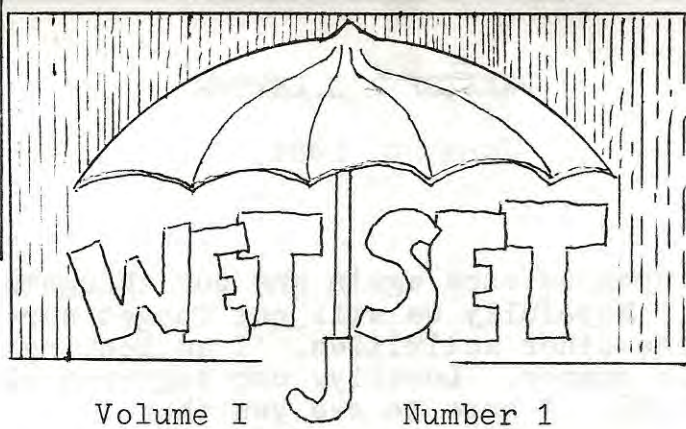


See you at the Meet in Bellevue. LC Regional XII Champs, July 24 to 26. See this issue for last chance at an entry.



JULY 1981
Pacific Northwest Association of Masters Swimmers.
Chris Thomsen, Editor
1615 Judd S.E.
Lacey, WA. 98503
459-2181

MEET SCHEDULE AND CALENDAR

July 11-12	'81 Mt Hood Comm. Col. (OR) LC	Mar. 6-7	Ore.
July 24-26	LC Reg. XII Champs, Bellevue	Mar. 13-14	PNA
Aug. 13-16	LC Nat'l Champs, Canton, OH.	Apr. 3-4	PNA Champs
Oct. 17-18	PNA	Apr. 30	Region XII SC
Nov. 7-8	Ore.	May. 1-2	Champs, IEA host
Dec. 12-13	PNA	May. 21-24	Natn'l Champs
Jan. 9-10	'82 Ore.	Jun. 5-6	PNA SC
Jan. 23-24	PNA	Jun. 25-27	Ore. LC
Feb. 6-7	Ore.	Jul. 10-11	PNA LC
Feb. 13-14	Capri	Jul. 30	Region XII Champs
Feb. 20-21	PNA	Aug. 1	held in Oregon
		Aug. 26-29	LC Natn'l Champs held in Portland Oregon



Extra*
Jul. 28, 81 Board Meeting-Tues. Night at Sue Dearborn's

○ BOARD HIGHLIGHTS ○

KENT: June 16, 1981; The meeting was called to order by President Russ Hall at approximately 7:30 P.M. The minutes of the last meeting were read aloud by Secretary Florence Miller. PRESIDENTIAL REPORT: Russ Hall acknowledged the fact that there is still a need for one more delegate to attend Snowbird this fall on October 3rd through the 4th. He also mentioned the fact that the Swim magazine needs a person, with an address and phone number, to be available for other Master's Swimmers to contact at each pool in the PNA. Russ finally mentioned and presented a proposal for travel policy. Following Russ's report Bill Castner gave the Treasurer's report. COMMITTEE REPORTS: The Meet's Committee reported that all those interested should check this newsletter for the Official Application Form for all future meets or at least for the coming year. Kathy Crandell reported that a team of people is ready to help Chris Thomsen organize and collate the future newsletters. Dave Addleman reported a number of ideas for Regional Championship patches and new PNA medals. The next BOARD MEETING will be held at Sue Dearborn's house on Tuesday July the 28th at 7:30p.m. Sue's house is located in Seattle at 3401 East Mercer Street. Her phone number is 324-4945

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THE NEXT NEWSLETTER DEADLINE IS: AUGUST 28, 1981*THANK YOU

ON
LX
OO

PRESIDENT'S LETTER

June 20, 1981

Dear Swimmers,

The summer season is upon us once again and our thoughts turn to beaches, camping, picnics etc. Hopefully we will not forget our swimming to stay in shape to enjoy these other activities. I am looking forward to a few Long Course swims this summer. Locally, our big meet will be at Bellevue Athletic Club Jyly 24-26. I hope to see you there.

Our board is trying to schedule our meets for 1981-82 short and long course seasons. We want to enable everyone to plan their schedules early. The form which follows this letter can be used to request a meet date and sponsorship. We are asking everyone that is interested to try to return the form to me by July 28, 1981 so the board can form up the dates at that time. The dates listed are to indicate the weekend when the meet is to be held. The Host organization has the option of running the meet on Friday night, Saturday day and/or Sunday as may be appropriate. There is compensation (dollars) to be made by the Host organization for the running of a meet. The amount varies depending upon the number of participants and what costs may be incurred for the pool rental fee. If you or your organization are interested in hosting a meet and need more information, please call me at 631-6685 (home) or 852-2565 (work) and I will try to answer some of your questions. I will be looking forward to receiving the forms and to working with everyone in having a "SUPER" 1981-82 season

Lastly, congratulations to all who went to the Short Course Nationals last month. I understand that everyone swam very well, bringing home many awards as well as memories of good times.

