

# THE WET SET



Volume 21 • Issue 3

2000 USMS Newsletter of the Year

April 2001

## Bellingham Meet—Great Start for Holiday Weekend

### Inside . . . .

	Page
Calendar	5
Hy-Tek PSM Review	13
January Minutes	14

#### Results:

One Hour Postal	12-13
Bellingham	1, 6-11

## LEADING OFF

By  
Lee Carlson



### Hidden Heroes

Many people contribute to the success of any organization. Some are very visible and receive thanks and credit on a daily basis. Others toil behind the scenes and seldom get the credit they should. From my perspective, two hidden heroes and two visible heroes contribute more than you think.

**Mary Ann White:** Much of what you see on the look of the PNA starts with Mary Ann White. PNA T-shirts, caps, mugs, etc. are Mary Ann's designs and graphics. Together with Donna Keyser from Green Lake, these two talented artists keep us on the leading edge and always colorful. Mary Ann did

*(Continued on page 4)*



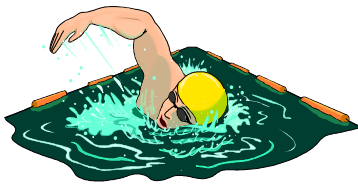
*Hillary Marshall, Federal Way Masters, takes advantage of the hot tub at the end of the Bellingham Presidents' Day Meet.*

Photo by Sandy McNeel

**Bellingham, WA, February 17, 2001**—Bellingham Masters hosted a very well run meet at the Arnie Hanna Aquatic Center in Bellingham, timed to start the Presidents' Day weekend. With a little over 90 people, the meet was very well attended, with lots of enthusiastic participation from the Canadians.

The meet was well sponsored, providing swimmers with free food and

*(Continued on page 6)*



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Volume 21 • Issue 4  
April 2001

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**Computer Apps.:** Jim McCleery

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

**Fitness:** Carolyn Behse

**Historian:** Tom Foley

**LC Nationals:** Hugh Moore

**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!

04 15	CONNIE COBB	04 30	CHARLOTTE DAVIS
04 16	RICK SCHULTZ	04 30	WILLIAM SCHUBACH
04 16	ROBIN GOEBEL	04 30	JUDY SWENSON
04 17	PHILIP MOSELEY	05 01	RENEE MARCEAU
04 18	JULIE WILSON	05 01	CAROLYN BEHSE
04 18	DAVID PARSONS	05 01	JOHN LAFFEY
04 18	ARTHUR MATHISEN	05 02	MARALEE MCVEAN
04 18	HAROLD JOHANSON	05 03	JANE WHITE
04 19	IAN THOMPSON	05 03	SUSAN ELLIOTT
04 20	SUZANNE DILLS	05 04	PAUL IKEDA
04 22	MATTHEW BITTNER	05 05	SEAN CLAPSHAW
04 23	DEB BURNEY	05 05	MAUREEN PHILIPPS
04 23	EUGENE HUNN	05 05	TERI BROWNELL
04 23	JOSEPH MICHEL	05 05	JANE VITKUSKE
04 23	LOREN BAKER	05 05	COLLEEN PHILIPPS
04 23	LESLEY WEINBERG	05 06	DEBORAH AMANDOLI
04 24	CYNTHIA FULLER-KLING	05 06	JOSEPH MICHALAK
04 25	WALLER TAYLOR	05 06	GUNNAR FORSMAN
04 25	BARBARA HARRINGTON	05 07	ROBIN O'LEARY
04 25	KASIA PIERZGA	05 08	MARY PATRICIA LAWLOR
04 25	KRISTY GLAZE	05 09	THOMAS HUGHES
04 25	BRUCE WEBSTER	05 10	LYNNE DAVISON
04 25	KAREN WOLF	05 11	LUIS SANTANA
04 25	R. DUNCAN MITCHELL	05 11	WILLIAM STERLING
04 26	ALISON HOWARD	05 11	STEVE CROCKER
04 27	LINDA SULLIVAN	05 11	REGAN HAINES
04 27	ERIK SMITH	05 12	SUSAN HIGINBOTHAM
04 28	GEOFFREY ANDERSON	05 13	KATIE RICHTER
04 29	RICK STAFFORD	05 13	ARNI LITT
04 29	RACHEL RAMOS	05 13	MOLLY MUNRO
04 29	ROBERT KING	05 13	MARYAN BURKE
04 30	JOY THOMPSON	05 14	ALISON ELIASON
04 30	MARK LIST		

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.



# 10 Steps for Treating and Preventing Repetitive Strain Injuries

**1 Exercise.** Performing selected stretching and strengthening exercises can help condition and develop the muscles of your body and, in the process, prepare to cope with any undue stress placed on it. For example, doing exercises for your forearms and wrists can help reduce the likelihood that your hands will sustain a repetitive strain injury.

**2 Get enough sleep.** If you don't get enough sleep or sleep well, your body may not recuperate from the exertional demands to which you subject it. Keep in mind that tired muscles are more prone to injury.

**3 Maintain good posture.** Keep in mind that posture is a dynamic—rather than a static—practice. Good posture involves keeping your bones properly aligned while moving or at rest, with your muscles at their optimum length instead of being too tight or overstretched.

**4 Position yourself properly at your workstation.** Set up your workstation to accommodate your body. Proper positioning involves correctly configuring your chair and desk and ensuring that your body is correctly angled to the computer monitor and keyboard.

**5 Listen to your body.** No one knows how you feel as well as you do—not your physician, not your employer, not your significant other. If you instinctively feel that something may be harmful to any part of your body, pay attention to that instinct. See if you can determine what activities are causing your pain, and then avoid further aggravating your injury.

**6 Pace yourself.** Take breaks. Although experts vary in their recommendations concerning the length and frequency of such breaks, you should take at least a 5- to 10-minute break from your work station every 30 minutes or so to rest and relax your muscles and eyes.

**7 Use your head.** There is no substitute for common sense. If any aspect of the advice you are receiving concerning your injury bothers you, ask questions and keep an open mind. Don't assume you're wrong and the person giving the advice is always right. Keep in mind that no one has all the answers about repetitive strain injury.

**8 Manage your pain.** Adopt a sensible approach to pain management. As a rule, you should take the primary responsibility for managing your own pain. For example, applying ice to sore or painful areas can help reduce inflammation and pain. Furthermore, performing stretching and low-intensity resistance exercises (as tolerated) can help keep your muscles supple, toned, and pain free.

**9 Be patient.** You shouldn't expect an overnight cure. Your body is slow to forgive and heal. Because your recovery may take months or even years, patience should be the foundation of your efforts to deal with your injury.

**10 See your physician.** An accurate diagnosis of repetitive strain injury is important. For example, your injury could be caused or complicated by another factor or serious medical condition (e.g., pregnancy, Lyme disease, arthritis, diabetes).

So if your injury seems unduly prolonged or painful, you should see your physician as soon as possible.

*James A. Peterson, Ph.D., FACSM, is a freelance writer and consultant in sports medicine. From 1990 until 1995, Dr. Peterson was director of sports medicine with StairMaster.*

## Warding Off Jet Lag

Whether you are a business or recreational traveler, returning to a routine schedule is difficult when suffering from jet lag. The primary cause of jet lag is high-speed air travel across time zones. Those suffering from jet lag may experience sluggishness, disorientation, and fatigue, compounded by sleeplessness. Fortunately, there are easy methods for warding off jet lag.

- Follow the adage, when traveling east, fly early; when traveling west, fly late.
- Drink plenty of water on the plane to prevent dehydration. Avoid caffeine, alcohol, sugar, and salty foods.
- Consider using melatonin, a hormone with a strong influence over an individual's internal timing. Consult a pharmacist for proper dosage and instructions.
- Reset your watch to match the present time at your destination and live accordingly.
- Get at least seven hours of sleep the night before your flight.
- Exercise the first morning at your destination and expose yourself to a lot of sunlight.

