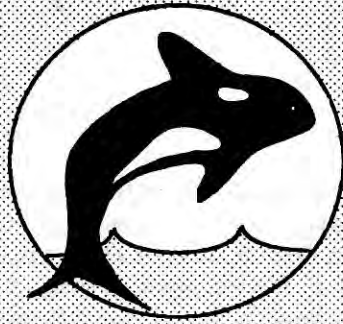


the  
WET  
SET



PACIFIC NORTHWEST ASSOCIATION  
OF  
MASTERS SWIMMERS

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THE PNA NEWSLETTER

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INDEX

ADVERTISING IN THE WET SET (DOROTHY KLEIST)	4
CHANGE OF ADDRESS (DAVE ADDLEMAN)	4
FAMILY BARBECUE (LINDA CAZIN)	5
FITNESS - WHY A MEDICAL EXAM (SAN DIEGO MASTERS)	12
MEETS - (JOANN BRISLIN and KATHY CASEY)	
BELLEVUE ATHLETIC CLUB LONG COURSE - JULY 31	14
BELLEVUE ATHLETIC CLUB ENTRY DUE - JULY 21	15
EMERALD CITY OPEN WATER SWIM - AUGUST 13	13
REGION 12 CHAMPIONSHIPS - AUGUST 13-14	18
REGION 12 CHAMPS ENTRY DUE - AUGUST 1	19
SOUTH KITSAP MEET - JUNE 26	10
SOUTH KITSAP ENTRIES DUE - JUNE 16	11
NATIONAL LONG COURSE, NEW YORK - AUGUST 25-28	22
NATIONAL LONG COURSE ENTRY DUE - JULY 25	23
OCEANA MEET SCHEDULE	16
OUTSIDE THE PNA MEET CONTACTS	6
PNA BOARD MEETING MINUTES (DEBBIE LEWIS)	3
PNA REGISTRATION FORM (DAVE ADDLEMAN)	9
PRESIDENT RONDI'S LETTER (RONDI WHITE)	2
RELAY ENTRY FOR REGION 12 CHAMPS (KATHY CASEY)	20
RESULTS - NATIONAL TOP 10 25 M SC (WALT REID)	7
SUBSCRIPTION TO THE WET SET (DAVE ADDLEMAN)	4
TERRI HIGHLAND-SWIM LAKE WASHINGTON	21

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BOARD MEETING

JUNE 26, 1988 IMMEDIATELY FOLLOWING THE SOUTH KITSAP MEET

#####

June 1, 1988

Dear PNA Swimmers;

We really have some outstanding swimmers in the PNA! In addition to being very nice people, we are awesome swimmers. I went along, as a token swimmer, to the Canadian Nationals in Vancouver. I was proud to wear the PNA Orca! The meet was long, but fun, the facility was beautiful, and our swimmers did very well.

On behalf of our organization, (I know you will all agree) I would like to congratulate those swimmers who made the 1987 All American list. These swimmers were number one in their age group in the nation for one or more events: Tammy Bennett, 30-34; Barbara Lindsley, 35-39; Juanita Correa, 50-54; Pat Dotson, 55-59 and 60-64; Christian Edison, 25-29; Greg Harrison, 35-39 and Bob Proebsting, who unfortunately defected to California, 50-55. I hope I didn't miss anybody. We congratulate you and are proud of all of you!

Now that it seems we will actually get a world class pool in our area, we are lucky to have Tom Taylor on the facility planning committee. Tom would like our input on what type of things make an ordinary pool a fantastic pool. Please send your ideas to Tom, or call him and let him know what you think. If you don't take advantage of this opportunity, you will have no right to complain if the decks aren't to your liking, or if you can't see the markings on the bottom of the pool! I think they should have the benefit of our "expertise." Tom's address is 32012 41st Ave. SW, Federal Way, WA 98023. Phone 838-1827.

See you at the S. Kitsap meet! Remember, "Real difficulties can be overcome, it is only the imaginary ones that are unconquerable!"

