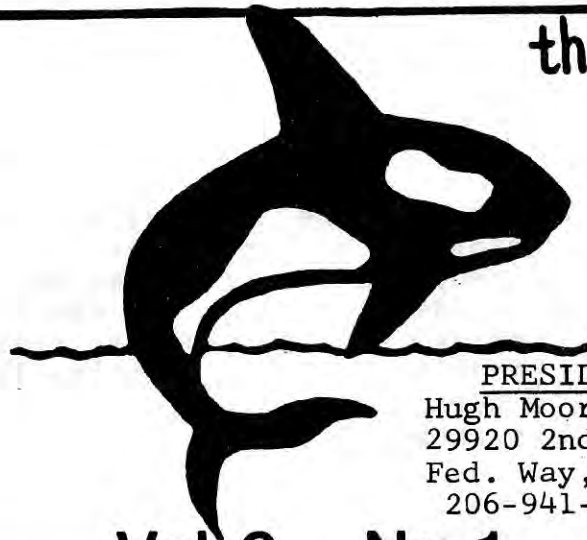


the
WET
SET



the OFFICIAL PNA
MASTERS
NEWSLETTER

JANUARY 10, 1987

Vol. 6 No. 1

PRESIDENT
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206-941-3100

EDITOR
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Tacoma, WA 98498
206-588-4879

Schedule • Calendar

Feb. 14-15 SC Cascade (1000 incl.) #3	Apr. 24-26 SC REG'L CHAMPS, Orca, Hazen
Feb. 24 Board Meeting, Tacoma	May 15-18 SC NAT'LS Stanford, CA
Mar. 13-14 SC Husky Order #4	Aug. 21-24 LC NAT'LS, The Woodlands TX
Mar. 14 Board Meeting after meet	May 1988 1988 Canadian SC NAT'LS
Apr. 3-5 SC PNA CHAMPS, Kent, WA	Vancouver, BC Canada
	Oct. 8-14 LC 1988 World Champs
	Brisbane, Australia.

BOARD MEETING ON JAN. 27, MILLER'S, 22236 24th AVE S #P109, DEMOINES, 878-4789

EDITOR'S CORNER

NEWSLETTER DEADLINE IS THE LAST DAY OF THE MONTH!

"THINK STANFORD!!"

REMINDER! 1987 Rule changes > 2 times required for National Top Ten, three times required for National records and one over the water butterfly armstroke for every breast stroke kick used during butterfly!!! (see page 19)

ROSES, ROSES! To Hugh and Jane Moore for hosting the PNA New Years Eve party!

DOUBLE check the relay events for the Cascade and Husky Meets! The 400 and 800 relays have been included! (see page 19)

SIGN UP CORRECTLY for the One-Hour Postal Swim! Use only PNA, HUSKY, or Un. (unattached) for "team name". (See page 21)

SWIM TO STANFORD! Sign up for the 1987 PNA Fitness Project! (See page 20)

**HAPPY
NEW
YEAR!**

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Dear Master Swimmer,

Even though voting for Constitution and By-laws amendments was nearly unanimous in favor of the proposals, we barely scraped by on receiving votes from the required 50% of our members. However, all of the proposals passed. As a result, the PNA Board of managers will be welcoming the chairs of the standing committees as new members at the January meeting. Please note the list of committee members included at the bottom of this page. These people deserve a special word of thanks from all the PNA members for all of their work.

Remember that both the national hour swim competition and the Dawn Musselman Swim Against Cancer must be swum during the month of January. Various teams are providing pool time for any PNA member to participate. Those times are listed in this issue of the Wet Set.

