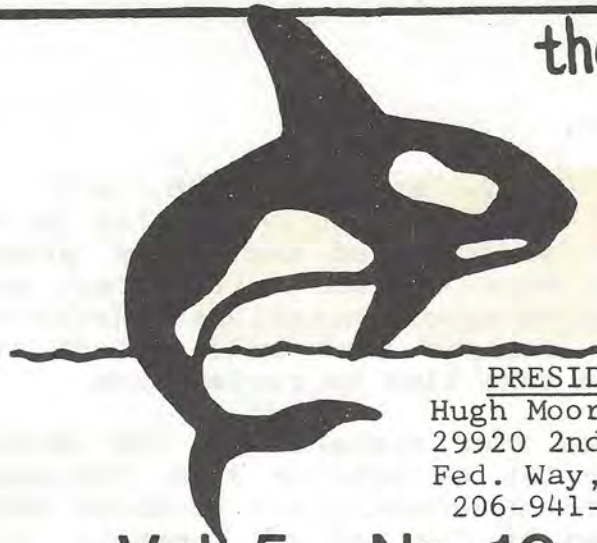


the  
WET  
SET



the OFFICIAL PNA  
MASTERS  
NEWSLETTER

PRESIDENT  
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OCTOBER 10, 1986

Vol. 5 No. 10

**Schedule • Calendar**

Oct. 25 Swim Clinic, 8am-5pm Tacoma  
Nov. 15-16 SC No. Kitsap, order #1  
Nov. 25 Board Meeting, Moore's  
Dec. 13 SC Fidalgo, Anacortes #2  
Dec. 13 Bd. Meetg. after Anacortes Meet

Jan. 16-17 SC Issaquah-Spec.Event Order  
Feb. 14-15 SC Cascade (1000 incl.) #3  
Mar. 13-14 SC Husky #4  
Apr. 3-5 SC PNA CHAMPS, Kent, Wa.  
SC REG'L CHAMPS, Orca, Hazen  
May 15-18 SC NATIONALS, Standord, Ca.

BOARD MEETING ON OCT. 28 AT ANN GINDROZ', 715 N. YAKIMA, TACOMA AT 7:00PM

**EDITOR'S CORNER...**

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

"THINK STANFORD!!" (May 15-18)

- Convention 1986 is over. MANY changes were made including some rule changes that are effective November 1, 1986 and some rule changes that are effective now. SEE INSIDE FOR DETAILS.

- BUY YOUR U.S.M.S. CALENDER! Only \$6.00 (from teamwear at meets).
- IT'S TIME TO REGISTER FOR 1987! Registration form inside.
- BE SURE TO VOTE on the Proposed PNA Constitution and by-law Amendments!

" THINK STANFORD "

INDEX

<u>President's Message</u>	<u>2</u>	<u>Corvallis SC Entry</u>	<u>13</u>
<u>Proposed Amendments</u>	<u>3-5</u>	<u>Nationals Results</u>	<u>14-20</u>
<u>Ballot &amp; USMS Regis.</u>	<u>5</u>	<u>Ellensburg Entry</u>	<u>21</u>
<u>Board Meeting</u>	<u>6</u>	<u>Fidalgo SC Entry</u>	<u>24-25</u>
<u>Convention Report</u>	<u>7-11</u>	<u>Order of Events</u>	<u>29</u>
<u>All Wet</u>	<u>12</u>	<u>No. Kitsap SC Entry</u>	<u>30-31</u>

Dear Master Swimmer,

Walt Reid, Kathy Casey, my wife Jane, and I recently returned from the USMS national convention in Fort Worth. The meetings that we attended were very productive. A number of changes were adopted that affect our swimming technical rules and relay organizations. Kathy has included a summary of the changes that will affect you in this newsletter. Please take time to review them.

It is time to renew your membership. Our membership year runs from November 1st to October 31st. You must register for 1987 to swim in the November and December meets. If you have not registered by the end of November, your Wet Set subscription will also expire.

The PNA board has proposed a number of amendments to our Constitution and By-laws. The proposed changes along with the rationale is included in this newsletter. To amend our Constitution, votes must be received from 50% of our membership. For that reason we have included a ballot with the new membership application. Please register now and vote at the same time.

