

MARCH, 1981

Pacific Northwest Association of Masters Swimmers
Kathy Crandell, Editor
11114 - 111th St. S. W.
Tacoma, Washington 98498
588-4879



MEET SCHEDULE & CALENDAR

March 10	Board Meeting	May 22-25	SC Nationals, Irvine, Ca.
March 28	Yakima (IEA)	June 14	Anacortes, SC
April 3-4	PNA Champs, Ft. Steilacoom CC	June 6	Corvallis (ORE) LC
April 7	Board Meeting	June 20-21	Hermiston (ORE) LC
April 11-12	Mt. Hood Com. Coll. (ORE)	July 12	Mt. Hood Comm. Coll. (ORE) LC
April 12	Cheney (IEA)	July 24-26	LC Regional Champs. (Tentative)
May 1-3	SC Regional Champs., UW Pool	Aug. 13-16	LC Natl. Champs., Canton, Ohio



SEATTLE--President Judy Harrison called the meeting to order. Secretary Sue Dills read the minutes. Judy read the treasurer's report in the absence of treasurer Carolyn Behse. The treasury shows a large deficit. Ways of increasing revenues were discussed. All competitors must be PNA/AAU members in order to race at PNA meets. Memberships will be checked at all future meets during warmups. Those who have not applied must do so before the meet starts in order to swim. Swimmers are warned not to send in their applications the day before the meet or it will not reach the membership chairman (Cookie Justesen) before she checks memberships at the meet. Dave Addleman reported that the medals are taken care of for the PNA and Regional Championships. Senior citizens are reminded that they will only get one free medal at each championship meet. Dave is working on plaques to be awarded to each team's "Outstanding Club Swimmer" at the PNA banquet. All teams are reminded to select their winners and prepare to honor each person at the banquet. Judy reported on the PNA banquet arrangements. A program will follow dinner. Team trophies will be awarded along with individual certificates of award to those swimmers who have broken PNA records and made Top Ten in the nation (short course and long course). Entertainment will include movies by Bob Musselman and some surprises. A Regional banquet is being tentatively planned for Saturday, May 2, in the U. District. Jan Twight reported all indoor participants enjoyed the CAPRI relay meet. Jan also repeated a presentation on the proposal for an indoor 50 meter pool for the Seattle area that she gave for the Parks, Recreation, and Open Space Committee. The proposal presently includes locker space for 400, spectator seating for 2000, water polo and synchronized swimming equipment including an underwater sound system, 1, 3, and 10 meter diving, and adequate parking. Judy Harrison and Pat Dotson were recommended for a committee representing several sports to consider revenue generating facilities such as a sauna, jacuzzi, or weight room to be added to the 50 meter pool proposal. There is a lot of work yet to be done on the proposal. Fred Wiggin reported that a short course meet has been scheduled for June 14 at Anacortes. Walt Reid reported the nominees for PNA officers: Jim Miles--President, Russ Hall--Vice-president, Florence Miller--Secretary, and Bill Castner--Treasurer. There are no nominees for the 2 reps-at-large. Reps-at-large represent the interests of unattached swimmers at board meetings. All members are asked to fill out ballots and send them in with meet entry forms and time cards. Write in candidates for the 2 reps-at-large. The meeting was adjourned by President Judy Harrison. The next board meeting will be Tuesday, March 10, at 7:30 p.m., at Sue Dearborn's house, 3401 East Mercer, Seattle.

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Dear Swimmers,

In answer to many questions as to why the AAU and PNA cards were issued so late; I will endeavor to clear up the mystery. Hopefully you have been following the saga of the reorganization of the national AAU in the newsletter. We (PNA Masters) collect the forms and money for both PNA Masters and AAU. Our membership person (Cookie) then fills out duplicates for AAU and forwards the forms and \$6 per swimmer on to AAU. AAU then sends to our membership person the AAU cards. Our membership person then mails the AAU and PNA cards to each applicant. This is a formidable task, requiring hours of time. The holdup this year was with the AAU organization. God bless you, Cookie, and many, many thanks! Thank you swimmers for your patience and understanding.

I hope each of you will make the opportunity to meet and talk to the stalwarts who have consented to run for the board and then mail your ballots in. The new officers will officially take office at the PNA Championship banquet at the Sherwood Inn in Tacoma. I sincerely hope you will be able to join us in welcoming them.

This is also a good time to remind you all how much we need more volunteers, new faces, and new ideas. Please fill out the tear sheet and return it to me. We need YOU!!!

