

MEET SCHEDULE & CALENDAR

March 29	Special Olympics	May 16-18	SC Nat'ls, Ft. Lauderdale, Fla.
April 4-5	Ore Champs @ Albany	June ?	Enumclaw (SC) (Saturday)
April 12-13	PNA Champs @ Ft. Steilacoom	June 8	Corvallis, Ore. (LC)
" "	IEA Champs @ Shadle Park, Spokane	July 11-12	Multnomah Athletic Club, Ore. (LC)
April 15	PNA Board Meeting, Sue Dearborn's	Aug 15-17	Region XII Championships, Mt. Hood
April 19	Special Olympics		Community College, Ore. (LC)
May 3-4	Reg XII Champs @ Tualatin Hills	Aug 28-31	LC Nat'ls, Santa Clara, CA

BOARD

HIGHLIGHTS

SEATTLE-March 11 - President Judy Harrison called the meeting to order, and Sue Dills, secretary, read the minutes. Treasurer Carolyn Behse read the treasurer's report. \$455 gross was realized from the Sumner meet (before expenses). The PNA is selling more medals now that swimmers can decide to buy them at the meet rather than when they send in their entry forms. Swimmers are reminded to buy their medals as soon as possible after the results for each event is posted. Rosie Latta presented the menu and cocktail choices for the PNA banquet, Sunday, April 13, after the meet. The board selected turkey and dressing, whipped potato and gravy, green beans, green salad, fruit jello, fruit ambrosia, roll and butter, apple pie, coffee, tea, and milk. Wine and beer will be served at the cocktail hour beginning at 5:30 p.m. and continuing through dinner. Dinner will begin at 6:30 p.m. A suggested donation will be asked for each wine and beer served to cover the PNA's costs of purchasing the wine, beer, necessary permits, and bartending fees. The dinner price is \$6.95 per person. Dress is casual. Each team is requested to select an inspirational swimmer from their team to be honored at the banquet. See the accompanying article by Jan Twight for further details. The PNA Championship meet will be Saturday and Sunday, April 12 and 13 at Ft. Steilacoom Community College. A PNA Masters Diving meet will also be held in conjunction with the meet on Saturday, April 12, at Ft. Steilacoom after the 1650 freestyle. Arlene (Cookie) Justesen and Jim Miles are the PNA Chairpersons for PNA relays at the Region XII Championships at Tualatin Hills in Oregon, May 3-4. Sue Dearborn is the Chairperson for SC Nationals at Ft. Lauderdale, Florida, May 16-18. All PNA entries must be sent in through Sue. Contact Sue for information on the meet, transportation, relays, and hotel reservations. Sue is also coordinating transportation to Regionals for anyone needing a ride or wishing to carpool it. Be sure to volunteer to help at the Special Olympics March 29th and April 19th. Contact Jan Twight. Enumclaw plans to host a Saturday meet in June. Beginning at that meet, unattached swimmers are encouraged to form relays among themselves or with swimmers from other teams. A representative from CAPRI (Cardio Pulmonary Rehabilitation Institute) spoke to the Board about the possibility of conducting a Swim-a-thon to raise money for that organization. Discussion of a possible September Swim-a-thon was tabled until summer. The meeting was adjourned by President Judy Harrison. The next meeting will be Tuesday, April 15, at 7:30 p.m. at the home of Sue Dearborn, 3401 East Mercer Street, Seattle.

BOARD OF DIRECTORS

- Pres-Judy Harrison 822-3988
- VP-Jim Miles 232-7050
- Sec-Suzanne Dills 232-3654
- Treas-Carolyn Behse 747-3889
- Rep-at } Fred Wiggin 542-4857
- Large } Russell Hall 631-6685

COMMITTEE CHAIRPERSONS

- Awards-Bill Castner 246-1726
- Constitution-Tom Foley 937-5585
- Meets-???HELP???
- Newsletter Staff-Florence Miller,
Marietta James
Marty Dabrock

- Publicity-Evelyn Lercher 825-1038
- Sunshine-Lee Holm 835-3939
- 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
- PNA Top 10-Marty Dabrock, Walt Reid
- Records-Diana Kennerud 824-5016
- Stroke Clinic-Neville Johnson 824-2953
- Team & Club Coordinator-Paul Murphy 938-3735

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 S.E. Newport Way, Bellvue, Va. 98006

PRINT LEGIBLY, SO WE DON'T MISPELL YOUR NAME!

