

THE WET SET



Volume 21 • Issue 5

2000 USMS Newsletter of the Year

May-June 2001

A Flying Finish to PNA's Short Course Season

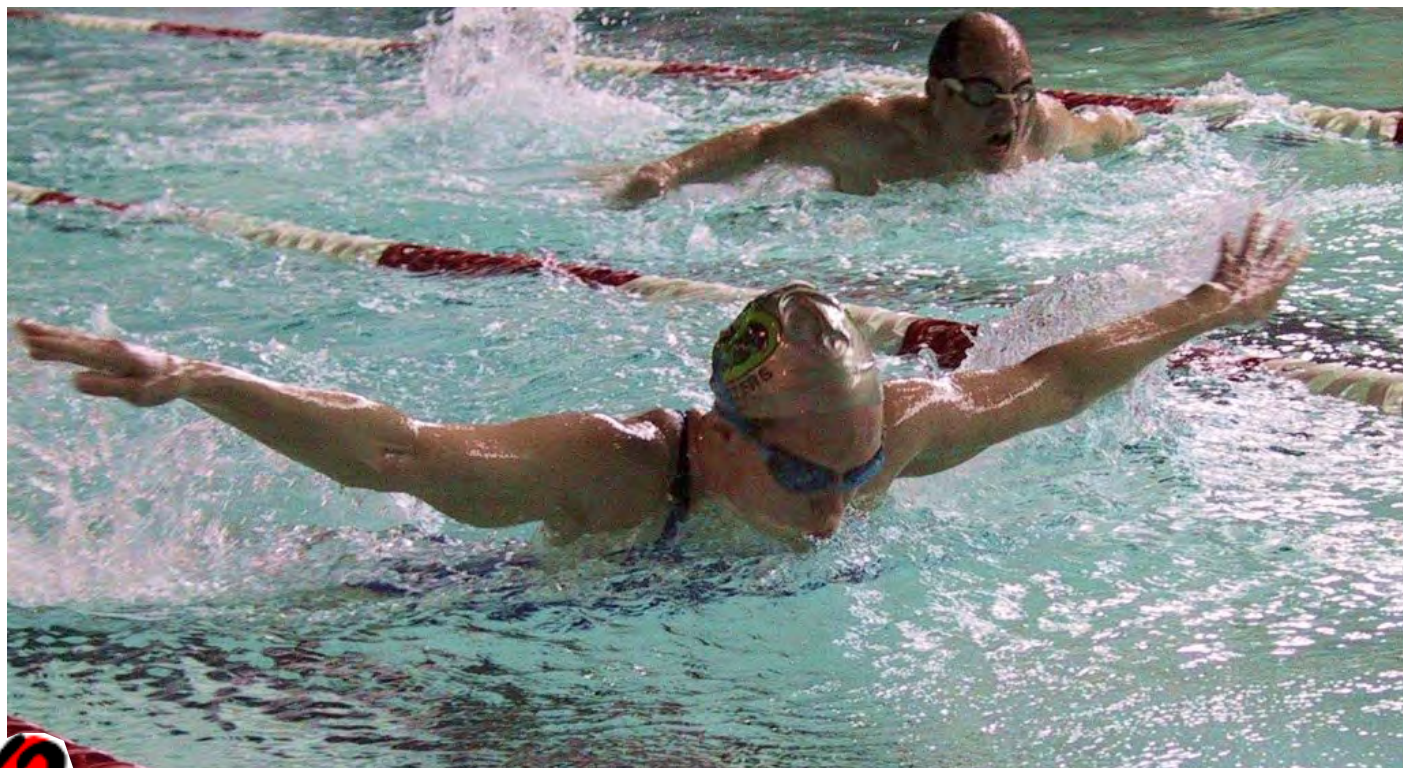


Photo by Sandy McVee

Lani Doely, Green Lake Aqua Ducks, and Gordon Gray, Northshore Y's Guys, both swam the 100 Fly at the recent Mercer Island swim meet. This meet and the Champs meet, at Highline Community College, were the last two local short course meets of the season. For more news, look inside.

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LEADING OFF

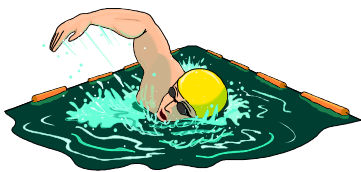
By
Lee Carlson

Time for Change

By now most of us have adjusted to the time change and have our sights set on summer. This may mean a variety of things to us. It may mean new fitness or cross-training goals. It could mean specific goals for Short Course Nationals in Santa Clara or Long Course Nationals in Federal Way. It may mean a chance to swim in an open water swim. Several recent events set the stage for our activities in the coming months.

PNA Champs. This event is the only team event we have, outside of Nationals, where you swim as part of a team and score points. We had a

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Safety: Kathy Casey

Social: Jett Vallandigham



HAPPY BIRTHDAY

to the following PNA swimmers!

05 15	PASCAL RONCALEZ	07 01	K.C. CUMMINGS
05 15	BRIAN RUSSELL	07 01	THOMAS MITCHELL
05 15	KATHERINE JOHNSON	07 02	LEN MCCOLLAM
05 16	JEAN DILLON	07 02	TOM SCHUTTE
05 16	GRETCHEN MCNABB	07 03	JAY BURNHAM
05 17	ERIC KNAPP	07 04	NANCY LANE
05 17	MAGGIE KINSELLA	07 04	TIMOTHY PETERS
05 18	DAVID BARCLIFT	07 04	BEN DOTSON
05 18	STANLEY PLEWES	07 05	JOHN FANCHER
05 18	RON OREN	07 05	BRIDGET BRODERICK
05 18	CLAIRE EADIE	07 06	PAUL FREEMAN
05 18	JOHN FEILER	07 06	JAMES WORREL
05 18	DAVID BROWN	07 06	JUDITH HUTCHISON
05 19	AL RUBECK	07 06	MICHAEL MCKINLAY
05 19	MAIA HAYKIN	07 07	ROY KIM
05 20	AARON SEEMER	07 07	POLLY PHIPPS
05 20	CINDY SPRENGER	07 07	SHEILA MCCUE
05 21	STEVE GEORGE	07 07	KELLY CRANDELL
05 22	GEORGE DOLAN	07 07	PAUL SHERMAN
05 23	MARK ARNOLD	07 07	MIMI POEHLMAN
05 23	RANDALL SCUDDER	07 09	KAREN THOMAS
05 23	VAL KOEHLER	07 10	SCOTT KELLY
05 23	NANCY FAEGENBURG	07 10	MARGARET MCCLEERY
05 24	DAVID THOMPSON	07 11	LOWELL JOHNSON
05 25	CATHY MACKAY	07 11	JOY ROSS
05 26	AIMEE JOVE	07 11	WADE PRAGER
05 26	SCOTT STLUKA	07 11	JESSICA WEATHERS
05 27	TOM HOLLAND	07 11	DAVID NIELSEN
05 27	TAM KING	07 11	MARCI WRIGHT
05 27	DAVID STERN	07 12	PETER EMSKY
05 28	CAROL TROUP	07 12	HEATHER KELLY-HEDRICK
05 28	HAROLD TAUSCHER	07 13	LINDA HENNING
05 28	SUNNY SMALLWOOD	07 13	JEANETTE VALLANDIGHAM
05 29	EILEEN CHAMBERS	07 13	KAIA HALVORSON
05 29	SUZANNE STROM-REED	07 13	JAMES GRANTHAM
05 30	DEBRA ANDERSON	07 13	SHARLENE MCCAMBRIDGE
07 01	GREGORY STONER	07 13	MARIA REAY

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)

great event with about 180 swimmers at Highline Community College. Hugh and Jane Moore ran the meet as practice for Long Course Nationals (August 16-19). Bellingham Swim Team organized the hospitality room. Timers from WAKO swim team and officials from Pacific Northwest Swimming (USA Swimming) performed well. Check-in and awards distribution were ably handled by Holly Bork of Federal Way. Cindy Martin, our new registrar, Lynn Wells, the Bainbridge Area Masters coach, and Karen Bryce helped distribute awards.

The new Nationals T-shirts were a hit. In short, I think we are getting more prepared for Nationals. We do need your and your team's support as we double from a two-day to a four-day meet format and increase the number of participants fivefold to about 1000 swimmers.

PNA Officers. Champs also marked the changing of officers for the PNA. I will continue as President and Steve Peterson remains as Secretary. Jeanne Ensign moves from Treasurer to Vice President and Sarah Welch becomes Treasurer. Jeanne has been treasurer for both PNA and USMS for a number of years, keeping us on a good financial course. She is the consummate contributor who does assignments smoothly and willingly. As the new VP, she will help us continue team development and will work closely with the President and Board on a number of the most substantial issues. Carolyn Behse has contributed great energy and enthusiasm to the VP post and worked well on a number of projects including team registration. With her current personal travel schedule, she just needed more time. We thank her for her contributions and

count on her continuing role as Fitness Chair.

Sarah Welch is our new Treasurer. She has a solid financial background and the energy to continue our movement forward. Steve Peterson, our secretary, will assume additional database responsibilities.

Tom Foley was elected as our third At-Large Representative, joining the re-elected Kathy Casey and Kathy Moore as representatives for our unattached and smaller team members. Tom is an original PNA member who continues to participate and contribute. He joins Cindy Martin, our registrar, as a new board member.

Other Changes. Other new events to add to your calendar are Bellingham's Lake Padden open

water swim on June 23 and the Fat Salmon III in Lake Washington on July 21. Plan on doing an open water swim this summer. It's a fun experience. Long Course Zone Championships will be held at Titlow Pool in Tacoma June 23 (late in the day so you can drive from Bellingham) and June 24.

Acknowledgement. Congratulations to Paul Ikeda from Orca, who was the winner of the Dawn Musselman Award. Make sure you read the article about Paul and his contributions in this issue. Also thanks to Steve Sussex who will put together relays for both the Short and Long Course Nationals. For those of you attending Short Course Nationals, please check in with Steve or Lynn Wells, who's assisting Steve, at the PNA section when you arrive at the meet.



Welcome to the swimmers who have recently joined PNA!

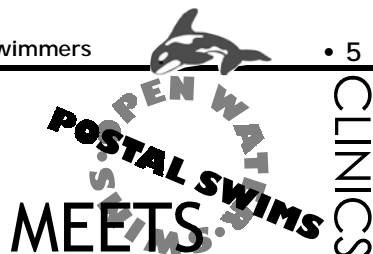


- MICHAEL ALKIRE, JASON BAKER, ALEXANDER BARNETT, DANIEL BARTON,
- SUSAN BEEK, DAMON BENINGER, ERIKA BERGMAN, PAMELA BOSNYAK,
- MARC BROUILLET, WILLIAM BROWN, SHEILA BURROUGHS, SCOTT BYERS,
- LINDA CAPUTO, THERESE COAD, STEVEN COZART, RICHARD DAVIES,
- LARRY DEGROEN, CONNIE DRAKE, TAAG EBERT, NANCY GIVEN, LYNN
- GROSS, NATHANIEL HEEG, CAROL HENDERSHOT, MARY HENNINGSEN,
- CATHERINE JULIEN, JASON KELLEY, BARCLAY KLINGLE, SUZI LITTLE, ERIN
- LOVELL, DREW MAGILL, RACHEL MCCLELLAN, DAVID MCALPINE, LESLIE
- MIX, LISA MUIZNIKES, ANDREA PARYPA, NANCY POFFENBERGER, RONALD
- PORTELANCE, EILEAN RIORDAN, RYAN ROBERTS, JENNIFER SALVINO,
- NICK SAVATOVIC, JOHN SCHOETTLER, R SMITH, RICHARD SMITH, JASEN
- SPEER, PHILIP SPENCER, KIMBERLY WATTERS, SHARI WICK, RICHARD
- WILSON, JOE YOUNG, VIRGINIA ZINKE





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.

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

June 23
2 & 4K OW Swim
Lake Padden, Bellingham
Barb Gundred (360) 734-8364
konabarb@hotmail.com
Entry form in this issue

June 23-24
Northwest Zone Championship LCM
Titlow Pool, Tacoma, WA
Hugh Moore (253) 925-0803
weswim@mindspring.com
Entry form in this issue

June 30
OW 1500/3000, Hagg Lake, OR
Sandi Rousseau (503) 642-3679
tsrousse@ix.netcom.com

July 1
OW Canada Day Challenge
Sasamat Lake, Port Moody
1 km, 2 km, 4 km
(604) 290-9425
www.vovsa.bc.ca.intro.html

July 14
OW Jim Briggs Classic 1 km, 2.5 km
English Bay, Vancouver, BC
(604) 290-9425
www.vovsa.bc.ca.intro.html

July 14-15
5K/2.5K Open Water Swim
Hyatt Lake, Ashland, OR
Dan Gray (541) 944-0529
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
Entry form in this issue

July 22
OW 1500/3000, Hagg Lake, OR
Andrea Milano (503) 236-8959
elleroy@hotmail.com

July 26-29
Washington State Senior Games
Olympia, WA
Dan Donahue (360) 413-0148
seniorgames@ontherun.com
www.pugetsoundgames.com

July 29
10 km OW Bay Challenge
West Vancouver to Kitsilano Beach
(604) 290-9425
www.vovsa.bc.ca.intro.html

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

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

August 11
OW Kitsilano Challenge
Kitsilano Beach, Vancouver, BC
1 km, 2.5 km, 5 km
(604) 290-9425
www.vovsa.bc.ca.intro.html

■ 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
fittogether@aol.com

September 2
1500/3000 Open Water Swim
Lake Dorena, OR
Steve Johnson (541) 683-5758
freedive3@hotmail.com

■ September 22
SCM Whidbey Island Pentathlon
Sally Dillon (360) 679-5038
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Results Mercer Island

Short Course Yards March 11, 2001

P PNA Record
Z Zone Record

Mercer Island, March 11, 2001—A good crowd of 138 swimmers showed up for the Mercer Island Invitational meet.

The hard-working volunteers kept the meet on pace and were proud to finish the meet 10 minutes earlier than last year. Volunteering even included singing the Star Spangled Banner by Trevor Petrie, Bellingham Masters, who was accompanied by the Chinook age group swimmers, Katie Schaeffer, Michelle Lam, and Ki Swenson.

Other assets were the good PA system—you could clearly hear Steve Sussex and Mike Schaeffer's informative announcements—and free sports drinks, bananas, oranges, and pears provided to the swimmers.

This was the first Masters meet for several swimmers, including Julie Delaney, Erik Teutsch, Jessica Weathers, Teri Brownell, Maureen Phillipps, Colleen Phillipps, Elizabeth Schukantz, Bryan Brown, Jason Baker, and Maria Reay.

Note: The diver at the top of this column is Colleen Phillips. She and her sister, Maureen Phillips, joined with M. Murray and Jessica Weathers to form the winning Huskies relay team at Mercer Island.

