



Two Meets Start PNA's New Year

What's inside?



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Orca Queen City Splash
Bellingham Presidents' Day
Top Ten LCM



Photo by Sandy McNeel

Pat Matthiesen and Livia Walker were proud to be the two oldest swimmers at the Orca meet.

LEADING OFF

By
Lee Carlson

During the last two meets, Orca in January and Bellingham in February, I have had the opportunity to see lots of swimmers who are new to the PNA and learn about the development of several of our PNA teams.

Meets

In January, a turnout of 147 swimmers experienced an organized and spirited Orca meet.

(Continued on page 2)

After a two-month break, PNA is back in the business of putting on swim meets.

On January 19, 2002, Orca Swim Club hosted its Queen City Splash & Ski 2002 meet in Seattle.

And on February 16, 2002, Bellingham Masters hosted its President's Day Meet.

Both were well-attended, drew a crowd from Canada, and garnered enthusiastic reviews.

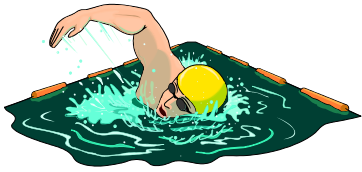
Results for both are in this *WetSet* issue. Orca's meet results start on page 9 and Bellingham's meet results start on page 16.

Helen Madison Pool, Seattle, WA, January 19, 2002—A lively crowd of swimmers showed up in January for the Queen City Splash & Ski 2002 Meet, hosted by the Orca Swim Team.

The Canadian crowd added to the lively spirit. The English Bay team, from British Columbia, Canada, sent down 47 swimmers, the largest team at the meet. This large group won most heats, and in some cases, filled every lane with an English Bay swimmer.

Also adding to the entertainment was the meet announcer, C.R. Douglas. He had tough shoes to fill, as the former

(Continued on page 9)



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LEADING OFF

By
Lee Carlson

(Continued from page 1)

Jim Lasersohn and Brad Palmer ran the meet. The famous Pink Flamingo relay was a highlight and was closely contested this year. Orca, GLAD, and a large contingent of swimmers from English Bay in Vancouver, BC, created a festive mood for the relay and the rest of the meet. You really need to experience this event to fully appreciate the visual picture and fun created for competitors and spectators alike. Just imagine riding on plastic Orcas, donning assigned clothing items, and swimming with assorted objects in a relay.

The meet recognized the contribution of John Horman, who passed away last August and is missed. John was this meet's long time announcer whose great sense of humor helped make this meet special.

The Bellingham meet on February 16th was well run by the experienced Bellingham Masters Swim Club for the 116 entrants. Barb Gundred, coach and team leader, ran the meet and swam despite some continuing health problems.

Teams

During the meet I watched the leadership and encouragement offered by coaches and swimmers on several teams. Bob Fish of Bellingham kept encouraging teammates including first time competitor and spouse Debbie Fish, who swam very well. Bob, Ian Thompson, and Caroline Mathews are models for their teammates; they help explain workouts to lane mates, offer support and tips, and make the swimming more enjoyable. Coach Barb works on developing camaraderie, providing

well organized workouts and stroke training to her 50 or so swimmers. Her evening workouts are composed mostly of triathletes.

Jamie Whitney and Barbie Cahill provide leadership for Coach Lynn Wells of the Bainbridge Area Masters. Lynn has about 60 swimmers in her workouts, which now number about 18 a week. This is quite an increase from 7 swimmers just about four years ago. Lynn hopes about 10 of her swimmers will be going to Hawaii in May for the USMS Short Course Nationals. Bart Berg and Danielle Makis were swimming in their first Masters meet for Bainbridge.

I also spoke with Laurie Stallings, the Lynnwood coach. Lynnwood has some 20 swimmers and brought about 8 to the meet. They have three workouts a week and actively recruit lap swimmers to join them. Laurie has been the coach for about six months and her team members were doing a good job of encouraging each other. Jamie Schwab and Hein Tran were swimming in their first meet and had a good experience.

Many teams are noticing an increase in membership because of triathletes. The word is out with this group that Masters swimming is one of the best ways to improve their swimming. At the Bellingham Meet, a new Masters swimmer and triathlete swimming in his first meet described Masters swimming as being the best organized group he has been affiliated with. He added that the meet was well run and the *WetSet* newsletter and PNA's web site were excellent.

—Lee Carlson



MASTERS 2002 CALENDAR



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

- March 10**
Mercer Island Sprint Meet SCY
Mary Wayte Pool, Mercer Island
Lee Carlson (425) 427-8430
leedee@cablespeed.com
Entries due Mar 1
- March 16
Steiner Aquatic Center Meet SCY
Salt Lake City, UT
Doug Smith (801) 521-8075
swmdocdoug@aol.com
- March 16-18
SCM Aussi Nationals Masters Meet
Sydney Olympic Pool
www.sydneymastersswim2002.com/
index.htm
- March 20
Deadline for articles for April *WetSet*
- March 24-30
FINA Masters World Champs LCM
Christchurch, New Zealand
Neil Blanchfield +64-3 377-1700
masters.swim@greatevents.co.nz
www.eventnz.co.nz
- March 27
PNA Board Meeting
Federal Way Library
- March 30-31
Inland Northwest LMSC Champs SCY
Pullman, WA
Doug Garcia (509) 332-1621
dougarcia.usms.org
- March 31
English Bay Swim Club Meet SCM
Vancouver, BC
John Bell (604) 685-1412

- April 5-7
Oregon LMSC Champs SCY
Corvallis, OR
Mark Worden
marklauraworden@attbi.com
- April 12-13
Utah LMSC Championships
Salt Lake City, UT
Doug Smith (801) 521-8075
swmdocdoug@aol.com
- April 13-14**
NW Zone & PNA Champs SCY
WKAC, Federal Way, WA
Hank Kirkland (253) 941-3585
hankland1@attbi.com
Entries due Mar 30/Apr 4
- April 13
PNA Coaches Meeting
KCAC Hospitality Room
- April 14
Northwest Zone Meeting
KCAC Hospitality Room
- April 19-21
YMCA National Masters Champs
Hall of Fame Pool
Ft Lauderdale, FL
- April 20
Deadline for articles for May/June
WetSet
- April 24
PNA Board Meeting
- May 4
Freestyle Pentathlon SCM
Bend, OR
Pam Himstreet (541) 385-7770
himstreet@bendcable.com

- For PNA Board information, e-mail
Steve Peterson at
speterson@bandwagon.net.
- May 14-17
USMS SCY Nationals
Univ of Hawaii, Honolulu, HI
Amy Patz, (808) 956-7510
patz@hawaii.edu
Entries due Apr 2/Apr 9
 - May 15-September 30, 2002
USMS 5K/10K Postal Championships
Pam Himstreet
himstreet@bendcable.com
 - May 17-20
MSC National Championships
Saskatoon
Meredith Macpherson-Stalwick
(306) 665-7036
www.masters-nations2002.ca
 - May 22
PNA Board Meeting
 - June 1, 2002-May 31, 2003
Short Course Yard Season
 - June 1-2
Washington State Special Olympics
Swim/Dive Champs
Weyerhaeuser King County Aquatic Ctr
Federal Way, WA
 - June 2
Albany Swim Meet LCM Meet
Albany, OR
Gary Arne Jr. arne_1@juno.com

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
USMS Northwest Zone
Pacific Northwest LMSC
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

www.swimpna.usms.org
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

How You Can Build a Stronger Core Body By Tim McClellan

All of a swimmer's external power is generated from the body's core. That is why having powerful abdominal muscles—abs—as well as powerful oblique and lower back muscles is so important in swimming.

When you swim, the power that you apply with your arms and legs originates from the body's core. In fact, the core is the only part of your body that is stable when you are swimming. Since you are performing in a fluid environment, there is nothing to hold on to or to plant yourself against, as there is in, say, baseball or golf. So the only place from which you can generate power is the core.

For Masters and adult fitness swimmers, as well as elite swimmers and age groupers, developing and maintaining a powerful core is essential. A strong core will help keep your body flat in the water, eliminating drag and, thus, making you more efficient. It will also help protect you against injury.

Whether you are in elementary school, high school, college, or you are an adult swimmer, you probably have limited time available for working out. However, if you take 5 to 10 minutes a day to do a series of core body exercises, the time spent will pay huge dividends.

You don't need fancy equipment to do most core body exercises. Here are nine exercises of varying degrees of toughness to help get you started. The first six require no equipment at all. The remaining three require the use of a medicine ball.

Start off these exercises slowly and increase number and duration of reps only as you are able:

1. Crunches

Lie on your back, with your knees bent, hands behind your head and press your lower back into the floor.

Now raise yourself by the shoulders (be sure not to strain your neck). Contract your abdominals as you raise your chest toward your knees.

Strengthens the central abdominal muscles.

2. Twisting Crunches with One Leg Up

Lie on your back with your left foot on the right knee, hands behind your head, lower back pressing into the floor. Now raise yourself up and touch your right elbow to your left knee. Alternate.

Strengthens the central abs plus the internal and external oblique muscles.

3. Push-Up—Walk

From a push-up position, "walk" your hands three "steps" forward, then return to original position.

Strengthens the central abs plus works the obliques a little.

4. Push-Up—Wave

From a push-up position, balance on one hand, lift the other hand off the floor and rotate your entire body, then wave to the ceiling with the other hand. Alternate sides.

Works the obliques and lower back.

5. Tuck-Up

Lie on your back. Raise your upper body while keeping your legs off the floor, then tuck your legs into your chest.

Strengthens the central abs.

6. Hip-Up

Lie on your back, with your feet up straight. Raise your butt off the floor a few inches and hold.

Works the central abs.

7. Forehand Throw with Medicine Ball

Take the medicine ball in both hands and raise above your shoulders. Then, using a forehand throw, throw the ball against a wall or to a partner.

Great for the obliques, as well as the lower back and abs.

8. Backhand Throw with Medicine Ball

Take the medicine ball in both hands and raise above your shoulders. Then, using a backhand throw, throw the ball against a wall or to a partner.

Great for the obliques, as well as the lower back and abs.

9. Woodchopper Throw with Medicine Ball

Take the medicine ball in both hands and raise above your shoulders. Then, using a chopping motion, throw the ball down.

This exercise is also a terrific way to strengthen your obliques.

Tim McClellan, a certified strength and conditioning specialist, is the Performance Enhancement Director of Performance Plus in Phoenix and the former strength coach at Arizona State University. He worked with Coach Mike Bottoms to create the World Sprint 2000 dryland training program.

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Call for Nominations

Dawn Musselman

Inspirational Swimmer Award

PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986), a long-time PNA member. Not only was she a gifted swimmer (check the record books for ages 60 to 74!), Dawn was the kind of person who inspired others and encouraged them to do their best.

Nominations are open to all PNA members. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming

You swim with someone who qualifies—compose a couple paragraphs telling why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at the Northwest Zone and PNA Association Championships, April 13 and 14, at King County Aquatic Center in Federal Way.

Send your nomination to:

*Steve Peterson (360) 692-1669
speterson@bandwagon.net
11165 Central Valley Rd NW
Poulsbo, WA 98370-7014*

Please submit your nomination by March 30, 2002.

Past Award Winners

Dawn Musselman

Inspirational Swimmer

Dawn Musselman
Marlene Holmes
Maxine Carlson
Jim Penfield
Tom Foley
Karen Jost
Jan Kavadas
Robin O'Leary
Marion Mueller
Tammi Keeler
Ian Thompson
Suzanne Dills
Clark Pace
Dan Frost
Joan Davis
Paul Ikeda



WetSet Subscription / Change of Address Form

The WetSet is PNA's official newsletter. It is produced ten 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. Please inform us of address changes.

- Change of Address
- New Subscription
- Subscription Renewal

If you would like to become a PNA member or renew your membership, and receive The WetSet and Swim Magazine, please use the USMS Registration Application on the back cover of this newsletter.

Affix old address label here (if available)

Name _____

Address _____

City / State / Zip Code _____

Phone _____ **USMS #** _____

2002 NORTHWEST ZONE AND PNA ASSOCIATION CHAMPIONSHIPS

April 13 & 14, 2002 - Weyerhaeuser King County Aquatic Center - Federal Way, Washington

TIMES:

Saturday 13 April –	Warm-up 11:00 AM – 11:50 AM Event #1 check-in closes 11:30 AM first heat 12:00 Noon Event #2 begins no earlier than 1:00 PM
Sunday 14 April -	Warm-up 8:00AM – 8:50 AM Event #15 check-in closes 8:30 AM first heat 9:00 AM Event #16 begins no earlier than 10:00 AM

DEADLINE: Entries must be received by **APRIL 4th** or postmarked by **MARCH 30th**. Late entries will not be accepted. Changes to entries will not be accepted after **April 4**. Swimmers must be registered with USMS and PNA teams must be registered with PNA by the same deadlines.

MEET DIRECTORS: Hank Kirkland [(253) 941-3585 / hankland1@attbi.com]
and Dan Frost [(360) 679-1812 / northwest@usms.org]

DIRECTIONS: Take I-5 to exit 142B. Proceed west approximately 1 ¾ miles. The pool will be on the right. Ample parking is available in at the pool.

FACILITY: KCAC is an indoor facility with two 25-yard courses of eight lanes each equipped with automatic timing. One course will be used for competition and one course will be used for warm-up, except both courses will be used for competition during the 500, 1000, and 1650 Freestyle events. Warm-up will also be available in the six-lane, 25-yard diving well. Large seating area for competitors and spectators. A snack bar will be open.

RULES: Current 2002 USMS Rules will govern the meet.

ELIGIBILITY: Open to all 2002 USMS or MSC registered Masters swimmers who will be age 19 and above on April 14, 2002. Swimmers may include a USMS registration application with their meet registration. USMS registration forms are available on the back page of *The WetSet* and on the PNA website (www.swimpna.org).

ENTRY LIMITS: Swimmers are limited to a total of six individual events for the meet and may swim no more than five individual events on any day. Swimmers may swim in an unlimited number of relay events, but may swim only once per relay event.

AGE GROUPS: Age groups will be based upon the swimmer's age on April 14, 2002. For individual events: 19-24, 25-29, and five-year age groups as high as necessary. For relays: 19+, 25+, 35+, and 10-year increments as high as necessary. The age of the youngest relay swimmer determines the age group of the relay.

RELAYS: There is no charge for relay entries. Relays will be deck-entered at the meet. Deadlines for relay entries will be announced at the meet, but are generally 30 minutes before the anticipated start of the relay event.

ENTRY CONFIRMATION: If entry confirmation is desired, include a stamped postcard or SASE with your entry. Swimmers should keep a copy of their completed entry form for their records.

CHECK-IN: Check-in is required for the 1000 Freestyle (Deadline: Saturday at 11:30 AM), the 500 Freestyle (Deadline: Sunday at 8:30 AM) and the 1650 Freestyle (Deadline: Sunday at 12:00 noon). Swimmers entered in these events that do not check-in by the corresponding deadline will be scratched from the event. Check-in is not required for any other events.

SEEDING: Seeding for all events will be slow-to-fast. Women and men will swim in combined heats (except for Mixed Relays). All individual events 400 yards or less will be pre-seeded. All relays and individual events requiring check-in (500 yards and up) will be deck-seeded.

