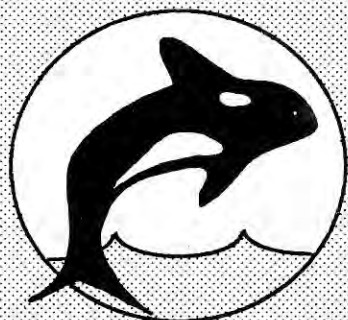


the
WET
SET



PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS

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THE PNA NEWSLETTER

VOLUME 8 - NUMBER 2

FEBRUARY 10, 1989

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FEBRUARY BOARD MEETING

THE FOURTH TUESDAY OF THE MONTH - - - FEBRUARY 28, 1989

7:00 P. M.

DEBBIE LEWIS HOME - 4665 41ST AVE NE, SEATTLE - 206 522-9097

FEBRUARY 1989

DEAR PNA SWIMMERS;

I CAN'T BELIEVE IT IS FEBRUARY ALREADY! TIME FOR THE "ANIMALS" TO DO THEIR THING AGAIN, AND EARN THE RESPECT OF EVEN THE MOST DEDICATED SPRINTER. IF FEBRUARY 11TH ISN'T FOR YOU, WE'LL SEE YOU AT BANGOR ON THE 18TH. THE "REAL" SWIMMERS WILL PROBABLY BE AT BOTH MEETS!

WE HAVE SOME DEADLINES COMING UP (THE WORD "DEADLINE" STRIKES TERROR IN THE HEARTS OF THE GREAT DISORGANIZED SUCH AS I) IN THE NEXT COUPLE OF MONTHS. THE BALLOT FOR NEW OFFICERS FOR THE BOARD OF DIRECTORS IS IN THIS NEWSLETTER. PLEASE VOTE! THIS BALLOT MUST BE IN DEBBIE LEWIS' HANDS BY THE 31ST OF MARCH, ONE WEEK BEFORE CHAMPS, TO BE COUNTED. THIS ELECTION IS IMPORTANT TO THE FUNCTIONING OF THE PNA, PLEASE TAKE THE TIME TO SEND YOUR BALLOT.

ALSO IN THIS MONTH'S WET SET IS A PNA TEAM REGISTRATION FORM. IT IS MANDATORY THAT ALL TEAMS WHO WANT TO COMPETE IN THE TEAM COMPETITION AT CHAMPS BE REGISTERED. THE FEE IS \$10.00. THIS MONEY GOES FOR THE AWARDS PRESENTED AT THE CHAMPIONSHIP BANQUET. A TEAM WHICH DOES NOT REGISTER WILL NOT BE INCLUDED IN THE TEAM COMPETITION. THE DATE BY WHICH THESE REGISTRATION FORMS MUST BE POSTMARKED IS MARCH 24TH, TWO WEEKS BEFORE CHAMPS. TEAM REPS, BE SURE YOUR TEAM HAS REGISTERED. THE REGISTRATION FORMS COME TO ME.

WELL, I DON'T WANT TO TAKE TIME AWAY FROM YOUR WORKOUT, SO I'LL WISH YOU ALL GOOD LUCK! I DON'T THINK MY WORKOUTS ARE AS LONG AS THE EVENTS IN THE ANIMAL MEET, SO MY ADMIRATION FOR THOSE OF YOU WHO SWIM IN THE MEET KNOWS NO BOUNDS.

ALTHOUGH I DO A FAIRLY GOOD JOB OF IT, MY QUOTE THIS WEEK IS STILL PRETTY SOUND ADVICE; "LEARN FROM THE MISTAKES OF OTHERS- YOU CAN NEVER LIVE LONG ENOUGH TO MAKE THEM ALL YOURSELF." TAKE CARE, SEE YOU AT THE POOL!

