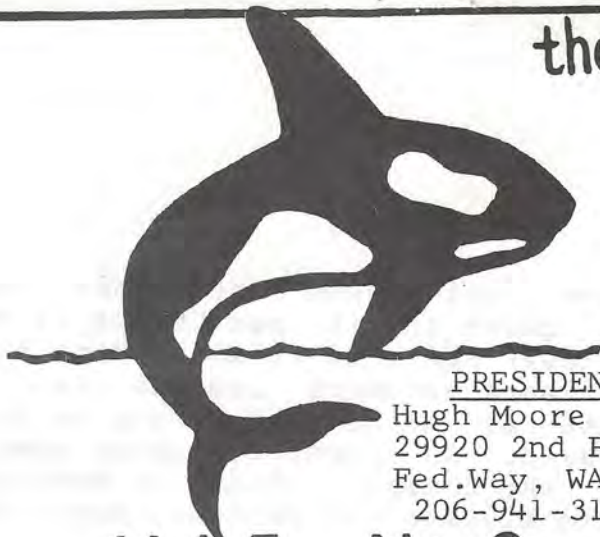




the OFFICIAL PNA MASTERS NEWSLETTER



February 10, 1986

Vol. 5 No. 2

PRESIDENT
Hugh Moore
29920 2nd Pl. SW
Fed.Way, WA 98023
206-941-3100

EDITOR
Kathy Casey
11114 111th SW
Tacoma, WA 98498
206-588-4879

Schedule • Calendar

Feb. 7-8 Kent, Order #4
Mar. 15-16 Cascade, Order #1
Mar. 25 Board Meeting
Apr. 4-6 PNA CHAMPS, Totem Lake
Apr. 22 Board Meeting at
Carolyn Baldwin, 7pm
May 2-4 Regional CHAMPS, Tualatin
Hills, Oregon

June 14 LC Bellevue Athletic Club

1986 NATIONALS

May 15-18 SC Fort Pierce, Florida
Aug. 21-24 LC Mount Hood, Oregon
July 11-16 WORLD MEET, Tokyo, Japan

BOARD MEETING: Feb. 25, 1986 at Moore's, 29920 2nd Pl. SW, Fed.Way, 941-3100

EDITOR'S CORNER...

NEWSLETTER DEADLINE IS LAST DAY OF EVERY MONTH!

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

PARTY! PARTY! PARTY! AT KIKO KIMURA'S SATURDAY, FEBRUARY 22. SEE INSIDE FOR DETAILS. Page 10.

WHOOPS! The article, "Me vs Me: I Win!" published in the last issue of the Wet Set was reprinted from SWIM MAGAZINE.

The PNA Banquet will be Saturday, April 5. Details in the March Newsletter.

"SUNSHINE" COMMITTEE: Marietta James-Hunziker...582-6877
Jim Penfield.....884-2359

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Dear Master Swimmer,

PNA Champs are just around the corner. Many of our new swimmers may not be aware of it, but Champs is the BIG meet of the year. It is the only PNA meet in which team scores are tabulated. Also, since more swimmers compete than in any of our other meets, your chances of having a race to push you to your best times are increased. As a result, a high number of personal best times occur at the Champs. Plan on participating in the Champs. You can swim a number of personal best times as well as help your team bring home a trophy.

Speaking of teams, now is the time to register your team. The registration form is included in this newsletter.

I recently received a request from the USMS national office to publish a survey of personal swimming history to be used in a research project on aging and swim performance. It is being compiled by the chair of the USMS Sports Medicine committee (I think that I met her at a meet once). If you have kept track of your times over the years, please fill out the survey and return it to Jane - it is included in this newsletter.

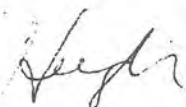
Husky swim team is publishing a workout and recipe book. It will give us all a chance to share our favorite workouts and recipes. They would like to finish compiling in time to make it available by PNA Champs. If you are interested there is an information sheet included in this newsletter.

Mark your calendar. We've added a Long Course meet on June 14th at Bellevue Athletic Club.

Since 20 to 24 year old swimmers are not recognized at the national level, the PNA has adopted a policy on how to categorize relay teams with members in the 20 to 24 age group. Determination of age groups will be by cumulative age of relay team members, same as other teams. They will compete against other teams with the same cumulative age in PNA meets (119 and under, 120 and over, 160 and over, 200 and over, and 240 and over). They may also set PNA records. However, since they are still not recognized at the national level, their times will not be submitted for national records or top ten.

I would like to encourage all PNA swimmers to contribute to the Wet Set. Articles for the Coaches Corner, Fitness swimming, Deck Profiles, or any other aspect of swimming are welcome. If you have ideas, please share them.

