



the OFFICIAL PNA
MASTERS
NEWSLETTER

MARCH 10, 1986

Vol. 5 No. 3

PRESIDENT

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EDITOR

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206-588-4879

Schedule • Calendar

Mar. 15-16 Cascade, Order #1
Apr. 4-6 PNA CHAMPS, Totem Lake
Apr. 22 Board Meeting, Carolyn
Baldwin's, 7pm
May 2-4 Regional CHAMPS, Tualatin
Hills, Oregon
May 27 Board Meeting

June 14 LC Bellevue Athletic Club
July 26-27 Sun Valley Invitational
Aug. 1-3 LC REGIONALS CHAMPS, Spokane
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: Mar. 25, 1986 at Debbie Lewis', 4665 41st NE, Seattle. 522-9097

EDITOR'S CORNER...

NEWSLETTER DEADLINE IS THE LAST DAY OF EVERY MONTH!

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

Think "LONG COURSE NATIONALS!!"

GOING TO SC NATIONALS OR JAPAN? Notify Kathy Casey (see form inside).
WHOOOPS! To the 1985 All American Masters Swimming Team add Gregory J. Harrison.
Sorry Greg!
To National Top Ten Long Course, 1985 add Dorres Foster 57, 50m Back
#4, 46.94. - 100m Back #9, 1:46.15. Sorry Dorres!

Yes, I did change my name legally from Crandell to Casey. "Casey" is a derivative of my initials, "KC". No, I won't bite your head off if you slip and use my old name, but it is official now.K.C.

ROSES! ROSES! To Kiko Kimura for the PNA Party she hosted. Thanks Kiko!
SEE INSIDE FOR PNA BANQUET INFORMATION!
MEET BIDS are going out!
MEET AT PIONEER PIER AFTER THE CASCADE MEET FOR FOOD, FUN AND FRIENDSHIP!

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Dear Master Swimmer,

Congratulations to Kathy Casey for being nominated by the PNA for the National Ransom J. Arthur Award. I feel that Kathy's efforts at both the national and local level make her a deserving candidate for the award.

Plan on attending the PNA banquet following Saturday's events of the PNA CHAMPS on April 5th. Reservation forms are included in this newsletter. For those of you who have never had an opportunity to attend our banquet, consider this your invitation to an evening of "Fun, Fitness, & Friendship".

I'd like to remind everyone of a few upcoming deadlines:

- If you interested in being in the USMS calendar, please submit 5 X 7 or 4 X 6 pictures to me by March 16th.
- Deadline for submitting recipes and workouts to HUSKY is March 29th.
- Turn in your team registrations (along with "Swimmer of the Year award) before March 21st to be eligible for PNA CHAMPS team trophies.

The PNA has an opportunity to rent some Long Course pool time this summer at South End pool in Tacoma. However, we need to act fast. We can rent a lane for eight weeks from 5 to 7 pm Monday - Friday beginning June 23rd. If you want to be included please send a check for \$30 (made payable to PNA Masters Swimming) to me before March 22nd. The PNA Board will make our decision of how many lanes to rent at our March 25th board meeting. We will provide available space to "walk-ins" this summer. However, if you are interested and don't send your money, we may not provide adequate space as we will base our decision on the response we receive. We will also continue to try to find alternative Long Course pool time to aid everyone in training for Long Course nationals.

We will be sending out meet bid packets for the 1986 - 87 season during the next couple of weeks. If you are interested in hosting a meet and don't receive a packet, please contact Jan Kavadas at 775-5814.

The PNA is planning to make some proposals for rule changes at the next USMS convention. The board would like to hear your input. Do you agree or disagree with the proposals listed on the following page? Let your team rep or myself know.

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

Heugh

PNA RULE CHANGE PROPOSALS

- 1) Change the USMS rule to require only two watches per lane.
- 2) Require that national records be verified by one of the following: a) an automated timing system. b) a manual electronic timing system. c) at least two manual watches. Require only one watch for National Top Ten, Regional records, and LMSC records.
- 3) Abolish club scoring at USMS national meets.