LOVE,

Rondi

WELCOME TO THE PNA

THE FOLLOWING SWIMMERS HAVE JOINED THE PNA IN THE LAST MONTH

EDWARD BAIRD, SCOTT BENNETT, STEPHEN BERGMANN, JACK CONNELLY, KAREN CROGAN, BARTON DANIEL, KELLY DOWNEY, CATHY FALLEN, VIRGINIA (GINGER) FRAZER, BRAD HALL, DALE HERTER, WILLIAM HUMPHRIES, JOSEPH KEENAN, MARCIA KOREN, MICHAEL KRATTLI, KAY LANG, EVELYN LERCHER, MARGARET LOVELLFORD, STEVEN MASON, MICHELLE MC ELHANEY, DEBRA POHLMAN, ROBERT POSCH, KARI RANNESTAD, ELLEN RENKERT, LAUREL STARK, ROBERT STUART, CRAIG SUNDINE, WAYNE WAGER, AND MICHAEL YANASAK.

PNA Board Meeting
January 24, 1989 Tacoma YMCA Board Room

The meeting was called to order by President Rondi White. Fifteen members in attendance were: Dave Addleman, Joann Brislin, Forest Brooks, Kathy Casey, Steve Freeborn, Bobby Gallegos, Gordon Gray, Lowell Johnson, Karen Jost, Dorothy Kleist, Warren Kleist, Hugh Moore, Jane Moore, Walt Reid, and Rondi White. Eight teams represented were: Federal Way, Fort Steilacoom, Highline, Husky, North Kitsap, South Kitsap, Tigers, and Tacoma YMCA.

1. **Minutes** - The minutes of the November 20 board meeting at North Kitsap were approved as corrected. The minutes of the December 11 board meeting at Anacortes were approved as read.

2. **Treasurer's Report** - Jane Moore reported that the current balance is \$6,238.21. That figure does not include receipts from the Husky meet nor the bill for printing the newsletter. The bill for stapling, folding, and mailing the newsletter is \$200. PNA will owe approximately \$900 to USMS for registration. The report was approved.

3. **Committee Reports**

A. **Finance** - Mailing reminders for membership renewal cost about \$89. Payment of \$44.50 to Lowell Johnson for reproduction of the constitution/by-laws and postage was approved.

B. **Membership** - Hugh Moore reported that PNA now has 438 members. Reminder cards and registration information were sent to over 300 people. Denis Crockett of B.C. Masters will receive complimentary newsletters. Members are warned that if they move, the newsletter will not be forwarded since the post office does not forward bulk mail. Members who move will receive their newsletters only if they send a change of address form to Hugh Moore.

C. **Meets** - Joann Brislin reported that meets are going well. At the PNA Championships April 7-9: 1) the 1650^M will be at Evergreen Pool Friday night (9 lanes available) and the rest of the meet will be at Foster Pool, 2) all events will be deck seeded, 3) swimmers who check in late might be allowed to swim in available lanes at the discretion of the meet director, 4) late entries will be returned and the swimmer will be given the option of re-entering the meet exhibition only, 5) a psyche sheet listing all entrants in each event will be available for purchase in place of a heat sheet, 6) a list of exhibition swimmers will be available at the meet, and 7) new member registrations (for swimmers intending to enter the PNA Champs) and team registration must be postmarked the same date as the entry forms for that meet. The Bangor meet is February 18.

D. **Records** - Walt Reid reported that the Husky results are done, and he has prepared the list of PNA swimmers who made Long Course Top Ten in the Nation for the newsletter.

E. **Newsletter** - Dorothy Kleist requested that a new editor be available to work with her on the March newsletter before she retires from the job in April. Sumner's Masters club, Miranha Tritons, will be added to the registration form.

F. **Awards** - The board granted Steve Freeborn permission to order ribbons to be given free of charge to swimmers earning 1st through 6th places at the PNA Championships provided the order does not exceed \$100.

G. **Officiating** - Hugh Moore reported that officials have been well prepared and have done a very good job at PNA meets.

H. **Fitness** - Jane Moore reported that Karen Jost has joined the team of authors (now five) who share the writing of the fitness column. They are working on a sixth volunteer. This month's fitness activity is the "Dawn Musselman Swim Against Cancer".

4. **Old Business**

A. **Wetset Printing** - More bids for printing will be solicited for the next board meeting. Dorothy Kleist suggested asking for persons interested in printing the newsletter in exchange for free ads in the newsletter.

