



April Meet at Weyerhaeuser King County Aquatic Center Largest Northwest Zone Swim Event in 15 Years

Last month, 370 swimmers converged on the Weyerhaeuser King County Aquatic Center to participate in a meet that included both PNA's annual Championship and a Zone Short Course Yard Championships.

Only once before has a Northwest Zone event drawn a bigger crowd. That was in 1990, when a whopping 540 swimmers participated in a "Region XII" Championship at what was then a brand new Aquatic Center. (Region XII was later replaced with the Northwest Zone.)

Big Group From Bend

As anyone that has competed at the Aquatic Center is aware, it's a terrific facility. Which may partly explain why the April meet drew 40 swimmers from Central Oregon Masters, a Masters team from Bend, Ore. These ambitious Oregonians traveled over 300 miles by bus. And they were the second-largest team attending the meet; the Federal Way Masters were the largest.

Two Pools Again

Just like last year, two pools at the Aquatic Center were used for

(Continued on page 4)



Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our Web site at www.swimpna.org.

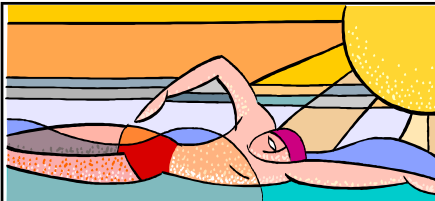
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(From left to right): Kathy Casey, Lisa Dahl, Debbie Glassman and Sarah Welch at Champs. These four were the #1 Women's 200 free (200-239) relay team in the USMS Top Ten (2003-2004) and in the World (2004).



WET SET

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Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Rondamarie Smith

Last month we elected PNA officers for the next two-year term. Do you ever wonder what they and the other PNA board members do?

Through the efforts of the board and other volunteers we maintain a website, publish a newsletter ten times a year, sponsor meets and open water swims, and provide information about coached workouts and places to swim.

For those of you who swam at Champs last month or at other meets during the year, thank Lee Carlson, meets chair. Lee puts together a meets packet to send to potential meet hosts, then schedules meets for as many months as possible. He works with the meet hosts on preparing entry forms to publish in *The WetSet* and works with them to make sure preparations are on track and the meet runs smoothly. After each meet, he evaluates what happened and looks for ways to make future meets even better.

Arni Litt, membership chair and registrar, talks, emails and writes to more PNA members than any other person in our organization. She deciphers your writing and contacts you to fill in the blanks that you didn't. She produces and sends you your registration card so you can swim with your team or in a meet, and receive *USMS Swimmer* magazine. She makes a monthly submission of PNA registrations to the National Office, registers PNA teams and oversees updating "Places to Swim," which appears on the PNA website and in the newsletter. Help her out by practicing your penmanship before you fill out your registration form.

LEADING OFF



By Jeanne Ensign,
PNA President

Team reps and PNA coaches hear from Hugh Moore, Secretary, on a regular basis with information about meets, meetings and coaching. He provides a summary of board actions for the newsletter. "Communications" would be an apt title for his position.

Ten times a year you find *The WetSet* in your mailbox courtesy of Paul Freeman, Editor. He gathers information of interest to you from board members and beyond, and presents it in a visually pleasing and readable layout. He sees that the issue goes from the printer to the mailing service then on to the post office for bulk mailing.

Our new Webmaster, Rondamarie Smith, has recently redesigned the website at www.swimpna.org. This is where you can find nearly all the information there is to know about PNA. Check out the new design!

These are just some of your PNA board members. Read about others in a future column.



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 2005 CALENDAR

**OPEN
POSTAL SWIMS
MEETS** **CLINICS**

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

January 1 to December 31, 2005

Fitness Check-Off Challenge

Mission: I.M. Possible

Hugh Moore

swimmoore@comcast.net

For forms see [http://](http://www.usms.org/fitness/finessevents.shtml)

[www.usms.org/fitness/](http://www.usms.org/fitness/finessevents.shtml)

[finessevents.shtml](http://www.usms.org/fitness/finessevents.shtml)

May 15 to September 30, 2005

2005 USMS 5 & 10K Postal

Championships

Christine Swanson

(813) 254-4514 (phone or fax)

ctswanson@yahoo.com

Livia Zien

(727) 821-8113

livia.zien@att.net

May 24, 2005

PNA Board Meeting

Edmonds

7:00 p.m.

June 28, 2005

PNA Board Meeting

7:00 p.m.

July 16

Fat Salmon Open Water Swim

1 and 3 miles

Lake Washington

www.fatsalmon.org

(entry form in next issue of *The WetSet*)

July 22 to July 31, 2005

World Masters Games SCM

Edmonton, Alberta, Canada

www.2005worldmasters.com

July 29

Lake Padden Open Water Swim

Barb Gundred

konabarb@hotmail.com

(entry form in next issue of *The WetSet*)

July 29, 2005

2005 USMS 1-Mile Open Water

National Championships - Elk Lake

Bend, Ore.

Bob Bruce

bobbruce13@attglobal.net

Pam Himstreet

himstreet@bendnet.com

Sanctioned by OR LMSC

August 6, 2005

Long Bridge Open Water Swim

Sandpoint, ID

www.longbridgeswim.org

August 7, 2005

2005 USMS 5-Mi Open Water

National Championships-La Jolla

Bay, San Diego, Calif.

David Lamott; (619) 222-3436

JLamott@pacbell.net

Steve Dockstader

stevedocks@san.rr.com

August 11 to August 15, 2005

2005 LCM National Championships

Mission Viejo, Calif.

Mark Moore (949) 233-6521

coachmark@mastersmvnswim.org;

www.mastersmvnswim.org;

August 13, 2005

Puget Sound Crossing for Kids

www.crossingforkids.org

August 22, 2005

Dorena Lake, Ore.

NW Zone OW Championships

September 11, 2005

Patriot Games, A Metric Pentathlon

Grass Valley Aquatic Center

Camas, Wash.

Bert Petersen

Petersen@exchangenet.net

September 24, 2005

8th Annual Short Course Meters Pentathlon Meet

Oak Harbor, Wash.

Sally Dillon (360) 679-5038

salswmr@earthlink.net

See page 17 for entry form.



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
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

(Continued from page 1)

April Swim Meet

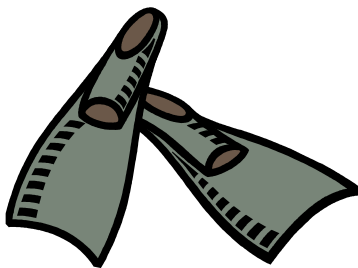
most events. Doubling up saved pool time. And that's important because the cost of renting the Aquatic Center has risen dramatically in recent years.

Thank-You, Thank-You

Putting on a meet of this size and caliber doesn't just happen. It requires the dedicated efforts of many volunteers. One of them was meet director Hilary Smith, who was familiar with age group meets, but had never been involved with a Masters meet. "She did a superb job and quickly learned the differences between the two types of meets," says PNA Secretary Hugh Moore.

Hilary wasn't the only Smith family member involved with the meet. Husband Dan posted the seeding before the meet and results after the meet. Dan and Hilary's son, Aaron, helped announce and their daughter, Courtney, sang the national anthem and timed.

Other volunteers that contributed included Holly Bork, Ken Breiding, Mary and Dave Coddington, Kim Boggs, Mike Anderson, Hank Kirkland, Julie Fay, Judy Williams and Gregg Metzler. "Countless others timed, worked as safety marshals and aided in meet set up and clean up," says Hugh Moore. "They all deserve a big thank-you for a job well done."



2005 Northwest Zone Championships & Steve Engle Memorial PNA Championship April 9 & 10, 2005



The Brothers Lautman: (from left) Scott (Federal Way Masters) and Chris (Northshore Y's Guys)



Gail Roper from Arizona Masters (see article on page 8.)



