



the OFFICIAL PNA  
MASTERS  
NEWSLETTER

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

DECEMBER 10, 1986

Vol. 5 No. 12

**Schedule • Calendar**

Dec. 13	SC Fidalgo, Anacortes #2	Feb. 24	Board Meeting, Moore's
Dec. 31	New Years Eve Party - at Moore's, 8pm	Mar. 13-14	SC Husky #4
Jan. 9-10	SC Issaquah Spec.Event Order	Apr. 3-5	SC PNA CHAMPS, Kent, Wa.
Jan. 27	Board Meeting at Bob and Denise Miller's	Apr. 24-26	SC REG'L CHAMPS, Orca, Hazen
Feb. 14-15	SC Cascade (1000 incl.) #3	May 15-18	SC NATIONALS, Stanford, Ca.
		Aug. 21-24	LC NATIONALS, The Woodlands, Tx.
		Oct 8-14	LC 1988 World Champs, Brisbane, Australia.

BOARD MEETING ON DEC. 13 AFTER ANACORTES MEET, LOCATION TO BE ANNOUNCED AT MEET.

**EDITOR'S CORNER...**

NEWSLETTER DEADLINE IS THE LAST DAY OF THE MONTH!

"THINK STANFORD!!"

- NEW YEARS EVE PARTY! Potluck dinner and games at Jane and Hugh Moore's, 8:00pm. Slumber party after for those who want to stay. COME JOIN US!
- New relays have been added to the Cascade and Husky swim meets. See inside for details.
- Contact Frank Newquist (572-8335) or Hugh Moore (941-3100) for PNA Flyers to give to potential swimmers.

**MERRY CHRISTMAS & HAPPY NEW YEAR!**



**INDEX**

<u>President's Message</u>	<u>2</u>	<u>Try This</u>	<u>14</u>
<u>1987 USMS Regis.</u>	<u>3</u>	<u>Lincoln City SC Entry</u>	<u>15</u>
<u>Cascade Entry Form</u>	<u>5</u>	<u>Cascade-Husky Relay Chgs.</u>	<u>16</u>
<u>No. Kitsap Results</u>	<u>6-9</u>	<u>Out-of-Assoc. Meets</u>	<u>17</u>
<u>Dawn M. Cancer Swim</u>	<u>10-11</u>	<u>New Years Eve Party!</u>	<u>18</u>
<u>Deck Profiles</u>	<u>12-13</u>	<u>Issaquah Pentath. Entry</u>	<u>20-21</u>

Dear Master Swimmer,

Jane, Sarah, and I would like to wish everyone a Merry Christmas and a prosperous 1987. We also hope that you had a wet and enjoyable 1986. It certainly went by fast.

I would like to thank the many people in the PNA who contributed to making 1986 a successful year for the PNA. Special thanks to everyone who helped organize our efforts at Long Course Nationals in Gresham, to the 140 PNA swimmers who attended, to all the Board members without whom the PNA could not function, and especially to all of our meet directors.

Most of our swimmers who have attended meets in other parts of the country appreciate the quality of our meets. The bulk of our meets are very efficiently run and exemplify the motto of "Fun, Fitness, and Friendship. However, I also feel that there is a lot of room for improvement. Our meets can use more variety. Most swimmers get tired of swimming the same events meet after meet. Swimming in "animal meets" and pentathlons add new challenges. If you have any ideas on how the PNA can spice up meets please tell your team rep or write me a letter. If we keep trying to make our meets fun and exciting, more people will become interested.

During January you will have an opportunity to raise money for the American Cancer Society and compete in a national postal competition at the same time. Each year USMS sanctions a national long distance championship event known as the hour swim. The goal is to swim as far as you can in one hour. To be official you must have a person time the hour and count your laps for you. Also during January, the PNA is sanctioning an hour swim in memory of Dawn Musselman to benefit the American Cancer Society. Why not do them both at the same time? More information is included in this Wet Set.

