

THE WET SET

Pacific Northwest Association
of Masters Swimmers



Volume 28 • Issue 5

Masters Swimmers in Western Washington

May-June 2008

Pink Flamingo Relay and More at Orca Meet

It's been six years since Orca hosted a meet at the Helene Madison Pool in north Seattle. Orca promised to avoid this gap by hosting this meet again next year. This year's event, held March 8, was tons of fun.

There were plenty of swimmers, 128 to be exact, just a handful fewer than at the 2002 meet. These participants came from the Northwest, Indianapolis, Boston, Philadelphia, San Francisco, Reno and Vancouver, B.C. At least 25 different PNA teams were represented, including Fort Steilacoom, Bellingham, Western Washington U Masters, Briggs Y, Skagit Valley YMCA and Ohana.

Pink Flamingo Relay

As is customary, the Orca meet concluded with the Pink Flamingo Relay. Eight teams competed, with each team member required to negotiate a 25-yard leg with swim aids like hula hoops, tubular swim toys, balloons and plastic Hawaiian leis.

Volunteers galore

No PNA meet can be successful without the help of many volunteers. Probably the most visible was announcer Matthew Love, who kept the meet pace going with music and banter.



Meet Announcer Matthew Love shares a moment with WWU members Shona Pierce and Ashley Melseth

Thanks also to the other 30-plus volunteers. They included Meet Director Paul Verner, Hank Meuret and John Hinds (computer), Grady Paden (volunteer coordinator), Andy McKim (head timer), Thomas Devera (registration), Peter Pham (concessions) and Carol Troup (awards).

Next year

Given the success of this year's meet, many PNA swimmers probably are already looking forward to a 2009 meet .

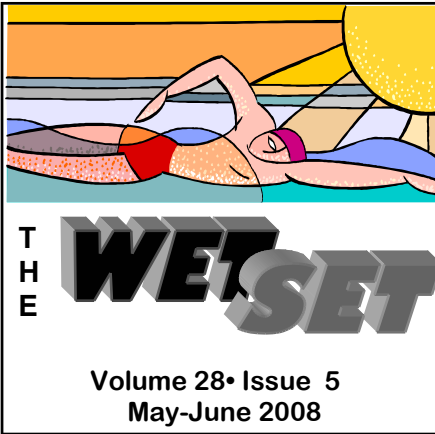


Briggs YMCA Masters Beat the Clock II is Smaller But Still Successful

The Briggs YMCA Masters (BYMS) Beat the Clock II drew 75 participants from Western Washington and beyond. Race Director Mel Smith's decision to add the 1,650 to this year's meet was a success. There were three full heats of the event with the winner clocking in at 17:14. (Mel even swam this event and finished with

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Photos by Steve Peterson and Tom Foley



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Publicity: Lynn Wells

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Webmaster/Computer Apps:
Hugh Moore

What happened to our spring? As I write this (in early April), Mother Nature has seen fit to make us all yearn for a spring break in a venue much warmer than ours!

By now, Champs has distracted nearly 300 of us from a wet and cool mid-April weekend, giving us not only spirited team competition but PNA's most recent Coach of the Year Mel Smith, Dawn Musselman Inspirational Swimmer June Van Leynseele, and PNA Distinguished Service Award winner Jeanne Ensign. Check the *The WetSet's* July-August issue for articles about these individuals and Champs as well as results and photos from the meet.

Big PNA crowd at Nationals

As you read this, more than 50 PNA swimmers have returned from Short Course Nationals in Austin, Texas. I thought only a handful of swimmers would go, but I was wrong. Maybe it's our cold spring that encouraged so many participants. I had not planned to go, but after volunteering to help our appointed Nationals Coach Lynn Wells and Sally Dillon and Kathy Casey with seeding the relays, it only seemed right to participate in person. We'll have an article about the meet and some photos, too, in that July-August issue.

Coach appreciation: PNA goal

PNA, following USMS' lead (not to mention PNA Vice President Lisa Dahl's passion), continues to work on appreciating our coaches. They have the

LEADING OFF



By Steve Peterson,
PNA president

singular greatest influence on attracting swimmers, building teams and contributing to the quality of both fitness and competitive swimming. Recent PNA board meetings have spent time developing policies for selecting coaches for Nationals and reimbursing them – looking back, one might ask why we didn't think of this before.

Coaches, you now have two opportunities each year to serve as a Nationals' coach or assistant coach. Long Course Nationals in August will attract a large PNA contingent to Gresham, Ore., so consider taking advantage of this and future opportunities to build your experience. Find out on page 13 about coaches' expense reimbursement.

Help wanted: meets chair

PNA needs and depends on volunteers to keep our organization running smoothly and arrange meets, open water swims and clinics for our members. For the past five years, Lee Carlson has been PNA's meets chair. In that role, he's been responsible for producing PNA's annual meet bid packet and assisting meet hosts. I want

(Continued on page 11)

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 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**. Unless otherwise noted, all PNA board meetings are at Yesler Community Center, 917 E. Yesler Way, Seattle.*

May 1 to May 4, 2008
USMS SCY Nationals
Austin, Tex.

May 27, 2008
PNA Board Meeting
6:45 p.m.

June 8, 2008
Ohana Outdoor LCM Meet
Titlow Pool
Tacoma, Wash.
Entry form on page 17.

June 8, 2008
Anacortes SCM Meet
Anacortes, Wash.
Entry form on page 18.

June 24, 2008
PNA Board Meeting
6:45 p.m.
Jan Kavadas' condo, Edmonds

June 7, 2008
Northwest Senior Games
Peter Kirk Pool
Kirkland, Wash.
Recognized meet but times
achieved will not be considered
for US Masters Top 10 or record
consideration
Bob Regan; (425) 836-1411

July 19, 2008
Fat Salmon OW
Lake Washington
falsalmonswim@gmail.com
www.fatsalmon.org
Entry form on page 19.

July 22, 2008
PNA Board Meeting
6:45 p.m.

July 27, 2008
2008 Washington State Senior
Games
Swimming
Briggs Community YMCA
Gloria Tolaro
(360) 273-6553
19Gloria@sprintmail.com

August 2, 2008
Lake Padden OW
2.5K and 5K
Bellingham, Wash.
ianLT@comcast.net
Event website: b-m-s-c.org
Entry form on page 20.

August 14 to August 17, 2008
USMS National LC
Championships
Mt. Hood Community College
Gresham, Ore.
www.lcnationals2008.net

August 16, 2008
24th Emerald City OW swim

August 26, 2008
PNA Board Meeting
6:45 p.m.

September 6, 2008
Jewel on the Lake
Kirkland, Wash.

September 16, 2008
PNA Board Meeting
6:45 p.m.

September 21, 2008
11th Annual SCM
Pentathlon Meet
Oak Harbor, Wash.
Entry form on page 21.

September 24 to 28, 2008
USAS Convention
Atlanta, GA

October 22, 2008
PNA Board Meeting
6:45 p.m.

December 2, 2008
PNA Board Meeting
Arni Litt's house in 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

Results:

Orca 2008

Short Course

Yards Meet

March 8, 2008

Seattle, Wash.

P = P.N.A. RECORD
 Z = NORTHWEST ZONE RECORD
 N = NATIONAL RECORD

WOMEN 18-24

50 YD. FREE		
SHONA PIERCE	22 WWUS	26.22
HEATHER BONAR	18 GHY	28.91
ANGIE DOWDLE	19 WWUS	29.23
EMIKO MAR	21 WWUS	30.13
ASHLEY MELSETH	21 WWUS	31.59
100 YD. FREE		
BRITTANY KUNZE	24 GLAD	1:02.95
200 YD. FREE		
SHONA PIERCE	22 WWUS	2:09.31
ANGIE DOWDLE	19 WWUS	2:13.79
500 YD. FREE		
ANGIE DOWDLE	19 WWUS	6:02.80
50 YD. BACK		
ELISHA NAYLOR	21 WWUS	33.77
100 YD. BACK		
ELISHA NAYLOR	21 WWUS	1:14.11
200 YD. BACK		
SHONA PIERCE	22 WWUS	2:30.93
ELISHA NAYLOR	21 WWUS	2:42.49
50 YD. BRST		
ASHLEY MELSETH	21 WWUS	39.55
ANNE RIORDAN	20 WWUS	40.92
100 YD. BRST		
SHONA PIERCE	22 WWUS	1:14.41
BRITTANY KUNZE	24 GLAD	1:17.18
ASHLEY MELSETH	21 WWUS	1:27.91
ANNE RIORDAN	20 WWUS	1:29.78
ANGIE DOWDLE	19 WWUS	1:29.86
200 YD. BRST		
ANNE RIORDAN	20 WWUS	3:13.21
50 YD. FLY		
SHONA PIERCE	22 WWUS	30.84
EMIKO MAR	21 WWUS	33.92
ANGIE DOWDLE	19 WWUS	34.35
100 YD. FLY		
EMIKO MAR	21 WWUS	1:22.30
100 YD. I.M.		
BRITTANY KUNZE	24 GLAD	1:09.65
HEATHER BONAR	18 GHY	1:14.69
ASHLEY MELSETH	21 WWUS	1:18.47
EMIKO MAR	21 WWUS	1:21.00
200 YD. I.M.		
BRITTANY KUNZE	24 GLAD	2:32.70
HEATHER BONAR	18 GHY	2:42.07

WOMEN 25-29

50 YD. FREE		
MARCIA MARCY	28 OST	35.18
500 YD. FREE		
JACQUELYN FOLEY	26 CAC	5:26.89
100 YD. BACK		
JACQUELYN FOLEY	26 CAC	1:07.33
200 YD. BACK		
JACQUELYN FOLEY	26 CAC	2:16.57
50 YD. BRST		
MARCIA MARCY	28 OST	47.70
50 YD. FLY		
MARCIA MARCY	28 OST	43.01

100 YD. I.M.		
JACQUELYN FOLEY	26 CAC	1:08.52
MARCIA MARCY	28 OST	1:40.16

WOMEN 30-34

50 YD. FREE		
REBECCA KIMBALL	34 GHY	42.12
50 YD. BRST		
REBECCA KIMBALL	34 GHY	64.98
100 YD. BRST		
JEAN DILLON	33 LWS	1:12.59
REBECCA KIMBALL	34 GHY	1:49.21
100 YD. FLY		
JEAN DILLON	33 LWS	1:04.48
200 YD. I.M.		
JEAN DILLON	33 LWS	2:25.74

WOMEN 35-39

100 YD. FREE		
MEGAN LASSEN	37 BMSC	1:01.78
JANAE MCCULLOUGH	37 OST	1:27.87
200 YD. FREE		
JANAE MCCULLOUGH	37 OST	3:07.01
500 YD. FREE		
MEGAN LASSEN	37 BMSC	6:00.82
SHANNON SINGER	38 SVY	8:07.77
100 YD. BACK		
KRISTINE ANTILLA	39 OST	1:31.37
JANAE MCCULLOUGH	37 OST	1:40.84
200 YD. BACK		
SHANNON SINGER	38 SVY	3:21.93
50 YD. BRST		
KRISTINE ANTILLA	39 OST	41.41
100 YD. BRST		
KRISTINE ANTILLA	39 OST	1:30.63
JANAE MCCULLOUGH	37 OST	1:46.48
SHANNON SINGER	38 SVY	1:47.25
200 YD. BRST		
MEGAN LASSEN	37 BMSC	2:59.38
KRISTINE ANTILLA	39 OST	3:18.69
100 YD. FLY		
MEGAN LASSEN	37 BMSC	1:18.12
100 YD. I.M.		
KRISTINE ANTILLA	39 OST	1:23.19
SHANNON SINGER	38 SVY	1:33.43
JANAE MCCULLOUGH	37 OST	1:36.31

WOMEN 40-44

100 YD. FREE		
SUZANNE WAY	4 LWS	1:12.81
200 YD. FREE		
SUZANNE WAY	44 LWS	2:45.48
500 YD. FREE		
LORETTA SOFFEE	41 UNAT	5:47.87
200 YD. BACK		
SUZANNE WAY	44 LWS	3:19.01
50 YD. BRST		
SUZANNE WAY	44 LWS	49.64
100 YD. FLY		
LORETTA SOFFEE	41 UNAT	1:04.21
100 YD. I.M.		
SUZANNE WAY	44 LWS	1:30.30
400 YD. I.M.		
LORETTA SOFFEE	41 UNAT	5:00.53

