



THE WET SET

THE OFFICIAL P N A MASTERS NEWSLETTER

PRESIDENT:
RONDI WHITE
7001 TOPAS DR S W
TACOMA, WA 98498

EDITOR:
DOROTHY KLEIST
31417 36th AVE S W
FEDERAL WAY, WA 98023

206 582-0532

206 838-1555

VOLUME 6 NUMBER 5

MAY 10, 1987

DEAR PNA MEMBERS,

I would like to thank all of you for the support and kind words at the PNA Champs and at Regionals. My first board meeting went very well and I know we are going to have a good two years.

Good luck to all of you who are competing at Nationals at Stanford, and hopefully, I will see everyone at the Oak Harbor meet in June.

If any of you would like to be a part of the decision making team and serve on a board committee, please give me a call.

Remember...."PEOPLE WHO BELIEVE A THING CAN'T BE DONE WILL GO OUT AND PROVE THEY ARE RIGHT!"

Love

Rondi

MEET YOUR NEW PNA COMMITTEE CHAIRPERSONS:

President	Rondi White	Awards	Steve Freeborn
Vice Pres	Dave Addleman	Team Wear	Tom Taylor
Secretary	Debbie Lewis	Social	Darryl Swenson
Treasurer	Bob Miller	Officiating	Hugh Moore
Finance	Bob Miller	Fitness	Jane Moore
Membership	Dave Addleman	By-Laws	Lowell Johnson
Meets	Joann Brislan	Sunshine	Marietta James
Records	Walt Reid	Hospitality	
Publicity	Judy Harrison	Historian	Tom Foley
Newsletter	Dorothy Kleist	Computer	Gordon Gray

These people plus the team representatives make up the PNA Board. They need people to fill out the committees.....why not volunteer to help?

THE NEXT BOARD MEETING IS THE LAST TUESDAY OF THE MONTH, MAY 26TH, AT 7:30 P.M. AT THE UNIVERSITY OF WASHINGTON - HALL OF FAME BUILDING. ANYONE WHO IS INTERESTED IS WELCOME TO ATTEND.

INDEX

ALBANY MEET INFORMATION	7
ALBANY MEET ENTRY FORM	24
BRISBANE '88	10
CALENDAR	25
COMMITTEES	1
DAWN MUSSELLMAN AWARD	9
EMERALD CITY OPEN INFORMATION	8
INDEX	2
LETTERS TO EDITOR	9
MINUTES OF PNA BOARD MEETING	2 - 3
NATIONAL SHORT COURSE RELAY INFORMATION	5 - 6
OAK HARBOR MEET INFORMATION	7
OAK HARBOR MEET ENTRY FORM	23
OTHER MEET INFORMATION	8
P N A CHAMPIONSHIPS RESULTS	12-21
PRESIDENT'S MESSAGE	1
SAN FRANCISCO CRUISE INFORMATION	10
SEYMOUR B C MEET INFORMATION	7
SEYMOUR B C MEET ENTRY FORM	22
STYLE (THE FANTUM)	11
SWIM WORKOUTS VS SWIM PRACTICES (COACH'S CORNER)	11

PNA Board Minutes
April 28, 1987

The meeting was called to order at 7:10 p.m. at the Tacoma YMCA. Those in attendance were: Shirley Gossman, Gloria Masters, Bobby Gallegos, Rick Ingraham, Walt Reid, Jan Kavadas, Tom Taylor, Dave Addleman, Darryl Swenson, Gordon Gray, Steve Engel, Dorothy and Warren Kleist, Carol Anning, Carolyn Behse, Joann Brislin, Kiko Kimura, Judy Harrison, Lowell Johnson, Rondi White, Debbie Lewis and Carolyn Baldwin.

The minutes from the March meeting were read and approved after changing the minutes to show Walt Reid and not Jan Kavadas called attention to the need for hand timers.

Treasurer's Report: Any bill over \$25.00 must be approved by the Board prior to payment. Motion was made and seconded and passed to pay Kathy Casey for her phone bill. The report showed a current balance of \$3504.34. All bills that are presented for payment must come complete with receipts for documentation and protection of the PNA non-profit status. A discussion took place on having a bi-yearly audit of the books to ensure the non-profit status of the PNA.

