



INSIDE

Leading Off	Page 2
Masters Calendar	Page 3
Nationals SCY Results	Page 5
Your Swimming Percentages	Page 10
“Work Smarter” Fitness Clinic	Page 11
Coach Profile Robin O’Leary	Page 12
PNA Board Minutes	Page 13
Fat Salmon Open Water Swim Entry	Pages 14-15
Postal Swims	Page 16
NW Zone LCM Entry Form	Page 17
Pentathlon Entry	Page 18
BAMFEST SCY Entry Form	Page 19
PNA Registration Form	Page 22

PNA Swimmers Shine at Nationals

BY SARAH WELCH

Women traditionally have been known as the “weaker sex,” but that certainly wasn’t the case at this year’s USMS Short Course National Championships, held May 15 to 18 at Arizona State University in Tempe.

The PNA women’s team, consisting of all PNA women competing at this event (including yours truly), took third place in the medium-team category. The PNA

men, however, had to be satisfied with a seventh place. Collectively, the two groups gave PNA a point total of 1168, good for a medium-team fourth place finish.

Relays Really Count

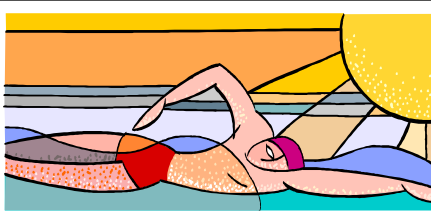
When it comes to points, relays are critical. They count twice as much as individual events; first place in a relay, for example, is

(Continued on page 4)

Photo by Sally Dillon



Women’s 55+ Relay Team, which captured first place at Nationals in both the 200 Yard Freestyle and Medley Relays. From left: Sarah Welch, Pinky Walker, Arni Litt and Sally Dillon



WET SET

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Records/Top Ten: Walt Reid

Officiating: Kathy Casey/Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster: Jim Williams

LEADING OFF



By Jeanne Ensign,
PNA President

Should PNA establish a Coach of the Year award? We on the PNA Board think so. At our last board meeting we decided that such an idea is worth pursuing. From the national to the local level within USMS, there is a tradition of recognizing individuals for their dedication and service to Masters Swimming programs. Coaches are an integral part of our organization.

Recognizing Coaches

The award would recognize and show appreciation for an individual who is dedicated to helping us become the swimmers we want to be. There are some whose coaching stands out in its scope, its impact on a program and the benefits it provides PNA members.

Your Input is Essential

We need—and want—your help and input on the award process, including your response to the following questions:

- When should it be awarded? At PNA Champs?
- How will we recognize the honoree? What exactly is the award?
- What criteria should be used to select the Coach of the Year?

On this last question, some or all of the following might be relevant:

- (a) establishing a new program;
- (b) improving or enhancing ongoing programs,
- (c) sustained service over a long period of time,
- (d)

special accomplishments, (e) contributions to USMS and PNA, (f) ranked swimmers and team results at competitions and (g) the loyalty of team members.

Share Your Ideas

In addition to sending me your suggestions, I invite any of you who are interested to work with me on a committee to establish the award criteria and process.

You can reach me at jeanne@raincity.com, (206) 324-1354, or by mail at 511 E. Roy St #314, Seattle, WA 98102.

I look forward to your thoughts and suggestions.



PNA Coach of the Year

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.



MASTERS 2003-2004 CALENDAR

**OPEN
POSTAL SWIMS
MEETS**
CLINICS

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

July 19, 2003
Fat Salmon Open Water Swim
(See entry form on pages 18-19)

July 26-27, 2003
NW Zone 1500M Open Water
Championship
USMS 5K Open Water National
Championships
Elk Lake, Bend, OR
Pam Himstreet
himstreet@bendcable.com

July 27-28, 2003
Hawaii International Masters Swim
Meet SCM
Kihei Aquatic Center, Maui, Hawaii
Janet Renner (808) 573-8656
chair@hawaiimastersswim.org

August 2, 2003
5K Postal Swim
South Kitsap High School Pool
Port Orchard, WA
(See entry form on page 16)

August 3, 2003
USMS 10K Open Water
Championship
Santa Cruz, CA
Joel Wilson (831) 425-5762
openwatr@got.net

August 9-10, 2003
Northwest Zone Long Course
Championship Meet
KCAC, Federal Way, WA
(See entry form on page 17)

August 13-17, 2003
USMS Long Course
Championships
Rutgers University, Piscataway, NJ
Alex Antoniou
antoniou@rci.rutgers.edu

August 16, 2003* NEW DATE**
5K & 10K Postal Swims
South Kitsap High School Pool
Port Orchard, WA
(See page 16 for entry form)

September 1-October 31, 2003
USMS 3000/6000 Yard Postal
Championships
Doug Garcia (509) 332-1621
dougarcia@usms.org

September 7-14, 2003
United States Aquatic Sports
Convention
San Diego, CA

September 27, 2003
6th Annual Short Course Meters
Pentathlon Meet
Oak Harbor, WA
Sally Dillon (360) 679-5038
salswmm@earthlink.net
(See entry form on page 18)

October 1-September 30, 2004
Long Course Meters Season

October 18, 2003
Second Annual BAMFEST
SYC Swim Meet
Bainbridge Island Aquatic Center
Brian Russell (206) 842-5849
brian_a_russell@urscorp.com
(See entry form on page 19)

January 1-31, 2004
USMS Postal Championship
Nancy Ridout (415) 892-0771
nancyridout@mindspring.com
Chris Foote (415) 457-9645
dummy4me80@hotmail.com

April 22-25, 2004
USMS Short Course
Championships
Indianapolis, IN
Mel Goldstein (417) 253-8829
goldstein@mindspring.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
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

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



Members of Western Washington University Masters Team at Nationals
From left: Dave Tourigny, Sasha Speer, Aaron Smith, Naomi Jacobson, Eduardo Shu Fong, Amy Jahnke, Erin Salman, Laura Dowd and Michelle Bloxham

PNA Swimmers Shine at Nationals

(Continued from page 1)

worth 22 points, versus 11 points for a first in an individual event. PNA members, particularly the women, produced strong relay showings.

- Women's 45+ team of Jo Moore, Debbie Glassman, Charlotte Davis and Mary Lippold took first in the 200 Yard Freestyle Relay, missing their own national record by just a second.
- Women's 55+ team of Sally Dillon, Pinky Walker, Arni Litt and Sarah Welch took first in both the 200 Yard Freestyle and Medley Relays.
- Women's 45+ team of Mary Lippold, Anra Litzenberger, Charlotte Davis and Debbie Glassman took second in the 200 Yard Medley Relay.

Strong Individual Showings

Many PNA swimmers also turned in sterling individual performances. Pinky Walker (Women's 60-64) set PNA records in each of her

six individual events, including a first in the 50 Yard Backstroke and seconds in the 100 and 200 Yard Backstroke. Jo Moore came in first and set a zone record in the 1,000 Yard Freestyle. Edward Wardian (Men's 35-39) took firsts in the 50 and 200 Yard Backstroke and second in the 100 Yard Backstroke, and set PNA records in all three events.

Coaches Galore

PNA Masters coaches at the Nationals included Rosanne Ritch from Swim Seattle, who served as PNA's relay coordinator; Mary Lassister from GLAD; Barb Gundred from Bellingham; Casey Murphy from the newly-formed Team Luna; and Lynn Wells of BAM.

Bellingham Connected

Western Washington University, a PNA Masters team from Bellingham, sent several young swimmers to the Nationals. Many said they had felt unconnected to PNA until Nationals, where they gained a better understanding of PNA and their team's relationship to the organization.

Tempe: Hot and Busy

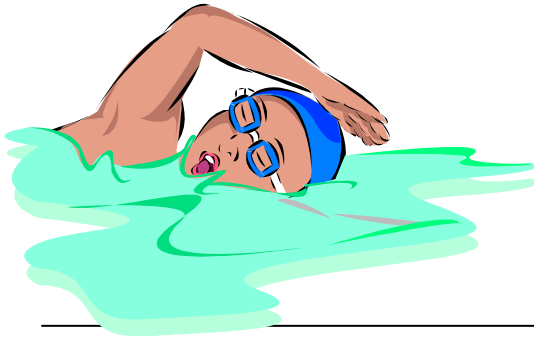
PNA swimmers bunked in various hotels all over Tempe. Many of us convened a couple of times for dinner. That wasn't easy in Tempe's busy downtown restaurants, where the hosts and hostesses seemed to speak only one sentence, "Your table is *almost* ready."

On Saturday, the last day of the meet, the temperature hit a sizzling 104! But we managed to find some shade and a breeze by the pools. And the heat didn't seem to affect anyone's ability to swim well—or have a darn good time.

Congratulations

**PNA Salutes
Every PNA
Swimmer Who
Competed in
Nationals**





PNA Member Results USMS Short Course Nationals May 15-18, 2003

P PNA Record
Z Northwest Zone Record

WOMEN 19-24

50 YD. FREE		
NAOMI JACOBSON	20	26.30
LAURA DOWD	19	27.28
ERIN SALMAN	19	27.75
100 YD. FREE		
NAOMI JACOBSON	20 #10	57.42
KELLY CRANDELL	22	1:00.39
ERIN SALMAN	19	1:00.61
200 YD. FREE		
MARY LASSITER	20 # 9	2:05.02
NAOMI JACOBSON	20	2:08.44
AMY JAHNKE	20	2:09.69
KELLY CRANDELL	22	2:13.16
500 YD. FREE		
MARY LASSITER	20 # 6	5:33.61
AMY JAHNKE	20 # 7	5:40.54
MICHELLE BLOXHAM	20	5:51.50
CARRIE BREED	23	6:06.03
1000 YD. FREE		
KELLY CRANDELL	22 # 4	12:43.45
1650 YD. FREE		
MARY LASSITER	20 # 2	19:13.50
CARRIE BREED	23 # 6	20:59.61
50 YD. BACK		
MICHELLE BLOXHAM	20 # 5	30.32
LAURA DOWD	19 # 7	33.35
100 YD. BACK		
MARY LASSITER	20 # 5	1:04.83
MICHELLE BLOXHAM	20 # 8	1:05.51
ROSANNE RITCH	23	1:12.31
ERIN SALMAN	19	1:18.05
200 YD. BACK		
MARY LASSITER	20 # 3	2:16.24
ROSANNE RITCH	23 #10	2:36.31
50 YD. BRST		
LAURA DOWD	19 # 9	35.66
ERIN SALMAN	19 #10	36.90
SASHA SPEER	21	38.63
100 YD. BRST		
ERIN SALMAN	19	1:21.14
SASHA SPEER	21	1:22.78
200 YD. BRST		
CARRIE BREED	23	2:51.00
KELLY CRANDELL	22	2:56.34
SASHA SPEER	21	2:57.89
50 YD. FLY		
MICHELLE BLOXHAM	20	29.90
AMY JAHNKE	20	29.90
NAOMI JACOBSON	20	30.07
LAURA DOWD	19	31.00
100 YD. FLY		
AMY JAHNKE	20	1:06.54
MICHELLE BLOXHAM	20	1:06.89
200 YD. FLY		
AMY JAHNKE	20 # 5	2:25.15
KELLY CRANDELL	22 # 9	2:48.86

100 YD. I.M.		
NAOMI JACOBSON	20	1:07.24
LAURA DOWD	19	1:09.84
CARRIE BREED	23	1:11.58
ROSANNE RITCH	23	1:13.61
200 YD. I.M.		
MARY LASSITER	20 # 7	2:22.42
CARRIE BREED	23	2:34.26
ROSANNE RITCH	23	2:41.16
400 YD. I.M.		
CARRIE BREED	23 # 9	5:23.01
KELLY CRANDELL	22	5:47.21

