



## Mercer Island Sprint Meet Draws Second Largest Turnout Ever

**E**rnie Flowers, a member of West Seattle YMCA Dolphins, knows why teammate Jo Bodourian, who had never competed in a swimming meet, decided to compete in the March 14 Mercer Island Sprint Meet. "A number of people hassled the heck out of her," he says jokingly.

Despite the "hassle," Jo, who admits to being nervous before the meet—she swam in the 50 yard free, back and breast events—thoroughly enjoyed the experience. "I felt really relaxed once I swam and had a great time," she says. So did the 20 or so other swimmers who like Jo were competing in their first ever Masters' event.

### Large Turnout

According to Lee Carlson, co-meet director, 135 swimmers signed up for this year's sprint meet, the sixth time it's been held. That's fewer than last year's 180 signups. Still, it was the second-largest field ever for this competition, which doesn't have an event longer than 200 yards.

### People to Thank

Thanks to Lee and fellow meet director Steve Sussex, who has

*(Continued on page 5)*



*Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our Web site at [www.swimpna.org](http://www.swimpna.org).*

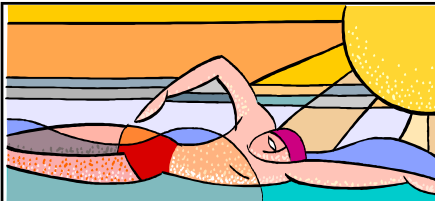
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West Seattle YMCA Dolphins' Jo Bodourian and Ernie Flowers flank their coach, Chaya Amid, at the Mercer Island Sprint Meet.



# WET SET

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I'm one of three at-large members of the PNA board. Let me tell you how I came to swimming and PNA.

I started swimming under Camille Thompson. An Olympic bronze medalist, Camille is the Masters coach at the Pro Club in Bellevue. She welcomed me to the team despite the fact I really didn't know how to swim.

My first night I walked up to her wearing baggies and a nose-clip. Call me modest, but I didn't feel comfortable wearing what to me looked like thongs. Camille asked me what was on my nose. Now, I thought, this is an Olympian? Why wouldn't she recognize a nose-clip?

"It's a nose-clip, coach,"

"Take it off," she replied.

"But I'll drown!"

"No you won't," she said reassuringly. "Trust me."

## My Maiden Meet

Camille talked me into joining PNA and swimming in my first meet. But she neglected to tell me the meet was the PNA Zone Championships. At her urging, I entered the 200 yard freestyle. Chillingly, I realized I was at a distinct disadvantage because I didn't know how to dive off the blocks nor do flip turns. But the starter was very obliging. I jumped in. My teammates told me later that at the start Camille hid her head, declaring she couldn't watch.

## Race Strategy

I followed Camille's race strategy. She said the 200 is longer than you think and people charge out and die at the end. Well, I'd run some track in school and knew what "hitting the wall" felt like, so I started

# LEADING OFF



By Jerry Plunkett,  
Board Member at Large

slowly. In fact, I could see the bubbles of the other racers before the end of the first length.

Meanwhile the starter walked over to my lane. I thought I had DQ'd. He did something to the yellow timing pad and looked up at the running time then walked away satisfied.

At about the 100 yard mark, I was later told, Camille asked, "What's happening now?" A teammate, who had been giving a running commentary, told her that I was fourth. For the first time since the race started, Camille's head came up.

The starter made his last visit to my lane at the 150 yard mark. He then walked away shaking his head and threw his arms up in the air.

## Finishing Strong

Pushing off for the final length, I was in third. The guy in the lead looked too far ahead for me to catch, but the woman in second place was starting to struggle. She

(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 2004 CALENDAR

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

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

**April 9-10, 2004**  
**SCY PNA Champs**  
**WKCAC**  
**Federal Way, WA**  
**Hank Kirkland (253) 941-3585**  
***fwmastersmd@juno.com***  
**Hugh Moore (253) 925-0803**  
***swimmoore@comcast.net***

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

**April 28, 2004**  
**PNA Board Meeting**  
**Seattle Parks & Recreation**  
**7:00 p.m.**

May 1-2, 2004  
Northwest Zone SCY Champs  
Corvallis, OR  
Mark Worden  
*marklauraworden@comcast.net*

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

**May 25, 2004**  
**PNA Board Meeting**  
**Seattle Parks & Recreation**

June 3-13, 2003  
FINA Masters World Champs  
Riccione, Italy

June 12, 2004  
USMS 5K Open Water  
Championship  
Fernandina, FL  
Edward Gaw  
*edginc@att.net*