HEAT SHEETS: Heat sheets for all events will be posted at various locations on the pool deck. A meet program with heat sheets will be available for purchase at the meet. Complimentary programs will be provided to coaches.

WARM-UPS AND BREAKS: The main competition course will be open for warm-up one hour before the first event of each day. The scoreboard-end course will be open for warm-up at all times except during the 500, 1000, and 1650 Freestyle events. The diving well will be open for warm-up at all times. Diving into any of the pools is not permitted except into designated one-way sprint lanes in the main competition course. Sprint lanes will be opened only during the pre-meet warm-up periods.

2002 NORTHWEST ZONE AND PNA ASSOCIATION CHAMPIONSHIPS

April 13 & 14, 2002 - Weyerhaeuser King County Aquatic Center - Federal Way, Washington

AWARDS:

Zone Championship ribbons will be awarded from first through sixth place in every age group in every event.

PNA medals can be purchased for \$2 each. Swimmers age 65 and over may receive one free medal.

PNA Championship team plaques will be awarded. For details, see the PNA Championship meet section below.

SPECIAL EVENTS:

PNA coaches meeting: There will be a meeting for PNA coaches on Saturday from 10:30 AM – 11:00 AM in the hospitality room

Dawn Musselman Award Presentation: The 2002 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Saturday at the conclusion of event #6 (400 Medley Relay).

Swimmers' Social: Details about our swimmers' social on Saturday evening will be announced at the meet.

Northwest Zone meeting: Representatives of the participating LMSCs and others interested are welcome to the Northwest Zone meeting on Sunday from 7:00 AM – 8:00 AM in the hospitality room. The meeting agenda will be distributed to LMSC representatives and will also be posted on the Northwest zone website (www.northwestzone.org).

UPDATED INFORMATION: Check the PNA website for the latest information about the meet.

RESULTS: Meet results will be printed in *The WetSet* and posted at both www.swimpna.org and www.northwestzone.org.

2002 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP

TEAM ELIGIBILITY: To be eligible for the PNA Championship Meet, teams must submit a 2002 PNA team registration to the PNA vice-president by the meet entry deadline. PNA team registration forms are available in *The WetSet* and on the PNA website.

TEAM CATEGORIES: Eligible PNA teams will be divided into three classes (Large, Medium, and Small) based upon the number of swimmers entered in the meet. Classification assignments will be made after the meet entry deadline and announced before the start of the meet.

SCORING: The meet shall be scored from places 1st to 12th place in every age group within every event except for 400-yard relays and 800-yard relays. For individual events, scoring is 13-11-10-9-8-7-6-5-4-3-2-1. 200-yard relays score double the individual points possible for that place. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.

*PNA swimmers are encouraged to form PNA-club 400-yard and 800-yard relay teams, but these relays will not score PNA Championship points.

TEAM AWARDS: Plaques will be awarded to the top three teams in each category.

2002 NORTHWEST ZONE AND PNA ASSOCIATION CHAMPIONSHIPS

April 13 & 14, 2002 - Weyerhaeuser King County Aquatic Center - Federal Way, Washington

OFFICIAL ENTRY FORM

Sanctioned by the Pacific Northwest LMSC for USMS, Inc. Sanction number: 023604. Hosted by the Federal Way Masters

ORDER OF EVENTS (NW ZONE ORDER #B)		SATURDAY, APRIL 13 <i>(Warm-Up 11:00 AM / Start 12:00 Noon)</i>	SUNDAY, APRIL 14 <i>(Warm-Up 8:00 AM / Start 9:00 AM)</i>
1		1000 Freestyle <i>(Check-In required by 11:30 AM)</i>	15 500 Freestyle <i>(Check-In required by 8:30 AM)</i>
		Break <i>(Event #2 starts no earlier than 1:00 PM)</i>	Break <i>(Event #16 starts no earlier than 10:00 AM)</i>
2		50 Backstroke	16 100 Breaststroke
3		200 Butterfly	17 50 Butterfly
4		100 Freestyle	18 200 Backstroke
5		200 Medley Relay	19 200 Freestyle Relay
6		400 Medley Relay *	20 400 Freestyle Relay *
		Break	21 800 Freestyle Relay *
7		200 Individual Medley	Break
8		100 Backstroke	22 100 Individual Medley
9		50 Freestyle	23 50 Breaststroke
10		200 Breaststroke	24 200 Freestyle
		Break	25 100 Butterfly
11		200 Mixed Freestyle Relay	26 200 Mixed Medley Relay
12		400 Mixed Freestyle Relay *	27 400 Mixed Medley Relay *
13		800 Mixed Freestyle Relay *	Break
14		400 Individual Medley	28 1650 Freestyle <i>(Check-In required by 12:00 noon)</i>

* 400-yard and 800-yard relays will not be scored for the PNA Championships. See PNA Championships information notice.

NAME: _____ **M F AGE** (as of 4/14/02) _____

ADDRESS: _____

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

LMSC** (e.g. PNA, OMS, MSABC): _____ **TEAM** (or Unattached): _____

**All swimmers who are not registered through the Pacific Northwest LMSC MUST attach a photocopy of their current USMS or MSC card.

Event #	Event Name	Seed Time (Short Course Yards)

ENTRY LIMIT:
5 Individual Events per day.
6 Individual Events total.

ENTRY FEES: **\$ 13.00** Surchage *(Includes \$1 Northwest Zone meet surcharge)*
 \$ _____ Individual events: \$1 per event for swimmers under age 65.
 (No charge for swimmers 65 or over. No charge for relays.)
 \$ _____ Championship Meet T-Shirts: \$12 per shirt. M: _____ L: _____ XL: _____
TOTAL ENCLOSED: \$ _____ **MAKE CHECKS PAYABLE TO FEDERAL WAY MASTERS**

MAIL THIS ENTRY FORM & FEES TO: **HOLLY BORK**
No late entries will be accepted **25107 62nd AVE S #J-201**
Entries must be received by April 4 **KENT WA 98032**

LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all 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:** _____



Results

Queen City Splash & Ski 2002 (Orca) Meet January 19, 2002 Short Course Yards

P	PNA Record
Z	Zone Record

(Orca meet, continued from page 1)
announcer, John Horman, whose humor will be impossible to replace. C.R. Douglas did have own style and an impressive resume to boot. C.R. is the host of the TV show Northwest Week, shown on KBTC-TV/PBS each Friday at 7 pm. Northwest Week provides in-depth interviews with local political and cultural personalities.

For the swimmers the meet ran smooth. Comments were later made about the well-trained timers, and credit was given to Andy McKim and Kathleen Morris for this.

First time meet participants were Kevin Bernadt, Seujan Bertram, Alice Birnbaum, John Blackmer, Ernest Fullagar, Heidi Hansen, Derek Menard, Perry Morin, James Purpura, Jen Richter, Greg Scully, and Emma (Yam Huang) Sieber.

And just for the record, three meet participants were headed to surgery shortly after the meet: Lee Carlson for cataract surgery, Pat Matthiesen for knee surgery, and Bill Barton for a hip replacement. We hope all goes well and that we see them back in water soon.

200 YD. FLY			
SARAH MARCHILDON	27 EBSC	3:20.06	
JEN RICHTER	28 WSY	4:48.35	
200 YD. I.M.			
SARAH MARCHILDON	27 EBSC	3:03.49	
400 YD. I.M.			
SARAH MARCHILDON	27 EBSC	6:23.37	

WOMEN 30-34

50 YD. FREE			
YURIKO POEHLMAN	32 TIG	27.74	
EMMA SIEBER	34 UNAT	38.53	
100 YD. FREE			
MEGAN BUSSART	31 BMSC	1:03.18	
ANNELLE HARMER	33 EBSC	1:06.05	
EMMA SIEBER	34 UNAT	1:28.74	
200 YD. FREE			
KARIN HEUSTED	33 LYNN	2:14.33	
MEGAN BUSSART	31 BMSC	2:20.99	
LIZ ROSEN	32 GLAD	2:24.45	
500 YD. FREE			
LIZ ROSEN	32 GLAD	5:47.06	
MEGAN BUSSART	31 BMSC	6:18.52	
ANNELLE HARMER	33 EBSC	6:33.05	
50 YD. BACK			
KARIN HEUSTED	33 LYNN	34.09	
100 YD. BACK			
ALICE BIRNBAUM	33 UNAT	1:47.55	
50 YD. BRST			
KARIN HEUSTED	33 LYNN	36.64	
YURIKO POEHLMAN	32 TIG	38.52	
ANNELLE HARMER	33 EBSC	41.99	
KATHLEEN MORRIS	33 ORCA	44.82	
100 YD. BRST			
KARIN HEUSTED	33 LYNN	1:19.84	
50 YD. FLY			
SEUJAN BERTRAM	34 WSY	41.67	
100 YD. I.M.			
YURIKO POEHLMAN	32 TIG	1:10.13	
ANNELLE HARMER	33 EBSC	1:15.66	
LIZ ROSEN	32 GLAD	1:19.10	
ALICE BIRNBAUM	33 UNAT	1:45.12	
200 YD. I.M.			
ANNELLE HARMER	33 EBSC	2:44.28	

WOMEN 35-39

50 YD. FREE			
MAYA BUTTERFIELD	37 EBSC	30.88	
SUZANNE WAY	37 LYNN	31.70	
JAMIE WHITNEY	37 BAM	31.94	
GISELA PAZ	37 UNAT	37.22	
100 YD. FREE			
SUZANNE WAY	37 LYNN	1:10.84	
200 YD. FREE			
JERRI FREIMUTH	37 FTS	2:22.31	
500 YD. FREE			
JERRI FREIMUTH	37 FTS	6:10.07	
MAYA BUTTERFIELD	37 EBSC	6:59.78	
GISELA PAZ	37 UNAT	8:17.85	
50 YD. BACK			
SUZIE NESS	39 ORCA	38.75	
SUZANNE WAY	37 LYNN	42.65	
GISELA PAZ	37 UNAT	47.28	
100 YD. BACK			
SUZIE NESS	39 ORCA	1:21.83	
50 YD. BRST			
MAYA BUTTERFIELD	37 EBSC	41.98	
SUZANNE WAY	37 LYNN	47.57	
100 YD. BRST			
KRIS SPEIR	38 TACY	1:26.07	
50 YD. FLY			
KRIS SPEIR	38 TACY	32.88	
SUZIE NESS	39 ORCA	36.10	
MAYA BUTTERFIELD	37 EBSC	39.67	
100 YD. I.M.			
KRIS SPEIR	38 TACY	1:16.69	
SUZIE NESS	39 ORCA	1:20.52	
GISELA PAZ	37 UNAT	1:38.81	

WOMEN 40-44

50 YD. FREE			
C.FULLER-KLING	41 BAM	31.27	
100 YD. FREE			
C.FULLER-KLING	41 BAM	1:12.74	
CINDY CLUTTER	42 INWM	1:12.98	
200 YD. FREE			
LISA WILSON	40 GLAD	2:10.80	
CINDY CLUTTER	42 INWM	2:36.89	
500 YD. FREE			
CINDY CLUTTER	42 INWM	6:52.58	

WOMEN 19-24

50 YD. FREE			
HEIDI HANSEN	24 ORCA	29.77	
50 YD. BACK			
HEIDI HANSEN	24 ORCA	36.49	
50 YD. BRST			
HEIDI HANSEN	24 ORCA	40.53	
50 YD. FLY			
HEIDI HANSEN	24 ORCA	35.40	
100 YD. I.M.			
HEIDI HANSEN	24 ORCA	1:16.91	

WOMEN 25-29

200 YD. FREE			
SARAH MARCHILDON	27 EBSC	2:35.31	
100 YD. BACK			
JEN RICHTER	28 WSY	1:54.37	
50 YD. BRST			
JEN RICHTER	28 WSY	53.02	



Photo by Sandy McNeel

Dick Todd took second place in the 100 IM. He earned a collection of red ribbons, as he also took second place in the 500 Free and 200 IM, every individual event he swam.

Photo by Sandy McNeel



Michael McColly, Bill Hayes, and Ronald Jacobs from the Greenlake Aquaducks team wait for the relay to start. Later, when asked how they did, the fourth member, Bill Reeder, quipped "We made our time." They placed first in their age group.

Team Abbreviations

BAM	Bainbridge Area Masters
BMSC	Bellingham Masters
CHSM	Chicago Smelts
DSCAL	Different Strokes Calgary
EBSC	English Bay BC Canada
FTS	Ft. Steilacoom-WAKO
FWM	Federal Way Masters
GAC	Gateway Athletic Club
GLAD	Greenlake Aquaducks
INWM	Inland Northwest Idaho
IST	Issaquah Swim Team
LYNN	Lynnwood Sharks
MACO	Multnomah Athletic Club
MIR	Mercer Island Redwoods
NSYG	North Shore Y's Guys
NWM	North Whidbey Masters
OOPS	Old Olympic Peninsula
ORCA	Orca Swim Team
SW	Swim Seattle
TACY	Tacoma Pierce Co YMCA
TDA	Team Dallas Aquatics TX
TIG	Tigers
TSUN	Tsunami SF California
UNAT	Unattached
VAM	Vashon Aquatic Masters
WIN	Winkill BC Canada
WSYD	West Seattle YMCA Dolphins

50 YD. BRST		
K.CARRUTHERS	53 BAM	43.84
100 YD. BRST		
K.CARRUTHERS	53 BAM	1:35.99
50 YD. FLY		
KATHRINE CASEY	53 FTS	36.30
200 YD. FLY		
KATHRINE CASEY	53 FTS	3:13.88
100 YD. I.M.		
K.CARRUTHERS	53 BAM	1:29.71

WOMEN 55-59

50 YD. FREE		
ARNI LITT	55 GLAD	40.77
200 YD. FREE		
JEANNE ENSIGN	55 GLAD	3:10.75
500 YD. FREE		
JEANNE ENSIGN	55 GLAD	8:23.86
50 YD. BRST		
GINGER PIERSON	55 MACO	37.88
ARNI LITT	55 GLAD	48.31
100 YD. BRST		
ARNI LITT	55 GLAD	1:45.53
200 YD. BRST		
GINGER PIERSON	55 MACO	2:58.28
ARNI LITT	55 GLAD	3:41.17
200 YD. FLY		
GINGER PIERSON	55 MACO	2:58.10
100 YD. I.M.		
ARNI LITT	55 GLAD	1:41.29
200 YD. I.M.		
GINGER PIERSON	55 MACO	2:59.48
400 YD. I.M.		
GINGER PIERSON	55 MACO	6:08.53

WOMEN 60-64

100 YD. BACK		
CHAYA AMIAD	63 WSY	2:04.58
200 YD. FLY		
CHAYA AMIAD	63 WSY	6:02.92
100 YD. I.M.		
CHAYA AMIAD	63 WSY	2:16.79

50 YD. BRST		
CINDY CLUTTER	42 INWM	42.59
C.FULLER-KLING	41 BAM	42.76
100 YD. BRST		
CINDY CLUTTER	42 INWM	1:35.83
100 YD. I.M.		
LISA WILSON	40 GLAD	1:07.67
400 YD. I.M.		
LISA WILSON	40 GLAD	5:15.95

