



# the OFFICIAL PNA MASTERS NEWSLETTER

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Vol. 3 No. 11

NOVEMBER 10, 1984

## Schedule • Calendar

PNA

Nov. 17-18 Bangor, Order #2  
Dec. 7-8 Husky Order #3  
Jan. 12-13 B.E.S.T. #4  
Jan. 26-27 Port Angeles #1  
Feb. 9-10 Cascade #2  
Mar. 9-10 Cascade #3  
Mar. 29-31 So. Kitsap (PNA CHAMPS)  
May Sumner/UPS (25 meter meet)

1985 NATIONALS

May 9-12 SC Brown Deer, Wis.  
Aug. 17-20 LC Providence, R.I.  
Apr. 26-28 REG. XII SC CHAMPS  
U.of Idaho, Moscow  
Aug. 7-25/85 Masters Games at  
Toronto, Ontario, Canada  
FOR IEA/ORE SCHEDULE  
PLEASE SEE PAGE 4

## EDITOR'S CORNER

PLEASE RENEW YOUR USMS REGISTRATION AS SOON AS POSSIBLE. THE DEC. 1984 NEWSLETTER IS THE LAST YOU WILL RECEIVE WITHOUT RENEWAL...RICK

SEARCH FOR NEW NATIONAL MEDAL DESIGN - if interested contact

Kathy Crandell, 11114 - 111th St. S.W., Tacoma, Wa. 98498 Phone: 206-588-4879

THIS IS THE LAST TIME THE TORONTO ENTRY WILL BE PUBLISHED UNTIL THE MAY ISSUE For info on Toronto Registration contact Karen Unruh, P.O. Box 1333, Puyallup, Wa. 98371 Phone: 206-848-9629.

REMEMBER YOUR AGE AT THE MEET IS DETERMINED BY YOUR AGE THE LAST DAY OF THE MEET.

For information about IEA and ORE meets write or call:

Harry Lewis  
(509) 747-3421  
E. 944 - 39th Ave.  
Spokane, Wa. 99203

Arthur Smith  
(503) 297-8065  
6225 S.W. Canyon Ct.  
Portland, Or. 97221

Connie Wilson  
(503) 771-1663  
8383 S.E. Battin Rd. #1  
Portland, Or. 97226

<u>President's Message</u>	<u>2</u>	<u>Masters Games</u>	<u>13-16</u>
<u>Oregon Pentathlon</u>	<u>7</u>	<u>Directions To Bangor</u>	<u>17</u>
<u>Coaches' Corner</u>	<u>8</u>	<u>Totem Lake Results</u>	<u>18-22</u>
<u>Fitness Swimming</u>	<u>9</u>	<u>L.C. Nat'l. Results</u>	<u>23-24</u>
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November, 1984

Dear Fellow PNA Masters and Friends,

A big Thanks to TLST for a good Masters Meet, October 20-21!! I know that there were a lot of new faces and good swims, especially for the beginning of the season.

Looking forward to seeing you all at the Bangor November meet! Don't forget to put your guests on the gate list for this meet!

And so....how are those goals coming along? Well, I promised last month to write more on goals - so here goes....

I'm in the process of reading several books by Keith Bell, Phd. He is a sports psychologist, who himself is a Masters swimmer. Although geared for the person who is in competition, I think that the principles he establishes can be tailored and applied to anyone who is swimming for the health of it. The two books that I'm currently reading are titled: Winning Isn't Normal, and Nuts and Bolts of Psychology for Swimmers. So on to the principles of note-worthiness...

1. Evaluate what you would like out of swimming.  
Take time to establish "Why do I swim?"  
The reasons don't necessarily have to be competition oriented - i.e. to win, to establish records, to be in the top 10 etc. But rather, can be related to your social life, your mental health or physical fitness.
2. After identifying these reasons, work on establishing some goals to motivate you to stay with the program. Formulate a plan or series of plans to reach your goals.
3. Keep your goals flexible and open-ended - Don't limit yourself!
4. Use your goals to direct your training - Ask Keith's question - "What can I do to get the most out of this set and have fun while doing it?" Then convert the answer into action!
5. Strive for major break throughs in practice, keep challenging yourself!
6. Know why you are doing what you're doing in practice  
Often, it is hard to see the larger training picture when looking at each individual set so
7. Think in terms of "want to", not "have to".
8. Reward yourself with little treats when you reach short term goals.

Enough for now! Good blessings as you strive for those goals!