Corrections in Notebook that was Passed Out: Team Seattle rep is Shirley Gossman, her phone number is 282-7907. Gloria Masters--876-9203. Robin O'Leary has been replaced by Steve Engle--485-4131 and 20202-170th NE Woodinville. Amy Rust--WAC--20517-80th W. Edmonds. Refreshments at PNA board meetings will be provided in the order listed on the PNA board member list.

President's Remarks: See Handbook. President is looking forward to serving and working with the people in the PNA. Please inform her of the names of all committee members.

COMMITTEE REPORTS: Committee members have been requested to search for new members to become involved in their committees.

Membership: 70 new members in March, 3 or 4 new members in April. Everything is straight with the national registrar. Total membership is above last year at the same time. Dave has bought a computer base to use with his personal computer for PNA membership purposes.

Meets: Jan, the out-going chair, recommended a payment of 80% to the team hosting PNA champs. 80% payment of the amount made at the meet is the maximum amount to a host team. Joann, in-coming chair, recommended 80% payment to ORCA for hosting the regional meet. The PNA has received a bid from North Whidbey Aquatics to host a meet June 27, 1987 in a 25M pool. The sextathlon will be held on June 20, 1987 and is not a sanctioned meet. A motion was made and seconded and passed to sanction the Whidbey meet. There is still no decision about a meet at South Kitsap. Long course regionals will be at Mt. Hood on August 7-9. A regional short course 25M meet will be held October 23-24 in Ellensburg. There has been difficulty lining up a 50M meet for this summer. We need a host team to sponsor the meet at Colman Pool. A motion was made and passed and seconded to provide a PNA board sponsored and hosted meet in a 50M pool sometime this summer. The PNA board will assume the responsibility of supporting the meet. The June meet in

Vancouver B.C. must have an official PNA observer in order for times to count officially for USMS results. Walt was appointed as the official PNA observer. New policies for warmup: No diving into the pool except in the 1-way sprint lane during warmup. Must educate PNA members about the no diving rule. Team reps will spread the word. Husky Masters will make no diving signs for use at meets. The meet packet will show 2 lanes must be provided for sprint lanes.

Records: Champs records are compiled and work continues on compiling regional records.

Publicity: Judy will put together a PR packet and will send out news releases before meets.

Newsletter: Dorothy will accept information for the newsletter. It should be typed and submitted by the 1st of the month. She would like to encourage letters to the editor.

Team Wear: No more swim caps. Motion made, seconded, passed to give unqualified support to the establishment of a swimming complex in this geographical area for the Goodwill Games.

Social: Cruise at Nationals--there will be 2--1 Friday night and 1 Saturday night. Darryl passed out a list of possible social events. There seems to be an interest in involving families. People need to pass-the-word when an event is going to take place. Darryl is thinking of an event 2-3 weeks after Nationals to carry on the social momentum. The committee will plan something for June 5 or 6 at the UW Waterfront Center. Motion made, seconded, passed for the PNA to pay \$60.00 for rental of the Center.

Motion made, seconded and passed to reinstate 2 committees: By-Laws and Computer.

By-Laws: Our by-laws and constitution are often used by other associations. Lowell will go over the by-laws, constitution, standing policies, goals and objectives to make sure they all meet USMS rules. (*) shows amended paragraphs in by-laws. * shows policies chairman recommends no longer be included or are not understood in the standing policies. Lowell will continue to go through the standing policies and put them in order.

Computer: Gordon will continue to work on computerizing meets. He has put together a program to supply to meet directors.

Computer Use for Meets and Records: Computer owned by the PNA is shared by Mrs. Ingraham and Walt. Dave will be able to do membership on his computer. Dorothy will do newsletter on her computer. A proposal was discussed to lend the computer to Walt fulltime for his use on records. The president will discuss this issue with Mrs. Ingraham.

June Retreat: June 13 from 9:00 to 4:30. Committee chairs should come to the May board meeting with ideas they will want to discuss at the retreat.

Next Meeting: May 26 at 7:00 at the UW.

Voting members are: standing committee chairs, officers, team reps of registered teams with 8 or more members.

Meeting adjourned at 9:10.

