

THE WET SET



Volume 21 • Issue 2

2000 USMS Newsletter of the Year

February 2001

A Fine January Meet Hosted by Orca

January 13, 2001, Helene Madison Pool, Seattle, WA—Approximately 150 swimmers signed up for the Queen City Splash & Ski 2001 Meet, a USMS hosted by Orca Swim Club. As part of a three-day series of events (swimming, parties, food, and skiing) for IGLA (International Gay & Lesbian Aquatics), this meet attracted a more diverse group than the typical PNA meet swimmers. Over 50 out-of-state swimmers participated in the meet, in-

(Continued on page 11)



Time for Bainbridge Area Masters coach Lynn Wells to focus on giving Jamie Whitney a few pointers at the Orca meet.

LEADING OFF

By
Lee Carlson

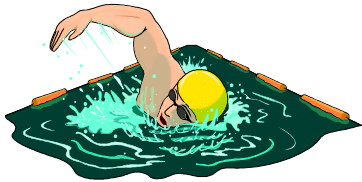
Congratulations to the Orca Swim Team and to Meet Director Jim Lathersohn for conducting a great meet. The Orca meet has grown each year, with over 150 participating this year. Highlights of the meet, according to Jim, were the positive energy from the participants, three heats of relays, and Bellingham Swim club winning the Pink Flamingo Relay.

Many of you have just completed the One Hour Postal Swim National Championships. Hats off to you on your commitment in swimming the event. Club and team entries for the One Hour Postal Swim are growing in this area. Long Distance Chair Sally Dillon actively

(Continued on page 3)

Inside

Page	
Calendar	5
PNA Teams	8-9
Results:	
Orca	10-16
Entry forms:	
Mercer Island	4
PNA Champs	11



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February 2001

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Meets/Sanctions: Hugh Moore

Records/Top Ten: Walt Reid

Officiating: Jan Kavadas

Open Water: Sally Dillon

Safety: Kathy Casey

Social: Jett Vallandigham



HAPPY BIRTHDAY

to the following PNA swimmers!

02 15	KENT DE VIGNE	03 02	KATHERINE OLSON
02 16	TODD SMALL	03 02	NICHOLAS SMITH
02 16	PATRICIA SEVERSON	03 02	FRANK LEONARD
02 17	KATHY GILL	03 02	MARION MUELLER
02 17	ERIKA HABERZETTL	03 02	WAYNE WAGER
02 17	MARILYNN GOTTLIEB	03 03	ROBERT JACKSON
02 17	KIMBERLEY MAY	03 04	MURIEL FLYNN
02 17	JAMES STEPHENS	03 04	SEAN VALLEY
02 18	HILARY WOODS	03 04	JOHN CROSS
02 18	SARAH WELCH	03 05	DAVID BAER
02 19	NANCY SPESER	03 05	LANI DOELY
02 19	TRACY BURROWS	03 06	TOM ROBERTSON
02 20	MELISSA NOBLE	03 07	GARY SCOTT
02 20	EDWARD PHILLIPS	03 07	THOMAS WALKER
02 21	DALE WATANABE	03 07	JO MOORE
02 21	CAROLINE MILLER	03 07	DAVID NUNN
02 22	MICHAEL KELF	03 07	MATTHEW LIND
02 22	PATRICIA(SUZIE) NESS	03 07	MICHELLE JEANETTE
02 22	GARY CHASE	03 09	COLIN NESS
02 24	BRUCE BETZ	03 09	MALCOLM NEELY
02 24	JOHN GOESSMAN	03 09	LAURA REISDORPH
02 24	SUZANNE WAY	03 10	DARRYL SWENSON
02 24	SCOTT STONE	03 10	MICHELLE CUNNINGHAM
02 24	ANNE PETERS JOHNSON	03 10	DAVE HANNULA
02 25	PEGGY POMEROY	03 10	CASH O'DONNELL
02 26	GARY MAYNARD	03 10	JONATHAN KITT
02 27	EILEEN MCSHERRY	03 10	ROBERT LAKE
02 27	ROBERT TIECKELMANN	03 10	P. CAROL ANNING
02 27	RICK GOULD	03 10	SHARON FILIPOWSKI
02 27	TONYA BERG	03 10	BRIAN CARLTON
02 29	JEFFREY GAINOK	03 11	MATTHEW STAUFFER
03 01	CLAUDIA JONES	03 11	MICHAEL RINKEL
03 01	C.J. THRASHER	03 11	LINDA HEGERBERG
03 01	MICHAEL WALSTEAD	03 11	SHEILA MOORE
03 01	ANTONIO ANDERSON		

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.

LEADING OFF

By
Lee Carlson

Call for Nominations Dawn Musselman Inspirational Swimmer Award

(Continued from page 1)

promoted this event along with Swim Seattle's Sarah Welch and Greg Bruce, the meet organizers from Swim Seattle. As you receive this newsletter your completed swim entries are due to Greg (February 10th). He and his team are now hard at work compiling the meet results.

About the first of the year, the Green Lake and Swim Seattle members joined the Mercer Island team for one Thursday morning workout. Our group of about 15 suddenly swelled to 35 and our three lanes expanded to five. We were swimming 200-, 150-, 100- and 50-yard sets. All our lanes left on the same minute sendoff, led by Geoff Anderson's forceful shouting of intervals. Many of the recreational swimmers have not returned on Thursdays, fearing a repeat of the event. However, everyone had a great time. Thanks to Geoff for leading the workout.

Planning for the August 16-19 Long Course Nationals continues. We have a number of interesting assignments to fill in marketing, hospitality, and other committees. We need support from you and your team to conduct a great meet. Contact Meet Directors Hugh and Jane Moore at (253) 925-0803 or e-mail weswim@mindspring.com to volunteer your help.

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986). Dawn was a long-time PNA member. Not only was she a gifted swimmer (check the record books for ages 60 to 74!), Dawn was the kind of person who inspired others and encouraged them to do their best.

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

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming

You swim with someone who qualifies—compose a couple paragraphs telling why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at PNA Champs at Highline Community College on Saturday, April 7.

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Past Award Winners

Dawn Musselman

Inspirational Swimmer

Dawn Musselman

Marlene Holmes

Maxine Carlson

Jim Penfield

Tom Foley

Karen Jost

Jan Kavadas

Robin O'Leary

Marion Mueller

Tammi Keeler

Ian Thompson

Suzanne Dills

Clark Pace

Dan Frost

Joan Davis

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Send your nomination to:
Steve Peterson
(360) 692-1669
speterson@bandwagon.net
11165 Central Valley Rd NW
Poulsbo, WA 98370-7014

Please submit your nomination by March 31, 2000.

<p>Web Guide</p> <p>Check out these sites on the Internet for information on Masters swimming, news, events, workouts, and more from throughout the Northwest!</p>	<p>PNA Masters Swimming</p> <p>US Masters Swimming</p> <p>Masters Swimming Canada</p> <p>Oregon Masters</p> <p>Masters Swimming of BC</p> <p>Utah Masters</p> <p>Pacific Masters (CA)</p>	<p>www.swimpna.org</p> <p>www.usms.org</p> <p>www.compumart.ab.ca/masterssc/</p> <p>www.swimoregon.org</p> <p>www.mastersswimming.bc.ca/</p> <p>www.utahmasters.org</p> <p>www.pacificmasters.org/index.shtml</p>
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PNA LOCAL MASTERS SWIMMING COMMITTEE
Mercer Island Short Course Yards Meet: March 11, 2001 (Meet Sanction #013605)
Hosted by the Mercer Island Redwoods & Bellevue Club

ORDER OF EVENTS	
#	Event
1	200 Free Relay
2	50 Free
3	100 Breast
4	50 Fly
5	200 Mixed Free Relay
10 minute break	
6	100 Freee
7	50 Back
8	100 Fly
9	200 Medley Relay
10 minute break	
10	50 Breast
11	100 Back
12	100 IM
13	200 Mixed Medley Relay
10 minute break	
14	200 Free

DATE: Sunday, March 11, 2001

TIME: Warmup: 8:30 AM; Meet starts 9:30 AM

PLACE: King County Mercer Island Pool (a.k.a. Mary Wayte Pool), 8815 SE 40th St. Mercer Island WA. Phone (206)296-4370.

MEET DIRECTOR: Lee Carlson (206)232-3916. leedee@home.com

FACILITY: 6 lane x 25 yard pool with separate warm-up area. Spectator seating for 200.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2001 USMS or MSC registered swimmers 19 and above as of 3/11/2001. Age groups based upon the swimmer's age as of 3/11/2001.

SEEDING: Slow to fast TIMING: Manual

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card carefully to ensure correct intent and results.

DIRECTIONS: Coming to Mercer Island on I-90 from Seattle or the Eastside, take the Island Crest Way exit southbound. Drive approximately one mile south on Island Crest Way to SE 40th ST. (stop light) and turn left. Drive 1/4mile on SE 40th ST. - pool is on the right with plenty of parking available in adjacent lot.

Website: Visit PNA website (<http://www.swimdpna.org>)

SAFETY FIRST!

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

PNA LOCAL MASTERS SWIMMING COMMITTEE
Mercer Island Short Course Yards Meet: March 11, 2001 (Meet Sanction #013605)
Hosted by the Mercer Island Redwoods & Bellevue Club

NAME: _____ M F AGE as of 3/11/2001: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS or MSC #: _____

Local Team _____ or UNATTACHED _____ LMSC _____

USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED

AGE GROUP (Circle one - determined by your age as of March 11, 2001):

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59

60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your first Masters meet: Y

EVENT NUMBER	EVENT	SEED TIME (for SC YARDS)

ENTRY FEES: \$ 6.00 (includes LMSC surcharge)

Individual Events: + _____ \$1 per event for swimmers under age 65.
 No charge for Relays

Total: \$ _____

Please make checks payable to: Steve Sussex

Mail this entry form and fees to: Steve Sussex

7550 EAST MERCER WAY

Mercer Island, WA 98040

Entries must be received no later than Saturday, March 3, 2001. Please allow appropriate time for mail.

Include a copy of your Masters registration card if you are not a PNA member.

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

SIGNED: _____ DATE: _____



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.

