



## Champs Shows the Power of Volunteers

It was Steve Freeborn's first time as a meet director for a Masters event, and, boy, he did a bang-up job overseeing April's combined PNA and Zone Championship. "I hope Steve will continue to serve as Champs meet director in the future," says Hugh Moore, who, together with his wife Jane, has directed several Champs meets and helped Steve on this one.

The only disappointment was a smaller crowd than expected, just 281 entries. "The last time we had a combined PNA and Zone Championship like this one, we had 370 swimmers," says Hugh. "Even when it's just a Champs meet, we usually draw 300 participants."

### Key to success

No matter what size the meet, the key to a successful one, says Steve, is having good help. "Hugh, with all his knowledge, was incredibly helpful. So were the many volunteers. Everyone did what they were asked — and even more." As an example he mentions the Western Washington University swimmers who acted as meet marshals.

But they weren't alone in their eagerness to help. "During the course of the meet, many individuals came up to me and



NEO members surround June Van Leynseele (front row, center), recipient of the 2008 Dawn Musselman Inspirational Swimmer Award.

asked, without any prompting, 'is there anything I can do to help?' This is one reason I enjoy Masters swimming so much — everyone participating is friendly and willing to go the extra mile to make events successful."

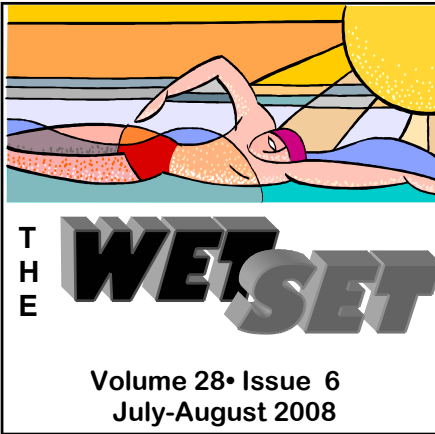
### Folks the meet couldn't do without

In addition to the WWU swimmers, meet volunteers included multi-tasker-extraordinaire Holly Bork, who entered data, checked swimmers in and distributed awards. Mike Murphy was meet referee. Serving as officials were Mary and Dave Coddington, Jim Davidson, Joel Lewis, Kim Boggs, Jan Kavadas and Lee Carlson. Judy Williams

and Julie Montiel did a superb job with hospitality. "By getting everything donated, they came in way under budget," says Steve.

Mary Ann White developed a great logo for the shirts. (Did you find PNA and USMS in the design?) Gregg Metzler and Hilary Smith announced. "We also got a lot of help from spouses of team members like Sharon Davidson who arranged for all our timers and was the meet's chief timer," says Steve.

**Looking for pool meets  
and open water  
events?  
Check out calendar.**



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**Open Water:** Sally Dillon

**Publicity:** Lynn Wells

**Safety:** Kathy Casey

**Webmaster/Computer Apps:**  
Hugh Moore

Ever question whether you should take that trip? Many years ago, on enlisting in the Air Force, I told myself, "If there's an opportunity to go anywhere, take it!"

That self-guidance still usually prevails and paid off when I decided at the last minute to attend Short Course Nationals in Austin in May. Had a great time and enjoyed a beautiful venue with many friends from PNA and around the country. Check out the great photos and meet write-up on page 17. I didn't, however, make it to Perth. But several PNAers did, and with great success. Read about the XII FINA Worlds meet on page 16. Congratulations, Sarah Welch, on your first place in 200 Fly and a new Zone record!

### Dick LaFave, we'll miss you

The officials who volunteer time and expertise at our competitions are priceless. With much sadness I note the passing of one of our greats, Dick LaFave, on April 16. See his tribute on page 15.

### New meets liaisons

Outgoing Meets Chair Lee Carlson has recruited not one but two volunteers — NEO members Cathy Cooley and Mike McColly — to take over Lee's meet coordination duties. They already sent out the '08-'09 meet bid packet to prospective meet hosts. This packet is also available on PNA's website. Thank you, Cathy and Mike!

### USMS happenings

Congratulations to Jane Moore, succeeding Oregon's Jody Welborn as chair of the USMS Sports Medicine and Science Committee. Jane has also been appointed as a member of the USMS Endowment Fund Board of

# LEADING OFF



By Steve Peterson,  
PNA president

Governors. Oh, and by now you've probably heard that USMS has hired Rob Butcher as its new Executive Director. Rob, 35, earned his BA in Marketing and a Masters in Sports Administration, competed in the 2000 Olympic Trials and was chief marketing officer with the World (auto) Racing Group. Rob lives in Charlotte, N.C., where he swims with the local Masters team. Expect some dynamic developments!

### Cold spring, cool competitions

Two meets on the same early June day? Though Anacortes had fewer than twenty swimmers while Ohana drew more than eighty, organizers for both events were pleased. Several of us attended the Northwest Senior Games meet in Kirkland on Saturday and Ohana's meet on Sunday — both in outdoor pools. At least there was no significant rain!

Open water and outdoor swimming season is now upon us. PNA-sanctioned *Fat Salmon* and *Lake Padden* swims are up in short order, followed by Long Course Nationals in Gresham, Ore. Maybe we'll get warmer weather for Seattle and Kirkland Parks' annual events, "Emerald City" and "Jewel on the Lake." Then it's back indoors for North

(Continued on page 12)

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.*

July 19, 2008  
**Fat Salmon OW  
Lake Washington**  
[falsalmonswim@gmail.com](mailto:falsalmonswim@gmail.com)  
[www.fatsalmon.org](http://www.fatsalmon.org)  
**Entry form on page 25.**

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](mailto:19Gloria@sprintmail.com)

August 2, 2008  
**Lake Padden OW  
2.5K and 5K  
Bellingham, Wash.**  
[ianLT@comcast.net](mailto:ianLT@comcast.net)  
**Event website: [b-m-s-c.org](http://b-m-s-c.org)**  
**Entry form on page 26.**

August 3, 2008  
**USMS 2008 3-6 Mile Open Water  
Championships (5 km) - Elk Lake,  
Bend, OR**  
OW; Bob Bruce, 541-317-4851,  
[coachbob@bendbroadband.com](mailto:coachbob@bendbroadband.com);  
Pam Himstreet, 541-385-7770,  
[himstreet@bendbroadband.com](mailto:himstreet@bendbroadband.com);  
[www.usms.org/longdist/ldnats08/5k](http://www.usms.org/longdist/ldnats08/5k)  
[entry.pdf](#)