Debra Lewis

NATIONAL RELAYS

FRIDAY	MEDLEY RELAY	WOMEN	
25+ "A"	25+ "B"	35+ "A"	
B Laurie Therrien	B Jane Moore	B Terri Highland	
Br Elise Driano	Br Magi Harris	Br Carolyn Behse	
Fy Robin O'Leary	Fy Amy Rust	Fy Kathy Casey	
F Lisa Farin	F Arlene Proebsting	F Rondi White	
45+ "A"	45+ "B"	55+ "A"	
B Joy Rogers	B Joy Ross	B Julia Morrish	
Br Judy Harrison	Br Sue Dearborn	Br Janet Kavadas	
Fy Marylou Haugland	Fy Ann Gindroz	Fy Pat Dotson	
F Juanita Correa	F Carol Anning	F Muriel Flynn	

FRIDAY	MEDLEY RELAY	MEN		
35+ "A"	45+ "A"	45+ "B"	65+ "A"	
B Michael McKinlay	B Dave Addleman	B Chuck Roth	B Fred Wiggin	
Br Greg Harrison	Br Walt Reid	Br Don Sposato	Br Jim Penfield	
Fy Nick Cummings	Fy Bob Proebsting	Fy Marvin Wood	Fy Gene Crossett	
F Darryl Swenson	F Lowell Johnson	F Kirk Adams	F Alan Sachs	

SATURDAY	FREE RELAY	WOMEN		
25+ "A"	35+ "A"	45+ "A"	45+ "B"	
Laurie Therrien	Kathy Casey	Joy Rogers	Ann Gindroz	
Elise Driano	Sue Dills	Judy Harrison	Sue Dearborn	
Terri Highland	Rondi White	Marylou Haugland	Joy Ross	
Robin O'Leary	Arlene Proebsting	Juanita Correa	Carol Anning	

SATURDAY	FREE RELAY	MEN		
55+ "A"	25+ "A"	45+ "A"	45+ "B"	65+ "A"
Julia Morrish	Hugh Moore	Bob Proebsting	Walt Reid	Allan Sachs
Jan Kavadas	Eric Schroeder	Lowell Johnson	Chuck Roth	Jim Penfield
Pat Dotson	Steve Peterson	Frank Newquist	Marvin Wood	Gene Crossett
Muriel Flynn	Nick Cummings	Dave Addleman	Kirk Adams	John Robinson

SATURDAY	MIXED MEDLEY RELAY			
25+ "A"	35+ "A"	35+ "B"	45+ "A"	
B Robin O'Leary	B Rondi White	B Jane Moore	B Joy Rogers	
Br Hugh Moore	Br Greg Harrison	Br Steve Peterson	Br Walt Reid	
Fy Lib Rust	Fy Nick Cummings	Fy Terri Highland	Fy Bob Proebsting	
F Eric Schroeder	F Kathy Casey	F Kirk Adams	F Juanita Correa	
45+ "B"	45+ "C"	55+ "A"	55+ "B"	
B Lowell Johnson	B Sue Dearborn	B John Koruga	B Allan Sachs	
Br Marylou Haugland	Br Marvin Wood	Br Ben Dotson	Br Julia Morrish	
Fy Dave Addleman	Fy Frank Newquist	Fy Pat Dotson	Fy Jan Kavadas	
F Judy Harrison	F Carol Anning	F Muriel Flynn	F Paul Kavadas	

SUNDAY	MIXED FREE RELAY			
35+ "A"	35+ "B"	45+ "A"	45+ "B"	
Kathy Casey	Arlene Proebsting	Joy Rogers	Marylou Haugland	
Rondi White	Terri Highland	Juanita Correa	Walt Reid	
Steve Peterson	Marvin Wood	Bob Proebsting	Carol Anning	
Nick Cummings	Kirk Adams	Lowell Johnson	Dave Addleman	

(NATIONAL RELAYS)

SUNDAY

MIXED FREE RELAY

45+ "C"	55+ "A"	65+ "A"
Ann Gindroz	Muriel Flynn	Marion Chadwick
Joy Ross	Pat Dotson	Mary McMahon
Don Sposato	John Koruga	Allan Sachs
Chuck Roth	()	Gene Crossett

The missing swimmer in the 55+ mixed free relay means that Warren Kleist broke his arm. We are hoping to find a substitute.

Several of you are not in relays that you signed up for and several of you have volunteered to substitute since the relay entry was sent in. All of you will be used as substitutes. Once we actually get to the meet, we have to redo relays due to illness, absence, and emergencies. SO SUBS BE READY! A couple of you owe a dollar or two due to the most recent changes in the relays. We will be asking you for that money at Nationals.

All of you PNA swimmers should check your results for your individual events as soon after they are posted as possible. Report any problems to Kathy Casey, who is the official team representative at Nationals. She will take care of any problems with the officials. Officials are very busy running the meet. They can not deal with every swimmer who wants to talk to them. Only team representatives are to take problems and/or protests to the officials.

