

THE WET SET



Volume 21 • Issue 7

2000 USMS Newsletter of the Year

September 2001

Go jump in a lake! And we did! June and July—Lake Padden, Fat Salmon



Photo by Sandy McNeel

Jeannette Etchmandy leads Leandro Lucinte and Pauline Joly de Lobtiniere at the finish of the Lake Padden 2K open water swim. Jeannette's time was 36.44. Leandro and Pauline tied with 36.45.

Lake Padden 2K and 4K Open Water Swim

June 23, 2001—To start, the sky was overcast. But things brightened up quickly as the Lake Padden

(Continued on page 13)

Fat Salmon 1 and 3-Mile Open Water Swim

July 21, 2001—Now in its third year, the Fat Salmon race initially started as a private event with 17

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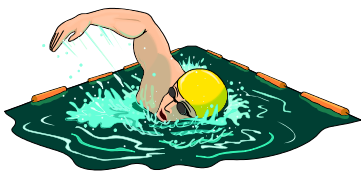
| | |
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LEADING By Lee Carlson

You Are All Winners

Each of us participates in a different way in swimming. This summer we have had several key events to participate in either through swimming, or helping with these events or sharing through a friend or spouse who is swimming. Not all

(Continued on page 2)



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Records/Top Ten: Walt Reid

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Open Water: Sally Dillon

Safety: Kathy Casey

Social: Jett Vallandigham

LEADING OFF

By
Lee Carlson



Lee Carlson, at Madison Park, connected via phone to the start line of the Fat Salmon, "The one-mile start is in 5 minutes. Let's stay on the line. I can hear you fine."
"Ed?"

(Continued from page 1)

of us are champions but we are winners for participating or helping with the events.

Lake Padden and Fat Salmon were a blast. Both were high-energy events with great organization. The reports from Lake Padden were outstanding. The swim had a good course, nice setting, and great organization from Barb Gundred and her Bellingham team.

Fat Salmon was a blast. I worked day-of-event registration and placing numbers on the participants. The energy and anticipation level was great. Ed Artis and Michael Meyer explained the course and safety features. Swimmers were transported to their separate starting areas for the one and three mile events. Ed was so excited he forgot to say, "go" to the timing crew at Madison Park, the

course destination. Fortunately, we had a countdown to base the start on.

Each swimmer seemed more focused and pleased with the journey rather than how they finished. The food and music were great. The largest applause was reserved for Marion Chadwick, age 78, who finished the race somewhat behind the rest of the competitors but with a very big smile and with style and grace.

The USMS National Championship was a party we gave for almost 1000 swimmers. It was two years in the planning and to those outside it seemed almost flawless. From registration, officials, timing, to day-of-event seeding things went well. Under the orchestration and direction of Jane and Hugh Moore and veteran committee leaders like Jeanne Ensign, Kathy Casey, Walt Reid, Tom Taylor, and Zena Courtney problems were anticipated and corrected. This is the most experienced large meet committee in the country.

New contributors like Sarah Welch, Holly Bork, Kelly Crandall, Arnie Litt, Steve Sussex, and Sandy McNeel took major roles. Steve Peterson did the program for the meet. Sarah assigned volunteers and assured every function was staffed using over 100 volunteers a day. Holly did premeet registration and trained the crews for onsite registration and check-in. Kelly worked at the problem desk and anywhere else she was needed. Arnie supervised the souvenirs table, Steve coordinated the PNA relays, and Sandy published an outstanding newsletter each day. Sarah Moore assembled packets, worked in registration and check-in and like her parents, Hugh and Jane, did whatever was necessary.



MASTERS CALENDAR

Dee Carlson planned and held a banquet for 200 people and Barb Gundred fed about 150 volunteers, timers and officials, coaches and vendors each day.

The comments about the meet ranged from Mel Goldstein, former President of USMS who said simply, "This is a new standard for National Meets," to many "thank you's" from swimmers and coaches. None of this success would have been possible without the 200+ of you who said "Let's help with the party" and either volunteered with your teams to work several hours or more at the meet, or responded to Sarah or my requests for your help.

I know I may have forgotten key contributors and I didn't get a chance to say thank you in person to all of you. Just know this, you made the meet successful for your teammates, for the PNA, and for United States Masters swimming. Thank you winners.

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

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

■ **September 29**
SCM Whidbey Island Pentathlon
Oak Harbor, WA
Sally Dillon (360) 679-5038
salswmr@oakharbor.net
Entry form in this issue

October 27-28
NW Zone SCM Championship
Tualatin Hills Aquatic Ctr
Beaverton, OR
Sandi Rousseau (503) 642-3679
tsrousse@ix.netcom.com
Entry form in this issue

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

November 4-17
Tigard-Tualatin SCY
22300 SW Boones Ferry Rd
Tualatin, OR
george.johnson@phillips.com

■ **November 17-18**
Short Course Meters Meet
Puget Sound Naval Shipyard
Steve Peterson (360) 692-1669
speterson@bandwagon.net
More info on page 17

March 24-30, 2002
FINA Masters World Championships
Christchurch, New Zealand
Neil Blanchfield (64-3) 377-1700
Masters.swim@xtra.co.nz
www.eventnz.co.nz/masters-swimming/index.htm

May 14-May 17, 2002
National Short Course
Championships
Univ of Hawaii, Honolulu, HI
Amy Patz, (808) 956-7510
patz@hawaii.edu

August 15-18, 2002
National Long Course Championships
Cleveland State University
Cleveland, Ohio
Pieter Cath, 35400 Bainbridge Rd.
Solon, OH 44139,
(440) 248-8270
cath.p@worldnet.att.net



Next Month in the WetSet:

Coverage of the USMS Long Course Nationals held at King County Aquatic Center, August 16-19th—Multitudes of records were broken. Swimmers had a great time and were both quite impressed and, in turn, impressive. Learn more next month.

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PNA Board Meeting Minutes

By Steve Peterson
PNA Secretary



June 26, 2001—President Lee Carlson called the meeting to order at 7:15 pm at Kelkari Condominiums, Issaquah, following Dee's wonderful "Beach Club Salad" (spinach, strawberries, and chicken). Attendees also included Kathy Casey, Sally Dillon, Jeanne Ensign, Cindy Martin, Sandy McNeel, Hugh Moore, Kathy Moore, Steve Peterson, and Sarah Welch. These 10 represented Federal Way, Ft. Steilacoom-WAKO, GLAD, North Whidbey, OOPS, Redwoods, Swim Seattle, and unattached swimmers.

Treasurer's Report: Total assets are \$36,059 including the Wiggin Fund's \$2,742. Sarah is protesting a one-day billing period charge by Earthlink, whose Mindspring service we have terminated. The Board approved Sarah's report as corrected. Jeanne prepared, signed, and submitted PNA's tax return, with copies to Sarah and Lee. The Board approved reimbursing Lee for LCM Zone meet officials' gifts (coffee coupons, \$45) and Sarah for January Postal Meet awards (Hasty Awards, \$32.85).

Membership: Cindy reported current membership at 907, versus 830 at this time last year. She would like to list the membership monthly, e.g., to provide coaches a current team roster and members with registration number lookups. The Board discussed database tools and techniques; Cindy will contact Jim McCleery for assistance.

Meets: LCM Zones at Titlow went OK under sun-challenged conditions. (Hugh masked the problems superbly, except for the weather.) Several participants commented favorably on being able

to establish current times for Nationals. Other comments included "Lane 1's current is too strong" (at least the water from the pool-end jets was warm!) and "Was I DQ'd for false starting or leaving early?" Hugh hasn't updated the coming season's meet bid packet because of time constraints; meet directors who plan to bid should simply update and submit last year's applications. (Hugh declared he will not be running any meets next year.) Potential venues include Bangor (two weeks before Thanksgiving? [Girls State is Nov. 9-10]); Orca (January); Bellingham (February, as Champs?); and Mercer Island (March [FINA Worlds are March 23]). Should we combine Champs and Zones in April? Switch Mercer Island and Bellingham? Push for a SCM meet in June? LCM Zones are open for bid. KCAC fees are going up; short meets can cost upwards of \$200 per hour. Would competitors accept paying a surcharge for meets at KCAC? Sally suggested that we move the meet bidding process to the fall to allow more planning time; this will be a retreat topic.

Records/Top Ten: Walt has the LCM Zones data and has been working on the LC Top Ten.

Publicity: A new chair is needed. Shall we post a job description in the *WetSet*?

Newsletter: The Board discussed the LCM Nationals Relays entry form content (checks to Pacific Northwest Aquatics; clarify the estimated times for meters and yards; request birthdate; delete the surcharge and clarify cost calculation; consensus is to charge \$3 per relay).

Awards: A need to purchase more 2nd place medals can wait until

after Nationals. Other awards haven't been used recently.

Social: Titlow competitors met at Round Table Pizza following the meet.

Officiating: A dedicated crew at Titlow provided consistent good calls; two false starts were correctly not recalled.

Nature break: A doe and her two fawns sauntered by the meeting room window!

Computer Applications: *Swimpna.org* has transitioned to the USMS server. Hugh received an e-mail request asking that we post a link to a fundraising swim. Lacking a formal policy, which needs to be drafted, the Board declined this request for now.

Safety: Kathy Casey reiterated the importance of safety marshals at meets, particularly Nationals. Those at Titlow performed well. The watches and safety equipment are accounted for, including one safety cone that Hugh found apparently holding a spot in the parking lot.

Ad Hoc Open Water: Bellingham's Lake Padden Swim attracted 70 participants for a successful event. Only four did not wear wetsuits (65° or cooler Saturday). It was a great venue—no power boats, a trail around the lake, excellent buoys, and music, too!—a perfect National Championships site. Entries included 12 One-Day Registrations. Sally will contact Barb to forward these names to Cindy, who will forward the names and addresses to Lee for follow-up. Sally awaits receipt of the Fat Salmon III contract. Sally has organized two "away from home" opportunities for swimmers to participate in the 5K/10K Postal Swim. Dates are



HAPPY BIRTHDAY

to the following PNA swimmers!