WOMEN 19-24

50 YD. FREE		
ANNE FILLMORE	23 DT-Y	25.71
E.SCHUKANTZ	24 DT-Y	30.08
100 YD. FREE		
ANNE FILLMORE	23 DT-Y	56.31
COLLEEN PHILLIPS	24 UWM	57.01
JESSICA WEATHERS	22 HSKY	58.45
M.MURRAY	24 HSKY	1:01.13
E.SCHUKANTZ	24 DT-Y	1:06.76
200 YD. FREE		
ANNE FILLMORE	23 DT-Y	2:09.57
STACY CUMMINGS	20 GLAD	2:16.17
50 YD. BACK		
STACY CUMMINGS	20 GLAD	32.52
100 YD. BACK		
JESSICA WEATHERS	22 HSKY	1:02.16
ANNE FILLMORE	23 DT-Y	1:05.72
STACY CUMMINGS	20 GLAD	1:09.88
M.MURRAY	24 HSKY	1:09.95
50 YD. BRST		
E.SCHUKANTZ	24 DT-Y	39.41
100 YD. BRST		
E.SCHUKANTZ	24 DT-Y	1:24.92
50 YD. FLY		
MAUREEN PHILIPPS	24 UWM	27.76
JESSICA WEATHERS	22 HSKY	28.86
STACY CUMMINGS	20 GLAD	31.44
100 YD. FLY		
STACY CUMMINGS	20 GLAD	1:14.75
100 YD. I.M.		
MAUREEN PHILIPPS	24 UWM	1:05.31
COLLEEN PHILLIPS	24 UWM	1:07.25
JESSICA WEATHERS	22 HSKY	1:08.20
M.MURRAY	24 HSKY	1:09.97
E.SCHUKANTZ	24 DT-Y	1:19.14

WOMEN 25-29

50 YD. FREE		
BRIDGET O'CONNELL	27 GLAD	34.79
50 YD. BACK		
BRIDGET O'CONNELL	27 GLAD	37.49
50 YD. BRST		
BRIDGET O'CONNELL	27 GLAD	42.14
100 YD. BRST		
JEAN DILLON	26 UNAT	1:11.07
100 YD. FLY		
JEAN DILLON	26 UNAT	1:02.95
100 YD. I.M.		
JEAN DILLON	26 UNAT	1:06.43
BRIDGET O'CONNELL	27 GLAD	1:25.48

WOMEN 30-34

50 YD. FREE		
TRISH SEUBERT	32 SDSM	26.23
KAREN LEAHY	32 FWM	27.36
KARIN HEUSTED	32 LYNN	27.86
MICHELE MEHAFFEY	31 SSEA	29.08
MEGAN BUSSART	30 BMSC	29.94
TERI BROWNELL	32 UNAT	31.49
JULIE DELANEY	34 UNAT	33.99
DIANE KENNEDY	33 LYNN	35.50
100 YD. FREE		
TRISH SEUBERT	32 SDSM	57.07
Y.POEHLMAN	31 TIG	1:00.52
KARIN HEUSTED	32 LYNN	1:01.74
MEGAN BUSSART	30 BMSC	1:05.97
ALISON HOWARD	34 GLAD	1:07.51
TERI BROWNELL	32 UNAT	1:12.25
LANA MAHAN	34 GCM	1:26.71
200 YD. FREE		
TRISH SEUBERT	32 SDSM	2:07.39
ALISON HOWARD	34 GLAD	2:28.95
50 YD. BACK		
MICHELE MEHAFFEY	31 SSEA	36.74
JULIE DELANEY	34 UNAT	40.89
DIANE KENNEDY	33 LYNN	46.24
LANA MAHAN	34 GCM	49.67
50 YD. BRST		
KAREN LEAHY	32 FWM	36.98
ALISON HOWARD	34 GLAD	38.41

Y.POEHLMAN	31 TIG	39.66
TERI BROWNELL	32 UNAT	41.48
DIANE KENNEDY	33 LYNN	49.12
100 YD. BRST		
ALISON HOWARD	34 GLAD	1:23.41
50 YD. FLY		
KAREN LEAHY	32 FWM	31.38
MEGAN BUSSART	30 BMSC	33.30
DIANE KENNEDY	33 LYNN	45.47
100 YD. FLY		
TRISH SEUBERT	32 SDSM	1:03.97
100 YD. I.M.		
Y.POEHLMAN	31 TIG	1:09.28
KAREN LEAHY	32 FWM	1:09.64
KARIN HEUSTED	32 LYNN	1:10.60
MICHELE MEHAFFEY	31 SSEA	1:11.73
MEGAN BUSSART	30 BMSC	1:15.02
ALISON HOWARD	34 GLAD	1:19.01
JULIE DELANEY	34 UNAT	1:28.23

WOMEN 35-39

50 YD. FREE		
LISA WILSON	39 GLAD	27.21
MEGAN CONKLIN	37 LYNN	29.60
LAURA DEL RIO	35 GLAD	31.16
CYNTHIA HIRST	38 SAM	31.68
TRACY BURROWS	39 UNAT	32.09
KYMMBERLY MYRICK	37 BAM	33.17
100 YD. FREE		
SARAH BULLOCK	35 BAM	1:03.89
MEGAN CONKLIN	37 LYNN	1:06.42
WENDY HOFFMAN	38 GLAD	1:08.86
CYNTHIA HIRST	38 SAM	1:11.50
KYMMBERLY MYRICK	37 BAM	1:13.62
200 YD. FREE		
JERRI FREIMUTH	36 FTS	2:10.24
SARAH BULLOCK	35 BAM	2:19.10
JAMIE WHITNEY	36 BAM	2:37.19
50 YD. BACK		
A.PETERS-JOHNSON	36 GLAD	31.24
LAURA DEL RIO	35 GLAD	36.30
MEGAN CONKLIN	37 LYNN	38.72
KYMMBERLY MYRICK	37 BAM	40.22
TRACY BURROWS	39 UNAT	42.60
100 YD. BACK		
A.PETERS-JOHNSON	36 GLAD	1:07.70
JERRI FREIMUTH	36 FTS	1:10.45
CYNTHIA HIRST	38 SAM	1:17.81
LAURA DEL RIO	35 GLAD	1:19.28
WENDY HOFFMAN	38 GLAD	1:27.98
50 YD. BRST		
LISA WILSON	39 GLAD	35.76
TRACY BURROWS	39 UNAT	41.67
KASIA PIERZGA	38 YNAU	45.45
100 YD. BRST		
JERRI FREIMUTH	36 FTS	1:14.35 P
JAMIE WHITNEY	36 BAM	1:26.17
WENDY HOFFMAN	38 GLAD	1:28.42
TRACY BURROWS	39 UNAT	1:30.31
50 YD. FLY		
MEGAN CONKLIN	37 LYNN	34.31
100 YD. FLY		
JERRI FREIMUTH	36 FTS	1:15.35
CYNTHIA HIRST	38 SAM	1:23.84
WENDY HOFFMAN	38 GLAD	1:26.82
JAMIE WHITNEY	36 BAM	1:27.08
LAURA DEL RIO	35 GLAD	1:29.28
100 YD. I.M.		
LISA WILSON	39 GLAD	1:07.62
A.PETERS-JOHNSON	36 GLAD	1:13.29
SARAH BULLOCK	35 BAM	1:13.53
MEGAN CONKLIN	37 LYNN	1:15.37
LAURA DEL RIO	35 GLAD	1:18.80
JAMIE WHITNEY	36 BAM	1:19.93
WENDY HOFFMAN	38 GLAD	1:20.42

WOMEN 40-44

50 YD. FREE		
SANDY LAURENCE	44 GCM	31.31
MARIA REAY	41 DT-Y	31.57
KATHY METZLER	40 TIG	43.83



100 YD. FREE		
MARIA REAY	41 DT-Y	1:04.64
SANDY LAURENCE	44 GCM	1:12.16
KATHY METZLER	40 TIG	1:42.37
200 YD. FREE		
KATHY BYERS	40 FWM	2:11.14
M.CUNNINGHAM	40 UNAT	2:40.83
50 YD. BACK		
M.CUNNINGHAM	40 UNAT	39.42
100 YD. BACK		
KATHY BYERS	40 FWM	1:10.16
50 YD. BRST		
TANYA BERG	42 GLAD	36.67
100 YD. BRST		
TANYA BERG	42 GLAD	1:16.95
KATHY BYERS	40 FWM	1:17.34
50 YD. FLY		
M.CUNNINGHAM	40 UNAT	35.05
100 YD. FLY		
KATHY BYERS	40 FWM	1:04.14
100 YD. I.M.		
TANYA BERG	42 GLAD	1:13.75
M.CUNNINGHAM	40 UNAT	1:21.25
SANDY LAURENCE	44 GCM	1:26.42

200 YD. FREE		
JO MOORE	46 BCM	2:16.42
BARBY CAHILL	45 BAM	2:26.11
SANDY MCNEEL	48 GLAD	3:01.83
50 YD. BACK		
ELIZABETH SCOTT	49 YNAU	40.58
100 YD. BACK		
LANI DOELY	45 GLAD	1:36.69
SANDY MCNEEL	48 GLAD	1:48.26
100 YD. BRST		
A.LITZENBERGER	48 FWM	1:18.66
BARBY CAHILL	45 BAM	1:26.61
LANI DOELY	45 GLAD	1:28.30
50 YD. FLY		
MARY LIPPOLD	45 GLAD	30.26
JO MOORE	46 BCM	30.89
100 YD. FLY		
MARY LIPPOLD	45 GLAD	1:08.60
A.LITZENBERGER	48 FWM	1:09.41
BARBY CAHILL	45 BAM	1:12.57
LANI DOELY	45 GLAD	1:24.24
100 YD. I.M.		
A.LITZENBERGER	48 FWM	1:10.63
JO MOORE	46 BCM	1:14.61
LANI DOELY	45 GLAD	1:22.73

ARNI LITT	54 GLAD	1:34.95
200 YD. FREE		
KATHRINE CASEY	52 FTS	2:28.92
SALLY DILLON	54 NWM	2:33.80
JEANNE ENSIGN	54 GLAD	3:05.11
50 YD. BACK		
LINDA MARIZ	52 BMSC	38.79
KATE CARRUTHERS	52 BAM	44.37
50 YD. BRST		
KATHRINE CASEY	52 FTS	38.25
SALLY DILLON	54 NWM	42.06
LINDA MARIZ	52 BMSC	42.47
KATE CARRUTHERS	52 BAM	44.44
ARNI LITT	54 GLAD	47.98
100 YD. BRST		
SALLY DILLON	54 NWM	1:29.72
KATE CARRUTHERS	52 BAM	1:34.72
ARNI LITT	54 GLAD	1:42.32
50 YD. FLY		
SUSAN AMOTT	52 GCM	38.75
LINDA MARIZ	52 BMSC	39.12
ARNI LITT	54 GLAD	47.97
100 YD. I.M.		
KATHRINE CASEY	52 FTS	1:16.38
SUSAN AMOTT	52 GCM	1:33.01
KATE CARRUTHERS	52 BAM	1:39.15
ARNI LITT	54 GLAD	1:48.06

WOMEN 45-49

50 YD. FREE		
MARY LIPPOLD	45 GLAD	26.89
JO MOORE	46 BCM	27.30
100 YD. FREE		
JO MOORE	46 BCM	1:01.03
ELIZABETH SCOTT	49 YNAU	1:12.07
LANI DOELY	45 GLAD	1:14.51
SANDY MCNEEL	48 GLAD	1:23.68

WOMEN 50-54

50 YD. FREE		
KATHRINE CASEY	52 FTS	29.13
LINDA MARIZ	52 BMSC	32.86
KATE CARRUTHERS	52 BAM	34.78
JEANNE ENSIGN	54 GLAD	40.37
100 YD. FREE		
KATHRINE CASEY	52 FTS	1:06.16
SALLY DILLON	54 NWM	1:10.84
JEANNE ENSIGN	54 GLAD	1:27.77

WOMEN 55-59

50 YD. FREE		
CAROLYN BEHSE	57 BCM	36.83
BONNIE RAUME	56 VASH	43.25
DIANNE TAYLOR	58 DT-Y	46.06
100 YD. FREE		
DIANNE TAYLOR	58 DT-Y	1:48.87



Photo by Sandy McNeel

Michael McColly, Green Lake Aqua Ducks, gives his best effort in the 50-yard backstroke.

Team Abbreviations

- BAM** Bainbridge Area Masters
- BCM** Bellevue Club Masters
- BMSC** Bellingham Masters
- DT-Y** Downtown YMCA
- FTS** Ft. Steilacoom Masters
- FWM** Federal Way Masters
- GCM** Gold Creek Masters
- GLAD** Green Lake Aqua Ducks
- HSKY** Husky Masters
- INWM** Inland Northwest Masters
- ISSY** Issaquah Swim Team
- LYNN** Lynnwood Masters
- MACO** Multnomah Athletic Club
- MIR** Mercer Island Redwoods
- NHM** Newport Hills Masters
- NWM** North Whidbey Masters
- NSYG** Northshore Y's Guys
- OOPS** Old Olympic Peninsula
- ORCA** Orca
- PRO** Pro Club
- SAM** Samena
- SDSM** San Diego Swim Masters
- SSEA** Swim Seattle
- TIG** Tigers
- TACY** Tacoma YMCA
- UNAT** Unattached
- UWM** UW Masters
- VASH** Vashon Masters
- WSYD** West Seattle Y Dolphins
- YNAU** YNAUT

One Goal One Success

One success story of the Mercer Island meet was Don Rehfeldt. His goal was to make the Short Course Nationals Qualifying Time (NQT) for his age group in the 100 breast-stroke. He had already qualified for the 50 and 200 and wanted to make it a threesome.

Each time he swam the event in meets this spring, he announced his goal to his friends and the timers. So Don ended up with his own cheering squad. They shared both his disappointments and triumphs.

Don barely missed the NQT swimming at the Bellingham meet. His attitude was, "Well, I tried." At Mercer Island he finally clocked in at 1:32.21, fast enough to meet the NQT in the Men's 65-69 age group. He has since decided that he will travel to the National USMS meet at Santa Clara.

Don didn't swim competitively in college, although he tried. For one year he attended University of Pacific where there was no swimming program. He then transferred to the University of Washington to be on the swim team. The coach then informed him that he was ineligible for one year due to transfer rules. In this case, what applied to football also applied to swimming.

Next year, there was no swimming for Don. He had joined the Army and was stationed in Germany. When he returned to the States he was full of German beer and food and was considerably heavier. He was not a good candidate for a college swim team.

Around 20 years later, Don joined Masters swimming. Now, 40 years later, Don is finally competing and quite pleased to be a part of the Masters meets.

200 YD. FREE			
BONNIE RAUME	56 VASH	3:51.16	
50 YD. BRST			
GINGER PIERSON	55 MACO	37.73 Z	
CAROLYN BEHSE	57 BCM	46.72	
BONNIE RAUME	56 VASH	55.18	
100 YD. BRST			
GINGER PIERSON	55 MACO	1:21.56 Z	
CAROLYN BEHSE	57 BCM	1:39.46	
50 YD. FLY			
CAROLYN BEHSE	57 BCM	46.82	
100 YD. FLY			
CAROLYN BEHSE	57 BCM	1:42.19	
100 YD. I.M.			
GINGER PIERSON	55 MACO	1:18.26	

WOMEN 65-69

50 YD. FREE			
PEG CLOUTIER	65 VASH	42.44	
100 YD. FREE			
PEG CLOUTIER	65 VASH	1:36.43	
JANET KAVADAS	69 GLAD	1:57.09	
200 YD. FREE			
PEG CLOUTIER	65 VASH	3:32.98	
100 YD. BACK			
JANET KAVADAS	69 GLAD	2:08.27	
100 YD. BRST			
KAREN BRYCE	67 GLAD	2:01.87	
JANET KAVADAS	69 GLAD	2:06.28	
100 YD. I.M.			
KAREN BRYCE	67 GLAD	2:03.92	
JANET KAVADAS	69 GLAD	2:09.07	

WOMEN 75-79

100 YD. FREE			
MARION CHADWICK	79 BCM	2:24.31	
200 YD. FREE			
MARION CHADWICK	79 BCM	5:11.06	
50 YD. BACK			
MARION CHADWICK	79 BCM	1:28.80	
100 YD. BACK			
MARION CHADWICK	79 BCM	3:07.19	
100 YD. I.M.			
MARION CHADWICK	79 BCM	3:26.73	

WOMEN 80-84

50 YD. FREE			
MAXINE CARLSON	81 TIG	1:01.55	
50 YD. BACK			
MAXINE CARLSON	81 TIG	1:04.59	
100 YD. BACK			
MAXINE CARLSON	81 TIG	2:18.74	
100 YD. I.M.			
MAXINE CARLSON	81 TIG	2:39.30	

MEN 19-24

50 YD. FREE			
TREVOR PETRIE	21 BMSC	23.03	
100 YD. FREE			
TREVOR PETRIE	21 BMSC	50.48	
200 YD. FREE			
TREVOR PETRIE	21 BMSC	1:56.35	
100 YD. BACK			
TREVOR PETRIE	21 BMSC	1:01.15	

MEN 25-29

50 YD. FREE			
JOHN SKROCH	28 ISSY	24.91	
100 YD. FREE			
JOHN SKROCH	28 ISSY	55.17	
DAVE ALLES	28 PRO	56.29	
BRYAN BROWN	28 DT-Y	1:03.00	
200 YD. FREE			
DAVE ALLES	28 PRO	2:07.09	
BRYAN BROWN	28 DT-Y	2:27.05	
100 YD. BACK			
JOHN SKROCH	28 ISSY	1:01.02	
50 YD. BRST			
JASON BAKER	28 BCM	34.64	

100 YD. BRST			
DAVE ALLES	28 PRO	1:14.29	
JASON BAKER	28 BCM	1:15.91	
50 YD. FLY			
JOHN SKROCH	28 ISSY	26.69	
ERIC KAPFFHAMMER	27 SSEA	28.78	
100 YD. FLY			
ERIC KAPFFHAMMER	27 SSEA	1:05.91	
100 YD. I.M.			
JOHN SKROCH	28 ISSY	59.52	
DAVE ALLES	28 PRO	1:04.58	

MEN 30-34

50 YD. FREE			
JEFFREY STRAND	30 HSKY	23.27	
JOHN FANCHER	31 UNAT	24.47	
M.SCHNITZIUS	33 SSEA	27.14	
100 YD. FREE			
JEFFREY STRAND	30 HSKY	51.29	
JOHN FANCHER	31 UNAT	53.80	
M.SCHNITZIUS	33 SSEA	58.27	
200 YD. FREE			
JOHN FANCHER	31 UNAT	2:04.33	
M.SCHNITZIUS	33 SSEA	2:08.16	
TOM SCHUTTE	31 GLAD	2:35.07	
100 YD. BACK			
TIM WELCH	31 ORCA	1:10.59	
50 YD. BRST			
TOM SCHUTTE	31 GLAD	31.22	
JOE HOLLIDAY	33 UNAT	32.14	
100 YD. BRST			
TOM SCHUTTE	31 GLAD	1:08.33	
JOE HOLLIDAY	33 UNAT	1:09.69	
50 YD. FLY			
TIM WELCH	31 ORCA	30.54	
100 YD. FLY			
TIM WELCH	31 ORCA	1:07.08	
100 YD. I.M.			
JEFFREY STRAND	30 HSKY	1:01.47	

MEN 35-39

100 YD. FREE			
MICHAEL YOUNG	38 UNAT	54.45	
200 YD. FREE			
MICHAEL YOUNG	38 UNAT	2:02.48	
KEN RAGSDALE	38 BAM	2:30.81	
100 YD. BACK			
MATTHEW LIND	37 ORCA	1:03.85	
50 YD. BRST			
MICHAEL YOUNG	38 UNAT	31.40	
ERIK TEUTSCH	35 BCM	33.87	
100 YD. BRST			
MICHAEL YOUNG	38 UNAT	1:08.42	
ERIK TEUTSCH	35 BCM	1:15.27	
KEN RAGSDALE	38 BAM	1:17.40	
100 YD. FLY			
MATTHEW LIND	37 ORCA	1:04.09	
100 YD. I.M.			
KEN RAGSDALE	38 BAM	1:08.51	
ERIK TEUTSCH	35 BCM	1:08.58	

MEN 40-44

50 YD. FREE			
ERIC DYBDAHL	40 FWM	26.05	
TODD KOWALSKI	42 BAM	26.35	
RON OREN	41 LYNN	29.00	
MATTHEW BITTNER	41 UNAT	30.32	
100 YD. FREE			
MICHAEL JONES	40 MIR	55.92	
ERIC DYBDAHL	40 FWM	56.21	
TODD KOWALSKI	42 BAM	58.87	
STEVE REESE	43 WSYD	59.26	
RON OREN	41 LYNN	1:03.20	
MATTHEW BITTNER	41 UNAT	1:06.85	
200 YD. FREE			
ERIC DYBDAHL	40 FWM	2:01.76	
MICHAEL JONES	40 MIR	2:04.70	
PAUL IKEDA	41 ORCA	2:31.35	
50 YD. BACK			
PAUL IKEDA	41 ORCA	36.78	



Bob Dorse, a 69-year-old Tiger. His fast times keep him seeded with the 30-somethings.

