10	7:14.40	7:55.61	10:02.90	12:16.15

>>> Please see the USMS web site (www.usms.org) for the National Qualifying Times formulas.

2007 UNITED STATES MASTERS SWIMMING NATIONAL SHORT COURSE CHAMPIONSHIP
Federal Way, Wash.
May 17-20, 2007

Location

Weyerhaeuser King County Aquatic Center
650 S.W. Campus Drive
Federal Way, WA 98023
206-296-4444

Facilities

The Weyerhaeuser King County Aquatic Center is an indoor complex with seating for 2,500 people (no admission charge for spectators) and elevator access to the deck level. The venue offers three pools: championship pool, diving well and recreational pool. The championship pool is 50 meters x 25 yards, and will be divided into two 25-yard courses, each with eight 9-foot-wide lanes and a water depth ranging from 9 to 10.5 feet. The diving pool will serve as the primary warm-up pool during competition. Seven lanes will be open for continuous warm-up and warm-down during the meet. The recreational pool will have an additional three 25-yard lanes available for warm-up or warm-down

Ground Transportation and Airport

Most major airlines serve Seattle-Tacoma International Airport.
••• The airport is located 15 miles north of the Aquatic Center along the I-5 corridor. Seattle is about 15 miles north of the airport on I-5.
••• Car rental is available at the airport. Airport shuttle service to motels can be arranged in advance through Shuttle Express, 800-487-7433, or www.shuttleexpress.com.

Eligibility

Participants must be registered Masters swimmers and at least 18 years of age as of May 16, 2007. Eighteen-year-olds must enter the meet by the entry deadline and only 18-year-olds may register with USMS on May 16 at the venue. If a swimmer wishes to affiliate with a Masters club, the club and swimmer must both be registered with the same Local

Masters Swim Committee (LMSC). If there are questions about affiliation, the swimmer shall be entered as "unattached" (see entry procedures). International entries must include a copy of the swimmer's Masters swimming registration card and fees in U.S. dollars.

Age Groups

Age for the meet is determined as of May 20, 2007, except 18-year-olds, who must be 18 by May 16, 2007.

Registration

Prior to warm-ups or competition, all participants must register at the meet by signing an emergency card, safety information statement and liability release. Registration will be held at the Aquatic Center on Wednesday, May 16, 2007, from 3 to 8 p.m., and starting at 7 a.m. on all other days through the end of the competition.

Seeding

All events—with the exception of the 1650, 1000 and 500 freestyles, and 400 IM—will be pre-seeded unless meet management determines that the meet cannot be completed in a timely manner. Two courses will be used for all events. Men's heats will precede women's heats for each event, with the exception that men's and women's heats may be seeded together for the 1000 and 1650 Frees. A decision regarding this will be announced online at www.usms.org by May 2, 2007. The 1650, 1000 and 500 freestyles, and 400 IM will be seeded slowest to fastest by entry time, regardless of age. All other events will be seeded by age group, with the oldest age groups first, slowest to fastest within each group.

Check-in

Coaches or teammates may check in for those swimmers whose travel plans do not permit check-in by the deadlines. Failure to check-in will result in the swimmer being scratched from the event. Heat sheets for the deck-seeded events will be available each morning and posted around the facility.

Heat and Psych Sheets

Psych sheets for all individual events will be available on the USMS web site (www.usms.org) on or about April 26, 2007. Heat sheets for pre-seeded events will be available online around May 7, 2007. Heat sheets for deck-seeded events will be available at the pool deck for swimmers after the check-in deadlines.

Warm-up Times

The competition pool will be open for warm-up on Wednesday, May 16, from 3 to 8 p.m. On competition days, the competition pool will be open from 6:30 a.m. until 7:50 a.m., and the warm-up pools will be available from 7:50 a.m. until the conclusion of the final event. The competition pool will be open for at least 30 minutes following the last event each day, and until at least 7 p.m. on Thursday, May 17.

Scratches

Any swimmer failing to report to the proper lane in the correct heat of an event shall be scratched from that event and shall not be permitted to swim that event at another time.