July 29 at KCAC (5K) and September 8 at Colman (5K and 10K). (Conflicts that latter weekend include the Lake Washington Bridge Swim the 8th and Queen Anne's Colman workout the 9th.)

At-Large Reps: Kathy Casey, noting that some PNS coaches may not be Masters-aware, will contact Marysville's coach.

LC Nationals 2001: Hugh has received about 150 entries so far, 2/3 by mail and 1/3 on line. A number of Nationals T-shirts remain even after a dozen more were sold at LCM Zones, prompting the Board to discuss ideas for selling the rest prior to Nationals. The July 8 planning meeting will cover staffing plans, automated check-in, and KCAC issues.

Convention Delegate Election: Four applied for three slots, but Sarah Welch prefers to be an alternate. Therefore, PNA's delegates will be Lee Carlson, Sandy McNeel, and Walt Reid.

Dot Donnelly Service Award: Lee noted that names are due July 31. The Board approved Hugh's motion to nominate Sally Dillon and Jeanne Ensign. Jeanne also thanked the Board for nominating her for the Ransom Arthur Award (Carolyn Boak, who was selected, and Sandi Rousseau were the other nominees).

PNA Board Meeting

All PNA members are invited.

October 24, Wednesday
Parks & Recreation, downtown
Seattle

| | | | |
|-------|---------------------------|-------|----------------------|
| 09 15 | MICHAEL SCHNITZIUS | 10 01 | MARCIA SMITH |
| 09 15 | DANIELA AHMED | 10 01 | JEFF HORSAGER |
| 09 15 | FRANCESCA DRUM | 10 02 | SHARON MARCOE |
| 09 15 | SARA WAHL | 10 02 | MARION CHADWICK |
| 09 16 | STEVEN MARSHALL | 10 02 | WILLIAM BROWN |
| 09 16 | TIMOTHY GILMORE | 10 02 | SCOTT KELLEY |
| 09 16 | AMY TURI | 10 03 | DONNA HUSS |
| 09 16 | DAVID AUSTIN | 10 03 | CORYN GJERDRUM |
| 09 17 | JOSHUA NEWMAN | 10 03 | SALLY REED |
| 09 17 | STEVEN PETERSON | 10 03 | PHIL BRENNAN |
| 09 17 | THOMAS GOEBEL | 10 04 | NERINA BRAUTIGAM |
| 09 18 | FRANCIS LANGLOIS | 10 04 | RONALD PORTELANCE |
| 09 18 | THOMAS JOWETT | 10 04 | AARON BROWN |
| 09 19 | JOHN SKROCH | 10 04 | JEFFREY PARADEE |
| 09 19 | PATRICK SULLIVAN | 10 04 | BRADLEY FIEDLER |
| 09 20 | JAMES NORRIS | 10 04 | GREG COLE |
| 09 20 | RICK ALMBERG | 10 05 | H HAROLD (HAL) YOUNG |
| 09 20 | JOHN KOKES | 10 05 | KEITH SZOT |
| 09 21 | ROGER RUDOLPH | 10 05 | CATHY COOLEY |
| 09 21 | MICHAEL LAMB | 10 05 | KATHRINE CASEY |
| 09 21 | MICHELLE PETRICK | 10 05 | GEORGE GONZALEZ |
| 09 21 | ALISON DILLOW | 10 06 | JOAN DAVIS |
| 09 22 | CONNIE DRAKE | 10 06 | REBECCA SMITH |
| 09 23 | RICHARD BREUHAUS | 10 06 | GREG COLLINS |
| 09 23 | ANN COOKE | 10 07 | RONALD RAUCH |
| 09 23 | JERRY PLUNKETT | 10 07 | LYNN JOHNSON |
| 09 24 | KARIN HEUSTED | 10 07 | STEVEN RUTHFORD |
| 09 24 | JAMIE WHITNEY | 10 08 | JENNIFER SAMPSON |
| 09 25 | NANCY GIVEN | 10 08 | KATHLEEN BLANCHARD |
| 09 25 | MANUEL CHAUS | 10 08 | KENNETH SIMONS |
| 09 25 | TODD KOWALSKI | 10 09 | SANDY BRATZ |
| 09 25 | JEFFREY TAYLOR | 10 09 | JIM FLYNN |
| 09 25 | KEVIN VAN DEN WYMELENBERG | 10 09 | GARY KELSBERG |
| 09 26 | BOBBY GALLEGOS | 10 09 | JULIA BENT |
| 09 26 | ALAN CARDWELL | 10 09 | JANIE LAYMAN |
| 09 27 | ALICIA WICK | 10 10 | ANNEMIEKE HIEMSTRA |
| 09 27 | LYNN GROSS | 10 10 | DAVID MCALPINE |
| 09 28 | BRIDGET YOUNG | 10 11 | JENNIFER GREEN |
| 09 28 | CAROLINE WENSTRAND | 10 11 | DOUGLAS THOMPSON |
| 09 28 | KIRSTEN GAGNAIRE | 10 12 | HEATH FOXLEE |
| 09 29 | DAVID TONEY | 10 14 | REB COBB |
| 09 30 | MARY HENNINGSEN | 10 14 | JENNIFER BLOCK |



Results

Zone Championships at Titlow Pool/Tacoma

June 23-24, 2001

P PNA Record
Z Zone Record

Long Course Meters

The June meet at Titlow Pool was run as a preliminary meet for Long Course Nationals. It was to give organizers a chance to try out their systems and swimmers a chance to try a 50-meter pool and establish times.

The schedule for pools was tight in June. Not many weekends were free for a meet. To not conflict with the Lake Padden open water swim up in Bellingham on Saturday, this meet was run with the short distance events on Saturday and the long distance events were on Sunday.

The weather was challenging. Saturday was sunny. Sunday was rainy, a tough break for the long distance people. We found out just how many deck tents everyone owned.

To make things more difficult for the meet director, Hugh Moore, a crew of timers did not show up and he had to scramble to find replacements. Still, the meet was pulled off with 12 zone records and 16 PNA records broken.

| | | |
|----------------------|---------------|----------------|
| 50 M. FLY | | |
| KATIE RICHTER | 24 PNA | 30.58 P |
| 200 M. I.M. | | |
| KELLY CRANDELL | 21 PNA | 3:13.30 |
| KATIE RICHTER | 24 PNA | 3:56.97 |

WOMEN **25-29**

| | | |
|--------------------|---------------|------------------|
| 50 M. FREE | | |
| JENNIFER GREEN | 27 PNA | 34.76 |
| 100 M. FREE | | |
| JEAN DILLON | 27 UNA | 1:05.58 |
| JENNIFER GIBBS | 29 UNA | 1:18.94 |
| JENNIFER GREEN | 27 PNA | 1:22.68 |
| KAREENA KING | 27 PNA | 1:44.78 |
| 200 M. FREE | | |
| LYNN SMALLEY | 25 UNA | 3:46.34 |
| 400 M. FREE | | |
| JENNIFER GIBBS | 29 UNA | 6:08.26 |
| 800 M. FREE | | |
| LYNN SMALLEY | 25 UNA | 16:16.72 |
| KAREENA KING | 27 PNA | 16:22.08 |
| 100 M. BACK | | |
| ANICIA CRISCIONE | 28 OREG | 1:31.09 |
| 50 M. BRST | | |
| JENNIFER GIBBS | 29 UNA | 49.68 |
| 100 M. BRST | | |
| JEAN DILLON | 27 UNA | 1:23.62 |
| 200 M. BRST | | |
| JEAN DILLON | 27 UNA | 3:00.07 Z |
| ANICIA CRISCIONE | 28 OREG | 3:30.44 |
| JENNIFER GIBBS | 29 UNA | 3:55.48 |
| 50 M. FLY | | |
| LYNN SMALLEY | 25 UNA | 46.48 |
| 100 M. FLY | | |
| JEAN DILLON | 27 UNA | 1:14.81 |
| 200 M. FLY | | |
| ANICIA CRISCIONE | 28 OREG | 3:28.21 |
| 200 M. I.M. | | |
| JEAN DILLON | 27 UNA | 2:46.96 |
| JENNIFER GIBBS | 29 UNA | 3:28.85 |
| 400 M. I.M. | | |
| JEAN DILLON | 27 UNA | 6:01.26 |
| ANICIA CRISCIONE | 28 OREG | 6:39.87 |

WOMEN **30-34**

| | | |
|--------------------|---------|---------|
| 50 M. FREE | | |
| MICHELLE JACKSON | 30 OREG | 37.51 |
| 100 M. FREE | | |
| MICHELLE JACKSON | 30 OREG | 1:22.92 |
| 50 M. BACK | | |
| MICHELLE JACKSON | 30 OREG | 41.69 |
| 100 M. BACK | | |
| MICHELLE JACKSON | 30 OREG | 1:37.65 |

WOMEN **35-39**

| | | |
|-------------------|--------|-------|
| 50 M. FREE | | |
| LAURA DEL RIO | 36 PNA | 35.42 |

| | | |
|--------------------|--------|----------|
| 400 M. FREE | | |
| JAMIE WHITNEY | 37 PNA | 6:32.73 |
| 800 M. FREE | | |
| ALLISON BEADLE | 37 PNA | 11:59.77 |
| 50 M. BACK | | |
| LAURA DEL RIO | 36 PNA | 40.12 |
| 100 M. BACK | | |
| ANNE BERNHARD | 36 PNA | 1:28.76 |
| LAURA DEL RIO | 36 PNA | 1:28.86 |
| ALLISON BEADLE | 37 PNA | 1:33.75 |
| 50 M. BRST | | |
| LAURA DEL RIO | 36 PNA | 46.18 |
| JAMIE WHITNEY | 37 PNA | 46.21 |
| 100 M. BRST | | |
| JAMIE WHITNEY | 37 PNA | 1:41.85 |
| 50 M. FLY | | |
| ALLISON BEADLE | 37 PNA | 34.15 |
| 100 M. FLY | | |
| ALLISON BEADLE | 37 PNA | 1:19.63 |
| JAMIE WHITNEY | 37 PNA | 1:41.15 |
| 200 M. FLY | | |
| ALLISON BEADLE | 37 PNA | 3:01.76 |
| 200 M. I.M. | | |
| LAURA DEL RIO | 36 PNA | 3:17.54 |
| 400 M. I.M. | | |
| ALLISON BEADLE | 37 PNA | 6:23.94 |
| ANNE BERNHARD | 36 PNA | 6:57.21 |

