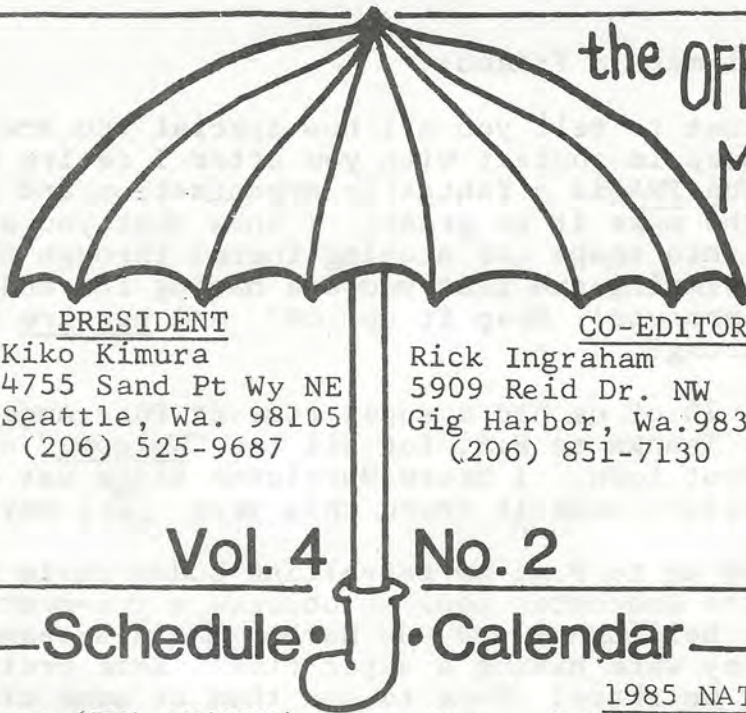


the WET SET



the OFFICIAL PNA MASTERS NEWSLETTER

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 Seattle, Wa. 98105
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Vol. 4 No. 2

FEBRUARY 10, 1985

Schedule • Calendar

Mar. 9-10 Cascade
 Mar. 29-31 So. Kitsap (PNA CHAMPS)
 Apr. 26-28 REG XII SC CHAMPS
 May 4 Masters Swim Clinic UPS
 May 5 25 Meter Meet
 July 20-21 REG XII LC CHAMPS

1985 NATIONALS
 May 9-12 SC Brown Deer, Wis.
 Aug. 7-14 Masters Games, Toronto
 Entire games, Aug. 7-25
 Aug. 17-20 LC Providence, R.I.

SEE PAGE 7 FOR IEA/ORE SCHEDULE

BOARD MEETING ON FEBRUARY 26, 7:30pm AT THE CENTRAL TACOMA Y.

EDITOR'S CORNER

REMINDER: ON JANUARY 1, 1985 THE NO FALSE START RULE WENT INTO EFFECT. PLEASE BE AWARE OF THIS! IT WILL BE ENFORCED.

PNA HAS A RECORDED MESSAGE PHONE NUMBER UNDER S.W. DEARBORN 206-328-4424

If you are going to Toronto in August, 1985 please give your name and phone No. to Karen Unruh, P.O. Box 356, Puyallup, Wa. 98371 Phone: 206-845-5569. Contact Greg Swan, 2840 East Lake E. #308, Seattle, Wa. 98102 Phone: 206-329-1130 for travel arrangements to Toronto. His work phone number is 206-324-4367.

PAY YOUR TEAM REGISTRATION FEE NOW, SO YOUR TEAM WILL BE ELIGIBLE FOR TROPHIES AT THE PNA CHAMPIONSHIPS!!! THE FORM IS INSIDE NEWSLETTER.

PNA CHAMPS SO. KITSAP ENTRY FORM DEADLINE IS MARCH 15, 1985. ALL ENTRIES MUST BE POSTMARKED MARCH 15, OR HAND DELIVERED TO RICK INGRAHAM BY MARCH 15!!