100 YD. FLY			
HUGH MOORE	46 FWM		1:07.34
100 YD. I.M.			
HUGH MOORE	46 FWM		1:11.54
BILL REEDER	48 GLAD		1:11.98

MEN 50-54

50 YD. FREE			
MIKE VEITH	54 INWM		25.83
GREG COLLINS	52 GLAD		28.42
PETE KYNION	53 LYNN		38.34
100 YD. FREE			
MIKE VEITH	54 INWM		58.25
STEVE PETERSON	54 OOPS		1:02.45
GREG COLLINS	52 GLAD		1:03.38
PETE KYNION	53 LYNN		1:24.80
200 YD. FREE			
MIKE VEITH	54 INWM		2:12.69
STEVE PETERSON	54 OOPS		2:19.66
50 YD. BACK			
THOMAS WALKER	54 UNAT		42.99
PETE KYNION	53 LYNN		52.77
100 YD. BACK			
STEVE PETERSON	54 OOPS		1:22.67
50 YD. BRST			
GREG COLLINS	52 GLAD		35.11
THOMAS WALKER	54 UNAT		46.01
PETE KYNION	53 LYNN		49.31
100 YD. BRST			
STEVE PETERSON	54 OOPS		1:13.35
THOMAS WALKER	54 UNAT		1:36.48
50 YD. FLY			
LARRY WRIGHT	52 NHM		27.16
GREG COLLINS	52 GLAD		31.01
100 YD. FLY			
LARRY WRIGHT	52 NHM		1:03.45
STEVE PETERSON	54 OOPS		1:18.94
THOMAS WALKER	54 UNAT		1:41.57
100 YD. I.M.			
LARRY WRIGHT	52 NHM		1:04.63
THOMAS WALKER	54 UNAT		1:31.08

MEN 55-59

50 YD. FREE			
GORDON GRAY	55 NSYG		31.45
200 YD. FREE			
MICHAEL MC COLLY	55 GLAD		2:16.04
WILLIAM SCHUBACH	56 MIR		2:18.96
GORDON GRAY	55 NSYG		2:35.01
50 YD. BACK			
WILLIAM SCHUBACH	56 MIR		31.56
MICHAEL MC COLLY	55 GLAD		33.11
100 YD. BACK			
WILLIAM SCHUBACH	56 MIR		1:08.98
GORDON GRAY	55 NSYG		1:23.86
50 YD. BRST			
MICHAEL MC COLLY	55 GLAD		37.51
50 YD. FLY			
WILLIAM SCHUBACH	56 MIR		29.85
MICHAEL MC COLLY	55 GLAD		33.49
100 YD. FLY			
GORDON GRAY	55 NSYG		1:27.78
100 YD. I.M.			
WILLIAM SCHUBACH	56 MIR		1:07.95
MICHAEL MC COLLY	55 GLAD		1:11.89

MEN 60-64

100 YD. FREE			
HAROLD TAUSCHER	63 BMSC		1:19.66
200 YD. FREE			
LEE CARLSON	60 MIR		2:48.57
50 YD. BACK			
LEE CARLSON	60 MIR		37.35
100 YD. BACK			
LEE CARLSON	60 MIR		1:22.84
50 YD. BRST			
HAROLD TAUSCHER	63 BMSC		36.48
100 YD. BRST			
HAROLD TAUSCHER	63 BMSC		1:28.24

MEN 65-69

50 YD. FREE			
BOB DORSE	69 TIG		31.29
100 YD. FREE			
BOB DORSE	69 TIG		1:13.33
DON REHFELDT	66 UNAT		1:22.93
200 YD. FREE			
DON REHFELDT	66 UNAT		3:04.81
50 YD. BRST			
DON REHFELDT	66 UNAT		41.43
100 YD. BRST			
DON REHFELDT	66 UNAT		1:32.21
100 YD. I.M.			
BOB DORSE	69 TIG		1:29.88

MEN 70-74

50 YD. FREE			
THOMAS TAYLOR	70 FWM		30.61
100 YD. FREE			
THOMAS TAYLOR	70 FWM		1:09.80
200 YD. FREE			
HARVEY PROSSER	72 NWM		2:50.61
50 YD. FLY			
HARVEY PROSSER	72 NWM		44.91
100 YD. FLY			
HARVEY PROSSER	72 NWM		1:46.18
100 YD. I.M.			
THOMAS TAYLOR	70 FWM		1:20.81

MEN 75-79

50 YD. FREE			
THOMAS TAYLOR	78 UNAT		39.59
HAL YOUNG	79 TACY		44.29
100 YD. FREE			
HAL YOUNG	79 TACY		1:43.78
200 YD. FREE			
HAL YOUNG	79 TACY		3:53.26
50 YD. BRST			
HAL YOUNG	79 TACY		55.46

MEN 85-89

50 YD. FREE			
L. GENE CROSSETT	87 GLAD		45.41
100 YD. FREE			
L. GENE CROSSETT	87 GLAD		1:49.57
200 YD. FREE			
L. GENE CROSSETT	87 GLAD		4:09.40

RELAYS-WOMEN 200 YD. FREE

19 +			
COLLEEN PHILLIPS	24 HSKY		1:47.85
M.MURRAY	24		
JESSICA WEATHERS	22		
MAUREEN PHILIPPS	24		
TINA HALL	24 GCM		2:12.13
SUSAN AMOTT	52		
LANA MAHAN	34		
SANDY LAURENCE	44		

35 +			
LANI DOELY	45 GLAD		2:00.51
TANYA BERG	42		
LAURA DEL RIO	35		
MARY LIPPOLD	45		
SARAH BULLOCK	35 BAM		2:03.10
JAMIE WHITNEY	36		
BARBY CAHILL	45		
KYMMBERLY MYRICK	37		

RELAYS-WOMEN 200 YD. MEDLEY

19 +			
MAUREEN PHILIPPS	24 HSKY		2:03.94
COLLEEN PHILLIPS	24		
JESSICA WEATHERS	22		
M.MURRAY	24		

100 YD. BACK			
PAUL STOERMER	40 FWM		1:09.30
50 YD. BRST			
MIKE SCHAEFFER	44 SSEA		34.44
PAUL IKEDA	41 ORCA		36.66
TODD KOWALSKI	42 BAM		36.82
MATTHEW BITTNER	41 UNAT		37.65
100 YD. BRST			
PAUL STOERMER	40 FWM		1:14.03
STEVE REESE	43 WSYD		1:15.52
PAUL IKEDA	41 ORCA		1:18.56
50 YD. FLY			
PAUL STOERMER	40 FWM		28.12
MIKE SCHAEFFER	44 SSEA		29.21
TODD KOWALSKI	42 BAM		30.14
100 YD. FLY			
MICHAEL JONES	40 MIR		1:01.61
PAUL STOERMER	40 FWM		1:02.43
100 YD. I.M.			
PAUL STOERMER	40 FWM		1:05.06
STEVE REESE	43 WSYD		1:08.05
RON OREN	41 LYNN		1:17.86

MEN 45-49

50 YD. FREE			
PHILIP MOSELEY	47 NHM		28.01
BILL REEDER	48 GLAD		28.21
GREG COLE	49 BAM		29.56
JIM STEPHENS	46 FWM		29.80
100 YD. FREE			
PHILIP MOSELEY	47 NHM		1:02.98
JIM STEPHENS	46 FWM		1:07.72
GREG COLE	49 BAM		1:09.40
200 YD. FREE			
GREG COLE	49 BAM		2:43.87
50 YD. BACK			
PHILIP MOSELEY	47 NHM		32.94
100 YD. BACK			
PHILIP MOSELEY	47 NHM		1:11.67
JIM STEPHENS	46 FWM		1:32.31
50 YD. BRST			
BILL REEDER	48 GLAD		36.68
50 YD. FLY			
HUGH MOORE	46 FWM		29.48
BILL REEDER	48 GLAD		31.02

25 +		
LISA WILSON	39 GLAD	2:14.77
TANYA BERG	42	
LANI DOELY	45	
ALISON HOWARD	34	

35 +		
KYMMBERLY MYRICK	37 BAM	2:28.92
BARBY CAHILL	45	
SARAH BULLOCK	35	
KATE CARRUTHERS	52	

RELAYS-MEN 200 YD. FREE

35 +		
KEN RAGSDALE	38 BAM	1:50.23
GREG COLE	49	
STEVEN PETERSON	54	
TODD KOWALSKI	42	

RELAYS-MIXED 200 YD. FREE

35 +		
BARBY CAHILL	45 BAM	1:59.56
KEN RAGSDALE	38	
JAMIE WHITNEY	36	
GREG COLE	49	
TODD KOWALSKI	42 BAM	2:04.24
KATE CARRUTHERS	52	
STEVE PETERSON	54	
KYMMBERLY MYRICK	37	

45 +		
MICHAEL MC COLLY	55 GLAD	2:09.94
LANI DOELY	45	
JEANNE ENSIGN	54	
BILL REEDER	48	

RELAYS-MIXED 200 YD. MEDLEY

19 +		
STACY CUMMINGS	20 GLAD	2:11.09
BILL REEDER	48	
A.PETERS-JOHNSON	36	
MICHAEL MCCOLLY	55	

25 +		
ALISON HOWARD	34 GLAD	2:21.06
PAUL IKEDA	41	
LANI DOELY	45	
GREG COLLINS	52	

PNA Teams

The following teams have registered and paid for 2001!

- Bainbridge Area Masters
- Bellevue Club Masters
- Bellevue Eastside Swim Team Masters
- Bellingham Masters Swim Club
- Federal Way Masters
- Ft. Steilacoom Masters
- Gold Creek Club Masters
- Green Lake Aqua Ducks
- Husky Masters Swim Team
- Issaquah Swim Team
- Lynnwood Sharks
- Maranha Swim Team
- Mercer Island Redwoods
- Northshore Y's Guys
- North Whidbey Masters
- Old Olympic Peninsula Swimmers
- Orca Swim Team
- Pro Club
- Riverside Rapids
- Skagit Valley Family YMCA
- Swim Seattle
- Tigers
- West Seattle YMCA
- YMCA Tacoma



Coming Soon!

Long Course Nationals August 16-19, 2001

The USMS Long Course Meters National Championships will be held at the King County Aquatic Center in Federal Way. Take advantage of this great opportunity.

Information and entry forms are in *SWIM Magazine*. More information is available on the web site at usms.org/comp/lcnats01/. We also link to it from our own web site 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 # _____



NEWS ABOUT PNA SWIMMERS



Dawn Musselman Inspirational Swimmer 2001 Paul Ikeda

Our sixteenth Musselman award was presented to the completely surprised Paul Ikeda at Champs on April 7, 2001.

The PNA has presented this Inspirational Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986). Dawn was a long-time PNA member. Not only was she a gifted swimmer (check the record books for ages 60 to 74), Dawn was the kind of person who inspired others and encouraged them to do their best. In her early days she was an Olympics hopeful. In her last days she continued to inspire her teammates until cancer took its toll.

Following is the presentation speech given by Steve Peterson on behalf of the Nominating Committee.



Paul Ikeda graciously accepts his plaque and applause for Dawn Musselman Inspirational Swimmer.

Your teammate Jim Lasersohn notes that over the last year you have taken on a leadership role, volunteering to assist with coaching ORCA in addition to your duties as team treasurer. You have made teammates aware of stroke improvement clinics and have attended these yourself whenever possible. You have also led several small clinics for team ORCA over the past year.

You have encouraged fellow swimmers to attend other meets in and around the Pacific Northwest. And at these meets, you'll be found taking splits for many swimmers you know, cheering them on regardless of team affiliation. You inspired many to try new strokes and distances when they learned of your goal to swim every individual

event over the course of the meet season.

You are also responsible for a number of ORCA swimmers practicing with GLAD in recent years. You spread the word about Robin O'Leary's attentive coaching, enabling ORCA competitors to be better prepared for both IGLA and PNA competitions. And when ORCA hosts a meet, the team can count on your presence to ensure that things are set up and ready to go.

Paul, for your inspiration to your team and example for our organization, the PNA is proud to recognize you as the Dawn Musselman Inspirational Swimmer for 2001.

The Pacific Northwest Association Local Masters Swimming Committee proudly presents the 2001 Dawn Musselman Inspirational Swimmer Award to Paul Ikeda.

Paul, your quiet but inspirational leadership has been recognized! Though outspoken you may not be, your contributions to your teams and teammates have promoted the many benefits of Masters Swimming. You have been an active PNA swimmer on the ORCA and GLAD teams for many years now and are one of the regulars at PNA meets.

PNA Board Meeting Minutes —by Steve Peterson, PNA Secretary

February 27, 2001—President Lee Carlson called the meeting to order at 7:05 pm at the Bellevue Club. Attendees also included Carolyn Behse, Greg Bruce, Kathy Casey, Jeanne Ensign, Tom Foley, Cynthia Hirst, Sandy McNeel, Hugh Moore, Steve Peterson, Matt Sellman, Walt Reid, and Sarah Welch. These 13 represented Bellevue Club, Federal Way, Ft. Steilacoom, GLAD, OOPS, Redwoods, Samena, Swim Seattle, and the Tigers.

Minutes: The Board approved the January meeting minutes as corrected.

Treasurer's Report: Total assets are \$44,785 including the Wiggin Fund's \$2,687. Jeanne stated that the Mindspring-Earthlink bill had been sent by e-mail during her moves, payable on receipt (\$99 for three months plus annual \$35 InterNIC registration fee). She provided a final balance sheet for 2000, showing a net income of \$3,100 versus the budgeted (\$766). The Board accepted Jeanne's report. Hugh discussed expenses incurred so far for LC Nationals, which were preapproved by previous Board action.

Membership: Sue Dills (who has a new e-mail address!) and Cindy Martin have met once, but records turnover is not yet complete.

Meets: Bellingham hosted a great meet, well run with lots of donated food. Mercer Island and Bellevue Club are co-hosting the March 11 sprint meet, with about 50 signed up already. Hugh stated that two age group clubs were interested initially to help with Champs at Highline pool, but their governing boards have declined. Hugh proposed that PNA run Champs as a warm-up to Nationals. Timing system rental will be \$550 (1 lane readout) and \$175 for PA. The Board agreed that it was not worth an extra \$300 for a full readout

scoreboard. The timing system can be tied in with the Hytek software with some effort. Lee will check with Proline and American Music for prices of used PA equipment. Kathy Casey recommended that lifeguard familiarity with the facility and availability of an Emergency Action Plan be checked carefully. Bellingham is planning an Open Water event for June 23. Ed Artis contacted Jeanne about Fat Salmon III sanctioning and assistance (planned for July 21). Steve noted that the levy had passed in South Kitsap, but availability of maintenance funds would not be known until the end of March. Hugh suggested we plan for a LC Zone meet at South Kitsap, contingent on pool bulkhead repair; the fallbacks will be Titlow Pool and then, with Zone approval, short course meters at South Kitsap Pool.

Records/Top Ten: Walt has processed the Bellingham results for the *WetSet*.

Newsletter: The March *WetSet* is just about ready to go to the printer. This issue contains the election ballot (Tom Foley's name was added as the third At-Large Representative). The April issue deadline is March 20.

Awards: Medal sales proceeds have been received from Bangor (\$128), Federal Way (\$84), and Orca (\$56).

Social: A small group assembled at the ex-pizza Mexican restaurant following the Bellingham meet.

Officiating: Kathy Casey reported on officiating at the Bellingham meet. Lee read a letter from Jan Kavadas summarizing her observations as well.

Fitness: Carolyn noted that 18 teams have registered so far. She handed out a flyer on the Nike Women's Triathlon Clinics, March 17-18.

