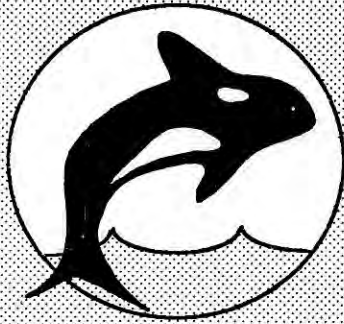


the
WET
SET

PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS



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THE PNA NEWSLETTER

VOLUME 6

NUMBER 9

SEPTEMBER 10, 1987

September 2, 1987

Dear PNA Members;

Most of the schools in the area have started, or will soon, and we can all get serious about swimming again. Another opportunity to accomplish all the goals we set last year, or new ones we set for this year. I, for one, am looking forward to a second chance!

We are trying a new idea this year at meets. In the past the meet directors have had to field all the "comments" we swimmers have had about the meet. This is not really their job, nor do they have the time, at the meet, to deal with this. To remedy this, we have set up two channels for swimmers' input at meets: A protest committee and an ombudsman. The protest committee is under Kathy Casey and will handle technical problems such as late check-ins, questions about disqualifications and special requests concerning actual swimming. The ombudsman, Kiko Kimura, will field comments about non-technical aspects of the meet such as facilities, location of lost and found, constructive suggestions for future meets, etc..

Please deal through these people at the meets! Remember that some complaints (such as the cost of heat sheets or coffee) can become "suggestions" for future meets. This is a big job, and we should treat these volunteers, Kiko and Kathy, kindly!

See you at the meet! I hope its a good one for us all. Remember: "If you think you can, or if you think you can't, you're absolutely right!"

Love,

Rondi

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SEPTEMBER BOARD MEETING - SEPTEMBER 22, 1987

The September Board Meeting will be held the fourth Tuesday of the Month at 7:00 P.M. at the TACOMA YMCA Family Fitness Center, 1002 Pearl Street in the Board Room.

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

PNA BOARD MEETING
August 25, 1987

The meeting was called to order at 7:10 p.m. Those in attendance were: Dave Addleman, Rondi White, Dorothy and Warren Kleist, Hugh and Jane Moore, Joann Brislin, Darryl Swenson, Forest Brooks, Tom Dunning, Lowell Johnson, Bob Miller, Kiko Kimura, Debra Lewis, Tom Taylor, Kathy Casey, Walt Reid, Lisa Farin. The minutes from the June meeting were approved.

Treasurer's Report: It is time to separate PNA Aquatic expenses from PNA Association expenses on the budget submittals. Additional back-up information is also needed with the financial statement. Motion was made and seconded that any receipt submitted for payment must be accompanied by an explanation of whether it is for PNA Association expenses or PNA Aquatic expenses. It will be the job of the treasurer to ascertain whether the explanation is sufficient for reimbursement. Motion was made and seconded to accept the treasurer's report. Motion was made and seconded to reimburse the President \$64.53 for printing and mailing expenses from May - July. The PNA bank account has been established at Rainier Bank. Motion was made and seconded to start the PNA fiscal year on October 1, the start of the new swim season.

The retreat is scheduled for October 3, time and place to be announced.

Meet Committee: Kathy Casey and Kiko Kimura volunteered to be meet ombudsmen to handle complaints or answer questions. Kathy will handle meet complaints and Kiko will handle comments and concerns associated with the running of the meet. Motion was made and seconded to form an ad hoc protest committee with Kathy Casey in charge of forming the committee. The committee will handle protests at meets. Committee members will come from the PNA board member list and will be used on a rotating basis. An announcement will be made at each meet that these people and the committee are available to handle problems.

Newsletter: Tom Dunning will do a September Coaches Corner, Joann will do one for October and Kathy will do one for November.