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# LEADING OFF

By  
Lee Carlson

(Continued from page 1)

the knockout T-shirt design for the One Hour Postal Swim. You will see more of her work at Long Course Nationals. Mary Ann just gets the job done with her designs and in the pool, too, competing in the longer events.

**Steve Sussex:** Steve has become somewhat of a swimming legend, setting PNA records and leading workouts with Mercer Island, Green Lake, and now Swim Seattle. Steve likes coaching and a variety of workouts. Many of us marvel at the range of events he swims well, including first place in the 1998 Nike World Masters Games. Steve, however, is more than an athlete. He

has contributed by running the entries and office as well as the PA system on three meets at Mercer Island. During several recent Nationals he participated and actively supported the PNA. He also started an open water workout every other week on Mercer Island during the summer.

**Jan Kavadas:** A PNA board member and participant at most every local meet and many national meets, Jan is well known to many of you. Jan is on the both the USMS Officials Committee and Rules Committee, and is our liaison with USA swimming. Jan has competed for 20 plus years. Less well

known is Jan's active participation as a swimming and track official. At high school, USA swimming, and Masters swimming, Jan is an institution valued for not only her contributions but for her knowledge and willingness to help. She gives more mature swimmers a good name.

**Jim McCleery:** Jim is another PNA board member. Jim has kept the design of our web site *swimpna.org* state of the art. He looks at other sites, incorporates new ideas, and handles most any assignment effortlessly. This is probably the committee or function that has performed the best with the least attention. Jim also represented the PNA well by winning his age group in the One Hour Postal Swim.

Every organization needs volunteers to grow and renew itself. You are fortunate to have these four. Think of your strengths. You can contribute to PNA as we prepare for Long Course Nationals.

## PNA Board Meetings

All PNA members are invited.

May 22  
Federal Way Library

June 26 (tentative)  
Jan Kavada's house  
Edmonds



Photo by Sandy McVee

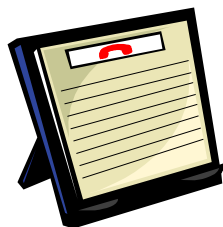
Clark Pace and Steve Sussex, both volunteers at the recent meet at Mercer Island.

## Web Guide

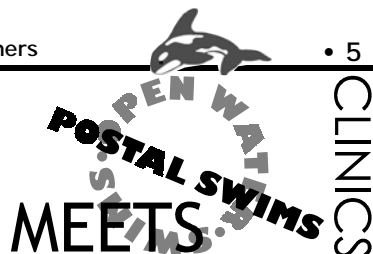
Check out these sites on the Internet for information on Masters swimming, news, events, workouts, and more from throughout the Northwest!

**PNA Masters Swimming**  
US Masters Swimming  
Masters Swimming Canada  
Oregon Masters  
Masters Swimming of BC  
Utah Masters  
Pacific Masters (CA)

**www.swimpna.org**  
[www.usms.org](http://www.usms.org)  
[www.compusmart.ab.ca/masterssc/](http://www.compusmart.ab.ca/masterssc/)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.mastersswimming.bc.ca/](http://www.mastersswimming.bc.ca/)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.pacificmasters.org/index.shtml](http://www.pacificmasters.org/index.shtml)



# MASTERS CALENDAR



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

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

April 28-29  
NW Zone SCY Championships  
Portland, OR  
Kevin Nagle (503) 252-9079  
naglekd@aol.com  
Entry deadline April 13

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

May 15-September 30  
5 & 10K National Postal Championships  
Pam Himstreet  
(541) 385-7770  
him@bendnet.com

May 17-20  
SCY National Championships  
Santa Clara, CA  
Alma Guimarin, aguimarin@aol.com  
Entry deadlines April 5 & 12

May 18-21  
Canadian Masters SCM  
Championships  
Calgary, Alberta, Canada  
(403) 234-8787 x3

June 23  
2 & 4K OW Swim  
Lake Padden, Bellingham  
Barb Gundred (360) 734-8364  
konabarb@hotmail.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  
Entry deadline July 25

August 4-5  
OW 500/1500/3000  
Elk Lake, OR  
Pam Himstreet (541) 385-7770  
him@bendnet.com

**■ August 16-19**  
**LCM National Championships**  
**King County Aquatic Center**  
**Federal Way, WA**  
**Hugh Moore**  
**weswim@mindspring.com**

August 25-26  
OW 1500/3000  
Eel Lake, OR  
Trudi Gugliemini (541) 756-5566  
rntgugs@aol.com

September 1-October 31  
3000/6000 Yd National Postal Swim  
Doug Brogan (440) 835-0142  
fittotogether@aol.com

September 2  
1500/3000 Open Water Swim  
Lake Dorena, OR  
Steve Johnson, freedive3@hotmail.com

**■ September 22**  
**Whidbey Island Pentathlon**  
**SCM**  
**Sally Dillon, salswmmr@oakharbor.net**

October 28-November 4  
Pan Pacific Masters Swimming  
Championships  
Hong Kong Swimming Association

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

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Canada  
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vstocks@mail.island.net

#### Idaho

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(208) 338-5287  
swimjimw@aol.com

#### Inland Northwest

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

#### Oregon

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5832 SE Woll Pond Wy  
Hillsboro OR 97123  
(503) 648-7141  
therads@home.com

#### Utah

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Holladay, UT 84124  
(801) 274-8004  
oliver4597@aol.com



# Results

## Bellingham

### President's Day Meet

Short Course Yards February 17, 2001

P PNA Record  
Z Zone Record

#### WOMEN 19-24

<b>100 YD. FREE</b>			
CINDY JO ALLEN	23 UNA		1:01.43
<b>500 YD. FREE</b>			
CINDY JO ALLEN	23 UNA		6:02.78
<b>50 YD. BACK</b>			
JULIE BOWMAN	22 LYNN		31.79
<b>100 YD. BACK</b>			
CINDY JO ALLEN	23 UNA		1:09.24
JULIE BOWMAN	22 LYNN		1:11.43
<b>50 YD. FLY</b>			
CINDY JO ALLEN	23 UNA		31.43
<b>100 YD. FLY</b>			
CINDY JO ALLEN	23 UNA		1:06.45
<b>200 YD. I.M.</b>			
JULIE BOWMAN	22 LYNN		2:31.11

#### WOMEN 25-29

<b>50 YD. FREE</b>			
KARI PAGE	29 BMSC		30.30
HILLARY MARSHALL	29 FWM		34.54
<b>100 YD. FREE</b>			
KARI PAGE	29 BMSC		1:07.11
JENNIFER GIBBS	29 UNA		1:08.57
<b>50 YD. BACK</b>			
KARI PAGE	29 BMSC		34.57
HILLARY MARSHALL	29 FWM		41.60
<b>50 YD. BRST</b>			
HILLARY MARSHALL	29 FWM		44.29
<b>100 YD. BRST</b>			
JENNIFER GIBBS	29 UNA		1:33.51
<b>50 YD. FLY</b>			
HILLARY MARSHALL	29 FWM		42.34
<b>100 YD. I.M.</b>			
JENNIFER GIBBS	29 UNA		1:20.12
HILLARY MARSHALL	29 FWM		1:32.28

#### WOMEN 30-34

<b>50 YD. FREE</b>			
LESLIE MCCULLOUGH	31 BMSC		29.26
KATHY MOORE	33 UNA		32.52
CHERILYN SUITER	32 LYNN		33.53
<b>100 YD. FREE</b>			
KARIN HEUSTED	32 LYNN		1:01.78
LESLIE MCCULLOUGH	31 BMSC		1:04.58
CHERILYN SUITER	32 LYNN		1:16.67
<b>200 YD. FREE</b>			
CHERILYN SUITER	32 LYNN		2:50.28

(Continued from page 1)

gifts, such as the REI water bottles. Swimmers thought the T-shirts were cute, with their appropriate drawing of Washington and Lincoln wearing swim goggles.

