



the OFFICIAL PNA MASTERS NEWSLETTER

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NEWSLETTER DEADLINE IS
FIRST DAY OF EVERY MONTH

Vol. 4

No. 10

OCTOBER 10, 1985

Schedule • Calendar

Oct. 19 25 Meter, UPS Tacoma, Order #1
Nov. 2 PNA Party Kent
Nov. 16-17 North Kitsap, Order #2
Nov. 19 Bd. Meetg. Debbie Lewis' 7PM
Dec. 13-14 Husky, Order #3
Dec. 17 Bd. Meetg., Moore's 7PM
Jan. 10-12* Issaquah, Pentathlon

Feb. 7-8* Kent, Order #4
Mar. 14-16* Cascade " #1
Apr. 4-6 PNA CHAMPS, Totem Lake
*exact days not yet established
1986 NATIONALS
May 15-18 SC Fort Pierce, Florida
Aug. 21-24 LC Mount Hood, Oregon
Jul. 11-16 WORLD MEET, Tokyo, Japan

BOARD MEETING: Oct 22, Moore's, 29920 2nd Pl. SW Federal Way, 941-3100, 7:00PM

EDITOR'S CORNER...

PNA HAS A RECORDED MESSAGE PHONE
NUMBER UNDER S.W. DEARBORN:
(206) 328-4424

ALL SWIMMERS MUST REREGISTER BEFORE
SWIMMING IN THE NOVEMBER MEET !!!

ROSES, ROSES TO ALL THOSE PEOPLE WHO PARTICIPATED IN THE LONG RANGE PLANNING
RETREAT ON OCTOBER 5.

PLEASE PLAN TO JOIN US AT FLAKEY JAKE'S ON SIXTH AVE. AFTER THE UPS MEET OCT.19

BOARD MEETING AGENDA DEADLINE IS THE 15TH OF EACH MONTH. SEND AGENDA ITEMS
TO HUGH MOORE.

BE SURE TO READ ABOUT THE NOV. 2 POT LUCK PARTY ON PAGE 10!

DON'T FORGET TO RE-REGISTER BEFORE THE NOVEMBER MEET !!

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Dear Master Swimmer,

With the new registration year upon us, everyone should be aware of changes in the registration form. Separate lines are offered for registration at Club level and Team level. Club registration applies to national level. To swim on relays at any meet or to score points collectively at national or international events, swimmers must all register on the same club. Swimmers not attached to a club, may not swim on relays at any meet. Currently the PNA is the only club registered in our area. However, if another club should want to register, they may. They should be aware that their members could only swim on relays comprised of members of their club. The new form allows you to check PNA or unattached, or to fill-in another Club which has registered nationally. Team registration is for the local level only. Our local teams are not recognized at the national level. Team registration is used primarily for determining team representation on the PNA Board of Managers. The new form allows you to enter your Team name or to check unattached. You may swim unattached at the team level, but still swim for the PNA club.

I'd like to remind everyone that your 1985 Membership expires on Oct. 31st. You must re-Register before the November meet if you want to swim. Also, the November Wet Set will be the last one mailed to members who have not renewed. Avoid the rush and renew now.

I remember looking at the calendar at the beginning of the summer, and noting that September and early October were going to be boring times since there wasn't a swim meet scheduled. Wrong! On four consecutive weekends, I went to the USMS convention in Phoenix, the PNA picnic at Green Lake, a coaches' clinic at University of Puget Sound, and the PNA Long Range Planning and policy meeting.

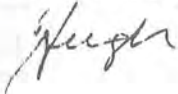
On September 11-15, I attended the United States Aquatic Sports convention, along with Kathy Crandell, Walt Reid, and my wife, Jane. USMS holds its annual meeting in conjunction with other aquatic sports during this convention. It was interesting to note the directions that Masters Swimming is taking in various sections of the United States. Each area has developed its own interests and has placed emphasis on different ideals. I think that the PNA has been fortunate in having developed participation oriented competition. Some areas seem to neglect the novice swimmer while others over-emphasize team competition. I feel that the PNA can offer a number of good examples for USMS and hope that the PNA continues to send delegates to the national convention. If you are interested in serving on a National Committee, please contact me.

Approximately twenty PNA swimmers attended each of the other three events: the picnic, coaches' clinic, and PNA Long Range Planning and Policy meeting. Those who attended the picnic on September 21st at Green Lake enjoyed the occasion. I realized that our motto is missing a very important F - Fun, Fitness, Friendship, and FOOD.

I was pleased to see so many Masters swimmers and coaches attending the coaches' clinic at the University of Puget Sound. It was an opportunity for everyone to gain knowledge on physiological aspects of training and stroke mechanics. I'm sure that everyone who attended appreciates Dick Hannula's invitation to Master's swimmers.