See you at Bangor!

love,

2

Kuko

PNA BOARD MEETING  
October 23, 1984

The meeting was called to order at 7:40 p.m. by President Kikō Kimura. Those in attendance were: Kiko Kimura, Julie Corman, Leif Johnson, Marietta James, Karen Unruh, Donna Pfielan, Glenda Garrett, Mike Stipek, Carolyn Baldwin, Maxine Carlson, Cookie Justesen, Hugh and Jane Moore, Rick Ingraham, Susan Allen, Kathy Crandell, Walt Reid, Rondi White and Debbie Lewis.

There were no minutes of the September board meeting to approve.

Treasurer: There were 158 swimmers at the Totem Lake meet. \$790.00 gross from the meet. \$197.50 went to the PNA from the meet earnings. There is currently \$4,251.88 in the bank.

Membership: 138 members to date for 1985. 600 members in 1984. The national level dues will not increase for 2 years.

Meets: Totem Lake meet: the water was too cold but the meet moved along well. There was a good stroke and turn judge.

Bangor Meet: Swimmers must turn in lists of all names, whether or not they are swimmers, to get past the guards at the gate. Send entry cards with the entry fee. Rick Ingraham will get 3,000 blue and 3,000 pink entry cards printed.

December Meet: A motion was made and passed to hold the December meet Dec. 14-15 instead of Dec. 8-9 to accomodate a change in the Husky schedule.

Records: Top 10 Short Course National and Long Course National results will appear in the next newsletter.

Newsletter: The December newsletter will be the last one received if people have not reregistered for 1985.

Social: Cookie Justesen will be the new Social chairman. She is working on a Christmas party for December. Jan Shaw is trying to organize something for after the Bangor meet. Cookie would like to see someone coordinate overnight stays for away meets and 2-3 day meets. Cookie will write up something for the newsletter discussing this and to ask for assistance.

Awards: \$88.00 was made from awards sold during the last 2 meets. The PNA has enough medals to last until April. The meets average 153 swimmers but we are only selling 60 medals at each meet. It would cost \$137.00 a meet or \$1.00 a swimmer to provide free ribbons instead of selling medals at meets. This would go into effect for the summer meets. To give away free awards it might be necessary to raise meet entry fees. The December meet will be used as an experiment to test the free ribbons. \$20.00 will buy enough ribbons for awards for 6 places for all races at the December meet. It would cost \$25 per ribbon to buy ribbons for the PNA championship meet.

Other: The Fitness Committee held a meeting last week. Hugh Moore is preparing a fitness flyer. He requested and was granted up to 1 page for a column in the Wetset for publishing fitness information. Stroke Clinics: It would be best to separate clinics for fitness and recreational swimmers.

October 23, 1984 board meeting  
Page 2

Summer Swim Clinic in May: This clinic would combine a fitness and swim clinic in lieu of the May swim meet. Dick Hannula might lead the swim clinic. Perhaps offer an October clinic for recreational swimmers using PNA coaches. A motion was made and passed that a clinic be held in lieu of a late May meet. Mr. Hannula had suggested 2 alternatives: \$400.00 to hire Mr. Hannula to conduct the clinic or combine the clinic with the Tacoma Swim Club and the PNA to make it a money maker for the Tacoma Swim Club. The Tacoma Swim Club would provide the UPS pool without pool charges to the PNA. Donna Phelan and Karen Unruh will get 2-3 different proposals from Mr. Hannula and bring them to the November board meeting.

T Shirts: The Orca circle logo is already printed up and ready for silkscreening. A motion was made and passed to change the PNA logo to a circle of orcas.

Pins: 150-499 pins will cost \$150.00 for a 7/8" pin or \$1.07 per pin.

The meeting was adjourned at 9:20 p.m. The next meeting will be November 27 at 7:30 p.m. at Debbie Lewis' house.

Respectfully Submitted,

*Debbie Lewis*

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IEA/ORE SCHEDULE

Nov. 23-24 or 24-25 Pullman, Wa.  
Dec. 1 ORE Swim Cellor Pentathlon  
Tualatin Hills Sports Cntr.  
Portland, Ore.  
Jan. 4-5 Coeur D' Alene YMCA  
Jan. 5 ORE - Newberg, Or.  
Jan. 26-27 IEA Fairchild AFB (25 meter)  
Feb. 2 ORE "Animal Meet" Lk. Oswego  
Feb. 15-17 IEA tentative Richland (25m)  
Mar. 2-3 ORE Tigard  
Mar. 8-10 IEA tentative Wenatchee  
Mar. 29-31 SC CHAMPS Shadle Pk. Spokane  
Mar. 29-31 SC CHAMPS Portland, THPRD Pl.

