



the OFFICIAL PNA
MASTERS
NEWSLETTER

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Vol. 3 No. 8

AUGUST 10, 1984

Schedule • Calendar

Aug. 23-26 LC Natls. Raleigh, NC
Sep. 15 Olympic H.S. Pentathlon
Sep. 29 1st Inter-Oceana Zone Meet
Walnut Creek, Ca. (northern)
Oct. 20-21 Totem Lake/Juanita HS
Nov. 17-18 Bangor
Dec. 8-9 Husky Foster or Mt. Rainier
Jan. 12-13 B.E.S.T

Jan. 26-27 Port Angeles
Feb. 9-10 Kent/Tahoma
Mar. 9-10 Cascade
Mar. 29-31 So. Kitsap (PNA Champs)
May Sumner/UPS (25 meter meet)
1985 NATIONALS
May 9-12 SC Brown Deer, Wis.
Aug. 17-20 LC Providence, R.I.

BOARD MEETING AUGUST 14th, 7:30 PM AT KIKO'S (ADDRESS ABOVE)

EDITOR'S CORNER...

WE NEED HELP!!

There are over 600 swimmers in the PNA. The 7-11 people who consistently show up at the BOARD MEETING cannot DO IT ALL! Please come and help run the PNA at the next Board Meeting. Everyone welcome!RICK

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COACHES' CORNER

As per Federal Law #1650 FR - 400 IM, requiring every Masters Swimmer Newsletter to include a Coach's Corner Article, we the PNA were forced to comply or be fined up to but not to exceed 20,000 Meters a day of underwater backstroke and a prison term of up to but not to exceed quarding 10 Rec. Swims per day for one year with a minimum of 40,000 screaming kids. Fines and prison term to be carried out by our beloved president Kiko.

Speaking of Kiko.....she is looking for Mr. Right, or Mr. Smith or Mr. Jones or.....Their qualifications must be Born Again Christian, Like Swimming, Age 28-32, Male, Tall, well...Dark, well...and Handsome, ok.....!

Guess I'm getting off the track. Back to Coaches Corner. Being the World Famous South Kitsap Masters Swimming Coach, I was asked to write a little something for the Wet Set. (We tried to hire Mark Spitz for our coach but he wouldn't come down to our \$40,000 per year coaching salary, so I got stuck doing it.) We coaches are always in demand. Guest appearances on Johnny Carson, (Or was it Star Search?) five or six major Newspaper Interviews a week, papers like the Port Orchard Independent, Gig Harbor Gateway etc., etc. Barbara and Hugh both wanted to interview me but I told them I had to write a workout. (It works every time.) They were stuck with Joe Bottom.

Well, I'm out of time. Lots to do. I have to lay in the sun and get a tan so I won't burn when I go to the So. Pacific. Now you know what almost all, well some, would you believe.....Master Coaches go through. It's a pretty rough job, but somebody has to do it!

Rick Ingraham

Asst. Coach So. Kitsap Masters

P.S: NEXT MONTH.....A serious article by Joanne Brislin.

CHANGE OF ADDRESS FORM

NAME.....

OLD ADDRESS:

NEW ADDRESS:

.....

.....

ZIP.....

ZIP.....

SEND TO: Jane & Hugh Moore
29920 - 2nd Pl. S.W.
Federal Way, Wa. 98003
(206-941-3100)

PNA Board Meeting
July 24, 1984

The meeting was called to order at 7:40 pm at Debbie Lewis' house by President Kiko Kimura. Those in attendance were: Leif Johnson, Jeff Pence, Dave Addleman, Julie Corman, Susan Allen, Walt Reid, Rick Ingraham, Kiko Kimura, Jan Twight, Hugh Moore, Dean and Carolyn Behse and Debbie Lewis.

The President dispensed with the reading of the minutes.

Treasurer Report: \$4,944.56 currently in the Treasury. This includes 2 Long Course meets and awards from the South Kitsap meet. Chaya Amiad has resigned as treasurer. Julie Corman and Hop Bailey will take over until April. Bill Castner will provide assistance.

