

June, 1981

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



* See you at Anacortes, a *
* money maker for Skagit Hos- *
* picel! (See explan. inside) *
* Christ Thomsen will be the *
* new editor--WHO WILL BE *
* PART OF THE TEAM TO HELP *
* HIM DO THE WET SET??? *

MEET SCHEDULE & CALENDAR

June 6	Corvallis (OR) LC	Feb. 6-7	OR
June 14	Anacortes SC	Feb. 13-14	CAPRI Relay Meet, PNA, tentative
June 16	Board Meeting, Kent	Feb. 20-21	PNA
June 20-21	Hermiston (OR) LC, pending	Mar. 6-7	OR
July 11-12	Mt. Hood Com. Col. (OR) LC	Mar. 13-14	PNA
July 24-26	LC Reg. XII Champs, Bellevue	Apr. 3-4	OR Championships
Aug. 13-16	LC Nat'l Champs, Canton, Ohio	Apr. 3-4	PNA Championships
Oct. 17-18	PNA	Apr. 23-25	Reg. XII Champs, IEA or PNA
Nov. 7-8	OR SEE	May 21-24	Nat'l Champs, Woodlands, TX
Nov. 21-22	PNA	June 5-6	PNA SC
Dec. 12-13	PNA NOTE	June 25-27	OR LC
	1982	July 10-11	PNA LC
Jan. 9-10	OR BELOW!!	July 30-Aug 1	LC Reg. XII Champs, OR
Jan. 23-24	PNA	Aug. 26-29	LC Nat'l Champs, Mt. Hood, OR

NOTE: PNA and Oregon Masters are doing meet schedules over a year ahead of time to avoid conflicting dates. Host teams are to select a date from the above schedule and notify Fred Wiggin, 16741 - 15th Ave. N. W., Seattle, WA 98177, 542-4857, that they want to host a meet that weekend. All dates listed are the Saturday and Sunday of each weekend. Teams are to select the actual day(s) of the weekend to host the meet on.



TACOMA--April 7--The meeting was called to order by new President Russ Hall. The minutes of the last meeting were read by secretary Sue Dills. Carolyn Behse presented the treasurer's report. PRESIDENTIAL REPORT: Russ expressed the need to fill some committee positions. The "meets" committee will be reorganized to include team reps. They will meet with the "meets" chairman once or twice a year to schedule meets a year or more ahead of time, so PNA Masters meets can be published in SWIM SWIM Magazine, SWIM-MASTER, and with the PNSA. Presidential goals include reaching outlying areas as PNA membership from these areas grows. COMMITTEE REPORTS: Dave Addleman reported the sale of 320 medals at the PNA Championships this year compared with 210 medals last year. Fred Wiggin confirmed that the long course Region XII Championships will be at Bellevue Athletic Club July 24, 25, & 26. Cookie Justesen reported memberships were coming in as requested. Walt Reid reported 41 new PNA records and 5 national records were set at the PNA Championships. NEW BUSINESS: The board decided to order PNA beach towels to sell at meets. The limit of 3 events per day at Regionals was discussed. The meeting was adjourned by Russ Hall.

TACOMA--May 5--President Russ Hall called the meeting to order. PRESIDENT'S REPORT: The PNA is now registered nationally as a club. Russ attended a Presidents' meeting at Regionals. Everyone is reminded that the PNA Top 10 and the Region XII Top 10 do not coincide with the same time span as the National Top 10. Future Region XII Championship meets will allow a person to enter and swim a maximum of six events with no daily limit. The first swimmer in a relay may have his split considered for a record. That swimmer must request the split time be taken and the time be recognized for records consideration. First splits from the relays at the last Region XII Championship meet will be sent for and checked for records. (p. 3)

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AN UPDATE OF SWIM TIMES AVAILABLE FOR MASTERS SWIMMERS

BELLEVUE POOL 601 - 145rd NE 747-4245

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

REDMOND POOL 17555 NE 104th 885-3600

Early Riser 6:00-7:30 AM Mon-Fri
Adult Swim 12:00-1:00 PM Mon-Sat
8:00-9:00 PM Mon-Fri

ISSAQUAH POOL 50th NE Clark St. 392-1650

Early Riser 7:00-8:00 AM Mon-Fri
Adult Lap 1:00-2:30 PM Mon,Wed,Thur,Fri
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 232-7570

Early Riser 6:00-7:30 AM Mon-Fri
Adult Lap 11:30-12:30PM Mon-Fri
8:00-9:00 PM Mon-Fri

TAHOMA POOL 18230 SE 210th, Kent 452-1918

Adult Swim 12:00-1:00 PM Mon-Fri
Lap Swim 6:00-7:00 AM Tue,Thur
8:05-9:05 PM Mon-Thur