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## SOMETHING DIFFERENT

This year at the Salvation Army Community Center Pool located in White Center, we developed a new style of Masters coaching. It is flexible, individually-tailored and geared to both fitness and competitive swimmers. If you are finding it difficult to develop a Masters program at your pool, you may wish to try this approach.

### OUR SYSTEM

Our system is flexible because we do not have to be at a particular pool at a certain time for our workouts. Our workouts are written on 3x5 cards that we can take to any pool. Coaching is available one day a week on a day and time that we all agreed upon (this can be changed periodically to meet members' needs). On that day, our coach, Cathy Brooks:

1. Supervises that day's workout.
2. Answers any questions that we may have and relays useful swim information to us.
3. Conducts stroke drills, works on starts and turns, and times our swims.
4. Gives out workouts for the next week and gives us a "Thought for the Week" to work on.

For this, we pay Cathy a monthly fee. The program's flexibility allows people who, for one reason or another, cannot fit into a rigid system, to receive coaching.

We initiated this program in the morning Ladies Lap Swim. When our membership grew to 4, we had a lane line put in to separate us from other lap swimmers. We marked the lane "Workout Lane". Our pool director now advertises this swim as "Ladies Lap Swim, with workouts available for fitness and competitive swimmers".

Having a coach at the pool, even one day, helps to develop a group spirit and unity amongst the swimmers. New swimmers were given three free workouts based upon their ability, and then, if interested, joined our group.

### OUR WORKOUTS

In our program, the emphasis is on the workout. They are tailored to the individual to help each of us to achieve our goal, whether it is to improve our level of physical fitness, to prepare for competition or to recover from an injury or surgery. Cathy takes us from where we are and gradually increases the amount of work that we can do. We constantly give her feedback about the workouts so that she can make necessary changes.

The workouts are based on the recent realization that swimming beyond the recommended heart rate for your age can be damaging to an adult's heart and body. Therefore, we practice, by swimming and

then stopping periodically to check our pulse in order to keep our swims within the low, moderate and high range for our ages. Swimming part of our workout at low and moderate pulse rates builds strength and endurance. To accomplish this, we do all kinds of drills that teach us how to get the maximum of power from our strokes..

There are many benefits from this type of workout.

1. We learn to control our swims.
2. We use our minds as well as our bodies.
3. We take some responsibility for our workouts.
4. We actually feel refreshed and relaxed -not exhausted- after our workouts.
5. It's fun.

### RESULTS

All of us feel very positive about this new program because it works! Everyone is improving in their swimming technique, endurance and speed. Those who attended meets during the year continually dropped their times and always came back with glowing reports. Even Lee Holm(68) has not only started improving her times; but has actually swum times comparable to those when she first started Masters, since she started using Cathy's workouts and receiving a little coaching help from her at the meets. This is especially remarkable considering the fact that Lee swims alone at an Enumclaw pool where coaching is not available.

If you are interested in starting a similar program at your pool and desire more information, please contact Cathy Brooks at 226-2796 for she has made this her own unique program and is interested in seeing it grow.

Maryan Burke

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### STOP BY CASTNER'S AFTER SWIM MEET ON SATURDAY, DECEMBER 8, 1984

You are invited to stop by Bill and Colleen Castner's home any time after the Meet for a Christmas get-together. The address is:  
16915 Maplewild S.W.  
Seattle, Wa. 98166  
phone: 246-1726

Carpooling will help parking. The main course will be furnished. Bring your choice of a salad, vegetables, appetizer or dessert - or just bring yourself. BYOB.

#### Directions from Evergreen:

West on S.W. 116th Street for a couple of blocks. Turn left (South) onto Ambaum Blvd., turn right onto S.W. 152nd. When S.W. 152nd goes down hill to the left, it becomes Maplewild. 1.5 miles from this point.

## FOR ME - A FINAL FRONTIER

by DAVE FIELDS

I would like to take a moment to share with you some personal experiences involving Nutrition and Performance. In the past, I have carefully regulated in a disciplined manner my swim workout habits, positive mental attitude, proper sleep, nautilus training, career, personal life, and organization of priorities. To me, the final frontier appeared to be Diet and Nutrition.

