

T H E W E T S E T

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS AAU

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C o m i n g e v e n t s

PNA meet MARCH 4, 78 Entry in this
letter. Deadline TUESDAY FEBRUARY 28!

Inland Empire Meet MARCH 17, 18, 19
Entry deadline March 13, 78.

PNA Board Meeting 7 pm Tuesday March 7, 78
All team reps and board members please
attend. All other members welcome!
Susan Dearborn's, 3401 E. Mercer Street,
Seattle, 98112, 324-4945.

PNA CHAMP: Meet APRIL 7 & 8 Mercer Island
regional MEET APRIL 29 & 30 PNA hosting

Banquet following PNA Championship Meet
April 8 at Greenwood Inn, Bellevue.

IE Swim meet (Inland Empire) AAU sanctioned March 17-19. Sponsored
by IEA Masters Swimmers, Spokane Masters. Send Entries to: Harry
Lewis, Coordinator: East 944-39th Ave. Spokane, Wa 99203.

Entries due: March 13, 1978. Fees may be paid on day of meet.
Place of Meet: Gonzaga Univ. Pool. Note: There will be a no-host
dinner, GATEWAY HOTEL, East 923- 3rd street, Saturday Night, March 18
at 7:30 pm.

INTERESTED IN ATTENDING THIS MEET? Good! Call Kirk Adams, Design
Consultant and leave name, address and phone. SAY YOU WANT
SPOKANE MEET ENTRY FORM. 282-1966.

Harry's meets are grand, marvelous, exciting events, never to be
missed!

MINUTES HIGHLIGHTS

Jack Miller will head nomination committee. Ballots to be sent
with March newsletter. New Officers sworn in at PNA Banquet.
PNA results to National level must all be submitted under one
team name (PNA). The Records committee will work out a numerical
or alphabetical designation for PNA sub-teams which, when printed,
will enable PNA swimmers to recognize their local team!
A Stroke and turn judge will be present at the Regional meet.

NOTES ON STROKES (The following is offered to swimmers in competition so that they will be aware of AAU rules and regulations while swimming at sanctioned meets.) Submitted by Gary Ladd.....

BACKSTROKE

Start: A swimmer may assume any desired starting position which keeps both hands resting either on the end of the pool or on any part of the starting block and which does not remove his feet completely from the water nor his feet from contact with the end of the pool.

Stroke: Swimmer shall push off on his back for both the start and the turn and continue swimming on his back throughout the race.

Turns & Finish: The swimmers head, hand or arm must touch the end of the pool before the shoulders can turn over beyond the vertical.

BUTTERFLY:

Start: Forward start.

Stroke: The body must be kept perfectly on the breast with both shoulders in line with the water surface. Both arms must be brought forward together over the water and brought backward simultaneously. The swimmer is permitted one breaststroke kick or one or more dolphin kicks, depending on which is used continuously throughout the race, but only one arm pull underwater, which must bring him to the surface.

Kick: One or the other, the dolphin kick or the breaststroke kick is permitted (see breaststroke rules below) during the course of the race. Dolphin kick - the legs and feet must move up and down simultaneously without alternating positions in relation to each other.

Turns & Finish: The touch at the end of the pool shall be made with both hands simultaneously on the same level either above or below the water surface while the body is on the breast and the shoulders are in line with the water surface.

BREASTSTROKE:

Start: Forward start.

Stroke: The body shall be kept perfectly on the breast with both shoulders in line with the water surface from the beginning of the first armstroke after the start and after each turn. All arm movement shall be simultaneous and in the same horizontal plane. The hands shall be pushed forward together from the breast and shall be brought back on or under the water surface. A part of the head shall stay above the water level, at its calm state, except at the start and after each turn. The swimmer may take one armstroke and one leg kick while wholly submerged. When the hands begin their sideward or downward press, a new stroke shall have been started. Water passing over the head does not necessarily constitute a violation.

Kick: The leg kick shall be simultaneous and in the same horizontal plane without alternating movement. The feet must be turned outwards in the backward movement. A dolphin kick or any other leg movement in the vertical plane is not permitted.

Turns & Finish: The touch shall be made with both hands simultaneously at the same level, either at, above or below the water level.

FREESTYLE:

Start: Forward start.

Stroke: The swimmer may swim any style; except that in a medley relay or individual medley, freestyle means any style other than fly, breast or back. It is sufficient if any part of the swimmer touches the wall at the end of the pool for both turns and finish.

RELAYS: All rules pertaining to each stroke (listed above) used shall govern where applicable. No swimmer shall swim more than one leg in any relay event. Relay teams may not compete unattached and must in all cases be composed of registered members of the same team. The team of the swimmer whose feet have lost touch with the starting block (ground or deck) before his preceding teammate touches the wall shall be disqualified.

GENERAL:

1. Forward Start: May be taken from the starting block, pool deck or a push from the wall.
2. A swimmer must start and finish the race in his assigned lane.
3. Standing on the bottom during a race shall not disqualify a swimmer, but he must not leave the pool, walk or spring from the bottom.
4. Any swimmer charged with two false starts shall be disqualified and shall not swim the event.