

## USMS Long Course Nationals at King County Aquatic Center We Did It!



*Lynn Bell on her way to a Zone record in the 200-meter butterfly at the USMS Long Course Nationals at the King County Aquatic Center.*

## LEADING OFF

By  
Lee Carlson

Two subjects this month:

- How to stay sharp.
- What do you want the PNA to work on in your behalf?

First, what are some suggestions to stay sharp? From time to time, we all get stale or fall into a slump. The pace of our lives and the day-to-day responsibilities can be wearing. Often we find ourselves missing a workout or arriving late. During some workouts we have no energy or our technique is bad.

Here are some suggestions that  
*(Continued on page 2)*

## PNA Hosts for 954 Swimmers from Around the World

After two years' planning and lots of hard work from lots of people, PNA pulled off USMS Long Course Nationals. Accolades have been streaming in: "First rate." "From start to finish, it was superb." "So-o-o-o organized and beautifully run." "PNA did themselves proud."

Swimmers at the King County Aquatic Center for four days to swim their best. Even the local swimmers, accustomed to the 'fast' Aquatic Center pool, were in awe of the multitude of records set at Nationals: 73 world record-breaking swims recorded and 94 USMS record-breaking swims.

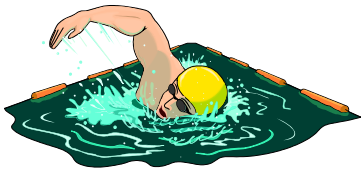
The first event day, Thursday,

was the long distance day and the day was long, due to the large number of swimmers signed up for the two events, 800 and 1500 Free. Jim McCleery set a USMS record in the Men's 55-59 age group in the 1500 Free, swimming it in 19:41.49 .

More swimmers arrived on Friday and the atmosphere was even more charged. The records kept tumbling.

The 50-54 age group was an interesting group to watch. In the Men's 400 IM Jim McConica, Ventura County Masters, finished at 5:11.25, setting a World Record.

*(Continued on page 6)*



# THE WETSET

Volume 21 • Issue 8  
October 2001

## Editor

Sandy McNeel (206) 324-0480  
2364 Fairview Ave E, #1  
Seattle, WA 98102  
swim@troutlake.com

## PNA OFFICERS

### President

Lee Carlson (425) 427-8430  
1000 Cabin Creek Lane SW D301  
Issaquah, WA 98027  
leedee@cablespeed.com

### Vice President

Jeanne Ensign (206) 324-1354  
jeanne@raincity.com

### Treasurer

Sarah Welch (206) 723-1814  
sarah.welch@ci.seattle.wa.us

### Secretary

Steve Peterson (360) 692-1669  
speterson@bandwagon.net

### Board Members at Large

Kathy Moore (253) 854-8715  
Kathy Casey (253) 588-4879  
Tom Foley (206) 937-5585

## PNA VOLUNTEERS

### Registrar

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

**Awards:** Sally Dillon

**Coaches:** Barb Gundred

**Computer Apps.:** Jim McCleery

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

**Fitness:** Carolyn Behse

**Historian:** Tom Foley

**LC Nationals:** Hugh Moore

**Meets/Sanctions:** Hugh Moore

**Records/Top Ten:** Walt Reid

**Officiating:** Jan Kavadas

**Open Water:** Sally Dillon

**Safety:** Kathy Casey

**Social:** Jett Vallandigham

# LEADING OFF

By  
Lee Carlson

(Continued from page 1)

might help. Arrive at workouts earlier; give yourself an extra ten minutes or so to get ready. Stretching and a good warm-up are important to get you going.

Make sure you get enough sleep. You can't do a good workout when you consistently don't get enough sleep. Try concentrating initially on two quality workouts a week and build on this.

Keep a journal of your workouts. Include the total yards you swam, specific sets completed, and an indication of how you swam. Since 70 percent of our membership doesn't compete and many are self-coached, these ideas may help. You can find a workout at [www.swiminfo.com](http://www.swiminfo.com) under "workouts." Many of us swim to reduce stress or just to stay fit. When you swim, do it well. Make your practice translate into better technique.

Second, where do you want your PNA organization to go? Over the last three years PNA has grown to almost 1000 members from approximately 700. We can do more to welcome members and to retain members. We can provide good suggestions and workouts for triathletes and open water swimmers. This will continue to help us grow. What can we do to make swimming more fun and appealing for you?

This coming year should be great for clinics. Topics could include a fitness clinic, open water clinic, stroke clinic, coach's clinic, and a club development clinic. What are your preferences? If we could hold two clinics what should they be?

How can we better communicate with you? We have

an award-winning newsletter and web site but we'd like to improve our communications. Would you be interested in group e-mail or receiving a discount if the *WetSet* were available online versus in print?

What types of meets would you like to see? Do you prefer more meets or fewer meets?

The PNA board met in late September to plan for the next 18 months. We will discuss these items over the next several months. We need your ideas and your energy. Send me an e-mail and let me know your ideas and priorities. E-mail me at [leedee@cablespeed.com](mailto:leedee@cablespeed.com). The PNA is your organization—let's make it work for you.

## PNA Board Meeting

All PNA members are invited.

October 24, Wednesday  
Parks & Recreation, downtown  
Seattle

## In this issue

	Page
Calendar	3
July Minutes	18
LC Nationals	1, 6-12
Breaststroke Tips	14-15
Places to Swim	13
Swimmer Profile	4-5
Request of Observed Swim Form	16

### Entry Form:

Zones @ Beaverton 17



# MASTERS CALENDAR

OPEN WATER  
POSTAL SWIMS  
MEETS  
CLINICS

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

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

October 27-28  
NW Zone SCM Championship  
Tualatin Hills Aquatic Ctr  
Beaverton, OR  
Sandi Rousseau (503) 642-3679  
[tsrousse@ix.netcom.com](mailto:tsrousse@ix.netcom.com)  
[www.barracudas.org/OMS01.pdf](http://www.barracudas.org/OMS01.pdf)  
Entry deadline Oct 12

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

November 17  
Tigard-Tualatin SCY  
Tualatin, OR  
George Johnson (503) 590-6348  
[george.johnson@phillips.com](mailto:george.johnson@phillips.com)  
[www.swimoregon.org/calendar.htm](http://www.swimoregon.org/calendar.htm)  
Entry deadline Nov 2

December 8  
Multnomah Athletic Club SCM Meet  
Portland, OR  
Sean Taylor (503) 285-3860  
[staylor@themacs.com](mailto:staylor@themacs.com)  
[www.swimoregon.org/calendar.htm](http://www.swimoregon.org/calendar.htm)  
Entry deadline Nov 23

December 8  
Alaska SCM Champs  
Anchorage, AK  
Ginny Wright (907) 344-5321  
[ginnyw@alaska.net](mailto:ginnyw@alaska.net)  
[www.akmswim.org](http://www.akmswim.org)  
Entry deadline Nov 29

**January 19, 2002**  
**SCY Orca meet (tentative)**

February 15-16, 2002  
Alaska Master SCY State Champs  
Anchorage, AK  
Ginny Wright (907) 344-5321  
[ginnyw@alaska.net](mailto:ginnyw@alaska.net)  
[www.akmswim.org](http://www.akmswim.org)  
Entry deadline Feb 7

**February 16, 2002**  
**SCY Bellingham meet (tentative)**

**March 10, 2002**  
**SCY Mercer Island meet (tentative)**

March 24-30, 2002  
FINA Masters World Championships  
Christchurch, New Zealand  
Neil Blanchfield +64-3 377-1700  
[masters.swim@greatevents.co.nz](mailto:masters.swim@greatevents.co.nz)  
[www.eventnz.co.nz](http://www.eventnz.co.nz)

**April 13-14, 2002**  
**SCY Zone & PNA Championships**  
**King County Aquatic Center**

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

May 15-September 30, 2002  
USMS 5K/10K Postal Championships  
Pam Himstreet  
[himstreet@bendcable.com](mailto:himstreet@bendcable.com)

June 1, 2002-May 31, 2003  
Short Course Yard Season

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](mailto:cath.p@worldnet.att.net)

August 18, 2002  
USMS 1 Mile OW Championship  
Dorena Reservoir, Cottage Grove, OR

Oct 1, 2002-Sep 30, 2003  
Long Course Meter Season

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

#### British Columbia

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

#### Inland Northwest

Doug Garcia  
P.O. Box 145  
Albion WA 99102-0145  
(509) 332-1621 [dougarcia@usms.org](mailto:dougarcia@usms.org)

#### Montana

Ellen Mills Parchen  
1409 Sherwood  
Missoula, MT 59802  
(406) 543-1575 [ellenm@lolo.k12.mt.us](mailto:ellenm@lolo.k12.mt.us)

#### Oregon

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

#### Alaska

Doug Quist  
[quist@alaska.net](mailto:quist@alaska.net)

#### Snake River

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

#### Utah

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



# NEWS ABOUT PNA SWIMMERS



## Swimmer Profile: Barb Gundred More Than World Records

Barb Gundred, coach for the Bellingham Masters, has always been a good swimmer, both in Masters and as a nationally-ranked age group swimmer, but at this year's Long Course Nationals she shined. She broke two World Records, (100 Back and 200 Back), one National Record (50 Back), and three Zone Records (200 Free, 400 Free, and 800 Free).

This was while she and her team ran Volunteer Hospitality, which was responsible for providing food to the Nationals volunteers. "I don't know how I did so well at the same time as running hospitality. Perhaps I was so hyper and pumped up from worry about hospitality that I didn't worry so much about swimming."

Barb herself was surprised at the World Records, "Never in my life have I ever expected to break a World Record. As a Masters swimmer I never considered a World Record a possibility. I was amazed and totally blown away to say the least."

How did she do it? It was more than the average training regimen, with more challenges than most swimmers have to face. In February 1993, Barb was scuba diving in Kailua-Kona, Hawaii. She got decompression sickness or "the bends".

The reason was unexplainable. Neurosurgeons studied Barb's dives and concluded that her body type did not fit the dive tables. Normally, when a diver surfaces the



*Exhilarated and exhausted Barb Gundred, with her husband Dan, after she broke the World Record in the 100 Back.*

nitrogen that was pressurized in the body tissue slowly leaves the body through their lungs. For some reason, Barb's body did not expel her nitrogen, but instead over the four-day diving period accumulated nitrogen bubbles in her spinal column and at the base of her brain—a life-threatening situation.

Barb spent one week in the hyperbaric treatment chamber in Honolulu and another week in the hospital before coming home. She

suffered massive central nervous system damage and brain damage, a great deal of paralysis, and hearing and visual damage. Barb spent the next two years in physical therapy to gain back most of her mobility. Barb says, "For many years I have been struggling to regain my swimming abilities. I will continue to struggle with this for the rest of my life."

In January, an ultrasound detected a tumor in Barb's uterus. It wasn't known how she would re-



cover from a major surgery, so Barb chose a series of injections to reduce the size of the tumor and thin the uterus lining in preparation for surgery. The injections caused some chemotherapy-like symptoms.

Barb lost weight from the treatments, but she made lemonade out of lemons, "The weight loss from the treatments earlier this year was not planned, but certainly attributed to better swimming. I took advantage of the weight loss and, hopefully, can keep it off. The 35 pounds makes it easier to move through the water."

"I have always had in the back of my mind to be able to swim and compete again. My goals in October of last year were to compete at Short Course Nationals in Santa Clara, Long Course Nationals in Federal Way, and the Worlds in New Zealand in March of 2002."

Barb's training and coaching depend on her daily health. She sometimes suffers from equilibrium and nausea problems, as well as coordination and fatigue problems. Many times, for several days or even weeks, she doesn't train or coach. Ian Thompson coaches in her absence.

Barb's weekly routine varies depending on how she feel, "It is a day-to-day thing." She tries to swim 3-4 times a week, averaging 3500-5000 yards a workout. And she tries to lift three times a week, but generally it ends up being two times. Barb also cross trains, running on a treadmill and riding an exercise bike at least two times a week.

