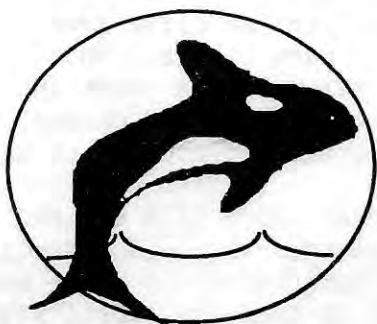


the
WET
SET

PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS



PRESIDENT

Bobby L. Gallegos
340 Trearment W.
Port Orchard, WA 98366
(206) 876-0960

EDITOR

Karen Jost
3100 So. 208th #B102
Seattle, WA 98188
(206) 824-3377

THE PNA NEWSLETTER

VOLUME 9 - NUMBER 4

APRIL, 1990

ADVERTISING IN THE WET SET	17
ANNOUNCEMENTS	11
BIRTHDAYS	17
CALENDAR OF EVENTS	19
CHANGE OF ADDRESS	11
H.O.S.T.	16
HOW TO FILL OUT RELAY ENTRY CARDS (REGIONALS)	18
MEET RESULTS	
ENUMCLAW - DEC. 9	12
ANACORTES - JAN. 20	6
NATIONAL TOP TEN - SHORT COURSE METERS 1989	15
MEET SCHEDULES	10
PNA BOARD MEETING MINUTES - MARCH	3
PNA CHAMPIONSHIPS TEAM AWARDS	18
PNA / USMS 1990 REGISTRATION FORM	5
PRESIDENT BOBBY'S LETTER	2
SUBSCRIPTION TO THE WET SET	17
WELCOME NEW SWIMMERS TO THE PNA	11

* * * * *

APRIL BOARD MEETING
BOBBY G'S HOUSE

TUESDAY, APRIL 17 7:00 pm

PLEASE NOTE THAT THIS IS ONE WEEK EARLIER THAN USUAL AGAIN !!!

* * * * *

United States Masters Swimming, Inc., is now, as it always has been, concerned for the safety and health of its members. It will continue to disseminate such information concerning swimming safety and health as comes to its attention. However, United States Masters Swimming cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. All opinions stated in any such material are solely those of the author(s) and not necessarily those of United States Masters Swimming, Inc.

* * * * *

Greetings from San Diego. Again I have been selected by my business (a large national employer) to participate with an elite submarine repair crew. I will have to put up with sunny days, warm nights, outdoor pools, slow navy swimmers (scuba divers swim with their knees bent and use a modified dog paddle), and long working hours. I will have missed champs, so I would like to express my disappointment at not having the opportunity to see most of you.

Regionals are just a couple of weeks away. I'm excited at the opportunity to swim in the third "world class" swimming and diving facility built in this nation and, if you haven't heard, the opportunity to maybe meet Mark Spitz (due to arrive at the Aquatics Center at 10:40 Saturday, April 28th). That weekend will be a highlight of my life. I hope you send in your entries and are planning to attend the banquet. It will definitely be one of "the" swimming events of the year.

The meet bid packets will be sent out soon. It is being revised as I write. This year we will try to stick to meet policy. Last year we made exceptions when extenuating circumstances were presented to the board. Prospective meet hosts will be informed of any new meet policies initiated after the bid packet goes out. Nevertheless, I would encourage prospective meet hosts to keep themselves informed of meet policy. To anyone who does not receive a meet bid packet by the end of April, please contact either Jan Kavadas or myself.

One final note on meets: At the present time, the meets are the primary, if not only vehicle we are using to actively promote Masters swimming. Yet I don't see an end to the current trend. I am convinced that the majority of Masters swimmers today use swimming primarily for fitness. We need fresh blood, we need active involvement, ideas, support, and yes, complaints. Maybe I am barking at the moon, maybe Masters eventually will be purely competitive swimming for adults, with emphasis shifted to those with elite physical gifts. There are no reward systems for novice or fitness swimmers, so where are we headed? Please, let's hear your comments.

Lastly, I apologize to those who have been looking for meet results in the "Wet Set". Our position of Records and Top Ten Chairperson is a lonely and thankless position that requires many hours of work. Seems I haven't found anyone new willing to make this sacrifice (thank you Walt for picking up the slack for now, ed.). The situation is being looked at and, hopefully we will soon be able to publish these results.

God Bless, and good luck in the month ahead.

