



## Nationals a Rousing Success and Tons of Fun

For anyone who swam or volunteered at the USMS Short Course Nationals hosted by PNA at Weyerhaeuser King County Aquatic Center in May, you know first-hand what a terrific event this turned out to be. Here are some reasons:

**Organizing Committee** – Nationals wouldn't have been so successful without the volunteer efforts of countless people. Special thanks to the hard-working Organizing Committee members (see list at the end of this article) who began planning for Nationals over a year in advance. Two of the hardest working people, of course, were Meet Director Jane Moore and her husband, Hugh, who served as Organizing Committee chair, transportation coordinator and meet webmaster.

**Newsletter** – Dan Smith did an outstanding job with the colorful newsletter, *Nationals News*, which included everything from event schedules to racing tips for different strokes. Published seven times, the newsletter was distributed to swimmers via email, a feature many commented approvingly about (nearly 95% of the entrants had email addresses). You can find all the newsletters at [www.fwnationals.com/photos.htm](http://www.fwnationals.com/photos.htm).

**Lots of swimmers** – There were 1,456 swimmers entered. Here are the five top states in



Fourth-place-finishing (1:46.51) PNA "A" 45+ Men's Medley Relay Team at Nationals (from left): Carl Haynie (backstroke), Ralph Busch (free), Pete Colbeck (fly) and Jon Baca (breast)

terms of entries: Washington, 412; California, 293; Oregon, 101; Texas, 54 and Florida, 41. Having nearly 1,500 swimmers entered reassured the Committee that PNA's effort would do better than break even and provided exciting competition and electricity.

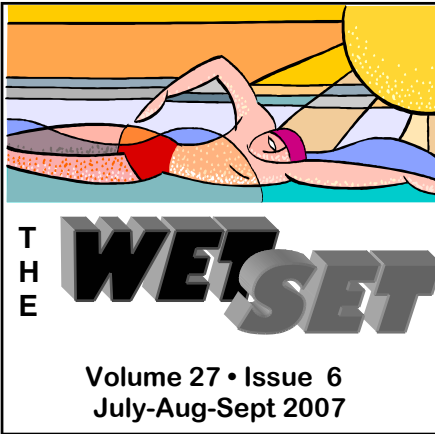
**Records galore** – Over 60 new individual national records were set. PNA's Charlotte Davis, Jim McCleery and Lisa Pace broke six existing records while new ones were set by Jim (60-64 1650 Free, 18:49.29) and Charlotte (55-59 400 IM, 5:20.36). Of the eight record-setting relays, PNA had three, all 55+: Mixed 200 Medley (Gordon Clark, Steve Peterson, Charlotte Davis, Sally Dillon), Women's 200 Freestyle (Judy Blackburn, Sarah Welch, Sally Dillon, Charlotte

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**Awards:** Kelly Crandell  
**Coaches:** Wendy Neely  
**Constitution & Bylaws:** Jane Moore  
**Fitness:** Sarah Welch  
**Historian:** Tom Foley  
**Meets:** Lee Carlson  
**Records/Top Ten:** Walt Reid  
**Officiating:** Kathy Casey/Jan Kavadas  
**Open Water:** Sally Dillon  
**Publicity:** Lynn Wells  
**Safety:** Kathy Casey  
**Webmaster/Computer Apps:**  
 Rondamarie Smith

**W**ow. It was never my intent to seek a leadership position, feeling even now that I am a much better follower than leader. Yet here I am as your new PNA president. It'll be a challenge, but with help from my predecessors and the new board, I believe we'll maintain the PNA as a premier LMSC in the USMS organization, both locally and nationally.

Take a moment to re-read outgoing president Jeanne Ensign's final *Leading Off* article in the May-June issue. We all have benefited from the work of the many committed people she praises. But there's a particular debt of gratitude that we owe Jeanne herself for her dedication and leadership, so I want to say a special "thank you" to her right here. If you hadn't noticed, the entire USMS has acknowledged Jeanne's contributions by bestowing her the Ransom J. Arthur Award, and rightly so. (See story on page 15.)

### Veteran PNA Members Continue to Serve

In the early years of my participation in PNA it seems that many officers and committee chairs would rise, serve their term and then disappear, some from swimming entirely. Fortunately, this trend has reversed and we have many veterans with years of experience who continue to serve. I was especially pleased that Jeanne attended June's board meeting, not just to turn over the gavel or to present the outgoing board members certificates of service acknowledgement, but mainly to help keep me on track. In fact, finally taking the cue from USMS' structure, PNA will be considering

# LEADING OFF



**By Steve Peterson,  
 PNA  
 President**

adding Immediate Past President as an official advisory position to its Board of Managers. Yea!

### New Board Talent

Of course, it's important to cultivate new talent, too (I note that the incoming board's cumulative age has dropped by nearly 40 years) and good leaders work at training their replacements. So here's my first plea for *you* to consider volunteering for PNA service. Like I did nearly 20 years ago, come to a board meeting just once to see what it's all about. The next one is September 18 at the Yesler Community Center. (Elections for the next executive board will be in spring, 2009.)

Let me also say thank you to the incoming board: Lisa Dahl (VP), Toby Coenen (Treasurer) and Jo Moore (Secretary) and At-Large Reps Tom Foley, Kathy Casey and Herb Cook. I'm looking forward to spirited and productive interaction with them and our existing committee chairs. You can read some biographical stuff about each of us beginning on page 18.

### USMS Short Course Nationals

Double WOW! PNA's fourth

*(Continued on page 15)*

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have 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 2007/2008 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, 2007  
Fitness Check-Off Challenge  
*Le Tour de Pool*  
Hugh Moore  
[swimmoore@comcast.net](mailto:swimmoore@comcast.net)  
Visit [www.usms.org/fitness](http://www.usms.org/fitness) for entry form.

☐ May 15 to September 15, 2007  
USMS 5 and 10 km Postal Championships  
Susan Ingraham; (210) 493-0388  
[aquatex101@aol.com](mailto:aquatex101@aol.com)

☐ **September 8 and 9, 2007**  
**Second Annual Orcas Open Water Challenge**  
Orcas Island, Wash.  
<http://www.islandathleticevents.com/water-challenge/index.html>

☐ September 15 to November 15, 2007  
USMS 3000/6000 Yard Postal Championships  
Jeff Erwin, 208-389-9847, [rudderboy@aol.com](mailto:rudderboy@aol.com); Jill Wright, 208-338-5287, [swimjmw@aol.com](mailto:swimjmw@aol.com)

☐ **September 18, 2007**  
**PNA Board Meeting**  
6:45 p.m.  
Yesler Community Center  
917 E. Yesler Way, Seattle

☐ **September 23, 2007**  
**10th Annual Short Course Meters Pentathlon Meet**  
Oak Harbor, Wash.  
Entry form on page 25  
[salswmr@verizon.net](mailto:salswmr@verizon.net)

☐ **September 24 & 25, 2007**  
**PNA Swim Clinics**  
Seattle University's Connolly Center  
Flier/entry form on page 23.

☐ **October 23, 2007**  
**PNA Board Meeting**  
6:45 p.m.  
Yesler Community Center  
917 E. Yesler Way, Seattle

☐ **October 27, 2007**  
**6th Annual BAMFEST SCY Meet**  
Bainbridge Island Aquatic Center  
Bainbridge Island, Wash.  
Entry form on page 26.

☐ **December 4, 2007 (tentative)**  
**PNA Board Meeting**  
6:40 p.m.  
1920 10th Ave. E.  
Seattle  
RSVP [PNARegistrar@usms.org](mailto:PNARegistrar@usms.org)

☐ January 1 to January 32, 2008  
USMS One Hour Postal Championships  
Mel Goldstein, 317-253-8289,  
[goldstein@sbcglobal.net](mailto:goldstein@sbcglobal.net)

☐ **January 19, 2008**  
**SCY Meet**  
Fidalgo Pool  
Anacortes, Wash.

☐ **February 17, 2008**  
**SCM Meet**  
Bellevue Club  
Bellevue, Wash.

☐ **March 8, 2008**  
**Orca SCY Meet**  
Seattle, Wash.

☐ **March 22, 2008**  
**SCY Beat the Clock Meet**  
Briggs YMCA  
Lacey, Wash.

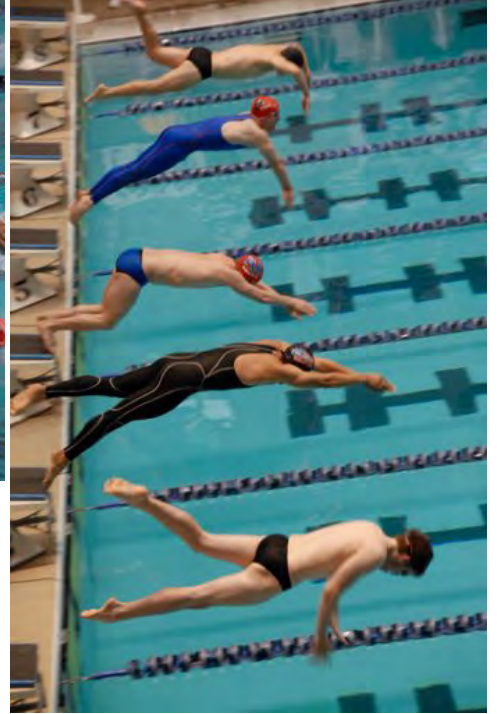
☐ April 17 to April 25, 2008  
XII FINA Masters World Championships - Perth, Western Australia  
LCM; John Lynch, +61894418232,  
[info@2008masters.org](mailto:info@2008masters.org);  
[2008finamasters.org](http://2008finamasters.org); Pre-entry

## Web Guide

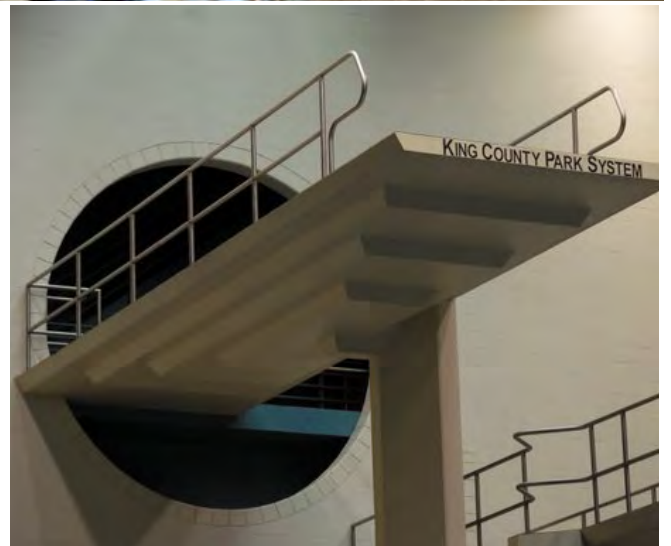
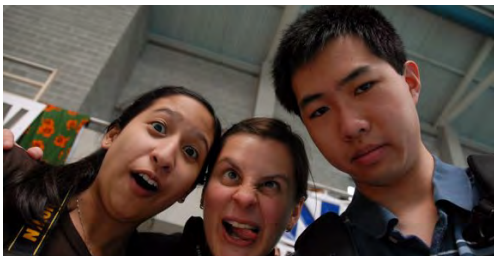
Check out these sites on the Internet for information on Masters swimming, news, events, workouts and more from throughout the Northwest!

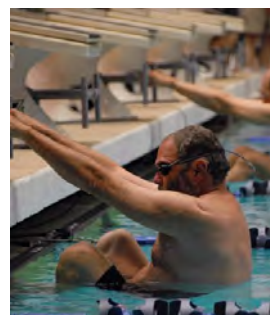
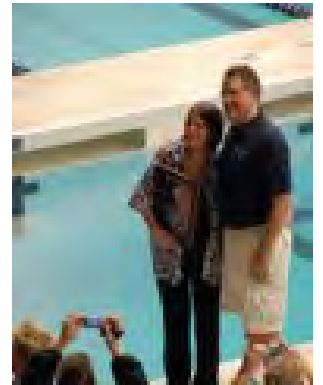
PNA Masters Swimming  
US Masters Swimming  
USMS Northwest Zone  
Oregon Masters  
Alaska LMSC  
Utah Masters  
Masters Swimming of BC

[www.swimpna.org](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.northwestzone.org](http://www.northwestzone.org)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.akmswim.org](http://www.akmswim.org)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.mastersswimming.bc.ca](http://www.mastersswimming.bc.ca)



# Nationals





# USMS Short Course Nationals

## May 17 to May 20, 2007

### Weyerhaeuser King County Aquatic Center



NATIONALS  
05-20-07  
SHORT COURSE YARDS  
P = P.N.A. RECORD  
Z = NORTHWEST ZONE RECORD  
N = NATIONAL RECORD

200 YD. I.M.  
STEPHANIE MILLER 24 PNA 2:21.05  
BRITTANY KUNZE 23 PNA 2:27.24  
400 YD. I.M.  
STEPHANIE MILLER 24 PNA 4:54.92 P  
SARAH MOORE 21 PNA 5:30.94

SARAH RICHARDSON 30 PNA 29.29  
100 YD. FREE  
MICHELLE MCRAE 31 PNA 58.50  
SARAH RICHARDSON 30 PNA 1:04.49  
200 YD. FREE  
TAUNYA ROBERTS 34 PNA 2:05.66  
MICHELLE MCRAE 31 PNA 2:06.78  
KRISTI EAGER 34 PNA 2:31.16  
500 YD. FREE

TAUNYA ROBERTS 34 PNA 5:26.91  
MICHELLE MCRAE 31 PNA 5:42.44  
LEONORE FAULDS 33 PNA 8:05.79  
1000 YD. FREE  
TAUNYA ROBERTS 34 PNA 11:18.10  
MICHELLE MCRAE 31 PNA 11:51.77  
KRISTI EAGER 34 PNA 14:28.99

50 YD. BACK  
SARAH RICHARDSON 30 PNA 33.62  
100 YD. BACK  
TAUNYA ROBERTS 34 PNA 1:04.25  
200 YD. BACK  
TAUNYA ROBERTS 34 PNA 2:18.32  
MICHELLE MCRAE 31 PNA 2:28.12  
MICHELLE KONDO 30 PNA 2:35.55  
EMILIE ELLIS 32 PNA 2:43.73

50 YD. BRST  
JEAN DILLON 33 PNA 32.87  
100 YD. BRST  
JEAN DILLON 33 PNA 1:11.51  
MAUREEN REA 31 PNA 1:13.18  
CHRISTINE LOGAR 34 PNA 1:16.16  
EMILIE ELLIS 32 PNA 1:23.89  
HOLLY BORK 30 PNA 1:38.29

200 YD. BRST  
JEAN DILLON 33 PNA 2:35.39  
CHRISTINE LOGAR 34 PNA 2:45.25  
HOLLY BORK 30 PNA 3:31.80  
50 YD. FLY  
MAUREEN REA 31 PNA 27.77  
COLLEEN PHILIPPS 31 PNA 27.79  
SARAH RICHARDSON 30 PNA 30.10

100 YD. FLY  
JEAN DILLON 33 PNA 1:03.43  
200 YD. FLY  
TAUNYA ROBERTS 34 PNA 2:21.17  
100 YD. I.M.  
JEAN DILLON 33 PNA 1:05.75  
SARAH RICHARDSON 30 PNA 1:13.49  
200 YD. I.M.

