



Jane and Hugh Moore Win Ransom Arthur Award

May 16, 2002—The prestigious USMS Ransom Arthur Award was given this year to our local PNA members, Jane and Hugh Moore. This national award is given annually to the person who has done the most to further the objectives of Masters swimming. The award is in honor of Captain Ransom J. Arthur, MD, who established the US Masters swimming program.

Jane and Hugh's dedication to USMS is huge. The actual nomination for the award is completely filled, in fine print, with their accomplishments. Besides holding numerous national and local offices, Jane and Hugh developed the Federal Way Masters from a small to a large team. When the Weyerhaeuser King County Aquatic Center was built, they were influential supporters during the political efforts to seek approval and money. Thanks to their influence, the first meet in the Weyerhaeuser King County pool was a Masters meet.

Ever since Jane found Hugh's name on a bulletin board advertising Masters swimming at the Wichita "Y" in Kansas 22 years ago, they have both dedicated a large share of their lives to Masters swimming on all levels. Whatever one is involved in, the other actively supports. USMS has always received "two for the price of one" when assigning one or the other to a major project or position.



Photo by Lee Carlson

The winners of the Ransom Arthur Award, Hugh and Jane Moore, admire the plaque presented to them at dinner at the Federal Way Azteca, May 16th. Kathy Casey (in the background) arranged the dinner and presented the award. She read the speech by USMS President Jim Miller at the same time it was being presented at Nationals in Honolulu. Kathy said, "Great fun! Everyone at the dinner was totally surprised. I told all kinds of lies to pull this off! It was a wonderful evening!"

Haiku
"Long Course"

Swim swim swim
Swim swim swim swim swim
Swim swim turn

By Ben Miller
Dynamo Masters, Atlanta, Georgia



Special Points of Interest:

- Enter the Fat Salmon swim! It's become a tradition in Seattle and growing more popular each year. See page 12-13 for the entry form.
- Long Course meet season is here. The entry form for our PNA Long Course, held at the Weyerhaeuser King County Aquatic Center, July 27th, is on page 6.
- Submit material for September's *WetSet* by Tuesday, August 20th to swim@troutlake.com.

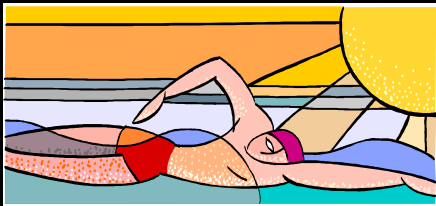


What's inside?

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USMS SC Nationals, Hawaii

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Places to Swim



WETSET

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Records/Top Ten: Walt Reid

Officiating: Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Social: Jett Vallandigham

LEADING OFF

By
Lee Carlson

Ransom Arthur Award

Congratulations to Hugh and Jane Moore on receiving national recognition through the most prestigious USMS award, the Ransom Arthur Service Award.

Hugh and Jane have been a force in Masters swimming for many years. Over the last decade they have served as co-chairs for three USMS national championship meets held at the Weyerhaeuser King County Aquatic Center in Federal Way and many PNA meets. A "will-do" attitude, superb organizational skills and knowledge, and contributions to all aspects of Masters Swimming resulted in this national recognition. The Moores have contributed even more to the growth and strength of the PNA.

As Kathy Casey, Chair of the USMS Recognition and Awards Committee, said, "In Hugh and Jane we are receiving two for the price of one." We are truly fortunate to have their energy and commitment.

King County

On a different and much more troublesome subject, public hearings have been held at several locations on the King County Budget shortfall estimated at over 45 million dollars. The county is looking to close some facilities or reduce facility hours as one of the many options in response to funding cutbacks. Several information pieces are included in this *WetSet*. Look on our web site *SwimPNA.org* for a link to current information. It's up to all of us to be current and involved with what's occurring with the 20-plus Forward Thrust pools in King County. We will need to participate in efforts to preserve these pool facilities.

Lake Padden

June 22nd was the second annual Lake Padden Open Water Swim. In response to the gorgeous weather, someone quipped, "This isn't northwest swimming!" The lake is in a park with an alpine-like setting; the water was 71 degrees. Barb Gundred, meet director, and the Bellingham Masters Swim Club sponsored this event for 83 participating swimmers. Terry Campbell finished first in the 2.5-kilometer swim while Paul Skoglund finished first in the 5-kilometer swim. Bob Dyer of Bellingham, in his first event since returning to Masters Swimming after an eight year absence, said he was happy with his swim and was "working on losing weight and adding friends." A good goal for many of us.



One More Relay

One relay for the PNA and Zone Champs, April 14-15, missed being published with the rest of the results in the May-June *WetSet*. Here's the missing relay:

RELAYS-WOMEN 200 YD. MEDLEY

65 +		
JANET KAVADAS	71	4:09.48
KAREN BRYCE	68	
CAROLINE BALDWIN	68	
MARGARET WINNIE	69	



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**.

ÿ July 20

Fat Salmon
OW 1 mile/3 mile, Seattle, WA
Ed Artis (206) 793-3099
Michael Meyer (206) 213-0096
meyer@cavlogix.com

ÿ July 20

Eugene Swim Meet LCM
Eugene, OR
Arden Adams (503) 688-4013
aadamsswim@aol.com

ÿ July 21

Steve Omni Memorial 1-Mile Swim
Coeur d' Alene, ID
Margaret Hair (208) 667-3721
ramgolf@gocougs.wsu.edu

ÿ June 23

PNA Board Meeting
Seattle Parks & Recreation

ÿ July 27

PNA Long Course Meet, LCM
Weyerhaeuser King Co Aquatic Ctr
Federal Way, WA
Jo Moore (206) 240-4665
mdec@halcyon.com

ÿ July 27

5K/10K "Away From Home" Swims
Weyerhaeuser King Co Aquatic Ctr
Federal Way, WA
Sally Dillon (360) 679-5038
salswmr@earthlink.net

ÿ July 27-28

Oregon Association Champs
500m, 1500m, 5k OW
Elk Lake, Bend, OR
Pam Himstreet (541) 385-7770
himstreet@bendcable.com

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

ÿ August 3-4

Oregon LMSC OW Champs
500m/1500m/5000m
Elk Lake, OR
Pam Himstreet (541) 385-7770
himstreet@bendcable.com

ÿ August 4

USMS 5 Mi Open Water Championship
La Jolla Bay, San Diego, CA
David Lamott (619) 222-3436
stevedockstader@aol.com

ÿ August 11

USMS 1-Mile Long Distance Champs
OW 1mi/3000m
Lake Dorena, Cottage Grove, OR
Steve Johnson stevej@nsdssurvey.org
www.usms.org

ÿ August 11

2002 USMS 1-Mile OW Champs
Cottage Grove, OR, Dorena Reservoir
Haleigh Werner (541) 334-5134
werner@pond.net

ÿ August 15-18

Nationals LCM
Cleveland State University
Cleveland, Ohio
Pieter Cath (440) 248-8270
cath.p@worldnet.att.net
www.usms.org

ÿ **August 18 (date change)**

5K/10K "Away From Home" Swims
Port Orchard, South Kitsap Pool
Sally Dillon (360) 679-5038
salswmr@earthlink.net

ÿ August 17

Emerald City OW
Seattle, WA
Kristen Schuler (206) 684-4766
kristen.schuler@ci.seattle.wa.us
www.cityofseattle.net/parks

ÿ August 17

Long Bridge Swim 1.76 mi
Sandpoint, ID, OW
Eric Ridgway (208) 265-5412
sage1199@yahoo.com www.sandpoint.org/longbridgeswim

ÿ August 23-25

Northwest Zone LCM Champs
Salt Lake City, UT
Dennis Tesch (801) 583-9025
detesch@attbi.com

ÿ August 24

Eel Lake 0.5mi, 1mi, 2mi OW Carnival
North Bend, OR
Bob Bruce (541) 317-4851
bobbruce13@attglobal.net

ÿ September 1-October 31

USMS 3000/6000 Yd Postal Champs
Marty Hamburger (404) 325-4177
marty@dynamomasters.com

ÿ September 8-15

US Aquatic Sports Convention
Dallas/Fort Worth, TX

ÿ September 14

Jewish Community Ctr Meet SCM
Salt Lake City, UT
Doug Smith (801) 521-8075
swmdocdou@aol.com

ÿ **September 28**

Whidbey Island Pentathlon SCM
Oak Harbor, WA

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



April 24, 2002—Vice President Jeanne Ensign called the meeting to order at 7:01 pm at the McNeel & Associates offices. Attendees included Sally Dillon, Tom Foley, Dan Frost, Jan Kavadas, Arni Litt, Sandy McNeel, Hugh Moore, Clark Pace, Steve Peterson, and Sarah Welch. These 11 represented Federal Way, GLAD, North End Otters, North Whidbey, OOPS, Swim Seattle, Tigers, and the membership at large.

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

Treasurer's Report: The Board approved the Treasurer's report as presented and the final 2001 LC Nationals report. Total PNA assets are \$49,850 including the Wiggin Fund's \$2,792. The Nationals meet net income was \$12,252. Sarah thanked Jeanne Ensign for her assistance in preparing the Nationals accounting. "It was nice to work on the financials for this meet since expenses came in under budget, many swimmers came, and we made a good profit," said Jeanne. The Board approved reimbursing Steve Peterson for Dawn Musselman Award expenses of \$33.75

Awards: Sally has turned over all medals, ribbons, and incidentals to new chair Arni Litt. Steve Peterson noted that choosing this year's Dawn Musselman Inspirational Swimmer was a challenge. Nomination write-ups for the four candidates were very well done, and Steve thanked the committee (six previous winners) for their help in making the decision. Steve will follow up, encouraging the nominators of those not selected to resubmit their candidates.