WOMEN 45-49

50 YD. FREE		
DEBBIE GLASSMAN	48 GLAD	27.77
500 YD. FREE		
MARY LIPPOLD	45 GLAD	5:54.13
50 YD. BACK		
MARGARET HAIR	46 INWM	37.49
100 YD. BACK		
DEBBIE GLASSMAN	48 GLAD	1:17.88
100 YD. BRST		
MARGARET HAIR	46 INWM	1:25.85
200 YD. BRST		
MARGARET HAIR	46 INWM	3:04.97

50 YD. FLY		
DEBBIE GLASSMAN	48 GLAD	30.16
MARY LIPPOLD	45 GLAD	30.81
100 YD. FLY		
MARY LIPPOLD	45 GLAD	1:08.65
100 YD. I.M.		
DEBBIE GLASSMAN	48 GLAD	1:14.16
400 YD. I.M.		
MARGARET HAIR	46 INWM	5:52.08

WOMEN 50-54

50 YD. FREE		
KATHY COLE	51 BAM	39.26
200 YD. FREE		
K.CARRUTHERS	53 BAM	2:56.82
KATHY COLE	51 BAM	3:19.63
50 YD. BACK		
KATHRINE CASEY	53 FTS	36.96
K.CARRUTHERS	53 BAM	44.02
100 YD. BACK		
KATHRINE CASEY	53 FTS	1:17.91
200 YD. BACK		
KATHRINE CASEY	53 FTS	2:47.74

200 YD. I.M.		
CHAYA AMIAD	63 WSY	4:56.47
400 YD. I.M.		
CHAYA AMIAD	63 WSY	10:10.62

WOMEN 70-74

500 YD. FREE		
JANET KAVADAS	70 GLAD	10:45.12
100 YD. BACK		
JANET KAVADAS	70 GLAD	2:07.41
200 YD. BACK		
JANET KAVADAS	70 GLAD	4:26.01
100 YD. I.M.		
JANET KAVADAS	70 GLAD	2:12.59

WOMEN 75-79

50 YD. BRST		
LIVIA WALKER	79 GLAD	1:19.93
200 YD. BRST		
LIVIA WALKER	79 GLAD	6:27.64

WOMEN 85-89

50 YD. FREE		
PAT MATTHIESEN	85 TIG	1:05.30 P
100 YD. FREE		
PAT MATTHIESEN	85 TIG	2:38.68 P
50 YD. BACK		
PAT MATTHIESEN	85 TIG	1:20.52
50 YD. BRST		
PAT MATTHIESEN	85 TIG	1:33.75 P
50 YD. FLY		
PAT MATTHIESEN	85 TIG	1:42.06 Z

MEN 19-24

50 YD. FREE		
JASEN SPEER	20 WSY	23.35
SHAYNE TRYON	23 EBSC	28.94
100 YD. FREE		
JASEN SPEER	20 WSY	52.86
200 YD. FREE		
JASEN SPEER	20 WSY	2:02.15
50 YD. FLY		
JASEN SPEER	20 WSY	27.17
100 YD. I.M.		
JASEN SPEER	20 WSY	1:03.60
SHAYNE TRYON	23 EBSC	1:14.41

MEN 25-29

50 YD. FREE		
DEREK MULLEN	27 ORCA	26.95
50 YD. BRST		
DEREK MULLEN	27 ORCA	32.05
100 YD. BRST		
DEREK MULLEN	27 ORCA	1:11.80
50 YD. FLY		
VICTOR CUTTING	28 EBSC	29.68
100 YD. FLY		
VICTOR CUTTING	28 EBSC	1:10.87
100 YD. I.M.		
DEREK MULLEN	27 ORCA	1:08.02
VICTOR CUTTING	28 EBSC	1:10.88

MEN 30-34

50 YD. FREE		
MARK OLDHAM	32 EBSC	22.39
JASON KELLEY	31 ORCA	26.88
ANDREW LAWSON	32 EBSC	27.20
EDMUND WONG	31 EBSC	29.16
BRIAN EVOY	32 EBSC	29.47
MICK BROWN	33 EBSC	29.56
BRYAN COMMON	33 EBSC	30.27
LUIS SANTANA	30 ORCA	30.45
PAUL THOMAS	33 BMSC	31.84
ANDREW DUNN	32 EBSC	32.65
KARL UHRICH	32 EBSC	33.01
DEREK MENARD	30 EBSC	38.07
100 YD. FREE		
MARK MACKIE	32 EBSC	56.31
ANDREW LAWSON	32 EBSC	1:02.77

JASON KELLEY	31 ORCA	1:02.85
MICK BROWN	33 EBSC	1:06.26
EDMUND WONG	31 EBSC	1:08.88
LUIS SANTANA	30 ORCA	1:10.47
BRYAN COMMON	33 EBSC	1:11.14
PAUL THOMAS	33 BMSC	1:14.98
LUKE KAY	33 UNAT	1:20.89

200 YD. FREE		
GEORGE GONZALEZ	31 ORCA	2:17.09
PAUL THOMAS	33 BMSC	2:51.11
LUKE KAY	33 UNAT	2:51.91

500 YD. FREE		
MARK OLDHAM	32 EBSC	5:16.18
GEORGE GONZALEZ	31 ORCA	6:08.13
LUIS SANTANA	30 ORCA	7:18.02
LUKE KAY	33 UNAT	7:39.68

50 YD. BACK		
DAN FROST	33 NWM	28.77

100 YD. BACK		
TOM SCHUTTE	32 GLAD	1:01.30
DAN FROST	33 NWM	1:02.95
JASON KELLEY	31 ORCA	1:11.66
MICHAEL EATON	33 GLAD	1:20.90

200 YD. BACK		
DAN FROST	33 NWM	2:28.05

50 YD. BRST		
BRIAN EVOY	32 EBSC	35.59
MARK MACKIE	32 EBSC	35.81
EDMUND WONG	31 EBSC	37.28
ANDREW DUNN	32 EBSC	38.31
BRYAN COMMON	33 EBSC	39.15
MICK BROWN	33 EBSC	39.34
KARL UHRICH	32 EBSC	40.69

100 YD. BRST		
TOM SCHUTTE	32 GLAD	1:05.98
JOE DENTON	30 ORCA	1:12.10
ANDREW LAWSON	32 EBSC	1:21.62
ANDREW DUNN	32 EBSC	1:26.00
BRYAN COMMON	33 EBSC	1:28.14
LUKE KAY	33 UNAT	1:39.63

50 YD. FLY		
MARK OLDHAM	32 EBSC	25.31
MARK MACKIE	32 EBSC	26.59
TOM SCHUTTE	32 GLAD	27.20
ANDREW LAWSON	32 EBSC	32.23
MICK BROWN	33 EBSC	33.13
ANDREW DUNN	32 EBSC	34.75
LUIS SANTANA	30 ORCA	37.59

100 YD. FLY		
JOE DENTON	30 ORCA	1:04.30
GEORGE GONZALEZ	31 ORCA	1:11.06

200 YD. FLY		
MARK OLDHAM	32 EBSC	2:11.14

100 YD. I.M.		
TOM SCHUTTE	32 GLAD	1:01.79
DAN FROST	33 NWM	1:03.00
ANDREW LAWSON	32 EBSC	1:12.24
MICHAEL EATON	33 GLAD	1:20.50
LUKE KAY	33 UNAT	1:37.90

400 YD. I.M.		
TOM SCHUTTE	32 GLAD	4:49.89
JOE DENTON	30 ORCA	4:58.31
DAN FROST	33 NWM	5:06.48

MEN 35-39

50 YD. FREE		
GREG SCULLY	39 ORCA	25.74
NATHANIEL HEEG	38 BAM	25.77
JIM LASERSOHN	36 ORCA	26.18
CHRIS STITT	37 EBSC	26.50
KEN RAGSDALE	39 BAM	26.65
TODD HURTUBISE	37 EBSC	27.18
PHIL CALDER	36 EBSC	28.20
STEVEN GIEGERICH	36 EBSC	28.24
LUIS ALONSO	36 EBSC	28.34
BRENT BAZINET	35 EBSC	28.34
MIKE MORIN	36 EBSC	28.35
PAUL CARTER	39 EBSC	28.90
NICK SMITH	39 ORCA	29.22
STUART CARR	35 EBSC	29.22
MCDUGALL-GOULET	36 EBSC	29.41
DAVID CRITCHLEY	39 EBSC	29.69
JACK HILOVSKY	38 ORCA	31.89



Photo by Lee Carlsson

John Horman 1957-2001

In August of this past year, Orca John Horman, most well-known for being our irreverent and humorous swim meet announcer for over ten years, lost a battle with cancer. He fought the disease quietly for several years unbeknownst to most everyone, selflessly continuing to bring smiles to those around him.

He was great at making everyone feel right at home, being positive, and getting everyone to participate in the Pink Flamingo relay. He'll be remembered for filling up those quiet moments in swim meets with a quip about our Canadian friends, political figures, celebrities, and even the "the guys in the red swim suits".

Besides announcing every event and heat, John also had a special way of ensuring everyone participated in their swim event. Whenever he saw an unoccupied swim block, he shamed people into getting into the race or he'd playfully tease them for the rest of the day. He was also great about recognizing everyone's efforts for the day.

His witty and dry sense of humor will be greatly missed by our team and the entire Masters swimming community.

—Jim Lasersohn

The John Horman Pink Flamingo Relay

A highlight of the Orca meet was the John Horman Pink Flamingo Relay. This year's event was held in honor of John Horman, the past announcer of the meets.

The rules vary each year, but for this year the first swimmer swam to opposite end of pool, ferrying several items: a very large letter, a Canadian flag, a red Speedo swim suit, and a microphone. The letters were set up to spell Horman and the other items were left for the following swimmers to retrieve.

The second swimmer picked up flag and waved it proudly in the air while swimming back. This required a one-armed back stroke and a strong kick. One team was disqualified at this point. They swam a very fast freestyle, but buried the flag in the water. Wrong.

The third swimmer was challenged with pulling on a size 30 red swim suit. The smart relay teams put their smallest swimmer in this spot.

The fourth swimmer carried the mike back to the starting block, while singing a pop song. The loudest singer of the relays was Bill Reeder, with his rendition of "Happy Birthday". The song was questionable as a pop hit, but it was a song Bill knew the words to. We heard that his throat was sore for days following this race.

GREG FLOYD	36 EBSC	33.24
100 YD. FREE		
NATHANIEL HEEG	38 BAM	56.82
TODD HURTUBISE	37 EBSC	1:01.67
LUIS ALONSO	36 EBSC	1:03.53
PAUL CARTER	39 EBSC	1:03.79
PHIL BRENNAN	36 ORCA	1:06.95
NICK SMITH	39 ORCA	1:07.01
MIKE MORIN	36 EBSC	1:08.49
DALE EKLUND	38 EBSC	1:16.06
200 YD. FREE		
PETE COLBECK	39 GLAD	1:54.46
PAUL SHERMAN	38 ORCA	2:01.56
NATHANIEL HEEG	38 BAM	2:06.95
GREG SCULLY	39 ORCA	2:07.12
CHRIS STITT	37 EBSC	2:15.36
PAUL CARTER	39 EBSC	2:20.74
DAVID CRITCHLEY	39 EBSC	2:30.95
MIKE MORIN	36 EBSC	2:39.59
DALE EKLUND	38 EBSC	2:47.52
500 YD. FREE		
PETE COLBECK	39 GLAD	5:12.46
NATHANIEL HEEG	38 BAM	5:37.62

