

the OFFICIAL PNA  
MASTERS  
NEWSLETTER

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Vol. 4 No. 6

JUNE 10, 1985

Schedule • Calendar

June 22 LC Workout, Titlow  
(and Potluck)  
June 25 Board Meeting, at Moore's  
June 29 Sextathalon, Mountlake Terr.  
July 13 LC Workout, BAC  
July 20-21 REG XII LC CHAMPS So End  
Tacoma  
July 23 Board Meeting, Sue Dearborn

Oct. 5 LONG RANGE PLANNING RETREAT  
1985 NATIONALS  
Aug. 7-14 Masters Games, Toronto  
Entire games, Aug. 7-25  
Aug. 17-30 LC Providence, R.I.  
BOARD MEETING JUNE 25, 1985 AT HUGH  
& JANE MOORE'S, 7:00pm, NOTE TIME CHG!!

EDITOR'S CORNER...

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

TORONTO CHAMPIONSHIP WORKOUTS: Saturday,  
June 22, Titlow Beach Pool, 8355 - 6th Ave.  
Tacoma, Wa. (564-4044), 5:00-6:30pm. Pay  
\$1.00 to get in the pool. Bring \$1.00 for  
coach. Potluck after! SEE INSIDE WET SET  
FOR COMPLETE INFORMATION!

"MEET BIDS WILL STILL BE ACCEPTED!" Get them to Jan Kavadas or Hugh Moore BEFORE THE NEXT BOARD MEETING!

At-large members on the board by appointment are Susan Allen, Debbie Lewis, and Jane Moore (representing unattached swimmers).

A special thanks to all the relay captains at the SC Regional Champs in Moscow:  
(25-34) Hugh & Jane Moore  
(35-44) Walt Reid  
(45-54) Dave Addleman  
(55+ ) Muriel Flynn

Thanks a million for another fine job!

.....KC

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Dear Master Swimmer,

Last year, while serving as Membership chairpersons, my wife, Jane, and I became aware that slightly over 50% of our 1983 PNA members did not register in 1984. In an effort to find out what could be done by the PNA to slow down the attrition rate, we decided to send a survey to those swimmers who had not re-registered. While watching football on New Years' Day, we addressed 228 envelopes and stuffed them with surveys and return envelopes. Over the next few months I'm going to share the results of the survey with you.

Nineteen of the surveys were returned "Unable to forward". We received responses from eighty of the remaining 209. The first question on the survey was "Why did you not join in 1984?". A number of the responses indicated reasons that the PNA will not be able to directly combat. Nineteen had moved out of the PNA. Thirty-one expressed reasons that indicate to me that they were never very interested about Masters Swimming (their answers included "didn't compete", "forgot", "didn't receive information", "too busy", and membership was required at pool they swam at).

There were a number of responses that I think the PNA can learn from. Three people indicated that they were not affiliated with a group. Three more had moved, but stayed within the PNA. One other stated that practices were too late. I feel that by publishing a list of places to swim, we can help encourage swimmers who are having difficulty finding a pool to swim at.

Three people indicated that our meets are too competitive, while two others indicated that our meets were too long. Many swimmers participating in their first meet tend to agree with both of these observations. I feel that it is generally because they feel left-out. We can all help alleviate this problem by making a special effort to make newcomers feel more welcome. Help them realize that participation (not competition) is what Master's swimming is about.

\*\*\*\*\*

I would like to thank Marietta James and Frank Newquist for volunteering to become Chairpersons of the Sunshine and Publicity committees respectively.

\*\*\*\*\*

If you are interested in representing the PNA at the USMS National Convention, Sept. 11-15 in Phoenix, please send me a list of your qualifications by June 20th. Include a list of issues that you feel should be addressed at the convention, as well as any other information about yourself that you feel should be considered by the board in selecting our delegates. We will be selecting two delegates at our June 25th Board meeting.

\*\*\*\*\*

Remember - Swimming: A lifelong sport for a long life.

*Heugh*

Following is an incomplete list of places to swim around the Puget Sound area. We would like to make this list as complete as possible. If you have any corrections or additions, please send them to Hugh.