Love,

Rondi

PNA Board Meeting  
May 24, 1988

The meeting was called to order at 7:20 p.m. at the Tacoma YMCA by Lowell Johnson in the absence of the president and vice president. The president joined the meeting at 7:50 p.m. Those in attendance were: Lowell Johnson, Ann Berman, John Countryman, Gordon Gray, Jane and Hugh Moore, Debbie Lewis, Kathy Casey, John Eliason, Wayne Methner and Rondi White.

The minutes were approved as submitted.

Treasurer's Report: The current PNA balance is \$3,788.27. The treasurer's report was approved as corrected with \$20.00 added to calendar income to reflect the sale of \$100.00 worth of calendars.

Committee Reports:

Social: The banquet cost \$756.00. The PNA will do better than break even on it. There will be a social function at Gordon Gray's house again on July 16. Details will be announced in the Wetset.

Officiating: Hugh Moore had a suggestion for a proposed national rule change to be considered at the national convention. Currently meet approval or sanction is required to sanction Top 10 times. The proposed rule change is to add a new paragraph to the rules dealing with foreign meets to delete meet observer requirements for meets sanctioned by other recognized swimming sanctioning bodies. A motion was made and passed to accept Hugh's proposed rule change and send it to the national convention.

Fitness: Jane will try to arrange stroke clinics for next fall. She is trying to determine whether to offer clinics every other week for two months or once a month. Another option would be to spread the clinics throughout the year.

Meets: The entry form for the June 26 meet omitted event #3, the 50 Meter Breast. Swimmers will have to write-in their entry for the 50 Breast. The 100 IM was left on the entry form by mistake. Regionals will be held August 13 and 14 at South Kitsap.

Records: A lot of work is necessary on the PNA meter records because of Canadian nationals.

Old Business: A motion was made and passed 10-1, to refund entry fees of \$8.00 to a swimmer from the PNA championship meet because he was not notified his swims would only count as exhibition because his entry fee was late. Since his entry fee was not returned he assumed his entry was accepted for point-counting swims. A long discussion took place about what to do with late entries in all future champs meets. Agreement was reached that swimmers should be personally notified that their entries were late and their swims will not count for points.

Key chains for PNA Team Swimmer of the Year awards cannot be engraved because of the backing on the key chains. This is not the agreement the PNA had with the supplier. Negotiations are taking place with the supplier to rectify the situation.

New Business: The PNA treasurer has resigned. A motion was made and passed to appoint Jane Moore as treasurer. A motion was made and passed to reimburse Lowell Johnson for stamps and printing costs.

A motion was made and passed to add a clause to the meet contract that allows the PNA board to revoke a meet contract if the pool that is included in the meet bid becomes unavailable. The revocation would occur at the discretion of the board.

A motion was made and passed that all PNA meets for 1988 will be designated as qualifying meets for the Senior Olympic Games.

The meeting was adjourned at 9:10 p.m. The next meeting will be held June 26 after the swim meet at South Kitsap.

*Debbie Lewis*

# **FAMILY BARBECUE...GAMES...FUN...SWIMMING...TOTAL BLAST**

**SATURDAY - JULY 16, 1988 - 1:00 P.M.**

At Gordon Gray's lakeside home in Kitsap County, (Directions below)

ALL Masters Swimmers and their families are invited. Bring any water fun equipment you may have.....inner tubes, small boats, canoes, swim fins, air mattresses, beach balls, shark repellent, etc.

BRING YOUR OWN FOOD, BEVERAGE, SILVERWARE, PLATES plus a side dish to share...ie a salad, home made ice cream, etc. There will be barbecue facilities available.

The 'SWIMMING POOL" is approximately 250 X 700 yards so be sure to wear your racing suit, non-racing suit, or racy suit..... just be prepared to get wet and into the swim of things. Those who went last year agree it is the event of the year, so be there.