Husky Masters



Photos by Tom Foley and Paul Freeman

(Birds-eye view of the Weyerhaeuser King County Aquatic Center during meet)



Dawn Musselman Award Winner Gene Crossett with his two daughters: (from left) Judy Cromwell and Carolyn Bonzon



(From left): Kelsey Holmberg and Hillary Mason from Central Oregon Masters



(From left): BAM Coach Lynn Wells and BAM Swimmer Jamie Whitney



(From left): Krys Postma, Lynn Gross and Cathy Doonan from Federal Way Masters



(From left): Doug Garcia, Teresa Schotzko, Patience Schmal and Eric Doering, all from Inland Northwest Masters

PNA Presents Second Annual Coach of the Year Award to BEST's Michael McKinlay

Coaches are an essential part of Masters swimming. To recognize PNA's top coaches, PNA has instituted a Coach of the Year Award that is handed out every year at Champs. This year's award went to Michael McKinlay, who coaches Bellevue Eastside Masters.

Text of Award Speech

The PNA Coach of the Year Award is given in recognition of coaching that stands out in its scope, its impact on a program and the benefits to Masters Swimmers. The Pacific Northwest Local Masters Swimming Committee proudly presents the 2005 Coach of the Year Award to Michael McKinlay.

Michael, your Bellevue Eastside Swim Team Masters nominated you for this award in recognition of your love of coaching. Your quiet, modest manner and continual encouragement bring out the best in your swimmers. Ask you a question, they say, and you respond with enthusiasm, detailed facts and figures along with a precise and easy to understand over-all summary. You bring out the best in your older swimmers. Your swimmers know you love your coaching and you have inspired a loyal following.

You've set an example for your swimmers as well, with your long association with swimming and your active participation. You started swimming at the age of three when your parents, both swimming instructors, decided that swimming would make you healthier. After outstanding high school and college swimming careers, you followed the path of many Masters Swimmers and took some time off, 14 years to be exact. When you moved to Seattle a few years after you started swimming again, it didn't take long



(From left): PNA President Jeanne Ensign, Bellevue Eastside Masters Coach Michael McKinlay, winner of the 2005 Coach of the Year Award, and last year's winner (along with her husband) Wendy Neely, who coaches Federal Way Masters.

before you started coaching the B.E.S.T. swim team, who you have coached since 1998.

You are not just a coach, but an active PNA swimmer as well. You hold 19 PNA all time Top 10 SCY records in five age groups. You have been in the USMS Top 10 19 times as well. Rumor has it that one of the times you swam the Donner Lake Swim (2.7 miles of cold water and high altitude) you did the entire swim backstroke! That's quite an accomplishment when it's difficult enough to sight when you're looking where you are going.

You have instilled a stability and esprit de corps in your B.E.S.T team with your quiet encouraging way. The entire membership of Pacific Northwest Association of Masters Swimmers joins me in congratulating you as the 2005 PNA Coach of the Year.





Gene Crossett Receives 2005 Dawn Musselman Award

One highlight of PNA Champs is the presentation of the Dawn Musselman Inspirational Swimmer Award.

Dawn Musselman (1913-1986) was a long-time PNA member and a gifted swimmer, who still holds 13 SCY, 14 LCM and four SCM records for ages 60 to 74. She inspired others and encouraged them to do their best until cancer finally overcame her.

This year's recipient was 91-year-old Gene Crossett, who swims with the North End Otters.

Text of Award Speech

The Pacific Northwest Association Local Masters Swimming Committee proudly presents presents the 2005 Dawn Musselman Inspirational Swimmer Award to Gene Crossett.

Gene, Kathy Casey characterizes you as the "Energizer Bunny" – always there, just going and going. The record books reflect your persistence, with World Top Ten placings in 9 of the last 19 years for long course and in 7 of the past 15 years for short course. You've achieved USMS Top Ten rankings in 15 of the past 25 years in long course, including *first* in last year's 800 meter free; in 8 of the past 15 years for short course meters; and in *19 of the past 21 years* for short course yards. Currently you hold 38 PNA records spanning 15 years and four age groups.

But like your contemporary, Dawn Musselman, the records are simply testament to your passion. Every day, whether at Meadowbrook in the winter or View Ridge pool for nearly 30 summers, you do your 1000-yard workout with snorkel and pull buoy. Come competition day, even though a steadying hand may be required, you dive off



Gene Crossett, winner of the 2005 Dawn Musselman Inspirational Swimmer Award with (from left) PNA President Jeanne Ensign and last year's award winner, Kathy Casey

the starting block, quietly showing the rest of us that age need be no barrier to fitness and sport.

Don Rehfeldt, who graciously provides that steadying hand, says, "Gene is quick to thank officials and volunteers for their effort at the end of a meet. Still the father figure, he wants me to call when I get home after dropping him off ... to be sure I'm home safe. Even at 91 Gene gets "teenage type" excited prior to meets and retains that excitement afterward. He chatters to and from a meet about swimmers, events, and times and on how well he has been treated at the meet. He asks about his time, how his dive was, and how his stroke looks after each race – he is still trying to improve."

Don adds that you are extremely loyal to your friends, fellow swimmers, and your beloved University of Washington for whom

you swam (Class of '35). You still visit the rest home that cared for your wife prior to her passing several years ago to tell jokes and riddles to the residents. You still have lunch with other retirees from Graybar Electric, two decades after you retired. And you continue to prompt others to defy their ages.

Gene, for your inspiration to the entire membership of the Pacific Northwest Association of Masters Swimmers, and by your example of good sportsmanship, encouragement and commitment, the PNA is proud to recognize you as the Dawn Musselman Inspirational Swimmer for 2005.



Come on, Be a "Brute" at this Year's Short Course Meters Pentathlon

The North Whidbey Masters "Afterburners" will host its annual pentathlon meet in Oak Harbor on Saturday, September 24.

The team has added a new event and division. The 1500 meter freestyle will be offered as a single event OR as part of the new Brute Division. The Brute events are the 1500 free, 200 fly and 400 IM.

Warm-ups will begin at 9:00 a.m. for the 1500 (10:00 a.m. start) and noon (1:00 p.m. start) for all other events.

The usual three separate pentathlon competitions will be offered in this fun, short course meters meet, and forms for entering the Annual Postal Pentathlon will be available. Special rosette ribbons will be awarded to the age group

winners of each pentathlon division.

Here are the divisions:

Sprinter's choice: 50 each of fly, back, breast, free and the 100 IM.

Middle Masters: 100 of each stroke and the 200 IM

Animals: 200 of each stroke and the 400 IM

Brute: 200 fly, 400 IM, and the 1500 free.

If you choose not to enter all events in a division, be aware that there is very little rest between distances of each stroke. Swimmers are advised to stay clear of back-to-back events.

There are lots of fun things to do on Whidbey Island for the



morning or weekend, including visits to Deception Pass State Park, Fort Casey or the historic towns of Coupeville and Langley.

See page 17 for an entry form.

Is Your Team Registered with PNA?



Check out the Team Registration Form on page 18 to see if your team is registered.

Gail Roper Spots Rare Birds and Sets National Swim Records

Gail Roper, who swims with the Arizona Masters, is an avid birdwatcher. So when she came to Federal Way in April to swim in the 2005 Northwest Zone Championships & PNA Champs, she joined local bird watchers to view a rare duck from the Lake Baikal area in Siberia. The duck apparently made a wrong turn on its migration route and ended up in a marshy area in Federal Way.

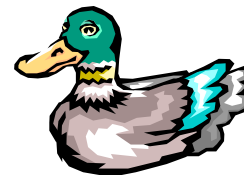
Gail was able to see the duck on Saturday evening (April 9). That sighting became the 811th species she has seen in her bird-watching career out of about 1,200 known species in North America.

When she wasn't watching the visitor from Siberia, Gail was breaking swimming records in the Federal Way pool in her age group

(75-79). She set four national records, turning in times of:

- 44.78 for the 50 yard breast
- 1:38.87 for the 100 yard breast
- 3:34.10 for the 200 yard breast, and
- 7:03.61 for the 400 yard IM.

You can find a photo of this bird watcher/championship swimmer on page 4.





USMS One Hour Postal Results

Swim as far as possible in one hour. That's the goal of the USMS One Hour Postal Swim, with total yards swum determining the order of finish.