Convention: PNA can send 2 voting delegates plus 1 vote for the committee chair position held by Jane Moore. An announcement was included in the newsletter seeking bids from people who want to attend the convention. The Board received 2 bids. Eleven votes were cast at the meeting and 2 delegates were selected by unanimous vote. \$1,775.36 was spent on the convention last year (1983). A motion was made and passed unanimously for the PNA to pay registration, transfer from the airport, hotel and airfare up to a limit of \$2,000 to be divided equally among the 3 delegates to the convention. This also may include Dean Behse's contribution of a 1/2 price plane ticket. A motion was made and passed to send \$100 to the Zone Rep for convention expenses. The vote was 10 to 1.

Meets: Jeff Pence will host the September fun meet at Olympic High School. The meet be a pentathlon with fun events mixed in. There will be 5 serious events (all 50's and a 100 IM) and 4 fun events.

Entry Fees: Hugh Moore reported:

June 83 - May 84 \$21,235.86 in receipts

June 83 - May 84 \$21,721.60 in expenditures

The newsletter cost is \$7.50 per person a year for 600 members. The receipts will continue to go up as membership grows. Debated at some length was the question of should meet fees be raised? A motion was made to raise fees to \$4.00 this year and tentatively raise fees 50¢ during each of the next 2 years if necessary to pay for capital expenditures. The motion failed 2-11. A motion was made and passed to raise meet fees to \$5.00 per meet for regular meets. The vote was 12-1.

1984-85 Schedule: A vote was taken to decide on the location for the 1985 PNA championship meet. South Kitsap was awarded the meet. The vote was as follows: Kent at Tahoma --0, ORCA at Hazen --3, Cascade at Helene Madison --1, South Kitsap --6, Anacortes --0, Foster --0. South Kitsap will take care of the banquet. A motion was made to add 3 extra meets to the 1984-85 schedule. Passed 8-2. A motion was made and passed to consider discussing only meets where there are disagreements from the Meet Committee. A motion was made and passed to award the January 12-13 meet to BEST and January 26-27 meet to Port Angeles. A motion was made and passed to award the February 9-10 meet to Kent and the May meet to Sumner at UPS (possibly). A motion was made and passed to award the March meet to Cascade.

September 29-30 meet: Olympia, Issaquah and Anacortes are teams all in contention. Leif will call the teams in this order to see if one will host the meet. The 1984-85 meet schedule is as follows:

September 15-16	Olympic High School
September 29-30	?????????
October 20-21	Totem Lake/Juanita High School
November 17-18	Bangor
December 8-9	Husky/Foster or Mt. Rainier
January 12-13	BEST
January 26-27	Port Angeles
February 9-10	Kent/Tahoma
March 9-10	Cascade
March 29,30, 31	South Kitsap (PNA Champs)
May	Sumner/UPS (25 meter meet)

The meeting was adjourned at 9:30 p.m.
 The next board meeting will be August 14 at Kiko Kimura's house.

Debra L. Lewis

UNITED STATES MASTERS SWIMMING, INC. REGISTRATION APPLICATION - 1985 THANK YOU

"FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS"

PLEASE PRINT OR TYPE INFORMATION

<input type="text"/>	<input type="text"/>	<input type="text"/>			
Last Name		First Name		Initial	OFFICE USE ONLY
<input type="text"/>					<input type="text"/>
Street Address					Area
<input type="text"/>					Telephone No.
<input type="text"/>					<input type="text"/>
City		State	Zip Code	Date of Birth	Age
<input type="text"/>		<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
Name of Club You Represent			Date of Application		
<input type="text"/>			<input type="text"/>		



I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters Swim Committee

MAIL TO ►

PNA Masters Swimmers
 Member Chairpersons
 Hugh & Jane Moore
 29920 - 2nd Pl. S.W.
 Federal Way, Wa. 98003
 (206) 941-3100

USMS fee	\$ 3.25
L M S C fee	\$ 8.75
TOTAL FEE	\$ 12.00

Seniors 65+ \$ 9.00

X _____
 APPLICANT'S SIGNATURE

MAKE CHECK PAYABLE TO PNA MASTERS SWIMMERS

FORM 3-84

Please encl. stamped self-addressed envelope!