Open Water: Sally sent a contract to Ed Artis for the July 20 Fat Salmon swim, urging a quick response for timely information dissemination. The Board approved an \$8 fee for One-Event Registrations (affecting both the Fat Salmon and Lake Padden swims). Regarding opportunities to get LC water for postal 5K/10K competition, Sally said that the South Kitsap pool is available August 17 or 18 and KCAC July 27 or 28. The Board approved both months: on the afternoon of the KCAC July 27 LC meet and between noon and 4 pm at South Kitsap on August 17. Discussion ensued about recruiting a director for the LC meet and event details. The 5K/10K will be included as an event but registration is separate with a \$5 entry fee.

Nationals Meet Coach Stipend/Relay Coordinator: The Board discussed this at length, raising several issues. The goal is to encourage coach participation at Nationals. Should a collection be taken from the swimmers attending? If PNA were to offer a stipend, all coaches should be solicited via the *WetSet* prior to selection. Further discussion was tabled to a future meeting. Should PNA subsidize pool and postal nationals relays? Perhaps this penalizes unattached or non-participating swimmers; using Nationals meet profits is more apropos; should Pacific Northwest

Aquatics fund them, not PNA? The Board agreed that for this meet, swimmers should pay their relay fees to the relay coordinator, with shortfalls, if any, to be covered by PNA (up to \$50). The Board will develop a policy.

Open Water Clinic: A clinic director hasn't been selected. June 29 is still the target date so information must go into the May/June *WetSet*, though two Board meetings will occur before then. Sally will contact King County Parks and Mercer Island to coordinate the use of Luther Burbank Park.

Champs Meet Recap: Dan Frost applauded Hank Kirkland and Holly Bork as the MVPs of the Zone/Champs meet. Despite his own job workload and meet director responsibilities, Dan says he too was able to enjoy the meet. A dozen or so participants attended the Coaches & Team Reps meeting preceding the meet. Lee Carlson led discussions regarding the meet and future programs, sparking topics that will be expanded upon at future Board meetings.

King County Park and Pool Closures: Hugh noted that budget shortfalls are causing King County to threaten park and pool closings. Layoff notices have gone out affecting 20 pools, and windows have been measured for boarding up. Hugh will forward information about a letter writing campaign to Steve for distribution.

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

PNA 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@halcyon.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**
Monday, July 22, 2002 **Seattle WA 98102-4612**
arni@qwest.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:** _____



IN THE NEWS PNA SWIMMERS



Wanted: PNA Web Master

Our PNA web site guru, Jim McCleery, has decided to move on to other activities, so PNA is looking for a new volunteer. The job is maintaining and updating the PNA web site (www.swimpna.org). This is a very important means of publishing information on Masters swimming and PNA. It includes our calendar, records, results, registrations form, PNA information, links, and where to swim.

Jim, along with Mardi McCleery, have advanced this site to become an award-winning MACA Top Ten site and have always been quick to post the current information. Both Jim and Mardi will be missed.

If you are interested or have questions, contact Jim McCleery at mccleery@skagit.ctc.edu.

To Japan and Back

Remember Yuriko Poehlman? Last spring she was training to swim in a meet in Japan.

Yuriko now reports that she's been there, had lots of fun, and is now back in the Northwest.

March 10th, she competed in the Masters Short Course Regional meet in Kanagawa, which is south of Tokyo. There were 1429 participants in the meet and each swimmer was only allowed to compete in two events.

Yuriko chose the 50-meter Freestyle (finished 2nd in her 30-39 age group, 11th overall) and the 100-meter IM (finished 3rd in her age group, 8th overall).

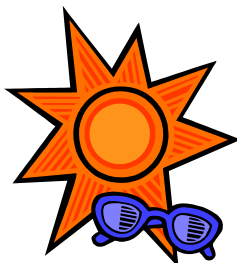
Yuriko commented, "The meets in Japan are much larger than we have here, but still are well organized and a pleasure to participate in."



Photo by Sandy McNeil

Yuriko with her family at Orca's Queen City Splash & Ski meet last January.

USMS SCY Nationals in Honolulu, Hawaii



Honolulu, May 14-18—Forty PNA members dug out their hats, sun glasses, and sun screen and traveled to Hawaii to swim in the USMS Short Course Nationals, held at the Duke Kahanamoku Aquatic Center.

On Thursday, Barb Gundred lowered the National 100-yard Backstroke record for Women Age 50-54 to 1:06.44. The next day, she repeated her performance by breaking the National record for the

200-yard Backstroke, bettering the old record by 5 seconds.

Barb also swam a National record in the 50-yard Backstroke, sweeping the backstroke events.

Other PNA swimmers set 25 Zone records and 16 PNA records. Check out the results that follow.

- P PNA Record
- Z Northwest Zone Record
- N National Record

Results

May 14-17, 2002
Short Course Yards

WOMEN 25-29

100 YD. FREE		
JEAN DILLON	28	1:08.70
50 YD. BRST		
JEAN DILLON	28 # 2	31.48 Z
200 YD. BRST		
JEAN DILLON	28 # 2	2:28.54 P
100 YD. FLY		
JEAN DILLON	28 # 3	1:01.49 P
200 YD. I.M.		
JEAN DILLON	28 # 4	2:18.63

**WOMEN 30-34**

50 YD. FREE		
KARIN HEUSTED	33	27.84
100 YD. FREE		
KARIN HEUSTED	33 # 8	59.10
MEGAN BUSSART	31	1:04.17
200 YD. FREE		
MEGAN BUSSART	31	2:21.93
500 YD. FREE		
MEGAN BUSSART	31	6:10.55
1650 YD. FREE		
MEGAN BUSSART	31 # 4	21:20.91
50 YD. FLY		
KARIN HEUSTED	33 # 9	29.41
100 YD. FLY		
KARIN HEUSTED	33 # 9	1:08.18
100 YD. I.M.		
KARIN HEUSTED	33 # 9	1:07.47
200 YD. I.M.		
KARIN HEUSTED	33	2:28.21

WOMEN 35-39

100 YD. FREE		
CAROLYN MATHEWS	39	58.23
200 YD. FREE		
HOLLY CORNER	35	2:09.84
500 YD. FREE		
HOLLY CORNER	35	5:49.70
50 YD. BACK		
CAROLYN MATHEWS	39 # 7	29.80
HOLLY CORNER	35	32.72
100 YD. BACK		
HOLLY CORNER	35 # 9	1:09.21
200 YD. BACK		
CAROLYN MATHEWS	39 # 4	2:19.43
100 YD. I.M.		
HOLLY CORNER	35	1:07.48
200 YD. I.M.		
HOLLY CORNER	35	2:26.39

WOMEN 40-44

100 YD. FREE		
ZENA COURTNEY	42 # 9	58.23
1000 YD. FREE		
LISA WILSON	40 # 3	11:32.86 P
50 YD. BACK		
ZENA COURTNEY	42 # 2	29.82
100 YD. BACK		
ZENA COURTNEY	42 # 3	1:03.95
LISA WILSON	40 # 5	1:07.07
200 YD. BACK		
ZENA COURTNEY	42 # 3	2:19.61
LISA WILSON	40 # 4	2:25.09
50 YD. BRST		
TONYA BERG	43	35.78
100 YD. BRST		
TONYA BERG	43 # 9	1:15.39
200 YD. BRST		
TONYA BERG	43 # 7	2:43.42
100 YD. I.M.		
LISA WILSON	40 # 5	1:05.55 P
ZENA COURTNEY	42 # 7	1:06.43
200 YD. I.M.		
LISA WILSON	40 # 4	2:22.03 Z
ZENA COURTNEY	42 # 5	2:22.49
400 YD. I.M.		
LISA WILSON	40 # 2	5:03.82

WOMEN 45-49

50 YD. FREE		
MARY LIPPOLD	46 # 2	26.27 Z
DEBBIE GLASSMAN	48 # 4	26.87
JO MOORE	47 # 7	28.16
100 YD. FREE		
MARY LIPPOLD	46 # 2	57.63 Z
JO MOORE	47 # 4	58.79
DEBBIE GLASSMAN	48 # 6	1:00.38
200 YD. FREE		
JO MOORE	47 # 1	2:07.37
DEBBIE GLASSMAN	48 # 5	2:17.61

500 YD. FREE		
MARY LIPPOLD	46 # 2	5:46.92 Z
1000 YD. FREE		
MARY LIPPOLD	46 # 1	11:53.98 Z
1650 YD. FREE		
JO MOORE	47 # 2	20:03.58 Z
50 YD. FLY		
DEBBIE GLASSMAN	48 # 5	29.33
JO MOORE	47 # 6	29.76
100 YD. FLY		
MARY LIPPOLD	46 # 3	1:05.01 Z
DEBBIE GLASSMAN	48 # 5	1:07.08
200 YD. FLY		
MARY LIPPOLD	46 # 3	2:25.05 Z
DEBBIE GLASSMAN	48 # 8	2:37.96

WOMEN 50-54

50 YD. FREE		
CHARLOTTE DAVIS	52 # 4	27.20 Z
DEMPSEY DYBDAHL	53	34.36
100 YD. FREE		
CHARLOTTE DAVIS	52 # 3	59.83 Z
500 YD. FREE		
BARB GUNDRED	50 # 1	5:45.06 Z
1000 YD. FREE		
BARB GUNDRED	50 # 1	12:00.62 Z
1650 YD. FREE		
KATE SUTHERLAND	54 # 8	30:44.01
50 YD. BACK		
BARB GUNDRED	50 # 3	31.09 N
CHARLOTTE DAVIS	52 # 5	32.92
LINDA MARIZ	53 # 9	37.18
100 YD. BACK		
BARB GUNDRED	50 # 1	1:06.44 N
LINDA MARIZ	53 # 9	1:22.33
200 YD. BACK		
BARB GUNDRED	50 # 1	2:28.10 N
LINDA MARIZ	53 # 8	3:06.50
50 YD. BRST		
DEMPSEY DYBDAHL	53	42.58
100 YD. BRST		
DEMPSEY DYBDAHL	53 # 9	1:33.70
KATE SUTHERLAND	54	1:42.82
200 YD. BRST		
KATE SUTHERLAND	54 # 9	3:42.27
50 YD. FLY		
CHARLOTTE DAVIS	52 # 4	29.94 Z
DEMPSEY DYBDAHL	53	38.62
100 YD. I.M.		
CHARLOTTE DAVIS	52 # 2	1:09.54
LINDA MARIZ	53 # 8	1:19.89
DEMPSEY DYBDAHL	53	1:24.31
200 YD. I.M.		
LINDA MARIZ	53 # 4	3:00.04
400 YD. I.M.		
LINDA MARIZ	53 # 5	6:45.46
KATE SUTHERLAND	54 # 8	7:51.70

