



Sign UP for the PNA Champs



Photo by Sandy McNeal



Dale Cary makes a turn in the 200 IM at the PNA Meet on February 16 at the Bellevue Club. Dale's time for the event was 2:43:45.

What's inside?

Results

Bellevue Club Meet

Entry Forms

PNA Champs
Northwest Zone Short
Course Yards
Championship

Also in this issue

2003 PNA Registration Form
PNA Team Registration
Form
Last Call for Dawn
Musselman Nominations
And other news

LEADING OFF

By
Lee Carlson

Like many of you, I did the 26th Annual One Hour Postal Swim in January. Wow, did I notice the effect of the holidays and a few extra pounds. Maybe that's why I swam 75 fewer yards than two years ago. This year I also swam in a 25-meter pool and, yes, it seemed longer than the same swim in a 25-yard one.

Congratulations to everyone who completed this swim. And special thanks to Sarah Welch for arranging the relays.

Great Anacortes Meet

The January meet at Anacortes marked the first competition there in several years. It's a great facility, with a large warm-up pool. Mike Bemis and his staff did a terrific job running the event.

Great Bellevue Meet, Too

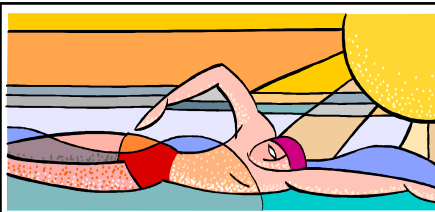
In February the Bellevue Club held its first meet ever in its new 25-meter pool. A marvelous venue! Fabulous locker rooms; deep, cool

pool water; and timing readouts embedded in the deck wall.

Oregon swimmers Robert Smith (50M and 100M Back) and Bert Petersen (100M Fly) set new world records, while Jim McCleery set a national record in the 1,500M Free. Many Zone and PNA records were set as well. (For meet results see page 6.)

Meet Director Cory Hilderbrand and everyone at the Bellevue Club

(Continued on page 2)



WET SET

Volume 23 • Issue 3
March 2003
Published 10 Times a Year

Editor

Paul Freeman (206) 283-3802
515 West Raye St
Seattle, WA 98119
pwriter@blarg.net

PNA Officers

President

Lee Carlson (425) 427-8430
1000 Cabin Creek Lane SW D301
Issaquah, WA 98027
leedee@cablespeed.com

Vice President

Jeanne Ensign (206) 324-1354
jeanne@raincity.com

Treasurer

Sarah Welch (206) 723-1814
sarah.welch@ci.seattle.wa.us

Secretary

Steve Peterson (360) 692-1669
speterson@bandwagon.net

Board Members at-Large

Kathy Casey (253) 588-4879
Tom Foley (206) 937-5585

PNA Volunteers

Registrar

Arni Litt (206) 323-4712
1920 10th Ave E
Seattle, WA 98102-4253
arni@qwest.net

Awards: Arni Litt

Coaches: Barb Gundred

Computer Apps.: Jim Williams

Constitution & Bylaws: Jane Moore

Fitness: Jo Moore

Historian: Tom Foley

Meets: Hugh Moore

Records/Top Ten: Walt Reid

Officiating: Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

LEADING OFF



(Continued from page 1)

made us feel very welcome. And Cory and his crew did a first-class job running the meet.

Head Meets Wall

During the Bellevue meet, I slipped starting the 50 backstroke. My head went back and my goggles filled with water. As a result, I didn't see the backstroke flags and crashed head first into the wall. Rolling to my stomach, I failed to make a continuous turn.

A stroke and turn official politely informed me I was disqualified for the improper turn. But he had kind words for my swimming. "You looked good until then," he said.

In addition to medical attention, I received a bit of sympathy and a lot of ribbing. I've promised myself I'll never forget that all-important backstroke lesson: stay focused on the flags.

County Pool Update

Nine of ten King County pools have agreements through the year or are under new ownership. The only pool whose status remains unresolved is Auburn. County and local representatives are still negotiating over this one.

Editor Changes

Keeping members informed is a key goal of the PNA. We do it

primarily through our website, swimrna.org, and the newsletter, *The WetSet*.

Website editor Jim McCleery, who set high standards for the website, has handed it off to Jim Williams, who is giving the site a new look.

Newsletter Editor Sandy McNeel also is retiring after three years in that position. During her tenure, Sandy took the newsletter up several notches. In addition to adding photos, she incorporated ideas from other publications and injected personal interest and warmth into *The WetSet*. Her successor is Paul Freeman, a "recovering attorney" who is now a freelance writer.

Vote for New Officers

Next month you have the opportunity to vote for a new team of PNA officers. They, together with Committee chairs, will lead the PNA for the next two years. When you receive your ballot in the mail, please mark and return it. Also, please submit (or resubmit) your nomination for this year's Dawn Musselman Inspirational Swimmer Award to Steve Peterson.

More Meets Ahead

Time to sign up for the PNA Champs at the WKAC on April 12 – 13. A terrific event at a top-of-the-line facility.

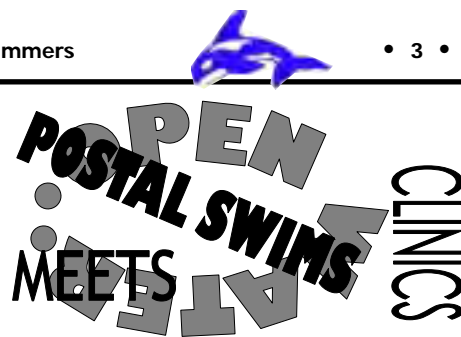
There's also the Northwest Zone Masters Short Course Yards Championship on April 26-27 at Oregon's Hood River Valley Aquatic Center.

Wanted

Relay Coordinator for Short
Court Nationals
Apply to PNA c/o Lee Carlson

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.

MASTERS 2003 CALENDAR



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

March 25
PNA Board Meeting
Seattle Parks & Recreation Bldg.

March 29-30
SCY Inland NW Masters Champs
WSU, Pullman, WA
Doug Garcia (509) 332-1621
dougarcia@usms.org

April 12-13
SCY PNA Champs
WKAC, Federal Way, WA
Hank Kirkland (253) 941-3585
fwmastersmd@juno.com
Entry form in this issue

April 22
PNA Board Meeting

April 26-27
SCY Zone Meet
Hood River, OR
Shelly Rawding (509) 493-4679
rawding@gorge.net

May 15-18
USMS Short Course Champs
Arizona State University
Tempe, AZ
Mark Gill (480) 775-1485
mark.gill@asu.edu
www.usms.org

May 15-September 30
USMS 5K/10K Postal Champs
Mel Goldstein (317) 253-8289
goldstein@mindspring.com

May 16-19
Canadian Masters Swimming
Championship
Montreal, Quebec, Canada
Luc Hurtubise (514) 251-1768
lhurtu@videotron.ca

May 27
PNA Board Meeting

June 7
Fitness Clinic for Swimmers
Bellevue Club
7:00 a.m.-11:00 a.m.
(More details in April newsletter)

June 14
USMS 3K Open Water Champs
Hartwell Lake, Clemson, SC
Jacque Grossman (864) 654-4704
jelg@innova.net

June 21
USMS 1-Mile Open Water Champs
Eagle Creek Reservoir,
Indianapolis, IN
Mel Goldstein (317) 253-8289
goldstein@mindspring.com

June 25
PNA Board Meeting

July 19
Fat Salmon OW Swim

July 27-28
Hawaii International Masters Swim
Meet SCM
Kihei Aquatic Center, Maui, Hawaii
Janet Renner (808) 573-8656
chair@hawaiimastersswim.org

July 27
OW 5K National Championships
Elk Lake, Bend, OR
Pam Himstreet
himstreet@bendcable.com

August 9-10
LCM Zones
WKAC, Federal Way, WA

August 14-17
USMS Long Course
Championships
Rutgers University, Piscataway, NJ
Edward Nessel (908) 561-5339
ednessel@aol.com
www.usms.org

September 1-October 31
USMS 3000/6000 Yd Postal
Champs
Doug Garcia (509) 332-1621
dougarcia@usms.org

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
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

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

Welcome to the swimmers who recently joined PNA!

