



Short Course Nationals: Hot weather! Hot swimmers!



Jeanne Ensign, one of the PNA swimmers who swam a personal best at Short Course Nationals in Santa Clara.

Santa Clara, May 17-20—When Jeanne Ensign, one of our swimmers who traveled to Short Course Nationals, commented, “PNA swimmers were hot,” she was referring to the times, not the weather.

Our swimmers broke records and achieved personal bests. And generally, swimmers just had fun.

Before Charlotte Davis swam her 100 free, someone suggested that she could break the National record. But to do that Charlotte would have to break a minute, something Charlotte had never done. So Charlotte took the suggestion to heart and swam the race in 59.83, breaking her minute barrier. She didn't quite break the National record, but she did break a Zone record.

Suzanne Dills, our former PNA registrar, swam for PNA even though she has moved to Spokane. She was first in the 1650 freestyle in 21:40.40, beating her former time by 24 seconds. Her time placed as the third all-time fastest woman ever in the 55-59 age group.

Aurora Tallacksen, Mary Lippold, Barb Cahill, Barb Gundred, Charlotte Davis, Sally Dillon, Suzanne Dills, Tom Taylor, Debbie Glassman, Andra Litzenberger, Ronald Jacobs, Steve Sussex—all these swimmers managed a first place, some of them several. Barb Gundred won first in three events in her age group. Note that she is 49, the top

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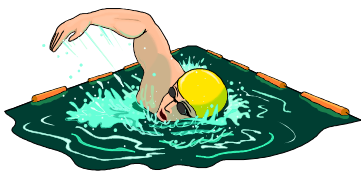
LEADING OFF

By
Lee Carlson

Just for You— A Variety of Events

This issue of the WetSet is representative of what is going on in the PNA. We had great success at Short Course Nationals. A triple crown of open water meets is scheduled. Long Course Nationals are only a month away. You have an opportunity to swim in this meet and to help put on a quality national meet. An open water clinic is being finalized.

Short Course Nationals. Look at the number of PNA swimmers who attended the Santa Clara meet (47!) and how well we did. Results are on pages 6-9. Overall, the PNA finished in second place in the Women's Large Team and in first



THE WET SET

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LEADING OFF

By
Lee Carlson

(Continued from page 1)

place as a combined Medium Team. (Perhaps the name of the team divisions should be changed to something other than large.) Both PNA women and men swam an outstanding meet.

Individual champions were Barby Cahill, Charlotte Davis, Sally Dillon, Sue Dills, Barb Gundred, Mary Lippold, and Aurora Tallaksen. Steve Sussex and Tom Taylor were the champions in the Men's Division. Other champions were Andra Litenberger in the women's relay and Debbie Glassman and Ron Jacobs in the mixed relays. Congratulations to this group of swimmers and to everyone who attended the meet—you are all winners!

Open Water Events. Open water is one of the fastest growing segments of our sport. In late June, Bellingham hosted the Lake Padden swim. First place winners were Ian Johnstone and Linda Hegeberg in the 4K and Sam Anderson and Connie Austin in the 2K.

The third annual Fat Salmon swim, an event established and nourished by Mike Meyer and Ed Artis, is July 21st. This event is close to becoming a tradition. The awards are unique and the event promises to be awesome—join us for the swim.

Finally, the Emerald City Open Water Swim sponsored by the City of Seattle is on August 18th. This should give you some good choices. Additional events in Oregon and British Columbia can keep you in the water literally every week from July through August. See the Masters calendar on page 3 in this issue.

Long Course Nationals. Join us August 16-19 at the King County Aquatic Center in Federal Way. You can swim three events without meeting national qualifying times.

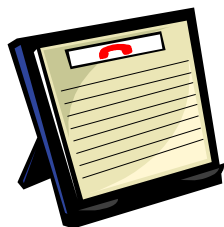


Lee Carlson officiating at one of the meets.

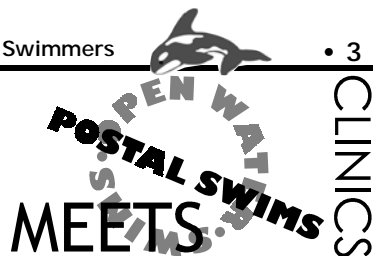
Just the opportunity to swim in a meet of this caliber and experience the rush of hitting personal goal times is what this is all about. In my first nationals in Oregon in 1984, one heat had three Olympian swimmers my age. What a great experience in surrounding yourself with an event like this.

As host we need your participation and help with the team events, relays, and to conduct the meet. Sarah Welch is looking for volunteers. We need about 25% of our members, or about 250 swimmers and teammates, to give four to five hours to make the meet work. A volunteer form is located on pages 14 and 15 in this *WetSet*.

Open Water Clinic. Scott Lautman, assisted by Jay Benner and Sally Dillon, will conduct an open water clinic in late July. Details including location will be provided on our web site swimpna.org.



MASTERS CALENDAR



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

■ July 21

**Fat Salmon
3-Mile and 1-Mile OW Swim
Seattle, WA
Michael Meyer (206) 213-0096
meyer@tempstore.net
www.cavlogix.com/sports/
fatsalmon2001.htm**

July 21
LCM Eugene, OR
Arden Adams (541) 688-4013
aadamsswim@aol.com

July 22
OW 1&2 mi, Hagg Lake, OR
Andrea Milano (503) 236-8959
elleroy@hotmail.com

July 22
OW Steve Omi Swim, 1 mi
Lake Coeur d'Alene, ID
Margaret Hair (208) 667-3721
ramgolf@gocougs.wsu.edu

July 26-29
Washington State Senior Games
Olympia, WA
Dan Donahue (360) 413-0148
seniorgames@ontherun.com
www.pugetsoundgames.com

**■ July 29
5K Postal Swim
King County Aquatic Center
Federal Way, WA
Sally Dillon (360) 679-5038
salswmmr@oakharbor.net
Entry form in this issue**

July 29
10 km OW Bay Challenge
West Vancouver to Kitsilano Beach
(604) 290-9425
www.vovsa.bc.ca.intro.html

August 4
OW 2-Mile National Championships
Elk Lake, OR
Pam Himstreet (541) 385-7770
him@bendnet.com

August 5
OW 500/1500, Elk Lake, OR
Pam Himstreet (541) 385-7770
him@bendnet.com

August 11
OW Kitsilano Challenge
Kitsilano Beach, Vancouver, BC
1 km, 2.5 km, 5 km
(604) 290-9425
www.vovsa.bc.ca.intro.html

**■ August 16-19
LCM National Championships
King County Aquatic Center
Federal Way, WA
Hugh Moore
weswim@mindspring.com
www.usms.org/comp/lcnats01/**

August 18
17th Annual Emerald City OW Swim
1/2 and 1 mi
Lake Washington, Seattle, WA
(206) 684-4766
kristen.schuler@ci.seattle.wa.us
www.ci.seattle.wa.us/parks/

August 25
OW 1500/3000, Lake Dorena, OR
Steve Johnson
freedive3@hotmail.com

September 1-October 31
3000/6000 Yd National Postal Swim
Doug Brogan (440) 835-0142
fittogether@aol.com

**■ September 8
5K/10K Postal Swim
Colman Pool, Seattle, WA
Sally Dillon (360) 679-5038
salswmmr@oakharbor.net
Entry form in this issue**

September 8
1/2 & 1 mile swims
Whitefish Lake, Whitefish MT
Holly Apple (406) 862-5869
smrtaple@digisys.net

**■ September 29
SCM Whidbey Island Pentathlon
Oak Harbor, WA
Sally Dillon (360) 679-5038
salswmmr@oakharbor.net
Entry form in this issue**

October 27-28
SCM Zone, Beaverton, OR
Sandi Rousseau
tsrousse@ix.netcom.com

Note: The Whidbey Island Pentathlon is on September 29th, not September 22nd, as listed earlier in the the *WetSet*.

For information on Masters events outside of the PNA area, contact any of the following newsletter editors:

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PNA Board Meeting Minutes —by Steve Peterson, PNA Secretary

April 24, 2001—President Lee Carlson called the meeting to order at 7:15 pm at Jan Kavadas' Sundowner recreation room. Attendees also included Sally Dillon, Jan Kavadas, Sandy McNeel, Hugh Moore, Kathy Moore, Steve Peterson, Jett Vallandigham, and Sarah Welch. These nine represented Federal Way, Ft. Steilacoom, GLAD, North Whidbey, OOPS, Redwoods, Swim Seattle, and the unattached.

Treasurer's Report: Total assets are \$37,174 including the Wiggin Fund's \$2,742. Champs expenses were billed more quickly than usual and the meet appears to have come out in the black. The Board approved Jeanne's report, submitted in absentia. The Board also approved reimbursing Lee \$48 for refreshments for Champs officials and volunteers.

Membership: Jan presented Cindy Martin's report showing current membership at 846.

