

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 1 - NUMBER 1

JANUARY 10, 1989

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JANUARY BOARD MEETING

THE FOURTH TUESDAY OF THE MONTH - - - JANUARY 24, 1989

7:00 P. M.

TACOMA YMCA BOARD ROOM

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January 2, 1989

Dear PNA Swimmers;

Happy New Year! Ready for the Husky meet? How about Bangor? I must admit I didn't do much swimming over the holidays, too busy eating! I hope you all did better.

With the new year, we really need to think about new officers and Board members. Please consider serving on the Board for the new term. You will appreciate how much effort goes into those meets. Get in touch with Hugh Moore and volunteer your services. Don't read this and assume somebody else will do it. Often YOU are that somebody else!

This is a good time for all teams to resolve to send a representative to the PNA board meetings. It is difficult to serve all the members without that representation. I know the people who work hard for you are very grateful for the help the team reps who attend meetings give.

Have a great year and remember "Nothing would be done at all if a man waited until he could do something so well that no one would find fault with it!"

Love,

*Ronni*

#### CARE OF YOUR SWIM SUIT

##### SUITS WITH LYCRA/SPANDEX:

1. Soak one hour in solution of cold salt water to set dye. (1 cup salt to sink).
2. Wash with mild soap. Rinse well after use.
3. Suits will deteriorate FAST in chlorinated pool, hot tub, etc.
4. Do not roll up suit in wet towel after use.
5. Competitors: Do not wear Lycra suits all day at meets.

##### SUITS WITH 100% NYLON:

1. Soak overnight in white vinegar and water solution to set dye; 1st time only. (1 cup vinegar)
2. Wash with mild soap and rinse well after use.
3. These suits are excellent for water exercise, lap swimming, hot tubs, jacuzzis.

Do not put any swim suit in washer or dryer.

Suits are non-returnable. FEDERAL LAW.



PNA Board Meeting  
December 11, 1988

Meeting was called to order after the swim meet at Anacortes. In attendance were: Rondi White, Lowell Johnson, Jane Moore, Hugh Moore, Forest Brooks, Steve Peterson, Bobby G., Wayne Methner, John Eliason, Allison Eliason, Sharon Lyda-Renz, Karen Jost, Nancy Lewis, and Pinky Walker.

MINUTES were corrected to remove Linda Cazin's name from those in attendance at the November meeting. Approval of the minutes was tabled until December since they had not been published at the time of the December meeting.

TREASURER'S REPORT was approved as submitted by Jane Moore.

NEWSLETTER: It was decided to print the newsletter through the low bidder for the month of January and to wait for another bid before making a decision at the December meeting.

MEETS: The Anacortes meet was given a very good review at the meeting. The January meet will be the qualifying meet for the Senior Games. Results will be sent to Diane Hovland.

The next Board meeting will be held at the Tacoma Family YMCA on January 24th at 7:00 pm.

**HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS**

01/16	DIANE TIMMONS	02/01	JOEL ANDREWS
01/17	ROY INGHAM		CAROLYN BROWN
	SUSAN MATHER	02/02	PETE COLBECK
01/18	PETER MARCUS	02/04	TRACIE RUIZ-CONFORTO
01/20	TERRI ANNE WARD	02/05	BOB PARKER
01/21	D. SCOTT WEIR		GREGORY HARRISON
01/23	ALLAN SACHS		MICHELE MARTIN
01/25	CYNTHIA ROSIK	02/07	DAVID ADDLEMAN
01/26	AUDRE GILDEN	02/08	IRVIN BEADLE
	BOB BUSK		JOHN COUNTRYMAN
01/27	MAXINE CARLSON		JULIE DANIELS
	JOHN SYLVESTER	02/10	MARGARET WINNIE
	BRENT FUNK		RICK HOOVER
01/29	BETTY LEAF	02/13	PATRICIA DOTSON
	STEVEN SIMS		THOMAS WHITE
01/30	JAMES WEYAND		
	JENNIE GOLDBERG		



## Pool will be fast track and fast swimming

Seattle — While the Aquatics Center will be constructed on a "fast-track" schedule - six months less than other facilities of its caliber, it will possess features that will ensure "fast" swimming.