WOMEN 25-29

50 YD. FREE		
CASEY MURPHY	25 # 5	24.59 P
500 YD. FREE		
CASEY MURPHY	25 # 1	5:13.04 P
50 YD. BRST		
JEAN DILLON	29 # 4	31.66
100 YD. BRST		
JEAN DILLON	29 # 4	1:09.01 P
200 YD. BRST		
JEAN DILLON	29 # 3	2:28.80
100 YD. FLY		
JEAN DILLON	29 # 4	1:01.09 P
100 YD. I.M.		
CASEY MURPHY	25 # 3	1:00.46 P
JEAN DILLON	29	1:03.60
400 YD. I.M.		
JEAN DILLON	29 # 4	5:00.99

WOMEN 30-34

50 YD. FREE		
A.CULLOM	32	40.88
100 YD. FREE		
TARA SIMSAK	33	59.15
MEGAN BUSSART	32	1:00.55
A.CULLOM	32	1:30.27
200 YD. FREE		
MEGAN BUSSART	32	2:13.11
500 YD. FREE		
MEGAN BUSSART	32	5:57.03
MARCI WRIGHT	32	6:54.74
1650 YD. FREE		
MEGAN BUSSART	32 # 6	20:33.35
50 YD. BACK		
TARA SIMSAK	33 # 8	31.89
200 YD. BACK		
MARCI WRIGHT	32	2:51.92
100 YD. I.M.		
TARA SIMSAK	33	1:08.03

WOMEN 35-39

200 YD. FREE		
JAMIE WHITNEY	38	2:29.16
PATRICIA HENNESSY	35	3:02.73
500 YD. FREE		
PATRICIA HENNESSY	35	8:21.59
1000 YD. FREE		
PATRICIA HENNESSY	35	17:28.72
50 YD. BACK		
A.PETERSJOHNSON	38 # 8	30.78

Photo by Sally Dillon



Birds-eye view of the "even" course at Nationals.

100 YD. BACK		
A.PETERSJOHNSON	38 # 8	1:05.77
200 YD. BACK		
A.PETERSJOHNSON	38 # 9	2:24.54
100 YD. BRST		
DENISE DIERICH	38 # 3	1:12.12 Z
JAMIE WHITNEY	38	1:24.13
200 YD. BRST		
DENISE DIERICH	38 # 6	2:42.25
JAMIE WHITNEY	38	3:04.17

WOMEN 40-44

50 YD. FREE		
CAROLYN MATHEWS	40 # 7	25.98 P
LISA DAHL	42	27.46
100 YD. FREE		
CAROLYN MATHEWS	40 # 9	57.39
1000 YD. FREE		
LISA WILSON	41 # 4	11:38.98

50 YD. BACK			
CAROLYN MATHEWS	40 # 3	29.81	
LISA DAHL	42 # 7	31.96	
100 YD. BACK			
CAROLYN MATHEWS	40 # 3	1:03.33	
ZENA COURTNEY	43 # 6	1:06.62	
LISA WILSON	41 # 7	1:06.64	
200 YD. BACK			
CAROLYN MATHEWS	40 # 3	2:19.78	
ZENA COURTNEY	43 # 4	2:22.37	
LISA WILSON	41 # 6	2:25.31	
50 YD. FLY			
CAROLYN MATHEWS	40 # 6	28.32 P	
ZENA COURTNEY	43	30.21	
100 YD. I.M.			
LISA WILSON	41 # 6	1:05.63	
LISA DAHL	42	1:07.40	
200 YD. I.M.			
LISA WILSON	41 # 5	2:22.85	
400 YD. I.M.			
LISA WILSON	41 # 6	5:11.94	

WOMEN 45-49

50 YD. FREE			
MARY LIPPOLD	47 # 6	26.16 P	
DEBBIE GLASSMAN	49	27.44	
100 YD. FREE			
JO MOORE	48 # 5	57.45 P	
MARY LIPPOLD	47	59.39	
DEBBIE GLASSMAN	49	1:01.08	
200 YD. FREE			
JO MOORE	48 # 2	2:06.78	
MARY LIPPOLD	47 # 4	2:09.03	
DEBBIE GLASSMAN	49	2:18.99	
500 YD. FREE			
JO MOORE	48 # 4	5:47.05	
1000 YD. FREE			
JO MOORE	48 # 1	11:46.19 Z	
1650 YD. FREE			
MARY LIPPOLD	47 # 3	20:07.52	
50 YD. FLY			
DEBBIE GLASSMAN	49	29.91	
100 YD. FLY			
MARY LIPPOLD	47 # 4	1:04.81 P	
DEBBIE GLASSMAN	49 # 10	1:08.72	
200 YD. FLY			
MARY LIPPOLD	47 # 4	2:29.79	
DEBBIE GLASSMAN	49 # 6	2:40.12	

WOMEN 50-54

50 YD. FREE			
CHARLOTTE DAVIS	53 # 3	26.92 Z	
KATHRINE CASEY	54	30.80	
100 YD. FREE			
CHARLOTTE DAVIS	53 # 2	1:00.04	
KATHRINE CASEY	54	1:07.61	
1000 YD. FREE			
BARB GUNDRED	51 # 1	12:12.26	
50 YD. BACK			
BARB GUNDRED	51 # 2	31.07 Z	
100 YD. BACK			
BARB GUNDRED	51 # 2	1:06.52	
CHRIS OHANA	50	1:25.07	
200 YD. BACK			
BARB GUNDRED	51 # 1	2:26.62	
CHRIS OHANA	50 # 10	3:09.97	
50 YD. BRST			
A.LITZENBERGER	50 # 3	36.22 P	
KATHRINE CASEY	54	40.04	
100 YD. BRST			
A.LITZENBERGER	50 # 2	1:17.09 P	
KATHRINE CASEY	54	1:30.21	
200 YD. BRST			
A.LITZENBERGER	50 # 2	2:48.80 P	
50 YD. FLY			
CHARLOTTE DAVIS	53 # 2	29.49 Z	
200 YD. FLY			
KATHRINE CASEY	54 # 3	3:05.63	
100 YD. I.M.			
CHARLOTTE DAVIS	53 # 3	1:09.39	
A.LITZENBERGER	50 # 4	1:09.59	
BARB GUNDRED	51 # 5	1:10.18	
200 YD. I.M.			
CHARLOTTE DAVIS	53 # 2	2:30.73 Z	
A.LITZENBERGER	50 # 3	2:32.68	
KATHRINE CASEY	54 # 10	2:56.53	
400 YD. I.M.			
CHARLOTTE DAVIS	53 # 2	5:27.12 Z	

WOMEN 55-59

50 YD. FREE			
SALLY DILLON	56 # 3	30.74	
ARNI LITT	57	34.96	
100 YD. FREE			
SALLY DILLON	56 # 3	1:05.08	
ARNI LITT	57	1:21.22	
JEANNE ENSIGN	56	1:26.84	
200 YD. FREE			
SALLY DILLON	56 # 2	2:23.19	
SARAH WELCH	56 # 5	2:35.73	
ARNI LITT	57	2:56.15	
JEANNE ENSIGN	56	3:10.87	

Photo by Sally Dillon



PNA President Jeanne Ensign proudly displays banner awarded to PNA women for finishing third in the medium-team category.



500 YD. FREE	
SALLY DILLON	56 # 3 6:32.29
SARAH WELCH	56 # 7 7:07.47
JEANNE ENSIGN	56 8:17.79
1650 YD. FREE	
SALLY DILLON	56 # 1 22:43.37
JEANNE ENSIGN	56 # 7 27:35.44
KATE SUTHERLAND	55 # 8 30:25.98
50 YD. BRST	
SALLY DILLON	56 # 2 38.82 P
ARNI LITT	57 # 8 42.91
100 YD. BRST	
ARNI LITT	57 # 6 1:34.39
200 YD. BRST	
ARNI LITT	57 # 6 3:26.65
KATE SUTHERLAND	55 3:53.19
200 YD. FLY	
SARAH WELCH	56 # 3 3:18.08
200 YD. I.M.	
SARAH WELCH	56 # 3 2:57.61
400 YD. I.M.	
SARAH WELCH	56 # 2 6:21.62
KATE SUTHERLAND	55 # 7 7:56.51

Photo by Sally Dillon



Kelly Crandell, Walt Reid and Steve Peterson spend some quality time relaxing at Nationals.

WOMEN 60-64

50 YD. FREE	
PINKY WALKER	60 # 3 31.48 P
50 YD. BACK	
PINKY WALKER	60 # 1 36.74 P
100 YD. BACK	
PINKY WALKER	60 # 2 1:21.99 P
200 YD. BACK	
PINKY WALKER	60 # 2 3:01.94 P
100 YD. I.M.	
PINKY WALKER	60 # 3 1:21.48 P
200 YD. I.M.	
PINKY WALKER	60 # 4 3:05.11 P

WOMEN 80-84

200 YD. FREE	
MARION CHADWICK	81 # 5 5:01.89
500 YD. FREE	
MARION CHADWICK	81 # 3 14:03.89
1000 YD. FREE	
MARION CHADWICK	81 # 3 29:01.92
100 YD. BACK	
MARION CHADWICK	81 # 7 2:58.32
200 YD. BACK	
MARION CHADWICK	81 # 4 6:31.14

MEN 19-24

50 YD. FREE	
DMITRI PARAMONOV	24 23.21
AARON SMITH	21 24.44
DAVID TOURIGNY	23 24.58
100 YD. FREE	
DMITRI PARAMONOV	24 51.22
200 YD. FREE	
DAVID TOURIGNY	23 2:00.22
KEVIN WEATHERBIE	19 2:00.48
500 YD. FREE	
TIMOTHY GRIMES	24 # 2 5:08.21
KEVIN WEATHERBIE	19 # 4 5:19.62
AARON SMITH	21 # 6 5:23.81
DAVID TOURIGNY	23 # 8 5:31.21
1000 YD. FREE	
TIMOTHY GRIMES	24 # 2 11:02.31
1650 YD. FREE	
KEVIN WEATHERBIE	19 # 1 18:16.04
100 YD. BACK	
AARON SMITH	21 1:02.69
200 YD. BACK	
TIMOTHY GRIMES	24 # 4 2:04.59 P
KEVIN WEATHERBIE	19 # 6 2:16.71
50 YD. BRST	
GEORGE SAYAH	24 # 5 29.37
LEO TANAKA	24 # 6 29.49
100 YD. BRST	
GEORGE SAYAH	24 # 5 1:05.13

DMITRI PARAMONOV	24 # 6 1:05.93
LEO TANAKA	24 # 7 1:06.44
200 YD. BRST	
GEORGE SAYAH	24 # 3 2:27.27
50 YD. FLY	
AARON SMITH	21 26.29
GEORGE SAYAH	24 27.03
100 YD. FLY	
TIMOTHY GRIMES	24 # 4 55.00
AARON SMITH	21 58.82
DAVID TOURIGNY	23 59.54
200 YD. FLY	
TIMOTHY GRIMES	24 # 1 2:01.48
KEVIN WEATHERBIE	19 # 2 2:17.48
100 YD. I.M.	
GEORGE SAYAH	24 # 9 59.25
DAVID TOURIGNY	23 #10 1:00.57
200 YD. I.M.	
GEORGE SAYAH	24 # 6 2:11.47
400 YD. I.M.	
TIMOTHY GRIMES	24 # 2 4:29.04
KEVIN WEATHERBIE	19 # 3 4:48.74