**June 22, 2004**  
**PNA Board Meeting**  
**Edmonds**

June 27, 2004  
USMS 2-Mile Cable Championship  
Eagle Creek Reservoir  
Indianapolis, IN  
Mel Goldstein (317) 253-8289  
*goldstein@mindspring.com*

June 28, 2004  
USMS 1 Mile Open Water  
Championship  
Wildwood, NJ  
Vicki Anders (410) 502-5395  
*andervi@jhmi.edu*

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

**July 17**  
**Fat Salmon**  
**Lake Washington**

July 17, 2004  
3.5K Open Water Championship  
Applegate Lake, Jacksonville, OR  
Dan Gray (541) 890-5483  
*dangray45@hotmail.com*

**July 24-25, 2004**  
**Northwest Zone Long Course**  
**Meters Champs**  
**South Kitsap High School**  
**Port Orchard, WA**  
**Steve Peterson (360) 692-1699**  
***speterson@bandwagon.net***

**July 27, 2004**  
**PNA Board Meeting**  
**Tacoma or Federal Way**

**August 7, 2004**  
**Lake Padden**

## 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*  
*www.akmswim.org*  
*www.utahmasters.org*  
*www.mastersswimming.bc.ca*

# Cathy Barmore Believes Swimmers are Smart and Has a Keen Eye

## Masters Coach Profile

Work out in Cathy Barmore's pool and it won't be long before you realize she believes it when she says: *Swimmers are smart!* When swimming, she reasons, you can't see what you're doing, so the brain must feel it.

### Seven Years at the Y

For the past seven years, Cathy has been adult aquatics program director for the YMCA of Tacoma-Pierce County. In that position she works with adult swimmers of all ages and fitness levels. That includes the Masters swim team, TAC-Y, which draws its members from four YMCA pools in Pierce County.

According to Cathy, there are about 100 Y adult members who participate in the YMCA program of structured workouts, although fewer than 20 are part of PNA's TAC-Y team. "Many unattached PNA swimmers in Pierce County train at a YMCA pool," explains Cathy. "While these athletes do the posted workouts, they don't want to be part of a team thing."

### High School Coach

Cathy's coaching career started when she stopped by Peninsula High School in Gig Harbor, looking for a place to swim. The school's swim coach there was looking for help, which Cathy gladly provided. In addition to learning from the Peninsula coach, Cathy shored up

her coaching knowledge by attending clinics, spending a week at the Olympic Training Center in Colorado Springs and returning to college for a degree in recreation.

Cathy coached at Peninsula from 1984 to 1997. During her 10 years (1987 to 1997) as head coach of the school's girls' swim team, Peninsula finished in the Top 10 at State seven times—and three times



in the Top 5. In 1997, her team of 44 high-schoolers had a GPA of 3.496 and received the state's top academic award.

### A Keen Eye

Cathy, who's now at the Instructor Level for most American Red Cross Safety Training programs, including Life Guard Trainer, attributes her coaching success to a keen eye for seeing what needs to be improved and helping people believe they can do whatever they put their minds to.

And she wouldn't trade jobs with anyone. "I am blessed to be doing what I love," says Cathy.

Cathy and her husband, Bill, live in Gig Harbor. They have two children: Bridget and Bryan.



## Swimming a Relay at Nationals?

Planning to attend the USMS Short Course Nationals in Indianapolis on April 22-25?

Then consider swimming one or more relays. For more information and to indicate your interest, contact Lynn Wells, PNA's designated relay coordinator. Her contact information is (206) 780-5378; swimlynn@usms.org.

(Continued from page 2)

### Leading Off

didn't see me coming, and I touched just ahead of her. She hung her head and slapped the water. I felt sorry for her, but I was exhilarated. In my very first swim race I had come in second.

Exiting the pool, I walked back toward my teammates. They stood up and cheered. Folks, I was proud.

### Timing Discrepancy

What I couldn't explain to my teammates was why my second place time was faster than the winner's time. Later I realized it was because I had touched the wall twice: once to turn around and then to push off. The reason the starter kept coming back to my lane was to restart my clock.

I often think of that moment at the start of the race. You stand there nearly naked in front of a lot of people. It's like public speaking in the nude. But the feeling at the end of the race, especially if you've done your best, makes the whole thing worthwhile. It's Masters swimming and PNA that make all of that possible.