MAUREEN REA 31 PNA 2:13.21 Z  
COLLEEN PHILIPPS 31 PNA 2:13.57  
JEAN DILLON 33 PNA 2:22.90  
EMILIE ELLIS 32 PNA 2:38.78  
MICHELLE KONDO 30 PNA 2:46.35  
400 YD. I.M.  
MICHELLE MCRAE 31 PNA 5:16.65

**WOMEN 35-39**  
50 YD. FREE  
JENNIFER WARD 35 PNA 25.76  
M.MCCONNELL 39 PNA 28.91  
REBECCA SIMPSON 38 PNA 31.46

#### WOMEN 18-24

50 YD. FREE  
MARION GALLAGHER 24 PNA 24.91  
SHONA PIERCE 22 PNA 25.20  
ERIN JACOBSON 22 PNA 25.74  
ANIKA AHMED 20 PNA 28.14  
ELISHA NAYLOR 20 PNA 29.27  
EMIKO MAR 20 PNA 29.52  
KARA SHAFER 22 PNA 34.75

100 YD. FREE  
SHONA PIERCE 22 PNA 56.69  
ERIN JACOBSON 22 PNA 57.60  
STEPHANIE MILLER 24 PNA 59.01  
ANIKA AHMED 20 PNA 1:03.58  
ELISHA NAYLOR 20 PNA 1:06.92  
KARA SHAFER 22 PNA 1:19.26

200 YD. FREE  
STEPHANIE MILLER 24 PNA 2:04.17  
SHONA PIERCE 22 PNA 2:09.82  
500 YD. FREE  
STEPHANIE MILLER 24 PNA 5:29.45  
1650 YD. FREE  
STEPHANIE MILLER 24 PNA 18:39.02

50 YD. BACK  
SHONA PIERCE 22 PNA 29.71  
BRITTANY KUNZE 23 PNA 31.68  
ERIN JACOBSON 22 PNA 32.01  
LAUREN SMITH 20 PNA 32.47  
ELISHA NAYLOR 20 PNA 33.12  
SARAH MOORE 21 PNA 33.39

100 YD. BACK  
SHONA PIERCE 22 PNA 1:06.57  
SARAH MOORE 21 PNA 1:10.96  
50 YD. BRST  
KARA SHAFER 22 PNA 42.14  
100 YD. BRST  
MARION GALLAGHER 24 PNA 1:07.03 Z  
BRITTANY KUNZE 23 PNA 1:15.32  
SARAH MOORE 21 PNA 1:26.97

200 YD. BRST  
MARION GALLAGHER 24 PNA 2:27.58 Z  
50 YD. FLY  
ERIN JACOBSON 22 PNA 30.00  
SARAH MOORE 21 PNA 31.82  
EMIKO MAR 20 PNA 33.73  
ELISHA NAYLOR 20 PNA 34.11

100 YD. I.M.  
SHONA PIERCE 22 PNA 1:05.61  
ERIN JACOBSON 22 PNA 1:07.89  
BRITTANY KUNZE 23 PNA 1:08.12  
LAUREN SMITH 20 PNA 1:12.28  
SARAH MOORE 21 PNA 1:13.23  
ANIKA AHMED 20 PNA 1:14.92  
EMIKO MAR 20 PNA 1:19.46

#### WOMEN 25-29

50 YD. FREE  
KIM MATZ 25 PNA 25.16  
KELLY LOTTS 29 PNA 26.31  
KAMI SCHWEIGER 28 PNA 27.52  
ERIN BUNKER 27 PNA 29.17  
MARY WELCH 25 PNA 32.93  
MARCIA MARCY 27 PNA 33.60

100 YD. FREE  
MEGAN LIVINGSTON 29 PNA 55.01  
KIM MATZ 25 PNA 55.31  
NINA BRUTZER 26 PNA 56.25  
KELLY LOTTS 29 PNA 56.72  
JENNIFER SORENSEN 26 PNA 59.29  
KAMI SCHWEIGER 28 PNA 1:01.09  
ERIN BUNKER 27 PNA 1:06.40  
MARY WELCH 25 PNA 1:11.95

200 YD. FREE  
KIM MATZ 25 PNA 2:00.22  
MEGAN LIVINGSTON 29 PNA 2:02.06  
MARY WELCH 25 PNA 2:36.86  
1000 YD. FREE  
KELLY CRANDELL 26 PNA 12:52.92

100 YD. BACK  
MEGAN LIVINGSTON 29 PNA 1:01.77 P  
100 YD. BRST  
KELLY LOTTS 29 PNA 1:11.57  
KELLY CRANDELL 26 PNA 1:18.09  
JENNIFER SORENSEN 26 PNA 1:22.70

200 YD. BRST  
KELLY LOTTS 29 PNA 2:36.70  
KELLY CRANDELL 26 PNA 2:49.25  
50 YD. FLY  
KELLY LOTTS 29 PNA 28.62  
KAMI SCHWEIGER 28 PNA 30.79  
KELLY CRANDELL 26 PNA 31.26  
MARCIA MARCY 27 PNA 45.07

100 YD. FLY  
MEGAN LIVINGSTON 29 PNA 59.92 P  
200 YD. FLY  
MEGAN LIVINGSTON 29 PNA 2:17.15 P  
100 YD. I.M.  
MEGAN LIVINGSTON 29 PNA 1:00.87  
KIM MATZ 25 PNA 1:04.49

26 PNA 1:05.26  
KELLY LOTTS 29 PNA 1:06.30  
JENNIFER SORENSEN 26 PNA 1:09.80  
KELLY CRANDELL 26 PNA 1:10.70  
ERIN BUNKER 27 PNA 1:15.39  
200 YD. I.M.  
JENNIFER SORENSEN 26 PNA 2:33.78

#### WOMEN 30-34

50 YD. FREE  
COLLEEN PHILIPPS 31 PNA 25.15



KRISTINE ANTILLA	38 PNA	32.33
SHANNON SINGER	37 PNA	32.93
JANAE MCCULLOUGH	37 PNA	36.17
100 YD. FREE		
JENNIFER WARD	35 PNA	56.58
MEGAN BUSSART	36 PNA	1:01.26
M.MCCONNELL	39 PNA	1:04.22
REBECCA SIMPSON	38 PNA	1:07.60
200 YD. FREE		
TRACEY SONDRGROTH	35 PNA	2:10.57
LINDA HEGERBERG	37 PNA	2:10.96
JENNIFER MESLER	36 PNA	2:18.32
M.MCCONNELL	39 PNA	2:22.60
500 YD. FREE		
MEGAN BUSSART	36 PNA	6:00.93
1000 YD. FREE		
MEGAN BUSSART	36 PNA	12:13.35
1650 YD. FREE		
HALEIGH WERNER	38 PNA	19:07.35
SHANNON SINGER	37 PNA	27:47.28
50 YD. BACK		
JENNIFER WARD	35 PNA	30.32
JENNIFER MESLER	36 PNA	31.60
KIM REYKDAL	35 PNA	32.18
100 YD. BACK		
KIM REYKDAL	35 PNA	1:10.95
MEGAN BUSSART	36 PNA	1:12.08
200 YD. BACK		
JENNIFER MESLER	36 PNA	2:33.07
50 YD. BRST		
LINDA HEGERBERG	37 PNA	33.40
HALEIGH WERNER	38 PNA	34.50
REBECCA SIMPSON	38 PNA	39.93
100 YD. BRST		
TRACEY SONDRGROTH	35 PNA	1:15.83
MEGAN BUSSART	36 PNA	1:20.30
KRISTINE ANTILLA	38 PNA	1:29.86
JANAE MCCULLOUGH	37 PNA	1:45.80
50 YD. FLY		
JENNIFER WARD	35 PNA	30.03
TRACEY SONDRGROTH	35 PNA	31.21
KRISTINE ANTILLA	38 PNA	36.70
100 YD. FLY		
LINDA HEGERBERG	37 PNA	1:04.10
KIM REYKDAL	35 PNA	1:11.48
200 YD. FLY		
HALEIGH WERNER	38 PNA	2:27.73
100 YD. I.M.		
JENNIFER WARD	35 PNA	1:07.33
KIM REYKDAL	35 PNA	1:11.08
BLANCHE BYBEE	39 PNA	1:27.12
SHANNON SINGER	37 PNA	1:31.50
200 YD. I.M.		
TRACEY SONDRGROTH	35 PNA	2:27.82
400 YD. I.M.		
HALEIGH WERNER	38 PNA	5:04.44
TRACEY SONDRGROTH	35 PNA	5:19.93

**WOMEN 40-44**

50 YD. FREE		
JAMIE WHITNEY	42 PNA	29.22
KATHY MOORE	40 PNA	32.22
100 YD. FREE		
JAMIE WHITNEY	42 PNA	1:04.52
KATHERINE ROGERS	40 PNA	1:09.84
SUZANNE WAY	43 PNA	1:10.40
CAROLYN EUKER	42 PNA	1:24.97
200 YD. FREE		
MARTHA LAYZER	42 PNA	2:18.39
JAMIE WHITNEY	42 PNA	2:23.82
AUDREY BLOMBERG	41 PNA	2:54.35
500 YD. FREE		
MARTHA LAYZER	42 PNA	6:16.47
CYNTHIA HIRST	44 PNA	6:47.13
1000 YD. FREE		
KATHERINE ROGERS	40 PNA	14:39.76
1650 YD. FREE		
SHELLY HANSON	42 PNA	22:54.65
50 YD. BACK		
A.JOHNSON	42 PNA	32.14
KATHY MOORE	40 PNA	39.40

SUZANNE WAY	43 PNA	42.70
100 YD. BACK		
A.JOHNSON	42 PNA	1:11.21
200 YD. BACK		
A.JOHNSON	42 PNA	2:41.96
KRIS SPEIR	43 PNA	2:48.39
CYNTHIA HIRST	44 PNA	2:52.52
50 YD. BRST		
JAMIE WHITNEY	42 PNA	38.48
LAURA DEL RIO	41 PNA	39.61
100 YD. BRST		
KRIS SPEIR	43 PNA	1:22.55
LAURA DEL RIO	41 PNA	1:24.34
JAMIE WHITNEY	42 PNA	1:24.99
AUDREY BLOMBERG	41 PNA	1:33.82
200 YD. BRST		
LAURA DEL RIO	41 PNA	3:04.19
LINDA MEYER	44 PNA	3:10.57
50 YD. FLY		
KATHY MOORE	40 PNA	37.06
100 YD. FLY		
MARTHA LAYZER	42 PNA	1:12.52
100 YD. I.M.		
MARTHA LAYZER	42 PNA	1:14.66
JAMIE WHITNEY	42 PNA	1:17.04
LAURA DEL RIO	41 PNA	1:17.95
SUZANNE WAY	43 PNA	1:28.35
LINDA MEYER	44 PNA	1:30.97
200 YD. I.M.		
MARTHA LAYZER	42 PNA	2:42.45
CYNTHIA HIRST	44 PNA	2:55.48
AUDREY BLOMBERG	41 PNA	3:13.20

**WOMEN 45-49**

50 YD. FREE		
LISA DAHL	46 PNA	25.10
CINDY SHELTON	46 PNA	28.92
YVONNE DYMERSEKI	46 PNA	29.80
100 YD. FREE		
DEBBY SPENCE	45 PNA	1:03.10
YVONNE DYMERSEKI	46 PNA	1:05.84
SHERYL MELVIN	49 PNA	1:10.79
JANET BULMAN	48 PNA	1:11.57
JAN COLEMAN	46 PNA	1:21.69
200 YD. FREE		
DONNA KEYSER	49 PNA	2:32.62
500 YD. FREE		
LISA PACE	45 PNA	5:30.78 P
LYNN GROSS	46 PNA	6:30.59
JESSIE HICKEL	48 PNA	6:33.49
1650 YD. FREE		
LYNN GROSS	46 PNA	22:15.85
50 YD. BACK		
ZENA COURTNEY	47 PNA	30.99
LISA DAHL	46 PNA	31.24
MARGARET DIDDAMS	45 PNA	34.76
CATHY COOLEY	49 PNA	34.94
SHERYL MELVIN	49 PNA	39.10
100 YD. BACK		
ZENA COURTNEY	47 PNA	1:05.05 P
LISA PACE	45 PNA	1:05.97
MARGARET DIDDAMS	45 PNA	1:16.20
200 YD. BACK		
ZENA COURTNEY	47 PNA	2:19.72 Z
LISA PACE	45 PNA	2:24.21
LISA HALLMON	47 PNA	2:49.54
50 YD. BRST		
LISA DAHL	46 PNA	33.52 Z
TONYA BERG	48 PNA	36.66
MARGARET DIDDAMS	45 PNA	38.37
ANNAMARIE TERHAAR	45 PNA	39.21
JAN COLEMAN	46 PNA	45.57
100 YD. BRST		
TONYA BERG	48 PNA	1:19.86
MARGARET DIDDAMS	45 PNA	1:25.07
200 YD. BRST		
TONYA BERG	48 PNA	2:51.13
MARGARET DIDDAMS	45 PNA	3:07.90
50 YD. FLY		
LISA DAHL	46 PNA	27.44 P
DEBBY SPENCE	45 PNA	30.32
YVONNE DYMERSEKI	46 PNA	32.74

CINDY SHELTON	46 PNA	32.83
LISA HALLMON	47 PNA	35.03
100 YD. FLY		
DEBBY SPENCE	45 PNA	1:09.97
YVONNE DYMERSEKI	46 PNA	1:17.39
DONNA KEYSER	49 PNA	1:27.78
200 YD. FLY		
JESSIE HICKEL	48 PNA	3:17.32
100 YD. I.M.		
LISA PACE	45 PNA	1:05.42
LISA DAHL	46 PNA	1:05.51
DEBBY SPENCE	45 PNA	1:11.71
CATHY COOLEY	49 PNA	1:13.32
TONYA BERG	48 PNA	1:15.22
MARGARET DIDDAMS	45 PNA	1:16.96
LISA HALLMON	47 PNA	1:19.69
SHERYL MELVIN	49 PNA	1:20.32
JANET BULMAN	48 PNA	1:22.44
NANCY FAEGENBURG	46 PNA	1:32.21
JAN COLEMAN	46 PNA	1:34.55
200 YD. I.M.		
LISA PACE	45 PNA	2:19.88 Z
ZENA COURTNEY	47 PNA	2:26.97
DEBBY SPENCE	45 PNA	2:37.48
400 YD. I.M.		
LISA PACE	45 PNA	5:00.13 P
ZENA COURTNEY	47 PNA	5:20.20
DEBBY SPENCE	45 PNA	5:39.73

**WOMEN 50-54**

50 YD. FREE		
MARY LIPPOLD	51 PNA	26.33 Z
JO MOORE	52 PNA	26.84
DEBBIE GLASSMAN	53 PNA	27.45
MICHELLE MENKENS	50 PNA	28.60
NANCY TOWNSEND	52 PNA	29.23
L.ROSENSTIEL	52 PNA	29.34
MARIANNE MASON	51 PNA	32.23
SUE COLLINS	50 PNA	33.21
JANET JOHNSON	52 PNA	33.53
KATHY MORRIS	52 PNA	38.66
SANDY MCNEEL	54 PNA	39.15
BASIA BELZA	52 PNA	40.23
DIANE THOMA	53 PNA	41.26
100 YD. FREE		
MARY LIPPOLD	51 PNA	58.54 P
JO MOORE	52 PNA	59.32
DEBBIE GLASSMAN	53 PNA	1:02.72
NANCY TOWNSEND	52 PNA	1:03.61
MICHELLE MENKENS	50 PNA	1:04.03
CAROLINE BROWN	50 PNA	1:08.24
MARIANNE MASON	51 PNA	1:11.21
NANCY SPESER	50 PNA	1:25.64
BASIA BELZA	52 PNA	1:33.78
P.DUGGAN	54 PNA	1:36.42
200 YD. FREE		
MARY LIPPOLD	51 PNA	2:07.91 Z
NANCY TOWNSEND	52 PNA	2:20.36
KAREN WOLF	51 PNA	2:33.80
MARIANNE MASON	51 PNA	2:35.21
SANDY MCNEEL	54 PNA	3:10.01
500 YD. FREE		
MARY LIPPOLD	51 PNA	5:47.20
JO MOORE	52 PNA	5:57.16
NANCY TOWNSEND	52 PNA	6:17.51
CAROLINE BROWN	50 PNA	6:37.56
KATHLEEN ABRAMS	51 PNA	6:50.43
1000 YD. FREE		
NANCY TOWNSEND	52 PNA	12:49.80
1650 YD. FREE		
JO MOORE	52 PNA	20:06.43 Z
K.BLANCHARD	51 PNA	25:55.82
50 YD. BACK		
ROBIN O'LEARY	50 PNA	33.59
DAWN JAEGER	50 PNA	35.76
HERMIE VALDEZ	53 PNA	39.98
SUE COLLINS	50 PNA	40.28
KATHLEEN ABRAMS	51 PNA	41.48
BASIA BELZA	52 PNA	46.70
REBECCA LOGSDON	53 PNA	52.60
200 YD. BACK		
REBECCA LOGSDON	53 PNA	3:59.93

