



Water, Water Everywhere Raining Outside, Dripping Inside



Photo by Sandy McNeal

Brian Russell, Bainbridge Area Masters, is followed by Eric Dybdahl, Federal Way Masters, in the 400-yard IM of the 2002 Northwest Zone and PNA Association Champs.

Weyerhaeuser King County Aquatic Center, Federal Way—It poured outside, but once swimmers arrived at the Northwest Zone and PNA Championships meet they did not notice the weather outside. Federal Way Masters had pulled off another successful meet in excellent Weyerhaeuser King County Aquatic Center. This time they tackled to job of combining the Zone and PNA meet.

About 180 of our PNA team members were joined by 5 other Northwest Zone teams: BC, Montana, Inland Empire, Oregon, and Multnomah Athletic Club. Most of the Oregon members had participated in the Oregon Champs meet at Corvallis the weekend before and were still feeling the effects of that competition. All in all, the Zone meet drew around 275 dedicated and talented athletes.

Forty-four records were broken: 16 PNA, 27 Zone, and 1 National. Dennis Baker, from Oregon, broke the National record in the 200 Fly, leaving spectators in awe at the sidelines. Results for the meet start on page 8.

On Sunday, the Dawn Musselman Award was awarded to Bellingham Masters coach, Barb Gundred. The story is on page 7.



What's inside?

Results

Zone/Champs Meet
Team Scores
FINA World New Zealand

Entry Form

Lake Padden Open Water
Federal Way LC

Dawn Musselman Award
5K/10K Swim
Open Water Clinic

LEADING

By
Lee Carlson

PNA and Zone Champs and Looking Forward

The Northwest Zone and PNA Champs meet was a success by every measure. First, nearly 300 swimmers participated. Second, since the meet was both a Zone

(Continued on page 17)



WETSET

Volume 22 • Issue 5
May-June 2002
Published 10 Times a Year

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Historian: Tom Foley

Meets/Sanctions: Dan Frost

Records/Top Ten: Walt Reid

Officiating: Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Social: Jett Vallandigham

PNA Volunteers



Arni Litt

Arni Litt has graciously taken on the PNA volunteers job of Awards Chair.

The Awards Chair supplies the ribbons and awards for our swim meets. Sally Dillon formerly took care of these tasks, but resigned due to her new responsibilities as USMS Executive Secretary.

Arni has been swimming with Masters for two years and now ranks in the USMS Top Ten in the 200 Breaststroke for Women 55-59. She says her only previous swimming experience was as a recreational swimmer 30 years ago.

When asked who inspires her, she says, "All those swimmers that swim six days a week."

Arni also likes to bicycle, weave textiles, and work in limnology. Limnology? It's the scientific study of fresh water. Arni is a research scientist at the University of Washington. Her studies include gathering and counting plankton, researching where they thrive (or don't). The information has been valuable in studies of Lake Washington's health.



USMS

Registration Trivia

- Our membership is over 40,000 members, an all-time record for USMS.
- Ages range from 19 to 101. Approximately 45% are women and 55% are men.
- The age group with the most members is 40-44.
- Of the 504 registered clubs, only four have over 1,000 members. (PNA currently has 799 members.)
- Registration grew by a 46% average (up from 3.5% in 2000).
- California has the largest number of swimmers, with 30% of the registrations. Other top locations are Texas, Florida, New York, Virginia, Illinois, Colorado, Maryland, Massachusetts, and Washington!



Lynn Wells

Lynn Wells has accepted the PNA volunteers job of Publicity Chair.

Lynn Wells is the coach for Bainbridge Area Masters. She's easy to find sharing her enthusiasm at our local meets. Lynn is also traveling to Hawaii to Short Course Nationals and will be organizing our PNA relays there.



MASTERS 2002 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.

May 15-September 30
USMS 5K/10K Postal Championships
Jill Wright
swimjmw@aol.com

May 22
PNA Board Meeting
Lee Carlson's, Issaquah

June 1, 2002-May 31, 2003
Short Course Yard Season

June 1-2
Washington State Special Olympics
Swim/Dive Champs
Weyerhaeuser King County Aquatic Ctr
Federal Way, WA

June 2
Albany Swim Meet LCM
Albany, OR
Gary Arne Jr. arne_1@juno.com

June 20-22
Utah Summer Games LCM
Cedar City, UT
Doug Smith (801) 521-8075
swmdocdoug@aol.com

June 22
**Lake Padden Open Water Swim
2.5K/5K
Bellingham, WA
Barb Gundred
konabarb@hotmail.com**

June 25
PNA Board Meeting
Jan Kavada's, Edmonds

June 29
**Open Water Swim Clinic
Luther Burbank Park, Mercer Island
Sign-up deadline Jun 22**

June 29
Silver Lake Swim, 1 & 2 mile
Boise, ID
richcooke@aol.com

June 29
Kearns Oquirrh Park Swim Meet LCM
Kearns, UT
Doug Smith (801) 521-8075
swmdocdoug@aol.com

July 1
Canada Day Challenge
Sasamat Lake, Vancouver, BC
OW 1K/2K/4K

July 13
Jim Briggs Day Challenge
OW English Bay, Vancouver, BC

July 14
1-2 Mile Hagg Lake OW
Forest Grove, OR
Andrea Milano elleroy@hotmail.com

July 20
**Fat Salmon OW
1 mile/3 mile
Seattle, WA
www.fatsalmon.swim.org**

July 20
Eugene Swim Meet LCM
Eugene, OR
Arden Adams
aadamsswim@aol.com

July 20
14th Annual Snake River Swim OW
8.5 miles
Glenns Ferry, ID
Dick Cooke (208) 853-9999
richcooke@aol.com

For PNA Board information, e-mail
Steve Peterson at
speterson@bandwagon.net.

July 21
9th Annual Steve Omni Memorial Swim
Coeur d' Alene, ID
Margaret Hair (208) 667-3721
ramgolf@gocougs.wsu.edu

July 21
Benaroya Research Institute Triathlon
Seattle, WA
(206) 728-0123 www.seafair.com

June 23
PNA Board Meeting
Seattle Parks & Recreation

July 27
**PNA Long Course Meet
Weyerhaeuser King Co Aquatic Ctr
Federal Way, WA
Entries due Jul 22**

July 28
**USMS 5K/10K Postal Swim
Weyerhaeuser King Co Aquatic Ctr
Federal Way, WA
Sign-ups due Jul 22**

July 27-28
Elk Lake Association Champs
500, 1500, 5k OW
Pam Himstreet
himstreet@bendcable.com

August 3
Whidbey Island Triathlon
Langley, WA
Suzette Hart (360) 221-5484
www.icelu.com/swparks

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
USMS Northwest Zone
Pacific Northwest LMSC
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

www.swimpna.usms.org
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

What's happening at the PNA Board Meetings?

PNA Board Meeting Minutes

By Steve Peterson
PNA Secretary



February 16, 2002—President Lee Carlson called the meeting to order at 3:00 pm in Bellingham's Arne Hanna Aquatic Center conference room. Michael Jones (MIR rep) and Maggie Kinsella (BMSC rep) introduced themselves. Remaining attendees included Kathy Casey, Sally Dillon, Barb Gundred, Kathy Moore, Steve Peterson, and Walt Reid. These nine represented Bellingham, Federal Way, Ft. Steilacoom-WAKO, Mercer Island, North Whidbey, OOPS, and the membership at large.

Meets: Barb said today's Bellingham meet ran smoothly after solving an initial computer seeding glitch. Lee thanked Stan Kulsa for assisting the scheduled officials on a moment's notice. A good sound system made the experienced announcer easy to hear. Walt expressed appreciation for Barb listing the swimmers by LMSC, which speeds up determining who's eligible for records.

Lee said the Mercer Island meet is ready to go, including electronic timing and the post-meet festivities at the historic Roanoke Tavern.

The Long Course Zone meet will be held in Salt Lake City.

Open Water: Sally applied for a USMS Open Water Clinic to be held at Luther Burbank Park (Mercer Island); the Board-approved June 15 date is not yet finalized. Sally again proposed some "Away From Home" swims to provide opportunities for swimmers to participate in upcoming 5K/10K postal events. Steve will check on South Kitsap pool availability.

Safety: Kathy Casey asked Lee to take the Safety Equipment with him for the Mercer Island meet.

Coaches: Barb would appreciate a Coaches contact list (e-mails, etc.). Response from coaches to date has been spotty. Barb noted that her team is half owner of a Snooper Scope. She generally films her team on Wednesdays (although now leaving town for over a month). The Board expressed desire in learning more about this device and techniques for using it.

Nationals: Ted Haartz sent a letter thanking PNA for his "Thank You" plaque. Mike Jones inquired about the Federal Way Chamber of Commerce grant, mentioning the Seattle Sports and Events Council as a potential source for future grants.

One-Hour Postal (OHP) Swim: Sally entered 16 relay teams: 5 men's, 4 women's, and 7 mixed. (PNA previously agreed to cover the \$240 in relay entry fees.) North Whidbey and Lynnwood fielded the most swimmers. Kudos to Dan Frost for analyzing times from the last six years to determine the best team makeups and to Sally for finding and including all of PNA's OHP entrants.

Ransom Arthur Award: Kathy Casey reminded all that nominations are due March 15. Kathy cannot marshal PNA's nomination since she is the new USMS Awards and Recognition chair. The Board discussed potential Ransom Arthur and PNA Service Award nominees. Also suggested was a plaque for all nominees, whether or not they win.

Coaches Clinic: The Board postponed discussion to a later meeting.

March 27, 2002—President Lee Carlson called the meeting to order at 7:15 pm in Tacoma's Swan Creek Library conference room. Attendees included Carolyn Behse, Kathy Casey, Gary Chase, Jeanne Ensign, Dan Frost, Hank Kirkland, Cindy Martin, Sandy McNeel, Hugh Moore, Jane Moore, Steve Peterson, and Jett Vallandigham. These 13 represented Bellevue Club, Federal Way, Ft. Steilacoom-WAKO, GLAD, Mercer Island, North Whidbey, OOPS, TPCY, and the membership at large.

Minutes: The Board approved the February meeting minutes as amended.

Treasurer's Report: The Board reviewed the Treasurer's report and approved reimbursing Cindy Martin for the cost of a Microsoft Excel course (\$105).

Membership: Membership stands at 786 to date, with 13 more registrations awaiting repair of Cindy's PC.

Meets: No updates have been made to the meet schedule. For Zones/Champs, the Team Divisions Committee will be Jeanne (large team), Lee (medium), and Dan (small); the Protest Committee will include Jan Kavadas (suggested), Steve, Cindy, and Lee (alternate). Jett V has arranged a Swimmers Social at Billy McHale's on Saturday evening. The Coaches and Team Reps Meeting will be held at 10:30 am Saturday. Additional Stroke & Turn judges are needed. Lee will turn over the medals and safety equipment to Dan tonight. Cindy noted that she'd acquired an additional cone to donate to the equipment. July LC Meet: tentatively planned for the 27th/28th to incorporate a 5K/10K



opportunity on the second day. Hugh recommended that Pacific Northwest Aquatics run this meet as a fundraiser. The Board was apprised that Barb Gundred had broken her own 200 Back world record by 0.8 second and Sally Dillon placed well in her events at the FINA World Meet in New Zealand.

Teams: Jeanne reported that 26 teams have registered, including three pulled back in from 2000. A dozen remain that have yet to be heard from.

Open Water: The Fat Salmon swim is tentatively planned for July 20; Ed Artis and Michael Meyer solicit help to accommodate 200–300 swimmers plus dealing with the authorities. Jeanne offered potential help; Cindy may be able to assist as well.

Newsletter: Sandy noted that she is considering switching from PIP to Kinko's for publishing. Kinko's offers potentially faster turnaround as they accept files by e-mail and will deliver to Kal.

Clinics: Doug Garcia (USMS Coaches Committee) sent Lee approval for a Coaches Clinic (and

Doug will assist), tentatively scheduled for first or third weekend of October. Short-axis strokes will be covered one day and long-axis the next. Sally has USMS approval for an Open Water Clinic scheduled June 29. Gary Chase, Carolyn Behse, Jane Moore, and Lee Carlson met briefly prior to the Board meeting to plan the Fitness Clinic. Board consensus favored scheduling it in the first quarter of 2003. Jeanne and Hugh recommended the PNA provide funds to help bring in high quality presenters and to accommodate a large turnout.

Committees: The Board approved Arni Litt and Lynn Wells as Awards and Publicity committee chairs, respectively. Lynn was also approved as PNA's SC Nationals (Hawaii) Relay Coordinator.

Husky Pool: Hugh and Jane have agreed to represent Masters Swimming on the UW Husky Pool Foundation Board, which is planning a new 50m x 25m facility with diving tower. The \$18.5M cost will come from private fundraising. The Board approved Lee's suggestion and Jeanne's motion to donate \$2000 toward the \$10K

needed to start the capital campaign. Jane added that PNA must become more active and vocal in today's economic and political arenas.

Ransom Arthur Award: Lee presented a congratulatory letter from the national committee to Hugh and Jane Moore on their nominations for this highest USMS award.

PNSA Officials: Lee initiated discussion and the Board approved Kathy's motion to donate \$1000 now to the PNS Officials Committee in recognition of their continuing support and that PNA will further discuss annual contributions.

Next Meetings:

Wednesday, April 24, McNeel & Associates offices, Seattle

Wednesday, May 22, Lee Carlson's, Issaquah

Be published
Submit your material for the July-August WetSet for June 20th to swim@troutlake.com.



WetSet Subscription / Change of Address Form

The WetSet is PNA's official newsletter. It is produced ten 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 subscribe, please send this completed form to:

Important —The WetSet is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.

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

Affix old address label here (if available)

Name _____

Address _____

City / State / Zip Code _____

Phone _____ USMS # _____

- Change of Address
- New Subscription
- Subscription Renewal

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



IN THE NEWS PNA SWIMMERS



USMS 2001 Relay All Americans

Following is the list of USMS Relay All Americans for the 2000-2001 season. To achieve this honor, these swimmers were members of a relay team that posted the fastest time in a relay event / age group in at least one of the three official courses listed in the USMS Top Ten tabulation.

Charlotte M Davis	51
Stephen Freeborn	46
Debbie A Glassman	47
Barb L Gundred	49
Ronald Jacobs	49
Mary B Lippold	45
A Litzenberger	48
David Mc Alpine	41
Tom F Schutte	32
Steve A Sussex	45
John E Sylvester	44

All of these swimmers are eligible to receive a USMS Relay All American patch and certificate if they wish. To request your patch and certificate, send in the request form along with a fee of \$5.00 per swimmer requesting the patch and certificate.

Request Form Relay All-American Patch and Certificate

Relay event: circle one MEN WOMEN MIXED

Relay Type: circle one FREE MEDLEY

Relay distance: circle one 200 400 800

Course: circle one SCY SCM LCM

Year of swim _____ Age Group _____

Relay member requesting All-American patch and certificate:
(\$5.00 each member)

1. _____
2. _____
3. _____
4. _____

World Results

Three PNA members made the long trip to New Zealand for the 2002 FINA World Masters Championships:

Men 60-64 Walt Reid
 50 Breast 42.35
 100 Breast 1:36.68
 50 Back 39.81
 100 Back 1:30.09

Women 50-54 Barbara Gundred
 800 Free 10:42.95 # 2 Zone Record
 400 Free 5:12.40 # 2 Zone Record
 200 Back 2:47.52 # 1 World Record
 50 Back 35.78 # 1 Zone Record
 100 Back 1:17.81 # 1

Women 55-59 Sally Dillon
 800 Free 12:33.56 # 4
 100 Free 1:15.40 # 4
 400 Free 5:53.86 # 5
 100 Breast 1:39.42 # 9 PNA Record
 200 Free 2:45.11 # 3 PNA Record
 3K Open Water 53:04 # 2

Send patch and certificate(s) to:

Name _____

Address _____

Mail payment to:

*United States Masters Swimming National Office
 P.O. Box 185
 Londonderry NH 03053-0185*

Make checks payable to:

United States Masters Swimming





Barb Gundred

Dawn Musselman Inspirational Swimmer

Paul Ikeda, last year's Dawn Musselman winner, presented the 17th Musselman award at the PNA Championships. This year's winner was Barb Gundred, Bellingham Masters coach.