August 14 to August 17, 2008  
**USMS National LC  
Championships**  
Mt. Hood Community College  
Gresham, Ore.  
[www.lcnationals2008.net](http://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.**  
[salswmr@verizon.net](mailto:salswmr@verizon.net)  
**Entry form on page 27.**

September 24 to 28, 2008  
**USAS Convention**  
Atlanta, GA

October 21, 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](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.northwestzone.org](http://www.northwestzone.org)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.akmswim.org](http://www.akmswim.org)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.mastersswimming.bc.ca](http://www.mastersswimming.bc.ca)

**Results:**

**2008 Northwest Zone Short Course  
Yard Championships  
Federal Way, Wash.**



PNA  
04-13-08  
SHORT COURSE YARDS  
P = P.N.A. RECORD  
Z = NORTHWEST ZONE RECORD  
N = NATIONAL RECORD  
W = WORLD RECORD  
S = SPLIT TIME  
U = UNOFFICAL TIME (1 WATCH)

200 YD. I.M.  
BRITTANY KUNZE 24 GLAD 2:28.49  
EMMA COULSON 23 FWM 2:35.85  
HEATHER BONAR 18 GHY 2:42.03  
ANGIE DOWDLE 18 WWUS 2:47.53  
400 YD. I.M.  
BRITTANY KUNZE 24 GLAD 5:11.68  
EMMA COULSON 23 FWM 5:35.82

SHANNON CASEY 30 FWM 29.90  
ROBIN LESH 30 NEO 33.97  
MICHELLE SIMMONS 33 FWM 35.65  
REBECCA KIMBALL 34 GHY 41.50  
100 YD. FREE  
COLLEEN PHILIPPS 31 LLUA 54.18P  
MEGAN LIVINGSTON 30 BAM 56.42  
MEGAN OESTING 34 UN 56.79  
CARRIE NORDBERG 32 BEST 58.62  
ELLEN KRAMER 32 OREG 1:02.88  
ROBIN LESH 30 NEO 1:15.94  
MICHELLE SIMMONS 33 FWM 1:19.59  
HOLLY BORK 31 FWM 1:22.24  
200 YD. FREE  
COLLEEN PHILIPPS 31 LLUA 1:59.02  
ELLEN KRAMER 32 OREG 2:19.41  
MICHELLE SIMMONS 33 FWM 3:08.05  
500 YD. FREE  
ROBIN LESH 30 NEO 7:42.84  
1000 YD. FREE  
SHANNON CASEY 30 FWM 12:36.62  
ELLEN KRAMER 32 OREG 12:45.49  
MICHELLE SIMMONS 33 FWM 17:01.27  
1650 YD. FREE  
MICHELLE SIMMONS 33 FWM 30:31.42  
50 YD. BACK  
SHANNON CASEY 30 FWM 33.44  
TAMARA TULOU 34 BAM 38.66  
100 YD. BACK  
MEGAN LIVINGSTON 30 BAM 1:04.55  
TAMARA TULOU 34 BAM 1:24.52  
200 YD. BACK  
TAMARA TULOU 34 BAM 3:10.58  
50 YD. BRST  
HOLLY BORK 31 FWM 44.34  
REBECCA KIMBALL 34 GHY 52.27  
100 YD. BRST  
ALLISON DEMERITT 32 QASC 1:16.69  
ELLEN KRAMER 32 OREG 1:23.35  
MICHELLE SIMMONS 33 FWM 1:38.09  
200 YD. BRST  
ALLISON DEMERITT 32 QASC 2:43.97  
HOLLY BORK 31 FWM 3:30.00  
50 YD. FLY  
COLLEEN PHILIPPS 31 LLUA 27.52  
ROBIN LESH 30 NEO 43.95  
100 YD. I.M.  
MEGAN LIVINGSTON 30 BAM 1:03.43P  
COLLEEN PHILIPPS 31 LLUA 1:03.89  
CARRIE NORDBERG 32 BEST 1:06.59  
TAMARA TULOU 34 BAM 1:28.45  
ROBIN LESH 30 NEO 1:29.74  
200 YD. I.M.  
TAMARA TULOU 34 BAM 3:18.35  
400 YD. I.M.  
CARRIE NORDBERG 32 BEST 5:02.49  
TAMARA TULOU 34 BAM 6:49.42

**WOMEN 18-24**

50 YD. FREE  
SHONA PIERCE 23 WWUS 26.36  
BRITTANY KUNZE 24 GLAD 28.67  
ANGIE DOWDLE 18 WWUS 28.85  
HEATHER BONAR 18 GHY 29.42  
EMIKO MAR 21 WWUS 29.49  
EMMA COULSON 23 FWM 30.54  
TINNEL HILLIS 19 WWUS 31.46  
100 YD. FREE  
ANGIE DOWDLE 18 WWUS 1:01.70  
HEATHER BONAR 18 GHY 1:05.52  
LEAH DEPAOLI 23 NEO 1:05.78  
TINNEL HILLIS 19 WWUS 1:10.25  
200 YD. FREE  
ALLISON COX 23 BEST 2:05.19  
SHONA PIERCE 23 WWUS 2:09.95  
ANGIE DOWDLE 18 WWUS 2:14.21  
TINNEL HILLIS 19 WWUS 2:44.28  
500 YD. FREE  
ANGIE DOWDLE 18 WWUS 5:57.90  
50 YD. BACK  
ALLISON COX 23 BEST 30.46  
ELISHA NAYLOR 21 WWUS 33.19  
LEAH DEPAOLI 23 NEO 34.19  
100 YD. BACK  
SHONA PIERCE 23 WWUS 1:05.78  
ALLISON COX 23 BEST 1:06.42  
EMMA COULSON 23 FWM 1:08.73  
ELISHA NAYLOR 21 WWUS 1:14.52  
200 YD. BACK  
ALLISON COX 23 BEST 2:26.24  
EMMA COULSON 23 FWM 2:27.59  
SHONA PIERCE 23 WWUS 2:28.17  
ELISHA NAYLOR 21 WWUS 2:41.52  
50 YD. BRST  
BRITTANY KUNZE 24 GLAD 36.56  
ANNE RIORDAN 20 WWUS 39.99  
ASHLEY MELSETH 21 WWUS 40.81  
100 YD. BRST  
SHONA PIERCE 23 WWUS 1:14.18  
BRITTANY KUNZE 24 GLAD 1:18.05  
ANNE RIORDAN 20 WWUS 1:26.26  
ASHLEY MELSETH 21 WWUS 1:26.78  
200 YD. BRST  
ANNE RIORDAN 20 WWUS 3:02.32  
50 YD. FLY  
EMIKO MAR 21 WWUS 32.90  
TINNEL HILLIS 19 WWUS 35.00  
100 YD. FLY  
EMIKO MAR 21 WWUS 1:18.48  
TINNEL HILLIS 19 WWUS 1:18.96  
100 YD. I.M.  
SHONA PIERCE 23 WWUS 1:06.17  
BRITTANY KUNZE 24 GLAD 1:10.14  
HEATHER BONAR 18 GHY 1:14.78  
EMMA COULSON 23 FWM 1:15.00  
ANGIE DOWDLE 18 WWUS 1:16.31  
ASHLEY MELSETH 21 WWUS 1:17.31  
EMIKO MAR 21 WWUS 1:18.28