I would like to thank those who attended the PNA Long Range Planning and Policy meeting. I feel that we got a lot accomplished due to positive input from all who were present.

Remember - Swimming: A Lifelong Sport for a Long Life!



Following is an incomplete list of places to swim around the Puget Sound area. We would like to make this list as complete as possible. If you have any corrections or additions, please send them to Hugh.

Pools

Pool	Address	phone
Auburn	516 4th NE, Auburn	839-6168
Samena Club	15231 Lake Hills Blvd., Bellevue	746-1160
Newport Hills	5464 119th Ave. SE, Bellevue	746-9510
Bellevue Athletic Club	11200 SE 6th, Bellevue	455-1616
Bellevue	601 143rd NE, Bellevue	747-4245
Bellevue Racquets Club	NE Bellevue-Redmond Rd	747-4648
Olympic Swimming Pool	7070 Stampede Blvd., Bremerton	692-3192
Burien Swim Club	626 SW 154th, Burien	433-7900
Mt. Rainier	22722 19th Ave. S., Des Moines	824-1728
Enumclaw	420 Semanski S., Enumclaw	825-1188
Federal Way	30421 16th Ave. S, Federal Way	839-1000
Fife Community	5410 20th St. E, Fife	922-POOL
Issaquah	50 SE Clark, Issaquah	392-1650
Kent	25401 104th SE, Kent	854-3260
Tahoma	18230 SE 240th, Kent	432-1948
Juanita	10601 NE 132nd, Kirkland	828-3251
Mercer Island District Pool	8815 SE 40th	232-7370
Si View	41600 SE 122nd, North Bend	888-1447
Redmond	17535 NE 104th, Redmond	885-3600
Renton	16740 128th SE, Renton	226-9230
Hazen	1101 Hoquiam Ave. NE, Renton	235-2227
Sandpoint Naval Station	7500 Sandpoint Way, NE, Seattle	526-3531
Ballard	1471 NW 67th, Seattle	783-7176
Evans	7201 E. Green Lake Dr. N., Seattle	625-4258
Helene Madison	13401 Meridian N., Seattle	362-5344
Meadowbrook	10515 35th NE, Seattle	365-9933
Medgar Evers	500 23rd, Seattle	324-2560
Queen Anne	1920 1st W, Seattle	625-2282
Rainier Beach	8825 Rainier S., Seattle	723-5919
Southwest	2801 SW Thistle, Seattle	935-6006
Evergreen	606 SW 116th, Seattle	246-1610
Northshore	9815 NE 188th, Bothell	486-9177
Shoreline	19030 1st Ave. NE, Seattle	363-4845
South Central	4414 S 144th, Seattle	242-2287
YMCA	909 4th, Seattle	382-5010
YWCA	1118 5th, Seattle	447-4868
Aquatic Development Clinic	11009 1st S., Seattle	232-3474
Red Shield	9050 16th SW, Seattle	767-3150
Seattle Athletic Club	333 NE 97th, Seattle	522-9400
View Ridge Club	5815 NE 77th, Seattle	524-3500
Wedgwood	7727 28th NE, Seattle	523-8211
Ft. Steilacoom	9401 Farwest Dr. SW, Tacoma	964-6678
Tacoma Pierce Co. Family YMCA	1002 S. Pearl St., Tacoma	564-9622
Eastside Community Pool	35th & L, Tacoma	591-2042

