

THE WET SET



Volume 20 • Issue 9

2000 USMS Newsletter of the Year

November 2000

Records, Rewards, and Special Recognition



Photo by Sandy McNeel

At 49 years old, Olympian Rick Colella didn't let being at the top end of his age group slow him down. He set Zone records in 100 breast, 200 fly, 200 IM, and 400 IM and a World record in the 200 breast at the SCM Zone Champs in Federal Way October 7th and 8th. Information on this meet starts on page 8.

LEADING OFF

By
Lee Carlson

October was a busy and rewarding month for PNA swimming.

A Short Course Meters Zone Championship Meet was held at Federal Way on October 7th and 8th, ably managed by Federal Way swimmer and first time meet director Jim Stephens. At the meet, both Rick Colella and Gary Chase set World records and many new National and Zone records were broken by others.

Six Olympian swimmers participated in the Zone Championship. Can you guess their names? Check your answers with the names on page 12. We are really fortunate to have a world class facility like the Weyerhaeuser King County Aquatic Center, the site of this zone meet and the upcoming Long Course National Championships, August 16-19, 2001. We also are lucky to have an announcer like Tom Taylor who makes meets more interesting. Tom helps move the meet along by working closely with the starter and meet referee.

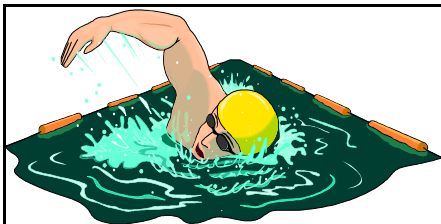
The United States Aquatic Sports Convention was held in Kissimmee, Florida, on October 11-15th to the theme, "Swimming — A Life's Passion." PNA received special recognition in several areas. Hugh Moore completed his term as Zone Chair. This position provides direction and communication with

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LEADING OFF

By
Lee Carlson

(Continued from page 1)

the eight multi-state zones. Our Northwest Zone covers not only Western Washington and Oregon but also Eastern Washington, Alaska, Utah, Idaho, and Montana. Hugh received special recognition from USMS President Nancy Ridout. Nancy praised Hugh, not only for bringing the leadership group of the USMS Executive Committee closer together but also for doing an outstanding job of communicating with USMS and all the zones.

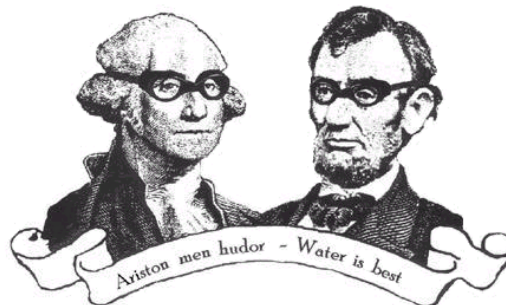
PNA also received special recognition at the convention for our two communications efforts, *The WetSet* and our website. Our newsletter, *The WetSet*, was named USMS Newsletter of the Year and our editor, Sandy McNeel, was praised for her superb effort. Our website was selected for the second year in a row as a Masters Aquatic Coaches Association (MACA) News Top Ten LMSC Website — the highest award provided. Jim and Mardi McCleery,

our webmasters, have continued to improve this very good site. Log on to and see the results of their hard work if you haven't already done so (swimpna.org).

Reports about the actions taken at the convention will be found in this and the next issue of *The WetSet*. For me, one of the Convention highlights is seeing Masters swimming continuing to grow and improve. How much work gets accomplished in the three full and two half days is an eye opener. Also, as always, attending early morning world-class swim workouts provided by the best coaches is a highlight.

Your delegates did an excellent job representing PNA, providing leadership and support needed to keep Masters swimming opportunities for fitness, competition and fun—using our USMS Legal Counsel Jeanne Crouse's favorite phrase: "Going forward!"

BELLINGHAM MASTERS SWIM CLUB



PRESIDENTS' HOLIDAY SWIM MEET

Bellingham Masters has scheduled a meet for February 17th: a President's Holiday Swim Meet. The meet is set on Saturday so that you can spend the rest of a three-day weekend skiing on Mt. Baker or ice skating at the rink just down from the pool.

This is the design that will be on the meet's t-shirts. Order one for \$12 when you send in your entry form. The entry form will be in the December and January *WetSet*.



HAPPY BIRTHDAY

to the following PNA swimmers!

11 15 LONNY KANEKO	11 29 LIZ MCCORMACK
11 15 KARIN GARDNER	11 29 MARK ADAMS
11 16 DORRES FOSTER	11 29 SCOTT MCCLEERY
11 16 MATTHEW BOHAN	11 29 MICHELLE KONDO
11 16 KARLA EDWARDS	11 29 JOHN DEWIT
11 17 ELIZABETH SCOTT	11 30 SACHIN KUKREJA
11 17 ERIKA SWICK	11 30 COLIN MAILER
11 18 BARBARA LAWSON	11 30 SHIRLEY KOLM
11 18 MARK ELLIS	12 01 CAROLINE PRATHER
11 19 ADAIR DINGLE	12 01 CATHY FRITCHEN
11 19 KARL JEFFERS	12 01 IAN JOHNSTON
11 19 MICHAEL SCHAEFFER	12 02 MIKE GRIMM
11 19 KYMMBERLY MYRICK	12 04 PETER STEKEL
11 19 STACIE SINGLETON	12 04 TIM WELCH
11 21 DANA COX	12 05 GARY KIMURA
11 21 DAN CLARK	12 05 KATHY ROBERTSON-LITTLE
11 22 BRETT MILLER	12 06 LAURA ROOKSTOOL
11 22 JENNIFER KABACY	12 06 GEOFF WILWERDING
11 23 RONALD JONES	12 06 NATASHA ESUBANA
11 23 NICK LECLERCQ	12 07 ELEANOR SPILLMAN
11 24 DEBBIE GLASSMAN	12 07 MARSHA HANSEN
11 25 PETER LIEKKIO	12 07 EVERETT MC COOEY
11 25 JEANETTE OPIELA	12 07 BRIDGET OCONNELL
11 25 CHRIS JONES	12 07 PETER JONES
11 25 MARCUS FAIRBANKS	12 07 TAMARA BENNETT
11 25 D. KIKO VANZANDT	12 08 ERIKA MILLER
11 26 SHELLEY HALL	12 08 ROBERT WATKINS
11 26 ERIC JOHNSON	12 08 BETH GRAY
11 26 PAUL CLEMENTS	12 09 DAN NELLIS
11 27 LINDA MARIZ	12 09 MEGAN BERGER
11 27 DAVID SCHULZ	12 10 STEVEN MITCHELL
11 27 VALERIE MADSEN	12 10 GLENN KNITTER
11 27 MARGIT DEMENTI	12 11 CAROL GANNAWAY
11 28 DICK CAMPBELL	12 12 MARIA DRIANO
11 28 SARAH WILLIS	12 12 JAMES KURTZ
11 28 SAHARA PIRIE	12 13 FRANK NEWQUIST
11 28 JOAN ADKISSON	12 13 SCOTT LAUTMAN

New Coach for Bellevue Club

Bellevue Club has a new Aquatic Director and Masters Coach, Matt Sellman.

Matt has seven years coaching experience in his background. He swam the four years while attending college at Pacific Lutheran University (PLU) in Tacoma, WA, to graduate with a degree in Secondary Education. At PLU he earned All-America status, broke several records, and was named the PLU Man of the Year in Sports in 1996.

Matt then taught for three years in Western Washington, following this by earning his Masters Degree in Athletic Administration while working as a Graduate Assistant Swim Coach at the University of Findlay, OH.

During his time in universities and high schools, Matt coached with club teams, helping swimmers at all levels, including Masters, NAIA National Champions, NCAA National Qualifiers, and Senior National qualifiers. He is also currently in his third year as Assistant Coach at his Alma Mater, Pacific Lutheran University.

With the Bellevue Club Masters, Matt hopes to add to the program's fun and success. He will focus on stroke mechanics, conditioning, and variety, as well as helping everybody that gets in the pool: first time fitness swimmers, triathletes, and competitive swimmers.

In the News

The Mercer Island Reporter featured Lee Carlson of the Mercer Island Redwoods on September 6th. The article, loaded with great pictures, described his work in Masters swimming and his trip to the World Championships in Munich.

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.

All Dressed Up with Lots of Places to Go US Aquatic Sports Convention 2000



It's an unusual sight to see 200 swimmers, people typically in sweat pants and team t-shirts, all dressed up in sequins and sparkles, suits and sportcoats. That's what happens at the grand finale, the Aquatics Awards Banquet, for the US Aquatics Convention held October 11-15 in Kissimmee, Florida.

Each year, the US Aquatics Convention is attended by representatives of USA Diving, USA Swimming, Synchro USA, US Water Polo, and US Masters Swimming. The groups meet separately most of the time, but join at the party hosted by USAS Insurance and at the final Aquatic Awards Banquet.

The Aquatic Awards Banquet, smoothly emceed by Olympian Josh Davis, was five hours of food and fun with all 1400 members of the convention. According to Jan Kavadas, "I thought it was the best I've been to: a swimmer as an emcee, a few jokes, and varied media presentations." Awards were presented, videos were shown, and speeches were dealt out by people such as Misty Hyman, Jill Sterkel, and Richard Quick. And then there was the superb perennial Masters skit, a parody on the Presidential debates featuring candidates "Tush" and "Bore".

Charlotte Davis was honored for her work in coaching synchro-

nized swimming for the last 18 years.

The 1976 Olympic women's swim team was honored. This team included two persons from the Northwest: Wendy Boglioli, who still lives here, and Camille Wright, who formerly coached at Shoreline. In an upset race in the Montreal Olympics, the relay team beat the East Germans who were sweeping the medals. The controversial East German team was recently confirmed as taking performance-enhancing drugs.

The core of the convention was the committee meetings and the House of Delegates meetings to vote on rule changes for USMS. These sessions are not as dry as they sound. Rather, they are very well run and are full of interesting people and information. Reports from these committee will be in next month's *WetSet*.

A few informative extra presentations were also given:

Paul Hutinger: "Effects of a 20-year Masters training program on aging" — This was an amazing presentation with charts of medical tests on himself at age 45, 53, and 60 (with an average 60-year old statistic to compare). Paul showed improvement not decline as he aged. He noted the importance of swimming at a heart rate of 160 to enable one to be competitive.

Joel Stager: "Data from Olympic Trials and analysis of the Olympics" — Basically, Joel was quite skeptical of the lack of data to back up the claims on the new "fast" suits. The detailed results from the Olympic Trials are available in his article in the current issue of *Swimming Technique*.

Suzie Tuffey, Sports Psychology Director USA Swimming (at the Olympic training camp in Colorado): "Psychological perspective to swim-

Starting at the top:

- *Walt Reid and Kathy Casey all dressed up for the Aquatic Awards Banquet.*
- *Jan Kavadas was appointed the liaison from the Officials Committee for PNA's 2001 Long Course Nationals.*
- *Bill Volckening, USMS Editor for SWIM Magazine, and Sandy McNeel show off the USMS Newsletter of the Year award.*
- *Jeanne Ensign, both our National and PNA Treasurer, after one of the morning workouts.*

ming” — Suzie pointed out the you need to do as much mental training as you do physical training. She outlined a toolbox of psychological skills: goal setting, imagery, and competition mental preparation. Goal setting: Set process and outcome goals, i.e. how to do it and the result. Competition: When you are on the blocks you should not be focusing on “I want to win” but what you need to do in the water. You need a road map to success. Competition mental preparation: Athletes have a “zone” at which they tend to perform at their best. Your zone is highly individualized, but it includes anxiety, confidence, thoughts, and focus. If you think of the conditions before your best race, these are the conditions for your zone.