Meets: Lee summarized Champs as well attended and well run. The chilliness of the venue was a direct result of Highline Community College's energy conservation efforts. (The pool's heating plant failed four days later, with repair uncertain!) Division winners of the 21 teams participating were GLAD (Large), West Seattle Y Dolphins (Medium), and Old Olympic Peninsula Swimmers (Small). Sally offered that a change in location is a good thing, and Lee added that in the pre-KCAC days Champs was hosted at a variety of pools. Swimmers bought half of the 150 "official PNA" LCM Nationals T-shirts at Champs. Hugh summarized three "Nationals warm up meet" choices: South Kitsap would require Zone approval to be SCM; Titlow's only open date from Tacoma Swim Club is the same weekend as Bellingham's Lake Padden swim (so rearrange the meet order to accommodate as many swimmers as possible?); or

KCAC in late July if another host volunteers to run it. Hugh recommended Titlow, perhaps as a 1-day meet. The Board discussed event changes and combinations, and Steve asked if a combined USA-S + Masters meet was feasible (yes, but likely too long). Hugh will talk with Zone officials and have information ready for *WetSet* publication. The Board authorized Hugh to negotiate with South Kitsap or Titlow regarding rental, to determine appropriate entry fees and to rearrange events as necessary to minimize conflict with the Lake Padden Swim. KCAC tries to schedule hosts for their "traditional" dates, which means that someone always lands on Easter weekend. So Hugh wondered if next year we should hold Champs at KCAC combined with SCY Zones, otherwise at Bellingham or Bangor. Sally noted that 48 (not 45) PNA swimmers are going to Santa Clara. She reminded those interested in relays to contact Steve Sussex or Lynn Wells.

Newsletter: Sandy moved the deadline for the May-June *WetSet* to April 28 to accommodate meet items. This issue will be larger than usual but should not require additional postage.

Awards: Sally turned in \$72 from Champs medal sales. The medal supply should last for several months, allowing time to reorder.

Social: One to two dozen met at the Federal Way Red Robin after Champs.

Officiating: Lee said our Champs officials were competent and well fed and coffee'd. Hugh noted that we have no 2001 Rulebooks; he'll check on our order with Tracy Grilli.

Fitness: Jan attended the Edwards and Reed heart rate monitor session at Third Place Books. Though cycling-oriented, the how-to-use information was useful.

Ad Hoc Open Water: Sally is working with Ed Artis and Mike Meyer to finalize the Fat Salmon III entry form. As sanctioning body, PNA strives for clear and correct meet information. Accident insurance will be in effect only with a sanction, Sally noted. Bellingham's Lake Padden swim will have T-shirts for preregistrants and certificates for all in lieu of awards.

Ad Hoc Coaches: Lee notes that one \$500 USMS Coaches Committee clinic grant is still available. The Masters Coaches links page is under development on the USMS website. Lee has results of the coaches' survey for anyone interested.

LC Nationals 2001: Meet information will appear in the July-August issue of *Swim*. A web link will be up within two weeks for online entry. PNA received a \$1000 grant from the "Tacoma/Pierce County Sports Commission's Amateur Athletics Fund of the Greater Tacoma Community Foundation."

Election Results: The proposed slate was elected with a total of 11 ballots returned. A review of our election process to generate greater response will be a Retreat agenda item.

USMS Nominations: The Board endorsed Hugh for VP and Sally for Secretary; Lee will update Zone Chair Lynn Hazelwood.

History & Archives Committee: The Board approved endorsing a Part 5 amendment to make this a standing USMS committee. Lee will notify Rulebook Committee Chair Meg Smath.

Zone Web Site: Dave Radcliff has posted a sample site for feedback and content approval at www.members.home.net/therads.

Convention Delegates: Lee distributed the PNA criteria form for consideration next meeting.



May 22, 2001—President Lee Carlson called the meeting to order at 7:10 pm at the Federal Way 320th Library. Guests Kelly Crandell and Scott Lautman introduced themselves. Attendees also included Kathy Casey, Sally Dillon, Jeanne Ensign, Tom Foley, Jan Kavadas, Sandy McNeel, Hugh Moore, Steve Peterson, and Sarah Welch. These 12 represented Federal Way, Ft. Steilacoom-WAKO, GLAD, North Whidbey, OOPS, Redwoods, Swim Seattle, Tigers, and the unattached.

Minutes: The Board approved the April meeting minutes as corrected.

Treasurer's Report: Total assets are \$36,754 including the Wiggin Fund's \$2,742. Jeanne, still serving as acting treasurer, has signature cards to change over account names and to establish a Nationals account. Greg Bruce submitted his 1-Hour Swim report, which Jeanne will reconcile with her records. Nationals T-shirt income and expense should apply to the Pacific Northwest Aquatics club. Jeanne paid the Zone swimmer surcharge fee (25 cents per swimmer). Some registration expenses remain to be paid to National. The Board approved Jeanne's report. The Board also agreed to fund Sarah's purchase of QuickBooks (up to \$200) for bookkeeping continuity. Jeanne, believing she has the last PNA swim cap, suggested that more should be ordered. Kathy Casey proposed that PNAquatics reimburse Steve Sussex for relay fees uncollected at Santa Clara. Discussion ensued regarding collection and record keeping

techniques. Should the PNA club pay for all relays? (No, no money.) Should the LMSC? (Not if there is more than one club, or pay for all clubs?) Use the Wiggin Fund? (Fund trustees are Kathy Casey, Jan Kavadas, and Ricky Vadset.) Use T-shirt earnings? (Approved already.) Lee postponed further discussion to the PNAquatics meeting following.

Membership: Cindy Martin, in absentia, reported current membership at 857.

Meets: Hugh received a query about the "new" Tacoma pool for LCM Zones (Titlow, June 23-24). The Board approved Hugh's proposal to pay timers. Lee will recruit officials. Groups are needed to assist with Hospitality (Bellingham?), Awards (Kelly Crandell volunteered), and Safety Marshals (WAKO?).

Newsletter: The bulk mail permit requires Lee's new address as the registered agent. The July-August WetSet deadline is June 20 for publication by July 10 to provide timely Nationals information and relay entry forms. Sandy suggested distributing the *WetSet* to Fat Salmon III participants (lots of March issues left).

Computer Applications: June 1 is the planned date for re-hosting *SwimPNA.org* on the USMS server.

Ad Hoc Open Water: Sally and Scott Lautman have been discussing open water clinics. Scott attended a very successful one held recently in Hollywood FL. Dan Gray is sending Sally the application for \$500 in USMS clinic seed money.

Jay Benner and Rikken Scheiber may be available as instructor coaches. The Board approved sponsoring a clinic either July 22 (day after Fat Salmon III) or 28 (WA State Senior Games)—Scott will check with his contacts, select a date, and contact Sally. Sally will pursue setting up organized swims for the 5K/10K Postal. Sarah will check on Colman Pool availability.

Ad Hoc Coaches: Lee presented copies of the USMS Coaches Compensation Survey 2001 (average group coached is 50; experience levels high; certification levels low; higher pay and benefits desired).

At-Large Reps: Attendees responded favorably to Kathy Casey's question whether PNA would support a survey of Masters swimmers' experiences with age-group programs.

LC Nationals 2001: Jeanne suggested asking SC Nationals attendees to help with the meet. Discussions on deck seeding, check-in, and information accuracy were deferred to the Nationals planning meeting July 8.

Incoming Thoughts: Summary points: strengthen the Board - Team - Coach relationships; start recruiting our Board position replacements; improve open water awareness; and review and assess our last Retreat's goals and results achieved.

LCM Zone Meet Organizing: Ready to go.

Convention Delegate Selection: Delegate applications were distributed.

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.

PNA Board Meetings

All PNA members are invited.

June 26, Tuesday
Lee Carlson's home

July 24, Tuesday
McNeel & Associates

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS

"Away-from-home" Sign up for Postal Swims

Complete entry form, sign liability waiver, enclose fee and mail to event coordinator listed below:

Name: _____ 2001 USMS Number: _____
Address: _____ Phone: (_____) _____
City: _____ Zip: _____ Birthdate: _____ Age: _____ Sex: _____
E-mail: _____ USMS Club: _____ Local team: _____

Purpose: The 5K & 10K National Postal Swims require a 50-meter pool. The "Away-From-Home" Postal Swim Program attempts to make 50-meter pools available so that all PNA Swimmers have an opportunity to participate in these fine fitness events.

Rules: USMS Postal Rules apply. Refer to the official National Postal Entry Form published in the May/ June issue of SWIM Magazine and the last issue of your WetSet. Currently registered USMS swimmers only. First-come, first-served sign up; day-of-event sign up accepted IF space permits. The swimmer must provide someone 12 years or older to count laps and record splits. Events will be usually be run 2-per-lane.

Fees: Pool fees for both venues are \$10/swimmer and are necessary to cover pool rental costs. If you wish to enter the National Postal Swim, bring a photocopy of your USMS registration card, the listed entry fee and complete the National Entry Form mentioned in the above paragraph.

Sign up: Check the location, circle the event, and write your seed time. Please arrive at the venue at least 15 minutes prior to the start of your event!

Sunday, July 29, 11:30 AM - 1:30 PM (sign up deadline is Saturday, July 21)

_____ KCAC @ 650 SW Campus Drive, Federal Way

5K seed time: _____ (sorry, available time won't allow 10K swims)

Saturday, September 8, 8 AM - Noon (sign up deadline is Saturday, September 1)

_____ Colman Pool @ 8603 Fautleroy Way SW, Lincoln Park, West Seattle

5K 10K seed time: _____ (10K swimmers will start at 8, 5K swimmers at 9)

LIABILITY RELEASE: "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.

Signature: _____ Date: _____

CHECKS PAYABLE TO PNA. Send form and fees to Sally Dillon, PO Box 845, Oak Harbor, WA. 98277
QUESTIONS OR DIRECTIONS: Contact Sally at 360-679-5038 or salswmmr@oakharbor.net.



Results

P PNA Record

Northwest Zone Championships at Parkrose, Oregon

April 29, 2001

Short Course Yards

For complete results, see the Results section of the PNA web site: http://swimprna.usms.org/results.htm.

