



the OFFICIAL PNA
MASTERS
NEWSLETTER

NOVEMBER 10, 1986

Vol. 5 No. 11

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Schedule • Calendar

Nov. 15-16	SC No. Kitsap, order #1	Feb. 14-15	SC Cascade (1000 incl.) #3
Dec. 13	SC Fidalgo, Anacortes #2	Mar. 13-14	SC Husky #4
Dec. 13	Board Meeting after Anacortes Meet	Apr. 3-5	SC PNA CHAMPS, Kent, Wa.
Jan. 9-10	SC Issaquah Spec.Event Order	Apr. 24-26	SC REG'L CHAMPS, Orca, Hazen
Jan. 27	Bd. Meeting, Moore's	May 15-18	SC NATIONALS, Stanford, Ca.
		Aug. 21-24	LC NATIONALS, The Woodlands, Tx.

BOARD MEETING ON NOV. 25 AT MOORE'S (ADDRESS ABOVE) AT 7:00 PM

EDITOR'S CORNER

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

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

- Did you see Ian and Pat Thompson and Barb Lindsley on the cover of the Nov.-Dec. 1986 issue of "Swim-Master"?
- BEGINNING DEC. 1, 1986, 19 YEAR OLDS MAY REGISTER AND COMPETE IN THE PNA.
- Buy your 1987 USMS CALENDAR from Tom Taylor (Teamwear) for \$6.00 at the meets.
- BALLOTS FOR CONSTITUTION & BY-LAWS CHANGES MUST BE POSTMARKED NOV. 17!!
- Be sure to note the change of address for the Meet Director of the Anacortes/Fidalgo Meet!! Otherwise your meet entry may be returned to you!
- The location of the board meeting after the Anacortes Meet will be announced at the the meet and in the agenda mailed to all Board Members.

THIS IS YOUR LAST NEWSLETTER UNLESS YOU RE-REGISTER!!

" THINK STANFORD "

<u>President's Message</u>	<u>2</u>	<u>Nat'l. SC Top Ten</u>	<u>14</u>
<u>'87 USMS Regis & Ballot</u>	<u>3</u>	<u>Japan LC Results</u>	<u>15</u>
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Dear Master Swimmer,

Since the USMS registration year is from November 1st through October 31st, your 1986 registration has expired. If you plan on swimming in the next year, please send in your registration now. NOTE: 1987 registration is required to participate in the November and December meets. This is the last newsletter you will receive unless you have registered for the 1987 year. When you register, remember to vote on the Constitution and By-Law Amendments. All ballots must be postmarked by November 17th.

Please note the following meet schedule changes: The Issaquah Pentathlon will be January 9th and 10th instead of January 17th and 18th. Region XII Championships will be April 24th - 26th at Hazen High School in Renton.

Last year the Wet Set printed an article explaining the organizational structure of the PNA. Since we have made a few changes to the structure in recent weeks, I will review the structure and note the changes.

United States Masters Swimming is a national organization which promotes and organizes swimming for adults. Currently there are 23,000 swimmers registered with USMS. Meets are offered at four levels: national, zonal, regional, and local. The majority of the meets are held under the guidelines set by each of the fifty-two local organizing bodies. These organizing bodies are known as Local Masters Swim Committees (LMSCs). The Pacific Northwest Association Board of Managers serves as the LMSC for our area. The PNA organization is defined in our Constitution & By-Laws. Our policies and activities are developed through guidelines established in the Constitution & By-Laws.

Members of our Board of Managers include our four Officers (President, Vice-President, Secretary, and Treasurer), representatives from each team comprised of eight or more swimmers, and three at-large representatives. If the proposed Constitution and By-Laws amendments pass, the Chair of each of our eleven standing committees will be also become Board Members.

The PNA has traditionally registered as a single club with USMS. Since all members of a relay team must swim on the same club, this has allowed us to organize a greater number of relays. However, the difference between PNA as an LMSC and PNA as a club has not been emphasized. We recently have had one of our teams decide to also register as a club. Since we now have more than one club, the PNA Board of Managers has taken steps to split LMSC decisions from club decisions.

The first decision was to change the club name to Pacific Northwest Aquatics. This allows us to use the same abbreviation, but still differentiate between the LMSC and the club. The second decision involves structuring a decision-making body for Pacific Northwest Aquatics. Few decisions are made regarding the club (most regard relay organization). However, since all Board of Managers members are not from the same club, it has become necessary to separate the club decisions. As a result we have established a sub-committee of the PNA Board of Managers that is comprised of all Board Members who swim for Pacific Northwest Aquatics. At the first committee meeting, Tom Taylor was elected Chairman and Jane Moore was elected Secretary-Treasurer.