# Mercer Island Sprint Meet March 14, 2004

(Continued from page 1)

directed every Mercer Island Sprint Meet and is team rep for the Mercer Island Redwoods, which hosted the meet. Another key player: Tim O'Brien. "He completed the data entry with speed and humor," says Lee.

Thanks also to the dedicated folks who helped with check-in, timing, etc. This group included Kristy Glaze, Sharon Arroyo, Adair Dingle, Tom Robertson, Bill Schubach, Dave Landis, Howard Jess and Chiho Min. And Chiho's company, Morris Magnets, supplied attractive pins, key chains and refrigerator magnets to all competitors, including the initially nervous but eventually relaxed Jo Boudrian.



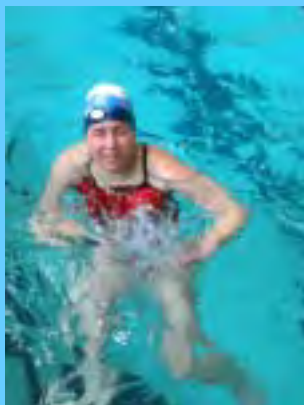
Left to right: Lisa Dahl, along with Bainbridge Aquatic Masters' Brian Russell, Lynn Wells (coach) and Eric Hutchinson

### PNA (P) and Zone (Z) Records Set at Mercer Island Sprint Meet

Lisa Dahl (42)	Unattached	50 Y Free	25.77 P
Debbie Glassman (50)	North End Otters	100 Y Fly	1:09.89 Z
Kathrine Casey (55)	Fort Steilacoom-WAKO	100 Y IM	1.20.92 P
Bernice Phillips (76)	Bainbridge Aquatic Masters	50 Y Back	53:85 Z
Harvey Prosser (75)	North Whidbey Masters	100 Y Fly	1:46.77 P
L. Gene Crossett (90)	North End Otters	200 Y Free	4:30.47 Z



Shirley Newton and Seattle Athletic Club/Northgate's Chuck Kroll



Newport Hills Masters' Jill Reddoch



Mercer Island Redwoods' Sharon Arroyo



Bellevue Eastside Swim Team Masters' Julie Barashkoff



Mercer Island Redwoods' Tom Robertson and co-meet director Lee Carlson

# Health and Fitness

## Let's Play

*Editor's Note: The two articles on this page are from the March 2004 Aqua Master, the newsletter of the Oregon LMSC. They appeared in the monthly "Get Fit" Column with Jani and Sara.*

This is an article about play inspired by a recent observation of my nephew (8) and niece (4) in swimming lessons. They are kids, so they're supposed to play.

But my thoughts as I watched were that there was not enough play in their swim lessons. The teachers saved up the play until the end when they could have created more playful learning experiences throughout the session.

### Hey, We're Kids, Too

Aren't we just big kids? Yes, big kids with big responsibilities, busy schedules, busy lives. We may swim before work, during lunch or in the evening. My point here is that our work days are so structured and



well, fortunately and unfortunately, so is our swim practice (our swim lesson)!

What would you think if you showed up and the coach split your group in half and had you play water polo? Terrific! Cool! Not your usual type-A response!

### Benefits of Play

There is so much mainstream theory on child's play—what about adult play? We can reap the same benefits as children: physical, so-

cial, emotional, learning to be more creative and better problem solvers.

Best of all, we get to know every one in the group in a slightly different endeavor. Did you know the person two or three lanes over from you? Did you know they are a superstar water polo player? Did you know they live around the corner?

Additionally, consider that the skills learned and developed in water polo can boost your open water swimming tactics! And don't forget about laughter: When was the last time you had a good laugh while at swim practice? Some of us laugh more often than others!

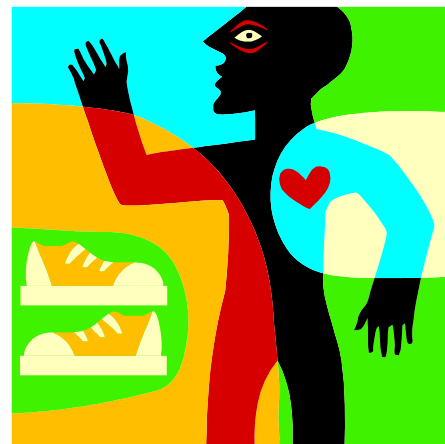
### Examples of Play

Kudos to Oregon Masters Swimming in its attempt to add to our experiences of play over the past two summers at a couple of the open water events: the dog races, the kicking race and the anything-goes race. There were also countless variety games at various pool venues as well.