Ground was broken October 27 on the 90,000 square foot facility and will be constructed by Sabey Corporation's general contracting division, Berkley Engineering and Construction. The project will be completed by April 1, 1990 for the 1990 Seattle Goodwill Games.

According to Phil Birk, project manager for Berkley Engineering and Construction, a project of this nature normally has a 20 to 24 month construction, but this particular structure will be constructed in 17 months. "We'll handle the tight schedule with doubleshifting, overtime and greater efficiency," he said.

Located in Federal Way on a nine-acre site adjacent to S.W. Campus Drive and First Ave S., the aquatic Center will be one of only three facilities of its caliber in the nation. The other facilities are located in Austin, Texas and Indianapolis, Ind.

Mike Maher, project director for TRA architects, responsible for the architectural, structural, mechanical and electrical design of the facility, said the key to building

such a world class pool is incorporating world class features that are prevalent in existing facilities. "We looked at what contributes to athletes performing at their peak and incorporated those characteristics to make it a 'fast' pool," he said.

Features that will be incorporated to enhance speed of the pool include a deep gutter system, deck-level water and uniform circulation of water. While these features enhance the athletes' performance, they also ensure that swimmers in certain lanes do not get an advantage, as all lanes are uniform, Maher explained. "As we saw in the Olympics, hundredths of a second count," he said.

Holding a total of 1.6 million gallons of water, the facility will house a diving pool, competition pool and recreation pool, according to Birk.

The diving tank will be 58 feet long and 75 feet wide, with a 17 foot depth. Diving platforms will be positioned at the 1,3,7.5 and 10-meter heights and spring boards will be positioned at 1 and 3-meter heights.

With depths of 9.5 feet at each end, the competition pool will be 50-meters long by 75-feet wide and will have two movable bulkheads to

allow for 25-meter races. The recreational pool will be 75 feet long and 42 feet wide.

Four underwater windows for media observation will be included in the facility, three in competition pool and one on the diving tank, according to Birk.

The surrounding structure will reflect the same magnitude as the swimming tanks. "The height from the bottom of the diving tank to the top of the roof will be about 90 feet — the height of an eight story building," Birk said.

The structural frame will be made up of pre-cast concrete, the roof will consist of steel tube trusses, spanning 150 feet across the width of the structure. A translucent skylight will run down the entire peak of the natatorium, according to Birk.