ORGANIZED WORKOUTS & LAPSWIMS

- Auburn, 516 4th NE, Auburn 839-6168
 lap swim: M-F: 6:30 - 8:00 AM & noon - 1:00 PM
- Samena Club, 15231 Lake Hills Blvd., Bellevue 746-1160
 lap swim: M-F: 5:00 - 9:00 AM / Every Day: 9:00 - 10:00 PM
- Newport Hills, 5464 119th Ave. SE, Bellevue 746-9510
 workouts: M - F; 6:30 - 7:30 AM
 contact: John Underbrink 828-6733
- Bellevue, 601 143rd NE, Bellevue 747-4245
 lap swim: M-Sat.: noon - 1:30 PM
- Olympic Swimming Pool, 7070 Stampede Blvd., Bremerton 692-3192
 workouts: M - F/ 4:00 - 6:00 PM
 contact: Geoff Pentz 692-3192
- Mt. Rainier, 22722 19th Ave. S., Des Moines 824-1728
 lap swim: M-F: 6:00 - 8:30 AM/ M-Th: 8:00 - 9:00 PM
- Enumclaw, 420 Semanski S., Enumclaw 825-1188
 lap swim: M-F: 6:00 - 7:30, noon - 1 PM, & 8:00 - 9:00 PM
- Federal Way, 30421 16th Ave. S, Federal Way 839-1000
 workouts: M-F 6:00 - 7:00 AM
 contact: Hugh Moore 941-3100
 lap swim: M-F: 6:00 - 8:30 AM, noon - 1:00 PM
- Fife Community, 5410 20th St. E, Fife 922-POOL
 lap swim: M-F; 8:00 - 9:00 AM, 10:30 AM - noon, 1-3 PM, & 4-5 PM
- Issaquah, 50 SE Clark, Issaquah 392-1650
 lap swim: M-F: 7:00 - 8:00 AM/M-TH: 8:30 - 9:30
- Kent, 25401 104th SE, Kent 854-3260
 lap swim: M,W,F: 6:30 - 7:30 AM/ T,TH: 8:00 - 9:00 PM
- Mercer Island District Pool, 8815 SE 40th 232-7370
 workouts: Tu,Th; 11:00 AM - noon
 contact: John Underbrink 828-6733
 lap swim: M-F: 6:00 - 7:30 AM, noon - 1 PM, & 8:00 - 9:00 PM
- Si View, 41600 SE 122nd, North Bend 888-1447
 lap swim: M,W,F: 6:30 - 8:30 AM/ M,W: 5:30 - 6:30 PM
- Redmond, 17535 NE 104th, Redmond 885-3600
 lap swim: M-F: 6:00 - 7:30 AM & 8:00 - 9:00 PM
- Renton, 16740 128th SE, Renton 226-9230
 lap swim: M-F: 11:30 - 12:30
- Sandpoint Naval Station, 7500 Sandpoint Way, NE, Seattle 526-3531
 workouts: Tu,Th: 6:30 - 7:30 AM; F: 4:30 - 5:30 PM
 contact: Stacy McInelly 526-3531 - note: Military personnel only
 lap swim: M-F: 10:30 - 1:30 & 4:30 - 5:30
- Evergreen, 606 SW 116th, Seattle 246-1610
 lap swim: M-F: 6:00 - 8:30 AM, 11:30 - 1:30, 8:30 - 9:30
- Northshore, 9815 NE 188th, Bothell 486-9177
 lap swim: M-F: 6:00 - 7:30 AM, noon - 1:30 PM, & 8:30 - 9:30 PM
- Shoreline, 19030 1st Ave. NE, Seattle 363-4845
 workouts: M-F: 5:30 - 7:00 AM
 contact: Robin O'Leary 241-0623
 lap swim: M-F: 5:30 - 7:00 AM & 11:30 - 12:30
- South Central, 4414 S 144th, Seattle 242-2287
 lap swim: M-F: 5:45 - 8:00 AM & 8:05 - 9:05
- Ft. Steilacoom, 9401 Farwest Dr. SW, Tacoma 964-6678
 workouts: M - Th.; 5:00 - 7:00 PM; Sat. 8 - 10 AM
 contact: Kathy Crandell 588-4879
- Tacoma Pierce Co. Family YMCA, 1002 S. Pearl St., Tacoma 564-9622
 workouts: M-W-F; 7:30 - 9:00 PM
 contact: Mike Stipek 564-9622
- Eastside Community Pool, 35th & L, Tacoma 591-2042
 lap swim: M-F: 6-7:30 AM, 11:45 AM - 1 PM/ M,W,F: 4-6 PM/ T,Th: 8-9 PM

PNA Committees as of October 6, 1985

COMMITTEE	MEMBERS (* - chair)	
Awards	* Carolyn Baldwin	Steve Freeborn
Community Service	* Steve Engle	
Computer Applications	* Hugh Moore	Walt Reid Dave Addleman
Constitution & By-laws	* Rick Ingraham	Hugh Moore
Finance	* Julie Corman	Hop Bailey Hugh Moore
Fitness	* Kiko Kimura	Hugh Moore Jane Moore
	Lib Rust	Amy Rust Maxine Carlson
	Cathy Brooks	Karen Unruh Carolyn Baldwin
History	* Tom Foley	Maxine Carlson
Hospitality	* Dave Addleman	Kiko Kimura
Medical	* Jane Moore	Kiko Kimura Martha McClelland
	Carolyn Baldwin	
Meets	* Jan Kavadas	Hugh Moore Joann Brislin
	Julie Corman	Carolyn Baldwin
Membership	* Jane Moore	Hugh Moore Rick Ingraham
Newsletter	* Kathy Crandell	Susan Allen Walt Reid
Officiating	* Carolyn Behse	
Publicity	* Frank Newquist	
Records	* Walt Reid	Kathy Crandell
Relay Captains	* Kathy Crandell	Jay Palmer Julie Corman
Social	* Linda Cazin	
Sunshine	* Marietta Hunziker-James	
Teamwear	* Susan Allen	

FROM WET SET READERS

Wet Set readers are encouraged to send articles to the Wet Set editors. Articles will be reviewed by the editors and published if they are felt to be appropriate, and if space permits. Articles will not be edited. Therefore, the PNA and the Wet Set editors do not guarantee the accuracy of the articles printed. Furthermore, the articles do not necessarily reflect the view of the PNA or the Wet Set editors.