WOMEN **40-44**

| | | |
|--------------------|---------------|----------------|
| 50 M. FREE | | |
| LAURA ROOKSTOOL | 40 PNA | 34.41 |
| TOMLINSON-MACIAS | 43 UNA | 36.57 |
| 100 M. FREE | | |
| LAURA ROOKSTOOL | 40 PNA | 1:24.57 |
| TOMLINSON-MACIAS | 43 UNA | 1:27.77 |
| KARI EINSET | 42 PNA | 1:33.27 |
| 200 M. FREE | | |
| TOMLINSON-MACIAS | 43 UNA | 3:28.63 |
| 50 M. BACK | | |
| KARI EINSET | 42 PNA | 51.37 |
| 100 M. BACK | | |
| TOMLINSON-MACIAS | 43 UNA | 1:44.21 |
| KARI EINSET | 42 PNA | 1:56.31 |
| 200 M. BACK | | |
| ZENA COURTNEY | 42 PNA | 2:49.03 |
| 50 M. BRST | | |
| JANET SANDERS | 43 OREG | 47.54 |
| TOMLINSON-MACIAS | 43 UNA | 53.82 |
| 100 M. BRST | | |
| ZENA COURTNEY | 42 PNA | 1:37.56 |
| JANET SANDERS | 43 OREG | 1:41.92 |
| 200 M. BRST | | |
| JANET SANDERS | 43 OREG | 3:40.82 |
| 50 M. FLY | | |
| KARI EINSET | 42 PNA | 31.79 Z |
| JANET SANDERS | 43 OREG | 43.06 |
| TOMLINSON-MACIAS | 43 UNA | 46.19 |
| 100 M. FLY | | |
| JANET SANDERS | 43 OREG | 1:47.57 |
| 200 M. FLY | | |
| JANET SANDERS | 43 OREG | 3:48.27 |
| 200 M. I.M. | | |
| ZENA COURTNEY | 42 PNA | 2:55.33 |

WOMEN **45-49**

| | | |
|--------------------|--------|---------|
| 50 M. FREE | | |
| MARY LIPPOLD | 45 PNA | 30.93 |
| 100 M. FREE | | |
| MARY LIPPOLD | 45 PNA | 1:08.60 |
| BARBY CAHILL | 46 PNA | 1:13.79 |

WOMEN **19-24**

| | | |
|--------------------|--------|----------|
| 50 M. FREE | | |
| KELLY CRANDELL | 21 PNA | 33.27 |
| JESSICA HANNULA | 19 UNA | 33.90 |
| 100 M. FREE | | |
| JESSICA HANNULA | 19 UNA | 1:20.81 |
| 400 M. FREE | | |
| KELLY CRANDELL | 21 PNA | 5:48.74 |
| 800 M. FREE | | |
| KELLY CRANDELL | 21 PNA | 12:21.57 |
| 50 M. BRST | | |
| KELLY CRANDELL | 21 PNA | 45.55 |
| KATIE RICHTER | 24 PNA | 51.07 |
| 100 M. BRST | | |
| KATIE RICHTER | 24 PNA | 1:54.93 |

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.



Photo by Sandy McNeel

Jett Vallandigham, in good spirits after the 200 meter breaststroke.

| | | | |
|---------------------|----------------|--|------------------|
| 200 M. FREE | | | |
| SALLY DILLON | 55 PNA | | 2:53.50 |
| JETT VALLANDIGHAM | 55 PNA | | 4:10.82 |
| 400 M. FREE | | | |
| SALLY DILLON | 55 PNA | | 6:09.46 P |
| JEANNE ENSIGN | 55 PNA | | 7:36.17 |
| 1500 M. FREE | | | |
| JEANNE ENSIGN | 55 PNA | | 29:08.87 |
| 50 M. BACK | | | |
| BONNIE PRONK | 59 MSBC | | 42.09 |
| 50 M. BRST | | | |
| GINGER PIERSON | 55 MACO | | 44.42 Z |
| SALLY DILLON | 55 PNA | | 47.22 P |
| JETT VALLANDIGHAM | 55 PNA | | 57.17 |
| 100 M. BRST | | | |
| BONNIE PRONK | 59 MSBC | | 1:30.90 |
| GINGER PIERSON | 55 MACO | | 1:39.17 Z |
| JETT VALLANDIGHAM | 55 PNA | | 2:13.70 |
| 200 M. BRST | | | |
| JETT VALLANDIGHAM | 55 PNA | | 4:44.51 |
| BONNIE PRONK | 59 MSBC | | 3:20.15 |
| 50 M. FLY | | | |
| GINGER PIERSON | 55 MACO | | 42.36 |
| 100 M. FLY | | | |
| GINGER PIERSON | 55 MACO | | 1:34.83 Z |
| 200 M. FLY | | | |
| GINGER PIERSON | 55 MACO | | 3:26.71 Z |
| 200 M. I.M. | | | |
| BONNIE PRONK | 59 MSBC | | 3:10.46 |

WOMEN 60-64

| | | | |
|--------------------|---------------|--|------------------|
| 50 M. FREE | | | |
| SUSANNE SCHUMANN | 64 MACO | | 39.67 |
| 100 M. FREE | | | |
| SUSANNE SCHUMANN | 64 MACO | | 1:29.65 |
| 200 M. FREE | | | |
| FRANCESCA DRUM | 60 PNA | | 3:30.35 |
| 50 M. BACK | | | |
| CHAYA AMIAD | 63 PNA | | 1:09.96 |
| 100 M. BACK | | | |
| CHAYA AMIAD | 63 PNA | | 2:35.54 |
| 200 M. BACK | | | |
| FRANCESCA DRUM | 60 PNA | | 3:57.70 |
| CHAYA AMIAD | 63 PNA | | 5:18.88 |
| 50 M. BRST | | | |
| FRANCESCA DRUM | 60 PNA | | 49.39 P |
| SUSANNE SCHUMANN | 64 MACO | | 50.65 |
| 100 M. BRST | | | |
| FRANCESCA DRUM | 60 PNA | | 1:50.14 P |
| SUSANNE SCHUMANN | 64 MACO | | 2:06.98 |

WOMEN 65-69

| | | | |
|--------------------|---------------|--|------------------|
| 100 M. FREE | | | |
| KAREN BRYCE | 68 PNA | | 1:27.77 P |
| B.L'ESPERANCE | 69 OREG | | 2:09.85 |
| 200 M. FREE | | | |
| B.L'ESPERANCE | 69 OREG | | 4:47.22 |
| 400 M. FREE | | | |
| B.L'ESPERANCE | 69 OREG | | 10:09.72 |
| 50 M. BACK | | | |
| B.L'ESPERANCE | 69 OREG | | 1:10.90 |
| 100 M. BACK | | | |
| B.L'ESPERANCE | 69 OREG | | 2:34.18 |
| 200 M. BACK | | | |
| B.L'ESPERANCE | 69 OREG | | 5:34.33 |
| 50 M. BRST | | | |
| KAREN BRYCE | 68 PNA | | 59.47 |
| 100 M. BRST | | | |
| KAREN BRYCE | 68 PNA | | 2:26.44 |

WOMEN 70-74

| | | | |
|--------------------|--------|--|---------|
| 400 M. FREE | | | |
| JANET KAVADAS | 71 PNA | | 9:46.04 |
| 50 M. BACK | | | |
| JANET KAVADAS | 71 PNA | | 1:09.06 |
| 100 M. BACK | | | |
| JANET KAVADAS | 71 PNA | | 2:24.45 |
| 200 M. BRST | | | |
| JANET KAVADAS | 71 PNA | | 5:14.00 |

| | | | |
|---------------------|---------------|--|------------------|
| 200 M. FREE | | | |
| MARY LIPPOLD | 45 PNA | | 2:34.88 |
| DEBBIE GLASSMAN | 48 PNA | | 2:45.24 |
| BARBY CAHILL | 46 PNA | | 2:47.51 |
| 400 M. FREE | | | |
| MARY LIPPOLD | 45 PNA | | 5:25.03 P |
| EILEEN COLLOPY | 47 PNA | | 5:55.17 |
| 800 M. FREE | | | |
| BARBY CAHILL | 46 PNA | | 12:23.27 |
| SANDY MCNEEL | 49 PNA | | 14:59.01 |
| 1500 M. FREE | | | |
| TERI HENDRYX | 48 MACO | | 24:30.85 |
| 50 M. BACK | | | |
| BARBY CAHILL | 46 PNA | | 38.09 P |
| TERI HENDRYX | 48 MACO | | 39.75 |
| 100 M. BACK | | | |
| BARBY CAHILL | 46 PNA | | 1:21.16 Z |
| TERI HENDRYX | 48 MACO | | 1:26.30 |
| 200 M. BACK | | | |
| BARBY CAHILL | 46 PNA | | 2:56.93 P |
| TERI HENDRYX | 48 MACO | | 3:16.34 |
| 100 M. BRST | | | |
| TERI HENDRYX | 48 MACO | | 1:37.29 |
| 200 M. BRST | | | |
| TERI HENDRYX | 48 MACO | | 3:28.57 |
| 100 M. FLY | | | |
| DEBBIE GLASSMAN | 48 PNA | | 1:20.47 |
| MARY LIPPOLD | 45 PNA | | 1:23.37 |

WOMEN 50-54

| | | | |
|--------------------|--------|--|---------|
| 50 M. FREE | | | |
| SARAH WELCH | 54 PNA | | 37.73 |
| JULIA BENT | 54 PNA | | 39.70 |
| KATE CARRUTHERS | 53 PNA | | 40.58 |
| SUSAN ELLIOTT | 51 PNA | | 44.90 |
| 100 M. FREE | | | |
| M. LEIGH JOHNSON | 52 PNA | | 1:23.95 |
| KATE CARRUTHERS | 53 PNA | | 1:32.50 |
| DEMPSEY DYBDAHL | 52 PNA | | 1:38.61 |
| JANE MOORE | 51 PNA | | 1:42.56 |
| SUSAN ELLIOTT | 51 PNA | | 1:54.25 |