Note that the registration form includes a spot for club affiliation. This must be a club that is registered with USMS. At present we have only one club, the PNA, that is registered with USMS. If you enter a different club on your registration form, make sure that that club is registering with USMS. Most of our swimmers register with PNA so that they can swim together on relays. All members of a relay team must swim for the same club. Therefore, if you register your club affiliation as unattached, you may not swim on any relays.

National Short Course Championships at Stanford have been moved up one week to May 15th - 18th.

I am planning on creating a special committee to work on helping teams get organized and aiding in their development. I have already received a few suggestions involving publicity and clinics. If you have any ideas, would like to serve on the committee, or would like some help from the committee, please give me a call at 941-3100.

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



## PROPOSED PNA CONSTITUTION & BY-LAW AMENDMENTS

The following amendments have been proposed by the PNA Board of Managers. Acceptance of these amendments requires a vote by 50 % of our membership. Please take time to read the amendments and to vote when you send in your registration renewal. CA indicates Constitutional Amendments and BYA indicates By-Laws Amendments. CA-1 and BYA-1 add standing committee chairs to the Board of Managers. CA-2 and BYA-2 change the minimum registration age from 20 to 19. BYA-3 changes the requirement for the Board of Managers to meet during the third week of each month to simply meeting once a month. BYA-4 redefines a quorum. BYA-5 adds maintenance of standing policies to the duties of secretary. BYA-6 adds Team Wear, Social, Officiating, and Fitness committees to the list of standing committees.

Note: Normal print indicates portions that are to be left as they now read, underline indicates additions, and ~~strike-through~~ indicates deletions.

### CA-1

Article Six: BOARD OF MANAGERS section 6.1

The affairs of PNA Masters Swimmers shall be managed and directed by a Board of Managers consisting of the President, Vice President, Secretary, and Treasurer of PNA Masters Swimmers, plus one member of each team duly registered with the membership chairman and meeting the minimum size requirement specified in the By-Laws for Board representation, Committee chairs specified in the By-Laws, and one to three representatives at large.

### BYA-1

3.1 Membership of the Board of Managers

The Board of Managers will consist of the President, Vice President, Secretary and Treasurer, plus one representative from each eligible team duly registered plus one to three representatives at large, plus the chairs of all standing committees.

RATIONALE for CA-1 and BYA-1:

Many of the participants of our board meetings are not members of the Board of managers, and therefore, do not get to vote on policies. This amendment will encourage participation by giving the vote to our more active members.

### CA-2

ARTICLE TWO: OBJECTIVES section 2.1

To encourage and promote physical fitness and health improvements through swimming for people adults of all skill levels ~~who are over 20 years of age.~~

### BYA-2

2.1 Individual Membership

Membership is open to all men and women ~~over 20~~ 19 years of age and over ~~who reside within the boundaries of the Pacific Northwest Association of the Amateur Athletic Union. --- The 20 to 24 age group are excluded who are currently competing on college or AAU swim teams other than masters.~~

RATIONALE FOR CA-2 and BYA-2:

USMS has set the minimum age for registration at 19 and has established a 19-24 age group for local competitions. The AAU no longer has any involvement with competitive swimming. Also USS allows dual registration with USMS.

### BYA-3

#### 3.3 Board of Managers Meetings

The regular meeting shall be ~~monthly on-a-day-in-the-third-week-of-each month at-a site-determined at-the-previous-meeting.~~ The date and site for the next meeting shall be determined during the monthly meeting. Any changes shall be acknowledged by the President, and he will notify the other board members at least seven (7) days prior to the scheduled meeting, whenever possible.

#### RATIONALE for BYA-3:

The present requirement is too specific.

### BYA-4

#### 3.4 Board of Managers Voting

~~Each member of the Board of Managers, i.e., all officers and duly recognized representatives, will have one vote on each issue.~~

Each member of the Board of Managers shall be entitled to one vote on each issue. Those members filling more than one position shall be entitled to only one vote.