Kathy will pick up the relay cards each day. A team captain will be assigned for each relay. That person should get the card from Kathy or Walt and make sure his or her relay team is assembled well before the race. Kathy and Walt will post the relays each day at the meet. Kathy will have the cards for 25+ and 35+. Walt will have the cards for 45+, 55+, and 65+. Each team should decide which one person on their relay will pick up their relay medals. One person picks up all the medals for his or her relay team and signs for those medals.

Double check your relay card as you go up to the blocks to make sure your swimmers are listed in the actual order in which they will swim. The lead swimmer must be listed #1 on the card. If it is not right, change it.

The 65+ men's medley relay (Fred, Jim, Gene, and Alan) will have to get together with Walt to decide who will swim what.

Thankyou everyone for your fine response to relays. See you at Stanford!

Kathy and Walt

LONG COURSE NATIONALS

THE WOODLANDS, TEXAS

AUGUST 21-24, 1987

If you are planning to go to long course nationals this summer please notify Kathy Casey if you are a Pacific Northwest Aquatics swimmer.

Kathy Casey

11114 - 111th St. S. W.

Tacoma, Wa. 98498

(206)588-4879

SEYMOUR RAPIDS MEET INFORMATION

Sunday June 14, 1987 - Warmup 10:30 AM, Meet 11:30 AM, Social 4:00 PM
Ron Andrews Community Centre, 931 Lytton Street, North Vancouver, BC
Entry Deadline - June 4, 1987

Ron Andrews Community Centre is situated in North Vancouver, BC. The easiest route to approach the pool is by heading west on Highway 1 into North Vancouver over the Second Narrows Bridge. Take the third exit (note that the first exit is at the end of the bridge, don't forget to count it). When you take the exit stay on the right hand side. Follow this road, the Mount Seymour Parkway. You will approach an intersection with traffic lights. The cross street is Riverside Drive. Proceed through the lights. The road proceeds up a small hill to a pedestrian controlled signal. The cross street is Lytton Street. Turn right at this intersection then take the first right into the parking lot.

Ron Andrews Pool is 25 Meters, six lanes. Lockers available 25 cents.

NORTH WHIDBEY AQUATIC CLUB PNA MASTERS MEET INFORMATION

Saturday, June 27, 1987 - Warmup 8:00 AM, Meet 9:00 AM
John Vanderzicht Memorial Pool, 2299 20th NW, Oak Harbor, WA
Entry Deadline - June 17, 1987

Coming into Oak Harbor on Highway 20 from the South: Follow Hwy 20 through Oak Harbor to 700 Ave West - the 3rd traffic light. Turn right on to 700 West and proceed to 20th NW St. The Pool is on the right.

Coming into Oak Harbor from the North on Hwy 20: Follow Hwy 20 through Oak Harbor to 700 Ave West - the 3rd traffic light. Turn left onto 700 Ave West and porceed to 20th NW St., Turn right onto 20th NW, The pool is on the right. There are signs at HWY 20 and 700 Ave West.

John Vanderzicht Memorial Pool is a 6 lane, 25 Meter pool. KDI Paragon Starting Platforms. Horn and Strobe Start. 84 degrees. Concessions available, 25 cent lockers, Handicap facilities.

OREGON MASTERS ALBANY LONG COURSE MEET INFORMATION

Saturday and Sunday, June 13 and 14, 1987
June 13 Warmup - 5:30 PM, Meet Starts at 6:30 PM
June 14 Warmup - 8:30 AM, Meet Starts at 9:30 AM
Albany Community Pool, 2150 36th Ave SE, Albany, Ore.
Entry Deadline - June 2, 1987

From South on I-5: Take Lebanon/Corvallis exit. Go west for one mile, Turn right at S. Albany HS sign, then north on Columbus for 4 miles. Turn right at 36th, the pool is behind the HS.

From North on I-5: Take the first Albany exit to second light, (Dairy Queen) turn left on Waverly, South on 36th. Turn right which puts you in front of the pool.

