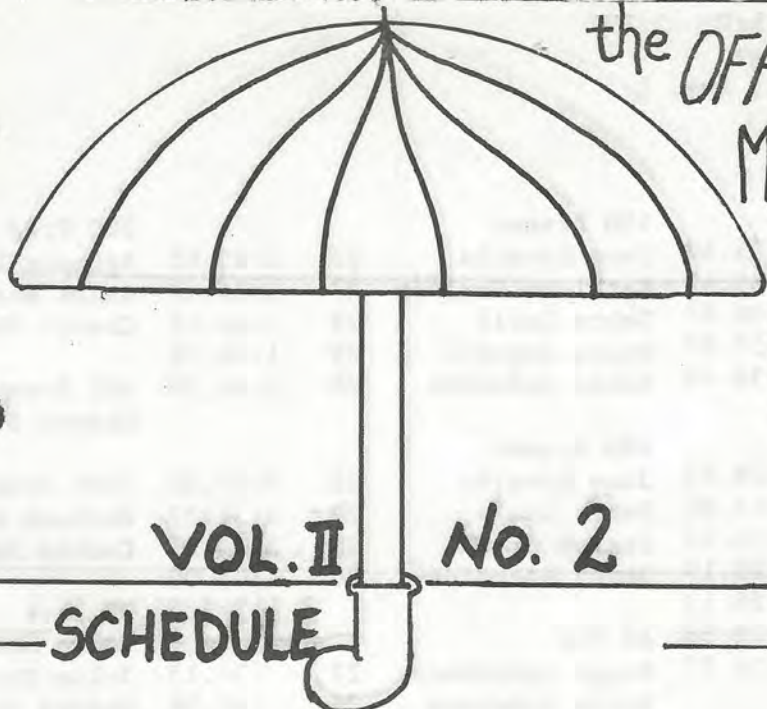




the OFFICIAL PNA MASTERS NEWSLETTER



SEPTEMBER 15, 1982  
Chris Thomsen, Editor  
2020 42nd. East  
Seattle, WA. 98112  
(206) 324-2333

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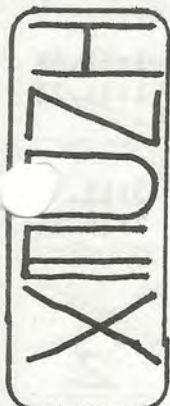
SCHEDULE

Due to the fact that this is, essentially, the first Newsletter of the new 1982-83 PNA Master's Season, we have a very limited schedule for up and coming meet dates. This schedule is soon to be updated.

- October 16, 1982- CAPRI Meet, Shoreline pool, Seattle
- November 14 BANGOR BASE (see directions)
- December 10-11 FOSTER POOL (South Central Seattle)

EDITOR'S CORNER...

- (1)- First of all, I would like to congratulate all of those swimmers who competed in the Nationals in Portland and in Woodlands, Texas. Good Job!
- (2)- I would also like to take time to mention the fact that the Newsletter will be taking a much tighter position, as far as schedule is concerned, so please try to get your articles and meet entry forms into my mailbox ON time or they will not get in the Newsletter.
- (3)- Mt. Rainier High School now has a Master's workout schedule the times are as follows: Mon. & Wed. 8:30  
Friday. 6:00-7:00, see Randy for details- 824-1728
- (4)- Attention all pools with Master's workouts, Please send your updated Master's workout schedules to the Editor so that they may be printed in one of the next issues.
- (5) SPECIAL- please find enclosed the entry form for the CAPRI. Please give this entry sincere consideration and remember that it fun and most importantly it is for a very worthwhile cause. See you There!



