

" T H E W E T S E T "

Pacific Northwest Association
of Masters Swimmers

15734-14 S.W., Seattle 98166

February, 1979

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1979

COMING EVENTS

1979

P.N.A. registrations are due. All registrations run on the calendar year and must be paid at the beginning of each year REGARDLESS of when the last fee was paid.

To be eligible for competition in 1979, you must register.

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MARCH 3-4 PNA Masters Swim Meet at Fort Steilacoom Community College. Potluck following the meet at Kathy's - see inside for details and info. re: both. 400 I.M. & 1650 on Sat., other event on Sunday afternoon. Deadline to enter the meet is February 23, 1979.

MARCH 6 PNA Board Meeting at 7:30 p.m. (Tuesday) at Sue Dearborn's home, 3401 E. Mercer St., Seattle. All members are welcome to attend.

MARCH 11 *Meet at Tigard, Oregon

MARCH 17-18 at Spokane, Gonzaga University Pool. Entry due by March 9.

MARCH 25 PNA Stroke Clinic conducted by Andy Hathaway and Highline Swim Team at Mercer Island Pool. Entries will be limited - form enclosed.

APRIL 7-8 *Meet at Tulatin Hills Pool, Beaverton, Oregon

APRIL 20 - PNA Championships at Mt. Rainier Forward Thrust Pool at Des Moines

APRIL 22 (near Sea-Tac Airport) Banquet following.

APRIL 27 -Region XII Short Course Championships hosted by Inland Empire Association

APRIL 29 at Gonzaga Pool, Spokane, Washington.

MAY 4-7 National Masters AAU Short Course Championships at Mission Viejo, California. Contact Tom Cooper (tel: 743-9100) as soon as possible if you plan to attend.

JULY 28-29 Region XII Long Course Championships to be hosted by PNA Masters.

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Shoreline Meet a Success

A sincere thank you to Janet Twilight and all the Seattle Swim Club people for their fine efforts in running our recent meet at the Shoreline Pool. Also, congratulations to Gene Caddey for setting new national records in the 400 I.M. and the 200 Fly for men, 65 years and over. There were several new PNA records set also at the meet. SUPER BOWL DROPOUTS???? There were many events in the last meet (held on Super Bowl Sunday) with twice as many women's heats as men.

See You at Fort Steilacoom!

I encourage everyone to attend the next meet at Fort Steilacoom as we're entering the peak activity period of the short course season. This meet will be followed by the PNA Championship, Regionals and Nationals. The Fort Steilacoom meet will be

(continued)

in a fine facility and a potluck social is set for after the meet. The host team as shown a lot of enthusiasm for Masters Swimming and are developing a good image in the local community; so lets support them with our attendance. See YOU there!!

Regionals and Nominations Committees formed.

Tom Cooper (tel: 743-9100) is heading the Regional Committee activities to assure a good PMA team representation at the Short Course Regionals scheduled for late April and hosted by the Inland Empire Association.

Also Jack Miller is heading the nominations committee to obtain candidates to run for the PMA Masters Board. The terms of the current officers (President, Vice-President, Secretary and Treasurer) as well as the two-at-large representatives will expire in April.

Now is the time for you to contact Jack (tel: 776-2091) if you are interested in running or if you want to suggest someone you feel can do a good job for our organization. To maintain our growth, we do need to involve new people with their fresh ideas and enthusiasm, so give it some thought and call Jack with your suggestions.

Tom Foley
President, P.M.A. Masters Swimmers

Masters Swimming Notes (from SWIMMASTER - January 1979)

NATIONAL AAU CONVENTION - Last year's convention held in San Antonio, TX the week after Thanksgiving. The 1979 AAU Convention will be held at Caesar's Palace in Las Vegas, November 25 - December 2. Some legislation passed for Masters Swimming includes:

1. Willing competitors may be swum 2 in a lane in the 1650 and 1500 freestyle. Such heats will be seeded by time, fastest first, and these heats completed before the heats with a single competitor per lane.