General Meeting

All swimmers, coaches and officials should be represented at the General Meeting in the banquet hall at the Aquatic Center on Wednesday, May 16, at 7 p.m. There will be a discussion of matters pertaining to the operation and conduct of the meet.

Gold Medal Sponsorship

Gold Medal Sponsors will be recognized in the official program as supporters of Masters swimming, entitled to hospitality on deck, including food, and will receive a commemorative gift. Cost is \$65 and can be ordered on the meet entry form.

Online Entries

Online entry is encouraged, and the system provides immediate entry confirmation. Visit www.usms.org/comp/scnats07. Online registration will open no later than Feb. 1, 2007, and will close at midnight (PDT) on April 12, 2007.

Entry Procedures

Use official entry form or a photocopy of the entire form. Read all instructions and fill out the form completely. *Incomplete forms or forms with "pending" in place of a USMS registration number will be rejected (except 18-year-olds who must enter the meet by the meet entry deadline but may register at the venue on May 16). A legible copy of the swimmer's Masters registration card must accompany the entry form for foreign swimmers.* Failure to include a Masters registration card may result in the swimmer being charged a fee before being allowed to compete. A USMS swimmer whose club affiliation differs from what is listed on his/her USMS registration card must send either a new USMS registration card or a letter from the local registrar with the new club affiliation and effective date.

National Qualifying Times/Number of Events/Sixth Event

Competitors may enter up to three events without meeting the national qualifying time (NQT), or a maximum of six events if they meet the NQTs, i.e., have swum a time equal to or better than the NQTs in the past two years. All swimmers are limited to three individual events per day. All events must include an entry time. If the meet is deemed too large, an athlete's sixth event will be dropped. On the entry form, indicate this event with a "6" in the designated column.

Fees

Fees are \$4 per individual event plus a \$40 surcharge per swimmer. Fees must accompany the entry form and must be paid in U.S. dollars by check or money order. *Do not send cash.* The entry form is not complete until the check has cleared the bank. If there are questions about an entrant's check, full cash payment in U.S. dollars will be required before the entrant is allowed to swim. Refund requests must be received in writing by April 12, 2007. No refunds will be given for events not swum. The \$40 surcharge also

applies to relay swimmers not entered in an individual event. Relay-only swimmers must submit an entry form with payment by the entry deadline. All fees should be payable to: "United States Masters Swimming."

Entry Deadline/ Mail Entry

Online entries are encouraged and will be accepted until midnight PDT on April 12, 2007. All mailed entries must be postmarked with an official U.S. postmark (no business meters) by April 5, 2007, or received by April 12, 2007. Entries received after this date will be returned to sender. No telephone or e-mail entries will be accepted. Mail entries early. Include a self-addressed stamped envelope with entry for proof of receipt. Do not send certified or overnight mail requiring a signature. Photocopy completed entry forms and personal checks for your records and verification. Mail to: Short Course Nationals, USMS National Office, 9 Wiley Hill Road, Londonderry, NH 03053-3109.

Relay Information

Swimmers can enter relays until 4 p.m. on the day before the relay is scheduled. The entry fee for each relay is \$12. Relay entries may be submitted at the relay desk in the registration area. Each of the four members of any relay team must be registered with the same Masters club. Relay entry fee is in addition to individual events. Relay entry forms are available for download at www.usms.org.

Questions?

Contact Jane or Hugh Moore at 253-759-4956 (before 9 p.m. PT), or e-mail 2007scnationals@comcast.net.

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CITY OF
Federal Way
It's all within reach

2007 USMS NATIONAL SHORT COURSE CHAMPIONSHIPS OFFICIAL ENTRY FORM

Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. - Sanction number 367-002

Last name:* _____ First: _____ MI: _____
 Street Address: _____ City: _____ State: _____ ZIP: _____ Country: _____
 E-Mail: _____ Day Phone: _____ Eve.Phone: _____
 Emergency contact: _____ Phone: _____ Age: _____ (on 5/20/07)** D.O.B: _____ Sex: _____
 Club Name or Unattached: _____ USMS or International Reg. #: _____
 * Print name as it appears on USMS registration card. ** 18-year-olds must be 18 on 5/16/07

Before completing, read meet information on previous page. Check in for all deck-seeded events.