Computer Applications: Jim McCleery suggested changing this committee name to Webmaster, but the Board recalled that our committee structure is dictated in the bylaws, so would require significant effort to change.

LC Nationals 2001: Dee Carlson contacted two caterers; "Snuffin's" presented an appealing bid (so long as the desserts from Menu B can be moved to the preferred Menu A with minimum change in price). The brochure is being translated into Quark. Steve will send out e-mail notification to team reps about the next meeting, Saturday March 3 at the Moore's.

One Hour Postal Swim: The Board decided to alter the revenue allocation split with Swim Seattle in light of their superb effort in processing the results. The Board thanked Greg Bruce in particular, granting Swim Seattle \$6,000 of the \$10,500 profit. Some 1,900 entrants were processed, followed up with mailings of team and relay awards and over 500 T-shirts.

Next Meetings:

Tuesday, March 27, Seattle Parks Boardroom

Saturday, April 21, Planning Retreat at Sally Dillon's, Oak Harbor

Tuesday, May 22, Federal Way Library

The Board approved adjourning the meeting at 8:30 pm.

PNA Board Meetings

All PNA members are invited.

May 22
Federal Way Library on 320th

June 26
To be determined



March 27, 2001—President Lee Carlson called the meeting to order at 7:00 pm at the Seattle Parks Department Building. Attendees also included Carolyn Behse, Kathy Casey, Sally Dillon, Jeanne Ensign, Tom Foley, Jan Kavadas, Cindy Martin, Hugh Moore, Kathy Moore, Steve Peterson, Walt Reid, Jett Vallandigham, and Sarah Welch. These 14 represented Bellevue Club, Federal Way, Ft. Steilacoom, GLAD, North Whidbey, OOPS, Redwoods, Swim Seattle, Tigers, and the unattached.

Minutes: The Board approved the February meeting minutes as corrected.

Treasurer's Report: Total assets are \$37,118 including the Wiggin Fund's \$2,742.

Membership: Cindy Martin reported current membership is 790. Sally, among others, requested team membership rosters (preferably before Champs).

Meets: Attendance was good and so was the 3rd Annual Mercer Island Invitational meet. This sprint meet, hosted by the Redwoods and Bellevue Club, had 138 swimmers and was done by 1 pm. Champs at Highline so far has 140 entered, said Hugh, with the deadline one day away. Lee is assisting with tracking down officials, while timers, as always, are in short supply. Hugh proposed offering \$3/hour to groups and organizations that would be willing to help. Holes to be plugged include Awards (Orca hasn't committed yet), Safety Marshals (volunteers needed), and Hytek Meet Manager (someone to run it). Steve will check with South Kitsap pool regarding bulkhead condition and changing the date for Long Course Zones to July 14-15 (to avoid conflict with the Oregon State Games). Sally reiterated that the North Whidbey Masters Pentathlon meet is scheduled for September 29.

Records/Top Ten: Walt stated that the World Top Ten should be available from FINA in three weeks.

Newsletter: The April *WetSet* goes to the printer this week. Members noted that its photos are getting better with each issue. The May-June issue deadline is April 20.

Awards: Sally has received the new ribbon supply and it's ready to sell.

Social: A lively group assembled at the historic Roanoke Tavern following the Mercer Island meet. The hosts provided lunch for the officials and refreshments for all.

Officiating: Officiating was good and plentiful at the Mercer Island meet.

Fitness: Carolyn noted that 22 teams have registered plus 3 today. She handed out a flyer, "10 Things About Your Muscles and Musculoskeletal System." Sally Edwards and Sally Reed are presenting a heart rate monitor session at Third Place Books (Lake Forest Park), April 5 at 7 pm.

Computer Applications: Jim McCleery is investigating rehosting PNA's website on the USMS server.

Safety: More copies of the equipment inventory checklist are needed. Hugh found the missing PNA safety cone—it apparently spent the last year in a merry wait at the Mercer Island pool.

Ad Hoc Open Water: Sally contacted Barb Gundred about Bellingham's planned Lake Padden swim. It will likely be a wetsuit-only event on June 23. Barb is concerned about Canadians who may not be Masters registered; One-Event Registration could avoid jeopardizing the event's sanction. Sally advised Ed Artis of additional information that must appear on the Fat Salmon III entry form. The Board approved allowing a Fat Salmon III entry fee increase to \$30

on condition that \$8 is charged for each One-Event registration; PNA will waive its \$2 portion. The Board also approved the reduced One-Event Registration fee for Bellingham.

LC Nationals 2001: USMS Championships Chair Sandi Rousseau will attend a Nationals committee review at King County Aquatic Center on May 5 (4:30 pm, potluck format). The brochure is being Quark fine-tuned for appearance in the May-June issue of *SWIM Magazine*. T-shirts will be red with a white panel and meet logo on the breast pocket. The Board approved an initial purchase of 150 shirts, with proceeds to go to Pacific Northwest Aquatics.

April Planning Retreat: The Board decided to postpone this to the weekend of the North Whidbey Masters Pentathlon meet (Sept. 29).

Relays At Nationals: Steve Sussex volunteered to organize PNA's relays for both Santa Clara and Federal Way.

Ransom Arthur Award: Sue Dills has submitted Jeanne Ensign's name for this national award; the Board concurred wholeheartedly.

Champs Team Divisions: Sally Dillon, Jett Vallandigham, and Cindy Martin agreed to determine the team size allocations for Divisions I, II, and III for Champs. Additionally, Sally, Kathy Casey, Jan Kavadas, and Jeanne Ensign will share the duties of the Meet Protest Committee.

Next Meetings:

Tuesday, April 24, Jan Kavadas' home

Tuesday, May 22, Federal Way Library

The Board approved adjourning the meeting at 8:34 pm.

Lake Padden 2K & 4K Open Water Swim

Saturday, June 23, 2001

Hosted by Bellingham Masters Swim Club

“Sanctioned by the PNA for USMS #3601-OW1”

Name: _____ USMS # _____
Address: _____
City: _____ State: _____ Zip: _____
Date of birth: _____ Age:(on race day) _____ Sex: M _____ F _____
Phone (home): _____ Phone(work): _____
E-mail address: _____
Emergency contact & phone: _____
Entry fee: \$25 per swimmer

T-shirt size _____ M _____ L _____ XL

Checks Payable and Mail To:

Bellingham Masters Swim Club
3880 Gala Loop
Bellingham, Wa 98226
Attn: Barb Gundred
(360) 734 8364
Konabarb@hotmail.com

Liability Release:

“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 of 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.”

Must be signed and dated for acceptance:

Signed _____ Date _____

Events: 2K and 4K open water lake swims will be held at Lake Padden beginning at 9:00 a.m. A triangular course will be marked with large orange buoys. The start will be in the water with the finish on the beach.

Location: Lake Padden Park, Bellingham, Washington. This is a beautiful lake which has hiking, biking, and running trails. It also has a large barbecue and play area for the entire family. The swim area is equipped with restrooms, showers, and changing areas.

Eligibility: USMS or Canadian Masters registered swimmers 19 years of age and older, as of June 23, 2001, are eligible to compete. For all competitors without a USMS or Canadian Master registration an \$8 one-event USMS registration will be required. Non-PNA swimmers must submit a copy of their registration card with their entry.

Entry Fees: \$25 per event. Entry deadline 6/16/01.

Entry fee includes a T-shirt and swim cap. You may register race day, but a T-shirt will not be included.

Rules: Current USMS rules will govern this event. The use of neoprene wetsuits is allowed in all distances.

Safety: Lifeguards and safety boats will monitor the entire course. Swimmers must wear the swim cap provided and their race number on their arm, leg, or hand.

Schedule:

8:00 a.m. – 8:45 a.m.—Check in.

8:45 a.m.—Pre-race meeting

9:00 a.m.—4k Start

9:15 a.m.—2k Start

Awards: Each participant will receive a certificate of participation. Entries meeting the June 16th deadline will receive an event T-shirt.

Results: Final results will be posted upon completion of each event.

Age Groups: Age groups are 19-24, 25-29, 30-34 and so on in five-year increments as high as necessary for both men and women.

Directions: Southbound: I-5 to the Samish Way exit. Follow the exit to the light and stay in the left lane. Turn left at the light onto Samish Way. Go across freeway overpass and turn right at the light. Follow road to the entrance to Lake Padden on the right side about 2 miles. Park in the lots available and registration will be by the building which has the changing rooms.

Northbound: I-5 to the Lake Samish exit. Follow exit right to the stop sign. Turn right and go about 2 miles to the Lake Padden entrance. Park in the lots.



Results Champs @ Highline

Short Course Yards April 8-9, 2001

P PNA Record
Z Zone Record

Highline Community College, Des Moines, April 8-9, 2001—The Champs meet was full of interesting and awesome swimmers.

Many records were broken, despite the fact that we weren't in the "fast" Federal Way pool. James McCleery broke his own Zone record in the 1000-yard Free. Betty Kerchival didn't even realize she had broken a record until she picked up her ribbons.

Charlotte Davis broke records in every one of her individual races. She credited this to being in a new age group. She hasn't competed for four years, so her friends called her "very tapered."

Gregory Harrison impressed us with his 1000-yard Free, by swimming it all breaststroke. Jesse Clark swam the 1650 Free all backstroke. She said it was easier that way, "You don't have to look around at anybody." Jane Moore's opinion of the 1650 was just, "Long."

Andra Litzenberger was another interesting swimmer at the meet. Formerly a Russian swimmer and coach in Latvia, she moved to the US about six years ago when the Soviet Union broke up. At the time, there was not much demand for coaching in Latvia. Andra came to the Northwest about two years ago and is now swimming with the Federal Way Masters.

Before his 100-yard Backstroke race, Gary Chase heard a comment in the stands behind him, "Sometimes these older people don't enter very accurate times. Look at the time for this 61-year old." Gary turned around and informed his younger friend, "I'm going to beat you." And he did.

WOMEN 19-24

50 YD. FREE			
RACHEL RAMOS	19 UNAT		27.05
K. RAYNE WATTERS	23 BEST		32.48
200 YD. FREE			
AURORA TALLACKSEN	24 FWM		2:06.94
500 YD. FREE			
AURORA TALLACKSEN	24 FWM		5:36.45
STACY CUMMINGS	20 GLAD		5:55.27
1000 YD. FREE			
AURORA TALLACKSEN	24 FWM	11:27.97 P	
STACY CUMMINGS	20 GLAD		12:18.94
1650 YD. FREE			
AURORA TALLACKSEN	24 FWM		19:01.59
50 YD. BACK			
STACY CUMMINGS	20 GLAD		32.30
100 YD. BACK			
STACY CUMMINGS	20 GLAD		1:09.06
200 YD. BACK			
STACY CUMMINGS	20 GLAD		2:29.47
50 YD. BRST			
KATIE RICHTER	23 WSYD		43.65
100 YD. BRST			
KATIE RICHTER	23 WSYD		1:36.48
50 YD. FLY			
STACY CUMMINGS	20 GLAD		32.53
KATIE RICHTER	23 WSYD		40.92
200 YD. FLY			
AURORA TALLACKSEN	24 FWM		2:26.93
100 YD. I.M.			
RACHEL RAMOS	19 UNAT		1:06.71
200 YD. I.M.			
KATIE RICHTER	23 WSYD		3:11.33

WOMEN 25-29

50 YD. FREE			
TAUNYA ROBERTS	27 FWM		26.07
JEAN DILLON	26 UNAT		26.90
KARI PAGE	29 BMSC		29.35
SUZIE LITTLE	27 UNAT		34.07
PATRICIA TIMMONS	29 GLAD		34.29
100 YD. FREE			
TAUNYA ROBERTS	27 FWM		56.99
JEAN DILLON	26 UNAT		58.21
LESLIE MIX	26 ISSY		58.58
KARI PAGE	29 BMSC		1:06.00
SUZIE LITTLE	27 UNAT		1:17.29
KAREENA KING	26 FWM		1:27.63
200 YD. FREE			
KARI PAGE	29 BMSC		2:24.14
UNA PETT	29 GLAD		2:47.70
KAREENA KING	26 FWM		3:15.65
500 YD. FREE			
LESLIE MIX	26 ISSY		5:30.30
TAUNYA ROBERTS	27 FWM		5:33.43
KARI PAGE	29 BMSC		6:35.19
KAREENA KING	26 FWM		8:20.11
1000 YD. FREE			
LESLIE MIX	26 ISSY		11:32.04
KAREENA KING	26 FWM		16:55.45
ERIKA BERGMAN	26 FWM		17:33.99
1650 YD. FREE			
LESLIE MIX	26 ISSY		19:09.13
50 YD. BACK			
TAUNYA ROBERTS	27 FWM		30.60
KARI PAGE	29 BMSC		34.83
100 YD. BACK			
TAUNYA ROBERTS	27 FWM		1:04.00
LESLIE MIX	26 ISSY		1:05.74
200 YD. BACK			
KATE JOHNSON	29 BCM		2:18.10
200 YD. BRST			
JEAN DILLON	26 UNAT		2:35.04
50 YD. FLY			
UNA PETT	29 GLAD		42.58
PATRICIA TIMMONS	29 GLAD		45.10
KAREENA KING	26 FWM		51.59
100 YD. FLY			
PATRICIA TIMMONS	29 GLAD		1:45.88
200 YD. FLY			
TAUNYA ROBERTS	27 FWM		2:24.61



Jo Moore of Bellevue Club is very good in long-distance freestyle. She broke a Zone record in the 1000 Free and the PNA record in the 1650 Free.

100 YD. I.M.			
PATRICIA TIMMONS	29 GLAD		1:35.25
200 YD. I.M.			
WENDY NEELY	26 FWM		2:44.12
UNA PETT	29 GLAD		3:13.47

WOMEN 30-34

50 YD. FREE			
KAREN HEUSTED	32 LYNN		28.23
YURIKO POEHLMAN	31 TIG		28.27
TERI BROWNELL	32 UNAT		30.76
MEGAN BUSSART	30 BMSC		30.83
100 YD. FREE			
LINDA HEGERBERG	31 BMSC		1:00.59
KAREN LEAHY	32 FWM		1:00.99
KAREN HEUSTED	32 LYNN		1:01.55
MICHELE MEHAFFEY	31 GLAD		1:02.97
KAREN OYAMA	33 FWM		1:03.62
MEGAN BUSSART	30 BMSC		1:06.37
TERI BROWNELL	32 UNAT		1:13.06
JULIE DELANEY	34 UNAT		1:17.96
MONIQUE GRIMM	30 FWM		1:20.49
200 YD. FREE			
ALLISON MOORE	31 UNAT		2:11.84
MEGAN BUSSART	30 BMSC		2:23.16
MICHELE MEHAFFEY	31 GLAD		2:38.72
500 YD. FREE			
ALLISON MOORE	31 UNAT		5:47.29
KAREN LEAHY	32 FWM		5:54.36
MICHELE MEHAFFEY	31 GLAD		6:21.72
MEGAN BUSSART	30 BMSC		6:23.03
1000 YD. FREE			
ALLISON MOORE	31 UNAT		11:51.64
KAREN LEAHY	32 FWM		12:03.52
100 YD. BACK			
KAREN OYAMA	33 FWM		1:15.12
ALLISON MOORE	31 UNAT		1:20.69
JULIE DELANEY	34 UNAT		1:34.66
50 YD. BRST			
LINDA HEGERBERG	31 BMSC		33.14
YURIKO POEHLMAN	31 TIG		38.22
MICHELE MEHAFFEY	31 GLAD		38.68
100 YD. BRST			
LINDA HEGERBERG	31 BMSC		1:11.91
200 YD. BRST			
MICHELE MEHAFFEY	31 GLAD		2:53.25
50 YD. FLY			
KAREN HEUSTED	32 LYNN		30.19
MEGAN BUSSART	30 BMSC		34.26
100 YD. FLY			
LINDA HEGERBERG	31 BMSC		1:05.79
KAREN HEUSTED	32 LYNN		1:09.35
100 YD. I.M.			
LINDA HEGERBERG	31 BMSC		1:05.51



Gene Crossett was our oldest swimmer at the meet. In college, Gene swam on the second University of Washington swim team. Practice was Monday, Wednesday, and Friday, one hour a day, in a 4-lane 25-yard pool. (The pool is still there.) Yet, this team produced the 1936 Olympic silver-medalist Jack Medica. And of course, Gene Crossett.

