



## OOH! GOOD STUFF INSIDE

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## Super Volunteers Make Northwest Zone LCM Champs Successful and Affordable

**T**hanks to recent fee hikes, renting the King County Aquatic Center for a swim meet now costs a whopping \$300 an hour. Yet the hefty rental fee didn't prevent PNA from running a successful Northwest Zone Long Course Champs Meet at the Aquatic Center on August 9 and 10.

Competing in the event were 130 swimmers from Washington,

Oregon, Idaho, Montana, Alaska and Canada.

### Volunteers Key Factor

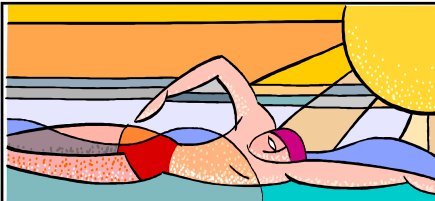
To hold down costs, PNA used a committee approach. Mary Lassiter, Masters swimmer and coach extraordinaire, served as meet director. Besides recruiting volunteers and safety marshals,

*(Continued on page 4)*

Photo by Paul Freeman



All smiles at the Northwest Zone Long Course Champs Meet are (from left) PNA's Perry Morin; Meet Director Mary Lassiter, who set one PNA and two zone records in the Women 19-24 division; and PNA's Gary Stamper.



# WET SET

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**Ad Hoc Open Water:** Sally Dillon

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**Meets:** Lee Carlson

**Records/Top Ten:** Walt Reid

**Officiating:** Kathy Casey/Jan Kavadas

**Open Water:** Sally Dillon

**Publicity:** Lynn Wells

**Safety:** Kathy Casey

**Webmaster:** Jim Williams

What a great summer for open water swimming! I hope you all had a chance to enjoy the sunny days, warm water and fun events.

In June Bellingham Masters hosted the Lake Padden swim, and in July Fat Salmon provided one- and three-mile swims in Lake Washington.

Throughout the summer, PNA swimmers traveled to Oregon for open water swims. These included the first NW Zone 1500M Open Water Championships in July held in conjunction with the USMS 5K Open Water Championships at Elk Lake. In August many area swimmers participated in the NW Zone Long Course Meter Championships at Federal Way and the USMS Long Course National Championships in New Jersey. They also completed 5K and 10K swims in local pools for the postal meet. *Whew!!!!*

## Your Input is Needed

Each month in this column I will ask you (that's ALL YOU PNA MEMBERS) for your input and opinions about some PNA activity, plan, policy or dream. Last month I asked for ideas about a PNA Coach of the Year award to be given in the spring at Champs. Thanks to those who responded. If you didn't respond yet, there's still time and I'd like to hear from you.

This month I want to know what has given new perspective to your swimming? Perhaps energized you, added enthusiasm or speed? Taken you out of the doldrums? Please share your story

# LEADING OFF



By Jeanne Ensign,  
PNA President

with me, so that through this column I can share it with other PNA members. Your experience might be an inspiration to someone else.

And please don't limit your input and opinions to questions raised in this column.



Tell Jeanne What You Think!

Her contact info:

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Seattle, WA 98102  
(206) 324-1354

[Jeanne@raincity.com](mailto:Jeanne@raincity.com)

## PNA Team List

On pages 14 and 15, you'll find a list with detailed information about PNA teams, including workout times, coaches, team reps and more.

From time to time my workout pool temporarily closes and I

*(Continued on page 4)*

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 2003-2004 CALENDAR

**OPEN  
POSTAL SWIMS  
MEETS**  
**CLINICS**

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

ÿ September 1-October 31, 2003  
USMS 3000/6000 Yard Postal  
Championships  
Doug Garcia (509) 332-1621  
[douggarcia@usms.org](mailto:douggarcia@usms.org)

ÿ September 7-14, 2003  
United States Aquatic Sports  
Convention  
San Diego, CA

ÿ **September 27, 2003**  
**6th Annual Short Course Meters  
Pentathlon Meet**  
Oak Harbor, WA  
Sally Dillon (360) 679-5038  
[salswmr@earthlink.net](mailto:salswmr@earthlink.net)  
(See entry form on page 20)

ÿ **October 18, 2003**  
**Second Annual BAMFEST  
SCY Swim Meet**  
Bainbridge Island Aquatic Center  
Brian Russell (206) 842-5849  
[brian\\_a\\_russell@urscorp.com](mailto:brian_a_russell@urscorp.com)  
(See entry form on page 21)

ÿ **November 8-9, 2003**  
**Northwest Zone Short Course  
Meters Champs**  
South Kitsap High School  
Port Orchard, WA  
Steve Peterson (360) 692-1669  
[speterson@bandwagon.net](mailto:speterson@bandwagon.net)  
(See entry form on page 22)

ÿ January 1-31, 2004  
USMS Postal Championship  
Nancy Ridout (415) 892-0771  
[nancyridout@mindspring.com](mailto:nancyridout@mindspring.com)  
Chris Foote (415) 457-9645  
[dummy4me80@hotmail.com](mailto:dummy4me80@hotmail.com)

ÿ **January 18, 2004**  
**SCY PNA Meet**  
Anacortes, WA

ÿ **February 15, 2004**  
**SCM Meet**  
Bellevue Club, WA

ÿ **March 14, 2004**  
**SCY Mercer Island Sprint Meet**  
Mercer Island, WA

ÿ **April 9-10, 2004**  
**SCY PNA Champs**  
WKAC  
Federal Way, WA

ÿ April 22-25, 2004  
USMS Short Course  
Championships  
Indianapolis, IN  
Mel Goldstein (417) 253-8829  
[goldstein@mindspring.com](mailto:goldstein@mindspring.com)

ÿ May 5-September 30, 2004  
USMS 5K & 10K Postal  
Championship  
Bruce Hopson (314) 569-2220  
(314) 569-0382  
[bhopson@swbell.net](mailto:bhopson@swbell.net)

ÿ 6/12/2004  
USMS 5K Open Water  
Championship  
Fernandina, FL  
Edward Gaw  
[edginc@att.net](mailto:edginc@att.net)

ÿ 6/27/2004  
USMS 2-Mile Cable Championship  
Eagle Creek Reservoir,  
Indianapolis, IN  
Mel Goldstein (317) 253-8289  
[goldstein@mindspring.com](mailto:goldstein@mindspring.com)

ÿ 6/28/2004  
USMS 1 Mi Open Water  
Championship Wildwood, NJ  
Vicki Anders (410) 502-5395  
[andervi@jhmi.edu](mailto:andervi@jhmi.edu)

ÿ July 2004  
3.5K Open Water Championship  
Applegate Lake, Jacksonville, OR  
Dan Gray (541) 890-5483  
[dangray45@hotmail.com](mailto:dangray45@hotmail.com)

ÿ July 2004  
2004 USMS 10K Open Water  
Championship Huntington Bay,  
Huntington, NY  
Bea Hartigan (631) 271-3349  
[bea10k@yahoo.com](mailto:bea10k@yahoo.com)

## 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](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.northwestzone.org](http://www.northwestzone.org)  
[www.swimoregon.org](http://www.swimoregon.org)  
[akmswim.org](http://akmswim.org)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.mastersswimming.bc.ca](http://www.mastersswimming.bc.ca)

# Lynn Wells: BAM Coach

## Coach Profile

**L**ynn Wells, coach of Bainbridge Island Masters (BAM), loves to kayak, surf and swim. Most of all, she loves to coach her BAM swimmers. "I'm really grateful for the opportunity," says Lynn. "It's incredibly rewarding to watch people grow in a sport and in their life."

### Growth of BAM

Founded by Lynn in 1998, BAM now has more than 70 members. Anyone who knows Lynn isn't surprised by this growth. "We love Lynn's enthusiasm," says BAM swimmer Tara Simsak. "And she's collaborative. She's not a coach who dictates from the top down. People respond to that."

Lynn's first coaching venture was in the mid-1990s, when she began coaching age-group teams on which her two sons, now adults, swam. When Lynn was a child,



Lynn Wells (back to camera) gives advice to Gary Chase at a meet.

### Leading Off

*Continued from page 2*

grumble about the disruption to my daily schedule. Then I look at the list, find another team to swim with and enjoy the newness of swimming with a different coach and lane mates. It gives me a whole new perspective. On the PNA website ([www.swimpna.org](http://www.swimpna.org)), you can find places to swim in the Northwest as well as links to additional databases. Bottom line: You can always find a pool.

### Upcoming Short Course Schedule

If you're enthused by competition, PNA has a great pool meet schedule (see Calendar of Events on page 3) for the coming short course season, culminating with PNA Champs in April. I look forward to seeing you there!

however, she didn't swim competitively. "I'm pre-Title IX. When I was young there weren't competitive sports for girls; it wasn't part of the culture."

In high school, however, Lynn participated in synchronized swimming, an experience reflected in her coaching, she says. "A lot of what I do is focus on balance. In the water, balance comes before motion."

### Learning All the Time

Lynn regularly attends coaches' clinics. Two particularly helpful ones, she says, are those run by coaching guru Bill Boomer—"I can't say enough about his influence on me"—and the annual world coaches' clinic that BAM sends her to. Lynn also notes that Bainbridge Island has several excellent swim coaches who regularly share information and insight.

The learning Lynn brings to BAM is much appreciated, says Tara. "Lynn's a voracious learner, and she's always letting us know about opportunities to compete and where to go to learn new stuff."

### NW Zone Long Course Meet

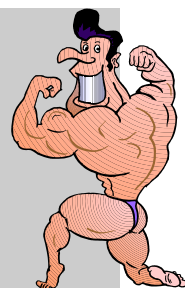
*(Continued from page 1)*

she supplied the refreshments. PNA President Jeanne Ensign helped orchestrate the event. PNA Registrar Arni Litt processed entries and handled other chores. Lee Carlson recruited officials, served as head timer and officiated. Walt Reid, Jane Moore and Bill Reader kept the meet running smoothly. Pitching in as volunteer timers was an assortment of swimmers, family and friends.

### World Record Set

Oregon's Colette Crabbe set a world record of 5:40.52 in the 400 IM for Women 50-54. A number of PNA and Zone records also fell. Perhaps more important than the new records, however, was the fact that thanks to a group of dedicated volunteers, PNA staged a successful meet at a world-class pool.

## Test Yourself at Sixth Annual Pentathlon



**T**he North Whidbey Masters "Afterburners" will once again host their Short Course Meters Pentathlon in Oak Harbor on Saturday, September 27. There are three pentathlon divisions:

*Sprinter's Choice:* 50 each of fly, back, breast, free and 100 IM.

*Middle Masters:* 100 each and 200 IM.

*Animals:* 200 each and 400 IM.

You'll find lots of fun things to do on Whidbey Island, including Deception Pass State Park, Fort Casey and the historic towns of Coupeville and Langley. For lodging info, contact Sally Dillon at [salswmr@earthlink.net](mailto:salswmr@earthlink.net) or (360) 679-5038. Entry form on page 20.



# 2003 Northwest Zone Long Course Championship Meet

## August 9-10, 2003

**P** PNA Record  
**Z** Northwest Zone Record  
**W** World Record

### WOMEN 19-24

50 M. FREE		
MARY LASSITER	21 PNA	31.34
100 M. FREE		
KELLY CRANDELL	23 PNA	1:08.96
200 M. FREE		
KELLY CRANDELL	23 PNA	2:35.29
800 M. FREE		
MARY LASSITER	21 PNA	10:19.14Z
1500 M. FREE		
MARY LASSITER	21 PNA	19:59.62Z
KELLY CRANDELL	23 PNA	22:47.35
100 M. BACK		
MARY LASSITER	21 PNA	1:19.26
200 M. BACK		
MARY LASSITER	21 PNA	2:44.13P
100 M. BRST		
KELLY CRANDELL	23 PNA	1:35.23
200 M. I.M.		
MARY LASSITER	21 PNA	2:52.26

### WOMEN 25-29

50 M. FREE		
WENDI RUEF	26 PNA	45.80
100 M. FREE		
REBEKAH CELVER	26 PNA	1:11.22
WENDI RUEF	26 PNA	1:43.10
200 M. FREE		
WENDI RUEF	26 PNA	3:46.04
400 M. FREE		
WENDI RUEF	26 PNA	7:56.56
50 M. BACK		
REBEKAH CELVER	26 PNA	37.39
100 M. BACK		
REBEKAH CELVER	26 PNA	1:23.39
50 M. FLY		
REBEKAH CELVER	26 PNA	32.92
100 M. FLY		
REBEKAH CELVER	26 PNA	1:18.42
200 M. I.M.		
REBEKAH CELVER	26 PNA	3:04.03

### WOMEN 30-34

50 M. FREE		
TARA SIMSAK	34 PNA	30.66
JULIE BARASHKOFF	32 PNA	31.26
ANNETTE HARRIS	31 PNA	31.85
KRISTINA COGLON	31 PNA	39.09
LINDA WONG	31 OREG	39.83
A.CULLOM	33 PNA	45.22
100 M. FREE		
ANNETTE HARRIS	31 PNA	1:10.60
JULIE BARASHKOFF	32 PNA	1:12.23