February 1-28
February Fitness Challenge
Postal fitness event
Bill Volckening, fitnessfrog@aol.com

■ February 17
SCY President's Day Meet
Bellingham, WA
Barb Gundred (360) 734-8364
konabarb@hotmail.com
Deadline 02/09/01

February 18
Mt Hood Community College SCY
Gresham, OR
Phillip King
Work: (503) 491-7244
Home: (503) 284-8946
kingp@mhcc.cc.or.us
Deadline 2/18/01

March 4
March Madness Swim Meet
SCY Coeur d'Alene, ID
Margaret Hair (208) 667-3721
Deadline 2/21/01

March 4
Victoria Masters LCM
Saanich Place
Victoria, BC
Rod Carmichael (250) 598-5289
carmichael@pacificcoast.net
Deadline 02/18/01

March 9
SCY Murray High School
Utah
Truman Sands (801) 363-4838
trumans@earthlink.net

■ March 11
Mercer Island Redwoods SCY
Mercer Island, WA
Lee Carlson (206) 232-3916
leedee@home.com
Deadline 03/04/01

March 16-18
SCY Oregon Association
Championships SCY
Ashland, OR
Dan Gray (541) 944-0529
dangray45@hotmail.com

■ April 7-8
PNA Champs
Highline Community College
Des Moines, WA
Hugh Moore (253) 925-0803
weswim@mindspring.com
Deadlines 03/24/01 and 03/28/01

April 7-8
Inland Northwest Championships
Washington State University
Pullman, WA
Doug Garcia (509) 332-1621

April 13-14
SCY Utah State Meet
University of Utah
Truman Sands (801) 363-4838
trumans@earthlink.net

April 28-29
NW Zone Championships @ Parkrose
SCY
Portland, OR
Kevin Nagle (503) 252-9079
naglekd@aol.com

May 12
LCM Anchorage, AK
(907) 344-5321
ginnyw@alaska.net

May 15-September 30
2001 USMS 5K & 10K Postal
Championship
Pam Himstreet
3339 NW Windwood Way
Bend, OR 97701
(541) 385-7770
him@cmc.net
Entry deadline 10/10/01

May 17-20
SCY National Championships
Santa Clara, CA
Alma Guimarin, aguimarin@aol.com

PNA Board Meetings

All PNA members are invited.

February 27
Bellevue Club

March 27 (tentative)
Park Board Room
100 Dexter Ave
Seattle

May 27 (tentative)
Federal Way Library

June 26 (tentative)
Jan Kavada's house
Edmonds

For further information on Masters events outside of the PNA area, contact any of the following newsletter editors:

Alaska

Janet Rumble
P.O. Box 33336
Juneau AK 99803
(907) 364-3106
jandean@alaska.net

British Columbia

Vanda Stocks
4073 Vaux Rd
Duncan BC V9L 6S7
Canada
(250) 748-4628
vstocks@mail.island.net

Idaho

Jill Wright
1626 Williams St
Boise, ID 83706
(208) 338-5287
swimjmw@aol.com

Inland Northwest

Doug Garcia
P.O. Box 145
Albion WA 99102
(509) 332-1621
dmgarcia@pullman.com

Oregon

Dave Radcliff (Northwest Zone Rep)
5832 SE Woll Pond Wy
Hillsboro OR 97123
(503) 648-7141
therads@home.com

Utah

Karen Oliver
4597 Jupiter Dr.
Holladay, UT 84124
(801) 274-8004
oliver4597@aol.com



NEWS ABOUT PNA SWIMMERS



Becoming Robin O'Leary

Green Lake Aqua Ducks Search for New Coach

It's time for a change for the Green Lake Aqua Ducks. After 17 years, their coach Robin O'Leary is moving on to other things. She is changing her home, her work, even her hair. It's time for the Aqua Ducks to find a new coach.

Meanwhile, Robin, who owns the team, is interviewing possible coaches. The swimmers have formed a 'transition team' (Charlotte Davis, Aaron Brown, Clark Pace,

Jen Leland, Larry deGroen, and John Crowley) to assist in finding a new coach and possibly to create a board for the "dry" side of coaching. The immediate plan is to hire a coach for the weekday workouts at the Evans Pool, Monday through Friday. Robin will continue to coach the Shoreline practices for another year, but plans to eventually leave that too. Because of pool closures, the Shoreline practices will be at

Helene Madison Pool February through May and the Yost Pool in Edmonds May through August.

Robin began her coaching career in 1983 as a substitute coach. When the regular coach left Robin took over the job. She took a six-month sabbatical from her job at the Seattle Times and never returned, "I loved coaching."

"I had three lanes out at Shoreline Pool. There were probably ten swimmers." She built that program up to about 30 swimmers. Shoreline decided it needed fewer coaches, so the head coach for the age group swimmers took over the Masters coaching. Robin was out of a job. That's when she started her own team at Sand Point. After a year she had about 15 swimmers.

Eleven years ago she moved her practices to Green Lake. Location is important, Robin insists, "The location at Green Lake made every thing explode." The Green Lake practice, from 5 am to 6 am Monday through Friday, now has about 60 swimmers. The 7 am Monday through Friday practice at Shoreline pulls in 40 swimmers. The Saturday 7 am practice at Green Lake draws an extra 20 swimmers that aren't part of the regular team.

Robin says one of the most difficult things about getting started is finding the pool space. Having someone as reliable as the Green Lake pool operator, Ken Anderson,



One of Robin O'Leary's famous technique workouts.

who shows up every morning to open the doors is a great asset.

She is also impressed by the dedication of her swimmers. Some of them have stuck with her for over ten years, Pete Leikko, Harold Johanson, Charlotte Davis, Jan Kavadas, to name a few. "They have stayed in swimming. They are healthy, happy people and that is really what it is all about!"

Robin's workout schedule was based on technique work in the fall. "We used to do a ton of 25s and talk about it a lot. The really good people complained. But in my heart this was a lot more important than keeping them fit."

In college, Robin's major was kinesiology and swimming biomechanics. Her text book was *Swimming Faster* by Ernest Maglischo. "My first years I did a lot more technique. I remember pulling people out of the water and teaching basic butterfly. These were people who had already been swimming a long time."

Robin would like to see the group continue to be all-inclusive, embracing both beginning and experienced swimmers. To deal with

the variety of swimmers, competitive, fitness, and triathlete, Robin set up a schedule for the days of the week. Wednesday is distance free. Another day is long distance major stroke day. (Backstroke is very good training for freestyle.) Another day is distance IM. And the two remaining days are anaerobic swimming or drills, depending on the season.

Although Robin is not sure what is next, she loves the idea of teaching kids swimming—the kids who don't want to be competitive. "With swimming you have to use math to use the clock. It's visual. There's physiology." She illustrates with her hands, "If you move your hands like this you have more drag. If you move your hands like this you get lift like an airplane. You are using oxygen. You are using glycogen. It's an incredible learning experience and it would be awesome."

"I've been so lucky that I love what I do. It's been the best job to have."



Nike All Women's Triathlon Clinics

Sammamish Club, Issaquah, WA

Beginners' Clinic

Saturday, March 17th

8:00 am-noon, \$40

Learn the basics of swim, bike, and run, along with how to prepare for your first triathlon.

1:00-3:00 pm, \$10

Optional swim, bike, and run workshops offered in the afternoon.

Advanced Clinic

Sunday, March 18th

8:00 am-5:00 pm, \$99

This clinic offers a full day of "hands on" workshops with qualified triathlon coaches and is designed to teach you how to race faster and farther.

For more information call Margot Navarre: (425) 313-3131

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
 639 N Riverpoint Blvd #3W
 Spokane WA 99202

Important — *The WetSet* is sent via bulk mail and is **not** forwarded by the US 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 old address label here (if changing address)

Name _____
 Address _____

City / State / Zip Code _____

Phone _____ USMS # _____

PNA Teams

Team/Abbreviation	Team Rep	Pool	Workout Times
Bainbridge Area Masters BAM	Lynn Wells, coach (206) 780-5378 Bisclw@aol.com	Ray Williamson Pool NE High School Rd Bainbridge Island	5:30–6:30 am TuTh 11:30–12:30 pm TuTh 7:00–8:30 am Sat
Bellevue Club Masters BCM	Carolyn Behse (206) 747-3889 Matt Sellman, coach	Bellevue Club 11200 SE Sixth St (425) 455-1616	12:00–1:00 pm MWF 6:00–7:00 am TuTh 9:30–10:30 am TuTh 10:00–11:30 am Sat
Bellevue Eastside Swim Team BEST	Robert Fiddes (425) 498-2202 http://hometown.aol.com/bestswimmers/	Bellevue Eastside Y 14230 Bel-Red Rd (425) 746-9900	6:30–7:30 am MWF
Bellingham Masters BMSC	Barb Gundred (360) 734-8364 konabarb@hotmail.com	Arne Hanna Aquatic Center Bellingham (360) 647-POOL (7665)	5:30–7:00 am M–F
Federal Way Masters FWM	Gregg Metzler #1metz@excite.com	King County Aquatic Center (253) 296-4444	5:45–7:00 am M–F 12:00–1:00 pm M,W 7:00–8:15 pm M–Th
Fife Masters Swim Team FMST	Dan MacGrath Laura Torzewsky (253) 922-7665 Kelly Farr, coach realroja@aol.com	5410 20 th St E Fife	6:30–7:30 am MWF 12:00–1:00 pm TTh Lap swim no additional cost for members.
Ft. Steilacoom Masters FTST	Kathy Casey (253) 588-4879	Pierce College Pool 9401 Farwest Dr SW Tacoma (253) 964-6678	5:00–6:30 pm M–Th
Gateway Athletic Club GCM	John Pauole (206) 343-4692 Lee Stubbe (206) 624-8315, leestubbe@worldnet.att.net	Gateway AC Pool 700 Fifth Ave (206) 343-4692	6:30–8:30 am MWF
Gold Creek Club Masters GCM	Susan Amandt Dave Leonard, coach (206) 352-0385	Woodinville	
Green Lake Aqua Ducks GLAD	Robin O'Leary (206) 525-7725 GLAD1@excite.com	Evans Pool 7201 E Green Lake (206) 684-4961 Shoreline 19030 First Ave NE (206) 296-4345	5:00–6:00 am M–F 7:00–8:30 am Sat 7:00–8:00 am M–F
Husky Masters Swim Team HMST	Rickey Perkins (206) 543-6644 Emily Bukley (206) 543-2172	University of Washington Hec Ed Pavilion Pool (206) 543-6644	6:00–7:00 pm M–F
Island Masters IM	Kate Sutherland (360) 331-3116		
Issaquah Swim Team ISST	Dave Kienlen (425) 557-8206 DaveK@ci.Issaquah.Wa.us	Julius Boehm Pool 50 SE Clark St (425) 837-3355	5:00–6:30 am M–F
Mercer Island Redwoods MIR	Steve Sussex (206) 232-9263 http://www.seanet.com/~d2/misc/	Mercer Island District Pool 8815 SE 40 th St (206) 296-4370	6:00–7:00 am M–F
Newport Hills Masters NHM	Tom Dunning (425) 746-9510	Newport Hills Pool 5464 119 th Ave SE, Bellevue (425) 746-9510	6:00–7:00 pm MWF
Northshore Y's Guys NSYG	Joanne Bushnell (425) 788-6035 joannbushnell@hotmail.com	Northshore Y 18111 NE 195 th , Bothell (425) 485-9787	5:00–6:30 am M–F