WOMEN 35-39
50 YD. FREE MEGAN CONKLIN 37 #3 29.67
50 YD. FLY MEGAN CONKLIN 37 #4 34.20
100 YD. I.M. MEGAN CONKLIN 37 #3 1:16.24

WOMEN 40-44
500 YD. FREE ZENA COURTNEY 41 #1 5:47.74
50 YD. BACK ZENA COURTNEY 41 #2 31.21
100 YD. BACK ZENA COURTNEY 41 #1 1:05.75
200 YD. BACK ZENA COURTNEY 41 #1 2:19.76
100 YD. I.M. ZENA COURTNEY 41 #1 1:08.46
400 YD. I.M. ZENA COURTNEY 41 #1 5:08.77

WOMEN 45-49
50 YD. FREE DEBBIE GLASSMAN 47 #1 27.55
100 YD. FREE DEBBIE GLASSMAN 47 #2 1:01.44
200 YD. FREE DEBBIE GLASSMAN 47 #2 2:22.13
50 YD. BRST A.LITZENBERGER 48 #2 36.68
200 YD. BRST A.LITZENBERGER 48 #1 2:51.22
50 YD. FLY DEBBIE GLASSMAN 47 #1 29.85
100 YD. FLY DEBBIE GLASSMAN 47 #2 1:09.87
A.LITZENBERGER 48 #3 1:10.53
200 YD. FLY DEBBIE GLASSMAN 47 #1 2:41.05
200 YD. I.M. A.LITZENBERGER 48 #1 2:35.61
400 YD. I.M. A.LITZENBERGER 48 #1 5:34.38 P

WOMEN 50-54
50 YD. FREE SALLY DILLON 54 #1 30.67
DEMPSEY DYBDAHL 52 #2 36.15
ARNI LITT 54 #3 41.47
100 YD. FREE SALLY DILLON 54 #1 1:08.28
DEMPSEY DYBDAHL 52 #2 1:21.08
500 YD. FREE SALLY DILLON 54 #1 6:41.24
1000 YD. FREE SALLY DILLON 54 #1 13:33.56
1650 YD. FREE KATHRINE CASEY 52 #1 22:32.47
50 YD. BACK KATHRINE CASEY 52 #1 36.88
100 YD. BACK DEMPSEY DYBDAHL 52 #2 1:35.58
50 YD. BRST KATHRINE CASEY 52 #1 39.23

DEMPSEY DYBDAHL 52 #2 42.43
ARNI LITT 54 #3 49.75
100 YD. BRST SALLY DILLON 54 #1 1:26.51
ARNI LITT 54 #2 1:45.21
200 YD. BRST KATHRINE CASEY 52 #1 3:06.94
ARNI LITT 54 #2 3:46.77
50 YD. FLY DEMPSEY DYBDAHL 52 #2 39.41
ARNI LITT 54 #3 48.10
200 YD. FLY KATHRINE CASEY 52 #1 3:05.98
100 YD. I.M. DEMPSEY DYBDAHL 52 #2 1:27.89
ARNI LITT 54 #3 1:43.52

WOMEN 75-79
200 YD. FREE MARION CHADWICK 79 #1 5:08.86
1000 YD. FREE MARION CHADWICK 79 #1 28:11.43
200 YD. BACK MARION CHADWICK 79 #2 6:31.34
100 YD. BRST MARION CHADWICK 79 #1 4:00.50
100 YD. I.M. MARION CHADWICK 79 #1 3:23.45

MEN 25-29
100 YD. BRST REB COBB 29 #1 1:04.71
50 YD. FLY REB COBB 29 #2 28.25
100 YD. I.M. REB COBB 29 #1 1:00.21

MEN 35-39
200 YD. BACK MICHAEL ALKIRE 38 #2 2:17.77
50 YD. FLY MICHAEL ALKIRE 38 #3 27.30
100 YD. I.M. MICHAEL ALKIRE 38 #3 1:00.54
MEN 40-44
100 YD. FREE ERIC DYBDAHL 41 #2 57.41
500 YD. FREE ERIC DYBDAHL 41 #2 5:34.61
1000 YD. FREE ERIC DYBDAHL 41 #1 11:28.96
100 YD. BACK ERIC DYBDAHL 41 #2 1:05.76
200 YD. BACK ERIC DYBDAHL 41 #2 2:21.37
400 YD. I.M. ERIC DYBDAHL 41 #1 5:10.80

MEN 45-49
50 YD. FREE TIM TYNAN 46 #2 25.60
200 YD. BACK TIM TYNAN 46 #2 2:24.78
100 YD. I.M. TIM TYNAN 46 #3 1:04.49

MEN 50-54
100 YD. BRST GREG COLLINS 52 #2 1:14.72
100 YD. I.M. GREG COLLINS 52 #2 1:09.31

MEN 60-64
50 YD. BACK WALT REID 60 #3 36.33
50 YD. BRST WALT REID 60 #1 36.51

MEN 75-79
1650 YD. FREE HAROLD YOUNG 79 #1 37:01.35

Welcome to the swimmers who have recently joined PNA!
KATHLEEN ABRAMS, JAN ACUFF, JAN ALLEN, JUNKO ANAZAWA, DOUG APP, BRYAN BALDWIN, , MIKE BENOIT, CHARLES BIES, MICHAEL BONOFF, MARY BRADBURY, NERINA BRAUTIGAM, JULIE BURDICK, MATTHEW DELANEY, WILL DELONY, DAVID DJANG, DAVID EDGAR, JEANNETTE ETCHAMENDY, DEBORAH FESTE-KIRK, LARRY GROSS, CAROLYN HARRIS, ANNE HARTWIG, MEGAN HAWGOOD, ROBERT HERRIFORD, CORY HILDERBRAND, JEFF HORSAGER, JAMES HURSH, ANN JOHNSON, STEPHEN KIRK, KELLIE KUBENA, DICKSON LEE, ROSS LINDERMAN, CASSANDRA MACK, CRAIG MALLERY, TERRI NELSON, DEAN NICOLLS, PATRICK O'SHAUGHNESSY, CHRISTINE PRUNEAU, DAN ROBINSON, MORGAN ROWLEY, ALLEN SIX, HEATHER STONE, , JEFFREY TAYLOR, VIRGINIA TEE, CHERYL TORNQUIST, MICHAEL TURGEON, PAUL WEBBER, KIMBERLY WELLS, ALICE WHITE, ALICIA WICK



NEWS ABOUT PNA SWIMMERS



Charlotte Davis and Lisa Wilson cheering on their relay team at the April Champs swim meet at Highline Community College.

Local Swimmer Receives ISHOF Award

May 10, 2001, Ft. Lauderdale, FL— At the International Swimming Hall of Fame (ISHOF) annual award ceremonies, Charlotte Davis was presented with the 2001 Paragon Award for Synchronized Swimming.

The ISHOF Paragon Awards are presented for outstanding contributions in aquatics, which include competitive swimming, water polo, diving, aquatic safety, recreational swimming, and synchronized swimming.

Charlotte was recognized for her 21 years as National Coach for Synchronized Swimming. She coached the first Olympic synchronized swimming team of Tracie Ruiz-Conforto and Candy Costie,

who won the Solo & Duet gold in 1984. Charlotte has also coached champion teams for World Championships, World Cup, Pan American Games, Swiss Open, Rome Open, Pan Pacific Championships, and Pre-Olympic Synchronized Swimming Competition. She coached the 1988 Olympic Solo silver medalist, the 1992 Olympic Solo & Duet gold medalist, and the 1994 World Solo & Duet Champions.

Charlotte swims for Green Lake Aqua Ducks. No only is she an outstanding synchronized swimming coach, but she is an outstanding PNA swimmer, demonstrated by all the records she has broken lately.



World Top 10

Did you think some of the swimmers in PNA were fast? Here's the proof.

World Top 10 recognizes the 10 fastest swimmers in each sex and age group in every 25-meter short course and 50-meter long course event. Following are the PNA swimmers who made that list.

Short Course Meters Year 2000

<u>WOMEN 30-34</u>			
200 M. BRST			
LINDA HEGERER	30 # 6		2:50.59
<u>WOMEN 35-39</u>			
1500 M. FREE			
JERRI FREIMUTH	35 # 9		19:45.90
200 M. BRST			
JERRY FREIMUTH	35 # 5		2:57.59
<u>WOMEN 40-44</u>			
50 M. BACK			
ZENA COURTNEY	41 # 4		34.26
50 M. FLY			
KATHY BYERS	40 # 6		31.29
100 M. FLY			
KATHY BYERS	40 # 4		1:10.06
<u>WOMEN 45-49</u>			
100 M. BACK			
BARBY CAHILL	45 # 9		1:19.81
<u>WOMEN 50-54</u>			
100 M. FREE			
LYNN BELL	50 # 7		1:10.87

200 M. FREE			
LYNN BELL	50 # 9		2:38.40
400 M. FREE			
KATHRINE CASEY	51 #10		5:49.34
800 M. FREE			
LYNN BELL	50 # 6		11:45.24
1500 M. FREE			
KATHRINE CASEY	51 # 5		22:42.58
100 M. BACK			
KATHRINE CASEY	51 # 9		1:26.14
200 M. BACK			
KATHRINE CASEY	51 # 6		3:04.42
100 M. BRST			
LYNN BELL	50 # 2		1:27.96
50 M. FLY			
LYNN BELL	50 # 8		35.53
100 M. I.M.			
LYNN BELL	50 # 7		1:20.92
200 M. I.M.			
KATHRINE CASEY	51 # 8		3:06.92
400 M. I.M.			
KATHRINE CASEY	52 # 7		6:41.75

WOMEN 55-59

200 M. BRST			
FRANCESCA DRUM	59 #10		3:38.80

WOMEN 75-79

100 M. BRST			
MURIEL FLYNN	77 #10		2:18.39



Muriel Flynn placed in the World Top 10 times in three events: the 100 breaststroke, the 200 breaststroke, and the 200 IM.