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



PNA Committees as of January 29, 1986

COMMITTEE	MEMBERS (* - chair)
Awards	*Carolyn Baldwin, Steve Freeborn
Computer Applications	*Hugh Moore, Walt Reid, Dave Addleman
Constitution & By-laws	*Rick Ingraham, Hugh Moore, Kathy Casey
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, Rick Ingraham
Membership	*Jane Moore, Hugh Moore, Rick Ingraham
Newsletter	*Kathy Casey, Hugh Moore, Walt Reid
Officiating	*Carolyn Behse, Rick Ingraham
Publicity	*Frank Newquist
Records	*Walt Reid, Kathy Casey
Relay Captains	*Kathy Casey, Jay Palmer, Julie Corman
Social	*Linda Cazin, Rick Ingraham
Sunshine	*Marietta Hunziker-James, Jim Penfield
Teamwear	*Jay Palmer

The PNA would like to welcome the following new swimmers who have registered in the past month:

Ros Bird	Sandy Hotson	Craig Thornally
Terry Brentin	Michael Jones	Michael Vesselago
Pete Colbeck	Sue Ann Neher	Deborah White
Jon Hanson	Don Swink	

RELAY REMINDER!

20-24 year olds can swim on any age-group relay and those relays will be eligible for PNA records and PNA top ten. However, any relay with one or more members in the 20-24 age group will not be eligible for National top ten and National records.

.....K.C.

THINK LONG COURSE NATIONALS!!

SWIM LEGALLY!!

AVOID DISQUALIFICATION!!

KNOW YOUR STROKE RULES!!

RULES FOR SWIMMING THE STROKES:

102.4 Freestyle

- (1) Start - The forward start shall be used.
- (2) Stroke - Freestyle means that in an event so designated the swimmer may swim any style; except that in a medley relay or individual medley event, freestyle means any style other than butterfly, breaststroke or backstroke.
- (3) Turns - In freestyle competition the hand touch is not required at the turn, it is sufficient if any part of the swimmer touches the solid wall or pad at the end of the pool or course.
- (4) Finish - The swimmer shall have finished the race when any part of his person touches the solid wall or pad at the end of the pool.

102.5 Individual Medley

The swimmer shall swim the prescribed distance in the following order: the first one-fourth, butterfly: the second one-fourth, backstroke: the third one-fourth, breaststroke; and the last one-fourth, freestyle.

- (1) The stroke and turns for each stroke shall follow the prescribed rules for each stroke.
- (2) The turns from one stroke to another shall be considered turns, not finishes, and are as follows:
 - (a) Butterfly to backstroke - Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed stroke form must be attained prior to the time the feet leave the wall.
 - (b) Backstroke to breaststroke - Once a legal touch has been made the swimmer may turn in any manner desired. The shoulders must be at or past the vertical toward the breast when the feet leave the wall. The prescribed stroke form must be attained prior to the first arm stroke.
 - (c) Breaststroke to freestyle - Once a legal touch has been made the swimmer may turn in any manner desired.
- (3) Finish - The swimmer shall have finished the race when any part of his person touches the solid wall or pad at the end of the pool.

From United States Swimming Rules and Regulations. If you would like your own copy of the United States Swimming Rule Book, send \$6.00 (includes postage) with your name and address to:

United States Swimming
1750 E. Boulder St.
Colorado Springs, CO 80909

Checks payable to United States Swimming; designate 1986 Rule book in lower left corner.

NATIONAL TOP TEN - LONG COURSE - 1985

WOMEN 35-39

Kathy Crandell 36
 50M Free #10 31.67
 100M Free #8 1:09.71
 200M Free #6 02:35.00
 800M Free #4 11:26.68
 1500M Free #5 21:44.25
 50M Breast #4 39.87
 100M Breast #4 01:30.49
 200M Breast #3 03:16.94
 400M I.M. #10 06:44.31

Julie Ann Corman 36
 100M Free #6 01:08.68
 200M Free #4 02:32.73
 1500M Free #10 22:46.11
 50M Back #1 36.06
 100M Back #1 01:17.61
 200M Back #1 02:31.59

Cookie Justesen 38
 800M Free #10 12:07.25
 200M Fly #3 03:17.42

Kathy Clark 36
 50M Back #2 36.22
 100M Back #7 01:26.86
 50M Breast #3 39.67
 200M I.M. #10 03:04.00

Rondi Beth White 39
 50M Back #5 39.10
 100M Back #6 01:26.62
 200M Back #9 03:13.42

Cathy Brooks
 100M Back #9 01:27.90
 200M Back #8 03:09.69
 200M Breast #6 03:24.65
 400M I.M. #9 06:42.31

WOMEN 40-44

Suzanne L. Dills 40
 200M Free #9 02:45.45
 400M Free #8 05:46.36
 200M Breast #5 03:33.47
 100M Fly #6 01:29.70
 200M I.M. #6 03:07.72
 400M I.M. #4 06:46.08

Patricia Whalley 40
 200M Back #6 03:16.51
 50M Fly #10 36.88

Carolyn Behse 42
 50M Breast #4 44.03
 100M Breast #2 01:34.08
 200M Breast #3 03:26.11

WOMEN 40-44 cont.