Barb has been swimming competitively on and off since she was about eight years old. She has been coaching since she was 17. She certainly knows the whats and hows of training. But she is modest about her own achievements and is willing to share her success. Her husband, Dan, was on the deck when she broke her world records, equally jubilant. When asked about his role in her swimming, Barb said, "My husband has played the largest

role in my success in recovery and swimming. I could never have accomplished a quarter of what I have without his support and love. He has been right there by my side every step of the way. He has been the single most important factor in my recovery from the accident, success, and my life."

# Number 1000

This month the number of registered PNA swimmers hit an all-time high of 1,000 swimmers. Amy Strand was the #1000 PNA swimmers to register this year.

Welcome to the group, Amy!



## Thanks to the volunteers for Long Course Nationals:

- |                  |                    |                     |
|------------------|--------------------|---------------------|
| DAVID ADELMAN    | LINDA HEGERBERG    | KAREN HARPER        |
| CAROLYN BEHSE    | KARIN HEUSTED      | O'SHAUGHNESSY       |
| TONYA BERG       | WENDY HOFFMAN      | PATRICK             |
| ANN BERNHARD     | NANCY HUNN         | O'SHAUGHNESSY       |
| CORAL BERNIER    | LEIGH JOHNSON      | BRAD PALMER         |
| HOLLY BORK       | TOM JOWETT         | ANNE PETERS JOHNSON |
| SANDY BRATZ      | MELINDA KALIN      | STEVE PETERSON      |
| KAREN BRYCE      | JAN KAVADAS        | BONNIE PRONK        |
| MEGAN BUSSART    | ELLIOT KEPHART     | GARY PRONK          |
| KATHY BYERS AND  | DONNA KEYSER       | WALT REID           |
| FAMILY           | KENTRIDGE GIRLS    | NANCY RYAN          |
| DEE CARLSON      | SWIM TEAM          | LIZ SCOTT           |
| LEE CARLSON      | KENTRIDGE WATER    | NICK SMITH          |
| KATHY CASEY      | POLO               | JIM STEPHENS        |
| ROCKY COURIER    | SANDY LAWRENCE AND | STEILACOOM HIGH     |
| ZENA COURTNEY    | FRIENDS            | SCHOOL GIRLS        |
| KELLY CRANDELL   | ARNI LITT          | SWIM & DIVE TEAM    |
| JOAN DAVIS       | NICK MARSHAL       | SALLY STILL         |
| LAURA DEL RIO    | CINDY MARTIN       | PATRICK SULLIVAN    |
| JILL DEVENPORT   | DAVE MCALPINE      | HAROLD TAUSCHER     |
| STEPHANIE DIEMEL | MIKE MCCOLLY       | TOM TAYLOR          |
| SALLY DILLON     | CATHERINE MCCOY    | ANNAMARIE TERHAAR   |
| ROBIN DURRANT    | LESLIE MCCOLLOUGH  | IAN THOMPSON        |
| DEMPSEY DYBDAHL  | SANDY MCNEEL       | JETT VALLANDIGHAM   |
| ELIZABETH EINSET | KATHY METZLER      | CHARLIE VANZANDT    |
| KARI EINSET      | JANE MOORE         | WAKO SWIM TEAM      |
| JEANNE ENSIGN    | JO MOORE           | SARAH WELCH         |
| BRADLEY FIEDLER  | HUGH MOORE         | LYNN WELLS          |
| STEVE FREEBORN   | SARAH MOORE        | MARY ANN WHITE      |
| KATHY GILL       | ANDRE NGNYEN       | JUDY WILLIAMS       |
| BARB GUNDRED     | ALLIE O'LEARY      |                     |
| GEORGE HAYES     | ROBIN O'LEARY      |                     |





# Results

## Long Course Nationals

### King County Aquatic Center

August 16-19, 2001

Long Course Meters

**P** PNA Record  
**Z** Zone Record  
**N** National Record  
**W** World Record

**WOMEN 19-24**

<b>200 M. FREE</b>		
KELLY CRANDELL	21 #5	2:43.81
<b>400 M. FREE</b>		
ALISON ECKENROAD	24 #4	5:06.35 P
KELLY CRANDELL	21 #7	5:50.98
<b>800 M. FREE</b>		
KELLY CRANDELL	21 #2	12:09.69
<b>100 M. BACK</b>		
ALISON ECKENROAD	24 #4	1:15.39 P
<b>100 M. BRST</b>		
KELLY CRANDELL	21 #1	1:35.08
<b>200 M. BRST</b>		
KELLY CRANDELL	21 #1	3:28.52
<b>50 M. FLY</b>		
ALISON ECKENROAD	24 #4	33.83

**WOMEN 25-29**

<b>50 M. FREE</b>		
COLLEEN PHILIPPS	25 #2	28.55
TAUNYA ROBERTS	28 #4	29.08
JEAN DILLON	27 #5	29.61
JENNIFER PETERSON	25 #7	30.04
<b>100 M. FREE</b>		
TAUNYA ROBERTS	28 #3	1:04.10
AURORA TALLACKSEN	25 #4	1:05.56
JENNIFER PETERSON	25 #6	1:07.20
<b>200 M. FREE</b>		
TAUNYA ROBERTS	28 #3	2:17.89 Z
<b>400 M. FREE</b>		
COLLEEN PHILIPPS	25 #	2 4:54.05 Z
AURORA TALLACKSEN	25 #4	5:06.69
JENNIFER PETERSON	25 #6	5:26.93
JENNIFER GIBBS	29 #8	6:10.81
<b>1500 M. FREE</b>		
AURORA TALLACKSEN	25 #2	20:09.95 P
<b>50 M. BACK</b>		
TAUNYA ROBERTS	28 #2	34.33 P
<b>100 M. BACK</b>		
TAUNYA ROBERTS	28 #1	1:12.50 Z
<b>200 M. BACK</b>		
TAUNYA ROBERTS	28 #2	2:37.72 P
<b>50 M. BRST</b>		
NICOLE MC KENNEY	25 #3	37.91 P
<b>100 M. BRST</b>		
JEAN DILLON	27 #1	1:19.70 Z
NICOLE MC KENNEY	25 #	5 1:25.46
JENNIFER GIBBS	29	1:51.04
<b>200 M. BRST</b>		
JEAN DILLON	27 #1	2:50.89 Z
NICOLE MC KENNEY	25 #	5 3:04.86
JENNIFER GIBBS	29 #9	3:55.27
<b>50 M. FLY</b>		
JEAN DILLON	27 #3	31.51
JENNIFER PETERSON	25 #4	32.26
AURORA TALLACKSEN	25 #6	32.66
NICOLE MC KENNEY	25 #7	33.00
<b>100 M. FLY</b>		
JEAN DILLON	27 #2	1:10.39
<b>200 M. FLY</b>		
MAUREEN PHILIPPS	25 #1	2:25.60 Z
<b>200 M. I.M.</b>		
MAUREEN PHILIPPS	25 #1	2:30.40 Z
COLLEEN PHILIPPS	25 #3	2:32.62
JEAN DILLON	27 #4	2:37.79
NICOLE MC KENNEY	25 #10	2:52.39

**WOMEN 30-34**

<b>50 M. FREE</b>		
KARIN HEUSTED	33 #8	31.35
YURIKO POEHLMAN	32 #9	31.58
KAREN LEAHY	33 #10	31.64
KATHY MOORE	34	38.18
<b>100 M. FREE</b>		
YURIKO POEHLMAN	32 #7	1:08.25
L.CULLOUGH	32 #9	1:11.54
<b>200 M. FREE</b>		
KAREN LEAHY	33 #6	2:30.80
YURIKO POEHLMAN	32 #7	2:34.01
MEGAN BUSSART	31 #8	2:38.53
L.CULLOUGH	32 #9	2:40.29
DIANE KENNEDY	33 #10	3:24.99
MONIQUE GRIMM	31	3:27.35
<b>400 M. FREE</b>		
MEGAN BUSSART	31 #5	5:35.69
<b>800 M. FREE</b>		
MEGAN BUSSART	31 #8	11:51.15
<b>1500 M. FREE</b>		
KAREN LEAHY	33 #2	20:51.61
<b>50 M. BACK</b>		
KAREN LEAHY	33 #6	38.53
L.CULLOUGH	32 #7	39.49
KATHY MOORE	34 #8	44.24
DIANE KENNEDY	33 #9	51.14
<b>100 M. BACK</b>		
L.CULLOUGH	32 #5	1:21.37
<b>200 M. BACK</b>		
LINDA HEGERBERG	31 #3	2:45.22
L.CULLOUGH	32 #4	2:53.22
<b>50 M. BRST</b>		
LINDA HEGERBERG	31 #3	38.35
KATHY MOORE	34	52.15
<b>200 M. BRST</b>		
LINDA HEGERBERG	31 #2	2:56.72 Z
<b>50 M. FLY</b>		
KARIN HEUSTED	33 #4	32.34
LINDA HEGERBERG	31 #8	34.02
<b>200 M. FLY</b>		
LINDA HEGERBERG	31 #3	2:51.64
<b>200 M. I.M.</b>		
LINDA HEGERBERG	31 #4	2:41.90
YURIKO POEHLMAN	32 #9	2:50.61
KARIN HEUSTED	33	2:53.99
L.CULLOUGH	32	3:00.54

**WOMEN 35-39**

<b>50 M. FREE</b>		
CAROLYN MATHEWS	39 #2	29.94
CAROL MC CAIG	39	34.85
<b>100 M. FREE</b>		
CAROLYN MATHEWS	39 #4	1:05.98
WENDY HOFFMAN	39	1:19.07
<b>200 M. FREE</b>		
SUZANNE WAY	37 #9	2:58.92
CAROL MC CAIG	39 #10	2:59.48
TRACY BURROWS	39	3:11.54
KYMMBERLY MYRICK	38	3:17.20
<b>400 M. FREE</b>		
GISELA PAZ	36	7:34.96
<b>800 M. FREE</b>		
GISELA PAZ	36 #6	15:21.89
<b>1500 M. FREE</b>		
SARAH BULLOCK	36 #2	21:29.41

(Continued from page 1)

Lawrence Day, Michigan Masters, finished six seconds behind McConica, also breaking the existing World record. But in the next heat PNA's Rick Colella topped both with a time of 5:05.82.

On Day Three, Lawrence Day, Jim McConica, and Rick Colella were still battling in their age group. In the 200 Butterfly, Lawrence finished first in 2:22.29, easily a World Record. Jim's time was also a World Record. Rick's time of 2:27.03 was a Zone Record.

Rick later broke the World Record in the 200 IM, a record set by Jim McConica at Long Course Nationals last year.

Barb Gundred, was visibly surprised at the finish of her 100 Back. She had just swam a World Record.

The next day Barb also broke the World Record in the 200 Back.

In the team competition, PNA won the Large Team Division for Women, Men, and Combined.