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



PNA Committees as of November 1st, 1986

Awards	Carolyn Baldwin, Steve Freeborn
Finance	Julie Corman, Hop Bailey, Hugh Moore
Fitness	Jane Moore, Hugh Moore, Lib Rust, Amy Rust, Maxine Carlson, Cathy Brooks, Carolyn Baldwin, Martha McClelland, Denise Miller, Bob Miller
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, Julie Corman, Jane Moore, Ted Becker
Officiating	Carolyn Behse, Rick Ingraham
Publicity	Frank Newquist, Judy Harrison
Records	Walt Reid, Kathy Casey
Social	Linda Cazin, Rick Ingraham
Team Wear	Tom Taylor, Jay Palmer, Jane Moore
Sunshine	Marietta Hunziker-James, Jim Penfield
Hospitality	Debbie Kingsley, Dave Addleman
History	Tom Foley, Maxine Carlson

Constitution and By-Law Amendment ballot

CA-1	Yes ___	No ___	BYA-1	Yes ___	No ___
CA-2	Yes ___	No ___	BYA-2	Yes ___	No ___
CA-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

THIS IS A 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 \$5.00	IMSC FEE \$10.00	TOTAL FEE \$15.00
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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.

 APPLICANTS SIGNATURE

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

Donald Bagnall	Emmett Guise	Hildegard Pennington
Wayne Bartelheimer	Christopher Hatfield	Tim Pflueger
Patricia Caley	Linda Hatfield	Patricia Pirnack
Joy Belle Conrad-Rice	Janet Horner	Ray Pope
Joseph Dahlem	Gerald Huestis	Kimberly Putnam
John Davy	Mark Kroll	Celia Rosalis
Sandra Dentinger	Larry Kuxhausen	Dana Ryan
Lisa Donaldson	Jill Lasersohn-Nuss	Kevin Shea
Mary Ann Douglas	Dennis McCabe	Walter Sherman
Jane Faulkner	Jeff Mellor	Alan Thal
Laura Ford	Donald Miles	Laurie Therrien
Susan Fox	Jennifer Miles	Dale Trout
Bobby Gallegos	Denise Miller	Judy Wege
Barbara Granger	Robert Miller	

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.

!!! 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 -

FOR THOSE INTERESTED IN SUBMITTING PAID ADVERTISEMENTS:

Approved ads will cost: $\frac{1}{4}$ page = \$20) for the \$15) for each
 $\frac{1}{2}$ page = \$40) first \$30) month

SUBMIT CAMERA READY COPY TO KATHY CASEY

FITNESS SWIMMING
"How to Start (and Continue) Training"

by Amy Rust

Do you have a friend or a relative that is not involved in a fitness routine? Do you find it difficult to continue your swim program? Do you believe that the need for exercise diminishes and then disappears as you grow older? That light, sporadic exercise is all you need? We all need to exercise, no matter what our age. It makes us better able to live our lives, helps us keep ourselves adaptable to the environment, keeps us moving, flexible, vital and gives a strong feeling of well-being. If exercise is so good, why don't we all do it? We need to make a commitment. To make a commitment you will have to believe in your ability to participate, and believe in the importance of physical activity for an active future. This article will focus on items to consider when starting your fitness program. While reading it, keep in mind a friend that this article can be given to so that we may share our benefits of fitness with others. Some questions might be asked: Where do I start? What do I want to accomplish? How much time do I spend swimming? What can help me keep going?

"You're much more likely to get where you want to go if you know where you are as well as where you want to end up"(Marianne Brems). To begin a fitness routine you need to assess your level of conditioning (i.e. age, heart rate, past exercise, etc.). A physical exam by your physician is recommended. There are several things to consider when finding a swimming location that fits your needs. 1) The schedule. 2) The location should be convenient. 3) The facility should be safe, clean, and the personnel should be helpful. 4) The cost should be within your budget.

The next question is what do I want to accomplish and how much time should I spend swimming. You need to determine what level of conditioning you want to attain and when do you want to reach it. You also need to determine how much time you can dedicate to your swimming and still be able to fulfill other responsibilities in your life. Your swimming program must be able to coincide with your daily schedule so that you will stick to it for a lifetime. The greatest fitness benefit will come from a training program that is consistent. This should be a workout of 30 to 90 minutes 3 to 6 days a week.

