

the  
WET  
SET



PACIFIC NORTHWEST ASSOCIATION  
OF  
MASTERS SWIMMERS

PRESIDENT

Rondi-Beth White  
7001 Topaz Dr. SW  
Tacoma, WA 98498  
(206) 582-0532

EDITOR

Dorothy Kleist  
31417 36th Ave. SW  
Federal Way, WA 98023  
(206) 838-1555

**THE PNA NEWSLETTER**

VOLUME 7 NUMBER 1

JANUARY 10, 1988

INDEX		PAGE
ADVERTISING IN THE WETSET INFORMATION - (DOROTHY KLEIST)		27
CALENDAR - (LOWELL JOHNSON)		28
CHANGE OF ADDRESS FORM - (DAVE ADDLEMAN)		27
COACH'S CORNER - (KATHY CASEY)		2
DECK SEEDING - (JOANN BRISLIN)		4
FITNESS COLUMN - (JANE MOORE)		17
FITNESS - SWIM THE PNA		13
HOST A SWIMMER INFORMATION - (MARIETTA HUNZIKER)		17
INVENTORY OF SUCCESS - (PACIFIC NORTHWEST TIDES)		6
MEET COMMITTEE REPORT (JOANN BRISLIN)		4
MINUTES OF P N A BOARD MEETING - (DEBBIE LEWIS)		3
OCEANA ZONE MEET INFORMATION - (KATHY CASEY)		17
OTHER MEET INFORMATION - (JOANN BRISLIN/KATHY CASEY)		16
SWIM CELLAR PENTATHLON - TUALITIN HILLS	FEB 6	23
P N A BOARD MEMBERS		18
P N A MEET INFORMATION - (JOANN BRISLIN/KATHY CASEY)		13
FIDALGO	JAN 17	13
DAWN MUSSLEMAN SWIM AGAINST CANCER - POSTAL MEET	JAN	13
DAWN MUSSLEMAN INFORMATION AND PLEDGE FORM.....DUE.....	FEB 16	19
TEAM SEATTLE MEET	FEB 7	13
TEAM SEATTLE ENTRY FORM.....DUE BY.....	JAN 27	24
ANIMAL MEET - FORT STEILACOOM	FEB 20	14
ANIMAL MEET ENTRY FORM.....POSTMARKED BY.....	FEB 9	25
1988 US ONE HOUR POSTAL NATIONAL CHAMPS	JAN	21
1988 US ONE HOUR POSTAL NAT CHAMPS ENTRY FORM DUE.....	FEB 15	22
HUSKY MEET - EVERGREEN POOL	MAR 4-5	15
HUSKY MEET ENTRY FORM.....DUE BY.....	FEB 23	26
P N A REGISTRATION - (DAVE ADDLEMAN)		27
PRESIDENT RONDI'S MESSAGE - (RONDI WHITE)		2
RESULTS - (WALT REID) SEYMOUR RAPIDS MEET		5
EVERGREEN MEET		7
NATIONAL TOP 10 LONG COURSE METERS		12
SUBSCRIPTION FORM FOR THE WETSET - (DAVE ADDLEMAN)		27

\*\*\*\*\*  
JANUARY BOARD MEETING                                  JANUARY 26, 1988                                  7:00 P.M.  
The DECEMBER Board Meeting will be held the FOURTH Tuesday of the Month  
at the the TACOMA YMCA - 1002 PEARL STREET - TACOMA, WA.  
At each board meeting items are discussed and decisions made that have  
an effect on you. It may be meet events offered, newsletter content or  
rule changes. If you wish to be represented make sure you and/or your  
team representative are present. EVERYONE is invited to attend.  
\*\*\*\*\*



January 1, 1987

Dear PNA Swimmers;

I have made all my resolutions and as of this letter, I have only broken six or seven of them! I hope you had a nice holiday season and are rested and ready to tackle a new year. I wish you all the very best year yet!

This month we can all travel to Anacortes for the January meet. It is the first meet of the year, the first time we try out the new event schedule, and the first time we all sent (I hope you entered!) our entries to Gordon for a meet other than North Kitsap. Please remember that the Board needs to hear from you when you like a new idea as well as when you don't. We want to work for you, and we need your input to do this.