50 YD. BRST		
ANDRA JAUNZEME	54 PNA	35.78 P
JANET JOHNSON	52 PNA	41.79
NANCY SPESER	50 PNA	43.85
HERMIE VALDEZ	53 PNA	45.15
100 YD. BRST		
ANDRA JAUNZEME	54 PNA	1:17.41
LINDA SULLIVAN	51 PNA	1:31.56
JANET JOHNSON	52 PNA	1:32.10
200 YD. BRST		
ANDRA JAUNZEME	54 PNA	2:47.75 P
JANET JOHNSON	52 PNA	3:22.13
LINDA SULLIVAN	51 PNA	3:23.15
50 YD. FLY		
ROBIN O'LEARY	50 PNA	30.65
DEBBIE GLASSMAN	53 PNA	31.07
MICHELLE MENKENS	50 PNA	32.59
DAWN JAEGER	50 PNA	33.10
SUE COLLINS	50 PNA	38.35
KATHY MORRIS	52 PNA	53.58
100 YD. FLY		
MARY LIPPOLD	51 PNA	1:03.93 P
DEBBIE GLASSMAN	53 PNA	1:12.10
DAWN JAEGER	50 PNA	1:13.55
KAREN WOLF	51 PNA	1:18.56
ANN BAILEY	51 PNA	1:22.77
200 YD. FLY		
MARY LIPPOLD	51 PNA	2:28.45 Z
DEBBIE GLASSMAN	53 PNA	2:48.70
KAREN WOLF	51 PNA	2:54.45
ANN BAILEY	51 PNA	3:08.92
100 YD. I.M.		
ROBIN O'LEARY	50 PNA	1:13.22
NANCY TOWNSEND	52 PNA	1:13.40
JO MOORE	52 PNA	1:14.46
DAWN JAEGER	50 PNA	1:15.15
LINDA SULLIVAN	51 PNA	1:27.88
HERMIE VALDEZ	53 PNA	1:28.81
NANCY SPESER	50 PNA	1:41.89
SANDY MCNEEL	54 PNA	1:47.65
200 YD. I.M.		
ANDRA JAUNZEME	54 PNA	2:33.25
DAWN JAEGER	50 PNA	2:41.93
400 YD. I.M.		
DAWN JAEGER	50 PNA	5:49.95

**WOMEN 55-59**

50 YD. FREE		
CHARLOTTE DAVIS	57 PNA	27.03 N
ELIZABETH KASSEN	55 PNA	30.72
KATHRINE CASEY	58 PNA	31.94
JEAN BLACKBURN	55 PNA	34.52
LOIS MARQUART	58 PNA	37.10
100 YD. FREE		
CHARLOTTE DAVIS	57 PNA	59.27
RITA BELSERENE	55 PNA	1:15.12
JEAN BLACKBURN	55 PNA	1:19.45
JULIA BENT	59 PNA	1:21.02
500 YD. FREE		
BARB GUNDRED	55 PNA	5:53.66 Z
KATHRINE CASEY	58 PNA	6:56.29
MEL LEBSACK	58 PNA	7:36.76
JULIA BENT	59 PNA	7:57.15
JANE MOORE	56 PNA	9:20.41
1000 YD. FREE		
BARB GUNDRED	55 PNA	12:11.10 Z
1650 YD. FREE		
BRENDA BECKETT	57 PNA	24:19.44
MEL LEBSACK	58 PNA	25:00.08
JANE MOORE	56 PNA	31:39.36
50 YD. BACK		
ELIZABETH KASSEN	55 PNA	38.45
LINDA MARIZ	58 PNA	40.16
100 YD. BACK		
BARB GUNDRED	55 PNA	1:09.59 Z
200 YD. BACK		
BARB GUNDRED	55 PNA	2:28.88 Z
KATHRINE CASEY	58 PNA	2:57.08
50 YD. BRST		
ELIZABETH KASSEN	55 PNA	42.31
100 YD. BRST		
KATHRINE CASEY	58 PNA	1:34.61

200 YD. BRST		
KATE CARRUTHERS	58 PNA	3:26.56
KATHRINE CASEY	58 PNA	3:35.29
MEL LEBSACK	58 PNA	4:01.06
50 YD. FLY		
CHARLOTTE DAVIS	57 PNA	30.02
ELIZABETH KASSEN	55 PNA	35.97
LINDA MARIZ	58 PNA	37.61
100 YD. FLY		
JEAN BLACKBURN	55 PNA	1:31.97
200 YD. FLY		
RITA BELSERENE	55 PNA	3:15.21
KATHRINE CASEY	58 PNA	3:26.11
MEL LEBSACK	58 PNA	4:08.75
100 YD. I.M.		
CHARLOTTE DAVIS	57 PNA	1:08.64 Z
ELIZABETH KASSEN	55 PNA	1:19.46
RITA BELSERENE	55 PNA	1:23.34
LINDA MARIZ	58 PNA	1:24.92
JEAN BLACKBURN	55 PNA	1:29.39
KATE CARRUTHERS	58 PNA	1:29.96
JULIA BENT	59 PNA	1:32.70
200 YD. I.M.		
CHARLOTTE DAVIS	57 PNA	2:31.99
LINDA MARIZ	58 PNA	3:12.31
400 YD. I.M.		
CHARLOTTE DAVIS	57 PNA	5:20.36 N
ELIZABETH KASSEN	55 PNA	6:16.59

**WOMEN 60-64**

50 YD. FREE		
SARAH WELCH	60 PNA	30.06 Z
SALLY DILLON	60 PNA	31.12
100 YD. FREE		
SALLY DILLON	60 PNA	1:06.70 Z
ARNI LITT	61 PNA	1:18.82
JEANNE ENSIGN	60 PNA	1:36.77
200 YD. FREE		
SUZANNE DILLS	62 PNA	2:27.57 P
SALLY DILLON	60 PNA	2:28.36
ARNI LITT	61 PNA	2:52.06
500 YD. FREE		
SUZANNE DILLS	62 PNA	6:36.56 P
SALLY DILLON	60 PNA	6:44.76
ARNI LITT	61 PNA	8:05.11
JEANNE ENSIGN	60 PNA	8:49.23
1000 YD. FREE		
JOAN DELGADO	62 PNA	16:14.94
1650 YD. FREE		
SUZANNE DILLS	62 PNA	22:23.10 P
SALLY DILLON	60 PNA	23:37.64
JEANNE ENSIGN	60 PNA	30:39.49
50 YD. BACK		
KAETCHE MILLER	60 PNA	41.08
100 YD. BACK		
KAETCHE MILLER	60 PNA	1:31.26
50 YD. BRST		
ARNI LITT	61 PNA	44.89
MARSHA HANSEN	60 PNA	48.68
100 YD. BRST		
SALLY DILLON	60 PNA	1:29.76 P
ARNI LITT	61 PNA	1:36.51
MARSHA HANSEN	60 PNA	1:45.79
200 YD. BRST		
ARNI LITT	61 PNA	3:35.00
MARSHA HANSEN	60 PNA	3:52.17
50 YD. FLY		
SARAH WELCH	60 PNA	35.37 P
MARSHA HANSEN	60 PNA	43.33
100 YD. FLY		
SARAH WELCH	60 PNA	1:18.95 Z
200 YD. FLY		
SARAH WELCH	60 PNA	3:02.32 P
100 YD. I.M.		
SUZANNE DILLS	62 PNA	1:19.41 P
KAETCHE MILLER	60 PNA	1:34.96
MARSHA HANSEN	60 PNA	1:41.54
200 YD. I.M.		
SUZANNE DILLS	62 PNA	2:51.86 P
SARAH WELCH	60 PNA	2:55.50
400 YD. I.M.		
SUZANNE DILLS	62 PNA	6:15.97 P

SARAH WELCH	60 PNA	6:19.29
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**WOMEN 65-69**

200 YD. BACK		
CHAYA AMIAD	69 PNA	5:13.28
200 YD. FLY		
CHAYA AMIAD	69 PNA	6:42.11
400 YD. I.M.		
CHAYA AMIAD	69 PNA	11:52.47

**WOMEN 70-74**

50 YD. FREE		
KAREN BRYCE	73 PNA	52.41
50 YD. BRST		
KAREN BRYCE	73 PNA	1:01.09

**WOMEN 75-79**

50 YD. FREE		
GAIL GLADWELL	75 PNA	52.15
100 YD. FREE		
GAIL GLADWELL	75 PNA	2:01.78
1650 YD. FREE		
JANET KAVADAS	76 PNA	38:03.47
50 YD. BACK		
GAIL GLADWELL	75 PNA	1:02.95
100 YD. BACK		
JANET KAVADAS	76 PNA	2:07.04
200 YD. BACK		
JANET KAVADAS	76 PNA	4:20.67
50 YD. BRST		
GAIL GLADWELL	75 PNA	59.22
JANET KAVADAS	76 PNA	1:07.20
100 YD. BRST		
GAIL GLADWELL	75 PNA	2:19.62
100 YD. I.M.		
GAIL GLADWELL	75 PNA	2:17.25

**WOMEN 80-84**

50 YD. FREE		
BERNICE PHILLIPS	80 PNA	54.02
100 YD. FREE		
BERNICE PHILLIPS	80 PNA	2:05.09
200 YD. FREE		
BERNICE PHILLIPS	80 PNA	4:47.38
50 YD. BACK		
BERNICE PHILLIPS	80 PNA	52.52 Z
MARYAN BURKE	82 PNA	1:08.94
100 YD. BACK		
BERNICE PHILLIPS	80 PNA	2:00.88 Z
200 YD. BACK		
BERNICE PHILLIPS	80 PNA	4:38.54 Z
200 YD. BRST		
MARYAN BURKE	82 PNA	7:03.85

**WOMEN 85-89**

100 YD. FREE		
MARION CHADWICK	85 PNA	3:15.79
200 YD. FREE		
MARION CHADWICK	85 PNA	7:25.56
50 YD. BACK		
MARION CHADWICK	85 PNA	1:45.68
100 YD. BACK		
MARION CHADWICK	85 PNA	3:51.82

**MEN 18-24**

50 YD. FREE		
BRIAN GOLDMAN	21 PNA	21.59 P
ALDEN KROLL	24 PNA	22.46
DAVID WHITBECK	24 PNA	22.83
JORDAN RICE	22 PNA	23.68
MARK FANNING	21 PNA	24.36
CHRISTOPHER HEIDE	20 PNA	24.58
SHINGO ITO	23 PNA	25.35
A.CHMELIOVAS	24 PNA	25.36
ALEXANDER SHAFER	22 PNA	26.53
100 YD. FREE		
ALDEN KROLL	24 PNA	49.68
DAVID WHITBECK	24 PNA	49.82





JOSEPH LANG	44 PNA	5:23.54	JAY LEIGH	48 PNA	51.53	LEO KOSENKRANIUS	47 PNA	1:10.83
WILLIAM NOFTSKER	40 PNA	5:28.04	KARL WEISS	46 PNA	51.91	50 YD. FLY		
1000 YD. FREE			VICTOR SWANSON	48 PNA	51.96	BRAD HERING	45 PNA	23.89Z
JOSEPH LANG	44 PNA	11:19.17	MIKE MCGOORTY	49 PNA	52.14	KARL WEISS	46 PNA	24.88
1650 YD. FREE			LYLE NALLI	47 PNA	52.15	JAY LEIGH	48 PNA	25.55
DANIEL SMITH	44 PNA	18:42.66	PAUL OLLIGES	45 PNA	52.78	STEVEN F VELA	46 PNA	25.57
50 YD. BACK			ERIC VALLEY	45 PNA	52.84	VICTOR SWANSON	48 PNA	25.76
DAVID DUCOLON	43 PNA	32.70	STEVE FINNEY	47 PNA	53.42	STEVE FINNEY	47 PNA	26.05
100 YD. BACK			LEO KOSENKRANIUS	47 PNA	54.01	MICHAEL KELLY	48 PNA	26.41
JOHN KEPPELER	40 PNA	55.91 P	RACHID ROMDANE	48 PNA	55.51	BRUCE BOYTLER	48 PNA	27.54
BOB FISH	43 PNA	59.60	COLIN CHINN	48 PNA	56.67	RACHID ROMDANE	48 PNA	28.20
200 YD. BACK			ROBERT SCHLEMMER	47 PNA	56.85	KIRBY SCHAUFLE	47 PNA	28.56
MATS NYGREN	41 PNA	2:01.65 P	KIRBY SCHAUFLE	47 PNA	56.92	ROBERT SCHLEMMER	47 PNA	28.84
BOB FISH	43 PNA	2:06.76	BRUCE BOYTLER	48 PNA	56.95	LARS DURBAN	49 PNA	29.10
STEVEN RUITER	42 PNA	2:09.43	PAUL WEBBER	48 PNA	58.38	PAUL STOERMER	46 PNA	29.11
50 YD. BRST			ALLEN IGAWA	45 PNA	58.55	DAN BAILEY	49 PNA	30.56
JOHN GOESSMAN	42 PNA	30.94	DALE CARY	49 PNA	58.61	ANTONIO ANDERSON	47 PNA	30.85
DANIEL SMITH	44 PNA	31.25	DAN BAILEY	49 PNA	58.63	PAUL HAVICK	46 PNA	33.45
DAVID DUCOLON	43 PNA	33.50	PAUL HAVICK	46 PNA	1:02.40	100 YD. FLY		
CHARLES NORMAN	40 PNA	33.73	200 YD. FREE			BRAD HERING	45 PNA	53.95 P
KEITH KENNEDY	44 PNA	35.28	PETE COLBECK	45 PNA	1:50.19P	KARL WEISS	46 PNA	57.40
100 YD. BRST			LYLE NALLI	47 PNA	1:53.50	ROBERT MOORE	46 PNA	59.53
JOHN GOESSMAN	42 PNA	1:04.73	ERIC VALLEY	45 PNA	1:55.43	STEVE FINNEY	47 PNA	59.82
DANIEL SMITH	44 PNA	1:08.05	JAY LEIGH	48 PNA	1:55.56	MICHAEL JONES	46 PNA	1:02.15
CHARLES NORMAN	40 PNA	1:08.48	VICTOR SWANSON	48 PNA	1:58.36	BRUCE BOYTLER	48 PNA	1:03.38
200 YD. BRST			PAUL OLLIGES	45 PNA	1:59.26	ERIC DYBDAHL	47 PNA	1:03.79
DANIEL SMITH	44 PNA	2:30.17	THOMAS GRANDINE	48 PNA	2:01.57	PAUL STOERMER	46 PNA	1:03.84
CHARLES NORMAN	40 PNA	2:30.45	COLIN CHINN	48 PNA	2:05.39	KIRBY SCHAUFLE	47 PNA	1:05.03
MARK YANG	42 PNA	3:08.16	ROBERT SCHLEMMER	47 PNA	2:07.27	PAUL WEBBER	48 PNA	1:07.75
50 YD. FLY			BRUCE BOYTLER	48 PNA	2:08.83	200 YD. FLY		
BLAKE WAGNER	40 PNA	25.42	MICHAEL JONES	46 PNA	2:09.08	ERIC DYBDAHL	47 PNA	2:25.04
DAVID MCDERMOTT	44 PNA	26.90	500 YD. FREE			RACHID ROMDANE	48 PNA	2:32.58
ROB MARTIN	41 PNA	27.08	PETE COLBECK	45 PNA	5:01.55	KIRBY SCHAUFLE	47 PNA	2:35.10
CHARLES NORMAN	40 PNA	27.13	ERIC VALLEY	45 PNA	5:14.68	100 YD. I.M.		
BRIAN LAGERBERG	44 PNA	28.35	PAUL OLLIGES	45 PNA	5:29.48	BRAD HERING	45 PNA	56.11 Z
JOE KABEL	44 PNA	28.66	THOMAS GRANDINE	48 PNA	5:34.52	VICTOR SWANSON	48 PNA	58.40
JOSEPH LANG	44 PNA	28.97	ROBERT SCHLEMMER	47 PNA	5:37.13	STEVEN F VELA	46 PNA	58.78
100 YD. FLY			LARS DURBAN	49 PNA	5:41.58	LYLE NALLI	47 PNA	59.43
JOHN GOESSMAN	42 PNA	58.59	ERIC DYBDAHL	47 PNA	5:47.74	JAY LEIGH	48 PNA	1:00.19
BOB FISH	43 PNA	1:00.10	PAUL STOERMER	46 PNA	6:00.89	PETE COLBECK	45 PNA	1:00.88
DAVID MCDERMOTT	44 PNA	1:00.76	BRUCE BOYTLER	48 PNA	6:01.24	LEO KOSENKRANIUS	47 PNA	1:02.33
ROB MARTIN	41 PNA	1:01.10	1000 YD. FREE			CARL HAYNIE	46 PNA	1:02.38
CHARLES NORMAN	40 PNA	1:03.50	LYLE NALLI	47 PNA	11:04.79	ERIC VALLEY	45 PNA	1:02.69
200 YD. FLY			ERIC VALLEY	45 PNA	11:10.21	ROBERT MOORE	46 PNA	1:03.07
MARK YANG	42 PNA	3:07.06	KIRBY SCHAUFLE	47 PNA	12:22.22	ERIC WOLGEMUTH	46 PNA	1:04.73
100 YD. I.M.			COLIN CHINN	48 PNA	12:33.99	MICHAEL KELLY	48 PNA	1:04.97
ROB MARTIN	41 PNA	1:05.05	1650 YD. FREE			PAUL STOERMER	46 PNA	1:06.29
RICK FERRERO	43 PNA	1:06.08	PETE COLBECK	45 PNA	17:58.65	PAUL HAVICK	46 PNA	1:12.71
JOSEPH LANG	44 PNA	1:07.67	THOMAS GRANDINE	48 PNA	19:25.70	200 YD. I.M.		
200 YD. I.M.			ROBERT SCHLEMMER	47 PNA	19:28.25	VICTOR SWANSON	48 PNA	2:12.43
STEVEN RUITER	42 PNA	2:10.31	ERIC DYBDAHL	47 PNA	19:53.98	LEO KOSENKRANIUS	47 PNA	2:17.32
JOHN GOESSMAN	42 PNA	2:14.63	50 YD. BACK			DOUG PORTELANCE	48 PNA	2:22.35
WILLIAM NOFTSKER	40 PNA	2:17.78	BRAD HERING	45 PNA	26.15 P	ERIC DYBDAHL	47 PNA	2:33.90
DANIEL SMITH	44 PNA	2:18.44	MIKE MCGOORTY	49 PNA	27.51	400 YD. I.M.		
400 YD. I.M.			KARL WEISS	46 PNA	27.67	LEO KOSENKRANIUS	47 PNA	5:05.11
MATS NYGREN	41 PNA	4:27.34	PAUL OLLIGES	45 PNA	27.78	ERIC DYBDAHL	47 PNA	5:29.23
STEVEN RUITER	42 PNA	4:36.66	CARL HAYNIE	46 PNA	29.01			
DANIEL SMITH	44 PNA	5:01.67	ERIC WOLGEMUTH	46 PNA	29.25			
MARK YANG	42 PNA	6:22.60	MICHAEL KELLY	48 PNA	29.43			
			ROMAN PIPER	47 PNA	30.05			
			TREVOR JONES	45 PNA	32.89			

