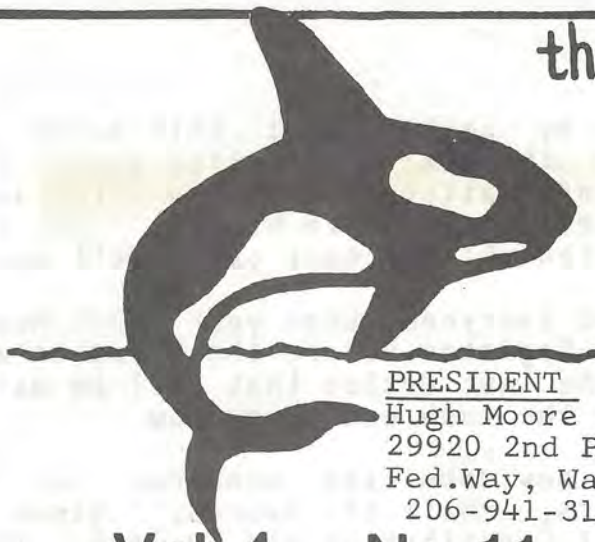




# the OFFICIAL PNA MASTERS NEWSLETTER



NOVEMBER 10, 1985

Vol. 4 No. 11

PRESIDENT

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206-588-4879

(or call Susan Allen  
206-226-9295

## Schedule • Calendar

Nov. 16-17 North Kitsap, Order #2  
Dec. 13-14 Husky, Order #3  
Dec. 17 Bd. Meeting, Moore's 7PM  
Jan. 10-11 Issaquah, Pentathlon  
Jan 28 Bd. Meeting, Kathy C's 7PM  
Feb. 7-8\* Kent, Order #4

Mar. 14-16\* Cascade, Order #1  
Apr. 4-6 PNA CHAMPS, Totem Lake  
\*exact days not yet established  
1986 NATIONALS  
May 15-18 SC Fort Pierce, Florida  
Aug. 21-24 LC Mount Hood, Oregon  
Jul. 11-16 WORLD MEET, Tokyo, Japan

BOARD MEETING: Nov. 19, Debbie Lewis', 4665 - 41st NE, Seattle, 522-9097 7:00PM

## EDITOR'S CORNER

NEWSLETTER DEADLINE IS LAST DAY OF EVERY MONTH!

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

THINK AHEAD! Plan to attend the 1986 LC  
Nationals at Mt. Hood Community College,  
ORE, August 21-24, 1986.

"GRAB-BAG" Relays: Nobody to swim a relay with? Listen for an announcement  
at the next meet and those wishing to swim relays, but needing additional team  
members will meet in a designated area of the pool to organize themselves into  
relay teams.

ROSES, ROSES: DAVE ADDLEMAN & LINDA CAZIN FOR THE WONDERFUL PNA PARTY HELD IN  
KENT ON NOVEMBER 2!

CORRECTION to the "ORDER OF EVENTS" published in the last two newsletters.  
1650 free should be 1650/1000 free.

PNA members are encouraged to contribute articles to the Wet Set. DON'T BE SHY!  
DON'T FORGET! HUSKY POT LUCK CHRISTMAS PARTY AT BILL CASTNER'S DEC. 14th.

**THIS IS YOUR LAST NEWSLETTER UNLESS YOU RE-REGISTER !!**

<u>President's Message</u>	<u>2</u>	<u>UPS Results</u>	<u>10-13</u>
<u>PNA Info Sheet</u>	<u>4-5</u>	<u>LC Nat'l. Results</u>	<u>14</u>
<u>1986 U.S.M.S. Regis.</u>	<u>6</u>	<u>Swimming Hints</u>	<u>15</u>
<u>Swim Legally !!</u>	<u>7</u>	<u>Time Card Instruct.</u>	<u>16</u>
<u>Mt Hood "Animal" Entry</u>	<u>8</u>	<u>IEA-ORE Schedule</u>	<u>17</u>
<u>Issaquah Entry</u>	<u>9</u>	<u>Husky Entry &amp; Party Info</u>	<u>18-19</u>

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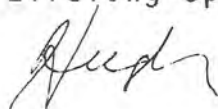
Dear Master Swimmer,

I'm going to keep my letter short this month so that you have plenty of time to read the PNA information sheet included as part of this newsletter. The information sheet was written as a combined effort from myself, Dave Addleman, and Kiko Kimura. In the future a letter containing this information will be sent out to all new swimmers.