SUMNER TRITON TRIATHLON

Unsponsored by PNA

October 6, Saturday morning, 7:59 A.M. One minute to starting time. Competitors don goggles at the pool's edge. The starter raises his gun as he asks his timers to check their stopwatches. Out on the roads, amateur radio operators are patrolling the cycle course, and run course volunteers are setting up checkpoints. As they anticipate the burst of the starting gun, triathletes, spectators and event workers fall silent.

Whether you're a veteran triathlete, or are attempting a triathlon for the first time, there's nothing quite like it. The fifth annual SUMNER TRITON TRIATHLON: This one's for you.

To earn an STT award certificate, you must successfully complete three back-to-back endurance events, which include swimming 1000 yards, cycling 27.1 miles and running 10 kilometers.

The swim segment is held in a 25-yard heated pool. For those who've avoided the typical triathlon because of swims through frigid Northwest waters, this is your event. The bicycle and run segments take place on country roads through the scenic Green River and Puyallup valleys and the foothills beyond.

The sponsors of STT have traditionally been as excited about the event as the participants. Experienced, enthusiastic volunteers man checkpoints, run com-stations, patrol the roads, hand out water, and help with the computerized timing.

We know that in order to go the distance, triathlon competitors have already invested hours of training and sweat before they start the event. We'll be waiting to cheer you across the finish line, because we know what it means.

When John Howard, 1981 Hawaiian Ironman Champion, was asked what he gets out of it all, he said...."Satisfaction. There's not much else than that." And we agree. We'd be proud to have you join us for one of the premier triathlon events in the Northwest. This one's for you!

S U M M E R T R I T O N T R I A T H L O N

GENERAL INFORMATION

INVITATION We, The Summer Tritons, would be proud to have triathletes throughout the PNA join us for our 5th annual Summer Triton Triathlon.

UNSANCTIONED By the PNA Masters.

EVENTS Swim-1000 yards, Cycle-27.1 miles, Run-10 Kilo-meters.

DATE Saturday, October 6, 1984

TIME Event starting time for the first heat is 8:00 A.M. Five of the heats will follow on 30 minute start intervals. Please note that each contestant will be asked to attend an important pre-event meeting. Information concerning assigned heats and pre-event meetings will be included in a letter which will be mailed 1 1/2 weeks before the event to all registered contestants. Please keep these forms and maps for future use.

COURSE It is recommended that each contestant become familiar with the specific course segments before the day of the event. Maps of the cycle/run routes will be included with your letter of acceptance.

AWARDS Each contestant will receive a Summer Triton Triathlon 1984 (S.T.T. '84) T-shirt and personal certificate of participation.

ELIGIBILITY S.T.T. '84 is open to any person who is at least 15 years of age on or before October 6, 1984. The additional Statement of Release must be signed by the parent or legal guardian of any contestant under 18 years of age.

PHYSICAL CONDITION It is essential that each contestant have an appropriate level of general health and have an established aerobic background in each of the three event segments.

ENTRY LIMIT/DEADLINE S.T.T. '84 will be limited to the first 144 COMPLETED entries which are received by or before September 1, 1984. All persons will be notified concerning their registration status. Payment will be returned promptly to all persons who do not make the 144 person entry limit.

REGISTRATION Please complete the attached registration form and mail it with the \$20.00 registration fee and a self-addressed, stamped envelope to:
Summer Triton Triathlon 1984
P. O. Box 356
Sumner, WA 98390

Checks should be payable to "Summer Tritons". Because of the scheduling difficulties associated with this event, full refunds for cancellations made after the deadline date of September 1, 1984, cannot be made.

CANCELLATIONS If it becomes necessary for you to withdraw from the event, please contact us immediately so an alternate can be notified of the available opening. Contestants may not transfer their entry to another individual. Your cooperation will be appreciated.

JUDGING All decisions made by the S.T.T. '84 Planning committee, the S.T.T. '84 Referee, or the Event Judge of each event segment will be considered final.