### MEN 45-49

50 YD. FREE			50 YD. FREE			LEO KOSENKRANIUS	47 PNA	1:10.83
BRAD HERING	45 PNA	22.50 Z	RALPH BUSCH	50 PNA	24.21	50 YD. FLY		
JAY LEIGH	48 PNA	23.27	OLIVER PRESS	54 PNA	24.26	BRAD HERING	45 PNA	23.89Z
KARL WEISS	46 PNA	23.37	JAMES KENDRICK	54 PNA	25.54	KARL WEISS	46 PNA	24.88
JON BACA	47 PNA	23.48	FRANK LEONARD	52 PNA	27.11	JAY LEIGH	48 PNA	25.55
RICH LOUDON	46 PNA	23.76	DAVID KEITH	50 PNA	28.49	STEVEN F VELA	46 PNA	25.57
VICTOR SWANSON	48 PNA	23.76	JAMES NELSON	52 PNA	35.11	VICTOR SWANSON	48 PNA	25.76
MICHAEL KELLY	48 PNA	23.99	100 YD. FREE			STEVE FINNEY	47 PNA	26.05
LYLE NALLI	47 PNA	24.03	RALPH BUSCH	50 PNA	54.71	MICHAEL KELLY	48 PNA	26.41
STEVE FINNEY	47 PNA	24.10	FREDERICK GRAHAM	50 PNA	54.84	BRUCE BOYTLER	48 PNA	27.54
COLIN CHINN	48 PNA	25.17	JOHN SYLVESTER	50 PNA	54.87	RACHID ROMDANE	48 PNA	28.20
RACHID ROMDANE	48 PNA	25.30	OLIVER PRESS	54 PNA	55.09	KIRBY SCHAUFLE	47 PNA	28.56
BRUCE BOYTLER	48 PNA	25.33	MARC NORSEN	50 PNA	57.08	ROBERT SCHLEMMER	47 PNA	28.84
ALLEN IGAWA	45 PNA	25.62	JAMES KENDRICK	54 PNA	57.68	LARS DURBAN	49 PNA	29.10
LARS DURBAN	49 PNA	25.68	BILL KNOWLTON	54 PNA	58.04	PAUL STOERMER	46 PNA	29.11
TOM DUNNING	47 PNA	25.70	FRANK LEONARD	52 PNA	58.68	DAN BAILEY	49 PNA	30.56
DAN BAILEY	49 PNA	25.75	PETER BERNER-HAYS	50 PNA	1:00.21	ANTONIO ANDERSON	47 PNA	30.85
ROBERT SCHLEMMER	47 PNA	26.19	DAVID KEITH	50 PNA	1:07.45	PAUL HAVICK	46 PNA	33.45
ANTONIO ANDERSON	47 PNA	26.78	200 YD. FREE			100 YD. FLY		
PAUL HAVICK	46 PNA	28.43	FREDERICK GRAHAM	50 PNA	2:06.19	BRAD HERING	45 PNA	53.95 P
100 YD. FREE			MARC NORSEN	50 PNA	2:06.91	KARL WEISS	46 PNA	57.40
PETE COLBECK	45 PNA	50.62	PHILLIP STANLEY	54 PNA	2:07.18	ROBERT MOORE	46 PNA	59.53
			MATTHEW SMITH	50 PNA	2:11.43	STEVE FINNEY	47 PNA	59.82
			BILL KNOWLTON	54 PNA	2:12.95	MICHAEL JONES	46 PNA	1:02.15
						BRUCE BOYTLER	48 PNA	1:03.38
						ERIC DYBDAHL	47 PNA	1:03.79
						PAUL STOERMER	46 PNA	1:03.84
						KIRBY SCHAUFLE	47 PNA	1:05.03
						PAUL WEBBER	48 PNA	1:07.75
						200 YD. FLY		
						ERIC DYBDAHL	47 PNA	2:25.04
						RACHID ROMDANE	48 PNA	2:32.58
						KIRBY SCHAUFLE	47 PNA	2:35.10
						100 YD. I.M.		
						BRAD HERING	45 PNA	56.11 Z
						VICTOR SWANSON	48 PNA	58.40
						STEVEN F VELA	46 PNA	58.78
						LYLE NALLI	47 PNA	59.43
						JAY LEIGH	48 PNA	1:00.19
						PETE COLBECK	45 PNA	1:00.88
						LEO KOSENKRANIUS	47 PNA	1:02.33
						CARL HAYNIE	46 PNA	1:02.38
						ERIC VALLEY	45 PNA	1:02.69
						ROBERT MOORE	46 PNA	1:03.07
						ERIC WOLGEMUTH	46 PNA	1:04.73
						MICHAEL KELLY	48 PNA	1:04.97
						PAUL STOERMER	46 PNA	1:06.29
						PAUL HAVICK	46 PNA	1:12.71
						200 YD. I.M.		
						VICTOR SWANSON	48 PNA	2:12.43
						LEO KOSENKRANIUS	47 PNA	2:17.32
						DOUG PORTELANCE	48 PNA	2:22.35
						ERIC DYBDAHL	47 PNA	2:33.90
						400 YD. I.M.		
						LEO KOSENKRANIUS	47 PNA	5:05.11
						ERIC DYBDAHL	47 PNA	5:29.23

### MEN 50-54



JOHN DE WIT	54 PNA	2:15.26	HUGH MOORE	52 PNA	5:23.46	JOHN LEET	61 PNA	28.55
FRANK LEONARD	52 PNA	2:15.68				DON SCHAEFER	62 PNA	30.90
500 YD. FREE						100 YD. FREE		
FREDERICK GRAHAM	50 PNA	5:39.09	<b><u>MEN 55-59</u></b>			ROBERT PILGER	63 PNA	58.94 P
ORLANDO BOLEDA	52 PNA	5:49.15	50 YD. FREE			STEVEN PETERSON	60 PNA	1:05.31
ERIC DURBAN	51 PNA	5:57.70	RONALD JACOBS	55 PNA	24.68 P	MICHAEL MCKINLAY	63 PNA	1:13.24
JOHN DE WIT	54 PNA	6:20.73	GORDON CLARK	55 PNA	25.28	200 YD. FREE		
PATRICK MURPHY	52 PNA	6:37.73	LARRY WRIGHT	58 PNA	26.28	JOHN LEET	61 PNA	2:28.45
1000 YD. FREE			R BARNEY VOEGTLEN	58 PNA	26.80	MELVIN SMITH	64 PNA	2:34.48
RONALD PORTELANCE	50 PNA	11:52.96	PETER MCGRATH	55 PNA	28.43	500 YD. FREE		
ORLANDO BOLEDA	52 PNA	12:22.28	BRIAN CARLTON	57 PNA	30.22	JAMES MCCLEERY	61 PNA	5:29.74 N
PETER BERNER-HAYS	50 PNA	12:58.08	100 YD. FREE			MICHAEL MCCOLLY	61 PNA	5:45.34
1650 YD. FREE			RONALD JACOBS	55 PNA	54.36 Z	MELVIN SMITH	64 PNA	6:40.90
FREDERICK GRAHAM	50 PNA	20:00.59	GORDON CLARK	55 PNA	57.25	CRAIG CARLSON	60 PNA	6:50.71
ERIC DURBAN	51 PNA	20:57.70	W.PENN	55 PNA	59.13	1000 YD. FREE		
JOHN DE WIT	54 PNA	21:21.42	LARRY WRIGHT	58 PNA	59.43	MICHAEL MCCOLLY	61 PNA	11:51.49
KENNARD GOODMAN	53 PNA	25:26.92	R BARNEY VOEGTLEN	58 PNA	1:00.87	1650 YD. FREE		
50 YD. BACK			DOUG THOMPSON	58 PNA	1:06.62	JAMES MCCLEERY	61 PNA	18:49.29 N
JOHN SYLVESTER	50 PNA	30.59	BRIAN CARLTON	57 PNA	1:07.07	MELVIN SMITH	64 PNA	22:39.03
STEPHEN FREEBORN	51 PNA	30.95	RICHARD BATLEY	59 PNA	1:07.17	CRAIG CARLSON	60 PNA	23:09.21
LOREN BAKER	53 PNA	31.23	200 YD. FREE			HUGH KIMBALL	60 PNA	24:37.56
BILL KNOWLTON	54 PNA	31.48	RONALD JACOBS	55 PNA	2:01.95 P	50 YD. BACK		
DAVID KEITH	50 PNA	33.70	W.PENN	55 PNA	2:06.47	MICHAEL MCKINLAY	63 PNA	36.83
100 YD. BACK			GORDON CLARK	55 PNA	2:11.39	100 YD. BACK		
BRIAN RUSSELL	50 PNA	1:04.08	JAMES NORRIS	59 PNA	2:28.31	MICHAEL MCCOLLY	61 PNA	1:08.77
PHILLIP STANLEY	54 PNA	1:05.25	RICHARD BATLEY	59 PNA	2:30.41	MICHAEL MCKINLAY	63 PNA	1:21.28
JOHN SYLVESTER	50 PNA	1:07.71	RUSSELL GOEDDE	57 PNA	2:46.91	200 YD. BACK		
STEPHEN FREEBORN	51 PNA	1:08.25	500 YD. FREE			MICHAEL MCCOLLY	61 PNA	2:24.54 Z
BILL KNOWLTON	54 PNA	1:08.38	W.PENN	55 PNA	5:37.77	50 YD. BRST		
MATTHEW SMITH	50 PNA	1:10.04	DAVID TEMPEST	56 PNA	5:51.63	STEVEN PETERSON	60 PNA	33.79
200 YD. BACK			JAMES NORRIS	59 PNA	6:05.70	JOHN LEET	61 PNA	36.24
BILL KNOWLTON	54 PNA	2:26.59	BRIAN CARLTON	57 PNA	6:37.45	MICHAEL MCKINLAY	63 PNA	42.11
MATTHEW SMITH	50 PNA	2:29.81	PETER MCGRATH	55 PNA	7:04.06	100 YD. BRST		
50 YD. BRST			RON HANSEN	58 PNA	8:07.56	STEVEN PETERSON	60 PNA	1:13.32
LOREN BAKER	53 PNA	32.31	1000 YD. FREE			JOHN LEET	61 PNA	1:20.46
MARC NORSEN	50 PNA	33.81	DAVID TEMPEST	56 PNA	12:13.54	CRAIG CARLSON	60 PNA	1:22.37
BILL REEDER	54 PNA	35.32	1650 YD. FREE			200 YD. BRST		
FRANK LEONARD	52 PNA	36.13	W.PENN	55 PNA	18:54.65	STEVEN PETERSON	60 PNA	2:40.49 Z
100 YD. BRST			JAMES NORRIS	59 PNA	21:02.42	JOHN LEET	61 PNA	3:01.14
RALPH BUSCH	50 PNA	1:08.76	GREG COLLINS	58 PNA	22:29.11	50 YD. FLY		
MARC NORSEN	50 PNA	1:13.35	BRIAN CARLTON	57 PNA	23:15.86	PAUL MONOHON	61 PNA	29.15
BILL REEDER	54 PNA	1:19.08	RICHARD BATLEY	59 PNA	24:14.00	100 YD. FLY		
200 YD. BRST			HOWARD JESS	55 PNA	24:31.35	PAUL MONOHON	61 PNA	1:11.23 P
JOHN BAILEY	51 PNA	2:52.07	DOUG THOMPSON	58 PNA	24:54.58	200 YD. FLY		
50 YD. FLY			JOHN YAEGER	58 PNA	28:44.22	PAUL MONOHON	61 PNA	2:58.97
STEPHEN FREEBORN	51 PNA	26.45	50 YD. BACK			100 YD. I.M.		
BRIAN RUSSELL	50 PNA	26.92	RONALD JACOBS	55 PNA	29.93	PAUL MONOHON	61 PNA	1:12.04
OLIVER PRESS	54 PNA	27.50	GORDON CLARK	55 PNA	30.22	JOHN LEET	61 PNA	1:14.92
MARC NORSEN	50 PNA	28.05	MIKE KOENIG	55 PNA	33.24	MICHAEL MCKINLAY	63 PNA	1:23.93
RONALD PORTELANCE	50 PNA	29.12	100 YD. BACK			200 YD. I.M.		
HUGH MOORE	52 PNA	29.21	RONALD JACOBS	55 PNA	1:04.80	MICHAEL MCCOLLY	61 PNA	2:28.17
BILL REEDER	54 PNA	30.91	DAVID TEMPEST	56 PNA	1:07.33	STEVEN PETERSON	60 PNA	2:35.21
FRANK LEONARD	52 PNA	31.71	MIKE KOENIG	55 PNA	1:12.27	400 YD. I.M.		
100 YD. FLY			RUSSELL GOEDDE	57 PNA	1:28.11	MICHAEL MCCOLLY	61 PNA	5:15.27
BRIAN RUSSELL	50 PNA	59.49	200 YD. BACK			PAUL MONOHON	61 PNA	5:52.85
STEPHEN FREEBORN	51 PNA	1:02.00	RONALD JACOBS	55 PNA	2:20.07			
RONALD PORTELANCE	50 PNA	1:03.45	DAVID TEMPEST	56 PNA	2:22.60			
HUGH MOORE	52 PNA	1:04.54	MIKE KOENIG	55 PNA	2:41.40			
ERIC DURBAN	51 PNA	1:09.87	50 YD. BRST					
200 YD. FLY			GREG COLLINS	58 PNA	34.14			
BRIAN RUSSELL	50 PNA	2:17.59	LARRY WRIGHT	58 PNA	34.18			
HUGH MOORE	52 PNA	2:30.61	JAMES CAMPBELL	58 PNA	43.02			
BILL REEDER	54 PNA	2:51.70	100 YD. BRST					
100 YD. I.M.			GREG COLLINS	58 PNA	1:16.08			
JOHN BAILEY	51 PNA	1:03.19	RON HANSEN	58 PNA	1:37.26			
LOREN BAKER	53 PNA	1:04.64	200 YD. BRST					
RALPH BUSCH	50 PNA	1:04.84	GREG COLLINS	58 PNA	2:58.80			
JOHN SYLVESTER	50 PNA	1:04.94	50 YD. FLY					
STEPHEN FREEBORN	51 PNA	1:06.50	LARRY WRIGHT	58 PNA	27.77			
RONALD PORTELANCE	50 PNA	1:08.51	GORDON CLARK	55 PNA	28.41			
HUGH MOORE	52 PNA	1:10.79	PETER LIEKIO	59 PNA	32.49			
FRANK LEONARD	52 PNA	1:10.89	100 YD. FLY					
PETER BERNER-HAYS	50 PNA	1:11.46	LARRY WRIGHT	58 PNA	1:08.64			
BILL REEDER	54 PNA	1:11.61	100 YD. I.M.					
200 YD. I.M.			GORDON CLARK	55 PNA	1:05.34 P			
BRIAN RUSSELL	50 PNA	2:15.18	LARRY WRIGHT	58 PNA	1:07.21			
RONALD PORTELANCE	50 PNA	2:26.79	R BARNEY VOEGTLEN	58 PNA	1:11.84			
STEPHEN FREEBORN	51 PNA	2:29.44	DOUG THOMPSON	58 PNA	1:16.68			
BILL REEDER	54 PNA	2:36.93	RON HANSEN	58 PNA	1:36.45			
HUGH MOORE	52 PNA	2:37.60						
400 YD. I.M.			<b><u>MEN 60-64</u></b>					
BRIAN RUSSELL	50 PNA	4:56.81	50 YD. FREE					
RONALD PORTELANCE	50 PNA	5:08.25	ROBERT PILGER	63 PNA	25.72 P			