PNA records were broken by Linda Hegeberg, Jerri Freimuth, and Jim McCleery. Zone records were broken by Jim McCleery and Thomas Taylor. When asked for the secret to his recent rash of broken records, Jim McCleery commented that he believed the weight training he started six months ago has helped.

This was the Sandy Lawrence's fourth meet. She swam her events very well, even though she has only been swimming in Masters for one year.

A little excitement occurred when Tom Foley accidentally set an alarm off while trying to turn on the bubbles in the hot tub. "The buttons were about this far apart," Tom indicated an one-inch gap. "I didn't have my glasses on."



<b>500 YD. FREE</b>			
KAREN LEAHY	32 UNA		5:52.97
CHERILYN SUITER	32 LYNN		7:34.58
<b>1650 YD. FREE</b>			
KAREN LEAHY	32 UNA		19:57.20
CHERILYN SUITER	32 LYNN		26:09.06
<b>50 YD. BACK</b>			
LESLIE MCCULLOUGH	31 BMSC		33.57
KATHY MOORE	33 UNA		38.85
ADRIENNE REARDON	33 BMSC		39.31
<b>100 YD. BACK</b>			
ADRIENNE REARDON	33 BMSC		1:15.98
<b>200 YD. BACK</b>			
KAREN LEAHY	32 UNA		2:36.52
<b>50 YD. BRST</b>			
LINDA HEGERBERG	30 BMSC		33.94
CATHERINE HERRING	34 BMSC		38.56
KATHY MOORE	33 UNA		45.28
<b>100 YD. BRST</b>			
CATHERINE HERRING	34 BMSC		1:21.20
<b>200 YD. BRST</b>			
LINDA HEGERBERG	30 BMSC		2:33.29 P
<b>50 YD. FLY</b>			
KARIN HEUSTED	32 LYNN		29.84
LESLIE MCCULLOUGH	31 BMSC		31.55
MEGAN BUSSART	30 BMSC		33.25
ADRIENNE REARDON	33 BMSC		34.27
<b>100 YD. FLY</b>			
KARIN HEUSTED	32 LYNN		1:09.50
<b>100 YD. I.M.</b>			
KAREN LEAHY	32 UNA		1:09.71
KARIN HEUSTED	32 LYNN		1:10.54
LESLIE MCCULLOUGH	31 BMSC		1:13.52

MEGAN BUSSART	30 BMSC		1:16.73
ADRIENNE REARDON	33 BMSC		1:17.78
<b>400 YD. I.M.</b>			
LINDA HEGERBERG	30 BMSC		5:00.14

#### WOMEN 35-39

<b>50 YD. FREE</b>			
TRACY BURROWS	38 UNA		32.24
SUZANNE WAY	36 LYNN		32.58
KRISTINE COLVER	38 BMSC		36.50
<b>100 YD. FREE</b>			
SUZANNE WAY	36 LYNN		1:13.05
KRISTINE COLVER	38 BMSC		1:20.99
<b>200 YD. FREE</b>			
JERRI FREIMUTH	36 FTS		2:14.38
SUZANNE WAY	36 LYNN		2:42.68
<b>500 YD. FREE</b>			
JERRI FREIMUTH	36 FTS		5:52.91
<b>50 YD. BACK</b>			
BRENDA HINZ	38 WINS		43.56
<b>50 YD. BRST</b>			
TRACY BURROWS	38 UNA		40.52
BRENDA HINZ	38 WINS		43.44
SUZANNE WAY	36 LYNN		51.41
<b>100 YD. BRST</b>			
JERRI FREIMUTH	36 FTS		1:15.25
TRACY BURROWS	38 UNA		1:29.14
<b>200 YD. BRST</b>			
JERRI FREIMUTH	36 FTS		2:40.27 P
TRACY BURROWS	38 UNA		3:15.14
<b>50 YD. FLY</b>			
KRISTINE COLVER	38 BMSC		43.40
<b>100 YD. I.M.</b>			
BRENDA HINZ	38 WINS		1:33.33
KRISTINE COLVER	38 BMSC		1:35.88
<b>400 YD. I.M.</b>			
JERRI FREIMUTH	36 FTS		5:13.19

#### WOMEN 40-44

<b>50 YD. FREE</b>			
SANDY LAURENCE	44 GCM		32.69
MARCIA SMITH	40 LYNN		33.02
TERI REXROAT	42 BMSC		35.21
MAIA HAYKIN	41 BMSC		39.54
<b>100 YD. FREE</b>			
SANDY LAURENCE	44 GCM		1:12.76
MARCIA SMITH	40 LYNN		1:14.44
TERI REXROAT	42 BMSC		1:19.27
MAIA HAYKIN	41 BMSC		1:32.06
<b>200 YD. FREE</b>			
MAGGIE KINSELLA	43 BMSC		2:19.53
<b>1650 YD. FREE</b>			
MAGGIE KINSELLA	43 BMSC		20:26.31
<b>50 YD. BACK</b>			
SANDY LAURENCE	44 GCM		41.82
MARCIA SMITH	40 LYNN		44.48
MAIA HAYKIN	41 BMSC		48.73
<b>200 YD. BACK</b>			
MAGGIE KINSELLA	43 BMSC		2:57.53
<b>50 YD. BRST</b>			
TERI REXROAT	42 BMSC		44.72
MAIA HAYKIN	41 BMSC		48.43
<b>100 YD. BRST</b>			
TERI REXROAT	42 BMSC		1:37.56
<b>200 YD. BRST</b>			
MAGGIE KINSELLA	43 BMSC		3:02.79
<b>50 YD. FLY</b>			
DALE FREEMAN	40 WINS		31.24
MARCIA SMITH	40 LYNN		36.65
SANDY LAURENCE	44 GCM		38.45
<b>100 YD. FLY</b>			
DALE FREEMAN	40 WINS		1:09.88



<b>100 YD. I.M.</b>		
DALE FREEMAN	40 WINS	1:11.80
TERI REXROAT	42 BMSC	1:31.38
MAIA HAYKIN	41 BMSC	1:48.63

**WOMEN 45-49**

<b>50 YD. FREE</b>		
DEBBIE GLASSMAN	47 GLAD	28.15
JULIE IDDON	46 WINS	32.30
CATHY MACKAY	46 BMSC	33.89
SANDY MCNEEL	48 GLAD	39.44
CYNTHIA MARTIN	49 GLAD	42.65

