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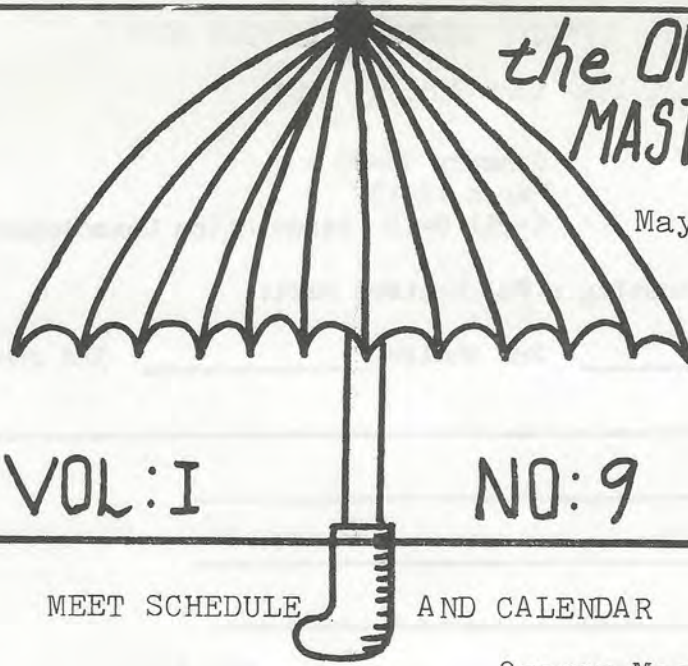
the OFFICIAL PNA
MASTERS NEWSLETTER

May 17, 1982

Chris Thomsen, EDITOR
6109-D Glenmary SE
Lacey, WA. 98503
459-2181

VOL: I

NO: 9



MEET SCHEDULE AND CALENDAR

PNA MASTERS

Jun.	13	LC Kitsap Pool
Jun.	26	Mt. Lake Sextathlon
Jul.	10-11	PNA LC
Jul.	30	Reg. XII LC
Aug.	1	Champs, Oregon
Aug.	26-29	LC Natn'l Champs Portland Oregon

Oregon Masters

Jun.	26-27	Corvallis
IEA Masters		
Jul.	10-11	Spokane LC
Jul.	23-25	Mt. Hood, Reg. XII, LC Champs

EDITORS CORNER 000

Due to the length of the Newsletter and the number of Meet results the Board Highlight will be omitted. Should any person have any questions concerning the context of the last Board meetings please contact Russell Hall.

The following addresses are those of the Association Presidents should you need to contact them in the future or should you like to gather some information about the last Meeting of the Association Chairman from Region XII, held on May 1, 1982:

Inland Empire Assn.
Harry Lewis
E. 944 39th Ave.
Spokane, WA. 99203
(509) 747-3421

Oregon Assn.
Earl Walter
3904 SW 57th Ave.
Portland, OR. 97221
(503) 292-1611

Snake River Assn.
Bill Latta
3245 Beverly
Boise, ID. 83709

PNA
Russell Hall
12518 SE 232nd
Kent, WA. 98031

(206) 631-6685 H
(206) 852-2565 W

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OFFICIAL MEET APPLICATION FORM

PNA Masters meet dates (Fall, 1982 thru Spring, 1983)

October 9-10
November 13-14
December 11-12

January 29-30
March 12-13
April 9-10 (Association Championships)

We would be interested in hosting a PNA Masters Meet:

Date: 1st choice _____ 2nd choice _____ 3rd choice _____

Organization's name _____

Person to contact _____
(please type or print)

Address _____

Phone # _____

Return to Chet Palmer, 17009 4th South, Seattle, Wa. 98148

Return by July 15, 1982 for consideration by PNA Masters Board of Directors.

Dear Swimmers,

Above is the form and schedule of proposed swim meets for the new season ahead. If your group would like to host a meet on one of the weekends designated, please fill in the form and return it as indicated. The dates listed are for the weekends we would like to hold meets, however, this does not mean you must hold the meet on Saturday and Sunday. If you choose to you can have the meet any of the following combinations: Friday night & Saturday, Saturday night and Sunday, Saturday only, or Sunday only. The only exception to this is the Association Championship which must be Friday night and Saturday. If you host a meet you will be expected to provide enough people to properly start, time, judge, compile results, hand out heat cards, and man an awards table. The compensation will be 75% of the entry surcharge fee (currently \$3.50 per person). Any expenses for pool rental, equipment, etc. will be the responsibility of the host organization. If there are further questions, please contact me before sending in the above form.

Congratulations to all who swam in the Regional Championship meet in Cheney. For those who did not attend, you missed a very good meet.