CHECK POINTS Check points will be used on both the cycle and run routes. Each contestant will be required to wear an assigned chest number so that it is clearly visible as the contestant approaches each check point.

EQUIPMENT Each contestant will be responsible for supplying all necessary equipment and for securing that equipment from theft. BICYCLE HELMETS ARE REQUIRED.

SUPPORT CREWS Support crews will not be permitted during any of the three event segments. Contestants may, however, use one designated assistant during the transitions between segments (swim to cycle, cycle to run) if desired. This assistant must remain in the enclosed transition area, which will be located adjacent to the pool, when aiding a contestant. Several water stations have been planned for both the cycle and run segments.

TRANSITION/SECURITY AREA There will be two major spectator areas located at or near the pool. The first will be the bleacher area on the pool deck, which will allow excellent viewing of the swim segment. The second spectator area will be outside overlooking the start/finish and transition/security areas. Seating and cover from the weather will be limited outside, so it is suggested that spectators consider bringing their own lawn chairs.

COURSE CHANGES The Summer Triton Triathlon 1984 Planning Committee reserves the right to make necessary course changes. Any necessary changes will be described in detail at the meetings on the day of the event.

SPECTATORS Before and during the event a large area adjacent to the pool building will be closed to all persons except contestants, assistants and event officials. Because of the special safety and security factors associated with a triathlon event, this area must be kept clear of all unauthorized persons. The cooperation of everyone concerning this matter will be appreciated.

POOL LOCATION Summer Pool is located behind the Summer High School Gym on Main Street in Sumner, just east of the downtown area.

QUESTIONS ????, If you have any additional questions concerning S.T.T. '84, please direct them to:

Summer Triton Triathlon
P. O. Box 356
Sumner, WA 98390
(Please include a stamped, self-addressed envelope.)
or call: John Gillespie (206) 863-2751.

FOR OFFICIAL USE ONLY

Number:

Date Received:

Payment:

SUMNER TRITON TRIATHLON 1984
REGISTRATION

Name _____ Male _____ Female _____
Address _____ Phone() _____
City _____ State _____ ZIP _____
Age (on race day) _____ T-shirt size: S M L XL

SEEDING INFORMATION

IMPORTANT: The following information must be accurate. Please use column A to estimate realistically what you think your time for each event segment will be the day of S.T.T. 1984. Then, use column B behind each event segment to list any other recent/accurate performances which you may have in a specific event (example; 500 or 1650 yard swim times, 10 or 25 mile cycle-time trial times, 5 or 10 kilometer run times, etc.). Obviously the most important of these is the 1000 yard swim time. If you are unsure, swim a 1000 yard time trial - WE WILL NEED AN ACCURATE, REALISTIC TIME.

Column A	Column B
1000 Yard Swim _____	_____
27.1 Mile Cycle _____	_____
10 Kilometer Run _____	_____
Est. Final Time _____	_____

If you competed, what were your times in:

S.T.T. 1983 _____ Other Triathlon Events _____

DECLARATION-STATEMENT OF RELEASE

In consideration of the acceptance of my entry for participation in the Sumner Triton Triathlon 1984 athletic event I hereby from myself, my heirs, successors and assigns, waive, release and forever discharge any and all rights and claims for injury or damage which I may have now or in the future against the Sumner Tritons or its respective members, officers, agents, or assigns, from all liability, any and all losses, damages, and injuries which may be sustained and suffered by me in connection with my entry in, travelling to, participating in and returning from said athletic event.

I hereby assume full responsibility for and risk of all injury, death or property damage to me due to any cause while competing in the Sumner Triton Triathlon 1984.

I further release all officials and professional personnel from any claim whatsoever on account of first aid, treatment or service rendered me during my participation in the Sumner Triton Triathlon 1984. Furthermore, if my participation in the Sumner Triton Triathlon 1984 athletic event causes injury or damage to a third party, then I agree to indemnify the Sumner Tritons, or its respective members, officers, agents, or assigns from any and all judgments, settlements, costs, and attorney's fees incurred by the Sumner Tritons or its respective members, officers, agents or assigns, resulting for any and all claims for injury or damage arising out of my participation in the said athletic event.

