

Pacific Northwest Association of Masters Swimmers

11114 - 111th Street S. W. Tacoma, Wa. 98498

588-4879

WANTED!!

-An M.C. for the PNA banquet, Sunday, April 13!!!!
-All job descriptions for officers and committees. Submit them to

WARNING!

THIS IS YOUR LAST NEWSLETTER!
IF YOU WANT THE NEXT NEWSLETTER, PAY THE 1980 AAU/PNA MEMBERSHIP FEE OF \$10 TO GRETCHEN ANDERSON NOW!

WANTED!!

Judy Harrison by March 11.
-Someone is needed to sell caps, shirts, and suits at swim meets. Volunteer!!

MEET SCHEDULE & CALENDAR

Feb 17	1650 meet @ Lake Oswego, Ore.	May 3-4	Reg XII Chmps @ Tualatin Hills
Feb 16-17	Spokane	May 16-18	SC Nat'ls, Ft. Lauderdale, Fla.
March 9	PNA meet @ Sumner	June	PNA SC meet (tentative)
March 16	Portland Community College	June 8	Corvallis, Ore, (LC)
Apr 4-5	Ore Champs @ Albany	Jul 11-12	Multnomah Athl. Club, Ore. (LC)
Apr 12-13	PNA @ Ft. Steilacoom	Summer 1980	LC Nat'ls, San Francisco

GET READY FOR REGIONALS!

The Regional short course championship meet will be held at Tualatin Hills, Ore., and is tentatively scheduled for May 3-4, 1980. ALL PNA swimmers are urged to enter this meet to make a strong showing for the PNA. We will want to enter as many relays as possible. Jim Miles (232-7050) will coordinate the relays. Please contact Jim if you want to be on a relay at the short course Regional Championships.

IF YOU SWIM OUT-OF-PNA MEETS

Your times will count for PNA records and Top 10 times, BUT it is your responsibility to turn your times in to Diana Kennerud, 915 S. 251st St., Kent, Wa. 98031, (824-5016), and to Marty Dabrock, 10402 Wauna St. S. W., Tacoma, Wa. 98498, (584-8447), or to Walt Reid, 18401-32nd Ave. E., Tacoma, Wa. 98446, (847-2972). Diana does the PNA records, Marty does the PNA Top 10 for the women, and Walt does the PNA Top 10 for the men.

COMMUNITY SERVICE--SPECIAL OLYMPICS

This year may be an Olympic Year, but every year is the year for the Special Olympics for mentally handicapped persons. Two swimming events will be held in Seattle this year and I have indicated that PNA Masters probably could provide some volunteers.

First on March 29th is the King County Regional Swimming competition. This will be held all day at Helene Madison pool at 134th and Meridian in North Seattle. They anticipate 3-400 swimmers who will compete in two events and a relay.

The second meet will be the State swimming competition at Rainier Beach Pool in South Seattle on April 19. It will be all day and they anticipate 750-800 swimmers. The State gymnastics meet will be held close by the same day and there will be a number of leisure time activities during the day.

Both of these events can, of course, use regular swim meet officials and some of the Masters Swimmers are qualified. However, there is a need for nearly one-to-one assistance in the clerk of course area; "greeters" as the swimmers come from the water with the 3 winners escorted to the awards area and the other entrants back to the marshalling area. At the state meet volunteers are needed to help escort people between the various activities; serve lunch; and to host competitors on Friday and Saturday night.

Masters and their families who like to participate in this inspirational and worthwhile activity should call Jan Twight for further information as it becomes available (525-2572). These meets are a way to return some of the benefits you have gained from swimming. Jan Twight

EACH PNA TEAM MUST PAY A \$5 TEAM FEE
TO CAROLINE BEHSE, 1321-177th NE, BELLEVUE, 98008(747-3889). TIGERS,
TRITONS, BELLINGHAM, AND FT. STEIL.
HAVE PAID.