WOMEN 45-49

50 YD. FREE		
CYNTHIA WEINTRAUB	49 GLAD	38.57
JONI RASMUSSEN	45 OST	41.23
100 YD. FREE		
JONI RASMUSSEN	45 OST	1:39.42
50 YD. BACK		
JONI RASMUSSEN	45 OST	57.17
200 YD. BACK		
ZENA COURTNEY	48 FWM	2:26.08
50 YD. BRST		
T.UTIGARD-RATHBUN	49 UNAT	38.52
JONI RASMUSSEN	45 OST	53.84

100 YD. BRST		
T.UTIGARD-RATHBUN	49 UNAT	1:24.20
100 YD. I.M.		
T.UTIGARD-RATHBUN	49 UNAT	1:17.25
400 YD. I.M.		
ZENA COURTNEY	48 FWM	5:22.24

WOMEN 50-54

50 YD. FREE		
CAROLINE BROWN	50 PSC	31.79
100 YD. FREE		
CAROLINE BROWN	50 PSC	1:08.11
200 YD. FREE		
CAROLINE BROWN	50 PSC	2:27.00
500 YD. FREE		
CAROLINE BROWN	50 PSC	6:32.93
50 YD. BACK		
JENNIFER SEVERIN	53 NEO	45.05
100 YD. I.M.		
JENNIFER SEVERIN	53 NEO	1:33.16

WOMEN 55-59

100 YD. FREE		
BARBARA ZIMMERMAN	56 SVY	1:59.87
200 YD. FREE		
SANDY MCNEEL	55 NEO	3:14.84
500 YD. FREE		
KATHERINE CASEY	59 FTSW	7:10.95
50 YD. BACK		
KATHERINE CASEY	59 FTSW	40.02
100 YD. BACK		
KATHERINE CASEY	59 FTSW	1:23.56
200 YD. BACK		
KATHERINE CASEY	59 FTSW	2:58.19
BARBARA ZIMMERMAN	56 SVY	4:36.23
50 YD. BRST		
KATHERINE CASEY	59 FTSW	45.89
SANDY MCNEEL	55 NEO	53.08
BARBARA ZIMMERMAN	56 SVY	1:17.06
50 YD. FLY		
SANDY MCNEEL	55 NEO	58.18
BARBARA ZIMMERMAN	56 SVY	58.69
100 YD. I.M.		
BARBARA ZIMMERMAN	56 SVY	2:16.10

WOMEN 60-64

50 YD. FREE		
GINGER PIERSON	61 UNAT	35.27
ARNI LITT	61 GLAD	36.59
500 YD. FREE		
JEANNE ENSIGN	61 GLAD	8:41.00
200 YD. BACK		
GINGER PIERSON	61 UNAT	3:11.78
50 YD. BRST		
ARNI LITT	61 GLAD	43.93
100 YD. BRST		
GINGER PIERSON	61 UNAT	1:24.87
ARNI LITT	61 GLAD	1:37.93
200 YD. BRST		
ARNI LITT	61 GLAD	3:31.30
100 YD. FLY		
GINGER PIERSON	61 UNAT	1:26.49
100 YD. I.M.		
GINGER PIERSON	61 UNAT	1:24.78
ARNI LITT	61 GLAD	1:37.37

WOMEN 75-79

500 YD. FREE		
JANET KAVADAS	76 NEO	11:15.01
50 YD. BACK		
JANET KAVADAS	76 NEO	1:05.02
100 YD. BRST		
JANET KAVADAS	76 NEO	2:31.68

WOMEN 80-84

50 YD. FREE		
BERNICE PHILLIPS	80 BAM	59.66



Ohana teammates completing an exchange in the Pink Flamingo Relay

50 YD. BACK		
BERNICE PHILLIPS	80 BAM	57.07
100 YD. BACK		
BERNICE PHILLIPS	80 BAM	2:04.59
200 YD. BACK		
BERNICE PHILLIPS	80 BAM	4:34.24Z

MEN 18-24

50 YD. FREE		
JORDAN RICE	23 UNAT	24.27
SHINGO ITO	24 WWUS	24.75
AARON WHIPPLE	23 ORCA	27.67
100 YD. FREE		
JORDAN RICE	23 UNAT	53.56
RYAN DEWEY	18 WWUS	1:00.52
AARON WHIPPLE	23 ORCA	1:04.40
50 YD. BACK		
RYAN DEWEY	18 WWUS	32.91
AARON WHIPPLE	23 ORCA	34.76
100 YD. BRST		
JORDAN RICE	23 UNAT	1:07.63
200 YD. BRST		
JORDAN RICE	23 UNAT	2:35.37
50 YD. FLY		
SHINGO ITO	24 WWUS	27.23
AARON WHIPPLE	23 ORCA	30.85
100 YD. I.M.		
AARON WHIPPLE	23 ORCA	1:15.56

MEN 25-29

50 YD. FREE		
DMITRI PARAMONOV	29 HMST	24.24
DAVID TOURIGNY	28 GLAD	24.95
C.BLACKER	27 ORCA	25.62
CHRIS BRESEMANN	28 ORCA	27.62
RYAN CARROLL	26 ORCA	30.55
100 YD. FREE		
DMITRI PARAMONOV	29 HMST	4.94
DAVID TOURIGNY	28 GLAD	5.16
CHRIS BRESEMANN	28 ORCA	1:00.92
RYAN CARROLL	26 ORCA	1:08.85
SCOTT BREILER	25 ORCA	1:12.25
200 YD. FREE		
CHRIS BRESEMANN	28 ORCA	2:17.86
50 YD. BRST		
NICK KLEM	29 ORCA	35.87
SCOTT BREILER	25 ORCA	42.56
50 YD. FLY		
MICHAEL BOLOGNINO	29 ORCA	28.58
100 YD. FLY		
MICHAEL BOLOGNINO	29 ORCA	1:04.92
100 YD. I.M.		
DAVID TOURIGNY	28 GLAD	1:04.10
MICHAEL BOLOGNINO	29 ORCA	1:06.71
C.BLACKER	27 ORCA	1:08.20

MEN 30-34

50 YD. FREE		
ROSS LINDERMAN	31 ORCA	24.20
100 YD. FREE		
ERIC SMITH	31 UNAT	56.36
MONG YANG	33 EBSC	58.05

200 YD. FREE		
ADAM YANASAK	33 UNAT	2:02.50
ROSS LINDERMAN	31 ORCA	2:03.21
500 YD. FREE		
ROSS LINDERMAN	31 ORCA	6:26.43
50 YD. BACK		
MONG YANG	33 EBSC	30.88
100 YD. BACK		
MONG YANG	33 EBSC	1:08.49
200 YD. BACK		
ADAM YANASAK	33 UNAT	2:22.12
ROSS LINDERMAN	31 ORCA	2:30.51
50 YD. BRST		
JEFFREY RICE	33 FINS	32.49
100 YD. BRST		
ADAM YANASAK	33 UNAT	1:15.49
50 YD. FLY		
ROSS LINDERMAN	31 ORCA	26.01
JEFFREY RICE	33 FINS	27.44
ASHLEY BROWN	30 ORCA	41.58
100 YD. FLY		
ERIC SMITH	31 UNAT	1:02.47
100 YD. I.M.		
JEFFREY RICE	33 FINS	1:02.54
MONG YANG	33 EBSC	1:06.13
200 YD. I.M.		
JEFFREY RICE	33 FINS	2:19.70
400 YD. I.M.		
ADAM YANASAK	33 UNAT	5:09.98

MEN 35-39

50 YD. FREE		
VLADIMIR SCHMIDT	39 HMST	26.99
TOM SCHULZ	37 BYMS	27.72
100 YD. FREE		
KIRK NELSON	37 HMST	52.77
ERIN DUNN	37 BEST	56.33
JAIME COMSTOCK	38 SSTM	56.84
RON LONG	39 SLAM	58.35
VLADIMIR SCHMIDT	39 HMST	59.65
TOM SCHULZ	37 BYMS	1:00.09
200 YD. FREE		
ERIN DUNN	37 BEST	2:03.43
KEVIN WARNER	35 SAW	2:20.39
GEORGE GONZALEZ	37 ORCA	2:21.30
500 YD. FREE		
JAIME COMSTOCK	38 SSTM	5:36.25
KEVIN WARNER	35 SAW	6:41.22
50 YD. BACK		
JOHN NAPOLI	37 TSUN	37.50
100 YD. BACK		
KIRK NELSON	37 HMST	1:04.50
TOM SCHUTTE	38 GLAD	1:08.60
JOE DENTON	36 ORCA	1:18.26
JOHN NAPOLI	37 TSUN	1:25.51
200 YD. BACK		
TOM SCHUTTE	38 GLAD	2:25.83
JASON LASSEN	35 BMSC	2:52.28
JOHN NAPOLI	37 TSUN	3:11.84
50 YD. BRST		
RON LONG	39 SLAM	31.00
JOHN NAPOLI	37 TSUN	35.86
TOM SCHULZ	37 BYMS	36.58
100 YD. BRST		
RON LONG	39 SLAM	1:07.90
TOM SCHUTTE	38 GLAD	1:10.26
KIRK NELSON	37 HMST	1:12.06
JOE DENTON	36 ORCA	1:19.24
JASON LASSEN	35 BMSC	1:20.46
JOHN NAPOLI	37 TSUN	1:20.47
TOM SCHULZ	37 BYMS	1:20.91
DOUG PFEFFER	37 GHY	1:30.95
200 YD. BRST		
TOM SCHUTTE	38 GLAD	2:37.24
TOM SCHULZ	37 BYMS	2:58.75
50 YD. FLY		
VLADIMIR SCHMIDT	39 HMST	30.34
GEORGE GONZALEZ	37 ORCA	32.06
100 YD. FLY		
KIRK NELSON	37 HMST	59.54
JAIME COMSTOCK	38 SSTM	1:00.65

100 YD. I.M.		
RON LONG	39 SLAM	1:02.80
JOE DENTON	36 ORCA	1:11.54
DOUG PFEFFER	37 GHY	1:15.27
GEORGE GONZALEZ	37 ORCA	1:15.31
JASON LASSEN	35 BMSC	1:18.24
200 YD. I.M.		
KEVIN WARNER	35 SAW	2:49.17
JASON LASSEN	35 BMSC	2:52.54
400 YD. I.M.		
JASON LASSEN	35 BMSC	6:09.94

MEN 40-44

50 YD. FREE		
JIM LASERSOHN	43 ORCA	26.35
SCOTT SCHROEDER	42 EBSC	26.90
MARK THOMAS	42 GHY	27.44
RUSSELL BORGNIN	43 ORCA	27.45
JAY BATTISTELLI	43 ORCA	28.43
PHIL BRENNAN	42 ORCA	30.22
100 YD. FREE		
MAX HANSON	40 GLAD	52.81
DAVID HOLLENBACK	41 UNAT	57.55
SCOTT SCHROEDER	42 EBSC	1:01.04
MARK THOMAS	42 GHY	1:02.17
JACK HILOVSKY	44 ORCA	1:16.55
200 YD. FREE		
MAX HANSON	40 GLAD	1:56.50
MARK THOMAS	42 GHY	2:23.53
PHIL BRENNAN	42 ORCA	2:34.33
JACK HILOVSKY	44 ORCA	2:51.02
500 YD. FREE		
MAX HANSON	40 GLAD	5:24.39
JIM LASERSOHN	43 ORCA	5:57.03
MICHAEL TURCOTT	44 ORCA	6:44.74
50 YD. BACK		
MATTHEW LIND	44 ORCA	29.79
DAVID HOLLENBACK	41 UNAT	33.20
100 YD. BACK		
MATTHEW LIND	44 ORCA	1:04.97
200 YD. BACK		
MATTHEW LIND	44 ORCA	2:21.59
50 YD. BRST		
RICHARD FABIAN	41 SAMP	30.98
JIM LASERSOHN	43 ORCA	34.38
100 YD. BRST		
RICHARD FABIAN	41 SAMP	1:09.55
DAVID HOLLENBACK	41 UNAT	1:14.65
JIM LASERSOHN	43 ORCA	1:16.58
MICHAEL TURCOTT	44 ORCA	1:28.17
200 YD. BRST		
PHIL BRENNAN	42 ORCA	3:02.61
50 YD. FLY		
MICHAEL NELSON	43 LWS	28.97
RUSSELL BORGNIN	43 ORCA	30.64
SCOTT SCHROEDER	42 EBSC	30.78
100 YD. FLY		
DAVID HOLLENBACK	41 UNAT	1:04.03
MICHAEL NELSON	43 LWS	1:05.15
MICHAEL TURCOTT	44 ORCA	1:20.59
100 YD. I.M.		
RICHARD FABIAN	41 SAMP	1:05.01



Orca's Rick Peterson, back in competition after suffering an unexpected heart attack nearly two years ago.

