

# the WET SET

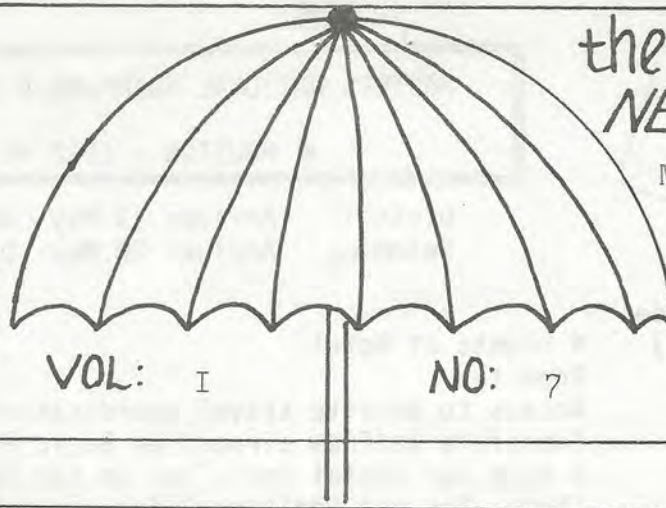
# the PNA MASTERS NEWSLETTER

MARCH 12, 1982

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6109-D Glenmary Dr. SE  
Lacey, WA. 98503  
459-2181

VOL: I

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## MEET SCHEDULE AND CALENDAR

Apr. 3-4	Champs, Clover Park	Jun. 25-27	Ore. LC
Apr. 30	Region XII SC Champs	Jul. 10-11	PNA LC
May. 1-2	Cheney, WA. (entry enclosed)	Jul. 30	Region XII
May. 21-24	Natn'l. Champs	Aug. 1	chmps, Oregon
Jun. 5-6	PNA Short Course	Aug. 26-29	LC Natn'l
			Champs held in Portland

## \* BOARD HIGHLIGHTS \*

- 1) The PNA BANQUET was one of the important subjects discussed at the last Board Meeting. The following covers the pertinent information:  
 DATE: April 3, 1982  
 Time: Cocktails 6:00pm to 7:00pm, dinner follows at 7:00pm, AWARDS after dinner. (Cocktails from \$1.25 to \$1.50)  
 Place: The HUNTSMAN RESTAURANT, 3902 Bridgeport Way West (565-2233)  
 Cost: \$8.00 per person, which includes tax and gratuities.  
 Buffet: Consists of the following; Mixed Seafood, Stuffed Chicken Breast, Four (4) Salads, one of which is called Ambrosia, Vegetable, Rolls and Coffee, Tea or Milk. RESERVATIONS ARE DUE, TO BILL CASTNER, BY MARCH 26, 1982. Please see enclosed RESERVATION form.
- 2) It was decided that Bill Castner and Dave Addleman would acquire the awards for the PNA Championships.
- 3) If you are going to the Nationals in Texas, please contact Sue Dearborn for further information: Sue Dearborn, 3401 E. Mercer Way, Seattle, WA. 98112-324-4945
- 4) It was also announced that on April 10, 1982 there will be a BIRTHDAY PARTY for Bob Simon, with a swim included, from 3:00pm to 5:00pm, at the Mountlake Terrace Pool. HAPPY 89th BOB!
- 5) It was also announced that the up and coming PNA Regionals will be adding to the schedule of events, a Mixed Free Relay. See details inside!

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MASTERS NATIONAL SWIMMING & DIVING MEET

• HOUSTON - 1982 •

Diving: Arrive: 13 May Depart: 17 May  
Swimming: Arrive: 20 May Depart: 24 May

TRAVEL PACKAGES include:  
(All rates per person)

- 4 nights at hotel
- Room tax
- Access to on-site travel coordinators
- Transfers to/from airport on Basic Package
- 4 days car rental incl: tax on Car Package
- (Note: Gas and additional insurance NOT included)

\*\*\*\*\*

**THE WOODLANDS INN**

The site of the swimming and diving meet. Luxurious resort  
25 miles from Houston International Airport, 40 miles from Houston.

<u>Basic Package:</u>	Single room: \$255.00	Double room: \$168.00
<u>Per person</u>	Triple room: \$146.00	Quad room: \$136.00
<u>Car Package:</u>	Single room/Economy car \$300.00	Double room/Economy car \$180.00
<u>Per person</u>	Triple room/Compact car \$149.00	Quad room/Intermediate car \$136.00

\*\*\*\*\*

**MARRIOTT GREENSPPOINT**

New hotel, good location with value rates. Airport 7 miles,  
Woodlands 17 miles, Houston 20 miles.