The rationale for the first two proposals stems from our recent realization that inconsistencies between our rule book and accepted operating procedures exist. Unless specifically changed by USMS rules, we follow the rules listed in the USS rule book. The USS rule book states "In any race not timed with automatic or semiautomatic equipment the time for each competitor shall be taken by three timers stationed at or close to the finish". It has been my experience from swimming in other areas of the country that many Masters swim meets are run with only two watches. It is often difficult to arrange to have two watches per lane, let alone three. If the present rule is enforced, I feel that a number of meets would either have to be eliminated or simply run illegally.

The USS rule book also lists a tiered structure of timing systems required for various records. For instance, World and American records can only be verified by automatic timing. LSC (association) records require an automatic system, a manual-electronic system, or three watches. At present our rule book does not list requirements for USMS records. USMS has never required an automatic system for records. I feel that it is time we established requirements for records. If we establish the rule that two watches are required to run the meet, then the only reason a person should not receive a verified time is if there is a watch malfunction. Since we don't want to penalize swimmers for errors in the conduct of a meet, I feel that one watch should be considered sufficient for LMSC records, regional records, and national top ten. However, national records should not be allowed unless verified by two watches.

National championships have been traditionally won by the club hosting the meet or another large local club. Obviously the largest club has the best chance of winning the meet. As a result, bitter feelings have been generated toward some clubs who are felt to be uncharacteristically large. Rule changes have been proposed to break up these clubs. The main incentive in pursuing the break-up appears to be politically oriented toward obtaining a national championship. However, the clubs that I am familiar with that span a large geographic area are set up that way for two main reasons: camaraderie among the club members, and a chance to swim together on relays. If we remove the political incentive of a national championship, I feel that everyone can aspire to the common goal of "fun, fitness, and friendship".

REMINDER!

Our team colors are navy blue with red and white trim. Watch the Wet Set for further information on a team suit for LC Nationals. (If you have a favorite, let me know).

.....K.C....

GOING TO CALIFORNIA?

Going to California? I have their schedule of events for all of 1986. (The Lake Berryessa Swim is June 1st.

.....K.C..

NOTE FROM FIDALGO MASTERS

Kathy Crandell
Editor - The Wet Set

The Fidalgo-North Sound Invitational Masters Swim Meet was held on Sunday, Jan. 19, 1986 at the Fidalgo Pool. Teams competing were Bellingham, Oak Harbor and Fidalgo.

Fidalgo won the meet in very close competition with Bellingham.

Carter Morgan
Secy. Treas.
Fidalgo Masters

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

Frank Abramonte	Ann Helser	Marcy Reed
Thomas Ardavany	Nancy Kalinski	Henry Rodriguez
Maryann Ariizumi	Joan Kuhn	David Sklenar
Beth Brenner	Martha Larsen	Steve Smiley
Kay Emory	Steve McKinley	Robert Stuart
Donna Ernst	Amy Morris	David Tempest
Robert Griffith	Arlene Proebsting	Debbie Tomassi
Gary Hafer	Robert Proebsting	

Think "LONG COURSE NATIONALS!!"

SHORT COURSE NATIONALS AND JAPAN RELAYS

PLEASE RETURN TO: Kathy Casey, 11114 - 111th St. SW, Tacoma, WA
98498 (206-588-4879) by April 2 if you are going
to SC Nationals

NAME _____ AGE _____ by April 28 if you are going
to Japan

ADDRESS _____

PHONE _____

I WILL BE ATTENDING: SC Nationals Japan

I AM WILLING TO SWIM RELAYS: YES NO

I WILL NOT BE ABLE TO SWIM THE FOLLOWING RELAY(S): _____
(In case you'll be gone one day or an individual event is back to
back with a relay.)

MY BEST 50m/50yd TIMES FOR 1985-86 ARE:

50 free _____ yd _____ mtr 50 fly _____ yd _____ mtr
50 back _____ yd _____ mtr 50 Breast _____ yd _____ mtr

ENCLOSED IS MY CHECK FOR: _____ relays X \$2.00 = _____

MAKE CHECKS PAYABLE TO: "PNA MASTERS SWIMMERS"

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

LIKE A SPECIAL LONG-SLEEVE T-SHIRT FOR REGIONALS?

We're arranging for 100% cotton (Hanes Beefy-T), long-sleeve T-shirts with the design shown below to commemorate the Regional Championships. Price is \$10.00 per shirt. Shirts must be preordered and prepaid by April 15. Pick them up at the Regionals meet. No assurance can be given that extra shirts will be available for purchase at the meet.