Refer all questions to: LINDA CAZIN 206 828-4530  
11311 NE 67TH, KIRKLAND, WA 98033

## **DIRECTIONS TO GORDON GRAY'S HOME:**

### **From TACOMA:**

Take Rt 16 over the Narrows Bridge and continue North to Rt 3 and continue to the Keyport/Naval Subase exit, (a few miles north of Silverdale). Take the Keyport exit east on Rt 308. At the 2nd stoplight, (1.4 miles), turn right onto Central Valley. At 1.1 miles Central Valley jogs to the left, you continue straight on Hillcrest .4 miles. You are now at Island Lake. Keep to the left on Lakeshore for .2 miles to the boat launch. Continue straight to the first house on the right, (50 meters).

### **From WINSLOW FERRY:**

Go straight on Rt 305 and continue into Poulsbo making no turns. At the 4th stoplight in Poulsbo the highway will change into Rt 3. Go several miles south until you reach the Keyport/Naval Subase exit and continue as above.

### **From KINGSTON FERRY:**

Continue for several miles and turn left on Bond. Turn right at the next stoplight in Poulsbo onto Rt 305, and continue as above.

GORDON GRAY'S ADDRESS: 12995 Lakeshore Dr. NW, POULSBO, WASHINGTON  
206 697-1532

\*\*\*\*\*

FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED:

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 STATE STREET  
BOISE, ID 83702  
208 939-8289 / 208 336-0606

BRITISH COLUMBIA  
DENIS CROCKETT  
BC MASTERS  
1531 W 4TH AVE  
VANCOUVER, BC V6J 1L6  
604 736-7645

FOR INFORMATION ON ANY MEET WITHIN THE OCEANA ZONE (WASHINGTON, OREGON, ALASKA, CALIFORNIA, IDAHO, HAWAII) CONTACT THE OCEANA ZONE CHAIRMAN, KATHY CASEY 11114 111TH ST S, TACOMA, WA 98498, 206 588-4879 OR, IN AN EMERGENCY, DOROTHY KLEIST 206 838-1555.

\*\*\*\*\*

CONTACT THE FOLLOWING **H.O.S.T.** WHEN YOU WISH TO STAY IN ANOTHER SWIMMER'S HOME DURING AN OUT OF TOWN MEET:

INLAND EMPIRE	MARIAH CLARKE	509 926-2597
OREGON MASTERS	ANDY SCHRAG	503 254-9400 HOME 254-9916 WORK
SOUTHERN OREGON	TERRY & JUDY MC CURDY	503 673-3673
CORVALLIS, OREGON	MARK & LAURA WORDON	503 753-9352
SNAKE RIVER	JANET WOOD	208 345-8843 HOME 339-7229 WORK
PNA	MARIETTA HUNZIKER	206 564-9517
	ANN GINDROZ	206 272-1854

\*\*\*\*\*

PLEASE NOTE THE CHANGES MARKED WITH AN @:

SOUTH KITSAP MEET

MEET INFORMATION: JUNE 26, 1988

ORDER OF EVENTS

- 1. 400 Free\*\*
- 2. 200 Free Relay
- @ 3. ~~100-Fly~~- 50 BREAST
- @ 4. ~~200-Free~~-100 FLY
- @ 5. ~~50-Back~~--200 FREE
- @ 6. ~~100-IM~~-- 50 BACK

5 minute break

- 7. 100 Breast
- 8. 50 Fly
- 9. 100 Free
- 10. 200 Back
- 11. 400 IM

SOUTH KITSAP FUN RELAY

- 12. 200 Breast
- 13. 200 Fly
- 14. 50 Free
- 15. 100 Back
- 16. 200 Medley Relay
- 17. 200 IM
- 18. 800 Free\*\*

\*\* Deck seeded events

TIMES: warm-up 8:30am  
meet 9:30am

PLACE: S.Kitsap H.S. Pool  
FACILITY: 6 lanes, 50 meters  
78-80 degrees  
Concessions

HOSTS: S. Kitsap Masters

MEET DIRECTOR:  
Bobby Gallegos  
876-0960  
call between 9-10pm

RULES: Current USMS rules  
will govern.

ELIGIBILITY: Open to all  
USMS 1988 registered  
swimmers 19 and older  
as of the last day of  
the meet.

SEEDING: Slow to fast except  
the 800 free.