FEDERAL WAY POOL 30421 - 16th Ave. S. 859-1000

Early Riser 6:00-9:00 AM Mon,Wed,
7:00-9:00 AM Tue,Thur
Adult Lap 12:00-1:00 PM Mon-Sat
9:00-10:00PM Mon-Fri
Sr. Citizen 11:00-12:00PM Fri

SOUTH CENTRAL POOL 4414 S 44th, Seattle 242-2787

Adult Swim 6:00-7:30 AM Mon-Fri
11:30-1:00 PM Mon-Fri
1:00-2:00 PM Sat
8:05-9:05 PM Mon-Fri

IT. RAINIER POOL 22722 - 19th Ave. S. 824-1728

Lap Swim 6:30-7:30 AM Mon-Fri
Adult Swim 12:00-1:30 PM Mon-Fri
12:00-1:00 PM Sun
8:30-9:30 PM Mon-Thur

EVERGREEN POOL 606 SW 16th, Seattle 246-1610

Masters 5:00-6:30 PM Mon-Fri
Early Riser 6:00-7:30 AM Mon,Wed,Fri
Adult Swim 11:30-1:00 PM Mon-Fri
8:00-9:00 PM Mon-Thur

HIGHLINE COMM. COLLEGE 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 5:50-7:00 AM Mon-Fri
Coach -- Gordon Unruh 863-8110
Lynda Bloomquist 845-3612

SALVATION ARMY POOL 9050 16th Ave. SW 767-3150

Women Lap 9:15-10:30 AM Mon,Wed,Fri
Adult Lap 11:30-1:00 PM Mon-Fri
8:00-9:00 PM Mon-Fri

SHORELINE POOL 19030 - 1st Pl. NE 365-4845

Cascade Swim Club 5:15-6:45 AM Mon-Fri
Adult Lap 5:30-7:00 AM Mon-Fri
(King Co. Pass 11:30-1:00 PM Mon-Fri
plus \$15/mo) 8:15-9:15 PM Mon-Fri
Dean Sawhill 565-4845
Jan Twight 525-2572

NORTHSHORE POOL 9815 NE 188th St. 486-9177

Early Riser 6:30-7:30 AM Mon-Fri
Adult Lap 12:30-1:30 PM Mon-Fri
8:00-9:00 PM Mon,Wed

RENTON POOL 16740 - 128th SE 226-9250

Adult Swim 6:30-7:30 AM Tue,Thur
8:00-9:00 PM Mon,Wed,Fri

AUBURN POOL 516 - 4th NE 839-6168

Adult Swim 7:00-9:00 AM Mon-Fri
12:00-1:00 PM Mon-Fri
9:00-10:00PM Mon-Thur
10:00-11:00AM Fri

SI VIEW POOL North Bend 888-1447

Early Riser 7:00-9:00 AM Mon,Wed,Fri
Adult Swim 8:00-9:00 PM Wed

ENUMCLAW POOL 420 Semanski St. S. 825-1188

Adult Swim 6:00-7:30 AM Mon-Fri
12:00-1:00 PM Mon-Sat
8:00-9:00 PM Mon,Wed

BURIEN ATHLETIC SWIM CLUB 626 SW 154th 433-7900

Adult Lap 6:00-9:00 AM Mon-Fri
9:00-11:00PM Mon-Fri
Masters 4:00-6:00 PM Mon,Wed,Fri

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 15401 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 POOL 25401 - 104th SE 854-3260

Early Riser 6:30-7:30 AM Mon,Wed,Fri
Family Swim 11:00-12:00 PM Mon-Fri
Adult Lap 12:00-1:00 PM Mon-Sat
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

FT. STEILACOOM 9401 Farwest Dr., Tacoma 964-6678

Masters 11:30-1:30 PM Mon,Wed,Fri
\$15/mo 7:00-8:15 PM Mon
5:30-7:00 PM Wed,Thur
AM Coach - Geoff Gatlin 588-1653
Kathy Crandell 588-4879
South End Boys Club Pool 474-0626
Bill Miller 759-5075

NEWPORT MASTERS Newport Hills Pool

\$15/mo 6:30-7:30 AM Mon-Fri

MILL CREEK SWIM CLUB 15622 Country Club Dr. 357-3345

2 Lap Lanes Open 6:00-8:00 AM Mon,Wed,Fri
6:00-9:00 AM Tue-Thur
7:00-8:00 AM Sat
9:00-1:00 PM Mon-Fri
12:50-9:00 PM Sat
(\$15/mo non mem. 1:00-9:00 PM Sun
\$15 1st mo. only 2:00-4:30 PM Mon-Fri
non-members) 6:00-9:00 PM Mon-Fri
Masters 8:00-9:00 PM
Strokes/Condg. 9:00-10:00AM Tue,Thur
(\$8 members, \$18 7:30-8:30 PM Mon
non-members)