Bobby G

Nationally registered clubs represented by this LMSC are:
Pacific Northwest Aquatics
Husky Masters

The meeting was called to order by President Bobby Gallegos. Eleven people in attendance were: Forest Brooks, Kathy Casey, Steve Freeborn, Bobby Gallegos, Gordon Gray, Hugh Moore, Jane Moore, Frank Newquist, Steve Peterson, Walt Reid, and Tom Taylor. Five teams represented were: Federal Way, Fort Steilacoom, OOPS, South Kitsap, and Tigers.

1. **Minutes** - The minutes of the last meeting were read and approved.
2. **Treasurer's Report** - Jane Moore reported a current balance of \$5321.77. Year-to-date income is \$13305.92 and year-to-date expenses are \$10590.78. Lynnwood and North Kitsap owe the PNA meet fee. South Kitsap has paid their meet fee. The board adopted the following policy for NSF checks. **Upon receipt of notification of a NSF check, a letter is to be sent to the check writer. They have 30 days from the date of the letter to respond, at which time they will be notified of being dropped from the Association. The meet packet must stipulate that an extra \$1.00 per swimmer may be charged for electronic timing. Anacortes will be refunded \$76.00 (80% of the \$95.00 surcharge for that meet) for the use of electronic timing. Anacortes was unaware that they could charge an extra dollar for that service.**

3. **Committee Reports**

A. **Membership** - Hugh Moore reported that there are currently 510 members as compared to 525 members at the same time last year. The board adopted the following two policies: 1. **Transfers will be charged the applicable USMS transfer fee plus a prorated LMSC fee based on the number of months remaining in the registration year.** 2. **Effective May 1 of each year the registration fee will be the USMS fee plus half the LMSC fee for the rest of the registration year. All applicable PNA/USMS fee schedules, including half-year and full-year fees, will be included on a standard registration form to be published regularly all year. The full LMSC fee must be paid between November 1 and April 30. For this year that will be \$18.50 (\$15.50 for Seniors) effective May 1. The board decided to allow Fort Steilacoom to be registered for the PNA Championships even though their team registration had not yet arrived in the mail and to allow Maryan Burke's entry to be accepted because she said it was mailed March 9 but arrived with a postmark of March 17. (Fort Steilacoom's registration has since arrived with the correct postmark on it.)**

B. **Meets** - Meet bid packets will be sent to the Moores and Casey/Reids for review. Once reviewed, meet packets will be distributed by Jan Kavadas to prospective meet hosts. PNA time cards are now available to meet hosts at a cost of \$4.00 per hundred (three colors - blue, pink, and yellow). South Kitsap ran a very good meet. The committee to establish team divisions for the PNA Championships will be Steve Freeborn, Steve Peterson, and Forest Brooks. There are two potential problems with the Region XII Championships at the Goodwill Games Pool. There are only 212 parking spaces, so everyone is encouraged to carpool. Attempts are being made to arrange additional parking at the Federal Way Executel with a free shuttle to the pool. Due to a contract between King County and their vendor, concessions will be run by Rainier Vending, so prices will be higher than normal. Federal Way Masters will recommend an appropriate menu. There will be a no-host hospitality suite available at the Federal Way Executel. Provide your own food and beverages. The banquet will be at the Federal Way Executel. There will be seating for 150 people and the menu will be lemon chicken. Dick Hannula will speak to the group about the U.S. Goodwill Games swim team. Ad space in the

- D. **Standing policies** - Kathy Casey will update them.
- E. **Rule books** - are still available from Kathy Casey for \$6.00.
- F. **Ransom J. Arthur Award** - Bobby Gallegos will find the plaques.
- G. **Region XII** - The PNA recommended that the LMSC Presidents consider a name change for Region XII.

5. **New Business**

- A. **Fitness clinic** - There was a request for another fitness clinic. Bobby Gallegos will look into it.
- B. **Next Board Meeting** - will be Tuesday, April 17, 7:00 p.m., at the home of Bobby Gallegos. Please note that this is again one week earlier than usual. We need all Team Reps!!!!!!
(Minutes are subject to approval by the board.)