### More Play?

Are we doing enough of this fun stuff in practice? How about trivia questions? Jokes? These are really simple ways to add play to your swimming session.

I will be the first to admit that I go to swim practice for a "workout," but there are a variety of ways to "workout" or "practice" skills in the water! Go ahead, let your hair down and play a little.



## Avoiding Trans Fats

Trans fats are food to avoid. Here are some pointers on doing that:

Spreads—margarine and other non-butter spreads. Butter has close to zero trans fats. But it has more saturated fat than the spreads.

Packaged food—cake mixes, Bisquick, etc. Make your own from scratch.

Soup—ramen noodles are high in trans fats. Homemade soup is always better. So are reduced-fat canned soups.

Frozen food—pies, pot pies, waffles, pizzas, breaded fish. Even if there aren't a lot of trans fats, they have a lot of saturated fat! Ugh.

Baked goods—commercially baked goods have a high content of trans fats. Again, the solution is baking from scratch. And you can cut in half the amount of butter or oil in a recipe with little difference in results.

Chips and crackers—how do they get so crispy? Shortening. A better choice may be pretzels, toast or pita bread with some cheese.

Breakfast food—some dry cereals and energy bars contain trans fats. Check labels.

Cookies and candies—compare labels. And if chocolate is a must for you, then stick with the dark stuff. Yeah!



# Technique

## Backstroke Start

*Editor's Note: The following Q&A article appeared in a recent issue of Great Lengths, the newsletter for the Masters Swimming Association of British Columbia. The answers were provided by Tom Rushton, who coaches Masters swimmers in Surrey, B.C.*

**GL:** Tom, many Masters swimmers find it difficult to raise their buttocks above the water on the backstroke start, thus creating a plowing effect, which severely slows down their start and reduces their distance. Could you explain (i) foot position, (ii) hand position and (iii) head position during the ready position.

**TR:** It's true that the best backstrokers in the world launch themselves clear out of the water. In my opinion Mark Versfeld, ex-Canadian record holder in the 200 backstroke, is one of the best starters in the world. See the link to a short video clip of his backstroke at start:<http://www.swim.ee/videos/back/M-BackStart-Mark.mpg>

My feeling is that most Masters swimmers lack the flexibility and perhaps the strength to launch themselves this high, but with correct technique they can certainly improve the power with which they leave the wall, and the angle with which they enter.

There are two major schools when it comes to foot position: feet together or feet staggered. Swimmers should use whichever feels best.

Try a couple of starts with each technique. Using staggered feet may provide more stability, while some people feel that both feet to-

gether gives them more power. In either case the toes are not allowed to be above the water line. Hand position depends greatly on the blocks at any given pool. My per-

*With correct technique, most Masters Swimmers can improve the power with which they leave the wall and the angle with which they enter the water.*

sonal favorite are blocks where you're able to hold the side bars instead of holding a horizontal bar. Some blocks have multiple places to hold on, in which case I would suggest weaker starters—those wishing to get in and start swimming right away—use the lower bar, while those trying for a more acrobatic start use the higher bar.

Head position is probably the most important of the positions. My feeling is the head should be tucked and ready to “explode” outwards at the sound of the gun. Whichever foot and hand position a swimmer chooses, the head should be tucked tightly in at the signal to “Take Your Marks” and should initiate movement after the sound of the gun.

Other points to note: I see many swimmers curled so tightly at the marks signal that

they have to unfurl their limbs just to begin starting. Though some swimmers may not be able to hold the position and thus must discover a compromise somewhere along the lines, the knees should be bent at an angle of about 90 degrees in anticipation of the start.

**GL:** Could you explain the procedure on take off and what body position you look for before submersion, that is, movement of head, arms, drive from legs and back position in flight?

**TR:** I've mentioned the importance of head position in readying the body for the starting gun, and this is the part of the body that should initiate movement. At the sound of the gun the head should fly back, followed by a push from the arms. Finally, the legs should push the body out from the wall. These movements occur very quickly, indeed almost simultaneously. As the head comes back the back should arch, so that although the legs push the swimmer up and out, this angle is rounded by the head. Arms should be thrown back

*(Continued on page 8)*



(Continued from page 7)

## Technique

into a streamline position and break the surface of the water.

Again, some Masters swimmers seek only to begin swimming as soon as possible. In this case I recommend a flatter angle, instead of driving high, and then returning to the water, pushing back and swimming as soon as possible.