DIRECTIONS: From Southworth Ferry: take a LEFT onto Sedgewick and follow around to Jackson. Take a RIGHT on Jackson and follow downhill to light. Turn LEFT; Go approximately 1/2mile to H.S. From Narrows Bridge: Take Highway 16 to Sedgewick exit. Turn RIGHT onto Sedgewick. Go to light on Bethel. LEFT on Bethel to "Y" in the road. Bear RIGHT onto Mitchell Road. Approximately 1 mi. to H.S.

PLEASE NOTE: Swimmers under the age of 25 are advised they might jeopardize their amateur status under FINA rule GR-1 if they participate in Masters competition.

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

NO HAND PADDLES ALLOWED DURING WARM-UP

\*\*\*\*\*

BEST WISHES TO MR & MRS DAVID ADDLEMAN (DEBBIE KINGSLEY)

We wish you a long and happy marriage with the best times yet to come.....both in and out of the water!!!!

\*\*\*\*\*

## THE ROLE OF THE MEDICAL EXAM IN MASTERS SWIMMING

*Note: This information is being disseminated to masters swimmers by the USMS Sports Medicine and Research Committee. The primary authors of this pamphlet are physicians Bill Weir and Jim Miller. The Committee requests that club officials and LMSC registrars disseminate this pamphlet to every newly-registered swimmer.*

Medical experts agree that some individuals risk impaired health if they exercise strenuously; however, debate continues about the true value of the routine physical examination in identifying or predicting risk factors. Extensive research has been conducted through the Institute for Aerobics Research in Dallas, headed by Dr. Kenneth Cooper, as to the degree of risk encountered by the general population. Another body that publishes guidelines for classification of risk factors is the American College of Sports Medicine in their *Guidelines for Exercise Testing and Prescription*, third edition of 1986. The categories are summarized below.

- Group A** Individuals younger than 45 years who are healthy and who have no major coronary risk factors. Persons in Group A should be exempt from medical testing.
- Group B** Individuals 45 years or older who are healthy and have no major risk factors. These individuals should have an exercise stress test (preferably a maximum exercise stress test and a complete physical examination) prior to beginning an exercise program.
- Group C** Individuals 35 years or older who have no symptoms, but who have at least one major coronary risk factor. Group C members should have a maximum exercise stress test and a complete physical examination test prior to initiating a fitness program.
- Group D** Individuals regardless of age with at least one major coronary risk factor and/or symptoms suggestive of cardiac or lung or metabolic diseases. These individuals need to have a complete physical examination as well as a maximum exercise stress test and, after being counseled regarding heart rates, can be monitored closely and safely improve their exercise tolerance. At the moment it is felt that the majority of the benefit of exercise has to do with the peripheral changes that occur in the human body enabling the increasing exercise capacity, as opposed to true changes with heart function that would allow this group of individuals, as well as other groups, to benefit from an organized program of exercise.
- Group E** Individuals regardless of age with known heart, lung, or metabolic disease. Persons in this category are considered to be incurring undue risk if they involve themselves in strenuous exercise, regardless of the baseline data that may be accumulated involving them.
- Group F** Individuals regardless of age who are medically unstable and deemed at high risk by their physicians. Like those in Group E, these individuals are considered to be incurring undue risk if they involve themselves in a strenuous exercise program.

Although individuals in Groups E and F are felt to be incurring undue risk, the benefit of the sport itself in the form of workouts, improving exercise tolerance, etc. is present. However, the supervision required would involve a level of sophistication beyond the scope of the majority of Masters swimming programs. Also, it should be stated here that these individuals should not be involved in any competitive settings. In addition, supervision is difficult because at-risk persons frequently use medications which mask the usual warning signs and symptoms of problems. The American College of Sports Medicine and the Institute of Aerobics Research in Dallas also recommend that persons in Groups B, C, D, E, and F undergo certain risk profiling, have blood analyses performed, and work from that point with a dietary program to correct metabolic problems.