Team/Abbreviation	Team Rep	Pool	Workout Times
North Whidbey Masters NWM	Sally Dillon (360) 679-5038 salswmr@oakharbor.net Bob Pease, coach	Vanderzicht Pool 85 SE Jerome St, Oak Harbor (360) 675-7665 http://134.39.47.49/nwm/	5:00–y:00 am M–F 12:00–1:00 pm MWF 8:00–10:00 am Sat
Orca Swim Team ORCA	Suzie Ness (206) 729-9403 zoeness@GTE.net www.teamseattle.org/orca	Seattle University Connolly Center 14 th & Cherry, Seattle (206) 296-6404	7:00–8:15 pm Tu 8:00–9:15 pm Th 7:00–8:15 pm F 4:00–5:30 pm Sun
Old Olympic Peninsula Swimmers	Frank Warner (360) 692-1040	Bangor Subase Pool Silverdale (360) 535-5941	6:15–7:15 am MTTh 4:30–5:30 pm WF
OOPS	Kevin Prigger (360) 697-6366	North Kitsap Pool Poulsbo (360) 598-1070	7:30–9:00 pm TuTh
Pro Club PRO	Linda Stanchi (425) 635-0879 stanchi@msn.com	Pro Club Pool 4455 148 th Ave NE, Bellevue (425) 885-5566	9:30–10:30am MWF (posted) 6:30–7:30pm TuTh (coached) 9:00–10:00am Sat (posted)
Salmon Bay Masters Team	Ed Artis (206) 285-1268 Jason Nadal, assistant coach http://www.salmonbay.org/masters.html	Queen Anne Pool 1920 First Ave W (206) 386-4282	9:30–11:00 am Sun 8:00–9:30 pm W 8:00–9:00 pm F 5:00-6:00 am TuThF
Samena Masters Swim Team SAM	Brian T. Fenn (206) 354-2527 fennbt@hotmail.com	Samena Club Pool 15231 Lake Hills Blvd, Bellevue (425) 746-1160	5:45–7:00 am M,W,F
Skagit Valley Family YMCA SVY	Gary O'Neill (360) 336-9622	Skagit Valley Y 215 E Fulton, Mount Vernon	7:30–8:30 pm MTuTh
Swim Seattle SSEA	Sarah Welch (206) 723-1814 Sarah.Welch@ci.seattle.wa.us http://www.swimseattle.org/	Seattle U, Connolly Center 14 th & Cherry (206) 296-6404	5:45–7:00 am M–F
Tacoma YMCA TACY	Cathy Barmore (253) 564-9622	Morgan Family Y 1002 S Pearl	9:00–10:00 am M–F 7:00–8:30 pm MWF
Tacoma Swim Club TSC	Mark Patterson (253) 752-4511 (253) 383-3791	Univ. of Puget Sound Foss High School	5:30–7:00 am MWF 6:00–7:15 pm M–Th
Three Rivers Swim Team TRST	Laura Reisdorph (360) 736-4471 (360) 551-2691 lreis@localaccess.com	Thorbecke's Swimming Pool 910 Johnson Road Centralia 98531 (360) 736-1683	8:00–9:00 pm W 4:00–5:00 pm Sun 6:00-7:00 pm Fri (Marathon Training) Workouts posted for lap swims
Thunderbird Aquatic Club Masters TAC	Pinky Walker (360) 424-8755	Fidalgo Pool 1603 22 nd St Anacortes (360) 293-0673	
Tigers TIGE	Tom Foley (206) 937-5585		
Vashon Aquatics VAM	Susan Carleton Greg Martin, coach (206) 567-5789 acarleton@aol.com		



Orca Results

Queen City Splash & Ski 2001 Meet

Short Course Yards January 13, 2001

P PNA Record

Z Zone Record

WOMEN 19-24

500 YD. FREE			
AMANDA EVANS	21 BAM		6:43.89
50 YD. BRST			
AMANDA EVANS	21 BAM		37.08
50 YD. FLY			
AMANDA EVANS	21 BAM		34.76
100 YD. I.M.			
AMANDA EVANS	21 BAM		1:15.43
200 YD. I.M.			
AMANDA EVANS	21 BAM		2:48.27

WOMEN 25-29

50 YD. FREE			
J.J. GIBBS	28 UNAT		31.89
SARAH MARCHILDON	26 EBSC		33.35
HILLARY MARSHALL	29 FWM		34.77
100 YD. FREE			
HILLARY MARSHALL	29 FWM		1:19.26
500 YD. FREE			
JEN LELAND	29 GLAD		6:44.71
50 YD. BRST			
J.J. GIBBS	28 UNAT		41.57
HILLARY MARSHALL	29 FWM		44.33
SARAH MARCHILDON	26 EBSC		45.24
100 YD. I.M.			
JEN LELAND	29 GLAD		1:19.02
J.J. GIBBS	28 UNAT		1:20.65
HILLARY MARSHALL	29 FWM		1:28.78

WOMEN 30-34

50 YD. FREE			
LESLIE MCCULLOUGH	31 BMSC		29.18
MEGAN BUSSART	30 BMSC		29.70
PATTY SEVERSON	30 SAM		30.54
ADRIENNE REARDON	33 BMSC		31.31
LANA MAHAN	34 GCM		39.37
100 YD. FREE			
PATTY SEVERSON	30 SAM		1:05.95
DIANE KENNEDY	32 LYNN		1:23.19
LANA MAHAN	34 GCM		1:25.23
200 YD. FREE			
YURIKO POEHLMAN	31 PNA		2:12.20
KARIN HEUSTED	32 LYNN		2:28.36
PATTY SEVERSON	30 SAM		2:29.88
LIZ ROSEN	31 PNA		2:30.88
DIANE KENNEDY	32 LYNN		3:08.48
500 YD. FREE			
MEGAN BUSSART	30 BMSC		6:28.92
REBECCA LESHER	30 DSST		6:29.41
LIZ ROSEN	31 PNA		6:43.85

50 YD. BACK			
LESLIE MCCULLOUGH	31 BMSC		33.37
LANA MAHAN	34 GCM		51.21

200 YD. BACK			
LESLIE MCCULLOUGH	31 BMSC		2:35.95
ADRIENNE REARDON	33 BMSC		2:46.44

50 YD. BRST			
CATHERINE HERRING	34 BMSC		37.36
KARIN HEUSTED	32 LYNN		38.52
PATTY SEVERSON	30 SAM		42.97

100 YD. BRST			
CATHERINE HERRING	34 BMSC		1:20.81

50 YD. FLY			
LESLIE MCCULLOUGH	31 BMSC		31.88
KARIN HEUSTED	32 LYNN		32.12
ADRIENNE REARDON	33 BMSC		33.66
MEGAN BUSSART	30 BMSC		34.21
REBECCA LESHER	30 DSST		36.42

100 YD. FLY			
REBECCA LESHER	30 DSST		1:20.69

100 YD. I.M.			
YURIKO POEHLMAN	31 PNA		1:08.62
LESLIE MCCULLOUGH	31 BMSC		1:13.06
MEGAN BUSSART	30 BMSC		1:15.74
CATHERINE HERRING	34 BMSC		1:16.49
ADRIENNE REARDON	33 BMSC		1:17.10
DIANE KENNEDY	32 LYNN		1:37.59

WOMEN 35-39

50 YD. FREE			
MEGAN CONKLIN	36 LYNN		29.35
LAURA DEL RIO	35 GLAD		31.43

100 YD. FREE			
LISA WILSON	39 GLAD		1:00.87
MEGAN CONKLIN	36 LYNN		1:06.54

200 YD. FREE			
LISA WILSON	39 GLAD		2:11.09
WENDY HOFFMAN	38 GLAD		2:29.32
JAMIE WHITNEY	36 BAM		2:38.29

50 YD. BACK			
LAURA DEL RIO	35 GLAD		37.06

100 YD. BACK			
SUZIE NESS	38 ORCA		1:25.56

200 YD. BACK			
WENDY HOFFMAN	38 GLAD		2:56.70

100 YD. BRST			
LISA WILSON	39 GLAD		1:19.25
JAMIE WHITNEY	36 BAM		1:28.11
LAURA DEL RIO	35 GLAD		1:29.54

200 YD. BRST			
JAMIE WHITNEY	36 BAM		3:04.37
WENDY HOFFMAN	38 GLAD		3:07.05
LAURA DEL RIO	35 GLAD		3:12.94

50 YD. FLY			
SUZIE NESS	38 ORCA		36.41

100 YD. I.M.			
MEGAN CONKLIN	36 LYNN		1:17.08
SUZIE NESS	38 ORCA		1:20.34
JAMIE WHITNEY	36 BAM		1:22.54

200 YD. I.M.			
WENDY HOFFMAN	38 GLAD		2:48.59
MEGAN CONKLIN	36 LYNN		2:52.79
LAURA DEL RIO	35 GLAD		2:54.34

400 YD. I.M.			
LISA WILSON	39 GLAD		5:13.49
WENDY HOFFMAN	38 GLAD		6:03.25

WOMEN 40-44

50 YD. FREE			
KATHY METZLER	40 TIGE		43.38

100 YD. FREE			
BRENDA NIXDORF	43 GAC		1:13.61
KATHY METZLER	40 TIGE		1:38.31

Team Abbreviations

ART	Atlanta Rainbow Trout
BAM	Bainbridge Area Masters
BMSC	Bellingham Masters
DSCA	Different Strokes, Calgary
DSST	Different Strokes, San Diego
EBSC	English Bay, Vancouver
FTST	Ft. Steilacoom Masters
FWM	Federal Way Masters
GAC	Gateway Athletic Club
GCM	Gold Creek Masters
GLAD	Green Lake Aqua Ducks
LYNN	Lynnwood Sharks
MIR	Mercer Island Redwoods
MWSC	Making Waves, Edmonton
NHM	Newport Hills Masters
NSYG	Northshore Y's Guys
NWM	North Whidbey Masters
OOPS	Old Olympic Peninsula
ORCA	Orca Swim Team
PMSC	Parkrose Masters
PNA	Pacific Northwest Aquatics
RHC	Riverside Health Club
SAM	Samena Masters
SDSM	San Diego Swim Masters
TDAM	Team Detroit Aquatics
TDAT	Team Dallas Aquatics
THB	Tualatin Hills Barracudas
TIGE	Tigers
TSUN	Tsunami, San Francisco
UNAT	Unattached
USFM	Univ San Francisco Masters
VAC	Vashon Athletic Club
VSHN	Vashon
WSY	Dolphins