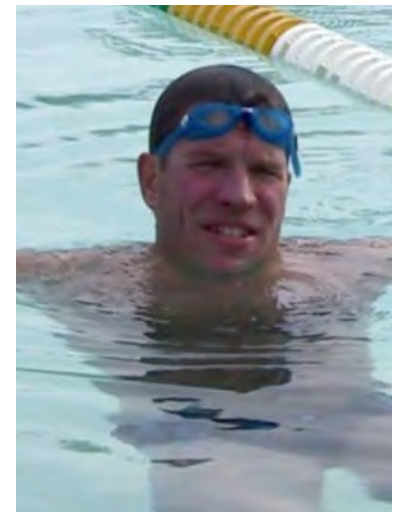
| | | | |
|--------------------|--------|--|----------|
| 200 M. FREE | | | |
| JULIA BENT | 54 PNA | | 3:21.55 |
| 400 M. FREE | | | |
| M. LEIGH JOHNSON | 52 PNA | | 6:18.87 |
| JANE MOORE | 51 PNA | | 8:06.44 |
| 800 M. FREE | | | |
| M. LEIGH JOHNSON | 52 PNA | | 13:05.65 |
| JULIA BENT | 54 PNA | | 15:15.73 |
| JANE MOORE | 51 PNA | | 17:02.05 |
| 50 M. BACK | | | |
| JANE MOORE | 51 PNA | | 48.54 |
| DEMPSEY DYBDAHL | 52 PNA | | 50.78 |
| KATE CARRUTHERS | 53 PNA | | 51.29 |
| SUSAN ELLIOTT | 51 PNA | | 55.98 |
| 100 M. BACK | | | |
| M. LEIGH JOHNSON | 52 PNA | | 1:47.88 |
| JULIA BENT | 54 PNA | | 1:53.56 |
| SUSAN ELLIOTT | 51 PNA | | 2:08.33 |
| JANE MOORE | 51 PNA | | 2:18.56 |
| 50 M. BRST | | | |
| DEMPSEY DYBDAHL | 52 PNA | | 49.57 |
| JULIA BENT | 54 PNA | | 51.69 |
| KATE CARRUTHERS | 53 PNA | | 52.43 |
| JANE MOORE | 51 PNA | | 1:00.60 |
| 100 M. BRST | | | |
| KATE CARRUTHERS | 53 PNA | | 1:54.23 |
| 50 M. FLY | | | |
| DEMPSEY DYBDAHL | 52 PNA | | 44.66 |
| 100 M. FLY | | | |
| DEMPSEY DYBDAHL | 52 PNA | | 1:51.09 |
| 200 M. FLY | | | |
| SARAH WELCH | 54 PNA | | 3:51.56 |
| 400 M. I.M. | | | |
| SARAH WELCH | 54 PNA | | 7:52.68 |

WOMEN 55-59

| | | | |
|--------------------|--------|--|---------|
| 50 M. FREE | | | |
| JETT VALLANDIGHAM | 55 PNA | | 46.57 |
| 100 M. FREE | | | |
| JETT VALLANDIGHAM | 55 PNA | | 1:49.62 |



Photos by Sandy McVee



Jan Kavadas at a turn for the 200-meter breaststroke and Michael Young after the race.

WOMEN 75-79

| | | |
|--------------------|--------|---------|
| 50 M. BRST | | |
| MURIEL FLYNN | 78 PNA | 1:06.25 |
| 100 M. BRST | | |
| MURIEL FLYNN | 78 PNA | 2:24.84 |

MEN 19-24

| | | |
|--------------------|--------|---------|
| 50 M. FREE | | |
| JOSH SKANE | 20 UNA | 27.42 |
| 100 M. FREE | | |
| JOSH SKANE | 20 UNA | 59.38 |
| JASEN SPEER | 20 PNA | 1:03.95 |
| 50 M. BACK | | |
| JOSH SKANE | 20 UNA | 32.44 |
| JASEN SPEER | 20 PNA | 36.88 |
| 50 M. BRST | | |
| JASEN SPEER | 20 PNA | 40.43 |
| 50 M. FLY | | |
| JASEN SPEER | 20 PNA | 31.73 |
| 100 M. FLY | | |
| JASEN SPEER | 20 PNA | 1:17.42 |

MEN 25-29

| | | |
|--------------------|--------|---------|
| 50 M. FREE | | |
| STEVEN ROSARIA | 27 PNA | 28.44 |
| 100 M. FREE | | |
| STEVEN ROSARIA | 27 PNA | 1:05.23 |
| DAVE ALLES | 29 PNA | 1:05.53 |
| 50 M. BACK | | |
| STEVEN ROSARIA | 27 PNA | 36.77 |
| 100 M. BACK | | |
| DAVE ALLES | 29 PNA | 1:21.84 |
| 50 M. BRST | | |
| STEVEN ROSARIA | 27 PNA | 38.44 |
| 100 M. BRST | | |
| STEVEN ROSARIA | 27 PNA | 1:24.68 |

MEN 30-34

| | | |
|--------------------|---------|---------|
| 50 M. FREE | | |
| MARK MC BRIDE | 33 OREG | 30.59 |
| 100 M. FREE | | |
| MIKE GRIMM | 33 PNA | 1:09.78 |
| MARK MC BRIDE | 33 OREG | 1:09.83 |
| 50 M. BACK | | |
| MICHAEL EATON | 33 PNA | 43.90 |
| 100 M. BACK | | |
| MICHAEL EATON | 33 PNA | 1:39.63 |
| 200 M. BACK | | |
| TOM SCHUTTE | 32 PNA | 2:39.92 |

| | | |
|--------------------|--------|---------|
| 50 M. BRST | | |
| TOM SCHUTTE | 32 PNA | 36.30 |
| MICHAEL EATON | 33 PNA | 46.72 |
| 100 M. BRST | | |
| TOM SCHUTTE | 32 PNA | 1:19.68 |
| 200 M. BRST | | |
| TOM SCHUTTE | 32 PNA | 2:49.99 |
| MIKE GRIMM | 33 PNA | 3:23.82 |
| 50 M. FLY | | |
| MICHAEL EATON | 33 PNA | 42.87 |
| 200 M. I.M. | | |
| TOM SCHUTTE | 32 PNA | 2:41.38 |
| 400 M. I.M. | | |
| TOM SCHUTTE | 32 PNA | 5:42.37 |

MEN 35-39

| | | |
|---------------------|---------|----------|
| 50 M. FREE | | |
| CHRIS GAARDER | 36 OREG | 27.61 |
| DAMON BENINGER | 38 PNA | 28.15 |
| PATRICK GIBBS | 36 UNA | 28.49 |
| 100 M. FREE | | |
| DAMON BENINGER | 38 PNA | 1:01.28 |
| PATRICK GIBBS | 36 UNA | 1:02.98 |
| CHRIS GAARDER | 36 OREG | 1:05.47 |
| 200 M. FREE | | |
| CHRIS GAARDER | 36 OREG | 2:28.65 |
| 1500 M. FREE | | |
| JON HERRON | 39 PNA | 19:59.60 |
| KEVIN ESKO | 35 PNA | 22:06.69 |
| 50 M. BACK | | |
| JOHN HUDSON | 35 OREG | 31.88 |
| 50 M. BRST | | |
| JOHN HUDSON | 35 OREG | 33.10 Z |
| KEVIN ESKO | 35 PNA | 33.32 P |
| CHRIS GAARDER | 36 OREG | 37.27 |
| 100 M. BRST | | |
| JOHN HUDSON | 35 OREG | 1:14.63 |
| KEVIN ESKO | 35 PNA | 1:15.29 |
| JOHN GOESSMAN | 36 PNA | 1:22.64 |
| PATRICK GIBBS | 36 UNA | 1:26.88 |
| 200 M. BRST | | |
| JOHN HUDSON | 35 OREG | 2:45.98 |
| KEVIN ESKO | 35 PNA | 2:48.00 |
| MICHAEL YOUNG | 39 PNA | 3:02.56 |
| 50 M. FLY | | |
| DAMON BENINGER | 38 PNA | 29.21 |
| 100 M. FLY | | |
| KEVIN ESKO | 35 PNA | 1:08.49 |
| DAMON BENINGER | 38 PNA | 1:08.74 |
| JOHN GOESSMAN | 36 PNA | 1:11.79 |
| 200 M. I.M. | | |
| KEVIN ESKO | 35 PNA | 2:40.63 |
| JOHN GOESSMAN | 36 PNA | 2:42.49 |

MEN 40-44

| | | |
|--------------------|---------|----------|
| 50 M. FREE | | |
| BERNARD KINGSLY | 43 UNA | 28.23 |
| 100 M. FREE | | |
| BERNARD KINGSLY | 43 UNA | 1:02.36 |
| ERIC DYBDAHL | 41 PNA | 1:06.16 |
| 400 M. FREE | | |
| PAT ALLENDER | 43 OREG | 4:47.71 |
| ERIC DYBDAHL | 41 PNA | 5:17.49 |
| 800 M. FREE | | |
| ERIC DYBDAHL | 41 PNA | 10:52.20 |
| 50 M. BACK | | |
| DAVID MCALPINE | 41 PNA | 32.22 |
| THOMAS JOWETT | 43 PNA | 43.94 |
| 100 M. BACK | | |
| THOMAS JOWETT | 43 PNA | 1:38.27 |
| 200 M. BACK | | |
| ERIC DYBDAHL | 41 PNA | 2:53.21 |
| JOHN SYLVESTER | 44 PNA | 2:54.56 |
| THOMAS JOWETT | 43 PNA | 3:44.24 |
| 50 M. BRST | | |
| BERNARD KINGSLY | 43 UNA | 38.40 |
| 100 M. BRST | | |
| PAT ALLENDER | 43 OREG | 1:16.38 |
| THOMAS JOWETT | 43 PNA | 1:39.97 |
| 200 M. BRST | | |
| PAT ALLENDER | 43 OREG | 2:42.22 |
| THOMAS JOWETT | 43 PNA | 3:42.86 |
| 50 M. FLY | | |
| DAVID MCALPINE | 41 PNA | 28.30 P |
| BERNARD KINGSLY | 43 UNA | 30.48 |
| JOHN SYLVESTER | 44 PNA | 32.37 |
| DAN ROBINSON | 44 UNA | 32.38 |
| 100 M. FLY | | |
| DAVID MCALPINE | 41 PNA | 1:06.49 |
| PAT ALLENDER | 43 OREG | 1:07.59 |
| BERNARD KINGSLY | 43 UNA | 1:08.97 |
| DAN ROBINSON | 44 UNA | 1:14.38 |
| 200 M. FLY | | |
| DAVID MCALPINE | 41 PNA | 2:46.38 |
| DAN ROBINSON | 44 UNA | 2:55.30 |
| 200 M. I.M. | | |
| LINCOLN DJANG | 42 UNA | 2:25.87 |
| BERNARD KINGSLY | 43 UNA | 2:44.05 |
| DAN ROBINSON | 44 UNA | 2:47.98 |
| JOHN SYLVESTER | 44 PNA | 2:49.31 |
| 400 M. I.M. | | |
| PAT ALLENDER | 43 OREG | 5:22.45 |
| ERIC DYBDAHL | 41 PNA | 6:16.10 |