SEATTLE PARKS AND RECREATION DEPARTMENT'S  
4th ANNUAL EMERALD CITY OPEN WATER SWIM  
\*\*\*\*\*

WHAT: Open Water swim of one mile on a triangular course

WHERE: Seward Beach, Seattle, Washington

WHEN: Saturday, August 13, 1988 9:30am

COST: \$10.00 Pre-registration by August 7, 1988  
\$17.00 Day of Race 8 - 9am

EXTRAS: There will be prizes in all the age groups for both men and women. Age groups are in four year increments.

Participants will receive a T shirt and a swimming cap with registration.

A FREE swim clinic will be held at Helene Madison Pool 13401 Meridian Ave. N from 8:30 - 10:00am on Sunday, August 7, 1988. Following this there will be a FREE Master's Workout at the pool 10:00 - 11:30am. Registration for the Open Water Swim will be accepted at the clinic.

There will be a post race snack of fruit and juice.

Sorry NO wetsuits this year!

For more information call Nancy Eisner 684-7440

\*\*\*\*\*

SAVE THIS DATE: **SEPTEMBER 25, 1988**

This will be the date of the VANCOUVER YMCA MASTERS MEET which is a "GET THE KINKS OUT...A FLYING START" to the new competitive year. It will start with a warm up at 10:30 A.M., meet start at 11:30 A.M., AND A SOCIAL AT 4:00 P.M.

This meet will be held at the SIMON FRASER UNIVERSITY AQUATIC CENTRE and should be a great lot of fun an fellowship.

More details in a later WET SET.



## OCEANA ZONE MEET SCHEDULE

### ALASKA ASSOCIATION

---

HAWAII (All meets are deck entered.)

May 6	U. of Hawaii	(25Y)	7:15 p.m.		*
June 12	U. of Hawaii	(50M)	8:15 a.m.		*
June 24	U. of Hawaii	(50M)	7:15 p.m.	800/1500	*
July 10	U. of Hawaii	(50M)	8:15 a.m.		*
July 29	U. of Hawaii	(50M)	7:15 p.m.		*
Aug. 14	U. of Hawaii	(50M)	8:15 a.m.		*
Sep. 16	U. of Hawaii	(50M)	7:15 p.m.		*

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### INLAND EMPIRE ASSOCIATION

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#### OREGON ASSOCIATION

June 11-12	Albany, OR	(50M)	includes distance		*
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#### PACIFIC NORTHWEST ASSOCIATION

June 26	Port Orchard, WA	(50M)	South Kitsap Pool		
July 31	Bellevue, WA	(50M)	Bellevue Athletic Club		*
Aug. 13-14	Port Orchard, WA	(50M)	South Kitsap, Reg XII Champs		

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#### PACIFIC MASTERS SWIMMING

Apr. 29-1	Sonoma State U.	(25M)	Sonoma State U. Masters		
May 7	Santa Cruz	(25Y)	Sprint Meet		
Jun 5	Lake Berryessa	2 Mile	Open Water, Davis Aquatic M.		
Jun. 10-11	Walnut Creek	(50M)	Walnut Creek Masters		
Jun. 18	Lake Sonoma	2 Mile	Open Water, Tamalpais A. M.		
Jun. 25-26	Woodland	(50M)	Woodland Swim Team		
Jul. 9	Folsom Lake	2 Mile	Open Water, Sacramento M.		
Jul. 16	Lake Tahoe		Trans Tahoe Relay, Olympic Club		
Jul. 23	Livermore	2 Mile	Open Water, Del Valle Reservoir		
Jul. 29-31	Santa Cruz	(50M)	PMS CHAMPS		
Aug. 6	Santa Cruz Boardwalk,		1 Mile Wharf Swim (Tentative)		
Aug. 14	Livermore, Del Valle Reservoir,		Open Water Relay		
Aug. 20	Truckee, Donner Lake,		2.7 Mile Open Water		
Aug. 28	San Mateo	1.5 Mile	Open Water, Coyote Pt. Park		
Sep. 11	Redding	2 Mile	Open Water, Whiskeytown Lake		
Sep. 18	Sacramento	(25Y)	Pentathlon		
Oct. 16	Pacific High S.	(25Y)	Relays, Pacifica Sea Lions		
Nov. 12-13	San Francisco	(25Y)	San Francisco State Univ.		
Dec. 3	Truckee	(25Y)	Sierra Nevada Masters		

