

# THE WET SET



VOLUME 20 • ISSUE 4

APRIL 2000

## Mercer Island Meet

# Fast Finishes—Fast, Short Meet

See page 6 for results

March 12, 2000—The 145 competitors at Mercer Island enjoyed a short sprint meet. With the longest race the 200 free, lots of emphasis was on finishing quickly.

Over 30 first-time competitors attended the meet. Sandy Laurence had started swimming to recover from running injuries. She "made every mistake in the book" on her first race, including just about missing the third turn in the 100 free. She also mistimed her breathing going into the wall. Still, Sandy did personal bests in the 50 free and 50 back. She was surprised at how supportive everyone was.

Chiho Min of Mercer Island swam her first meet well despite dislocating a shoulder in the 100 IM. Chiho has been swimming since the dislocation and is

bound to make a favorable impression on the 30-34 age group.

While not a first timer Helen Schuchart, who proudly claimed to be the oldest swimmer in this meet, impressed almost everyone. At 81, she continues to swim well and encourages her teammate Peggy Pomeroy, who is 70, to swim better. These two were joined by Manuel Chaus, a first-time competitor at age 74. All had very good senior swims.

Arnie Litt, a first-time swimming competitor from Green Lake Aqua Ducks, advised new swimmers, "Have fun. Finish the race. Find someone you know; it helps. And don't be shy."

The officiating crew was the most experienced group to officiate a meet in the PNA yet. The four officials each averaged about 15 years experience.

# LEADING OFF

By  
Lee Carlson

Let's take a different look at things this month. I call this changing our paradigm or viewing the world through another lens.

Recently we put on a sprint meet at Mercer Island. It was great fun for the participants and for those of us that put on the meet. Let's look at the meet through the eyes of different audiences: the swimmers, the meet hosts, the coaches, and the officials. Stay with me as we go through two of these groups.

### Swimmers

I still get a kick out of the phone calls the week before the meet. Typical is the call that says, "Hi, Lee, I am a first-time meet swimmer. Can you tell me what heat and lane I am in? I am so nervous that I can't stand it. Do I have to swim in the first heat if I don't know what my time is?" We all remember our first meet—we were nervous. We were also surprised that men and women are seeded together in a heat by time without regard to age or sex. We learned to put in accurate times or anticipated times so we swam in a competitive heat. We also learned to enjoy small private victories like swimming a personal best time or swimming a new event.

We had over 30 first-time swimmers at the Mercer Island meet. We appreciate their energy and enthusiasm.

Several swimmers registered for the meet on the day of the meet. While

(Continued on page 2)

## WELCOME TO THE FOLLOWING SWIMMERS WHO HAVE RECENTLY JOINED THE PNA!



KAREN ANDERSON, SAMUEL DAY, DAN FENTON, BETH GRAY, ALLISON HOWARD, TOM KING, ERIC KNAPP, GRETCHEN MCNABB, JOEL POLL, TODD SMALL, JOHN SOUTHARD, SANDY STANFORD, JAMES STEPHENS, KIRSTEN THOMASSEN, HEIN TRAN, SEAN VALLEY, SARA WETSTONE

### Inside

Results:	Page:
Mercer Island.....	6-10
Bellingham .....	12-14
USMS Top 10 SCM .....	16-17
USMS All Americans.....	11
Orcas Summer Meet Entry .....	15
Masters Calendar.....	5



# LEADING OFF

By  
Lee Carlson

(Continued from page 1)

we haven't adopted a formal PNA policy on this, we have given the latitude to the meet director. In the three meets so far this year, it has worked well. In the future, we may impose a slightly higher fee and close this same-day registration a half hour before the meet starts. I welcome your feedback or comments. Some new ideas being discussed are online registration and online results shortly after the meet.

We have been selling medals, caps, and t-shirts. You seem to appreciate this service.

## Meet Hosts

This is a different view or lens for most of you. The meet hosts submit a bid request to Hugh Moore, and the PNA Board approves it. The work begins about a month before the meet. Your individual entries are entered on the computer, which develops the heat sheets and is the database for the results. It's surprising how many entry times or team names are omitted. Remember, you need to submit entry times for the meet, and if you registered with a team such as Bainbridge Island or Samena Club, you must enter the team name.

Once the entries are completed, arrangements for timers, officials, computer entry, and announcer need to be secured. The PNA has watches and safety equipment (cones and safety marshal shirts). Items such as electronic timing and an announcing system may need to be rented.

Sue Dills, our registrar, submits a list of registered swimmers and updates it a day or so before the meet begins. Unfortunately, in our last meet three swimmers entered the meet but forgot to register for United States Masters Swimming (USMS), so we had to remove their names from the results. You must register for USMS as well as for the meet to be a legal entry.

The day of the meet the real work begins. My advice is to get your teammates to help. Setting up the pool, relocating tables, putting up heat sheets, and arranging the food and drinks for meet workers and the participants takes some advance planning. Once you have done this for a meet or two, it becomes much easier. The best rule of thumb is "the more hands the better".

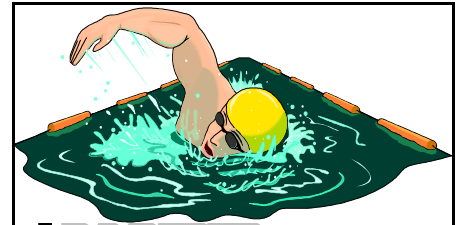
During the meet, extra hands make the difference between a smoothly running meet and just holding on. Claire Painter and Clark Pace from GLAD came to the meet and didn't swim but worked in the office. Steve and Kerry Sussex were the real meet directors of this meet. Steve did the entries and Kerry took photos and helped in the office. Volunteers who can answer questions from swimmers who need assistance really make a difference.

My teammates, Dave Tempest, Bill Schuback, Tom Robertson, Kristy Glaze, and Adair Dingle, all handled a number of jobs, and Adair swam as well. One of the best-kept secrets in Masters swimming is how hard it is to be in charge of or officiate a part of a meet and also swim. Many people do this and yet manage to have fun. These are the real core of volunteers who make the PNA work.

Once the races are swum, the meet results are entered and posted. Walt Reid takes these results home, reviews them for accuracy, records the final results, and sends them to the WetSet for publication.

So far, all of this is not rocket science. Your team could sponsor a meet and earn a little money for a social, equipment, or perhaps a team breakfast.

Next month we will continue with a perspective from the coaches and the officials.



## THE WET SET

Volume 20 • Issue 4  
April 2000

### Editor

Sandy McNeel (206) 324-0480  
2364 Fairview Ave E, #1  
Seattle, WA 98102  
E-mail: swim@troutlake.com

## PNA OFFICERS

### President

Lee Carlson (206) 232-3916  
2913 70th Ave SE  
Mercer Island WA 98040  
leedee@home.com

### Vice President

Carolyn Behse (425) 747-3889  
cbehse@yahoo.com

### Treasurer

Jeanne Ensign (206) 324-6768  
treasurer@usms.org

### Secretary

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

## Board Members at Large

Kathy Moore (253) 854-8715  
Kathy Casey (253) 588-4879

## PNA VOLUNTEERS

### Registrar

Suzanne Dills (206) 779-3654  
1101 N Northlake Way  
Seattle WA 98103

**Awards:** Sally Dillon

**Coaches:** Barb Gundred

**Computer Apps.:** Jim McCleery

**Constitution & By-Laws:** Jane Moore

**Fitness:** Carolyn Behse

**Historian:** Tom Foley

**Meets/Sanctions:** Hugh Moore

**Publicity:** Brad Palmer

**Records/Top Ten:** Walt Reid

**Officiating:** Jan Kavadas

**Open Water:** Sally Dillon

**Safety:** Kathy Casey

**Social:** Jett Vallandigham

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.



# HAPPY BIRTHDAY

TO THE FOLLOWING PNA SWIMMERS!

- |                          |                            |
|--------------------------|----------------------------|
| 04 15 CONNIE COBB        | 05 01 RENEE MARCEAU        |
| 04 15 TRISHA HICKS       | 05 01 JOHN LAFFEY          |
| 04 16 RICK SCHULTZ       | 05 02 ANNIE CAMPBELL       |
| 04 16 JILL DEVENPORT     | 05 03 JANE WHITE           |
| 04 16 ANNEKE PRIBIS      | 05 04 PAUL IKEDA           |
| 04 17 JAN BECKMAN        | 05 05 JENNIFER ADAMS       |
| 04 18 JULIE WILSON       | 05 05 ALISON SPENCER       |
| 04 18 HAROLD JOHANSON    | 05 05 JANE VITKUSKE        |
| 04 18 DAVID PARSONS      | 05 06 DEBORAH AMANDOLI     |
| 04 19 IAN THOMPSON       | 05 06 GUNNAR FORSMAN       |
| 04 20 SUZANNE DILLS      | 05 06 JOSEPH MICHALAK      |
| 04 20 LOIS MARQUART      | 05 07 PETER JACKSON        |
| 04 20 TERI CAMPBELL      | 05 07 ROBIN O'LEARY        |
| 04 22 MATTHEW BITTNER    | 05 08 MARY PATRICIA LAWLOR |
| 04 22 CAROLINE WHITLOCK  | 05 08 ROBERT MILLER        |
| 04 23 LOREN BAKER        | 05 09 LISA DAHL            |
| 04 25 KRISTY GLAZE       | 05 09 THOMAS HUGHES        |
| 04 25 KAREN WOLF         | 05 11 WILLIAM STERLING     |
| 04 25 R. DUNCAN MITCHELL | 05 11 STEVE CROCKER        |
| 04 25 BARBARA HARRINGTON | 05 11 LUIS SANTANA         |
| 04 25 KASIA PIERZGA      | 05 11 REGAN HAINES         |
| 04 25 WALLER TAYLOR      | 05 11 REBECCA MAYFIELD     |
| 04 26 ALLISON HOWARD     | 05 12 DAWN REEDER          |
| 04 26 KAY RAWLINGS       | 05 12 SUSAN HIGINBOTHAM    |
| 04 27 LINDA SULLIVAN     | 05 13 MARYAN BURKE         |
| 04 28 GEOFFREY ANDERSON  | 05 13 ARNI LITT            |
| 04 29 ROBERT KING        | 05 14 ALISON ELIASON       |
| 04 29 RICK STAFFORD      | 05 14 EVERETT CASSELL      |
| 04 30 MARK LIST          |                            |
| 04 30 CHARLOTTE DAVIS    |                            |
| 04 30 JUDY SWENSON       |                            |
| 04 30 JOY THOMPSON       |                            |
| 05 01 CAROLYN BEHSE      |                            |

## If You're Sick, Rest

Some exercise enthusiasts find it difficult to suspend their fitness activities even when they're sick with a cold, flu, sore throat, or fever. Give your body a break. The risks of exercising at this time outweigh the benefits.

A fever is a stress to the body. Some studies have shown that adding to that stress by exercising may prolong the illness. So let your body recover and repair itself before resuming exercise.

If you have a cold but not a temperature, you should still avoid exercise. Exercise increases blood circulation and by doing so, may spread the virus or bacteria responsible for your misery to areas it wouldn't ordinarily reach. Also, your lungs may not be working efficiently when you have a cold, so your exercise capacity drops.

A day or two of rest will do you more good than sticking to your workout schedule.

*A Year of Health Hints—365 Practical Ways to Feel Better and Live Longer © 1998 by Don R. Powell. American Institute for Preventive Medicine.*



### WORLD WIDE 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**  
 U.S. MASTERS SWIMMING  
 MASTERS SWIMMING CANADA  
 OREGON MASTERS  
 B.C. MASTERS  
 BELLINGHAM MASTERS  
 ORCA SWIM TEAM

[www.swimpna.org](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.compumart.ab.ca/masterssc/](http://www.compumart.ab.ca/masterssc/)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.island.net/~bpronkl](http://www.island.net/~bpronkl)  
[members.aol.com/Ariston844/bmsc.htm](http://members.aol.com/Ariston844/bmsc.htm)  
[www.teamseattle.org/orca](http://www.teamseattle.org/orca)

## What do the USMS coaches say? What drills do you use to help Masters develop a better backstroke start?

I hereby reveal the absolutely-by-far-the-best drill I have ever used for backstroke starts. I will not reveal that I dreamed this up one morning, as it may lead to a lawsuit. I had the swimmers move to the deeper end of the pool, where I explained to them that we were going to work on backstroke starts. I further explained that they would climb out, turn their backs to the pool, then back up to the edge of the pool, much like a diver does on a diving board. Then, they would squat down and do a back flip into the pool. Then, one swimmer said almost on cue, "OK, let's see you try it." So, I stepped to the edge, turned, squatted and FLIPPERINI! They were shocked. All this was planned on my part, so the wallet and keys had been removed and I had an extra set of clothes in tow. The entire group was so pumped that they hopped out and went for it. From there, we moved to the blocks where I found them with astronomically-improved backstroke starts. It was a sterling moment in my coaching career. One of the swimmers remarked afterwards, "Now that's coaching!"

*Scott Rabalais*  
*Crawfish Masters*

I don't have any drills per se to suggest, just do lots of practice starts with a 25 back and hard underwater fly kick. Sometimes cut back to short bursts of half a length dive-kick-swim. It is important that the swimmers take a few strokes once they surface so they practice dives to perfect the transition into swimming. The 25s or twelve 1/2s should be timed with the coach's stopwatch, viewed carefully and examined for technical improvement.

