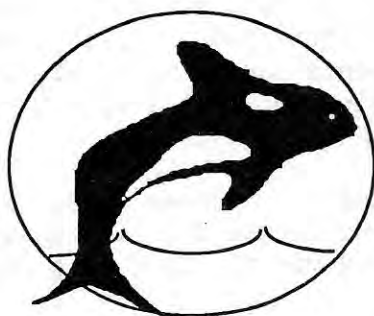


the
WET
SET

PACIFIC NORTHWEST ASSOCIATION
OF
MASTERS SWIMMERS



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THE PNA NEWSLETTER

VOLUME 9 - NUMBER 5

MAY, 1990

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MAY BOARD MEETING
JAN KAVADAS' HOME - EDMONDS
TUESDAY, MAY 22 7:00 pm

* * * * *

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.

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Greetings

Not too much to say this month as we are still in the midst of our '90 Short Course Championships. At the distribution of this issue of the "Wet Set", Short Course Nationals should be in full swing. Good luck to all those participating. Regionals was well-attended. Just over 500 swimmers, I understand (545!! - ed.) Job commitments caused me to miss the meet I'm sorry to say. But my employer was pleased that I wisely chose to complete my assignment.

We can all look forward to summer. Longer days, warmer weather, long course, travel. I hope some of you will take the time in your travels to swim with other teams of the associations you visit. Give me a call and I'll set you up with a phone number or two.

At the May 22 Board Meeting in Edmonds the board will be taking on the question of whether or not to host the '92 Long Course Nationals. I hope the meeting will be well-attended. We need your input. But just in case you don't attend, don't be surprised, if it is decided to host the meet, when someone asks you to help. Please accept the challenge and offer to do what you can. We'll also need you to bring someone else in on it too.

Well, God Bless and good luck in the month ahead.

Bobby G.

As meet director of the first swimming meet held in the King County Aquatic Center, I would like to thank all of the people who helped make the meet a tremendous success. First, thanks to the participants for attending. Approximately 375 swimmers from the PNA (over 60% of our registered swimmers), 105 from Oregon, 45 from the Inland Empire, 13 from Canada and 6 from Snake River competed. Unofficially (pending verification) there were 94 Region XII records, 81 PNA records, and 4 National records established, as well as countless personal best times. Canadian swimmers also bettered the US national record on three different swims. The record counts for Oregon, Inland Empire, and Snake River are not available at this time.

Second, thanks to the Highline Swim Club. I was extremely pleased with their conduct of the meet. They provided the manpower and expertise for officiating, timing, results, and awards. Since we were handicapped by a last minute problem that left us without full electronic timing they had to deal with the pressures associated with finding extra timers.

Finally, I would like to thank the Federal Way Masters Meet organizing committee. Tom Taylor coordinated the banquet, motels, and publicity (including the Mark Spitz promotion). Karen Jost handled the T-shirts (along with Highline Swim Club), and did most of the pre-meet data entry and awards distribution during the meet. Mark Freitas made numerous arrangements with community leaders and served as assistant meet director. Steve Freeborn was in charge of procuring the awards, and my wife Jane handled the finances. The entire committee was involved in countless other areas required to host a quality meet of this magnitude.

Heugh

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

The meeting was called to order by President Bobby Gallegos. Ten people in attendance were: Kathy Casey, Bobby Gallegos, Gordon Gray, Nancy Lawrence, Watson Lawrence, Hugh Moore, Jane Moore, Frank Newquist, Steve Peterson, and Walt Reid. Five teams represented were: Federal Way, Fort Steilacoom, OOPS, South Kitsap, and Sequim Masters.

1. **Minutes** - The minutes of the last meeting were read and approved.
2. **Treasurer's Report** - Jane Moore reported a current balance of \$7031.91. Year-to-date income is \$15530.16 and year-to-date expenses are \$11104.88. Lynnwood will send \$49.00 and North Kitsap will pay \$239.60 for PNA meet fees.