GREG SCULLY	39 ORCA	5:53.08	GLENN MABILE	41 INWM	1:11.07
LUIS ALONSO	36 EBSC	6:22.63	MICHAEL NAYLOR	42 EBSC	1:12.26
JOHN CROWLEY	35 ORCA	6:28.82	200 YD. FREE		
50 YD. BACK			JACK STAVROS	41 GLAD	2:00.46
THOMAS KEMPLE	39 EBSC	29.16	ERIC DYBDAHL	41 FWM	2:06.72
LUIS ALONSO	36 EBSC	33.63	PAUL JOHNSON	40 EBSC	2:24.59
CHRIS STITT	37 EBSC	33.70	LEANDRO LUCENTE	40 EBSC	2:40.31
BRENT BAZINET	35 EBSC	35.53	GLENN MABILE	41 INWM	2:41.82
100 YD. BACK			MATTHEW BITTNER	42 UNAT	2:42.05
JAMES ANSELL	35 DSCA	1:01.38	500 YD. FREE		
THOMAS KEMPLE	39 EBSC	1:02.11	MICHAEL JONES	41 MIR	5:48.91
MATTHEW LIND	37 ORCA	1:03.31	ERIC DYBDAHL	41 FWM	5:56.98
LUIS ALONSO	36 EBSC	1:13.53	PAUL JOHNSON	40 EBSC	6:25.73
STUART CARR	35 EBSC	1:44.81	PAUL IKEDA	42 ORCA	6:57.66
200 YD. BACK			JOHN BLACKMER	43 EBSC	7:02.13
JAMES ANSELL	35 DSCA	2:16.94	50 YD. BACK		
MATTHEW LIND	37 ORCA	2:23.47	PATRICK GRAY	41 EBSC	32.45
50 YD. BRST			100 YD. BACK		
JIM LASERSOHN	36 ORCA	33.88	GREG MARTIN	41 VAM	1:07.82
CHRIS STITT	37 EBSC	34.19	JACK STAVROS	41 GLAD	1:08.77
PHIL CALDER	36 EBSC	35.49	PATRICK GRAY	41 EBSC	1:10.40
STEVEN GIEGERICH	36 EBSC	35.91	50 YD. BRST		
BRENT BAZINET	35 EBSC	36.69	GREG MARTIN	41 VAM	31.95
GREG FLOYD	36 EBSC	38.38	JOHN MURPHY	44 CHSM	34.34
DALE EKLUND	38 EBSC	41.59	PAUL IKEDA	42 ORCA	35.97
STUART CARR	35 EBSC	42.39	GREGORY HEAD	40 EBSC	36.51
100 YD. BRST			MATTHEW BITTNER	42 UNAT	39.09
JAMES ANSELL	35 DSCA	1:07.74	PAUL JOHNSON	40 EBSC	40.74
JOHN CROWLEY	35 ORCA	1:14.49	100 YD. BRST		
JIM LASERSOHN	36 ORCA	1:15.55	JOHN MURPHY	44 CHSM	1:13.95
PHIL CALDER	36 EBSC	1:18.52	GREGORY HEAD	40 EBSC	1:17.73
STEVEN GIEGERICH	36 EBSC	1:22.90	PAUL IKEDA	42 ORCA	1:19.74
PHIL BRENNAN	36 ORCA	1:27.47	JOHN BLACKMER	43 EBSC	1:25.11
JACK HILOVSKY	38 ORCA	1:42.00	200 YD. BRST		
200 YD. BRST			JOHN MURPHY	44 CHSM	2:41.31
JAMES ANSELL	35 DSCA	2:31.39	JOHN BELL	41 EBSC	2:41.48
JOHN CROWLEY	35 ORCA	2:45.49	50 YD. FLY		
KEN RAGSDALE	39 BAM	2:53.80	JACK STAVROS	41 GLAD	28.50
50 YD. FLY			GREGORY HEAD	40 EBSC	31.06
CRAIG MALLERY	39 ORCA	25.24 P	PAUL IKEDA	42 ORCA	33.56
THOMAS KEMPLE	39 EBSC	26.20	LEANDRO LUCENTE	40 EBSC	36.57
JIM LASERSOHN	36 ORCA	28.72	MICHAEL NAYLOR	42 EBSC	36.99
DANIEL CHARETTE	39 EBSC	28.94	RALPH DOORE	44 TSUN	39.16
PHIL CALDER	36 EBSC	33.15	100 YD. FLY		
PHIL BRENNAN	36 ORCA	33.17	MICHAEL JONES	41 MIR	1:02.01
STUART CARR	35 EBSC	35.16	JOHN BELL	41 EBSC	1:03.07
MIKE MORIN	36 EBSC	37.78	ERIC DYBDAHL	41 FWM	1:03.21
100 YD. FLY			DAN ROBINSON	44 UNAT	1:19.07
THOMAS KEMPLE	39 EBSC	57.83	LEANDRO LUCENTE	40 EBSC	1:24.97
200 YD. FLY			100 YD. I.M.		
PAUL SHERMAN	38 ORCA	2:16.30	GREG MARTIN	41 VAM	1:01.36
100 YD. I.M.			JACK STAVROS	41 GLAD	1:05.49
PETE COLBECK	39 GLAD	1:01.02	ERIC DYBDAHL	41 FWM	1:07.91
THOMAS KEMPLE	39 EBSC	1:02.02	GREGORY HEAD	40 EBSC	1:09.95
GREG SCULLY	39 ORCA	1:05.85	JOHN MURPHY	44 CHSM	1:15.21
JIM LASERSOHN	36 ORCA	1:06.90	JOHN BLACKMER	43 EBSC	1:17.17
CHRIS STITT	37 EBSC	1:08.60	LEANDRO LUCENTE	40 EBSC	1:19.88
BRENT BAZINET	35 EBSC	1:13.31	MICHAEL NAYLOR	42 EBSC	1:25.58
PAUL CARTER	39 EBSC	1:14.54	RALPH DOORE	44 TSUN	1:32.10
PHIL BRENNAN	36 ORCA	1:15.07	200 YD. I.M.		
NICK SMITH	39 ORCA	1:18.50	JOHN BELL	41 EBSC	2:24.03
MCDUGALL-GOULET	36 EBSC	1:19.81	JOHN MURPHY	44 CHSM	2:47.90
STUART CARR	35 EBSC	1:24.69	LEANDRO LUCENTE	40 EBSC	2:59.52
JACK HILOVSKY	38 ORCA	1:30.60	400 YD. I.M.		
200 YD. I.M.			GLENN MABILE	41 INWM	7:05.95
JOHN CROWLEY	35 ORCA	2:32.44	MEN 45-49		
PHIL BRENNAN	36 ORCA	2:55.29	50 YD. FREE		
MCDUGALL-GOULET	36 EBSC	3:01.27	ROD WHARTON	45 INWM	26.82
400 YD. I.M.			GILLES BEAUDIN	47 EBSC	27.38
JAMES ANSELL	35 DSCA	4:47.49	BILL REEDER	49 GLAD	27.98
MEN 40-44			PAUL CLEMENTS	46 ORCA	28.21
50 YD. FREE			PAUL ALTILIA	45 EBSC	29.02
PERRY MORIN	43 GLAD	26.31	WALLER TAYLOR	49 IST	30.43
MATTHEW BITTNER	42 UNAT	30.33	BRUCE READ	47 EBSC	31.66
MICHAEL NAYLOR	42 EBSC	30.91	LUIS CUEVAS	45 EBSC	32.91
GLENN MABILE	41 INWM	31.43	ERNEST FULLAGAR	47 EBSC	33.63
100 YD. FREE			CHIP WATERBURY	46 ORCA	34.83
MICHAEL JONES	41 MIR	55.77	STEPHEN STOCKER	45 EBSC	36.84
GREG MARTIN	41 VAM	56.00	100 YD. FREE		
PERRY MORIN	43 GLAD	57.50	ROD WHARTON	45 INWM	58.20
GREGORY HEAD	40 EBSC	1:02.88	PAUL ALTILIA	45 EBSC	1:03.49
PAUL JOHNSON	40 EBSC	1:07.62	DEREK MOORE	45 CHSM	1:09.41

BRUCE READ	47 EBSC	1:15.75
STEPHEN STOCKER	45 EBSC	1:29.73
200 YD. FREE		
ROD WHARTON	45 INWM	2:13.37
DEREK MOORE	45 CHSM	2:35.49
CHIP WATERBURY	46 ORCA	2:51.85
500 YD. FREE		
ROD WHARTON	45 INWM	6:19.37
PAUL ALTILIA	45 EBSC	6:49.50
DEREK MOORE	45 CHSM	7:11.68
50 YD. BACK		
PAUL CLEMENTS	46 ORCA	33.85
PAUL ALTILIA	45 EBSC	33.88
WALLER TAYLOR	49 IST	42.40
100 YD. BACK		
PAUL CLEMENTS	46 ORCA	1:13.65
PAUL ALTILIA	45 EBSC	1:16.36
DEREK MOORE	45 CHSM	1:24.97
50 YD. BRST		
GILLES BEAUDIN	47 EBSC	33.83
BILL REEDER	49 GLAD	37.23
ERNEST FULLAGAR	47 EBSC	40.55
BRUCE READ	47 EBSC	42.77
CHIP WATERBURY	46 ORCA	45.03
100 YD. BRST		
GILLES BEAUDIN	47 EBSC	1:13.51
BILL REEDER	49 GLAD	1:19.10
BRUCE READ	47 EBSC	1:35.50
50 YD. FLY		
BILL REEDER	49 GLAD	31.34
100 YD. I.M.		
GILLES BEAUDIN	47 EBSC	1:07.84
BILL REEDER	49 GLAD	1:10.81
PAUL CLEMENTS	46 ORCA	1:12.27
DEREK MOORE	45 CHSM	1:27.05
CHIP WATERBURY	46 ORCA	1:31.27



Tom Foley, Kyle Poehlman, and Yuriko Poehlman with the kids, Eric and Timothy. Yuriko is training to swim soon in a Masters meet in Japan.

M E N 50-54

50 YD. FREE		
RICK PETERSON	50 ORCA	23.55 P
RONALD JACOBS	50 GLAD	24.49
BILL HAYES	50 GLAD	24.85
KEVIN SIMPSON	50 EBSC	26.93
GREG COLE	50 BAM	28.66
PETE KYNION	54 UNAT	39.28
100 YD. FREE		
RICK PETERSON	50 ORCA	52.45 P
RONALD JACOBS	50 GLAD	53.81
KEVIN SIMPSON	50 EBSC	1:00.49
GREG COLE	50 BAM	1:09.50
200 YD. FREE		
STAN WHITTEMORE	52 UNAT	2:15.45
GREG COLE	50 BAM	2:38.16
500 YD. FREE		
KEVIN SIMPSON	50 EBSC	6:31.37
DICK TODD	50 ORCA	7:15.51
HARRY LEONARD	52 EBSC	8:27.70
100 YD. BACK		
RONALD JACOBS	50 GLAD	1:03.47
THOMAS WALKER	54 UNAT	1:39.20
200 YD. BACK		
RONALD JACOBS	50 GLAD	2:17.06
50 YD. BRST		
PETE KYNION	54 UNAT	51.02
100 YD. BRST		
THOMAS WALKER	54 UNAT	1:44.31
200 YD. BRST		
RICK PETERSON	50 ORCA	2:36.61
100 YD. I.M.		
BILL HAYES	50 GLAD	1:06.95
DICK TODD	50 ORCA	1:24.74
HARRY LEONARD	52 EBSC	1:32.65
THOMAS WALKER	54 UNAT	1:33.92
200 YD. I.M.		
RICK PETERSON	50 ORCA	2:24.10
DICK TODD	50 ORCA	3:08.95
THOMAS WALKER	54 UNAT	3:26.58
400 YD. I.M.		
THOMAS WALKER	54 UNAT	7:16.79
M E N 55-59		
50 YD. FREE		
STEVEN PETERSON	55 OOPS	28.91

500 YD. FREE		
MICHAEL MCCOLLY	56 GLAD	5:58.49
GORDON GRAY	56 NSYG	6:50.13
50 YD. BACK		
MICHAEL MCCOLLY	56 GLAD	33.09
200 YD. BACK		
MICHAEL MCCOLLY	56 GLAD	2:33.02
GORDON GRAY	56 NSYG	2:57.31
50 YD. BRST		
STEVEN PETERSON	55 OOPS	34.08 P
100 YD. I.M.		
STEVEN PETERSON	55 OOPS	1:10.63
200 YD. I.M.		
MICHAEL MCCOLLY	56 GLAD	2:31.48

M E N 60-64

200 YD. FREE		
PAUL OLMSTEAD	62 BMSC	2:55.02
500 YD. FREE		
PAUL OLMSTEAD	62 BMSC	8:17.92

M E N 65-69

100 YD. BACK		
TOM FOLEY	67 TIG	1:44.49
200 YD. BACK		
TOM FOLEY	67 TIG	3:44.02
100 YD. I.M.		
TOM FOLEY	67 TIG	1:45.10

M E N 70-74

50 YD. FREE		
JIM MILNE	73 NSYG	35.29
100 YD. FREE		
JIM MILNE	73 NSYG	1:22.31
200 YD. FREE		
JIM MILNE	73 NSYG	3:02.74

RELAYS-WOMEN 200 YD. FREE

35 +		
JAMIE WHITNEY	37 BAM	2:17.27
K.CARRUTHERS	53	
KATHY COLE	51	
C.FULLER-KLING	41	

RELAYS-WOMEN 200 YD. MEDLEY

35 +		
KATHRINE CASEY	53 PNA	2:34.66
K.CARRUTHERS	53	
JAMIE WHITNEY	37	
C.FULLER-KLING	41	

RELAYS-M E N 200 YD. FREE

19 +		
KARL UHRICH	32 EBSC	1:54.89
SHAYNE TRYON	23	
VICTOR CUTTING	28	
ANDREW LAWSON	32	
25 +		
MARK OLDHAM	32 EBSC	1:37.40
DANIEL CHARETTE	39	
MARK MACKIE	32	
THOMAS KEMPLE	39	
JOE DENTON	30 ORCA	1:45.27
JIM LASERSOHN	36	
MATTHEW LIND	37	
GEORGE GONZALEZ	31	
NICK SMITH	39 ORCA	1:50.31
BRAD PALMER	41	
DEREK MULLEN	27	
JASON KELLEY	31	
BRENT BAZINET	35 EBSC	1:56.82
LEANDRO LUCENTE	40	
JOHN BLACKMER	43	
ANDREW DUNN	32	

EDMUND WONG 31 EBSC 1:59.52
 BRYAN COMMON 33
 MIKE MORIN 36
 MICHAEL NAYLOR 42

MICK BROWN 33 EBSC 2:02.01
 BRUCE READ 47
 DALE EKLUND 38
 BRIAN EVOY 32

TIM WELCH 32 ORCA 2:14.59
 GLENWOOD JOHNSON 34
 JAMES PURPURA 35
 LUIS SANTANA 30

DEREK MENARD 30 EBSC 2:19.87
 STEPHEN STOCKER 45
 GREG FLOYD 36
 STUART CARR 35

35 +
 GREG SCULLY 39 ORCA 1:42.63
 JOHN CROWLEY 35
 PAUL SHERMAN 38
 CRAIG MALLERY 39

JOHN BELL 41 EBSC 1:47.57
 KEVIN SIMPSON 50
 GILLES BEAUDIN 47
 PATRICK GRAY 41

GREG COLE 50 BAM 1:48.73
 KEN RAGSDALE 39
 NATHANIEL HEEG 38
 ERIC DYBDAHL 41

CHRIS STITT 37 EBSC 1:51.38
 MCDUGALL-GOULET 36
 PHIL CALDER 36
 GREGORY HEAD 40

LUIS ALONSO 36 EBSC 1:53.88
 TODD HURTUBISE 37
 PAUL CARTER 39
 PAUL JOHNSON 40

ERNEST FULLAGAR 47 EBSC 2:11.02
 LUIS CUEVAS 45
 HARRY LEONARD 52
 STEVEN GIEGERICH 36

45 +
 BILL REEDER 49 GLAD 1:44.88
 RONALD JACOBS 50
 MICHAEL MCCOLLY 56
 BILL HAYES 50

STAN WHITTEMORE 52 ORCA 1:57.94
 CHIP WATERBURY 46
 DICK TODD 50
 RICK PETERSON 50

RELAYS-M E N 200 YD. MEDLEY

25 +
 JAMES ANSELL 35 EBSC 1:49.22
 MARK OLDHAM 32
 THOMAS KEMPLE 39
 JOHN MURPHY 44

JASON KELLEY 31 ORCA 2:01.39
 DEREK MULLEN 27
 JOE DENTON 30
 JOHN CROWLEY 35

PAUL ALTILIA 45 EBSC 2:20.47
 JOHN BLACKMER 43
 LEANDRO LUCENTE 40
 ANDREW DUNN 32



HAPPY BIRTHDAY

to the following PNA swimmers!

