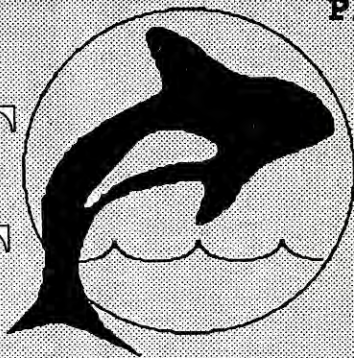


the

WET
SET



PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS

PRESIDENT

Rondi-Beth White
7001 Topaz Dr. SW
Tacoma, WA 98498

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THE PNA NEWSLETTER

VOLUME 6

NUMBER 6

JUNE 10, 1987

Dear PNA Members,

Summer is really almost here! Even the weather has been cooperating. Soon it will be too warm to wear sweats all the time, and I'll have to go on that diet!

I would like to congratulate all the swimmers who went to Stanford for Nationals! Everybody did well, looked good, and I know we all had a good time (most even had good times!). Darryl Swensen was a perfect host! San Francisco was fantastic at night, and the boat was wonderful. Thank you Darryl!

In July, we are having our first Family Fun Day. Be sure to read the information about it in this newsletter. I hope you will all plan to come. It promises to be Fun and Friendship. (Well, maybe just a little friendly competition.)

Good Luck at Oak Harbor, and have fun. Try to remember "Life is a journey, not a destination!"

Love,

Rondi

JUNE BOARD MEETING - JUNE 23, 1987 - 7:00 P.M. - TACOMA YMCA

The June Board Meeting will be the fourth Tuesday of June, (June 23rd) at 7:00 P.M. at the Tacoma YMCA Family Fitness Center, 1002 S Pearl St., in the Board Room.

Take the Highway 16 (Bremerton) exit off I-5, pass the only light at 19th then take the 6th Avenue exit. Turn left on 6th Avenue and left at Pearl Street. The Y will be on your right about 500 yards after you turn. Any one who is interested in the PNA is invited to attend.

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PNA Board Meeting
May 26, 1987

The Meeting was held in the Ranchero at the U of W and was called to order at 7:15 p.m. Those in attendance were: Dave Addleman, Judy Harrison, Lisa Farin, Gordon Gray, Darryl Swenson, Kathy Casey, Walt Reid, Warren Kleist, Dorothy Kleist, Steve Engel, Hugh Moore, Rick Ingraham, Kiko Kimura, Rondi White, Kathy and Forrest Brooks, Joann Brislin and Debra Lewis. The April minutes were approved as submitted.

COMMITTEE REPORTS:

Treasurer: Motion was made and seconded to approve the treasurer's report.

Membership: 516 members as of May 26, currently 30-40 members ahead of the same time as last year. Mrs. Ingraham is transferring the membership information onto Dave Addleman's computer. Membership forms should now be sent to Dave.

Meets: Motion was made and seconded to appropriate approximately \$20.00 for purchasing "No Diving" signs to be used for stopping people from diving off blocks during warmups. By-Laws say 1 committee, 1 chair, 1 vote. A question was raised about getting a co-chair a vote. This would require a change in the by-laws. The by-law committee might look at having this change made. Question of whether the meet committee would get 2 votes and other committees only 1 vote. No meet bids received yet. There is a need for a PNA observer at the Canadian meet because Walt Reid will not be going to the meet. Hugh Moore will ensure an observer is present at the meet.

Records: Short course records are completed for 1986-87 season.

Publicity: Steve Peterson and Lisa Farin are on the committee. "Sports Northwest" magazine will include the meet schedule. Motion was made and seconded to accept "Sports Northwest" magazine as an official PNA publication. Judy will discuss this with the editors.

Newsletter: Turn information into the editor early to give her time to work on it. Meet committee will supply meet entry forms to the newsletter chair. Registration form will appear in the newsletter monthly and "where to swim" will be printed quarterly or used as filler.