How to Order a Top 10 Patch

The complete list of World Top 10 swimmers is available on the FINA web site: www.fina.org.

A paper copy of both LCM and SCM costs \$10.00 and can be ordered from the

FINA Office
 Av. de l'Avant-Poste No 4
 1005 Lausanne
 Switzerland

A Top 10 patch costs \$5.00 and the year 2001 patch costs \$3.00. They can also be ordered from the FINA office. *Note: they prefer cash \$US if less than \$20.00.*

200 M. BRST		
MURIEL FLYNN	77 # 9	5:00.23
200 M. I.M.		
MURIEL FLYNN	77 # 9	4:55.52

WOMEN 80-84

200 M. BACK		
MAXINE CARLSON	80 # 7	5:10.81

MEN 35-39

200 M. BACK		
BOB FISH	37 # 9	2:21.02

MEN 45-49

100 M. FREE		
STEVE SUSSEX	45 # 6	56.88
200 M. FREE		
STEVE SUSSEX	45 #10	2:10.89
400 M. FREE		
STEVE SUSSEX	45 # 1	4:20.25
RICK COLELLA	49 # 7	4:37.98
800 M. FREE		
STEVE SUSSEX	45 # 1	9:07.63
200 M. BACK		
STEVE SUSSEX	45 #10	2:28.98
100 M. BRST		
RICK COLELLA	49 # 4	1:12.65
200 M. BRST		
RICK COLELLA	49 # 1	2:34.24
GREG HARRISON	48 #10	2:45.77
200 M. FLY		
RICK COLELLA	49 # 3	2:20.38
STEVE SUSSEX	45 # 7	2:33.62
200 M. I.M.		
RICK COLELLA	49 # 2	2:22.84
400 M. I.M.		
RICK COLELLA	49 # 1	5:02.52
STEVE SUSSEX	45 # 6	5:24.09

MEN 50-54

400 M. FREE		
ALAN BELL	50 # 5	4:41.77
800 M. FREE		
ALAN BELL	50 # 4	9:42.41
JIM MCCLEERY	54 # 5	10:02.27
1500 M. FREE		
ALAN BELL	50 # 4	18:49.39
100 M. BACK		
ALAN BELL	50 # 7	1:11.20
100 M. FLY		
ALAN BELL	50 # 7	1:07.23
200 M. FLY		
ALAN BELL	50 # 1	2:28.56

MEN 55-59

1500 M. FREE		
MICHAEL MCCOLLY	55 # 9	21:15.74
400 M. I.M.		
MICHAEL MCCOLLY	55 #10	6:06.93

MEN 60-64

50 M. BACK		
GARY CHASE	60 # 2	33.83
100 M. BACK		
GARY CHASE	60 # 1	1:12.42
200 M. BACK		
GARY CHASE	60 # 2	2:43.48

MEN 65-69

400 M. FREE		
TOM TAYLOR	69 # 9	5:52.56
800 M. FREE		
TOM TAYLOR	69 # 6	12:00.30
1500 M. FREE		
TOM TAYLOR	69 # 5	22:48.42

MEN 70-74

400 M. FREE		
HARVEY PROSSER	72 #10	6:24.59

Short Course Meters Year 2000

WOMEN 30-34

1500 M. FREE		
KAREN LEAHY	32 # 8	20:00.68

WOMEN 45-49

50 M. FREE		
DEBBIE GLASSMAN	47 # 8	30.04
100 M. FREE		
DEBBIE GLASSMAN	47 # 8	1:07.87
200 M. FREE		
JO MOORE	45 #10	2:32.85
50 M. FLY		
DEBBIE GLASSMAN	47 # 6	32.86
100 M. FLY		
DEBBIE GLASSMAN	47 # 6	1:15.42
200 M. FLY		
DEBBIE GLASSMAN	47 # 7	3:00.43

WOMEN 50-54

1500 M. FREE		
KATHRINE CASEY	52 # 8	23:09.59
200 M. FLY		
KATHRINE CASEY	52 # 8	3:29.63

MEN 45-49

800 M. FREE		
STEVE SUSSEX	45 # 1	9:30.02
400 M. I.M.		
STEVE SUSSEX	45 # 8	5:25.32

MEN 65-69

1500 M. FREE		
TOM TAYLOR	69 #10	24:09.18

Water: Ten Reasons to Drink Up

Water is an important nutrient and has a vital role in maintaining good health. Don't assume that you are drinking enough just because you are not thirsty. As we age, our sense of thirst diminishes, so we don't realize as easily when our body needs more fluids.

Water is essential to body functions. It is a major component of blood and body fluids, and key to the digestive process. It is also critical to the body's waste system as it helps filter and eliminate toxins and move waste materials through the intestines.

Experts have recommended 6-8 cups per day for years, but recent studies have raised this amount even further to 10 cups for women and 12 cups for men. All liquids count toward the 10 to 12 cup goal, but bear in mind that both caffeine and alcohol act as diuretics and many actually increase fluid losses.

Ten good reasons to increase your fluid intake:

1. Jump start your body
2. Avoid constipation
3. Help nutrient absorption
4. Make the medicine go down
5. Moisturize your skin
6. Flush your system
7. Avoid muscle cramps
8. Prevent kidney stones
9. Avoid dehydration
10. Keep well

In addition to being critical to digestion, nutrient absorption, and waste removal, water is a major



player in regulating body temperature and in maintaining electrolyte balance. New studies have also shown a possible correlation between low fluid intake and bladder, colon, breast, prostate, kidney, and testicle cancers.

Be sure you drink even more fluid whenever you increase your physical activity, when eating a high fiber diet, during hot weather, at high altitudes, in low humidity locations, and when you're sick, especially if you have a fever, vomiting, or diarrhea. Check your urine color. It should be pale, almost clear. A dark yellow means you need more fluids.

Start drinking water early in the day, and always drink water after going to the bathroom. Refresh yourself by adding a slice of lemon or lime like they do at the spas. Or try sparkling water for a change!

Provided by Jane Moore from an article by JoAnn Prophet, MS, RD, for Fit After Fifty, provided as health information service by the American Institute for Cancer Research, Washington, DC.

North Whidbey Masters 4th Annual Pentathlon

Get your meet season off to an early start this fall and attend the **Short Course Meter Pentathlon** in Oak Harbor on Saturday, September 29th. Hosted by the North Whidbey Masters "Afterburners," the Pentathlon is intended to be a fun kickoff to the short course meters season and you can use your times to enter the annual Postal Pentathlon. (You send in your own results to the host team.) Three pentathlon divisions will be offered:

Sprinter's Choice—50 each of fly, back, breast, free, plus a 100 IM

Middle Masters—100 each of fly, back, breast, free, plus a 200 IM

Animals—200 each of fly, back, breast, free, plus a 400 IM

Each participant in the meet will receive a certificate and distinctive awards will be given to the top three swimmers in each age group who complete a pentathlon of five events. Entry forms for the Minnesota postal pentathlon will be available at the pool on meet day.

A "no host" social will be held after the meet for swimmers and their families at the Oak Harbor Pub and Brewery which is located close to the pool. There are lots of fun things to do on Whidbey Island for the afternoon or weekend. You can visit Deception Pass State Park, Fort Casey, and the historic towns of Coupeville and Langley.

The "Afterburners" hope you'll take advantage of this opportunity to get in some short course meter swims; you might even aim for the USMS short course meters Top 10 or PNA, Zone, and national records.

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
 US Masters Swimming
 Masters Swimming Canada
 Oregon Masters
 Masters Swimming of BC
 Utah Masters
 Pacific Masters (CA)

www.swimpna.org
www.usms.org
www.compusmart.ab.ca/masterssc/
www.swimoregon.org
www.mastersswimming.bc.ca/
www.utahmasters.org
www.pacificmasters.org/index.shtml

PNA LOCAL MASTERS SWIMMING COMMITTEE
4th ANNUAL SHORT COURSE METERS PENTATHLON MEET
 Hosted by North Whidbey Masters [Meet Sanction #013608]

ORDER OF EVENTS (#)	Event	DATE:	Saturday, September 29, 2001
1	200 fly	TIME:	Warm-up: 8:00 AM. Meet starts 9:00 AM
2	100 fly		Check in by 8:45
3	50 fly	PLACE:	John Vanderzicht Memorial Pool
4	200 back		85 SE Jerome St
5	100 back		Oak Harbor, WA 98277
6	50 back		Phone: 360-675-POOL
7	200 breast	MEET DIRECTOR:	Sally Dillon
8	100 breast		Phone: (360) 679-5038
9	50 breast		E-mail: salswmmr@oakharbor.net
10	200 free	FACILITY:	Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.
11	100 free	RULES:	Current USMS Rules will govern the meet.
12	50 free		
13	400 IM		
14	200 IM		
15	100 IM		

ELIGIBILITY: Open to all 2001 USMS or MSC registered swimmers 19 and above as of 9/29/2001. Age groups based upon the swimmer's age as of 12/31/01. Entries must be received by the meet director by Saturday, September 22nd, with the following exception: **Race day entries will be accepted until 8:30 AM for an additional \$5.00 late fee.**

SEEDING: Slow to fast. **ALL EVENTS WILL BE DECK SEEDED. CHECK-IN IS REQUIRED.**

TIMING: Electronic timing will be used.