**WOMEN 25-29**

50 YD. FREE  
AUBREE GUSTAFSON 26 OREG 26.87  
LAUREN LOCHNER 29 SSRM 30.64  
AERON ELLIS 27 OST 32.06  
MARCIA MARCY 28 OST 34.00  
KATE TRETTEVIK 28 NEO 36.03  
100 YD. FREE  
AUBREE GUSTAFSON 26 OREG 59.30  
KELLY CRANDELL 27 OST 1:02.34  
MEGAN MCCULLOUGH 28 OST 1:03.15  
CARRIE NORDYKE 28 FWM 1:05.83  
LAUREN LOCHNER 29 SSRM 1:06.89  
AERON ELLIS 27 OST 1:14.84  
500 YD. FREE  
JACQUELYN FOLEY 26 CAC 5:33.66  
KELLY CRANDELL 27 OST 6:11.70  
MARCIA MARCY 28 OST 8:41.85  
1650 YD. FREE  
JACQUELYN FOLEY 26 CAC 18:40.17  
50 YD. BACK  
LAUREN LOCHNER 29 SSRM 38.42  
100 YD. BACK  
MEGAN MCCULLOUGH 28 OST 1:09.74  
KELLY CRANDELL 27 OST 1:16.55  
200 YD. BACK  
JACQUELYN FOLEY 26 CAC 2:18.56  
MEGAN MCCULLOUGH 28 OST 2:33.95  
KELLY CRANDELL 27 OST 2:44.32  
50 YD. BRST  
AUBREE GUSTAFSON 26 OREG 36.57  
CARRIE NORDYKE 28 FWM 39.53  
AERON ELLIS 27 OST 44.46  
KATE TRETTEVIK 28 NEO 45.18  
MARCIA MARCY 28 OST 51.33  
100 YD. BRST  
AUBREE GUSTAFSON 26 OREG 1:19.24  
CARRIE NORDYKE 28 FWM 1:21.54  
KATE TRETTEVIK 28 NEO 1:37.89  
AERON ELLIS 27 OST 1:39.09  
50 YD. FLY  
AUBREE GUSTAFSON 26 OREG 31.27  
MEGAN MCCULLOUGH 28 OST 32.29  
100 YD. I.M.  
AUBREE GUSTAFSON 26 OREG 1:11.02  
KELLY CRANDELL 27 OST 1:11.80  
CARRIE NORDYKE 28 FWM 1:13.63  
MEGAN MCCULLOUGH 28 OST 1:14.59  
LAUREN LOCHNER 29 SSRM 1:17.77  
AERON ELLIS 27 OST 1:30.88  
MARCIA MARCY 28 OST 1:38.07  
KATE TRETTEVIK 28 NEO 1:40.31  
200 YD. I.M.  
KELLY CRANDELL 27 OST 2:32.87

**WOMEN 30-34**

50 YD. FREE  
COLLEEN PHILIPPS 31 LLUA 25.28P  
MEGAN OESTING 34 UN 25.75

**WOMEN 35-39**

50 YD. FREE  
KRISTINE SENKIER 38 OREG 26.34  
JULIE BARASHKOFF 36 UN 27.58  
NELLS KIM 37 FWM 29.49  
JENNIFER MESLER 37 FWM 30.08  
KRISTINE ANTILLA 39 OST 31.70  
SHANNON SINGER 38 SVY 34.90  
MAUREEN COLAIZZI 38 NEO 36.66  
D.FITZPATRICK 36 FWM 39.60  
100 YD. FREE  
KRISTINE SENKIER 38 OREG 57.68  
MEGAN LASSEN 37 BMSC 1:00.91  
JULIE BARASHKOFF 36 UN 1:01.87  
NELLS KIM 37 FWM 1:04.94  
MAUREEN COLAIZZI 38 NEO 1:19.91  
JULIE MONTIEL 38 FWM 1:19.93  
D.FITZPATRICK 36 FWM 1:27.19  
200 YD. FREE  
KRISTINE SENKIER 38 OREG 2:04.36  
TRACEY SONDRGROTH 35 TVAC 2:16.74  
SANDRA HYDE 39 SAWS 2:28.41  
MICHELLE BEHRENS 35 GHY 2:36.85  
JILL REDDOCH 38 FWM 2:55.32



Meet Director Steve Freeborn (FWM)

JANAE MCCULLOUGH	37 OST	3:04.41
500 YD. FREE		
MEGAN LASSEN	37 BMSC	5:58.25
LISA KAUFMAN	38 BMSC	6:12.23
JENNIFER MESLER	37 FWM	6:22.99
SANDRA HYDE	39 SAWS	6:37.06
MICHELLE BEHRENS	35 GHY	6:55.99
JILL REDDOCH	38 FWM	7:21.26
JULIE MONTIEL	38 FWM	7:41.75
1000 YD. FREE		
MEGAN LASSEN	37 BMSC	12:22.48
SANDRA HYDE	39 SAWS	13:31.87
KRISTI EAGER	35 SWIM	14:17.73
JANAE MCCULLOUGH	37 OST	16:52.01
1650 YD. FREE		
MEGAN LASSEN	37 BMSC	21:14.12
SHANNON SINGER	38 SVY	27:17.08
50 YD. BACK		
KRISTINE SENKIER	38 OREG	31.99
JENNIFER MESLER	37 FWM	33.06
KRISTINE ANTILLA	39 OST	40.73
SHANNON SINGER	38 SVY	42.01
JANAE MCCULLOUGH	37 OST	42.64
MAUREEN COLAIZZI	38 NEO	42.91
D.FITZPATRICK	36 FWM	48.22
100 YD. BACK		
KRISTINE SENKIER	38 OREG	1:07.96
KRISTI EAGER	35 SWIM	1:22.41
200 YD. BACK		
LINDA HEGERBERG	38 BMSC	2:28.34
LISA KAUFMAN	38 BMSC	2:44.77
JENNIFER MESLER	37 FWM	2:46.44
SANDRA HYDE	39 SAWS	2:58.02
SHANNON SINGER	38 SVY	3:26.55
50 YD. BRST		
LINDA HEGERBERG	38 BMSC	33.44
NELLIS KIM	37 FWM	40.41
KRISTINE ANTILLA	39 OST	40.93
ANGELA TINKER	38 BAM	46.93
JANAE MCCULLOUGH	37 OST	51.32
100 YD. BRST		
LINDA HEGERBERG	38 BMSC	1:12.81
KRISTINE ANTILLA	39 OST	1:29.94
ANGELA TINKER	38 BAM	1:39.86
JANAE MCCULLOUGH	37 OST	1:49.68
200 YD. BRST		
MAUREEN COLAIZZI	38 NEO	3:34.31
50 YD. FLY		
LINDA HEGERBERG	38 BMSC	31.51
KRISTINE ANTILLA	39 OST	37.91
200 YD. FLY		
PATRICIA CUERO	38 MOST	3:41.88
100 YD. I.M.		
JENNIFER MESLER	37 FWM	1:12.60
KRISTI EAGER	35 SWIM	1:22.05