MICHAEL NELSON	43 LWS	1:06.79
SCOTT SCHROEDER	42 EBSC	1:11.05
RUSSELL BORGNIN	43 ORCA	1:13.04
PHIL BRENNAN	42 ORCA	1:20.36
JACK HILOVSKY	44 ORCA	1:30.86
200 YD. I.M.		
MAX HANSON	40 GLAD	2:16.78
MICHAEL NELSON	43 LWS	2:31.29
PHIL BRENNAN	42 ORCA	2:48.93
MICHAEL TURCOTT	44 ORCA	2:53.44
JACK HILOVSKY	44 ORCA	3:26.37
400 YD. I.M.		
MICHAEL NELSON	43 LWS	5:29.88

MEN 45-49

50 YD. FREE		
PERRY MORIN	49 GLAD	26.24
BOB SCHLEMMER	48 GLAD	26.54
100 YD. FREE		
MIKE MCGOORTY	49 LOGS	51.28
ERIC VALLEY	46 TVA	54.75
CARL HAYNIE	47 CAC	54.99
PERRY MORIN	49 GLAD	56.94
BOB SCHLEMMER	48 GLAD	57.21
PAUL JOHNSON	47 EBSC	1:08.15
200 YD. FREE		
ERIC VALLEY	46 TVA	2:00.86
DAVID HATHAWAY	47 UNAT	2:02.65
MICHAEL HOCHÉ	47 EBSC	2:06.31
BOB SCHLEMMER	48 GLAD	2:06.32
PAUL JOHNSON	47 EBSC	2:23.34
500 YD. FREE		
ERIC VALLEY	46 TVA	5:24.77
DAVID HATHAWAY	47 UNAT	5:35.80
BOB SCHLEMMER	48 GLAD	5:45.94
PAUL JOHNSON	47 EBSC	6:26.26
PAUL IKEDA	48 ORCA	7:14.04
50 YD. BACK		
MIKE MCGOORTY	49 LOGS	27.20
VICTOR SWANSON	48 LOGS	28.47
DOUG DOYLEY	49 EBSC	31.24
100 YD. BACK		
CARL HAYNIE	47 CAC	1:02.25
200 YD. BACK		
ROBERT MOORE	47 LOGS	2:19.02
50 YD. BRST		
VICTOR SWANSON	48 LOGS	29.99
DOUG DOYLEY	49 EBSC	31.99
CARL HAYNIE	47 CAC	32.80
PERRY MORIN	49 GLAD	34.14
PAUL IKEDA	48 ORCA	37.93
STEPHEN DEROSA	46 ORCA	39.06
PAUL JOHNSON	47 EBSC	39.73
100 YD. BRST		
DOUG DOYLEY	49 EBSC	1:09.69
DAVID HATHAWAY	47 UNAT	1:14.35
PERRY MORIN	49 GLAD	1:17.69
STEPHEN DEROSA	46 ORCA	1:26.53
200 YD. BRST		
PAUL IKEDA	48 ORCA	3:09.12
50 YD. FLY		
VICTOR SWANSON	48 LOGS	26.20
BOB SCHLEMMER	48 GLAD	29.01
PAUL IKEDA	48 ORCA	34.45
200 YD. FLY		
ROBERT MOORE	47 LOGS	2:19.57
100 YD. I.M.		
VICTOR SWANSON	48 LOGS	1:01.78
CARL HAYNIE	47 CAC	1:03.19
ROBERT MOORE	47 LOGS	1:03.82
ERIC VALLEY	46 TVA	1:04.60
MICHAEL HOCHÉ	47 EBSC	1:05.53
PERRY MORIN	49 GLAD	1:10.86
200 YD. I.M.		
DAVID HATHAWAY	47 UNAT	2:20.83
MICHAEL HOCHÉ	47 EBSC	2:21.79

MEN 50-54

50 YD. FREE		
DONALD SPENCER	50 PRO	26.22
PAUL VERNER	53 ORCA	28.40
BILL MALCOLM	54 TDA	33.87



Bob Schlemmer (GLAD) and daughter Abby (10) pick up Bob's awards from volunteer Carol Troup.

100 YD. FREE		
DONALD SPENCER	50 PRO	57.30
PAUL VERNER	53 ORCA	1:03.92
BILL MALCOLM	54 TDA	1:20.55
200 YD. FREE		
BILL MALCOLM	54 TDA	2:56.88
500 YD. FREE		
DALE CARY	50 UNAT	5:52.76
50 YD. FLY		
DALE CARY	50 UNAT	28.71
100 YD. FLY		
DONALD SPENCER	50 PRO	1:03.84
DALE CARY	50 UNAT	1:04.65
100 YD. I.M.		
DONALD SPENCER	50 PRO	1:05.39
DALE CARY	50 UNAT	1:08.53

MEN 55-59

50 YD. FREE		
RICK PETERSON	56 ORCA	27.76
BILL REEDER	55 GLAD	29.37
50 YD. BRST		
GREG COLLINS	59 FWM	35.59
RICK PETERSON	56 ORCA	36.37
100 YD. BRST		
GREG COLLINS	59 FWM	1:17.18
200 YD. BRST		
GREG COLLINS	59 FWM	2:57.79
50 YD. FLY		
BILL REEDER	55 GLAD	32.54
100 YD. FLY		
BILL REEDER	55 GLAD	1:12.12
100 YD. I.M.		
BILL REEDER	55 GLAD	1:14.13

MEN 60-64

100 YD. FREE		
STEVEN PETERSON	61 OOPS	1:04.80
200 YD. FREE		
HUGH KIMBALL	61 GLAD	2:41.03
500 YD. FREE		
HUGH KIMBALL	61 GLAD	7:01.30



Start of Pink Flamingo Relay

50 YD. BACK		
THOMAS WALKER	61 CAC	43.96
100 YD. BACK		
THOMAS WALKER	61 CAC	1:35.54
200 YD. BACK		
THOMAS WALKER	61 CAC	3:28.56
50 YD. BRST		
STEVEN PETERSON	61 OOPS	33.47
HUGH KIMBALL	61 GLAD	42.83
50 YD. FLY		
HUGH KIMBALL	61 GLAD	35.80
200 YD. I.M.		
STEVEN PETERSON	61 OOPS	2:38.41
HUGH KIMBALL	61 GLAD	3:09.25
400 YD. I.M.		
MICHAEL MCCOLLY	62 NEO	5:24.91
THOMAS WALKER	61 CAC	7:36.36

MEN 65-69

50 YD. BACK		
MIKE DORMANN	67 UNAT	1:12.81

MEN 70-74

100 YD. FREE		
BILL KING	74 BARA	1:15.40
200 YD. FREE		
BILL KING	74 BARA	2:48.28
500 YD. FREE		
DON REHFELDT	73 UNAT	8:41.69
50 YD. BACK		
JOEL WHITELEY	74 SAW	48.32
100 YD. BACK		
JOEL WHITELEY	74 SAW	1:48.60
200 YD. BACK		
JOEL WHITELEY	74 SAW	3:44.19
THOMAS FOLEY	73 TIG	4:03.20
50 YD. BRST		
DON REHFELDT	73 UNAT	46.66
100 YD. BRST		
DON REHFELDT	73 UNAT	1:42.95
JOEL WHITELEY	74 SAW	1:46.67
200 YD. BRST		
DON REHFELDT	73 UNAT	3:44.61
JOEL WHITELEY	74 SAW	3:46.62
100 YD. FLY		
THOMAS FOLEY	73 TIG	2:26.60

MEN 75-79

50 YD. FREE		
BOB DORSE	76 TIG	32.56
100 YD. FREE		
BOB DORSE	76 TIG	1:16.26
200 YD. FREE		
BOB MILLER	78 BAM	2:48.94
500 YD. FREE		
BOB MILLER	78 BAM	7:31.44
50 YD. BACK		
BOB MILLER	78 BAM	39.41
100 YD. BACK		
BOB MILLER	78 BAM	1:24.77
200 YD. BACK		
BOB MILLER	78 BAM	3:00.57
100 YD. I.M.		
BOB DORSE	76 TIG	1:36.05

MEN 80-84

50 YD. FREE		
GEORGE ROUBEUSH	82 BAM	53.86
50 YD. BACK		
GEORGE ROUBEUSH	82 BAM	1:01.11
100 YD. BACK		
GEORGE ROUBEUSH	82 BAM	2:18.73
200 YD. BACK		
GEORGE ROUBEUSH	82 BAM	4:59.33



Orca's Paul Ikeda (left) and Ross Linderman

BILL REEDER	55 PNGL	1:52.60
HUGH KIMBALL	61	
BOB SCHLEMMER	48	
PERRY MORIN	49	

RELAYS-M E N 200 YD. MED-LEY

25 +		
MATTHEW LIND	44 PNOR	1:56.06
JIM LASERSON	43	
ROSS LINDERMAN	31	
NICK KLEM	29	

ADAM YANASAK	33 PNUN	1:56.76
DALE CARY	50	
DAVID HOLLENBACK	41	
ERIC SMITH	31	

MONG YANG	33 BCEB	2:06.84
PAUL JOHNSON	47	
MICHAEL HOCHÉ	47	
SCOTT SCHROEDER	42	

CHRIS BRESEMANN	28 PNOR	2:12.17
C. BLACKER	27	
MICHAEL BOLOGNINO	29	
JAY BATTISTELLI	43	

35 +		
TOM SCHUTTE	38 PNGL	1:59.43
PERRY MORIN	49	
BOB SCHLEMMER	48	
MAX HANSON	40	

MICHAEL TURCOTT	44 PNOR	2:14.36
RICK PETERSON	56	
PHIL BRENNAN	42	
RUSSELL BORGNIN	43	

RELAYS-MIXED 200 YD. FREE

18 +		
DOUG PFEFFER	37 PNGH	1:56.82
MICHELLE BEHRENS	35	
HEATHER BONAR	18	
MARK THOMAS	42	

45 +		
BILL REEDER	55 PNGL	2:11.80
ARNI LITT	61	
BOB SCHLEMMER	48	
CYNTHIA WEINTRAUB	49	

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

WOMEN 25-29

50 YD. FREE		
AARON ELLIS	27 OST	33.73
100 YD. FREE		
AARON ELLIS	27 OST	1:24.58
200 YD. FREE		
RACHEL SCHAUB	26 BYMS	2:27.54
50 YD. BRST		
AARON ELLIS	27 OST	45.06
100 YD. BRST		
RACHEL SCHAUB	26 BYMS	1:29.20
AARON ELLIS	27 OST	1:37.99
200 YD. I.M.		
RACHEL SCHAUB	26 BYMS	2:50.33

WOMEN 35-39

50 YD. FREE		
KRISTINE ANTILLA	39 OST	32.73
SHANNON SINGER	38 SVY	35.90
100 YD. FREE		
JANAE MCCULLOUGH	37 OST	1:25.40
200 YD. FREE		
TRACEY SONDRGROTH	35 TVA	2:16.93
JANAE MCCULLOUGH	37 OST	3:02.75
1650 YD. FREE		
TRACEY SONDRGROTH	35 TVA	20:39.39
SHANNON SINGER	38 SVY	27:30.96
200 YD. BACK		
SHANNON SINGER	38 SVY	3:29.26
50 YD. BRST		
TRACEY SONDRGROTH	35 TVA	36.62
KRISTINE ANTILLA	39 OST	41.57
ANGELA TINKER	38 BAM	46.38
JANAE MCCULLOUGH	37 OST	48.44
100 YD. BRST		
KRISTINE ANTILLA	39 OST	1:32.05
ANGELA TINKER	38 BAM	1:42.35
JANAE MCCULLOUGH	37 OST	1:46.14
200 YD. BRST		
ANGELA TINKER	38 BAM	3:46.38
100 YD. I.M.		
TRACEY SONDRGROTH	35 TVA	1:11.57
KRISTINE ANTILLA	39 OST	1:23.85
JANAE MCCULLOUGH	37 OST	1:34.19
ANGELA TINKER	38 BAM	1:36.77
SHANNON SINGER	38 SVY	1:36.88
400 YD. I.M.		
TRACEY SONDRGROTH	35 TVA	5:20.64