NOTE: These shirts are all-cotton, but are cut to allow for shrinkage. So, if you normally buy a medium shirt, that is the size you should order here.



NAME _____

ADDRESS _____

PHONE _____

SIZE(S): XL _____ L _____ M _____ S _____

_____ SHIRTS @ \$10.00 EACH = _____

MAKE CHECKS PAYABLE TO BARRACUDA SWIM CLUB

MAIL ORDER FORM & CHECK TO: Ginger Pierson
14218 NE 14th Street
Vancouver, WA 98664

160 +
 JOAN BROOKHYSER 31 2:36.97 R
 CAROL ANNING 47
 MURIEL FLYNN 62
 CYNTHIA ROSIK 53

 RELAYS-MEN 200 YD. FREE

120 +
 GARY TURK 33 1:40.01 R
 JEFF GROSS 34
 CASH O DONNELL 36
 LARRY WRIGHT 37

 RELAYS-MIXED 200 YD. FREE

120 +
 JODY KLEVEN 25 1:57.13 R
 JAMES WEYLAND 45
 LISA FARIN 27
 DAVID SKLENAR 32

 RELAYS-MIXED 200 YD. MEDLEY

< 120
 MEG LLOYD 24 2:01.76 R
 DAVE JOHNSON 24
 KIKO KIMURA 30
 JEFF GROSS 34

120 +
 BARBARA LINDSLEY 34 2:13.69 R
 LESIE WHITE 28
 DAVID VANKLEECK 27
 DAVID SCHMALZ 31

THE FOLLOWING SWIMMERS WERE
 DROPPED FROM THE MEET RESULTS
 BECAUSE THEY WERE NOT
 REGISTERED MASTER SWIMMERS

NININE TESTA
 DEBRA TOMASSI

SOME RELAYS WERE DROPPED
 BECAUSE THEY CONTAINED A
 MIX OF PNA AND IEA SWIMMERS

TRY THIS:

The following will be a set or two every month that you might like to try in your workouts. Some may be new; some you may recognize. Some may work for you; some may not. If you don't understand, catch me at a meet.K.C

This is a sprint set with warm-downs inbetween:

6 X 100 off the blocks (do free-style or stroke you're practicing for a meet)
 Swim 300 yards easy in between each 100 yard sprint. (Get your time for each 100 yard sprint.)
 While swimming the 300 easy think about what went wrong or right in the last 100 sprint and how you will attack the next 100 sprint.

6 X 100 plus 300 yards after each 100 yards = 2400 yards.

.....K.C..

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: _____

The following will be a set of two every month that you might like to try in your workout. Some may be new ones you may recognize. Some may not be but you may enjoy them. If you don't understand, ask me at a meet.

This is a sprint set with warm-

A Favorite Workout:

4 x 100 all the blocks (no lane style or stroke) (no rest) providing for a rest. Swim 500 yards easy in between each 100 yard sprint. (Get your time for each 100 yard sprint.) While swimming the 500 easy stroke about what went over at right in the last 100 sprint and how you will attack the next 100 sprint.

Final Words:

4 x 100 plus 500 yards after each 100 yards = 1400 yards

Submitted by:

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

Bremerton Municipal Pool, 50 Magnuson Way, Bremerton 478-5376
lap swim: M-F: 11:15 - 12:30 PM; Tu/Th: 6:30-9:00 PM; F: 6-7 PM
Olympic Aquatic Center, 7070 Stampede Blvd., Bremerton 692-3192
workouts: TU/TH - 6:30 - 7:30 AM
contact: Geoff Pentz 692-3192
lap swim: M-F: 5:30-8:00 AM; M-TH: 8:00 -9:00 PM

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-POOL
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
workouts: M,W,F: 6:00 - 7:00 AM
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

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

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

Poulsbo

North Kitsap, 1881 Hostmark, Poulsbo 779-3790
lap swim: M-F: 5:45-9:00 AM, 11:30-12:30, 5-6 PM, 7:30-8:30

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
YMCA, 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

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1986-87 MEET BIDS

If you are interested in bidding for a meet during the 1986-87 season and do not receive bid information, please contact Jan Kavadas at 217 Alder St. #305, Edmonds, WA 98020, (206)775-5814. (Call before 9:00pm). Meet bids will be due by June 10th.