I'd like to remind everyone that your 1985 Membership expired on Oct. 31st. You must re-Register before the November meet if you want to swim. Also, this is the last WetSet that will be mailed to members who have not renewed. Avoid the rush and renew now.

Special thanks to new committee members: Jay Palmer, chair of teamwear; Carolyn Baldwin, chair of Awards; Steve Freeborn, awards; Rick Ingraham, chair of Constitution and By-laws. (Your name could appear here, too. All you have to do is volunteer.)

Remember - Swimming: A Lifelong Sport for a Long Life!



PNA Committees as of October 28, 1985

COMMITTEE	MEMBERS (* - chair)
Awards	* Carolyn Baldwin Steve Freeborn
Community Service	* Steve Engle
Computer Applications	* Hugh Moore Walt Reid Dave Addleman
Constitution & By-laws	* Rick Ingraham Hugh Moore
Finance	* Julie Corman Hop Bailey Hugh Moore Hugh Moore Jane Moore
Fitness	* Kiko Kimura Lib Rust Amy Rust Maxine Carlson Cathy Brooks Karen Unruh Carolyn Baldwin
History	* Tom Foley Maxine Carlson
Hospitality	* Dave Addleman Kiko Kimura
Medical	* Jane Moore Kiko Kimura Martha McClelland Carolyn Baldwin
Meets	* Jan Kavadas Hugh Moore Joann Brislin Julie Corman Carolyn Baldwin Rick Ingraham
Membership	* Jane Moore Hugh Moore Rick Ingraham
Newsletter	* Kathy Crandell Susan Allen Walt Reid
Officiating	* Carolyn Behse Rick Ingraham
Publicity	* Frank Newquist
Records	* Walt Reid Kathy Crandell
Relay Captains	* Kathy Crandell Jay Palmer Julie Corman
Social	* Linda Cazin
Sunshine	* Marietta Hunziker-James
Teamwear	* Jay Palmer



Following is a list of places to swim in the Puget Sound area.  
If you have any corrections or additions, please send them to Hugh.

#### Auburn

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

#### Bellevue

Eastside Branch YMCA, 14230 Bel-Red Rd., Bellevue 746-9900  
workouts: M-F: 6:45 - 7:45 AM  
contact: Kevin O'Shea 746-9900  
lap swim: M-F: 7:45-9 AM, 11:30 AM-1 PM, 5:30-6:15 PM/ S&S 12:30-2 PM  
Samana Club, 15231 Lake Hills Blvd., Bellevue 746-1160  
lap swim: M-F: 5:00 - 9:00 AM / Every Day: 9:00 - 10:00 PM  
Newport Hills, 5464 119th Ave. SE, Bellevue 746-9510  
workouts: M - F: 6:30 - 7:30 AM  
contact: John Underbrink 828-6733  
Bellevue Athletic Club, 11200 SE 6th, Bellevue 455-1616  
Bellevue, 601 143rd NE, Bellevue 747-4245  
lap swim: M-Sat.: noon - 1:30 PM  
P.R.O. Racquet & Health Club, 4455 148th Ave. NE 885-5566

#### Bremerton

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

#### Burien

Evergreen, 606 SW 116th, Burien 246-1610  
workouts: T,TH: 7:30 - 8:30 AM / M-F: 4:30 - 6:00 PM  
contact: Laird Chambers or Tom Anderson 246-1610  
lap swim: M-F: 6-10:30 AM, 11 AM-2 PM, 6-9:30 PM/ Sat.: Noon-2 PM  
Burien Swim Club, 626 SW 154th, Burien 433-7900

#### Des Moines

Mt. Rainier, 22722 19th Ave. S., Des Moines 824-1728  
workouts: M-W: 8-9:30 PM / F: 6-7 PM  
contact: Chet Palmer 242-1354  
lap swim: M-F: 6:00 - 8:30 AM/ M-Th: 8:00 - 9:00 PM