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Dear Fellow Swimmers & Friends,

First I want to tell you all how special you are and how I hope I can keep in contact with you after I retire from the presidency. The PNA is a fantastic organization and you all are the ones who make it so great! I know that you are out there getting into shape (or staying there) through the wonderful sport of swimming and that you are having fun and meeting people in the process! Keep it up, OK? And how are those goals coming along?

Well, all 70 of us had a super time at Port Angeles this past weekend! Thanks to P.A. for all the "Welcome" signs spread throughout town. I heard Hurricane Ridge was absolutely gorgeous...I didn't make it there this year 😞; maybe next!

On our way up to P.A. my travelling buddy Julie Corman and I stopped by the Anacortes pool to observe a tri-meet between the Anacortes, Bellingham and Oak Harbor Masters teams. It sure looked like they were having a super time! Some pretty good swimming going on there! Hope to see them at some of our meets.

Thanks also to BEST for their meet earlier in the month! It's always nice to swim in that pool!

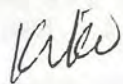
START GEARING UP for upcoming events:

- PNA CHAMPS - South Kitsap
- SC REGIONALS - Moscow, Id. (a fast pool!)
- SC METER MEET - UPS (Summer Tritons, host)
& CLINIC
- SC NATIONALS - Brown Deer, Wis.

Don't forget...Long Course Nationals in 1986 will be in our own back yard in Portland, Oregon. Plan to go! It will be a blast!

Until next month, KEEP SWIMMING!

love,



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

INDEX

DECK PROFILES

Many of us in PNA remember Donna Burkhart, a.k.a. Sister Donna. For those who do not, Donna Burkhart swam in PNA Masters until her transfer to California a few years ago. One summer while she was still swimming in Seattle, she attended a swim camp in western New York State. It was there she met John Jerome author of Staying with It - on becoming an athlete.

John Jerome decided to become an athlete at the age of 47. Along his path in learning what an athlete is, he met Sister Donna at "Skwim", the swim camp conducted by John Skehan in New York. In Staying with It Jerome provides a humorous and informative account of an adult becoming involved intensively in Masters swimming. Sister Donna has a special place in his experiences at a Masters swim camp.

Jerome describes the rigors of camp life: hours of swimming, video evaluations of strokes, and time trials. At the end of the camp week, a swim meet was to be held. The unspoken attitude in the camp was the racing part didn't have anything to do with attending the camp. Nobody was willing to admit any desire to win. Yet every so often Jerome would observe a noncompetitor in the pool practicing, swimming 400 meters half a minute faster than before and obviously suffering from exhaustion upon climbing out, yet doing so with a smile.

Jerome decided he was there only for the training and stroke work, that is until the first day of the meet and the 1500 meter freestyle. It was then Jerome relates, "I sought out Sister Donna, who, I thought, swam distance freestyle at about the same pace I did. She didn't think she could swim consecutive 100-meter legs at a 1:40 pace, but I talked her into putting down that seed time. We had drawn adjacent lanes, and would be able to pace each other throughout the race...."

The race began and Jerome being a sprinter stayed with the field for the first lap. "By the first turn I was in a panic that I was going out much too fast, so I backed off and let everyone go. Everyone went, including Sister Donna, and I was all alone, thrashing away in a dreadful downpour.... By 500 meters I was arguing with myself over whether I'd even bother to finish; by 1,000 meters I was sure I was doing structural damage to myself, and I was still being lapped.... I swam as hard as I thought was possible. It turned out that Sister Donna could average 1:40s, but the best I could do were 1:47s. She beat me by several minutes. I finished sixth (out of eight lanes). To hell with distance racing...." "I didn't get beaten by anyone over the age of 34, which secretly pleased me--even if one of the 34 year olds was Sister Donna. Actually, getting put so cleanly away gave me the perfect summary of the week. When anyone asked me

DECK PROFILES (Cont'd.)

about camp, I just told them that I got beaten by a 34-year-old nun; and that pretty well finished the conversation right there...."