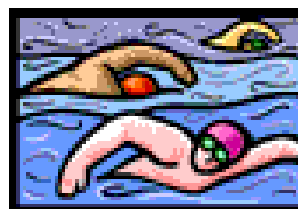
This year, 2,102 swimmers from the United States, Canada, Australia and Japan entered the 2005 USMS One Hour Postal Championships. These swimmers swam a total of 7,812,880 yards (4,439 miles). The farthest swum by any man was 5,775 yards by Jeff Erwin; Laurie Hug swam the most for women, 5,415 yards.

Welcome New PNA Swimmers

- Kyle Asp
- Eric Asp
- Pauline Brim
- Jennifer Coveny
- Charles Davidson
- Daryl Ehrenheim
- Torrey Falagrady
- Ramona Graham
- Graig Harris
- Kerri Kavanaugh
- Suzette Keller
- Ruth Kuhnau
- Colin Mancor
- Susan Markis
- Margaret Martonosi
- Kathi Mason
- Meg Wisent
- Jill Olson
- Ned Owens
- Linda Pazevic
- Barbara Purdey
- Wanda Ramos
- Ron Roth
- Michael Schmidt
- Christine Simonsen
- Kerri Theisen
- Eric Valley
- Garth Wallace
- William Miller
- Donald Williams

One Hour Postal Relay Results. For individual results, see page 15

age group	name	age	distance	total yards
35+ Mixed 9th	Kathleen S. Morris	36	3780	15670
	Gwen A. Maksym	40	3380	
	Daniel C. Smith	42	4815	
	Doug R. Parrish	44	3695	
45+ Mixed "A" 9th	Rita Belserene	53	3500	16155
	Jane A. Moore	54	3190	
	Scott Lautman	52	4905	
	Bill R. Fenner	49	4560	
45+ Mixed "B" 12th	Jeannie S. Goldberg	50	2985	14655
	Caroline C. Browne	52	3100	
	Brian A. Russell	47	4475	
	Hugh C. Moore	50	4095	
45+ Mixed "C" 12th	Joy M. Thompson	49	2550	11980
	Taan Donoso	53	2900	
	Michael C. Spence	53	3060	
	Lee A. Carlson	64	3470	
55+ Mixed 3rd	Sarah Welch	57	3730	16465
	Sally A. Dillon	58	3950	
	Rick A. Stafford	57	3985	
	James E. McCleery	59	4800	
65+ Mixed 5th	Janet D. Kavadas	73	2475	12100
	Bernice M. Phillips	77	2290	
	Bob K. Miller	75	3875	
	Harvey W. Prosser	76	3460	
35+ Men 10th	Brian A. Russell	47	4475	13385
	Hugh C. Moore	50	4095	
	Daniel C. Smith	42	4815	
45+ Men 1st	Scott Lautman	52	4905	14265
	James E. McCleery	59	4800	
	Bill R. Fenner	49	4560	
55+ Men 8th	Lee A. Carlson	64	3470	11330
	Bob K. Miller	75	3875	
	Rick A. Stafford	57	3985	
25+ Women 16th	Kathleen S. Morris	36	3780	10790
	Gwen A. Maksym	40	3380	
	Selena A. Callaway	28	3630	
45+ Women 11th	Rita Belserene	53	3500	9790
	Jane A. Moore	54	3190	
	Caroline C. Browne	52	3100	
55+ Women 2nd	Sarah Welch	57	3730	10155
	Sally A. Dillon	58	3950	
	Janet D. Kavadas	73	2475	



Pacific Northwest Aquatics (PNA) Registered Teams

Team/Abbreviation	Team Rep/Coach	Pool	Workout Times
Bainbridge Aquatic Masters BAM	Brian Russell (206) 842-5849 Brian.Russell@earthlink.net Lynn Wells (206) 780-5378 swimlynn@usms.org	Bainbridge Aquatic Center High School Rd & Madison Ave Bainbridge Island	5:30- 6:30 am T/Th 5:30-6:30 am M, W, F Uncoached 9:00-10:00 am M-Th Noon-1:00 pm M-Th 6:30-8:30 am Sat
Bellevue Club BC	Coryhildebrand (425) 445-1616 ext 4641 coryh@bellvueclub.com (425) 688-3127	Bellevue Club 11200 SE 6th St Bellevue, 98004 (425) 455-1616	12-1 pm M-F 5:45-7:00 am T,Th,F 7-8:30 am Sat
Bellevue Eastside Swim Team Masters BEST	Michael McKinlay (425) 417-9770 mmckinlay@acm.org http://home.comcast.net/~BESTMasters/	Bellevue Eastside YMCA 14230 Bel-Red Road Bellevue, 98007 (425) 746-9900	6:30-7:30 am MWF 6:00-7:30 am MWF (4th week of June - August)
Bellingham Masters BMSC	Barb Gundred (360) 734-8364 konabarb@hotmail.com	Arne Hanna Aquatic Center 1114 Potter St, Bellingham (360) 647-7665	5:30-7:00 am M,T,Th,F 7:00-8:00 pm T-Th
Columbia Athletic Masters CAC	Vincent Cucinell (425) 313-0123 Vincentc@columbiaathletic.com Cynthia Krass (425) 313-0123 Cynthia@soundmulti sport.com	Columbia Athletic Clubs – Pine Lk 2930 228 th Ave SE Sammamish WA 98075	5:45 – 7 am T, Th 7:00 – 8:30 am Sat
Downtown Seattle YMCA DSYM	Lauren Wanwig (206) 382-5010 lemwanwig@msn.com Mike A Torchie (206) 328-8374 swmcoachmike@hotmail.com	Downtown Seattle YMCA 909 4th Ave. (206) 328-8374	6:00-7:00 am T, Thu 7:00-8:00 pm M,W
Federal Way Masters FWM	Hugh Moore (253) 925-0803 weswim@mindspring.com Malcolm & Wendy Neely (253) 838-8408 malwen9@mac.com	1. Weyerhaeuser King County Aquatic Center 650 SW Campus Dr, Fed. Way (253) 296-4444 2. Federal Way High School Pool (Kenneth James Pool) 30421 16th Ave S Federal Way, WA 98003	1. 5:30-6:45 am M-F 6:50-7:50 am T, Th 10:15-11:15 am M,W,F 7:00-8:00 pm M-Th 2. 7:00-8:00 am Sat
Fins of the San Juans FSJ	Blanche Bybe (360) 378-1398 blanche@microscopemechanic.com	San Juan Island Fitness Centr. 435 Argyle Friday Harbor, WA 98250 (360) 378-4449	6:00-7:15 am M, F 5:15-7:00 pm T
Fort Steilacoom - WAKO FTSW	Kelly Crandell (253) 267-1367 Kelly.crandell@comcast.net Kathrine Casey (253) 588-4879 Kathyj.casey@comcast.net	Lakes High School Pool 10320 Farwest Dr SW Lakewood, 98498 Clover Park High School 11023 Gravelly Lake Drive SW Lakewood, WA 98498	5:30-6:30 pm M,W 6:00-7:15 am M-F
Greenlake Aquaducks GLAD	Clark Pace (206) 525-3925 pacec@u.washington.edu Lisa (Wilson) Pace (206) 365-1351 Julie Weaver (206) 354-1280 julzweaves@hotmail.com	1. Evans Pool 7201 E Green Lake Dr N Seattle, 98115-5301 (206) 684-4961 2. Coleman Pool (Outdoor, 50m) Lincoln Park, West Seattle	1. 5:00-6:00 am M-F 7:00-8:30 Sat 2. Sat May 28 - Sept 13, 2005, 6:30 -8:00 am (Open to all USMS members \$5 drop in)
Husky Masters HMST	Kiko VanZandt (206) 524-2417 cuanzan@atbi.com Beth Slaughter (206) 543-9880 bslaught@u.washington.edu	U of W Pool, Graves Annex University of Washington Seattle, 98195	5:40 – (varies) M-F http://groups.yahoo.com/group/hu skymasters/
Team Luna LUNA	Casey Murphy cmurphdog@aol.com Tamara Bennett 206-762-4405 tbenn@earthlink.net	All-Star Fitness Gym 2629 SW Andover St Seattle, 98126	8:00 – 9:00 pm M, W, Summer, Colman Pool (?)
Lynnwood Sharks LWS	Kristen Ray (425) 486-7691 Stingray32@msn.com Katie Asp (425) 771-4030 Katieasp@aol.com	Lynnwood Pool 18900 44 th Ave W Lynnwood 98012-5737	8:15-9:30 pm M, W 6:05-7:30 pm F
Mercer Island Redwoods MIR	Tomn Robertson (206) 232-7939 tomrobt@u.washington.edu	Mary Wayte Pool 8815 SE 40th St Mercer Island, 98040	5:30-7:00 am M,W,F 6:00-&:00 am T,TH
North End Otters NEO	Robin O'Leary (206) 525-7725 robinoleary@comcast.com	Shoreline Pool, (206) 296-4345 19030 1st Ave NE Shoreline, 9155	7:00-8:00 am M-F