#### Enumclaw

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

#### Federal Way

Federal Way, Temporarily Closed - Workouts at Mt. Rainier pool  
workouts: M-F 6:00 - 7:00 AM  
contact: Hugh Moore 941-3100

#### Fife

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

#### Issaquah

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

#### Kent

Kent, 25401 104th SE, Kent 854-3260  
lap swim: M,W,F: 6:30 - 7:30 AM/ T,TH: 8:00 - 9:00 PM  
Tahoma, 18230 SE 240th, Kent 432-1948

#### Kirkland

Juanita, 10601 NE 132nd, Kirkland 828-3251

#### Mercer Island

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

#### North Bend

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

#### Olympia

The Evergreen State College, Campus Recreation Center, Olympia 866-6000  
lap swim: M-F: 11:30 AM-3 PM, 5-9 PM/ S&S: 1-6:30 PM

#### Redmond

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

#### Renton

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

Hazen, 1101 Hoquiam Ave. NE, Renton 235-2227

#### Seattle

Sandpoint Naval Station, 7500 Sandpoint Way, NE, Seattle 526-3531  
workouts: Tu,Th: 6:30 - 7:30 AM; F: 4:30 - 5:30 PM  
contact: Stacy McInelly 526-3531 - note: Military personnel only  
lap swim: M-F: 10:30 - 1:30 & 4:30 - 5:30  
Ballard, 1471 NW 67th, Seattle 783-7176  
Evans, 7201 E. Green Lake Dr. N., Seattle 625-4258  
Helene Madison, 13401 Meridian N., Seattle 362-5344  
Meadowbrook, 10515 35th NE, Seattle 365-9933  
Meadgar Evers, 500 23rd, Seattle 324-2560  
Queen Anne, 1920 1st W, Seattle 625-2282  
Rainier Beach, 8825 Rainier S., Seattle 723-5919  
Southwest, 2801 SW Thistle, Seattle 935-6006  
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  
Shoreline, 19030 1st Ave. NE, Seattle 363-4845  
workouts: M-F: 5:30 - 7:00 AM  
contact: Robin O'Leary 241-0623  
lap swim: M-F: 5:30 - 7:00 AM & 11:30 - 12:30  
South Central, 4414 S 144th, Seattle 242-2287  
lap swim: M-F: 5:45 - 8:00 AM & 8:05 - 9:05  
YMCA, 909 4th, Seattle 382-5010  
YWCA, 1118 5th, Seattle 447-4868  
Aquatic Development Clinic, 11009 1st S., Seattle 232-3474  
Red Shield, 9050 16th SW, Seattle 767-3150  
Seattle Athletic Club, 333 NE 97th, Seattle 522-9400  
workouts: M,W,F: 6:30 - 7:30 AM / M,W: 7:00 - 8:00 PM  
contact: Jody Kleven 326-4600 (day) or 367-2350 (eve.)  
View Ridge Club, 5815 NE 77th, Seattle 524-3500  
Wedgwood, 7727 28th NE, Seattle 523-8211

#### Tacoma

Ft. Steilacoom, 9401 Farwest Dr. SW, Tacoma 964-6678  
workouts: M - Th.: 5:00 - 7:00 PM; Sat. 8 - 10 AM  
contact: Kathy Crandell 588-4879  
Tacoma Pierce Co. Family YMCA, 1002 S. Pearl St., Tacoma 564-9622  
workouts: M-W-F: 7:30 - 9:00 PM  
contact: Mike Stipek 564-9622  
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



## Information about the PNA

Many of our members are not aware of the PNA's internal organization. The following information describes the more important aspects of our swimming association.

To start with the obvious, PNA stands for Pacific Northwest Association. We are affiliated with United States Masters Swimming (USMS), a national organization promoting and organizing adult swimming. Within USMS are two main levels of organization, national and local. The majority of the meets are held under the guidelines set by each of the fifty-seven local organizing bodies, known as Local Masters Swim Committees (LMSCs).

