

Please remember to
 Submit all materials
 by the deadline:
 Thank-you!
 EXT DEADLINE
 February 28, 1982



FEBRUARY 1982
 Pacific Northwest
 Association of
 Master's Swimmers

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 Editor
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 Lacey, WA. 98503
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MEET CALENDAR

Feb. 19-20 Kent-Meridian
 Mar. NO MEET FOR 13-14, we
 NEED A HOST!
 Apr. 3-4 Chmps., Clover
 Park
 Apr. 30 Rgn. XII SC CHmp
 May. 1-2 I.E.A. Host
 E.W.U., Cheney
 WA.



May. 21-24 Natn'l Champs
 Jun. 5-6 PNA SC
 Jul. 10-11 PNA LC
 Jul. 30 Rgn. XII Chmps.
 Aug. 1 In Oregon
 Aug. 26-29 LC Natn'ls in
 Portland, OR.

NEXT BOARD MEETING: Date to be announced-Sue Dearborn's House

~~BOARD~~ HIGHLIGHTS

The last meeting was held at Russ Hall's office on Dec. 14. The Meeting consisted of the regular business concerning Master's Swimming but also included a potluck dinner, which followed the meeting. Additional details for this meeting were not available at the time of printing; they will be included in the next issue.

EDITOR'S NOTE: (1) Please note the fact that Sumner will be unable to host the March meet. If you can host this meet or know of a club that could do so, please contact Russ Hall at-852-2565 or 631-6685, or contact Chris Thomsen at 459-2181.

(2) For those of you who would like to purchase patches for TOP TEN - for National records, contact- Harry Fox: 1616 Amherst St. N. Massillon, OHIO, 44646 (\$3.00, patch-75¢, numeral for year: Include event, yr, & whether or not the event was LC or SC.

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CAPRI MEET =

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Includes entry and additional information about the meet!

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Supplemental Information
Kent Swim Meet

FOOD*FOOD*FOOD*FOOD*FOOD*FOOD*FOOD* FOOD*FOOD*FOOD*FOOD*FOOD*FOOD*FOOD*FOOD*FOOD*FOOD*FOOD

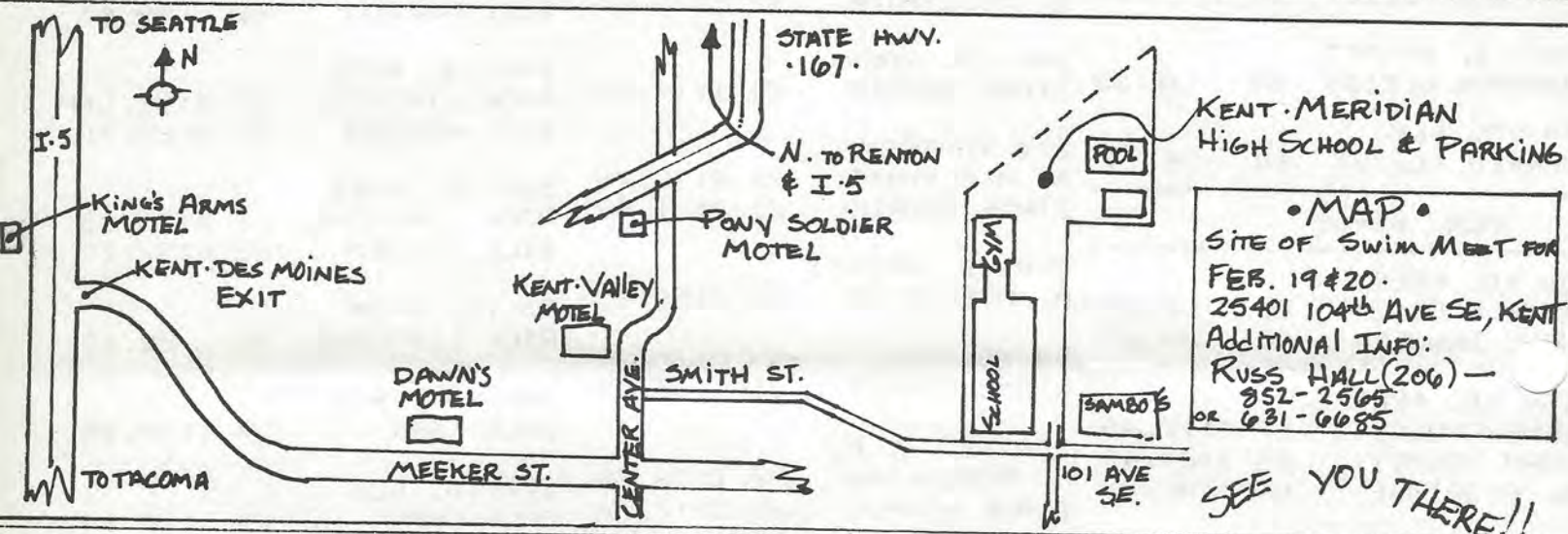
Following the meet there will be a no-host get-together for lunch at the Jambo's Restaurant adjacent to the Kent-Meridian High School grounds. Arrangements have been made for a room just for Masters and their guests. Children will be welcome, A Map showing location is included below.

