

WETNOTES

Newsletter of International Gay and Lesbian Aquatics

IGLA Strives to Ensure Quality Gay Games V

by Jon Bauer

IGLA Pacific Co-President

Since the publication of the last issue of WETNOTES, your IGLA executive board has been incredibly busy performing the every-day tasks of IGLA administration and monitoring Stichting's (Amsterdam Organizing Committee) organizing efforts of Amsterdam's Gay Games (GGV) aquatics events. You may ask why we are monitoring another city's aquatics events? IGLA's mission is to ensure that the aquatics events for all Gay Games are the finest they can be and to assure the competition fosters as much inclusiveness as is possible among the lesbian, gay, and straight communities. These primary missions were adopted by aquatics participants (including Europeans, New Zealanders, Australians, and North Americans) at IGLA's organizing meetings at the Vancouver Gay Games in 1990.

IGLA's very survival depends upon a successful, well-run and well attended Gay Games. Amazing enthusiasm is generated within individual teams as they prepare for a Gay Games Competition. The Gay Games draws athletes out of the woodwork (or even the closet), promotes the development of new gay swimming teams, and gives existing teams new vigor and enthusiasm. The Gay Games energy fuels IGLA. Our IGLA championships have become better attended and the standard of competition has elevated. To ensure that your voices are heard by all Gay Games caretakers, IGLA has dedicated two board positions to Gay Games matters, Charles Carson, Federation of Gay Games Delegate, and Suzanne Shriner, Federation of Gay

Games Alternate Delegate. These representatives travel all over the world to attend meetings of the Federation of Gay Games (FGG) making this duty IGLA's costliest. Through these representatives, IGLA expresses its extreme commitment to the FGG and tries to be a loyal ally of the Gay Games' host city organizers.

IGLA has tried to build bridges of friendship, goodwill, and support to Amsterdam Gay Games organizers since Amsterdam was awarded the 1998 Gay Games. Tom Wilson, IGLA's FGG Delegate from 1992-1994, invited Amsterdam's aquatics organizers to IGLA's general meeting at Gay Games IV in New York in 1994. In turn, a representative from Amsterdam attended that meeting and generously shared his understanding how the Gay Games V aquatics events should be conducted. The same procedure was repeated at the 1995 IGLA Championships in Montreal. Unfortunately, Amsterdam organizers were unable to attend the 1996 IGLA championships in Washington DC to provide an updated report to the IGLA membership.

Additionally, IGLA has also shown goodwill to the Amsterdam organizers by adapting the IGLA Championship Rules and Regulations booklet to the operation of a Gay Games Aquatics event. The *IGLA Championship Rules and Regulations* booklet is a simple "how to" guide for running IGLA Championships and is specifically designed to accommodate international rules. This booklet, based on nearly ten years of IGLA experience, is the reason that IGLA Championships are now run so professionally. It eases the operation of meet, helps host cities avoid the "re-invention of the wheel," and ensures fair and consistent meets. This booklet also provides for flexibility so host cities can retain their individual identities and thereby create an event that represents their personal style. IGLA has always intended for this booklet to be a "win-win" guide.

IGLA has spent three years working toward its missions which will be most visibly expressed at the next Gay Games. Our work is not yet done. We still have not been assured of a sanctioned, inclusive event in Amsterdam. As you read through this newsletter, hear Gay Games news from your friends, read other newsletters, surf the Internet, or acquire information from other sources, please keep in mind the above information and be assured that your IGLA board is doing everything possible to ensure that the Gay Games aquatics events will follow international rules and involve everyone who wishes to participate.

You will most likely be asked to participate directly toward IGLA's goals. We ask you to include all of your fellow athletes, maintain a high level of kindness and understanding, and display genuine passion for your sport. Remember, your Gay Games experiences are yours to create and achieve. We need to respect our hosts and their enormous efforts. We need honor ourselves by honoring the Federation of Gay Games. We are supporting all parties by paying fees and participating, but the Gay Games should belong to no one city or organization, but to all of us!