Date: _____

FULL NAME _____ BIRTHDATE _____ AGE _____

ADDRESS _____ CITY _____ ZIP _____

PHONE _____ (optional - Occupation _____ Bus Tel: _____

Have you lived in PNA Association for 4 months YES NO

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

(Senior Citizen (65+) PAY \$4.00 PNA/AAU \$10.00
+ insurance if desired)

Optional Insurance + _____

TOTAL ENCLOSED _____

APPLICANT SIGNATURE _____

Make all checks/mo's payable to:

PNA MASTERS SWIMMERS

Note: Your PNA & AAU cards will be sent to you as soon as your application is processed. PNA Masters Swimmers (#79310) is the name & number of our registered AAU Team and all other team groups are sub-teams within the PNA. Enter "Applied For" on meet entries until you receive your 1980 cards.

H E L P WANTED! One of the factors that contributed to the rise of the PNA Masters was the enthusiasm and drive of dedicated people. It is now time for a new group of splendid people to jump in and lend a hand in any of the following areas. Under the PNA by-laws, each committee is composed of at least three people to sufficiently staff the necessary functions of the organization. PNA can use your time and talent so please take time to mark one or more of the following areas in which you would be willing to assist in sustaining this fine program. We also invite you to comment or offer your opinions. Remember! PNA is run solely through the efforts of the membership.

AWARDS _____

MEETS _____

FITNESS _____

NEWSLETTER _____

SOCIAL _____

PUBLICITY _____

MEMBERSHIP _____

RESULTS _____

SUNSHINE _____

TRAVEL _____

NOMINATING COMMITTEE _____

OTHER _____

PNA MASTERS CHAMPIONSHIP DIVING MEET ENTRY FORM

AAU Sanctioned

DATE: Saturday, April 12, 1980 TIME: Warmups @ 3:30 p.m., Meet starts at 4:30 p.m.

PLACE: Ft. Steilacoom Community College Pool, 9401 Farwest Drive SW, Tacoma (Lakewood)

HOSTED BY: Ft. Steilacoom Swim Club MEET DIRECTORS: Jim Taylor, Kathy Crandell

ENTRIES DUE: Friday, April 4, 1980 to Kathy Crandell, 11114-111th St. SW, Tacoma, 98498

NAME _____ M or F _____ BIRTHDATE _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TEL # _____ AAU # _____ TEAM _____ OR UNAT _____

CHECK ONE OR BOTH: 1 Meter 3 Meter Competition on either board will consist of 6 dives (1 required and 5 optionals). Contestants must be 21 years of age or older.

MAIL ENTRY & PAYMENT TO: Kathy Crandell ENTRY FEE IS \$3.50. IF YOU ARE ENTERING THE 11114-111th St. SW, Tacoma, WA 98498 SWIM MEET AND/OR MAKING BANQUET RESERVATIONS, (588-4879) YOU MAY PAY FOR EVERYTHING IN ONE CHECK.

MAKE CHECKS PAYABLE TO PNA MASTERS SWIMMERS. MAKE CHECKS PAYABLE TO PNA MASTERS SWIMMERS.

STATEMENT OF RELEASE: In consideration of your accepting this entry, I for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Ft. Steilacoom Community College Pool, Ft. Steilacoom Swim Club, PNA Masters Swimmers, and any other sponsors and supporters, for all claims, damages, demands, actions whatsoever in any manner as a result of my participation in said PNA Masters swim meet. I attest and verify that I am physically fit and have sufficiently trained for the diving of these events.

