

the
**WET
SET**



**PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS**

PRESIDENT

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

EDITOR

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31417 36th Ave. SW
Federal Way, WA 98023
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THE PNA NEWSLETTER

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APRIL BOARD MEETING

The April Board meeting will be held the fourth Tuesday of April which is APRIL 26 at the University of Washington. You or your Team Rep should be there. If you do not know who your Team Rep is see page 5.

April 10, 1988

Dear PNA Swimmers;

I hope you enjoyed Champs! It was nice to have so many swimmers at the meet! Remember the Banquet is coming up on April 30th at Gregory's across from Sea-Tac. This is where we award the certificates of achievement to our swimmers and honor those selected by their teams as inspirational people for the year.

Regional Champs are in Spokane this month, and the Canadian Nationals are coming up in Vancouver, so the season is still in full swing. For some, Champs was the big meet, and for others the work has just begun. Austin, Texas had better be ready for the PNA contingent!

Congratulations to all of you who did so well at Champs! We are really fortunate to have great swimmers and great sportsmanship here in the PNA! Remember, for all of us who compete, no matter how we finish, "the biggest room in the world is the room for improvement!"

Love,

Rondi

P N A ANNUAL BANQUET

April 30, 1988

Social Hour 6:30 P. M.

246-5535

GREGORY'S

Located in the West Coast Inn (It used to be Vance's Airport Inn)
Across the street from SEA-TAC Airport on Highway 99.

THE COST IS \$14.00 PER PERSON

BY **APRIL 23RD** SEND YOUR RESERVATION AND A CHECK TO:

LINDA CAZIN
11311 NE 67TH
KIRKLAND, WA 98033
TELEPHONE 206 828-4530

CERTIFICATES FOR TOP TEN IN THE PNA AND NATIONALS

AWARDS FOR TEAMS INSPIRATIONAL SWIMMER

PNA BOARD MEETING MINUTES

MARCH 22, 1988

The meeting was called to order at 7:05 p.m. by vice president Dave Addleman, serving temporarily as chair, until the president was able to join the meeting at 8:15 p.m. Those in attendance were: Marietta Hunziker, Ann Berman, Lowell Johnson, Dave Addleman, Warren and Dorothy Kleist, Forest Brooks, John Countryman, Kiko Kimura, Debbie Lewis, Gordon Gray, Terri Highland, Linda Cazin, Cynthia Rosik, Muriel Flynn, Bob Miller, Jane Moore, Tom Taylor, Bob Musselman, Kathy Casey, Walt Reid and Rondi White.

Minutes: The section of the minutes discussing the purchase of key chains was struck and the February minutes were approved as amended.

Treasurer: There is a \$4,180.72 balance as of March 22, 1988. A motion was made, seconded and passed to accept the Treasurer's report. A motion was made, seconded and passed to reimburse Rondi and Lowell \$34.00 for printing costs.

Social Committee: The annual PNA banquet will be April 30 at Gregory's, at the Vance Airport Inn, the same location as last year. The cost will be approximately \$14.00 per person and the menu will be similar to the menu from last year. A motion was made, seconded and passed to accept the banquet arrangements as made by Linda Cazin. Tom Taylor will serve as emcee at the banquet.

New Pool Report: Tom Taylor reported the proposed new 50 meter pool will be built in Federal Way near Panther Lake.

Membership Committee: There are 435 members as of March 22, 1988. The final day to register for eligibility at PNA champs is March 25.

By-Laws Committee: The committee report dealt entirely with recommended changes to the PNA Constitution and by-laws. It was the recommendation of the committee that the meet committee not be split into two committees or sub committees in order to insure the meet committee always functions as a single unit. A motion was made, seconded and passed to accept the constitution as amended by the By-laws committee for presentation to the members for approval in the fall. A motion was made, seconded and passed to accept the by-laws as amended by the By-laws committee, except for section 5, for presentation to the members for approval in the fall. Section 5 sets out committee structure and duties. The proposed changes will be presented to the membership for approval in the fall at the same time the new registration fees are due. A motion was made, seconded and passed for the By-laws committee to draft a new paragraph describing a process that would establish policies for designating committee co-chairmen and voting rights of the co-chairs.

Meets Committee: The Husky March meet was very good. The first attempt at deck seeding went very well. It was recommended that the PNA continue with deck seeding as an option for swim meets but not as a requirement.

New Business: A motion was made, seconded and passed to purchase key chains to be awarded to the Most Inspirational Swimmers as designated by each team at the banquet. The PNA will buy 100 key chains at \$2.05 each.

