

MEET CALENDAR & SCHEDULE

IEA	No Meets This Summer	Aug 15-17	Region XII Championships, Mt. Hood Community College, Ore. (LC)
July 11-12	Multnomah Athletic Club, Ore. (LC)	Aug 28-31	LC Nationals, Santa Clara, Ca.
Aug 10	Bellevue Athletic Club, (LC)	Sept.	CAPRI Relay Meet, no date set yet
Aug 12	Board Meeting, Sue Dearborn's		

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# BOARD HIGHLIGHTS

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SEATTLE June 17 - Carolyn Behse presided over the board meeting in the absence of Judy Harrison, pres. Carolyn reported as treas. that she would make sure each meet would be sanctioned through AAU. A decision was made by the board concerning unattached swimmers who would like to swim on relays. Relays may be made up among those swimmers who are unattached but not to fill out or make up a relay for an organized team. There will be one exception. If a possible PNA, Regional or National record could be set then the rule may be waived. Fred Wiggin reported on the good time had by all at Lee Holm's after the Enumclaw meet and made suggestions for those planning to attend the Bellevue meet. It is an 8 lane pool but has no warm up facilities. There is deck space for swimmers but no spectator area. Plan to bring all your gear on deck for there are no lockers available. Jan Twight reported on the CAPRI Relay meet scheduled for sometime in Sept. No date or place has been set. The meet will last a maximum of 2 hours and a \$5.00 entry fee will be charged with 50% of total going to CAPRI. Sue Dearborn requests that people planning to go to meets in Ore. or to the Nat. LC meet to contact her if they need information or help with travel plans. The meeting was adjourned. The next meeting of the board will be Aug. 12<sup>th</sup> at Sue Dearborn's home at 7:30pm. Anyone interested in attending is urged to come.

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BOARD OF DIRECTORS

- |                                   |  |
|-----------------------------------|--|
| Pres-Judy Harrison 822-3988       | Publicity-Cookie Justesen 774-8721       |
| VP Jim Miles 232-7050             | Sunshine-Lee Holm 835-3939               |
| Sec-Suzanne Dills 232-3654        | Team Wear & Money Raiser- ????????       |
| Treas-Carolyn Behse 747-3889      | Travel & Social- Susan Dearborn 324-4945 |
| Rep-at-Large Fred Wiggin 542-4857 | Banquet-Rosie Latta 243-4575             |
| Russell Hall 631-6685             | Finance-Jack Miller 776-2091             |
|                                   | Membership-Gretshen Anderson 747-3233    |
|                                   | Newsletter-Florence Miller 582-4683      |
|                                   | PNA Top Ten-Walt Reid                    |
|                                   | Records - Walt Reid 847-2972             |
|                                   | Stroke Clinis-Neville Johnson 824-2953   |
|                                   | Team & Club Coordinator-Paul Murphy      |
|                                   | 938-3735                                 |

FROM THE COPY ROOM ! Notice! Your July "WET SET" is coming to you in two installments! Due to the many articles, pictures, entry forms, meet results and news items mailing two was the only solution. We also wanted to make sure that you would receive your Nat. LC and Bellevue Athletic Club entry forms promptly. The second installment will arrive in about ten days from the date you receive this one. Look for pictures of the banquet in that issue.

PNA SWIMMERS MAKE BIG SPLASH AT SC NATIONALS!

Mary Beth Phelan, 25-29, took a Gold and Silver Medal in the 200 breast and 100 breast respectively. She was touched out by .73 of a second in the 100 breast coming in with a time of 1:13.68. The 200 breast was also a photo finish but Mary Beth pulled it out with a time of 2:39.55. Jeanette Roshau, 30-34, competed in the 50 free and came in with a time of :33.76, placing 12<sup>th</sup>; the 100 free in 1:16.97 for 14<sup>th</sup>; the 100 breast in 1:32.90 for 16<sup>th</sup> and the 200 breast in 3:24.34 for 17<sup>th</sup>. Chaya Amiad swam 5 events doing a best time in the 200 back, placing 7<sup>th</sup>, in 3:18.82. She swam the 100 back in 1:34.71 for 9<sup>th</sup>; the 100 breast in 1:42.92 for 15<sup>th</sup>; the 200 breast in 3:34.20 for 10<sup>th</sup>; the 50 fly in :40.02 for 7<sup>th</sup>. Congratulations to our super swimmers on their super times!