*Clay Evans*  
*Southern California Aquatic Masters*

The only drill I work on for backstroke starts is to teach the swimmers to "hop" up out of the water at the sound of the start. Their first movement should be pushing with their legs followed shortly thereafter with the upper body and arms unfolding and stretching out over the water. I prefer our swimmers to start with their butts close to their heels as opposed to many of the backstrokers who start with their knees relatively straight. I think this provides much better leg drive with faster reaction time.

*Paul Windrath*  
*Minnesota Masters Swim*

For swimmers who are strong and limber enough, I have them go to the nine-foot-deep area without any starting blocks and practice doing back starts off the wall. The idea is for the swimmers to swing their arms wide and watch their hands enter the water (changes a back splat into a back dive). The deep water ensures first-timers that they won't hit their heads on the bottom of the pool. A few of my swimmers are not strong enough to do a back start. Instead, we work on quick, underwater, streamlined push-offs, which work well in meets for these swimmers' level of competition.

*Priscilla Bettis*

I learned a cool drill from one of my former assistant coaches. Get the swimmer into the ready position, check to make sure the toes are legal! Take a pulling tube and hold it out over the water behind the swimmer, you can stand or lean on the block to facilitate this. Drop the tube; when the swimmer hears the tube hit the water, she starts. The object is to react quickly to the sound and to not touch the tube on her way into the water. Practicing this helps the swimmer get a clean entry by clearing the tube on the way in.

*Brian Stack*  
*Manatee Masters*

We have a hard time practicing starts, since we do not have permanent starting blocks at our regular swimming pools. However, when we have the blocks installed and have an opportunity to practice, I try to have the swimmers focus on:

- Getting into position and staying balanced and relaxed.
- The gun or horn for the start rather than trying to anticipate the time interval.
- Keeping the movement for the start smooth and continuous, something like letting your body unravel.
- Aiming for a spot a little bit farther out than you think you should be. This last one seems to work especially well for the backstroke start, since the swimmer cannot see the entry but must mentally picture it.

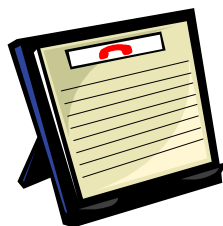
*Robert Zeitner*  
*Flying Carp Swimming*

I like to do squat jumps on deck. Starting in a tucked position with hands on the ground, spring straight up in the air, into a perfect streamline. While jumping, throw the arms out and up from the side of the body as if doing a "spread eagle." Avoid throwing the arms up in front of the body. Throwing the arms to the side during a backstroke start is a great way to avoid going too deep. Try doing these squat jumps as a group, with the coach giving start commands and watching for reaction time. When returning to the pool to try the backstroke start, remember to arch the back, throw the head back and look for the water. The swimmer should have a clean entry, similar to a properly executed front dive.

*Bill Volckening*  
*Tualatin Hills Barracudas*

*From the Coaches Committee Quarterly,  
Winter 2000*

**VISIT OUR WEBSITE AT  
WWW.SWIMPNA.ORG**



# MASTERS CALENDAR

OPEN WATER  
POSTAL SWIMS  
MEETS  
CLINICS

Events in Washington, Oregon, British Columbia, Idaho, and Alaska, plus USMS Championship events.  
PNA Events are listed in **BOLD**. All events subject to change.

**April 8 – 9, 2000**  
**PNA Championships (SCY)**  
**Federal Way WA**  
**King Co. Aquatic Ctr.**  
**[www.swimpna.org](http://www.swimpna.org)**

**April 9, 2000**  
**PNA Annual Membership Meeting**

**April 25, 2000**  
**PNA Board Meeting**  
**Federal Way Library**

April 27 – 30, 2000  
USMS Short Course Nationals (SCY)  
Indianapolis IN  
Indiana University Natatorium

April 28 – 30, 2000  
BC Masters Provincial Championships (LC)  
Richmond BC  
Cheryl Miniato (604) 946-1597

April 29-30, 2000  
Total Immersion Freestyle Clinic  
Seattle WA  
[www.totalimmersion.net/](http://www.totalimmersion.net/)

**May 15 – September 30, 2000**  
**USMS 5 & 10 K Postal Championship**  
**Jane Moore (253) 925-0803**  
**167 58th St NE**  
**Tacoma WA 98422-1517**  
**E-mail: [weswim@mindspring.com](mailto:weswim@mindspring.com)**

**May 23, 2000**  
**PNA Board Meeting**

**July 1, 2000**  
**Orca Summer Meet**  
**Seattle WA / Helene Madison Pool**  
**Jim Lasersohn (206) 325-8613**  
**E-mail: [orcaswimjim@aol.com](mailto:orcaswimjim@aol.com)**  
**See page 18**

July 15, 2000  
USMS Open Water National Championships—10K Swim  
Applegate Lake, Jacksonville OR  
Dan Gray (541) 944-0529  
8975 Hwy 66  
Ashland OR 97520  
E-mail: [oregonopenwater@usms.org](mailto:oregonopenwater@usms.org)

July 16, 2000  
Steve Omi 1 Mi Swim  
Coeur d'Alene ID / Lake Coeur d'Alene,  
Margaret Hair  
408 Vista Dr  
Coeur d'Alene ID 83815-8040  
(208) 667-3721(h), (208) 765-2086(w)  
E-mail: [ramgolf@gocougs.wsu.edu](mailto:ramgolf@gocougs.wsu.edu)

July 27 - August 9, 2000  
FINA Masters World Championships  
Munich, Germany (LCM)  
USMS National Office, PO Box 185,  
Londonderry, NH 03053-0185  
(603) 537-0203  
E-mail: [usms@usms.org](mailto:usms@usms.org)  
Send \$3 to USMS National Office to  
cover costs for entry packet  
[www.munich-2000.de](http://www.munich-2000.de)

July 29 - 30, 2000  
LCM Zone Champs  
Gresham OR  
David Radcliffe (503) 648-7141  
E-mail: [therads@home.com](mailto:therads@home.com)

August 17 - 20, 2000  
2000 USMS LC Nationals (LCM)  
Baltimore MD  
Barbara Protzman (410) 788-2964,  
(410) 992-3760, (410) 992-3772  
E-mail: [swimbarb@hotmail.com](mailto:swimbarb@hotmail.com)

August 19, 2000  
1/2 & 1 Mi Emerald City Open Water  
Swim Seattle WA  
Kristen Schuler (206) 684-4728  
500 23rd Ave  
Seattle WA 98122  
E-mail: [kristen.schuler@ci.seattle.wa.us](mailto:kristen.schuler@ci.seattle.wa.us)

August 19, 2000  
Long Bridge Swim  
Sandpoint ID  
Eric Ridgway (208) 265-5412  
2023 Sandpoint West Dr  
Sandpoint ID 83864  
E-mail: (206) 684-4728  
[www.sandpoint.org/longbridgeswim/](http://www.sandpoint.org/longbridgeswim/)

September 10, 2000  
Escape from the Rock Triathlon  
.5 mile swim, 11 mile bike, 2.5 mile run  
Mercer Island WA / Luther Burbank  
Park  
[www.envirosports.com](http://www.envirosports.com)

For further information on Masters events, call or mail the point of contact, the WetSet editor, or any of the following newsletter editors...

**Pacific Northwest**  
The Editorial Board  
2913 70th Ave SE  
Mercer Island, WA 98040  
[thewetset@yahoo.com](mailto:thewetset@yahoo.com)

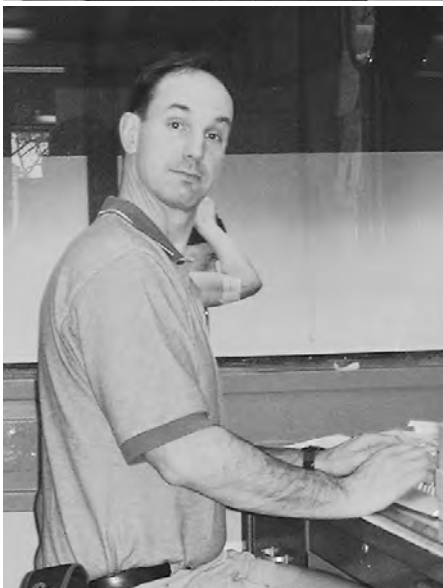
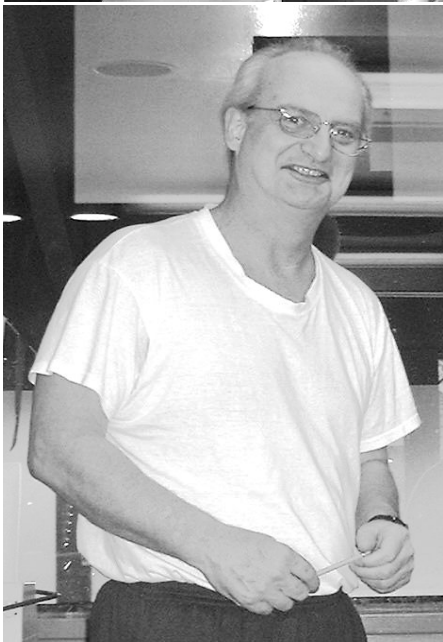
**British Columbia**  
Vanda Stocks  
PO Box 149 Stn Main  
Duncan BC V9L 3X1  
(250) 748-4628  
[vstocks@mail.island.net](mailto:vstocks@mail.island.net)

**Oregon**  
Dave Radcliff (Northwest Zone Representative)  
5832 SE Woll Pond Wy  
Hillsboro OR 97123  
(503) 648-7141  
[therads@home.com](mailto:therads@home.com)

**Inland Northwest**  
Doug Garcia  
P.O. Box 145  
Albion WA 99102  
(509) 332-1621  
[dougarcia@usms.org](mailto:dougarcia@usms.org)

**Snake River**  
Rick Davis  
1050 W State St  
Boise ID 83702  
(208) 387-0306  
[ricdavis@micron.net](mailto:ricdavis@micron.net)

**Alaska**  
Janet Rumble  
P.O. Box 33336  
Juneau AK 99803  
(907) 364-3106  
[jandean@alaska.net](mailto:jandean@alaska.net)



*Volunteers:  
Kerry Sussex and Mike Schaeffer.  
Clark Pace.  
Steve Preston, the computer operator.*

## Mercer Island Results

Short Course Yards March 12, 2000  
P = PNA Record  
Z = Northwest Zone Record

### WOMEN 25-29

<b>50 YD. FREE</b>			
AMY WOLFE	29 NH		31.90
<b>50 YD. BACK</b>			
AMY WOLFE	29 NH		36.57
<b>100 YD. I.M.</b>			
AMY WOLFE	29 NH		1:24.26

### WOMEN 30-34

<b>50 YD. FREE</b>			
T.SEUBERT-MIRANDA	31 SDSM		25.98
KELLY WELCH	34 NH		28.59
VALERIE GOULTER	31 NH		29.34
CHIHO MIN	33 UNAT		30.89
KATHY MOORE	32 UNAT		31.96
RENEE MARCEAU	31 VAC		33.49
STACIE SINGLETON	33 YNAU		39.10
<b>100 YD. FREE</b>			
T.SEUBERT-MIRANDA	31 SDSM		57.34
VALERIE GOULTER	31 NH		1:03.10
<b>200 YD. FREE</b>			
T.SEUBERT-MIRANDA	31 SDSM		2:05.35
KAREN LEAHY	31 FWM		2:08.11
<b>50 YD. BACK</b>			
KAREN LEAHY	31 FWM		32.88
CHIHO MIN	33 UNAT		36.33
KATHY MOORE	32 UNAT		40.03
<b>50 YD. BRST</b>			
CHIHO MIN	33 UNAT		38.35
RENEE MARCEAU	31 VAC		39.57
KATHY MOORE	32 UNAT		46.74
<b>100 YD. BRST</b>			
KAREN LEAHY	31 FWM		1:21.09
<b>50 YD. FLY</b>			
T.SEUBERT-MIRANDA	31 SDSM		28.76
KELLY WELCH	34 NH		30.74
VALERIE GOULTER	31 NH		33.99
STACIE SINGLETON	33 YNAU		47.11
<b>100 YD. I.M.</b>			
STACIE SINGLETON	33 YNAU		1:48.05

### WOMEN 35-39

<b>50 YD. FREE</b>			
LISA WILSON	38 GLAD		26.99
ALISON ELIASON	35 MIR		29.51
LAURA ROOKSTOOL	38 NWM		31.14
SUZANNE WAY	36 LFF		32.40
CATHERINE MC COY	36 YNAU		32.59
JANE ANDERSON	37 GLAD		32.81
KRISTI THORSEN	39 UNAT		37.52
J CHRISTOPHERSON	36 BAM		38.53
<b>100 YD. FREE</b>			
LISA WILSON	38 GLAD		59.59
ALISON ELIASON	35 MIR		1:07.31
K THOMASSEN	39 BAM		1:08.32
CYNTHIA HIRST	37 SAM		1:09.29
WENDY HOFFMAN	37 GLAD		1:11.24
MARCIA SMITH	39 LFF		1:12.47
SUZANNE WAY	36 LFF		1:12.66
LAURA ROOKSTOOL	38 NWM		1:14.10
CATHERINE MC COY	36 YNAU		1:14.37
KYMMBERLY MYRICK	36 BAM		1:14.83
CAROLINE PRATHER	37 SYMC		1:17.66
J CHRISTOPHERSON	36 BAM		1:24.76