Social Committee: A camping trip is scheduled for August 28 - 30 on Lopez Island. Darryl will find a local hotel in Vancouver, B.C. for PNA swimmers who go to the September 19 meet. Same thing applies for Ellensburg meet, the PNA will use Thunderbird Motel as meet headquarters. Darryl is planning a Christmas party for December 5, details to be announced. Motion was made and defeated that asked the Board to approve a \$600.00 expenditure for hiring a band to play at a PNA function on the weekend of December 5.

Meets: Motion was made and seconded to award PNA champs to Cascade for the weekend of April 8 - 10, 1988. Motion was made and seconded to award the November meet to North Kitsap. The committee is still working on finding hosts for the December, January, February and March meets. The meet committee will split into 2 separate committees: Procurement of Meets and Administration of Meets. Meet committee members will bring a proposal to the next Board meeting establishing the new committee structure.

Fitness Committee: Motion was made and seconded to have a swim across the PNA from Bellingham to Tacoma within a 6 month time frame. Swimmers must be PNA members and must pay an entry fee of \$5.00. Those who complete the swim will receive a PNA towel. October 1 - March 31 will be the event dates.

The Dawn Musselman Swim for Cancer swim will be swum at the same time as the National Postal meet in January.

Membership Committee: People have been applying for the new season but they are using the \$10.00 form instead of the new \$15.00 form. Dave Addleman will contact the people to get the extra \$5.00.

Rule Changes: A lengthy discussion on proposed rule changes for the national convention was held so that the 4 PNA representatives to the convention can vote in the best interest of the PNA.

September board meeting will be held at the Tacoma YMCA, on September 22 at 7:00 p.m.

Meeting was adjourned at 10:00 p.m.

Dana L. Lewis

SWIM ACROSS THE PNA

The Fitness Committee of the Pacific Northwest Association is sponsoring a Swim Across the PNA. This year's course is from Bellingham to Olympia with intermediate stops at Mt. Vernon, Everett, Seattle, and Tacoma. Plans are for this to become a yearly event, so if your favorite place or hometown isn't included this year, it probably will be in the future.

It's easy to do. Send in the entry form on this page now. Keep track of the distance you swim from October 1, 1987 until March 31, 1988. Fill out the chart and map your progress as you swim. Return the completed chart after March 31st.

The entry fee is \$5.00. Prizes will be awarded at the PNA Awards Banquet for each person who completes any segment of the swim. Send in your entry now!

PRIZES:	Mt. Vernon	PNA Pin
	Everett	PNA Pin
	Seattle	PNA Towel
	Tacoma	PNA Towel
	Olympia	PNA Towel and Pin