200 YD. FREE			
MARY LIPPOLD	44 GLAD		2:10.68
KATHY METZLER	40 TIGE		3:39.21

500 YD. FREE			
MARY LIPPOLD	44 GLAD		5:54.77
BRENDA NIXDORF	43 GAC		7:12.51

50 YD. BACK			
BRENDA NIXDORF	43 GAC		38.38

100 YD. BRST			
LANI DOELY	44 GLAD		1:27.96

200 YD. BRST			
LANI DOELY	44 GLAD		3:12.91

200 YD. FLY			
MARY LIPPOLD	44 GLAD		2:37.95

100 YD. I.M.			
LANI DOELY	44 GLAD		1:23.13
BRENDA NIXDORF	43 GAC		1:24.15

200 YD. I.M.			
LANI DOELY	44 GLAD		3:03.57

400 YD. I.M.			
LANI DOELY	44 GLAD		6:17.42

WOMEN 45-49

50 YD. FREE			
DEBBIE GLASSMAN	47 GLAD		28.19
CINDY MARTIN	49 GLAD		41.73

100 YD. FREE			
LYNNE DAVISON	49 GCM		1:07.26
SANDY MCNEEL	48 GLAD		1:23.95

(Continued from page 1)

cluding swimmers from Portland, Vancouver, Calgary, Edmonton, Dallas, San Francisco, San Diego, Detroit, Washington DC, and Atlanta. One swimmer from Egypt was even scheduled to attend but did not get his visa in time to travel to Seattle.

The announcer, John Horman, entertained the crowd, "How do Canadians vote? In one day."

Orca member Nate Starling coordinated with Danielle Cordon to provide free massage at the meet. Both are Licensed Massage Practitioners.

Swimmers and volunteers enjoyed the free bagels, compliments of Noah's Bagels, and free coffee, compliments of Café Appassionato.

Jim Lasersohn, the capable meet director, was very excited and surprised by the turnout for the 200 Free Relay, when three heats were required to accommodate all who signed up. Although some of these relays were exhibition because multiple USMS clubs were on the same relay, a great time was had by all.

The Orca Swim Team already plans to do the meet next year on January 19, 2002, and look forward to seeing more PNA and visiting swimmers participate.



Diane Kennedy holds her 4-month old son, Cameron. "He was going to swim the relay with us, but they wouldn't let him. I guess he has to wait another 19 years."

50 YD. BACK			
KATHRINE CASEY	52 FTST	36.08	
KATHY COLE	50 BAM	50.23	
100 YD. BACK			
KATHRINE CASEY	52 FTST	1:16.65 P	
SUSAN AMOTT	52 GCM	1:44.17	
200 YD. BACK			
KATHRINE CASEY	52 FTST	2:42.38	
50 YD. BRST			
KATE CARRUTHERS	52 BAM	43.56	
100 YD. BRST			
KATE CARRUTHERS	52 BAM	1:39.68	
50 YD. FLY			
KATHRINE CASEY	52 FTST	34.59	
100 YD. FLY			
KATHRINE CASEY	52 FTST	1:21.38	
100 YD. I.M.			
SUSAN AMOTT	52 GCM	1:30.51	

WOMEN 55-59

50 YD. FREE			
BONNIE RAUME	56 VAC	45.30	
100 YD. FREE			
FRANCESCA DRUM	59 OOPS	1:22.48	
50 YD. BACK			
FRANCESCA DRUM	59 OOPS	42.37	
50 YD. BRST			
FRANCESCA DRUM	59 OOPS	44.41	
BONNIE RAUME	56 VAC	55.77	
100 YD. BRST			
FRANCESCA DRUM	59 OOPS	1:35.55	

WOMEN 65-69

50 YD. FREE			
PEG CLOUTIER	65 PNA	41.55	
100 YD. FREE			
PEG CLOUTIER	65 VSHN	1:36.84	
500 YD. FREE			
JANET KAVADAS	65 GLAD	10:39.49	
200 YD. BACK			
JANET KAVADAS	65 GLAD	4:21.48	
50 YD. BRST			
JANET KAVADAS	65 GLAD	1:00.37	
100 YD. BRST			
JANET KAVADAS	65 GLAD	2:10.89	

WOMEN 80-84

50 YD. FREE			
MAXINE CARLSON	80 TIGE	1:00.19	
PAT MATTHIESEN	84 TIGE	1:01.85	
50 YD. BACK			
PAT MATTHIESEN	84 TIGE	1:12.28	
200 YD. BACK			
MAXINE CARLSON	80 TIGE	4:45.70	
50 YD. BRST			
PAT MATTHIESEN	84 TIGE	1:22.37	
50 YD. FLY			
PAT MATTHIESEN	84 TIGE	1:31.99	
100 YD. I.M.			
MAXINE CARLSON	80 TIGE	2:33.27	
PAT MATTHIESEN	84 TIGE	2:49.64	

MEN 19-24

50 YD. FREE			
BRETT YOUNG	23 DSST	26.86	
100 YD. FREE			
BRETT YOUNG	23 DSST	58.76	
200 YD. FREE			
BRETT YOUNG	23 DSST	2:12.45	
50 YD. BRST			
BRETT YOUNG	23 DSST	38.77	
100 YD. BRST			
KEVIN GURR	23 EBSC	1:14.52	
100 YD. I.M.			
KEVIN GURR	23 EBSC	1:29.08	

MEN 25-29

50 YD. FREE			
STEPHEN LAPAZ	25 TSUN	26.02	
ROY KIM	29 ORCA	31.61	
JEFFREY BERKSHIRE	26 EBSC	38.15	
LUIS SANTANA	29 ORCA	29.40	
100 YD. FREE			
STEPHEN LAPAZ	25 TSUN	57.35	
200 YD. FREE			
JEFFREY BERKSHIRE	26 EBSC	2:15.63	
KENT VANEGDOM	25 PNA	2:16.87	
500 YD. FREE			
JAMES RUGGIERO	28 TSUN	5:33.66	
LUIS SANTANA	29 ORCA	7:15.44	
SEAN SIKORSKI	28 EBSC	8:42.31	
50 YD. BACK			
SAM CLAYTON	26 ORCA	32.84	
50 YD. BRST			
AARON SEEMER	26 ORCA	34.43	
100 YD. BRST			
AARON SEEMER	26 ORCA	1:16.05	
50 YD. FLY			
LUIS SANTANA	29 ORCA	35.43	
SEAN SIKORSKI	28 EBSC	38.32	
100 YD. FLY			
JAMES RUGGIERO	28 TSUN	1:00.06	
200 YD. FLY			
JAMES RUGGIERO	28 TSUN	2:14.53	
100 YD. I.M.			
STEPHEN LAPAZ	25 TSUN	1:06.90	
AARON SEEMER	26 ORCA	1:10.16	
200 YD. I.M.			
JAMES RUGGIERO	28 TSUN	2:18.57	

MEN 30-34

50 YD. FREE			
JAMES ANSELL	34 DSCA	24.90	
MIKE LAMB	32 ORCA	26.77	
JOHN STOVER	31 TSUN	27.75	
DARREN TAYLOR	30 EBSC	28.71	
STUART CARR	34 EBSC	31.44	



50 YD. BACK			
SANDY MCNEEL	48 GLAD	50.80	
100 YD. BACK			
DEBBIE GLASSMAN	47 GLAD	1:23.17	
50 YD. BRST			
LYNNE DAVISON	49 GCM	41.94	
CINDY MARTIN	49 GLAD	46.94	
50 YD. FLY			
DEBBIE GLASSMAN	47 GLAD	29.96	
100 YD. FLY			
DEBBIE GLASSMAN	47 GLAD	1:09.59	
100 YD. I.M.			
DEBBIE GLASSMAN	47 GLAD	1:14.56	
LYNNE DAVISON	49 GCM	1:18.14	
CINDY MARTIN	49 GLAD	1:48.90	

WOMEN 50-54

50 YD. FREE			
KATE CARRUTHERS	52 BAM	36.23	
KATHY COLE	50 BAM	39.85	
100 YD. FREE			
KATHY COLE	50 BAM	1:27.64	
500 YD. FREE			
KATHY COLE	50 BAM	9:10.60	

MICK BROWN	32 EBSC	32.34
100 YD. FREE		
WILL CRITES	30 SAM	1:00.79
DARREN TAYLOR	30 EBSC	1:04.03
MICK BROWN	32 EBSC	1:10.10
VIKEN MEKHTARIAN	30 EBSC	1:13.30
200 YD. FREE		
GEORGE GONZALEZ	30 ORCA	2:13.98
JOHN STOVER	31 TSUN	2:34.20
VIKEN MEKHTARIAN	30 EBSC	2:35.60