WOMEN 55-59

50 YD. FREE		
SALLY DILLON	55 # 1	29.99 P
SARAH WELCH	55 # 2	32.14
J.VALLANDIGHAM	55 # 6	45.29
100 YD. FREE		
SALLY DILLON	55 # 2	1:04.86 Z
200 YD. FREE		
SALLY DILLON	55 # 2	2:22.85 P
500 YD. FREE		
SALLY DILLON	55 # 2	6:28.59
J.VALLANDIGHAM	55	9:53.16
1650 YD. FREE		
SALLY DILLON	55 # 1	22:05.87
50 YD. BRST		
J.VALLANDIGHAM	55 # 6	51.28
100 YD. BRST		
SALLY DILLON	55 # 2	1:26.81 P
J.VALLANDIGHAM	55 # 9	1:53.88
50 YD. FLY		
SARAH WELCH	55 # 3	37.35
100 YD. FLY		
SARAH WELCH	55 # 2	1:24.11

200 YD. FLY		
SARAH WELCH	55 # 3	3:20.25
200 YD. I.M.		
SARAH WELCH	55 # 2	3:04.92
400 YD. I.M.		
SARAH WELCH	55 # 2	6:28.81

WOMEN 70-74

500 YD. FREE		
JANET KAVADAS	71 # 6	10:50.08
100 YD. BACK		
JANET KAVADAS	71 # 4	2:05.70
200 YD. BACK		
JANET KAVADAS	71 # 3	4:33.50
100 YD. BRST		
JANET KAVADAS	71 # 3	2:16.77
200 YD. BRST		
JANET KAVADAS	71 # 2	4:56.84

WOMEN 80-84

200 YD. FREE		
MARION CHADWICK	80 # 4	5:12.89
500 YD. FREE		
MARION CHADWICK	80 # 3	15:42.35
1000 YD. FREE		
MARION CHADWICK	80 # 2	29:24.01
100 YD. BACK		
MARION CHADWICK	80 # 3	3:06.01
200 YD. BACK		
MARION CHADWICK	80 # 2	6:53.93

MEN 19-24

50 YD. FREE		
JASEN SPEER	20 # 6	23.17
100 YD. FREE		
JASEN SPEER	20 # 8	52.15
200 YD. FREE		
JASEN SPEER	20 # 8	1:59.55
500 YD. FREE		
GEORGE SAYAH	23 # 4	5:42.79
200 YD. BACK		
JASEN SPEER	20 # 4	2:25.20
50 YD. BRST		
GEORGE SAYAH	23 # 2	31.29
100 YD. BRST		
GEORGE SAYAH	23 # 3	1:09.96
100 YD. FLY		
JASEN SPEER	20 # 5	1:01.32
100 YD. I.M.		
GEORGE SAYAH	23 # 6	1:03.44

MEN 25-29

100 YD. FREE		
ROSS LINDERMAN	25 #10	23.24
100 YD. FREE		
ROSS LINDERMAN	25	51.17
100 YD. FREE		
ROSS LINDERMAN	25 #10	1:55.64
100 YD. FREE		
ROSS LINDERMAN	25 # 7	25.47

MEN 40-44

100 YD. FREE		
PETE COLBECK	40	50.81
200 YD. FREE		
PETE COLBECK	40 # 6	1:49.90
500 YD. FREE		
PETE COLBECK	40 # 4	4:59.85
LEO ESPINOS	41	5:30.35
ERIC DYBDAHL	42	5:37.13
1650 YD. FREE		
PETE COLBECK	40 # 3	17:25.54 P
ERIC DYBDAHL	42 # 7	20:06.15
100 YD. BACK		
ERIC DYBDAHL	42	1:05.42
50 YD. FLY		
DAVID MCALPINE	41 # 3	24.04 Z
100 YD. FLY		
DAVID MCALPINE	41 # 2	53.20
ERIC DYBDAHL	42	1:02.64

200 YD. FLY		
ERIC DYBDAHL	42 # 7	2:19.46
100 YD. I.M.		
DAVID MCALPINE	41 # 5	56.23
PETE COLBECK	40	1:00.49
LEO ESPINOS	41	1:02.97
200 YD. I.M.		
DAVID MCALPINE	41 # 3	2:04.24
400 YD. I.M.		
ERIC DYBDAHL	42 # 9	5:21.21

MEN 45-49

50 YD. FREE		
DONALD GRAHAM	47 # 9	23.73
JOHN SYLVESTER	45	24.50
100 YD. FREE		
DONALD GRAHAM	47	53.39
JOHN SYLVESTER	45	54.27
50 YD. BACK		
DONALD GRAHAM	47 # 7	28.24
JOHN SYLVESTER	45	31.59
100 YD. BACK		
JOHN SYLVESTER	45 # 9	1:05.23
STEPHEN FREEBORN	46	1:08.02
100 YD. BRST		
BILL REEDER	49	1:18.09
50 YD. FLY		
DONALD GRAHAM	47 # 9	25.57
STEPHEN FREEBORN	46	26.18
BRIAN RUSSELL	45	26.54
BILL REEDER	49	29.31
100 YD. FLY		
DONALD GRAHAM	47 # 8	57.06 Z
BRIAN RUSSELL	45 #10	58.18
STEPHEN FREEBORN	46	59.26
200 YD. FLY		
BRIAN RUSSELL	45 # 5	2:13.75
100 YD. I.M.		
DONALD GRAHAM	47 # 6	59.34
BRIAN RUSSELL	45 # 9	1:01.42
STEPHEN FREEBORN	46	1:04.54
BILL REEDER	49	1:08.83
200 YD. I.M.		
BRIAN RUSSELL	45 # 5	2:13.65
STEPHEN FREEBORN	46 #10	2:24.75
BILL REEDER	49	2:30.49
400 YD. I.M.		
BRIAN RUSSELL	45 # 5	4:45.63

MEN 50-54

50 YD. FREE		
RONALD JACOBS	50 # 4	23.57
100 YD. FREE		
RONALD JACOBS	50 # 6	52.38 P
200 YD. FREE		
RONALD JACOBS	50 # 4	1:57.06 P
FRANK WARNER	53 #10	2:00.49
JAMES NORRIS	54	2:16.18
500 YD. FREE		
FRANK WARNER	53 # 3	5:28.89
JAMES NORRIS	54	6:12.46
1000 YD. FREE		
FRANK WARNER	53 # 3	11:52.51
JAMES NORRIS	54 # 7	12:41.10
50 YD. BACK		
RONALD JACOBS	50 # 7	28.70
FRANK WARNER	53 # 8	29.37
100 YD. BACK		
RONALD JACOBS	50 # 3	1:01.17 P
FRANK WARNER	53 # 6	1:04.64
200 YD. BACK		
RONALD JACOBS	50 # 3	2:13.25 Z
FRANK WARNER	53 # 6	2:18.87

MEN 55-59

50 YD. FREE		
SONNY GARRETT	58	26.66
100 YD. FREE		
STEVEN PETERSON	55	1:01.46
500 YD. FREE		
MICHAEL MC COLLY	56 # 3	5:33.64 Z



John Sylvester and Coach Lynn Wells on the sidelines at Short Course Nationals.

1000 YD. FREE		
MICHAEL MC COLLY	56 # 8	11:52.51
100 YD. BACK		
MICHAEL MC COLLY	56 # 3	1:08.88
200 YD. BACK		
MICHAEL MC COLLY	56 # 5	2:28.71
50 YD. BRST		
STEVEN PETERSON	55 # 7	33.80
100 YD. BRST		
STEVEN PETERSON	55 # 7	1:14.02
200 YD. BRST		
STEVEN PETERSON	55 # 5	2:40.87 Z
50 YD. FLY		
SONNY GARRETT	58 #10	28.28 P
200 YD. I.M.		
MICHAEL MC COLLY	56 #10	2:26.57
STEVEN PETERSON	55	2:34.53
400 YD. I.M.		
MICHAEL MC COLLY	56 # 6	5:13.77

MEN 60-64

50 YD. BACK		
GARY CHASE	62 # 1	30.23
100 YD. BACK		
GARY CHASE	62 # 1	1:05.46
200 YD. BACK		
GARY CHASE	62 # 1	2:26.36 Z
100 YD. BRST		
GARY CHASE	62 # 2	1:14.69
100 YD. I.M.		
GARY CHASE	62 # 1	1:05.75 Z
200 YD. I.M.		
GARY CHASE	62 # 4	2:29.47 Z

RELAYS-WOMEN 200 YD. FREE

25 +		
MEGAN BUSSART	31 # 6	1:50.26
HOLLY CORNER	35	
JEAN DILLON	28	
KARIN HEUSTED	33	
35 +		
CAROLYN MATHEWS	39 # 6	1:48.17
TONYA BERG	43	
LISA WILSON	40	
ZENA COURTNEY	42	
45 +		
JO MOORE	47 # 1	1:45.48 Z
CHARLOTTE DAVIS	52	
DEBBIE GLASSMAN	48	
MARY LIPPOLD	46	
BARB GUNDRED	50 # 7	2:06.81
SARAH WELCH	55	
DEMPSEY DYBDAHL	53	
SALLY DILLON	55	

RELAYS-WOMEN 200 YD. MEDLEY

25 +		
HOLLY CORNER	35 # 4	2:02.29
JEAN DILLON	28	
KARIN HEUSTED	33	
MEGAN BUSSART	31	
35 +		
CAROLYN MATHEWS	39 # 4	1:59.20
TONYA BERG	43	
ZENA COURTNEY	42	
LISA WILSON	40	