<b>200 YD. FREE</b>			
CYNTHIA HIRST	37 SAM		2:34.21
JAMIE WHITNEY	35 BAM		2:40.20
SUZANNE WAY	36 LFF		2:45.60
CAROLINE PRATHER	37 SYMC		2:52.63
<b>50 YD. BACK</b>			
LISA WILSON	38 GLAD		32.53
ALISON ELIASON	35 MIR		38.55
KYMMBERLY MYRICK	36 BAM		39.75
<b>100 YD. BACK</b>			
K THOMASSEN	39 BAM		1:25.54
WENDY HOFFMAN	37 GLAD		1:26.77
KYMMBERLY MYRICK	36 BAM		1:27.00
<b>50 YD. BRST</b>			
A TERHAAR	38 ISS		37.89
JAMIE WHITNEY	35 BAM		38.46
SUZIE NESS	38 ORCA		41.78
J CHRISTOPHERSON	36 BAM		44.99
JANE ANDERSON	37 GLAD		45.08
<b>100 YD. BRST</b>			
JAMIE WHITNEY	35 BAM		1:24.61
WENDY HOFFMAN	37 GLAD		1:30.08
J CHRISTOPHERSON	36 BAM		1:35.29
<b>50 YD. FLY</b>			
LISA WILSON	38 GLAD		30.98
CYNTHIA HIRST	37 SAM		33.71
ALISON ELIASON	35 MIR		36.14
SUZIE NESS	38 ORCA		36.75
MARCIA SMITH	39 LFF		36.96
K THOMASSEN	39 BAM		37.50
JANE ANDERSON	37 GLAD		40.78
<b>100 YD. FLY</b>			
CYNTHIA HIRST	37 SAM		1:20.42
SUZIE NESS	38 ORCA		1:21.12
MARCIA SMITH	39 LFF		1:26.08
JAMIE WHITNEY	35 BAM		1:26.66
WENDY HOFFMAN	37 GLAD		1:26.70
<b>100 YD. I.M.</b>			
LISA WILSON	38 GLAD		1:06.96
CYNTHIA HIRST	37 SAM		1:20.06
WENDY HOFFMAN	37 GLAD		1:21.85
MARCIA SMITH	39 LFF		1:24.59
K THOMASSEN	39 BAM		1:24.65
CATHERINE MC COY	36 YNAU		1:26.32
JANE ANDERSON	37 GLAD		1:26.91
CAROLINE PRATHER	37 SYMC		1:28.69

### WOMEN 40-44

<b>50 YD. FREE</b>			
MARY LIPPOLD	44 GLAD		27.24
SUSAN CARLETON	40 VAC		29.60
SANDY LAURENCE	43 GCM		33.01
SHEILA MOORE	41 GLAD		33.65
<b>100 YD. FREE</b>			
SUSAN CARLETON	40 VAC		1:05.75
ADAIR DINGLE	40 MIR		1:07.31
SHEILA MOORE	41 GLAD		1:13.46
LANI DOELY	44 GLAD		1:15.85
SANDY LAURENCE	43 GCM		1:20.13
<b>200 YD. FREE</b>			
MARY LIPPOLD	44 GLAD		2:13.20
NICOLE BAUER	42 MIR		2:30.74
<b>50 YD. BACK</b>			
PHOEBE TERHAAR	42 ISS		38.14
SANDY LAURENCE	43 GCM		44.51
<b>100 YD. BACK</b>			
LANI DOELY	44 GLAD		1:36.16
<b>100 YD. BRST</b>			
ADAIR DINGLE	40 MIR		1:24.19
LANI DOELY	44 GLAD		1:30.40
<b>50 YD. FLY</b>			
MARY LIPPOLD	44 GLAD		30.10

SUSAN CARLETON	40 VAC	32.37
<b>100 YD. FLY</b>		
MARY LIPPOLD	44 GLAD	1:07.42
ADAIR DINGLE	40 MIR	1:11.62
LANI DOELY	44 GLAD	1:25.25
<b>100 YD. I.M.</b>		
SUSAN CARLETON	40 VAC	1:16.74
LANI DOELY	44 GLAD	1:24.01
SHEILA MOORE	41 GLAD	1:27.99

**WOMEN 45-49**

<b>50 YD. FREE</b>		
CORAL BERNIER	45 NYG	31.56
EILEEN COLLOPY	45 BC	31.65
ELIZABETH SCOTT	48 YNAU	32.20
SHEILA MC CUE	47 IM	32.78
LOREN MCEWAN	46 BAM	36.26
JANE MOORE	49 FWM	37.91
SANDY MCNEEL	47 GLAD	39.02
MARY STEWART	47 IM	45.38

<b>100 YD. FREE</b>		
DEBBIE GLASSMAN	46 GLAD	1:02.31
EILEEN COLLOPY	45 BC	1:08.56
SHEILA MC CUE	47 IM	1:11.19
LOREN MCEWAN	46 BAM	1:19.64
SANDY MCNEEL	47 GLAD	1:26.39

<b>200 YD. FREE</b>		
DEBBIE GLASSMAN	46 GLAD	2:20.25
CORAL BERNIER	45 NYG	2:33.52
JANE MOORE	49 FWM	3:14.56

<b>50 YD. BACK</b>		
EILEEN COLLOPY	45 BC	39.62
ELIZABETH SCOTT	48 YNAU	39.67
JANE MOORE	49 FWM	48.88
SANDY MCNEEL	47 GLAD	53.20

<b>100 YD. BACK</b>		
EILEEN COLLOPY	45 BC	1:22.91
ELIZABETH SCOTT	48 YNAU	1:27.38

<b>50 YD. FLY</b>		
DEBBIE GLASSMAN	46 GLAD	29.63
CORAL BERNIER	45 NYG	33.59
SANDY MCNEEL	47 GLAD	52.77

<b>100 YD. FLY</b>		
CORAL BERNIER	45 NYG	1:20.04

<b>100 YD. I.M.</b>		
DEBBIE GLASSMAN	46 GLAD	1:12.92
CORAL BERNIER	45 NYG	1:20.39

**WOMEN 50-54**

<b>50 YD. FREE</b>		
SUSAN AMOTT	51 GCM	34.36
ARNI LITT	53 GLAD	41.12

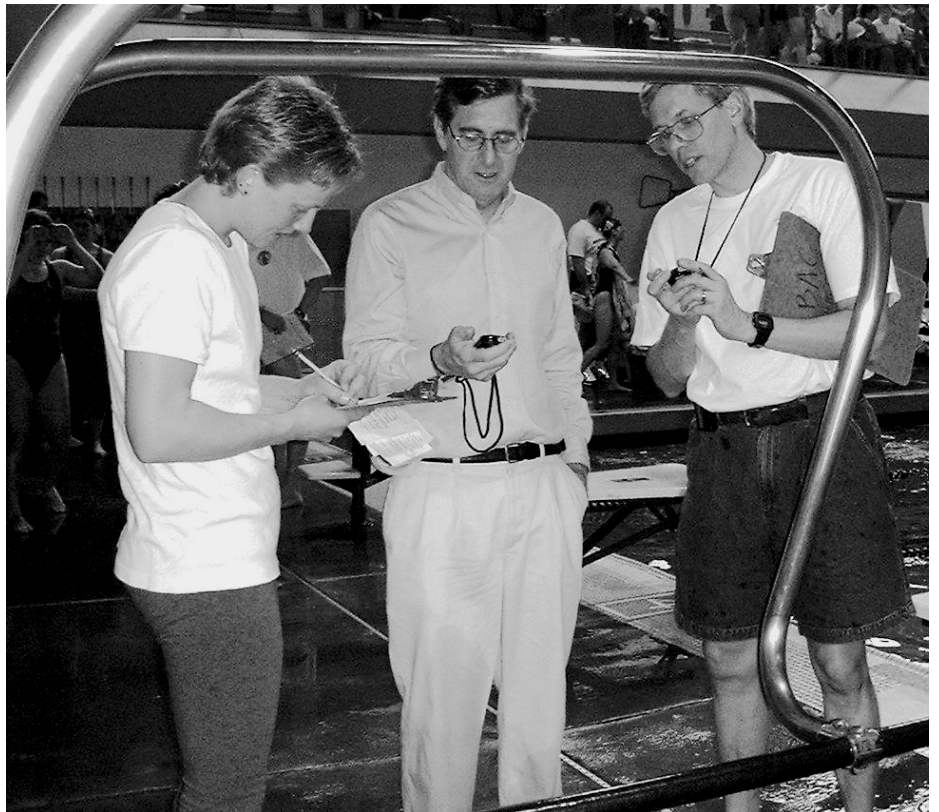
<b>100 YD. FREE</b>		
KATHRINE CASEY	51 FS	1:04.52
SALLY DILLON	53 NWM	1:08.42
SARAH WELCH	53 SS	1:12.98
DEMPSEY DYBDAHL	51 FWM	1:19.30
JETT VALLANDIGHAM	53 FS	1:36.03

<b>200 YD. FREE</b>		
SALLY DILLON	53 NWM	2:29.60
JEANNE ENSIGN	53 GLAD	3:01.81
JETT VALLANDIGHAM	53 FS	3:35.67

<b>50 YD. BACK</b>		
ARNI LITT	53 GLAD	53.18

<b>50 YD. BRST</b>		
KATHRINE CASEY	51 FS	38.57
JETT VALLANDIGHAM	53 FS	46.19
SUSAN AMOTT	51 GCM	47.20

<b>100 YD. BRST</b>		
KATHRINE CASEY	51 FS	1:25.24
SALLY DILLON	53 NWM	1:26.11



Claire Painter, Bill Schuback, and Dave Tempest recording times

JETT VALLANDIGHAM	53 FS	1:43.77
KATE SUTHERLAND	51 IM	1:44.06

<b>50 YD. FLY</b>		
SARAH WELCH	53 SS	36.10
SUSAN AMOTT	51 GCM	36.98

<b>100 YD. FLY</b>		
SARAH WELCH	53 SS	1:25.82
DEMPSEY DYBDAHL	51 FWM	1:35.84

<b>100 YD. I.M.</b>		
KATHRINE CASEY	51 FS	1:16.94
SALLY DILLON	53 NWM	1:21.13
SARAH WELCH	53 SS	1:25.81
DEMPSEY DYBDAHL	51 FWM	1:28.22
SUSAN AMOTT	51 GCM	1:35.26
ARNI LITT	53 GLAD	1:46.87

**WOMEN 55-59**

<b>50 YD. FREE</b>		
CAROLYN BEHSE	56 BC	37.70

<b>50 YD. BRST</b>		
CAROLYN BEHSE	56 BC	45.66

<b>50 YD. FLY</b>		
CAROLYN BEHSE	56 BC	44.55

<b>100 YD. FLY</b>		
CAROLYN BEHSE	56 BC	1:38.24

<b>100 YD. I.M.</b>		
CAROLYN BEHSE	56 BC	1:35.70

**WOMEN 60-64**

<b>50 YD. FREE</b>		
PEG CLOUTIER	64 UNAT	42.31

<b>100 YD. FREE</b>		
PEG CLOUTIER	64 UNAT	1:36.91

**WOMEN 65-69**

<b>200 YD. FREE</b>		
JANET KAVADAS	68 GLAD	4:15.62

<b>100 YD. BACK</b>		
JANET KAVADAS	68 GLAD	2:13.77

**WOMEN 70-74**

<b>100 YD. FREE</b>		
PEGGY POMEROY	70 MIR	2:06.56

<b>100 YD. BRST</b>		
PEGGY POMEROY	70 MIR	2:35.77

<b>100 YD. I.M.</b>		
PEGGY POMEROY	70 MIR	2:24.78

**WOMEN 80-84**

<b>50 YD. FREE</b>		
HELEN SCHUCHART	81 MIR	1:03.97

<b>50 YD. BACK</b>		
HELEN SCHUCHART	81 MIR	1:20.00

<b>50 YD. BRST</b>		
HELEN SCHUCHART	81 MIR	1:34.81

<b>100 YD. BRST</b>		
HELEN SCHUCHART	81 MIR	3:34.50

**MEN 19-24**

<b>50 YD. FREE</b>		
KYLE HEATON	20 UWHM	24.74

<b>100 YD. FREE</b>		
KYLE HEATON	20 UWHM	51.12
MARK WILLIAMSON	23 UNAT	52.21

<b>200 YD. FREE</b>		
KYLE HEATON	20 UWHM	1:54.83
MARK WILLIAMSON	23 UNAT	1:59.11

<b>100 YD. BACK</b>		
KYLE HEATON	20 UWHM	57.46

<b>50 YD. BRST</b>		
MARK WILLIAMSON	23 UNAT	29.38

<b>100 YD. BRST</b>		
MARK WILLIAMSON	23 UNAT	1:04.99



Bainbridge Area Masters



Green Lake Aqua Ducks relay team: Wendy Hoffman, Mike Schaeffer, Lani Doely, Aaron Brown

<b>100 YD. BRST</b>		
TODD SMALL	32 UNAT	1:15.02
KERRY NESS	30 SYMC	1:24.28
<b>50 YD. FLY</b>		
TODD SMALL	32 UNAT	27.61
TIM WELCH	30 ORCA	30.92
<b>100 YD. FLY</b>		
TIM WELCH	30 ORCA	1:09.55
<b>100 YD. I.M.</b>		
TROY HUSBAND	30 SYMC	1:05.00
SEAN VALLEY	30 BEST	1:09.16
KERRY NESS	30 SYMC	1:16.56