Newsletter of the Year and Top 10 Website! Whew!

PNA recently were awarded two honors for their publication and communications efforts.

The WetSet was selected as USMS Newsletter of the Year. Ten newsletter finalists from all around the United States (52 LMSCs plus their clubs) and evaluated for content, creativity, presentation, range of appeal, and consistency. Per Bill Volckening, USMS Editor for *SWIM Magazine*, “*The WetSet*” was clearly the most outstanding newsletter of the ten finalists.

For the second year in a row, Masters Aquatic Coaches Association chose the Top Ten LMSC Websites. And for the second year in a row, PNA’s web site made the list and was cited for its pristine design and excellent navigation. The websites are evaluated on their design, navigation, content, speed/load time, and technical correctness.



Welcome to these swimmers who have recently joined PNA!

- Belle Bezdicek, Sander Bogdan, John Brooks, Tracy Burrows, Jeanne Butterworth, Doug Carpenter, Gordon Clark, Mark Davies, Laura Del Rio, Danny Dickson, Stephanie Diemel, David Ducolon, Michael Eaton, Rhonda Halfman, Henry Haselton, Megan Hazen, Gordon Hofman, Sarah Hoisington, Joe Holliday, Claudia Jones, Gary Kelsberg, Henry Kirkland, Rick Luther, Linda Matteson, Sharlene McCambridge, Samuel McGraw, David Morris, Kari Page, Jennifer Peterson, Stella Preissler, Jenny-Marie Pulliam, Rachel Ramos, Stephen Reese, Katie Richter, Ann Roeder, David Toney, Bridget Young, Carl Zaremba, Joseph Zaumer, Victoria Zukowski

New Rules for 2001

At the Convention, these rules were changed or added. They go into effect January 1, 2001:

- 1. Backstroke Start.** The toes must be under water on the start for all courses. (No, you can't curl your toes over the lip of the gutter any more beginning January 1, 2001.)
- 2. Warm-ups.** Swimmers must enter the pool feet first in a cautious and controlled manner.
- 3. Short Course Nationals.** A potential nationals host could bid to host nationals as a short course meters meet instead of a short course yards meet.
- 4. Nationals.** The rotation system for accepting bids from different areas of the country has been eliminated; bids may come from any area of the country.
- 5. National Qualifying Times.** National Qualifying Times (NQTs) will be 10% slower than the average of the previous three year's 10th place times on the USMS top ten list (rather than using 10% of just the previous year's 10th place time). Several formulas have been added to establish NQTs for those events/age groups that have fewer than 10 swimmers. These procedures will become part of Championship Committee policy rather than being part of the rules. Changes made by the committee will be approved by the House of Delegates.
- 6. Nationals.** All events may be deck-seeded (requiring positive check-in for all events; this will probably happen at Santa Clara in May of 2001).
- 7. Split Requests.** Split requests must be made in writing before the end of the meet except for relay splits and backstroke splits which must still be requested in writing prior to the swims. Did you know that relay lead-off splits cannot count for USMS records or Top Ten if the second swimmer starts in the water?



QUEEN CITY SPLASH AND SKI 2001 MEET

Sponsored by the Orca Swim Team
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 013603

DATE: **Saturday, January 13th, 2001**
TIMES: Check-in & 1st Warm-up: **8:00am** Meet: **9:00am**
Event 3 will start no earlier than 9:45am.
PLACE: **HELENE MADISON POOL**
13401 Meridian Ave N, Seattle 98133 (206) 684-4979
CONTACTS: Jim Lasersohn (206) 325-8613 OrcaSwimJim@aol.com
Matt Lind (206) 328-8351 chewma@earthlink.net

DEADLINE: Postmark by **Friday, December 29th, 2000**. Sorry, but no late or day of meet entries. Entries must be received by Friday, 1/5/01.
FACILITY: An indoor facility with six (6) 25-yard competition lanes with an adjacent warm-up and warm-down area. Water temp is 84 degrees. Coin lockers available. Snacks/drinks will be available for a nominal donation.

RULES: Current USMS Rules will govern the meet.
SAFETY FIRST: NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.
ELIGIBILITY: Open to all year 2001 USMS or MSC registered swimmers 19 and above as of 1/13/2001. Age groups based upon the swimmer's age as of 1/13/2001.

DIRECTIONS (located approximately 15 minute drive from downtown Seattle)
From areas north of city limits of Seattle: Take I-5 Southbound, take N/NE 145th St. exit. Turn RIGHT on N 145th St to Meridian Ave N. Turn LEFT on Meridian Ave N. The pool is on the right at N 134th St.

From all other areas: Take I-5 Northbound, take NE 130th St. exit. Continue north from exit ramp to signal at NE 130th St. TURN LEFT on NE 130th. Continue to Meridian Ave N (2nd signal). Turn RIGHT on Meridian Ave N. The pool is on the left at N 134th St.

ORDER OF EVENTS (PNA Order #4) (Seeding is slow to fast)

1	400 IM (must check-in by 8:30am)	12	50 Fly
2	500 Free (check-in by 8:30am)	13	100 Free
	20 minute break & 2nd warm-up	14	200 Back
	Event 3 will not begin before 9:45am	15/16	200 Women's/Men's* Medley Relay
3/4	200 Women's/Men's* Free Relay		20 min. Break including the Original Pink Flamingo Relay
5	50 Breast	17	200 Breast
6	100 Fly	18	200 Fly
7	200 Free	19	50 Free
8	50 Back	20	100 Back
9	100 IM	21	200 IM
10	200 Mixed Free Relay	22	200 Mixed Medley Relay
11	100 Breast		

Note: Relays entries done on day of meet and deck-seeded.

* - **The entries for Men's Relays and Women's Relays may be swum in the same heats.**
DISCOUNTED OFFICIAL HOTELS in Downtown Seattle (request **Orca Swim** group rate)
Hawthorn Inn & Suites, 2224 8th Ave, 98121 (800) 437-4867 (206) 624-6820. Rate \$74.
Free parking & breakfast. Call by December 12th. Confirm cancellation policy.

WEBSITE: For more information on **hosted housing, discounted official hotels, ski and other social events** associated with the meet, please visit our website at www.teamseattle.org/orca. Results will be available at the PNA website at www.swimpna.org.

The ORCA SWIM TEAM is 501 (c) (3) non-profit corporation dedicated to promoting the sport of swimming and to educating the public about the value of sports in community-building. The team is comprised of gay/lesbian and gay/lesbian-friendly swimmers and welcomes all Masters Swimmers to its swim meets. ORCA SWIM TEAM is a member of Pacific Northwest Aquatics (PNA), International Gay and Lesbian Aquatics (IGLA) and Team Seattle.

QUEEN CITY SPLASH AND SKI 2001 MEET

Sponsored by the Orca Swim Team
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 013603

Name: _____ First Master's Meet? Y/N
Phone: (____) _____ E-mail Address: _____
Street Address: _____ Zip/Postal Cd: _____
City: _____ State/Province: _____ / _____ / _____ USMS or MSC # _____
M or F Age (on 1/13/01): _____ / _____ / _____ Team Name: _____ LMSC: _____
Team Abbrev: _____ USMS Club Name: _____ or UNATTACHED

USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED
AGE GROUPS (Determined by your age as of 1/13/2001):
19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

INDIVIDUAL EVENT ENTRIES - ENTRY LIMIT: 5 individual events (excluding relays)

EVENT NUMBER	EVENT NAME	SEED TIME (Short Course Yards)

FLAT ENTRY FEE: \$12 US funds or \$18 Canadian. 65& over: \$8 US or \$12 Canadian.
Includes charge for all individual and relay events, heat sheet, and ribbon awards.
Please make checks payable to **Orca Swim Team. Amount Enclosed:** _____

Mail completed and signed Entry, Check, & copy of USMS card to: **Queen City Splash & Ski 2001 c/o Orca Swim Team, PMB 869 1122 E Pike St., Seattle, WA 98122.** Postmark by **Friday, December 29th, 2000.**

ALL ENTRANTS: PLEASE RENEW YOUR MASTERS REGISTRATION EARLY.
Those without proof of Year 2001 Masters registration will be asked to register with PNA for \$30 on the day of the meet in order to swim.
Non-PNA entrants must make a copy of your Year 2001 Masters registration card and mail it in with this entry form.

WAIVER: 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. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____



MASTERS CALENDAR

OPEN WATER
POSTAL SWIMS
MEETS
CLINICS

Events in Washington, Oregon, British Columbia, Idaho, and Alaska, plus USMS Championship events. PNA Events are listed in **bold**. All events subject to change.

November 17-18

SCY Meet
Naval Submarine Base Bangor Pool
Steve Peterson
(360) 692-1669
speterson@bandwagon.net

November 19
SCY Tualatin, OR
Rose Gerstmar
(503) 620-3871
glennegers@aol.com

December 2
Nanaimo Ebttides SCM
Beban Park Pool, Nanaimo, BC
Darlene Higgins
(250) 758-0407
r.higgins@home.com

December 9
Multnomah Athletic Club SCM
Portland, OR
Frank Parisi
(503) 417-1141
frank@parisi-parisi.com
Entry deadline 11/24/00

December 9
Alaska SCM Champs
Anchorage, AK
Ginny Wright
(907) 344-5321
ginnyw@alaska.net

December 10
Tyee/Crystal Silver Streak
800/1500 LCM
Crystal Pool, Victoria, BC
Neil Harvey (250) 595-8930

January 1-31

**2001 USMS 1 Hour Postal
Championship**
Greg Bruce
PO Box 22505
Seattle, WA 98122-0505
(206) 985-1850
brucecg@u.washington.edu

January 13
Queen City Splash Meet
Seattle/ Madson Pool
Jim Lasersohn
(206) 325-8613
OrcaSwimJim@aol.com
Deadline 12/29/00

January 27
Emerald Aquatics "50's Challenge" SCY
Eugene, OR
Lynda Christiansen
(541) 687-8379
ericandynda@netzero.net
Deadline 01/12/01

February 1-28
February Fitness Challenge
Postal fitness event
Bill Volckening
FitnessFrog@aol.com

February 11
Cowichan Aquannis Masters SCM
Cowichan Aquannis Pool
Duncan, BC
Nancy Hamilton
(250) 746-0450

February 17

SCY President's Day Meet
Bellingham, WA
Barb Gundred
(360) 734-8364
konabarb@hotmail.com

May 15-September 30
2001 USMS 5K & 10K Postal
Championship
Pam Himstreet
3339 NW Windwood Way
Bend, OR 97701
(541) 385-7770
him@bendnet.com
Entry deadline 10/10/01

May 17-20, 2001
SCY National Championships
Santa Clara, CA
Alma Guimarin
aguimarin@aol.com

PNA Meetings

All PNA members are invited.

