

3 lines

MEET SCHEDULE & CALENDAR

May 3-4	Reg XII Champs @ Tualatin Hills	June 17	Board Meeting, Sue Dearborn's
May 16-18	SC Nat'ls, Ft. Lauderdale, Fla.	July 11-12	Multnomah Athletic Club, Ore. (LC)
June 8	Corvallis, Ore. (LC)	Aug 15-17	Region XII Championships, Mt. Hood Community College, Ore. (LC)
June 14	Enumclaw (SC)	Aug 28-31	LC Nationals, Santa Clara, Cal.
IEA	No LC Meets This Summer		

BOARD

HIGHLIGHTS

SEATTLE-April 15 - President Judy Harrison called the meeting to order, and Sue Dills, secretary read the minutes. Treasurer Carolyn Behse read the treasurer's report. Committee chairpersons reported as follows. Records: Walt Reid has computerized all PNA records and a computer printout will be posted at each meet. 34 individual records, 6 relay records and 1 national record were set at the PNA Championship Meet. Bill Castner reported that 212 medals were sold at the last meet. The most ever given out at a PNA meet. Regional Short Course 1981 Meet will be hosted by the PNA and the same medals will be awarded. The Finance committee will present the budget to be reviewed in September. Janet Twight thanks those of you who helped with the Community Service Project, Special Olympics. Cookie Justesen is our new Publicity Chairperson. The Board is considering a relay meet hosted by the Seattle Swim Club to kick off the short course season in October. It was suggested that the entry fee be increased and 50% of the profits given to CAPRI. The Bellevue Athletic Club may host a 50 meter Long Course Meet this summer. The Board requests coaches to remind new swimmers that they must be AAU members before they are eligible to swim in a Master's Meet. Also, anyone interested may attend board meetings. Your interest is welcome. The next board meeting will be at Sue Dearborn's, April 17, at 7:30 p.m.

BOARD OF DIRECTORS

Pres-Judy Harrison 822-3988
 VP-Jim Miles 232-7050
 Sec-Suzanne Dills 232-3654
 Treas-Carolyn Behse 747-3889
 Rep-at Fred Wiggin 542-4857
 Large Russell Hall 631-6685

Publicity-Cookie Justesen 774-8721
 Sunshine-Lee Holm 835-3939
 Team Wear & Money Raiser-?????????
 Travel & Social-Susan Dearborn 324-4945
 Banquet-Rosie Latta 243-4575
 Finance-Jack Miller 776-2091
 Membership-Gretchen Anderson 747-3233
 Newsletter-Florence Miller 582-4683
 PNA Top Ten-Walt Reid, Marty Dabrock
 Records-Walt Reid 847-2972
 Stroke Clinic-Neville Johnson 824-2953
 Team & Club Coordinator-Paul Murphy 938-3735

COMMITTEE CHAIRPERSONS

Awards-Bill Castner 246-1726
 Constitution-Tom Foley 937-5585
 Meets-Fred Wiggin (Needs help)
 Newsletter Staff-Florence Miller,
 Marietta James

SPECIAL OLYMPICS - Thank you to the PNA members who volunteered to help at the Special Olympics in the King County meet, a meet including one of the PNA swimmers was being held in Peirce County and another meet in Snohomish County. Maybe next year we can get you tied in with volunteer groups in your own county.

Lee Baxter, Linda Kulchinski, Ruedi Risler, Tom Tom Foley, Cookie Justesen, Jim Miles, Joy Rogers, Maureen Williams, Judy Davido, Marla Peterson, Kiko Kimura, Susan Dearborn, Dottie Carpenter, Gretchen Anderson, Maryan Burke, and Jan Twight also participated in this activity. An outstanding group of volunteers. (Those who were listed in the State program were very early volunteers.) Jan Twight

SENIOR CITIZEN SPORTS RESTIVAL 1980 - for athletes 50 and over. Swimming, track and field, if, tennis, pickle ball, court sports all held at different places. The address is Senior Sports Festival, 425 SW 144th, Seattle, Wa. 98166. The deadline for entry is 12 May. Entry Fee \$5.00/person with a Banquet fee of \$6.00/person. The swim will be held at the Ballard Pool June 7th. Contact Jim Sherrod, Tacoma Family YMCA, 1002 S. Pearl, Tacoma, Wa. 98465. Phone: 564-9622, for entry forms and further information.

