



Records Fall at Well-Attended Mercer Island Meet

What a crowd! What fun!

A record 182 swimmers—60-plus more than last year—participated in this year's PNA SCY Meet on March 16 at Mercer Island's Mary Wayte Pool. Cheering them on were countless non-participants that packed the gallery.

The focus was on sprints. So even though there were some 200-yard events including relays, the majority of events were 50 and 100 yards.

New Records

Muriel Flynn set a National Record in the Women's 80-84 100-yard breaststroke. Her time, a dazzling 2:03.34, shattered the old record, set in 1999, by more than four seconds.



What's inside?

Results

Mercer Island

Also in this issue

Fitness Clinic at The Bellevue Club

PNA Registration Form

Five Days at the Olympic Training Camp

And other news

Photo by Sarah Welch

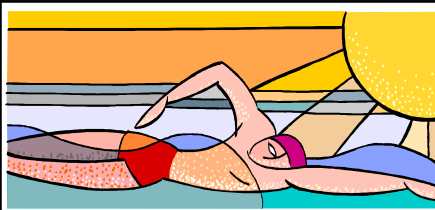


The anchor of the Husky Masters Men's 200-yard freestyle relay team (19+), which set a new PNA record. Team members were Robert Howells, Kirk Nelson, William Cann and Matthew Delaney.

In the Women's 60-64, Pinky Walker surpassed the old PNA SCY record of 40.64 in the 50-yard backstroke with a time of 39.18. She also broke the oldest PNA SCY record, which was 1:30:30 in the 100-yard backstroke, set in 1977 by the late Dawn Musselman. Pinky shaved nearly three seconds off Dawn's time with a 1:27.50.

There's irony and history in Pinky's achievement. In her first USMS meet years ago, she was seeded next to Dawn, who was then many years Pinky's senior. All Pinky could think about, she recalls, was "I can't get beat by this older person."





WET SET

Volume 23 • Issue 4
April 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

Woody Allen once said that "80% of success is showing up." If Woody were my swim coach, he'd have added "for the whole workout." Maybe that's why my Mercer Island meet results weren't all I expected.

You can't take swimming progress for granted. Competitive success is directly related to the amount of effort and preparation. Getting your body to respond the way you'd like is an ongoing challenge. You have to think of each fitness session or competitive event as an opportunity to learn more about yourself and your swimming, and use today's shortcomings as the incentive for tomorrow's goals.

Me and Early Steve

Reading this, my dedicated OOPS teammates will likely chuckle as they think of the nicknames used to distinguish me from the new guy that started coming to our daily workouts. *He* quickly became known as *early Steve*.

Success at Mercer Island

I may have stumbled at the Mercer Island meet, but the event itself was a huge success. Lee Carlson, outgoing PNA president, and Steve Sussex hosted the meet, and they did a fine job. Especially impressive was the speed with which results were posted. Lee and Steve received invaluable assistance from the Mercer Island Redwoods as well as the girls on the Mercer Island water polo team, who served as timers.

LEADING OFF



By Steve Peterson,
PNA Secretary

There were 182 entrants, a third more than last year. Fortunately, not all of them stopped in at the Roanoke Tavern afterwards!

For 28 meet participants, this was their first Masters competition. Welcome to all of you. I hope you had a great time and will swim in more meets, including PNA Champs at the Weyerhaeuser King County Aquatic Center.

Awards and New Board

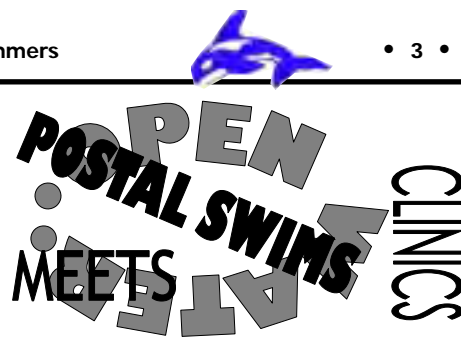
At Champs, I'll present the winner of this year's Dawn Musselman Inspirational Swimmer award. And Lee Carlson will introduce the new PNA Executive Board, elected by you for the next two years.

Many thanks to the outgoing officers: President Lee Carlson, VP Jeanne Ensign, Treasurer Sarah Welch and Secretary, uh, me. Thanks also to our committee chairs, listed on the masthead on this page. PNA is an all-volunteer organization, representing about a thousand Masters swimmers in the greater Puget Sound region. Without the efforts of these dedicated people, this newsletter and the website, clinics, open water swims and meets so many of us enjoy would not happen.

(Continued on page 16)

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**.*

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

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
(For details see page 17.)

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

June 21
Lake Padden Open Water Swim
2.5K/5K
Bellingham, WA
Barb Gundred
konabarb@hotmail.com

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

Swim a Relay at the Nationals

If you plan to attend the USMS Short Course Nationals in Tempe (May 15-18), consider swimming one or more relays.

For more information and to indicate your interest, contact Rosanne Ritch, our designated Relay Coordinator, at *rosanne@swimseattle.org* or 206/954-8290.



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

The Experience of a Lifetime: Five Days at the U.S. Olympic Training Camp in Colorado Springs

Editor's Note:

Each year 12 Masters swimmers are chosen to attend a five-day camp at the U.S. Olympic Training Camp in Colorado Springs. The focus is on testing and education. One of the athletes at this year's camp, held from February 1 to 5, was Barb Gundred, coach of the Bellingham Masters Swim Club and holder of several World and National records in backstroke. What follows are first-person highlights of her extraordinary experience.

Day 1: Food, Goals and an Olympian

I arrive in Colorado Springs on Saturday in time for lunch at the camp cafeteria, where the food is anything but "cafeteria." There's a salad bar, a pasta bar and a wide selection of fish, chicken, pork and steamed vegetables. I won't starve here.

At 5:00 p.m., we meet the coaches and introduce ourselves, telling where we're from and our goals. Mine: to learn as much as possible about technique, mechanics and training. I also

want to have my strokes analyzed and go through the athlete analysis.

After dinner, we talk with Olympic swimmer Cristina Teuscher. In 1996 she was a member of the 800-meter Freestyle Relay Team that captured a gold medal and set an American record. In 2000 she took third in the 200-meter Individual Medley.

Day 2: Flexibility, Videotape and Adaptation

Our first morning workout is tough because of the altitude (6,035 ft). After breakfast, a physical therapist bends and twists our limbs to measure flexibility. I'm



inflexible in the chest and shoulders and am given stretches and exercises to change this.

We spend the next two hours in stroke seminars, including watching videos of National team members and Olympic swimmers. Wow! I learn so much about the relationship between core body strength and power in the water. I see how elite Olympic swimmers have adapted the latest techniques—like hip rotation and catch position—to their own bodies and training, though the adaptations are individualistic. Adapting, I realize, is the key to success for us Masters Swimmers.

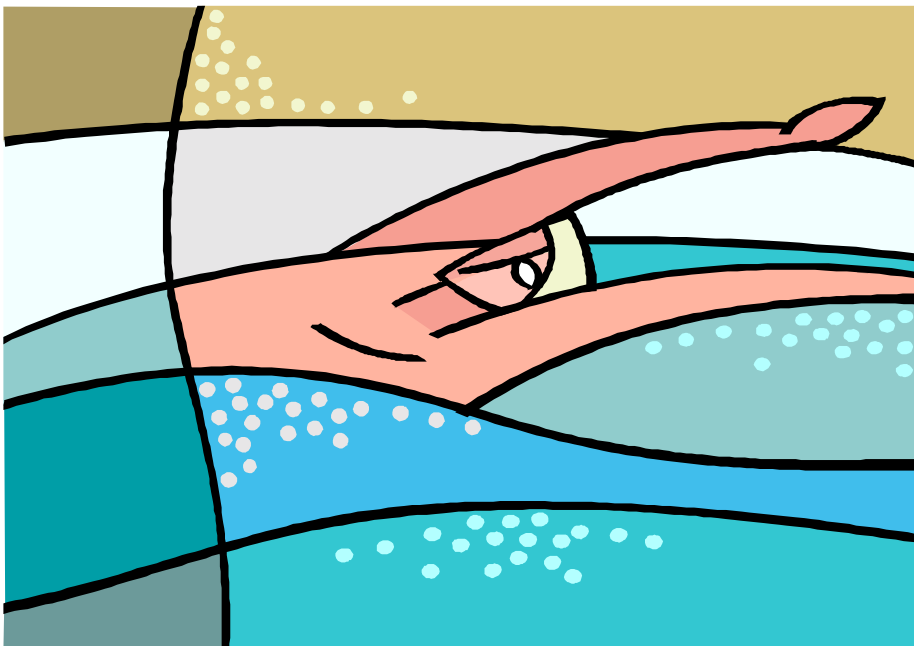
Training Logs

In the afternoon, we have a class about training logs. We receive examples of different types of logs, including a mental preparation log. It lets you record how you feel during a workout or race, essential information for anyone coaching an athlete.

Next comes a pool workout at which we are videotaped. During the workout, the coaches monitor us, giving corrections, suggestions etc. Afterwards, a physical therapist spends 15-20 minutes taking us through a series of stretches in and out of the water. Later that day, we spend two hours viewing the videotape. (We were videotaped two more times during the five days.)

Day 3: Lactate and Strength Testing

The day begins with a workout. After the warm-up, we put on heart monitors and do a set of 5x200 freestyle descending 1-5. After





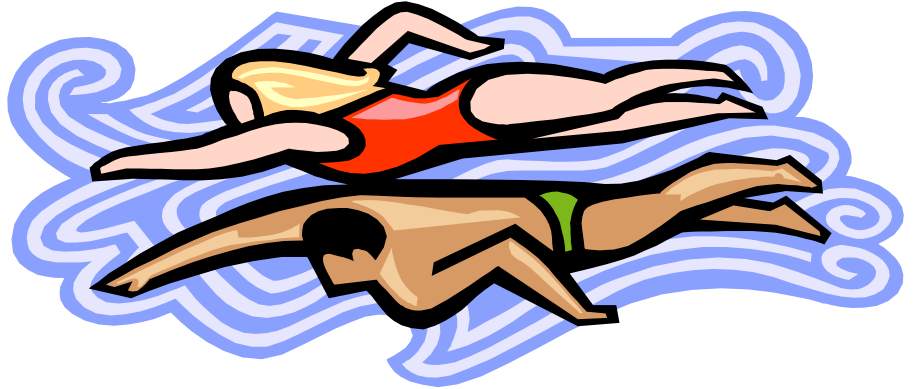
each 200 we read the monitors, then hop out of the pool for a blood draw to measure lactate acid levels. We want to see how quickly we generate lactate acid and how well our systems adapt to it. At about the third 200 our lactate levels dramatically increase. They rise during the next two 200s and continue rising for about a minute after the final 200. We have blood draws at three minutes, 13 minutes and 23 minutes after the final 200.