Aaron Abrams
 Philip Andrews
 Minesh Bacrania
 Rachel Baker
 Rebecca Bear
 Jon Bernhoft
 Eric Bornfleth
 Patricia Bredice
 Julie Bruno
 Madlen Caplow
 Dale Cary
 Suzie Cavassa
 Jim Clevenger
 Christopher Cutting
 Richard Dunwiddie
 David Dupree
 Garry Duschl
 Brian Fenn
 Keith Frost
 William Galvani
 Rex Gardner
 Alice Godfred

Holly Graham-Clevenger
 Thomas Green
 Jim Gross
 Sarah Higgins
 Robert Howells
 John Huckabee
 Hugh James
 Julie Johnson
 Lynn Julin
 Bradley Karvasek
 William Kizwiak
 John Lemr
 Beverly Li
 David Lieberworth
 Gerald Linn
 Dawn Locke
 Du Ly
 Joylene Mandt
 Kelly Molaski
 Casey Murphy

Karen Pantilat
 Bernice Phillips
 Chris Pizzano
 Krys Postma
 Jiri Richter
 Wendi Ruef
 Bryan Sandoz
 Robert Schlemmer
 Michael Shepard
 Charlotte Snow
 Cyndi Standaert
 Renee Stewart
 Laura Stonehill
 Debra Strangland
 Masakazu Tamiya
 Tony Thomas
 David Tourigny
 Simone Van Rheenen
 Galen Wilkerson

Please Vote for PNA Officers

Coming soon to your mailbox will be a ballot to elect new officers for the Pacific Northwest Association of Masters Swimmers. It will be mailed by March 11. Please mark and return it promptly.



WetSet Subscription/Change of Address Form

The WetSet is PNA's official newsletter. Produced ten times a year, it 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

Attach 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 2003 Registration Application on page 15.*



Find Out What Your PNA Board is Doing

PNA Board Meeting Minutes

by Steve Peterson



December 10, 2002

President Lee Carlson called the meeting to order at 7:24 PM in the Kelkari Condominium clubhouse following a splendid holiday potluck dinner. Attendees included Kathy Casey, Sally Dillon, Jeanne Ensign, Tom Foley, Jan Kavadas, Arni Litt, Sandy McNeel, Steve Peterson, Walt Reid, and Sarah Welch. These 11 represented GLAD, Fort Steilacoom, Mercer Island, North End Otters, North Whidbey, OOPS, Swim Seattle, Tigers, and the membership at large.

MINUTES: The Board approved the October meeting minutes as corrected.

TREASURER'S REPORT: The Board approved the Treasurer's report as presented. (Sarah will develop more consistent Transaction Detail "memo" explanations.) Total PNA assets are \$44,660 including the Wiggin Fund's \$2,792.

2003 BUDGET: The Board approved a 2003 budget predicting a net loss of \$2,064. The following planning assumptions, comments, and added expenses were approved:

- Registration Funds: Member registration income and expenses should be reported for the year to which they apply.
- Registrations (1125 members): Pool closures, if any, may not have an adverse effect as affected swimmers will move to other pools. Limited-income members will be impacted more by rising team and pool costs than by the national dues increase.

- Clinic Funding (\$4,000 income, \$4,120 expense): Amounts are based on 2002's Open Water and Coaches clinics, which incurred higher revenue and expenses than planned but were still profitable.
- Marketing (\$500): deemed reasonable.
- Ballot Distribution (\$400): Special mailing will be used rather than via *The WetSet*.
- Rule Books (\$264): Each registered team will receive a copy (30 + 8 minis).
- Safety (\$500): Purchase 24 new watches and spare batteries to replace worn units.
- Coaches Support (\$580): Added a \$400 subsidy for ASCA convention (9/03) and \$180 for Collins' Coaches Clinic DVD.

OLD BUSINESS: A. Fitness Clinic: The seven-member committee prefers Bellevue Club as the venue with a focus on a balanced workout plan. B. 30 Minute Swim: Lee will draft an entry form for this national fitness event, a virtual swim series beginning January 1. Bill Volkening will design the logo. A certificate is \$5; T-shirts are \$15. C. King County Pools: While organizing efforts to keep the pools open has been like "herding cats," progress is being made. The Board approved Lee signing a prepared letter on PNA letterhead for delivery to the King County Council prior to their December 16 decision meeting. Tom Foley suggested soliciting the support of Jim Ellis, Forward Thrust's original proponent. D. By-Laws Ballot: The required quorum is 30% of 1039 members. With 304 for, 4 against, and 51 abstentions, the

membership approved the revisions.

COMMITTEE REPORTS

Membership: Registrations for 2003 stand at 431 (including about 12 new and 5 One-Event registrant conversions). Seven re-registration letters were returned as undeliverable. The Board, estimating a modest occurrence rate, approved adding address correction to the *WetSet* bulk-mailing permit (70 cents per update).

Meets: Hugh (via email) thanked the December 8 meet hosts for their first meet in the PSNS SCM pool. Despite foggy weather no-shows reducing the 46 entrants by nearly a quarter, some 16 records were set (including PNA, Zone, and National!). The just-purchased steel measuring tape verified this pool's length. Lee will transport the Safety materials to the January meet in Anacortes. The Board approved the February 16 meet at Bellevue Club. Hugh's 2003 goals are a better meet lineup, with possibly 3 SCM meets and new venues. It's PNA's turn for SCM Zones. Hugh rescheduled the KCAC LCM meet from July 26-27 to August 9-10 to minimize impact on Oregon's National Championship OW swim July 26. Entry fees in general and for Champs in particular need consideration – rental rates have risen and this trend will surely continue. Should PNA subsidize? Jeanne or Lee will accept comments on Doug Garcia's Zone policy change recommendations for consideration at the Zone meeting following Zone SCM

(Continued on page 14)



PNA Local Masters Meet Bellevue Club

February 16, 2003
Short Course Meters

- P** PNA Record
- Z** Northwest Zone Record
- N** National Record
- W** World Record

WOMEN 19-24

200 M. FREE		
M.KURAIISA-AMOTT	20 GCM	3:16.51
400 M. FREE		
M.KURAIISA-AMOTT	20 GCM	6:52.34
100 M. BACK		
M.KURAIISA-AMOTT	20 GCM	2:00.60

