



Wow! Three World Records Set At Tenth 10th Annual NWM Pentathlon

By Sally Dillon

Karlyn Pipes-Neilsen helped North Whidbey Masters (NWM) celebrate their 10th Annual Pentathlon by setting three — *count 'em, three* — world records. She bettered the existing 45-49 age group short course meter record in the 50 meter fly with a time of 29.98, going head to head with the existing national record holder, Lisa Dahl (BAM). And Karlyn clocked in at 1:06.44 in the 100 meter back and 5:09.02 in the 400 meter IM, in this last event breaking her own record by nearly six seconds.

A resident of Kona, Hawaii, Karlyn was in the Pacific Northwest to conduct two clinics for PNA swimmers, on Monday and Tuesday evenings after Sunday's Pentathlon. At the end of that week, she was inducted into the International Masters Swimming Hall of Fame in a ceremony at the USAS Convention in Garden Grove, Calif.

At the Pentathlon, Karlyn was one of 61 competitors, including fifteen deck entries. Participants included a few swimmers from Oregon and a dozen from British Columbia.



Photo by Steve Peterson

From left: Sarah Welch (SSRM); Lisa Dahl (BAM); Karlyn Pipes-Neilsen from Kona, who set three World records; and Jim McCleery (NWM)

Brutes and Animals

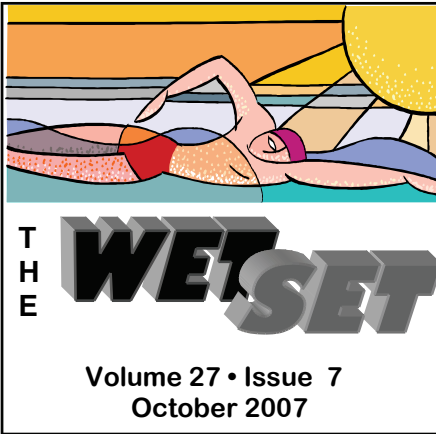
This meet focuses on the pentathlon series — swimming for total time in one distance of each stroke plus an IM. Still, many participants chose alternative events. Nine swimmers took advantage of the 1500 meter Free and one, Kevin Cleary (OREG), competed in the Brute division by also swimming the 200 fly and 400 IM. Five Animals took on the Pentathlon division consisting of 200-meter swims in fly, back, breast and free, in addition to the 400 IM. As usually happens at this meet, most swimmers participated in the shorter-distance pentathlons with the "Sprint" category the most popular (50 of each stroke plus the 100 IM).

(Continued on page 4)

INSIDE



Leading Off	Page 2
Masters Calendar	Page 3
Pentathlon Results	Pages 4-6
Arms Around Bainbridge Island Swim	Page 8
Postal Swims-FAQs	Page 10
BAM Entry Form	Page 13
PNA Registration Form	Page 14



Volume 27 • Issue 7
October 2007

Editor

Paul Freeman (206) 283-3802
515 West Raye St.
Seattle WA 98119
pwriter@blarg.net

PNA Officers

President

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

Vice President

Lisa Dahl (206) 251-1278
lisaisswimming@hotmail.com

Treasurer

Toby Coenen (425) 836-8943
tcoenen@wilsonengineering.com

Secretary

Jo Moore mdec@halcyon.com

Board Members at-Large

Kathy Casey (253) 588-4879
kathyjcasey@comcast.net
Tom Foley (206) 937-5585
lilmot@hotmail.com
Herb Cook
herbcook@att.net

PNA Volunteers

Registrar

Arni Litt (206) 849-1387 (cell)
PO Box 12172
Seattle WA 98102--0172
PNARegistrar@usms.org

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

Suddenly fall is upon us – open water swims but a memory as our attention turns to indoor swimming. When I left for Convention the weather here and in Anaheim was warm, but when I returned it was raining buckets! Last year, other business diverted me from Convention, but my return this year along with PNA's 12 other representatives was invigorating. United States Masters Swimming is in good hands, great shape and newly focused toward providing better services to its members.

Convention Activities and Thoughts

Next month's *The WetSet* will include details about this year's Convention. For now I'll just offer some highlights and observations. Five days near Disneyland sounds like a vacation, but I assure you that our delegates were busy with little free time to stray. Competing for our attention — and attendance — were 38 meetings, 10 workshops, six social or food events and two orientations. Since our 13 delegates represented 25 memberships on the 19 committees, including three chairs and two vice-chairs, we didn't have any time for Disneyland rides. (Several of us even made all three early morning workouts, despite late philosophical discussions in the hospitality suite the nights before.)

Arni Litt and I are members of the Legislation Committee, for example. This being a Legislation year, rather than a Rules year, we spent about nine hours in five sessions evaluating and voting on 29 proposed changes to USMS administrative bylaws. Nineteen of these were rewrites of our

LEADING OFF



By Steve Peterson,
PNA
President

committee descriptions to better fit the new strategic plan. Sounds boring, but I'm always impressed with the passion that spills forth as the pros and cons are debated. I jumped in to rearrange the wording in the most contentious issue – a proposal to revamp team scoring at nationals – so it could be more easily understood. But the proposal was defeated, destined for rewriting and reconsideration next year as a Rules item.

New Executive Director and Priorities

As most of you are aware, USMS has hired Todd Smith as our first executive director to guide membership growth and strategic planning (see *USMS SWIMMER*, July-August 2007, page 36). I met Todd at our Short Course Nationals last May, then saw him again at Convention in several meetings. His initial seven-page Strategic Plan containing five priorities, was part of our convention packet. The first priority is a logical rearrangement of committees under the four vice presidents. Membership growth and retention is next, followed by club and LMSC development.

Among the 53 LMSCs, PNA is

(Continued on page 7)

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
Visit www.usms.org/fitness for entry form.

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

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 13.

December 4, 2007
PNA Board Meeting
6:45 p.m.
1920 10th Ave. E.
Seattle
RSVP PNARegistrar@usms.org

December 1, 2007
Northwest Zone
Short Course Meters
Anchorage, AK

January 1 to January 31, 2008
USMS One Hour Postal Championships
Mel Goldstein, 317-253-8289, goldstein@sbcglobal.net

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

January 22, 2008
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

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

February 26, 2008
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

March 8, 2008
Orca SCY Meet
Helene Madison Pool
Seattle, Wash.

March 29, 2008
SCY Beat the Clock Meet
Briggs YMCA
Lacey, Wash.

March 25, 2008
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

April 2008 (tentative)
SCY PNA Champs
Weyerhaeuser King County
Aquatic Center
Federal Way, Wash.