### ORGANIZED WORKOUTS

POOL: Mercer Island District Pool, 8815 SE 40th 232-7370  
 contact: John Underbrink 828-6733  
 workouts: Tu,Th; 11:00 AM - noon  
 lap swim: M-F: 6:00 - 7:30 AM, noon - 1 PM, & 8:00 - 9:00 PM

POOL: Newport Hills, 5464 119th Ave. SE, Bellevue 746-9510  
 contact: John Underbrink 828-6733  
 workouts: M - F; 6:30 - 7:30 AM

POOL: Tacoma Pierce Co. Family YMCA, 1002 S. Pearl St., Tacoma 564-9622  
 contact: Mike Stipek 564-9622  
 workouts: M-W-F; 7:30 - 9:00 PM

POOL: Ft. Steilacoom, 9401 Farwest Dr. SW, Tacoma 964-6678  
 contact: Kathy Crandell  
 workouts: M - Th.; 5:00 - 7:00 PM; Sat. 8 - 10 AM

POOL: Olympic Swimming Pool, 7070 Stampede Blvd., Bremerton 692-3192  
 contact: Geoff Pentz  
 workouts: M - F/ 4:00 - 6:00 PM

POOL: Federal Way, 30421 16th Ave. S, Federal Way 839-1000  
 contact: Hugh Moore 941-3100  
 workouts: M-F 6:00 - 7:00 AM  
 lap swim: M-F: 6:00 - 8:30 AM, noon - 1:00 PM

### Other Pools

Pool	Address	phone
Wedgwood	7727 28th NE, Seattle	523-8211
View Ridge Club	5815 NE 77th, Seattle	524-3500
Seattle Athletic Club	333 NE 97th, Seattle	522-9400
Red Shield	9050 16th SW, Seattle	767-3150
Burien Swim Club	626 SW 154th, Burien	433-7900
Bellevue Racquets Club	NE Bellevue-Redmond Rd	747-4648
Aquatic Development Clinic	11009 1st S., Seattle	232-3474
YWCA	1118 5th, Seattle	447-4868
YMCA	909 4th, Seattle	382-5010
Juanita	10601 NE 132nd, Kirkland	828-3251
Hazen	1101 Hoquiam Ave. NE, Renton	235-2227
Tahoma	18230 SE 240th, Kent	432-1948
Southwest	2801 SW Thistle, Seattle	935-6006
Rainier Beach	8825 Rainier S., Seattle	723-5919
Queen Anne	1920 1st W, Seattle	625-2282
Medgar Evers	500 23rd, Seattle	324-2560
Meadowbrook	10515 35th NE, Seattle	365-9933
Helene Madison	13401 Meridian N., Seattle	362-5344
Evans	7201 E. Green Lake Dr. N.	625-4258
Colman (summer only)	8033 Fauntleroy Way SW, Seattle	938-2027
Ballard	1471 NW 67th, Seattle	783-7176

## LAP SWIMS

POOL: South Central, 4414 S 144th, Seattle 242-2287  
lap swim: M-F: 5:45 - 8:00 AM & 8:05 - 9:05

POOL: Si View, 41600 SE 122nd, North Bend 888-1447  
lap swim: M,W,F: 6:30 - 8:30 AM/ M,W: 5:30 - 6:30 PM

POOL: Shoreline, 19030 1st Ave. NE, Seattle 363-4845  
lap swim: M-F: 5:30 - 7:00 AM & 11:30 - 12:30

POOL: Renton, 16740 128th SE, Renton 226-9230  
lap swim: M-F: 11:30 - 12:30

POOL: Redmond, 17535 NE 104th, Redmond 885-3600  
lap swim: M-F: 6:00 - 7:30 AM & 8:00 - 9:00 PM

POOL: Northshore, 9815 NE 188th, Bothell 486-9177  
lap swim: M-F: 6:00 - 7:30 AM, noon - 1:30 PM, & 8:30 - 9:30 PM

POOL: Mt. Rainier, 22722 19th Ave. S., Des Moines 824-1728  
lap swim: M-F: 6:00 - 8:30 AM/ M-Th: 8:00 - 9:00 PM

POOL: Kent, 25401 104th SE, Kent 854-3260  
lap swim: M,W,F: 6:30 - 7:30 AM/ T,TH: 8:00 - 9:00 PM

POOL: Issaquah, 50 SE Clark, Issaquah 392-1650  
lap swim: M-F: 7:00 - 8:00 AM/M-TH: 8:30 - 9:30

POOL: Evergreen, 606 SW 116th 246-1610  
lap swim: M-F: 6:00 - 8:30 AM, 11:30 - 1:30, 8:30 - 9:30

POOL: Enumclaw, 420 Semanski S., Seattle 825-1188  
lap swim: M-F: 6:00 - 7:30, noon - 1 PM, & 8:00 - 9:00 PM