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FAMILIAR FACES: Seen at the PNA Banquet last April from top left are; PNA President Judy Harrison, Kathy Crandell coach of Ft. Steilacoom, Dawn Musselman and Bob Simmonds(All Americans)and Judy again. From the bottom left are Kenneth Kennerud, Rosie Latta (who participated in the skit and did honors as the banquet chairperson), Russ Hall looking on while Florence Miller accepts the 1st place trophy for Ft. Steilacoom, Diana Kennerud(singing her tribute to "Masters Swimmers"), and Russ announcing trophy winners.

This is the first time the "WET SET" has attempted to print pictures in the newsletter. Our printer tells us that to get good quality from the copy process we need to submit black and white glossy proofs. If you wish to see more pictures in future issues and would like to submit any for publication send them to Florence Miller-67Queets, Steilacoom, Wa. 98388. Remember that black and white glossy will provide a better reprint and your pictures cannot be returned in the same condition in which you sent them.

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

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 9:00-12:00 AM Mon-Fri  
8:15-9:15 PM Mon-Fri

MERCER ISLAND POOL-8815 SE 40th 232-7370

Early Riser 6:00-7:30 AM Mon-Fri  
Adult Lap 12:00-1:15 PM Mon-Fri  
8:00-9:00 PM Mon,Wed,Fri

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  
9:00-10:00 PM 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

SCOUTH 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 11:00-12:00 AM Sat

SOUTHWEST POOL-2801 SW Thistle St. 935-6006

Adult Lap 12:00-1:30 PM Mon-Fri  
5:00-6:30 PM Mon-Fri

COLMAN POOL-Lincoln Park-50 N 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

KENT DISTRICT POOL-25401 104th SE 854-3260

Early Riser 6:30-7:30 AM Mon,Wed,Fri  
Adult Lap 12:00-1:00 PM Mon-Fri  
4:30-5:30 PM Mon-Fri  
8:00-9:00 PM Tue,Thur,Fri

MOUNTLAKE TERRACE RECREATION PAVILION

Adult Cond. 7:30-8:30 AM Mon-Fri  
776-9173

MEADOWCROCK POOL-10515 35th NE  
Seattle-365-9933

Adult Swim 6:30-8:00 AM Mon-Fri  
12:00-1:30 PM Mon-Fri  
9:00-10:00 PM Mon-Fri

BALLARD POOL-1471 NW 67th 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 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-Bel-Red Rd 746-9900

Lap Swim 6:00-7:00 AM Mon,Wed,Fri  
9:00-10:00 AM 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  
9:00-11:00 AM

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 STELLACOOM-Comm Col 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 588-4872

-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 COL POOL-\$50/qtr.

Masters Swim 6:30-7:30 PM Mon,Wed,Fri

Neville Johnson 824-2953

SUMNER POOL-1707 Main St-Triton Swim T.

\$8/mo. 5:30-6:50 AM Mon-Fri

Lynda Bloomquist 845-3612

Coach-Gordon Unruh

For any clarifications, updates, or

new information concerning other pools

serving FNA Masters not submitted

here contact: PAUL MURPHY

10644 Marine View Dr

Seattle, WA 98146

938-3735

FOR IEA MEETS CONTACT:

Harry J. Lewis  
W. 2311-16th #64  
Spokane, Wa 99204

FOR ORE MEETS CONTACT:

Earl Walter  
39 S.W. 57th Ave.  
Portland, Ore. 97221

FOR MONTANA MEETS CONTACT:

Grizzly Masters Swim Club  
c/o Fred Stetson  
University of Montana  
Missoula, Montana 59812

ARE YOU GOING TO LONG COURSE NATIONALS? All PNA Swimmers must send their completed entry form to SUE DEARBORN, 3401 E. Mercer, Seattle, Wa. 98112. (324-4945) Sue will need to receive your entry form no later than August 1st. Sue is also coordinating travel and motel arrangements for PNA swimmers. Write or phone for more information.

MEDALS may be purchased during the meet at the Bellevue Athletic Club and need **not** be purchased ahead of time.

ROSES! ROSES! ROSES! Jan Twight wrote the articles in this newsletter on the Senior Sports Festival, the book review on Total Fitness and the update on the Postal Meet. Jan has been a regular contributor to the newsletter and her efforts help make it informative and interesting.

LEE HOLM hosted the party after the meet in Enumclaw last June and everyone there had a ball reports Fred Wiggin.