- | | |
|------------------------------|--------------------------|
| 03 15 RICHARD BLAIS | 04 02 JOHN CARROLL |
| 03 15 SARAH HOISINGTON | 04 03 ERIC DYBDAHL |
| 03 16 LAURA HOUSTON | 04 03 TOMMY TAYLOR |
| 03 16 PHOEBE TERHAAR | 04 04 KARIN OSTERHAUG |
| 03 16 TODD WIRTZ | 04 04 TOM GERGEN |
| 03 16 KEVIN NOAH | 04 04 ALAN BELL |
| 03 16 JOHN VRANESH | 04 05 CHRISTINE PRUNEAU |
| 03 16 MATTHEW SMITH | 04 05 HEATHER HOFFMAN |
| 03 19 KATHY METZLER | 04 05 SYDNEY MUNGER |
| 03 19 JULIE TAYLOR | 04 05 CAROLYN HARRIS |
| 03 19 PATRICK SLOWEY | 04 05 ANN BAILEY |
| 03 20 JENNIFER LELAND | 04 06 KAREN OWEN |
| 03 20 JOE GASPER | 04 06 CAROLYN BALDWIN |
| 03 21 VICKY WAGNER | 04 06 RICHARD BATLEY |
| 03 21 JOANNE MERRILL | 04 06 BILLY PERRY |
| 03 21 HEATHER GRIFFITH | 04 06 BETTYLOU SCHINDLER |
| 03 22 MIKE NELSON | 04 06 JANET KAVADAS |
| 03 22 WILLA DAWSON | 04 07 HEIDI PELTON |
| 03 23 WILL DELONY | 04 08 MICHAEL HASTINGS |
| 03 23 ALAN SCHELL | 04 08 CHAYA AMIAD |
| 03 23 ROBERT TRIPPLE | 04 08 KEVIN ESKO |
| 03 23 CORY HILDERBRAND | 04 09 CHRISTINA SCHERER |
| 03 24 LANCE CALISCH | 04 10 SUSAN AMOTT |
| 03 25 JACKIE KIMPTON | 04 11 THOMAS RIEPE |
| 03 26 RICK SPENCER | 04 11 EMILY YASUKOCHI |
| 03 28 PEG CLOUTIER | 04 12 YVONNE YOKOTA |
| 03 29 BURTON SWENDT | 04 12 PATRICK MURRAY |
| 03 30 LESLIE MCLAUGHLIN BEDE | 04 12 DONNA PETERS |
| 03 30 JACK STAVROS | 04 12 STELLA PREISSLER |
| 03 31 KATE SUTHERLAND | 04 12 JUDY WILLIAMS |
| 03 31 KATHLEEN ABRAMS | 04 13 R SMITH |
| 04 01 JEFF STRAND | 04 14 MARK WATLING |
| 04 01 JEAN HUCKINS | 04 14 SAM ANDERSON |
| 04 02 SARAH BREWER | |



TIM WELCH	32 ORCA	2:43.58
GLENWOOD JOHNSON	34	
BRAD PALMER	41	
JAMES PURPURA	35	

35 +

PATRICK GRAY	41 EBSC	2:00.72
GILLES BEAUDIN	47	
JOHN BELL	41	
KEVIN SIMPSON	50	

ERIC DYBDAHL	41 BAM	2:05.86
NATHANIEL HEEG	38	
KEN RAGSDALE	39	
GREG COLE	50	

CHRIS STITT	37 EBSC	2:08.49
GREGORY HEAD	40	
MCDUGALL-GOULET	36	
PHIL CALDER	36	

LUIS ALONSO	36 EBSC	2:15.96
TODD HURTUBISE	37	
PAUL JOHNSON	40	
PAUL CARTER	39	

45 +

PAUL CLEMENTS	46 ORCA	2:19.47
CHIP WATERBURY	46	
RICK PETERSON	50	
DICK TODD	50	

RELAYS-MIXED 200 YD. FREE

19 +

SUZIE NESS	39 ORCA	2:01.08
PAUL IKEDA	42	
HEIDI HANSEN	24	
PHIL BRENNAN	36	

25 +

JOHN BELL	41 EBSC	1:53.41
MAYA BUTTERFIELD	37	
GILLES BEAUDIN	47	
ANNELLE HARMER	33	

NATHANIEL HEEG	38 BAM	2:08.41
C.FULLER-KLING	41	
LUKE KAY	33	
K.CARRUTHERS	53	

35 +

GREG COLE	50 BAM	2:07.93
KATHY COLE	51	
JAMIE WHITNEY	37	
KEN RAGSDALE	39	

MARGARET HAIR	46 INWM	2:11.80
GLENN MABILE	41	
CINDY CLUTTER	42	
ROD WHARTON	45	

45 +

MICHAEL MCCOLLY	56 GLAD	2:03.95
BILL REEDER	49	
JEANNE ENSIGN	55	
DEBBIE GLASSMAN	48	

RELAYS-MIXED 200 YD. MEDLEY

25 +

SARAH MARCHILDON	27 EBSC	2:07.71
JAMES ANSELL	35	
THOMAS KEMPLE	39	
ANNELLE HARMER	33	

SUZIE NESS	39 ORCA	2:20.75
NICK SMITH	39	
DEREK MULLEN	27	
KATHLEEN MORRIS	33	

Women's Health

Ten Step Countdown for a Healthy Life

Here are ten things you can do to help live longer, live better, and live happier:

10 Be Informed. For health information you can trust from both governmental and non-governmental sources, here are two gateway information centers from the U Department of Health and Human Services that can help: National Women's Health Information Center, available by phone at 1-800-994-WOMAN, TDD 1-888-220-5446, and Healthfinder at web site <http://www.healthfinder.gov>.

9 Be Good To Your Bones. For healthy bones, be sure to replenish your stock of calcium every day with plenty of foods like milk and dairy products, tofu, leafy green vegetables, canned salmon or sardines, and calcium-fortified juices or breads. Speak with your doctor about calcium supplements.

8 Avoid Illegal Drugs and Alcohol. For women, the definition of moderate drinking stops at one glass. And where illicit drugs are concerned there is no such thing as "moderate" use.

7 Take Medicine Wisely. Read the labels, follow the instructions carefully, and remind your doctor or pharmacist about any other medications or supplements you might be taking that could interact with your medication. If you have any questions about possible side effects call your doctor or pharmacist.

6 Play It Safe. Avoid Injuries. Buckle up. Wear a bike helmet. Use smoke and carbon monoxide detectors. Wear sunscreen and UV protected sunglasses. Use street smarts and common sense. Practice safe sex.

5 Get Checked. Get regular checkups, preventive exams, and immunizations. Don't forget self-exams too.

4 Don't Smoke. It's the leading preventable cause of death in our country.

3 Eat Smart. It's the secret to good health. Eat plenty of fruits, vegetables, and grains. Enjoy a variety of foods, balance foods from each food group, and exercise moderation..

2 Get Moving. The other secret to good health: just 30 minutes of physical activity, accumulated over the course of each day, can radically improve the way you look and feel, both physically and mentally.

1 Be Happy. Take time for yourself. Get connected with family, friends, and community. Do things you enjoy!

Source: Office of Women's Health, U.S. Dept. of Health and Human Services; <http://www.4women.gov>.



Results

Presidents' Day Meet—Bellingham

February 16, 2002

Short Course Yards

P PNA Record

WOMEN 19-24

50 YD. FREE		
DANIELLE MAKIS	22 BAM	39.31
50 YD. BRST		
JAMI SCHWAB	19 LYNN	36.80
100 YD. BRST		
JAMI SCHWAB	19 LYNN	1:21.57
50 YD. FLY		
DANIELLE MAKIS	22 BAM	46.18
100 YD. I.M.		
DANIELLE MAKIS	22 BAM	1:42.70
200 YD. I.M.		
JAMI SCHWAB	19 LYNN	2:51.09

WOMEN 25-29

50 YD. FREE		
MARY MEYER	27 BMSC	27.56
SHANNON DAVIS	26 VICT	30.25
SENECA STORM	29 GLAD	32.06
100 YD. FREE		
MARY MEYER	27 BMSC	1:01.42
SHANNON DAVIS	26 VICT	1:04.22
SENECA STORM	29 GLAD	1:15.79
R.CHRISTIE-SHAW	26 PNA	1:16.64
200 YD. FREE		
R.CHRISTIE-SHAW	26 PNA	2:32.49
50 YD. FREE		
R.CHRISTIE-SHAW	26 PNA	7:01.91
50 YD. BACK		
SHANNON LACEY	29 LYNN	34.96
50 YD. BRST		
SHANNON LACEY	29 LYNN	39.09
50 YD. FLY		
MARY MEYER	27 BMSC	32.73
SHANNON LACEY	29 LYNN	33.58
100 YD. FLY		
SHANNON DAVIS	26 VICT	1:15.50
100 YD. I.M.		
SHANNON DAVIS	26 VICT	1:14.45
SHANNON LACEY	29 LYNN	1:15.10
200 YD. I.M.		
SHANNON DAVIS	26 VICT	2:39.08

WOMEN 30-34		
50 YD. FREE		
MEGAN BUSSART	31 BMSC	30.02
VEENA MARIYAPPA	30 UN-P	31.85
KATHY MOORE	34 UN-P	33.10
100 YD. FREE		
KARIN HEUSTED	33 LYNN	1:00.74
SUZANNE SCRIVEN	32 VICT	1:02.77
MEGAN BUSSART	31 BMSC	1:04.73
VEENA MARIYAPPA	30 UN-P	1:09.97
200 YD. FREE		
SUZANNE SCRIVEN	32 VICT	2:13.36
500 YD. FREE		
SUZANNE SCRIVEN	32 VICT	5:53.69

1650 YD. FREE		
MEGAN BUSSART	31 BMSC	22:02.40
50 YD. BACK		
VEENA MARIYAPPA	30 UN-P	37.10
KATHY MOORE	34 UN-P	41.20
50 YD. BRST		
KATHY MOORE	34 UN-P	45.26
200 YD. BRST		
KARIN HEUSTED	33 LYNN	2:55.45
LINDA HEGERBERG	31 BMSC	2:59.02
50 YD. FLY		
KARIN HEUSTED	33 LYNN	30.78
100 YD. I.M.		
VEENA MARIYAPPA	30 UN-P	1:21.65
200 YD. I.M.		
SUZANNE SCRIVEN	32 VICT	2:35.51
LINDA HEGERBERG	31 BMSC	2:49.76
400 YD. I.M.		
KARIN HEUSTED	33 LYNN	5:27.65

WOMEN 35-39

50 YD. FREE		
DARLENE BARITEAU	36 VICT	29.66
TRACY BURROWS	39 WSY	31.70
KRISTINE COLVER	39 BMSC	35.37
DEBBIE FISH	39 BMSC	41.70
100 YD. FREE		
DARLENE BARITEAU	36 VICT	1:06.06
SUZANNE WAY	37 LYNN	1:12.03
KRISTINE COLVER	39 BMSC	1:18.97
200 YD. FREE		
SUZANNE WAY	37 LYNN	2:38.27
500 YD. FREE		
CAROLYN MATHEWS	39 BMSC	5:57.18
50 YD. BACK		
SUZANNE WAY	37 LYNN	43.40
DEBBIE FISH	39 BMSC	52.20
50 YD. BRST		
JAMIE WHITNEY	37 BAM	39.52
TRACY BURROWS	39 WSY	40.80
MIMI POEHLMAN	37 BMSC	40.80
DEBBIE FISH	39 BMSC	49.23
SUZANNE WAY	37 LYNN	49.24
100 YD. BRST		
JAMIE WHITNEY	37 BAM	1:26.16
MIMI POEHLMAN	37 BMSC	1:27.59
TRACY BURROWS	39 WSY	1:28.09
200 YD. BRST		
JAMIE WHITNEY	37 BAM	3:07.39
TRACY BURROWS	39 WSY	3:13.36
50 YD. FLY		
DARLENE BARITEAU	36 VICT	33.02
KRISTINE COLVER	39 BMSC	43.02
100 YD. FLY		
DARLENE BARITEAU	36 VICT	1:19.44
100 YD. I.M.		
DARLENE BARITEAU	36 VICT	1:17.24
LISA PERRY	37 PNA	1:18.65
TRACY BURROWS	39 WSY	1:24.53
SUZANNE WAY	37 LYNN	1:29.22
JAMIE WHITNEY	37 BAM	1:33.39
KRISTINE COLVER	39 BMSC	1:36.94

WOMEN 40-44

50 YD. FREE		
JOANNE MERRILL	43 UN-P	31.78
MARCIA SMITH	41 LYNN	32.31
BRENDA KNUTSON	43 UN-P	33.35
TERI REXROAT	43 BMSC	35.07
100 YD. FREE		
SARAH MACDONALD	42 VICT	57.02
ZENA COURTNEY	42 FWM	1:00.50
BRENDA KNUTSON	43 UN-P	1:13.41
MARCIA SMITH	41 LYNN	1:13.47
TERI REXROAT	43 BMSC	1:18.26
200 YD. FREE		
SARAH MACDONALD	42 VICT	2:08.34
500 YD. FREE		
BRENDA KNUTSON	43 UN-P	6:53.70
1650 YD. FREE		
MARCIA SMITH	41 LYNN	25:19.22
TERRI STEELE	40 LYNN	31:27.38
50 YD. BACK		
ZENA COURTNEY	42 FWM	33.01
100 YD. BACK		
ZENA COURTNEY	42 FWM	1:08.77
KATHY GRAHAM	44 WINS	1:18.30
200 YD. BACK		
ZENA COURTNEY	42 FWM	2:24.99
KATHY GRAHAM	44 WINS	2:54.93
50 YD. BRST		
TERI REXROAT	43 BMSC	47.96
100 YD. BRST		
TERI REXROAT	43 BMSC	1:44.66
50 YD. FLY		
JOANNE MERRILL	43 UN-P	34.53
100 YD. FLY		
SARAH MACDONALD	42 VICT	1:06.04
KATHY GRAHAM	44 WINS	1:24.33
100 YD. I.M.		
KATHY GRAHAM	44 WINS	1:20.68
JOANNE MERRILL	43 UN-P	1:22.56
BRENDA KNUTSON	43 UN-P	1:24.20
TERI REXROAT	43 BMSC	1:33.89
200 YD. I.M.		
SARAH MACDONALD	42 VICT	2:25.38
BRENDA KNUTSON	43 UN-P	3:00.03
400 YD. I.M.		
ZENA COURTNEY	42 FWM	5:16.38

WOMEN 45-49

50 YD. FREE		
DEBBIE GLASSMAN	48 GLAD	27.77
JULIE IDDON	47 WINS	32.56
KATHRYN CRIST	46 UN-P	35.23
100 YD. FREE		
DEBBIE GLASSMAN	48 GLAD	1:03.03
BARBY CAHILL	46 BAM	1:06.59
JULIE IDDON	47 WINS	1:12.52
KATHRYN CRIST	46 UN-P	1:20.23
200 YD. FREE		
THEO MANLEY	47 WINS	2:35.66
50 YD. BACK		
BARBY CAHILL	46 BAM	33.95
JULIE IDDON	47 WINS	39.75
100 YD. BACK		
BARBY CAHILL	46 BAM	1:12.72
200 YD. BACK		
BARBY CAHILL	46 BAM	2:31.60
50 YD. BRST		
DANIELLE BRAULT	45 VICT	38.07
JANET JOHNSON	47 UN-P	47.79
100 YD. BRST		
DANIELLE BRAULT	45 VICT	1:27.14
JANET JOHNSON	47 UN-P	1:44.18

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.



Lynnwood Masters Swimming Team Has Great Experience at Presidents' Day Meet

By Marcia G. Smith

Twelve members of the Lynnwood Masters Swim Team participated last Saturday (February 16, 2002) at the Bellingham Masters Swim Club Presidents' Day Meet.

For some team members this was their first swimming competition. Terri Steele, one of the first-time competitors, took second place in her age group for the 1650 yard freestyle event.

Coach Lauri Stallings drove the city van from Lynnwood and was very supportive forming relay teams and keeping track of times and splits.

Karin Heusted recorded a Nationals qualifying time for the 400 IM by 3 seconds. She is planning to attend the PNA/Zone Championships in April and, later this summer, will be going to Hawaii for the National Masters Short Course Competition. The other Lynnwood participants were: John R. Kessler, Ron Oren, Marcia Smith, Richard (Dick) Batley, Pete Kynion, Shannon Lacey, Gene Reese, Jami Schwab, Suzanne Way, and Hein Tran.

The Bellingham Masters Swim

Club hosted a well organized, enjoyable event at the Arne Hanna Aquatic Center, so well in fact, that the top organizer, Barb Gundred, was able to swim the 500 yard freestyle unconcerned. Club members, their children, and businesses in the area donated time and delicious goodies to make the event even better.

All members of US Masters Swimming are welcome and encouraged to attend any of the swim meets. PNA's next event is the Short Course Yards Mercer Island Sprint Meet, March 10th.