MEN 25-29

50 YD. FREE	
EDUARDO FONG	25 24.15
100 YD. FREE	
MARK ARNOLD	28 50.72
EDUARDO FONG	25 52.79
500 YD. FREE	
EDUARDO FONG	25 #10 5:28.86
100 YD. BACK	
MARK ARNOLD	28 # 9 55.81
200 YD. BACK	
MARK ARNOLD	28 # 6 2:00.73
100 YD. FLY	
EDUARDO FONG	25 58.32
100 YD. I.M.	
MARK ARNOLD	28 57.87

MEN 30-34

50 YD. FREE	
RYAN PACKER	32 # 8 21.74
WILLIAM CANN	30 22.40
100 YD. FREE	
RYAN PACKER	32 48.45 P
WILLIAM CANN	30 49.73
200 YD. FREE	

KIRK NELSON	33 1:56.37
500 YD. FREE	
KIRK NELSON	33 5:11.48
100 YD. BACK	
WILLIAM CANN	30 #10 55.19 P
TOM SCHUTTE	33 58.79
200 YD. BACK	
TOM SCHUTTE	33 2:08.42
50 YD. BRST	
TOM SCHUTTE	33 # 8 29.41
100 YD. BRST	
TOM SCHUTTE	33 # 4 1:02.32
200 YD. BRST	
TOM SCHUTTE	33 # 3 2:17.62
50 YD. FLY	
RYAN PACKER	32 # 6 23.78
WILLIAM CANN	30 24.62
100 YD. FLY	
RYAN PACKER	32 #10 52.79
KIRK NELSON	33 59.10
100 YD. I.M.	
RYAN PACKER	32 # 6 55.03
200 YD. I.M.	
WILLIAM CANN	30 #10 2:04.06
TOM SCHUTTE	33 2:07.01
KIRK NELSON	33 2:11.80

MEN 35-39

50 YD. FREE	
ERIC BORNFLETH	37 23.93
DOUGLAS REDFIELD	39 26.80
200 YD. FREE	
SAM ANDERSON	35 1:53.68
DOUGLAS REDFIELD	39 2:06.07
500 YD. FREE	
SAM ANDERSON	35 5:12.80
DOUGLAS REDFIELD	39 5:37.63
1000 YD. FREE	
SAM ANDERSON	35 # 6 10:53.12
1650 YD. FREE	
DOUGLAS REDFIELD	39 19:52.36
50 YD. BACK	
EDWARD WARDIAN	37 # 1 25.22 P
100 YD. BACK	
EDWARD WARDIAN	37 # 2 53.58 P
200 YD. BACK	
EDWARD WARDIAN	37 # 1 1:56.17 P
50 YD. FLY	
ERIC BORNFLETH	37 26.81

100 YD. FLY		
SAM ANDERSON	35	57.70
ERIC BORNFLETH	37	59.72

MEN 40-44

50 YD. FREE		
JAMES LITTLEFIELD	43	24.34
100 YD. FREE		
JAMES LITTLEFIELD	3	53.73
200 YD. FREE		
ERIC DYBDAHL	43	2:02.26
JAMES LITTLEFIELD	43	2:02.62
500 YD. FREE		
ERIC DYBDAHL	43	5:36.22
1650 YD. FREE		
ERIC DYBDAHL	43	19:49.34
50 YD. BACK		
JAMES LITTLEFIELD	43	29.26
100 YD. BACK		
JAMES LITTLEFIELD	43	1:02.04
200 YD. BACK		
JAMES LITTLEFIELD	43	2:21.16
ERIC DYBDAHL	43	2:27.41
400 YD. I.M.		
ERIC DYBDAHL	43	5:20.70

MEN 45-49

50 YD. FREE		
DONALD SPENCER	45	24.84
WILL DELONY	47	26.02
100 YD. FREE		
DONALD SPENCER	45	54.26
WILL DELONY	47	57.86
50 YD. BACK		
BRIAN RUSSELL	46	29.35
100 YD. BRST		
DAN ROBINSON	45	1:10.30
200 YD. BRST		
DAN ROBINSON	45	2:32.36
50 YD. FLY		
DONALD SPENCER	45	27.36
BRIAN RUSSELL	46	27.37
100 YD. FLY		
BRIAN RUSSELL	46 # 9	57.63
DAN ROBINSON	45	1:01.03

200 YD. FLY		
DAN ROBINSON	45 # 9	2:16.21
BRIAN RUSSELL	46	2:19.37
100 YD. I.M.		
DONALD SPENCER	45	1:03.00
200 YD. I.M.		
BRIAN RUSSELL	46	2:14.42
400 YD. I.M.		
DAN ROBINSON	45	4:53.65
BRIAN RUSSELL	46	5:02.66

MEN 50-54

50 YD. FREE		
OLIVER PRESS	50 # 5	23.42 P
RONALD JACOBS	51 # 7	23.79
LARRY WRIGHT	54	25.43
BILL REEDER	50	27.21
100 YD. FREE		
RONALD JACOBS	51 # 7	52.30 P
OLIVER PRESS	50	53.57
LARRY WRIGHT	54	58.25
200 YD. FREE		
SCOTT LAUTMAN	50 # 7	1:54.55 Z
RONALD JACOBS	51	1:57.25
50 YD. BACK		
RONALD JACOBS	51 # 7	28.61
100 YD. BACK		
RONALD JACOBS	51 # 8	1:01.65
LARRY WRIGHT	54	1:07.78
200 YD. BACK		
RONALD JACOBS	51 # 6	2:14.86
50 YD. BRST		
DANIEL GREGORY	52	32.11 P
BILL REEDER	50	33.77
100 YD. BRST		
DANIEL GREGORY	52	1:13.37
50 YD. FLY		
OLIVER PRESS	50	27.02
LARRY WRIGHT	54	27.34
BILL REEDER	50	29.08
100 YD. FLY		
SCOTT LAUTMAN	50 # 2	55.39 Z
OLIVER PRESS	50	1:00.36
LARRY WRIGHT	54	1:05.78
200 YD. FLY		
SCOTT LAUTMAN	50 # 1	2:05.26 Z
100 YD. I.M.		
OLIVER PRESS	50	1:03.91

LARRY WRIGHT	54	1:05.68
DANIEL GREGORY	52	1:08.43
BILL REEDER	50	1:09.57
200 YD. I.M.		
BILL REEDER	50	2:29.64
400 YD. I.M.		
BILL REEDER	50	5:22.18

MEN 55-59

50 YD. FREE		
RICHARD BATLEY	55	30.09
DENNIS SAWYER	59	30.18
200 YD. FREE		
JAMES NORRIS	55	2:20.94
RICHARD BATLEY	55	2:32.19
500 YD. FREE		
MICHAEL MCCOLLY	57 # 9	5:45.30
1000 YD. FREE		
MICHAEL MCCOLLY	57 # 4	11:44.83
1650 YD. FREE		
JAMES MCCLEERY	57 # 1	19:03.29
JAMES NORRIS	55 # 6	21:15.08
RICHARD BATLEY	55 # 8	23:16.49
100 YD. BACK		
MICHAEL MCCOLLY	57 # 7	1:07.53
200 YD. BACK		
MICHAEL MCCOLLY	57 # 6	2:26.06
50 YD. BRST		
STEVEN PETERSON	56	33.37 P
DENNIS SAWYER	59	36.83
100 YD. BRST		
STEVEN PETERSON	56 # 10	1:11.52 P
DENNIS SAWYER	59	1:20.35
200 YD. BRST		
STEVEN PETERSON	56 # 8	2:40.15 Z
200 YD. I.M.		
MICHAEL MCCOLLY	57 # 8	2:27.77
STEVEN PETERSON	56	2:34.03
400 YD. I.M.		
MICHAEL MCCOLLY	57 # 3	5:12.38

MEN 60-64

50 YD. BACK		
WALTER REID	62 # 8	36.03
100 YD. BACK		
WALTER REID	62	1:18.74
50 YD. BRST		
WALTER REID	62 # 7	35.79
100 YD. BRST		
WALTER REID	62	1:23.34

RELAYS-WOMEN 200 YD. FREE

19 +		
NAOMI JACOBSON	20 # 6	1:44.50 Z
ERIN SALMAN	19	
MARY LASSITER	20	
CASEY MURPHY	25	
SASHA SPEER	21	1:53.49
MICHELLE BLOXHAM	20	
LAURA DOWD	19	
AMY JAHNKE	20	
45 +		
JO MOORE	48 # 1	1:46.54
CHARLOTTE DAVIS	53	
DEBBIE GLASSMAN	49	
MARY LIPPOLD	47	
55 +		
SARAH WELCH	56 # 1	2:08.55 Z
PINKY WALKER	60	
ARNI LITT	57	
SALLY DILLON	56	

Photo by Sarah Welch



Pinky Walker, Patricia Hennessy (in rear) and Dennis Sawyer. Pinky, who swam in six individual events—four backstroke and two individual medley—set a PNA record in each.



RELAYS-WOMEN 200 YD. MEDLEY

19 +			
MARY LASSITER	20 # 8	2:00.37	P
LAURA DOWD	19		
AMY JAHNKE	20		
NAOMI JACOBSON	20		
MICHELLE BLOXHAM	20	2:07.90	
SASHA SPEER	21		
KELLY CRANDELL	22		
ERIN SALMAN	19		
25 +			
CASEY MURPHY	25	2:26.18	
A.CULLOM	32		
JAMIE WHITNEY	38		
PATRICIA HENNESSY	35		
35 +			
A.PETERSJOHNSON	38 # 9	2:02.84	
LISA WILSON	41		
LISA DAHL	42		
ZENA COURTNEY	43		
45 +			
CHARLOTTE DAVIS	53 # 2	2:03.72	
A.LITZENBERGER	50		
DEBBIE GLASSMAN	49		
MARY LIPPOLD	47		
55 +			
PINKY WALKER	60 # 1	2:26.00	Z
ARNI LITT	57		
SARAH WELCH	56		
SALLY DILLON	56		

Photo by Sarah Welch



Casey Murphy and Tom Schutte look happy and content—with good reason. Casey (Women's 25-29) took first in the 500 Yard Freestyle, third in the 100 Yard Individual Medley and fifth in the 50 Yard Freestyle. Tom (Men's 30-35) took third in the 200 Yard Breaststroke, fourth in the 100 Yard Breaststroke and eighth in the 50 Yard Breaststroke.