~~Unless otherwise stated in the By-Laws or Constitution, a quorum will be 50%-(1/2)-of-the-recognized-members, and a simple majority of any quorum will decide the action on an issue. A quorum shall be defined as those members present at a regularly scheduled meeting. Unless otherwise stated in the By-Laws or Constitution a simple majority of any quorum will decide the action on an issue. In the case of a tie, the issue shall be considered defeated.~~

#### RATIONALE for BYA-4:

It is difficult to get a quorum present at most of our board meetings. We have a large number of team representatives who do not regularly attend board meetings. We cannot afford to stop the action of the board because of apathetic members.

### BYA-5

#### 4.5 Secretary of PNA Masters Swimmers - Duties

(add at end of paragraph)

... The Secretary shall maintain a listing of all Standing policies as adopted under section 8 of these By-Laws.

(add new section 8 and renumber existing section 8)

#### 8.0 Standing Policies

Standing Policies established under these By-Laws and designated as such at the time of approval, shall be maintained in a separate list and shall be binding until such time as they are amended or repealed by the Board of Managers.

#### RATIONALE for BYA-5:

A concise list of policies will help transitions between administrations go smoother and also allow a quick check to see if a given situation is already covered by a policy.

**BYA-6**

**5.1 Standing Committees**

... g) Awards Committee h) Team Wear, i) Social, j) Officiating, k) Fitness  
(add the following at end of section)

Team Wear - Maintain inventory and sale team oriented items such as towels, T-shirts, suits, patches, pins, warmups, etc.

\* Social - Plan and direct social events.

\* Officiating - Verify that meet officials are consistent and enforce the rules. Meet with officials prior to meets to verify that they know the rules. Organize clinics for officials.

\* Fitness - Organize clinics and publish articles and flyers emphasizing the fitness aspects of swimming.

**5.2 Special Committees**

c)-Social-(banquet;-etc-)

d)-Equipment-(suits;-warmups;-patches;-watches-etc)

ec) Stroke and training

**RATIONALE for BYA-6:**

Our major committees should be defined as standing committees. Other standing committees are Finance, Membership, Meets, Records, Publicity, Newsletter, and Awards.

**REMINDER: YOUR REGISTRATION EXPIRES ON OCTOBER 31st.**

Please fill out the ballot below and return it with your 1987 registration.

**Constitution and By-Law Amendment ballot**

CA-1	Yes ___	No ___	BYA-1	Yes ___	No ___
CA-2	Yes ___	No ___	BYA-2	Yes ___	No ___
BYA-3	Yes ___	No ___	BYA-4	Yes ___	No ___
BYA-5	Yes ___	No ___	BYA-6	Yes ___	No ___

**UNITED STATES MASTERS SWIMMING, INC.**

**REGISTRATION APPLICATION - NOV. 1, 1986 - OCT. 31, 1987**

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

PLEASE PRINT OR TYPE INFORMATION  
 RENEWAL My 1986 USMS No. is \_\_\_\_\_  NEW REGISTRATION

PLEASE NOTE THE CHANGE(S) FROM MY 1986 REGISTRATION  
 ADDRESS  NAME \_\_\_\_\_  CLUB/DIST. \_\_\_\_\_ (PREVIOUS)  
 OTHER \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Initial \_\_\_\_\_  
 Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Telephone No. \_\_\_\_\_ Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Local \_\_\_\_\_ Date of Application \_\_\_\_\_

Team \_\_\_\_\_ Unattached

(Club (Nat'l Level Only) \_\_\_\_\_  
 PNA  Other \_\_\_\_\_ Unattached



OFFICE USE ONLY

THANK YOU

MAKE CHECK PAYABLE TO: **PNA MASTERS SWIMMERS**

MAIL TO: **NORMA INGRAHAM  
 5909 REID DR. N.W.  
 GIG HARBOR, WA. 98335  
 (206) 858-8818**

USMS FEE <b>\$5.00</b>	IMSC FEE <b>\$10.00</b>	TOTAL FEE <b>\$15.00</b>
---------------------------	----------------------------	-----------------------------

**SENIORS (65+) \$10.00**

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

x \_\_\_\_\_  
 APPLICANTS SIGNATURE

PNA Board Minutes September 30, 1986

September 30, 1986 PNA board meeting, held at the Moores' home, was called to order by president Hugh Moore at 7:25 PM. In attendance were Denise and Bob Miller, Bobby Gallegos, Carolyn Baldwin, Jane Moore, Rick Ingraham, Kathy Casey, Walt Reid, Julie Corman, Kiko Kimura, and Donna Phelan.

