

" THE WET SET "

PACIFIC NORTHWEST ASSOCIATION
OF MASTERS SWIMMERS

JANUARY 1979

15734 - 14TH AVE. S. W.
SEATTLE, WA 98166

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1979

C O M I N G E V E N T S

1979

IMPORTANT!

PNA/AAU REGISTRATION is DUE! To be eligible for competition in 1979 and to receive your newsletter, you should submit the attached PNA/AAU registration form with payment to Karen Kohler at this time or as soon as possible.

PNA MASTERS SWIM MEETS

January, 1979 - Postal Meet (see below)
January 20 & 21 (Sat. & Sun.) PNA MEET at Shoreline Pool - Entry from attached.
January 23 (Tues.) PNA BOARD MEETING at Sue Dearborn's, 3401 E. Mercer, Seattle. Time - 7:30PM - All members are welcome. Questions - call Sue at 324-4945.
March 3 & 4 - PNA MEET at Ft. Steilacoom
March 25 - Stroke Clinic scheduled. Details to be announced.
April 20-22 - PNA CHAMPIONSHIPS
April 27-29, 1979 Region XII Short Course Championships at Wenatchee, Washington.
May - National Masters Short Course Championships at Mission Viejo, Calif.
PNA T-Shirts (\$3) and PNA Patches are on sale at our meets - plan to get one at the Shoreline Meet.

OREGON & INLAND EMPIRE MEETS

January 7 - Portland Community College, Entry due by Jan. 3, 1979
January 13-14 - Gonzaga University Pool, Spokane, WA, Entry due by Jan. 6th.
February 4 - Mountain Park or Lake Oswego, Oregon
March 11 - Tigard, Oregon
March 17-18 - Spokane, WA
April 7-8 - Tualatin Hills Pool at Beaverton, Oregon
NOTE: - Entry forms for Inland Empire and Oregon meets may be obtained by contacting Shirley Lehman, 15734-14th SW, Seattle 98166 (tel: 246-1372).
Also - for One-Hour Postal Meet forms..

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES NATIONAL A.A.U. MASTERS ONE-HOUR SWIM CHAMPIONSHIPS (POSTAL), Sanctioned by: Potomac Valley Association A.A.U. and Sponsored by: D. C. Masters Swim Team....

Location: Any pool, 25 yards in length or longer

Time: Any time during the month of January 1979

Event: The objective of the contest is to determine who can swim the greatest distance in one hour. The person swimming the farthest will be declared the winner. The person swimming the second greatest distance will be given second place, etc.

The team event - composed of three swimmers with the highest combined cumulative total for the three swimmers' distances shall be declared the winners.....

More rules and details included with the entry forms.

SHORT COURSE TOP TEN
PNA MASTERS SWIMMERS from NATIONAL RANKING

50 Yd. Freestyle

#2 Juanita Correa 42
#7 Patricia Dotson 51
#1 Dawn Musselman 64
#8 Francis Jowett

100 Yd. Freestyle

#1 Juanita Correa 42
#7 Patricia Dotson 51
#4 Dawn Musselman 64

200 Yd. Freestyle

#1 Juanita Correa 42
#9 Patricia Dotson 51
#1 Dawn Musselman 64 (N)

500 Yd. Freestyle

#3 Patricia Dotson 51
#7 Dawn Musselman 64
#6 Steve Engel 34
#5 Tom Long 40

1650 Yd. Freestyle

#10 Karen Kohler 37
#4 Lee Holm
#9 Marion Mueller
#6 Tom Long 40
*8 Frank Newquist 40

50 Yd. Backstroke

#1 Dawn Musselman 64
#10 Marion Mueller 65
#3 Gary Hafer 27

100 Yd. Backstroke

#1 Juanita Correa 42
#2 Dawn Musselman 64
#5 Gary Hafer 27

200 Yd. Backstroke

#2 Dawn Musselman 64
#8 Lee Holm
#10 Marion Mueller 65

50 Yd. Breaststroke

#3 Marylou Haugland 39
#8 Dawn Musselman 64
#7 Tom Cooper 30
#8 Tom Long 40
#10 Karl Frederick 63

