

THE WET SET



Volume 21 • Issue 3

2000 USMS Newsletter of the Year

March 2001

Local Swimmers In the USMS Top Ten Times

LEADING OFF

By
Lee Carlson

A Long Hour

The discussion this month is a little different. I took part in the hour swim on January 28th. A large number of you participated in this swim and yet only about 1,900 out of 38,000 Masters swimmers nationwide took the time to do the swim.

Eleven of us at Mercer Island swam on a Sunday morning and the hour went by surprisingly fast.

We had prepared for the swim by

(Continued on page 3)

USMS has published its list of the Top Ten national times for short course yards, long course yards, and short course meters.

Kathy Casey made the list 40 times.

Our first place swimmers (and, therefore, All-Americans) included Zena Courtney, Muriel Flynn, Steve Sussex, Rick Colella, Alan Bell, Gary Chase, and Jim Penfield.

Zena Courtney and Mary Lip-pold tied for fourth place in the SCY 200 Fly with the time of 2:30.03.

Included in this issue are our local swimmers who made this Top Ten list. This includes three lists: Short Course Meters, Long Course Meters, and Short Course Yards. For a complete list look on the USMS web site: <http://www.swimgold.org/tt/>

Short Course Meters

Times Performed by December 31, 2000

WOMEN 19-24

800 M. FREE			
Jennifer Peterson	24	11:18.75	#6

WOMEN 25-29

100 M. BRST			
Jean Dillon	26	1:18.90	#2
100 M. FLY			
Jean Dillon	26	1:10.66	#2

WOMEN 30-34

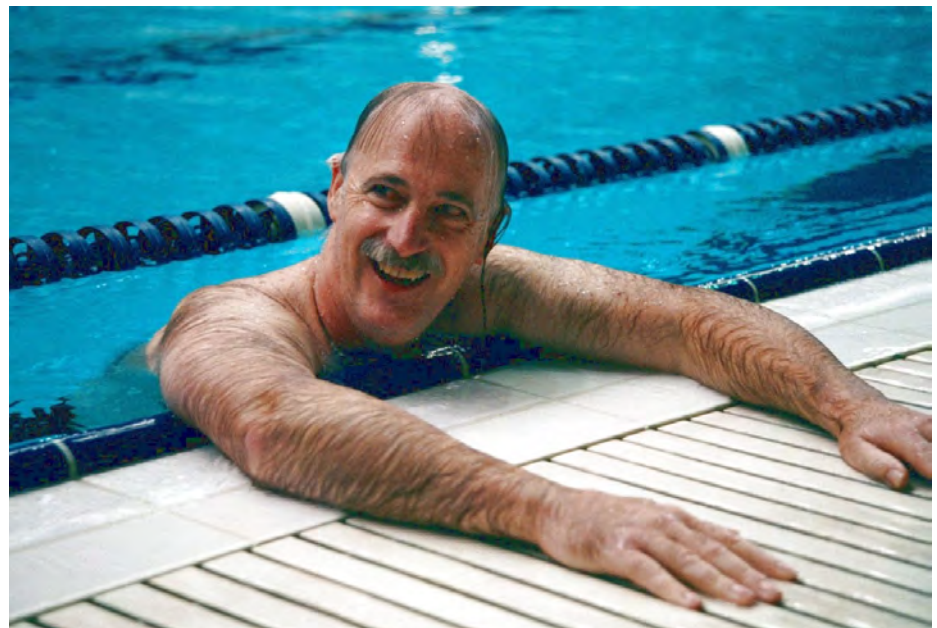
400 M. FREE			
Karen Leahy	32	5:00.69	#8
Linda Hegeberg	30	5:04.27	#9
800 M. FREE			
Karen Leahy	32	10:24.10	#7
100 M. BACK			
Linda Hegeberg	30	1:16.79	#8
200 M. BACK			
Karen Leahy	32	2:47.42	#9

(Continued on page 8)

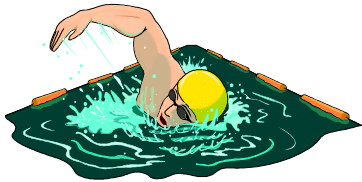


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Nationally, Walt Reid placed ninth last year in USMS short course 50-meter breaststroke.



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Volume 21 • Issue 3
March 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!

03 12	DAN GLANCY	03 30	LESLIE MCLAUGHLIN BEDE
03 12	DENNIS KYNION	03 31	KATE SUTHERLAND
03 13	TRACY LARSON	04 01	AMY WOLFE
03 13	GARY HOOD	04 01	JEAN HUCKINS
03 14	JOHN KIRKMAN	04 01	JESSICA KEEN
03 14	JOHN CROWLEY	04 01	JEFF STRAND
03 14	MAT MARTINSON	04 02	JOHN CARROLL
03 15	SARAH HOISINGTON	04 03	ERIC DYBDAHL
03 15	KATHY MOORE	04 03	THOMAS TAYLOR
03 16	LAURA HOUSTON	04 04	ALAN BELL
03 16	TODD WIRTZ	04 04	KARIN OSTERHAUG
03 16	TODD DOHERTY	04 04	TOM GERGEN
03 16	PHOEBE TERHAAR	04 05	SYDNEY MUNGER
03 16	MATTHEW SMITH	04 05	HEIDI SCHROYER
03 17	CAROL RAVA	04 05	ANN BAILEY
03 18	JONATHAN LARONDE	04 06	CAROLYN BALDWIN
03 19	JULIE TAYLOR	04 06	KAREN OWEN
03 19	UNA PETT	04 06	BETTYLOU SCHINDLER
03 19	ROBERT FIDDES	04 06	JANET KAVADAS
03 19	PATRICK SLOWEY	04 06	RICHARD BATLEY
03 19	KATHY METZLER	04 08	CHAYA AMIAD
03 20	JENNIFER LELAND	04 08	MICHAEL HASTINGS
03 21	SAM CLAYTON	04 09	TROY HUSBAND
03 22	AMANDA EVANS	04 09	CHRISTINA SCHERER
03 22	JOHN (JACK) CONNELLY	04 09	ANDREW RHOADES
03 22	SIMONE GOBEL	04 10	SUSAN AMOTT
03 22	MIKE NELSON	04 11	THOMAS RIEPE
03 23	ALAN SCHELL	04 11	KENT VAN EGDOM
03 23	ROBERT TRIPPLE	04 12	DONNA PETERS
03 24	LANCE CALISCH	04 12	YVONNE YOKOTA
03 26	RICK SPENCER	04 12	STELLA PREISSLER
03 26	JERI DONAHUE	04 12	JUDY WILLIAMS
03 28	LANA MAHAN	04 14	MARK WATLING
03 28	PEG CLOUTIER	04 14	SAM ANDERSON
03 29	MARY ANNA KEISER	04 14	JILL BREMER
03 29	BURTON SWENDT	04 14	TOM HELPENSTELL
03 30	JACK STAVROS		

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

(Continued from page 1)

devoting one day a week to distance with sets over 200 yards. We also followed Dr. Paul Hutinger's formula for getting ready by having some longer timed intervals each week. (This was published in the October 2000 WetSet.)