TORONTO - FUN, FITNESS, FELLOWSHIP

THE PNA MOTTO OF FUN, FITNESS, AND FELLOWSHIP WAS CERTAINLY REALIZED BY 32 OF US DURING THE WEEK THAT WE SPENT AT THE 1ST WORLD MASTERS GAMES IN TORONTO. WITH OVER 1500 SWIMMERS FROM 29 COUNTRIES ATTENDING, WE HAD AN OPPORTUNITY TO HAVE THE EXPERIENCE OF A LIFETIME!

THE ETOBICOKE OLYMPIUM WAS A FANTASTIC FACILITY AND THE MEET WAS VERY WELL RUN. MANY OF US NOT ONLY SWAM SOME OF THE BEST RACES OF OUR LIVES, BUT HAD A GREAT TIME IN THE PROCESS. WE MET PEOPLE FROM ALL OVER THE WORLD - IRELAND, ECUADOR, SWITZERLAND, BRAZIL, AND DIFFERENT PARTS OF THE USA AND CANADA. PIN AND T-SHIRT TRADING WITH THESE FOLKS WAS A REAL LESSON IN INTERNATIONAL COMMUNICATION FOR US!

AN ADDED PLUS FOR US WAS THE FELLOWSHIP WE EXPERIENCE WITH OUR OWN PNA TEAMMATES. ENCOURAGING ONE ANOTHER, GETTING TO KNOW THE NON-SWIMMER PART OF OUR FELLOW TEAMMATES WAS A REAL TREAT. IT WAS DEFINITELY THE PEOPLE WE SHARED THE TORONTO EXPERIENCE WITH THAT MADE THE MASTERS GAMES SO MUCH FUN.

SOMEHOW, WE WOUND UP SITTING IN THE BLEACHERS RIGHT NEXT TO THE VANCOUVER BC TEAM. WE STRUCK UP A FRIENDSHIP WITH OUR NEIGHBORS TO THE NORTH THAT RESULTED IN A PROMISE OF A SWIM MEET THIS YEAR. CASH O'DONNELL AND PETE RAYE HAVE PROMISED TO FOLLOW UP ON THIS TO MAKE SURE IT BECOMES A REALITY. WATCH FOR IT IN THE NEAR FUTURE!

OTHER HIGHLIGHTS OF THE TRIP INCLUDE:

MÖVENPICKS: THE SWISS RESTAURANT FREQUENTED BY SEVERAL MEMBERS OF THE GROUP - GREAT PASTA!
TRIPPING THE LIGHT FANTASTIC AT THE BANQUET DANCE AND OTHER PLACES.

THREE WORLD RECORD BREAKING PNA RELAYS!

MIKE STIPEK OF TAC-Y IS DOING SOMETHING RIGHT! HE HAD 2 SWIMMERS WHO SWAM 7 PERSONAL BESTS EACH - CONGRATULATIONS!

SPECIAL TORONTO AWARDS:

LEGEND BEATS A LEGEND AWARD - TO JUANITA CORREA FOR HER EXCITING VICTORY OVER THE LEGENDARY DAWN FRASER OF AUSTRALIA!

IS THAT MY RELAY ON THE BLOCKS?! AWARD - TO GRETCHEN ANDERSON FOR THE MIXED MEDLEY RELAY.

MISTER NICE GUY AWARD - TO JACK AKAMINE FOR SWIMMING GRETCHEN ANDERSON'S LEG OF THE RELAY.

SWIMMING FOR TWO AWARD - TO JANE MOORE WHO IS NOW SWIMMING FOR TWO!

7 OUT OF 7 AWARD - TO ANN GINDROZ AND CYNTHIA ROSIK FOR 7 PR'S EACH!

MR. NERVOUS WRECK AWARD - TO NICK CUMMINGS.

BEER TAPER AWARD - TO PETE RAYE.

TRIPPING THE LIGHT FANTASTIC AWARD - TO SUE DILLS

NIAGARA FALLS FALL AWARD - TO COOKIE JUSTESEN.

MR. TRIVIAL PURSUIT AWARD - TO DAVE ADDLEMAN WHO KEPT US ENTERTAINED WITH HIS TRIVIAL PURSUIT GAME.