<b>50 M. BACK</b>		
CAROLYN MATHEWS	39 #3	34.15 Z
A.PETERS-JOHNSON	36 #6	35.95
LAURA DEL RIO	36 #8	41.05
KYMMBERLY MYRICK	38 #9	45.21
SUZANNE WAY	37 #10	51.93
<b>100 M. BACK</b>		
CAROLYN MATHEWS	39 #3	1:12.38 Z
CORY MACKIE	38 #6	1:15.38
A.PETERS-JOHNSON	36 #8	1:17.75
LAURA DEL RIO	36	1:32.69
KYMMBERLY MYRICK	38	1:36.33
<b>200 M. BACK</b>		
CAROLYN MATHEWS	39 #6	2:41.78 P
A.PETERS-JOHNSON	36 #7	2:51.29
WENDY HOFFMAN	39 #10	3:23.52
<b>50 M. BRST</b>		
CAROL MC CAIG	39 #4	42.23
LAURA DEL RIO	36 #8	45.85



<b>100 M. BRST</b>		
CAROL MC CAIG	39 #5	1:32.25
TRACY BURROWS	39 #9	1:44.94
SUZANNE WAY	37 #10	2:08.93
<b>200 M. BRST</b>		
WENDY HOFFMAN	39 #7	3:36.59
<b>50 M. FLY</b>		
ANNE BERNHARD	36 #6	34.63
<b>100 M. FLY</b>		
CORY MACKIE	38 #6	1:14.55
ANNE BERNHARD	36 #7	1:20.47
<b>200 M. FLY</b>		
CORY MACKIE	38 #2	2:46.49 Z
<b>200 M. I.M.</b>		
ANNE BERNHARD	36 #	8 3:01.69
CAROL MC CAIG	39 #9	3:11.88
LAURA DEL RIO	36 #10	3:17.40
<b>400 M. I.M.</b>		
CORY MACKIE	38 #5	5:52.41 P

**WOMEN 40-44**

<b>50 M. FREE</b>		
LAURA ROOKSTOOL	40	37.26
KATHY METZLER	41	48.73
<b>100 M. FREE</b>		
ZENA COURTNEY	42 #2	1:04.29 Z
LAURA ROOKSTOOL	40	1:21.95
KATHY METZLER	41	1:54.80
<b>200 M. FREE</b>		
AMY TOUSLEY	40	3:20.89
<b>400 M. FREE</b>		
AMY TOUSLEY	40	7:16.34
<b>800 M. FREE</b>		
ZENA COURTNEY	42 #2	10:17.74 Z
LISA HALLMON	41	13:42.26
AMY TOUSLEY	40	14:55.30
<b>1500 M. FREE</b>		
MARY ANN WHITE	42 #4	22:51.46
<b>50 M. BACK</b>		
ZENA COURTNEY	42 #2	33.80 Z
LISA HALLMON	41 #10	42.31
PHOEBE TERHAAR	44	43.75
KARI EINSET	42	48.40
<b>100 M. BACK</b>		
ZENA COURTNEY	42 #2	1:12.56
PHOEBE TERHAAR	44 #10	1:32.08
<b>200 M. BACK</b>		
ZENA COURTNEY	42 #2	2:35.54
PHOEBE TERHAAR	44 #7	3:19.76
<b>50 M. BRST</b>		
TONYA BERG	42 #2	39.62 P
ANNAMARIE TERHAAR	40 #6	42.71
LAURA ROOKSTOOL	40	49.87
JOANNE KIRKLAND	43	58.24
<b>100 M. BRST</b>		
TONYA BERG	42 #2	1:26.88 P
ANNAMARIE TERHAAR	40 #5	1:40.57
KARI EINSET	42 #6	1:45.90
JOANNE KIRKLAND	43 #8	2:11.10
<b>200 M. BRST</b>		
TONYA BERG	42 #1	3:05.83 Z
<b>50 M. FLY</b>		
ANNAMARIE TERHAAR	40	38.11
<b>100 M. FLY</b>		
KARI EINSET	42	1:45.11

**WOMEN 45-49**

<b>50 M. FREE</b>		
JO MOORE	46 #2	29.52 Z
DEBBIE GLASSMAN	48 #3	30.18
BARBY CAHILL	46 #5	32.33
KATHY ABRAMS	45 #6	32.39
<b>100 M. FREE</b>		
JO MOORE	46 #3	1:05.42 Z
DEBBIE GLASSMAN	48 #5	1:08.00
KATHY ABRAMS	45 #7	1:14.22
SANDY MC NEEL	49 #10	1:33.62
<b>200 M. FREE</b>		
DEBBIE GLASSMAN	48 #6	2:37.76
BARBY CAHILL	46 #8	2:40.84
CORAL BERNIER	46	2:57.04



How about those swims! After their races, Tonya Berg chats with Oregon swimmers, Ginger Pierson, Susanne Schumann, and Becky Obletz.

<b>400 M. FREE</b>		
JO MOORE	46 #4	5:21.06 P
KATHY ABRAMS	45 #8	5:35.35
D KIKO VANZANDT	46	6:03.42
CORAL BERNIER	46	6:16.18
SANDY MC NEEL	49	7:20.91
<b>800 M. FREE</b>		
JO MOORE	46 #3	10:58.29 Z
EILEEN COLLOPY	47 #5	11:25.54
BARBY CAHILL	46 #9	12:15.94
SANDY MC NEEL	49	15:01.11
<b>1500 M. FREE</b>		
D KIKO VANZANDT	46 #5	23:55.69
CORAL BERNIER	46 #6	24:06.00
<b>50 M. BACK</b>		
BARBY CAHILL	46 #3	37.22 Z
<b>100 M. BACK</b>		
BARBY CAHILL	46 #2	1:16.80 Z
KATHY ABRAMS	45 #8	1:27.59
<b>200 M. BACK</b>		
BARBY CAHILL	46 #2	2:46.39 Z
JO MOORE	46 #8	3:07.92
KATHY ABRAMS	45 #9	3:08.67
PAULA TERHAAR	49	3:26.99
<b>50 M. BRST</b>		
LINDA SULLIVAN	45 #8	45.27
<b>100 M. BRST</b>		
LINDA SULLIVAN	45 #8	1:38.78
<b>200 M. BRST</b>		
LINDA SULLIVAN	45 #10	3:40.21
<b>50 M. FLY</b>		
DEBBIE GLASSMAN	48 #2	32.65
JO MOORE	46 #5	33.32
CORAL BERNIER	46 #8	38.06
<b>100 M. FLY</b>		
DEBBIE GLASSMAN	48 #4	1:16.52
CORAL BERNIER	46 #8	1:34.95

<b>200 M. FLY</b>		
DEBBIE GLASSMAN	48 #5	2:59.37
<b>400 M. I.M.</b>		
D KIKO VANZANDT	46	6:59.90
PAULA TERHAAR	49	7:43.41

**WOMEN 50-54**

<b>50 M. FREE</b>		
STELLA PREISSLER	52	35.90
SUSAN ELLIOTT	51	42.95
CINDY MARTIN	50	48.04
<b>100 M. FREE</b>		
STELLA PREISSLER	52 #6	1:18.58
DEMPSEY DYBDAHL	52 #10	1:30.77
JUDY WILLIAMS	53	1:35.95
<b>200 M. FREE</b>		
BARB GUNDRED	50 #3	2:30.57 Z
STELLA PREISSLER	52 #10	3:00.97
JUDY WILLIAMS	53	3:36.89
<b>400 M. FREE</b>		
BARB GUNDRED	50 #1	5:16.05 Z
M. LEIGH JOHNSON	52	6:22.39
MEL LEBSACK	53	6:27.20
STELLA PREISSLER	52	6:28.16
JANE MOORE	51	7:51.04
<b>800 M. FREE</b>		
BARB GUNDRED	50 #1	11:02.65 Z
M. LEIGH JOHNSON	52 #	7 12:57.38
KATE SUTHERLAND	53	17:00.67
<b>1500 M. FREE</b>		
KATHRINE CASEY	53 #2	23:25.90
MEL LEBSACK	53 #4	25:01.76
JANE MOORE	51 #7	31:06.07



Hal Young's t-shirt commentary on swimming, "If swimming were easy, they'd call it football."

<b>400 M. FREE</b>			
SALLY DILLON	55 #1	5:51.31 P	
JEANNE ENSIGN	55	7:26.16	
<b>800 M. FREE</b>			
JETT VALLANDIGHAM	55 #9	18:04.88	
<b>1500 M. FREE</b>			
SALLY DILLON	55 #1	22:39.06 P	
JEANNE ENSIGN	55 #8	28:59.90	
SUSAN BEEK	55 #9	31:33.87	
<b>50 M. BRST</b>			
SALLY DILLON	55 #5	44.54 P	
ARNI LITT	55 #8	52.33	
<b>100 M. BRST</b>			
SALLY DILLON	55 #5	1:40.07 P	
ARNI LITT	55 #9	1:51.60	
<b>200 M. BRST</b>			
ARNI LITT	55 #8	4:07.44	
SUSAN BEEK	55	4:24.23	
JETT VALLANDIGHAM	55	5:02.85	
<b>50 M. FLY</b>			
ARNI LITT	55	52.87	
<b>100 M. FLY</b>			
ARNI LITT	55 #8	1:59.16	
<b>200 M. I.M.</b>			
ARNI LITT	55 #8	4:02.51	

**WOMEN 60-64**

<b>50 M. FREE</b>			
FRANCESCA DRUM	60 #4	39.79	
<b>100 M. FREE</b>			
FRANCESCA DRUM	60 #4	1:33.03	
SUSANNE ZIMSEN	61 #6	1:34.45	
<b>50 M. BACK</b>			
SUSANNE ZIMSEN	61 #7	48.39	
CHAYA AMIAD	63 #8	59.98	
<b>100 M. BACK</b>			
FRANCESCA DRUM	60 #6	1:47.06	
CHAYA AMIAD	63 #9	2:12.61	
<b>200 M. BACK</b>			
CHAYA AMIAD	63 #6	4:44.53	
<b>50 M. BRST</b>			
FRANCESCA DRUM	60 #6	48.85 Z	
SUSANNE ZIMSEN	61 #8	52.36	
<b>200 M. BRST</b>			
FRANCESCA DRUM	60 #4	3:46.12 P	

**WOMEN 65-69**

<b>100 M. FREE</b>			
KAREN BRYCE	68 #5	49.71	
<b>100 M. FREE</b>			
KAREN BRYCE	68 #6	2:02.33	
<b>50 M. BACK</b>			
KAREN BRYCE	68 #3	1:04.29	
<b>100 M. BRST</b>			
KAREN BRYCE	68 #4	2:23.78	
<b>50 M. FLY</b>			
MARGARET WINNIE	68 #5	1:33.80	

**WOMEN 70-74**

<b>400 M. FREE</b>			
JANET KAVADAS	70 #6	9:38.96	
<b>50 M. BACK</b>			
JANET KAVADAS	70 #4	1:07.05	
<b>100 M. BACK</b>			
JANET KAVADAS	70 #4	2:19.92	
<b>200 M. BACK</b>			
JANET KAVADAS	70 #4	4:52.59 P	
<b>100 M. BRST</b>			
JANET KAVADAS	70 #9	2:23.93	
<b>200 M. BRST</b>			
JANET KAVADAS	70 #8	5:16.26	

**WOMEN 75-79**

<b>50 M. BRST</b>			
MURIEL FLYNN	78 #4	1:03.06	
<b>100 M. BRST</b>			
MURIEL FLYNN	78 #2	2:19.53	
<b>200 M. BRST</b>			
MURIEL FLYNN	78 #2	5:04.85	

<b>200 M. I.M.</b>			
MURIEL FLYNN	78 #2	4:59.52	

**WOMEN 80-84**

<b>100 M. FREE</b>			
MARION CHADWICK	80 #4	2:33.31	
<b>800 M. FREE</b>			
MARION CHADWICK	80 #1	25:41.48 Z	
<b>50 M. BACK</b>			
MAXINE CARLSON	81 #5	1:11.89	
<b>100 M. BACK</b>			
MAXINE CARLSON	81 #2	2:32.80	
<b>200 M. BACK</b>			
MAXINE CARLSON	81 #2	5:22.19 Z	
MARION CHADWICK	80 #3	7:11.93	
<b>200 M. BRST</b>			
MARION CHADWICK	80 #3	9:40.24 P	

**MEN 19-24**

<b>50 M. FREE</b>			
JASEN SPEER	20 #3	27.50	
<b>100 M. FREE</b>			
JASEN SPEER	20 #3	1:01.53	
<b>50 M. BACK</b>			
JASEN SPEER	20 #2	35.87	
<b>50 M. FLY</b>			
JASEN SPEER	20 #2	30.64	
<b>100 M. FLY</b>			
JASEN SPEER	20 #2	1:18.98	