Plan now to enter the February meets! We have two different meets next month. Surely there's a little bit of "Animal" in all of us, and every lane will be a "fast lane" at the Seattle Orca's sprint meet! I am looking forward to seeing everybody soon. I wish you all success in everything you attempt this new year. Remember: "Keep pedaling, the only way you can coast is downhill!"

Love,

Rondi



\*\*\*\*\*  
COACH'S CORNER - KATHY CASEY

TYR THIS...

The following distance set is courtesy of Mike Stauffer of Lakewood Swim Club.

6 X 500

1st } 500's descending on 7:30 (each 500 time is faster).  
2nd } Select a send off that is 1 to 1 1/2  
3rd } minutes slower than your race time.

4th 500 Swim broken at 250. Take 10 seconds rest.  
Negative split the 250's.  
(Stop at 250 yards for 10 seconds. Note your time. Swim the second 250 yards faster.)

5th 500 5 X 100, 10 seconds rest between each 100.  
Swim each 100 at race pace (your 500 pace).

6th 500 10 X 50, 10 seconds rest between each 50.  
Swim each 50 faster than your 500 race pace.

PNA Board Meeting  
December 15, 1987

The meeting was called to order at 7:10 p.m. by the President. Those in attendance were: Walt Reid, Joann Brislin, Warren and Dorothy Kleist, Bob Miller, Tom Taylor, Lowell Johnson, Rondi White, Lisa Farin, Daniel B. Duwe, Hugh and Jane Moore, Kathy Casey, Kiko Kimura and Debbie Lewis.

The minutes were approved as submitted.

Treasurer's Report: Motion was made and passed to accept the Treasurer's report. Motion was made and passed to pay \$38.81 to the Sunshine Committee for flowers.

Newsletter: The 1st of the month is the deadline for the newsletter if items are typed. If items need to be retyped they are due 2 days before the 1st of the month. The newsletter will list the pools participating in the Dawn Musselman Swim Against Cancer drive.

Meets Committee: Evergreen Meet was well done and well run. Kathy Casey will be coordinating the January and Animal meets. Joann Brislin will coordinate the sprint meet in February.

Deck Seeded Meets: This would improve the quality of the meet, speed things up, provide better swims, cut down on the number of scratches and provide better, fuller heats. It would mean swimmers are responsible for checking in for all events in order to be seeded into the meet. Swimmers would have to check in by the end of specified events, usually every 30-40 minutes. The Husky meet in March will be deck seeded as a trial run of this type of meet.

Records: National Long Course Top 10 is finished and will be published soon. Walt Reid is still missing the results from the 2 Canadian and Ellensburg meets but hopes to receive them soon.

The next board meeting will be January 26, 1988 at the Tacoma YMCA.

The meeting was adjourned at 8:20 p.m.

*Debbie Lewis*

Dear PNA Members,

Thank you so very much for the beautiful poinsettia plant. It is really making a splash of Christmas cheer in my home. As of September I had total knee replacement surgery. Was back in the pool in October but my times are pretty slow, (weren't they always!), and my turns are worse as the left leg is still stiff. Am not doing as much yardage as I'd like as time in the pool and at home is devoted to exercises. Hope to be back with you at one of the meets soon, cane and all.

To each and every one of you, THANK YOU; have a Merry Christmas and a Swimming New Year!

Love, Lee Holm, 12/11/87



## MEET COMMITTEE REPORT - JOANN BRISLIN

One of the objectives of the meet committee is to improve the quality of local meets for the swimmers in our association and for the groups who host our meets. In meeting this objective for the 1987-88 season, the meet committee has made a number of suggestions to the board for consideration, advisement and approval.