LODGING*LODGING*LODGING*LODGING*LODGING*LODGING*LODGING*LODGING*LODGING*LODGING*LODGING*LODGING

There are several motels in Kent with lodging available. There are also several motels near I-5 at the Kent DesMoines exit. Additional motels are available at Sea-Tac Airport only 15 minutes drive from the pool. For further information contact: Russell Hall, (206) 852-2565 or 631-6685

In Kent: Best Western - Pony Soldier Motor Inn, 1233 N Central, Kent (206) 852-7224
Kent Valley Motel, 743 N. Central, Kent (206) 852-1997 or 852-3940
Dawns Motel, 1711 W Meeker, Kent (206) 854-1950

at I-5: King's Arms Motel, 23226 30th S., Seattle (DesMoines area) (206) 824-0300



Dear Christopher: I'm writing because we need more contributions to "Swimmers" and "Repeats" and I'm hoping you'll be able to give me a hand. Aren't there swimmers in your club or at your pool everyone should know about -- characters, stars or just special people. It makes no difference. Are you, or is your club, planning a special event you'd like mentioned in the magazine? Let us know. Write the story or find someone else who likes to write and get them to do it for you. Or send me the names and addresses of potential contributors from your area and I'll contact them directly.

Contributions should be typewritten and double spaced -- about 200 words is all we need (or want). That's not much, I know, but by keeping articles short we can include more of them. Besides, a photo accompanying the story "is worth a thousand words," right? So include a photo. I'll send it back if you have your name and address clearly written on the reverse.

I believe "Swimmers" and "Repeats" have the potential of becoming everyone's favorite parts of SWIM SWIM -- the section we all look at first. Help me make sure you, your friends, your club and your part of the country are part of SWIM SWIM. Contribute!

Sincerely,
Penny Little
Penny Little

To All Readers:
To the right of this page you will notice a request for articles from Penny Little of SWIM-SWIM. Please help out if you can.

SWIM-SWIM MAGAZINE

CAPRI RELAYS

Entry Form

Name _____ M F _____ Age _____ Birthdate _____

Address _____ Phone _____

Check here if you have not previously entered a Masters meet:

Entry Fee \$5. Checks should be made payable to CAPRI.

Additional donations: _____

Entry Fee and donations are tax-deductible.



Mail entry form to Jan Twight 4716 NE 45th St, Seattle, 98105 before February 8.

CAPRI Relays

This event is our Community Service project. Last year the 30 participants donated \$250 to help this cardio-pulmonary rehabilitation effort. CAPRI helps persons who have had heart attacks resume an active life through exercise. CAPRI provides publicity for this event; and CAPRI clients provide timing, starting, and encouragement to the swimmers.

Your entry fee will support CAPRI. You may include additional donations for CAPRI from your friends or from other swimmers who will not be able to participate. We encourage the support by swimming or donation of all PNA Master Swimmers.

Relays will be set up from the entries. Events will include relays with 25-yard or 50-yard swims for novices or experienced competitors. You do not enter as a team but as individuals.

Come to Helene Madison pool, 134th and Meridian on February 13th, 1-4 P.M. to support CAPRI and have a good time!