POOL: Bellevue, 601 143rd NE, Bellevue 747-4245  
lap swim: M-Sat.: noon - 1:30 PM

POOL: Auburn, 516 4th NE, Auburn 839-6168  
lap swim: M-F: 6:30 - 8:00 AM & noon - 1:00 PM

POOL: Eastside Community Pool, 35th & L, Tacoma 591-2042  
lap swim: M-F: 6-7:30 AM, 11:45 AM - 1 PM/ M,W,F: 4-6 PM/ T,Th: 8-9 PM

POOL: Fife Community, 5410 20th St. E, Fife 922-POOL  
lap swim: M-F; 8:00 - 9:00 AM, 10:30 AM - noon, 1-3 PM, & 4-5 PM

STRETCHING FOR SWIMMERS  
by Jane Moore

Recently, as part of the first PNA Swim Clinic, I organized a fitness test. Overall, all the swimmers who were tested did very well. However, the lowest scores for most were on the flexibility tests. For that reason, I have prepared a set of sample stretching exercises that should be helpful for swimmers who wish to increase their flexibility.

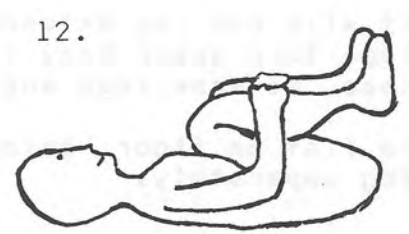
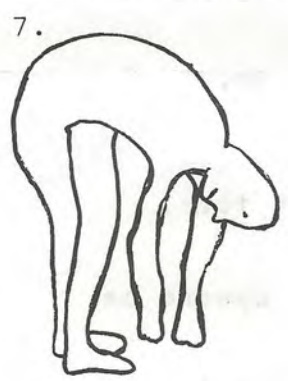
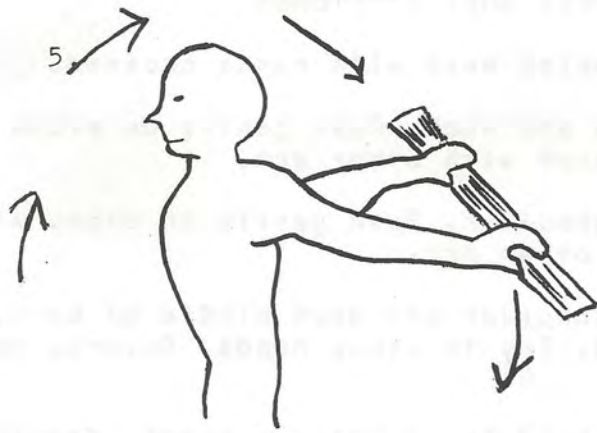
Each stretch should be held without bouncing for 20 to 30 seconds. You should feel a pull in the area being stretched but no pain. Stretching may be done before or after a swim workout or at any convenient time during the day, but it should be done daily.

UPPER BODY STRETCHES

1. Extend arms above and behind head with hands crossed.
2. Bend one arm behind head and neck. Push gently on elbow with opposite hand and hold. Repeat with other arm.
3. Place hand on opposite shoulder. Push gently on elbow with opposite hand and hold. Repeat with other arm.
4. Put one hand over same shoulder and down middle of back. Reach up behind back with other hand. Try to clasp hands. Reverse position of hands and repeat.
5. With arms out in front, hold towel between hands. Slowly extend arms over head, then behind back.
6. Clasp hands overhead. Bend to one side. Repeat to other side.

LOWER BODY STRETCHES

7. Cross one leg in front of the other. Bend forward to touch toes. Reverse legs and repeat.
8. Using a wall for support, bend one leg up and gently pull upward on ankle. Repeat for other leg.
9. Standing about three feet from wall, place hands on wall and lean forward with one foot in front of the other. Keep front knee bent and back knee straight. Repeat with back knee bent. Reverse legs and repeat.
10. Sit with knees bent and feet together. Gently press down on knees.
11. Sit with one leg extended on floor. Bend opposite knee and cross over leg. Turn upper body to side of bent knee and gently push back on bent knee. Reverse legs and repeat for other side.
12. Lie flat on floor. Bring both knees to chest and hold. Repeat with each leg separately.



TORONTO PARTICIPANTS

If you are going to Toronto please get your travel and room arrangements to Karen Unruh, P.O. Box 356, Sumner, Wa. 98390, phone 845-5569. We are putting together a Vancouver car pool so we need your Flight number and need to know Hotel Accommodation for transportation upon arrival. Also are you planning on renting a car? If so, are you willing to transport others?