Respectfully submitted,

Kathy Casey
Kathy Casey

UNITED STATES MASTERS SWIMMING, INC.
REGISTRATION APPLICATION - NOV 1, 1989 to OCT 31, 1990

PLEASE PRINT OR TYPE INFORMATION

THIS IS A RENEWAL MY 1989 USMS NO. IS _____ NEW REGISTRATION

PLEASE NOTE THE CHANGE(S) FROM MY 1989 REGISTRATION:
 ADDRESS NAME CLUB/DIST. OTHER (PREVIOUS)

LAST NAME	FIRST NAME	INIT
STREET ADDRESS		
CITY	STATE	ZIP CODE
AREA CODE + TELEPHONE	DATE OF BIRTH	AGE SEX
LOCAL AFFILIATION	DATE OF APPLICATION	
TEAM	UNATTACHED <input type="checkbox"/>	

OFFICIAL USE ONLY

THANK YOU

MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS

MAIL TO: HUGH C. MOORE
29920 2nd Place SW
Federal Way, WA 98023
(206) 941-3100

USMS FEE \$12.00	LMSC FEE \$13.00	TOTAL FEE \$25.00
SENIORS (65+): \$19.00		

NOTE!
effective 5/1
\$18.50
\$15.50 for seniors

CLUB (NATIONAL LEVEL ONLY)

PNA HUSKY TRITONS UNATTACHED

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. I hereby waive any and all rights to claims for loss or damages arising out of participation in the Masters program or any activities incident thereto against United States Masters Swimming, Inc., the Local Masters Swimming Committees, the clubs, host facilities, meets sponsors, meet committees or any individuals officiating at the meets or supervising such activities, as a condition of my participation in Masters Swimming.

APPLICANT'S SIGNATURE

* * * * *

P N A MEET SCHEDULE

Apr. 27-29 Region XII Championships (Federal Way)

* * * * *

OREGON MEET SCHEDULE

Apr. 6-8 Oregon Assoc. Champs (Grants Pass YMCA)
July 7-8 MAC Club State Games of Oregon (Portland)
July 21-22 Mt. Hood Community College
Aug. 3-5 Region XII Long Course Champs (Tualatin)

* * * * *

INLAND EMPIRE MEET SCHEDULE

Apr. 6-8 IEM Championships

* * * * *

NATIONAL AND INTERNATIONAL SCHEDULE

May 18-21 1990 Short Course National Championships
Los Angeles, CA Contact: Ed Bartsch/
Darrell Fick, Heritage Hall 203-B
Los Angeles 90089 (213)743-7770
Aug. 7-13 1990 3rd FINA/MSI World Championships
Rio deJaneiro, Brazil
Aug. 17-20 1990 Long Course National Championships
The Woodlands, TX
October 1990 USMS Annual Convention
Pittsburgh, PA
May 16-19 1991 Short Course National Championships
Nashville, TN
Aug. 22-25 1991 Long Course National Championships
Elizabethtown, KY

* * * * *

FOR INFORMATION ON OUT OF PNA MEETS, UNLESS OTHERWISE STATED

<u>INLAND EMPIRE</u>	<u>OREGON</u>	<u>IDAHO</u>	<u>BRITISH COLUMBIA</u>
Jerry Scheibner	Kathleen Buck	Richard Cooke	Denis Crockett
Route 1, Box 204	31925 NE Canter Ln	Sawtooth Masters	BC Masters
Spangle, WA 99031	Sherwood, OR 97230	1915 State Street	1531 W 4th Ave
(509) 245-3532	(503) 625-5747	Boise, ID 83702	Vancouver, BC V6J 1L6
		(208) 939-8289	(604) 736-7645
		(208) 336-0606	

* * * * *

THE APRIL BOARD MEETING will be held at Bobby G's home on Tuesday, April 17th, at 7:00 pm. Please make a note of the change of week. 340 Tremont West. Take Highway 16 West. Tremont Street exit. Go west (right from the south, left from the north) on Tremont. Bobby's house is the fourth on the right (red and blue reflector by the driveway).

DID YOU TURN IN YOUR SWIM ACROSS THE PNA ENTRIES TO IAN???

THE PNA BOARD is discussing the possibility of establishing an ad hoc committee to bid on the 1992 Long Course Nationals meet, attempting to bring the meet to the King County Aquatics Facility. Anyone with an interest in, or an opinion regarding the development of such a committee is strongly encouraged to attend the April PNA Board meeting.

GET INVOLVED --- START ATTENDING THE BOARD MEETINGS. ASK YOUR TEAM REP WHAT WENT ON IF YOU CAN'T. TEAM REPS SHOULD BE AT THE MEETINGS!!!