During the past three months, the Federation of Gay Games Sports Committee has been in regular contact with the Amsterdam organizing committee ("Stichting"). The committee chairs have had bi-weekly telephone conferences with the Amsterdam Sports Chairperson, Jip van Leeuwen. The Sports Committee had a worldwide conference call on March 22, 1997. IGLA's Alternate Delegate to the Federation, Suzanne Shriner, and I were both on that call, as well as Jamie Cole of the Sydney Wett Ones. Suzanne and I also attended the Federation's Strategic Planning Committee meeting in San Francisco a week later, and of course a number of athletic issues were discussed. Unfortunately, most questions we have about Amsterdam's aquatics plans have not been cleared up at this writing.

Since our report in the last newsletter, we have written a three-page letter to the 1998 Swimming Chairperson Joop van Eijk from The Hague requesting reasons for the following swimming issues: 1) varying stories about whether non-sanctioned races would be offered at the Games; 2) confusing age group listings on the website; 3) lack of both a distance freestyle event and mixed relays from the schedule; 4) the "special finals" format that would ask the top sixteen swimmers regardless of age group to compete again in "A" and "B" finals each evening for television; 5) the limit of three individual events per person and one relay per team in a relay age group; and 6) the selection of the Amersfoort pool facility and whether or not there are any larger natatoriums not much farther away from Amsterdam.

So far we have had direct answers to the first two items. Joop wrote that all races would be sanctioned; both Joop and Jip have said it is Stichting's intent to have the FINA-affiliated Dutch swimming federation, KNZB, sanction the meet. We have also been told that the age groups do not stop at 50+ as was listed on the website, but continue by five-year increments as necessary.

However, our remaining questions were not answered clearly or were not answered at all. IGLA's main concern is with the scheduled "special finals." Prelims/finals formats are not permitted under FINA's rules for masters swimming. Amsterdam's contract with the Federation of Gay Games states that "international rules" must be followed. IGLA is insisting on the elimination of the "special finals." And besides being against the rules, there obviously is time for distance freestyle races, mixed relays, and additional races for each person when the finals are dropped.

Also, there was confusion as to whether mixed relays were in fact allowed under Dutch swimming rules. KNZB has since told IGLA directly (through Jessica Seaton) that mixed relays are of course permitted under masters rules in The Netherlands. The confusion appeared to be that Stichting was following age group rules rather than masters rules. KNZB has also told IGLA that Stichting has not yet received sanctioning approval for its meet.

IGLA has forwarded the FINA masters rules to Joop through the Internet. We understand (and sympathize!) with Stichting's position of having never run a large scale competition like this before. Therefore we have offered IGLA's assistance and experience in helping Stichting meet its goals, whether they be financial, public relations, or athletic. But because the pre-registration process is already underway, and since many IGLA swimmers are waiting to hear whether some

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Gay Games V Report

by Charles Carson
IGLA Delegate to FGG

of the above issues will be resolved along the lines of a regular masters championship before sending money to Amsterdam, IGLA has requested that the Federation officers step in to assist us and the Sports Committee in getting answers as soon as possible.

Regarding water polo, although it is listed as taking place on Monday and Wednesday of that week on both the website and in the pre-registration packet, Jip told us on the March 22 conference call that it may be on Monday and Tuesday instead. At any rate, it has not been finalized. There is still a question as to whether athletes will be allowed to compete in both swimming and water polo -- our position is that it should be up to the athlete and his/her respective team. IGLA is also very concerned that the scheduled 20 teams cannot complete a tournament and give each participant adequate opportunities to play within just two days.

It may be that we have answers by the time this is published. If not, Suzanne and I will update you as we learn more through the IGLA e-mail list, by telephone, and/or by mail.

Looking ahead, bids for the 2002 Gay Games will take place at the Federation's annual meeting this November in Denver. Five city groups have posted the required \$5,000 bid fee and submitted packages by the March 31 deadline -- Dallas, Long Beach, Montreal, Sydney and Toronto. The site selection process is more detailed than ever, and I expect the presentations to be very professional. Also, for the first time, site visits in advance of the bids will take place. While Suzanne and I are gearing ourselves up for a long annual meeting week, it should be an interesting and productive one.

If you have questions or comments, please contact me at (212) 226-1573 or through e-mail at Cacarsonjr@aol.com. Suzanne may be reached at (310) 433-7894 and pcssls@is.arco.com.

Swimming May Stain Teeth

by Jon Bauer
Pacific Co-President

The following is a re-print from my local dental newspaper.