RELAYS-M E N 200 YD. FREE

19 +			
GEORGE SAYAH	24 # 9	1:38.00	
EDUARDO FONG	25		
DAVID TOURIGNY	23		
AARON SMITH	21		
25 +			
WILLIAM CANN	30	1:32.46	
KIRK NELSON	33		
KIRK NELSON	33		
MARK ARNOLD	28		
35 +			
EDWARD WARDIAN	37	1:39.43	
ERIC DYBDAHL	43		
DOUGLAS REDFIELD	39		
JAMES LITTLEFIELD	43		
45 +			
BRIAN RUSSELL	46	1:37.14	
RONALD JACOBS	51		
SCOTT LAUTMAN	50		
OLIVER PRESS	50		
55 +			
MICHAEL MCCOLLY	57 # 7	1:55.36	
WALTER REID	62		
DENNIS SAWYER	59		
STEVEN PETERSON	56		

RELAYS-M E N 200 YD. MEDLEY

19 +			
AARON SMITH	21	1:50.67	
LEO TANAKA	24		
DAVID TOURIGNY	23		
GEORGE SAYAH	24		

25 +			
MARK ARNOLD	28	1:44.16	
TOM SCHUTTE	33		
KIRK NELSON	33		
EDUARDO FONG	25		
35 +			
ERIC DYBDAHL	43	1:56.81	
DENNIS SAWYER	59		
JAMES LITTLEFIELD	43		
ERIC BORNFLETH	37		
45 +			
RONALD JACOBS	51 #10	1:48.58	
DANIEL GREGORY	52		
SCOTT LAUTMAN	50		
OLIVER PRESS	50		
BRIAN RUSSELL	46	1:56.71	
STEVEN PETERSON	56		
DAN ROBINSON	45		
BILL REEDER	50		

RELAYS-MIXED 200 YD. FREE

35 +			
LISA WILSON	41 # 9	1:40.87	
LISA DAHL	42		
ERIC DYBDAHL	43		
JAMES LITTLEFIELD	43		
45 +			
CHARLOTTE DAVIS	53 # 6	1:42.35	
MARY LIPPOLD	47		
RONALD JACOBS	51		
BRIAN RUSSELL	46		

RELAYS-MIXED 200 YD. MEDLEY

19 +			
MICHELLE BLOXHAM	20	1:54.67	
LEO TANAKA	24		
AMY JAHNKE	20		
AARON SMITH	21		
ROSANNE RITCH	23	2:00.01	
GEORGE SAYAH	24		
DAVID TOURIGNY	23		
KELLY CRANDELL	22		
25 +			
MARK ARNOLD	28	1:50.13	P
TOM SCHUTTE	33		
CASEY MURPHY	25		
JAMIE WHITNEY	38		
35 +			
EDWARD WARDIAN	37	1:55.42	
LISA WILSON	41		
ZENA COURTNEY	43		
JAMES LITTLEFIELD	43		
45 +			
BARB GUNDRED	51 # 7	1:55.78	
A.LITZENBERGER	50		
SCOTT LAUTMAN	50		
OLIVER PRESS	50		
RONALD JACOBS	51 # 8	1:56.75	
DAN ROBINSON	45		
CHARLOTTE DAVIS	53		
MARY LIPPOLD	47		

Using Your Performance Percentages to See How Well You Swim

By Gordon Gray

Here are the 2002/2003 short course yards swim percentages based on USMS National records by age group. Of the 400 PNA swimmers who swam in at least one event, 161 swam five or more different races to qualify for a percentage rating, that is, a ranking by average of their five best events.

Calculating Your Percentages

The percentages are based upon national records in your current age group plus the next age group up and are calculated by day, according to your date of birth. Therefore, it doesn't matter where you are in your age group.

For example, say a swimmer was born on 4/13/1960 and swam a 200 event on 4/13/2003 in a time of 2:30.00 (150 seconds). The swim percentage would be based upon 2/5 of the 40-44 age group record and 3/5 of the 45-49 record. Now let's say the 40-44 record is 1:54.00 (114 seconds) and the 45-49 record is 2:04.00 (124 seconds). The percentage would be $(114/5)*2 + (124/5)*3$ divided by 150 or 80%. If the percentage were based on just the 40-44 age group record, it would be 76%. This simplified example shows that the swim percentages are independent of your relative age in an age group.

Interpreting the Percentages

Use them to compare your values from year to year to see how you rank against the top swimmers of your age group. You can look at your individual events to determine which are your strongest. You can also make goals to improve your percentage from year to year rather than your raw swim times.

2002/2003 Percentages

Last year's first and second finishers switched places this year, with Charlotte Davis coming out ahead of Barb Gundred. (See Table 1 below.) Third place finisher Muriel Flynn is right behind, thanks to her record-breaking performances in the breaststroke.

You'll find a link ([// home.earthlink.net/~swimpercent](http://home.earthlink.net/~swimpercent)) on the PNA Web site to individual swims/percentages for current PNA members. The link includes events, times and calculations for your past nine years' performances for short course yards.

The following tables shows 2002/2003 Short Course Yards by Percentage (Table 1), 2002/2003 Short Course Yards Percentage of Improvement (covers 64 swimmers listed in both 2002 and 2003) and PNA 1998-2003 Percentage of Improvements (covers 32 swimmers listed in both 1998 and 2003).

Table 1: PNA 2002/2003 SCYs By Percentage

1 CHARLOTTE DAVIS	53	98.9943%
2 BARB GUNDRED	51	97.1469%
3 MURIEL FLYNN	80	97.0418%
4 ANDRA LITZENBERGER	50	95.3616%
5 SALLY DILLON	56	94.4864%
6 MICHAEL MC COLLY	57	94.4528%
7 JO MOORE	48	94.4061%
8 GARY CHASE	62	93.9904%
9 SCOTT LAUTMAN	50	93.9602%
10 CAROLYN MATHEWS	40	93.4408%
11 RONALD JACOBS	51	93.3464%
12 ED WARDIAN	37	93.2774%
13 RYAN PACKER	32	93.2568%
14 MARY LIPPOLD	47	93.2189%
15 PINKY WALKER	60	93.0991%
16 CASEY MURPHY	25	92.9975%
17 LISA WILSON	41	91.8236%
18 JEAN DILLON	29	91.6570%
19 ZENA COURTNEY	43	91.2097%
20 BRENT NORDYKE	27	91.0511%
21 OLIVER PRESS	50	90.8659%

22 BRIAN RUSSELL	45	90.5417%
23 WILL CANN	30	90.0996%
24 DEBBIE GLASSMAN	49	89.9066%
25 KEVIV VAN DEN WYMELENBERG	25	89.3875%
26 KATHRINE CASEY	54	89.1743%
27 MATT STAUFFER	39	89.0351%
28 SARAH HOISINGTON	35	88.9898%
29 MARY LASSITER	20	88.6780%
30 STEVE FREEBORN	47	88.1968%
31 STEVE PETERSON	56	88.1365%
32 DAN ROBINSON	45	88.0802%
33 TIMOTHY GRIMES	24	88.0525%
34 NAOMI JACOBSON	19	87.9236%
35 LARRY WRIGHT	54	87.7125%
36 GENE CROSSETT	89	87.6547%
37 SARAH WELCH	56	87.5853%
38 BRUCE CRIST	46	87.4827%
39 DONALD SPENCER	45	87.4269%
40 TOM SCHUTTE	33	87.2299%
41 ALDEN KROLL	20	87.1842%
42 LISA DAHL	42	87.0329%
43 JAMES LITTLEFIELD	42	86.9028%
44 KEVIN ESKO	36	86.7031%
45 ROBERT HOWELLS	21	86.6005%
46 FRANCESCA DRUM	61	86.0733%
47 GREGORY HARRISON	51	86.0634%
48 RICK DUNWIDDIE	39	85.8880%
49 TARA SIMSAK	33	85.7088%
50 SAM ANDERSON	34	85.6345%
51 GEORGE SAYAH	24	85.4049%
52 JOHN WILLIAMS	34	85.0879%
53 MICHELLE BLOXHAM	20	84.9373%
54 JOHN SYLVESTER	46	84.9120%
55 JIM NORRIS	55	84.7608%
56 KIRK NELSON	33	84.7472%
57 BILL KNOWLTON	50	84.6665%
58 ERIC DYBDAHL	43	84.5518%
59 AMY JAHNKE	19	84.5237%
60 HAROLD TAUSCHER	65	84.5207%
61 LINDSAY HARRON	40	84.4673%
62 MARTINA KUBEC	21	84.4280%
63 DALE CARY	45	84.4180%
64 LAURA DOWD	19	84.2661%
65 MEGAN BUSSART	32	84.1117%
66 KEVIN WEATHERBIE	19	84.0136%
67 BILL REEDER	50	83.8592%
68 AARON SMITH	21	83.3277%
69 MARY ANN WHITE	44	83.0587%
70 ANNE BERNHARD	38	82.9626%
71 EDUARDO FONG	24	82.8945%
72 DMITRI PARAMONOV	24	82.8451%
73 DAVE DRUM	67	82.7173%
74 KEVIN AMES	45	82.6884%
75 JB GOESSMAN	38	82.6696%
76 DAN GREGORY	52	82.4024%
77 LEIGH JOHNSON	54	82.3236%
78 ARNI LITT	56	82.3107%
79 MICHAEL PIPTA	38	82.1777%
80 CHUCK KROLL	44	82.0327%
81 ERIN SALMAN	19	81.8122%
82 DAVID TOURIGNY	23	81.6604%
83 JOHN LEET	57	81.6315%
84 CARRIE BREED	23	81.2810%
85 JIRI RICHTER	29	81.1663%
86 BOB MC GARR	32	81.1606%
87 KAETCHE MILLER	56	81.1392%
88 JASEN SPEER	21	81.0201%
89 REBEKAH CELVER	25	80.9847%
90 KELLY CRANDELL	22	80.8332%
91 DAVID ADDLEMAN	68	80.6956%
92 HUGH MOORE	48	80.5938%
93 STEVEN ROSARIA	28	80.3539%
94 PAT MATTHIESEN	86	80.0165%
95 DOUG REDFIELD	39	79.7145%
96 CHARLES NORMAN	36	79.1779%
97 ROSANNE RITCH	23	78.4102%
98 RICHARD BATLEY	54	78.3222%
99 LINDA SULLIVAN	46	78.0641%
100 SASHA SPEER	21	78.0080%
101 JIM LASERSOHN	38	77.9777%

(Continued on page 21)



“Work Smarter” PNA Fitness Clinic Earns Rave Reviews

By Lee Carlson

A PNA-sponsored Fitness Clinic in June received solid reviews from participants. Held at the Bellevue Club, the clinic emphasized working smarter instead of harder.

Efficiency the Key

Gary Chase, a PLU professor in exercise physiology as well as a swimmer and coach, emphasized stroke economy, which he defined as using less energy to swim at the same pace. Gary conducted an in-the-water demonstration of stroke economy for the long axis strokes (freestyle and backstroke). He illustrated how proper body rotation is initiated by the hips. He also illustrated front quadrant swimming using a high elbow recovery.

discussed shoulder injuries. He pointed out that 50% of masters swimmers report shoulder pain that lasts three weeks and interferes with swimming. The pain is from overuse injury that inflames the supraspinatus and/or bicep tendon. This injury is caused by dropping the elbow and failing to roll the body from side to side.

Treatment includes doing non-aggravating strokes, kicking drills and improving stroke mechanics. Ice and heat packs as well as stretching and strength exercises are also recommended.

Eating Right

Cindy Farricker, a registered dietician and sports nutrition consultant, discussed the effect of nutrition on performance. She recommended eating a high carbohydrate meal low in fat and moderate in protein and fiber two to four hours before a workout or a race. She also recommended that one to two hours before exercise we eat bread sticks, pretzels, non-fat yogurt, low fiber cereal/granola bar or fruit. But less than an hour before exercise, she cautioned, avoid simple carbohydrates such as sugar, honey, soft drinks or juice.

To keep hydrated during prolonged activity, Cindy recommended a carbohydrate drink like Gatorade. Afterwards, she said, drink two juice boxes.

Get on the Ball

Sue Matyas, Fitness Director for the Bellevue Club, discussed the importance of core muscle strength. Core muscles are the ones that stabilize the pelvis and spine. They also generate trunk power in swimming. Sue said the chest/back, abs/low back and quadriceps/



Sue Matyas demonstrating exercise on a balance ball

hamstrings must be trained with equal emphasis.

As part of her presentation, Sue put all of us on balance balls and took us through a series of exercises. The value of exercise balls, she explained, is that they emphasize balance and therefore use more muscles. Sue also recommended dynabands and stretch cords to develop strength and flexibility in the lower extremities.

