

the
WET
SET



PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS

PRESIDENT

Rondi-Beth White
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Tacoma, WA 98498
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THE PNA NEWSLETTER

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BOARD MEETING

SUNDAY JULY 31, 1988 IMMEDIATELY FOLLOWING THE B A C MEET.

July 1, 1988

Dear PNA Swimmers;

We have already had our longest day, I am just sort of getting into summer! It really is like Christmas, by the time I'm ready to enjoy it, it is over. I'm sure my family never wears clothes, they take them directly out of the dryer and put them on the floor in front of the washer! How about a bath size paper towel? Biodegradable of course! I could use a refrigerator that automatically tells me when we are out of milk before I get home from the store! Dustballs should not be allowed to form in the summer, nor should grass grow any higher than an inch and a half. Flies should die outside, not on my window sills and glasses should be like toothbrushes; very personal and used over and over again by one person! Maybe if this were all so, I wouldn't live in fear that the health department is just waiting to close my house down for sanitary reasons! Ah, summer..

Those of you who couldn't make the South Kitsap meet missed a well run, friendly, relaxed meet. It was nice to talk to other swimmers, meet new ones and compete in an atmosphere of real camaraderie. Nice job South K!

Coming up is the BAC long course meet on July 31st, followed by Regional on August 13th and 14. If you have never swum a long course race, here is your chance!

Don't forget the PNA Picnic at Gordon Gray's on July 16th! I know that masters swimming means different things to different people. For some it is only competition and the opportunity to perform better and better and document that performance. That's fine. To some it is a social event and the swimming is a means to spend time doing something fun with people you like. That's also fine. Most of us fall somewhere in between. I would like to suggest that becoming part of the PNA "family" only enhances the swimming experience. If you can, take the time to come to the picnic. Get to know some of the people in the PNA when they aren't in the lane next to you. It really makes the meets more fun when faces and entry times become personalities.

Have a wonderful, safe summer. I hope to see you all at the meets and at the picnic. Remember; "Sometimes, when you are in too much of a rush, you are liable to pass more than you catch up with."

Love,

Ronni

PNA Board Meeting

June 26, 2988

The meeting was called to order at 2:50 pm in Port Orchard by Rondi White. Those in attendance were: Rondi White, Lowell Johnson, Joann Brislin, Dave Addleman, Deborah Addleman, Terri Highland, Carl Highland, Karen Jost, Steve Freeborn, John Eliason, Alison Eliason, Wayne Methner, Jane Moore, Hugh Moore, Kathy Casey, Marlene Holmes, Walt Reid, Gordon Gray, Bobby G. and a host of South Kitsap Swimmers.

The minutes were approved as submitted.

The treasurer's report was tabled until next meeting. Please contact Jane Moore with questions or information for the treasurer from now on.

Committee Reports:

Membership - 495 members, slightly less than last year at this time.

Meets - Bids went out 6/24, asked that they be submitted by next board meeting. South Kitsap to receive full 80% for meet. A thank you to Kathy Casey who has resigned from meets committee due to Zone responsibilities. Address meet questions to Kathy for Regionals, to Joann for other meets. Seniors Games in Utah in 1989. All meets in PNA next season will be qualifying meets, Rondi has forms. Seniors are 50 or over and must win an event in their age group to qualify for the Games.

Records - Short course regional results and national results will be in next Wetset.

Awards - We have plenty of medals in stock. Rondi has inspirational swimmer awards; Team reps please contact her for awards.

Teamwear - Towels still available

Fitness - Decision made to send Wetset to Pierce/King county aquatics directors and PNSA president to enhance relations. Meet schedules should be sent to papers.

By-Laws - proposal to make computer committee a standing committee instead of ad hoc. This requires a By-Law change. Committee chairs asked to submit a definition of their committee for addition to bylaws. Rondi will contact Chairs. Jane submitted a change in wording for Bylaws to protect Board of Directors.

Computer - Meet directors may use Gordon's program for meet entries if they wish to contact him. They must do the entering on the computer, he will help at his convenience, possibly at his home.

New Business - Convention: anybody wishing to go must submit a letter of request to the Board. Dates are October 15 - 23 in St. Louis. Deadline for registration is Aug. 15th. Letters to the Board by the July meeting.