April 17 to April 25, 2008
XII FINA Masters World Championships - Perth, Western Australia
LCM; John Lynch, +61894418232, info@2008masters.org; 2008finamasters.org

April 22, 2008
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

Web Guide

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

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

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

(Continued from page 1)

Pentathlon

Everyone a Winner

Every entrant received a certificate of participation, affixed with the finish labels for their individual events. Special ribbons were presented to the top three finishers in each age group for the Pentathlon and Brute divisions. NWM served lunch to the volunteers who worked the full day and also to the 1500 Free swimmers during the break between that first event and the afternoon session.

Cake and Ice Cream

To celebrate the Pentathlon's 10th anniversary, NWM set out, at the end of the meet, an especially tasty cake and Tillamook ice cream for participants. Those who had time afterward (or who didn't think they'd be too badly affected by the annual 10,000-motorcycle "Oyster Run" or one-boat ferry at Keystone) met at the local barbecue restaurant

to trade stories of their Pentathlon triumphs.

Pentathlon Records Compiled

NWM has compiled records for the first nine years of the Pentathlon, and seven swimmers became new record holders at the 2007 event. In the "Sprinter's Choice" division, Lisa Dahl (BAM) set a record of 3:25.14 total time in the 45-49 age group. "Middle Masters" (100's/200 IM) records were set by Andy Ji (White Rock Waves, 19-24), 7:40.48, and Harvey Prosser (NWM, 75-79), 12:38.90. Three "Animals" (200s/400IM) set records. Two of them were NWM's Becky Klieman (40-44), 19:42.77, and Debby Spence (45-49), 18:59.03. The third was Michael Nordby (NEO, 65-69), 20:56.33. Finally, lone "Brute" Kevin Cleary set a 25-29 record of 30:46.90.



10th Annual Short Course Meters Pentathlon September 23, 2007 Oak Harbor, Wash.

P = P.N.A. RECORD
 Z = NORTHWEST ZONE RECORD
 N = NATIONAL RECORD
 W = WORLD RECORD
 S = SPLIT TIME
 U = UNOFFICIAL TIME (1 WATCH)

WOMEN 25-29

50 M. FREE		
LAUREN LOCHNER	29 SSRM	34.42
50 M. BACK		
LAUREN LOCHNER	29 SSRM	43.82
50 M. BRST		
LAUREN LOCHNER	29 SSRM	46.27
50 M. FLY		
LAUREN LOCHNER	29 SSRM	42.07
100 M. I.M.		
LAUREN LOCHNER	29 SSRM	1:30.32

WOMEN 30-34

100 M. BACK		
DEB NEWMAN	31 MSBC	1:23.43
100 M. BRST		
DEB NEWMAN	31 MSBC	1:35.31
200 M. I.M.		
DEB NEWMAN	31 MSBC	3:17.56

WOMEN 35-39

50 M. FREE		
KRISTI EAGER	35 SWIM	36.29
KRISTINE ANTILLA	39 OST	36.86
K.VERBARENDSE	37 TACM	39.40
JANAE MCCULLOUGH	37 OST	42.47
200 M. FREE		
MEGAN LASSEN	37 BMSC	2:34.08
1500 M. FREE		
MEGAN LASSEN	37 BMSC	23:31.52
50 M. BACK		
MEGAN LASSEN	37 BMSC	38.02
KRISTI EAGER	35 SWIM	43.76
KRISTINE ANTILLA	39 OST	45.65
K.VERBARENDSE	37 TACM	47.07
JANAE MCCULLOUGH	37 OST	50.08
50 M. BRST		
MEGAN LASSEN	37 BMSC	42.65
KRISTINE ANTILLA	39 OST	47.38
KRISTI EAGER	35 SWIM	49.40
K.VERBARENDSE	37 TACM	51.03
JANAE MCCULLOUGH	37 OST	55.58
50 M. FLY		
KRISTINE ANTILLA	39 OST	42.12
KRISTI EAGER	35 SWIM	43.43
K.VERBARENDSE	37 TACM	50.90
JANAE MCCULLOUGH	37 OST	53.55
100 M. I.M.		
MEGAN LASSEN	37 BMSC	1:21.03

Photo by Steve Peterson



In front (from left), Deb Newman and Kathy Graham from Semiahmoo Masters, Surrey BC., along with Karlyn Pipes-Neilsen



KRISTINE ANTILLA 39 OST 1:33.92
 KRISTI EAGER 35 SWIM 1:34.84
 K.VERBARENDSE 37 TACM 1:41.04
 JANAE MCCULLOUGH 37 OST 1:47.90

WOMEN 40-44

50 M. FREE
 KATHY ROGERS 40 SWIM 35.33
 RUTH MASTERS 40 TACM 40.93
 200 M. FREE
 BECKY KLIEMAN 44 NWM 2:44.42
 50 M. BACK
 RUTH MASTERS 40 TACM 46.59
 KATHY ROGERS 40 SWIM 46.87
 200 M. BACK
 BECKY KLIEMAN 44 NWM 3:15.85
 50 M. BRST
 KATHY ROGERS 40 SWIM 50.57
 RUTH MASTERS 40 TACM 1:03.24
 200 M. BRST
 BECKY KLIEMAN 44 NWM 3:35.89
 50 M. FLY
 KATHY ROGERS 40 SWIM 41.62
 RUTH MASTERS 40 TACM 46.07
 200 M. FLY
 BECKY KLIEMAN 44 NWM 3:25.82
 100 M. I.M.
 KATHY ROGERS 40 SWIM 1:35.74
 RUTH MASTERS 40 TACM 1:45.19
 400 M. I.M.
 BECKY KLIEMAN 44 NWM 6:40.79

WOMEN 45-49

50 M. FREE
 LISA DAHL 46 BAM 28.63
 RHONDA ANSLOW 49 WRW 38.69
 100 M. FREE
 WENDY HOFFMAN 45 MICC 1:20.18
 KATHY GRAHAM 49 MSBC 1:21.31
 200 M. FREE
 DEBBY SPENCE 45 NWM 2:44.25
 50 M. BACK
 LISA DAHL 46 BAM 34.16
 RHONDA ANSLOW 49 WRW 49.33
 100 M. BACK
 K.PIPES-NEILSEN 45 SDSM 1:06.44W
 KATHY GRAHAM 49 MSBC 1:27.74
 WENDY HOFFMAN 45 MICC 1:35.44
 200 M. BACK
 DEBBY SPENCE 45 NWM 3:05.19
 50 M. BRST
 LISA DAHL 46 BAM 37.82Z
 RHONDA ANSLOW 49 WRW 52.20
 100 M. BRST
 KATHY GRAHAM 49 MSBC 1:44.27
 WENDY HOFFMAN 45 MICC 1:45.78
 200 M. BRST
 DEBBY SPENCE 45 NWM 3:23.21
 50 M. FLY
 K.PIPES-NEILSEN 45 SDSM 29.98W
 LISA DAHL 46 BAM 30.95
 RHONDA ANSLOW 49 WRW 41.51
 100 M. FLY
 KATHY GRAHAM 49 MSBC 1:29.21
 WENDY HOFFMAN 45 MICC 1:41.12
 200 M. FLY
 DEBBY SPENCE 45 NWM 3:16.36P
 100 M. I.M.
 LISA DAHL 46 BAM 1:13.58
 RHONDA ANSLOW 49 WRW 1:38.11
 200 M. I.M.
 KATHY GRAHAM 49 MSBC 3:15.89
 WENDY HOFFMAN 45 MICC 3:19.33
 400 M. I.M.
 K.PIPES-NEILSEN 45 SDSM 5:09.02W
 DEBBY SPENCE 45 NWM 6:30.02