200 M. FREE		
TARA SIMSAK	34 PNA	2:30.80
JULIE BARASHKOFF	32 PNA	2:37.42
JENNIFER MESLER	33 PNA	2:37.49
LINDA WONG	31 OREG	3:18.94
A.CULLOM	33 PNA	4:11.35
400 M. FREE		
TARA SIMSAK	34 PNA	5:27.97
ALISON MOORE	33 OREG	5:49.19
800 M. FREE		
TARA SIMSAK	34 PNA	11:29.58
JENNIFER MESLER	33 PNA	11:39.23
ALISON MOORE	33 OREG	11:47.66
LINDA WONG	31 OREG	14:15.32
1500 M. FREE		
ALISON MOORE	33 OREG	22:31.50
50 M. BACK		
JULIE BARASHKOFF	32 PNA	41.00
ANNETTE HARRIS	31 PNA	42.05
A.CULLOM	33 PNA	1:04.76
200 M. BACK		
JENNIFER MESLER	33 PNA	2:57.32
50 M. BRST		
TARA SIMSAK	34 PNA	44.27
A.CULLOM	33 PNA	55.92
200 M. BRST		
ALISON MOORE	33 OREG	3:23.41
TARA SIMSAK	34 PNA	3:26.55
A.CULLOM	33 PNA	4:27.93

50 M. FLY		
ANNETTE HARRIS	31 PNA	33.22
JULIE BARASHKOFF	32 PNA	35.10
KRISTINA COGLON	31 PNA	48.06
LINDA WONG	31 OREG	52.18
100 M. FLY		
ANNETTE HARRIS	31 PNA	1:15.86
200 M. FLY		
ANNETTE HARRIS	31 PNA	2:53.32

### WOMEN 35-39

50 M. FREE		
A.COLLSON	36 OREG	32.34
ANNE SCHOLZ	37 OREG	37.21
100 M. FREE		
A.COLLSON	36 OREG	1:11.75
STACEY SUNDE	36 PNA	1:44.65
200 M. FREE		
ANNE SCHOLZ	37 OREG	3:12.75
400 M. FREE		
ANNE SCHOLZ	37 OREG	6:40.27
50 M. BACK		
ANNE SCHOLZ	37 OREG	42.62
100 M. BACK		
JULIE CRISP	37 OREG	1:37.54
ANNE SCHOLZ	37 OREG	1:39.44
50 M. FLY		
A.COLLSON	36 OREG	35.56



Photo by Paul Freeman

Officials Chair Ken Breiding and PNA Registrar Arni Litt, two volunteers that helped make the meet an affordable success.

**WOMEN 40-44**

50 M. FREE		
LISA DAHL	42 PNA	29.58P
TATYANA MISHEL	40 PNA	36.22
100 M. FREE		
ERIN BURGMAN	41 PNA	1:07.96
CHRISTINA FOX	43 OREG	1:25.62
MARCIA SMITH	43 PNA	1:28.27
200 M. FREE		
VALERIE JENKINS	40 OREG	2:27.38
ERIN BURGMAN	41 PNA	2:36.52
PENNY BATES	42 ANCM	2:36.96
CHRISTINA FOX	43 OREG	3:10.37
400 M. FREE		
VALERIE JENKINS	40 OREG	5:10.08
TATYANA MISHEL	40 PNA	6:32.02
MARCIA SMITH	43 PNA	6:57.19
50 M. BACK		
VALERIE JENKINS	40 OREG	33.89
TATYANA MISHEL	40 PNA	44.77
100 M. BACK		
VALERIE JENKINS	40 OREG	1:13.43
ERIN BURGMAN	41 PNA	1:23.36
CHRISTINA FOX	43 OREG	1:30.70
200 M. BACK		
VALERIE JENKINS	40 OREG	2:45.08
ERIN BURGMAN	41 PNA	2:58.78

PENNY BATES	42 ANCM	3:09.37
CHRISTINA FOX	43 OREG	3:13.83
50 M. BRST		
JUDY HAWKSWORTH	44 PNA	43.88
200 M. BRST		
JUDY HAWKSWORTH	44 PNA	3:33.79
50 M. FLY		
LISA DAHL	42 PNA	32.32
TATYANA MISHEL	40 PNA	37.95
100 M. FLY		
PENNY BATES	42 ANCM	1:22.76
TATYANA MISHEL	40 PNA	1:39.84
200 M. FLY		
MARCIA SMITH	43 PNA	3:52.06
200 M. I.M.		
TATYANA MISHEL	40 PNA	3:25.68
400 M. I.M.		
PENNY BATES	42 ANCM	6:19.08

**WOMEN 45-49**

50 M. FREE		
K.ANDRUS-HUGHES	46 OREG	29.27
DEBORAH LODISH	48 PNA	44.70
100 M. FREE		
KATHLEEN ABRAMS	47 PNA	1:16.94
REBECCA LOGSDON	49 PNA	2:08.65

200 M. FREE		
K.ANDRUS-HUGHES	46 OREG	2:23.62Z
BRENDA KNUTSON	45 PNA	3:05.21
CAROL DEMING	46 LSGR	3:24.59
DEBORAH LODISH	48 PNA	3:53.66
400 M. FREE		
COLETTE CRABBE	47 OREG	5:06.80Z
K.ANDRUS-HUGHES	46 OREG	5:41.29
KATHLEEN ABRAMS	47 PNA	5:46.04
BRENDA KNUTSON	45 PNA	6:22.56
800 M. FREE		
COLETTE CRABBE	47 OREG	10:39.02Z
BRENDA KNUTSON	45 PNA	12:42.71
1500 M. FREE		
BRENDA KNUTSON	45 PNA	24:25.08
50 M. BACK		
K.ANDRUS-HUGHES	46 OREG	33.89
100 M. BACK		
K.ANDRUS-HUGHES	46 OREG	1:13.88Z
200 M. BACK		
K.ANDRUS-HUGHES	46 OREG	2:48.34
50 M. BRST		
REBECCA LOGSDON	49 PNA	1:09.58
100 M. BRST		
ROBIN DURANT	48 INWM	1:55.59
200 M. BRST		
COLETTE CRABBE	47 OREG	3:03.39
BRENDA KNUTSON	45 PNA	3:50.22
50 M. FLY		
DEBORAH LODISH	48 PNA	56.37
400 M. I.M.		
COLETTE CRABBE	47 OREG	5:40.52
BRENDA KNUTSON	45 PNA	7:13.58

**WOMEN 50-54**

50 M. FREE		
DEBRA DRAGOVICH	52 PNA	42.50
200 M. FREE		
JANE MOORE	53 PNA	3:33.79
DEBRA DRAGOVICH	52 PNA	3:43.52
400 M. FREE		
JANE MOORE	53 PNA	7:23.05
800 M. FREE		
JANE MOORE	53 PNA	15:38.90
1500 M. FREE		
JANE MOORE	53 PNA	30:15.98
200 M. BACK		
JANE MOORE	53 PNA	4:36.34
200 M. BRST		
JANE MOORE	53 PNA	4:48.90

**WOMEN 55-59**

50 M. FREE		
JACKIE QUATTRO	56 OREG	35.65
ARNI LITT	57 PNA	42.53
100 M. FREE		
JANET GETTLING	55 OREG	1:19.51
SARAH WELCH	56 PNA	1:22.38
SANDI ROUSSEAU	56 OREG	1:22.78
200 M. FREE		
JACKIE QUATTRO	56 OREG	2:54.68
JANET GETTLING	55 OREG	2:57.76
SARAH WELCH	56 PNA	3:10.50
ARNI LITT	57 PNA	3:33.79
400 M. FREE		
KATHRINE CASEY	55 PNA	6:32.11
ARNI LITT	57 PNA	7:12.82
800 M. FREE		
JACKIE QUATTRO	56 OREG	12:47.09
JEANNE ENSIGN	57 PNA	15:54.04
1500 M. FREE		
JANET GETTLING	55 OREG	24:54.67
50 M. BACK		
KATHRINE CASEY	55 PNA	45.54
SANDI ROUSSEAU	56 OREG	46.67
50 M. BRST		
KATHRINE CASEY	55 PNA	48.62
ARNI LITT	57 PNA	50.14
SANDI ROUSSEAU	56 OREG	52.79
100 M. BRST		
ARNI LITT	57 PNA	1:51.98
200 M. BRST		

Phot by Paul Freeman



PNA's Steven Rosaria speeds along in the 100M Breaststroke (Men 25-29). His time for the event: 1:23.53.



KATHRINE CASEY	55 PNA	3:58.93
ARNI LITT	57 PNA	3:59.81
50 M. FLY		
JANET GETTLING	55 OREG	37.97
SANDI ROUSSEAU	56 OREG	38.04
SARAH WELCH	56 PNA	43.60
100 M. FLY		
JANET GETTLING	55 OREG	1:31.78
SARAH WELCH	56 PNA	1:46.36
200 M. FLY		
JANET GETTLING	55 OREG	3:40.24
KATHRINE CASEY	55 PNA	3:49.82
200 M. I.M.		
SARAH WELCH	56 PNA	3:33.99P
400 M. I.M.		
SARAH WELCH	56 PNA	7:36.12P

Photo by Paul Freeman



Portland's John and Alison Moore. Alison (Women 30-34) competed in several events including the 200M Breaststroke, in which she captured a first with a time of 3:23.41.

**WOMEN 60-64**

50 M. FREE		
JOY WARD	61 OREG	35.97
CAROLYN BEHSE	60 PNA	44.56
100 M. FREE		
JOY WARD	61 OREG	1:24.13
400 M. FREE		
CAROLYN BEHSE	60 PNA	7:33.14
50 M. BACK		
JOY WARD	61 OREG	43.91
100 M. BACK		
JOY WARD	61 OREG	1:34.87
50 M. BRST		
CHARLOTTE SNOW	64 PNA	1:03.51
100 M. BRST		
CHARLOTTE SNOW	64 PNA	2:16.08
200 M. BRST		
CHARLOTTE SNOW	64 PNA	4:50.58
50 M. FLY		
JOY WARD	61 OREG	37.97
CAROLYN BEHSE	60 PNA	53.87

**WOMEN 65-69**

50 M. FREE		
PEG CLOUTIER	68 PNA	44.60
800 M. FREE		
EULAH VARTY	69 MSBC	17:22.79
200 M. BACK		
EULAH VARTY	69 MSBC	4:31.08
100 M. FLY		
EULAH VARTY	69 MSBC	2:16.83
200 M. I.M.		
EULAH VARTY	69 MSBC	4:21.43

**WOMEN 70-74**

50 M. FREE		
BARBARA JACKSON	74 MTM	41.91
KAREN BRYCE	70 PNA	54.64
100 M. FREE		
KAREN BRYCE	70 PNA	2:07.30
50 M. BACK		
BARBARA JACKSON	74 MTM	49.48
KAREN BRYCE	70 PNA	1:11.03
100 M. BACK		
BARBARA JACKSON	74 MTM	1:49.31
50 M. BRST		
KAREN BRYCE	70 PNA	1:13.00

**WOMEN 75-79**

50 M. FREE		
ELSA DE LEEUW	79 MSBC	46.90
100 M. FREE		
ELSA DE LEEUW	79 MSBC	1:44.82
200 M. FREE		
ELSA DE LEEUW	79 MSBC	3:53.01
50 M. BACK		
ELSA DE LEEUW	79 MSBC	1:04.17

**WOMEN 80-84**

200 M. FREE		
MARION CHADWICK	82 PNA	6:19.00

800 M. FREE		
MARION CHADWICK	82 PNA	27:28.48
200 M. BACK		
MARION CHADWICK	82 PNA	7:09.12
100 M. BRST		
MARION CHADWICK	82 PNA	4:46.66

**MEN 19-24**

50 M. FREE		
JASEN SPEER	22 PNA	27.15
A.CHEMELIOVAS	21 PNA	28.42
100 M. FREE		
JASEN SPEER	22 PNA	1:01.25
200 M. FREE		
JASEN SPEER	22 PNA	2:13.92
200 M. BACK		
JASEN SPEER	22 PNA	2:46.98
200 M. BRST		
JASEN SPEER	22 PNA	3:14.06
200 M. I.M.		
JASEN SPEER	22 PNA	2:41.61

**MEN 25-29**

50 M. FREE		
DMITRI PARAMONOV	25 PNA	27.06
ROSS LINDERMAN	26 PNA	27.65
KYLE LAWRENCE	28 MSBC	27.84
STEVEN ROSARIA	29 PNA	28.08
100 M. FREE		
ROSS LINDERMAN	26 PNA	1:02.11
STEVEN ROSARIA	29 PNA	1:02.99
200 M. FREE		
ROSS LINDERMAN	26 PNA	2:23.23
400 M. FREE		
TRAVIS EVERETT	27 SAWA	5:03.47
ROSS LINDERMAN	26 PNA	6:02.09
800 M. FREE		
TRAVIS EVERETT	27 SAWA	10:21.31
1500 M. FREE		
TRAVIS EVERETT	27 SAWA	19:30.71
50 M. BACK		
DAVID CRETIN	28 PNA	35.84
ROSS LINDERMAN	26 PNA	36.66
STEVEN ROSARIA	29 PNA	37.65
100 M. BACK		
STEVEN ROSARIA	29 PNA	1:20.33
200 M. BACK		
DAVID CRETIN	28 PNA	2:53.28

50 M. BRST		
STEVEN ROSARIA	29 PNA	36.38
DAVID CRETIN	28 PNA	41.38
100 M. BRST		
STEVEN ROSARIA	29 PNA	1:23.53
50 M. FLY		
KYLE LAWRENCE	28 MSBC	29.02
ROSS LINDERMAN	26 PNA	29.67
DMITRI PARAMONOV	25 PNA	30.34
100 M. FLY		
TRAVIS EVERETT	27 SAWA	1:08.71
200 M. FLY		
TRAVIS EVERETT	27 SAWA	2:39.53
400 M. I.M.		
TRAVIS EVERETT	27 SAWA	5:37.25

**MEN 30-34**

50 M. FREE		
KEVAN BATES	32 MSBC	27.49
RADEK POSPISIL	34 OREG	29.22
CHRISTIAN BRUHN	31 PNA	29.87
100 M. FREE		
TOM SCHULTZ	32 PNA	1:08.05
CHRISTIAN BRUHN	31 PNA	1:09.16
WILLIAM GARBER	34 PNA	1:12.50
200 M. FREE		
KEVAN BATES	32 MSBC	2:11.74
KIRK NELSON	33 PNA	2:15.10
TOM SCHULTZ	32 PNA	2:36.79
400 M. FREE		
TOM SCHULTZ	32 PNA	5:50.12
800 M. FREE		
KIRK NELSON	33 PNA	10:19.23P
TOM SCHULTZ	32 PNA	12:09.21
1500 M. FREE		
MARK OLDHAM	34 MSBC	18:53.31
50 M. BACK		
SEAN HILBERT	34 PNA	35.20
100 M. BACK		
SEAN HILBERT	34 PNA	1:15.87
200 M. BACK		
KEVAN BATES	32 MSBC	2:33.48
SEAN HILBERT	34 PNA	2:39.88
50 M. BRST		
RADEK POSPISIL	34 OREG	36.02
WILLIAM GARBER	34 PNA	40.24
100 M. BRST		
RADEK POSPISIL	34 OREG	1:19.70
TOM SCHULTZ	32 PNA	1:35.11

Photo by Sarah Welch



Meet Director Mary Lassiter prepares to explode off the starting block. She swam in five individual events.