The Pacific Northwest Association of Masters Swimmers is the LMSC for the Pacific Northwest region. USMS defines the Pacific Northwest boundaries as "Washington, west of but not including Okanogan, Chelan, Kittitas and Yakima Counties and north of but not including Cowlitz, Skamania and Klickitat counties". As an LMSC, the PNA is assigned "supervisory responsibilities within the geographic territory" defined above. USMS allows our LMSC to establish its own operating procedures. This includes a wide spectrum of activities which are defined in our Constitution & By-Laws, along with policies developed under those guidelines.

Our Constitution and By-Laws establish a Board of Managers which perform the executive functions of the PNA. We use a representative structure that allows our 600-plus swimmers to participate in decision-making. The Board of Managers, generally referred to as the "Board", includes four elected officers (president, vice-president, secretary, and treasurer), representatives from local teams having eight or more registered swimmers, and three at-large members. The at-large members represent unattached swimmers and those from the smaller teams. Board meetings are held once each month. Time and location are announced in the WetSet. Attendance and discussion are open to all PNA members, but only Board members are allowed to vote.

Much of the work of the PNA is done by committees, including: awards, community service, finance, fitness, history, hospitality, medical, meets, membership, newsletter, officiating, publicity, records, relay captains, social, sunshine, teamwear, and travel. Members are frequently sought to participate in committee work. Most of the work can be handled at home. Communication can generally be done by phone or letter, and seldom requires travel. Interested members can check the WetSet for names of committee contacts.

Separate lines of the membership application form are offered for registration at Club level and Team level. Club registration applies to national level. To swim on relays at any meet or to score points collectively at national or international events, swimmers must all register on the same club. Swimmers not attached to a club, may not swim on relays at any meet.



Currently the PNA is the only club registered in our area. However, if another club should wish to register, they may. They should be aware that their members could only swim on relays comprised of members of their club. The registration form allows you to check PNA or unattached, or to fill-in another Club which has registered nationally. Registering as PNA allows us to swim together on relays at regional, national, and international meets. Please remember when you enter these meets that your club is PNA. Other names will not be recognized unless that club registers with USMS. Our local teams are not recognized at the national level.

In our local meets you may swim unattached or represent one of the local teams. The PNA encourages team participation at local meets. Local teams are usually comprised of swimmers who workout together at the same pool or under the same coach. The membership registration form allows you to enter your team name, or to check unattached. Team registration is for the local level only and is used primarily for determining team representation on the PNA Board of Managers. You may swim unattached at the team level, but still swim for the PNA club.

Two other geographic divisions that you should be aware of are Regions and Zones. Our region is Region XII and includes the PNA, Oregon, Inland Empire, and Snake River associations. Together they cover the states of Oregon, Washington, and Idaho. Two Region XII meets are offered each year (a long course 50-meter and a short course 25-yard meet). They provide an opportunity for competition on a larger geographic scale. Our zone is known as Oceana and includes Alaska, Hawaii, Nevada, and California as well as our own Region XII. Zone meets began only two years ago and have yet to emerge as well-attended meets. However, a lot of potential exists (especially if National meets get too large) for high quality Oceana zone meets, as over a third of all USMS registered swimmers reside in our zone.

When you join PNA, you join USMS as well. Your fees are split into a number of categories. Three dollars and twenty-five cents is sent to the USMS national organization to help cover their overhead, as well as providing liability insurance for meet and workout organizers and also personal accident insurance for swimmers during organized workouts and meets. Approximately eight dollars goes toward WetSet costs. The remaining money partially offsets PNA overhead costs. Meet entries are shared between the host organization and the PNA, with the host receiving approximately 75%. This is used to cover pool rental and other meet costs, with any profit used as incentive for them to run the meet. The twenty-five percent retained by the PNA is added to the general fund.

Presently the PNA offers a variety of activities. We try to offer incentives for everyone, from the novice swimmer to the experienced competitor. We realize that every swimmer has a different background, and a unique reason for swimming. In order to encourage our swimmers to continue, we need your input (either ideas or manpower). Please feel welcome to come to our board meetings and/or contact our board members.



SWIM LEGALLY!!

AVOID DISQUALIFICATION!!

KNOW YOUR STROKE RULES!!