Check-in for Thursday starts **THE DAY BEFORE** and ends at 7 a.m. on Thursday for the 1000, and one hour before the start of the 1650. Check-in for all Friday through Sunday events ends at 11 a.m. the day of the event.

Event #	Entry Time Women	Date	6	Event	Event #	Entry Time Men	Date	6
Thursday, May 17, 2007				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
2				1000 Freestyle**	1			
4				1650 Freestyle**	3			
Friday, May 18, 2007				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
6				100 Butterfly	5			
8				50 Breaststroke	7			
10				100 Backstroke	9			
12				200 Freestyle	11			
13/14	See Relay Form			200 Mixed Medley Relay	13/14	See Relay Form		
16	See Relay Form			200 Free Relay	15	See Relay Form		
18				400 IM	17			
Saturday, May 19, 2007				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
20				100 IM	19			
22				200 Butterfly	21			
24				50 Backstroke	23			
26				100 Freestyle	25			
28				200 Breaststroke	27			
30	See Relay Form			200 Medley Relay	29	See Relay Form		
32				500 Freestyle (Women)				
Sunday, May 20, 2007				Warm-Up 6:30-7:50 a.m.	Start 8:00 a.m.			
34				200 Backstroke	33			
36				50 Freestyle	35			
38				200 IM	37			
40				50 Butterfly	39			
42				100 Breaststroke	41			
43/44	See Relay Form			200 Mixed Free Relay	43/44	See Relay Form		
				500 Freestyle (Men)	45			

**You may enter either the 1000 Free or the 1650 Free, but not both.

••• WEYERHAEUSER KING COUNTY AQUATIC CENTER
 Federal Way, Wash.
 May 17-20, 2007

••• ENTRIES MUST BE U.S. POSTMARKED BY APRIL 5, 2007, OR RECEIVED BY APRIL 12, 2007.

ENTRY CHECKLIST

- Entry form filled out completely?
 - "Date" and "6" events clearly marked? (Date is for NQTs that have been met. Mark "6" only if entering six events.)
 - Seed times in proper columns?
 - No more than three events per day entered?
 - Liability release signed and dated?
 - Fees payable to "USMS" enclosed?
 - International registration card attached?
 - SASE enclosed? (Indicate purpose on envelope.)
 - Entry postmarked by April 5, 2007, or received by April 12, 2007, deadline?
- Questions?** Call 253-759-4956 (before 9 p.m. PT)



••• FEES:

- Meet Surcharge (required for all events) . . . \$40
- Number of Individual Events . . . x \$4 _____
- Final Results x \$15 _____
- Social x \$35 _____
- Gold Medal Sponsor x \$65 _____

TOTAL FEES ENCLOSED _____

Check or money order payable to
United States Masters Swimming

Internet entries will be accepted starting Feb. 1, 2007. Please see www.usms.org for additional information.

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: _____

the real reason you're planning your trip, isn't it?

The aquatic center was constructed for the 1990 Goodwill Games, where the world record in the 200 breast was broken by three men. Mike Barrowman won the event and the right to be called the true world-record holder.

Those who have seen the

Hotel & Shuttle Information

Here are a few hotel options in Federal Way for your stay. The meet shuttle service will serve these hotels. We have several additional hotels with special rates, ranging from \$70 to \$169. For more information on accommodations, visit www.fwnationals.com, or contact Jane or Hugh Moore at 2007scnationals@comcast.net or 253-759-4956 (before 9 p.m. PT). When making a reservation, mention "USMS Nationals" to obtain the special rates. Cut-off date for all rooms is April 14, 2007.