CAPRI MEET	15-16	BANGOR MEET	14
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WOMEN 20-24

RELAYS

50 Free  
 Tami Pearson 23 :33.29

100 Free  
 Debra Kuehne 23 1:12.67  
 Judy Weston 24 1:18.31  
 Jean Liebmann 21 1:19.04  
 Jennifer Tanner 23 1:22.67

200 Mixed Medley  
 Jane Loverin 2:17.26  
 Howard Ronkin  
 Brett Arvidson  
 Tami Pearson

200 Free  
 Debra Kuehne 23 2:42.77  
 Judy Weston 24 2:52.36 P

400 Free  
 Judy Weston 24 6:03.88 P

100 Back  
 Judy Weston 24 1:32.97

50 Breast  
 Tami Pearson 23 :41.96  
 Debra Kuehne 23 :45.07

100 Breast  
 Tami Pearson 23 1:23.79  
 Debra Kuehne 23 1:36.35  
 Jennifer Tanner 23 1:46.71

*is that 1:32.79?*

200 Breast  
 Tami Pearson 23 3:20.94

50 Fly  
 Debra Kuehne 23 :36.21  
 Judy Weston 24 :41.68

200 IM  
 Debra Kuehne 23 3:06.30

MEN 20-24

100 Free  
 Scott Steingraber 22 1:03.12

50 Back  
 Scott Steingraber 22 :34.19

100 Back  
 Scott Steingraber 22 1:14.87

50 Breast  
 Mike Bettancourt 24 :42.11

100 Breast  
 Mike Bettancourt 24 1:33.68

COMMITTEES, CHAIRPERSONS AND COMMITTEE MEMBERS/ASSISTANTS

Committees:  
 Awards- Dave Addleman 752-7259  
 Constitution- Jim Miles 232-7050  
 Meets- Chet Palmer- 242-1354  
 Membership- Marietta James 582-6877  
 Newsletter- Chris Thomsen 527-2356

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 V. President- Jim Miles 232-7050  
 Secretary- Florence Miller 582-4683  
 Treasurer- Bill Castner 246-1726

OTHER COMMITTEES OR ASSISTANTS:  
 Newsletter Mailing- Muriel Flynn 265-3473  
 Publicity- Darryl Swenson 525-2123, Carol Dewell 373-5303  
 Travel Coordinator- Sue Dearborn 324-4945  
 PNA Top Ten- Walt Reid 847-2972, Marty Dabrock 584-8447  
 Community- Jan Twight 525-2572  
 Team Wear/Money Raiser- Heather Oesting 522-5058  
 Community and Team-Meet Spirit- Kathy Crandell 588-4879

CAPRI RELAYS ENTRY FORM

Name: \_\_\_\_\_ M/F: \_\_\_\_\_ Age: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_  
Street City, State, Zip

Check here if you have not previously entered a Masters' meet:

Entry fee is \$5.00. Checks should be made payable to CAPRI. Additional donations are welcomed, too! Both entry fee and donations are tax deductible.

\*\*\*\*\* HELP CELEBRATE CAPRI'S NEW SHORELINE \*\*\*\*\*  
\*\*\*\*\* COMMUNITY COLLEGE PROGRAM OPENING IN \*\*\*\*\*  
OCTOBER!!!

CAPRI Relays

We have been able to schedule this popular event FIRST. Now you can start your swimming season easily with a friendly relay team. This event is for fun as well as being our Community Service Project. Last year we raised over \$225 for CAPRI.

CAPRI (Cardio Pulmonary Rehabilitation Institute) provides persons who have had heart attacks, heart surgery, angina, hypertension, chronic lung disease, diabetes, and people who are at high risk of these things with medically supervised exercise. Their goal is to help these people resume an active life through their rehabilitation program.

Your entry fee will help support CAPRI. You may include additional donations to CAPRI from your friends or from other swimmers who will not be able to participate in this meet. We encourage all PNA Masters Swimmers to support this event by swimming and/or donation.

How It Works

1. You enter individually.
2. Teams are formed by the Meet Director. There will be 4-6 teams, depending on the number of entries. Teams will include all abilities and age groups (20 years to 125 years old).
3. There will be 6-10 events; each person can swim at least one event.

When, Where, and Other Essentials

WHEN: Saturday, October 16, 1982  
9 AM to 12 Noon (NOTE: It's in the MORNING this year, folks!)

WHERE: Shoreline Pool (next to Shoreline High School)  
19030 1st N.E.  
Seattle

Directions: Take 205th St. Exit off I-5 and go West. At 1st Ave. N.E., go South for 1/2 mile. The pool is on the East side of the street.

MAIL ENTRY FORM TO: CAPRI  
914 E. Jefferson  
Seattle, WA 98122