WOMEN 50-54

50 M. FREE
 MIRTHA VEGA 52 UNAT 54.88

1500 M. FREE
 DEBBIE GALLO 53 NWM 27:36.01
 50 M. BACK
 MIRTHA VEGA 52 UNAT 1:08.75
 50 M. BRST
 MIRTHA VEGA 52 UNAT 1:19.61
 50 M. FLY
 MIRTHA VEGA 52 UNAT 1:17.75
 100 M. I.M.
 MIRTHA VEGA 52 UNAT 2:29.08

WOMEN 55-59

50 M. FREE
 JEAN BLACKBURN 56 FWM 38.14
 50 M. BACK
 JEAN BLACKBURN 56 FWM 49.49
 50 M. BRST
 JEAN BLACKBURN 56 FWM 52.02
 50 M. FLY
 JEAN BLACKBURN 56 FWM 43.99
 100 M. I.M.
 JEAN BLACKBURN 56 FWM 1:39.52

WOMEN 60-64

50 M. FREE
 JEANNE ENSIGN 61 GLAD 48.69
 100 M. FREE
 SARAH WELCH 60 BAM 1:19.44P
 ARNI LITT 61 GLAD 1:30.22
 1500 M. FREE
 JOAN DELGADO 62 NWM 27:15.78P
 50 M. BACK
 JEANNE ENSIGN 61 GLAD 1:02.47
 100 M. BACK
 SARAH WELCH 60 BAM 1:40.12
 ARNI LITT 61 GLAD 2:00.75
 50 M. BRST
 JEANNE ENSIGN 61 GLAD 1:18.89
 100 M. BRST
 ARNI LITT 61 GLAD 1:47.91
 SARAH WELCH 60 BAM 1:48.30
 50 M. FLY
 JEANNE ENSIGN 61 GLAD 1:07.91
 100 M. FLY
 SARAH WELCH 60 BAM 1:32.17Z
 ARNI LITT 61 GLAD 1:58.22
 100 M. I.M.
 JEANNE ENSIGN 61 GLAD 2:22.17
 200 M. I.M.
 SARAH WELCH 60 BAM 3:22.07P
 ARNI LITT 61 GLAD 3:51.97

WOMEN 65-69

200 M. BRST
 BONNIE PRONK 65 MSBC 3:25.23
 50 M. FLY
 BONNIE PRONK 65 MSBC 41.78
 200 M. I.M.
 BONNIE PRONK 65 MSBC 3:14.96

WOMEN 75-79

50 M. FREE
 JANET KAVADAS 76 NEO 1:03.23
 50 M. BACK
 JANET KAVADAS 76 NEO 1:10.13
 50 M. BRST
 JANET KAVADAS 76 NEO 1:14.81
 50 M. FLY
 JANET KAVADAS 76 NEO 1:51.61
 100 M. I.M.
 JANET KAVADAS 76 NEO 2:44.62

MEN 19-24

50 M. FREE
 JORDAN RICE 23 RAT 27.04
 100 M. FREE
 ANDY JI 24 WRW 1:01.97
 ALEX BRONSON 24 NAVY 1:06.31

1500 M. FREE
 KEVIN CLEARY 24 OREG 21:52.39
 50 M. BACK
 JORDAN RICE 23 RAT 34.30
 100 M. BACK
 ALEX BRONSON 24 NAVY 1:09.23
 ANDY JI 24 WRW 1:15.67
 50 M. BRST
 JORDAN RICE 23 RAT 34.47
 100 M. BRST
 ALEX BRONSON 24 NAVY 1:17.52
 ANDY JI 24 WRW 1:18.08
 50 M. FLY
 JORDAN RICE 23 RAT 30.69
 100 M. FLY
 ANDY JI 24 WRW 1:13.10
 200 M. FLY
 KEVIN CLEARY 24 OREG 2:48.01
 100 M. I.M.
 JORDAN RICE 23 RAT 1:09.32
 200 M. I.M.
 ALEX BRONSON 24 NAVY 2:30.34
 ANDY JI 24 WRW 2:37.00
 400 M. I.M.
 KEVIN CLEARY 24 OREG 6:06.50

MEN 25-29

50 M. FREE
 DIMITRI PARAMONOV 29 UNAT 27.31
 NICK CONNOLLY 29 NWM 27.57
 50 M. BACK
 NICK CONNOLLY 29 NWM 34.85
 50 M. BRST
 DIMITRI PARAMONOV 29 UNAT 35.40
 NICK CONNOLLY 29 NWM 39.09
 50 M. FLY
 NICK CONNOLLY 29 NWM 30.98
 100 M. I.M.
 NICK CONNOLLY 29 NWM 1:15.36

MEN 30-34

100 M. FREE
 STEVEN ROSARIA 33 PRO 1:03.52
 200 M. FLY
 STEVEN ROSARIA 33 PRO 3:02.52

MEN 35-39

50 M. FREE
 DAVID MARGRAVE 36 SAMM 29.09
 RONALD ALLEN 38 UNAT 32.06
 KERRY NESS 38 SVY 37.09
 200 M. FREE
 JASON LASSEN 35 BMSC 3:01.25
 1500 M. FREE
 DAVID MARGRAVE 36 SAMM 21:57.23
 JASON LASSEN 35 BMSC 26:48.87
 50 M. BACK
 RONALD ALLEN 38 UNAT 38.88
 KERRY NESS 38 SVY 48.48
 200 M. BACK
 JASON LASSEN 35 BMSC 3:25.00
 50 M. BRST
 DAVID MARGRAVE 36 SAMM 41.02
 RONALD ALLEN 38 UNAT 41.82
 KERRY NESS 38 SVY 42.16
 50 M. FLY
 DAVID MARGRAVE 36 SAMM 33.08
 RONALD ALLEN 38 UNAT 35.07
 KERRY NESS 38 SVY 40.20
 JASON LASSEN 35 BMSC 42.88
 100 M. I.M.
 DAVID MARGRAVE 36 SAMM 1:16.87
 RONALD ALLEN 38 UNAT 1:22.52
 KERRY NESS 38 SVY 1:33.77
 200 M. I.M.
 JASON LASSEN 35 BMSC 3:12.05