Northshore Y's Guys NSYG	Joann Bushnell (425) 788-6035 prettyhorse@msn.com Pete Gillis (425) 487-0420 petegill@microsoft.com	Northshore YMCA 11811 NE 195 th St Bothell, 98011	5:00-6:30 am M-F 8:30-9:45 pm M, W
North Whidbey Masters NWM	Sally Dillon (360) 679-5038 salswmr@verizon.net Neil Romney 360-675-7665 headcoach@oakharborpool.net http://www.pioneernet.net/pool/	John Vanderzicht Memorial Pool 85 SE Jerome St Oak Harbor 98277 (360) 675-7665	5:30-7:00 am M, T, Th, F 12:00-1:15 pm M, W, F 8:00-10:00 am Sat
Old Olympic Peninsula Swimmers OOPS	Steve Peterson (360) 692-1669 speterson@bandwagon.net	Bangor Subase Pool Silverdale, WA (360) 535-5941	4:30-5:30 pm
Orca Swim Team ORCA	Ross Linderman (206) 200-4499 rossifer2@aol.com Paul Ikeda, gladorca@aol.com www.teamseattle.org/orca	Seattle U-Connolly Center 14th Ave & Cherry St	5-6:15 pm Sun 7:00-8:15 pm M 8:00-9:15 pm W, Th 7:00-8:15 pm F
Port Angeles Master Swimmers PAMS	Patricia Reifenthal/ City of P (360) 417-4595 Preifens@cityofpa.us pattireif@olympus.net	William Shore Memorial Pool 225 E 5th St Port Angeles, WA 98362	7:45-8:30 am M-F 4:00-6:00 pm Sun
Port Townsend Masters PTM	Ann Bailey (360) 385-6351 johnnann@olypen.com	Mountain View Elementary Sch 1919 Blaine St Pt. Townsend	10:30-Noon Sun 7:00-8:30 pm Wed
Queen Anne Masters QASC	Ed Artis/Jason Nadal edmainlines@comcast.net	Queen Ann Pool 2121 1 st Ave W Ballard Pool 15 th NW & NW 67 th	8:00-9:30 pm Wed 8:00-9:00 pm Fri 9:30-11:00 am Sun
Redmond Aqua Hotshots RAH	Stella Preissler (425) 868-1883 Stellamarie4@juno.com	Redmond City Pool	6:00-7:30 am M-F 11:30-1:00 pm M-F 8:00-9:00 pm M-F 11:30-1:00 pm Sat-Sun
Raise the Bar RTB	Patty Swedberg (206) 779-7727 raisethebarpatty@yahoo.com	Kent-Meridian Pool 253 101 st Ave SE Kent, WA 98030	Write or call for information
Seattle Athletic Club/Northgate SAC	Rebecca Logsdon (206) 522-9400 Christian Bruhn (206) 362-3696 cbruhn31@hotmail.com	Seattle Athletic Club Northgate 333 NE 97 th Seattle, 98115	Varies
Samena Masters SAMM	Stephanie Segovia (425) 746-1160 stephanies@samena.com Dionne Reed (425) 746-1160	Samena Swim & Rec Club 15231 Lake Hills Blvd Bellevue, WA 98007	5:45 – 6:45 am M, W, F
Swim Seattle SSEA	Sarah Welch (206) 723-1814 sarahwelch@comcast.net Erin Dunn (206) 244-5717 erindunn@swimseattle.org	Seattle U. -Connolly Center 14th Ave & Cherry St Seattle, 98122	5:45-7:00 M-F
Storm Aquatics Masters STRM	Sasha Speer (360) 270-1414 Salsa413@hotmail.com Jeff Tinius (360) 568-2978 Stormaquatics02@hotmail.com	Lk Stevens High School Pool	5:30 – 6:30 am M, W, F
Tacoma Pierce County YMCA TacY	Kris Speir (253) 627-5573 Kspeirtr6@aol.com Dan Balderson (253) 460-8834 Dbalders@ymcatacoma.org	Morgan Family YMCA 1002 S. Pearl Tacoma, 98465	7:00-8:30 pm M, W, F
Thunderbird Aquatic Club Masters TACM	Pinky Walker pinkymwalker@yahoo.com	Fidalgo Pool 1603 22nd St Anacortes, 98221	(360) 293-0673 11:30 am – 1:00 pm M-F
Tigers TIG	Tom Foley (206) 937-5585 lilmot@hotmail.com	Various pools and times	
Thurston Olympians Swim Club TOSC	Vanessa Olson 360-459-1309 olsonvm@juno.com Kelli Denney (360) 956-1948 denneys@olywa.net	North Thurston/River Ridge HS Pools Lacy	5:30-7:00 am
Washington Athletic Club WAC	Dave Martin (206) 567-4482 Jennifer Mesler (206) 464-3086 kcmesler@earthlink.net	Washington Athletic Club 1325 6 th Ave Seattle, WA 98104	12-2pm M-F
West Coast Aquatics Masters WEST	Tim Grimes (425) 745-3474 coachtim@swimWCA.org	West Coast Family Aquatic Center 15622 Country Club Dr Mill Creek, WA 98012	6:30 – 7:45 am M,W,F 11:30-12:45 pm M,W,F 8:30 – 9:45 pm M,W,F 9:00 – 10:15 am Sat
Western Washington U. Masters Swimming WWUS	Erin Salman salman@cc.wvu.edu	Wade King Recreation Center Western Washington U	8:00 – 10 pm T, Th

West Seattle YMCA Dolphins WSYD	Chaya Amiad (206) 706-9712 cpruneau@jps.net	West Seattle YMCA 4515 36th Ave SW Seattle, WA 98126	6:00-7:00 am M,W,F 10am-11:30am, Sun Stroke Clinic
Whatcom County YMCA WCY	Pat Barr (360) 933-1102 Pasqualeb.1@netzero.com Taan Donoso (360) 354-0807	Lynden/Whatcom County YMCA	5:30-7:00 pm W 6:15-7:30 pm Th
Whidbey Island Swells WIS	Kristi Eager (360) 321-4469 krittvy@pioneer.net	Island Athletic Club 5522 Freeland Ave, Freeland, WA 98249	5:30-6:30 am W, F

The above information may change with personnel changes, seasons and pool maintenance. Please contact the Team Representatives and Coaches for up-to-date information.

If you do not see your team on this list, it is because it was not registered this year and we do not have current information. Please see page 18 for the 2005 team registration form.

2005 USMS All-American Swimmers



A registered USMS swimmer with the fastest Top Ten time for the year in his or her age group and sex for an event is recognized by USMS as an All-American. Swimmers may achieve individual All-American status for the fastest time in individual events or Relay All-American for the fastest time in relay events. Congratulations to the following PNA All-American Swimmers.

