



the OFFICIAL PNA
MASTERS
NEWSLETTER

PRESIDENT

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EDITOR

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FEBRUARY 10, 1987

Vol. 6 No. 2

Schedule • Calendar

- | | | | |
|------------|-----------------------------|------------|---|
| Feb. 14-15 | SC Cascade (1000 incl.) #3 | Apr. 24-26 | SC REG'L CHAMPS, Orca, Hazen |
| Mar. 13-14 | SC Husky Order #4 | May 15-18 | SC NAT'LS Stanford, CA |
| Mar. 14 | Board Meeting after meet | Aug. 21-24 | LC NAT'LS, The Woodlands TX |
| Apr. 3-5 | SC PNA CHAMPS, Kent, WA | May 1988 | 1988 Canadian SC Nat'ls Vancouver, BC Canada |
| Apr. 4 | PNA Banquet to be announced | Oct. 8-14 | LC 1988 WORLD CHAMPS Brisbane, Australia |

RD. MEETING, FEB. 24, AT RONDI WHITE'S, 7001 TOPAZ DR. SW, TACOMA, 582-0532

EDITOR'S CORNER...

NEWSLETTER DEADLINE IS THE LAST DAY OF THE MONTH

"THINK STANFORD"

REMINDER! 1987 Rule changes: 2 times required for National Top Ten, three times required for National records (manual timing only) and one over the water butterfly armstroke for every breast stroke kick used during the butterfly.

The March 14th board meeting will be a potluck dinner meeting after the husky meet at Bill Castner's. All interested members are invited to attend.

A reservation form for the PNA Banquet Saturday, April 4, 1987 will be in the March Wet Set.

VOTE for new PNA Officers! See page 22.

Please VOTE!

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Dear Master Swimmer,

Special thanks to the Nominating Committee. The committee was chaired by Julie Corman and included Donna Phelan, Rick Ingraham, and Carolyn Baldwin. I know that the committee spent many long hours searching for members who are willing to commit the time necessary to do a good job. The new officers will be inducted at the PNA Champs banquet and will serve two year terms. Please take time to vote.

With PNA Champs just around the corner, it's time for teams to register. Team registration is required for two different purposes. First, if a team has more than eight registered members, they are entitled to a representative on the PNA Board of Managers, but only if the team registers. Second, since the fees collected from team registration are used to fund team awards for PNA Champs, only registered teams are allowed to compete for team awards. Please note that each team may select a team member to be awarded a "Swimmer of the Year" certificate at the PNA Champs Banquet. You may register now and send me the name of your swimmer of the year later.

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



TEAM REGISTRATION FORM - PNA 1987

Team Name _____
Board of Managers representative _____
Address _____
Phone (day) _____ (eve.) _____
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

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: 1987 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.

NATIONAL USMS RANSOM J. ARTHUR AWARD

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

The criteria, then, is not solely participation in Masters Swimming, but contributions made in promoting the program, administration duties, special projects undertaken, and other actions that benefit the Masters Swimming Program by Tuesday, February 17, 1987

If there is a worthy contender in the PNA or on your team please forward your nomination to Frank Newquist, 811 So. L Street #D, Tacoma, Wa. 98405, 206-852-7361.

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

January, 1987 PNA Board Meeting Minutes

The January 27, 1987, meeting of the PNA Board at the home of Bob and Denise Miller, was called to order at 7:15 PM by President Hugh Moore. In attendance were Judy Harrison, Rick Ingraham, Sue Dills, Jim Miles, Lowell Johnson, Rondi White, Bobby Gallegos, Kathy Casey, Walt Reid, Carolyn Behse, Carolyn Baldwin, Jan Kavadas, Shirley Gossman, Rick Peterson, Frank Newquist, Hugh Moore, Tom Taylor, Mike Stipek, Denise Miller, Bob Miller, Julie Corman, and Jane Moore.

November and December board meeting minutes were read and approved. The schedule for meet bids for 1987-88 was discussed. Survey to this year's meet directors will be distributed in mid-February and results presented at the March board meeting. Bid packets will be distributed in early April with a deadline for return of June 10. Selection of meet sites will be done at the June board meeting.