1) The meet bids will be handled as a contract. Groups bidding for meets will be asked to identify items that they will provide at the meet. If they are granted the meet, then the PNA will sign the bid, completing the contract.

2) Teams awarded bids will receive 60 to 80% of the meet revenues (unlike the previous set rate of 75%), depending on whether or not they meet the criteria listed on the contract.

Meet bids will be discussed at the PNA Masters Board meeting, Tuesday, June 24, 1986, 7:00pm at the home of:

Hugh and Jane Moore
29920 2nd Place SW
Federal Way, WA 98001
(206) 941-3100

Representatives of bidding organizations are welcome to attend.

IF YOU WISH TO RECEIVE MEET BID INFORMATION SEND IN THE FOLLOWING FORM:

PLEASE SEND MEET BID INFORMATION TO:

MAIL THIS FORM TO:

NAME _____

Jan Kavadas
217 Alder St. #305
Edmonds, WA 98020

ADDRESS _____

PHONE _____

FROM WETSET READERS

Wetset readers are encouraged to send articles to the Wetset 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 Wetset editors do not guarantee the accuracy of the articles printed. Furthermore, the articles do not necessarily reflect the view of the PNA or the Wetset editors.

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

Apr. 4-6 Spokane, Whitworth CHAMPS

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!!"

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

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: FT. STEIL (199)

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

HEAT	MEN		WOMEN	COED
	Timers Initials	Time Minutes		

LANE				

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.

NEW RELAY AGE GROUPS, JANUARY 1, 1986

As of January 1, 1986, relay age groups will change from ten year increments (25-34, 35-44, etc.) to the total of the ages of the relay team members. New age groups are: 119 and under, 120+, 160+, 200+, 240+ and 280+. You will notice four 30 year olds = 120 years, four 40 year olds = 160 years, four 50 year olds = 200 years, four 60 year olds = 240 years and four 70 year olds = 280 years. If you only have four swimmers, you can put them together in the age group matching their total ages. 70 year-olds no longer "swim down" in younger age groups. Put your 76 year-old with your 45 year-old, your 47 year-old, and your 31 year-old, total their ages (199 years), and enter them in the 160+ age group. (Too bad! Somebody on that relay needs to have a birthday, so they can be in the 200+ age group.) One of the reasons USMS changed to this age group method was to make it easier for smaller teams to field relays.

The relay records and Top Ten in the Nation for the current age group method will be retired effective December 31, 1985, on the Local, Regional and National levels. New relay records and Top Ten in the Nation will commence January 1, 1986, for the new age group method on all levels. Therefore, during this short course season, there will be two sets of relay records; one for the old age group method and one for the new age group method as well as two Top Ten in the Nation relay lists (assuming that the chairman has the time to compile two lists as well as the cooperation of people submitting relays for consideration).

Speaking of cooperation.....We can not verify the age group of the relay unless you write the correct age of each relay team member on the time card. See the following relay time card instructions on the following page.

HIGHLIGHTS OF PNA BOARD ACTION: JANUARY & FEBRUARY, 1986

from Ann Gindroz, Secretary

Motions passed:

1. When the 500 is swum first (order #3) there will be a second warmup of 1/2 hour and an identified starting time for the rest of the meet.
2. To print information in the newsletter about the possibility of extra summer workouts for LC Nationals. Those interested in the use of South End Pool for 8 weeks from 5-7 pm, Monday through Friday evenings should send \$30.00 to Hugh to reserve and pay for this usage. The board will continue to explore the other locations for group LC workouts.
3. Money was appropriated for banquet entertainment, a president's award, pin orders, PNA seat cushions and 500 medals.
4. To allow the voluntary sale of teamwear and cards at meets by the host organization for 10% of the take.
5. To include 20-24 year olds on relays in their prescribed brackets for local competition. Encourage other regions to do the same.
6. A committee was appointed to determine the divisions of teams based on size: Walt, Kiko and Rick.
7. Ranson Arthur Nominee selected: Kathy Casey.

Membership currently 384 (80 less than last year).

Treasury is approximateliy \$3,000.00.

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!!