AN UPDATE OF SWIM TIME AVAILABLE FOR MASTERS SWIMMERS

BELLEVUE POOL-601 143rd NE 747-4245
 Adult Swim 12:00-1:00 PM Mon-Fri
 8:30-9:30 PM Tue-Thur
 1:00-2:00 PM Sat-Sun

REDMOND POOL-17535 NE 104th 885-3600
 Adult Swim 6:00-7:30 AM Mon-Fri
 12:00-1:00 PM Mon-Fri
 8:00-9:00 PM Mon,Wed,Fri
 Women Only 8:00-9:00 PM Tue-Thur

ISSAQUAH POOL-50th NE Clark St 392-1650
 Early Riser 7:00-8:00 AM Mon-Fri
 Adult Lap 12:30-1:30 PM Mon-Sat
 8:30-9:30 PM Mon-Thur

SHORELINE POOL-19030 1st NE 363-4845
 Early Riser 5:30-7:00 AM Mon-Fri
 Adult Lap 9:00-10:00AM Mon-Fri
 8:15-9:15 PM Mon-Fri

MERCER ISLAND POOL-8815 SE 40th 232-7370
 Early Riser 6:00-8:00 AM Mon,Wed,Fri
 6:00-7:30 AM Tue-Thur
 Adult Lap 12:00-1:15 PM Mon-Fri
 8:00-9:00 PM Mon,Wed,Fri

KENT DISTRICT POOL-25401 104th SE 854-3260
 Early Riser 6:30-7:30 AM Mon,Wed,Fri
 Adult Swim 12:00-1:00 PM Mon-Sat
 8:00-9:00 PM Mon-Thur

TAHOMA POOL-18230 SE 210th-Kent 432-1948
 Adult Swim 12:00-1:00 PM Mon-Fri

FEDERAL WAY POOL-30421 16th Ave S 839-1000
 Early Riser 6:00-8:00 AM Mon-Fri
 Adult Lap 12:00-1:00 PM Mon-Fri
 9:00-10:00PM Mon-Thur

MT RAINIER POOL-22722 19th Ave S 824-1728
 Early Riser 6:30-7:30 AM Tue-Thur
 Adult Lap 12:00-1:00 PM Mon-Sun
 8:00-9:00 PM Mon-Thur

SOUTH CENTRAL POOL-4414 S-Seattle 242-2787
 Early Riser 6:00-7:30 AM Mon-Fri
 Adult Swim 11:30-1:00 PM Mon-Sat
 8:00-9:00 PM Mon-Fri

EVERGREEN POOL-606 SW 116th-Sea 246-1610
 Adult Swim 12:00-1:30 PM Mon-Sat
 8:00-9:00 PM Mon-Thur

RAINIER BEACH POOL-8825 Rainier Ave S
 Seattle 723-5900
 Adult Swim 1:00-2:30 PM Mon,wed,Fri
 7:00-8:30 PM Mon,Wed,Thur
 Lap Swim 11:00-12:00AM Sat

SOUTHWEST POOL-2801 SW Thistle St-Sea 935-6006
 Adult Lap 12:00-1:30 PM Mon-Fri
 5:00-6:30 PM Mon Fri

COLMAN POOL-Lincoln Park-50 mtr outdoor-935-1903
 Lap Swim-1st and last hour of public swim
 Public Swim 12:30-7:00 PM Daily

MEDGAR EVERS POOL-500 23rd-Seattle 324-2560
 Adult Swim 7:00-8:30 PM Mon-Thur

HELENE MADISON POOL-13401 Meridian N-Seattle
 Adult Swim 12:00-1:00 PM Mon-Thur
 12:00-1:30 PM Sat
 Lap Swim 5:00-6:00 PM Mon,Wed,Fri