Short Course Yards – 2003-2004

Debbie Glassman	Women 50-54	200 Fly	2:36.56
Charlotte Davis	Women 50-54	400 I.M.	5:21.56
Elliott Kolbe	Men 19-24	50 Breast	26.69
Scott Lautman	Men 50-54	200 Fly	2:03.04

Long Course Meters – 2004

Lisa Dahl	Women 40-44	50 Free	27.92
Debbie Glassman	Women 50-54	200 Fly	2:57.02
Muriel Flynn	Women 80-84	50 Breast	1:05.61
		100 Breast	2:25.38
		200 Breast	5:12.54
Scott Lautman	Men 50-54	200 Fly	2:21.40
Gene Crossett	Men 90-94	800 Free	24:19.62
Relays:	Women 200 Free age 200-239		2:11.30
		Lisa A Dahl (43) Sarah Welch (57) Kathrine J Casey (56) Debbie A Glassman (51)	

Short Course Meters – 2004

Muriel Flynn	Women 80-84	100 Breast	2:25.38
		200 Breast	5:12.54
Amon Emeka	Men 35-39	100 I.M.	1:00.35
Scott Lautman	Men 50-54	200 Fly	2:18.02
Harvey Prosser	Men 75-79	1500 Free	26:53.03

Summary of PNA Board Actions at April Meeting

- The current officers and at-large members have been re-elected to a new two-year term.
- Board members commented on the look of PNA's Website (www.swimpna.org). New webmaster Rondamarie Smith has made the site easier to navigate.
- This year's USMS convention will be in Greensboro, N.C., September 14-18. The board will select convention delegates at the May meeting.
- Lee Carlson, Sally Dillon, Steve Peterson and Jane Moore will make direct contact with potential hosts in an effort to encourage more meet hosts.



USMS Top 10 2004 Short Course Meters



Women 18-24

800 Free		
Kelly Crandell	24 # 7	11:56.77
1500 Free		
Kelly Crandell	24 # 6	22:30.95
400 IM		
Kelly Crandell	24 # 6	6:24.84

Women 25-29

100 Free		
Jennifer Evans	26 # 7	1:04.46
50 Back		
Jennifer Evans	26 # 6	34.60
100 Back		
Jennifer Evans	26 # 6	1:13.25
50 Breast		
Brooke Penaluna	26 # 2	37.80

Women 30-34

1500 Free		
Megan Bussart	34 # 7	21:07.92
200 Back		
Jennifer Mesler	34 # 9	2:54.22
200 Back		
Linda Hegeberg	34 # 3	2:46.31
50 Breast		
Linda Hegeberg	34 # 6	38.79
100 Breast		
Linda Hegeberg	34 # 3	1:22.29
200 Breast		
Linda Hegeberg	34 # 2	2:53.93
200 Fly		
Linda Hegeberg	34 # 6	2:50.81
200 IM		
Linda Hegeberg	34 # 5	2:42.47
400 IM		
Linda Hegeberg	34 # 8	5:42.76

Women 35-39

50 Free		
Tara Simsak	35 # 8	29.75
100 Free		
Tara Simsak	35 # 7	1:04.33
50 Back		
Tara Simsak	35 # 4	34.13
100 Back		
Tara Simsak	35 # 3	1:14.04
50 Fly		
Tara Simsak	35 # 2	31.11
100 Fly		
Tara Simsak	35 # 3	1:10.19
100 IM		
Tara Simsak	35 # 3	1:14.56
200 IM		
Tara Simsak	35 # 7	2:45.79
800 Free		
Allison Moore	35 # 9	10:30.49

Women 40-44

50 Free		
Lisa Dahl	43 # 7	29.10
50 Back		
Lisa Dahl	43 # 10	35.89
50 Fly		
Lisa Dahl	43 # 5	32.25

400 Free		
Erin Burgman	42 # 6	5:10.73
1500 Free		
Erin Burgman	42 # 6	20:39.64
100 Back		
Erin Burgman	42 # 8	1:19.06
1500 Free		
Penny Bates	43 # 9	21:03.32
200 Breast		
Penny Bates	43 # 9	3:09.15
400 IM		
Penny Bates	43 # 8	6:04.41

Women 45-49

50 Breast		
Judy Hawksworth	45 # 10	41.38
100 Breast		
Judy Hawksworth	45 # 9	1:30.49
100 Fly		
Judy Hawksworth	45 # 9	1:25.58

Women 50-54

50 Free		
Debbie Glassman	51 # 10	31.85
100 Free		
Debbie Glassman	51 # 9	1:09.96
200 Fly		
Debbie Glassman	51 # 3	2:58.76

Women 55-59

800 Free		
Kathrine Casey	56 # 8	13:01.41
1500 Free		
Kathrine Casey	56 # 4	24:07.74
50 Back		
Kathrine Casey	56 # 6	42.72
100 Back		
Kathrine Casey	56 # 3	1:29.42
200 Back		
Kathrine Casey	56 # 6	3:20.23
50 Breast		
Kathrine Casey	56 # 8	47.21

Women 65-69

400 IM		
Chaya Amiad	66 # 9	11:50.19

Women 70-74

200 Back		
Janet Kavadas	73 # 6	4:56.95
100 Breast		
Janet Kavadas	73 # 9	2:39.90
200 IM		
Janet Kavadas	73 # 8	5:31.89
50 Breast		
Gail Gladwell	73 # 8	1:03.89
50 Breast		
Margaret Winnie	71 # 10	1:05.91
100 Breast		
Karen Bryce	71 # 7	2:36.64

Women 75-79

1500 Free		
Bernice Phillips	77 # 7	43:01.75
50 Back		
Bernice Phillips	77 # 5	57.84

100 Back		
Bernice Phillips	77 # 5	2:05.84
200 Back		
Bernice Phillips	77 # 5	4:40.37

Women 80-84

200 Free		
Marion Chadwick	83 # 10	5:58.67
400 Free		
Marion Chadwick	83 # 8	12:51.46
800 Free		
Marion Chadwick	83 # 5	26:28.66
100 Breast		
Muriel Flynn	81 # 1	2:20.12
200 Breast		
Muriel Flynn	81 # 1	5:11.29

Women 85-89

50 Free		
Pat Matthiesen	88 # 9	1:16.03
100 Free		
Pat Matthiesen	88 # 7	2:59.53
50 Back		
Pat Matthiesen	88 # 8	1:31.88
50 Breast		
Pat Matthiesen	88 # 5	1:55.81
50 Fly		
Pat Matthiesen	88 # 3	1:57.17

Men 30-34

200 Free		
Troy Griffith	33 # 4	2:03.56
400 Free		
Kirk Nelson	34 # 9	4:37.75
50 Back		
Todd Doherty	33 # 7	30.49
100 Back		
Todd Doherty	33 # 9	1:05.53
50 Breast		
Todd Doherty	33 # 10	32.55
200 IM		
William Cann	31 # 7	2:23.50

Men 35-39

50 Free		
Amon Emeka	36 # 5	24.87
100 Free		
Amon Emeka	36 # 6	54.51
400 Free		
Amon Emeka	36 # 9	4:34.30
50 Back		
Amon Emeka	36 # 7	30.24
100 Breast		
Amon Emeka	36 # 3	1:11.87
50 Fly		
Amon Emeka	36 # 3	26.22
100 Fly		
Amon Emeka	36 # 4	58.47
100 IM		
Amon Emeka	36 # 1	1:00.35
200 IM		
Amon Emeka	36 # 5	2:19.56
50 Breast		
Kevin Esko	38 # 6	33.18
400 IM		
David Kays	37 # 9	5:28.70
1500 Free		
John Williams	36 # 4	18:48.28

Men 40-44

200 Fly		
Paul Glezen	43 # 8	2:37.07
200 Fly		
Eric Dybdahl	44 # 9	2:38.52

Men 45-49

1500 Free		
Dan Robinson	47 # 5	18:44.76
200 Fly		
Dan Robinson	47 # 4	2:28.66

400 IM		
Dan Robinson	47 # 9	5:26.53
50 Fly		
Cameron Green	45 # 8	28.10
100 Fly		
Cameron Green	45 # 2	1:01.56

Men 50-54

50 Free		
Donald Graham	50 # 7	26.44
100 Free		
Donald Graham	50 # 9	58.90
50 Back		
Donald Graham	50 # 3	30.68
100 Back		
Donald Graham	50 # 4	1:07.79
200 Back		
Donald Graham	50 # 5	2:32.23
50 Fly		
Donald Graham	50 # 4	27.78
100 Fly		
Donald Graham	50 # 5	1:02.79
200 Fly		
Donald Graham	50 # 7	2:38.33
100 IM		
Donald Graham	50 # 2	1:05.05
200 IM		
Donald Graham	50 # 4	2:29.60
400 IM		
Donald Graham	50 # 6	5:32.97
800 Free		
Scott Lautman	52 # 4	9:46.96
100 Fly		
Scott Lautman	52 # 4	1:02.70
200 Fly		
Scott Lautman	52 # 1	2:18.02
400 Free		
Bill Penn	53 #10	4:53.37
1500 Free		
Bill Penn	53 # 6	18:53.85
200 Breast		
Gregory Harrison	52 # 3	2:50.73