WEB SITE: Visit the PNA web site at www.swimppna.org for updated information.

THE PENTATHLON: Swimmers should enter the five events that "complete" a pentathlon, but may enter fewer. The Pentathlon categories are:

"Sprinters Choice" Division 50 each of fly, back, breast, and free plus a 100 IM
 "Middle Masters" Division 100 each of fly, back, breast, and free plus a 200 IM
 "Animal" Division 200 each of fly, back, breast, and free plus a 400 IM

There will be a short break after each stroke. Pentathlon results will be calculated by adding the total time swam in the five events. Swimmers competing in the pentathlon will have a "time penalty" if they are disqualified in an event. It will be assessed as follows: ADD 5 seconds for each 50 of the event. Swimmers who try to abuse the disqualification system will be eliminated from the Pentathlon competition. Entry forms for the Minnesota Masters Postal Pentathlon will be available at the meet.

AWARDS: All participants will receive a certificate. Special awards will be presented to the fastest 3 swimmers in each age group for each type of pentathlon. No separate awards will be given for individual event.

DIRECTIONS: Take highway 20 to Oak Harbor. Turn east onto Whidbey Avenue. Proceed 1/2 mile to SE Jerome St. Turn right onto Jerome—the pool will be on the right.

SAFETY FIRST!
NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

PNA LOCAL MASTERS SWIMMING COMMITTEE
4th ANNUAL SHORT COURSE METERS PENTATHLON MEET
 Hosted by North Whidbey Masters (Meet Sanction #013608)

NAME: _____ M F AGE as of 12/31/2001: _____

ADDRESS: _____

E-MAIL ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS or MSC #: _____

Local Team _____ or UNATTACHED _____ LMSC _____

USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED _____

AGE GROUP (Circle one - determined by your age as of December 31, 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+

ENTRY LIMIT: 5 EVENTS. Circle if your first Masters meet: Y

EVENT NUMBER	EVENT	SEED TIME (for SC METERS)

ENTRY FEES: \$10.00 (\$15 Canadian)
 Swimmers 65 and over may pay a reduced fee of \$6 (\$9 Canadian)
 Race day entries will be accepted until 8:30 AM for an additional \$5.00 late fee

Please make checks payable to: **NWAC**
 Sally Dillon
 PO Box 845
 (360)-679-5038 (h) **Oak Harbor, WA 98277**

Pre-entries must be received no later than Saturday, September 22, 2001. Please allow appropriate time for mail.

Include a copy of your Masters registration card if you are not a PNA member.

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: _____



HAPPY BIRTHDAY

to the following PNA swimmers!

07 15	ALLISON MOORE	07 31	PHILIP KEZELE	08 13	KRISTINE COLVER	08 29	MICHAEL GARRETT
07 16	THEO DEVOS	08 01	JOE DENTON	08 14	LINDA FORST-DUKE	08 29	JEFFREY ANDERSON
07 17	BRUCE LOMAX	08 01	THOMAS HARRYLOCK	08 14	DAVE HILL	08 30	BARTON DANIEL
07 18	KATHRYN CARRUTHERS	08 01	DAVID O'NEIL	08 15	CINDY GOULD	08 30	MARK SUTTON
07 18	LISA DAVIS	08 02	WENDY HOFFMAN	08 15	LIVIA WALKER	08 30	KATHLEEN CHESNUT
07 18	ARNOLD KAS	08 02	CHRIS LAUTMAN	08 16	JEANNINE THOMPSON	08 30	ILA BARLEAN
07 18	GORDON CLARK	08 02	MICHAEL YOUNG	08 16	KAREN LEWIS	08 30	BARTON DANIEL
07 18	JACKSON LUDWIG	08 02	JACOB AUSTIN	08 16	RICHARD FLETCHER	08 31	TED HACKETT
07 18	MICHELE RUESS	08 03	NICOLE BAUER	08 16	CAROL BURROUGHS	09 01	ROLLIE ROBERTS
07 18	LEO ESPINOSA	08 03	ADRIENNE REARDON	08 16	GREGG METZLER	09 01	JOHN LORIMER
07 19	THOMAS MARSHALL	08 03	STEPHEN KICINSKI	08 16	DAVID TEMPEST	09 01	JANET GETZENDANER
07 20	GLORIA TOLARO	08 03	CATHERINE JULIEN	08 17	BING DEUTSCH	09 01	BRENDA NIXDORF
07 20	GALEN ATWOOD	08 03	ANDREW FLAVELL	08 18	JENNIFER LONDERGAN	09 02	ROB SIMPSON
07 20	JOHN LEET	08 03	MARK PATTERSON	08 18	KEVIN BONSELL	09 02	TIM DAHL
07 21	STEPHEN FREEBORN	08 03	KERRY NESS	08 19	CLAIRE GORDON	09 03	LINDA STANCHI
07 21	ROS BIRD	08 04	CLARK PACE	08 19	CINDY STAHL	09 03	JOHN MAKI
07 21	ZENA COURTNEY	08 04	DANNY DICKSON	08 19	JOSEPH ZAUMER	09 03	SALLY DILLON
07 21	MARIA BREUHAUS	08 04	VICTORIA HASSI	08 19	BRIAN PAYNE	09 04	JESSE PACE
07 21	ALLISON BEADLE	08 04	MEL LEBSACK	08 19	MARIA BRUZAS-ZINKUS	09 04	TOM TAYLOR
07 21	CLARE PAINTER	08 04	HUGH MOORE	08 20	EDWARD DUNNINGTON	09 04	MARIA SICILIANO
07 22	SAMUEL DAY	08 04	TERRI NELSON	08 20	RONALD JACOBS	09 05	TIMOTHY GILLAM
07 22	PATRICIA TIMMONS	08 05	KEN BONN	08 21	DAMON BENINGER	09 05	VIRGINIA ZINKE
07 22	BRAD COLLINS	08 05	KENT MOBERLY	08 21	SANDY LAURENCE	09 05	PAUL SENUTY
07 22	CHARLES VANZANDT	08 05	ERIC VALLEY	08 22	GORDON HOFMAN	09 05	DEAN NICOLLS
07 22	SUSAN MISLOVSKY	08 05	SUSANNAH ILTIS	08 22	SANDY MCNEEL	09 06	BARBARA GUNDRED
07 22	NICK SAVATOVIC	08 06	SHAWN UNDERWOOD	08 23	MORGAN ROWLEY	09 06	JAN ALLEN
07 22	NANCY POFFENBERGER	08 06	ANNAMARIE TERHAAR	08 23	THERESE COAD	09 06	TEA WATERS
07 23	RALPH BUSCH	08 06	LESLIE ST. PIERRE	08 23	LAURISA MILLER	09 06	IVAN OAKES
07 23	ARNE SKOG	08 06	ALLEN SIX	08 23	BILL FARRAR	09 08	KELLIE KUBENA
07 24	STEVE SUSSEX	08 06	RICHARD PETERSON	08 23	CARLEEN GOSNEY	09 09	PAULA TERHAAR
07 24	EILEEN COLLOPY	08 07	LESLIE MCCULLOUGH	08 23	PATRICK GIBBS	09 10	HERB LARSON
07 25	ROBERT WILSON	08 07	ALEXANDER BARNETT	08 24	DAVE ALLES	09 10	OLIVER PRESS
07 25	JAMES BICKFORD	08 07	RICHARD SMITH	08 24	RICHARD LING	09 10	JOHN METTLER
07 25	KAREENA KING	08 07	VIRGINIA TEE	08 24	MARC BROUILLET	09 11	CAROL MCCAIG
07 25	PAUL VERNER	08 07	KAREN BRYCE	08 25	REED GLESNE	09 12	LISA WILSON
07 26	LEE CARLSON	08 07	MONIQUE GRIMM	08 25	DAN ROBINSON	09 12	KAREN OYAMA
07 27	HOLLY BORK	08 08	BARBY CAHILL	08 26	LANCE CARTER-RODOLPH	09 13	RANDY LAMB
07 27	RHONDA HALFFMAN	08 08	JULIE BOWMAN	08 26	JOHN SCHOETTLER	09 14	STEPHEN LAFORTE
07 27	HOLLY CORNER	08 09	PAUL WEBBER	08 26	AURORA TALLACKSEN	09 14	PINKY WALKER
07 28	WILL CRITES	08 09	JO SCHERER	08 26	KAY DERKACHT	09 14	CAROLYN MATHEWS
07 28	DEBBIE CRAIG	08 09	VALERIE MORGENSTERN	08 26	ERIN MAY	09 14	KENDRIA ELLIOTT
07 29	BARRY GJERDRUM	08 10	WALTER REID	08 26	LYNN WELLS		
07 29	ELLIOTT KEPHART	08 11	RICHARD DAVIES	08 26	SAMUEL MCGRAW		
07 29	ARLENE MURPHY	08 11	MEGAN BUSSART	08 28	JOEL POLL		
07 29	KRIS SPEIR	08 11	CHRIS HOLLAND	08 28	HARVEY PROSSER		
07 29	LYNN MARTINDELL	08 11	DANIEL KOLTON	08 28	JOHN LITTLE		
07 31	SHERRY GRINDELAND	08 12	BRITTANY LAYMAN	08 29	ROBERT FISH		
07 31	BRUCE CRIST	08 13	STANLEY WHITTEMORE	08 29	CAROLYN DAVIDSON		



Relays!