Linda Cazin was appointed by the Board as official observer for Terri Highland's Lake swim for Second Harvest.

Ian Thompson would like more involvement and emphasis on the Dawn Musselman Swim Against Cancer. Board will support a team competition or some sort of award for swimmers. Board asked that Ian submit a plan for Board approval at the July meeting.

Meeting was adjourned at 3:40 pm. Next meeting on July 31st after the BAC meet.

Rondi White

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FAMILY BARBECUE...GAMES...FUN...SWIMMING...TOTAL BLAST

SATURDAY - JULY 16, 1988 - 1:00 P.M.

At Gordon Gray's lakeside home in Kitsap County, (Directions below)

ALL Masters Swimmers and their families are invited. Bring any water fun equipment you may have.....inner tubes, small boats, canoes, swim fins, air mattresses, beach balls, shark repellent, etc.

BRING YOUR OWN FOOD, BEVERAGE, SILVERWARE, PLATES plus a side dish to share...le a salad, home made ice cream, etc. There will be barbecue facilities available.

The "SWIMMING POOL" is approximately 250 X 700 yards so be sure to wear your racing suit, non-racing suit, or racy suit..... just be prepared to get wet and into the swim of things. Those who went last year agree it is the event of the year, so be there.

Refer all questions to: LINDA CAZIN 206 828-4530
11311 NE 67TH, KIRKLAND, WA 98033

DIRECTIONS TO GORDON GRAY'S HOME:

From TACOMA:

Take Rt 16 over the Narrows Bridge and continue North to Rt 3 and continue to the Keyport/Naval Subase exit, (a few miles north of Silverdale). Take the Keyport exit east on Rt 308. At the 2nd stoplight, (1.4 miles), turn right onto Central Valley. At 1.1 miles Central Valley jogs to the left, you continue straight on Hillcrest .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 first house on the right, (50 meters).

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 for several miles and turn left on Bond. Turn right at the next stoplight in Poulsbo onto Rt 305, and continue as above.

GORDON GRAY'S ADDRESS: 12995 Lakeshore Dr. NW, POULSBO, WASHINGTON
206 697-1532

USMS CONVENTION
October 15-23, 1988

Any PNA member interested in representing the PNA at the national convention in St. Louis Missouri this Fall should submit a request to the PNA Board by the 30th of July. Registration must be in by August 15. PNA has budgeted funds to send representatives to the convention. In return, if you are sent, the PNA will benefit from your report on the decisions made and information given at the convention. This is not a holiday. Convention is a working event. Representing our association is an important job and carries the responsibility for sharing our views with USMS and bringing information back to us. If you have questions call Rondi at 582-0532. Decisions on representatives are made by the Board.

SEATTLE PARKS AND RECREATION DEPARTMENT'S
4th ANNUAL EMERALD CITY OPEN WATER SWIM

WHAT: Open Water swim of one mile on a triangular course

WHERE: Seward Beach, Seattle, Washington

WHEN: Saturday, August 13, 1988 9:30am

COST: \$10.00 Pre-registration by August 7, 1988
\$17.00 Day of Race 8 - 9am

EXTRAS: There will be prizes in all the age groups for both men and women. Age groups are in four year increments.

Participants will receive a T shirt and a swimming cap with registration.

A FREE swim clinic will be held at Helene Madison Pool 13401 Meridian Ave. N from 8:30 - 10:00am on Sunday, August 7, 1988. Following this there will be a FREE Master's Workout at the pool 10:00 - 11:30am. Registration for the Open Water Swim will be accepted at the clinic.

There will be a post race snack of fruit and juice.

Sorry NO wetsuits this year!