Jerome's book is an interesting and informative account of one man's search for the true meaning of being an athlete, and his growth in finding that meaning. The author approaches the problem of what it means to be an athlete from the intellectual perspective, being interested in the biological mechanics of the training process. He soon found, however, "During the time I was studying the training effect, I was learning everything I could about the body's capacity to get stronger...but over the same period my own physiology was changing in the opposite direction."

Jerome learned athletic success in the pool was much easier to first realize than consistently continue. As his increments of improvement got smaller he constantly increased his workout intensity, which eventually resulted in severe overtraining. After achieving disappointing results from his intense training, Jerome found the answer to his problems when he met David L. Costill, Ph.D. The pieces come together and for him becoming an athlete becomes a reality. Jerome shares with us the key -- his secret to success.

Staying with It by John Jerome was published in 1984 by the Viking Press (40 West 23rd Street, New York, N.Y. 10010). I received my copy as a Christmas present. My husband found it for \$14.95 at Crown Books in Parkway Plaza but I am sure you can find it at many local bookstores.

Cathy Brooks

FORM 3-85

UNITED STATES MASTERS SWIMMING, INC.
REGISTRATION APPLICATION — NOV. 1, 1984 · OCT. 31, 1985

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

THIS IS A RENEWAL My 1984 USMS No. is _____ NEW REGISTRATION.
 PLEASE PRINT OR TYPE INFORMATION

PLEASE NOTE THE CHANGE(S) FROM MY 1984 REGISTRATION
 ADDRESS NAME _____ CLUB/DISTRICT _____ (PREVIOUS)
 OTHER _____

Last Name _____ First Name _____ Initial _____

Street Address _____

City _____ State _____ Zip Code _____

Telephone No. _____ Date of Birth _____ Age _____ Sex _____

Club/District _____ Date of Application _____



OFFICE USE ONLY

THANK YOU

MAKE CHECK PAYABLE 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

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

x _____
 APPLICANT'S SIGNATURE FORM 3-85

PNA CHAMPIONSHIP TEAM CATEGORIES

We will again divide the PNA Champs team title pursuit into three categories - A, AA, AAA. 1st/2nd/3rd in each category will receive a trophy. A TEAM MUST BE REGISTERED & HAVE PAID THE TEAM FEE IN ORDER TO BE ELIGIBLE.

The division will be based on size, that is, the number of participants a club has entered in the championship meet.

Unlike last year, division into the categories will be made after the entry is closed. A committee of 4 has been chosen to look strictly at the numbers and to find natural divisions if possible. The teams and divisions will be posted at the meet.

Our goal is equity and to allow teams of smaller size to perhaps take home a trophy.

If you have any questions, please call me.

Kiko Kimura, Pres.
526-2183 (days)
525-9687 (eves.)

TEAM REGISTRATION FORM - PNA 1985

DEADLINE MARCH 15, 1985

TEAM NAME.....TEAM REPRESENTATIVE.....
PHONE (day).....REP ADDRESS.....
PHONE (eve.).....

FEE: \$10.00, Make Check to: PNA MASTERS SWIMMERS
PNA SWIMMER OF THE YEAR

SEND TO: Kiko Kimura
4755 Sand Point Way N.E.
Seattle, Wa. 98105

TORONTO PARTICIPANTS

If you need to make travel arrangements contact Greg Swan, work phone 324-4367, home phone 329-1130.

If you are going to Toronto and haven't signed up send your name and phone number to Karen Unruh, P.O. Box 356, Sumner, Wa. 98390.

We are planning on some mutual swim workouts and long course training so we will keep you informed through your Wet Set. As the time draws closer we will also be making car pool arrangements to Canada.