Several outstanding candidates were nominated, so the choice of only one winner was a difficult decision per Steve Peterson, "PNA had a high number and high quality nominees."

The PNA has presented this Inspirational Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986), a long-time PNA member. Dawn was a gifted swimmer, but also the kind of person who inspired others and encouraged them to do their best.

Besides Dawn, subsequent award winners include Marlene Holmes, Maxine Carlson, Jim Penfield, Tom Foley, Karen Jost, Jan Kavadas, Robin O'Leary, Marion Mueller, Tammi Keeler, Ian Thompson, Suzanne Dills, Clark Pace, Dan Frost, Joan Davis, and Paul Ikeda.

Following is the speech presented.

Dawn Musselman Inspirational Swimmer 2002

The Pacific Northwest Association Local Masters Swimming Committee proudly presents the 2002 Dawn Musselman Inspirational Swimmer Award to Barb Gundred.

Barb, you have been an active PNA Masters Swimmer since the early 1980s. You have served as a Meet Director for several Bellingham meets, the PNA Championships, and the first annual PNA-sanctioned Lake Padden Open Water swim last year. You were an instructor at many of the PNA clinics and our Hospitality Chair for the 2001 USMS Nationals.



Bellingham Masters team members, Kari Page, David Austin, Megan Bussart, and Doug Redfield accept the Dawn Musselman award on behalf of Barb Gundred. Steve Peterson, on the right, presented the plaque. Barb was traveling from the FINA World Masters meet in New Zealand, where she had set one World record and three Zone records.

You have long been a world class swimmer, ranked in the World Top Ten year after year from many age groups. This past year your swimming career reached a zenith with two World Records at the USMS Long Course Meter Championships. It is important to note that you have achieved these successes in spite of a serious illness a few years back which left you partially disabled.

Your teammate Ian Thompson says the real reason you deserve this award is for your inspiration as coach of the Bellingham Masters Swim Team. "When Barb joined me in the early 80s we formed the Bellingham team. Over the years one or the other of us have coached the workouts. For the past 6-7 years Barb has taken on full responsibility as coach. As a direct result our team size now approaches 50 members, growing from the "small" team category to "large" at PNA Champs. Year after year this team includes a host of national and world ranked swimmers.

"In addition, there is a large group of fitness swimmers and actually the predominant group of our team is triathletes, including a

Hawaiian Ironman Champion and several qualifiers. Barb has provided good leadership and inspiration to all these swimmers. She has been a friend and supporter of many who have gone through crisis. She is affectionately known as "Mother Barb" for her listening ear and comforting support. Barb does all of this at no charge, free, gratis, to the swimmers of Bellingham for the love of swimming and for the good of the sport. I consider her among my closest friends."

Megan Bussart adds, "Barb's so driven to swim and to do it better each time... She gets up at the crack of dawn to give us a workout just because she loves the sport. She likes to make athletes." David Austin concludes, "She gives selflessly to our team and to the PNA. Barb has truly made the Bellingham team something for everyone interested in swimming. She is a fantastic coach and lady."

Barb, for your inspiration to your team and example for our organization, the PNA is proud to recognize you as the Dawn Musselman Inspirational Swimmer for 2002.

Results

Zone/Champs

April 14-15, 200

Short Course Yards

P PNA Record
Z Northwest Zone Record
N National Record

WOMEN 19-24

50 YD. FREE

K.LYSOGORSKY	23 GLAD	25.70
JESSICA PLASECKE	23 ORCA	27.20
HEIDI HANSEN	24 ORCA	29.50
LAURIE STALLINGS	20 LYNN	32.64
DANIELLE MAKIS	22 BAM	38.23
JESSICA DALTON	19 LYNN	1:20.41

100 YD. FREE

KIRA MORIN	19 GLAD	58.73
JESSICA PLASECKE	23 ORCA	59.77
HEIDI HANSEN	24 ORCA	1:07.21
JAMI SCHWAB	19 LYNN	1:07.62
LAURIE STALLINGS	20 LYNN	1:08.96
KATIE RICHTER	24 WSYD	1:18.69
JESSICA DALTON	19 LYNN	3:02.59

200 YD. FREE

LAURIE STALLINGS	20 LYNN	2:33.42
JESSICA DALTON	19 LYNN	6:37.73

500 YD. FREE

JESSICA DALTON	19 LYNN	17:04.99
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1000 YD. FREE

KIRA MORIN	19 GLAD	11:36.47
KATHLEEN MOFFATT	23 UNAT	11:53.25
JENNIFER CRUZE	23 BEST	12:09.10

50 YD. BACK

K.LYSOGORSKY	23 GLAD	29.47
HEIDI HANSEN	24 ORCA	35.47
KATIE RICHTER	24 WSYD	40.92

50 YD. BRST

K.LYSOGORSKY	23 GLAD	33.47
JAMI SCHWAB	19 LYNN	38.02
HEIDI HANSEN	24 ORCA	39.82
KATIE RICHTER	24 WSYD	43.12

100 YD. BRST

K.LYSOGORSKY	23 GLAD	1:12.19 P
JAMI SCHWAB	19 LYNN	1:21.31

200 YD. BRST

KIRA MORIN	19 GLAD	2:43.06 P
JENNIFER CRUZE	23 BEST	2:49.14

JAMI SCHWAB 19 LYNN 2:56.77

50 YD. FLY

HEIDI HANSEN	24 ORCA	34.00
KATIE RICHTER	24 WSYD	39.94

100 YD. FLY

K.LYSOGORSKY	23 GLAD	1:03.51
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100 YD. I.M.

HEIDI HANSEN	24 ORCA	1:16.79
LAURIE STALLINGS	20 LYNN	1:20.42
KATIE RICHTER	24 WSYD	1:28.50

200 YD. I.M.

K.LYSOGORSKY	23 GLAD	2:20.33
KIRA MORIN	19 GLAD	2:28.89
JESSICA PLASECKE	23 ORCA	2:29.80
KATIE RICHTER	24 WSYD	3:14.02

WOMEN 25-29

50 YD. FREE

SENECA STORM	29 GLAD	31.51
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100 YD. FREE

JEAN DILLON	27 LYNN	56.48
CARRIE NORDBERG	26 BEST	58.66
R.SHAW	26 PRO	1:08.18
SENECA STORM	29 GLAD	1:10.34
LYNN BOYLE	25 WSYD	1:24.69
HOLLY BORK	25 FWM	1:26.56

200 YD. FREE

TAUNYA ROBERTS	28 FWM	2:01.09
R.SHAW	26 PRO	2:31.90
HOLLY BORK	25 FWM	3:07.74

500 YD. FREE

TAUNYA ROBERTS	28 FWM	5:31.67
R.SHAW	26 PRO	6:57.84
HOLLY BORK	25 FWM	8:13.14
ERIKA BERGMAN	27 FWM	8:39.74

1000 YD. FREE

CARRIE NORDBERG	26 BEST	11:55.90
R.SHAW	26 PRO	14:14.16
SENECA STORM	29 GLAD	14:16.89

1650 YD. FREE

SENECA STORM	29 GLAD	24:34.82
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50 YD. BACK

TAUNYA ROBERTS	28 FWM	29.69
HOLLY BORK	25 FWM	44.37
LYNN BOYLE	25 WSYD	46.65

100 YD. BACK

TAUNYA ROBERTS	28 FWM	1:02.72
LYNN BOYLE	25 WSYD	1:34.86
HOLLY BORK	25 FWM	1:42.42

200 YD. BACK

TAUNYA ROBERTS	28 FWM	2:18.50
JEN RICHTER	29 WSYD	4:13.02

50 YD. BRST

R.SHAW	26 PRO	40.36
JEN RICHTER	29 WSYD	51.01

100 YD. BRST

JEAN DILLON	27 LYNN	1:09.23 P
HOLLY BORK	25 FWM	1:40.63
JEN RICHTER	29 WSYD	1:51.63

200 YD. BRST

JEAN DILLON	27 LYNN	2:29.75 P
CARRIE NORDBERG	26 BEST	2:41.28

50 YD. FLY

LYNN BOYLE	25 WSYD	36.85
SENECA STORM	29 GLAD	37.23

100 YD. FLY

JEAN DILLON	27 LYNN	1:02.63
JEN RICHTER	29 WSYD	1:59.11

200 YD. FLY

TAUNYA ROBERTS	28 FWM	2:19.04 P
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100 YD. I.M.

SENECA STORM	29 GLAD	1:26.13
LYNN BOYLE	25 WSYD	1:30.63

200 YD. I.M.

JEAN DILLON	27 LYNN	2:20.25
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WOMEN 30-34

50 YD. FREE

A.COLLSON	34 OREG	26.91
SARAH HOISINGTON	34 GLAD	27.01
KARI PAGE	30 BMSC	29.73
JENNIFER OGLE	34 ORCA	30.41
EMMA SIEBER	34 WSYD	38.51

100 YD. FREE

SARAH HOISINGTON	34 GLAD	57.98
A.COLLSON	34 OREG	59.58
MEGAN BUSSART	31 BMSC	1:03.08
JENNIFER OGLE	34 ORCA	1:03.72
LEINA TANI	31 GLAD	1:03.98
EMMA SIEBER	34 WSYD	1:39.27

200 YD. FREE

LEINA TANI	31 GLAD	2:18.25
MEGAN BUSSART	31 BMSC	2:19.99
JENNIFER OGLE	34 ORCA	2:24.65
LIZ ROSEN	32 GLAD	2:26.67

500 YD. FREE

MEGAN BUSSART	31 BMSC	6:20.30
LIZ ROSEN	32 GLAD	6:24.08

1000 YD. FREE

LEINA TANI	31 GLAD	12:45.56
LIZ ROSEN	32 GLAD	12:59.37
MEGAN BUSSART	31 BMSC	13:08.73

1650 YD. FREE

LEINA TANI	31 GLAD	21:36.37
MEGAN BUSSART	31 BMSC	21:38.07
LIZ ROSEN	32 GLAD	21:59.92

50 YD. BACK

KIM REYKDAL	30 UNAT	30.27
KARIN HEUSTED	33 LYNN	33.18
JENNIFER OGLE	34 ORCA	33.49
MAGGIE CROSS	31 PRO	34.97

100 YD. BACK

KIM REYKDAL	30 UNAT	1:06.10
JENNIFER OGLE	34 ORCA	1:09.83
MAGGIE CROSS	31 PRO	1:13.40

200 YD. BACK

JENNIFER OGLE	34 ORCA	2:27.53
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50 YD. FLY

KARIN HEUSTED	33 LYNN	29.32
KIM REYKDAL	30 UNAT	29.58
A.COLLSON	34 OREG	30.85
LEINA TANI	31 GLAD	32.81

100 YD. FLY

KARIN HEUSTED	33 LYNN	1:07.60
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200 YD. FLY

KARIN HEUSTED	33 LYNN	2:35.30
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100 YD. I.M.

KIM REYKDAL	30 UNAT	1:07.12
KARIN HEUSTED	33 LYNN	1:08.29
A.COLLSON	34 OREG	1:12.43

200 YD. I.M.

SARAH HOISINGTON	34 GLAD	2:29.58
KARIN HEUSTED	33 LYNN	2:30.91

WOMEN 35-39

50 YD. FREE

ANNE BERNHARD	37 NEO	28.64
KATHY MOORE	35 UNAT	32.03
GI SELA PAZ	37 WSYD	39.10

100 YD. FREE

JERRI FREIMOTH	37 FTSW	1:06.99
JAMIE WHITNEY	37 BAM	1:07.64
LAURA DELRIO	36 NEO	1:09.10
KATHY MOORE	35 UNAT	1:12.01
TERRI NELSON	38 FTSW	1:31.85

200 YD. FREE

HOLLY CORNER	35 LYNN	2:14.50
KRIS SPEIR	38 TACY	2:30.34
WENDY HOFFMAN	39 GLAD	2:32.04

500 YD. FREE

HOLLY CORNER	35 LYNN	6:00.03
LAURA DELRIO	36 NEO	6:52.33
GI SELA PAZ	37 WSYD	8:14.10
SEUJAN BERTRAM	35 WSYD	8:25.94



Photo by Sandy McNeel

Anne Bernhard counts laps and cheers for Jan Kavadas in the 1000 Free — only seven more lengths to go. Jan broke a PNA record with this swim.



1000 YD. FREE		
JERRI FREIMOTH	37 FTSW	12:28.38
ALISON HOWARD	35 GLAD	12:53.03

50 YD. BACK		
LAURA DELRIO	36 NEO	36.00
KATHY MOORE	35 UNAT	37.49
100 YD. BACK		
JERRI FREIMOTH	37 FTSW	1:15.55
LAURA DELRIO	36 NEO	1:25.87
SEUJAN BERTRAM	35 WSYD	1:46.46

200 YD. BACK		
WENDY HOFFMAN	39 GLAD	2:56.16

50 YD. BRST		
KRIS SPEIR	38 TACY	38.85
JAMIE WHITNEY	37 BAM	39.00
LAURA DELRIO	36 NEO	40.41
KATHY MOORE	35 UNAT	44.54

100 YD. BRST		
JAMIE WHITNEY	37 BAM	1:24.50
KRIS SPEIR	38 TACY	1:24.50
LAURA DELRIO	36 NEO	1:27.01
WENDY HOFFMAN	39 GLAD	1:28.99
SEUJAN BERTRAM	35 WSYD	1:55.74

200 YD. BRST		
JAMIE WHITNEY	37 BAM	3:06.00

50 YD. FLY		
ANNE BERNHARD	37 NEO	30.32
HOLLY CORNER	35 LYNN	30.77
KRIS SPEIR	38 TACY	32.08
KATHY MOORE	35 UNAT	37.13
SEUJAN BERTRAM	35 WSYD	42.46
GISELA PAZ	37 WSYD	44.33

100 YD. FLY		
ANNE BERNHARD	37 NEO	1:13.92

200 YD. FLY		
ANNE BERNHARD	37 NEO	2:48.82

100 YD. I.M.		
HOLLY CORNER	35 LYNN	1:10.03
ANNE BERNHARD	37 NEO	1:12.83
KRIS SPEIR	38 TACY	1:14.98
WENDY HOFFMAN	39 GLAD	1:20.00
JAMIE WHITNEY	37 BAM	1:20.59
GISELA PAZ	37 WSYD	1:37.75
SEUJAN BERTRAM	35 WSYD	1:40.30

200 YD. I.M.		
ANNE BERNHARD	37 NEO	2:38.30
JAMIE WHITNEY	37 BAM	2:55.91
GISELA PAZ	37 WSYD	3:28.21
SEUJAN BERTRAM	35 WSYD	3:28.59

400 YD. I.M.		
WENDY HOFFMAN	39 GLAD	6:13.61

WOMEN 40-44

50 YD. FREE		
K.ANDRUS-HUGHES	44 OREG	26.05
SHARON FOLEY	41 MACO	26.97
LORETTA DRAGOO	41 INWM	29.33
LYNN GROSS	41 FWM	30.90
CINDY CLUTTER	42 INWM	33.02

100 YD. FREE		
K.ANDRUS-HUGHES	44 OREG	56.19 Z
SHARON FOLEY	41 MACO	1:03.66
LORETTA DRAGOO	41 INWM	1:04.73
LYNN GROSS	41 FWM	1:06.22
CINDY CLUTTER	42 INWM	1:12.48
PENNY THERRIEN	42 UNAT	1:15.96

200 YD. FREE		
K.ANDRUS-HUGHES	44 OREG	2:06.26
CINDY CLUTTER	42 INWM	2:36.13
PENNY THERRIEN	42 UNAT	2:47.47
TRACY BURROWS	40 WSYD	2:48.64

500 YD. FREE		
CINDY CLUTTER	42 INWM	6:53.15
BRENDA KNUTSON	43 UNAT	7:07.87
MARCIA SMITH	41 LYNN	7:16.13

1000 YD. FREE		
CINDY CLUTTER	42 INWM	14:02.79
BRENDA KNUTSON	43 UNAT	14:29.71

1650 YD. FREE		
LYNN GROSS	41 FWM	22:19.68
PEG NORMAN	44 UNAT	30:10.38

50 YD. BACK		
K.ANDRUS-HUGHES	44 OREG	29.47

PNA Championship Team Scores

Combined Team Scores—Large

Place	Team	Points
1	Green Lake Aqua Ducks	2,024
2	Federal Way Masters	1,118

Combined Team Scores—Medium

Place	Team	Points
1	West Seattle Y Dolphins	785
2	North End Otters	764
3	ORCA Swim Team	645
4	Lynnwood Swim Club	585
5	Bainbridge Area Masters	508