WOMEN 40-44

50 YD. FREE		
KATHY MOORE	41 UNAT	33.51
1650 YD. FREE		
KRIS SPEIR	44 OST	23:31.60
50 YD. BACK		
KATHY MOORE	41 UNAT	39.85
100 YD. BACK		
KRIS SPEIR	44 OST	1:18.96
50 YD. BRST		
KATHY MOORE	41 UNAT	44.16
200 YD. BRST		
KRIS SPEIR	44 OST	3:05.90
50 YD. FLY		
KRIS SPEIR	44 OST	32.97
KATHY MOORE	41 UNAT	38.60
100 YD. I.M.		
KRIS SPEIR	44 OST	1:16.66

RELAYS-WOMEN 200 YD. FREE

18 +		
ELISHA NAYLOR	21 PNWW	2:04.33
ANGIE DOWDLE	19	
ASHLEY MELSETH	21	
EMIKO MAR	21	

ARNI LITT	61 PNGL	2:27.85
JEANNE ENSIGN	61	
CYNTHIA WEINTRAUB	49	
BRITTANY KUNZE	24	

RELAYS-WOMEN 200 YD. MEDLEY

18 +		
ELISHA NAYLOR	21 PNWW	2:13.91
ANNE RIORDAN	20	
EMIKO MAR	21	
SHONA PIERCE	22	

RELAYS-M E N 200 YD. FREE

18 +		
AARON WHIPPLE	23 PNOR	1:59.41
RYAN CARROLL	26	
STEPHEN DEROSA	46	
ASHLEY BROWN	30	

25 +		
JIM LASERSON	43 PNOR	1:43.67
JOE DENTON	36	
MICHAEL BOLOGNINO	29	
ROSS LINDERMAN	31	

SCOTT SCHROEDER	42 BCEB	1:43.71
MONG YANG	33	
DOUG DOYLEY	49	
MICHAEL HOCHÉ	47	

ADAM YANASAK	33 PNUN	1:44.58
DALE CARY	50	
DAN BAILEY	50	
DAVID HOLLENBACK	41	

GEORGE GONZALEZ	37 PNOR	1:53.75
CHRIS BRESEMANN	28	
MICHAEL TURCOTT	44	
NICK KLEM	29	

MATTHEW LIND	44 PNOR	1:54.35
C. BLACKER	27	
NICHOLAS SMITH	46	
SCOTT BREILER	25	

45 +

Results:
Briggs YMCA
Masters Beat the
Clock II Short
Course Yards
Meet
March 29, 2008



Great job by Robert Campbell (left), announcer, Bill Moore, starter/referee

WOMEN 45-49

50 YD. FREE		
JONI RASMUSSEN	45 OST	41.81
100 YD. FREE		
MARY CASWELL	47 OREG	1:02.77
JONI RASMUSSEN	45 OST	1:42.33
100 YD. BACK		
ZENA COURTNEY	48 FWM	1:07.22
50 YD. BRST		
JONI RASMUSSEN	45 OST	52.14
100 YD. BRST		
JONI RASMUSSEN	45 OST	2:02.17
50 YD. FLY		
MARY CASWELL	47 OREG	30.81
100 YD. FLY		
MARY CASWELL	47 OREG	1:08.56
100 YD. I.M.		
JONI RASMUSSEN	45 OST	2:03.02
200 YD. I.M.		
ZENA COURTNEY	48 FWM	2:29.97
MARY CASWELL	47 OREG	2:36.38

WOMEN 50-54

50 YD. FREE		
CORALIE GUSTAFSON	51 UNAT	34.86
KATHY MORRIS	52 BYMS	41.99
PAT DUGGAN	54 FWM	44.38
100 YD. FREE		
CORALIE GUSTAFSON	51 UNAT	1:16.61
PAT DUGGAN	54 FWM	1:39.46
200 YD. FREE		
PAT DUGGAN	54 FWM	3:35.44
50 YD. BACK		
KATHY MORRIS	52 BYMS	48.85
PAT DUGGAN	54 FWM	1:03.46
200 YD. BACK		
KATHY MORRIS	52 BYMS	4:20.71
50 YD. BRST		
CORALIE GUSTAFSON	51 UNAT	43.27
100 YD. I.M.		
CORALIE GUSTAFSON	51 UNAT	1:30.63
KATHY MORRIS	52 BYMS	2:11.68

WOMEN 55-59

50 YD. FREE		
JEAN BLACKBURN	56 FWM	33.84
100 YD. BRST		
KATHERINE CASEY	59 FTSW	1:40.29
200 YD. BRST		
KATHERINE CASEY	59 FTSW	3:44.41
50 YD. FLY		
ELIZABETH KASSEN	56 BYMS	35.23
JEAN BLACKBURN	56 FWM	38.67
100 YD. FLY		
JEAN BLACKBURN	56 FWM	1:30.05
KATHERINE CASEY	59 FTSW	1:34.23
100 YD. I.M.		
JEAN BLACKBURN	56 FWM	1:29.69
200 YD. I.M.		
ELIZABETH KASSEN	56 BYMS	2:54.92

KATHERINE CASEY	59 FTSW	3:16.90
400 YD. I.M.		
ELIZABETH KASSEN	56 BYMS	6:20.34
KATHERINE CASEY	59 FTSW	6:44.83

WOMEN 60-64

50 YD. FREE		
VICTORIA SHELDON	61 BYMS	39.36
100 YD. FREE		
SALLY DILLON	61 NWM	1:11.63
200 YD. FREE		
SALLY DILLON	61 NWM	2:39.28
50 YD. BACK		
VICTORIA SHELDON	61 BYMS	50.51
50 YD. BRST		
SALLY DILLON	61 NWM	42.38
VICTORIA SHELDON	61 BYMS	54.74
100 YD. BRST		
SALLY DILLON	61 NWM	1:34.44
400 YD. I.M.		
GINGER PIERSON	62 UNAT	6:25.15

WOMEN 70-74

50 YD. FREE		
PEG CLAUTIER	73 BYMS	42.33
100 YD. FREE		
PEG CLAUTIER	73 BYMS	1:36.49
200 YD. FREE		
PEG CLAUTIER	73 BYMS	3:38.92
WOMEN 75-79		
50 YD. FREE		
GLORIA TOLARO	77 UNAT	47.91
GAIL GLADWELL	76 BEST	56.66
100 YD. FREE		
GAIL GLADWELL	76 BEST	2:06.19
50 YD. BACK		
GLORIA TOLARO	77 UNAT	52.17
50 YD. BRST		
GLORIA TOLARO	77 UNAT	59.79
GAIL GLADWELL	76 BEST	1:03.07
100 YD. BRST		
GAIL GLADWELL	76 BEST	2:25.22
100 YD. I.M.		
GAIL GLADWELL	76 BEST	2:19.23

MEN 25-29

50 YD. FREE		
DMITRI PARAMONOV	29 HMST	24.64
100 YD. FREE		
DMITRI PARAMONOV	29 HMST	54.22

MEN 30-34

50 YD. FREE		
ROSS LINDERMAN	31 ORCA	24.43
CHRIS DURKIN	33 TVA	30.86
100 YD. FREE		
ROSS LINDERMAN	31 ORCA	54.89
CHRIS DURKIN	33 TVA	1:13.36
200 YD. FREE		
ROSS LINDERMAN	31 ORCA	2:05.56
100 YD. BACK		
ROSS LINDERMAN	31 ORCA	1:11.91
50 YD. BRST		
CHRIS DURKIN	33 TVA	42.67
100 YD. BRST		
CHRIS DURKIN	33 TVA	1:30.78
200 YD. BRST		
STEVEN ROSARIA	33 PRO	2:50.94
100 YD. FLY		
STEVEN ROSARIA	33 PRO	1:04.68
100 YD. I.M.		
ROSS LINDERMAN	31 ORCA	1:06.29
STEVEN ROSARIA	33 PRO	1:06.64
200 YD. I.M.		
STEVEN ROSARIA	33 PRO	2:31.69

MEN 35-39

50 YD. FREE		
KEVIN NOAH	36 TVA	25.91
VLADIMIR SCHMIDT	39 HMST	27.24
TOM SCHULZ	37 BYMS	28.21
LUIS DIAZ	36 FWM	30.87
KERRY NESS	38 SVY	32.61
100 YD. FREE		
KEVIN NOAH	36 TVA	54.68
JAIME COMSTOCK	38 SSTM	57.73
VLADIMIR SCHMIDT	39 HMST	1:00.95
JASON FRIEDMAN	38 UPAC	1:02.69
LUIS DIAZ	36 FWM	1:10.60
200 YD. FREE		
KEVIN NOAH	36 TVA	2:03.63
JAIME COMSTOCK	38 SSTM	2:09.39
1650 YD. FREE		
JAIME COMSTOCK	38 SSTM	19:43.84
LUIS DIAZ	36 FWM	25:27.86
50 YD. BRST		
TOM SCHULZ	37 BYMS	37.53
KERRY NESS	38 SVY	37.91
100 YD. BRST		
JASON FRIEDMAN	38 UPAC	1:21.10
TOM SCHULZ	37 BYMS	1:22.51
KERRY NESS	38 SVY	1:26.76
200 YD. BRST		
TOM SCHULZ	37 BYMS	2:58.24
50 YD. FLY		
VLADIMIR SCHMIDT	39 HMST	30.69
100 YD. FLY		
JASON FRIEDMAN	38 UPAC	1:05.27
100 YD. I.M.		
JASON FRIEDMAN	38 UPAC	1:08.60
TOM SCHULZ	37 BYMS	1:14.89
KERRY NESS	38 SVY	1:20.26
LUIS DIAZ	36 FWM	1:26.64
200 YD. I.M.		
KEVIN NOAH	36 TVA	2:20.88

MEN 40-44

50 YD. FREE		
DAVID KAYS	40 PRO	23.87
MIKE MCCULLOUGH	41 OST	38.85
100 YD. FREE		
DAVID KAYS	40 PRO	51.42
MIKE MCCULLOUGH	41 OST	1:24.28
200 YD. FREE		
DAVID KAYS	40 PRO	1:51.39
MIKE MCCULLOUGH	41 OST	3:13.26
1650 YD. FREE		
DAVID KAYS	40 PRO	17:14.96P

MEN 45-49

50 YD. FREE		
BRIAN LAGERBERG	45 TVA	25.44
WILLIE GEVERS	48 UNAT	27.13
BILL NELSON	49 OST	27.84



Kristine Antilla gets an Ohana team tattoo from McKenzie McCullough, daughter of teammate Mike McCullough.