The NEXT WORKOUT is Saturday, June 22, Titlow Beach Pool, 8355 - 6th Avenue, Tacoma, Wa. (564-4044), 5:00-6:30pm. Pay \$1.00 admission to get in the pool. Public swim continues from 5:00-5:30. We will have two lanes roped off for us that first half-hour. After that the pool is ours. Kathy Crandell will be the coach. Bring \$1.00 to pay the coach. We will also practice relays.

There will be a "POTLUCK" after the Titlow Workout at Cynthia Rosik's house (6133 Cromwell Dr. N.W., Gig Harbor, Wa. 265-2495). Cynthia will provide beverages. Bring whatever you want to barbeque and/or any other food you wish to bring. Cynthia will distribute maps (at the pool) complete with a nearby deli and other stores marked on the map should you wish to buy food on your way to the potluck. Spouses, dates, etc. are invited. If you can let Cynthia know ahead of time that you'll be there, please do so.

The July workout will be Saturday, July 13, at the Bellevue Athletic Club, 7:30-9:00am.

TORONTO RELAYS: Relays for Toronto have been done and entered. They are being done over now and will probably be redone, who knows how many times before you arrive in Toronto, depending on further changes in attendance at Toronto or changes in your 50 meter times. PLEASE LET KATHY CRANDELL, WALT REID, OR KAREN UNRUH KNOW OF ANY SUCH CHANGES!!

\*\*\*\*\*

FOR INFORMATION ABOUT IEA AND ORE MEETS WRITE OR CALL:

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

Sandi Rousseau  
(503) 642-3679  
23995 S.W. Drake Lane  
Hillsboro, Or. 97123

IEA/ORE SCHEDULE

June 14-15 LC ORE Multnomah Athletic Club  
July 13-14 LC IEA Spokane, Witter Pool  
Aug. 3 LC ORE Albany  
Aug. 3 or 4 LONG DISTANCE SWIM, Lake Coeur D'Alene (tent)

\*\*\*\*\*

FACILITY

- \* Beautiful 8 - lane 50 meter pool with moveable bulkhead.
- \* Meeting rooms, dining rooms, gymnasium, indoor track, weight training rooms, lounges.
- \* Hydrostatic testing center, swimming pool under water viewing window.
- \* Ample parking.

COST

pre-registration:  
(until Sept. 24)

\$25 per swimmer  
(includes luncheon & guest speaker)

Late registration:

\$30 per swimmer  
(includes luncheon & guest speaker)

Registration is limited.



STAFF

Bob Miller  
Klaas Schenk  
Karen Dugan  
Tom Dunning  
Larry Nakatsu

B A C - 1985  
MASTERS SWIM CLINIC  
September 29, 1985  
9 A.M. - 4 P.M.

Assisted by the Bellevue Athletic Club Athletic Department, BAC nationally ranked senior swimmers and BAC Booster Club.

SWIMMER'S PROGRAM

- 9 a.m. Registration & introductory remarks.
- 10 a.m. Lecture period (strokes, drills, starts & turns, etc)
- 11 a.m. Stroke correction/Underwater video of strokes with comments.
- 12:30 Luncheon - Grand Ballroom (tasty, nutritional hot meal with guest speaker)
- 1:30 Dryland exercise lecture & demonstration/UW video play back.
- 3 p.m. Workouts for various ability levels discussed. Questions & answers.
- 3:30 Simulated water workouts, sprint series, endurance series, etc.

Bring your swim suit!

APPLICATION FORM

Name \_\_\_\_\_ (swimmer) Telephone \_\_\_\_\_  
 Age \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 City \_\_\_\_\_  
 Address \_\_\_\_\_

Registration Fee Paid \$ \_\_\_\_\_

Make checks payable to:  
Bellevue Athletic Club Swim Team

Mail to:

BAC Swim Clinic Director  
11200 SE 6th  
Bellevue, WA 98004



Do you enjoy all of the swim meets you attend? Do you have any suggestions to improve them? Do you have suggestions for other events that the PNA might sponsor? Do you have any suggestions to improve the PNA? The PNA is growing and needs YOUR input if we are to continue to offer quality meets and other activities. I have been looking over the list of PNA committees and noticed that six names came up frequently. Of the 59 committee slots, 49 % were filled by these six (40 % were filled by four of these). Certainly more members of the PNA are interested in helping. Following is a list of ways that every swimmer can contribute.