45 +			
CHARLOTTE DAVIS	52 # 5	2:17.47	
SALLY DILLON	55		
SARAH WELCH	55		
MARY LIPPOLD	46		

RELAYS-M E N 200 YD. FREE

45 +			
JOHN SYLVESTER	45 # 4	1:36.41 P	
RONALD JACOBS	50		
BRIAN RUSSELL	45		
STEPHEN FREEBORN	46		

55 +			
MICHAEL MC COLLY	56 # 8	1:48.81 P	
GARY CHASE	62		
STEVEN PETERSON	55		
SONNY GARRETT	58		

RELAYS-M E N 200 YD. MEDLEY

35 +			
DAVID MCALPINE	41 #10	1:54.25	
LEO ESPINOS	41		
PETE COLBECK	40		
ERIC DYBDAHL	42		

45 +			
RONALD JACOBS	50 # 7	1:54.46	
BILL REEDER	49		
BRIAN RUSSELL	45		
STEPHEN FREEBORN	46		

55 +			
GARY CHASE	62 # 6	1:58.41 P	
STEVEN PETERSON	55		
SONNY GARRETT	58		
MICHAEL MC COLLY	56		

RELAYS-MIXED 200 YD. FREE

25 +			
KARIN HEUSTED	33 # 9	1:39.23	
ROSS LINDERMAN	25		
ZENA COURTNEY	42		
PETE COLBECK	40		

JEAN DILLON	28	1:43.03	
HOLLY CORNER	35		
LEO ESPINOS	41		
ERIC DYBDAHL	42		

35 +			
JOHN SYLVESTER	45	1:41.69	
CHARLOTTE DAVIS	52		
LISA WILSON	40		
BRIAN RUSSELL	45		

45 +			
RONALD JACOBS	50 # 3	1:39.99 Z	
MARY LIPPOLD	46		
DEBBIE GLASSMAN	48		
DONALD GRAHAM	47		

BILL REEDER	49 #10	1:51.08	
SALLY DILLON	55		
JO MOORE	47		
FRANK WARNER	53		

55 +			
SONNY GARRETT	58 # 8	2:32.86	
JANET KAVADAS	71		
J.VALLANDIGHAM	55		
STEVEN PETERSON	55		

RELAYS-MIXED 200 YD. MEDLEY

19 +			
KARIN HEUSTED	33 # 8	1:52.91	
JEAN DILLON	28		
ROSS LINDERMAN	25		
JASEN SPEER	20		

35 +			
DAVID MCALPINE	41 #10	1:53.63	
LEO ESPINOS	41		
ZENA COURTNEY	42		
LISA WILSON	40		

HOLLY CORNER	35	1:58.72	
TONYA BERG	43		
ERIC DYBDAHL	42		
JOHN SYLVESTER	45		

45 +			
RONALD JACOBS	50 # 6	1:58.41	
BILL REEDER	49		
DEBBIE GLASSMAN	48		
MARY LIPPOLD	46		

LINDA MARIZ	53 #10	2:08.99	
DEMPSEY DYBDAHL	53		
BRIAN RUSSELL	45		
STEPHEN FREEBORN	46		

55 +			
SARAH WELCH	55 # 2	2:14.80 P	
STEVEN PETERSON	55		
SONNY GARRETT	58		
SALLY DILLON	55		

Help USMS Record Swimming History

The History & Archives Committee has collected stories and oral histories for 272 USMS top athletes. Now one of their top priorities is to collect stories on 309 more athletes who have been named USMS All American six or more times. USMS is hoping that each LMSC will write stories about their swimmers.

To see the list, which is divided by both Zone and LMSC, go to <http://www.swimgold.org/zone/> on the web. The History & Archives Committee has a brochure on the web, in PDF format, with guidelines for writing stories and where to send them.



Is Leo Espinos explaining the fine points of racing with Pete Colbeck, John Sylvester, and Lisa Wilson? Sarah Welch is in the foreground.

Photo by Bill Reeder

**Bainbridge Area Masters
Bainbridge Island Meet**

Bainbridge Area Masters will hold their first PNA swim meet October 19th at Bainbridge Island.

This meet will provide lots of variety in swimming events. The new pool is available for warm up and cool down. Or you can “warm down” in the hot tub.

The meets starts at 9:00 am (8 am warm-up) Saturday morning so Bainbridge Area Masters invites you arrive Friday and make an evening of it on Bainbridge Island.

More information will be in the September *WetSet*.

**North Whidbey Masters
5th Annual Pentathlon**

The North Whidbey Masters “Afterburners” will once again host their Short Course Meter Pentathlon in Oak Harbor on Saturday, September 28th. This year the meet will begin at noon instead of in the morning. Three pentathlon divisions will be offered in this fun short course meters meet and forms for entering the Annual Postal Pentathlon will be available. The divisions are:

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

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

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

The entry form is on page 21.



**Prescription
for Health**

Helping Americans adopt a healthy lifestyle is a top priority for recent Surgeon General Dr. David Satcher. He suggests the following "Prescription for Health" that includes his top recommendations for healthy living:

- € Moderate physical activity, at least 5 days a week, 30 minutes a day.
- € Avoid toxins-tobacco, illicit drugs and abuse of alcohol.
- € Eat at least 5 servings of fruits and vegetables a day.
- € Responsible sexual behavior, abstinence where appropriate.

For a more information, visit the web site: <http://www.surgeongeneral.gov>

Get published
Submit your material for the September *WetSet* for August 20th to swim@troutlake.com.

<h1 style="margin: 0;">PNA Meet Schedule</h1>						
Date	Venue	Location	Meet Director	Phone	E-Mail	Entry Deadline
Saturday July 20, 2002	Fat Salmon 1 and 3-Mile Open Water	Lake Washington	Ed Artis Michael Meyer	(206)793-3099 (206) 213-0096	meyer@cavlogix. com	July 10 and race day—maximum 300 entries
Saturday July 27, 2002	PNA Long Course	Weyerhaeuser King County Aquatic Center, Federal Way	Jo Moore	(206) 240-4665	mdec@halcyon. com	Must be received by July 22
Saturday July 27, 2002	5K and 10K Postal Swim	Weyerhaeuser King County Aquatic Center, Federal Way	Sally Dillon	(360) 679-5038	salswmr@earthlink .net	First-come, first- served
Saturday August 17, 2002	5K and 10K Postal Swim	South Kitsap HS Pool, Port Orchard	Sally Dillon	(360) 679-5038	salswmr@earthlink .net	First-come, first- served
Saturday September 28, 2002	Whidbey Island Pentathlon SCM	Oak Harbor	Sally Dillon	(360) 679-5038	salswmr@earthlink .net	September 21 and race day
Saturday October 19, 2002	Bainbridge Island Meet SCY	Bainbridge Island	Lynn Wells	(206) 824-2302 X17	swimlynn@usms. org	

Fat Salmon Open Water Swimming Championships

1 & 3 Mile Races

JULY 20, 2002 Lake Washington, Seattle, WA

<http://www.fatsalmon.org>

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS Inc

Sanction Number: 3602-OW2



Open water swim events involve a substantial amount of risk. Please do not participate if you are not comfortable swimming these distances in cold water.

Time Guidelines: One-Mile Participants should be able to swim a 1,650 freestyle in 35 minutes or less, and less than 45 minutes in open water conditions. Three-Mile Participants should be able to swim a 5,000 yard freestyle in less than 1 hour 40 minutes and less than 1 hour and 50 minutes in open water conditions. Participants who have not finished the three-mile swim in less than two hours will be pulled from the water.

Participants agree to become familiar with race information and race-course prior to race day.

EVENT OVERVIEW: The Fat Salmon Race is an open water swim competition located in Seattle, Washington, an area with many waterways and lakefront areas in and around the city. The first Fat Salmon race was held in 1999 with seventeen entrants competing in the three-mile event. By 2001, the race grew to 98 swimmers in the three-mile event and 87 swimmers in the one-mile event. Three-mile race participants typically complete the event in a range of 1 hour to 1¾ hours, and one-mile competitors in twenty to forty-five minutes. Water temperature is typically between 55 to 65 degrees Fahrenheit and many participants choose to wear a wetsuit.

Whenever an event involves immersion in cold water for any period of time there is a substantial risk of exposure to hypothermia and drowning. Therefore participants are required to sign a waiver removing all responsibility of the organizing entities and persons, and representing that the competitor will be able to complete the event without any assistance from any other person or floatation device.

All competitors must be registered with United States Masters Swimming, Inc. (USMS) or Masters Swimming Canada (MSC). Non-PNA swimmers must include a copy of their registration along with their entry form. If not registered, one-event registration is available for a cost of \$8.

PRERACE CHECK-IN & MANDATORY

MEETING: Morning of the race, July 20, 2002:

6:15 am Check-in begins
7:00 am 3-Mile check-in closes
7:15 am 1-Mile check-in closes
7:20 am ALL COMPETITORS ARE REQUIRED TO BE AT THE PRE RACE COMPETITOR MEETING.

RACE START: The Three-Mile Race starts at approximately 8:00 a.m. The One-Mile Race starts at approximately 9:00 (when the first 3 mile swimmers pass the one-mile starting point - see race map). Car-pooling is encouraged to transport swimmers to the race start.

LOCATION: Madison Park Beach, Lake Washington, Seattle, Washington

ELIGIBILITY: This event is open to all USMS and MSC registered swimmers 19 years of age as of July 20, 2002. Any swimmer not registered with PNA must submit a photocopy of their registration card with their entry. One-event USMS registration is available for \$8.00.

ENTRY FEES:

Early Bird Entries: Prior to June 1, 2002 \$25.00

Regular Entries: Received by July 10, 2002 \$32.00

Late Entries: After July 10, 2002 \$37.00

Day of race entries may be accepted however are not preferred.

Entries may be restricted to a maximum of 300 entries.

NO REFUNDS WILL BE ISSUED. T-SHIRTS AND CAPS WILL BE PROVIDED TO ALL COMPETITORS. FOOD AND REFRESHMENTS WILL BE AVAILABLE FOR COMPETITORS AT THE END OF THE RACE.