A number of special events promise to make 1987 and 1988 enjoyable years. First of all the Issaquah Pentathlon offers a chance to swim some different events. Also during January, consider the hour swim postal competition and the Dawn Musselman Swim Against Cancer. During April the PNA will host two championship meets. The PNA champs are April 3-5, followed three weeks later by the Region XII championships. Short Course Nationals are at Stanford May 15-18th. Plans are in the making for an annual PNA vs. Vancouver, B.C. dual meet. The first one will be in Vancouver in September, 1987, followed by one in September, 1988, hosted by the PNA. In May 1988 the Canadian National Short Course championships will be hosted in Vancouver.

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

*Heugh*

CHANGE OF ADDRESS FORM

NAME..... USMS #.....  
 OLD ADDRESS..... NEW ADDRESS.....  
 .....  
 .....ZIP..... .ZIP.....  
 NEW PHONE NO.....

SEND TO: Norma Ingraham  
 5909 Reid Dr. N.W.  
 Gig Harbor, Wa. 98335

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\*FOR NON-MEMBERS ONLY  
SUBSCRIPTION FORM FOR WET SET NEWSLETTER

NAME..... MAKE \$8.00 CHECK PAYABLE TO:  
 ADDRESS..... PNA MASTERS SWIMMERS AND SEND  
 TO:  
 ..... Norma Ingraham  
 ..... 5909 Reid Dr. N.W.  
 ..... Gig Harbor, Wa. 98335  
 ZIP CODE.....

\* Registered members receive the newsletter for one year upon receipt of their registration and do not have to subscribe.

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UNITED STATES MASTERS SWIMMING, INC.

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

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

THIS IS A 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>
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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.

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

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

Kristin Beattie	Linda Hatfield	Lucy Nordwell
Tamara Bennett	William Hayes	Lisa Norton
Scott Bird	Jesse Hein	Steven Pfister
Forest Brooks	Robert Henager	William Pontius
Lynn Cameron	Richard Heussy	John Prokop
Eugene Canning	Sheryl Heussy	Harvey Prosser
Ed Clark	Spike Hopper	Teri Rexroat
Dora Coffelt	Cindy Howard-Gibson	Robert Thomas
John Countryman	Phillip Jose	Toni Thomas
Bart Dalton	Catherine Lewis	Alexander Urquhart
Ana DeFrang	Karen Lincoln	Clifton Ward
Dan Drinkwitz	Donald Miles	David Wege
Linda Harris	John Murray	Roy Hennegen
Christopher Hatfield	Bonnie Nelson	

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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:

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

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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

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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

DECK PROFILES Meet Carolyn Baldwin, PNA Awards Chairperson

Carolyn Baldwin was born in New York City and raised in Newark, New Jersey. As a kid Carolyn "swam some". She did a little AAU competition. (The only place to swim in town was a posh men's athletic club, and that's where the AAU team worked out; hence Carolyn's joining the AAU team.) She couldn't cope with the competition. She says she "felt responsible for the whole team".

Like most city kids she went to "Y" camp every summer. Eventually, through camp, she became a waterfront counselor and got her W.S.I. At the age of 18 she ran the summer swim program at a day camp. The "pool" was a pond and the students were as young as six. She also worked at the Boys' Club in Newark as a lifeguard. She was "still looking for a place to swim". Swimming was the only sport she was good at. She describes herself as "happy under water".

Carolyn got art and music scholarships and majored in advertising illustration at a community college. She worked in New York City but "didn't have the killer instinct for it", so she went to France to visit her dad. Her money dwindled but not her desire to stay in France. She applied with the U.S. Army as a civilian craft instructor and taught craft classes in leather, silver, wood working, etc., and supervised the photo labs. "They had terrific shops." Carolyn met her husband there. "He came in to make a wallet. Never did finish that wallet..." She was in France six years.

Her husband, an engineer and originally from Virginia, had worked for Boeing between college and the service. Neither of them wanted to live on the East Coast, so they returned to Seattle and Boeing. They have three children; Colette, 25, John, 22 and Richard, who will be 21 this month. On Richard's upcoming birthday she says, "I finally turned in my badge."

Still interested in the arts, Carolyn has done some painting in the past and is pursuing jewelry making. She has taken 6-10 credits per quarter this past year in production jewelry work and does some custom jewelry work.