RULES FOR SWIMMING THE STROKES:

102.1 Breaststroke

- (1) Start - The forward start shall be used.
- (2) Stroke - From the beginning of the first armstroke after the start and after each turn, the body shall be kept on the breast and both shoulders shall be in the line with the water surface. All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement. The hands shall be pushed forward together from the breast on or under the surface of the water. A part of the head shall always be above the general water level (the surface in a calm state), except that after the start and after each turn, the swimmer may take one arm stroke and one leg kick while wholly submerged. When the hands begin their sideward or downward press, a new stroke shall have been started. Drifting apart of the hands does not constitute an infraction. A wave passing over the head does not constitute an infraction.
- (3) Kick - All vertical and lateral movements of the legs shall be simultaneous. The feet must be turned outwards in the backward movement. A flutter kick or downward butterfly kick is not permitted. Breaking the surface with the feet shall not merit disqualification unless followed by a downward butterfly kick.
- (4) Turns, short course - When touching at each turn, the touch shall be made with both hands simultaneously. It is permissible for a shoulder to be dropped and/or the head to be lowered below the water level of the pool after the final arm pull and prior to the touch. 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. This would apply also to the breaststroke leg of the individual medley and the breaststroke leg in the medley relay.
- (5) Finish, short course - On the finish the touch of the solid wall or pad 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. It is permissible for the head to be lowered below the water level of the pool after the final arm pull and prior to the touch. A legal touch may be made at, above or below the surface of the water.

From United States Swimming Rules and Regulations.

If you would like your own copy of the United States Swimming Rule Book, send \$6.00 (includes postage) with your name and address to:

United States Swimming  
1750 E. Boulder St.  
Colorado Springs, CO 80909

Checks payable to United States Swimming; designate 1986 Rule Book in the lower left corner. 1986 Rule books will be mailed after January 1, 1986.



LC NATIONALS-PROVIDENCE

08-20-85

LONG COURSE METERS

P = P.N.A. RECORD

R = REGIONAL RECORD

N = NATIONAL RECORD

WOMEN 25-29

100 M. FREE

KIKO KIMURA 29 #10 1:09.69 P

200 M. FREE

KIKO KIMURA 29 # 8 2:32.83 P

1500 M. FREE

KIKO KIMURA 29 # 7 21:30.73

200 M. BACK

KIKO KIMURA 29 #10 2:55.07

WOMEN 35-39

100 M. FREE

JULIE CORMAN 36 # 2 1:08.68 R

KATHY CRANDELL 36 # 3 1:09.71

200 M. FREE

JULIE CORMAN 36 # 2 2:32.73 R

KATHY CRANDELL 36 # 3 2:35.00

COOKIE JUSTESEN 38 #10 2:48.86

1500 M. FREE

KATHY CRANDELL 36 # 2 21:44.25 R

COOKIE JUSTESEN 38 # 7 23:11.40

50 M. BACK

JULIE CORMAN 36 # 1 36.06

CATHY BROOKS 36 # 4 40.51

100 M. BACK

JULIE CORMAN 36 # 1 1:17.61 N

CATHY BROOKS 36 # 3 1:27.90

200 M. BACK

JULIE CORMAN 36 # 1 2:52.24 R

CATHY BROOKS 36 # 4 3:09.69

50 M. BRST

KATHY CRANDELL 36 # 2 39.87

100 M. BRST

KATHY CRANDELL 36 # 3 1:30.49 P

COOKIE JUSTESEN 38 # 8 1:39.54

200 M. BRST

KATHY CRANDELL 36 # 2 3:16.94 P

CATHY BROOKS 36 # 4 3:24.65

200 M. FLY

COOKIE JUSTESEN 38 # 2 3:17.42

200 M. I.M.

CATHY BROOKS 36 # 4 3:08.47

400 M. I.M.

CATHY BROOKS 36 # 4 6:42.31

MEN 45-49

50 M. BACK

WALT REID 45 #10 37.86

100 M. BACK

WALT REID 45 # 8 1:23.35

50 M. BRST

WALT REID 45 # 2 36.98 R

100 M. BRST

WALT REID 45 # 4 1:24.81

200 M. BRST

WALT REID 45 # 6 3:13.40

200 M. I.M.

WALT REID 45 #10 3:02.01 P

SHORT COURSE METER RECORDS

At the recent UPS meet our PNA swimmers set sixty-two (62) "Unofficial" records!