1987 SWIM ACROSS THE PNA ENTRY FORM

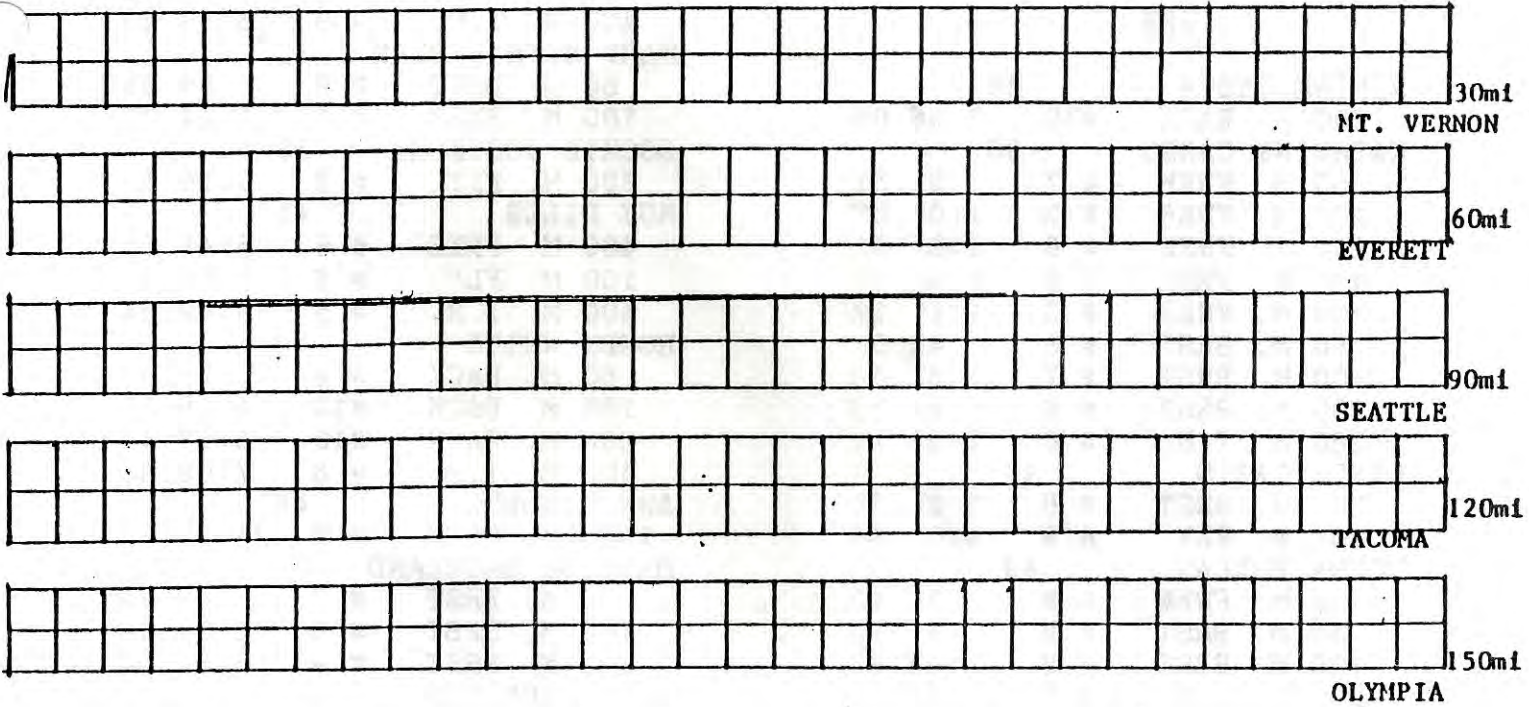
Name: _____

Address: _____

Send entry form with \$5.00 entry fee to:
PNA Fitness Committee
c/o Jane Moore
29920 2nd Pl. SW
Federal Way, WA 98023

