

1980-81 SC
MEET CALENDAR & SCHEDULE

Sept. 9	Reorganization and Budget Meeting at Sue Dearborn's	Dec. 6 or 7	Highline Meet at Evergreen
Oct. 11-12	SC Meet at Shoreline	Jan. 24 or 25	Bellevue Athletic Club Meet
		March ?	Summer Meet

BOARD

HIGHLIGHTS

SEATTLE: Judy Harrison called the meeting to order, Sue Dills read the minutes and Carolyn Behse read the treasurer's report. They were approved as read. The PNA will send a board member to the National AAU Meeting and report back on the transition of Master's from AAU to The National Governing Body. The Bellevue Athletic Club and Klaus Shank were commended for an outstanding 1st annual BAC Long Course Meet. Bill Castner presented a new medal design which PNA may use in future meets. Long Course Regionals was suggested for BAC next summer if it can be scheduled to their calendar. Fred Wiggin presented a tentative schedule for 1980-81 Short Course meets with some dates to be announced later. At last the position of Team Wear and Money Raiser has been filled by Russ Hall and Heather Oesting. Cookie Justesen has volunteered to take over Membership, but we now need a publicity chairperson. The CAPRI Relay meet has been postponed from September to sometime in February. Walt Reid reported that 55 new LC records were set at the Bellevue meet. Sept. 9th, at 7:00 a reorganization meeting will be held at Sue Dearborn's home at 3401 E. Mercer, Seattle 98112 (324-4945). ALL BOARD MEMBERS, CHAIRPERSONS and TEAM REPRESENTATIVES ARE URGED TO ATTEND! If your team does not have a representative now is a good time to appoint one.

BOARD OF DIRECTORS

- Pres--Judy Harrison 822-3988
- VP--Jim Miles 232-7050
- Sec--Suzanne Dills 232-3645
- Treas--Carolyn Behse 747-3889
- Rep-at-Large--Fred Wiggin 542-4857
Russell Hall 631-6685

COMMITTEE CHAIRPERSONS

- Awards--Bill Castner 246-1726
- Constitution--Tom Foley 937-5585
- Meets--Fred Wiggin 542-4857
- Newsletter Staff--Florence Miller
Marietta James

Publicity--NEED HELP!!

- Sunshine--Lee Holm 835-3939
- Team Wear & Money Raiser--Russ Hall & Heather Oesting
- Travel & Social--Susan Dearborn 324-4945
- Banquet--Rosie Latta 243-4575
- Finance--Jack Miller 776-2091
- Membership--Cookie Justesen 774-8721
- Newsletter--Florence Miller 582-4683
- PNA Top Ten--Walt Reid
- Records--Walt Reid 847-2972
- Stroke Clinic--Neville Johnson 824-2953
- Team & Club Coordinator--Paul Murphy
938-3735

ROSES! ROSES! ROSES! to Klaus Shank and the BAC Directors for hosting the LC meet Aug. 10th. To Russ Hall and Heather Oesting for volunteering to be the Team Wear and Money Raiser chairpersons. To Cookie Justesen for taking over the Membership chair. To Lynda Bloomquist for offering to help the newsletter staff with the typing! To Susan Dearborn for her extraordinary efforts on behalf of those going to Regionals and Nationals.

OOOOOPS!

Marnetta Stratford (50-54) was omitted from last month's article on the Postal Meet. She placed 28th in the one-hour swim in her age group.

OUTSTANDING PNA SWIMMER AT SKWIM

Congratulations to Donna Burkhart, voted most outstanding swimmer at Skwim Masters Development Camp in New York. Donna received a lovely huge lettered towel. Congratulations again, Donna!

MORE MASTER SWIMMERS WHO RUN:

Janie Sopian, Jim Miles, and Cookie Justesen all ran in the SeaFair summer run held on the streets of Seattle and Myrtle Park just before the Torchlight Parade. Glad to report all finished despite heat in the 80's. Jim and Cookie ran in their first race.

TRI-A-QUART 1980--Triton Swim Team of Summer hosted a Triathlon consisting of 1000 yards of swimming, 29.7 miles of cycling, and 6.2 miles of running on August 17th. Among the 45 contestants who finished the race were the following Master Swimmers: Todd Gay (FSCC) 2:14:34--1st place; Gordon Unruh (TST) 2:17:14; Bill Wilson (TST) 2:43:11; George Blanchfield (TST) 2:50:24; Darlene Pohl (ORE) 2:57:49; and Trish Dimmitt (TST) 3:14:17.

