



the Official PNA MASTERS NEWSLETTER

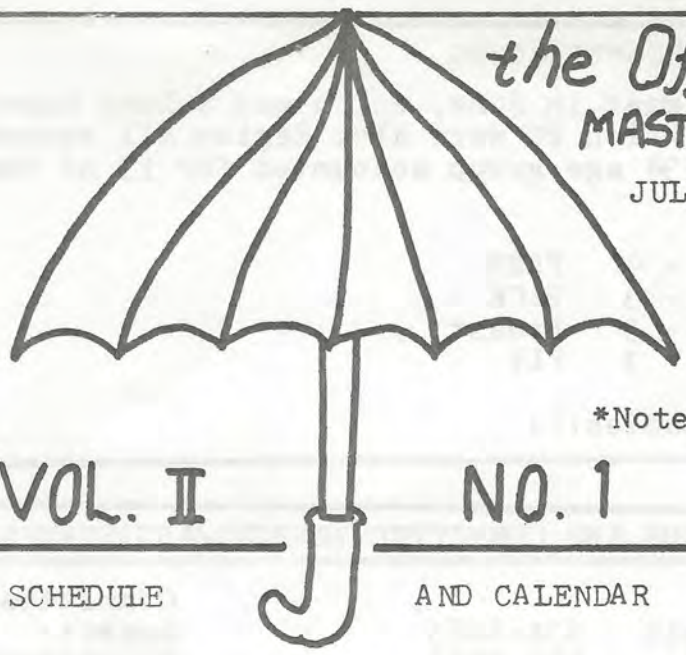
JULY 15, 1982

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*Note: New Address

VOL. II

NO. 1



MEET SCHEDULE

AND CALENDAR

PNA MASTERS

Jul.	30	Reg. XII LC
Aug.	1	Champs., Oregon
Aug.	26-29	LC National Champs Portland, Oregon

IEA Masters

Jul.	23-25	Mt. Hood, Reg. Champs.
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*Note: A complete new schedule is in the works at this time for the 82-83 Swimming Season

AUG. 3, 1982-BOARD MEETING AT SUE DEARBORNS* 7:30 pm SHARP

EDITORS NOTES 000

First of all, I would like to extend a warm welcome from the entire PNA Masters Association to - Mr. Chet Palmer, the new MEET CHAIRMAN and to Marietta James, the new MEMBERSHIP CHAIRMAN- WELCOME!

IMPORTANT: National Entry Form DEADLINE has been extended to JULY 21.

Some news from our President Mr. Russ Hall is as follows: First of all, the PNA Masters membership has reached a total, at this time, at somewhere over 400 members. (270 members at this time last year.) Russ would also like to inform interested members that he has the Woodland Short Course Championships results and will bring them to the regionals. He will also bring with him the PNA Towels, Caps and T-Shirts etc. Please bring lots of extra cash as you will probably want to purchase at least one of each!

ROSES**ROSES**ROSES**ROSES**

The Wet Set extends, from all PNA members, a sincere thanks to the Meet Organizers and all involved for their fine work at the South Kitsap meet in June.

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RECORDS**RECORDS**RECORDS**RECORDS

The South Kitsap meet in June, which was a Long Course Meet, produced 36 new PNA records of which 20 were also Region XII records. The highly competitive womens 30-34 age group accounted for 13 of the new records, out of the 15 events.

Barbara Lindsley - 4 FREE
Julie Corman - 3 BACK
Kathy Crandell - 3 Breast
Cathy Brooks - 3 FLY

Congratulations Ladies!!!

COMMITTEES, CHAIRPERSONS AND COMMITTEE MEMBERS/ASSISTANTS

Board of Directors:

President- Russ Hall 631-6685
V. President- Jim Miles 232-7050
Secretary- Florence Miller 582-4683
Treasurer- Bill Castner 246-1726

Committees:

Awards- Dave Addleman 752-7259
Constitution- Jim Miles 232-7050
Meets- Chet Palmer
Membership- Marietta James
582-6877
Newsletter- Chris Thomsen
527-2356

OTHER COMMITTEES OR ASSISTANTS:

Newsletter Mailing- Muriel Flynn 265-3473
Publicity- Darryl Swenson 525-2123, Carol Dewell 373-5303
Travel Coordinator- Sue Dearborn 324-4945
PNA Top Ten- Walt Reid 847-2972, Marty Dabrock 584-8447
Community- Jan Twilight 525-2572
Team Wear/Money Raiser- Heather Oesting 522-5058
Community and Team-Meet Spirit- Kathy Crandell 588-4879

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!