Marcia is a triathlete who keeps returning to swimming. She submitted this article on the meet and enjoys both workouts and the meet.

The Lynnwood Recreation Center hosts the Lynnwood Masters (Sharks) Team with practices Mondays and Wednesdays 8:15 to 9:15 pm (listed as a "class" and paid for in 4 or 5 week intervals) and Fridays 6:05 to 7:30 pm (pay per visit). Lynnwood Recreation Center's phone number is (425) 771-4030.

50 YD. FLY			
DEBBIE GLASSMAN	48 GLAD		30.54
100 YD. FLY			
DEBBIE GLASSMAN	48 GLAD		1:09.13
THEO MANLEY	47 WINS		1:24.49
100 YD. I.M.			
DEBBIE GLASSMAN	48 GLAD		1:14.13
BARBY CAHILL	46 BAM		1:16.56
DANIELLE BRAULT	45 VICT		1:20.94
JULIE IDDON	47 WINS		1:22.06
200 YD. I.M.			
THEO MANLEY	47 WINS		2:54.48
DANIELLE BRAULT	45 VICT		2:59.18

WOMEN 50-54

100 YD. FREE			
KATHRINE CASEY	53 FTS		1:09.41
500 YD. FREE			
BARB GUNDRED	50 BMSC		6:21.04
KATHRINE CASEY	53 FTS		6:52.25
200 YD. BACK			
KATHRINE CASEY	53 FTS		2:51.04
200 YD. BRST			
KATHRINE CASEY	53 FTS		3:16.81
100 YD. FLY			
KATHRINE CASEY	53 FTS		1:29.99

WOMEN 55-59

50 YD. FREE			
JOY WARD	59 OREG		30.97
100 YD. FREE			
SALLY DILLON	55 NWM		1:10.06
500 YD. FREE			
SALLY DILLON	55 NWM		6:41.64
50 YD. BACK			
JOY WARD	59 OREG		37.50
100 YD. BACK			
JOY WARD	59 OREG		1:21.36
100 YD. BRST			
SALLY DILLON	55 NWM		1:31.02
200 YD. BRST			
SALLY DILLON	55 NWM		3:12.20
50 YD. FLY			
JOY WARD	59 OREG		33.16
100 YD. I.M.			
JOY WARD	59 OREG		1:21.43

WOMEN 60-64

100 YD. FREE			
FRANCESCA DRUM	60 OOPS		1:20.71
50 YD. BACK			
FRANCESCA DRUM	60 OOPS		43.08
CHAYA AMIAD	63 WSY		59.21

100 YD. BACK			
CHAYA AMIAD	63 WSY		2:05.60
200 YD. BACK			
CHAYA AMIAD	63 WSY		4:20.40
50 YD. BRST			
FRANCESCA DRUM	60 OOPS		42.81 P
100 YD. BRST			
FRANCESCA DRUM	60 OOPS		1:33.78 P
CHAYA AMIAD	63 WSY		2:26.90
200 YD. BRST			
FRANCESCA DRUM	60 OOPS		3:23.61 P
CHAYA AMIAD	63 WSY		5:06.55

WOMEN 65-69

50 YD. FREE			
KAREN BRYCE	68 GLAD		48.80
50 YD. BRST			
KAREN BRYCE	68 GLAD		54.71

MEN 19-24

50 YD. FREE			
JIM-RAY HIGGINSON	23 PNA		22.02
SANDER BOGDAN	23 PRO		28.66
100 YD. FREE			
TREVOR PETRIE	22 BMSC		52.51
50 YD. BRST			
SANDER BOGDAN	23 PRO		31.87
TREVOR PETRIE	22 BMSC		32.20
100 YD. BRST			
SANDER BOGDAN	23 PRO		1:08.45
50 YD. FLY			
JIM-RAY HIGGINSON	23 PNA		27.30
100 YD. FLY			
DANNY PARINE	19 UN-P		57.94
200 YD. FLY			
DANNY PARINE	19 UN-P		2:06.20
100 YD. I.M.			
DANNY PARINE	19 UN-P		58.25
200 YD. I.M.			
DANNY PARINE	19 UN-P		2:08.91

MEN 25-29

50 YD. FREE			
BRANDON AUSTIN	29 UN-P		24.84
DAVID AUSTIN	27 BMSC		25.79
STEVEN ROSARIA	27 UN-P		25.84
100 YD. FREE			
STEVEN ROSARIA	27 UN-P		57.02
DAVID AUSTIN	27 BMSC		58.09
200 YD. FREE			
RON BELLEZA	27 UN-P		2:00.19
STEVEN ROSARIA	27 UN-P		2:12.97
100 YD. BACK			
RON BELLEZA	27 UN-P		1:02.67
200 YD. BACK			
RON BELLEZA	27 UN-P		2:12.93
50 YD. BRST			
BRANDON AUSTIN	29 UN-P		30.37
STEVEN ROSARIA	27 UN-P		31.96
100 YD. BRST			
BRANDON AUSTIN	29 UN-P		1:08.95
DAVID AUSTIN	27 BMSC		1:13.16
STEVEN ROSARIA	27 UN-P		1:17.37
100 YD. I.M.			
BRANDON AUSTIN	29 UN-P		1:07.73
200 YD. I.M.			
RON BELLEZA	27 UN-P		2:13.74

MEN 30-34

50 YD. FREE			
JEFF STRAND	31 HUSK		23.59
BILLY PERRY	32 UN-P		27.00
TIM WELCH	32 ORCA		29.12
KERRY NESS	32 SVY		29.55
100 YD. FREE			
JEFF STRIDE	32 PRO		51.44
JEFF STRAND	31 HUSK		51.66
JOHN KULSA	33 UN-P		57.34
MIKE GRIMM	33 PRO		1:00.93
KERRY NESS	32 SVY		1:07.19

200 YD. FREE		
JOHN KULSA	33 UN-P	2:08.15
MIKE GRIMM	33 PRO	2:13.56
50 YD. BACK		
TIM WELCH	32 ORCA	33.06
100 YD. BACK		
JEFF STRIDE	32 PRO	59.83
200 YD. BACK		
TIM WELCH	32 ORCA	2:41.81
50 YD. BRST		
KERRY NESS	32 SVY	36.83
100 YD. BRST		
KERRY NESS	32 SVY	1:21.08
50 YD. FLY		
BILLY PERRY	32 UN-P	30.17
TIM WELCH	32 ORCA	31.55
100 YD. I.M.		
JEFF STRAND	31 HUSK	1:01.59
BILLY PERRY	32 UN-P	1:10.90
MIKE GRIMM	33 PRO	1:12.03
TIM WELCH	32 ORCA	1:17.77
KERRY NESS	32 SVY	1:19.03
200 YD. I.M.		
JOHN KULSA	33 UN-P	2:22.56

MEN 35-39

50 YD. FREE		
GREG MARGHARITIS	35 WINS	24.04
NATHANIEL HEEG	38 BAM	26.74
100 YD. FREE		
GREG MARGHARITIS	35 WINS	54.66
ERIC KNAPP	38 UN-P	56.16
NATHANIEL HEEG	38 BAM	57.65
CHARLES NORMAN	35 TOSC	58.24
200 YD. FREE		
NATHANIEL HEEG	38 BAM	2:08.26
500 YD. FREE		
NATHANIEL HEEG	38 BAM	5:43.74
1650 YD. FREE		
ERIC KNAPP	38 UN-P	19:20.04
NATHANIEL HEEG	38 BAM	19:27.70
50 YD. BRST		
GREG MARGHARITIS	35 WINS	31.44
100 YD. BRST		
CHARLES NORMAN	35 TOSC	1:11.31
GREG MARGHARITIS	35 WINS	1:12.63
BOB FISH	38 BMSC	1:13.41
200 YD. BRST		
CHARLES NORMAN	35 TOSC	2:48.48
50 YD. FLY		
GREG MARGHARITIS	35 WINS	27.53
ERIC KNAPP	38 UN-P	29.46
100 YD. FLY		
JOE GASPER	39 UN-P	1:01.26
200 YD. I.M.		
CHARLES NORMAN	35 TOSC	2:33.06
400 YD. I.M.		
BOB FISH	38 BMSC	4:58.27
JOE GASPER	39 UN-P	4:59.56
CHARLES NORMAN	35 TOSC	5:29.62

MEN 40-44

50 YD. FREE		
MIKE WALSTEAD	44 TOSC	25.35
PERRY MORIN	43 GLAD	25.91
RON OREN	42 UN-P	30.00
100 YD. FREE		
MIKE WALSTEAD	44 TOSC	55.95
PERRY MORIN	43 GLAD	56.27
MICHAEL JONES	41 MIR	56.59
RON OREN	42 UN-P	1:05.38
GUNNAR FORSMAN	43 UN-P	1:06.50
200 YD. FREE		
PERRY MORIN	43 GLAD	2:10.05
RON OREN	42 UN-P	2:32.20
PAUL IKEDA	42 ORCA	2:38.31
500 YD. FREE		
ERIC DYBDAHL	41 FWM	6:00.29
1650 YD. FREE		
MICHAEL JONES	41 MIR	20:04.68
ERIC DYBDAHL	41 FWM	20:38.61
PAUL IKEDA	42 ORCA	23:41.37

50 YD. BRST		
PERRY MORIN	43 GLAD	35.73
KEVIN AMES	44 UN-P	36.07
GUNNAR FORSMAN	43 UN-P	36.60
100 YD. BRST		
MIKE WALSTEAD	44 TOSC	1:12.90
KEVIN AMES	44 UN-P	1:18.18
GUNNAR FORSMAN	43 UN-P	1:20.30
200 YD. BRST		
PAUL IKEDA	42 ORCA	2:56.42
GUNNAR FORSMAN	43 UN-P	2:58.75
50 YD. FLY		
DAVID MCALPINE	41 BMSC	25.38
100 YD. FLY		
BRIAN RUSSELL	44 BAM	1:04.04
ERIC DYBDAHL	41 FWM	1:05.72
200 YD. FLY		
ERIC DYBDAHL	41 FWM	2:28.69
PAUL IKEDA	42 ORCA	3:04.49
100 YD. I.M.		
DAVID MCALPINE	41 BMSC	58.80
MIKE WALSTEAD	44 TOSC	1:06.62
BRIAN RUSSELL	44 BAM	1:06.64
KEVIN AMES	44 UN-P	1:11.95
200 YD. I.M.		
BRIAN RUSSELL	44 BAM	2:25.00
ERIC DYBDAHL	41 FWM	2:35.95
PAUL IKEDA	42 ORCA	2:48.28

MEN 45-49

50 YD. FREE		
JIM FLYNN	48 BMSC	27.35
HEIN TRAN	45 LYNN	32.62
CHARLES BIES	48 UN-P	35.84
100 YD. FREE		
BRUCE CRIST	45 UN-P	55.32
JIM FLYNN	48 BMSC	59.54
BILL KNOWLTON	49 WSY	1:01.09
HEIN TRAN	45 LYNN	1:09.75
CHARLES BIES	48 UN-P	1:23.38
200 YD. FREE		
JIM FLYNN	48 BMSC	2:13.16
500 YD. FREE		
JIM FLYNN	48 BMSC	6:01.95
50 YD. BACK		
BILL KNOWLTON	49 WSY	31.77
100 YD. BACK		
BRUCE CRIST	45 UN-P	1:06.02
BILL KNOWLTON	49 WSY	1:09.60
200 YD. BACK		
BILL KNOWLTON	49 WSY	2:33.76
50 YD. BRST		
JIM WILLIAMS	45 BMSC	32.24
CHARLES BIES	48 UN-P	43.94
100 YD. BRST		
JIM WILLIAMS	45 BMSC	1:12.49
50 YD. FLY		
STEVE FREEBORN	46 FWM	27.02
JIM WILLIAMS	45 BMSC	29.96
100 YD. FLY		
STEVE FREEBORN	46 FWM	1:02.79
100 YD. I.M.		
STEVE FREEBORN	46 FWM	1:06.10
BILL KNOWLTON	49 WSY	1:09.29
JIM WILLIAMS	45 BMSC	1:09.34
HEIN TRAN	45 LYNN	1:22.77
200 YD. I.M.		
STEVE FREEBORN	46 FWM	2:27.07
400 YD. I.M.		
STEVE FREEBORN	46 FWM	5:16.39

MEN 50-54

50 YD. FREE		
GENE REESE	53 LYNN	31.45
PETE KYNION	54 LYNN	36.11
BART BERG	51 BAM	36.77
100 YD. FREE		
JIM NORRIS	54 UN-P	1:04.30
RICHARD BATLEY	53 UN-P	1:09.45
PETE KYNION	54 LYNN	1:22.99
BART BERG	51 BAM	1:25.57

200 YD. FREE		
BART BERG	51 BAM	3:19.77
500 YD. FREE		
JIM NORRIS	54 UN-P	6:29.41
RICHARD BATLEY	53 UN-P	6:43.22
1650 YD. FREE		
RICHARD BATLEY	53 UN-P	23:19.01
JOHN KESSLER	54 LYNN	24:28.06
50 YD. BACK		
PETE KYNION	54 LYNN	49.64
50 YD. BRST		
GENE REESE	53 LYNN	37.45
THOMAS WALKER	54 UN-P	46.42
PETE KYNION	54 LYNN	48.05
BART BERG	51 BAM	48.78
100 YD. BRST		
THOMAS WALKER	54 UN-P	1:42.48
200 YD. BRST		
THOMAS WALKER	54 UN-P	3:38.88
100 YD. I.M.		
GENE REESE	53 LYNN	1:31.47
PETE KYNION	54 LYNN	1:40.23
200 YD. I.M.		
THOMAS WALKER	54 UN-P	3:22.14
400 YD. I.M.		
THOMAS WALKER	54 UN-P	7:12.21

MEN 55-59

50 YD. FREE		
MIKE MCCOLLY	56 GLAD	28.62
AART LOOYE	57 WINS	31.22
LEON POLITANO	58 VICT	33.18
100 YD. FREE		
STEVE PETERSON	55 OOPS	1:03.03
IVAN OAKES	58 BMSC	1:43.02
500 YD. FREE		
MIKE MCCOLLY	56 GLAD	5:53.02
STEVE PETERSON	55 OOPS	6:28.63
1650 YD. FREE		
GORDON GRAY	56 NSYG	23:48.20
50 YD. BACK		
MIKE MCCOLLY	56 GLAD	34.05
AART LOOYE	57 WINS	34.10
100 YD. BACK		
AART LOOYE	57 WINS	1:17.84
200 YD. BACK		
GORDON GRAY	56 NSYG	3:00.98
AART LOOYE	57 WINS	3:07.31
50 YD. BRST		
IVAN OAKES	58 BMSC	46.44
100 YD. BRST		
STEVE PETERSON	55 OOPS	1:17.24 P
200 YD. BRST		
STEVE PETERSON	55 OOPS	2:45.52 P
GORDON GRAY		
56 NSYG	3:23.64	
50 YD. FLY		
LEON POLITANO	58 VICT	38.94
100 YD. FLY		
LEON POLITANO	58 VICT	1:32.85
100 YD. I.M.		
LEON POLITANO	58 VICT	1:27.63
200 YD. I.M.		
MIKE MCCOLLY	56 GLAD	2:31.69
STEVE PETERSON	55 OOPS	2:39.69
GORDON GRAY	56 NSYG	3:04.31