MZ. INTERNATIONAL AWARD - TO RONDI WHITE WHO KNEW EVERYONE AND SPOKE ALL OF THEIR LANGUAGES.

LETTERMEN AWARD - TO GREG HARRISON, HUGH MOORE, AND PETE RAYE FOR PRINTING "P" "N" & "A" ON THEIR CHESTS IN PERMANENT INK!

FOR THOSE OF YOU WHO MISSED TORONTO, THERE WILL BE A COUPLE OF OPPORTUNITIES TO GET YOUR FEET WET IN A BIG MEET IN 1986:

THE INTERNATIONAL SWIMMING CHAMPIONSHIPS IN TOKYO, JAPAN (JULY 11 - 16, 1986) ***AND***

LONG COURSE NATIONALS IN PORTLAND, OREGON! (AUGUST 21 - 24, 1986)

THINK SERIOUSLY ABOUT ATTENDING THE NATIONALS NEXT YEAR IN PORTLAND, OREGON, FOR YOUR CHANCE FUN, FITNESS, AND FELLOWSHIP! LET'S GET EXCITED!

EXPLANATION OF ORDERS OF EVENTS

The four orders of events alternate back to back strokes. For example: Freestyle and Breaststroke are back to back in Order #1, but not in #2. They are back to back again in Order #3, but not in #4. The 400 I.M. and 1650 Freestyle are listed at the top of each order as optional because it is up to the Meet Directors whether they have those events and when they have them. Break? means the Break could be before or after the Relay at the Meet Director's discretion. The 500 Freestyle is last in #1 and first in #2, last in #3 and first in #4. The 100 I.M. and the 200 I.M. also alternate positions from one order to the next. By publishing all 4 orders of events now and listing them in the meet calendar on the front page of the newsletter, you can see what order of events will be used at each meet. You can plan your events for the year if you want. The PNA Championships will be a separate championship order of events which gives every combination of strokes at least one back to back.

	<u>ORDER #1</u>	<u>ORDER #2</u>	<u>ORDER #3</u>	<u>ORDER #4</u>
Optional →	400 I.M. 1650 Free / 1000 Free	400 I.M. 1650 Free	400 I.M. 1650 Free	400 I.M. 1650 Free
	Free Relay	500 Free Free Relay	Free Relay	500 Free Free Relay
	50 Free 100 Breast 200 Back 50 Fly	100 Back 200 Free 50 Fly 200 Breast	200 Fly 200 Back 50 Breast 100 Free	50 Breast 100 Fly 200 Free 50 Back
	200 I.M. BREAK? Mxd. Free Relay	100 I.M. BREAK? Mxd. Free Relay	BREAK Mxd. Free Relay 200 I.M.	100 I.M. BREAK Mxd. Fr. Relay
	100 Free 200 Breast 50 Back 100 Fly	200 Back 50 Free 100 Fly 50 Breast	50 Fly 100 Back 200 Breast 50 Free	100 Breast 50 Fly 100 Free 200 Back
	Medley Relay BREAK	BREAK? Medley Relay	BREAK Medley Relay	Medley Relay
	200 Free 50 Breast 100 Back 200 Fly	50 Back 100 Free 200 Fly 100 Breast	100 Fly 50 Back 100 Breast 200 Free	200 Breast 200 Fly 50 Free 100 Back
	100 I.M. Mxd. Medley Relay	200 I.M. Mxd. Medley Relay	BREAK? 100 I.M. Mxd. Med. Relay	200 I.M. BREAK? Mxd. Med. Relay
	500 Free		500 Free	

HUSKY SWIM CLUB MEET INFORMATION

DATE: Friday, Dec. 13, 1985
Saturday, Dec. 14, 1985

WARMUP: 6:00pm MEET: 7:00pm
WARMUP: 8:30am MEET: 9:30am
HOSTED BY: Husky Swim Club
MEET DIRECTOR: Marilyn Galinas
(206) 242-4811

PLACE: Evergreen Pool
606 Southwest 116th
Seattle, Wa.

PHONE (206) 246-1616

DEADLINE: Entry must be received by Dec. 3, 1985

NOTE: You must register for 1986 in order to swim at this meet! Meets seeded slow heat first except for the 400 I.M., 1650/1000 free which will be deck seated fast heat first. Entrants swimming these events must check in 30 minutes before the meet start time.