I felt pretty good about swimming 3550 yards and yet I know I could have done a lot better. I asked noted experts Scott Rabalais, Chair of the U.S. Masters Coaches Committee, and Dr. Paul Hutinger, from Florida and a world record holder in the hour swim, for their critiques. Their comments are found in a separate part of the newsletter.

My prerace strategy was to keep my stroke long, targeting 15 to 17 strokes per 25 yards. I also wanted to stay consistent-keeping each 100 within 3 seconds of a target 1:40. I didn't have too much time to focus before the race. I was busy getting the group organized, assuring that timers were set up, and seeing that swimmers of equal ability were in the same lanes.

When the race started, I concentrated on stroke count and staying long. My strategy worked through 1000 yards. I did not have my timer do any signaling with the lap counters. I found that swimming alongside Sarah Welch really helped. We have worked out together on Saturdays for about two years. It was relaxing to have someone of the same ability swim with me throughout the event.

The first 1,000 averaged a fairly steady 1:37 per 100, the second

averaged about 1:42 per 100, and the next at 1:44. The final 550 yards was pretty ragged ranging from 1:46 to 1:54. It didn't help that I developed a significant leg cramp in my right calf at about 3,000 yards that forced me to drop my kick rate and swim on my back part of the time.

I swam fairly consistently for the first two thousand yards; I stayed

focused and worked on a long stroke. It was easy to stay in the race and yet the experts have some suggestions for all of us. I think these suggestions can help in open water and your next distance swim. I am going to do this one again and I hope you will give the longer distance swims a try. That's all for now but make sure you take advantage of Dr. Paul Hutinger's and Scott Rabalais's expertise.

What the Experts Said About the Hour Swim:

Scott Rabalais and Dr. Paul Hutinger

Scott: "Lets start by talking in terms of ideals. The most optimal One Hour Swim is one during which you keep every split in the same range, say within a second of one another. This is usually accomplished by very slightly increasing the effort put forth through the swim...almost like a descending set."

Paul: "My first comment on your hour swim is that you were not adequately prepared for it. You need to work on your 100 split times of 1:30. Use an Ironman wristwatch and do sets to a 1:30 countdown repeat. Do sets of 20 x 100 @ 1:45 and keep your pace at 1:30 with 17 strokes. Keep your head low, so your feet float up for an easy kick. If you are serious in your training, and start 10-12 weeks before your swim, you can add 300-400 yards to your total next January."

Scott: "The ideal stroke count is an even one through the swim. Monitor it regularly. As you get stronger you should be able to maintain the same stroke count throughout the set. Make sure you perform well on your streamlines off the wall. Use words like swim long and stretch out to continually remind you of your technique."

Paul: "Open turns can be as efficient as flips, as you can achieve a longer push off."

Scott: "Look at long-term planning/training to experience some significant improvement. Start at least three months out from the swim. Go heavy on the aerobic training. For example, 30x100s or 7x500s. Do the longer workout once or twice a week."

Paul: "The aerobic training, keeping your heart rate below the anaerobic threshold, will give you a good training base to build your training for the swim events after January. My best performances were always enhanced if I trained and swam the hour swim. In 1986, I swam 4,300 yards as a 60-year old for the hour record."

Scott: "You my want to drink some water about 10 minutes before the swim. Also, do some stretching before the swim. *There is nothing wrong with just letting your body and your energy take over, particularly late in the swim. This is not a license to space out and throw everything to the wind, but a chance to relax mentally once you are in an "automatic" mode. At that point comes the real joy of distance swimming.*"

Check out PNA's web
site!

www.swimpna.org/

Northwest Zone Championships Short Course Yards Swim Meet

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #371-04

Eligibility: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 2001 registration form and fee with this form.

Zone Championships at Parkrose

Place: Parkrose Community Pool
12003 NE Shaver, Portland, OR 97220
7 lanes competition - electronic timing
1 lane continuous warm up/down area,

Meet Director: Kevin Nagle Phone: 503-252-9079 e-mail: naglekd@aol.com

Directions to Parkrose Pool: Going East from Portland on I-84, take the 122nd St. exit. Turn right (north) on 122nd St. Turn left at second light (Shaver). Go to end of high school and turn right into pool parking lot. Coming into Portland from the east on I-84 take the 181st exit. Go south on 181st to Halsey. Turn right and take Halsey to 122nd St. Turn right and go up to Shaver. Turn left and go to end of high school.

DATES: April 28, 29, 2001

Warm-ups: Saturday 11:00 AM

Meet Starts: Saturday 12 Noon

Warm-ups: Sunday 8:00 AM

Meet Starts: Sunday 9:00 AM

**All entrants MUST submit a PHOTOCOPY
OF THEIR CURRENT USMS REGISTRATION CARD OR FORM WITH THIS ENTRY**

ENTRY DEADLINE: POSTMARKED NO LATER THAN April 13, 2000

FILL IN COMPLETELY ----- RETURN THIS LOWER PORTION----- FILL IN COMPLETELY

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

2001 USMS# _____ BIRTHDATE _____ AGE _____ SEX _____

Your e-mail _____ USMS CLUB _____ (OREG, MACO, PNA,
etc)

Age Groups: 19-24, 25-29, 30-34 etc. up to 100+. Relay age groups: 19+, 25+, 35+.45+, 55+, 65+, 75+, You may enter a maximum of 6 individual events plus relays. You may enter no more than 5 individual events per day. A person may swim the 200y, 400y, and 800y distance of each relay event once. The 400 and 800 relays will be seeded in heats after the 200 relays of the same event. The 500, 1000, 1650 Freestyles and the 400 IM will be deck seeded. Check in will open one hour before and close 30 min. before the event is to be swum. All events will be seeded SLOW TO FAST.

Saturday, April 28

1000 FREE (1) _____:_____._____

20 minute warm-up in entire pool

Event 2 will not start before 12:30 PM

100 I.M. (2) _____:_____._____

200 FREE (3) _____:_____._____

100 BREAST (4) _____:_____._____

50 FLY (5) _____:_____._____

BREAK XXXXX XXXXXX

MXD FREE RELAYS (6-8) XXXXXX

200 BACK (9) _____:_____._____

50 FREE (10) _____:_____._____

100 FLY (11) _____:_____._____

BREAK (12) XXXXX

MED RELAYS (13-16) XXXXXXXX

400 I.M. (17) _____:_____._____

Sunday, April 29

500 FREE (18) _____:_____._____

20 minute warm-up in entire pool

Event 20 will not start before 9:30 AM

200 BREAST (19) _____:_____._____

100 FREE (20) _____:_____._____

50 BACK (21) _____:_____._____

BREAK XXXXX XXXXX

FREE RELAYS (22-27) XXXXXXXX

200 FLY (28) _____:_____._____

100 BACK (29) _____:_____._____

50 BREAST (30) _____:_____._____

200 I.M. (31) _____:_____._____

BREAK XXXXXX XXXXXX

MXD MED RELAYS (32-33) XXXXX

1650 FREE (34) _____:_____._____

"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."

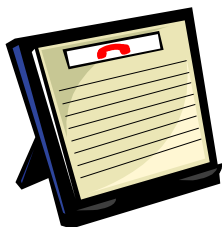
SIGNATURE _____

DATE _____

MEET ENTRY FREE: \$18.00 Make checks payable to Oregon Masters Swimming

Send form(s) and fee (s) to Gary Whitman, 11015 NE Mason Street, Portland OR 97220

Just joining OMS or renewing for 2001? Send OMS form and fee to Gary with your entry.