Social: Saturday, July 11, at 1:30 p.m. a picnic/family event will be held at Gordon Gray's house. Bring your own food. Open water swim across Lake Washington will be considered as an event to be held on August 15 at 8:00 a.m. East-side swim teams would help organize this event. Forrest Brooks, Darryl Swenson, Judy Harrison and Mary Lou Haughland will look into the logistics of this event. Questions: boats needed, how many, trained personnel in CPR, sanctioned meet, only USMS swimmers? Committee will look into these aspects and any others that arise.

Officiating: Hugh will look into certifying officials for Masters meets and see what needs to be done to ensure this certification.

Fitness: Report from Jane Moore was read. Committee needs additional members.

By-Laws: Motion was made and seconded not to go through by-laws to delete obsolete or in-conflict by-laws. The committee will wait and review minutes from the former secretary after they are submitted.

Computer Location: The computer will soon be transferred to Walt Reid for use in compiling records. Motion was made and seconded to pay a bill of \$59.00 plus tax incurred by Dave Addleman for purchase of a computer program to be used in facilitating his job as membership chairman.

Retreat: The retreat has been postponed because there were too many scheduling conflicts. September 19 is a tentative date for the rescheduled retreat; time and location to be decided.

Absent Treasurer: The treasurer has missed 2 board meetings and 2 swim meets which is causing some problems in the financial business of the PNA. President will speak to the treasurer about his continuing interest in serving in the position. Motion was made and seconded to switch the PNA checking account to a large regional bank with many different branches for ease of transacting PNA business.

Nationals: It was a good meet, well organized, lots of records set.

Convention: Registration for the convention is \$50.00 per person. PNA will have 4 people with the ability to vote, 2 as chairmen of national committees and 2 for the association. Joann Brislin will look into the price of airfare to Atlanta, site of the convention. Letters expressing interest in attending the convention should be sent to Dave Addleman by all persons wishing PNA financial assistance for the trip.

The meeting was adjourned at 9:40 p.m. The next meeting will be June 30 at the Tacoma YMCA.

Debbie Lewis

DECK PROFILES

Debbie Kingsly of Bellevue will be interviewing and writing this column in the future. From the comments everyone missed seeing this feature and is looking forward to seeing it again.

Thank's Debbie, we are looking forward to the return of Deck Profiles!

ALL WET

Julie Corman began this very popular article, and hopefully it will be back in next month's issue. See the January WET SET for the contest of "The Most Races Swum in 1987" and get swimming if you want to win!!!!

Results of 1987 PNA Champs

REGISTERED TEAMS:

Division 1:

First Place - Tacoma YMCA Masters -	1932 points
Second Place - Husky Masters -	1887 points
Third Place - Bellevue Athletic Club -	1603 points

Division 2:

First Place - Mercer Island Swim Coalition -	1147 points
Second Place - Bellevue Eastside Swim Team -	880 points
Third Place - Cascade -	735 points
Fourth Place - Mt. Baker Masters -	706 points
Fifth Place - Tigers -	678 points
Sixth Place - North Kitsap Masters -	438 points
Seventh Place - Madison Mad Dogs -	351 points

Division 3:

First Place - Team Redmond -	574 points
Second Place - Fort Steilacoom -	382 points
Third Place - Federal Way Masters -	203 points
Fourth Place - Totem Lake Swim Team -	109 points
Fifth Place - Olympic Peninsula Masters -	92 points
Sixth Place - Washington Athletic Club -	59 points

1987 REGION XII LONG COURSE CHAMPIONSHIPS

Friday, Saturday and Sunday - August 7,8, and 9, 1987 at the Mt. Hood Community College Pool. Entries postmarked no later than July 17, 1987. The meet begins Friday, warm up at 6PM; Saturday and Sunday 8AM warm up. 400 IM and 1500 entrants check in by 6 PM Friday, and 400 entrants check in before event 12 on Sunday. Potluck Party, Saturday after the meet.