<b>100 YD. FREE</b>		
DEBBIE GLASSMAN	47 GLAD	1:03.38
THEO MANLEY	45 WINS	1:10.24
SANDY MCNEEL	48 GLAD	1:27.21

<b>1650 YD. FREE</b>		
SANDY MCNEEL	48 GLAD	29:01.11

<b>50 YD. BACK</b>		
THEO MANLEY	45 WINS	38.94
JULIE IDDON	46 WINS	40.25

<b>100 YD. BACK</b>		
BARB GUNDRED	49 BMSC	1:11.32

<b>200 YD. BACK</b>		
BARB GUNDRED	49 BMSC	2:31.79
SANDY MCNEEL	48 GLAD	3:53.50

<b>50 YD. BRST</b>		
CATHY MACKAY	46 BMSC	41.59

<b>50 YD. FLY</b>		
DEBBIE GLASSMAN	47 GLAD	30.39
THEO MANLEY	45 WINS	34.47
JULIE IDDON	46 WINS	37.36

<b>200 YD. FLY</b>		
DEBBIE GLASSMAN	47 GLAD	2:42.05

<b>100 YD. I.M.</b>		
THEO MANLEY	45 WINS	1:20.36
CATHY MACKAY	46 BMSC	1:22.05
JULIE IDDON	46 WINS	1:22.56

**WOMEN 50-54**

<b>50 YD. FREE</b>		
KATHRINE CASEY	52 FTS	29.91
STELLA PREISSLER	51 UNA	31.58
SHARON KERR	50 WINS	32.87

<b>100 YD. FREE</b>		
KATHRINE CASEY	52 FTS	1:06.44
STELLA PREISSLER	51 UNA	1:11.46
SHARON KERR	50 WINS	1:14.91

<b>200 YD. FREE</b>		
STELLA PREISSLER	51 UNA	2:38.65

<b>500 YD. FREE</b>		
STELLA PREISSLER	51 UNA	7:03.21

<b>50 YD. BACK</b>		
SHARON KERR	50 WINS	41.46

<b>100 YD. BACK</b>		
SHARON KERR	50 WINS	1:31.13

<b>50 YD. BRST</b>		
KATHRINE CASEY	52 FTS	39.12

<b>100 YD. BRST</b>		
KATHRINE CASEY	52 FTS	1:25.07

<b>200 YD. FLY</b>		
DEMPSEY DYBDAHL	52 FWM	3:36.94

<b>100 YD. I.M.</b>		
KATHRINE CASEY	52 FTS	1:19.03

**WOMEN 55-59**

<b>50 YD. FREE</b>		
PINKY WALKER	58 TAC	33.48

<b>50 YD. BACK</b>		
PINKY WALKER	58 TAC	38.74

<b>100 YD. BACK</b>		
PINKY WALKER	58 TAC	1:27.51



Photo by Sandy McNeel

Lap counters can be an essential part of the 1650 free race. Dempsey Dybdahl, Bob Fish, and Mardi McCleery take their splashes as counters for Eric Dybdahl, Maggie Kinsella, and Jim McCleery. Jim McCleery, at 19:15.08, broke a zone record in this race.

<b>200 YD. BACK</b>		
PINKY WALKER	58 TAC	3:15.95
<b>100 YD. I.M.</b>		
PINKY WALKER	58 TAC	1:28.11

**WOMEN 60-64**

<b>100 YD. FREE</b>		
K.PAPADOPOULOS	60 WINS	1:50.09

<b>50 YD. BRST</b>		
K.PAPADOPOULOS	60 WINS	57.35

<b>100 YD. BRST</b>		
K.PAPADOPOULOS	60 WINS	2:00.79

**WOMEN 65-69**

<b>50 YD. FREE</b>		
GAIL GLADWELL	69 NV	50.25
JANET KAVADAS	69 GLAD	52.52

<b>100 YD. FREE</b>		
GAIL GLADWELL	69 NV	1:59.37

<b>200 YD. FREE</b>		
JANET KAVADAS	69 GLAD	4:09.81

<b>50 YD. BACK</b>		
GAIL GLADWELL	69 NV	1:07.93

<b>50 YD. BRST</b>		
GAIL GLADWELL	69 NV	55.42
JANET KAVADAS	69 GLAD	1:00.64

<b>100 YD. BRST</b>		
JANET KAVADAS	69 GLAD	4:29.34

<b>50 YD. FLY</b>		
JANET KAVADAS	69 GLAD	1:09.95

**Team Abbreviations**

<b>BMSC</b>	Bellingham Masters
<b>EBSC</b>	English Bay Swim Club
<b>FTS</b>	Ft. Steilacoom Masters
<b>FWM</b>	Federal Way Masters
<b>GAC</b>	Gateway Athletic Club
<b>GCM</b>	Gold Creek Masters
<b>GLAD</b>	Green Lake Aqua Ducks
<b>LYNN</b>	Lynnwood Masters
<b>MCM</b>	Mill Creek Masters
<b>MIR</b>	Mercer Island Redwoods
<b>NH</b>	Newport Hills
<b>NSYG</b>	Northshore Y's Guys
<b>NV</b>	North Vancouver Masters
<b>NWM</b>	North Whidbey Masters
<b>OOPS</b>	Old Olympic Peninsula
<b>PRO</b>	Pro Club
<b>RR</b>	Riverside Rapids
<b>SVY</b>	Skagit Valley Y
<b>SS</b>	Swim Seattle Masters
<b>TAC</b>	Thunderbird Athletic Club
<b>TIG</b>	Tigers
<b>TYMCA</b>	Tacoma YMCA
<b>UNA</b>	Unattached
<b>WAC</b>	Washington Athletic Club
<b>WINS</b>	Winskill Otters

**MEN 19-24**

<b>50 YD. FREE</b>			
TREVOR PETRIE	21 BMSC	23.00	
<b>100 YD. FREE</b>			
TREVOR PETRIE	21 BMSC	50.52	
KEVIN BONSELL	23 BMSC	52.19	
<b>500 YD. FREE</b>			
KEVIN BONSELL	23 BMSC	5:19.39	
<b>50 YD. BRST</b>			
KEVIN BONSELL	23 BMSC	30.88	
RILEY PEAKE	22 WINS	33.16	
<b>100 YD. BRST</b>			
KEVIN BONSELL	23 BMSC	1:06.96	
RILEY PEAKE	22 WINS	1:12.77	
<b>100 YD. I.M.</b>			
TREVOR PETRIE	21 BMSC	1:00.66	
RILEY PEAKE	22 WINS	1:09.64	
<b>200 YD. I.M.</b>			
KEVIN BONSELL	23 BMSC	2:11.02	

**MEN 25-29**

<b>50 YD. FREE</b>			
MATT HAGAN	26 BMSC	24.73	
KEVIN HALL	29 WINS	26.22	
ERIC KAPFHAMMER	27 SS	28.48	
<b>100 YD. FREE</b>			
DAVE ALLES	28 PRO	55.98	
DAVID AUSTIN	26 BMSC	1:01.54	
ERIC KAPFHAMMER	27 SS	1:02.66	
KEVIN HALL	29 WINS	1:11.69	
<b>200 YD. FREE</b>			
DAVE ALLES	28 PRO	2:05.43	
<b>500 YD. FREE</b>			
DAVE ALLES	28 PRO	5:50.48	
ERIC KAPFHAMMER	27 SS	6:30.44	
<b>1650 YD. FREE</b>			
KENT VANEGDOM	25 UNA	23:09.28	
<b>100 YD. BACK</b>			
STEVE RUTHFORD	26 BMSC	1:06.88	
<b>50 YD. BRST</b>			
MATT HAGAN	26 BMSC	32.04	
DAVID AUSTIN	26 BMSC	32.91	
KEVIN HALL	29 WINS	38.00	
<b>100 YD. BRST</b>			
STEVE RUTHFORD	26 BMSC	1:07.96	
DAVID AUSTIN	26 BMSC	1:13.63	
<b>200 YD. BRST</b>			
STEVE RUTHFORD	26 BMSC	2:32.57	
<b>50 YD. FLY</b>			
MATT HAGAN	26 BMSC	27.59	
ERIC KAPFHAMMER	27 SS	29.04	
KEVIN HALL	29 WINS	31.55	
<b>100 YD. FLY</b>			
ERIC KAPFHAMMER	27 SS	1:07.32	
<b>100 YD. I.M.</b>			
MATT HAGAN	26 BMSC	1:05.88	
<b>200 YD. I.M.</b>			
STEVE RUTHFORD	26 BMSC	2:19.98	
DAVE ALLES	28 PRO	2:20.46	
<b>400 YD. I.M.</b>			
DAVE ALLES	28 PRO	5:03.29	

**MEN 30-34**

<b>50 YD. FREE</b>			
MARC BECK	32 UNA	24.65	
TROY HUSBAND	31 SVY	25.35	
KERRY NESS	31 SVY	28.52	
<b>100 YD. FREE</b>			
MARC BECK	32 UNA	56.41	
GREG MARGHARITIS	34 WINS	56.57	
TROY HUSBAND	31 SVY	58.19	
MIKE GRIMM	32 PRO	1:01.43	