200 M. BRST		
RADEK POSPISIL	34 OREG	2:54.87
50 M. FLY		
KEVAN BATES	32 MSBC	28.29
100 M. FLY		
MARK OLDHAM	34 MSBC	1:04.82
200 M. FLY		
MARK OLDHAM	34 MSBC	2:29.57
200 M. I.M.		
WILLIAM GARBER	34 PNA	3:10.75

**MEN 35-39**

50 M. FREE		
PETER HEUSEL	35 MSBC	27.31
GREG MARGHARITIS	37 MSBC	27.40
GARVIN MORLAN	39 PNA	30.26
CHYLE EDIC	36 OREG	31.27
100 M. FREE		
CHYLE EDIC	36 OREG	1:09.93
GARVIN MORLAN	39 PNA	1:10.01
200 M. FREE		
AMON EMEKA	35 PNA	2:12.53
PETER HEUSEL	35 MSBC	2:13.23
BILL VOLCKENING	37 NE	2:15.88
50 M. BACK		
C.AUGUSTINE	36 PNA	30.33
GARVIN MORLAN	39 PNA	40.13

100 M. BACK		
C.AUGUSTINE	36 PNA	1:06.55
CHYLE EDIC	36 OREG	1:30.16
100 M. BRST		
CHYLE EDIC	36 OREG	1:25.04
MIKE GRIMM	35 PNA	1:29.70
50 M. FLY		
C.AUGUSTINE	36 PNA	27.40P
AMON EMEKA	35 PNA	27.46
PETER HEUSEL	35 MSBC	29.17
GREG MARGHARITIS	37 MSBC	29.44
GARVIN MORLAN	39 PNA	32.00
CHYLE EDIC	36 OREG	40.73
100 M. FLY		
GARVIN MORLAN	39 PNA	1:19.97
200 M. I.M.		
C.AUGUSTINE	36 PNA	2:30.80
BILL VOLCKENING	37 NE	2:36.13
CHYLE EDIC	36 OREG	3:01.57
GARVIN MORLAN	39 PNA	3:07.78

**MEN 40-44**

50 M. FREE		
JAMES LITTLEFIELD	43 PNA	29.66
PAUL IKEDA	44 PNA	33.70
100 M. FREE		
JAMES LITTLEFIELD	43 PNA	1:02.79
ERIC DYBDAHL	43 PNA	1:05.17
RON OREN	44 PNA	1:14.65

200 M. FREE		
JAMES DEMING	44 LSGR	2:19.90
DANIEL SMITH	41 PNA	2:24.50
JAMES LITTLEFIELD	43 PNA	2:29.02
400 M. FREE		
JAMES DEMING	44 LSGR	4:56.67
ERIC DYBDAHL	43 PNA	5:04.48
DANIEL SMITH	41 PNA	5:21.41
RON OREN	44 PNA	6:13.40
800 M. FREE		
JAMES DEMING	44 LSGR	10:15.47
PAUL IKEDA	44 PNA	13:26.25
DOUG GARCIA	42 INWM	14:03.79
100 M. BACK		
JAMES LITTLEFIELD	43 PNA	1:13.82
ERIC DYBDAHL	43 PNA	1:20.28
RON OREN	44 PNA	1:36.69
50 M. BRST		
DANIEL SMITH	41 PNA	37.12
RON OREN	44 PNA	49.06
100 M. BRST		
DANIEL SMITH	41 PNA	1:24.11
PAUL IKEDA	44 PNA	1:31.42
ERIC DYBDAHL	43 PNA	1:37.21
200 M. BRST		
DANIEL SMITH	41 PNA	3:05.46
50 M. FLY		
JAMES LITTLEFIELD	43 PNA	31.16
100 M. FLY		
ERIC DYBDAHL	43 PNA	1:12.65
DANIEL SMITH	41 PNA	1:13.90
JAMES LITTLEFIELD	43 PNA	1:24.90
400 M. I.M.		
PAUL IKEDA	44 PNA	7:08.57

**MEN 45-49**

50 M. FREE		
PERRY MORIN	45 PNA	29.40
TED HACKETT	49 OREG	30.46
RICHARD BLAIS	47 PNA	34.83
100 M. FREE		
DOUG PORTELANCE	45 PNA	1:03.78
RICHARD BLAIS	47 PNA	1:21.31
200 M. FREE		
DOUG PORTELANCE	45 PNA	2:22.62
PERRY MORIN	45 PNA	2:29.43
ROBERT LIDDELL	47 PNA	2:55.21
RICHARD BLAIS	47 PNA	3:02.39
THOMAS JOWETT	45 PNA	3:20.59
400 M. FREE		
STEPHEN FREEBORN	48 PNA	5:34.97
800 M. FREE		
DOUG PORTELANCE	45 PNA	10:20.29
TED HACKETT	49 OREG	11:21.26
RAYMOND MILES	46 PNA	13:22.05
1500 M. FREE		
DOUG PORTELANCE	45 PNA	19:29.64
MIKE DOWD	45 MACO	24:06.56
JOHN BLACKMER	45 MSBC	24:18.46
50 M. BACK		
STEPHEN FREEBORN	48 PNA	37.56
THOMAS JOWETT	45 PNA	49.68
100 M. BACK		
DOUG PORTELANCE	45 PNA	1:08.39P
RICHARD BLAIS	47 PNA	1:51.92
THOMAS JOWETT	45 PNA	1:52.10
200 M. BACK		
DOUG PORTELANCE	45 PNA	2:29.82 Z
50 M. BRST		
MIKE DOWD	45 MACO	40.56
THOMAS JOWETT	45 PNA	50.18
100 M. BRST		
PERRY MORIN	45 PNA	1:30.15
RAYMOND MILES	46 PNA	1:41.83
RICHARD BLAIS	47 PNA	1:49.11
THOMAS JOWETT	45 PNA	1:52.83
200 M. BRST		
MIKE DOWD	45 MACO	3:20.55
50 M. FLY		
STEPHEN FREEBORN	48 PNA	31.12
TED HACKETT	49 OREG	32.51
PERRY MORIN	45 PNA	36.30





100 M. FLY		
STEPHEN FREEBORN	48 PNA	1:17.81
RAYMOND MILES	46 PNA	1:47.34
200 M. FLY		
DAN ROBINSON	46 PNA	2:34.92
MIKE DOWD	45 MACO	3:40.72
200 M. I.M.		
STEPHEN FREEBORN	48 PNA	2:53.03
MIKE DOWD	45 MACO	3:10.19
RAYMOND MILES	46 PNA	3:36.90
400 M. I.M.		
DAN ROBINSON	46 PNA	5:37.28
RAYMOND MILES	46 PNA	7:46.78

Photo by Paul Freeman



MACO's Mike Dowd (Men 45-49) still looks fresh and relaxed at the finish of the 200 IM.

**MEN 50-54**

50 M. FREE		
LARRY KRAUSER	50 INWM	25.79Z
MIKE TENNANT	50 OREG	26.20
BILL REEDER	51 PNA	32.44
100 M. FREE		
LARRY KRAUSER	50 INWM	57.37Z
MIKE TENNANT	50 OREG	58.35
200 M. FREE		
LARRY KRAUSER	50 INWM	2:06.21Z
MIKE TENNANT	50 OREG	2:12.73
400 M. FREE		
MIKE TENNANT	50 OREG	4:57.51
LARRY KRAUSER	50 INWM	6:26.51
800 M. FREE		
LARRY KRAUSER	50 INWM	11:15.55
1500 M. FREE		
LARRY KRAUSER	50 INWM	18:37.22
SCOTT LAUTMAN	51 PNA	18:59.31
50 M. BRST		
GREGORY HARRISON	51 PNA	38.86
JEFFREY ANDERSON	53 PNA	39.47
100 M. BRST		
GREGORY HARRISON	51 PNA	1:21.26
JEFFREY ANDERSON	53 PNA	1:28.88
200 M. BRST		
GREGORY HARRISON	51 PNA	2:53.55
50 M. FLY		
BILL REEDER	51 PNA	35.45
100 M. FLY		
SCOTT LAUTMAN	51 PNA	1:02.91
200 M. FLY		
SCOTT LAUTMAN	51 PNA	2:26.04
200 M. I.M.		
BILL REEDER	51 PNA	3:01.12

**MEN 55-59**

50 M. FREE		
RICHARD KITTEL	55 UTAH	28.52
SONNY GARRETT	59 PNA	31.27
JIM NORRIS	56 PNA	33.05
AART LOOYE	59 MSBC	35.36
100 M. FREE		
RICHARD KITTEL	55 UTAH	1:03.99
JIM NORRIS	56 PNA	1:15.81
JOHN LEET	58 PNA	1:17.16
HUGH KIMBALL	57 PNA	1:26.03
200 M. FREE		
RICHARD KITTEL	55 UTAH	2:21.63Z
JIM NORRIS	56 PNA	2:42.00
400 M. FREE		
RICHARD KITTEL	55 UTAH	5:13.91Z
JIM NORRIS	56 PNA	5:41.44
HUGH KIMBALL	57 PNA	6:48.17
THOMAS WALKER	56 PNA	7:43.05
800 M. FREE		
JIM NORRIS	56 PNA	11:45.51
1500 M. FREE		
JIM NORRIS	56 PNA	22:18.23
100 M. BACK		
RICHARD KITTEL	55 UTAH	1:22.42
THOMAS WALKER	56 PNA	1:53.09
200 M. BACK		
RICHARD KITTEL	55 UTAH	2:59.72
AART LOOYE	59 MSBC	3:29.25
THOMAS WALKER	56 PNA	4:10.46
50 M. BRST		
GARY STAMPER	58 PNA	40.27

100 M. BRST		
STEVEN PETERSON	57 PNA	1:23.95P
GARY STAMPER	58 PNA	1:36.12
JOHN LEET	58 PNA	1:36.95
THOMAS WALKER	56 PNA	2:01.78
200 M. BRST		
GARY STAMPER	58 PNA	3:36.64
THOMAS WALKER	56 PNA	4:17.67
50 M. FLY		
SONNY GARRETT	59 PNA	33.09
AART LOOYE	59 MSBC	40.47
200 M. I.M.		
JOHN LEET	58 PNA	3:33.70
400 M. I.M.		
JOHN LEET	58 PNA	7:36.20
THOMAS WALKER	56 PNA	8:43.35

**MEN 60-64**

50 M. FREE		
ROBERT SMITH	60 OREG	28.60 Z
MICHAEL MCKINLAY	60 PNA	35.50
LEON POLITANO	60 MSBC	36.20
RICHARD JUHALA	60 OREG	39.56
100 M. FREE		
PAUL FREEMAN	60 PNA	1:20.45
LEON POLITANO	60 MSBC	1:25.06
RICHARD JUHALA	60 OREG	1:33.20
200 M. FREE		
MICHAEL MCKINLAY	60 PNA	2:56.64
ROBERT SMITH	60 OREG	3:02.96
LEON POLITANO	60 MSBC	3:21.71
400 M. FREE		
RICHARD JUHALA	60 OREG	7:41.26

50 M. BACK		
ROBERT SMITH	60 OREG	33.31 Z
MICHAEL MCKINLAY	60 PNA	38.64
WALT REID	63 PNA	39.77
DAVID KEUDELL	63 OREG	51.92
100 M. BACK		
ROBERT SMITH	60 OREG	1:17.22
MICHAEL MCKINLAY	60 PNA	1:29.42
RICHARD JUHALA	60 OREG	1:54.43
200 M. BACK		
ROBERT SMITH	60 OREG	2:55.66
MICHAEL MCKINLAY	60 PNA	3:19.49
50 M. BRST		
WALT REID	63 PNA	42.02
DAVID KEUDELL	63 OREG	42.99
PAUL FREEMAN	60 PNA	46.31
MICHAEL MCKINLAY	60 PNA	47.37
LEON POLITANO	60 MSBC	50.52
100 M. BRST		
DAVID KEUDELL	63 OREG	1:37.95
RICHARD JUHALA	60 OREG	1:48.16
200 M. BRST		
DAVID KEUDELL	63 OREG	3:35.89
PAUL FREEMAN	60 PNA	3:52.25
50 M. FLY		
LEON POLITANO	60 MSBC	42.80
200 M. I.M.		
ROBERT SMITH	60 OREG	2:57.81Z
400 M. I.M.		
RICHARD JUHALA	60 OREG	8:11.17

