

# THE WET SET

Pacific Northwest Association  
of Masters Swimmers

Volume 22 • Issue 10

Masters Swimmers in Western Washington

December 2002



## Happy Holidays from PNA



Photo by Sandy McNeel

Sally Smith and Dona Williams decided to be a team of two with their custom suits made by Dona. After their races, they relax in the hot tub at the Bainbridge Island Aquatic Center. Sally and Dona swim at the South Kitsap pool.

## LEADING OFF

By  
Lee Carlson

### Looking Back; Looking Forward

This last year was wildly successful for the PNA. First, it was a year of growth and development. We currently have 1039 members. This is a growth rate of more than 10%. Teams also grew and were added during the year. New teams were formed at Western Washington University, Downtown YMCA, and the Seattle Club at Northgate. Green Lake Aqua Ducks became member governed. Bainbridge Island now has over 80 swimmers. PNA worked on team and coach development last year and it shows. We asked the coaches what they wanted and we are providing these services.

During 2002 we held seven meets, two open water swims, and three clinics. These events were conducted for all swimmers from the recreational to the elite Masters swimmer. An open water clinic in July, with a stroke clinic in Oak Harbor the same weekend, and a Mentor Coach clinic in October featured nationally recognized senior coaches helping us improve our swimming.

(Continued on page 3)

### What's inside this issue?

#### Results

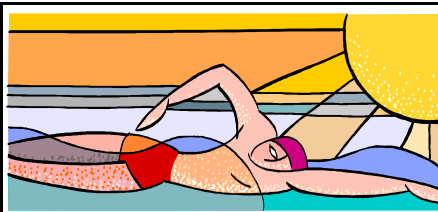
- BAMFest
- 5 & 10 K Postal Swim

#### Entry Forms

- One Hour Postal Swim
- PNA Meet at Anacortes

#### Also in this issue

- 2003 Registration form
- Pools: Which King County one are to be closed?  
Status of new University of Washington pool  
Places to Swim
- And other news



# WETSET

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**Fitness:** Jo Moore

**Historian:** Tom Foley

**Meets:** Hugh Moore

**Records/Top Ten:** Walt Reid

**Officiating:** Jan Kavadas

**Open Water:** Sally Dillon

**Publicity:** Lynn Wells

**Safety:** Kathy Casey

**Social:** Jett Vallandigham

## MASTERS 2002/2003

# CALENDAR MEETS

OPEN WATER  
POSTAL SWIMS  
CLINICS

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

December 14-15  
SCM Northwest Zone Champs  
Oregon City, OR  
Colette Crabbe (503) 659-2114  
colettecrabbe@hotmail.com  
www.swimoregon.org/  
MeetEntryForms/

January 1-31, 2003  
1 Hour Postal Championship  
Kristine Lewis (503) 641-9486  
onehour@swimoregon.org  
www.usms.org/longdist/  
ldnats03/1hentry.pdf  
Entry form in this issue

January 1– December 31, 2003  
Short Course Meters Season

**January 19, 2003**  
**SCY PNA Meet**  
**Anacortes, WA**  
**Mike Bemis (360) 293-0673**  
**tbirds@fidalgo.net**  
**Entry form in this WetSet**

January 25, 2003  
SCY Tualatin Hills Pentathlon  
Beaverton, OR  
Kristi Riddle (503) 690-8687  
kristinotbrinkly@aol.com

**January 28, 2003**  
**PNA Board Meeting**  
**Seattle Parks & Recreation**

February 15, 2003  
Bellingham meet listed in  
November *WetSet* will not happen  
this year

**February 16, 2003**  
**SCM Meet at Bellevue Club**  
**(tentative)**  
**See January *WetSet* for details**

March 14-16, 2003  
Assn. SCY Meet  
MAC Club, Portland  
Bob Kabacy (503) 245-8122  
rkabacy@kelrun.com

**March 16, 2003**  
**SCY Mercer Island Sprint Meet**  
**Lee Carlson (425) 427-8430**  
**leedee@cablespeed.com**

April 5, 2003  
SCY Meet  
Eugene, OR  
Lynda Christiansen (541) 687-8379  
ericandlynda@netzero.net

**April 12-13, 2003**  
**SCY PNA Champs**  
**WKAC, Federal Way, WA**  
**Hosted by Federal Way Masters**

April 26-27, 2003  
SCY Zone Meet  
Hood River, OR  
Shelly Rawding (509) 493-4679  
rawding@gorge.net

May 15-18, 2003  
USMS Short Course Champs  
Arizona State University,  
Tempe, AZ  
Mark Gill (480) 775-1485  
mark.gill@asu.edu  
www.usms.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.



# LEADING OFF



(Continued from page 1)

PNA continues with a strong presence nationally. Honors were awarded to our leaders. Hugh and Jane Moore received the Ransom J. Arthur Award, United States Masters Swimming's highest honor. Sally Dillon, Jeanne Ensign, and Sandy McNeel were recognized for their outstanding contribution to Masters swimming with the Dorothy Donnelly Service Award. Our newsletter, the *WetSet*, continued to improve and new PNA Webmaster Jim Williams has added a stunning visual look to a great web site located at [swimpna.org](http://swimpna.org).

In January we will launch a 30-minute fitness swim and encourage you to participate. PNA is conducting this fitness swim for USMS and will recognize those that participate. Details will be provided next month.

In April, new officers will be elected to take PNA to the next level. Your current President will then resume a more normal swimming avocation. In May a dynamite total fitness clinic will show you how to get better swimming results with concentrated efficiency in nutrition, balance, weight work, and stretching. This summer I look forward to being able to use my new wetsuit and participate in several open water swims.

We look good and we are going forward.

**Lee Carlson**



# HAPPY BIRTHDAY

to the following PNA swimmers!

12 15	Paul Stoermer	12 29	Curtis Wade
12 15	Leeann McGhie-Stoermer	12 30	Judith Allen
12 15	Joanne Kirkland	12 30	Ann Thorn
12 15	Kim Reykdal	12 30	Scott Lorenzen
12 16	Brita Enfield	12 30	Naomi Jacobson
12 16	Edward Waldron	12 30	Joy Rogers
12 16	Karen Van Dusen	12 30	Cory Mackie
12 16	Natalie Morgan	12 30	Stephen Kirk
12 16	Bill Kerschke	12 31	James Scantland
12 16	Timothy Colman	12 31	Dona Williams
12 17	Scott Skoglund	01 01	Julie Corman
12 17	Jerry Sanchez	01 01	Harold Huff
12 17	Michael Fleming	01 01	Carol Tyree-Dewell
12 17	Ann Helser	01 02	Ralph Bremer
12 18	Carolyn Stemshorn	01 03	Laura Main
12 18	Thomas Grandine	01 03	Ryan Roberts
12 18	Susan Leveridge	01 05	Elizabeth Herring
12 20	Cynthia Martin	01 06	Susan Carleton
12 20	Stephanie Diemel	01 06	Paul Olmstead
12 20	Rebecca Cohen	01 07	Tom Schulz
12 21	Patrick Adams	01 07	Sonny Garrett
12 21	Pam Strandberg	01 07	Mindy Galbraith
12 24	Patricia Alvarado	01 07	Kim Boggs
12 24	John Bailey	01 08	Michael Turgeon
12 24	Orna Kristal	01 08	James Purpura
12 25	David Witus	01 09	Jack Akamine
12 25	L. (Gene) Crossett	01 09	Thomas Taylor
12 25	Christopher Laubenthal	01 10	Katie Jones
12 27	Ute Cray	01 10	James McCleery
12 27	Henry Kirkland	01 10	Steven Ruitter
12 27	Ron Cho	01 10	Jerri Freimuth
12 27	Kelly Morgan	01 11	Deborah Taylor
12 28	Fred Carter	01 11	Frank Warner
12 28	Jim Simpson	01 11	Thomas Seifts
12 28	Kathy Cole	01 11	Michael Saunders
12 28	Mary Bradbury	01 13	Seneca Storm
12 28	Jerry Gallaher	01 14	Sheryl Melvin
12 28	Cynthia Krass		

# King County Pools The Negotiations Go On

King County is short \$52 million and plans to trim its budget by closing or transferring ownership of many of its parks and pools. Some people are questioning whether they can legally do this. The pools were built with the 1972 \$334 million Forward Thrust bond package. According to the terms of the bonds, the pools must be kept open until 2012.

Also, means are being researched to keep the pools open for several months in 2003 and to give voters an opportunity to decide whether to implement city levy increases to run the pools. King County has published information about transfer agreements at [www.metrokc.gov/exec/news/2002/112002.htm](http://www.metrokc.gov/exec/news/2002/112002.htm).

Eight pools' futures are still in question:

**Auburn Pool**—The Auburn School District is negotiating with King County to keep the pool open at least for school use, but an agreement has not been reached.

**Enumclaw Pool**—A plan to transfer the pool to city ownership is being proposed in a February ballot measure. If that vote fails, council members said they'd look for funding elsewhere.

**Kent Pool**—Pool scheduled to be closed.

**Mary Wayte Pool, Northshore Pool, Redmond Pool**—Northwest Center, a nonprofit organization, is bidding on these and perhaps all eight remaining pools.