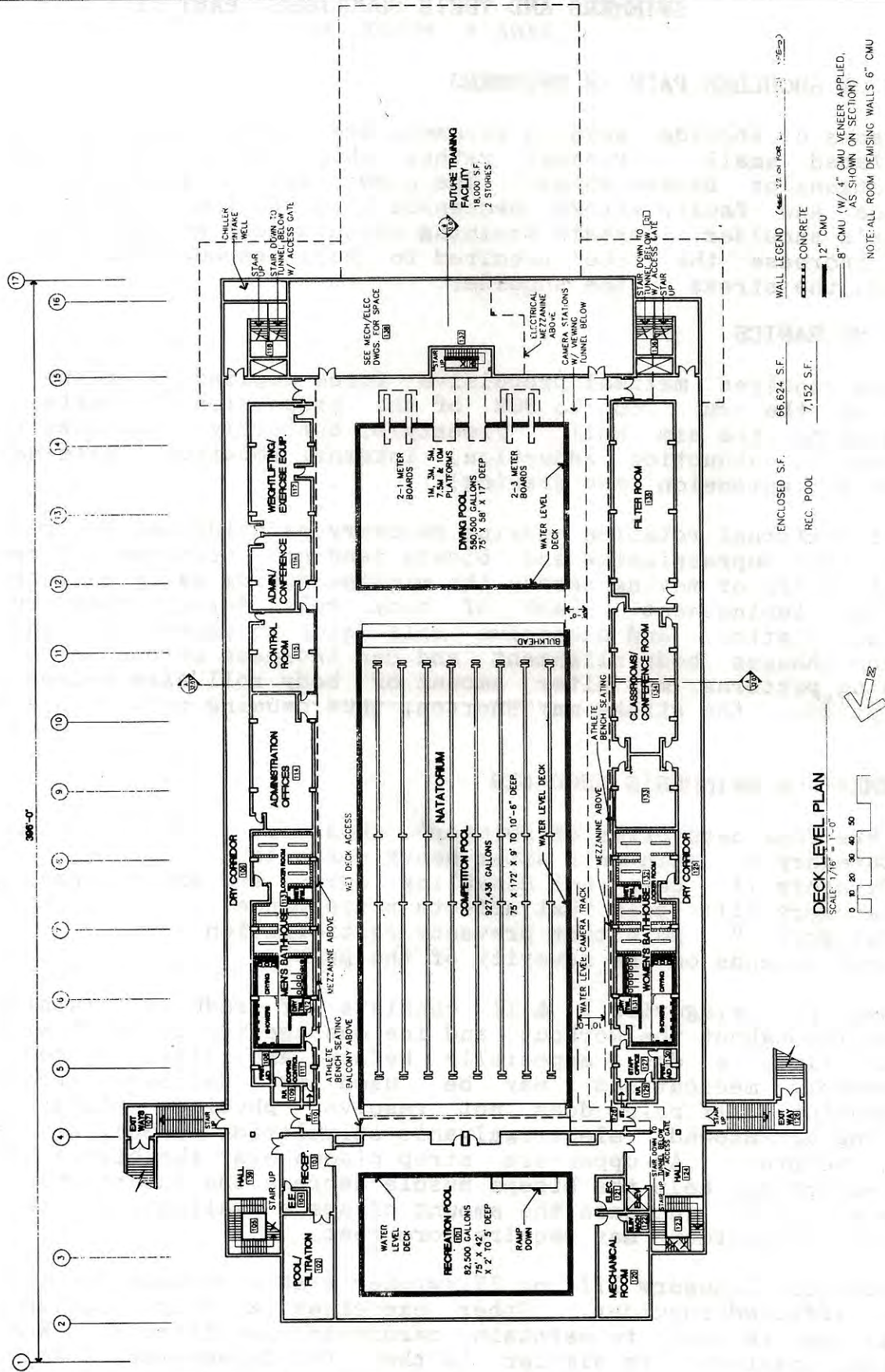
Other features include locker rooms, administrative/class rooms, and a 7,000 square foot entry lobby.

Other professional design firms on the project include Fulton Gale architects and Browning Day, Mullins, Dierdorf Inc., associated architects in conjunction with TRA; Earth Consultants, soil engineers; David Evans & Associates, civil engineers; and the Roper Company, landscape architects.



# Goodwill Games Aquatic Center

Goodwill Games Pool



ENCLOSED S.F. 66,624 S.F.  
 REC. POOL 7,152 S.F.

WALL LEGEND  
 CONCRETE  
 12" CMU  
 8" CMU (W/ 4" CMU VENEER APPLIED, AS SHOWN ON SECTION)  
 NOTE: ALL ROOM DEMISING WALLS 6" CMU

DECK LEVEL PLAN  
 SCALE: 1/16" = 1'-0"





## SWIMMERS AND THEIR SHOULDERS PART II

JANE A. MOORE, M.D.

### CAUSES OF SHOULDER PAIN IN SWIMMERS

Most cases of shoulder pain in swimmers are overuse injuries (the result of accumulated small stresses) rather than sudden occurrences such as dislocations or broken bones. The combination of excessive use, abnormal stresses, and faulty stroke mechanics lead to the overuse syndrome of swimmer's shoulder. Certain training devices such as hand paddles and drag suits, increase the force required to pull through the water and so increase the stress on the shoulder.

### STROKE MECHANICS

Swimming requires maximal propulsive force applied over the extremes of motion of the arm. Up to 90% of the propulsion for certain strokes is generated by the arm pull. Freestyle, butterfly and backstroke require near maximal abduction, adduction, internal rotation, external rotation, flexion and extension (see drawing).