The meet committee has shared with the board its concern over the high number of scratches in our meets. For example, at the December 1987 meet held at Evergreen Pool, only 6 of the pre-seeded heats were full as seeded. We are concerned with the high number of scratches for three reasons. First, when a heat is not full, the quality of the competitive environment is diluted for the swimmers in that heat, and ultimately, the entire event. Often there is not a swimmer close by to race. Second, when there are six or more swimmers missing from an event, we are running more heats than necessary, extending the length of the meet. Third, we show a lack of respect for our meet hosts. We ask meet hosts to provide 2 or 3 timers to a lane to insure accurate, quality timing for the swimmers in the meet. When lanes are consistently empty due to scratches, timers go unused. In addition, meet hosts rent pool time to accommodate the time predicted for the meets based on the entries they receive. When a meet runs unnecessarily long, hosts are paying for pool time they needn't have rented and are also taking that time away from public swim.

In addressing this situation, the meet committee has proposed three measures. First, a new entry fee structure encourages swimmers to enter and pay for only those events they intend to swim. (there are no refunds if a competitor chooses not to swim.) This policy will be in effect beginning January 1988. Second, a new event rotation was presented which did not include all events at every meet. Some strong voices of protests were heard regarding the new event rotation. Given the protests, the committee has suggested deck seeding as a third measure to improve meet quality. All of the events regularly swum are included in the order of events and deck seeding should result in full heats. The March meet at Evergreen Pool will be a deck seeded meet.

### DECK SEEDING

Each event requires a check-in or scratch from each swimmer. It will be seeded and posted approximately 30 minutes before it is swum. When you come to the meet, each event will be posted on a sheet of paper with the check-in deadline written across the top of the page. If you intend to swim the event, check the number next to your name; if you do not intend to swim the event, draw a line through your number and name. If a swimmer has not checked in by deadline, he or she will be scratched. Deadlines will be

included in the entry information in the newsletter in addition to being posted at the pool.

We welcome your input regarding these changes. We realize that change seldom comes easily, but we hope that the new fee structure and deck seeding will improve the quality of the competitive environment in the heats of our meets. Please give your input to your team representative, meet committee co-chairs Joann Brislin and Kathy Casey or to any other member of the board.

MARVIN WOOD 51 PNA 1:31.29  
 100 M. FLY  
 TOM FOLEY 53 PNA 1:48.80 P  
 200 M. FLY  
 TOM FOLEY 53 PNA 4:21.65  
 400 M. I.M.  
 TOM FOLEY 53 PNA 7:42.20 P

M E N 60-64

50 M. FREE  
 JOHN KORUGA 60 PNA 39.00  
 CHARLES HOEHNER 61 PNA 39.58  
 100 M. FREE  
 CHARLES HOEHNER 61 PNA 1:29.60  
 JOHN KORUGA 60 PNA 1:33.40  
 50 M. FLY  
 JOHN KORUGA 60 PNA 47.57 P  
 100 M. FLY  
 JOHN KORUGA 60 PNA 1:53.30 P

PACIFIC NORTHWEST TIDES SUBSCRIPTION FORM

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY/STATE/ZIP \_\_\_\_\_  
 TEAM \_\_\_\_\_

SWIMMER(S) AGE(S) \_\_\_\_\_  
 Please enclose \$12.00 to cover a twelve month period.  
 Make checks payable to "Pacific Northwest Tides"  
 Send this form to: PACIFIC NORTHWEST TIDES  
 5303 228th S.W., Mountlake Terrace  
 Mountlake Terrace, WA 98043

BELOW IS AN EXAMPLE OF SOME OF THE FINE ARTICLES IN "PACIFIC NORTHWEST TIDES".

IT IS A PUBLICATION DEDICATED ENTIRELY TO SWIMMING RELATED SPORTS. IF YOU ARE INTERESTED MERELY USE THE SUBSCRIPTION FORM ABOVE.

**Inventory of success**

Characteristics of successful athletes which may be worthy of an athlete's notice in motivating himself.

1. Successful athletes earnestly want to succeed and they do something about it.
2. Successful athletes set goals for themselves.
3. Successful athletes realize that everything worth having in athletics has a price tag in terms of training and competitive effort. They understand that success has its cost, but they pay their way knowingly, keeping their eyes on their goals.
4. They realize their future success in the final analysis will depend on their personal effort.
5. Successful athletes consider work a privilege, not a chore.
6. Successful athletes accept personal responsibility for their own success.