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



PNA Committees as of January 1st, 1987
(committee chairs are listed first)

Standing Committees

Awards	Carolyn Baldwin, Steve Freeborn
Finance	Julie Corman, Hop Bailey, Hugh Moore
Fitness	Jane Moore, Hugh Moore, Lib Rust, Amy Rust, Carolyn Baldwin, Martha McClelland, Denise Miller, Bob Miller
Meets	Jan Kavadas, Hugh Moore, Joann Brislin, Julie Corman, Carolyn Baldwin, Rick Ingraham, Steve Freeborn
Membership	Jane Moore, Hugh Moore, Rick Ingraham
Newsletter	Kathy Casey, Hugh Moore, Walt Reid, Julie Corman, Jane Moore, Ted Becker
Officiating	Carolyn Behse, Rick Ingraham
Publicity	Frank Newquist, Judy Harrison, Bob Miller, Bobby Gallegos
Records	Walt Reid, Kathy Casey
Social	Linda Cazin, Rick Ingraham
Team Wear	Tom Taylor, Jane Moore

Special Committees

Sunshine	Marietta Hunziker-James, Jim Penfield
Hospitality	Debbie Kingsley, Dave Addleman
History	Tom Foley, Maxine Carlson

Julie Corman was born January 1, 1949, (belated happy birthday, Julie!) at 2:00 in the afternoon causing her mother to lose two bets on her and all the "first newborn" of the year prizes. Julie says she's spent the rest of her life trying to win to make up for it. She was born and raised in Longview, Wa.

As a kid Julie liked P.E. Swimming came naturally. She graduated from a swimming hole in the country and dog paddle to YMCA classes and age group swimming. They worked out three times a week in a 20 yard pool. She was so serious about it that she was beet-red after every workout. She swims much faster now (compare her old 100 yard back time of 1:13 to 1:08 now) without turning beet-red after each workout. A severely dislocated shoulder interrupted her age group swimming career. She swam 1½ years of age group as well as two seasons on the high school team at Mark Morris High School. Julie was on the first swim team at Mark Morris.

Julie went to the University of Washington. Her shoulder kept her off the swimming team. She dislocated it again while swimming at the IMA pool and had to have surgery. She reports that she was out of the water and very out of shape for ten years. Julie graduated in philosophy. As we were laughing, she commented, "I went to college in the 60's when we were getting our education on the highways and meditating." In 1974 she began driving bus for Metro. She was a bus driver for 7 years. That's where the philosophy came in handy. Since then she has worked her way up to chief of scheduling for Metro. This year she is "responsible for snow", meaning all the scheduling changes due to snow. Needless to say she is hoping there will be no snow.

Julie got into Masters while working a split shift for Metro. She wanted something to do on her break besides going downtown and eating. So she joined the Y and swam on her break instead. She joined a swimming class taught by Chaya Amiad, a former PNA treasurer also. Julie decided she wanted "to swim in one of those meets" and Chaya gave her the information.

Her first impression of Masters? "I was scared spitless! I was so scared before my first meet, I couldn't eat." Her first meet was a long course meet at Mt. Hood, Oregon, in July 1981. She didn't finish her first race, the 100 meter freestyle. She got water in her throat and hyperventilated. Her second race wasn't till the next day, so she suffered all that time. "I was a nervous wreck." That race was the backstroke. She remembers doing pretty well. It took her a year to get over being nervous. Now her nervousness is reserved for record breaking attempts that she has worked long and hard to reach.

Her most memorable moments in Masters were at the Masters World Games in Toronto. Julie had a tremendous time drop in the 100 meter back stroke and broke the national record. She then knew she was in the ball park of the world record and went on to break that record at Long Course Nationals in Providence, Rhode Island, a few weeks later. She enjoyed Toronto because so many PNA people went and they were such a strong, supportive team.

Julie's favorite event used to be the 50 back, because it was over quick. Now she likes the 100 back better. She hates turns, so she prefers long course to short course. She can get her momentum going better in long course.

Now Julie (and the PNA) is proud to report she is our "tight fistted treasurer". (All true. We wait for her to leave the room so we can spend money.) She has carefully prepared the PNA budgets as the PNA Finance Chairperson. She pays the bills, keeps the books, and prepares magnificent monthly financial reports for the board complete with charts and graphs. (True again. We ooh and ahh every time she passes them out.) Julie also serves on the meets committee and the newsletter committee and writes a regular monthly column, "All Wet", for the newsletter. Julie has been a major force in putting together PNA relays for Regionals and Nationals as well as taking over the relays at Toronto.

Julie's brother, Jerry, who will be 39 this month, is swimming in Masters in California. She hopes he will be at Stanford in May. Her mother at 72 is quite healthy and will run a 2 mile fun run this year. The whole family is getting into sports.