EMERALD CITY OPEN WATER SWIM

WHAT: Open water swim of one mile on a triangular course
WHERE: Andrews Bay, Seward Beach, Seattle
WHEN: Saturday, August 8th, 9:30 A. M.
COST: \$10.00 Pre-registration - T Shirt
\$15.00 Day of race

FURTHER INFORMATION: 206 935-6006 (Southwest Pool - 12 Noon to 8 PM
To receive a registration form, send a self addressed stamped envelope
to: Southwest Pool
2801 SW Thistle
Seattle, Wa 98126

(Nancy Eisner)

OTHER MEET INFORMATION

MAY 29-31 Pacific Masters Swimming 25 Meter Invitational
Sonoma State University, Rohnert Park, CA
Housing may be available
Ed Rudloff 707 664-2401 or 664-2357

JUNE 13-14 ALBANY. OREGON MEET

JUNE 27-JULY 2 UNITED STATES NATIONAL SENIOR OLYMPICS
ST Louis, Mo.
Must be 55 or older, and have competed in the Masters
Regional Meet. Other sports are included.
Diane Hovland - 625-2981 or Kathy Casey 206 588-4879

JULY 11-12 STATE GAMES OF OREGON
Two Days, no distance
MAC Pool - Portland

JULY 18 Red Cross Swim Across Willamette
Portland, Oregon

SEP 19 DOWNTOWN Y, VANCOUVER, BC

OCT 3 Duel Meet - PNA (Tentative- No location)

For information about out of association meets, unless otherwise listed,
contact:

INLAND EMPIRE
Harry Lewis
E 944 39th Ave
Spokane, WA 99203
509 747-3421

OREGON
Bert Peterson
2051 NE 137th
Portland, OR 97230
503 252-6081

IDAHO
Richard Cook
Sawtooth Masters Swimming
1915 SW State Street
Boise, ID 83702
604 736-7645

BRITISH COLUMBIA
Dennis Crockett
BC Masters
1531 W 4th Ave
Vancouver, BC V6J 1L6

DAWN MUSSELMAN INSPIRATIONAL SWIMMER AWARD GOES TO MARLENE HOLMES

- CRITERIA:
- An inspiration to all PNA swimmers
 - Shows willingness to share information, training or coaching tips with fellow swimmers
 - Offers encouragement to other swimmers
 - Exhibits good sportsmanship at all times
 - Shows a strong committment to PNA Masters Swimming

The 1987 recipient of the Dawn Musselman Inspirational Swimmer Award has certainly been an inspiration to all swimmers. Always a good sport, encouraging and cheerful, this swimmer has become an institution at PNA meets. She has not done this alone, her team mates have given her great support. She couldn't have done it without her coach, Kathy Casey, whose encouragement and perserverance is now being passed on. She is an inspiration to us all. I know she was an inspiration to Dawn who felt that Marlene Holmes was proof you can do anything if you believe you can. This year's award goes to Marlene Holmes from Fort Steilacoom.
(BOB MUSSELMAN)

LETTERS TO THE EDITOR OR ARTICLES FOR THE NEWSLETTER

This is your newsletter, a means of communicating information between all of us. With this thought in mind we encourage you to express your views. We only ask you adhere to four guidelines:

1. The subject should be of interest to Masters swimmers.
2. Be as brief as possible.
3. Material must be received before the last day of the month.
4. If its worth while for reading, its worthy of being signed.

If you wish your name withheld, your request will be honored and only the Editor and/or President will know your identity.

All information, whether it is a letter to the editor, or a report from a committee chairman should be sent directly to:

Dorothy Kleist
31417 36th Ave. SW
Federal Way, WA. 98023

(Dorothy Kleist)

A very special THANK YOU to KATHY CASEY for all the hard work she has put into getting this newsletter out to you, accurately, on time and very readable. She will be a tough act to attempt to follow.

BRISBANE - THE WORLD MASTERS SWIM IN 88!

October 9-16, 1988 is the date, Chandler Swimming Complex is the place and you are the one to be there! Chandler Swimming Complex is a 10 lane 50 meter pool with a 25 meter training pool and a diving pool all under one roof. Ample seating for at least 5000 is available.

If that isn't enough to entice you, read on. Brisbane is the capital and gateway to the Sunshine State ...Queensland. Brisbane is the venue for the highlight of Australia's Bicentennial, World Expo 88. Brisbane is a modern city with sub-tropical climate. Brisbane the gateway to the Gold and Sunshine Coasts, nearby tropical islands and rain forests.