**MEN 65-69**

50 M. FREE		
ALAN PHILLIPS	67 UNAT	42.33

100 M. FREE		
ALAN PHILLIPS	67 UNAT	1:43.97
200 M. FREE		
DAVID RADCLIFF	69 OREG	2:34.88
ALAN PHILLIPS	67 UNAT	4:13.00
400 M. FREE		
DAVID RADCLIFF	69 OREG	5:33.84
BRENT LAKE	65 OREG	6:09.83
DON REHFELDT	69 PNA	7:43.29
800 M. FREE		
DAVID RADCLIFF	69 OREG	11:28.28Z
BRENT LAKE	65 OREG	12:17.59
DON REHFELDT	69 PNA	16:15.58
1500 M. FREE		
DAVID RADCLIFF	69 OREG	22:09.37
BRENT LAKE	65 OREG	24:30.48
50 M. BACK		
BRENT LAKE	65 OREG	39.95
100 M. BACK		
BRENT LAKE	65 OREG	1:28.29
TOM FOLEY	69 PNA	2:04.16
200 M. BACK		
BRENT LAKE	65 OREG	3:08.93Z
TOM FOLEY	69 PNA	4:21.84
50 M. BRST		
ALAN PHILLIPS	67 UNAT	58.47
100 M. BRST		
DON REHFELDT	69 PNA	1:55.97
200 M. BRST		
DON REHFELDT	69 PNA	4:16.53
50 M. FLY		
TOM FOLEY	69 PNA	1:03.64
100 M. FLY		
TOM FOLEY	69 PNA	2:37.27
200 M. I.M.		
TOM FOLEY	69 PNA	4:38.49

**MEN 70-74**

50 M. FREE		
DICKSON LEE	71 PNA	39.54
HERB LARSON	73 PNA	53.95
100 M. FREE		
BILL KING	70 RMM	1:17.41
200 M. FREE		
BILL KING	70 RMM	2:59.45
400 M. FREE		
BILL KING	70 RMM	6:31.99
800 M. FREE		
BILL KING	70 RMM	13:47.31
50 M. BACK		
HERB LARSON	73 PNA	1:11.76
50 M. FLY		
HERB LARSON	73 PNA	1:10.02
200 M. I.M.		
HERB LARSON	73 PNA	6:37.86

**MEN 80-84**

100 M. FREE		
ANDREW HOLDEN	84 OREG	1:30.98
800 M. FREE		
HAL YOUNG II	82 PNA	22:32.57P

1500 M. FREE		
HAL YOUNG II	82 PNA	44:50.05
50 M. FLY		
ANDREW HOLDEN	84 OREG	45.57
100 M. FLY		
ANDREW HOLDEN	84 OREG	2:03.80
200 M. FLY		
ANDREW HOLDEN	84 OREG	4:57.38 Z

**MEN 90-94**

50 M. FREE		
L.CROSSETT	90 PNA	57.87Z
100 M. FREE		
L.CROSSETT	90 PNA	2:19.86P
200 M. FREE		
L.CROSSETT	90 PNA	5:06.92Z
400 M. FREE		
L.CROSSETT	90 PNA	11:14.94Z

**RELAYS-WOMEN 200 M. FREE**

120-159		
KRISTINA COGLON	31 PNA	2:52.30
DEBORAH LODISH	48	
REBECCA LOGSDON	49	
MARY LASSITER	21	
160-199		
LISA DAHL	42 PNA	2:13.03
SARAH WELCH	56	
TARA SIMSAK	34	
TATYANA MISHEL	40	
A.CULLOM	33 PNA	2:35.63
BRENDA KNUTSON	45	
ERIN BURGMAN	41	
JANE MOORE	53	

**RELAYS-WOMEN 200 M. MEDLEY**

120-159		
REBEKAH CELVER	26 PNA	2:48.62
JANE MOORE	53	
TATYANA MISHEL	40	
KELLY CRANDELL	23	
A.CULLOM	33 PNA	3:35.32
REBECCA LOGSDON	49	
MARY LASSITER	21	
WENDI RUEF	26	

**RELAYS-MEN 200 M. FREE**

120-159		
KEVAN BATES	32 MSBC	1:46.34
KYLE LAWRENCE	28	
PETER HEUSEL	35	
GREG MARGHARITIS	37	
JASEN SPEER	22 PNA	2:02.32
TOM SCHULTZ	32	
PERRY MORIN	45	
GREGORY HARRISON	51	

160-199		
DANIEL SMITH	41 PNA	2:00.78
RAYMOND MILES	46	
ERIC DYBDAHL	43	
STEPHEN FREEBORN	48	

**RELAYS-MEN 200 M. MEDLEY**

160-199		
ERIC DYBDAHL	43 PNA	2:20.41
DANIEL SMITH	41	
STEPHEN FREEBORN	48	
BILL REEDER	51	

**RELAYS-MEN 400 M. FREE**

160-199		
BILL REEDER	51 PNA	4:48.63 Z
ERIC DYBDAHL	43	
STEPHEN FREEBORN	48	
GARVIN MORLAN	39	

**RELAYS-MIXED 200 M. FREE**

120-159		
CHRISTIAN BRUHN	31 PNA	2:30.15
DEBRA DRAGOVICH	52	
STACEY SUNDE	36	
C.AUGUSTINE	36	
WENDI RUEF	26 PNA	2:40.03
A.CULLOM	33	
JAMES LITTLEFIELD	43	
RAYMOND MILES	46	

160-199		
ERIN BURGMAN	41 PNA	2:12.76
STEPHEN FREEBORN	48	
BRENDA KNUTSON	45	
PAUL FREEMAN	60	

SANDI ROUSSEAU	56 OREG	2:15.59
CHYLE EDIC	36	
ALISON MOORE	33	
DAVID RADCLIFF	69	

200-239		
TARA SIMSAK	34 PNA	2:15.12
ARNI LITT	57	
BILL REEDER	51	
SONNY GARRETT	59	

240-279		
EULAH VARTY	69 MSBC	2:45.45
LEON POLITANO	60	
ELSA DE LEEUW	79	
JOHN BLACKMER	45	

**RELAYS-MIXED 200 M. MEDLEY**

120-159		
REBEKAH CELVER	26 PNA	2:19.95
TATYANA MISHEL	40	
STEVEN PETERSON	57	
KIRK NELSON	33	

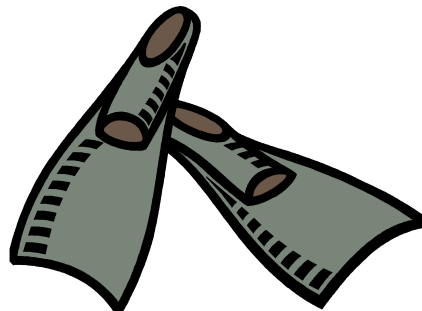
160-199		
C.AUGUSTINE	36 PNA	2:49.33
DEBORAH LODISH	48	
KRISTINA COGLON	31	
ROBERT LIDDELL	47	

240-279		
ELSA DE LEEUW	79 MSBC	3:04.73
EULAH VARTY	69	
AART LOOYE	59	
LEON POLITANO	60	

Photo by Paul Freeman



PNA's Garvin Morlan (Men 35-39) just before the start of the 100M Fly.





## PNA SWIMMERS MAKE BIG SPLASH AT OREGON'S LARGEST EVER OW SWIM

BY JANE MOORE

**F**our PNA swimmers turned in an excellent showing at this year's Cascade Lakes Swim Festival. Held at Elk Lake, in a rustic, pristine setting in the Deschutes National Forest near Bend, Ore., the festival included the USMS 5K Open Water National Championship, the first NW Zone 1500-meter Open Water Championship and a 500-meter swim. This was the largest open water event ever in Oregon history with over 160 swimmers pre-registered.

### Ideal Conditions

Skies were sunny and the water temperature a pleasant 72 degrees. Those of us who breathe on the right had an awesome view of the South Sister as we swam across the base of the triangular course.

### Super Results

Sally Dillon from North Whidbey Masters placed first in all three races in the 55-59 Women's division. Tara Simsak from Bainbridge Area Masters was third in the 35-39 Women's division in the three races. (Her BAM coach, Lynn Wells, was present to cheer Tara on.)

Placing sixth in the 1500 and 5000 for 45-49 Men was my husband, Hugh Moore. I took sixth in the 1500 and second in the 5000 for 50-54 Women. (Hugh and I swim for Federal Way Masters.)

Event directors Pam Himstreet and Bob Bruce of Central Oregon

Photo by Bill Vockering



Looking mighty sharp at this year's Cascade Lakes Swim Festival are (from left): Tara Simsak, Sally Dillon, Jane Moore and Hugh Moore.

Masters Aquatics (COMA) did a superb job. The many sponsors they recruited provided healthy food for lunch each day after the swims.

### Plans for Next Year's 10th Anniversary

Next year marks the tenth edition of Cascade Lakes Swim Festival, and a huge celebration is planned. Plans call for a five-swim event, with each event having different features and a unique look. There will be swims for open water newcomers and experts, even a special series for masochists wanting to swim all five events. Plus prizes and sumptuous food.

Tentative dates are Saturday, July 31, and Sunday, August 1, 2004. Mark your calendars now and plan to join in the fun!

Complete results and pictures of this year's swims are available at [www.comaswim.org](http://www.comaswim.org).



## Lake Padden Cold, Fat Salmon Hot

**S**ummer is the season for open water swims, and two of the best are Lake Padden and Fat Salmon.

The Lake Padden swim, which was held in June, included 2.5K and 5K courses. GLAD's Arni Litt, who was at this event, recalled the conditions as "cold, wet and dreary." Still, she added, people enjoyed themselves. Caps off to Barb Gundred, who ran the event.

Fat Salmon, held in Lake Washington in mid-July, has one- and three-mile courses. It drew 225 swimmers, the largest ever turnout for Fat Salmon.

Participants were treated to conditions that Arni fondly remembered as "warm, dry and sunny."

Top swimmers received prizes of king and chum salmon.

For Fat Salmon results see [www.fatsalmon.org](http://www.fatsalmon.org)

# PNA Swimmers Nationals Top 10 Short Course Yards 2002-2003



## WOMEN 19-24

1650 YD. FREE			
MARY LASSITER	20 # 4	19:13.50	
200 YD. BACK			
MARY LASSITER	20 # 5	2:16.24	

## WOMEN 25-29

50 YD. FREE			
CASEY MURPHY	25 # 8	24.59	
100 YD. FREE			
CASEY MURPHY	25 # 9	54.47	
200 YD. FREE			
CASEY MURPHY	25 # 9	2:00.81	
500 YD. FREE			
CASEY MURPHY	25 # 2	5:13.04	
50 YD. BACK			
CASEY MURPHY	25 # 6	28.78	
50 YD. BRST			
JEAN DILLON	29 # 4	31.66	
100 YD. BRST			
JEAN DILLON	29 # 4	1:09.01	
200 YD. BRST			
JEAN DILLON	28 # 3	2:28.80	
100 YD. FLY			
JEAN DILLON	29 # 8	1:01.09	
100 YD. I.M.			
CASEY MURPHY	25 # 3	1:00.46	

## WOMEN 30-34

1000 YD. FREE			
HALEIGH WERNER	34 # 7	11:41.55	
WOMEN	35-39		
1000 YD. FREE			
SARAH HOISINGTON	35 # 9	11:35.32	

## WOMEN 40-44

1000 YD. FREE			
LISA WILSON	41 # 6	11:38.98	
50 YD. BACK			
CAROLYN MATHEWS	40 # 6	29.81	
100 YD. BACK			
CAROLYN MATHEWS	40 # 6	1:03.33	
200 YD. BACK			
CAROLYN MATHEWS	40 # 7	2:19.78	
ZENA COURTNEY	43 # 8	2:22.37	
LISA WILSON	41 # 10	2:25.31	
50 YD. FLY			
CAROLYN MATHEWS	40 # 10	28.32	
100 YD. I.M.			
LISA WILSON	41 # 9	1:05.63	
200 YD. I.M.			
LISA WILSON	41 # 9	2:22.85	
400 YD. I.M.			
LISA WILSON	41 # 10	5:11.94	

## WOMEN 45-49

50 YD. FREE			
MARY LIPPOLD	47 # 8	26.16	
JO MOORE	48 # 10	26.69	
100 YD. FREE			
JO MOORE	48 # 6	57.45	
200 YD. FREE			
JO MOORE	48 # 3	2:06.78	
MARY LIPPOLD	47 # 8	2:09.03	

500 YD. FREE			
JO MOORE	48 # 7	5:47.05	
1000 YD. FREE			
JO MOORE	48 # 3	11:46.19	
1650 YD. FREE			
MARY LIPPOLD	47 # 5	20:07.52	
200 YD. BRST			
A LITZENBERGER	49 # 9	2:48.14	
100 YD. FLY			
MARY LIPPOLD	47 # 4	1:04.81	
200 YD. FLY			
MARY LIPPOLD	47 # 5	2:29.79	
DEBBIE GLASSMAN	49 # 10	2:40.12	