TEAM SCORES FOR PNA CHAMPIONSHIP WINNERS

Place	TEAM	SCORES
1st	Ft. Steilacoom	834
2nd	Tigers	653
3rd	SnoKing Tritons	551
4th	Tacoma Y	517
5th	Seattle Swim Club	255
6th	Triton Swim Team	164

KELLY JOLENE CRANDELL made her entrance into the world on July 7th at 8:15 a.m. She weighed in at 10 lbs. and was 22½ inches long. Kelly is at home now with her proud and happy parents Gary and Kathy and big brother Jeremiah. Welcome to the PNA Kelly!

NATIONAL LONG COURSE RECORDS FALL

Dawn Musselman, on her way to her grandson's wedding in Calif., stopped in Walnut Creek long enough to break 3 of her own records in the 100 and 200 meter back and the 100 meter free. The old time of 1:50.8 in the 100back fell to 1:48.85. The 200 back fell from a 4:00.40 to 3:59.92. The 100 free went from 1:32.60 to a new time of 1:30. Congratulations Dawn and go for it at LC Nationals next month in Santa Clara!

SUBSCRIPTIONS TO "WET SET" AVAILABLE to anyone wishing one who lives outside of the PNA by sending \$6.00 to Florence Miller, 67 Queets, Steilacoom, Wa. 98388.

1980 PNA MASTERS SWIMMERS #79310 and AAU APPLICATION

PNA/AAU for 1980 is a combined total fee of \$10.00. This amount includes the \$4.00 AAU fee. (Insurance is optional for an additional \$1.50.) Senior citizens (65+) need only pay the \$4.00 AAU portion.

Please complete the form, sign it and mail with payment to: Gretchen Anderson  
13024 S.E. Newport Way  
Bellevue, Wa. 98006

DATE: \_\_\_\_\_

FULL NAME: \_\_\_\_\_ BIRTHDATE \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: \_\_\_\_\_ (Optional-Occupation) \_\_\_\_\_ Bus Tel \_\_\_\_\_

Have you lived in the PNA for 4 months?  YES  NO

Do you wish insurance coverage, \$1.50 extra?  YES  NO

(Senior citizens (65+) pay \$4.00 plus insurance if desired.)

PNA/AAU	\$10.00
Optional Insurance	+ _____
TOTAL ENCLOSED	_____

APPLICANT SIGNATURE \_\_\_\_\_

Make all checks payable to PNA MASTERS SWIMMERS

One-Hour Swim, continued from April Newsletter.

Last issue included the medal winners. While this list of people did not win medals, they participated in an international competition. Placing anywhere on this list is a significant achievement. How far can you swim in one hour?

30-34 W; Cookie Justesen, Linda Kulchinski and Julie Horne tied for 10<sup>th</sup>.

Janie Sapien (28); Maureen Williams (29).

35-39 W; Joy Rogers (15).

40-44 W; Judy Harrison (7) Chaya Amiad (27) Sylvia Powell (28)

45-49 W; Marty Dabrock (16); Jan Twilight (21).

60-64 W; Maxine Carlson (7)

65-69 W; Marion Mueller (7)

45-49 M; John German (21); John Ofstad (28); Bob Blumenthal (43)

50-54 M; Win Whitman (24)

Relays: 25+W Sno-King Tritons(Horne, Justesen, Sapien) 8<sup>th</sup>

PNA-SSC(Kulchinski, Rogers, Williams) 11<sup>th</sup>

45+M:PNA Tigers (Blumenthal, Ofstad, Geyman) 9<sup>th</sup>

SENIOR SPORTS FESTIVAL - I observed part of the swimming events at Ballard Pool on June 7<sup>th</sup>.

Masters participating included, Maxine Carlson, Dawn Musselman, Marion Mueller, Lee Holm, Fred Wiggin, and John Koruga, Maryan Burke, Dorothy Smith and M. Rubin.

The competition included 25, 50 and 100 yd events in three strokes (no fly). Master's swimmers were out in front (except for that 65-69 where they competed against each other). Medals were presented on raised platforms to the participants. It was a low-key event and worth considering for beginning swimmers who want to get their feet wet in competition.

The high placing of the Master's raised a question about why? I know that some of those competing do not train regularly under a coach. Why should they, especially, out-perform the Park Department lap swimmer? Possibly the lap swimmer after achieving an initial training effect does not feel the need to improve performance as does the Masters swimmer. But if one continues to swim 20 laps in 20 minutes, the heart rate is longer pushed to levels which provide the fitness one may be seeking. The Masters swimmer who competes is provided an impetus to continue maintaining the higher heart rate in the training-fitness swimming. Some of the regular lap swimmers were observed seeking advice from the Masters about training methods, swim times, coaches, and strokes. We hope they keep up this activity. Maybe PNA should see that they get a copy of the newsletter from Park Department lists of entrants.