MICHELLE BEHRENS	35 GHY	1:22.09
KRISTINE ANTILLA	39 OST	1:22.40
JANAE MCCULLOUGH	37 OST	1:34.10
MAUREEN COLAIZZI	38 NEO	1:35.21
JULIE MONTIEL	38 FWM	1:36.66
200 YD. I.M.		
TRACEY SONDRGROTH	35 TVAC	2:30.84
LISA KAUFMAN	38 BMSC	2:47.00
MEGAN LASSEN	37 BMSC	2:47.05
JILL REDDOCH	38 FWM	3:13.15
400 YD. I.M.		
JILL REDDOCH	38 FWM	6:43.32

**WOMEN 40-44**

50 YD. FREE		
KRIS SPEIR	44 OST	29.45
LESLIE GRIMM	44 UN	29.53
AUDREY BLOMBERG	42 MAMS	31.05
KATHERINE ROGERS	41 SWIM	31.99
KATHY MOORE	41 UN	33.20
KAREN KUYKENDALL	44 FWM	38.42
MARCELLE THILL	40 MAMS	43.48
100 YD. FREE		
ELLEN REYNOLDS	43 SAWS	55.96Z
KRIS SPEIR	44 OST	1:04.78
RENEE QUISTORF	43 NEO	1:07.48
LAURA DEL RIO	42 NEO	1:10.68
AUDREY BLOMBERG	42 MAMS	1:11.21
KATHERINE ROGERS	41 SWIM	1:11.80
SUZANNE WAY	44 LWS	1:14.85
KATHY MOORE	41 UN	1:15.64
NANCY HUNTAMER	43 NEO	1:19.54
MARCELLE THILL	40 MAMS	1:40.19
500 YD. FREE		
RENEE QUISTORF	43 NEO	6:49.89
KATHERINE ROGERS	41 SWIM	7:07.36
KAREN KUYKENDALL	44 FWM	8:19.67
1000 YD. FREE		
SUZANNE WAY	44 LWS	15:44.98
DONNIE NORTH	42 NEO	15:46.38
NANCY HUNTAMER	43 NEO	16:04.95
KAREN KUYKENDALL	44 FWM	17:35.18
1650 YD. FREE		
ELLEN REYNOLDS	43 SAWS	18:49.78
KAREN KUYKENDALL	44 FWM	29:37.42
50 YD. BACK		
LESLIE GRIMM	44 UN	31.84
LAURA DEL RIO	42 NEO	39.09
KATHY MOORE	41 UN	39.11
MARCELLE THILL	40 MAMS	50.51
100 YD. BACK		
ELLEN REYNOLDS	43 SAWS	1:02.27
LESLIE GRIMM	44 UN	1:09.86
LAURA DEL RIO	42 NEO	1:27.46
SUZANNE WAY	44 LWS	1:31.40
200 YD. BACK		
ELLEN REYNOLDS	43 SAWS	2:13.62
RENEE QUISTORF	43 NEO	2:51.95
50 YD. BRST		
KRIS SPEIR	44 OST	38.06
KATHY MOORE	41 UN	43.75
100 YD. BRST		
KRIS SPEIR	44 OST	1:23.99
200 YD. BRST		
LAURA DEL RIO	42 NEO	3:01.09
KRIS SPEIR	44 OST	3:01.18
50 YD. FLY		
KATHY MOORE	41 UN	37.90
100 YD. I.M.		
RENEE QUISTORF	43 NEO	1:18.37
KATHY MOORE	41 UN	1:25.24
DONNIE NORTH	42 NEO	1:25.71
AUDREY BLOMBERG	42 MAMS	1:26.35
KATHERINE ROGERS	41 SWIM	1:26.95
SUZANNE WAY	44 LWS	1:30.15
NANCY HUNTAMER	43 NEO	1:37.81
MARCELLE THILL	40 MAMS	1:44.47
200 YD. I.M.		
ELLEN REYNOLDS	43 SAWS	2:20.92Z
KRIS SPEIR	44 OST	2:50.15
RENEE QUISTORF	43 NEO	2:56.51
KATHERINE ROGERS	41 SWIM	3:11.55