**MEN 35-39**

<b>50 YD. FREE</b>		
MATT LIND	36 ORCA	25.42
ERIC DYBDAHL	39 FWM	27.26
MIKE JONES	39 MIR	29.41
SELBY RADABAH	36 LFF	30.27
AARON BROWN	38 GLAD	35.88
<b>100 YD. FREE</b>		
JACK STAVROS	39 GLAD	53.16
DALE WATANABE	39 UNAT	54.60
MICHAEL YOUNG	37 UNAT	54.72
ERIC KNAPP	36 UNAT	54.78
GREGORY MARTIN	39 VAC	56.98
ERIC DYBDAHL	39 FWM	57.65
ERIC TWEIT	37 ORCA	1:02.84
AARON BROWN	38 GLAD	1:23.44
<b>200 YD. FREE</b>		
JACK STAVROS	39 GLAD	1:57.80
ERIC KNAPP	36 UNAT	2:00.16
MICHAEL YOUNG	37 UNAT	2:02.91
MIKE JONES	39 MIR	2:04.56
GREGORY MARTIN	39 VAC	2:06.21
ERIC DYBDAHL	39 FWM	2:10.88
ERIC TWEIT	37 ORCA	2:19.73
<b>50 YD. BACK</b>		
MATT LIND	36 ORCA	29.41
JIM LASERSOHN	35 ORCA	33.51
<b>100 YD. BACK</b>		
MATT LIND	36 ORCA	1:04.83
ERIC DYBDAHL	39 FWM	1:08.95
<b>50 YD. BRST</b>		
MICHAEL YOUNG	37 UNAT	31.57
AARON BROWN	38 GLAD	52.15
<b>100 YD. BRST</b>		
MICHAEL YOUNG	37 UNAT	1:07.63
GREGORY MARTIN	39 VAC	1:10.51
JACK STAVROS	39 GLAD	1:13.13
JIM LASERSOHN	35 ORCA	1:13.81

<b>50 YD. FLY</b>		
CHRIS BOENSEL	36 GLAD	27.41
DALE WATANABE	39 UNAT	27.59
MATT LIND	36 ORCA	28.58
ERIC KNAPP	36 UNAT	28.70
<b>100 YD. FLY</b>		
MIKE JONES	39 MIR	59.83
CHRIS BOENSEL	36 GLAD	1:00.03
DALE WATANABE	39 UNAT	1:05.86
ERIC DYBDAHL	39 FWM	1:07.19
<b>100 YD. I.M.</b>		
GREGORY MARTIN	39 VAC	1:03.41
DALE WATANABE	39 UNAT	1:03.50
MATT LIND	36 ORCA	1:05.31
SELBY RADABAH	36 LFF	1:19.50

**MEN 40-44**

<b>50 YD. FREE</b>		
RALPH BUSCH	43 JAM	23.91
TIM MARKUS	41 YNAU	25.94

<b>100 YD. I.M.</b>		
MARK WILLIAMSON	23 UNAT	59.85

**MEN 25-29**

<b>50 YD. FREE</b>		
SCOTT KELLEY	26 NH	24.91
<b>100 YD. FREE</b>		
SCOTT KELLEY	26 NH	55.07
<b>100 YD. BACK</b>		
SCOTT KELLEY	26 NH	1:01.98
JOE DENTON	28 ORCA	1:05.48
<b>100 YD. BRST</b>		
JOE DENTON	28 ORCA	1:11.38
<b>50 YD. FLY</b>		
JOE GROSS	29 WAVE	24.81
SCOTT KELLEY	26 NH	27.56
<b>100 YD. FLY</b>		
JOE GROSS	29 WAVE	56.33
JOE DENTON	28 ORCA	1:02.85
<b>100 YD. I.M.</b>		
JOE GROSS	29 WAVE	58.25

**MEN 30-34**

<b>50 YD. FREE</b>		
TODD SMALL	32 UNAT	24.82
SEAN VALLEY	30 BEST	26.47
KERRY NESS	30 SYMC	29.55
TROY HUSBAND	30 SYMC	35.69
<b>100 YD. FREE</b>		
TODD SMALL	32 UNAT	54.83
TROY HUSBAND	30 SYMC	57.20
MARK ROWE	30 JAMS	58.97
SEAN VALLEY	30 BEST	59.06
<b>200 YD. FREE</b>		
SEAN VALLEY	30 BEST	2:15.73
TIM WELCH	30 ORCA	2:27.87
<b>50 YD. BACK</b>		
TODD SMALL	32 UNAT	32.88
<b>100 YD. BACK</b>		
TIM WELCH	30 ORCA	1:14.49
<b>50 YD. BRST</b>		
KERRY NESS	30 SYMC	37.00



SCOTT LORENZEN	41 WAC	26.10
TODD KOWALSKI	41 BAM	27.16
KEN SIMONS	44 MIR	27.57
PAUL IKEDA	40 UNAT	28.27
RON OREN	40 LFF	28.90
LANCE CALISCH	44 YNAU	29.42
MATTHEWD BITTNER	40 UNAT	30.14
HEIN TRAN	43 LM	32.00
THOMAS JOWETT	41 FWM	32.52

**100 YD. FREE**

SCOTT LORENZEN	41 WAC	57.56
TODD KOWALSKI	41 BAM	57.63
RON OREN	40 LFF	1:03.71
HEIN TRAN	43 LM	1:12.90

**200 YD. FREE**

STEVE SUSSEX	44 GLAD	2:11.79
TODD KOWALSKI	41 BAM	2:11.92
TIM MARKUS	41 YNAU	2:12.39
MIKE SCHAEFFER	43 GLAD	2:12.41

**50 YD. BACK**

TIM MARKUS	41 YNAU	32.24
KEN SIMONS	44 MIR	36.14
THOMAS JOWETT	41 FWM	39.32

**50 YD. BRST**

SCOTT ENGELHARD	43 VAC	36.75
KEN SIMONS	44 MIR	38.10
MATTHEWD BITTNER	40 UNAT	39.75
THOMAS JOWETT	41 FWM	41.23

**100 YD. BRST**

RALPH BUSCH	43 JAM	1:10.01
SCOTT ENGELHARD	43 VAC	1:23.47

**50 YD. FLY**

MIKE SCHAEFFER	43 GLAD	29.41
LANCE CALISCH	44 YNAU	33.59
KEN SIMONS	44 MIR	36.02
THOMAS JOWETT	41 FWM	38.23

**100 YD. FLY**

MIKE SCHAEFFER	43 GLAD	1:12.51
PAUL IKEDA	40 UNAT	1:15.77
LANCE CALISCH	44 YNAU	1:17.36

**100 YD. I.M.**

SCOTT LORENZEN	41 WAC	1:07.42
TIM MARKUS	41 YNAU	1:07.68
TODD KOWALSKI	41 BAM	1:13.45
PAUL IKEDA	40 UNAT	1:14.57
LANCE CALISCH	44 YNAU	1:17.20
SCOTT ENGELHARD	43 VAC	1:17.66
RON OREN	40 LFF	1:19.32
THOMAS JOWETT	41 FWM	1:22.38

**MEN 45-49**

**50 YD. FREE**

RON JACOBS	48 GLAD	24.28
ERIK SWENSON	47 MIR	28.01
DAVID STERN	49 BAM	29.43
CHIP WATERBURY	45 UNAT	33.49

**100 YD. FREE**

RON JACOBS	48 GLAD	54.03
LOREN BAKER	45 BEST	59.06
ERIK SWENSON	47 MIR	1:00.53
CHIP WATERBURY	45 UNAT	1:15.83

**200 YD. FREE**

RON JACOBS	48 GLAD	2:03.68
ERIK SWENSON	47 MIR	2:23.61
HUGH MOORE	45 FWM	2:28.22

**50 YD. BACK**

RON JACOBS	48 GLAD	29.68
DAVID STERN	49 BAM	31.87
DAVID BAER	47 UNAT	36.55

**100 YD. BACK**

RON JACOBS	48 GLAD	1:04.27
DAVID STERN	49 BAM	1:09.41

**50 YD. BRST**

CHRIS LAUTMAN	45 JAM	P 30.24
BILL KRIEGER	45 SYMC	31.10
DAVID BAER	47 UNAT	33.87
ERIK SWENSON	47 MIR	35.27
CHIP WATERBURY	45 UNAT	45.61

**100 YD. BRST**

BILL KRIEGER	45 SYMC	1:07.70
CHRIS LAUTMAN	45 JAM	1:09.34
LOREN BAKER	45 BEST	1:11.71
ERIK SWENSON	47 MIR	1:15.44
DAVID BAER	47 UNAT	1:15.53
CHIP WATERBURY	45 UNAT	1:37.09

**50 YD. FLY**

HUGH MOORE	45 FWM	29.24
------------	--------	-------

**100 YD. FLY**

HUGH MOORE	45 FWM	1:04.93
------------	--------	---------

**100 YD. I.M.**

LOREN BAKER	45 BEST	1:04.41
BILL KRIEGER	45 SYMC	1:04.66
HUGH MOORE	45 FWM	1:10.31
DAVID BAER	47 UNAT	1:12.05

**MEN 50-54**

**50 YD. FREE**

STEVEN PETERSON	53 OOPS	28.38
GENE REESE	51 LFF	30.73

**200 YD. FREE**

STEVEN PETERSON	53 OOPS	2:18.75
-----------------	---------	---------

**50 YD. BACK**

STEVEN PETERSON	53 OOPS	36.80
THOMAS WALKER	53 UNAT	42.49

**100 YD. BACK**

THOMAS WALKER	53 UNAT	1:32.99
---------------	---------	---------

**50 YD. BRST**

STEVEN PETERSON	53 OOPS	33.63
GENE REESE	51 LFF	37.26
THOMAS WALKER	53 UNAT	42.36

**100 YD. BRST**

GENE REESE	51 LFF	1:26.88
THOMAS WALKER	53 UNAT	1:33.13

**50 YD. FLY**

STEVEN PETERSON	53 OOPS	31.65
-----------------	---------	-------

**100 YD. I.M.**

THOMAS WALKER	53 UNAT	1:27.33
---------------	---------	---------

**MEN 55-59**

**50 YD. FREE**

MICHAEL MCKINLAY	56 BEST	29.04
------------------	---------	-------

**100 YD. FREE**

TOM ROBERTSON	58 MIR	1:07.03
---------------	--------	---------

**200 YD. FREE**

TOM ROBERTSON	58 MIR	2:31.56
---------------	--------	---------

**50 YD. BACK**

MICHAEL MCKINLAY	56 BEST	31.30
WALT REID	59 FS	35.16
LEE CARLSON	59 MIR	36.59

**100 YD. BACK**

MICHAEL MCKINLAY	56 BEST	1:15.55
LEE CARLSON	59 MIR	1:23.25

**50 YD. BRST**

WALT REID	59 FS	35.79
-----------	-------	-------

**100 YD. BRST**

WALT REID	59 FS	1:21.81
-----------	-------	---------

**50 YD. FLY**

MICHAEL MCKINLAY	56 BEST	31.45
------------------	---------	-------

**100 YD. I.M.**

MICHAEL MCKINLAY	56 BEST	1:11.86
TOM ROBERTSON	58 MIR	1:18.06

**MEN 60-64**

**50 YD. FREE**

GARY CHASE	60 UNAT	27.75
------------	---------	-------

**100 YD. FREE**

HAROLD TAUSCHER	62 BMSC	1:18.98
-----------------	---------	---------

**200 YD. FREE**

JOHN THOMAS	64 NH	3:34.02
-------------	-------	---------

**50 YD. BACK**

GARY CHASE	60 UNAT	Z 30.67
------------	---------	---------

**100 YD. BACK**

GARY CHASE	60 UNAT	Z 1:06.79
------------	---------	-----------

**50 YD. BRST**

HAROLD TAUSCHER	62 BMSC	36.37
-----------------	---------	-------

**100 YD. BRST**

HAROLD TAUSCHER	62 BMSC	1:24.73
JOHN THOMAS	64 NH	1:50.06

**50 YD. FLY**

GARY CHASE	60 UNAT	P 30.47
------------	---------	---------

**100 YD. I.M.**

GARY CHASE	60 UNAT	1:10.31
HAROLD TAUSCHER	62 BMSC	1:22.86
JOHN THOMAS	64 NH	1:47.60

**MEN 65-69**

**50 YD. FREE**

DAVID ADDLEMAN	65 FWM	29.01
BOB DORSE	68 TIG	30.59
HERB LARSON	69 UNAT	49.41
JOSEPH MICHEL	65 ODY	55.37

**100 YD. FREE**

BOB DORSE	68 TIG	1:10.95
DON REHFELDT	65 UNAT	1:21.14
JACK AKAMINE	67 BEST	1:23.02
JOSEPH MICHEL	65 ODY	2:12.07

**200 YD. FREE**

DON REHFELDT	65 UNAT	3:05.32
HERB LARSON	69 UNAT	4:45.45
JOSEPH MICHEL	65 ODY	4:58.56

**50 YD. BACK**

DAVID ADDLEMAN	65 FWM	37.30
JACK AKAMINE	67 BEST	48.66
HERB LARSON	69 UNAT	1:04.32

**100 YD. BACK**

TOM FOLEY	65 TIG	1:44.79
-----------	--------	---------

**50 YD. BRST**

DON REHFELDT	65 UNAT	42.68
JACK AKAMINE	67 BEST	47.71

**100 YD. BRST**

DON REHFELDT	65 UNAT	1:33.98
TOM FOLEY	65 TIG	1:44.12

**50 YD. FLY**

DAVID ADDLEMAN	65 FWM	34.35
JACK AKAMINE	67 BEST	43.24

**100 YD. FLY**

TOM FOLEY	65 TIG	1:56.58
-----------	--------	---------

**100 YD. I.M.**

DAVID ADDLEMAN	65 FWM	1:20.21
BOB DORSE	68 TIG	1:25.67
DON REHFELDT	65 UNAT	1:36.05



Jamie Whitney, Bainbridge Area Masters

JACK AKAMINE	67 BEST	1:39.14
TOM FOLEY	65 TIG	1:41.27

**MEN 70-74**

<b>50 YD. FREE</b>		
MANUEL CHAUS	74 BEST	1:01.19
<b>50 YD. BACK</b>		
MANUEL CHAUS	74 BEST	1:09.95
<b>50 YD. BRST</b>		
MANUEL CHAUS	74 BEST	1:14.77
<b>50 YD. FLY</b>		
MANUEL CHAUS	74 BEST	2:03.13