Lack of external rotation during recovery as evidenced by dropped elbows, pinches the supraspinatus and biceps tendons. Crossover placement of the hand at entry or moving across the midline during early pull-through cause a similar impingement. Lack of body roll during recovery restricts external rotation, and excessive roll leads to crossover. Incorrect head position changes body alignment and can increase stress on the shoulders. Breathing patterns may alter amount of body roll also increasing stress. With fatigue, the stroke may shorten, thus causing more cycles of shoulder motion.

### MANAGEMENT OF SWIMMER'S SHOULDER

There are four categories of swimmer's shoulder.

Category I: pain only after heavy workouts.

Category II: pain (not disabling) during and after workouts.

Category III: pain that affects performance.

Category IV: pain that prevents participation.

Treatment depends on the severity of the problem.

Treatment of Categories I & II consists of reduced training, varying strokes throughout the workout, and ice massage for 20 to 30 minutes, three to four times a day, especially before and after workouts. Anti-inflammatory medications may be used to decrease irritation and inflammation. If pain does not resolve, physical therapy modalities including ultrasound, electrogalvanic stimulation (EGS), heat and massage may be helpful. An upper-arm strap placed over the biceps tendon of the affected arm may help the biceps muscle depress the humerus bone during the stroke so as to increase the amount of space available for tendon motion. Category II treatment may require more rest.

Treatment of Category III or IV swimmer's shoulder may require total rest of the affected shoulder. Other exercises (kicking, jogging, or bicycle riding) can be used to maintain cardiovascular fitness. When symptoms diminish, treatment is similar to that for Categories I and II. Some authorities recommend injection of corticosteroids (cortisone shots) for relief of severe symptoms. This treatment should be used with caution because of the associated weakening of the tendons and the uncertain long-term effects. Surgical treatment with removal of the coracoacromial



ligament, the acromion process or the end of the clavicle have been performed. However, it does not appear that many swimmers are able to return to their previous levels of performance after such procedures. The relatively new techniques of shoulder arthroscopy (a way of looking into the shoulder joint) may allow washing out of the joint, trimming of inflamed tendon or synovium, and inspection of other structures. This may result in improvement in symptoms.

## REHABILITATION

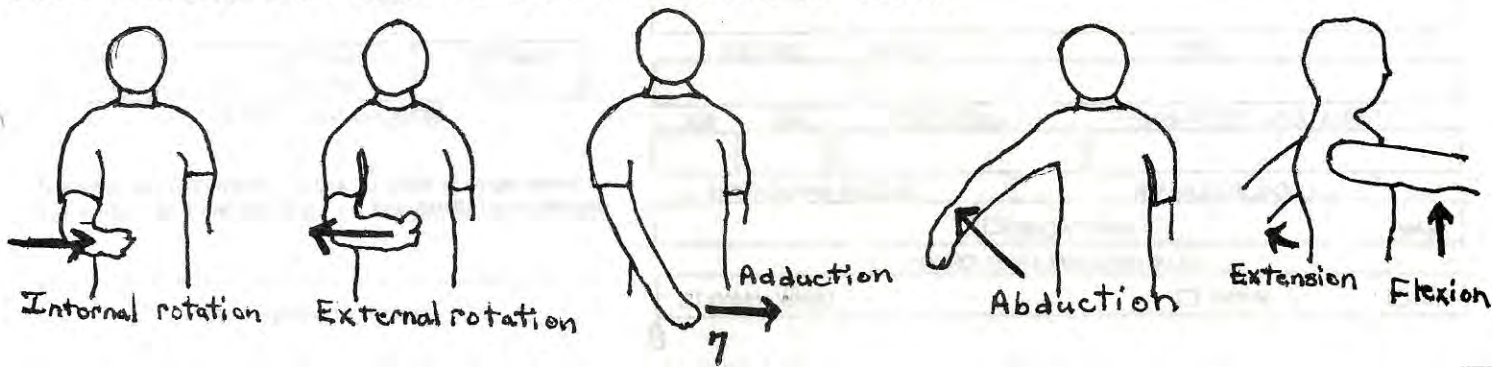
Following treatment of any category of swimmer's shoulder, it is important to begin a rehabilitation program of exercise to strengthen the involved muscles, tendons and ligaments in order to prevent recurrence of the problem as swim training is resumed. Stretching exercises for the involved area are also important to preserve or improve flexibility. A strengthening program usually begins with exercises done with the arm below shoulder level to avoid aggravation of impingement. Range of motion exercises are begun first, then isometric exercises, elastic tubing exercises, stretching, and finally isotonic and isokinetic exercises. (Explanation of exercises will be in future article.)