400 YD. I.M.		
ELLEN REYNOLDS	43 SAWS	4:57.37
LAURA DEL RIO	42 NEO	6:04.32
RENEE QUISTORF	43 NEO	6:37.76

**WOMEN 45-49**

50 YD. FREE		
ZENA COURTNEY	48 FWM	27.72
JANET BULMAN	49 NEO	31.20
TRACEY SPENSER	47 WSYD	31.93
SUSIE MAIN	49 NEO	32.54
LEE SPENCER	47 FWM	33.99
TOMLINSON-MACIAS	49 HMS	34.01
JAN COLEMAN	47 MAMS	35.27
TINA VESPER	47 FWM	1:03.96
100 YD. FREE		
JESSICA HICKEL	49 FWM	1:06.74
JANET BULMAN	49 NEO	1:12.20
KRISSY WHEELER	46 SWIM	1:13.89
SUSIE MAIN	49 NEO	1:16.22
TOMLINSON-MACIAS	49 HMS	1:18.45
JAN COLEMAN	47 MAMS	1:19.07
LEE SPENCER	47 FWM	1:21.93
200 YD. FREE		
WENDY HOFFMAN	45 MICC	2:42.78
LEE SPENCER	47 FWM	3:01.12
JONI RASMUSSEN	45 OST	3:56.67
500 YD. FREE		
WENDY HOFFMAN	45 MICC	7:10.45
JANET BULMAN	49 NEO	7:30.31
LEE SPENCER	47 FWM	8:05.49
1000 YD. FREE		
KRISSY WHEELER	46 SWIM	14:59.32
LEE SPENCER	47 FWM	16:49.14
1650 YD. FREE		
LEE SPENCER	47 FWM	28:42.69
50 YD. BACK		
TRACEY SPENSER	47 WSYD	34.09
JESSICA HICKEL	49 FWM	39.05
TOMLINSON-MACIAS	49 HMS	42.81
SUSIE MAIN	49 NEO	45.19
100 YD. BACK		
ZENA COURTNEY	48 FWM	1:05.79
TRACEY SPENSER	47 WSYD	1:16.60
WENDY HOFFMAN	45 MICC	1:26.81
TOMLINSON-MACIAS	49 HMS	1:38.62
200 YD. BACK		
ZENA COURTNEY	48 FWM	2:23.25
TRACEY SPENSER	47 WSYD	2:52.68
50 YD. BRST		
TONYA BERG	49 GLAD	37.09
DIANE BOYER	47 FWM	41.48
JONI RASMUSSEN	45 OST	53.25
100 YD. BRST		
TONYA BERG	49 GLAD	1:20.31
DIANE BOYER	47 FWM	1:27.71
JONI RASMUSSEN	45 OST	2:02.40
200 YD. BRST		
TONYA BERG	49 GLAD	2:52.01
50 YD. FLY		
JANET BULMAN	49 NEO	37.47
200 YD. FLY		
JESSICA HICKEL	49 FWM	3:12.49



Laura and Martin Brown (UNAT)

100 YD. I.M.		
TONYA BERG	49 GLAD	1:14.96
TRACEY SPENSER	47 WSYD	1:17.74
WENDY HOFFMAN	45 MICC	1:21.43
JANET BULMAN	49 NEO	1:22.10
TOMLINSON-MACIAS	49 HMS	1:31.90
JAN COLEMAN	47 MAMS	1:32.12
200 YD. I.M.		
ZENA COURTNEY	48 FWM	2:28.22
TONYA BERG	49 GLAD	2:43.96
400 YD. I.M.		
JESSICA HICKEL	49 FWM	5:59.33

**WOMEN 50-54**

50 YD. FREE		
MARY LIPPOLD	52 NEO	27.50
MICHELLE MENKENS	51 FWM	29.36
CAROLINE BROWN	50 PSC	31.11
SHERYL MELVIN	50 NEO	31.73
SUE COLLINS	51 MAMS	35.12
PATTI CUNNINGHAM	54 FWM	35.66
BARBARA HENDERSON	50 FWM	35.84
JENNIFER SEVERIN	53 NEO	36.36
CYNTHIA WEINTRAUB	50 GLAD	40.61
PAT DUGGAN	54 FWM	44.21
100 YD. FREE		
MARY LIPPOLD	52 NEO	1:01.18
MICHELLE MENKENS	51 FWM	1:03.87
CAROLINE BROWN	50 PSC	1:06.20
SHERYL MELVIN	50 NEO	1:10.87
SUE COLLINS	51 MAMS	1:19.06
JENNIFER SEVERIN	53 NEO	1:20.04
BARBARA HENDERSON	50 FWM	1:25.40
CYNTHIA WEINTRAUB	50 GLAD	1:35.88
PAT DUGGAN	54 FWM	1:36.02
200 YD. FREE		
MARY LIPPOLD	52 NEO	2:16.81
CAROLINE BROWN	50 PSC	2:26.00
PAT DUGGAN	54 FWM	3:30.86
500 YD. FREE		
MARY LIPPOLD	52 NEO	6:05.86
CAROLINE BROWN	50 PSC	6:25.61
SHERYL MELVIN	50 NEO	7:16.34
PAT DUGGAN	54 FWM	9:05.57
1000 YD. FREE		
MARY LIPPOLD	52 NEO	12:27.26
100 YD. BACK		
DAWN JAEGER	51 NEO	1:17.97
200 YD. BACK		
CATHY COOLEY	50 NEO	2:36.38
50 YD. BRST		
CYNTHIA WEINTRAUB	50 GLAD	50.28
100 YD. BRST		
CATHY COOLEY	50 NEO	1:20.79
UTIGARD-RATHBURN	50 UN	1:22.04
200 YD. BRST		
CATHY COOLEY	50 NEO	2:53.68
50 YD. FLY		
MARY LIPPOLD	52 NEO	32.30
MICHELLE MENKENS	51 FWM	33.34
KATHY MORRIS	52 BYMS	52.10
100 YD. I.M.		
CATHY COOLEY	50 NEO	1:12.20
DAWN JAEGER	51 NEO	1:18.49
SHERYL MELVIN	50 NEO	1:20.68
JENNIFER SEVERIN	53 NEO	1:31.17
PATTI CUNNINGHAM	54 FWM	1:34.28
SUE COLLINS	51 MAMS	1:34.90
200 YD. I.M.		
CATHY COOLEY	50 NEO	2:36.16
SHERYL MELVIN	50 NEO	3:01.13
400 YD. I.M.		
CATHY COOLEY	50 NEO	5:30.03

**WOMEN 55-59**

50 YD. FREE		
KATHRINE CASEY	59 FTS	32.55
JEAN BLACKBURN	56 FWM	33.37
SANDRA SMITH	55 SVY	55.71
100 YD. FREE		
KATHRINE CASEY	59 FTS	1:13.11
JEAN BLACKBURN	56 FWM	1:16.87

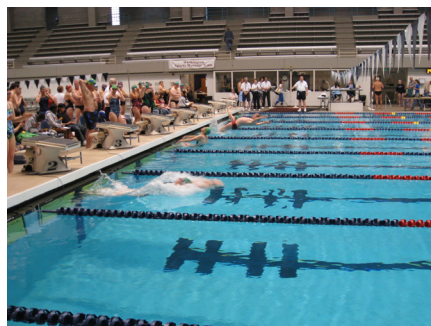


Sharon Singer (SVY)