WOMEN 25-29

100 M. FREE		
R.SHAW	28 PRO	1:18.44
KAREN PANTILAT	28 UNAT	1:19.82
MELANY RICHMOND	28 GLAD	1:23.97
200 M. FREE		
KAREN PANTILAT	28 UNAT	2:53.88
400 M. FREE		
R.SHAW	28 PRO	6:01.14
KAREN PANTILAT	28 UNAT	6:04.35
1500 M. FREE		
R.SHAW	28 PRO	24:40.59
50 M. BACK		
MELANY RICHMOND	28 GLAD	43.02
100 M. BACK		
MELANY RICHMOND	28 GLAD	1:37.37
100 M. BRST		
R.SHAW	28 PRO	1:38.45

WOMEN 30-34

50 M. FREE		
PATTY BREDICE	33 SAM	33.44
ELLEN CULLOM	33 SAC	47.05
100 M. FREE		
MEGAN BUSSART	33 BMSC	1:09.58
PATTY BREDICE	33 SAM	1:14.16
ELLEN CULLOM	33 SAC	1:49.19
200 M. FREE		
TARA SIMSAK	34 BAM	2:30.08
MEGAN BUSSART	33 BMSC	2:35.40
PATTY BREDICE	33 SAM	2:47.60
400 M. FREE		
MEGAN BUSSART	33 BMSC	5:23.14
TARA SIMSAK	34 BAM	5:24.71
1500 M. FREE		
MEGAN BUSSART	33 BMSC	21:39.71
TARA SIMSAK	34 BAM	22:24.86
100 M. BACK		
TARA SIMSAK	34 BAM	1:19.55
200 M. BACK		
TARA SIMSAK	34 BAM	2:52.33
50 M. BRST		
ELLEN CULLOM	33 SAC	51.85

100 M. BRST		
ELLEN CULLOM	33 SAC	1:58.03

WOMEN 35-39

50 M. FREE		
KARLA EDWARDS	36 BEST	35.34
ANITA HANSEN	36 BEST	35.49
KATHY MOORE	36 UNAT	36.67
JODI STEBBINS	35 LYN	37.53
200 M. FREE		
JODI STEBBINS	35 LYN	3:08.72
MELISSA SWANSON	37 SAC	3:14.23
400 M. FREE		
JERRI FREIMUTH	38 PNA	5:10.34
JODI STEBBINS	35 LYN	6:35.22
MELISSA SWANSON	37 SAC	6:39.72
1500 M. FREE		
JERRI FREIMUTH	38 PNA	20:25.65 Z
50 M. BACK		
A.PETERS-JOHNSON	38 NEO	35.06
KARLA EDWARDS	36 BEST	39.63
ANITA HANSEN	36 BEST	42.68
KATHY MOORE	36 UNAT	44.13
100 M. BACK		
A.PETERS-JOHNSON	38 NEO	1:16.93
200 M. BACK		
A.PETERS-JOHNSON	38 NEO	2:46.47
JERRI FREIMUTH	38 PNA	2:50.21

50 M. BRST		
ANITA HANSEN	36 BEST	48.62
KATHY MOORE	36 UNAT	48.83
50 M. FLY		
JODI STEBBINS	35 LYN	47.43
100 M. FLY		
JERRI FREIMUTH	38 PNA	1:29.33

WOMEN 40-44

50 M. FREE		
ALICE GODFRED	43 BC	31.04
M.CUNNINGHAM	42 UNAT	33.73
CHRIS PIZZANO	43 TACY	38.55
100 M. FREE		
ALICE GODFRED	43 BC	1:08.25
WENDY HOFFMAN	41 GLAD	1:19.27
CAROL MCCAIG	41 PRO	1:21.92
CHRIS PIZZANO	43 TACY	1:29.49
200 M. FREE		
WENDY HOFFMAN	41 GLAD	2:57.06
400 M. FREE		
PENNY BATES	42 ANCM	5:13.68
1500 M. FREE		
PENNY BATES	42 ANCM	20:25.74
50 M. BACK		
CAROL MCCAIG	41 PRO	41.60
M.CUNNINGHAM	42 UNAT	42.40



Photo by Paul Freeman

For Anita Hansen from BEST, it was her first swim in 17 years. Pictured with Anita, and also from BEST, is Michael McKinley.



50 M. BRST		
ALICE GODFRED	43 BC	39.62 P
LISA WILSON	42 NEO	40.59
CAROL MCCAIG	41 PRO	41.15
CHRIS PIZZANO	43 TACY	48.46
100 M. BRST		
LISA WILSON	42 NEO	1:28.41 P
CAROL MCCAIG	41 PRO	1:33.88
WENDY HOFFMAN	41 GLAD	1:41.67
CHRIS PIZZANO	43 TACY	1:48.06
200 M. BRST		
LISA WILSON	42 NEO	3:06.27 P
PENNY BATES	42 ANCM	3:11.87
WENDY HOFFMAN	41 GLAD	3:39.44
50 M. FLY		
M.CUNNINGHAM	42 UNAT	38.95
CAROL MCCAIG	41 PRO	41.40
100 M. FLY		
PENNY BATES	42 ANCM	1:19.61
200 M. I.M.		
ALICE GODFRED	43 BC	2:53.11
WENDY HOFFMAN	41 GLAD	3:30.93

WOMEN 45-49

50 M. FREE		
MARY LIPPOLD	47 NEO	29.97
KAMERA BAKER	45 AFAM	37.38
JANET JOHNSON	49 UNAT	39.39
100 M. FREE		
MARY LIPPOLD	47 NEO	1:06.56 P
CHRISTINE PRUNEAU	46 WSYD	1:29.86
REBECCA LOGSDON	49 SAC	2:13.27
200 M. FREE		
CHRISTINE PRUNEAU	46 WSYD	3:15.62
REBECCA LOGSDON	49 SAC	4:34.08
400 M. FREE		
JODY WELBORN	48 OREG	6:11.25
50 M. BACK		
KAMERA BAKER	45 AFAM	42.98
100 M. BACK		
CHRISTINE PRUNEAU	46 WSYD	1:49.38
200 M. BACK		
KAMERA BAKER	45 AFAM	3:46.44
50 M. BRST		
KAMERA BAKER	45 AFAM	47.59
JANET JOHNSON	49 UNAT	50.68
100 M. BRST		
JODY WELBORN	48 OREG	1:43.41
JANET JOHNSON	49 UNAT	1:53.42
CHRISTINE PRUNEAU	46 WSYD	1:56.74
50 M. FLY		
MARY LIPPOLD	47 NEO	34.46 P
KAMERA BAKER	45 AFAM	39.18
CHRISTINE PRUNEAU	46 WSYD	50.28
100 M. FLY		
MARY LIPPOLD	47 NEO	1:16.93 P
200 M. I.M.		
JODY WELBORN	48 OREG	3:28.60

WOMEN 50-44

50 M. FREE		
DEBBIE GLASSMAN	50 NEO	31.33 Z
100 M. FREE		
DEBBIE GLASSMAN	50 NEO	1:11.41
1500 M. FREE		
DEBRA DRAGOVICH	52 SAC	31:46.87
50 M. FLY		
DEBBIE GLASSMAN	50 NEO	34.34 Z
100 M. FLY		
DEBBIE GLASSMAN	50 NEO	1:20.20 Z