Masters came into Carolyn's life with the building of the Forward Thrust pools. At last! A place to swim! At Foster she met Bill Castner and John Robinson who "bugged me to go to a meet and join Masters". She was bored with lap swimming, so she swam her first meet, the PNA Champs at Shoreline, April, 1984. Regarding signing up for the PNA Champs as her first meet she says, "I didn't know any better."

Carolyn's reason for continuing to swim is for her health, specifically her back. She has osteoarthritis and bone spurs. Her husband has encouraged her to swim saying, "Do you want to spend the time in a doctor's office or in a pool?"

After the last meet Carolyn, who swims in the 50-54 age group, got her team's award for being the most relaxed swimmer at the meet. She missed her heat of the first race while having a lively conversation with someone on deck. Carolyn swims for the Tigers. She has learned to swim butterfly in the last two years. (When she swam AAU at age 13, only the boys were allowed to swim the butterfly.) Her scariest race was her first 100 yard butterfly. About that race she says, "I got through it." Long Course Nationals in Portland last summer was her first Nationals. It was memorable because of all the people who attended. She found the atmosphere interesting because of all the different reasons that people would travel so far to swim a meet.

Carolyn likes to swim all the events but likes the IM's the best because of the variety. She's becoming a middle distance swimmer. "I don't get cranked up quick enough for 100's." She's just now learning what she can do.

As awards chairperson she orders new awards, keeps track of the inventory, makes sure the awards get to and from the meets, and keeps track of the money. Since two people are needed to do the job, Steve Freeborn has kindly been the volunteer to help with awards.

We're glad to have Carolyn in the PNA. Happy swimming, Carolyn!

....KC

SEND SUGGESTIONS, CRITIQUES, AND NAMES OF PEOPLE YOU'D LIKE TO SEE INTERVIEWED TO KATHY CASEY.

RELAY AND TIME CARD ORDER

NAME.....

CONTACT...Rick Ingraham

5009 Hunt St.

ADDRESS.....

Gig Harbor, WA 98335

206-851-7130

.....

CHECK PAYABLE TO:

PHONE.....

PNA Masters Swimmers

HOW MANY.....BLUE.....AND/OR PINK.....

\$1.50 for 50 cards at meet

\$2.00 for 50 cards by mail

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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



*Joy to the World!*

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! ....K.C.

The following workout comes to us courtesy of Bert Petersen (Mt. Hood Masters, Or.). Bert calls this a sample "single" workout. If you have to workout alone, try this one. (It works in groups too.) The workout time is 40-50 minutes depending on the speed of your 500 warmup and your kick.

1. 500 yd. warmup 8-10 Min.
2. 500 yd. kick set 200 yd. kick, rest 20 secs.  
150 yd. kick, rest 15 secs  
100 yd. kick, rest 10 secs.  
50 yd. kick, hard as you can. 10 Min.
3. 500 yd. swim → 10X50 yd. on 1:30 done as follows:
 

(Set 1)	(Set 2)
#1, Slow	#4, Med. slow
#2, Med. slow	#5, Medium
#3, Medium	#6, Fast
<u>(4½ minutes)</u>	<u>(4½ minutes)</u>
(Set 3)	(Set 4)
#7, Medium	#10 Superfast
#8, Fast	
#9, Faster	
<u>(4½ minutes)</u>	<u>(½ minute)</u>
TOTAL	<u>15 Mins.</u>
4. 200 yd. warmdown 5 Mins.

.....KC



CHANGES EFFECTIVE JANUARY 1, 1987

1. Two times are required in order for your time to count for records and Top Ten in the nation. Therefore it would be wise to ask for three timers any time you might swim a Top Ten (in the nation) time or break a record to be sure you get two times at the end of your race.

2. Three times are required to break a national record. If you think you might break a national record, ask for four timers to be sure you have three times at the end of your race (in case of watch failure).

3. The USMS butterfly rule change goes into effect January 1. When using breast stroke kick, you must take one overarm butterfly arm stroke for every breast stroke kick.