**MEN 25-29**

<b>50 M. FREE</b>			
RYAN ROBERTS	28 #6	28.19	
<b>100 M. FREE</b>			
RYAN ROBERTS	28 #6	1:02.84	
<b>200 M. FREE</b>			
RYAN ROBERTS	28 #5	2:26.47	
<b>400 M. FREE</b>			
JOHN SKROCH	29 #2	4:45.33	
<b>800 M. FREE</b>			
CORY HILDERBRAND	25 #2	11:13.09	
<b>100 M. BACK</b>			
JOHN SKROCH	29 #2	1:07.02	
MARK ARNOLD	27 #3	1:07.22	
<b>200 M. BACK</b>			
JOHN SKROCH	29 #1	2:28.07	
<b>100 M. BRST</b>			
JOHN SKROCH	29 #1	1:14.70	
DEREK MULLEN	27 #5	1:20.53	
<b>200 M. I.M.</b>			
JOHN SKROCH	29 #3	2:29.06	
<b>400 M. I.M.</b>			
JOHN SKROCH	29 #3	5:24.22	

**MEN 30-34**

<b>50 M. FREE</b>			
AMON EMEKA	33 #4	25.85	
JOHN CROSS	30 #6	26.10	
SCOTT KELLY	32 #9	26.57	
EDWARD DUNNINGTON	32	29.31	
<b>100 M. FREE</b>			
JOHN CROSS	30 #7	58.72	
SCOTT KELLY	32 #8	59.74	
TROY HUSBAND	32	1:06.61	
<b>200 M. FREE</b>			
GEORGE GONZALEZ	31	2:34.08	
<b>400 M. FREE</b>			
GEORGE GONZALEZ	31 #10	5:22.56	
<b>50 M. BACK</b>			
AMON EMEKA	33 #3	29.65	
P.O'SHAUGHNESSY	32 #9	45.80	
<b>100 M. BACK</b>			
EDWARD DUNNINGTON	32 #5	1:17.75	
TIM WELCH	32 #6	1:20.76	
MICHAEL EATON	33 #7	1:34.50	
<b>200 M. BACK</b>			
TOM SCHUTTE	32 #3	2:29.31	
TROY HUSBAND	32 #5	2:51.40	
TIM WELCH	32 #6	3:00.45	

<b>50 M. BACK</b>			
BARB GUNDRED	50 #1	36.15 N	
KATHRINE CASEY	53 #6	42.11	
SUSAN ELLIOTT	51	52.34	
<b>100 M. BACK</b>			
BARB GUNDRED	50 #1	1:16.93 W	
<b>200 M. BACK</b>			
BARB GUNDRED	50 #1	2:47.60 W	
<b>50 M. BRST</b>			
LYNN BELL	51 #2	40.43 P	
KATHRINE CASEY	53 #7	45.28	
DEMPSEY DYBDAHL	52	46.80	
CINDY MARTIN	50	53.98	
<b>100 M. BRST</b>			
LYNN BELL	51 #4	1:30.21 Z	
<b>200 M. BRST</b>			
LYNN BELL	51 #2	3:13.09 Z	
KATE SUTHERLAND	53 #8	4:17.34	
<b>50 M. FLY</b>			
LYNN BELL	51 #2	34.50 Z	
DEMPSEY DYBDAHL	52	42.71	
SARAH WELCH	54	42.83	
SUSAN ELLIOTT	51	1:00.74	
<b>100 M. FLY</b>			
LYNN BELL	51 #2	1:22.48 Z	
SARAH WELCH	54 #7	1:42.80	
<b>200 M. FLY</b>			
LYNN BELL	51 #2	3:13.01 Z	
KATHRINE CASEY	53 #4	3:35.37	
SARAH WELCH	54 #8	3:59.27	
<b>200 M. I.M.</b>			
KATHRINE CASEY	53 #3	3:21.52	
SARAH WELCH	54 #6	3:39.77	
M. LEIGH JOHNSON	52 #7	3:39.97	
MEL LEBSACK	53 #9	3:59.31	
KATE SUTHERLAND	53 #10	4:17.11	
<b>400 M. I.M.</b>			
KATHRINE CASEY	53 #3	7:01.28	

**WOMEN 55-59**

<b>50 M. FREE</b>			
JETT VALLANDIGHAM	55 #9	48.64	
<b>100 M. FREE</b>			
SALLY DILLON	55 #2	1:14.71 Z	
JETT VALLANDIGHAM	55	1:52.96	
<b>200 M. FREE</b>			
SALLY DILLON	55 #2	2:46.70 P	
JEANNE ENSIGN	55	3:33.57	





<b>50 M. BRST</b>		
TOM SCHUTTE	32 #3	33.18
SCOTT KELLY	32 #6	34.59
JOE HOLLIDAY	34 #8	35.52
MICHAEL EATON	33	44.74
<b>100 M. BRST</b>		
TOM SCHUTTE	32 #2	1:13.52
SCOTT KELLY	32 #4	1:17.81
JOE HOLLIDAY	34 #6	1:19.58
<b>200 M. BRST</b>		
TOM SCHUTTE	32 #2	2:41.26
JOE HOLLIDAY	34 #7	3:00.85
<b>50 M. FLY</b>		
SCOTT KELLY	32 #4	28.08
TROY HUSBAND	32	33.58
MICHAEL EATON	33	41.81
<b>100 M. FLY</b>		
AMON EMEKA	33 #4	1:01.96
SCOTT KELLY	32 #9	1:08.31
<b>200 M. I.M.</b>		
TOM SCHUTTE	32 #4	2:24.69
AMON EMEKA	33 #5	2:24.83
EDWARD DUNNINGTON		2:43.48
GEORGE GONZALEZ	31	3:04.84
<b>400 M. I.M.</b>		
TOM SCHUTTE	32 #4	5:18.34

**MEN 35-39**

<b>50 M. FREE</b>		
BRYAN BALDWIN	37 #3	26.27
MATTHEW STAUFFER	37 #6	27.33
PATRICK GIBBS	36	27.85
C.J. THRASHER	38	29.83
<b>100 M. FREE</b>		
CRAIG MALLERY	39 #3	56.25
BRYAN BALDWIN	37 #8	58.99
PATRICK GIBBS	36	1:01.67
BLAKE WAGNER	35	1:01.96
C.J. THRASHER	38	1:10.60
<b>200 M. FREE</b>		
JOHN PRIGGER	38	2:19.42
MICHAEL YOUNG	39	2:22.14
DOUGLAS REDFIELD	38	2:26.08
<b>400 M. FREE</b>		
STEVEN RUITER	36 #5	4:46.96
JON HERRON	39	5:02.28
DOUGLAS REDFIELD	38	5:12.96
<b>1500 M. FREE</b>		
JON HERRON	39 #7	20:12.77
DOUGLAS REDFIELD	38 #9	21:04.56
<b>100 M. BACK</b>		
MATTHEW LIND	37 #8	1:11.79
<b>200 M. BACK</b>		
STEVEN RUITER	36 #1	2:28.06
MATTHEW LIND	37 #4	2:40.22
<b>50 M. BRST</b>		
<b>KEVIN ESKO</b>	<b>35 #3</b>	<b>32.57 Z</b>
BRYAN BALDWIN	37 #7	35.09
C.J. THRASHER	38 #8	35.80
JOHN GOESSMAN	36	36.03
MICHAEL YOUNG	39	36.22
ERIK TEUTSCH	36	36.98
PATRICK GIBBS	36	38.02
<b>100 M. BRST</b>		
JOHN GOESSMAN	36 #5	1:20.40
MICHAEL YOUNG	39 #8	1:22.15
ERIK TEUTSCH	36 #9	1:22.32
C.J. THRASHER	38 #10	1:23.61
PATRICK GIBBS	36	1:25.86
<b>200 M. BRST</b>		
KEVIN ESKO	35 #3	2:44.96
STEVEN RUITER	36 #5	2:51.00
ERIK TEUTSCH	36 #7	2:58.79
<b>50 M. FLY</b>		
CRAIG MALLERY	39 #2	27.93
MATTHEW STAUFFER	37 #3	28.57
KEVIN ESKO	35 #6	28.91
BRYAN BALDWIN	37 #7	28.92
BLAKE WAGNER	35 #10	29.42
JOHN GOESSMAN	36	30.29
PATRICK GIBBS	36	30.73
MATTHEW LIND	37	32.55
ERIK TEUTSCH	36	32.79

<b>100 M. FLY</b>		
MATTHEW STAUFFER	37 #6	1:04.03
BRYAN BALDWIN	37 #8	1:08.03
JOHN PRIGGER	38 #10	1:11.23
JOHN GOESSMAN	36	1:11.56
<b>200 M. FLY</b>		
MATTHEW STAUFFER	37 #6	2:32.53
<b>200 M. I.M.</b>		
<b>STEVEN RUITER</b>	<b>36 #5</b>	<b>2:26.84 P</b>
BLAKE WAGNER	35	2:38.90
JOHN GOESSMAN	36	2:40.05
MATTHEW LIND	37	2:40.94
ERIK TEUTSCH	36	2:45.33
<b>400 M. I.M.</b>		
<b>STEVEN RUITER</b>	<b>36 #2</b>	<b>5:11.44 P</b>

**MEN 40-44**

<b>50 M. FREE</b>		
JOHN SYLVESTER	44	27.53
ANTONIO ANDERSON	41	29.12
GREGG METZLER	43	33.07
BRAD PALMER	41	33.24
<b>100 M. FREE</b>		
ANTONIO ANDERSON	41	1:07.61
<b>200 M. FREE</b>		
ERIC DYBDAHL	41	2:16.68
DALE WATANABE	40	2:23.51
PAUL WEBBER	43	2:31.51
<b>400 M. FREE</b>		
ERIC DYBDAHL	41	4:54.00
DOUG PORTELANCE	43	4:59.83
PAUL IKEDA	42	6:00.00
<b>1500 M. FREE</b>		
<b>GEOFFREY ANDERSON</b>	<b>41 #5</b>	<b>18:47.48 Z</b>
ERIC DYBDAHL	41 #10	20:01.33
<b>50 M. BACK</b>		
<b>DAVID MC ALPINE</b>	<b>41 #4</b>	<b>30.56 P</b>
THOMAS JOWETT	43	45.25
<b>100 M. BACK</b>		
<b>DOUG PORTELANCE</b>	<b>43 #4</b>	<b>1:06.91 P</b>
LEO ESPINOSA	41 #8	1:14.59
JOHN SYLVESTER	44 #10	1:15.63
<b>200 M. BACK</b>		
<b>DOUG PORTELANCE</b>	<b>43 #4</b>	<b>2:25.05 P</b>
<b>50 M. BRST</b>		
GREGG METZLER	43	46.35
HENRY KIRKLAND	44	53.64
<b>100 M. BRST</b>		
PAUL IKEDA	42	1:27.89
THOMAS JOWETT	43	1:39.34
<b>200 M. BRST</b>		
PAUL IKEDA	42 #7	3:12.83

<b>50 M. FLY</b>		
<b>DAVID MC ALPINE</b>	<b>41 #3</b>	<b>27.25 P</b>
JOHN SYLVESTER	44	30.84
ANTONIO ANDERSON	41	32.61
<b>100 M. FLY</b>		
<b>DAVID MC ALPINE</b>	<b>41 #4</b>	<b>1:00.71 P</b>
DAN ROBINSON	44	1:09.92
PAUL WEBBER	43	1:20.77
<b>200 M. FLY</b>		
DAN ROBINSON	44 #7	2:36.92
ERIC DYBDAHL	41 #9	2:41.82
<b>200 M. I.M.</b>		
DAVID MC ALPINE	41 #5	2:23.09
DOUG PORTELANCE	43	2:34.96
<b>400 M. I.M.</b>		
ERIC DYBDAHL	41 #8	6:01.89