SIGNED _____

Cut & send in top.

PNA MASTERS DIVING INFORMATION *Keep bottom for reference.*

DATE: Saturday, April 12, 1980 TIME: Warmups @ 3:30 p.m., Meet starts at 4:30 p.m.

PLACE: Ft. Steilacoom Community College Pool, 9401 Farwest Dr. SW, Tacoma (Lakewood)

HOSTED BY: Ft. Steilacoom Swim Club MEET DIRECTORS: Jim Taylor, Kathy Crandell

ENTRIES DUE: Friday, April 4, to Kathy Crandell, 11114-111th St. SW, Tacoma, 98498 (588-4879)

ELIGIBILITY: Open to all AAU registered Masters Divers, 21 years of age or older, as of the first day of the meet. Regular Senior AAU or School Divers are not eligible.

ENTRIES: Each diver may enter one or both diving events (1 meter and 3 meter). The entry fee is \$3.50 per diver. Entries are due Friday, April 4, 1980.

AWARDS: Purchase awards for the places you earn at the meet after each event is posted. Awards are \$1.50 each. Senior citizens--no charge.

AGE GROUPS: Age groups may be in 5 year or 10 year increments (with the exception of the youngest age group-21-24 or 21-29). The number of entrants will determine whether 5 year or 10 year increments will be used. Age groups will be determined after April 4.

RULES: Each event will consist of 6 dives - 1 required (to be drawn the day of the meet) and 5 optionals. The required drawn for the 1 meter event will not be included in the draw for the 3 meter event. Any 5 optionals may be used. A minimum number of categories need not be covered (categories include forward, back, reverse, inward, and twist). Dives used in one event may also be used in the other event. A diver may not repeat a dive in a different position (i.e. do a forward dive pike and a forward dive straight). Current AAU Masters rules will govern. Diving sheets will be provided for each diver to fill out at the meet. There will be either 3 or 5 judges. A required dive is the first dive listed in each category and may be done in any position listed. The required dive must be done first. The order of the following 5 optionals is the diver's choice.

funny ink marks betw "5opt" & the "and betw" 3 & meter" happened at printer's did not appear on other copies