+ If you are not a PNA member (member of +
+ another association and not eligible for +
+ complimentary newsletters) and wish to +
+ subscribe to the "WET SET" send your +
+ name, address, and \$6 to Kathy Crandell +
+ 11114-111th St. SW, Tacoma, 98498. +

AN UPDATE OF SWIM TIME AVAILABLE FOR MASTERS SWIMMERS

BELLEVUE POOL-601 143rd NE 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 NE 104th 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

ISSAQUAH POOL-50th NE Clark St 392-1650

Women Only 8:00-9:00 PM Tue-Thur
Early Riser 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 NE 363-4845

Early Riser 5:30-7:00 AM Mon-Fri
Adult Lap 9:00-10:00AM Mon-Fri
8:15-9:15 PM Mon-Fri

MERCER ISLAND POOL-8815 SE 40th 232-7370

Early Riser 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 SE 854-3260

Early Riser 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 SE 210th-Kent 432-1948

Adult Swim 12:00-1:00 PM Mon-Fri
FEDERAL WAY POOL-30421 16th Ave S 839-1000
Early Riser 6:00-8:00 AM Mon-Fri
Adult Lap 12:00-1:00 PM Mon-Fri
9:00-10:00PM Mon-Thur

MT RAINIER POOL-22722 19th Ave S 824-1728

Early Riser 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 S-Seattle 242-2787

Early Riser 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 SW 116th-Sea 246-1610

Adult Swim 12:00-1:30 PM Mon-Sat
8:00-9:00 PM Mon-Thur

RAINIER BEACH POOL-8825 Rainier Ave S

Seattle 723-5900
Adult Swim 1:00-2:30 PM Mon,Wed,Fri
7:00-8:30 PM Mon,Wed,Thur

SOUTHWEST POOL-2801 SW Thistle St-Sea 935-6006

Lap Swim 11:00-12:00AM Sat
Adult Lap 12:00-1:30 PM Mon-Fri
5:00-6:30 PM Mon-Fri

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

Lap Swim-1st and last hour of public swim
Public Swim 12:30-7:00 PM Daily

MEDGAR 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 NE-Seattle 365-9933

Adult Swim 6:30-8:00 AM Mon-Fri
12:00-1:30 PM Mon-Fri
9:00-10:00PM Mon-Fri

BALLARD POOL-1471 NW 67th-Sea 782-0282

Early Riser 6:00-7:30 AM Mon-Fri
Adult Swim 12:00-1:15 PM Mon-Fri

QUEEN ANN POOL-1920 1st W-Sea 625-2282

Adult Lap 6:30-8:20 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 746-9900
Lap Swim 6:00-7:00 AM Mon,Wed,Fri
9:00-10:00AM Mon,Wed,Fri
5:00-5:30 PM Mon-Fri
12:00-2:00 PM Sat

TACOMA Y-Members only 565-9622

Lap Swim 6:00-8:00 AM
9:00-11:00AM

EVERETT LAKE FORST POOL

Early Birds 6:00-8:30 AM Mon-Fri
Lap Swim 5:15-6:15 PM Mon-Fri

MASTER TEAMS

FT STELLACOOM-Comm College Pool 964-6678
\$15/mo. 11:00-1:00 PM Mon,Wed,Fri
7:00-8:15 PM Mon
5:30-7:00 PM Wed,Thur

Coach-Kathy Crandell-Tacoma 588-4879
-South End Boys' Club Pool 474-06.
8:00-9:00 PM Tue,Thur,Fri

NEWPORT MASTERS-Newport Hills Pool

\$15/mo. 6:30-7:30 AM Mon-Fri
SEATTLE SWIM CLUB-Helene Madison Pool
\$18/mo. 5:15-6:45 AM Mon-Fri

Dean Sawhill 363-4845, Jan Twilight 535-2472
HIGHLINE COMM COLLEGE POOL-\$50/qtr.

Masters Swim 6:30-7:30 PM Mon,Wed,Fri
Neville Johnson 824-2953

SUMNER POOL-1707 Main St-Triton Swim Team
\$8/mo. 5:30-6:50 AM Mon-Fri

Lynda Bloomquist 845-3612
Coach-Gordon Unruh

For any clarifications,
updates, or new infor-
mation concerning other
pools serving PNA Masters
not submitted here contact:
PAUL MURPHY
10644 Marine View Dr. S.W.
Seattle, Wa. 98146
938-3735

6 blocks west I-5

134 + Meridian

*1905-6154
Paul Murphy
Sumner*

FOR IEA MEETS CONTACT:

Karen Baker
W. 2319 Sinto
Spokane, Wa. 99201

FOR ORE MEETS CONTACT:

Earl Walter
3904 S.W. 57th Ave.
Portland, Ore.