Long Course Nationals

Federal Way

August 16-19, 2001

If you are a member of Pacific NW Aquatics and would like to swim in a relay at Long Course Nationals, fill out this form:

Name _____ M F (circle one)
 Address _____ USMS # _____
 City / State / Zip Code _____
 Phone _____ Birthdate _____

I will be attending Long Course Nationals in Federal Way. I would like to swim on the following relays:

My best 50 meter or yard times for the 2000-2001 seasons are (please be accurate):

<input type="checkbox"/> 200 Mixed Medley, Fri 8/17 Event #13/14		Meters Yards	
<input type="checkbox"/> 200 Freestyle, Fir 8/17 Event #15/16	50 Freestyle _____	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> 200 Mixed Freestyle, Sat 8/18 Event #31/32	50 Backstroke _____	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/> 200 Medley, Sun 8/19 Event #43/44	50 Breaststroke _____	<input type="checkbox"/>	<input type="checkbox"/>
	50 Butterfly _____	<input type="checkbox"/>	<input type="checkbox"/>

Enclosed is my check for: # _____ Relays x \$3 = \$ _____

Make check payable to: Pacific Northwest Aquatics

Additional comments: _____

The fine print:

I understand that if I cannot attend Nationals that I must notify Steve Sussex prior to August 17, 2001 or I may not get my relay entry fee back. If I am not selected to swim on all of the relays that I have paid for, I will be reimbursed for relays I do not swim.

Signed _____

Due date: July 31, 2001

Please notify Steve Sussex immediately if you sign up, then cannot swim on a relay.

E-mail: swimguy24@aol.com

Send this completed form and check to:

Steve Sussex
 7550 E Mercer Way
 Mercer Island, WA 98040

Volunteers Needed!

*For the U.S. Masters National Long Course Meet
August 16-19, 2001*

- What:*** The Pacific Northwest Association (PNA) Masters Swimmers are sponsoring the USMS Long Course National Championship Meet.
- When:*** Volunteers are needed from Wednesday evening August 15th, every day and some early evenings through Sunday, August 19th.
- Where:*** Weyerhaeuser King County Aquatic Center, Federal Way, WA.
- Who:*** YOU! PNA Swimmers, family members, relatives, age group swimmers, coaches and parents. No experience necessary. (We train!)

Be there to see....national and world records fall, Olympians in competition, local swimmers win gold medals, fun and excitement.

BE THERE !!

Volunteer Opportunities

Volunteers are needed to take a 'shift' on one or more days for some of the following duties:

- | | |
|-------------------------|--|
| Awards Table: | Issue awards to swimmers listed in the official results. |
| Hospitality: | Provide food and refreshments to volunteers at the meet. |
| Parking Attendant: | Direct parking traffic for one of three parking lots; monitor restricted parking. |
| Runners: | Collect time cards and return them to the results desk. |
| Safety Marshal: | Provide early notification on deck of any medical emergency.
Remind swimmers of pool rules. |
| Souvenir Sales: | Sell USMS and PNA merchandise at the meet. |
| Check In Desk: | Check swimmers and volunteers in. |
| Volunteer Coordination: | Make volunteer assignments, troubleshoot, monitor hours, reward volunteers for hours worked. |

Please find a day or more or a few hours to give back to the organization that makes these events possible. Even if you are swimming in the meet, consider volunteering for some of the time. *Please note, all volunteers donating 10 or more hours will receive special recognition accompanied by a specially made commemorative T-shirt.*

To volunteer, please fill out a volunteer information card and return it promptly to:

Sarah Welch
3704 Cheasty Blvd. South
Seattle, WA 98144
or e-mail sarahwelch@aol.com

Share the volunteer cards with a friend, family member or teammate. Or, phone for more information at (206) 723-1814.

Nationals Results

Short Course Yards May 17-20, 2001

P	PNA Record
Z	Zone Record
N	National Record

WOMEN 19-24

50 YD. FREE		
KELLY CRANDELL	20	28.17
100 YD. FREE		
KELLY CRANDELL	20	1:02.19
200 YD. FREE		
AURORA TALLACKSEN	24	2:06.79
MICHELLE KONDO	24	2:07.68
KELLY CRANDELL	20	2:16.08
500 YD. FREE		
AURORA TALLACKSEN	24 #5	5:27.65
1650 YD. FREE		
AURORA TALLACKSEN	24 #1	18:48.27
200 YD. BACK		
MICHELLE KONDO	24	2:22.43
100 YD. BRST		
KELLY CRANDELL	20	1:22.02
100 YD. FLY		
AURORA TALLACKSEN	24 #6	1:02.90
200 YD. FLY		
AURORA TALLACKSEN	24 #5	2:19.45
200 YD. I.M.		
MICHELLE KONDO	24	2:24.41

WOMEN 30-34

50 YD. FREE		
KAREN LEAHY	32	26.97
200 YD. FREE		
KAREN LEAHY	32	2:07.81
500 YD. FREE		
KAREN LEAHY	32	5:47.76
1000 YD. FREE		
KAREN LEAHY	32 #6	11:42.07

50 YD. BRST		
LINDA HEGERBERG	31 #4	32.74 P
KAREN LEAHY	32	36.77
100 YD. BRST		
LINDA HEGERBERG	31 #4	1:10.56 Z
MICHELE MEHAFFEY	31	1:19.63
KAREN LEAHY	32	1:20.80
200 YD. BRST		
LINDA HEGERBERG	31 #2	2:30.92 Z
MICHELE MEHAFFEY	31	2:48.65
100 YD. I.M.		
LINDA HEGERBERG	31	1:05.98
MICHELE MEHAFFEY	31	1:12.26
200 YD. I.M.		
LINDA HEGERBERG	31 #3	2:19.46
400 YD. I.M.		
LINDA HEGERBERG	31 #6	4:59.04

WOMEN 35-39

50 YD. FREE		
CAROLYN MATHEWS	38	26.39
100 YD. FREE		
CAROLYN MATHEWS	38	57.98
500 YD. FREE		
LISA WILSON	39	5:34.99
50 YD. BACK		
CAROLYN MATHEWS	38 #6	29.53
100 YD. BACK		
CAROLYN MATHEWS	38 #8	1:03.50
LISA WILSON	39	1:07.33
200 YD. BACK		
CAROLYN MATHEWS	38 #7	2:19.46
LISA WILSON	39 #9	2:24.73
50 YD. FLY		
CAROLYN MATHEWS	38	29.21
100 YD. I.M.		
LISA WILSON	39 #10	1:04.75 P
200 YD. I.M.		
LISA WILSON	39 #8	2:20.97 Z
400 YD. I.M.		
LISA WILSON	39 #9	5:02.64 P

WOMEN 40-44

500 YD. FREE		
ZENA COURTNEY	41 #10	5:33.72 Z
50 YD. BACK		
ZENA COURTNEY	41 #2	29.03 Z
100 YD. BACK		
ZENA COURTNEY	41 #3	1:02.73 Z
200 YD. BACK		
ZENA COURTNEY	41 #2	2:13.58 N
50 YD. BRST		
TONYA BERG	42	35.95
100 YD. BRST		
TONYA BERG	42 #9	1:15.97
200 YD. BRST		
TONYA BERG	42 #5	2:43.17
200 YD. I.M.		
TONYA BERG	42	2:35.56
400 YD. I.M.		
ZENA COURTNEY	41 #2	4:56.90 Z

WOMEN 45-49

50 YD. FREE		
MARY LIPPOLD	45 #1	26.44 Z
DEBBIE GLASSMAN	47 #2	26.74
100 YD. FREE		
MARY LIPPOLD	45 #2	57.68 Z
DEBBIE GLASSMAN	47 #5	1:00.14
BARBY D. CAHILL	45 #6	1:02.39
200 YD. FREE		
MARY LIPPOLD	45 #2	2:06.33 Z
DEBBIE GLASSMAN	47 #8	2:17.61
A.LITZENBERGER	48 #9	2:19.02
500 YD. FREE		
MARY LIPPOLD	45 #2	5:47.57 Z
BARB GUNDRED	49 #6	5:56.69
1000 YD. FREE		
BARB GUNDRED	49 #3	12:14.15 Z
50 YD. BACK		
BARBY D. CAHILL	45 #1	31.47 Z

BARB GUNDRED	49 #2	31.82
100 YD. BACK		
BARB GUNDRED	49 #1	1:07.43 Z
BARBY D. CAHILL	45 #2	1:09.68
200 YD. BACK		
BARB GUNDRED	49 #1	2:24.74 Z
BARBY D. CAHILL	45 #2	2:29.22
50 YD. BRST		
KERRY SUSSEX	45	41.92
100 YD. BRST		
A.LITZENBERGER	48 #2	1:17.51 P
200 YD. BRST		
A.LITZENBERGER	48 #3	2:48.68 P
KERRY SUSSEX	45	3:20.72
50 YD. FLY		
DEBBIE GLASSMAN	47 #2	29.36
100 YD. FLY		
MARY LIPPOLD	45 #3	1:05.31 Z
DEBBIE GLASSMAN	47 #5	1:07.33
A.LITZENBERGER	48 #7	1:08.38
200 YD. FLY		
MARY LIPPOLD	45 #3	2:28.76 Z
DEBBIE GLASSMAN	47 #5	2:31.94 P
100 YD. I.M.		
BARBY D. CAHILL	45 #3	1:11.50
200 YD. I.M.		
A.LITZENBERGER	48 #5	2:35.53