Originally, I thought my Diet was pretty good. I ate three well-balanced meals per day, including lots of breads, salads, vegetables, meats, and desserts. In other words, I ate all the "right foods" as well as lots of "junk foods". Using this Diet during the last 25 years of competition, for those of you who know me, has produced many years of respectable times and awards. At least that is what I thought until I read the book: EAT TO WIN - The Sports Nutrition Bible, by Dr. Robert Haas.

Since then, Diet has changed my whole life. I am not going to explain the Haas Diet at this time. I would not be able to do justice in condensing 267 pages of Dr. Haas' uplifting, inspiring, and motivating prose. EAT TO WIN was the first book I had ever seen that, in layman terms, completely explained the direct relationship between Diet (what you eat) and all Performance. Dr. Haas teaches you how to carefully monitor your body's health through what he refers to as "a quick and inexpensive blood chemistry profile (a test physicians commonly call an SMA, including HDL cholesterol)". Dr. Haas believes that almost everyone will fit somewhere into one of the 3 levels (Diet plans) of his program.

Almost every American is on a "sugar high", which is very detrimental to Performance. I believe that one cannot appreciate what a "sugar high" is, until one comes off of it. It takes a lot of self-discipline. I went through withdrawal and sweats, and it has been worth the effort. (Of course, dealing with sugar is only one important part of the Haas program.)

I feel so great now! (I thought I felt great before.) My moods are much more even keel now. Internal emotional stress has been minimized. I have always considered myself very disciplined and able to cope, but now I do it without internal stress.

Swim Workouts? - incredible feeling. My endurance and stamina have been greatly enhanced by the Haas Diet. I have completely eliminated cramping muscles during workout. This allows me to concentrate on excelling without fear of crossing a "fall-apart" threshold.

Once you have read EAT TO WIN by Dr. Robert Haas, you will understand how Diet directly affects Performance in everything you do. To desire to eat properly is to strive for Peak Performance. To desire to self-discipline toward Peak Performance is to strive to be the best you can be at any given moment.

FITNESS SWIMMING  
"Why Do Adults Swim?"

by Hugh Moore

Have you ever taken time to think about why you swim? Why did you start swimming? Why have you continued swimming? There are numerous reasons why people swim. They include both psychological and physical reinforcements.

Psychological reinforcements include feelings of accomplishment when you swim faster or farther than you have previously. Sometimes mastering a stroke gives you a feeling of "control". People who swim together as a group or team usually gain a cohesive attitude toward other members of their group. Social factors can be strong motivators in encouraging you to continue swimming.

Physical reinforcements include health benefits of swimming. Many adults swim to relieve tension, to increase flexibility, to gain strength, to gain stamina, or to improve cardiovascular conditioning. The physical benefits of swimming can be identified with one word: "fitness".

Most people swim for a combination of these reasons. If the psychological reinforcements were not present, most people would not continue swimming. But there exists a fine line in determining what is psychological (i.e. feeling good about it) and what is physical (i.e. the actual accomplishment). I believe that, for most adults, the most important reason for swimming is pursuing the health benefits derived from swimming. In other words, they swim for fitness. Regardless of whether or not a swimmer consciously pursues the physical benefits of swimming, he will gain them. If swimmers are more aware of the fitness aspects of swimming they can increase both the physical benefits (by pursuing certain objectives) and the psychological feedback (by awareness of what they have accomplished).

"SWIM FOR THE HEALTH OF IT" (the slogan for United States Masters Swimming) and "FUN, FITNESS, and FRIENDSHIP" (the motto of the PNA) demonstrate that the importance of fitness swimming has been recognized from the beginning of Masters Swimming, both nationally and locally. However, while the recognition of the motive has been there, little has been done to educate swimmers or to promote the fitness aspects of swimming.

This is the first installment of a monthly column to be written about fitness aspects of swimming. The articles will be written by members of PNA's Fitness Committee. Topics will include "Health Benefits of Swimming", "Definition of Fitness", "How to Start Training", "Goal Setting and Motivation", "Technique: Where to Go for Help", "Social Aspects of Swimming", "Alternatives and Additions to Lap Swimming", and "Mild Stress Equals Progress".

The articles are intended to contribute to an increased awareness of fitness through swimming. We feel that the articles will be of benefit to all swimmers. We also hope that readers will pass the articles on to swimmers who do not receive the Wetset.