Gretchen Anderson
 100M Breast #7 01:41.35
 200M Breast #9 03:43.69

WOMEN 45-49

Juanita Correa 49
 50M Free #1 31.47
 100M Free #1 01:12.67
 200M Free #3 02:39.55
 50M Back #1 39.19
 200M Back #1 03:08.00
 50M Fly #2 36.11

Ann Gindroz 47
 400M Free #8 06:19.32
 800M Free #4 13:46.22
 400M I.M. #9 07:50.00
 1500M Free #5 25:35.65
 Donna Phelan 47
 800M Free #5 14:09.60
 1500M Free #7 26:24.17
 50M Breast #8 47.89
 100M Breast #5 01:43.70
 200M I.M. #9 03:41.61

Carol Anning 47
 800M Free #10 16:45.11

Susan Dearborn 48
 200M Breast #9 04:01.13
 1500M Free #9 26:59.34

Jill Lakin 46
 100M Fly #5 01:43.11

WOMEN 50-54

Joy Ross 51
 800M Free #4 15:03.19
 100M Breast #7 01:53.97
 200M Breast #7 04:03.69

Carolyn Baldwin 51
 800M Free #6 16:27.72

Cynthia Rosik 52
 800M Free #7 16:53.00

WOMEN 55-59

Patricia Dotson 57
 200M Free #3 03:04.10
 800M Free #3 13:30.19
 100M Back #7 01:43.54
 200M Back #5 03:47.01
 100M Fly #4 01:39.62
 200M I.M. #3 03:37.86

NATIONAL TOP TEN - LONG COURSE - 1985

page 2

WOMEN 60-64

Muriel Flynn 62
 100M Free #10 01:34.83
 400M Free #7 07:26.68
 800M Free #4 15:51.25
 50M Breast #8 54.88
 100M Breast #5 01:59.31
 200M Breast #6 04:13.37
 400M I.M. #5 08:32.01

Maryann Burke 60
 800M Free #10 21:00.61

WOMEN 65-69

Maxine Carlson 65
 800M Free #6 19:16.24
 200M Back #6 04:34.16

WOMEN 70-74

Dawn Musselman 72
 50M Free #4 45.43
 50M Breast #9 01:14.52

Lee Holm 70
 100M Free #10 02:12.03
 200M Free #9 04:47.66
 400M Free #8 09:59.68
 800M Free #3 20:29.86
 1500M Free #4 38:36.76

Marion Mueller 73
 50M Back #10 67.61

MEN 30-34

Hugh Moore 30
 800M Free #6 10:43.26
 1500M Free #10 19:44.60
 100M Fly #10 65.61
 200M Fly #6 02:26.63
 400M I.M. #7 05:20.61

Greg Harrison 33
 800M Free #10 11:05.75
 50M Breast #5 33.73
 100M Breast #2 01:13.03
 200M Breast #1 02:37.04
 200M I.M. #10 02:30.71
 400M I.M. #10 05:21.63

Peter Ray
 100M Back #7 01:07.33
 200M Back #10 02:30.48
 400M I.M. #9 05:20.97

MEN 35-39

Frank Warner
 100M Free #7 59.27
 200M Free #5 02:11.36
 50M Back #5 30.90
 100M Back #4 01:08.90
 200M Back #4 02:29.41
 400M Free #10 04:45.03

Lee Chesneau 36
 800M Free #1 09:43.23

Ian Thompson 36
 800M Free #4 10:52.49

Cash O'Donnell
 50M Back #9 32.09
 100M Back #7 01:10.85
 200M Back #10 02:37.43

MEN 40-44

Robert Pilger 42
 50M Free #7 27.66
 800M Free #7 11:59.77

Nicholas Cummings
 50M Breast #7 35.74

MEN 45-49

Lowell Johnson
 50M Free #2 27.90
 50M Back #6 34.86

Frank Newquist 47
 800M Free #9 12:03.43

Walt Reid 45
 50M Breast #4 36.98
 100M Breast #6 01:24.81
 200M Breast #10 03:13.40