Northwest Zone Short Course Meters Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, INC. Sanction #371-07

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

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

Hosted by: Tualatin Hills Barracudas

DATES: October 27-28, 2001

Place: Tualatin Hills Aquatic Center Pool

15707 S.W. Walker Rd. Beaverton OR

New 25 meter course – Halloween theme

8-10 lanes competition, all deep water, electronic timing

Separate continuous warm-up/down area

Meet Director: Sandi Rousseau. Phone: 503-642-3679

Email: tsrousse@ix.netcom.com

Directions to Tualatin Hills 50M Pool Directions to Pool: Take Hwy. 26 west to Cornell Rd. exit. Turn left and cross over the Hwy., heading south. Turn left again at signal light and travel south on 158th Ave. Pool will be on your left.

Warm-ups: Saturday 11:00 AM
Meet starts: Saturday 12 Noon
Warm-ups: Sunday 8:00 AM
Meet starts: Sunday 9:00 AM

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

ENTRY DEADLINE: POSTMARKED NO LATER THAN October 12, 2001

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

NAME _____ ADDRESS _____

CITY _____ STATE _____ ZIP _____ EMAIL _____

PHONE _____ BIRTHDATE _____ AGE _____

SEX _____ 2001 USMS# _____ USMS CLUB _____ (OREG, MACO, PNA, etc)

Age Groups: 19-24, 25-29, 30-34 etc up to 95+. Relay age groups: 79-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, and 320-359. **You may enter a maximum of 6 individual events plus unlimited relays with no more than 5 individual events per day.** Enter relays at the meet. In each relay event, relay teams may swim 200m, 400m, or 800m, (800m for Free relays only) distances. The 400 and 800 relays will be seeded in heats following the 200m relays of the same type. The 400, 800, and 1500 Freestyles will be deck seeded. Check in for these events and for the relays will close 30 min. before event is to be swum. All events will be seeded SLOW TO FAST.

Saturday, October 27

800 FREE (1) _____:_____.

20 minute warm-up.

Event 2 will not start before 1:00 PM

100 BACK (2) _____:_____.

50 BREAST (3) _____:_____.

200 FREE (4) _____:_____.

5 MIN. BREAK XXXXX

FREE RELAYS (5-10)XXXXXXXX

100 BREAST (11) _____:_____.

200 FLY (12) _____:_____.

50 FREE (13) _____:_____.

5 MIN. BREAK XXXXX

MXD MED RELAYS (14-15) XXXXXXXX

400 I.M. (16) _____:_____.

Zone Meeting to follow this session.

ZONE T-SHIRTS: \$14.00 EACH

_____ M _____ L _____ XL _____ XXL

Sunday, October 28

400 FREE (17) _____:_____.

20 minute warm-up.

Event 18 will not start before 10:00 AM

50 FLY (18) _____:_____.

200 BACK (19) _____:_____.

Halloween Relay Surprise!

100 FREE (20) _____:_____.

200 I.M. (21) _____:_____.

5 MIN. BREAK XXXXX

MXD FREE RELAY(22-24) XXXXXXXX

100 FLY (25) _____:_____.

200 BREAST (26) _____:_____.

50 BACK (27) _____:_____.

5 MIN. BREAK XXXXX

MED RELAY (28-31) XXXXXXXX

1500 FREE (32) _____:_____.

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

SIGNATURE _____

DATE _____

Entry Fee: \$18.00 \$ _____

T-Shirts: @ \$14.00 \$ _____

Total: \$ _____

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

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

PNA LOCAL MASTERS SWIMMING COMMITTEE
4th ANNUAL SHORT COURSE METERS PENTATHLON MEET
 Hosted by North Whidbey Masters [Meet Sanction #013608]

DATE: Saturday, September 29, 2001

TIME: Warm-up: 8:00 AM. Meet starts 9:00 AM
 Check in by 8:45

PLACE: John Vanderzicht Memorial Pool
 85 SE Jerome St
 Oak Harbor, WA 98277
 Phone: 360-675-POOL

MEET DIRECTOR: Sally Dillon
 Phone: (360) 679-5038
 E-mail: salswmt@oakhARBOR.net

FACILITY: Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2001 USMS or MSC registered swimmers 19 and above as of 9/29/2001. Age groups based upon the swimmer's age as of 12/31/01. Entries must be received by the meet director by Saturday, September 22nd, with the following exception:
Race day entries will be accepted until 8:30 AM for an additional \$5.00 late fee.

SEEDING: Slow to fast. ALL EVENTS WILL BE DECK SEEDED. CHECK-IN IS REQUIRED.
TIMING: Electronic timing will be used.

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

THE PENTATHLON: Swimmers should enter the five events that "complete " a pentathlon, but may enter fewer. The Pentathlon categories are:

- "Sprinters Choice" Division 50 each of fly, back, breast, and free plus a 100 IM
- "Middle Masters" Division 100 each of fly, back, breast, and free plus a 200 IM
- "Animal" Division 200 each of fly, back, breast, and free plus a 400 IM

There will be a short break after each stroke. Pentathlon results will be calculated by adding the total time swam in the five events. Swimmers competing in the pentathlon will have a "time penalty" if they are disqualified in an event. It will be assessed as follows: ADD 5 seconds for each 50 of the event. Swimmers who try to abuse the disqualification system will be eliminated from the Pentathlon competition. Entry forms for the Minnesota Masters Postal Pentathlon will be available at the meet.

Awards: All participants will receive a certificate. Special awards will be presented to the fastest 3 swimmers in each age group for each type of pentathlon. No separate awards will be given for individual events, but PNA medals will be available for purchase.

DIRECTIONS: Take highway 20 to Oak Harbor. Turn east onto Whidbey Avenue. Proceed 1/2 mile to SE Jerome St. Turn right onto Jerome—the pool will be on the right.

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

PNA LOCAL MASTERS SWIMMING COMMITTEE
4th ANNUAL SHORT COURSE METERS PENTATHLON MEET
 Hosted by North Whidbey Masters [Meet Sanction #013608]

NAME: _____ M F AGE as of 12/31/2001: _____

ADDRESS: _____

E-MAIL ADDRESS: _____

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

Local Team _____ or UNATTACHED _____ LMSC _____

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

AGE GROUP (Circle one - determined by your age as of December 31, 2001):
 19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
 60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS. Circle if your first Masters meet: **Y**

| EVENT NUMBER | EVENT | SEED TIME (for SC METERS) |
|--------------|-------|---------------------------|
| | | |
| | | |
| | | |
| | | |

ENTRY FEES: \$10.00 (\$15 Canadian)

Swimmers 65 and over may pay a reduced fee of \$6 (\$9 Canadian)

Race day entries will be accepted until 8:30 AM for an additional \$5.00 late fee

Please make checks payable to: **NWAC**

Mail this entry form and fees to: **Sally Dillon**

salswmt@oakhARBOR.net PO Box 845

(360)-679-5038 (h) **Oak Harbor, WA 98277**

Pre-entries must be received no later than Saturday, September 22, 2001. Please allow appropriate time for mail.

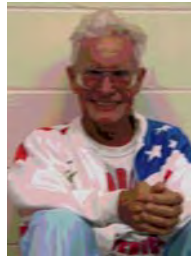
Include a copy of your Masters registration card if you are not a PNA member.

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

SIGNED: _____ DATE: _____

Ask the Swimming Doctor

By Paul Hutinger



This is reprinted from one of Dr. Paul Hutinger's article for the Florida LMSC newsletter. Paul says that it has generated a lot of interest and discussion, more than his topics from earlier columns.

Paul Hutinger has studied swimming technique and stroke analysis extensively. For eight years he published "A Journal of Masters Swimming" which circulated in the United States and Canada. His book with the same name is a compilation of selected articles from those issues. Gathering research on himself since 1970, he has compiled a scientific study of the affects of aging and swimming.

Question: I have heard that diabetes is epidemic in the US. I train regularly in Masters swimming. Is that enough to prevent me from contacting this disease?

Answer: You are one step in the right direction with exercise. Number two, is to lose weight, if overweight. A general principle that must be followed is to have a planned nutrition program. The best is to prevent overloading the bloodstream with glucose, causing an increase in insulin. If your diet causes levels of glucose to spike repeatedly for long periods of time,

it can trigger diabetes. Your doctor can give you a test that will analyze your risk levels, but ultimately, you are responsible for your own health.

Your nutrition is as important as your training in the pool, so put some time and research into a good program. The glycemic index is a major health finding that has been studied and reported in the nutrition journals since 1980. It is a ranking of foods, mostly carbohydrates, based on their effect on blood glucose levels. Contrary to popular myths, sugar and pasta are not the culprits in Type II Diabetes (formerly, adult onset). The glycemic index is a scientific approach to control blood sugar levels that can prevent diabetes, manage weight loss and enhance athletic performances.

