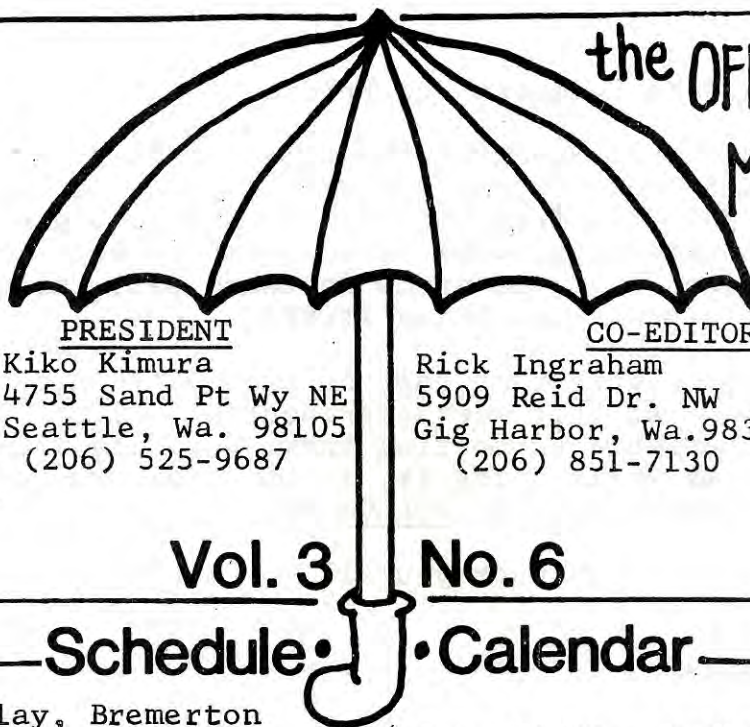


the
WET
SET



the OFFICIAL PNA
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NEWSLETTER

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Vol. 3 No. 6

JUNE 10, 1984

Schedule • Calendar

June 16 Capri Relay, Bremerton
June 23-24 LC South Kitsap
July 21-22 Coleman Pool, Seattle
Aug. 10-12 LC Regs Champs, Mt Hood
Comm. Coll., Gresham, Or.
Aug. 23-26 LC Natnls. Raleigh NC
Sep. 29 1st Inter-Oceana Zone Meet
Walnut Creek, Ca. (northern)

June 15-16 LC Mtn. Pk., Lk. Oswego, Or.
July 27-29 IEA LC Witter Pool, Spokane

Editors' note: New Improved Pool,
all new gutters
permanent bulkheads
9 lanes, deepened.

BOARD MEETING, JUNE 26th at 7.30 pm at Jane and Hugh Moore's, Federal Way

EDITOR'S CORNER...

ATTENTION: We need more meet bids for 1984
1985 season - your response appreciated!!

ROSES! ROSES! ROSES!

A special thanks to Kathy Crandell for heading up the PNA relays at the recent Regional Championships and to all the relay captains:

- (20-24) Amy & Lib Rust
- (25-34) Hugh & Jane Moore/Kiko Kimura
- (35-44) Walt Reid/Kathy Crandell
- (45-54) Dave Addleman
- (55+) Muriel Flynn

.....SUSAN

The PNA swam 67 successful relays setting 4 Regional records and eight PNA records. The oldest record was a 1978 men's Free, 55-64 and the greatest time drop was the women's Free, 45-54 by 14.11 seconds.

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<u>Deck Profiles</u>	<u>9</u>	<u>Silver Lake Triathlon</u>	<u>25-26</u>
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June 1984

Dear Fellow PNA Masters Swimmers and Friends:

Greetings once again from Sunny Southern California! I am writing to you all from USMS Short Course Nationals...and just want to let you know that the 36 of us from the PNA are having a great time! We have had some outstanding swims, some personal bests and even a few National Champions from our group in these past three days of competition! That's pretty exciting stuff!

But I think the most significant fact is that there are all different abilities of swimmers at this meet representing all parts of the country and the experience of meeting them, watching them participate and having a fun time while doing it, is what Masters Swimming is all about....it is the FUN, FITNESS, FELLOWSHIP that is important.

I will keep this short, but want you all to know that we wish you were here too!

See you at South Kitsap!