The meeting was adjourned at 10:10 p.m. The date on the next PNA board meeting is April 26 at 7:00 p.m., location to be announced.

D. Smith

NOTICE

IT IS TIME TO SEND IN YOUR RESULTS OF THE SWIM ACROSS THE
PNA. SEND TO: DR. JANE MOORE
29920 2ND PLACE S W
FEDERAL WAY, WA 98023

JIM PENFIELD is looking for a room mate at Nationals in Austin.
If you are interested give him a call at 206 884-2359

INSPIRATIONAL SWIMMER AWARDS

Please get your teams to vote on their choice for Inspirational Swimmer of the Year for 1988 as soon as possible. The criteria for this award is up to your team. It need not go to the "best swimmer". A person can be inspirational by his or her spirit, consideration, perseverance or any number of things. As soon as you have chosen a team member, please let Rondi White know so these awards can be presented at the Banquet on April 30. It is especially nice if the team is at the Banquet when the award is presented. Coaches and Team Reps, please keep this in mind and give it top priority! Thanks.

IF YOU ARE IN BUSINESS, THINK ABOUT THE VAST READERSHIP YOU COULD REACH
BY ADVERTISING IN THE WET SET.....AND THE RATES ARE VERY REASONABLE!

ONE FOURTH PAGE - \$20.00 FIRST MONTH, THEN \$15.00 PER MONTH
ONT HALF PAGE - \$40.00 FIRST MONTH, THEN \$20.00 PER MONTH

Send your ad and check, payable to PNA Masters Swimmers, to D. J. Kleist
If you want help with art work or layout, it is available - no extra fee

CHANGING YOUR ADDRESS? COMPLETE AND SEND IN THE FOLLOWING FORM:

