

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS, AAU

"THE WET SET"

October, 1975

"WET SET" Subscription \$2.00 Yr. - write: S. Lehman, 10854-34th S.W., Seattle 98146  
 P.N.A. Membership (Oct-Sept) \$5.00 Yr. and includes subscription.

BOARD OF DIRECTORS

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MEET CHAIRMAN	Mel McElroy, 747-7904		& Jean Abrams, 246-0148

REPRESENTATIVES-AT-LARGE: Valerie Boen, 525-1768; Russell Hall, 631-6686;  
 and Bob Jacobs, (Olympia) 352-1346

TEAM REPRESENTATIVES:

BEST - Janet Russell, 486-8910	Red Shield - Lois Keller, 762-4871
Downtown "Y" - Wally Hampton, 325-3494	Samena - Mel McElroy, 747-7904
Newport Hills - Sue Dills, 232-3654	SnoLine "Y" - Ed Underhill, 778-6294
	John Downey, 776-5270

*Chair Comm Chair*

1975

COMING EVENTS

Nov. 18 <sup>2</sup> P.N.A. Board Meeting, Tuesday, 7:00-9:30 p.m. at the Downtown YMCA at 909 - 4th Avenue. All PNA members are welcome. Meet in the YMCA Lobby. (Note-reference to Oct. 21st PNA meeting in this newsletter is past history)

Nov. 23 <sup>NEW YEAR</sup> MEET - (Sunday) at SAMENA POOL, 15231 Lake Hills Blvd. Bellevue, Washington, Warm-up at 8 AM, Meet starts at 9 AM. Meet Director is Mel McElroy, tel. 747-7904

*MERRY CHRISTMAS  
 HAPPY &  
 HEALTHY  
 NEW YEAR*

1976

Jan. ~~10~~ 11 *NOTE - LOCATION CHANGE*  
 MEET at Newport Hills

JAN. 18 PNA BOARD MEETING

*ADD OR + IE MEETS*

Tentative Schedules

*+ NOTE TO CONTACT*

Feb. 28-29	MEET, Ballard
Apr. 3-4	MEET, P.L.U.
Apr. 23, 24, 25	REGIONAL MEET, Short Course, hosted by Inland Empire at Spokane
May 14, 15, 16	NATIONALS at Mission Viejo (near L.A.) Calif., Short Course
June 5-6	MEET, Mountlake Terrace
July 10-11	ROUGH WATER SWIM, Kirkland
Aug. 13, 14, 15	MEET, Long Course at Colman Pool (possibly new Bellevue Pool)
Sept. 3, 4, 5	NATIONALS, Long Course - location unknown at this time

HIGH-LIGHTS - P.N.A. SEPTEMBER BOARD MEETING

Fund Raising Goals for P.N.A. - Steve Engel outlined the following two goals for P.N.A., (a) increase membership and, (b) finance national team. After considerable discussion on fund raising for special groups within P.N.A. (those qualified for national meets) and fund raising for the entire P.N.A. membership (in the form of purchasing equipment, etc.), the Board requested that the Finance Committee submit suggestions at the next meeting.

New Masters Entry Cards - Janet Russell presented copies of the projected new entry card for regional use, and quotes from local printing companies. Board members made a few suggestions and changes in the form. A motion was made and seconded to purchase 5,000 cards from one of the two lowest bids.

Newsletter - Goal was set to mail newsletter two weeks after each meet. If not received by this time, please call Shirley Lehman, 246-1372 or Jean Abrams at 246-0148.

New Logo for P.N.A. - Wally Hampton reported that he has an artist working on a sketch for approval and he will bring this to the October meeting. This same design will be used for back patches, arm patches, stationery, bumper stickers, etc.

MEET COMMITTEE REPORT (Mel McElroy) The Meet Committee met on September 4 and submitted their report as follows:

1. Proposed schedule of events for the year:

1. 200 Free Relay	10. Option *
2. 50 Breast	11. 100 Back
3. 100 Free	12. 50 Free
4. 200 Back	13. 200 Breast
5. 50 Fly	14. 100 Fly
6. 100 Breast	15. 50 Back
7. 200 Free	16. 100 I.M.
8. 200 I.M.	17. 200 Medley Relay
9. 200 Mixed Free Relay	18. 500 Free

\* Optional events will include: 200 Fly and 400 I.M.