**MEN 45-49**

<b>50 M. FREE</b>		
WILL DELONY	45	29.68
BILL REEDER	49	30.94
RICHARD BLAIS	45	32.13
JAMES STEPHENS	46	32.74
CHARLES BIES	48	36.54
<b>100 M. FREE</b>		
<b>STEVE SUSSEX</b>	<b>46 #3</b>	<b>58.94 Z</b>
BRUCE CRIST	45	1:03.12
WILL DELONY	45	1:06.64
RICHARD BLAIS	45	1:13.43
WALLER TAYLOR	49	1:17.73
JAMES STEPHENS	46	1:18.13
<b>200 M. FREE</b>		
<b>STEVE SUSSEX</b>	<b>46 #3</b>	<b>2:09.18 Z</b>
JIM FLYNN	48	2:29.21
RICHARD BLAIS	45	2:49.64
<b>400 M. FREE</b>		
<b>STEVE SUSSEX</b>	<b>46 #1</b>	<b>4:37.64 Z</b>
<b>800 M. FREE</b>		
BRUCE CRIST	45 #4	10:54.78
RICHARD BLAIS	45 #7	13:20.81
<b>1500 M. FREE</b>		
<b>STEVE SUSSEX</b>	<b>46 #2</b>	<b>19:07.35 Z</b>
JIM FLYNN	48 #5	21:06.77
JOHN METTLER	47 #8	28:59.20
<b>50 M. BACK</b>		
STEPHEN FREEBORN	46	35.68
PHILIP MOSELEY	48	38.03
BILL REEDER	49	39.41
<b>100 M. BACK</b>		
BRUCE CRIST	45 #7	1:16.43
STEPHEN FREEBORN	46 #10	1:18.65
PHILIP MOSELEY	48	1:23.84



**Welcome to the swimmers who have recently joined PNA!**

- ★ **KIMBERLY ADLER, GEORGE BASKETT, MISTY BASKETT, TERRY BURT, KIMBERLY BUSSMAN, LISA COUGHLIN, JEFF FOSTER, MAGGIE GREEN, ANNEMARIE HOBBS, CHRISTOPHER KILMER, PHILIPPA KRAUSEN, LISA KUH, KAIJA LIEKKIO, RYAN MALGREN, PERRY MORIN, MICHAEL NORDBY, CHARLES NORMAN, BRIDGET O'CONNELL, DAMION PROVITOLA, TAMMY SANCHEZ, EMMA YAM HUANG SIEBER, MARC SLAWSON, DANIEL SONNTAG, PAUL THOMAS, CECILIA TUNG, VICKY WAGNER, JOLEEN WESE, JENNIFER WHETHAM, DAVID WITUS, EMILY YASUKOCHI**



# The Beach Goes to Nationals



One of the surprise volunteers at Long Course Nationals was Elliot Kephart, a member of Federal Way Masters. At the entrance of the Aquatic Center he built and sculpted a huge sand castle of the Nationals logo.

Elliot and his crew of four or more spend many of their weekends traveling to sand sculpture competitions along the coast. Some are in the northwest, such as Long Beach or Ocean Shores. Others are further away, such as Texas or Myrtle Beach, South Carolina. They compete and place in the various competitions.

For Nationals, Elliot designed a 3-D version of the Nationals meet

logo, adding lane lines around the rim, a butterfly swimmer on one side, and a freestyle swimmer on the other side.

First he had to get approval from the King County Aquatic Center to bring the pile of sand to the property. Then Elliot hauled in six cubic yards of sand. He started the grueling part of packing and watering. Then with the assistance of one of his sand castle team members, Rocky Courser, he sculpted and carved this sand castle. It was a work in progress for the first two days of the meet and fascinating to watch.

<b>400 M. I.M.</b>		
BRUCE CRIST	45 #7	6:01.36
STEPHEN FREEBORN	46 #8	6:07.73

**MEN 50-54**

<b>50 M. FREE</b>		
<b>RICK PETERSON</b>	<b>50 #3</b>	<b>26.96 Z</b>
<b>100 M. FREE</b>		
<b>RICK PETERSON</b>	<b>50 #3</b>	<b>1:00.94 Z</b>
FRANK WARNER	52 #7	1:02.87
GORDON CLARK	50 #8	1:03.31
LARRY WRIGHT	52	1:07.03
<b>200 M. FREE</b>		
<b>ALAN BELL</b>	<b>51 #2</b>	<b>2:15.02 Z</b>
FRANK WARNER	52 #4	2:18.94
DAVID STERN	51	2:37.76
GREG COLE	50	3:08.04
<b>400 M. FREE</b>		
<b>ALAN BELL</b>	<b>51 #3</b>	<b>4:47.47 Z</b>
WILLIAM PENN	50 #6	5:02.32
DAVID STERN	51	5:41.62
GREG COLE	50	7:15.06
<b>800 M. FREE</b>		
<b>FRANK WARNER</b>	<b>52 #4</b>	<b>10:20.16 P</b>
<b>1500 M. FREE</b>		
<b>ALAN BELL</b>	<b>51 #1</b>	<b>18:54.52 Z</b>
WILLIAM PENN	50 #5	20:08.22
IAN THOMPSON	52 #8	20:59.97
<b>50 M. BACK</b>		
FRANK WARNER	52 #4	34.52
DAVID STERN	51 #5	35.10
THOMAS WALKER	54 #10	49.03
<b>100 M. BACK</b>		
FRANK WARNER	52 #4	1:14.54
<b>200 M. BACK</b>		
FRANK WARNER	52 #5	2:45.35
<b>50 M. BRST</b>		
<b>RICK COLELLA</b>	<b>50 #1</b>	<b>33.09 Z</b>
DANA COX	50 #10	36.30
<b>100 M. BRST</b>		
<b>RICK COLELLA</b>	<b>50 #1</b>	<b>1:12.50 Z</b>
GREG COLLINS	53 #9	1:23.78
GENE REESE	52	1:39.19
THOMAS WALKER	54	1:55.74
<b>200 M. BRST</b>		
<b>RICK COLELLA</b>	<b>50 #1</b>	<b>2:39.08 W</b>
IAN THOMPSON	52	2:59.93
JEFFREY ANDERSON	51	3:10.44
<b>50 M. FLY</b>		
LARRY WRIGHT	52 #9	31.53
GORDON CLARK	50	31.98
<b>100 M. FLY</b>		
<b>ALAN BELL</b>	<b>51 #4</b>	<b>1:07.09 Z</b>
<b>200 M. FLY</b>		
<b>RICK COLELLA</b>	<b>50 #3</b>	<b>2:27.03 Z</b>
<b>200 M. I.M.</b>		
<b>RICK COLELLA</b>	<b>50 #1</b>	<b>2:23.45 W</b>
<b>400 M. I.M.</b>		
<b>RICK COLELLA</b>	<b>50 #1</b>	<b>5:05.82 W</b>

**MEN 55-59**

<b>100 M. FREE</b>		
STEVEN PETERSON	55	1:11.98
JERRY PLUNKETT	55	1:25.62
<b>200 M. FREE</b>		
JERRY PLUNKETT	55	3:15.62
<b>400 M. FREE</b>		
<b>MICHAEL MC COLLY</b>	<b>56 #4</b>	<b>5:14.91 Z</b>
<b>800 M. FREE</b>		
MICHAEL MC COLLY	56 #3	11:04.82
STEVEN PETERSON	55 #4	11:46.68
DON BURTON	55 #7	13:09.63
<b>1500 M. FREE</b>		
<b>JAMES MC CLEERY</b>	<b>55 #1</b>	<b>19:41.49 N</b>
<b>50 M. BACK</b>		
MICHAEL MC KINLAY	58 #9	36.58
<b>100 M. BACK</b>		
MICHAEL MC COLLY	56 #7	1:19.59
<b>200 M. BACK</b>		
WILLIAM SCHUBACH	57 #4	2:51.09
MICHAEL MC COLLY	56 #5	2:53.03
MICHAEL MC KINLAY	58 #8	3:08.14



<b>200 M. BACK</b>		
BRUCE CRIST	45 #9	2:46.28
<b>50 M. BRST</b>		
GREGORY HARRISON	49 #10	36.26
BILL REEDER	49	40.14
CHARLES BIES	48	50.77
<b>100 M. BRST</b>		
GREGORY HARRISON	49 #8	1:19.38
DAVID BAER	48 #10	1:24.30
<b>200 M. BRST</b>		
GREGORY HARRISON	49 #3	2:46.85
WALLER TAYLOR	49	3:35.15

<b>50 M. FLY</b>		
<b>STEPHEN FREEBORN</b>	<b>46 #3</b>	<b>29.20 P</b>
RONALD PORTELANCE	45	32.06
J.SCHAEFFER	45	33.31
BILL REEDER	49	33.88
JAMES STEPHENS	46	41.38
WALLER TAYLOR	49	41.99
<b>100 M. FLY</b>		
STEPHEN FREEBORN	46 #8	1:09.41
RONALD PORTELANCE	45 #9	1:11.37
BILL REEDER	49	1:19.62
<b>200 M. I.M.</b>		
<b>STEVE SUSSEX</b>	<b>46 #3</b>	<b>2:28.61 Z</b>
STEPHEN FREEBORN	46	2:42.83
RONALD PORTELANCE	45	2:43.78
BRUCE CRIST	45	2:44.91
BILL REEDER	49	2:56.05



50 M. BRST		
STEVEN PETERSON	55 #4	37.53 P
JOHN LEET	56	40.75
100 M. BRST		
STEVEN PETERSON	55 #3	1:24.06 P
200 M. BRST		
STEVEN PETERSON	55 #3	3:06.44 Z
JOHN LEET	56 #8	3:26.10
50 M. FLY		
MICHAEL MC KINLAY	58	35.29
200 M. I.M.		
MICHAEL MC COLLY	56	2:49.33 Z
STEVEN PETERSON	55	3:00.63
JERRY PLUNKETT	55	3:48.55

**MEN 60-64**

50 M. FREE		
GARY CHASE	61 #1	34.27
WALTER REID	61 #8	39.40
LEE CARLSON	61	43.25
100 M. BACK		
GARY CHASE	61 #1	1:16.21 Z
WALTER REID	61 #7	1:30.64
LEE CARLSON	61 #10	1:36.95
200 M. BACK		
GARY CHASE	61 #1	2:50.56 Z
LEE CARLSON	61 #8	3:33.59
50 M. BRST		
GARY CHASE	61 #2	37.68
HAROLD TAUSCHER	64 #5	40.12
WALTER REID	61 #10	41.05
100 M. BRST		
WALTER REID	61 #6	1:37.01
200 M. BRST		
HAROLD TAUSCHER	64 #6	3:37.20

**MEN 65-69**

50 M. FREE		
DAVID DRUM	66 #4	32.24 P
DAVID ADDLEMAN	66 #5	32.34
100 M. FREE		
DAVID DRUM	66 #7	1:15.06 P
DAVID ADDLEMAN	66 #8	1:17.35
400 M. FREE		
DON REHFELDT	67 #8	7:17.86
50 M. BACK		
DAVID ADDLEMAN	66 #5	42.69 P
100 M. BACK		
DAVID DRUM	66 #6	1:36.93 P
200 M. BACK		
THOMAS FOLEY	67 #7	4:05.46
50 M. BRST		
DON REHFELDT	67 #4	47.09
100 M. BRST		
DON REHFELDT	67 #6	1:47.16
200 M. BRST		
DON REHFELDT	67 #5	3:54.10
50 M. FLY		
DAVID DRUM	66 #3	35.58 P
400 M. I.M.		
THOMAS FOLEY	67 #4	9:28.50

**MEN 70-74**

50 M. FREE		
ROBERT DORSE	70 #6	34.11
100 M. FREE		
ROBERT DORSE	70 #6	1:24.92
400 M. FREE		
THOMAS TAYLOR	70 #3	6:15.04 Z
1500 M. FREE		
THOMAS TAYLOR	70 #2	24:02.17 Z
50 M. BACK		
JERRY GALLAHER	73 #8	52.77
100 M. BACK		
JERRY GALLAHER	73 #7	2:11.22
200 M. BACK		
THOMAS TAYLOR	70 #2	3:33.58 P
50 M. BRST		
JERRY GALLAHER	73 #6	49.37
ROBERT DORSE	70 #7	50.07
100 M. BRST		
THOMAS TAYLOR	70 #3	1:37.90 Z