EVENTS:	<u>Friday</u>	<u>Saturday cont.</u>	<u>Saturday cont.</u>
	1 400 I.M.	8 Mxd. Free Relay	16 50 Back
	2 1650 Free	9 200 I.M.	17 100 Breast
	<u>Saturday</u>	10 50 Fly	18 200 Free
	3 Free Relay	11 100 Back	19 100 I.M.
	4 200 Fly	12 200 Breast	20 200 Mxd. Med. Relay
	5 200 Back	13 50 Free	21 500 Free
	6 50 Breast	14 Medley Relay	
	7 100 Free	15 100 Fly	

DIRECTIONS: Off I-5, take Highway 518 West. Travel on 518 West to 1st Ave. South. Turn right onto 1st Ave. S. Go north on 1st Ave. S. to SW 116th. Turn left onto SW 116th. Evergreen Pool is on the right, about two blocks.

THERE WILL BE A CHRISTMAS PARTY AT BILL CASTNER'S AFTER THE MEET ON SATURDAY.

PNA PARTY, EVERYBODY COME!!

Saturday, November 2nd, 1985

Time: 6:30 PM

Holly Glen Condominiums, Kent

P O T L U C K

From I-5 (going North or South) take the 272nd St. Exit. (That's the exit North of Federal Way and South of Des Moines/Kent.) Go East on 272nd and stay on it. The street winds down over a hill into Kent valley and, since it winds South a bit, becomes 277th. Don't worry. Stay on the street, cross over the 167 Valley Freeway, two sets of railroad tracks and stop at the STOP sign on AUBURN WAY. Turn left on AUBURN WAY and cross over a bridge (the Green River Bridge). Turn right into the first street after the bridge. This street is called REXFORD. (It is next to a restaurant called RICK'S.) You will be on REXFORD for approximately one city block, or until the street breaks left ninety degrees and becomes Maple Lane. Don't turn left, but continue straight ahead into the HOLLY GLEN condominium complex. In fact, continue straight (although the drive curves a little) until you come to a "T" in the drive. At that point you are facing a unit with stained-glass windows. This is the clubhouse wherein the PNA party is being held. Find a parking place that is NOT covered and come on in!

For those insisting on traveling the Valley Freeway (167), take the 277th St. exit, go East to AUBURN WAY stop sign, turn left to Green River Bridge, Right on Rexford, into Holly Glen, etc. (See above for details.)

If you're lost, call Dave Addleman at 852-7002 for assistance.

NATIONAL TOP 10
SHORT COURSE
1984-1985

WOMEN 25-29

MARIA VELIKONJA 27
200 YD. FREE #10 2:05.09

JACKIE LANDRY 28
200 YD. BRST #10 2:41.58

WOMEN 30-34

YVONNE YOKOTA 31
1650 YD. FREE #7 20:30.91
400 YD. I.M. #10 5:24.53

WOMEN 35-39

KATHY CRANDELL 36
50 YD. FREE #8 27.27
100 YD. FREE #7 1:00.08
200 YD. FREE #5 2:12.40
1000 YD. FREE #5 12:51.66
1650 YD. FREE #6 21:30.97
200 YD. BACK #8 2:43.67
50 YD. BRST #5 35.16
100 YD. BRST #4 1:15.80
200 YD. BRST #6 2:48.44
400 YD. I.M. #6 5:33.38

JULIE CORMAN 36
50 YD. BACK #2 31.67
100 YD. BACK #1 1:09.88
200 YD. BACK #4 2:34.51

KATHY BARTOL-CLARK 35
50 YD. BRST #8 36.04
100 YD. BRST #7 1:16.95
200 YD. BRST #3 2:46.40
50 YD. FLY #9 30.31
100 YD. FLY #8 1:08.86
100 YD. I.M. #7 1:09.42
200 YD. I.M. #8 2:33.77

COOKIE JUSTESEN 37
1000 YD. FREE #10 13:46.54

WOMEN 40-44

CAROLYN BEHSE 41
100 YD. BRST #6 1:23.34

CAROL TYREE 41
200 YD. BRST #6 3:04.66

WOMEN 45-49

JUANITA CORREA 49
50 YD. FREE #1 28.26

100 YD. FREE #1 1:02.37
200 YD. FREE #1 2:16.95
500 YD. FREE #3 6:22.95
1000 YD. FREE #1 13:21.61 N
50 YD. BACK #3 35.07
100 YD. BACK #2 1:15.23
200 YD. BACK #2 2:41.51
50 YD. FLY #2 32.19
100 YD. FLY #2 1:20.27
200 YD. FLY #3 2:55.97
100 YD. I.M. #1 1:14.11

ANN GINDROZ 46
1000 YD. FREE #8 15:15.97

DONNA PHELAN 47
1000 YD. FREE #10 15:34.18
1650 YD. FREE #10 25:22.15
50 YD. BRST #10 40.69
100 YD. BRST #8 1:29.70
200 YD. BRST #6 3:13.71