400 YD. I.M.

MIKE MCCOLLY		
MEN 60-64		
50 YD. BACK		
WALT REID	61 FTS	35.25
50 YD. BRST		
WALT REID	61 FTS	36.55
BERT PETERSEN	63 OREG	37.11
50 YD. FLY		
BERT PETERSEN	63 OREG	28.68
100 YD. FLY		
BERT PETERSEN	63 OREG	1:08.73



M E N 65-69

50 YD. FREE			
DAVE DRUM	66 OOPS	30.32	
ALAN PHILLIPS	65 UNA	36.32	
100 YD. FREE			
DAVE DRUM	66 OOPS	1:07.97	
200 YD. FREE			
DAVE DRUM	66 OOPS	2:41.37	
50 YD. BACK			
DAVE DRUM	66 OOPS	39.04	
ALAN PHILLIPS	65 UNA	50.05	
100 YD. BACK			
TOM FOLEY	67 TIG	1:48.91	
50 YD. BRST			
ALAN PHILLIPS	65 UNA	47.81	
50 YD. FLY			
DAVE DRUM	66 OOPS	34.18	
200 YD. FLY			
TOM FOLEY	67 TIG	4:42.79	
200 YD. I.M.			
TOM FOLEY	67 TIG	3:53.54	

M E N 70-74

50 YD. FREE			
ROBERT DORSE	70 TIG	32.70	
JIM MILNE	73 NSYG	32.84	
100 YD. FREE			
JIM MILNE	73 NSYG	1:16.92	
ROBERT DORSE	70 TIG	1:17.58	
200 YD. FLY			
HARVEY PROSSER	73 NWM	4:14.17	
100 YD. I.M.			
ROBERT DORSE	70 TIG	1:33.81	

RELAYS-WOMEN 200 YD. FREE

19 +			
BARBY CAHILL	46 PNA	2:09.41	
MEGAN BUSSART	31		
DANIELLE MAKIS	22		
JAMIE WHITNEY	37		
MARCIA SMITH	41 LYNN	2:09.99	
JAMI SCHWAB	19		
SHANNON LACEY	29		
TERRI STEELE	40		
25 +			
SARAH MACDONALD	42 VICT	1:55.57	
SUZANNE SCRIVEN	32		
SHANNON DAVIS	26		
DARLENE BARITEAU	36		
KARI PAGE	30 BMSC	2:08.92	
TERI REXROAT	43		
KRISTINE COLVER	39		
CAROLYN MATHEWS	39		

RELAYS-WOMEN 200 YD. MEDLEY

19 +			
KARIN HEUSTED	33 LYNN	2:13.78	
SHANNON LACEY	29		
JAMI SCHWAB	19		
SUZANNE WAY	37		
25 +			
DEBBIE FISH	39 BMSC	2:35.88	
MIMI POEHLMAN	37		
MEGAN BUSSART	31		
KARI PAGE	30		

RELAYS-M E N 200 YD. FREE

19 +			
DAN PARINE	19 PNA	1:35.21	
JIM-RAY HIGGINSON	23		
BRENT WILLIAMS	22		
TREVOR PETRIE	22		

25 +			
DAVE AUSTIN	26 BMSC	1:42.45	
JIM WILLIAMS	45		
JIM FLYNN	48		
DAVE MCALPINE	41		

35 +			
BRIAN RUSSELL	44 PNA	2:00.15	
BART BERG	51		
GUNNAR FORSMAN	41		
NATHANIEL HEEG	38		

45 +			
JOHN KESSLER	54 PNA	2:10.73	
GENE REESE	53		
PETE KYNION	54		
RICHARD BATELY	53		

RELAYS-M E N 200 YD. MEDLEY

19 +			
JEFF STRIDE	32 PNA	1:57.66	
SANDER BOGDAN	23		
MIKE GRIMM	31		
STEVEN ROSARIA	27		

35 +			
DAVID MCALPINE	41 BMSC	1:54.34	
JIM WILLIAMS	45		
BOB FISH	38		
JIM FLYNN	48		

ERIC DYBDAHL	41 PNA	2:21.10	
GUNNAR FORSMAN	43		
NATHANIEL HEEG	38		
BART BERG	51		

RELAYS-MIXED 200 YD. FREE

25 +			
JIM FLYNN	48 BMSC	1:49.63	
KARI PAGE	30		
MEGAN BUSSART	31		
BOB FISH	38		

STEVEN ROSARIA	27 PNA	1:54.55	
R.CHIRSTIE-SHAW	26		
VEENA MARIYAPPA	30		
JEFF STRIDE	32		

KARIN HEUSTED	33 PNA	2:01.67	
HEIN TRAM	45		
SUZANNE WAY	37		
RON OREN	42		

35 +			
JAMIE WHITNEY	37 PNA	1:58.27	
GUNNAR FORSMAN	43		
BARBY CAHILL	46		
NATHANIEL HEEG	38		

AART LOOYE	57 WINS	2:03.48	
JULIE IDDON	47		
KATHY GRAHAM	44		
GREG MARGHARITIS	35		

RELAYS-MIXED 200 YD. MEDLEY

25 +			
MEGAN BUSSART	31 BMSC	2:09.23	
BOB FISH	38		
KARI PAGE	30		
JIM WILLIAMS	45		

35 +			
AART LOOYE	57 WINS	2:14.02	
JULIE IDDON	47		
GREG MARGHARITIS	35		
KATHY GRAHAM	44		

Zone Matters

On April 13th and 14th we have a Zone meet at Federal Way. What is a Zone?

USMS has divided the United States into eight swimming zones: Northwest, Oceana, Breadbasket, Southwest, South Central, Great Lakes, Colonies, and Dixie. Our Northwest Zone covers Alaska, Idaho, Montana, Oregon, Utah, and Washington.

The Northwest Zone is divided into seven Local Masters Swimming Committees (LMSC): Alaska, Inland Northwest, Montana, Oregon, Pacific Northwest, Snake River, and Utah. Each LMSC is responsible for activities in their section, such as meets, newsletter, web site.

For more information visit the Zone web site at <http://www.northwestzone.org/>.



Local PNA Members Selected to Chair USMS Committees

Kathy Casey has been appointed to lead the Recognition and Awards Committee for USMS. This committee reviews and approves the USMS awards, including the Ransom Arthur Award, which Kathy received in 1993.

Hugh Moore continues as the Chair for the Communications Committee. The Communications Committee tasks include providing guidelines for the USMS web site and the SWIM magazine editor.

NEWS ABOUT PNA SWIMMERS



2001 USMS Long Course Meters Top Ten for PNA September 30, 2001

Swimmer	Age	Dist	Stroke	Time	Place
Kelly J Crandell	21	800 Fr		2:09.69	8
Kelly J Crandell	21	200 Brst		3:28.52	7
Katie Richter	24	50 Fly		:30.58	2

Women 25-29

Colleen Philipps	25	50 Fr		:28.55	2
Taunya M Roberts	28	50 Fr		:29.08	4
Jean M Dillon	27	50 Fr		:29.61	6
Jennifer Peterson	25	50 Fr		:30.04	10
Taunya M Roberts	28	100 Fr		1:04.10	1
Aurora Tallacksen	25	100 Fr		1:05.56	7
Jean Dillon	27	100 Fr		1:05.58	8
Taunya M Roberts	28	200 Fr		2:17.89	3
Leslie Mix	26	200 Fr		2:19.47	5
Colleen Philipps	25	400 Fr		4:54.05	4
Leslie Mix	26	400 Fr		4:54:55	5
Aurora Tallacksen	25	400 Fr		5:06.69	7
Aurora Tallacksen	25	1500 Fr	20:09.95	4	
Taunya M Roberts	28	50 Bk		:34.33	3
Taunya M Roberts	28	100 Bk		1:12.50	1
Taunya M Roberts	28	200 Bk		2:37.72	2
Leslie Mix	26	200 Bk		2:38.18	3
Nicole Mc Kenney	25	50 Brst		:37.91	2
Jean M Dillon	27	100 Brst		1:19.70	1
Nicole Mc Kenney	25	100 Brst		1:25.46	9
Jean M Dillon	27	200 Brst		2:50.89	1
Nicole Mc Kenney	25	200 Brst		3:04.86	7

Jean M Dillon	27	50 Fly		:31.51	5
Jennifer Peterson	25	50 Fly		:32.26	7
Jean M Dillon	27	100 Fly		1:10.39	8
Colleen Philipps	25	200 IM		2:32.62	3
Jean M Dillon	27	200 IM		2:37.79	8
Jean Dillon	27	400 IM		6:01.26	6

Women 30-34

Karen R Leahy	33	1500 Fr	20:51.61	9	
Linda K Hegeberg	31	200 Bk	2:45.22	5	
Leslie McCullough	32	200 Bk	2:53.22	8	
Linda K Hegeberg	31	50 Brst	:38.35	6	
Linda K Hegeberg	31	200 Brst	2:56.72	4	
Karin Heusted	33	50 Fly	:32.34	9	
Linda K Hegeberg	31	200 Fly	2:51.64	5	
Linda K Hegeberg	31	200 IM	2:41.90	6	

Women 35-39

Sarah A Bullock	36	1500 Fr	1:29.41	10	
Carolyn W Mathews	39	50 Bk	:34.15	9	
Carolyn W Mathews	39	100 Bk	1:12.38	4	
Carolyn W Mathews	39	200 Bk	2:41.78	9	
Jerri Freimuth	35	100 Brst	1:24.99	5	
Jerri Freimuth	35	200 Brst	3:05.04	2	
Cory Mackie	38	100 Fly	1:14.55	10	
Cory Mackie	38	200 Fly	2:46.49	5	
Allison Beadle	37	200 Fly	3:01.76	9	
Jerri Freimuth	35	200 IM	2:48.86	9	
Cory Mackie	38	400 IM	5:52.41	7	
Jerri Freimuth	35	400 IM	5:58.32	9	

Women 50-54

Zena H Courtney	42	100 Fr	1:04.29	4	
Zena H Courtney	42	800 Fr	10:17.74	3	
Zena H Courtney	42	50 Bk	:33.80	3	
Zena H Courtney	42	100 Bk	1:12.56	3	

Zena H Courtney	42	200 Bk	2:35.54	2	
Tonya K Berg	42	50 Brst	:39.62	3	
Tonya K Berg	42	100 Brst	1:26.88	3	
Tonya K Berg	42	200 Brst	3:05.83	3	
Kari Einset	42	50 Fly	:31.79	6	

Women 45-49

Jo Moore	46	50 Fr	:29.52	2	
Debbie A Glassman	48	50 Fr	:30.18	4	
Mary Lippold	45	50 Fr	:30.93	5	
Jo Moore	46	100 Fr	1:05.42	3	
Debbie A Glassman	48	100 Fr	1:08.00	7	
Mary Lippold	45	100 Fr	1:08.60	8	
Mary Lippold	45	200 Fr	2:34.88	8	
Jo Moore	46	400 Fr	5:21.06	5	
Mary Lippold	45	400 Fr	5:25.03	8	
Jo Moore	46	800 Fr	10:58.29	4	
Eileen B Collopy	47	800 Fr	11:25.54	9	
Barby D Cahill	46	50 Bk	:37.22	5	
Barby D Cahill	46	100 Bk	1:16.80	2	
Barby D Cahill	46	200 Bk	2:46.39	3	
Debbie A Glassman	48	50 Fly	:32.65	2	
Jo Moore	46	50 Fly	:33.32	6	
Debbie A Glassman	48	100 Fly	1:16.52	5	
Mary Lippold	45	100 Fly	1:23.37	7	
Debbie A Glassman	48	200 Fly	2:59.37	5	

Women 50-54

Kathrine Casey	53	100 Fr	1:15.47	10	
Barb L Gundred	50	200 Fr	2:30.57	4	
Barb L Gundred	50	400 Fr	5:16.05	3	
Kathrine Casey	53	400 Fr	5:55.15	10	
Barb L Gundred	50	800 Fr	11:02.65	3	
Kathrine J Casey	53	1500 Fr	23:25.90	6	
Mel Lebsack	53	1500 Fr	25:01.76	10	
Barb L Gundred	50	50 Bk	:36.15	2	

Welcome to the swimmers who have recently joined PNA!

BRANDON AUSTIN, MICHAEL BAILEY, RONALD BELLEZA, ORLANDO BOLEDA, KIM BOWSER, MICHELLE CAMPILLO-PETERS, TAMRA CANHAM, MICHAEL CASEY, ANNE CAVASSA, KATHRYN CRIST, PATTI CUNNINGHAM, LORI DALE, DANA DEAN DOERING, BARBARA DORNING, ED GRAEFEN, DONALD GRAHAM, HEATHER GRIFFITH, KENNETH GUND, KIMBERLY HULETT, JANET JOHNSON, BILL KERSCHKE, JOHN KESSLER, BILL KNOWLTON, BRENDA KNUTSON, JOHN KULSA, SANDRA LAFONTAINE, EDWARD LOVE, DANIELLE MAKIS, VEENA MARIYAPPA, JENNIFER MARK, RACHEL MASLOWSKI, WAYNE METHNER, MARY MEYER, MALIKA MOHSENI, KEVIN NOAH, DAN PARINE, NICHOLAS PARRY, HEIDI PELTON, BILLY PERRY, JAN RINGO, KAREN ROBBINS, TIMOTHY RODY, MORRIS SORRELS, LAURIE STALLINGS, TERRI STEELE, SENECA STORM, LEINA TANI, JOHN VRANESH, MICHELLE WATTS, MICHELLE WILLATS, LISA WINTLER, ELYSSE ZELENKO





Arni Litt grabbed 10th place for Top Ten in the 200 Breast in the Women's 55-59 age group. Perhaps this is the first of many other Top Ten times.