NAME: _____ USMS # _____

OLD ADDRESS _____

NEW ADDRESS _____

NEW TELEPHONE NUMBER _____

SEND TO: David Addleman, 4030 South 158th Lane, Seattle, WA 98188

February 1988 PNA Board Members

OFFICE	TEAM NAME	NAME	PHONE	ADDRESS
PRES	Tacoma YMCA	Rondi White	582-0532	7001 Topaz Dr SW, Tacoma, 98498
V PRES	Tacoma YMCA	Dave Addleman	246-9540	4030 S 158th Lane, Seattle 98188
SECY	Husky	Debbie Lewis	522-9097	4665 41st NE, Seattle 98105
TREAS	Mt Rainier	Bob Miller	878-4789	22236 24th Ave S, #P109, Des Moines 98198
FIN	Mt Rainier	Bob Miller	878-4789	22236 24th Ave S, #P109, Des Moines 98198
MEM	Tacoma YMCA	Dave Addleman	246-9540	4030 S 158th Lane, Seattle 98188
MEET	Husky	Joann Brislin	522-5586	700 NE 53rd, Seattle 98105
RECORD	Ft. Steil	Walt Reid	584-4879	17306 Rich Rd S, Apt B1, Spanaway 98387
PUB	BAC	Judy Harrison	822-3988	5505 127th W, Kirkland 98033
NEWS	Tacoma YMCA	Dorothy Kleist	838-1555	31417 36th Ave SW, Federal Way 98023
AWARD	Tacoma YMCA	Steve Freeborn	941-6808	29925 2nd Ave SW, Federal Way 98023
T WEAR	Fed Way	Tom Taylor	838-1827	32012 41st Ave SW, Federal Way 98023
SOC	UNAT	Linda Cazin	828-4530	11311 NE 67th, Kirkland 98033
OFF	Fed Way	Hugh Moore	941-3100	29920 2nd Pl SW, Federal Way 98023
FIT	Fed Way	Jane Moore	941-3100	29920 2nd Pl SW, Federal Way 98023
TEAM REP	BAC	Sue Dills	232-3654	7908 E Mercer Way, Mercer Island 98040
TEAM REP	BEST	Ann Berman	747-9380	13003 SE 49th St, Bellevue 98006
TEAM REP	Cascade	Robin O'Leary	525-7725	6323 19th Ave. NE, Seattle 98115
TEAM REP	Evergreen	John Countryman	866-1906	3430 Madrona Beach NW, Olympia 98502
TEAM REP	Fed Way	Tom Taylor	838-1827	32012 41st Ave SW, Federal Way 98023
TEAM REP	Fidalgo Is.	Pinky Walker	424-8755	2802 Cherokee Lane, Mt. Vernon 98273
TEAM REP	Ft Steil	Florence Miller	582-4683	9431 108th St SW, Tacoma 98498
TEAM REP	Highline	Bob Miller	878-4789	22236 24th Ave S, #P109, Des Moines, 98198
TEAM REP	Husky	Kiko Kimura	365-3766	19855 25th NE #307, Seattle 98155
TEAM REP	N Kitsap	Gordon Gray	697-1532	PO Box 84, Keyport 98345
TEAM REP	S Kitsap	Bobby Gallegos	876-0960	1315 Garrison Ave, Port Orchard 98366
TEAM REP	MISC	David Demorest	632-4821	4272 Whitman N, Seattle 98103
TEAM REP	Mt Baker	Ian Thompson	733-2338	1514 Fairview, Bellingham 98225
TEAM REP	DPM	Bruce Lomax	457-3501	1833 W. 5th, Port Angeles 98362
TEAM REP	Pac West	Dan Anderson	838-0343	20038 104 Pl SE, Kent 98013
TEAM REP	Summer Tritons	Donna Phelan	862-8777	2702 181st Ave E, Summer, WA 98390
TEAM REP	Tac YMCA	Lowell Johnson	582-0532	7001 Topaz Dr SW, Tacoma 98498
TEAM REP	Team Redmond	Don Burton	828-0106	10609 126th NE, Kirkland 98033
TEAM REP	Team Seattle	Dan Duwe	282-4406	2427 11th Ave W #1, Seattle 98119
TEAM REP	Tigers	Forest Brooks	226-2796	6917 S 131st, Seattle 98178
TEAM REP	WAC	Amy Rust	774-8168	20517 80th Ave W, Edmonds 98020
REP AT LARGE		Terri Highland	392-5994	206 Mt. Park Blvd #D205, Issaquah 98027
REP AT LARGE		Lisa Farin	325-3069	2210 Franklin E. #401, Seattle 98102
REP AT LARGE		Gloria Masters	876-9203	3171-A SE Colvea Dr., Port Orchard 98366
BY LAW	Tac YMCA	Lowell Johnson	582-0532	7001 Topaz Dr SW, Tacoma 98498
SUNSHINE	Ft Steil	Marietta Hunziker	564-9517	9722 Cirque Dr W, #276, Tacoma 98467
HOSP	Tac YMCA	Ann Gindroz	272-1854	715 N Yakima, Tacoma 98403
HISTORY	Tigers	Tom Foley	937-5585	10011 40th SW, Seattle 98146
COMPUTER	N Kitsap	Gordon Gray	697-1532	PO Box 84, Keyport 98345

THIS ARTICLE IS GOOD ENOUGH TO REPEAT! Please read it.....again.

FITNESS COLUMN: SWIMMING AND WEIGHT CONTROL - IAN THOMPSON 206 733-2338

I read an article recently that concluded swimming is not a good exercise for weight control. This conclusion was based on two studies. The first discovered that elite swimmers have a higher percent body fat than elite runners. The second studied adults who attended recreation swim times and found no weight loss amount the participants.

I believe that this article has made a serious error in its conclusions. First, the elite swimmers had percent body fats in the range of 8-12% which is really quite low and it is known that some fat is needed for bouyancy. Elite athletes have some natural selection based on their physical characteristics, so its not surprising that the elite in two different sports are different. Second, most adults who attend adult recreation swim don't know how to swim well enough to work hard enough to lose weight. Just visit a recreational swim at your local pool and see.

So - can swimming be an effective method of weight control? Emphatically YES! To oversimplify ..."CALORIES IN" and "CALORIES OUT" determine our weight change. If "calories in" equals "calories out" our weight should remain stable. If "calories in" exceed "calories out" our weigh will go up. If "calories in" are less than "calories out" our weight will eventually go down. "Calories out" occur even while soundly sleeping, but increase as our activity increases. The more active we are the more "calories out" occur. Activity also offsets the trick our body has of slowing our metabolism down when we try to lose weight on a diet. If we don't exercise when we reduce "calories in", our metabolism adjusts to reduce "calories out" so weight loss is harder.

Swimming is excellent for "calories out". Because it is water based it reduces the risk of exercise induced damage on joints, muscles and ligaments which are carrying around too much weight. The surplus weight in fat makes the swimming exercise easier at the beginning. Swimmings only drawback is that it requires a significant mastery of skills to be able to work hard enough long enough to generate the "calories out." The best "calories out" activity is aerobic sets. (Swim sets of varying distances with short rests with a heart rate of 75% of maximum potential range.) I used a computer program that among other things calculated the calories used based on percent speed and distance. In a seventy five minute workout of interval sets the computer calculated that I could expend up to 1500 calories.