MEN 50-54

David Addleman 50
 50M Free #3 28.80
 50M Back #7 35.20
 100M Back #8 01:24.93
 50M Fly #4 33.27

MEN 60-64

Ray Frederick 61
 50M Free #6 31.33
 100M Free #5 01:11.18
 200M Free #4 02:42.58
 400M Free #3 06:01.66
 1500M Free #2 24:21.99

NATIONAL TOP TEN - LONG COURSE - 1985

MEN 65-69

Gerald Huestis 65
100M Free #9 01:18.05

MEN 70-74

Gene Crossett 71
100M Free #9 01:27.59
200M Free #7 03:21.72
400M Free #9 07:30.00
800M Free #3 15:24.93
1500M Free #8 29:51.13

Gene Caddey 71

200M Back #9 04:04.20
100M Breast #8 02:04.51
100M Fly #9 02:27.22
200M I.M. #8 04:10.52

MEN 75-79

Francis Jowett 75
50M Free #9 39.40
100M Free #8 01:36.45
50M Breast #9 59.68
50M Fly #7 73.08

Jim Penfield 77

100M Free #9 01:38.18
50M Breast #4 50.38
100M Breast #5 02:03.28
200M Breast #7 04:55.39
50M Fly #4 53.39
100M Fly #4 02:19.01
200M I.M. #5 04:49.41

Carter Morgan 75

50M Back #2 45.12

MEN 80-84

John S. Robinson

50M Free #9 50.78
100M Free #5 01:56.35
200M Free #2 04:42.29

James Matthews 81

50M Back #6 64.73
100M Back #2 02:26.12

!!! PARTY AT KIKO'S !!!

SATURDAY, FEBRUARY 22, AT 6:30 PM

POTLUCK - EVERYBODY COME!

ADDRESS: 19855 25th Ave. NE #307
Seattle, WA 98155
365-3766

DIRECTION: Take I-5 to Lake Forest Park Exit.
Take that exit onto Balinger Way (going east).
Take the 2nd left onto 25th Ave. NE (it's a
very sharp turn). Go two blocks to "Balinger
Creek Condo". It's the first building on the
right, #307. Park in unmarked parking spots.
Kiko suggests carpooling.

Think "LONG COURSE NATIONALS!!"

1650 YD. FREE		
FRANK NEWQUIST	48	23:30.17
50 YD. BACK		
WALT REID	45	33.66
CHARLES ROTH	46	54.26
50 YD. BRST		
WALT REID	45	33.40
CHARLES ROTH	46	40.15
50 YD. FLY		
WALT REID	45	32.84
CHARLES ROTH	46	43.58
100 YD. I.M.		
WALT REID	45	1:11.00
CHARLES ROTH	46	1:28.55

MEN 50-54

50 YD. FREE		
DAVID ADDLEMAN	50	27.10
ROBERT DORSE	54	27.29
MARVIN WOOD	50	29.28
JACK AKAMINE	53	34.22
TOM FOLEY	51	35.25
FRED LOCKE	53	37.87
ROLLIE ROBERTS	50	38.22
100 YD. FREE		
ROLLIE ROBERTS	50	1:35.99
200 YD. FREE		
ROLLIE ROBERTS	50	3:20.86
500 YD. FREE		
ROLLIE ROBERTS	50	9:23.52
1650 YD. FREE		
ROLLIE ROBERTS	50	32:53.63
50 YD. BACK		
DAVID ADDLEMAN	50	32.00
ROBERT DORSE	54	38.16
MARVIN WOOD	50	42.43
TOM FOLEY	51	44.89
JACK AKAMINE	53	45.82
FRED LOCKE	53	53.10
50 YD. BRST		
DAVID ADDLEMAN	50	36.03
ROBERT DORSE	54	39.08
MARVIN WOOD	50	40.36
JACK AKAMINE	53	41.75
TOM FOLEY	51	43.35
FRED LOCKE	53	51.62
50 YD. FLY		
DAVID ADDLEMAN	50	30.10
ROBERT DORSE	54	32.84
MARVIN WOOD	50	33.18
TOM FOLEY	51	38.98
JACK AKAMINE	53	39.43
FRED LOCKE	53	54.68
100 YD. I.M.		
DAVID ADDLEMAN	50	1:09.82
ROBERT DORSE	54	1:14.46
MARVIN WOOD	50	1:20.99
TOM FOLEY	51	1:26.13
JACK AKAMINE	53	1:27.56