If you routinely eat donuts, French fries, mashed potatoes, bagels, instant cereals, like rice and pretzels, you are eating the highest glycemic index foods. This will spike your glucose and insulin, which is to be avoided as a health threat. A booklet on food ratings, plus a nutrition book, will be good resources. Sources include American Journal of Clinical Nutrition, 1995, Vol 62 and The Glucose Revolution, Miller and Wolever, Marlowe & Co, 1999.

Dr. Glen Luepnitz, a nutritionist and immunologist, was an advisor to Richard Quick, the Olympic swim coach. The team followed his recommendations for the glycemic index in their food selection. His biggest supporters, Jenny Thompson and Dana Torres, had top performances.

Low glycemic foods for between major meals include oatmeal, black beans, butter beans, and dry roasted peanuts. Pre and post exercise foods to consider are high glycemic honey, carrots, mashed potatoes, and red apples.

Years ago, swimmers would eat honey and candy at age group meets, for quick energy. These sweets work for a short period of time, but the rebound effect eventually causes a drop in glucose levels, with poor performances as a result. The best approach is to maintain a balance with a slow release of glucose.

Anyone wanting a copy of the glycemic index, please send a large SASE to:

*Dr. Paul Hutinger
1755 Georgia Ave. NE
St. Petersburg, FL 33703*

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



NEWS ABOUT PNA SWIMMERS



Lake Padden 2K and 4K Open Water Swim Debut



Pinky Walker, from the Thunderbird Athletic Club, at the finish of the 2K.



The Oak Harbor contingent at Lake Padden: Harvey Prosser, former pilot; Mardi McCleery, ready to change to dry clothes; Jim McCleery; Sally Dillon; and Ian Johnston, current pilot, and overall winner of the race.

(Continued from page 1)

open water race commenced. Most of the swimmers had donned their wetsuits. Only three braved 64-65 degree water with bare skin. Sally Dillon's advice was, "Definitely wear two caps."

The location was delightful. Some non-swimmers who tagged along to the meet entertained themselves with a walk on the path that looped around the lake.

The course was a triangle, without power boats, and was well marked with easy-to-see buoys. Swimmers went once around for the 2K swim, twice around for the 4K swim. Swimmers were easily seen and monitored by the spectators. This made for entertaining viewing, especially if you were standing next to Barb Gundred, coach of the meet host, Bellingham Masters. She

recognized most of the swimmers by their stroke and called them out to interested bystanders.

Ian Johnston, from Oak Harbor, took the lead on the first loop and went on to impressively win the 4K. Rod Craig came in second for the 4K. It was a battle at the last turn as Linda Hegeberg and Ian Thompson tied for third and fourth. Eric Knapp closely followed for fifth place.

In the 2K, the first five places went to Sam Anderson, Bob Fish, Steve Rutherford, Michael Jones, and Cam Towill.

Food was donated by Hansen's, Great Harvest Bread Company, Baker's Breakfast Cookies, and the Lakeway Cost Cutter.

Complete results are on the web site swimpna.usms.org/ under Results.



Swimmer in the News

As a result of Anna Marie Terhaar's publicity efforts, KIRO news aired a short feature story on Gene Crosssett on August 12th.

The story featured Gene as the 87-year-old Masters swimmer, talked about his many medals, his plans to swim in Long Course Nationals, and the yardage he achieved last February.

Hips, Stroke, Breathing and All That Jazz By Doug Stern

Baseball players do it, golfers do it, handball players, and tennis players also do it. Dancer do it! They all initiate a powerful action with their hips. Initiating a movement with your hips, then adding your shoulders, and finally your hands involves a principle called, "summation of forces." Each action builds upon the other, adding to the force of the previous movement until you generate one huge explosive action. Swimmers also generate tremendous forward propulsion by swimming with their hips.

I have spent a lifetime watching fast swimmers cruise down the lane. What makes them go so fast? My coach used to say that "everyone has 32 teeth and 2 gums, 8 fingers and 2 thumbs and your butt goes when the wagon comes." We seem to start out equal but as was said in the book, *Animal Farm*, "some pigs are more equal than others." We differ in our flexibility and more importantly in our kinesthetic sense. Kinesthetic sense lets us know where our bodies are in motion. It is akin to coordination. Fast swimmers are able to apply force at precisely the right moment. They coordinate body roll, breathing, and arm stroke so that it looks as if it is done effortlessly. The key is how, when, what, and where.

In March I went on a ski trip to Park City, Utah. After two days of skiing I had to escape to find some liquid water. The local athletic club had a beautiful heated outdoor pool. If I had died and gone to heaven it could not have been a nicer setting; beautiful snow capped mountains as a backdrop and a 6-lane 25-yard outdoor pool at my feet. I met Peter, the local swim coach, who delighted in talking about stroke technique and working out. Peter mentioned that he spends a lot of time on the deck and does not have much of an opportunity for personal stroke work. Being a pushy New Yorker, I volun-

teered to work with him. (He really had no choice.)

Peter mentioned several aspects of the stroke that he worked on as he swam. He said that he is always aware of his arm extension so that he can get onto his side. He also said that he does not kick. This sounded strange. I told him to take off his shoes and socks so that I could check his ankle and toe flexibility. These seemed to be average, allowing him some degree of propulsion. The next step was to observe the swim. Peter had a very wide arm recovery; he looked back when he took his breath; his feet split apart about three feet; and his hips moved laterally.

Peter's error stemmed from one main problem—he did not open his hips. This analysis might seem simplistic but let us examine the series of movements. If Peter had opened his hips (rotated his hips so that they pointed upward at maximum body roll) his arm recovered over the water as if he was taking his hand out of his pocket (shoulder shrug first and hand last). Peter's recovering hand would have remained close to his body creating a narrow arcing movement (as opposed to a wide swing action). Peter would now be able to bring his shoulder and elbow up and forward, allowing his hand to enter the water in front of his shoulder and extend (as opposed to sliding across his face as it entered). By opening his hips, Peter would be able to keep his arms close to his body on recovery and place his hand in the water in a straight line with his shoulder. All the compensating actions (wide kick and lateral motion of hips) would be eliminated.

We worked on several simple concepts to change Peter's stroke. We worked on the coordination of the lead hand, hip, breathing, and arm recovery. I asked Peter to start each stroke by flexing his wrist (pointing his fingers downward and slightly inward), next, drive his hip toward the sky (we were in an out-

door pool) and breathe to that side right after his hip started moving. I mentioned to Peter that his hand would remain perpendicular to his line of flow throughout the stroke (hand always pointing toward the bottom of the pool). To drive this point home I asked Peter to stand in shallow water with his butt against the wall. He placed his palm flat on the wall near his hip and slid it upward. Peter noticed that he had to shrug his shoulder first then lift his elbow and finally his hand cleared the water. His fingers still pointed downward as his elbow moved upward and forward. This hand position made for an easier arm recovery. Peter swam length after length using only one arm. He would swim with his right arm breathing on his right and then with his left arm breathing on his left. I asked him to repeat the instructions with each and every stroke, "flex hand, open hip, breath, soft recovery." Every stroke had to be monitored because we were grooving a new stroke pattern. Peter knew that perfect practice would create a perfect swim.

When Peter felt comfortable with this new pattern we moved on. After several one arm swims he included both arms in a catch-up stroke. He started with both arms extended one hand on top of the other, he stroked with the bottom arm as if he was doing a one-arm swim and placed that hand on top of the extended hand repeated with the other arm. He could feel his body rolling on both sides equally. Peter was swimming in a straight line. At the end of the pool he noticed that he was also kicking. With this new stroke pattern Peter used his kick for propulsion instead of just balancing arm errors.

Peter progressed to a regular swim. His goal was to put the whole stroke together in a coordinated effort. Several things became apparent as we worked together. Peter

(Continued on page 15)



(Continued from page 14)

noticed that he could feel as if he was holding onto the water and pulling his body over his arm. He was swimming with the core of his body (hips, abdominals, and back) instead of just his arms. His shoulder was rolling toward the water as his hand entered. He had a feeling of acceleration with each stroke. His head rolled with his shoulders as he took his breath and he was no longer looking toward his feet. This swim was very different from what he was used to and it would require constant monitoring.

Before I left to continue my ski vacation I videotaped Peter. He could see the change in his stroke and also realized that swimming is always a work in progress. Unless someone is on the deck to give you feedback it is easy to fall back into old habits and not create my new and strange ones. I suggested that he go dancing and continue to work on his hips.

Doug Stern is monthly columnist for Triathlete. He coaches swimmers, triathletes, and water runners in the New York metropolitan area. For information about his Doug Stern Swim Clinics, call (212) 222-0720 or e-mail dwrswim@aol.com.

What is a Zone?

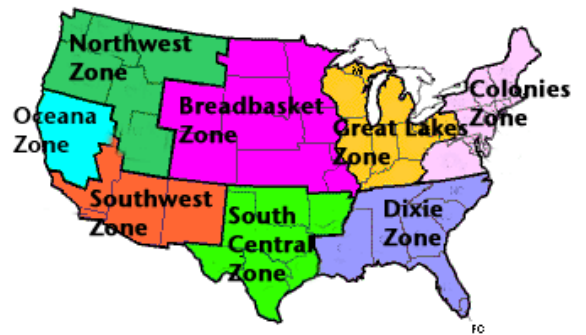
On October 27-28th, Tualatin Hills Barracudas is hosting a zone meet in Beaverton, Oregon. Sometimes we have local meets. Sometimes we have zone meets. How does this work? US Masters Swimming is divided into eight Zones. The Northwest Zone covers the States of Alaska, Idaho, Montana, Oregon, Utah, and Washington.

Our Northwest Zone is divided into seven Local Masters Swimming Committees (LMSC). Each LMSC is responsible for the activities in their section.

Our LMSC, Pacific Northwest Association of Masters Swimmers (PNA), produces this newsletter.



The Zones of United States Masters Swimming



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 # _____



Photos by Sandy McVeer

Jay Benner, finished in a strong lead for the overall race and the 3-mile Men's Non-Wetsuit division.



Ballet of the Rocks: The rocks at the shore were a little large for some to walk on and added more challenge to the finish, as Kathryn Gwilyn, center, found out.



Geoff Wilwerding directs Bill Penn in to the finish.