3. **Committee Reports**

A. **Membership** - Hugh Moore reported that there are currently 587 members as compared to 540 members at the same time last year. The board helped compose questions for an interest/fitness survey that will be included in the welcome packet for all swimmers at the Region XII Championships. There are now 17 registered teams with voting rights on the board. An updated board member list will be sent with the next agenda. Coaches will be added to the agenda mailing list. A request for a board member address list was granted.

B. **Meets** - The PNA Championships was a well run meet attended by 226 swimmers. There are currently 500 entries for Regionals. They hope to run two courses for the entire meet. Concern was again expressed about the lack of parking spaces. There is an area reserved for motor homes. The meet bid packet has been reviewed. Meet dates will be checked before the packet is sent out. A suggestion that the meet host be responsible for double-checking the calculations of official times on all the cards after a meet was abandoned in favor of leaving that job with the Records and Top Ten Committee.

C. **Records and Top Ten** - The board approved the appointment of Nancy Lawrence as the new Records and Top Ten chair. Committee members are Gordon Gray, Walt Reid, and Steve Peterson. The three functions of the committee were reviewed: 1. verify official times and prepare official meet results for the "Wet Set", 2. prepare the Top Ten for submission to the national Top Ten Chairman, and 3. update PNA records for all three courses and Regional records for short course yards. The committee will meet to work together. Official results have been compiled and entered into the Top Ten for the following meets: Lynnwood, North Kitsap, Enumclaw, Anacortes, South Kitsap, and ORCA. ORCA's July meet will be put on a disk and sent in. The ORCA and South Kitsap results will be published in the next newsletter.

D. **Newsletter** - The cost of a full page ad from ARC for their Lake Washington swim was discussed. Bobby Gallegos will make the contact regarding that ad. The "Wet Set" also received an ad from Bert Petersen for his book. There is a potential ad from Building Control Systems (water purification systems). A calendar of items that need to be published in each month's "Wet Set" will be coordinated.

E. **Awards** - Steve Freeborn will send the Ransom J. Arthur Award plaque to Gail Dummer. Frank Newquist will chair the Dawn Musselman Inspirational Award Committee. Committee members will include Steve Peterson and Susan Dearborn. The award will be presented at the Region XII banquet.

F. **Social** - Tom Taylor is in charge of the program at the Region XII banquet. Dick Hannula will be the featured speaker.

G. **Officiating** - Walt Reid will meet with the officials at Regionals each day prior to the start of the meet.

H. **Fitness** - Ian Thompson is compiling the results of the swimming questionnaire. There were only 8 entries in the "Swim the PNA".

I. **HOST/Sunshine** - Houses available for swimmers attending Regionals are Kathy Casey's, Ann Gindroz's, Hugh and Jane Moore's, and Steve Freeborn's. Marietta Hunziker and Ann Gindroz are coordinating housing for visiting swimmers.

J. **Computer** - Gordon Gray has written a conversion program that will change Meet Master data to the PNA format. Region XII Championship results will be on a disk. After helping verify all the official times from the PNA Championships and helping input the relays from that meet, Steve Peterson made the following observations: 1. Meet Master doesn't handle relays because it doesn't record the names of the relay swimmers; 2. Names were retyped into the computer during the meet rather than calling up the original entry of that swimmer's name and the retyped name was not the same as the original entry name, so the computer read it as two different people; 3. Meet Master has a 15 character limit for swimmers' names and Gordon's program has a 20 character limit (Walt's results/top ten/records program has a 17 character limit); and 4. Relays with unattached swimmers on them should not count for team points. There was a question concerning the meet entry of an individual who swam only a relay. The board discussed the possibility of requiring meet hosts to use a PNA program to run their meets.

K. **Publicity** - Gordon Gray will talk to Carter Bannerman about the possibility of a T.V. special. Steve Peterson reported that the PNA Championship results for Peninsula swimmers appeared in the Bremerton Sun and they may do a feature story on someone at Regionals. There will be television coverage of Regionals as well as coverage by the Federal Way News.

4. Old Business

A. **Clinic** - The board voted to have Frank Newquist prepare more concrete clinic ideas for the next board meeting.

B. **Letterhead** - Bobby Gallegos has designed a letterhead and will get it printed.

C. **Bumper sticker** - Pat Matthiesen submitted two more slogans:

Swim Masters for good times.