FOR MONT. MEETS CONTACT

Montana Grizzlies, Fred Stetson
University of Montana
Missoula, Montana 59812

FOR 1980 SHORT COURSE NATIONALS ENTRY BLANKS: SEND A SELF-ADDRESSED STAMPED ENVELOPE TO JUNE KRAUSER, 2308 N.E. 19 AVE., FT. LAUDERDALE, FL. 33305

FROM THE PRESIDENT: WANTED- Someone or some club to run our money raiser. We have a commitment from a supplier who will carry our inventory of suits and warm-ups. In addition we have PNA caps, T-shirts, and bumper stickers to be sold. Our supplier will sell to us slightly above cost. If a club is interested in taking this on, they could make a profit on each item sold and then return 25% of the total profit to the PNA. The items could be sold at each meet and on a mail order basis with the team reps handling the orders. If interested please contact Judy Harrison (822-3988) after 6 p.m.

Thanks and Keep Swimming,
Judy Harrison

BOARD

HIGHLIGHTS

SEATTLE-Jan. 29-President Judy Harrison called the meeting to order and Sue Dills, secretary, read the minutes. In the absence of treasurer, Carolyn Behse, Judy read the treasurer's report. Awards chairman, Bill castner, reported that awrds and entry forms are easier to handle by selling them at the meet, the swimmers like it better, and PNA is selling more medals. Bill is also to buy the 6 team trophies for the PNA Championship Meet. Walt Reid and Gail Morris will assist Sue Dearborn in putting together the PNA Handbook which will include job descriptions for committee chairmen and officers, the treasurers report, and PNA and Region XII Top 10. Judy Harrison will update the PNA Masters Swimmers brochure. The stroke clinic will not be held until further notice from Neville Johnson. All others are due not later than March 11th. The next board meeting will be Tuesday, March 11, at 7:30 p.m. at the home of Sue Dearborn, 3401 East Mercer Street, Seattle.

HELP WANTED:

One Coach-Highline Swim Club
To Coach -Masters and possibly Age Group
Swimming -PAY approximately \$6 per hour.
Workout time 6:30-7:30 p.m. weeknights,
occasional weekend meets.
Contact: Andy Hathaway 878-3714 Ext 270
Mon-Fri 2-7 p.m.

* WILL THE PNA *
* PRESIDENT (& *
* OTHERS) PLEA *
* SE PAY HER *
* 1980 AAU/PNA *
* DUES?!?!?! *

ROSES!

-To Jan Twight for a fine meet at Shoreline! Thanks!
-To Fred Wiggin for sending "The Wet Set" to "SWIM SWIM" magazine.



SATURDAY SWIMMING MEETS: Your PNA Board would like to have more meets on Saturdays. The problem is that many of the public pools are scheduled for Saturdays and therefore are not available except late in the day. We continue to look for clubs to host Saturday meets. It is a good way for a club to make money to support their age group activities. Let's here from you members. Fred Wiggin

EXCUSES GALORE!

Heard after the last meet:
-My 100 Back would have been better if I could have kept out of the lane lines.
-My 100 Free would have been better if I had remembered to look for the walls.
-I would do better if I didn't have to get up at 5 every morning for workouts.
-I would do better if I could get to workouts more often.
-I could have done better if I hadn;t been 5 mo. pregnant.

* CONGRATULATIONS TO THE *
* FOLLOWING PNA MEMBERS *
* WHO MADE THE ALL-AMER- *
* ICAN MASTERS SWIMMING *
* TEAM FOR 1979!!!! *
* +MARY BETH PHELAN+ *
* +JUANITA CORREA+ *
* +DAWN MUSSELMAN+ *

NEXT!!!

-**SWIM MEET!** Sun., March 9, at Sumner. Dick Unrue, one of the best officials around, will be starting the meet.
-**POTLUCK!** After the Sumner meet at Dawn and Bob Musselman's. Join the fun!
-**BOARD MEETING!** Tues., March 11, 7:30 p.m., at Sue Dearborn's.
-**NEWSLETTER DEADLINE!** Tuesday, March 11. All articles and contributions are welcome! (especially Coach's Corner) Send to Kathy Crandell, 11114-111th St. SW Tacoma, Wa., 98498, 588-4879.