**Mt. Rainier Pool**—Nothing has been resolved. The Normandy Park City Council did approve a resolution to officially condemn the King County Council for spending \$10 million on the Green River serial killer trial while closing parks and pools.

**Mt. Si View Pool**—In February, North Bend voters will vote on whether to establish a special parks district with commissioners who would set a levy to keep the pool open.

## USMS Foundation

by Doug Church  
USMS Treasurer

Every year, each USMS member has an opportunity at registration time to add one dollar to their registration fee designated for the USMS Endowment Fund. The Endowment Fund was started several years ago as a means of:

1. Honoring and recognizing individuals or organizations for a particular reason.
2. Raising money for research and grants benefiting Masters swimmers.

This year (2002) the Endowment fund balance went over one hundred thousand dollars (\$100,000.00)!

As you register for the year 2003, keep this in mind: your dollar, added to all others, will provide the means by which important research can be conducted that will help us all understand more about the benefits, the risks, and the rewards of swimming. If you have an interest or want more information, contact Doug Church, Chair of the USMS Endowment Fund ([Dchurch@cchalaw.com](mailto:Dchurch@cchalaw.com)).



Arrangements have now been resolved for these pools:

**Kenneth Jones Pool (Federal Way)**—Federal Way will keep the pool until they build a new community and senior center with swimming pool. The new pool's opening date is scheduled for January 2005.

**South Central Pool**—The City of Tukwila takes ownership of the pool January 1, partly in exchange for the King County taking the half-share of the South Park Bridge.

In December, we need your help to keep the pools open.

1. Contact your city council members and indicate that it's critical to keep the pools open; these are community resources. Thank them for their efforts on our behalf.
2. If they have a council meeting show up and speak as a representative of Masters Swimming. Show that we support keeping the pools open until all negotiations and voter approvals are completed.
3. E-mail Ron Sims, County Executive, at [metrokc.gov](http://metrokc.gov) and thank him and the council for their work on keeping the parks and pools open. Encourage them to continue working on creative solutions like the Northwest Center proposal.
4. Please do the steps above on or before December 10th. The Mercer Island City Council meets to finalize on December 2nd and Redmond on December 5th.

Next year consider a fund raiser for your local pool; they will continue to need our help and support.

Lee Carlson  
PNA Chair  
Member "Save our Pools Coalition"



# PNA SWIMMING NEWS - NEWS - NEWS

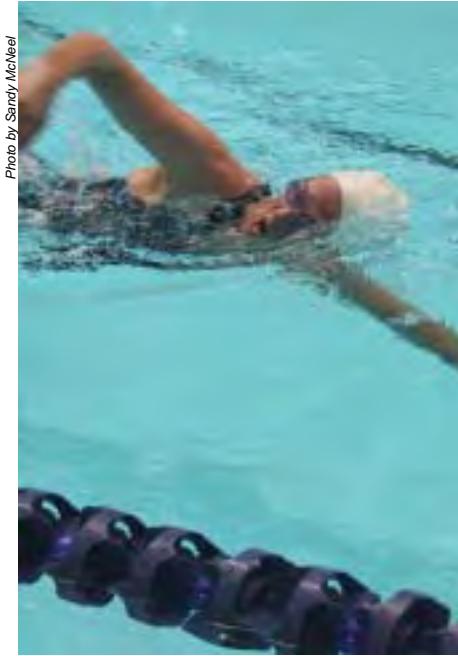


Photo by Sandy McCleery

Kathleen Abrams swam the 10K in the Federal Way pool and placed third nationwide in her age group.

## Local Swimmers Participate in National Postal Championship

PNA swimmers did quite well in the 5 & 10 K USMS National Postal Championships this year. PNA obtained pool time at the Federal Way and South Kitsap High School 50-meter pools so interested swimmers would have the opportunity to participate.

Complete results for the event can be found on the USMS web site at [usms.org/longdist](http://usms.org/longdist).

### 5K Individual results:

M 40-44	4 <sup>th</sup>	Eric Dybdahl	1:13:50.88
M 45-49	11 <sup>th</sup>	Hugh Moore	1:27:54.31
M 55-59	1 <sup>st</sup>	Jim McCleery	1:10:57.00
W 30-34	3 <sup>rd</sup>	K Morris	1:32:06.55
W 50-54	9 <sup>th</sup>	Jane Moore	1:55:27.35
<b>W 55-59</b>	<b>1<sup>st</sup></b>	<b>Sally Dillon</b>	<b>1:22:09.83</b>

### National Record

### 10K Individual results:

M 30-34	1 <sup>st</sup>	Tom Schutte	2:58:40.81
M 40-44	2 <sup>nd</sup>	Eric Dybdahl	2:39:25.94
M 50-54	2 <sup>nd</sup>	Alan Bell	2:15:50.99
<b>M 55-59</b>	<b>1<sup>st</sup></b>	<b>J McCleery</b>	<b>2:28:45.33</b>

### National Record

M 60-64	2 <sup>nd</sup>	S Thrasher	2:44:17.17
W 45-49	3 <sup>rd</sup>	K Abrams	2:42:52.29

### 5K team results:

25+ women:	2 <sup>nd</sup>		
Dillon, Morris, J. Moore			4:49.43.62
35+ men:	4 <sup>th</sup>		
McCleery, Dybdahl, H. Moore			3:52.42.19
25+ mixed:	2 <sup>nd</sup>		
McCleery, Dybdahl, Dillon, Morris			5:19.04.15

PNA women	8 <sup>th</sup>
PNA men	8 <sup>th</sup>
PNA combined	9 <sup>th</sup>

### 10K team results:

35+ men:	1 <sup>st</sup>	PNA	
Dybdahl, Bell, McCleery			7:24.02.26
PNA women	8 <sup>th</sup>		
PNA women	1 <sup>st</sup>		
PNA men	2 <sup>nd</sup>		

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

Scott Bentzen, Bob Bioren, Wendy Crabb, Carolyn Euker  
Yen Garcia, Alderik Gastmans, Ivar Hildahl, Bjorn Millard  
Larry Pilcher, John Quam, Peter Ray, Ty Rudolph  
Khadija Strong, John Williams

## More Moores

Jo Moore and Hugh Moore are now officially appointed for two of our PNA volunteer positions.

Jo Moore is our new Fitness Chair. Fitness organizes clinics and provides information on fitness to the *WetSet*. Jo was our meet director for the Long Course meet at the Weyerhaeuser King County Aquatic Center last July.

Hugh Moore is back as our Meet Chair and using his long-time experience to organize our meet schedule.

And, no, they are not related.

United States Masters Swimming (USMS) is a national organization that provides organized workouts, competitions, clinics, and workshops for adults age 18 and over. Programs are open to all adult swimmers (fitness, triathlete, competitive, and non-competitive) who are dedicated to improving their fitness through swimming, and is organized with 500 clubs throughout the nation.



# Bainbridge Island Swim Meet

## Results

October 19, 2002  
Short Course Meters

**P PNA Record**

### WOMEN 19-24

<b>50 YD. FREE</b>		
LAURA DOWD	19 WWU	27.68
NAOMI JACOBSON	19 WWU	27.85
MICHELLE BLOXHAM	20 WWU	27.96
ERIN SALMAN	19 WWU	28.30
ERIN OKUNO	24 DSYM	34.96
DANIELLE MAKIS	22 BAM	38.58
<b>100 YD. FREE</b>		
ERIN SALMAN	19 WWU	1:05.01
ERIN OKUNO	24 DSYM	1:18.15
<b>200 YD. FREE</b>		
MARY LASSITER	20 WWU	2:06.58
AMY JAHNKE	19 WWU	2:17.56
ALICE FRASER	24 UNAT	2:45.34
<b>500 YD. FREE</b>		
MARY LASSITER	20 WWU	5:37.20
MICHELLE BLOXHAM	20 WWU	6:21.96
<b>100 YD. BACK</b>		
MARY LASSITER	20 WWU	1:07.84
MICHELLE BLOXHAM	20 WWU	1:15.52
<b>100 YD. BRST</b>		
CARY GREGOR	23 WWU	1:13.76
FAYE LIMING	23 NEO	1:19.79
LAURA DOWD	19 WWU	1:20.48
ALICE FRASER	24 UNAT	1:35.48
ERIN OKUNO	24 DSYM	1:37.03
<b>100 YD. FLY</b>		
AMY JAHNKE	19 WWU	1:09.21
LAURA DOWD	19 WWU	1:09.40
NAOMI JACOBSON	19 WWU	1:11.74

<b>200 YD. I.M.</b>		
CARY GREGOR	23 WWU	2:26.30
FAYE LIMING	23 NEO	2:35.91

### WOMEN 25-29

<b>50 YD. FREE</b>		
EMILY YASUKOCHI	25 UNAT	31.75
<b>100 YD. FREE</b>		
OLIVIA MCINTYRE	27 DSYM	1:34.22
<b>200 YD. I.M.</b>		
EMILY YASUKOCHI	25 UNAT	2:46.07