WOMEN 55-59

100 M. FREE		
SUE AMOTT	55 GCM	1:33.46
200 M. FREE		
ARNI LITT	57 GLAD	3:30.43
JEANNE ENSIGN	57 GLAD	3:30.60
400 M. FREE		
JEANNE ENSIGN	57 GLAD	7:12.87

1500 M. FREE		
KATHRINE CASEY	55 FTSW	22:54.46 P
JEANNE ENSIGN	57 GLAD	28:29.37
100 M. BACK		
KATHRINE CASEY	55 FTSW	1:30.28 P
SUE AMOTT	55 GCM	1:59.15
200 M. BACK		
KATHRINE CASEY	55 FTSW	3:10.62 Z
50 M. BRST		
ARNI LITT	57 GLAD	50.79
100 M. BRST		
ARNI LITT	57 GLAD	1:47.02
SUE AMOTT	55 GCM	1:55.98
200 M. BRST		
ARNI LITT	57 GLAD	3:51.44
200 M. I.M.		
ARNI LITT	57 GLAD	3:55.04
400 M. I.M.		
KATHRINE CASEY	55 FTSW	6:52.46 P

WOMEN 60-64

50 M. FREE		
JOY WARD	61 OREG	34.81
CAROLYN BEHSE	60 BC	41.71
100 M. FREE		
CAROLYN BEHSE	60 BC	1:36.01
50 M. BACK		
JOY WARD	61 OREG	43.47
50 M. BRST		
CAROLYN BEHSE	60 BC	53.84
50 M. FLY		
JOY WARD	61 OREG	38.22
CAROLYN BEHSE	60 BC	53.21

WOMEN 65-69

50 M. FREE		
PEG CLOUTIER	68 VAM	44.22
100 M. FREE		
PEG CLOUTIER	68 VAM	1:40.61
200 M. FREE		
PEG CLOUTIER	68 VAM	3:44.57 P

WOMEN 80-84

100 M. FREE		
MARION CHADWICK	82 BC	2:45.36
200 M. FREE		
MARION CHADWICK	82 BC	5:55.96
400 M. FREE		
MARION CHADWICK	82 BC	12:19.22
100 M. BACK		
MARION CHADWICK	82 BC	3:08.56
200 M. BACK		
MARION CHADWICK	82 BC	6:38.34
50 M. BRST		
MURIEL FLYNN	80 TACY	1:02.54 N
100 M. BRST		
MURIEL FLYNN	80 TACY	2:19.21 Z
200 M. BRST		
MURIEL FLYNN	80 TACY	5:02.96 Z

WOMEN 85-89

50 M. FREE		
PAT MATTHIESEN	87 TIG	1:16.61 P
50 M. BACK		
PAT MATTHIESEN	87 TIG	1:30.29
100 M. BACK		
PAT MATTHIESEN	87 TIG	3:17.15 Z
50 M. FLY		
PAT MATTHIESEN	87 TIG	1:57.03

MEN 25-29

50 M. FREE		
DMITRI PARAMONOV	25 UNAT	25.73
STEVEN ROSARIA	29 PRO	27.83
LEO TANAKA	25 BC	28.57
100 M. FREE		
DMITRI PARAMONOV	25 UNAT	57.71
STEVEN ROSARIA	29 PRO	1:06.13

Photo by Sandy McNeel



J Byford Goessman prepares to start the 50-meter backstroke

200 M. FREE		
STEVEN ROSARIA	29 PRO	2:25.44
BRIAN FENN	25 PRO	2:44.24
400 M. FREE		
BRIAN FENN	25 PRO	5:56.56
1500 M. FREE		
BRIAN FENN	25 PRO	23:22.26
50 M. BRST		
LEO TANAKA	25 BC	33.68
STEVEN ROSARIA	29 PRO	36.07
100 M. BRST		
STEVEN ROSARIA	29 PRO	1:28.89
BRIAN FENN	25 PRO	1:34.50
50 M. FLY		
LEO TANAKA	25 BC	30.51
200 M. I.M.		
BRIAN FENN	25 PRO	3:06.87

MEN 30-34

50 M. FREE		
TODD DOHERTY	32 BC	26.65
KERRY NESS	34 SVY	33.57
100 M. FREE		
KERRY NESS	34 SVY	1:22.09
200 M. FREE		
KIRK NELSON	33 HMST	2:15.74
400 M. FREE		
KIRK NELSON	33 HMST	4:47.84
50 M. BACK		
TODD DOHERTY	32 BC	31.04
100 M. BACK		
SEAN HILBERT	34 PRO	1:13.26
200 M. BACK		
SEAN HILBERT	34 PRO	2:38.06
50 M. BRST		
TODD DOHERTY	32 BC	32.68
KERRY NESS	34 SVY	41.43
100 M. BRST		
SEAN HILBERT	34 PRO	1:24.35
KERRY NESS	34 SVY	1:32.96
50 M. FLY		
TODD DOHERTY	32 BC	28.76

MEN 35-39

50 M. FREE		
GREG MARGHARITIS	37 WINS	25.70
MICHAEL LANG	39 DSYM	31.45
100 M. FREE		
GREG MARGHARITIS	37 WINS	1:00.56
SAM ANDERSON	35 BMSC	1:01.66
CHARLES NORMAN	37 PNA	1:05.84
MICHAEL LANG	39 DSYM	1:10.57
200 M. FREE		
JIM LASERSOHN	38 ORCA	2:24.38
MICHAEL LANG	39 DSYM	2:38.25
400 M. FREE		
SAM ANDERSON	35 BMSC	4:44.02
1500 M. FREE		
BILL VOLCKENING	37 NEM	19:09.34
DANIEL FROST	35 NWM	20:49.59
50 M. BACK		
DANIEL FROST	35 NWM	32.79
GREG MARGHARITIS	37 WINS	34.15
200 M. BACK		
STEVE RUITER	38 GLAD	2:25.88
50 M. BRST		
JIM LASERSOHN	38 ORCA	38.19
100 M. BRST		
CHARLES NORMAN	37 PNA	1:19.24
JIM LASERSOHN	38 ORCA	1:23.90
200 M. BRST		
CHARLES NORMAN	37 PNA	2:56.00
50 M. FLY		
GREG MARGHARITIS	37 WINS	28.98
DANIEL FROST	35 NWM	32.32
JIM LASERSOHN	38 ORCA	33.32
100 M. FLY		
STEVE RUITER	38 GLAD	1:04.78
SAM ANDERSON	35 BMSC	1:07.59
CHARLES NORMAN	37 PNA	1:14.73
200 M. FLY		
STEVE RUITER	38 GLAD	2:22.45
DANIEL FROST	35 NWM	3:00.74
200 M. I.M.		
STEVE RUITER	38 GLAD	2:26.03
CHARLES NORMAN	37 PNA	2:49.15
400 M. I.M.		
STEVE RUITER	38 GLAD	5:08.67
DANIEL FROST	35 NWM	5:53.34

Photo by Sandy McTeel



Thomas Walker swimming the long distance of the 1500 Free.