200 YD. BRST		
ROY DAVIS	65 PNA	2:49.60
ALLAN MCDUGALL	66 PNA	3:01.66
MICHAEL NORDBY	66 PNA	3:07.97
100 YD. FLY		
MICHAEL NORDBY	66 PNA	1:21.78 P
100 YD. I.M.		
MICHAEL NORDBY	66 PNA	1:15.69
ALLAN MCDUGALL	66 PNA	1:17.51
200 YD. I.M.		
MICHAEL NORDBY	66 PNA	2:53.42
400 YD. I.M.		
MICHAEL NORDBY	66 PNA	6:11.39

**MEN 70-74**

50 YD. FREE		
A.MORROW	72 PNA	38.53
1650 YD. FREE		
FRED LOCKE	74 PNA	38:33.81
200 YD. BACK		
THOMAS FOLEY	72 PNA	4:00.02
50 YD. BRST		
DON REHFELDT	72 PNA	45.95
100 YD. BRST		
DON REHFELDT	72 PNA	1:40.68
200 YD. BRST		
DON REHFELDT	72 PNA	3:50.58
50 YD. FLY		
A.MORROW	72 PNA	50.48
200 YD. FLY		
THOMAS FOLEY	72 PNA	5:46.95
100 YD. I.M.		
A.MORROW	72 PNA	1:52.15
400 YD. I.M.		
THOMAS FOLEY	72 PNA	9:18.27

**MEN 75-79**

50 YD. FREE		
ROBERT DORSE	75 PNA	32.49
100 YD. FREE		
ROBERT DORSE	75 PNA	1:14.24 P
200 YD. FREE		
BOB MILLER	78 PNA	2:38.87
ROBERT DORSE	75 PNA	3:00.56
500 YD. FREE		
THOMAS TAYLOR	76 PNA	7:08.37 Z
1000 YD. FREE		
BOB MILLER	78 PNA	14:45.35
1650 YD. FREE		
THOMAS TAYLOR	76 PNA	24:40.68
50 YD. BACK		
BOB MILLER	78 PNA	37.32 Z
100 YD. BACK		
BOB MILLER	78 PNA	1:19.83 Z
200 YD. BACK		
BOB MILLER	78 PNA	2:49.46 Z
THOMAS TAYLOR	76 PNA	3:16.64
50 YD. BRST		
THOMAS TAYLOR	76 PNA	40.43
JERRY GALLAHER	78 PNA	48.64
100 YD. BRST		
JERRY GALLAHER	78 PNA	1:52.53
200 YD. BRST		
THOMAS TAYLOR	76 PNA	3:24.92 Z
JERRY GALLAHER	78 PNA	4:21.56
100 YD. I.M.		
BOB MILLER	78 PNA	1:25.18 P
ROBERT DORSE	75 PNA	1:32.09
200 YD. I.M.		
ROBERT DORSE	75 PNA	3:38.37 P

**MEN 80-84**

50 YD. FREE		
DAVE NEWTON	81 PNA	40.40
100 YD. FREE		
DAVE NEWTON	81 PNA	1:35.03
50 YD. BACK		
GEORGE ROUDEBUSH	82 PNA	56.73
100 YD. BACK		
GEORGE ROUDEBUSH	82 PNA	2:11.83

200 YD. BACK		
GEORGE ROUDEBUSH	82 PNA	4:41.08

**RELAYS-WOMEN 200 YD.**

<b><u>FREE</u></b>		
18 +		
ANIKA AHMED	20 PNA	1:59.34
EMIKO MAR	20	
ELISHA NAYLOR	20	
MARY WELCH	25	
KELLY CRANDELL	26 PNA	2:10.36
KATHRINE CASEY	58	
JANE MOORE	56	
SARAH MOORE	21	
35 +		
MARTHA LAYZER	42 PNA	1:56.20
M.MCCONNELL	39	
JENNIFER MESLER	36	
TRACEY SONDRGROTH	35	
LAURA DEL RIO	41 PNA	2:03.78
KATHERINE ROGERS	40	
REBECCA SIMPSON	38	
JAMIE WHITNEY	42	
45 +		
ZENA COURTNEY	47 PNA	1:46.11
LISA DAHL	46	
DEBBIE GLASSMAN	53	
MARY LIPPOLD	51	
MARGARET DIDDAMS	45 PNA	2:03.04
YVONNE DYMERSKI	46	
LYNN GROSS	46	
KAREN WOLF	51	
55 +		
JEAN BLACKBURN	55 PNA	2:01.59 N
SARAH WELCH	60	
SALLY DILLON	60	
CHARLOTTE DAVIS	57	
65 +		
KAREN BRYCE	73 PNA	3:40.91
GAIL GLADWELL	75	
JANET KAVADAS	76	
BERNICE PHILLIPS	80	

**RELAYS-WOMEN 200 YD.**

<b><u>MEDLEY</u></b>		
18 +		
STEPHANIE MILLER	24 PNA	1:57.24 Z
JEAN DILLON	33	
MARION GALLAGHER	24	
NINA BRUTZER	26	
SARAH RICHARDSON	30 PNA	2:03.12
KELLY LOTTS	29	
LAUREN SMITH	20	
JENNIFER SORENSEN	26	
ANIKA AHMED	20 PNA	2:06.69
SHONA PIERCE	22	
EMIKO MAR	20	
ERIN JACOBSON	22	
SARAH MOORE	21 PNA	2:32.71
KATHRINE CASEY	58	
KELLY CRANDELL	26	
JANE MOORE	56	
25 +		
SHANNON SINGER	37 PNA	2:21.16
CHRISTINE LOGAR	34	
DEBBY SPENCE	45	
ARNI LITT	61	

HOLLY BORK	30 PNA	2:53.27
CAROLYN EUKER	42	
JEAN BLACKBURN	55	
P.DUGGAN	54	

35 +		
CYNTHIA HIRST	44 PNA	2:11.88
JENNIFER MESLER	36	
JENNIFER WARD	35	
M.MCCONNELL	39	

LAURA DEL RIO	41 PNA	2:24.22
REBECCA SIMPSON	38	
JAMIE WHITNEY	42	
KATHERINE ROGERS	40	

BLANCHE BYBEE	39 PNA	2:50.40
COLLEEN ELKINGTON	46	
JULIA BENT	59	
NANCY SPESER	50	

45 +		
ZENA COURTNEY	47 PNA	2:00.49 Z
ANDRA JAUNZEME	54	
LISA DAHL	46	
DEBBIE GLASSMAN	53	

MARGARET DIDDAMS	45 PNA	2:12.25
TONYA BERG	48	
YVONNE DYMERSKI	46	
NANCY TOWNSEND	52	

55 +		
SUZANNE DILLS	62 PNA	2:15.54 N
SALLY DILLON	60	
CHARLOTTE DAVIS	57	
SARAH WELCH	60	

**RELAYS-MEN 200 YD.**

<b><u>FREE</u></b>		
18 +		
MARK FANNING	21 PNA	1:35.86
CHRISTOPHER HEIDE	20	
RICHARD JORDAN	21	
JORDAN RICE	22	
JAMES CAMPBELL	58 PNA	2:05.97
DAVID O'HERN	23	
MELVIN SMITH	64	
MARK YANG	42	

25 +		
MARK ARNOLD	32 PNA	1:34.20
ROSS LINDERMAN	30	
STEVEN ROSARIA	32	
MCGREGOR SNOW	28	

BRIAN KNITTLE	33 PNA	1:35.72
DUKE EIDE	33	
CASEY ALEX	34	
JON WALKER	32	

ERIC VALLEY	45 PNA	1:38.35
BRIAN LAGERBERG	44	
JUSTIN ERICKSON	32	
DAN MARTIN	35	

35 +		
JOHN KEPPELER	40 PNA	1:31.52 P
TODD DOHERTY	36	
DAVID KAYS	39	
KIRK NELSON	37	

MIKE HANSEN	39 PNA	1:43.74
JOSEPH LANG	44	
CHARLES NORMAN	40	
DANIEL SMITH	44	



45 +			35 +					
BRAD HERING	45 PNA	1:30.56 Z	TODD DOHERTY	36 PNA	1:46.34 P	JAMIE WHITNEY	42 PNA	1:51.84
RICH LOUDON	46		DAVID KAYS	39		CHRISTOPHER HINDS	31	
JAY LEIGH	48		KIRK NELSON	37		CHRISTINE LOGAR	34	
KARL WEISS	46		DEVIN WHATLEY	38		STEVEN ROSARIA	32	
VICTOR SWANSON	48 PNA	1:33.51	JOHN WILLIAMS	38 PNA	1:52.95	35 +		
PAUL OLLIGES	45		DANIEL SMITH	44		DAVID KAYS	39 PNA	1:39.16
STEVE FINNEY	47		DAVID MCDERMOTT	44		JENNIFER WARD	35	
MIKE MCGOORTY	49		BLAKE WAGNER	40		TRACEY SONDGROTH	35	
JON BACA	47 PNA	1:36.55	DAVID DUCOLON	43 PNA	1:56.85	KIRK NELSON	37	
PETE COLBECK	45		JOHN GOESSMAN	42		BLAKE WAGNER	40 PNA	1:46.29
STEPHEN FREEBORN	51		CHARLES NORMAN	40		MARTHA LAYZER	42	
RONALD JACOBS	55		RICK FERRERO	43		JENNIFER MESLER	36	
LYLE NALLI	47 PNA	1:38.30	TOM DUNNING	47 PNA	1:57.80	JOHN WILLIAMS	38	
ROMAN PIPER	47		DOUG WINTER	38		LAURA DEL RIO	41 PNA	1:55.69
JEROLD EVERARD	46		LARRY WRIGHT	58		DAVID DUCOLON	43	
LEO KOSENKRANIUS	47		PAUL VON DESTINON 40			JOSEPH LANG	44	
THOMAS GRANDINE	48 PNA	1:43.00	45 +			KATHERINE ROGERS	40	
CARL HAYNIE	46		PAUL OLLIGES	45 PNA	1:45.72	KEITH KENNEDY	44 PNA	1:55.78
ROBERT SCHLEMMER	47		Z			CHARLES NORMAN	40	
PAUL WEBBER	48		ROBERT JACKSON	47		REBECCA SIMPSON	38	
LOREN BAKER	53 PNA	1:46.32	STEVE FINNEY	47		SHANNON SINGER	37	
JOHN DE WIT	54		VICTOR SWANSON	48		45 +		
BILL KNOWLTON	54		CARL HAYNIE	46 PNA	1:46.51	RALPH BUSCH	50 PNA	1:40.13
BILL REEDER	54		JON BACA	47		LISA DAHL	46	
ROBERT MOORE	46 PNA	1:47.13	PETE COLBECK	45		STEPHEN FREEBORN	51	
ROBERT JACKSON	47		RALPH BUSCH	50		MARY LIPPOLD	51	
ERIC WOLGEMUTH	46		ERIC WOLGEMUTH	46 PNA	1:49.28	LISA PACE	45 PNA	1:41.56
TREVOR JONES	45		LEO KOSENKRANIUS	47		COLIN CHINN	48	
55 +			ROBERT MOORE	46		ZENA COURTNEY	47	
GORDON CLARK	55 PNA	1:45.27 P	MIKE MCGOORTY	49		JON BACA	47	
MICHAEL MCCOLLY	61		TREVOR JONES	45 PNA	1:56.69	JO MOORE	52 PNA	1:47.10
ROBERT PILGER	63		ROMAN PIPER	47		ERIC DYBDAHL	47	
R BARNEY VOEGTLEN	58		LYLE NALLI	47		BRIAN RUSSELL	50	
RICHARD BATLEY	59 PNA	2:02.80	JEROLD EVERARD	46		CINDY SHELTON	46	
DON SCHAEFER	62		BRIAN RUSSELL	50 PNA	1:58.19	PAUL STOERMER	46 PNA	2:01.10
JAMES NORRIS	59		FRANK LEONARD	52		YVONNE DYMERSKI	46	
STEVEN PETERSON	60		ERIC DYBDAHL	47		MARGARET DIDDAMS	45	
75 +			STEPHEN FREEBORN	51		JAMES NELSON	52	
JERRY GALLAHER	78 PNA	2:29.86 P	LOREN BAKER	53 PNA	2:04.35	55 +		
BOB MILLER	78		BILL REEDER	54		R BARNEY VOEGTLEN	58 PNA	1:48.71 N
DAVE NEWTON	81		JOHN SYLVESTER	50		CHARLOTTE DAVIS	57	
THOMAS TAYLOR	76		ERIC VALLEY	45		SARAH WELCH	60	
<b>RELAYS-M E N 200 YD. MED- LEY</b>			55 +			RONALD JACOBS	55	
18 +			MICHAEL MCCOLLY	61 PNA	1:59.76	MICHAEL MCCOLLY	61 PNA	1:55.24
ALDEN KROLL	24 PNA	1:42.10	GREG COLLINS	58		SALLY DILLON	60	
SHINGO ITO	23		PAUL MONOHON	61		ELIZABETH KASSEN	55	
DAVID WHITBECK	24		R BARNEY VOEGTLEN	58		ROBERT PILGER	63	
BRIAN GOLDMAN	21		MICHAEL MCKINLAY	63 PNA	2:13.95	JEAN BLACKBURN	55 PNA	2:06.22
MARK FANNING	21 PNA	1:48.27	JOHN LEET	61		KATHRINE CASEY	58	
JORDAN RICE	22		MICHAEL NORDBY	66		JOHN LEET	61	
GARY KAMIKAWA	29		ROBERT PILGER	63		STEVEN PETERSON	60	
CHRISTOPHER HEIDE 20			<b>RELAYS-MIXED 200 YD. FREE</b>			ARNI LITT	61 PNA	2:18.22
25 +			18 +			JANE MOORE	56	
BRIAN KNITTLE	33 PNA	1:45.84	ALDEN KROLL	24 PNA	1:34.41 Z	MICHAEL NORDBY	66	
DUKE EIDE	33		SHONA PIERCE	22		DON SCHAEFER	62	
CASEY ALEX	34		ERIN JACOBSON	22		JEANNE ENSIGN	60 PNA	2:40.71
JON WALKER	32		BRIAN GOLDMAN	21		GAIL GLADWELL	75	
MARK ARNOLD	32 PNA	1:46.25	SARAH MOORE	21 PNA	1:57.92	MICHAEL MCKINLAY	63	
MCGREGOR SNOW	28		HUGH MOORE	52		THOMAS TAYLOR	76	
ROSS LINDERMAN	30		WALT REID	66		<b>RELAYS-MIXED 200 YD. MED- LEY</b>		
STEVEN ROSARIA	32		KELLY CRANDELL	26		18 +		
CHRISTOPHER HINDS	31 PNA	2:10.47	25 +			MARK FANNING	21 PNA	1:53.90
KERRY NESS	37		ROSS LINDERMAN	30 PNA	1:43.32	SHINGO ITO	23	
MARK YANG	42		MICHELLE MCRAE	31		ERIN JACOBSON	22	
ALLEN IGAWA	45		JOHN MURRAY	30		SHONA PIERCE	22	
			NANCY TOWNSEND	52				