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.

■ 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
Entry form in this issue

□ 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
Entry form in this issue

□ 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

□ June 30
OW 1500/3000
Hagg Lake, OR
Sandi Rousseau
tsrousse@ix.netcom.com

□ July 14-15
1500/3000 Open Water Swim
Hyatt Lake, OR
Dan Gray
dangray45@hotmail.com

□ July 21
Fat Salmon
3-Mile and 1-Mile OW Swim
Seattle, WA
Michael Meyer (206) 213-0096
www.cavlogix.com/sports/
fatsalmon2001.htm

□ July 22
1500/3000 Open Water Swim
Hagg Lake, OR
Andrea Milano, elleroy@hotmail.com

□ August 4
OW 2-Mile National Championships
Elk Lake, OR
Pam Himstreet (541) 385-7770
him@bendnet.com

PNA Board Meetings

All PNA members are invited.

March 27
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
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(907) 364-3106
jandean@alaska.net

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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

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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

Joan Davis: Still an Inspiration to Swimmers

It's a lot easier to get Joan Davis to say something inspirational about others than it is to get her to talk about herself. But it's no problem for others to compliment her.

Joan was last year's recipient of the Dawn Musselman Inspirational Swimmer award.

"She's my inspiration," says Jesse Pace, frequent marathon partaker and open water swimmer. When Jesse says Joan is brave, Joan pipes back, "Jesse's the one who's brave. She swims with sharks."

Joan is now 70 years old, but didn't start swimming till she was 50. She could only do the sidestroke, so she took lessons, and then directly joined Masters.

Daily, Joan walks 14 blocks to swimming. Afterwards, she joins her sister and they walk around Green Lake or go to the Y to lift weights. "We gossip more than anything else," she explains.

She's the one who remembers swimmer's birthdays. She's the one who took care of her terminally ill mother. And she was the one who took time with her sister when her sister had breast cancer. (Joan recently took her sister to Paris as a bit of a survival award.)

For herself, Joan is currently learning to paint watercolors. Formerly she owned several real estate rentals. She said it was a good excuse to landscape the properties. Before that she was a teacher for an alternative education school. She taught art, special education, and social skills.

Nominations Now Being Accepted

Do you swim with someone inspirational? Compose a couple paragraphs telling why!

The Dawn Musselman Inspirational Swimmer award will be presented at PNA Champs at Highline Community College on Saturday, April 7.

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.



Joan Davis, after swim practice, ready for her next hike.



Welcome to the swimmers who have recently joined PNA!



- DEBORAH BELLINGHAUSEN, ANNE BERNHARD, JILL BREMER, DANIEL BRIGHTWELL, BRYAN BROWN, MARIA BRUZAS-ZINKUS, SARAH BULLOCK, DEE BURNEY, KATHRYN CARRUTHERS, THOMAS CAVANAUGH, MARINA CHAPMAN, SAM CLAYTON, GREG COLLINS, KRISTINE COLVER, DEBBIE CRAIG, STACY CUMMINGS, BREE DAVIDSON, JULIE DELANEY, EDWARD DUNNINGTON, SUSAN ELLIOTT, KEVIN ESKO, AMANDA EVANS, JOHN FANCHER, BRADLEY FIEDLER, ANNE FILLMORE, MARGY FITZPATRICK, JIM FLYNN, SARAH FOOOTH, JERRI FREIMUTH, WILLIAM FURRER, JENNIFER GIBBS, REED GLESNE, TOM HELPENSTELL, ANNEMIEKE HIEMSTRA, CHRIS HOLLAND, TOM HOLLAND, KIRK KALLANDER, CYNTHIA KELLY, HEATHER KELLY-HEDRICK, ROY KIM, DANIEL KOLTON, ANTHONY KROHN, MICHAEL LAMPRECHT, STEPHEN LAPAZ, JONATHAN LARONDE, CHRISTOPHER LAUBENTHAL, SAMUEL LAWRENCE, AMY LITTLE, LANA MAHAN, SUSAN MISLOVSKY, PHILIP MOSELEY, VALERIE O'NEIL, COLLEEN PHILIPPS, CAROL RAVA, MARIA REAY, CHAD ROLFS, STEVEN RUTHERFORD, HEIDI SCHROYER, ELIZABETH SCHUKANTZ, MATT SELLMAN, PAUL SHERMAN, SCOTT SKOGLUND, JOHN SKROCH, LYNN SMALLEY, REBECCA SMITH, CINDY STAHL, DAVID STOREY, KEITH SZOT, DIANNE TAYLOR, ERIK TEUTSCH, KENT VAN EGDOM, JOHN VANBERKOM, ANNEKA VILLANUEVA, CAROLINE WENSTRAND, ANTHONY WEST, TJALLING YPMA





NEWS ABOUT PNA SWIMMERS



Cindy Martin, our new PNA Registrar.

Our New Registrar

PNA has a new Registrar. Cindy Martin has enthusiastically volunteered to process our local USMS registrations.

Cindy started swimming when she took up triathlons. She felt that the 1/2 mile swim was too far for her dog paddle. She started lap swimming with a friend and soon signed up for Masters swimming.

Our former Registrar, Sue Dills, has moved to Spokane. She has done a splendid job for us for over seven years. Rumor has it that she is now taking on the Registrar duties for the Inland Northwest Masters LMSC.

Mark your calendars!

August 16-19, 2001

Long Course Meters

National Championships

Federal Way, WA

Green Lake Aqua Ducks Hire New Coach

Scott Skoglund has accepted the position of the 5 am coach at the Evans Pool. The Green Lake Aqua Ducks are thrilled to have him. He will start coaching on March 12th.

Scott has been swimming since he was 5 years old. In college he swam for the Wolverines at the University of Michigan.

Scott is very excited about the opportunities in his new job. He loves swimming and the whole Masters program. And regarding the 5 am workout, "It's great. My day is over when others are just starting."

The team is still searching for a coach for the Saturday morning workouts. Robin O'Leary will continue to coach the 7 am Shoreline workouts for another year. (The Shoreline pool is now closed until September. Shoreline workouts have moved to the Helene Madison



Scott Skoglund, the new Green Lake Aqua Ducks coach.

Pool until May 25th and then the Yost Pool through August 31st.)

One Hour Postal Swim

Congratulations to the 46 PNA swimmers who completed the 25th One Hour Postal Swim last month. Results are now on the PNA web site and will be published in next month's WetSet.

PNA placed second in the medium-sized clubs category, with a total of 170,465 PNA yards completed.

Notable performances included first place each by David Santos in the 40-44 male age group, Jim McCleery in the 55-59 male age group, and Thomas Taylor in the 70-74 male age group. Second places were achieved by Kathy Ca-

sey in the 50-54 female age group and Harvey Prosser in the 70-74 male age group. Aurora Tallacksen placed fifth in the 19-24 female age group. Sally Dillon placed sixth in the 50-54 female age group. David Tempest placed tenth in the 50-54 male age group..

Our relay team (45-54 female) of Kathy Casey, Sally Dillon, and Sarah Welch placed fourth in the nation.