- 1) Volunteer to be on a committee. The PNA has 18 committees: Awards, Finance, Meets, Membership, Newsletter, Publicity, Records, Sunshine, Constitution & By-laws, Officiating, Community Service, Fitness, History, Hospitality, Medical, Social, Teamwear, and Travel. If you are interested in serving on any of these committees, contact our Vice President, Rick Ingraham, at 5909 Reid Dr. NW, Gig Harbor, WA 98335 (851-7130).
- 2) Talk with your team rep! Let your rep know any suggestions or ideas that you have. The PNA has 532 members. I'm sure that there are a lot of fresh ideas out there. The board can't serve you unless we know your ideas.
- 3) If you don't swim for a team, consider being an at-large member of the board. Contact me if you are interested.

\*\*\*\*\*

If you are interested in sponsoring a swim meet next year and haven't received a meet-bid packet, please contact Jan Kavadas at 217 Alder St. #305, Edmonds, WA 98020 (775-5814).

\*\*\*\*\*

### SHORT COURSE NATIONALS

The PNA was well represented in Brown Deer, Wisconsin by Jan Kavadas, Julia Morrish, Marion Chadwick, Lee Chesneau, Allan Sachs and John Downey. They all placed in nearly every event. Official results will be published later. Congratulations!

\*\*\*\*\*

### \*FOR NON-MEMBERS ONLY

#### SUBSCRIPTION FORM FOR WET SET NEWSLETTER

NAME.....	MAKE \$6.00 CHECK PAYABLE TO:
ADDRESS.....	<u>PNA MASTERS SWIMMERS</u> AND SEND
.....	TO:
.....	Jane & Hugh Moore
.....	29920 - 2nd Pl. S.W.
.....	Federal Way, Wa. 98023
ZIP CODE.....	(206) 941-3100

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

**LONG COURSE NATIONALS & REGIONALS 1985**

DUE JULY 8 IF YOU ARE ATTENDING NATIONALS

REGIONALS - SOUTH END TACOMA - July 20-21  
NATIONALS - PROVIDENCE, R.I. - August 17-20

YOU MUST NOTIFY KATHY CRANDELL IF YOU ARE PLANNING TO ENTER EITHER MEET  
Please do so as soon as possible (even if you are only contemplating entering either one) by returning the following form to: KATHY CRANDELL, 11114 - 111th St. S.W., Tacoma, Wa., 98498 (588-4879)

Are you planning to go to Nationals? <input type="checkbox"/> yes, definitely <input type="checkbox"/> maybe-seriously thinking about it <input type="checkbox"/> casually thinking about it	Are you planning to go to Regionals? <input type="checkbox"/> yes, definitely <input type="checkbox"/> maybe-seriously thinking about it <input type="checkbox"/> casually thinking about it
Are you willing to swim relays at Nationals? <input type="checkbox"/> yes <input type="checkbox"/> no	Are you willing to swim relays at Regionals? <input type="checkbox"/> yes <input type="checkbox"/> no

**RELAYS**

We must have your 50 Meter times in order to put together relays FOR EITHER MEET. Give us yard times if you don't have meter times and we will convert them. Even a close guess is better than no information at all. National entry forms will be DUE sometime during the week of July 17 INCLUDING RELAY ENTRIES. We need a couple weeks before that to put together the relays, so it is imperative that you send us this information as soon as possible. Please cooperate, so we can do a better job for you. If the information is received in time, you will be notified prior to each meet about your placement in relays (and the cost if you are on National relays). National relays normally cost \$2.00 per person per relay.

NAME \_\_\_\_\_ AGE \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

TIMES: Please circle yd. or mtr. for each time.

50 Free \_\_\_\_\_ yd/mtr      50 Breast \_\_\_\_\_ yd/mtr

50 Back \_\_\_\_\_ yd/mtr      50 Fly \_\_\_\_\_ yd/mtr

The entry form for Nationals will appear in the July newsletter.  
MAIL THIS PAGE TO: KATHY CRANDELL (588-4879)  
11114 - 111th St. S.W.  
Tacoma, Wa. 98498

1985-86 MEET BIDS

If you are interested in bidding for a meet during the 1985-86 season and do not receive bid information by April 25th, please contact Jan Kavadas at 217 Alder St. #305, Edmonds, WA, 98020, (206)775-5814. Meet bids will be due by June 10th. There are some notable changes in the method that the PNA is handling meet bids this year.