I expressly agree that this release, waiver, and indemnity agreement is intended to be as broad and inclusive as permitted by the laws of the State of Washington and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect. I have read the general information forms and understand the established policies of Sumner Triton Triathlon 1984.

Signed _____ Date _____
(by entrant)

If said entrant is under 18 years of age, the signature of said minor's parent or legal guardian is required for the above Statement of Release.

Signed _____ Date _____
(parent or legal guardian of above entrant)

This is to certify that the above minor, of whom I am his/her parent or legal guardian, has my permission to compete in the Sumner Triton Triathlon 1984, Saturday, October 6, 1984. He/she has trained for this meet and is in good physical condition.

Signed _____ Date _____
(parent or legal guardian of above entrant)

Please remember to include the following with your entry:

- _____ All necessary signatures
- _____ \$20.00 Entry fee
- _____ Self-addressed, stamped envelope
- _____ Accurate 1000 yard swim time
- _____ T-shirt size

"DECK PROFILES"

"How to Keep Fit while Having Fun" cont.

Last month I began this article on coaching techniques and training by discussing the Lone Star Masters (LSM) workouts. This month I will describe the Davis Aquatic Masters (DAM) program, what I am using for the TIGERS and some thoughts into how keeping fit can be fun.

The Head Coach of Davis Aquatic Masters, Ross Yancher, has adapted his age group experience for his Masters swimmers. Ross uses interval training but groups people in each workout by ability levels with 3-4 per lane. Because of the large number of DAM swimmers, there are about twenty different levels covering a wide range of abilities. His program runs the spectrum, with the top level being able to do the same intervals as the very best age group swimmers in Davis.

The key to Ross's coaching success is his flexibility. Ross stated, "The worst thing you can do is to exclude people." His swimmers range in age from the early 20's to over 65. I can attest to Ross's excellent coaching abilities from my own experience working out with the Davis team. Not only was I quickly and efficiently placed in a lane of my ability level but I always had fun at workouts and felt exhilarated and refreshed after every one.

Last year I was able to train with DAM for two weeks in April and this year I swam with them for the week before Nationals. While at Davis, I was able to observe workouts, as well as participate in them. I saw people doing what I consider pretty incredible yardage for adults on a daily basis, and being refreshed after workout. People were not dragging out of the pool and then dragging to the pool the next day. They always looked fresh and ready to go. The workouts would consist of stroke drills, kicking or pulling and 1/2 to 2/3 of the main sets being IM or strokes other than freestyle. In nontaper workouts I was averaging 3,000 yards in an hour. The highest level swimmers in DAM can do 4,000 yards in an hour and 6,000 yards in an hour and a half. These were not just nonstop freestyle workouts.

The truly fit swimmers, like those in Ross's program can do daily workouts, while keeping their pulse within a proper training range, i.e., be comfortably stressed and feel refreshed after a workout. The basic key for the TIGER team is a program in which varying levels of stress are used to obtain maximum training benefit and avoid overtraining. In order for my swimmers to determine whether they are overtraining, I taught them to monitor their pulse. The pulse training ranges are based on a sliding scale according to age. For example, for age 20 we use 150-170; age 50, 128-145; and age 90, 98-111. My swimmers take their pulses during their sets to learn how stressed they are. The sets I give my swimmers cover the four phases of training any swimmer needs, ranging from light to intense stress, to obtain optimal aerobic and anerobic benefit. Because they used the pulse check and paid attention to how hard they were working at the beginning of the season, they only need an occasional pulse check now.

Using myself as an example, for the 30+ age group the training range for midseason is between 144-152. Prior to my using this training program, my pulse was never below 180 and averaged 200 at workouts. I am presently doing more challenging intervals than before and faster times ever in workouts. Yet my pulse stays constantly in the 144-152 range and I continually feel refreshed after workouts.

If a swimmer experiences symptoms such as continually feeling tired, having trouble sleeping, experiencing more colds or injuries than other swimmers, feeling excessively stressed in workout, or not feeling refreshed after workout, or suffering from sore shoulders, arms, or knees, it is almost certain they are overtraining. But just to be sure, a person can do a pulse check to confirm it. Just check your pulse two or three times during the main set of your workout for a week. Either count your pulse for six seconds and multiply by 10 or for 15 seconds and multiply by 4. If your pulse is consistently reaching the outer range for your age group or higher, you are probably overtraining.