7. Successful athletes don't depend on luck. They know success goes only where it's invited.
8. They know that will power, not magic, turns dreams into reality.
9. Successful athletes have a high frustration tolerance. They don't become discouraged at temporary setbacks. They learn from these setbacks and look ahead to the next competition and challenge with optimism.
10. They don't waste time thinking the grass is greener on the other side of the fence. They don't complain about what they haven't got. They develop to the maximum what they have.
11. Though willing to change for the better, successful athletes determine a long-range course of action and follow through on it with faith in its effectiveness.

12. Successful athletes profit from their own mistakes and the mistakes of others.
13. They avoid negative thoughts and defeatist thinking.
14. Successful athletes don't have head trouble, but they do have guts.
15. They are totally reliable and responsive in training matters.
16. They don't alibi. They know the best excuse is no excuse.
17. Successful athletes set examples for others.
18. They are cooperative with both coaches and teammates.
19. Successful athletes, by far, are the easiest to coach.
20. They are not injury prone. They have far fewer injuries than the less successful.
21. Successful athletes are enthusiastic. They generate their own enthusiasm. They don't grumble, moan, groan, and complain.

\*\*\*\*\*

From "AQUA-MASTER" (Oregon Masters Newsletter)  
 Martha Keller fell and broke her hip. She is in a convalescent center and would appreciate cards. Martha Keller, Room 36  
 Village Convalescent Center  
 3955 SE 182nd  
 Gresham, OR 97030

\*\*\*\*\*



P N A MEET INFORMATION (JOANN BRISLIN and KATHY CASEY)

\*\*\*\*\*  
\*  
\* NO DIVING DURING WARM UP - except in sprint lanes during \*  
\* designated sprint times! \*  
\* NO DIVING IN WARM UP AREA DURING MEET \*  
\* ALL ENTRY FOR WARM UP OR WARM DOWN MUST BE FEET FIRST \*  
\*  
\*\*\*\*\*

OCT 1-MAR 31 THIRTY SEVEN have entered the Fitness Committee's "SWIM ACROSS THE PNA. You may still enter as you have until MARCH 31st...and you may earn a PNA PIN for participating and a PNA TOWEL for completing the Bellingham to Olympia swim. To enter send \$5.00 to Jane Moore, 29920 2nd Pl SW, Federal Way, WA 98023. See the September, October, or November WETSET for entry and tracking information.

JAN 1 - JAN 31 DAWN MUSSELMAN SWIM AGAINST CANCER. This is 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. Some pools available for this swim:

January 31, 9:30-11:30 AM, Federal Way Pool,  
Contact HUGH MOORE, 941-3100

January 19, 6:00-7:30 PM, U W HEC ED Pool, bring your own lap counter. Contact JOANN BRISLIN 522-5586

Others who may have pool availability information are President Rondi White, 582-0532 or Kathy Casey 588-4879

JAN 17 FIDALGO MEET, Sunday, January 17th at Fidalgo Pool, 1603 22nd Street, Anacortes, WA 98221 206 293-0673  
WARMUP: 8:30 AM - MEET START: 9:30 AM  
HOSTED BY: Fidalgo Islanders Seahawks Masters  
DEADLINE: Entry must be postmarked by January 5, 1988

FEB 7 TEAM SEATTLE MEET INFORMATION (SPRINT MEET)  
Warm-up begins at 8:30 AM, with the meet starting at 9:30  
PLACE Medgar-Evers Pool, 500 23rd, Seattle, WA, 324-2560  
DIRECTIONS Take James Street exit off I-5. Go east on James Street. At the cross streets of James and 12th, James St turns into Cherry St. Follow Cherry St to 23rd. Turn Right going South. The pool is on your left next to Garfield High School.

ENTRIES All entries must be received by Jan 27, 1988. You must be registered with USMS for 1988 to participate in this meet. The new entry fees will be in effect: \$2.00 surcharge; \$1.00 per event and no charge for relays.

POOL INFORMATION The pool is a "Forward Thrust" pool similar to Helene Madison. It has six lanes, 25 Yards with a separate warm-up pool. Keefer lane lines are used. The pool has rough deck surface and seating for 200. Large lockers are available for .25 cents.