**GL: What action do you use to facilitate streamlining on entry into the water as presumably you have a hollow back position in the air?**

**TR:** The final motion above the water should be a single up-sweep of a dolphin (butterfly) kick. As mentioned earlier, a swimmer will want to round out the start and enter hands first—thus forming a complete arch over the water (illustrated in the video already mentioned). This dolphin action will bring the legs up in order to slip through the same entry hole and also will begin the dolphin kick which will follow underwater.

**GL: In a previous newsletter issue you discussed streamline and suggested having a buddy observe you. Many have not been schooled in that skill. Could you elaborate a bit as what the swim buddy should look for to help coach a better position on the glide and underwater kick off the start?**

**TR:** Head should be between the arms, with the ears being squeezed by the biceps. In my opinion the head position is the most important aspect of the streamline, followed by the body, which should be straight, without any bends. The arms are useful, but only following proper alignment of the head and body.



## Summary of PNA Board Actions Taken at March Meeting

The following is a summary of actions taken by the PNA Board at a regular monthly meeting on March 23, 2004, at Seattle Parks and Recreation Building.

- Coaches are reminded that there will be a coaches' meeting at 7:30 a.m. on Saturday, April 10, before the start of Champs on that day.
- The board approved open water swims in Lake Washington (Fat Salmon) on July 17 and Lake Padden on August 7.
- Meets were approved for Long Course Meter Zone Championships at South Kitsap on July 24-25 and for the Oak Harbor Pentathlon on September 25.
- Secretary Hugh Moore read a letter nominating President Jeanne Ensign for the 2004 Ransom Arthur Award, the USMS's most prestigious honor. It's presented annually to the person deemed to have done the most to further the objectives of Masters swimming programs.

For the full minutes of this and past meetings, go to [www.swimpna.org](http://www.swimpna.org).

## Welcome New PNA Swimmers

Carl Allen  
Jo Bodourian  
Mary Burris  
James Byfield  
Arthur Chandless  
Andrew Chislett  
Courtney Coddington  
Kristine Colyer  
Jane Courtney  
Patricia (Pat) Duggan  
Rob Dunlop  
Mary Ehrmin  
Terence Ellard  
Dana Robertson Halter  
Lola Jacobsen  
Annette King  
Jennifer Maier  
Kathleen McDaniel  
Marc Norsen  
Dennis Payne  
George Pierce

Robert Pilger  
Geneva Renz  
L Ross  
Jennifer Sorensen  
Janet Spaeth  
Stephen Thompson

## Don't Forget the NW Zone SCY Championships

May 1-2, 2004, Corvallis, Ore.

For more information and an entry form, contact Mark Worden, (541) 753-5726; [marklauraworden@attbi.com](mailto:marklauraworden@attbi.com).





# USMS TOP 10 2003 SHORT COURSE METERS



## WOMEN 19-24

200 M. FREE			
MARY LASSITER	21 # 8	2:19.54	
100 M. BACK			
MARY LASSITER	21 # 3	1:12.33	
200 M. BACK			
MARY LASSITER	21 # 2	2:37.49	

## WOMEN 25-29

1500 M. FREE			
JORDAN MCAMMOND	27 # 2	19:35.45	

## WOMEN 30-34

50 M. FREE			
TARA SIMSAK	34 #10	29.38	
100 M. FREE			
TARA SIMSAK	34 # 5	1:04.15	
1500 M. FREE			
MEGAN BUSSART	33 # 9	21:22.41	
200 M. BACK			
LINDA HEGERBERG	33 # 8	2:44.80	
50 M. BRST			
LINDA HEGERBERG	33 # 6	38.36	
100 M. BRST			
LINDA HEGERBERG	33 # 7	1:23.51	
50 M. FLY			
TARA SIMSAK	34 # 3	31.65	
100 M. FLY			
TARA SIMSAK	34 # 7	1:12.86	
100 M. I.M.			
TARA SIMSAK	34 # 6	1:14.62	
LINDA HEGERBERG	33 #10	1:15.79	
400 M. I.M.			
LINDA HEGERBERG	33 # 5	5:39.43	

## WOMEN 35-39

200 M. FREE			
SARAH HOISINGTON	35 # 9	2:19.84	
1500 M. FREE			
JERRI FREIMUTH	38 # 8	20:25.65	
50 M. BACK			
A PETERS-JOHNSON	38 # 7	35.06	
200 M. BACK			
A PETERS-JOHNSON	38 #10	2:46.47	
50 M. FLY			
SARAH HOISINGTON	35 #10	32.59	
100 M. FLY			
SARAH HOISINGTON	35 # 8	1:10.55	