Combined Team Scores—Small

Place	Team	Points
1	Bellingham Masters Swim Club	315
2	Pro Club	289
3	Tigers	204
4	Mercer Island Redwoods	157
5	Tacoma YMCA	147
6	Bellevue Eastside Swim Team	144
7	Bellevue Club	139
8	North Shore Y's Guys	121
8	North Whidbey Masters	95
10	Husky Masters	91
11	Ft Steilacoom Masters	80
12	Swim Seattle	78
13	Whidbey Island Swells	32
14	Old Olympic Peninsula Swimmers	26
15	Evergreen Masters	21

LORETTA DRAGOO	41 INWM	34.47
SUZIE NESS	40 ORCA	37.84
KARI EINSET	42 WSYD	43.01

100 YD. BACK		
K.ANDRUS-HUGHES	44 OREG	1:04.26
LORETTA DRAGOO	41 INWM	1:16.50
SUZIE NESS	40 ORCA	1:22.72
KARI EINSET	42 WSYD	1:36.31

200 YD. BACK		
K.ANDRUS-HUGHES	44 OREG	2:21.76
SUZIE NESS	40 ORCA	2:57.79
BRENDA KNUTSON	43 UNAT	3:04.05
BETH JOHNSON	41 UNAT	3:29.99

50 YD. BRST		
SHARON FOLEY	41 MACO	36.39
CINDY CLUTTER	42 INWM	41.57
PEG NORMAN	44 UNAT	41.62
TRACY BURROWS	40 WSYD	41.73
KARI EINSET	42 WSYD	44.01
TOMLINSON-MACIAS	43 INWM	47.70

100 YD. BRST		
TRACY BURROWS	40 WSYD	1:28.26
PEG NORMAN	44 UNAT	1:29.60
KARI EINSET	42 WSYD	1:33.67
TOMLINSON-MACIAS	43 INWM	1:47.77

200 YD. BRST		
TONYA BERG	43 GLAD	2:44.58

50 YD. FLY		
SHARON FOLEY	41 MACO	29.71
SUZIE NESS	40 ORCA	35.09
PEG NORMAN	44 UNAT	36.02
MARCIA SMITH	41 LYNN	38.53
KARI EINSET	42 WSYD	40.54

TRACY BURROWS	40 WSYD	41.41
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100 YD. I.M.		
LYNN GROSS	41 FWM	1:19.25
PEG NORMAN	44 UNAT	1:20.22
SUZIE NESS	40 ORCA	1:20.88
BRENDA KNUTSON	43 UNAT	1:23.89
MARCIA SMITH	41 LYNN	1:24.22
KARI EINSET	42 WSYD	1:26.58
TOMLINSON-MACIAS	43 INWM	1:31.22

200 YD. I.M.		
TONYA BERG	43 GLAD	2:38.05
LYNN GROSS	41 FWM	2:47.79
BRENDA KNUTSON	43 UNAT	2:58.52

WOMEN 45-49

50 YD. FREE		
JO MOORE	47 BC	26.37 Z
DONA WILLIAMS	48 UNAT	32.32
LINDA SULLIVAN	45 FWM	32.55
CHRISTINE PRUNEAU	45 WSYD	35.77
SANDY MCNEEL	49 GLAD	37.23

100 YD. FREE		
JO MOORE	47 BC	58.61
DEBBIE GLASSMAN	48 GLAD	1:02.19
MARGARET HAIR	47 INWM	1:04.87
LINDA SULLIVAN	45 FWM	1:10.49
CORAL BERNIER	47 NSYG	1:12.64
CATHERINE MURPHY	45 INWM	1:12.82
DONA WILLIAMS	48 UNAT	1:14.68
SHEILA MCCUE	49 UNAT	1:16.43

200 YD. FREE		
KATHY ABRAMS	46 GLAD	2:15.02
DEBBIE GLASSMAN	48 GLAD	2:22.91

ROBIN DURANT	46 INWM	2:45.45	400 YD. I.M.			J.VALLANDIGJHAM	55 FTSW	49.94
PAULA TERHAAR	49 GLAD	2:53.30	JO MOORE	47 BC	5:46.06	100 YD. BRST		
CHRISTINE PRUNEAU	45 WSYD	2:55.49	LANI DOELY	46 GLAD	6:26.21	GINGER PIERSON	56 MACO	1:19.19 Z
SANDY MCNEEL	49 GLAD	3:04.52	JESSE PACE	49 GLAD	7:11.52	ARNI LITT	55 GLAD	1:38.13
500 YD. FREE						J.VALLANDIGJHAM	55 FTSW	1:52.89
MARY LIPPOLD	46 GLAD	5:55.27	WOMEN 50-54			200 YD. BRST		
CATHERINE MURPHY	45 INWM	7:00.28	50 YD. FREE			GINGER PIERSON	56 MACO	2:57.50
ANN BAILEY	46 UNAT	7:10.29	CHARLOTTE DAVIS	51 NEO	27.45	ARNI LITT	55 GLAD	3:55.91
PAULA TERHAAR	49 GLAD	7:33.97	SUSAN ELLIOTT	51 WSYD	39.09	50 YD. FLY		
SANDY MCNEEL	49 GLAD	8:09.58	100 YD. FREE			JOY WARD	59 OREG	32.86
1000 YD. FREE			CHARLOTTE DAVIS	51 NEO	1:00.12	SARAH WELCH	55 SWIM	37.63
JO MOORE	47 BC	11:59.28 Z	CINDY MARTIN	50 GLAD	1:29.73	100 YD. FLY		
MARY LIPPOLD	46 GLAD	12:02.94	SUSAN ELLIOTT	51 WSYD	1:35.04	GINGER PIERSON	56 MACO	1:18.91
KATHY ABRAMS	46 GLAD	12:20.70	200 YD. FREE			SARAH WELCH	55 SWIM	1:27.23
ROBIN DURANT	46 INWM	14:26.76	M JOHNSON	53 NEO	2:45.01	200 YD. FLY		
CATHERINE MURPHY	45 INWM	14:40.12	500 YD. FREE			GINGER PIERSON	56 MACO	2:51.93 Z
CORAL BERNIER	47 NSYG	14:59.28	M JOHNSON	53 NEO	7:03.89	SARAH WELCH	55 SWIM	3:14.55
SHEILA MCCUE	49 UNAT	16:23.87	1000 YD. FREE			100 YD. I.M.		
JESSE PACE	49 GLAD	16:27.15	M JOHNSON	53 NEO	14:32.51	JOY WARD	59 OREG	1:20.95
1650 YD. FREE			KATE SUTHERLAND	54 WIS	18:51.30	ARNI LITT	55 GLAD	1:39.53
KATHY ABRAMS	46 GLAD	20:44.42 P	50 YD. BACK			200 YD. I.M.		
JESSE PACE	49 GLAD	28:15.55	CHARLOTTE DAVIS	51 NEO	33.16	GINGER PIERSON	56 MACO	2:50.04
50 YD. BACK			SUSAN ELLIOTT	51 WSYD	45.81	SARAH WELCH	55 SWIM	3:05.22
MARGARET HAIR	47 INWM	35.64	KATE SUTHERLAND	54 WIS	52.30	400 YD. I.M.		
JESSE PACE	49 GLAD	42.57	50 YD. BRST			SARAH WELCH	55 SWIM	6:30.90
CHRISTINE PRUNEAU	45 WSYD	44.57	KATE CARRUTHERS	53 BAM	42.06	WOMEN 60-64		
SANDY MCNEEL	49 GLAD	50.27	CINDY MARTIN	50 GLAD	47.45	50 YD. FREE		
100 YD. BACK			SUSAN ELLIOTT	51 WSYD	50.51	SUSANNE SCHUMANN	64 MACO	34.02
KATHY ABRAMS	46 GLAD	1:15.18	100 YD. BRST			100 YD. FREE		
DEBBIE GLASSMAN	48 GLAD	1:16.79	KATE CARRUTHERS	53 BAM	1:32.50	SUSANNE SCHUMANN	64 MACO	1:14.07
ROBIN DURANT	46 INWM	1:29.90	CINDY MARTIN	50 GLAD	1:45.37	50 YD. BACK		
JESSE PACE	49 GLAD	1:31.69	200 YD. BRST			CHAYA AMIAD	64 WSYD	55.56
CHRISTINE PRUNEAU	45 WSYD	1:36.94	M JOHNSON	53 NEO	3:25.91	100 YD. BACK		
SANDY MCNEEL	49 GLAD	1:52.42	CINDY MARTIN	50 GLAD	3:57.45	CHAYA AMIAD	64 WSYD	2:03.61
200 YD. BACK			50 YD. FLY			200 YD. BACK		
PAULA TERHAAR	49 GLAD	3:06.99	CHARLOTTE DAVIS	51 NEO	30.10 Z	CHAYA AMIAD	64 WSYD	4:34.54
ROBIN DURANT	46 INWM	3:09.63	E.ASLESON	50 OREG	36.24	50 YD. BRST		
SANDY MCNEEL	49 GLAD	3:46.77	KATE CARRUTHERS	53 BAM	41.07	SUSANNE SCHUMANN	64 MACO	43.25
50 YD. BRST			SUSAN ELLIOTT	51 WSYD	49.15	100 YD. BRST		
A.LITZENBERGER	49 FWM	37.39	100 YD. FLY			SUSANNE SCHUMANN	64 MACO	1:32.58
LANI DOELY	46 GLAD	39.75	E.ASLESON	50 OREG	1:22.54	100 YD. FLY		
LINDA SULLIVAN	45 FWM	39.93	200 YD. FLY			CHAYA AMIAD	64 WSYD	2:37.39
DONA WILLIAMS	48 UNAT	42.68	E.ASLESON	50 OREG	3:08.19	WOMEN 65-69		
JANET JOHNSON	47 UNAT	44.26	100 YD. I.M.			50 YD. FREE		
100 YD. BRST			CHARLOTTE DAVIS	51 NEO	1:09.46	MARVEL KIMBALL	65 INWM	39.52
A.LITZENBERGER	49 FWM	1:20.57	E.ASLESON	50 OREG	1:22.99	MARGARET WINNIE	69 NEO	53.23
LINDA SULLIVAN	45 FWM	1:25.43	M JOHNSON	53 NEO	1:27.62	CAROLYN BALDWIN	68 TIG	56.07
LANI DOELY	46 GLAD	1:26.35	KATE CARRUTHERS	53 BAM	1:27.63	100 YD. FREE		
DONA WILLIAMS	48 UNAT	1:29.78	SUSAN ELLIOTT	51 WSYD	1:46.37	MARVEL KIMBALL	65 INWM	1:27.57
NANCY SPESER	45 UNAT	1:36.73	200 YD. I.M.			CAROLYN BALDWIN	68 TIG	1:55.75
ROBIN DURANT	46 INWM	1:36.80	E.ASLESON	50 OREG	3:01.50	MARGARET WINNIE	69 NEO	2:07.42
JANET JOHNSON	47 UNAT	1:37.92	M JOHNSON	53 NEO	3:10.15	500 YD. FREE		
200 YD. BRST			KATE SUTHERLAND	54 WIS	3:45.01	MARVEL KIMBALL	65 INWM	8:51.64
LINDA SULLIVAN	45 FWM	3:07.99	400 YD. I.M.			1000 YD. FREE		
LANI DOELY	46 GLAD	3:12.96	E.ASLESON	50 OREG	6:28.61	MARVEL KIMBALL	65 INWM	17:37.53
ROBIN DURANT	46 INWM	3:27.97	WOMEN 55-59			50 YD. BACK		
50 YD. FLY			50 YD. FREE			CAROLYN BALDWIN	68 TIG	1:09.68
MARGARET HAIR	47 INWM	31.79	JOY WARD	59 OREG	31.10	50 YD. FLY		
ANN BAILEY	46 UNAT	35.20	ARNI LITT	55 GLAD	39.64	CAROLYN BALDWIN	68 TIG	1:04.79
DONA WILLIAMS	48 UNAT	37.58	100 YD. FREE			100 YD. I.M.		
CATHERINE MURPHY	45 INWM	39.16	JOY WARD	59 OREG	1:12.90	MARVEL KIMBALL	65 INWM	1:55.33
100 YD. FLY			ARNI LITT	55 GLAD	1:29.62	CAROLYN BALDWIN	68 TIG	2:14.45
DEBBIE GLASSMAN	48 GLAD	1:09.95	200 YD. FREE			WOMEN 70-74		
ANN BAILEY	46 UNAT	1:20.30	SARAH WELCH	55 SWIM	2:43.11 P	1000 YD. FREE		
200 YD. FLY			J.VALLANDIGJHAM	55 FTSW	3:40.29	JANET KAVADAS	71 NEO	21:21.39 P
DEBBIE GLASSMAN	48 GLAD	2:37.37	500 YD. FREE			50 YD. BACK		
ANN BAILEY	46 UNAT	3:06.18	JEANNE ENSIGN	55 GLAD	8:33.88	BARBARA JACKSON	72 MT	42.75
100 YD. I.M.			1000 YD. FREE			JANET KAVADAS	71 NEO	1:00.48
DEBBIE GLASSMAN	48 GLAD	1:12.26	CLAIRE EADIE	59 NEO	19:24.27	100 YD. BACK		
MARGARET HAIR	47 INWM	1:13.76	50 YD. BACK			BARBARA JACKSON	72 MT	1:35.22
A.LITZENBERGER	49 FWM	1:14.33	JOY WARD	59 OREG	35.90	JANET KAVADAS	71 NEO	2:10.75
DONA WILLIAMS	48 UNAT	1:21.04	GERI STEWART	56 MT	46.20	200 YD. I.M.		
LANI DOELY	46 GLAD	1:21.44	100 YD. BACK			JANET KAVADAS	71 NEO	4:46.14
CATHERINE MURPHY	45 INWM	1:26.13	JOY WARD	59 OREG	1:19.59			
JESSE PACE	49 GLAD	1:29.44	GERI STEWART	56 MT	1:41.43			
CHRISTINE PRUNEAU	45 WSYD	1:31.37	50 YD. BRST					
NANCY SPESER	45 UNAT	1:45.34	GINGER PIERSON	56 MACO	36.30			
200 YD. I.M.			ARNI LITT	55 GLAD	46.05			
JO MOORE	47 BC	2:37.81						
MARGARET HAIR	47 INWM	2:42.74						
LANI DOELY	46 GLAD	2:58.73						

WOMEN 75-79

50 YD. FREE			
BETTY KERCHEVAL	77 MIR		48.48
100 YD. FREE			
BETTY KERCHEVAL	77 MIR		1:52.16
50 YD. BACK			
BETTY KERCHEVAL	77 MIR		59.91
50 YD. BRST			
MURIEL FLYNN	79 TACY		58.19
100 YD. BRST			
MURIEL FLYNN	79 TACY		2:01.50
LIVIA WALKER	79 GLAD		2:51.00
200 YD. BRST			
MURIEL FLYNN	79 TACY		4:30.54
LIVIA WALKER	79 GLAD		6:07.32
50 YD. FLY			
BETTY KERCHEVAL	77 MIR		53.96
100 YD. I.M.			
MURIEL FLYNN	79 TACY		2:01.68
BETTY KERCHEVAL	77 MIR		2:06.87
200 YD. I.M.			
BETTY KERCHEVAL	77 MIR		4:32.41

WOMEN 80-84

50 YD. FREE			
MAXINE CARLSON	82 TIG		1:03.75
100 YD. FREE			
MARION CHADWICK	80 BC		2:38.50
500 YD. FREE			
MARION CHADWICK	80 BC		14:33.13
1000 YD. FREE			
MARION CHADWICK	80 BC		30:17.30
100 YD. BACK			
MAXINE CARLSON	82 TIG		2:21.87
MARION CHADWICK	80 BC		3:18.67
200 YD. BACK			
MAXINE CARLSON	82 TIG		4:57.08
MARION CHADWICK	80 BC		6:29.12
100 YD. BRST			
MARION CHADWICK	80 BC		4:12.23

MEN 19-24

50 YD. FREE			
K.WYMELENBERG	24 HM		22.17
JASEN SPEER	20 WSYD		23.38
100 YD. FREE			
K.WYMELENBERG	24 HM		48.25
JASEN SPEER	20 WSYD		52.65
200 YD. FREE			
JASEN SPEER	20 WSYD		2:01.01
500 YD. FREE			
GEORGE SAYAH	23 UNAT		5:50.21
50 YD. BRST			
GEORGE SAYAH	23 UNAT		32.08
100 YD. BRST			
GEORGE SAYAH	23 UNAT		1:10.32
200 YD. BRST			
GEORGE SAYAH	23 UNAT		2:38.60
50 YD. FLY			
JASEN SPEER	20 WSYD		26.05
100 YD. I.M.			
JASEN SPEER	20 WSYD		1:01.99
GEORGE SAYAH	23 UNAT		1:03.51
200 YD. I.M.			
K.WYMELENBERG	24 HM		2:02.22
GEORGE SAYAH	23 UNAT		2:19.20
JASEN SPEER	20 WSYD		2:21.72

MEN 25-29

50 YD. FREE			
BRANDON AUSTIN	29 UNAT		24.06
STEVEN ROSARIA	27 PRO		24.49
DAVID AUSTIN	27 BMSC		24.59
RYAN ROBERTS	29 FWM		24.64
JASON BAKER	29 ORCA		26.54
100 YD. FREE			
ROSS LINDERMAN	25 ORCA		53.13
BRANDON AUSTIN	29 UNAT		53.87
STEVEN ROSARIA	27 PRO		54.55
RYAN ROBERTS	29 FWM		54.57
DAVID AUSTIN	27 BMSC		57.99



John Mettler, Meet Referee, and Hank Kirkland, Meet Co-Director, looking relaxed while discussing the meet. Along with Dan Frost and Holly Bork, these individuals dedicated themselves to keeping the meet working smoothly.