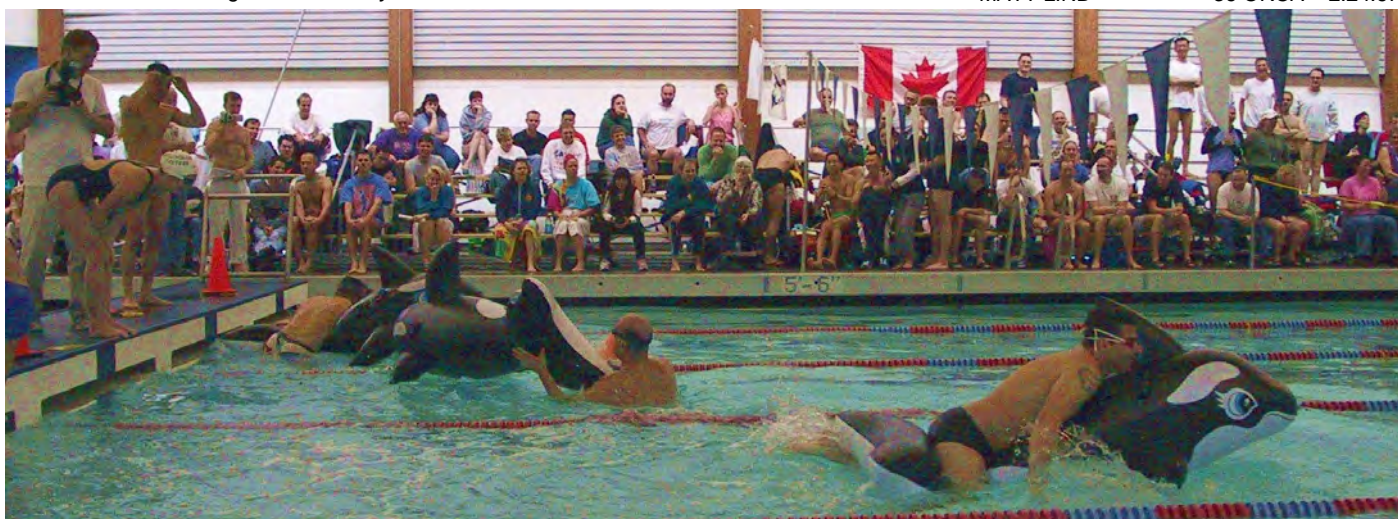
500 YD. FREE		
SAM ANDERSON	32 BMSC	5:34.45
GEORGE GONZALEZ	30 ORCA	6:12.16
TIM WELCH	31 ORCA	6:13.41
LUKE KAY	31 DCAC	7:29.56
50 YD. BACK		
JAMES ANSELL	34 DSCA	29.32
MIKE LAMB	32 ORCA	32.38
JOHN STOVER	31 TSUN	37.44
STUART CARR	34 EBSC	47.87
100 YD. BACK		
TIM WELCH	31 ORCA	1:10.19
VIKEN MEKHTARIAN	30 EBSC	1:23.11
200 YD. BACK		
TIM WELCH	31 ORCA	2:34.90
50 YD. BRST		
JOE HOLLIDAY	33 UNAT	32.14
DARREN TAYLOR	30 EBSC	33.41
MICK BROWN	32 EBSC	39.70
STUART CARR	34 EBSC	40.06
100 YD. BRST		
JAMES ANSELL	34 DSCA	1:05.95
JOE HOLLIDAY	33 UNAT	1:10.02
JOHN CROWLEY	34 ORCA	1:13.84
WILL CRITES	30 SAM	1:15.74
VIKEN MEKHTARIAN	30 EBSC	1:22.67
200 YD. BRST		
JOE HOLLIDAY	33 UNAT	2:36.96
JOHN CROWLEY	34 ORCA	2:43.52
MICK BROWN	32 EBSC	3:33.37
50 YD. FLY		
LUKE KAY	31 DCAC	35.91
STUART CARR	34 EBSC	36.73
JOHN STOVER	31 TSUN	38.65
100 YD. FLY		
TIM WELCH	31 ORCA	1:08.11
100 YD. I.M.		
MIKE LAMB	32 ORCA	1:07.75
GEORGE GONZALEZ	30 ORCA	1:14.53
VIKEN MEKHTARIAN	30 EBSC	1:19.27
STUART CARR	34 EBSC	1:31.10
200 YD. I.M.		
JAMES ANSELL	34 DSCA	2:13.66
WILL CRITES	30 SAM	2:27.94
JOHN CROWLEY	34 ORCA	2:33.82
LUKE KAY	31 DCAC	3:15.57
400 YD. I.M.		
JOHN CROWLEY	34 ORCA	5:24.59

MEN 35-39

50 YD. FREE		
SEAN FITZGERALD	37 ART	23.74
JEFF GUSTAVSON	39 TSUN	26.02
KEN RAGSDALE	38 BAM	27.32
RAYMOND REITSMA	35 EBSC	27.97
PHIL CALDER	35 EBSC	28.70
NICK SMITH	38 ORCA	29.31
LUIS ALONSO	35 EBSC	29.32
MCDOUGALL-GOULET	35 EBSC	29.33
ANDREW PLEWES	36 EBSC	29.43
KRAIG TREGO	37 ORCA	29.64
STEVEN GIEGERICH	35 EBSC	29.99
LEANDRO LUCENTE	39 EBSC	30.06
CHRIS LAUBENTHAL	37 ORCA	31.10
ERNIE LAM	37 MWSC	31.89
100 YD. FREE		
PATRICK GIBBS	35 UNAT	54.31
SEAN FITZGERALD	37 ART	54.57
JIM LASERSON	35 ORCA	58.49
JEFF GUSTAVSON	39 TSUN	59.01
PAUL CARTER	38 EBSC	1:03.68
LUIS ALONSO	35 EBSC	1:03.76
ANDREW PLEWES	36 EBSC	1:07.89
STEVEN GIEGERICH	35 EBSC	1:09.08
LEANDRO LUCENTE	39 EBSC	1:11.25
JACK HILOVSKY	37 ORCA	1:14.80
DALE EKLUND	37 EBSC	1:24.47
200 YD. FREE		
JOHN OTTERSBERG	38 USFM	2:01.06
PAUL SHERMAN	37 ORCA	2:03.12
JEFF GUSTAVSON	39 TSUN	2:11.92
PAUL CARTER	38 EBSC	2:18.81
PHIL BRENNAN	35 ORCA	2:34.45
500 YD. FREE		
PAUL SHERMAN	37 ORCA	5:28.80
ERIC KNAPP	37 RHC	5:33.08
LUIS ALONSO	35 EBSC	6:21.38
50 YD. BACK		
MATT LIND	36 ORCA	29.58
PATRICK GIBBS	35 UNAT	31.53
LUIS ALONSO	35 EBSC	33.56
NICK SMITH	38 ORCA	38.43
100 YD. BACK		
MATT LIND	36 ORCA	1:05.38
PHIL TIBBO	35 MWSC	1:10.95
LUIS ALONSO	35 EBSC	1:15.77
200 YD. BACK		
MATT LIND	36 ORCA	2:24.67



Praying to the swim gods? No, Greg Cole teaches Kate Carruthers a yoga pose to stretch before Bainbridge Master's relay.



Bellingham Masters won the Pink Flamingo Relay, in which participants retrieved goodies from the pool floor and bagged them, while ferrying the inflated Orca whales across the pool.

50 YD. BRST

JIM LASERSOHN	35 ORCA	33.49
PHIL TIBBO	35 MWSC	34.04
RAYMOND REITSMA	35 EBSC	36.06
GREGORY HEAD	39 EBSC	36.12
KEN RAGSDALE	38 BAM	36.38
MARK NEWPORT	36 BMSC	36.58
CHRIS LAUBENTHAL	37 ORCA	37.34
PHIL BRENNAN	35 ORCA	38.40
LEANDRO LUCENTE	39 EBSC	38.78
GREG FLOYD	35 EBSC	38.95
STEVEN GIEGERICH	35 EBSC	39.48
ERNIE LAM	37 MWSC	39.71
JACK HILOVSKY	37 ORCA	41.24

100 YD. BRST

JOHN OTTERSBERG	38 USFM	1:10.56
JIM LASERSOHN	35 ORCA	1:12.72
PATRICK GIBBS	35 UNAT	1:12.76
PHIL TIBBO	35 MWSC	1:12.91
MARK NEWPORT	36 BMSC	1:16.83
GREGORY HEAD	39 EBSC	1:18.38
PHIL CALDER	35 EBSC	1:19.57
PAUL CARTER	38 EBSC	1:23.06
PHIL BRENNAN	35 ORCA	1:24.95
ERNIE LAM	37 MWSC	1:27.78
STEVEN GIEGERICH	35 EBSC	1:28.84

200 YD. BRST

JOHN BELL	39 EBSC	2:38.83
MARK NEWPORT	36 BMSC	2:45.86
JIM LASERSOHN	35 ORCA	2:46.08
GREGORY HEAD	39 EBSC	2:47.82

50 YD. FLY

SEAN FITZGERALD	37 ART	26.20
TOM KEMPLE	38 EBSC	26.26
JOHN VANBERKOM	36 UNAT	27.44
MATT LIND	36 ORCA	27.86
ERIC KNAPP	37 RHC	29.39
RAYMOND REITSMA	35 EBSC	29.52
KEN RAGSDALE	38 BAM	29.94
ANDREW PLEWES	36 EBSC	31.64
MCDOUGALL-GOULET	35 EBSC	33.70
PHIL CALDER	35 EBSC	35.86

100 YD. FLY

TOM KEMPLE	38 EBSC	57.58
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200 YD. FLY

TOM KEMPLE	38 EBSC	2:10.76
DAVID WELLS	36 WMAC	2:13.78
PAUL SHERMAN	37 ORCA	2:15.73

100 YD. I.M.

TOM KEMPLE	38 EBSC	1:01.81
SEAN FITZGERALD	37 ART	1:02.71
JOHN BELL	39 EBSC	1:04.13
JOHN VANBERKOM	36 UNAT	1:04.65
PHIL TIBBO	35 MWSC	1:06.56
KEN RAGSDALE	38 BAM	1:08.94
L REMSTEDT	36 UNAT	1:14.51
PAUL CARTER	38 EBSC	1:14.56
LEANDRO LUCENTE	39 EBSC	1:17.91
NICK SMITH	38 ORCA	1:19.87
MCDOUGALL-GOULET	35 EBSC	1:20.38
JEFF WOLF	37 ORCA	1:20.40
JACK HILOVSKY	37 ORCA	1:28.59

200 YD. I.M.

JOHN OTTERSBERG	38 USFM	2:18.63
PATRICK GIBBS	35 UNAT	2:20.90
SEAN FITZGERALD	37 ART	2:21.19

400 YD. I.M.

DAVID WELLS	36 WMAC	4:45.23
JOHN BELL	39 EBSC	5:02.57

MEN 40-44

50 YD. FREE

MICHAEL JONES	40 MIR	24.78
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Jim Lasersohn, the meet director, won first place in the 50 yard Breast, with 13 swimmers in his age group.