Excellent Evaluations

Participants evaluated the clinic on a three-point scale. The evaluations were as follows: clinic organization, 2.7; clinic format and schedule, 2.6; and value of the clinic, 2.9.

Photo by Paul Freeman



Fitness Presenters from left: Gary Chase, Sue Matyas, Cindy Farricker and Gary Nicholson

Gary discussed a perceived exertion scale that involves assigning a point scale based on exertions during a workout. By keeping workouts at a “somewhat heavy-to-heavy” level without excessive fatigue, we can learn to work at a higher capacity.

Avoiding Injuries

Gary Nicholson, a trainer with extensive experience in all sports,

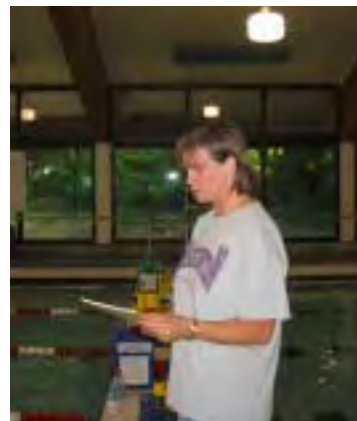
Photo by Paul Freeman



Carolyn Behse and Cindy Farricker

Robin O'Leary: NEO's Master Stroke Fixer

Coach Profile



What do swimmers think of Robin O'Leary as coach? "If I was in a bathing suit and Robin said to jump off the Aurora Bridge, I'd jump," declares June Van Leynseele, a swimmer from Robin's North End Otters (NEO) team.

Hyperbole, of course, but a good indication of the regard Robin's swimmers have for her coaching.

"She has lots of knowledge, is enthusiastic and pushes you to do the best," says NEO's Charlotte Davis, who's been swimming under Robin's coaching for two decades. Thanks to that coaching, Charlotte says, she continues to lower her race times despite getting older.

(For proof positive of this, see Gordon Gray's article on page 10, particularly Table 1, which puts Charlotte at the top of the list for the highest current swimming percentage of any PNA member.)



Robin with three of her NEO swimmers: From left: Mike McColly, June Van Leynseele and Charlotte Davis

Outstanding Swimmer

As a youngster, Robin was an excellent age-group and high school swimmer. So good, in fact, that she qualified for every event at the Senior Nationals—the first time anyone had accomplished this feat.

After high school Robin went to the University of Miami on a swimming scholarship. Eventually she suffered swimmers burnout and transferred to the University of Washington where she earned a degree in kinesiology.

GLAD Founder

Robin is best known locally as founder and coach of the Green Lake Aquaducks (GLAD), a team that swims weekdays at the unholy hour of 5:00 a.m. Last year Robin decided to give up this early GLAD group. But she kept a second, later group that met at 7 a.m. and became the new team, NEO.

Fully Involved Coach

Robin doesn't just throw a workout on a board and let swimmers do it on their own. Instead, at every workout—NEO meets 7:00 a.m. to 8:00 a.m. weekdays at the Shoreline pool—she constantly interacts with her swimmers. "I'm very involved in a workout coordinating lanes, working on turns, fixing strokes," she says.

Stroke Fixer Extraordinaire

Robin's swimmers can't say enough about this stroke-fixing ability. "She's an exceptionally good teaching coach," says NEO swimmer Mike McColly. "If you have a

stroke flaw, she can fix it." Thanks to Robin's coaching, Mike says, he's a better butterflyer today at 57 than he was at 40.

Motivated Coach

Why has Robin stayed with coaching so long? "I like striving for perfection and introducing people to new things in swimming," she says. "I also like the math swimming involves. Plus, I love coaching adults. Their intensity and expectations are more realistic than those of age-group swimmers."

Wife and Mother

Robin and her husband Michael, who swims for health and fitness, have two children: Alison, 12, and Riley 9. Neither of the kids has taken up swimming, a development that has surprised and mildly disappointed Robin.

Lately, Robin has been swimming more herself. But there aren't any races in her future, she says. "My expectations as a swimmer are too high for my realities."

Maybe so, But her expectations for the people she coaches are obviously right on the money.

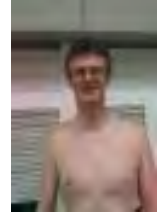




Find Out What Your PNA Board is Doing

PNA Board Meeting Minutes

by Hugh Moore, PNA Secretary



Minutes of PNA Board Meeting April 22, 2003

Motions Approved

The following motions were made, seconded, and approved (MSA) during the meeting.

- Minutes from the March 25th meeting with corrections.
- Treasurer's report as submitted.
- \$27.20 reimbursement for Chaya Amiad from miscellaneous category for purchase of a bulletin board for the West Seattle Y Masters team.
 - Lee Carlson as Meets Chair.
- Meets at Oak Harbor on 9/27/03 and Bainbridge Island on 10/18/03.
- Open water swims at Lake Padden on 6/21/03 and Fat Salmon (Lake Washington) on 7/19/03.
- Fee of \$28 for Fat Salmon for entries received by July 1st and \$35 for late entries. \$28 for Lake Padden entries received by their deadline and \$35 for late entries. \$8 charge for one-event-registrations for Lake Padden and Fat Salmon.
- PNA to pay for the registration fee of \$149 for one PNA coach to the ASCA clinic.

I. Call to Order and Introductions

President Jeanne Ensign called the meeting to order at 7:04 PM by in the Seattle Parks and Recreation Offices. Attendees included Steve Peterson, Sarah Welch, Hugh Moore, Tom Foley, Chaya Amiad, Paul Freeman, Sally Dillon, Nancy Hunn, Jan Kavadas, Lee Carlson, Ross Linderman, Walt Reid, Kathy Casey, Lynn Wells, and Brian Russell. These 16 represent Bainbridge Island, Federal Way, Fort Steila-

coom/WAKO, GLAD, Mercer Island, NEO, North Whidbey, OOPS, ORCA, Swim Seattle, Tigers, and West Seattle Y.

II. Minutes

See Motions Approved.

III. Treasurer's Report

See Motions Approved.

IV. Board Meeting Focus

A. Appoint New Committee Chairs: See Motions Approved.

B. Volunteer list on Website: See Motions Approved.

C. Convention Delegates: Jeanne distributed a Delegate solicitation letter. Hugh will send the letter to team reps. We will select PNA reps at the May Board Meeting.

D. NW Zone Meeting: There will be a NW Zone Meeting prior to the Short Course Zone Meet in Hood River on April 26th. Sally, Jeanne, Arni, and Hugh will attend. The agenda includes updating zone policies to better define quorum.

E. Champs meet review: Hank Kirkland's efforts as Meet Director and Holly Bork's work on data entry, etc. were applauded. Hugh suggested changing the order of events so that Saturday starts with the 500 and ends with two relays followed by the 1000 and Sunday starts with the 1650 and ends with the 400 IM followed by the final two relays. This would allow coaches more time to coordinate relays and would result in more people being present for team awards. The consensus was that this was a good idea. There was some feedback from a few out-of-LMSC swimmers that they did not feel welcome due to the way results were posted and labels printed. Lee suggested printing an article in the WetSet on officiating tips. Kathy Casey volunteered to

write a piece for the July newsletter.

V. Old Business

A. Fitness clinic: Cory Hildebrand, Carolyn Behse, Lee Carlson, Gary Chase, and Jo Moore met at the Bellevue Club last week to discuss clinic organization. All participants will be required to sign the USMS waiver. Lee submitted entry information for the WetSet to Paul. The organizing committee approved speaker fees of \$650 total, split among Sue Maytas, Cindy Farricker, and Gary Nichols.

B. Meet Schedule: MSA Meets at Oak Harbor on 9/27/03 and Bainbridge Island on 10/18/03. PNA is scheduled to host the SCM Zone meet this fall. The Bellevue Club was suggested, but they cannot run a two-day meet. Other suggestions include the Aquatic Center and South Kitsap. Sally will investigate South Kitsap. Additional meets for 2003 and 2004 were discussed. Lee will update the meet packet and distribute it to potential meet hosts. ORCA would like to host a meet in January. Other potential hosts include Anacortes in January, Bellevue Club in February, Mercer Island in March, and Federal Way (Champs) at the Aquatic Center in April. Hugh will send the meet packet to Lee for updating. Meet bids will be approved at the next board meeting. MSA open water swims at Lake Padden on 6/21/03 and Fat Salmon (Lake Washington) on 7/19/03. MSA a fee of \$28 for Fat Salmon for entries received by July 1st and \$35 for late entries. MSA \$28 for Lake Padden entries received by their deadline and \$35 for late entries. MSA \$8 charge for one-event-registrations for Lake Padden and Fat Salmon.

(Continued on page 20)

2003 Fat Salmon Open Water Swimming Championships 1 & 3 Mile Races

July 19, 2003 Lake Washington, Seattle, WA

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS Inc

Sanction Number: 3603-002



The Fat Salmon Open Water Swimming Championships is an open water swim competition located in Seattle, Washington, an area with many waterways and lakefront areas in and around the city. The first Fat Salmon race was held in 1999 with seventeen entrants competing in the three-mile event. By 2002, the race grew to 180 swimmers.

Open water swim events involve a substantial amount of risk. Please do not participate if you are not comfortable swimming these distances in cold water. Time Guidelines: 1 Mile Race participants should be able to swim a 1650 free in 35 minutes or less. 3 Mile Race participants should be able to swim a 5000 yard free in less than 1 hour 40 minutes. Participants who have not finished the three-mile swim in less than two hours will be pulled from the water.

Whenever an event involves immersion in cold water for any period of time there is a substantial risk of exposure to hypothermia and drowning. Therefore participants are required to sign a waiver removing all responsibility of the organizing entities and persons, and representing that the competitor will be able to complete the event without any assistance from any other person or floatation device. Water temperature is typically 58 to 65 degrees Fahrenheit and many participants choose to wear a wetsuit.

A mandatory safety meeting will be held prior to the start of the event. Those wishing information in advance can go to the website at www.fatsalmon.org.

LOCATION: Madison Park Beach, Lake Washington, Seattle, Washington

ELIGIBILITY: This event is open to all USMS and MSC registered swimmers 19 years of age or older as of July 19, 2003. Any swimmer not registered with PNA must submit a photocopy of their registration card with their entry. USMS One-event registration is available for \$8.00.

RULES: Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire is allowed. The use of fins and pull buoys is not allowed.

ENTRY FEES: Received by July 1, 2003 \$27.00
Received after July 1, 2003 \$37.00

Day of race entries will be accepted but not encouraged. A maximum of 300 entries will be accepted. No refunds will be issued. T-shirts and caps will be provided to all competitors. Food and refreshments will be available for competitors at the end of the race.

PRERACE CHECK-IN & MANDATORY MEETING:

Day of Race, July 19, 2003:

6:15 am Check-in begins

7:15 am Check-in closes

7:20 am Competitors' Meeting

** All competitors are required to attend **

RACE START: The 3 Mile Race starts at approximately 8:30 a.m. The One Mile Race starts at approximately 9:15 (when the first 3 mile swimmers pass the 1 Mile Race starting point. (See race map). Car-pooling is encouraged to transport swimmers to the race start.

TIMING: Chip timing will be provided by AA Sports.

SAFETY: Support craft (i.e. motorized boats, kayaks) will accompany competitors on the course. Swimmers are required to wear the swim caps provided to them on the day of the race.

AWARDS/CERTIFICATES: All swimmers will receive a certificate of participation. Additionally, a whole salmon will be awarded to the fastest male and female swimmers in both the wetsuit and non-wetsuit divisions. For the 1 Mile Race one-half of a salmon will be awarded to the fastest male and female swimmers in both divisions. No age-group awards will be presented.

