

the OFFICIAL PNA
MASTERS
NEWSLETTER

JULY 10, 1986

Vol. 5 No. 7

PRESIDENT

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EDITOR

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Schedule • Calendar

July 19-20 LC South Kitsap #3
July 26-27 Sun Valley Invitational
Aug. 1-3 LC Regional CHAMPS, Spokane
Aug. 16 PNA Workout & Bd. Mtng. UofW
Aug. 21-24 LC NATIONALS, Mt. Hood, OR
Sep. 20 SC Eastside Catholic at
Northshore #4
Sep. 30 Board Meeting, Moore's 7pm
Nov. 14-16*SC North Kitsap (2 dys) #1

Dec. 12-14*SC Fidalgo, Anacortes (1 dy)#2
Jan. 17-19*SC Issaquah-Spec. Event Order
Feb. 13-15*SC Cascade (2 dys) #3 (1000 inc)
Mar. 13-15*SC Husky (2 dys) #4
Apr. 3-5 SC PNA CHAMPS, Kent
* SC REG'L CHAMPS, Orca, Hazen
May 15-18 SC NATIONALS, Stanford, CA
(* exact dates not yet established)

BOARD MEETING JULY 19 AT SO KITSAP AFTER THE 1500 FREE- ATTENDANCE ENCOURAGED!

EDITOR'S CORNER...

NEWSLETTER DEADLINE IS THE LAST DAY OF EVERY MONTH!

SEND ALL AUGUST NEWSLETTER CONTRIBUTIONS DIRECTLY TO:

Norma Ingraham
5909 Reid Dr. N.W.
Gig Harbor, WA 98335
(206) 858-8818

DO NOT SEND AUGUST N/L CONTRIBUTIONS TO KATHY CASEY OR THEY WILL NOT GET IN THE N/L. SEND THEM TO NORMA!!

ROSES!!! To JAN KAVADAS for doing a superb job on the 1986-87 meet bids. Thanks to Jan, the PNA has a full slate of meets.
To JANE MOORE for all her hard work on membership. (Sometimes in spite of adverse conditions!)
To JULIE CORMAN for her new column "All Wet".

THERE WILL BE A PNA WORKOUT SAT., AUG. 16, AT THE U. of W. SEE PG. 2 FOR DETAILS.
NOTE! The South Kitsap meet is being hosted by North Kitsap High School Swim Team. At that meet the 400 Free will be seeded fast heat first.

NOTE CHANGES IN LC REGIONALS!! SEE ENTRY ON PAGE 31.

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Dear Master Swimmer,

Since there are probably a number of PNA swimmers attending their first national meet in Portland, I would like to make sure that everyone is aware of a couple of important facts:

1) Late entries are not accepted at National meets. All entries must be RECEIVED BY July 21st. Mail your entries early so that they don't get caught in the mail.

2) The only club in the PNA that is recognized at the national level is PNA. The only other acceptable registration on the entry form for PNA swimmers is "unattached". If you plan on swimming on relays, you must enter your club as PNA (do not enter your team name).

Special thanks to Tom Taylor for volunteering to chair the Team Wear committee.

The Seattle area may soon be the site of a World Class 50 Meter pool. The 1990 Goodwill Games have been awarded to Seattle. In order to provide adequate facilities for an international meet, a new pool has been proposed. Tom Taylor is heading a committee to investigate how the PNA can help in fund raising and planning the pool. If you are interested, please contact Tom at 838-1827.

Please note that the dates and times of our next two Board meetings have been moved. We hope that the dates and times will provide an opportunity for you to attend the meeting. All of our board meetings are open to any member of the PNA. We hope to get some fresh ideas at the meetings. I would especially like to hear comments from small teams and those teams that are removed from the Seattle-Tacoma area: What can the PNA do to help your program? Also, we are proposing some amendments to our constitution and by-laws. I will present these proposals and open the floor for discussion on these issues.