Gloria Tolaro (UNAT), competitor and Washington State Senior Games' Swimming Commissioner

100 YD. FREE			
BRIAN LAGERBERG	45 TVA	55.84	
RICK PARNELL	49 PAC	57.68	
BILL NELSON	49 OST	1:04.73	
200 YD. FREE			
BRIAN LAGERBERG	45 TVA	2:07.67	
RICK PARNELL	49 PAC	2:12.18	
BILL NELSON	49 OST	2:31.73	
1650 YD. FREE			
RICK PARNELL	49 PAC	20:58.00	
PAUL IKEDA	48 ORCA	25:48.93	
50 YD. BRST			
WILLIE GEVERS	48 UNAT	35.03	
PAUL IKEDA	48 ORCA	37.60	
BILL NELSON	49 OST	37.84	
100 YD. BRST			
PAUL IKEDA	48 ORCA	1:26.84	
50 YD. FLY			
BRIAN LAGERBERG	45 TVA	28.79	
WILLIE GEVERS	48 UNAT	30.55	
100 YD. I.M.			
HOB LLOYD	47 BYMS	1:17.90	
200 YD. I.M.			
RICK PARNELL	49 PAC	2:42.09	
BILL NELSON	49 OST	3:09.71	

MEN 50-54

100 YD. FREE			
DONALD SPENSER	50 PRO	58.40	
200 YD. FREE			
DOUG GOODMAN	52 GCM	2:18.61	
1650 YD. FREE			
DOUG GOODMAN	52 GCM	20:37.03	
50 YD. BRST			
RICHARD ADCOCK	52 UNAT	36.44	
100 YD. BRST			
RICHARD ADCOCK	52 UNAT	1:20.37	
100 YD. FLY			
DONALD SPENSER	50 PRO	1:04.57	
200 YD. FLY			
DONALD SPENSER	50 PRO	2:39.43	
100 YD. I.M.			
DONALD SPENSER	50 PRO	1:05.82	
RICHARD ADCOCK	52 UNAT	1:15.82	

MEN 55-59

50 YD. FREE			
GORDON CLARK	56 GCM	26.37	
MARK JOBSON	58 TVA	29.40	
100 YD. FREE			
GORDON CLARK	56 GCM	1:01.31	
M.STEPHENSON	55 OREG	1:01.32	
MARK JOBSON	58 TVA	1:08.05	
GENE REESE	59 LWS	1:19.37	
200 YD. FREE			
M.STEPHENSON	55 OREG	2:14.19	
MARK JOBSON	58 TVA	2:36.02	
RON HANSEN	58 SVY	2:53.83	
1650 YD. FREE			
WILLIAM PENN	56 TVA	19:36.00	
RON HANSEN	58 SVY	27:16.95	

50 YD. BACK			
GORDON CLARK	56 GCM	30.13	
100 YD. BACK			
M.STEPHENSON	55 OREG	1:16.05	
RON HANSEN	58 SVY	1:41.79	
50 YD. BRST			
GREG COLLINS	59 UNAT	35.82	
GENE REESE	59 LWS	40.52	
100 YD. BRST			
GREG COLLINS	59 UNAT	1:19.73	
RON HANSEN	58 SVY	1:40.43	
50 YD. FLY			
GORDON CLARK	56 GCM	29.98	
100 YD. I.M.			
GENE REESE	59 LWS	1:34.25	
RON HANSEN	58 SVY	1:37.20	
200 YD. I.M.			
GENE REESE	59 LWS	3:32.55	

MEN 60-64

50 YD. FREE			
JOHN WILLIAMS	60 WAC	28.43	
DENNIS NILES	62 UNAT	32.17	
100 YD. FREE			
DENNIS NILES	62 UNAT	1:15.59	
200 YD. FREE			
GORDON GRAY	62 UNAT	22:49.59	
1650 YD. FREE			
GORDON GRAY	62 UNAT	24:55.29	
200 YD. BACK			
GORDON GRAY	62 UNAT	3:07.09	
50 YD. BRST			
STEVEN PETERSON	61 OOPS	33.67	
100 YD. BRST			
STEVEN PETERSON	61 OOPS	1:15.48	
200 YD. I.M.			
STEVEN PETERSON	61 OOPS	2:38.99	

MEN 65-69

100 YD. FREE			
BOB DAVIS	66 WAC	1:18.89	
200 YD. FREE			
MEL SMITH	65 BYMS	2:37.41	
BOB DAVIS	66 WAC	2:54.14	
1650 YD. FREE			
MEL SMITH	65 BYMS	23:17.05	
50 YD. BACK			
WALT REID	67 UNAT	37.20	
200 YD. BACK			
MEL SMITH	65 BYMS	3:15.92	
50 YD. BRST			
WALT REID	67 UNAT	37.46	
100 YD. I.M.			
BOB DAVIS	66 WAC	1:39.60	

MEN 70-74

200 YD. BACK			
TOM FOLEY	73 TIG	4:02.58	
100 YD. FLY			
TOM FOLEY	73 TIG	2:24.97	

100 YD. I.M.			
TOM FOLEY	73 TIG	1:56.95	

MEN 75-79

50 YD. FREE			
BOB DORSE	76 TIG	33.08	
100 YD. FREE			
BOB DORSE	76 TIG	1:15.73	
HERB LARSON	77 BYMS	2:29.41	
50 YD. BRST			
HERB LARSON	77 BYMS	1:23.32	
100 YD. I.M.			
HERB LARSON	77 BYMS	3:01.43	

RELAYS-MIXED 200 YD. FREE

35 +			
MIKE MCCULLOUGH	41 PNOS	2:16.71	
KRIS SPEIR	44		
JANAE MCCULLOUGH	37		
BILL NELSON	49		

RELAYS-MIXED 200 YD. MEDLEY

25 +			
MEL SMITH	65 PNBY	2:58.78	
RACHEL SCHAUB	26		
TOM SCHULZ	37		
CAROLYN PRATT	25		
45 +			
VICTORIA SHELDON	61 PNBY	2:39.74	
HOB LLOYD	47		
ELIZABETH KASSEN	56		
KATHY MORRIS	52		

Looking for pool meets and open water events?
Check out calendar on page 3.



Jean Blackburn and Pat Duggan of Federal Way Masters both had good swims.

Want your editor to experience unparalleled **ecstasy?**
 Then submit a swimming story or a story idea to the editor for *The WetSet*.
 The editor will be forever grateful.

Attention Coaches!!!! Expense Reimbursement for Coaching at Nationals



Coaches! PNA is instituting a new policy and guidelines for selecting one or more coaches to serve as PNA's official coaching staff at both National Championships each year.

Appointment includes reimbursement for certain of your expenses in exchange for your help coordinating relays and providing coaching support to PNA swimmers. The PNA board is working out details as to responsibilities and compensation. Long Course Nationals are coming up – if you're interested, shoot Coaches Chair Wendy Neely an email!

Team Results at Champs

Here are the team results from

Champs:

Large Team: 1st Federal Way, 2nd NEO

Medium Teams: 1st OHANA, 2nd GLAD, 3rd BAM

Small Teams: 1st Bellingham, 2nd Olympic Aquatic Club, 3rd Pro Sports Cub

Champs' results are posted at: <http://www.swimpna.org/> at <http://www.swimpna.org/pdf/results/2008/20080413pnachampsresults.pdf>.

Team scores are listed at: [http://www.swimpna.org/pdf/results/2008/2008PNA%20Champsfinal%20team%](http://www.swimpna.org/pdf/results/2008/2008PNA%20Champsfinal%20team%20)



Board Meeting Summary for February

—President Steve Peterson solicited feedback on his recent proposal and schedule for submitting agenda items in advance in writing. He also reminded the board that buying from Amazon.com through the link on the USMS Website provides a benefit to USMS.

—Jeanne Ensign reported on the mid-year meeting of the USMS Board of Directors. Jeanne has assumed the chair of the USMS Club Development Task Force.

—USMS-registered coaches of PNA-registered teams, who give private lessons or clinics, can have their contact information — name, phone, email, address, general location and pool — in *The WetSet* and on PNA's Website.

—New and renewing members can register online at <http://registration.usms.org/> *The WetSet* is also available online. Arni Litt will email all members the link to the electronic version and ask if they want to be moved to a paperless version of *The WetSet* only.

—As of April 1, 2008, the one event fee will be \$15.

—In exchange for Orca running their meet at least two years in a row, PNA will reimburse Orca the \$249 cost of Hy-Tek's Meet-Manager software.

—PNA will recognize Washington State Senior Games being held in July in Olympia.

PNA Clinics Once Again a Success

Wow! Nearly 100 swimmers participated in six clinics taught during March by Karlyn Pipes-Nielsen and Eric Nielsen. At each clinic, Karlyn and Eric provided both instruction and video.

Bainbridge Aquatic Masters and the Bellevue Club hosted clinics at their pools and invited all PNA swimmers to attend. PNA organized another three clinics; two were freestyle and one was multi-stroke.

PNA plans to offer more special clinics for our swimmers. These plans include open water clinics (probably in a pool) in early summer and other PNA-sponsored clinics in the fall. Look for announcements of future clinics and additional details in *The WetSet* and on PNA's Website, www.swimpna.org.

Last Chance for Titlow Pool and LC Nationals Qualifying Times

Ohana Swim Team is hosting a long course sprint meet on June 8 at the Tacoma landmark Titlow Pool, an outdoor 50-meter, Olympic-sized facility.

Swim with birds overhead, sea air blowing by, cheering fans and Hawaiian party girls. And grab some long course Nationals qualifying times.

Titlow Pool is permanently closing after the 2008 summer season.





Help!!!! PNA Needs New Meets Chair



After nearly five years as PNA's competent meets chair, Lee Carlson tendered his resignation, effective April 15.

If you're interested in this position, or want more information about it, please contact PNA President Steve Peterson: speterson@bandwagon.net or (360) 692-1669.

Here are the most important duties of the meets chair:

- ◆ Preparing a meet bid packet annually for distribution to PNA teams
- ◆ Providing the order of events to each meet host
- ◆ Working with the meet host to prepare the meet entry form and answer questions
- ◆ Obtaining PNA board approval of meets that are bid (7-10

meets per year)

- ◆ Obtaining insurance riders, when necessary
- ◆ Providing meet entry form to *The WetSet*, the PNA Website (www.swimpna.org) and USMS calendar
- ◆ Assisting meet hosts in preparing for their meets
- ◆ Following up on meet financial reports

Lee has a meets notebook for his successor. He'll also provide a CD containing past meet entry forms, sanction and recognition information and a meet bid packet.

Lee will mentor and work with the new meets chair over a several month period, answering questions and otherwise helping his replacement get up to speed.

(Continued from page 2)

Leading Off

to give special thanks to Lee for his service as meets chair. Though he's stepping down from his meets chair position, I'm sure we'll continue to see him swimming and officiating at meets. A new meets chair is still needed, so here's *your* chance to contribute! See accompanying article describing the meets chair's role.

Assuming our summer will *not* follow spring's lead, good weather will soon beckon another outdoor swimming season. Ohana kicks it off with their outdoor Long Course sprint meet. If you don't trust the early June weather, or prefer distance events, do Anacortes' Short Course Ceters meet that same day!

The Fat Salmon and Lake Padden open water swims are set to go, and Seattle Park's twenty-fourth Emerald City Open Water Swim will be an alternative for those not going to Long Course Nationals.

Then there's Kirkland's fourth Jewel On The Lake swim the weekend after Labor Day. Take a look at the calendar on page 3 of this issue, and check out the latest list of events on www.swimpna.org.

Sharpen Your Distance Skills at Anacortes Meet

Prepare yourself for the distance events at Long Course Nationals.

At the June 8 Anacortes meet, you'll have an opportunity to swim the 400, 800 or 1500 meter free. You can even sign up for the 400 IM.

Swim in a great venue at the Fidalgo Pool in Anacortes, enjoy the enthusiastic timers and get some times for the upcoming Long Course Nationals.



(Continued from page 1)

Briggs meet

a 23:17.)

Although there were about 45 fewer participants than last year, all enjoyed themselves. "Last year lots of folks were trying to make times for Masters Nationals, and our meet was perfect for that," says Mel. This year, many folks were all set and waiting for PNA Champs."

Part of the reason for the success of this year's event goes to the YMCA Orca youth swim team. "The Orcas and their parents provided all the support we needed for the meet," says Mel. "From entry input to timing and results they were great. Thanks to the Orcas, along with support from the YMCA Aquatics Department, the meet went off with out a hitch."

To subscribe to *The WetSet*
or change
your mailing
address

.....

Contact Arni Litt
PNA Registrar
PO Box 12172, Seattle, WA
98102-0172



Swim Outdoors on Summer Saturdays at Colman Pool

Join the Green Lake Aqua Ducks (GLAD) for summer Saturday morning swimming at Colman Pool in West Seattle's Lincoln Park. Come to our coached workout in the Seattle Parks and Recreation's 50-meter outdoor saltwater pool. The swims run from May 24 to September 6 (except July 12 and 19).

Here are the times:

6:30 a.m. - 8:00 a.m.

May 24 - July 5

7:00 a.m. - 8:30 a.m.

July 26 - Sept 6

Fees are \$8 drop-in or \$90 for a pass good for all summer (payable any time between now and July 5). Make checks payable to GLAD and drop off at any GLAD workout (including at Colman) or send to: GLAD Summer Swim, c/o Julia Bacharach, 7419 Linden Ave. N., Seattle, WA 98103.

For more information go to www.gladswim.org

For directions, go to <http://www.seattle.gov/>

Start Thinking SCM Pentathlon

September will be here before you know it. And that means the North Whidbey Masters will host the 11th SCM Pentathlon Meet in Oak Harbor. This year's event will take place on Sunday, September 21.

In the 2007 meet three world records were set. So count on a fast pool to log those rare short course meter swims.

The meet includes the tradi-



Qualify for National Senior Games at July's Briggs Y Meet

For those of you 50 and older, sign up for the Washington State Senior Games swim meet, July 27, at Briggs Y in Lacey. This meet is the only local qualifier for the 2009 National Senior Games (NSG) competition at Stanford University.