Jetset Tours has some excellent packages which include first class accomodations, central to the city, swimming and World Expo. For more information write: Jetset Tours, GPO Box 2262, Brisbane, Qld. 4001, Australia. (Carter Morgan - Anacortes)

SAN FRANCISCO BAY CRUISE AT SHORT COURSE NATIONALS

Because of the great response for the PNA cruise, we have decided to have two! One on Friday evening May 15th and the other on Saturday evening, May 16th.

Darryl Swenson's family's boat will be at the Brisbane Marina which is on the SF Bay, south of San Francisco. DO NOT GO TO BRISBANE AUSTRALIA !!! The cruise will last about 2 hours. We will go by the San Francisco City Skyline, The Golden Gate Bridge and Alcatraz.

The boat will leave about an hour after the last event at Nationals. It is about a 30 minute drive from Stanford to the Marina. Please grab a snack before the cruise or bring something for yourself to eat on board. We aren't calling this a pot luck; just fend for yourself. Bring your own beverage and ice.

All PNA swimmers are invited. There is no cost. We should have room for everyone. The boat is a 52' cruiser that has hosted as many as 90 while in a berth. The captain feels that 35 is a safe number for the SF Bay. Be sure to dress warmly. The San Francisco Bay is not a tropical paradise like Seattle is!!

Directions to the Brisbane Marina will be available at the meet. If you have not RSVP'D yet, call Darryl. 343-2316 Work. 284-6529 Home. (Darryl Swenson)

THE DIFFERENCE BETWEEN A SWIMMING WORKOUT AND A SWIMMING PRACTICE

Most of us who swim regularly put most of our emphasis on hard, exhaustive sets. Depending on the season, a typical swim workout might include: a warm-up, a hard main set or series, some kicking, pulls and a warm down. There is no doubt that all these things are important. There is, however, an important portion of swim practice that we tend to overlook. There isn't a locker room in the world that shouldn't have 8 X 11 cards with the printed message "PERFECT PRACTICE MAKE PERFECT".

The only way to practice perfectly in a swimming workout is to do those things that make a tenth of a second difference here and there during a race. Take advantage during those long boring series on driving into and off the walls using the kind of turns you would want in a race, not the kind of turns you do in a swim workout. You get what you practice. Take advantage during one of your sets to practice a stroke drill. Set a specific portion of your swimming practice for stroke drills...practice them perfectly.

Swimming a sloppy, lazy workout is a bad habit. Start a good habit your next workout by practicing perfectly.

(TAC-Y COACH MIKE STIPEK)

***** STYLE

Lots of articles on technique, hardly any on "style". What's the difference? Technique is how you DO it, but HOW you do it is style! Understand? Here's some examples:

1. Deliberately splashing your counter when you flip turn earns NO style points. Deliberately splashing the age-grouper timing in your lane with a great, fast finish....that's style.
2. Changing strokes in the middle of a 1000 or 1650...regardless of the reason, sorry no cigar. Doing the whole thing one stroke other than crawl, and with obvious disdain ("just another workout")...Wow!
3. Swimming the four 50's plus the 100 IM....get serious!
Swimming the four 100's plus the 200 IM....I love it!
Swimming the four 200's plus the 400 IM....Nope! See my article entitled "The Silly Swimmer". Too much is too much, not stylish.
4. Going a P R after a 2 week lay off. Are you kidding, thats tapering.
Going a P R after a 2 month lay off, thats style.
5. Writing articles for swim publications equals incredible "with-it-ness". That's WITH-IT-NESS, yes, of course its a real word.
Reading such articles??? Aren't you glad you didn't read this one?
(THE FANTUM)

DOKOJH
 EDILOK
 OTG P
 2A08
 NOBWA
 MEMSTE
 BOB MV
 ID DE
 NOBWA
 JEM W

May
thu

mon	tue	wed	thu	fri	sat	sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



Short Course Nationals at Stanford, California

Darryl's Cruise

Board Meeting at UW at 7:00 pm

On Deck:

- June 13 Board Retreat
- June 27 SC Oak Harbor
- July 28 Board Meeting-Tacoma Y
- Aug 7-9 LC Reg'l Champs-Oregon
- Aug 21-24 LC Nat'l's-The Woodlands, TX
- Aug 25 Board Meeting-UW

May 1988 SC Canadian Nat'l's-Vancouver, BC
 Oct 8-14 1988 LC World Champs-Brisbane, Australia

MAY 1988
 JUN 1988
 JUL 1988
 AUG 1988
 SEPT 1988
 OCT 1988
 NOV 1988
 DEC 1988