From Portland, take I84 East to Wood Village Exit. Head south to Stark. Left on Stark to 257th. Right on 257th to Cochran. Left on Cochran to pool. See Page 22 for additional information and Page 21 for entry form.

1987 USMS NATIONAL LONG COURSE CHAMPIONSHIPS

The Nationals will be held August 21-24 at the Woodlands Athletic Center in Woodllands, Texas.

Entries must be in the hands of the entry chairman no later than July 21 and late entries will be returned. The cost is \$3.00 per individual event plus a \$13.00 surcharge per swimmer. Fees must accompany the entry form, and an entry is not considered complete until the check clears.

A Texas Barbeque will be held on Saturday evening, August 22nd at The Woodllands Inn. Cash bar at 6:00 P.M. and a buffet style Barbeque starting at 7:00 P.M. There will be a live Disc Jockey with 50's and 60's music from 8:00 P.M. to 12:00 M. The dress is casual. FREE BEER! For more information and the entry form see Pages 23 and 24.

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 See Page 19 for Entry Form.

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.

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

- 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
Notice to all Non-Oregon Swimmers
As part of the State Games of Oregon there will be a long course meet in Portland on July 11 and 12. The entry form states that you must be an Oregon resident in order to enter, BUT, the only penalty you get for not living in Oregon is that you forfeit your right to a free T-shirt and any awards you might win. Your times will be recognized as official times with USMS. If you would like to enter the meet please complete the entry form and send it to the designated address. Be sure to include your current USMS number. Entries are due by June 16, 1987.
- JULY 18 Red Cross Swim Across Willamette, Saturday July 18, 1987
Tom Mc Call Park South, on the Willamette River, Portland
Starting at the Alexis Hotel you will swim a course out around some bouys and back, approximately 1000 yards.
The cost is \$15.00 per entrant which includes a long sleeve T-shirt and a swim cap. Plus its tax deductible
For an official entry form or more information, write or call: The American Red Cross, PO Box 3200, Portland, OR 97208 - Attn: Laurie Conlin 503 284-1234 Ext. 307
- JULY 19 Howard Prarie Lake Swim
Ashland, Oregon
Open Water - 1500 Meter or 3000 Meter
- 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

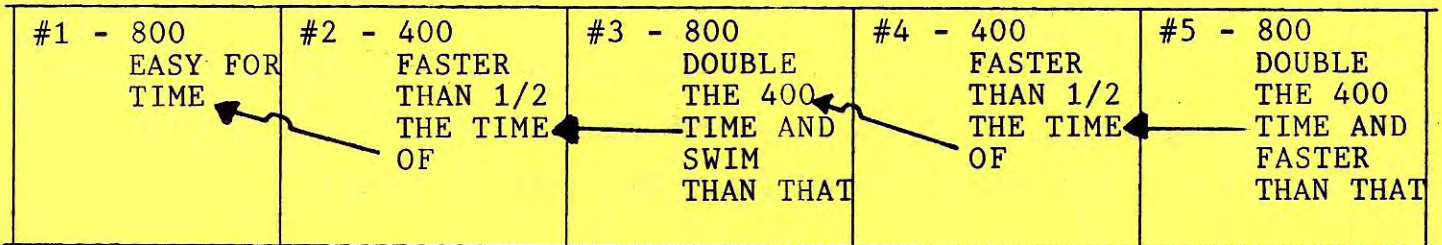
IDAHO
Richard Cook
Sawtooth Masters Swimming
1915 SW State Street
Boise, ID 83702
604 736-7645

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

COACH'S CORNER - WORKOUT

Try this..... the following workout was contributed by Gail Dummer, the USMS Vice President. It is a building set during which you gradually swim faster.

1. Swim an easy 800 for time.
2. Swim a 400 that is faster than half the time of the 800.
3. Double the 400 time and swim an 800 faster than that time.
4. Swim another 400 that is faster than half the time of the last 800.
5. Double the last 400 time and swim another 800 faster than that time.