Although the Lone Star Masters use pulse sets occasionally to gauge how hard they are working and to guard against overtraining, the primary measure used at LSM to prevent overtraining is for the coaches to be knowledgeable about their swimmers' ability levels and obtain constant feedback from the swimmers on how they feel. The Lone Star swimmers are taught to watch for the signals of overtraining, e.g., shoulders hurt, and sore knees.

At LSM, DAM and TIGERS good stroke mechanics are stressed. Swimmers are taught the correct stroke technique and given drills to improve their strokes. DAM swimmers were still doing stroke drills the week before Nationals and concentrating on good turns.

When I asked the coaches to sum up their programs, Tom's response was that the Lone Star Masters stress fitness swimming. Ross and Lynda agreed that their swimmers motivate them with their enthusiasm towards their workouts. Lynda summed up the Davis program by saying the daily practice sessions were an hour to be used as a release from active schedules at the University or their jobs. "They come to the workout to let loose and be themselves for that hour", Lynda concluded.

Since Ross coaches the largest Masters team in the world and has some of the best Master swimmers on his team, I was curious to know what he thought was the highlight of his coaching career. Ross's response is probably the key to why he is one of the very best Master coaches in the Nation. He said, "Everyday in winter for three months out of the year, when the temperature is 40 degrees, and the wind is blowing at 25 m.p.h. (all the pools are outdoors in Davis), 10 to 15 people over 65 years old come to swim. That is the highlight of my experience in Davis. Everytime that gets me excited and keeps me motivated. That's beyond having some outstanding swimmers."

I was curious why the LSM team seemed to be having so much fun at Nationals and was so supportive of each others, so I asked Tom the reason. He attributed the enthusiastic attitude of his swimmers to the particular group of people who form the team. The tone of the team is set by the swimmer's attitude toward swimming. At Lone Star, both the swimmers and the coaching staff are very positive. The swimmers workout because they want to and have fun doing it.

I concluded my interviews by asking each coach to give a special message for all the swimmers in PNA. Here are their responses:

Lynda and Ross both said to tell you the new team motto, which has been put on the pace clock at their pool: "Defense of the homeland begins with adult fitness." Ross said this makes the liberals laugh and the conservatives feel like they are doing something for their country. Ross added, "Whenever you think of it, do something or say something that will make someone want to take part in swimming." The message from Lone Star came from Head Coach, Jim Montgomery. He said, "To have fun. Try new things each year, keep swimming. The main thing is to have fun and keep fit."

Forest has always told me to have as much fun at meets as I do in workouts. At Nationals I decided to spread the word about having fun. While Kiko and I were waiting to swim our respective heats of the 400 IM, I decided not to say my usual, "good luck", but instead told Kiko to "have fun". She listened to my advice and credited one of her best 400 IM swims ever to the fact that during the race she thought of having fun. Having fun does work, just ask Kiko.

Training can be fun if you maintain only comfortable stress during workouts and don't overtrain. I hope I have been able to give some tips on training and how anyone can have fun in workout. I know I am having fun under this program and hope everyone else will too.

Cathy Brooks

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.

KC83

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.....
ADDRESS.....
.....
ZIP CODE.....

MAKE \$6.00 CHECK PAYABLE TO:
PNA MASTERS SWIMMERS AND SEND TO:

Jane & Hugh Moore
29920 - 2nd Pl. S.W.
Federal Way, Wa. 98003
(206) 941-3100

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

UPCOMING CHANGES IN MASTERS SWIMMING (NATIONWIDE)