Optional Events: Meet Director Chairman may request a certain choice to ensure equality throughout the year. Each one should be run twice during the year. The 1650 should be run on a separate day if at all possible.

Additional Events: Meet Director may choose to add any of the following events with the approval of the Meet Committee Chairman: 200 Mixed Medley Relay, 400 FreeRelay, 400 Medley Relay and 400 Mixed Free Relay.

2. Scoring: Individual events - 7, 5, 4, 3, 2, 1 and Relays - 14, 10, 8, 6, 4, 2. A four-letter abbreviation will be assigned to each team. This will be used for entries, event cards, heat sheet and result to ensure uniformity.
3. Fee Schedules: At the Samena Meet we are going to try the "No Awards" option. If a person marks the "no award" slot on their entry, then they will receive no award in any event they enter and subsequently their fees will be reduced. This is strictly a personal option. It will affect no-one else but that participant. Anyone who wishes to receive awards will leave the slot blank and will continue to pay the usual fee.

No Award - PNA Member	\$ .50	Surcharge per swimmer	\$1.00
No Award - Non-Member	.75	Relays - No Award	2.00
Award - PNA Member	1.25	Award	5.00
Award - Non-Member	1.50		

4. Miscellaneous

The sponsoring team will receive a maximum of \$50. from the surcharge. Anything over \$50. accumulated surcharge will be retained by PNA.

There will be a trophy at the end of the short course season for the highest ranking team. At each meet the teams will receive points according to their order of finish. The team with the most points will receive the trophy at the PNA Banquet. The point system will include twenty teams. The first place team will receive 20 points, second place 19, etc. down to 1 point for 20th.

There will be an instruction list written so that the entry cards are filled out properly by the Meet Director. Most errors in results occur because of sloppily made out cards.

The Meet Committee will attempt to compile a list of 5 & 6 lane pools available throughout the area.

The Board accepted the above suggestions and added the following:

1. Membership Chairman must get lists of team members to the Meet Director prior to each meet.
2. All above proposals to be in effect at November meet.
3. Lyle Campbell will get information on less expensive medals (w/o ribbons)
4. The Meets Committee will compile a list of all local pools, Parent Associations, etc. by the next board meeting.
5. Steve and Mel will check on joint sponsorship with County and City Pools and will report at the October Board Meeting.

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Records & Tabulations - (Janet Russell) - PNA newsletter and meet results are mailed to Ted Haartz, National Chairman, Records & Tabulations, after each local meet. He tabulates the top ten in each event. Any national records set locally are sent in separately. Harry Lewis, Inland Empire Association (Spokane) also receives our meet results. He tabulates the Regional top 10 times and mails them to the National Committee at the end of each year.

SPECIAL COMMITTEE REPORT - Equipment (Wally Hampton) - Wally brought catalogue prices on suggested equipment for PNA to purchase such as stop watches, swim suits, sweat suits, stationery, etc. We will print up a questionnaire to pass out to Team reps. at the next meet for their ideas. He will bring a list of priority items, with prices, to the next meeting.

NEW BUSINESS ITEMS

1. Fred Wiggins suggested that pool adult swim schedules be published in our newsletter. Teams reps. will furnish this information.
2. The suggestion was made to the Membership Committee that they set up a phone committee. This will be discussed at their meeting.
3. Steve read the minutes from the Masters Regional Board Meeting (PNA, Inland Empire, Oregon). Inland Empire will host the Short Course Regional Meet on April 23, 24 and 25, 1976. PNA will host Long Course Regional Meet on August 13, 14, and 15, 1976. The next regional meeting is scheduled in April at Spokane.
4. A discussion was held on ways and means for PNA to be represented at the National Masters Committee meeting in New Orleans, December 3. A motion was carried to set aside \$50. maximum to be used this year providing we can get a representative to attend the meeting, and to start a fund of \$25. per year for future use.
4. Steve read several letters from Bob Jacobs (team rep., Olympia) with suggestions for discussion:
  - a. PNA to support a national rules change to include 200 I.M. and 400 I.M. at next years national meet.
  - b. A run/swim event in open water at Olympia Capital Lake Fair be sponsored by PNA for next summer.
  - c. Background information sheet on Masters swimming be printed for new members (he included sample).