## WOMEN 40-44

50 M. FREE			
LISA DAHL	42 # 7	29.03	
800 M. FREE			
PENNY BATES	42 # 7	10:46.89	
1500 M. FREE			
PENNY BATES	42 # 8	20:25.74	
50 M. BACK			
LISA DAHL	42 # 9	36.28	
200 M. BACK			
PENNY BATES	42 #10	2:54.49	

200 M. BRST			
PENNY BATES	42 # 6	3:02.70	
LISA WILSON	42 # 8	3:06.27	
50 M. FLY			
LISA DAHL	42 # 6	31.39	
100 M. FLY			
PENNY BATES	42 #10	1:17.24	
200 M. FLY			
PENNY BATES	42 # 4	2:54.15	
100 M. I.M.			
LISA DAHL	42 # 5	1:13.81	
400 M. I.M.			
PENNY BATES	42 # 6	5:54.16	

## WOMEN 45-49

50 M. FREE			
MARY LIPPOLD	47 # 5	29.97	
100 M. FREE			
MARY LIPPOLD	47 # 5	1:06.56	
100 M. FLY			
MARY LIPPOLD	47 # 6	1:16.93	

## WOMEN 50-54

50 M. FREE			
DEBBIE GLASSMAN	50 # 7	31.33	
100 M. FREE			
DEBBIE GLASSMAN	50 # 9	1:11.41	
50 M. FLY			
DEBBIE GLASSMAN	50 # 6	34.34	
100 M. FLY			
DEBBIE GLASSMAN	50 # 4	1:20.20	

## WOMEN 55-59

50 M. FREE			
KATHRINE CASEY	55 # 4	34.71	
100 M. FREE			
KATHRINE CASEY	55 # 5	1:18.88	
SARAH WELCH	56 # 7	1:20.76	
200 M. FREE			
KATHRINE CASEY	55 # 7	3:00.22	
400 M. FREE			
KATHRINE CASEY	55 # 5	6:08.49	
800 M. FREE			
KATHRINE CASEY	55 # 4	12:20.17	
1500 M. FREE			
KATHRINE CASEY	55 # 4	22:54.46	
50 M. BACK			
SALLY ANN SMITH	55 #10	48.21	
100 M. BACK			
KATHRINE CASEY	55 # 4	1:30.28	
200 M. BACK			
KATHRINE CASEY	55 # 3	3:10.62	
KAETCHE MILLER	56 # 9	3:40.16	
50 M. BRST			
KAETCHE MILLER	56 # 8	47.48	
KATHRINE CASEY	55 #10	48.60	
100 M. BRST			
KATHRINE CASEY	55 # 7	1:42.85	
ARNI LITT	57 # 8	1:46.08	
200 M. BRST			
KATHRINE CASEY	55 # 9	3:42.87	
100 M. FLY			
SARAH WELCH	56 # 8	1:36.75	
KATHRINE CASEY	55 # 9	1:39.92	
200 M. FLY			
KATHRINE CASEY	55 # 2	3:37.40	
200 M. I.M.			
SARAH WELCH	56 #10	3:25.58	

400 M. I.M.			
KATHRINE CASEY	55 # 2	6:52.46	

## WOMEN 60-64

100 M. BACK			
FRANCESCA DRUM	62 # 7	1:44.91	
200 M. BACK			
FRANCESCA DRUM	62 # 6	3:45.33	
50 M. BRST			
FRANCESCA DRUM	62 # 2	48.32	
CAROLYN BEHSE	60 #10	53.84	
100 M. BRST			
FRANCESCA DRUM	62 # 4	1:45.23	
200 M. BRST			
FRANCESCA DRUM	62 # 5	3:46.88	

## WOMEN 65-69

100 M. FREE			
PEG CLOUTIER	68 #10	1:40.61	

## WOMEN 75-79

50 M. BACK			
BERNICE PHILLIPS	76 #10	1:04.41	

## WOMEN 80-84

200 M. FREE			
MARION CHADWICK	82 # 7	5:53.80	
400 M. FREE			
MARION CHADWICK	82 # 6	12:19.22	
800 M. FREE			
MARION CHADWICK	82 # 3	26:43.91	
200 M. BACK			
MARION CHADWICK	82 # 8	6:38.34	
50 M. BRST			
MURIEL FLYNN	80 # 1	1:02.54	
MARION CHADWICK	82 # 8	2:04.54	
100 M. BRST			
MURIEL FLYNN	80 # 1	2:19.21	
200 M. BRST			
MURIEL FLYNN	80 # 2	5:02.96	