Masters swim for good times.

Another suggestion was:

Swimming a lifelong sport for a long life.

Watson Lawrence will work with John Zell from Oregon on the bumper sticker.

D. **92 Long Course Nationals** - Steve Peterson and Bobby Gallegos will read the Oregon report on the 1986 Long Course Nationals. A survey will be included in the welcome packet for swimmers at Regionals asking for help and participation on committees if PNA decides to bid for the 1992 Long Course Nationals. The bid proposal will be sent out with the agenda for the next meeting.

5. New Business

A. **Long course meet** - South Kitsap will host a long course meet Sunday, July 1.

B. **Insurance** - Officials who are registered with USS are covered on USMS liability insurance when they work USMS meets. The USMS insurance carrier should be notified when nonregistered officials will be working a meet so they will also be covered by liability insurance.

C. **Agenda** - Considering the third Tuesday for Board meetings will be on the next agenda.

D. **Next Board Meeting** - will be Tuesday, May 22, 7:00 p.m., at the home of Jan Kavadas. We need all Team Reps!!!!!!

(Minutes are subject to approval by the board.)

Kathy Casey

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P N A MEET SCHEDULE

July 1 Fathoms O'Fun - South Kitsap

* * * * *

OREGON MEET SCHEDULE

June 24 Corvallis Long Course Meet
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)

* * * * *

NATIONAL AND INTERNATIONAL SCHEDULE

May 18-21 1990 Short Course National Championships
Los Angeles, CA
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	

* * * * *

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 _____

* * * * *

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HAPPY BIRTHDAY TO THE FOLLOWING PNA SWIMMERS

05/16 ERIC WOLGEMUTH	05/27 ELISA DRIANO	06/08 JOHN (JAKE) NEWLAND
ALEX EVANS	DAVID STERN	STEPHEN BAIN
WILLIAM SIBBETT	05/28 STEFANI FERSCH	06/09 TERESA WEYDERT
JEFF MEDER	05/29 JANE EHLERT	SUSAN ALLEN
NADINE WHITEHALL	ROBERT GRIFFITH	06/10 PAM PURVIS
05/17 JONATHAN IVES	SUZANNE STROM-REED	ANTONIO ROIG
05/19 CAMILLA FOREMAN	GEORGE MARSHALL	MARILYN SNARSKI
05/20 ROBERT CAMP	06/01 RICHARD FOLSOM	06/11 DONNA BURKHART
DAVID CONDON	ELIZABETH RUST	MARY KENNEDY
05/21 KATHLEEN KRESGE	AMY RUST	DOUG BONSER
05/22 KAREN O'DONAGHUE	06/04 MICHAEL JONES	06/13 HILDE MANNHEIM
05/23 NANCY FAEGENBURO	ANITA JONES	LYNN BELL
NANCY BECHTHOLDT	06/06 SUSAN HALE	JANICE LINVILLE
05/25 WILLIAM HAYES	EVELYN LERCHER	MIKE MORROW
05/26 LORI JACOBSON	KATHARINE OSBORNE	HEATHER WICKLEIN
CHARLES LARRABEE	06/07 SANDEE ESHOM-COULTER	06/14 MICHAEL O'LEARY
05/27 CAROL HASEGAWA	JOHN DE MEYER	06/15 LYNETTE JONES-BAUKE
		MARY HANSON

* * * * *

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 98023

* * * * *

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!

THE MAY BOARD MEETING will be held at Jan Kavadas' home in Edmonds on May 22nd at 7:00 pm. Contact Kathy Casey for directions. 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 May 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!!!

THE USMS COACHES COMMITTEE IS DOING A STROKE DRILL BOOKLET - Contribute your drills by sending: 1) description of the drill, 2) purpose of the drill, and 3) diagram of the drill to: Jim Miller, M.D., 1471 Johnston-Willis Dr., Richmond, VA 23235.