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\* = Changes or additions

OCEANA ZONE MEET SCHEDULE

p. 2

SAN DIEGO/IMPERIAL

May 14	UCSD	
May 29	Coronado	(50M) Pentathlon
June 11	Naval Station	Cross-San Diego Bay Swim
June 26	Allied Gardens	(tent.)
July 4	Coronado	1 Mile Rough Water Swim
July 10	UCSD	(50M)
July 24	Coronado	
July 30-31	Coronado	Optimists Sports Fiesta, rough water swim
Aug. 21	UCSD	(50M)
Sep. 5	Oceanside	Labor Day 1 Mile Rough Water Swim
Sep. 11	La Jolla Cove	1 Mile La Jolla Rough Water
Sep. ?	tentative	(? Sep. 24) *
Oct. 1	tentative	1500M Rough Water Swim at Carlsbad
Oct. 9	Coronado	(25Y)
Oct. 23or30	Carlsbad	(25M) tentative
Nov. 12or13	UCSD	tentative Veterans Holiday meet
Dec. 4	Coronado,	long events (500,1000,1650 Free, & 400IM)

SNAKE RIVER ASSOCIATION

3rd Sat.	Boise YMCA	(25Y) Time Trials every month
May 13-15	Boise, Idaho	(25Y) Boise YMCA Spring Fling

SOUTHERN PACIFIC MASTERS ASSOCIATION

4/30-5/1	Industry Hills	(25Y) So. Cal. Regionals, all events
May 14	San Luis Obispo	(50M) Cent. Coast Mstrs, SE 1 + 800 *
May 28	Tustin	(50M) SCAM, SE 2 + 400 *
Jun 11	Las Vegas	(50M) SE 3 *
Jun 26	Ventura	(50M) SCAM, SE 4 + 400 IM *
Jul. 9	Santa Barbara	(50M) SE 1 + 1500 *
Jul 24	Simi Valley	(50M) El Camino, SE 2 *
Aug. 7	El Toro High S.	(50M) Regionals Long Distance Events*
Aug 13or14	SPMA Regionals	(50M) All Events *
Oct. 15-16	tentative Disneyland	Aquatic Days, Saddleback Valley *

# Sep. through Dec. is Short Course Meter season in SPMA.

\* = Changes or additions

April 1988

**YOU CAN HELP!  
IN THE FIGHT AGAINST HUNGER**

**YES, YOU CAN COUNT ON ME!**

You can count on me for the following:

\_\_\_\_\_ **COUNT ON ME** to take pledges.

\_\_\_\_\_ **COUNT ON ME** for my donation of \$ \_\_\_\_\_ bill me  
\_\_\_\_\_ enclosed \_\_\_\_\_

\_\_\_\_\_ **COUNT ON ME** to make a regular monthly  
donation to Northwest Harvest of  
\$ \_\_\_\_\_.

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**ADDRESS:** \_\_\_\_\_  
**CITY:** \_\_\_\_\_  
**STATE:** \_\_\_\_\_ **ZIP** \_\_\_\_\_ **PHONE** \_\_\_\_\_

Make your check payable to:  
**"NORTHWEST HARVEST"**

Please indicate on your check:  
**"Swim Against Hunger"**  
Thank you.

**"SWIM AGAINST HUNGER"  
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**TERRI HIGHLAND  
C/O THE SUNRISE GROUP  
P.O. BOX 1395  
BELLEVUE, WA 98009  
(206)392-5994 OR 453-0195**

**SUPPORT**

**TERRI HIGHLAND'S**

**"SWIM AGAINST HUNGER"**

**A SOLO 19.5-MILE  
MARATHON SWIM  
OF LAKE WASHINGTON**

**JULY 20, 1988**

On July 20, 1988, Terri Highland will attempt to become the first woman ever to swim the 19.5-mile length of Lake Washington.

**THIS MARATHON SWIM  
IS A BENEFIT  
FOR**



711 Cherry Street • P.O. Box 12272  
Seattle, WA 98102 (206) 625-0755