EVENT NUMBER 3 Best Time : KC 83

RELAYS - HOW TO FILL OUT RELAY CARDS

EVENT 200 FREE RELAY  
 MEET ANACORTES DATE 3/18

FULL NAME(S)	AGE(S)
1. <u>Mike Jackson</u>	<u>34</u>
2. <u>Walt Reid</u>	<u>43</u>
3. <u>Dick Campbell</u>	<u>58</u>
4. <u>Karl Frederick</u>	<u>70</u>

CLUB/ASSOC: Ft. Steil.

AGE GROUP:	20-24	25-29	30-34
	35-39	40-44	45-49
	50-54	55-59	
	60-64	65-69	70-74
		75-79	

RELAYS ONLY

20 & Up	<u>25 &amp; Up</u>	35 & Up
45 & Up	55 & Up	
<u>MEN</u>	WOMEN	COED

HEAT	Timers Initials	Time	Seconds	Tenths/Hundredth
		Minutes		

OFFICIAL TIME \_\_\_\_\_ FINAL PLACE \_\_\_\_\_

Please fill out the full name (first and last name, no nicknames that obscure the swimmer's real name - ie, "Frog"). The PNA membership is large enough that two swimmers in the same age group may have the same last name. Using a nickname prevents us from figuring out which swimmer it really is. Some swimmers of the same age have the same first and last name but a slightly different spelling. All mysteries are eliminated by printing the correct full name and age of each relay member on the card in the first place.

Use Pink cards for women's relays. Use Blue cards for men's relays. Use yellow cards for mixed relays only. Please write the name of the relay event on the card as well as the event number. Writing either the meet location or the date on the card helps immensely when compiling records and top ten.

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NOTICE!! CONTRARY TO LAST MONTH'S NEWSLETTER, PLEASE RENEW YOUR USMS REGISTRATION AS SOON AS POSSIBLE.

UNITED STATES MASTERS SWIMMING, INC. REGISTRATION APPLICATION - 1985 THANK YOU

**"FILL IN WITH NAME YOU WILL USE ON ALL MEET APPLICATIONS"**

PLEASE PRINT OR TYPE INFORMATION

Last Name	First Name	Initial	OFFICE USE ONLY		
Street Address			Area	Telephone No.	
City	State	Zip Code	Date of Birth	Age	Sex
Name of Club You Represent		Date of Application			



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

X \_\_\_\_\_  
 APPLICANT'S SIGNATURE

MAIL TO ► PNA Masters Swimmers  
 Member Chairpersons  
 Hugh & Jane Moore  
 29920 - 2nd Pl. S.W.  
 Federal Way, Wa. 98023  
 (206) 941-3100

USMS fee	\$ 3.25
LMSC fee	\$ 8.75
TOTAL FEE	\$ 12.00

Seniors 65+ \$ 9.00  
 FORM 3-84

Please encl. stamped self-addressed envelope!

**INSTRUCTIONS FOR FILLING OUT TIME CARDS FOR ALL MEETS:**

All swimmers are asked to pick up time cards from their team representative or a board member, fill them out completely and accurately as illustrated below, and send them in with the entry form. Use one card for each event you enter.

KC83

EVENT NUMBER 4 Best Time :35.2 ← 1. ENTER EVENT NUMBER & BEST TIME

EVENT 50 Breast ← 2. EVENT NAME

MEET KENT DATE 2/11 ← 3. ENTER MEET NAME & DATE

FULL NAME(S)	AGE(S)
1. <u>KATHRINE CRANDELL</u>	<u>35</u>
2.	
3.	
4.	

← 4. PRINT YOUR NAME & YOUR AGE. USE THE SAME NAME WITH WHICH YOU REGISTERED. PRINT LEGIBLY!!

CLUB/ASSOC: Ft. Steil. ← 5. PRINT CLUB NAME

AGE GROUP:      20-24      25-29      30-34      ← 6. CIRCLE YOUR AGE GROUP. IF OVER 79 WRITE IN YOUR AGE GROUP.

35-39      40-44      45-49      50-54      55-59

60-64      65-69      70-74      75-79      \_\_\_\_\_

RELAYS ONLY	20 & Up	25 & Up	35 & Up
	45 & Up	55 & Up	_____

HEAT	Timers Initials	Time	Seconds	Tenths/Hundredth
		Minutes		

DO NOT FILL OUT ANYTHING BELOW THIS LINE

OFFICIAL TIME	FINAL PLACE

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**\*FOR NON-MEMBERS ONLY!**

SUBSCRIPTION FORM FOR WET SET NEWSLETTER

DATE.....