## PREVENTION

The ideal treatment of swimmer's shoulder is prevention. The muscles which externally rotate the shoulder have been found to be involved in most cases of swimmer's shoulder. It has been shown that these muscles are usually lower in strength and endurance in swimmers with shoulder pain than in those without pain. A relative strength imbalance exists between the external and internal rotator muscles because the internal rotators are exercised repeatedly in swimming while the external rotators are not. When the strength ratio of the external rotators to the internal rotators is less than 50%, a swimmer may no longer have sufficient external rotator endurance to maintain correct stroke mechanics during recovery, and so, therefore, is more likely to develop impingement syndrome symptoms. Improving the strength and endurance of the external rotators is most important in both prevention and rehabilitation of swimmer's shoulder.

Another important factor in prevention of swimmer's shoulder is proper stroke mechanics. As a swimmer can not see his/her stroke while swimming, it must be analyzed regularly by a coach or videotape. Correction of faulty stroke technique is then possible. Alternate breathing may improve body roll and decrease likelihood of impingement.

Also important are proper training techniques. Workout distances must be increased gradually to avoid problems caused by going too fast, too far, too soon. Slower warm-up periods before intense work are needed, as well as easy swims at the end of practice. Workouts should include various strokes as well as kicking and pulling drills. Flexibility and strength training as well as in water workouts must not be neglected. It is particularly important to stretch before workouts.





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

INLAND EMPIRE  
ELIN ZANDER  
E 1922 15TH  
SPOKANE, WA. 99203  
509 534-7509

OREGON  
KATHLEEN BUCK  
31925 N E CANTER LANE  
SHERWOOD, OR 97230  
503 625-5747

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 SW, TACOMA, WA 98498, 206 588-4879 OR, IN AN EMERGENCY, DOROTHY KLEIST 206 838-1555.

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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

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UNITED STATES MASTERS SWIMMING, INC.

REGISTRATION APPLICATION - NOV 1, 1988 to OCT 31, 1989

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

THIS IS A PLEASE PRINT OR TYPE INFORMATION  
 RENEWAL MY 1988 USMS NO. IS \_\_\_\_\_  NEW REGISTRATION

PLEASE NOTE THE CHANGE(S) FROM MY 1988 REGISTRATION:  
 ADDRESS  NAME \_\_\_\_\_  CLUB/DIST. \_\_\_\_\_  
 OTHER \_\_\_\_\_ (PREVIOUS)

LAST NAME FIRST NAME INIT  
\_\_\_\_\_  
STREET ADDRESS

CITY STATE ZIP CODE  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

AREA CODE + TELEPHONE DATE OF BIRTH AGE SEX  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

LOCAL AFFILIATION DATE OF APPLICATION  
TEAM UNATTACHED  \_\_\_\_\_

CLUB (NATIONAL LEVEL ONLY)  
PNA  HUSKY  UNATTACHED

OFFICIAL USE ONLY

\_\_\_\_\_

THANK YOU

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

MAIL TO: HUGH C. MOORE  
29920 2nd Place SW  
Federal Way, WA 98023  
(206) 941-3100

USMS FEE \$9.00	LMSC FEE \$10.00	TOTAL FEE \$19.00
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SENIORS (65+): \$14.00

I hereby agree to abide by and be governed by the rules and regulations of USMS and the Local Masters Swim Committee.