For more information call Nancy Eisner 684-7440

FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED:

INLAND EMPIRE
ELIN ZANDER
E 1922 15TH
SPOKANE, WA. 99203
509 534-7509

OREGON
BERT PETERSON
2051 NE 137TH
PORTLAND, OR. 97230
503 252-6081

IDAHO
RICHARD COOKE
SAWTOOTH MASTERS SWIMMING
1915 STATE STREET
BOISE, ID 83702
208 939-8289 / 208 336-0606

BRITISH COLUMBIA
DENIS CROCKETT
BC MASTERS
1531 W 4TH AVE
VANCOUVER, BC V6J 1L6
604 736-7645

FOR INFORMATION ON ANY MEET WITHIN THE OCEANA ZONE (WASHINGTON, OREGON, ALASKA, CALIFORNIA, IDAHO, HAWAII) CONTACT THE OCEANA ZONE CHAIRMAN, KATHY CASEY 11114 111TH ST S, TACOMA, WA 98498, 206 588-4879 OR, IN AN EMERGENCY, DOROTHY KLEIST 206 838-1555.

CONTACT THE FOLLOWING **H.O.S.T.** WHEN YOU WISH TO STAY IN ANOTHER SWIMMER'S HOME DURING AN OUT OF TOWN MEET:

INLAND EMPIRE	MARIAH CLARKE	509 926-2597
OREGON MASTERS	ANDY SCHRAG	503 254-9400 HOME 254-9916 WORK
SOUTHERN OREGON	TERRY & JUDY MC CURDY	503 673-3673
CORVALLIS, OREGON	MARK & LAURA WORDON	503 753-9352
SNAKE RIVER	JANET WOOD	208 345-8843 HOME 339-7229 WORK
PNA	MARIETTA HUNZIKER	206 564-9517
	ANN GINDROZ	206 272-1854

LONG COURSE POOLS
Summer Open Lanes

Pierce County;

Titlow Pool
8355 6th Ave.
Tacoma
564-4044
6-9pm \$1

South End Pool
E. 56th and "E" streets
Tacoma
472-9400
12-5pm \$1

King County

Colman Pool
Seattle
684-7494
5-7pm

Kitsap

S. Kitsap High School
876-7385
6-7:30 am \$1

PLACES TO SWIM IN THE PUGET SOUND AREA

- ANACORTES**
Fidalgo Pool, 1603 22nd
workouts: Sat. mornings, contact Pinky Walker 424-8755
lap swim: M-F 6-8 AM, 11AM - 1PM; Sat., 1-2 PM, 7:30-8:30 PM, Sun 4-5 PM
- 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
Samaera 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 747-4245
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 temporarily closed
Burien Swim Club, 626 SW 154th, Burien 433-7900
- DES MOINES**
Mt. Rainier, 2272 19th Ave. S., Des Moines 824-1728
workouts: T/TH/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
- ENUNCLAW**
Enunclaw, 420 Semanski S., Enunclaw 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, 18230 SE 240th, Kent 432-1948**
- KIRKLAND**
Juanita, 10601 NE 132nd, Kirkland 828-3251
LYNNWOOD
- 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**
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
- POULSBRO**
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
Hazer, 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. N., Seattle 684-4961
Helene Madison, 13401 Meridian N., Seattle 362-5344
workouts: M-F: 5:30 - 6:30 AM contact: Robin O'Leary 525-7725
Meadowbrook, 10515 35th NE, Seattle 365-9933
Medgar Evers, 500 23rd, Seattle 324-2560
Queen Anne, 1920 1st W, Seattle 386-4282
Rainier Beach, 8825 Rainier S., Seattle 723-5919
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 temporarily closed
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 684-7440
workouts: M, W: 5:30-6:30 PM / F 6-7 PM / Sun 5-6 PM
lap swim: M-F: 6-7:30 AM & 3-4 PM / Sun 5-6 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 18th 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
- SEQUIM**
Sequim Aquatic Recreation Center, N 610 5th, Sequim 683-6699
workouts: T/TH 8:45 - 10:00 PM / Sun. 7:45-9 PM
contact: Kevin Johnston PO Box 1671 Sequim 98382 683-6699
lap swim: M-F: 6-9 AM, 10 AM-3:30 PM, 6-8:45PM/SS 12-1:30 PM
- SUMNER**
Sumner High School, 1707 Main, Sumner 863-8110
workouts: M, W, F: 5-6 PM contact: Donna Phelan 862-8777
lap swim: M-F: 5:30 - 7:00 AM, 12:00 - 1:15 PM
- TACOMA**
Lakes High School, 10320 Farwest Dr. SW, Tacoma 756-8401
workouts: M - Th: 5:00 - 7:00 PM; Sat. 10:00 - 11:15 AM
contact: Kathy Casey 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: 6-9 PM