TOTAL SWIMMING, Harvey S. Wiener, New York: Simon and Schuster, 1980, 368 pages, \$10.95 hardback.

This book was discovered at the University Book Store recently. (So recently that I have not finished it.) It is similar to all those running books that clutter the book shelves. The thesis of the book is that swimming is the best exercise--especially if you're not competitive about it. His approach to swimming is sort of a free-floating mind trip--yoga, perhaps.

The book does include equipment, rules for swimming in crowded pools, chapters for women, children and seniors. (The latter quotes Dawn Musselman.) The section on strokes omits butterfly as "too strenuous for the recreational swimmer." (Somedays I'd agree with that.) It also includes swim therapy, and some references to swimming while traveling. There is a directory for supplies and a bibliography. At least the bibliography will encourage someone to parts of Counsilman's 3 books. Interval Training, as well as Swimming World and Swimming Technique, and Swim Master.

"How the perfect Exercise can offer rewards both to the body and to the inner self" is useful for encouraging those beginners who want a manual and perhaps as an example of swimming's coming of age in the commercial publishing business. More when I finish it!

Jan Twilight

TRI-A-QUART100 Yd. I. M.

Corrie Ewers 20 1:17.29  
 Jill Diddy 22 1:22.55

200 Yd. I. M.

Corrie Ewers 20 2:44.59

MEN 20-24.100 Yd. Free

Bill Wilson 21 1:00.34

500 Yd. Free

Bill Wilson 21 6:26.09

200 Yd. I. M.

Bill Wilson 21 2:46.49

RELAYSWOMEN - 200 Yd. Free

20+

N. Larson, J. Freeman

M. Leskajan, C. Rosik

2:56.33

WOMEN - 200 Yd. Medley

20+

. Larson

A. Lowery, J. Freeman

3:21.92

MEN - 200 Yd. Medley

20+

G. Roberts, B. Wilson

G. Unruh R. Durringer

2:28.06

MIXED - 200 Yd. Free

20+

C. Brauhn, G. Roberts

J. Diddy, B. Wilson

1:58.55

W. Reid, M. Davis

T. Olsen, M. Holmes

2:24.51

PARENT-CHILD COMBINATIONS-

Seen at recent Meets: At PNA Championships Florence Miller and sons Bill and Tony competed. Tony also swam with mom at Regionals. At Enumclaw, Emory Bundy and his daughter Rebecca both competed.

On Sunday, August 17, 1980, Triton Swim Team of Sumner will be hosting its first annual TRI-A-QUART mini-Triathlon. This event is designed to challenge you--to test your aerobic capacity in a mini-Triathlon, combining the aerobic activities of swimming, cycling, and running into one continuous activity.

During the event each contestant will swim 1000 yards, cycle 29.7 miles, and run 6.2 miles in succession (these distances were set because each is approximately one-fourth of the corresponding event distances in the relatively new Triathlon, formerly known as "Iron Man"). Upon completion of the last segment, each contestant will receive a final time, which will include all three consecutive race segments as well as the time needed between events to prepare for the next phase. The final time is a total running time for all three events.

The sponsors of TRI-A-QUART 1980 share a strong belief in the health benefits a regular aerobic training program offers, and have established TRI-A-QUART 1980 to further promote aerobic sports. Emphasis on this event is primarily participation and completion--not competition. It will enable athletes the opportunity to test their aerobic capacity in sports specialties other than their own, besides testing their overall skill level in each of these three sports.

TRI-A-QUART 1980 is open to any person who has amateur status in all three race segments and who is at least 15 years of age on or before August 17, 1980. TRI-A-QUART will be limited to the first 120 entries completed and received before July 22, 1980. No late entries will be accepted. There is a \$12.50 entry fee, which entitles the athlete to compete and receive a T-shirt and certificate of completion. Events will be at 8:00 a.m. at the Sumner Pool on August 17, 1980. For further information and registration applications, please phone Gordon Unruh, 845-5569, or Lynda Bloomquist 845-3612. Entry deadline--July 22, 1980.

RUNNERS WHO SWIM-Todd Gay, master swimmer for Ft. Steilacoom, place 8th with a time of 42:35 in the Super Men's 30 division in the Sound to Narrows Race on Sat, June 14. Jim Taylor, another Ft. Steilacoom swimmer, came in with a time of 53:43.