To keep a consistent program, we often need a motivator or a goal. Some examples are: 1) Good health and weight loss. 2) American Red Cross Swim and Stay Fit Program of recording distances. 3) Competition in Masters Meets will help you keep a measurement of swimming times so that you can see your improvement. 4) Competition in other swimming events such as: open water swims, triathalons, etc. 5) Social - Team Motivators such as: Team breakfasts, team parties, working-out with others, etc.

In conclusion, I will leave you with some thoughts to remember: 1) Anyone can be involved in fitness and/or competitive swimming. Many pools offer adult or private swim lessons to improve your swimming technique. 2) Swim regularly. 3) Keep your heart rate at a working level for at least 20 minutes. 4) Identify goals for yourself. 5) A combination of exercise and pleasant thoughts help banish anxiety.

Resources

- Brems, Marianne: The Fit Swimmer, 1984
- Counsilman, James: Competitive Swimming Manual, 1977
- Fixx, James: Runners Day By Day Log and Calendar, 1979
- Maglischo, Ernest: Swimming Faster, 1982
- Neal, Patsy: So Run Your Race, 1974
- Warren, William: Coaching and Motivation, 1983

DAWN MUSSELMAN SWIM AGAINST CANCER



A Swim-A-Thon to benefit the American Cancer Society plus a one hour postal swim jointly sponsored by the PNA and the American Cancer Society.

- SANCTIONED BY: USMS and PNA
- LOCATION & TIME: Any 25 yd pool anytime between January 1-31, 1987.
- ELIGIBILITY: Any registered USMS athlete who collects at least \$15.00 in pledges for the American Cancer Society.
- AWARDS: All Participants to receive lapel pin & certificate. Results will be printed in the "Wet Set".
- EVENT: The object of the contest is to determine the distance an individual can swim in one hour. The Swimmer must have a timer-counter to verify the number of lengths and the time swum with a stop watch. This person must sign the official entry form.
- ENTRY FEE: Swimmer must include pledge sheet & collected pledges, made out to the American Cancer Society, who will send out a receipt to the individual pledgers.
- ENTRY DUE: February 15, 1987
- SEND TO: Ian Thompson (W) 671-0070
3217 Squalicum Parkway (H) 733-2338
Bellingham, WA 98225

DAWN MUSSELMAN SWIM AGAINST CANCER ENTRY FORM
USMS AND PNA SANCTION #873606

Last Name _____ First Name _____ Sex _____

Address _____ City _____ State _____ Zip _____

Age group (Circle) 19-24 25-29 30-34 35-39 40-44 45-49
50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90+

Birthdate _____

Telephone _____ USMS # _____ Team _____

STATEMENT OF RELEASE
The undersigned agrees to hold United States Masters Swimming, Inc., all local Masters Swimming Committees, and the American Cancer Society free and harmless from any and all damages, claims, demands and legal action arising by reason of injury to anyone during the conduct of the event, including all attorney fees and court costs.

Certification - I certify that on _____ I swam _____ yards in
one hour. _____ date _____ date

Signature of Swimmer Signature of Verifier

 RELAYS-MEN 200 YD. MEDLEY

20 +

BRUCE ERICKSON 30 2:01.41
 JOHN HORMAN 29
 PATRICK KELLY 22
 RICHARD PETERSON 35

BILL RYSIEW 45 CAN 2:02.89
 PETER CRUISE 34
 BRAD CAIRNS 23
 ROY GOODMAN 32

DICK JOHNSON 35 2:06.00
 ROBERT THOMAS 48
 MICHAEL GESSITZ 21
 TIM PFLUEGER 35

 RELAYS-MIXED 200 YD. FREE

25 +

ROBERT MAESTRE 36 DRE 1:49.11
 PAMELA CALTABIANO 26
 JANET CUNNINGHAM 28
 ANDY SCHRAG 29

JEFF GROSS 35 2:03.06
 HOP BAILEY 39
 LISA FARIN 28
 MAUREEN SWIGART 31

 RELAYS-MIXED 200 YD. MEDLEY

25 +

ANDY SCHRAG 29 DRE 2:03.58
 PAMELA CALTABIANO 26
 ROBERT MAESTRE 36
 JANET CUNNINGHAM 28

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. CONTRIBUTIONS WELCOME!