<u>Basic Package:</u>	Single room: \$255.00	Double room: \$138.00
<u>Per person</u>	Triple room: \$105.00	Quad room: \$ 85.00
<u>Car Package:</u>	Single room/Economy car \$307.00	Double room/Economy car \$160.00
<u>Per person</u>	Triple room/Compact car \$124.00	Quad room/Intermediate car \$98.00

\*\*\*\*\*

**MARRIOTT BROOKHOLLOW**

Modern hotel on freeway. The furthest from Woodlands (30 miles)  
and closest to Houston (10 miles). 15 miles from Airport.

<u>Car Package only:</u>	Single room/Economy car \$250.00	Double room/Economy car \$135.00
<u>Per person</u>	Triple room/Compact car \$119.00	Quad room/Intermediate car \$102.00

\*\*\*\*\*

**HOLIDAY INN  
North View**

Modern, new hotel located 14 miles from Airport, 8 miles from  
Woodlands on freeway. 30 miles from Houston. Restaurant & pool.

<u>Basic Package</u>	Single room: \$255.00	Double room: \$142.00
<u>Per person.</u>	Triple room: \$112.00	Quad room: \$ 94.00
<u>Car Package</u>	Single room/Economy car \$290.00	Double room/Economy car \$158.00
<u>Per person</u>	Triple room/Compact car \$119.00	Quad room/Intermediate car \$102.00

\*\*\*\*\*

see over.....

**MASTERS NATIONAL SWIMMING & DIVING MEET**

**HOLIDAY INN Conroe**

Average Holiday Inn 10 miles from Woodlands, 27 miles from Airport, 40 miles from Houston.

Basic Package: Single room: \$205.00 Double-1 bed: \$138.00 Double 2-bed: \$142.00  
Per person Triple room: \$114.00 Quad room: \$100.00

Car Package: Single room/Economy car \$271.00 Double room/Economy car \$162.00  
Per person Triple room/Compact car \$128.00 Quad room/Intermediate car \$108.00  
\*\*\*\*\*

**LA QUINTA MOTOR INN**

Average new motel: Airport 15 miles, Woodlands 7 miles, Houston 30.

Basic Package: Single room: \$168.00 Double-1 bed: \$104.00 Double 2-bed: \$115.00  
Per person Triple room: \$ 82.00 Quad room: \$ 82.00

Car Package: Single room/Economy car \$216.00 Double 1-bed/Economy car \$124.00  
Per person Double 2-bed/Economy car \$135.00 Triple or Quad/Compact car \$94.00  
\*\*\*\*\*

Booking Requirements: Deposit of \$50 per person to secure reservation  
Final payment 30 days prior to departure  
Payable by Check, Visa or Mastercard  
Cancellation fee \$20 per person. No-show, no refund.

**\*\*\*\*\* OPTIONAL TOUR TO CANCUN\*\*\*\*\***

Take advantage of the through air-fare. Depending on your home city, the extra to fly on to Cancun is as little as ~~\$30 to \$100~~. **ONLY \$70 MORE**

Take advantage of our package at the Sheraton in Cancun, including:

- 4 nights at hotel
- Transfers to/from airport
- Luggage handling
- All tips and taxes

Hotel package price per person: Single \$457.00 Double \$257.00 Triple \$210.00

Limited availability so book early

**FOR ALL RESERVATIONS AND INFORMATION CALL TRAVEL DESIGNS**

From outside California: 800-421-4559  
From inside California: 213-659-8260 direct or collect

NOTE: Currently air-fare from SEATTLE is \$ 358  
Fare guaranteed only when ticketed.

SWIM SWIM Magazine and THE FINALS present the 3rd Annual

# SUPER SWIM 1982

A postal event to be completed *at your pool* before March 1, 1982

## 2 miles (132 lengths of a 25-yard pool)

(59 lengths of a 50-meter pool—120 lengths of a 25-meter pool)

This is an invitation from SWIM SWIM Magazine and THE FINALS to participate in our third annual marathon event for swimmers. **New 1982 Super Swim T-shirts will be awarded to all entrants: blue to first level award winners, red to second, yellow to third and white to all the rest**

Entry fee: \$5.00 (includes T-shirt)