### WOMEN 30-34

<b>50 YD. FREE</b>		
GINA DACQUISTO	34 BAM	29.98
JODI STEBBINS	34 LYN	32.03
JUNKO ANAZAWA	30 DSYM	37.64
ADRIA COLLOM	31 UNAT	41.31
<b>100 YD. FREE</b>		
TARA SIMSAK	32 BAM	1:05.24
GINA DACQUISTO	34 BAM	1:05.96
LESLIE DOBENSKI	32 DSYM	1:15.54
ADRIA COLLOM	31 UNAT	1:39.04
<b>200 YD. FREE</b>		
TARA SIMSAK	32 BAM	2:23.12
JODI STEBBINS	34 LYN	2:47.60
JUNKO ANAZAWA	30 DSYM	3:18.76
TRISCA HENNESSY	34 BAM	3:23.68
<b>500 YD. FREE</b>		
RONDAMARIE SMITH	32 UNAT	6:02.91
JODI STEBBINS	34 LYN	8:03.65
TRISCA HENNESSY	34 BAM	9:45.53
<b>100 YD. BACK</b>		
TARA SIMSAK	32 BAM	1:16.74
JUNKO ANAZAWA	30 DSYM	1:54.46
<b>100 YD. BRST</b>		
RONDAMARIE SMITH	32 UNAT	1:16.95
ADRIA COLLOM	31 UNAT	1:47.24
<b>100 YD. FLY</b>		
RONDAMARIE SMITH	32 UNAT	1:08.51
TARA SIMSAK	32 BAM	1:14.50
LESLIE DOBENSKI	32 DSYM	1:24.21

<b>200 YD. I.M.</b>		
RONDAMARIE SMITH	32 UNAT	2:25.73
TARA SIMSAK	32 BAM	2:42.71
LESLIE DOBENSKI	32 DSYM	3:01.28

### WOMEN 35-39

<b>50 YD. FREE</b>		
SUSAN WAY	38 LYN	32.31
BRIDGET YOUNG	35 BAM	33.13
EMA CIEBER	35 WSY	38.48
SUSAN LEVERIDGE	38 NSYG	39.23
<b>100 YD. FREE</b>		
SUSAN WAY	38 LYN	1:11.50
SUSAN LEVERIDGE	38 NSYG	1:19.80
MELISSA SWANSON	36 SAC	2:19.35
<b>200 YD. FREE</b>		
SUSAN WAY	38 LYN	2:39.79
SUSAN LEVERIDGE	38 NSYG	2:56.22
MELISSA SWANSON	36 SAC	2:56.38
EMA CIEBER	35 WSY	3:29.51
<b>500 YD. FREE</b>		
JAMIE WHITNEY	38 BAM	6:54.89
SUSAN LEVERIDGE	38 NSYG	7:54.06
<b>100 YD. BRST</b>		
JAMIE WHITNEY	38 BAM	1:27.18
LINDA MEYER	39 BAM	1:33.15
BRIDGET YOUNG	35 BAM	1:35.61
SUSAN WAY	38 LYN	1:48.25

### WOMEN 40-44

<b>50 YD. FREE</b>		
C.FULLER-KLING	42 BAM	31.28
NORA MASTERS	42 BAM	34.93
LAURA REISDORPH	41 UNAT	35.24
<b>100 YD. FREE</b>		
C.FULLER-KLING	42 BAM	1:12.04
NORA MASTERS	42 BAM	1:19.02
<b>200 YD. FREE</b>		
BRENDA KNUTSON	44 UNAT	2:36.69
C.WILLIAMSON	41 SAC	2:47.44
<b>500 YD. FREE</b>		
JACKIE KIMPTON	40 BAM	6:16.06
BRENDA KNUTSON	44 UNAT	6:50.40
LAURA REISDORPH	41 UNAT	7:42.08
C.WILLIAMSON	41 SAC	7:49.15
<b>100 YD. BACK</b>		
BRENDA KNUTSON	44 UNAT	1:27.87
<b>100 YD. BRST</b>		
BRENDA KNUTSON	44 UNAT	1:31.24
C.FULLER-KLING	42 BAM	1:31.61
TRACEY SCHMIDT	42 BAM	1:36.93
<b>100 YD. FLY</b>		
LAURA REISDORPH	41 UNAT	1:34.77
<b>200 YD. I.M.</b>		
JACKIE KIMPTON	40 BAM	2:47.84
BRENDA KNUTSON	44 UNAT	2:57.37
TERRY RAY	43 BAM	3:44.74

### WOMEN 45-49

<b>50 YD. FREE</b>		
CARLEEN GOSNEY	48 BAM	31.97
DONA WILLIAMS	48 UNAT	33.01
CORAL BERNIER	47 NSYG	33.11
DEBRA DEVLIEGER	49 BAM	34.40
MARILYNN GOTTLIEB	46 BAM	35.28
LOREN MCEWAN	48 BAM	35.30
JANET JOHNSON	47 UNAT	37.81
JANE STEWART	47 BAM	41.73



Recent focus on swim training and diet has paid off for Bill Volckening. The USMS Editor for SWIM Magazine surprised himself and impressed the spectators with his 500 Yard Free.



**Team Abbreviations**

<b>BAM</b>	Bainbridge Area Masters
<b>BC</b>	Bellevue Club
<b>BMSC</b>	Bellingham Masters Swim
<b>DSYM</b>	Downtown Seattle YMCA
<b>GLAD</b>	Green Lake Aqua Ducks
<b>LYN</b>	Lynnwood Sharks
<b>NEM</b>	New England Masters
<b>NEO</b>	North End Otters
<b>NSYG</b>	Northshore Y's Guys
<b>NWM</b>	North Whidbey Masters
<b>OMS</b>	Oregon Master Swimmers
<b>OOPS</b>	Old Olympic Peninsula
<b>SAC</b>	Seattle Athletic Club
<b>SSEA</b>	Swim Seattle
<b>SVY</b>	Skagit Valley Y
<b>TACY</b>	Tacoma Pierce Co YMCA
<b>TIGE</b>	Tigers
<b>TOSC</b>	Thurston Olympians
<b>UNAT</b>	Unattached
<b>WSY</b>	West Seattle YMCA Dolphins
<b>WWU</b>	Western Washington Univ



Jackie Kimpton, Bainbridge Area Masters, was one of the many BAM swimmers in the relay teams.

Photos by Sandy McNeel

<b>100 YD. FREE</b>			
DONA WILLIAMS	48 UNAT	1:15.97	
LISA LUND	45 BAM	1:21.81	
MARILYNN GOTTLIEB	46 BAM	1:23.46	
T.C. RICHMOND	46 SAC	1:27.95	
<b>200 YD. FREE</b>			
CORAL BERNIER	47 NSYG	2:37.73	
T.C. RICHMOND	46 SAC	3:27.71	
KATHY LINDSEY	48 SAC	5:00.49	
<b>500 YD. FREE</b>			
CORAL BERNIER	47 NSYG	7:03.40	
KATHY LINDSEY	48 SAC	12:59.41	
<b>100 YD. BACK</b>			
CORAL BERNIER	47 NSYG	1:29.81	
<b>100 YD. BRST</b>			
DEBRA DEVLIEGER	49 BAM	1:29.26	
CARLEEN GOSNEY	48 BAM	1:32.72	
DONA WILLIAMS	48 UNAT	1:33.19	
NANCY SPESER	45 UNAT	1:36.55	
MARILYNN GOTTLIEB	46 BAM	1:39.91	
JANET JOHNSON	47 UNAT	1:41.76	
<b>200 YD. I.M.</b>			
DONA WILLIAMS	48 UNAT	3:07.77	

**WOMEN 50-54**

<b>50 YD. FREE</b>			
SALLY ANN SMITH	54 UNAT	34.99	
ANN MENDENHALL	52 BAM	42.39	
<b>200 YD. FREE</b>			
KATE CARRUTHERS	54 BAM	3:09.13	
DEBRA DRAGOVICH	51 SAC	3:24.38	
<b>500 YD. FREE</b>			
DEBRA DRAGOVICH	51 SAC	9:27.70	
<b>100 YD. BACK</b>			
SALLY ANN SMITH	54 UNAT	1:34.37	
<b>100 YD. BRST</b>			
KATE CARRUTHERS	54 BAM	1:35.04	
<b>100 YD. FLY</b>			
SALLY ANN SMITH	54 UNAT	1:36.74	

**WOMEN 55-59**

<b>50 YD. FREE</b>			
ARNI LITT	56 GLAD	39.75	
<b>100 YD. FREE</b>			
ARNI LITT	56 GLAD	1:32.89	
<b>200 YD. FREE</b>			
SARAH WELCH	55 SSEA	2:37.60	
<b>500 YD. FREE</b>			
JEANNE ENSIGN	55 GLAD	8:19.49	

<b>100 YD. FLY</b>			
SARAH WELCH	55 SSEA	1:26.86	
<b>200 YD. I.M.</b>			
SARAH WELCH	55 SSEA	3:01.10	
ARNI LITT	56 GLAD	3:37.83	

**WOMEN 70-74**

<b>500 YD. FREE</b>			
JAN KAVADAS	71 NEO	10:49.35	
<b>100 YD. BACK</b>			
JAN KAVADAS	71 NEO	2:12.75	
<b>200 YD. I.M.</b>			
JAN KAVADAS	71 NEO	4:49.87	