Sprinters are Different

The sprinters among us produce lactate acid more quickly and at higher levels throughout the set. And they flush lactate out of their system more slowly. Middle and long distance swimmers like me generate lactate acid more slowly and our levels don't rise as much. The lactate acid test tells me that I need to train with more yardage at a higher energy system level where my heart rate exceeds 150.

Testing for Strength

That afternoon, back into the pool for a workout and land and water strength testing. The tests tell us how well we adapt our land strength to water strength. For the land strength test, I'm placed face down on a bench that resembles a Vasa Training bench. My hands are placed in cords attached to a monitoring device. I slowly pull back on the



cords as hard as I can and hold for five seconds.

For the water strength, a belt is put around my waist with a tether attached to a monitor. I push off and kick as fast as I can while the tether becomes taut, then continue kicking for five more seconds. I repeat this process for pulling and swimming. The results: I need more work on land strength and better adaptation to my swimming strength.

In the evening, we study biomechanics. This helps us better understand how to increase propulsion by reducing drag, which can result from improper body position, poor streamlining, poor hand entry and turbulence.

Day 4: The Flume and Race Strategies

After the morning workout and breakfast, we have a hands-on seminar on core body strength. The instructor demonstrates different strengthening exercises.

We eat lunch, then it's flume time. The flume is a continuous channel that allows a swimmer to swim at different speeds in the same spot and be taped from above and below the water level. The flume session starts with a drag test. I hold onto a rope face down and try for the most streamlined position possible, squeezing ears with shoulders, keeping legs together and pointing the toes. The flume is unforgiving; a swimmer in a poor streamlined position drifts all over. Following

the drag test we swim in the flume, choosing the stroke and the pace and then holding that pace long as we can.

That evening we learn about race strategies for sprinting, middle distance, distance and open water swimming. The sprint segment is especially helpful because I don't have many sprinters on my team.

Day 5: Wrapping Up

The usual two-hour workout and breakfast are followed by feedback on our testing in biomechanics, physiology, blood work and nutrition. In the early

Interested in the Camp?

For more information about future camps, and an application form, go to www.usms.org/coach/otc/shtml or contact

Nancy Ridout at
nancyridout@mindspring.com.

afternoon, there's a Q&A session with the coaches, followed by a talk on flexibility training, injury prevention and treatment. At three-thirty, we head to the pool for a final workout.

I highly recommend this camp to anyone serious about swimming and coaching to a higher level. I'll use what I learned to improve my own swimming as well as that of my team and serve as a resource for other coaches.



Follow the Money: The 2003 PNA Budget

Where do your PNA dues go? How does the PNA spend its resources? Here are answers to these and other questions you may have about PNA finances.

The PNA Board sets an annual budget and monitors it monthly. The Board regularly reports fund balances to you through Board minutes published in the newsletter.

As you can see from the 2003 budget, the largest revenue source is registration fees. The largest expense is USMS registration, which includes your *Swim* magazine subscription and essential liability insurance. On a local level, the biggest expense is *The WetSet*, a 10-times-a-year publication that keeps you updated on PNA events and results.

For questions about the budget, contact our treasurer.

\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$\$

2003 PNA Budget Summary

	CATEGORY	AMOUNT
REVENUE	Registration (Team and Individuals)	\$35,865
	Meets and Awards	\$2,150
	Clinic Income	\$4,000
	Interest Earnings	\$770
	Use of PNA Fund Balance	\$2,064
TOTAL		\$44,849
EXPENSE	USMS Registration Expense	\$21,405
	Meet Expense and Safety Equipment	\$880
	Swimmer, Team and Coach Support	\$2,094
	The WetSet (Printing and Postage)	\$10,600
	PNA Administration (Web, Supplies, Postage, Marketing, Special Mailings)	\$5,870
TOTAL		\$44,849



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

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

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 18.



Find Out What Your PNA Board is Doing

PNA Board Meeting Minutes

by Steve Peterson, PNA Secretary



January 22, 2003

President Lee Carlson called the meeting to order at 7:14 PM in the Seattle Parks and Recreation Offices with, "What you do when you don't want to will determine what you will be when you have no choice." Attendees included Chaya Amiad, Jeanne Ensign, Tom Foley, Paul Freeman, Jan Kavadas, Hank Kirkland, Arni Litt, Sandy McNeel, Hugh Moore, Jane Moore, Steve Peterson, Walt Reid, and Sarah Welch. These 14 represented Federal Way, Fort Steilacoom, GLAD, Mercer Island, North End Otters, OOPS, Seattle U, Swim Seattle, Tigers, and the membership at large.

MINUTES: The Board approved the December meeting minutes as presented.

TREASURER'S REPORT: The Board approved the Treasurer's report as presented. Total PNA assets are \$50,701 including the Wiggins Fund's \$2,792. The Treasurer presented a condensed budget report for publication in the WetSet. The Board approved reimbursements to Sarah for stamps (\$14.80) and to Lee for bulk mail return address fees (\$21.70) and laminating safety marshal instructions (\$24.84).

BOARD FOCUS: A. Newsletter Editor: Lee introduced Paul Freeman, a self-proclaimed "recovering attorney." Paul is a magazine author and has done newsletters representing both for-profits and non-profits. The Board accepted Paul as the new WetSet Editor. Sandy will work with Paul to

make a smooth transition over the next couple of months. B. King County Pools: The Northwest Center picked up the Mercer Island and Northshore pools and Redmond may transition. Kent is close to a reopening agreement; Auburn is more difficult. Lee is attempting to identify interested parties in that area to find solutions. All but Auburn may be resolved by April 1. Voters will determine support for the Enumclaw and Mount Si pools via levy. Jeanne noted that Lee spoke at two King County Council meetings. Sarah received a direct compliment on PNA's activism and bearing. (Sarah noted that Seattle Parks just appointed Margaret Anthony as Recreation Director starting January 1.) Lee said that the county's next targets are the pools in unincorporated areas. C. Transition to New PNA Administration: Lee urged incumbents to meet with their successors to foster a smooth transition following the election of officers. D. Website Postings: The Board approved a motion that Jane, Constitution and ByLaws chair, confer with PNA's former and current webmasters, Jim Williams and Jim McCleery, and Hugh Moore to develop a policy for posting on the PNA website. The Board did approve allowing GLAD to post their request for a coach.

OLD BUSINESS: A. Fitness Clinic: The committee is working on speakers and a program. B. Thirty Minute Challenge: Visit the USMS Fitness website – HYPERLINK "<http://www.usms.org/fitness/swim30.shtml>" for details. Chaya requested snailmail notification as

well. C. Nominating Committee: The ballot must be ready 30 days before Champs. Candidates for secretary and at-large rep (for zip codes below 98100) are needed. D. Fat Salmon (July 19): The Fat Salmon Committee is contemplating whether to allow younger swimmers. This change would require a PNS sanction. In reviewing the Fat Salmon update, Jeanne noted that the One-Event registration fee has not changed like the full registration fees did this year. E. PNA Point Of Contact: Nancy Hunn will assume the role as PNA's information POC. Lee and Arni will direct swimmers' inquiries her way.

COMMITTEE REPORTS:

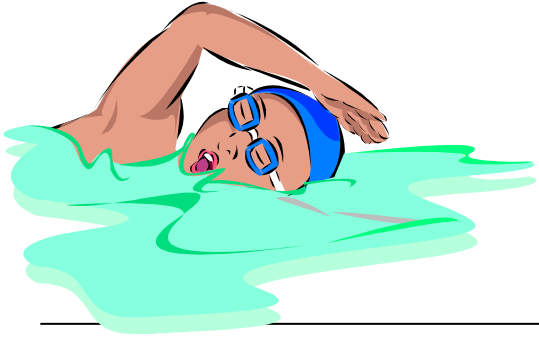
Awards: Kathy Abrams offered to volunteer, so the Board approved her as Awards Chair pending her acceptance. Arni recommended that the award purchasing procedure be clarified. **Coaches:** Barb Gundred will be attending the Colorado high altitude swim camp.

Computer Applications: Jim Williams, while not usually available for Board meetings, continues to support the website well. **Constitution and ByLaws:** Jane will continue to review policies and present portions for update periodically.

Membership: 713 have registered to date (including 68 new). One swimmer signed the waiver under protest. Arni will seek advice on this issue from USMS legal counsel Patty Powis.

Meets: The Anacortes meet was very well run. Officials responded quickly to fill the need.

(Continued on page 13)



Mercer Island Meet Results

March 16, 2003
Short Course Yards

P PNA Record
Z Northwest Zone Record
N National Record

WOMEN 19-24

50 YD. FREE		
NAOMI JACOBSON	19 WWU	26.92
LAURA DOWD	19 WWU	27.19
MARY LASSITER	20 GLAD	27.57
ERIN SALMAN	19 WWU	27.90
ROSANNE RITCH	23 SSEA	30.30
MOLLY PENCKE	23 DYSM	32.00
M.KURAIISA-AMOTT	19 GCM	36.07
LISA LUDLOW	22 DYSM	40.97
100 YD. FREE		
NAOMI JACOBSON	19 WWU	58.66
MARY LASSITER	20 GLAD	58.94
ERIN SALMAN	19 WWU	1:01.06
M.KURAIISA-AMOTT	19 GCM	1:21.99
LISA LUDLOW	22 DYSM	1:31.99
200 YD. FREE		
MARY LASSITER	20 GLAD	2:07.10
AMY JAHNKE	19 WWU	2:14.43
M.KURAIISA-AMOTT	19 GCM	3:00.38
ROSANNE RITCH	23 SSEA	3:07.78
50 YD. BACK		
ROSANNE RITCH	23 SSEA	33.02
LISA LUDLOW	22 DYSM	53.19
100 YD. BACK		
MARY LASSITER	20 GLAD	1:06.90
ROSANNE RITCH	23 SSEA	1:10.56
50 YD. BRST		
ERIN SALMAN	19 WWU	38.08
BEVERLY LI	24 MIR	38.26
100 YD. BRST		
BEVERLY LI	24 MIR	1:21.40
50 YD. FLY		
NAOMI JACOBSON	19 WWU	30.28
AMY JAHNKE	19 WWU	30.76
LAURA DOWD	19 WWU	31.15
MOLLY PENCKE	23 DYSM	37.59
100 YD. FLY		
BEVERLY LI	24 MIR	1:17.74
100 YD. I.M.		
MARY LASSITER	20 GLAD	1:09.13
LAURA DOWD	19 WWU	1:09.67
NAOMI JACOBSON	19 WWU	1:09.72
AMY JAHNKE	19 WWU	1:13.44