BRAD LEVINSON	44 TDAT	25.66
TODD KOWALSKI	42 BAM	26.83
RON OREN	41 LYNN	29.08
PAUL IKEDA	41 ORCA	29.32
MATTHEW BITTNER	41 UNAT	29.79
ED HILL	42 TDAM	29.97
SPENCER DANE	41 EBSC	31.59
WARREN HURT	42 MWSC	33.91
DAN BRIGHTWELL	44 ORCA	35.68

100 YD. FREE

MICHAEL JONES	40 MIR	55.41
BRAD LEVINSON	44 TDAT	56.00
JOE HEALY	41 TSUN	58.34
ED RAMSEY	44 THB	59.45
TODD KOWALSKI	42 BAM	59.53
STEPHEN REESE	42 WSY	1:01.05
ED HILL	42 TDAM	1:02.20
RON OREN	41 LYNN	1:03.15
WARREN HURT	42 MWSC	1:18.28
DAN BRIGHTWELL	44 ORCA	1:20.86
THOMAS CAVANAUGH	44 PNA	1:21.66

200 YD. FREE

JACK STAVROS	40 GLAD	1:57.80
MICHAEL JONES	40 MIR	2:05.31
ED RAMSEY	44 THB	2:08.96
JOE HEALY	41 TSUN	2:09.41
TODD KOWALSKI	42 BAM	2:15.09
ED HILL	42 TDAM	2:20.80
RON OREN	41 LYNN	2:25.57
THOMAS CAVANAUGH	44 PNA	3:25.55

500 YD. FREE

BRAD LEVINSON	44 TDAT	5:34.99
ED RAMSEY	44 THB	5:48.85
JOE HEALY	41 TSUN	5:56.11

50 YD. BACK

BRAD LEVINSON	44 TDAT	29.99
SPENCER DANE	41 EBSC	39.47
DAN BRIGHTWELL	44 ORCA	42.90

100 YD. BACK

BRAD LEVINSON	44 TDAT	1:08.79
MICHAEL JONES	40 MIR	1:29.49

50 YD. BRST

PAUL IKEDA	41 ORCA	36.98
MATTHEW BITTNER	41 UNAT	37.20
SPENCER DANE	41 EBSC	38.71
ED HILL	42 TDAM	39.12

Helene Madison Pool

The recent Orca meet was held in the Helene Madison pool. Do you know who Helene Madison was?

In 1932, Helene Madison earned three gold medals in free-style at the Olympic Games in Los Angeles. She returned to the biggest ticker tape and confetti parade in Seattle's history.

In her brief swimming career, she set 20 world records. It took others nine years to beat her 1000 yard and 1-mile records. She was the first female swimmer to swim 100 yards in one minute.

Helene began swimming at age two in Seattle Parks Department classes at Green Lake. Later at the Washington Athletic Club, she learned competitive swimming from coach Ray Daughters. At age 15, she was winning regional high school swimming championships. In 1930 and 1931, she won every Amateur Athletic Union (predecessor to USA Swimming) national freestyle championship.

At age 19, after the Olympics, Helene gave a paid performance at the amusement park at Bitter Lake. In Hollywood, she played a bit part in a movie. These minor gigs classified her a professional. Helene lost her amateur status and was unable to compete in the 1936 Olympics in Berlin.

She attempted stints as a nightclub entertainer and as a swimming instructor at the basement pool of the Moore Hotel. For the Aqua Follies, she choreographed a routine for the first local synchronized swimmers, Gail and Diann Smith, then 7 and 6 years old.

Helene Madison died in 1970 of cancer.

In 1990, the US Post Office featured her on a 25 cent stamp, at that time the going rate for first-class mail.

Today, we have two pools named after Helene Madison, the one on Meridian in which the Orca meet was held and one in the Washington Athletic Club in downtown Seattle.



Lisa Wilson, swimming for Green Lake Aqua Ducks, placed first in all of her races: the 100

WARREN HURT	42 MWSC	45.54
DAN BRIGHTWELL	44 ORCA	46.17
100 YD. BRST		
STEPHEN REESE	42 WSY	1:16.25
PAUL IKEDA	41 ORCA	1:19.42
ED HILL	42 TDAM	1:22.16
SPENCER DANE	41 EBSC	1:25.75
MATTHEW BITTNER	41 UNAT	1:27.38
50 YD. FLY		
JACK STAVROS	40 GLAD	27.50
BRIAN RUSSELL	43 BAM	28.03
TODD KOWALSKI	42 BAM	31.41
100 YD. FLY		
MICHAEL JONES	40 MIR	1:01.17
BRIAN RUSSELL	43 BAM	1:03.25
100 YD. I.M.		
JACK STAVROS	40 GLAD	1:03.59
BRIAN RUSSELL	43 BAM	1:04.95
STEPHEN REESE	42 WSY	1:09.78
ED RAMSEY	44 THB	1:10.21
RALPH DOORE	43 TSUN	1:31.28
200 YD. I.M.		
BRIAN RUSSELL	43 BAM	2:25.30
STEPHEN REESE	42 WSY	2:35.04
JOE HEALY	41 TSUN	2:36.44
PAUL IKEDA	41 ORCA	2:52.84

MEN 45-49

50 YD. FREE		
GILLES BEAUDIN	46 EBSC	27.33
PAUL CLEMENTS	45 ORCA	28.16
PHILIP MOSELEY	47 NHM	29.31
GREG COLE	49 BAM	30.20
BRUCE BETZ	49 ORCA	32.70
LEE LOURDEAUX	49 EBSC	34.78
CHIP WATERBURY	45 ORCA	35.27
100 YD. FREE		
RONALD JACOBS	49 GLAD	53.58
PAUL VERNER	46 ORCA	59.98
KEVIN SIMPSON	49 EBSC	1:03.88
PHILIP MOSELEY	47 NHM	1:06.74
REED GLESNE	49 PNA	1:12.45
GREG COLE	49 BAM	1:12.81
CHIP WATERBURY	45 ORCA	1:18.03
200 YD. FREE		
PAUL VERNER	46 ORCA	2:15.01
REED GLESNE	49 PNA	2:30.29
GREG COLE	49 BAM	2:46.20
500 YD. FREE		
GREG COLE	49 BAM	7:47.12
50 YD. BACK		
PHILIP MOSELEY	47 NHM	33.34
PAUL CLEMENTS	45 ORCA	33.47
PAUL VERNER	46 ORCA	34.06

KEVIN SIMPSON	49 EBSC	35.93
100 YD. BACK		
RONALD JACOBS	49 GLAD	1:03.26
PHILIP MOSELEY	47 NHM	1:14.46
PAUL VERNER	46 ORCA	1:15.03
200 YD. BACK		
PHILIP MOSELEY	47 NHM	2:41.13
50 YD. BRST		
DANA COX	49 ORCA	31.43
GILLES BEAUDIN	46 EBSC	32.72
CHIP WATERBURY	45 ORCA	44.40
100 YD. BRST		
GILLES BEAUDIN	46 EBSC	1:12.86
IAN MATTHEWS	46 EBSC	1:25.51
200 YD. BRST		
GILLES BEAUDIN	46 EBSC	2:36.84
IAN MATTHEWS	46 EBSC	3:03.47
50 YD. FLY		
DANA COX	49 ORCA	28.83
PAUL CLEMENTS	45 ORCA	33.48
100 YD. FLY		
IAN MATTHEWS	46 EBSC	1:26.25
100 YD. I.M.		
RONALD JACOBS	49 GLAD	1:04.03
GILLES BEAUDIN	46 EBSC	1:07.13
DANA COX	49 ORCA	1:07.16

MEN 50-54

50 YD. FREE		
GENE REESE	51 LYNN	32.38
500 YD. FREE		
HARRY LEONARD	51 EBSC	8:09.43
100 YD. BACK		
HARRY LEONARD	51 EBSC	1:37.96
50 YD. BRST		
GENE REESE	51 LYNN	38.51
THOMAS WALKER	53 UNAT	43.50
100 YD. BRST		
GENE REESE	51 LYNN	1:26.18
THOMAS WALKER	53 UNAT	1:35.51
HARRY LEONARD	51 EBSC	1:39.95
200 YD. BRST		
THOMAS WALKER	53 UNAT	3:29.16
100 YD. I.M.		
THOMAS WALKER	53 UNAT	1:28.20
HARRY LEONARD	51 EBSC	1:32.49
200 YD. I.M.		
THOMAS WALKER	53 UNAT	3:17.07

MEN 55-59

100 YD. FREE		
JAMES MCCLEERY	55 NWM	57.71 P
PAUL FREEMAN	57 UNAT	1:15.56
BOB PARKER	59 GLAD	1:22.10
200 YD. FREE		
PAUL FREEMAN	57 UNAT	2:46.70
500 YD. FREE		
GORDON GRAY	55 NSYG	6:49.01
BOB PARKER	59 GLAD	8:24.21
200 YD. BACK		
MICHAEL MCCOLLY	55 GLAD	2:33.13
GORDON GRAY	55 NSYG	2:55.97
50 YD. BRST		
PAUL FREEMAN	57 UNAT	39.83
BOB PARKER	59 GLAD	41.41
100 YD. BRST		
PAUL FREEMAN	57 UNAT	1:28.14
BOB PARKER	59 GLAD	1:33.41
GORDON GRAY	55 NSYG	1:33.55
100 YD. FLY		
JAMES MCCLEERY	55 NWM	1:05.45
100 YD. I.M.		
JAMES MCCLEERY	55 NWM	1:06.73



Pat Matthiesen, a member of the Tigers.