BELLINGHAM

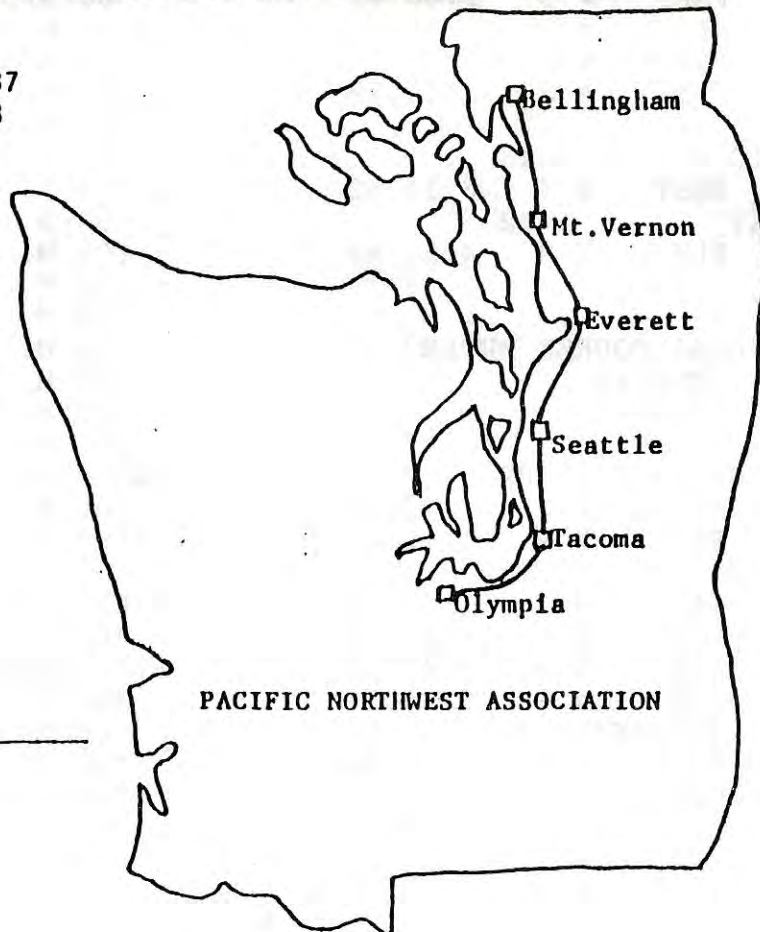
SWIM ACROSS THE PNA



Each square equals 1/2 mile or 880 yards (almost 36 lengths of a 25 yard pool). Place an X in each square as you swim each 1/2 mile to keep track of your progress from Bellingham to your goal.

START: October 1, 1987
STOP: March 31, 1988

RETURN TO:
PNA Fitness Committee
% Jane Moore
29920 2nd Pl. SW
Federal Way, WA 98023



Swimmer's Name:

P N A MEET INFORMATION (JOANN BRISLAN and KATHY CASEY)

OCTOBER 17 EASTSIDE CATHOLIC MEET will be held Saturday, October 17, at the Mercer Island District Pool. Warmup for the 500 FR will be at 8:00 AM with the 500 FR starting at 8:30 AM.

There will be an additional warmup of at least 30 minutes following the 500 FR and the rest of the meet will start no earlier than 10:00 AM. Additional information on page 12 and Entry Form on page 13.

Entries must be postmarked by October 6, 1987.

OCTOBER 23-25 REGION XII SHORT COURSE METER CHAMPIONSHIPS
The Region XII Short Course Meter Championships will be held at the Kittitas Valley Memorial Pool in Ellensburg October 23rd through the 25th. Additional information on page 18 and Entry Form on page 19.

At the request of the Board, Darryl Swenson our Social Chairman, has suggested the THUNDERBIRD INN in Ellensburg as the place where PNA swimmers who wish to be together are encouraged to stay. See page 18 and make your own reservations.

Entries must be received by October 2, 1987.

NOVEMBER 14-15 NORTH KITSAP MEET to be held Saturday and Sunday, November 14-15th, in the North Kitsap Pool, Poulsbo, WA. 206 779- 3790

DIRECTIONS:

FROM BAINBRIDGE ISLAND FERRY onto 305 to Poulsbo. Right at first stoplight in Poulsbo onto Hostmark. The Pool is .6 miles uphill, across from the high school.

FROM TACOMA take route 16 over Tacoma Narrows Bridge to Hwy 3 North to Poulsbo. At the stoplight of Hwy 3/305 intersection, continue straight on 305. At third stoplight (1.9 mi.), turn left onto Hostmark. (See above)

MOTELS: CYPRUS INN 206 697-2119
 CONTINENTAL INN 206 779-5575
 EVERGREEN 206 779-3921

MEET NOTES: Check in for 400 IM and 1650 Free by 4:40 PM. Concession stand available. Diving pool for warm-up during the meet. You must be registered for 1987-88 to be eligible for this meet.

DEADLINE: Entries must be postmarked by November 4th. Entry form on page 15.

OTHER MEET INFORMATION (JOANN BRISLAN and KATHY CASEY)

SEP 19-20 If you have already entered the UNPQUA VALLEY MEET in ROSEBURG, OREGON there is a change:

The 100 IM was inadvertently omitted. The 100 IM will be swum between the 200 Free (#18K) and the Mixed Medley Relay (#19). Swimmers will be allowed to deck enter the 100 IM. If you have already entered 5 events and wish to swim the 100 IM, scratch one of your original 5 events and check in to enter the 100 IM.