The July board meeting will be held following the 1500 at the S. Kitsap meet.

The August board meeting will be held Saturday, August 16th following a special Workout at Hec Edmunson pool at the U of W. The workout is intended to give everyone an opportunity to work on relay exchanges prior to Nationals. Following the workout we will have a pot luck lunch and board meeting.

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

Hugh

PNA Board Meeting, June 24, 1986

The June PNA board meeting was held at Moore's home. Attending were: Hugh and Jane, Gordon Gray, Walt Reid, Kathy Casey, Rick Ingraham, Carolyn Baldwin, Jan Kavadas, Julie Corman, Tom Taylor and Ann Gindroz

Minutes were read and approved. Treasurer presented an in-depth and comparative budget report indicating a balance of \$3304.00 as of June 1. Julie's motion to set up a petty cash fund of \$50.00 for the Sunshine Committee (balance to be replenished as receipts are received, up to budgeted amount) was approved by the board. Duties of this committee have been commendably handled by Jim Penfield while Marietta was on an extended trip.

A proposed slate for awarding meet bids based on those collected and compiled by Jan Kavadas and discussed by board members was duly passed (with baby Sarah the only dissenting vote). Hugh and Jan will work on possible change of May meet date to avoid conflict with Oregon's Bloomsday run.

In discussing the BAC meet, Walt had trouble compiling the relay results with no names listed. There was also some concern about who were official entries. Membership plans to send a letter to this regard and also suggested marking time cards of people who have not registered before the meet. A motion was passed to have membership send a letter, registration form and complimentary newsletter to no show meet entrants who aren't registered.

For the July South Kitsap meet, Gordon reported the 400 Free will be deck seeded from fast to slow.

Entrants for the Meet in Japan have been sent a letter regarding relay payments and details.

The long course Regional Meet in Spokane will begin at 6:00pm instead of 9:00pm Friday evening and include the 400 I.M. that night.

A special LC Relay exchange and practice has been offered by the Husky team and Joann Brislin on August 16 at the U. of W. This will include videotaping. The August board meeting will follow this workout along with a social gathering at the nearby Flakey Jakes. Kathy indicated that only 18 responses for LC National relays have been received so far so we should "bug" our teammates to get entries turned in.

Hugh appointed Tom Taylor to chair a committee to be set up to work on a 50M Pool proposal for the Seattle area in conjunction with the Goodwill Games to be held here in 1990.

The board elected Kathy Casey and Walt Reid to be PNA delegates to the National Convention in September. A motion was passed to allow up to \$1500 for transportation, registration and rooms for three delegates, which includes Jane Moore who votes as a member of the Sports Medicine committee. Hugh Moore was named our alternate; he will attend as an observer.

Since Constitution and By-Law changes require a 50% vote of membership, Hugh recommended that the board prepare a proposal to be voted on by ballot to be included with next year's registration. He suggested that we discuss these proposals in June and July and prepare them in August to go on a ballot. Areas of concern include:

1. Redefining quorum
2. Redefining the board
3. Eliminate specified time of board meeting from by-laws
4. Include standing rules in by-laws as a duty of secretary to insure continuity.

Kathy and Hugh will work on standing committee chairmen who could be included on the board.

Committee reports included the following:

Membership: 478; next year's registrations will begin after the LC Regional Meet.

Teamwear: Tom Taylor, new chairman; he will work on design and ideas (possible contest) for T-shirt ideas for next year.

Awards: \$87.00 sold at BAC.

A suggestion from Kiko was shared by Julie to propose a national perpetual award for a LC Nationals event be named in honor of Dawn Musselman. This will be proposed through the National Executive Committee by Kathy Casey. (This could be for one of Dawn's favorite events, calling on Bob Musselman to help select the events.)