FRED LOCKE 53 1:48.29

MEN 55-59

50 YD. FREE		
TOM TAYLOR	55	30.22
BEN DOTSON	57	33.75
CHARLES NORTON	55	34.19
100 YD. FREE		
TOM TAYLOR	55	1:08.24
CHARLES NORTON	55	1:17.83
200 YD. FREE		
TOM TAYLOR	55	2:27.63
CHARLES NORTON	55	3:01.56
500 YD. FREE		
TOM TAYLOR	55	6:41.33 R
CHARLES NORTON	55	8:07.52
1650 YD. FREE		
TOM TAYLOR	55	22:45.64 R
CHARLES NORTON	55	28:25.13
50 YD. BACK		
BEN DOTSON	57	49.86
50 YD. BRST		
BEN DOTSON	57	42.50
50 YD. FLY		
BEN DOTSON	57	41.60
100 YD. I.M.		
BEN DOTSON	57	1:36.14

MEN 60-64

100 YD. I.M.		
WILLIAM HOLLEY	60	2:32.70

MEN 70-74

50 YD. FREE		
GENE CROSSETT	71	33.35
ALLAN SACHS	72	35.05
GENE CADDY	71	36.74
FRED WIGGIN	70	39.98
100 YD. FREE		
GENE CROSSETT	71	1:19.34
ALLAN SACHS	72	1:23.65
200 YD. FREE		
GENE CROSSETT	71	2:56.72
ALLAN SACHS	72	3:17.71
500 YD. FREE		
GENE CROSSETT	71	8:08.59
ALLAN SACHS	72	9:43.11
1650 YD. FREE		
ALLAN SACHS	72	33:08.58
50 YD. BACK		
FRED WIGGIN	70	41.59
GENE CADDY	71	43.46
50 YD. BRST		
GENE CADDY	71	43.75
FRED WIGGIN	70	44.22
50 YD. FLY		
FRED WIGGIN	70	44.48

GENE CADDY 71 45.59

100 YD. I.M.

GENE CADDY 71 1:33.26

FRED WIGGIN 70 1:33.41

MEN 75-79

50 YD. FREE		
JIM PENFIELD	77	37.00
50 YD. BACK		
JIM PENFIELD	77	51.74
50 YD. BRST		
JIM PENFIELD	77	46.32
50 YD. FLY		
JIM PENFIELD	77	45.83
100 YD. I.M.		
JIM PENFIELD	77	1:43.22

1985 ALL-AMERICAN
Masters Swimming
Team

WOMEN 35-39
Julie Corman

WOMEN 45-49
Juanita Correa

WOMEN 70-74
Dawn Musselman

MEN 35-39
Lee Chesneau

MEN 75-79
Carter Morgan

NATIONAL USMS RANSOM J. ARTHUR AWARD

The Ransom Arthur Award, established in 1973 in honor of the first recipient, Capt. Ransom Arthur, M.D., is presented each year to the person who, during the last year, has done the most to further the objectives of Masters Swimming, i.e. to encourage physical fitness through competitive swimming of adults.

The criteria, then, is not solely participation in Masters Swimming, but contributions made in promoting the program, administration duties, special projects undertaken, and other actions that benefit the Masters Swimming Program.

If there is a worthy contender in the PNA or on your team please forward your nomination to Jane Moore, 29920 - 2nd Pl. S.W., Federal Way, Wa. 98023, 206-941-3100 or Donna Phelan, 18027 Valley Pl. E., Sumner, Wa. 98390, 206-862-8777, by February 21, 1986.

The nomination should include a short write-up of the reasons why the nominee is deserving of this prestigious National Award.

WORKOUTS AND FOOD: A Perfect Combination

A new PNA Masters project is underway--we are adding a new "F" to our motto of Fun, Fitness and Friendship--FOOD!! We hope everyone will join in and contribute to the collection of favorite recipes and workouts for all PNA team mates to share. Please share your favorite kitchen and chlorine tested recipes and "words of wisdom" (e.g. motivational sayings, race strategy, workout tip, joke, cartoon, etc.) on the form below. Type or write clearly in dark ink for best results.

We hope to collect a variety of workouts--hard days, easy days, stroke sets, taper time, workouts during business or vacation travel, as well as a variety of culinary specialties.

HUSKY Masters will compile, copy and collate the project, to be ready and available for purchase at the PNA Championships. Mail your masterpiece to: Husky Swim Club/Masters
P.O. Box 85715
Seattle, WA 98145-1715

RECIPE for: _____

A Favorite Workout:

Final Words:

Submitted by:

I am conducting a study of the effect of aging on swim performance. If you have a record of your times for events in Masters meets for five or more years, I would like to include them. If you know times for events swum prior to Masters competition (age-group, senior or collegiate swimming, etc.), please include those times also, along with the year in which they were swum. Please return form to:

Jane Moore, M.D.
 29920 2nd Pl SW
 Federal Way, WA 98023

Thanks for your help.