DIRECTIONS: From Northbound I-5: Take the Seneca Street exit (#165), merge onto Seneca; travel 0.1 miles; turn left onto 5th Avenue. Follow directions from 5th Avenue (see below). From Southbound I-5: Take the Union Street exit (#165B), travel 0.1 miles; turn left onto 5th Avenue. From 5th Avenue: Travel 0.2 miles; turn left onto Spring Street, travel 0.1 miles; turn right onto 7th AVE, travel 0.2 miles; turn left onto Madison Street, travel 2.9 miles; Turn SLIGHTLY RIGHT on to East Howe Street, travel 0.1 miles; Turn LEFT onto 43RD Avenue East. Park

QUESTIONS? Jason Nadal jasonnadal@hotmail.com (206) 579-4853, or Jeanne Ensign jeanne@raincity.com (206) 324-1354/948-1354

2003 Fat Salmon Open Water Swim

ENTRY FORM & LIABILITY RELEASE

1 & 3 Mile Races July 19, 2003 Lake Washington, Seattle, WA

www.fatsalmon.org

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS Inc

Sanction Number: 3603-002

Please write legibly.

Name: _____ USMS (or MSC) No: _____

If not USMS or MSC registered, One-Event Registration required. See below.

Address: _____ Club Name: _____

City: _____ State: _____ Zip: _____ Club Abbr: _____

Date of Birth: ___/___/___ Age as of 7/19/2003 _____ Sex (Circle One): Male Female

E-Mail address: _____ Phone number: (____) _____

Emergency contact person: _____ Phone Number: (____) _____

RACE DISTANCE: (*Circle One*) 1 Mile 3 Mile

T-SHIRT SIZE: (*Circle One*)

CATEGORY: (*Circle One*) Wetsuit Non Wetsuit

S M L XL XXL

ENTRY FEES: All competitors must be registered with USMS or MSC. One-event registration is available for \$8. Day of race entries will be accepted up to a maximum of 300 entries. No refunds will be issued.

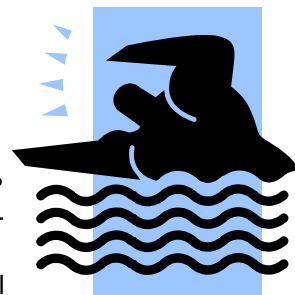
Entry Fee:	Received by July 1, 2003	\$27.00	\$ _____	Mail entry to: Jeanne Ensign
	Received after July 1, 2003	\$37.00	\$ _____	511 E Roy St #314
	One Event Registration fee	\$ 8.00	\$ _____	Seattle, WA 98102
TOTAL ENCLOSED WITH ENTRY Total			\$ _____	Make check payable to: GLAD

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

PARTICIPANT SIGNATURE: _____ DATE: _____

Take Advantage of Away-From-Home 50-Meter Pools USMS National Championship 5K & 10K Postal Swims

Postal Swim Pools



Looking for a 50-meter pool that you need to swim the annual 5K or 10 K postal swims? PNA has reserved pool space at the 50-meter South Kitsap Pool in Port Orchard on two different occasions (see contact and signup information below).

5K swimmers may be able to join GLAD swimmers at the 50-meter outdoor Colman Pool in West Seattle on Saturdays throughout the summer. GLAD will hold practices on those days from 6:30 a.m.-8:00 a.m., and each week space in one lane may be available for 2-3 swimmers. Contact Coach Mary Lassiter at 206/443-5555, X295, or msfish@usms.org. **Space must be reserved in advance.**

PNA Masters Swimming Away-from-Home Signup for Postal Swims
Complete entry form, enclose fee and mail to the event coordinator listed below:

Name: _____		2003 USMS Number: _____	
Address: _____		Phone: (____) _____	
City: _____	Zip: _____	DOB: _____	Age: _____ Sex: ____
E-mail: _____		USMS Club: _____ Local team: _____	

Purpose: The 5K & 10K National Postal Swims require a 50-meter pool. "Away-From-Home" Postal Swims provide 50-meter pool space that enables PNA swimmers an opportunity to participate in the events.

Rules: USMS Postal Rules apply. Refer to the official 5K/10 K entry form published in the next *WetSet* and *SWIM* Magazine. First-come, first-served sign-up; day-of-event sign up accepted IF space permits. Each swimmer must provide some one 12 years or older to count laps and record splits. Events will usually be run two-per-lane. Each swimmer will be required to sign the USMS Liability Release at the event.

Fees: \$10/swimmer pool fee to help defray our pool rental costs. If you wish to enter the National Championship event, please also bring a photocopy of your USMS card, the \$10 entry fee and a completed event entry form.

Sign up: Check the location, event, and indicate your seed time. You may only swim one event each day.

5K Swim - Kitsap Pool

Saturday, August 2, 11 :00a.m.-1:00 p.m.
(July 28 sign-up deadline)
South Kitsap HS Pool
425 Mitchell Rd., Port Orchard, WA
_____ 5K seed time: _____

5K & 10K Swims - Kitsap Pool

Saturday, August 16, 11:00 a.m.-3:00 p.m.
(August 11 sign-up deadline) **NEW TIMES!!!**
_____ South Kitsap HS Pool
425 Mitchell Rd., Port Orchard, WA
_____ 5K seed time: _____
_____ 10K seed time: _____

We will start immediately so please be on time!
PNA has the whole pool at South Kitsap

2003 NORTHWEST ZONE LONG COURSE CHAMPIONSHIP MEET
 Hosted by Pacific Northwest Association of Masters Swimmers
 Sanctioned by the Pacific Northwest Association of Masters Swimmers
 for USMS, Inc. Sanction # 033605

2003 NORTHWEST ZONE LONG COURSE CHAMPIONSHIP MEET
 Saturday, August 9th and Sunday, August 10th, 2003

NAME: _____ M F AGE: _____
 ADDRESS: _____
 PHONE _____ Email _____
 BIRTHDATE: _____ USMS #: _____
 CLUB _____ or UNATTACHED _____ LMSC _____

DATE: **Saturday, August 9th and Sunday, August 10th, 2003**
 TIMES: **Saturday, August 9th, Warm-up: 11:00 – 11:50 AM, Meet starts: 12:00 AM**
Sunday, August 10th, Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM
 PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,
 Federal Way, WA 98023 (206) 296-4444
 MEET DIRECTOR: Mary Lassiter (206) 799-0601 or mfish@usms.org

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard

RULES: Current USMS Rules will govern the meet.
ELIGIBILITY: Open to all year 2003 USMS or MSC registered swimmers age 19 and above as of December 31, 2003.
DIRECTIONS: From North or South Bound I-5 take exit 142 B which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #A) (Seeding slow to fast / Deck enter relays at the meet.)

1	400 IM (Check-in by 11:30)	15	400 Freestyle (Check-in by 8:30)
2	Women's 200 Freestyle Relay	16	Women's 200 Medley Relay
3	Men's 200 Freestyle Relay	17	Men's 200 Medley Relay
4	Women's 400 Freestyle Relay	18	Women's 400 Medley Relay
5	Men's 400 Freestyle Relay	19	Men's 400 Freestyle Relay
6	200 Freestyle	20	200 Breaststroke
7	100 Breaststroke	21	100 Freestyle
8	50 Butterfly	22	50 Backstroke
	10 minute break		10 minute break
9	200 Mixed Medley Relay	23	200 Mixed Free Relay
10	400 Mixed Medley Relay	24	400 Mixed Free Relay
11	200 Backstroke	25	200 Butterfly
12	50 Freestyle	26	100 Backstroke
13	100 Butterfly		10 minute break
14	800 Freestyle	27	50 Breaststroke
		28	200 Individual Medley
		29	1500 Freestyle

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

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

Entry Confirmation: If entry confirmation is desired, include legible email or a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

Check-in: Check-in is required for the 400 IM (Deadline is: 11:30 Saturday), 800 Free (Deadline is: 1:30 Sunday), 400 Freestyle (Deadline is: Sunday at 8:30), 1500 Free (Deadline is: 11:30 Sunday). Swimmers who do not check in by the deadline may be scratched from the event.

AGE GROUP (Determined by your age as of December 31st, 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: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEE: \$ 18.00 Surcharge (Includes \$1 Northwest Zone meet surcharge)

Individual Events: + _____ \$2 per event. No charge for relays. Optional for age 65 and over and needs-based swimmers.

Total: \$ _____ Please make checks payable to PNA
 Mail this entry form and fees to: Arni Litt
 1920 10th Ave East
 Seattle, WA 98102-4253

Questions? Email Arni@qwest.net

Entries must be postmarked no later than July 29th or received by July 31st, 2003. **Include a copy of your Masters registration card if you are not a PNA member.** All swimmers must have a valid 2003 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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: _____

6th ANNUAL SHORT COURSE METERS PENTATHLON
 Hosted by North Whidbey Masters (Sanction #03-3606)
 and North Whidbey Aquatic Club

ORDER OF EVENTS	
#	Event
1	200 fly
2	100 fly
3	50 fly
4	200 back
5	100 back
6	50 back
7	200 breast
8	100 breast
9	50 breast
10	200 free
11	100 free
12	50 free
13	400 IM
14	200 IM
15	100 IM

DATE: Saturday, September 27, 2003

TIME: Warm-up: 12:00 noon
 Competition: 1:00 PM
Check-in by 12:45 PM

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

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

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

RULES: 2003 USMS Rules will govern the meet.

ELIGIBILITY: Open to 2003 registered members of USMS and MSC, 19 and above as of 9/27/03. Age groups are based upon the swimmer's age as of 12/31/03. Entries must be in the meet director's hands by Saturday, September 20 with the following exception:

Race day entries will be accepted until 12:30 PM for an additional \$5.00 late fee.

SEEDING: Slow to fast. ALL EVENTS WILL BE DECK SEEDED. CHECK-IN IS REQUIRED.

TIMING: Electronic timing will be used.

THE PENTATHLON: Swimmers must enter the five events that "complete" a pentathlon division to receive awards. The Pentathlon divisions are:

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

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

AWARDS: All participants will receive a certificate. Special awards will be presented to the fastest 3 swimmers in each age group for each division of the pentathlon. No separate awards will be given for individual events.

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

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

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

6th ANNUAL SHORT COURSE METERS PENTATHLON MEET
 Hosted by North Whidbey Masters (Sanction #03-3606)
 and North Whidbey Aquatic Club

NAME: _____ M F AGE as of 12/31/2003: _____
 ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____
 E-MAIL ADDRESS: _____
 PHONE: _____ BIRTHDATE: _____ USMS or MSC #: _____
 Local Team _____ or UNATTACHED _____ LMSC _____
 USMS Club Abbrev: _____ USMS Club Name: _____ or Unattached _____

AGE GROUP (Circle one - determined by your age as of December 31, 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

Circle if your first Masters meet: **Y**

EVENT NUMBER	EVENT	SEED TIME (for SC METERS)

ENTRY FEES: \$10.00 (\$15 Canadian)
 \$6.00 (\$9.00 Canadian) for seniors (65 & over)

Race day entries will be accepted until 12:30 AM for an additional US\$5.00 late fee

Please make checks payable to: **NWAC** Questions:
 Mail this entry form and fees to: **Sally Dillon** salswmr@earthlink.net
PO Box 845 360-679-5038
Oak Harbor, WA 98277

Pre-entries must be received no later than Saturday, September 20, 2003. Add \$5 for all others.