WOMEN 25-29

50 YD. FREE		
CASEY MURPHY	25 LUNA	25.27
HEIDI HANSEN	25 ORCA	29.70
R.SHAW	27 PRO	29.85
KAREN PANTILAT	28 UNA	32.54
100 YD. FREE		
CASEY MURPHY	25 LUNA	55.10
LISA BEHRINGER	28 ISST	1:02.92

R.SHAW	27 PRO	1:07.30
KAREN PANTILAT	28 UNA	1:11.28
OLIVIA MCINTYRE	27 DYSM	1:36.06
200 YD. FREE		
JEAN DILLON	28 SHAR	2:06.44
KAREN PANTILAT	28 UNA	2:33.14
CHRISTINE WENDT	29 SAC	2:54.61
50 YD. BACK		
HEIDI HANSEN	25 ORCA	35.24
KATIE PENCKE	26 DYSM	47.25
50 YD. BRST		
HEIDI HANSEN	25 ORCA	39.21
R.SHAW	27 PRO	40.53
KAREN PANTILAT	28 UNA	44.90
100 YD. BRST		
JEAN DILLON	28 SHAR	1:10.19
50 YD. FLY		
CASEY MURPHY	25 LUNA	27.98
LISA BEHRINGER	28 ISST	31.50
HEIDI HANSEN	25 ORCA	33.91
KATIE PENCKE	26 DYSM	41.59
CHRISTINE WENDT	29 SAC	42.96
OLIVIA MCINTYRE	27 DYSM	50.01
100 YD. FLY		
JEAN DILLON	28 SHAR	1:02.04
100 YD. I.M.		
CASEY MURPHY	25 LUNA	1:03.39 P
HEIDI HANSEN	25 ORCA	1:14.85

KATIE PENCKE	26 DYSM	1:25.22
CHRISTINE WENDT	29 SAC	1:27.71
OLIVIA MCINTYRE	27 DYSM	1:51.98

WOMEN 30-34

50 YD. FREE		
TARA SIMSAK	33 BAM	27.59
MEGAN BUSSART	32 BMSC	28.74
KAREEN BREWER	30 SAC	29.24
LESLIE DOBRENSKI	32 DYSM	31.19
JODI STEBBINS	34 SHAR	31.50
KAY RAWLINGS	34 MIR	31.63
ELLEN CULLOM	32 SAC	39.57
JUNKO ANAZAWA	30 DYSM	51.02
100 YD. FREE		
TARA SIMSAK	33 BAM	1:00.09
MEGAN BUSSART	32 BMSC	1:01.79
KAREEN BREWER	30 SAC	1:06.03
JODI STEBBINS	34 SHAR	1:10.96
KAY RAWLINGS	34 MIR	1:11.09
ELLEN CULLOM	32 SAC	1:35.40
200 YD. FREE		
TARA SIMSAK	33 BAM	2:14.12
KAREEN BREWER	30 SAC	2:29.18
KRISTINA COGLON	31 SAC	2:56.48
PATRICIA HENNESSY	34 BAM	3:13.21

Photo by Paul Freeman



Sue Amott, who swam in the 100-yard individual medley and 100-yard breaststroke (50-54), and Megan Kuraisa-Amott, who swam in the 50-, 100- and 200-yard freestyle (19-24), take a break during the Mercer Island Meet.



50 YD. BACK		
TARA SIMSAK	33 BAM	32.31
JODI STEBBINS	34 SHAR	43.46
JUNKO ANAZAWA	30 DYSM	46.85
50 YD. BRST		
LESLIE DOBRENSKI	32 DYSM	42.21
ELLEN CULLOM	32 SAC	49.77
100 YD. BRST		
ELLEN CULLOM	32 SAC	1:48.39
50 YD. FLY		
LESLIE DOBRENSKI	32 DYSM	35.87
KRISTINA COGLON	31 SAC	41.58
JODI STEBBINS	34 SHAR	41.74
100 YD. I.M.		
TARA SIMSAK	33 BAM	1:10.53
LESLIE DOBRENSKI	32 DYSM	1:22.26
JODI STEBBINS	34 SHAR	1:32.46

WOMEN 35-39

50 YD. FREE		
SHARON ARROYO	37 MIR	28.39
MEGAN CONKLIN	39 LUNA	29.78
SUZANNE WAY	39 SHAR	32.56
100 YD. FREE		
SHARON ARROYO	37 MIR	1:01.73
MEGAN CONKLIN	39 LUNA	1:07.68
SUZANNE WAY	39 SHAR	1:12.65
200 YD. FREE		
MELISSA SWANSON	37 SAC	2:51.89
50 YD. BACK		
SUZANNE WAY	39 SHAR	46.21
100 YD. BACK		
CORY MACKIE	39 UNA	1:07.24
50 YD. BRST		
SUZANNE WAY	39 SHAR	50.11
100 YD. BRST		
KRIS SPEIR	39 TACY	1:23.42
50 YD. FLY		
CORY MACKIE	39 UNA	29.86
CYNTHIA KRASS	39 ISST	30.70
SHARON ARROYO	37 MIR	31.29
KRIS SPEIR	39 TACY	32.12
MEGAN CONKLIN	39 LUNA	34.49
MELISSA SWANSON	37 SAC	43.03
100 YD. I.M.		
KRIS SPEIR	39 TACY	1:13.64
MEGAN CONKLIN	39 LUNA	1:18.05
MELISSA SWANSON	37 SAC	1:37.07

WOMEN 40-44

50 YD. FREE		
CAROLYN MATHEWS	40 BMSC	26.97
LISA DAHL	41 UNA	27.73
M.CUNNINGHAM	42 UNA	31.90
CHRIS PIZZANO	42 TACY	34.68
100 YD. FREE		
M.CUNNINGHAM	42 UNA	1:09.73
WENDY HOFFMAN	40 GLAD	1:13.07
CHRIS PIZZANO	42 TACY	1:20.54
200 YD. FREE		
SUSAN CARLETON	43 VAM	2:32.80
KAMERA BAKER	44 AFAM	2:51.74
PATTY HALLER	41 SAC	3:55.93
50 YD. BACK		
CAROLYN MATHEWS	40 BMSC	30.38
LISA WILSON	41 NEO	32.62
KAMERA BAKER	44 AFAM	38.23
100 YD. BACK		
CAROLYN MATHEWS	40 BMSC	1:06.32
WENDY HOFFMAN	40 GLAD	1:25.14
50 YD. BRST		
LISA WILSON	41 NEO	36.46
A.TERHAAR	41 UNA	39.25
KAMERA BAKER	44 AFAM	44.06
PATTY HALLER	41 SAC	52.84
100 YD. BRST		
LISA WILSON	41 NEO	1:19.62
WENDY HOFFMAN	40 GLAD	1:33.14
KAMERA BAKER	44 AFAM	1:36.77
50 YD. FLY		
CAROLYN MATHEWS	40 BMSC	29.64

ADAIR DINGLE	43 MIR	33.53
SUSAN CARLETON	43 VAM	34.67
100 YD. FLY		
ADAIR DINGLE	43 MIR	1:13.44
SUSAN CARLETON	43 VAM	1:21.61
100 YD. I.M.		
M.CUNNINGHAM	42 UNA	1:22.76
WENDY HOFFMAN	40 GLAD	1:23.77

WOMEN 45-49

50 YD. FREE		
MARY LIPPOLD	47 NEO	27.68
DEBBIE GLASSMAN	49 NEO	28.31
KATHRYN CRIST	47 UNA	34.13
JANET JOHNSON	48 UNA	36.19
100 YD. FREE		
MARY LIPPOLD	47 NEO	1:01.82
DEBBIE GLASSMAN	49 NEO	1:03.45
KATHRYN CRIST	47 UNA	1:16.93
DEBORAH LODISH	47 SAC	1:34.25
REBECCA LOGSDON	48 SAC	1:54.82
KATHY LINDSEY	48 UNA	2:15.13
200 YD. FREE		
DEBBIE GLASSMAN	49 NEO	2:26.90
KATHRYN CRIST	47 UNA	2:55.19
DEBORAH LODISH	47 SAC	3:40.37
REBECCA LOGSDON	48 SAC	4:02.80
100 YD. BACK		
REBECCA LOGSDON	48 SAC	2:18.47
50 YD. BRST		
PHOEBE TERHAAR	46 UNA	41.73
CHRIS PIZZANO	42 TACY	43.48
JANET JOHNSON	48 UNA	45.25
100 YD. BRST		
JANET JOHNSON	48 UNA	1:39.29
50 YD. FLY		
MARY LIPPOLD	47 NEO	31.27
DEBBIE GLASSMAN	49 NEO	31.36
DEBORAH LODISH	47 SAC	49.95
100 YD. FLY		
MARY LIPPOLD	47 NEO	1:08.48
100 YD. I.M.		
DEBBIE GLASSMAN	49 NEO	1:15.45
CHRIS PIZZANO	42 TACY	1:34.53
DEBORAH LODISH	47 SAC	1:54.63

WOMEN 50-54

50 YD. FREE		
DEBRA DRAGOVICH	51 SAC	37.74
100 YD. FREE		
DEBRA DRAGOVICH	51 SAC	1:25.86
50 YD. BACK		
KATHRINE CASEY	54 FTSW	38.32
100 YD. BRST		
KATHRINE CASEY	54 FTSW	1:31.45
SUE AMOTT	54 GCM	1:41.15
50 YD. FLY		
KATHRINE CASEY	54 FTSW	35.98
100 YD. FLY		
KATHRINE CASEY	54 FTSW	1:23.81
100 YD. I.M.		
KATHRINE CASEY	54 FTSW	1:21.40
SUE AMOTT	54 GCM	1:32.21

WOMEN 55-59

50 YD. FREE		
BONNIE RAUME	58 VAM	44.66
100 YD. FREE		
SARAH WELCH	56 SSEA	1:15.50
KAETCHE MILLER	56 LUNA	1:21.82
JEANNE ENSIGN	56 GLAD	1:28.33
50 YD. BACK		
SARAH WELCH	56 SSEA	42.87
BONNIE RAUME	58 VAM	51.89
50 YD. BRST		
KAETCHE MILLER	56 LUNA	44.21
100 YD. BRST		
KAETCHE MILLER	56 LUNA	1:34.88
50 YD. FLY		
SARAH WELCH	56 SSEA	38.67

Photo by Paul Freeman



Muriel Flynn set a National record in the 100-yard breaststroke (80-84) and zone records in the 50-yard breaststroke and 100-yard individual medley.