KAREN HEUSTED	32 LYNN	1:09.64
YURIKO POEHLMAN	31 TIG	1:10.70
KAREN OYAMA	33 FWM	1:11.88
ALLISON MOORE	31 UNAT	1:15.34
TERI BROWNE	32 UNAT	1:19.01
MONIQUE GRIMM	30 FWM	1:26.57
JULIE DELANEY	34 UNAT	1:26.74
200 YD. I.M.		
LINDA HEGERBERG	31 BMSC	2:22.75
KAREN HEUSTED	32 LYNN	2:31.04
YURIKO POEHLMAN	31 TIG	2:31.20
KAREN LEAHY	32 FWM	2:35.02
400 YD. I.M.		
KAREN LEAHY	32 FWM	5:32.86

WOMEN 35-39

50 YD. FREE		
LAURA DEL RIO	35 GLAD	30.68
CAROL TROUP	36 MIR	41.66
100 YD. FREE		
ANNE BERNHARD	36 GLAD	1:05.46
WENDY HOFFMAN	38 GLAD	1:11.13
CAROL TROUP	36 MIR	1:30.67
200 YD. FREE		
LISA WILSON	39 GLAD	2:09.08
WENDY HOFFMAN	38 GLAD	2:32.12
500 YD. FREE		
LISA WILSON	39 GLAD	5:44.72
1000 YD. FREE		
JERRI FREIMUTH	36 FTS	11:26.33
ALLISON BEADLE	36 WSYD	12:50.22
KATHRYN MOEN	35 UNAT	15:44.60
1650 YD. FREE		
JERRI FREIMUTH	36 FTS	19:15.79
ALLISON BEADLE	36 WSYD	22:24.53
50 YD. BACK		
A.PETERS-JOHNSON	36 GLAD	31.61
LAURA DEL RIO	35 GLAD	36.36
100 YD. BACK		
A.PETERS-JOHNSON	36 GLAD	1:07.53
ANNE BERNHARD	36 GLAD	1:13.45
LAURA DEL RIO	35 GLAD	1:17.83

200 YD. BACK		
JERRI FREIMUTH	36 FTS	2:25.53
CAROLYN MATHEWS	38 BMSC	2:25.81
A.PETERS-JOHNSON	36 GLAD	2:25.97
LISA WILSON	39 GLAD	2:28.20
ANNE BERNHARD	36 GLAD	2:39.03
50 YD. BRST		
ANNAMARIE TERHAAR	39 ISSY	37.54
LAURA DEL RIO	35 GLAD	40.84
100 YD. BRST		
JERRI FREIMUTH	36 FTS	1:13.76 P
LAURA DEL RIO	35 GLAD	1:27.66
200 YD. BRST		
JERRI FREIMUTH	36 FTS	2:36.36 Z
ALLISON BEADLE	36 WSYD	2:51.69
WENDY HOFFMAN	38 GLAD	3:12.01
50 YD. FLY		
CAROLYN MATHEWS	38 BMSC	30.78
ALLISON BEADLE	36 WSYD	31.01
ANNE BERNHARD	36 GLAD	31.08
ANNAMARIE TERHAAR	39 ISSY	34.40
100 YD. FLY		
ALLISON BEADLE	36 WSYD	1:08.37
ANNE BERNHARD	36 GLAD	1:11.27
200 YD. FLY		
ALLISON BEADLE	36 WSYD	2:34.54
100 YD. I.M.		
A.PETERS-JOHNSON	36 GLAD	1:12.87
PAULA SHEPARD	36 NON	1:21.21
CAROL TROUP	36 MIR	1:41.17
200 YD. I.M.		
WENDY HOFFMAN	38 GLAD	2:51.92
400 YD. I.M.		
JERRI FREIMUTH	36 FTS	5:12.72
A.PETERS-JOHNSON	36 GLAD	5:49.12
ANNE BERNHARD	36 GLAD	6:08.01
WENDY HOFFMAN	38 GLAD	6:12.97
LAURA DEL RIO	35 GLAD	6:20.69

WOMEN 40-44

50 YD. FREE		
KIM BOGGS	42 FWM	30.23
LINDA SULLIVAN	44 FWM	32.97
TERI REXROAT	42 BMSC	35.72
MAIA HAYKIN	41 BMSC	43.28
KATHY METZLER	41 TIG	43.47
100 YD. FREE		
ZENA COURTNEY	41 FWM	1:00.02
KIM BOGGS	42 FWM	1:05.23
TERI REXROAT	42 BMSC	1:17.92
KARI EINSET	41 WSYD	1:19.97
KATHY METZLER	41 TIG	1:38.46
200 YD. FREE		
ZENA COURTNEY	41 FWM	2:12.12
100 YD. BACK		
ZENA COURTNEY	41 FWM	1:05.79
MAIA HAYKIN	41 BMSC	1:51.38
200 YD. BACK		
ZENA COURTNEY	41 FWM	2:18.74
PHOEBE TERHAAR	44 ISSY	2:59.53
50 YD. BRST		
LINDA SULLIVAN	44 FWM	39.85
100 YD. BRST		
LINDA SULLIVAN	44 FWM	1:27.36
200 YD. BRST		
TONYA BERG	42 GLAD	2:46.42
LINDA SULLIVAN	44 FWM	3:13.97
50 YD. FLY		
KIM BOGGS	42 FWM	32.51
LINDA SULLIVAN	44 FWM	41.10
100 YD. FLY		
ZENA COURTNEY	41 FWM	1:08.76
100 YD. I.M.		
TONYA BERG	42 GLAD	1:13.61
LINDA SULLIVAN	44 FWM	1:26.10
KARI EINSET	41 WSYD	1:26.36
TERI REXROAT	42 BMSC	1:31.58
MAIA HAYKIN	41 BMSC	1:45.06
400 YD. I.M.		
ZENA COURTNEY	41 FWM	5:11.14

WOMEN 45-49

50 YD. FREE		
JO MOORE	46 BCM	27.78
SANDY MCNEEL	48 GLAD	38.21
100 YD. FREE		
JO MOORE	46 BCM	1:00.31
BARBY CAHILL	45 BAM	1:07.07
SANDY MCNEEL	48 GLAD	1:25.52
200 YD. FREE		
MARY LIPPOLD	45 GLAD	2:12.63 P
JO MOORE	46 BCM	2:13.98
DEBBIE GLASSMAN	47 GLAD	2:26.93
PAULA TERHAAR	48 GLAD	2:57.49
SANDY MCNEEL	48 GLAD	3:05.74
500 YD. FREE		
MARY LIPPOLD	45 GLAD	5:53.55 Z
BARB GUNDRED	49 BMSC	6:10.38
EILEEN COLLOPY	46 BCM	6:36.17
ANN BAILEY	45 UNAT	7:23.04
SANDY MCNEEL	48 GLAD	8:06.06
CINDY MARTIN	49 GLAD	9:56.73
1000 YD. FREE		
JO MOORE	46 BCM	12:18.10 Z
BARB GUNDRED	49 BMSC	12:48.27
EILEEN COLLOPY	46 BCM	13:31.46
BARBY CAHILL	45 BAM	13:44.92
1650 YD. FREE		
JO MOORE	46 BCM	20:47.86 P
JESSE PACE	48 GLAD	28:30.95
50 YD. BACK		
BARB GUNDRED	49 BMSC	33.43
100 YD. BACK		
BARB GUNDRED	49 BMSC	1:10.87
SANDY MCNEEL	48 GLAD	1:49.45
200 YD. BACK		
EILEEN COLLOPY	46 BCM	2:54.70
PAULA TERHAAR	48 GLAD	3:02.76
JESSE PACE	48 GLAD	3:12.88
50 YD. BRST		
LANI DOELY	45 GLAD	40.94
JESSE PACE	48 GLAD	46.96
CINDY MARTIN	49 GLAD	49.82
100 YD. BRST		
A.LITZENBERGER	48 FWM	1:20.72
LANI DOELY	45 GLAD	1:29.45
CINDY MARTIN	49 GLAD	1:52.14
200 YD. BRST		
A.LITZENBERGER	48 FWM	2:50.65 P
LANI DOELY	45 GLAD	3:13.07
50 YD. FLY		
DEBBIE GLASSMAN	47 GLAD	30.75
MARY LIPPOLD	45 GLAD	30.90
ANN BAILEY	45 UNAT	35.66
JESSE PACE	48 GLAD	41.32
100 YD. FLY		
MARY LIPPOLD	45 GLAD	1:08.21
DEBBIE GLASSMAN	47 GLAD	1:09.73
A.LITZENBERGER	48 FWM	1:11.82
ANN BAILEY	45 UNAT	1:23.52
PAULA TERHAAR	48 GLAD	1:41.01
200 YD. FLY		
ANN BAILEY	45 UNAT	3:14.01
LANI DOELY	45 GLAD	3:19.48
100 YD. I.M.		
A.LITZENBERGER	48 FWM	1:11.39
JO MOORE	46 BCM	1:11.51
200 YD. I.M.		
A.LITZENBERGER	48 FWM	2:35.72
LANI DOELY	45 GLAD	2:57.58
PAULA TERHAAR	48 GLAD	3:09.91
JESSE PACE	48 GLAD	3:16.38
400 YD. I.M.		
A.LITZENBERGER	48 FWM	5:34.53 P
LANI DOELY	45 GLAD	6:24.09

WOMEN 50-54

50 YD. FREE		
CHARLOTTE DAVIS	50 GLAD	28.04 Z
STELLA PREISSLER	52 NON	32.05
JETT VALLANDIGHAM	54 FTS	44.91
SUSAN ELLIOTT	50 WSYD	50.18



100 YD. FREE		
CHARLOTTE DAVIS	50 GLAD	1:00.37 Z
SALLY DILLON	54 NWM	1:08.47
STELLA PREISSLER	52 NON	1:10.40
LEIGH JOHNSON	52 GLAD	1:16.76
KAETCHE MILLER	54 MIR	1:16.90
DEMPSEY DYBDAHL	52 FWM	1:21.06
JANE MOORE	50 FWM	1:28.92
JETT VALLANDIGHAM	54 FTS	1:39.71
200 YD. FREE		
SALLY DILLON	54 NWM	2:28.34
LEIGH JOHNSON	52 GLAD	2:43.13
JANE MOORE	50 FWM	3:10.20
JETT VALLANDIGHAM	54 FTS	3:51.29
500 YD. FREE		
SALLY DILLON	54 NWM	6:37.56
LEIGH JOHNSON	52 GLAD	7:09.76
JEANNE ENSIGN	54 GLAD	8:16.76
JANE MOORE	50 FWM	8:23.87
1000 YD. FREE		
KATHRINE CASEY	52 FTS	13:23.84
SALLY DILLON	54 NWM	13:37.59
1650 YD. FREE		
KATHRINE CASEY	52 FTS	22:39.09
JANE MOORE	50 FWM	30:36.83
50 YD. BACK		
CHARLOTTE DAVIS	50 GLAD	33.95 Z
KATHRINE CASEY	52 FTS	36.31
SUSAN ELLIOTT	50 WSVD	48.54
100 YD. BACK		
LEIGH JOHNSON	52 GLAD	1:30.39
KAETCHE MILLER	54 MIR	1:31.28
DEMPSEY DYBDAHL	52 FWM	1:36.95
JANE MOORE	50 FWM	1:45.31
50 YD. BRST		
KATHRINE CASEY	52 FTS	39.28
SALLY DILLON	54 NWM	40.14
LEIGH JOHNSON	52 GLAD	45.14
JETT VALLANDIGHAM	54 FTS	55.32
100 YD. BRST		
JETT VALLANDIGHAM	54 FTS	1:52.86
200 YD. BRST		
SALLY DILLON	54 NWM	3:13.44
KAETCHE MILLER	54 MIR	3:27.41
JANE MOORE	50 FWM	4:08.03
JETT VALLANDIGHAM	54 FTS	4:24.49
50 YD. FLY		
CHARLOTTE DAVIS	50 GLAD	30.29 Z
100 YD. I.M.		
CHARLOTTE DAVIS	50 GLAD	1:12.13 P
KAETCHE MILLER	54 MIR	1:28.00
LEIGH JOHNSON	52 GLAD	1:28.03
DEMPSEY DYBDAHL	52 FWM	1:29.26
200 YD. I.M.		
KATHRINE CASEY	52 FTS	2:47.90
400 YD. I.M.		
KATHRINE CASEY	52 FTS	5:57.26 P

WOMEN 55-59

50 YD. FREE		
FRANCESCA DRUM	59 OOPS	35.65
100 YD. BACK		
FRANCESCA DRUM	59 OOPS	1:33.53
200 YD. BACK		
FRANCESCA DRUM	59 OOPS	3:21.47
50 YD. BRST		
GINGER PIERSON	55 MAC	37.51 Z
FRANCESCA DRUM	59 OOPS	44.74
100 YD. BRST		
GINGER PIERSON	55 MAC	1:22.39
FRANCESCA DRUM	59 OOPS	1:36.06
200 YD. BRST		
GINGER PIERSON	55 MAC	3:02.30 Z
FRANCESCA DRUM	59 OOPS	3:22.64
200 YD. FLY		
GINGER PIERSON	55 MAC	2:54.39 Z
100 YD. I.M.		
GINGER PIERSON	55 MAC	1:18.05

WOMEN 60-64

200 YD. FREE		
JANET GETZENDANER	60 GLAD	3:22.15
500 YD. FREE		
JANET GETZENDANER	60 GLAD	9:17.50
50 YD. BACK		
JANET GETZENDANER	60 GLAD	49.83
CHAYA AMIAD	63 WSVD	1:03.28
100 YD. BACK		
JANET GETZENDANER	60 GLAD	1:51.39
CHAYA AMIAD	63 WSVD	2:15.64
200 YD. BACK		
CHAYA AMIAD	63 WSVD	4:54.73

WOMEN 65-69

100 YD. FREE		
MARGARET WINNIE	68 GLAD	2:06.59
500 YD. FREE		
MARGARET WINNIE	68 GLAD	12:03.90
50 YD. BRST		
MARGARET WINNIE	68 GLAD	56.33
100 YD. BRST		
MARGARET WINNIE	68 GLAD	2:18.76
200 YD. BRST		
MARGARET WINNIE	68 GLAD	5:01.95
100 YD. I.M.		
MARGARET WINNIE	68 GLAD	2:11.48

WOMEN 70-74

50 YD. FREE		
JOAN DAVIS	70 GLAD	1:02.44
500 YD. FREE		
JANET KAVADAS	70 GLAD	10:58.89
1000 YD. FREE		
JANET KAVADAS	70 GLAD	22:40.83
50 YD. BACK		
JANET KAVADAS	70 GLAD	1:02.50
JOAN DAVIS	70 GLAD	1:04.86
100 YD. BACK		
JANET KAVADAS	70 GLAD	2:08.61
JOAN DAVIS	70 GLAD	2:20.66
50 YD. BRST		
JOAN DAVIS	70 GLAD	1:04.54
200 YD. BRST		
JANET KAVADAS	70 GLAD	4:39.50
100 YD. I.M.		
JOAN DAVIS	70 GLAD	2:23.54

WOMEN 75-79

50 YD. FREE		
BETTY KERCHEVAL	76 MIR	48.41
LIVIA WALKER	78 GLAD	1:26.93
100 YD. FREE		
BETTY KERCHEVAL	76 MIR	1:49.84 P
MARION CHADWICK	79 BCM	2:23.67
500 YD. FREE		
LIVIA WALKER	78 GLAD	16:02.23
1000 YD. FREE		
MARION CHADWICK	79 BCM	28:41.00
100 YD. BACK		
MARION CHADWICK	79 BCM	3:05.85
50 YD. BRST		
LIVIA WALKER	78 GLAD	1:20.37
100 YD. BRST		
LIVIA WALKER	78 GLAD	2:58.50
200 YD. BRST		
LIVIA WALKER	78 GLAD	6:17.02
MARION CHADWICK	79 BCM	8:41.63
50 YD. FLY		
BETTY KERCHEVAL	76 MIR	54.66
100 YD. FLY		
BETTY KERCHEVAL	76 MIR	2:10.64
100 YD. I.M.		
BETTY KERCHEVAL	76 MIR	2:01.22
MARION CHADWICK	79 BCM	3:22.91
200 YD. I.M.		
BETTY KERCHEVAL	76 MIR	4:30.22

Moms and Masters

The Lynnwood Sharks are proud of Karin Heusted for qualifying in four events for Short Course Nationals. Karin qualified for Nationals in the 50 Fly at the Bellingham meet in February. She went on to qualify for Nationals in the 100 IM, 200 IM, and the 50 Free at Champs at Highline Community College. The most impressive and interesting part of this achievement is that she just had a baby seven months ago (late September 2000).

Teammate Diane Kennedy, who had a baby four weeks before Karin, says "It was a joke on our team that something must have been in the water last year. We both swam with the team up until the day before each of our labors started.

"I am not setting any PNA records, but lots of personal bests since having the baby. Karin, however, is a star on our team. She has made an amazingly quick recovery and has returned to the pool faster and fitter than before. She is an amazing athlete and inspiration to swimming mothers."

WOMEN 80-84

50 YD. FREE		
PAT MATTHIESEN	84 TIG	1:00.18
HELEN SCHUCHART	82 MIR	1:07.81
100 YD. FREE		
PAT MATTHIESEN	84 TIG	2:18.57
HELEN SCHUCHART	82 MIR	2:18.65
50 YD. BACK		
MAXINE CARLSON	81 TIG	1:03.97
PAT MATTHIESEN	84 TIG	1:15.24
HELEN SCHUCHART	82 MIR	1:25.13
100 YD. BACK		
MAXINE CARLSON	81 TIG	2:19.76
PAT MATTHIESEN	84 TIG	2:45.10
200 YD. BACK		
MAXINE CARLSON	81 TIG	4:41.99
100 YD. I.M.		
MAXINE CARLSON	81 TIG	2:37.60
PAT MATTHIESEN	84 TIG	2:57.69

MEN 19-24

50 YD. FREE		
JASEN SPEER	19 WSVD	25.75
100 YD. FREE		
JASEN SPEER	19 WSVD	56.95
50 YD. FLY		
JASEN SPEER	19 WSVD	28.76
100 YD. FLY		
JASEN SPEER	19 WSVD	1:09.31
200 YD. I.M.		
JASEN SPEER	19 WSVD	2:34.72



Representatives for the first, second, and third place winners for Large Teams show off their plaques. Left to right are, Robin O'Leary, Green Lake Aqua Ducks; Hugh Moore, Federal Way Masters; and Barb Gundred, Bellingham Masters.