JASON BAKER	29 ORCA		58.86	100 YD. FREE			
200 YD. FREE				MATTHEW DELANEY	30 HM		50.30
RON BELLEZA	27 UNAT		1:50.21	JOHN CROSS	31 PRO		51.23
ROSS LINDERMAN	25 ORCA		2:02.63	KEVIN NOAH	30 EM		54.50
DAVE ALLES	29 PRO		2:05.61	BILLY PERRY	33 UNAT		55.97
DAVID AUSTIN	27 BMSC		2:19.17	MATTHEW JOHNSON	30 INWM		1:02.82
CHRISTIAN BRUHN	29 GLAD		2:21.47	KERRY NESS	32 SVY		1:04.44
500 YD. FREE				200 YD. FREE			
DAVE ALLES	29 PRO		5:50.33	AMON EMEKA	33 UNAT		1:54.03
1000 YD. FREE				MIKE GRIMM	33 PRO		2:13.05
DAVE ALLES	29 PRO		11:55.38	JOHN PRESENTIN	32 FWM		2:27.52
100 YD. BACK				500 YD. FREE			
RON BELLEZA	27 UNAT		58.15	AMON EMEKA	33 UNAT		5:21.31
200 YD. BACK				MATTHEW JOHNSON	30 INWM		6:41.84
ROSS LINDERMAN	25 ORCA		2:26.39	1650 YD. FREE			
50 YD. BRST				DAN FROST	33 NWM		19:38.23
BRANDON AUSTIN	29 UNAT		29.68	50 YD. BACK			
STEVEN ROSARIA	27 PRO		32.16	JOHN CROSS	31 PRO		28.04
100 YD. BRST				DAN FROST	33 NWM		28.37
BRANDON AUSTIN	29 UNAT		1:06.46	100 YD. BACK			
DAVID AUSTIN	27 BMSC		1:10.03	MATTHEW DELANEY	30 HM		58.49
STEVEN ROSARIA	27 PRO		1:12.12	TOM SCHUTTE	32 GLAD		58.79
200 YD. BRST				DAN FROST	33 NWM		1:02.30
BRANDON AUSTIN	29 UNAT		2:28.38	200 YD. BACK			
50 YD. FLY				TOM SCHUTTE	32 GLAD		2:08.49
ROSS LINDERMAN	25 ORCA		26.08	DAN FROST	33 NWM		2:24.76
RYAN ROBERTS	29 FWM		27.70	50 YD. BRST			
CHRISTIAN BRUHN	29 GLAD		28.32	JOE HOLLIDAY	34 UNAT		31.77
100 YD. I.M.				KERRY NESS	32 SVY		36.10
ROSS LINDERMAN	25 ORCA		1:03.65	100 YD. BRST			
RYAN ROBERTS	29 FWM		1:05.11	TOM SCHUTTE	32 GLAD		1:03.54
DAVID AUSTIN	27 BMSC		1:06.70	JOE HOLLIDAY	34 UNAT		1:08.39
200 YD. I.M.				MIKE GRIMM	33 PRO		1:17.35
DAVE ALLES	29 PRO		2:20.69	KERRY NESS	32 SVY		1:21.02
JASON BAKER	29 ORCA		2:38.80	200 YD. BRST			
				TOM SCHUTTE	32 GLAD		2:19.60
MEN 30-34				JOE HOLLIDAY	34 UNAT		2:31.87
50 YD. FREE				KERRY NESS	32 SVY		3:03.41
MATTHEW DELANEY	30 HM		23.02	50 YD. FLY			
JOHN CROSS	31 PRO		23.13	AMON EMEKA	33 UNAT		24.48
SCOTT SKOGLUND	30 GLAD		24.12	BILLY PERRY	33 UNAT		28.62
BILLY PERRY	33 UNAT		25.97	JOHN PRESENTIN	32 FWM		31.31
MATTHEW JOHNSON	30 INWM		27.95	100 YD. FLY			
KERRY NESS	32 SVY		28.47	DAN FROST	33 NWM		1:02.86
				MIKE GRIMM	33 PRO		1:08.36

Photo by Dan Frost

100 YD. I.M.		
TOM SCHUTTE	32 GLAD	59.11
BILLY PERRY	33 UNAT	1:07.58
KERRY NESS	32 SVY	1:12.94
200 YD. I.M.		
MATTHEW DELANEY	30 HM	2:11.16
KEVIN NOAH	30 EM	2:20.75
400 YD. I.M.		
TOM SCHUTTE	32 GLAD	4:39.21
DAN FROST	33 NWM	5:00.43

MEN 35-39

50 YD. FREE		
GREG MARGHARITIS	35 MSAB	23.57
MATT STAUFFER	38 FWM	24.24
CHRIS GAARDE	37 OREG	25.02
KEN RAGSDALE	39 BAM	26.37
RICHARD DAVIES	39 UNAT	26.60
100 YD. FREE		
GREG MARGHARITIS	35 MSAB	52.27
CHRIS GAARDE	37 OREG	52.92
GANO BUTCHER	38 OREG	54.38
JOHN PRIGGER	39 BAM	56.62
JIM LASERSOHN	37 ORCA	57.66
KEN RAGSDALE	39 BAM	57.84
CHARLES NORMAN	35 TOSC	59.25
RICHARD DAVIES	39 UNAT	1:00.17
DOUG REDFIELD	38 BMSC	1:00.45
DEMI ALLEN	39 BAM	1:03.25
200 YD. FREE		
CHRIS GAARDE	37 OREG	2:01.71
DOUG REDFIELD	38 BMSC	2:11.40
500 YD. FREE		
JOSEPH LANG	39 UNAT	5:14.95
ERIC KNAPP	38 UNAT	5:28.22
DOUG REDFIELD	38 BMSC	6:04.22
1000 YD. FREE		
ERIC KNAPP	38 UNAT	11:14.46
DOUG REDFIELD	38 BMSC	12:25.79

DAVID PARSONS	36 GLAD	12:45.58
KEN RAGSDALE	39 BAM	13:29.69
50 YD. BACK		
GANO BUTCHER	38 OREG	29.14
DEMI ALLEN	39 BAM	34.68
100 YD. BACK		
DAVID PARSONS	36 GLAD	1:11.52
200 YD. BACK		
MATTHEW LIND	38 ORCA	2:22.43
50 YD. BRST		
JOHN HUDSON	36 OREG	28.32
GREG MARGHARITIS	35 MSAB	29.69
CHRIS GAARDE	37 OREG	30.63
JB GOESSMAN	37 BAM	31.09
CHARLES NORMAN	35 TOSC	32.53
JIM LASERSOHN	37 ORCA	33.31
DEMI ALLEN	39 BAM	35.92
100 YD. BRST		
JOHN HUDSON	36 OREG	1:01.24
CHRIS GAARDE	37 OREG	1:07.42
JB GOESSMAN	37 BAM	1:07.99
CHARLES NORMAN	35 TOSC	1:09.10
JIM LASERSOHN	37 ORCA	1:12.30
DEMI ALLEN	39 BAM	1:20.86
200 YD. BRST		
CHRIS GAARDE	37 OREG	2:32.80
JOHN PRIGGER	39 BAM	2:38.15
JIM LASERSOHN	37 ORCA	2:43.65
50 YD. FLY		
GREG MARGHARITIS	35 MSAB	25.12
MATT STAUFFER	38 FWM	25.55
GANO BUTCHER	38 OREG	25.91
JB GOESSMAN	37 BAM	26.87
KARL OLSEN	37 GLAD	28.61
MATTHEW LIND	38 ORCA	28.62
CHARLES NORMAN	35 TOSC	29.01
RICHARD DAVIES	39 UNAT	29.34
ANDY NORLANDER	38 UNAT	32.82
100 YD. FLY		
MATT STAUFFER	38 FWM	1:00.06
GANO BUTCHER	38 OREG	1:00.60

JB GOESSMAN	37 BAM	1:00.84
CHARLES NORMAN	35 TOSC	1:06.92
ANDY NORLANDER	38 UNAT	1:17.23
200 YD. FLY		
MATT STAUFFER	38 FWM	2:18.32
100 YD. I.M.		
JOHN HUDSON	36 OREG	56.28
GANO BUTCHER	38 OREG	1:00.19
JB GOESSMAN	37 BAM	1:02.29
MATT STAUFFER	38 FWM	1:03.01
KARL OLSEN	37 GLAD	1:05.65
JIM LASERSOHN	37 ORCA	1:06.90
RICHARD DAVIES	39 UNAT	1:06.98
DEMI ALLEN	39 BAM	1:13.77
200 YD. I.M.		
JOHN HUDSON	36 OREG	2:04.05
GANO BUTCHER	38 OREG	2:16.88
JB GOESSMAN	37 BAM	2:17.01
JOHN PRIGGER	39 BAM	2:26.26
CHARLES NORMAN	35 TOSC	2:27.09

MEN 40-44

50 YD. FREE		
PERRY MORIN	43 GLAD	25.85
PAUL WEBBER	43 BAM	27.21
DOUG GARCIA	40 INWM	28.69
GREGG METZLER	43 FWM	29.41
GLENN MABILE	42 INWM	30.45
JOHN MAKI	43 NEO	32.07
VIRGIL CRAMPTON	41 INWM	33.73
JEFF FOSTER	41 FWM	34.24
100 YD. FREE		
JACK STAVROS	42 GLAD	52.72
BRIAN MAGNUSSEN	43 UNAT	54.27
DON SPENCER	44 PRO	54.83
PERRY MORIN	43 GLAD	56.30
PAUL WEBBER	43 BAM	59.26
MIKE DOWD	43 MACO	1:00.73
STEVE REESE	44 WSYD	1:01.87
DOUG GARCIA	40 INWM	1:02.71



Photo by Sandy McNeel

The Green Lake Aqua Ducks printed special swim caps for the meet. Pictured are Mrs Love, aka Clark Pace, Chainsaw aka Jesse Pace, Call 911 aka Cindy Martin, Lani Doely, Seneca Storm, Livia Walker, whose name is pronounced Levia.

GLENN MABILE	42 INWM	1:07.44
GREGG METZLER	43 FWM	1:10.36
JOHN MAKI	43 NEO	1:10.63
JEFF FOSTER	41 FWM	1:15.60
VIRGIL CRAMPTON	41 INWM	1:17.17
200 YD. FREE		
PETE COLBECK	40 GLAD	1:51.29
JACK STAVROS	42 GLAD	1:54.73
ERIC DYBDAHL	42 FWM	2:04.92
BRIAN MAGNUSSEN	43 UNAT	2:05.89
STEVE REESE	44 WSYD	2:14.53
MIKE DOWD	43 MACO	2:15.97
RON OREN	42 LYNN	2:21.15
DOUG GARCIA	40 INWM	2:29.24
DAVE COONS	43 UNAT	2:29.95
JOHN MAKI	43 NEO	2:55.99
500 YD. FREE		
DENNIS BAKER	40 OREG	4:47.17 Z
PETE COLBECK	40 GLAD	5:03.04
PAUL STOERMER	41 FWM	5:46.16
ERIC DYBDAHL	42 FWM	5:47.91
RON OREN	42 LYNN	6:30.52
DAVE COONS	43 UNAT	7:00.39
VIRGIL CRAMPTON	41 INWM	8:25.67
1000 YD. FREE		
PETE COLBECK	40 GLAD	10:26.83
JACK STAVROS	42 GLAD	10:53.63
ERIC DYBDAHL	42 FWM	12:12.41
PERRY MORIN	43 GLAD	12:38.17
PAUL IKEDA	42 ORCA	14:20.23
THOMAS JOWETT	43 FWM	15:29.56
1650 YD. FREE		
MIKE DOWD	43 MACO	22:28.45
THOMAS JOWETT	43 FWM	25:51.27
50 YD. BACK		
DAVID MCALPINE	41 BMSC	26.85
BRIAN JOHNSON	40 INWM	29.48
GLENN MABILE	42 INWM	42.12
100 YD. BACK		
BRIAN JOHNSON	40 INWM	1:04.43
200 YD. BACK		
BRIAN JOHNSON	40 INWM	2:20.85
ERIC DYBDAHL	42 FWM	2:27.02
PAUL IKEDA	42 ORCA	2:51.59
50 YD. BRST		
PAT ALLENDER	43 OREG	29.76
BERNARD KINGSLEY	43 INWM	31.50
KEVIN AMES	44 UNAT	33.98
PAUL IKEDA	42 ORCA	35.83
STUART MUNRO	44 MACO	35.98
GUNNAR FORSMAN	43 UNAT	36.09
STEVE REESE	44 WSYD	37.49
GREGG METZLER	43 FWM	39.54
GLENN MABILE	42 INWM	40.26
100 YD. BRST		
PAT ALLENDER	43 OREG	1:04.03
LEONARDO ESPINOSA	41 GLAD	1:10.54
BRIAN MAGNUSSEN	43 UNAT	1:13.07
MIKE DOWD	43 MACO	1:14.64
KEVIN AMES	44 UNAT	1:14.81
STUART MUNRO	44 MACO	1:17.61
PAUL IKEDA	42 ORCA	1:17.83
STEVE REESE	44 WSYD	1:19.07
GUNNAR FORSMAN	43 UNAT	1:19.29
GLENN MABILE	42 INWM	1:27.71
JOHN KIRKMAN	44 FWM	1:31.47
200 YD. BRST		
PAT ALLENDER	43 OREG	2:16.23
LEONARDO ESPINOSA	41 GLAD	2:33.64
MIKE DOWD	43 MACO	2:43.64
STEVE REESE	44 WSYD	2:57.03
50 YD. FLY		
BERNARD KINGSLEY	43 INWM	26.29
DON SPENCER	44 PRO	27.41
BRIAN RUSSELL	44 BAM	27.78
PAUL STOERMER	41 FWM	27.89
DAVE COONS	43 UNAT	33.81
RON OREN	42 LYNN	38.30
JOHN MAKI	43 NEO	38.41
VIRGIL CRAMPTON	41 INWM	41.03
100 YD. FLY		
DENNIS BAKER	40 OREG	51.50 Z
DAVID MCALPINE	41 BMSC	53.19 P
PAT ALLENDER	43 OREG	56.83



Photo by Sandy McNeel

What is that man doing? Jim Stephens eyes one of the relay swimmers before the races.