TO: 1985 PNA TEAM REPS

RE: PNA SWIMMER OF THE YEAR

Each year the PNA likes to recognize special people in our association. Each REGISTERED TEAM is asked to choose one swimmer from their team who will receive a PNA Outstanding Swimmer of the Year Award. Each team sets its own criteria for this award. It should not necessarily go to the fastest swimmer or record holder. Other possible criteria could include inspiration, enthusiasm, attendance, most improved etc.

Please send in the name of your swimmer with your team registration if possible.

Please send the name of your selected swimmer to Kiko by March 15.

Kiko Kimura
4755 Sand Pt. Way N.E.
Seattle, Wa. 98105

PNA IS COSPONSORING A DAY LONG CLINIC

Swimmers be sure to mark your calendars for a full swim weekend on May 4th and 5th. PNA is cosponsoring a day long clinic, Saturday, May 4, 1985. It will feature:

- * Inspiration from world class coach, Dick Hannula
- * Stroke technique films

Water time to practice new drills

- * Fitness testing by one of our own members, Dr. Jane Moore. Optional, YES or NO. Limited to first 60.

We must limit the participants to 75, so sign up early. Send your registration to Donna Phelan, Registration Chairperson, P.O. Box 356, Sumner, Wa. 98390. Cost is \$15.00 for the day. We hope to see you there.

There will be a 25 meter meet on Sunday, May 5th, 1985. Come and join the fun as this will be one of the few opportunities we have to swim in a meters course meet this season in our area. Watch your Wet Set for continued information.

PNA BOARD MEETING

January 22, 1985

The meeting at Debbie Lewis' house was called to order at 7:40 p.m. by President Kiko Kimura. Those in attendance were: Dave Addleman, Carolyn Baldwin, Maxine Carlson, Donna Phelan, Karen Unruh, Hugh and Jane Moore, Rick Ingraha, Carolyn Behse, Julie Corman, Kiko Kimura, Jan Kavadas, Susan Allen, Cookie Justesen, Rondi White, Debbie Lewis, Mike Stipek, Walt Reid and Kathy Crandell.

The minutes of the December meeting were read and approved.

Treasurer: \$6,447.04 is currently in the bank. 143 entrants at the BEST meet resulting in \$715 of which the PNA will get 25%. Hugh Moore suggested forming a committee to look into buying a computer for the PNA. The people on the committee are Dave Addleman, Hugh Moore, Walt Reid, Kathy Crandell, Julie Corman.

Meets: BEST meet: nice pool, frustration with the timing system. Cascade meet will be held on Saturday with the long stuff on Sunday. The meet will be held at Helene Madison pool. Social: Why are not more people attending the potlucks after the meets? The surveys showed people wanted these social gatherings. PNA Champs: There were 9 trophies presented in 1984. The team fee has been \$5.00 with an amendment to the Constitution the board can now change the team fees. The PNA is running out of team swimmer awards and needs more awards for the 1985 banquet. The PNA spent \$250 on awards last year for 32 teams. This year the PNA will award a certificate to the team swimmer instead of a trophy. 3 people will pick 6 categories for awarding the fun awards at the banquet. Julie Corman, Donna Phelan and Kiko Kimura will serve on the committee. A motion was made and passed to raise team fees to \$10.00. Rick will take care of the banquet. The order of events will follow the rule book. A motion was made and passed that entries must be in the hands of the meet director or postmarked 14 days before the PNA championship meet. Proposal for scoring the Championship meet: The committee headed by Walt Reid recommended using a plan that would use a 3 person committee to review this list to establish the cut-off points for each group, looking for logical breaks. The objective would be to create groups of equal strength. The committee will rank the teams prior to the start of the meet by using the number of swimmers listed for each team. The committee will use only the number of swimmers, the names of the teams will not be known. Walt Reid, Kathy Brooks, Susan Allen, Rondi White will draw the lines for the PNA championship meet. A motions was made and passed to accept 1-4 and 5A of Walt's proposal for scoring the PNA championship meet. Long Course Regionals: Spokane is hosting Short Course regionals this year and cannot host Long Course regionals too. The PNA will host Long Course regionals and hold the meet in Tacoma at either Titlow or the South End pool. Both pools have 10 lanes. Swim Clinic: There will be no stroke analysis but there will be video tapes and in-the-pool practice. It will be held May 4 all day. On May 5 there will be a 25 meter meet hosted by Sumner. The clinic will cost \$15.00. Meet Bids: Hugh Moore and Julie Corman will work with Joanne Brislin on designing a contract to be signed by teams hosting meets that will outline duties, responsibilities and a bonus system.