.....KC

The Fort Steilacoom Swim Club like to do this because it offers a lot of variety. It's 2500 yds. long and takes 50-60 mins. to do including rests and depending on your speed.

1. Swim 100 yd. Free easy.
2. Swim 200 yd. Back.
3. Do 6X50 yd. Breast kick on 1:00+ (300 yd. total)
4. Swim 4X100 Breast on 1:45+ (400 yd. total)
5. Swim 5x100 Free on 1:30+ (500 Yd. total)
6. Do 100 yds. of each kick without a board (400 yd. total)
7. Do 4X75 yd. Free Pull on 1:15+ (300 yd. total)
8. Swim 4X50 yd. Back on 1:00+ (200 yd. total)
9. Swim 100 yd. Fly (or swim 4X25 yd. fly)

Remember the send-offs are merely examples. Adjust them to your speed.

.....KC



"THINK STANFORD"

TOP TEN CONTINUED:

RELAYS-MEN 200 YD. MEDLEY

160 +

CASH O DONNELL	37 # 5	1:51.00
WALT REID	46	
LARRY WRIGHT	37	
BOB PROEBSTING	48	

RELAYS-MIXED 200 YD. FREE

160 +

CASH O DONNELL	37 # 9	1:47.20
JUANITA CORREA	49	
JULIE CORMAN	37	
LARRY WRIGHT	37	

240 +

MURIEL FLYNN	63 # 9	2:18.86
SELMA VOORHEES	65	
DAVID ADDLEMAN	51	
RAY FREDERICK	62	

RELAYS-MIXED 200 YD. MEDLEY

200 +

DIANE TIMMONS	36 # 9	2:21.19
GENE CADDY	72	
ROBIN O'LEARY	38	
GENE CROSSETT	72	

JAPAN
07-16-86
LONG COURSE METERS
P = P.N.A. RECORD
R = REGIONAL RECORD
N = NATIONAL RECORD
W = WORLD RECORD

WOMEN 45-49

100 M. FREE		
SUSAN DEARBORN	49 #14	1:31.06
200 M. FREE		
SUSAN DEARBORN	49 #10	3:23.98
400 M. FREE		
SUSAN DEARBORN	49 #11	7:13.04
50 M. BACK		
SUSAN DEARBORN	49 #33	52.66
200 M. BRST		
SUSAN DEARBORN	49 #13	4:10.21

WOMEN 55-59

200 M. FREE		
PAT DOTSON	59 # 4	3:11.15
200 M. BACK		
PAT DOTSON	59 # 4	3:53.20
50 M. FLY		
PAT DOTSON	59 # 3	44.76
100 M. FLY		
PAT DOTSON	59 # 2	1:44.01
200 M. I.M.		
PAT DOTSON	59 # 4	3:48.65

WOMEN 60-64

200 M. FREE		
MARION CHADWICK	64 #20	4:37.89
400 M. FREE		
MARION CHADWICK	64 #17	9:27.62
800 M. FREE		
MARION CHADWICK	64 #11	19:33.70

MEN 40-44

50 M. FREE		
HERB THOMAS	44 #63	39.43
100 M. FREE		
HERB THOMAS	44 #58	1:36.04
200 M. FREE		
HERB THOMAS	44 #43	3:43.02
400 M. FREE		
HERB THOMAS	44 #28	8:05.66
50 M. BRST		
HERB THOMAS	44 #64	51.83

MEN 55-59

50 M. FREE		
JOHN KORUGA	59 #23	37.75

BEN DOTSON	58 #26	38.42
100 M. FREE		
JOHN KORUGA	59 #22	1:23.10
BEN DOTSON	58 #29	1:31.67
200 M. FREE		
BEN DOTSON	58 #21	3:34.72
50 M. BRST		
BEN DOTSON	58 #27	47.90
50 M. FLY		
JOHN KORUGA	59 #20	46.91
BEN DOTSON	58 #22	48.90
100 M. FLY		
JOHN KORUGA	59 #10	1:50.81

MEN 70-74

50 M. FREE		
GENE CROSSETT	73 # 5	37.48
100 M. FREE		
GENE CROSSETT	73 # 6	1:27.31
200 M. FREE		
GENE CROSSETT	73 # 4	3:20.49
400 M. FREE		
GENE CROSSETT	73 # 3	7:09.29
800 M. FREE		
GENE CROSSETT	73 # 3	15:19.91

