

Board meeting 3 1/2 weeks before Regionals. Much too late to get n/w out at a decent time. Then the typist wasn't fast enough.

Too much space used
I got 1st 4 pages on 2 pages

"THE WET SET"

Pacific Northwest Association
of Masters Swimmers

July, 1979

11114-111th St. S.W., Tacoma, 98498

KC + Judy were both out of town when typing slowed, so other Board members took it upon themselves to yell at Florence + Marty.

BOARD OF DIRECTORS

President - Judy Harrison
822-3988
Vice President - Jim Miles
232-7050
Secretary - Suzanne Dills
232-3654

Treasurer - Carolyn Behse
747-3889
Rep.-at-Large - Fred Wiggin
542-4857
Russell Hall - 631-6685

Newsletter Staff - Florence Miller, Marietta James, Marty Dabrock

COMMITTEES

Awards - ?????????? *blamed for lack of participation at Regionals*
Constitution - Tom Foley
937-5585
Community Service - Janet Twight
525-2572
Meets - ??????????
Publicity - Evelyn Lercher
825-1038
Sunshine - Lee Holme
825-3939
Team Wear & Money Raiser ???????
Travel & Social - Susan Dearborn
324-4945

Banquet - Rosie Latta
243-4575
Finance - Jack Miller
776-2091
Membership - Gretchen Anderson
747-3233
Newsletter - Kathy Crandell
588-4879
Records - Diana Kennerud
824-5016
Stroke Clinic - Neville Johnson
824-2953
Team & Club Coordinator -
Paul Murphy 938-3735

COMING EVENTS

August 10-12, 1979 L.C. - Region XII Championships - South End Pool, Tacoma, WA.
August 12, 1979 Potluck Party after meet.
October 20, 1979 Seattle Swim Club might possibly sponsor a "1650 only" meet.
December 1, 1979 Rules Committee Meeting - Las Vegas, Nevada
P.N.A. needs a Representative.
May 18-20, 1980 S.C. Nationals - Ft. Lauderdale, Florida.
Summer, 1980 L.C. Nationals - San Francisco, California

PRESIDENT'S CORNER

Dear Swimmers,

A big thank you to Fred Wiggin for jumping in and taking on the job of meet director for the long course championships! But--Fred needs secretarial help the days of the meet - perhaps if your spouse is planning on attending, gets bored with endless heats, he/she might want to volunteer his/her services to Fred, typing skills not necessary.

Welcome to Bill Castner as our new awards chairman! Thank you to Neville Johnson for helping to make a very smooth transition between Committee chairmen.

With more and more attention devoted in National press to swimming as a "perfect exercise" we have had an increasing number of inquiries about our program. We try to answer all inquiries promptly but occasionally some slip through the cracks.

Pres. Corner, Con't.

If you are contacted about a new membership, please refer to Gretchen Anderson, membership chairman, 13024 SE Newport Way, Bellevue, WA, 98006, 747-3233.

"Fun, Fitness and Friendship" is our slogan, competition is great but our stated emphasis is fitness.

The best of luck to each of you at the Long Course Regionals -- Let's keep PNA on top!