MEN 25-29

50 YD. FREE		
RYAN ROBERTS	28 FWM	25.71
DALE MONTGOMERY	27 BMSC	26.45
JASON BAKER	28 BCM	26.64
REB COBB	29 WAC	26.70
100 YD. FREE		
JOHN SKROCH	28 ISSY	54.36
RYAN ROBERTS	28 FWM	55.15
DALE MONTGOMERY	27 BMSC	59.19
JASON BAKER	28 BCM	1:01.91
100 YD. BACK		
JOHN SKROCH	28 ISSY	58.64
50 YD. BRST		
ROBIN SHERWOOD	28 UNAT	29.40
100 YD. BRST		
ROBIN SHERWOOD	28 UNAT	1:05.35
JOHN SKROCH	28 ISSY	1:06.98
JASON BAKER	28 BCM	1:15.07
200 YD. BRST		
REB COBB	29 WAC	2:26.65
ROBIN SHERWOOD	28 UNAT	2:26.69
STEVE RUTHFORD	26 BMSC	2:32.64
100 YD. FLY		
JOHN SKROCH	28 ISSY	1:00.29
100 YD. I.M.		
ROBIN SHERWOOD	28 UNAT	1:00.72
REB COBB	29 WAC	1:01.52
RYAN ROBERTS	28 FWM	1:03.92
STEVE RUTHFORD	26 BMSC	1:03.94
DAVID ALLES	28 PRO	1:04.68
200 YD. I.M.		
JOHN SKROCH	28 ISSY	2:11.21
DAVID ALLES	28 PRO	2:19.27
400 YD. I.M.		
JOHN SKROCH	28 ISSY	4:48.92
DAVID ALLES	28 PRO	5:05.50

MEN 30-34

50 YD. FREE		
JOHN CROSS	30 NON	23.38
SACHIN KUKREJA	31 NON	27.03
KERRY NESS	31 SVY	30.43
TAAG EBERT	31 FWM	32.77
100 YD. FREE		
JOHN CROSS	30 NON	51.87
SAM ANDERSON	33 BMSC	55.14
SACHIN KUKREJA	31 NON	59.99
MIKE GRIMM	32 PRO	1:00.06
KERRY NESS	31 SVY	1:07.97
TAAG EBERT	31 FWM	1:15.40
200 YD. FREE		
SAM ANDERSON	33 BMSC	2:00.56
500 YD. FREE		
SAM ANDERSON	33 BMSC	5:30.64
TIM WELCH	31 ORCA	6:14.53
1000 YD. FREE		
SAM ANDERSON	33 BMSC	11:40.85
50 YD. BACK		
JOHN CROSS	30 NON	29.39
100 YD. BACK		
SACHIN KUKREJA	31 NON	1:13.04
200 YD. BACK		
TIM WELCH	31 ORCA	2:31.17
50 YD. BRST		
JOE HOLIDAY	33 UNAT	32.06
KERRY NESS	31 SVY	37.14
100 YD. BRST		
JOE HOLIDAY	33 UNAT	1:08.99
KERRY NESS	31 SVY	1:22.71
200 YD. BRST		
JOE HOLIDAY	33 UNAT	2:34.73
MIKE GRIMM	32 PRO	2:45.82
100 YD. FLY		
TIM WELCH	31 ORCA	1:06.88
100 YD. I.M.		
SACHIN KUKREJA	31 NON	1:10.50
KERRY NESS	31 SVY	1:16.78

Combined Team Scores—Large

Place	Team	Points
1	Green Lake Aqua Ducks	GLAD 2,573
2	Federal Way Masters	FWM 1,669
3	Bellingham Masters	BMSC 802

Combined Team Scores—Medium

Place	Team	Points
1	West Seattle Y Dolphins	WSYD 423
2	Mercer Island Redwoods	MIR 347
3	Tigers	TIG 300
4	Ft. Steilacoom Masters	FTS 270
5	Bellevue Club	BCM 250
6	Issaquah Swim Team	ISSY 199

Combined Team Scores—Small

Place	Team	Points
1	Old Olympic Peninsula Swimmers	OOPS 167
2	North Whidbey Masters	NWM 161
3	Orca	ORCA 143
4	Lynnwood Sharks	LYNN 85
5	Bellevue Eastside Y	BEST 59
6	Skagit Valley Y	SVY 58
7	Bainbridge Area Masters	BAM 57
8	Pro Club	PRO 52
8	Tacoma YMCA	TACY 52
10	Maranha Swim Team	MST 50
11	North Shore Y's Guys	NSYG 30
12	Swim Seattle	SSEA 26



MEN 35-39

50 YD. FREE		
BOB FISH	37 BMSC	23.52
DAMON BENINGER	37 MST	23.97
DAVID DUCOLON	37 FWM	24.93
ERIC VALLEY	39 GLAD	25.20
JIM LASERSOHN	36 ORCA	26.39
RICHARD DAVIES	38 UNAT	27.67
MARK NEWPORT	37 BMSC	30.66
100 YD. FREE		
DAMON BENINGER	37 MST	52.29
ERIC VALLEY	39 GLAD	54.78
DAVID DUCOLON	37 FWM	55.58
RICHARD DAVIES	38 UNAT	59.11
DOUGLAS REDFIELD	37 BMSC	59.91
STEVEN COZART	37 FWM	1:01.00
200 YD. FREE		
BOB FISH	37 BMSC	1:58.29
ERIC VALLEY	39 GLAD	2:01.52
DAVID DUCOLON	37 FWM	2:05.02
500 YD. FREE		
DOUGLAS REDFIELD	37 BMSC	5:45.70
1000 YD. FREE		
DOUGLAS REDFIELD	37 BMSC	11:42.48
JIM LASERSOHN	36 ORCA	12:42.48
1650 YD. FREE		
DOUGLAS REDFIELD	37 BMSC	20:33.17
KEVIN ESKO	35 UNAT	20:45.28
50 YD. BACK		
STEVE RUITER	36 GLAD	29.52
MATTHEW LIND	37 ORCA	29.99
100 YD. BACK		
BOB FISH	37 BMSC	1:01.22
STEVE RUITER	36 GLAD	1:02.35
MATTHEW LIND	37 ORCA	1:03.58
200 YD. BACK		
BOB FISH	37 BMSC	2:11.49
MATTHEW LIND	37 ORCA	2:22.31
50 YD. BRST		
KEVIN ESKO	35 UNAT	30.12
JIM LASERSOHN	36 ORCA	33.63
ERIK TEUTSCH	35 BCM	33.90
100 YD. BRST		
ERIK TEUTSCH	35 BCM	1:13.85
JIM LASERSOHN	36 ORCA	1:15.86
200 YD. BRST		
STEVE RUITER	36 GLAD	2:29.37
JIM LASERSOHN	36 ORCA	2:43.18
MARK NEWPORT	37 BMSC	2:48.16
STEVEN COZART	37 FWM	2:48.89
RICHARD DAVIES	38 UNAT	2:55.26
50 YD. FLY		
DAMON BENINGER	37 MST	25.97
KEVIN ESKO	35 UNAT	27.34
ERIC VALLEY	39 GLAD	28.53
ERIK TEUTSCH	35 BCM	29.05
100 YD. FLY		
DAMON BENINGER	37 MST	58.37
JIM LASERSOHN	36 ORCA	1:08.06
200 YD. FLY		
STEVE RUITER	36 GLAD	2:12.58
100 YD. I.M.		
ERIC VALLEY	39 GLAD	1:03.38
MATTHEW LIND	37 ORCA	1:04.85
ERIK TEUTSCH	35 BCM	1:07.59
RICHARD DAVIES	38 UNAT	1:07.85
STEVEN COZART	37 FWM	1:12.21
MARK NEWPORT	37 BMSC	1:14.05
200 YD. I.M.		
ERIC VALLEY	39 GLAD	2:18.62
400 YD. I.M.		
STEVE RUITER	36 GLAD	4:41.67

MEN 40-44

50 YD. FREE		
JOHN SYLVESTER	44 GLAD	24.68
MICHAEL JONES	40 MIR	24.89
MALCOLM NEELY	41 FWM	25.41
SCOTT LORENZEN	42 WAC	26.83
RON OREN	41 LYNN	28.60
GREGG METZLER	42 FWM	29.86
MATTHEW BITTNER	42 UNAT	30.60

100 YD. FREE		
JOHN SYLVESTER	44 GLAD	54.71
MICHAEL JONES	40 MIR	55.98
BRUCE CRIST	44 UNAT	57.99
SCOTT LORENZEN	42 WAC	58.96
GREGG METZLER	42 FWM	1:08.97
MATTHEW BITTNER	42 UNAT	1:11.12
200 YD. FREE		
ERIC DYBDAHL	41 FWM	2:03.19
MICHAEL JONES	40 MIR	2:08.00
BRUCE CRIST	44 UNAT	2:08.82
500 YD. FREE		
ERIC DYBDAHL	41 FWM	5:37.88
MICHAEL JONES	40 MIR	5:51.07
SCOTT BYERS	43 FWM	7:22.16
1000 YD. FREE		
JACK STAVROS	41 GLAD	10:52.83
ERIC DYBDAHL	41 FWM	11:32.06
50 YD. BACK		
DAVE MCALPINE	40 BMSC	27.55
JOHN SYLVESTER	44 GLAD	30.91
MALCOLM NEELY	41 FWM	31.48
SCOTT BYERS	43 FWM	34.39
RON OREN	41 LYNN	36.52
THOMAS JOWETT	42 FWM	39.92
100 YD. BACK		
JOHN SYLVESTER	44 GLAD	1:06.29
BRUCE CRIST	44 UNAT	1:08.42
SCOTT BYERS	43 FWM	1:15.78
THOMAS JOWETT	42 FWM	1:27.92
200 YD. BACK		
ERIC DYBDAHL	41 FWM	2:23.01
SCOTT BYERS	43 FWM	2:50.66
50 YD. BRST		
PAUL IKEDA	41 GLAD	36.27
THOMAS JOWETT	42 FWM	39.35
GREGG METZLER	42 FWM	40.04
100 YD. BRST		
PAUL IKEDA	41 GLAD	1:17.59
THOMAS JOWETT	42 FWM	1:25.89
200 YD. BRST		
STEVE REESE	43 WSYD	2:44.86
PAUL IKEDA	41 GLAD	2:51.48
THOMAS JOWETT	42 FWM	3:03.39
50 YD. FLY		
DAVE MCALPINE	40 BMSC	25.67
MALCOLM NEELY	41 FWM	29.10
GREGG METZLER	42 FWM	38.03
100 YD. FLY		
DAVE MCALPINE	40 BMSC	56.49
MICHAEL JONES	40 MIR	1:04.77
200 YD. FLY		
ERIC DYBDAHL	41 FWM	2:22.66
100 YD. I.M.		
DAVE MCALPINE	40 BMSC	58.68
STEVE REESE	43 WSYD	1:08.43
SCOTT LORENZEN	42 WAC	1:08.77
200 YD. I.M.		
DAVE MCALPINE	40 BMSC	2:11.85
STEVE REESE	43 WSYD	2:28.73
PAUL IKEDA	41 GLAD	2:46.83
400 YD. I.M.		
ERIC DYBDAHL	41 FWM	5:17.66
BRUCE CRIST	44 UNAT	5:23.12
PAUL IKEDA	41 GLAD	6:11.96

MEN 45-49

50 YD. FREE		
PHILIP MOSELEY	48 NON	28.67
DAVID BAER	48 WSYD	29.71
JIM STEPHENS	46 FWM	29.92
100 YD. FREE		
JOHN BAILEY	45 UNAT	57.96
WALLER TAYLOR	48 ISSY	1:07.90
200 YD. FREE		
RONALD JACOBS	49 GLAD	2:04.79
500 YD. FREE		
STEVE SUSSEX	45 SSEA	5:14.91 P
JOHN BAILEY	45 UNAT	5:39.81
HUGH MOORE	46 FWM	6:22.56
GREGORY HARRISON	49 FWM	6:36.20
1000 YD. FREE		
STEVE SUSSEX	45 SSEA	10:50.37 P

GREGORY HARRISON	49 FWM	13:23.11
1650 YD. FREE		
GREGORY HARRISON	49 FWM	23:13.75
50 YD. BACK		
PHILIP MOSELEY	48 NON	33.05
JIM STEPHENS	46 FWM	36.99
100 YD. BACK		
STEVE FREEBORN	45 FWM	1:08.97
PHILIP MOSELEY	48 NON	1:11.15
200 YD. BACK		
RONALD JACOBS	49 GLAD	2:19.11
50 YD. BRST		
GREGORY HARRISON	49 FWM	32.83
DAVID BAER	48 WSYD	35.10
CLARK PACE	48 GLAD	35.12
100 YD. BRST		
GREGORY HARRISON	49 FWM	1:11.44
DAVID BAER	48 WSYD	1:15.61
200 YD. BRST		
GREGORY HARRISON	49 FWM	2:31.55
DAVID BAER	48 WSYD	2:49.16
WALLER TAYLOR	48 ISSY	3:07.68
50 YD. FLY		
STEVE FREEBORN	45 FWM	27.19
HUGH MOORE	46 FWM	29.47
CLARK PACE	48 GLAD	32.27
DAVID BAER	48 WSYD	32.95
JIM STEPHENS	46 FWM	35.57
100 YD. FLY		
STEVE FREEBORN	45 FWM	1:01.43
JOHN BAILEY	45 UNAT	1:03.84
HUGH MOORE	46 FWM	1:06.75
200 YD. FLY		
HUGH MOORE	46 FWM	2:31.55
100 YD. I.M.		
JOHN BAILEY	45 UNAT	1:02.00
STEVE FREEBORN	45 FWM	1:06.33
DAVID BAER	48 WSYD	1:10.89
WALLER TAYLOR	48 ISSY	1:19.96
200 YD. I.M.		
JOHN BAILEY	45 UNAT	2:15.38
STEVE FREEBORN	45 FWM	2:25.94
HUGH MOORE	46 FWM	2:32.84
400 YD. I.M.		
JOHN BAILEY	45 UNAT	4:52.90
STEVE FREEBORN	45 FWM	5:23.37
HUGH MOORE	46 FWM	5:29.19

MEN 50-54

50 YD. FREE		
FRED CARTER	52 UNAT	31.62
JERRY PLUNKETT	54 UNAT	33.15
100 YD. FREE		
GREG COLLINS	52 GLAD	1:02.26
STEVEN PETERSON	54 OOPS	1:02.33
JIM NORRIS	53 UNAT	1:05.92
FRED CARTER	52 UNAT	1:10.90
JERRY PLUNKETT	54 UNAT	1:15.71
200 YD. FREE		
JIM NORRIS	53 UNAT	2:24.69
JERRY PLUNKETT	54 UNAT	2:48.63
500 YD. FREE		
JIM NORRIS	53 UNAT	6:37.05
RICHARD BATLEY	53 MCST	6:41.75
1000 YD. FREE		
JIM NORRIS	53 UNAT	13:38.84
FRED CARTER	52 UNAT	15:34.64
50 YD. BACK		
DAVID STERN	50 BAM	31.56
THOMAS WALKER	54 UNAT	43.47
100 YD. BACK		
DAVID STERN	50 BAM	1:08.06
50 YD. BRST		
GREG COLLINS	52 GLAD	34.52
JEFFREY ANDERSON	50 UNAT	36.70
100 YD. BRST		
GREG COLLINS	52 GLAD	1:16.63
JEFFREY ANDERSON	50 UNAT	1:19.27
200 YD. BRST		
STEVEN PETERSON	54 OOPS	2:45.43
GREG COLLINS	52 GLAD	2:55.61
50 YD. FLY		
GREG COLLINS	52 GLAD	32.31

JERRY PLUNKETT	54 UNAT	42.11
100 YD. I.M.		
GREG COLLINS	52 GLAD	1:11.27
DAVID STERN	50 BAM	1:13.67
THOMAS WALKER	54 UNAT	1:29.56
200 YD. I.M.		
JERRY PLUNKETT	54 UNAT	3:14.17
400 YD. I.M.		
THOMAS WALKER	54 UNAT	7:14.70