100 YD. I.M.		
SARAH WELCH	56 SSEA	1:26.02
CAROLYN BEHSE	59 BC	1:29.68
KAETCHE MILLER	56 LUNA	1:32.15

WOMEN 60-64

50 YD. FREE		
PINKY WALKER	60 TACM	33.65
50 YD. BACK		
PINKY WALKER	60 TACM	39.18 P
100 YD. BACK		
PINKY WALKER	60 TACM	1:27.50 P
100 YD. I.M.		
PINKY WALKER	60 TACM	1:29.98

WOMEN 65-69

50 YD. FREE		
PEG CLOUTIER	67 VAM	40.67
100 YD. FREE		
PEG CLOUTIER	67 VAM	1:30.86
200 YD. FREE		
PEG CLOUTIER	67 VAM	3:22.47

WOMEN 80-84

50 YD. BRST		
MURIEL FLYNN	80 TACY	57.06 Z
100 YD. BRST		
MURIEL FLYNN	80 TACY	2:03.34 N
100 YD. I.M.		
MURIEL FLYNN	80 TACY	2:03.41 Z

MEN 19-24

50 YD. FREE		
DMITRI PARAMONOV	24 UNA	23.55
100 YD. FREE		
ROBERT HOWELLS	21 HMST	50.59
DMITRI PARAMONOV	24 UNA	52.86
LUCAS WILLS	23 UNA	59.58
200 YD. FREE		
DAVID TOURIGNY	23 WWU	2:04.00
50 YD. BRST		
LEO TANAKA	24 BC	30.30
DMITRI PARAMONOV	24 UNA	30.61
LUCAS WILLS	23 UNA	34.26

100 YD. BRST		
ROBERT HOWELLS	21 HUSK	1:06.21
LEO TANAKA	24 BC	1:07.34
LUCAS WILLS	23 UNA	1:14.47

50 YD. FLY		
DAVID TOURIGNY	23 WWU	28.33
LUCAS WILLS	23 UNA	28.96
LATRELLE GIBSON	23 DYSM	43.73

100 YD. I.M.		
ROBERT HOWELLS	21 HUSK	58.51
DAVID TOURIGNY	23 WWU	1:02.74

MEN 25-29

50 YD. FREE		
K.WYMELENBERG	25 HUSK	22.36
JIRI RICHTER	29 PRO	24.53
STEVEN ROSARIA	28 PRO	25.15

100 YD. FREE		
MARK ARNOLD	28 HMST	53.65
JIRI RICHTER	29 PRO	53.96
STEVEN ROSARIA	28 PRO	56.50
BRIAN FENN	25 PRO	1:04.92

200 YD. FREE		
BRIAN FENN	25 PRO	2:24.78

50 YD. BACK		
K.WYMELENBERG	25 HMST	26.30
DAVID CRETIN	28 SSEA	32.10

100 YD. BACK		
MARK ARNOLD	28 HMST	57.65
JIRI RICHTER	29 PRO	1:01.64

50 YD. BRST		
STEVEN ROSARIA	28 PRO	33.02
BRIAN FENN	25 PRO	39.62

100 YD. BRST		
K.WYMELENBERG	25 HMST	1:04.89
STEVEN ROSARIA	28 PRO	1:13.94

50 YD. FLY		
DAVID CRETIN	28 SSEA	30.38
BRIAN FENN	25 PRO	31.35

100 YD. I.M.		
DAVID CRETIN	28 SSEA	1:09.69
BRIAN FENN	25 PRO	1:12.52



Photo by Paul Freeman

Hudson Murrell is happy after finishing the 200-yard freestyle in 1:59.68, good for a fourth place in the Men's 30-34.

MEN 30-34

50 YD. FREE		
JOHN CROSS	32 PRO	22.89
WILLIAM CANN	30 HMST	22.96
AMON EMEKA	34 UNA	23.00
MATTHEW DELANEY	31 HMST	23.40
JEFF STRAND	32 HMST	23.64

JOHN WILLIAMS	34 FWM	23.98
JEREMY WORLEY	34 NSYG	26.28
KERRY NESS	33 SVY	29.97
MIKE TORCHIE	31 DYSM	33.97

100 YD. FREE		
WILLIAM CANN	30 HMST	50.82
JEFF STRAND	32 HMST	51.66
JOHN WILLIAMS	34 FWM	51.87
MATTHEW DELANEY	31 HMST	51.96
KIRK NELSON	32 HMST	53.14
BOB MC GARR	32 DYSM	54.89
TOM SCHULZ	32 UNA	1:04.25
CHRIS KERKERING	30 DYSM	1:06.80

200 YD. FREE		
JOHN WILLIAMS	34 FWM	1:56.48
KIRK NELSON	32 HMST	1:56.86
MATTHEW DELANEY	31 HMST	1:57.57
HUDSON MURRELL	33 UNA	1:59.68
WILLIAM CANN	30 HMST	2:07.67
BOB MC GARR	32 DYSM	2:07.85
TOM SCHULZ	32 UNA	2:20.59
CHRIS KERKERING	30 DYSM	2:38.25

50 YD. BACK		
JOHN SKROCH	30 ISST	27.82
JOHN CROSS	32 PRO	28.06
TODD DOHERTY	32 BC	30.29

100 YD. BACK		
WILLIAM CANN	30 HMST	56.69
MATTHEW DELANEY	31 HMST	57.69
TOM SCHUTTE	33 NEO	1:05.18
JOHN WILLIAMS	34 FWM	1:06.24

50 YD. BRST		
TODD DOHERTY	32 BC	29.33
JEFF STRAND	32 HMST	31.10
KERRY NESS	33 SVY	37.05

100 YD. BRST		
TODD DOHERTY	32 BC	1:05.85
TOM SCHUTTE	33 NEO	1:08.11
BOB MC GARR	32 DYSM	1:11.01
CHRIS KERKERING	30 DYSM	1:21.66
TOM SCHULZ	32 UNA	1:21.89
KERRY NESS	33 SVY	1:24.53

50 YD. FLY		
AMON EMEKA	34 UNA	24.36
JOHN SKROCH	30 ISST	26.53
JOHN WILLIAMS	34 FWM	26.73
KIRK NELSON	32 HMST	27.28
JEREMY WORLEY	34 NSYG	28.52
CHRIS KERKERING	30 DYSM	33.30

100 YD. FLY		
HUDSON MURRELL	33 UNA	1:01.19
BOB MC GARR	32 DYSM	1:04.17
JEREMY WORLEY	34 NSYG	1:04.19
MIKE GRIMM	34 PRO	1:07.32

100 YD. I.M.		
TODD DOHERTY	32 BC	58.37
JOHN SKROCH	30 ISST	1:00.71
BOB MC GARR	32 DYSM	1:03.04
KIRK NELSON	32 HMST	1:03.07
MIKE GRIMM	34 PRO	1:08.27
JEREMY WORLEY	34 NSYG	1:08.43
TOM SCHULZ	32 UNA	1:15.30
KERRY NESS	33 SVY	1:17.90
CHRIS KERKERING	30 DYSM	1:18.29
MIKE TORCHIE	31 DYSM	1:38.50

MEN 35-39

50 YD. FREE		
ED WARDIAN	36 LUNA	23.58
RICK DUNWIDDIE	39 ORCA	24.44



Photo by Paul Freeman

Lee Carlson looks mighty relaxed for the co-host of a busy, busy meet.



ERIC BORNFLETH	37 UNA	24.68
MICHAEL PIPTA	38 ORCA	25.23
RUSS BORGNIN	38 ORCA	25.52
MIKE LANG	38 DYSM	28.16
BRADLEY KARVASEK	36 MIR	28.44
JESSE HEIN	37 DYSM	29.70
KEITH FROST	36 DYSM	32.38
100 YD. FREE		
ED WARDIAN	36 LUNA	50.42
ERIC BORNFLETH	37 UNA	55.00
CHARLES NORMAN	36 UNA	57.37
MICHAEL PIPTA	38 ORCA	57.59
MIKE LANG	38 DYSM	1:02.22
BRADLEY KARVASEK	36 MIR	1:04.27
200 YD. FREE		
KEVIN ESKO	36 UNA	2:02.54
MICHAEL PIPTA	38 ORCA	2:11.24
MIKE LANG	38 DYSM	2:24.58
50 YD. BACK		
ED WARDIAN	36 LUNA	25.96 P
100 YD. BACK		
ED WARDIAN	36 LUNA	55.66 P
50 YD. BRST		
RICK DUNWIDDIE	39 ORCA	29.69
KEVIN ESKO	36 UNA	30.14
JOE HOLLIDAY	35 UNA	31.79
CHARLES NORMAN	36 UNA	32.99
JIM LASERSOHN	38 ORCA	34.57
KEITH FROST	36 DYSM	46.01
100 YD. BRST		
KEVIN ESKO	36 UNA	1:06.12
RICK DUNWIDDIE	39 ORCA	1:06.39
JOE HOLLIDAY	35 UNA	1:08.61
CHARLES NORMAN	36 UNA	1:09.79
JOHN GOESSMAN JR.	38 BAM	1:10.43
JIM LASERSOHN	38 ORCA	1:12.92
50 YD. FLY		
ERIC BORNFLETH	37 UNA	27.10
RUSS BORGNIN	38 ORCA	28.71
KEITH FROST	36 DYSM	40.42
100 YD. FLY		
KEVIN ESKO	36 UNA	58.09
JIM LASERSOHN	38 ORCA	1:03.20
JOHN GOESSMAN JR.	38 BAM	1:03.32
RUSS BORGNIN	38 ORCA	1:07.13
CHARLES NORMAN	36 UNA	1:08.31
100 YD. I.M.		
RICK DUNWIDDIE	39 ORCA	1:03.69
JOHN GOESSMAN JR.	38 BAM	1:03.79
JIM LASERSOHN	38 ORCA	1:05.48
MICHAEL PIPTA	38 ORCA	1:05.93