Newsletter: Following a suggestion a motion was made to charge advertising rates for camera ready ads for WET SET as follows:

1/4 page minimum=	\$20	continuous months=	\$15
1/2 page	= \$40	" "	= \$30
Full page	= \$80	" "	= \$60

These ads will need to be approved and identified as ads. The editor will run the rates in the newsletter. A definition of advertising and guidelines will be discussed and formulated by the August meeting.

(NOTE: Change of August meeting listed earlier due to conflict with LC Nationals.)

The September meeting at Moore's will be delayed to the 30th to allow for delegate reports from the National Convention.

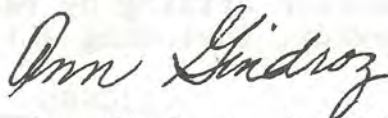
A suggestion was passed on to the Sunshine Committee to express our caring to Connie Wilson in Oregon.

Kathy and Julie will formulate and refine relay policy to be presented in July and printed in the August newsletter.

Hugh asked Julie to write up a proposal regarding Team registration (requiring a team rep to attend 3 board meetings in order to be eligible for Championships). This will be discussed at the July and August board meetings.

The meeting was adjourned shortly after 10:00pm.

Respectfully,



Ann Gindroz, (sec.)

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

Samona 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
Bremerton Municipal Pool, 50 Magnuson Way, Bremerton 478-5376
lap swim: M-F: 11:15 - 12:30 PM; Tu/Th: 6:30-9:00 PM; F: 6-7 PM
Olympic Aquatic Center, 7070 Stampede Blvd., Bremerton 692-3192
workouts: TU/TH - 6:30 - 7:30 AM
contact: Geoff Pentz 692-3192
lap swim: M-F: 5:30-8:00 AM; M-TH: 8:00 - 9:00 PM

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-P00L
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
workouts: M,W,F: 6:00 - 7:00 AM
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

Poulsbo
North Kitsap, 1881 Hostmark, Poulsbo 779-3790
lap swim: M-F: 5:45-9:00 AM, 11:30-12:30, 5-6 PM, 7:30-8:30

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. W., Seattle 625-4258

Helene Madison, 13401 Meridian N., Seattle 362-5344

Meadowbrook, 10515 35th NE, Seattle 365-9933

Medgar Evers, 500 23rd, Seattle 324-2560

Queen Anne, 1920 1st W, Seattle 625-2282

Rainier Beach, 8825 Rainier S., Seattle 723-5919

Northwest, 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

South Central, 4414 S 144th, Seattle 242-2287
lap swim: M-F: 5:30 7:00 AM & 11:30 - 12:30

YMCA, 909 4th, Seattle 382-5010
YMCA, 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

View Ridge Club, 5815 NE 77th, Seattle 524-3500
workouts: Jody Kleven 326-4600 (day) or 367-2350 (eve.)

Wedgwood, 7727 28th NE, Seattle 523-8211

Summer
Summer High School, 1707 Main, Summer 863-8110
workouts: M,W,F: 5:00-6:00 PM
contact: Donna Phelan 862-8777
lap swim: M-F: 5:30 - 7:00 AM, 12:00 - 1:15 PM

Tacoma
South End, 402 E. 56th, Tacoma 474-3821
workouts: (through Aug, 15th) M - F: 5:30 - 7:00 PM
contact: Hugh Moore 941-3100
lap swim: M - F: 11:30 AM - 1:00 PM

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

all wetby Julie Corman

ONE AND A HALF MONTHS TO GO! Count-down time to Long Course Nationals. Some training tips from Husky Masters coach, JoAnn Brislin:

- Choose your events for nationals. Set realistic goal times for each event.
- Train consistently. Keep swimming-yardage and dryland-work on a steady routine.
- Work on flexibility and abdominal strength.
- Keep a log book. Track your workouts, times, weight and resting pulse.
- Be positive.
- Practice mental imagery.
- Talk to your coach about any of your concerns.
- Have fun!

BACK TO BAC A lot of swimmers commented on what a good time they had at the BAC meet. What a treat to be rewarded for our efforts with a free cone of Dreyers ice cream!