KERRY NESS	31 SVY	1:09.54	
<b>200 YD. FREE</b>			
MIKE GRIMM	32 PRO	2:15.18	
VIKEN MEKHTARIAN	30 EBSC	2:36.76	
<b>500 YD. FREE</b>			
MIKE GRIMM	32 PRO	6:06.12	
<b>100 YD. BACK</b>			
TROY HUSBAND	31 SVY	1:07.69	
VIKEN MEKHTARIAN	30 EBSC	1:24.49	
<b>50 YD. BRST</b>			
MARC BECK	32 UNA	31.59	
GREG MARGHARITIS	34 WINS	33.46	
KERRY NESS	31 SVY	38.16	
<b>100 YD. BRST</b>			
MARC BECK	32 UNA	1:11.95	
VIKEN MEKHTARIAN	30 EBSC	1:23.97	
KERRY NESS	31 SVY	1:26.78	
<b>50 YD. FLY</b>			
GREG MARGHARITIS	34 WINS	27.06	
<b>100 YD. I.M.</b>			
MARC BECK	32 UNA	1:04.53	
TROY HUSBAND	31 SVY	1:06.95	
VIKEN MEKHTARIAN	30 EBSC	1:17.94	
KERRY NESS	31 SVY	1:18.45	
<b>200 YD. I.M.</b>			
MIKE GRIMM	32 PRO	2:30.50	

**MEN 35-39**

<b>50 YD. FREE</b>			
DAVID DUCOLON	37 FWM	24.91	
<b>100 YD. FREE</b>			
PATRICK GIBBS	35 UNA	54.89	
DAVID DUCOLON	37 FWM	55.26	
BRIAN HERRING	35 BMSC	1:02.64	
<b>200 YD. FREE</b>			
DAVID DUCOLON	37 FWM	2:04.82	
<b>1650 YD. FREE</b>			
PAUL SENUTY	38 BMSC	27:45.48	
<b>100 YD. BACK</b>			
PATRICK GIBBS	35 UNA	1:07.86	
<b>50 YD. BRST</b>			
DAVID DUCOLON	37 FWM	34.65	
MARK NEWPORT	37 BMSC	36.10	
<b>100 YD. BRST</b>			
BOB FISH	37 BMSC	1:10.38	
PATRICK GIBBS	35 UNA	1:12.04	
DAVID DUCOLON	37 FWM	1:13.00	
MARK NEWPORT	37 BMSC	1:16.88	
<b>200 YD. BRST</b>			
MARK NEWPORT	37 BMSC	2:50.71	
<b>50 YD. FLY</b>			
BRIAN HERRING	35 BMSC	31.13	
<b>100 YD. I.M.</b>			
BOB FISH	37 BMSC	1:00.53	
<b>200 YD. I.M.</b>			
PATRICK GIBBS	35 UNA	2:24.84	

**MEN 40-44**

<b>50 YD. FREE</b>			
RICHARD DENDY	40 WINS	24.99	
SCOTT LORENZEN	42 WAC	26.30	
RON OREN	41 LYNN	28.98	
KIM FINDLAY	40 WINS	29.25	
MATTHEW BITTNER	41 UNA	30.42	
CORY CHAPLIN	43 BMSC	30.52	
T CAVANAUGH	44 RR	33.96	
<b>100 YD. FREE</b>			
RICHARD DENDY	40 WINS	57.61	
ERIC DYBDAHL	40 FWM	58.21	
SCOTT LORENZEN	42 WAC	58.66	
CORY CHAPLIN	43 BMSC	1:08.51	
KIM FINDLAY	40 WINS	1:08.74	

DAVE SINITSIN	41 WINS	1:15.94	
T CAVANAUGH	44 RR	1:17.70	
MATTHEW BITTNER	41 UNA	1:19.14	
<b>200 YD. FREE</b>			
MARTIN TOPP	43 WINS	2:39.56	
IAN WOOD	41 WINS	2:54.42	
<b>500 YD. FREE</b>			
ERIC DYBDAHL	40 FWM	6:01.25	
MARTIN TOPP	43 WINS	7:26.94	
<b>1650 YD. FREE</b>			
ERIC DYBDAHL	40 FWM	20:22.11	
<b>50 YD. BACK</b>			
RON OREN	41 LYNN	36.58	
CORY CHAPLIN	43 BMSC	39.97	
IAN WOOD	41 WINS	41.92	
T CAVANAUGH	44 RR	45.56	
<b>200 YD. BACK</b>			
ERIC DYBDAHL	40 FWM	2:27.57	
<b>50 YD. BRST</b>			
KIM FINDLAY	40 WINS	35.29	
MATTHEW BITTNER	41 UNA	39.66	
MARTIN TOPP	43 WINS	40.24	
RON OREN	41 LYNN	41.60	
DAVE SINITSIN	41 WINS	42.04	
<b>100 YD. BRST</b>			
MARTIN TOPP	43 WINS	1:27.75	
DAVE SINITSIN	41 WINS	1:29.41	
MATTHEW BITTNER	41 UNA	1:32.20	
<b>200 YD. BRST</b>			
MARTIN TOPP	43 WINS	3:12.27	
<b>50 YD. FLY</b>			
CORY CHAPLIN	43 BMSC	34.90	
KIM FINDLAY	40 WINS	38.75	
DAVE SINITSIN	41 WINS	45.69	
<b>200 YD. FLY</b>			
ERIC DYBDAHL	40 FWM	2:33.19	
<b>100 YD. I.M.</b>			
RICHARD DENDY	40 WINS	1:02.22	
SCOTT LORENZEN	42 WAC	1:09.70	
RON OREN	41 LYNN	1:20.24	
KIM FINDLAY	40 WINS	1:22.22	
IAN WOOD	41 WINS	1:23.00	
<b>200 YD. I.M.</b>			
RICHARD DENDY	40 WINS	2:20.04	
SCOTT LORENZEN	42 WAC	2:30.66	
<b>400 YD. I.M.</b>			
RICHARD DENDY	40 WINS	5:14.96	

**MEN 45-49**

<b>50 YD. FREE</b>			
ROB TRIPPLE	45 MCM	26.22	
JIM FLYNN	47 BMSC	26.28	
PHILIP MOSELEY	47 NH	28.84	
<b>100 YD. FREE</b>			
JIM FLYNN	47 BMSC	1:00.76	
PHILIP MOSELEY	47 NH	1:05.98	
<b>200 YD. FREE</b>			
JIM FLYNN	47 BMSC	2:11.58	
<b>500 YD. FREE</b>			
JIM FLYNN	47 BMSC	5:54.86	
<b>50 YD. BACK</b>			
PHILIP MOSELEY	47 NH	33.22	
<b>100 YD. BACK</b>			
PHILIP MOSELEY	47 NH	1:12.23	
<b>200 YD. BACK</b>			
PHILIP MOSELEY	47 NH	2:38.20	
<b>50 YD. FLY</b>			
ROB TRIPPLE	45 MCM	30.93	

**MEN 50-54**

<b>50 YD. FREE</b>			
GREG COLLINS	52 GLAD	29.51	





PETE KYNION	53 LYNN	45.13
<b>500 YD. FREE</b>		
RICHARD BATLEY	52 MCM	6:42.49
<b>1650 YD. FREE</b>		
RICHARD BATLEY	52 MCM	23:28.46
<b>50 YD. BRST</b>		
STEVEN PETERSON	54 OOPS	33.56
GREG COLLINS	52 GLAD	35.93
THOMAS WALKER	53 UNA	44.23
<b>100 YD. BRST</b>		
STEVEN PETERSON	54 OOPS	1:14.67
GREG COLLINS	52 GLAD	1:17.15
THOMAS WALKER	53 UNA	1:37.13
<b>200 YD. BRST</b>		
STEVEN PETERSON	54 OOPS	2:43.86
<b>50 YD. FLY</b>		
GREG COLLINS	52 GLAD	31.91
<b>100 YD. I.M.</b>		
STEVEN PETERSON	54 OOPS	1:10.63
GREG COLLINS	52 GLAD	1:14.56
THOMAS WALKER	53 UNA	1:29.28
<b>200 YD. I.M.</b>		
STEVEN PETERSON	54 OOPS	2:37.29
THOMAS WALKER	53 UNA	3:17.70
<b>400 YD. I.M.</b>		
THOMAS WALKER	53 UNA	7:00.78