NAME _____ Birthdate _____ Age _____ Sex _____

Swimming History (i.e. age group competition, collegiate swimmer, started at age 40, etc.)

Please list any health problems or other influences that may have affected your performance for one or more years. _____

Events	_____	_____	_____	_____	_____	_____	_____	_____
1971	_____	_____	_____	_____	_____	_____	_____	_____
1972	_____	_____	_____	_____	_____	_____	_____	_____
1973	_____	_____	_____	_____	_____	_____	_____	_____
1974	_____	_____	_____	_____	_____	_____	_____	_____
1975	_____	_____	_____	_____	_____	_____	_____	_____
1976	_____	_____	_____	_____	_____	_____	_____	_____
1977	_____	_____	_____	_____	_____	_____	_____	_____
1978	_____	_____	_____	_____	_____	_____	_____	_____
1979	_____	_____	_____	_____	_____	_____	_____	_____
1980	_____	_____	_____	_____	_____	_____	_____	_____
1981	_____	_____	_____	_____	_____	_____	_____	_____
1982	_____	_____	_____	_____	_____	_____	_____	_____
1983	_____	_____	_____	_____	_____	_____	_____	_____
1984	_____	_____	_____	_____	_____	_____	_____	_____
1985	_____	_____	_____	_____	_____	_____	_____	_____

Events	_____	_____	_____	_____	_____	_____	_____	_____
1971	_____	_____	_____	_____	_____	_____	_____	_____
1972	_____	_____	_____	_____	_____	_____	_____	_____
1973	_____	_____	_____	_____	_____	_____	_____	_____
1974	_____	_____	_____	_____	_____	_____	_____	_____
1975	_____	_____	_____	_____	_____	_____	_____	_____
1976	_____	_____	_____	_____	_____	_____	_____	_____
1977	_____	_____	_____	_____	_____	_____	_____	_____
1978	_____	_____	_____	_____	_____	_____	_____	_____
1979	_____	_____	_____	_____	_____	_____	_____	_____
1980	_____	_____	_____	_____	_____	_____	_____	_____
1981	_____	_____	_____	_____	_____	_____	_____	_____
1982	_____	_____	_____	_____	_____	_____	_____	_____
1983	_____	_____	_____	_____	_____	_____	_____	_____
1984	_____	_____	_____	_____	_____	_____	_____	_____
1985	_____	_____	_____	_____	_____	_____	_____	_____

DID YOU MAKE NATIONAL TOP TEN?



TOP TEN PATCH -\$3.00 ea.

STROKE SEGMENTS \$1.00 ea.

Send Name, Age Group, event
and year qualified to:

Lake Erie Assoc.
c/o Harry Fox
710 Oxford Ave., NE
Massillon, Ohio 44646

Swimming Hints

THE FREESTYLE KICK

The Freestyle kick is commonly referred to as the flutter kick. It may be described as a shallow, alternating motion which is initiated from the hips and acquires its propulsive force from the downward motion of the foot. This driving action, or **downbeat**, is accomplished by bending the knee slightly and pushing downward in the water with the dorsal or upper surface of the foot. The downbeat is concluded when the knee is straight. The **upbeat** is accomplished by raising the foot upwards until the heel breaks the surface. The knee is held relatively straight on the upbeat.

Although the flutter kick contributes to the total propulsion of the stroke, this contribution is relatively

small. The major portion of the propulsive force in the Freestyle comes from the pull. The primary function of the kick is to maintain body position and to stabilize the torso from excessive lateral hip movement.



A variety of kicking patterns exist. The major patterns are:

- the **six-beat kick**, which is a total of three kicks per leg per arm-cycle.
- the **four-beat crossover**, which is made up of three vertical kicks and a crossing of the legs instead of the fourth kick. A crossover kick occurs primarily when the head is rotated during the breathing action.
- the **two-beat kick**, with one kick per individual arm stroke.
- the **two-beat crossover**, which is similar to the two-beat kick except that the legs cross each other instead of kicking straight down.

As a rule, the optimum kicking pattern for each swimmer will be that which feels most natural. Although there is often a tendency for the kicking rhythm to approach six beats when sprinting, over-kicking must be avoided. The flutter kick must always be subordinate to the pulling rhythm of the arms and, therefore, must not interfere with the natural stroke rate.

From The Illustrated Swimmer by Jan Prins, Head Men's Swimming Coach and Assistant Professor of Physical Education at the University of Hawaii.

Think
"LONG COURSE NATIONALS!!"

Following is a list of places to swim in the Puget Sound area.
If you have any corrections or additions, please send them to Hugh.