RELAYS-MEN 200 M. FREE

200 +

LEE CHESNEAU	35 #25	2:29.93
HERB THOMAS	44	
BEN DOTSON	58	
GENE CROSSETT	73	

RELAYS-MIXED 200 M. FREE

200 +

LEE CHESNEAU	35 #18	2:41.17
HERB THOMAS	44	
PAT DOTSON	59	
JULIA MORISH	62	

240 +

SUSAN DEARBORN	49 #10	2:50.39
MARION CHADWICK	64	
GENE CROSSETT	73	
BEN DOTSON	58	

RELAYS-MIXED 200 M. MEDLEY

200 +

LEE CHESNEAU	35 #18	3:08.54
JULIA MORISH	62	
PAT DOTSON	59	
JOHN KORUGA	59	

REMINDER OF RULE CHANGES

1. Be sure to save the convention report, the USMS rule changes and the USS rule changes from the October, 1986 "Wet Set" for future reference.
2. The USS breaststroke and butterfly rule changes went into effect November 1st, 1986.
3. The USMS butterfly rule change (one butterfly arm stroke for every breaststroke kick) goes into effect January 1st, 1987.
4. Short course relays have returned to the following age groups: 19+, 25+, 35+, 45+ etc. rather than cumulative age groups. This is for Short course yards only.
5. 19 year olds may register and compete in the PNA beginning December 1st, 1986.

PACIFIC NORTHWEST SWIMMING OFFICIALS' REPORT

At the USS Convention in September 1986, significant changes were made in the breaststroke rules. These rule changes had to do with the stroke, head position on breaking surface, hands on the finish, and hands on the recovery.

In a letter of September 25, 1986, the National Rules Committee gave an interpretation on these rule changes. Below is how the rule is to be applied by officials in the PNS.

AFTER START AND EACH TURN

FIRST STROKE

The swimmer may take one arm stroke to beyond the hip line, and one leg kick while wholly submerged.

SECOND STROKE

The head must break the water surface sometime during the propulsive backward motion of the stroke. The hands must not go beyond the hip line.

THIRD STROKE AND AFTER

The head must break the surface of the water sometime during the complete stroke cycle. Hands must not go beyond the hip line.

STROKE RECOVERY

Hands may be recovered over the water, but must move forward from the breast.

FINISH

Hands must touch simultaneously only, shoulders must be level.

Dick LaFave
PNS Officials Chairman

OFFICIAL INTERPRETATION OF NEW USS STROKE RULES

In accordance with Section 514.1.1 A of the USS Code, the above breaststroke and butterfly rules were approved by the USS House of Delegates meeting in Fort Worth, Texas, to become effective November 1, 1986. These rules will conform USS rules to those adopted by FINA at its quadrennial Technical Swimming Congress in Madrid. While the FINA rules do not take effect until February 15, 1987, it was felt that USS swimmers should begin to practice under these rules as soon as possible.

WHAT ARE THE DIFFERENCES?

1. In both butterfly and breaststroke, swimmers will no longer be required to touch both hands on the same level at turns or finish. The hands must still touch simultaneously, and the shoulders still may not be dropped in long course before the touch, but hands may now touch at different levels.

2. In breaststroke, the hands no longer must stay in the water on recovery. They may be recovered over the water, as long as they move forward together from the breast.

3. The most significant change is in the breaststroke where the head no longer has to stay above the water level throughout the race. After the first underwater arm stroke and kick, the head need only come above the water once during each stroke cycle. The head actually has to break the surface of the water, rather than just coming above the calm water level. This may change the way the stroke is swum, with the swimmer permitted to "dive" under the water during each cycle, as long as there is not a dolphin kick used to facilitate the diving action.

It is unclear, as the FINA rule is presently written, whether the swimmer can take two full strokes underwater at the start and each turn (one with hands coming all the way to the legs, and a second where the hands may not go beyond the hip line). It was determined in Fort Worth that USS ought not to draft its own rules in a way which may be at odds with the eventual FINA interpretation. Therefore, until a clearer definition is forthcoming from FINA, USS will interpret its rules to require that the head must break the surface of the water during the propulsive portion of the second arm stroke after the start and each turn, and thereafter the head need come above the surface of the water only at some point during the stroke cycle. It is hoped that FINA will issue an interpretation in the spring of 1987, at which time the USS Rules Committee will further consider this USS interpretation.