Also, it will be mandatory to deck seed the 1650/1500 in the National Championships and when only one pool is used, the heats will be apportioned and alternated by sex. The entry fees for National Championships will be \$3 per individual event and \$8 per relay. The four-day meet format has also been changed as follows:

1st day 500/400 free, 100 fly, 100 back, 200 I.L., 200 M.R.

2nd day 200 free, 100 breast 50 free, 100 I.L., 200 F.R.

3rd day 200 breast, 100 free, 200 back, 50 fly, 200 Mixed F.R.

2. All top finishers in each race will be given awards regardless of the nationality of the swimmer. NO duplicate awards will be given except in the case of ties. (for National Championships)

3. The fastest time in each event by an American swimmer will be recognized as an American Masters Swimming Record. If the fastest time is done by a foreigner, it shall be recognized as a U.S. Open Masters Swimming Record.

4. In National Championships, all entries must be submitted with a time. A "no time" will not be allowed.

The next three National Championships have been awarded and in Las Vegas we will award the next three Championships. This will then put us bidding for meets two years in advance. People will be able to make their plans a little earlier. LC in 1980 will be awarded to the West. SC in 1981 will go to Central and LC in 1981 to the Northeast. If everything goes as planned, the new NGB (National Governing Body) for swimming will be formed after the Olympics in 1980. As far as any of us know, we will be a part of this new NGB...

MIXED 200 YD. FREE

25 +		
C. Rosik 45	PNA"E"	
D. Winskill 30		
P. Rosik 49		
D. Lambert 35	2.47.4	

45 +		
M. Budish 60	PNA"D"	
M. Carlson 58		
N. Budish 64		
J. Geyman 47	3.02.0	

 * TOP TEN NATIONAL Short Course Rankings - 1978 *
 * In the last printing of THE WET SET, I *
 * failed to extract the following swimmers *
 * who achieved top ten times. My apologies *
 * and congratulations! (S. Lehman) *
 * Eugene Caddey 400 y I.M. # 8 6:48.6 *
 * Robert Simmonds (80+) *
 * 50 Free # 2 :47.2 *
 * 100 Free # 3 1:52.7 *
 * 500 Free # 2 11:52.9 *
 * 1650 Free # 1* 39:46.0 *
 * (*National Record) *

 TOP TEN NATIONAL Long Course Rankings for 1978 (from Swim Master, Jan. 1979
 (Pacific Northwest Association of Masters Swimmers only)

WOMEN

Gretchen Anderson	100 Breast	#10	1:47.00
Marty Dabrock	1500 Free	# 8	27:14.20
Janet Twilight	400 I.M.	#10	8:53.78
Maxine Carlson	200 Breast	# 7	4:49.50
Dawn Musselman	50 Free	# 2	:40.11
	100 Free	# 1	*1:32.60
	200 Free	# 1	*3:43.90
	50 Back	# 2	:50.70
	100 Back	# 1	*1:50.80
Marion Mueller	1500 Free	# 8	42:55.80
Marion Mueller	200 Back	# 7	5:27.50

<u>35+ 200 Meter Free Relay</u>		
PNA	#2	2:33.60
Jean Abrams		
Shirley Lehman		
Gretchen Anderson		
Marty Dabrock		

MEN

John Thomas	200 Fly	#10	4:12.80
Fred Wiggin	100 Back	#10	1:39.30
Karl Frederick	100 Breast	#10	1:43.21
Eugene Caddey	200 Breast	#10	3:59.70
	100 Fly	#10	1:50.70
	400 I.M.	# 7	8:04.10
Robert Simmonds	50 Free	# 3	:52.90
	100 Free	# 2	2:08.30
	200 Free	# 2	4:39.10
	400 Free	# 2	10:11.90
	1500 Free	# 2	38:36.50

<u>55+ 200 Meter Medley Relay</u>		
PNA	#8	3:01.5
Fred Wiggin		
Eugene Caddey		
John Downey		
Karl Frederick		

The above may order a Top-Ten patch and year numeral from: Harry Fox
 O*H*I*O Masters Swim Club
 P. O. Box 922
 Massillon, OH 44646

Patch with numeral is \$3.00
 Numeral only is 50¢ each.