Until then,

Kiko

Jane Moore's Cookie Recipe:

BREAKFAST-IN-A-COOKIE

1/3 C. whole bran cereal	1 tsp. baking powder
1/4 C. orange juice	1/2 tsp. baking soda
1-1/2 sticks softened margarine	1/2 tsp. salt
1/4 C. sugar	1/3 C. non-fat dry milk
1 egg	2 tsp. grated orange rind
1/4 C. honey	1 C. oats
1-1/2 tsp. vanilla extract	1 C. finely chopped nuts
1 C. unbleached flour (unsifted)	1 C. raisins

In a small bowl, combine the bran and orange juice; set aside. In another bowl, cream the butter and sugar together. Add the egg and beat until light. Blend in the honey, vanilla and the bran-orange mixture. Combine the flour, baking powder, baking soda, salt, dry milk, orange rind, oats, nuts and raisins; stir this dry mixture into creamed mixture. Drop by tablespoons onto greased cookie sheets, about 2 inches apart. Bake at 350 F for 10 to 12 minutes.

PNA Board Meeting

May 10, 1984

The meeting was called to order at 7:35 P.M. by President Kiko Kimura. Those in attendance were Mike McColley, Jan Kavadas, Donna Phelan, Susan Allen, Walt Reid, Kathy Crandell, Cookie Justesen, Hugh and Jane Moore, Jan Shaw, Leif Johnson, Rick Ingraham, Kurt Hagerman, and John Downey.

The minutes of the April meeting were read and approved with the correction that the swimming portion of the Senior Sports Festival was changed to May 12th due to the conflict with Region XII Championships.

Treasurer's report: \$3259.84 in the treasury.

Membership: Ten new members bring the total to 560. Last year's total was 474.

Records/Top Ten: PNA Champs had 281 swimmers and 1084 swims. It was reported that New Zealand times will not count for National Top Ten because the meet was not sanctioned. Walt and Kathy will check on this.

Newsletter: The possibility of putting advertising in the newsletter will be considered at the board retreat. There will be an article on the Oceana Zone meet to be held at Walnut Creek, CA on Sept. 29. Local swimmers will host guests in their homes. The meet will be followed by a picnic.

Meets: A written protest was received from Totem Lake Swim Team. Four swimmers sent their entries to the team entry chair who mailed them somewhat late. The entries were then lost in the mail. The swimmers were allowed to swim at Region XII Champs but not to score points or receive awards. They were not aware of this being a PNA policy and knew that late entries had been allowed at PNA Champs. It was suggested that a judicial board might be formed to consider protests after a meet and to develop set rules to apply to all meets. Walt Reid moved that the swims of Totem Lake swimmers Donna Daly, Carol Ann Thurston, and Bernie Kowaleski be accepted as records based on the written protest submitted. The times will be recorded in the official results, and duplicate awards will be given if the individuals contact the awards person at the next meet. Jan Kavadas seconded the motion, and it passed with one dissenting vote. Future policy will be considered at the retreat. Overall feeling is that the Region XII Championship Meet was excellent.

1985 Region XII Championships - Harry Lewis has proposed holding these May 17-19, 1985, at Moscow, Idaho. If so, times would not count for National Top Ten as Short Course Nationals will be at Brown Deer, Wisconsin, May 9-12. It was suggested that he try to change the meet so it could be held before Nationals (3rd or 4th weekend of April) if possible, otherwise hold the meet whenever possible for them. Vote showed 5 persons agreed with this and 9 did not care.

1985 PNA Champs as currently scheduled (April 5-7) are on Easter weekend with the preceding SC meet being March 16-17. Kathy Crandell moved PNA Champs be changed to April 12-14. Walt Reid seconded. Motion was defeated 6-5. Leif Johnson moved the meet be changed to March 29-31. Jan Kavadas seconded. Motion passed 8-3. Entry deadline for bids for PNA Champs will be extended to July 1st (deadline for other meets remains the same). Kurt Hagerman moved that the March, 1985 meet be changed to March 9-10. Cookie Justesen seconded. Motion passed with one abstention. There are currently no bids for the March meet.

Cookie Justesen reported on the New Zealand meet. There were 1100 people from 15 countries with 250 U.S. swimmers. It was held at an older facility and was well run. Thanks to Bobby Gallegos for setting up the relays. The PNA swimmers did well; Juanita Correa won 7 gold medals; Frank Warner, Dawn Musselman and Cookie all won golds also.