**RELAYS-WOMEN 200 YD. FREE**

<b>35 +</b>		
K THOMASSEN	39 BAM	2:09.38
LOREN MCEWAN	46	
KYMMBERLY MYRICK	36	
JAMIE WHITNEY	35	
SANDY MCNEEL	47 GLAD	2:15.99
LANI DOELY	44	
WENDY HOFFMAN	37	
DEBBIE GLASSMAN	46	
KRISTI THORSEN	39 IM	2:35.08
MARY STEWART	47	
KATE SUTHERLAND	51	
SHEILA MC CUE	47	
ADAIR DINGLE	40 MIR	3:00.52
PEGGY POMEROY	70	
HELEN SCHUCHART	81	
ALISON ELIASON	35	

**RELAYS-WOMEN 200 YD. MEDLEY**

<b>35 +</b>		
KYMMBERLY MYRICK	36 BAM	2:34.74
JAMIE WHITNEY	35	
K THOMASSEN	39	
J CHRISTOPHERSON	36	
WENDY HOFFMAN	37 GLAD	2:35.37
LANI DOELY	44	
DEBBIE GLASSMAN	46	
ARNI LITT	53	
KRISTI THORSEN	39 IM	3:03.60
MARY STEWART	47	
KATE SUTHERLAND	51	
SHEILA MC CUE	47	

**RELAYS-MEN 200 YD. FREE**

<b>25 +</b>		
DALE WATANABE	39 JAM	1:40.00
RALPH BUSCH	43	
CHRIS LAUTMAN	45	
MARK ROWE	30	
JOE DENTON	28 ORCA	1:45.52
ERIC TWEIT	37	
JIM LASERSON	35	
MATT LIND	36	
<b>35 +</b>		
GENE REESE	51 LFF	2:04.50
HEIN TRAN	43	
SELBY RADABAH	36	
RON OREN	40	

**RELAYS-MEN 200 YD. MEDLEY**

<b>35 +</b>		
TOM ROBERTSON	58 MIR	2:05.61
ERIK SWENSON	47	
MIKE JONES	39	
KEN SIMONS	44	

**RELAYS-MIXED 200 YD. FREE**

<b>25 +</b>		
GREGORY MARTIN	39 VAC	2:03.41
SCOTT ENGELHARD	43	
RENEE MARCEAU	31	
SUSAN CARLETON	40	
<b>35 +</b>		
RON JACOBS	48 GLAD	1:43.87
LISA WILSON	38	
MARY LIPPOLD	44	
JACK STAVROS	39	
DAVID STERN	49 BAM	1:59.52
K THOMASSEN	39	
JAMIE WHITNEY	35	
TODD KOWALSKI	41	
LANCE CALISCH	44 YNAU	1:59.95
ELIZABETH SCOTT	48	
CATHERINE MC COY	36	
TIM MARKUS	41	
SELBY RADABAH	36 LFF	2:07.74
SUZANNE WAY	36	
HEIN TRAN	43	
MARCIA SMITH	39	

AARON BROWN	38 GLAD	2:10.88
LANI DOELY	44	
MIKE SCHAEFFER	43	
WENDY HOFFMAN	37	

**RELAYS-MIXED 200 YD. MEDLEY**

<b>25 +</b>		
LEE CARLSON	59 MIR	2:19.72
CHIHO MIN	33	
ADAIR DINGLE	40	
KEN SIMONS	44	
<b>35 +</b>		
RON JACOBS	48 GLAD	2:03.33
LISA WILSON	38	
MARY LIPPOLD	44	
JACK STAVROS	39	

DAVID STERN	49 BAM	2:15.28
JAMIE WHITNEY	35	
TODD KOWALSKI	41	
K THOMASSEN	39	
GREGORY MARTIN	39 VAC	2:23.80
SCOTT ENGELHARD	43	
SUSAN CARLETON	40	
PEG CLOUTIER	64	

ARNI LITT	53 GLAD	2:36.29
CHIP WATERBURY	45	
LANI DOELY	44	
STEVE SUSSEX	44	

# 8 Tips for Healthier Fast-Food Meals

Fortunately for the 50 million Americans who eat at fast-food restaurants each day, choices are no longer limited to burgers, fries, and shakes. Many chains now offer salads, baked potatoes, soups, and whole wheat products in addition to traditional selections. Here are some suggestions for more nutritious fast-food meals.

- Avoid fried foods. Choose baked or broiled instead. If you order fried food, remove the breading. (It sops up most of the grease.)
- Order pizza with mushrooms, onions, or peppers instead of pepperoni and sausage.
- Avoid mayonnaise-laced salads. Instead, opt for fresh, unadorned fruits and vegetables.
- Steer clear of bacon bits, croutons, rich salad dressings, and fried noodles.
- Use high-sodium condiments like mustard or pickles sparingly. (And don't salt fast food—it doesn't need it.)
- Ask for skim or 1/2% low-fat milk, fruit juice, or plain water instead of milk shakes or soft drinks.
- Use skim or 1/2% low-fat milk instead of cream or nondairy creamer in your coffee or tea.
- Avoid high-fat, calorie-rich pastries and desserts—they offer very little nutritionally.

*A Year of Health Hints—365 Practical Ways to Feel Better and Live Longer © 1998 by Don R. Powell. American Institute for Preventive Medicine.*





# NEWS ABOUT PNA SWIMMERS



## All American Swimmers

The USMS All American list has been published.

To achieve "All American" you must finish #1 in one of the USMS Top 10 tabulations (Short Course Yards, Short Course Meters, or Long Course Meters).

What a relay team we have with Kathrine Casey, Sally Dillon, Suzanne Dills, and Debbie Glassman! This team made the All American list twice.

### Individual Events:

Zena Courtney 40-44

50 SCM Back	33.38
100 SCM Back	1:11.10
50 LCM Back	34.45
100 LCM Back	1:12.37
200 LCM Back	2:34.18

Rick Colella 45-49

200 SCY Breast	2:21.01
----------------	---------

Harvey Prosser 70-74

1500 LCM Free	25:05.42
---------------	----------

Robert Miller 70-74

500 SCY Free	6:16.89
200 SCY Back	2:37.63
200 SCY I.M.	2:43.52

Gene Crossett 85-89

1650 SCY Free	34:30.95
---------------	----------

Jim Penfield 90-94

200 SCY Back	5:08.28
200 SCY Breast	6:22.86

### Relays

Women SCY 200 Free 45+ 1:56.36

Kathrine Casey  
Sally Dillon  
Suzanne Dills  
Debbie Glassman

Women SCY 200 Med 45+ 2:12.66

Kathrine Casey  
Sally Dillon  
Debbie Glassman  
Suzanne Dills

## Seattle Times Features Jim Penfield

In an article highlighting "senior superathletes", The Seattle Times featured an engaging article on Jim Penfield, a frequent record-breaker in our USMS meets.

Apparently there's more to Jim than just being an amazing swimmer. The former Stanford team member (1928 and 1929) is a retired Foreign Service Officer and once was the U.S. ambassador to Iceland.

To learn more about Jim Penfield and older athletes see the Seattle Times web page at <http://archives.seattletimes.com/cgi-bin/taxis/web/vortex/display?slug=athl&date=20000315>. If you don't want to type that, look for the link on the PNA web site at [www.swimpna.org](http://www.swimpna.org).



Just when you thought it was safe to get back in the water—John Horman, the highly-entertaining announcer for Orca meets, is back. The Orca Swim Team is hosting another meet on July 1, 2000. Entry form is on page 15.

## Bellingham Results

Presidents Day Meet  
Short Course Yards February 20, 2000  
Z = Northwest Zone Record

### WOMEN 19-24

<b>200 YD. FREE</b>			
KATHY OVES	22 PNA	2:07.98	
<b>500 YD. FREE</b>			
AURORA TALLACKSEN	23 PNA	5:41.15	
<b>50 YD. BACK</b>			
SARAH KRAMER	23 PNA	33.83	
<b>100 YD. BACK</b>			
SARAH KRAMER	23 PNA	1:14.41	
<b>100 YD. BRST</b>			
KATHY OVES	22 PNA	1:13.21	
<b>200 YD. BRST</b>			
AURORA TALLACKSEN	23 PNA	2:52.16	
<b>50 YD. FLY</b>			
SARAH KRAMER	23 PNA	31.19	
<b>100 YD. FLY</b>			
AURORA TALLACKSEN	23 PNA	1:06.20	
SARAH KRAMER	23 PNA	1:10.06	
<b>200 YD. FLY</b>			
AURORA TALLACKSEN	23 PNA	2:25.30	
<b>100 YD. I.M.</b>			
KATHY OVES	22 PNA	1:08.42	
<b>200 YD. I.M.</b>			
KATHY OVES	22 PNA	2:22.86	

### WOMEN 25-29

<b>50 YD. FREE</b>			
ERIN MILLER	26 PNA	27.72	
<b>500 YD. FREE</b>			
ILA BARLEAN	26 PNA	6:12.76	
<b>50 YD. BRST</b>			
JENNIFER NEWTON	28 PNA	33.82	
LINDA HEGBER	29 PNA	34.13	
<b>100 YD. BRST</b>			
LINDA HEGBER	29 PNA	1:12.73	
JENNIFER NEWTON	28 PNA	1:14.75	
<b>200 YD. BRST</b>			
LINDA HEGBER	29 PNA	2:36.73	
<b>50 YD. FLY</b>			
ERIN MILLER	26 PNA	30.13	
<b>400 YD. I.M.</b>			
LINDA HEGBER	29 PNA	5:02.64	

### WOMEN 30-34

<b>50 YD. FREE</b>			
KARIN GARDNER	31 PNA	27.36	
LESLIE MCCULLOUGH	30 PNA	29.10	
KATHY MOORE	32 PNA	32.87	
JEANETTE OPIELA	33 PNA	34.51	
<b>100 YD. FREE</b>			
KAREN LEAHY	31 PNA	1:00.72	
KARIN GARDNER	31 PNA	1:01.41	
LESLIE MCCULLOUGH	30 PNA	1:03.66	
CATHY HERRING	33 PNA	1:08.20	
<b>200 YD. FREE</b>			
KAREN LEAHY	31 PNA	2:11.05	
<b>500 YD. FREE</b>			
KAREN LEAHY	31 PNA	5:49.31	
KARIN GARDNER	31 PNA	6:06.44	
<b>50 YD. BACK</b>			
LESLIE MCCULLOUGH	30 PNA	33.82	
KATHY MOORE	32 PNA	40.15	
<b>100 YD. BACK</b>			
LESLIE MCCULLOUGH	30 PNA	1:13.11	
<b>100 YD. BRST</b>			
CATHY HERRING	33 PNA	1:21.44	

<b>50 YD. FLY</b>			
CHRISTY TAYLOR	31 PNA	29.18	
<b>100 YD. FLY</b>			
CHRISTY TAYLOR	31 PNA	1:06.16	
<b>200 YD. FLY</b>			
CHRISTY TAYLOR	31 PNA	2:39.18	
<b>100 YD. I.M.</b>			
KARIN GARDNER	31 PNA	1:12.39	
LESLIE MCCULLOUGH	30 PNA	1:13.70	
CATHY HERRING	33 PNA	1:14.68	
<b>200 YD. I.M.</b>			
CATHY HERRING	33 PNA	2:42.70	