MEN 40-44

50 M. FREE		
DOUG REDFIELD	40 BMSC	31.27
100 M. FREE		
JAMES LITTLEFIELD	43 SAC	1:01.89
MICHAEL JONES	43 MIR	1:02.41
200 M. FREE		
PAUL IKEDA	44 ORCA	2:56.77
400 M. FREE		
ERIC DYBDAHL	43 FWM	4:58.08
MICHAEL JONES	43 MIR	5:11.37
PAUL IKEDA	44 ORCA	6:19.53
1500 M. FREE		
DOUG REDFIELD	40 BMSC	20:15.22
PAUL IKEDA	44 ORCA	24:48.90
50 M. BACK		
JAMES LITTLEFIELD	43 SAC	32.50
100 M. BACK		
JAMES LITTLEFIELD	43 SAC	1:09.48
200 M. BACK		
PAUL IKEDA	44 ORCA	3:19.16
200 M. BRST		
PAUL IKEDA	44 ORCA	3:27.73
100 M. FLY		
MICHAEL JONES	43 MIR	1:09.76
200 M. FLY		
ERIC DYBDAHL	43 FWM	2:43.04

200 M. BRST		
KEVIN AMES	46 UNAT	3:03.31
100 M. FLY	46 UNAT	1:11.71
DALE CARY		
200 M. FLY	46 GLAD	2:34.62
DAN ROBINSON		
200 M. I.M.	46 UNAT	2:43.45
DALE CARY		
400 M. I.M.	46 GLAD	5:36.84
DAN ROBINSON		

MEN 50-54

50 M. FREE		
BILL PENN	52 PNA	32.12
100 M. FREE		
BILL PENN	52 PNA	1:08.25
CHARLES FIELDER	50 MICH	1:15.87
200 M. FREE		
BILL PENN	52 PNA	2:22.63
WATT TAYLOR	51 ISST	2:48.39
400 M. FREE		
BILL PENN	52 PNA	4:47.97
CHARLES FIELDER	50 MICH	6:16.99
1500 M. FREE		
BILL PENN	52 PNA	18:36.79 Z
CHARLES FIELDER	50 MICH	25:57.28
100 M. BRST		
WATT TAYLOR	51 ISST	1:34.23
200 M. I.M.		
WATT TAYLOR	51 ISST	3:17.82

MEN 45-49

50 M. FREE		
DALE CARY	46 UNAT	28.11
JIM GROSS	49 SVY	28.72
STEVE WADE	45 SVY	34.93
100 M. FREE		
DALE CARY	46 UNAT	1:04.27
JIM GROSS	49 SVY	1:04.69
STEVE WADE	45 SVY	1:18.71
ERNIE FLOWERS	47 WSYD	1:33.26
200 M. FREE		
STEVE WADE	45 SVY	2:56.34
400 M. FREE		
STEVE WADE	45 SVY	6:16.31
ERNIE FLOWERS	47 WSYD	6:57.18
1500 M. FREE		
JIM GROSS	49 SVY	22:35.82
STEVE WADE	45 SVY	25:39.33
100 M. BACK		
ERNIE FLOWERS	47 WSYD	2:14.65
50 M. BRST		
KEVIN AMES	46 UNAT	37.79
100 M. BRST		
KEVIN AMES	46 UNAT	1:22.71
ERNIE FLOWERS	47 WSYD	2:08.94

MEN 55-59

50 M. FREE		
DOUG PRENTICE	55 OREG	28.11
JOHN LEET	58 FWM	32.26
STEVEN PETERSON	57 OOPS	32.69
DENNIS SAWYER	59 BAM	35.93
100 M. FREE		
DOUG PRENTICE	55 OREG	1:03.59
STEVEN PETERSON	57 OOPS	1:11.59
RICHARD BATLEY	55 LYN	1:20.37
DENNIS SAWYER	59 BAM	1:25.28
200 M. FREE		
STEVEN PETERSON	57 OOPS	2:36.44
JOHN LEET	58 FWM	2:44.64
RICHARD BATLEY	55 LYN	2:56.01
400 M. FREE		
MICHAEL MCCOLLY	58 NEO	5:09.94
STEVEN PETERSON	57 OOPS	5:28.52
RICHARD BATLEY	55 LYN	6:09.56

Photo by Paul Freeman



Nathaniel Buechler watching his nine-month-old brother, David, at the Bellevue Club meet. Their mom competed.



1500 M. FREE		
JAMES MCCLEERY	57 NWM18:51.69 N	
JIM NORRIS	56 UNAT 21:23.61	
STEVEN PETERSON	57 OOPS 22:04.51	
RICHARD BATLEY	55 LYN 24:29.99	
THOMAS WALKER	56 UNAT 30:00.44	
200 M. BACK		
MICHAEL MCCOLLY	58 NEO 2:49.45	
THOMAS WALKER	56 UNAT 3:51.90	
50 M. BRST		
DOUG PRENTICE	55 OREG 37.43	
JOHN LEET	58 FWM 41.15	
DENNIS SAWYER	59 BAM 41.42	
100 M. BRST		
JOHN LEET	58 FWM 1:31.34	
DENNIS SAWYER	59 BAM 1:34.46	
200 M. BRST		
THOMAS WALKER	56 UNAT 4:15.34	
50 M. FLY		
RICHARD BATLEY	55 LYN 42.94	
200 M. I.M.		
MICHAEL MCCOLLY	58 NEO 2:50.73	
JOHN LEET	58 FWM 3:17.42	
400 M. I.M.		
THOMAS WALKER	56 UNAT 8:23.55	

MEN 60-64

50 M. FREE		
PAUL FREEMAN	60 SSEA 34.99	
100 M. FREE		
PAUL FREEMAN	60 SSEA 1:18.04	
400 M. FREE		
LEE CARLSON	63 MIR 6:53.03	
1500 M. FREE		
ROBERT SMITH	60 OREG 24:29.05	
50 M. BACK		
ROBERT SMITH	60 OREG 31.54 W	
MICHAEL MCKINLAY	60 BEST 35.69	
100 M. BACK		
ROBERT SMITH	60 OREG1:09.43 W	
MICHAEL MCKINLAY	60 BEST 1:19.85	
LEE CARLSON	63 MIR 1:36.66	
200 M. BACK		
MICHAEL MCKINLAY	60 BEST 3:05.37	
50 M. BRST		
ROBERT SMITH	60 OREG 35.59 Z	
MICHAEL MCKINLAY	60 BEST 42.03	
PAUL FREEMAN	60 SSEA 44.39	
100 M. BRST		
PAUL FREEMAN	60 SSEA 1:39.48	

Photo by Paul Freeman



Bellevue's Club Cory Hilderbrand, Meet Director, and Karen Duggan

200 M. BRST		
PAUL FREEMAN	60 SSEA 3:34.81	
50 M. FLY		
ROBERT SMITH	60 OREG 30.43	
MICHAEL MCKINLAY	60 BEST 35.85	

MEN 65-69

50 M. BACK		
J BYFORD GOESSMAN	65 SAC 1:08.46	
200 M. BACK		
TOM FOLEY	69 TIG 4:11.34	
50 M. BRST		
DONALD REHFELDT	69 UNAT 50.30	
100 M. BRST		
DONALD REHFELDT	69 UNAT 1:53.81	
200 M. BRST		
DONALD REHFELDT	69 UNAT 4:04.14	
50 M. FLY		
BERT PETERSEN	65 OREG 31.55 Z	
100 M. FLY		
BERT PETERSEN	65 OREG1:13.40 W	
TOM FOLEY	69 TIG 2:29.62	
400 M. I.M.		
TOM FOLEY	69 TIG 9:21.23	