The CAPRI meet was so much fun--we had a great time--it was worth it to go just to watch our strong men move the diving board!! Great chance to practice starts and get to know some of the fitness swimmers. Thanks, Jan!

I hope to see you all at the Championships and the Banquet.

Keep Swimming,
Judy Harrison

HELP IS NEEDED!!! Please check one or more of the following and return to Judy Harrison, 5505 - 127th N. E., Kirkland, WA. 98033, or call 822-3988.

Awards _____	Community Service _____	Money Raisers _____	Records _____	Travel _____
Banquet _____	Membership _____	Newsletter _____	Sunshine _____	Coordinator _____
Finance _____	Meets _____	Publicity _____	Stroke Clinic _____	Regional Relay Coordinator _____

Count me in. I would love to help! NAME _____

ADDRESS _____	CITY _____	ZIP _____	PHONE _____
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CAPRI RELAY MEET--About 40 swimmers entered this meet on Valentine's Day--now known as Heart Day. Despite the efforts to spread the wealth, Lane 5 dominated the meet by winning a number of the events. Events included 4 X 50 fly relay, 4 X 100 free relay, both a 4 X 25 IM order and the 4 X 100 IM relays. The finale, which was revised on deck, included everybody swimming 25's consecutively for a 500 yard swim. CAPRI benefited by \$225. They provided timers and a clerk and starter. We had no stroke and turn! In addition Merilee Bengston of CAPRI did an excellent job of publicity. Copies of several newspaper articles are available through Russ's collection. Some publicity was available on the radio because I got a number of calls with some new members. I didn't hear it. One suggestion was to have CAPRI handle a similar meet as a postal relay meet next year. Volunteers to assist CAPRI are welcome. Jan Twight

TEAM FEE PAYMENT FORM

Team Name _____

Team Rep _____

\$5.00 Fee Enclosed _____

ATTENTION ALL TEAMS! The yearly team fee of \$5.00 is due NOW. Pay Carolyn Behse as soon as possible. If there are any questions, call Carolyn.

Make checks payable to: PNA MASTERS SWIMMERS

SEND FORM & PAYMENT TO:
Carolyn Behse
1321 - 177th N. E.
Bellevue, WA. 98008
(747-3889)

* Only PAID UP TEAMS will be *
* eligible for team trophies *
* and have their team's points *
* added at the PNA Championships! *

FOR IEA MEETS CONTACT:
Harry J. Lewis
E. 944 - 39th Ave.
Spokane, WA. 99204

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

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

OUTSTANDING CLUB SWIMMER AWARD--What is an outstanding club swimmer? It is a "behind the scenes organizer" like Florence Miller; "if it weren't for her, there would be no team in Sumner" like Lynda Bloomquist; or "team spirit" like Kiko Kimura. These are some of the swimmers who were identified as being important to their teams at the banquet last year. This individual team award replaces the Inspirational Swimmer awards which drew votes scattered among 10-15 deserving swimmers whom not everyone knew. This system allows those who know them best to make an award and all of the PNA swimmers to recognize the achievement. This is the time to select your outstanding club swimmer, perhaps prepare an award to go with the PNA plaque, and be ready to attend the banquet on April 4th. We all want to know who is important, interesting, effective, etc., on your team and therefore in Master's swimming.
Jan Twight

SEND MONEY!! If you owe money on your membership application, send it to Cookie Justesen, 22704 - 73rd Pl. W., Mountlake Terrace, WA. 98043.

NEXT NEWSLETTER DEADLINE--March 13.

ROSES!! To Jan Twight for the articles she submitted. To Rick Unrue for the UPS meet and the typed results. To Jan again for the CAPRI meet and her tireless work on community service. To Walt Reid and his committee for this year's nominations. To Lynda Bloomquist who types the newsletter, and Margaret Davis and Marietta James who collate, stape, address, stamp, and mail the newsletter.

IS YOUR ADDRESS LABEL WRONG? If your name is misspelled, your address or zip code incorrect, or you have moved, please, please, please notify Kathy Crandell, 11114 - 111th St. S. W., Tacoma, WA 98498, or 588-4879. Once the post office sends newsletters back marked "address unknown", it is impossible to find the new address.

CONGRATULATIONS!! PNA All-Americans for 1980: Juanita Correa, Dawn Musselman, & Ron Taylor.