Fat Salmon's Third Year: More Popular Than Ever

(Continued from page 1)

swimmers. The event has grown to 186 people and is now sanctioned by USMS. People travel from California (8 people drove from San Francisco in a van), New Mexico, Colorado, Illinois, British Columbia, and eastern Washington.

The swim was in Lake Washington, with the 3-mile starting at the I-90 bridge and the 1-mile starting at Blaine Edwards Park. Both finished at Madison Park.

Jay Benner was the first to reach the Madison Park shore, shattering the first place record with a 1:04:19 time. He finished with a long lead over the next swimmer, Paul Skoglund. Paul swam the course in 1:06:27 and is an inspiration to aspiring open water swimmers, as the first year he swam the Fat Salmon, he got out of the water after 20 strokes. The next three

places for the 3-mile went to Bill Penn, Michael Meyer, and Scott Zorning. Teri Campbell was the first female for the 3-mile. She beat her own record by four minutes and has won the 3-Mile Women's Wetsuit category for all three years. The first five swimmers for the 1-mile swim were Keith Szot, Jack Stavros, Pete Colbeck, Donna Peters, and Dean Nicholls.

Best times were achieved in all categories. Some credit this to a following wind and relatively calm water until the last 1200 yards. Or perhaps the swimmers are just faster.

The food was plentiful and excellent due to Meridith English's efforts.

Complete results for Fat Salmon are on the web site swimpna.usms.org/ under Results.



Photo by Madeline Artis



Photo by Sandy McNeel

Above: Co-meet Director Ed Artis.
Right: Geoff Wilwerding and Co-meet Director Michael Meyer announcing winners.

Do You Have All of Your Awards from Nationals?

If you failed to pick up all of your award "plates" for your plaque from Long Course Nationals, send a SASE and your age group/event information to:

Sally Dillon
PO Box 845
Oak Harbor, WA 98277

Please include how to contact you, in case she has a question and needs to reach you.

New Web Site

Green Lake Aquaducks would like to announce their new web site at <http://blake.prohosting.com/aquaduck/>.

If any other PNA teams have new web sites, let Sandy McNeel, the editor know. (Contact information on page 2.) She'll print a little announcement for you. Also, let Jim McCleery know at mcclery@skagit.ctc.edu so that he can link it on our web site.

Exotic, Overseas November Meet Coming!

Why swim in the November meet?

- It's overseas! (OK, we're exaggerating. Just take the ferry to Bremerton)
- New venue! (Puget Sound Naval Shipyard pool)
- Uncommon format! (Short Course Meters)
- Get in shape for Thanksgiving! (Make room for more turkey!)

Make your plans now for the perennial Kitsap County meet, this year to be held at the Puget Sound Naval Shipyard MWR (Morale, Welfare, and Recreation) facility. Tentative plans are to offer the 400 IM and 1500 Free on Saturday evening, November 17, and the remainder on Sunday, November 18. The meet will use Event Order #2:

| # | Event | # | Event |
|------------------------------|----------------------|----|------------------------|
| Saturday, November 17 | | | |
| 1 | 400 IM | 2 | 1500 Free |
| Sunday, November 18 | | | |
| 3 | 400 Free | 13 | 100 Fly |
| 4 | 200 Free Relay | 14 | 50 Breast |
| 5 | 100 Back | 15 | 200 Medley Relay |
| 6 | 200 Free | 16 | 50 Back |
| 7 | 50 Fly | 17 | 100 Free |
| 8 | 200 Breast | 18 | 200 Fly |
| 9 | 100 IM | 19 | 100 Breast |
| 10 | 200 Mixed Free Relay | 20 | 200 IM |
| 11 | 200 Back | 21 | 200 Mixed Medley Relay |
| 12 | 50 Free | | |

Look for the meet entry in your October WetSet and online at www.SwimPNA.org!

Yards to Meters Time Conversion

We have a meters race coming up September 29 at Oak Harbor. Do you know your yards time, but not your meters time? You can find a conversion program at www.swiminfo.com/results/conversions.asp.



THE FINAL LAP



Performance Percentages By Gordon Gray

Following are the 2000/2001 short course yards swim percentages based on USMS National records by age group. Of the 337 PNA swimmers (of 945 registered) who swam in at least one meet, 163 swam five or more different races to qualify for a percentage, i.e., a ranking by average of their five best events.

The percentages are based upon national records in the current age group plus the next age group up and are calculated by day, according to your birthdate. A more detailed discussion on how these values are computed may be found in the December 1998 WetSet. *[Suffice it to say that Gordon has done a fair amount of sleuthing and data processing here – ed.]*

Barb Gundred had the best percentage and becomes the only swimmer besides Jim Penfield to top the 100% barrier. She did it without breaking any national records, since she is at the top of the 45-49 age group. Most of her percentage was based on the 50-54 age group. Which goes to show—you don't have to age up to have a better percentage!

Since the percentage calculations are based on national records, the assumption is that the basis for the calculations will pretty much remain constant throughout the years. That is, the swimmers breaking national records this year will be the same ones breaking national records five years from now, presumably with somewhat slower times. However, a variable such as full bodysuits may skew the times as faster—time will tell.

PNA 2000/2001 Short Course Yards—By Percentage

| | | | | | | | | |
|-----------------------|----|-----------|----------------------|----|----------|-----------------------|----|----------|
| 1 Barb Gundred | 49 | 101.3144% | 25 Tonya Berg | 42 | 89.9644% | 49 John Skroch | 28 | 84.2747% |
| 2 Zena Courtney | 41 | 98.6147% | 26 Aurora Tallacksen | 24 | 89.0196% | 50 Steve Ruitter | 36 | 84.1771% |
| 3 Charlotte Davis | 51 | 98.5520% | 27 Jean Dillon | 26 | 88.9311% | 51 Hugh Moore | 46 | 83.9657% |
| 4 Jim Mc Cleery | 55 | 96.5286% | 28 Steve Peterson | 54 | 88.1588% | 52 Mark Williamson | 24 | 83.5832% |
| 5 Gary Chase | 60 | 96.4668% | 29 Taunya Roberts | 27 | 87.9639% | 53 Allison Beadle | 36 | 83.5762% |
| 6 Steve Sussex | 45 | 96.2599% | 30 Tom Schutte | 31 | 87.9479% | 54 Michael Schaeffer | 44 | 83.4427% |
| 7 Suzanne Dills | 56 | 95.7350% | 31 Gene Crossett | 87 | 87.6653% | 55 A Peters-Johnson | 36 | 83.4293% |
| 8 Lisa Wilson | 39 | 95.4757% | 32 Leslie Mix | 26 | 87.6459% | 56 Yuriko Poehlman | 31 | 83.3718% |
| 9 Thomas Taylor | 70 | 95.1841% | 33 John Bailey | 45 | 87.4891% | 57 Francesca Drum | 59 | 83.3136% |
| 10 Andra Litzenberger | 48 | 94.4053% | 34 William Schubach | 56 | 87.0763% | 58 Karin Heusted | 32 | 83.1365% |
| 11 Mary Lippold | 45 | 94.3121% | 35 Trevor Petrie | 21 | 86.7686% | 59 John Goessman | 35 | 83.0558% |
| 12 Debbie Glassman | 47 | 94.1292% | 36 Rick Peterson | 48 | 86.7095% | 60 Gregory Harrison | 49 | 82.8934% |
| 13 Kathrine Casey | 52 | 93.7905% | 37 Karen Leahy | 32 | 86.6682% | 61 Greg Collins | 52 | 82.8098% |
| 14 Sally Dillon | 54 | 93.6848% | 38 Eric Dybdahl | 41 | 86.4452% | 62 Sarah Welch | 54 | 82.6842% |
| 15 Michael Mc Colly | 55 | 93.2261% | 39 Harvey Prosser | 72 | 85.7077% | 63 Julie Bowman | 22 | 82.6145% |
| 16 Carolyn Mathews | 38 | 93.0497% | 40 Michael Jones | 40 | 85.6599% | 64 Stacy Cummings | 20 | 82.6104% |
| 17 Jo Moore | 46 | 92.1927% | 41 Cindy Allen | 22 | 85.5304% | 65 Leo Espinosa | 39 | 82.4594% |
| 18 Ron Jacobs | 49 | 91.9300% | 42 Eric Valley | 39 | 85.3185% | 66 Walt Reid | 60 | 82.2707% |
| 19 Bob Fish | 37 | 91.4750% | 43 Jeff Strand | 30 | 85.2170% | 67 David Ducolon | 37 | 82.2576% |
| 20 Barby Cahill | 45 | 91.1234% | 44 Steve Freeborn | 45 | 84.8784% | 68 Kevin Prigger | 37 | 82.2448% |
| 21 Frank Warner | 52 | 91.0651% | 45 Pinky Walker | 58 | 84.8282% | 69 Matt Lind | 37 | 82.0189% |
| 22 Linda Hegeberg | 31 | 90.6223% | 46 Dave Drum | 65 | 84.4661% | 70 Kelly Crandell | 19 | 81.9242% |
| 23 Jerri Freimuth | 36 | 90.5715% | 47 Kevin Bonsell | 23 | 84.4131% | 71 Reb Cobb | 29 | 81.7354% |
| 24 Dave Mc Alpine | 40 | 90.5132% | 48 Betty Kercheval | 76 | 84.2889% | 72 Dempsey Dybdahl | 52 | 81.7068% |
| | | | | | | 73 Patrick Gibbs | 35 | 81.4497% |
| | | | | | | 74 Allison Moore | 31 | 80.9203% |
| | | | | | | 75 Marc Beck | 32 | 80.7714% |
| | | | | | | 76 Michele Mehaffey | 31 | 80.7585% |
| | | | | | | 77 Paul Stoermer | 40 | 80.6673% |
| | | | | | | 78 Harold Tauscher | 63 | 80.5541% |
| | | | | | | 79 Steve Reese | 43 | 80.5062% |
| | | | | | | 80 Lani Doely | 44 | 80.5058% |
| | | | | | | 81 Anne Bernhard | 36 | 80.0230% |
| | | | | | | 82 Brian Payne | 49 | 79.8666% |
| | | | | | | 83 Leigh Johnson | 52 | 79.6753% |
| | | | | | | 84 Todd Kowalski | 41 | 79.4202% |
| | | | | | | 85 Steve Ruthford | 26 | 79.2906% |
| | | | | | | 86 Gordon Gray | 55 | 79.2068% |
| | | | | | | 87 Linda Sullivan | 44 | 79.1340% |
| | | | | | | 88 David Baer | 48 | 78.8200% |
| | | | | | | 89 Don Rehfeldt | 66 | 78.8012% |
| | | | | | | 90 Leslie Mc Cullough | 31 | 78.6155% |
| | | | | | | 91 Wendy Hoffman | 38 | 78.4892% |
| | | | | | | 92 Dave Alles | 28 | 78.4855% |
| | | | | | | 93 C J Thrasher | 37 | 78.4635% |
| | | | | | | 94 John Leet | 55 | 78.4279% |
| | | | | | | 95 Jim Lasersohn | 36 | 78.4248% |
| | | | | | | 96 Philip Moseley | 47 | 78.2702% |
| | | | | | | 97 Megan Conklin | 36 | 78.2310% |
| | | | | | | 98 Bob Dorse | 69 | 78.1116% |
| | | | | | | 99 Maxine Carlson | 80 | 78.0356% |
| | | | | | | 100 Megan Bussart | 30 | 77.3198% |