**MEN 55-59**

<b>50 YD. FREE</b>		
AART LOOYE	56 WINS	30.64
GORDON GRAY	55 NSYG	32.21

<b>200 YD. FREE</b>		
JIM MCCLEERY	55 NWM	2:05.30 P
<b>500 YD. FREE</b>		
JIM MCCLEERY	55 NWM	5:38.73 Z
GORDON GRAY	55 NSYG	6:49.77
<b>1650 YD. FREE</b>		
JIM MCCLEERY	55 NWM	19:15.08 Z
GORDON GRAY	55 NSYG	23:32.78
<b>50 YD. BACK</b>		
AART LOOYE	56 WINS	34.04
<b>100 YD. BACK</b>		
AART LOOYE	56 WINS	1:17.80
<b>200 YD. BACK</b>		
AART LOOYE	56 WINS	2:52.91
<b>200 YD. BRST</b>		
GORDON GRAY	55 NSYG	3:20.58
<b>100 YD. I.M.</b>		
JIM MCCLEERY	55 NWM	1:07.61
AART LOOYE	56 WINS	1:26.00
<b>200 YD. I.M.</b>		
JIM MCCLEERY	55 NWM	2:27.09
GORDON GRAY	55 NSYG	2:59.93

**MEN 60-64**

<b>50 YD. FREE</b>		
HAROLD TAUSCHER	63 BMSC	33.18
<b>100 YD. FREE</b>		
HAROLD TAUSCHER	63 BMSC	1:17.87
<b>200 YD. FREE</b>		
HAROLD TAUSCHER	63 BMSC	2:55.65

<b>500 YD. FREE</b>		
LEE CARLSON	60 MIR	7:33.12
<b>50 YD. BACK</b>		
WALT REID	60 FTS	36.50
LEE CARLSON	60 MIR	36.98
<b>200 YD. BACK</b>		
LEE CARLSON	60 MIR	3:04.82
<b>50 YD. BRST</b>		
WALT REID	60 FTS	36.09
<b>100 YD. BRST</b>		
WALT REID	60 FTS	1:22.61

**MEN 65-69**

<b>50 YD. FREE</b>		
BOB DORSE	69 TIG	31.59
DANNY DICKSON	65 TACY	40.03
<b>100 YD. FREE</b>		
BOB DORSE	69 TIG	1:13.15
DANNY DICKSON	65 TACY	1:39.25
<b>500 YD. FREE</b>		
DON REHFELDT	66 UNA	8:08.69
<b>50 YD. BACK</b>		
DANNY DICKSON	65 TACY	1:08.81
<b>200 YD. BACK</b>		
TOM FOLEY	66 TIG	3:44.18
<b>50 YD. BRST</b>		
DON REHFELDT	66 UNA	41.46
DANNY DICKSON	65 TACY	1:06.12
<b>100 YD. BRST</b>		
DON REHFELDT	66 UNA	1:33.78



Photo by Sandy McNeel

Bellingham Masters Club members Kristine Colver and Teri Rexroat, with Teri's daughter Rachel.



Photo by Lee Carlson

Kathrine Casey, with the towel turban, chats with Jerri Freimuth and Karen Leahy between races.

**RELAYS-WOMEN 200 YD. MEDLEY**

<b>19 +</b>	JULIE BOWMAN	22 LYNN	2:26.62
	SUZANNE WAY	36	
	KARIN HEUSTED	32	
	MARCIA SMITH	40	

<b>25 +</b>	ADRIENNE REARDON	33 BMSC	2:23.58
	TERI REXROAT	42	
	KRISTINE COLVER	38	
	KARI PAGE	29	

<b>45 +</b>	JULIE IDDON	46 WINS	2:41.54
	K.PAPADOPOULOS	60	
	THEO MANLEY	45	
	SHARON KERR	50	

**RELAYS-MEN 200 YD. FREE**

<b>19 +</b>	MATT HAGAN	26 BMSC	1:36.16
	DAVID AUSTIN	26	
	TREVOR PETRIE	21	
	KEVIN BONSELL	23	

	RICHARD DENDY	40 WINS	1:44.52
	RILEY PEAKE	22	
	KEVIN HALL	29	
	GREG MARGHARITIS	34	

<b>25 +</b>	BRIAN HERRING	35 BMSC	1:46.75
	PAUL SENUTY	38	
	STEVE RUTHFORD	26	
	BOB FISH	37	

<b>35 +</b>	AART LOOYE	56 WINS	2:01.83
	MARTIN TOPP	43	
	IAN WOOD	41	
	KIM FINDLAY	40	

<b>200 YD. BRST</b>	DON REHFELDT	66 UNA	3:27.28
<b>100 YD. FLY</b>	TOM FOLEY	66 TIG	2:05.87
<b>100 YD. I.M.</b>	BOB DORSE	69 TIG	1:30.43
<b>200 YD. I.M.</b>	TOM FOLEY	66 TIG	3:48.39

<b>100 YD. FLY</b>	HARVEY PROSSER	72 NWM	1:45.62
<b>400 YD. I.M.</b>	THOMAS TAYLOR	70 FWM	6:26.27 Z

**RELAYS-WOMEN 200 YD. FREE**

<b>25 +</b>	ADRIENNE REARDON	33 BMSC	1:58.83
	KARI PAGE	29	
	MAGGIE KINSELLA	43	
	LINDA HEGERBERG	30	

<b>35 +</b>	THEO MANLEY	45 WINS	2:05.77
	JULIE IDDON	46	
	SHARON KERR	50	
	DALE FREEMAN	40	

**MEN 70-74**

<b>500 YD. FREE</b>	THOMAS TAYLOR	70 FWM	6:49.79
	HARVEY PROSSER	72 NWM	7:35.59
<b>100 YD. BACK</b>	THOMAS TAYLOR	70 FWM	1:24.97
<b>200 YD. BACK</b>	THOMAS TAYLOR	70 FWM	3:05.70
<b>50 YD. FLY</b>	HARVEY PROSSER	72 NWM	45.22

**Starting Procedures**

Do you understand what the whistles mean when it's time for your race?

**Several short "toots" from the whistle:** Take your sweats off. Adjust your goggles. Stand behind the starting block and be ready to swim.

**One long "toot" from the whistle:** Take your position on the starting block or the edge of the pool. At least one foot should be on the edge of the starting block or pool. If you are swimming backstroke get in the pool.

**Backstroke and Medley Relay only**

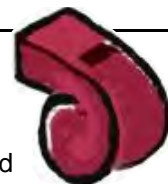
**Second "toot" from the whistle:** Return to the wall and place at least one hand on the starting block.

At this point, the whistle blower turns you over to the Starter.

At some meets, the whistle blower may also give you verbal instructions. But eventually, the starts will be whistles only!

**False Start Rule**

Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back, reminded by the starter of the penalties, and started again.