SEP 19 VANCOUVER YMCA MASTERS INVITATIONAL SWIM MEET
ENTRY DEADLINE SEP 15! This deadline has been extended as information arrived too late for the August WET SET. If you can't mail your entry so it will arrive by Sep 15th call Denis Crockett 604 985-2262 (home) or 604 736-7645 (work).

This meet will be held at SIMON FRASER UNIVERSITY AQUATIC CENTRE. A great facility and a park-like campus.

The Warm-up starts at 10:30 AM and the first event goes at 11:30 AM.

PNA Swimmers are encouraged to stay at the Sheraton Villa Inn, 4331 Dominion, Burnaby BC 604 430-2828. For the special rates be sure to state "MASTERS SWIMMER AT THE SIMON FRASER UNIVERSITY MEET". See Map on page 16 and Entry form on page 17.

OCT 3-4 REDMOND, OREGON - SHORT COURSE METERS
Cascade Aquatic Masters are hosting the Redmond Short Course Masters Meet, October 3rd and 4th. Warmup starts at 9:30 AM on the 3rd and at 8:00 AM on the 4th. The meet Director is Cynthia Dunlap 503 548-5628 (home) or 503 548-6066 (work). The address of the pool is 465 SW Rimrock. From Sisters East on Hwy 20 go to yellow blinking light at Rimrock Ave turn left. Go past Redmond High School. Pool in on the left just north of the High School. From Hwy 97 South turn right on Highland Ave. Continue to yellow blinking light at Rimrock Ave, turn right. Entry Fee \$5.00 and must be postmarked by Sept 23, 1987. See page 11.

MAY 13-16 1988 CANADIAN MASTERS SWIMMING CHAMPIONSHIPS
1988 The 1988 Championships will be held in accordance with Rule 22 of the Swimming Canada Natation Handbook. (CASA). The meet site is the UBC Aquatic Center in Vancouver BC. The Aquatic Center comprises two 50 meter pools, one indoors and one outdoors. (The meet will be held in the indoors pool - 8 lanes for the meet and a 25 meter portion for competitors during the meet.)

MAY 19-22 1988 MASTERS NATIONAL SHORT COURSE CHAMPIONSHIPS
For meet information send a self-addressed, number 10 business size envelope, stamped with .44 cents to:
Huddy Murray, 1988 Masters Nationals
% Texas Swim Center
1900 E Campus Drive
Austin, TX 78705

FINA/MSI WORLD MASTERS SWIMMING CHAMPIONSHIPS - BRISBANE, AUSTRALIA 1988

Estimated cost - minimum \$1600.00 including airfare, eight nights hotel, airport transfers, portorage, "Welcome" function, World EXPO 88, and the "Finale" function.

1988 is Australia's Bicentennial and Brisbane the site of World EXPO 88 so go/no go decisions must be made ASAP. SWIMTOUR INTERNATIONAL / JETSET TOURS hold accomodations in all categories but booking should be made soon after receiving the brochure. The complete travel brochure will be available very soon, including a wide variety of pre and post meet tours in Australia and the Pacific. Write/call to be assured early receipt of the brochure: SWIMTOUR INTERNATIONAL, 413 Canal St, Stamford, CT 06902 or call 1 800 243-6346. (SWIMTOUR INT'L/ASK MR. FOSTER - BILL KRUMM)

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

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
Denis Crockett
BC Masters
1531 W 4th Ave
Vancouver, BC V6J 1L6

Contact the following H.O.S.T. when you wish to stay in another swimmers home during an out of town meet:

OREGON MASTERS	ANDY SCHRAG	206	254-9400 HOME
		206	254-9661 WORK
PNA MASTERS	DAVID ADDLEMAN	206	852-7002
IEA MASTERS	MARIAH CLARKE	509	926-2597
CORVALLIS	MARK & LAURA WORDON	503	753-9352
SOUTHERN OREGON	TERRY & JUDY MC CURDY	503	673-3673

PNA SOCIAL COMMITTEE REPORT (DARRYL SWENSON)

In addition to attempting to get PNA Masters swimmers to stay together at meets by designating a specific Hotel or Motel as "PNA headquarters", other activities have been planned, carried out and enjoyed this summer.