SARAH MOORE	21 PNA	2:07.50	45 +			MICHAEL MCCOLLY	61 PNA	2:15.11
WALT REID	66		ZENA COURTNEY	47 PNA	1:51.97 Z	ARNI LITT	61	
HUGH MOORE	52		JON BACA	47		PAUL MONOHON	61	
KELLY CRANDELL	26		LISA DAHL	46		SARAH WELCH	60	
			RONALD JACOBS	55				
DAVID O'HERN	23 PNA	3:03.09				R BARNEY VOEGTLEN	58 PNA	2:30.91
GAIL GLADWELL	75		CARL HAYNIE	46 PNA	1:57.43	GREG COLLINS	58	
MARK YANG	42		TONYA BERG	48		JEAN BLACKBURN	55	
JANET KAVADAS	76		STEPHEN FREEBORN	51		JEANNE ENSIGN	60	
			LISA PACE	45				
25 +						65 +		
MARK ARNOLD	32 PNA	1:55.67	MARGARET DIDDAMS	45 PNA	2:03.00	BERNICE PHILLIPS	80 PNA	3:08.36
MEGAN LIVINGSTON	29		LOREN BAKER	53		KAREN BRYCE	73	
ROSS LINDERMAN	30		ERIC DYBDAHL	47		MICHAEL NORDBY	66	
MARY WELCH	25		DEBBIE GLASSMAN	53		THOMAS TAYLOR	76	
HALEIGH WERNER	38 PNA	2:00.70	JOHN SYLVESTER	50 PNA	2:04.44			
TRACEY SONDRGROTH	35		ANDRA JAUNZEME	54				
ROB MARTIN	41		YVONNE DYMERSKI	46				
JUSTIN ERICKSON	32		COLIN CHINN	48				
			DAWN JAEGER	50 PNA	2:10.35			
35 +			BILL REEDER	54				
JENNIFER MESLER	36 PNA	2:00.32	MICHAEL JONES	46				
DANIEL SMITH	44		LYNN GROSS	46				
BLAKE WAGNER	40							
KATHERINE ROGERS	40		THOMAS GRANDINE	48 PNA	2:22.63			
			COLLEEN ELKINGTON	46				
LAURA DEL RIO	41 PNA	2:11.23	PAUL WEBBER	48				
JOHN GOESSMAN	42		KAREN WOLF	51				
CHARLES NORMAN	40							
SHANNON SINGER	37		55 +					
			GORDON CLARK	55 PNA	2:02.70 N			
RICK FERRERO	43 PNA	2:12.64	STEVEN PETERSON	60				
REBECCA SIMPSON	38		CHARLOTTE DAVIS	57				
JOSEPH LANG	44		SALLY DILLON	60				
BLANCHE BYBEE	39							



**For Fat Salmon  
results, see  
[www.fatsalmon.org](http://www.fatsalmon.org).  
You also can find  
these results and  
Lake Padden results  
at  
[www.swimpna.org](http://www.swimpna.org).**

## Organizing Committee Members Who Made USMS SC Nationals a Terrific Success

Announcers	Steve Freeborn
Awards	Sally Dillon
Budget & Finance	Jeanne Ensign
Facility	Mike Dunwiddie
Housing	Julie Montiel
Logo Artist	Donna Keyser
Marketing	Lisa Dahl
Group Health Liaison, Medical Coordinator & Welcome Bags	Lynn Gross
Meet Newsletter	Dan Smith
Meet Referee	Ron Van Pool
Program Editor & Office Administration	Kelly Crandell
Officials Recruitment	Lee Carlson
On Site Check In	Holly Bork
Publicity	AnnaMarie Terhaar
Timers, Records & Splits	Walt Reid
Social	Dee Carlson
Souvenirs	Arni Litt
Souvenirs	Toby Coenen
USMS Championship Liaison	Sandi Rousseau
USMS Officials Liaison	Jan Kavadas
Volunteer Coordinator	Sarah Welch
Volunteer Hospitality	Tom Foley
Volunteer Hospitality	Ed Artis
Volunteer Hospitality	Renee Miller
Welcome	Steve Peterson

(Continued from page 1)

### Nationals

Davis), and Women's 200 Medley (Sue Dills, Sally Dillon, Charlotte Davis, Sarah Welch) Relays. You can find results and records beginning on page 6 of this newsletter and also at [www.usms.org/comp/scnats07/results/records.pdf](http://www.usms.org/comp/scnats07/results/records.pdf).

**Social** – catered by Gino's of Federal Way and held next door at the Aquatic Center's Banquet Room, the social was a smashing success. Elvis impersonator Steve Adams and his band *Kentucky Rain* appealed to the broad age range that attended. An unexpected treat was witnessing the shaving of Lisa Dahl's head as she agreed to undertake this group-consensus solution to swimming faster for her events the next morning.



(Continued from page 2)

## Leading Off

venture into hosting a national meet was wonderful. How could it not have been? We had top-notch officials, great volunteers, quality vendors, generous food suppliers and enthusiastic competitors from around the country. We received *many* notes of thanks for a meet well run. I don't recall who it was, but someone said to me that our entire crew was the friendliest she'd ever encountered at a nationals meet. It starts with experienced leadership, but it comes down to the one-on-one interaction that creates the lasting impression. *Well done, PNA!* Read all the details in our lead story. If you haven't seen them, check out the seven excellent *Nationals News* dailies by editor Dan Smith at [www.fwnationals.com/photos.htm](http://www.fwnationals.com/photos.htm).

## 2007 Senior Olympics

I wrote most of this from Louisville, Ky., where I was attending the National Senior Games Association's *Summer National Senior Games* – the “Senior Olympics” – for those of us now 50-plus. PNA recognized our state's qualifying Senior Games swim meet last summer (and the one in Lacey July 29), which increased both its quality and attendance. Having qualified in several events, I had to see what the national event was all about. See the story in this *WetSet* (page 22) about the dozen or so of us Washington swimmers who attended.

## USMS Long Course Nationals

Well, summer's been busy for all of us so this edition of *The WetSet* will now be the July-August-September issue. Long

(Continued on page 20)

# Outgoing PNA President Jeanne Ensign Receives Prestigious Ransom J. Arthur Award

**A**warded annually, the Ransom J. Arthur Award is USMS's most prestigious award.

Captain Ransom J. Arthur was the founding father of United States Masters swimming. His vision of promoting adult health through fitness and competition was revolutionary. He created a stage upon which adults could gather, compete and support each other in the lifelong pursuit of training and fitness goals.

**[Award text by Rob Copeland, USMS President]**

Each year USMS recognizes one of our members who embodies the dedication and passion required to carry on Ransom Arthur's vision. Our 2007 recipient is no exception; she has been instrumental in the development of Masters swimming at all levels. She does not seek recognition for her contributions at the local, regional and national levels and she is not looking for adulation.

However, when Masters swimming calls for help, her altruistic nature drives her to take on the challenge, no matter how large or small; and when there is a job to do, she will step in and see it through to a successful end.

And while she is not looking for recognition for her volunteerism it is my great pleasure to recognize this year's Ransom J. Arthur Award recipient, Jeanne Ensign. Jeanne is an exhaustive worker who has showed remarkable enthusiasm for all of her duties at team, LMSC, Zone and National levels. Nationally, Jeanne has served as our USMS treasurer, a member of our board of directors, our internal auditor, the finance committee chair, as well as volunteering for numerous other assign-



ments in her 15 years as a delegate to our annual meeting. Jeanne has served as the Northwest Zone treasurer for approximately 10 years, she has served as the Pacific Northwest Association president, vice president and treasurer. Prior to moving to the Seattle area, Jeanne was the Montana LMSC registrar and treasurer. She has also been a major contributor in the success of the 1997 Short Course, 2001 Long Course, and this year's 2007 Short Course USMS National Championships.

Jeanne is a leader who can be counted on to support the mission of Masters Swimming to promote fitness and health in adults by offering and supporting Masters Swimming programs.

Jeanne is a contributor who gives back over and over again. And most important, to me, Jeanne is a friend whom I greatly admire and respect.

I would like you to join me in recognizing the years of leadership, passion, dedication, support and volunteerism bestowed upon Masters swimming by Jeanne Ensign, our 2007 USMS Ransom J. Arthur Award recipient.



## Private sale to PNA members of Short Course Nationals logo items!

We have a few logo items left from Short Course Nationals in May. I would like to get them out of my office so are offering them at bargain basement prices. These make great gifts, especially for swimmers. Below is a list of the items and sizes left. In some cases there is only one of a size. .

Send orders to [arni@gwest.net](mailto:arni@gwest.net) Shipping & tax are extra.

- **Sweatshirt** Red 1/4 zip (L, XL, 2XL) These run big and will not shrink (60/40 blend). **\$15**
- **T-shirt**, Heather *Hanes Beefy-T* 100% cotton **\$9** Grey (M, L) large logo on the front; Stone-washed Blue (M, L) large logo on back, small logo on left front
- **T-shirts** women's V-neck 100% cotton Hanes relaxed fit (L=12, XL=14, 2XL 16) **\$5** large logo on back, small logo on left front. Aqua and Pink lemonade
- **Mock Turtle** – Long sleeve, woven logo on left pocket area. 100% cotton shirts runs large **\$10** Red (L, XL, 2XL) Black (L)
- **Jacket** - soft shell performance jacket: waterproof, windproof, breathable. Woven logo, left breast **\$45** Men's Stone (S, M, L); Women's Opal Blue (L)
- **Shirt**, Hawaiian style Committee (XL), Woven logo on left breast area **\$12**
- **Baseball Cap** –Red with blue under brim **\$5** Cream with black under brim



**Orcas Open Water Challenge**  
San Juan Islands, Washington  
2007

### SECOND ANNUAL SECOND WEEKEND IN SEPTEMBER **DAY-OF-RACE SIGNUP AVAILABLE**

This 2-day event, September 8 and 9, 2007, will happen on Orcas Island, San Juan Islands, Wash.

THIS IS A LAKE SWIM, so don't worry about the cold salt water and currents. Water temperatures for the 2006 event were at 70 degrees and perfect for swimming, and with four events (a 3 mile, 1 mile, ½ mile & relay) there will be plenty of swimming. Set in beautiful Moran State Park in pristine Cascade Lake, this late summer event is one to put on the "to do" list.

MORE INFO:

**WWW.ISLANDATHLETICEVENTS.COM**





## Swimming Pool Wedding: Megan and Jason Exchange Watery Nuptials



By Maggie Kinsella

Remember Megan Bussart and Jason Lassen? At Champs, Jason proposed on the electronic board, and Megan accepted. Well, guess what? On June 15, at 6:30 a.m., at the Arne Hanna Aquatic Center, the couple, both members of the Bellingham Masters Swim Club (BMSC), exchanged marriage vows.

### Who Wore What

The bride wore a tank suit of shimmering silver with waves of blue and purple. The groom wore sleek teal swim shorts with white and blue racing stripes down the sides. Ring bearer Che Lassen wore black jammers. Officiating was Bellingham Bay Swim Team (BBST) coach, Mark Jordan, who wore a red-and-black trainer.

### A Swimmingly Creative Ceremony

Present at the ceremony were an excited crowd of swimmers in the pool and family and friends on the deck. Lanes 1 and 2 were cleared for the "aisle." From the deep end, Mark dove off the racing block and butterflyed his way to the shallow end. Then Che demonstrated an excellent novice dive and managed to hang on to the bag with the rings as he swam to meet Mark. Jason followed with exemplary breast stroke. Next the bride gracefully entered the water, executed several powerful dolphin kicks underwater followed by a beautiful butterfly exhibition to join her wedding party. The wedding vows, written by Megan and Jason, were exchanged as they stood in the cool, shallow water.

### Pre-Ceremony Workout

BMSC and BBST swimmers swam a brief workout together before the ceremony. This included one "heat" of medley relay in which all eight lanes had a team of at least seven swimmers! After the ceremony, friends of the couple joined the swim teams for a relay featuring small, inflated animal-shaped rings. More experienced swimmers swam down the pool with the ring, handed off the ring to a novice swimmer, then helped that swimmer get back to the start by pulling or pushing from behind.

The newlyweds honeymooned in the Greek isles and participated in a six-day swim trek during their trip.

### 5K & 10K USMS Postal Championships

*Attention:* PNA swimmers that found pool space to participate in this annual event.

Send a copy of your entry form to Sally Dillon so she can form PNA relays, if numbers allow.

Sally's contact info: PO Box 845, Oak Harbor WA 98277; [salswmmr@verizon.net](mailto:salswmmr@verizon.net)

## Relay Magic Does the Trick

By Steve Peterson

Having witnessed Lisa Dahl agonize as relay coordinator at last year's FINA World Meet at Stanford, I was surprised that she would willingly do it again for both Short and Long Course Nationals this year. To ease her workload, I built a Microsoft Access database tool to assemble relays – an adventure in not only combinatorial mathematics but relay philosophy as well. Put together the fastest possible relays? Assemble swimmers of like age first? Allow swimmers to form their own relays? Blending friendly differences of opinion, I think that we succeeded in fielding a great

set of relays for both meets.

### Short Course Nationals Relays – Federal Way

We emailed most of the 330 PNA entrants a relay entry form, asking for electronic submission as a more efficient way than the snail-mail of past years. This worked surprisingly well despite some glitches, resulting in nearly half responding to yield 147 relay candidates and 26 "special request" relays. While Champs had over 75 relays (put together by the respective local teams), I was surprised at our final count of relays entered: 102! Eighteen of these earned 1<sup>st</sup> through 3<sup>rd</sup>, including three record-setters, and half placed among the top ten finishes. There were six DQs and seven no-shows.

### Long Course Nationals Relays – The Woodlands, Tex.

Nine PNA swimmers attended August's meet. I assembled eight potential relays and Lisa entered four of them after determining interest and availability. Two ended up no-shows, while the other two garnered fifth (Women's 200-239 Medley) and sixth (Mixed 200-239 Free) places. So, whether you're a novice competitor or a veteran like the six who swam these relays, I hope you'll participate in and enjoy future relay opportunities.

## Welcome to the Incoming PNA Officers; Thanks to the Outgoing PNA Officers

**P**NA is led by its four executive officers and three At-Large Representatives, elected by you every two years. The new board took office at the June meeting. These seven have been involved for varying lengths of time with Masters swimming and PNA, and each has stepped forward to maintain our LMSC as one of the best of 53 in the country.

