

1980-81 SC
MEET CALENDAR & SCHEDULE

Oct. 11-12	SC Meet at Shoreline	Dec. 6 or 7	Highline Meet at
Oct. 11	Fitness Fair at Crossroads	or 13 or 14	Evergreen
Oct. 14	Board Meeting at Sue Dearborn's	Jan. 24 or 25	Bellevue Athletic Club
Oct. 18	SC Meet at YMCA Yakima	March 7 or 8	Summer



SEATTLE: PNA President Judy Harrison called the meeting to order, Sue Dills read the minutes and Carolyn Behse read the treasurer's report. Carolyn reported that the audit of the books in Aug. by accountant Barbara Baker of Kirkland, Wa. was approved and signed. The audit showed no profit made because expenses equaled income. Two-thirds of the money generated from meets goes back to the sponsoring clubs. Jan Twight reported on the Overlake Hospital Health and Fitness Fair, Oct. 11, at Crossroads. Cookie Justesen is hosting a potluck after the Shoreline meet Sat. night and will provide a keg. Sue Dearborn will write an article about the good time PNA members had who went to LC Nationals for the next newsletter. She also said the relays went well at Nationals. The problem of checking the eligibility of swimmers entering meets was discussed. It was decided that entry forms should be checked against the master PNA membership list by the meet director of each meet. Walt Reid reported PNA swimmers broke 20 individual records and 4 relay records at the Regional LC meet in Ore. Neville Johnson will try to organize another Stroke Clinic in Feb. Russ Hall reported on the meeting at Nationals in Santa Clara concerning rules changes for Master's swimming and a discussion of the changeover of Masters' swimming from AAU to another organization. Russ is going to Snow Bird, Utah as the PNA representative to vote on the proposed rules changes. Jim Miles is our new Finance Committee chairperson. PNA will have a fiscal year from July 1 to June 30 of each year. Officers will change at the end of the year but committee chairs will continue to the end of LC season to facilitate the changeover. The meeting was adjourned. The next board meeting will be held at Sue Dearborn's, 3401 E. Mercer, Seattle, at 7:30 p.m., Oct. 14. Coaches please send a representative of your team to the board meeting!

BOARD OF DIRECTORS

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

- Publicity--Bart Carter 653-3410
- Sunshine--Lee Holm 825-3939
- Team Wear--Russ Hall 631-6685
- Money Raiser--Heather Oesting 522-5058
- Travel and Social--Susan Dearborn 324-4945
- Banquet--Rosie Latta 243-4575
- Finance--Jim Miles 232-7050
- Membership--Cookie Justesen 774-8721
- Newsletter--Florence Miller 582-4683
- PNA Top Ten--Walt Reid 847-2972
- Records--Walt Reid 847-2972
- Stroke Clinic--Neville Johnson 824-2953
- Team and Club Coordinator--Needs Help!!

COMMITTEE CHAIRPERSONS

- Awards--Bill Castner 246-1726
- Constitution--Tom Foley 937-5585
- Meets--Fred Wiggin 542-4857
- Newsletter Staff--Florence Miller
- Kathy Crandell, Marietta James
- Community Service--Jan Twight 525-2572

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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

EVERETT-FOREST PARK POOL-259-0311
 Masters 5:00-6:15 PM Mon-Fri
 Lap Swim 6:00-8:30 AM Mon-Fri
 Coach--Bart Carter 653-3410

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, Fri
 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 PAVILION
 Adult Con. 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

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

CASCADE SWIM CLUB-Shoreline Pool
 King County Pass Plus \$15/mo.

5:15-6:45 AM Mon-Fri
 Dean Sawhill 365-4845

Jan Twight 525-2572

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 SW
 Seattle, Washington 98146
 938-3735

FOR TEA 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

COACHES AND TEAM LEADERS! Did you miss the re-organization meeting Sept. 9 at Sue Dearborn's? If you did, you missed some very important information on the changeover of Master swimming from AAU to another organization. Russ Hall reported on both. Russ is going as the PNA representative to Snow Bird, Utah to vote on these proposals. If you would like a copy of the proposed rules changes write to Russ (12518 SE 232nd, Kent, Wa. 98031). Russ will have travel and lodging expenses paid by the PNA.

WHAT ARE YOU DOING FOR THE PNA? We need you at the Board Meetings! Only one-third of the PNA teams are consistently represented at any of the board meetings. If your team does not have a team representative, VOLUNTEER! This is your organization making meets available in which you swim! What are you doing for the PNA?

JAN TWIGHT has been named as a member of the Steering Committee for the county-wide park, recreation and open space bond program. This group is of interest to PNA Masters as it may be the means of proposing and obtaining another 50-meter pool among other projects. More later.