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RELAY CHANGES AT CASCADE AND HUSKY MEETS

In both meets the first relay will be dropped. Three relay events will be swum instead of four relay events. Those three relay events will be swum in the second, third and fourth relay slots previously listed in the "order of events". Relays swum at the Cascade and Husky meets will be:

CASCADE

200 Free Relay  
400 Medley Relay  
800 Free Relay

HUSKY

200 Medley Relay  
400 Free Relay  
200 Free Relay

You may swim each relay as a mens, a womens or a mixed relay.

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ONE HOUR SWIM/DAWN MUSSELMAN PLACES TO SWIM

1. Mount Rainier Pool - Saturday, Jan. 31st, 2:00 - 4:00 pm  
Participants will swim one hour and count one hour.
2. Husky Pool (Hec Edmunson Pavilion) - Contact Joanne Brislin,  
at work, 543-2172 or home 522-5586.
3. Fort Steilacoom (Pierce College) - Contact Kathy Casey, 588-4879

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ADAPTIVE SWIMMING HAND BOOK

To receive your copy of the USMS Adaptive Swimming Hand Book send \$2.00 to Dorothy Donnelly, 5 Piggott Lane, Avon, Ct. 06001.

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FOR INFORMATION ABOUT OUT OF ASSOCIATION 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

Jan. 10-11 Spokane  
Jan.31-Feb.1 Fairchild AFB 25m  
Feb. 21-22 Sandpoint, ID 25m  
Mar. 14-15 E. Wenatchee  
Apr. 3-5 IEA CHAMPS, Spokane  
Whitworth

Jan. 10 Newberg  
Jan.31-Feb.1 Lincoln City, 25m  
Feb. 7 Tualatin (Pentathlon)  
Feb. 14 Ashland  
Mar. 1 Stroke Clinic (tent.)  
Mar. 28-29 Salem  
Apr. 10-12 OREGON CHAMPS, Tualatin  
May 9 or 10 Lake Oswego Relay  
Meet/Clinic

Denis K. Crockett (BC Masters)  
1531 W. 4th Ave.  
Vancouver, B.C. V6J 1L6  
604-736-7645

Richard E. Cook (Chairman)  
Sawtooth Masters Swimming  
1915 W. State St.  
Boise, Id. 83702

Jan. 25 Duncan, 25m  
Feb. 8 Victoria, 25m  
Mar. 22 Delta (Vancouver) 25m  
Apr. 25-26 Vancouver (Provincial  
CHAMPS @ UBC) 25m  
June 14 North Vancouver, 25m

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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

NEW PRESCRIPTION GOGGLES

Anyone interested in "Press-on" prescription lenses to fit inside your goggles contact Kathy Casey, 588-4879 or Carolyn Behse 747-3889.

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ONE HOUR POSTAL SWIM

The entry form for the One Hour Swim National Championships will be in the January newsletter. The One Hour Swim may be swum any-time during the month of January the same as the Dawn Musselman Swim for Cancer. The team name you enter for the One Hour Swim may be only Pacific Northwest Aquatics, Husky or Unattached (meaning you don't belong to the PNA at all). Otherwise we won't find your results in the One Hour Swim results!

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"!!NEW YEARS EVE PARTY!!"

Everybody is invited to a New Years Eve Potluck dinner at Jane and Hugh Moore's house, 29920 2nd Place SW, Federal Way (941-3100) at 8:00pm. Bring games you might like to play. Anyone who wants to is encouraged to sleep over. Bring a sleeping bag and something for a Potluck breakfast.

DIRECTIONS: From I-5 South bound, take South 272nd exit. West on 272nd to first light, (Pacific Highway S.). South on Pacific Highway (approx. 3/4 mile) to Dash Point Rd. (Highway 509). West on Dash Point Rd. about 2 miles to 2nd Place SW. (Note: You will cross 1st Ave. S. on a bridge. 2nd Place SW is the 3rd street past 1st Ave. S.). Right on 2nd Place SW. Our house is straight ahead where the road turns. From I-5 North bound, take 320th St. Exit. West on 320th to Pacific Highway S. North on Pacific Highway S. to Dash Point Rd. Then follow directions above.

See you there!!



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  
Samana 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-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  
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 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