Some swimmers were rewarded with more than ice cream--like some new PNA records. I didn't stay to the end of the meet, so I didn't get them all. But some of the toppled records went to:
Beth Brenner 33: 50m free (31.37), 50m fly (34.46)

Dave Hannula 32: 50m free (25.55), 50m breast (33.43)

Nick LeClerq 39: 100m fly (1:03.33)

Steve Thrasher 44: 200m free(2:26.09)
400m IM(6:05.53)

Alan Nordell 41: 200m fly(3:03.85)

Bob Proebsting 48: 50m fly(31.34) 100m fly (1:15.69) 200m fly(3:04.56) 400m IM (6:50.70) Not to be messed with!

Judy Harrison 46: 200m breast(3:38.19)
Welcome back Judy!

Odd Hauge 52: 50m breast (38.66)

Joy Ross 52: 200m breast(4:01.75)

Tom Taylor 55: 100m breast(1:39.54)
200m breast(3:33.59)

Gene Caddy 72: 100m back(1:50.64)

Marion Mueller 74: 50m breast(1:44.94)

Jim Penfield 78: 100m back (2:16.28)

Nice head start on Nationals!

OOOOOOPS! Last month I left Maxine Carlson out of the record breaking 240+ relay at regionals! She "had a blast" swimming it and I'm sooooo sorry I left her out. Good work Maxine!

AGING UP Aging up is one of those few times in our adult lives that we actually get somewhat of a thrill at growing older. In June and July there is a mass exodus into old age. The following are moving up just in time for nationals:

25+ (finally legal) Karl Ewing, Scott Tillman

30+ Eric Bradfield, James Hale, LynnDee Huether, Eric Thomson

35+ Susan Allen, Ann Lennartz, Susan Stevenson, Gordon Clark, Bruce Lomax Marcy Reed.

40+ Steve Smiley, David Cruikshank, Donald Burton, Kay Emory
Happy Birthday!

WATCH YOURSELF ON TV! And work on your relay starts at the same time. The Husky Master Swim Team is extending an invitation to all PNA swimmers who are going to Long Course Nationals to a relay exchange workout at the Husky Hec Ed pool on Aug. 16 at 10:00am. That's the Saturday before Nationals. We will work on perfecting our relay exchanges. The workout will be taped on video so we can get immediate feedback on our relay starts. We'll probably beef up on burgers or whatever-power-food at a nearby burger emporium after. Hope to see you there. This is a good way to meet your teammates.

TUSH CUSH PNA has some great stadium seat cushions for sale. They're cloth-covered foam. They breathe and they dry quickly, and ohhhh they feel so much better than those corrugated bleachers or rough cement. They will be on sale at the Kitsap meet and at Nationals for \$7.50. You'll be glad in the end.

LONG COURSE RELAYS We've received your forms and are currently putting together the relays for long course nationals. Walt Reid has developed a computer program that should greatly aid in our efforts. Watch the next Wet Set for more instructions on how relays are to be handled. Remember, if an emergency arises and you know you will not make it to Nationals after signing up for relays, contact me at (206) 784 3804 Seattle, or Kathy Casey at (206) 588 4879 Tacoma ASAP! Your individual entries must be in the hands of the meet director by July 21.

The PNA would like to welcome the following new swimmers who
have registered in the past month:

Vernon Bryant Jr.
Michael Chombeau
Michael Gessitz
Kevin Glaubitz
Dick M. Hannula
Don Howard
Julie Mackey

Pete Northrop
Kathleen Oliver
Eric Schroeder
Randy Terlicker
Steven Thrasher
Daniel Ward
Molly Zaccardi

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.

RELAYS

Please be aware that anytime you compete outside the PNA you are competing for the PNA, not for the local team you work out with. This includes events such as the one hour postal swim. Your local team is not registered nationally as a club. At Regionals and Nationals the club you swim relays for is the "PNA".