MEADOWBROOK POOL-10515 35th NE-Seattle 365-9933
 Adult Swim 6:30-8:00 AM Mon-Fri
 12:00-1:30 PM Mon-Fri
 9:00-10:00PM Mon-Fri

BALLARD POOL-1471 NW 67th-Sea 782-0282
 Early Riser 6:00-7:30 AM Mon-Fri
 Adult Swim 12:00-1:15 PM Mon-Fri

QUEEN ANN POOL-1920 1st W-Sea 625-2282
 Adult Lap 6:30-8:20 AM Mon-Fri
 Adult Swim 12:00-1:15 PM Mon,Fri,Sat
 7:30-9:30 PM Tue-Thur
 5:30-7:00 PM Mon

YMCA POOLS
BELLEVUE Y-Bel-Red Rd 746-9900
 Lap Swim 6:00-7:00 AM Mon,Wed,Fri
 9:00-10:00AM Mon,Wed,Fri
 5:00-5:30 PM Mon-Fri
 12:00-2:00 PM Sat

TACOMA Y-Members only 565-9622
 Lap Swim 6:00-8:00 AM
 9:00-11:00AM

EVERETT LAKE FORST POOL
 Early Birds 6:00-8:30 AM Mon-Fri
 Lap Swim 5:15-6:15 PM Mon-Fri

MASTER TEAMS
FT STEILACOOM-Comm College Pool 964-6678
 \$15/mo. 11:00-1:00 PM Mon,Wed,Fri
 7:00-8:15 PM Mon
 5:30-7:00 PM Wed,Thur
 Coach-Kathy Crandell-Tacoma 588-4879
 -South End Boys' Club Pool 474-0626
 8:00-9:00 PM Tue,Thur,Fri
 Coach-Bill Miller-Tacoma 759-5075

NEWPORT MASTERS-Newport Hills Pool
 \$15/mo. 6:30-7:30 AM Mon-Fri

SEATTLE SWIM CLUB-Helene Madison Pool
 \$18/mo. 5:15-6:45 AM Mon-Fri
 Dean Sawhill 363-4845, Jan Twight 535-2472

HIGHLINE COMM COLLEGE POOL-\$50/qtr.
 Masters Swim 6:30-7:30 PM Mon,Wed,Fri
 Neville Johnson 824-2953

TRITON SWIM TEAM--Sumner Pool--1707 Main St.
 \$15/mo. 5:30-6:45 AM, Mon.-Fri.
 Gordon Unruh, Coach 863-8110
 Lynda Bloomquist 845-3612

For any clarifications,
 updates, or new information concerning other pools serving PNA Masters not submitted here contact:
 PAUL MURPHY
 10644 Marine View Dr. S.W.
 Seattle, Wa. 98146
 938-3735

FOR SALE! 1980 PNA Records and Top Ten Booklets (the ones that were displayed at the banquet) are available from your team Rep or Board member for 50¢.

FOR IEA MEETS CONTACT:
Harry J. Lewis
W. 2311-16th #64
Spokane, Wa. 99204

FOR ORE MEETS CONTACT:
Earl Walter
3904 S.W. 57th Ave.
Portland, Ore. 97221

FOR MONTANA MEETS CONTACT:
Montana Grizzlies, Jim Wardwell
2400-Old Fort Road #221
Missoula, Montana 59801

LORENCE MILLER TAKES OVER!

Due to the increased size of the newsletter editor, she (Kathy Crandell) will be abdicating that post in favor of someone who can maneuver more easily. The new editor will be Florence Miller, 67 Queets, Steilacoom, Wa., 98388 (582-4683). Florence will assume editor duties in June (when Kathy hopes her whale proportions will decrease to their former state) and retain that position until December. DIRECT ALL NEWSLETTER CORRESPONDENCE TO FLORENCE MILLER BEGINNING IN JUNE. Due to Kathy's incompetence around the house, a new little Crandell will throw her into a real tizzy for several months. If you make the mistake of contacting Kathy after June, your correspondence is liable to be completely forgotten or misplaced. DON'T MAKE THAT MISTAKE!!!!