MEN 40-44

50 M. FREE		
SEAN CASSADY	41 IST	32.66
100 M. FREE		
GANO BUTCHER	43 OREG	59.69
200 M. FREE		
DAVID KAYS	40 PRO	2:07.39
50 M. BACK		
SEAN CASSADY	41 IST	42.08
100 M. BACK		
GANO BUTCHER	43 OREG	1:08.40
200 M. BACK		
DAVID KAYS	40 PRO	2:37.03
50 M. BRST		
SEAN CASSADY	41 IST	44.84
100 M. BRST		
GANO BUTCHER	43 OREG	1:26.41
200 M. BRST		
DAVID KAYS	40 PRO	2:48.87
50 M. FLY		
SEAN CASSADY	41 IST	42.83
100 M. FLY		
GANO BUTCHER	43 OREG	1:15.02
200 M. FLY		
DAVID KAYS	40 PRO	2:30.95
100 M. I.M.		
SEAN CASSADY	41 IST	1:32.50
400 M. I.M.		
DAVID KAYS	40 PRO	5:13.39

MEN 45-49

50 M. FREE		
KEITH KENDAL	46 MSBC	30.41
100 M. FREE		
COLIN CHINN	49 NWM	1:03.35
JOHN HODSON	48 NAVY	1:12.50
1500 M. FREE		
PAUL IKEDA	48 ORCA	25:11.13
50 M. BACK		
KEITH KENDAL	46 MSBC	38.62
100 M. BACK		
JOHN HODSON	48 NAVY	1:24.16
COLIN CHINN	49 NWM	1:25.40
50 M. BRST		
KEITH KENDAL	46 MSBC	39.69
100 M. BRST		
COLIN CHINN	49 NWM	1:24.49
JOHN HODSON	48 NAVY	1:30.97
50 M. FLY		
PAUL IKEDA	48 ORCA	38.16
100 M. FLY		
COLIN CHINN	49 NWM	1:22.12
100 M. I.M.		
KEITH KENDAL	46 MSBC	1:18.52
200 M. I.M.		
JOHN HODSON	48 NAVY	2:51.95
COLIN CHINN	49 NWM	2:53.27

MEN 50-54

50 M. FREE		
KEITH WELLMAN	50 SWIM	30.59
JEFF MORRISON	52 TACM	31.59
CHRIS MATHISEN	51 WRW	32.68
BOB HARTWIG	52 FWM	33.69
100 M. FREE		
KEITH WELLMAN	50 SWIM	1:06.87
PATRICK MURPHY	53 SSRM	1:14.80
200 M. FREE		
JOHN MCMANUS	53 NAVY	2:29.77
50 M. BACK		
CHRIS MATHISEN	51 WRW	37.69
BOB HARTWIG	52 FWM	46.29
JEFF MORRISON	52 TACM	47.20
100 M. BACK		
KEITH WELLMAN	50 SWIM	1:21.93
PATRICK MURPHY	53 SSRM	1:33.92
200 M. BACK		
JOHN MCMANUS	53 NAVY	3:01.09
50 M. BRST		
CHRIS MATHISEN	51 WRW	42.31
JEFF MORRISON	52 TACM	46.33
BOB HARTWIG	52 FWM	46.67

100 M. BRST		
PATRICK MURPHY	53 SSRM	1:40.16
200 M. BRST		
JOHN MCMANUS	53 NAVY	3:19.70
50 M. FLY		
KEITH WELLMAN	50 SWIM	35.08
CHRIS MATHISEN	51 WRW	37.56
BOB HARTWIG	52 FWM	39.73
JEFF MORRISON	52 TACM	47.41
100 M. FLY		
PATRICK MURPHY	53 SSRM	1:32.36
100 M. I.M.		
KEITH WELLMAN	50 SWIM	1:17.24
CHRIS MATHISEN	51 WRW	1:24.95
BOB HARTWIG	52 FWM	1:30.63
JEFF MORRISON	52 TACM	1:36.70
200 M. I.M.		
PATRICK MURPHY	53 SSRM	3:12.16
400 M. I.M.		
JOHN MCMANUS	53 NAVY	6:19.96

MEN 55-59

50 M. FREE		
MICHAEL SPENCE	56 NWM	42.59
1500 M. FREE		
WILLIAM PENN	56 TVA	19:10.28
50 M. BACK		
MICHAEL SPENCE	56 NWM	1:00.81
50 M. BRST		
MICHAEL SPENCE	56 NWM	54.22
50 M. FLY		
MICHAEL SPENCE	56 NWM	1:09.75
100 M. I.M.		
MICHAEL SPENCE	56 NWM	2:19.79

MEN 60-64

50 M. FREE		
BRIAN STATON	60 MSBC	29.52
PAUL MONOHON	62 TACM	32.76
JEFF JACOBSEN	63 SWIM	38.94
100 M. FREE		
STEVEN PETERSON	61 OOPS	1:13.81
50 M. BACK		
BRIAN STATON	60 MSBC	36.51
PAUL MONOHON	62 TACM	38.97
JEFF JACOBSEN	63 SWIM	52.19
100 M. BACK		
STEVEN PETERSON	61 OOPS	1:32.62
50 M. BRST		
PAUL MONOHON	62 TACM	39.00
BRIAN STATON	60 MSBC	41.83
JEFF JACOBSEN	63 SWIM	52.28
100 M. BRST		
STEVEN PETERSON	61 OOPS	1:23.29
50 M. FLY		
PAUL MONOHON	62 TACM	32.98
BRIAN STATON	60 MSBC	33.60
JEFF JACOBSEN	63 SWIM	50.84
100 M. FLY		
STEVEN PETERSON	61 OOPS	1:26.80
100 M. I.M.		
BRIAN STATON	60 MSBC	1:20.83
PAUL MONOHON	62 TACM	1:24.43
JEFF JACOBSEN	63 SWIM	1:45.03
200 M. I.M.		
STEVEN PETERSON	61 OOPS	2:59.37

MEN 65-69

50 M. FREE		
LEE CARLSON	67 TACM	40.07
200 M. FREE		
MICHAEL NORDBY	66 NEO	3:03.43
50 M. BACK		
LEE CARLSON	67 TACM	46.26
200 M. BACK		
MICHAEL NORDBY	66 NEO	3:18.69
50 M. BRST		
LEE CARLSON	67 TACM	49.73
200 M. BRST		
MICHAEL NORDBY	66 NEO	3:40.94