SANDRA SMITH	55 SVY	2:05.75
200 YD. FREE		
KATHRINE CASEY	59 FTS	2:39.68
1000 YD. FREE		
SANDY MCNEEL	55 NEO	17:34.22
SANDRA SMITH	55 SVY	26:03.84
CATHY DOONAN	58 FWM	28:47.81
1650 YD. FREE		
KATHRINE CASEY	59 FTS	24:12.17
50 YD. BACK		
SANDY MCNEEL	55 NEO	53.22
CATHY DOONAN	58 FWM	1:12.83
100 YD. BACK		
CATHY DOONAN	58 FWM	2:34.70
200 YD. BACK		
CATHY DOONAN	58 FWM	5:35.93
200 YD. BRST		
SANDY MCNEEL	55 NEO	4:07.79
50 YD. FLY		
JEAN BLACKBURN	56 FWM	36.98
KATHRINE CASEY	59 FTS	38.82
100 YD. FLY		
JEAN BLACKBURN	56 FWM	1:31.92
100 YD. I.M.		
KATHRINE CASEY	59 FTS	1:26.66
JEAN BLACKBURN	56 FWM	1:28.85

**WOMEN 60-64**

50 YD. FREE		
SANDI ROUSSEAU	60 OREG	32.64
JUDY WILLIAMS	60 FWM	38.62
100 YD. FREE		
SANDI ROUSSEAU	60 OREG	1:14.36
JUDY WILLIAMS	60 FWM	1:22.22
200 YD. FREE		
ARNI LITT	61 GLAD	3:00.97
500 YD. FREE		
JUDY WILLIAMS	60 FWM	7:49.29



JEANNE ENSIGN	61 GLAD	9:01.80
50 YD. BACK		
SANDI ROUSSEAU	60 OREG	41.71
50 YD. BRST		
GINGER PIERSON	62 OREG	38.27
ARNI LITT	61 GLAD	43.83
JUDY WILLIAMS	60 FWM	46.47
SANDI ROUSSEAU	60 OREG	46.56
100 YD. BRST		
GINGER PIERSON	62 OREG	1:23.19
ARNI LITT	61 GLAD	1:36.06
200 YD. BRST		
GINGER PIERSON	62 OREG	3:03.00
50 YD. FLY		
SANDI ROUSSEAU	60 OREG	35.46
100 YD. FLY		
GINGER PIERSON	62 OREG	1:28.16
SANDI ROUSSEAU	60 OREG	1:28.95
200 YD. FLY		
GINGER PIERSON	62 OREG	3:12.46
200 YD. I.M.		
GINGER PIERSON	62 OREG	3:00.39

**WOMEN 65-69**

50 YD. FREE		
JOY WARD	65 OREG	33.06
PINKY WALKER	65 TACM	33.32
100 YD. FREE		
PINKY WALKER	65 TACM	1:13.61P
ANNE OLSON	69 UN 1	:24.34
200 YD. FREE		
PINKY WALKER	65 TACM	2:46.38P
500 YD. FREE		
ANNE OLSON	69 UN	8:19.67
1000 YD. FREE		
PINKY WALKER	65 TACM	15:32.28P
ANNE OLSON	69 UN	16:52.33
1650 YD. FREE		
ANNE OLSON	69 UN	28:15.86P
50 YD. BACK		
JOY WARD	65 OREG	38.66
BARBARA FRID	65 OREG	39.48
100 YD. BACK		
JOY WARD	65 OREG	1:24.81
BARBARA FRID	65 OREG	1:29.14
200 YD. BACK		
JOY WARD	65 OREG	3:00.44
PINKY WALKER	65 TACM	3:17.02P
50 YD. BRST		
BARBARA FRID	65 OREG	41.98
50 YD. FLY		
JOY WARD	65 OREG	35.74
BARBARA FRID	65 OREG	36.10
100 YD. FLY		
JOY WARD	65 OREG	1:33.20Z
100 YD. I.M.		
BARBARA FRID	65 OREG	1:23.34
PINKY WALKER	65 TACM	1:27.88P

**WOMEN 70-74**

50 YD. FREE		
PATRICIA HASTINGS	72 MM	41.67
100 YD. FREE		
PATRICIA HASTINGS	72 MM	1:39.19
200 YD. FREE		
PATRICIA HASTINGS	72 MM	3:49.78
1000 YD. FREE		
BARBARA ALLEN	74 UN	22:52.55
50 YD. BACK		
BARBARA ALLEN	74 UN	51.35
PATRICIA HASTINGS	72 MM	1:10.46
100 YD. BACK		
BARBARA ALLEN	74 UN	1:57.42
50 YD. BRST		
PATRICIA HASTINGS	72 MM	59.00
100 YD. BRST		
PATRICIA HASTINGS	72 MM	2:14.86



Mother and daughter, Kathy Casey (FTS) and Kelly Crandell (OST)

RYAN DEWEY	19 WWUS	1:01.57
50 YD. BACK		
MARK FANNING	22 WWUS	27.86
ELLIOTT JOHNSON	23 FWM	32.28
AARON WHIPPLE	24 OAC	32.98
100 YD. BACK		
MARK FANNING	22 WWUS	1:00.64
RYAN DEWEY	19 WWUS	1:15.80
200 YD. BACK		
MARK FANNING	22 WWUS	2:12.79
50 YD. BRST		
JORDAN RICE	23 UN	29.99
100 YD. BRST		
JORDAN RICE	23 UN	1:07.87
50 YD. FLY		
MARK FANNING	22 WWUS	27.95
AARON WHIPPLE	24 OAC	31.35
100 YD. FLY		
KEVIN CLEARY	24 OREG	58.45
200 YD. FLY		
KEVIN CLEARY	24 OREG	2:17.68
100 YD. I.M.		
JORDAN RICE	23 UN	1:00.54
AARON WHIPPLE	24 OAC	1:13.46
200 YD. I.M.		
JORDAN RICE	23 UN	2:18.48

**MEN 25-29**

50 YD. FREE		
PAUL WILKINS	26 MSBC	21.81
DMITRI PARAMONOV	29 HMST	24.92
DAVID TOURIGNY	28 GLAD	25.30
A.CHMELIOVAS	29 UN	25.35
SCOTT BREILER	25 ORCA	32.86
BRIAN MARCY	28 OST	33.34
100 YD. FREE		
PAUL WILKINS	26 MSBC	48.41
DAVID TOURIGNY	28 GLAD	55.30
DMITRI PARAMONOV	29 HMST	56.04
SCOTT BREILER	25 ORCA	1:12.49
BRIAN MARCY	28 OST	1:18.97
200 YD. FREE		
DAVID TOURIGNY	28 GLAD	2:06.02
500 YD. FREE		
CHRIS TREMONTE	27 PRO	5:12.74
1650 YD. FREE		
CHRIS TREMONTE	27 PRO	17:48.08
100 YD. BACK		
SCOTT BREILER	25 ORCA	1:30.35
100 YD. BRST		
BRIAN MARCY	28 OST	1:33.07
50 YD. FLY		
PAUL WILKINS	26 MSBC	24.06
100 YD. FLY		
DAVID TOURIGNY	28 GLAD	1:03.23
100 YD. I.M.		
DAVID TOURIGNY	28 GLAD	1:04.13
BRIAN MARCY	28 OST	1:34.03