"... athletes who swim more than six hours per week may develop brown stains on their teeth, according to a study published by the *Journal of the American Dental Association*. Researchers at the American Dental Association Health Foundation's Paffenbarger Research Center observed unusual brown stains in a 7-year old patient who was a competitive swimmer. Subsequent surveys conducted of other active swimmers between the ages of six and eighteen years old across the United States found that 58 percent of those who responded had "swimmer's calculus," or brown staining. A laboratory analysis of the tartar build-up in some of the swimmers revealed that it differs from normal tartar, most likely due to the chemicals found in swimming pools. The stains are generally removed with a professional cleaning. Athletes may require frequent professional cleanings that include the use of an ultrasonic scaler."

I treat many West Hollywood swimming team members in my practice, and I have not found this brown staining to be a severe problem. However, I have seen the surfaces of routine plastic fillings called "composites" become very dull from exposure to chemicals used in swimming pools. Thorough rinsing with water can help prevent the dulling of composites.

A final note to all coaches: perhaps you need to start checking our teeth for brown staining to learn if we are swimming more than 6 hours per week.

The Championship Rules Committee Report: IGLA, Europe and Outreach

by Roberto Mantaci
Atlantic Co-President

When I became IGLA Atlantic Co-chair, I thought that one of my primary missions was to increase IGLA visibility and influence in Europe. Our organization indeed is labeled "international," and the board sincerely wanted to make this label a reality.

Undoubtedly, we have made some progress since then. At least three new European teams, Plons Den Haag and Ketelbinkie Rotterdam (both from the Netherlands) and Brussels Starfish (from Belgium), have joined IGLA. Other teams like Paris have increased their number of representatives from the nominal one to three. The Championships Rules Committee has made tremendous efforts to acquire awareness of the different problems that non-United States teams have and to find and propose solutions.

On the other hand, we have not yet been able to attract more teams from Germany, the European country with most gay and lesbian swim teams (about 15), and we almost lost Vorspiel Berlin, the only IGLA German team.

This is probably not surprising, and it must not be seen as the board's negligence: IGLA officers are kept constantly busy by ordinary and extraordinary administrative issues. The one that is keeping us very busy now is monitoring the organization of GGV in Amsterdam to make sure that the international Masters Rules are followed at the meet. Soon I realized that I could not possibly devote as much energy as I wanted to the 'European issue' without neglecting other important ones.

However, there is still some mis-communication that disturbs me. For instance, why did Berlin object that the last IGLA Championships followed United States rules and not international ones, when the IGLA booklet clearly states that our Championships follow the rules of their sanctioning body, which is the Federation of the country where they take place? (Berlin was referring to the difference in determining the swimmer's age, USMS does not follow FINA rules for that).

Why did a team from Eindhoven, the Netherlands, when asked if they wanted to join IGLA, answered that they could not because they were a recreational team and none of their swimmers were licenced with their national federation? Why am I still asked "What are the advantages of being an IGLA member?" It should be clear that we are not trying to blame people for the problems, but rather we are trying to focus on finding solutions.

This is a call to the Board to emphasize the importance of outreach and communication. I would like to see this issue upgraded to a higher level of attention. Could we do more to make IGLA known outside our present membership? Could we do more to make our present AND potential European members aware of the advantages of being part of IGLA? Should we reactivate the Outreach and the European Committees that have not really worked in the last two years?

This is also and mainly a call to the representatives of the European IGLA teams. Please stop the negative thinking that IGLA "is or cares just for Americans." It is true that presently IGLA is mostly run by Americans, but should we blame them for this? Rather ask yourself, "Why don't we involve ourselves more in this organization? Why don't we make ourselves heard when we have a problem?" How can we expect to be taken into consideration otherwise?

I implore each and every member to make a wise

and constructive use of the Internet and *WETNOTES* to voice individual needs, complaints or praises. Our American colleagues are waiting for us to do this.

Europeans should be only too aware of the present messy situation in the world of gay and lesbian European swimming. The reason for this is the lack of a centralizing governing body for gay and lesbian swimming. We have experienced how hard it is to try to start such an organization and "re-invent the wheel." IGLA offers us its existing structure and its valueless experience as a governing body. It can be really representative of European teams and their needs as long as most European teams are part of it.