••• Quality Inn

1400 S 348
800-685-4141
Single \$89.99, double \$95.99, kitchen suite \$125.99; full breakfast included; 2 miles from pool

••• Holiday Inn Express

34827 Pacific Hwy. South
253-838-3164
Single/double \$89.95, continental breakfast included; 2 miles from pool

••• Comfort Inn

31622 Pacific Hwy. South
253-529-0101
Single/double \$79, continental breakfast included; 4 miles from pool

••• Best Western Executell

31611 20th Ave. S
253-941-6000
\$85, includes full breakfast and shuttle to airport and pool; 4 miles from pool

••• LaQuinta

32123 25th Ave. S
800-531-5900
Single/double \$94, includes breakfast and shuttle; 4 miles from pool

facility will notice similarities to another fast pool—and it's no accident. Seattle architectural firm TRA, along with Berkeley Engineering and Construction, designed the pool to resemble the Indiana University Purdue University of Indianapolis Natatorium, the site of many Olympic Trials and Masters nationals.

Federal Way's first Masters nationals, a long-course meet held in the summer of 1992, saw 46 world and 75 national records broken.

It would only get better. In the 2001 long-course meet, 74 world and 94 national records fell.

Is it something in the water? Not really. They use chlorine, just like most everyone else. Lane lines, gutters and pool depth are key factors in creating a place that gives swimmers the help they need to swim fast. All they have to do is train.

The Weyerhaeuser King County Aquatic Center is a prime example of how times have changed. Thirty years ago, swimming in a pool was like swimming in the ocean. But now designers have found ways to calm the waters.

If you push a wave of water into the AntiWave lane lines, chances are you'll never see that wave again. The wave

energy is absorbed by the floaters, which transfer it to the bottom of the pool. The bigger the floater, the more wave power it can take. Every swimmer creates waves, no matter how fast or slow they move. The Federal Way pool is at least nine feet deep, so the waves have a long time to dissipate before hitting the bottom of the pool and returning to the top.

With the pool at deck level, water flows effortlessly into the concrete surge gutters, reducing the whirlpool effect for swimmers in the outside lanes. The water falls into the circulation system and is redistributed through thousands of jets embedded in the lane markers at the bottom of the pool.

This prevents currents from forming in all the lanes, a system that was first perfected in Federal Way, then copied at many of the fast pools now in existence, says Scott McDonald, the complex's operating engineer. "It gives each lane the same disbursement of

water," he notes.

Starting blocks made specifically for Federal Way and a custom-installed sound system are some of the upgrades that continually happen at the aquatic center, McDonald says. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard. An annual visitor to the pool might notice some of the changes, but a great number of them are behind-the-scenes modifications.

Wendy Neely, a coach for Federal Way Masters, says swimmers tend to forget they're swimming in one of the best pools around. "It's a fabulous pool, but it's just normal for us," says Neely, who has coached at the aquatic center for eight years.

Come May, USMS swimmers will look to take full advantage of all Federal Way has to offer. <<< **••• Jeff Commings, a newspaper journalist in Tucson, Ariz., trains with the Tucson Ford Aquatics Club.**

Additional Meet Information

- www.usms.org
- www.fwnationals.com
- Jane or Hugh Moore at 253-759-4956 (before 9 p.m. PT); 2007scnationals@comcast.net, USMS National Office, 800-550-SWIM (7946).

Check-in Deadlines

Positive check-in is required for the 400 IM and 500, 1000 and 1650 freestyles. This may be done in person at the registration area or via Internet at www.usms.org according to the following chart:

Date	Event	In Person Check-in Deadlines*	Online Check-in Deadlines*
Thurs, May 17	1000 Free	Wed 3 p.m. - 8 p.m. or Thurs by 7 a.m.	Tues 7 a.m. - Thurs 7 a.m.
Thurs, May 17	1650 Free	Wed 3 - 8 p.m. or Thurs one hour before start time	Tues 7 a.m. - Thurs 9 a.m.
Fri, May 18	400 IM	Thurs noon - Fri 11 a.m.	Wed 7 a.m. - Fri 7 a.m.
Sat, May 19	500 Free Women	Fri noon - Sat 11 a.m.	Thurs 7 a.m. - Sat 7 a.m.
Sun, May 20	500 Free Men	Sat noon - Sun 11 a.m.	Fri 7 a.m. - Sun 7 a.m.

* All times are Pacific Time