400 YD. I.M.			
JAMES MCCLEERY	55 NWM	5:06.88	Z
MICHAEL MCCOLLY	55 GLAD	5:26.97	

MEN 60-64

50 YD. FREE			
HAROLD TAUSCHER	63 BMSC	33.07	
200 YD. FREE			
HAROLD TAUSCHER	63 BMSC	2:54.70	
50 YD. FLY			
BERT PETERSEN	62 PMSC	28.20	
100 YD. FLY			
BERT PETERSEN	62 PMSC	1:09.42	

MEN 65-69

100 YD. FREE			
DON REHFELDT	66 GLAD	1:22.78	
200 YD. FREE			
DAVE DRUM	65 OOPS	2:30.74	
500 YD. FREE			
DON REHFELDT	66 GLAD	8:16.14	
200 YD. BACK			
TOM FOLEY	66 TIGE	3:45.62	
50 YD. BRST			
DON REHFELDT	66 GLAD	40.90	
100 YD. BRST			
DON REHFELDT	66 GLAD	1:32.52	
TOM FOLEY	66 TIGE	1:55.66	
200 YD. BRST			
DON REHFELDT	66 GLAD	3:27.35	
50 YD. FLY			
DAVE DRUM	65 OOPS	32.15	P
100 YD. FLY			
TOM FOLEY	66 TIGE	2:02.66	
100 YD. I.M.			
TOM FOLEY	66 TIGE	1:46.72	

MEN 70-74

100 YD. FREE			
HARVEY PROSSER	72 NWM	1:15.52	
500 YD. FREE			
HARVEY PROSSER	72 NWM	7:29.73	
100 YD. FLY			
HARVEY PROSSER	72 NWM	1:43.85	

MEN 85-89

50 YD. FREE			
GENE CROSSETT	87 GLAD	47.05	

100 YD. FREE			
GENE CROSSETT	87 GLAD	1:47.85	
200 YD. FREE			
GENE CROSSETT	87 GLAD	3:57.66	
500 YD. FREE			
GENE CROSSETT	87 GLAD	11:12.13	

RELAYS-WOMEN 200 YD FREE

19 +			
JAMIE WHITNEY	36 BAM	2:17.40	
KATHY COLE	50		
KATE CARRUTHERS	52		
AMANDA EVANS	21		

25 +			
SUSAN AMOTT	52 PNA	2:12.31	
LANA MAHAN	34		
LYNNE DAVISON	49		
MEGAN CONKLIN	36		

RELAYS-WOMEN 200 YD MEDLEY

19 +			
AMANDA EVANS	21 BAM	2:28.52	
JAMIE WHITNEY	36		
KATE CARRUTHERS	52		
KATHY COLE	50		

25 +			
LANA MAHAN	34 PNA	2:42.28	
LYNNE DAVISON	49		
SUSAN AMOTT	52		
MEGAN CONKLIN	36		

35 +			
SANDY MCNEEL	48 GLAD	2:52.39	
CINDY MARTIN	49		
LANI DOELY	44		
WENDY HOFFMAN	38		

RELAYS-MEN 200 YD FREE

19 +			
JEFFREY BERKSHIRE	26 EBSC	1:48.40	
MCDOUGALL-GOULET	35		
RAYMOND REITSMA	35		
KEVIN GURR	23		

25 +			
JEFF GUSTAVSON	39 TSUN	1:45.45	
JOE HEALY	41		
JOHN STOVER	31		
JAMES RUGGIERO	28		

PAUL CLEMENTS	45 ORCA	1:50.69	
PAUL VERNER	46		
ROY KIM	29		
MIKE LAMB	32		

JOHN CROWLEY	34 ORCA	1:53.06	
TIM WELCH	31		
PHIL BRENNAN	35		
GEORGE GONZALEZ	30		

STEVEN GIEGERICH	35 EBSC	1:56.95	
ANDREW PLEWES	36		
VIKEN MEKHTARIAN	30		
DARREN TAYLOR	30		

ERIC KNAPP	37 PNA	1:57.36	
REED GLENE	49		
THOMAS CAVANAUGH	44		
KENT VANEGDOM	25		

NICK SMITH	38 ORCA	1:57.74	
JEFF WOLF	37		
LUIS SANTANA	29		
PAUL IKEDA	41		

HARRY LEONARD	51 EBSC	2:07.09	
SPENCER DANE	41		
MICK BROWN	32		
LEANDRO LUCENTE	39		

LEE LOURDEAUX	49 EBSC	2:17.49	
STUART CARR	34		
GREG FLOYD	35		
DALE EKLUND	37		

35 +			
PAUL SHERMAN	37 ORCA	1:43.06	
JIM LASERSOHN	35		
DANA COX	49		
MATT LIND	36		

TOM KEMPLE	38 EBSC	1:44.16	
GREGORY HEAD	39		
GILLES BEAUDIN	46		
JOHN BELL	39		

TODD KOWALSKI	42 BAM	1:49.95	
GREG COLE	49		
KEN RAGSDALE	38		
BRIAN RUSSELL	43		

PAUL CARTER	38 EBSC	1:53.52	
LUIS ALONSO	35		
KEVIN SIMPSON	49		
PHIL CALDER	35		

CHIP WATERBURY	45 ORCA	2:13.90	
BRUCE BETZ	49		
CHRIS LAUBENTHAL	37		
DAN BRIGHTWELL	44		

RELAYS-MEN 200 YD MEDLEY

19 +			
KEVIN SIMPSON	49 EBSC	2:09.32	
KEVIN GURR	23		
MCDOUGALL-GOULET	35		
JEFFREY BERKSHIRE	26		

25 +			
JOE HEALY	41 TSUN	2:03.24	
STEPHEN LAPAZ	25		
JAMES RUGGIERO	28		
JOHN STOVER	31		

TIM WELCH	31 ORCA	2:06.80	
MIKE LAMB	32		
GEORGE GONZALEZ	30		
AARON SEEMER	26		

HARRY LEONARD	51 EBSC	2:18.31	
DARREN TAYLOR	30		
RAYMOND REITSMA	35		
LEANDRO LUCENTE	39		

NICK SMITH	38 ORCA	2:22.18	
PAUL IKEDA	41		
PHIL BRENNAN	35		
ROY KIM	29		

35 +

MATT LIND	36 ORCA	1:59.29
DANA COX	49	
PAUL SHERMAN	37	
JIM LASERSON	35	
LUIS ALONSO	35 EBSC	2:08.16
GREGORY HEAD	39	
JOHN BELL	39	
PHIL CALDER	35	
BRIAN RUSSELL	43 BAM	2:10.59
KEN RAGSDALE	38	
TODD KOWALSKI	42	
GREG COLE	49	
CHIP WATERBURY	45 ORCA	2:25.15
PAUL VERNER	46	
PAUL CLEMENTS	45	
JEFF WOLF	37	

RELAYS-MIXED 200 YD FREE

19 +

BRIAN RUSSELL	43 BAM	2:06.17
KATHY COLE	49	
AMANDA EVANS	21	
KEN RAGSDALE	38	
25 +		
JEN LELAND	29 PNA	2:17.65
CINDY MARTIN	49	
BOB PARKER	59	
JOHN CROWLEY	34	
35 +		
LISA WILSON	39 GLAD	1:41.98
JACK STAVROS	40	
MARY LIPPOLD	44	
RONALD JACOBS	49	
TODD KOWALSKI	42 BAM	2:07.32
KATE CARRUTHERS	52	
JAMIE WHITNEY	36	
GREG COLE	49	

RELAYS-MIXED 200 YD MEDLEY

25 +

LESLIE MCCULLOUGH	31 BMSC	2:16.32
MARK NEWPORT	36	
MEGAN BUSSART	30	
HAROLD TAUSCHER	63	
WENDY HOFFMAN	38 PNA	2:45.10
LANI DOELY	44	
JOHN CROWLEY	34	
GENE CROSSETT	87	



**Party, party, party
Going to the
Bellingham meet?**

After the February 17th meet join the social at the Pizza Hut. Go south to Lakeway Drive. Turn west (towards I-5). Go two blocks and there's the Pizza Hut.



Pacific Northwest Association of Masters Swimmers

Local Team Registration

To register your team for 2001, please fill out and return the form below. Registrations must be received by April 7, 2001 in order to compete as a team and be eligible for team awards at the 2001 Champs. All team members competing in the meet must be paid members of PNA Masters Swimmers.

Team Name:		Abbreviation (4 letters max):	
Team Rep	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	E-Mail:		
Team Coach	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	E-Mail:		

Mail this form and check to:

Carolyn Behse
1321 177th Ave NE
Bellevue, WA 98008
(425) 747-3889
Fax (425) 747-3851
E-mail cbehse@yahoo.com

Application Fee: \$10

Make check payable to: **PNA Masters Swimmers**

PNA Board Meeting Minutes —by Steve Peterson, PNA Secretary

December 5, 2000—President Lee Carlson called the meeting to order at the his home at 7:27 pm following the scrumptious potluck dinner. Attending were Carolyn Behse, Kathy Casey, Sally Dillon, Jeanne Ensign, Jan Kavadas, Sandy McNeel, Gregg Metzler, Hugh Moore, Kathy Moore, Steve Peterson, Walt Reid, Jett Vallandigham, and Sarah Welch. These 14 represented Bellevue Club, Federal Way, Ft. Steilacoom, GLAD, North Whidbey, OOPS, Redwoods, Swim Seattle, and the unattached.

Minutes: The Board approved the October meeting minutes as submitted.

Treasurer's Report: Total assets are \$26,358 including the Wiggin Fund's \$2,687. Jeanne filed the annual Washington Corporation report, changing PNA's registered agent to Lee Carlson from Jane Moore. The Board approved Jeanne's proposal to open a Smith Barney cash management account. Jeanne will submit the required personal information on signatories Lee and herself and transfer PNA's funds. The Board accepted Jeanne's report. Jeanne noted that she had moved both her residence and office. The Board approved purchasing 500 pre-stamped envelopes for Sue Dill's reregistration mailings and reimbursing Jane Moore \$81.94 for PNA Team Handbook production expenses. The 5K/10K Postal Meet netted \$1,723.20. Steve said the Bangor meet financial report is coming. Kathy Casey suggested purchasing new batteries for the PNA watches, and Hugh recommended waiting until closer to Champs.

Membership: Sue's report in absentia pegged membership at 343 as of November 30th.

Meets: Bangor entertained 90 swimmers—including 19 first-timers—who purchased 65 medals and had a great time, including a Trident sub tour for 33 participants. Hugh has the entry forms ready for the Orca and Bellingham meets (the latter to appear in the next *WetSet*). Hugh reserved the Highline pool for Champs (April 7-8—who will host it?). Now water polo wants an entire weekend at King County Aquatic Center, eliminating any PNA meet dates there before Long Course (LC) Nationals. The Board discussed area LC pools; Lee suggested that the Organizing Committee stage a LC meet

and let another group host Champs. Should we do LC Zones as a warmup meet at South Kitsap (late June, to avoid Santa Clara SC Nationals)? Steve will contact South Kitsap for availability. If no Champs host can be found (e.g., Washington Aquatic Killer Orcas-WAKO), should the Organizing Committee do both?