**WOMEN 75-79**

<b>50 YD. FREE</b>			
MURIEL FLYNN	79 TACY	48.18	
<b>100 YD. FREE</b>			
MURIEL FLYNN	79 TACY	1:54.59	
<b>200 YD. FREE</b>			
MURIEL FLYNN	79 TACY	4:04.99	
<b>100 YD. BRST</b>			
MURIEL FLYNN	79 TACY	2:07.05	

**WOMEN 80-84**

<b>100 YD. FREE</b>			
MARION CHADWICK	81 BC	2:40.42	
<b>200 YD. FREE</b>			
MARION CHADWICK	81 BC	5:27.01	
<b>500 YD. FREE</b>			
MARION CHADWICK	81 BC	14:30.87	
<b>100 YD. BACK</b>			
MARION CHADWICK	81 BC	3:04.08	
<b>100 YD. BRST</b>			
MARION CHADWICK	81 BC	4:12.28	

**MEN 19-24**

<b>50 YD. FREE</b>			
AARON SMITH	21 WWU	24.66	
<b>200 YD. FREE</b>			
AARON SMITH	21 WWU	2:00.74	
<b>100 YD. BACK</b>			
AARON SMITH	21 WWU	1:04.04	

**MEN 25-29**

<b>50 YD. FREE</b>			
JEFF CLARK	27 BAM	25.52	
DAVID AUSTIN	28 BMSC	25.61	
<b>100 YD. FREE</b>			
DAVID AUSTIN	28 BMSC	1:00.43	
<b>100 YD. BACK</b>			
DAVID CRETIN	27 SSEA	1:12.85	
<b>100 YD. BRST</b>			
DAVID AUSTIN	28 BMSC	1:14.46	
<b>100 YD. FLY</b>			
DAVID CRETIN	27 SSEA	1:10.57	

**Western Masters Had a Blast at the 1st Annual BAMFest**

Thanks, Bainbridge Area Masters, for the wonderful swim meet! The meet was run by Lynn Wells and her Master swimmers and she did an excellent job. I have to say the hot tub was one of the highlights; it was much easier to talk people into swimming at a meet with a hot tub.

I was not sure how Western was going to make it out of bed by 5 am to catch the ferry, or what type of motivation the swimmers would have at their first Masters' meet of the season. However, their enjoyment and enthusiasm was obvious throughout the meet.

This was Western Masters' first inaugural swim meet and we all felt welcome coming into the PNA Masters swimming league. It was a great honor to meet other PNA Master Swimmers and alumni of Western's community who swim Masters. I speak for all Western Masters in thanking you for a fantastic time and outstanding competition.

**Mary Lassiter  
Western Washington Masters  
Swimming**



## Masters Swimming: For the Kids

The whole family was at the end of the lane cheering for J. Byford Goessman. His son, John (J.B.), his daughter-in-law, Cornelia, and the grandchildren, Christina and Julia were there. (Julia is pictured above with her mom.) J.B. explained, "Dad has been coming to my meets for some 12 years. Today I thought he was going to watch, but this morning he had a swim bag with him." J. Byford, at age 64, had kept a secret from his son and showed up to swim in his first swim meet.

An earlier event also attracted masses of small spectators. Todd Kowalski coaches kids and around 25 of them were on hand to cheer for his 50 Free. Todd was elated, "They carried me through the water. Those kids are great."

### MEN 30-34

<b>50 YD. FREE</b>		
BRANDON AUSTIN	30 UNAT	24.63
KERRY NESS	33 SVY	30.58
<b>100 YD. FREE</b>		
ROBERT MCGARR	32 DSYM	54.25
BRANDON AUSTIN	30 UNAT	55.49
KERRY NESS	33 SVY	1:10.81
<b>200 YD. FREE</b>		
ROBERT MCGARR	32 DSYM	1:58.54
<b>100 YD. BRST</b>		
BRANDON AUSTIN	30 UNAT	1:10.03
ROBERT MCGARR	32 DSYM	1:11.01
KERRY NESS	33 SVY	1:23.69
<b>100 YD. FLY</b>		
ROBERT MCGARR	32 DSYM	1:04.54
<b>200 YD. I.M.</b>		
ROBERT MCGARR	32 DSYM	2:16.34

### MEN 35-39

<b>50 YD. FREE</b>		
BLAKE WAGNER	35 BAM	24.38
KEVIN PRIGGER	39 BAM	25.95



Marion Chadwick, swims the 100 yard breaststroke in the 80-84 age group. She was the sole swimmer for this age group, and of course she took first place in all five of her events.

<b>100 YD. FREE</b>		
KEVIN PRIGGER	39 BAM	58.62
CHARLES NORMAN	36 TOSC	59.34
<b>500 YD. FREE</b>		
BILL VOLCKENING	36 NEM	5:18.68
NATHANIEL HEEG	39 BAM	5:52.10
<b>100 YD. BRST</b>		
JOHN GOESSMAN	37 BAM	1:08.64
CHARLES NORMAN	36 TOSC	1:11.53
<b>100 YD. FLY</b>		
JOHN GOESSMAN	37 BAM	1:01.77
KEVIN PRIGGER	39 BAM	1:06.58
<b>200 YD. I.M.</b>		
JOHN GOESSMAN	37 BAM	2:19.71
CHARLES NORMAN	36 TOSC	2:31.02

### MEN 40-44

<b>50 YD. FREE</b>		
JAMES LITTLEFIELD	42 SAC	25.43
CHUCK KROLL	44 SAC	25.98
LINSAY HARRON	40 SAC	26.08
PAUL WEBBER	44 BAM	26.42
TODD KOWALSKI	44 BAM	26.89
KEVIN AMES	44 UNAT	27.76
BRITTEN POULSON	42 SAC	28.92
RON OREN	43 LYN	29.47
GUNNAR FORSMAN	44 UNAT	29.75
BRACY ELTON	41 DSYM	35.12
<b>100 YD. FREE</b>		
JAMES LITTLEFIELD	42 SAC	56.32
LINSAY HARRON	40 SAC	57.08
TODD KOWALSKI	44 BAM	1:00.62
RON OREN	43 LYN	1:05.66
GUNNAR FORSMAN	44 UNAT	1:05.95
BRITTEN POULSON	42 SAC	1:06.36
BRACY ELTON	41 DSYM	1:17.73
<b>200 YD. FREE</b>		
RON OREN	43 LYN	2:25.73
<b>100 YD. BACK</b>		
JAMES LITTLEFIELD	42 SAC	1:04.50
BRITTEN POULSON	42 SAC	1:36.12
<b>100 YD. BRST</b>		
LINSAY HARRON	40 SAC	1:12.39
KEVIN AMES	44 UNAT	1:15.42
GUNNAR FORSMAN	44 UNAT	1:19.57
TODD KOWALSKI	44 BAM	1:23.71

<b>100 YD. FLY</b>		
PAUL WEBBER	44 BAM	1:09.52
<b>200 YD. I.M.</b>		
LINSAY HARRON	40 SAC	2:23.71
BRITTEN POULSON	42 SAC	3:04.24

### MEN 45-49

<b>50 YD. FREE</b>		
JOHN DEMEYER	47 BAM	25.38
ORLANDO BOLEDA	47 BAM	28.03
<b>100 YD. FREE</b>		
ORLANDO BOLEDA	47 BAM	1:02.76
<b>200 YD. FREE</b>		
ED RAMSEY	46 OMS	2:09.69
JIM JACOBSON	47 BAM	2:38.40
<b>500 YD. FREE</b>		
ED RAMSEY	46 OMS	5:55.77
<b>100 YD. BACK</b>		
JOHN DEMEYER	47 BAM	1:07.75
<b>100 YD. BRST</b>		
JOHN BAILEY	46 UNAT	1:10.00
BRIAN RUSSELL	45 BAM	1:15.04
<b>100 YD. FLY</b>		
BRIAN RUSSELL	45 BAM	1:02.45
JOHN BAILEY	46 UNAT	1:03.37
<b>200 YD. I.M.</b>		
JOHN BAILEY	46 UNAT	2:16.20

### MEN 50-54

<b>50 YD. FREE</b>		
BARNEY VOEGTLEN	53 BAM	28.53
BART BERG	51 BAM	37.42
<b>100 YD. FREE</b>		
GENE REESE	53 LYN	1:15.23
BART BERG	51 BAM	1:27.47
<b>500 YD. FREE</b>		
JIM DOHERTY	53 DSYM	9:01.18
<b>200 YD. I.M.</b>		
JIM DOHERTY	53 DSYM	3:03.95
GENE REESE	53 LYN	3:32.90