Please send any corrections or additions to Hugh Moore
29920 2nd P1 SW, Federal Way 98023

LARRY WRIGHT 39
CASH O'DONNELL 39

RELAYS-MIXED 200 YD. FREE

25 +

SCOTT WEIR 30 1:43.28
MEG LLOYD 27
SHILLEY MACLEOD 36
JEFF GROSS 37

35 +

LARRY WRIGHT 39 # 5 1:41.72 R
JULIE CORMAN 39
DEBORAH WALKER 35
CASH O'DONNELL 39

RELAYS-MIXED 200 YD. MEDLEY

25 +

SCOTT WEIR 30 1:56.63
KENTON BOLTE 36
KIKO KIMURA 32
MEG LLOYD 27

35 +

CASH O'DONNELL 39 # 6 1:56.07 P
DEBORAH WALKER 35
LARRY WRIGHT 39
JULIE CORMAN 39

55 +

ALLAN SACHS 75 # 8 3:46.51
JULIA MORRISH 64
EDWARD MORIARTY 64
MARION CHADWICK 66

NATIONAL AND INTERNATIONAL MASTERS SWIMMING SCHEDULE

- August 25-28 1988 **USMS National Long Course Championships**, University of Buffalo, Amherst, NY. Contact: Gene Donner, 717 South Road, East Aurora, NY 14052. Phone: 716/652-9151.
- Sept. 30-Oct. 2 1988 **Masters International Swim Meet**, Te Rapa Pool, Hamilton, New Zealand. Contact: Wilma Ennor, Waikato Sports Foundation, P.O. Box 46, Hamilton, New Zealand.
- October 8-14 1988 **2nd FINA/MSI World Championships**, Brisbane, Australia. Contact: Margaret Samson, *MSI News*, P.O. Box 70366, Pasadena, CA 91107-7366. Phone: 818/793-2582.
- October 10-22 1988 **World Senior Games** (multi-sport), Salt Lake City, UT. Contact: Sylvia A. Wunderli, 1291 S. Wasatch Drive, Salt Lake City, UT 84108. Phone: 801/583-6231.
- October 19-23 1988 **USMS Annual Convention**, St. Louis, MO. Contact: Nancy Ridout, 580 Sunset Parkway, Novato, CA 94947. Phone: 415/897-9221.
- May 12-15 1989 **USMS National Short Course Championships**, Mission Bay, Boca Raton, FL. Contact: Judy Meyer, 10333 Diego Drive South, Boca Raton, FL 33428. Phone: 205/488-2001.
- July 23-Aug. 5 1989 **1989 Masters Games** (34 sports), Arhus, Denmark. Contact: 1989 Masters Games, Executive Secretariat, Nyhavn 1, P.O. Box 1989, DK-1018, Copenhagen K., Denmark. Telephone: (45) 111-1989. Telex: 55-21311 MALTA DK. Telefax: (45) 157-0193.
- August 17-20 1989 **USMS National Long Course Championships**, University of North Dakota, Grand Forks, ND. Contact: Mike Stromberg, Athletic Department, University of North Dakota, Grand Forks, ND 58202. Phone: 701/777-2766.
- September 17-24 1989 **USMS Annual Convention**, Portland, OR.
- October 7-16 1989 **Pan Pacific Masters Aquatic Games** (all aquatic sports), Indianapolis, IN. Contact: Mel Goldstein, 6456 Broadway, Indianapolis, IN 46220. Phone: 317/253-3652.
- August 7-13 1990 **3rd FINA/MSI World Championships**, Rio de Janeiro, Brazil. Contact: Margaret Samson, *MSI News*, P.O. Box 70366, Pasadena, CA 91107-7366. Phone: 818/793-2582.
- Sept. 30-Oct. 6 1990 **USMS Annual Convention**, Pittsburgh, PA.
- Sept. 15-22 1991 **USMS Annual Convention**, Louisville, KY.