MEN 75-79

1500 M. FREE		
HARVEY PROSSER	75 NWM27:15.38 Z	
50 M. FLY		
HARVEY PROSSER	75 NWM 56.20 P	
100 M. FLY		
HARVEY PROSSER	75 NWM 2:11.49 P	

MEN 80-84

100 M. FREE		
HAL YOUNG	82 TACY 2:00.88	
200 M. FREE		
HAL YOUNG	82 TACY 4:26.81	
1500 M. FREE		
HAL YOUNG	82 TACY 40:30.50 P	

MEN 90-94

50 M. FREE		
L (GENE) CROSSET	90 GLAD 56.24 Z	
100 M. FREE		
L (GENE) CROSSET	90 GLAD 2:09.76 Z	
200 M. FREE		
L (GENE) CROSSET	90 GLAD 4:41.18 Z	
400 M. FREE		
L (GENE) CROSSET	90 GLAD 10:07.77 Z	

Relays-Women 200 Meter Medley

160-199		
WENDY HOFFMAN	41 PNA 3:05.67	
ARNI LITT	57	
KATHY MOORE	36	
MELANY RICHMOND	28	

Relays-Mixed 200 Meter Free

120-159		
R.SHAW	28 PRO 2:09.45	
CAROL MCCAIG	41	
BRIAN FENN	25	
STEVEN ROSARIA	29	

Relays-Mixed 200 Meter Medley

120-159		
SEAN HILBERT	34 PRO 2:29.16	
CAROL MCCAIG	41	
BRIAN FENN	25	
R.SHAW	28	

Splits-Women 55-59

200 M. FREE		
KATHRINE CASEY	55 FTSW3:00.22 P	
400 M. FREE		
KATHRINE CASEY	55 FTSW6:08.49 P	
800 M. FREE		
KATHRINE CASEY	55 FTSW 12:20.17 P	
100 M. FLY		
KATHRINE CASEY	55 FTSW 1:39.92	

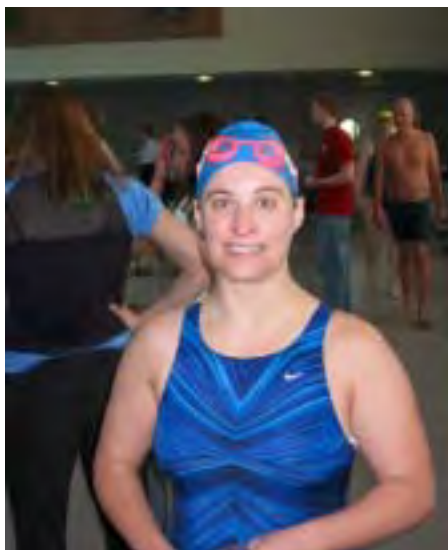
Splits-Men 55-59

800 M. FREE		
JIM MCCLEERY	57 FTSW 10:02.98 Z	

What do Those Whistles Mean?

At the Bellevue Club meet last month, the competent officiating crew reminded swimmers about the meaning of whistles. The short series of whistles is the signal to remove warm-up clothing. The long whistle is the signal for swimmers to take their position with one foot at the front of the blocks or pool edge. In the backstroke, the long whistle is the signal to enter the water; a second long whistle is a signal to return to the starting position.

Photo by Paul Freeman



Kathy Moore, who came from Ellensburg, swam in three events despite having shoulder surgery just two weeks earlier.

Official Timer & Stroke & Turn Certification Clinic

March 28

6:00 p.m. - 8:00 p.m.

Skagit Valley YMCA

Mt. Vernon

Contact Jean Kavadas

2003 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Hosted by Federal Way Masters
 Sanctioned by the Pacific Northwest Association of Masters Swimmers
 for USMS, Inc. Sanction # 033604

2003 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Saturday, April 12th and Sunday, April 13th, 2003

NAME: _____ M F AGE: _____
 ADDRESS: _____
 PHONE _____ Email _____
 BIRTHDATE: _____ USMS #: _____
 PNA TEAM _____ (note: team must register with PNA by 3/22/03)
 CLUB _____ or UNATTACHED _____ LMSC _____

DATE: **Saturday, April 12th and Sunday, April 13th, 2003**
 TIMES: **Saturday, April 12th, Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM**
Sunday, April 13th, Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM
 PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,
 Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: Hank Kirkland (253)941-3585 / fwmastersmd@luno.com
 FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses will be used for events 500 yards and longer. Only one course will be used for events less than 500 yards. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard

RULES: Current USMS Rules will govern the meet.
 ELIGIBILITY: Open to all year 2003 USMS or MSC registered swimmers age 19 and above as of April 13th. Age groups will be based upon the swimmer's age as of April 13, 2003.

DIRECTIONS: From North or South Bound I-5 take exit 142 B which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #B) (Seeding slow to fast / Deck enter relays at the meet.)

1	Saturday, April 12th: 9 AM	Sunday, April 13th 9 AM
2	1000 Free (Check-in by 8:30)	500 Freestyle (Check-in by 8:30)
3	Event 2 will not start before 9:45	Event 14 will not start before 9:45
4	Women's 200 Freestyle Relay	Women's 200 Medley Relay
5	Men's 200 Freestyle Relay	Men's 200 Medley Relay
6	50 Backstroke	100 Breaststroke
7	200 Butterfly	50 Butterfly
8	100 Freestyle	200 Freestyle
9	10 minute break	10 minute Break
10	100 Individual Medley	200 Individual Medley
11	200 Mixed Medley Relay	200 Mixed Freestyle Relay
12	100 Backstroke	50 Breaststroke
13	50 Freestyle	200 Backstroke
14	200 Breaststroke	100 Butterfly
15	400 Individual Medley	1650 Freestyle (Check-in by noon)

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

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

Entry Confirmation: If entry confirmation is desired, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

Check-in: Check-in is required for the 1000 Freestyle (Deadline: Saturday at 8:30 AM), the 500 Freestyle (Deadline: Sunday at 8:30 AM), and the 1650 Freestyle (Deadline: Sunday at 12 noon). Swimmers who do not check in by the deadline may be scratched from the event.

AGE GROUP (Determined by your age as of April 13th, 2003):

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: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEE: \$ 15.00 Surcharge
 \$ _____ T-shirts @ \$15 indicate size (M ___ L ___ XL ___)
 Individual Events: + \$ _____ \$1 per event. No charge for relays.
 Total: \$ _____ No charge for need-basis or seniors (65 & over).
 Please make checks payable to Federal Way Masters
 Mail this entry form and fees to:
 Holly Bork
 25107 62nd AVE S #J-201
 Kent, WA 98032

Questions? Email Holly at holly.d.bork@boeing.com
 Entries must be postmarked no later than Saturday, March 29, or received by April 2, 2003.
Include a copy of your Masters registration card if you are not a PNA member. All swimmers must have a valid 2003 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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: _____



Additional Information

PNA Champs

In Memory of Steve Engel
June 17, 1943 - February 17, 1996

PNA's annual Champs meet is dedicated to the memory of the co-founder and first president of the PNA. Steve lost his battle with complications from leukemia, but his energy and enthusiasm will long be remembered by those of us fortunate to have known him.