**President Steve Peterson** is an engineer with defense contractor Raytheon. He was hooked at his first Masters meet in Poulsbo in 1985 (not having swum competitively since high school 21 years earlier) and has worked out with OOPS (Old Olympic Peninsula Swimmers) at the Bangor Submarine Base since then. Steve has served as PNA secretary and vice president for a few terms each. About becoming president, he says, "I feel an obligation to serve a great organization that's given me so much in fun, fitness and friendships!"

**Vice President Lisa Dahl** has been involved with the PNA board since last year. She began swimming as a five-year-old with the goal to make the Olympics. For the next 16 years, she put everything towards that goal, only to have it thwarted by the 1980 U.S boycott of the Olympics. Lisa approaches each level of swimming with enthusiasm and an earnest effort to be the best she can. Adds Lisa, "My two children, Becca (20) and Katie (19), are ardent supporters of my goals."



(From left): Jo Moore, secretary; Lisa Dahl, vice president; Steve Peterson, president; and Toby Coenen, treasurer

**Treasurer Toby Coenen** is an engineer employed by a Bellingham consultant and works most days out of his Sammamish home. He and his wife Colleen are ex-

pecting their first child around Christmas. After almost 20 child-free years together, this will be an interesting development for

(Continued on page 20)

## PNA Board Meeting Summary for June

BY Jo Moore,  
PNA Secretary

Twelve members of the PNA board met on Tuesday, June 26, at the Edmonds condo of board member Jan Kavadas. Jeanne Ensign passed the presidential gavel to Steve Peterson, new PNA president.

Visiting official Bob Regan gave the board a recap of the Senior Games, which were held at the Kirkland Community Pool on June 9. There also was a Nationals wrap up with congratulations extended on a great job. A committee will discuss whom to reimburse and how much to compensate the vol-



unteer organizations that helped at Nationals.

The board approved Sarah Welch organizing a two-day swim clinic by Karlynn Pipes-Neilson in late September.

Jeanne, who reminded the board that USMS service awards are due July 30, will be in charge of nominating, as appropriate.

Arni Litt reported that PNA now has 1,280 members.





## Long-time PNA Swimmer Gene Crossett Dies at 93; Swimming to the End

Long-time Masters swimmer Gene Crossett died in mid-June. He was 93.

According to his daughter, Judy Cromwell, Gene was swimming up to seven days before his death. That won't surprise anyone that knew Gene, who not only swam regularly but also competed regularly in PNA meets.

Says Judy, "Swimming was such a wonderful part of my father's life, and he so enjoyed all the people associated with the Masters swimming."

Below is an edited excerpt of Gene's obituary:

"Gene was born in San Francisco, Calif., on December 25, 1913. He graduated from the University of Washington in 1935. Gene worked for Boeing from 1936-1947. During the war years, he was a supervisor on the assembly line for the construction of B-17s.

"Gene was a wonderful family man and always made people smile with his jokes and stories. He was a life-long Husky fan and will be remembered for his swimming at the UW 1932-1935, at the View Ridge Swim Club, and as a PNA Masters swimmer."

**PNA Swimming  
Clinic  
September  
24 and 25  
Flier/Sign-up Form  
on Page 24.**



Photo taken in 2004 at the Bellevue Club meet; (from left) TACY's Hal Young (then 83), BC's Marion Chadwick (then 83) and NEO's Gene Crossett (then 91)

## Welcome New PNA Swimmers

Judy Ajayi  
Samuel Alexander  
Paul Alleman  
Cheryl Allen  
Leah Allison  
Mari Andonian  
Deborah Arthur  
Fern Barrick  
JoLove Beach  
Mark Bentley  
Justin Bergman  
Kerri Blegen  
Dale Bogard  
Michael Bolognino  
Meri-Jo Borzilleri  
John Brunner  
Rebecca Bunn  
Heather Burger  
Inga Charron  
Tom Chatriand  
Khoi Che  
Victor Chudnovsky  
Ruticio Clark  
Leslie Clawson  
Andrew Cline  
Anthony Coast  
Constance Cogburn  
Kelli Cole

Jaime Comstock  
Emma Coulson  
Beth Crane  
Kathleen Culver  
Tyler Dalton  
Heather De Pree  
Wayne Dibble  
Matthew Dizon  
Marion Dorer  
Russell Dorer  
Jenny Doxtater  
Josh Eberline  
Ann Edwards  
Kristina Evanoff  
Kate Flikkema  
Mary Fordham  
Knox Gardner  
Elizabeth Garfunkel  
Brenda Gehl  
Darlene Gill  
Elizabeth Green  
Steven Guichard  
Joellen Hanly  
Alan Hargrove  
Rick Haykin  
Lisa Hill  
Debbie Ismon  
Jennifer Jensen  
James Johnston  
Chris Kaiser  
Nate Kimball  
Josh King  
Jennifer Kohr

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(Continued from page 19)

Kenneth Kreer  
Lou Krukar  
Courtney Lancaster  
Virginia Larse  
Peter Larsen  
Elizabeth Latham  
Janine Love  
Lisa Macleod  
Robert Mains  
David Margrave  
Toby Marston  
Mikenzie Matteson  
Dawn McCaffrey  
Adam Michels  
Peter Moe  
Rachel Moore  
Erik Morris  
Casey Nelson  
Todd Nelson  
Harrison O'Connell  
Kari Pederson  
Leslie Phillips  
Jessica Piasecke  
Puanani Reid  
Emily Resch  
Mark Ripley  
Amy Riter  
Christopher Roger  
Anji Scalf  
Mary Schiechl  
Tiffany Schira  
Robin Secrist  
Ryan Stephens  
Kathryn Stevens  
Thomas Stevens  
Al Stipe  
Sue Stipe  
Douglas Sturdivant  
Debbie Sullivan  
Greg Sundberg  
Kraig Trego  
Kari Vander Stoep  
Krysta Verbarendse  
Steve Verbarendse  
Kelly Walker  
Jan Watson  
Travis West  
Tasha Westinghouse  
Miles Williams  
Patrick Yalung  
Meredith Yasui  
Teri Yeh  
Graham Youtsey

(Continued from page 15)

### Leading Off

Course Nationals at The Woodlands (Tex.) have come and gone. But the nine PNA'ers who attended racked up 317 points to finish 19<sup>th</sup> in the club standings. The 200 Fly was quite popular – five of our nine swam it to place 6<sup>th</sup> or better, with Scott Lautman, Mike Nordby and Sarah Welch winning their respective divisions! As I had done for Short Course Nationals, I helped Lisa Dahl assemble relays, so I've included an article (page 17) about those adventures.

### USAS Convention

Thirteen PNA representatives

(Continued from page 18)

### PNA Board

the couple. Toby is a relative newcomer to Masters swimming, having started swimming laps during the lunch hour only a few years ago. "Working with the PNA Board gives me a chance to learn from a talented and dedicated group," he says.

**Secretary Jo Moore** went to the University of Washington on a swimming scholarship and earned her B.S. in dental hygiene. She has worked for a Bellevue dentist for over 25 years. And she's been married for nearly three decades. "We're going on a children's dental mission trip to Jamaica in November to celebrate 30 years of marriage and our 30 years serving nursing home residents in the Puget Sound," says Jo.

**At-Large Rep Kathy Casey** is a special education teacher at the alternative high school in the Clover Park School District in Lakewood and coaches girls' high school swimming and diving. She joined Masters swimming in 1978. She has served on the PNA board in a variety of positions. At her first USMS convention in 1983, she learned the organization wanted its

will be attending the USAS convention September 26-30, this year in Anaheim. Look for an article in the November issue summarizing the annual business meeting that keeps Masters Swimming vibrant and functioning.

And start planning for upcoming events. Still time to do open water and long distance events to test your stamina and courage. Pool meets coming up and another clinic, too. *Check out the calendar on page 3.* Remember to sign up early. See you in the water!

own rule book. "I thought to myself, now that's something I'd like to work on." She later co-chaired the ad hoc Rule Book Committee that produced the first four USMS Rule Books, and she currently chairs the USMS Rules Committee.

**At-Large Rep Herb Cook** is a (mostly) retired journalist and publisher, recently relocated from Ohio to Gardiner, about halfway between Port Townsend and Sequim on the Olympic Peninsula. A mediocre backstroker in his school days, Herb recently "aged up" to 65-69, now swims mostly distance freestyle and looks forward to entering some of Washington's great open water swims.

**At-Large Rep Tom Foley** has been active in PNA since its inception in 1972, when he swam in the first PNA meet. He served as PNA's first vice president and its second president. For many years, he's been PNA historian, an at-large rep and a member of the Tiger swim team. He also takes pictures for *The WetSet* and recently managed the Hospitality Room at the USMS SC Nationals.

(Continued on page 23)



## Four NEO Swimmers Plunge into This Year's Sharkfest and Live to Tell About It

By Frank Leonard

On June 10, four members of Robin O'Leary's North End Otters (NEO) — Zach Brittle, Cathy Cooley, Mike McColly and Frank Leonard — braved the frigid waters of San Francisco Bay to participate in the annual Sharkfest swim from Alcatraz to Aquatic Park.



Sharkfest is a 1.5-mile open water swim with two divisions: wetsuit and non-wetsuit. It starts with all 800-plus swimmers parading from Aquatic Park along the Fisherman's Wharf waterfront at 7:45 a.m. to the Blue and Gold ferry dock. There everyone boards and is taken to "The Rock." Then the crews urge swimmers off the boats by opening the gangway doors on both sides of the vessels and having swimmers jump three-by-three into the Bay feet first, a five-foot drop.

### Icy Waters

The water was chilly; in fact, two swimmers were plucked from it during the race and taken to a local hospital with hypothermia. Immersion into the green, 58° degree water produces a sanity check. Once you come up for air,



(From left): Zach Brittle, Cathy Cooley, Frank Leonard and Mike McColly

you force yourself to breathe and start thrashing your way to the kayak-formed starting line. Your arms and legs tingle as your body asks what you're trying to prove. At this moment many swimmers are whooping and hollering with excitement — or is it pain?

### Jostling for Position

Before you realize it, the horn sounds on one of the ferries and a froth of white moves forward from the line as swimmers jostle for room. Waves, rollers and swimmers all fight for place as the race proceeds. Sighting on your landward target becomes difficult when you're surrounded by people wanting you out of their way. Finding a clear path and focusing on the lead boat requires luck and timing. Occasional pockets of warm water surprise, then disappoint, you as you move too quickly through them.

Approaching the entrance to Aquatic Park, you thread your way through a 75-yard-wide opening. If you misjudge the current, you must swim upstream to get through. Judge right, though, and you can gain valuable time by slid-

ing in with it. Then it's a full sprint for the last 500 yards to the beach where the crowd is cheering and warm drinks, bananas and energy bars await.

### Zach Vows to Return

This was the first Sharkfest for Zach, the NEOphyte of the group, who swam in the wetsuit division. He vowed to return next year and beat his time of 40:53.5. Cathy, Mike and Frank were "skin" swimmers. Cathy and Mike won their age groups in times of 32:16.8 and 33:57.5, respectively. Frank came in third in his age group with a time of 36:45.0.

It is a great swimming event. Try it sometime, you might get hooked!

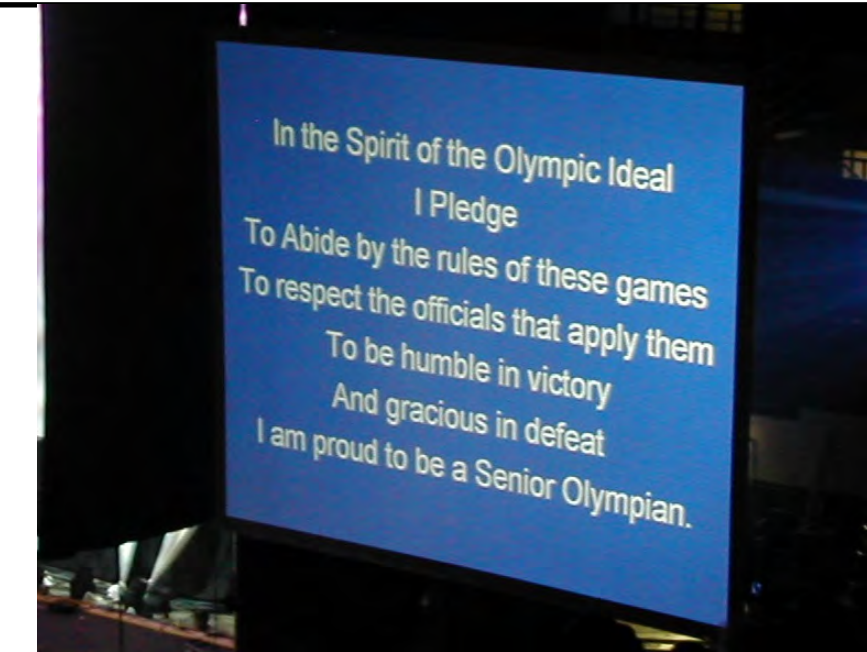
**SIGN UP FOR  
SEPT. 24 & 25  
SWIM CLINIC  
FLIER/SIGN-UP  
FORM ON PAGE  
24.**

## PNA Members Shine at Senior Games

By Steve Peterson

**F**ounded in 1985, the National Senior Games Association (NSGA) promotes active lifestyles for adults 50 and over – like me! Headquartered in Baton Rouge, the NSGA governs the *Summer National Senior Games* – the “Senior Olympics” – that have been held every odd year since 1987. This year, 11,000-plus athletes, including 79 from Washington, descended upon Louisville, Ky. to participate in 18 different sports.

To qualify, swimmers must have placed third or better in the preceding year’s *state* Senior Games meet. PNA first recognized our state’s qualifying meet last summer, and recognized this year’s meet, held in Lacey in July 29 and the Northwest Senior Games in Kirkland in June. Having



qualified in several events, I decided to join the 13 other Washington swimmers heading to Louisville.

### Two Swimming Meets

Meet director Bill Tingley, who also is USMS Liaison to the National Senior Games, conducted a meet the caliber of a Masters Nationals at the University of Louisville’s Wright Natatorium. Actually *two* meets: the 480 swimmers 65

and up used two courses over June 27-29 (Wed-Fri), while the 360 of us 50 to 64 used a single course over the following Sat-Sun-Mon, a concession to keep the days shorter and to those of us not yet retired.

The level of competition is rising as the Games become more popular and well-attended, and I saw many fast times from swimmers I haven’t seen at Masters meets.

### PNA Members at the Games

Our Washington contingent included PNA members Karen Bryce, Marion Chadwick, Bobbi Malone, Dave Newton, Anne Olson, Bernice Phillips, Gloria Tolaro, Livia Walker, Barbara Young (see photo on bottom left of page) and me, plus Vinus Van Baalen (SDSM) and Frank Warner (TYR) and two other non-Masters men, one of whom also competed in Track and Field.

Vinus medaled in five of his six events (gold in 50 and 100 Back), Gloria got gold in her 50 Back, while Bernice, who medaled in four of her five events, earned gold in her 100 Back. Frank, just off minor



Anne Olson, Karen Bryce, Gloria Tolaro, Bernice Phillips; Livia Walker, Marion Chadwick, Bobbi Malone (missing only Barbara Young of the eight female Senior Olympics swimmers representing Washington – all PNA members!)

(Continued on page 23)



(Continued from page 22)

**Senior Games**

heart surgery six weeks before, got bronze in 100 Free and tied for silver in 50 Back. The rest of us managed places from 26<sup>th</sup> through silver for totals of four gold, eight silver and five bronze. Curiously, none of us swam the Butterfly events and I was the sole competitor to choose the 200 IM (3<sup>rd</sup>) and 200 Breast (2<sup>nd</sup>).

**A Few Quirks**

There are some differences between the national meet and our state meet. The latter includes 25-yard events; the national meet does not. The 14 national events include 50-, 100- and 200-yard distances in all strokes except Butterfly – there’s no 200! The longest distance is 500 Free.

Only one state has no state Senior Games, so there were no competitors from Oregon. There were two from Canada and dozens from D.C. Seed times are submitted by each State’s organization, not the athletes, so there were some curious seedings as a consequence.