JERRY GALLAHER	73 #10	1:59.24
200 M. BRST		
JERRY GALLAHER	73 #9	4:27.39
50 M. FLY		
ROBERT DORSE	70 #7	49.99

**MEN 80-84**

1500 M. FREE		
HAROLD H YOUNG II	80 #3	40:14.71

**MEN 85-89**

50 M. FREE		
L (GENE) CROSSETT	88 #2	50.94
100 M. FREE		
L (GENE) CROSSETT	88 #2	2:06.35
200 M. FREE		
L (GENE) CROSSETT	88 #2	4:38.04 Z
400 M. FREE		
L (GENE) CROSSETT	88 #2	10:21.74 Z
800 M. FREE		
L (GENE) CROSSETT	88 #1	20:41.60 Z

**RELAYS-WOMEN 200 M. FREE**

100-119		
KELLY CRANDELL	21 #2	2:10.88
JEAN DILLON	27	
JENNIFER GIBBS	29	
KARIN HEUSTED	33	

160-199		
DEBBIE GLASSMAN	48 #4	2:05.90 Z
ZENA COURTNEY	42	
CAROL MC CAIG	39	
ANNE BERNHARD	36	

240-279		
SALLY DILLON	55 #4	3:02.39
MAXINE CARLSON	81	
ARNI LITT	55	
KATHRINE CASEY	53	

**RELAYS-WOMEN 200 M. MEDLEY**

120-159		
A.PETERS-JOHNSON	36 #1	2:15.26 Z
JEAN DILLON	27	
KARIN HEUSTED	33	
ANNE BERNHARD	36	

160-199		
ZENA COURTNEY	42 #2	2:14.67 Z
TONYA BERG	42	
DEBBIE GLASSMAN	48	
JO MOORE	46	

200-239		
KATHRINE CASEY	53 #2	2:45.92 P
SALLY DILLON	55	
SARAH WELCH	54	
LAURA ROOKSTOOL	40	

280-319		
MAXINE CARLSON	81 #3	4:05.57
MURIEL FLYNN	78	
ARNI LITT	55	
JANET KAVADAS	70	

**RELAYS-MEN 200 M. FREE**

160-199		
STEVE SUSSEX	46 #4	1:51.90
STEPHEN FREEBORN	46	
BILL REEDER	49	
JASEN SPEER	20	

GREG COLLINS	53 #8	2:01.74
GREG COLE	50	
ERIC DYBDAHL	41	
PATRICK GIBBS	36	

**RELAYS-MEN 200 M. MEDLEY**

120-159		
JASEN SPEER	20 #3	2:18.84
PATRICK GIBBS	36	
ERIC DYBDAHL	41	
MICHAEL MC KINLAY	58	

BRAD PALMER	41 #4	2:36.98
MATTHEW LIND	37	
TIM WELCH	32	
JAMES STEPHENS	46	

160-199		
DAVID MC ALPINE	41 #1	1:58.34 P
TOM SCHUTTE	32	
STEPHEN FREEBORN	46	
JOHN SYLVESTER	44	

STEVEN RUITER	36 #5	2:11.58
BILL REEDER	49	
J.SCHAEFFER	45	
STEVE SUSSEX	46	

200-239		
LEE CARLSON	61 #3	2:26.03
STEVEN PETERSON	55	
GREG COLLINS	53	
DAVID ADDLEMAN	66	

**RELAYS-MIXED 200 M. FREE**

160-199		
JO MOORE	46 #5	1:53.02 Z
STEPHEN FREEBORN	46	
CORY MACKIE	38	
JOHN SYLVESTER	44	

KELLY CRANDELL	21 #10	2:18.35
LAURA ROOKSTOOL	40	
LEE CARLSON	61	
BILL REEDER	49	

200-239		
GREG COLLINS	53 #6	2:02.55 Z
SALLY DILLON	55	
DEBBIE GLASSMAN	48	
STEVE SUSSEX	46	

BRYAN BALDWIN	37 #10	2:11.00
SARAH WELCH	54	
KATHRINE CASEY	53	
WALTER REID	61	

STEVEN PETERSON	55	2:26.19
JEANNE ENSIGN	55	
ARNI LITT	55	
ERIC DYBDAHL	41	

240-279		
STEVEN RUITER	36 #9	2:44.02 P
KAREN BRYCE	68	
MURIEL FLYNN	78	
DAVID ADDLEMAN	66	

280-319		
JERRY GALLAHER	73 #7	3:36.93
MARGARET WINNIE	68	
JANET KAVADAS	70	
L (GENE) CROSSETT	88	

**RELAYS-MIXED 200 M. MEDLEY**

120-159		
BRYAN BALDWIN	37 #10	2:23.16
KELLY CRANDELL	21	
PATRICK GIBBS	36	
JENNIFER GIBBS	29	

160-199		
ZENA COURTNEY	42 #3	2:09.99
TONYA BERG	42	
STEPHEN FREEBORN	46	
JOHN SYLVESTER	44	

A.PETERS-JOHNSON	36 #8	2:15.76
BILL REEDER	49	
DEBBIE GLASSMAN	48	
STEVE SUSSEX	46	
BARBY CAHILL	46 #10	2:21.63
CAROL MC CAIG	39	
ERIC DYBDAHL	41	
GREG COLE	50	

<b>240-279</b>		
WALTER REID	61 #5	2:50.47 P
SALLY DILLON	55	
KATHRINE CASEY	53	
JERRY GALLAHER	73	

LEE CARLSON	61 #8	3:04.94
MURIEL FLYNN	78	
SARAH WELCH	54	
GREG COLLINS	53	

**REQUESTED SPLITS**

<b>Women 50 Free</b>		
Age 19-24		
Kelly Crandell	21	32.62
Age 55-59		
Sally Dillon	55	34.44 P

<b>Women 400 Free</b>		
Age 50-54		
Kathrine Casey	53	6:17.74

<b>Women 800 Free</b>		
Age 50-54		
Kathrine Casey	53	12:37.19
Age 55-59		
Sally Dillon	55	11:57.17 P

<b>Women 50 Back</b>		
Age 40-44		
Zena Cortney	42	34.18
Age 50-54		
Kathrine Casey	53	42.89

<b>Women 50 Fly</b>		
Age 50-54		
Kathrine Casey	53	49.06
Sarah Welch	54	52.72

<b>Women 100 Fly</b>		
Age 50-54		
Kathrine Casey	53	1:44.81
Sarah Welch	54	1:54.74

<b>Men 50 Free</b>		
Age 35-39		
Bryan Baldwin	37	25.78

<b>Men 200 Free</b>		
Age 70-74		
Thomas Taylor	70	3:02.95 P

<b>Men 400 Free</b>		
Age 35-39		
Mike Shaffer	36	4:22.09

<b>Men 800 Free</b>		
Age 35-39		
Mike Shaffer	36	8:54.40
Age 40-44		
Geoffrey Anderson	41	10:07.06
Age 55-59		
Jim Mc Cleery	55	10:25.90 Z
Age 70-74		
Thomas Taylor	70	12:46.07 Z

<b>Men 50 Back</b>		
Age 19-24		
Jasen Speer	20	36.36
Age 35-39		
Bryan Baldwin	37	31.79

# 10 Ways to Reduce Fat in Your Diet

**1 Strategic planning.** For breakfast, eat a bagel (2 grams of fat) instead of a doughnut (12 grams of fat). At lunch, eat two slices of turkey breast (2 grams of fat) instead of bologna (16 grams of fat). For dinner, try a lean pork chop (8 grams of fat) instead of a fried hamburger (21 grams of fat in 4 ounces). And for a snack, eat a cup of nonfat frozen yogurt instead of a cup of vanilla ice cream (14 grams of fat).

**2 Fast-food wisdom.** At fast-food restaurants, order simple burgers, rather than double, jumbo, or super burgers. Drink low-fat or nonfat milk instead of a milk shake, and order a salad with dressing on the side instead of French fries. Choose chicken and fish sandwiches that are grilled, charbroiled, or roasted rather than fried or breaded items. Order them with no sauce, or use honey mustard or barbecue sauce instead.

**3 Be spud smart.** On a baked potato, use nonfat yogurt, sour cream, or cottage cheese instead of regular sour cream (2.5 grams of fat per tablespoon) or butter (12 grams of fat per tablespoon). Try to eat only half of the baked potato served in a restaurant, because these potatoes are often relatively large.

**4 All milk is not the same.** Choose low-fat or fat-free milk. Fat-free milk contains the least amount of fat, 1 percent milk has 2.6 grams of fat, buttermilk has 2 to 3 grams of fat, 2 percent milk has 4.7 grams of fat, and whole milk has 8.9 grams of fat in a 1-cup serving.

**5 Sensible snacks.** Consider reduced-fat or nonfat snacks such as low-fat potato chips (almost 3 grams of fat per ounce less than

regular potato chips), pretzels (typically 1 gram of fat or less per ounce), salsa, or fat-free bean dip (as much as 5 grams of fat per ounce less than guacamole), and rice cakes (no fat).

**6 Hot and ready.** Try freshly baked breads, bagels, and rolls, which have more flavor and generally do not require butter or margarine to taste good. If you must put something on your baked goods, use fruit butters such as apple, peach, or pumpkin, instead of regular butter and margarine.

**7 A better choice.** Substitute hard cheeses such as grated Parmesan and Romano (1 tablespoon contains less than 2 grams of fat) for shredded, full-fat cheese such as cheddar, Gouda, or Monterey Jack (8 to 10 grams of fat per 1-ounce serving).

**8 Sweet sensations.** Select fat-free and low-fat candies such as hard candies, jelly beans, marshmallows, licorice, and gummy candies. If you must have chocolate, try eating 10 to 12 chocolate-covered raisins or mints.

**9 The joy of java.** Drink your coffee black. If you need to lighten it, drink it with evaporated or powdered skim milk instead of half-and-half or cream, thereby saving 2 to 3 grams of fat per tablespoon.

**10 Dealing and dining with reality.** When dining out in restaurants, avoid items that are fried, crispy, buttery, creamed, breaded, sautéed, au gratin, Hollandaise, scalloped, or cooked in their own gravies.