MONEY! MONEY! MONEY! Please remit to Kathy Crandell meet entry fees and amounts not fully paid on banquet and entry fees.
\$1.00 owed by Jim Shelton and Vennice Woods
\$3.50 owed by Craig Harris and Lynn McMurdie.

NEXT!!!

- SWIM MEET! Enumclaw Sat., June 14.
- BOARD MEETING! Tues., June 17 @ Sue Dearborn's.
- NEWSLETTER DEADLINE! June 17.

WANTED

Someone to sell caps, shirts, and suits at swim meets. Volunteer!!
Contact Judy Harrison (822-3988)
Someone to help Fred Wiggin Meet Chairperson. (542-4857)

ROSES!

- to Russ Hall for a fine M.C. job at the banquet!
- to Rosie Latta for being banquet chairperson & a very funny actress.
- to Walt Reid and Cookie Justesen for supplying the "inebriating spirits" for the banquet.
- to Jim Taylor (the skinny guy with the beard) and Dick Unrue (the starter) for running the meet so well and so fast. Jim was the announcer and arranged for use of the pool and the equipment. Jim also makes sure the water conditions are perfect for competition. Thanks, Jim!!
- to Florence Miller (and her family) for filling out 723 timers' cards.
- to Marietta James for helping with pre-meet team duties.
- to all committee chairpersons for a fine job in the PNA this year.



PRESIDENT'S CORNER

What makes PNA great? The swimmers! The organization could not function without the help and talents of you. Thank you Bill Castner, Rosie Latta, Tom Foley, Jack Miller, Janet Twight, Gretchen Anderson, Fred Wiggin, Cookie Justesen, Diana Kennerud, Walt Reid, Marty Dabrock, Lee Holm, Neville Johnson, Paul Murphy, Susan Dearborn, Jim Miles, Sue Dills, Carolyn Behse, Russ Hall, and special thanks to the super woman who keeps all of us pulled together and in the know Kathy Crandell! That is 21 of us working hard to keep the PNA running smoothly. We are always on the lookout for talent and new ideas, please contact any of us if you have time to volunteer. Keep Swimming, Judy.

Qooops! Apologies to Donna Burkhart whose 1979 Long Course times were omitted in the last newsletter. Donna swam the 50 M Back stroke in :39.30 for 7th place and the 100 Meter Backstroke in 1:27.50 for 9th.

DID YOU KNOW-that Russ Hall keeps a PNA Scrapbook? If you see articles or have pictures concerning PNA Master's swimming swimmers let Russ know (631-6685).
What Sue Dearborn will help you with rides or carpool arrangements for any of our meets?

Master's One-Hour Swim Championships - 1980. Congratulations PNA Swimmers on a fine swim. Lee Holm 65, 3rd. Kathy Crandell 31, 6th. Women's Relay 55+, 3rd. Carlson, Mueller, Holm.

PLAN AHEAD NOW FOR LONG COURSE NATIONALS!! Long Course Nationals will be August 28-31 in Santa Clara, Calif. If you need help with travel arrangements call Sue Dearborn at (324-4945).

<u>500 Yd. Free</u>	
David VanDam 24	5:42.7
Richard Fischer 23	6:13.8
Bill Wilson 21	6:29.5
<u>1650 Yd. Free</u>	
Bill Wilson 21	23:09.5
<u>50 Yd. Back</u>	
Tony Miller 20	:33.3
Andy Wedaman 24	:34.1
<u>100 Yd. Back</u>	
Ed Walstead 24	1:01.9
Tony Miller 20	1:15.7
<u>50 Yd. Breast</u>	
Vennis Woods 22	:31.8
Richard Fischer 23	:32.0
Mark Souza 22	:32.5
Bill Marshall 24	:32.8
Brandon Vernon 22	:39.8
<u>100 Yd. Breast</u>	
Ed Walstead 24	1:07.8
Richard Fischer 23	1:10.5
Mark Souza 22	1:12.8
Bill Marshall 24	1:13.2
Tony Miller 20	1:15.3
<u>200 Yd. Breast</u>	
Mark Souza 22	2:47.0
<u>50 Yd. Fly</u>	
Art Arpin 21	:28.7
Vennis Woods 22	:29.7
Brandon Vernon 22	:32.3
Bill Wilson 21	:32.7
<u>100 Yd. Fly</u>	
Ed Walstead 24	:58.1
Brandon Vernon 22	1:26.3
<u>200 Yd. Fly</u>	
David VanDam 24	*2:10.3
<u>100 Yd. I. M.</u>	
David VanDam 24	1:02.0
Richard Fischer 23	1:05.4
Art Arpin 21	1:06.8
<u>200 Yd. I. M.</u>	
Ed Walstead 24	2:12.7
<u>400 Yd. I. M.</u>	
David VanDam 24	*4:53.5