MAKE \$6.00 CHECK PAYABLE TO:  
PNA MASTERS SWIMMERS AND SEND TO:

ADDRESS.....

Jane & Hugh Moore  
29920 - 2nd Pl. S.W.  
Federal Way, Wa. 98023  
(206) 941-3100

ZIP CODE.....

\*Registered members receive the newsletter for one year upon receipt of their registration and do not have to subscribe.

## EXPLANATION OF ORDERS OF EVENTS

The four orders of events alternate back to back strokes. For example: Freestyle and Breaststroke are back to back in Order #1, but not in #2. They are back to back again in Order #3, but not in #4. The 400 I.M. and 1650 Freestyle are listed at the top of each order as optional because it is up to the Meet Directors whether they have those events and when they have them. Break? means the Break could be before or after the Relay at the Meet Director's discretion. The 500 Freestyle is last in #1 and first in #2, last in #3 and first in #4. The 100 I.M. and the 200 I.M. also alternate positions from one order to the next. By publishing all 4 orders of events now and listing them in the meet calendar on the front page of the newsletter, you can see what order of events will be used at each meet. You can plan your events for the year if you want. The PNA Championships will be a separate championship order of events which gives every combination of strokes at least one back to back.

	<u>ORDER #1</u>	<u>ORDER #2</u>	<u>ORDER #3</u>	<u>ORDER #4</u>
Optional →	400 I.M. 1650 Free	400 I.M. 1650 Free	400 I.M. 1650 Free	400 I.M. 1650 Free
	Free Relay	500 Free Free Relay	Free Relay	500 Free Free Relay
	50 Free 100 Breast 200 Back 50 Fly	100 Back 200 Free 50 Fly 200 Breast	200 Fly 200 Back 50 Breast 100 Free	50 Breast 100 Fly 200 Free 50 Back
	200 I.M. BREAK? Mxd. Free Relay	100 I.M. BREAK? Mxd. Free Relay	BREAK Mxd. Free Relay 200 I.M.	100 I.M. BREAK Mxd. Fr. Relay
	100 Free 200 Breast 50 Back 100 Fly	200 Back 50 Free 100 Fly 50 Breast	50 Fly 100 Back 200 Breast 50 Free	100 Breast 50 Fly 100 Free 200 Back
	Medley Relay BREAK	BREAK? Medley Relay	BREAK Medley Relay	Medley Relay
	200 Free 50 Breast 100 Back 200 Fly	50 Back 100 Free 200 Fly 100 Breast	100 Fly 50 Back 100 Breast 200 Free	200 Breast 200 Fly 50 Free 100 Back
	100 I.M. Mxd. Medley Relay	200 I.M. Mxd. Medley Relay	BREAK? 100 I.M. Mxd. Med. Relay	200 I.M. BREAK? Mxd. Med. Relay
	500 Free		500 Free	

NATIONAL LONG COURSE MEET RESULTS  
 RALEIGH N. CAROLINA AUG 23-26 1984  
 =====

KATHY BROOKS 35  
 100 M. BACK #4 1:28.88  
 200 M. BACK #8 3:17.12  
 100 M. FLY #4 1:28.36  
 200 M. FLY #5 3:27.72  
 200 M. I.M. #8 3:05.24  
 400 M. I.M. #5 6:35.82

SUSAN DEARBORN 47  
 50 M. FREE #7 38.22  
 100 M. FREE #6 1:25.60  
 200 M. FREE #6 3:14.55  
 400 M. FREE #4 6:55.37  
 50 M. BREAST #7 51.75  
 200 M. BREAST #5 4:01.80

WALT REID 44  
 50 M. BACK #4 35.78  
 100 M. BACK #3 1:21.85  
 50 M. BREAST #3 36.26  
 100 M. BREAST #5 1:23.22  
 200 M. BREAST #5 3:07.39  
 200 M. I.M. #12 2:58.78

DAVID ADDLEMAN 49  
 50 M. FREE #6 29.39  
 100 M. FREE #7 1:05.89  
 50 M. BACK #9 36.01  
 100 M. BACK #8 1:23.19  
 200 M. BACK #8 3:11.56  
 50 M. FLY #7 32.32