CHARLES NORMAN	36 UNA	1:07.36
RUSS BORGNIN	38 ORCA	1:07.40
MIKE LANG	38 DYSM	1:16.53
KEITH FROST	36 DYSM	1:31.49

MEN 40-44

50 YD. FREE		
JAMES LITTLEFIELD	42 SAC	25.05
LINDSAY HARRON	41 SAC	25.39
MICHAEL JONES	42 MIR	25.63
CHUCK KROLL	44 SAC	25.70
SCOTT ALLEN	40 ISST	25.76
ERIC DYBDAHL	42 FWM	26.48
BOB SCHLEMMER	43 SAC	26.89
RON OREN	43 SHAR	29.13
PAUL IKEDA	43 ORCA	30.35
DU LY	41 UNA	31.09
JEFF FOSTER	42 FWM	31.87
BRACY ELTON	41 DYSM	33.63
100 YD. FREE		
JACK STAVROS	42 NEO	53.86
DALE WATANABE	42 JAM	54.69
SCOTT ALLEN	40 ISST	56.44
JAMES LITTLEFIELD	42 SAC	56.57
MICHAEL JONES	42 MIR	57.19
CHUCK KROLL	44 SAC	1:00.53
BOB SCHLEMMER	43 SAC	1:01.16
RON OREN	43 SHAR	1:04.52
PAUL IKEDA	43 ORCA	1:11.09
JEFF FOSTER	42 FWM	1:12.76
200 YD. FREE		
DALE WATANABE	42 JAM	2:01.25
JAMES LITTLEFIELD	42 SAC	2:04.93
BOB SCHLEMMER	43 SAC	2:17.61
JEFF FOSTER	42 FWM	2:27.63
50 YD. BACK		
ERIC DYBDAHL	42 FWM	31.81
CHUCK KROLL	44 SAC	32.15
JACK STAVROS	42 NEO	33.46
DU LY	41 UNA	37.65
100 YD. BACK		
JAMES LITTLEFIELD	42 SAC	1:03.97
50 YD. BRST		
LINDSAY HARRON	41 SAC	31.42
CHUCK KROLL	44 SAC	35.39
DU LY	41 UNA	36.82
ERIC DYBDAHL	42 FWM	38.94
BRACY ELTON	41 DYSM	42.80
50 YD. FLY		
DALE WATANABE	42 JAM	27.19
LINDSAY HARRON	41 SAC	27.74
ERIC DYBDAHL	42 FWM	29.28
DU LY	41 UNA	33.27
PAUL IKEDA	43 ORCA	34.14
100 YD. FLY		
JACK STAVROS	42 NEO	1:01.45
MICHAEL JONES	42 MIR	1:02.12
PAUL IKEDA	43 ORCA	1:23.21
100 YD. I.M.		
LINDSAY HARRON	41 SAC	1:03.10
DALE WATANABE	42 JAM	1:03.25
SCOTT ALLEN	40 ISST	1:03.81
CHUCK KROLL	44 SAC	1:08.21
ERIC DYBDAHL	42 FWM	1:08.63
DU LY	41 UNA	1:17.85

PAUL IKEDA	43 ORCA	1:18.30
RON OREN	43 SHAR	1:18.70

MEN 45-49

50 YD. FREE		
RALPH BUSCH	46 JAM	24.25
BRUCE CRIST	46 UNA	24.46
DALE CARY	45 UNA	25.60
GARRY DUSCHL	48 UNA	26.62
JOHN HIXSON	46 UNA	27.43
SCOTT CORCORRAN	47 DYSM	27.77
TIM O'BRIEN	45 UNA	28.95
CHARLES FIEDLER	49 UNA	29.50
CHIP WATERBURY	48 ORCA	35.19
100 YD. FREE		
BRUCE CRIST	46 UNA	54.16
RALPH BUSCH	46 JAM	54.96
DONALD SPENCER	45 PRO	55.12
STEVE FREEBORN	47 FWM	56.52
DALE CARY	45 UNA	56.91
SCOTT CORCORRAN	47 DYSM	1:02.14
JOHN HIXSON	46 UNA	1:05.32
CHARLES FIEDLER	49 UNA	1:05.89
200 YD. FREE		
BRUCE CRIST	46 UNA	2:02.17
DONALD SPENCER	45 PRO	2:09.83
STEVE FREEBORN	47 FWM	2:11.35
HUGH MOORE	48 FWM	2:32.27
CHARLES FIEDLER	49 UNA	2:36.10
50 YD. BACK		
GARRY DUSCHL	48 UNA	31.59
CHIP WATERBURY	48 ORCA	43.64
100 YD. BACK		
BRIAN RUSSELL	45 BAM	1:03.27
50 YD. BRST		
CHRIS LAUTMAN	48 JAM	29.97 P
KEVIN AMES	45 UNA	33.24
JIM WILLIAMS	46 BMSC	34.60
GARRY DUSCHL	48 UNA	34.62
SCOTT CORCORRAN	47 DYSM	37.37
TIM O'BRIEN	45 UNA	37.85
CHIP WATERBURY	48 ORCA	45.55
100 YD. BRST		
CHRIS LAUTMAN	48 JAM	1:08.10
KEVIN AMES	45 UNA	1:14.44
TIM O'BRIEN	45 UNA	1:26.13
50 YD. FLY		
STEVE FREEBORN	47 FWM	26.49
BRIAN RUSSELL	45 BAM	26.88
DONALD SPENCER	45 PRO	27.78
DALE CARY	45 UNA	27.89
HUGH MOORE	48 FWM	29.63
GARRY DUSCHL	48 UNA	30.12
JIM WILLIAMS	46 BMSC	31.37
100 YD. FLY		
STEVE FREEBORN	47 FWM	1:00.18
BRIAN RUSSELL	45 BAM	1:00.56
DALE CARY	45 UNA	1:03.81
DONALD SPENCER	45 PRO	1:04.86
HUGH MOORE	48 FWM	1:05.36
100 YD. I.M.		
RALPH BUSCH	46 JAM	1:02.78
CHRIS LAUTMAN	48 JAM	1:03.06
BRUCE CRIST	46 UNA	1:03.95
DONALD SPENCER	45 PRO	1:05.12
STEVE FREEBORN	47 FWM	1:05.33
KEVIN AMES	45 UNA	1:06.48
DALE CARY	45 UNA	1:06.57
HUGH MOORE	48 FWM	1:11.28
JIM WILLIAMS	46 BMSC	1:17.03

MEN 50-54

50 YD. FREE		
RONALD JACOBS	51 NEO	24.70
ROB MORITZ	50 ISST	28.27
BILL REEDER	50 GLAD	28.29
GENE JARSTAD	51 SAC	29.10
100 YD. FREE		
BILL KNOWLTON	50 WSY	58.30
ROB MORITZ	50 ISST	1:03.14

Photo by Paul/Freeman



Kay Rawlings, who swam in the 50- and 100-yard freestyle, with husband, Doug, and their sons Wilson and Cameron.

GENE JARSTAD	51 SAC	1:07.96
JIM DOHERTY	53 DYSM	1:16.05
200 YD. FREE		
SCOTT LAUTMAN	50 UNA	2:04.12
50 YD. BACK		
RONALD JACOBS	51 NEO	29.84
GREGORY HARRISON	51 FWM	36.25
100 YD. BACK		
BILL KNOWLTON	50 WSY	1:09.80
JIM DOHERTY	53 DYSM	1:26.21
50 YD. BRST		
GREGORY HARRISON	51 FWM	33.98
BILL REEDER	50 GLAD	35.97
100 YD. BRST		
GREGORY HARRISON	51 FWM	1:11.70
GENE JARSTAD	51 SAC	1:18.85
JEFFREY ANDERSON	52 UNA	1:22.82
JIM DOHERTY	53 DYSM	1:32.73
50 YD. FLY		
LARRY WRIGHT	54 NH	27.66
SCOTT LAUTMAN	50 UNA	27.82
BILL KNOWLTON	50 WSY	29.51
BILL REEDER	50 GLAD	31.67
100 YD. FLY		
SCOTT LAUTMAN	50 UNA	58.47
LARRY WRIGHT	54 NH	1:05.43
100 YD. I.M.		
RONALD JACOBS	51 NEO	1:05.57
LARRY WRIGHT	54 NH	1:06.10
GENE JARSTAD	51 SAC	1:09.29
BILL REEDER	50 GLAD	1:11.25
ROB MORITZ	50 ISST	1:14.67



Two veterans from Federal Way Masters, Dave Addleman (65-69) and John Leet (55-59), watch the action from poolside. (Photo by Paul Freeman)

MEN 55-59

50 YD. FREE		
DAVID LANDES	56 MIR	25.22 P
JIM NORRIS	55 UNA	28.42
DENNIS SAWYER	59 BAM	31.64
PAUL FREEMAN	59 SSEA	31.84
GORDON GRAY	57 UNA	32.92
100 YD. FREE		
DAVID LANDES	56 MIR	58.11
MICHAEL MCCOLLY	57 NEO	1:01.28
STEVEN PETERSON	56 OOPS	1:03.16
JIM NORRIS	55 UNA	1:04.38
JOHN LEET	57 FWM	1:05.38
PAUL FREEMAN	59 SSEA	1:10.11
GORDON GRAY	57 UNA	1:12.36
DENNIS SAWYER	59 BAM	1:14.20
THOMAS WALKER	56 UNA	1:24.16
200 YD. FREE		
JIM NORRIS	55 UNA	2:18.57
STEVEN PETERSON	56 OOPS	2:22.43
JOHN LEET	57 FWM	2:29.90
GORDON GRAY	57 UNA	2:42.32
100 YD. BACK		
MICHAEL MCCOLLY	57 NEO	1:11.42
GORDON GRAY	57 UNA	1:28.12
THOMAS WALKER	56 UNA	1:40.86
50 YD. BRST		
STEVEN PETERSON	56 OOPS	34.21
DAVID LANDES	56 MIR	35.26
JOHN LEET	57 FWM	36.47
DENNIS SAWYER	59 BAM	38.13
PAUL FREEMAN	59 SSEA	40.14
100 YD. BRST		
STEVEN PETERSON	56 OOPS	1:15.33
JOHN LEET	57 FWM	1:20.13
MICHAEL MCCOLLY	57 NEO	1:21.03
DENNIS SAWYER	59 BAM	1:26.38
PAUL FREEMAN	59 SSEA	1:28.45
THOMAS WALKER	56 UNA	1:45.68
BUCK CAMERON	55 WSY	1:52.53
50 YD. FLY		
BUCK CAMERON	55 WSY	48.79
100 YD. FLY		
MICHAEL MCCOLLY	57 NEO	1:13.73
THOMAS WALKER	56 UNA	1:52.54