100 Yd. Breaststroke

#3 Marylou Haugland 39
#4 Carolyn Behse 35
#9 Patricia Dotson 51
#2 Tom Long 40
#9 Maxine Carlson 58
#4 Ron Taylor 44
#4 Ron Taylor 45
#10 Karl Frederick 63

200 Yd. Breaststroke

#2 Marylou Haugland 39
#5 Carolyn Behse 35
#7 Tom Pursley 25
#10 Tom Long 39
#1 Tom Long 40
#2 Ron Taylor 44
#3 Ron Taylor 45

50 Yd. Butterfly

#5 Juanita Correa 42
#6 Dawn Musselman 64
#4 Dave Emery
#6 Ron Taylor 45

100 Yd. Butterfly

#6 Francis Jowett

200 Yd. Butterfly

#10 Steve Engel 34
#10 Frank Newquist 44
#10 Gene Caddey

100 Yd. Individual Medley

#9 Patricia Dotson 50
#2 Dawn Musselman 64
#5 Ron Taylor 45

200 Yd. Individual Medley

#5 Patricia Dotson 50
#10 Gene Caddey 64

400 Yd. Individual Medley

#2 Steve Engel 34

RELAYS

35+ 200 Yd. Free Men
#9 Long, Thompson,
Nordby, Donovan

45+ 200 Yd. Medley Men
#8 Hill, Taylor,
Dorse, McAndrew

200 Yd. Mixed 45+
#8 Koruga, Dotson
Musselman,
Andrychowicz

WOMEN - 200 Yd. Free

35+ Haugland, Dabrock,
#4 Kohler, Correa

200 Yd. Medley

35+ Anderson, Haugland,
#3 Kohler, Correa

45+ Musselman, Latta,
#7 Carlson, Twight

45+ Dotson, Twight,
#4 Musselman, Latta

55+ Carlson, Lercher,
#5 Holm, Mueller

55+ Carlson, Lercher,
#6 Holm, Mueller

C O N G R A T U L A T I O N S !

O-H-I-O Masters are selling Top Ten Patches @ \$3.00 w/numeral; numeral only @ \$.50
Order from: Harry Fox, OHIO Masters Swim Club
P. O. Box 922
Massillon, OH 44646

5 copies

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES
NATIONAL A.A.U. MASTERS ONE-HOUR SWIM CHAMPIONSHIPS
(POSTAL)

SANCTIONED BY:
Potomac Valley Association A.A.U.

Sponsored by:
D.C. Masters Swim Team

Location: Any pool, 25 yards in length or longer.

Time: Any time during the month of January 1979.

Eligibility: Any AAU registered Master Athlete, or Master Athlete registered with similar body in their own country.

Age Groups: Individual: 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, & 80+, for both men and women.

Team: The team shall be composed of three swimmers in the following age groups: 25+, 35+, 45+, 55+, & 65+ for both men and women. The youngest member shall determine the age group of the team. No unattached or mixed teams allowed and all teams must be associated with one A.A.U. registered club or team.

Awards: Individual: A.A.U. Masters Championship medals will be awarded to the first six place winners in each age group.

Team: Each member of the first three teams in each age group, will be awarded A.A.U. Masters Championship medals.

Event: The objective of the contest is to determine who can swim the greatest distance in one hour. The person swimming the farthest will be declared the winner; the person swimming the second greatest distance will be given second place, etc. In the event that two or more swimmers complete the same distance, a tie will be declared.

Each swimmer will be required to provide his own counter, timer, starter and to insure that the "Lap Counter/Distance computer" is properly used. Every effort should be made to accurately count the number of laps. All distances should be rounded off to the last completed five-yard increment.

In the team event, a team shall be composed of three swimmers. The team with the highest combined cumulative total for the three swimmers' distances shall be declared the winners.