If you have good relationships with non-IGLA teams, especially in Germany, encourage them to join IGLA. If you are not satisfied with some decisions or actions taken by IGLA, do NOT have your team leave IGLA. Instead, get more involved by proposing changes and participating in the discussions. Your voice will surely be heard and the explanations that you request and deserve will never be denied. Do not expect your board or your co-chair to be able to solve all the issues alone, we can work for you only when you work with us. Making IGLA truly international is an objective that all of us can help accomplish. Please make your first contribution by articulating your opinion on this issue.

Championship Rules Committee Report

by Jessica Seaton
Pacific Co-Chair

The Championship Rules committee is back in full swing. We've complete our first mailing to the committee, gathered proposals, and have sent out a second mailing with all the proposed amendments to the Rules and Recommendations booklet for 1998. The 1997 Rules and Recommendations booklet is now available for anyone interested. Please send \$US 5 to Brigitte Bassac, the IGLA Treasurer.

We encourage anyone who is interested in the structure, the rules, or anything else pertaining to the IGLA Championships to join the Championship Rules committee and become part of the process. Please contact either Jessica Seaton or Philip Hayman (e-mail: jseaton@aol.com) for more information.

What a Difference a Gay Makes!!

by John Brown
Atlantic Co-Chair

Last St. Patrick's Day, a young Atlanta Rainbow Trout team competed in a local swim meet hosted by two of the Atlanta area Master's teams. This long standing meet was the definition of status quo from year to year -- same old boring swims, same old boring swimmers, same old boring times. But something different happened last year. A new, young, energetic team burst on to the scene with wild cheers, fast swims, team camaraderie and enthusiasm not seen in these parts for years. Not many people said anything; I think they were all in shock. Here was a team that was motivated, organized, supportive, looked good in their matching t-shirts, swam fast -- and, just happened to be gay! To be honest, I was nervous going in to the meet, worried about people's perceptions and not a little bit anxious about how my team would behave. Would the right image be put forth? Would we offend people? How

would they accept us? The questions were somewhat tempered when we won the meet. But they remained, quietly lurking in the back of my head and I remained very unsure of our place among the straight teams.

Well, a lot has happened in a year. I'm happy to report. ART has grown to be the second largest team in the Local Master's Swim Committee, and arguably the team with the most ACTIVE members. ART began to successfully recruit gay and lesbian swimmers away from the other teams. We even lured a couple of straight ones to our excellent workouts. We became active on the LMSC board, securing a Vice President position. We provide valuable input to the powers that be. We set national records. ART was responsible for over 50% of the growth in the LMSC (the Committee was recognized at the USMS convention for this growth). We will host the first Master's meet in the Olympic pool. And, as I walked into the pool this past weekend for the annual St. Patrick's Day meet, I was greeted and warmly welcomed by the Presidents of both host teams and extended every courtesy. Our swimmers were complemented on their fast swims, their team spirit and our close knit family of all skill levels. They bought Girl Scout cookies from one of our daughters and took pictures of us with our Moms and Dads. The meet was faster and larger than it had ever been and I even heard a few cheers coming from another team. The Trout took second this year (if we only had some 69 year-old women to swim the 400 IM!) and had numerous lifetime bests, Master's bests and incredible first swims.

When I left the pool on Sunday, exhausted and carrying a bag full of ribbons, the questions of insecurity and anxiety about our place in this small society were no longer in my head. They had dissipated sometime over the course of the weekend, probably between the 500 free and the point when I sold my former age-group coach an Atlanta Rainbow Trout t-shirt.

I would like to think that ART's appearance and involvement in the Georgia Master's swimming scene is responsible for the changes I saw over the weekend. I think, for the most part, we are. An enthusiastic, energetic, organized group of people can indeed turn things from boring and staid to fun and fulfilling in the course of a year. We didn't do it by hurling insults at our straight counterparts or by embarrassing them with our sexuality; we did it by taking the lead, growing a fine team and doing it in a positive, fun way. And in doing so, there are 300 swimmers/mothers/fathers/bosses/neighbors/ friends out there that have a much different attitude toward gays and lesbians. This is perhaps the greatest contribution we can make to our communities. I strongly encourage everyone to get involved outside of your normal gay and lesbian circles, whether it be swimming or otherwise. You, too, will see what a difference a gay makes!!

In the Land of IGLA

by Herbert Lugert
Paris Aquatique

IGLA is a small, ephemeral and mobile republic. In October '96 it was located eight-and-a-half hours by plane to the west of Paris. The spirit is definitely Roman, for the inhabitants are scantily clad. The population of about 500 is divided into 39 clubs.