Old minutes were not available for approval.

The amount of \$125.00 was approved for purchase of 25 USMS calendars at \$5.00 each for sale by teamwear at \$6.00 each.

Last year 1000 flyers were printed at a cost of \$100. Motion made, seconded and carried to print 2000 flyers for the coming year at a cost not to exceed \$150.00. These will be distributed at triathlons, Swim for Heart, etc., as well as at pools.

Treasurer's report showed a current balance of \$2795.35; outstanding bills will reduce the balance to about \$1000.00.

Resignation of Kiko Kimura as chair of fitness committee was accepted.

Convention reports were made by Walt, Kathy, Jane and Hugh.

Proposed Constitution and By-laws amendments were discussed and approved. These are to be published with a ballot in the October newsletter with the registration form.

Plans are being made for a possible dual meet with B.C. Masters to be held in Vancouver, B.C., in September, 1987. A similar meet would then be held here in September, 1988.

Meeting adjourned at 9:30 PM.

Respectfully submitted,

*Jane Moore*

\*\*\*\*\*

C L I N I C

"PARENTING AND SPORTS", October 15, 7:30 PM, B.A.C. Ballroom, \$3.00.

Contact BAC Swim Team, 11200 SE 6th Street, Bellevue, WA 98004.

\*\*\*\*\*

## CONVENTION REPORT 1986

Following is a review of changes and information important to all of the PNA Membership. Save this report for future reference. Copies of the complete reports presented at the Board Meeting are available from Walt Reid, Kathy Casey, Jane Moore or Hugh Moore.

RULE CHANGES: (Effective January 1, 1987, unless otherwise noted.)

1. Adults 19 years of age and over may register with USMS but may not compete in national competitions until they are 25 years of age.
2. Local competitions are open to all USMS registered athletes 19 years and older. An age group "19-24" will be created for individual events. National records and National Top 10 times will be compiled for this new age group.
3. Relays for Long Course (50 meter) and Short Course (25 meter) competition shall remain cumulative age with the "under 120" age group changing to "100 years and over" and the addition of the "76 +" relay (to include 19 year olds) for local competition. National records and National Top 10 times will be compiled for all relay age groups, however, for National compilations swimmers under 25 years old may only swim in the 76+ relay.
4. Relays for Short Course (25 yard competition) shall return to the old 25+, 35+ ...age groups. The age of the youngest competitor shall determine the age group. A new age group 19+ was added for local competition. National records and National Top 10 Times will be compiled for all relay age groups, however, for National compilations swimmers under 25 years old may only swim in the 19+ relay.  
This rule starts immediately.
5. Butterfly Stroke - The breaststroke kick or whip kick may be used exclusively or interchangeably with the dolphin kick while doing the butterfly stroke at any time during the race. However, when the breaststroke kick or whip kick is used the arms must be recovered over the water at least once per breaststroke kick. (Dolphin kick does not require armstroke.)
6. Timing - For all meets not using automatic timing, a minimum of 2 timers per lane shall be required. Automatic timing, manual-electronic timing or 3 timers per lane shall be recommended for all meets.
  - In order for a time to be valid for National Top 10 consideration, a minimum timing quality of two hand-held watches, averaged per USS rules must be used. (1 is not enough, so ask for 3 watches.)
  - National records shall require 3 watches, manual-electronic, or automatic timing. (So ask for 4 watches.)
  - Relay leadoff times will be considered for Top 10 Times and records if recorded by fully automatic officiating equipment and provided such splits are brought to the attention, in writing, of the LMSC recorder (who is Walt Reid).

- National records established by a swimmer's splits in an individual event shall be acceptable as individual performances provided that fully automatic officiating equipment is used and all applicable rules have complied with and brought to attention, in writing, of the LMSC recorder. These National records shall count for Top 10. All other splits (non-records) shall not be considered for Top 10 Times.