### WOMEN 35-39

<b>50 YD. FREE</b>			
CAROLYN MATHEWS	37 PNA	27.56	
LISA DAHL	38 PNA	29.70	
JANET JAEGER	38 PNA	32.01	
MARCIA SMITH	39 PNA	32.63	
JANE ANDERSON	37 PNA	33.77	
<b>100 YD. FREE</b>			
CYNTHIA HIRST	37 PNA	1:10.74	
LISA DAHL	38 PNA	1:12.00	
JANET JAEGER	38 PNA	1:13.31	
MARCIA SMITH	39 PNA	1:15.11	
CAROLINE PRATHER	37 PNA	1:18.43	
<b>200 YD. FREE</b>			
CAROLINE PRATHER	37 PNA	3:02.02	
<b>50 YD. BACK</b>			
LISA DAHL	38 PNA	33.69	
SUZIE NESS	37 PNA	37.91	
JANE ANDERSON	37 PNA	42.46	
MARCIA SMITH	39 PNA	49.05	
<b>100 YD. BACK</b>			
CYNTHIA HIRST	37 PNA	1:20.37	
SUZIE NESS	37 PNA	1:23.23	
<b>200 YD. BACK</b>			
CAROLYN MATHEWS	37 PNA	2:29.21	
CYNTHIA HIRST	37 PNA	2:52.14	
SUZIE NESS	37 PNA	3:01.31	
<b>50 YD. BRST</b>			
JAMIE WHITNEY	35 PNA	40.47	
JANE ANDERSON	37 PNA	44.95	
MARCIA SMITH	39 PNA	45.53	
<b>100 YD. BRST</b>			
JAMIE WHITNEY	35 PNA	1:25.55	
<b>200 YD. BRST</b>			
JAMIE WHITNEY	35 PNA	3:02.06	
<b>50 YD. FLY</b>			
JAMIE WHITNEY	35 PNA	35.84	
JANET JAEGER	38 PNA	37.60	
<b>100 YD. FLY</b>			
CAROLYN MATHEWS	37 PNA	1:10.03	
CYNTHIA HIRST	37 PNA	1:25.28	
<b>100 YD. I.M.</b>			
CAROLYN MATHEWS	37 PNA	1:10.57	
CYNTHIA HIRST	37 PNA	1:20.14	
JAMIE WHITNEY	35 PNA	1:21.06	
SUZIE NESS	37 PNA	1:21.53	
CAROLINE PRATHER	37 PNA	1:30.12	
JANE ANDERSON	37 PNA	1:31.65	
<b>200 YD. I.M.</b>			
MARCIA SMITH	39 PNA	3:11.56	

### WOMEN 40-44

<b>50 YD. FREE</b>			
BETH BEYER	40 PNA	32.52	
TERI REXROAT	41 PNA	34.03	
MAIA HAYKIN	40 PNA	41.34	
<b>100 YD. FREE</b>			
MAGGIE KINSELLA	42 PNA	1:02.28	
TERI REXROAT	41 PNA	1:18.62	

MAIA HAYKIN	40 PNA	1:32.96	
<b>200 YD. FREE</b>			
MAGGIE KINSELLA	42 PNA	2:14.23	
<b>500 YD. FREE</b>			
MAGGIE KINSELLA	42 PNA	5:52.67	
<b>50 YD. BACK</b>			
BETH BEYER	40 PNA	40.14	
MAIA HAYKIN	40 PNA	51.45	
<b>50 YD. BRST</b>			
BETH BEYER	40 PNA	44.50	
TERI REXROAT	41 PNA	45.31	
<b>100 YD. BRST</b>			
TERI REXROAT	41 PNA	1:39.57	
<b>200 YD. BRST</b>			
MAIA HAYKIN	40 PNA	3:46.26	
<b>50 YD. FLY</b>			
MAGGIE KINSELLA	42 PNA	33.30	
BETH BEYER	40 PNA	40.95	
<b>100 YD. I.M.</b>			
BETH BEYER	40 PNA	1:24.34	
TERI REXROAT	41 PNA	1:35.35	
MAIA HAYKIN	40 PNA	1:49.15	

### WOMEN 45-49

<b>50 YD. FREE</b>			
DEBBIE GLASSMAN	46 PNA	27.89	
<b>100 YD. FREE</b>			
DEBBIE GLASSMAN	46 PNA	1:02.73	
<b>50 YD. BACK</b>			
CHRIS OHANA	47 PNA	41.49	
<b>100 YD. BACK</b>			
CHRIS OHANA	47 PNA	1:32.27	
<b>50 YD. BRST</b>			
CHRIS OHANA	47 PNA	46.25	
<b>100 YD. BRST</b>			
CHRIS OHANA	47 PNA	1:39.87	
<b>50 YD. FLY</b>			
DEBBIE GLASSMAN	46 PNA	29.90	
<b>200 YD. FLY</b>			
DEBBIE GLASSMAN	46 PNA	Z 2:36.31	

### WOMEN 50-54

<b>50 YD. FREE</b>			
DEMPSEY DYBDAHL	51 PNA	35.07	
JETT VALLANDIGHAM	53 PNA	42.16	
<b>100 YD. FREE</b>			
JETT VALLANDIGHAM	53 PNA	1:39.69	
<b>50 YD. BACK</b>			
DEMPSEY DYBDAHL	51 PNA	43.45	
<b>50 YD. BRST</b>			
KATHRINE CASEY	51 PNA	39.65	
DEMPSEY DYBDAHL	51 PNA	42.07	
JETT VALLANDIGHAM	53 PNA	45.84	
<b>100 YD. BRST</b>			
KATHRINE CASEY	51 PNA	1:27.37	
JETT VALLANDIGHAM	53 PNA	1:52.42	
<b>200 YD. BRST</b>			
KATHRINE CASEY	51 PNA	3:05.69	
<b>50 YD. FLY</b>			
KATHRINE CASEY	51 PNA	34.84	
DEMPSEY DYBDAHL	51 PNA	39.78	
<b>100 YD. I.M.</b>			
KATHRINE CASEY	51 PNA	1:16.53	

### MEN 25-29

<b>50 YD. FREE</b>			
JEFF STRAND	29 PNA	23.41	
DAVID AUSTIN	25 PNA	25.08	
<b>100 YD. FREE</b>			
JEFF STRAND	29 PNA	51.58	
DAVID AUSTIN	25 PNA	58.48	

<b>200 YD. FREE</b>			
DAVID AUSTIN	25 PNA	2:14.95	
<b>100 YD. I.M.</b>			
JEFF STRAND	29 PNA	1:03.60	
DAVID AUSTIN	25 PNA	1:07.75	

**MEN 30-34**

<b>50 YD. FREE</b>			
TROY HUSBAND	30 PNA	25.40	
MARC COTTREL	32 PNA	25.84	
KERRY NESS	30 PNA	29.83	
<b>100 YD. FREE</b>			
TROY HUSBAND	30 PNA	56.40	
MARC COTTREL	32 PNA	57.90	
BRIAN HERRING	34 PNA	1:03.51	
<b>200 YD. FREE</b>			
STEVE GEORGES	34 PNA	2:21.18	
<b>500 YD. FREE</b>			
BRIAN HERRING	34 PNA	6:11.34	
STEVE GEORGES	34 PNA	6:20.68	
<b>50 YD. BACK</b>			
TROY HUSBAND	30 PNA	31.56	
BRIAN HERRING	34 PNA	36.62	
<b>100 YD. BACK</b>			
TROY HUSBAND	30 PNA	1:05.06	
<b>50 YD. BRST</b>			
MARC COTTREL	32 PNA	32.82	
KERRY NESS	30 PNA	37.74	
<b>100 YD. BRST</b>			
GARRICK SNIDER	33 NMM	1:15.95	
KERRY NESS	30 PNA	1:27.55	
<b>50 YD. FLY</b>			
GARRICK SNIDER	33 NMM	28.94	
BRIAN HERRING	34 PNA	31.72	
<b>100 YD. FLY</b>			
GARRICK SNIDER	33 NMM	1:05.31	
<b>100 YD. I.M.</b>			
TROY HUSBAND	30 PNA	1:06.27	
KERRY NESS	30 PNA	1:18.99	
<b>200 YD. I.M.</b>			
GARRICK SNIDER	33 NMM	2:24.77	

**MEN 35-39**

<b>50 YD. FREE</b>			
MATTHEW LIND	35 PNA	25.35	
PAUL SENUTY	37 PNA	30.34	
BRAD PALMER	39 PNA	30.51	
<b>100 YD. FREE</b>			
PAUL SENUTY	37 PNA	1:15.06	
<b>200 YD. FREE</b>			
ERIC DYBDAHL	39 PNA	2:08.83	
DOUG REDFIELD	36 PNA	2:14.95	
<b>500 YD. FREE</b>			
ERIC DYBDAHL	39 PNA	5:59.80	
JIM LASERSOHN	35 PNA	6:02.17	
DOUG REDFIELD	36 PNA	6:11.31	
<b>50 YD. BACK</b>			
MATTHEW LIND	35 PNA	29.99	
<b>100 YD. BACK</b>			
MATTHEW LIND	35 PNA	1:05.55	
<b>200 YD. BACK</b>			
ERIC DYBDAHL	39 PNA	2:28.32	
<b>50 YD. BRST</b>			
MICHAEL YOUNG	37 PNA	31.38	
BOB FISH	36 PNA	32.40	
MARK NEWPORT	36 PNA	36.75	
<b>100 YD. BRST</b>			
MICHAEL YOUNG	37 PNA	1:08.18	
BOB FISH	36 PNA	1:10.21	
JIM LASERSOHN	35 PNA	1:14.88	
MARK NEWPORT	36 PNA	1:19.33	



*Kathrine Casey and Walt Reid, between races*

<b>200 YD. BRST</b>			
MICHAEL YOUNG	37 PNA	2:30.68	
JIM LASERSOHN	35 PNA	2:43.39	
MARK NEWPORT	36 PNA	2:48.91	
<b>50 YD. FLY</b>			
JIM LASERSOHN	35 PNA	29.09	
BRAD PALMER	39 PNA	35.27	
<b>100 YD. FLY</b>			
JIM LASERSOHN	35 PNA	1:06.20	
<b>200 YD. FLY</b>			
ERIC DYBDAHL	39 PNA	2:35.19	
<b>100 YD. I.M.</b>			
BOB FISH	36 PNA	1:00.85	
MATTHEW LIND	35 PNA	1:05.64	
<b>200 YD. I.M.</b>			
MATTHEW LIND	35 PNA	2:21.55	
ERIC DYBDAHL	39 PNA	2:38.83	
<b>400 YD. I.M.</b>			
BOB FISH	36 PNA	4:47.24	

**MEN 40-44**

<b>50 YD. FREE</b>			
STEVEN WADE	41 PNA	32.17	
<b>100 YD. FREE</b>			
STEVEN WADE	41 PNA	1:13.22	
<b>200 YD. FREE</b>			
STEVEN WADE	41 PNA	2:47.09	
<b>500 YD. FREE</b>			
STEVEN WADE	41 PNA	7:35.90	
<b>50 YD. BACK</b>			
PAUL IKEDA	40 PNA	37.40	
<b>50 YD. BRST</b>			
TIM GILLAM	44 PNA	33.02	
<b>100 YD. BRST</b>			
TIM GILLAM	44 PNA	1:12.56	
PAUL IKEDA	40 PNA	1:20.02	
<b>200 YD. I.M.</b>			
PAUL IKEDA	40 PNA	2:45.81	

**MEN 45-49**

<b>50 YD. FREE</b>			
RON RICHARDS	49 ORE	25.80	
MARC FAIRBANKS	48 PNA	26.86	
<b>100 YD. FREE</b>			
MARC FAIRBANKS	48 PNA	57.25	
RON RICHARDS	49 ORE	58.84	
<b>200 YD. FREE</b>			
MARC FAIRBANKS	48 PNA	2:11.73	
<b>500 YD. FREE</b>			
MARC FAIRBANKS	48 PNA	6:15.15	
<b>50 YD. FLY</b>			
MARC FAIRBANKS	48 PNA	29.81	

**MEN 50-54**

<b>50 YD. FREE</b>			
ROY KROPP	53 NEM	27.76	
<b>100 YD. FREE</b>			
ROY KROPP	53 NEM	1:04.30	
<b>200 YD. FREE</b>			
MICHAEL MCCOLLY	54 PNA	2:13.53	
<b>50 YD. BACK</b>			
THOMAS WALKER	52 PNA	42.42	
<b>200 YD. BACK</b>			
MICHAEL MCCOLLY	54 PNA	2:34.37	
<b>50 YD. BRST</b>			
STEVEN PETERSON	53 PNA	33.36	
THOMAS WALKER	52 PNA	43.94	
<b>100 YD. BRST</b>			
STEVEN PETERSON	53 PNA	1:15.09	
ROY KROPP	53 NEM	1:20.34	
THOMAS WALKER	52 PNA	1:33.62	
<b>200 YD. BRST</b>			
STEVEN PETERSON	53 PNA	2:43.96	
<b>100 YD. I.M.</b>			
STEVEN PETERSON	53 PNA	1:09.69	
THOMAS WALKER	52 PNA	1:29.40	

<b>200 YD. I.M.</b>		
STEVEN PETERSON	53 PNA	2:34.99
THOMAS WALKER	52 PNA	3:13.53
<b>400 YD. I.M.</b>		
MICHAEL MCCOLLY	54 PNA	5:35.15

**MEN 55-59**

<b>50 YD. FREE</b>		
ELLIOTT KEPHART	57 PNA	35.75
<b>100 YD. FREE</b>		
ELLIOTT KEPHART	57 PNA	1:22.02
IVAN OAKES	56 PNA	1:38.50
<b>500 YD. FREE</b>		
IVAN OAKES	56 PNA	9:40.16
<b>50 YD. BACK</b>		
WALT REID	59 PNA	36.15
ELLIOTT KEPHART	57 PNA	46.20
<b>50 YD. BRST</b>		
WALT REID	59 PNA	36.34
IVAN OAKES	56 PNA	46.28
<b>100 YD. BRST</b>		
WALT REID	59 PNA	1:22.24
IVAN OAKES	56 PNA	1:47.21
<b>200 YD. BRST</b>		
IVAN OAKES	56 PNA	3:44.72
<b>50 YD. FLY</b>		
ELLIOTT KEPHART	57 PNA	42.66
<b>100 YD. I.M.</b>		
ELLIOTT KEPHART	57 PNA	1:39.07