50 M. FLY		
LEE CARLSON	67 TACM	47.67
200 M. FLY		
MICHAEL NORDBY	66 NEO	3:44.13
100 M. I.M.		
LEE CARLSON	67 TACM	1:42.69
400 M. I.M.		
MICHAEL NORDBY	66 NEO	7:09.14

MEN 70-74

50 M. FREE		
DON REHFELDT	73 UNAT	43.60
JACK FRITZ	74 UNAT	45.01
100 M. FREE		
BILL KING	74 OREG	1:27.18
1500 M. FREE		
BILL KING	74 OREG	27:41.62
50 M. BACK		
DON REHFELDT	73 UNAT	1:00.26
JACK FRITZ	74 UNAT	1:05.76
50 M. BRST		
DON REHFELDT	73 UNAT	51.07
JACK FRITZ	74 UNAT	1:04.46
50 M. FLY		
DON REHFELDT	73 UNAT	59.44
JACK FRITZ	74 UNAT	1:00.74
100 M. I.M.		
DON REHFELDT	73 UNAT	1:53.31
JACK FRITZ	74 UNAT	2:16.15

MEN 75-79

100 M. FREE		
HARVEY PROSSER	79 NWM	1:33.29
100 M. BACK		
HARVEY PROSSER	79 NWM	2:08.47
100 M. BRST		
HARVEY PROSSER	79 NWM	2:14.72
100 M. FLY		
HARVEY PROSSER	79 NWM	2:25.45
200 M. I.M.		
HARVEY PROSSER	79 NWM	4:16.97

(Continued from page 13)

2008 Registration

Aquatics). You don't need to be a member of a team to be part of Club PNA. There is no disadvantage to change from Unattached to Attached, and no fees when you do it at the time of renewal. However, if later in the year you join a PNA team, you must pay a small transfer fee.

(Continued from page 7)

Leading Off

USMS website is a great resource for details on these and many other topics.

Tip: Your USMS registration number is on the mailing labels of both *The WetSet* and *USMS SWIMMER* magazine!

(Continued from page 2)

Leading Off

fortunate to enjoy ample membership and strong leadership. In contrast, one bylaw change was to adjust and rename the Colorado LMSC to include the recently non-functioning Wyoming one. Stay tuned for more about club and LMSC development.

Dues Increase

Last year we agreed to raise the USMS component by \$5. PNA elected to pass this through without any local change, so our 2008 registration fee will be \$40. Speaking of registration, *at last* on-line registration is close to becoming a reality. If all goes as planned, by January 2008 we'll be able to go on line with a credit card to renew or establish our memberships.

Zone and Nationals Meets Awarded

We also met to award the Zone and national championship events. Our 2007 Northwest Zone Short Course Meters meet will be held in Anchorage on December 1. In the spirit of club assistance, the Northwest Zone agreed to subsidize this meet to cover any moderate pool rental shortfall if fewer than 35 swimmers attend. The 2009 Short Course Nationals will be in Clovis, Calif. (near Fresno), tentatively May 7-10. Indianapolis will host Long Course Nationals, tentatively August 6-10, 2009. And Tacoma's Ohana team will sponsor the 2009 One Hour Postal swim.

Rule changes at USA Swimming's convention affect us as well. USMS will adopt two of their three amendments, to "eliminate inferences" about the

dolphin kick on breaststroke starts and turns and to clarify the arm pull's role in backstroke turns.

Awards, Awards, Awards

Last but not least are recognitions. Arni Litt and yours truly were among a dozen Dorothy Donnelly USMS service award recipients. I sincerely thank our PNA board for my nomination – a totally unexpected surprise. Jeanne Ensign formally received her 2007 Ransom Arthur Award, the top USMS honor, at the USAS banquet. Despite being roasted in typical Masters tradition, Jeanne did a great job staying composed before the assembled body of 1,200 delegates representing all five U.S. aquatic sports. Joining Jeanne on this special occasion was her daughter Jada, who flew in from New York.

Please contact me if you have questions, and remember that the

(Continued on page 6)

USMS Convention Highlight: Immediate Past President Jeanne Ensign Formally Receives Ransom Arthur Award



Photo by Lee Carlson

USMS Convention Highlight: All 13 PNA Delegates Gather for Photo OP



From left: Walt Reid, Kathy Casey, Kelly Crandell, Arni Litt, Sally Dillon, Lisa Dahl, Jan Kavadas, Sarah Welch, Steve Peterson, Jeanne Ensign, Hugh Moore, Jane Moore and Lee Carlson

First Arms Around Bainbridge Island Swim Raises Money for Local Woman

By J.B. Goessman

Three swimmers stand on a local beach during the summer and eventually the question arises, "What would it be like to swim out there?" That's how Brian Russell, Paul Webber and Sharon Kane describe the beginning of what would become the *Arms Around Bainbridge* swim.

The three had recently taken part in a 5.5 mile cross-Sound swim from Bainbridge Island to Seattle's Alki Point with other BAM members, so a circumnavigation around Bainbridge Island seemed like the logical next step.

They presented the plan to other swimmers and created a core group. That's how it would have stayed – a handful of swimmers taking turns on a 30-mile relay – until the idea surfaced that the first annual *Arms Around Bainbridge* swim should become a local charity event.

Focusing Swim on Olivia

In a matter of four weeks, the swimmers and BAM coach Lynn Wells had organized kayakers, power boaters, shore support, media exposure and other area swimmers to take to the water on September 1. The proceeds from the event would help defray medical expenses for a local woman, Olivia Carey, who had been recently diagnosed with stage three ovarian cancer.

Paul sums up why Olivia was



selected: "She is a giver both personally and professionally, and an inspiration. She's the kind of person who would much prefer to stay out of the public eye, so this is a chance to for us to be of some service to her." Adds swimmer and kayaker Orlando Boleda, "I see this as an opportunity for a group of people to do what they love and help out a neighbor who would really appreciate some support."

Everybody Contributed

The two dozen swimmers paid \$100 each to participate and in many cases were matched in their giving by employers. Local businesses contributed time, supplies and expertise to help organizers keep overhead low. Professional photographer Pete Saloutos and KP Printers produced the 60 event posters that announced the swim from office and retail windows in the area. Revenues from day-of-event sales of t-shirts and numbered prints, totaling well over \$8,000, also went towards the charity.

The 30-mile swim was divided into four roughly equal sections, each tagged with a predicted completion time. One or more relays were formed per section, with swimmers assigned according to the distance and difficulty of each section. This strategy allowed less experienced swimmers to participate and then rest and warm up aboard powerboats while other swimmers pulled the load in the difficult stretches.