-----  
APPLICANT'S SIGNATURE



TENTATIVE P N A MEET SCHEDULE

JAN 13-14 HIGHLINE MEET - FOSTER POOL  
FEB 11 HUSKY ANIMAL MEET - EVERGREEN  
FEB 19 BANGOR  
MAR 5 CLOVER PARK PENTATHALON  
MAR 19 SOUTH KITSAP  
APR 6-8 SHORT COURSE CHAMPS - FOSTER POOL  
MAY REGIONALS  
JUN 3 OR 4 BELLEVUE ATHLETIC CLUB - LONG COURSE  
JUN 25 SOUTH KITSAP - LONG COURSE

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NATIONAL AND INTERNATIONAL MASTERS SCHEDULE

MAY 4-7 1989 USMS NATIONAL SHORT COURSE CHAMPIONSHIPS  
MISSION BAY  
BOCA RATON, FLORIDA  
JUL 23-AUG 5 1989 MASTERS GAMES  
ARHUS, DENMARK  
AUG 17-20 1989 USMS NATIONAL LONG COURSE CHAMPIONSHIPS  
UNIVERSITY OF NORTH DAKOTA  
GRAND FORKS, NORTH DAKOTA  
SEP 17-24 1989 USMS ANNUAL CONVENTION  
PORTLAND, OREGON  
OCT 7-16 1989 PAN PACIFIC MASTERS AQUATIC GAMES  
INDIANAPOLIS, INDIANA  
AUG 7-13 1990 3RD FINA/MSI WORLD CHAMPIONSHIPS  
RIO DE JANEIRO, BRAZIL  
SEP 30-OCT 6 1990 USMS ANNUAL CONVENTION  
PITTSBURGH, PENNSYLVANIA  
SEP 15-22 1991 USMS ANNUAL CONVENTION  
LOUISVILLE, KENTUCKY



S BELK-KREBS 38  
LISA DONALDSON 30

RELAYS-WOMEN 200 YD. MEDLEY

19 +  
LISA DONALDSON 30 PNA 2:33.51  
BARB GUNGRED 37  
TERESA REXROAT 30  
JULIE CROMAN 24

RELAYS-M E N 200 YD. FREE

25 +  
PAUL SENUTY 26 PNA 1:47.05  
DAVID SCHMALZ 34  
STEWART ELLISON 31  
PETER MARCUS 28

35 +  
CHUCK SPENCER 39 PNA 1:58.53  
ROY INGHAM 63  
IAN THOMPSON 39  
GRANT COOPER 37

RELAYS-M E N 200 YD. MEDLEY

25 +  
DAVID SCHMALZ 34 PNA 2:01.60  
PAUL SENUTY 26  
PETER MARCUS 28  
STEWART ELLISON 31

RELAYS-MIXED 200 YD. FREE

45 +  
LAWRENCE DICKMANN 46 PNA 2:13.24  
JUDY HARRISON 49  
PETER PAGET 50  
PAT DOTSON 61

RELAYS-MIXED 200 YD. MEDLEY

19 +  
LAURA RAYNOLDS 29 PNA 2:12.15  
ALISON ELIASON 24  
WAYNE METHNER 35  
JOHN ELINSON 27

WELCOME TO THE PNA

THE FOLLOWING SWIMMERS JOINED THE PNA IN THE LAST MONTH

PAUL ASHTON, BOB BUSK, JAMES CURTISS, KAREN CROGAN, JULIE DANIELS, WAYNE EDDY, MARK GOODWIN, MARY HAMILTON, ROBERT KING, FREDERICDK LEATHERMAN, JOHN LEITCH, ADRIANNE LORVICK, STEPHEN MAGEE, DENISE PULLIAM, TRACIE RUIZ-CONFORTO, STEVEN SIMS, DON WARD, AND TERRI ANNE WARD.



**PLACES TO SWIM IN THE PUGET SOUND AREA**

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

**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 temporarily closed  
Burien 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

**EDMONDS** Harbor Square Athletic Club, 160 W. Dayton 778-3546  
**ENUMCLAW** Enumclaw, 420 Semanski S., Enumclaw 825-1188

lap swim: M-F: 6:00 - 7:30, noon - 1 PM, & 8:00 - 9:00 PM  
**FEDERAL WAY** Federal Way 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 922-7665  
lap swim: M-F; 5:45-8:30 AM, 9:30 AM-3 PM, 4-6 PM Sat 7-1 & 2:45-4 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 Rec. Center, Olympia 866-6000  
lap swim: M-F: 11:30 AM-3 PM, 5-9 PM/ S&S: 1-6:30 PM  
North Thurston HS  
workouts M-F 5:30-7 AM contact Neva Knott 352-8625