December 5

Board meeting
6:30 pm @ Lee Carlson's house
Christmas potluck
leedee@home.com

January 23

Board meeting

For further information on Masters events, call or mail the point of contact, the WetSet editor, or any of the following newsletter editors:

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Seattle, WA 98102
swim@troutlake.com

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(250) 748-4628
vstocks@mail.island.net

Oregon

Dave Radcliff (Northwest Zone Representative)
5832 SE Woll Pond Wy
Hillsboro OR 97123
(503) 648-7141
therads@home.com

Inland Northwest

Doug Garcia
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(509) 332-1621
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Alaska

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P.O. Box 33336
Juneau AK 99803
(907) 364-3106
jandean@alaska.net

Utah

Karen Oliver
4597 Jupiter Dr.
Holladay, UT 84124
(801) 274-8004
oliver4597@aol.com

Three World Records! 2000 Short Course Meter Northwest Zone Championships

Federal Way, Washington, October 7-8, 2000—This was a meet full of fun and interesting people, representing Washington, Oregon, Canada, and Arizona. Over and over we kept hearing, "A new Zone record has been set!" "A new National record has been set!" We even heard, "A new World record has been set!"

Gary Chase was in good form, breaking a World record in the 100 back, a Zone record in the 200 back, and a National record in the 50 back. The other two World records were set by Rick Colella in the men's 200 breast, age 45-49, and Gail Roper in the women's 50 free, age 70-74.

Pat Allender shattered the former Zone record with his 2:23.57 time in the 200 fly for the 40-44 age group. He also set records in the 100 breast and the 100 fly, and broke his own record in the 200 IM. Joy Ward didn't break her own previous Zone record for the 100 free, but did manage a Zone record in the 50 fly. Amy Halligan set a Zone record in the 1500 free, as it was announced, "for the umpteenth time." This list goes on and on. Look at the results for a complete list of the records broken.

One fun event was the "family grudge" heat in the 100 breast. Walt Reid and Kathy Casey, one of PNA's married couples, were seeded in the same heat of the 100 breast. Walt won this one but Kathy will most likely have other opportunities to turn that around.

Thomas Jowett and Karen Bryce now have to attend all the swim meets, as they have to bring their children and grandchildren. The kids met at the Zone meet in Gresham last July and now insist on playing with each other at the meets. Karen complained in jest,

"Now I have to go to the Silverdale meet."

The meet was hosted by Federal Way Masters and Washington Aquatic Killer Orcas (abbreviation: WAKO).

NW Zone Championships

Results

Weyerhaeuser King County Aquatic Center

Short Course Meters October 7-8, 2000

P	PNA Record
Z	Zone Record
N	National Record
W	World Record

WOMEN 19-24

50 M. FREE			
JENNIFER PETERSON	24 UN		29.54
WENDY DIXON	22 OREG		32.83
100 M. FREE			
JENNIFER PETERSON	24 UN		1:06.46
800 M. FREE			
NICOLE MCKENNEY	24 UN		10:46.98
JENNIFER PETERSON	24 UN		11:18.75
50 M. BRST			
WENDY DIXON	22 OREG		38.99
100 M. BRST			
WENDY DIXON	22 OREG		1:24.97
200 M. BRST			
NICOLE MCKENNEY	24 UN		2:57.40
WENDY DIXON	Z 22 OREG		3:00.89
50 M. FLY			
WENDY DIXON	22 OREG		39.08
100 M. I.M.			
NICOLE MCKENNEY	24 UN		1:18.13
JENNIFER PETERSON	24 UN		1:20.02
WENDY DIXON	22 OREG		1:26.64

WOMEN 25-29

50 M. FREE			
SYBIL FISHER	27 OREG		31.94
KARI PAGE	29 PNA		35.12
HILLARY MARSHALL	29 PNA		39.92
100 M. FREE			
KARI PAGE	29 PNA		1:18.51
HILLARY MARSHALL	29 PNA		1:31.00
400 M. FREE			
SYBIL FISHER	27 OREG		5:25.65
50 M. BACK			
SYBIL FISHER	27 OREG		37.10
KARI PAGE	29 PNA		40.43
HILLARY MARSHALL	29 PNA		48.03
50 M. BRST			
HILLARY MARSHALL	29 PNA		48.31
100 M. BRST			
JEAN DILLON	Z 26 UN		1:18.90
HILLARY MARSHALL	29 PNA		1:45.12

100 M. FLY			
JEAN DILLON	P 26 UN		1:10.66
200 M. I.M.			
JEAN DILLON	26 UN		2:38.90

WOMEN 30-34

50 M. FREE			
LESLIE MCCULLOUGH	31 PNA		32.67
SONJA WILSON	30 OREG		33.24
MEGAN BUSSART	30 PNA		34.49
ADRIENNE REARDON	33 PNA		36.11
KATHY MOORE	33 PNA		36.21
100 M. FREE			
KAREN LEAHY	32 PNA		1:06.44
MEGAN BUSSART	30 PNA		1:15.09
SONJA WILSON	30 OREG		1:15.32
400 M. FREE			
AMY HALLIGAN	34 OREG		4:56.46
KAREN LEAHY	32 PNA		5:00.69
LINDA HEGERBERG	30 PNA		5:04.27
800 M. FREE			
AMY HALLIGAN	34 OREG		10:01.96
KAREN LEAHY	32 PNA		10:24.10
1500 M. FREE			
AMY HALLIGAN	Z 34 OREG		19:05.91
50 M. BACK			
LESLIE MCCULLOUGH	31 PNA		37.95
ADRIENNE REARDON	33 PNA		42.99
KATHY MOORE	33 PNA		44.23
200 M. BACK			
LESLIE MCCULLOUGH	31 PNA		2:51.48
50 M. BRST			
LINDA HEGERBERG	P 30 PNA		36.96
KATHY MOORE	33 PNA		49.93
100 M. BRST			
LINDA HEGERBERG	Z 30 PNA		1:19.98
200 M. BRST			
LINDA HEGERBERG	Z 30 PNA		2:50.59
50 M. FLY			
SANDIE EASTON	31 AM		31.20
LESLIE MCCULLOUGH	31 PNA		35.39
MEGAN BUSSART	30 PNA		37.62
KATHY MOORE	33 PNA		43.08
100 M. FLY			
SANDIE EASTON	31 AM		1:09.40



Jim Stephens, the meet director, was easy to spot because of his height. When asked how tall he was he responded, "6'-9" and some change." Jim is shown here with Kathy Metzler and Maxine Carlson.



Photo by Sandy McNeel

Hillary Marshall competing in the 100 free.

200 M. FLY		
SANDIE EASTON	31 AM	2:33.53
AMY HALLIGAN	34 OREG	2:52.69
100 M. I.M.		
LINDA HEGERBERG	P 30 PNA	1:12.56
SANDIE EASTON	31 AM	1:13.49
LESLIE MCCULLOUGH	31 PNA	1:19.66
MEGAN BUSSART	30 PNA	1:26.56
SONJA WILSON	30 OREG	1:26.66
ADRIENNE REARDON	33 PNA	1:28.18
KATHY MOORE	33 PNA	1:31.92
200 M. I.M.		
SANDIE EASTON	31 AM	2:35.09
AMY HALLIGAN	34 OREG	2:46.03
KAREN LEAHY	32 PNA	2:46.51
400 M. I.M.		
SANDIE EASTON	31 AM	5:26.45
LINDA HEGERBERG	Z 30 PNA	5:33.54
AMY HALLIGAN	34 OREG	5:46.14

WOMEN 35-39

50 M. FREE		
LAURA DEL RIO	35 PNA	39.12
ELLEN ANDERSON	37 OREG	39.88
100 M. FREE		
WENDY HOFFMAN	38 PNA	1:15.35
LAURA DEL RIO	35 PNA	1:25.87
ELLEN ANDERSON	37 OREG	1:33.99
200 M. FREE		
WENDY HOFFMAN	38 PNA	2:46.51
400 M. FREE		
JERRI FREEMUTH	35 UN	5:01.89
800 M. FREE		
JERRI FREEMUTH	35 UN	10:22.35
1500 M. FREE		
JERRI FREEMUTH	35 UN	19:45.90
50 M. BACK		
ANNE PETERS	35 PNA	35.27
LAURA DEL RIO	35 PNA	44.13
ELLEN ANDERSON	37 OREG	50.10
100 M. BACK		
ANNE PETERS	35 PNA	1:17.99
WENDY HOFFMAN	38 PNA	1:32.85
200 M. BACK		
CAROLYN MATHEWS	Z 38 PNA	2:41.01
50 M. BRST		
CAROL MCCAIG	38 PNA	42.13
ELLEN ANDERSON	37 OREG	53.89
100 M. BRST		
JERRI FREEMUTH	35 UN	1:23.59
CAROL MCCAIG	38 PNA	1:30.69
200 M. BRST		
JERRI FREEMUTH	35 UN	2:57.59
50 M. FLY		
CAROLYN MATHEWS	38 PNA	33.26

CAROL MCCAIG	38 PNA	38.60
100 M. I.M.		
WENDY HOFFMAN	38 PNA	1:30.45
LAURA DEL RIO	35 PNA	1:32.35
200 M. I.M.		
WENDY HOFFMAN	38 PNA	3:09.79
400 M. I.M.		
JERRI FREEMUTH	35 UN	5:56.94
WENDY HOFFMAN	38 PNA	6:42.78

WOMEN 40-44

50 M. FREE		
SHARON FOLEY	40 MACO	31.85
KATHY METZLER	40 PNA	47.33
100 M. FREE		
KATHY BYERS	40 PNA	1:06.30
SHARON FOLEY	40 MACO	1:10.49
KATHY METZLER	40 PNA	1:51.99
400 M. FREE		
JILL SCHULDT	42 OREG	5:50.68
800 M. FREE		
KATHY BYERS	Z 40 PNA	10:36.07
JILL SCHULDT	42 OREG	11:52.76
1500 M. FREE		
JILL SCHULDT	42 OREG	22:45.72
MARY ANN WHITE	41 PNA	23:00.56
50 M. BACK		
ZENA COURTNEY	41 PNA	34.26
50 M. BRST		
COLETTE CRABBE	44 OREG	38.91
NANCY SPESER	43 PNA	49.19
JOANNE KIRKLAND	42 PNA	1:00.43

LMSC Abbreviation

AM	Arizona Masters
EBB	Ebbtides (Canada)
EDA	Edmonton Dragon Aquatics
MACO	Multnomah Athletic Club (Portland)
MSBC	Masters Swimming British Columbia
OREG	Oregon Masters
PNA	Pacific Northwest Aquatics
UN	Unattached
WO	Winskill Otters (Canada)

100 M. BRST		
COLETTE CRABBE	Z 44 OREG	1:23.19
JOANNE KIRKLAND	42 PNA	2:11.65
200 M. BRST		
COLETTE CRABBE	Z 44 OREG	2:59.71
50 M. FLY		
KATHY BYERS	Z 40 PNA	31.29
SHARON FOLEY	40 MACO	34.81
MARY ANN WHITE	41 PNA	37.31
JOANNE KIRKLAND	42 PNA	53.69
100 M. FLY		
KATHY BYERS	Z 40 PNA	1:10.06
100 M. I.M.		
COLETTE CRABBE	44 OREG	1:17.42
SHARON FOLEY	40 MACO	1:23.87
200 M. I.M.		
COLETTE CRABBE	44 OREG	2:46.22