Auburn
Auburn, 516 4th NE, Auburn 839-6168
lap swim: M-F: 6:30 - 8:00 AM & noon - 1:00 PM

Bellevue
Eastside Branch YMCA, 14230 Bel-Red Rd., Bellevue 746-9900
workouts: M-F: 6:45 - 7:45 AM
contact: Kevin O'Shea 746-9900
lap swim: M-F: 7:45-9 AM, 11:30 AM-1 PM, 5:30-6:15 PM/ S&S 12:30-2 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 Athletic Club, 11200 SE 6th, Bellevue 455-1616
Bellevue, 601 143rd NE, Bellevue 747-4245
lap swim: M-Sat.: noon - 1:30 PM

P.R.O. Racquet & Health Club, 4455 148th Ave. NE 885-5566

Bremerton
Olympic Swimming Pool, 7070 Stampede Blvd., Bremerton 692-3192
workouts: M - F/ 4:00 - 6:00 PM
contact: Geoff Pentz 692-3192

Burien
Evergreen, 606 SW 116th, Burien 246-1610
workouts: T,TH: 7:30 - 8:30 AM / M-F: 4:30 - 6:00 PM
contact: Laird Chambers or Tom Anderson 246-1610
lap swim: M-F: 6-10:30 AM, 11 AM-2 PM, 6-9:30 PM/ Sat.: Noon-2 PM

Burien Swim Club, 626 SW 154th, Burien 433-7900

Des Moines
Mt. Rainier, 22722 19th Ave. S., Des Moines 824-1728
workouts: M-W: 8-9:30 PM / F: 6-7 PM
contact: Chet Palmer 242-1354
lap swim: M-F: 6:00 - 8:30 AM/ M-Th: 8:00 - 9:00 PM

Enumclaw
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
Federal Way, Temporarily Closed - Workouts at Mt. Rainier pool
workouts: M-F 6:00 - 7:00 AM
contact: Hugh Moore 941-3100

Fife
Fife Community, 5410 20th St. E, Fife 922-P00L
lap swim: M-F: 8:00 - 9:00 AM, 10:30 AM - noon, 1-3 PM, & 4-5 PM

Issaquah
Issaquah, 50 SE Clark, Issaquah 392-1650
lap swim: M-F: 7:00 - 8:00 AM/M-TH: 8:30 - 9:30

Kent
Kent, 25401 104th SE, Kent 854-3260
lap swim: M,W,F: 6:30 - 7:30 AM/ T,TH: 8:00 - 9:00 PM

Tahoma, 18230 SE 240th, Kent 432-1948

Kirkland
Juanita, 10601 NE 132nd, Kirkland 828-3251

Mercer Island
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

North Bend
S1 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

Olympia
The Evergreen State College, Campus Recreation Center, Olympia 866-6000
lap swim: M-F: 11:30 AM-3 PM, 5-9 PM/ S&S: 1-6:30 PM

Redmond
Redmond, 17535 NE 104th, Redmond 885-3600
lap swim: M-F: 6:00 - 7:30 AM & 8:00 - 9:00 PM

Renton
Renton, 16740 128th SE, Renton 226-9230
lap swim: M-F: 11:30 - 12:30

Hazen, 1101 Hoquiam Ave. NE, Renton 235-2227

Seattle
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

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

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

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
workouts: M,W,F: 6:30 - 7:30 AM / M,W: 7:00 - 8:00 PM
contact: Jody Kleven 326-4600 (day) or 367-2350 (eve.)

View Ridge Club, 5815 NE 77th, Seattle 524-3500

Wedgwood, 7727 28th NE, Seattle 523-8211

Tacoma
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 CHAMPIONSHIP TEAM CATEGORIES

We will again divide the PNA Champs team title pursuit into three categories - A, AA, AAA. 1st/2nd/3rd in each category will receive a trophy. A TEAM MUST BE REGISTERED AND HAVE PAID THE TEAM FEE IN ORDER TO BE ELIGIBLE.

The division will be based on size, that is, the number of participants a club has entered in the championship meet.

Division into the categories will be made after the entry is closed. A committee of four has been chosen to look strictly at the numbers and to find natural divisions if possible. The teams and divisions will be posted at the meet.

Our goal is equity and to allow teams of smaller size to perhaps take home a trophy.

If you have any questions, please call me.

Hugh Moore, Pres.
(206) 941-3100

TO: 1986 PNA TEAM REPS

RE: PNA SWIMMER OF THE YEAR

Each year the PNA likes to recognize special people in our association. Each REGISTERED TEAM is asked to choose one swimmer from their team who will receive a PNA Outstanding Swimmer of the Year Award. Each team sets its own criteria for this award. It should not necessarily go to the fastest swimmer or record holder. Other possible criteria could include inspiration, enthusiasm, attendance, most improved etc.