POTLUCK - POTLUCK! Following the meet at Fort Steilacoom Community College

There will be a Potluck supper after the meet on Sunday, March 4, at Kathy Crandell's home (near the pool). Directions will be handed out at the meet. Bring food, beverage and eating utensils. We will refrigerate foods for you if needed. JOIN US for fun, fellowship, and food after the meet!

TEAM TIDBITS

BANG! BANG! BANG! Teams - lets be putting things together. The PNA Championships, Schort Course Regionals and Nationals will be coming right up. Team Rosters and fees should be submitted to Karen Kohler if you have not yet done so.

A team is composed of two or more paid members joining their efforts to provide comradie, performance, and will enhance the quality and quantity of your fitness training. A team with eight or more paid members is entitled to have a representative sit on the PNA Masters Board. All teams wishing recognition as a team must have paid their team fee for 1979.

The following are bits of information passed on to me regarding coached workouts. (I hope that the info is correct but you can call the pool in question for further information.

Hedger-Evers Forward Thrust Pool - Coy Jones indicates he has time available and is interested in getting a masters program started there. So if this is a convenient location for you, get in thouch with him.

Mike Claus at Mercer Island Pool is coaching a masters team this year - "The Mercer Island Marbles" - contact Sue Dearborn, Tel: - 324-4945 or the pool.

The Bellevue-Eastside Y.M.C.A has coaching available 9-10 A.M. on Mon., Wed., & Fri.

Masters swimmers living in the south end near Highline Community College can get coaching in the evenings from Andy Hathaway. Contact: Neville Johnson at Tel: 824-2953. Andy will also be conducting an excellent stroke clinic on March 25 at Mercer Island Pool for thos who register. (Form enclosed)

A NEW LOOK FOR P.N.A. Persons

The PNA Board has designated an official team suit for those who plan to attend Regionals &/or Nationals (for those who wish them). As a matter of fact, any one who wishes to purchase a really classy looking suit may take advantage of this idea.. This suit is available at most swim and sporting good stores or may be purchased at a team discount through SYLVIA'S SWIMWEAR at the Lake Hills Shopping Center, 507-156th S.E., Bellevue; Tel: 747-1131 Hours are Tues. thru Fri., 12 Noon to 5:30 p.m. and on Sat. from 10 a.m. to 5 p.m. Sylvia will be glad to assist members in selection and fit. Team Warmups are also available through this source. They will be navy with the white side stripe.

THE SUIT manufactured by ARENA - Color - Blue with white trim and red design in the side panel.

Women's Styles

Fly back in Lycra; Sizes 30 thru 40 Style #TE2113 Cost-\$25.60
Free Back in Nylon; Sizes 30 thru 40 plus 32L, 34L, 36L, 38L #TE1213...Cost-\$16.60

Men's Styles

Male Lycra; Sizes 26-36 - #TE2913 Cost-\$11.85.
Male Nylon; Sizes 22-38 - #TE1913 Cost-\$ 7.60.

CAPS - P.N.A. is planning on selling a swim cap with the PNA logo or initials on it at the Championship meet so come prepared to purchase if you are interested.
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Rays O' Sunshine from Maxine

New little masters arriving just recently are: (Gary) Gray Ladd, born on Jan. 3 to Gary and Cindy Ladd, weighing in at 7¹/₃ oz; and a son born to Pamela Attebery.

Lee Holm is just now getting back into the water after a long layoff during her husband's illness. Harold Holm is now recovering from open heart surgery and making good progress.

Last report was that 15 PNA swimmers entered the postal meet with two team entries. We hope there were more - but for now thats the report.