Julie is an outstanding swimmer and will be back at meets this month after suffering a back injury last year. She has given tremendous services to the PNA. We are fortunate to have Julie in the PNA. Happy swimming, Julie!

tom fay

THE SWIMMER

THE SWIMMER'S MUSCLES RIPPLE AS HE
 MOVES SWIFTLY DOWN THE POOL
 WITH THE GRACE OF A DEER
 AND THE POWER OF A TIGER
 TOTALLY INVOLVED IN
 HIS PHYSICAL WORLD
 OF EXPRESSION THROUGH EXERCISE.

PAST THE POINT OF EXHAUSTION
 HE CONTINUES THE DISCIPLINE
 PANTING FOR EACH BREATH
 TO NOURISH HIS BODY
 IN ORDER TO CONTINUE
 HIS SEEMINGLY POINTLESS JOURNEY.

HIGH FROM THE PAIN
 HIS BODY HAS ENDURED
 HE FINDS GOD NEAR
 AND LIFE MORE BEARABLE
 ONCE CONQUERING HIS BODY
 AND CONTROLLING ITS DESIRES
 HE UNFLINCHINGLY ENTERS INTO
 THE REAL WORLD A BIT STRONGER.

ORDER OF EVENTS

<u>EVENTS</u>	<u>BEST TIME</u>	<u>EVENTS</u>	<u>BEST TIME</u>
FRIDAY:		9. 200 med rel	___XXX___
1. 400 IM	-----	10. 100 brst	-----
2. 1650 free	-----	11. 50 fly	-----
		12. 100 free	-----
SATURDAY:		13. 200 back	-----
3. 500 free	-----	14. 400 fr rel	___XXX___
4. 50 breast	-----	15. 200 brst	-----
5. 100 fly	-----	16. 200 fly	-----
6. 200 free	-----	17. 50 free	-----
7. 50 back	-----	18. 100 back	-----
8. 100 IM	-----	19. 200 IM	-----
		20. 200 fr rel	___XXX___

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

Patti Garman
Katherine J. Casey
Joan M. Conrad
Thomas W. Conroy
Karen I. Dugan
David L. Evans Jr.
Kathleen M. Flynn
Jennifer S. Gebauer

Peter F. Helsell
Judy C. Johnson
Barbara A. Kriss
Joyce Moen
Patrick J. O'Neil
Steven T. Penn
Jeff H. Reynoldson
Marjorie J. Rogers

John R. Sayre
Robert L. Seaman
Chris B. Simpson
Jim R. Sweeney II
Louis A. Tetreault
Kendall R. Townsend
John H. Weller

FROM WETSET READERS

Wet Set readers are encouraged to send 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.

!!! 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 -

FOR THOSE INTERESTED IN SUBMITTING PAID ADVERTISEMENTS:

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

SUBMIT CAMERA READY COPY TO KATHY CASEY

DAWN MUSSELMAN SWIM AGAINST CANCER



A Swim-A-Thon to benefit the American Cancer Society plus a one hour postal swim jointly sponsored by the PNA and the American Cancer Society.

SANCTIONED BY: USMS and PNA

LOCATION & TIME: Any 25 yd pool anytime between January 1-31, 1987.

ELIGIBILITY: Any registered USMS athlete who collects at least \$15.00 in pledges for the American Cancer Society.

AWARDS: All Participants to receive lapel pin & certificate. Results will be printed in the "Wet Set".

EVENT: The object of the contest is to determine the distance an individual can swim in one hour. The Swimmer must have a timer-counter to verify the number of lengths and the time swum with a stop watch. This person must sign the official entry form.

ENTRY FEE: Swimmer must include pledge sheet & collected pledges, made out to the American Cancer Society, who will send out a receipt to the individual pledgers.

ENTRY DUE: February 15, 1987

SEND TO: Ian Thompson (W) 671-0070
3217 Squalicum Parkway (H) 733-2338
Bellingham, WA 98225

DAWN MUSSELMAN SWIM AGAINST CANCER ENTRY FORM
USMS AND PNA SANCTION #873606

Last Name _____ First Name _____ Sex _____

Address _____ City _____ State _____ Zip _____

Age group (Circle) 19-24 25-29 30-34 35-39 40-44 45-49
50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90+
Birthdate _____

Telephone _____ USMS # _____ Team _____

STATEMENT OF RELEASE

The undersigned agrees to hold United States Masters Swimming, Inc., all local Masters Swimming Committees, and the American Cancer Society free and harmless from any and all damages, claims, demands and legal action arising by reason of injury to anyone during the conduct of the event, including all attorney fees and court costs.