Men 55-59

800 Free		
Michael McColly	59 # 7	10:52.26
200 Back		
Michael McColly	59 # 7	2:53.59
400 IM		
Michael McColly	59 # 6	6:05.73
1500 Free		
Steven Peterson	58 # 9	21:25.97
200 Breast		
Steven Peterson	58 # 6	2:59.05
1500 Free		
John Gair	57 # 5	21:06.85

Men 60-64

50 Back		
Gary Chase	64 # 7	35.13
200 Back		
Gary Chase	64 # 4	3:01.60
200 Fly		
Gary Chase	64 # 9	3:39.74
400 IM		
Gary Chase	64 # 6	6:41.15
100 Back		
Walt Reid	64 # 9	1:30.65
200 IM		
Eric Hutchinson	62 #10	3:09.98

Men 65-69

50 Breast		
Thomas Long	67 # 9	42.68
100 Breast		
Harold Tauscher	67 # 5	1:38.41
200 Breast		
Harold Tauscher	67 # 9	3:43.81
100 Fly		
Harold Tauscher	67 # 9	1:41.03
200 IM		
Harold Tauscher	67 # 8	3:31.78

Men 70-74

200 Fly		
Tom Foley	70 #10	5:38.16
Men 75-79		
200 Free		
Harvey Prosser	76 # 3	3:16.33
1500 Free		
Harvey Prosser	76 # 1	26:53.03
200 Back		
Harvey Prosser	76 # 7	4:10.04
200 Breast		
Harvey Prosser	76 # 7	4:37.11
200 Fly		
Harvey Prosser	76 # 3	4:49.31
400 IM		
Harvey Prosser	76 # 4	8:41.73

Men 80-84

200 Free		
H Young	83 # 9	4:50.12
400 Free		
H Young	83 #10	10:25.04

Men 90-94

50 Free		
Gene Crossett	91 # 2	56.87
100 Free		
Gene Crossett	91 # 2	2:12.98
200 Free		
Gene Crossett	91 # 3	5:07.21
400 Free		
Gene Crossett	91 # 2	10:26.52

RELAYS:

#8 MEN 200-239	200 Medley	2:28.71
Brian Russell (47)		
Eric Hutchinson (62)		
James Jacobson (49)		
R Voegtlen (55)		
#3 WOMEN 120-159	200 Medley	2:27.20
Linda Hegeberg (34)		
Brooke Penaluna (26)		
Megan Bussart (34)		
Mary Meyer (30)		
#9 MIXED 160-199	200 Free	2:26.22
Erin Burgman (42)		
Charles Norman (38)		
Michael Turcott (41)		
Rebecca Logsdon (50)		
#10 MIXED 160-199	200 Free	2:26.74
Bob Schlemmer (45)		
Louise Pietrafesa (54)		
Ellen Cullom (34)		
James Littlefield (44)		
#6 MIXED 160-199	200 Medley	2:22.65
Tara Simsak (35)		
Dennis Sawyer (60)		
Brian Russell (47)		
Jamie Whitney (40)		

Wanted: Your Story Ideas

The WetSet is always looking for story ideas. So if you've done something interesting involving swimming or you know someone else who has, please pass along the information to *The WetSet* editor.

PNA Swimmers in 2004 Top Ten FINA World Short Course Meters

Women 30-34

200 Breast		
Linda Hegeberg	34 # 9	2:53.93

Women 50-54

200 Fly		
Debbie Glassman	51 # 6	2:58.76

Women 55-59

1500 Free		
Kathrine Casey	56 #10	24:07.74

Women 75-79

200 Back		
Bernice Phillips	77 #10	4:40.37

Women 80-84

800 Free		
Marion Chadwick	83 # 8	26:28.66
100 Breast		
Muriel Flynn	81 # 5	2:20.12
200 Breast		
Muriel Flynn	81 # 2	5:11.29

Women 85-89

50 Fly		
Pat Matthiesen	88 # 3	1:57.17

Men 35-39

50 Fly		
Amon Emeka	36 # 8	26.22
100 Fly		
Amon Emeka	36 # 8	58.47
100 IM		
Amon Emeka	36 # 5	1:00.35

Men 45-49

100 Fly		
Cameron Green	45 # 3	1:01.56
200 Fly		
Dan Robinson	47 # 9	2:28.66

Men 50-54

50 Free		
Donald Graham	50 #10	26.44
50 Back		
Donald Graham	50 # 6	30.68
100 Back		
Donald Graham	50 # 9	1:07.79
200 Back		
Donald Graham	50 #10	2:32.23
50 Fly		
Donald Graham	50 # 5	27.78
100 Fly		
Donald Graham	50 # 7	1:02.79
200 Fly		
Donald Graham	50 #10	2:38.33
100 IM		
Donald Graham	50 # 4	1:05.05
200 IM		
Donald Graham	50 # 8	2:29.60
400 IM		
Donald Graham	50 #10	5:32.97
800 Free		
Scott Lautman	52 # 6	9:46.96



100 Fly		
Scott Lautman	52 # 6	1:02.70
200 Fly		
Scott Lautman	52 # 1	2:18.02
1500 Free		
Bill Penn	53 # 8	18:53.85

Men 55-59

800 Free		
Michael McColly	59 #10	10:52.26
1500 Free		
John Gair	57 # 9	21:06.85

Men 75-79

1500 Free		
Harvey Prosser	76 # 1	26:53.03
200 Fly		
Harvey Prosser	76 # 7	4:49.31
400 IM		
Harvey Prosser	76 # 6	8:41.73

Men 90-94

50 Free		
Gene Crossett	91 # 6	56.87
100 Free		
Gene Crossett	91 # 5	2:12.98
200 Free		
Gene Crossett	91 # 5	5:07.21
400 Free		

Men 50-54

50 Back		
Donald Graham	50 # 5	31.26
50 Fly		
Donald Graham	50 # 5	28.05
100 Fly		
Donald Graham	50 # 7	1:04.54
400 Free		
Scott Lautman	52 # 3	4:39.51
1500 Free		
Scott Lautman	52 # 4	18:57.14
50 Fly		
Scott Lautman	52 # 8	28.48
100 Fly		
Scott Lautman	52 # 4	1:02.04
200 Fly		
Scott Lautman	52 # 1	2:21.40
1500 Free		
Bill Penn	53 #10	19:22.75

Men 90-94

200 Free		
Gene Crossett	91 # 6	5:16.28
800 Free		
Gene Crossett	91 # 2	24:19.62

RELAYS

#1 Women 200-239 200 Free	2:11.30
Lisa A Dahl (43)	
Sarah Welch (57)	
Kathrine J Casey (56)	
Debbie A Glassman (51)	

(Continued from page 16)

Sun Smart

to UV light. It is a protective reaction to prevent further injury to the skin from the sun. It does not prevent skin cancer. People with higher risk are those with fair skin, Northern European heritage or those with a family history of skin cancer.

Open water season will be here soon and we all enjoy being outside in the sun during the summer – protect yourself from the sun!