Louisville did a great job supporting these Games. Bus transportation was efficient and free; the Athletes Village featured entertainment (blind country musician Ronnie Milsap was the headliner, and Richard Simmons conducted “the world’s largest senior workout”); a food court; a cyber café for us email junkies; and – of course – lots of information from pharmaceutical companies, financial planners and retirement living developments. *GeezerJock* magazine even published a daily newspaper with athlete profiles, photos and event listings.

For those of you soon to be 50 or older, consider swimming in next summer’s state Senior Games to qualify for the 2009 Senior Olympics – at Stanford University!

**Canada Day Challenge Open Water Swim – Sasamat Lake  
July 1, 2007  
Port Moody, B.C.**

A dozen PNA swimmers wandered up to British Columbia in early July to participate in the annual Canada Day swim at Sasamat Lake. Below are the results for these adventurous souls.

2K	age group (106 total)	place/overall (52 M, 54 W)	place/sex	place/age group	time
Bob Fish	40-44	2 <sup>nd</sup>	2 <sup>nd</sup>	1 <sup>st</sup>	27:21
Linda Hegeberg	35-39	3 <sup>rd</sup>	1 <sup>st</sup>	1 <sup>st</sup>	27:26
James McCleery	60-64	5 <sup>th</sup>	4 <sup>th</sup>	1 <sup>st</sup>	28:04
Sally Dillon	60-64	20 <sup>th</sup>	9 <sup>th</sup>	1 <sup>st</sup>	32:55
4K	age group (111 total)	place/overall (64 M, 47 W)	place/sex	place/age group	time
Alan Bell	55-59	10 <sup>th</sup>	9 <sup>th</sup>	1 <sup>st</sup>	53:24
Bob Schlemmer	45-49	11 <sup>th</sup>	10 <sup>th</sup>	2 <sup>nd</sup>	53:26
Maggie Kinsella	50-54	23 <sup>rd</sup>	6 <sup>th</sup>	2 <sup>nd</sup>	59:14
Karin Gardner	35-39	32 <sup>nd</sup>	10 <sup>th</sup>	1 <sup>st</sup>	1:01:35
Alex Ryan	45-49	50 <sup>th</sup>	33 <sup>rd</sup>	6 <sup>th</sup>	1:06:03
Liz Shimizu	40-44	53 <sup>rd</sup>	19 <sup>th</sup>	5 <sup>th</sup>	1:07:02
Greg Bugyis	25-29	59 <sup>th</sup>	37 <sup>th</sup>	7 <sup>th</sup>	1:08:36
Tatyana Mishil	40-44	61 <sup>st</sup>	23 <sup>rd</sup>	5 <sup>th</sup>	1:10:30

(Continued from page 20)

**New Officers**

#####

It wouldn’t be appropriate to say hello to the new officers without thanking the three outgoing ones.

**Jeanne Ensign**, a CPA, was a tireless PNA president. Her devotion and dedication to PNA and USMS was recently recognized when she became this year’s recipient of the Ransom J. Arthur Award. (See story on page 15.) Jeanne swims with GLAD.

**Sarah Welch**, outgoing PNA treasurer, swims with SSRN and is the retired finance director of Seattle Parks & Recreation.

**Hugh Moore**, PNA’s outgoing secretary, is a Boeing engineer who has faithfully served PNA for years and, along with his wife Jane, is a past recipient of the Ransom J. Arthur award. Hugh swims with FWM.

When you see any of these folks at meets, say hi. They’re the people who help PNA remain a first-class LMSC.



*PNA President Steve Peterson at the Senior Games with a friend*



**Freestyle Clinic:** Tired of your old freestyle stroke? Do you seem to work harder but not go any faster? Would you like to become a more efficient -- and faster -- swimmer?

**Multi-Stroke Swim Clinic:** Using simple terms, in water drills and a lot of FUN, Karlyn and Eric will teach you the **SECRETS** to a more efficient (and easier)

**Breaststroke                      Backstroke                      Butterfly**

*You do not need to swim all three strokes to participate...you can decide that day*

PNA has invited **Karlyn Pipes-Neilsen** and **Eric Neilson** to conduct one freestyle and one stroke clinics in September in the Seattle/Bellevue area. Each clinic will be limited to 20 swimmers and cost \$95. Freestyle Clinic: Monday, September 24 5-9 pm and Stroke Clinic Tuesday, September 25, 5-9 pm

**These clinics will offer video taping and feedback, step-by-step stroke progression, Emphasis on correct head and body position, gradual progression to a faster, more efficient stroke, training and recovery suggestions.**

**Location: Seattle University, Connolly Center, 550 14<sup>th</sup> Avenue (14<sup>th</sup> Avenue at East Cherry Street.) For more information or directions call Connolly Center: (206) 296-6441.** Bring suit, towel, sweats, etc., so you're comfortable in and out of the water. Bring swim fins for the drill session. Snacks provided

**Karlyn Pipes-Neilsen:** Has set a World record in every stroke! She is a 2007 inductee into the International Masters Swimming Hall of Fame, the 2004 World Masters Swimmer of the Year, currently holds 42 FINA Masters World records and is an open-water champion. For articles about swimming, information about Aquatic Edge swim camps and clinics, or to see Karlyn's complete bio, please visit [www.aquaticedge.org](http://www.aquaticedge.org)

**Eric Neilson:** A tried and true multi-sport athlete with over 15 years of experience coaching and teaching both masters & youth swimmers. Eric is also an All-American masters swimmer and a 2:57 marathon runner. Eric is a certified Level 4 coach by the American Swim Coaches Assoc. (ASCA)

Karlyn's DVD **Go Swim Freestyle Swimming with Karlyn Pipes-Neilsen** will be available at the clinic at a reduced price. For a great swimming resource and to preview Karlyn's DVD visit [www.goswim.tv](http://www.goswim.tv)

**Cost is \$95 Or \$170 for both clinics (save \$20). Space is limited to 20 participants each day.**

**Registration form and check made to PNA go to:** Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144. If you are not a registered USMS swimmer, you may request a 'day of event' registration for and additional \$10. Forms will be available at the clinic.

Contact Sarah Welch at [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net) or call 206-723-1814 for more information.

✂-----

**Freestyle: Mon. Sept 24 5 pm**

**Stroke: Tues. Sept 25 5 pm**

First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Cell \_\_\_\_\_ Email: \_\_\_\_\_@\_\_\_\_\_

USMS Reg Number: \_\_\_\_\_ Age: \_\_\_\_\_

Describe your swimming level:     beginner     intermediate     masters     multi-sport

Please identify one goal for the clinic:

\_\_\_\_\_



# 10<sup>th</sup> ANNUAL SHORT COURSE METERS PENTATHLON MEET WITH ADDITIONAL "BRUTE" DIVISION

Hosted by North Whidbey Masters (Sanction #0367-06)

ORDER 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:** Sunday, September 23, 2007

**TIME:** 1500 – Warm-up at 9 am, meet starts at 10 am  
check-in by 9:30 am  
Pentathlon - Warm-up 11 AM Meet starts at noon.  
Check-in by 11:30 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: salswmmr@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 2007 USMS or MSC registered swimmers 18 and above as of 9/23/2007. Age groups based upon the swimmer's age as of 12/31/07. Entries must be received by the meet director by Saturday, September 15 with the following exception: **Race day entries will be accepted for an additional \$5.00 (US) late fee until 9:30 am for the 1500 free and 11:30 am for all other events.**

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

**TIMING:** Electronic timing will be used.

**AWARDS:** All participants will receive a participation certificate. 1<sup>st</sup>-3<sup>rd</sup> place rosette ribbons will be presented to the swimmers with the fastest cumulative times in each age group for each division of competition. No separate awards will be given for individual events.

**THE COMPETITION:** In order to receive awards, swimmers must enter and finish 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

Pentathlon/brute results will be calculated by adding the total time swum in the division's events. Swimmers 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 (i.e. 200 = 20 second penalty). Swimmers who try to abuse the disqualification system will be eliminated from the competition. There will be a **brief** break after each stroke series.

**WEB SITE:** Visit the PNA website at [www.swimpna.org](http://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.**

# 10<sup>th</sup> Annual Short Course Meters Pentathlon + Brute event

Sunday, September 23, 2007

(Sanction #0367-06)

NAME: \_\_\_\_\_ M F AGE AS OF 12/31/2007: \_\_\_\_\_  
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, 2007)							
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: \$15 (\$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 for an additional US \$5.00 late fee (see Eligibility)

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

Pre-entries must be **received** no later than Saturday, September 15, 2007. **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: \_\_\_\_\_

PNA Local Masters Swimming Committee  
**6<sup>th</sup> Annual BAMFEST SCY Swim Meet- Sanction # 0367-07**  
 Hosted by Bainbridge Area Masters (BAM)

ORDER OF EVENTS Modified "High School" Format	
#	EVENT
1 & 2	200 MEDLEY RELAY W/M
3	200 FREE
4	50 BACK
5	200 IM
6	50 FREE
15 minute Break	
7	100 FLY
8	50 BREAST
9	100 FREE
10	500 FREE
11	100 IM
12 & 13	200 FREE RELAY W/M
14	100 BACK
15	50 FLY
16	100 BREAST
17	200 Mixed Fantasy Relay

**DATE & TIME:** Saturday, October 27, 2007  
 Warm-up: 9:00 AM Meet starts: 10:00 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; pool  
 phone: 206-842-2302. 25-yard course with six  
 lanes used for competition and two lanes for  
 continuous warm-up and cool down in a separate  
 pool. The hot tub will be available during the  
 meet for competitors only. Electronic timing will  
 be used.

**DIRECTIONS:**  
*From Seattle:* Take the 7:55 AM ferry to Bainbridge  
 Island. Proceed on SR305 exactly one mile to NE High  
 School Road. Turn left (west) on High School Rd. Turn  
 right (north) at traffic circle onto Madison Ave. Take  
 first left for driveway entrance to pool.  
*From West sound:* Take SR305 to Madison Ave. N and  
 turn right (south). Proceed 0.6 miles to the pool.

**ELIGIBILITY:** Open to all 2006 USMS registered  
 swimmers age 18 and above on 10/27/07. Age  
 groups determined by the swimmer's age on  
 10/27/07.

**RULES:** Current USMS rules will govern meet.

**AGE GROUPS** (individual events): 18-24, 25-29,  
 and 5-year age groups as high as necessary.

**RELAYS:** Deck-enter relays at the meet. Age groups 18+, 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 will be announced at the meet.  
 (NOTE: the relay often utilizes inner tubes, backwards swimming, water polo balls,  
 sculling, flower caps, and/or other exciting and goofy challenges).

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

**MEET DIRECTOR:** Tara Simsak [TaraSimsak@aol.com](mailto:TaraSimsak@aol.com), 206-780-3687; 206-550-2969

**WEBSITE:** For more information, visit the PNA website ([www.swimpna.org](http://www.swimpna.org)), or  
 BAM website [www.bainbridgeaquaticmasters.org](http://www.bainbridgeaquaticmasters.org)

**SAFETY FIRST**

**No diving during warm-up/warm-down except into designated sprint lanes.**

**MEET ENTRY FORM: October 27, 2007 6<sup>th</sup> Annual BAMFEST**  
 Hosted by Bainbridge Area Masters (BAM) - Sanction # 0367-07

NAME: \_\_\_\_\_ M F AGE (on10/27/07) \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
 \_\_\_\_\_

E-MAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ USMS# \_\_\_\_\_ Team or Unattached \_\_\_\_\_  
 Include a copy of your current Masters Registration card if you are not a PNA member.

EMERGENCY CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

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

EVENT #	EVENT NAME	SEED TIME (Short Course Yards)

ENTRY FEES: \$ 13.00 Surcharge (Includes LMSC & electronic timing fees)

Individual Events: \$ \_\_\_\_\_ \$1.00 per event. No charge for relays.  
 Optional for age 65 and over, or if needs based.

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

Mail this entry form and fees to: **BAM**  
 PO Box 10848  
 Bainbridge Island, WA 98110

**Entries must be postmarked by Oct. 16 or received by Oct. 20, 2007.**

Late entries will not be accepted.

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

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

United States Masters Swimming, Inc

2007 Membership Application

Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

(Old Number if available \_\_\_\_\_)

2007 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.)

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

Telephone: ( )
2nd Phone: ( )

If you coach a Masters swim team check here
I am interested helping the PNA committee

CLUB: Pacific NW Aquatics (PNA) OR Unattached
AND Team: OR Unattached

Choose a membership level A or B below.

- A. Regular: 11/01/06 thru 12/31/07 \$35
B. Need-based or Seniors (65 & over): \$25
C. After September 1, 2007 to Dec. 2007 \$25

Make check payable to: PNA
Mail to: PNA Registrar, Arni H. Litt,
P O Box 12172
Seattle, WA 98102-0172

Optional Donations:
USMS Endowment Fund \$
International Swimmers Hall of Fame \$
TOTAL \$

Questions: (206) 849-1387, arni@qwest.net

On rare occasions, USMS may need to inform you of important issues. I DO / DO NOT wish to receive these.
A USMS sponsor may wish to offer you information emailed from the USMS National Office. I DO / DO NOT wish to receive this.
(Email addresses are not supplied to the sponsor.)

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

TEAMS

- BAM: Bainbridge Area Masters
BADD: Bellevue Aquatic Divas & Dudes
BC: Bellevue Club
BEST: Bellevue Eastside Masters
BMSC: Bellingham Masters Swim Club
BYMS: Briggs YMCA Masters Swim
CAC: Columbia Athletic Masters
DSYM: Downtown Seattle YMCA Masters
ECMT: Emerald City Multisport Team
ESC: Evergreen Swim Club Masters
FSJ: Fins of the San Juans
FTSW: Ft. Steilacoom - WAKO
GACM: Gateway Athletic Club
GLAD: Greenlake Aquaducks
GCMS: Gold Creek Masters (GCM)
GC: Gordon Club
HMST: Husky Masters
IST: Issaquah Swim Team
LOGS: Logger Masters
LLUA: Little Lebowksi Urban Achievers
LUNA: Team Luna
LWS: Lynnwood Sharks
MAMS: Middle Aged Marlin Swimmers
MICC: Mercer Island Country Club
MIR: Mercer Island Redwoods
MMM: Mighty Marlin Masters
NHM: Newport Hills Masters
NEO: North End Otters
NSYG: Northshore Y's Guys
NWM: North Whidbey Masters
OST: Ohana Swim Team
OOPS: Old Olympic Peninsula Swimmers
ORCA: Orca Swim Club
PAC: Poseidon Aquatic Club
PSC: Phinney Ridge Swim Club
PTMS: Port Townsend Master Swimmers
PRO: Pro Sports Club
QASC: Queen Anne Swim Club
RAH: Redmond Aqua Hotshots
RAT: Rice Athletic Team
RFST: Redmond Foothills Swim Team
SAMM: Samena Club
SAC: Seattle Athletic Club
SVY: Skagit Valley YMCA
SSTM: South Sound Titans Masters
SWIM: South Whidbey Island Masters
STRM: Storm Lake Aquatics
SSRM: Swim Seattle Redhawk Masters
TACY: Tacoma Pierce County YMCA
TACM: Thunderbird Aquatic Masters
TIG: Tigers
TVA: Tumwater Valley Authority
UNAT: Unattached to a Team
UPAC: University Place Aquatic Club
VFC: Valley Fitness Center
VAC: Vashon Aquatic Masters
WAC: Washington Athletic Club
WEST: West Coast Aquatics Masters
WSAS: West Seattle All-Stars
WSYD: West Seattle YMCA Dolphins
WWUS: Western WA U Masters Swimming
WCY: Whatcom County YMCA
YNOT: Y Nauts



## 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, PO Box 12172, Seattle, WA 98102-0172

**\*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 \_\_\_\_\_

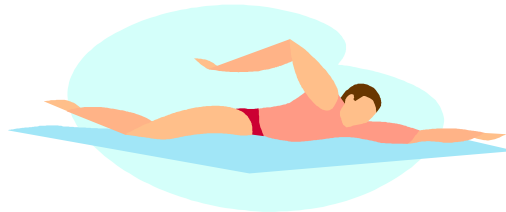
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