It is important to remember that if you don't exercise while trying to lose weight you will lose an equal amount of muscle mass and body fat so even with a lower weight you will still be just as fat as before...only weaker. Exercise will cause a preservation of muscle mass so the weight loss will truly be a reduction in body fat.

"Calories in" is the other part of the formula. It is important to eat well and wisely. The secret to weight control is the word "control". One should continue to eat a full range of foods. A diet replacing regular food is not nearly as useful as appropriate amounts of appropriate foods. For our health's sake we should reduce our fat intake. There are a lot more calories per gram in fat than in protien or carbohydrates. So we can even eat more if we eat right. The American Diabetic Association, the American Heart Association and the American Cancer Society all recommend a reduction in our fat intake, (even poly unsaturated fats), from the standard 40-50% in the average American diet to 20-30%. They also recommend against a lot of fried foods and a lot of red meats. They all encourage fiber and complex cabohydrates, especially fruits and vegetables. (Just avoid the dip and salad dressings.)

What if your weight doesn't change? Well, congratulations, you have achieved control. If you wanted your weight to go down you have to overcome your body's tendency to stay the same. Are you swimming hard enough and long enough for "calories out"? Are you eating appropriate amounts of appropriate foods for "calories in"? And finally you might be changing in composition rather than weight. You might be firmer, have more muscle and less body fat and that is great!

PLACES TO SWIM IN THE PUGET SOUND AREA

- ANACORTES**
 Fidalgo Pool, 1603 22nd
 workouts: Sat. mornings; contact Pinky Walker 424-8755
 lap swim: M-F 6-8 AM, 11AM - 1PM; Sat. 1-2 PM, 7:30-8:30 PM, Sun 4-5 PM
- AUBURN**
 Auburn, 516 4th NE, Auburn 839-6168
 lap swim: M-F: 6:30 - 8:00 AM & noon - 1:00 PM
- BELLEVUE**
 Eastside Branch YMCA, 14230 Bel-Red Rd., Bellevue 746-9900
 workouts: M-F: 6:45 - 7:45 AM contact: Kevin O'Shea 746-9900
 lap swim: M-F: 7:45-9 AM, 11:30 AM-1 PM, 5:30-6:15 PM/ S&S 12:30-2 PM
 Samena Club, 15231 Lake Hills Blvd., Bellevue 746-1160
 lap swim: M-F: 5:00 - 9:00 AM / Every Day: 9:00 - 10:00 PM
- Newport Hills, 5464 119th Ave. SE, Bellevue 746-9510**
 workouts: M - F: 6:30 - 7:30 AM contact: John Underbrink 828-6733
- Bellevue Athletic Club, 11200 SE 6th, Bellevue 455-1616**
 Bellevue, 601 143rd NE, Bellevue 747-4245
 lap swim: M-Sat.: noon - 1:30 PM
- P. R. O. Racquet & Health Club, 4455 148th Ave. NE 885-5566**
- BREMERTON**
 Bremerton Municipal Pool, 50 Magnuson Way, Bremerton 478-5376
 lap swim: M-F: 11:15 - 12:30 PM; Tu/Th: 6:30-9:00 PM; F: 6-7 PM
 Olympic Aquatic Center, 7070 Stampede Blvd., Bremerton 692-3192
 workouts: TU/TH - 6:30 - 7:30 AM contact: Geoff Pentz 692-3192
 lap swim: M-F: 5:30-8:00 AM; M-TH: 8:00 - 9:00 PM
- BURIEN**
 Evergreen, 606 SW 116th, Burien 246-1610
 workouts: T, Th: 7:30 - 8:30 AM / M-F: 4:30 - 6:00 PM
 contact: Tom Anderson 246-1610
 lap swim: M-F: 6-10:30 AM, 11 AM-2 PM, 6-9:30 PM/ Sat.: Noon-2 PM
- Burlen Swim Club, 626 SW 154th, Burien 433-7900**
- DES MOINES**
 Mt. Rainier, 22722 19th Ave. S., Des Moines 824-1728
 workouts: T/TH/F: 6-7 PM contact: Bob Miller 878-4789
 lap swim: M-F: 6:00 - 8:30 AM/ M-TH: 8:00 - 9:00 PM
- EDMUNDS**
 Harbor Square Athletic Club, 160 W. Dayton 778-3546
 lap swim: M-F: 6:00 - 7:30, noon - 1 PM, & 8:00 - 9:00 PM
- ENUMCLAW**
 Enumclaw, 420 Semanski S., Enumclaw 825-1188
 lap swim: M-F: 6-7:30 AM & 12-1 PM / Sat 12-1 PM
- FEDERAL WAY**
 Federal Way Pool, 30421 16th Ave. S., Federal Way 839-1000
 workouts: M-F 6:00 - 7:00 AM contact: Hugh Moore 941-3100
 lap swim: M-F: 6-7:30 AM & 12-1 PM / Sat 12-1 PM
- 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
- LYNNWOOD**
 Lynnwood Pool, 18900 44th Ave. W., Lynnwood 771-4030
 lap swim: M-F 5:30-8:30 AM/ M-TH: 8:45-10:45 AM & 1-2:30 PM
 M-TH: 2:45-3:45 PM & 5:45-6:45 PM
- 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
- POULSBORO**
 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 684-4961**
- 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 386-4282**
- Rainier Beach, 8825 Rainier S., Seattle 723-5919**
- Northshore, 9815 NE 188th, Bothell 486-9177**
- Shoreline, 19030 1st Ave. NE, Seattle 363-4845**
 workouts: M-F: 5:30 - 7:00 AM contact: Robin O'Leary 241-0623
- South Central, 4414 S 144th, Seattle 242-2287**
 lap swim: M-F: 5:45 - 8:00 AM & 8:05 - 9:05
- Southwest Pool, 2801 SW Thistle Street, Seattle 684-7440**
 workouts: M, W: 5:30-6:30 PM / F 6-7 PM / Sun 5-6 PM
- 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**
- SUMNER**
 Sumner High School, 1707 Main, Sumner 863-8110
 workouts: M, W, F: 5-6 PM contact: Donna Pheilan 862-8777
 lap swim: M-F: 5:30 - 7:00 AM, 12:00 - 1:15 PM
- TACOMA**
 Lakes High School, 10320 Farwest Dr. SW, Tacoma 756-8401
 workouts: M - Th: 5:00 - 7:00 PM; Sat. 10:00 - 11:15 AM
 contact: Kathy Casey 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