Certification - I certify that on _____ I swam _____ yards in one hour. _____ date

Signature of Swimmer

Signature of Verifier

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!

....K.C.

Following is a set I picked up from Mike Stauffer, the coach of Lakewood Swim Club in Tacoma. It's 2400 yards long and takes 64 minutes if you use the following sendoffs:

DO 8 SETS of	SET #1	SET #2	SET #3	SET #4	SET #5	SET #6	SET #7	SET #8	SEND-OFFS
1 x 100	Swim	Kick	Pull	Swim	Kick	Pull	Swim	Kick	on 2:00
2 x 50	Kick	Pull	Swim	Kick	Pull	Swim	Kick	Pull	on 1:00
4 x 25	Pull	Swim	Kick	Pull	Swim	Kick	Pull	Swim	on :30
	1 min rest	1 min rest	1 min rest	1 min rest	1 min rest	1 min rest	1 min rest	1 min rest	

Do as follows: In set #1 swim 100 yards full stroke for time on 2 minutes. Then kick 2 x 50 yards on 1 minute. Then pull 4 x 25 yards on 30 seconds. Rest 1 minute and do set #2: Kick 100 yards for time on 2 minutes, pull 2 x 50 yards on 1 minute, swim 4 x 25 yards full stroke on 30 seconds, and rest 1 minute. You can change strokes at the end of each set if you wish or do the same stroke for all 8 sets. If 2 minutes per 100 yards is too fast a sendoff, be sure to pick a sendoff (2:30 or 3:00 per 100 yards) that allows you a decent rest for everything you're going to do. When I did it with Lakewood Swim Club, a few of the boys were getting 65 seconds rest when they swam 100 yards free for time. I got 45 - 50 seconds rest. Some got 35 - 40 seconds rest. If I had done breast stroke, I would have gotten 20 - 35 seconds rest. That would have been O.K. I did breast stroke kick and got around 20 seconds rest on the 100's, 10 seconds or more on the 50's, and 5 - 8 seconds on the 25's.

You can vary the number of sets (i.e., do 6 sets rather than 8 sets). With these sets you are working speed as well as endurance.

.....KC

RELAY AND TIME CARD ORDER

NAME..... CONTACT...Rick Ingraham
 ADDRESS..... 5009 Hunt St.
 Gig Harbor, WA 98335
 206-851-7130

PHONE..... CHECK PAYABLE TO:
 PNA Masters Swimmers

HOW MANY.....BLUE.....AND/OR PINK..... \$1.50 for 50 cards at meet
 \$2.00 for 50 cards by mail

"THINK STANFORD"

ATTENTION HAWAII-BOUND SWIMMERS!

There are a number of masters workouts here on Oahu and we have finally organized a group in the Pearl Harbor area. We are only a block from the Arizona Memorial at Richardson Center Pool. It is owned by the Navy, but not on the base, so anyone can get to the pool. Our coach is Kathy Clinton-Reincke. Workouts are Monday, Wednesday and Friday, 5:30-7:00 p.m. and we swim at least 3300M. We welcome any of you who are here in the islands on vacation or who may be moving here to join us at our workout.

.....Jan Lehmann-Shaw, (808) 488-7886



M.S.I. NEWS

M.S.I. SHORT COURSE METERS GLOBAL POSTAL MEET

ANY EVENT SWUM IN SCM POOL - 25 METERS

AGE GROUPS: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

ELIGIBILITY: All registered adult swimmers

TIME: Electronic preferable; if Manual 3 watches are required

ENTRY FEE: 50 cents per event if swimming for time only;
\$2.00 per event if awards are desired - Medallions for 1st, 2nd and 3rd in each event - PAYMENT in US Dollars

DEADLINE: If swum in 1986, times will be submitted for 1986 M.S.I. TOP TEN

MAIL ENTRIES BY: FEBRUARY 15, 1987

FREESTYLE: 50, 100, 200, 400, 800 & 1,000M

BACKSTROKE: 50, 100, 200M

BREASTSTROKE: 50, 100, 200M

BUTTERFLY: 50, 100, 200M

INDIV. MEDLEY: 100, 200, 400M

Your name _____

Sex M F

Address _____

Age on date of swim _____

Registration No. _____

Affiliation _____

PLEASE LIST YOUR EVENTS WITH TIMES FOR EACH.