Barb L Gundred	50	100 Bk	1:16.93	2
Kathrine Casey	53	100 Bk	1:29.82	9
Barb L Gundred	50	200 Bk	2:47.60	1
Kathrine Casey	53	200 Bk	3:07.77	5
Lynn A Bell	51	50 Brst	:40.43	3
Lynn A Bell	51	100 Brst	1:30.21	5
Lynn A Bell	51	200 Brst	3:13.09	2
Kathrine Casey	53	200 Brst	3:39.03	6
Lynn A Bell	51	50 Fly	:34.50	4
Lynn A Bell	51	100 Fly	1:22.48	4
Lynn A Bell	51	200 Fly	3:13.01	4
Kathrine J Casey	53	200 Fly	3:35.37	6
Kathrine J Casey	53	400 IM	7:01.28	7

Women 55-59

Sally Dillon	55	50 Fr	:34.44	4
Sally A Dillon	55	100 Fr	1:14.71	2
Sally A Dillon	55	200 Fr	2:46.70	2
Sally A Dillon	55	400 Fr	5:51.31	2
Sally Dillon	55	800 Fr	11:57.17	2
Sally A Dillon	55	1500 Fr	22:39.06	1
Sally A Dillon	55	50 Brst	:44.54	4
Sally A Dillon	55	100 Brst	1:40.07	4
Arni H Litt	55	200 Brst	4:07.44	10

Women 60-64

Francesca Drum	60	50 Fr	:39.79	7
Francesca Drum	60	100 Fr	1:33.03	9
Francesca Drum	60	200 Fr	3:30.35	10
Susanne Zimsen	61	50 Bk	:48.39	10
Francesca Drum	60	100 Bk	1:47.06	10
Francesca Drum	60	50 Brst	:48.85	6
Susanne Zimsen	61	50 Brst	:52.36	10
Francesca Drum	60	100 Brst	1:50.14	6
Francesca Drum	60	200 Brst	3:46.12	4

Women 65-69

Karen Bryce	68	100 Fr	1:27.77	4
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Women 70-74

Janet D Kavadas	70	200 Bk	4:52.59	10
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Women 75-79

Muriel C Flynn	78	50 Brst	1:03.06	5
Muriel C Flynn	78	100 Brst	2:19.53	3
Muriel C Flynn	78	200 Brst	5:04.85	4
Muriel C Flynn	78	200 IM	4:59.52	4

Women 80-84

Marion K Chadwick	80	800 Fr	25:41.48	2
Maxine M Carlson	81	50 Bk	1:11.89	9
Maxine M Carlson	81	100 Bk	2:32.80	6
Maxine M Carlson	81	200 Bk	5:22.19	4
Marion K Chadwick	80	200 Bk	7:11.93	9
Marion K Chadwick	80	200 Brst	9:40.24	7

Men 25-29

John T Skroch	29	400 Fr	4:45.33	8
John T Skroch	29	100 Bk	1:07.02	1
Mark A Arnold	27	100 Bk	1:07.22	3
John T Skroch	29	200 Bk	2:28.07	3
John T Skroch	29	100 Brst	1:14.70	3
Derek D Mullen	27	100 Brst	1:20.53	9
John Skroch	28	200 Brst	2:49.16	2
John T Skroch	29	200 IM	2:29.06	8
John T Skroch	29	400 IM	5:24.22	4

Men 30-34

Tom F Schutte	32	200 Bk	2:29.31	6
Tom F Schutte	32	50 Brst	:33.18	8
Tom F Schutte	32	100 Brst	1:13.52	5
Tom F Schutte	32	200 Brst	2:41.26	6
Tom F Schutte	32	200 IM	2:24.69	7
Tom F Schutte	32	400 IM	5:18.34	6

Men 35-39

Craig S Mallery	39	100 Fr	:56.25	3
Bryan G Baldwin	37	100 Fr	:58.99	9
Gary E Hood	35	100 Fr	:59.07	10
Steven E Ruitter	36	400 Fr	4:46.96	10
Gary E Hood	35	100 Bk	1:10.04	7
Steven E Ruitter	36	200 Bk	2:28.06	3
Kevin L Esko	35	50 Brst	:32.57	7
Kevin Esko	35	100 Brst	1:15.29	8
Kevin L Esko	35	200 Brst	2:44.96	6
Steven E Ruitter	36	200 Brst	2:51.00	10
Craig S Mallery	39	50 Fly	:27.93	5
Matthew Stauffer	37	50 Fly	:28.57	9
Matthew Stauffer	37	100 Fly	1:04.03	7
Matthew Stauffer	37	200 Fly	2:32.53	6
Steven E Ruitter	36	200 IM	2:26.84	8
Steven E Ruitter	36	400 IM	5:11.44	3

Men 40-44

Geoffrey Anderson	41	1500 Fr	18:47.48	8
David Mc Alpine	41	50 Bk	:30.56	6
Doug A Portelance	43	100 Bk	1:06.91	7
Doug A Portelance	43	200 Bk	2:25.05	5
David Mc Alpine	41	50 Fly	:27.25	3
David Mc Alpine	41	100 Fly	1:00.71	5
David Mc Alpine	41	200 IM	2:23.09	5

Men 45-49

Steve A Sussex	46	100 Fr	:58.94	5
Steve A Sussex	46	200 Fr	2:09.18	4
Steve A Sussex	46	400 Fr	4:37.64	2
Steve A Sussex	46	1500 Fr	19:07.35	6
Dave Hannula	47	50 Bk	:32.93	7
Gregory Harrison	49	100 Brst	1:19.38	10
Gregory Harrison	49	200 Brst	2:46.85	4
Stephen Frborn	46	50 Fly	:29.20	6
Steve A Sussex	46	200 IM	2:28.61	5

Top Ten Patches

If you are listed in the USMS Top Ten list you are eligible for Top Ten patches.

Each patch comes with one stroke or a relay segment and costs \$5. You may order extra segments for \$1.25 each.

When you order, give the following information: your name, age, gender, year of your Top Ten swim, the course (SCY, LCM, SCM), and the event. If placing in any relay event, also include your team name.

Make your check payable to Lake Erie LMSC and mail with your information to:

Thomas Gorman
3369 Desota Ave
Cleveland Heights, OH 44118

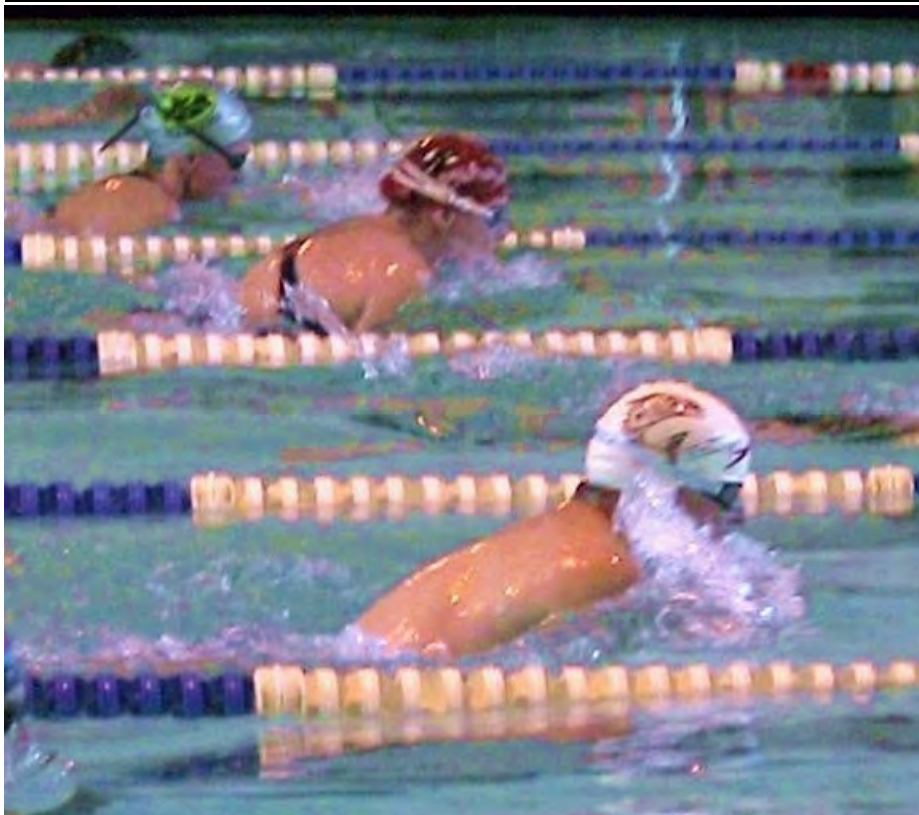
If you have questions, Thomas can be reached via e-mail: trgorman@att.net.

Men 50-54

Rick J Peterson	50	50 Fr	:26.96	3
Rick J Peterson	50	100 Fr	1:00.94	4
Frank Warner	52	100 Fr	1:02.87	10
Alan Bell	51	200 Fr	2:15.02	2
Frank Warner	52	200 Fr	2:18.94	8
Alan Bell	51	400 Fr	4:47.47	4
William J Penn	50	400 Fr	5:02.32	9
Frank Warner	52	800 Fr	10:20.16	4
Alan Bell	51	1500 Fr	18:54.52	2
William J Penn	50	1500 Fr	20:08.22	9
Frank Warner	52	50 Bk	:34.52	10
Frank Warner	52	100 Bk	1:14.54	7
Frank Warner	52	200 Bk	2:45.35	7
Rick P Colella	50	50 Brst	:33.09	1
Rick P Colella	50	100 Brst	1:12.50	1
Rick P Colella	50	200 Brst	2:39.08	1
Alan Bell	51	100 Fly	1:07.09	6
Rick P Colella	50	200 Fly	2:27.03	3
Rick P Colella	50	200 IM	2:23.45	1
Rick P Colella	50	400 IM	5:05.82	1

Men 55-59

Michael Mc Colly	56	400 Fr	5:14.91	5
Jim McCleery	55	800 Fr	10:25.90	1
Michael Mc Colly	56	800 Fr	11:04.82	6
Steven B Peterson	55	800 Fr	11:46.68	9
James Mc Cleery	55	1500 Fr	19:41.49	1
Michael Mc Colly	56	100 Bk	1:19.59	9
William Schubach	57	200 Bk	2:51.09	4
Michael Mc Colly	56	200 Bk	2:53.03	5
Steven B Peterson	55	50 Brst	:37.53	5
Steven B Peterson	55	100 Brst	1:24.06	3
Steven B Peterson	55	200 Brst	3:06.44	8



Steve Peterson placed in the Top Ten in four events, three of them breaststroke. Also in the picture are Jerri Freimuth (red cap) and Tonya Berg. Jerri placed ninth in Top Ten for the Women 35-39 200 IM. Tonya placed third in three Top Ten events, the 50, 100, and 200 Breaststroke for the Women 50-54 age group.

Men 60-64

Gary Chase	61	50 Bk	:33.93	1
Gary A Chase	61	100 Bk	1:16.21	1
Walter E Reid	61	100 Bk	1:30.64	10
Gary A Chase	61	200 Bk	2:50.56	1
Gary A Chase	61	50 Brst	:37.68	2
Harold T Tauscher	64	50 Brst	:40.12	7
Gary Chase	61	100 Brst	1:29.49	4
Gary Chase	61	200 Brst	3:20.67	8

Men 65-69

David S Drum	66	50 Fly	:35.58	5
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Men 70-74

Thomas Taylor	70	200 Fr	3:02.95	8
Thomas T Taylor	70	400 Fr	6:15.04	3
Thomas Taylor	70	800 Fr	12:46.07	2
Thomas T Taylor	70	1500 Fr	24:02.17	3
Thomas T Taylor	70	200 Bk	3:33.58	4
Thomas Taylor	70	50 Brst	:43.12	3
Thomas T Taylor	70	100 Brst	1:37.90	3
Thomas Taylor	70	200 Brst	3:40.72	4

Men 80-84

Harold Young	80	1500 Fr	40:14.71	4
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Men 85-89

Gene Crossett	88	50 Fr	:50.94	7
Gene Crossett	88	100 Fr	2:06.35	7
Gene Crossett	88	200 Fr	4:38.04	4
Gene Crossett	88	400 Fr	10:21.74	5
Gene Crossett	88	800 Fr	20:41.60	3

PNA Team Registrations

The following teams are currently registered with PNA. If you think your team should be listed but isn't please send in your Local Team Registration (including the \$10 Application Fee). For PNA Champs all teams must register by the meet entry deadline to be eligible for team trophies.

Team

Bainbridge Area Masters	BAM
Bellevue Club	BC
Bellevue Lunchtime Aquatic Masters	BLAM
Evergreen Masters	EM
Ft. Steilacoom - WAKO	FTSW
Gold Creek Masters	GCM
Greenlake Aquaducks	GLAD
Husky Masters	HM
Lynnwood Sharks	LYNN
Mercer Island Redwoods	MIR
North Whidbey Masters	NWM
Northshore Y's Guys	NSYG
Old Olympic Peninsula Swimmers	OOPS
ORCA	ORCA
Pro Sports Club	PRO
Tacoma Pierce Co YMCA	TACY
Thunderbird Aquatic Masters	TAM
Tigers	TIG
Vashon Aquatic Masters	VAM
West Seattle YMCA Dolphins	WSYD

Team Rep

Ken Ragsdale
Carolyn Behse
Karen Lynn Maher
Bob Pease
Kathrine Casey
Sue Amott
Clark Pace
Rickey Perkins
Karin Heusted
Steve Sussex
Sally Dillon
Joann Bushnell
Frank Warner & Steve Peterson
Tim Welch
Dave Alles
Cathy Barmore
Pinky Walker
Tom Foley
Greg Martin
Chaya Amiad

Team Coach

Lynn Wells
Cory Hilderbrand
Scott Armstrong
Bob Pease
Kathrine Casey
David Leonard
Scott Skoglund
Matt Delonely
Laurie Stallings
Pete Gillis
Frank Warner
John Crowley
Camille Thompson
Cathy Barmore
Pinky Walker
Tom Foley
Michelle Richard
Chaya Amiad

Try Synchro in the South End!

Another option for trying synchronized swimming is a Masters group in Federal Way. We practice at the Federal Way High School Pool on most Sunday evenings. This is a fun group learning new skills. For info call Jane Moore (253) 925-0803.

Women's Triathlon Clinics

Presented by Lynne Cameron

Saturday, March 16th-Sammamish Club, Issaquah, WA

Saturday, March 23rd-Silver Lake Club, Everett, WA

Clinic: 8:00 am - 12:00 noon

Optional Swim, Bike or Run Workshops: 1:00 - 3:00 pm

Cost: Clinic \$40, Optional Workshop \$10

Geared towards beginners as well as women who have tried their hand at a triathlon or two and want to improve. Clinic includes continental breakfast and a 40-page triathlon training workbook.

(425) 985-3572 L3C5@aol.com



Pacific Northwest Association of Masters Swimmers

Local Team Registration

To register your team for 2002, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held in the spring. All team members competing in the meet must be currently registered with USMS. (See back page for registration form.)

Team Reps: PNA will provide your team with a USMS Rule Book which contains rules for Swimming, Competition, Long Distance Swimming, Athletes' Rights, and Organization and Bylaws. Contact Jeanne Ensign if you would like one.

Team Name:		Abbreviation (4 letters max):	
Team Rep	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	E-Mail:		
Team Coach	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	E-Mail:	Home Pool:	

Mail this form and check to:

Jeanne Ensign
 511 East Roy, #314
 Seattle, WA 98102
 (206) 324-1354
 Fax (206) 325-0632
 E-mail jeanne@raincity.com

Application Fee: \$10

Make check payable to: **PNA Masters Swimmers**

UNITED STATES MASTERS SWIMMING, INC.
2002 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

2002 Annual Fee: Your fee includes a subscription to the *WetSet* and to *SWIM Magazine*

Under 65	\$30	(If after Sep 1, 2002 for 2002: \$15.00)	\$ _____
Senior: 65 & over	\$23	(If after Sep 1, 2002 for 2002: \$11.50)	_____
Canadian fee	\$35		_____
<i>Optional Donations:</i>	USMS Endowment Fund	\$1 or (\$ _____)	_____
	International Swimming Hall of Fame	\$1 or (\$ _____)	_____
			TOTAL \$ _____

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

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

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING 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 _____

Pacific Northwest Association of Masters Swimmers
1000 Cabin Cr Lane SW D301
Issaquah, WA 98027

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