JOHN KORUGA 58  
 50 M. FREE #13 37.52  
 100 M. FREE #10 1:20.87  
 50 M. FLY #9 42.83

MIXED 200 M. MEDLEY RELAY  
 35 + YRS.  
 CATHY BROOKS 35  
 WALT REID 44  
 DAVID ADDLEMAN 49  
 SUSAN DEARBORN 47 #9 2:27.95

500 YD. FREE # 6 5:41.31  
 1650 YD. FREE # 9 19:41.94  
 200 YD. I.M. # 8 2:26.29

JULIE CORMAN 34  
 50 YD. BACK # 6 31.55  
 MARY BETH PHELAN 32  
 100 YD. BREAST #10 1:15.27

WOMEN 35-39  
 -----  
 JULIE CORMAN 35  
 50 YD. FREE # 9 27.41  
 50 YD. BACK # 1 31.16  
 100 YD. BACK # 1 1:08.67  
 200 YD. BACK # 3 2:31.12

KATHY CRANDELL 35  
 100 YD. FREE # 8 1:00.18  
 200 YD. FREE # 8 2:13.10  
 500 YD. FREE # 6 5:56.81  
 1650 YD. FREE # 8 20:53.87  
 200 YD. BACK #10 2:43.48  
 50 YD. BREAST # 5 34.74  
 100 YD. BREAST # 4 1:16.35  
 200 YD. BREAST # 3 2:49.38  
 200 YD. I.M. # 8 2:34.00  
 400 YD. I.M. # 6 5:33.83

CATHY BROOKS 35  
 400 YD. I.M. # 8 5:35.73

COOKIE JUSTESEN 36  
 200 YD. FLY # 9 2:46.61

PATRICIA WHALLEY 38  
 50 YD. BACK # 7 33.08  
 100 YD. BACK # 8 1:13.53

WOMEN 40-44  
 -----  
 CAROLYN BEHSE 41  
 50 YD. BREAST # 5 37.71  
 100 YD. BREAST # 6 1:22.85  
 200 YD. BREAST # 4 2:58.25

JUDY HARRISON 44  
 100 YD. BREAST # 8 1:23.17  
 200 YD. BREAST # 6 3:01.38

WOMEN 45-49  
 -----  
 JUANITA CORREA 48  
 50 YD. FREE # 1 27.98  
 100 YD. FREE # 1 1:02.67  
 200 YD. FREE # 1 2:18.20  
 500 YD. FREE # 1 6:17.82  
 1650 YD. FREE # 2 22:24.27  
 50 YD. BACK # 2 34.42

100 YD. BACK # 2 1:14.42  
 50 YD. FLY # 3 33.30  
 400 YD. I.M. # 6 6:06.70

DONNA PHELAN 46  
 50 YD. BREAST # 4 38.00  
 100 YD. BREAST # 5 1:26.69  
 200 YD. BREAST # 6 3:12.33

SARA LAKIN 45  
 100 YD. FLY #10 1:28.76

WOMEN 55-59  
 -----  
 PAT DOTSON 56  
 50 YD. FREE # 6 33.49  
 100 YD. FREE # 6 1:15.93  
 200 YD. FREE # 5 2:43.56  
 500 YD. FREE # 9 7:35.28  
 1650 YD. FREE # 8 26:03.61  
 200 YD. BACK #10 3:18.18  
 50 YD. FLY # 4 37.50  
 200 YD. FLY # 6 3:21.88  
 100 YD. I.M. # 5 1:27.50  
 400 YD. I.M. # 6 6:50.90

DORRES FOSTER 56  
 50 YD. BACK # 9 41.83

WOMEN 60-64  
 -----  
 MURIEL FLYNN 60  
 50 YD. FREE # 9 36.33  
 100 YD. FREE # 9 1:22.15  
 200 YD. FREE # 7 3:01.48  
 500 YD. FREE # 4 8:02.02  
 1650 YD. FREE # 9 29:24.12  
 50 YD. BREAST # 7 45.88  
 100 YD. BREAST # 5 1:40.37  
 200 YD. BREAST # 3 3:30.69  
 200 YD. I.M. # 8 3:30.79  
 400 YD. I.M. # 4 7:28.13

WOMEN 70-74  
 -----  
 DAWN MUSSELMAN 70  
 50 YD. FREE # 1 34.66 N  
 100 YD. FREE # 1 1:22.05 N  
 200 YD. FREE # 2 3:16.18  
 50 YD. BACK # 1 44.64 N  
 100 YD. BACK # 2 1:39.01  
 50 YD. BREAST # 2 52.98  
 50 YD. FLY # 3 54.60  
 100 YD. I.M. # 2 1:40.52