BERNARD KINGSLEY	43 INWM	58.64
DON SPENCER	44 PRO	1:03.02
BRIAN RUSSELL	44 BAM	1:03.32
STUART MUNRO	44 MACO	1:10.57
PAUL IKEDA	42 ORCA	1:17.54
200 YD. FLY		
DENNIS BAKER	40 OREG	1:50.61 N
BERNARD KINGSLEY	43 INWM	2:17.41
ERIC DYBDAHL	42 FWM	2:21.93
BRIAN RUSSELL	44 BAM	2:25.99
STUART MUNRO	44 MACO	2:35.96
100 YD. I.M.		
DAVID MCALPINE	41 BMSC	55.81 Z
BERNARD KINGSLEY	43 INWM	1:00.99
DON SPENCER	44 PRO	1:03.11
BRIAN MAGNUSSEN	43 UNAT	1:03.31
BRIAN JOHNSON	40 INWM	1:03.54
LEONARDO ESPINOSA	41 GLAD	1:03.75
PAUL STOERMER	41 FWM	1:04.98
DOUG GARCIA	40 INWM	1:17.32
GLENN MABILE	42 INWM	1:23.76
JOHN MAKI	43 NEO	1:25.51
JOHN KIRKMAN	44 FWM	1:28.04
200 YD. I.M.		
PAT ALLENDER	43 OREG	2:04.23
DAVID MCALPINE	41 BMSC	2:11.71
PETE COLBECK	40 GLAD	2:16.22
LEONARDO ESPINOSA	41 GLAD	2:17.44
BRIAN JOHNSON	40 INWM	2:21.20
BRIAN RUSSELL	44 BAM	2:21.97
DON SPENCER	44 PRO	2:22.16
BRIAN MAGNUSSEN	43 UNAT	2:24.18
STUART MUNRO	44 MACO	2:43.22
DOUG GARCIA	40 INWM	2:46.94
JOHN MAKI	43 NEO	3:15.32
400 YD. I.M.		
PAT ALLENDER	43 OREG	4:30.89
BERNARD KINGSLEY	43 INWM	5:01.52
BRIAN RUSSELL	44 BAM	5:10.91
ERIC DYBDAHL	42 FWM	5:22.42
STUART MUNRO	44 MACO	5:46.98
MIKE DOWD	43 MACO	5:50.12
PAUL IKEDA	42 ORCA	6:08.42

MEN 45-49

50 YD. FREE		
JOHN SYLVESTER	45 GLAD	24.31
DICK GREEN	49 INWM	24.70
MIKE WALSTEAN	45 TOSC	25.07
ROD WHARTON	45 INWM	26.33
CLARK PACE	49 GLAD	27.66
ORLANDO BOLEDA	47 BAM	27.94
JAMES STEPHENS	47 FWM	28.68
MICHAEL WIDMANN	49 OREG	29.26
CHARLES BIES	49 UNAT	34.21
100 YD. FREE		
MIKE WALSTEAN	45 TOSC	55.93
ROBERT MORRISON	48 INWM	57.29
BILL KNOWLTON	49 WSYD	57.37
ADRIAN KALIL	48 OREG	57.51
ROD WHARTON	45 INWM	57.62
LOREN BAKER	47 BEST	58.20
ORLANDO BOLEDA	47 BAM	1:01.50
MICHAEL WIDMANN	49 OREG	1:04.23
JAMES STEPHENS	47 FWM	1:06.43
CHARLES BIES	49 UNAT	1:20.51
200 YD. FREE		
DICK GREEN	49 INWM	2:03.99
ADRIAN KALIL	48 OREG	2:09.07
ROD WHARTON	45 INWM	2:09.19
500 YD. FREE		
JOHN BAILEY	46 UNAT	5:34.06
ROD WHARTON	45 INWM	6:09.95
JAMES MAYS	47 FWM	6:33.77
1000 YD. FREE		
SCOTT LAUTMAN	49 UNAT	11:53.28
MICHAEL WIDMANN	49 OREG	13:23.90
MIKE WALSTEAN	45 TOSC	13:24.83
JAMES MAYS	47 FWM	13:27.22
WILLIAM BROWN	47 NEO	17:15.93
1650 YD. FREE		
JAMES MAYS	47 FWM	22:44.66
50 YD. BACK		
DICK GREEN	49 INWM	29.74
BILL KNOWLTON	49 WSYD	30.04
ADRIAN KALIL	48 OREG	33.60

CLARK PACE	49 GLAD	34.25
JAMES STEPHENS	47 FWM	35.02
100 YD. BACK		
JOHN SYLVESTER	49 GLAD	1:05.95
BILL KNOWLTON	49 WSYD	1:07.22
STEPHEN FREEBORN	46 FWM	1:07.49
ROD WHARTON	45 INWM	1:09.79

200 YD. BACK		
DICK GREEN	49 INWM	2:22.74
BILL KNOWLTON	49 WSYD	2:25.77
ROD WHARTON	45 INWM	2:33.42

50 YD. BRST		
ROBERT MORRISON	48 INWM	31.42
JIM WILLIAMS	45 BMSC	32.11
CLARK PACE	49 GLAD	33.91
KEITH HAMPTON	48 INWM	39.58

100 YD. BRST		
JIM WILLIAMS	45 BMSC	1:10.32
ROBERT MORRISON	48 INWM	1:10.59
MIKE WALSTEAN	45 TOSC	1:14.33

200 YD. BRST		
ROBERT MORRISON	48 INWM	2:36.70
JIM WILLIAMS	45 BMSC	2:39.62
MICHAEL WIDMANN	49 OREG	2:54.59

50 YD. FLY		
STEPHEN FREEBORN	46 FWM	26.27
BILL KNOWLTON	49 WSYD	29.88
JIM WILLIAMS	45 BMSC	30.39
CLARK PACE	49 GLAD	30.55
BILL REEDER	49 GLAD	30.69
KEITH HAMPTON	48 INWM	31.93

100 YD. FLY		
SCOTT LAUTMAN	49 UNAT	58.95
STEPHEN FREEBORN	46 FWM	59.86
JOHN BAILEY	46 UNAT	1:01.63
BILL REEDER	49 GLAD	1:15.32

200 YD. FLY		
SCOTT LAUTMAN	49 UNAT	2:19.35
BILL REEDER	49 GLAD	2:45.99

100 YD. I.M.		
JOHN BAILEY	46 UNAT	1:00.59
STEPHEN FREEBORN	46 FWM	1:03.68
MIKE WALSTEAN	45 TOSC	1:06.31
ADRIAN KALIL	48 OREG	1:06.76
JIM WILLIAMS	45 BMSC	1:07.73
BILL KNOWLTON	49 WSYD	1:09.00
CLARK PACE	49 GLAD	1:11.03
BILL REEDER	49 GLAD	1:12.46
KEITH HAMPTON	48 INWM	1:16.14

200 YD. I.M.		
JOHN BAILEY	46 UNAT	2:11.93
STEPHEN FREEBORN	46 FWM	2:22.37
LOREN BAKER	47 BEST	2:26.59
BILL REEDER	49 GLAD	2:34.19
MICHAEL WIDMANN	49 OREG	2:50.14

400 YD. I.M.		
JOHN BAILEY	46 UNAT	4:44.89
STEPHEN FREEBORN	46 FWM	5:09.98
BILL REEDER	49 GLAD	5:37.09

MEN 50-54

50 YD. FREE		
BILL PENN	50 UNAT	26.30
JIM NORRIS	54 UNAT	28.13
GREG COLE	50 BAM	28.69
GALEN ATWOOD	51 UNAT	28.88
PATRICK SULLIVAN	54 FWM	29.54
RICHARD BATLEY	54 LYNN	30.53
GENE REESE	53 LYNN	31.44

100 YD. FREE		
RONALD JACOBS	50 GLAD	53.76
BILL PENN	50 UNAT	57.59
JIM NORRIS	54 UNAT	1:02.82
GREG COLE	50 BAM	1:05.54
RICHARD BATLEY	54 LYNN	1:06.49
PATRICK SULLIVAN	54 FWM	1:07.57

200 YD. FREE		
RONALD JACOBS	50 GLAD	2:00.03 P
BILL PENN	50 UNAT	2:03.02
JIM NORRIS	54 UNAT	2:18.61

500 YD. FREE		
BILL PENN	50 UNAT	5:20.01 P
JIM NORRIS	54 UNAT	6:14.91
RICHARD BATLEY	54 LYNN	6:38.33
JOHN KESSLER	54 LYNN	7:03.69
DICK TODD	50 ORCA	7:10.58
PATRICK SULLIVAN	54 FWM	7:18.03

1000 YD. FREE		
BILL PENN	50 UNAT	10:48.40 Z
GREGORY HARRISON	50 FWM	12:20.54
JIM NORRIS	54 UNAT	12:40.90
RICHARD BATLEY	54 LYNN	13:49.19
JOHN KESSLER	54 LYNN	14:09.19
DICK TODD	50 ORCA	15:03.17

1650 YD. FREE		
BILL PENN	50 UNAT	8:16.05 Z
GREGORY HARRISON	50 FWM	22:21.63
RICHARD BATLEY	54 LYNN	22:35.35
JOHN KESSLER	54 LYNN	24:31.21

100 YD. BACK		
RONALD JACOBS	50 GLAD	1:03.82

200 YD. BACK		
RONALD JACOBS	50 GLAD	2:16.84

50 YD. BRST		
GREGORY HARRISON	50 FWM	32.31 P
PATRICK SULLIVAN	54 FWM	36.48
AL TRUDSCOTT	53 UNAT	37.49
GENE REESE	53 LYNN	37.85

100 YD. BRST		
GREGORY HARRISON	50 FWM	1:09.13 P
AL TRUDSCOTT	53 UNAT	1:23.79
GENE REESE	53 LYNN	1:26.17

200 YD. BRST		
GREGORY HARRISON	50 FWM	2:27.06 Z
AL TRUDSCOTT	53 UNAT	3:04.35

50 YD. FLY		
DICK TODD	50 ORCA	34.72
PATRICK SULLIVAN	54 FWM	34.91

100 YD. I.M.		
DICK TODD	50 ORCA	1:22.31
200 YD. I.M.		
GREGORY HARRISON	50 FWM	2:25.13
DICK TODD	50 ORCA	3:03.98

MEN 55-59

50 YD. FREE		
DAVID LANDES	55 MIR	25.30 P
JON STOUT	55 OREG	25.82
SONNY GARRETT	58 UNAT	27.07
STEVE WOLCOTT	56 INWM	27.09
MICHAEL MCKINLAY	58 BEST	28.12
PAUL FREEMAN	58 UNAT	32.33
RICHARD JUHALA	58 OREG	34.43
PETE KYNION	55 LYNN	34.90

100 YD. FREE		
JON STOUT	55 OREG	55.34
JAMES MCCLEERY	56 NWM	56.41 P
DAVID LANDES	55 MIR	58.40
STEVE WOLCOTT	56 INWM	1:00.31
MICHAEL MCKINLAY	58 BEST	1:03.07
PAUL FREEMAN	58 UNAT	1:12.55
RICHARD JUHALA	58 OREG	1:18.81
PETE KYNION	55 LYNN	1:18.85

200 YD. FREE		
DAVID LANDES	55 MIR	2:10.96
STEVE WOLCOTT	56 INWM	2:17.25
THOMAS WALKER	55 UNAT	2:56.87

500 YD. FREE		
MICHAEL MCCOLLY	56 NEO	5:35.66 Z
GORDON GRAY	56 NSYG	6:50.66
THOMAS WALKER	55 UNAT	7:52.25
RICHARD JUHALA	58 OREG	8:16.17
EUGENE HUNN	58 NEO	9:39.69

1000 YD. FREE		
MICHAEL MCCOLLY	56 NEO	11:45.92
GORDON GRAY	56 NSYG	14:00.13

1650 YD. FREE		
JAMES MCCLEERY	56 NWM	19:01.39 Z
ROBERT SMITH	58 OREG	23:24.83
GORDON GRAY	56 NSYG	23:38.43

50 YD. BACK		
ROBERT SMITH	58 OREG	28.28
JON STOUT	55 OREG	30.61
MICHAEL MCKINLAY	58 BEST	31.86
PETE KYNION	55 LYNN	46.01

100 YD. BACK		
ROBERT SMITH	58 OREG	1:02.55
MICHAEL MCKINLAY	58 BEST	1:09.87
GORDON GRAY	56 NSYG	1:24.79

200 YD. BACK		
MICHAEL MCCOLLY	56 NEO	2:31.41
GORDON GRAY	56 NSYG	3:01.30
THOMAS WALKER	55 UNAT	3:22.25
RICHARD JUHALA	58 OREG	3:27.49

50 YD. BRST		
STEVEN PETERSON	55 OOPS	33.62 P
DENNIS SAWYER	58 BAM	37.76
PETE KYNION	55 LYNN	48.24

100 YD. BRST		
ROBERT SMITH	58 OREG	1:13.08
STEVEN PETERSON	55 OOPS	1:13.94 P
DENNIS SAWYER	58 BAM	1:25.52

200 YD. BRST		
PAUL FREEMAN	58 UNAT	3:11.69
EUGENE HUNN	58 NEO	3:33.86
THOMAS WALKER	55 UNAT	3:42.91

50 YD. FLY		
SONNY GARRETT	58 UNAT	28.75
STEVE WOLCOTT	56 INWM	30.82
EUGENE HUNN	58 NEO	50.22

100 YD. I.M.		
ROBERT SMITH	58 OREG	1:03.30
JON STOUT	55 OREG	1:04.33
RICHARD JUHALA	58 OREG	1:29.21
EUGENE HUNN	58 NEO	1:38.86

200 YD. I.M.		
EUGENE HUNN	58 NEO	3:45.28

400 YD. I.M.		
MICHAEL MCCOLLY	56 NEO	5:18.70
ROBERT SMITH	58 OREG	5:27.04
GORDON GRAY	56 NSYG	6:20.53
RICHARD JUHALA	58 OREG	7:05.44
THOMAS WALKER	55 UNAT	7:14.10

MEN 60-64

50 YD. FREE		
TOM LANDIS	60 OREG	25.21 Z
100 YD. FREE		
TOM LANDIS	60 OREG	55.93 Z

200 YD. FREE		
TOM LANDIS	60 OREG	2:00.59 Z
500 YD. FREE		
TOM LANDIS	60 OREG	5:35.28 N
BRENT LAKE	63 OREG	6:54.60
MICHAEL NORDBY	60 NEO	7:14.03
LEE CARLSON	61 MIR	7:48.38

1000 YD. FREE		
TOM LANDIS	60 OREG	11:38.01 Z
BRENT LAKE	63 OREG	14:10.26
MICHAEL NORDBY	60 NEO	14:40.35

1650 YD. FREE		
BRENT LAKE	63 OREG	23:59.50

50 YD. BACK		
GARY CHASE	62 UNAT	29.59 Z
BRENT LAKE	63 OREG	34.69
LEE CARLSON	61 MIR	39.30

100 YD. BACK		
GARY CHASE	62 UNAT	1:05.12 Z
BRENT LAKE	63 OREG	1:16.26
200 YD. BACK		
GARY CHASE	62 UNAT	2:30.43
BRENT LAKE	63 OREG	2:48.28
LEE CARLSON	61 MIR	3:10.26

50 YD. BRST		
GARY CHASE	62 UNAT	34.26
LEE CARLSON	61 MIR	45.06

100 YD. BRST		
MICHAEL NORDBY	60 NEO	1:24.91

50 YD. FLY		
BERT PETERSEN	63 OREG	27.90

100 YD. FLY		
BERT PETERSEN	63 OREG	1:05.87
100 YD. I.M.		
GARY CHASE	62 UNAT	1:07.02 Z
MICHAEL NORDBY	60 NEO	1:18.64
200 YD. I.M.		
MICHAEL NORDBY	60 NEO	2:57.02
400 YD. I.M.		
GARY CHASE	62 UNAT	5:42.20 Z

MEN 65-69

50 YD. FREE		
GEORGE THAYER	66 OREG	28.31
DAVID ADDLEMAN	67 FWM	29.35
100 YD. FREE		
GEORGE THAYER	66 OREG	1:05.82
DAVID ADDLEMAN	67 FWM	1:09.27
DON REHFELDT	67 BMSC	1:26.31
500 YD. FREE		
DAVID RADCLIFF	67 OREG	6:12.57
1000 YD. FREE		
DAVID RADCLIFF	67 OREG	12:47.65 Z
1650 YD. FREE		
DAVID RADCLIFF	67 OREG	21:34.12 Z
50 YD. BACK		
GEORGE THAYER	66 OREG	37.59
DAVID ADDLEMAN	67 FWM	37.72
100 YD. BACK		
TOM FOLEY	67 TIG	1:48.54
200 YD. BACK		
GEORGE THAYER	66 OREG	2:56.39
TOM FOLEY	67 TIG	3:44.12
50 YD. BRST		
DAVID ADDLEMAN	67 FWM	40.40
DON REHFELDT	67 BMSC	43.93
100 YD. BRST		
DON REHFELDT	67 BMSC	1:37.38
200 YD. BRST		
DON REHFELDT	67 BMSC	3:36.94
50 YD. FLY		
DAVID ADDLEMAN	67 FWM	35.80
100 YD. FLY		
TOM FOLEY	67 TIG	2:05.24
200 YD. FLY		
TOM FOLEY	67 TIG	4:39.33
400 YD. I.M.		
TOM FOLEY	67 TIG	8:21.82

MEN 70-74

50 YD. FREE		
BOB DORSE	70 TIG	31.89
JIM MILNE	73 NSYG	32.86
CLARK THOMPSON	70 INWM	34.02
100 YD. FREE		
JIM MILNE	73 NSYG	1:14.56
BOB DORSE	70 TIG	1:14.77
CLARK THOMPSON	70 INWM	1:16.57
50 YD. BACK		
JIM MILNE	73 NSYG	46.64
WILLIAM BRESKO	74 INWM	1:07.66
50 YD. BRST		
WILLIAM BRESKO	74 INWM	51.59
100 YD. BRST		
WILLIAM BRESKO	74 INWM	1:58.82
200 YD. BRST		
WILLIAM BRESKO	74 INWM	4:43.97
50 YD. FLY		
BOB DORSE	70 TIG	45.91
100 YD. I.M.		
WILLIAM BRESKO	74 INWM	2:04.36
200 YD. I.M.		
WILLIAM BRESKO	74 INWM	4:46.30

MEN 80-84

50 YD. FREE		
GILBERT YOUNG	80 OREG	35.91
100 YD. FREE		
GILBERT YOUNG	80 OREG	1:20.12
500 YD. FREE		
GILBERT YOUNG	80 OREG	8:09.65 Z
HAROLD YOUNG II	80 TACY	10:24.61



Bill Reeder and Tonya Berg, relay team members of the Green Lake Aqua Ducks.