AN UPDATE OF SWIM TIME AVAILABLE FOR MASTERS SWIMMERS

<p><u>BELLEVUE POOL-601 143rd NE 747-4245</u> Adult Swim 12:00-1:00 PM Mon-Fri 8:30-9:30 PM Tue-Thur 1:00-2:00 PM Sat-Sun</p> <p><u>REDMOND POOL-17535 NE 104th 885-3600</u> 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</p> <p><u>ISSAQUAH POOL-50th NE Clark St 392-1650</u> 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</p> <p><u>SHORELINE POOL-19030 1st NE 363-4845</u> Early Riser 5:30-7:00 AM Mon-Fri Adult Lap 9:00-10:00AM Mon-Fri 8:15-9:15 PM Mon-Fri</p> <p><u>MERCER ISLAND POOL-8815 SE 40th 232-7370</u> 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</p> <p><u>KENT DISTRICT POOL-25401 104th SE 854-3260</u> 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</p> <p><u>TAHOMA POOL-18230 SE 210th-Kent 432-1948</u> Adult Swim 12:00-1:00 PM Mon-Fri</p> <p><u>FEDERAL WAY POOL-30421 16th Ave S 839-1000</u> Early Riser 6:00-8:00 AM Mon-Fri Adult Lap 12:00-1:00 PM Mon-Fri 9:00-10:00PM Mon-Thur</p> <p><u>MT RAINIER POOL-22722 19th Ave S 824-1728</u> 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</p> <p><u>SOUTH CENTRAL POOL-4414 S-Seattle 242-2787</u> 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</p> <p><u>EVERGREEN POOL-606 SW 116th-Sea 246-1610</u> Adult Swim 12:00-1:30 PM Mon-Sat 8:00-9:00 PM Mon-Thur</p> <p><u>RAINIER BEACH POOL-8825 Rainier Ave S Seattle 723-5900</u> Adult Swim 1:00-2:30 PM Mon,Wed,Fri 7:00-8:30 PM Mon,Wed,Thur Lap Swim 11:00-12:00AM Sat</p> <p><u>SOUTHWEST POOL-2801 SW Thistle St-Sea 935-6006</u> Adult Lap 12:00-1:30 PM Mon-Fri 5:00-6:30 PM Mon Fri</p> <p><u>COLMAN POOL-Lincoln Park-50 mtr outdoor-935-1903</u> Lap Swim-1st and last hour of public swim Public Swim 12:30-7:00 PM Daily</p> <p><u>MEDGAR EVERS POOL-500 23rd-Seattle 324-2560</u> Adult Swim 7:00-8:30 PM Mon-Thur</p> <p><u>HELENE MADISON POOL-13401 Meridian N-Seattle</u> 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</p>	<p><u>MEADOWBROOK POOL-10515 35th NE-Seattle 365-9933</u> Adult Swim 6:30-8:00 AM Mon-Fri 12:00-1:30 PM Mon-Fri 9:00-10:00PM Mon-Fri</p> <p><u>BALLARD POOL-1471 NW 67th-Sea 782-0282</u> Early Riser 6:00-7:30 AM Mon-Fri Adult Swim 12:00-1:15 PM Mon-Fri</p> <p><u>QUEEN ANN POOL-1920 1st W-Sea 625-2282</u> 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</p> <p><u>YMCA POOLS</u> <u>BELLEVUE Y-Bel-Red Rd 746-9900</u> 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</p> <p><u>TACOMA Y-Members only 565-9622</u> Lap Swim 6:00-8:00 AM 9:00-11:00AM</p> <p><u>EVERETT LAKE FORST POOL</u> Early Birds 6:00-8:30 AM Mon-Fri Lap Swim 5:15-6:15 PM Mon-Fri</p> <p><u>MASTER TEAMS</u> <u>FT STEILACOOM-Comm College Pool 964-6678</u> \$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 474-062 8:00-9:00 PM Tue,Thur,Fri Coach-Bill Miller-Tacoma 759-5075</p> <p><u>NEWPORT MASTERS-Newport Hills Pool</u> \$15/mo. 6:30-7:30 AM Mon-Fri</p> <p><u>SEATTLE SWIM CLUB-Helene Madison Pool</u> \$18/mo. 5:15-6:45 AM Mon-Fri Dean Sawhill 363-4845, Jan Twilight 535-2472</p> <p><u>HIGHLINE COMM. COLLEGE POOL-\$50/qtr.</u> Masters Swim 6:30-7:30 PM Mon,Wed,Fri Neville Johnson 824-2953</p> <p><u>TRITON SWIM TEAM--Sumner Pool--1707 Main St.</u> \$15/mo. 5:30-6:45 AM, Mon.-Fri. Gordon Unruh, Coach 863-8110 Lynda Bloomquist 845-3612</p>
--	--

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

MEDICAL EXAMINATION: Each competitor is strongly urged to have a complete medical evaluation before beginning Masters training or competition.

FOR IEA MEETS CONTACT:

Karen Baker
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

CHANGE IN SCHEDULE: From March 1, 1980 through mid-August, Seattle Swim Club Masters will move back to Shoreline Pool for regularly coached workouts. Times are 5-6:30 a.m. until mid-June when it will probably move to 5:30-7 a.m. (I can stay up until dark during summer). Jan Twight should be able to give you the current information if you want to join us. (525-2572)

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

WANTED!!