Please send in the name of your swimmer with your team registration if possible.

TEAM REGISTRATION FORM - PNA 1986

TEAM NAME..... TEAM REPRESENTATIVE.....

PHONE (day)..... REP. ADDRESS.....

PHONE (eve.).....

PNA SWIMMER OF THE YEAR _____

FEE: \$10.00, Make Check to: PNA MASTERS SWIMMERS

Send to: Hugh Moore
29920 - 2nd Pl. SW
Federal Way, Wa. 98023

RELAY AND TIME CARD ORDER

NAME.....

CONTACT...Rick Ingraham
5009 Hunt St.
Gig Harbor, WA 98335
206-851-7130

ADDRESS.....

.....

PHONE.....

CHECK PAYABLE TO:
PNA Masters Swimmers

HOW MANY.....BLUE.....AND/OR PINK..... \$1.50 for 50 cards at meet
\$2.00 for 50 cards by mail

FOR INFORMATION ABOUT IEA AND ORE MEETS

WRITE OR CALL:

Harry Lewis
(509) 747-3421
E. 944 39th Ave.
Spokane, WA 99203

Sandi Rousseau
(503) 642-3679
23995 S.W. Drake Lane
Hillsboro, OR 97123

Feb. 15-16 U. of I. Moscow (25 yard)
Mar. 8-9 E. Wenatchee Eastmont Pool
Apr. 4-6 Spokane, Whitworth CHAMPS

Mar. 1 Newberg
Mar. 15-16 Newport
Apr. 4-6 S. Oregon College CHAMPS
May 2-4 Region XI CHAMPS, Tualatin
Oregon

!!! NSF CHECKS !!!

Just a reminder - Your checks travel through a bureaucratic maze before reaching the bank. Sometimes they are cashed as much as two months after they are written. Please take this into consideration before emptying your account.

- Your Treasurer

Think "LONG COURSE NATIONALS!!"

EVENT NUMBER 3 Best Time : .

EVENT 200 Free Relay

MEET KENT DATE 2/8

FULL NAME(S)	AGE(S)
1. JIM PENFIELD	76
2. WALT REID	45
3. FRANK NEWQUIST	47
4. TOM MCKEE	31
CLUB/ASSOC: <u>FT. STEIL</u>	<u>199</u>

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	119 & Under	120 & Up	<u>160 & Up</u>
	200 & Up	240 & Up	280 & Up
	<u>MEN</u>	WOMEN	COED

HEAT	Timers Initials	Time Minutes	Seconds	Tenths/Hundredth

LANE	Time Minutes	Seconds	Tenths/Hundredth

OFFICIAL TIME	FINAL PLACE

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.

WRITE THE TOTAL AGE OF THE RELAY UNDER THEIR AGES ON THE "CLUB/ASSOC" LINE.

Price: 50 cards \$1.50 at meets or \$2.00 by mail.

CASCADE MEET INFORMATION

DATE: Saturday, March 15, 1986

Saturday WARMUP 9:00am MEET 10:00am

Sunday, March 16, 1986

Sunday WARMUP 7:30am MEET 8-11am

PLACE: Helene Madison Pool
 13401 Meridian North
 Seattle, Wa. 98113

MEET DIRECTOR: Diane Timmons
 c/o Shoreline High School
 18560 1st NE
 Seattle, WA 98155
 206-363-8697

PHONE: 206-362-5344

HOSTED BY: Cascade Swim Club

ENTRY DEADLINE: March 7, 1986 NO DECK ENTRIES

DIRECTIONS: Northbound I-5: Take 130th Street exit; Turn left over the freeway to Meridian Street (2nd light); Right to Pool. Southbound I-5: Take 145th Street exit; Turn right on 145th to Meridian; Turn left to Pool. (No Southbound exit at 130th).

Saturday:

- | | | | | |
|--------------------|----|------------------|---------|------------------|
| 1 Free Relay | 8 | 100 Freestyle | 15 | 100 Backstroke |
| 2 50 Freestyle | 9 | 200 Breaststroke | 16 | 200 Butterfly |
| 3 100 Breaststroke | 10 | 50 Backstroke | 17 | 100 I.M. |
| 4 200 Backstroke | 11 | 100 Butterfly | 18 | mx. Medley Relay |
| 5 50 Butterfly | 12 | Medley Relay | 19 | 500 Freestyle |
| 6 200 I.M. | 13 | 200 Freestyle | SUNDAY: | |
| 7 Mxd. Free Relay | 14 | 50 Breaststroke | 20 | 400 I.M. |
| | | | 21 | 1000 Freestyle |

Deck surface is smooth!