## WOMEN 50-54

50 YD. FREE			
CHARLOTTE DAVIS	53 # 4	26.92	
100 YD. FREE			
CHARLOTTE DAVIS	52 # 4	59.38	
500 YD. FREE			
BARB GUNDRED	51 # 6	6:02.19	
1000 YD. FREE			
BARB GUNDRED	51 # 3	12:12.26	
50 YD. BACK			
BARB GUNDRED	51 # 2	31.07	
100 YD. BACK			
BARB GUNDRED	51 # 2	1:06.52	
200 YD. BACK			
BARB GUNDRED	51 # 1	2:24.87	
50 YD. BRST			
A LITZENBERGER	50 # 3	36.22	
100 YD. BRST			
A LITZENBERGER	50 # 4	1:17.09	
200 YD. BRST			
A LITZENBERGER	50 # 3	2:48.80	
50 YD. FLY			
CHARLOTTE DAVIS	53 # 3	29.49	
200 YD. FLY			
KATHRINE CASEY	54 # 9	3:05.63	
100 YD. I.M.			
CHARLOTTE DAVIS	53 # 5	1:09.39	
A LITZENBERGER	50 # 6	1:09.59	
BARB GUNDRED	51 # 7	1:10.18	
200 YD. I.M.			
CHARLOTTE DAVIS	53 # 2	2:30.73	
A LITZENBERGER	50 # 3	2:32.68	
400 YD. I.M.			
CHARLOTTE DAVIS	53 # 2	5:27.12 W	

## WOMEN 55-59

50 YD. FREE			
SALLY DILLON	56 # 4	30.74	
100 YD. FREE			
SALLY DILLON	56 # 2	1:05.08	
200 YD. FREE			
SALLY DILLON	56 # 2	2:23.19	
SARAH WELCH	56 # 6	2:35.73	
500 YD. FREE			
SALLY DILLON	56 # 3	6:32.29	
1000 YD. FREE			
SALLY DILLON	56 # 2	13:41.41	
1650 YD. FREE			
SALLY DILLON	56 # 1	22:43.37	
50 YD. BRST			
SALLY DILLON	56 # 4	38.82	
100 YD. BRST			
SALLY DILLON	56 # 7	1:29.95	

100 YD. FLY			
SARAH WELCH	55 # 10	1:26.86	
200 YD. FLY			
SARAH WELCH	56 # 3	3:18.08	
200 YD. I.M.			
SARAH WELCH	56 # 10	2:57.61	
400 YD. I.M.			
SARAH WELCH	56 # 7	6:21.62	

## WOMEN 60-64

50 YD. FREE			
PINKY WALKER	60 # 3	31.48	
100 YD. FREE			
PINKY WALKER	60 # 9	1:14.30	
50 YD. BACK			
PINKY WALKER	60 # 1	36.74	
FRANCESCA DRUM	61 # 10	42.25	
100 YD. BACK			
PINKY WALKER	60 # 3	1:21.99	
200 YD. BACK			
PINKY WALKER	60 # 4	3:01.94	
50 YD. BRST			
FRANCESCA DRUM	61 # 9	44.19	
100 YD. BRST			
FRANCESCA DRUM	61 # 4	1:33.19	
200 YD. BRST			
FRANCESCA DRUM	61 # 5	3:21.35	
100 YD. I.M.			
PINKY WALKER	60 # 4	1:21.48	
200 YD. I.M.			
PINKY WALKER	60 # 5	3:05.11	

## WOMEN 75-79

100 YD. BRST			
MURIEL FLYNN	79 # 6	2:07.05	

## WOMEN 80-84

500 YD. FREE			
MARION CHADWICK	81 # 10	14:03.89	
1000 YD. FREE			
MARION CHADWICK	81 # 7	29:01.92	
50 YD. BRST			
MURIEL FLYNN	80 # 2	55.89	
100 YD. BRST			
MURIEL FLYNN	80 # 1	2:01.00	
200 YD. BRST			
MURIEL FLYNN	80 # 1	4:23.47	
LIVIA WALKER	80 # 6	7:01.79	
100 YD. I.M.			
MURIEL FLYNN	80 # 1	2:01.26	

## WOMEN 85-89

100 YD. FREE			
PAT MATTHIESEN	86 # 5	2:33.60	
50 YD. BACK			
PAT MATTHIESEN	86 # 7	1:16.61	
200 YD. BACK			
PAT MATTHIESEN	86 # 8	6:03.84	
50 YD. BRST			
PAT MATTHIESEN	86 # 5	1:30.32	
50 YD. FLY			
PAT MATTHIESEN	86 # 2	1:37.61	
100 YD. I.M.			
PAT MATTHIESEN	86 # 4	3:04.90	

**MEN 19-24**

100 YD. BRST			
ALDEN KROLL	20 # 8	1:02.59	
400 YD. I.M.			
ROBERT HOWELLS	21 # 5	4:35.84	

**MEN 25-29**

100 YD. BRST			
BRENT NORDYKE	27 # 6	1:00.77	

**MEN 35-39**

50 YD. BACK			
EDWARD WARDIAN	37 # 3	25.22	
100 YD. BACK			
EDWARD WARDIAN	37 # 4	53.58	
200 YD. BACK			
EDWARD WARDIAN	37 # 2	1:56.17	

**MEN 40-44**

1650 YD. FREE			
JACK STAVROS	43 # 7	18:01.57	
GEOFFREY ANDERSON	42 # 8	18:01.72	

**MEN 50-54**

1650 YD. FREE			
BILL PENN	51 # 6	18:34.25	
50 YD. BACK			
RONALD JACOBS	51 # 7	28.15	
200 YD. BRST			
GREGORY HARRISON	51 # 6	2:27.46	
100 YD. FLY			
SCOTT LAUTMAN	50 # 3	55.39	
200 YD. FLY			
SCOTT LAUTMAN	50 # 2	2:05.26	

**MEN 55-59**

500 YD. FREE			
JAMES MCCLEERY	57 # 3	5:30.31	
1000 YD. FREE			
JAMES MCCLEERY	57 # 4	11:26.32	
MICHAEL MCCOLLY	57 # 5	11:44.83	
1650 YD. FREE			
JAMES MCCLEERY	57 # 3	19:03.29	
200 YD. BACK			
MICHAEL MCCOLLY	57 # 9	2:26.06	
400 YD. I.M.			
MICHAEL MCCOLLY	57 # 6	5:12.38	

**MEN 60-64**

50 YD. BACK			
GARY CHASE	63 # 3	30.77	
100 YD. BACK			
GARY CHASE	63 # 5	1:08.33	
50 YD. BRST			
GARY CHASE	62 # 8	34.12	
100 YD. I.M.			
GARY CHASE	63 # 6	1:07.97	

**MEN 65-69**

50 YD. BRST			
HAROLD TAUSCHER	65 # 8	36.50	
100 YD. BRST			
HAROLD TAUSCHER	65 #10	1:23.64	
200 YD. BRST			
HAROLD TAUSCHER	65 # 7	3:08.36	

**MEN 80-84**

500 YD. FREE			
HAL YOUNG	81 # 7	10:56.73	
1000 YD. FREE			
HAL YOUNG	81 # 9	23:05.84	
1650 YD. FREE			
HAL YOUNG	81 # 8	40:21.18	

**MEN 85-89**

100 YD. FREE			
GENE CROSSETT	89 # 7	1:52.29	
200 YD. FREE			
GENE CROSSETT	89 # 6	4:16.68	
500 YD. FREE			
GENE CROSSETT	89 # 5	11:41.75	
1000 YD. FREE			
GENE CROSSETT	89 # 4	23:31.82	

**RELAYS-WOMEN 200 YD. FREE**

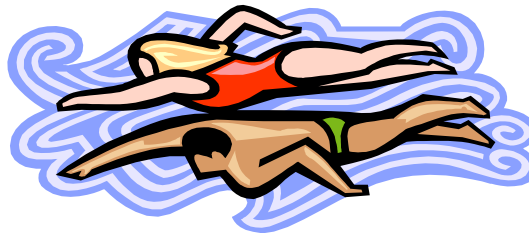
19 +			
NAOMI JACOBSON	20 # 7	1:44.50	
ERIN SALMAN	19		
MARY LASSITER	20		
CASEY MURPHY	25		

45 +			
JO MOORE	48 # 1	1:46.54	
CHARLOTTE DAVIS	53		
DEBBIE GLASSMAN	49		
MARY LIPPOLD	47		

55 +			
SARAH WELCH	56 # 1	2:08.55	
ELISE WALKER	60		
ARNI LITT	57		
SALLY DILLON	56		

**RELAYS-WOMEN 200 YD. MEDLEY**

35 +			
ANN PETERS-JOHNSON	38 #10	2:02.84	
LISA WILSON	41		
LISA DAHL	42		
ZENA COURTNEY	43		



45 +			
CHARLOTTE DAVIS	53 # 2	2:03.72	
A LITZENBERGER	50		
DEBBIE GLASSMAN	49		
MARY LIPPOLD	47		

55 +			
ELISE WALKER	60 # 1	2:26.00	
ARNI LITT	57		
SARAH WELCH	56		
SALLY DILLON	56		

**RELAYS-MEN 200 YD. FREE**

19 +			
MATTHEW DELANEY	31 # 3	1:29.47	
ROBERT HOWELLS	21		
WILL CANN	30		
K WYMELENBERG	25		

**RELAYS-MEN 200 YD. MEDLEY**

45 +			
RONALD JACOBS	51 #10	1:48.58	
DANIEL GREGORY	52		
SCOTT LAUTMAN	50		
OLIVER PRESS	50		

**RELAYS-MIXED 200 YD. FREE**

35 +			
LISA WILSON	41 #10	1:40.87	
LISA DAHL	42		
ERIC DYBDAHL	43		
JAMES LITTLEFIELD	43		

45 +			
CHARLOTTE DAVIS	53 # 6	1:42.35	
MARY LIPPOLD	47		
RONALD JACOBS	51		
BRIAN RUSSELL	46		

**RELAYS-MIXED 200 YD. MEDLEY**

45 +			
BARB GUNDRED	51 # 7	1:55.78	
A LITZENBERGER	50		
SCOTT LAUTMAN	50		
OLIVER PRESS	50		

RONALD JACOBS	51 # 8	1:56.75	
DAN ROBINSON	45		
CHARLOTTE DAVIS	53		
MARY LIPPOLD	47		

55 +			
MICHAEL MCCOLLY	57 # 4	2:10.39	
STEVEN PETERSON	56		
SARAH WELCH	56		
SALLY DILLON	56		

## 2003 USMS LC Championships Aug. 13-17, 2003 PNA Results

**Women 45-49**

KATHLEEN BLANCHARD	48		
1500 M. FREE	#10	26:08.11	
50 M. BACK	#8	45.97	

**Women 55-59**

KATHRINE J. CASEY	55		
1500 M. FREE	#3	25:05.44	
400 M. IM	#2	7:20.96P	
50 M. FLY	#2	41.84	
200 M. BACK	#4	3:20.65P	
100 M. BACK	#4	1:33.14P	
200 M. IM	#2	3:25.71P	

**Men 45-49**

DONALD GRAHAM	49		
50 M. BACK	#6	31.50P	
100 M. FLY	#7	55.42Z	
50 M. FLY	#8	28.52Z	
50 M. FREE	#10	26.64P	

**Men 75-80**

JERRY GALLAHER	75		
100 M BREAST	#5	2:01.88	
50 M. BACK	#7	55.42	
200 M. BREAST	#4	4:32.62	
50 M. BREAST	#5	49.54Z	
100 M. BACK	#7	2:02.02	
50 M. FREE	#8	46.43	