Make checks payable to
and mail entries to:

Margaret Samson
49 North Altadena Drive
Pasadena CA 91107 USA

Send S.A.S.E. for results

Only 25 meter times are acceptable.

all wetby Julie Corman

HAPPY NEW YEAR!!!! It's that time of year again. Time to write out our New Year's resolutions. And as a competitive swimmer there are soooo many resolutions that can be made. I don't even want to think about it!

1986 IN REVIEW Looking back at 1986, memories focus on the big event of the year---Long Course Nationals in Portland, Oregon.

• PNA entered 138 swimmers and placed a strong second in the men's, women's and overall divisions. We made significant gains over Oregon from the nationals that were held in Portland four years ago - Watch out Oregon!

• Robin O'Leary and Juanita Correa both broke national records.

• Walt Reid developed a "relay optimiser" that was used to put relays together for Long Course Nationals.

1987 - PREDICTIONS As I look into my crystal ball, some of the things I foresee for 1987 are:

• Pacific Northwest Association will grow larger this year than ever before. It will attract triathletes, who are honing their skills, as well as runners looking for a second, less brutal sport. Emphasis will be placed more on participation than on winning.

• Master swimmers will branch out to other sports, and will thank their lucky stars that they have such a strong swimming background.

• "All Wet" will be in each edition of the "Wet Set" this year.

• Pacific Northwest Association will have over 40 swimmers at Short Course Nationals at Stanford this year (May 15-18). We made such a strong showing in Portland that many of our swimmers now have the "nationals fever." So why not Stanford? It's close, it's sunny, and it's a great pool.

PREDICTIONS cont.

• Some of our 1986 standouts will stand out again in 1987. Robin O'Leary and Pat Dotson will be moving into new age groups. Juanita Correa has just barely begun to make a dent in her new age group. I'm predicting that the following swimmers will break national records in 1987: Robin O'Leary, Dave Hannula Pat Dotson, Gordon Clark, Juanita Correa, Greg Harrison, and Nick LeClerq.

• "All Wet" will be in each edition of the "Wet Set" this year.

• A new contest will be started in 1987 called "The Most Races Swum in '87." I'm not sure yet how I'm going to track this... but...the ground rules are: The individual who swims the most races in 1987 (relays count) in PNA sponsored meets, wins. (regionals and nationals don't count) The award will be extreme admiration and recognition from your peers as they read your name in the 1988 New Years edition of the "Wet Set."

AGING UP Those swimmers that are leaving one age group and entering into a new one at the New Year are:

25+ Linda Hatfield

30+ Tami Bennett, Sandra Deninger, and Robert Miller

35+ Marilyn Grinrod

40+ Patricia Buttitta

Happy Birthday! and welcome to and new age group.

PNA WANTS YOU!!! This is a time of change for PNA. In April we will be electing new officials. We would like to see some new faces and new ideas at our meetings. You can have an impact. Check the front of the "Wet Set" for the date and location, and plan on attending the next meeting.

CHANGES EFFECTIVE JANUARY 1, 1987

1. Two times are required in order for your time to count for records and Top Ten in the nation. Therefore it would be wise to ask for three timers any time you might swim a Top Ten (in the nation) time or break a record to be sure you get two times at the end of your race.

2. Three times are required to break a national record. If you think you might break a national record, ask for four timers to be sure you have three times at the end of your race (in case of watch failure).

3. The USMS butterfly rule change goes into effect January 1. When using breast stroke kick, you must take one overarm butterfly arm stroke for every breast stroke kick.