TIMBERLINE HIGH SCHOOL POOL Olympia

Masters & Thurston Olympians Swim Club
6:00-7:00 AM Mon-Fri
Coach -- Geoff Anderson 786-1907

YMCA POOLS

BELLEVUE YMCA 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 1002 South Pearl 565-9622

Lap Swim 6:00-8:00 AM
Jim Sherrod Members Only

SO. KING CO. YMCA 1005 - 12th SE, Auburn, 833-2770

Adult Swim 12:00-1:30 PM Mon-Fri

SEATTLE DOWNTOWN YMCA 447-4508

Adult Lap Swim 6:30-9:00 AM Mon-Fri
11:00-5:30 PM Mon-Fri
5:00-6:00 Fri
5:00-7:30 Mon,Wed
6:00-7:30 Tue,Thur
7:00-9:00 AM Sat

Adult Swim
Fitness (Adv.) 4:00-5:00 Mon,Wed,Fri
4:00-5:00 Tue,Thur
5:00-6:00 Tue,Thur

Both are competitive strokes
with aerobic work-out

For any clarifications, updates, or new information concerning other pools, serving PNA Masters not submitted here, contact: Kathy Crandell, 11114 - 11th St. SW, Tacoma, WA 98498 588-4879

FOR IEA MEETS CONTACT:

Harry J. Lewis
E. 944 - 39th Ave.
Spokane, WA. 99204

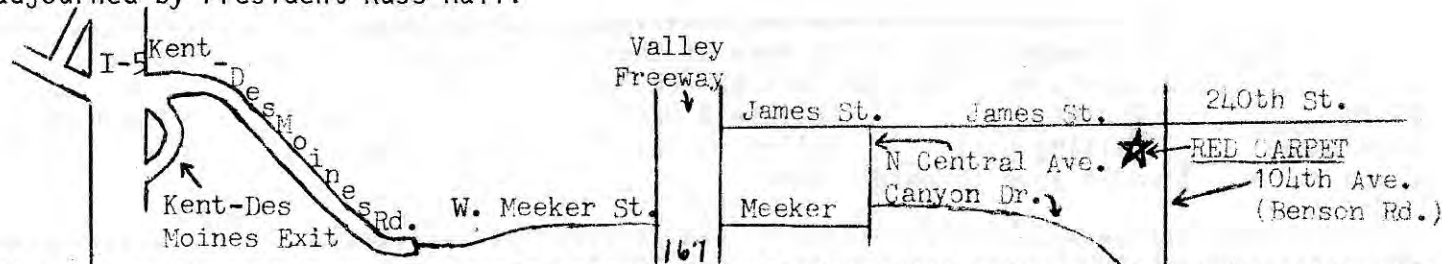
FOR ORE MEETS CONTACT:

Earl Walter
3904 S. W. 57th Ave.
Portland, OR. 97221

FOR MONTANA MEETS CONTACT:

Montana Grizzlies, Jim Wardwell
2400 Old Ford Road, #221
Missoula, MT. 59801

 BOARD HIGHLIGHTS (Cont. from p. 1)--Everyone is reminded that seeding men and women in the same heats according to time is a possibility, but if that is to be done swimmers will be informed of that in the meet entry information. The feasibility of giving one free Region XII patch to a swimmer who places first at a Region XII Championship meet is being investigated. A swimmer could receive only one patch. A tentative meet schedule (see page 1) was agreed to. A second PNA delegate is needed to attend the USAS Convention in Snowbird, Utah, Sept. 29-Oct. 3. Bill Castner presented the treasurer's report. PNA swimmers attending Nationals are urged to pay Sue Dearborn the money they owe her. COMMITTEE REPORTS: Fred Wiggin submitted the final information on the Region XII Long Course Championships at Bellevue and reminded everyone of the short course meet at Anacortes June 14. Walt Reid reported that PNA swimmers broke 54 PNA records, 37 Regional records, and 5 National records at Regionals. Oregon broke 16 Regional records and 5 National records. It should be noted that in the past 4 years Bob Simmonds has slowed down only 11 seconds in the 500 free (11:52 then, 12:03.06 now). In future meet results out-of-association swimmers will receive an * rather than a place number but will be listed in the proper order according to time so that national officials won't miss their times for Top 10 consideration. Kathy Crandell reported that Chris Thomsen of Lacey has volunteered to be the new newsletter editor. But a team of people is needed to help him. Newsletter jobs are: mailing list (one person), type results (one person to work with Walt Reid), and collate, staple, address, stamp, and mail the newsletter (two or three people). VOLUNTEER!!! Dave Addleman reported that 328 medals were sold at Regionals. He will design a new medal for local PNA meets. Publicity chairman Darryl Swenson has sent information to newspapers and TV stations in the Seattle area. Carol Dewell will do publicity on the Peninsula. Someone is needed for the Tacoma area. Heather Oesting will sell PNA money raisers at meets when she is there. PNA beach towels and T-shirts will be on sale at the Anacortes meet. For \$1 more your name will be embroidered on your towel. NEW BUSINESS: Jan Shaw presented a proposal on the possibility of Bangor hosting a meet in Bremerton next fall. Vice-President Jim Miles reported that the PNA will check into setting up a Region XII long course banquet. The next board meeting will be Tuesday, June 16, 7:30 p.m., at Red Carpet Nu Way Realty, 24007-104th S.E., Kent, 98031, 852-2565. That's at the intersection of James Street (S.E. 240th) and Benson Highway (104th S.E.). It's a former EXXON station next to a Fotomat at a shopping center. The meeting was adjourned by President Russ Hall.