7. National Championships:

- At the option of the meet director, the 1000/1650 yard or 800/1500 meter freestyle may be swum on the first or last day of the meet. Swimmers may enter only one of the two longest freestyle events at the meet.

- All events 200 yard/meter or less shall be pre-seeded, with oldest age group first, slowest heats swum first in each age group. Events over 200 yard/meter except the 1650/1500 may be pre-seeded as above or deck seeded on time only with the slowest times in the first heat.

- The 1650/1500 will be seeded by time only slowest times in the first heat.

- Willing and able competitors in the freestyle events over 200 meters shall be swum 2 to a lane when only one course (7, 8, 9, 10) is available for the event. Such heats will be seeded by time, slowest first, and these heats completed before the heats with a single competitor per lane.

- There will be no limit to the number of relay teams a club may enter for each relay event (old rule limited us to 3).

- Relays may be entered "late" (late is anytime after the stated 30 day entry deadline up to 1 day prior to the first day of the meet). However the total fee for each "late" relay will be 1½ times the stated relay entry fee.

- Scoring - Women's, men's, combined will each be divided into 2 categories. Clubs with more than 15 entrants in either mens or womens will fall into Division I for that category, clubs with 15 or less will be in Division II. In the combined category those with more than 30 entrants will fall into Division I, those with 30 or fewer will be Division II.

8. Relays - Local meets may include these additional relays. National Records and National Top 10 Times will be compiled for these relays.

- 400 yd/m Medley men - women
- " Freestyle men - women
- " Mixed Medley
- " Mixed Freestyle
- 800 yd/m Freestyle men - women
- " Mixed Freestyle



## USS &amp; USMS RULE CHANGES - (TECHNICAL)

See the attached copies of Breaststroke and Butterfly rules. Following are the actual changes made in the swimming rules. These changes are effective November 1, 1986:

Breaststroke

1. Arm recovery - removed "on or under the surface" (hands may come out of the water).
2. Head position - changed to "shall break the surface of the water at least once during each....cycle...." (except the first cycle after the start and turns). (The head may go under water.)
3. Removed "new stroke" definition and replaced it with the term "stroke cycle".
4. Added "the hands shall not..."go"...beyond the hip line..." (except the first cycle after the start and turns).
5. Added "scissors kick" to the list of things not permitted on the kick.
6. The finish is now the same for short-course and long-course. (The head may go under water after the final arm pull and prior to the touch.)
7. Finish - took out "at the same level" for the hand touch.

Butterfly

1. Shoulders shall be "in line with the water surface" rather than "on a horizontal plane".
2. Finish - took out the words "Short Course and Long Course" in the title. That is implied.
3. Finish - took out "at the same level" for the hand touch.

NATIONAL CHAMPIONSHIPS:-

1987 Short Course - Stanford, CA - May 15-18, 1987 (Fri-Mon.)

1987 Long Course - The Woodlands, TX - Aug. 21-24, 1987 (Fri-Mon.)

1988 Short Course - Austin, TX - May 19-22, 1988 (Thurs.-Sun.)

1988 Long Course - Amherst, NY - Aug. 25-28, 1988 (Thurs.-Sun.)

There will be a new medal for National Championship Meets. The Maximum surcharge for National Championships will be \$13.00.

The USMS Adaptive Aquatics Handbook is now available from the National USMS office for \$2.00 (or see Kathy Casey or Jane Moore).

The next Masters World Swimming Championships will be in Brisbane, Australia, October 8-14, 1988. In 1990 it will be in Rio de Janeiro, Brazil.

MACA (Masters Aquatic Coaches' Association) will begin a two tier structure of coaches' certification based on experience and education. New swimmers may register for the new registration year beginning October 1 each year. Swimmers registering for the first time in August or September will be registering for the "old" year.