RELAY CHANGES AT CASCADE AND HUSKY MEETS

In both meets the first relay will be dropped. Three relay events will be swum instead of four relay events. Those three relay events will be swum in the second, third and fourth relay slots previously listed in the "order of events". Relays swum at the Cascade and Husky meets will be:

CASCADE

200 Free Relay
400 Medley Relay
800 Free Relay

HUSKY

200 Medley Relay
400 Free Relay
200 Free Relay

You may swim each relay as a mens, a womens or a mixed relay.

ONE HOUR SWIM/DAWN MUSSELMAN PLACES TO SWIM

1. MOUNT RAINIER POOL - Saturday, Jan. 31st, 2:00 - 4:00 pm.
Participants will swim one hour and count one hour.
2. ONE HOUR SWIM - Husky Pool (Hec. Edmunson Pavilion). Tuesday, Jan. 20, and Tuesday, Jan. 27. 6:00-7:30 pm. One hour swim starts at 6:20 pm. Lap counters available, pace clocks running. Provide your own human counters if desired. Contact Joanne Brislin at work 543-4556, 2-7 pm,
or at home 522-5586 8-10 pm.
3. Fort Steilacoom (Pierce College) - Saturday Jan. 24, 8-10 am.
Bring someone to count. Contact Kathy Casey, 588-4879.

SWIM TO STANFORD!

To encourage all your Masters competitors to plan ahead for Stanford and include your fitness swimmers, even those who may not be registered with Masters, in a common goal, sign up your team for the 1987 PNA Fitness Project, "Swim to Stanford". Send in the accompanying entry blank (no charge). Get a 50 mile swim chart from the American Red Cross (or maybe your pool manager has one) to keep track of the miles each of your team members swims. The distance from Seattle to Stanford is 847 miles. To reach that total mileage add the mileage of all your swimmers. All your swimmers work together to accomplish the 847 mile swim to Stanford.

By the newsletter deadline each month send in (or call in) a monthly report of the miles swum by your team. Monthly reports will be published in the newsletter, so teams can keep track of how their competitors are doing.

The Fitness Project will end May 1. Awards will be for: 1. the team who completes the 847 miles in the least amount of time, 2. the most miles swum by an individual, 3. the team with the highest average miles per swimmer, 4. the highest number of participants on a team, and any other awards I can think of or any of you out there might suggest.

Awards will be the notoriety and fame of having your name published all over the newsletter for the great fitness deeds you have done!

There will be a PNA pizza party in May for all the teams and their members who participated. (Date and location to be announced.)

(The Fort Steilacoom team just completed a swim "up a mountain in Mexico". One of their team members climbed an 18,900 foot mountain there over Christmas, so before she left the team "swam up the mountain". One mile equalled 40 feet on the mountain. They had great fun doing it. A complete report will be in the next newsletter.)

1987 PNA FITNESS PROJECT

SWIM TO STANFORD

ENTRY FORM

TEAM NAME _____

TEAM REP NAME _____

(or coach) ADDRESS _____

CITY _____ ZIP _____

PHONE _____

DATE STARTED _____

SEND TO: Kathy Casey
11114 - 111th St. S. W.
Tacoma, Wa. 98498

1987 PNA FITNESS PROJECT

SWIM TO STANFORD

MONTHLY REPORT

FOR THE MONTH OF _____

TEAM NAME _____

TOTAL MILES SWUM _____

DATE MILES WERE TOTALED FOR THIS REPORT _____

HIGHEST MILEAGE INDIVIDUALS UP TO THIS POINT: NAME _____ MILES _____

NAME _____ MILES _____

OF PARTICIPANTS _____ NAME _____ MILES _____

DATE TEAM STARTED (if not already reported) _____

Please note any changes in team rep's name, address, or phone number. Send to: Kathy Casey, 11114 - 111th St. S. W., Tacoma, Wa., 98498, or phone it in (588-4879).