WOMEN 45-49

50 M. FREE		
KARIN CLANCEY	46 OREG	42.48
SANDY MCNEEL	48 PNA	42.96
200 M. FREE		
SANDY MCNEEL	48 PNA	3:25.34
KARIN CLANCEY	46 OREG	3:33.77
50 M. BACK		
BARBY CAHILL	Z 45 PNA	37.46
SANDY MCNEEL	48 PNA	54.28
100 M. BACK		
BARBY CAHILL	45 PNA	1:19.81
50 M. BRST		
BARBY CAHILL	45 PNA	46.91
100 M. FLY		
BARBY CAHILL	45 PNA	1:29.59
SANDY MCNEEL	48 PNA	2:19.02
100 M. I.M.		
BARBY CAHILL	45 PNA	1:23.00
KARIN CLANCEY	46 OREG	1:55.93
200 M. I.M.		
BARBY CAHILL	45 PNA	3:02.53

WOMEN 50-54

50 M. FREE		
STELLA PREISSLER	51 PNA	34.78
JUDY WILLIAMS	52 PNA	41.94
ARNI LITT	54 PNA	44.33
J.VALLANDIGHAM	54 PNA	44.62
100 M. FREE		
LYNN BELL	Z 50 PNA	1:10.87
STELLA PREISSLER	51 PNA	1:18.06
JUDY WILLIAMS	52 PNA	1:33.62
JEANNE ENSIGN	54 PNA	1:38.42
ARNI LITT	54 PNA	1:48.01
200 M. FREE		
LYNN BELL	P 50 PNA	2:38.40
STELLA PREISSLER	51 PNA	2:51.69
TAM JENKINS	52 OREG	3:23.36
400 M. FREE		
STELLA PREISSLER	51 PNA	6:01.05
LAUREN BINDER	53 OREG	6:46.52
TAM JENKINS	52 OREG	7:13.76
800 M. FREE		
LYNN BELL	50 PNA	11:45.24
STELLA PREISSLER	51 PNA	12:25.50
LAUREN BINDER	53 OREG	12:47.96
JEANNE ENSIGN	54 PNA	14:46.85
J.VALLANDIGHAM	54 PNA	16:27.26
1500 M. FREE		
KATHERINE CASEY	52 PNA	22:42.58
LAUREN BINDER	53 OREG	26:02.45
50 M. BACK		
JANET GETTLING	52 OREG	42.25
ARNI LITT	54 PNA	56.78
50 M. BRST		
GINGER PIERSON	54 MACO	41.38
JANET GETTLING	52 OREG	42.85
KATHERINE CASEY	P 52 PNA	43.18
DEMPSEY DYBDAHL	51 PNA	45.97
JUDY WILLIAMS	52 PNA	51.03
J.VALLANDIGHAM	54 PNA	52.17
100 M. BRST		
LYNN BELL	P 50 PNA	1:27.96

GINGER PIERSON	54 MACO	1:31.61
KATHERINE CASEY	52 PNA	1:35.30
JANET GETTLING	52 OREG	1:35.72
JUDY WILLIAMS	52 PNA	1:52.92
J.VALLANDIGHAM	54 PNA	1:59.56
200 M. BRST		
GINGER PIERSON	54 MACO	3:22.20
ARNI LITT	54 PNA	4:11.53
J.VALLANDIGHAM	54 PNA	4:28.89
50 M. FLY		
LYNN BELL	Z 50 PNA	35.53
DEMPSEY DYBDAHL	51 PNA	45.00
100 M. FLY		
GINGER PIERSON	54 MACO	1:29.60
JANET GETTLING	52 OREG	1:32.22
200 M. FLY		
GINGER PIERSON	54 MACO	3:14.08
KATHERINE CASEY	P 52 PNA	3:22.15
100 M. I.M.		
LYNN BELL	50 PNA	1:20.92 Z
KATHERINE CASEY	52 PNA	1:24.67
GINGER PIERSON	54 MACO	1:26.65
JANET GETTLING	52 OREG	1:27.58
JUDY WILLIAMS	52 PNA	1:46.51
ARNI LITT	54 PNA	1:54.00
400 M. I.M.		
KATHERINE CASEY	52 PNA	6:41.75
JANET GETTLING	52 OREG	6:53.98

WOMEN 55-59

50 M. FREE		
JOY WARD	58 OREG	33.57
FRANCESCA DRUM	59 PNA	39.34
100 M. FREE		
JOY WARD	58 OREG	1:19.89
FRANCESCA DRUM	59 PNA	1:28.71
50 M. BACK		
BONNIE PRONK	58 MSBC	39.74
JOY WARD	58 OREG	40.50
FRANCESCA DRUM	59 PNA	46.81
100 M. BACK		
FRANCESCA DRUM	59 PNA	1:42.44
200 M. BACK		
BONNIE PRONK	58 MSBC	3:00.99
JOY WARD	58 OREG	3:11.51
50 M. BRST		
BONNIE PRONK	58 MSBC	40.46
200 M. BRST		
BONNIE PRONK	58 MSBC	3:12.37
FRANCESCA DRUM	P 59 PNA	3:38.80
50 M. FLY		
JOY WARD	Z 58 OREG	35.65
BONNIE PRONK	58 MSBC	37.77
100 M. I.M.		
BONNIE PRONK	58 MSBC	1:23.06
JOY WARD	58 OREG	1:29.20

WOMEN 65-69

50 M. FREE		
KAREN BRYCE	67 PNA	47.85
100 M. FREE		
KAREN BRYCE	67 PNA	1:54.66
400 M. FREE		
JANET KAVADAS	69 PNA	9:27.84
200 M. BACK		
JANET KAVADAS	69 PNA	4:57.15
50 M. BRST		
KAREN BRYCE	67 PNA	55.72
JANET KAVADAS	69 PNA	1:08.53
100 M. BRST		
KAREN BRYCE	67 PNA	2:17.16
50 M. FLY		
JANET KAVADAS	69 PNA	1:28.44

WOMEN 70-74

50 M. FREE		
GAIL ROPER	W 71 UN	36.15
100 M. FREE		
DORRES FOSTER	72 PNA	2:04.92
50 M. BACK		
DORRES FOSTER	72 PNA	57.93

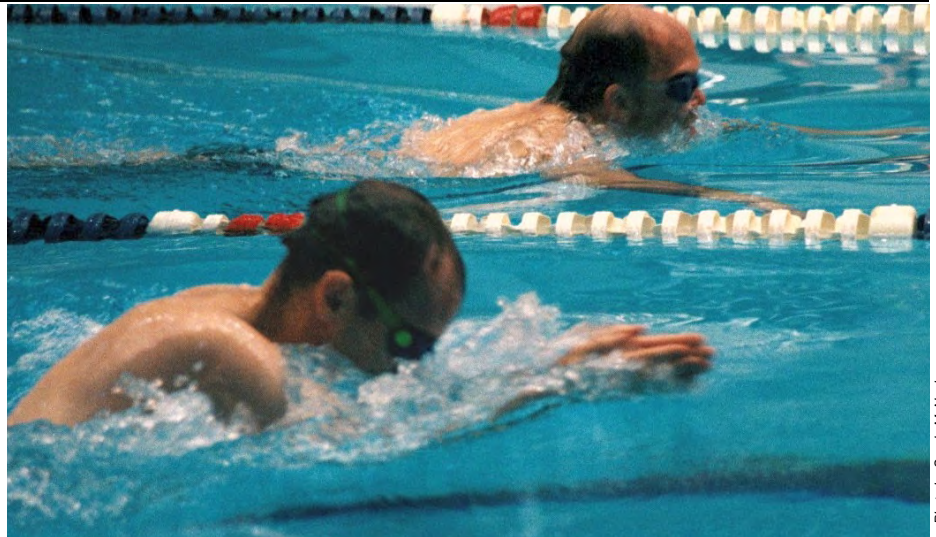


Photo by Sandy McNeel

Thomas Jowett and John Leet in a close race in the 200 breaststroke.

50 M. BRST		
GAIL ROPER	N 71 UN	50.12
50 M. FLY		
GAIL ROPER	71 UN	42.32
200 M. FLY		
GAIL ROPER	71 UN	3:51.80
100 M. I.M.		
DORRES FOSTER	72 PNA	2:06.59

WOMEN 75-79

400 M. FREE		
MARION CHADWICK	79 PNA	11:52.86
200 M. BACK		
MARION CHADWICK	79 PNA	6:58.51
50 M. BRST		
MURIEL FLYNN	77 PNA	1:03.90
100 M. BRST		
MURIEL FLYNN	77 PNA	2:18.39
MARION CHADWICK	79 PNA	4:12.04
200 M. BRST		
MURIEL FLYNN	77 PNA	5:00.23
100 M. FLY		
MARION CHADWICK	79 PNA	5:50.37
100 M. I.M.		
MURIEL FLYNN	77 PNA	2:16.07
200 M. I.M.		
MURIEL FLYNN	77 PNA	4:55.52
MARION CHADWICK	79 PNA	8:22.07

WOMEN 80-84

100 M. BACK		
MAXINE CARLSON	80 PNA	2:28.17
200 M. BACK		
MAXINE CARLSON	Z 80 PNA	5:10.81
50 M. FLY		
MAXINE CARLSON	80 PNA	1:39.09
100 M. I.M.		
MAXINE CARLSON	80 PNA	2:51.54

MEN 19-24

50 M. FREE		
ELI KUNZMANN	23 PNA	29.19
100 M. FREE		
ELI KUNZMANN	23 PNA	1:00.40
200 M. FREE		
ELI KUNZMANN	P 23 PNA	2:14.88
400 M. FREE		
ELI KUNZMANN	23 PNA	5:06.16
100 M. BACK		
ELI KUNZMANN	23 PNA	1:15.63
200 M. BACK		
ELI KUNZMANN	23 PNA	2:41.69

MEN 25-29

50 M. FREE		
DAVID AUSTIN	26 PNA	27.34
100 M. FREE		
PETER BILTON	25 OREG	1:04.90
DAVID AUSTIN	26 PNA	1:07.09
400 M. FREE		
PETER BILTON	25 OREG	5:21.66
800 M. FREE		
PETER BILTON	25 OREG	11:11.99
50 M. BRST		
DAVID AUSTIN	26 PNA	34.67
100 M. BRST		
DAVID AUSTIN	26 PNA	1:18.72
PETER BILTON	25 OREG	1:25.01
200 M. BRST		
DAVID AUSTIN	26 PNA	3:02.12
100 M. I.M.		
DAVID AUSTIN	26 PNA	1:16.15

MEN 30-34

50 M. FREE		
DIXON SORACCO	32 OREG	25.56
DAVID RICE	33 OREG	26.47
RADEK POSPISIL	31 OREG	28.22
100 M. FREE		
DAVID RICE	33 OREG	58.11
TIM LUNNEY	34 OREG	1:07.76
200 M. FREE		
SAM ANDERSON	32 PNA	2:15.67
400 M. FREE		
SAM ANDERSON	32 PNA	4:49.25
TIM WELCH	31 PNA	5:32.12
TIM LUNNEY	34 OREG	5:35.81
100 M. BACK		
TIM WELCH	31 PNA	1:17.37
50 M. BRST		
DIXON SORACCO	32 OREG	33.86
RADEK POSPISIL	31 OREG	34.24
100 M. BRST		
RADEK POSPISIL	31 OREG	1:16.61
50 M. FLY		
DIXON SORACCO	32 OREG	28.00
TIM WELCH	31 PNA	33.88
TIM LUNNEY	34 OREG	34.13
STEVEN GRIFFIN	32 OREG	37.32
100 M. FLY		
SAM ANDERSON	32 PNA	1:08.56
TIM WELCH	31 PNA	1:15.89
TIM LUNNEY	34 OREG	1:20.32
200 M. FLY		
TIM WELCH	31 PNA	2:58.70
100 M. I.M.		
DIXON SORACCO	32 OREG	1:04.76
DAVID RICE	33 OREG	1:10.44