NATIONAL RULE CHANGES FROM NATIONAL MASTERS SWIMMING COMMITTEE MEETING -(Taken from "SWIM-MASTER", January 1980)-A 20-24 age group will be added to our rules whenever FINA approves of lowering the age from 25 to 20. The mixed Medley Relay was added to our list of events but NOT for National Championships. The 80+ age group was divided into 80-84, 85-89, and 90+ with a 75+ relay also added. These age group additions will not be in effect for the 1980 National Championships but will be in effect for the 1980-81 Long Course season. Also, to be considered for Top Ten Times or Records, all relays must include the name of the registered swim club and the full name and age of each swimmer and for individual events, the full name and age of each swimmer must be included in the meet results. Not club initials - full name. The 1980 LC National Championships was awarded to Canton, OH for late August. No bid was made for the 1981 SC meet and Ted is checking on possibilities. The Zone is Central - central part of our country.

A 1979 LONG COURSE TOP-TEN ADDENDUM IN WHICH SEVERAL OF YOU ARE LISTED (INCLUDING CREDIT FOR NEW NATIONAL RECORDS) HAS BEEN PUBLISHED IN THE JAN. ISSUE OF "SWIM-MASTER". I RECEIVED IT TOO LATE TO FIGURE OUT WHAT PLACE EACH OF YOU WOULD BE IN THE OVERALL TOP-TEN LISTING FOR THIS NEWSLETTER. IT WILL BE IN THE NEXT "WET SET".

 DIRECTIONS TO SUMNER POOL: From the NORTH; Take I-5 to EXIT #142B, "Puyallup, Mt. Rainier". Turn Right off the exit and turn LEFT at the first light. This is Highway 161. Follow 161 to Puyallup (approximately 9 miles). Just after you drop down into the valley and before you cross the Puyallup River, turn LEFT just past the second light (there are two lights within 1/2 block of each other) onto Highway 167/410. Follow signs to Yakima and take FIRST SUMNER EXIT. Turn LEFT off the exit and drive to the four-way stop. Turn RIGHT onto Main Street at four-way stop. Drive through town through two lights till you come to the Sumner High School. The pool is just past the gym and behind it. From the SOUTH; Take I-5 to EXIT #127, "Puyallup, Mt. Rainier" Highway 512. Follow signs to Puyallup (approximately 9 miles). At Highway 512 and Highway 167/410 junction--STAY TO THE RIGHT and follow signs to Yakima. Take FIRST Sumner exit. Follow above directions through town to the pool.

DON'T MISS THE POTLUCK AFTER THE SUMNER MEET at Musselman's. Dawn suggests bringing hot dishes, salad, wine, beer, chicken picked up at Kentucky Fried Chicken after the meet, etc. The food will not go on the table until AFTER the 500 free, so everyone will get something to eat. Dawn has an oven and a microwave, so go ahead and use your microwave dishes. Directions to Musselman's will be on the board at the meet. BE THERE!

1980 PNA MASTERS SWIMMERS #79310 and AAU APPLICATION

PNA/AAU for January through December of 1980 is a combined total fee of \$10.00. This amount includes the \$4.00 AAU fee. (Insurance is optional for an additional \$1.50.) Senior citizens (65+) need pay only the \$4.00 AAU portion.

Please complete the form, SIGN IT and mail with payment to:
 GRETCHEN ANDERSON, 13024 SE Newport Way, Bellevue, Wa. 98006

PRINT LEGIBLY!

FULL NAME _____ BIRTHDATE _____ AGE _____ DATE _____

ADDRESS _____ CITY _____ ZIP _____

PHONE _____ (OCCUPATION-optional) _____ BUS PHONE _____

Have you lived in the PNA for 4 mo.? YES NO

Do you wish insurance, \$1.50 extra? YES NO

PNA/AAU FEE \$10.00

OPT. INS. + _____

(senior citizen (65+) pay \$4.00 + ins. if desired)

TOTAL _____

APPLICANT SIGNATURE _____

make all checks/mo's
 payable to: PNA MASTERS
 SWIMMERS

In the results of the last meet, it appeared that Jim Sherrod set a record in the 50 Fly at 25.3. The official time was not correctly transferred from the timer's time. His actual time was 35.3.