- (1) REGISTRATION YEAR - the 1985 registration year begins November 1, 1984 rather than January 1, 1985 to coincide with the beginning of the short course season. In the past you have applied for your new card halfway through the short course season. In the past you could begin applying for your new card November 1. This year you may apply for your 1985 card beginning August 1, 1984. All new swimmers who apply after August 1 will receive a 1985 USMS card. The 1985 registration year will end October 31, 1985. All current members must apply for their 1985 registration before they swim any Masters' meets in November or December of 1984. (That's right your 1984 registration is only good through October 31, 1984. It becomes invalid on November 1, 1984.)
- (2) 20-24 CAN SWIM NATIONALS IN '86'! The 20-24 age group will be added to National Masters Competition in 1986. Due to the additional age group, relay age groups will also change in 1986 to 20-29, 30-39, 40-49, etc. That means we will start over with brand new relay records in 1986.
- (3) Earl Walter from Oregon is in charge of compiling National Championship Meet records. Championship Meet records had not been kept before this year.
- (4) Bert Petersen from Oregon is in charge of compiling the Top 20 in the Nation for relays. In the past relays have been listed as Top 10. Beginning this year they will be listed to Top 20 in the Nation. This is for relays only. Individuals will still be listed as TOP 10.

TEAMWEAR

PNA PARKAS WITH HOOD FROM DU WEST. ROYAL BLUE NYLON SHELL WITH RED PILE LINING. RED BLOCK LETTERING ACROSS BACK: PNA MASTERS.

COST: \$80.00 SIX TO EIGHT WEEK DELIVERY

AVAILABLE IN: X-SM, SM, MED, LG, EX LG.

please include check with order made payable to: DU WEST

NAME:	_____	ORDER
ADDRESS:	_____	YOUR
PHONE:	_____	PARKA
SIZE:	_____	NOW !

I will be sending in an order every 3 months. The next order will be going in August 20th. Please send the order blanks to:

Kiko Kimura
4755 Sandpoint Way N.E.
Seattle, Wa. 98105

Dear Fellow PNA Masters and Friends,

Wow! It is hard to believe that the summer season is almost over! The time sure flies when you're having fun....seems like just yesterday we were at the Industry Hills Nationals where it was fun in the SUN! Now we've got a group ready to go to Mt. Hood for Long Course Regionals and a few from our PNA bunch are set to go to Long Course Nationals in Raleigh, North Carolina. BEST BLESSINGS TO YOU ALL - REPRESENT THE PNA WELL!!!

This past year has truly been one of fun, fitness and fellowship. I want to thank you all for the love and support each of you have given to PNA MASTERS. It's the extra little things added together that make this organization the success it is. Thanks for your time, your energies, your participation, your encouragement and enthusiasm. I've always maintained that the quality of an organization can only be as good as its membership. EACH one of you has contributed to making PNA MASTERS a first class organization. As we begin a new registration year soon, I hope that you will consider re-joining PNA MASTERS. I encourage you to reflect back on the past year and evaluate why you swim...for the fun? For the fitness? For the fellowship? And if you find that Masters Swimming has been beneficial for you, I hope that this next year you'll encourage a friend or spouse to join PNA and enjoy those benefits too! As I've said before, YOU are our best advertisement/promotion!

Our 1984-85 Short Course season proves to be a super one! We've added a few more meets and the first meet will be an exciting time at Olympic High School in Bremerton! The format is slightly different - 50 yards of each stroke and a 100 I.M. plus some "fun relays and other events". You don't have to enter all 5 regular events to participate. Feel free to come and just do the fun stuff! I'm really looking forward to this one! Don't ever say PNA Masters doesn't have FUN! See you there!

love,

Kiko

DAVE FIELDS	2:04.49
65 YRS.	

JIM PENFIELD	
KARL FREDERICK	
FRANCIS JOWETT	
GENE CROSSETT	2:48.98

RELAY-MIXED 200 M. MEDLEY	
=====	
20 YRS.	

BECKY CALLIES	
BERNIE KOWALEWSKI	
DONNY DALY	
GEORGE BRANNER	2:45.73
25 YRS.	

MARY BELANICH	
JANINE GRAVES	
LAURA REHRMANN	
POLLY BEARD	3:28.62
45 YRS.	

LOWELL JOHNSON	
DONNA PHELAN	
DAVID ADDLEMAN	
JUANITA CORREA	2:22.31
=====	
RELAY-MEN 200 M. MEDLEY	
=====	
25 YRS.	