Keep Swimming,
Russ Hall

OFFICIAL MEET APPLICATION FORM

PNA Masters Meet dates:

October 17-18	January 23-24 '82	April 3-4 PNA Champs
November 21-22	February 20-21	June 5-6
December 23-24	March 13-14	July 10-11 Long Course

We would be interested in hosting a PNA Master's Meet:

Date: 1st choice-_____ 2nd choice-_____ 3rd choice-_____

Organizations name _____

Person to contact _____

(please type or print)

Address _____

Phone # _____

Return to Russ Hall by July 28, 1981 - 12518 SE 232nd, Kent, WA. 98031

FOR IEA MEETS CONTACT:

Harry J. Lewis
E. 944 - 39th Ave.
Spokane, WA 99204

FOR ORE. MEETS CONTACT:

Earl Walter
3904 S.W. 57th Ave
Portland, OR. 97221

FOR MONTANA MEETS:

Montana Grizzlies
Jim Wardwell
2400 Old Fort Rd. #221
Missoula, MT. 59801

*
A very special thanks to Mr. Dan Meyer and the Anacortes people for a very fine meet at the Fidalgo pool.
*

To Florence Miller, Marietta James, Lynda Bloomquist, Marty Dabrock and Margaret Davis for their unfailing support and hours of help with the newsletter.

*
To Chris Thomsen and Jeanette Roshau for taking over the newsletter duties.

KING COUNTY NEWS

For those of you in King County, the first round of planning for a new Parks Recreation and Open Space (PRO Parks) bond issue has resulted in no recommendation for a 50 Meter pool. The Regional Subcommittee (Jan Twilight is a member) made recommendations for \$100 million of projects, out of over \$200 million of requests. The primary reason for the rejection of the pool proposal was its high maintenance and operation costs.

What Next? The recommendations are being considered by a Committee of the Whole (Jan Twilight is still pushing). Consideration will be continued by local governments during July and August. Beginning in September there will be opportunities for local community input to the recommendations. Swimming organizations will be on the lists and included in meeting notices. Plan to watch for these announcements; be sure that the information is given to your local club and team members; plan to make Written and Verbal input!

A SPECIAL NOTE

A Special Thank you;

Former newsletter editor, Kathy Crandell, wishes to thank everyone who helped do the newsletter during the past 2½ years. Florence Miller completely took over the newsletter for six months and did 7 newsletters by herself. The newsletter is a mammoth task, sometimes requiring 100 hours to do one issue. Florence not only gave many hours of time to do the editor's job during that period, but she also attended all the board meetings during the 2½ years and gave Kathy all the information needed for each issue of the "Wet Set". Florence has stapled so many newsletters that her shoulder has given out.

During the first year the "Wet Set" was run off on a mimeograph machine. Florence always helped because it took two people to do the job; one to run it off and one to fix the machine. They used to drag their kids over to the pool office and turn the place into a nursery for several hours each day until the newsletter was all run off.

Florence, Marietta James, Marty Dabrock, and Margaret Davis put in many more hours collating the newsletter, folding and stapling it, addressing it, stamping it, and mailing it. Marty occasionally lined her family up and sent them around the dining room table picking up pages and stapling them together. Marietta and Margaret graciously did double duty if someone on the team couldn't help. Marietta also attended many board meetings with Florence.

Neither Kathy nor Florence type very well. After going through three typists, they landed a fabulous typist, Lynda Bloomquist from Sumner (the original "red headed swimmer from Triton Swim Team). In spite of juggling a full time job and caring for three children, Lynda found time to turn the original mess into the professional looking newsletter that arrived in your mailboxes.

(Continued on next page)

Please Note* There is still room for an additional delegate to attend the SNOWBIRD gathering on October 3rd and 4th. Contact Russ Hall if available.

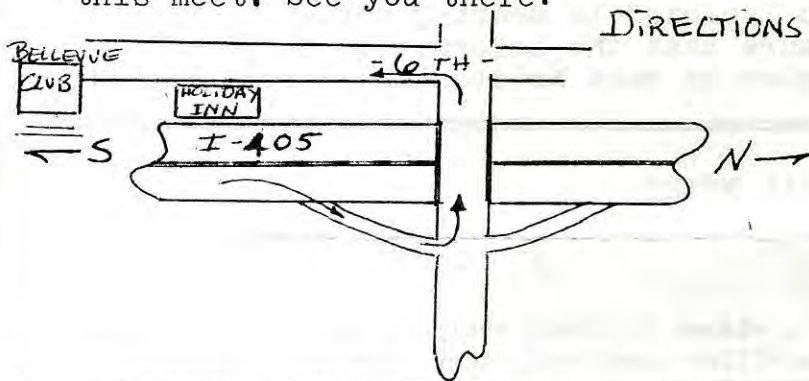
Kathy can never thank these people enough for all their help. It was a mammoth task requiring a lot of on the job learning (unfortunately) and at times discouraging due to unforeseen obstacles (another L-O-N-G story), but these people stuck by Kathy until the job was done. Many, many thanks to all five of you.