NATIONALS *** NATIONALS *** NATIONALS *** NATIONALS *** NATIONALS *** NATIONALS *** NATIONALS
Short Course--All PNA entries must be sent in through Sue Dearborn, 3401 E. Mercer Way, Seattle, 98112, by Friday, April 17, 1981.
Long Course--Contact Darlene Ferguson, P. O. Box 8513, Canton, Ohio 44711, for information.

AQUA-MASTER SUBSCRIPTION FORM
Oregon Newsletter--\$4.00
Make checks payable to: OREGON MASTERS SWIMMERS

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

Mail to: Connie Wilson, 8383 Battin Road, #1, Portland, Oregon 97266

ORDER FORM FOR TOP TEN PATCHES AND NUMERALS (NATIONAL): Cost is \$3.00 for the patch and the numeral (denotes year). Numeral only is \$.75. Send payment and information to Harry Fox, 1616 Amsherst St. N., Massilon, Ohio 44646.

NAME _____ M F AGE _____
ADDRESS _____ CITY _____ STATE _____ ZIP _____
EVENTS OF QUALIFICATION _____ SC _____ LC _____
YEAR OF QUALIFICATION _____

PATCH AND NUMERAL \$ 3.00
NUMERAL ONLY... \$.75
TOTAL ENCLOSED \$ _____

30-34
 1. G. Hafer 1:11.86
 2. F. Warner 1:17.44
 35-39
 1. J. Miles 1:15.03
 2. S. Agee 1:33.48
 55-59
 1. J. Worrel 1:34.84

Event 37 200 m Mixed Relays

25 and up 2:16.35
 1. Twight, Burkhart, Swenson, Wedaman
 2. Desset, Addleman, Beauchamp, Roshau
 2:41.66

Event 39 400 m Free

40-44
 1. C. Amiad 7:34.08
 45-49
 1. N. Whitehall 6:28.15
 50-54 EXH ↑
 1. L. Senadenos 7:20.60

Event 40 400 m Free

25-29
 1. E. Durban 4:55.64
 30-34
 1. D. Swenson 5:13.04
 35-39
 1. J. Countryman 6:39.25
 50-54
 1. T. Taylor 5:37.78
 2. J. Sherrod 6:32.95
 55-59
 1. B. Packard 7:33.41

INSTRUCTIONS FOR FILLING OUT TIME CARDS FOR PNA CHAMPIONSHIPS:

All swimmers are asked to pick up time cards for the PNA championships at the Summer meet or from a board member, fill them out completely and accurately as illustrated below, and send them in with the entry sheet. BE SURE TO USE THE CORRECT TEAM NAME. Use one card for each event.

EVENT NUMBER 7 Best Time :37.0

Name(s): Kathy CRANDELL

Club/Assoc: FS Age: 32

Event 50 BREAST Award

Meet FS Date 4/4/81

AGE GROUP:	20-24	25-29	30-34
35-39	40-44	45-49	50-54
55-59	60-64	65-69	

1. Enter event number & best time.

2. PRINT your name. PRINT LEGIBLY!!

3. PRINT CORRECT club name and your age.

4. Event name.

5. Enter "FS" & date of race-4/3 or 4/4/81.

6. Circle your age group. If over 69 write in age group.

TEAM NAMES: Use the following abbreviations.

Bellevue Athletic Club-BAC	Newport-New
Bangor-Ban	Olympia of Everett-Oly
Bellingham Y-Bell Y	RAA
BEST	Renton Area Masters-RAM
Cascade Swim Club-CSC	Seattle Swim Club-SSC
Centralia-Cent	Sno-King Tritons-SKT
Fircrest-Fir	Seattle Tennis Club-STC
Fort Steilacoom-FS	Tacoma Y-Tac Y
Highline Swim Club-HSC	Tigers-TIG
Lewis County-Lew. Co.	Triton Swim Team-TST
Lynden Y-Lyn Y	Unattached-UN
Mill Creek-MC	

If your team name is not listed, write in the complete, accurate team name. TST and SKT do not enter as "Triton" or "Seattle Triton". All teams must pay the \$5 team fee.