MARION MUELLER 72  
 500 YD. FREE # 9 11:20.33  
 1650 YD. FREE # 4 37:22.07  
 100 YD. BACK # 9 2:03.98  
 200 YD. BACK # 5 4:22.20

\*\*NATIONAL TOP 10\*\*  
 \*\* SHORT COURSE \*\*  
 \*\* 1983-1984 \*\*

WOMEN 30-34  
 -----  
 YVONNE YOKOTA 31  
 200 YD. FREE # 6 2:07.65

24

MEN 30-35  
 -----  
 DAVE FIELDS 31  
 200 YD. FREE # 7 1:48.79  
 500 YD. FREE # 8 5:02.14  
 BILL PENN 32  
 1650 YD. FREE # 8 17:50.36  
 200 YD. FLY #10 2:04.91  
 DICK GREEN 32  
 50 YD. BACK #10 26.47  
 GREG HARRISON 32  
 100 YD. BREAST # 8 1:03.70  
 200 YD. BREAST # 2 2:15.90  
 MEN 35-39  
 -----  
 FRANK WARNER 35  
 200 YD. BACK # 6 2:11.74  
 MEN 40-44  
 -----  
 ROBERT PILGER 40  
 50 YD. FREE # 4 23.19  
 MEN 45-49  
 -----  
 LOWELL JOHNSON 46  
 50 YD. FREE # 6 24.96  
 WILL FREGEAU 49  
 100 YD. BREAST # 7 1:12.14  
 MEN 50-54  
 -----  
 ROBERT DORSE 51  
 50 YD. FREE # 9 26.31  
 ODD HAUGE 50  
 50 YD. BREAST # 8 33.81  
 100 YD. BREAST # 9 1:16.57  
 RON TAYLOR 51  
 100 YD. BREAST # 8 1:15.68  
 200 YD. BREAST # 8 2:50.17  
 MEN 55-59  
 -----  
 DICK CAMPBELL 58  
 50 YD. FREE # 6 26.19  
 100 YD. FREE # 8 59.69  
 RAY FREDERICK 60  
 100 YD. FREE # 4 1:01.02  
 200 YD. FREE # 5 2:23.23  
 500 YD. FREE # 7 6:44.25  
 1650 YD. FREE # 9 23:55.40

50 YD. BACK # 9 34.24  
 JOHN MC CABE 62  
 200 YD. BACK # 8 2:58.81  
 MEN 70-74  
 -----  
 GENE CROSSETT 70  
 200 YD. FREE # 6 2:49.57  
 500 YD. FREE # 9 7:53.66  
 CARTER MORGAN 74  
 50 YD. BACK # 7 40.38  
 KARL FREDERICK 70  
 50 YD. BREAST # 8 41.84  
 100 YD. BREAST #10 1:38.33  
 200 YD. BREAST # 8 3:36.08  
 MEN 75-79  
 -----  
 JIM PENFIELD 75  
 50 YD. FREE # 5 34.45  
 100 YD. FREE # 2 1:19.80  
 200 YD. FREE # 9 3:20.90  
 1650 YD. FREE #10 35:28.56  
 50 YD. BREAST # 2 42.85  
 100 YD. BREAST # 3 1:40.75  
 50 YD. FLY # 3 43.32  
 100 YD. FLY # 5 2:13.56  
 200 YD. FLY # 4 4:41.34  
 200 YD. I.M. # 4 3:59.49  
 400 YD. I.M. # 4 9:08.16  
 MEN 80-84  
 -----  
 JOHN ROBINSON 80  
 50 YD. FREE # 4 43.17  
 100 YD. FREE # 4 1:41.87  
 200 YD. FREE # 3 4:14.09  
 JAMES MATTHEWS 80  
 50 YD. BACK # 2 53.64  
 100 YD. BACK # 2 2:01.79

CHANGE OF ADDRESS FORM

NAME..... USMS #.....  
 OLD ADDRESS..... NEW ADDRESS.....  
 ..... ZIP.....  
 ..... ZIP.....  
 NEW PHONE NO.....  
 SEND TO: Jane & Hugh Moore  
 29920 - 2nd Pl. S.W.  
 Federal Way, Wa. 98023

# FOOD DRIVE

**For SECOND HARVEST at  
Dec. HUSKY FOSTER Meet.  
Please Bring Non-Perishable  
Food Items To The Meet**