They engage in sports assiduously and their hero is Ben Hur. They enjoy saying his name and it always gets a laugh.

The current capital is Washington, but the only thing it has in common with the capital of the United States is the name. The remarkable sights there include a cemetery with 40,000 graves made of brightly colored cloth, sewn together side-by-side and stretching for several kilometers between a basilica of Roman

inspiration and an obelisk copied from the Egyptians. The collective funeral rites performed there are very moving. They remind us of the flower filled cemeteries in France on All Saints Day.

The Republic always enjoys marvelous end-of-summer weather.

The inhabitants may not have gills, but with their powerful pectoral muscles and conscientiously sculpted bodies, which are mainly very beautiful, they are able to move through the water in pools split into two 25-meter lengths. There they swim wild races in swimming suits (note for fashion victims: no two swim suits are de rigueur, one on top of the other). I've been told the races are run in high heels in their favorite neighborhood on 17th Street.

The largest club in this strange republic is called DCAC. The members are devoted to the common cause and have a very highly developed sense of hospitality. They love sleeping on a mattress on the floor so that their visitors can have their comfortable beds. They spend most of their time with their guests. They are happy to organize dinner parties that are prepared at length and a beautiful sight laid out in their large and very comfortable houses.

Much of their activity is devoted to phone calls, and not just in the daytime, but also at night, when the news spreads of fires in the major hotels in their capital. They have a great ability to respond and adapt to the unexpected. One way to put out the flames and cope with the consequences was to put two citizens of the Republic in each lane of the pool.

Iglans rarely leave the water. If they are not swimming they organize wonderful lunch cruises on their river called the pot-aux-mecs*. The women give birth pool side with a gaiety that has nothing in common with the labor rooms in our maternity hospitals. Some men have long and multicolored members that they slap on water and on land.

Their patriotism is without fail. Each morning, after breakfast, they sing their national anthem and, in the evening, at the pool after work, they wrap their flag around their loins and dance. Another characteristic of the IGLA republic is that its capital moves periodically. In 1997 it will be on a more distant coast, in a warmer climate. Go there in great numbers, it is worth the trip and you'll come home with lots of memories and friendship, as well as ideas and example to put into practice.

* French transliteration of "Potomac", the expression suggests a big vase (pot) full of sexy guys (mecs).

Meet Results

Montijo Relay Meet Long Beach, California

West Hollywood Aquatics (WH2O) hosted the Rafael Montijo Relay Meet on February 1, 1997 at Belmont Olympic Pool in Long Beach, California. A combination of great weather and enthusiastic swimmers made for a wonderful day at the beach.

Nearly 200 gay, lesbian, and straight swimmers competed. In addition to WH2O, IGLA teams from San Diego, Utah, and Dallas were represented. This year's meet offered not only eight separate relay events but also four individual events. Perhaps the most exciting feature of the meet was the Relay Pentathlon. A group of four swimmers from the same club competed against one another over five designated events for the fastest cumulative time.

This year's large team title went to WH2O. San Diego Swim Masters finished second, and Queer Utah Aquatics Club third. In the small team division, first

place went to Ojai/Santa Barbara and second to El Segundo Masters. Six meet records were set by El Segundo Men (25+ relay team), five by Ojai/Santa Barbara Women (65+), three by WH2O Women (25+), and three by WH2O Men (35+).

After the meet, swimmers met at Ripples, a local club within walking distance of the pool, for a beer bust and food. A great finish to an enjoyable day, this gathering offered everyone an opportunity to relax, meet swimmers from every IGLA team, and exaggerate their performances of the day.

WH2O looks forward to hosting the Relay Meet again next year!

Some background information on the meet: The relay meet is named in honor of Rafael Montijo who, together with a handful of others, founded WH2O in 1982 following Gay Games I held in San Francisco. Rafael's energy and dedication played a major role in making WH2O a successful United States Masters Swimming team that now boasts a roster of over 120 swimmers and water polo players. In March 1993 at age 43, Rafael died of AIDS. It is in memory of Rafael's spirit and love of swimming that WH2O proudly presents the Annual Rafael Montijo Relay Meet.