*Across America, there are now more than 30,000 of us.
 And one of the pioneer associations in the nation was right
 here in Steve Engel land. Thank You, Steve.
 Your vision long ago became a solid reality that will endure.
 It was not a false start. You have swum the entire distance to heaven.*

- From Tom Taylor's tribute in *The WetSet* (March 1996)

Team Eligibility: To be eligible for team awards, teams must submit a 2003 team registration by the meet entry deadline. PNA team registration forms are available in *The WetSet* and on the PNA website, www.swimpna.org.

Team Categories: Eligible PNA teams will be divided into three categories (Large, Medium, and Small), based upon the number of swimmers entered from each team in the meet. Category assignments will be made after the meet entry deadline and announced during the meet.

Scoring: The meet shall be scored from places 1 through 12 in every age group for every event. Individual events will be scored 13-11-10-9-8-7-6-5-4-3-2-1. Relays score double the individual points. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.

Individual Awards: PNA Championship ribbons will be awarded first through 8th place in every age group in every event. PNA medals (1st, 2nd & 3rd place) can be purchased for \$2 each.

Team Awards: Plaques will be awarded to the top three teams in each category.

Motels: There are numerous motels within fifteen miles of the pool including:

Name	Distance to Pool	City	Phone
Holiday Inn Express	1.4 miles	Federal Way	253-838-3164
Best Western Executel	5 miles	Federal Way	253-941-6000
Super 8 Motel	2.4 miles	Federal Way	253-838-8808
Motel 6	7 miles	Fife	253-922-1270

Dawn Musselman Award

Named in honor of Dawn Musselman, the 2003
 PNA Inspirational Swimmer Award will be pre-
 sented on Saturday after event #6
 (100 Freestyle).
 See article on back page.

Register Your Team



The following teams are registered with PNA. If your team should be listed but isn't, please submit your Local Team Registration (form below) and \$10 fee. REMEMBER: for PNA Champs all teams must register by the meet entry deadline to be eligible for team trophies.

Team

Bainbridge Area Masters
 Bellevue Club
 Bellevue Eastside Swim Team
 Bellingham Masters
 Downtown Seattle YMCA
 Fort Steilacoom - WAKO
 Gold Creek Masters
 Greenlake Aquaducks
 Island Masters
 Lynnwood Sharks
 Mercer Island Redwoods
 North Whidbey Masters
 Old Olympic Peninsula Swimmers
 Squim Masters
 Swim Seattle
 Tacoma YMCA
 Thorbecke's Masters Swimming
 Western Washington University

BAM
 BC
 BEST
 BMSC
 DSYM
 FTSW
 GCM
 GLAD
 IM
 LYN
 MIR
 NWM
 OOPA
 SQM
 SWIM
 TACY
 TMS
 WWU

Team Rep

Brian Russell
 Carolyn Behse
 Michael McKinlay

 Suzie Cavassa
 Kathrine Casey
 Sue Amott
 Clark Pace
 Kate Sutherland
 Karin Heusted
 Steve Sussex
 Sally Dillon
 Steve Peterson
 Sally Perry
 Sarah Welch
 Cathy Barmore
 Laura Reisdorph
 Amy Jahnke

Team Coach

Lynn Wells
 Cory Hilderbrand
 Michael McKinlay
 Barb Gundred
 Mike Torchie
 Kathrine Casey
 Dave Leonard
 Scott Skoglund
 Kristi Eager
 Laurie Stallings

 Sally MacLaren-Meuer

 Jeff Taylor
 Cathy Barmore
 Laura Reisdorph
 David Tourigny

PNA Local Team Registration

To register your team for 2003, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held in the spring. All team members competing in the meet must be currently registered with USMS.

Team Name:		Abbreviation (4 letters max):	
Team Rep	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	E-Mail:		
Team Coach	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	E-Mail:	Home Pool:	
Workout Pools	Pool name:		
	Address:		
Workout Times			

Mail this form and check to:

Jeanne Ensign (206) 324-1354
 511 East Roy, #314 E-mail jeanne@raincity.com
 Seattle, WA 98102

Application Fee: \$10
 Make check payable to:
PNA Masters Swimmers

Northwest Zone Short Course Yards Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #373-04

Eligibility: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 2003 registration form and fee with this form.

Hosted by: Columbia Gorge Masters &
Hood River Valley Swim Team
Hood River Aquatic Center
1601 May Street
Hood River, Oregon

DATE: Saturday & Sunday, April 26 & 27, 2003

8-10 lanes competition-electronic timing
Continuous warm-up/down area

SATURDAY: WARM-UPS: 1PM • MEET STARTS: 2PM
SUNDAY: WARM-UPS: 8AM • MEET STARTS: 9AM

Meet director: Shelly Rawding • Phone: 509-493-4679 • e-mail hrvst_coach@hotmail.com

Directions to the pool: Eastbound: Take I-84 to Exit#62 (first Hood River Exit), turn right onto Cascade and go toward town for 1.2 miles to the first stoplight. Turn right on 13th, go up the hill and turn right on May St (just past the hospital on the left). Pool will be on your left just past the park. Westbound: Take I-84 to Exit #63 (second Hood River Exit), turn left and go into town. Go through the blinking red light and go one block to State Street. Turn right and go .6 mile to 13th Street. Turn left, proceed up the hill and turn right on May Street (just past hospital). Pool will be on your left just past the park.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.

HOST (HOUSE OUR SWIMMERS TONIGHT): CONTACT SANDI ROUSSEAU 541-354-2580 OR E-MAIL SWIM@GORGE.NET

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY APRIL 11, 2003

FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

PHONE _____

E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____

2003 USMS # _____

USMS CLUB (OREG, MACO, PNA, ETC) _____

IS THIS YOUR FIRST MASTERS MEET? Yes No

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 19+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 8 INDIVIDUAL EVENTS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY PLUS RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). A PERSON MAY SWIM THE 200Y, 400Y & 800Y DISTANCE OF EACH RELAY ONCE. THE 400 AND 800 RELAY WILL BE SEEDED IN HEATS AFTER THE 200 RELAYS OF THE SAME EVENT. THE 500, 1000 AND 1650 FREESTYLES & 400 IM WILL BE DECK SEEDED. **CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. CHECK IN FOR THE 1650 WILL OPEN MIDWAY THROUGH SUNDAY'S EVENTS. SHOULD IT BE NECESSARY, TWO PER LANE MAY BE REQUIRED FOR THE 1000 & 1650 FREESTYLES DEPENDENT ON THE MEET SIZE AND TIMELINE.** ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Saturday, April 26, 2003

100 BACK (1) _____ : _____ . _____

50 BREAST (2) _____ : _____ . _____

200 FREE (3) _____ : _____ . _____

400 IM (4) _____ : _____ . _____

break

FREE RELAYS (5-10)

100 BREAST (11) _____ : _____ . _____

200 FLY (12) _____ : _____ . _____

50 FREE (13) _____ : _____ . _____

break

MIXED MEDLEY RELAYS (14-15)

1000 FREE (16) _____ : _____ . _____

Sunday, April 27, 2003

500 FREE (17) _____ : _____ . _____

Sunday (con't)

20 min. warm-up in competition pool. Event 18 will not start before 10AM

100 IM (18) _____ : _____ . _____

50 FLY (19) _____ : _____ . _____

200 BACK (20) _____ : _____ . _____

100 FREE (21) _____ : _____ . _____

break

MEDLEY RELAYS (22-25)

200 IM (26) _____ : _____ . _____

100 FLY (27) _____ : _____ . _____

200 BREAST (28) _____ : _____ . _____

50 BACK (29) _____ : _____ . _____

MIXED FREE RELAYS (30-32)

break

1650 FREE (33) _____ : _____ . _____

"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 & 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."