Newsletter: December's *WetSet* is at the printer. Sandy reworked the Orca masthead logo and sought opinions on old vs. new design; the Board gave her executive privilege to decide. Lee and Carolyn each have two articles ready to publish, Steve owes a write-up on the Bangor meet and Pascal Roncalez has written a review of the sub tour. New articles are always welcome. The January issue deadline is December 20.

Awards: Sally has received medal proceeds from the SCM Zone and Bangor meets. The Board brainstormed a moment on how to make award sales as foolproof and simple as possible at meets.

Social: Jett said 25 or so enjoyed exclusive use of the Silver City Brewpub's 2nd floor after the Bangor meet. The Trident sub tour was well received.

Officiating: Jan has two officials lined up for Orca's January 13 meet.

Fitness: Carolyn urged members to promote the One-Hour Swim. She will send out updated Team Registration forms to all coaches and team reps. Carolyn also touted "The Heart Rate Monitor Book," just out by local authors Sally Edwards and Sally Reed, which features several PNA members.

Computer Applications: Jim revamped the web site, which includes the latest *WetSet* in glorious color.

Constitution & Bylaws: Jane assembled 30 loose-leaf copies of the new PNA Team Handbook sans tabs but featuring numbered and dated pages. A PDF version will be available on swimpna.org. Carolyn suggested these should be sent to teams whether registered or not, to distribute as much

information as possible. The Board approved both Lee's proposal to include a copy of the USMS Mini Rulebook and Jeanne's motion to pay for shipping to each team. Jeanne will order 30 Minis and 4 regular Rulebooks.

Safety: Lee solicited comments about the USA Swimming/USMS swimmer matrix, drafted by the USMS Insurance Committee to illustrate insurance coverage situations at workouts.

Ad Hoc Open Water: Sally sent copies of the Open Water Guidelines to Ed Artis and Michael Meyer.

Ad Hoc Coaches: No report. Jeanne mentioned Robin O'Leary's plans to scale back her coaching after many years. GLAD has a Saturday coaching position available.

Team Reps: Gregg Metzler offered his appreciation for the Bangor meet, noting that team coaches were well represented.

Nominating Committee: Four candidates have agreed to run (1 per position). At-Large Rep details are available in the *WetSet*. Nominations close February 1.

One Hour Postal Organizing: Sally suggested having two relay coordinators (male & female). An article about forming teams for this event will appear in the January *WetSet*. PNA, while hosting before, has not been well represented and should do more to get members interested. Local team competitions? PNA-subsidized team entry fees? Lee suggested a separate discussion of details.

2001 Budget: The Board reviewed Jeanne's numbers and made several changes, then accepted the budget as amended.

Next Meetings:

Saturday, January 20, Planning Retreat at Sally Dillon's (tentative)

Tuesday, January 23, TBD

Tuesday, February 27, Bellevue Club

The Board approved adjourning the meeting at 9:38 pm.

Check out PNA's web site!
<http://www.swimpna.org/>

2001 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Sponsored and Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 013606

DATE: Saturday April 7th and Sunday, April 8th, 2001

TIMES: Saturday April 7th, Warm-up: 10:00 AM, Meet starts: 11:00 AM
Sunday April 8th, Warm-up: 8:00 AM, Meet starts: 9:00 AM

PLACE: Highline Community College, 2400 S 240th ST., Des Moines

MEET DIRECTOR: Hugh Moore (253) 925-0803 or weswim@mindspring.com

FACILITY: The Highline Community College pool is 11 lanes X 25-yards. 8 lanes will be used for competition and 3 lanes will be open for warm-up and warm-down.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2001 USMS or MSC registered swimmers age 19 and above on the day of competition. Age groups will be based upon the swimmer's age as of April 8, 2001.

DIRECTIONS: From I-5 exit on Highway 516 (Kent-Des Moines Road) southbound exit 149, northbound exit 149B. Go west on Kent-Des Moines road for approximately ¼ mile. Turn left (south) on Pacific Highway S (Highway 99). Follow Pacific Highway S for approximately ½ mile to 240th ST. Turn right on 240th. Turn right on the 4th entrance/exit into South Parking Lot for Highline Community College.

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

There will be 20-minute warm-ups following the conclusion of events #1 (Saturday) & 13 (Sunday)

	Saturday April 7th: 11 AM warm-ups 10	Sunday April 8th 9 AM (warm-ups 8)
1	1000 Free	500 Freestyle
	20 minute warm-up	20 minute warm-up
	Event 2 will not start before 12:15	Event 14 will not start before 10:15
2	100 Individual Medley	200 Individual Medley
3	50 Freestyle	200 Backstroke
4	200 Butterfly	50 Breaststroke
5	100 Backstroke	100 Butterfly
	10 minute break	10 minute break
6	200 Women's Freestyle Relay	Women's 200 Medley Relay
7	200 Men's Freestyle Relay	Men's 200 Medley Relay
8	100 Freestyle	200 Freestyle
9	50 Backstroke	100 Breaststroke
10	200 Breaststroke	50 Butterfly
11	200 Mixed Medley Relay	200 Mixed Freestyle Relay
12	400 Individual Medley	1650 Freestyle

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

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

2001 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Sponsored and Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 013606

Saturday April 7th and Sunday, April 8th, 2001

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

PNA TEAM _____ (note: team must register with PNA by 3/24/01)

CLUB _____ or UNATTACHED _____ LMSC _____

AGE GROUP (Determined by your age as of April 8, 2001):

AGE GROUP	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59
19 - 24							
60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 - 94	95+
EVENT NUMBER	ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS						
EVENT	SEED TIME						

ENTRY FEE: \$ 10.00

Individual Events: + _____ Surcharge \$1 per event for swimmers under age 65
No charge for swimmers 65 or over. No charge for relays

Total: \$ _____ Please make checks payable to PNA

PNA Champs
PNA Masters Swimmers
P.O. Box 25615
Federal Way, WA 98093-2615

Phone or e-mail: (253)925-0803 or weswim@mindspring.com

Entries must be postmarked no later than Saturday, March 24th, or received by March 28th, 2001. **Include a copy of your Masters registration card if you are not a PNA member.** All swimmers must have a valid 2001 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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

SIGNED: _____ **DATE:** _____



THE FINAL LAP



It's Official

Backstroke Rules

By Gary Wallis
Officials Chair
Oregon Masters Swimming

Gary Wallis explained the USMS rules for both the backstroke turn and finish for Oregon Masters Swimming's newsletter, the Aqua-Master.

Turns:

Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may turn past the vertical toward the breast, after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. Once the body has left the position on the back, there shall be no kick or arm pull independent of a continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall. (101.4.3)

Was that clear? If not, here is what officials look at on a flip turn. Once you leave a position on your back, one arm or both arms will be extended. The official will watch



Starts:

As of January 1, 2001 an important change was made to the backstroke start for USMS. For short course yard events, the former rule allowed toes to be above the surface of the water prior at the start of the race. The new rule says that toes must be below the surface of the water at the start in both yards and meters races.

your arms to be certain they are constantly moving. A pause of the arms at the start of the pull or during the pull constitutes a non-continuous motion and is a disqualification. If you are a two arm puller, they have to move together. Once the hands reach the hips the pull has stopped and the official's attention shifts to the head. The head must either be dipping downward or may bob upward if immediately followed by a downward dip. If neither of these head movements are observed then the turn is non-continuous and a disqualification occurs. Note that the rules allow kicking throughout the turn so long as the turn is continuous.

You don't have to do a flip turn. You may stay on your back, touch the wall and then turn. Once the wall is touched you may turn however you like. The official will look to see that your shoulders are at or past vertical towards the back as your feet leave the wall.

What if you turn late and crash into the wall? That's okay and grabbing the wall constitutes the end of the turn. So, simply push off the wall on your back.

What if you turn too soon and miss the wall? Too bad. Missing the wall is a disqualification and sculling back to the wall is not allowed.

Finishes:

Upon the finish of the race, the swimmer must touch the wall while on the back. (101.4.4)

Pretty simple. Stay on your back until you have touched the wall. "On the back" means you can rotate but not more than 90 degrees.

Some part of the body must be above the surface of the water after the 15 meter mark, so you might avoid a deep dive into the wall at the finish for fear that you might be totally submerged at the finish.

Frequently DQ'ed Areas:

These are the infractions that are most commonly observed:

1. Non-continuous turn (generally a pause observed after the hand stops at the hips).
2. Not on back during the swim, either on the turn as the feet leave the wall or at the finish.

It's January!

Have you set your swimming goals for this year? Now's a good time work with you coach.

Mark your calendars!

August 16-19, 2001
Long Course Meters
National Championships
Federal Way, WA

UNITED STATES MASTERS SWIMMING, INC.
2001 REGISTRATION APPLICATION
Pacific Northwest Association of Masters Swimmers

New Registration Renewal My current USMS number is _____

Please print clearly. Register with the same name you will use for competition.

Name _____ Birthdate _____ / ____ / ____
Last First Initial Month Day Year

Address _____ Age _____ M/F _____
Street or box number

_____ E-Mail _____
City State Zip+4

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

My Club is Pacific NW Aquatics (PNA) **My Team is** _____
 Unattached Sequim (SQM) Unattached

2001 Annual Fee	Your fee includes a subscription to the <i>WetSet</i> and to SWIM Magazine		
Under 65	\$30	(If after Sep 1, 2001 for 2001: \$15.00)	\$ _____
Senior: 65 & over	\$23	(If after Sep 1, 2001 for 2001: \$11.50)	_____
Canadian fee	\$35		_____
<i>Optional donations:</i>	USMS Endowment Fund	\$1 or (\$ _____)	_____
	International Swimming Hall of Fame	\$1 or (\$ _____)	_____
		TOTAL \$	_____

Mail to: Suzanne Dills, Registrar
639 N Riverpoint Blvd. #3W
Spokane, WA 99202
Cell (206) 779-3654
Home (509) 456-7281

Make check payable to: **PNA MASTERS SWIMMERS**

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Signature _____ Date _____

Pacific Northwest Association of Masters Swimmers
2913 70th Ave SE, Mercer Island WA 98040

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