Kathy Crandell
Former Newsletter Editor

THE BELLEVUE MEET

The 1981 Region XII Masters Long Course Swimming Championships are to be held this time at the Bellevue Athletic Club. Klaas Schenk is the director of this meet and can be reached, for additional information, at (206) 455-1616 extension 630. This newsletter maybe your last chance to obtain an entry form.

It has been mentioned that there will also be an arts and crafts show that same weekend in downtown Bellevue. This may give you a chance to get out, stretch your legs between races and see Bellevue as well. Also included below are the meet directions and a list of places to stay, while attending this meet. See you there!



Eastgate Hotel-4½ miles S.E. of Bellevue. ph: (206) 746-4100
Greenwood Inn - Downtown Bellevue ph: (206) 455-9444
Holiday Inn- Bellevue, next to the Club. ph: (206) 455-5240
Thunderbird Motor Inn- In Bell ph: (206) 455-1515

DID YOU KNOW?

LONG COURSE RULE DIFFERENCES:

Contained within are some of the long course rules that are somewhat different from those, that you may be used to, in the more common short course meets.

1 Breast Stroke-TURNS: When touching at each turn, the touch shall be made with both hands simultaneously, while the body is on the breast. Shoulders shall be in line with the water surface. A legal touch may be made at, above or below the surface of the water. Once a legal touch has been made, the swimmer may turn in any manner desired. The prescribed form must be attained from the beginning of the first arm stroke. **FINISH:** On the finish, the touch shall be made with both hands simultaneously at the same level while the body is on the breast. The shoulders shall be in line with the water surface. Legal touches shall be made at, above or below the surface of the water.

2 Butterfly-TURNS: Same as the Breast Stroke rules.

FINISH: Same as the Breast Stroke rules.

*It should be also noted that in Short Course meets it is permissible to drop the shoulder and/or lower the head below the level of the water after, the final arm pull and prior to the touch, for the BREAST STROKE, this is NOT permissible in the long course meets. It is also permissible to drop a shoulder after the final arm pull and prior to the touch, in the BUTTERFLY, at a short course meet, but is NOT permissible in a long course meet.

3 Backstroke-START: The swimmer's feet, including the toes, shall be under the surface of the pool and that no swimmer is standing in or on the gutter or curling his or her toes over the lip of the gutter. A backstroke starting block may NOT be used. No standing starts!

COMMITTEES, CHAIRPERSONS AND COMMITTEE MEMBERS:

Board of Directors:
 Pres-Russ Hall 631-6685
 VP- Jim Miles 232-7050
 Sec.-Florence Miller 582-4683
 Treas. - Bill Castner 246-1726

Committees:
 Awards: Dave Addleman 752-7259
 Constitution: Jim Miles 232-7050
 Meets: Fred Wiggin * 542-4857
 Newsletter Editor: Chris Thomsen
 459-2181

*-indicates retiring from the job.

Newsletter Collating: Jeanette Roshau 531-0982
 Publicity: Darryl Swenson 525-2123, Carol Dewell 373-5303
 Team wear/Money raiser: Heather Oesting 522-5058
 Community Service: Jan Twilight 525-2572
 Travel & Social: Susan Dearborn 324-4945
 Banquet: Rosie Latta 243-4575
 Finance: Bill Castner 246-1726
 Membership: Cookie Justesen 774-8721, Jim Miles (see above)
 PNA Top ten/Records: Walt Reid 847-2972, Marty Dabrock 584-8447

There is still a need for help on the following: Meets, Newsletter, Publicity, Sunshine and Team Wear/Money raiser. Please enlist your talents!

SWIM UP A STORM!!