For a personal account of the swim and advise from the experts, see Lee Carlson's article starting on page 1.



Karen Leahy, who is currently on the USMS Top Ten list in 12 events.

(USMS Top Ten, Continued from page 1)

50 M. BRST			
Linda Hegeberg	30	:36.96	#3
100 M. BRST			
Linda Hegeberg	30	1:19.98	#4
200 M. BRST			
Linda Hegeberg	30	2:50.59	#3
Karen Leahy	32	3:11.52	#10
200 M. FLY			
Karen Leahy	32	2:49.18	#6
100 M. I.M.			
Linda Hegeberg	30	1:12.56	#2
200 M. I.M.			
Linda Hegeberg	30	2:39.33	#4
400 M. I.M.			
Linda Hegeberg	30	5:33.54	#3

WOMEN 35-39

50 M. BACK			
Carolyn Mathews	38	34.05	#9
200 M. BACK			
Carolyn Mathews	38	2:41.01	#7

WOMEN 40-44

100 M. FREE			
Kathy Byers	40	1:06.30	#9
800 M. FREE			
Kathy Byers	40	10:36.07	#7
50 M. BACK			
Zena Courtney	41	:34.26	#1
50 M. FLY			
Kathy Byers	40	:31.29	#3
100 M. FLY			
Kathy Byers	40	1:10.06	#2

WOMEN 45-49

50 M. BACK			
Barby Cahill	45	:37.46	#7
100 M. BACK			
Barby Cahill	45	1:19.81	#7
100 M. I.M.			
Barby Cahill	45	1:23.00	#10
200 M. I.M.			
Barby Cahill	45	3:02.53	#8

WOMEN 50-54

50 M. FREE			
Kathrine Casey	51	:32.39	#3

100 M. FREE			
Lynn Bell	50	1:10.87	#3
Kathrine Casey	51	1:14.00	#8
200 M. FREE			
Lynn Bell	50	2:38.40	#4
Kathrine Casey	51	2:46.99	#7
Stella Preissler	51	2:51.69	#10
400 M. FREE			
Kathrine Casey	51	5:49.34	#7
Stella Preissler	51	6:01.05	#10
800 M. FREE			
Lynn Bell	50	11:45.24	#5
Kathrine Casey	52	12:08.57	#7
Stella Preissler	51	12:25.50	#10
1500 M. FREE			
Kathrine Casey	52	22:42.58	#4
50 M. BACK			
Kathrine Casey	52	:41.71	#7
100 M. BACK			
Kathrine Casey	51	1:26.14	#2
200 M. BACK			
Kathrine Casey	51	3:04.42	#2
50 M. BRST			
Katherine Casey	52	:43.18	#7
100 M. BRST			
Lynn Bell	50	1:27.96	#2
Kathrine Casey	52	1:35.30	#5
200 M. BRST			
Kathrine Casey	52	3:23.83	#3
50 M. FLY			
Lynn Bell	50	:35.53	#3
200 M. FLY			
Kathrine Casey	52	3:22.15	#4
100 M. I.M.			
Lynn Bell	50	1:20.92	#3
Kathrine Casey	52	1:24.67	#6
200 M. I.M.			
Kathrine Casey	51	3:06.92	#2
400 M. I.M.			
Kathrine Casey	52	6:41.75	#2

WOMEN 55-59

50 M. FREE			
Francesca Drum	59	:39.34	#9
50 M. BACK			
Francesca Drum	59	:46.81	#10
100 M. BACK			
Francesca Drum	59	1:42.44	#10

50 M. BRST			
Francesca Drum	59	:49.20	#6
200 M. BRST			
Francesca Drum	59	3:38.80	#2
100 M. I.M.			
Francesca Drum	59	1:44.46	#10

WOMEN 65-69

50 M. BRST			
Karen Bryce	67	:55.72	#9
100 M. BRST			
Karen Bryce	67	2:17.16	#9
50 M. FLY			
Carolyn Baldwin	66	1:07.32	#9
100 M. I.M.			
Carolyn Baldwin	66	2:20.01	#9

WOMEN 70-74

100 M. I.M.			
Dorres Foster	72	2:06.59	#10

WOMEN 75-79

400 M. FREE			
Marion Chadwick	79	11:30.01	#10
1500 M. FREE			
Marion Chadwick	79	49:54.81	#5
50 M. BRST			
Muriel Flynn	77	1:03.90	#4
100 M. BRST			
Muriel Flynn	77	2:18.39	#1
Marion Chadwick	79	4:12.04	#9
200 M. BRST			
Muriel Flynn	77	5:00.23	#2
100 M. FLY			
Marion Chadwick	79	5:50.37	#7
100 M. I.M.			
Muriel Flynn	77	2:16.07	#6
200 M. I.M.			
Muriel Flynn	77	4:55.52	#5
400 M. I.M.			
Marion Chadwick	79	17:38.65	#8

WOMEN 80-84

100 M. BACK			
Maxine Carlson	80	2:28.17	#6
200 M. BACK			
Maxine Carlson	80	5:10.81	#5
50 M. FLY			
Maxine Carlson	80	1:39.09	#6
100 M. I.M.			
Maxine Carlson	80	2:51.54	#6

MEN 19-24

200 M. BACK			
Eli Kunzmann	23	2:41.69	#5

MEN 35-39

100 M. BACK			
Bob Fish	37	1:04.93	#7
200 M. BACK			
Bob Fish	37	2:21.02	#5
400 M. I.M.			
Steve Ruiter	35	5:11.81	#10

MEN 40-44

1500 M. FREE			
Eric Dybdahl	40	19:38.46	#8
200 M. BACK			
Leonardo Espinosa	40	2:31.18	#6

MEN 45-49

100 M. FREE				
Steve Sussex	45	:56.88	#4	
200 M. FREE				
Steve Sussex	45	2:10.89	#6	
400 M. FREE				
Steve Sussex	45	4:20.25	#1	
Rick Colella	49	4:37.98	#5	
800 M. FREE				
Steve Sussex	45	9:07.63	#1	
200 M. BACK				
Steve Sussex	45	2:28.98	#7	
100 M. BRST				
Rick Colella	49	1:12.65	#2	
200 M. BRST				
Rick Colella	49	2:34.24	#1	
Gregory Harrison	48	2:45.77	#5	
200 M. FLY				
Rick Colella	49	2:20.38	#3	
Steve Sussex	45	2:33.62	#5	
200 M. I.M.				
Rick Colella	49	2:22.84	#2	
400 M. I.M.				
Rick Colella	49	5:02.52	#1	
Steve Sussex	45	5:24.09	#4	

MEN 50-54

400 M. FREE				
Alan Bell	50	4:41.77	#4	
800 M. FREE				
Alan Bell	50	9:42.41	#3	
James McCleery	54	10:02.27	#4	
1500 M. FREE				
Alan Bell	50	18:49.39	#3	
100 M. BACK				
Alan Bell	50	1:11.20	#4	
100 M. FLY				
Alan Bell	50	1:07.23	#4	
200 M. FLY				
Alan Bell	50	2:28.56	#1	