AN UPDATE OF SWIM TIMES 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
 Women Only 8:00-9:00 PM Tue, Thur

ISSAQUAH POOL-50th NE Clark St. 392-1650
 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 9:00-12:00 AM Mon-Fri
 8:15-9:15 PM Mon-Fri

MERCER ISLAND POOL-8815 SE 40th 232-7370
 Early Riser 6:00-7:30 AM Mon-Fri
 Adult Lap 12:00-1:15 PM Mon-Fri
 8:00-9:00 PM Mon, Wed, Fri

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, 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. S. Seattle 723-5900
 Adult Swim 1:00-2:30 PM Mon, Wed, Fri
 7:00-8:30 PM Mon, Wed, Thur
 Lap Swim 11:00-12:00AM Sat

SOUTHWEST POOL-2801 SW Thistle St. 935-6006
 Adult Lap 12:00-1:30 PM Mon-Fri
 5:00-6:30 PM Mon-Fri

COLMAN POOL-Lincoln Park--50 M outdoor 935-1903
 Lap swim 1st and last hour of 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

KENT DISTRICT POOL-25401 104th SE 854-3260
 Early Riser 6:30-7:30 AM Mon, Wed, Fri
 Adult Lap 12:00-1:00 PM Mon-Fri
 4:30-5:30 PM Mon-Fri
 8:00-9:00 PM Tue, Thur, Fri

MOUNTLAKE TERRACE RECREATION PAVILLION
 Adult Cond. 7:30-8:30 AM Mon-Fri
 776-9173

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 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 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-Bel-Red Road 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 YMCA--Members only 565-9622
 Lap Swim 6:00-8:00 AM
 9:00-11:00AM

EVERETT LAKE FOREST POOL

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

MASTER TEAMS

FT. STELLACOOM--Comm Col 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 474-0626
 Coach--Bill Miller, Tacoma 759-5075

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 Twight 535-2472

HIGHLINE COMM COL POOL--\$50/quarter
 Masters Swim 6:30-7:30 PM Mon, Wed, Fri
 Neville Johnson 824-2953

TRITON SWIM TEAM--Summer Pool, 1707 Main St.
 \$15/mo. 5:30-7:00 AM Mon-Fri
 Coach--Gordon Unruh 863-8110
 Lynda Bloomquist 845-3612

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

PAUL MURPHY
 10644 Marine View Drive S. W.
 Seattle, Washington 98146
 938-3735

FOR IEA MEETS CONTACT:
Harry J. Lewis
W. 2311 - 16th #64
Spokane, Wa. 99204

FOR ORE MEETS CONTACT:
Earl Walter
3904 S. W. 57th Avenue
Portland, Oregon 97221

FOR MONTANA MEETS CONTACT:
Montana Grizzlies, Jim Wardwell
2400 Old Fort Road #221
Missoula, Montana 59801

PRESIDENT'S CORNER

Many thanks to Susan Dearborn for working so hard to make it easy for everyone going to long course championships. This is a very difficult job, coordinating travel, accommodations, and relays--UGH! Susan has put not only time but a good deal of money into this effort; anyone who may owe her for plane fares, accommodations, relays, or entry fees please get the money to her quickly. Bills will be mailed out by PNA--what a needless expense. Also, while on the subject, entries seem to get later and later for meets; the BAC had entries arriving up to the day before, with the result that the heat sheets had to be retyped three times, with the cost being passed on to us. Hey, guys, I know it's summer and we are all layed back, but let's get it together and pay up!!

Speaking of meets, what a great meet we had in Bellevue. Several new national records were set and what a beautiful pool. Hope we can have our long course regionals there next summer...

Good luck to each of you going to regionals and nationals. Cookie Justesen, Kirk Adams, and Russ Hall will be putting the relays together in Portland, so if you are going please let one of them know.

Keep Swimming,
Judy Harrison

- * RESULTS FROM SWIM MEET IN TERRACE
- * WOMEN
- * 17-19 Kathi LaFave, 1st
- * 20-24 Kiko Kamura, 1st
- * 30-34 Cookie Justesen, 1st
- * 35-39 Joy Rogers, 1st
- * 45-49 Jan Twight, 1st
- * 50-54 Anna Evans, 1st
- * 55-59 Mary Anne Burke, 1st
- * 60-64 Maxine Carlson, 1st
- * 65-69 Lee Holm, 1st
- * MEN
- * 17-19 Doug German, 1st
- * 20-24 Bart Carter, 1st
- * 25-29 Rick Ingraham, 1st
- * 30-34 Coy Jones, 1st
- * 35-39 Jim Miles, 1st
- * 40-44 Don Ruckman, 1st
- * 45-49 Tom Foley, 1st

1980 PNA MASTERS SWIMMERS #79310
and AAU Application

PNA/AAU for 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: Cookie Justesen
22704-73rd Pl. W.
Mountlake Terrace, wa. 98043

DATE: _____

FULL NAME _____ BIRTHDATE _____ AGE _____

ADDRESS _____ CITY _____ ZIP _____

PHONE _____ OCCUPATION(Optional) _____ Bus. Tel _____

Have you lived in the PNA for 4 months? Yes _____ No _____

Do you wish insurance coverage, \$1.50 extra? Yes _____ No _____

PNA/AAU \$10.00

(Senior Citizens (65+) Pay \$4.00 + insurance if desired). Optional Insurance + _____

TOTAL ENCLOSED _____

APPLICANT SIGNATURE _____

Make all checks payable to: PNA Masters Swimmers