Currents and Safety

"The toughest thing about the swim itself was getting the timing

of the currents right," said Brian. "We had the first swimmer in the water at 5:00 a.m. I didn't tell him sunrise won't be for another hour and ten minutes."

Safety was a major concern, too. Swimmers were flanked by kayakers, and frequent hydration breaks were encouraged to avoid cramping. Swimmers had to balance resting with moving to stay warm. The boaters, kayakers and shore support were in constant radio contact to ensure speedy

"Swimmers must be aware that there are many obstacles to avoid along the way: cold skuzzy water, jellyfish in all sizes, curious seals, shoreline anchor buoys, docks and submerged obstructions. In addition, current, wind and moving boats add a real danger to the swimmer." – Arms Around Bainbridge Handbook

transitions among the relay groups. "We monitored the UHF emergency channel the entire day and didn't hear one complaint about us," said one boater.

In the Water Before Dawn

On the morning of the event, swimmers and kayakers began assembling at Blakely Harbor at 4:30 a.m. and left the beach at 5:15 a.m. amidst flashing cameras in the moonlight. The first hour was

(Continued on page 9)



(Continued from page 8)

Arms Around Bainbridge Swim

cold and dark, with only the headlamps of the kayakers to follow, but the sunrise over Seattle later reflecting on Mount Rainier promised a beautiful day to come.

Some three hours later, the first swimmer completed the first section, tagged a waiting swimmer from the second group and the relay continued clockwise around the island. Designated shore coordinators David Cuthbert and Kate Caruthers kept one stop ahead of those in the water and marshaled waiting swimmers together and supervised each transition.

Time estimates to complete the four sections proved to be slightly conservative. Final swimmer Brian Russell made his way onto the Blakely Harbor beach at 6:30 p.m., 13 hours after the first swimmer started from that same point and two hours ahead of plan. As he pulled off his cap and goggles and trudged up the gravel pathway among cheering well-wishers, he was just beginning to plan next year's swim.

Thanks to swimmers participating in this great event (see next column) and to our ground logistics team: BAM members Kate Caruthers and Dac Cuthbert.

For additional details, see www.armsaroundbainbridge.com

Apologies From Editor to Photographers

The last issue neglected to credit the photographers for the fine photos appearing in that issue. Special thanks to Hakson Teh, who took many of the Short Course Nationals photos. My apologies to him and the other photographers.

Participants in Arms Around Bainbridge Swim, in general order in which they swam (* indicates BAM members):

- JB Goessman*
- Paul Webber*
- Rita Belserene*
- Barney Voegtlen*
- Karin Robinson
- Lynne Gallivan*
- Linda Meyer*
- Lou Krukar*
- Betsy Garfunkel*
- Meg Misenti*
- Ty Cramer
- Heather Burger
- Kathy Cole*
- Cindy Lovell
- Pete Saloutos
- Orlando Boleda*
- Mark Bickford
- Steve Peterson
- Allison Craig*
- Ken Goodman*
- Elliot Taylor*
- Joanna Alexander
- Carleen Gosney*
- Brian Russell*



North End Otters Make Big Splash at Orcas Open Water Challenge

The North End Otters dominated in the 2nd Annual Orcas Open Water Challenge on September 8 and 9. Twelve NEO swimmers participated in the swims, held at Cascade Lake in Moran State Park. NEO swimmers had a strong showing in the 1 mile, .5 mile and the 2 mile relay,(each swimmer swam .5 mile). Despite a very choppy mile swim, a good time was had by all.



Twelve NEO swimmers and their coach, Lynne Wells, at the Orcas Open Water Challenge

POSTAL SWIMS FAQs

What exactly is a postal swim?

—A competition swim in the pool of your choice, but you MAIL your results (in an envelope!) to the event director. Your results are compared against those of the other entrants.

What events and distances are available as postal swims?

—There are three USMS National Championship events:

- One Hour Swim – how far can you swim in one hour?
- 5K & 10K swims – how fast can you swim 5 or 10 kilometers?
- 3000/6000 Yard swims – how fast can you swim 3000 or 6000 yards?

For more information about these events, go to the Long Distance section of the USMS website: www.usms.org.

There are non-championship postal events, too. Individual clubs sponsor postal swims such as WSU Masters' Brute Squad, Minnesota Master's Postal Pentathlon and TAM's Postal 1650. The USMS Fitness Committee sponsors postal fitness challenges such as the 30 Minute Swim and Go The Distance. Entry forms for these events are on the USMS website.

Does it matter what pool I swim in?

—Yes. The One Hour Swim may be swum in any 25-yard, 25-meter or 50-meter pool. The 5K & 10 K swims may be swum only in a 50-meter pool. The 3000/6000 yard swims must be swum in a 25-yard pool. Other events will list their particular restrictions.

Are there any rules that must be followed?

—In National Championships, each participant must have some-one count and record lap times. Official split and entry forms must

be completed and submitted with an entry fee. Complete directions are on the forms. The participant and the lap counter must sign the forms attesting to the accuracy of the information submitted.

When can I participate in these swims?

—Each event takes place during a particular time of year. The 3000/6000 events are currently in progress from September 15 to November 15. Entry forms are available on the PNA and USMS websites or from event director Jill Wright at swimjmw@msn.com. The One Hour Swim is held in January. The 5K & 10K is held from May 15 to September 15. Our local OHANA team will sponsor the One Hour Swim in January 2009.

When did Masters Swimming start having postal swims?

—The first known Masters postal swim is the One Hour Swim, created and sponsored by the D.C. Masters in 1977. The following

year it became the first USMS National Championship postal swim. PNA has hosted all the National Championship postal swims at one time or another.

Are postal swims a "team effort"?

—Absolutely! PNA encourages its swimmers to participate in postal swims. Awards are presented to clubs having the most participation. To manage expense and availability, PNA attempts to secure time at local 50-meter pools for swimmers to do the 5K or 10K together. Plus, PNA's relay team coordinator will assemble entrants into relay teams for each of these events.

What is a postal relay team?

—Unlike conventional pool relays, your entry is matched with others to form relay teams. Standard age groups apply with three divisions per age group: three

(Continued on page 11)

USMS NATIONAL CHAMPIONSHIP 3000/6000-YARD POSTAL SWIM NOW PLAYING AT YOUR OWN 25-YARD POOL!

BUILD YOUR BASE this fall and participate in a fun National Championship at the same time. The 3000/6000 yard postal swims take place from September 15 through November 15. The swims must be done in a 25-yard pool. You can swim one or both, but separately. No counting the 3000 on your way to the 6000! Organize the event with your fellow swimmers or do it alone. But don't forget to have someone officially count and record your splits. All details are on the official entry form, which is posted on the PNA web site.