Photo by Sandy McNeel

1000 YD. FREE		
GILBERT YOUNG	80 OREG	16:38.45 Z
HAROLD YOUNG II	80 TACY	27:00.76
1650 YD. FREE		
HAROLD YOUNG II	80 TACY	40:12.98
50 YD. BACK		
GILBERT YOUNG	80 OREG	46.21

MEN 85-89

50 YD. FREE		
ALLAN DE LAY	86 OREG	45.06
GENE CROSSETT	88 GLAD	47.25
100 YD. FREE		
ALLAN DE LAY	86 OREG	1:44.77
GENE CROSSETT	88 GLAD	1:47.28
200 YD. FREE		
GENE CROSSETT	88 GLAD	4:08.57
500 YD. FREE		
GENE CROSSETT	88 GLAD	11:05.96
1000 YD. FREE		
GENE CROSSETT	88 GLAD	22:11.12
50 YD. BACK		
ALLAN DE LAY	86 OREG	1:02.47

RELAYS-WOMEN 200 YD. FREE

19 +		
K.LYSOGORSKY	23 GLAD	1:52.94
LIZ ROSEN	32	
LEINA TANI	31	
SENECA STORM	29	
SUZIE NESS	40 ORCA	1:55.81
JENNIFER OGLE	34	
HEIDI HANSEN	24	
JESSICA PLASECKE	23	
JAMI SCHWAB	19 LYNN	1:56.11
LAURIE STALLINGS	20	
KARIN HEUSTED	33	
JEAN DILLON	27	
25 +		
LYNN GROSS	41 FWM	2:03.49
HOLLY BORK	25	
A.LITZENBERGER	49	
TAUNYA ROBERTS	28	

35 +		
ANNE BERNHARD	37 NEO	1:59.16
M JOHNSON	53	
LAURA DELRIO	36	
CHARLOTTE DAVIS	51	
WENDY HOFFMAN	39 GLAD	2:09.79
LANI DOELY	46	
PAULA TERHAAR	49	
DEBBIE GLASSMAN	48	
45 +		
SANDY MCNEEL	49 GLAD	2:31.66
JESSE PACE	49	
ARNI LITT	55	
CINDY MARTIN	50	

RELAYS-WOMEN 200 YD. MEDLEY

19 +		
K.LYSOGORSKY	23 GLAD	2:02.58
KIRA MORIN	19	
SARAH HOISINGTON	34	
LIZ ROSEN	32	
KARIN HEUSTED	33 LYNN	2:11.66
JAMI SCHWAB	19	
JEAN DILLON	27	
LAURIE STALLINGS	20	
JENNIFER OGLE	34 ORCA	2:16.07
SUZIE NESS	40	
HEIDI HANSEN	24	
JESSICA PLASECKE	23	
KATIE RICHTER	24 WSYD	2:46.94
SEUJAN BERTRAM	35	
LYNN BOYLE	25	
EMMA SIEBER	34	
25 +		
WENDY HOFFMAN	39 GLAD	2:17.53
TONYA BERG	43	
LEINA TANI	31	
SENECA STORM	29	
ZENA COURTNEY	42 FWM	2:24.14
HOLLY BORK	25	
TAUNYA ROBERTS	28	
LYNN GROSS	41	

35 +			
LAURA DELRIO	36 NEO	2:17.39	
M JOHNSON	53		
ANNE BERNHARD	37		
CHARLOTTE DAVIS	51		
LORETTA DRAGOO	41 INWM	2:21.95	
CINDY CLUTTER	42		
MARGARET HAIR	47		
CATHERINE MURPHY	45		
CHRISTINE PRUNEAU	45 WSYD	2:52.79	
SUSAN ELLIOTT	51		
KARI EINSET	42		
GISELA PAZ	37		
45 +			
JESSE PACE	49 GLAD	2:21.63	
LANI DOELY	46		
DEBBIE GLASSMAN	48		
KATHY ABRAMS	46		
SANDY MCNEEL	49 GLAD	3:32.78	
LIVIA WALKER	79		
ARNI LITT	55		
CINDY MARTIN	50		

RELAYS-M E N 200 YD. FREE

25 +			
RYAN ROBERTS	29 FWM	1:39.69	
STEPHEN FREEBORN	46		
ERIC DYBDAHL	42		
PAUL STOERMER	41		
KARL OLSEN	37 GLAD	1:41.61	
SCOTT SKOGLUND	30		
BILL REEDER	49		
CHRISTIAN BRUHN	29		
35 +			
RONALD JACOBS	50 GLAD	1:40.92	
CLARK PACE	49		
PETE COLBECK	40		
LEONARDO ESPINOSA	41		
JB GOESSMAN	37 BAM	1:44.79	
GREG COLE	50		
DEMI ALLEN	39		
BRIAN RUSSELL	44		
PAUL IKEDA	42 ORCA	1:53.00	
DICK TODD	50		
MATTHEW LIND	38		
JIM LASERSOHN	37		
RICHARD BATLEY	54 LYNN	1:59.78	
GENE REESE	53		
JOHN KESSLER	54		
RON OREN	42		
PATRICK SULLIVAN	54 FWM	2:01.51	
GREGORY HARRISON	50		
JOHN KIRKMAN	44		
DAVID ADDLEMAN	67		
MICHAEL NORDBY	60 NEO	2:06.21	
EUGENE HUNN	58		
JOHN MAKI	43		
MICHAEL MCCOLLY	56		

RELAYS-M E N 200 YD. MEDLEY

25 +			
ERIC DYBDAHL	42 FWM	1:59.52	
GREGG METZLER	43		
MATT STAUFFER	38		
RYAN ROBERTS	29		
ROSS LINDERMAN	25 ORCA	2:08.04	
JIM LASERSOHN	37		
PAUL IKEDA	42		
JASON BAKER	29		
ROD WHARTON	45 INWM	2:10.25	
GLENN MABILE	42		
BERNARD KINGSLEY	43		
MATTHEW JOHNSON	30		
DAVID PARSONS	36 GLAD	2:42.22	
SCOTT SKOGLUND	30		
TOM SCHUTTE	32		
JOHN KROPF	73		
35 +			
LEONARDO ESPINOSA	41 GLAD	1:57.18	
PERRY MORIN	43		
PETE COLBECK	40		
JACK STAVROS	42		
BRIAN RUSSELL	44 BAM	1:58.14	
JB GOESSMAN	37		
JOHN PRIGGER	39		
GREG COLE	50		
BRIAN JOHNSON	40 INWM	2:29.92	
WILLIAM BRESKO	74		
VIRGIL CRAMPTON	41		
DOUG GARCIA	40		
45 +			
RONALD JACOBS	50 GLAD	2:00.76	
CLARK PACE	49		
BILL REEDER	49		
JOHN SYLVESTER	49		
JAMES STEPHENS	47 FWM	2:04.41	
GREGORY HARRISON	50		
STEPHEN FREEBORN	46		
PATRICK SULLIVAN	54		
MICHAEL MCCOLLY	56 NEO	2:24.65	
EUGENE HUNN	58		
MICHAEL NORDBY	60		
WILLIAM BROWN	47		

RELAYS-M E N 400 YD. FREE

35 +			
PAT ALLENDER	43 OREG	3:30.10 Z	
CHRIS GAARDE	37		
JOHN HUDSON	36		
DENNIS BAKER	40		
DENNIS SAWYER	58 BAM	5:45.69	
GREG COLE	50		
MORRIS SORRELLS	63		
BRIAN RUSSELL	44		

RELAYS-M E N 400 YD. MEDLEY

35 +			
KEN RAGSDALE	39 BAM	5:01.55 P	
ORLANDO BOLEDA	47		
PAUL WEBBER	43		
GREG COLE	50		

RELAYS-MIXED 200 YD. FREE

19 +			
TOM SCHUTTE	32 GLAD	1:43.59	
KIRA MORIN	19		
K.LYSOGORSKY	23		
JOHN SYLVESTER	49		
JENNIFER CRUZE	23 BEST	1:49.64	
MICHAEL MCKINLAY	58		
CARRIE NORDBERG	26		
LOREN BAKER	47		
JENNIFER OGLE	34 ORCA	1:54.98	
HEIDI HANSEN	24		
PAUL IKEDA	42		
JIM LASERSOHN	37		
LAURIE STALLINGS	20 LYNN	2:11.05	
PETE KYNION	55		
GENE REESE	53		
JAMI SCHWAB	19		
25 +			
ZENA COURTNEY	42 FWM	1:44.95	
STEPHEN FREEBORN	46		
TAUNYA ROBERTS	28		
RYAN ROBERTS	29		
DAVID PARSONS	36 GLAD	1:45.26	
LEINA TANI	31		
LEONARDO ESPINOSA	41		
SARAH HOISINGTON	34		
RICHARD BATLEY	54 LYNN	1:56.14	
JOHN KESSLER	54		
KARIN HEUSTED	33		
JEAN DILLON	27		
HOLLY BORK	25 FWM	2:10.88	
GREGG METZLER	43		
LYNN GROSS	41		
JAMES STEPHENS	47		
VIRGIL CRAMPTON	41 INWM	2:15.25	
MARVEL KIMBALL	65		
CATHERINE MURPHY	45		
MATTHEW JOHNSON	30		
35 +			
TONYA BERG	43 GLAD	1:59.93	
LANI DOELY	46		
PERRY MORIN	43		
BILL REEDER	49		
STEVE REESE	44 WSYD	2:03.63	
KARI EINSET	42		
CHRISTINE PRUNEAU	45		
BILL KNOWLTON	49		
LAURA DELRIO	36 NEO	2:07.48	
ANNE BERNHARD	37		
JOHN MAKI	43		
WILLIAM BROWN	47		
MARGARET HAIR	47 INWM	2:12.39	
CATHERINE MURPHY	45		
BRIAN JOHNSON	40		
CINDY CLUTTER	42		
45 +			
KATHY ABRAMS	46 GLAD	1:49.05	
DEBBIE GLASSMAN	48		
CLARK PACE	49		
RONALD JACOBS	50		
55 +			
MICHAEL MCCOLLY	56 NEO	2:45.68	
MICHAEL NORDBY	60		
JANET KAVADAS	71		
MARGARET WINNIE	69		

**For information on this year's
Fat Salmon open water swim July 20, go to
www.fatsalmonswim.org**



ARNI LITT	55 GLAD	3:20.27
JOHN KROPP	73	
LIVIA WALKER	79	
GENE CROSSETT	88	

RELAYS-MIXED 200 YD. MEDLEY

19 +		
K.LYSOGORSKY	23 GLAD	1:56.02
CHRISTIAN BRUHN	29	
LIZ ROSEN	32	
TOM SCHUTTE	32	
JENNIFER OGLE	34 ORCA	1:59.17
JIM LASERSOHN	37	
JESSICA PLASECKE	23	
ROSS LINDERMAN	25	
MATTHEW LIND	38 ORCA	2:15.73
PAUL IKEDA	42	
HEIDI HANSEN	24	
SUZIE NESS	40	
STEVE REESE	44 WSYD	2:18.34
TRACY BURROWS	40	
JASEN SPEER	20	
CHRISTINE PRUNEAU 45		

25 +		
TAUNYA ROBERTS	28 FWM	2:00.11
PAUL STOERMER	41	
RYAN ROBERTS	29	
LYNN GROSS	41	
KIM REYKDAL	30 UNAT	2:01.38
BRANDON AUSTIN	29	
BILLY PERRY	33	
PENNY THERRIEN	42	
JESSE PACE	49 GLAD	2:12.95
LEINA TANI	31	
PETE COLBECK	40	
LEONARDO ESPINOSA 41		
SENECA STORM	29 GLAD	2:13.31
KARL OLSEN	37	
SCOTT SKOGLUND	30	
WENDY HOFFMAN	39	
HOLLY BORK	25 FWM	2:18.36
GREGORY HARRISON	50	
STEPHEN FREEBORN	46	
LINDA SULLIVAN	45	

35 +		
JACK STAVROS	42 GLAD	2:08.62
DEBBIE GLASSMAN	48	
PAULA TERHAAR	49	
CLARK PACE	49	
JOHN MAKI	43 NEO	2:22.43
EUGENE HUNN	58	
ANNE BERNHARD	37	
LAURA DELRIO	36	

45 +		
KATHY ABRAMS	46 GLAD	2:08.66
LANI DOELY	46	
BILL REEDER	49	
RONALD JACOBS	50	
MICHAEL MCCOLLY	56 NEO	2:16.15
MICHAEL NORDBY	60	
M JOHNSON	53	
CHARLOTTE DAVIS	51	

RELAYS-MIXED 400 YD. FREE

19 +		
RICHARD BATLEY	54 LYNN	6:58.55
GENE REESE	53	
LAURIE STALLINGS	20	
JESSICA DALTON	19	

LEADING OFF

By
Lee Carlson

(Continued from page 1)

and PNA Championship, friends from Oregon, Inland Northwest, and Montana, as well as British Columbia, joined us. Third, the Weyerhaeuser King County Aquatic Center provided the venue for very fast times and enjoyable competition. The meet results are in this issue and on the web site at swimpna.org.

Special thanks to Dan Frost and Hank Kirkland, who served as our co-meet directors. Holly Bork picked up the responsibilities that Dan and Hank couldn't cover. Hank ran his first meet ably assisted by family members Joanne and Katherine. Hugh Moore provided advice and counsel on the meet. And thanks to Mary Ann White for the great t-shirt design.

A special event during the meet was the presentation of the Dawn Musselman Award. Barb Gundred is the award winner for 2002. Since Barb was returning from competing in the FINA World Championships in New Zealand, her team members accepted the award for her. Barb's leadership, dedication, and inspirational qualities were highlighted by her teammates in their nomination. Paul Ikeda, last year's award winner made the presentation. PNA Secretary Steve Peterson chaired the selection committee and provided the plaque and certificate.