The next meeting will be held Oct. 21 at the Downtown "Y", 5th & Seneca. Board members to meet in the Lobby - all PNA members welcome. Deadline set for closing all PNA Board Meetings in the future - 9:30 PM; all meetings to begin promptly at 7:05 PM.

MINUTES OF REGION 12 MASTERS COORDINATING COMMITTEE

A meeting of the above three association chairman was held following the Region 12 Long Course Masters Championship Swim Meet on Aug. 17, 1975. The following meet dates and other items were agreed upon:

1. 1976 REGIONALS: Short Course Regionals will be hosted by the Inland Empire Association and will be on April 23, 24 and 25, 1976.

Long Course Regionals will be hosted by PNA and will be held on Aug. 13, 14, and 15, 1976.

2. MEET SCHEDULE. We will attempt as much as possible to follow the following meet schedule throughout Region 12.

<u>PNA</u>	<u>OREGON</u>	<u>INLAND EMPIRE</u>
Oct. 11, 1975	Nov. 1,2, 1975	Dec. 13,14, 1975
Nov. 22,23, 1975	Jan. 31, Feb.1,1976	Feb. 7, 8, 1976
Jan. 10, 11, 1976	Mar. 20,21, 1976	Apr. 24, 25, 1976
Feb. 23, 29, 1976	June 5,6, (Ore. only)	(SC Regionals)
Apr. 3, 4, 1976	July 17,18, 1976	
June 5, 6, PNA only		
Aug. 13,14,15, 1976		
(LC Regionals)		

Nationals will probably be May 14, 15, and 16, 1976 and Sept. 3, 4, and 5, 1976. The May Nationals (Short Course) is set for Mission Viejo (near Los Angeles) as of this date. Long Course is unknown.

(continued next page)

Region 12 Meeting Minutes (continued)

3. REGIONAL AWARDS. At our April 1976 meeting we will review ideas and try to agree on a common Regional Award to be used at all future Masters Regionals. PNA will underwrite the initial purchase with the other two associations buying from them as needed.

4. RECORDS. On a Regional level only Region Meet records will be kept. Each Association will keep records for their association. A regional top 10 will be kept by Harry Lewis. Each association may keep a top 10 if they wish.

No further items were discussed. Next meeting in April, 1976. These minutes submitted by Connie Wilson, Oregon Association Chairman.

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ARTICLE as printed in the "OREGON JOURNAL" following Region 1w Long Course Swimming Championships at Mountain Park Recreation Center on August 17, 1975.

"ENGEL SETS AGE GROUP MARK"

By Pete Lesage - Journal Sports Writer

Monday, August 18, 1975

LAKE OSWEGO - Steve Engel has issued a warning - "Next time, watch out." The 32-year-old swimmer had just shattered the 30-34-year-old age group national amateur record in the 400-meter individual medley at the Amateur Athletic Union Masters Region 12 Long Course Swimming Championships at Mountain Park Recreation Center here Sunday,

The tanker's superb effort boosted his club, the Pacific Northwest Association (PNA) to a second place finish behind the Oregon Association (OA) as the latter piled up 788 points to PNA's 621. The other member of Region 12, the Inland Empire Association, carded 54 points as it was represented by only two swimmers.

"I was hoping to go faster," smiled Engel, PNA's chairman. "But actually, I wasn't even going to compete in this meet. I was sick for three weeks and only started feeling better two days ago. But now I feel great." That prompted the warning, directed at the competitors in his age group.

Engel, who captured two third place finishes at the last national championships, splashed to a time of 5:35.5 in the event, eclipsing the old mark by 4.7 seconds.

"Steve is a prime example of what dedication can do," said Earl Walter, a competitor in the 50-54 age group. "He's impressive."