RULES: Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire is allowed. Other flotation devices, such as fins and pull buoys ARE NOT ALLOWED.

SAFETY: A limited number of support craft (i.e. motorized boats, kayaks) accompany competitors over the course. As there are a limited amount support craft provided during the race, you agree to assume the risks of open water swimming and agree to be individually responsibility for your own person and safety during the race. Swimmers are required to wear the swim caps provided to them on the day of the race.

AWARDS / CERTIFICATES: A whole salmon will be awarded to the fastest swimmer in each of the 3-Mile categories for men's & women's wetsuit and non-wetsuit categories. One-half a salmon will be awarded to the fastest swimmer each of the 1-Mile categories for men's and women's wetsuit and non-wetsuit categories. Certificates will be awarded to the top three finishers in wetsuit and non-wetsuit categories for both men and women in five-year age groups 19-24, 25-29, 30-34, and so on in five-year increments as high as necessary

DIRECTIONS:

From Northbound I-5, take the Seneca Street exit (#165), merge onto Seneca; travel 0.1 miles; turn left onto 5th AVE. Follow directions From 5th AVE

From Southbound I-5, take the Union Street exit (#165B), travel 0.1 miles; turn left onto 5th Ave

From 5th AVE, travel 0.2 miles; turn left onto Spring Street, travel 0.1 miles; turn right onto 7th AVE, travel 0.2 miles; turn left onto Madison Street, travel 2.9 miles; Turn SLIGHT RIGHT onto E HOWE ST, travel 0.1 miles; Turn LEFT onto 43RD AVE E. - Park Anywhere you can.

QUESTIONS: Contact: E. Artis at 206-793-3099, J. Nadal 206-853-5959 or M. Meyer at 206-213-0096.

Competitor Number _____ (Leave Blank)

FAT SALMON ENTRY FORM & LIABILITY RELEASE:

1 & 3 Mile Races July 20, 2002 Lake Washington, Seattle, WA
 Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS Inc
 Sanction Number: 3602-OW2

Name: _____ USMS or MSC No: _____

If not USMS or MSC registered, One Event Registration required. Check here _____ and include \$8 below

Address: _____ Club Name: _____

City: _____ State: _____ Zip: _____ Club Abbr: _____

Date of Birth: ___/___/___ Age as of 7/20/2002 _____ Sex : _____ Male _____ Female

E-Mail address: _____ Phone number: _____

Emergency contact person: _____ Phone Number: _____

Please list any relevant facts that should be known pertaining to your health and swimming.

Additionally, please note any restrictions on activity and any medications taken: _____

Race Distance (circle one):	1 mile	3 mile
Category Entered (circle one):	Wetsuit	Non Wetsuit

T-Shirt Size (Circle One):	S	M	L	XL	XXL
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Entry Fees: All competitors must be registered with USMS or MSC. One-event registration is available for \$8. Day of race entries will be accepted up to a maximum of 300 entries. NO REFUNDS WILL BE ISSUED.

Early Bird Entries: Prior to June, 1, 2002 \$25.00 _____

Regular Entries: Received by July 10, 2002 \$32.00 _____

Late Entries: After July 10, 2002 \$37.00 _____

One Event Registration if non-USMS or MSC \$ 8.00 _____

TOTAL ENCLOSED WITH ENTRY \$ _____ Initialed by Official: (leave blank)

*** I also agree to return the ChampionChip timing device assigned to me or to pay a \$20 replacement fee. ***

*** Make checks payable to: Fat Salmon Open Water Swim

*** Mail entry to: M. Meyer, Attn: Fat Salmon Entry, P.O. Box 19237, Seattle, WA 98109

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

PARTICIPANT SIGNATURE: _____

PRINTED NAME: _____

DATE: _____

_____/_____/_____



Optimizing Energy for Triathletes

By Cindy Farricker, MS, RD, Bellevue Club's Registered Dietitian

Many people mistakenly think that training for triathlons and other endurance events only involves muscles and lungs, when in fact one of the most important aspects of training is how it changes the body's use of fuel. To get a better understanding how this works it is important to understand how your muscles use fuel.

To perform, muscles need energy. The energy that muscles use is chemical energy that is stored in the bonds between atoms. Muscle cells contain adenosine triphosphate (ATP), a molecule made of adenosine with three phosphate groups attached. When one phosphate bond is broken, the bonding energy becomes available to muscle cell.

The ATP present in muscle cells can fuel a sprint for about one second, at which point the muscle stores are completely exhausted. The only way muscles can continue moving is through the resynthesis of ATP using the aerobic breakdown of glucose or fat. Aerobic metabolism of glucose is very efficient. The breakdown of one glucose molecule allows the resynthesis of 36 ATPs. Fat can also be "burned" to produce even more energy (39 to 129 ATPs), but the process is much slower.

Since triathlons require energy output for an extended period of time, it is important to understand how the body's fuel sources change with exercise intensity.

During times of low energy needs, fat is the primary fuel, although small amounts of glucose are also needed to break the fat down. At higher levels of activity, glucose becomes the primary fuel and provides faster energy to the muscle cells. This increase in power output is what enables an athlete to do a short burst of all-out effort to move ahead in a competition. But when the body runs out of glucose, energy

production (power) decreases by 50 percent or more.

Endurance training, when done properly, enables the body to use more fat for fuel, sparing vital stores of glucose. This change in fuel use allows an athlete to reach the finish line because they have enough glucose to resynthesize ATPs to the end. Endurance training can also increase the amount of glucose stored in athlete's bodies, but the amount the body can store is limited—generally ranging from 1900 to 2400 calories. Nutrition is another important part of the training process. Trained individuals have one and one-half times more glucose stored in the muscle if they consume a carbohydrate-rich diet.

With proper fuel and hydration the human body can accomplish great things, like swimming, biking, and running a triathlon. Unfortunately, many individuals put more effort into the purchase of their running shoes than they do managing their nutritional needs. When this vital link is missing, many perform at a less than optimal level or worse.

Without proper fuel, even the best-trained muscles will be unable to power you to the finish line. Since the power of endurance comes from aerobic energy production, it is important for an athlete to ensure adequate carbohydrates are available to keep going.

What to Eat and When to Eat It

First thing in the morning, you need to replenish the glucose that is used by your body overnight while you sleep. Liver glucose stores are reduced by about 50 percent by morning; therefore it is very important to replace stores by eating or drinking one-half to one gram of carbohydrate per pound before training or before the event. The longer the span of time is between waking and the activity, the more the carbohydrate quantity can be increased. For example, if a meal can be consumed two to four hours before activity, some individuals can tolerate amounts up to two grams of carbohydrate per pound of body weight.

During training, it is important to practice consuming carbohydrates during the activity. I suggest consuming between 30 to 70 grams of carbohydrates per hour. A sports drink that contains carbohydrates, such as Gatorade; carbohydrate packets, such as Gu, or even solid food can provide this amount of carbohydrates. The choice an athlete makes should be based on tolerance. Some many experience gastrointestinal discomfort with one type of fuel and not another. The important point is to figure out what works well during training.

Then, when you are actually participating in the event, use the same kind of carbohydrate. Never try anything different during the event than what has been used successfully during training.

After your training or after the event, it is important to be thinking about nutrition. It is immediately after activity stops that the body is most receptive to replenishing its stores of glucose. I recommend consuming one-half to one gram per pound of body weight of an easily digested, rapidly absorbed carbohydrate such as juice or a sports drink within 15 minutes. This should be followed by another carbohydrate snack or meal, which provides one-half to one grams of carbohydrate per pound of body weight. Another meal or snack containing the same amount of carbohydrates should be consumed over the remaining 24 hours.



HAPPY BIRTHDAY

to the following PNA swimmers!