TIM LUNNEY 34 OREG 1:20.08
200 M. I.M.
 TIM LUNNEY 34 OREG 3:02.15

MEN 35-39

50 M. FREE
 BOB FISH 37 PNA 25.81
 CHARLES MIRHO 36 OREG 26.55
 BRIAN WANNAMAHER 37 OREG 27.79
 CJ THRASHER 37 PNA 29.38
 STEVEN COZART 37 PNA 29.87
100 M. FREE
 CHARLES MIRHO 36 OREG 58.55
 BRIAN WANNAMAHER 37 OREG 1:01.96
 CJ THRASHER 37 PNA 1:06.80
 DOUG REDFIELD 37 PNA 1:09.75
200 M. FREE
 DOUG STEWART 36 OREG 2:05.04
 BRIAN WANNAMAHER 37 OREG 2:15.37
 DOUG REDFIELD 37 PNA 2:27.41
400 M. FREE
 DOUG STEWART 36 OREG 4:21.91
 BRIAN WANNAMAHER 37 OREG 4:54.41
 DOUG REDFIELD 37 PNA 5:11.32
 JIM LASERSOHN 35 PNA 5:22.26
800 M. FREE
 DOUG STEWART 36 OREG 9:04.24
 DOUG REDFIELD 37 PNA 10:53.88
1500 M. FREE
 DOUG REDFIELD 37 PNA 20:34.44
50 M. BACK
 STEVE PARMENTIER 35 OREG 30.42
 BOB FISH 37 PNA 30.66
 MATTHEW LIND 36 PNA 32.93
100 M. BACK
 BOB FISH 37 PNA 1:04.93
 STEVE PARMENTIER 35 OREG 1:08.50
 MATTHEW LIND 36 PNA 1:10.22
200 M. BACK
 BOB FISH 37 PNA 2:21.02
 DOUG STEWART 36 OREG 2:25.49
50 M. BRST
 CHARLES MIRHO 36 OREG 34.44
 CJ THRASHER 37 PNA 34.86
 JIM LASERSOHN 35 PNA 36.82
 STEVEN COZART 37 PNA 36.86
100 M. BRST
 CHARLES MIRHO 36 OREG 1:17.44
 CJ THRASHER 37 PNA 1:19.85
 STEVEN COZART 37 PNA 1:21.38
 JIM LASERSOHN 35 PNA 1:21.88
 DOUG REDFIELD 37 PNA 1:29.62
50 M. FLY
 STEVE PARMENTIER 35 OREG 28.03
 BOB FISH 37 PNA 29.47
 JIM LASERSOHN 35 PNA 33.18
100 M. FLY
 STEVE PARMENTIER 35 OREG 1:04.69
200 M. FLY
 DOUG STEWART 36 OREG 2:19.69
 STEVE RUITER P 35 PNA 2:25.09
100 M. I.M.
 CHARLES MIRHO 36 OREG 1:08.99
 STEVE RUITER 35 PNA 1:09.33
 MATTHEW LIND 36 PNA 1:10.33
400 M. I.M.
 DOUG STEWART 36 OREG 5:05.84
 STEVE RUITER 35 PNA 5:11.81

MEN 40-44

50 M. FREE
 RICHARD DENDY 40 WO 27.97
 BILL NELSON 42 UN 30.56
 GREGG METZLER 42 PNA 33.04
 CHARLES HELM 44 OREG 34.87
 HANK KIRKLAND 43 PNA 41.24
100 M. FREE
 ERIC DYBDAHL 40 PNA 1:01.53
 RICHARD DENDY 40 WO 1:02.56
 MIKE SCHAEFFER 44 PNA 1:06.20
 BILL NELSON 42 UN 1:06.97
 GREGG METZLER 42 PNA 1:19.66

CHARLES HELM 44 OREG 1:22.27
 HANK KIRKLAND 43 PNA 1:34.29
200 M. FREE
 MIKE DOWD 42 MACO 2:38.36
 THOMAS JOWETT 42 PNA 3:09.54
400 M. FREE
 ERIC DYBDAHL 40 PNA 4:50.18
 CHARLES HELM 44 OREG 6:54.17
800 M. FREE
 ERIC DYBDAHL P 40 PNA 10:03.85
1500 M. FREE
 ERIC DYBDAHL P 40 PNA 19:38.46
50 M. BACK
 THOMAS JOWETT 42 PNA 43.62
100 M. BACK
 THOMAS JOWETT 42 PNA 1:34.78
50 M. BRST
 RICHARD DENDY 40 WO 35.76
 PASCAL RONCALEZ 41 UN 36.89
 MIKE DOWD 42 MACO 39.32
 PAUL IKEDA 41 PNA 39.89
 THOMAS JOWETT 42 PNA 43.99
 HANK KIRKLAND 43 PNA 50.06
 CHARLES HELM 44 OREG 51.40
100 M. BRST
 PAT ALLENDER Z 42 OREG 1:10.21
 PASCAL RONCALEZ 41 UN 1:22.34
 PAUL IKEDA 41 PNA 1:27.14
 MIKE DOWD 42 MACO 1:27.26
 THOMAS JOWETT 42 PNA 1:36.24
 HANK KIRKLAND 43 PNA 1:49.75
200 M. BRST
 PAT ALLENDER 42 OREG 2:34.06
 PASCAL RONCALEZ 41 UN 3:00.42
 MIKE DOWD 42 MACO 3:11.69
 MIKE SCHAEFFER 44 PNA 3:13.37
 THOMAS JOWETT 42 PNA 3:29.78
50 M. FLY
 MIKE SCHAEFFER 44 PNA 33.01
 CHARLES HELM 44 OREG 47.93
100 M. FLY
 PAT ALLENDER Z 42 OREG 1:02.40
 PASCAL RONCALEZ 41 UN 1:15.65
200 M. FLY
 PAT ALLENDER Z 42 OREG 2:23.57
 MIKE DOWD 42 MACO 3:27.02
100 M. I.M.
 PAT ALLENDER 42 OREG 1:04.40

RICHARD DENDY 40 WO 1:09.93
 PASCAL RONCALEZ 41 UN 1:14.25
 CHARLES HELM 44 OREG 1:46.16
200 M. I.M.
 PAT ALLENDER Z 42 OREG 2:17.94
 RICHARD DENDY 40 WO 2:38.12
 PAUL IKEDA 41 PNA 3:04.42
400 M. I.M.
 RICHARD DENDY 40 WO 5:49.75
 ERIC DYBDAHL 40 PNA 5:49.87
 MIKE DOWD 42 MACO 6:57.30

MEN 45-49

50 M. FREE
 JIM STEPHENS 45 PNA 32.91
100 M. FREE
 STEVE SUSSEX Z 45 PNA 56.88
 PETER CRUISE 48 EBB 1:03.75
 JIM STEPHENS 45 PNA 1:17.03
 GREGORY HARRISON 48 PNA 1:18.60
400 M. FREE
 STEVE SUSSEX Z 45 PNA 4:20.25
 RICK COLELLA 49 PNA 4:37.98
 GREGORY HARRISON 48 PNA 5:55.09
800 M. FREE
 STEVE SUSSEX Z 45 PNA 9:07.63
1500 M. FREE
 GREGORY HARRISON 48 PNA 22:47.22
 WALLER TAYLOR 48 PNA 23:44.80
 JOHN METTLER 46 PNA 27:04.98
50 M. BACK
 PETER METZGER 45 OREG 31.53
 JIM STEPHENS 45 PNA 42.94
50 M. BRST
 PETER CRUISE 48 EBB 35.34
 PETER METZGER 45 OREG 35.65
 GREGORY HARRISON 48 PNA 36.98
 ROB TRIPPLE 45 PNA 40.74
 WALLER TAYLOR 48 PNA 42.95
 TELL ASNER 46 PNA 47.42
100 M. BRST
 RICK COLELLA Z 49 PNA 1:12.65
 GREGORY HARRISON 48 PNA 1:18.06
 PETER CRUISE 48 EBB 1:20.05
200 M. BRST
 RICK COLELLA W 49 PNA 2:34.2
 GREGORY HARRISON 48 PNA 2:45.77



Steve Sussex put down a time of 9:30.00 for his 800 free and would have been happy with that. Instead, he swam the race in 9:07.63 and set a new Zone record for the Men's 45-49 age group.

Olympians at the Federal Way Zone Championships

Alan Bell
Lynn Bell
Rick Colella
Dave Radcliff
Gail Roper
Vinus Van Baalen

50 M. FLY		
PETER METZGER	45 OREG	29.10
HUGH MOORE	46 PNA	32.81
ROB TRIPPLE	45 PNA	33.50
TELL ASNER	46 PNA	43.68
100 M. FLY		
HUGH MOORE	46 PNA	1:13.32
200 M. FLY		
RICK COLELLA	Z 49 PNA	2:20.38
100 M. I.M.		
PETER METZGER	45 OREG	1:06.83
PETER CRUISE	48 EBB	1:13.86
200 M. I.M.		
RICK COLELLA	Z 49 PNA	2:22.84
400 M. I.M.		
RICK COLELLA	Z 49 PNA	5:02.52
PETER CRUISE	48 EBB	5:49.22

MEN 50-54

50 M. FREE		
MICHAEL VEITH	54 PNA	31.28
JERRY PLUNKETT	54 PNA	36.99
100 M. FREE		
MICHAEL VEITH	54 PNA	1:06.84
200 M. FREE		
ROBERT MAESTRE	50 MACO	2:26.08
400 M. FREE		
ALAN BELL	Z 50 PNA	4:41.77
ROBERT MAESTRE	50 MACO	5:13.22
800 M. FREE		
ALAN BELL	Z 50 PNA	9:42.41
JAMES MCCLEERY	54 PNA	10:02.27
THOMAS MACAULAY	51 OREG	10:41.54
ROBERT MAESTRE	50 MACO	11:05.45
1500 M. FREE		
ALAN BELL	P 50 PNA	18:49.39
RICHARD BATLEY	52 PNA	24:12.53

50 M. BACK		
THOMAS WALKER	53 UN	47.89
JERRY PLUNKETT	54 PNA	49.78
100 M. BACK		
ALAN BELL	50 PNA	1:11.20
200 M. BACK		
ROBERT MAESTRE	50 MACO	2:46.79
50 M. BRST		
ALLEN STARK	51 OREG	33.78
MARTY KLEMPNER	52 PNA	40.91
THOMAS WALKER	53 UN	47.84
100 M. BRST		
ALLEN STARK	51 OREG	1:15.86
THOMAS WALKER	53 UN	1:42.94
200 M. BRST		
ALLEN STARK	51 OREG	2:46.57
THOMAS WALKER	53 UN	3:48.08
50 M. FLY		
MARTY KLEMPNER	52 PNA	35.25
JERRY PLUNKETT	54 PNA	45.44
100 M. FLY		
ALAN BELL	50 PNA	1:07.23
200 M. FLY		
ALAN BELL	50 PNA	2:28.56
ROBERT MAESTRE	50 MACO	3:30.08
100 M. I.M.		
JAMES MCCLEERY	54 PNA	1:13.16
THOMAS MACAULAY	51 OREG	1:19.70
JERRY PLUNKETT	54 PNA	1:39.18
THOMAS WALKER	53 UN	1:42.20
200 M. I.M.		
JERRY PLUNKETT	54 PNA	3:34.03
THOMAS WALKER	53 UN	3:37.31
400 M. I.M.		
ROBERT MAESTRE	50 MACO	6:12.28