Setting goals and meeting those goals are an important part of exercising for both fitness and competition. Two good examples, both involving the 1650 free, were clear for me during the meet. Hal Young, age 80, was not happy with his earlier distance event, but he had a good race in the 1650, remarking, "I felt I redeemed myself." Jim McCleery was 3/10ths of a second off a national 1650

record. Jim, an Oak Harbor resident, shrugged his shoulders and said simply, "It's a long way to go to come that close." Knowing Jim, he will soon achieve that national record. Congratulations to all who competed, to those that made their goals, and to those that tried.

During the last six months, several pools have been closed for maintenance or repair. Some of these are Northshore, Bellevue, Mercer Island, North Kitsap, and Seattle University. I know there are and will be more. Many area teams have taken in swimmers displaced by these pool closures. I am impressed by everyone's efforts to make them feel at home, by introducing themselves and team members, and providing help and encouragement during the workout. Green Lake has a great drop-in on Saturday morning. Many other teams are providing help.

I've been working out with the Issaquah Masters Team for the last few weeks and both their coach Ty Rudolf and their team members really made me feel welcome. Donna Huss has been swimming at Issaquah for 20 years. It is such a part of her life that she simply can't think of what it would be like not to swim. Peter Emsky is a triathlete who got into Masters swimming about six years ago because he needed to improve his swimming. This is now one of his favorite activities. Julie and Watt Taylor met at the pool and married about five years ago. These are very typical stories in our swimming community and in others throughout the country. If your pool is closed look on the swimpna.org web site and find a place to swim. If there is a Masters workout, introduce yourself and you will find some great people and good stories.

PNA Local Masters Swimming Committee
PNA Long Course Meet - Sanction #023605

PNA LOCAL MASTERS SWIMMING COMMITTEE
MEET ENTRY FORM: July 27, 2002 Sanction #023605

ORDER OF EVENTS (#4)	
#	EVENT
1	400 IM
2	400 FREE
3	200 FREE RELAY
4	50 BREAST
5	100 FLY
6	200 FREE
7	50 BACK
	BREAK
8	200 MIXED FREE RELAY
9	100 BREAST
10	50 FLY
11	100 FREE
12	200 BACK
13	200 MEDLEY RELAY
	BREAK
14	200 BREAST
15	200 FLY
16	50 FREE
17	100 BACK
18	200 IM
19	200 MIXED MEDLEY RELAY
	BREAK
A*	5000 or 10000 FREE

DATE & TIME:

Saturday, July 27, 2002
Warm-up: 8:00 AM; Meet Starts 9:00 AM
5K/10K swims start no earlier than 2:00 PM

LOCATION:

Weyerhaeuser King County Aquatic Center
Federal Way, Washington

Eight-lane x 50-meter course. Separate 25-yard warm-up area.
Ample spectator seating. Electronic timing will be used.

DIRECTIONS:

From I-5 north or south: Take exit 142B and proceed west for two miles. The Aquatic Center is on the right.

ELIGIBILITY:

Open to all 2002 USMS or MSC registered swimmers age 19 and above as of 12/31/02. Age groups determined by the swimmer's age as of 12/31/02.

RULES: Current USMS rules will govern the meet.

AGE GROUPS (individual events): 19-24, 25-29, and 5-year age groups as high as necessary.

RELAYS: Deck-enter relays at the meet. Age groups 76+, 100+, 120+, 160+ and 40-year increments as high as necessary. Cumulative age of the four relay swimmers determines the age group of the relay.

SEEDING: Slow to fast

MEET DIRECTORS:

Jo Moore: mdec@halyon.com
206-240-4665
Kim Lysogorski: klysog@u.washington.edu
206-527-7328

***5K/10K EVENT:** The pool will be available for participants desiring to enter the USMS 5K/10K National Championship. There is a separate entry fee (\$5) and reservation form for this event. Contact Sally Dillon (salswmr@earthlink.net / 360-679-5038) for further information.

WEBSITE: For more information, visit the PNA website (www.swimpna.org)

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

NAME: _____ M F AGE (as of 12/31/02) _____

ADDRESS: _____

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

CLUB/TEAM (or Unattached): _____
*All swimmers who are not registered through the Pacific Northwest LMSC MUST attach a photocopy of their current USMS or MSC registration card.

ENTRY LIMIT: Five individual events total, plus relays.

EVENT #	EVENT NAME	SEED TIME

ENTRY FEES: \$ 9.00 Surcharge
\$ _____ Individual events: (\$1 per event for swimmers under 65.
No charge for swimmers 65 or over. No charge for relays.)
TOTAL \$ _____ MAKE CHECKS PAYABLE TO
PNA

MAIL THIS FORM AND ENTRY FEES TO: Arni Litt
Entries must be received by **1920 10th Ave E**
Seattle WA 98102-4612
arni@gwest.net

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: _____

USMS OPEN WATER SWIM CLINIC
SATURDAY, JUNE 29, 2002

Luther Burbank Park, Mercer Island, WA
11 AM – 3 PM

Hosted and sanctioned by the PNA for USMS, Inc. # 3602-OW3

PNA is pleased to be able to bring Michael Collins to the Seattle area to conduct a United States Masters Swimming Open Water Swim Clinic. Michael is a long time Masters coach and received the coveted "USMS Coach of the Year" award in 1990 when he was head coach of the Davis Aquatic Masters in California. An open water enthusiast, he raced as a pro triathlete from 1988-1992 with great success. Michael is an ASCA Level 5 Masters swimming coach and has been a guest coach for USA Triathlon National Team camps. He has coached several world class swimmers, is a Total Immersion senior instructor, and is currently the Masters coach at Irvine Novaquatics in Southern California.

Michael will be assisted by other PNA coaches. Participants will receive a clinic manual, lecture, and skills practice in the water (weather permitting). Wetsuits are recommended and refreshments will be served.

The USMS Open Water Clinic is open to all interested adults (19+) and the fees for participation are:

\$20 for PNA swimmers currently registered with USMS.

\$40 for non-PNA swimmers (this fee includes "one event" USMS registration for insurance purposes).

\$50 for late registration IF space allows.

Clinic schedule: 11 AM – check-in
11:30 AM - 2:00 PM – lecture and discussion
2:00 – 3:00 PM – in water practice.

CLINIC LIMIT – 50 participants
Pre-Registration Recommended!

SIGN-UP DEADLINE: JUNE 22. Please complete the following form and submit it, with appropriate fee, to:
Sally Dillon, PO Box 845, Oak Harbor, WA 98277. 360-679-5038 or <salswmmr@earthlink.net>

Name: _____ 2002 USMS Number: _____
Address: _____ Phone: (____) _____
City: _____ Zip: _____ DOB: _____ Age: _____ Sex: ____
E-mail: _____ USMS Club: _____ Local team: _____

Liability 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 THERETO, I HEARBY 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: _____



HAPPY BIRTHDAY

to the following PNA swimmers!

05 15 BRIAN RUSSELL	06 07 MICHELLE CAMPILLO-PETERS	06 24 SHARI WICK
05 15 MICHAEL NORDBY	06 07 ANN LENNARTZ	06 25 DAVID STOREY
05 16 JEAN DILLON	06 07 JOHN DEMEYER	06 25 TERRI STEELE
05 16 GRETCHEN MCNABB	06 09 YURIKO SATO POEHLMAN	06 25 KRIS VAN GIESON
05 17 ERIC KNAPP	06 09 TREVOR PETRIE	06 26 SHARON OLDS
05 18 RON OREN	06 09 GREGORY MARTIN	06 26 WAYNE METHNER
05 18 CLAIRE EADIE	06 09 JEAN FANKHAUSER	06 27 LYNN BOYLE
05 18 DAVID BROWN	06 12 DON REHFELDT	06 27 LORRAINE EADIE
05 19 MAGGIE KINSELLA	06 12 ANDREA PARYPA	06 27 ALICE BIRNBAUM
05 23 NANCY FAEGENBURG	06 12 DOUGLAS REDFIELD	06 28 ABBIE MORRIS
05 23 MARK ARNOLD	06 13 GARY HOLMQUIST	06 29 SALLY BROWN
05 24 STEVEN ROSARIA	06 13 HEIDI HANSEN	07 01 GREGORY STONER
05 24 BRAD PALMER	06 13 LYNN BELL	07 01 THOMAS MITCHELL
05 24 DAVID THOMPSON	06 14 LAURA DEL RIO	07 02 LEN MCCOLLAM
05 24 ALAN LEVIS	06 14 KAREN SMITH	07 02 TOM SCHUTTE
05 25 CATHY MACKAY	06 15 LIZ ROSEN	07 03 MATT LEASE
05 25 WILLIAM HAYES	06 15 JIM MILNE	07 03 DIANA GEITZ
05 25 LEINA TANI	06 16 CRAIG MALLERY	07 03 JAY BURNHAM
05 27 TAM KING	06 16 DOUG PORTELANCE	07 04 TIMOTHY PETERS
05 28 HAROLD TAUSCHER	06 17 CAROLINE BROWNE	07 06 RUSSELL KNUDSEN
05 28 CAROL TROUP	06 17 ROBERT MORA	07 06 JUDITH HUTCHISON
05 28 SUNNY SMALLWOOD	06 17 ELISA PANELLI	07 06 MICHAEL MCKINLAY
05 29 SUZANNE STROM-REED	06 17 PERRY MORIN	07 06 PAUL FREEMAN
05 30 DEBRA ANDERSON	06 18 MICHELLE WILLATS	07 07 SHEILA MCCUE
05 30 DAVID ROBBINS	06 18 GREG SCULLY	07 07 MIMI POEHLMAN
05 31 ANNE CURZAN	06 18 MICHELLE WATTS	07 07 ROY KIM
05 31 CHRISTIAN BRUHN	06 19 JASON BAKER	07 07 PAUL SHERMAN
05 31 MICHAEL BAILEY	06 19 CATHERINE BARMORE	07 09 KAREN THOMAS
05 31 TIM O'BRIEN	06 20 KARI PAGE	07 09 SALLY SMITH
06 01 CARY LASSEN	06 20 CLARISSA HSU	07 10 CAROL HARDY
06 02 JASEN SPEER	06 20 JENNIFER OGLE	07 10 MARGARET MCCLEERY
06 02 ADAM GISH	06 21 CHARLES NORMAN	07 11 WADE PRAGER
06 02 JOHN KROPF	06 21 SALLY PARRY	07 11 DAVID NIELSEN
06 02 KATHY BYERS	06 22 THOMAS FOLEY	07 11 LOWELL JOHNSON
06 03 JEAN CRECELIUS	06 22 SANDER BOGDAN	07 11 JOY ROSS
06 03 BILL KNOWLTON	06 22 GORDON GRAY	07 11 SUSAN MAIN
06 03 WENDY NEELY	06 22 LISA BEHRINGER	07 12 HEATHER KELLY-HEDRICK
06 04 MICHAEL JONES	06 23 ANNE CAVASSA	07 12 PETER EMSKY
06 04 EMMA YAM HUANG SIEBER	06 23 PAT MATTHIESEN	07 13 JETT VALLANDIGHAM
06 06 JULIE DELANEY	06 23 LARS DURBAN	07 13 SHARLENE MCCAMBRIDGE
06 06 JACK HILOVSKY	06 24 MICHAEL HORNE	07 14 DAVID SEARS
06 06 ERIKA BERGMAN	06 24 DAVID DRUM	07 14 DAN FROST

Overlake Hospital Wellness

No Excuse Not to Know Your Blood Pressure

By Dr. Bill Crouse, Overlake Hospital



According to The American Heart Association, as many as one in five Americans has high blood pressure or “hypertension.” Among the 55 million people who have high blood pressure, nearly a third don’t know they have it.

Think of your heart as a pump that circulates fluid through a long, closed system of pipes, which are your blood vessels. The “pressure” of the fluid in this closed system is the inherent force it exerts on the walls and in all directions inside the pipes. Blood pressure is measured in millimeters of mercury or mm Hg. High blood pressure is defined in an adult as a blood pressure greater than or equal to 140 mm Hg systolic and 90 mm Hg diastolic. The first number, or systolic pressure, measures the force of the blood as it is being pumped by the heart. The second number, or diastolic pressure, is the force of the blood when the heart is filling just before its next beat.

Why is high blood or hypertension such a big deal? Consistently high blood pressure forces the heart to work way beyond its capacity. This injures the blood vessels and can damage other organs such as the eyes, brain, and kidneys. High blood pressure is also a leading risk factor for heart disease and strokes. Since heart disease and strokes account for the majority of premature deaths in this country, anything that can be done to reduce such an important risk factor is very worthwhile. Furthermore, although the exact cause for high blood pressure cannot be identified in 90 to 95 percent of the people who have it, hypertension is a treatable

condition. Finding and treating more people who have high blood pressure would greatly reduce the number of people who develop complications or die because of it.

There are a lot of reasons why so many people have high blood pressure, but don’t know why they have it. Perhaps the foremost reason is because high blood pressure usually doesn’t cause symptoms. That’s why it is often referred to as a “silent killer.” In other words, if you’re not looking for it, you won’t find it. Another reason people don’t know their blood pressure is because they seldom see a doctor, or rarely have their blood pressure measured. But you don’t need a doctor to know your blood pressure.

Doctors, nurses, and paramedics measure blood pressure with a device known as a sphygmomanometer. You may know this instrument as a “blood pressure cuff.” Today, drugstores and other retailers sell a wide variety of these devices for home use. They range from pump-up models similar to the type your doctor may use, to electronic instruments. Prices range from \$40 to \$100 or more. The point to stress is that even if you’re the type of person who never goes to the doctor, there’s really no excuse not to know your blood pressure. If you don’t want to invest in your own testing device, many pharmacies, fire stations, and other public places offer free blood pressure screenings.

What if you find out your blood pressure is high? First, don’t panic. Your blood pressure will normally

rise and fall with changes in activity or emotional state. It’s also normal for blood pressure to vary from person to person. It’s generally a good idea to measure your blood pressure on several occasions, and during different times of the day. If it is consistently higher than 140/90, you really need to see a doctor. This doesn’t necessarily mean that he or she will put you on medication. Often, adopting some simple lifestyle modifications like exercise, weight loss, diet, and stress reduction can treat high blood pressure. Weight loss is especially important. Only when these strategies don’t do the job (or your blood pressure is dangerously high) is medication required. If medication is needed, your doctor has a wide variety of drugs to choose from. Some of these work by getting rid of excess fluid and sodium (salt) in the body. Others relax constricted blood vessels. Still others prevent blood vessels from constricting and narrowing. By working with your doctor you can find a drug, or combination of drugs, that will get your pressure down and keep it there. Many of the blood pressure medications available today have few, if any, side effects.

Bill Crouse, M.D., a board-certified family physician, is vice president of Medical Technology for the Overlake Venture Center in Bellevue.

VOLUNTEERS NEEDED!!!!

2002 USA Swimming Disability National Championships

Federal Way Washington

June 13-15, 2002

Yes! I would be interested in helping._____

Availability: (please circle) Pre-meet:Tuesday, 6/11, Wed 6/12,
Meet: Thursday 6/13, Friday 6/14,
Saturday 6/15.

Time available: Morning_____, afternoon_____, Evening_____

Please indicate specific time frame if you have restrictions.

Thank you!

Yes! I would be interested in a committee member._____

Contact information:

Name:_____

Address:_____

Phone Number: Days_____ Eve_____

E-mail address:_____

PNS Club:_____

Areas of interest: (Please circle as many as you want)

- | | |
|--------------------------|------------------------------------|
| Awards | Publicity |
| Hospitality | Pre meet activities (mailings etc) |
| Parking Attendant | Swimmer Registration and check in |
| Safety Marshall/Security | Credentials |
| Volunteer coordination | Any area |

Other:_____

Please return to:

Kiko VanZandt
5552-35th Ave. NE
Seattle, WA 98105
(206) 524-2417 eves
(206)526-2182 days

THANK YOU

National Championships

On June 13-15, 2002, Pacific Northwest Swimming will host the 5th Annual National Championships and USA selection meet for the World Championships for swimmers with a disability. This meet will draw the very best swimmers in the country, along with several foreign delegations, to the Pacific Northwest. The Championships will be held at the Weyerhaeuser King County Aquatic Center.

At last year's Championships in Phoenix 184 swimmers represented 57 teams, including swimmers from Argentina, Australia, Italy, Mexico, Peru, Great Britain and Canada.