Keep swimming,

Judy Harrison

AN UPDATE OF SWIM TIME AVAILABLE FOR MASTERS SWIMMERS

Adult-Swim -- workout times

BELLEVUE POOL - 601 143rd N.E. Tel.- Bellevue 747-4245

Adult Swim 12:00-1:00 PM Mon-Fri

8:30 -9:30 PM Tue-Thur

1:00-2:00 PM Sat-Sun

REDMOND POOL - 17535 N.E. 104th - Redmond 885-3600

Adult Swim 6:00-7:30 AM Mon-Fri

12:00-1:00 PM Mon-Fri

8:00-9:00 PM Mon, Wed, Fri

Women Only 8:00-9:00 PM Tue-Thur

ISSAQUAH POOL - 50th N.E. Clark St. - Issaquah 392-1650

Early Raiser 7:00-8:00 AM Mon-Fri

Adult Lap 12:30-1:30 PM Mon-Sat

8:30-9:30 PM Mon-Thur

SHORELINE POOL - 19030 1st N.E. - Seattle 363-4845

Early Raiser 5:30-7:00 AM Mon-Fri

Adult Lap 9:00-10:00 AM Mon-Fri

8:15-9:15 PM Mon-Fri

MERCER ISLAND POOL - 8815 S.E. 40th - Mercer Island 232-7370

Early Raiser 6:00-8:00 AM Mon, Wed, Fri

6:00-7:30 AM Tue-Thur

Adult Lap 12:00-1:15 PM Mon-Fri

8:00-9:00 PM Mon, Wed, Fri

KENT DISTRICT POOL - 25401 104th S.E. - Kent 854-3260

Early Raiser 6:30-7:30 AM Mon, Wed, Fri

Adult Swim 12:00-1:00 PM Mon-Sat

8:00-9:00 PM Mon-Thur

TAHOMA POOL - 18230 S.E. 210th - Kent 432-1948

Adult Swim 12:00-1:00 PM Mon-Fri

FEDERAL WAY POOL - 30421 16th AVE So. - Federal Way 839-1000

Early Raiser 6:00-8:00 AM Mon-Fri

Adult Lap 12:00-1:00 PM Mon-Fri

9:00-10:00 PM Mon-Thur

MT RAINIER POOL - 22722 19th Ave. So - Des Moines 824-1728

Early Raiser 6:30-7:30 AM Tue-Thur

Adult Lap 12:00-1:00 PM Mon-Sun

8:00-9:00 PM Mon-Thur

SOUTH CENTRAL POOL - 4414 So. 144th - Seattle 242-2787

Early Raiser 6:00-7:30 AM Mon-Fri

Adult Swim 11:30-1:00 PM Mon-Sat

8:00-9:00 PM Mon-Fri

EVERGREEN POOL - 606 S.W. 116th - Seattle 246-1610

Adult Swim 12:00-1:30 PM Mon-Sat

8:00-9:00 PM Mon-Thur

RAINIER BEACH POOL - 8825 Rainier Ave. So. - Seattle 723-5900

Adult Swim 1:00-2:30 PM Mon, Wed, Fri

7:00-8:30 PM Mon, Wed, Thur

Lap Swim 11:00-12:00 AM Sat

Pool Hours Con't.

SOUTH WEST POOL - 2801 S.W. Thistle St. - Seattle 935-6006

Adult Lap 12:00-1:30 PM Mon-Fri
5:00-6:30 PM Mon-Fri

COLMAN POOL - Lincoln Park-50 mtr. outdoor- Seattle 935-1903

Lap Swim The first and last hour of public swim.
Public Swim 12:30-7:00 PM Daily

MEDSAR EVERS POOL - 500 23rd - Seattle 324-2560

Adult Swim 7:00-8:30 PM Mon-Thur

HELENE MADISON POOL - 13401 Meridian N. - Seattle

Adult Swim 12:00-1:00 PM Mon-Thur

12:00-1:30 PM Sat

Lap Swim 5:00-6:00 PM Mon, Wed, Fri

MEADOWBROOK POOL - 10515 35th N.E. - Seattle 365-9933

Adult Swim 6:30-8:00 AM Mon-Fri

12:00-1:30 PM Mon-Fri

9:00-10:00 PM Mon-Fri

BALLARD POOL - 1471 N.W. 67th - Seattle 782-0282

Early Raiser 6:00-7:30 AM Mon-Fri

Adult Swim 12:00-1:15 PM Mon-Fri

QUEEN ANN POOL - 1920 1st West - Seattle 625-2282

Adult Lap 6:30-8:30 AM Mon-Fri

Adult Swim 12:00-1:15 PM Mon, Fri, Sat

7:30-9:30 PM Tue, Thur

5:30-7:00 PM Mon

YMCA POOLS

BELLEVUE Y - Bel-Red Rd. - Bellevue 746-9900

Lap Swim 6:00-7:00 AM Mon, Wed, Fri

9:00-10:00 AM Mon, Wed, Fri

5:00-5:30 PM Mon-Fri

12:00-2:00 PM Sat

TACOMA Y - Members Only - 564-9622

Lap Swim 6:00-8:00 AM

9:00-11:00 AM

EVERETT LAKE FORST POOL

Early Birds 6:00-8:30 AM Mon-Fri

Lap Swim 5:15-6:15 PM Mon-Fri

MASTERS TEAMS

FORT SERRILACOOM MASTERS - Community College Pool - Fee: \$15/mo.

11:00-1:00 PM Mon, Wed, Fri

7:00-8:15 PM Mon

5:30-7:30 PM Wed, Thur

Coach - Kathy Crandell - Tacoma 588-4879

NEWPORT MASTERS - Newport Hills Pool - Fee: \$16/mo.

6:45-8:00 AM Mon-Fri

SEATTLE SWIM CLUB - Shoreline Pool - Fee: \$18/mo.

5:15-7:00 AM Mon-Fri

After Labor Day at Helene Madison Pool

5:15-7:00 AM Mon-Fri

Dean Sawhill - 363-4845 Jan Twight - 525-2472

For any clarifications, updates, or new information concerning other pools serving PNA Masters not submitted here contact:

Paul Murphy

10644 Marine View Dr. S.W.

Seattle, WA 98146

938-3735

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COACH'S CORNER

PNA -

Just received the wet set and I have my favorite workout, compliments of my coach Jim Sherrod - Tacoma YMCA.

48 each stroke - kick 4 pull 4 swim 4

32 crawl stroke (1/2 mile) record time

3 minute rest

32 crawl stroke record time

3 minute rest

200 breaststroke - 50%

"Many people go the distance but to go the distance well can be hell"

Member of Tacoma YMCA Swim
Swim Club

DID YOU KNOW???