## PNA Teams

Team/Abbreviation	Team Rep/Coach	Pool	Workout Times
Bainbridge Aquatic Masters <b>BAM</b>	Brian Russell (206) 842-5849  Lynn Wells (206) 780-5378 <a href="mailto:swimlynn@usms.org">swimlynn@usms.org</a>	Ray Williamson Memorial Pool High School Rd & Madison Ave Bainbridge Island	5:30- 6:00 am T/Th 9:00-10:00 am M-Th Noon-1:00 pm M-Th 6:30-8:30 am Sat
Bellevue Club <b>BC</b>	Carolyn Behse (425) 747-3889 <a href="mailto:cbehse@yahoo.com">cbehse@yahoo.com</a> Coryhildebrand (425) 445-1616 ext 4641 <a href="mailto:coryh@bellvueclub.com">coryh@bellvueclub.com</a> (425) 688-3127	Bellevue Club 11200 SE 6th St Bellevue, 98004 (425) 455-1616	12-1 pm M-F 5:45-7:00 am T,Th,F 7-8:30 am Sat
Bellevue Eastside Swim Team Masters <b>BEST</b>	Michael McKinlay (425) 417-9770 <a href="mailto:mmckinlay@acm.org">mmckinlay@acm.org</a> <a href="http://home.comcast.net/~BESTmasters/">http://home.comcast.net/~BESTmasters/</a>	Bellevue Eastside YMCA 14230 Bel-Red Road Bellevue, 98007 (425) 746-9900	6:30-7:30 am MWF
Bellingham Masters <b>BMSC</b>	Barb Gundred (360) 734-8364 <a href="mailto:konabarb@hotmail.com">konabarb@hotmail.com</a>	Arne Hanna Aquatic Center 1114 Potter St, Bellingham (360) 647-7665	5:30-7:00 am M,T,Th,F 7:00-8:00 pm T-Th
Downtown Seattle YMCA <b>DSYM</b>	Suzie Cavassa 206-223-1621 <a href="mailto:scavassa@dt.seattleyymca.org">scavassa@dt.seattleyymca.org</a> Mike A Torchie (206) 328-8374 <a href="mailto:swmcoachmike@hotmail.com">swmcoachmike@hotmail.com</a>	Downtown Seattle YMCA 909 4th Ave. (206) 328-8374	6:00-7:00 am T, Thu 7:00-8:00 pm M,W
Evergreen Masters <b>EM</b>	Bob Pease (360) 770-5908 (360) 705-0365		
Federal Way Masters <b>FWM</b>	Hugh Moore (253) 925-0803 <a href="mailto:weswim@mindspring.com">weswim@mindspring.com</a>  Malcolm & Wendy Neely (253) 838-8408 <a href="mailto:malwen9@mac.com">malwen9@mac.com</a>	1. Weyerhaeuser King County Aquatic Center 650 SW Campus Dr, Fed. Way (253) 296-4444 2. Federal Way High School 30421 16th Ave S Federal Way, 98003	1. 5:45-7 am M-F 10:15-11:15 am M,W,F  2. 5:30-6:30 pm F 7:00-8:00 am Sat
Fort Steilacoom - WAKO <b>FTSW</b>	Kathrine Casey (253) 588-4879 <a href="mailto:walt.reid@weyerhaeuser.com">walt.reid@weyerhaeuser.com</a> <a href="mailto:kcasey@colverpark.k12.wa.us">kcasey@colverpark.k12.wa.us</a> Lois L. Marquart (WAKO) <a href="mailto:lois@trispportcoach.com">lois@trispportcoach.com</a>	Lakes High School Pool 10320 Farwest Dr SW Lakewood, 98498	5:30-6:30 am M,W,F 5:00-6:00 pm M,W
Gold Creek Masters <b>GCMS</b>	Sue Amott (425) 881-2849 <a href="mailto:imswimmer@earthlink.net">imswimmer@earthlink.net</a> Dave Leonard <a href="mailto:davideleonard@attbi.com">davideleonard@attbi.com</a>	Gold Creek Tennis & Sports Club, 15327 140th PI NE Woodinville, 98072	8:00-9:00 pm Tu,Th
Greenlake Aquaducks <b>GLAD</b>	Clark Pace (206) 525-3925 <a href="mailto:pacec@u.washington.edu">pacec@u.washington.edu</a>	1. Evans Pool 7201 E Green Lake Dr N Seattle, 98115-5301 (206) 684-4961 2. Coleman Pool (Outdoor, 50m) Lincoln Park, West Seattle	1.5:00-6:00 am M-F 7:00-8:30 Sat Sept 20-May  2. 6:30-8:00 am Sat to Sept 13, 2003
Husky Masters <b>HMST</b>	Kiko VanZandt (206) 524-2417 <a href="mailto:cuanzan@attbi.com">cuanzan@attbi.com</a> Kevin Van Den Wymelenberg (206) 328-2570 <a href="mailto:kvdswim@yahoo.com">kvdswim@yahoo.com</a>	HecEd Pavillion Pool University of Washington Seattle, 98195	5:15 – 7pm (varies) M-F <a href="mailto:huskymasters@yahoogroups.com">huskymasters@yahoogroups.com</a>
Issaquah Swim Team Masters <b>ISST</b>	Amy Quinn (425) 392-3996 <a href="mailto:issysockeyes@attbi.com">issysockeyes@attbi.com</a> <a href="http://www.istsockeyes.org">www.istsockeyes.org</a> Ty Rudolph (425) 785-9052 <a href="mailto:tyrudolph@attbi.com">tyrudolph@attbi.com</a>	Julius Boehm Pool 35 Clark St Issaquah, 98027 (425) 837-3355	5:00-6:30 am M,W,F
Team Luna <b>LUNA</b>	Casey Murphy 206-280-5962 <a href="mailto:cmurphdog@aol.com">cmurphdog@aol.com</a> Mike Lund <a href="mailto:mnmlund@aol.com">mnmlund@aol.com</a>	All-Star Fitness Gym, West Seattle Summer, Colman Pool	7:00 – 8:30 pm M,W call for summer times
Lynnwood Sharks <b>LYN</b>	Karin Heusted (425) 402-6413 <a href="mailto:karinARNP@aol.com">karinARNP@aol.com</a> Laurie Stallings (425) 338-4721 <a href="mailto:kelmella@hotmail.com">kelmella@hotmail.com</a>	Lynnwood Rec. Center Mill Creek, 98012-5737	8:15-9:25 pm M,W 6:00-7:30 pm F
Mercer Island Redwoods <b>MIR</b>	Steve Sussex (206) 232-9263 <a href="mailto:swimguy24@aol.com">swimguy24@aol.com</a>	Mary Wayte Pool 8815 SE 40 <sup>th</sup> St Mercer Island, 98040	6:00-7:00 am M-F
North End Otters <b>NEO</b>	Robin O'Leary (206) 525-7725 <a href="mailto:mroleary@attbi.com">mroleary@attbi.com</a>	Shoreline Pool, (206) 296-4345 19030 1 <sup>st</sup> Ave NE Shoreline, 9155	7:00-8:00 am M-F
North Whidbey Masters <b>NWM</b>	Sally Dillon (360) 679-5038 <a href="mailto:salswmr@earthlink.net">salswmr@earthlink.net</a> Neil Romney 360-675-7665 <a href="mailto:headcoach@oakharbor.net">headcoach@oakharbor.net</a> <a href="http://www.pioneernet.net/pool/">http://www.pioneernet.net/pool/</a>	John Vanderzicht Memorial Pool 85 SE Jerome St Oak Harbor 98277 (360) 675-7665	5:00-7:00 am M,T,Th,F 12:00-1:15 pm M,W,F 8:00-10:00 am Sat

## PNA Teams, Continued

Old Olympic Peninsula Swimmers <b>OOPS</b>	Steve Peterson (360) 692-1669 <a href="mailto:speterson@bandwagon.net">speterson@bandwagon.net</a>	Bangor Subbase Pool Silverdale, WA (360) 535-5941	
Orca Swim Team <b>ORCA</b>	Ross Linderman (206) 200-4499 <a href="mailto:rossifer2@aol.com">rossifer2@aol.com</a> Paul Ikeda, <a href="mailto:gladorca@aol.com">gladorca@aol.com</a> <a href="http://www.teamseattle.org/orca">www.teamseattle.org/orca</a>	Seattle U-Connolly Center 14th Ave & Cherry St	5-6:15 pm Sun 7:00-8:15 pm T, F 7:30-8:45 pm Th
Port Townsend Masters <b>PTM</b>	Ann Bailey (360) 385-6351 <a href="mailto:johnnann@olyphen.com">johnnann@olyphen.com</a> Frank Casella	Pt. Townsend Municipal Pool Blaine St Pt. Townsend	10:30-Noon Sun 7:00-8:30 pm Wed
PRO Sports Club <b>PRO</b>	Dave Alles (206) 633-7841 <a href="mailto:davealles@hotmail.com">davealles@hotmail.com</a> Camille Thompson (425) 882-3623 <a href="mailto:kcthompson3@attbi.com">kcthompson3@attbi.com</a>	Pro Sports Club Pool 445 148th Ave NE Bellevue, 98007 (425) 885-5566	6:30-7:30 pm T,Th 9:30-11:00 am S
Seattle Athletic Club/Northgate <b>SAC</b>	Christian Bruhn (206) 522-9400 <a href="mailto:cbruhn@sacng.com">cbruhn@sacng.com</a>	Seattle Athletic Club Northgate 333 NE 97 <sup>th</sup> Seattle, 98115	6:15-7:30 M-F 6:00-7:00 T
Skagit Valley YMCA Chinooks <b>SYM</b>	Kerry Ness (360) 366-9622 <a href="mailto:ness_k@msn.com">ness_k@msn.com</a> Bob Tombs (360) 848-0441	Skagit Valley Family YMCA 215 E Fulton St Mount Vernon 98273 (360) 419-7207	Varies, Call
Sequim Masters <b>SQM</b>	Sally Parry (360) 683-3660 <a href="mailto:parryco@olyphen.com">parryco@olyphen.com</a> Yvonne Yokota (360) 683-6480 <a href="mailto:tharyoko@olyphen.com">tharyoko@olyphen.com</a>	Sequim Aquatic Rec. Center (SARC) 610 N 5th Sequim, 98382	7:00-8:30 am Sat
Swim Seattle <b>SSEA</b>	Sarah Welch (206) 723-1814 <a href="mailto:sarah.welch@seattle.gov">sarah.welch@seattle.gov</a> Stacy Miller (206) 547-2462 <a href="mailto:stacymiller227@hotmail.com">stacymiller227@hotmail.com</a>	Seattle University -Connolly Center 14th Ave & Cherry St Seattle, 98102	5:45-7:00 M-F
Tacoma Pierce County YMCA <b>TacY</b>	Cathy Barmore (253) 460-8838 <a href="mailto:cbarmore@ymcatacoma.org">cbarmore@ymcatacoma.org</a>	Morgan Family YMCA Pilkey Aquatic Center 1002 S. Pearl Tacoma, 98465	9:00-10:00 am M,T,W,Th 7:00-8:30 pm M,W
<b>TacY</b>	Beverly Eredia <a href="mailto:beredia@ymcatacoma.org">beredia@ymcatacoma.org</a> (253) 460-8977	Mel Korum Branch YMCA Pool 302 43rd Ave SE Puyallup, 98374	Varies, call for time (253) 460-8977
<b>TacY</b>	Todd Buckley <a href="mailto:toddbuckley@mac.com">toddbuckley@mac.com</a> (253) 597-6444	Tacoma Center YMCA 1144 Market St Tacoma, 98402	6:30-7:30 pm M,Th
<b>TacY</b>	Kelly Miller	9715 Lakewood Dr. SW Lakewood, 98499	7:00-8:00 pm M, W
Thorbecke's Masters Swimming <b>TMS</b>	Laura Reisdorph (360) 736-1683 (360) 551-2691		
Tigers <b>TIG</b>	Tom Foley (206) 937-5585 <a href="mailto:lilmot@hotmail.com">lilmot@hotmail.com</a>	Various pools and times	
West Seattle YMCA Dolphins <b>WSYD</b>	Chaya Amiad (206) 706-9712 <a href="mailto:cpruneau@jps.net">cpruneau@jps.net</a>	West Seattle YMCA 4515 36th Ave SW Seattle, WA 98126	6:00-7:00 am M,W,F 10am-11:30am, Sun Stroke Clinic
Western Washington University Masters Swimming <b>WWUM</b>	Amy Jahnke (360) 443-6615 <a href="mailto:bfly29@aol.com">bfly29@aol.com</a> David Tourigny <a href="mailto:tourigd@yahoo.com">tourigd@yahoo.com</a>	Carver Gym Room 60 WW U 516 High St Bellingham, 98225	2:00-4:00 pm M,W,F
Whidbey Island Swells <b>WIS</b>	Kate Sutherland (360) 331-3116 <a href="mailto:maddy@whidbeynet.com">maddy@whidbeynet.com</a> Kristi Eager (360) 321-4469 <a href="mailto:kritty@pioneernet.net">kritty@pioneernet.net</a>	Island Athletic Club 5522 Freeland Ave, Freeland, WA 98249	7:30-8:30 pm M,W

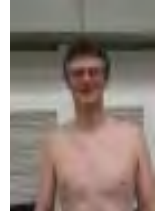
The above information may change with personnel changes, seasons and pool maintenance. Please contact the team representatives and coaches for up-to-date information.

If you do not see your team on this list, it is because the team did not register this year and PNA does not have current information. Please see <http://www.swimpna.org/pdf/TeamReg.pdf> for the 2003 team registration form. Watch for the 2004 form soon.

## Find Out What Your PNA Board is Doing

# PNA Board Meeting Minutes

by Hugh Moore, PNA Secretary



### Minutes of the PNA Board Meeting, May 27, 2003

**Motions Approved:** The following motions were made, seconded, and approved (MSA) during the meeting.

☞ Minutes from the April 22nd meeting with corrections.

☞ Treasurer's report as submitted.

☞ Reimburse Paul Freeman \$270.90 for software for the WetSet

☞ Sarah Welch, Lee Carlson, and Walt Reid as PNA delegates for convention.

Entry fees for LCM Zones will be \$18 surcharge plus \$2 per event.

#### Action Items:

Hugh will present an updated Champs financial report and recommendations for risk sharing between meet hosts and PNA at the June meeting.

### I. Warm-ups

**A. Call to order and Introductions:** President Jeanne Ensign called the meeting to order at 7 pm at the Federal Way Regional Library. Board members present included Steve Peterson, Sarah Welch, Hugh Moore, Kathrine Casey, Arni Litt, Jane Moore, Jo Moore, Lee Carlson, Paul Freeman, Janet Kavadas, and Walt Reid. Guests included Nancy Hunn and Kelly Crandell. These 14 represent Bellevue Club, Federal Way, Fort Steilacoom/WAKO, GLAD, Mercer Island, NEO, OOPS, Swim Seattle, and Tigers.