MEN 55-59

50 YD. FREE		
MICHAEL MCKINLAY	57 BEST	29.44
100 YD. FREE		
JAMES MCCLEERY	55 NWM	57.39 P
500 YD. FREE		
MICHAEL MCCOLLY	55 GLAD	5:57.08
1000 YD. FREE		
JAMES MCCLEERY	55 NWM	11:22.48 Z
MICHAEL MCCOLLY	55 GLAD	12:23.17
GORDON GRAY	55 NSYG	14:05.71
EUGENE HUNN	57 GLAD	19:58.89
50 YD. BACK		
MICHAEL MCKINLAY	57 BEST	33.06
100 YD. BACK		
MICHAEL MCCOLLY	55 GLAD	1:12.81
MICHAEL MCKINLAY	57 BEST	1:13.59
GORDON GRAY	55 NSYG	1:26.87
EUGENE HUNN	57 GLAD	1:36.07
200 YD. BACK		
MICHAEL MCCOLLY	55 GLAD	2:35.30
50 YD. BRST		
JOHN LEET	55 FWM	36.78
100 YD. BRST		
JOHN LEET	55 FWM	1:23.26
200 YD. BRST		
EUGENE HUNN	57 GLAD	3:33.13
100 YD. I.M.		
JAMES MCCLEERY	55 NWM	1:06.74
MICHAEL MCKINLAY	57 BEST	1:14.88
JOHN LEET	55 FWM	1:21.10
400 YD. I.M.		
JAMES MCCLEERY	55 NWM	5:02.31 Z
MICHAEL MCCOLLY	55 GLAD	5:33.48
GORDON GRAY	55 NSYG	6:21.72
EUGENE HUNN	57 GLAD	8:16.93

MEN 60-64

200 YD. FREE		
LEE CARLSON	60 MIR	2:53.84
500 YD. FREE		
LEE CARLSON	60 MIR	7:41.25
1000 YD. FREE		
LEE CARLSON	60 MIR	15:55.25
50 YD. BACK		
GARY CHASE	61 UNAT	29.68 Z
WALT REID	60 FTS	37.25
LEE CARLSON	60 MIR	37.96
100 YD. BACK		
GARY CHASE	61 UNAT	1:07.52
WALT REID	60 FTS	1:22.35
LEE CARLSON	60 MIR	1:24.46
JIM SLOAN	63 FWM	1:35.04
200 YD. BACK		
GARY CHASE	61 UNAT	2:28.10 Z
LEE CARLSON	60 MIR	3:08.11
50 YD. BRST		
WALT REID	60 FTS	37.43
HAROLD TAUSCHER	63 BMSC	40.96
100 YD. BRST		
GARY CHASE	61 UNAT	1:16.36
WALT REID	60 FTS	1:24.03
HAROLD TAUSCHER	63 BMSC	1:28.12
200 YD. BRST		
HAROLD TAUSCHER	63 BMSC	3:23.75
50 YD. FLY		
HAROLD TAUSCHER	63 BMSC	37.74
100 YD. I.M.		
WALT REID	60 FTS	1:19.03
JIM SLOAN	63 FWM	1:26.18
HAROLD TAUSCHER	63 BMSC	1:28.45

200 YD. I.M.		
HAROLD TAUSCHER	63 BMSC	3:09.41

MEN 65-69

50 YD. FREE		
DAVE DRUM	65 OOPS	29.86
BOB DORSE	69 TIG	31.51
100 YD. FREE		
DAVE DRUM	65 OOPS	1:07.23
BOB DORSE	69 TIG	1:13.43
JERRY VAN HOOSIER	66 GLAD	1:17.81
ROLLIE ROBERTS	65 GLAD	1:43.90
200 YD. FREE		
BOB DORSE	69 TIG	3:08.06
ROLLIE ROBERTS	65 GLAD	3:52.32
500 YD. FREE		
DON REHFELDT	66 GLAD	8:06.59
ROLLIE ROBERTS	65 GLAD	10:03.00
1000 YD. FREE		
DON REHFELDT	66 GLAD	16:57.43
50 YD. BACK		
ROLLIE ROBERTS	65 GLAD	1:15.24
100 YD. BACK		
DAVE DRUM	65 OOPS	1:22.94
200 YD. BACK		
TOM FOLEY	66 TIG	3:49.57
50 YD. BRST		
DON REHFELDT	66 GLAD	41.34
100 YD. BRST		
DON REHFELDT	66 GLAD	1:33.94
200 YD. BRST		
DON REHFELDT	66 GLAD	3:22.26
50 YD. FLY		
DAVE DRUM	65 OOPS	33.80
TOM FOLEY	66 TIG	50.99
ROLLIE ROBERTS	65 GLAD	1:06.39
100 YD. FLY		
DAVE DRUM	65 OOPS	1:33.78
TOM FOLEY	66 TIG	2:12.94
200 YD. FLY		
TOM FOLEY	66 TIG	5:02.32
200 YD. I.M.		
BOB DORSE	69 TIG	3:41.62
ROLLIE ROBERTS	65 GLAD	5:07.42
400 YD. I.M.		
TOM FOLEY	66 TIG	8:34.72

MEN 70-74

50 YD. FREE		
HARVEY PROSSER	72 NWM	34.47
RALPH BREMER	72 GLAD	40.22
100 YD. FREE		
HARVEY PROSSER	72 NWM	1:16.55
RALPH BREMER	72 GLAD	1:28.65
200 YD. FREE		
THOMAS TAYLOR	70 FWM	2:35.73
RALPH BREMER	72 GLAD	3:25.50
500 YD. FREE		
RALPH BREMER	72 GLAD	8:52.33
1000 YD. FREE		
THOMAS TAYLOR	70 FWM	13:52.50 Z
HARVEY PROSSER	72 NWM	15:14.40
RALPH BREMER	72 GLAD	18:01.83
50 YD. BRST		
RALPH BREMER	72 GLAD	56.57
200 YD. BRST		
THOMAS TAYLOR	70 FWM	3:13.82 Z
200 YD. I.M.		
THOMAS TAYLOR	70 FWM	2:57.36

MEN 75-79

50 YD. FREE		
HAL YOUNG II	79 TACY	45.25
200 YD. FREE		
HAL YOUNG II	79 TACY	3:54.76
500 YD. FREE		
HAL YOUNG II	79 TACY	10:32.49
1000 YD. FREE		
HAL YOUNG II	79 TACY	21:50.35

MEN 85-89

50 YD. FREE		
GENE CROSSETT	87 GLAD	47.48
100 YD. FREE		
GENE CROSSETT	87 GLAD	1:53.40
200 YD. FREE		
GENE CROSSETT	87 GLAD	4:09.29
500 YD. FREE		
GENE CROSSETT	87 GLAD	10:44.73
1000 YD. FREE		
GENE CROSSETT	87 GLAD	21:55.48

RELAYS-WOMEN 200 YD. FREE

19 +		
AURORA TALLACKSEN	24 FWM	1:49.51
KAREN LEAHY	32	
TAUNYA ROBERTS	27	
KAREN OYAMA	33	
STACY CUMMINGS	20 GLAD	2:07.10
PATRICIA TIMMONS	29	
MICHELE MEHAFFEY	31	
WENDY HOFFMAN	38	

25 +		
TERI BROWNELL	32 UNAT	2:08.84
JULIE DELANEY	34	
SUZIE LITTLE	27	
JEAN DILLON	26	

KARI PAGE	29 BMSC	2:18.04
MAIA HAYKIN	41	
TERI REXROAT	42	
LINDA HEGERBERG	31	

KATHY METZLER	41 TIG	3:11.36
PAT MATTHIESEN	84	
MAXINE CARLSON	81	
YURIKO POEHLMAN	31	

35 +		
KIM BOGGS	42 FWM	1:58.57
A.LITZENBERGER	48	
ZENA COURTNEY	41	
LINDA SULLIVAN	44	

A.PETERS-JOHNSON	36 GLAD	2:00.97
TONYA BERG	42	
ANNE BERNHARD	36	
LAURA DEL RIO	35	

CHAYA AMIAD	63 WSyd	2:45.17
SUSAN ELLIOTT	50	
KARI EINSET	41	
ALLISON BEADLE	36	

HELEN SCHUCHART	82 MIR	3:08.04
KAETCHE MILLER	54	
BETTY KERCHEVAL	76	
CAROL TROUP	36	

45 +		
CHARLOTTE DAVIS	50 GLAD	2:14.15
LANI DOELY	45	
SANDY MCNEEL	48	
LEIGH JOHNSON	52	

65 +		
JOAN DAVIS	70 GLAD	3:35.15
JANET KAVADAS	70	
MARGARET WINNIE	68	
KAREN BRYCE	67	

RELAYS-WOMEN 200 YD. MEDLEY

19 +		
AURORA TALLACKSEN	24 FWM	2:21.13
KAREN LEAHY	32	
WENDY NEELY	26	
KAREENA KING	26	



STACY CUMMINGS	20 GLAD	2:29.68
LANI DOELY	45	
PATRICIA TIMMONS	29	
MICHELE MEHAFFEY	31	

25 +		
CAROLYN MATHEWS	38 BMSC	2:06.02
LINDA HEGERBERG	31	
MEGAN BUSSART	30	
KARI PAGE	29	

WENDY HOFFMAN	38 GLAD	2:50.09
SANDY MCNEEL	48	
UNA PETT	29	
CINDY MARTIN	49	

35 +		
A.PETERS-JOHNSON	36 GLAD	2:10.56
LAURA DEL RIO	35	
ANNE BERNHARD	36	
LISA WILSON	39	

ZENA COURTNEY	41 FWM	2:10.72
LINDA SULLIVAN	44	
KIM BOGGS	42	
A.LITZENBERGER	48	

45 +		
CHARLOTTE DAVIS	50 GLAD	2:14.49
LEIGH JOHNSON	52	
DEBBIE GLASSMAN	47	
MARY LIPPOLD	45	

JANET GETZENDANER	60 GLAD	2:58.68
JESSE PACE	48	
PAULA TERHAAR	48	
JEANNE ENSIGN	54	

65 +		
JOAN DAVIS	70 GLAD	4:24.34
LIVIA WALKER	78	
MARGARET WINNIE	68	
KAREN BRYCE	67	

RELAYS-MEN 200 YD. FREE

25 +		
SAM ANDERSON	33 BMSC	1:40.10
STEVE RUTHFORD	26	
DAVE MCALPINE	40	
BOB FISH	37	

DOUGLAS REDFIELD	37 BMSC	1:57.75
HAROLD TAUSCHER	63	
MARK NEWPORT	37	
DALE MONTGOMERY	27	

35 +		
ERIC VALLEY	39 GLAD	1:42.75
GREG COLLINS	52	
STEVE RUITER	36	
JOHN SYLVESTER	44	

DAVID DUCOLON	37 FWM	1:54.35
ERIC DYBDAHL	41	
THOMAS JOWETT	42	
GREGG METZLER	42	

45 +		
STEVE FREEBORN	45 FWM	1:51.54
GREGORY HARRISON	49	
HUGH MOORE	46	
JIM STEPHENS	46	

65 +		
RALPH BREMER	72 GLAD	2:52.44
DON REHFELDT	66	
GENE CROSSETT	87	
ROLLIE ROBERTS	65	



The 200 Yard Mixed Medley Relay team of Don Rehfeldt, Gene Crossett, Margaret Winnie, and Janet Kavadas.

RELAYS-MEN 200 YD. MEDLEY

45 +		
MICHAEL MCCOLLY	55 GLAD	2:02.59
CLARK PACE	48	
GREG COLLINS	52	
RONALD JACOBS	49	

STEVE FREEBORN	45 FWM	2:04.60
GREGORY HARRISON	49	
HUGH MOORE	46	
JIM STEPHENS	46	

65 +		
DON REHFELDT	66 GLAD	3:47.97
RALPH BREMER	72	
ROLLIE ROBERTS	65	
GENE CROSSETT	87	

RELAYS-MIXED 200 YD. FREE

19 +		
AURORA TALLACKSEN	24 FWM	1:46.27
KAREN LEAHY	32	
DAVID DUCOLON	37	
ERIC DYBDAHL	41	

DAVID BAER	48 WSYD	2:02.39
JASEN SPEER	19	
ALLISON BEADLE	36	
KATIE RICHTER	23	

25 +		
WENDY NEELY	26 FWM	2:17.52
KAREENA KING	26	
THOMAS JOWETT	42	
GREGG METZLER	42	

35 +		
ERIC VALLEY	39 GLAD	1:44.05
LISA WILSON	39	
CHARLOTTE DAVIS	50	
RONALD JACOBS	49	

KIM BOGGS	42 FWM	1:51.17
ZENA COURTNEY	41	
STEVE FREEBORN	45	
HUGH MOORE	46	

LINDA SULLIVAN	44 FWM	2:06.31
A.LITZENBERGER	48	
GREGORY HARRISON	49	
JIM STEPHENS	46	

45 +		
GREG COLLINS	52 GLAD	1:52.14
JESSE PACE	48	
MARY LIPPOLD	45	
DEBBIE GLASSMAN	47	

65 +		
JOAN DAVIS	70 GLAD	3:35.52
MARGARET WINNIE	68	
RALPH BREMER	72	
GENE CROSSETT	87	

RELAYS-MIXED 200 YD. MEDLEY

19 +		
STACY CUMMINGS	20 GLAD	2:09.15
PAUL IKEDA	41	
ANNE BERNHARD	36	
STEVE RUITER	36	

JASEN SPEER	19 WSYD	2:13.72
KARI EINSET	41	
ALLISON BEADLE	36	
STEVE REESE	43	

25 +		
BOB FISH	37 BMSC	1:56.19
LINDA HEGERBERG	31	
DAVE MCALPINE	40	
KARI PAGE	29	

TAUNYA ROBERTS	27 FWM	2:00.32
KAREN LEAHY	32	
RYAN ROBERTS	28	
MALCOLM NEELY	41	

MARK NEWPORT	37 BMSC	2:13.99
DALE MONTGOMERY	27	
MEGAN BUSSART	30	
TERI REXROAT	42	

35 +		
A.PETERS-JOHNSON	36 GLAD	1:59.34
TONYA BERG	42	
ERIC VALLEY	39	
JOHN SYLVESTER	44	



The meet is over; the swimmers have gone home. Jack Woodworth and Mike Casey pull up the Swim Times Northwest timing system.

ZENA COURTNEY	41 FWM	2:00.56
DAVID DUCOLON	37	
KIM BOGGS	42	
ERIC DYBDAHL	41	
MICHAEL JONES	40 MIR	2:31.19
LEE CARLSON	60	
KAETCHE MILLER	54	
CAROL TROUP	36	
45 +		
STEVE FREEBORN	45 FWM	2:12.22
DEMPSEY DYBDAHL	52	
HUGH MOORE	46	
A.LITZENBERGER	48	
LEIGH JOHNSON	52 GLAD	2:26.41
GREG COLLINS	52	
CHARLOTTE DAVIS	50	
MICHAEL MCCOLLY	55	
65 +		
JANET KAVADAS	70 GLAD	3:39.17
MARGARET WINNIE	68	
DON REHFELDT	66	
GENE CROSSETT	87	
JOAN DAVIS	70 GLAD	3:44.14
RALPH BREMER	72	
ROLLIE ROBERTS	65	
KAREN BRYCE	67	

More Ways to Get Wet What Are You Doing This Summer?

When asked the question, "What outdoor swim are you looking forward to this summer?", this is what PNA members said:

Sally Dillon: I'm looking forward to getting a training schedule underway in the waters around Whidbey Island. There are a number of competitions I plan to swim as well. Most important to me will be the Elk Lake National Championship because it's unusual for a USMS Long Distance championship to be so close to "home." I'm also eagerly anticipating the Lake Padden swim in June and the Fat Salmon swim in July. And, of course, there are a number of good swims up in BC hosted by the Vancouver Open Water Swim Association.

Jim McCleery: I like all the Canadian swims. (See their web site at vovsa.bc.ca/.) What I look for is:

1. Cool, clean water (60-64 degrees)
2. Wetsuit—makes me feel like a chubby seal
3. Beautiful location
4. Good food and drink nearby

Cindy Martin: This summer I am looking forward to becoming an excellent open water swimmer. Robin O'Leary read my mind when she handed me a list of upcoming open water swims. I plan on swimming the Bellingham swim, the Fat Salmon, and the Seattle Parks and Rec Tiki Swim if they have it this year. This will help me out when I do the SeaFair, Danskin, and Escape from the Rock Triathlons. Year after next I would like to do the San Francisco Escape from the Rock. (Oh yeah, Alcatraz, those sharks—that was just Hollywood Hype!).

Jesse Pace: The Fat Salmon with my fins on—but not for time.

Jan Eckland: Fat Salmon, because it's nice and long—three miles. It's challenging.

Kevin Krisak: Fat Salmon, so you can say you swam from I-90 to 520.

Michelle Porter: Fat Salmon. I love that swim.

Jan Kavadas: I have two outdoor pools for summer: Yost, a 25-yard public pool a mile from my house in Edmonds, and a membership pool at Wedgwood, where the lap lane is 25 meters. This year my daughter and granddaughter join Wedgwood!

Ginna Zinke: I'm training for the Half Ironman Vineman in California. I haven't been swimming for 10 years and I want to approach age 40 with a running start (or swimming start).

Additions and Corrections

Giving Credit Where Credit's Due

In response to Lee Carlson's column in the April *WetSet*, Mary Ann White wrote, "I read your "Hidden Heroes" column in the *WetSet* today and was delighted to get a mention but dismayed that the design credits were wrong. To clarify our roles: Donna Keyser has done all the PNA stuff, the T-shirts, caps, and mugs. Her Orcas have always been very popular and I want to make sure the credit is hers."

Mary Ann designed the bright red Team PNA shirts. They boast both the new Long Course Nationals logo, also designed by Mary Ann, and Donna's familiar PNA Orcas.