### OFFICIAL TIME STANDARDS

Men age	FIRST LEVEL	SECOND LEVEL	THIRD LEVEL	Women age
19 - 24	40:30	42:30	44:36	
25 - 29	42:30	44:36	46:48	19 - 24
30 - 34	44:36	46:48	49:07	25 - 29
35 - 39	46:48	49:07	51:30	30 - 34
40 - 44	49:07	51:30	54:07	35 - 39
45 - 49	51:30	54:07	56:48	40 - 44
50 - 54	54:07	56:48	59:36	45 - 49
55 - 59	56:48	59:36	3120 yards	50 - 54
60 - 64	59:36	3,120 yards	2,950 yards	55 - 59
65 - 69	3,120 yards	2,950 yards	2,800 yards	60 - 64
70 - 74	2,950 yards	2,800 yards	2,625 yards	65 - 69
75 - 79	2,800 yards	2,625 yards	2,475 yards	70 - 74
80 +	2,625 yards	2,475 yards	2,325 yards	75 - 79
	2,475 yards	2,325 yards	2,175 yards	80 +

Time Limit: One Hour (60:00)

If you swim in a 25-meter or 50-meter pool and do not complete the Super Swim distance in one hour, your performance will be properly computed for your award. Be sure to indicate type of pool on Entry Form below.

Altitude Adjustment: We will adjust times for all Super Swims swum at 5,000 feet above sea level or higher. Be sure to check box on Entry Form below.

## ENTRY FORM *Extended to March 30!*

➡ **Entry deadline: Postmarked by ~~March 1~~, 1982**

Name \_\_\_\_\_  
Please print clearly—this is your mailing label

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Sex (circle one): male female

T-shirt Size (circle one): Sm. Med. Lg. XLg.

Age Group (circle one): 19-24 25-29

30-34 35-39 40-44 45-49 50-54

55-59 60-64 65-69 70-74 75-79 80+

**NOTE: You must complete BOTH SIDES of Entry Form.**

I FINISHED the Super Swim distance\* in a time of \_\_\_\_\_ minutes \_\_\_\_\_ seconds on \_\_\_\_\_ (date).

OR

I DID NOT FINISH the Super Swim distance **WITHIN ONE HOUR** but at the end of one hour I had completed \_\_\_\_\_ yards/meters (circle one) in a 25-yard / 25-meter / 50-meter (circle one) pool on \_\_\_\_\_ (date).

\_\_\_\_\_  
signature of swimmer

\_\_\_\_\_  
signature of counter

\*3,300 yards equal 132 lengths of a 25-yard pool, 120 lengths of a 25-meter pool or 59 lengths of a 50-meter pool.

I swam at an altitude of 5,000 feet or more.

more 

# SUPER SWIM PACE CHART

2 miles or 3,300 yards

the finals®



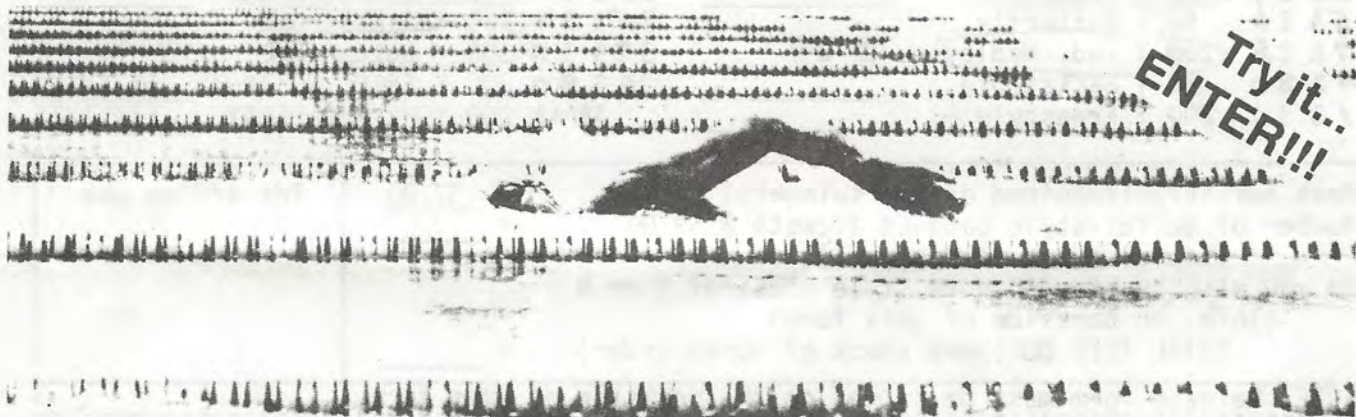
**SWIM SWIM**

M A G A Z I N E

pace per 100 yards	final time	pace per 100 yards	final time
1:15	41:15	1:55	3130 yds.
1:20	44:00	2:00	3000 yds.
1:25	46:45	2:05	2880 yds.
1:30	49:30	2:10	2770 yds.
1:35	52:15	2:20	2570 yds.
1:40	55:00	2:30	2400 yds.
1:45	57:45	2:40	2250 yds.
1:50	3270 yds.	2:50	2120 yds.
		3:00	2000 yds.