07 15	ANTHONY WEST	08 01	JOE DENTON	08 23	PATRICK GIBBS
07 16	BETH BERNARD	08 01	DAVID O'NEIL	08 24	RICHARD LING
07 17	SANDY FROM	08 01	THOMAS HARRYLOCK	08 24	DAVE ALLES
07 17	BRUCE LOMAX	08 02	WENDY HOFFMAN	08 25	DAN ROBINSON
07 17	JESSICA PIASECKE	08 03	STEPHEN KICINSKI	08 26	LYNN WELLS
07 18	LEO ESPINOSA	08 03	CATHERINE JULIEN	08 27	JEREMY WORLEY
07 18	GORDON CLARK	08 03	KERRY NESS	08 27	EDWARD LEACH
07 18	MICHELE RUES	08 03	EMILIE SULLIVAN	08 28	LINDA ELLIS
07 18	JACKSON LUDWIG	08 03	JOHN KULSA	08 28	HARVEY PROSSER
07 18	ARNOLD KAS	08 04	CLARK PACE	08 28	MARGARET CROSS
07 18	KATHRYN CARRUTHERS	08 04	MEL LEBSACK	08 29	CAROLYN DAVIDSON
07 18	DAN PARINE	08 04	HUGH MOORE	08 29	JEFFREY ANDERSON
07 20	GLORIA TOLARO	08 04	TERRI NELSON	08 29	ROBERT FISH
07 20	JOHN LEET	08 05	SUSANNAH ILTIS	08 29	MICHAEL GARRETT
07 20	GALEN ATWOOD	08 06	ALLEN SIX	08 30	EDWARD LOVE
07 21	ROS BIRD	08 06	ANNAMARIE TERHAAR	08 30	JAMI SCHWAB
07 21	CLARE PAINTER	08 06	RICK PETERSON	08 30	MARK SUTTON
07 21	LISA KUH	08 07	KAREN BRYCE	08 30	DAVID KARMAN
07 21	ZENA COURTNEY	08 07	LESLIE MCCULLOUGH	08 31	KEN PERATONI
07 21	STEPHEN FREEBORN	08 08	BARBY CAHILL	08 31	TED HACKETT
07 22	NICK SAVATOVIC	08 09	PAUL WEBBER	09 01	BRIAN MAGNUSSEN
07 22	SAMUEL DAY	08 09	VALERIE MORGENSTERN	09 01	JOHN LORIMER
07 22	BRAD COLLINS	08 10	WALTER REID	09 01	BRENDA NIXDORF
07 22	PETER GILLIS	08 11	RICHARD DAVIES	09 01	JANET GETZENDANER
07 22	CHARLES VANZANDT	08 11	DANIEL KILTON	09 01	JAMES SHERMAN
07 23	ARNE SKOG	08 11	MEGAN BUSSART	09 02	ROB SIMPSON
07 24	EILEEN COLLOPY	08 13	KRISTINE COLVER	09 03	JOHN MAKI
07 24	STEVE SUSSEX	08 13	STANLEY WHITTEMORE	09 03	SALLY DILLON
07 25	PAUL VERNER	08 14	ERIC DURBAN	09 04	JESSE PACE
07 25	ROBERT FARRELL	08 14	LINDA FORST-DUKE	09 04	DONALD GRAHAM
07 25	KAREENA KING	08 15	LIVIA WALKER	09 04	MALIKA MOHSENI
07 26	LEE CARLSON	08 16	DAVID TEMPEST	09 04	MARIA SICILIANO
07 26	AMY STRAND	08 16	KAREN LEWIS	09 05	DEAN NICOLLS
07 26	PHILIP SPENCER	08 16	GREGG METZLER	09 05	PAUL SENUTY
07 27	GEORGE SAYAH	08 16	JULIE LARKIN	09 06	BARB GUNDRED
07 27	RHONDA HALFFMAN	08 18	BARBARA DORNING	09 06	IVAN OAKES
07 27	HOLLY BORK	08 18	SCOTT VANDEVER	09 09	PAULA TERHAAR
07 27	HOLLY CORNER	08 19	DEMI ALLEN	09 10	OLIVER PRESS
07 28	WILL CRITES	08 19	BRIAN PAYNE	09 10	GREG ROCKENBACH
07 29	BARRY GJERDRUM	08 19	MARIA BRUZAS-ZINKUS	09 10	HERB LARSON
07 29	ELLIOTT KEPHART	08 20	EDWARD DUNNINGTON	09 11	CAROL MCCAIG
07 29	ARLENE MURPHY	08 20	RONALD JACOBS	09 12	LISA WILSON
07 29	KRIS SPEIR	08 21	SANDY LAURENCE	09 12	KAREN OYAMA
07 29	LYNN MARTINDELL	08 22	MARY MEYER	09 13	RANDY LAMB
07 31	PHILIP KEZELE	08 22	SANDY MCNEEL	09 14	ELISE (PINKY) WALKER
07 31	BRUCE CRIST	08 23	THERESE COAD	09 14	CAROLYN MATHEWS
07 31	SHERRY GRINDELAND	08 23	CARLEEN GOSNEY	09 14	STEPHEN LAFORTE
08 01	BRENDA KNUTSON				



USMS National Championship 5K and 10K Postal Swim

Exciting news for PNA Swimmers: At the June 25 PNA meeting, the Board voted to have the fees for relay team entries for all National Championship Postal and Pool meets be supported by the LMSC budget. Use the form below to sign up to swim the 5K and 10K Postal swims during pool time reserved by PNA. Or, swim at times you can arrange on your own. Please note that the swims must be done in a 50-meter course. Sally Dillon and Dan Frost, the PNA club coordinators for this event will form the best teams possible and every effort will be made to include you in relay teams.

Important details:

- € You only swim the event once as an individual. Your results are used to form the relay teams.
- € Your USMS registration must be current (2002).
- € Your completed entry form, individual entry fee, and copy of USMS registration must be in the hands of the coordinators by **September 25, 2002**.
- € Teams are organized by age group 19+, 25+ . . . and are 3 male , 3 female and 4 mixed (2+2).
- € **Do not** mail your entry directly to the event director (Jill Wright).
- € The coordinators will mail your individual entry for you after forming the relay teams.

Mail your completed entry form and your individual entry fee of \$10 (payable to PNA) to:

Sally Dillon
PO Box 845
Oak Harbor, WA 98277

The Team Coordinators:

Sally Dillon 360-679-5038, salswmr@earthlink.net
Dan Frost 360-679-1812, northwest@usms.org

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.

Sunday, August 18, 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.



Places to Swim in the Pacific Northwest

Some pools are private clubs and do not accept single-time swimmers. Call to check details.

*King County Pool

Anacortes:

Fidalgo Pool 1603 22nd St (360) 293-0673

Auburn:

*Auburn Pool 516 4th Ave NE (206) 939-8825

Bellevue:

Bellevue Club 11200 SE 6th St (425) 455-1616
 Bellevue Family YMCA 14230 Bel-Red Rd (425) 746-9900
 Bellevue Pool 601 143rd Ave NE (425) 296-4262
 Newport Hills Pool 5474 119th Ave SE (425) 746-9510
 Pro Club 4455 148th Ave NE (425) 885-5566
 Samena Club Pool 15231 Lake Hills Blvd (425) 746-1160

Bellingham:

Arne Hanna Aquatic Ctr 1114 Potter St (360) 647-7665

Bothell:

*Northshore Pool 9815 NE 188th St (425) 296-4333
 Northshore YMCA 11811 NE 195th (425) 485-9797

Bremerton:

Bremerton Municipal Pool 50 Magnuson Way (360) 478-5376
 Olympic Aquatic Center 7070 Stampede Blvd (360) 692-3192

Burien:

Burien Swim Club 626 SW 154th (206) 433-7900
 *Evergreen Pool 606 SW 116th St (206) 296-1610

Des Moines:

King Swim 2400 S 240th St (206) 878-1634
 *Mount Rainier Pool 22722 19th Ave S (206) 296-4278

Edmonds:

Harbor Square Athletic Club 160 W Dayton (206) 778-3546
 Yost Pool 9535 Bowdoin Way (425) 775-2645

Enumclaw:

*Enumclaw Pool 420 Semanski St S (206) 825-1188

Everett:

Forest Park Swim Center 802 E Mukilteo Blvd (425) 259-0300
 McCollum Park (seasonal) 600 128th St (425) 337-4408

Federal Way:

*Federal Way Pool 30421 16th Ave S (253) 839-1000
 *Weyerhaeuser King Co AC 650 SW Campus Dr (253) 296-4444

Fife:

Fife Community Pool 5410 20th St E (253) 922-7665

Issaquah:

Julius Boehm Pool 50 SE Clark St (425) 887-3350

Kent:

*Kent Pool 25316 101st Ave SE (206) 296-4275
 *Tahoma Pool 18230 SE 240th St (206) 296-4276

Kirkland:

Juanita High School 10601 NE 132nd St (425) 823-7627
 Peter Kirk Pool (Jun-Sep) 340 Kirkland Ave (425) 828-1217

Lynnwood:

Lynnwood Pool 18900 44th Ave W (425) 744-6455

Mercer Island:

*Mercer Island Pool 8815 SE 40th St (206) 296-4370

Mountlake Terrace:

Mountlake Terrace Rec 5303 228th Ave SW (425) 776-9173

Mount Vernon:

Skagit Valley YMCA 215 E. Fulton St (360) 336-9622

North Bend:

*Si View Pool 400 SE Orchard Dr (425) 888-1447

Oak Harbor:

John Vanderzicht Pool 85 SE Jerome St (360) 675-7665

Olympia:

Evergreen State College Campus Rec Center (360) 866-6000
 North Thurston HS (206) 352-8625

Port Orchard:

South Kitsap Pool 425 Mitchell Ave (360) 876-7385

Poulsbo:

North Kitsap Community Pool 1881 NE Hostmark St. (360) 779-3790

Redmond:

*Redmond Pool 17535 NE 104th St. (206) 296-2961

Renton:

Hazen Pool 101 Hoquiam Ave NE (425) 204-4230
 *Renton Pool 16740 128th Ave SE (206) 296-4335

Seattle:

Ballard Pool 1471 NW 67th St (206) 684-4094
 Colman Pool (summer only) 8603 Fauntleroy Wy SW (206) 684-7494
 Evans Pool 7201 E Green Lk Dr N (206) 684-4961
 Gateway Athletic Club 700 5th Ave, 14th Flr (206) 343-4692
 Helene Madison Pool 13401 Meridian Ave N (206) 684-4979
 Highline Fitness & Swim Club 626 SW 154th (206) 433-1036
 Meadowbrook Pool 10515 35th Ave NE (206) 684-4989
 Medgar Evers Pool 500 23rd Ave (206) 476-4766
 Mounger (summer only) 2535 32nd Ave W (206) 684-4708
 Queen Anne Pool 1920 1st Ave W (206) 386-4282
 Rainier Beach Pool 8825 Rainier Ave S (206) 386-1944
 Salvation Army Pool 9050 16th Ave SW (206) 767-3150
 Seattle Athletic Club 333 NE 97th St (206) 522-9400
 Seattle University 14th & Cherry (206) 779-9903
 Shoreline Pool 19030 1st Ave NE (206) 296-4345
 South Central Pool (Foster) 4414 S 144th (206) 252-2287
 Southwest Pool 2801 SW Thistle St (206) 684-7440
 UW Pavillion Pool Hec Ed Pavillion Pool (206) 329-5296
 View Ridge Club 5815 NE 77th (206) 524-3500
 Wedgewood 7727 28th NE (206) 523-8211
 West Seattle YMCA 4515 36th Ave SW (206) 935-6000
 YMCA 909 4th (206) 382-5010
 YWCA 1118 5th Ave (206) 447-4868

Sequim:

Sequim Aquatic Rec Center N 610 5th St (360) 683-6699

Silverdale:

Bangor Subase Pool Bldg 2700 (360) 692-1040

Snohomish:

Hal Moe Memorial Pool 405 3rd St (360) 563-7330

Sumner:

Sumner HS Pool 1707 Main St (206) 863-8110

Tacoma:

Eastside Community Pool 3524 E 'L' St (253) 591-2042
 Lakes High School 10320 Far West Dr SW (206) 588-4879
 Morgan Family YMCA 1102 S Pearl St (253) 564-9622
 University of Puget Sound Foss High School (253) 752-4511
 Wilson High School Pool 1202 N Orchard (253) 591-2042

Tukwila:

*South Central Pool 4414 S 144th St (206) 296-4487

Vashon Island:

*Vashon Pool (seasonal) 9526 SW 204th St (206) 463-3787

Woodinville:

*Cottage Lake (seasonal) 18831 NE Wd-Duvall Rd (206) 296-2999

Pool Crisis

King County is threatening to close their parks and swimming pools due to a budget crisis. Imagine what it would be like if your King County pool was closed.