PNA Swimmers in 2004 Top Ten FINA World Long Course Meters

Women 40-44

50 Free		
Lisa Dahl	43 # 2	27.92
50 Back		
Lisa Dahl	43 # 8	33.69
50 Fly		
Lisa Dahl	43 # 8	30.93

Women 50-54

50 Free		
Debbie Glassman	51 # 9	30.61
100 Free		
Debbie Glassman	51 # 6	1:08.23
50 Fly		
Debbie Glassman	51 # 5	33.73
100 Fly		
Debbie Glassman	51 # 4	1:17.33
200 Fly		
Debbie Glassman	51 # 3	2:57.02

Women 55-59

1500 Free		
Kathrine Casey	56 # 9	24:11.80

Women 80-84

50 Breast		
Muriel Flynn	81 # 9	1:05.61
100 Breast		
Muriel Flynn	81 # 6	2:25.38
200 Breast		
Muriel Flynn	81 # 2	5:12.54

Men 35-39

50 Fly		
Amon Emeka	36 # 8	26.66

One Hour Postal Swim Individual Results. For relay results, see page 9.

name	age	age group	place in age group	
Women				
Holmes	Taylor	24	18-24	53
Callaway	Selena	28	25-29	86
Morris	Kathleen	36	35-39	69
Stebbins	Jody	36	35-39	105
Maksym	Gwen	40	40-44	105
Gallivan	Lynne	43	40-44	125
Thompson	Joy	49	45-49	14
Goldberg	Jeannie	50	50-54	91
Browne	Caroline	52	50-54	81
Belserene	Rita	53	50-54	46
Donoso	Taan	53	50-54	97
Moore	Jane	54	50-54	68
Welch	Sarah	57	55-59	15
Dillon	Sally	58	55-59	9
Williams	Judy	56	55-59	29
Kavadas	Janet	73	70-74	13
Phillips	Bernice	77	75-79	12
Men				
Andrews	Phillip	21	18-24	24
Smith	Daniel	42	40-44	26
Parrish	Doug	44	40-44	139
Ikedo	Paul	45	45-49	119
Oren	Ron	45	45-49	100
Reilly	Mike	46	45-49	79
Russell	Brian	47	45-49	33
Fenner	Bill	49	45-49	29
Moore	Hugh	50	50-54	50
Lautman	Scott	52	50-54	6
Spence	Michael	53	50-54	128
Stafford	Rick	57	55-59	40
McCleery	James	59	55-59	4
Carlson	Lee	64	60-64	38
Miller	Bob	75	75-79	1
Prosser	Harvey	76	75-79	2

Health and Fitness

Sun Smart

Editor's Note: This article appeared in Splashmaster, the newsletter of the Inland Northwest Masters Swimmers.

According to the most recent estimates from the National Aeronautics and Space Administration, the ozone layer is being depleted at a rate of 4% to 6% percent each decade. This means additional UV radiation is reaching the earth's surface and our bodies. We can take protective measures by following the steps set out below:

These steps come from many organizations, including the American Academy of Dermatology, American Cancer Society, Skin Cancer Foundation, National Cancer Institute, the Food and Drug Administration and the National Weather Service.

Avoid the sun: The sun's rays are the strongest between 10:00 a.m. and 3:00 p.m., so it's important to avoid the sun during those hours.

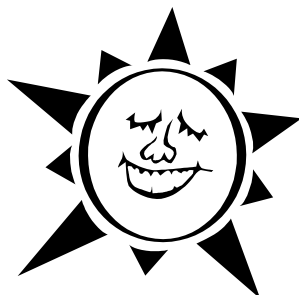
Avoid the sun when the UV index is high. The UV index is a number from 1 to 10+ that indicates the amount of UV radiation reaching the earth's surface during the hour around noon (if you are outside). The higher the number the greater the exposure to UV radiation. This number is forecast daily in many cities by the National Weather Service.

Cloudy skies can fool you! Clouds block out only 20 percent of UV radiation. And UV radiation passes through water, so you aren't safe from it while in the water. Sand and snow reflect sunlight and increase the amount of UV radiation you get. The vast majority of UVA passes through window glass and

can cause skin damage (more on UVA and UVB below). UV radiation increases 4% for every 1,000 feet increase in altitude.

Use Sunscreen: Sunscreens and sun blocks absorb, reflect or scatter some or all of the sun's rays.

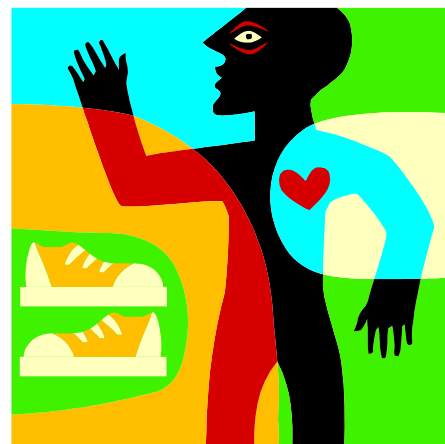
Sunscreen products labeled "broad spectrum" protect against two types of radiation: UVA and UVB. It was previously thought that only UVB caused skin damage but scientists now believe that both can cause sunburn, damage to the skin and skin cancer.



Some products only protect against UVB, so read labels carefully! The FDA requires labels of all sunscreen and sun block products to state the SPF or sun protection factor. The higher the number the longer a person can stay in the sun before burning. The FDA suggests 30 as the upper limit as anything above that level offers little additional benefits and may expose people to dangerous levels of chemicals.

Wear a Hat: A hat with at least a 3" brim on all sides can protect the neck, ears, eyes and scalp.

Wear Sunglasses: Sunglasses should block 99-100 percent of UVA and UVB radiation.



Read the label, don't go by how dark the glasses are. UV protection comes from an invisible chemical applied to the lenses. Larger frames protect more. Children should wear sunglasses too.

Cover Up: Wear a lightweight, long-sleeved shirt and pants or long skirts. Most materials absorb or reflect UV rays. A tightly woven fabric is best. Sun-protective clothing is regulated by the FDA only if the manufacturer claims it has medical benefits such as preventing skin cancer. Currently no products qualify as sun protective under this policy.

Avoid Artificial Tanning: Many people mistakenly think tanning beds are harmless because they primarily emit UVA rays. UVA can cause serious skin damage too. Sunlamps also increase radiation risk.

Check Skin Regularly: The best time to do a skin exam is after a bath or shower (you can check all areas). Get to know your moles, blemishes and birthmarks so you can tell if they undergo any changes. Look for changes in size, texture, shape and color or a sore that does not heal.

Remember skin cancer is very slow to develop. The sunburn you received as a child may take 20 or more years to become skin cancer.

Tanning is the skin's response

(Continued on page 15)

8th ANNUAL SHORT COURSE METERS PENTATHLON MEET WITH ADDITIONAL "BRUTE" DIVISION (new in 2005)

Hosted by North Whidbey Masters (Sanction #053607)

ODER OF EVENTS (#1)	
#	Event
1	1500 free
2	200 fly
3	100 fly
4	50 fly
5	200 back
6	100 back
7	50 back
8	200 breast
9	100 breast
10	50 breast
11	200 free
12	100 free
13	50 free
14	400 IM
15	200 IM
16	100 IM

DATE: Saturday, September 24, 2005

TIME: 1500 – Warm-up at 9 am, meet starts at 10 am
check-in by 9:30 am
Pentathlon - Warm-up 12 pm Meet starts 1:00 pm
Check-in by 12:30 pm

LOCATION: 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@verizon.net

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

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2005 USMS or MSC registered swimmers 18 and above as of 9/24/2005. Age groups based upon the swimmer's age as of 12/31/05. Entries must be received by the meet director by Saturday, September 17 with the following exception: **Race day entries will be accepted until 12:30 pm for an additional \$5.00 (US) late fee (9:30 am for the 1500 free).**

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

TIMING: Electronic timing will be used.

THE COMPETITION: In order to receive awards, swimmers must enter all of the events that "complete" a division. The divisions are:

"Sprinters Choice" Pentathlon Division 50 each of fly, back, breast, and free plus a 100 IM
 "Middle Masters" Pentathlon Division 100 each of fly, back, breast, and free plus a 200 IM
 "Animal" Pentathlon Division 200 each of fly, back, breast, and free plus a 400 IM
 "Brute" Division 200 fly, 400 IM, 1500 free

There will be a short break after each stroke. Pentathlon/brute results will be calculated by adding the total time swum in the division's events. Swimmers competing 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 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 competition. 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.