WOMEN 50-54

50 YD. FREE		
CHARLOTTE DAVIS	51 #1	27.24 Z
KATHRINE CASEY	52 #9	29.00
SALLY DILLON	54	29.90
JETT VALLANDIGHAM	54	39.11
100 YD. FREE		
CHARLOTTE DAVIS	51 #1	59.83 Z
KATHRINE CASEY	52 #4	1:03.72
200 YD. FREE		
SALLY DILLON	54 #5	2:22.69
KATHRINE CASEY	52 #8	2:25.41
JEANNE ENSIGN	54	3:03.10
500 YD. FREE		
SALLY DILLON	54 #5	6:23.12
KATHRINE CASEY	52 #9	6:33.53
SARAH WELCH	54	7:16.63
JEANNE ENSIGN	54	7:47.85
1650 YD. FREE		
SALLY DILLON	54 #1	21:53.23
JEANNE ENSIGN	54 #7	26:56.33
50 YD. BACK		
CHARLOTTE DAVIS	51 #3	32.86 Z
50 YD. BRST		
SALLY DILLON	54 #6	38.82
DEMPSEY DYBDAHL	52 #9	39.81
JETT VALLANDIGHAM	54	45.42
100 YD. BRST		
KATHRINE CASEY	52 #5	1:24.39
DEMPSEY DYBDAHL	52 #9	1:29.59
JETT VALLANDIGHAM	54	1:43.62
200 YD. BRST		
SALLY DILLON	54 #4	3:10.60
50 YD. FLY		
CHARLOTTE DAVIS	51 #1	30.24 Z
SARAH WELCH	54	36.45
DEMPSEY DYBDAHL	52	38.15
100 YD. FLY		
SARAH WELCH	54 #8	1:26.31
DEMPSEY DYBDAHL	52 #9	1:26.37
200 YD. FLY		
SARAH WELCH	54 #3	3:19.12
100 YD. I.M.		
CHARLOTTE DAVIS	51 #2	1:09.06 Z
KATHRINE CASEY	52 #10	1:16.45
DEMPSEY DYBDAHL	52	1:25.96
200 YD. I.M.		
SARAH WELCH	54	3:03.83
400 YD. I.M.		
SARAH WELCH	54 #4	6:32.21

WOMEN 55-59

50 YD. FREE		
ARNI LITT	55 #9	38.06

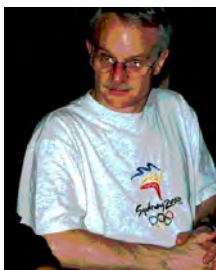
(Nationals, continued from page 1)
 age for her age group, not the young kid moving in to a new age group.

The relays were very competitive. In the Women's 200 Yard Medley in the 45+ age group, Tamalpais Aquatic came in first, but was disqualified. So Pacific Northwest Aquatic's two teams then moved to first and second place. Later, we competed with Tamalpais Aquatic's formidable relay team again in the Women's 200 Yard Free relay, age 45+. We took first without any disqualifications to assist us, breaking a National record. Tamalpais took second, 1.24 seconds behind us.



Thoughts on Santa Clara

By Steve Peterson



I hadn't attended Short Course Nationals since PNA hosted the meet here in 1997. Having wished I had gone to Santa Clara a couple years ago, I shoehorned meet plans into a hectic weekend. My wife and I had volunteered to chaperone our graduating senior's high school band to Canada for Victoria Day, so that meant compromise—not only would I have to return home Saturday night for the school bus ride early Sunday morning, but I would miss my favorite event, the 100 breast-stroke.

I also wanted to visit my aunt and uncle in Oakland and not be away too long, so my itinerary was set: I flew to Oakland on Thursday (foregoing the long free-style events, sigh!) and spent a pleasant day with relatives I hadn't seen for several years. Friday morning I drove the hour to Santa Clara to join the 50 PNA and 1800 other swimmers. My results varied widely—I finished dead last in the 50 Fly and back in the pack in the 200 IM and 50 Breast, but earned a medal for 7th place in the 200 Breast! The

spectacular Synchro exhibition by the Santa Clara Aquamaids including Bill May added another highlight to a memorable weekend. Saturday afternoon following the Men's 200 Free relay I was on my way to the San Jose airport.

Between races Tom Taylor and I discussed the merits (and short life) of body suits, and David Stern graciously offered one for me to try. But I figured I'd give my races a go with my conventional preparation: I flossed my teeth and shaved down. Frank Warner, on the other hand, gained a distinctly different view. On Friday he finished fifth in the 100 Back and noticed he was the lone hot-heat swimmer not wearing a full-length suit. He went right over to the Speedo booth and bought a Superman-like solid blue number. In Saturday's 200 Back, Frank surprised himself (and the rest of the field) with a solid second place, two seconds ahead of the next guy. Working out harder may have something to do with it but I think I'll start saving for a suit to wear in August

200 YD. BACK			
MARION CHADWICK	79 #3		6:13.63

MEN 19-24

50 YD. FREE			
TREVOR PETRIE	21 #8		22.30
100 YD. FREE			
TREVOR PETRIE	21		49.98
100 YD. I.M.			
TREVOR PETRIE	21		59.30

MEN 30-34

200 YD. FREE			
SAM ANDERSON	33		1:53.21
M.SCHNITZIUS	33		2:06.95
500 YD. FREE			
SAM ANDERSON	33		5:10.24
M.SCHNITZIUS	33		5:52.26
1000 YD. FREE			
SAM ANDERSON	33 #3		10:49.50
50 YD. BRST			
TOM SCHUTTE	31 #6		29.12
100 YD. BRST			
TOM SCHUTTE	31 #5		1:03.28
200 YD. BRST			
TOM SCHUTTE	31 #4		2:18.53
50 YD. FLY			
M.SCHNITZIUS	33		31.27
100 YD. I.M.			
TOM SCHUTTE	31		59.53
200 YD. I.M.			
TOM SCHUTTE	31		2:08.80

MEN 35-39

50 YD. FREE			
ROBERT FISH	37		22.90
100 YD. FREE			
ROBERT FISH	37		49.94
200 YD. FREE			
ROBERT FISH	37		1:52.84
1650 YD. FREE			
DOUGLAS REDFIELD	37 #10		19:29.74
50 YD. BACK			
ROBERT FISH	37 #6		26.58
100 YD. BACK			
ROBERT FISH	37 #5		58.80
200 YD. BACK			
ROBERT FISH	37 #6		2:05.54

MEN 40-44

50 YD. FREE			
MICHAEL JONES	40		24.29
MICHAEL SCHAEFFER	44		25.18
100 YD. FREE			
MICHAEL JONES	40		54.12
MICHAEL SCHAEFFER	44		56.56
200 YD. FREE			
ERIC DYBDAHL	41		1:59.08
MICHAEL JONES	40		1:59.78
500 YD. FREE			
ERIC DYBDAHL	41		5:23.82
1650 YD. FREE			
ERIC DYBDAHL	41		18:58.08
200 YD. BACK			
ERIC DYBDAHL	41		2:19.96
50 YD. BRST			
MICHAEL SCHAEFFER	44		34.26
100 YD. BRST			
MICHAEL SCHAEFFER	44		1:13.33
50 YD. FLY			
MICHAEL SCHAEFFER	44		28.68
100 YD. FLY			
MICHAEL JONES	40		1:00.31
200 YD. FLY			
ERIC DYBDAHL	41		2:17.94
200 YD. I.M.			
DAVID SANTOS	42 #2		2:01.45 Z
400 YD. I.M.			
DAVID SANTOS	42 #2		4:22.20 P
ERIC DYBDAHL	41		5:07.18



500 YD. FREE			
SUZANNE DILLS	56 #1		6:19.47 P
1650 YD. FREE			
SUZANNE DILLS	56 #1		21:40.40 P
50 YD. BRST			
ARNI LITT	55 #7		44.89
100 YD. BRST			
ARNI LITT	55 #5		1:38.94
200 YD. BRST			
ARNI LITT	55 #6		3:33.02
50 YD. FLY			
SUZANNE DILLS	56 #4		33.78 P
ARNI LITT	55 #10		44.98
100 YD. FLY			
SUZANNE DILLS	56 #3		1:15.67 Z
200 YD. FLY			
SUZANNE DILLS	56 #3		2:59.65 P
100 YD. I.M.			
ARNI LITT	55 #9		1:37.92
400 YD. I.M.			
SUZANNE DILLS	56 #1		5:52.62 Z

WOMEN 65-69

50 YD. FREE			
KAREN BRYCE	67 #6		40.89
50 YD. BRST			
KAREN BRYCE	67 #2		48.57 P
100 YD. BRST			
KAREN BRYCE	67 #3		1:57.44
50 YD. FLY			
KAREN BRYCE	67 #5		56.57
100 YD. I.M.			
KAREN BRYCE	67 #5		2:03.03

WOMEN 75-79

200 YD. FREE			
MARION CHADWICK	79 #5		5:07.76
1000 YD. FREE			
MARION CHADWICK	79 #2		28:01.27
100 YD. BACK			
MARION CHADWICK	79 #2		2:57.82