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

COMMITTEE CHAIRPERSONS

Awards--Bill Castner 246-1726, Dave Addleman

Constitution--Tom Foley 937-5585

Meets--Fred Wiggin 542-4857

Newsletter Staff--Florence Miller, Lynda Bloomquist,

Kathy Crandell, Marietta James, Margaret Davis

Community Service--Jan Twight 525-2572

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--Kathy Crandell 588-4879

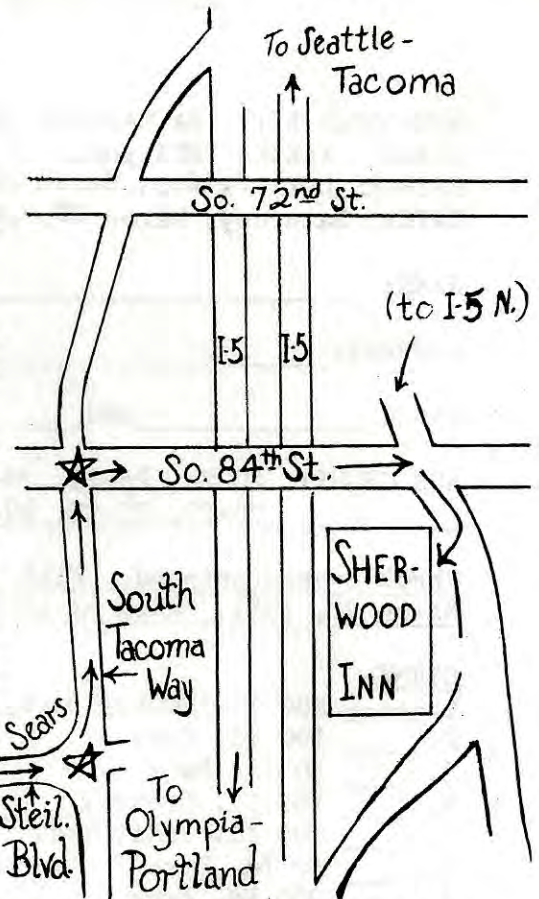
PNA Top Ten--M. Dabrock 584-8447 & W. Reid

Records--Walt Reid 847-2972

Stroke Clinic--Neville Johnson 824-2953

Team and Club Coordinator--Needs Help!!

PNA BANQUET--will be held at the Sherwood Inn, 84th and I-5, Tacoma, 535-2777. There will be a no-host cocktail hour from 7:30 p.m. to 8:30 p.m. Cocktails will range in price from \$1.35 to \$1.75. Wine may be purchased and taken to dinner. Dinner will be served at 8:30 p.m. The menu will be farmer's ak, with natural gravy, baked potato, tossed green salad, lemon, chocolate, or apple pie, coffee, tea, or milk. The price is \$7.95, tax and tip included. Make reservations now with Bob Musselman. The first 300 will be accepted. All others will be returned. Reservations must be in the hands of Bob Musselman by Friday, March 27, in order to give a count to the Sherwood Inn a week ahead of time. Pick up banquet tickets at the awards table at the meet.



RESERVATION FORM

I will attend the banquet. \$ _____ DEADLINE: FRIDAY, MARCH 27
 Total number in my party (include self) X _____
 Total amount enclosed \$ _____

Make checks payable to: PNA MASTERS SWIMMERS
 Mail to: Bob Musselman, 1712 Valley Ave. N. E., #32 Puyallup, WA. 98371

 1981 PNA MASTERS SWIMMERS #79310
 and AAU APPLICATION

PNA/AAU for 1981 is a combined total fee of \$12.00. This includes \$6.00 for the AAU which covers mandatory insurance coverage. Senior citizens pay only 1/2 the PNA portion for a total fee of \$9.00. Send in the application no later than 3 days prior to a meet.

Please complete the form, sign it, and mail it with payment to: COOKIE JUSTESEN
 22704 - 73rd Pl. W.
 Mountlake Terrace, Wa. 98043

DATE: _____
 FULL NAME: _____ M F BIRTHDATE _____ AGE _____
 ADDRESS: _____ CITY _____ ZIP _____
 COUNTY: _____ U.S. CITIZEN? YES NO PHONE _____
 OCCUPATION: (optional) _____ BUS. PHONE _____

1. If previously registered and you represented a different association (i.e., Oregon, IEA, Snake River, etc.) what was the date of your last competition as a member of that association? _____ PNA/AAU \$12.00
 Senior Citizens (65+) pay..... \$ 9.00
 2. If you were previously registered in another association, indicate which one and the year(s): _____ TOTAL ENCLOSED \$ _____

ASSOCIATION NAME: _____ YEAR(S) _____
 APPLICANT SIGNATURE _____

MAKE ALL CHECKS PAYABLE TO: PNA MASTERS SWIMMERS