 GO TO THE ANACORTES SC MEET, JUNE 14, AND SUPPORT THE ANACORTES AQUATIC CLUB'S FUND DRIVE FOR SKAGIT HOSPICE!! (See the meet entry form on the April "WET SET", p. 8)

(From Steve Olsen, R.N., Director of Volunteers of Skagit Hospice, and a Master's swimmer:)
 "Essentially, Skagit Hospice is a home care program designed to provide a concept of care to meet the needs of the dying and their families. Care is provided by nurses, aides, therapists, counselors, and volunteers. Assistance is also provided to patients and their families by the Skagit Hospice Advisory Board which can include medical, legal, and spiritual help. Since the dying and their families have special needs, the cost of the services are generally more expensive and not covered by many insurance programs. Therefore, we need community support and plan a fund drive for May and June. The Anacortes Aquatic Club has agreed to sponsor the Master's swim meet to benefit Skagit Hospice as part of the scheduled fund drive."

5/5/81

Dear Swimmers,

This spring has been very active with many additional activities coming up in the near future. I feel compelled to note several of these. Congratulations to the Clover Creek Aquatic Club and the Steilacoom Pool Manager on a very well run PNA Championship meet. Congratulations to the Summer Tritons on winning the annual team competition at the championship meet. They have grown from a team of one red-headed female swimmer a couple of years ago into one of our strongest groups currently. Again, congratulations to them and all of the other teams who participated in the competition. Next, congratulations to all who helped and participated in the Regional Championships. It was a very well run, well attended meet. Swimming at the U of W Hec Ed Pool brought back memories for many of those in attendance. There were many outstanding swims throughout the meet. Congratulations are in order for all of the new National, Regional, and PNA record holders due to this meet. Also, for those going to the National Championship meet in Irvine, CA, GOOD LUCK! We're rooting for you. We have 22 people attending. I have word there are over 1300 people entered with over 70 teams registered. (Note: Rinconada Masters from CA has only 29 swimmers entered. Beat 'em PNA!!!)

The Board of Directors of PNA has established a policy that in order to swim at our meets, a swimmer must have proper registration with either PNA Masters or the Masters Association having jurisdiction where the swimmer resides. For PNA Masters this registration is in the form of having applied for and paid for membership in our Association (i.e., \$12 for 1981, \$9 for over 65). The deadline for this registration shall be the same date for each meet as the meet entry deadline. If application has been made but the membership card not received, put "applied for" in the space for AAU#. All entries will be checked and unpaid swimmers will NOT be allowed to swim, so be sure to get your registration in to Cookie on time.

The response to our need for help in the PNA organization has been very good so far. I am deeply gratified that so many are willing to do something to help us help ourselves. We still have a need to spread the load thinner so that noone becomes overloaded and loses his zest for swimming. If you or anyone you know have a few hours a month that you can contribute either at home or at a meeting, we would like to hear from you. Please talk to me either at a meet or on the phone (call collect if need be). We particularly need help on the Meets Committee and the Newsletter Committee.

I will look forward to seeing you all at the Anacortes meet June 14, or at the Long Course Regionals at the Bellevue Athletic Club July 24, 25 & 26.

Keep swimming,
Russ H. Hall, President

HELP IS NEEDED!!! Please check one or more of the following and return to Russ Hall, 12518 S.E. 232nd, Kent, WA 98031, or call 631-6685 or 852-2565.