QUAC Ski and Swim Weekend Salt Lake City, Utah

Over Presidents Day Weekend 1997, QUAC hosted its first Ski and Swim Weekend. More than just a swimming meet, the Ski and Swim weekend was a winter sports sensation. The event began Friday evening with hosted dinners at QUAC member homes. Later that night swimmers gathered at a local bar for the registration party.

On Saturday morning, over 100 swimmers, including swimmers from West Hollywood, San Diego, San Francisco, Seattle, Denver, Washington DC, New York, Atlanta, and Southern California, competed for glory, personal bests, and incredible awards. Awards included \$50.00 gift certificates, swimming merchandise, and home furnishing items. Jim Ballard from West Hollywood won a \$100 ski parka for winning the 50 backstroke. After the swimming meet, over 60 swimmers descended upon downtown Salt Lake City for outdoor ice skating.

Sunday's events included brunch, cross country skiing, and moon-light snow-shoeing. We hope everyone will join QUAC for next year's meet! Information will be available at IGLA 97.

FINS Meet

The Philadelphia FINS held their 2nd annual swimming meet on May 10th, 1997. The meet took place at the same as PrideFest, a large and cool gay/political/ cultural/party event that happens in Philadelphia every May.

Up-Coming Meets

Get ready folks, because San Diego, "America's Finest City," (as JFK once said) will be hosting IGLA '97 from October 17th through the 20th

We have planned a spectacular IGLA 10th anniversary weekend in which everyone can completely immerse themselves. Thursday through Monday your days and evenings will be filled with pure excitement. Our Party Pack '97 will be sure to dazzle your mind and pocket-book. (Everyone will be able to afford it!)

The registration packages will be going out June 1, 1997 to all IGLA representatives. Also, on that same day the IGLA '97 website will also appear on the world wide web.

We have completely booked one hotel and booked four floors in a second hotel for this event. Both hotels are in the Hillcrest area, which is the gay Mecca for San Diego. No reservations will be taken by the hotels prior to June 1, so you just have to wait a little while longer. The Pink Flamingo will be held at the main hotel. The main hotel has a six lane, 25 yard pool with bleachers surrounding it. All teams interested in competing can reserve a pool side hotel room, to prepare for the event. These rooms will be reserved on a first come, first serve basis, and each team will be allowed only one. So gear up teams for this fashion event. Hosted housing will also be offered, with international guests receiving first priority.

Regarding the pools, we have secured the Allied Garden Pool for the Water Polo tournament. We're looking to have a minimum of eight (8) teams competing in this tournament, so start throwing those balls around because San Diego will be ready to rumble.

Additionally, we are in final negotiations with UCSD for the swimming and diving facility. Things are looking good, we just have some final kinks to work out.

On a parting note, when you return home, be ready to take another vacation from this vacation. You'll most likely need it.

See you in October!

The '97 IGLA Committee

Atlanta Rainbow Trout To Host Freedom Swim '97

Atlanta Rainbow Trout will host Freedom Swim '97 June 21, 1997 at the Georgia Tech Aquatic Center in Atlanta, site of the 1996 Olympic Swimming Competition. The one-day, long course meet, will be the lead off event in Atlanta's week-long Gay Pride celebration. In addition to IGLA teams, we will welcome our straight friends from across the Southeast to this, the first Master's meet in the Olympic pool. Mark your calendars now for this fantastic weekend! Entry forms and information sheets will be mailed early May. We have reserved a block of hotel rooms at the historic Georgian Terrace Hotel in Midtown at the incredible rate of \$99/night. Call 1-800-651-2316 for reservations; mention that you are with Atlanta Rainbow Trout to receive the discount. Host housing will also be available.

Atlanta Rainbow Trout has selected Delta Air Lines as the Official Air Carrier for Freedom Swim '97 in Atlanta 6/21/97. Delta is offering special discounted fares for those flying into Atlanta for the meet. To take advantage of these savings, travel Delta round trip from anywhere within the US, Canada and Caribbean to the meet.

To save some bucks, call Delta at 1-800-241-6760 between 7:30am and 11:00pm EST. Reference file number 101303A.

Orcas

The ORCAS invite you to join them and Team Seattle for the annual Summer Sports Festival held on the 4th of July weekend. This is the prime time of the year to visit Seattle with highs typically around 70-80 degrees (F). In your days following (or before) the meet, enjoy the abundance of outdoor activities available: ferry rides across Puget Sound, hiking in the Olympic Mountains or the Cascades (Mt. Rainier is part of this range), kayaking, canoeing, or sunbathing and swimming at Madison Park beach to name a few popular options.