### MEN 55-59

<b>50 YD. FREE</b>		
JIM NORRIS	55 UNAT	29.38
DENNIS SAWYER	58 BAM	32.27





<b>100 YD. FREE</b>		
STEVEN PETERSON	56 OOPS	1:03.15
DENNIS SAWYER	58 BAM	1:13.60
<b>200 YD. FREE</b>		
JIM NORRIS	55 UNAT	2:21.85
<b>500 YD. FREE</b>		
RICK STAFFORD	55 BAM	6:27.98
JIM NORRIS	55 UNAT	6:34.09
THOMAS WALKER	55 UNAT	8:05.08
<b>100 YD. BRST</b>		
STEVEN PETERSON	56 OOPS	1:15.73
GARY STAMPER	57 GLAD	1:16.91
DENNIS SAWYER	58 BAM	1:26.19
THOMAS WALKER	55 UNAT	1:46.49
<b>200 YD. I.M.</b>		
STEVEN PETERSON	56 OOPS	2:39.19
THOMAS WALKER	55 UNAT	3:26.03

**MEN 60-64**

<b>50 YD. FREE</b>		
J BYFORD GOESSMAN	64 SAC	52.40
<b>500 YD. FREE</b>		
GARY CHASE	62 TACY	6:57.67
KENT BISHOP	62 UNAT	10:29.58
<b>100 YD. BACK</b>		
GARY CHASE	62 TACY	1:15.47
J BYFORD GOESSMAN	64 SAC	2:22.21
<b>100 YD. BRST</b>		
GARY CHASE	62 TACY	1:18.77
J BYFORD GOESSMAN	64 SAC	2:18.10
<b>100 YD. FLY</b>		
GARY CHASE	62 TACY	1:18.90 P
<b>200 YD. I.M.</b>		
GARY CHASE	62 TACY	2:53.61

**MEN 65-69**

<b>100 YD. BACK</b>		
TOM FOLEY	68 TIGE	1:48.07
<b>100 YD. FLY</b>		
TOM FOLEY	68 TIGE	2:05.65
<b>200 YD. I.M.</b>		
TOM FOLEY	68 TIGE	3:54.56

**MEN 80-84**

<b>50 YD. FREE</b>		
HAL YOUNG	81 TACY	51.04
RUSSELL KNUDSEN	80 BAM	1:01.11
<b>200 YD. FREE</b>		
HAL YOUNG	81 TACY	3:55.44
<b>500 YD. FREE</b>		
HAL YOUNG	81 TACY	10:56.73
<b>100 YD. BRST</b>		
RUSSELL KNUDSEN	80 BAM	3:10.62
HARVEY PROSSER	74 NWM	4:13.35

**RELAYS-WOMEN 200 YD. FREE**

<b>25 +</b>		
GINA DACQUISTO	34 BAM	1:59.50
C.FULLER-KLING	42	
JAMIE WHITNEY	38	
TARA SIMSAK	32	
<b>35 +</b>		
JACKIE KIMPTON	40 BAM	2:11.40
KYMMBERLY MYRICK	38	
CARLEEN GOSNEY	48	
LISA LUND	45	
<b>BRIDGET YOUNG</b>		
NORA MASTERS	35 BAM	2:18.25
LOREN MCEWAN	48	
TRACEY SCHMIDT	42	
<b>45 +</b>		
KATE CARRUTHERS	54 BAM	2:33.18
ANN MENDENHALL	52	
JANE STEWART	47	
MARILYNN GOTTLIEB	46	

**RELAYS-WOMEN 200 YD. MEDLEY**

<b>19 +</b>		
JEAN WELCH	56 BAM	2:57.23
MARILYNN GOTTLIEB 46		
DANIELLE MAKIS	22	
JANE STEWART	47	
<b>25 +</b>		
TARA SIMSAK	32 BAM	2:17.62
JAMIE WHITNEY	38	
GINA DACQUISTO	34	
CARLEEN GOSNEY	48	
<b>35 +</b>		
JACKIE KIMPTON	40 BAM	2:28.27
LINDA MEYER	39	
C.FULLER-KLING	42	
BRIDGET YOUNG	35	
<b>TERRY RAY</b>		
NORA MASTERS	43 BAM	2:44.25
TRACEY SCHMIDT	42	
LISA LUND	45	

**RELAYS-M E N 200 YD. FREE**

<b>19 +</b>		
AARON SMITH	21 BAM	1:44.09
NATHANIEL HEEG	39	
KEN RAGSDALE	39	
TODD KOWALSKI	44	
<b>35 +</b>		
JOHN GOESSMAN	37 BAM	1:45.68
PAUL WEBBER	44	
KEVIN PRIGGER	39	
GREG COLE	51	
<b>45 +</b>		
GREG POELS	48 BAM	1:58.58
BARNEY VOEGTLEN	53	
JIM JACOBSON	47	
ORLANDO BOLEDA	47	

**RELAYS-M E N 200 YD. MEDLEY**

<b>35 +</b>		
BLAKE WAGNER	35 BAM	1:55.19
JOHN GOESSMAN	37	
KEN RAGSDALE	39	
PAUL WEBBER	44	
<b>JOHN DEMEYER</b>		
ORLANDO BOLEDA	47 BAM	2:06.40
KEVIN PRIGGER	47	
TODD KOWALSKI	39	
<b>45 +</b>		
BARNEY VOEGTLEN	53 BAM	2:09.11
DENNIS SAWYER	58	
JIM JACOBSON	47	
GREG COLE	51	
<b>RUSSELL KNUDSEN</b>		
BART BERG	80 BAM	3:08.04
BRIAN RUSSELL	51	
GREG POELS	45	
	48	

**RELAYS-MIXED 400 YD. FREE**

<b>25 +</b>		
LESLIE DOBENSKI	32 DSYM	4:48.83
BRACY ELTON	41	
JUNKO ANAZAWA	30	
ROBERT MCGARR	32	

## More Competition for the Old Timers?

BAMFest, the swim meet at Bainbridge Island Aquatic Center, attracted 33 swimmers to enter and swim in their first USMS swim meet. Welcome to the following swimmers:

Junko Anazawa  
Michelle Bloxham  
Jeff Clark  
Adria Ellen Cullom  
Gina Dacquisto  
Debra DeVliieger  
Leslie Dobrenski  
Jim Doherty  
Laura Dowd  
Debra Dragovich  
Bracy Elton  
J. Byford Goessman Sr.  
Carleen Gosney  
Cary Gregor  
Lindsay Harron  
Naomi Jacobson  
Amy Jahnke  
Chuck Kroll  
Faye Liming  
Kathy Lindsey  
Lisa Lund  
Nora Masters  
Ann Mendenhall  
Erin Okuno  
Greg Poels  
T.C. Richmond  
Erin Salman  
Tracey Schmidt  
Aaron Smith  
Melissa Swanson  
Barney Voegtlen  
Jean Welch  
Emily Yasukochi

Our web site has a  
new web master  
and a new look!  
See [swimpna.usms.org/](http://swimpna.usms.org/)



**26th Annual One Hour Postal Swim**  
**2003 United States Masters Swimming Long Distance National Championship**

Sanctioned by the Oregon LMSC for USMS, Inc.  
 Sanction Number: 373-P01

**Date:** All swims must take place during January 2003.

**OBJECTIVE:** To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

**VENUE:** Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)

**ELIGIBILITY:** Each participant must be registered for 2003 with USMS or if non-US a similar body in the swimmer's country. **A COPY OF YOUR 2003 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

**INDIVIDUAL EVENTS:** Men and women separately will compete as individuals in the following age groups: 19-24, 25-29, ....., 100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.

**RELAY EVENT:** Two team relay events will be contested: 1) a 3 swimmer, same gender team and 2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 19+, 25+, ....., 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached teams are not permitted. Team entries must include copies of the individual entry forms if they are not submitted with the originals.

**CLUB EVENT:** Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in each division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and Long Distance Committee chair. Relay yards will not be counted.

**AWARDS:** USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 relay teams in each age group relay team event. First place finishers in individual and team relay events also receive USMS Champion patches. Distinctive awards will be given to the top 3 Clubs in each division of the Club event.

**RULES:** Drafting, floatation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they should each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count lengths, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760). (See Venue section for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group. No adjustment may be made for swims completed at altitude. Split sheets must be kept for each swimmer and a copy included with your entry. Using a stopwatch, record cumulative split times to the nearest second and tenth or hundredths for each 50 split.

**FEES:** Individual entry fees are US \$5 per swimmer for US (\$8 for non-US swimmers). Team entry fees are US \$15 per relay (\$18 for non-US entries). All fees are non-refundable. Make checks payable to Tualatin Hills Barracudas and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US Affiliate. **ENTRIES MUST BE RECEIVED by February 10, 2003.** Swimmers submitting incomplete entries will be contacted by collect phone call or email.

**T-SHIRTS:** A 2003 USMS One Hour Postal National Championship T-shirt is available at a cost of \$15. (International orders please add US \$5 postage for each shirt.)