Other meets: Seattle Parks Department has approved a LC meet July 21-22 at Coleman Pool hosted by Rainier Valley Masters. The meet will be held Saturday and Sunday mornings (warm-ups 7:30; meet 8:30-11:30) and will be followed by a Senior meet. This conflicts with a LC meet at Wittier pool in Spokane. Leif Johnson moved the PNA accept the Coleman meet; Hugh Moore seconded. Motion passed 11-1.

Awards: currently have enough awards for the summer season including Regionals.

Other: Ft. Steilacoom has swum 663 miles in the Swim to LA.
PNA Board Retreat will be June 9 & 10.

Meeting was adjourned at 9:20 P.M.

Jane Moore

Japanese Global Postal Meet

Our 1st Place medals from the Japanese Age Group Relays Postal Meet (sponsored by M.S.I. in Australia) finally arrived in April. I must say, though, that to win in the '240 years and up' category made me feel my age!

The sum of the ages of the 4 team members placed you in either Up to 119 years, 120 years and over, 160 years and over, 200 years and over or 240 years and over. The six 4 x 50m relay events included men's and women's free and medley, mixed free and mixed medley. 1st, 2nd and 3rd place awards in each age group and for each event were given.

The relays had to be swum between July and October 1983, in a 50m long pool, fresh water, and with electronic timing or three watches, if qualifying for records.

Conditions were just right at a Long Course Meet held this summer, so Dawn Musselman, Pat Dotson, Maxine Carlson and Maryan Burke entered their 50m freestyle relay time in the Japanese swim. We placed 1st, beating a women's team from Vysoke Myto, Czech.

In all, Czechoslovakia entered 29 relay teams! Other entries were from Canada, Hawaii, Washington State and California. If the meet is offered again next year, you may want to consider forming a team and entering ---e.g. 200 years and holding?

Maryan Burke

EVENT NUMBER 3 Best Time : .

EVENT 200 FREE RELAY

MEET ANACORTES DATE 3/18

FULL NAME(S) AGE(S)

1. Mike Jackson 34
2. Watt Reid 43
3. Dick Campbell 58
4. Karl Frederick 70

CLUB/ASSOC: Ft. Steil.

AGE GROUP:	20-24	25-29	30-34
	35-39	40-44	45-49
	50-54	55-59	
	60-64	65-69	70-74
		75-79	

RELAYS ONLY	20 & Up	<u>25 & Up</u>	35 & Up
	45 & Up	55 & Up	
	<u>MEN</u>	WOMEN	COED

HEAT	Timers Initials	Time		Seconds	Tenths/Hundredth
		Minutes			
LANE					
OFFICIAL TIME				FINAL PLACE	

RELAYS - HOW TO FILL OUT RELAY CARDS

Please fill out the full name (first and last name, no nicknames that obscure the swimmer's real name - ie, "Frog"). The PNA membership is large enough that two swimmers in the same age group may have the same last name. Using a nickname prevents us from figuring out which swimmer it really is. Some swimmers of the same age have the same first and last name but a slightly different spelling. All mysteries are eliminated by printing the correct full name and age of each relay member on the card in the first place.

Use Pink cards for women's relays. Use Blue cards for men's relays. Use yellow cards for mixed relays only. Please write the name of the relay event on the card as well as the event number. Writing either the meet location or the date on the card helps immensely when compiling records and top ten.

T H I S I S I T !!!

THE (un) OFFICIAL NOTICE OF THE 3rd ANNUAL SOUTH KITSAP MASTERS LONG COURSE (of course) SWIM MEET, JUNE 23-24, 1984. THIS WILL BE THE MEET OF THE YEAR!!! MORE FUN, MORE PRIZES, MORE SUNSHINE (I hope) THAN EVER BEFORE. WE WILL BE GIVING AWAY FIVE DOOR PRIZES OF GREAT VALUE, WELL MAYBE OF A LITTLE VALUE, WOULD YOU BELIEVE----- . DON'T YOU DARE MISS THIS ONE!

P.S. PLEASE SIGN UP NOW FOR YOUR "FREE" ENTRY FORM.

INSTRUCTIONS FOR FILLING OUT TIME CARDS FOR ALL MEETS:

All swimmers are asked to pick up time cards from their team representative or a board member, fill them out completely and accurately as illustrated below, and send them in with the entry form. Use one card for each event you enter.