Meets _____ Typist _____ Collate & Mail _____ Collate & Mail _____ Sunshine _____
Newsletter _____ Mailing List _____ Collate & Mail _____ Publicity _____ St. Clinic _____

Count me in. I would love to help! NAME _____
ADDRESS _____ CITY _____ ZIP _____ PHONE _____

MOUNTLAKE TERRACE ADULT SWIM SEXTATHLON: June 20, 7:30 a.m. warmup, 8:30 a.m. meet starts-- at Mountlake Terrace Recreation Pavilion, 5303 228th St. S.W., Mountlake Terrace--Phone: 776-9173. AGE GROUPS: 17-19, 20-24, 25-29, etc. up to 80+. RULES: All swimmers compete in all 6 events (100 yd. free, 25 fly, 50 back, 50 breast, 100 I.M., 50 free). Times are totalled and the lowest time wins. Ribbons for 1st thru 3rd in each age group. ENTRIES: Due June 10 with \$3 entry fee to Kathryn McElvaine, 2419 Whitechuck Dr., Everett 98204, 337-9296. Include your name, address, age, and best times if possible. LOCKERS: available for 2 nickels. POTLUCK PICNIC at local park afterward. DIRECTIONS TO POOL: From South: Take I-5 Northbound to Exit #177 (Mountlake Terrace--236th St. exit). At 236th St. turn right. Go past flashing light to traffic light (56th St.). Turn left and go past next signal two blocks to 228th St. Turn right--one block on left. From North: I-5 Southbound to Exit #179 (220th St.). Turn left over freeway to traffic light. Turn right on 56th W. Go two blocks to 228th St. Turn left and pool is one block on left.

*** Champagne autograph party for Judy Harrison's family's new book, CANOE TRIPPING WITH KIDS, Friday, June 19, 7:00 p.m., at FINE PRINT BOOK CO., 6529-132nd Ave. NE at 70th Pl., (Bridal Trails Shopping Center), Kirkland. ***

CHECK REGIONAL SPLITS--Walt Reid has acquired all the read-out tapes from the electronic timing at the U of W (Regionals). He will post all of them at the Anacortes meet, so all swimmers can get their splits for all the races they swam. Each swimmer needs to remember the heat and lane assignments for each race he swam. **WALT NEEDS THE NAMES OF SWIMMERS WHO SWAM THE FIRST LEGS OF THE RELAYS FOR RECORDS PURPOSES. PLEASE VERIFY THAT WITH HIM AT ANACORTES IF YOU ARE ONE OF THESE SWIMMERS.**



A WEDDING INVITATION

YOU ARE CORDIALLY INVITED
TO ATTEND THE WEDDING OF
GARY HAFER & HELEN MELHAFF



SATURDAY, JUNE 27, 1981, at 2:00 P.M.
AT CHRIST LUTHERAN CHURCH, 8211 - 112th St. S.W.

TACOMA (LAKEWOOD) For directions refer to the map to Ft. Steilacoom in the March newsletter. Take the Gravelly Lake exit off I-5. Go to Washington Blvd. and turn left. Turn right (north) on 83rd (Old Settlers' Cemetary is on the corner of Wa. Blvd. and 83rd--just past the firestation). Follow 83rd to 112th.

NATIONALS *** NATIONALS *** NATIONALS *** NATIONALS *** NATIONALS *** NATIONALS *** NATIONALS
LONG COURSE--Complete information is in the spring issue of SWIM SWIM Magazine. Local swim shops may carry it if you don't subscribe yet. Entries are due to Sue Dearborn, 3401 E. Mercer Way, Seattle 98112, 324-4945, by Wednesday, July 1. Sue must have all PNA entries in by midnight, Friday, July 17.

1981 PNA MASTERS SWIMMERS #79310
and AAU APPLICATION

PNA/AAU for 1981 is a combined total fee of \$12. This includes \$6 for the AAU which covers mandatory insurance coverage. Senior Citizens pay only 1/2 the PNA portion for a total fee of \$9. Send in the application no later than 5 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? _____

2. If you were previously registered in another association, indicate which one and the year(s): _____

ASSOCIATION NAME: _____ YEAR(S) _____

APPLICANT SIGNATURE: _____

PNA/AAU \$12.00
Senior Citizens
(65+) pay..... \$ 9.00
TOTAL ENCLOSED \$ _____

MAKE ALL CHECKS PAYABLE TO: PNA MASTERS SWIMMERS

KIKO SWIMS FOR PARALYSIS VICTIM

While everyone else was doing the 1650 at the PNA's, Kiko Kimura was swimming 5000 yds. to raise money for Mike Nyehold, an All-American swimmer from USC, who is paralyzed from the chest down due to a motor-cycle accident. If you didn't get a chance to donate a few pennies per lap (200 laps), send your check to Koko Kimura, 1600 NE 47th, #38, Seattle 98105, 525-2094.

the 500

Flowing through the water
in an endless dance,
two stretching, gliding
side by side-
hands arching gracefully,
touching only once, in flight,
before returning home:
the powerful pull,
the long, strong caress.

Slipping through the water
I watch and follow,
feeling the rhythm,
feeling the dance.
by Marty Dabrock (and published in
SWIM SWIM Magazine. Congratulations, Marty!)