100 YD. I.M.		
DAVID LANDES	56 MIR	1:12.17
JOHN LEET	57 FWM	1:15.03
THOMAS WALKER	56 UNA	1:36.83
BUCK CAMERON	55 WSY	1:51.21

MEN 60-64

50 YD. FREE		
J.BYFORD GOESSMAN 64 SAC		51.55
50 YD. BACK		
J.BYFORD GOESSMAN 64 SAC		1:03.37
50 YD. BRST		
J.BYFORD GOESSMAN 64 SAC		53.33

MEN 65-69

50 YD. FREE		
DAVID ADDLEMAN	68 FWM	30.09
WILLIAM STEINKE	68 BAM	37.17
100 YD. FREE		
WILLIAM STEINKE	68 BAM	1:31.66
50 YD. BACK		
DAVID ADDLEMAN	68 FWM	40.40
100 YD. BACK		
TOM FOLEY	68 TIGE	1:48.09
100 YD. BRST		
TOM FOLEY	68 TIGE	1:49.83
100 YD. FLY		
TOM FOLEY	68 TIGE	2:03.06
100 YD. I.M.		
DAVID ADDLEMAN	68 FWM	1:25.57
TOM FOLEY	68 TIGE	1:49.26

MEN 70-74

50 YD. FREE		
BOB DORSE	71 TIGE	32.75
100 YD. FREE		
BOB DORSE	71 TIGE	1:16.07
50 YD. BACK		
JERRY GALLAHER	74 MIR	1:01.82
50 YD. BRST		
JERRY GALLAHER	74 MIR	45.22

100 YD. BRST		
JERRY GALLAHER	74 MIR	1:45.35
100 YD. I.M.		
BOB DORSE	71 TIGE	1:34.25

MEN 80-84

50 YD. FREE		
HAL YOUNG II	81 TACY	49.94
100 YD. FREE		
HAL YOUNG II	81 TACY	1:48.65
200 YD. FREE		
HAL YOUNG II	81 TACY	4:02.86
50 YD. BRST		
HAL YOUNG II	81 TACY	59.94

RELAYS-WOMEN 200 YD. FREE

19+		
OLIVIA MCINTYRE	27 DYSM	2:16.95
LESLIE DOBRENSKI	32	
MOLLY PENCKE	23	
KATIE PENCKE	26	
25+		
KRISTINA COGLON	31 SAC	2:25.36
MELISSA SWANSON	37	
CHRISTINE WENDT	29	
DEBORAH LODISH	47	

RELAYS-WOMEN 200 YD. MED-LEY

19+		
LESLIE DOBRENSKI	32 DYSM	2:50.46
MOLLY PENCKE	23	
OLIVIA MCINTYRE	27	
KATIE PENCKE	26	
25+		
CHRISTINE WENDT	29 SAC	2:47.43
MELISSA SWANSON	37	
KRISTINA COGLON	31	
DEBORAH LODISH	47	



(Continued from page 7)

Pool measurement revealed that Lane 6 is slightly longer than Lane 1 but within spec. Two swim historians were in attendance, Tom Foley and Chuck Kroll. Champs: KCAC costs have increased 50% across the board, with pool conversion, staff, and other set-up fees added to the basic pool rate. Should PNA subsidize our major annual event? Waive swimmers fee to PNA? Shorten the meet to one day? The Board approved a meet surcharge increase to \$15 with a reduced amount (TBD) for needs-based and senior swimmers. Host Federal Way Masters is amenable to this fee structure with the Board agreeing that any T-shirt profits will be in addition to the guarantee. August 9-10 is reserved at KCAC for LCM Zones. Typically lower attendance plus the higher fees will likely render this a money-losing meet. PNA should continue to run a long course meet every year at KCAC but expect to subsidize costs or come up with new ideas. It is PNA's turn to host 2003 SCM Zones.

Open Water: Sally met with the South Whidbey Island Swells and Parks & Recreation, referring them to Barb Gundred and Ed Artis on running a 2004 event. Lake Padden has not submitted a financial report. That event and Fat Salmon will repeat this year.

Newsletter: The February issue input deadline is January 24 so that it may be mailed next week. The LMSC Handbook is available online at USMS.org. One hardcopy (80-90 pages) is sent to each LMSC.

Top Ten: LC Top Ten times are now available from USMS. Walt has processed the SCM records (season ended December 31) and Anacortes results.

Minutes of February 26, 2003

President Lee Carlson called the meeting to order at 7:15 PM in Dr. Jane Moore's office, Tacoma.

Attendees included Carolyn Behse, Jeanne Ensign, Arni Litt, Jane Moore, Jo Moore, Steve Peterson, Walt Reid, and Sarah Welch. These nine represented Bellevue Club, Federal Way, Fort Steilacoom, GLAD, Mercer Island, OOPS, Swim Seattle, and the membership at large.

MINTUES: The Board approved the January meeting minutes as corrected.

TREASURER'S REPORT: The Board approved the Treasurer's report after an adjustment to unearned revenue. Total PNA assets are \$53,763 including the Wiggin Fund's \$2,792. The Board approved reimbursements to Lee for bulk mail return address updates (\$9.80) and copying fees for review of King County documents (\$47.60).

BOARD FOCUS:

A. Nominations Committee (Sally, Walt, Lee): A slate of candidates has been selected: Jeanne Ensign (president), Steve Peterson (VP), Sarah Welch (treasurer), Hugh Moore (secretary). Arni will prepare the ballots to go out by March 11. The WetSet will contain a notice advising members to postmark or return them by April 5.

B. SCY Zones (Hood River): Consensus of NW Zone LMSC chairs by e-mail will allow Sandi Rousseau to plan for two per lane (1000, 1650) to ensure meet completion within the allotted time.

C. Website Posting Policy: No discussion.

OLD BUSINESS: A. Fitness Clinic: Planned date is June 7 (Sat) at the Bellevue Club. An optional swim (7 – 8:30 AM) will precede the Clinic (9 – 11 AM). Four speakers are to be contacted, with topics to be determined from their responses and preferences. The target audience is PNA and triathletes.

B. Thirty Minute Fitness Challenge: Six have entered so far. Age shall be as of the date of the swim.

C. King County Pools: Lee spoke with Grover Cleveland (King County attorney) on February 24. The Kent pool was signed off on the 24th, to be back in service on March 1. Auburn, subject to meetings between the school district and King County, may be resolved in the next few weeks. Voters approved the Enumclaw and Mount Si levies. No other pools will be closed this year.

COMMITTEE REPORTS:

Awards: A WetSet item will remind swimmers that awards are available and that they can be purchased at subsequent meets.

Coaches: Consensus of the Board was to not fund a PNA Coach for Nationals. The Board will take applications for Relay Coordinator and provide a stipend or grant for this position. [Board is to develop a policy per April 2002 minutes.]

Information Technology: OMS' Bert Petersen sent an unsolicited comment complimenting Jim Williams' website work.

Membership: 849 have registered to date (710 are renewals, 8 are One-Event conversions, and 130 are "new blood;" 53 are senior and reduced fee members.) Arni has e-mailed previous members with limited success (25% fail rate). She notes that bulk mail address correction has been worthwhile to minimize WetSet misdelivery. The swimmer who initially protested signing the waiver agreed to submit a new registration.

Meets: What potential meet hosts for summer or fall are there to contact? A host and venue is needed for SCM Zones this fall. What changes should be considered to minimize probable financial losses facing LC Zones?

(Continued on page 15)

PNA Teams Registered Through 3/26/03

Team

Bainbridge Aquatic Masters
 Bellevue Club
 Bellevue Eastside Swim Team
 Bellingham Masters Swim Club
 Downtown Seattle YMCA
 Federal Way Masters
 Fort Steilacoom - WAKO
 Gold Creek Masters
 Greenlake Aquaducks
 Husky Masters
 Issaquah Swim Team
 Team Luna
 Lynnwood Sharks
 Mercer Island Redwoods
 North End Otters
 North Whidbey Masters
 Old Olympic Peninsula Swimmers
 ORCA
 Port Townsend Masters
 Pro Club
 Seattle Athletic Club / Northgate
 Sequim Masters
 Swim Seattle
 Tacoma YMCA
 Tigers
 Thorbecke's Masters Swimming
 West Seattle YMCA Dolphins
 Western Washington University
 Whidbey Island Swells

BAM
 BC
 BEST
 BMSC
 DYM
 FWM
 FTSW
 GCMS
 GLAD
 HMST
 ISST
 LUNA
 LYN
 MIR
 NEO
 NWM
 OOPS
 ORCA
 PTM
 PRO
 SAC
 SQM
 SSEA
 TACY
 TIG
 TMS
 WSYD
 WWU
 WIS

Team Rep

Brian Russell
 Carolyn Behse
 Michael McKinlay

 Suzie Cavassa
 Hugh Moore
 Kathrine Casey
 Sue Amott
 Clark Pace
 Kiko Van Zandt
 AmyQuinn
 Casey Murphy
 Karin Heusted
 Steve Sussex
 Robin O'Leary
 Sally Dillon
 Steven Peterson
 Ross Linderman
 Ann Bailey
 Dave Alles
 Christian Bruhn
 Sally Parry
 Sarah Welch
 Cathy Barmore
 Tom Foley
 Laura Reisdorph
 Chaya Amiad
 Amy Jahnke
 Kate Sutherland

Team Coach

Lynn Wells
 Cory Hilderbrand
 Michael McKinlay
 Barb Gundred
 Mike Torchie
 Malcolm & Wendy Neely
 Kathrine Casey
 Dave Leonard
 Scott Skoglund
 Kevin Van Den Wymelenberg
 Ty Rudolph
 Mike Lund
 Laurie Stallings

 Robin O'Leary
 Sally MacLaren-Meuer

 Paul Ikeda
 Frank Lasella
 Camille Thompson
 Christian Bruhn
 Yvonne Yokota
 Rosanne Ritch
 Cathy Barmore

 Laura Reisdorph
 Chaya Amiad
 David Tourigny
 Kristi Eager

PNA Results for One-Hour Postal Swim

35 PNA Swimmers

Total 134,515 total yds

Ninth in medium team division

Award Winners

Carrie Nordberg (4,800 yds), 8th
 Women's 25-29

Jean Dillon (4,750 yds), 10th
 Women's 25-29

Kirk Nelson (4,960 yds), 8th
 Men's 35-39

Sally Dillon (4,155 yds), 1st
 Women's 55-59

Jim McCleery (4,930 yds), 3rd
 Men's 55-59

Harvey Prosser (3,520 yds), 4th
 Men's 70-74

Other PNA Participants

Women's 19-24: Jessica Dalton, 1,510 yds

Men's 19-24: Jason Speer, 4,275 yds; Phillip Andrews, 3,800 yds

Women's 25-29: Heidi Hansen, 4,100 yds; Melody Wojcik, 3,850 yds

Women's 30-34: Kathleen Morris, 3,700 yds; Jodi Stebbins, 3,380 yds

Women's 35-39: Jamie Whitney, 3,800 yds

Men's 35-39: Jim Lasersohn, 4,250 yds

Women's 40-44: Debby Spence, 3,900 yds; Laura Reisdorph, 3,500 yds; Marcia Smith, 3,455 yds; Tracey Schmidt, 3,100 yds