Meets: December meet at Anacortes was well run with excellent time cards and results. January meet at Issaquah had low attendance. The entry form was confusing and had errors. Preparations for the February and March meets are on schedule. PNA Championship meet may be held at South Central Pool instead of Tahoma Pool. Championship orders of events (attached) prepared by Kathy Casey were accepted. Meet director for Regional Champs is Shirley O'Donnell. Entry deadline will be April 18. T-shirts will be sold by the meet host. Including an order form on the meet entry was suggested.

Request for sanction from Team Seattle for swim meet to be held in conjunction with gay and lesbian regional games to be held in Seattle in July was discussed. Requirements for sanction were read from the USMS Rules. Reasons for requesting sanction were to allow USMS records to be set, to have rules of the organization, and to have liability insurance coverage. Objections included exclusivity of meet being organized by a special interest group. The request was tabled until the February board meeting. Opinions on the sanction request and its possible effects on the PNA will be written by Julie Corman, Judy Harrison, Jim Miles, and Rick Peterson. President Hugh Moore will distribute these to each of the team reps for their consideration prior to the February board meeting.

A special meet bid request will be submitted to groups with 25 or 50 meter pools for previously established summer meet dates.

Treasurer's report showed a current balance of \$3150.43. Nominations committee reported some progress. Work on a slate of officers will continue. Carolyn Baldwin was added to the committee. Ballots must be published 30 days prior to the close of balloting (PNA Champs). Membership reports 359 members. Social committee reports work in progress on banquets for PNA and Regional champs. Consideration of catered socials rather than banquets was suggested. Newsletter: nationals information will be in the next issue; request for paid ad was accepted. Goodwill Games pool: Seattle Pacific University has received interim approval to put together a proposal to demonstrate the probability of funding the building of a 50 meter pool.

Meeting was adjourned at 9:35 PM.

Respectfully submitted,

Jane Moore

KATHRINE CASEY 37
BORDON CLARK 35

SUE DILLS 41
RAY FREDERICK 62

200+
ARLENE PROEBSTING 43 # 4 2:13.00
RONDI WHITE 40
TOM TAYLOR 55
WARREN KLEIST 64

240+
FRED WIGGIN 70 # 5 2:54.12
MARYLOU HAUGLAND 47
JANICE MILLER 48
FRANCIS JOWETT 76

240+
ANN BINDROZ 48 #10 2:46.19
MARION CHADWICK 64
TOM TAYLOR 55
ALLAN SACHS 73

280+
MARION MUELLER 74 # 2 3:25.20
JIM PENFIELD 78
PAT DOTSON 59
ALLAN SACHS 73

280+
MARYLOU HAUGLAND 47 # 3 3:12.66
MARION MUELLER 74
FRANCIS JOWETT 76
JOHN ROBINSON 83



M.S.I. NEWS

1987 ONE HOUR SWIM

IT IS NOT NECESSARY FOR THIS TO BE A SPECIAL SWIM. TIMES FROM ANY ONE HOUR SWIM MAY BE USED.

Eligibility: This is a GLOBAL POSTAL EVENT and is open to all adult swimmers who are registered members of their country's National Organization.
Age Groups: age on the day of the swim - 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+
Event: the greatest distance swum in ONE HOUR in any swimming pool, 25 yards/meters or longer.
Deadline: entries must be mailed by MARCH 1, 1987
Entry fee: US \$4.00; if results are required send US \$5.00.
Awards: Medallions for 1st, 2nd, 3rd in each age group. One M.S.I. Patch for each competitor. Please send self-addressed envelope for the patch.