## WOMEN 85-89

50 M. FREE			
PAT MATTHIESEN	87 # 6	1:16.61	
50 M. BACK			
PAT MATTHIESEN	87 # 6	1:30.29	
100 M. BACK			
PAT MATTHIESEN	87 # 6	3:17.15	
50 M. FLY			
PAT MATTHIESEN	87 # 3	1:57.03	

## MEN 19-24

50 M. FREE			
JASEN SPEER	22 #10	26.29	
200 M. FREE			
JASEN SPEER	22 # 8	2:14.38	
800 M. FREE			
JASEN SPEER	22 # 4	10:24.34	
1500 M. FREE			
JASEN SPEER	22 # 7	21:02.33	
200 M. BACK			
JASEN SPEER	22 # 5	2:43.26	
200 M. BRST			
JASEN SPEER	22 # 4	3:17.35	
200 M. FLY			
JASEN SPEER	22 # 1	2:54.21	
400 M. I.M.			
JASEN SPEER	22 # 9	5:38.10	

## MEN 25-29

50 M. BRST			
LEO TANAKA	25 # 9	33.68	

## MEN 30-34

200 M. BACK			
SEAN HILBERT	34 #10	2:38.06	

50 M. BRST  
TODD DOHERTY 32 # 9 32.68

**MEN 35-39**

200 M. FLY  
STEVE RUITER 38 # 8 2:22.45  
400 M. I.M.  
STEVE RUITER 38 #10 5:08.67

**MEN 40-44**

200 M. FLY  
ERIC DYBDAHL 43 # 8 2:34.48

**MEN 45-49**

50 M. BACK  
DONALD GRAHAM 49 # 7 30.85  
50 M. FLY  
DONALD GRAHAM 49 # 7 27.63  
100 M. FLY  
DONALD GRAHAM 49 # 7 1:03.58  
200 M. FLY  
DAN ROBINSON 46 #10 2:34.62

**MEN 50-54**

400 M. FREE  
BILL PENN 52 # 9 4:47.97  
1500 M. FREE  
BILL PENN 52 # 4 18:36.79  
100 M. BRST  
RICK PETERSON 52 # 8 1:18.72  
200 M. BRST  
RICK PETERSON 52 # 9 2:54.90  
200 M. FLY  
SCOTT LAUTMAN 51 # 1 2:18.69  
400 M. I.M.  
SCOTT LAUTMAN 51 # 8 5:47.87

**MEN 55-59**

200 M. FREE  
JIM MCCLEERY 57 # 5 2:17.80  
400 M. FREE  
JIM MCCLEERY 57 # 4 4:50.79  
800 M. FREE  
JIM MCCLEERY 57 # 2 9:58.47  
JIM NORRIS 56 #10 11:18.42  
1500 M. FREE  
JIM MCCLEERY 57 # 2 18:51.69  
JIM NORRIS 56 # 8 21:23.61  
200 M. BACK  
MICHAEL MCCOLLY 58 # 4 2:49.45  
200 M. BRST  
STEVEN PETERSON 57 # 5 3:00.04  
200 M. I.M.  
JIM MCCLEERY 57 # 6 2:39.81

**MEN 60-64**

50 M. FREE  
ROBERT PILGER 60 # 5 28.89  
100 M. FREE  
ROBERT PILGER 60 # 5 1:06.64  
800 M. FREE  
ROBERT PILGER 60 # 6 12:06.56  
50 M. BACK  
MICHAEL MCKINLAY 60 # 7 35.69  
100 M. BACK  
MICHAEL MCKINLAY 60 #10 1:19.85  
200 M. BACK  
MICHAEL MCKINLAY 60 # 8 3:05.37

**MEN 75-79**

100 M. FREE  
HARVEY PROSSER 75 # 5 1:31.06  
200 M. FREE  
HARVEY PROSSER 75 # 7 3:26.69  
800 M. FREE  
HARVEY PROSSER 75 # 3 13:49.21

1500 M. FREE  
HARVEY PROSSER 75 # 1 27:15.38  
100 M. BRST  
HARVEY PROSSER 75 #10 2:08.15  
50 M. FLY  
HARVEY PROSSER 75 # 9 56.20  
100 M. FLY  
HARVEY PROSSER 75 # 4 2:04.62  
200 M. I.M.  
HARVEY PROSSER 75 # 5 4:07.55