Most swimmers figure their long distance swims in terms of a 100-yard pace. Use this pace chart to estimate your final time or distance.

Your counter must keep an accurate record of the distance you swim. This is easily done by tallying your lengths completed in the pool.



## ENTRY FORM (continued)

**INCLUDED—  
T-SHIRTS TO ALL ENTRANTS!!!**

This is not a race—except against the clock! We hope you give it your all but feel it is necessary to warn you that NO one should undertake this swim unless he/she is physically fit and sufficiently trained to participate safely. This involves a yearly examination by a physician and dedication to a regular exercise program. NOTE: You do not need to be registered with U.S. Masters Swimming to participate in this event.

**TO ENTER**—Clip this coupon and enclose with \$5.00 in check or money order to: SUPER SWIM, c/o SWIM SWIM Magazine, P.O. Box 5901, Santa Monica, CA 90405. Make checks payable to SWIM SWIM Magazine.

In consideration of the acceptance of my entry, I for myself, my executors, administrators, and assignees, do hereby release and discharge SWIM SWIM, Inc. and THE FINALS for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participating in said athletic event.

I attest and verify that I have full knowledge of the risks involved in this event, and I am physically fit and sufficiently trained to participate in this event.

signature of swimmer  
(Parent's signature required if under 18 years of age)

Complete results will be printed in SWIM SWIM—your T-shirt award will be in the mail just as soon as the results are tabulated.

## REVISED MEET SCHEDULE - FOR REGIONALS

### EVENTS:

- 1-2 200 Free Relay  
↓  
100BR 11-12 *Sevens*  
-----  
↓  
100B 15-16  
17-18 200 Mixed Free Relay \*  
(new event)  
↓  
33-34 200 Mixed Medley Relay  
↓  
33-34 200 Medley relay

## RESERVATION FORM

I will attend the Banquet \$ \_\_\_\_\_

Total in Party (incl. self) X \_\_\_\_\_

Total amt. enclosed \$ \_\_\_\_\_

DEADLINE: March 26, 1982

Make Checks Payable to:

PNA MASTERS SWIMMERS

Mail to: Bill Castner  
16915 Maplewild S.W.  
Seattle, WA. 98166

## NEW POLICY

The following is the New Policy as adopted by the Board of Directors, concerning the PNA Masters Membership, effective February 23, 1982:

- 1) The PNA and PNA Membership chairman, will accept monies for Membership as a Masters, PNA affiliated, member the day of the meet, for Insurance purposes. A swimmer, registered for a meet, must be a current paid member, otherwise he or she may not swim.
- 2) Further, the PNA swimmer must also realize that if he or she pays for and is accepted as a current member after the deadline of such a meet, the swimmer may only participate for EXHIBITION, with the realization that he or she will set no official records or receive no official results for that meet. Full membership privileges will begin with the occurrence of the following meet.

### CAPRI RELAY MEET

Somewhat disappointedly, this event had the same number of participants as it had last year--34. Not surprisingly, they still had fun. This event included 8 scheduled relays plus a challenge match at the end. Participants were placed on teams. Two Fort Steilacoom breast stroke swimmers got to participate together in a breast stroke relay: Walt Reid and Kathy Crandall. This was a lifelong ambition, since there are really no breast stroke relays! Lane 5 challenged the other lanes to a fly relay at the finish and were beaten at their own game.

Merrilee Bengston of CAPRI provided flyers; timers, cold drinks and publicity. Linda and Reudi Risler ably substituted for an absent Jan Twight. Everyone had a good time.

See You Next Year.

Jan

### SEATTLE SENIOR SPORTS FESTIVAL

The Seattle Parks Department, Group Health and others have sponsored a Senior Sports Festival for the last two years. The Third Annual event, open to those 50 years of age and older (as of '81, last year) takes place this Spring. The Festival includes; Track, Field, Running (2.5 and 5 and 10 Km); pickleball, tennis and etc., and of course, swimming. The Swimming will be held at the Helene Madison Pool-May 15 at 9:00am.

The Swimming events will include a 500 yd. swim, as did last year, but emphasizes on the 50 and 100 yard swims. Some of the participants have done sidestroke, for the freestyle events, for example. The competition has drawn 8-12 Masters Swimmers but draws mostly from the lap swimmers who inhabit the slower paced lanes. Those swimmers have spent some time speaking with the Masters Swimmers about training methods and techniques and seem very interested about improving their skills. This meet has encouraged some to enter the Masters programs and compete on a more regular basis.