MEET INFORMATION Unlike typical Masters meets this is a special sprint meet with 50's and 100's only, excluding relays. There is a 200 FUN RELAY. This relay will feature a bevy of pink flamingos. Details on deck.



ANIMAL MEET INFORMATION

SATURDAY, Warm-Up at 8:30 A.M., Meet Start at 9:30 A.M.  
PLACE Pierce College Pool, 9401 Far West Drive, Tacoma  
Phone 206 964-6678 - Hosted by Clover Creek Aquatic Club  
Meet Director - Dave Feigert 206 584-8376

ENTRY INFORMATION Entries must be postmarked by 2-9-88.  
Entry fee is \$2.00 surcharge plus \$1.00 per event.

POOL INFORMATION 25 yard, 6 lane pool. Diving tank  
available for warmups. Lockers available, bring your own  
lock. Smooth deck surface, concessions available.

DIRECTIONS Take I-5 to Gravelly Lake Drive exit  
(about 10 mi. south of Tacoma). From the north turn right  
onto Gravelly Lake Drive, (from the South turn left).  
After the ARCO station (on your right) Gravelly Lake Dr  
bears to the left. Stay on Gravelly Lake Drive. Do NOT  
take Nyanza Road which appears to go straight. Take  
Gravelly Lake Drive to Washington Blvd (the next light,  
about a mile). Turn left on Washington Blvd. Go straight  
through the first light (about a mile down the road).  
Thereafter the road begins to curve and is renamed Old  
Military Road. Go to the next light and turn right onto  
112th Street SW. Immediately turn left (this is a free  
left turn) onto Far West Dr. Continue to Pierce College  
(about a mile on the right). Turn right into the main  
entrance to the campus (second entrance on your right).  
The pool is the last building on the left and is easy to  
spot due to its many windows. Turn left and then right  
into the parking lot. Enter the pool building from the  
back. (Allow about 20 minutes from the Gravelly Lake  
Drive exit to the pool)

MEET INFORMATION The meet will be seeded fast heats  
first. Entrants swimming the 1650 must check in 30 mins  
before meet start time. You must register for 1988 in  
order to swim this meet. The events are the 200 Fly,  
400 IM, and the 1650. Entrants may swim one, two or all  
three events. Those swimming all three events will be the  
"TRIANIMALS".

\*\*\*\*\*  
\*  
\* NOTICE .....THE NO FALSE START RULE IS NOW IN EFFECT .....NOTICE \*  
\* This rule is explained in detail in the USS Rules and Regulations on \*  
\* pages 28-29 of the 1987 edition. What it boils down to is that any \*  
\* swimmer charged with a false start is disqualified and WILL NOT be \*  
\* allowed to swim the event, even exhibition, fun, or anything else. \*  
\* \*  
\* See the rule book for more technical terms to explain this rule!!!! \*  
\* \*  
\*\*\*\*\*

From "AQUA-MASTER (Oregon Masters Newsletter)

An excerpt from "Competitive Masters and Their Fears" by George Bole:  
".....Finally, there are other little personal fears that harm some of  
our more sensitive members. There is the obvious one..fear of being the  
slowest..of being last. To this I would say that one may be last in a  
race, but try to remember there are hundreds of thousands of people your  
age who would be far behind you. Chin up - no fear"."

\*\*\*\*\*



OTHER MEET INFORMATION (JOANN BRISLIN and KATHY CASEY)