 1981 PNA MASTERS SWIMMERS #79310
 and AAU APPLICATION

PNA/AAU for 1981 is a combined total fee of \$12. This includes \$6 for the AAU which covers mandatory insurance coverage. Senior Citizens pay only 1/2 the PNA portion for a total fee of \$9. Send in the application no later than 5 days prior to a meet. Please complete the form, sign it, and mail it with payment to: COOKIE JUSTESEN
 Include a self-addressed, stamped envelope. 22704 - 73rd Pl. W.
 Mountlake Terrace, WA 98043

DATE: _____

FULL NAME: _____ M ___ F ___ BIRTHDATE _____ AGE _____

ADDRESS: _____ CITY _____ ZIP _____

COUNTY: _____ U.S. CITIZEN YES ___ NO ___ PHONE _____

OCCUPATION: (optional) _____ BUS. PHONE _____

1. If previously registered and you represented a different association (i.e., Oregon, IEA, Snake River, etc.) what was the date of your last competition as a member of that association? _____ PNA/AAU \$12.00
 Senior Citizens (65+) pay..... \$ 9.00

2. If you were previously registered in another association, indicate which one and the year(s): _____ TOTAL ENCLOSED \$ _____

ASSOCIATION NAME: _____ YEAR(S) _____

APPLICANT SIGNATURE: _____

MAKE ALL CHECKS PAYABLE TO: PNA MASTERS SWIMMERS

MEN 65-69

WOMEN 20-24

SPOTLIGHT ON MASTER'S SENIORS

Janet Twight and Karl Frederick were in the Senior Sports Festival on the 20th of June Janet ran the 5 kilo- meters and Karl took 2nd place in the discus. 1st place in the javelin and 1st in the 2500 meter Racing Walk. Karls time for the racing walk was 16.29:4 minutes. The Track and Field personnel are still checking to see whether or not this is a new record. It's nice to be an all around athlete, says Karl, but don't forget that swimming is the best sport of all. Congratulations to Janet and Karl. Hang loose guys. (And Jan Twight took 1st place in the women's 50-54 age group 5 kilometer run with a time of 35:29.0.)

PNA RELAYS AT THE LONG COURSE REGIONAL

Please be prepared to help put together and to volunteer yourself for relay teams at the Bellevue meet. Remember, we all swim as a PNA team at this meet if you are registered as a member in the PNA. Good Luck!



50 YD. FREE			
JOHN DOWNEY	66	37.14	
200 YD. FREE			
GENE CADDY	67	3:04.09	
JOHN DOWNEY	66	3:05.35	
500 YD. FREE			
GENE CADDY	67	8:12.75	
JOHN DOWNEY	66	8:23.13	
50 YD. BACK			
FRED WIGGIN	65	37.78	
50 YD. BREAST			
FRED WIGGIN	65	41.36	
100 YD. BREAST			
FRED WIGGIN	65	1:32.21	
100 YD. FLY			
GENE CADDY	67	1:33.97	
100 YD. I. M.			
GENE CADDY	67	1:24.01	
FRED WIGGIN	65	1:25.36	

50 YD. FREE			
KAREN YOUNG	22	29.93	
JEAN DOUGHERTY	24	32.83	
100 YD. FREE			
JEAN DOUGHERTY	24	1:16.44	
200 YD. FREE			
JEAN DOUGHERTY	24	2:46.70	
JEAN FORD	24	2:52.66	
500 YD. FREE			
JEAN FORD	24	7:46.14	
50 YD. BACK			
KAREN YOUNG	22	34.76	
JEAN DOUGHERTY	24	38.17	
100 YD. BACK			
KAREN YOUNG	22	1:24.52	
JEAN DOUGHERTY	24	1:28.17	
100 YD. I. M.			
JEAN FORD	24	1:22.94	

MEN 20-24

200 YD. I. M.			
FRED WIGGIN	65	3:06.97	
MEN 70-74			
50 YD. FREE			
FRANCIS JOWETT	71	32.27	
100 YD. FREE			
FRANCIS JOWETT	71	1:15.31	
CECIL TUCKER	73	2:00.14	
200 YD. FREE			
CECIL TUCKER	73	4:21.95	
500 YD. FREE			
CECIL TUCKER	73	19:33.37	
50 YD. BACK			
FRANCIS JOWETT	71	45.76	
100 YD. BREAST			
FRANCIS JOWETT	71	1:50.39	
100 YD. I. M.			
FRANCIS JOWETT	71	1:36.01	

50 YD. FREE			
DALE CARY	23	24.03	
CHRIS THOMSEN	23	27.05	
100 YD. FREE			
CHRIS THOMSEN	23	1:03.72	
500 YD. FREE			
CHRIS THOMSEN	23	7:03.89	
100 YD. BACK			
DALE CARY	23	1:09.50	
50 YD. BREAST			
DALE CARY	23	32.82	
A. EDGERTON	24	36.95	
100 YD. BREAST			
DALE CARY	23	1:09.65	
A. EDGERTON	24	1:24.14	
200 YD. BREAST			
A. EDGERTON	24	3:03.42	
50 YD. FLY			
CHRIS THOMSEN	23	31.33	
100 YD. I. M.			
CHRIS THOMSEN	23	1:14.53	
200 YD. I. M.			
DALE CARY	23	2:26.28	