Adopted Breaststroke Rule Changes Effective November 1, 1986  
At the United States Swimming House of Delegates September 20, 1986

101.1 BREASTSTROKE

- .1 Start--The forward start shall be used.
- .2 Stroke-- From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in line with the water surface. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast, and shall be brought back on or under the surface of the water. The hands shall not be brought beyond the hip line, except on the first stroke after the start and each turn. Some part of the swimmer's head shall break the surface of the water at least once during each complete cycle of one arm stroke and one leg kick, except during the first cycle after the start and each turn. During this first cycle the swimmer may take one arm stroke completely back to the legs and one leg kick while wholly submerged.
- .3 Kick--All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outwards in the backward movement. A scissors or a flutter kick or a downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.
- .4 TURNS
  - A. Short Course--When touching at each turn, the touch shall be made with both hands simultaneously. It is permissible for a shoulder to be dropped and/or the head to be lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. 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 form must be attained from the beginning of the first arm stroke. This would apply also to the breaststroke leg of the individual medley and the breaststroke leg in the medley relay.
  - B. Long Course--When touching at each turn, the touch shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. 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 form must be attained from the beginning of the first arm stroke.
- .5 FINISH -- On the finish the touch of the solid wall or pad shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. It is permissible for the head to be lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above, or below the surface of the water.

**Adopted Butterfly Rule Changes Effective November 1, 1986**

At the United States Swimming House of Delegates September 20, 1986

**101.2 BUTTERFLY**

- .1 START -- The forward start shall be used.
- .2 STROKE -- After the start and turns, a swimmer is permitted one or more leg kicks, but only one arm pull under water, which must bring him to the surface. Both arms must be brought forward together over the water and brought backward simultaneously. The body must be kept on the breast, and both shoulders in line with the water surface, from the beginning of the first arm stroke after the start and after each turn.
- .3 KICK-- All up and down movements of the legs and feet must be simultaneous. The position of the legs and feet shall not alternate in relation to each other. The use of the scissor or breaststroke kicking movement is not permitted.
- .4 TURNS
  - A. SHORT COURSE -- When touching at each turn the touch shall be made with both hands simultaneously. It is permissible to drop a shoulder after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. This would apply also to the butterfly leg of the individual medley and the butterfly leg of the medley relay.
  - B. LONG COURSE -- When touching at each turn the touch shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke.
- .5 FINISH-- On the finish the touch of the solid wall or pad shall be made with both hands simultaneously while the body is on the breast. The shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water.

# all wet .....by Julie Corman

LONG COURSE NATIONALS Although the Long Course Nationals are quickly fading from our water logged memories, let's not forget some of the memorable times as well as performances that we had down in Gresham. For starters, PNA is making rapid gains on Oregon, point wise, and, by the next Nationals at Mt. Hood, I think we'll give those Oregonians a real run for their money. Some comparisons from the 1982 Nationals.

	PNA		OREGON	
	1982	1986	1982	1986
Men	556	987	1290	1514
Women	884	1058	1578	1305
Combined	1593	2285	3140	3129

PNA had 138 swimmers signed up for Long Course Nationals and came in a strong second place.

Some National Champions who emerged from the meet were:

Meg Lloyd 25: 200 back(2:40.62)

Mixed Medley Relay

Rob Crawford 25: 100 breast(1:10.00) Free

Relay, & 50 breast(:31.74)

Chris Hall 25: Free Relay

Rex Fletcher 27: 200 back(2:22.34), Free Relay

Dick Hannula 29: Free Relay, Medley Relay

Robin OLeary 29: 50 Fly(29.11 new national

record), Mixed Medley Relay

Mike Stipek 29: Medley Relay

Stephen Freeborn: 30: Free Relay

Dave Hannula 32: 200 IM(2:17.75), 50 back

(29.04), Medley Relay, Free Relay, & Mixed Medley Relay.

Dan Hannula 34: Free Relay, Medley Relay.

Gordon Clark 35: 50 fly(28.35), free relay.