MEN 55-59

400 M. FREE				
Michael McColly	55	5:16.64	#9	
800 M. FREE				
Michael McColly	55	10:51.57	#7	
1500 M. FREE				
Michael McColly	55	21:15.74	#6	
100 M. BACK				
Michael McColly	55	1:20.04	#9	
Michael McKinlay	57	1:20.19	#10	
200 M. BACK				
Michael McColly	55	2:50.80	#5	
400 M. I.M.				
Michael McColly	55	6:06.93	#3	

MEN 60-64

100 M. FREE				
Gary Chase	60	1:10.17	#6	
50 M. BACK				
Gary Chase	60	:33.83	#1	
100 M. BACK				
Gary Chase	60	1:12.42	#1	
200 M. BACK				
Gary Chase	60	2:43.48	#1	
50 M. BRST				
Walt Reid	60	:40.71	#9	
100 M. BRST				
Gary Chase	60	1:27.00	#3	
50 M. FLY				
Gary Chase	60	:34.95	#8	

100 M. FLY				
Gary Chase	60	1:22.45	#2	
200 M. I.M.				
Gary Chase	60	3:00.26	#4	

MEN 65-69

400 M. FREE				
Thomas Taylor	69	5:52.56	#6	
800 M. FREE				
Thomas Taylor	69	12:00.30	#3	
1500 M. FREE				
Thomas Taylor	69	22:48.42	#2	
50 M. BACK				
Dave Drum	65	:40.10	#8	
100 M. BACK				
Dave Drum	65	1:33.78	#10	
50 M. BRST				
Thomas Taylor	69	:42.07	#7	
100 M. BRST				
Thomas Taylor	69	1:36.14	#6	
200 M. BRST				
Thomas Taylor	69	3:30.07	#3	
Don Rehfeldt	66	3:49.14	#7	
50 M. FLY				
Dave Drum	65	:36.98	#5	

MEN 70-74

200 M. FREE				
Harvey Prosser	72	3:04.66	#7	
400 M. FREE				
Harvey Prosser	72	6:24.59	#4	
200 M. BACK				
Harvey Prosser	72	3:49.30	#10	
200 M. FLY				
Harvey Prosser	72	4:24.04	#5	
400 M. I.M.				
Harvey Prosser	72	8:06.41	#4	

Top Ten 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* and mail to:

Thomas Gorman
3369 Desota Ave
Cleveland Heights, OH 44118

If you have questions, Thomas can be reached via e-mail: *trgorman@att.net*.

Long Course Meters

Times Performed by September 30, 2000

WOMEN 30-34

400 M. FREE				
Karen Leahy	32	5:04.00	#8	
800 M. FREE				
Karen Leahy	32	10:34.49	#7	
1500 M. FREE				
Karen R Leahy	32	20:00.68	#5	
50 M. BACK				
Linda Hegeberg	30	:37.16	#10	
200 M. BACK				
Karen R Leahy	32	2:53.12	#8	
50 M. BRST				
Linda Hegeberg	30	:37.83	#4	
100 M. BRST				
Linda Hegeberg	30	1:23.13	#3	
200 M. BRST				
Linda Hegeberg	30	2:59.43	#2	
400 M. I.M.				
Linda Hegeberg	30	5:46.08	#5	

WOMEN 35-39

50 M. BACK				
Carolyn Mathews	38	:34.67	#8	

WOMEN 40-44

100 M. BACK				
Zena H Courtney	41	1:19.81	#10	
200 M. BACK				
Zena H Courtney	41	2:48.05	#4	

WOMEN 45-49

50 M. FREE				
Debbie A Glassman	47	:30.04	#5	
Jo Moore	45	:30.66	#7	
100 M. FREE				
Debbie A Glassman	47	1:07.87	#6	
200 M. FREE				
Jo Moore	45	2:32.85	#7	
50 M. FLY				
Debbie A Glassman	47	:32.86	#5	
Jo Moore	45	:34.09	#8	
100 M. FLY				
Debbie A Glassman	47	1:15.42	#5	
200 M. FLY				
Debbie A Glassman	47	3:00.43	#5	

WOMEN 50-54

200 M. FREE				
Sally Dillon	54	2:48.03	#10	
400 M. FREE				
Sally Dillon	54	5:55.56	#10	
800 M. FREE				
Sally Dillon	54	12:21.41	#8	
Kathrine Casey	52	12:23.58	#9	
1500 M. FREE				
Kathrine Casey	52	23:09.59	#7	
200 M. BACK				
Kathrine Casey	52	3:16.62	#7	
100 M. BRST				
Kathrine Casey	52	1:37.10	#7	
100 M. FLY				
Kathrine Casey	52	1:41.91	#10	
200 M. FLY				
Katherine J Casey	52	3:29.63	#5	

400 M. I.M.
Kathrine Casey 52 7:02.74 #4

WOMEN 75-79

50 M. BRST
Muriel Flynn 77 1:06.02 #9
100 M. BRST
Muriel Flynn 77 2:32.13 #8
200 M. BRST
Muriel Flynn 77 5:25.61 #5
100 M. FLY
Marion Chadwick 78 5:50.04 #8

MEN 35-39

200 M. I.M.
Steven Ruitter 35 2:27.79 #9
400 M. I.M.
Steven Ruitter 35 5:14.04 #6

MEN 45-49

200 M. FREE
Steve Sussex 45 2:10.85 #9
400 M. FREE
Steve Sussex 45 4:44.25 #6
800 M. FREE
Steve Sussex 45 9:30.02 #1
200 M. BRST
Gregory Harrison 48 2:52.88 #8
400 M. I.M.
Steve Sussex 45 5:25.32 #6

MEN 50-54

800 M. FREE
James McCleery 54 10:33.19 #9

MEN 65-69

1500 M. FREE
Thomas Taylor 69 24:09.18 #6
100 M. BRST
Thomas Taylor 69 1:37.43 #10

Short Course Yards

Times Performed by May 31, 2000

WOMEN 19-24

100 YD. BRST
Kathy Oves 21 1:12.48 #10
200 YD. FLY
Aurora Tallacksen 23 2:25.30 #7
400 YD. I.M.
Kathy Oves 22 5:00.15 #8

WOMEN 25-29

50 YD. BRST
Jen Newton 28 :32.98 #6
Linda Hegeber 29 :34.13 #10
100 YD. BRST
Jean Dillon 25 1:11.86 #6
Linda Hegeber 29 1:12.73 #10
200 YD. BRST
Linda Hegeber 29 2:36.73 #8
400 YD. I.M.
Linda Hegeber 29 5:02.64 #9

WOMEN 30-34

500 YD. FREE
Karen Leahy 31 5:33.29 #10
1000 YD. FREE
Karen Leahy 31 11:26.40 #5
1650 YD. FREE
Karen Leahy 31 19:36.86 #7
50 YD. BRST
Linda Hegeber 30 :33.09 #7
100 YD. BRST
Linda Hegeber 30 1:11.85 #9
200 YD. BRST
Linda Hegeber 30 2:34.22 #5