POTLUCK PARTY at Cookie Justesen's house after the meet Sat., Oct. 11. Cookie will provide a keg. If you plan on swimming Sunday morning, bring a sleeping bag and plan to spend the night.

LC NATIONALS. Look for an article on the Nats. in the next newsletter. There will be no summary for National LC in the newsletter. Look for results in Swim Master or Swim Swim.

SWIMMERS! You must put your current PNA/AAU # on every entry form! Many swimmers failed to do so at the BAC LC meet which made for much confusion on whether these people were eligible to swim. Incidentally, last year's # will not do. The PNA/AAU #'s are code dated so that a swimmer who uses one that's obsolete may not be eligible to swim in that meet. Let's all do better at the next meet by filling out the entry form completely AND mailing it before the deadline. Both steps are necessary to make the job of the meet director a little easier.

ROSES! ROSES! ROSES! To Kathy Crandell who wrote the article in this newsletter on the PNA swimmers who made the Top Ten short course.

A GOOD HEALTH AND FITNESS FAIR at the Crossroads Shopping Mall is being sponsored by the Overlake Hospital in conjunction with the hospital's 20th anniversary. The date is Sat. Oct. 11 from 10 AM to 6 PM. The purpose of the fair is to provide information about the broad range of programs and activities available in Seattle and on the Eastside for persons interested in good health and fitness. Carolyn Behse (1321 177th Ave. NE, Bellevue 98008, phone 747-3889) is asking for PNA swimmers to help man a booth which she is setting up at the fair. The booth will explain the purpose of Masters swimming and perhaps attract new swimmers to the program.

TWO HATS! We have many people in the PNA who contribute more than their share to the running of the organization. Russ Hall is an officer, filling the role of Representative at Large, is co-teamwear and money raiser, and is the PNA representative at the National level. Fred Wiggin is the other Representative at Large and also fills the most important job of Meets Coordinator. Jim Miles is our VP and Finance chairperson. Susan Dearborn is our Travel coordinator and Social Committee chairperson. Sue also opens her home for every PNA Board meeting. Walt Reid does the records and the Top Ten. There must be others who fill a dual role that have not been mentioned. You know who you are and our hats are off to you.

TYPEWRITER for sale. A Royal electric, portable typewriter is for sale for \$75 or best offer. Call 582-4683.



WEDDING BELLS are ringing for Linda Kulchinski and Ruedi Risler who are being married on September 27, 1980. Our best wishes and congratulations to the happy couple.

COOKIE JUSTESEN won first place and Over-all Woman Swimmer at the Silver Lake Swim last month. Nice going, Cookie! (Map to house will be at the meet)

NATIONAL 10 BEST TIMES--SHORT COURSE--1979-1980 SEASON

The following information is from the September, 1980 issue of Swim Master. All names, ages, and times are printed here exactly as they were printed in Swim Master, including obvious mistakes. Any omissions in taking the information from the Swim Master are strictly the fault of Kathy Crandell. *denotes new National record