Stay politically active and help keep our King County pools. Attend the meetings, e-mail, or mail your elected officials. Let Ron Sims and everyone know how you feel about losing your pools and parks.

News is on the King County Metropolitan Task Force web site: <http://www.metrokc.gov/exec/mptf/>. Ron Sims' E-clips site provides the latest news: <http://www.metrokc.gov/exec/e-clips/>

Public comments can submitted to the Task Force and King County elected officials:



Metropolitan Parks Task Force
615 Second Ave, Ste 525
Seattle, WA 98104
(206) 205-8768
Metropolitanparks@attbi.com

King Co Executive Ron Sims
King County Courthouse
516 Third Ave, Rm 400
Seattle, WA 98104
(206) 296-4040
Exec.sims@metrokc.gov

King County Council
King County Courthouse
516 Third Ave, Rm 400
Seattle, WA 98104
(206) 296-1000

King County Pools



Auburn Pool
Cottage Lake Pool
Enumclaw Pool
Evergreen Pool
Federal Way Pool
Kent Pool
Mercer Island Pool
Mt. Rainier Pool
Northshore Pool
Redmond Pool
Renton Pool
Si View Pool
South Central Pool
Tahoma Pool
Vashon Pool
Weyerhaeuser King County Aquatic Center



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.

Arni Litt
PNA Registrar
1920 10th Ave E
Seattle, WA 98102-4253

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.

2002 U.S. MASTERS SWIMMING NORTHWEST ZONE LONG COURSE CHAMPIONSHIPS

August 23-25, 2002 - Steiner Aquatic Center - Salt Lake City, Utah



TIMES:

Friday 23 August -	Warm-up 3:00 PM – 3:50 PM Event #1 & #2 check-in closes 3:30 PM first heat 4:00 PM
Saturday 24 August -	Warm-up 8:00 AM – 8:50 AM Event #3 check-in closes 8:30 AM first heat 9:00 AM Event #4 begins no earlier than 10:30 AM
Sunday 25 August -	Warm-up 9:00AM – 9:50 AM Event #15 begins 10:00 AM

DEADLINE: Entries must be received by August 19th or postmarked by August 17th. Late entries will not be accepted. Changes to entries will not be accepted after August 19. Swimmers must be registered with USMS by the same deadlines.

MEET DIRECTORS: Dennis Tesch [(801) 583-9025 / d.tesch@attbi.com]
Cathy Philpot [(801) 582-7220 / cphilpot@velocitus.net]

DIRECTIONS:

(Driving) Take I-15 to the 600 South exit, proceed east on 600 South to 700 East, take a left on 700 East to 400 South, take a right on 400 South, follow 400 South east which curves into 500 South, keep proceeding east on 500 South until you pass the Olympic Stadium, take a right on Guardsman Way, go south on Guardsman Way, pool will be on you left. Ample parking is available at the pool.

(Public Transit – Trax) Get on any “Trax” system (little rail) going toward the University of Utah. Stay on Trax until you come to the final station “University” and exit. Walk ½ block on 500 South, take a right and walk ½ block on Guardsman Way, pool will be on you left.

FACILITY: Steiner Aquatic Center is an outdoor/indoor facility with one 50 meter outdoor pool (competition) and one 25 yard by 25 meter indoor pool (warm up/cool down). Plenty of locker room space. A snack bar will be open.

RULES: Current 2002 USMS Rules will govern the meet.

ELIGIBILITY: Open to all 2002 USMS registered Masters swimmers who will be age 19 and above on December 31, 2002. For information about registering with USMS, contact Dan Frost [(360) 679-1812 / northwest@usms.org].

ENTRY LIMITS: Swimmers are limited to a total of six individual events for the meet and may swim no more than five individual events on any day. Swimmers may swim in an unlimited number of relay events, but may swim only once per relay event.

AGE GROUPS: Age groups will be based upon the swimmer’s age on December 31, 2002. For individual events: 19-24, 25-29, and additional five-year age groups as high as necessary. For relays: 76-99, 100-119, 120-159, 160-199, and additional 40-year increments as high as necessary. The aggregate age of the four relay team members determines the age group of the relay.

RELAYS: There is no charge for relay entries. Relays will be deck-entered at the meet. Deadlines for relay entries will be announced at the meet, but are generally 30 minutes before the anticipated start of the relay event.

SEEDING: Seeding for all events will be slow-to-fast. Women and men will swim in combined heats (except for Mixed Relays). All individual events 400 yards or less will be pre-seeded. All relays and individual events requiring check-in (500 yards and up) will be deck-seeded.

AWARDS: Zone Championship ribbons will be awarded from first through sixth place in every age group in every event.

2002 U.S. MASTERS SWIMMING NORTHWEST ZONE LONG COURSE CHAMPIONSHIPS

August 23-25, 2002 - Steiner Aquatic Center - Salt Lake City, Utah



SPECIAL EVENTS:

Northwest Zone meeting: Representatives of the participating LMSCs and others interested are welcome to the Northwest Zone meeting on Sunday from 7:30 AM – 8:30 AM in the meeting room at Steiner Aquatic Center. The meeting agenda will be distributed to LMSC representatives and will also be posted on the Northwest Zone website (www.northwestzone.org).

Swimmers' Social: Details about our swimmers' social on Saturday evening will be announced at the meet.

HOTELS: We have made arrangement with Little America Hotels to be our host hotel site. We have two rates: \$75.00 for a Garden Room and \$65.00 for court room. Little America is on the "Trax" line so you don't need to rent a car if you stay here.

Little America Hotel and Towers (On TRAX line)
500 South Main Street
801-363-6781

Hotel Monaco (On TRAX line)
15 West 200 South
801-595-0000
www.monaco-saltlakecity.com

Salt Lake City Marriott – University Park (Closest to Pool)
500 S Wakara Way
801-581-1000

Numerous other hotels all within 15 minutes at various prices....

HOST (House Our Swimmers Tonight): Please contact Dennis Tesch (801) 583-9025 (Home) or (801) 428-2295 (Work)

UPDATED INFORMATION: Check the Utah Masters website (www.utahmasters.org) for the latest information about the meet.

RESULTS: Meet results will be posted at both www.utahmasters.org and www.northwestzone.org.

2002 U.S. MASTERS SWIMMING NORTHWEST ZONE LONG COURSE CHAMPIONSHIPS

August 23-25, 2002 - Steiner Aquatic Center - Salt Lake City, Utah



OFFICIAL ENTRY FORM

Sanctioned by the Utah LMSC for USMS, Inc. Sanction number: 341-005

ORDER OF EVENTS (Northwest Zone Order "C")			
FRIDAY, AUGUST 23 <i>Warm-Up 3:00 PM / Start 4:00 PM</i>	SATURDAY, AUGUST 24 <i>Warm-Up 8:00 AM / Start 9:00 AM</i>	SUNDAY, AUGUST 25 <i>Warm-Up 9:00 AM / Start 10:00 AM</i>	
1 400 Individual Medley <i>(Check-In required by 3:30 PM)</i>	3 800 Freestyle <i>(Check-In required by 8:30 AM)</i>	15 200 Individual Medley	
2 1500 Freestyle <i>(Check-In required by 3:30 PM)</i>	Break & Warmup <i>(Evt. 4 starts no earlier than 10:30 AM)</i>		
	4 100 Backstroke	16 50 Butterfly	
	5 50 Breaststroke	17 200 Backstroke	
	6 200 Freestyle	18 100 Freestyle	
	7 200 Medley Relay	19 200 Mixed Medley Relay	
	8 400 Medley Relay	20 400 Mixed Medley Relay	
	Break		
	9 100 Breaststroke	21 100 Butterfly	
	10 200 Butterfly	22 200 Breaststroke	
	11 50 Freestyle	23 50 Backstroke	
	12 200 Mixed Freestyle Relay	24 200 Freestyle Relay	
	13 400 Mixed Freestyle Relay	25 400 Freestyle Relay	
	14 800 Mixed Freestyle Relay	26 800 Freestyle Relay	
		Break	
		27 400 Freestyle	

NAME: _____ BIRTHDATE: _____

STREET ADDRESS: _____ AGE (as of 12/31/02) _____ SEX: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ WORK PHONE: _____

* SWIM CLUB (or Unattached): _____ USMS #: _____

*All swimmers who are not registered through the Utah LMSC MUST attach a photocopy of their current USMS card.

Event #	Event Name	Seed Time (Long Course Meters)

ENTRY LIMIT:
5 Individual Events per day.
6 Individual Events total.

ENTRY FEE: \$ 15.00 *(Includes \$1 Northwest Zone meet surcharge)*
\$ _____ Championship Meet T-Shirts: \$15 per shirt. M: _____ L: _____ XL: _____

TOTAL ENCLOSED: \$ _____ MAKE CHECKS PAYABLE TO **UTAH MASTERS SWIMMING**

MAIL THIS ENTRY FORM & FEES TO: DENNIS TESCH
No late entries will be accepted **912 SOUTH 2200 EAST**
Entries must be received by August 19 **SALT LAKE CITY UT 84108**

USMS WAIVER 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: _____

PNA LOCAL MASTERS SWIMMING COMMITTEE
5th ANNUAL SHORT COURSE METERS PENTATHLON MEET
 Hosted by North Whidbey Masters (Meet Sanction #02-3606)

ORDER OF EVENTS (#1)	
#	Event
1	200 fly
2	100 fly
3	50 fly
4	200 back
5	100 back
6	50 back
7	200 breast
8	100 breast
9	50 breast
10	200 free
11	100 free
12	50 free
13	400 IM
14	200 IM
15	100 IM

DATE: Saturday, September 28, 2002

TIME: Warm-up **12:00 noon** Meet starts **1:00 PM**
Check in by 12:45

PLACE: John Vanderzicht Memorial Pool
 85 SE Jerome St
 Oak Harbor, WA 98277
 Phone: 360-675-POOL

MEET DIRECTOR: Sally Dillon
 Phone: (360) 679-5038
 E-mail: salswmr@earthlink.net

FACILITY: Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2002 USMS or MSC registered swimmers 19 and above as of 9/28/2002. Age groups based upon the swimmer's age as of 12/31/02. Entries must be received by the meet director by Saturday, September 21 with the following exception: **Race day entries will be accepted until 12:30 PM for an additional \$5.00 late fee.**

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

TIMING: Electronic timing will be used.