- JAN 1988 U S MASTERS ONE HOUR SWIM NATIONAL CHAMPIONSHIPS  
Must be completed in January 1988. Completed entry form  
accompanied by entry fees are due February 15, 1988.
- FEB 6 SEVENTH ANNUAL SWIM CELLAR PENTATHLON  
Saturday, Feb 6, 1988, at Tualatin Hills Rec Center Pool  
Warm-ups 9:00 AM and the Meet starts at 10:00 AM
- MAY 13-16 1988 CANADIAN MASTERS SWIMMING CHAMPIONSHIPS  
1988 The 1988 Championships will be held in accordance  
with Rule 22 of the Swimming Canada Natation Handbook.  
(CASA). The meet site is the UBC Aquatic Center in  
Vancouver BC. The Aquatic Center comprises two 50 meter  
pools, one indoors and one outdoors. (The meet will be  
held in the indoors pool - 8 lanes for the meet and a  
25 meter portion for competitors during the meet.)
- MAY 19-22 1988 MASTERS NATIONAL SHORT COURSE CHAMPIONSHIPS  
For meet information send a self-addressed, number 10  
business size envelope, stamped with .44 cents to:  
Huddy Murray, 1988 Masters Nationals  
% Texas Swim Center  
1900 E Campus Drive  
Austin, TX 78705
- AUG 25-28 1988 MASTERS NATIONAL LONG COURSE CHAMPIONSHIPS  
University of Buffalo, Amherst, New York
- OCT 9-16 1988 WORLD MASTERS SWIMMING CHAMPS - BRISBANE, AUSTRALIA  
Estimated cost - minimum \$1600.00 including airfare, eight  
nights hotel, airport transfers, portorage, "Welcome"  
function, World EXPO 88, and the "Finale" function.
- 1988 is Australia's Bicentennial and Brisbane the site of  
World EXPO 88 so a go/no go decisions must be made ASAP.  
SWIMTOUR INTERNATIONAL / JETSET TOURS hold accomodations in  
all categories but booking should be made soon after  
receiving the brochure. Write/call to be assured early  
receipt of the brochure: SWIMTOUR INTERNATIONAL, 413 Canal  
St, Stamford, CT 06902 or call 1 800 243-6346. (SWIMTOUR  
INT'L/ASK MR. FOSTER - BILL KRUMM)

For information about out of association meets, unless otherwise listed:

INLAND EMPIRE  
Elin Zander  
E 1922 15th  
Spokane, WA 99203  
509 534-7509

OREGON  
Bert Peterson  
2051 NE 137th  
Portland, OR 97230  
503 252-6081

IDAHO  
Richard Cooke  
Sawtooth Masters Swimming  
1915 SW State Street  
Boise, ID 83702  
604 736-7645

BRITISH COLUMBIA  
Denis Crockett  
BC Masters  
1531 W 4th Ave  
Vancouver, BC V6J 1L6



\*\*\*\*\*

Contact the following H.O.S.T. when you wish to stay in another swimmers home during an out of town meet:

OREGON MASTERS	ANDY SCHRAG	206	254-9400H/254-9661W
PNA MASTERS	MARIETTA HUNZIKER	206	564-9517
IEA MASTERS	MARIAH CLARKE	509	926-2597
CORVALLIS	MARK & LAURA WORDON	503	753-9352
SNAKE RIVER	JANET WOOD	208	345-8843H/339-7229W
SOUTHERN OREGON	TERRY & JUDY MC GURDY	503	673-3673

\*\*\*\*\*

OCEANA ZONE MEET SCHEDULE - KATHY CASEY

INLAND EMPIRE ASSOCIATION

FEB	13-14	FAIRCHILD, WA	25	M	
MAR	5-6	WENATCHEE, WA	25	Y	
MAR	25-27	SPOKANE, WA	25	Y	CHENEY (IEA CHAMPS)
APR	22-24	SPOKANE, WA	25	Y	WHITWORTH (REG 12 CHAMPS)

OREGON ASSOCIATION

FEB	6	BEAVERTON, OR	25	Y	PENTATHLON
MAR	4-5	NEWBERG, OR	25	Y	W/1000
APR	8-10	CORVALLIS, OR	25	Y	(OREGON CHAMPS)

PACIFIC NORTHWEST ASSOCIATION)

JAN	17	ANACORTES, WA	25	Y	
FEB	7	SEATTLE, WA	25	Y	SPRINT MEET
FEB	20	TACOMA, WA	25	Y	ANIMAL MEET - PIERCE COLLEGE
MAR	4-5	BURIEN, WA	25	Y	HUSKY MEET
APR	8-10	SEATTLE, WA	25	Y	(PNA CHAMPS)- SHORLINE HS

PACIFIC MASTERS SWIMMING ASSOCIATION (Northern California)

(Contact Kathy Casey)

SAN DIEGO/IMPERIAL ASSOCIATION (Southern California)