You can vary the distance (i.e. swim 200's and 100's; 400's and 200's; 100's and 50's).

You can use this for any of the four strokes.

(KATHY CASEY - COACH FORT STEILACOOM)

THE WET SET had a new look last month and the changes were met with mixed reviews....mostly favorable. Some good constructive comments are under consideration, and some good constructive comments are being implemented in this issue of the WET SET. We thank everyone for their input, we may not always be in agreement, or even use your suggestion immediately, but the WET SET will continue to adapt to meet the needs and wishes of the majority of those who express opinions.

Note the new logo...this was designed by your Vice President, Dave Addelman. Note the calendar on the last page. This calendar will hopefully be one of the first things you check when the newsletter arrives. It has all meet information listed in an easy to read format.

If you have comments, questions, information to submit, etc., send them to Dorothy Kleist, 31417 36th Ave SW, Federal Way, WA 98023 or call 206 838-1555.

FAMILY BARBECUE, GAMES, AND FUN LAKE SWIM

Saturday- July 11, 1987
1:30 PM Until Evening Time

At Gordon Gray's Lakeside House
Kitsap County - See Directions
Seattle Swimmers: Start the party on the ferry!

All Masters Swimmers and Your Families are Invited

Bring Fun Lake Swimming Equipment: Inner Tubes, Small Boats,
Canoes, Swim Fins, Air Mattresses etc.

Bring your own food, beverage, silverware, plates etc.
Bring a side dish to share.
Barbecuing facilities will be provided.

Any Questions?
Darryl Swenson
(206) 284-6529

Directions to Gordon Gray's house

From Tacoma: Take Rt. 16 over the Narrows Bridge and continue North to Rt. 3 North. Turn onto Rt. 3 and follow to the Keyport/Naval Subase exit. (a few miles north of Silverdale) Take the Keyport exit east on Rt. 308. At 2nd stoplight, 1.4 miles, turn right onto Central Valley. At 1.1 miles Central Valley jogs to the left -- instead continue straight on Hillcrest for .4 miles. You are now at Island Lake. Keep to the left on Lakeshore for .2 miles to the boat launch. Continue straight to the 1st house on the right. (50 meters) You have now arrived at the 25 x 10 yard pool.

From Winslow ferry: Go straight on Rt. 305 and continue into Poulsbo making no turns. At the 4th stoplight in Poulsbo the highway will change into Rt. 3. Go several miles south until you reach the Keyport/Naval Subase exit and continue as above.


From Kingston ferry: Continue on highway for several miles and turn left on Bond. Turn right at the next stoplight in Poulsbo onto Rt. 305 and continue as above.

Address: 12995 Lakeshore Dr NW, Poulsbo
Telephone: 697-1532

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CIC HARBOR, WA 98332
 220-3512 DE
 FOR
 REV

June

mon	tue	wed	thu	fri	sat	sun
1	2 Last Day to Enter Albany Meet	3	4 Last Day to Enter Seymour Rapids Meet	5	6	7
8	9	10	11	12	13	14 SC Meters Seymour Rapids, BC LC Albany, Ore
15	16	17 Last Day to Enter Oak Harbor Meet	18	19	20	21
22	23 Board Meeting at Tacoma Y at 7:00	24	25	26	27 SC Meters Oak Harbor	28
29	30					

On Deck:

- July 11 Family Barbecue
- July 11-12 Ore State Games Portland, Ore
- July 18 Willamette R Swim Portland, Ore
- July 19 Lake Swim Ashland, Ore
- July 28 Board Meeting- UW
- Aug 7-9 LC Reg'l Champs-Oregon
- Aug 21-24 LC Nat'l's-The Woodlands, TX
- Aug 25 Board Meeting- Tacoma Y
- Sep 22 Board Meeting- UW

Looking Forward:

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

STAR MAIL
 012 POSTAGE
 PERMIT NO 11
 HARBOR, WA 98332
 GPO T109PND