Someone to sell caps, shirts, and suits at swim meets. Volunteer!! Contact Judy Harrison (822-3988).
MASTER OF CEREMONIES for the PNA Banquet April 13. Contact Russ Hall (631-6685)

++++
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

PRESIDENT'S CORNER

Dear Swimmers,

I am looking forward to seeing everyone at the PNA Championships. And I hope everyone makes the banquet. Championships is a great time for everyone to compete for their team and to honor those outstanding swimmers in the PNA. Keep swimming! Judy Harrison

GOING TO REGIONALS??? Arlene (Cookie) Justesen and Jim Miles are the PNA Chairpersons for PNA relays at the Regional Championships. Women contact Cookie (774-8721) and men contact Jim (232-7050). Cookie and Jim need to know what you are swimming at the meet, what relays you would like to swim, and what your 50 yard times are for each stroke. Sue Dearborn is coordinating transportation to Regionals. Anyone needing a ride to Regionals or wishing to carpool it contact Sue (324-4945). Regionals are May 3-4. Plan to attend!

PLAN AHEAD NOW FOR NATIONALS!!! Short Course Nationals will be May 16, 17, and 18, 1980 at the Swimming Hall of Fame Municipal Pool, Fort Lauderdale, Florida. Entries are due Thursday, May 1, 1980 at 12:00 noon to the meet director in Florida. An individual entry form for Nationals is included in this newsletter. HOWEVER, that entry form must first be sent to Sue Dearborn, the PNA chairperson for Nationals, so she can arrange all the relays and SHE WILL SEND IN ALL THE INDIVIDUAL ENTRY FORMS ALONG WITH OUR PNA CLUB ENTRY FORM. The only time you swim for your local club is at local meets within the PNA and at the PNA Championships. At Regionals and Nationals you are swimming for the PNA and must indicate so on your entry form. You will note on your AAU/PNA card that your club affiliation is the PNA not the local team you think you belong to. Contact Sue for further meet information, relays, transportation, and hotel reservations. Send Sue your individual entry form for Nationals by Thursday, April 17th.

1979 LONG COURSE TOP TEN IN THE NATION ADDENDUM! The following additions are reprinted exactly as printed in the January 1980 issue of "Swim Master". Notify Kathy Crandell if any errors have been made in reprinting this list.

WOMEN 30-34

50 Breast #7-3:28.10 K. Crandall
35-39

50 Breast #6- :44.50 C. Dewell
100 Breast #5-1:36.40 C. Dewell
200 Breast #5-3:34.90 C. Dewell

45-49
400 Free #7-7:01.80 M. Dabrock
200 Back #8-3:57.20 M. Dabrock

5-69
50 Free #1- :38.40 D. Mussleman*
400 Free #1-7:35.00 D. Mussleman*
50 Back #1- :47.50 D. Mussleman*

200 Back #1-4:00.40 D. Mussleman*
* Denotes new national record

MEN 25-29

50 Free #5- :25.60 J. Hogue
100 Back #7-1:10.10 G. Hafer
200 Back #10-2:41.70 G. Hafer

65-69
100 Back #10-1:47.10 G. Caddey
200 Back #5-3:50.50 G. Caddey
200 IM #5-3:45.50 G. Caddey
400 IM #4-8:15.00 G. Caddey

45+ 200 Medley Relay
#10-2:49.30-PNA (Castner, Caddey, Frederick, Sherrod)