Awards: Donna will order 300 blue, 200 red and 100 white ribbons for the March meet. She will also order ribbons for 4th, 5th and 6th places. A motion was made and passed to award ribbons for 4th, 5th and 6th places at the PNA championship meet. People will have to pay for the ribbons. The meeting was adjourned at 9:35 p.m. The next meeting is at the Central Tacoma YMCA.

Debbie Lewis

COACH'S CORNER

Now that we are one month into 1985, how are those New Year's resolutions concerning your swimming coming along? I saw these "25 Dynamic Ds" in a Master's Runners newsletter and thought they would be great to share with Master's swimmers. When you need a little inspiration or some help identifying a problem area in your training, refer to these helpful "Ds"!

The 25 DYNAMIC "Ds"

1. DEFINE: Define what you hope to achieve. What will it take for you to feel you have succeeded?
2. DESIRE: Do you want it--GO FOR IT! Without desire there is only disaster.
3. DETERMINATION: Are you willing to put in the hard work required? To make a few sacrifices?
4. DECISION: Make up your mind to do it. This is where you make a commitment.
5. DREAM: Visualize yourself in perfect form and harmony--then make your actions fit the picture.
6. DESIGN: Map out a plan and work out a program to reach your goals.
7. DIVISION: Set immediate and intermediate goals that lead to your long term goal.
8. DEDICATION: Make adjustments in your lifestyle and eliminate as many conflicts as possible. But don't make divorce another D!
9. DISCIPLINE: Exercise self-control in the ways that correct, mold and strengthen good habits.
10. DARE AND DEFEY: Be willing to take some risks and try new strategies--No gall, no glory!
11. DILIGENCE: The other side of #10--risks are necessary, but regard for one's health and well-being is a must.
12. DEVELOPMENT: This means arduous training!! The other Ds mean nothing without work.
13. DRIVE: Pursue your goal with vigor, spirit, and intensity.
14. DEPTH: Dig deep into your reserves when you need to.
15. DISTANCE: This is the quantitative aspect of your training. You need to know what sort of yardage is required to meet your goals.
16. DASH: The other side of the distance coin. How much quality and sprint work do you need?
17. DISTRIBUTE: Pace yourself. Distribute your effort effectively in each workout, and through each week, month and year.
18. DIET: Watch to make sure you are getting the right nutrients and right types of food.
19. DELIGHT: Take pleasure in the pursuit. Enjoy the feeling of a hard workout well done.
20. DWELL on the DIRECTION: Focus on your goals--Concentrate.
21. DOCUMENT: Keep a log or diary and record your efforts and notes about training.
22. DISCERN and DISCOVER: Study your log. Learn from it. Monitor your progress.
23. DEITY: Most athletes include God when they discuss success. Each can interpret deity in his or her own way.
24. DON'T DELAY: Meet the challenge without procrastination.
25. DELIVER: Good luck with your training!!

See you on the deck,

Joann Brislin, Husky Masters

DIRECTIONS TO SOUTH KITSAP POOL

FROM I-5 North or South: Follow Bremerton signs through Tacoma over Narrows Bridge onto Hwy. 16. Approx. 16 miles from Narrows Bridge, take Sedgewick exit, turn RIGHT. Turn LEFT at stop light, Y RIGHT at Mitchell Rd. High school is one mile on RIGHT.