PNA Masters will assist in publicizing this Festival. Last year in addition to Swimming, Karl Frederick and Jan Twight were seen at the track and field events. Perhaps this will bring forth an opportunity for you to try something in addition to swimming. Celebrate being old enough for this activity. Those of us who have (can) enter, encourage the rest of you to come. Perhaps equally important is that this event may spark off some of the other less competitive swimmers to an additional meet. An entry form will be enclosed with the next PNA Masters Newsletter.

CLIP AND MAIL

UNITED STATES MASTERS SWIMMING, INC.  
MEMBERSHIP APPLICATION FORM

FOR 1982



PLEASE PRINT OR TYPE INFORMATION - THANK YOU

last name	first name	middle	date	
			mo.	day yr
street address		phone	sex	age
		( )	birth date	
			mo.	day yr
city	state	zip	club name <b>PNA MASTERS</b>	

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

Name of  
Local Team →

signature

Make Checks Payable to:  
PNA MASTERS

Mail to: Cookie Justesen, 22704-73rd Pl. W.  
Mountlake Terrace, WA, 98043

FEES

Registration (\$12.00)

OR Senior Cit (\$9.00)

TOTAL \$

Dear Chris, \* **NEW MASTERS** \*

Perhaps you could find room in the Wet Set to let the Master swimmers in the area know about the new Master's team at Rainier Beach Pool. The pool is located at the intersection of Rainier Avenue S. and S. Henderson Streets in Southeast Seattle. The team, the Rainier Valley Masters, works out from 5:30 - 6:30 PM on tuesday and thursday nights. The coach is Don Helling, coach of the Rainier Beach High School Vikings and the Rainier Valley Swim Club, an AAU team.

During the 5:30 -6:30 time period there are no other deep end pool programs in progress so the Masters have the entire 25 yard, six lane pool available. Lanes are available for slower swimmers just starting the Master's program as well as accomplished swimmers looking for a solid competitive workout.

There is a monthly fee at present though I believe they are in the process of changing the amount. For more information call Don Helling, Coach, or Robb Miller, Senior Lifeguard at Rainier Beach Pool, 723-5919.

P.S. Rainier Beach has lap swimming available six days a week:

Monday, Wednesday and Friday (three lanes available) 12:00 - 2:00 PM

Tuesday & Thursday (three lanes available) 12:00 - 1:30 PM

(six lanes available) 7:30 - 8:30 PM

Saturday (six lanes available) 12:00 - 1:00 PM

And I almost forgot Monday & Wednesday (two or three lanes available)

7:00 - 8:30 PM

March 21, 1982

Dear fellow Master's Swimmers,

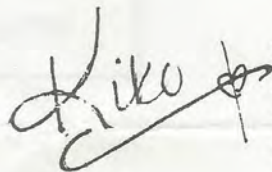
Last year SWIM **FOR** MIKE raised over \$58,000 and honored Mike Nyeholt, former USC All-American swimmer who became a quadraplegic from a motorcycle accident in January 1981. The newly established Disabled Athletes Scholarship Fund at the University of Southern California aided three former athletes in continuing their education and with the purchase of 2 fully equipped vans and a motorized wheelchair.

This year it is going to be SWIM **WITH** MIKE and takes place April 25th at Industry Hills, California. Mike has been swimming 1000 yards daily to get in shape!

I will be participating again this year, doing my swim on Wed. April 21 at the Hec-Ed pavillion pool. The event: 5000yards; the goal time : 67 minutes (Approx. 1:21/100 yds.)

I appreciate ANY financial support you all could provide. Please make your checks payable to USC- DISABLED ATHLETES SCHOLARSHIP FUND. Pamphlets detailing the swim(both last and this), the fund itself and the fund recipients are available upon request. Any questions? Please ask!

I would appreciate also your prayer support in this endeavor! Thanks for all your encouragement!!! Help make big dreams come true!



Kiko Kimura  
Husky Masters - PNA  
4755 Sand Point Way NE  
Seattle, Wa. 98105

## ~~THE~~ ROSES ~~THE~~

The PNA Masters and all of its members would like to thank all of those involved in the preparation and expedition of the SC Regionals at Fort Steilacoom.

Also, a special thanks to Mr. Jim Sheridan for his time and gracious courtesies extended to the members of the board and their guests at the last Board Meeting. Thank-you JIM!