USS Rules Committee
Williams A. Lippman, Jr.
September 25, 1986

Reprinted from October, 1986
PACIFIC NORTHWEST TIDES

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	(25+)

AGE GROUP:	19-24	25-29	30-34	35-39
	40-44	45-49	50-54	55-59
	60-64	65-69	70-74	75-79
			80-84	85-89
				90+

RELAYS ONLY	19+/76+	(25+)100+	35+/120+
	45+/160+	55+/200+	65+/240+
	75+/280+	(MEN)	WOMEN
		COED	

HEAT	Timers Initials	Time		Seconds	Tenths/Hundredth
		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.

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

THIS NEW CARD WILL BE USED FOR SHORT COURSE & LONG COURSE RELAYS. CIRCLE THE AGE GROUP FOR THE SEASON YOU ARE SWIMMING IN; i.e.- 19+, 25+ ETC. IS SHORT COURSE YARDS ONLY; 76+, 100+ ETC IS FOR SHORT COURSE METERS AND LONG COURSE METERS.

NOVEMBER CLINIC - TUALATIN HILLS POOL

There will be a two day clinic at the Tualatin Hills Pool on November 22 and 23, 1986. It will be for both Masters Swimmers and coaches and will include information on coaching techniques and some swim clinic techniques. Sponsored by the Masters Coaching Association, the clinic will be lead by Kerry O'Brien, coach of the Walnut Creek Masters. Contact Sandi Rousseau, 23995 SW Drake Lane, Hillsboro, Oregon 97123.

FIDALGO MEET INFORMATION

DATE: Saturday, December 13, 1986 WARMUP: 8:30 am MEET: 9:00am
PLACE: Fidalgo Pool WARMUP:10:00-10:30 am (after 500)
1603 - 22nd St. Rest of meet starts after 2nd warmup
Anacortes, WA 98221 MEET DIRECTOR: Dan Meyer
PHONE: 206-293-0673 1603 - 22nd St.
HOSTED BY: Fidalgo Islanders Seahawks Masters Anacortes, WA 98221
Swim Club 206-293-0673 (pool)
DEADLINE: ENTRY MUST BE POSTMARKED BY DECEMBER 2, 1986

Your age at the meet is determined by your age on the last day of the meet!
Entries limited to 5 events plus relays. Meet will be seeded slow heats
first except 500 Free which will be seeded fast heat first. Entrants
swimming this event must check in 30 minutes before the meet start time.

DIRECTIONS: Take I-5 to Burlington, take the Anacortes Ferry - Cascade
Highway Exit. Turn LEFT, West onto Highway 20 to Anacortes.
Highway curves RIGHT onto Commercial Street in Anacortes.
Turn LEFT at 2nd stop light on 22nd. Pool is on J and 22nd.

POOL: The pool is a 25 yard pool with a warmup area in the deep end.
It has electronic timing.

- EVENTS:
- | | |
|---------------------|-----------------------|
| 1. 500 Freestyle | 11. 100 Butterfly |
| 30 Minute Warmup | 12. 50 Breaststroke |
| 2. Free Relay | 13. Medley Relay |
| 3. 100 Backstroke | 14. 50 Backstroke |
| 4. 200 Freestyle | 15. 100 Freestyle |
| 5. 50 Butterfly | 16. 200 Butterfly |
| 6. 200 Breaststroke | 17. 100 Breaststroke |
| 7. 100 I.M. | 18. 200 I.M. |
| 8. Mxd. Free Relay | 19. Mxd. Medley Relay |
| 9. 200 Backstroke | |
| 10. 50 Freestyle | |

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 SW Drake Lane
Hillsboro, Or. 97123

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|--------------------------------|------------------------------------|
| Nov. 15-16 Richland 25m | Nov. 22-23 Tualatin Coach Swimmer |
| Nov. 29-30 Walla Walla | Clinic |
| Dec. 13-14 Spokane, Shadle | Dec. 7 Tualatin Ashland, Animal |
| Jan. 10-11 Spokane | Meet |
| Jan.31-Feb.1 Fairchild AFB 25m | Jan. 10 Newberg |
| Feb. 21-22 Sandpoint, ID 25m | Jan. 31-Feb.1 Lincoln City, 25m |
| Mar. 14-15 E. Wenatchee | Feb. 7 Tualatin (Pentathlon) |
| Apr. 3-5 IEA CHAMPS, Spokane | Feb. 4 Ashland |
| Whitworth | Mar. 1-? Stroke Clinic (tent.) |
| | Mar. 28-29 Salem |
| | Apr. 10-13 OREGON CHAMPS, Tualatin |