In the women's competition, Connie Wilson, a founder and driving force behind the Oregon Association, swam in the 50, 100 and 200-meter backstroke events and one third place national times as she won all three events.

"The Masters program is growing in the Northwest," said OA's chairwoman. "There are about 600 swimmers who participate on a regular basis. We have about 50 in our club now, but I've received applications for about 75 for next year. I'd say Masters swimming is on the upswing in Oregon."

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WELCOME TO P.N.A. - During recent months, among those swimmers joining PNA are JOHN B. KILLIAN, ALEXANDER MAXWELL, CHARLES MC INTYRE, MARY MARTHA MC INTYRE, CAROLYN MOORE, DONALD S. NAKONECHNY, and R.H.B. WOODROW. Members of PNA wish them a hearty welcome to the ranks and much success in their new affiliation.

NEW MEMBERS TO P.N.A. - P.N.A. takes this opportunity to welcome you all aboard and invite you to really get in the swim of everthing that will be happening along the way. Joining P.N.A. this fall are: HELEN ELDRED, JOHN STEINER, BECKY SHUFORD, BOBBIE SHUFORD, JEAN RUMNEY, JOHN OKERMAN, BRIAN OLDS, JOHN OFSTAD, KIM MC COY, LORI LAKSHAS, RAY JEFFRIES, NANCY HOLMES, KIRK ADAMS and JOHN KORUGA.

CONGRATULATIONS to PEGGY SMOTHERS! ! - Peggy broke the 50-meter breastroke record in the 30-34 year-old age group at the Colman Meet on August 3, 1975, with a swift and speedy time of :43.1 seconds. That's all right.

P.N.A. TEAM TROPHY STANDINGS - Following the meet at Red Shield on Oct. 11th, the first calculation for team standings toward the annual PNA Trophy is listed below.

<u>TEAM</u>	<u>TOTAL MEET POINTS</u>	<u>TROPHY POINTS</u>
Red Shield Tigers	395	20
Downtown "Y"	120	19
SnoLine "Y"	116	18
Samena	110	17
Newport Hills	35	16
Seattle Tennis Club	35	15
BEST	28	14

HIGHLIGHTS OF

PN.A. MASTERS BOARD MEETING MINUTES, October 21, 1975

The meeting, held at the Downtown YMCA,\* was opened by Steve Engel at 7:00 PM. Those present were Lois Keller, Jack Miller, Shirley Lehman, Tom Foley, Janet Russell, Vikki Davis, Wally Hampton, Audrey Gilbert and Steve. The minutes were read and approved after adding two action items as follows: (1) Workout times at local pools to be submitted for the newsletter - by Team Representatives, (2) Consider national travel fund and bring proposals - by Board Members.

OLD BUSINESS

Finance Committee Goals - Jack Miller provided copies of the financial report and projections for the following year and indicated the goal of the Finance Committee for the ensuing year will be to operate in the black and keep costs low.

Committee Chairmen List - Two new names on the Special Committee List are: Chris Scott, Stroke and Training - Chris will submit articles to the newsletter on strokes, organize and oversee clinics (two or more per year), and coordinate and submit entries for Nationals and Regionals.

Ron Taylor, Medical Advisor - Ron will submit articles to the newsletter on medical aspects of Masters Swimming.

Use of City and County Pools - Mel McElroy held a meeting with Bruce Prescott of King County regarding use of county pools for PNA meets. Bruce agreed to the following proposal and will submit it to his superiors for an OK. (a) Instead of paying an hourly rate, PNA will pay the sur-charge fee to the County for rental. This will go to the Parents Group, which will disburse the funds. (b) Parents Groups from each pool used will run the meet and the concession; PNA to provide the meet chairman.

Team Member List - Vikki Davis has completed a current list. All team reps. are to contact her one week before each meet with an update. (852-5283)

Contact with Region Chairpersons - Steve contacted Oregon and Inland Empire. They will send copies of meet information to Shirley Lehman several weeks before their meets. Anyone wishing information can contact her. (246-1372)

Steve asked for support in sending a delegate to the National Masters Meeting on December 3. Harry Lewis committed \$15.00 from Inland Empire and Connie Wilson will notify Steve after making her decision.