THE PENTATHLON: Swimmers must enter the five events that "complete" a pentathlon division to receive awards. The Pentathlon divisions are:

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

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

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

WEB SITE: Visit the PNA website at www.swimpna.org for updated information.

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

SAFETY FIRST!

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

PNA LOCAL MASTERS SWIMMING COMMITTEE
5th ANNUAL SHORT COURSE METERS PENTATHLON MEET
 Hosted by North Whidbey Masters (Meet Sanction #02-3606)

NAME: _____ M F AGE as of 12/31/2002: ____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

E-MAIL ADDRESS: _____

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

Local Team _____ or UNATTACHED _____ LMSC _____

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

AGE GROUP (Circle one - determined by your age as of December 31, 2002:

19 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59
60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 - 94	95+

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

EVENT NUMBER	EVENT	SEED TIME (for SC METERS)

ENTRY FEES: \$10.00 (\$15 Canadian)
 Swimmers 65 and over may pay a reduced fee of \$6 (\$9 Canadian)
 Race day entries will be accepted until 12:30 AM for an additional \$5.00 late fee

Please make checks payable to: **NWAC**
 Mail this entry form and fees to: **Sally Dillon**
 salswmr@earthlink.net **PO Box 845**
 (360)-679-5038 (h) **Oak Harbor, WA 98277**

Pre-entries must be received no later than Saturday, September 21, 2002. Add \$5 for all others.

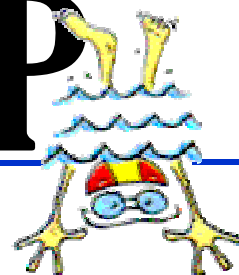
Include a copy of your Masters registration card if you are not a PNA member.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____



THE FINAL LAP



Freestyle Swimming Technique Q & A

By Bill Volckening

The following questions come from the swimmers, who had asked me about freestyle swimming technique.

Q: What is meant by "holding onto the water?" I hear it all the time, but am not sure quite how to do it, or really what it means.

A: I first heard of this expression when reading an interview with Tracy Caulkins about twenty years ago. To help you answer this question for yourself, try doing the following three things; 1) lean over the pool and grab a handful of water. Try to pick it up with your hands. It tends to slip away, doesn't it? 2) Wave your hand through the air. That's pretty easy, right? 3) Lean over the pool again and wave your hand through the water after waving it through the air. Did you feel an increase in resistance when comparing the water to the air? The physical difference between air and water makes swimming one of the most scientific of all sports. Although the water is many times more dense than air, you can't truly "hold" it—but you can make an effort to hold as much of it as possible for as long as possible. Start by "catching" the water. This "catch" happens at the beginning of the arm pull, when each arm is extended in front of the body. The "catch" is similar to doing a small sculling action. The hand sweeps slightly to the outside and scoops back around toward the body, bending at the wrist. After the catch, start to pull by keeping the elbow high in the water and changing the angle of the hand and arm by following an "S" curve pattern. This process will help you to grab more

of the water and "hold" it for as long as possible.

Q: I often feel that the deeper I make my pull, the better my stroke. Is there any validity to this observation?

A: Although pulling deeper can make you feel like you are pulling more water, a deeper freestyle pull executed with a straight arm and dropped elbow is less efficient than a more shallow, high-elbow pull. You may feel like pulling deep gives you a great workout. That's because you're working harder. Swimming with a straight arm pull allows you to swim with less body rotation and increased drag. By compromising rotation you also compromise extension. The result is often a flat body position, a significantly increased stroke count and decreased leverage.

Q: What makes front quadrant swimming efficient and fast?

A: I usually try to avoid using terms such as "front quadrant" because I feel it requires too much explanation. Essentially, the dialog about the so called "front quadrant" swimming is about body balance and arm extension. To answer the question in simple terms, swimming with a balanced body position is faster because it reduces drag—and swimming with the body rotating from side to side with arms extended is more efficient because it increases the distance per/stroke.

Q: What is the proper kicking technique for freestyle? How do I do it so I can float, conserve energy, and propel myself forward all at the same time?

A: Even though the flutter kick mechanic is fairly basic, technical flaws can easily cause it to be dysfunctional. Kick with your toes pointed. Relax the legs slightly and kick from hips rather than the knees. The knees should flex slightly, but shouldn't bend too much. The ankles should flex, as if you're trying to kick your shoes off. If you find you're sinking, going backwards, or going nowhere, it could be for a variety of reasons: Your kick could be too wide with your feet moving too far apart from one another. Lack of ankle flexibility could prevent your feet from being in the correct position. If the feet are positioned at a right angle to the leg it will inhibit forward propulsion.

Q: Can you have a good, not necessarily a great, freestyle without a kick?

A: Yes, but your freestyle stroke will improve greatly if you can work towards developing an improved kick. It's not simply an issue of propulsion. The kick helps initiate the body rotation, which allows you to lengthen your stroke and decrease your stroke count. Done properly, the kick also helps you maintain the proper balance and body position, thereby reducing drag.

Q: How do you practice coordination of kicking stroke pace and timing? At a beginners level, where do you start?

A: Start by counting your strokes, counting your kicks and knowing the number of kicks per/stroke cycle. People often ask how to count the number of kicks in relation to the arm strokes. Here's the answer: When both arms move

through a complete cycle of pulling and recovery it is called a “stroke cycle.” During each stroke cycle, the total number of times you kick determines the tempo, or “beat” of your kick. If each leg kicks once during a stroke cycle, that would be a total of two kicks and is called a “two-beat kick.” If each leg kicks twice during a stroke cycle, that’s a 4-beat kick. Practice by continuing to count the number of kicks per stroke cycle. Experiment with the number of kicks per/ individual arm stroke. The most basic drill is a one-arm freestyle counting the beats of your kick and trying to increase the number of beats.

Q: Could you address head position? A lot of coaches I've worked with recommend keeping your head in a relatively "up" position—I've been told because it's easier on your shoulders—but intuitively this seems to sacrifice streamlining. What are your thoughts?

A: It is more efficient to keep the head in line with the body than it is to raise it out of the water. A good drill to prove this point is “Tarzan,” or “water-polo stroke.” To do the drill, lift your head completely out of the water and hold it steady while swimming with an above-water freestyle recovery. You should discover it is very difficult to swim this way. Lifting the head even slightly makes it more difficult to swim because it causes the hips and legs to drop in the water, thereby creating drag. Sometimes sprinters will swim with a slightly raised head, but you may also notice their kick is an intense 6-8 beat motorboat kick. When sprinters do it, they do so to take advantage of a powerful kick by allowing their legs ride slightly lower in the water.

Q: Why should I breathe on opposite sides?

A: Bilateral breathing is a good way to develop balance in your freestyle. This balance is not the

Learn More About Yourself Volunteer for Swimming Research

Female swimmers are in demand for research projects. Here are two studies on which you can help out, depending on your age, and learn a bit at the same time:

Free Bone Density Test

Wanted: Masters female swimmers over 45 years of age who compete in Masters competitions. Volunteers will receive free bone density tests at the Osteoporosis Research Unit at Pac Med Clinics (Puget Sound Osteoporosis Center, Qtrs 10, 1200 - 12th Ave. South, Seattle).

For further information call Dr. Susan Nattrass at (206) 621-4709 or Judy Markert, study coordinator, at (206) 621-4389.

If you would like to talk to someone who has participated in this study contact Kathy Casey. Call or e-mail her at (253)588-4879, kcasey@cloverpark.k12.wa.us or walt.reid@weyerhaeuser.com.

Free VO2 Max Test

Wanted: Trained female swimmers (ages 19-45) needed for research study at the University of Puget Sound. The study requires about an hour and a half of your time during which you will be measured for your VO2 max—the best measure of your fitness.

For more details and a copy of the informed consent form call or e-mail Tom Wells at (253) 879-3459 or twells@ups.edu.



same balance we refer to when discussing the aforementioned “body balance.” Here, we’re talking about balance in lateral movement. Breathing to one side allows us to favor one side, which can cause crossover, dropped-elbow pull, unbalanced kick, unbalanced rotation, and lack of arm extension to one side. In addition to the lateral balance, bilateral breathing allows you to see what’s happening on both sides. If you’re in a race with other swimmers on each side, being able to see to both sides can be an enormous advantage.

Q: What is a good technique to make sure I am pulling all the way through to full extension?

A: It sounds like you’re asking about how to “finish” your pull. There are several drills to develop the finish of your pull. My favorite is actually a breaststroke mechanic called the “underwater pullout.”

Even though the breaststroke and freestyle are very different in terms of mechanics, the breaststroke underwater pullout is similar to the pulling phase of the freestyle stroke. The difference is the breaststroke pullout uses both arms in the same motion at the same time, without body rotation. To do a breaststroke pullout, start in a streamlined position. Begin the pull with both arms by sculling the hands away from one another. Sweep the arms back toward the center point of the body while bending the elbows, so that the hands are drawn closer to the body. Push down forcefully toward your feet when your hands reach the center of your rib cage. During these steps, the pull should accelerate, starting slow and finishing fast.

Bill Volckening the USMS Editor for SWIM Magazine.