WOMEN

<u>(25-29)</u>		
50 Breast-# 4-Mary Phelan 28	33.34	
100 Breast-# 2-Mary Phelan 28	1:13.02	
100 Breast-# 7-Gail Singh 27	1:15.32	
200 Breast-# 2-Mary Phelan 28	2:39.55	
200 Breast-# 9-Gail Singh 27	2:45.94	
200 I.M. -# 8-Gail Singh 27	2:26.51	
<u>(30-34)</u>		
50 Breast-# 8-Kathy Crandell 30	36.21	
100 Breast-#10-Kathy Crandell 30	1:18.74	
<u>(35-39)</u>		
50 Back -# 8-Joy Rogers 37	34.59	
200 Back -#10-Joy Rogers 37	2:56.00	
50 Breast-# 5-Carol Dewell 36	38.10	
50 Breast-#10-Carolyn Behse 36	39.40	
100 Breast-# 5-Carol Dewell 36	1:22.44	
200 Breast-# 4-Carol Dewell 36	3:02.40	
200 Breast-# 8-Suzanne Dills 35	3:04.75	
200 I.M. -#10-Suzanne Dills 35	2:49.26	
<u>(40-44)</u>		
50 Free -# 1-Juanita Correa 43	28.30	
100 Free -# 1-Juanita Correa 43	1:02.50	
200 Free -# 1-Juanita Correa 43	2:17.15	
500 Free -# 2-Juanita Correa 43	6:23.21	
100 Back -# 1-Juanita Correa 43	1:12.57	
200 Back -# 1-Juanita Correa 43	2:39.60*	
50 Breast-# 3-Judy Harrison 40	39.90	
100 Breast-# 5-Judy Harrison 40	1:27.90	
200 Breast-# 8-Judy Harrison 40	3:19.40	
100 I.M. -# 9-Juanita Correa 43	1:20.50	
<u>(45-49)</u>		
1650 Free -#10-Marty Dabrock 45	26:34.50	
200 Fly -# 9-Marty Dabrock 45	3:37.40	
<u>(50-54)</u>		
50 Back -# 9-Patricia Dotson 53	43:20	
50 Fly -# 6-Patricia Dotson 53	38.70	
100 Fly -# 6-Patricia Dotson 53	1:31.20	
<u>(60-64)</u>		
50 Free -# 2-Dawn Musselman 66	34.40	
100 Free -# 3-Dawn Musselman 66	1:19.07	
50 Back -# 3-Dawn Musselman 66	43.60	
<u>(65-69)</u>		
50 Free -# 1-Dawn Musselman 66	34.80	
100 Free -# 1-Dawn Musselman 66	1:17.00*	
200 Free -# 1-Dawn Musselman 66	3:09.40	
1650 Free -# 5-Dawn Musselman 66	30:20.45	
50 Back -# 1-Dawn Musselman 66	43.50	
50 Back -# 6-Marion Mueller 67	51.90	
100 Back -# 1-Dawn Musselman 66	1:35.90	
100 Back -# 1-Marion Mueller 68	1:59.00	
200 Back -# 1-Dawn Musselman 65	3:32.40	
200 Back -# 6-Marion Mueller 68	4:13.50	
50 Breast-# 4-Dawn Musselman 66	53.80	
100 I.M. -# 2-Dawn Musselman 66	1:44.90	

MEN

<u>(25-29)</u>		
50 Free -# 6-Jim Hogue 27	21.94	
100 Free -# 9-Jim Hogue 27	49.33	
50 Back -# 7-Gary Hafer 29	26.06	
100 Back -# 9-Gary Hafer 25	56.96	
200 Back -# 6-Gary Hafer 29	2:08.04	
<u>(40-44)</u>		
200 Fly -#10-Frank Newquist 41	2:44.80	
<u>(55-59)</u>		
100 Free -# 9-Warren Kleist 58	1:02.68	
200 Free -# 7-Warren Kleist 58	2:24.05	
500 Free -# 9-Warren Kleist 58	6:49.33	
1650 Free -# 9-Warren Kleist 58	23:49.60	
100 I.M. -# 7-Warren Kleist 58	1:13.50	
200 I.M. -# 9-Warren Kleist 58	2:50.25	
<u>(60-64)</u>		
400 I.M. -# 8-Fred Wiggin 64	6:35.67	
<u>(65-69)</u>		
200 Back -#10-Gene Caddey 65	3:21.10	
50 Breast-# 7-Karl Frederick 66	39.50	
100 Breast-# 5-Karl Frederick 66	1:29.80	
50 Fly -# 6-Karl Frederick 65	37.50	
100 Fly -# 5-Gene Caddey 65	1:13.00	
100 Fly -# 7-Kearl Frederick 65	1:32.10	
200 Fly -# 3-Gene Caddey 66	3:35.71	
200 I.M. -# 5-Gene Caddey 66	3:20.40	
400 I.M. -# 2-Gene Caddey 65	6:47.00	
<u>(70-74)</u>		
50 Free -#10-Francis Jowett 70	32.94	
100 Free -# 6-Francis Jowett 70	1:13.70	
50 Breast-# 6-Francis Jowett 70	46.50	
50 Fly -# 8-Francis Jowett 70	42.96	
100 Fly -# 8-Francis Jowett 70	1:57.20	
100 I.M. -# 8-Francis Jowett 70	1:33.04	
<u>(80+)</u>		
50 Free -# 4-Robert Simmonds 87	49.10	
100 Free -# 4-Robert Simmonds 87	1:55.00	
200 Free -# 4-Robert Simmonds 87	4:26.10	
500 Free -# 4-Robert Simmonds 87	12:00.30	
1650 Free -# 4-Robert Simmonds 87	39:41.50	

RELAYS

(Women)

200 Free -# 6-Lakin, Correa, Dearborn, Anderson	2:09.70
200 Medley-# 4-Correa, Dewell, Dills, Miller	2:22.39

(Mixed)

200 Free -# 7-Correa, Dewell, Miles, Harrison	1:49.4
200 Free -# 9-Flynn, Palmer, Carlson, Kleist	2:21.97