B. **Nominations** - The committee contacted 40 people in their search for nominees and over 100 people in their search for at-large representatives. (The At-Large Rep represents all unaffiliated swimmers or any team with less than 8 members, about 1/3 of the PNA membership.) The slate of: President - Bobby Gallegos, Vice-President - Steve Freeborn, Secretary - Kathy Casey, Treasurer - Jane Moore, and At-Large Rep - Judy Harrison was approved by the board. The ballot will include space for write-ins and will appear in the February newsletter. Completed ballots must be mailed to the secretary at least one week before the PNA Championships. The board applauded the efforts of Nominating Committee members Hugh Moore, Wayne Methner, and Steve Peterson.

C. **Team and Individual Scoring** - tabled until the next meeting.

D. **Constitution & By-Laws** - Steve Freeborn will refile for PNA's status as a corporation (7.3, Constitution). The following changes were approved by the board.

Constitution - 2.5 - Delete "Local Swimming Committees" and "United States Swimming". Change "(LSC)" to "(LMSC)", "(USS)" to "(USMS)", and "code" to "rules". 8.1 - Change "30%" to "25%". 9.1 - Change "50%" to "25%".

By-Laws - 3.1 - Add "All board members must be currently registered with PNA." 4.2 - Delete sentences, "Current PNA.. Nominations Committee" and "The Nominations...respective offices". Delete "Other" from "Other nominations will be.." Change "February 1" to "January 1" and "March 1" to "February 1". Change "shall" to "should" in the last sentence. 4.7 - Add "at-large" to each "representative(s)". Add as last sentence, "These representatives-at-large shall be elected by the members they represent." 5.1 - Add "1) Constitution and By-Laws" and "* Constitution and By-Laws -" (committee description to include reviewing the constitution and by-laws for changes, advising the board as to procedure, and include policies).

Voting Procedure - Members will be asked to vote at check-in times at the PNA Championships. Members' names will be checked off on an alphabetical membership list at the polling area as each member votes. The complete Constitution & By-Laws will be sent to each team rep and will be posted at the PNA Championships. If the total vote is not 50% of the membership, votes will be solicited from those who did not vote.

5. **New Business - Team Divisions** - Karen Jost (chair), Dave Addleman, and Hugh Moore will determine the division of teams for team scoring at the PNA Championships.

The meeting was adjourned. The next meeting will be at Debbie Lewis' home, Tuesday, February 28, at 7:00 p.m.

Katherine Casey

BALLOT FOR NEW OFFICERS

ALL PNA REGISTERED SWIMMERS VOTE FOR THE FIRST FOUR POSITIONS ON THIS BALLOT. SINCE THIS IS A PROPOSED SLATE, YOU NEED ONLY VOTE YES OR NO TO ACCEPT OR REJECT THE PROPOSED SLATE.

PROPOSED SLATE OF OFFICERS:

PRESIDENT	BOBBY GALLEGOS
VICE PRESIDENT	STEVE FREEBORN
SECRETARY	KATHY CASEY
TREASURER	JANE MOORE

YES NO

IF YOU VOTE NO ON THE ABOVE SLATE OF OFFICERS, PLEASE WRITE IN THE CANDIDATES OF YOUR CHOICE BELOW.

PRESIDENT	_____
VICE PRESIDENT	_____
SECRETARY	_____
TREASURER	_____

REPRESENTATIVE - AT - LARGE ONLY UNATTACHED SWIMMERS, OR SWIMMERS ON TEAMS OF LESS THAN 8 MEMBERS MAY VOTE FOR THESE POSITIONS.

REP-AT-LARGE:

ZIPS TO 98100	TERRI HIGHLAND <input type="checkbox"/>
98100 - 98199	WAYNE METHNER <input type="checkbox"/>
ABOVE 98199	JOHN COUNTRYMAN <input type="checkbox"/>

PLEASE MAIL BALLOT TO:

DEBRA LEWIS
4665 41ST NE
SEATTLE, WA 98105

** DEBBIE MUST RECEIVE YOUR BALLOT BY MARCH 31, 1989.

PLACES TO SWIM IN THE PUGET SOUND AREA

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

- 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
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 296-4410
lap swim: M,W,F: 6-7:30 AM/M-F: 8-9 AM 11:30 -1,4:30-6 PM,8-9 PM SAT 11-1
Burien Swim Club, 626 SW 154th, Burien 433-7900
- DES MOINES** Mt. Rainier, 22722 19th Ave. S., Des Moines 296-4278
workouts: T/TH/F: 6-7 PM contact: Karen Jost 243-2069
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 922-7665
lap swim: M-F; 5:45-8:30 AM, 9:30 AM-3 PM, 4-6 PM Sat 7-1 & 2:45-4 PM
- ISSAQUAH** Issaquah, 50 SE Clark, Issaquah 296-4263
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 296-4275
lap swim: M,W,F: 6:30 - 7:30 AM/ T,TH: 8:00 - 9:00 PM
Tahoma, 18230 SE 240th, Kent 296-4276
- KIRKLAND** Juanita, 10601 NE 132nd, Kirkland 823-7627
- 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 296-4370
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 Rec. Center, Olympia 866-6000
lap swim: M-F: 11:30 AM-3 PM, 5-9 PM/ S&S: 1-6:30 PM
North Thurston HS
workouts M-F 5:30-7 AM contact Neva Knott 352-8625
- POULSBORO** 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 296-2961
lap swim: M-F: 6:00 - 7:30 AM & 8:00 - 9:00 PM
- RENTON**
Lindberg, 16740 128th SE, Renton 296-4335
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: M,W,F: 6-7 AM contact Robin O'Leary 525-7725
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 684-4979
workouts: M-F: 5-6:30 AM contact: Jan Kavadas 775-5814
Meadowbrook, 10515 35th NE, Seattle 365-9933
Madgar Evers, 500 23rd, Seattle 324-2560
Queen Anne, 1920 1st W, Seattle 386-4282
Rainier Beach, 8825 Rainier S., Seattle 386-1944
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 (Foster), 4414 S 144th, Seattle 296-4487
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 (10 workouts/\$20)
lap swim: M-F: 6-7:30 AM/ M,W,F: 3-4 PM/Sun 5-6 PM
YMCA, 909 4th, Seattle 382-5010
YWCA, 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.)
Seattle University 14th & Cherry, Seattle
workouts M,W,F: 5:30-7 AM contact: Barbara Thorp 363-9951
View Ridge Club, 5815 NE 77th, Seattle 524-3500
Wedgwood, 7727 28th NE, Seattle 523-8211
West Seattle YMCA, 4515 36th Ave SW, Seattle 935-6000
workouts: M-F 5:35 -6:30 PM contact Mike Dale 935-6000
- 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 Far West Dr. SW, Tacoma 756-8401
workouts: M - Th.; 5:00 - 7:00 PM; Sat. 10:00 - 11:15 AM
contact: Kathy Casey 588-4879
Pierce college, 9401 Far West Dr. SW, Tacoma 964-6678
workouts: M-F 5-6:30 PM 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: 8-9 PM

Health and Fitness Aspects of Swim Meets

We are right in the thick of swim season. Lots of meets are scheduled, so it may be helpful to make a few comments on some health and fitness aspects of swim meets.

First, be assured that although you may figuratively drop dead from a vigorous swim race, it is exceedingly unlikely - almost never - to do so literally. Even though a famous fitness guru runner died in a race a few years ago, the likelihood is so rare as to be nonexistent if you are in good aerobic shape beforehand. So the first advice for health at a swim meet is to get in shape!

Nutrition - A good balanced diet is important especially before a meet. We know that nutritionists recommend a high carbohydrate, low-fat diet for athletes. Unless you are doing the Musselman Swim or a multimile lake swim, carbohydrate loading (eating enormous amounts of carbohydrate the week before an event) is unnecessary. If you tend to spend a lot of time at meets in the bathroom, you might cut down on bulk and fiber the day before and the day of the meet.

On the day of the meet, have a good carbohydrate breakfast. Your blood glucose is at its lowest in the morning before eating, and if you don't eat you'll feel weak and probably light headed. Carbohydrates will empty out of the stomach in a half to one hour, whereas fats and protein empty slower and with strenuous exercise will probably just sit there like a heavy lump in the gut. During exercise, the blood in the stomach and intestines is significantly reduced and is redirected to the muscles.