MEN 45-49

50 YD. FREE			
RONALD JACOBS	49 #9	23.78	
100 YD. FREE			
STEVE SUSSEX	45 #8	51.36 P	
RONALD JACOBS	49	52.64	
200 YD. FREE			
STEVE SUSSEX	45 #4	1:50.40 Z	
500 YD. FREE			
STEVE SUSSEX	45 #1	4:57.65 Z	
HUGH MOORE	46	6:00.57	
1000 YD. FREE			
STEVE SUSSEX	45 #2	10:17.47 Z	
50 YD. BACK			
RONALD JACOBS	49 #7	28.40	
100 YD. BACK			
RONALD JACOBS	49 #10	1:02.52	
200 YD. BACK			
RONALD JACOBS	49 #10	2:15.76	
50 YD. FLY			
RONALD JACOBS	49	27.88	
100 YD. FLY			
HUGH MOORE	46	1:02.56	
200 YD. FLY			
HUGH MOORE	46 #10	2:22.26	
200 YD. I.M.			
STEVE SUSSEX	45 #4	2:08.36 Z	
HUGH MOORE	46	2:27.41	
400 YD. I.M.			
HUGH MOORE	46 #10	5:24.17	

MEN 50-54

200 YD. FREE			
FRANK WARNER	52 #9	2:04.02	
500 YD. FREE			
FRANK WARNER	52 #8	5:34.18 P	
1000 YD. FREE			
FRANK WARNER	52 #8	12:05.34	
50 YD. BACK			
DAVID STERN	50 #7	31.26	
100 YD. BACK			
FRANK WARNER	52 #5	1:05.38	
DAVID STERN	50 #6	1:06.44	
200 YD. BACK			
FRANK WARNER	52 #2	2:18.28	
50 YD. BRST			
STEVEN PETERSON	54	33.25	
100 YD. BRST			
JEFFREY ANDERSON	50	1:15.60	
200 YD. BRST			
STEVEN PETERSON	54 #7	2:39.34	
50 YD. FLY			
STEVEN PETERSON	54	32.58	
200 YD. I.M.			
STEVEN PETERSON	54	2:32.71	

MEN 55-59

500 YD. FREE			
MICHAEL MCCOLLY	55 #5	5:41.44	
1000 YD. FREE			
MICHAEL MCCOLLY	55 #3	11:56.75	
100 YD. BACK			
MICHAEL MCCOLLY	55 #7	1:09.11	
200 YD. BACK			
MICHAEL MCCOLLY	55 #3	2:24.81	
100 YD. I.M.			
MICHAEL MCCOLLY	55	1:07.74	
400 YD. I.M.			
MICHAEL MCCOLLY	55 #5	5:11.99	

MEN 65-69

50 YD. BRST			
DON REHFELDT	66	40.85	
100 YD. BRST			
DON REHFELDT	66 #9	1:33.26	
200 YD. BRST			
DON REHFELDT	66 #9	3:23.29	

MEN 70-74

200 YD. FREE			
THOMAS TAYLOR	70 #2	2:29.71	
1650 YD. FREE			
THOMAS TAYLOR	70 #2	22:56.78 Z	
50 YD. BRST			
THOMAS TAYLOR	70 #2	37.15 Z	
100 YD. BRST			
THOMAS TAYLOR	70 #1	1:24.31 Z	

RELAYS-WOMEN 200 YD. FREE

19 +			
KAREN LEAHY	32 #10	1:52.32	
BARBY D. CAHILL	45		
LINDA HEGERBERG	31		
KELLY CRANDELL	20		
35 +			
CAROLYN MATHEWS	38 #5	1:46.97	
TONYA BERG	42		
LISA WILSON	39		
ZENA COURTNEY	41		
45 +			
DEBBIE GLASSMAN	47 #1	1:47.37 N	
BARB GUNDRED	49		
CHARLOTTE DAVIS	51		
MARY LIPPOLD	45		
KATHRINE CASEY	52 #5	1:58.71	
SARAH WELCH	54		
SALLY DILLON	54		
A.LITZENBERGER	48		
DEMPSEY DYBDAHL	52	2:28.44	
ARNI LITT	55		
JETT VALLANDIGHAM	54		
JEANNE ENSIGN	54		

RELAYS-WOMEN 200 YD. MEDLEY

19 +			
KAREN LEAHY	32 #6	2:02.57	
LINDA HEGERBERG	31		
AURORA TALLACKSEN	24		
KELLY CRANDELL	20		
35 +			
LISA WILSON	39 #5	2:08.22	
TONYA BERG	42		
CAROLYN MATHEWS	38		
SARAH WELCH	54		
45 +			
BARB GUNDRED	49 #1	2:02.96 Z	
A.LITZENBERGER	48		
DEBBIE GLASSMAN	47		
MARY LIPPOLD	45		
BARBY D. CAHILL	45 #2	2:10.24	
KATHRINE CASEY	52		
CHARLOTTE DAVIS	51		
SALLY DILLON	54		

RELAYS-MEN 200 YD. FREE

35 +			
ROBERT FISH	37	1:36.42	
MICHAEL SCHAEFFER	44		
ERIC DYBDAHL	41		
MICHAEL JONES	40		
45 +			
STEVE SUSSEX	45	1:41.45 P	
HUGH MOORE	46		
STEVEN PETERSON	54		
RONALD JACOBS	49		

RELAYS-MEN 200 YD. MEDLEY

35 +			
ROBERT FISH	37	1:53.08	
MICHAEL SCHAEFFER	44		
MICHAEL JONES	40		
DAVID SANTOS	42		
45 +			
RONALD JACOBS	49	1:53.98	
STEVEN PETERSON	54		
STEVE SUSSEX	45		
DAVID STERN	50		

RELAYS-MIXED 200 YD. FREE

19 +			
AURORA TALLACKSEN	24	1:43.95	
M.SCHNITZIUS	33		
KAREN LEAHY	32		
SAM ANDERSON	33		
35 +			
MICHAEL JONES	40 #9	1:39.10	
CAROLYN MATHEWS	38		
LISA WILSON	39		
ROBERT FISH	37		
45 +			
MARY LIPPOLD	45 #1	1:40.01 Z	
RONALD JACOBS	49		
DEBBIE GLASSMAN	47		
STEVE SUSSEX	45		
CHARLOTTE DAVIS	51 #10	1:51.67	
DAVID STERN	50		
BARB GUNDRED	49		
STEVEN PETERSON	54		
55 +			
DON REHFELDT	66 #6	2:26.56	
ARNI LITT	55		
KAREN BRYCE	67		
MICHAEL MCCOLLY	55		

RELAYS-MIXED 200 YD. MEDLEY

19 +			
BARB GUNDRED	49	1:52.98	
TOM SCHUTTE	31		
CHARLOTTE DAVIS	51		
TREVOR PETRIE	21		
HUGH MOORE	46	2:07.21	
MICHELE MEHAFFEY	31		
AURORA TALLACKSEN	24		
M.SCHNITZIUS	33		
35 +			
CAROLYN MATHEWS	38 #9	1:52.76 P	
TONYA BERG	42		
MICHAEL JONES	40		
ROBERT FISH	37		
LISA WILSON	39	1:58.52	
MICHAEL SCHAEFFER	44		
DEBBIE GLASSMAN	47		
ERIC DYBDAHL	41		
45 +			
RONALD JACOBS	49 #2	1:54.67 Z	
A.LITZENBERGER	48		
STEVE SUSSEX	45		
MARY LIPPOLD	45		

Check out
PNA's web site!
www.swimpna.org



THE FINAL LAP



Yards to Meters Time conversion

Do you know your Long Course times?

Are you signing up for a meters race, but you only have your swim times in yards? SwimInfo has a quick conversion chart that will help you. You can find it at www.swiminfo.com/results/conversions.asp.

A rough estimate is to just add 10 per cent to your time when you go from yards to meters.

Long Course Nationals

Enter Online

Online entry is available for USMS Long Course Nationals at Federal Way. Go the USMS Long Course web site: www.usms.org/comp/lcnats01/. Entry deadline is July 15, 2001.

World Master Games in Australia in 2002

Australia will once again welcome competitors to the biggest multi-sport festival on earth, the World Masters Games. Melbourne will be the host for this international event held on October 5-13, 2002.



The World Masters Games allows athletes to compete regardless of ability, gender, race, religion, or sports status. The Games are participant-focused, with no prequalifying required. Athletes compete in age categories.

Melbourne 2002 will be the fifth time the World Masters Games have been held. In 1998 they were staged in Portland, Oregon.

To receive more information



Open Water Clinic

At press time, plans were being made to hold a clinic for open water swimming in the Seattle area. Unfortunately, the exact details are not available. It is expected that the clinic will be held the 3rd or 4th weekend in July. Information will be posted on the PNA web site and sent to all teams as soon as it is available.

If you would like to be contacted directly about the Open Water Clinic, call Sally Dillon at (360) 679-5038 or drop her a message at salswmmr@oakharbor.net.

and an official entry booklet, complete the expression of interest (registration) page on the web site www.2002worldmasters.org, fax your name, address, and sport to +61 3 9211 2000, or e-mail info@2002worldmasters.org.

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:

Cindy Martin
PNA Registrar
2427 NE 143rd St.
Seattle WA 98125

Important — *The WetSet* is sent via bulk mail and is **not** forwarded by the US 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 old address label here (if changing address)

Name _____
Address _____

City / State / Zip Code _____

Phone _____ USMS # _____

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 _____ Birthdate _____ / ____ / ____
 Last First Initial Month Day Year

Address _____ Age ____ M/F ____
 Street or box number

City State Zip+4 E-Mail _____

Telephone (____) _____ **If you coach a Masters swim team check here**

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

My Team is _____ 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 (\$ _____) _____

TOTAL \$ _____

Mail to:

Cindy Martin, Registrar
 2427 NE 143rd St.
 Seattle, WA 98125
 (206) 366-8195
 ccmart@oz.net

Make check payable to: **PNA MASTERS SWIMMERS**

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
 1000 Cabin Cr Lane SW D301
 Issaquah, WA 98027

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