**MEN 60-64**

<b>50 YD. FREE</b>		
HAROLD TAUSCHER	62 PNA	33.15
<b>100 YD. FREE</b>		
HAROLD TAUSCHER	62 PNA	1:22.27
<b>200 YD. FREE</b>		
PAUL OLMSTEAD	60 PNA	2:51.64
<b>500 YD. FREE</b>		
PAUL OLMSTEAD	60 PNA	7:51.98
<b>50 YD. BRST</b>		
HAROLD TAUSCHER	62 PNA	38.47
<b>100 YD. BRST</b>		
HAROLD TAUSCHER	62 PNA	1:29.21
<b>100 YD. I.M.</b>		
HAROLD TAUSCHER	62 PNA	1:26.18

**MEN 65-69**

<b>50 YD. FREE</b>		
BOB DORSEY	68 PNA	30.98
<b>50 YD. BACK</b>		
BOB DORSEY	68 PNA	43.84
DON REHFELDT	65 PNA	48.24
<b>100 YD. BACK</b>		
TOM FOLEY	65 PNA	1:48.49
<b>200 YD. BACK</b>		
TOM FOLEY	65 PNA	3:43.32
<b>50 YD. BRST</b>		
BOB DORSEY	68 PNA	43.22
DON REHFELDT	65 PNA	44.00
<b>100 YD. BRST</b>		
DON REHFELDT	65 PNA	1:34.80
<b>200 YD. BRST</b>		
TOM FOLEY	65 PNA	4:05.10
<b>50 YD. FLY</b>		
BOB DORSEY	68 PNA	44.43
<b>100 YD. I.M.</b>		
BOB DORSEY	68 PNA	1:27.88
DON REHFELDT	65 PNA	1:35.35
<b>200 YD. I.M.</b>		
DON REHFELDT	65 PNA	3:35.12
TOM FOLEY	65 PNA	3:49.75

**MEN 75-79**

<b>50 YD. BACK</b>		
JAMES WORREL	77 PNA	51.37
<b>200 YD. BACK</b>		
JAMES WORREL	77 PNA	3:52.53
<b>50 YD. BRST</b>		
JAMES WORREL	77 PNA	47.60
<b>100 YD. I.M.</b>		
JAMES WORREL	77 PNA	1:45.08
<b>200 YD. I.M.</b>		
JAMES WORREL	77 PNA	3:56.47

**MEN 85-89**

<b>50 YD. FREE</b>		
GENE CROSSETT	86 PNA	42.91
<b>100 YD. FREE</b>		
GENE CROSSETT	86 PNA	1:44.52
<b>200 YD. FREE</b>		
GENE CROSSETT	86 PNA	3:56.43
<b>500 YD. FREE</b>		
GENE CROSSETT	86 PNA	10:37.42

**RELAYS-WOMEN 200 YD. FREE**

<b>25 +</b>		
CATHY HERRING	33 PNA	1:59.20
BETH BEYER	40	
MAGGIE KINSELLA	42	
CAROLYN MATHEWS	37	

**RELAYS-WOMEN 200 YD. MEDLEY**

<b>19 +</b>		
LESLIE MCCULLOUGH	30 PNA	2:09.76
LINDA HEGBER	29	
SARAH KRAMER	23	
CATHY HERRING	33	

<b>35 +</b>		
CHRIS OHANA	47 PNA	2:57.10
TERI REXROAT	41	
MAIA HAYKIN	40	
BETH BEYER	40	

**RELAYS-M E N 200 YD. FREE**

<b>25 +</b>		
MARK NEWPORT	36 PNA	1:49.20
STEVE GEORGES	34	
BRIAN HERRING	34	
DAVID AUSTIN	25	

<b>35 +</b>		
MARC FAIRBANKS	48 PNA	1:48.13
PAUL SENUTY	37	
DOUG REDFIELD	36	
BOB FISH	36	

**RELAYS-M E N 200 YD. MEDLEY**

<b>35 +</b>		
BOB FISH	36 PNA	2:02.21
MARK NEWPORT	36	
MARC FAIRBANKS	48	
DOUG REDFIELD	36	

MATTHEW LIND	35 PNA	2:09.18
JIM LASERSOHN	35	
PAUL IKEDA	40	
BRAD PALMER	39	

**RELAYS-MIXED 200 YD. FREE**

<b>25 +</b>		
TIM GILLAM	44 PNA	1:48.74
ERIN MILLER	26	
CHRISTY TAYLOR	31	
MARC COTTREL	32	

CAROLINE PRATHER	37 PNA	2:07.26
STEVEN WADE	41	
KARIN GARDNER	31	
KERRY NESS	30	

TERI REXROAT	41 PNA	2:22.57
IVAN OAKES	56	
JEANETTE OPIELA	33	
PAUL SENUTY	37	

<b>35 +</b>		
PAUL OLMSTEAD	60 PNA	2:27.87
MAIA HAYKIN	40	
CHRIS OHANA	47	
HAROLD TAUSCHER	62	

**RELAYS-MIXED 200 YD. MEDLEY**

<b>19 +</b>		
LISA DAHL	38 PNA	2:00.57
JENNIFER NEWTON	28	
JEFF STRAND	29	
KATHY OVES	22	

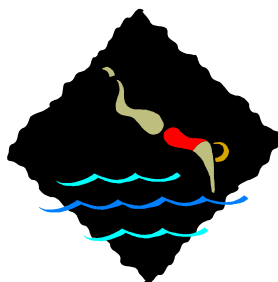
ERIC DYBDAHL	39 PNA	2:12.43
DEMPSEY DYBDAHL	51	
AURORA TALLACKSEN	23	
KAREN LEAHY	31	

<b>25 +</b>		
ERIN MILLER	26 PNA	2:00.69
TIM GILLAM	44	
CHRISTY TAYLOR	31	
MARC COTTREL	32	

BOB FISH	36 PNA	2:00.96
LINDA HEGBER	29	
MARC FAIRBANKS	48	
CAROLYN MATHEWS	37	

LESLIE MCCULLOUGH	30 PNA	2:06.32
CATHY HERRING	33	
BRIAN HERRING	34	
DAVID AUSTIN	25	

CAROLINE PRATHER	37 PNA	2:28.04
KARIN GARDNER	31	
KERRY NESS	30	
TROY HUSBAND	30	



Orca Summer  
Meet Entry  
(see *[http://www.  
swimpna.org/](http://www.swimpna.org/)*)

## PNA Swimmers USMS 1999 Top 10 Short Course Meters

These 38 PNA swimmers each placed as one of the 10 fastest swimmers nationwide in any short course meters event during 1999.

Zena Courtney placed first in the 50 and 100 meter backstroke, earning the title of "USMS All-American."

### WOMEN 19-24

<b>200 M. FREE</b>			
AURORA TALLACKSEN	23 # 4	2:20.39	
<b>400 M. FREE</b>			
AURORA TALLACKSEN	23 # 3	4:54.84	
<b>800 M. FREE</b>			
AURORA TALLACKSEN	23 # 3	10:04.47	
<b>50 M. FLY</b>			
SARAH KRAMER	22 #10	34.09	
<b>100 M. FLY</b>			
AURORA TALLACKSEN	23 # 2	1:12.05	

### WOMEN 25-29

<b>1500 M. FREE</b>			
LINDA HEGERBER	29 # 3	19:55.29	
<b>50 M. BACK</b>			
KATHERINE JOHNSON	28 # 2	32.52	
<b>200 M. BACK</b>			
KATHERINE JOHNSON	28 # 3	2:36.91	
LINDA HEGERBER	29 #10	2:46.66	
<b>50 M. BRST</b>			
LINDA HEGERBER	29 # 3	37.66	
<b>100 M. BRST</b>			
LINDA HEGERBER	29 # 2	1:20.53	
<b>200 M. BRST</b>			
LINDA HEGERBER	29 # 2	2:51.28	
<b>200 M. FLY</b>			
LINDA HEGERBER	29 # 4	2:47.37	
<b>100 M. I.M.</b>			
LINDA HEGERBER	29 # 9	1:14.30	
<b>200 M. I.M.</b>			
LINDA HEGERBER	29 # 4	2:38.54	
<b>400 M. I.M.</b>			
LINDA HEGERBER	29 # 3	5:39.81	

### WOMEN 30-34

<b>800 M. FREE</b>			
KAREN LEAHY	31 # 6	10:18.46	
<b>1500 M. FREE</b>			
KAREN LEAHY	31 # 5	19:44.78	
<b>200 M. I.M.</b>			
KAREN LEAHY	31 # 9	2:45.47	

### WOMEN 35-39

<b>50 M. BACK</b>			
CAROLYN MATHEWS	37 # 5	33.62	
<b>100 M. BACK</b>			
CAROLYN MATHEWS	37 # 5	1:13.28	
<b>200 M. BACK</b>			
CAROLYN MATHEWS	37 # 4	2:42.22	

### WOMEN 40-44

<b>200 M. FREE</b>			
MAGGIE KINSELLA	42 # 5	2:27.32	
<b>400 M. FREE</b>			
MAGGIE KINSELLA	42 # 2	5:10.14	
<b>800 M. FREE</b>			
MAGGIE KINSELLA	42 # 3	10:37.18	
<b>1500 M. FREE</b>			
MAGGIE KINSELLA	42 # 3	20:04.60	
<b>50 M. BACK</b>			
ZENA COURTNEY	40 # 1	33.38	

### 100 M. BACK

ZENA COURTNEY 40 # 1 1:11.10

### 200 M. BACK

ZENA COURTNEY 40 # 2 2:35.19

### 100 M. I.M.

ZENA COURTNEY 40 # 3 1:14.76

### 200 M. I.M.

ZENA COURTNEY 40 # 2 2:42.37

### 400 M. I.M.

ZENA COURTNEY 40 # 2 5:51.14

### WOMEN 45-49

#### 400 M. FREE

BARBARA GUNDRED 48 #10 5:36.12

#### 100 M. BACK

BARBARA GUNDRED 48 # 5 1:18.46

#### 200 M. BACK

BARBARA GUNDRED 48 # 3 2:48.49

#### 100 M. I.M.

BARBARA GUNDRED 48 #10 1:23.73

### WOMEN 50-54

#### 50 M. FREE

KATHRINE CASEY 51 # 7 33.73

#### 100 M. FREE

KATHRINE CASEY 51 # 6 1:15.96

#### 200 M. FREE

SUZANNE DILLS 54 # 4 2:43.65

#### KATHRINE CASEY

51 # 7 2:48.89

#### 400 M. FREE

SUZANNE DILLS 54 # 4 5:46.56

#### KATHRINE CASEY

51 #10 6:08.68

#### 800 M. FREE

KATHRINE CASEY 51 # 3 12:14.05

#### 1500 M. FREE

KATHRINE CASEY 51 # 4 22:40.33

#### 100 M. BACK

KATHRINE CASEY 51 # 7 1:31.49

#### 200 M. BACK

KATHRINE CASEY 51 # 3 3:07.04

#### 100 M. BRST

KATHRINE CASEY 51 # 7 1:39.89

#### 200 M. BRST

KATHRINE CASEY 51 # 7 3:26.45

#### 100 M. FLY

KATHRINE CASEY 51 # 8 1:39.45

#### 200 M. FLY

KATHRINE CASEY 51 # 3 3:25.43

#### 400 M. I.M.

SUZANNE DILLS 54 # 2 6:36.54

#### KATHRINE CASEY

51 # 3 6:36.80

### WOMEN 55-59

#### 50 M. FREE

FRANCESCA DRUM 58 #10 39.65

#### 800 M. FREE

CAROLYN BEHSE 56 # 8 14:46.57

#### 50 M. BACK

FRANCESCA DRUM 58 # 6 47.12

#### 50 M. BRST

FRANCESCA DRUM 58 # 3 48.47

#### 100 M. BRST

CAROLYN BEHSE 56 # 6 1:49.04

### 100 M. FLY

CAROLYN BEHSE 56 # 2 1:48.27

### 200 M. FLY

CAROLYN BEHSE 56 # 2 3:47.73

### WOMEN 60-64

#### 800 M. FREE

JANICE MILLER 61 # 8 14:23.54

#### 100 M. BRST

JANICE MILLER 61 # 6 1:50.10

#### 400 M. I.M.

JANICE MILLER 61 # 4 7:42.73

### WOMEN 75-79

#### 50 M. FLY

MAXINE CARLSON 79 # 9 1:38.50

### WOMEN 80-84

#### 100 M. FREE

PAT MATTHIESEN 83 # 7 2:25.22

#### 100 M. BRST

PAT MATTHIESEN 83 # 8 3:37.59

### MEN 25-29

#### 400 M. FREE

ANDREW WOOD 26 # 9 4:44.22

#### 50 M. BACK

JON PAUOLE 29 # 3 28.17

GREGORY KABACY 26 # 8 29.26

#### 100 M. BACK

JON PAUOLE 29 # 3 1:00.50

#### 200 M. BACK

JON PAUOLE 29 # 2 2:15.36

#### 50 M. FLY

JON PAUOLE 29 # 3 26.01

GREGORY KABACY 26 # 8 27.18

#### 100 M. FLY

JON PAUOLE 29 # 4 58.99

### MEN 35-39

#### 50 M. FREE

ROBERT FISH 36 # 9 25.42

#### 100 M. FREE

ROBERT FISH 36 #10 55.77

#### 50 M. BACK

ROBERT FISH 36 # 8 31.25

#### 100 M. BACK

JOHN SAYRE 37 # 5 1:03.96

ROBERT FISH 36 #10 1:06.09

#### 200 M. BACK

LEO ESPINOSA 39 #10 2:33.04

#### 100 M. BRST

JOHN SAYRE 37 # 8 1:14.25

#### 200 M. BRST

MICHAEL YOUNG 37 # 9 2:48.22

#### 100 M. FLY

JOHN SAYRE 37 # 9 1:03.00

### MEN 45-49

#### 50 M. FREE

RICK PETERSON 48 # 6 26.25

#### 50 M. BRST

DANA COX 48 # 7 35.04



BILL KRIEGER	45	#10	35.56
<b>100 M. BRST</b>			
RICK PETERSON	48	# 5	1:17.83
BILL KRIEGER	45	# 7	1:18.38
DANA COX	48	# 8	1:18.46
<b>200 M. FLY</b>			
MARK BLAGDON	45	# 9	2:39.23
<b>100 M. I.M.</b>			
RICK PETERSON	48	# 9	1:08.56