PNA Masters will host only one long course meet this summer due to the limited pools available to us. The one meet will be June 13. (See enclosed entry form) For those who want more long course meets before Nationals in August, Oregon will host a meet at Albany June 27, IEA is planning a meet in Spokane (Whittier Pool) July 10-11, and Long Course Regionals will be in Portland July 30-31 & August 1. For information about these meets contact :
Oregon Meets: Earl Walter, 3904 SW 57th Ave, Portland, Oregon 97221
IEA Meets: Harry Lewis, E 944 39th Ave, Spokane, Washington 99204

If you are planning on attending Long Course Nationals and wish to be included in relays please fill in the form at the bottom of this page and mail as indicated. We want to organize as many relays as possible and see if PNA can be Number 1 team at the nationals. We would love to see Oregon #2 with San Mateo and Rinconada #3 & 4 for a change. We will need relays to do this, so send in your form now! See you June 13! Keep Swimming, Russell Hall

I want to swim relays at the Nationals!

Name, Address, Phone # _____

I can swim the following (use short course times) 50 yard Free _____ 50 yard Back _____
50 yard Fly _____ 50 yard Breast _____

Mail to Debbie Lewis, 4665 41st NE, Seattle, Wa. 98105

On February 25th four women who regularly swim at a local pool operated by the Salvation Army decided to enter ~~your~~ ^{the} Silver Jubilee "One-Hour Postal Swimming Championships."

LETTERS from READERS

We thought that you might like to know what dedicated distance and competitive Masters Swimmers we really are. Originally, only three of us planned to enter the postal swim, and we considered calling ourselves "The Retreads." You see, Maxine Carlson, 61, is still recovering from a total hip replacement performed in August '81 and is now close to swimming as fast as she did previously; Rozie Latta, 50, is also regaining her strength after two operations were required to rebuild her breast after a double mastectomy; and Maryan Burke, 56, is just recovering from extensive foot surgery having had five toe joints replaced with plastic implants, a bunion removed, and both sides of her feet fractured. In fact, Maxine and Rozie waited until the very end of the month so that Maryan could touch and push off from the pool wall. Swimming and water therapy has enabled all of us to have speedy and successful recoveries.

Then, when the day of the swim neared, Betsy Jacroux, 30, nine months pregnant, decided to join us and did an excellent yardage even though swimming for "two."

On the day we chose to swim, the pool boiler refused to cooperate. The water temperature was perfect for a warm bath but too hot for vigorous swimming. Even though, we all swam ^{well} over a mile during the hour.

Sincerely,

Maryan Burke

Maryan Burke

Maxine Carlson

Maxine Carlson

Rozie Latta

Rozie Latta

Betsy Jacroux

Betsy Jacroux

P.S. Oh, by the way, Betsy had a healthy baby boy.

CONT. FROM PAGE-20

50 YD. FLY

JIM PENFIELD 73 45.45
FRANCIS JOWETT 71 46.75

100 YD. I. M.

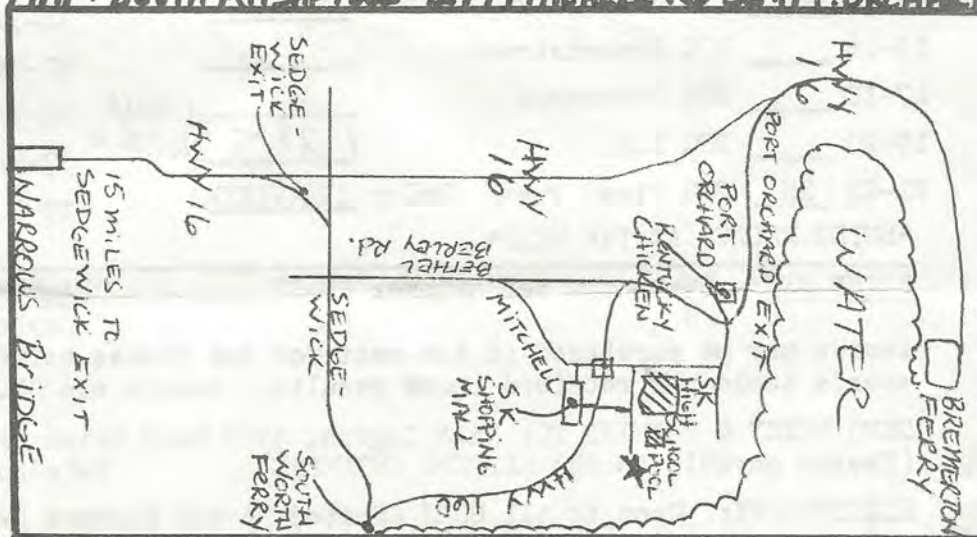
FRANCIS JOWETT 71 1:41.56
JIM PENFIELD 73 1:42.80

MEN 85-89

1650 YD. FREE

BOB SIMMONDS 44:38.96

MAP: SOUTH KITSAP POOL - 1297 MITCHELL RD SE. PT. ORCHARD



ROSES***ROSES***ROSES***ROSES***ROSES***

A special thanks to all of the people who helped coordinate and volunteered their time during the Championships in Cheney, WA. Thank you Mr. Harry Lewis and everyone involved.

A thank you for the people who have opened up their homes for the past PNA Masters board meetings.

The Newsletter would like to thank Jeanette Roshau for her undivided attention and time spent putting together and mailing the Newsletter for the months she was Mailing Chairman. Welcome to Muriel Flynn and her helpers!