**MEN 30-34**

50 YD. FREE		
ROSS LINDERMAN	31 ORCA	24.14
MELVIN CARDEN	33 OST	24.60
STEVEN ROSARIA	33 PRO	24.89
ADAM YANASAK	33 EMS	25.17
CHRIS HINDS	32 FWM	28.31
CHRIS DURKIN	33 TVAC	31.82
100 YD. FREE		
MARK ARNOLD	33 HMST	51.91
ROSS LINDERMAN	31 ORCA	53.71
ADAM YANASAK	33 EMS	55.51
STEVEN ROSARIA	33 PRO	55.84
MELVIN CARDEN	33 OST	1:00.39
ZACH BRITTLE	34 NEO	1:02.48
CHRIS DURKIN	33 TVAC	1:14.79
200 YD. FREE		
ADAM YANASAK	33 EMS	2:02.86
ERIC SMITH	31 UN	2:06.37
STEVEN ROSARIA	33 PRO	2:06.48
ZACH BRITTLE	34 NEO	2:36.23

500 YD. FREE		
ROSS LINDERMAN	31 ORCA	5:41.17
ADAM YANASAK	33 EMS	5:48.67
STEVEN ROSARIA	33 PRO	5:53.77
1000 YD. FREE		
STEVEN ROSARIA	33 PRO	12:28.91
DAVID CUTHBERT	34 BAM	15:12.97
1650 YD. FREE		
STEVEN ROSARIA	33 PRO	20:54.68
DAVID CUTHBERT	34 BAM	25:03.30
50 YD. BACK		
MARK ARNOLD	33 HMST	27.07
100 YD. BACK		
MARK ARNOLD	33 HMST	56.87
200 YD. BACK		
ROSS LINDERMAN	31 ORCA	2:25.12
50 YD. BRST		
BRENT NORDYKE	32 FWM	28.87
CHRIS DURKIN	33 TVAC	39.27
100 YD. BRST		
BRENT NORDYKE	32 FWM	1:01.52
ZACH BRITTLE	34 NEO	1:16.21
CHRIS DURKIN	33 TVAC	1:27.27
200 YD. BRST		
BRENT NORDYKE	32 FWM	2:15.84
CHIP POLITO	31 OREG	2:16.06
ZACH BRITTLE	34 NEO	2:45.85
50 YD. FLY		
ROSS LINDERMAN	31 ORCA	26.04
ZACH BRITTLE	34 NEO	31.68
100 YD. FLY		
CHIP POLITO	31 OREG	53.89
ERIC SMITH	31 UN	1:01.57
200 YD. FLY		
JASON GOLTZ	30 UN	2:03.52
100 YD. I.M.		
JASON GOLTZ	30 UN	55.99
MARK ARNOLD	33 HMST	1:00.24
ROSS LINDERMAN	31 ORCA	1:04.97
CHRIS HINDS	32 FWM	1:11.83
200 YD. I.M.		
CHIP POLITO	31 OREG	2:00.56
400 YD. I.M.		
CHIP POLITO	31 OREG	4:18.74
BRENT NORDYKE	32 FWM	4:29.54
ADAM YANASAK	33 EMS	5:04.97

**MEN 35-39**

50 YD. FREE		
KIRK NELSON	37 HMST	24.26
JOHN WILLIAMS	39 FWM	24.52
ZAC MONTGOMERY	36 GAM	24.57
ERIN DUNN	37 BEST	24.84
DAVID MARGRAVE	37 SAMM	25.01
TIM DUNN	35 SAWS	25.21
JAMES HOOPER	36 MSBC	25.41
VLADIMIR SCHMIDT	39 HMST	25.83
TOM SCHULZ	37 BYMS	27.90
LUIS DIAZ	36 FWM	30.39
KELVIN BATTLE	39 FWM	34.37
100 YD. FREE		
JOHN WILLIAMS	39 FWM	51.82
DAVID MARGRAVE	37 SAMM	53.99
ZAC MONTGOMERY	36 GAM	54.60
ERIN DUNN	37 BEST	54.70
KEVIN NOAH	36 TVAC	54.85
JAMES HOOPER	36 MSBC	55.42
TIM DUNN	35 SAWS	56.13
VLADIMIR SCHMIDT	39 HMST	56.16
TOM SCHULZ	37 BYMS	1:00.08
200 YD. FREE		
JOHN WILLIAMS	39 FWM	1:58.13
KEVIN NOAH	36 TVAC	2:00.06
500 YD. FREE		
KIRK NELSON	37 HMST	5:00.88
JOHN WILLIAMS	39 FWM	5:27.30
KEVIN NOAH	36 TVAC	5:32.06
ERIN DUNN	37 BEST	5:39.66
DAVID MARGRAVE	37 SAMM	5:43.08
LUIS DIAZ	36 FWM	7:05.47

**WOMEN 75-79**

50 YD. FREE		
GAIL GLADWELL	76 BC	54.33
100 YD. FREE		
GAIL GLADWELL	76 BC	2:03.38
500 YD. FREE		
JANET KAVADAS	77 NEO	11:10.97
100 YD. BACK		
JANET KAVADAS	77 NEO	2:13.01
200 YD. BACK		
JANET KAVADAS	77 NEO	4:35.83
50 YD. BRST		
GAIL GLADWELL	76 BC	1:02.52
100 YD. BRST		
JANET KAVADAS	77 NEO	2:23.39
GAIL GLADWELL	76 BC	2:28.11
200 YD. BRST		
JANET KAVADAS	77 NEO	5:12.21
100 YD. I.M.		
GAIL GLADWELL	76 BC	2:20.44

**WOMEN 80-84**

50 YD. FREE		
BERNICE PHILLIPS	80 BAM	1:00.11
50 YD. BACK		
BERNICE PHILLIPS	80 BAM	54.64
100 YD. BACK		
BERNICE PHILLIPS	80 BAM	2:03.18
200 YD. BACK		
BERNICE PHILLIPS	80 BAM	4:25.69Z
100 YD. I.M.		
BERNICE PHILLIPS	80 BAM	2:35.88