BANQUET RESERVATIONS

FOOD! DRINKS! FUN! The PNA banquet will be Sunday, April 13, 1980 at the Ft. Steilacoom Community College dining hall directly across the street from the pool. Wine and beer will be served at the cocktail hour beginning at 5:30 p.n. and will be served through dinner. Dinner will begin at 6:30 p.m. A suggested donation of \$1.00 per glass of wine and \$.50 per beer will be asked to cover the PNA's costs of purchasing the wine, beer, necessary permits, and bartending fees. Cocktail prices are subject to change depending on the actual costs involved. Dress is casual. MENU: ROAST YOUNG TURKEY AND DRESSING, WHIPPED POTATO AND GRAVY, GREEN BEANS ALMONDINE, TOSSED GREEN SALAD, FRUITED JELLO MOLD, FRUIT AMBROSIA, DINNER ROLL AND BUTTER, FRESH BAKED PIE, COFFEE, TEA, OR MILK. PRICE IS \$6.95 PER PERSON. The awards program will begin at 7:30 p.m. and should conclude at 8:30 p.m. RESERVATIONS ARE DUE FRIDAY, APRIL 4, 1980. The college must have the number of reservations on that day. PLEASE SEND IN YOUR BANQUET RESERVATIONS WITH YOUR MEET ENTRY FORMS. ALL ENTRY FEES AND BANQUET RESERVATIONS MAY BE PAID IN ONE CHECK, PAYABLE TO PNA MASTERS SWIMMERS! Use this banquet reservation form ONLY if you forget to make banquet reservations or change your mind after sending in your meet entry forms and wish to make reservations for yourself or for additional guests. ENTER YOURSELF AND THE NUMBER OF GUESTS YOU PLAN TO BRING TO THE BANQUET.

I _____ plan to attend the banquet and will bring _____ (enter number of guests). BANQUET FEE: \$6.95 per person

TOTAL AMOUNT ENCLOSED \$ _____

Send this form and payment (PAYABLE TO PNA MASTERS SWIMMERS) to Kathy Crandell, 11114-111th St. SW, Tacoma, WA 98498.

TEAM INSPIRATIONAL AWARDS: Last year in place of voting for a PNA Inspirational Award which got spread among many swimmers, the banquet presented an Inspirational Swimmer named from each team. Nominees were presented with certificates at the banquet and some groups presented "mementoes" of the occasion. Swimmers who served as an inspiration were good, young, old, persevering, or good recruiters and morale builders. Have your team pick a swimmer; alert someone to make a short description of how she/he inspires you early in the morning or late at night; bring a special recognition to one of the people who make your team go.

ROSES!



-to Lynda Bloomquist, Gordon Unruh, and the Triton Swim Team for a superbly run meet at the Summer Pool. It was fabulous! Thanks!

-to Cookie Justesen and Jim Miles for accepting chairmanship of the PNA relays at Regionals.

-to Jan Twight for her tireless efforts for community service and other PNA jobs and for always having articles ready for the newsletter in plenty of time.

-to Sue Dearborn for again coordinating transportation to long distance meets and for accepting chairmanship again for PNA entries to Nationals.

-to Walt Reid for plunging in and doing the jobs wherever he's needed.

NEXT!!!

- SWIM MEET! Saturday and Sunday, April 12 & 13 at Ft. Steilacoom Community College. DON'T MISS THE BANQUET AFTER THE MEET ON SUN!
- BOARD MEETING! Tuesday, April 15, 7:30 p.m. at Sue Dearborn's.
- NEWSLETTER DEADLINE! Tuesday, April 15. All articles and contributions are welcome! Send to Kathy Crandell, 11114-111th St. SW, Tacoma, WA 98498 (588-4879).

4th ANNUAL HAWAIIAN POSTAL RELAY MEET

Sponsor: Humuhumunukunukuapua'a
Time: Month of April 1980
Place: Any 25 yard pool
Events: 7 different relays
For meet information and entry forms contact Kathy Crandell, 11114-111th St. SW, Tacoma, WA 98498

SPECIAL OLYMPICS - HELP! March 29th at Helene Madison pool (King County) and April 19th at Rainier Beach pool (State Meet) are the times and places for the swimming events of this year's Special Olympics. PNA Masters Swimmers is making this a Community Service Project for this year. We need to provide some volunteers for a number of different tasks which will help the mentally handicapped children enjoy their championship swims. Please call Jan Twight 525-2572 (before 9 p.m.) if you can help on either of these days for even a portion of the day. Swimming officials will be needed but there is a greater need for other volunteers to serve as escorts and provide other assistance. It will be an experience you won't forget.