MEN 55-59

50 M. FREE		
VINUS VAN BAALEN	58 EDA	28.26
MICHAEL MCKINLAY	57 PNA	31.79
100 M. FREE		
MICHAEL MCKINLAY	57 PNA	1:15.27
JOHN LEET	55 PNA	1:16.97
400 M. FREE		
MICHAEL MCCOLLY	55 PNA	5:16.64
VINUS VAN BAALEN	58 EDA	5:46.51
800 M. FREE		
MICHAEL MCCOLLY	55 PNA	10:51.57
1500 M. FREE		
MICHAEL MCCOLLY	55 PNA	21:15.74
50 M. BACK		
VINUS VAN BAALEN	58 EDA	34.92
MICHAEL MCKINLAY	57 PNA	38.66
100 M. BACK		
MICHAEL MCCOLLY	55 PNA	1:20.04
MICHAEL MCKINLAY	57 PNA	1:20.19
200 M. BACK		
MICHAEL MCCOLLY	55 PNA	2:50.80
VINUS VAN BAALEN	58 EDA	2:58.42
RICHARD JUHALA	57 OREG	3:50.19
50 M. BRST		
RICHARD JUHALA	57 OREG	44.19
100 M. BRST		
JOHN LEET	55 PNA	1:32.17
200 M. BRST		
JOHN LEET	55 PNA	3:22.39
50 M. FLY		
VINUS VAN BAALEN	58 EDA	34.03
RICHARD JUHALA	57 OREG	43.87
200 M. FLY		
RICHARD JUHALA	57 OREG	3:58.11
100 M. I.M.		
VINUS VAN BAALEN	58 EDA	1:19.17
MICHAEL MCKINLAY	57 PNA	1:20.02
JOHN LEET	55 PNA	1:27.36
RICHARD JUHALA	57 OREG	1:36.31
200 M. I.M.		
JOHN LEET	55 PNA	3:24.38
400 M. I.M.		
MICHAEL MCCOLLY	55 PNA	6:06.93
RICHARD JUHALA	57 OREG	7:55.62

MEN 60-64

50 M. BACK		
GARY CHASE	N 60 UN	33.83
WALT REID	60 PNA	39.74
100 M. BACK		
GARY CHASE	W 60 UN	1:12.42
WALT REID	60 PNA	1:32.33
200 M. BACK		
GARY CHASE	Z 60 UN	2:43.48
50 M. BRST		
WALT REID	60 PNA	40.71
100 M. BRST		
WALT REID	60 PNA	1:33.56
50 M. FLY		
BERT PETERSON	Z 62 OREG	31.12
GARY CHASE	60 UN	34.95
100 M. FLY		
BERT PETERSON	Z 62 OREG	1:14.10

MEN 65-69

50 M. FREE		
DAVID RADCLIFF	66 OREG	30.84
DAVE DRUM	65 PNA	33.05
WILLIAM HOLMAN	69 OREG	39.83
100 M. FREE		
DAVE DRUM	P 65 PNA	1:14.15
JIM BIGLER	65 MACO	1:17.35
DON REHFELDT	66 PNA	1:32.94
WILLIAM HOLMAN	69 OREG	1:33.09
200 M. FREE		
JIM BIGLER	65 MACO	2:54.95
WILLIAM HOLMAN	69 OREG	3:31.56
400 M. FREE		
DAVID RADCLIFF	66 OREG	5:32.03
THOMAS TAYLOR	P 69 PNA	5:52.56
JIM BIGLER	65 MACO	6:18.65
DON REHFELDT	66 PNA	7:09.66
WILLIAM HOLMAN	69 OREG	7:11.55
800 M. FREE		
DAVID RADCLIFF	66 OREG	11:51.80
THOMAS TAYLOR	P 69 PNA	12:00.30
JIM BIGLER	65 MACO	13:08.92
WILLIAM HOLMAN	69 OREG	14:25.26
DON REHFELDT	66 PNA	14:43.61
1500 M. FREE		
DAVID RADCLIFF	Z 66 OREG	22:29.33
THOMAS TAYLOR	P 69 PNA	22:48.42
DON REHFELDT	66 PNA	29:13.49
50 M. BACK		
DAVE DRUM	P 65 PNA	40.10
100 M. BACK		
DAVE DRUM	P 65 PNA	1:33.78
50 M. BRST		
THOMAS TAYLOR	P 69 PNA	42.07
100 M. BRST		
THOMAS TAYLOR	P 69 PNA	1:36.14
DON REHFELDT	66 PNA	1:50.23
200 M. BRST		
THOMAS TAYLOR	69 PNA	3:30.07
JIM BIGLER	65 MACO	3:45.76
DON REHFELDT	66 PNA	3:49.14

MEN 70-74

50 M. FREE		
ERIC GUEST	71 OREG	36.84
100 M. FREE		
ERIC GUEST	71 OREG	1:27.88
200 M. FREE		
HARVEY PROSSER	72 PNA	3:04.86
ERIC GUEST	71 OREG	3:14.74
400 M. FREE		
HARVEY PROSSER	Z 72 PNA	6:24.59
HERB LARSON	70 PNA	11:46.33
50 M. BRST		
ERIC GUEST	71 OREG	48.13
HERB LARSON	70 PNA	1:30.34
50 M. FLY		
HERB LARSON	70 PNA	1:22.17
100 M. I.M.		
ERIC GUEST	71 OREG	1:43.93



Photo by Dave Radcliff

Kathy Byers broke three Zone records, one each in the 800 free, 50 fly, and 100 fly.



Photo by Sandy McNeel

Kathy Casey, Lynn Bell, and Walt Reid.

MEN 75-79

200 M. FREE		
HAL YOUNG	79 PNA	4:26.31
400 M. FREE		
HAL YOUNG	79 PNA	9:13.32
800 M. FREE		
HAL YOUNG	79 PNA	19:22.36

MEN 85-89

50 M. FREE		
ALLAN DE LAY	Z 85 OREG	45.65
100 M. FREE		
ALLAN DE LAY	Z 85 OREG	1:51.13

RELAYS-WOMEN 200 M. FREE

120-159		
LESLIE MCCULLOUGH	31 PNA	2:13.91
KARI PAGE	29	
MEGAN BUSSART	30	
LINDA HEGERBERG	30	

RELAYS-WOMEN 200 M. MEDLEY

120-159		
CAROLYN MATHEWS	38 PNA	2:22.70
LINDA HEGERBERG	30	
LESLIE MCCULLOUGH	31	
MEGAN BUSSART	30	

RELAYS-MEN 200 M. FREE

120-159		
BOB FISH	37 PNA	1:53.30
DOUG REDFIELD	37	
ELI KUNZMANN	23	
DAVID AUSTIN	26	

RELAYS-MEN 200 M. MEDLEY

100-119		
BOB FISH	37 PNA	2:01.00
DAVID AUSTIN	26	
SAM ANDERSON	32	
ELI KUNZMANN	23	

120-159		
PETER METZGER	Z 45 OREG	1:56.57
RADEK POSPISIL	31	
DIXON SORACCO	32	
STEVE PARMENTIER	35	

160-199		
TELL ASNER	45 PNA	2:36.11
ROB TRIPPLE	45	
MARTY KLEMPNER	52	
RICHARD BATLEY	52	

RELAYS-MIXED 200 M. FREE

100-119		
CAROLYN MATHEWS	P 38 PNA	1:58.51
MEGAN BUSSART	30	
ELI KUNZMANN	23	
DAVID AUSTIN	26	

120-159		
BOB FISH	37 PNA	1:58.56
LESLIE MCCULLOUGH	31	
LINDA HEGERBERG	30	
SAM ANDERSON	32	

PETER BILTON	25 OREG	2:11.36
KARIN CLANCEY	46	
SYBIL FISHER	27	
PETER METZGER	45	

RELAYS-MIXED 200 M. MEDLEY

100-119		
KARI PAGE	29 PNA	2:24.32
DAVID AUSTIN	26	
MEGAN BUSSART	30	
ELI KUNZMANN	23	

120-159		
LESLIE MCCULLOUGH	31 PNA	2:15.80
LINDA HEGERBERG	30	
BOB FISH	37	
DOUG REDFIELD	37	

SYBIL FISHER	27 OREG	2:18.16
RADEK POSPISIL	31	
SONJA WILSON	30	
BRIAN WANNAMAKER	37	

200-239		
ROBERT MAESTRE	50 MACO	2:29.62
GINGER PIERSON	54	
SHARON FOLEY	40	
JIM BIGLER	65	

KATHERINE CASEY	P 52 PNA	2:58.37
GREGORY HARRISON	48	
J.VALLANDIGHAM	54	
WALT REID	60	

Starting Procedures

Do you understand what the whistles mean when it's time for your race?



Three short "toots" from the whistle: Take your sweats off. Adjust your goggles. Stand behind the starting block and be ready to swim.

One long "toot" from the whistle: Take your position on the starting block or the edge of the pool. At least one foot should be on the edge of the starting block or pool. If you are swimming backstroke get in the pool.

Backstroke and Medley Relay only

Second "toot" from the whistle: Return to the wall and place at least one hand on the starting block.

At this point, the whistle blower turns you over to the Starter.

At some meets, the whistle blower may also give you verbal instructions. But eventually, the starts will be whistles only!

False Start Rule

Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back, reminded by the starter of the penalties, and started again.



NEWS ABOUT PNA SWIMMERS



“The Worst Conditions in Ironman History” Local Swimmers in the Hawaiian Ironman

Kona, Hawaii, October 14, 2000— Several PNA swimmers participated in this famous 2.4-mile ocean swim, 112-mile bike ride, and 26.2-mile run. Kelly Molaski did exceptionally well, winning her 40-45 age group with an overall time of 10:55:00. Other swimmers were Jan Beckman, Kevin Krizek, Michele Porter, and Teresa Soucie from Seattle and Steve George and Duncan Mitchell from Bellingham.

The tide was up, so the swim was about 2-3 minutes slow. The bike course through windy lava fields was very difficult and brutal, "20 miles of death grip," as Jan Beckman, who finished 5th in her age group, described the ride. The crosswinds blew many bikers off the road completely, including Michele Porter, known for her strong bike riding.

Due to these ferocious winds, many pros did not even finish the bike course or they got off their bikes and walked part of the course. Overall, bike times were slower.

Steve George, in his first Hawaiian Ironman Championship, actually had a decent bike ride, but used much of his energy staying upright on the bike. His first eight miles on the run were good and then fatigue kicked in. It was very hot that day, which compounded all the other problems. Steve finished the race on guts and determination.

Barb Gundred, coach at Bellingham Masters, commented, "It was heartbreaking to watch so many cross the finish line in such pain and exhaustion. Anyone that was able to complete the course in

the time allotted is definitely an Ironman. It was truly a remarkable day, one that I will remember for a long time to come."

Julie Corman was in Hawaii as a spectator and to cheer her friend, Duncan Mitchell on. She wrote daily e-mails to friends back here. This is an excerpt from the Hawaiian Ironman day:

Duncan's Day in the Sun

By Julie A. Corman

The room was dark except for the red neon numbers on the digital clock that read 4:14 AM. I could hear several distant alarms beeping and the thumping of footsteps in the condo overhead, leaving no doubt that this was not a morning for sleeping in. This was the morning, after all, of the Ironman World Championships, right here in Kona.