Mary Beth Phelan 35: 100 breast(1:24.71)

Greg Harrison 34: Medley Relay

Larry Wright 37: Free Relay

Rondi White 40: 100 back(1:25.77)

Mary Lou Haugland 47: 50 breast(43.29),

100 breast(1:35.06), & 200 breast (3:31.30)

Lowell Johnson 49: Free Relay

Juanita Correa 50: 200 back(3:04.62 new

national record), 100 free(1:21.21), & 200

free(2:38.26 new national record)

Dave Addleman 51: Free Relay

Pat Dotson 59: 50 free(38.24) 100 free(1:25.01)

&Mixed Medley Relay

Ray Frederick 62: Free Relay

Warren Kleist 64: Free Relay

Eugene Caddy 72: Free Relay

Allan Sachs 73: Free Relay, Mixed Medley Relay

Marion Mueller 74: Mixed Medley Relay

Carter Morgan 76: 50 back(46.59)

Jim Penfield 78: Free Relay, Mixed Medley Relay

John Robinson 83: 50 free (48.84)

HANNULA SWIM CLINIC You too can be a champion, or at least a better swimmer with a few stroke techniques and hints from one of the country's leading coaches. Spend a day brushing up on your form on Oct 25.

## SHORT COURSE NATIONALS - STANFORD

Looking ahead - - it's not too early to be thinking about short course nationals, right around the corner, May 15-18, 1987. This is a good time to be doing some 50's for relay times. Some of you were way off the mark on your 50m estimates for long course nationals and consequently had to swim in slower relays than you would have swum in had you given us truer times. From the verbal survey that I've been taking, it looks like we'll have quite a large team going to Stanford. The facilities there are suppose to be fantastic. Give it a thought!

AGING UP The following swimmers are aging up in September and October!

25+ years old Renee Benoit, Lisa Wilson

30+ years old Jill Baum, John Kuntz, John Masters, Michael McClosky, Larry Rollins, and Nine Testa

35+ years old Susan Benner, Sue Booth, Joan Kuhn, and Barb Lindsley

40+ years old Stephen Bergmann, Linda Cazin, and Steven Peterson

45+ years old Don Sposato, Herbert Thomas, and Steven Thrasher

50+ years old Sue Dearborn

55+ years old Robert Dorse

60+ years old Warren Lindblad

65+ years old Marion Chadwick, Warren Kleist, and Hal Young

Happy Birthday to you all!

PNA Committees as of July 2, 1986

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

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Make out \$6.00 check to: OREGON MASTERS SWIMMERS

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 Portland, Or. 97229

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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, 2722 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  
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

Kirkland  
Tahoma, 18230 SE 240th, Kent 432-1948

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

Summer  
Summer High School, 1707 Main, Summer 863-8110  
workouts: M,W,F: 5:00-6:00 PM  
contact: Donna Pheian 862-8777  
lap swim: M-F: 5:30 - 7:00 AM, 12:00 - 1:15 PM

Tacoma  
South End, 402 E. 56th, Tacoma 474-3821  
workouts: (through Aug. 15th) M - F: 5:30 - 7:00 PM  
contact: Hugh Moore 941-3100  
lap swim: M - F: 11:30 AM - 1:00 PM  
Ft. Steilacoom, 9401 Farwest Dr. SW, Tacoma 964-6678  
workouts: M - Th.: 5:00 - 7:00 PM; Sat. 8 - 10 AM  
contact: Kathy Grandell 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

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

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Carolyn Baldwin  
Paul Calliccoat  
Rick Klutey III

Eric Meyer  
Jeanne Stougard

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FROM WETSET 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.

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!!! 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 -

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FOR THOSE INTERESTED IN SUBMITTING PAID ADVERTISEMENTS:

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MORE RELAY INFO

Please be aware that anytime you compete outside the PNA you are competing for the PNA, not the local team you work out with. This includes events such as the one hour postal swim. Your local team is not registered nationally as a club. At Regionals and Nationals the club you swim relays for is the "PNA".

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# M.S.I. NEWS

the official newsletter of M.S.I.

Publicity Officer -

MARGARET G SAMSON  
49 NORTH ALTADENA DRIVE  
PASADENA CA 91107 USA

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E. 944 39th Ave.  
Spokane, Wa. 99203

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

Oct. 25-26 Ellensburg 25m

Nov. 2-3 Corvallis  
Dec. 7 Beaverton  
Jan. 10 Newberg  
Jan.31-Feb.1 Lincoln City, 25m  
Feb. 7 Beaverton (Pentathlon)  
Feb. 14 Ashland  
Mar. 28-29 Salem  
Apr. 10-13 Oregon CHAMPS, Tualatin

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\*FOR NON-MEMBERS ONLY

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