Proposal on National Travel Fund - After much discussion on the feasibility of such a fund, a motion was passed to drop consideration of the National Travel Fund for one year.

Delegate for National Convention - Several persons are willing to represent PNA at the National Masters Convention on December 3. A decision will be made by the November meeting. The following issues are of interest to PNA members:

a. Rules change to allow 20-24 yearolds to compete at the national level within the Masters organization if they are not actively participating in AAU age group or school team competition.

b. Contamination clause - 25 year and over age group must choose between Masters and Open competition. They can not compete in both. Motions were passed by the board to instruct the delegate to vote affirmative on "a" and negative on "b". Connie Wilson (Oregon) and Harry Lewis (Inland Empire) concur.

#### COMMITTEE REPORTS

Membership (Tom Foley) - The membership committee held two recent meetings with Vikki Davis, Wally Hampton, Russ Hall and Tom in attendance. These meetings addressed the organizational aspects of the committee's near term activities, primarily the membership registration task at the October 11th meet. Actions taken are summarized in the following:

- \* Add occupation optional to member information card.
- \* Will get new members' names to newsletter.
- \* Have requested several hundred '76 AAU forms.
- \* Prepare current team rosters for the Meet Committee
- \* Organized member signup for Red Shield meet.
- \* New member effort
  - (a) Gathering list of all area pools (public and private)
  - (b) Update Master's information sheet
  - (c) Mail meet information occasionally to out-of-town pools.
  - (d) List of organized master teams with workout times and fees.
  - (e) Picture Book for new member contact.

The membership committee also mad a recommendation to the Board regarding PNA membership and fees for consideration. The committee also outlined the advantages of PNA Membership:

1. Cheaper overall if attend several meets a year.
2. Receive mailings on meet information, Master's news, health and training tips, Annual Awards Banquet and bumperstickers and window decals.

The idea of a phone committee was evaluated and recommended to be set up as a separate committee reporting to the Board.

Records & Tabulations (Janet Russell) Rules and Questionnaire: New meet entry cards have been received and were displayed. Taam trophy standings will be tabulated at meets on a separate form. Janet proposed a policy change to allow no late entries after the meet starts. Mel will study the proposal and make a recommendation at the November meeting.

Regarding the questionnaire on membership information; Janet requested input from Board members two weeks prior to the next meeting. She will bring completed questionnaire at that time.

SAMENA Meet (Mel McElroy) - DATE CHANGED TO SUNDAY, NOVEMBER 23rd. This is a 25-meter pool and no official times will be taken.

Newsletter (Shirley Lehman) - The following deadlines for information to be printed in the newsletter were requested:

- (a) Meet information should be turned into Shirley at or by the time the meet preceeding it is run.
- (b) Minutes as they are completed by the secretary.
- (c) Meet results - within seven days following the meet.
- (d) Articles of interest will be printed as received - should be neatly written or typed exactly as the writer wishes them to be printed.
- (e) PNA new members and additions to mailing list - two days after meet.

Finance (Jack Miller) - The following proposals were made: (a) Drop team membership fee of \$5.00 as funds not needed at present. (b) Keep PNA membership at \$5.00 for the year. (c) Start purchasing needed equipment for the club. After discussion, these proposals were tabled until the next meeting and board members were requested to study the financial statement and bring suggestions.

NEW BUSINESS

Board Meeting Agenda Deadline (Steve Engel) Please submit any items you wish to discuss at the next meeting at least one week in advance of the date. Call Steve Engel at 839-8889.

Miscellaneous

- (a) Steve has received several letters from Bob Jacobs with various suggestions for the group. These were assigned to separate committees for their consideration.
- (b) Mel McElroy suggested holding board meetings every six weeks now that the meets are following that schedule. This was discussed and tabled until the next meeting.

The meeting was closed at 10:00 PM. The next meeting date will be November 18, Tuesday, at the Downtown YMCA, 4th and Madison, at 7:00 PM.

Minutes respectfully submitted by Audrey Gilbert, Secretary, P.N.A.