(Contact Kathy Casey)

SNAKE RIVER ASSOCIATION

3RD SAT BOISE, IDAHO YMCA TIME TRIALS EVERY MONTH

SOUTHERN PACIFIC MASTERS ASSOCIATION (Los Angeles Area)

(Contact Kathy Casey)

\*\*\*\*\*

FITNESS COLUMN - DR JANE MOORE (djk)

Jane is in the process of writing a brochure on fitness and masters swimming that was presented in draft form to the board at the last meeting. An excerpt:

"BENEFITS OF SWIMMING: Regular exercise, in general, can result in many psychological and hysical benefits, including: eased strength and flexibility, relief of tension, improved stamina, and most important, cardiovascular conditioning."

If that isn't enough to get you into the pool for a workout, remember PNA Championships are just around the corner!

\*\*\*\*\*



OFFICE	TEAM	NAME	TELEPHONE	ADDRESS	CITY, ST	ZIP
PRESIDENT	TAC Y	RONDI WHITE	582-0532	7001 TOPAZ DR	TACOMA, WA	98498
VICE PRES	TAC Y	DAVE ADDLEMAN	246-9540	4030 S 158TH LANE	SEATTLE, WA	98188
SECRETARY	HUSKY	DEBBIE LEWIS	522-9097	4665 41ST NE	SEATTLE, WA	98105
TREASURER	HIGHLINE	BOB MILLER	878-4789	22236 24TH AVE S #P109	DES MOINES, WA	98198
FINANCE	HIGHLINE	BOB MILLER	878-4789	22236 24TH AVE S #P109	DES MOINES, WA	98198
MEMBERSHIP	TAC Y	DAVE ADDLEMAN	246-9540	4030 S 158TH LANE	SEATTLE, WA	98188
MEETS	HUSKY	JOANN BRISLIN	522-5586	700 NE 53RD	SEATTLE, WA	98105
MEETS	FT STEIL	KATHY CASEY	588-4879	11114 111TH ST SW	TACOMA, WA	98498
RECORDS	FT STEIL	WALT REID	537-1068	17306 RICH RD S APT B1	SPANAWAY, WA	98307
PUBLICITY	BAC	JUDY HARRISON	822-3988	5505 127TH W	KIRKLAND, WA	98003
NEWSLETTER	TAC Y	DOROTHY KLEIST	838-1555	31417 36TH AVE SW	FEDERAL WAY, WA	98023
AWARDS	TAC Y	STEVE FREEBORN	941-6808	29925 2ND AVE SW	FEDERAL WAY, WA	98023
TEAMWEAR	FED WAY	TOM TAYLOR	838-1827	32012 41ST AVE SW	FEDERAL WAY, WA	98023
SOCIAL	UNAT	LINDA CAZIN	828-4530	11311 NE 67TH	KIRKLAND, WA	98033
OFFICIATING	FED WAY	HUGH MOORE	941-3100	29920 2ND PL SW	FEDERAL WAY, WA	98023
FITNESS	FED WAY	JANE MOORE	941-3100	29920 2ND PLACE SW	FEDERAL WAY, WA	98023
TEAM REP	BAC	TOM DUNNING	455-1616	11200 SE 6TH	BELLEVUE, WA	98004
TEAM REP	BEST	CAROLYN BEHSE	747-3889	1321 177TH NE	BELLEVUE, WA	98007
TEAM REP	CASCADE	STEVE ENGLE	485-4131	20202 170TH AVE NE	WOODINVILLE, WA	98072
TEAM REP	FED WAY	TOM TAYLOR	838-1827	32012 41ST AVE SW	FEDERAL WAY, WA	98023
TEAM REP	FT STEIL	FLORENCE MILLER	582-4683	9431 108TH ST SW	TACOMA, WA	98498
TEAM REP	HIGHLINE	BOB MILLER	878-4789	22236 24TH AVE S #P109	DES MOINES, WA	98198
TEAM REP	HUSKY	KIKO KIMURA	365-3766	19855 25TH NE #307	SEATTLE, WA	98155
TEAM REP	KITSAP N	GORDON GRAY	697-1532	PO BOX 84	KEYPORT, WA	98345
TEAM REP	KITSAP S	BOBBY GALLEGOS	876-0960	1315 GARRISON AVE	PORT ORCHARD, WA	98366
TEAM REP	MADISON MD	TOM/AMY PARDEE	283-6381	359 FULTON ST	SEATTLE, WA	98109
TEAM REP	MISC	DAVID DEMOREST	632-4821	4272 WHITMAN N	SEATTLE, WA	98103
TEAM REP	MT BAKER	IAN THOMPSON	733-2338	1514 FAIRVIEW	BELLINGHAM, WA	98226
TEAM REP	OPM	CHIP GOLIAN	457-3308	715 PLACE RD	PORT ANGELES, WA	98362
TEAM REP	SSANKS	BOB SEAMAN	485-8041	22625 31ST AVE SE #130	BOTHELL, WA	98021
TEAM REP	TAC Y	LOWELL JOHNSON	582-0532	7001 TOPAZ DRIVE SW	TACOMA, WA	98498
TEAM REP	TEAM REDMOND	DON BURTON	828-0106	10609 126TH NE	KIRKLAND, WA	98033
TEAM REP	TEAM SEATTLE	DAN DUWE	282-4406	2427 11TH AVE W #1	SEATTLE, WA	98119
TEAM REP	TIGERS	FOREST BROOKS	226-2796	6917 S 131ST ST	SEATTLE, WA	98178
TEAM REP	TOTEM LAKE	DONNA DALY	821-5729	11770 NE 140TH	KIRKLAND, WA	98034
TEAM REP	WAC	AMY RUST	774-8168	20517 80TH AVE W	EDMONDS, WA	98020
TEAM REP	AT LARGE	TERRI HIGHLAND	392-5994	206 MT PARK BLVD #D205	ISSAQUAH, WA	98027
TEAM REP	AT LARGE	LISA FARIN	325-3069	2210 FRANKLIN E #401	SEATTLE, WA	98102
TEAM REP	AT LARGE	GLORIA MASTERS	876-9203	3171 A SE COLVEA DR	PORT ORCHARD, WA	98366
BY LAWS	TAC Y	LOWELL JOHNSON	582-0532	7001 TOPAZ DR SW	TACOMA, WA	98498
SUNSHINE	FT STEIL	MARIETTA HUNZIKER	564-9517			
HOSPITALITY	FT STEIL	MARIETTA HUNZIKER	564-9517			
HISTORY	TIGERS	TOM FOLEY	937-5585	10011 40TH SW	SEATTLE, WA	98146
COMP' RS	KITSAP N	GORDON GRAY	697-1532	BOX 84	KEYPORT, WA	98345