* * * * *

WELCOME TO THE PNA

The following swimmers have joined the PNA in the last month:

JOAN ANDREWS	KRISTEN ASERLIND	DOUG BONSER	TERRY BRENTIN
JOHN BRYANT	JACALYN CARROLL	RICK COLELLA	THOMAS CONROY
KATHI CROWLEY	BRITA ENFIELD	ALEX EVANS	STEVE GAYNER
MARILYN GELINAS	JUSTIN GILLEN	MARILYN GOTTLIEB	JEANNIE HANSON
DAVID HARGER	DOUGLAS HEABERLIN	YANIRA HERNANDEZ	JEFFREY HILLIS
CHARLES HOFFMAN	LORI JACOBSON	ERIC JOHNSON	MARY KENNEDY
NANCY LAWRENCE	WATSON LAWRENCE	BLAINE LEICK	LINDA MARX
MARILEA MARX	CAROLYN MC GEE	ANYA MOSKOWITZ	DAVID MULLENS
DONALD NEWBERG	LAURI NICKERSON	JEFFREY OSBORN	MATTHEW PARADISE
JON PETERSON	MARK PROTHERO	BRIAN RUSSELL	BARBARA SCHAEFFLER
ERIC SCHROEDER	ROBERT SCOTT	KAREN SEVERSON	JAYNE SIMMONS-SCOTT
MARILYN SNARSKI	MICHAEL STIPEK	SUZANNE TOMLINSON	STEVEN VELA

* * * * *

CHANGE OF ADDRESS

IMPORTANT !! BULK MAIL IS NOT FORWARDED !!

FILL IN AND RETURN TO: Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98023

NAME _____ USMS # _____

OLD ADDRESS _____ NEW ADDRESS _____

NEW PHONE NUMBER _____

* * * * *

* * * * *

HOUSE OUR SWIMMERS TONIGHT (H.O.S.T.)

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 H
		(206) 254-9916 W
Southern Oregon	Terry and Judy McCurdy	(503) 673-3673
Corvallis, Oregon	Mark and Laura Wordon	(503) 753-9352
Snake River	Janet Wood	(208) 345-8843 H
		(208) 339-7229 W
PNA	Ann Gindroz	(206) 272-1854
	Marietta Hunziker	(206) 391-7244

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

If you would like to host someone for the Regional meet, April 27-29, please contact Ann or Marietta as soon as possible!!!

* * * * *

BITS AND PIECES FROM THE GRAPEVINE!

Rumor has it that Mark Spitz (you know, the guy with all the gold medals, that every young girl had a life-size poster of in the '70's) will be making an appearance at the Region XII meet in Federal Way on Saturday, April 28th.

Congratulations to Carol Anning (Tacoma YMCA) and Wayne Methner (Greenlake Aqua-Ducks) for all their personal bests and great swimming at PNA Championships. In case you're wondering, their friends and various observers made note of these things within earshot! I'd love to recognize your friends who had good swims, just drop me a line!

Speaking of fast swimming, another gentleman wanted to be sure I made a note of a new World Record set by his friend at the Anacortes meet. Congratulations to Andrew Holden, who swam the 50-meter butterfly (short course meters) in 37.48 seconds, in the 70-74 age group! Being a short-course meters meet, several records fell. Two National records - Women's 200 medley 76+ Julie Corman, Beth Brenner, Stefani Fersch and Carol Brown 2:22.24 and Men's 200 medley 76+ Frank Warner, Greg Harrison, Steve Freeborn, and Steve Schmidt 2:00.40.

Hey folks, let's remember the purpose behind Masters swimming - **FUN, FITNESS AND FRIENDSHIP**, and not forget that everyone has a place in the association. Everytime I go to a swim meet, I marvel at the variety of ages, body types and skill levels present (and older does not mean slower, nor does a slim body guarantee speed). I can only hope that I might age as gracefully as our more senior swimmers. Obviously we all like to compete, even if only against ourselves, or we wouldn't be at the meets. But let's start taking more note of those around us who work equally hard and enjoy swimming just as much!!

* * * * *

HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

04/16 LINDA MARX	04/27 KRISTEN ASERLIND	05/07 ANDREW HOLDEN
04/17 MICHAEL SIBLE	MATHEW PARADISE	CHARLES HOFFMAN
04/18 HAROLD JOHANSON	04/28 GEOFFREY ANDERSON	ROBIN O'LEARY
04/19 IAN BANNERMAN	04/29 RICK STAFFORD	05/08 ANN HAMMETT
IAN THOMPSON	ERIC JOHANSON	BOB MILLER
CAROL BROWN	BLAINE LEICK	LESLIE HANDLEY
04/20 ANN GINDROZ	04/30 MARK LIST	05/11 REGAN HAINES
CAMILLE MORGAN	TOM KRETZLER	05/12 ADRIANNE LORVICK
SUZANNE DILLS	BETH BRENNER	MARK PROTHERO
04/21 THOMAS CONROY	CHARLOTTE DAVIS	BERTIL DILLNER
04/23 DEBBIE BENNETT	05/01 CAROLYN BEHSE	05/13 MARYAN BURKE
JEFFREY JACOBSEN	05/02 ROBERT MUSSELMAN	05/14 EVERETT CASSELL
CHUCK FINDLEY	DOROTHY KLEIST	NICK CUMMINGS
04/24 MARIETTA HUNZIKER	05/03 ALYSOUN BOND	05/15 KURT HEIDERGOTT
DEBORAH LADD	ROXANNE CARLTON	MARYANN BROWN
KAREN WOLF	RONALD TAYLOR	BRIAN RUSSELL
PETER PAGET	05/04 TERRY BRENTIN	ANNE MC ELHINNEY
		Laurie Therrien