**RELAYS-MEN 200 YD. MEDLEY**

**19 +**

TREVOR PETRIE	21 BMSC	1:50.98
KEVIN BONSELL	23	
MATT HAGAN	26	
DAVID AUSTIN	26	

AART LOOYE	56 WINS	1:59.35
RILEY PEAKE	22	
GREG MARGHARITIS	34	
RICHARD DENDY	40	

**35 +**

BOB FISH	37 BMSC	2:13.92
MARK NEWPORT	37	
BRIAN HERRING	35	
JIM FLYNN	47	

MARTIN TOPP	43 WINS	2:24.21
DAVE SINITSIN	41	
IAN WOOD	41	
KIM FINDLAY	40	

**RELAYS-MIXED 200 YD. FREE**

**19 +**

KEVIN HALL	29 WINS	2:02.65
JULIE IDDON	46	
BRENDA HINZ	38	
RILEY PEAKE	22	

**25 +**

RICHARD DENDY	40 WINS	1:50.14
THEO MANLEY	45	
DALE FREEMAN	40	
GREG MARGHARITIS	34	

TERI REXROAT	42 BMSC	1:59.73
BOB FISH	37	
KRISTINE COLVER	38	
STEVE RUTHFORD	26	

MARK NEWPORT	37 BMSC	2:07.76
MATT HAGAN	26	
MAIA HAYKIN	41	
CATHY MACKAY	46	

**35 +**

MARTIN TOPP	43 WINS	2:19.20
SHARON KERR	50	
K.PAPADOPOULOS	60	
KIM FINDLAY	40	

**RELAYS-MIXED 200 YD. MEDLEY**

**19 +**

BRENDA HINZ	38 WINS	2:47.18
K.PAPADOPOULOS	60	
RILEY PEAKE	22	
MARTIN TOPP	43	

**25 +**

BOB FISH	37 BMSC	2:06.92
CATHERINE HERRING	34	
LESLIE MCCULLOUGH	31	
PAUL SENUTY	38	

JULIE IDDON	46 WINS	2:14.41
RICHARD DENDY	40	
GREG MARGHARITIS	34	
THEO MANLEY	45	

STEVE RUTHFORD	26 BMSC	2:14.67
DAVID AUSTIN	26	
MEGAN BUSSART	30	
KARI PAGE	29	

**35 +**

AART LOOYE	56 WINS	2:16.43
KIM FINDLAY	40	
DALE FREEMAN	40	
SHARON KERR	50	

**REQUESTED SPLITS:**

**1000 YD. FREE**

JIM MCCLEERY	55 NWM11:38.89 Z
<b>100 YD. FLY</b>	
THOMAS TAYLOR	70 FWM 1:37.63

**Mark your calendars!**  
**Long Course Nationals**  
**August 16-19, 2001**



This August, the USMS Long Course Meters National Championships will be held in our very own backyard—or,

er—pool, the King County Aquatic Center in Federal Way. Take advantage of this great opportunity.

All registered Masters swimmers are eligible to compete in at least three events. If you make the qualifying times, you can enter up to six events.

Following is the order of events:

**Thursday, August 16**

- 800 free
- 1500 free

**Friday, August 17**

- 50 back
- 100 breast
- 200 free
- 100 fly
- 200 mixed medley relay
- 100 free relay
- 400 IM

**Saturday, August 18**

- 400 women's free
- 100 back
- 50 breast
- 200 IM
- 50 free
- 200 fly
- 200 mixed free relay

**Sunday, August 19**

- 400 men's free
- 100 free
- 200 breast
- 50 fly
- 200 back
- 200 medley relay

More information is available on the web site at [www.usms.org/comp/1cnats01/](http://www.usms.org/comp/1cnats01/)

☆☆☆  
 ☆ **Welcome to the swimmers who have recently** ☆  
 ☆ **joined PNA!** ☆  
 ☆ ☆  
 ☆   
 ☆ MARK ARNOLD, KEVIN BONSELL, TERI BROWNELL, BRUCE CRIST, JOHN  
 ☆ DEMEYER, GEORGE DOLAN, JENNIFER GREEN, MONIQUE GRIMM, MICHAEL  
 ☆ HORNE, NANCY HUNN, SCOTT KELLY, DAVID LANDES, BRITTANY LAYMAN,  
 ☆ ANDRA LITZENBERGER, CATHY MACKAY, MARALEE McVEAN, KATHRYN  
 ☆ MOEN, DEREK MULLEN, MOLLY MUNRO, STEVEN NELSON, MICHAEL  
 ☆ O'LEARY, TREVOR PETRIE, MAUREEN PHILIPPS, STANLEY PLEWES, JERRY  
 ☆ SANCHEZ, JO SCHERER, ERIC VALLEY, JESSICA WEATHERS  
 ☆  
 ☆☆☆



# NEWS ABOUT PNA SWIMMERS



## The results are in! One Hour Postal Swim

This year's One Hour Postal Swim, sponsored by Swim Seattle and PNA, set a new record in the number of participants: 1931 in all. Greg Bruce, the meet director, did an incredible amount of work, but seems unscarred enough to be willing to do it again, if the opportunity comes up.

In all, 7,148,175 yards were swam. Entrants were from around the world as far away as Australia, Japan, and Holland.

According to Bruce, postal swimmers are now online. He received over 350 e-mail messages, but only 30 phone calls. Past meets have generated over 300 phone calls—mostly long distance!

## 25th Annual One Hour Postal Swim

January 2001

### WOMEN

Swimmer	Age	Dist.	Place
Aurora Tallacksen	24	4670	5
Selena Callaway	23	3355	34
Jen Leland	29	3970	50
Jane Vitkuske	30	4370	26
Jennifer Sampson	35	4000	52
Margaret Mc Cleery	37	3595	83
Laura Reisdorph	39	3390	99
Laura Rookstool	39	3390	100
Lisa Davis	37	3005	123
Sarah Footh	37	2950	129
Mary Ann White	41	4180	23
Kristy Glaze	44	3765	60
Ann Bailey	44	3450	86
Gretchen Mc Nabb	42	3390	93
Kathleen Chesnut	42	3130	110

Sarah Welch (above) and Arni Litt (below) both participated in the One Hour Postal Swim. Sarah recruited Greg Bruce and Swim Seattle to put in hours of work organizing the swim. She helped organize entry forms, results, T-shirts, and work parties. Greg commented on Sarah's swim in his letter to the swimmers, "She felt the One Hour Swim was a great year beginning challenge. Like many of you she swam the last weekend of the month and like some of you didn't do a lot of hard training before the event. She met her plan to swim a constant pace by swimming 3,595 yards—only five seconds off her planned pace for the entire race."

Photos by Sandy McNeel



# Training & Software



## Hy-Tek's Personal Swim Manager

By Jan Kavadas

*Yes, even swimmers have software to review. After trying Hy-Tek's Personal Swim Manager (PSM), Jan Kavadas shares her opinion with us.*

*PSM is designed to track your performance, schedules, and bio information. Hy-Tek can be reached at (252) 633-5111 or sales@hy-tek ltd.com.*

I picked up information about Hy-Tek's Personal Swim Manager at the US Aquatic Sports Convention. I thought it would be a nice gift for my daughter to give me for Christmas. And she (Santa) gave me what I asked for!

When I first tried out PSM, I put in my name (there are options for several swimmers in a family) and tried the practice set. At first, I couldn't get it to enter data. After several tries, I discovered that you pull down the menu to get the stroke or activity type, then when it is in the designated box, you click on it again.

There are some problems besides the data entry: spelling! (Exercise is one of the words spelled wrong.)

## Got T-Shirts?

Greg Bruce has 18 One Hour Postal Swim T-shirts left over, in all sizes. You can purchase one for \$15, shipping included, by contacting Greg via e-mail: [bruceg@u.washington.edu](mailto:bruceg@u.washington.edu)

First come, first serve. This offer is only good as long as the supply lasts.