EVENT NUMBER 4 Best Time :35.2 ← 1. ENTER EVENT NUMBER & BEST TIME

EVENT 50 Breast ← 2. EVENT NAME

MEET KENT DATE 2/11 ← 3. ENTER MEET NAME & DATE

FULL NAME(S)	AGE(S)
1. <u>KATHRINE CRANDELL</u>	<u>35</u>
2.	
3.	
4.	

← 4. PRINT YOUR NAME & YOUR AGE. USE THE SAME NAME WITH WHICH YOU REGISTERED. PRINT LEGIBLY!!

CLUB/ASSOC: Ft. Steil. ← 5. PRINT CLUB NAME

AGE GROUP: 20-24 25-29 30-34 ← 6. CIRCLE YOUR AGE GROUP. IF OVER 79 WRITE IN YOUR AGE GROUP.

35-39 40-44 45-49 50-54 55-59

60-64 65-69 70-74 75-79 _____

RELAYS ONLY

20 & Up	25 & Up	35 & Up
45 & Up	55 & Up	_____
MEN	WOMEN	COED

HEAT	Timers Initials	Time		Tenths/Hundredth
		Minutes	Seconds	
LANE				
OFFICIAL TIME			FINAL PLACE	

DO NOT FILL OUT ANYTHING BELOW THIS LINE

***FOR NON-MEMBERS ONLY!**

SUBSCRIPTION FORM FOR WET SET NEWSLETTER

DATE..... MAKE \$6.00 CHECK PAYABLE TO:
 ADDRESS..... PNA MASTERS SWIMMERS AND SEND
 TO:
 Norma Ingraham
 5909 Reid Dr. N.W.
 Gig Harbor, Wa. 98335
 ZIP CODE.....

*Registered members receive the newsletter for one year upon receipt of their registration and do not have to subscribe.

DECK PROFILES

This "Deck Profiles" will be about the people from the associations which participated in the 1984 Region XII Championship meet May 4-6. Susan Allen aptly summed up Master swimmers as, "People who are willing to push their horizons." I shall highlight some of those people.

John S. Robinson, from the Pacific Northwest Association, swam the 200 Free for the first time in competition at Regionals. John intends to enter the 200 Free for the second time at short course Nationals in Industry Hills, California. Swimming the 200 Free for the first time is ordinarily not unique. However, in John's case it is an inspiration. Last October, John had a hernia operation which was complicated by bronchial-asthma. At that time, his doctor recommended swimming. Rather than making excuses, as many people would have under the same circumstances, John plunged into the water. At age 80, he began swimming five days a week. As John testifies, "I can say without any argument swimming is the healthiest thing and best thing that ever happened to me."

Roy Abramowitz, from the Oregon Association, was swimming his last meet in the 25-29 age group. It was also his last opportunity at a two year goal. The 1975 Region XII 200 Fly record had been alluding him. Because it was a tough record Roy had set a goal for himself to break it.

As I watched the start of the 200 Fly, I felt whether Roy broke the record was not nearly so important as the fact he had been "willing to push his horizons". Roy's friends were at poolside to cheer him on at each lap. The look of determination remained etched on Roy's face despite the grueling toll of each lap. At the final touch, the electronic board read 1:58.28 -- the record had been 1:58.30.

Richard Cooke, President of the Snake River Association, was in attendance at Regionals, along with teammates from the Sawtooth Masters of Boise. The Snake River Association has 33 members, of which 20 are from Boise. The remaining members are spread out over a 200 mile area. Due to their numbers and the distance separating them, they are only able to attend a few meets a year, with Regionals being a highlight for their season.

A great majority of the swimmers in the Snake River Association have no competitive background other than Masters, and entered swimming because back or knee problems prohibited participation in other sports. Cliff Rigsbee, of the Sawtooth Masters, is one of the few swimmers with former competition experience. He enjoys the fitness he has gained from swimming, but enjoys even more his workouts and the chance it gives him to be with fellow swimmers. Workouts are so popular in Boise, that when Richard Cooke broke his wrist last October he swam with a plastic cast. The Boise swimmers were unanimous in their view meets were great to attend, but it was the workouts which were number one for enjoyment, and what motivated them to keep swimming. They have truly pushed their horizons, to love a sport so much, that daily workouts become a source of great enjoyment. All I can say is, keep up the fine example you are to us all Snake River Association. And the rest of you out there have fun and keep pushing your horizons.

Cathy Brooks