Gene Caddy 67 1:19.94
 George Eldridge 1:44.75
200 Yd. Free
 Gene Crossett 2:55.00
 George Eldridge 4:01.70
500 Yd. Free
 Gene Crossett 8:06.80
1650 Yd. Free
 Gene Crossett 37:50.03
 George Eldridge 38:02.72
50 Yd. Back
 Fred Wiggin 65 40.30
 Karl Frederick 67 45.80
 Ben Korsten 68 1:19.90
100 Yd. Back
 Fred Wiggin 1:28.20
200 Yd. Back
 Fred Wiggin 3:07.07
50 Yd. Breast
 Karl Frederick 39.65
 Ben Korsten 55.88
 George Eldridge 1:11.18
100 Yd. Breast
 Karl Frederick 1:29.32
 Ben Korsten 2:16.70
200 Yd. Breast
 Karl Frederick 3:22.90
 Ben Korsten 5:10.35
50 Yd. Fly
 Karl Frederick 38.85
100 Yd. Fly
 Gene Caddy 1:34.40
100 Yd. I. M.
 Fred Wiggin 1:29.20
200 Yd. I. M.
 Gene Caddy 3:17.50
400 Yd. I. M.
 Fred Wiggin 6:49.91

MEN 70-74

50 Yd. Free
 Francis Jowett 70 32.40
100 Yd. Free
 Art Erickson 70 1:24.20

500 Yd. Free
 Jim Penfield 72 10:33.67
50 Yd. Back
 Francis Jowett 47.20
 Art Erickson 50.00
100 Yd. Back
 Art Erickson 1:50.60
 Jim Penfield 1:56.00
50 Yd. Breast
 Jim Penfield 43.25
 Francis Jowett 46.40
 Art Erickson 1:01.51
100 Yd. Breast
 Jim Penfield 1:43.40
 Francis Jowett 1:47.70
50 Yd. Fly
 Art Erickson 46.15
100 Yd. I. M.
 Francis Jowett 1:36.92

RELAYS--WOMEN 20-24

200 Yd. Free
20 yrs
 Jill Diddy, J. Blanchfield
 P. Fox, J. Webb 1:58.79
 C. Justesen, M. Vognild
 S. Cole, S. Booth 2:01.70
 L. Williamson, T. Nelson
 S. Rodart, L. Auerbach 2:30.37
200 Yd. Medley
 C. Braumn, L. Williamson
 J. Blanchfield, J. Diddy 2:22.50
 A. Justesen, M. Vognild
 S. Booth, S. Cole 2:26.50
 M. Peterson, J. Shaw
 P. Matthew, C. Dewell 2:26.90

RELAYS--MIXED 20+

200 Yd. Free
20 yrs.
 J. Shelton, K. Kimura
 J. Landry, P. Dyas 1:48.40
 J. Diddy, C. Braumn
 B. Busk, G. Unruh 1:49.60

A. Justesen, S. Cole
 *B. Carter, B. Cooke 1:49.80
 P. Fox, J. Blanchfield
 M. Souza, G. Blanchfield 1:53.06
 P. Matthew, J. Shaw
 L. Johnson, M. Ukich 1:55.00
 L. Auerbach, J. Webb
 M. Woods, B. Wilson 1:58.00
RELAYS--MEN 20-24
200 Yd. Free
20 yrs.
 S. Knowles, B. Cooke
 D. Carry, B. Carter 1:38.01
 D. Tempest, A. Wedaman
 R. Miles, D. Swenson 1:41.02
 B. Wilson, R. Hayes
 G. Blanchfield, M. Souza 1:49.64
200 Yd. Medley 20-24
20 yrs.
 S. Nowles, B. Cooke
 D. Carry, B. Carter 1:54.70
 D. Swenson, A. Wedaman
 R. Miles, D. Tempest 1:59.30
 B. Wilson, M. Souza
 G. Blanchfield, D. Putnam 2:13.75

TEAM SCORES

1. Triton Swim Team 812
2. Tacoma "Y" 429
3. Tigers 398
4. Fort Steilacoom

Newport got one of the next two places, but the final scores have been lost. If you can add any information to this list, please contact Kathy Crandell.

 *A SPECIAL THANKYOU "As outgoing awards chairman, I wish to thank Dave Addleman of Tacoma Y for his creative ideas in launching the special PNA championship medal and the outstanding club swimmer plaques."
 *(Bill Castner)*****

200 Yd. Free

Gene Crossett 67 P 2:52.64
John Downey 66 P 3:14.20
George Eldridge 68 P 3:52.90

500 Yd. Free

Gene Crossett 67 P 7:56.25
George Eldridge 68 P 10:14.58

1650 Yd. Free

Gene Crossett 67 P 26:51.10P
John Downey 66 P 30:20.30
George Eldridge 68 P 39:19.10