When you're finished, make a photocopy of your entry form and send the original and small entry fee to the event director (in this case, Jill Wright). THEN, send a photocopy of your entry to PNA's relay team coordinator so she can put you on a relay. .. PLEASE make sure to mail it for arrival by November 20 to Sally Dillon, PO Box 845, Oak Harbor, WA 98277.



Pipes-Neilsen Clinic Offers Tips on Freestyle and Non-Freestyle Strokes

By Sarah Welch

Karlyn Pipes-Neilsen and Eric Neilsen visited Seattle again from Kona to teach two PNA-sponsored stroke clinics this past month. Twenty people enrolled in the freestyle clinic and 14 in the stroke clinic, which offered tips on all three non-freestyle strokes. (Karlyn, arguably the best Masters swimmer ever, was en route to Anaheim where she was inducted into the International Masters Swimming Hall of Fame at the recent USMS Convention.)

Neutral Body, Natural Roll

The freestyle clinic emphasized holding a neutral body position throughout the stroke and keeping the eyes looking down, not up or towards the wall. With this neutral head position, the body is near the surface minimizing drag, the spine straight and flat with no arched lower back. The shoulders are slightly rounded, like a turtle, and the chest is parallel with bottom.

Karlyn and Eric emphasize this neutral position and having the body roll from side to side *naturally*, in contrast to Masters instructors who emphasize body roll. As Karlyn notes, "The bottom line: too much shoulder roll will make you wiggle down the pool."

Freestyle Points

Other key points made by Karlyn and Eric are natural breathing, hand entry and spacing, extending



Karlyn Pipes-Neilsen and husband Eric Neilsen offer stroke tips at PNA's most recent clinic.

the arm to set up for the "catch" and, most importantly, the significance of the catch to set up the power of the stroke in the right place. The key to the power phase of the stroke, they explained, occurs at the beginning of the pull (front quadrant) when large muscle groups (lats, chest and biceps) are available to create power and speed. They also emphasized that the stroke eases up at the hips rather than extending the full length of the body.

Non-Freestyle Points

Interestingly, the non-freestyle stroke class emphasized most of these same principles. The power of the stroke is "up front", the catch is essential to setting up the stroke and the body position is neutral.

Apologies to Those Turned Away

Thirteen PNA swimmers who wanted to participate in the freestyle clinic couldn't be accommodated because of the 20-swimmer limit. PNA apologizes to those of you we couldn't accommodate. Our challenge is finding available pool time after work or on week-

ends when a four-hour clinic works for Masters swimmers. Please contact Sarah Welch if your club wants to host a future clinic at your pool.

To find out about upcoming clinics, check out *The Wet Set* and www.swimpna.org. You can also ask your coach about upcoming clinics after the first of the year. Karlyn and Eric hope to return to the Northwest in March 2008 to offer more clinics.

(Continued from page 10)

Postal Swims

men, three women or four mixed (two men & two women). The more PNA swimmers participating the easier it is for the relay team coordinator to form fast relays and include entrants on at least one relay. PNA covers the cost of the relay team entry fees!

Still more questions?

—Contact Sally Dillon, PNA's Long Distance Committee chair and relay team coordinator at: salswmr@verizon.net or (360) 679-5038.

Despite Their Small Numbers, PNA Swimmers Make Impressive Showing at Long Course Nationals, Especially in 200 Fly

By Sarah Welch

With just nine swimmers, PNA racked up 316 points for a combined 19th place team ranking at the recent Long Course Meters Nationals in The Woodlands, Tex.

The most talked-about event of the meet was the heat, which hovered around 110 degrees and drove the swimmers to shade and cool. Despite conditions remarkably unlike the Northwest, PNA swimmers had outstanding performances.

PNA is earning a national reputation for the 200 Fly. Scott Lautman (FWM, 55-59), 2:33:77; Mi-

chael Nordby (NEO, 65-69), 3:56:27; and Sarah Welch (SSRM, 60-64), 3:40.64, all took first place in that event. Debbie Glassman (DAC, 50-54), 3:10:35, and Dan Robinson (FWM, 50-54), 2:42.62, placed fourth and sixth respectively in this grueling contest.

Many national and world records fell at the meet, which drew about 900 participants. For more information, see the article about the history of The Woodlands and the meet in September/October issue of *USMS Swimmer* magazine.

(Continued on page 13)



Scott Lautman (FWM, 55-59), who took first in 200 Fly.

Welcome New PNA Swimmers

Ronald Allen
Karen Natorp Anderson
Heather Arvidson
Jay Battistelli
James (Joy) Bowditch
Shannon Casey
Mu Chai
Katherine Clark
Lisa Clasesson-Gordon
Nicholas Connolly
Allison Cox
Jeffery DiFranco
Nicholas Drader
Richard Garrett
Elizabeth Helm
Jordana Huchital
Trevor Johnson
Stephen June
Sean Mabin
Ross Milne
Douglas Nast
Adam Novak
Rebecca Osborn
Lillian Reip
Kathryn Rule
Vladimir Schmidt
Matthew Steele
Sherry Stewart
Willow Thompson
Rachel Turley
Angel Turley

Photo by Sarah Welch



Warmups at Long Course Meters Nationals



(Continued from page 12)

LC Nationals

In addition to the these five 200 fly swimmers, PNA was represented by Kathy Casey (WAKO), Walt Reid (WAKO) and Tom Taylor (Unattached). With 40 individual swims among these nine PNA swimmers, 39 of these swims had the PNA contingent in the top ten finishes

Some additional highlights: Scott Lautman won his two events outright; Sarah Welch took a first and five second-place medals; Tom Taylor won five second-place finishes and one third place; Lisa Dahl (BAM) captured two second- and two third-place medals; and Michael Nordby took a first-, two second-, two third- and a seventh-place medal home.

Congratulations to this small yet powerful PNA contingent.

Long Course Nationals August 13, 2007 The Woodlands, Tex.