Men's 40-44: Eric Dybdahl, 4,725 yds; Mark Bickford, 4,150 yds; Ron Oren, 3,940 yds

Women's 45-49: Carolyn Davidson, 3,585 yds; Jennie Goldberg, 3,025 yds; Deborah Burney, 2,625 yds

Men's 45-49: Ken Perantoni, 4,600 yds; Brian Russell, 4,525 yds; Orlando Bolenda, 4,375 yds; Tran Hein, 3,470 yds

Women's 50-54: Kathrine Casey, 3,985 yds

Men's 50-54: Richard Batley, 4,100 yds

Women's 55-59: Sarah Welch, 3,565 yds

Men's 55-59: Rick Stafford, 4,000 yds

Men's 60-64: Lee Carlson, 3,460 yds

Women's 70-74: Janet Kavadas, 2,650 yds

PNA Relay Teams in Top Ten of Age Group

Women's 25+: 13,650 yds, 5th
 Hansen, Nordbert, J. Dillon

Women's 45+: 11,725 yds, 8th
 Davidson, Casey, S. Dillon

Men's 19+: 13,035 yds, 5th
 Andrews, Speer, Nelson

Men's 55+: 11,910 yds, 7th
 Carlson, McCleery, Prosser

Mixed 19+: 13,685 yds, 9th
 Dalton, Hansen, Andrews, Speer

Mixed 25+: 18,760 yds, 5th
 Nordbert, J. Dillon, Nelson, Lasersohn

Mixed 55+: 16,170 yds, 2nd

Welch, S. Dillon, Prosser, McCleery



RELAYS-M E N 200 YD.

FREE

19+
ROBERT HOWELLS 21 HMST 1:31.93 P
KIRK NELSON 32
WILLIAM CANN 30
MATTHEW DELANEY 31

BRACY ELTON 41 DYSM 1:56.13
KEITH FROST 36
LATRELLE GIBSON 23
BOB MC GARR 32

25+
DONALD SPENCER 45 PRO 1:39.44
STEVEN ROSARIA 28
MIKE GRIMM 34
JOHN CROSS 32

JOHN WILLIAMS 34 FWM 1:41.85
HUGH MOORE 48
ERIC DYBDAHL 42
STEVE FREEBORN 47

SCOTT CORCORRAN 47 DYSM 1:57.81
JIM DOHERTY 53
CHRIS KERKERING 30
MIKE LANG 38

35+
MICHAEL PIPTA 38 ORCA 1:40.89
JIM LASERSOHN 38
RICK DUNWIDDIE 39
RUSS BORGNIN 38

BOB SCHLEMMER 43 SAC 1:41.95
CHUCK KROLL 44
LINDSAY HARRON 41
JAMES LITTLEFIELD 42

BRIAN RUSSELL 45 BAM 1:58.45
WILLIAM STEINKE 68
DENNIS SAWYER 59
JOHN GOESSMAN JR. 38

RELAYS-M E N200 YD. MEDLEY

19+
MARK ARNOLD 28 HMST 1:45.10
JEFF STRAND 32
ROBERT HOWELLS 21
K.WYMELENBERG 25

LATRELLE GIBSON 23 DYSM 2:36.25
JIM DOHERTY 53
BRACY ELTON 41
SCOTT CORCORRAN 47

25+
JIRI RICHTER 29 PRO 1:57.37
MIKE GRIMM 34
DONALD SPENCER 45
JOHN CROSS 32

BOB MC GARR 32 DYSM 2:15.68
CHRIS KERKERING 30
MIKE LANG 38
JESSE HEIN 37

35+
JAMES LITTLEFIELD 42 SAC 1:59.55
GENE JARSTAD 51
LINDSAY HARRON 41
BOB SCHLEMMER 43

RUSS BORGNIN 38 ORCA 2:05.37
PAUL IKEDA 43
JIM LASERSOHN 38
MICHAEL PIPTA 38

DAVID ADDLEMAN 68 FWM 2:15.22
GREGORY HARRISON 51
HUGH MOORE 48
JEFF FOSTER 42

RELAYS-MIXED200 YD.

FREE

19+
LISA LUDLOW 22 DYSM 2:13.33
JIM DOHERTY 53
KATIE PENCKE 26
SCOTT CORCORRAN 47

OLIVIA MCINTYRE 27 DYSM 2:16.46
LATRELLE GIBSON 23
MOLLY PENCKE 23
JESSE HEIN 37

25+
JOHN SKROCH 30 ISST 1:47.26
LISA BEHRINGER 28
CYNTHIA KRASS 39
SCOTT ALLEN 40

TARA SIMSAK 33 BAM 1:54.50
JOHN GOESSMAN JR. 38
PATRICIA HENNESSY 34
BRIAN RUSSELL 45

ELLEN CULLOM 32 SAC 2:02.42
GENE JARSTAD 51
KAREEN BREWER 30
JAMES LITTLEFIELD 42

JUNKO ANAZAWA 30 DYSM 2:07.79
KEITH FROST 36
LESLIE DOBRENSKI 32
MIKE LANG 38

35+
LISA WILSON 41 NEO 1:43.62
RONALD JACOBS 51
MARY LIPPOLD 47
JACK STAVROS 42

CHUCK KROLL 44 SAC 2:16.63
DEBORAH LODISH 47
PATTY HALLER 41
BOB SCHLEMMER 43

RELAYS-MIXED200 YD.

MEDLEY

19+
MARY LASSITER 20 BMSC 2:04.52
BILL READER 50
JIM WILLIAMS 46
CAROLYN MATHEWS 40

MOLLY PENCKE 23 DYSM 2:17.54
SCOTT CORCORRAN 47
LESLIE DOBRENSKI 32
BOB MC GARR 32

ROSANNE RITCH 23 SSEA 2:19.32
PAUL FREEMAN 59
SARAH WELCH 56
DAVID CRETIN 28

CHRIS KERKERING 30 DYSM 2:43.32
KATIE PENCKE 26
LISA LUDLOW 22
BRACY ELTON 41

25+
JAMES LITTLEFIELD 42 SAC 2:29.89
ELLEN CULLOM 32
LINDSAY HARRON 41
PATTY HALLER 41

Board Minutes

(Continued from page 13)

PNA should formulate ideas to bring to the Zone meeting in Oregon.

Teams: Jeanne noted that team registration allows teams to score points at Champs, receive a Rule Book, and gain better communication via team rep and coach.

Swimmers at Mercer Island in 1st Masters Meet

Swimmer	Team
Scott Allen	ISST
Kareen Brewer	SAC
Buck Cameron	WSY
Will Cann	HUSK
Scott Corcoran	DYSM
Rick Dunwiddie	ORCA
Garry Duschl	UNA
Latrelle Gibson	DYSM
Joe Griggs	LUNA
Jesse Hein	DYSM
Gene Jarstad	SAC
Bradley Karvasek	MIR
Cynthia Krass	ISST
Beverly Li	MiR
Lisa Ludlow	DYSM
Du Ly	UNA
Rob Moritz	IIST
Casey Murphy	LUNA
Hudson Murrell	UNA
Katie Pencke	DYSM
Molly Pencke	DYSM
Michael Pipta	ORCA
Jiri Richter	PRO
Bill Steinke	BAM
Mike Torchie	DYSM
Colin Trunkey	LUNA
Lucas Wills	UNA
Jeremy Worley	NSYG

WILLIAM STEINKE 68 BAM 2:34.33
DENNIS SAWYER 59
TARA SIMSAK 33
PATRICIA HENNESSY 34

JESSE HEIN 37 DYSM 2:54.31
JUNKO ANAZAWA 30
JIM DOHERTY 53
OLIVIA MCINTYRE 27

35+
MURIEL FLYNN 80 TACY 2:57.78
HAL YOUNG II 81
DU LY 41
KRIS SPEIR 39



HAPPY BIRTHDAY

to the following PNA swimmers!

Linda Sullivan	4	27	Joseph Michalak	5	6
Geoffrey Anderson	4	28	Gunnar Forsman	5	6
Julie Johnson	4	28	Jenny Emsky	5	6
Diana Zwerling	4	28	Madlen Caplow	5	6
Robert King	4	29	Mary Pat Lawlor	5	8
Rick Stafford	4	29	Mike Torchie	5	8
Charlotte Davis	4	30	Gregg Trunnell	5	9
Joy Thompson	4	30	Lisa Dahl	5	9
William Schubach	4	30	James Littlefield	5	9
Carolyn Behse	5	1	Lynne Davison	5	10
Jessica Dalton	5	1	Kathryn Crist	5	10
Maralee McVean	5	2	Deborah Lodish	5	10
Alysoun Bond	5	3	Luis Santana	5	11
Susan Elliott	5	3	Steve Crocker	5	11
Paul Ikeda	5	4	Kirk Nelson	5	11
Leslie Rorty	5	4	Susan Higinbotham	5	12
Jeff Foster	5	4	Arni Litt	5	13
Darlene Azure	5	4	Katie Richter	5	13
Dickson Lee	5	5	Rondamarie Smith	5	13
Jane Vitkuske	5	5	Maryan Burke	5	13
Bernice Phillips	5	5	Catherine McCoy	5	13
Mary Andrews	5	5	Brandon Austin	5	13
Du Ly	5	5	Robert McGarr	5	14
Michael Doyle	5	5			

Former Newsletter Editor Injured on Bicycle

Former newsletter editor Dan Frost, known as "Frosty" to his friends, was injured while riding his bicycle near Diamond Head in Hawaii. The accident was caused by a young driver who without looking made a u-turn in front of Frosty.

As a result of the collision, Frosty, a naval aviator who was training for the Ironman Florida Triathlon in November, suffered a broken jaw, fractured eye orbits and other injuries. Fortunately, Frosty's injuries are not life-threatening and he is on the mend. The PNA's board and every PNS member who knows Frosty wish him a speedy recovery.