**MORE INFO:** Address questions to

Kristine Lewis, Event Director - Tualatin Hills Barracudas  
 16055 SW Walker Rd #126 Beaverton, OR 97006  
 503-641-9486  
 email: [onehour@swimoregon.org](mailto:onehour@swimoregon.org)  
 Additional entries / info: [www.barracudas.org](http://www.barracudas.org)



Relay Entry Form - Use only for relay entries

Club: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Mail results/awards to:

Contact Address: \_\_\_\_\_ City \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_ Club Abbreviation: \_\_\_\_\_

Swimmer # 1: _____	_____	_____	_____
Name as it appears on USMS Registration Card	Gender	Age	Yards Swum
Swimmer # 2: _____	_____	_____	_____
Name as it appears on USMS Registration Card	Gender	Age	Yards Swum
Swimmer # 3: _____	_____	_____	_____
Name as it appears on USMS Registration Card	Gender	Age	Yards Swum
Swimmer # 4: _____	_____	_____	_____
Name as it appears on USMS Registration Card	Gender	Age	Yards Swum

Total Team Yards: \_\_\_\_\_  
 Team Entry Fees: US \$15 (\$18 for non-US entries).  
 Payment in US \$ from US Banks or international Money Order ONLY

**Please note: An individual entry form (next page) and individual event entry fees for each team participant must accompany this team entry form with the team entry fee. Individual Entry Form: Use only for individual entries.**

## 2003 USMS One Hour Postal Swim National Championship Individual Entry Form

NAME \_\_\_\_\_ USMS Reg. NUMBER \_\_\_\_\_  
(As it appears on registration card) (Include COPY of 2003 USMS Reg.)

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ GENDER M F

E-Mail Address: \_\_\_\_\_ AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
(MM/DD/YY)

CLUB \_\_\_\_\_ CLUB ABBR. \_\_\_\_\_

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 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.

I certify that I have read the rules of this competition and that on \_\_\_\_\_ I swam \_\_\_\_\_ yards at \_\_\_\_\_  
(Date) (Distance swum) (Pool name/City)

Swimmer's Signature

Entry Fee \$5.00 (US Only) \$8.00 (International/non-US) = \$ \_\_\_\_\_

T-shirt Order: Indicate T-shirt Quantity Ordered: \$15/shirt = \$ \_\_\_\_\_

Small \_\_\_ Medium \_\_\_ Large \_\_\_ X-Large \_\_\_ XX-Large \_\_\_

International @ \$20/shirt: (includes shipping) = \$ \_\_\_\_\_

TOTAL (US \$): = \$ \_\_\_\_\_

Verifier's Signature

Include: Masters 2003 Registration Card,  
 Official Entry form and split sheet  
 Make Checks Payable To: Tualatin Hills Barracudas  
 Send Entries to: Tualatin Hills Barracudas Attn: One Hour Swim  
 Postal Meet 16055 SW Walker Rd # 126 Beaverton, OR 97006  
 Must be RECEIVED by February 10, 2003

**Awards:** Please check if you **DO NOT** wish to receive your

- Championship Medal

- Patch

**Results:**  Electronic results via email address listed above

Paper results via US Postal



Record Split Entries using **CUMULATIVE** split times to the nearest second and tenth or hundredth.

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

**Total Yardage:** \_\_\_\_\_

# Vitamins

## To Supplement or Not to Supplement Compiled by Elin Zander, RD, Inland NW Masters

Recently, an ICU nurse described to me symptoms of dizziness and tingling. I wondered if she might have an iron deficiency and asked if she was taking any supplements with iron. She was taking a supplement but wasn't sure what was in it, so she brought the bottle in for me to look at. It provided over 1000% of the RDA for most of the vitamins including B6. Since overdoses of B6 can cause neurological problems such as she was experiencing, I suggested that she stop taking the supplement. Her symptoms cleared up soon thereafter. Although I cannot be positive that my "diagnosis" was correct or that the treatment was curative, the episode illustrates two issues about vitamin supplementation: 1) there is a lot of misunderstanding about what and how much to supplement and 2) supplementation with even water-soluble vitamins is not without risk.

Vitamins are organic compounds that are necessary to sustain life but which our bodies are unable to synthesize. Therefore we must meet our needs through the consumption of foods that contain those compounds. Deficiencies of

vitamins can lead to a variety of problems including poor sports performance, and increased risk for certain conditions such as cancer, anemia and heart disease. However, deficiencies in any or all of these compounds are relatively rare. It is highly unlikely that supplementing any or all vitamins will improve sports performance unless the athlete has a deficiency state that is corrected by taking that supplement.

The following dietary practices make it more likely that you might have a vitamin deficiency:

You are restricting calorie intake in an effort to lose weight.

- You make poor food choices (e.g. lots of fast or junk food).
- You eat less than five servings of fruits and vegetables each day.
- You smoke or drink too much alcohol.
- You have a condition that reduces that absorption or metabolism of certain vitamins.
- You are a vegan who is not eating foods fortified with vitamin B12.

Vitamin deficiencies may be diagnosed by blood tests and clinical signs and symptoms. Deficiencies are corrected by supplementation on the short term and diet modification long term.

To be sure that you are getting adequate vitamins, your diet should include the following:

- Six or more servings of whole grain breads, cereals and pastas, and starchy vegetables such as peas, corn and potatoes.
- Three to five servings of non-starchy vegetables.
- Two to four servings of fruit or fruit juice (100 percent juice, not fruit drinks!).
- Two to four servings of nonfat or low fat milk products.
- Two to three servings (two- to three- ounces each) of the meat/poultry/fish group, which also includes dried peas, beans, lentils and eggs.
- Limited servings of sugar and fats. (If you follow a very low fat diet you might ask your physician whether or not you should be supplementing Vitamin E.)

Always be sure to eat a wide variety of foods within each group to be sure that you aren't missing out on a vitamin or other important micronutrient.

Although it is safe to take a supplement that provides no more than 100 percent of the RDA for any of the vitamins, it is not recommended that you take a supplement to make up for poor food choices. Research has demonstrated time and again that a good diet that provides adequate amounts of the vitamins is protective against disease whereas supplementation (with a few possible exceptions) is not.



**PNA LOCAL MASTERS SWIMMING COMMITTEE**

SHORT COURSE YARDS MEET: January 19, 2003 (Meet Sanction #033601)  
Hosted by TAC/AHS Boys Swim Team

EVENTS (ORDER #3)	
#	Event
	Sunday, Jan. 19
1	200 Free Relay
2	200 Fly
3	200 Back
4	50 Breast
5	100 Free
	5 minute break
6	200 Mixed Free Relay
7	200 IM
8	50 Fly
9	100 Back
10	200 Breast
11	50 Free
12	400 IM
	5 minute break
13	200 Medley Relay
14	100 Fly
15	50 Back
16	100 Breast
17	200 Free
18	100 IM
	5 minute break
19	200 Mixed Medley Relay
20	500 Free

DATE: **Sunday, January 19, 2003**  
TIME: Warmup: **9:00 AM**; Meet starts **10:00 AM**

PLACE: Fidalgo Pool, Anacortes, WA  
1603 22<sup>nd</sup>  
Anacortes, WA  
Phone: **360-293-0673**

MEET DIRECTOR: **Mike Bemis**  
aqualad1@attbi.com  
360-293-0673 (daytime)

FACILITY: Six-lane 25 yard pool  
Warmup: 42 ft. by 23 ft.  
Water temperature: ~ 84 degrees F

CONCESSIONS: None

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 2003 registered swimmers, 19 and above as of *January 19, 2003*.

SEEDING: Slow to fast TIMING: Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

DIRECTIONS: From I-5, take exit 230. Go west on highway 20 to its end in Anacortes. Turn right onto Commercial Ave. and go about ten block to 22nd street and turn left. Go up the hill to J Ave (about six blocks). Fidalgo pool is on the left.

**M o t e l s :**

The Marina Inn 3300 Commercial 360-293-1100  
Anaco Bay Inn 916 33<sup>rd</sup> (kithchens) 360-299-3320  
Islands Inn 3401 Commercial (complimentary Dutch breakfast) 360-293-4644

**NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES**

**PNA LOCAL MASTERS SWIMMING COMMITTEE**

MEET ENTRY FORM: January 19, 2003 Meet Sanction #033601  
Hosted by TAC/AHS Boys Swim Team

NAME: \_\_\_\_\_ M F AGE: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_

PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS #: \_\_\_\_\_  
CLUB/TEAM: \_\_\_\_\_ or UNATTACHED: \_\_\_\_\_ ASSOCIATION: \_\_\_\_\_

AGE GROUP (determined by your age as of JANUARY 19, 2003):

19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59

60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 9.00 (includes LMSC and electronic timing surcharges)

Individual Events: + \_\_\_\_\_ (\$1 each; optional for age 65 and over) (no charge for relays)

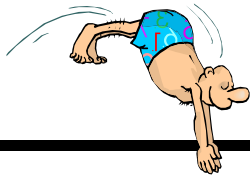
Total: \$ \_\_\_\_\_ [from \$9.00 (relays only) to \$14.00 (six events)]

Please make checks payable to: **MIKE BEMIS** 360-293-0673 (w)  
Mail this entry form and fees to: Mike Bemis  
1603 22<sup>nd</sup>  
Anacortes, WA 98221

Questions? Email aqualad1@attbi.com  
Please send entries postmarked no later than Thursday, January 9th.

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.