WOMEN 35-39

100 YD. FLY
Kathy Byers 39 1:02.37 #9

200 YD. FLY
Allison Beadle 35 2:29.05 #9

WOMEN 44-40

200 YD. FREE
Mary Lippold 44 2:08.81 #10
1000 YD. FREE
Maggie Kinsella 42 12:08.50 #9
1650 YD. FREE
Maggie Kinsella 42 19:48.09 #4
50 YD. BACK
Zena Courtney 40 :30.88 #4
100 YD. BACK
Zena Courtney 40 1:04.20 #2
200 YD. BACK
Zena Courtney 40 2:17.10 #1
100 YD. BRST
Tonya Berg 41 1:15.01 #8
200 YD. BRST
Tonya Berg 41 2:41.20 #6
100 YD. FLY
Mary Lippold 44 1:05.57 #9
200 YD. FLY
Zena Courtney 40 2:30.03 #4
Mary Lippold 44 2:30.03 #4
400 YD. I.M.
Cathy Cooley 42 5:12.85 #5
Zena Courtney 40 5:13.64 #6

WOMEN 45-49

50 YD. FREE
Debbie Glassman 46 :26.73 #7
100 YD. FREE
Debbie Glassman 46 :59.81 #9
50 YD. FLY
Debbie Glassman 46 :29.00 #5
100 YD. FLY
Debbie Glassman 46 1:07.28 #6
200 YD. FLY
Debbie Glassman 46 2:32.48 #3

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:

Cindy Martin
PNA Registrar
2427 NE 143rd St.
Seattle WA 98125

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 #** _____

WOMEN 50-54

50 YD. FREE				
Kathrine Casey	51	:28.88	#5	
100 YD. FREE				
Kathrine Casey	51	1:04.18	#5	
Sally Dillon	53	1:04.42	#6	
200 YD. FREE				
Kathrine Casey	51	2:21.12	#5	
Sally Dillon	53	2:22.50	#7	
500 YD. FREE				
Kathrine Casey	51	6:23.85	#6	
Sally Dillon	53	6:31.50	#9	
1000 YD. FREE				
Sally Dillon	54	13:21.36	#5	
Kathrine Casey	51	13:25.66	#7	
1650 YD. FREE				
Sally Dillon	53	22:10.44	#6	
Suzanne Dills	54	22:28.32	#8	
Kathrine Casey	51	22:46.25	#10	
50 YD. BACK				
Kathrine Casey	51	:35.70	#5	
100 YD. BACK				
Kathrine Casey	51	1:17.32	#5	
200 YD. BACK				
Kathrine Casey	51	2:42.12	#2	
50 YD. BRST				
Kathrine Casey	51	:38.55	#9	
100 YD. BRST				
Kathrine Casey	51	1:22.14	#4	
Sally Dillon	53	1:23.85	#6	
200 YD. BRST				
Kathrine Casey	51	3:03.79	#9	
Sally Dillon	53	3:05.83	#10	
100 YD. FLY				
Kathrine Casey	51	1:21.63	#10	
200 YD. FLY				
Kathrine Casey	51	3:02.87	#8	
Sarah Welch	53	3:07.96	#9	
100 YD. I.M.				
Kathrine Casey	51	1:15.82	#8	
200 YD. I.M.				
Kathrine Casey	51	2:46.50	#6	
400 YD. I.M.				
Suzanne Dills	54	5:59.48	#4	
Kathrine Casey	51	5:59.82	#5	

WOMEN 55-59

500 YD. FREE				
Suzanne Dills	55	6:23.94	#2	
1650 YD. FREE				
Suzanne Dills	55	22:04.44	#2	
50 YD. BACK				
Joy Rogers	58	:38.33	#7	
100 YD. BRST				
Francesca Drum	58	1:34.46	#7	
Carolyn Behse	56	1:36.39	#10	
100 YD. FLY				
Suzanne Dills	55	1:17.79	#3	
200 YD. I.M.				
Suzanne Dills	55	2:40.81	#2	
400 YD. I.M.				
Suzanne Dills	55	5:53.10	#2	

WOMEN 75-79

1000 YD. FREE				
Marion Chadwick	78	27:00.73	#9	
1650 YD. FREE				
Marion Chadwick	78	45:06.75	#10	
50 YD. BRST				
Muriel Flynn	77	:54.76	#7	

100 YD. BRST

Muriel Flynn	77	2:04.18	#8	
200 YD. BRST				
Muriel Flynn	77	4:31.61	#4	
50 YD. FLY				
Betty Kercheval	75	:53.08	#2	
100 YD. FLY				
Betty Kercheval	75	2:07.36	#4	
100 YD. I.M.				
Betty Kercheval	75	1:56.91	#8	
200 YD. I.M.				
Betty Kercheval	75	4:17.07	#6	

WOMEN 80-84

200 YD. FREE				
Pat Matthiesen	83	4:40.81	#7	
50 YD. BRST				
Pat Matthiesen	83	1:17.01	#10	
100 YD. BRST				
Helen Schuchart	81	3:33.31	#10	

MEN 19-24

50 YD. BRST				
Mark Williamson	24	:28.07	#7	
100 YD. BRST				
Mark Williamson	24	1:02.11	#5	
200 YD. BRST				
Mark Williamson	24	2:14.45	#2	
100 YD. I.M.				
Mark Williamson	24	:55.54	#7	

MEN 25-29

50 YD. BACK				
Jon Paule	29	:25.44	#8	

MEN 30-34

50 YD. BACK				
Ed Wardian	34	:25.64	#7	

MEN 35-39

100 YD. BACK				
Robert Fish	36	:56.69	#9	
200 YD. BACK				
Robert Fish	36	2:05.43	#8	
200 YD. FLY				
Steven Ruitter	35	2:01.78	#8	
200 YD. I.M.				
Steven Ruitter	35	2:04.86	#6	
400 YD. I.M.				
Steven Ruitter	35	4:26.13	#2	

MEN 40-44

200 YD. FREE				
Steve Sussex	44	1:48.71	#4	
500 YD. FREE				
Steve Sussex	44	4:55.27	#3	
1000 YD. FREE				
Steve Sussex	44	10:16.32	#3	
Jack Stavros	40	10:44.89	#10	
50 YD. BRST				
Robert Jackson	40	:27.42	#2	
100 YD. BRST				
Robert Jackson	40	:59.95	#2	
200 YD. FLY				
Steve Sussex	44	2:13.44	#10	
200 YD. I.M.				
Steve Sussex	44	2:04.35	#6	

MEN 45-49

50 YD. BRST				
Chris Lautman	45	:30.24	#7	

MEN 50-54

1000 YD. FREE				
Jim McCleery	53	11:31.33	#10	

MEN 55-59

50 YD. BACK				
Michael McKinlay	56	:30.99	#8	
100 YD. BACK				
Michael McKinlay	56	1:08.44	#9	

MEN 60-64

50 YD. BACK				
Gary Chase	60	:30.10	#1	
100 YD. BACK				
Gary Chase	60	1:06.79	#1	
200 YD. BACK				
Gary Chase	60	2:29.31	#1	
50 YD. BRST				
Gary Chase	60	:34.82	#9	
100 YD. I.M.				
Gary Chase	60	1:08.26	#4	

MEN 65-69

1000 YD. FREE				
Tom Taylor	69	14:16.01	#10	

MEN 70-74

100 YD. FREE				
Harvey Prosser	71	1:12.88	#7	
200 YD. FREE				
Harvey Prosser	71	2:44.37	#8	
500 YD. FREE				
Harvey Prosser	71	7:13.05	#5	
1000 YD. FREE				
Harvey Prosser	71	14:33.92	#3	