RELAYS 20+

<u>WOMEN - 200 Yd. Free</u>	
K. Kimura, G. Singh	
P. Alley, L. McMurdie	*1:58.3
S. Marshall, A. Lowrey	
M. Fijalka, K. Toscas	2:06.4
R. Michael, R. Risley	
J. Forbes, M. Holmes	2:15.5
<u>WOMEN - 200 Yd. Medley</u>	
K. Kimura, G. Singh	
P. Alley, L. McMurdie	*2:17.5

K. Blum, R. Risley	
J. Forbes, R. Michael	2:31.8

<u>MEN - 200 Yd. Free</u>	
T. Hill, J. Shelton	
V. Woods, A. Arpin	1:40.1
B. Marshall, N. Shillito	
B. Vernon, T. Caspell	1:47.6
B. Wilson, M. Souza	
G. Roberts, G. Unruh	1:47.8
D. VanDam, T. Miller	
T. Gay, G. Lovelady	1:48.1
A. Wedaman, R. Fischer	
J. Koruga, W. Andrychowicz	1:53.8

<u>MEN - 200 Yd. Medley</u>	
R. Unrue, M. Rude	
N. Shillito, S. Randle	1:53.9
T. Hill, J. Shelton	
A. Arpin, V. Woods	1:54.4
D. VanDam, G. Lovelady	
T. Miller, J. Davison	1:57.3
B. Wilson, M. Souza	
G. Unruh, G. Roberts	DQ

<u>MIXED - 200 Yd. Free</u>	
S. Randle, R. Unrue	
S. Marshall, M. Fijalka	1:42.8
A. Arpin, G. Singh	
J. Shelton, P. Alley	1:47.0
T. Miller, R. Risley	
J. Forbes, D. VanDam	1:54.1
T. Hill, V. Woods	
K. Kimura, L. McMurdie	1:56.6
M. Rude, J. Roshau	
R. Ingraham, A. Lowery	2:01.5
R. Michael, M. Holmes	
B. Miller, P. Carder	2:12.2
M. Williams, H. Wedaman	
H. Oesting, R. Fischer	2:13.0
B. Marshall, P. Mansfield	
K. Toscas, T. Caspell	2:13.3
R. Unrue, M. Souza	
D. Campbell, G. Unruh	DQ

FOR SALE! 1980 PNA Records and Top Ten Booklets (the ones that were displayed at the banquet) are available from your team Rep. or Board member for .50¢.

TEAM SWIMMERS-The election of Team Swimmers has Produced a variety of responses: most vocal; best recruiter; good organizer;....Those honored at the Annual Banquet included: Ft. Steilacoom, Florence Miller; Triton Swim Team, Lynda Bloomquist; Seattle Swim Club, Maureen Williams; Tigers, Bill Castner; Tacoma Y, Rick Ingraham; Congratulations to all who have contributed to what Kiko said was "best swimming ever!"

See you at
Enumclaw, June
14!

<u>SWIM-MASTER</u>	
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Anyone wishing to subscribe to the "Wet Set" who lives out of the PNA send \$6.00 (payable to "PNA MASTERS SWIMMERS") to Florence Miller, 67 Queets, Steilacoom 98388