Duncan pulled himself out of bed, while I brewed up a strong pot of coffee. He built himself a peanut butter and banana sandwich and forced it down with a yogurt-drink chaser. I watched as he chewed with mild disgust. It wasn't going down easily. Silence ruled as he withdrew into himself, psyching, I guess, for the long day ahead. Soon he was out the door and climbing into the van which would take him to the starting line, a place known to the locals as "Dig-Me Beach."

Out on the balcony, I could see the Ironman moon*, full and translucent, high in the sky. The water crashed on the rocks below. Far away, on the shores of Kona, I

could see the glare of the starting-line lights. Meanwhile, John (my brother) and Kevin (Duncan's son) arose from their sleep and wandered in. We clicked on the TV to see if the local coverage had yet started. Years ago, my sister Jean and I would get up at 3:00 in the morning on Ironman day in order to get prime spots on by the sea. Now I was content to watch the start on TV and follow the swimmers as they swam out from town to the turn-around buoy in front of the condo.

Our thoughts were with Duncan as we watched the countdown and heard the final blast of the cannon and the sound of the conch horn. The race was on!!!

Soon John, Kevin, and I were in the car, making our way to "Pay-N-Save" hill where the Ironman triathletes start their bike ride out of town. We found a prime location and were in the process of sorting our "Go ..." signs, when the army of triathletes started charging up the hill. My heart stuck in my throat as the lead car, lights flashing, led the procession. Mike Schnitzius was the first of our gang to blast by and came by so quickly, we didn't get a chance to yell "Go Mike" until he was well beyond us up the hill. Kelly Molaski and Kevin Krizek came shortly after, followed by Jan Beckman, Michelle Porter, and Duncan.

**The Ironman is always run on the weekend closest to the full-moon, so that those left on the lava field after dark have light to travel by.*

That task completed, our scouting party headed over to the Kona Ranchhouse Restaurant to put our names on the waiting list, while I stayed back to cheer on a few more stragglers.

After breakfast, we left our car in its primo parking space, in order to minimize Duncan's post-race walk, and we hiked back to the condo with our signs tucked under arm. At the condo, we straddled between TV, computer, and "live" observation, tracking the leaders and our local favorites as they progressed through the race. The bike and run portions of the race pass right in front of the condo and we found ourselves spending the majority of the day under the scorching sun, watching for someone or other to go by. Reports from the TV said that winds were reaching 40+ miles per hour at Hawi, the turn-around point for the bike ride, and that conditions were some of the worst that they'd ever seen. You could see the strain on the athletes' faces as they passed by and headed towards the bike-run transition. When they returned to us on foot an hour or so later, they looked even worse, having just climbed out of the infamous "Pit." They looked tired, sweaty, salty and beat, and they still had 20 miles to go.

So I was surprised, when we arrived at the finish line, to see how energetic those same athletes looked in the final 200 meters of their race. I suspect that most of them "freshened up" before coming around the corner onto Alii Drive and put on their best game face and a final burst of energy for the huge cheering crowds and the cameras that awaited them there. Again I felt a lump in my throat and tears stinging my eyes as contest-

ant after contestant passed by with a look of pride that subdued whatever pain they were feeling from the wretchedness of the day.

Kevin was skipping up and down the street with excitement as he waited for his father to come running around the corner. The sun had sunk below the horizon and the streets were aglow with the intense spot lights of the finish line, when we saw that familiar gait of Duncan's as he ran up Alii Drive to the cheering of the crowds. Kevin ran

Scott Lautman Swims the English Channel

September 4, 2000—PNA swimmer and cancer survivor, Scott Lautman, achieved his long-time dream and training effort by swimming the English Channel: 24 miles across with cold hypothermic-producing water and strong currents.

The Channel swim was an early goal put on hold when Scott discovered he had bone cancer. In 1979, a tumor was removed from above his knee. The tumor returned twice and doctors wanted to remove Scott's leg.

Instead, Scott opted for experimental surgery at the University of Washington. A 6-inch bone segment was inserted into Scott's leg. The graft broke four times in the next five years. Then in 1988, a metal rod from his hip to knee was inserted. This appears to be working.

Scott was an All-American at the University of Washington and later a coach at Highline High School. In the last 10 years, Scott's

out and grabbed his Daddy's hand, glowing with pride, as they ran together down the final stretch of the race. "Now crossing the finish line," boomed the announcer's voice, "is Robert Mitchell and his son, Kevin, from Seattle!" No sweeter words would reach Duncan's ears that day. A medal, a lei, and an I.V. later, our Ironman came home and sunk into a deep, sound, well-earned sleep.

swimming interests has focused on open water swimming.

To prepare for the Channel swim, Scott trained in the pool, in Angle Lake, and in the Puget Sound, swimming to Vashon and back. He gained 25 pounds for insulation. And last August, he packed up his three-person support crew and flew to England.

To be officially recognized, there are numerous rules for swimming the English Channel. You can't touch the boat. You can't wear a wet suit.

On September 4th, Scott left before dawn, 3:21 am, so he could actually see France at the end of his swim. Ten hours and 37 minutes later, after rough seas, oil tanker wakes, and strong tides Scott reached the rocky beach of France.

Scott's story is chronicled by the Seattle Post-Intelligencer in the article by Scott Sunde, September 21, 2000, "Almost-Olympian Has Conquered Other Obstacles."

World Wide Web Guide

Check out these sites on the Internet for information on Masters swimming, news, events, workouts, and more from throughout the Northwest!

PNA Masters Swimming

U.S. Masters Swimming
Masters Swimming Canada
Oregon Masters
B.C. Masters
Bellingham Masters
Orca Swim Team

www.swimpna.org

www.usms.org
www.compumart.ab.ca/masterssc/
www.swimoregon.org
www.island.net/~bpronk
members.aol.com/Ariston844/bmsc.htm
www.teamseattle.org/orca

PNA Registered Teams

Team/Abbr/Members	Team Rep	Pool	Workout Times
Bainbridge Area Masters BAM	Lynn Wells, coach (206) 780-5378 Bisclw@aol.com	Ray Williamson Pool NE High School Rd Bainbridge Island	5:30–6:30 am TuTh 11:30–12:30 am TuTh 7:00–8:30 am Sat
Bellevue Club Masters BC	Carolyn Behse (206) 747-3889 Matt Sellman, coach	Bellevue Club 11200 SE Sixth St (425) 455-1616	12:00–1:00 pm MWF 6:00–7:00 am TuTh 9:30–10:30 am TuTh 10:00–11:30 am Sat
Bellevue Eastside Swim Team BEST	Robert Fiddes (425) 498-2202	Bellevue Eastside Y 14230 Bel-Red Rd (425) 746-9900	6:30–7:30 am MWF
Bellingham Masters Swim Club BMSC	Barb Gundred (360) 734-8364 konabarb@hotmail.com	Arne Hanna Aquatic Center Bellingham (360) 647-POOL (7665)	5:30–7:00 am M–F
Federal Way Masters FWM	Gregg Metzler lmetz@excite.com	King County Aquatic Center (253) 296-4444	5:45–7:00 am M–F 12:00–1:00 pm M,W 7:00–8:00 pm M–Th
Fife Masters Swim Team FMST	Dan MacGrath Laura Torzewsky (253) 922-7665 Kelly Farr, coach realroja@aol.com	5410 20 th St E, Fife	6:30–7:30 am MWF 12:00–1:00 pm Tu,Th Lap swim no additional cost for members.
Ft. Steilacoom Masters FTS	Kathy Casey (253) 588-4879	Pierce College Pool 9401 Farwest Dr SW Tacoma (253) 964-6678	5:00–6:30 pm M–Th
Gateway Athletic Club GACM	John Pauole (206) 343-4692 Lee Stubbe (206) 624-8315 leestubbe@worldnet.att.net	Gateway AC Pool 700 Fifth Ave (206) 343-4692	6:30–8:30 am MWF
Gold Creek Club Masters GCCM	Susan Amandt Dave Leonard, coach (206) 352-0385	Woodinville	
Green Lake Aqua Ducks GLAD	Robin O'Leary (206) 525-7725 GLAD1@excite.com	Evans Pool 7201 E Green Lake (206) 684-4961 Shoreline 19030 First Ave NE (206) 296-4345	5:00–6:00 am M–F 7:00–8:30 am Sat 7:00–8:00 am M–F
Husky Masters Swim Team HMST	Rickey Perkins (206) 543-6644 Emily Bukley (206) 543-2172	University of Washington Hec Ed Pavilion Pool (206) 543-6644	5:00–6:30 am M–F
Island Masters IM	Kate Sutherland (360) 331-3116		
Issaquah Swim Team ISST	Dave Kienlen (425) 557-8206 DaveK@ci.Issaquah.Wa.us	Julius Boehm Pool 50 SE Clark St (425) 837-3355	5:00–6:30 am M–F
Mercer Island Redwoods MIR	Steve Sussex (206) 232-9263	Mercer Island District Pool 8815 SE 40 th St (206) 296-4370	6:00–7:00 am M–F

Team/Abbr/Members	Team Rep	Pool	Workout Times
Newport Hills Swim Team NH	Tom Dunning (425) 746-9510	Newport Hills Pool 5464 119 th Ave SE, Bellevue (425) 746-9510	6:00–7:00 pm MWF
Northshore Y's Guys NSYG	Joanne Bushnell (425) 788-6035 joannbushnell@hotmail.com	Northshore Y 18111 NE 195 th , Bothell (425) 485-9787	5:00–6:00 am M–F
North Whidbey Masters NWM	Sally Dillon (360) 679-5038 salswmr@oakharbor.net	Vanderzicht Pool 85 SE Jerome St, Oak Harbor (360) 675-7665	5:00–6:00 am M–F 12:00–1:00 pm MWF 8:00–10:00 am Sat
Orca Swim Team ORCA	Suzie Ness (206) 729-9403 zoeness@GTE.net	Seattle University Connolly Center 14 th & Cherry (206) 296-6404	7:00–8:15 pm Tu 8:00–9:15 pm Th 7:00–8:15 pm F 4:00–5:30 pm Sun
Old Olympic Peninsula Swimmers OOPS	Frank Warner (360) 692-1040 Kevin Prigger (360) 697-6366	Bangor Subase Pool, Silverdale (360) 535-5941 North Kitsap Pool, Poulsbo (360) 598-1070	6:15–7:15 am MTuTh 4:30–5:30 pm WF 7:30–9:00 pm TuTh
Pro Club PRO	Linda Stanchi (425) 635-0879 stanchi@msn.com	Pro Club Pool 4455 148 th Ave NE, Bellevue (425) 885-5566	6:30–7:30 am MWF (posted) 6:30–7:30 pm TuTh (coached) 9:00–10:00 am Sat (posted)
Salmon Bay /Queen Anne Swim Club	Ed Artis (206) 285-1268	Queen Anne Pool 1920 First Ave W (206) 386-4282	9:30–11:00 am Sun 8:00–9:30 pm W 8:00–9:00 pm F 5:00–6:00 am TuThF
Samena Club SAM	Cynthia Hirst (425) 885-5303 hirst-public@excite.com Dean Sawhill, coach	Samena Club Pool 15231 Lake Hills Blvd Bellevue (425) 746-1160	6:00–7:00 am MWF 7:15–8:30 am Sat
Skagit Valley YMCA SVY	Gary O'Neill (360) 336-9622	Skagit Valley Y 215 E Fulton, Mt Vernon	7:30–8:30 pm MTuTh
Swim Seattle SSEA	Sarah Welch (206) 723-1814 Sarah.Welch@ci.seattle.wa.us	Seattle U, Connolly Center 14 th & Cherry (206) 296-6404	5:45–7:00 am M–F
Tacoma Pierce County YMCA TACY	Cathy Barmore (253) 564-9622	Morgan Family Y 1002 S Pearl	9:00–10:00 am M–F 7:00–8:30 pm M,W,F
Tacoma Swim Club TSC	Mark Patterson (253) 752-4511 (253) 383-3791	Univ. of Puget Sound Foss High School	5:30–7:00 am M,W,F 6:00–7:15 pm M–Th
Three Rivers Swim Team TRST	Laura Reisdorph (360) 736-4471 (360) 551-2691 lreis@localaccess.cm	Thorbecke's Swimming Pool 910 Johnson Rd Centralia (360) 736-1683	8:30–9:30 pm W 4:00–5:00 pm Sun 6:00–7:00 pm Fri (Marathon training)
Thunderbird Aquatic Club Mas- ters TAC	Pinky Walker (360) 424-8755	Fidalgo Pool 1603 22 nd St, Anacortes (360) 293-0673	
Tigers TIG	Tom Foley (206) 937-5585		
Vashon Aquatics VAM	Susan Carleton Greg Martin, coach (206) 567-5789 acarleton@aol.com		