**MEN 80-84**

100 M. FREE  
HAL YOUNG 82 #10 2:00.88

200 M. FREE  
HAL YOUNG 82 # 7 4:26.81  
1500 M. FREE  
HAL YOUNG 82 # 6 40:30.50

**MEN 90-94**

50 M. FREE  
L GENE CROSSET 90 # 2 56.24  
100 M. FREE  
L GENE CROSSET 90 # 2 2:09.76  
200 M. FREE  
L GENE CROSSET 90 # 2 4:41.18

## 2003 USMS All-American Swimmers

A registered USMS swimmer with the fastest Top Ten time for the year in his or her age group and sex for an event is recognized by USMS as an All-American. Swimmers may achieve Individual All-American status for the fastest time in individual events or Relay All-American for the fastest time in relay events. Congratulations to the following PNA All-American Swimmers.

**INDIVIDUAL ALL-AMERICANS**

BARB GUNDRED	WOMEN 50-54 SCY	200 BACK	2:24.87
SALLY DILLON	WOMEN 55-59 SCY	1650 FREE	22:43.37
PINKY WALKER	WOMEN 60-64 SCY	50 BACK	36.74
MURIEL FLYNN	WOMEN 80-84 SCY	100 BREAST	2:01.00
	SCY	200 BREAST	4:23.47
	SCY	100 IM	2:01.26
	SCM	50 BREAST	1:02.54
	SCM	100 BREAST	2:19.21
	SCM	200 BREAST	5:02.96
JASON SPEER	MEN 19-24 SCM	200 FLY	1:02.54
SCOTT LAUTMAN	MEN 50-54 SCM	200 FLY	2:18.69
	LCM	200 FLY	2:26.04
HARVEY PROSSER	MEN 75-79 SCM	1500 FREE	27:15.38

**RELAY ALL-AMERICANS**

JO MOORE CHARLOTTE DAVIS DEBBIE GLASSMAN MARY LIPPOLD	Women 45+ SCY	200 Free Relay	1:46.54
SARAH WELCH PINKY WALKER ARNI LITT SALLY DILLON	Women 55+ SCY	200 Free Relay	2:08.55
PINKY WALKER ARNI LITT SARAH WELCH SALLY DILLON	Women 55+ SCY	200 Medley Relay	2:26.00

UNITED STATES MASTERS SWIMMING, INC.  
**2004 MEMBERSHIP APPLICATION**  
**Pacific Northwest Association of Masters Swimmers**

New Swimmer

Returning USMS Swimmer (Old Number \_\_\_\_\_)  
 if available)

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

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_  
Last First Initial Month Day Year  
 Address: \_\_\_\_\_ Age: \_\_\_\_\_ Male Female (circle one)  
Street or box number  
 \_\_\_\_\_ E-Mail: \_\_\_\_\_  
City State Zip+4

Telephone: (\_\_\_\_) \_\_\_\_\_

If you coach a Masters swim team check here   
 I am interested in serving on a PNA committee

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

**AND Team :**  \_\_\_\_\_  
 Unattached

**2004 Annual Fee:** Your fee includes a subscription to *The WetSet* and to *SWIM Magazine*

*Choose a membership level below*

Regular:	\$35	\$ _____
Need-based or Seniors (65 & over):	\$25	\$ _____
Partial year <b>after</b> Sept. 1, 2004:	\$20	\$ _____
Canadian:	\$40 (US dollars)	\$ _____

*Optional Donations:*

USMS Endowment Fund	(\$1 or \$ _____)	\$ _____
International Swimming Hall of Fame	(\$1 or \$ _____)	\$ _____

TOTAL \$ \_\_\_\_\_

Mail to: Arni H. Litt, Registrar  
 1920 10th Ave East  
 Seattle, WA 98102-4253

Make check payable to: **PNA**  
 Questions: (206) 323-4712, arni@qwest.net

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** \_\_\_\_\_

When the option becomes available, I would like to receive the PNA newsletter, *The WetSet*, by electronic mail (e-mail) or be informed by email that it is available on the PNA website **YES NO (Circle one)**

Please re-enter your email address. \_\_\_\_\_



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*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.

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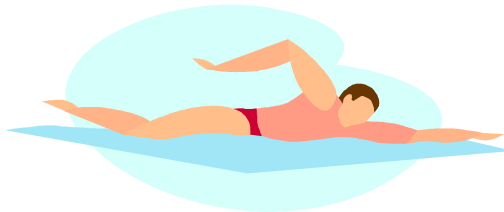
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