ENTRY FORM

RELAYS-MIXED 200 M. MEDLEY

100+
STEVE FREEBORN 31 # 7 2:14.14
JULIE WILSON 28
ROB CRAWFORD 25
KIKO KIMURA 30

CHRIS HALL 25 # B 2:15.11
MIKE STIPEK 29
LIB RUST 27
DANA BEATTY 27

120+
DAVE HANNULA 32 # 1 2:02.84
GREG HARRISON 34
ROBIN O LEARY 29
MEG LLOYD 25

160+
BARBARA LINDSLEY 34 # 2 2:12.09
MARY BETH PHELAN 35
ROBERT PILGER 43
LOWELL JOHNSON 49

RONDI WHITE 41 # 4 2:17.39
WALT REID 46
LARRY WRIGHT 37
ARLENE PROEBSTING 43

200+
JUANITA CORREA 50 # 3 2:23.81
KATHRINE CASEY 37
ROBERT PROEBSTING 49
WARREN KLEIST 64

DAVID ADDLEMAN 51 # 6 2:33.28
JUDY HARRISON 46

Swimmer's name _____
Address _____
Date of birth _____ Age on day of swim _____ Sex M F
Name of Official Verifying Swim _____
Qualifications _____
Swimmer's Registration No. _____ Affiliation _____

PLEASE ENCLOSE CHECK-OFF LIST SHOWING NUMBER OF LENGTHS SWUM WITH COUNTER'S NAME

| | | | |
|--|-----------------------|---------------------|------------|
| Entry fee | \$4.00 | No. of lengths swum | _____ |
| Results | 1.00 | Length of pool | _____ yd/m |
| Amount sent | \$_____ IN U.S. FUNDS | Total Distance | _____ yd/m |
| Mail entries and make checks payable to: | Margaret Samson | Pool water: Fresh | _____ |
| | | Salt | _____ |
| | | Salt added | _____ |

49 North Altadena Drive, Pasadena, CA 91107, USA Tel: 818 793-2582

FOR INFORMATION ABOUT OUT OF ASSOCIATION MEETS

WRITE OR CALL:

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

Bert Petersen
2051 NE 137th
Portland, OR 97230
(503) 252-6081

Feb. 21-22 Sandpoint, ID 25m
Mar. 14-15 E. Wenatchee
Apr. 3-5 IEA CHAMPS, Spokane
Whitworth

Feb. 14 Ashland
Mar. 1 Stroke Clinic (tent.)
Mar. 28-29 Salem
Apr. 10-12 OREGON CHAMPS, Tualatin
May 9or10 Lake Oswego Relay Meet/
Clinic
June 5-7 Undetermined location
July 12-16 Undetermined location
Aug. 7-9 LC REG'LS

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

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

Mar. 14-15 SC Boise, ID 25yd
(Call Kathy for motel information)
(206) 588-4879

USE THE CORRECT CLUB NAME WHEN ENTERING NATIONAL OR REGIONAL EVENTS!!

The Masters One Hour Swim National Championships is now upon us. So what team name should you print on the entry form? Cascade? Tacoma Y? Federal Way? Fort Steilacoom? No! No! No! None of those is registered nationally as a USMS club. Should the meet hosts choose to check with the National USMS office, they would find that those teams do not exist. Conceivably that could damage your eligibility for that event. (And we would skip over your name when the results are published, because we are looking for the correct club names.)

The Pacific Northwest Association of Masters Swimmers has 2 registered clubs, P.N.A. (Pacific Northwest Aquatics) and Husky. Anytime you enter a Regional meet, a National meet, or any meet outside of the PNA (i.e: Oregon, IEA), enter your nationally registered club name (P.N.A. or Husky) or unattached (at last count only 2 people in the Pacific Northwest Association are registered unattached nationally).

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

Thomas Arnold
Valerie Beyer
Kathleen Blanchard
William Brine
Manuel Chaus
Joan Conrad

David Emery
Kathleen Flynn
Justin Gillen
Thomas Grandine
Harold Johansson
Diana Kennerud

Scott Lewis
Jeff Reynoldson
Gregory Riley
Sheila Roark
William Satoran
John Sayre
Matthew Smith

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 after
month

SUBMIT CAMERA READY COPY TO KATHY CASEY

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.

This workout comes to us courtesy of Bert Petersen (Oregon). He calls it "1000 Fly for Fun". Do 10 100's of butterfly on a 3 minute send-off (more if needed - you should get 1 to 1 1/2 minutes rest on the first one). On the first 100 make your time match your best 100 fly time plus 30 seconds (i.e: if your best time is 1:10, then your time on the first 100 should be 1:40). The second 100 should equal your best time plus 25 seconds. Notice that on the fourth and seventh 100's you get to add more time before dropping to your best time plus 5 seconds.