Barby Cahill	45	4050	21
Cindy Martin	49	2750	104
Eileen McSherry	49	2450	113
Joy Thompson	45	2385	114

Kathrine Casey	52	4285	2
Sally Dillon	54	4075	6
Sarah Welch	53	3595	21
Judy Williams	52	3470	30
Jeanne Ensign	54	3305	36
Arni Litt	54	3005	51

Janet Kavadas	69	2715	16
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### MEN

Swimmer	Age	Dist.	Place
Ken Ragsdale	38	3650	121
Mike Bailey	36	3380	141

David Santos	41	5405	1
Eric Dybdahl	40	4725	28
Todd Kowalski	42	4200	68
Paul Ikeda	41	3950	114

John Bailey	45	4600	17
John DeMeyer	45	4550	21
David Thompson	46	3750	90
Jim Jacobsen	46	3750	91

David Tempest	50	4655	10
Rick Stafford	53	4050	67

James Mc Cleery	55	4995	1
William Schubach	56	4350	13
Rick Almberg	56	3540	49

Lee Carlson	60	3550	23
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Jack Akamine	68	3025	27
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Thomas Taylor	70	4080	1
Harvey Prosser	72	3725	5
Herb Larson	70	1840	37

### RELAYS WOMEN 45-54

Sarah Welch	53	11955	4
Sally Dillon	54		
Katherine Casey	52		

### RELAYS MEN 45-54

David Tempest	50	12555	12
William Schubach	56		
Lee Carlson	60		

# PNA Board Meeting Minutes —by Steve Peterson, PNA Secretary

*January 23, 2001*—President Lee Carlson called the meeting to order at 7 pm in Dr. Jane Moore's office (Tacoma). Attendees also included Carolyn Behse, Kathy Casey, Sally Dillon, Jeanne Ensign, Sandy McNeel, Gregg Metzler, Hugh Moore, Jane Moore, Kathy Moore, Steve Peterson, and Sarah Welch. These 12 represented Bellevue Club, Federal Way, Ft. Steilacoom, GLAD, North Whidbey, OOPS, Redwoods, Swim Seattle, and the unattached.

**Minutes:** The Board approved the December meeting minutes as amended.

**Treasurer's Report:** Total assets are \$30,527 including the Wiggin Fund's \$2,687. Jeanne completed the Washington State Combined Excise Tax Return for 2000. Recent receipts include \$180.75 for the Bangor meet and a check for individual registration written on a closed account (swimmer hasn't re-registered). Jeanne forwarded the One Hour Postal Swim performance bond deposit (\$200) to the USMS Long Distance Committee via Sally Dillon. The Board accepted Jeanne's report and approved reimbursing Lee Carlson \$50 for President's Awards expenses.

**Membership:** Sue's faxed report from Spokane states membership at 665—46 ahead of last year at this time. After eight years serving as PNA's registrar, she will assume the same duty for Inland Northwest.

**Meets:** The Orca meet went well; the Pink Flamingo Relay extended completion time to 3:30 pm; and there was lots of competition from out of town. Bellingham has the Safety materials and is ready to go. Hugh has a tentative agreement with King Aquatics (the largest PNS club) to help with Champs at Highline pool. Rental rates (and profit) will be lower at Highline than at KCAC—\$1500 estimated for the pool, timing, and PA versus \$2000 last year. The Board granted Hugh authority to commit funds for conducting Champs, and approved lowering the meet surcharge to \$10. Hugh's suggestion about Nationals T-shirts prompted discussions about T-shirt promotion: Nationals vs. Champs; and whether swimmers would miss a Champs shirt. The Board agreed to **not** include a T-shirt line on the Champs entry and to let the Nationals planning committee decide about selling a

Nationals shirt at Champs. Steve contacted South Kitsap pool about a long course meet in July; the fallback would be Titlow Pool; otherwise there would be no local LC meet before Nationals. South Kitsap Pool availability is contingent on passage of the February 6 school maintenance levy. Steve submitted a request for Recognition of the Navy's NORPAC Invitational Champs meet on February 3 at Bangor.

**Publicity:** No report. A new chairperson is needed.

**Newsletter:** The February *WetSet* is being proofed and will go to the printer Monday (January 29). Sandy asked for Orca meet results from Walt, birthday and Champs entry information from Hugh, and officer election information from Sally. The March issue deadline is February 20.

**Awards:** Sally clarified the medal sales written instructions, making sure copies are available both inside and outside the box.

**Social:** Jett has arranged a social at the Bellingham Pizza Hut following the meet.

**Officiating:** Kathy Casey said Orca meet officiating was good, including attention to the backstroke toes rule change. She suggested that one more official could have reduced the workload for the three on deck.

**Fitness:** Carolyn noted that seven teams have registered so far. She offered a handout "10 Steps for Treating and Preventing Repetitive Strain Injuries" and mentioned that the latest *Swimming Technique* issue is a particularly good one.

**Computer Applications:** Jeanne hasn't received a bill from Mindspring since November. She contacted Jim Matysek, who suggested that we consider rehosting the PNA web site on the USMS server.

**Constitution & Bylaws:** Sally suggested that the PNA Bylaws have a discrepancy between Sections 4.1 and 4.7 regarding At-Large Reps. Jane will investigate.

**Safety:** Bellingham has the Safety materials, with possible exception of one cone. Lee will bring the equipment to Mercer Island after Bellingham meet.

**Ad Hoc Open Water:** Sally will contact

Barb Gundred about a possible Bellingham open water event; Robin O'Leary, too.

**Team Reps:** Gregg Metzler suggested that now is a good time to discuss your 2001 swimming goals with your coach.

**LC Nationals 2001:** Jane and Hugh are finalizing the brochure; deck seeding may or may not be done. Jane is applying for two grants: Federal Way's Tourism Encouragement (due January 26) and Tacoma/Pierce County's Athletic Development (due January 31). In answer to Jeanne's query, the grants can help offset expected price increases in KCAC facility and services rentals, not to mention helping the agencies justify their local taxation for such promotion efforts. Chair Dee Carlson will address Banquet planning; Awards Chair Sally Dillon said Wilson Trophy submitted a bid and she awaits one from Hasty Awards; both are interested in supplying souvenirs. Sally will inform GLAD. Next meeting is Feb 4 at Carlson's.

**Nominating Committee:** Current nominees remain. (Chair: Lee; Vice: Jeanne; Treasurer: Sarah; Secretary: Steve (with discovery of an enthusiastic Registrar replacement); At-Large Reps: Kathy and Kathy). A third At-Large Rep is needed. Nominations close Feb 1.

**One Hour Postal Swim:** Mercer Island Redwoods are sponsoring a group effort on January 28; about eight have signed up so far.

**One Hour Postal Organizing:** Sally forwarded suggestions to help meet organizers Greg Bruce and Sarah Welch process the national entries.

**Seattle Sports & Events:** Lee and Hugh attended, learning about this group's efforts next year as a potential source of grant money and advertising.

**PNA Brochure:** Lee wants to meet with interested parties about generating a pamphlet like New England Masters' well-done example.

## Next Meetings:

Tuesday, February 27, Bellevue Club

Tuesday, March 27, Seattle Parks Boardroom

Tuesday, May 22, Federal Way Library

The Board approved adjourning the meeting at 9:09 pm.



# THE FINAL LAP



## More Opportunities to Get Wet

Bellingham Masters is now working on the details for an open water swim for Saturday, June 23rd. The swim (2K and 4K) will be at Lake Padden, a beautiful lake at Bellingham.

There is lots of do for the whole family. Lake Padden has a very nice trail around it for walking, running, or biking. The lake also has a huge play area with ballfields, fishing docks, eating areas, and barbeques. Also, right next to the park is an 18-hole golf course.

Look for more information in the May-June *WetSet*.

## Quote

I have a confession to make now. Bless me, father, for I have swum. It has been about 36 hours since my last workout. **I love swimming.** I have a body that craves routine exercise. I need an athletic outlet several times every week for my emotional and mental well-being as much as for my physical well-being. When too much time elapses between practices, I get restless and out-of-sorts. Swimming is good for my body, for my mind, for my heart, and yes, even for my soul.

*Annie Nevaldine, SWAM Swim Team, Anchorage, Alaska*

## Correction

If you are entering the Zone Championship meet at Parkrose Community Pool in Portland, Oregon, April 28th-29th, please note this correction in the entry blank that was printed in last month's *WetSet*. The small print says you can enter only five events. It should say five events in one day and a total of six for the meet.



Check out  
PNA's web site!  
[www.swimpna.org](http://www.swimpna.org)

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

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

<b>2001 Annual Fee</b>	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: Cindy Martin, Registrar  
2427 NE 143<sup>rd</sup> 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 70<sup>th</sup> Ave SE, Mercer Island, WA 98040

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