The ORCAS will be hosting a party for swimmers and will be offering hosted housing. Some other get-togethers will also be organized and information will

be available at the meet. Other Team Seattle sports groups will also be hosting competitions so there will be athletes from a variety of sports visiting Seattle at the same time.

The ORCA meet will be late Saturday morning (not too early as you probably will have watched the fireworks late the previous night). We expect 75-100 participants so the meet is expected to progress fairly quickly. It will be hosted in Helene Madison Pool in North Seattle which is a 25-yard indoor pool. In addition to bleachers, there is a grassy area adjacent to the pool for resting between races.

If you plan to attend, we recommend you book your flights early as this is a popular time of year to visit Seattle, and it is also the 4th of July weekend.

If you want entry forms mailed to your team, please notify us of the address where you want them mailed by e-mailing: JLasersoCo@aol.com. We may not be able to send entry forms to all IGLA reps automatically so please let us know.

The Team Seattle Website (<http://teamseattle.org>) has our workout schedule and by May 20th will have our entry form for the meet. Info on other sports is also available there as well.

Entry forms will go out by May 20th. Entries will be due on June 20th. See you in July.

London Swimming

London is happy to be able to finally give you some more details of the OUT TO SWIM MEET. The date is now confirmed for Saturday, August 2, 1997.

It will be a two session meet in the afternoon and evening with 50m, 100m in each stroke, 200m IM and of course some relays. We will be offering hosted housing to IGLA member teams and plenty of parties and fun activities over the whole weekend.

We will be sending out more information in the next few weeks, but you can contact us either through Graham Pearlman's web site or by writing to me, Ben Gifford, at 84'86 Rosebery Ave., London, EC1R 4QY.

We really look forward to seeing as many members of IGLA as possible in the summer and hope you put the dates in your diary as soon as possible.

Labor Day Weekend in Montreal: It's a Date!

The 6th annual "Coupe de Montréal des maîtres nageurs gays et lesbiennes" swimming meet organized by À Contre-Courant, Montreal's gay and lesbian masters swim club, will be held, over Labor Day weekend. That's August 30-31 and September 1, 1997.

The theme chosen for this year's meet is "La fontaine de Jouvence" (The fountain of youth) - a homage to the rejuvenating virtues of our favorite sport!

The swimming competition will take place over a day and a half, enabling us to offer a full program of short, medium and long events (from 50 to 1500 meters). The meet will be held at the Hochelaga pool, a 6-lane, 25 metre pool with electronic timing.

The rest of the weekend will be devoted, as usual, to great social and cultural activities. Parties, restaurants, historic sites, plus the world-renowned charm of our city: all the ingredients will be there for you to have a most enjoyable visit!

It's a date, then: "La fontaine de Jouvence", Labor Day weekend, in Montreal. For a truly rejuvenating experience!

For more information write to: André Villeneuve, 1860, boul. René-Lévesque Est, app. 304, Montréal, QC H2K 4P1. (514) 279-8982 fax: (514) 485-3483

boisverp@ere.UMontreal.ca

Registration sheets should be available toward the end of May. Hosted housing will be offered.

Swimmers must be registered with a swimming federation like MSO, FNQ., USMS or an equivalent Masters swimming organization.

Calendar

May 10
* Philadelphia - Fins

May 15-18, 1997
* US Masters Nationals, Seattle

May 17-18
* Ann Arbor (Queen's Birthday)
<http://members.aol.com/a2qua/SwimMeet.html>

June 20-22
* Eurogames in Paris
http://eurogames.bh.de/magazine/english/paris_english.htm

June 21
Atlanta / Olympic Pool
2004354@mcimail.com

June 27-30 (mixed crowd)
* Canadian Masters Championships, Montreal
http://www.unb.ca/web/Masters_swimming/Nats1997eng.html

August 2
OUT TO SWIM MEET: London

August 30
Portland

Aug. 30 (Labor day week-end)
* Coupe de Montreal VI:
<http://www.kwic.net/igb-sports/teams/MontrealSwim/meet.html>
Contact: r25654@er.uqam.ca

October 17-19
* IGLA '97 Championships: San Diego

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