**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: M,W,F: 6-7 AM contact Robin O'Leary 525-7725  
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  
workouts: M-F: 5-6:30 AM contact: Jan Kavadas 775-5814  
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  
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 temporarily closed  
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  
lap swim: M-F: 6-7:30 AM & 3-4 PM / Sun 5-6 PM  
YMCA, 909 4th, Seattle 382-5010

YWCA, 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

West Seattle YMCA, 4515 36th Ave SW, Seattle 935-6000  
workouts: M-F 5:35 -6:30 PM contact Mike Dale 935-6000  
**SEQUIM** Sequim Aquatic Recreation Center, N 610 5th, Sequim 683-6699  
workouts: T/TH 8:45 - 10:00 PM / Sun. 7:45-9 PM

contact: Kevin Johnston PO Box 1671 Sequim 98382 683-6699  
lap swim: M-F: 6-9 AM, 10 AM-3:30 PM, 6-8:45PM/SS 12-1:30 PM

**SUMNER** Sumner High School, 1707 Main, Sumner 863-8110  
workouts: M,W,F: 5-6 PM contact: Donna Phelan 862-8777  
lap swim: M-F: 5:30 - 7:00 AM, 12:00 - 1:15 PM

**TACOMA**  
Lakes High School, 10320 Far West Dr. SW, Tacoma 756-8401  
workouts: M - Th.; 5:00 - 7:00 PM; Sat. 10:00 - 11:15 AM  
contact: Kathy Casey 588-4879

Pierce college, 9401 Far West Dr. SW, Tacoma 964-6678  
workouts: M-F 5-6:30 PM 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



**THE PNA  
WANTS YOU**



**ON THE BOARD!**



**Time to think  
about 1989!  
Serve on the  
PNA Board!  
Nominating Chair  
Hugh Moore  
941-3100**

**or**

**Steve Peterson  
692-1669**



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*Third Annual*  
**Dawn Musselman**  
**Swim Against Cancer**

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The Dawn Musselman Swim Against Cancer is a one-hour individual swim to benefit the American Cancer Society. Named in memory of Dawn Musselman, a nationally-ranked Masters swimmer from the Puget Sound area who died of cancer, the Swim Against Cancer is an annual event to raise funds to fight cancer.

- WHAT:** The Swim Against Cancer is a contest to determine the distance an individual can swim in one hour while raising funds for the American Cancer Society. It is organized as a swim-a-thon, with each participant collecting pledges for the distance he/she will swim. Participants swim in their local pools, and must have a timer/counter to verify the number of lengths swum timed by stopwatch. Results are mailed with pledged contributions.
- WHERE:** The Swim Against Cancer will take place in any 25-yard pool.
- WHEN:** The Swim Against Cancer is held anytime between January 1 and January 31, 1989. Entry forms with pledges and contributions are due February 17, 1988
- WHO:** YOU! Any registered USMS athlete is eligible to participate. All participants will receive a certificate of appreciation. Team awards will be given in three categories - most yardage, most money raised, and greatest team participation. (A minimum of three swimmers is required for team award.) A minimum \$15 contribution is required for each entry.
- WHY:** All proceeds benefit the American Cancer Society. You can help defeat cancer in our lifetime.

The Dawn Musselman Swim Against Cancer is sanctioned by the United States Masters Swimming (USMS) and the Pacific Northwest Association (PNA). Results will be printed in the WET SET. Swimmers are responsible for submitting enclosed receipts to donors. The event is sponsored by the PNA and the American Cancer Society.

**TO ENTER**

Send completed pledge sheet and collected contributions to:  
Ian Thompson, M.D.  
3217 Squalicum Parkway  
Bellingham, WA 98225

QUESTIONS? Call Ian Thompson at 671-0070 (days) or 733-2338 (home).

**CHALLENGE YOUR TEAMMATES!**  
**GAIN MORE YARDS THAN THE OTHER PNA TEAMS!**  
**RAISE MORE MONEY FOR THE AMERICAN CANCER SOCIETY!**