* * * * *

IF YOU ARE IN BUSINESS, CONSIDER ADVERTISING IN THE "WET SET"

ONE FOURTH PAGE \$20.00 FIRST MONTH, THEN \$15.00 PER MONTH
ONE HALF PAGE \$40.00 FIRST MONTH, THEN \$20.00 PER MONTH

Send your ad and a check, payable to PNA MASTERS SWIMMERS, by the first of the month in which you wish your ad to appear to: Karen Jost, 3100 S. 208th #B102, Seattle, WA 98198 Telephone: 824-3377

* * * * *

NON-PNA MEMBERS SUBSCRIPTION FORM FOR THE "WET SET"

NAME _____

ADDRESS _____

Send this subscription form and a check for \$12.00, payable to PNA MASTERS SWIMMERS, to: Hugh Moore, 29920 2nd Place SW, Federal Way, WA 98203

* * * * *

CONGRATULATIONS TO STEVE FREEBORN, NEWLY ELECTED PRESIDENT OF PACIFIC NORTHWEST AQUATICS, AND TO JANE MOORE AND KATHY CASEY, RE-ELECTED AS SECRETARY-TREASURER AND RELAY COORDINATOR!

PNA CHAMPIONSHIPS TEAM AWARDS

(hot off the press, hope they didn't change with double-checking!)

A Division

Greenlake	1496
BEST	1314
ORCA	951
Federal Way	922
Tacoma YMCA	751

AA Division

Tigers	903
KADM	831
Mt. Baker	719
HUSKY	530
SLOW	496
BAC	453
Bainbridge	374

AAA Division

Fidalgo Island	389
Ft. Steilacoom	284
Port Angeles	229
Cascade	151
OOPS	96

HOW TO FILL OUT RELAY CARDS

Please fill out the full name (first and last name, no nicknames that obscure the swimmer's real name - ie, "Frog"). The PNA membership is large enough that two swimmers in the same age group may have the same last name. Using a nickname prevents us from figuring out which swimmer it really is. Some swimmers of the same age have the same first and last name but a slightly different spelling. All mysteries are eliminated by printing the correct full name and age of each relay member on the card in the first place.

Use pink cards for women's relays. Use blue cards for men's relays. Check with the clerk of course regarding card colors for mixed relays. Please write the name of the relay event on the card as well as the event number. Writing either the meet location or the date on the card helps immensely when compiling records and top ten information.

KC 88

EVENT NUMBER 3 Best Time . .

EVENT 200 Free Relay

MEET KENT DATE 2/8

FULL NAME(S)	AGE(S)
1. JIM PENFIELD	76
2. WALT REID	45
3. FRANK NEWQUIST	47
4. TOM MCKEE	31
CLUB/ASSOC: FT. STEIL	<u>25+</u>

AGE GROUP:	19-24	25-29	30-34	35-39	
	40-44	45-49	50-54	55-59	60-64
	65-69	70-74	75-79	80-84	85-89 90+

RELAYS ONLY	19+/76+	<u>25+</u> /100+	35+/120+
	45+/160+	55+/200+	65+/240+
	75+/280+	<u>MEN</u>	WOMEN COED

HEAT	Timers	Time		Tenths/ Hundredth
	Initials	Minutes	Seconds	

OFFICIAL TIME	FINAL PLACE
---------------	-------------

APRIL 1990

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 PNA Champs	2	3	4	5	6 ORE Assoc. Championships IEM Assoc. Championships	7
8 ORE, IEM Champs Swim Across the PNA due	9	10	11	12	13	14 Region XII entries post- marked today
15	16	17 PNA Board Meeting 7:30 at Bobby G's house	18	19	20	21
22	23	24	25	26	27 Region XII Championships	28 Region XII Banquet 7pm
29 Region XII Champs	30					