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

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

2nd Annual BAMFEST SCY Swim Meet- Sanction #033606/033607
 Hosted by the Bainbridge Aquatic Masters

ORDER OF EVENTS "High School" Format	
#	EVENT
1 & 2	200 MEDLEY RELAY W/M
3	200 FREE
4	200 IM
5	50 FREE
15 minute Break	
6	100 FLY
7	100 FREE
8	500 FREE
9 &	200 FREE
10	RELAY W/M
11	100 BACK
12	100 BREAST
13	200 Mixed Fantasy Relay

DATE & TIME:

Saturday, October 18, 2003

Warm-up: **8:00 AM** Meet starts 9:00 AM.

Check-in with Clerk of Course upon arrival and **positive** check-in **required** for the **500FR** prior to the break.

LOCATION:

Bainbridge Island Aquatic Center: High School Rd. & Madison Ave., @ **the East campus entrance**, Bainbridge Island WA phone: 206-842-2302-pool

***25-yard course with six lanes used for competition and two lanes for continuous warm-up. The spa will be available during the meet for competitors only. Electronic timing will be used.

DIRECTIONS:

From Seattle: Take the ferry to Bainbridge Island. Proceed straight from the ferry terminal on SR305 exactly one mile to NE High School Road. Turn left (west) and proceed ¼ mile. Turn right (north) at traffic circle onto Madison Ave. Proceed ¼ mile – take first left for driveway entrance to pool.

From Westsound: Take SR305 to Madison Ave. N and turn right (south). Proceed 0.6 miles to the pool.

ELIGIBILITY:

Open to all 2003 USMS or MSC registered swimmers age 19 and above on 10/18/03. Age groups determined by the swimmer's age on 10/18/03.

RULES: Current USMS rules will govern the meet.

AGE GROUPS (individual events): 19-24, 25-29, and 5-year age groups as high as necessary.

RELAYS: Deck-enter relays at the meet. Age groups 19+, 25+, 35+, and 10-year increments as high as necessary. Age of the youngest relay swimmer determines the age group of the relay. Fantasy relay instructions to be announced at the meet.

SEEDING: Slow to fast. Check-in with the clerk of course.

MEET DIRECTOR: Brian Russell, (206) 842-5849, brian_a_russell@urscorp.com

WEBSITE: For more information, visit the PNA website (www.swimpna.org), or BAM website www.biparks.org/bam

SAFETY FIRST!

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

MEET ENTRY FORM: October 18, 2003 2nd Annual BAMFEST
 Hosted by BAM (Bainbridge Aquatic Masters) - Sanction #033606/033607

NAME: _____ M F AGE (on10/19/02) _____

ADDRESS: _____

E-MAIL ADDRESS: _____

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

Team Name, Club Name or Unattached: _____

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

ENTRY LIMIT: Five individual events , plus relays. Circle if your first Masters meet: Y

EVENT #	EVENT NAME	SEED TIME

ENTRY FEES: \$ 9.00USD/\$14.00CAD Surcharge

(Includes electronic timing and facility rental surcharges)

\$ _____ Individual events:

(\$1 per event for swimmers under 65.)

No charge for swimmers 65 or over. No charge for relays.

TOTAL \$ _____ Please make checks payable to: **BAM**

Mail this entry form and fees to: BAM
 P.O. Box 10848
 Bainbridge Island, WA 98110

*****Entries must be received by Wed. Oct. 8, 2003**

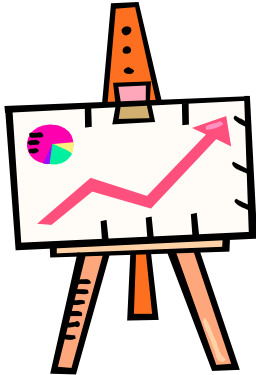
Waiver: I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION 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: _____

Relay Results at Nationals

(Continued from page 9)

55 +	
MICHAEL MCCOLLY	57 # 4 2:10.39 P
STEVEN PETERSON	56
SARAH WELCH	56
SALLY DILLON	56



WOW!!!! PNA Sets Membership Record

As of July 1, PNA had 1,062 members, one more than we budgeted for the entire year. The current figure not only surpasses last's total of 1,029 members but also sets a new PNA membership record.

April Board Minutes

(Continued from page 13)

C. ASCA clinic: Lee noted that USMS will pay the registration fee of \$149 for one coach from PNA for the American Swim Coaches Association clinic in September in San Diego. There are 5 PNA applicants. MSA for PNA to pay for the registration fee of \$149 for one PNA coach to the ASCA clinic. Lee will review the applications and make a recommendation to the

officers who will select the recipient.

D. LC Zone Meet Organization: Lee, Jeanne and Hugh will work on LC Zone Meet Organization.

VI. Committee Reports

Long Distance: Sally noted that the latest SWIM Magazine lists Sally Dillon and Jim McCleery as Long Distance All Stars and Marion Chadwick as a Long Distance All American. Sally will arrange for 5K and 10K opportunities at South Kitsap pool this summer. Miscellaneous: There will be workouts at Colman pool this summer. PNA swimmers may pay a \$5 drop-in fee to participate. Information will be posted on the PNA website. Registration: We have 995 members. 204 of them are new this year and 50 are seniors.

VII. New Business

A. Local Promotions. Sally noted that USMS has traveling booths that could be used to promote PNA. Sally will investigate using the booths at a triathlon on July 20th and the Emerald City Open Water Swim and Danskin Triathlon on the weekend of August 16th and 17th. Sally suggested that PNA might consider hosting a USMS Championship open water event in 2005. The consensus was that we're not ready to bid at this time. Steve Peterson suggested that PNA could get price reductions for a team suit for Short Course nationals.

It was decided that there wasn't enough time to organize a purchase at this time.

Next Meetings:

Tuesday, May 27th, Federal Way Regional Library

Wednesday, June 25th Edmonds

Hugh Moore, Secretary



New PNA Swimmers

- Barbara Allen
- Katie Asp
- Laurie Birks
- Lindsay Bjork
- Nani Castor-Peck
- Abby Coble
- Michael Cruz
- Hilary Culverwell
- Gini Ann Davis
- Maria Deditius
- Dan DeGolier
- Jane Devenport
- Raye DeWolfe
- Christine Discoe
- James Dupree
- Cara Frankenfeld
- Jacobs Giano
- Ellen Gosseen
- Brendan Halfman
- Ron Hansen
- Benjamin Larson
- Mary Layng
- Alice LePrell
- Robert Liddell
- Dominique Louise Lower
- Adrianna Lower
- Teresa Matthews
- Diana McFarlin
- Jennifer Mesler
- Jamie Mieras
- Raymond Miles
- Victoria Moorman
- Susan Oatis
- Alan Phillips
- Rence Quistorf
- Karen Ray
- Ian Raygor
- Nik Rebhuhn
- Valarie Record
- Anecia Robinson
- Max-Jayde Romero
- John Sobus
- Myra Tishkoff
- Connie Weir
- Sarah Westrich
- Sarah Wiese
- Kristy Youtsey



Swimming Percentages

Continued from page 10

102 JESSICA HEIMAN	19	77.5639%
103 DENNIS SAWYER	59	77.5439%
104 PAUL FREEMAN	59	77.3127%
105 GORDON GRAY	57	77.3017%
106 LUCAS WILLS	23	77.0513%
107 WENDY CRABB	35	76.4817%
108 SUE AMOTT	54	76.1690%
109 HEIDI HANSEN	25	75.8990%
110 BRENDA KNUTSON	44	75.4868%
111 BRIAN FENN	55	75.2954%
112 JAMIE WHITNEY	38	75.2132%
113 TATYANA MISHL	39	75.1351%
114 BOB DORSE	71	75.0300%
115 RHAЕ-CHRISTIE SHAW	27	74.9413%
116 JEANNE ENSIGN	56	74.1882%
117 CHRISTIAN BRUHN	30	73.7050%
118 ORNA KRISTAL	37	73.2603%
119 BRIAN FENN	25	73.1832%
120 PAUL IKEDA	43	73.1753%
121 KATE SUTHERLAND	55	72.9586%
122 JAMES STEPHENS	48	72.7882%
123 DON REHFELDT	68	72.6053%
124 PATRICK SULLIVAN	55	72.5647%
125 DAVID CRETIN	28	71.7740%
126 LESLIE DOBRENSKI	32	70.9807%
127 TOM SCHULZ	32	70.9568%
128 KARI EINSET	43	70.9484%
129 MIKE ANDERSON	46	70.9353%
130 JANET KAVADAS	72	70.3408%
131 NANCY HUNN	60	69.9369%
132 SUZANNE WAY	39	69.8346%
133 HAL YOUNG	81	69.6827%
134 DU LY	41	69.5161%
135 ROBERT LAKE	61	69.3444%
136 JESSE PACE	50	69.2504%
137 HUGH KIMBALL	56	68.7398%
138 JODI STEBBINS	34	68.4008%
139 CHRISTINE PRUNEAU	46	68.3257%
140 JANE MOORE	52	67.3848%
141 KERRY NESS	33	67.3847%
142 TOM FOLEY	68	67.2065%
143 JOHN HUCKABEE	44	66.9012%
144 MELISSA SWANSON	37	66.3563%
145 MARION CHADWICK	81	66.1305%
146 CHRIS KERKERING	30	66.0430%
147 EUGENE HUNN	59	65.9293%

148 JIM DOHERTY	53	65.2023%
149 THOMAS WALKER	56	64.4654%
150 CAROLYN BALDWIN	69	63.4545%
151 EMMA SIEBER	35	60.0194%
152 ELLEN CULLOM	32	59.9108%
153 HOLLY BORK	26	59.1945%
154 KEITH FROST	36	58.1605%
155 ERNIE FLOWERS	46	57.1955%
156 JENNIE GOLDBERG	49	56.5871%
157 DEBORAH LODISH	47	56.5757%
158 PETE KYNION	55	56.4936%
159 CHAYA AMIAD	65	54.5880%
160 PATTY HALLER	40	53.5937%
161 J BYFORD GOESSMAN	64	51.1731%

Table 2: PNA 2002-2003 SCY Percentage of Improvement

1 PAT MATTHIESEN	86	13.9633
2 CAROLYN BALDWIN	69	12.1667
3 ARNI LITT	56	7.9418
4 EUGENE HUNN	59	7.8487
5 MARION CHADWICK	81	7.6381
6 GEORGE SAYAH	24	6.8198
7 MEGAN BUSSART	32	5.1450
8 MATT STAUFFER	39	4.5762
9 JIM NORRIS	55	4.3341
10 RHAЕ-CHRISTIE SHAW	27	3.3052
11 SARAH WELCH	56	3.2830
12 BILL REEDER	50	2.8323
13 RICHARD BATLEY	54	2.6783
14 STEVE PETERSON	56	2.2623
15 FRANCESCA DRUM	61	2.0118
16 ERIC DYBDAHL	43	1.7655
17 TOM FOLEY	68	1.4305
18 MICHAEL MCCOLLY	57	1.2676
19 DAVE DRUM	67	1.2221
20 ANNE BERNHARD	38	1.1830
21 KATE SUTHERLAND	55	0.9697
22 STEVEN ROSARIA	28	0.8617
23 HEIDI HANSEN	25	0.7041
24 CHRISTINE PRUNEAU	46	0.4893
25 CHARLOTTE DAVIS	53	0.2759
26 LEIGH JOHNSON	54	0.2347
27 RONALD JACOBS	51	0.1134
28 KARI EINSET	43	0.0597

Table 3: PNA 1998-2003 SCY Percentage of Improvement

1 CAROLYN MATHEWS	40	9.6583
2 ERIC DYBDAHL	43	8.8669
3 PINKY WALKER	60	7.2643
4 MURIEL FLYNN	80	6.9179
5 LEIGH JOHNSON	54	6.4955
6 MICHAEL MC COLLY	57	4.4190
7 JEANNE ENSIGN	56	4.2597
8 STEVE FREEBORN	47	3.8878
9 MARION CHADWICK	81	3.5415
10 FRANCESCA DRUM	61	3.3617
11 LISA WILSON	41	2.9753
12 MARY LIPPOLD	47	2.4156
13 HAL YOUNG	81	2.1538
14 STEVE PETERSON	56	2.1013
15 BILL REEDER	50	1.9456
16 JOHN SYLVESTER	46	0.0807

Seattle High School Seeks Swim Coach

Franklin High School is looking for a girls' swimming coach for the fall (Aug.-Nov.) season and a boys' swimming coach for the winter (Dec.-Feb.) season. If you're interested and at least 21, contact Mike Scott, the school's Athletic Director. You can reach him at (206) 252-6226, mjscott@seattleschools.org.