"1000 Fly for Fun" 10 X 100 on 3:00

- #1. best time plus 30 sec.
- #2. best time plus 25 sec.
- #3. best time plus 20 sec.
- #4. best time plus 25 sec.
- #5. best time plus 20 sec.
- #6. best time plus 15 sec.
- #7. best time plus 20 sec.
- #8. best time plus 15 sec.
- #9. best time plus 10 sec.
- #10. best time plus 5 sec.

"And then," Lowell Johnson says, "You dial 911."

....K.C.

Have just learned the Top Ten patch is now \$4.00. It is a new patch with the USMS logo on it. (Looks very nice.)

DID YOU MAKE NATIONAL TOP TEN?



\$4.00

TOP TEN PATCH -\$ 4.00 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

Introductory Offer

1/3 Off Regular Price with Coupon

Swedish Massage
by
Licensed Massage Therapist
Laurita Whitford
in
Federal Way

Please call for appointment **941-7362**

FORT STEILACOOM "CLIMBS" MT. POPOCATEPETL

April, one of the Fort Steilacoom fitness swimmers, is also an avid mountain climber. She planned to climb Mt. Popocateptl (Mt. Popo), an 18,900 foot mountain in Mexico over the Christmas holidays. As a club we decided to "swim" up Mt. Popo and try to complete the "climb" before Christmas break. If we made it before she left, we planned to have a big pizza party after April returned.

We began on October 1. One mile equalled 40 feet on the mountain (1/4 mile = 10 feet). We had a big diagram of Mt. Popo on the bulletin board to mark our cumulative "mileage" up the mountain side, as well as a 50 mile swim chart to keep track of each individual's mileage. Over 20 people participated. Our club ranges from a cardiac recovery case who might do only 14 lengths per day. It quickly became clear to everyone that every little bit helps and they all worked together enthusiastically to make the mileage before Christmas break.

By December 16 we had swum 492.06 miles which translated to 19,682 feet on Mt. Popo. We were on our way down the other side!

On her way to Mexico all of April's climbing gear was stolen (in Omaha), most of her climbing party got sick, the weather on the mountain was bad, and the three of them who made the climb decided (wisely) to turn back at 15,000 feet, but we had a highly successful pizza party after April got back to celebrate the "climbs" (hers and ours).

We have found that a fitness project like this one is a marvelous cohesive agent for a club, especially one that has a wide range of swimmer abilities. For the long time competitor (or one who is in a slump), it helps prevent burn-out and provides new motivation. Instead of thinking, "I'll skip this workout today," he'll be there to get that yardage in for his club (or stay ahead of whoever's close to him on the 50 mile swim chart).

Try it with your club and see if it isn't beneficial to all. There is still time to sign up for the PNA "Swim to Stanford". See your January newsletter for the entry form and report forms.

.....K.C.

DECK PROFILES:...Author Backlogged...New installment next month!

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 (if electronic timing not available).

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, manual timing only not electronic).

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.

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+ | <u>25+</u> /100+ | 35+/120+ |
| | 45+/160+ | 55+/200+ | 65+/240+ |
| | 75+/280+ | <u>MEN</u> | WOMEN COED |

| HEAT | Timers Initials | Time | | Seconds | Tenths/Hundredth |
|------|-----------------|---------|--|---------|------------------|
| | | Minutes | | | |
| | | | | | |
| LANE | | | | | |

OFFICIAL TIME FINAL PLACE

Be sure the #1 swimmer really does swim first! Lead off swimmers are eligible for Top Ten and records if electronic timing is used.

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.

MORE RELAY INFO

Please be aware that anytime you compete outside the PNA you are competing for the PNA (Pacific Northwest Aquatics), Husky Swim Club or Unattached, not the local team you work out with. This includes events such as the one hour postal swim. Other local teams are not registered nationally as a club. At Regionals and Nationals the club you swim relays for is the "PNA", "Husky" or "Un".

INSTRUCTIONS FOR FILLING OUT TIME CARDS FOR ALL MEETS:

All swimmers are asked to purchase time cards. Fill them out completely and accurately as illustrated below, and send them in with the entry form. Use one card for each event you enter.