*Courtesy of ACSM's Health & Fitness Journal and James A. Peterson, Ph.D., FACSM.*



## Places to Swim in the Pacific Northwest

### Aberdeen:

Miller Natatorium Pool Willard & N 'B' St (360) 533-3881

### Anacortes:

Fidalgo Pool & Fitness Center 1603 22nd St (360) 293-0673

### Auburn:

Auburn Pool 516 4th Ave NE (206) 939-8825

Auburn Valley YMCA 1005 12th Ave SE (206) 833-2770

### Bainbridge Island:

Ray Williamson Pool Madison & HS Rd (206) 842-2302

### Bellevue:

Bellevue Club 11200 SE 6th St (425) 455-1616

Bellevue Aquatic Center 601 143rd Ave NE (425) 452-4444

Bellevue Place Club 800 Bellevue Way NE (425) 646-1111

Eastside Athletic Club 1505 140th Ave NE (425) 641-1111

Eastside Family YMCA 14230 Bel-Red Rd (425) 746-9900

Newport Hills Swim Club 5464 119th Ave SE (425) 746-9510

Pro Sports Club 4455 148th Ave NE (425) 885-5566

Samena Swim & Rec Club 15231 Lake Hills Blvd (425) 746-1160

### Bellingham:

Arne Hanna Aquatic Ctr 1114 Potter St (360) 647-7665

Whatcom Family YMCA 1256 N State St (360) 773-8630

### Bothell:

Northshore Pool 9815 NE 188th St (425) 296-4333

Northshore YMCA 11811 NE 195th (425) 485-9797

St. Edward Pool 14445 Juanita Dr NE (425) 296-2970

### Bremerton:

Glen Jarstad Aquatic Center 50 Magnuson Way (360) 478-5376

Olympic Aquatic Center 7070 Stampede Blvd (360) 692-3192

### Centralia:

Centralia Indoor Pool 910 Johnson Rd (360) 736-0143

### Des Moines:

Mount Rainier Pool 22722 19th Ave S (206) 296-4278

### Edmonds:

Yost Pool (summer only) 9535 Bowdoin Way (425) 775-2645

### Enumclaw:

Enumclaw Pool 420 Semanski St S (206) 825-1188

### Everett:

Everett Community College 801 Wetmore Ave (425) 259-7151

Forest Park Swim Center 801 Mukilteo Blvd (425) 257-8312

YMCA of Snohomish County 2720 Rockefeller Ave (425) 258-9211

### Federal Way:

Bally's Pacific West 32818 1st Ave S (253) 838-3424

Federal Way Pool 30421 16th Ave S (253) 839-1000

King County Aquatic Center 650 SW Campus Dr (253) 296-4444

### Fife:

Fife Community Pool 5410 20th St E (253) 922-7665

### Friday Harbor:

San Juan Club 435 Argyle St (360) 378-4449

### Gig Harbor:

Peninsula High School Pool 14105 Purdy Dr NW (253) 857-3533

### Hoquiam:

Hoquiam Aquatic Center 717 'K' St (360) 533-3474

### Issaquah:

Julius Boehm Pool 50 SE Clark St (425) 557-3298

### Kent:

Kent Pool 25316 101st Ave SE (206) 296-4275

Tahoma Pool 18230 SE 240th St (206) 296-4276

### Kirkland:

Juanita Pool 10601 NE 132nd St (425) 823-7627

### Lakewood:

Lakewood Family YMCA 9715 Lakewood Dr SW (253) 584-9622

### Lynden:

Lynden YMCA 100 Drayton St (360) 354-5000

### Lynnwood:

Lynnwood Pool 18900 44th Ave W (425) 771-4030

### Marysville:

Marysville-Pilchuck Pool 5611 108th St NE (360) 653-0609

### Mercer Island:

Mercer Island Pool 8815 SE 40th St (206) 296-4370

Stroum Jewish Center 3801 E Mercer Way (206) 232-7115

### Mountlake Terrace:

Mountlake Terrace Pool 5303 228th Ave SW (425) 776-3197

### Mount Vernon:

Skagit Valley Family YMCA 215 E. Fulton St (360) 336-9622

### Oak Harbor:

John Vanderzicht Pool 85 SE Jerome St (360) 675-7665

### Olympia:

Evergreen College Rec Ctr Rec & Athletic's #210 (360) 866-6000

### Port Angeles:

William Shore Memorial Pool 225 E 5th (360) 457-0241

### Port Orchard:

South Kitsap Pool 425 Mitchell Ave (360) 876-7385

### Poulsbo:

North Kitsap Community Pool 1881 NE Hostmark St. (360) 779-3790

### Puyallup:

Bally's Pacific West 3600 9th St SW (253) 845-1713

Mel Korum Family YMCA 302 43rd Ave SE (253) 841-9622

### Redmond:

Redmond Pool 17535 NE 104th St. (206) 296-2961

### Renton:

Cascade Athletic Club 17110 116th Ave SE (206) 271-3857

Renton Pool 16740 128th Ave SE (206) 296-4335

### Seattle:

Aqua Dive Swim Club 12706 33rd Ave NE (206) 364-2535

Ballard Pool 1471 NW 67th St (206) 684-4094

Colman Pool (summer only) 8603 Fautleroy Wy SW (206) 684-7494

East Madison YMCA 1700 23rd Ave (206) 322-6969

Evans Pool 7201 E Green Lk Dr N (206) 684-4961

Gateway Athletic Club 700 5th Ave, 14th Flr (206) 343-4692

Hec Ed Pavilion Pool University of Wash (206) 543-6644

Helene Madison Pool 13401 Meridian Ave N (206) 684-4979

Highline Fitness & Swim Club 626 SW 154th St (206) 433-1036

Meadowbrook Pool 10515 35th Ave NE (206) 684-4989

Medgar Evers Pool 500 23rd Ave (206) 684-4075

Mounger Pool (summer only) 2535 32nd Ave W (206) 684-4708

Queen Anne Pool 1920 1st Ave W (206) 386-4282

Rainier Beach Pool 8825 Rainier Ave S (206) 386-1944

Salvation Army Corps Center 9050 16th Ave SW (206) 767-3150

Sand Point Naval Station Bldg 47 (206) 526-3336

Seattle Athletic Club 33 NE 97th St (206) 522-9400

Seattle University 14th & Cherry (206) 296-6404

Shoreline Pool 19030 1st Ave NE (206) 296-4345

Southwest Pool 2801 SW Thistle St (206) 684-7440

Washington Athletic Club 1325 6th Ave (206) 622-7900

West Seattle Family YMCA 4515 36th Ave SW (206) 935-6000

### Sequim:

Sequim Aquatic Rec Center 610 N 5th St (360) 683-3344

### Silverdale:

Bangor Submarine Base Pool Bldg 2700 (360) 535-5941

### Snohomish:

Hal Moe Pool 405 3rd St (360) 563-7330

### Sumner:

Sumner Pool 1707 Main St (206) 863-8110

### Tacoma:

Bally's Pacific West 1680 S Mildred St (253) 565-4600

Eastside Community Pool 3524 E 'L' St (253) 591-2042

Morgan Family YMCA 1102 S Pearl St (253) 564-9622

Pacific Lutheran University Yakima Ave S & 124th St S (253) 535-7370

People's Center Pool 1602 S MLKing Jr Way (253) 591-5323

Tacoma Center YMCA 1144 Market St (253) 597-6444

Wallace Pool Univ of Puget Sound (253) 752-4471

### Tukwila:

South Central Pool 4414 S 144th (206) 296-4487

### Tumwater:

Valley Athletic Club 4833 Tumwater Vly Dr SE (360) 352-3400

# Stroke Correction Tips

Pointers on the Breaststroke

By Wayne McCauley

*Wayne McCauley is a Masters All-American in the 50- and 200-meter breaststroke events. These are his tips for improving your breaststroke. He lives and coaches in Hawthorne, California and swims for El Segundo Masters.*

First, strip away your old ideas about competitive breaststroke. I don't want it to be smooth; I want a series of explosions with as much streamlining between the explosion for the legs and the explosion to the in-sweep scull. I try not to say pull because I don't want the swimmer to think there is a pull except during the underwater pull-down.

The best way to coach breaststroke is the way I warm up my breaststroke swimmers every day. They know why I make them warm-up this way as I reinforce what I tell them every time we swim breaststroke. We always start with easy kicking to gently warm up the legs and the knees. We might start with 100 kick on the surface, then go to kicking two kicks underwater and one at the surface to breathe. We never use a conventional kick-board for kicking breaststroke, as it will cause your butt to sink. We want the butt as high in the water as possible to allow recovery of the knees with as little resistance as possible. Our swimmers' hands are locked together straight-armed during these kicks, with the head looking down. Next, we continue the same kicking, leaving the arms straight, but sculling out and in for 6 inches, for two lengths. Then the same thing, except sculling out and in about 12 inches for the centerline of the swimmer. Again the arms are as straight as possible, emphasizing

ing to the swimmer there is **no pull back** in the modern breaststroke. The water is harder at the surface; scull about 1 inch under the water's surface for the out-scull and 8-12 inches under for the in-sweep scull.

We then progress to sculling out just past shoulder width, strength determining how wide the swimmer can scull. My eight-year-old girls are sculling maybe a hand-width past the outside of the shoulders, and the strong 15-16 year old boys approximately 10-14 inches past. The criteria is that they must be able to scull out and have the arm and shoulder strength to explode the in-sweep of the hands to get into the streamlined position each stroke.

Streamline, streamline, streamline is what I tell my swimmers every set. They know to explode the arms so that when they kick they are already going into the streamline. They know the proper streamline is with the head looking down, hands together and the body straight as an arrow, with the head just under the water surface. The palms of the hands can be together in the prayer position or one on top of each other. To reinforce this exploding kick into a streamline, they do a one-second drill. After each kick, they hold their hands out in front in the streamline position for one second. I tell them to feel the speed of the water over their heads. Once in awhile I make them swim the same drill with their heads held up the way we used to swim back in the 60s and 70s. After a few laps like this, they are happy to return to the streamline stroke. Sometimes we will race breaststroke using the one-second drill. The swimmers look so good and swim very close

to their best times.

The most important factor in breaststroke is a strong, explosive kick. The legs are brought up very fast to the buttocks, the feet angle out to catch the water, then instantly explode down and backwards until the soles of the feet crash together. The feet and toes should be pointing at the bottom of the pool when crashing together, and then for a milli-second you can point them backwards. This is not necessary though as the feet are now within the wall of water the swimmer has just swum through and they are not causing extra resistance. I have my swimmers use a narrow kick, so that the legs are within the width of the shoulders and just the feet stick out past this water to catch fresh water and explode backwards.

I use the two-hunch system, my swimmers hunch their shoulders outwards on the out-scull and a narrowing hunch at the end of the in-sweep scull.

The first hunch begins with the hands together in the streamline after the kick. As the hands reach full forward extension, the hands are in a prayer position with the thumbs up. Now hunch the shoulders outwards and the elbows rotate 90 degrees. The thumbs will be pointing to the bottom of the pool; cock the wrists so they are 40-45 degrees from being straight. We do lots of sculling drills, the swimmers soon learn they go much faster and easier with the wrists cocked instead of straight. This first hunch when done correctly will put you in a butterfly position and will utilize the large latissimus muscles of the back. These muscles are stronger



# HAPPY BIRTHDAY

to the following PNA swimmers!

and have more endurance than the forearm muscles.

The second hunch begins with the insweep. As the hands scull inwards under the face, the shoulders hunch up to narrow the body as the kick begins and the swimmer stretches out into the streamlined position. Remember two things; you must be able to see your hands in front of you, and the elbows never touch the body or chest.

Timing is what wins and loses races. I tell my swimmers, kick, streamline and fast scull. They know the faster they kick and the faster they scull the more time they have in the streamline position. Hence, the one-second drills where they explode the kick, streamline one-second, and rest, then explode the insweep scull. But I also tell them that during a race the hands are actually beginning to scull outwards during the streamline and first hunch. This is called overlap timing and is used by all championship breaststrokers.

Breathing should be done during the in-sweep scull. The force of the hands coming inwards lifts the body up out of the water. If you keep the head in line with the spine, you will have plenty of time at the peak of the in-sweep to breathe.

These drills will help any breaststroke swimmer from six to over 60.