SIGNED: \_\_\_\_\_ DATE: \_\_\_\_\_



## Places to Swim in the Pacific Northwest

Some pools are private clubs and do not accept single-time swimmers. Call to check details.  
\*Possible closure

### Anacortes:

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

### Auburn:

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

### Bainbridge Island:

Ray Williamson Pool HS Rd & Madison Ave (206) 842-4491

### Bellevue:

Bellevue Aquatic Center 601 143rd Ave NE (425) 452-4444  
Bellevue Club 11200 SE 6th St (425) 455-1616  
Bellevue Eastside YMCA 14230 Bel-Red Rd (425) 746-9900  
Newport Hills Pool 5474 119th Ave SE (425) 746-9510  
Pro Club 4455 148th Ave NE (425) 885-5566  
Samena Club Pool 15231 Lake Hills Blvd (425) 746-1160

### Bellingham:

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

### Bothell:

\*Northshore Pool 9815 NE 188th St (425) 296-4333  
Northshore YMCA 11811 NE 195th (425) 485-9797

### Bremerton:

Bremerton Municipal Pool 50 Magnuson Way (360) 478-5376  
Olympic Aquatic Center 7070 Stampede Blvd (360) 692-3192

### Burien:

Burien Swim Club 626 SW 154th (206) 433-7900  
Evergreen Pool 606 SW 116th St (206) 296-1610

### Des Moines:

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

### Edmonds:

Harbor Square Athletic Club 160 W Dayton (206) 778-3546  
Yost Pool 9535 Bowdoin Way (425) 775-2645

### Enumclaw:

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

### Everett:

Forest Park Swim Center 802 E Mukilteo Blvd (425) 259-0300

### Federal Way:

Federal Way Pool 30421 16th Ave S (253) 839-1000  
Weyerhaeuser King Co AC 650 SW Campus Dr (253) 296-4444

### Fife:

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

### Issaquah:

Julius Boehm Pool 50 SE Clark St (425) 887-3350

### Kent:

\*Kent Pool 25401 101st Ave SE (206) 296-4275  
Tahoma Pool 18230 SE 240th St (206) 296-4275

### Kirkland:

Juanita High School 10601 NE 132nd St (425) 823-7627  
Peter Kirk Pool (Jun-Sep) 340 Kirkland Ave (425) 828-1217

### Lynnwood:

Lynnwood Pool 18900 44th Ave W (425) 744-6455

### Mercer Island:

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

### Mount Vernon:

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

### North Bend:

\*Mt Si View Pool 41600 SE 122nd (425) 888-1447

### Oak Harbor:

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

### Olympia:

Capital Divers & Aquatics 110 Delphi Rd (360) 866-3684  
Evergreen State College Campus Rec Center (360) 866-6000  
North Thurston HS (206) 352-8625

### Poulsbo:

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

### Redmond:

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

### Renton:

Hazen Pool 101 Hoquiam Ave NE (425) 204-4230  
Lindberg Pool 16740 128th Ave SE (206) 296-4335

### Seattle:

Ballard Pool 1471 NW 67th St (206) 783-7176  
Colman Pool (summer only) 8603 Fauntleroy Wy SW (206) 684-7494  
Evans Pool 7201 E Green Lk Dr N (206) 684-4961  
Gateway Athletic Club 700 5th Ave, 14th Flr (206) 343-4692  
Helene Madison Pool 13401 Meridian Ave N (206) 684-4979  
Highline Fitness & Swim Club 626 SW 154th (206) 433-1036  
Meadowbrook Pool 10515 35th Ave NE (206) 684-4989  
Medgar Evers Pool 500 23rd Ave (206) 476-4766  
Mounger (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  
Seattle Athletic Club 333 NE 97th St (206) 522-9400  
Seattle University (Connolly) 14th & Cherry (206) 779-9903  
Shoreline Pool 19030 1st Ave NE (206) 296-4345  
South Central Pool (Foster) 4414 S 144th (206) 252-2287  
Southwest Pool 2801 SW Thistle St (206) 684-7440  
UW Pavillion Pool Hec Ed Pavillion Pool (206) 329-5296  
View Ridge Club 5815 NE 77th (206) 524-3500  
Wedgewood 7727 28th NE (206) 523-8211  
West Seattle YMCA 4515 36th Ave SW (206) 935-6000  
YMCA 909 4th (206) 382-5010

### Sequim:

Sequim Aquatic Rec Center N 610 5th St (360) 683-6699

### Silverdale:

Bangor Subase Pool Bldg 2700 (360) 692-1040

### Snohomish:

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

### Sumner:

Sumner HS Pool 1707 Main St (253) 863-8110

### Tacoma:

Eastside Community Pool 3524 E 'L' St (253) 591-2042  
Lakes High School 10320 Far West Dr SW (206) 588-4879  
Morgan Family YMCA 1102 S Pearl St (253) 564-9622  
University of Puget Sound Foss High School (253) 752-4511

### Tukwila:

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

### Vashon Island:

Vashon Pool (seasonal) 9526 SW 204th St (206) 463-3787

### Woodinville:

Cottage Lake (seasonal) 18831 NE Wd-Duvall Rd (206) 296-2999



What's happening at the PNA Board Meetings?

## PNA Board Meeting Minutes



### September 28, 2002—

President Lee Carlson called the meeting to order at 4:45 pm at the John Vanderzicht Memorial Pool meeting room following the North Whidbey Masters SCM Pentathlon Meet in Oak Harbor. Attendees included Sally Dillon, Jeanne Ensign, Tom Foley, Jim Lasersohn, Arni Litt, Sandy McNeel, Kathy Moore, Lynn Wells, and guest Ginger Pierson of Oregon. Teams represented were Bainbridge Area Masters, GLAD, Mercer Island, North Whidbey, ORCA, Tigers, and the membership at large.

There being no quorum present, the motions approved will be adopted by accepting these minutes next month.

An abbreviated meeting was held due to availability of the meeting room.

**Minutes:** The Board approved the August meeting minutes as corrected.

**Treasurer's Report:** The Board approved the Treasurer's report as presented. Total PNA assets are \$48,614 including the Wiggins Fund's \$2,792.

### Committee Reports

**Meets:** Lee appointed Hugh Moore as meets chair, subject to ratification by the Board. Hugh replaces Dan Frost who has resigned. Lee will work with Hugh to

update and distribute the meet bid packet for the coming year. Members discussed the relative merits of scheduling meets on a September to August year or a calendar year, January to December. No action was taken and we will retain our current September to August meets scheduling to better coordinate with high school, age group, and pool scheduling.

**Membership:** To date 955 are registered. It was MSA to establish a \$5 charge for faxed and/or duplicate registration cards. Re-registration statements will be mailed the end of October.

**Newsletter:** Input deadline for the November issue is October 20th.

### Old Business

**Convention:** Those attending were reminded to submit receipts for approved expenditures to the treasurer.

### Mentor Coach & Swimmer

**Clinic:** Will be held the weekend of October 12 & 13 at Seattle U's Connolly Center. Flyers have been mailed to all PNA swimmers, and will appear in the October *WetSet*. Lee asked for volunteers to house some out-of-town attendees.

### New Business

**USMS Dues Increase:** Members present discussed the increase of

the USMS portion by \$5 per swimmer effective for 2003 member registrations. Of the current PNA dues of \$30, \$15 is the USMS portion and \$15 remains with PNA. The discussion focused on three possibilities:

1. Raise PNA dues \$5, the amount to be paid to USMS.
2. Defer a local increase for one year, with PNA paying the difference, which would amount to about \$5,000.
3. Defer a portion of the increase. The consensus of the group (not binding) was to go with the first option, raise dues \$5, and pro-rate seniors.

Options 2 and 3 had the support of one person each. A decision will be made at the next Board meeting. The 2003 registration form will appear in the November *WetSet*.

### Next Meetings

Tuesday, October 22, Bellevue Club

Tuesday, December 3, Lee Carlson's, Issaquah (*Editor's note: This has been moved to December 10.*)

The Board adjourned at 5:30 pm.

Jeanne Ensign for  
Steve Peterson, Secretary

### 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  
Oregon Masters  
Alaska LMSC  
Utah Masters  
Masters Swimming of BC

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

# Soda Pop: An Athlete's Friend or Foe?



Some high school coaches in Minnesota are pulling the plug on soda pop machines, hoping the move will improve the health and performance of their athletes.

According to a recent article in the Minneapolis *Star Tribune*, some coaches also give antisoda speeches at the beginning of the season and are keeping soda off the menu at team events. Some coaches believe the carbonation can cause stomach cramps, and others tell players that drinking soda is a poor hydration strategy.

## A Sports Nutritionist's View

Nancy Clark, MS, RD, director of Nutrition Services at SportsMedicine Associates in the Boston area, says the coaches' concerns are legitimate, in some respects, because eliminating soda promotes a healthy diet. "You need to fuel your body with premium nutrition with quality calories. Physiologically, fluid and carbohydrates are what the body wants, and soda can serve that purpose," she says.

The worst aspect of soda pop is the excess calories, she says. She estimates that a 12-oz of soda

contains about 140 calories, almost ¼ cup of refined sugar with no vitamins or minerals. "It's unlikely to hurt performance as a preexercise or recovery drink," she says. Carbonation has never been scientifically shown to cause stomach cramps. "The carbon dioxide diffuses, but it can make you burpy," says Clark.