**MEN 50-54**

<b>800 M. FREE</b>			
MICHAEL MCCOLLY	54	#10	10:54.74

**MEN 70-74**

<b>100 M. FREE</b>			
HARVEY PROSSER	71	# 4	1:19.03
<b>100 M. BACK</b>			
HARVEY PROSSER	71	# 9	1:45.47
<b>100 M. FLY</b>			
HARVEY PROSSER	71	# 9	1:55.18
<b>200 M. I.M.</b>			
HARVEY PROSSER	71	# 7	3:46.12

**RELAYS-WOMEN 200 M. FREE**

<b>120-159</b>			
LINDA HEGBER	29	# 5	2:05.84
LESLIE MCCULLOUGH	30		
MAGGIE KINSELLA	42		
CAROLYN MATHEWS	37		

**RELAYS-WOMEN 200 M. MEDLEY**

<b>120-159</b>			
LESLIE MCCULLOUGH	30	# 3	2:19.11
LINDA HEGBER	29		
CAROLYN MATHEWS	37		
MAGGIE KINSELLA	42		

**RELAYS-MIXED 200 M. FREE**

<b>120-159</b>			
CAROLYN MATHEWS	37	# 6	1:54.05
LINDA HEGBER	29		
DAVID AUSTIN	25		
ROBERT FISH	36		

<b>200-239</b>			
KATHRINE CASEY	51	# 6	2:12.04
SUZANNE DILLS	54		
HUGH MOORE	45		
MICHAEL MCCOLLY	54		

## Order Your Top 10 Patches

If you are listed in the official USMS Top 10 listings you are eligible for Top Ten patches.

Each patch comes with a stroke or a relay segment and costs \$5. You may order extra segments for \$1.25 each.

When you order, give the following information: your name, age, sex, year placed on list, the course (SCY, LCM, SCM), and the event or events. If placing in any relay event, also include team name.

Make check or money order payable to Lake Erie LMSC.

Mail to:  
 Darlynn Ferguson  
 4917 Walden Circle  
 Orlando, FL 32811



Debbie Glassman modeling the back of the PNA shirt she will wear at Nationals

Sign up for relays at USMS Nationals. See page 19.

## WetSet Subscription / Change of Address Form

The WetSet is PNA's official newsletter. It is produced 10 times a year and is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for \$12, payable to "PNA MASTERS SWIMMERS". To request a change of address or a new subscription, please send this completed form to:

**Suzanne Dills**  
**PNA Registrar**  
 1101 N Northlake Way  
 Seattle WA 98103

IMPORTANT NOTICE—The WetSet is sent via bulk mail, and is NOT forwarded by the U.S. Postal Service.

- 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 Member Registration Form on the back cover of this newsletter.*

**AFFIX ADDRESS LABEL HERE**

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

\_\_\_\_\_

**CITY/STATE/ZIP CODE** \_\_\_\_\_

**PHONE** \_\_\_\_\_ **USMS #** \_\_\_\_\_

# PNA Board Meeting Minutes

February 29, 2000—President Lee called the meeting to order at the Seattle Times Building. Attending were Carolyn Behse, Kathy Casey, Sally Dillon, Sue Dills, Jeanne Ensign, Tom Foley, Jan Kavadas, Sandy McNeel, Hugh Moore, Jane Moore, Kathy Moore, Suzie Ness, Steve Peterson, Walt Reid, and Sarah Welch. Teams represented included Bellevue Club, Federal Way, Ft. Steilacoom, GLAD, Mercer Island, North Whidbey, OOPS, Orca, Tigers, and Swim Seattle.

## Minutes

The Board approved the January minutes as amended.

## Treasurer's Report

The Board approved Jeanne's report. Total assets are \$29,816 including the Wiggin Fund's \$2,687. Jan Kavadas noted that no support from the Wiggin Fund has been requested in some time. Although initially budgeted in the red, the PNA ended up \$509 ahead for 1999, primarily due to 5K/10K Postal income. Jeanne presented an income comparison for the years 1994-1999. Sue Dills will purchase a \$10K CD at Northsound Bank.

## Committee Reports

**Membership:** 728 have registered so far for 2000. Sue received the meet financial packet and check from Swim Seattle, but more than half the forms were incomplete. Sue will send a letter to team rep Sarah Welch for clarification. The ABS Mailing Service (WetSet mailer) will not be available between April 7-14.

**Meets:** The Bellingham meet was well run, with 79 swimmers attending. Barb Gundred submitted her meet report within a week. The whistle start is still a learning process for swimmer and official alike. Events weren't announced and starters are experiencing "itchy fingers" with the no-recall start. Mercer Island's meet staff is ready for 100 swimmers. For Champs, Hugh will recycle remaining plaques for team awards. Lee, Steve, and Walt will reprise their Team Division Committee role; Susie Ness and Kathy Casey will head the protest committees (Saturday and Sunday, respectively) with Carolyn, Jan, and Tom assisting. Sally will forward ribbons to the Moores. The current re-

served dates (July 29-30) for a KCAC LC meet conflict with the Zone LC meet at Mt. Hood. Hugh will check on alternates. Sarah Welch will check Colman Pool (though not open until mid June) for a one-day meet. KCAC is reserved August 19 for a group 5K or 10K (same weekend as the Emerald City Open Water Swim and Danskin Triathlon). The SCM Zone meet has grown and could attract more than 200 at KCAC (October 7-8). Hugh asks if the PNA would host it with a "Meet Director in Training." He will pursue this (accordingly, his phone number will be added to the WetSet). LCM Zone information will be announced when available. Tom Foley noted that Bellingham's meet was fine except for terrible acoustics. Should the PNA rent or buy a sound system for meets? Who'd take care of it? The Board approved a motion that Cynthia Hirst investigate possibilities.

**Records/Top Ten:** Walt will try to prepare Bellingham results for the next WetSet with Lee's assistance.

**Newsletter:** Sandy McNeel has done a great job producing the last two WetSet issues. She welcomes comments at [sandy@mcneel.com](mailto:sandy@mcneel.com). Jeanne suggested giving PIP Printing a heads-up to expedite print turnaround time.

**Awards:** Lee picked up the awards after the Bellingham for the MIR meet. (Awards were mistakenly sold at Bellingham for \$1 instead of the advertised \$2 each.) Steve noted that no Dawn Musselman Award nominations have appeared yet; Jan Kavadas and Sue Dills will assist.

**Officiating:** Jan called PNSA about new whistle start rule concerns; she will discuss this issue at the Referee's Certification Meeting at the USA-Swimming LSC House of Delegates semiannual meeting. An officials clinic is coming up (see the PNSA website) and more will be presented this fall.

**Fitness:** 23 teams are now registered. Carolyn has the registration forms. The deadline is the same as for Champs- March 25.

**Safety:** Kathy handed out whistle start rule and safety equipment inventory sheets.

**Ad Hoc Open Water:** Sally seeks a team to host an open water swim. NWM is probably too small to do this. Hugh suggested encouraging Bainbridge to host. Should PNA provide incentive? Profit doesn't motivate most Masters teams; would age-group clubs respond? Buoys could be borrowed from OMS or Canada. The PNA is willing to hear proposals.

**At-Large Reps:** Kathy Moore reports no issues to discuss. As to Dave Radcliff's announcement of the USMS Executive Committee's 8x25 challenge Medley Relay at Nationals, Kathy Casey asked, "Will that be 8:25 AM or PM?"

## Old Business

**PNA Teams Handbook:** Jane asked for content review and blanks to be filled by March 12. Sally will plan on distributing 30 finished copies. Steve will print 40 covers.

**PNA Waiver:** Bill Earley noted that "and regulations" follows "rules" in the current PNA meet entry form waiver. This phrase crept back in several months ago, but will be expunged in the next WetSet.

**Rule Book Order:** Hugh will bring the standard and mini rule books to the MIR meet.

**Hour Swim:** Sarah Welch said the Swim Seattle age-group parents see this postal meet as a fundraiser. (It's more work in shorter time than the 5K/10K.) The Board approved SSEA as official meet director and their proposal to manage the Jan 2001 Hour Swim for 1/3 of the proceeds. The Board also approved FWM's first right of refusal for 1/3 of the 5K/10K Postal proceeds.

## New Business

**Nationals Relays:** Relay announcements will appear in the WetSet for Nationals (Indianapolis) and Worlds (Munich). Kathy Casey will serve as coordinator.

**Meet Bids:** Hugh is reworking the meet bid packet.

**Ransom Arthur Award:** The Board approved Kathy's (re)nomination of Hugh and Jane (March 15 deadline).

—Steve Peterson, Secretary



# THE FINAL LAP



## Competition

I love competition. I love it even when I lose, which is often, since I aged up. I'm in a tough group now. Four women in the PNA 50-54 age group can kick my butt anytime they want. And they want to on a regular basis. In life, you learn to lose. It isn't any different in swimming. Some days you win; other days you persevere. It says nothing about you as a person, just something about you in a given situation on one particular day.

As children, we compete all the time: physically at play, or mentally in school. Later on, we compete for a job and for a significant other. Life goes on and we become lazy. We convince ourselves that competition is bad for us, unhealthy. Oh please.....

Whether you win or lose doesn't determine your value as a person. Your mother was right: it really is how you play the game. It's what you do with what you have.

Some days I take first place at swim meets. Those are often the days when I am the only woman in my age group in that event. OK, I'll take that win; I'm not proud. The rest of the time, there's those four women. That doesn't stop me from competing. Or scare me. I tell myself that I'm getting closer to their time by bettering my own. I tell myself that I've only been swimming for four years, and they were all age group swimmers. They've been swimming forever. Rome wasn't conquered in a day. Sometimes this reasoning works to pacify me. But usually I tell myself that next time..... I will catch one of them. One day I will beat one of them. If I swim every day, and they don't, my times should improve. This line of reasoning usually works.

So I swim, and compete. In the process, I am getting stronger, my body is getting buff, and I have something to look forward to. The next race is just around the corner. When I lose a race (OK, when I place second or third or

by Dempsey Dybdahl

ninth), it's only for a day. And when I win a race (as in, first place, blue ribbon), that too is only for a day. Tomorrow is always another day, and another race.

I love competition. I love the feel of moving towards a goal, of taking charge of my own life. Fitness swimming is great for what it is—getting in shape—but frankly, I wouldn't swim if I couldn't compete. Swimming back and forth and back and forth and back and forth doesn't do much for me. Thinking that I can swim faster than someone else over a given course, does! I've become a gracious loser because I lose so often. I hope I'm a gracious winner as well. But right now, I have to go swim. One of those four women is up ahead of me!

*Dempsey swims with Federal Way Masters. She first started swimming with Masters when she and her husband, Eric, stumbled into a Masters workout, thinking they were going to lap swimming. They stayed, joined the club, and have been swimming and competing ever since then.*

## Dehydration

Water, water, everywhere. But it's easy to get dehydrated when you're swimming. Remember to drink lots of decaffeinated, non-alcoholic beverages before, during, and after swim meets and practices.

## Swim the Relays

Going to USMS Nationals in Indianapolis? . . . or the World Championships in Munich? The PNA is organizing relays and wants **you** to be on a team!

Remember:

- Teams are fun.
- Relays are fun.
- Relays are an extra chance to win a medal.
- With help of others, you could set PNA, Zone, or National records.

Contact Kathy Casey at (253) 588-4879, [reidw@wdni.com](mailto:reidw@wdni.com), or Sally Dillon at (360) 679-5038, [salswmmr@oakharbor.net](mailto:salswmmr@oakharbor.net). Let them know which relays you are interested in, what days you are available, and your age for the meet.

## Keep those cards, letters, e-mail coming . . .

Lee Carlson received this e-mail recently. It's nice to get feedback like this.

*Hello Mr. Carlson,*

*I wanted to thank you as the meet director for the positive experience I had at the Mercer Island swim meet on March 12.*

*This was the first Master's meet in which I have participated. I plan to continue competing and will encourage my team mates to participate as well, based on the good experience I had Sunday. I know there is a lot of work involved in planning and conducting a swim meet.*

*Please thank those in your work group for a job well done.*

*Susan Amott*