**B. President's Report:** Lee Carlson thanked the board for presenting him with the Distinguished Service Award. The banner for the PNA women's 3<sup>rd</sup> place finish for medium-sized teams at the recent Short Course nationals was displayed. The men placed 7<sup>th</sup> and the

combined team was 4<sup>th</sup>. Jeanne stated that she would commit to finishing board meetings by 9 if everyone was ready to start by 7. She asked that everyone socialize before or after the meeting. She also suggested that if anyone wanted the board to address an issue, they should submit a proposal before the meeting. The proposal can be listed on the agenda and emailed to board members before the meeting. Otherwise no action will be taken until the following month. Reimbursement requests should also be submitted prior to the meeting so that Sarah can seek approvals as part of her report. It was suggested that we adopt Oregon's idea and have board members wear name-tags at meets

C. Minutes: MSA Minutes from the April 22, 2003 with corrections.

D. Treasurer's Report: MSA Treasurer's report as submitted. Sarah reported a balance of \$48,984.48 in checking/savings accounts, including \$32,060.15 in CDs. MSA Reimburse Paul Freeman \$270.90 for software for the WetSet.

### II. Board Meeting Focus

A. Convention Delegate Selection: MSA Sarah Welch, Lee Carlson, and Walt Reid as PNA delegates for convention. The following PNA board members will also be attending due to USMS positions: Kathy Casey (Rules Committee), Sally Dillon (USMS Secretary), Jeanne Ensign (USMS Internal Auditor), Jan Kavadas (Rules Committee), Arni Litt (Legislation Committee), Jane Moore (at-large), Hugh Moore (Communications Committee chair), and Steve Peterson (Legislation Committee).

B. LCM Zone Meet Organization: Mary Lassiter will be the meet director and Arni Litt will receive entries.

Holly Bork will be in charge of the awards table and seeding relays. Fees at the Aquatic Center have increased 50% in the past year. As a result, we need to raise entry fees to avoid losing money. MSA Entry fees for LCM Zones will be \$18 surcharge plus \$2 per event.

C. SCM Zone Meet Date/Host: Steve Peterson will see if OOPS is interested in hosting the meet.

### III. Old Business

A. ASCA Clinic Update: The PNA officers approved Lee Carlson's recommendation that Lynn Wells' \$149 registration fee be paid by PNA.

#### B. Champs Financial Review:

Hugh presented a preliminary financial report from Champs that shows a net income for Federal Way Masters of \$544.03, prior to paying PNA fees. Based on PNA policy and prior agreement, FWM is guaranteed a \$939 profit (\$3 for each of the 313 entrants) plus t-shirt profits. T-shirts profit was not itemized in the preliminary report. Hugh will present an updated Champs financial report and recommendations for risk sharing between meet hosts and PNA at the June meeting.

**C. Fitness Clinic Status:** Lee passed around entry forms. The clinic appears to be well organized. 10 entries have been received so far. We expect to exceed the 30 entries needed to break even.

**D. Coordination of USMS Promotional Booth:** Sally has talked to Mel Goldstein regarding use of the booth. We can use the booth on July 19<sup>th</sup> and 20<sup>th</sup> and August 16<sup>th</sup> and 17<sup>th</sup>. We need volunteers to man the booth and permission from event organizers (Fat Salmon, July 20<sup>th</sup>. Danskin triathlon & Emerald City Open Water, August 16-17).

(Continued on page 17)





Sarah Welch volunteered to coordinate the booth for Emerald City. We will send an email asking for volunteers to give out information and answer questions.

**E. PNA bid for 2005 USMS Postal Event:** There was a consensus that PNA will not bid for a USMS Postal event for 2005. We will contact other groups to see if anyone is interested.

#### IV. Reports:

##### Zone Meeting at SCY Zones:

Jeanne, Arni, Sally, and Hugh attended. The zone agreed to drop the 800 relays at the upcoming LCM Zone Meet. Registration: We currently have 1034 members, including 51 seniors and 12 reduced-rate. 227 are new members this year. Constitution & By-Laws: Jane has updated the By-laws to reflect recently approved amendments. She will send appropriate policies to each committee chair for review. Committee descriptions were removed from the By-laws. Each committee should update their description for inclusion in the policies. Meets: The meet packet has been sent to teams. Applications have been received from Bainbridge Island (previously approved for October) and Bellevue Club (February). Both Thunderbird Aquatic Club Masters (Anacortes) and ORCA are interested in hosting a January meet. Mercer Island is interested in March.

#### V. New Business:

**A. Should PNA establish a Coach of the Year award?** There was widespread support from the board for the concept. Jeanne will draft a letter regarding establishing a Coach of the Year award. The letter will be sent to the team reps and coaches and put in the WetSet.

#### VI. Next Meetings:

Wednesday, June 25<sup>th</sup>, Edmonds (note focus on meet schedule)  
 Tuesday, July 22<sup>nd</sup>, Seattle Parks  
 Tuesday, August 26<sup>th</sup>, Federal Way Library  
 Tuesday, September 23<sup>rd</sup>, Seattle Parks

#### VII Adjourn: 8:40 pm.



### Minutes of the PNA Board Meeting, June 25, 2003 Motions Approved are shown in bold.

#### I. Reports

##### A. Call to order and Introductions:

President Jeanne Ensign called the meeting to order at 7:15 pm at the Sundowner Condominiums in Edmonds. Board members present included Sarah Welch, Hugh Moore, Jane Moore, Jo Moore, Lee Carlson, Paul Freeman, Janet Kavadas, Sally Dillon, and Arni Litt. Nancy Hunn was also present.

**C. Minutes:** MSA Minutes from the May 27, 2003 as corrected.

##### D. Treasurer's Report: MSA Treasurer's report as submitted.

Sarah reported a balance of \$48,682 in checking/savings accounts, including \$32,060 in CDs.

#### II. Board Meeting Focus

A. LCM Zone Meet Organization: **Members of the** organizing committee will need to meet with the Aquatic Center director, Mike Dunwiddie prior to the meet. The following steps will be performed to help recruit timers: 1) Petition teams prior to the meet. 2) Ask for volunteers in heat sheet noting that the volunteers are helping contain costs. 3) Make announcements as necessary during the meet.

B. SCM Zone Meet date/host: MSA to hold the SCM Zone meet at South Kitsap pool on November 8-9, 2003. Lee will continue to work on getting a meet host.

C. 2004 Meet Schedule: MSA adding the following to our meet schedule: Feb. 15, 2004 at the Bellevue Club, March 14, 2004 at

Mercer Island. ORCA is interested in hosting a meet in January. Lee reported that he believes that Anacortes is interested in hosting a meet in January. Lee will check with Anacortes and report back at the July meeting.

**D. Legislation Proposal: MSA to submit a proposal to the USMS Legislation Committee to change USMS officer terms from 2 years to 4 years beginning in 2005.** Hugh, Sally, Arni, and Jeanne will finalize the wording and submit it by the July 10 deadline.

#### III. Old Business

A. Coordination of USMS promotional booth: We have arranged to use the USMS promotional booth for the Fat Salmon on July 19<sup>th</sup>, the Sea Fair Triathlon on July 20<sup>th</sup>, the Danskin Triathlon on August 17<sup>th</sup> and the Emerald City Open Water swim on August 23<sup>rd</sup>. We need to receive permission from each event sponsor and arrange for volunteers. Jeanne will work with AA sports to get permission for the SeaFair Triathlon. Sarah will get permission to use the booth for Emerald City. Anna Marie and Phoebe Terhaar were suggested as possible helpers. Jo will find out who is organizing the Danskin Triathlon. We currently have 250 USMS brochures. MSA to buy 500 more USMS brochures and to purchase a stamp so that we can add our website address to the brochure. Sarah will order the brochures and the stamp.

**B. Champs Financial Report:** Hugh presented a financial report from Champs that showed income of \$7763 and expenses of \$7257. The \$505 profit includes \$350 from t-shirts. **MSA the financial report for Champs and to pay FWM \$784.03 to meet the PNA \$3 per swimmer profit guarantee.**

C. Fitness Clinic Review: A successful Fitness Clinic was held at the Bellevue Club on June 7<sup>th</sup>.

(Continued on page 18)

(Continued from page 17)

The evaluations indicated that the twenty-three participants and four coaches felt it was extremely well run. Lee thanked Jo, Cory, and Carolyn for making the Bellevue Club resources available. Jo commented that Lee did an awesome job.

#### IV. Committee Reports.

A. Constitution & By-Laws: Jane noted that updated by-laws have been distributed to board members. Sections of policies have also been distributed to appropriated committee chairs. We will review each section per the following schedule: July 22 - Membership and Finance; August 26 - Meets & newsletter; September 23 - Web & General; October 22 - Open water & LD postal swims; and December 2 – budget.

B. Membership: We currently have 1062 members. We need to pay the Northwest Zone 25 cents for each member as of May 1.

C. Newsletter: The draft of the June newsletter will be distributed June 26. It is currently over 24 pages. Kathy Casey's article on avoiding DQs will be deferred so that the 24-page limit can be reached. Tom Foley, Sarah, Lee, and Jeanne will meet with Paul in Jeanne's office on July 15 to discuss WetSet policies going forward.

D. Open Water/Long Distance: Sally has the Bellingham bond & application for Lake Padden. The South Kitsap pool is reserved for August 2 for anyone who would like to do the 5K postal swim. Sally will investigate rescheduling the postal 5K & 10K at South Kitsap to August 16 to avoid a conflict with the Emerald City open water.

#### VI. Next Meetings:

Future meetings include Tuesday, July 22 – Seattle Parks; Tuesday, August 26 – Federal Way Regional Library; Tuesday, September 23<sup>rd</sup> – Seattle Parks; and Tuesday, October 28 - Bellevue Club; Tuesday, December 2 – Jeanne Ensign's.

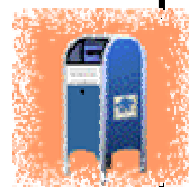
## Welcome New PNA Swimmers

Kate	Austin
Erin	Burgman
Kathy	Caley
Tony	Canlis
Sean	Carver
Greg	Colby
Patty	Conway
Sarah	Cummins
Monika	Day

Jessica	DePaoli
Vickie	Elijah
Duffy	Ellis
Rose	Fields
Margaret	Glenn
Donald	Graham
Karl	Kraber
Rod	La Rocque
Shaula	E Massena
Allan	McDougall
Will	Noftsker
Liz	Sadler
Katie	Stangland
William	Swint
Brian	Takagi

## Don't Miss It!!!! USMS NATIONAL CHAMPIONSHIP 3000 & 6000 YD Postal Swim

What . . . Another Postal Swim? Yes, September and October are the months when you can swim the last two National Championship postal swims for the year, the 3000 & 6000 yard events. These swims require only a 25-yard pool, so most PNA swimmers should find the event less difficult to accomplish than the summer's postal events that require a 50-meter course. Plus, the event distances are significantly shorter.



Entry forms are in *SWIM* Magazine and at [usms.org/longdist](http://usms.org/longdist). Do the swim at the pool of your choice and then send your entry form/split sheet to the PNA event coordinator. **PNA will organize relay teams for this event.**

- Swim the event as an individual and your results are used to form the relay teams.
- USMS registration must be current (2003).
- Completed entry form, individual entry fee (\$10) and copy of your USMS registration card must be in coordinator's hands by **11/2/2003**.
- Checks should be **payable to PNA** only.
- Teams will be organized by age group 19+, 25+ . . . and are 3 male , 3 female and 4 mixed (2+2).

**MAIL YOUR COMPLETED ENTRY FORM** and your individual entry fee of \$10 (payable to PNA) to the coordinator: Sally Dillon, PO Box 845, Oak Harbor, WA 98277. **DO NOT** mail your entry directly to the event director. The coordinator will mail your individual entry for you after forming the relay teams.

Questions? Contact Sally at [salswmmr@earthlink.net](mailto:salswmmr@earthlink.net) or (360) 679-5038.



# HAPPY BIRTHDAY

to the following PNA swimmers!

Francesca	Drum	9	15
Daniela	Ahmed	9	15
Rence	Quistorf	9	15
Becky	Roberts	9	15
Steven	Marshall	9	16
Buck	Cameron	9	16
Timothy	Gilmore	9	16
Robert	Schlemmer	9	16
David	Austin	9	16
Amy	Turi	9	16
Eloise	Jergeson	9	16
John	Kessler	9	17
Steven	Peterson	9	17
Amy	Cocanour	9	17
Cheryl	Choy	9	17
Michael	Casey	9	17
Thomas	Jowett	9	18
Francis	Langlois	9	18
Jeff	Kotson	9	18
Patrick	Sullivan	9	19
John	Skroch	9	19
James	Norris	9	20
Rick	Almberg	9	20
John	Kokes	9	20
Aaron	Smith	9	20
Roger	Rudolph	9	21
Roger	Schimmeyer	9	21
Michael	Lamb	9	21
Alison	Dillow	9	21
Erika	Edwards	9	21
Michelle	Petrick	9	21
Connie	Drake	9	22
Kevin	Liu	9	22
Jerry	Plunkett	9	23
Dick	Todd	9	23
Kevin Van			
Den			
Wymelenberg		9	23
Ann	Cooke	9	23
Karin	Heusted	9	24
Jamie	Whitney	9	24
Laurie	Stallings	9	24
Tana	Gaines	9	24
Monika	Day	9	25
Catherine	Hill	9	25
Wendi	Ruef	9	26

Jodi	Stebbins	9	27
Lynn	Gross	9	27
Jessica	Heiman	9	27
Ali	Wick	9	27
Janet	Hawkins	9	27
Soeren	Poulsen	9	28
Bridget	Young	9	28
Kirsten	Gagnaire	9	28
Karyn	Holyk	9	28
David	Toney	9	29
Margit	Klewin	9	29
Reed	Sillers	9	29
Karyn	Johnson	9	30
Marcia	Smith	10	1
Julie	Bruno	10	1
Regina	Ahn	10	1
Marion	Chadwick	10	2
Sharon	Marcoe	10	2
Charlotte	Snow	10	2
William	Brown	10	2
Jennifer	Sams	10	2
Donna	Huss	10	3
Sally	Reed	10	3
Phil	Brennan	10	3
Steven	Wade	10	3
Coryn	Gjerdrum	10	3
Mary	Lassiter	10	3

Ronald	Portelnace	10	4
Bradley	Fiedler	10	4
Aaron	Brown	10	4
Jeffrey	Paradee	10	4
Greg	Cole	10	4
Kathrine	Casey	10	5
George	Gonzalez	10	5
Hal	Young	10	5
Cathy	Cooley	10	5
Seanna	Jordan	10	5
Tony	Thomas	10	5
Vickie	Elijah	10	5
Joan	Davis	10	6
Greg	Collins	10	6
Mark	Bickford	10	6
David	Koch	10	7
Philip	Andrews	10	7
Steven	Ruthford	10	7
Venkat			
Balasubramani		10	7
Shaula	Massena	10	7
Kathleen	Blanchard	10	8
Gary	Kelsberg	10	9
Julia	Bent	10	9
Sandy	Bratz	10	9
Janie	Layman	10	9
Donald	Mitchell	10	9
Scott	McGee	10	9
Perry	Sjogren	10	9
David	Dupree	10	10
Doug	Thompson	10	11
Richard	Wilson	10	11
Heath	Foxlee	10	12
Susan	Oatis	10	12
Tom	Sanderson	10	12
Debra	Strangland	10	13
Dean	De Koster	10	13
Deborah	Hammond	10	13
Daniel	Sonntag	10	14



## Swim Coach Wanted

The Green Lake Aqua Ducks Masters Swim Team (GLAD) at Evans Pool in Seattle is accepting applications for a USMS-eligible or "credentialed" coach, 5:00 a.m. to 6:00 a.m. Mon.-Fri. and 7:00 a.m. to 8:30 a.m. Sat.