A Christmas party is planned for December 5th so save that date and more details will follow in the next issues of the WETSET.

ALSO - COMMUNICATE! Let us know what you want in the way of socials!!!!

PLACES TO SWIM IN THE PUGET SOUND AREA

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

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: Tom Anderson 246-1610

Burien Swim Club, 626 SW 154th, Burien 433-7900
lap swim: M-F: 6-10:30 AM, 11 AM-2 PM, 6-9:30 PM/ Sat.: Noon-2 PM

Des Moines
Mt. Rainier, 22722 19th Ave. S., Des Moines 824-1728
workouts: M-W: 8-9:30 PM / F: 6-7 PM contact: Bob Miller 878-4789
lap swim: M-F: 6:00 - 8:30 AM/ M-TH: 8:00 - 9:00 PM

Edmonds
Harbor Square Athletic Club, 160 W. Dayton 778-3546
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 Pool, 30421 16th Ave. S., Federal Way 839-1000
workouts: M-F 6:00 - 7:00 AM contact: Hugh Moore 941-3100
lap swim: M-F: 6-7:30 AM & 12-1 PM / Sat 12-1 PM

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
Tahoma, 18230 SE 240th, Kent 432-1948

Kirkland
Juanita, 10601 NE 132nd, Kirkland 828-3251
Lynnwood
Lynnwood Pool, 18900 44th Ave. W., Lynnwood 771-4030
lap swim: M-F 5:30-8:30 AM/ M-TH: 8:45-10:45 AM & 1-2:30 PM
M-TH: 2:45-3:45 PM & 5:45-6:45 PM

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
S1 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, Camous 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

Ballard, 1471 NW 67th, Seattle 783-7176

Evans, 7201 E. Green Lake Dr. N., Seattle 625-4258

Melene 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

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

Southwest Pool, 2801 SW Thistle Street, Seattle 935-6006
workouts: M, W: 5:30-6:30 PM / F 6-7 PM / Sun 5-6 PM
lap swim: M, W, F: 6-7:30 AM & 3-4 PM / Sun 5-6 PM
M, W, F: 7-8 PM / T, TH: 7:30 - 8:30 PM

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
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
Summer


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

Tacoma
Ft. Steilacoom, 9401 Farwest Dr. SW, Tacoma 964-6678
workouts: M - Th: 5:00 - 7:00 PM; Sat. 8 - 10 AM
contact: Kathy Casey 588-4879

Tacoma Pierce Co. Family YMCA, 1002 S. Pearl St., Tacoma 564-9522
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

September

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

Looking Forward:
 MAY 13 - 16 1988 SC CANADIAN Nationals - Vancouver BC
 MAY 19 - 22 1988 SC NATIONALS - AUSTIN, TEXAS

- On Deck:**
- OCT 2 Last day to enter SC METERS Regional Champs - Ellensburg
 - OCT 3 Redmond, Oregon SC Meters Meet
 - OCT 3 P N A BOARD RETREAT
 - OCT 6 Last day to enter Eastside Catholic Meet - Mercer Island
 - OCT 17 Eastside Catholic Meet - Mercer Island
 - OCT 23 SC METERS Regional Champs - Ellensburg
 - NOV 4 Last day to enter North Kitsap Meet
 - NOV 14 North Kitsap Meet
 - NOV 24 P N A BOARD MEETING - UNIVERSITY OF WASHINGTON
 - DEC 5 P N A CHRISTMAS PARTH