JILL LAKIN 46
100 YD. FLY #9 1:31.85

WOMEN 50-54

CAROLYN BALDWIN 50
1000 YD. FREE #10 17:51.18

WOMEN 55-59

PAT DOTSON 57
100 YD. FREE #7 1:15.35
200 YD. FREE #4 2:45.09
500 YD. FREE #4 7:22.26
1000 YD. FREE #3 14:51.01
200 YD. BACK #9 3:19.32
50 YD. FLY #4 38.02
100 YD. I.M. #7 1:28.58
400 YD. I.M. #4 6:51.07

WOMEN 60-64

MURIEL FLYNN 62
100 YD. FREE #9 1:22.81
200 YD. FREE #7 3:01.97
500 YD. FREE #8 8:14.48
50 YD. BRST #8 47.13
100 YD. BRST #6 1:41.72
200 YD. BRST #4 3:36.70
100 YD. I.M. #9 1:36.99
200 YD. I.M. #6 3:29.54
400 YD. I.M. #4 7:31.20

WOMEN 65-69

MAXINE CARLSON 65
1000 YD. FREE #8 20:19.55

WOMEN 70-74

DAWN MUSSELMAN 71
50 YD. FREE #2 35.95
200 YD. FREE #2 3:14.14
50 YD. BACK #1 46.26
50 YD. BRST #2 53.32
100 YD. I.M. #2 1:47.94

LEE HOLM 70
500 YD. FREE #9 10:43.93
1650 YD. FREE #6 35:25.36

MARION MUELLER 72
1650 YD. FREE #10 39:45.01

WOMEN 75-79

GWEN MOREHEAD 75
50 UD. BACK #9 1:15.40
100 YD. BACK #10 2:50.96

MEN 30-34

DAVE HANNULA 31
50 YD. FREE #3 21.59
100 YD. I.M. #7 55.55

GREG HARRISON 33
100 YD. BRST #5 1:03.44
200 YD. BRST #2 2:16.72

MEN 35-39

LEE CHESNEAU 35
500 YD. FREE #4 5:06.52
1000 YD. FREE #2 10:36.85
1650 YD. FREE #2 17:40.85

MEN 40-44

STEVE ENGEL 41
1000 YD. FREE #3 11:28.89
1650 YD. FREE #4 19:20.86
400 YD. I.M. #4 4:57.00

DAVID HICKS 40
200 YD. BACK #6 2:21.51

MEN 45-49

DAVID ADDLEMAN 49
50 YD. BACK #10 31.47
100 YD. I.M. #10 1:06.20

TOM LONG 47
200 YD. BRST #9 2:43.68

MEN 50-54

DAVID ADDLEMAN 50
50 YD. BACK # 8 31.30
100 YD. BACK #10 1:11.12
50 YD. FLY # 9 29.31
100 YD. FLY # 9 1:10.48
100 YD. I.M. # 7 1:07.35

MEN 60-64

RAY FREDERICK 61
100 YD. FREE # 7 1:03.04
200 YD. FREE # 6 2:22.49
500 YD. FREE #10 6:57.28
1000 YD. FREE # 3 14:11.61
1650 YD. FREE # 9 24:18.45
100 YD. BACK # 6 1:17.83

MEN 70-74

GENE CROSSETT 71
200 YD. FREE # 9 2:51.74
500 YD. FREE # 8 7:58.95
1650 YD. FREE # 6 27:56.08

JOHN DOWNEY 70
1650 YD. FREE # 7 27:59.89

CARTER MORGAN 74
50 YD. BACK # 3 38.33

GENE CADDY 71
200 YD. BACK # 6 3:30.09
400 YD. I.M. # 8 7:45.31

MEN 75-79

JIM PENFIELD 76
50 YD. FREE # 4 34.55
50 YD. BRST # 3 44.01
100 YD. BRST # 3 1:43.00
100 YD. FLY # 3 1:55.21
200 YD. I.M. # 4 4:14.64

CARTER MORGAN 75
50 YD. BACK # 1 39.32

MEN 80-84

JOHN ROBINSON 81
50 YD. FREE # 6 43.35
100 YD. FREE # 4 1:38.25
200 YD. FREE # 2 4:05.96

JOHN MATTHEWS 81
50 YD. BACK # 4 55.68

RELAYS-WOMEN 200 YD. FREE

35 + YRS
JUANITA CORREA 49

JULIE CORMAN 36
KATHY BARTOL-CLARK 35
COOKIE JUSTESEN 37 # 4 1:54.66

COOKIE JUSTESEN 37
LINDA CAZIN 38
KATHY BARTOL-CLARK 36
KATHY CRANDELL 36 #10 1:58.21

45 + YRS.