During the meet, you probably won't deplete your muscle glycogen, but you probably will drop your blood glucose. So complex carbohydrates during the meet will keep the blood sugar steady. Simple carbohydrates (sugar!) can create wild swings in blood glucose so are best avoided. Remember, "junk food" is high in fat and will sit like a lump. Fruits, vegetables, and grains are good choices in small amounts throughout the meet.

FLUIDS - Muscles work best fully hydrated. Blood and hence oxygen circulates best when you have plenty of fluids. So drink plenty at a meet. Water and carbohydrates are rapidly absorbed so don't avoid them. Swim meets are usually in hot, humid environments and involve strenuous activity so it's quite easy to get dehydrated (Our team has had a swimmer pass out and one with kidney stones when they didn't drink at a particularly warm pool). One of the best choices for both nutrition and fluids is dilute fruit juices. Again, as in eating, drink in small amounts frequently throughout the meet.

STRETCHING - Stretching is very important and increases in

importance as one gets older. Muscles lighten up and tendons and ligaments can get brittle. Gentle, steady stretches prevent injury from sudden physical activity. In fact, your best stroke technique may be impossible until you are loosened up. Stretch - passively - not swinging your arms and legs around - constantly during a meet.

WARMUPS AND WARMDOWNS - Warmups are a complete form of specific stretching. They also help you establish your stroke and get used to the pool. Kids and adults with youthful muscles, tendons, and ligaments may not need warmups or can wait hours between warmup and the competition, but for us stiff old bodies, warming up before our events reduces injury and helps performance. Do some good stretching-type swimming, stroke drill before seeing if you can sprint your stiff old body.

Assuming you put out a good effort in your race, you will end up with a fair amount of lactic acid in your muscles. A slow stretching-type swimming has been shown to clear lactic acid out of muscles much faster than just lying collapsed on the floor. It also helps reduce stiffness.

The USMS recognizes the health and performance benefits of timely warmups and warmdowns, so meets usually have warmup areas or times during the competition. Take advantage of them.

ATTITUDE - Before a meet, set realistic goals for your performance. If you are slogging out the yardage or haven't been working out at all, don't expect to go your fully in shape, fully peaked times. On the other hand, set goals that you can grow into - a new event or a specific time. Just be realistic. Before a meet, consider visualizing your race - how your stroke would feel, what exploding off the blocks is like, how your turns are. Practice it in your imagination.

At the meet, have fun. Keep in perspective why you are swimming, hopefully for fun and to be fit rather than to go a specific time or to win a race. Your time in the race may reflect your fitness, but may also have nothing to do with your fitness. So if you do well, enjoy it, have fun, and celebrate it, but if you don't, it is either an incentive for training or of no significance.

SUMMARY - Before a meet - get in shape - eat higher carbohydrate meals - stretch regularly - set goals, - and visualize. At the meet - get complex carbohydrates and drink plenty of fluids - warm up carefully - stretch constantly - warm down - and have FUN!

LOWELL JOHNSON 50 # 8 28.58
 50 M. BACK
 LOWELL JOHNSON 50 # 9 35.79

M E N 65-69

800 M. FREE
 WARREN KLEIST ; 66.# 8 14:05.70

M E N 70-74

200 M. FREE
 GENE CROSSETT 74 # 9 3:17.94
 400 M. FREE
 GENE CROSSETT 74 # 9 7:08.99
 800 M. FREE
 GENE CROSSETT 74 # 8 15:16.75

M E N 80-84

50 M. FREE
 JIM PENFIELD 80 # 1 43.50
 JOHN ROBINSON 84 #10 50.50
 100 M. FREE
 JIM PENFIELD 80 # 1 1:40.67
 200 M. FREE
 JIM PENFIELD 80 # 5 4:26.91
 50 M. BACK
 JIM PENFIELD 80 # 1 51.82
 100 M. BACK
 JIM PENFIELD 90 # 2 2:06.27
 200 M. BACK
 JIM PENFIELD 80 # 2 4:49.05
 50 M. BRST
 JIM PENFIELD 80 # 1 52.19
 100 M. BRST
 JIM PENFIELD 80 # 1 2:10.62
 200 M. BRST
 JIM PENFIELD 80 # 1 4:57.91
 50 M. FLY
 JIM PENFIELD 90 # 1 53.20
 200 M. I.M.
 JIM PENFIELD 80 # 2 5:01.02