10 15	SUSAN DEARBORN	10 29	PATRICIA NELLIS
10 15	KARI EINSET	10 29	ANNE TILLERY
10 15	DOUG CARPENTER	10 30	JEFFREY WOLF
10 16	KATHLEEN MORRIS	11 01	ANNE HEALEY
10 16	MEGAN HAZEN	11 01	CAROL HENDERSHOT
10 16	MICHAEL LAMPRECHT	11 01	BARCLAY KLINGEL
10 16	TJALLING YPMA	11 02	DAVID THOMSON
10 18	JACK ANDREWS	11 02	EILEAN RIORDAN
10 18	MARINA CHAPMAN	11 03	AMON EMEKA
10 19	RUSSELL BORGNIN	11 03	TERI REXROAT
10 19	JILL NUSS	11 03	MARY CODDINGTON
10 19	BILL FENNER	11 03	LOREN MCEWAN
10 19	STEVEN THRASHER	11 04	CHUCK KRIEBLE
10 20	BETTY KERCHEVAL	11 05	WILLIAM PENN
10 21	HILLARY MARSHALL	11 05	MARGY FITZPATRICK
10 21	ROBERT MORITZ	11 05	EVAN FERBER
10 21	KERRY SUSSEX	11 06	STEVEN COZART
10 21	PAUL SKOGLUND	11 06	LARRY CORDES
10 21	KAREN ANDERSON	11 06	ERIKA GISTE
10 22	ANTHONY KROHN	11 06	JEANNE BUTTERWORTH
10 22	JEANNE ENSIGN	11 08	JIM WILLIAMS
10 23	MIKE BENOIT	11 09	DAMION PROVITOLA
10 23	SUSAN BEEK	11 10	PAT BARR
10 23	ROBERT DORSE	11 11	MAUREEN GARDNER
10 23	BILL REEDER	11 11	JANE MOORE
10 24	DALE MONTGOMERY	11 11	VALERIE GOULTER
10 25	LISA MUIZNIKS	11 12	KAREN LEAHY
10 25	RACHEL MCCLELLAN	11 12	KIMBERLY WATTERS
10 25	JOE YOUNG	11 13	DEBORAH BAGG
10 26	ANNE HARTWIG	11 13	MEGAN HAWGOOD
10 27	PAULA SHEPARD	11 13	JOE HOLLIDAY
10 27	MICHAEL OLSON	11 14	MICHAEL MCCOLLY
10 28	HEIN TRAN	11 14	JANE KESSLER

## Web Guide

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

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

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

# New Rules for Swimming

In July, FINA changed their rule that the breaststroke kick is allowed in the butterfly stroke. Now, in FINA rules for World competition, the breaststroke kick is not allowed. In USMS rules, it is. Until these differences are worked out better, the form below needs to be filled out if you think you may break a world record in the butterfly.

USA Swimming changed a few swimming rules also. These rules cascade down to become USMS rules, too:

- Elbows are allowed to be above the surface of the water on the final stroke prior to the turn, during the turn, and at the finish. Previously, only the last stroke prior to the finish could have the elbows above the water.
- During the butterfly swim, the swimmer must be on the breast. Previously, the swimmer's shoulders also needed to be in line with the surface of the water.
- A backstroke swimmer may be submerged at the finish of the race.

## Revised Entry Form

The Northwest Zone Short Course Meters Championship entry form in this issue has been revised from the entry in the September *WetSet*.

Event 5, the 100 IM, was missing in the first entry form. We hope that you won't miss this swim.

---

## Request for Observed Swim for Potential World Record Swim in IM or Butterfly Swims

Until such time that the Masters organization within FINA can definitively act on changes recently enacted by the greater FINA organization with respect to the use of the breaststroke kick in butterfly events or the butterfly portions of the IM or medley relay, those who might break a world record in one of these events must request in advance that the swim be observed for compliance with the current FINA rule to insure acceptance of the record application. The changes in the FINA rule no longer permit the use of the breaststroke kick in the butterfly. This form is to be used by the swimmer and meet officials to request the observation and certify the swim. This form is required only for Long Course or Short Course Meter events only.

Portion to be filled out by swimmer and presented to the meet referee PRIOR to the swim:

Please observe the following swim:

Name \_\_\_\_\_ Event Number/Name \_\_\_\_\_

Heat \_\_\_\_\_ Lane \_\_\_\_\_

Meet name and Date \_\_\_\_\_

Portion to be filled out by meet officials:

I observed the above swimmer compete in the specified event and certify that the butterfly portion of the swim was completed (check one)

without using the breaststroke kick (in compliance with the FINA butterfly rules).

using the breaststroke kick.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Printed name \_\_\_\_\_

**Note to officials:** Starting September 20, 2001 and until further notice the FINA rules prohibit the use of the breaststroke kick during butterfly swims. USMS rules at this time have not been changed and therefore still permit the breaststroke kick in the butterfly. Please observe the listed swim and if appropriate, certify that the breaststroke kick was not used during the swim. This certification should not be provided if this form is not provided in advance of the swim.

**Note to meet committee:** Please attach this form with application for world records. World record applications with swims certified to be in compliance will be considered. Those which indicated the use of the breaststroke kick or which were not observed may be considered if FINA chooses to do so. USMS will hold these forms until a decision has been made.



# 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 158<sup>th</sup> 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) \_\_\_\_\_:\_\_\_\_\_.

100 I.M. (5) \_\_\_\_\_:\_\_\_\_\_.

5 MIN. BREAK XXXXX

FREE RELAYS (6-11) XXXXXXXX

100 BREAST (12) \_\_\_\_\_:\_\_\_\_\_.

200 FLY (13) \_\_\_\_\_:\_\_\_\_\_.

50 FREE (14) \_\_\_\_\_:\_\_\_\_\_.

5 MIN. BREAK XXXXX

MXD MED RELAYS (15-16) XXXXXXXX

400 I.M. (17) \_\_\_\_\_:\_\_\_\_\_.

Zone Meeting to follow this session.

ZONE T-SHIRTS: \$14.00 \_\_\_M \_\_\_L \_\_\_XL

\_\_\_XXL

### Sunday, October 28

400 FREE (18) \_\_\_\_\_:\_\_\_\_\_.

20 minute warm-up.

Event 19 will not start before 10:00 AM

50 FLY (19) \_\_\_\_\_:\_\_\_\_\_.

200 BACK (20) \_\_\_\_\_:\_\_\_\_\_.

Halloween Relay Surprise!

100 FREE (21) \_\_\_\_\_:\_\_\_\_\_.

200 I.M. (22) \_\_\_\_\_:\_\_\_\_\_.

5 MIN. BREAK XXXXX

MXD FREE RELAYS (23-25) XXXXXXXX

100 FLY (26) \_\_\_\_\_:\_\_\_\_\_.

200 BREAST (27) \_\_\_\_\_:\_\_\_\_\_.

50 BACK (28) \_\_\_\_\_:\_\_\_\_\_.

5 MIN. BREAK XXXXX

MED RELAYS (29-32) XXXXXXXX

1500 FREE (33) \_\_\_\_\_:\_\_\_\_\_.

\*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: \_\_\_\_\_ Entry Fee: \$18.00 \$ \_\_\_\_\_

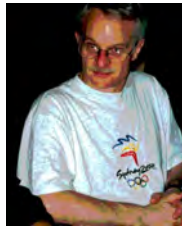
DATE: \_\_\_\_\_ T-Shirts @ \$14.00 \$ \_\_\_\_\_

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

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

# PNA Board Meeting Minutes

By Steve Peterson  
PNA Secretary



*July 24 2001*—Vice-President Jeanne Ensign called the meeting to order at 7:15 pm at the McNeel & Associates offices in Wallingford. Attendees also included Sue Amott, Ed Artis, Lee Carlson, Sally Dillon, Jan Kavadas, Cindy Martin, Sandy McNeel, Hugh Moore, Jane Moore, Kathy Moore, Steve Peterson, and Sarah Welch. These 13 represented Federal Way, Ft. Steilacoom-WAKO, GLAD, Gold Creek Masters, North Whidbey, OOPS, Queen Anne Swim Club, Redwoods, Swim Seattle, and unattached swimmers.

**Treasurer's Report:** Total assets are \$36,593 including the Wiggin Fund's \$2,742. Long Course Nationals created the most activity this month, with some added t-shirt sales. A delayed reimbursement request from the 1-Hour Postal Swim for \$600 reduces PNA's final return from this event to \$4,500. Sally Dillon submitted \$296 for Fat Salmon III One-Event registrations and their \$100 performance bond. The Board approved reimbursing Sandy McNeel \$50 for WetSet postage, then approved Sarah's report.

**Membership:** Cindy reported current membership at 956 following a flurry of applications spurred by Long Course Nationals.

**Meets:** Hugh will contact Evergreen State College about hosting a December meet. Steve will inquire about holding a November meet at PSNS rather than Bangor, which would be in SCM format. Fat Salmon III results are posted on PNA's web site.

**Newsletter:** The September issue deadline is August 20. Sandy will probably put the Nationals results in the October newsletter.

**Officiating:** Jan was featured on the front page of the July 7 P-I, serving as the (un)official PNA rep at the Mariners FanFest.

**Computer Applications:** Sandy will resend the Nationals Relay form to Jim for posting. (Her first attempt generated an error.)

**Clinics:** Sally has not heard from Scott Lautman regarding an open water clinic date. Lee suggested that she contact Jay Benner to see if Jay has heard from Scott. Ed Artis noted that several clinics are being run in and by Seattle Parks. Since PNA could produce these superior in content and quality, Ed suggested that this would be a great opportunity for widened participation next year, particularly if scheduled no later than mid July.

**Fat Salmon III:** Ed said there were 186 swimmers (up from 17 two years ago); 2 did not finish (1 pulled, 1 turned back – too rough); best times recorded in all 8 categories. Support included 7 powerboats and 28 kayaks, and more could have been used. Preliminary financial data suggest a break-even result, the food was excellent, and cleanup went well. But it took Mayor Schell to obtain final approval for the event. Lee asked how PNA can expedite next year—Jeanne said she will write a letter on behalf of USMS and Lee will do the same from PNA to help convince the city that this event is worthwhile. Lee noted that PNA has shown a willingness to adjust its fees to foster the growth of similar events. Sally will provide a written summary of the swim.

**Danskin Triathlon:** Sue Amott seeks volunteers as swim escorts. Sue passed out a flyer for anyone interested; Lee suggested that she send a copy to Jim for posting on

the web site following Board approval for such posting or providing a link to their web site. Sue in turn will seek volunteers to assist at Nationals.

**5K/10K Swims:** Sally has four swimmers signed up so far for the July 29 5K swim at KCAC. The Board approved subsidizing the pool rental cost. Colman Pool is reserved for a September 8 session, long enough to accommodate both 5K and 10K competitors.

**Ad Hoc Coaches:** Barb, via Sally, asked about Team and Coach registration. Lee will flag this as a retreat topic.

**At-Large Reps:** Kathy Moore recently attended a Masters workout at Port Townsend Elementary's 4-lane 20-meter pool. She brought up dual meets and intra-team postal meets which the Board discussed briefly.

**LC Nationals 2001:** 55% of the 954 entries were made online. Hugh's entry process team worked well, but Jane noted that Hugh still logged 39.5 hours online during their Hawaii vacation. While there are 47 Gold Medal sponsors, the banquet has just 106 reservations (200 was the target). Sally will plan on 900 plaques. Volunteers are still needed as safety marshals and parking attendants. The next organizational meeting is August 1.

**Proposed Legislation:** The Board agrees with proposals L1 through L3, but L4 sparked much debate. The Board will continue additional discussion and review at next meeting's beginning.

**World Masters Games (2002):** Lee has information about the Games in Melbourne, Australia.



## November Meet Canceled

Last month plans were being made for a swim meet, November 16th and 17th, at the Puget Sound Naval Shipyard. Regrettably, in light of the terrorist events and the shipyard's current "Force Protection Condition" at a "high level" this meet will not take place this year.

Steve Peterson, on behalf of the PSNS MWR and NSB Bangor TRIDENTS Swim Team, sends his regrets.

## Award-Winning PNA Web Site

Once again, Jim and Mardi McCleery have made our web site a nationally-recognized winner.

The Masters Aquatic Coaches Association (MACA) announced the results of their 2001 MACA News Web Awards. Our Pacific Northwest LMSC has been selected as the 2001 MACA Top Ten Award recipient.

Web sites listed in the USMS "Places to Swim" directory were evaluated, and of the 39 LMSCs and 139 clubs in the survey, only the highest scoring web sites were selected as 2001 MACA Top Ten recipients.

Web sites are evaluated by a panel of judges for several criteria, including: content, design, speed/load time, navigation and technical correctness. For links to the award winning web sites, please visit the MACA web site at [www.macacoach.org](http://www.macacoach.org) and go to the "Awards" section. To see PNA's web site visit [www.swimpna.org](http://www.swimpna.org).



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.



## 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 #** \_\_\_\_\_