50 Yd. Back

Fred Wiggin 65 P 38.46P

100 Yd. Back

Fred Wiggin 65 P 1:24.23
Don Stevenson 68 O 1:35.91

200 Yd. Back

Fred Wiggin 65 P 3:02.76R
Gene Caddy 67 P 3:22.11
Don Stevenson 68 O 3:23.36

50 Yd. Breast

Karl Frederick 67 P 40.20
George Eldridge 68 P 1:11.15

100 Yd. Breast

Karl Frederick 67 P 1:29.93
Don Stevenson 68 O 1:38.43

200 Yd. Breast

Gene Caddy 67 P 3:28.58
Karl Frederick 67 P 3:28.60
Don Stevenson 68 O 3:31.21

50 Yd. Fly

Karl Frederick 67 P 38.17

100 Yd. Fly

Gene Caddy 67 P 1:32.54

200 Yd. Fly

Gene Caddy 67 P 3:39.89
Don Stevenson 68 O 3:58.60

100 Yd. I. M.

Gene Caddy 67 P 1:25.86
Fred Wiggin 65 P 1:27.06

200 Yd. I. M.

Fred Wiggin 65 P 3:10.21

400 Yd. I. M.

Fred Wiggin 65 P 6:49.03
Gene Caddy 67 P 6:56.17
Don Stevenson 68 O 7:38.92

MEN 70-74

50 Yd. Free

Francis Jowett 71 P 32.81

100 Yd. Free

Francis Jowett 71 P 1:14.50

200 Yd. Free

Herbert Eisenschmidt 74
O 3:00.29

500 Yd. Free

Herbert Eisenschmidt 74
O 8:19.46R

50 Yd. Back

Herbert Eisenschmidt 74
O 40.01
Jim Penfield 73 P 42.62

Francis Jowett 71 P 44.72

100 Yd. Back

Herbert Eisenschmidt 74
O 1:26.78

200 Yd. Back

Herbert Eisenschmidt 74
O 3:13.00

50 Yd. Breast

Francis Jowett 71 P 48.25

200 Yd. Breast

Jim Penfield 73 P 3:55.78P

50 Yd. Fly

Francis Jowett 71 P 43.89

100 Yd. I. M.

Francis Jowett 71 P 1:37.18

MEN 85-89

500 Yd. Free

Robert Simmonds 88 P 12:03.06N

1650 Yd. Free

Robert Simmonds 88 P 45:24.65

MEN 20-24

50 Yd. Free

Randy Wisner 22 P 23.83
Dale Cary 23 P 23.91

Rick Lipscomb 21 P 23.92

Ray Miles 24 P 25.86

Chris Thomsen 23 P 27.21

100 Yd. Free

Randy Wisner 22 P 51.85

Rick Lipscomb 21 P 52.21

Dale Cary 23 P 53.55

Ray Miles 24 P 1:01.57

Chris Thomsen 23 P 1:03.59

200 Yd. Free

Rick Lipscomb 21 P 1:57.60

500 Yd. Free

Randy Wisner 22 P 5:33.87

Bill Wilson 22 P 6:14.03

Ray Miles 24 P 7:05.58

1650 Yd. Free

Bill Wilson 22 P 22:31.55

50 Yd. Back

Rick Lipscomb 21 P 27.35

Mark Bolton 22 P 27.59

Randy Wisner 22 P 28.66

100 Yd. Back

Mark Bolton 22 P 1:00.27

200 Yd. Back

Bill Wilson 22 P 2:51.51

50 Yd. Breast

Mark Souza 23 P 32.15

Chris Thomsen 23 P 35.76

100 Yd. Breast

Craig Weishaar 24 P 1:06.35

Mark Souza 23 P 1:12.86

Ray Miles 24 P 1:18.93

50 Yd. Fly

Randy Wisner 22 P 25.78

Rick Lipscomb 21 P 26.46

Brian Cooke 24 P 26.81

Dale Cary 23 P 27.43

Chris Thomsen 23 P 31.82

Ray Miles 24 P 32.43

100 Yd. Fly

Brian Cooke 24 P 58.49

Dale Cary 23 P 1:03.89

100 Yd. I. M.

Rick Lipscomb 21 P 59.43

Brian Cooke 24 P 1:03.09

Dale Cary 23 P 1:03.69

Ray Miles 24 P 1:10.61

Chris Thomsen 23 P 1:12.28

200 Yd. I. M.

Dale Cary 23 P 2:19.93

Brian Cooke 24 P 2:21.06

Ray Miles 24 P 2:55.52

Did you see JOY ROGERS at Reg-
ionals on CRUTCHES??? (Skiing
accident in January) She came
to the meet knowing that people
who cared would be there. It
was great to see you, Joy, Hob-
bling or otherwise!*****

WOMEN 20-24

RELAYS--MIXED

50 Yd. Free

Bonnie Sherar 24	I	28.02
Karen Young 22	P	29.16
Diane Peterson 20	P	29.17
Anne Martin 20	P	31.63
Charlotte Ghio 24	P	32.06
Margo Vognild 22	P	33.24