"You have to look at what soft drinks are displacing, perhaps a juicy apple or orange," she says. "Soft drinks are a concern when they are replacing wholesome, healthier food."

## What About Caffeine?

Scott Paluska, MD, assistant professor in the department of family medicine at the University of Washington in Seattle, says that caffeine intake isn't the most compelling reason to discourage soda consumption. "I think the concern relates more to the consumption of free calories from soda," he says.

The amount of caffeine in a typical soft drink is roughly half that in a cup of coffee. (A 12-oz serving of Coca Cola contains about 46 mg of caffeine. For comparison, he says a cup of coffee contains about 100 mg.) Some brands of soda and caffeinated water may contain much more, and a large Big Gulp drink may have 200 mg of caffeine, Paluska says.

While moderate caffeine intake can help performance in endurance and power events, side effects from excessive intake (greater than 6 to 7 mg/kg, the equivalent of 4 to 5 cups of coffee within 1 hour for a

70-kg man) can hurt performance. Paluska says that the role of caffeine in dehydration is unclear, but it appears that moderate caffeine consumption will not negatively affect hydration status.

Paluska says that it's unlikely that drinking excess caffeinated soda would cause an athlete to test positive for ergogenic caffeine use. The International Olympic Committee (IOC) limit is 23 µg/mL, and the National Collegiate Athletic Association limit is 15 µg/mL. "Most people who exceed the IOC limit likely have taken caffeine by some other means, such as a suppository," Paluska says.

*From The Physician and SportsMedicine, November 2002. Thanks to Carolyn Behse for providing this article.*

## Take the Train to Zones in Oregon

Bainbridge Area Masters (BAM) invites all PNA swimmers to join them on the train to Oregon to compete in the Northwest Zone SCM Meet in Oregon City, Oregon. The train departs Seattle (SEA) on December 13th at 5:25 pm and goes to Portland (PDX). BAM will return on the 6:15 pm train, Sunday December 15th.



## Title IX Info

For a good source on Title IX issues look at the web site [savingsports.org](http://savingsports.org). For an eloquent testimony by Ron Neugent, 1980 Olympian, to the Title IX Commission look at [swiminfo.com/lane9/news/4467.asp](http://swiminfo.com/lane9/news/4467.asp). Per USA Swimming CEO Chuck Wielgus "It is important over the next few months when resolutions to Title IX are being considered that the swimming community is up to speed on this subject."





# Be Prepared for Cardiac Emergencies

From Katherine Branch  
Maryland LMSC

Within the past year, the Baltimore Sun ran a story about a very fit male swimmer and runner in his mid-40s who passed out in the locker room after a workout. It took more than twenty minutes for the ambulance to arrive. Fortunately three physicians administered CPR to him and he made a full recovery.

This past summer, a Masters coach sent an e-mail to a list of friends describing an incident in which a man who she described as

“an extraordinarily fit runner” with no prior symptoms passed out in the pool after warm-up. He had had a cardiac arrest and, once again, luckily recovered.

How many times have you imagined what you would do if your friend in the next lane suddenly stopped swimming and clutched his or her chest? Are you adequately trained to handle this situation so that you can maximize the chances that your friend will survive his or her cardiac episode?

Although most of us don't like to think about these situations, incidents do occur. One way that Masters teams and workout groups can be prepared for a cardiac incident is to encourage each swimmer in the group to get CPR (cardiopulmonary resuscitation) training. There are many inexpensive options and there couldn't be a better investment of time and money.

Well-recognized organizations offering training include:



*Together, we can save a life*

**American Red Cross**  
<http://www.redcross.org/>  
Call the national phone number (202) 639-3520 or check the web site to contact one of the 11 local Chapters.



Fighting Heart Disease and Stroke

**American Heart Association**  
<http://www.americanheart.org/>  
Greater Pierce Co, Tacoma (253) 272-7854  
Greater Thurston Co, Olympia (360) 236-8136  
King Co (206) 525-7665



**National Safety Council**  
<http://www.nsc.org/>  
(425) 821-0300



## 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 subscribe, please send this completed form to:

**Important** —The WetSet is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.

Arni Litt  
PNA Registrar  
1920 10th Ave E  
Seattle, WA 98102-4253

Attach old address label here (if available)

Name \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip Code \_\_\_\_\_

Phone \_\_\_\_\_ USMS # \_\_\_\_\_

- 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 2003 Registration Application elsewhere in this newsletter.*



## Message from Your Registrar

Kudos to all the swimmers that have already renewed their membership for 2003.

If you have not yet received your 2003 renewal notice in the mail, please use the form in this issue or on the web site. I look forward to hearing from all of you by mid January.

Arni Litt

## Start Training for the Annual One Hour Postal Swim!

The "premier" USMS postal swim takes place every January when thousands of swimmers across the country try to swim as many laps as possible in one hour. The swim must be done during the month of January and is used by many as a "benchmark" for their training for the coming year. Start working up to the swim by doing 10 minute, 20 minute, and 30 minute swims during the month of December. Talk to your coaches or teammates and organize opportunities where you can take turns swimming and timing each other. Each participant must have an official timer who will record accurate splits on the official entry form.

The official entry form was included in the November issue of SWIM Magazine, is in this *WetSet* issue, and is also available on the USMS web site. PNA will organize teams (relays) again this year. Look for details in the January issue of the *WetSet*.

## University of Washington What's the Status of the New Pool?

Husky Swimming is alive and well and the plans for the Husky Pool Capital Campaign are continuing to move forward. The Capital Campaign to raise funds for the new pool is in the "silent phase," which focuses primarily on obtaining lead gifts from corporations and individuals. Since April we have:

- Received a pledge to construct a specific part of the project.
- Reduced the overall project budget by approximately \$5 million without sacrificing pool size.
- Assembled a group of Corporate, Community, and University Administration leaders, serving as Executive Advisors to help steer the ship of this highly important Capital Campaign.
- Assembled a core group of Partners throughout the aquatics community to help lead the charge once the Campaign reaches the public phase.
- Presented to the 101 Club, and have presentations scheduled to Bellevue Rotary and Mercer Island Rotary, to name a few.

These accomplishments set the stage for creating the very critical "momentum" of financial support that is necessary to carry a Campaign into advanced stages.

Today, I am writing you with a request to help create early momentum for Husky Swimming. In

order to accomplish the construction of this \$12.5 million facility, we need your financial support to help fund some operational expenses we have projected for the Campaign. We are asking that you consider this gift in addition to your normal giving and any gift that you may have already planned. Since we anticipate at least one additional appeal during the "public phase," please note that your charitable contribution will be tax deductible. Checks should be written to:

*Husky Fever*  
JoAnne Hume, Exec Director  
19032 66th Ave So. Suite C105  
Kent, WA 98032

The Husky Swim team has realized an unprecedented level of alumni support over the past two years. And although we are far from "closing in" on the building of the pool, your gift will ensure that we can cover certain necessary operational costs. Your gift will also ensure that the Campaign can continue to move ahead successfully. I thank you in advance for your very important gift to the Capital Campaign.

It's "Great to be a Husky", and we thank you in advance for your support.

*Bill Patterson*  
Executive Director  
Husky Pool Foundation



# 2002 USMS Registration Facts



Ester Lyman, the USMS Database Administrator, has compiled a few facts from registrations. These numbers are based on mid-October registrations. At the time there were 41,331 members registered with 518 clubs with 53 LMSCs. (PNA is an LMSC.)

- 60% are under age 45
- 40% are age 45 and up
- 15.8% of total members are age 55 and up
- 6.1% are age 65 and over

For both men and women, the age group with the most members is 40-44.

USMS averages 54.5% male and 45.5% female swimmers. This ratio has been shifting gradually since 1994 (the first year USMS had electronic records) when the membership was about 59.6% male and 40.4% female.

USMS retains about two-thirds of its members from year to year.

In 2002, 63% of the 41,331 members came from renewals. A 28% were new to USMS. The

remaining 9% relocated from other associations or were 'recovered' from the same association's prior membership, including 87 who were registered for one event in 2001.

About 70% of the membership is reachable by e-mail, but not necessarily dependably. Educational e-mail addresses are very volatile (students move a lot), business sites are often off-limits, and free services like Juno and Yahoo have many constraints, notably on storage allotments and sending attachments.

## Traveling?

Looking for a place to swim? Check the USMS web site: [www.usms.org](http://www.usms.org) under Places to Swim. You can search online for listings in the city you designate.

## Wanted: Newsletter Editor

Over two years ago I wrote a short article announcing my new assignment as *WetSet* editor. I was excited and looking forward to the job. I was not disappointed. It's been fun, educational, and a challenge. But now it's time to take a break and to concentrate on other things.

Do you have ideas on how the newsletter can be better? Here's your chance. PNA is looking for a *WetSet* editor.

You can learn new things, gain a bit of fame, and be a great benefit to PNA. It requires responsibility and can be a challenge, but it is really fun. If you like editing, organizing, writing, designing, photographing, researching, or any portion of these things, try this job. I highly recommend it.

Contact me or one of the board members listed on the masthead on page 2.

**Sandy McNeel**

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

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