Unfortunately, the NSG meet may conflict with Long Course Nationals, August 6-10, 2009, in Indianapolis. For details check out www.pugetsoundgames.com and www.nsga.com.

tional pentathlon events listed below as well as the Brute competition for really ambitious swimmers. The 1500-meter freestyle will be offered as a single event.

Here are the divisions:

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

—Pentathlon Middle masters: 100 of each stroke and the 200 IM

—Pentathlon Animals: 200 of each stroke and the 400 IM

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

If you don't want to swim all four strokes, you can enter as

Welcome New PNA Swimmers

Joe M Adamson
Ariana E Augustinas
Anthony C Bachand
Emily K Barton
Matthew D Bray
Paul J Douglas
Chris C Erickson
Becca Flora
Celeste A Fox
Krista D Gomes
Edward A Hamilton
Christopher L Hamilton
Janet L Hegtvedt
Richard Hesik
Paige A Holmes
Joseph D Kay
Erin Kittleman
Araceli P Lesko
Samantha J McIntyre
Chrissy Mott
Elise Murowchick
Karen M Naff
Windy M Ormsby
William Parnell
Steve Polucha
Jeanne L Portelance
Patrick J Preston
Hannah F Robbins
Sam R Shabb
Byron L Struble
Marcelle D Thill
Justin E Tholen
Kate I Trettevik
Tina M Vesper
Ted L Westfall
John G Williams

many as five individual events. But stay clear of back-to-back events; there is very little rest between the distances of each stroke.

Besides the meet, you can find lots of fun things to do on Whidbey Island. They include visiting Deception Pass State Park, strolling along the waterfront or on Pioneer Avenue in Old Town Oak Harbor.

See the entry form on page 21.



One Hour National Championship Postal Swim: PNA Results 2008

Summary: 54 participants from PNA
Top ten in each age group receive awards
16 of 21 relays medaled (5 relays placing in the top 3)

Name	Age	Place	Distance
Emma Coulson	22	28	3750
Stephanie Miler	25	4	4815
Jean Dillon	33	14	4500
Sara McGrath	30	19	4380
Jennifer Gutierrez	33	49	3810
Heather Biermann	34	79	3135
Kim Nellis	37	61	3935
Kay Rawlings	39	68	3835
Monique Grimm	37	96	3450
Shannon Singer	37	104	3335
Merry Henneberger	38	130	3050
Linda Meyer	44	92	3550
Becky Klieman	44	95	3545
Catie Rodeheffer	41	141	3115
Diane Griffin	43	159	2850
Jenny Doxtater	41	165	2660
Jessie Hickel	49	77	3760
Rose Helen Garceau	45	89	2485
Laura Petrini	50	11	4295
Coralie Gustafson	51	51	3650
Alison Craig	50	74	3380
Debbie Gallo	53	78	3360
Carmen Blankenship	50	127	2200
Connie Williams	53	131	1955
Elizabeth Rosane	55	10	3690
Kathrine Casey	59	14	3625
Juliana Wilson	55	26	3400
Judy Williams	59	30	3365
Sandra Smith	55	75	2150
Sally Dillon	61	3	3935
Joan Delgado	62	14	3415
Carter Case	61	44	2565
Anne Olson	69	7	3490
Joan Smith	77	8	2475
Bernice Phillips	80	7	2065
Nicholas Connolly	29	32	3975
Eric Smith	31	38	4345
David Cuthbert	34	67	3335
Kirk Nelson	37	11	4865
Jaime Comstock	38	22	4650
David Kays	40	5	5285
Francois Henneberger	43	128	3480
Daniel Smith	45	9	5050
Thomas Grandine	49	21	4790
Bill Fenner	52	19	4615
Alan Bell	57	11	4755
Gordon Clark	56	43	4070
Howard Jess	56	66	3780
Allan Thorpe	58	70	3715
Ron Hansen	58	96	3320
Rick Stafford	60	16	3985
Tom Robertson	65	22	3430
Albert Morrow	73	23	2735
Harvey Prosser	79	4	3485

RELAYS	Ag Grp	Place	Distance
PNA women A	25+	2	13695
Miller, McGrath, J. Dillon			
PNA women B	25+	15	10260
Gutierrez, Biermann, Singer			
PNA women A	35+	6	10930
Rawlings, Klieman, Meyer			
PNA women B	35+	10	9950
Griffin, Grimm, Gustafson			
PNA women	45+	12	11035
Craig, Gallo, Petrini			
PNA women A	55+	3	11250
Rosane, Casey, S. Dillon			
PNA women B	55+	6	10180
Wilson, J. Williams, Delgado			
PNA men	25+	9	10790
Connolly, Cuthbert, Henneberger			
PNA men	35+	3	14800
Nelson, Comstock, Kays			
PNA men	45+	3	14455
Grandine, Smith, Fenner			
PNA men A	55+	6	12810
Bell, Clark, Stafford			
PNA men B	55+	8	10815
Jess, Hansen, Thorpe			
PNA men	65+	5	9650
Robertson, Morrow, Prosser			
PNA mixed	25+	13	16625
Miller, J. Dillon, Connolly, Cuthbert			
PNA mixed A	35+	5	17535
Rawlings, Meyer, Kays, Nelson			
PNA mixed B	35+	6	16460
Comstock, Fenner, Gustafson, Klieman			
PNA mixed	45+	6	17760
Smith, Grandine, Petrini, Casey			
PNA mixed A	55+	3	16450
Bell, Clark, S. Dillon, Rosane			
PNA mixed B	55+	5	14580
Stafford, Jess, Delgado, Wilson			

Pacific Northwest Aquatics (PNA) Registered Teams 2008

Team/Abbreviation	Team Rep/Coach	Pool	Workout Times
Bainbridge Area Masters BAM www.bainbridgeaquaticmasters.org/	Brian Russell (206) 842-5849 Brian.russell@earthtech.com Lynn Wells (206) 371-6710 swimlynn@usms.org	Bainbridge Aquatic Center High School Rd & Madison Ave Bainbridge Island, WA 98110	5:30- 6:30 am T, Th 5:30-6:30 am M, W, F Uncoached 9:00-10:00 am M -Th Noon-1:00 pm M -Th 6:30-8:30 am Sat
Bellevue Aquatic Divas & Dudes BADD www.cityofbellevue.org	Michael Koenig (425) 452-6116 mkoenig@bellevuewa.gov Scott Armstrong (425) 452-2806 sarmstrong@ci.bellevue.wa.us	Bellevue Aquatic Center 601 143 rd Ave NE Bellevue, WA 98007	12-00-1:00 pm M, W, Th, F
Bellevue Eastside Swim Team Masters BEST //Bestmasters.home.comcast.net	Michael McKinlay (425) 417-9770 mmckinlay@acm.org http://home.comcast.net/~BESTmasters/	Bellevue Eastside YMCA 14230 Bel-Red Road Bellevue, 98007 (425) 746-9900	6:30-7:30 am M, W, F
Bellingham Masters Swim Club BMSC www.b-m-s-c.org	Bob Fish (360) 738-1678 thefish102@comcast.com Lisa Kaufman (360) 734-2506	Arne Hanna Aquatic Center 1114 Potter St, Bellingham (360) 647-7665	5:30-7:00 am M, T, Th, F 7:00-8:00 pm T-Th
Bremerton Tennis & Athletic Club BTAC	Celeste Fox (360) 689-9548 celeste@aloha.com Kate Flikkema (740) 739-0955 kateflikk@yahoo.com	Bremerton Tennis & Athletic Club 1909 NE John Carlson Rd Bremerton WA 98311	6:30-8:00 am T, F
Briggs YMCA Masters Swim BYMS www.southsoundymca.org	Melvin Smith (360) 970-9466 melcomplynow@msn.com	Briggs Community YMCA 1530 Yelm Hgwy SE Olympia WA 98501	6:45-8:00 am M, W, F
Columbia Athletic Masters CAC www.columbiaathletic.com	Vincent Cucinell (425) 313-0123 Vincent@columbiaathletic.com Cynthia Krass (425) 313-0123 Cynthia@soundmultisport.com	Columbia Athletic Clubs – Pine Lk 2930 228 th Ave SE Sammamish WA 98075	5:30 – 6:45 am T, Th 7:00 – 8:30 am Sat
Downtown Seattle YMCA DSYM	Melissa Chamberlin (206) 344-3133 mchamberlin@seattleyymca.org Leo Espanosa (206) 344-3133 mchamberlin@seattleyymca.org	Downtown Seattle YMCA 909 4 th Ave Seattle, WA 98104	6:00-7:00 am T, Th,
Everett Masters Swimmers EMS	Adam Yanasak (425) 691-0348 ayanasak@hotmail.com Dale Cary (425) 238-7532	Forest park Swim Center 802 E Mukilteo Blvd Everett WA	5:00 – 6:00 pm M, W 4:30 – 5:30 pm F 5:00 – 6:00 pm occasionally Th
Evergreen Swim Club ESC www.evergreenswimclub.org	Evergreen Swim Club (360) 867-9103 hannagirl@comcast.net Frank Comerford (360) 866-1042 etnaale@scronline.com	Evergreen State College Pool 2700 Evergreen Parkway NW Olympia, WA 98505	5:30 - 7:00 pm M, W, F 8:00 - 10:00 am Sat
Federal Way Masters FWM www.fwmasters.com	Hugh Moore (253) 925-0803 swimmooore@comcast.net Wendy Neely (253) 838-8408 wendymal@mac.com	1. Weyerhaeuser King County Aquatic Center 650 SW Campus Dr, Fed. Way (253) 296-4444 2. Federal Way High School Pool (Kenneth James Pool) 30421 16th Ave S Federal Way, WA 98003	Check the website for multiple swim times and locations
Fins of the San Juans FSJ	Brenda Becket bb@bbeckett.us	San Juan Island Fitness Cntr. 435 Argyle Friday Harbor, WA 98250 (360) 378-4449	6:15-7:30 am M, W, F 12:15-1:30 pm T, Th
Foothills Aquatics Swim Team FAST	Ann Bettencourt (253) 304-3676 annbettencourt@comcast.net	Enumclaw Aquatic Center 420 Semanski St Enumclaw, WA 98022-2008	
Fort Steilacoom FTS	Kathrine Casey (253) 588-4879 Kathyj.casey@comcast.net	Clover Park High School 11023 Gravelly Lake Drive SW Lakewood, WA 98498	6:00-7:15 am M, W, F
Gig Harbor :YMCA GHY	Doug Pfeffer (253) 514-3714 Canuck9@gmail.com Emily Purbaugh (253) 229-4847 Epurb1@hotmail.com	Gig Harbor YMCA 10550 Harbor Hill Dr Gig Harbor WA 98332	5:00 – 6:00 am T, TH 7:00 – 8:00 am Sat 8:00 – 8:00 pm M, W, F
Gold's Aquatics Masters GAM	Tom Wundelich (425) 418-6016 tomw@goldsgymwa.com	Aquatics Center at Gold's Gym 18600 Woodinville Snohomish Rd Ste 100 Woodinville, WA 98072	5:00 - 6:00 am T, Th 12:00 – 1:00 pm M, W, F