- 1) The meet bids will be handled as a contract. Groups bidding for meets will be asked to identify items that they will provide at the meet. If they are granted the meet, then the PNA will sign the bid, completing the contract.
- 2) Teams awarded bids will receive 60 to 80 % of the meet revenues (unlike the previous set rate of 75%), depending on whether or not they meet the criteria listed on the contract.
- 3) Teams bidding for meets are asked to send a representative to the June 25th Board Meeting when the meets will be awarded. The representative will be expected to answer questions about the meet bid.

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FROM WETSET READERS

Wetset readers are encouraged to send articles to the Wetset editors. Articles will be reviewed by the editors and published if they are felt to be appropriate, and if space permits. Articles will not be edited. Therefore, the PNA and the Wetset editors do not guarantee the accuracy of the articles printed. Furthermore, the articles do not necessarily reflect the view of the PNA or the Wetset editors.

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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

//

The Wet Set is planning on starting a monthly article listing places to swim in the PNA. The list will be rotated by region, so that not all pools will be listed each month. If you would like to see your pool listed, please fill out and return the following form to:

Hugh and Jane Moore  
 29920 2nd Pl. SW  
 Federal Way, WA 98023

Name of Pool \_\_\_\_\_  
 Address (or location) \_\_\_\_\_  
 Time of workouts or lapswim \_\_\_\_\_  
 Person to contact \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_

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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

PLEASE PRINT OR TYPE INFORMATION

RENEWAL My 1984 USMS No. is \_\_\_\_\_  NEW REGISTRATION.

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**

MAIL TO▶

U S M S fee \$ 3.25	L M S C 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

1985 REGION XII LC CHAMPS INFO

DATE: Saturday & Sunday, July 20-21, 1985 SAT.WARMUP 7:00am MEET 8:00am  
 PLACE: South End Swim Pool SUN.WARMUP 7:00am MEET 8:00am  
 POOL PHONE:(206) 474-3821 MEET DIRECTOR: Dick Hannula  
 HOSTED BY: Tacoma Swim Club 1021 Westley Drive  
 10 lane pool with wide lanes. Tacoma, Wa. 98465  
 Separate 50 ft. warmup pool. (206) 564-6674

DEADLINE: ENTRY MUST BE POSTMARKED BY JULY 6, 1985

YOU DO NOT NEED TO SEND IN TIME CARDS

DIRECTIONS: Take 56th St. Exit. Go EAST on 56th St. past Pacific Avenue.  
 Pool is on the RIGHT at East D. Street.

Entries limited to 6 events plus relays, limit 5 events per day.

SURCHARGE per swimmer: \$7.00 payable to PNA Masters Swimmers & mailed to  
 Dick Hannula.

Saturday	EVENTS	BEST TIME	Sunday	EVENTS	BEST TIME
1	400 I.M.		11	XX 200 Medley Relay	XXX
2	XX 200 Free Relay	XXX	12	100 Freestyle	
3	200 Backstroke		13	50 Backstroke	
4	50 Breaststroke		14	200 Breaststroke	
5	100 Butterfly		15	XX 200 Mxd.Med.Relay	XXX
6	XX 200 Mxd.Free Relay	XXX	16	200 I.M.	
7	200 Freestyle		17	50 Freestyle	
8	100 Breaststroke		18	200 Butterfly	
9	50 Butterfly		19	100 Backstroke	
10	400 Freestyle		20	1500 Freestyle	

PNA COMMITTEES

<u>Committee</u>	<u>Chair</u>
At-large Reps	Susan Allen, Debbie Lewis & Jane Moore
Awards.....	Donna Phelan
Community Service.....	Steve Engle
Computer.....	Hugh Moore and Jane Moore
Constitution & By-laws.....	Julie Corman and Hop Bailey
Finance.....	Kiko Kimura and Hugh Moore
Fitness.....	Tom Foley and Maxine Carlson
History.....	Dave Addleman and Kiko Kimura Jay Palmer
Hospitality.....	Jane Moore and Kiko Kimura
Medical.....	Jan Kavadas and Hugh Moore
Meets.....	Jane Moore and Hugh Moore
Membership.....	Kathy Crandell and Susan Allen
Newsletter.....	Carolyn Behse
Nominations.....	Frank Newquist
Officiating.....	Walt Reid and Kathy Crandell
Publicity.....	Cookie Justesen
Records.....	Marietta James-Hunziker
Social.....	Jan Kavadas and Donna Phelan + Susan All
Sunshine.....	Karen Unruh
Teamwear.....	
Travel.....	

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