SEVERAL SWIMMERS participating in the Region XII meet in Federal Way did not pick up the bars that attach to the commemorative plaque they received when they checked in. If you do not have all of your awards, send a self-addressed stamped envelope to Steve Freeborn, 29925 2nd Ave SW, Federal Way, WA 98023. Indicate the events you need awards for, and if on a relay, please indicate at least one or two of your teammates names, as the names were difficult to read on some of the cards!!

BID PACKETS FOR THE 1990-91 SEASON are currently being distributed. Bids are due June 15th, and will be reviewed on June 26th at the PNA Board Meeting. Packets may be obtained by contacting Jan Kavadas, 217 Alder Street #305, Edmonds, WA 98020.

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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, 31908 3rd Lane SW #M101, Federal Way, WA 98023 Telephone: 839-6161

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WELCOME TO THE PNA

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

CHRISTINE BACKMANN	MARY BAUERMEISTER	KATHY BAUMANN	LINDA BLEY
DARYL BODLORICK	RALPH BREMER	LORI CLARK	PAUL CLEMENTS
JOHN DE MEYER	LORI DICKINSON	YVONNE DYMERSKI	CHRISTOPHER ERICKSON
WILDER FOOTE	REX GARDNER	SARAH GENGLER	BOB GRIMM
KIM GURNER	SANDY GURNER-COVEY	LYNN HALL	SHIRLEY HALL
BARBARA HAMACHEK	FRANCINE HARMESON	JOSEPH HOWELL	LINDA HUMPHREYS
PAUL IKEDA	ROBERT JACKSON	RUSS KARI	LUCINDA LADD
SKIP LAMB	DAVID LARSEN	KAREN LARSON	MELODY MAYER
MIKE MORROW	KATRIN NELSON	MARK OLASON	MATTHEW PALMER
BRIAN RICKERT	CHRIS RODERICK	CHAR SIMONS	GREG SKAGEN
FRANK STARACE	DAVID THOMSON	DAVID TONEY	TERRY TONGATE
MICHAEL VEITH	CINDY WALSTON	NADINE WHITEHALL	KAREN WILLIAMS
ERIC WOLGEMUTH	TIM YOUNG	DAVID ZIMMERMAN	
JEANNETTE VALLANDIGHAM			

* * * * *

THANKS FOR SWIMMING RELAYS

Kathy Casey would like to express her appreciation to all of you who swam in the PNA relays at the Region XII Championships at the Goodwill Games Pool. She entered 60 PNA relays. Of course, with a large number of people participating in relays, there will be record-breaking relays and relays that make Top Ten in the nation, but that's not the main reason Kathy likes to put together relays. Relays are a social event at a meet. Swimmers meet other swimmers that they wouldn't meet otherwise, and new swimmers get to know the rest of us faster. Relays are great fun. And having all of you participate made it great fun for Kathy. Thanks for swimming!

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

OFFICIAL USE ONLY

THANK YOU

THIS IS A PLEASE PRINT OR TYPE INFORMATION
 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

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

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

PHYSICAL FITNESS SAVES LIVES

by Ian Thompson, MD

Now that the big swim meets are over, a lot of PNA swimmers hang up their suits until the short course season resumes in the fall. For those people, swimming is a seasonal sport. Hopefully for their health's sake however, another aerobic fitness activity will replace it. One of the strongest reasons for Masters swimming is to promote physical fitness. This should be distinguished from physical activity which may or may not have much in the way of health benefit.

In the November Journal of the American Medical Association, an article was published from the Cooper Clinic which stated that higher levels of physical fitness appeared to delay death. This was a large study of healthy men and women who had their physical fitness level determined on their initial evaluation at the Clinic by a treadmill test. These individuals were followed for an average of eight years. Individuals were divided into five groups depending upon their aerobic fitness level at the time of initial test. For men the deathrate per 10,000 person years for the least fit was 64 deaths and for the most fit was only 20.3 deaths, a threefold difference! For women the deathrate per 10,000 person years was 39.5 for the least fit and 7.4 deaths for the most fit, a fivefold difference. This finding held true even when corrected for age, smoking, cholesterol, blood pressure and blood sugar level. The reduction in risk of death was directly related to the level of fitness. Although we have been told for years that aerobic fitness made a difference in cardiovascular disease the same improvement in survival with fitness was found to correlate with cancer as well. This study was very important in showing a strong, consistent relationship between fitness and survival for both men and women.