From Bremerton Ferry: Follow signs to Port Orchard. Go through Port Orchard and turn LEFT at Kentucky Fried Chicken. Go one block, turn RIGHT on Mitchell Rd. High School is on left at top of hill.

ACCOMODATIONS FOR PNA CHAMPS

SOUTH KITSAP POOL

PORT ORCHARD

VISTA (876-8046)
1090 Bethel
Port Orchard, Wa. 98366
(1 mile from pool)

CHIEFTAIN (479-3111)
600 National N. & Kitsap Way
Bremerton, Wa.
(9 miles from pool)

DUNES (377-0093)
3400 - 11th
Bremerton, Wa.

WESTGATE (377-4402)
4303 Kitsap Way
Bremerton, Wa.

NOTE: ENTRY DEADLINE IS MARCH 15, 1985. ALL ENTRYS MUST BE POSTMARKED MARCH 15, OR HAND DELIVERED TO RICK INGRAHAM BY MARCH 15!!

PNA CHAMPS BANQUET

SATURDAY, MARCH 30, 1985

NO HOST COCKTAILS AT 5:00 PM

DINNER - BUFFET STYLE AT 6:00 PM

TWO MEATS - TWO HOT DISHES - SALADS

\$8.75 PLUS GRATUITY

THIS WILL BE ONE YOU WON'T FORGET!

LIMITED TO THE FIRST 150 PEOPLE

SIGN UP DEADLINE MARCH 15TH - PLEASE SEND TO: Rick Ingraham
5909 Reid Dr. N.W.
Gig Harbor, Wa. 98335
NAME.....
ADDRESS..... (206-851-7130)
.....
PHONE.....
NO. OF TICKETS.....@ \$8.75 = \$ _____

NATIONAL TOP TEN LONG COURSE 1984

WOMEN 25-29

Kiko Kimura 28
1500M Free #10 21:12.20

WOMEN 30-34

Mary Beth Phelan 32
50M Breast #4 39.19
100M Breast #6 1:25.93

WOMEN 35-39

Julie Corman 35
50M Free #9 31.32
100M Free #8 1:09.16
200M Free #6 2:36.77
400M Free #9 5:37.01
50M Back #2 35.74
100M Back #1 1:20.39
200M Back #4 3:01.78

Cookie Justesen 36

200M Free #7 2:39.30
400M Free #7 5:35.24
1500M Free #7 22:14.94
100M Free #7 1:35.00
200M Breast #10 3:27.53
200M Fly #9 3:15.25
400M I.M. #8 6:29.36

Kathy Crandell 35

100M Free #9 1:11.16
1500M Free #9 22:21.86
50M Breast #4 40.40
100M Breast #5 1:31.24
200M Breast #6 3:21.09

Cathy Brooks 35

200M Back #8 3:07.51
400M I.M. #10 6:31.93

Rondi White 38

50M Back #10 39.23

WOMEN 40-44

Carolyn Behse 41
50M Breast #9 44.62
100M Breast #10 1:38.24
200M Breast #7 3:31.40

WOMEN 45-49

Juanita Correa 48
50M Free #1 31.54
100M Free #2 1:13.69
200M Free #3 2:42.42
400M Free #2 5:37.53
50M Back #3 38.96
100M Back #1 1:25.39
200M Back #1 3:03.94

WOMEN 45-59 cont.