-that Family Circle has an article on Master's in this month's issue?

-that somewhere between California and Washington our mascot got loose and apparently did some fooling around? "She" showed up at the Oregon meet with a baby whale in tow. Dawn Musselman reports that now that we know she's a "she", we need a new name for her and her baby. Perhaps someone in your household has some ideas. Send all name suggestions to Kathy Crandell, 11114-111th St. S.W., Tacoma, WA 98498 (588-4879)

-you can now get prescription goggles? Send your prescription P.D., and \$39.95 to Aqua Optics, 575 W. 6th St., San Pedro, California, 90731 (832-7300). For further information contact Carolyn Behse, 1321-177th N.E., Bellevue, WA 98008 (747-3889).

WANTED

Suggestions for community service. Send ideas to Janet Twight, 4716 N.E. 45th, Seattle, WA., 98105 (525-2572). "The purpose of a community services project is to either participate or help in some activity promoting swimming and fitness. Master's swimming might also receive some good publicity from such activities." Jan.

HELP! HELP! HELP! Fred NEEDS HELP!!! He needs a volunteer to help with records at the meet so new records can be announced. He also needs a typist to help.

A Meet Committee Chairman.

A Awards Committee Chairman.

A Team Wear & Money Raiser Committee Chairman.

Names and phone numbers of all team representatives.

PN's representative to the Rules Committee meeting in Las Vegas, Nev. December 1, 1979.

ROSES!!!

-to Earl Walter and the Oregon Association for a fine meet at Mt. Hood Community College, July 7,8. What a fantastic facility to swim at!

-to all who submitted articles, corrections, and additions to the "Wet Set". KEEP CONTRIBUTING!

ANNOUNCEMENTS

- The next board meeting will be the second Tuesday in September in September (September 11) at 7:30 PM at Susan Dearborn's house, 3401 E. Mercer St., Seattle.
- The next newsletter deadline will also be September 11. Send all articles, contributions, and corrections to Kathy Crandell, 11114-111th St. SW, Tacoma, WA, 98498, (588-4879). Articles, and contributions will also be collected at the board meeting. All material will be printed as submitted. Don't be shy! Send it in!
- Send all requests for PNA/AAU membership applications to Gretchen Anderson, 13024 SE Newport Way, Bellevue, WA, 98006. (747-3233).
- Got any celebrations, births, etc. to announce? Send it to Lee Holm (Sunshine Chairperson), 2424 Martin Way, Enumclaw, WA, 98022. (825-3939).

AUTOMATIC TIMING

For those who had slower than expected times at the Spokane Regional Short Course (where automatic timing was used) take heart from a Seattle Times report that someone has calculated that automatic timing equipment in track produces times 24/100ths slower than hand-held time because of the time lapse between brain and thumb in the hand-held method. Presumably the same would hold true in swimming. Comments anyone?

Bill Castner

"AND FROM THE MIMEOGRAPH ROOM..."

"Have another beer." "Where's my (hic) tater ships?" "Did somebody unplug this thing?" "I think I shtapled my hand..." OOps! (Straighten up gang.) We mean...we may not be good, but we're the LOUDEST newspaper staff you ever saw heard. SO! Any more mistakes, deletions, etc? Make yourselves known to us!

TACOMA MOTELS

Following is a list of possible accomodations for those travelling a great distance. They are listed by location in relationship to the pool. Those followed by stars are rated by the AAA Club. AAA ratings range from 1-5 stars, 5 stars being the best. There are many motels on South Tacoma Way (runs parallel to and west of I-5). That is south of the pool. There are also motels on Pacific Highway East (past all the Tacoma exits-north of the pool).
EAST OF I-5, VICINITY OF POOL

- Calico Cat** 8821 Pacific Ave., (206)535-2440
- Models*** 8702 S. Hosmer St., (206)535-3100
- Shirwood*** 8402 S. Hosmer St., (206)475-4400
- East Western - toll free - 1-800-528-1234
- Morgan Motel 7031 Pacific Ave., (206)472-5962

WEST OF I-5, VICINITY OF POOL

Rodeway Inn 6802 S. Sprague (206)475-5900 toll-free-1-800-228-2000

NORTH OF POOL, NORTH OF I-5, DOWNTOWN TACOMA

- Doric Tacoma Motor Hotel** 242 St. Helens, (206)572-9572
- Golden West** 503 E. 26th (206)272-8331
- Tacoma Travelodge* 2512 Pacific Ave. (206)383-3557 /1-800-255-3050

LAKEWOOD, SOUTHWEST OF POOL, WEST OF I-5

- Lakewood Motor Inn*** 6125 Motor Ave. SW (206)584-2212
- Oakwood** 9920 S. Tacoma Way, (206)588-5241