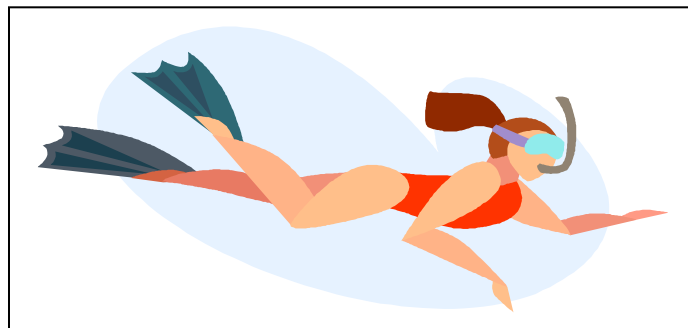
Team/Abbreviation	Team Rep/Coach	Pool	Workout Times
Gold's Gym Redmond Masters GGRM	Caitlyn Chinn (425) 941-3795 Guillermo Romano	Gold's Gym Redmond	6:00-7:00 pm M - Th
Greenlake Aquaducks GLAD www.gladswim.org	John Sylvester (425) 745-0666 johnsylvester@seattleprostate.com David Tourigny (206) 719-3695 tourigd@yahoo.com	1. Evans Pool 7201 E Green Lake Dr N Seattle, 98115-5301 (206) 684-4961 2. Colman Pool (Outdoor, 50m) Lincoln Park, West Seattle	1. 5:00-6:00 am M - F 7:00-8:30 Sat 2. Saturdays : 5/20 – 7/22 6:30-8:00 am 7/29- 9/2 7:00-8:30 am. Open to all USMS members - \$10.00
Husky Masters HMST http://groups.yahoo.com/group/huskymasters/	Kiko VanZandt (206) 524-2417 cvanzan@comcast.net Tommy Hannan (206) 685-1536 flyliquid@hotmail.com	U of W Pool, Hec Ed Pavillion University of Washington Seattle, 98195	5:40 pm – 6:30 or 7:00 pm M - F http://groups.yahoo.com/group/huskymasters/
Issaquah Swim Team IST www.istsockeyes.org	Ryan Pachciarz (281) 773-3038 rpachcia@comcast.net Kyle Johnson (425) 392-3996 Office@istsockeyes.com	Julius Boehm Pool 50 SE Clark St Issaquah, WA 98027	5:30-6:30 am M, W, F
Logger Masters LOGS	Robert Moore (206) 268-0646 Bob.moore@publicis-usa.com	Washington Athletic Club Sand Point	Various
Lynnwood Sharks LWS	Terence Calhoun, Philip Andrews Tcalhoun21@gmail.com (425) 244-7884	Lynnwood Pool 18900 44 th Ave W Lynnwood 98012-5737	8:15-9:30 pm M, W
Mercer Island Redwoods MIR www.mercerwood.com	Thomas Grandine (425) 391-7833 Thomas@grandine.org Stephanie Miller swmcruz@gmai.com	Mercerwood Shore Club 4150 E. Mercer Way Mercer Island, WA 98040	5:30 – 7:00 am M - F
Middle Aged Marlin Swimmers MAMS	Kirby Schaufler (360) 653-6630 kirbsch@comcast.net	Marysville – Pilchuck High School 5611 108 th St NE Marysville 98271	5:30-7:00 am M, W, F
North End Otters NEO	Robin O'Leary (206) 525-7725 robinoleary@clearwire.net	Shoreline Pool, (206) 296-4345 19030 1st Ave NE Shoreline, 9155	7:00-8:00 am M - F
Northshore Y's Guys NSYG	Pete Gillis (425) 489-4373 petegill@exchange.microsoft.com	Northshore YMCA 11811 NE 195 th St Bothell, 98011	5:00-6:30 am M - F 8:30–9:45 pm M, W
North Whidbey Masters NWM www.oakharborpool.com/nway/nwm	Sally Dillon (360) 679-5038 salswrm@verizon.net Neil Romney 360-675-7665 headcoach@oakharborpool.com	John Vanderzicht Memorial Pool 85 SE Jerome St Oak Harbor 98277 (360) 675-7665	5:30-7:00 am M, T, Th Noon-1:15 pm M, W, F 8:00-10:00 am Sat (on non-meet days)
Ohana Swim Team OST www.ohanaswimteam.com	Kris Speir (253) 627-5727 kdspeir@fedins.com Dan Balderson (253) 209-7693 Balderson.d@comcast.net	Stadium High School 111 N E St Tacoma WA 98403	6:30-8:30 pm M - F
Olympic Aquatic Club OAC www.oacswim.org	Jessica Breitbarth (360) 394-6267 Jbreitbarth1@comcast.net Marilyn Grindrod (360) 638-1435 coachmarilyn@aol.com	Olympic High School 7070 Stampede Blvd Bremerton WA 98311-8927	7:00 – 8:00 pm M, W
Old Olympic Peninsula Swimmers OOPS	Steve Peterson (360) 692-1669 speterson@bandwagon.net Frank Warner (360) 692-1040 frank@frankwarnercpa.com	Naval Base Kitsap Bangor MWR Pool Ohio St Bangor WA 98315	4:30-5:30 pm
Orca Swim Team ORCA www.orcaswimteam.org	Ross Linderman pna@orcaswimteam.org Paul Ikeda Coaches@orcaswimteam.org	Seattle U-Connolly Center 14th Ave & Cherry St	5 pm Sun 7:30 pm M 7:00 pm W, F 7:30 pm Th
Poseidon Aquatic Club PAC	Charlie Norman (360) 754-9031 cgcslam@aol.com Kelli Denney 360-956-1948	North Thurston/River Ridge HS Pools Lacy	5:30-7:00 am Tu, Th, F

Team/Abbreviation	Team Rep/Coach	Pool	Workout Times
PRO Sports Club PRO	David Kays ((425) 765-8876 dkays@microsoft.com Justin Berry (425) 895-6588 jberry@proclub.com	Pro Sports Club Pool 445 148 th Ave NE Bellevue, WA 98007 (425) 885-5566	T, Th 6:30-7:30 pm
Phinney Ridge Swim Club PSC	Caroline Brown (206) 783-4436 mcleanbrown@comcast.net Peter 206-Hays (206) 706-1184 berner-hays@msn.com	1. Ballard Pool 1471 NW 67th Seattle WA 98117 2. Lake Washington	1. 6:00 - 7:00 am T, Th Oct-May 2. June -October
Port Townsend Masters PTMS	Ann Bailey (360) 385-6351 johmann@olympen.com	City of Port Townsend Municipal Pool 1919 Blaine St Pt. Townsend, WA 98368	6:30-8:30 pm M, W
South Sound Titans Masters SSTM www.southsoundtitans.org	Shawn Jones (360) 897-9611 sstheadcoach@comcast.net Diana ekstrom (360) 897-9611 coachdiana@comcast.net	Sumner High School	5:45-7:00 M-F
Swim Seattle Redhawk Masters SSRM	Hallie Truswell Emily Weber Emily70480@hotmail.com	Seattle U. -Connolly Center 14th Ave & Cherry St Seattle, 98122	544
Skagit Valley YMCA SVY	Shannon Singer (619) 665-1093 Ssinger70@aol.com	Skagit Valley Family YMCA 215 E Fulton St Mount Vernon, WA 98273 (360) 419-7207	Noon – 1:00 pm M,W,F 6:30 – 7:30 am T, Th 7:00 – 9:00 am Sat
South Whidbey Island Swells SWIM	Kathy Rogers (206) 442-6815 KatherinePRogers@hotmail.com Kristi Eager (360) 321-4469 kritt@whidbey.com	Island Athletic Club 5522 Freeland Ave Freeland, WA 98249	5:15-6:30 am M, W, F 6:30-7:30 pm W
Thunderbird Aquatic Masters TACM	Pinky Walker (360) 424-8755 pinkymwalker@yahoo.com Lee Carlson (360) 466-0127 leedee17340@msn.com Jon Baca (360) 293-0673 jonbaca@msn.com	Fidalgo Pool & Fitness Center 1603 22nd St Anacortes, WA 98221 (360) 293-0673	8:00-9:15 pm T, Th 8:00-9:30 am Sat
Tigers TIG	Tom Foley (206) 937-5585 lilmot@hotmail.com	Various pools and times	
Washington Athletic Club WAC	Jennifer Mesler (206) 464 3086 x3721 jmesler@wac.net	Washington Athletic Club 1325 6 th Ave Seattle, WA 98101	6:30-7:30 pm M-Sun
West Seattle YMCA Dolphins WSYD	Jenny Ward (206) 938-0756 ward.jenny@gmail.com	West Seattle YMCA 4515 36th Ave SW Seattle, WA 98126	5:30-6:40 am M,W,F 7:15-8:15 pm W
Western Washington U. Masters Swimming WWUS	Emiko Mar (206) 658-7675 mare@cc.wvu.edu	Wade King Rec Ctr, WWU 1880 Bill McDonald Pkwy 516 High St Bellingham, WA 98225	7:00-9:00 pm T, W 8:00-9:00 Th When school is in session

Updated 04/03/2008

The above information may change with personnel changes, seasons and pool maintenance. Please contact the Team Representatives and Coaches for up-to-date information. Send all corrections to this page to pnaRegistrar@usms.org

If you do not see your team on this list, it is because it was not register this year and we do not have current information. Please see <http://www.swimpna.org> and follow the links for the 2008 team registration form.



TITLOW MEET
PNA LOCAL MASTERS SWIMMING COMMITTEE MEET SANCTION #368-07
LONG COURSE SPRINT MEET: June 08, 2008
 Hosted by: Ohana Swim Team

SPRINT EVENTS	
#	Event
Sunday, June 08	
1	200 Free
2	50 Fly
3	100 Back
4,5	400 Free Relay men, women and mixed
6	50 Breast
Break	
7	100 Fly
8	50 Free
9	100 Breast
10	100 Free
11	50 Back
13	200 IM
Break	
14,15	400 Medley Relay men, women and mixed

weather cooperates

NO DIVING

DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT: _____

PHONE NUMBER: _____

DATE: Sunday, June 08, 2008
TIME: Warm-up: 9:00 AM; Meet starts 10:00 AM

LOCATION: 8355 6th Ave Tacoma
 Titlow Pool is an outdoor 50-meter pool with a minimum depth of 3 feet and a maximum depth of 10 feet.

PHONE: (253) 228-5947 for questions before meet.

MEET DIRECTOR: Janae McCullough

CONCESSIONS: Available

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all USMS 2006 registered swimmers, 18 and above as of *June 08, 2008*. Swimmers from outside PNA must send a copy of their current registration card.

SEEDING: Slow to fast

TIMING: Semiautomatic with two buttons per lane

Awards: Available for purchase at the Meet

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

DIRECTIONS: From I-5 North or South, take Highway 16 West to Jackson Ave. Turn left on Jackson and drive 0.2 miles to Sixth Ave; turn right and follow to the pool. Pool will be on your right at the bottom of the hill.

Website: For more information, visit www.ohanaswimteam.com or the PNA website (www.swimpna.org). BBQ following meet if

TITLOW MEET Hosted by Ohana Swim Team
PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: June 08, 2008 Meet Sanction # 368-07
 PLEASE PRINT CLEARLY

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

TEAM: _____ or UNAT: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of December 31, 2008):

18 - 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 plus relays. Circle if this is your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME (meters)

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

Individual Events: + _____ (\$1 each; **optional** for age 65 & over or if needs based)
(no charge for relays)

Total: \$ _____ [from \$13.00 (relays only) to \$18.00 (five events)]

Please make checks payable to: **Ohana Swim Team**

Mail this entry form and fees to: Janae' McCullough
 6204 43rd Ave. NW
 Gig Harbor, WA 98335

Entries must be received by: May 28, 2008

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: _____

SANCTIONED BY PNA FOR USMS INC. SANCTION#368-06

SHORT COURSE METERS MEET: Sunday, June 8, 2008

Hosted by Thunderbird Aquatic Club & Masters and
Anacortes High School Girls Swim Team

EVENTS	
#	Event
Sunday, June 8	
1	400 IM
break	
2	400 Free
break	
3	800 Free
break	
4	1500 Free
break	
5	Mixed 800 Free Relay

DATE: Sunday, June 8, 2008

TIME: Warm-up: **9:00 AM**;
Meet starts **10:00 AM**

PLACE: Fidalgo Pool, Anacortes, WA
1603 22nd
Anacortes, WA

Phone: 360-293-0673 ext. 14

MEET DIRECTOR: Myke Lund
360-293-0673 ext. 14 (daytime)
h2obug101@yahoo.com

FACILITY: Six-lane 25 meter pool
Warm-up: Two 45 ft. by 16 ft. areas
adjacent to competition pool.
Water temperature: ~ 83 degrees F

CONCESSIONS: None

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all USMS 2008 registered swimmers, 18 and above as of June 8, 2008.

SEEDING: Fast to slow **TIMING:** Electronic

Positive check in required for all events by 9:30. Swimmers must provide their own counters. (if desired)

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

Motels:

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

EMERGENCY CONTACT _____

PHONE NUMBER _____

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA LOCAL MASTERS SWIMMING COMMITTEE

MEET ENTRY FORM: June 8, 2008

Hosted by TAC/TACM/AHS Girls Swim Team

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of December 31, 2008):

18 - 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: 4 EVENTS PER DAY plus relay. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME (meters)

ENTRY FEES: \$ 13.00 (includes LMSC and electronic timing surcharges)

Individual Events: + _____ (\$1 each; optional for age 65 and over or needs based)
(No charge for relays)

Total: \$ _____ [from \$13.00 (relay only) to \$17.00 (four events)]

Please make checks payable to: **FPFC**

Mail this entry form and fees to: June Masters Meet
C/O Myke Lund
1603 22nd
Anacortes, WA 98221

Questions? Myke Lund h2obug101@yahoo.com

Please send entries postmarked no later than **Monday, June, 02nd.**

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: _____

2008 Fat Salmon Open Water Swim – 1.2 & 3.2 Mile Events
Saturday, July 19, 2008 Lake Washington, Seattle, WA
Sponsored by Green Lake Aqua Ducks (GLAD)

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS – Sanction No. 368OW-01

Event: It's back! The Fat Salmon 1.2-mile and 3.2-mile open water swims return to beautiful Lake Washington. And we knocked \$1 off ALL registration fees for this year's event. Not only is this the Fattest swim of the summer, it's a recession-fighter too! Sign Up NOW!!!