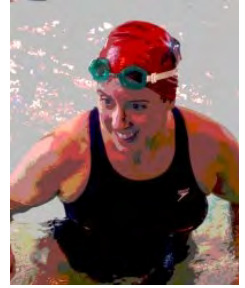
In the January *WetSet*, various PNA members were acknowledged with certificates of appreciation for their work. Jett Vallandigham also received a certificate for her contributions as social chair.

Check out
PNA's web site!
www.swimpna.org



Kona Dolphins

By Lisa Wilson



I hit swimming pay dirt when I started vacationing in Kona, Hawaii. The Kona Masters work out in the new outdoor (of course), 50-meter pool in town. Steve Borowski, Masters World record holder in the Mens' 50-54 50 yard fly (27.55), is the local Masters, age group and high school coach. He, as well as the rest of the Masters team, welcomed me to workouts with open arms. I had an instant swimming family on vacation!

Steve's workouts are 3 times a week with an informal "pier swim" at 8 am every Saturday. I was invited by team members to the "pier swim" three years ago, and have gone every year since. Leaving the pier you can swim part or all of the Ironman triathlon course. What has always intrigued me are the stories of the occasional dolphins swimming into the bay, but it had never happened to me, at least until February 24th.

Saturday Feb. 24th was our last day in Kona before returning to Seattle. I woke up and almost didn't go to the pier swim. When I did get to the pier I hooked up with two guys I'd been working out with at the pool. One guy's wife came with her kayak to help us sight.

Leaving the small sandy beach at the pier, you dive into 79 degree, crystal clear salt water which immediately bounces you to the top with its buoyancy. Little yellow fish dart in and out of the coral crevices; black bat fish flap in schools fifteen feet below as you glide effortlessly through those blue Hawaiian swells.

Every time I swim off the pier I actually feel like I am flying. You are in at least 60 feet of crystal calm water just watching the landscape

float below you. It's hard to even take a breath because you might miss something!

The water changed to what I approximate was about 90 feet deep with a rippled, sandy bottom below. We paused to sight and our kayaker told us to look 100 yards to the right: she'd seen a dolphin fin! I saw it and we swam towards it! We changed course four times to follow it (them?), and finally our kayaker whispered "Right there..." I ducked down expecting to see one or two dolphins. I was blown away because we were in the middle of 25 wild Hawaiian spinner dolphins! (I counted seven times for accuracy). I couldn't help but to dive down and "dolphin" with them! They stayed! I surfaced and they surfaced with me. They were no more than 18 inches off each of my shoulders, in front of me, below me, behind me. All I kept repeating was "Thank you, thank you, thank you!" My heart was racing. When I regained some semblance of composure I saw a baby and momma swimming down below absolutely glued to each other. Four swam shoulder to shoulder six feet down off my left leg.

One bold guy swam right under me on his side just looking up at me with his eye... studying what I don't know... my goggles? The dolphin on my right had a glob of seaweed hanging out the corner of his mouth, but I got the sense I couldn't pull it out without him fussing. I dove again and heard copious amounts of clicking—unreal! When I surfaced a dolphin on my right flew into the air, spun several times, and landed smack splash four feet away. Then he did it again! Superb acrobatics.

As my Seattle swimming buddies Mary, Ron, Jack, and Pete will tell you, I have two freestyle "types," choppy or smooth. Dolphins don't like choppy! When I got choppy they would drift outward, so I smoothed out into a long core body stroke and they would nestle right back in... they were giving me lessons!

For one long minute the sunlight streamed into the water in beautiful dappled rays all over the dolphins' bodies, I thought I was swimming in a movie. Breathtaking!

I will never forget when the dolphins were done playing and were ready to leave. Up to that point I had been accepted into the middle of their pod, and within a period of 20 seconds I noticed that I had gone to the back of them. I tried to stay with my new playmates. No, they were done. Effortlessly, 25 beautiful tails slowly dolphined in front of me and started to descend. They went down, down to the bottom, and then just disappeared into blueness.

We had swum with the dolphins for over 20 minutes. We all just stopped swimming and looked at each other. Why bother speaking? Words just cannot describe what had occurred. They let us into their water world. Back in my car I happily sobbed all the way back to our condo. This was a real life dream come true. Later that evening I realized fear had never, ever even been a consideration. Swimming with wild dolphins was pure peace, play, joy, and wonder. I'm sure glad I went to workout February 24th! What a gift.

Safety Tips for Open Water Swimming by Marion Chadwick

Or—Bob! Don't Tread...

Open water season will be here soon. Before you start, know your abilities. You do not have to be a strong swimmer or a stylish swimmer but you have to be able to remain comfortable in the water for a long time without tiring.

If the water is quite cold get in gradually to adjust to the temperature. Sudden immersion in to cold water can constrict one's breathing and may cause the inexperienced to panic. This is needless as your normal breathing will come back in a few minutes. You need only rest and bob until your normal abilities return.

Bobbing is gently using arms and legs in a vertical position as you go up for air and down for rest. Develop the bobbing pace that is right for you. Bobbing in the water for both rest and assessment of challenging situations is a must. I don't suggest treading water for water survival as it takes too much effort. Floating on your back is good in calm water, but not in the ocean.

A heavy coat of grease (like Vaseline) is a good way to maintain body heat, but it requires some cleaning after the swim. Since most body heat goes out of the head, two swim caps are a good protection.

Swimming in Lakes

The biggest challenge in lakes is being aware of where the boats are and swimming when they are not so prevalent. Always swim along the edge unless accompanied by a boat and wear a bright

cap for visibility. If you see a boat coming too near, turn on your back and vigorously make a big splash with your legs so they will see you and change their course.

Know the principles of getting out of heavy weeds. Swimming will only entangle you, so calm your pace and shimmy out of them (somewhat like an eel) until you reach open water.

Swimming in the Ocean

To a great extent, wind, currents, and tides will determine the distance traveled. It is important to feel at home in the ocean. Enjoy the swells and use them whenever possible for forward motion. Be sure to stay far enough out, past the surf break, to prevent being overturned by a large unexpected wave which can turn you unceremoniously helter skelter and even wash off your goggles. Goggles are a must in long distance ocean swimming as the salt will burn your eyes for some time after the swim.

Entering and exiting are usually more difficult in ocean swims, especially when there is heavy surf. A place between the coral can often be found. In heavy surf it is important to take one wave at a time and quietly dive under as it approaches, remembering that another one is waiting and it is usually bigger. The strong distance swimmers can plow through anything with ease but the amateur needs to take her time.

Distance swimming is truly a wonderful sport and a great way to

enjoy the beauty of nature. The ocean belongs to the lovely creatures that inhabit it and it is very important to love and respect them and to revel in their beauty. When encountering a big creature, whether a ray (they are usually much deeper), a humpback whale (they are usually out a little farther), or a white tipped reef shark (they are usually swimming a little deeper), the thrill of seeing these magnificent creatures will last a lifetime.

The swimmer's delight are the large turtles, which can be swimming in calmer waters, resting in reefs between the coral, or feeding close to shore where the sea weed is more abundant.

If you have the joy to encounter one of these creatures, whether large or small, do not express or feel anxiety, keep your same pace and enjoy the moment. Every trip will be especially pleasant as a vast variety of reef fish decorate many places that you swim and they are a constant decoration to make the hours pass quickly and provide diversity and interest.

Editor's note: Marion Chadwick trains regularly in Lake Washington and travels around the US each year to participate in many of the USMS National Championship Open Water Swims. For more information about open water safety see Dan Gray's article in the May/June issue of SWIM Magazine.

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
www.compusmart.ab.ca/masterssc/
www.swimoregon.org
www.mastersswimming.bc.ca/
www.utahmasters.org
www.pacificmasters.org/index.shtml

Fat Salmon 1 & 3 Mile Open Water Swimming Championships

DATE: JULY 21, 2001 <http://www.cavlogix.com/sports/fatsalmon2001.htm>

Sanctioned by PNA for USMS Inc. Sanction Number: 3601-OW2



Fat Salmon

Open water swim events involve a substantial amount of risk. Please do not participate if you are not comfortable swimming these distances in cold water. Time Guidelines: Open Water Mile Participants should be able to swim a 1,650 freestyle in 35 minutes or less, and less than 45 minutes in open water conditions. Three-Mile Participants should be able to swim a 5,000 yard freestyle in less 1 hour 40 minutes, and less than 1 hour and 50 minutes in open water conditions. Participants who have not finished the three-mile swim in under two hours, will be pulled from the water.

Participants agree to become familiar with race information and race-course prior to race day.

LOCATION: MADISON PARK BEACH, Seattle, Washington

EVENT OVERVIEW: The Fat Salmon Race is an open water swim competition located in Seattle, WA. As Seattle has many waterways and lakefront areas, there is a substantial area of water activity in and around the city. The first Fat Salmon race was held in 1999, with seventeen entrants competing in the three-mile event. In the year 2000, we added a one-mile competition in addition to the three-mile competition with approximately 75 participants. This year we expect approximately 40 swimmers in the three-mile event and approximately 60 swimmers in the one-mile event. The three-mile race participants typically complete the event in a range of 1 hour to 1 ¾ hours. We expect the one-mile competitors to complete the event in a range of twenty to forty-five minutes. As the water temperature typically ranges between 55 to 65 degrees Fahrenheit, many participants choose to wear a wetsuit.

Anytime, an event involves immersion in cold water for any period of time there is a substantial risk of exposure to hypothermia and drowning. Therefore participants are required to sign a waiver removing all responsibility of the organizing entities and persons, and representing that the competitor will be able to complete the event without any assistance from any other person or floatation device. All competitors must be registered with USMS or Masters Swimming Canada. Non-PNA swimmers must present a copy of their registration at event check-in. One-event registration will be available at check-in for a cost of \$8.

A limited amount of support crafts (i.e. motorized boats, kayaks) accompany competitors over the course. As there are only a limited amount of support craft provided during the race, you agree to assume the risks of open water swimming and agree to be individually responsible for your own person and safety during the race.

DIRECTIONS:

From Northbound I-5, take the Seneca Street exit (#165), merge onto Seneca; travel 0.1 miles; turn left onto 5th AVE. Follow directions From 5th AVE
From Southbound I-5, take the Union Street exit (#165B), travel 0.1 miles; turn left onto 5th Ave
From 5th AVE, travel 0.2 miles; turn left onto Spring Street, travel 0.1 miles; turn right onto 7th AVE, travel 0.2 miles; turn left onto Madison Street, travel 2.9 miles; Turn SLIGHT RIGHT onto E HOWE ST, travel 0.1 miles; Turn LEFT onto 43RD AVE E. - Park Anywhere you can.

PRERACE CHECK-IN & MEETING: Three-Mile Check In: Begin at 6:30 am, closing at 7:15 am the morning of the race. One-Mile Check In: Begin at 6:30 am, closing at 7:45 am the morning of the race. **ALL COMPETITORS ARE REQUIRED TO BE AT THE PRE-RACE COMPETITOR MEETING 7:20 am on the morning of the morning of the race.** Car-pools may be arranged to transport swimmers to the starting lines.

RACE START: The Three-Mile Race starts at 8:00 a.m. The One-Mile Race starts at approximately 8:30 (note: when the first 3 miler swimmers begin passing the one-mile starting point - see race map).

AWARDS / CERTIFICATES: A whole salmon will be awarded to the fastest swimmer in the following categories (men's & women's 3 mile wetsuit and non-wetsuit categories) A one-half salmon will be awarded to the fastest swimmer in the races in the following categories (men's and women's 1 mile wetsuit and non-wetsuit categories). Certificates will be awarded to the top-three finishers in wetsuit and non-wetsuit categories for five-year age groups 19-24, 25-29, 30-34,

T-SHIRTS AND CAPS ARE PROVIDED TO ALL COMPETITORS.

FOOD AND REFRESHMENTS WILL BE AVAILABLE FOR COMPETITORS AT THE END OF THE RACE.

Questions / Contact: E. Artis at 206-793-3099 or M. Meyer at 206-213-0096.

Competitor Number _____ (Leave Blank)

FAT SALMON ENTRY FORM & LIABILITY RELEASE:

Sanctioned by PNA for USMS Inc. Sanction Number: 3601-OW2

Name: _____ Circle One: (Male / Female)
Age as of 7/21/2001 _____ Date of Birth: ___/___/___
Address: _____
E-Mail Address: _____ Phone Number: _____

USMS or MSC #: _____ - _____

Note: Please include a copy of your Masters registration card if you are not a PNA member.

Local Team _____ or Unattached _____ or LMSC _____

USMS Club Name & Abbreviation _____ Circle One (USMS / PNA / None)

One-day Insurance Required and Paid: Circle One (Yes / No)

Race Entered (Circle One): (One Mile / Three Mile)
Category Entered (Circle One): (Wetsuit / NonWetsuit)

Entry Fees:

Early Bird Entries: Prior to June 1, 2001 \$25.00

Regular Entries: Received up until July 15, 2001 \$30.00

Late Entries (after July 15, 2001 \$35.00

All competitors must be registered with USMS or Masters Swimming Canada. One-event registration will be available at check-in for a cost of \$8.

AMOUNT DUE (Entry fee + Insurance if non-U.S.M.S.): _____ Initialed by Official: _____ (leave blank)

*** Checks payable to: Fat Salmon Open Water Swimming and entries mailed to: M. Meyer, P.O. Box 19237, Seattle, WA 98109, attn: Fat Salmon Entry ***

Person to contact in case of Emergency & Phone Number: _____

Please list any relevant facts that should be known pertaining to your health and swimming.

Additionally, please note any restrictions on activity and any medications taken:

LIABILITY RELEASE:

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 the 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 INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules or USMS. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

PARTICIPANT SIGNATURE: _____

PRINTED NAME: _____

DATE: _____

_____/____/____



THE FINAL LAP



Relays for Santa Clara

If you are competing at USMS Short Nationals in Santa Clara and you would like to swim in the relays, contact:

Steve Sussex
(206) 232-9263 or
Lynn Wells
(206) 780-5378
bisclw@aol.com

It would be really helpful if you contact Steve or Lynn **before** going to Santa Clara and give them the following information.

1. Availability for relays. (Which days do you prefer?)
2. Estimated times for 50s of the different strokes.
3. Stroke preference.

Important: When you get to Santa Clara, "check in" with Steve or Lynn. Check the bulletin board for an announcement where you'll find your teammates. Most of the PNA swimmers will be in the stadium bleachers. Look for the red T-shirts.

PNA Team Roster

Good luck to these swimmers traveling to the Short Course USMS meet in Santa Clara:

Jeffrey Anderson
Sam Anderson
Tonya Berg
Karen Bryce
Kathrine Casey
Marion Chadwick
Zena Courtney
Kelly Crandell
Charlotte Davis
Sally Dillon
Suzanne Dills
Dempsey Dybdahl
Eric Dybdahl
Jeanne Ensign
Robert Fish
Debbie Glassman

Barb Gundred
Linda Hegeberg
Ronald Jacobs
Michael Jones
Michelle Kondo
Karen Leahy
Mary Lippold
Arni Litt
Andra Litzenberger
Carolyn Mathews
James McCleery
Michael McColly
Michele Mehaffey
Hugh Moore
Jane Moore
Steven Peterson

Don Rehfeldt
David Santos
Michael Schaeffer
Michael Schnitzius
Tom Schutte
David Stern
Kerry Sussex
Steve Sussex
Aurora Tallacksen
Thomas Taylor
Jeanette Vallandigham
Frank Warner
Sara Welch
Lynn Wells
Lisa Wilson
Geoff Wilwerding

Just Announced Washington State Senior Games

The Washington State Senior Games will be held in Olympia in July. This is a 4-day "Olympics Style Event" complete with gold, silver and bronze medals.



Seventeen different competitions for people over 50 are held. Swimming is July 28, 2001 at the Briggs Community YMCA in Olympia.

For more information:

Dan Donahue
Senior Games
PO Box 1487
Olympia, WA 98507-1487
(360)413-0148
seniorgames@ontherun.com
www.pugetsoundgames.com

Be Cool with the Team PNA Shirt

At the Champs meet, PNA sold its preview shirt for Long Course Nationals.

The red short-sleeved T-shirts display the Long Course Nationals logo on the front and the Pacific Northwest Aquatics Team PNA with Orca whales on the back. If you are going to Santa Clara Short Course Nationals, this is a great shirt to take with you.

According to Cindy Martin, "They are designed to make you look taller and thinner. I wasn't supposed to reveal this, but these shirts are a joint project of Mary Ann White, our own PNA Artiste Extraordinaire, and NASA. They have a special weave in the T-shirt that adds extra resistance when you are walking, so when you take it off and jump into the pool, you attain Mach 1 speed without perceiving any extra effort."

Believe what you will, but they do look good and are still available for \$15 per shirt, plus \$3 for shipping and handling. Contact:

Cindy Martin
E-mail ccmart@oz.net
Phone (206) 366-8195

Hurrah!

A New Masters Team

The City of Bellevue recently started a Masters swim team: the Bellevue Aquatic Center Masters Swim Team. Workout times are noon to 1 pm, Monday, Wednesday, and Friday. Costs are \$4.50 per session. For more information call Scott W. Armstrong at (425) 452-2806.

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

City _____ State _____ Zip+4 _____ E-Mail _____

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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