FOR INFORMATION ABOUT OUT OF ASSOCIATION MEETS

WRITE OR CALL:

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

Sandi Rousseau
503-642-3679
23995 SW Drake Lane
Hillsboro, Or. 97123

Jan.31-Feb.1 Fairchild AFB 25m
Feb. 21-22 Sandpoint, ID 25m
Mar. 14-15 E. Wenatchee
Apr. 3-5 IEA CHAMPS, Spokane
Whitworth

Jan.31-Feb.1 Lincoln City, 25m
Feb. 7 Tualatin (Pentathlon)
Feb. 14 Ashland
Mar. 1 Stroke Clinic (tent.)
Mar. 28-29 Salem
Apr. 10-12 OREGON CHAMPS, Tualatin
May (1-3) Lake Oswego Relay
(or) Meet/Clinic
(8-10)

Denis K. Crockett (BC Masters)
1531 W. 4th Ave.
Vancouver, B.C. V6J 1L6
604-736-7645

Richard E. Cook (Chairman)
Sawtooth Masters Swimming
1915 W. State St.
Boise, Id. 83702

Jan. 25 Duncan, 25m
Feb. 8 Victoria, 25m
Mar. 22 Delta (Vancouver) 25m
Apr. 25-26 Vancouver (Provincial
CHAMPS @ UBC) 25m
June 14 North Vancouver, 25m

USE THE CORRECT CLUB NAME WHEN ENTERING NATIONAL OR REGIONAL EVENTS!!!!

The Masters One Hour Swim National Championships is now upon us. So what team name should you print on the entry form? Cascade? Tacoma Y? Federal Way? Fort Steilacoom? No! No! No! None of those is registered nationally as a USMS club. Should the meet hosts choose to check with the National USMS office, they would find that those teams do not exist. Conceivably that could damage your eligibility for that event. (And we would skip over your name when the results are published, because we are looking for the correct club names.)

The Pacific Northwest Association of Masters Swimmers has 2 registered clubs, P.N.A. (Pacific Northwest Aquatics) and Husky. Anytime you enter a Regional meet, a National meet, or any meet outside of the PNA (i.e., Oregon, IEA), enter your nationally registered club name (P.N.A. or Husky) or unattached (at last count only 2 people in the Pacific Northwest Association are registered unattached nationally).

CASCADE MEET INFORMATION

DATE: Saturday, February 14, 1987 Saturday Warmup: 9:00am
Sunday, February 15, 1987 Meet: 10:00am
PLACE: Helene Madison Pool Sunday Warmup: 7:30am
13404 Meridian North Meet: 8-11 am
Seattle MEET DIRECTOR: Tina Wolfe
PHONE: 206-362-5344 P.O. Box 15388
HOSTED BY: Cascade Swim Club Seattle, WA 98115
DEADLINE: February 4, 1987 206-545-8332
NOTE: You must be registered for 1987 in order to swim in this meet!

Entries are limited to five events plus relays. Meet will be seeded slow heats first except the 400 IM, 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.

Saturday:

- 1 200 Fly
- 2 200 Back
- 3 50 Breast
- 4 100 Free
- 5 200 Fr. Relay
- 6 200 I.M.
- 7 50 Fly
- 8 100 Back
- 9 200 Breast
- 10 50 Free

Saturday cont.

- 11 400 Med. Relay
- 12 100 Fly
- 13 50 Back
- 14 100 Breast
- 15 200 Free
- 16 100 I.M.
- 17 800 Free Relay
- 18 500 Free

Sunday:

- 19 400 I.M.
- 20 1000 Free

DIRECTIONS: Northbound I-5: Take 130th Street exit; Turn left over freeway to Meridian Street (2nd light); Right to Pool. Southbound I-5: Take 145th Street exit; Turn right on 145th to Meridian; Turn left to Pool. (No Southbound exit at 130th).

DECK SURFACE IS SMOOTH!

NATIONAL USMS RANSOM J. ARTHUR AWARD

The Ransom Arthur Award, established in 1973 in honor of the first recipient, Capt. Ransom Arthur, M.D., is presented each year to the person who, during the last year, has done the most to further the objectives of Masters Swimming, i.e. to encourage physical fitness through competitive swimming of adults.

The criteria, then, is not solely participation in Masters Swimming, but contributions made in promoting the program, administration duties, special projects undertaken, and other actions that benefit the Masters Swimming Program.

If there is a worthy contender in the PNA or on your team please forward your nomination to Frank Newquist, 811 So. L Street #D, Tacoma, Wa. 98405, 206-852-7361.

The nomination should include a short write-up of the reasons why the nominee is deserving of this prestigious National Award.