P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD
W = WORLD RECORD
S = SPLIT TIME
U = UNOFFICAL TIME (1 WATCH)

WOMEN 45-49

50 M. FREE		
LISA DAHL	46 PNA	0:28.56
50 M. BACK		
LISA DAHL	46 PNA	0:34.83
50 M. BRST		
LISA DAHL	46 PNA	0:39.12
50 M. FLY		
LISA DAHL	46 PNA	0:30.71

WOMEN 50-54

50 M. FREE		
DEBBIE GLASSMAN	54 PNA	0:31.16
100 M. FREE		
DEBBIE GLASSMAN	54 PNA	1:12.09
200 M. FREE		
DEBBIE GLASSMAN	54 PNA	2:45.61
50 M. FLY		
DEBBIE GLASSMAN	54 PNA	0:35.05
100 M. FLY		
DEBBIE GLASSMAN	54 PNA	1:22.48

200 M. FLY		
DEBBIE GLASSMAN	54 PNA	3:10.35

WOMEN 55-59

1500 M. FREE		
KATHRINE CASEY	59 PNA	25:30.90
100 M. BACK		
KATHRINE CASEY	59 PNA	1:40.35
200 M. BACK		
KATHRINE CASEY	59 PNA	3:36.03
200 M. BRST		
KATHRINE CASEY	59 PNA	4:17.59
200 M. I.M.		
KATHRINE CASEY	59 PNA	3:44.73
400 M. I.M.		
KATHRINE CASEY	59 PNA	7:55.63

WOMEN 60-64

200 M. FREE		
SARAH WELCH	60 PNA	3:03.03
50 M. FLY		
SARAH WELCH	60 PNA	0:40.30
100 M. FLY		
SARAH WELCH	60 PNA	1:32.64
200 M. FLY		
SARAH WELCH	60 PNA	3:40.64
200 M. I.M.		
SARAH WELCH	60 PNA	3:22.55
400 M. I.M.		
SARAH WELCH	60 PNA	7:22.75

MEN 50-54

200 M. FLY		
DAN ROBINSON	50 PNA	2:42.62
200 M. I.M.		
DAN ROBINSON	50 PNA	2:44.43
400 M. I.M.		
DAN ROBINSON	50 PNA	5:49.48

MEN 55-59

100 M. FLY		
SCOTT LAUTMAN	55 PNA	1:05.34
200 M. FLY		
SCOTT LAUTMAN	55 PNA	2:33.77

MEN 65-69

50 M. BACK		
MICHAEL NORDBY	66 PNA	0:43.30
100 M. BACK		
MICHAEL NORDBY	66 PNA	1:31.30
WALT REID	67 PNA	1:34.12
200 M. BACK		
MICHAEL NORDBY	66 PNA	3:17.29
100 M. BRST		
WALT REID	67 PNA	1:39.33
200 M. FLY		
MICHAEL NORDBY	66 PNA	3:56.27
200 M. I.M.		
MICHAEL NORDBY	66 PNA	3:16.53
400 M. I.M.		
MICHAEL NORDBY	66 PNA	7:02.76

MEN 75-79

400 M. FREE		
THOMAS TAYLOR	76 PNA	6:30.78
1500 M. FREE		
THOMAS TAYLOR	76 PNA	25:11.74
200 M. BACK		
THOMAS TAYLOR	76 PNA	3:52.53
100 M. BRST		
THOMAS TAYLOR	76 PNA	1:45.51
200 M. BRST		
THOMAS TAYLOR	76 PNA	3:58.05

RELAYS-WOMEN 200 M. MEDLEY

200-239		
KATHRINE CASEY	59 PNA	2:36.57
LISA DAHL	46	
SARAH WELCH	60	
DEBBIE GLASSMAN	54	

RELAYS-MIXED 200 M. FREE

200-239		
SCOTT LAUTMAN	55 PNA	2:00.65
DEBBIE GLASSMAN	54	
DAN ROBINSON	50	
LISA DAHL	46	

A Note From Arni Litt, Your Registrar

In mid-November, I'll mail your 2008 membership renewal form customized with your data. Please correct any errors and mail the form back as soon as possible with a check. The 2008 membership fee is \$40. USMS increased the fee from \$20 to \$25. PNA's portion of the membership fee remains at \$15.

Your 2007 membership is valid through December 31, but it is never too early to renew. Please wait, though, for your 2008 form to come in the mail.

We hope that by January 2008 online registration with credit card payment will arrive. (We'll still accept paper renewals.) Look for further details with your membership renewal form. Also, you'll be able to update your personal information online. USMS swims into the 21st century.

Coaches, friends of prospective members and prospective members, please tell people that anyone registering for 2008 who starts registering next month will be a member in good standing for the rest of 2007 and all of 2008 — 14 months for the price of 12.

UNATTACHED SWIMMERS:

You're invited to become part of the Club PNA (Pacific Northwest

(Continued on page 6)

United States Masters Swimming, Inc

2008 Membership Application

Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

(Old Number if available _____)

2008 Annual Fee: Of your membership fee \$25 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: _____ Birth date: _____
Last First Initial Month Day Year

Address: _____ Age: _____ Male Female (circle one)
Street or box number

_____ E-Mail: _____
City State Zip+4 please print carefully

Telephone: (____) _____

If you coach a Masters swim team check here

2nd Phone: (____) _____

I am interested helping the PNA committee

I am interested in receiving The WetSet by email

CLUB: Pacific NW Aquatics (PNA)
or Unattached

AND Team : _____
or Unattached

Choose a membership level A or B below.

- A. Regular:** 11/01/07 thru 12/31/08 **\$40**
- B. Need-based or Seniors (65 & over):** **\$30**
- C. After September 1, 2008 to Dec. 2008** **\$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

pnaRegistrar@usms.org

1. On rare occasions, USMS may need to inform you of important issues. **I DO / DO NOT** wish to receive these.
2. 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

Remember to check out your LMSC website at www.swimpna.org and the USMS website at www.usms.org often for information updates and changes.

ATTENTION RENEWING MEMBERS: Please **DO NOT** mail this 2008 membership form. **WAIT** until your renewal membership arrives. Your annual membership renewal forms will be mailed mid November. We are hoping to have news about on-line registration and would like this information available with the renewal forms. Remember, your membership is good until December 31st, so you do not need to worry. If for some reason, you need a 2008 membership card sooner, please contact me.

New members should continue to mail in their forms as soon as possible and they will be processed..

What does the Membership number represent?

The format of your ID is AABC-DDDDDD. AA=Club number =36=PNA; B=8=2008, C=a computer generated authentication number/letter, and DDDDD=your personal 5 digit permanent ID number. Membership numbers never contain the letters O, I, L, or Q; letters that look like that are always the numbers zero or one.

Heirarcy:

USMS United States Masters Swimming

Zone Northwest Zone

LMSC Local Masters Swim Club = **PNA** (Pacific Northwest Association of Master Swimmers)

Club PNA (Pacific Northwest Aquatics) or Unattached to a Club

Team or Workout Groups (see below)

There is no additional fee to be part of Club PNA. All members of Teams or Workout groups are part of Club PNA. You can be a member of the Club and be unattached to a Team.

TEAMS or Workout Groups

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
FWM: Federal Way Master
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 Lebowski 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

If you do not see your team here, let me know.



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 _____

Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription

October 2007 Issue



Pacific Northwest Association of Masters Swimmers
PO Box 12172
Seattle, WA 98102-0172

CHANGE SERVICE REQUESTED

Non-Profit Org.
US Postage
Paid
Seattle, WA
Permit No. 2334