These "unofficial" National records have been compiled since January 1, 1984 and will not be considered "official" until December 31, 1986. So if you are now the current holder of an "unofficial" National Record and you still hold it on December 31, 1986, then it will be an "official" record. Also, please note that the PNA/REGIONAL records have been compiled since November 3, 1979. Therefore a PNA/REGIONAL record may be faster than the current National record.

Congratulations PNA swimmers!!

.....Walt Reid

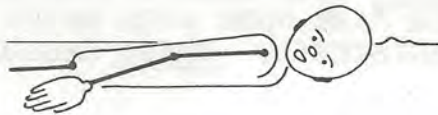


In this newsletter and the next three newsletters we will be reprinting a series of articles, "Swimming Hints", from the Lone Star Masters newsletter.

# Swimming Hints

## THE FOLLOW-THROUGH

The completion of the pull, which we call the **follow-through**, is accomplished by extending the elbow and moving the hand past the hips. Emphasis during this phase of the pull must be placed on accelerating the hands through the finish while continuing to maintain a strong feel for the water. At the end of this motion the palm faces the thigh, which allows the hand to leave the water with as smooth and continuous a motion as possible.



## COMMON DEFECTS

### Incomplete follow-through.

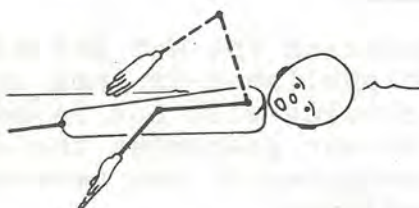
A common mistake is that of not allowing the hand to complete the pull. When this occurs, the follow-through is cut short and the hand is lifted out of the water at the waist, initiating an early arm recovery.

### Inadequate acceleration.

Although strictly speaking, a lack of hand acceleration at the completion of the stroke cannot be considered a stroke defect, without acceleration it is not possible to increase one's overall swimming speed.

### Over-emphasized follow-through.


Although there is a natural tendency to conclude the pull by pitching the hand at an angle that will allow it to slide out of the water, there may be instances when too rapid a finish will result in the water being pushed against the thighs. The resulting turbulence should be an indication that the hands need to be lifted out with a smoother action.



## BREATHING

The breathing action in the Front Crawl is accomplished by turning the head to the side. This action may be made either to the left or the right, the choice of side normally made when first learning the stroke.

*NOTE: Although it will follow that most Freestyle swimming will be done while breathing on the preferred side, it is suggested that all swimmers familiarize themselves with bi-lateral breathing, i.e. breathing on both sides. It appears that breathing exclusively to one side may cause an imbalance in the mechanics of the arm recovery and the entry of the hand on the side opposite to the breathing side. Occasional bilateral breathing, although difficult to maintain when first learning the stroke, helps smooth the alternate arm action and maintains stroke symmetry.*

As referred to in the introductory section, it is imperative that the breathing action when swimming Freestyle should be rhythmic. At no stage of the stroke should the breath be held. 

*From The Illustrated Swimmer by Jan Prins, Head Men's Swimming Coach and Assistant Professor of Physical Education at the University of Hawaii.*

## DID YOU MAKE NATIONAL TOP TEN?



TOP TEN PATCH -\$3.00 ea.

STROKE SEGMENTS \$1.00 ea.

Send Name, Age Group, event and year qualified to:

Lake Erie Assoc.  
c/o Harry Fox  
710 Oxford Ave., NE  
Massillon, Ohio 44646



**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.

KC 83

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>KATHERINE CRANDELL</u>	<u>37</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
<u>35-39</u>	40-44	45-49	50-54
60-64	65-69	70-74	75-79

← 6. CIRCLE YOUR AGE GROUP. IF OVER 79 WRITE IN YOUR AGE GROUP.