Responsibilities include maintaining coaching certifications, developing daily workouts and long-term goals for all swimming levels, coaching for safety and skills and communication with the GLAD board for team improvements. Compensated for time on deck, swim meets, clinics, etc. We offer above average compensation and paid vacation time.

If you or anyone you know is interested, call (206) 525-3925.

**6<sup>th</sup> ANNUAL SHORT COURSE METERS PENTATHLON**  
 Hosted by North Whidbey Masters (Sanction #03-3606)  
 and North Whidbey Aquatic Club

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

**DATE:** Saturday, September 27, 2003

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

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

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

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

**RULES:** 2003 USMS Rules will govern the meet.

**ELIGIBILITY:** Open to 2003 registered members of USMS and MSC, 19 and above as of 9/27/03. Age groups are based upon the swimmer's age as of 12/31/03. Entries must be in the meet director's hands by Saturday, September 20 with the following exception:

**Race day entries will be accepted until 12:30 PM for an additional \$5.00 late fee.**

**SEEDING:** Slow to fast. ALL EVENTS WILL BE DECK SEEDED. CHECK-IN IS REQUIRED.  
**TIMING:** Electronic timing will be used.

**THE PENTATHLON:** Swimmers must enter the five events that "complete" a pentathlon division to receive awards. The Pentathlon divisions are:  
 "Sprinters Choice" Division 50 each of fly, back, breast, and free plus a 100 IM  
 "Middle Masters" Division 100 each of fly, back, breast, and free plus a 200 IM  
 "Animal" Division 200 each of fly, back, breast, and free plus a 400 IM

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

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

**WEB SITE:** Visit the PNA website at [www.swimpna.org](http://www.swimpna.org) for updated information.

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

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

**6<sup>th</sup> ANNUAL SHORT COURSE METERS PENTATHLON MEET**  
 Hosted by North Whidbey Masters (Sanction #03-3606)  
 and North Whidbey Aquatic Club

NAME: \_\_\_\_\_ M F AGE as of 12/31/2003: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_  
 E-MAIL ADDRESS: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS or MSC #: \_\_\_\_\_  
 Local Team \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_  
 USMS Club Abbrev: \_\_\_\_\_ USMS Club Name: \_\_\_\_\_ or Unattached \_\_\_\_\_

AGE GROUP (Circle one - determined by your age as of December 31, 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: 5 EVENTS Circle if your first Masters meet: **Y**

EVENT NUMBER	EVENT	SEED TIME (for SC METERS)

**ENTRY FEES:** \$10.00 (\$15 Canadian)  
 \$6.00 (\$9.00 Canadian) for seniors (65 & over)  
 Race day entries will be accepted until 12:30 AM for an additional US\$5.00 late fee

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

Pre-entries must be received no later than Saturday, September 20, 2003. Add \$5 for all others.

**Please include a copy of your Masters registration card if you are not a PNA member.**

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

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_

PNA Local Masters Swimming Committee  
**2<sup>nd</sup> Annual BAMFEST SCY Swim Meet- Sanction #033606/033607**  
 Hosted by the Bainbridge Aquatic Masters

PNA LOCAL MASTERS SWIMMING COMMITTEE  
**MEET ENTRY FORM: October 18, 2003 2nd Annual BAMFEST**  
 Hosted by BAM (Bainbridge Aquatic Masters) - Sanction #033606/033607

<b>ORDER OF EVENTS</b>	
<b>"High School" Format</b>	
<b>#</b>	<b>EVENT</b>
<b>1 &amp; 2</b>	<b>200 MEDLEY RELAY W/M</b>
<b>3</b>	<b>200 FREE</b>
<b>4</b>	<b>200 IM</b>
<b>5</b>	<b>50 FREE</b>
<b>15 minute Break</b>	
<b>6</b>	<b>100 FLY</b>
<b>7</b>	<b>100 FREE</b>
<b>8</b>	<b>500 FREE</b>
<b>9 &amp;</b>	<b>200 FREE</b>
<b>10</b>	<b>RELAY W/M</b>
<b>11</b>	<b>100 BACK</b>
<b>12</b>	<b>100 BREAST</b>
<b>13</b>	<b>200 Mixed Fantasy Relay</b>

**DATE & TIME:**  
**Saturday, October 18, 2003**  
 Warm-up: **8:00 AM** Meet starts 9:00 AM.  
 Check-in with Clerk of Course upon arrival and **positive** check-in **required** for the **500FR** prior to the break.

**LOCATION:**  
 Bainbridge Island Aquatic Center: High School Rd. & Madison Ave., @ **the East campus entrance**, Bainbridge Island WA phone: 206-842-2302-pool  
 \*\*\*25-yard course with six lanes used for competition and two lanes for continuous warm-up. The spa will be available during the meet for competitors only. Electronic timing will be used.

**DIRECTIONS:**  
*From Seattle:* Take the ferry to Bainbridge Island. Proceed straight from the ferry terminal on SR305 exactly one mile to NE High School Road. Turn left (west) and proceed ¼ mile. Turn right (north) at traffic circle onto Madison Ave. Proceed ¼ mile – take first left for driveway entrance to pool.  
*From Westsound:* Take SR305 to Madison Ave. N and turn right (south). Proceed 0.6 miles to the pool.

**ELIGIBILITY:**  
 Open to all 2003 USMS or MSC registered swimmers age 19 and above on 10/18/03. Age groups determined by the swimmer's age on 10/18/03.

**RULES:** Current USMS rules will govern the meet.  
**AGE GROUPS** (individual events): 19-24, 25-29, and 5-year age groups as high as necessary.

**RELAYS:** Deck-enter relays at the meet. Age groups 19+, 25+, 35+, and 10-year increments as high as necessary. Age of the youngest relay swimmer determines the age group of the relay. Fantasy relay instructions to be announced at the meet.

**SEEDING:** Slow to fast. Check-in with the clerk of course.  
**MEET DIRECTOR:** Brian Russell, (206) 842-5849, brian\_a\_russell@urscorp.com

**WEBSITE:** For more information, visit the PNA website ([www.swimpna.org](http://www.swimpna.org)), or BAM website [www.biparks.org/bam](http://www.biparks.org/bam)

NAME: \_\_\_\_\_ M F AGE (on10/19/02) \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 E-MAIL ADDRESS: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS or MSC #: \_\_\_\_\_

Team Name, Club Name or Unattached: \_\_\_\_\_  
**Include a copy of your current Masters registration card if you are not a PNA member.**

ENTRY LIMIT: **Five** individual events , plus relays. Circle if your **first Masters meet: Y**

EVENT #	EVENT NAME	SEED TIME

**ENTRY FEES: \$ 9.00USD/\$14.00CAD** Surcharge  
 (Includes electronic timing and facility rental surcharges)  
 \$ \_\_\_\_\_ Individual events:  
 (\$1 per event for swimmers under 65.)  
*No charge for swimmers 65 or over. No charge for relays.*  
**TOTAL \$ \_\_\_\_\_** Please make checks payable to: **BAM**

Mail this entry form and fees to: **BAM**  
 P.O. Box 10848  
 Bainbridge Island, WA 98110  
**\*\*\*Entries must be received by Wed. Oct. 8, 2003**

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

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

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

**2003 NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIP MEET**

Hosted by Puget Sound Swim Club

Sanctioned by the Pacific Northwest Association of Masters Swimmers  
for USMS, Inc. Sanction # 033608

DATE: **Saturday, November 8 and Sunday, November 9, 2003**

TIMES: **Saturday, November 8:** Warm-up: 11:00 – 11:50 AM, Meet starts: 12:00 PM  
**Sunday, November 9:** Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM

PLACE: South Kitsap High School pool,  
425 Mitchell Avenue, Port Orchard WA 98366. 360-874-5741

MEET DIRECTOR: Steve Peterson (360-692-1669 or [speterson@bandwagon.net](mailto:speterson@bandwagon.net))

FACILITY: This indoor venue has seating for 200+ people. The six-lane 50-meter pool is divided to provide competition water depth of four to ten feet. The shallow end of the pool will be available continuously for warm-up and warm-down.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2003 USMS and foreign registered swimmers age 19 and above as of December 31, 2003.

DIRECTIONS: From I-5: Take Highway 16 toward Bremerton. Take the Sedgwick exit (19 miles from the bridge). Turn right onto Sedgwick, head east... Turn left at Bethel Rd (stop light). Bear right at 'Y' onto Mitchell Road, which becomes Mitchell Avenue. High School is on right after approximately 1 mile.

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

1	400 IM (check in by 11:30)	16	400 Freestyle (check in by 8:30)
2	Women's 200 Freestyle Relay	17	Women's 200 Medley Relay
3	Men's 200 Freestyle Relay	18	Men's 200 Medley Relay
4	Women's 400 Freestyle Relay	19	Women's 400 Medley Relay
5	Men's 400 Freestyle Relay	20	Men's 400 Medley Relay
6	50 Breast	21	100 Backstroke
7	100 Butterfly	22	50 Freestyle
8	200 Freestyle	23	200 Breaststroke
	10 minute break		10 minute break
9	200 Mixed Medley Relay	24	200 Mixed Free Relay
10	400 Mixed Medley Relay	25	400 Mixed Free Relay
11	100 Breaststroke	26	50 Backstroke
12	200 Backstroke	27	200 Butterfly
13	50 Butterfly	28	100 Freestyle
	10 minute break		10 minute break
14	100 Individual Medley	29	200 Individual Medley
15	800 Freestyle (check in by 1:30)	30	1500 Freestyle (check in by 11:30)

Visit the PNA website at [www.swimpna.org](http://www.swimpna.org) for updated information.

**SAFETY FIRST:**

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

**Entry Confirmation:** Include legible email or a self-addressed, stamped envelope or postcard with your entry if you desire entry confirmation. You should bring a copy of your completed entry form.

**Check-in:** Check-in is required for the 400 IM (deadline is 11:30 Saturday), 800 Free (deadline is 1:30 Saturday), 400 Freestyle (deadline is 8:30 Sunday), 1500 Free (deadline is 11:30 Sunday). Swimmers who do not check in by the deadline may be scratched from the event.

**2003 NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIP MEET**  
**Saturday, November 8 and Sunday, November 9, 2003**

NAME: \_\_\_\_\_ M F AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE \_\_\_\_\_ Email \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ USMS #: \_\_\_\_\_

CLUB \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_

AGE GROUP (Determined by your age as of December 31, 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 (SCMeters)

ENTRY FEE: \$ 13.00 Surcharge (Includes \$1 Northwest Zone meet surcharge)

Individual Events: + \_\_\_\_\_ \$1 per event. No charge for relays.

Optional for age 65 and over and needs-based swimmers.

Total: \$ \_\_\_\_\_ Please make checks payable to **PNA**

Mail this entry form and fees to:

Steve Peterson  
11165 Central Valley NW  
Poulsbo WA 98370

Questions? Email [speterson@bandwagon.net](mailto:speterson@bandwagon.net)

Entries must be postmarked no later than **October 29** or received by **October 31, 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: \_\_\_\_\_





## 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 \_\_\_\_\_

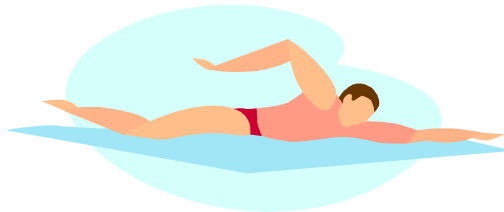
Phone \_\_\_\_\_ USMS # \_\_\_\_\_

E-MAIL \_\_\_\_\_

☒ Change of Address

☒ New Subscription

*If you would like to become a PNA member or renew your membership, and receive *The WetSet* and *Swim Magazine*, please use the 2003 Registration Application on page 23.*



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

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