PNA Board Meeting Minutes

September 16, 2000

President Lee Carlson called the meeting to order at the Oak Harbor Pub and Brewery at 1:13 PM. Attending were Sam Anderson, Carolyn Baldwin, Sally Dillon, Jeanne Ensign, Bob Fish, Tom Foley, Barb Gundred, Maia Haykin, Maggie Kinsella, Carolyn Mathews, Evan Mathews, Leslie McCullough, Sandy McNeel, Kathy Moore, Steve Peterson, Jerry Plunkett, and Harvey Prosser. This crowd represented Bellingham Masters, GLAD, Mercer Island, Northshore Y, North Whidbey Masters, OOPS, Tigers, and the unattached.

Minutes:

The Board approved the August minutes as corrected.

Treasurer's Report:

Jeanne summarized: "We got money, we spent money, we have money." Total assets are \$29,860 including the Wiggin Fund's \$2,687. Jeanne forwarded the \$200 bond required by the Long Distance Committee for the 5K/10K Postal to USMS National via Sally. The Board approved reimbursing Robin O'Leary \$53 for copying the Seattle Pools survey to distribute.

Committee Reports:

Membership: Total registrations stand at 861 members to date. Ed Artis submitted 27 one-event registrations from the Fat Salmon open water swim. Jeanne suggested that an informational welcoming letter accompany the reregistration note to be sent to those 27. Lee volunteered to marshal this effort.

Meets: Sally Dillon and her staff were congratulated for a well-run Pentathlon meet. The SCM Zone meet entry was inadvertently left out of the September *WetSet*. Steve will e-mail copies of this entry to the Team Reps list. Information on two upcoming meets was offered: Orca (January) proposes a flat meet

fee of \$12 (\$8 Seniors) which includes a heat sheet; Bellingham (February) is trying to arrange tickets for skiing at Mt. Baker and to a local skating rink. Hugh is still working with KCAC for a suitable date for LCM Zones.

Newsletter: The October issue deadline is September 20. Sandy discussed the print consistency with the printer; she will submit future work on disk rather than as camera ready copy.

Officiating: Oak Harbor Pentathlon meet officiating was good. Their Colorado timing system was installed just the day before (a 6-row readout) through local donations and generosity of the Island Thrift bank.

Fitness: Carolyn's article submissions are going into the *WetSet*. She will also report on the Danskin and "Escape from the Rock" triathlons.

Computer Applications: PNA will stay closely linked with UW's swim program developments.

Constitution & By-Laws: Comment: we will strive to pursue different "theme" ideas for future Board meetings.

Ad Hoc Open Water: Bellingham is planning a 2K/4K swim at Lake Padden for June 2001 (about 68 degrees). The site has beautiful facilities and trails. Fat Salmon III is also being planned. Sally said that OMS's open water program has grown by leaps and bounds to the point where two Oregon groups are bidding against each other to sponsor an event. Is there anyone who's interested in supporting a ¼ mile cable swim? Such 1 or 2 mile events are popular in the east. Lee suggested we arrange an open water event in conjunction with LC Nationals. Harvey Prosser asked where one could purchase a wet suit, suggesting we solicit vendors to advertise in the *WetSet*.

Ad Hoc Coaches: Barb Gundred reported that she is preparing future input.

Old Business:

LC Nationals 2001: Three organizing meetings have been held. Barb Gundred requested that some be held further north. Sally is working with Wilson Trophy of Tacoma. A "dynamite" social is being planned. Mary Ann White has completed her well-received logo design.

Convention: Ten delegates are preparing for meetings and the Masters banquet skit in Orlando.

Electronic Comm. Subcommittee: Still evaluating methods and procedures appropriate for PNA consideration.

New Business:

UW Swim Program: Lee recapped the efforts of the two Planning Retreats of April and November 1999. Among the goals accomplished are better communications, a clinic, an open water event, and updates to our By-Laws. Not as successful were shortening the Board meetings (except perhaps this one!), holding a Fitness clinic, and developing closer camaraderie with our coaches. On ideas for next year: Harvey Prosser asked how to encourage competitive swimming among the members of his group who are primarily fitness swimmers. Sally's had limited success, also. Suggestions were made to offer "brave soul" ribbons; to pair newbies with meet veterans; to offer distinctive tee shirts to identify them; and to acknowledge first-timers in the heat sheets and results.

—Steve Peterson, Secretary

WetSet Subscription / Change of Address Form

The *WetSet* is PNA's official newsletter. It is produced 10 times a year and is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for \$12, payable to "PNA MASTERS SWIMMERS". To request a change of address or a new subscription, please send this completed form to:

Suzanne Dills
PNA Registrar
639 N Riverpoint Blvd #3W
Spokane WA 99202

Important —The *WetSet* is sent via bulk mail and is **not** forwarded by the U.S. Postal Service.

- Change of Address
- New Subscription

If you would like to become a PNA member or renew your membership, and receive *The WetSet* and *Swim Magazine*, please use the Member Registration Form on the back cover of this newsletter.

Affix address label here	
Name	_____
Address	_____ _____
City / State / Zip Code	_____
Phone	_____ USMS # _____



THE FINAL LAP



Why Should I Join USMS?

Information is from the USMS web site www.usms.org

It's time to register for the 2001 USMS year. Perhaps you have questions about USMS:

How is US Masters Swimming organized?

United States Masters Swimming, Inc. provides the administrative structure for Masters swimming. However, Masters swimming is very much a grass roots organization.

The country is divided into smaller groups called Local Masters Swimming Committees (LMSC). LMSC's in turn are composed of smaller groups (clubs or teams and unaffiliated swimmers).

As an individual, you may choose to join a team or club and enjoy the camaraderie and structure of the group or you may choose to remain unattached. Unattached swimmers enjoy all of the benefits of US Masters Swimming membership, except they cannot compete on relays.

What are the benefits of membership?

Benefits can be measured in many ways. When you join you're automatically covered by the group's insurance which provides

accident and liability insurance during all sanctioned events and organized workouts.

One of the greatest benefits is the pool access you get by being a part of a structured group.

You receive the SWIM Magazine which keeps you informed of the organization's programs and happenings. And you receive this newsletter, *The WetSet*.

Do I have to compete?

Everyone has his or her own reason for belonging: Health, fitness, camaraderie, fun, the thrill of competition, travel, and coaching are but a few.

About 30% of Masters swimmers compete in swimming meets on a regular basis. For those who are serious competitors, there are an incredible number of opportunities to test your skill and conditioning. Short Course (25 yard and 25 meter) and Long Course (50 meter) pool meets, lake and ocean open water swims, postal meets, special events, and international championships are all part of an ambitious program of Masters swimming.

But if competing isn't your style, there's no need to feel pressured. Many Masters swimmers are simply interested in the regular routine of working out.

coaching, while others are very informal.

There's no question that the motivation and instruction a coach provides is a powerful advantage. Research has shown that interval training, an approach favored by most coaches, has innumerable benefits over simple lap swimming so most Masters swimmers prefer structured workouts. The facilities of each group vary greatly, but many of the teams and clubs have access to weight rooms with exercise equipment and make this a part of their training.

It is important to remember that you're in charge of your own program. From the most rudimentary of lap swimming routines to training for competitions or special events, US Masters Swimming is structured to support you.

Interested in Becoming an Officer for PNA?

It's election time for the PNA positions of President, Vice President, Treasurer, Secretary, and two Board Members at Large. If you are interested in one of these positions or just have questions contact one of these people:

- Sally Dillon (360) 679-5038, salswmr@oakharbor.net
- Lee Carlson (206) 232-3916, leedee@home.com
- Steve Peterson (360) 692-1669 speterson@bandwagon.net
- Jett Vallandigham (253) 582-7534 jettswim@hotmail.com

Coming together is a beginning; keeping together is progress; working together is success.

Henry Ford

Shoot for the moon. Even if you miss it, you will land among the stars.

Les Brown

Are workouts always organized?

One of the greatest benefits of Masters swimming is to be able to practice with an organized group. Each club or team has its own program. Some are highly structured with set workouts and on-deck

UNITED STATES MASTERS SWIMMING, INC.
2001 REGISTRATION APPLICATION
Pacific Northwest Association of Masters Swimmers

NEW Registration Renewal My current USMS number is _____ - _____

Please print clearly. Register with the same name you will use for competition.

NAME _____ DATE OF BIRTH _____ / _____ / _____
Last First Initial Month Day Year
ADDRESS _____ AGE _____ M/F _____
Street or box number
_____ E-MAIL _____
City State Zip+4
TELEPHONE (____) _____

If you coach a Masters swim team check here

My Club is Pacific NW Aquatics (PNA) My Team is _____
 Unattached Sequim (SQM) Unattached

2001 ANNUAL FEE

Your fee includes a subscription to the *WetSet* and to *SWIM Magazine*

Under 65	\$30	(If after Sep 1, 2001 for 2001: \$15.00)	\$ _____
Senior: 65 & over	\$23	(If after Sep 1, 2001 for 2001: \$11.50)	_____
Canadian fee	\$35		_____
Optional Donations:	USMS Endowment Fund	\$1 or (\$ _____)	_____
	International Swimming Hall of Fame	\$1 or (\$ _____)	_____

PLEASE MAKE CHECK PAYABLE TO: **PNA MASTERS SWIMMERS** TOTAL \$ _____

MAIL TO:

<u>Before Dec 5, 2000:</u> Suzanne Dills, Registrar 1101 N. Northlake Way Seattle, WA 98103 (206) 779-3654	<u>After Dec 5, 2000:</u> Suzanne Dills, Registrar 639 N. Riverpoint Blvd. # 3W Spokane, WA 99202 Cell (206) 779-3654 Home (509) 456-7281
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WAIVER: 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. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PRORAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____ Date _____

Pacific Northwest Association of Masters Swimmers
1867 58th St NE, Tacoma WA 98422

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