Meet Entry \$18.00

Each Extra Event (7th &/or 8th) \$3 ea. _____

Total enclosed _____

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$18.00 • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220



HAPPY BIRTHDAY

to the following PNA swimmers!

Kathy Moore	3	15	Amy Jahnke	4	1
Richard Blais	3	15	Kevin Stapleton	4	2
Phoebe Terhaar	3	16	Tommy Taylor	4	3
Laura Houston	3	16	Eric Dybdahl	4	3
Patty Haller	3	16	Alan Bell	4	4
Todd Wirtz	3	16	Karin Osterhaug	4	4
Matthew Smith	3	16	Christine Pruneau	4	5
Todd Doherty	3	16	AnnBailey	4	5
Julie Taylor	3	19	HeatherHoffman	4	5
Patrick Slowey	3	19	Sydney Munger	4	5
Kathy Metzler	3	19	Skye Brothers	4	5
Barney Voegtlen	3	19	William Kizwiak	4	5
Joe Gasper	3	20	Carolyn Baldwin	4	6
Kathleen Farrell	3	21	Janet Kavadas	4	6
Matthew L Bennett	3	21	Richard Batley	4	6
Patricia Hennessy	3	22	William Perry	4	6
Willa Dawson	3	22	Kristin Etter	4	7
Mike Nelson	3	22	Debra DeVliieger	4	8
Rex Gardner	3	22	Kevin Esko	4	8
Robert Tripple	3	23	Chaya Amiad	4	8
Alan Schell	3	23	CarmenJensen	4	9
Will Delony	3	23	Christina Scherer	4	9
Cory Hilderbrand	3	23	Sue Amott	4	10
Rebecca Logsdon	3	23	Julie Fay	4	10
Lance Calisch	3	24	George Druffner	4	11
Becky Klieman	3	25	Jeff Woerner	4	11
Sean Morrison	3	25	Tom Riepe	4	11
Rick Spencer	3	26	Stella Preissler	4	12
Peg Cloutier	3	28	Yvonne Yokota	4	12
Anita Hansen	3	28	Judy Williams	4	12
Burton Swendt	3	29	Donna Peters	4	12
Collins Woodside	3	30	Gerald Linn	4	12
Jack Stavros	3	30	R. Scott Smith	4	13
Kate Sutherland	3	31	Miles Lippold	4	13
Kathleen Abrams	3	31	Sam Anderson	4	14
Luke Ruggeri	3	31	Aaron Abrams	4	14
Jean Huckins	4	1			
Jeff Strand	4	1			
Carol Peterman	4	1			

(Continued from page 5)
Champs, December 15, Oregon City.

Open Water: Sally plans to organize swimmers for the trans-Tahoe July 19 (same weekend as Fat Salmon) and the Maui Channel Swim. She plans to meet with the South Whidbey Swells about a Loon Lake swim. Sarah volunteered to receive PNA's One-Hour Postal Swim entries in Sally's absence at the end of January.

Newsletter: Sandy announced her resignation as Editor, effective once a replacement is found. Input deadline for the January issue is December 18.

Awards: Arni seeks a replacement as chair.

NEW BUSINESS: A. President's Awards: Lee presented certificates of appreciation to the Board members for their 2002 efforts. B. Nominating Committee: In preparation for elections this spring, Lee, Sally, and Walt will present a slate of candidates for Board offices.

NEXT MEETINGS

Wednesday, January 22, Seattle Parks & Recreation offices.
Wednesday, February 26, Jane Moore's office



Photo by Sandy McNeel

Oregon Power Swimmers: Bill Volckening, who swam the 1500M Free at the Bellevue Club meet, and Bert Peterson, who set a world record in the 100M Fly and a zone record in the 50M Fly.



UNITED STATES MASTERS SWIMMING, INC.
2003 REGISTRATION APPLICATION
 Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

Please print clearly and fill out the entire form. Register with the same name you have or will use for competition. If your name has changed, please include old and new names.

Name: _____ Birth date: _____
Last First Initial Month Day Year

Address: _____ Age: _____ Male Female (circle one)
Street or box number

_____ E-Mail: _____
City State Zip+4

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

CLUB: Pacific NW Aquatics (PNA) **Team :** _____
 Sequim (SQM) Unattached Unattached

2003 Annual Fee: Your fee includes subscriptions to *The WetSet* and *SWIM Magazine*

Regular:	\$35	\$ _____
Need-based or Seniors (65 & over):	\$25	\$ _____
After September 1, 2003:	\$20	\$ _____
Canadian:	\$40 (US dollars)	\$ _____
<i>Optional Donations:</i>		
USMS Endowment Fund	(\$1 or \$ _____)	\$ _____
International Swimming Hall of Fame	(\$1 or \$ _____)	\$ _____
	TOTAL	\$ _____

I am interested in serving on a committee.

Mail to: Arni H. Litt, Registrar Make check payable to: **PNA**
 1920 10th Ave East Questions: (206) 323-4712, arni@qwest.net
 Seattle, WA 98102-4253

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, THE 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** _____

To help you out, here are definitions of a few terms:

- **LMSC (Local Masters Swim Committee):** Pacific Northwest Association of Master Swimmers (PNA) is the division of United States Masters Swimming (USMS) that covers (roughly) western Washington.
- **Clubs are part of the LMSC.** Currently there are two clubs in the PNA LMSC. These are Pacific Northwest Aquatics (also abbreviated PNA) and Sequim (SQM). Swimmers not belonging to either club may register as "unattached." Use your club affiliation any time you register for a meet. To swim as part of a relay team at Zone or National meets, all swimmers on that relay must be registered with the same club. Swimmers unattached to a club may not swim in a relay.
- **Teams are local groups with which people swim;** for example, Federal Way, Orca, GLAD. Team affiliations are used to earn points at PNA Champs.

Last Call for Nominations!!!!!!!

Dawn Musselman Inspirational Swimmer Award

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986). A long-time PNA member, Dawn inspired others and encouraged them to do their best. She was a gifted swimmer as well—check PNA's records for ages 60 to 74!—but speed is not a criterion for this award.

Nominations are open to all PNA members. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training or coaching tips



- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming

Do you swim with someone who qualifies? Then tell us why in a few paragraphs. The award, a personal plaque and the perpetual trophy with the recipient's name added, will be presented at the PNA Champs meet, April 12 and 13, at King County Aquatic Center in Federal Way.

Send your nomination to:

Steve Peterson
(360) 692-1669
speterson@bandwagon.net
11165 Central Valley Rd NW
Poulsbo WA 98370-7014

Please submit your nomination
by March 28, 2003.

Past Award Winners Dawn Musselman Inspirational Swimmer

Dawn Musselman
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
Paul Ikeda
Barb Gundred

Pacific Northwest Association of Masters Swimmers
1000 Cabin Cr Lane SW D301
Issaquah, WA 98027

CHANGE SERVICE REQUESTED

Non-Profit Org.
US Postage
Paid
Seattle, WA
Permit No. 2334