Race-Day Schedule (July 19, 2008):

MADISON PARK	
6:15 - 7:15 am	Pre-Race Check-in
7:30 am	Mandatory Competitors' Meeting
DAY STREET BOAT RAMP	
8:30 am	Start of 3.2-mile race
DENNY BLAINE PARK	
9:15 am	Estimated start of 1.2-mile race

Location: The event runs between the I-90 and 520 floating bridges along Seattle's Lake Washington waterfront. The 3.2 Mile Race starts at Day Street Boat Ramp at the west end of the I-90 Bridge span, and ends at Madison Park in Seattle (E. Madison St. & E. Howe St). The 1.2 Mile Race starts at Denny Blaine Park, 200 Lake Washington Blvd. E, and also ends at Madison Park. **Check-in at Madison Park** where both races end. **Swimmers are responsible for transportation from the registration area to the race starts.** Parking at both start areas is extremely limited; carpooling is encouraged. See race map at www.fatsalmon.org.

Eligibility: Swimmers must be 18 years of age or older as of July 19, 2008 and:

- Currently registered with USMS or Canadian Masters (CM), **or...**
- Pay a \$15 "One-Event USMS Registration" fee if not-USMS or CM members. **The \$15 fee is in addition to the base entry fee noted on this application!**
- Any USMS or CM swimmer not registered with PNA **must** submit a photocopy of their 2008 registration card with their entry.

Entry Fees: See specific registration information for entry fees. Fee includes swim cap, t-shirt and post-race refreshments. Again, the base entry fee DOES NOT include the \$15 USMS one-event registration required for non-USMS or non-CM members.

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

Safety: The course will be marked with large orange buoys. Motor boats, kayaks and lifeguards will be located along the course. Swimmers must wear the swim caps furnished at check-in. A mandatory safety meeting will be held before the event start.

Awards: A whole salmon will be awarded to the fastest male and female swimmers in both the wetsuit and non-wetsuit divisions of the 3.2 Mile Race. For the 1.2 Mile Race one-half of a salmon will be awarded to the fastest male and female swimmers in both divisions. Ribbons will be presented to the top three finishers in all 5-yr age groups.

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

Questions? More information at www.fatsalmon.org or contact one of the following:

Toby Coenen, race co-director	(425) 836-8943
Liz Shimizu, race co-director	(206) 898-8992
Email:	fatsalmonswim@gmail.com

Name: _____ USMS # _____ - _____

Address: _____

City _____ State _____ Zip _____

Date of Birth: _____ Age on 07/19/08: _____ Gender (circle): M F

Email address: _____

Emergency contact & phone: _____

Race Distance (circle one):	1.2 Mile	3.2 Mile
Category (circle one)	Wetsuit	Non Wetsuit
T-Shirt Size (circle one)	S M L XL XXL	

Register Online at www.active.com/swimming/ & search for "Fat Salmon"		
Fees:	Early entry before July 6	\$33.00
	July 6 to July 17 (online registration closes 11:59 pm Thursday)	\$44.00
	USMS one-event registration (if needed)	\$15.00

Register by Mail	Make checks payable to GLAD and mail with this entry form to:
Fees:	
Early entry before June 21	\$38.00
June 21 to July 5	\$49.00
USMS one-event registration (if needed)	\$15.00
We will not accept entries postmarked after July 5! You must register online after July 5!!!	6000 36 th Avenue SW Seattle, WA 98126

A note about that USMS One-Event Fee... Your \$15 lets you participate in this USMS-sanctioned event. For \$25 more, enjoy a full-year USMS membership including access to pool meets, clinics, coaches, open water swims & magazine subscription. Contact PNA registrar Arni Litt (PNARegistrar@usms.org) for info!
--

THERE WILL BE NO DAY-OF-RACE REGISTRATION!!!
EVERYONE MUST <u>PRE-REGISTER</u> BY MAIL OR ONLINE

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

Must be signed and dated for acceptance.

Signed: _____ Date: _____

**8th Annual Lake Padden 2.5K and 5K Open Water Swim
Saturday, August 2, 2008**

Hosted by Bellingham Masters Swim Club

Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS, Inc. Sanction number 368OW-02

NAME: _____	USMS # ¹ _____ - _____
Street: _____	
City: _____	State: _____ Zip: _____
DOB (mm/dd/yy): _____	Email: _____
Emergency Contact (name): _____ (phone): _____	
Event Choice (circle): 2.5K 5K	Gender: M F
Fee Calculation:	Checks payable and mail to:
Entry Fee: _____	\$25. Bellingham Masters Swim Club
One-event USMS fee ¹ (\$15) _____	Corey Chaplin
Same-day Race Mug ² (\$8) _____	3101 Maple Ridge Court
	Bellingham, WA 98229-2391
Total remitted (US or CAN): _____	happychaps@comcast.net

Liability Release: "I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of 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 DAMAGE, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. Finally, I specifically acknowledge that I am aware of the all the risks inherent in open water swimming and agree to assume those risks."

Must be signed and dated for acceptance.

Signed: _____ **Date:** _____

Notes: 1) USMS or Canadian Masters number required. Canadian or non-PNA USMS must enclose photocopy of current USMS to complete registration. Those without current registration must enclose \$15 for "One Event USMS Entry" to complete registration.

2) Advance registrations complete by the entry deadline receive a complimentary commemorative race mug. Race mugs may be purchased on race day for \$8.

Events 2.5K & 5K open water swims will be conducted on a triangular course in freshwater Lake Padden. Both events start in the water and finish on the beach.

Schedule:

7:30 – 8:30 a.m.	Check-in for all events
8:45 a.m.	Pre-race briefing
9:00 a.m.	Joint Start (2.5K & 5K)

Location: Lake Padden Park, Bellingham, WA. Restrooms, showers, and changing facilities are located at the start/finish area. Hiking, biking, running trails, a large barbecue, and a play area for the family are available. The park includes a first-rate municipal golf course (<http://www.lakepadden.com>).

Eligibility:

- USMS or Canadian Masters (CM) registered swimmer **or**
- \$15 "One Event USMS Registration" fee for non-USMS or CM
- 18 years of age and older as of August 2, 2008
- Non-PNA swimmers (CM or out of area USMS) – photocopy of current registration card required with entry.

Entry Fee: \$25 (US or Canadian). Fee includes official race swim cap, which must be worn during the swim.

Entry Deadline: Advance registration must be received by July 26, 2008.

Awards: Complete registrations received by the entry deadline will receive a commemorative Race Mug. No other awards will be provided. Late registrant may purchase a mug for \$8 (as quantities last).

Rules: Current USMS rules will govern this event. Neoprene wetsuits are allowed.

Safety: Lifeguards and safety boats will monitor the entire race course. Swimmers must wear the swim cap provided and race number on hand and upper arm or leg.

Results: Results will be posted one hour after the final event and will be available on the BMSC (<http://www.b-m-s-c.org>) and PNA (<http://www.swimpna.org/>) web sites shortly after the event.

Directions: Southbound: I-5 exit 254, left at light onto Samish Way. Cross freeway, right at light (S. Samish Way), main entrance to park (not golf course 2.4 miles on right. Northbound: I-5 exit 246, left at stop sign (S. Samish Way), main entrance to the park is beyond the golf course entrance, 2.5 miles on left. Race start/finish is near the bathhouse adjacent to the main parking lot.

11th ANNUAL SHORT COURSE METERS PENTATHLON MEET WITH ADDITIONAL "BRUTE" DIVISION

Hosted by North Whidbey Masters (Sanction #0368-08)

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 21, 2008

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: salswmr@verizon.net

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

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2008 USMS or MSC registered swimmers 18 and above as of 9/21/2008. Age groups based upon the swimmer's age as of 12/31/08. Entries must be received by the meet director by Saturday, September 13 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. 1st-3rd 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.

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.

MOTELS – all 360 area code: Best Western Harbor Plaza (360-679-4567), Auld Holland Inn (675-2288), Coachman Inn (675-0727) and the newest motel in town – the Candlewood Suites (279-2222)

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

11th Annual Short Course Meters Pentathlon + Brute event

Sunday, September 21, 2008

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS – No. 368-08

NAME: _____ M F AGE AS OF 12/31/2008: _____
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, 2008)

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 (US or Canadian)
\$10 (US or Canadian) for seniors (65 & over)
\$10 (US or 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** salswmr@verizon.net
PO Box 845 360-679-5038
Oak Harbor, WA 98277

Pre-entries must be **received** no later than Saturday, September 13, 2008. **Add \$5 late fee for all others.**

Please include a copy of your Masters 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: _____

Pacific Northwest Association of Masters Swimmers

2008 Local Team Registration

To register your team for 2008, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held each April. All team members competing in the meet must be currently registered with USMS.

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

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

Mail this form and check to:

Arni Litt, Registrar pnaRegistrar@usms.org
 PO Box 12172
 Seattle, WA 98102-0172

Application fee: \$12
 Make check payable to: **PNA**

Below are the abbreviations currently in use.

- | | | |
|---|---|--|
| BAM: Bainbridge Area Masters
BADD: Bellevue Aquatic Divas & Dudes
BC: Bellevue Club
BEST: Bellevue Eastside Masters
BBST: Bellingham Bay Swim Team
BMSC: Bellingham Masters Swim Club
BTAC: Bremerton Tennis & Athletic Club
BYMS: Briggs YMCA Masters Swim
BS: Brooks Swimming
CAC: Columbia Athletic Masters (All)
DSYM: Downtown Seattle YMCA Masters
ECMT: Emerald City Multisport Team
EMS: Everett Masters Swimmers
ESC: Evergreen Swim Club Masters
FAST: Foothills Aquatics Swim Team
FWM: Federal Way Master
FSJ: Fins of the San Juans
FTS: Ft. Steilacoom
GACM: Gateway Athletic Club
GHY: Gig Harbor YMCA
GCMS: Gold Creek Masters (GCM)
GAM: Gold's Aquatics Masters
GGRM: Gold's Gym Redmond Masters
GLAD: Green Lake Aqua Ducks
HMST: Husky Masters | IST: Issaquah Swim Team
JAM: Juanita Aquatic Masters
LOGS: Logger Masters
LUNA: Team Luna
LWS: Lynnwood Sharks
MICC: Mercer Island Country Club
MIR: Mercer Island Redwoods
MAMS: Middle Aged Marlins
NHM: Newport Hills Masters
NEO: North End Otters
NSYG: Northshore Y's Guys
NWM: North Whidbey Masters
OAC: Olympic Aquatic Club
OOPS: Old Olympic Peninsula Swimmers
ORCA: Orca Swim Club
OST: Ohana Swim Team
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
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
SSRM: Swim Seattle Redhawk Masters
TACY: Tacoma Pierce County YMCA
TACM: Thunderbird Aquatic Masters
TMS: Thorbecke's Masters Swimming
TIG: Tigers
TVAC: Tumwater Valley Athletic Club
UNAT: Unattached to a Team
UPAC: University Place Aquatic Club
VFC: Valley Fitness Center
VAM: 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 |
|---|---|--|

Teams in **Bold** are registered for 2008.

Don't see your team? Have your coach or Team Rep, fill out and mail the form.

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

Send The WetSet newsletter only 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

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 for information, updates, and changes.

Inside this issue:



- ♦ *Fabulous articles on Orca and Briggs meets start on page 1. Meet results, see pages 4 to 10.*



- ♦ *National coaches needed; will be reimbursed for certain expenses See page 10.*

- ♦ *Time to start planning for annual SCM Pentathlon. See page 12.*
- ♦ *Entry forms for upcoming meets. See pages 17 to 21.*
- ♦ *Help Wanted: PNA Meets Chair See page 11.*

Has your life become boring? Do you need a pick-me-up? Well, here it is: May-June issue of *The WetSet*. Full of facts, better than fiction. Don't wait another minute. Read it now!!

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

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