Those who participated in the "Swim Across the PNA" have demonstrated commitment to physical fitness. Although many individuals have swum many miles over the past six months, including several who called and told me so, the following individuals turned in mileage logs.

Congratulations to:

Marion Chadwick	(I misplaced her mileage)
Don Ashton	(27 miles in five weeks)
Cynthia Rosik	90 miles
Mary Hamilton	101 miles
Terri Highland	101 miles
Kathy Casey	102 miles
Marion Mueller	102 miles
Manuel Chaus	112 miles
Lee Holm	116 miles
Bertil Dillner	118 miles
Bruce Lomax	121 miles
Gene Crossett	144 miles
Vernon Bryant	161 miles
Jan Kavadas	172 miles
George Nelson	280 miles

THE 4TH ANNUAL DAWN MUSSELMAN SWIM AGAINST CANCER

In January, thirty-three PNA swimmers participated in the 4th Annual Dawn Musselman Swim Against Cancer. \$1600 was raised by individuals who swam over 66 miles total in one hour. The results are listed below by individuals, and the teams which had more than four swimmers were included in the team award category. Congratulations to those many swimmers who have participated in this event year after year, and to Federal Way Masters and Mt. Baker Masters for repeating as team winners. The event is a great deal of fun and supports a worthy cause. Hopefully there will be even more participants and teams next year.

TEAM AWARDS:

Participants	Average Yds.	Average Collection
Mount Baker 11/18 (61%)	40497 3681	\$2164.85 \$196.80
Federal Way 4/8 (50%)	15580 3895	309.00 77.25
OOPS 5/18 (28%)	17075 3415	481.00 96.20
Tacoma Y 4/29 (14%)	12592 3148	321.00 80.25

WOMEN:

Kathy Casey	FtSt	40-44	4465
Karen Jost	FedWay	25-29	4450
Amy Rust	Cascade	30-34	4350
Lisa Donaldson	MTBK	30-34	4025
Cathy Brooks	Davis	40-44	3975
Teri Highland	BEST	40-44	3775
Teri Rexroat	MTBK	30-34	3600

Sharon Belk-Krebs	MTBK	35-39	3550
Ann Gindroz	Tacy	50-54	3390
Jane Moore	FedWy	35-39	3230
Carol Annung	Tacy	50-54	3115
Muriel Flynn	Tacy	65-69	3025
Jan Kavadas	Cascade	55-59	3020
Maxine Carlson	Tigers	70-74	2800
Pat Matchless	Unattach	70-74	2540
Beverly Sortland	OOPS	35-29	2500

MEN

Ian Thompson	MTBK	40-44	4710
Hugh Moore	FedWay	35-39	4650
Richard Price	OOPS	45-49	4075
Dave Schmalz	MTBK	35-39	4030
Gordon Gray	OOPS	40-44	4020
Greg Miller	OOPS	30-34	3975
Stew Ellison	MTBK	30-34	3875
Grant Cooper	MTBK	35-39	3637
Del Landicho		25-29	3410
Walt Inghram	MTBK	45-49	3400
Roy Ingham	MTBK	65-69	3250
Joe Ferong	FedWay	40-44	3250
Chuck Spencer	MTBK	40-44	3220
Paul Senuty	MTBK	25-29	3200
Tom Foley	Tigers	55-59	3200
Harold Young	Tacomay	65-69	3062
Glen Moffatt	OOPS	30-34	2505

MAY - JUNE 1990

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
13 MAY	14	15	16	17	18	19
Enter the Sprint Postal Champs!					18-21 Short Course National Championships - USC	
20	21	22	23	24	25	26
18-21 Short Course National Championships - USC		PNA Board mtg Edmonds, WA 7:00 pm				
27	28	29	30	31	1 JUNE	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
		Postmark your Corvallis entries by today!				