MEN 85-89

50 YD. FREE				
Gene Crossett	86	:42.78	#3	
100 YD. FREE				
Gene Crossett	86	1:40.66	#3	
200 YD. FREE				
Gene Crossett	86	3:43.67	#2	
500 YD. FREE				
Gene Crossett	86	10:37.42	#4	
1000 YD. FREE				
Gene Crossett	86	21:38.88	#3	

MEN 90-94

100 YD. BACK				
Jim Penfield	91	2:10.63	#1	
50 YD. BRST				
Jim Penfield	91	:58.17	#1	
100 YD. BRST				
Jim Penfield	91	2:27.59	#1	
50 YD. FLY				
Jim Penfield	91	1:10.64	#1	
100 YD. I.M.				
Jim Penfield	91	2:23.19	#1	

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 7 and Sunday, April 8, 2001

TIMES: Saturday April 7, Warm-up: 10:00 am, Meet starts: 11:00 am
Sunday April 8, 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 Rd) southbound exit 149; northbound exit 149B. Go west on Kent-Des Moines Rd for approximately 1/4 mile. Turn left (south) on Pacific Highway S (Highway 99). Follow Pacific Highway S for approximately 1/2 mile to 240th St. Turn right on 240th. Turn right on the 4th entrance/exist into South Parking Lot for Highline Community College.

TEAM AWARDS: There will be team awards for the top 3 teams in each division. Team registrations must be postmarked by March 24 or received by March 28, 2001, for teams to be eligible for awards.

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

There will be 30-minute warm-ups following the conclusion of events #1 (Saturday) and #13 (Sunday)

	Saturday April 7th: 11 am (warm-ups 10)	Sunday April 8th 9 am (warm-ups 8)
1	1000 Free	500 Freestyle
	30 minute warm-up	30 minute warm-up
2	Event 2 will not start before 12:15	Event 14 will not start before 10:15
3	100 Individual Medley	200 Individual Medley
4	50 Freestyle	200 Backstroke
5	200 Butterfly	50 Breaststroke
6	100 Backstroke	100 Butterfly
7	10 minute break	10 minute break
8	200 Women's Freestyle Relay	Women's 200 Medley Relay
9	200 Men's Freestyle Relay	Men's 200 Medley Relay
10	100 Freestyle	200 Freestyle
11	50 Backstroke	100 Breaststroke
12	200 Breaststroke	50 Butterfly
	200 Mixed Medley Relay	200 Mixed Freestyle Relay
	400 Individual Medley	1650 Freestyle

WEBSITE: Visit the PNA website at www.swimprna.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

DATE: Saturday April 7 and Sunday, April 8, 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):

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEE: \$ 10.00 Surcharge

Individual Events: + _____ \$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

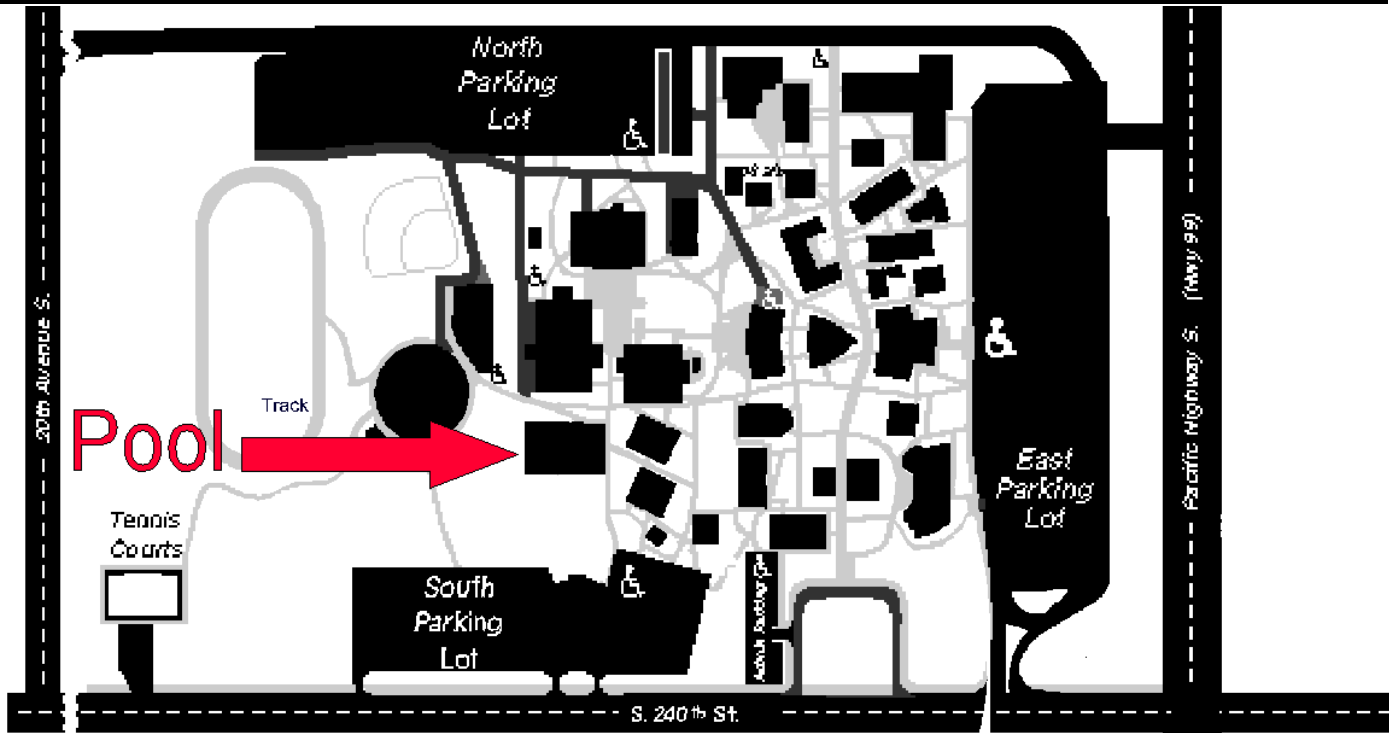
Mail this entry form and fees to:
PNA Champs
PNA Masters Swimmers
P.O. Box 25615
Federal Way, WA 98093-2615

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

Entries must be postmarked no later than Saturday, March 24 or received by March 28, 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:** _____



Highline Campus Map

Location of PNA Champs meet

Midway Swap Meet (Day Parking)



Official Ballot

Election of Officers for the Pacific Northwest Association of Masters Swimmers

Each PNA member is entitled to vote to elect the PNA's president, vice president, secretary, and treasurer. Members not affiliated with a PNA team (unattached), or those affiliated with a PNA team of less than eight members may also vote for at-large representatives to the PNA board of directors. All officers and representatives-at-large elected here will serve a two-year term commencing in April 2001 and concluding after the PNA Championships in 2003.