Frosty's e-mail:
desertfrost@yahoo.com

Attention Coaches

The American Swim Coaches Association is hosting its 2003 World Clinic in San Diego from September 2-7, 2003. The clinic is an outstanding opportunity for current coaches to enhance their knowledge of Masters coaching and attend various program schools.

To enhance participation, USMS will pay the ASCA Member Clinic fee, a \$149 value, for a limited number of Masters coaches. Each LMSC is entitled to submit the registration of one coach whose clinic fee will be covered in full by USMS. There is a limit of 25 complimentary registrations on a first-come, first-served basis. Registration forms, available on PNA's Website, are due to Mel Goldstein by May 1, 2003.

Start Collecting Your PNA Medals



Did you know that PNA has medals for swimmers placing 1st, 2nd or 3rd in a PNA-sanctioned pool meet? The medals, on red, blue or white ribbons, are handsome. And each costs just \$2. You'll find the medals at the awards table. And if you want a medal but didn't purchase it at your last meet, you can do so at any subsequent meet. Swimmers 65 and older who place 1st, 2nd, or 3rd earn one free medal per meet.

Leading Off

(Continued from page 2)

Special Fitness Clinic

Whether or not you compete, improve your swimming by attending PNA's Fitness Clinic at the Bellevue Club on June 7 (for details see page 17).

Short Course Nationals

If you plan to attend the Masters Short Course Nationals in Tempe (May 15-18), consider swimming one or more relays. Sometimes chaotic, always a hoot, relays will add to the camaraderie of your Nationals experience. See page 3 for information on contacting our designated Relay Coordinator.

Meanwhile, I'm dedicating myself to getting in better shape for Champs and Nationals. First step: showing up on time for tomorrow's workout.



Get Fit!!!!!!!

Special Fitness Clinic for Swimmers

Saturday, June 7, 2003

9:00 a.m. – 11:45 a.m.

The Bellevue Club



Want to improve your stroke technique and core strength? Want to learn how to prevent injuries? Then attend a special fitness clinic being co-sponsored by the PNA and The Bellevue Club. Presented by outstanding fitness experts, this clinic is for intermediate and advanced swimmers and triathletes seeking to enhance performance.

Gary Chase, a retired professor in exercise physiology at Pacific Lutheran University, has over 40 years experience coaching swimming at all levels. **Gary Nicholson** is a trainer at PLU. **Cindy Farricker** is a licensed nutritionist. **Sue Maytas** is fitness and group exercise director at The Bellevue Club.

PNA members attending the clinic can swim at The Bellevue Club with the club's Masters group from 7:00 a.m. to 8:00 a.m.

The fee for the clinic is \$25. Checks should be payable to PNA and sent to Lee Carlson, 1000 Cabin Creek Lane SW, D301, Issaquah, WA 98207.

Bring your swimsuit (if you want to do the Masters workout) and exercise clothes with supportive tennis shoes (for the clinic's final segment).

Team	Function	Instructor
7:00 a.m. - 8:00 a.m.	Workout with The Bellevue Club	Masters Coaches
8:00 a.m. - 8:30 a.m.	Stroke Skill Demonstration	Gary Chase
9:00 a.m. - 9:30 a.m.	Workout Strategy/Event Preparation	Gary Chase
9:30 a.m. - 10:15 a.m.	Injury Management & Prevention	Gary Nicholson
10:00 a.m. - 11:00 p.m.	Glycogen Replacement (Getting the Fuel You Need)	Cindy Farricker
11:00 am. - 11:45 a.m.	Developing Core Strength & Flexibility with Balance Balls & Other Tools	Sue Maytas



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
 City State Zip+4 E-Mail: _____
 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.

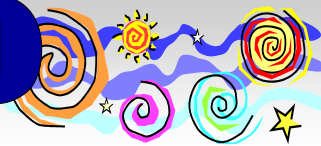
➔ **Signature** _____ **Date** _____

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.



THE FINAL LAP



Top Tens for 2002

The following PNA swimmers made the SCM-Fina Masters World Top 10 for 2000.

WOMEN 25-29

200 M. BRST JEAN DILLON	28 # 3	2:47.40
----------------------------	--------	---------

WOMEN 85-89

50 M. FLY PAT MATTHIESEN	86 # 3	1:51.00
-----------------------------	--------	---------

MEN 55-59

400 M. FREE MICHAEL MCCOLLY	57 #10	5:00.36
--------------------------------	--------	---------

MEN 60-64

50 M. BACK GARY CHASE	62 # 3	33.36
100 M. BACK GARY CHASE	62 # 1	1:12.06
200 M. BACK GARY CHASE	62 # 1	2:44.66
100 M. I.M. GARY CHASE	62 # 6	1:15.41
200 M. I.M. GARY CHASE	62 # 8	2:50.14

The following PNA Swimmers made the SCM-USMS Top 10 for 2000.

WOMEN 25-29

100 M. FREE JEAN DILLON	28 # 5	1:03.11
50 M. BRST JEAN DILLON	28 # 1	35.74
100 M. BRST JEAN DILLON	28 # 3	1:18.40
200 M. BRST JEAN DILLON	28 # 1	2:47.40
100 M. FLY JEAN DILLON	28 # 4	1:10.23
200 M. I.M. JEAN DILLON	28 # 6	2:37.57

WOMEN 45-49

50 M. BRST A.LITZENBERGER	49 #10	41.86
100 M. BRST A.LITZENBERGER	49 # 5	1:28.19

WOMEN 55-59

50 M. BRST ARNI LITT	56 # 9	49.93
100 M. BRST ARNI LITT	56 # 8	1:47.06
200 M. BRST ARNI LITT	56 # 8	3:53.41

50 M. FLY ARNI LITT	56 #10	51.06
------------------------	--------	-------

WOMEN 60-64

50 M. BACK FRANCESCA DRUM	61 # 6	48.76
100 M. I.M. FRANCESCA DRUM	61 # 5	1:43.18

WOMEN 85-89

50 M. FREE PAT MATTHIESEN	86 # 4	1:19.27
50 M. BACK PAT MATTHIESEN	86 # 6	1:26.33
50 M. BRST PAT MATTHIESEN	86 # 4	1:41.80
50 M. FLY PAT MATTHIESEN	86 # 2	1:51.00

MEN 19-24

50 M. FREE DMITRI PARAMONOV	24 #10	26.23
200 M. FREE JASEN SPEER	21 #10	2:17.22
50 M. BRST DMITRI PARAMONOV	24 # 8	34.44
400 M. I.M. JASEN SPEER	21 # 3	5:59.72

MEN 50-54

200 M. FREE FRANK WARNER	53 # 7	2:14.72
-----------------------------	--------	---------

MEN 55-59

400 M. FREE MICHAEL MCCOLLY	57 # 5	5:00.36
200 M. BRST STEVEN PETERSON	56 # 6	3:01.01
200 M. I.M. MICHAEL MCCOLLY	57 # 8	2:49.87

MEN 60-64

50 M. BACK GARY CHASE	62 # 1	33.36
100 M. BACK GARY CHASE	62 # 1	1:12.06
200 M. BACK GARY CHASE	62 # 1	2:44.66
50 M. BRST GARY CHASE	62 # 1	38.12
100 M. BRST GARY CHASE	62 # 3	1:24.42
200 M. BRST GARY CHASE	62 # 7	3:23.06
200 M. FLY GARY CHASE	62 # 9	3:38.21
100 M. I.M. GARY CHASE	62 # 2	1:15.41
200 M. I.M. GARY CHASE	62 # 4	2:50.14
400 M. I.M. GARY CHASE	62 # 7	6:48.48

New PNA Swimmers

Mark Aarstol
Breck Anderson
Kareen Brewer
Sandra Calvert
Rebekah Celver
Mary Christy
Denise Dierich
Latrelle Gibson
Timothy Grimes
Brian Hall
Jesse Hein
John Hixson
Gene Jarstad
Lisa Ludlow
Jeannette Mann
Jamie Massart
Megan Murphy
Hudson Murrell
Mitch Novack
Timothy O'Mara
Molly Pencke
Katie Pencke
Lisa Perry
Michael Pipta
Barbara Rappaport
Laurel Smith
Stacey Stauber
William Steinke
Ellen Sukovich
June Van Leynseele
Kevin Weatherbie
Lucas Wills
Diana Zwerling

MEN 65-69

50 M. BRST HAROLD TAUSCHER	65 # 7	41.72
100 M. BRST HAROLD TAUSCHER	65 # 7	1:36.84
200 M. BRST HAROLD TAUSCHER	65 # 4	3:32.65
200 M. FLY THOMAS FOLEY	68 # 9	5:20.46
400 M. I.M. HAROLD TAUSCHER	65 #10	7:33.03

RELAYS-WOMEN 200 METER FREE

100-119 JUNKO ANAZAWA	30 #10	2:50.69
ERIN OKUNO	24	
OLIVIA MCINTYRE	27	
LESLIE DOBRENSKI	32	



An Urgent, Almost Desperate Plea from Your Registrar: Please Help New Swimmers Correctly Complete the PNA Registration Form

Yes, the registration process can be confusing, particularly because of the relationship between clubs and teams. So I need the help of coaches, team reps and swimmers that understand this relationship. *Please help new swimmers fill in the registration form completely and correctly.* Here's a reminder how the registration process works.

■ Everyone who registers becomes a member of the Pacific Northwest Association of Masters Swimmers. PNA, as it's usually called, is one of 54 Local Masters Swim Committees or LSMCs. These are part of the United States National Masters Swimming, or USMS.

■ The registration form asks each registrant to choose a Club. Actually, a swimmer has two options: either choose a club

(there are two) or swim unattached to a club.

■ One club is Pacific Northwest Aquatics, also referred to as PNA. Every team but one is part of this club. The exception, team SQM, is part of the second club, Sequim or SQM. (That's right, SQM the club has only one team.)

■ A swimmer can belong to either club and swim unattached to a team.

■ A swimmer who chooses not to belong to a club registers as unattached. A swimmer unattached to a club cannot belong to a team and cannot participate in meet relays, which are only for teams.

■ A swimmer may join a team at any time. A swimmer unattached to a club who later joins a team is automatically

attached to one of the two clubs and charged \$2. Plus, there's a 60-day waiting period between competing as unattached and as a member of a club. However, the waiting period doesn't apply when an unattached swimmer registers for a new year as attached to a club.

If you have questions, please contact me, Arni Litt, at arni@qwest.net.



Pacific Northwest Association of Masters Swimmers
1920 10th Ave East
Seattle, WA 98102-4253

CHANGE SERVICE REQUESTED

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