M E N 85-89

50 M. FREE
 JOHN ROBINSON 85 # 3 1:03.03
 100 M. FREE
 JOHN ROBINSON 85 # 2 2:13.14

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

02/17	JAN GREER	03/06	TOM ROBERTSON
02/18	JUANITA CORREA	03/08	EDWARD SHARP
02/22	ROBERT STUART	03/09	HELEN ELDERED
02/23	GREGORY MILLER	03/10	P. CAROL ANNING
02/25	PEGGY POMEROY		DAVID HANNULA
	SCOTT KERR		JOHN ELIASON
02/26	EILEEN OLSONO		CASH O'DONNELL
	DON WARD	03/11	DEBRA LEWIS
02/28	JEFF GROSS	03/12	KENTON BOLTE
03/01	ROBERT KING		MARY HAMILTON
03/02	WAYNE WAGER		MARIANNE MC DOWELL
	MARION MUELLER	03/14	NANCY KALINSKI
03/04	MURIEL FLYNN		KAREN BJODSTRUP
	LISA FARIN	03/15	EMMETT GUISE
03/05	LAUREL STARK		

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

INLAND EMPIRE

ELIM ZANDER
E 1922 15TH
SPOKANE, WA. 99203
509 534-7509

OREGON

KATHLEEN BUCK
31925 N E CANTER LANE
SHERWOOD, OR 97230
503 625-5747

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 SW, TACOMA, WA 98498, 206 588-4879
FORREST BROOKS - 206 226-2796
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	206 254-9400 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 ANN GINDROZ	206 564-9517 206 272-1854

(NOTE: If you would like to host a fellow swimmer in your home contact your local representative. This is an excellent way to meet new friends and cement old friendships!)

THIS IS YOUR NEWSLETTER. IT IS ONLY AS GOOD AS THE INPUT BY THOSE SELECTED OR ELECTED TO SERVE AND YOU THE MEMBERS. IF YOU HAVE A COMMENT, OPINION OR A BIT OF NEWS WE WILL BE GLAD TO GIVE YOU "SPACE". JUST CONTACT THE EDITOR BY THE 1ST.

P N A MEET SCHEDULE

FEB 11 HUSKY ANIMAL MEET - EVERGREEN (25Y)
FEB 18 BANGOR (25Y)
MAR 5*****CLOVER PARK PENTATHALON*****CANCELLED*****
MAR 19 SOUTH KITSAP POOL - PORT ORCHARD (25Y)
APR 7-9 P N A - SHORT COURSE CHAMPS (25Y)
FRIDAY, APRIL 7 - EVERGREEN POOL
SATURDAY & SUNDAY, APRIL 8&9 - FOSTER POOL
APR 21-23 REGION 12 - SHORT COURSE CHAMPS (25Y)
TUALATIN HILLS POOL - BEAVERTON, OREGON
JUN 3-4 BELLEVUE ATHLETIC CLUB (50M)
JUN 25 SOUTH KITSAP POOL - PORT ORCHARD (50M)

NATIONAL AND INTERNATIONAL MASTERS SCHEDULE

MAY 4-7 1989 USMS NATIONAL SHORT COURSE CHAMPIONSHIPS
MISSION BAY - BOCA RATON, FLORIDA
JUL 23-AUG 5 1989 MASTERS GAMES
ARHUS, DENMARK
AUG 17-20 1989 USMS NATIONAL LONG COURSE CHAMPIONSHIPS
UNIVERSITY OF NORTH DAKOTA
GRAND FORKS, NORTH DAKOTA
SEP 17-24 1989 USMS ANNUAL CONVENTION
PORTLAND, OREGON
OCT 7-16 1989 PAN PACIFIC MASTERS AQUATIC GAMES
INDIANAPOLIS, INDIANA
AUG 7-13 1990 3RD FINA/MSI WORLD CHAMPIONSHIPS
RIO DE JANEIRO, BRAZIL
SEP 30-OCT 6 1990 USMS ANNUAL CONVENTION
PITTSBURGH, PENNSYLVANIA
SEP 15-22 1991 USMS ANNUAL CONVENTION
LOUISVILLE, KENTUCKY