WetSet Subscription/Change of Address Form

The WetSet is PNA's official newsletter. Produced ten times a year, it 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 Arni Litt, PNA Registrar, 1920 10th Ave E, Seattle, WA 98102-4253.

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

Attach old address label here (if available)

Name _____

Address _____

City / State / Zip Code _____

Phone _____ USMS # _____

E-MAIL _____

- Change of Address
- New Subscription

If you would like to become a PNA member or renew your membership, and receive The WetSet and Swim Magazine, please use the 2003 Registration Application on page 22.

UNITED STATES MASTERS SWIMMING, INC.
2003 REGISTRATION APPLICATION
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

Please print clearly and fill out the entire form. Register with the same name you have or will use for competition. If your name has changed, please include old and new names.

Name: _____ Birth date: _____
Last First Initial Month Day Year
 Address: _____ Age: _____ Male Female (circle one)
Street or box number
 _____ E-Mail: _____
City State Zip+4

Telephone: (____) _____

If you coach a Masters swim team check here

CLUB: Pacific NW Aquatics (PNA)
 Sequim (SQM) Unattached

Team : _____
 Unattached

2003 Annual Fee: Your fee includes subscriptions to *The WetSet* and *SWIM Magazine*

Regular:	\$35	\$ _____
Need-based or Seniors (65 & over):	\$25	\$ _____
After September 1, 2003:	\$20	\$ _____
Canadian:	\$40 (US dollars)	\$ _____

Optional Donations:

USMS Endowment Fund	(\$1 or \$ _____)	\$ _____
International Swimming Hall of Fame	(\$1 or \$ _____)	\$ _____

TOTAL \$ _____

I am interested in serving on a committee.

Mail to: Arni H. Litt, Registrar
 1920 10th Ave East
 Seattle, WA 98102-4253

Make check payable to: *PNA*
 Questions: (206) 323-4712, arni@qwest.net

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, THE 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** _____

To help you out, here are definitions of a few terms:

- LMSC (Local Masters Swim Committee): Pacific Northwest Association of Master Swimmers (PNA) is the division of United States Masters Swimming (USMS) that covers (roughly) western Washington.
- Clubs are part of the LMSC. Currently there are two clubs in the PNA LMSC. These are Pacific Northwest Aquatics (also abbreviated PNA) and Sequim (SQM). Swimmers not belonging to either club may register as "unattached." Use your club affiliation any time you register for a meet. To swim as part of a relay team at Zone or National meets, all swimmers on that relay must be registered with the same club. Swimmers unattached to a club may not swim in a relay.
- Teams are local groups with which people swim; for example, Federal Way, Orca, GLAD. Team affiliations are used to earn points at PNA Champs.



HAPPY BIRTHDAY

to the following PNA swimmers!

Melody	Wojcik	7 1	Kaythryn	Carruthers	7 18	Bruce	Crist	7 31
Gretl	Galgon	7 1	Gordon	Clark	7 18	Thomas	Harrylock	8 1
Len	McCollam	7 2	Lisa Diane	Davis	7 18	Brenda	Knutson	8 1
Tom	Schutte	7 2	Leo	Espinosa	7 18	David	O'Neil	8 1
Jay	Burnham	7 3	William	Steinke	7 18	Peter	Nelson	8 2
Matt	Lease	7 3	Barbara	Allen	7 19	Wendy	Hoffman	8 2
Diana	Geitz	7 3	Galen	Atwood	7 20	Chris	Lautman	8 2
Aurora	Chang	7 3	Gloria	Tolaro	7 20	Kerry	Ness	8 3
Timothy	Peters	7 4	John	Leet	7 20	Stephen	Kicinski	8 3
Bridget	Broderick	7 5	Leo	Tanaka	7 20	Michael	Lang	8 3
Paul	Freeman	7 6	Mack	Schmidt	7 21	Emilie	Sullivan	8 3
Judith	Hutchison	7 6	Lisa	Kuh	7 21	Catherine	Julien	8 3
Michael	McKinlay	7 6	Clare	Painter	7 21	Mel	Lebsack	8 4
James (Jim)	Doherty	7 6	Ros	Bird	7 21	Eric	Druban	8 4
Russell	Knudsen	7 6	Stephen	Freeborn	7 21	Clark	Pace	8 4
Alice	LePrell	7 6	Zena	Courtney	7 21	Hugh	Moore	8 4
Mimi	Poehlman	7 7	Jon	Swerdloff	7 22	Terri	Nelson	8 4
Kelly	Crandell	7 7	Charles	Van Zandt	7 22	Victoria	Hassi	8 4
Sheila	McCue	7 7	Brad	Collins	7 22	Heather	Thompson	8 5
Polly	Phipps	7 7	Christopher	Augustine	7 22	Annamarie	Terhaar	8 6
Katherine	Lindsey	7 7	Cara	Frankenfeld	7 22	Rick	Peterson	8 6
John	Huckabee	7 7	Arne	Skog	7 23	Karen	Bryce	8 7
Paul	Sherman	7 7	Ralph	Busch	7 23	Leslie	McCullough	8 7
Troy	Griffith	7 7	Eileen	Collopy	7 24	Monique	Grimm	8 7
Acderik	Gastmans	7 8	Susan	Whiting	7 24	Martina	Kubec	8 8
Breck	Anderson	7 8	Steve	Sussex	7 24	Paul	Webber	8 9
Karen	Thomas	7 9	Ellen	Gosseen	7 24	Valarie	Record	8 9
David	Lieberworth	7 9	Paul	Verner	7 25	Walter	Reid	8 10
Sally Ann	Smith	7 9	Kareena	King	7 25	Megan	Bussart	8 11
Margaret	McCleery	7 10	Robert	Farrell	7 25	Daniel	Kolton	8 11
Peter	Berner-Hays	7 10	Joseph	Enbody	7 25	David	Tourigny	8 12
Robert F	Rotz	7 10	Lee	Carlson	7 26	Eric	Bornfleth	8 12
David	Nielsen	7 11	Rhonda	Halfman	7 27	Kristine	Colver	8 13
Wade	Praeger	7 11	Holly	Bork	7 27	Linda	Forst-Duke	8 14
Joy	Ross	7 11	George	Sayah	7 27	Ann	Butler	8 14
Marci	Wright	7 11	Holly	Corner	7 27	Livia	Walker	8 15
Lowell	Johnson	7 11	Rene	DeVine	7 27	Matt	Johnson	8 15
Brad	Pool	7 11	(Pillard)		7 27	Susan	Johnson	8 15
Julie	Barashkoff	7 11	Will	Crites	7 28	Gabriel	Templeton	8 15
Michael	Anderson	7 11	Alden	Kroll	7 28	David	Tempest	8 16
Karen	Ray	7 11	Katie	Asp	7 28	Heidi	Iverson	8 16
Peter	Emsky	7 12	Kris	Speir	7 29	Gregg	Metzler	8 16
Jaapje	Kokors	7 12	Elliott	Kephart	7 29	Danielle	Shaver	8 18
Sharlene	McCambridge	7 13	Arlene	Murphy	7 29	Scott	Corcorran	8 18
Nik	Rebhuhn	7 13	Barry	Gjerdrum	7 29	Maria	Bruzas-Zinkus	8 19
Daniel	Frost	7 14	Lynn	Martindell	7 29	Brian	Payne	8 19
Anthony	West	7 15	Lynn	Julin	7 29	Joylene	Mandt	8 19
Jackie	Stagliano	7 15	Abby	Coble	7 29	Hilary	Culverwell	8 19
Megan	Kuraisa-Amott	7 17	Debra	Dragovich	7 30	Ronald	Jacobs	8 20
Bruce	Lomax	7 17	Faye	Liming	7 30	Edward	Dunnington	8 20
Louise	Pietrafesa	7 17	Claudia	Morlan	7 31	Alyson	Littman	8 21
Michele	Ruess	7 18	Sherry	Grindeland	7 31	Sandy	Laurence	8 21
			Philip	Kezele	7 31	Sandy	McNeel	8 22
						Patrick	Gibbs	8 23
						Caroline	Kho	8 23
						Carleen	Gosney	8 23
						R. Dixie	Jones	8 24
						Dave	Alles	8 24
						Dan	Robinson	8 25
						Lynn	Wells	8 26
						Brendan	Halfman	8 26
						Jeremy	Worley	8 27

(Continued on next page)



Sally	Dillon	9	3
Jean	Blackburn	9	3
John	Maki	9	3
Jesse	Pace	9	4
Maria	Siciliano	9	4
Dean	Nicolls	9	5
Benjamin	Larson	9	5
Ivan	Oakes	9	6
Barb	Gundred	9	6
Olivia	McIntyre	9	6
Shawna	Chase	9	7
Yenifer	Garcia	9	8
Paula	Terhaar	9	9
John	Mettler	9	10
Oliver	Press	9	10
Herb	Larson	9	10
Greg	Rockenbach	9	10
Steve	Finney	9	10
Laurel	Smith	9	10
Carol	McCaig	9	11
Barbara	Stevens	9	11
Karen	Oyama	9	12
Daniel	Gregory	9	12
Lisa	Wilson	9	12
Charles (Chuck)			
	Kroll	9	12
Hugh	James	9	12
Sandra	Calvert	9	12
Brian	Hall	9	12
Cameron	Green	9	13
Pinky	Walker	9	14
Kristen	Ray	9	14
Carolyn	Mathews	9	14

Vancouver, B.C. Open Water Swims



*The Bay Challenge
& Relay
Sunday, July 20
9km @7:30 a.m.*

*Kitsilano Challenge
& Relay
Saturday, August 2
1km, 3km & 6km @8:30 a.m.*

**Races Benefit
BC Special Olympics**

For more information, including
entry form, see www.vovsa.bc.ca

24-hour Hot Line (604) 290-9425

(Continued from previous page)

John	Lorton	8	27
Sunaina	Singh	8	27
Rachel	Baker	8	27
Margaret	Cross	8	28
Linda	Ellis	8	28
Harvey	Prosser	8	28
Denise	Dierich	8	28
Carolyn	Davidson	8	29
Bob	Fish	8	29
Jeffrey	Anderson	8	29
Stephanie	Koshel	8	31
Ken	Perantoni	8	31
Rebecca	Nugent	8	31
Robert	Howells	8	31
J. Byford	Goessman	9	1
Brenda	Nixdorf	9	1
Janet	Getzendaner	9	1
Brian	Magnussen	9	1
James	Sherman	9	1
John	Sobus	9	2

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1920 10th Ave East
Seattle, WA 98102-4253

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