Please send any corrections or additions to Hugh Moore
 29920 2nd P1 SW, Federal Way 98023

A P R I L 1 9 8 8

MON	TUE	WED	THU	FRI	SATURDAY	SUNDAY
4	5	6	7	8	9	10
					P N A CHAMPS MADISON POOL	P N A CHAMPS NORTHSHORE POOL
11	12	13	14	15	16	17
	REGION 12 CHAMPS ENTRIES DUE			SWIM THE PNA RESULTS DUE		
18	19	20	21	22	23	24
	NATIONAL SC ENTRIES DUE			REGION 12 GOOD LUCK TO ALL	CHAMPIONSHIPS AT THE PNA AND HUSKY SWIMMERS AT REGIONALS!!!	CHAMPIONSHIPS AT SPOKANE, WA
25	26	27	28	29	30	MAY 1
	PNA BOARD MEETING U of W				P N A BANQUET GREGORY'S 18220 PACIFIC HWY S.	
MAY 2	MAY 3	MAY 4	MAY 5	MAY 6	MAY 7	MAY 8
MAY 9	MAY 10	MAY 11	MAY 12	MAY 13	MAY 14	MAY 15
MOTHER'S DAY						

ON DECK: APRIL 9-10 PNA CHAMPS
 APRIL 22-24 REGION 12 CHAMPS
 MAY 13-16 CANADIAN SC NATIONALS
 MAY 19-22 1988 SHORT COURSE NATIONALS, AUSTIN, TEXAS
 MAR 1 - MAY 31 OCEANA ZONE POSTAL RELAY MEET

LOOKING FORWARD:
 JULY 30 SWIM LAKE WASHINGTON RELAY
 AUG 25-28 LONG COURSE NATIONALS, BUFFALO, NEW YORK
 OCT 8-14 1988 WORLD CHAMPIONSHIPS, BRISBANE, AUSTRALIA
 OCT 10-22 WORLD SENIOR GAMES, ST GEORGE, UTAH
 MAY 12-25 1989 SHORT COURSE NATIONALS, FLORIDA
 AUG 17-20 1989 LONG COURSE NATIONALS, NORTH DAKOTA