8th Annual Short Course Meters Pentathlon + Brute event

Hosted by North Whidbey Masters (Sanction #053607)

NAME: _____ M F AGE as of 12/31/2005: _____

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 _____

EMERGENCY CONTACT: _____ PHONE: _____

AGE GROUP (Circle one - determined by your age as of December 31, 2005)
 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: **Yes**

EVENT NUMBER	EVENT	SEED TIME (for SC METERS)

ENTRY FEES: \$14 (\$17 Canadian)
 \$10 (\$13 Canadian) for seniors (65 & over)
 \$10 (\$13 Canadian) for entering only the 1500 meter free
 Race day entries will be accepted until 12:30 AM for an additional US\$5.00 late fee

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

Pre-entries must be **received** no later than Saturday, September 17, 2005. **Add \$5 late fee for all others.**

Please include a copy of your Masters registration card if you're 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: _____

SAFETY FIRST!

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

Pacific Northwest Association of Masters Swimmers

2005 Local Team Registration

To register your team for 2005, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held each April. All team members competing in the meet must be currently registered with USMS.

PNA will provide each team with a USMS Rule Book, which contains rules for Swimming, Competition, Long distance Swimming, Athletes' Rights, and Organization and Bylaws. Please indicate who should receive the USMS Rule Book

Team Name:	Abbreviation (4 letters max):	
Team Rep	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
Team Coach	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
Workout Pools	Pool name:	
	Address:	
Workout Times		
Rule Book		

Below are the abbreviations currently in use. Team abbreviations in **bold** have registered for 2005 as of May 13.

Mail this form and check to:

Arni Litt, Registrar
 1920 10th Ave East
 Seattle, WA 98102-4253
 Arni@qwest.net

Application fee: \$10
 Make check payable to: **PNA Masters**

- | | | |
|--|---|---|
| <p>BAM: Bainbridge Area Masters
 BC: Bellevue Club
 BEST Bellevue Eastside Masters
 BLAM: Bellevue Lunchtime Aquatic Masters
 BMSC: Bellingham Masters Swim Club
 CAC: Columbia Athletic Masters
 DSYM: Downtown Seattle YMCA Masters
 EM: Evergreen Masters
 FSJ: Fins of the San Juans
 FTSW: Ft. Steilacoom - WAKO
 FWM: Federal Way Master
 GACM: Gateway Athletic Club
 GCMS: Gold Creek Masters (GCM)
 GLAD: Greenlake Aquaducks
 HMST: Husky Masters
 ISST: Issaquah Swim Team Masters
 JAM: Juanita Aquatic Masters
 LUNA: Team Luna
 LWS: Lynnwood Sharks
 MIR: Mercer Island Redwoods
 MMST: Marysville Martins</p> | <p>NEO: North End Otters
 NHM: Newport Hills Masters
 NSYG: Northshore Y's Guys
 NWM: North Whidbey Masters
 OOPS: Old Olympic Peninsula Swimmers
 ORCA: Orca Swim Club
 PAM: Port Angeles Masters
 PRO: Pro Sports Club
 PTMS: Port Townsend master Swimmers
 QASC: Queen Anne Swim Club
 RTB: Raise the Bar
 SAC: Seattle Athletic Club
 SAMM: Samena Club
 STRM: Storm Aquatics
 SSEA: Swim Seattle
 SVY: Skagit Valley YMCA Chinooks
 STRM: Storm Aquatics Masters
 TACM: Thunderbird Aquatic Masters</p> | <p>TACY: Tacoma Pierce County YMCA
 TIG: Tigers
 TMS: Thorbecke's Masters Swimming
 TOSC: Thurston Olympians Swim Club
 TSC: Tacoma Swim Club
 TUMV: Tumwater Valley Masters
 UNAT: Unattached to a Team
 UPAC: University Place Aquatic Club
 VAM: Vashon Aquatic Masters
 VAST Valley Aquatic Swim Team
 VFC: Valley Fitness Center
 WAC: Washington Athletic Club
 WEST: West Coast Aquatic Masters
 WCY: Whatcom County YMCA
 WIS: S Whidbey Island Swells
 WSAS: West Seattle All-Stars
 WSYD: West Seattle YMCA Dolphins
 WWUS: Western WA U Masters Swimming
 YNOT: Y Nauts</p> |
|--|---|---|

Don't see your team? Fill in the form and it will be added to the list.



2005 Membership Application
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer
 (Old Number if available) _____

Please print clearly and fill out the entire form. Register with the same name you 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 please print carefully

Telephone: (____) _____
If you coach a Masters swim team check here
If you are an Official please check here
I am interested helping the PNA committee

CLUB: Pacific NW Aquatics (PNA) **AND** **Team :** _____ ,or
 OR Unattached Unattached

2005 Annual Fee: Of your membership fee \$20 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication).

Choose a membership level below.

Regular: 11/01/04 thru 12/31/05	\$35	Make check payable to: PNA
Need-based or Seniors (65 & over):	\$25	Mail to: Arni H. Litt, Registrar
Foreign address, add	US\$10	1920 10th Ave E
<i>Optional Donations:</i>		Seattle, WA 98102-4253
USMS Endowment Fund	\$ _____	
TOTAL	\$ _____	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** _____

The United States Masters Swimming Policy on the privacy of member information is at: www.usms.org/admin/privacy.shtml

When the option becomes available, I would like to receive the PNA newsletter, *The WetSet*, by electronic mail (e-mail) or be informed by email that it is available on the PNA website **YES NO Maybe (Circle one)**

TEAMS

- | | | |
|--|---|--|
| BAM: Bainbridge Area Masters | MIR: Mercer Island Redwoods | TIG: Tigers |
| BC: Bellevue Club | NEO: North End Otters | TMS: Thorbecke's Masters Swimming |
| BEST: Bellevue Eastside Masters | NHM: Newport Hills Masters | TOSC: Thurston Olympians Swim Club |
| BMSC: Bellingham Masters Swim Club | NSYG: Northshore Y's Guys | TSC: Tacoma Swim Club |
| CAC: Columbia Athletic Masters | NWM: North Whidbey Masters | TUMV: Tumwater Valley Masters |
| DSYM: Downtown Seattle YMCA Masters | OOPS: Old Olympic Peninsula Swimmers | UNAT: Unattached to a Team |
| EM: Evergreen Masters | ORCA: Orca Swim Club | UPAC: University Place Aquatic Club |
| FSJ: Fins of the San Juans | PRO: Pro Sports Club | VAM: Vashon Aquatic Masters |
| FTSW: Ft. Steilacoom - WAKO | PSC: Phinney Ridge Swim Club | VAST: Valley Aquatic Swim Team |
| FWM: Federal Way Master | PTMS: Port Townsend Master Swimmers | VFC: Valley Fitness Center |
| GACM: Gateway Athletic Club | QASC: Queen Anne Swim Club | WAC: Washington Athletic Club |
| GCMS: Gold Creek Masters (GCM) | RAH: Redmond Aqua Hotshots | WCY: Whatcom County YMCA |
| GLAD: Greenlake Aquaducks | RTB: Raise the Bar | WEST: West coast Aquatics Masters |
| HMST: Husky Masters | SAC: Seattle Athletic Club | WIS: S Whidbey Island Swells |
| ISST: Issaquah Swim Team Masters | SAM: Samena Club | WSAS: West Seattle All-Stars |
| JAM: Juanita Aquatic Masters | SSEA: Swan Seattle | WSYD: West Seattle YMCA Dolphins |
| LUNA: Team Luna | SVM: Skagit Valley YMCA Chinooks | WWUS: Western WA U Masters Swimming |
| LWS: Lynnwood Sharks | TACM: Thunderbird Aquatic Masters | YNOT: Y Nauts |
| MILL: Mill Creek Masters | TACY: Tacoma Pierce County YMCA | |



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 _____

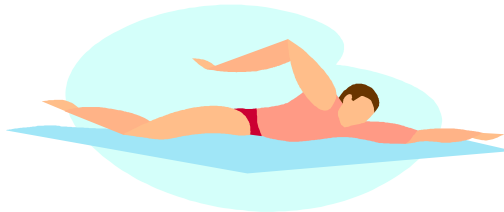
Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription

May-June 2005 Issue



Pacific Northwest Association of Masters Swimmers
1920 10th Ave East
Seattle, WA 98102-4253

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