| | | |
|------------------------|----|----------|
| 101 Arni Litt | 55 | 77.2838% |
| 102 James Worrel | 78 | 77.0735% |
| 103 Alison Howard | 34 | 76.8532% |
| 104 Kate Carruthers | 52 | 76.7916% |
| 105 Michael Schnitzius | 33 | 76.7744% |
| 106 Lee Carlson | 60 | 76.7668% |
| 107 Kari Page | 29 | 76.5130% |
| 108 Ken Ragsdale | 38 | 76.3866% |
| 109 E Schukantz | 24 | 76.1023% |
| 110 Jasen Speer | 19 | 76.0023% |
| 111 Amanda Evans | 21 | 75.9784% |
| 112 Laura Del Rio | 35 | 75.8016% |
| 113 Pat Matthiesen | 84 | 75.1117% |
| 114 Carolyn Behse | 57 | 75.0427% |
| 115 Susan Amott | 52 | 74.9460% |
| 116 Paul Ikeda | 41 | 74.8414% |
| 117 Adrienne Reardon | 33 | 74.4632% |
| 118 Mike Grimm | 32 | 74.3361% |
| 119 Jamie Whitney | 36 | 74.3272% |
| 120 Gunnar Forsman | 42 | 74.0865% |
| 121 Tracy Burrows | 38 | 73.8966% |
| 122 Jeanne Ensign | 54 | 73.3054% |
| 123 Sandy Laurence | 44 | 73.1233% |
| 124 Bing Deutsch | 44 | 73.0689% |
| 125 Mark Newport | 37 | 72.9793% |
| 126 Marcia Smith | 40 | 72.9565% |
| 127 Tim Welch | 30 | 72.9361% |
| 128 Karen Bryce | 67 | 72.7976% |
| 129 Jesse Pace | 48 | 72.7375% |
| 130 Ron Oren | 41 | 72.4981% |
| 131 Eric Kapfhammer | 27 | 72.2748% |
| 132 Janet Kavadas | 69 | 72.1234% |
| 133 Jett Vallandigham | 54 | 72.0607% |
| 134 Claudia Jones | 24 | 72.0212% |
| 135 Jennifer Gibbs | 29 | 71.5327% |
| 136 Jim Stephens | 46 | 70.7835% |
| 137 Hal Young | 79 | 70.5718% |
| 138 Ralph Bremer | 72 | 70.4231% |
| 139 Teri Rexroat | 42 | 70.1443% |
| 140 Erik Smith | 43 | 69.8963% |
| 141 Bridget Young | 33 | 69.4206% |
| 142 Sandy Mc Neel | 48 | 68.7758% |
| 143 Kerry Ness | 31 | 68.6221% |
| 144 Thomas Walker | 53 | 68.4944% |
| 145 Thomas Jowett | 42 | 67.5469% |
| 146 Cherilyn Suiter | 32 | 67.3053% |
| 147 Jane Moore | 50 | 67.1397% |
| 148 Tom Foley | 66 | 66.2161% |
| 149 Kathy Cole | 50 | 65.7423% |
| 150 Julie Delaney | 34 | 65.7193% |
| 151 Margaret Winnie | 68 | 65.1052% |
| 152 Hillary Marshall | 29 | 64.8234% |
| 153 Jerry Plunkett | 54 | 64.4621% |
| 154 Cindy Martin | 49 | 64.2449% |
| 155 Mike Saunders | 48 | 62.8865% |
| 156 Marion Chadwick | 79 | 62.0627% |
| 157 Diane Kennedy | 32 | 61.4941% |
| 158 Livia Walker | 78 | 60.6400% |
| 159 Maia Haykin | 41 | 60.6211% |
| 160 Joan Davis | 70 | 59.2528% |
| 161 Kareena King | 26 | 56.6091% |
| 162 Pete Kynion | 53 | 56.2729% |
| 163 Rollie Roberts | 65 | 51.7141% |

The second list shows the percentage improvement over your 2000 percentage. Out of the 77 swimmers that are listed in both 2000 and 2001, 39 bettered last year's percentages.

PNA 2000/2001 Short Course Yards— Percentage Improvement

| | | |
|---------------------|----|---------|
| 1 Arni Litt | 55 | 12.8827 |
| 2 Carolyn Mathews | 38 | 8.0094 |
| 3 Michael Mc Colly | 55 | 5.8568 |
| 4 Eric Dybdahl | 41 | 5.7808 |
| 5 Jett Vallandigham | 54 | 5.3393 |
| 6 Tim Welch | 30 | 5.1522 |
| 7 Jim Mc Cleery | 55 | 4.9562 |
| 8 Zena Courtney | 41 | 4.8808 |
| 9 C J Thrasher | 37 | 4.8659 |
| 10 Wendy Hoffman | 38 | 4.2593 |
| 11 Hillary Marshall | 29 | 4.2505 |
| 12 Michael Jones | 40 | 3.6712 |
| 13 Don Rehfeldt | 66 | 3.4119 |
| 14 Michele Mehaffey | 31 | 3.2777 |
| 15 Sandy Mc Neel | 48 | 3.2327 |
| 16 John Leet | 55 | 3.1654 |
| 17 Thomas Jowett | 42 | 2.9978 |
| 18 Lisa Wilson | 39 | 2.8990 |
| 19 Gary Chase | 60 | 1.9907 |
| 20 Lani Doely | 44 | 1.7788 |
| 21 Mark Newport | 37 | 1.7130 |
| 22 Mary Lippold | 45 | 1.4496 |
| 23 Francesca Drum | 59 | 1.1305 |
| 24 Debbie Glassman | 47 | 1.0128 |
| 25 Maia Haykin | 41 | 0.9877 |
| 26 Steve Freeborn | 45 | 0.9562 |
| 27 Steve Peterson | 54 | 0.9403 |
| 28 Suzanne Dills | 56 | 0.9324 |
| 29 Linda Hegeberg | 31 | 0.8157 |
| 30 Kerry Ness | 31 | 0.7923 |
| 31 Kathrine Casey | 52 | 0.7824 |
| 32 Kelly Crandell | 19 | 0.7496 |
| 33 Janet Kavadas | 69 | 0.7364 |
| 34 Marcia Smith | 40 | 0.5611 |
| 35 Brian Payne | 49 | 0.4404 |
| 36 Gordon Gray | 55 | 0.3279 |
| 37 Lee Carlson | 60 | 0.3094 |
| 38 Hugh Moore | 46 | 0.1441 |
| 39 Jane Moore | 50 | |

The third list shows the percentage improvement over your 1996 percentage. Out of the 41 swimmers that are listed in both 1996 and 2001, 18 bettered their percentage of five years ago. Special mention should be given to Eric Dybdahl and C.J. Thrasher for their dramatic improvements. Both do not have swimming backgrounds and also happen to be good friends, having worked out together at the Queen Anne pool several years ago. Eric's 500 free time improved from 6:43.31 to 5:23.82. C.J.'s 200 free time improved from 2:38.37 to 2:16.68. In 1994 C.J. was first exposed to swimming when contemplating a triathlon. At that time he couldn't even swim the length of a 50-meter pool! Their examples demonstrate that swim performances can be improved with hard work and perseverance.

PNA 1995-2000 Short Course Yards— Percentage Improvement

| | | |
|---------------------|----|---------|
| 1 Eric Dybdahl | 41 | 20.0146 |
| 2 C J Thrasher | 37 | 15.8362 |
| 3 Jim Mc Cleery | 55 | 9.2427 |
| 4 Lisa Wilson | 39 | 7.3262 |
| 5 Charlotte Davis | 51 | 3.5164 |
| 6 Debbie Glassman | 47 | 3.2244 |
| 7 Kathrine Casey | 52 | 3.1559 |
| 8 Janet Kavadas | 69 | 2.5688 |
| 9 Wendy Hoffman | 38 | 2.3213 |
| 10 Lani Doely | 44 | 2.3074 |
| 11 Thomas Taylor | 70 | 1.4840 |
| 12 Gordon Gray | 55 | 1.3610 |
| 13 Mike Saunders | 48 | 1.2908 |
| 14 Michael Mc Colly | 55 | 1.2595 |
| 15 Sarah Welch | 54 | 1.1435 |
| 16 Sandy Mc Neel | 48 | 0.8915 |
| 17 Betty Kercheval | 76 | 0.6828 |
| 18 Gene Crossett | 87 | 0.4022 |

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PNA's web site!
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UNITED STATES MASTERS SWIMMING, INC.

2001 REGISTRATION APPLICATION

Pacific Northwest Association of Masters Swimmers

NEW Registration Renewal My current USMS number is _____

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

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

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

_____ E-Mail _____
City State Zip+4

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

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

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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 _____

Optional Donations: 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
 1000 Cabin Cr Lane SW D301
 Issaquah, WA 98027

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