Donna Phelan 46
50M Breast #5 46.59
100M Breast #5 1:45.39
200M Breast #10 3:58.86

Ann Gindroz 46
1500M Free #9 27:12.04

WOMEN 55-59

Pat Dotson 57
50M Free #7 38.46
100M Free #7 1:26.57
200M Free #8 3:12.91
50M Fly #3 40.93
100M Fly #4 1:43.43
200M I.M. #5 3:37.38

WOMEN 60-64

Muriel Flynn 61
50M Breast #6 53.42
100M Breast #5 1:57.25
200M Breast #3 4:08.16
200M I.M. #7 3:58.67

WOMEN 70-74

Dawn Musselman 70
50M Free #1 39.69
100M Free #3 1:39.81
200M Free #5 3:58.14
50M Back #1 49.38
100M Back #1 1:54.77
50M Breast #4 1:04.09

Marion Mueller 72

100M Back 2:28.43

MEN 30-34

Dave Fields 31
200M Free #9 2:12.41

Hugh Moore 30

200M Fly #6 2:28.48
400M I.M. #10 5:25.97

MEN 35-39

Frank Warner 35
50M Free #6 26.57
100M Free #2 58.26
200M Free #5 2:11.89
400M Free #8 4:46.37
50M Back #1 29.99
100M Back #1 1:06.82
200M Back #2 2:25.27
200M Fly #8 2:42.99

NATIONAL TOP TEN - LONG COURSE - 1984 cont.

MEN 45-49

Lowell Johnson 47
50M Free #4 27.82

MEN 50-54

William McAndrew 53
50M Free #9 30.37
50M Fly #5 33.86

Ron Taylor 51
200M Breast #9 3:18.96

MEN 60-64

Ray Frederick 60
50M Free #7 31.78
100M Free #5 1:11.03
200M Free #5 2:46.63

MEN 70-74

Gene Crossett 70
50M Free #10 36.25
100M Free #9 1:25.28
200M Free #7 3:18.33
400M Free #6 7:04.00
1500M Free #7 28:53.11

Karl Frederick 70
50M Breast #8 49.77
100M Breast #9 1:56.82
200M Breast #6 4:08.39

Carter Morgan 74
50M Back #5 43.98

MEN 75-79

Jim Penfield
50M Free #5 39.32
200M Free #7 4:07.65
50M Breast #3 50.90
100M Breast #2 1:56.80

R E L A Y S

WOMEN 200M Medley

25+ yrs.

Moore, Lewis,
Pohlman, Kimura #18 2:52.91

45+ yrs.

Dearborn, Gindroz
Rosik, Dotson #4 3:08.15

MEN 200M Free

45+ yrs.

Crossett, Burton
Koruga, M.Andersen #12 2:29.59
55+yrs.

Koruga, Rosik
Young, Kleist #11 2:36.64
65+ yrs.

Penfield, Frederick
Jowett, Crossett #6 2:48.98

MEN 200M Medley

25+ yrs.

Tempest, Moore
Palmer, Harrison #16 2:09.70
45+ yrs.

McAndrew, Burton
Koruga, Crossett #16 3:07.64
55+ yrs.

Kleist, Koruga
Dotson, Young #9 2:58.85

MIXED 200M Free

35+ yrs.

Corman, Crandell
Reid, Foley #20 2:14.87
45+ yrs.

Correa, Gindroz
Addleman, Johnson #2 2:05.06

Addleman, Adams
Gindroz, Dearborn #6 2:17.79

MIXED 200M Medley

35+ yrs.

Reid, Addleman
Dearborn, Brooks #13 2:27.95
45+ yrs.

Addleman, Johnson
Phelan, Correa #2 2:22.31

Foley, Rosik
Addleman, Dearborn #12 3:02.34
55+ yrs.