How can you help? We are looking for volunteers:

- Publicity and Media
- Safety Marshals
- Deck Security
- Hospitality
- Basket Carriers (age 10 - 13)
- Finalists escorts (age 14 - 18)
- Athletes' Social (June 12th)

In addition to volunteers we are looking for donations:

- Meet/Day/Event Sponsors
- Food and beverages for hospitality, the athletes' and officials' socials
- Printing for the meet program
- \$\$\$
- Talent to sing National Anthem
- Talent to entertain at the Athletes' Social
- Talent for Opening Ceremonies each night of finals
- Items for Athlete, Coach and Official's Goodie Bags

Pacific Northwest Swimming along with USA Swimming and the local organizing committee are looking forward to welcoming these athletes, coaches, officials and their families. Please contact Kiko VanZandt or Mary Coddington and fill out the Volunteers Needed!!!! form.



There Will Be a New 50-Meter Husky Pool—With Your Help

By Bob Campbell, UW Class of 1970

We are thrilled to report to all of you who have steadfastly supported Husky swimming that we have launched the capital campaign for the new 50-meter Husky pool. Our timeline calls for the public solicitation process to begin in the late spring or early summer, and so you will hear more from us on how you can help in a month or two.

In the meantime, we would like to share a few of the highlights of the campaign.

- Bill Patterson, a Husky varsity swimmer from 1972 to 1977, and an All-American 200 yard backstroker in 1973 has agreed to lead the charge. Bill is the architect who created the preliminary design for the new pool and is a passionate supporter of Husky swimming. We are unbelievably fortunate to have a person of Bill's talents, dedication and organizational skills to help accomplish our goal of building a new pool. Bill is in the process of establishing his fund raising committees. If you would like to help with the fundraising effort, please contact him at (503) 439-3773 / Boousc@aol.com.
- The new pool will be located on the site of the existing pool. It will be a 50 x 25 meter aquatic training facility with depths ranging from 7 feet in the shallow end to 16.5 feet in the deep end and diving boards and towers ranging from 3 to 10 meters. It will accommodate 400 spectators and will serve as a training and meet facility for Husky, high school, age group and Masters swimming, diving, water polo and

synchronized swimming as well as any other aquatic activity (such as scuba and kayak lessons). It will be first class facility and a regional aquatic gem.

- The new pool will cost \$18.5 million, and the Athletic Department has placed the burden of raising all of that money on us. We currently are exploring the creation of a non-profit corporation to receive your tax deductible gifts, build the pool, and make an "in kind" contribution to the University. Doing so could save up to \$2.8 million.

We do have one immediate need for funding. Although we have arranged for private funding of Bill Paterson's efforts, we will need an estimated \$10,000 to cover the out-of-pocket expenses associated with the new Husky Pool fund raising effort. If you are willing to contribute to this expenditure, please make your tax-deductible donation to Husky Fever and note "Husky Pool" either on your check or in an accompanying letter.

Our challenge is great, and our goal is worthy. Much remains to be done, but we are optimistic we can and will succeed in this endeavor with your support.

Note: Donations to Husky Pool Capital Campaign can be sent to the following address:

*Husky Fever-Pool Campaign
4756 University Village PI NE
Seattle, WA 98105-5021*

Please indicate on checks, "Pool Capital Campaign".

PNA Donates to New Husky Pool

At the March PNA Board meeting, PNA voted to contribute \$2000 to the Husky Pool Foundation. In response, here's a portion of the thank-you letter from Bill Patterson, Executive Director of the Husky Pool Foundation, to Hugh and Jane Moore:

Outstanding! On behalf of the Executive Committee for the Husky Pool Capital Campaign and the entire Husky Family, we thank the Pacific Northwest Association of Masters Swimmers for the \$2,000 contribution.

Congratulations also for being the first constituency group to come forward with a donation. Hugh and Jane, we applaud your leadership in the Masters Swimming Community and we applaud you for putting into action your commitment to Husky Swimming so rapidly.

"Getting the word out" as you have already, shows what a difference the "grass roots" efforts can make in a Capital Campaign. Your great example will rub off on all other groups, and we will begin to see a momentum created which will surpass expectations.

**Go to
usms.org/longdist
for the entry
form for the
USMS 5K/10K
Postal Swim**

Fewer Colds, Stronger Immune Systems in Athletes

Did you feel healthier when you took up a consistent swimming program? Did you think you didn't catch that cold and flu bug as often? According to researcher David C. Nieman, you are not alone.

Physically active individuals who engage in moderate forms of exercise both experience and report fewer colds than sedentary individuals, according to David Nieman, a professor of health and exercise and director of the Human Performance Laboratory at Appalachian State University. Dr. Nieman presented findings from his studies in April at the American College of Sports Medicine's sixth annual Health & Fitness Summit & Exposition in Orlando, Florida.

Between 60 and 90 percent of fitness enthusiasts, runners, and Master athletes interviewed by Nieman and his colleagues indicated that they suffered from cold symptoms less than their peers who did not exercise regularly. Three randomized studies conducted by Nieman support near-daily activity reducing the number of days with sickness. In these studies, women in the exercise groups walked briskly for 35-45 minutes five days a week for 12 to 15 weeks. A control group remained physically inactive. The results were similar to those reported by fitness enthusiasts: walkers experienced about half the days with cold symptoms as their sedentary peers in the control group.

During moderate exercise, several positive changes occur in the immune system. Stress hormones, which have been shown to suppress immunity, and pro- and anti-inflammatory cytokines, chemicals in the immune system that indicate intense metabolic activity, are not elevated during moderate exercise. Although the immune system returns to normal very quickly after exercise, each exercise session showed a boost in immunity that appears to reduce the risk of infection over the long term.

Endurance Athletes Who Overtrain More Susceptible to Illness

In addition, recent studies conducted by Nieman support the perception that heavy training for endurance athletes may elevate the risk of upper respiratory tract infection (URTI), such as the common cold or sore throat. An increase in susceptibility to infection may occur in the one- to two-week period following participation in competitive endurance races. A high percentage of self-reported illnesses occur when elite athletes exceed their training threshold, mostly related to training stress.

This data, according to the researchers, shows a relationship between exercise workload and infection. Most endurance athletes should experience low to normal URTI risk during periods of regular training; the risk rises during periods of overtraining and competition. Heavy exertion,



Nieman found, leads to temporary but clinically significant changes in immunity 3 to 72 hours following the session.

Nieman suggests that athletes follow these guidelines for healthy immune systems and increased defense against pathogens:

- Keep life stressors to a minimum; mental stress has been linked to suppressed immunity.
- Eat a well-balanced diet to keep vitamin and minerals in the body at optimal levels.
- Avoid overtraining and chronic fatigue.
- Get adequate sleep on a regular schedule; disruption of sleep has been linked to suppressed immunity.
- Avoid rapid weight loss, which has been related to adverse immune changes.
- Avoid putting the hands to the eyes and nose, thus avoiding self-inoculation.
- Before important competitive events, avoid sick persons and large crowds.
- Get a flu shot when competing during the winter months.

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.

Second Annual LAKE PADDEN OPEN WATER SWIM

Saturday, June 22, 2002

Hosted by the BELLINGHAM MASTERS SWIM CLUB

Sanctioned by the Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction #3602-OW1

Events: A 2.5-kilometer and 5-kilometer open water lake swim on a triangular course marked with large orange buoys. The start will be in the water with the finish on the beach. The course will be monitored by lifeguards and safety boats. The expected water temperature is 65F/18C.

Location: Lake Padden Park, Bellingham, Washington. This is a beautiful lake which has hiking, biking and running trails. It also has a large barbecue and play area for the entire family. The swim area is equipped with restrooms, showers and changing areas.

Rules/Wetsuits: Current USMS rules will be in effect. The use of neoprene wetsuits is allowed and encouraged. Swimmers must wear the swim cap provided.

Awards/Results: Each participant will receive a certificate of participation. Age-group awards for both men and women will be given in each event. Age-groups are 19-24, 25-29, 30-34, and additional five-year groups as high as necessary. Results will be posted upon completion of each event.

Entry Fees and Deadline: \$25(U.S.) entry fee. Participants must be members of USMS or Masters Swimming Canada. A one-day USMS membership may be purchased on race day for \$8. Race day registration is available. Participants pre-registering by June 15 will receive a T-shirt.

Schedule:	8:00 - 8:45 a.m.	Registration and Check-in	8:45 a.m.	Mandatory pre-race meeting
	9:00 a.m.	5-kilometer swim start	9:15 a.m.	2.5-kilometer swim start

Directions to Lake Padden: Southbound (from Vancouver): I-5 to Exit 152 (Samish Way) and turn left at the end of the off-ramp. Go across freeway overpass and turn right at the next light. Follow road about two miles to the Lake Padden park entrance on the right. Park in the lots available. Northbound (from Seattle): I-5 to Exit 150 (Old Fairhaven Parkway) and turn right at the bottom of the off-ramp. Wind your way up the steep hill by following the yellow lane divider (This is a series of roads with right-angle turns) until reaching the top of the hill and one of the park entrances. Turn right into the park and follow the drive to the swim area.

Event Director: Barb Gundred / Phone: (360) 734-8364 / E-mail: konabarb@hotmail.com

Name: _____ Sex: _____ Age: _____

Address: _____

Phone (home): _____ Phone (work): _____ E-mail: _____

Emergency contact & phone: _____

USMS/MSC registration number: _____ (please include photocopy of registration card for verification)
(A one-day USMS registration may be purchased for \$8 at the swim)

Mail entry form and fees [payable to BELLINGHAM MASTERS SWIM CLUB] to: BELLINGHAM MASTERS SWIM CLUB
ATTN: BARB GUNDRED
3880 GALA LOOP
BELLINGHAM WA 98226

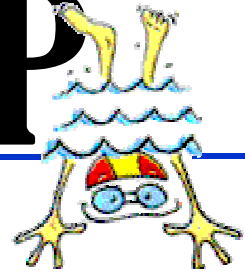
T-Shirt size: M _____ L _____ XL _____

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 of 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Must be signed and dated for acceptance. SIGNATURE _____ DATE: _____



THE FINAL LAP



Butterfly Fin Drills

By Bill Volckening

For most people, butterfly is the most challenging stroke. The following list of drills was developed for age group swimmers who are learning butterfly for the first time. These drills are also useful for Masters swimmers who are either learning butterfly or fine-tuning their skills.

Dolphin kick on the back with a perfect streamline: I would suggest to the swimmers a few things to help them do this drill properly. Keep the chin up so the back of the head stays in the water. The chin should not be lowered toward the neck and swimmers should avoid the temptation of looking at their feet because it redistributes the body weight and creates drag. I also suggest kicking up with the top part of the foot. Streamline by placing one hand on top of the other, raising the arms above the head, stretching and squeezing the head between the arms.

Dolphin kick on the side: One arm is extended up above the head and the other is down at the side (on the swimmer's thigh). The arm on the side facing the bottom of the pool (the one under the head) is the one that is extended.

Kick drill/swim: Try to incorporate the undulating body motion of the dolphin kick with the arm pull by switching back and forth between the kick drills and the swim. I suggest one pool length of each with discussion in between

One-arm butterfly: I would emphasize that this is not supposed to be like freestyle, and I ask swimmers to breathe to the front and use the dolphin kick

Dolphin dive: This drill only works in pools shallow enough for swimmers to stand up. Swimmers push off the bottom of the pool, bring their arms around from the side and dive down letting their feet follow through the hole.

Bound feet with fins: Sometimes swimmers have a difficult time eliminating the flutter kick from their dolphin kick. I would sometimes use rubber tubing to tie their legs together at the ankles while also using fins. This drill is only used every once in a while. Overuse can cause the swimmers to get sore ankles, and young swimmers generally don't like the drill, but it works. I would use it as an incentive to do it right, e.g. "if we don't get rid of the flutter kick, I will tie your legs together like we did before..."

Technical inventory (a progression):

Head dive—The head should be thrown down in between the arms when the arms are thrown forward. I would tell swimmers to think about it when doing short swims.

Head connected to hips/behind—I would remind swimmers that the head dives to help keep the hips high in the water. I would tell them to drop their heads and stick up their behinds in the same motion. This way the swimmer can roll through the kick.

Keyhole pull—The pull should be shaped like a "keyhole" – which, generally speaking, is a circle on top of an open triangle. I would tell the swimmers to think about it when doing short swims.

Coordinate the finish of the pull with the second kick—I would remind swimmers that there are two kicks per complete arm rotation. The last part of their underwater pull (bottom part of the keyhole) must be combined with the second kick to help them swim butterfly more easily and efficiently. I would remind them to stick their chins forward when breathing and to avoid having their stroke going too far up and too far down (if their stroke is too vertical I would tell them to "flatten it out.")

Bill Volckening is a Masters swimmer, Editor of the USMS section of SWIM Magazine, and a former USMS coach. He writes for SWIM, Swimming World, Swimming Technique and Triathlete Magazine.





Welcome to the swimmers who have recently joined PNA!

ELIZABETH ANDREW, MARY ANDREWS, MIKHAIL BASKOV, LISA BEHRINGER, MARK BICKFORD, SKYE BROTHERS, RON CHO, JESSICA DALTON, GEORGE DRUFFNER, JEAN FANKHAUSER, KEVIN FITZPATRICK, MICHAEL FLEMING, MARGRIT KLEWIN, JOHN KROFF, SUSAN LEVERIDGE, GRETCHEN LORHAMMER, KIMBERLY LYSOGORSKI, TRUDY MCKNIGHT, JAMES MCNAMARA, SHERYL MELVIN, MICHAEL MURRAY, FLETCH NEWLAND, ANDY NORLANDER, PEGGI NORMAN, JENNIFER OGLE, KARL OLSON, JESSICA PIASECKE, KIM REYKDAL, TOM SCHULZ, JANE SLADE, SALLY SMITH, LOREN SPURGEON, AL TRUSCOTT

Relays for SC Nationals in Hawaii

Are you or your teammates planning to attend Short Course Nationals in Hawaii? If so, consider swimming on relays for Club PNA.

Please have interested relay folks submit 50 free and 50 stroke times to Lynn Wells as soon is possible.

Lynn Wells
 BAM Head coach
 Bainbridge Area Masters/
 Fitness Swim
 206-842-2302-B
 206-842-0207-Fax
 swimlynn@usms.org

Cost to the swimmer is \$3 per relay.
 Have fun in Hawaii!

PNA Masters Swimming "Away-from-home" Sign up for Postal Swims

Complete entry form, enclose fee, and mail to the event coordinator listed below:

Name: _____ 2002 USMS Number: _____
 Address: _____ Phone: (____) _____
 City: _____ Zip: _____ DOB: _____ Age: _____ Sex: ____
 E-mail: _____ USMS Club: _____ Local team: _____

Purpose: The 5K & 10K National Postal Swims require a 50-meter pool. "Away-From-Home" Postal Swims provide 50-meter pool space that enables PNA swimmers an opportunity to participate in the events.

Rules: USMS Postal Rules apply. Refer to the official 5/10K entry form published in SWIM Magazine and the PNA web site. First-come, first-served sign-up; day-of-event sign up accepted IF space permits. Each swimmer must provide someone 12 years or older to count laps and record splits. Events will usually be run 2-per-lane. Each swimmer will be required to sign the USMS Liability Release at the event.

Fees: \$5/swimmer pool fee to help defray our pool rental costs. If you wish to enter the National Championship event, bring a photocopy of your USMS registration card, the \$10 entry fee and a completed event entry form.

Sign up: Check the location, event and include your seed time. You may only swim one event each day.

Saturday, July 27, beginning at 2-3 PM
 (July 22 sign-up deadline)
 _____ KCAC @ 650 SW Campus Drive,
 Federal Way, WA
 _____ 5K seed time: _____
 _____ 10K seed time: _____

We will start immediately following the LC meet taking place the same day and you will be contacted as to the expected start time.

Saturday, August 17, noon – 4 PM
 (August 12 sign-up deadline)
 _____ South Kitsap HS Pool, 425 Mitchell Rd.
 Port Orchard, WA
 _____ 5K seed time: _____
 _____ 10K seed time: _____

PNA has the whole pool at allotted time should allow for some 10K attempts.

CHECKS PAYABLE TO PNA - Send this form and fees to: Sally Dillon, PO Box 845, Oak Harbor, WA. 98277 - 360-679-5038 or <salswmr@earthlink.net> **Confirmation and instructions will be sent to all who sign up.