100 Yd. Free

Bonnie Sherar 24	I	1:00.41
Diane Peterson 20	P	1:05.61
Karen Young 22	P	1:07.34
Margo Vognild 22	P	1:14.40
Charlotte Ghio 24	P	1:14.57

200 Yd. Free

Diane Peterson 20	P	2:28.10
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500 Yd. Free

Bonnie Sherar 24	I	5:58.40
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1650 Yd. Free

Becky Bennett 23	I	22:48.70
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50 Yd. Back

Karen Young 22	P	34.91
Anne Martin 20	P	39.92

100 Yd. Back

Diane Peterson 20	P	1:15.50
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50 Yd. Breast

Bonnie Sherar 24	I	37.67
Anne Martin 20	P	38.83
Margo Vognild 22	P	41.60

100 Yd. Breast

Lisa Saltzman 23	P	1:23.01
Becky Bennett 23	I	1:26.88
Margo Vognild 22	P	1:31.66

50 Yd. Fly

Bonnie Sherar 24	I	31.30
Diane Peterson 20	P	34.03
Anne Martin 20	P	37.33
Charlotte Ghio 24	P	40.70

100 Yd. Fly

Bonnie Sherar 24	I	1:13.93
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200 Yd. Fly

Becky Bennett 23	I	3:01.51
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100 Yd. I. M.

Diane Peterson 20	P	1:15.06
Margo Vognild 22	P	1:26.40

200 Yd. I. M.

Becky Bennett 23	I	2:50.66
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200 Yd. Medley

20 Yrs		
Bill Freed		
Anne Martin		
Bonnie Sherar		
Cliff Rigsbee	S	2:04.85

RELAYS--MEN

200 Yd. Free

20 Yrs		
R. Wisner		
D. Cary		
R. Lipscomb		
L. Durban	P	1:33.54R

Ray Miles		
Russ Hall		
Cris Thomsen		
Leif Johnson	P	1:46.21

200 Yd. Medley

20 Yrs		
D. Cary		
R. Wisner		
R. Lipscomb		
B. Cooke	P	1:47.95R

M. Souza		
C. Thomsen		
R. Miles		
L. Durban	P	1:58.75

ROSES!! To Rob Koeppen,
DAVE EMERY, and Clover
Creek Aquatic Club for a
 fine PNA Championship meet.
 Thanks! To JIM TAYLOR,
 Fort Steilacoom's pool man-
 ager, for all his help
 with the meet. To TOM FO-
LEY for the special awards
 at the PNA banquet. To
TST (Sumner) for a year's
 diligent effort toward win-
 ning the PNA's. Congrat-
 ulations! To WALT REID
 for the Top 10 and record
 awards at the PNA banquet.
 To WALT and MARTY DABROCK
 for the PNA Top 10 and the
 booklet. To DAVE ADDLEMAN
 for designing the cover of
 the PNA Top 10 booklet.
 To ROSIE LATTA, JAN TWIGHT,
JAYNE CHASTAIN, and all who
 helped with the PNA and
 Regional banquets. To
JESSIE BLYTH and the U. of

W. Men's and Women's swim teams
 for a fine Region XII Champion-
 ship meet. Thanks! To SUE
DILLS and JUANITA CORREA for
 doing the PNA relays at Region-
 als, and to all those who help-
 ed with relays in their age
 groups (and to those who will-
 ingly jumped in at the last
 minute to fill out a relay!).

 REGION XII LONG COURSE CHAMP-
 IONSHIP MEET INFORMATION

July 24,25,26 DUE: July 17
Bellevue Athletic Club facil-
ities: 8 lanes, deck space
 for swimmers, but no spectator
 space and no warm up pool.
 Plan to bring all your gear
 on deck as there will be no
 lockers available. THE POOL
IS LOCATED JUST WEST OF HIGH-
WAY 405 BY THE HOLIDAY INN.

FRIDAY, JULY 24-warm up 5:00
 p.m., meet starts at 6:00 p.m.
 1-2 400 Ind. Medley
 3-4 1500 free

SATURDAY, JULY 25-warm up 8:30
 a.m., meet starts at 9:30 a.m.
 5-6 100 free
 7-8 200 back
 9-10 50 fly
 11-12 100 breast
 -5 minute break-
 13-14 200 medley relay
 -5 minute break-
 15-16 200 fly
 17-18 200 free
 19-20 50 breast
 21-22 200 Ind. Medley
 -5 minute break-
 23-24 200 mixed free relay

SUNDAY, JULY 26-warm up 8:30
 a.m., meet starts at 9:30 a.m.
 25-26 100 back
 27-28 50 free
 29-30 200 breast
 -5 minute break-
 31-32 200 mixed medley relay
 -5 minute break-
 33-34 50 back
 35-36 100 fly
 37-38 400 free
 -5 minute break-
 39-40 200 free relay