BRUCE LURIE	
RALPH MOORE	
FRED LEATHERMAN	
MICHAEL SEIDL	2:58.54
=====	
RELAY-WOMEN 200 M. MEDLEY	
=====	
20 YRS	

JULIE CORMAN	
MEG LLOYD	
JUDY WESTON	
KIKI KIMURA	2:23.30
JULIE BACON	
KIM VERDE	
JANIS THOMPSON	
JODY LIDDICOAT	2:45.67
25 YRS.	

MARLENE HOLMES
KATHY CRANDELL
SUSAN ALLEN
NANCY JONES

3:15.12

SWIM MEET ENTRY FORM, MASTERS SWIM MEET

USMS & PNA MASTERS SANCTIONED 25 YARD SHORT COURSE POOL

DATE: Sat. September 15, 1984
 PLACE: Olympic High School Pool
 HOSTED: BY: Olympic Aquatic Club
 ENTRY DEADLINE: September 8, 1984

WARMUP 9:00am, MEET 10:00am
 MEET DIRECTOR: Geoff Pentz
 8605 148th N.W.
 Gig Harbor, Wa. 98335
ENTRY MUST BE IN GEOFF'S HANDS SEP. 8

DIRECTIONS TO: Olympic High School Pool

From Tacoma take Bremerton exit to Hwy 16 to Silverdale. Take the first Silverdale exit and turn Right. Turn Right again at 1st blinking light onto Bucklin. Go up and over hill, turn Right on Nels Nelson Rd. Stay on Nels Nelson Rd. until you see Olympic HS sign.

From Pt. Angeles take Clear Creek exit through the first light in Silverdale. Turn Left at second light and follow above directions from Bucklin.

From Bremerton Ferry take first Right off ferry and go straight. Don't go over bridge! Angle Left, go through three lights to Warren Ave. Turn Right on Warren, across Warren Ave. Bridge approx two miles and turn Left on Fairground Rd. Go through 2 stops to next major intersection and turn Left on Stampede and watch for Olympic HS sign. First drive on Right.

NAME _____ M or F BIRTHDATE _____ AGE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

TELEPHONE _____ USMS # _____ TEAM _____ OR UNATTACHED _____

AGE GROUP: (circle one) 20-24 25-29 30-34 35-39 40-44 45-49 50-54
 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90+

No event limit. Circle the events you wish to enter and fill in the best time or an estimated time. Meet seeded slow heat first. Five main events may be swum as a pentathlon or as individual events. No times necessary on fun events.

	<u>EVENTS</u>	<u>BEST TIME</u>		<u>BEST TIME</u>
1	50 Butterfly	_____	6	FUN EVENT _____
2	FUN EVENT	_____	7	50 Breaststroke _____
3	50 Backstroke	_____	8	FUN EVENT _____
4	FUN EVENT	_____	9	50 Freestyle _____
5	100 I.M.	_____	10	FUN EVENT _____

ENTRY FEE: Surcharge per swimmer \$5.00 Amount enclosed \$5.00
 Payable to PNA MASTERS SWIMMERS

Awards may be purchased at the meet for the places earned after each event is posted and the awards table has received those results. Awards are \$1.50 each. Senior Citizens - first award free, \$1.50 for additional awards.

SEND ENTRY & PAYMENT TO: Geoff Pentz
 (Checks payable to PNA MASTERS SWIMMERS) 8605 148th N.W.
 Gig Harbor, Wa. 98335

ELIGIBILITY: Open to all USMS (United States Masters Swimming, Inc.) registered swimmers, 20 years of age or older, as of first day of the meet.

RULES: Current USMS (United States Masters Swimming, Inc.) rules will govern.

STATEMENT OF RELEASE

In consideration of your accepting this entry, I for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the Olympic High School Pool, Olympic Aquatic Club, PNA Masters Swimmers and any other sponsors, for all claims of damages, demands, action whatsoever in any manner as a result of my participation in said PNA Masters swim meet. I attest and verify that I am physically fit and have sufficiently trained for the swimming of these events.

SIGNED _____