January

mon tue wed thu fri sat sun



4	5	6	7	8	9	10	
Last Day to Enter Fidalgo Meet	Last Day to Enter						
11	12	13	14	15	16	17	
						SC Fidalgo Meet	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	
Last Day to Enter Team Seattle Meet							
	Board Meeting at 7:00 at Tacoma Y						

**On Deck:** 2/6 SWIM CELLAR PENTATHLON-TUALTIN HILLS  
2/7 TEAM SEATTLE MEET  
2/9 ANIMAL MEET ENTRY DUE  
2/15 1988 US POSTAL NAT'L CHAMPS DUE  
2/16 DAWN MUSSLEMAN ENTRY DUE  
2/23 HUSKY EVERGREEN ENTRY DUE  
3/4-5 HUSKY EVERGREEN MEET

**Looking Forward:**

- APR 8-10 PNA CHAMPIONSHIPS
- APR 22-24 REGION 12 CHAMPS - SPOKANE
- MAY 13-16 1988 CANADIAN CHAMPS
- MAY 19-23 1988 SHORT COURSE NATIONAL CHAMPS - AUSTIN TX
- AUG 25-28 1988 LONG COURSE NATIONAL CHAMPS - NEW YORK
- OCT 8-14 1988 WORLD CHAMPS - AUSTRALIA
- MAY 12-15 1989 SHORT COURSE NATIONALS - FLORIDA
- AUG 17-20 1989 LONG COURSE NATIONALS - NO DAKOTA