Carlson, Kleist
Dotson, Koruga #6 3:13.36



1985

NATIONAL MASTERS LONG DISTANCE SWIMMING CHAMPIONSHIPS

14

| <u>EVENT</u> | <u>DATE</u> | <u>SITE</u> | <u>CONTACT PERSON</u> |
|---|---------------------------|---|--|
| One-Hour Postal Championships | January, 1985 | Postal | D. C. Masters c/o Art Smith 337 Chesapeake Drive Great Falls, Virginia 22066 |
| 10K Postal Championships | April 15 - Sept. 15, 1985 | Postal | Arizona Masters c/o John Graves 2113 East Alameda Tempe, Arizona 85284 |
| One Mile (Cable Course in 1985) | July 13, 1985 | Southern New Jersey (near Philadelphia, PA) | Mid-Atlantic Masters c/o Patrick Mills, Meet Mgr. 4 Hilltop Avenue Bordontown, NJ 08505 |
| 1/4 Mile Straightaway (Cable) 2 Miles | July 13, 1985 | Chris Greene Lake Charlottesville, VA | Virginia Masters c/o Mike Stott, Meet Mgr. 3717 Titan Drive Richmond, Virginia 23225 |
| Open Water (1-1/2 - 3 Mile Category) 2 Miles | June 2, 1985 | Lake Berryessa | Davis Aquatic Masters P.O. Box 921 Davis, CA 95617 |
| Open Water (3-1/2 - 5 Mile Category) 3.5 Miles | July 14, 1985 | Pacific Ocean Seal Beach, CA | Seal Beach Swim Club c/o Perry Watson, Meet Mgr. 1635 Catalina Seal Beach, CA 90704 |
| Marathon-Type Open Water (6 + Miles) 10 Miles | July 14, 1985 | Pacific Ocean Seal Beach, CA | Seal Beach Swim Club c/o Perry Watson, Meet Mgr. 1635 Catalina Seal Beach, CA 90704 |
| Team Distance (6,000 yds.) | September 28, 1985 | Univ. of Alabama | Don Gambril Box K Univ. of Alabama University, AL 35483 |

Contact Local Masters Swim Committes for information on additional long distance swimming events.

18

SUSAN TUCKER 21 2:32.03

25 YRS.

SANDEE PENDERGRASS 31

YVONNE YOKOTA 31

LYNN DEE HUETHER 28

ANN CLEAVER 28 1:58.76

THE FOLLOWING SWIMMERS ENTERED MORE THAN 5 EVENTS. THE 6TH EVENT WAS DROPPED.

JOAN GLOOR 100 YD. I.M.

FALSE START INFO

REGARDING THE NEW FALSE START RULE: THE DEFINITION OF A FALSE START HAS NOT CHANGED. BUT, YOU NO LONGER GET ANOTHER CHANCE. THE FIRST TIME YOU FALSE START, YOU WILL BE DISQUALIFIED. YOU MUST STILL COME DOWN AND HOLD, AND YOU MAY NOT BE 'IN FORWARD MOTION BEFORE THE GUN IS FIRED.

H E L P !

IS THERE ANYONE OUT THERE NOT GOING TO THE PNA CHAMPIONSHIP MEET?
IF SO, WE COULD USE YOUR HELP AT THE JUNIOR JAMBOREE. . .

March 30, 1985, is the date of the Junior Sports Jamboree, an event that introduces physically disabled youth to various sports, including swimming. The Northwest Wheelchair Sports Association and the Seattle Recreation Department are co-sponsoring the jamboree, and volunteers are needed to assist participants in the dressing room and in the swimming pool. The action will happen at Meadowbrook. We will teach some swimming technique, but the main objective will be FUN!

When you have a good thing in your life, it is natural to want to share it with others. Your opportunity to share the benefits and joys of swimming with a group of eager youngsters is possible by calling Pat Karman of the Northwest Wheelchair Sports Association at 367-1771; or Syd Jacobs in Port Angeles at 452-4501, ext 235.

THANKS!! Syd Jacobs

CASCADE SWIM MEET INFO

NOTE: Helene Madison Pool is available on Sunday until 11:00 a.m. only! Thus, there is EARLY warm-up and start on Sunday. If it is necessary to limit entrants in the 1000 yard swim, you will be notified not later than Saturday, March 9th.

1000 yard freestyle has been approved for compilation of local and national records. This is the first time it will be swum in PNA. SET NEW RECORDS!