KC 83

EVENT NUMBER 4 Best Time :36.0 ← 1. ENTER EVENT NUMBER & BEST TIME

EVENT 50 Breast ← 2. EVENT NAME

MEET Kent DATE 2/11 ← 3. ENTER MEET NAME & DATE

| | |
|---------------------------|-----------|
| FULL NAME(S) | AGE(S) |
| 1. <u>Katherine Casey</u> | <u>38</u> |
| 2. | |
| 3. | |
| 4. | |

← 4. PRINT YOUR NAME & YOUR AGE. USE THE SAME NAME WITH WHICH YOU REGISTERED. PRINT LEGIBLY!!

CLUB/ASSOC: Ft. Steil. ← 5. PRINT CLUB NAME

AGE GROUP: 19-24 25-29 30-34 35-39 ← 6. CIRCLE YOUR AGE GROUP. IF OVER 79 WRITE IN YOUR AGE GROUP.
 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 | |

DO NOT FILL OUT ANYTHING BELOW THIS LINE

RELAY AND TIME CARD ORDER

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

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

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
Samerna 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: 5:30-6:00 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, 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
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
Medavbrook, 10515 35th NE, Seattle 365-9933
Megar 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, 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 Phejan 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

HUSKY DIRECTIONS AND MEET INFORMATION

DATE: Fri. March 13, 1987
 Sat. March 16, 1987

PLACE: Evergreen Pool
 606 SW 116th
 Seattle, WA
 206-246-1610

WARMUP: 6:00pm MEET: 7:00pm

WARMUP: 8:30am MEET: 9:30am

MEET DIRECTOR: Larry Bjork
 15801 5th Pl. S
 Seattle, WA 98148
 206-246-3251

HOSTED BY: Husky Swim Club

ENTRY DEADLINE: March 3, 1987

NOTE: There will be no deck entries and you must be registered for 1987 in order to swim at this meet. Meet seeded slow heats first except the 400 I.M., 1650 Free and 500 Free which will be deck seeded fast heat first. Entrants swimming these events must check in 30 minutes before the meet.

- | | | |
|----------------|-------------------|--------------------|
| EVENTS: Friday | 1. 400 I.M. | 11. 50 Fly |
| | 2. 1650 Free | 12. 100 Free |
| Saturday | 3. 500 Free | 13. 200 Back |
| | 4. 50 Breast | 14. 400 FREE RELAY |
| | 5. 100 Fly | 15. 200 Breast |
| | 6. 200 Free | 16. 200 Fly |
| | 7. 50 Back | 17. 50 Free |
| | 8. 100 I.M. | 18. 100 Back |
| | 9. 200 MED. RELAY | 19. 200 I.M. |
| | 10. 100 Breast | 20. 200 FREE RELAY |

DIRECTIONS: Off I-5 take Highway 518 West. Travel on 518 West to 1st Ave. So. Turn Right onto 1st Ave. So. Go North on 1st Ave. So. to SW 116th. Turn left onto SW 116th. Evergreen Pool is on the Right about two blocks.

PNA Committees as of January 1st, 1987
 (committee chairs are listed first)

Standing Committees

- | | |
|-------------|---|
| Awards | Carolyn Baldwin, Steve Freeborn |
| Finance | Julie Corman, Hop Bailey, Hugh Moore |
| Fitness | Jane Moore, Hugh Moore, Lib Rust, Amy Rust, Carolyn Baldwin, Martha McClelland, Denise Miller, Bob Miller |
| Meets | Jan Kavadas, Hugh Moore, Joann Brislin, Julie Corman, Carolyn Baldwin, Rick Ingraham, Steve Freeborn |
| 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, Bob Miller, Bobby Gallegos |
| Records | Walt Reid, Kathy Casey |
| Social | Linda Cazin, Rick Ingraham |
| Team Wear | Tom Taylor, Jane Moore |

Special Committees

- | | |
|-------------|---------------------------------------|
| Sunshine | Marietta Hunziker-James, Jim Penfield |
| Hospitality | Debbie Kingsley, Dave Addleman |
| History | Tom Foley, Maxine Carlson |