SCHEDULE FOR 1986 LONG COURSE NATIONALS

<u>Aug. 21</u>	<u>Aug. 22</u>	<u>Aug. 23</u>	<u>Aug. 24</u>
200m Backstroke	200m Breaststroke	200m Freestyle	1500m Freestyle
100m Breaststroke	100m Freestyle	50m Breaststroke	
50m Freestyle	50m Backstroke	100m Backstroke	
200m Butterfly	100m Freestyle	50m Butterfly	
200m MEDLEY RELAY	200m I.M.	400m I.M.	
400m Freestyle	200m FREE RELAY	200m M. FREE RELAY	
	200m M. MED. RELAY		

TRY THIS:

The following will be a set or two every month that you might like to try in your workouts. Some may be new; some you may recognize. Some may work for you; some may not. If you don't understand, catch me at a meet. Contributions welcome!

.....KC

This is a series for Breaststroke:

- (1) Do a 400 back fin kick - do a long underwater kick off each wall and practice good back flip turns on this set. This kick set helps strengthen the quadriceps and protect the knees.
- (2) Do 8 X 50 breast pulls with dolphin fin kick on a send-off that allows about 10 seconds rest. The dolphin fin kick helps develop a higher breast stroke. This set can be done without dolphin fin kick. You can use a light dolphin kick without fins or no kick at all.
- (3) Do 8 X 100 breaststroke on 1:40 (or 1:50, or 2:00 etc.). Use a flat hand on your turns rather than grabbing the walls to practice for unfamiliar walls in other pools. Send-offs in a 50 meter pool would be 2:00 (or 2:10, or 2:20 etc.).

.....KC

USMS CONVENTION, SEPTEMBER 17-21, 1986

The PNA has two (2) votes at the USMS Convention plus a third vote due to the fact that Jane Moore is chairperson of the USMS Medical Committee. In addition to Jane our PNA delegates will be Walt Reid and Kathy Casey.

OF NOTE:

Connie Wilson is home from the hospital. Her address is 8383 S.E. Battin Rd. #1, Portland, OR 97266. Those who know her write and say "HI".

FOR THOSE INTERESTED IN SUBMITTING PAID ADVERTISEMENTS:

Approved ads will cost:	$\frac{1}{4}$ page = \$20)	for the	\$15)	for each
	$\frac{1}{2}$ page = \$40)	first	\$30)	month
	Full page = \$80)	month	\$60)	thereafter

!!! NSF CHECKS !!!

Just a reminder - Your checks travel through a bureaucratic maze before reaching the bank. Sometimes they are cashed as much as two months after they are written. Please take this into consideration before emptying your account.

- Your Treasurer

LOOKING FOR A ROOMMATE AT NATIONALS?

Contact Debbie Kingsley, 301 West "T" #C-15, Tumwater, WA 98501, (206) 754-3987. Debbie will keep a list of people looking for roommates at LC Nationals. She is not reserving rooms. She has just agreed to keep a central list of names to help people find roommates.

TRIATHLON INFORMATION

For information on the Northwest Triathlete's Association or to put your name on a relay list for Triathlons, contact:

Patrick Garlepp
Northwest Triathlete's Association
P.O. Box 1484
Woodinville, WA 98072
(206) 485-5695

ATTEMPTING A NATIONAL RECORD?

If you might break a national record, always ask that three timers time your race.

.....KC..

Think "LONG COURSE NATIONALS!!"

PNA Committees as of July 2, 1986

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

The Emerald City

OPEN WATER SWIM

A ONE MILE OPEN WATER SWIM ON A TRIANGULAR COURSE

LEAVING FROM SEWARD BEACH, SEATTLE

ON SATURDAY, AUGUST 9, 1986 - 9:30AM

\$10.00 PRE-REGISTRATION WITH T SHIRT

\$15.00 DAY OF RACE

For further info call Seattle Parks and Recreation
625-4671 or 935-6006