<p>Your Name or USMS Registration Number (for verification only)</p>
<p> </p>

For all members	
President (vote for one)	
Lee Carlson	<input type="checkbox"/>
_____	<input type="checkbox"/>
Vice President (vote for one)	
Jeanne Ensign	<input type="checkbox"/>
_____	<input type="checkbox"/>
Secretary (vote for one)	
Steve Peterson	<input type="checkbox"/>
_____	<input type="checkbox"/>
Treasurer (vote for one)	
Sarah Welch	<input type="checkbox"/>
_____	<input type="checkbox"/>

Unattached/Small Team (less than 8 members only)	
At-Large Representatives (vote for no more than three)	
Kathy Casey	<input type="checkbox"/>
Kathy Moore	<input type="checkbox"/>
Tom Foley	<input type="checkbox"/>
_____	<input type="checkbox"/>

Ballots must be submitted to PNA secretary Steve Peterson by March 31, 2001. Members may mail their ballots to the following address:

*Steve Peterson
PNA Secretary
11165 Central Valley Rd NW
Poulsbo, WA 98370-7014*

Why You Should Warm Up and Cool Down

By Ed Nessel, R Ph, MS,MPH

Unless you are an experienced athlete or someone exposed to one, there is a better than even chance that your warm up/cool down ritual might lack content and extent. Logic dictates that **something** be done to prepare for vigorous exercise. But what, exactly; and how much; and when; and, of course, why. The **why** is very important, for I have found that teaching and **educating** directly correlates with understanding the reasons for.

Warm-up is composed of a few facets, all of which prepare the body for ensuing vigorous exercise. Stretching the musculature while cold is not correct, since it is the muscle proper that does the stretching, not the stronger connective tissue to the bone; if not properly warmed, the tissue can tear (a pulled muscle) and allow for localized bleeding, pain, and generalized weakness—a truly needless injury.

The correct procedure requires moderate muscular activity—some easy swimming of all the stroke-specific muscles to be used that day. Ten minutes or so in the water should suffice, with dryland stretching to immediately follow. I "cheat" during my early morning practices; I take a 10 minute hot shower and stretch before I get to the pool.

A second reason to warm up encompasses the most important. Especially as we age, the cardiovascular systems must be protected

and gently but progressively stressed to bring heart-rate and blood pressure up to the demands of either competition or workouts. There are no set distances to be covered during the warm-up, but experience teaches that at least 800 to 1000 yards are needed, sometimes even more, depending upon individual ability and the day's demands. Some push-pace is very important after initial slower yardage is completed. This actually gets the body ready to "rock and roll" and is ideal to lead into either the main set in a workout or short bursts of speed before competition. The "builds" into speed are done last to leave a "memory" for the neuromuscular systems just before race time. Some lactic acid will build up during these procedures, so a rest period of at least 20 minutes must be factored into the ritual to allow for its removal before the first race. Some of my fair-skinned swimmers act as beacons; when they show a reddish glow on the upper back, they are ready.

The exercise-induced asthmatic, a small but growing segment of the swimming world, benefits greatly from a certain type of warm-up. This swimmer needs to lessen certain irritating chemicals released into the bronchiole tree with vigorous activity. After a few hundred yards of easy swimming, repeated short bouts of moderately-in-tense swimming with equal rest may bring on chest discomfort and coughing—

actually a good sign, as the asthma-inducing chemicals are being released, then depleted. Eventually these irritating substances disappear. Back to easy swimming, then some speed work, and the asthmatic is ready to compete. Of course, if truly needed, a bronchiole-relaxing inhaler should have been taken about 30 minutes prior. These procedures allow the asthmatic an "even playing field" with his more fortunate competition.

Cool-downs can be passive, gently active, or moderately active. I was the first in New Jersey to allow a cool-down of at least one lap (if requested) after a race where there was no cool-down facility. The little extra time it took was worth my peace of mind for the health and welfare of the participants. After a very hard set or race just swum, I recommend bobbing up and down in place with the heart going above and below the water line and a synchronized breathing in and out. This has an immediate effect to lower heart rate and blood pressure. It will, additionally, control your breathing. The Navy teaches this for when one is out at sea—to allow for breath control and avoidance of panic. It is specifically stressed in Navy SEAL training. I once saw a very demanding work set by the Fort Lauderdale Swim Team. After each distance, the whole team was bobbing and breathing. It looked weird, but was obviously needed to recover quickly for the next push-off. I have my swimmers doing the same. If nothing else, it sure cuts down on talking.

For those racing where there is a cool-down facility, I prescribe at least a 400 yard ritual. The first 200 yards are swum comfortably to get the breath back: 100 yards free-style, 100 yards stroke/ free by 25s

(Continued on page 15)



Matthew Lind



THE FINAL LAP



Masters Swimming Terms

Set	When tired, you "set a spell", preferably on a couch.
Repeat	Pete and Repeat on the blocks. Pete false started. Who was left? Repeat. Pete and Repeat were ...
Interval	Time between rests, the longer the better.
Broken swim	Stopping in the middle of the pool and walking, similar to cross-training.
Negative split	When your chlorine-damaged hair splits at the roots, not at the ends.
Descend	Swim under water via the black line to deep end.
Pyramid	Thing in Egypt.
Ladder	Thing you use to get out of the pool.
Taper	Major campaign to cut down on ice cream intake.
Psych sheet	Indicator of your condition, mental and physical.
Heat sheet	Something that gets you overly stimulated.
Top Ten	Ten reasons you are not.
Warm down	A stage sometimes similar to worn down.
Drafting	A way to sit around and avoid the heavy lifting.
Body suit	Miracle of modern elastics.
Touch pad	Checking to see if suit covers cellulite bulge.

Reprinted from NEM News, courtesy of David Ackerman, Lisa Ackerman, and Tom Lyndon of New England Masters.

(Warm Up and Cool Down, continued from page 14)

using the stroke-specific muscles just taxed. The next 200 is done at about 60% speed: stroke/free in a set of 4 x 50 with decent rest. This intensity is needed to use the lactate as fuel. Literature shows that moderately active recovery is best in removing lactate and for breath control. If there is no cool down facility, after the initial easy lap, a short hot shower with stretching can provide some benefit.

Cooling down after a workout, combined with stretching lessens the tendency for muscle stiffness. A few hundred yards is all that is needed to aide in recovery for the next bout. It seems to be a fact of aging that the older we are, the more warm-up/cool-down we need. It is not just for comfort; the general health and well being

are being attended to. Managed health care today recommends prevention of illness and injury as a major factor in cutting costs and alleviating suffering. Instituting the warm-up/cool-down procedures falls right in line with this type of thinking.

Reprinted by permission from Ed Nessel. Ed Nessel is president of MACA and the Garden States Master Chairman. In 1998, he was recognized as USMS Coach of the Year. His writing appears regularly in a multitude of publications, including SWIM Magazine.

Volunteers Needed

Marketing Committee for Long Course Nationals

We need people to round up donations of food, paper, restaurant coupons, individual and company sponsorships, and items for the goodie bags, that bundle of fun things given to each swimmer as they sign in for the meet. Contact Hugh or Jane Moore (253) 925-0803 weswim@mindspring.com or Lee Carlson (206) 232-3916 leedee@home.com.

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 *WetSet* 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:

Cindy Martin, Registrar
 2427 NE 143rd St.
 Seattle, WA 98125
 (206) 366-8195
 ccmart@oz.net

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

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 PRORAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signature _____ Date _____

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

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