RELAYS ONLY	119 & Under	120 & Up	160 & Up
	200 & Up	240 & Up	280 & Up
	MEN	WOMEN	COED

HEAT	Timers Initials	Time	Seconds	Tenths/Hundredth
		Minutes		
LANE				
OFFICIAL TIME			FINAL PLACE	

DO NOT FILL OUT ANYTHING BELOW THIS LINE

FROM WET SET READERS

Wet Set readers are encouraged to sent articles to the Wet Set 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 Wet Set editors do not guarantee the accuracy of the articles printed. Furthermore, the articles do not necessarily reflect the view of the PNA or the Wet Set editors.



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 Schedule

ORE Schedule

Nov. 23-24 Moscow, Pullman  
Dec. 14-15 Spokane, Shadle Pk.  
Jan. 18-19 Spokane, Fairchild AFB  
(25 meter pool)  
Feb. 15-16 Yakima, Lyons Pool  
Mar. 8-9 E. Wenatchee Eastmont Pool  
Apr. 4-6 Spokane, Whitworth CHAMPS

Nov. 10 Tualatin Hills Rec. Center  
Dec. 8 Mt. Hood Animal Meet  
Jan. 11 Bend, 25 meter meet  
Feb. 1 Tualatin Pentathlon  
Mar. 1 Newberg  
Apr. 4-6 So. Oregon College CHAMPS

\*\*\*\*\*

TEAM REGISTRATION FORM - PNA 1985

TEAM NAME..... TEAM REPRESENTATIVE.....

PHONE (day)..... REP. ADDRESS.....

PHONE (eve.).....

PNA SWIMMER OF THE YEAR \_\_\_\_\_

FEE: \$10.00, Make Check to: PNA MASTERS SWIMMERS

Send to: Hugh Moore  
29920 - 2nd Pl. SW  
Federal Way, Wa. 98023

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RECIPE BY DAWN MUSSELMAN

- 2 cups brown sugar
- 1/2 cup white Karo syrup
- 2 sticks margarine

Bring to boil and boil for five minutes. Pour over eight (8) quarts of popped popcorn. Add (optional) two to four (2-4) cups of peanuts.

Bake 1 hour at 250°

Delicious!



HUSKY DIRECTIONS AND MEET INFORMATION

DATE: Fri. Dec. 13, 1985  
Sat. Dec. 14, 1985  
PLACE: Evergreen Pool  
606 SW 116th  
Seattle, WA

WARMUP: 6:00pm MEET: 7:00pm  
WARMUP: 8:30am MEET 9:30am  
MEET DIRECTOR: Marilyn Gelinas  
242-4811

PHONE: 246-1616

HOSTED BY: Husky Swim Club

DEADLINE: ENTRY MUST BE RECEIVED BY  
DECEMBER 3, 1985

NOTE: You must register for  
1986 in order to swim  
at this meet!

Meet seeded slow heats first except for the 400 I.M., 1650/1000  
free and 500 free which will be deck seeded fast heat first.  
Entrants swimming these events must check in 30 minutes before  
the meet start time.

EVENTS: Friday	1 400 I.M.	Sat.cont.	12 200 Breaststroke
	2 1650 Free		13 50 Freestyle
			14 Med. Relay
Saturday	3 Free Relay		15 100 Butterfly
	4 200 Butterfly		16 50 Backstroke
	5 200 Backstroke		17 100 Breaststroke
	6 50 Breaststroke		18 200 Freestyle
	7 100 Freestyle		19 100 I.M.
	8 Mxd. Free Relay		20 200 Mxd.Med.Rly
	9 200 I.M.		21 500 Freestyle
	10 50 Butterfly		
	11 100 Backstroke		

DIRECTIONS: Off I-5 take Highway 518 West. Travel on 518 West to 1st  
Avenue South. Turn RIGHT onto 1st Ave. S. Go NORTH on  
1st Ave S. to SW 116th. Turn left onto SW 116th. Evergreen  
Pool is on the RIGHT about two blocks.

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POT LUCK CHRISTMAS PARTY

SATURDAY, DEC. 14, 1985

DIRECTIONS TO BILL CASTNER'S: From Evergreen Pool go WEST on SW 116th  
to Ambaum. Then South (left) on Ambaum. Then West (right) on SW 152nd.  
SW 152nd becomes Maplewild as it goes down hill. We are 1.5 miles from  
this point. Bill Castner's address is: 16915 Maplewild SW. The phone  
is 246-1726.