JUANITA CORREA 49
ANN GINDROZ 47
SUE DEARBORN 48
DONNA PHELAN 47 # 2 2:10.07

ANN GINDROZ 47
CYNTHIA ROSIK 52
CAROL ANNING 46
DAWN MUSSELMAN # 8 2:34.78

ANN GINDROZ 46
CAROL ANNING 46
MURIEL FLYNN 62
CYNTHIA ROSIK 52 # 9 2:37.22

55 + YRS

MAXINE CARLSON 65
MARYAN BURKE 59
LEE HOLM 70
MURIEL FLYNN 62 # 8 3:12.40

MAXINE CARLSON 64
MARYAN BURKE 59
LEE HOLM 70
MARION MUELLER 73 #10 3:35.06

RELAYS-WOMEN 200 YD. MEDLEY

35 + YRS.

JULIE CORMAN 36
KATHY BARTOL-CLARK 36
SUE DILLS 39
JUANITA CORREA 49 # 4 2:09.07

JULIE CORMAN 36
KATHY BARTOL-CLARK 35
COOKIE JUSTESEN 37
JUANITA CORREA 49 # 6 2:10.04

45 + YRS.

JUANITA CORREA 49
DONNA PHELAN 47
SUE DEARBORN 48
ANN GINDROZ 47 # 2 2:32.86

55 + YRS.

MAXINE CARLSON 65
MARYAN BURKE 59
MURIEL FLYNN 62
LEE HOLM 70 # 4 3:37.95

RELAYS-MIXED 200 YD. FREE

35 + YRS.

LARRY WRIGHT 36
CASH O DONNELL 36
JUANITA CORREA 49
JULIE CORMAN 36 #10 1:45.81

45 + YRS.

DAVID ADDLEMAN 50
KIRK ADAMS 50
JUANITA CORREA 49
ANN GINDROZ 47 # 2 1:55.35

55 + YRS.

WARREN KLEIST 63
MAXINE CARLSON 65
MURIEL FLYNN 62
RAY FREDERICK 61 # 6 2:20.43

RELAYS-MIXED 200 YD. MEDLEY

45 + YRS.

JUANITA CORREA 49
DONNA PHELAN 47
DAVID ADDLEMAN 50
KIRK ADAMS 50 # 5 2:15.15

55 + YRS.

MAXINE CARLSON 64
MURIEL FLYNN 62
WARREN KLEIST 63
RAY FREDERICK 61 # 7 2:45.76

RELAYS-MEN 200 YD. FREE

45 + YRS.

REX WOOD 48
CHUCK MONTHY 54
RAY FREDIRICK 60
DAVID ADDLEMAN 50 # 9 1:48.86

DAVID ADDLEMAN 50
KIRK ADAMS 50
FRANK NEWQUIST 47
RAY FREDERICK 61 #10 1:49.40

FOLLOWING IS A BRIEF REVIEW OF CHANGES AND INFORMATION IMPORTANT TO ALL OF THE PNA MEMBERSHIP. COMPLETE REPORTS WERE PRESENTED AT THE RETREAT:

CONVENTION/85

1. 1987 Short Course Nationals will be at Stanford, California, May 23-26, (Saturday - Tuesday if the 1650 is the last day) or May 22-25 (Friday-Monday if the 1650 is on the first day). 1987 long course Nationals will be at Woodlands, Texas, August 21-24 (Friday through Monday).
2. The 1650/1500 may be swum on the first day of Nationals or the last day of Nationals at the option of the meet director.
3. The short course start will be used for all events at long course meets beginning with the 1986 long course season.
4. The "International Relay" age groups will be used locally and nationally beginning January 1, 1986. Those age groups are under 120, 120+, 160+, 200+, 240+ and 280+.
5. The National Short Course Meters Top 10 will become official for all meets after January 1, 1986. (Walt Reid is the tabulator for that National Top 10 listing.)
6. If you wish to have a relay lead split count for records or Top 10, you must report that relay lead split time in writing to your local Top 10 Chairman (Walt Reid). Such a relay lead split time must be recorded on fully automatic timing equipment not by manual watches.
7. Times from the World Masters Games in Toronto will count for records and Top 10.
8. The new Oceana Zone Representative is Bert Petersen from Oregon.
9. New National USMS officers are: President - Tom Boak (Texas)
Vice-President ; Gail Dummer (Michigan)
Secretary - Nancy Ridout (California)
Treasurer - E. Kevin Kelly (Iowa)
10. All coaches in the PNA (no matter how small the team you coach) are encouraged to join the National Masters Swim Coaches' Association.

ALL SWIMMERS INTERESTED IN THE WORLD MEET IN
JAPAN IN JULY, 1986 CONTACT:

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