**MEN 18-24**

50 YD. FREE		
JORDAN RICE	23 UN	23.45
MARK FANNING	22 WWUS	24.87
ELLIOTT JOHNSON	23 FWM	26.07
AARON WHIPPLE	24 OAC	27.79
100 YD. FREE		
JORDAN RICE	23 UN	52.74
AARON WHIPPLE	24 OAC	1:00.55



NEO's Robin Lesh

1000 YD. FREE		
KIRK NELSON	37 HMST	10:51.34
ZAC MONTGOMERY	36 GAM	11:48.34
TOM SCHULZ	37 BYMS	13:21.95
MICHAEL HARTLEY	38 HMS	13:42.34
1650 YD. FREE		
ZAC MONTGOMERY	36 GAM	19:55.08
DAVID MARGRAVE	37 SAMM	20:31.73
MICHAEL HARTLEY	38 HMS	22:53.37
50 YD. BACK		
JASON LASSEN	35 BMSC	38.42
100 YD. BACK		
TOM SCHUTTE	38 GLAD	1:04.15
KEVIN NOAH	36 TVAC	1:06.87
200 YD. BACK		
JASON LASSEN	35 BMSC	2:52.51
50 YD. BRST		
JAMES HOOPER	36 MSBC	31.05
ZAC MONTGOMERY	36 GAM	31.52
100 YD. BRST		
JAMES HOOPER	36 MSBC	1:07.10
MICHAEL HARTLEY	38 HMS	1:12.54
JASON LASSEN	35 BMSC	1:21.24
200 YD. BRST		
TOM SCHUTTE	38 GLAD	2:30.24
MICHAEL HARTLEY	38 HMS	2:43.47
JASON LASSEN	35 BMSC	2:58.04
TOM SCHULZ	37 BYMS	3:04.33
50 YD. FLY		
DAVID MARGRAVE	37 SAMM	27.53
VLADIMIR SCHMIDT	39 HMST	28.26
100 YD. FLY		
JOHN WILLIAMS	39 FWM	1:01.06
ERIN DUNN	37 BEST	1:02.64
VLADIMIR SCHMIDT	39 HMST	1:03.52
100 YD. I.M.		
JAMES HOOPER	36 MSBC	1:02.78
TOM SCHUTTE	38 GLAD	1:04.18
DAVID MARGRAVE	37 SAMM	1:04.50
TOM SCHULZ	37 BYMS	1:14.46
LUIS DIAZ	36 FWM	1:24.13
200 YD. I.M.		
ERIN DUNN	37 BEST	2:18.39
MICHAEL HARTLEY	38 HMS	2:30.80
JASON LASSEN	35 BMSC	2:47.81
400 YD. I.M.		
KIRK NELSON	37 HMST	4:44.74
ERIN DUNN	37 BEST	4:56.89
KEVIN NOAH	36 TVAC	5:05.71

MICHAEL HARTLEY 38 HMS 5:32.67

**MEN 40-44**

50 YD. FREE		
OLIVER CLEAVER	44 SAWS	24.37
W.CLYDESDALE	40 OREG	24.70
RICH SEIBERT	43 OAC	24.78
C.HANSON	41 SVY	36.07
KENNETH KREER	44 FWM	39.26
100 YD. FREE		
DAVID KAYS	40 PRO	50.40
OLIVER CLEAVER	44 SAWS	53.97
RICH SEIBERT	43 OAC	54.55
T. SEAN RODY	41 NEO	1:01.00
C.HANSON	41 SVY	1:22.75
KENNETH KREER	44 FWM	1:30.65
200 YD. FREE		
DAVID KAYS	40 PRO	1:52.23
MAX HANSON	40 GLAD	1:57.11
PATRICK PRESTON	41 UN	2:18.88
500 YD. FREE		
DAVID KAYS	40 PRO	4:55.88
MAX HANSON	40 GLAD	5:20.83
RICH SEIBERT	43 OAC	5:48.48
MICHAEL NELSON	43 LWS	5:50.49
RICK FERRERO	44 SWIM	5:58.13
JEFF MUSIAK	44 FWM	8:44.94
MIKE MCCULLOUGH	41 OST	9:26.76
1000 YD. FREE		
DAVID KAYS	40 PRO	
10:09.10P		
MICHAEL NELSON	43 LWS	12:17.02
C.HANSON	41 SVY	19:16.42
50 YD. BACK		
GANO BUTCHER	44 OREG	27.87
KENNETH KREER	44 FWM	45.06
100 YD. BACK		
GANO BUTCHER	44 OREG	59.85
T. SEAN RODY	41 NEO	1:09.19
RICK FERRERO	44 SWIM	1:09.41
200 YD. BACK		
GANO BUTCHER	44 OREG	2:11.62
RICK FERRERO	44 SWIM	2:35.33
50 YD. BRST		
DAN BALDERSON	41 OST	32.01
DAVID DUCOLON	44 FWM	34.23
100 YD. BRST		
GANO BUTCHER	44 OREG	1:07.85
DAN BALDERSON	41 OST	1:13.57
DAVID HOLLENBACK	41 EMS	1:14.68
50 YD. FLY		
OLIVER CLEAVER	44 SAWS	27.17
MICHAEL NELSON	43 LWS	28.61
T. SEAN RODY	41 NEO	29.74
DAN BALDERSON	41 OST	30.49
PATRICK PRESTON	41 UN	32.52
100 YD. FLY		
MICHAEL NELSON	43 LWS	1:03.72
DAVID HOLLENBACK	41 EMS	1:05.36
T. SEAN RODY	41 NEO	1:06.63
RICH SEIBERT	43 OAC	1:07.94
100 YD. I.M.		
GANO BUTCHER	44 OREG	1:00.40
W.CLYDESDALE	40 OREG	1:04.31
RICH SEIBERT	43 OAC	1:05.33
MICHAEL NELSON	43 LWS	1:06.29
T. SEAN RODY	41 NEO	1:08.19
DAVID DUCOLON	44 FWM	1:09.12
RICK FERRERO	44 SWIM	1:09.15
200 YD. I.M.		
MAX HANSON	40 GLAD	2:19.20
RICH SEIBERT	43 OAC	2:24.17
RICK FERRERO	44 SWIM	2:36.25
400 YD. I.M.		
DAVID KAYS	40 PRO	4:29.84
W.CLYDESDALE	40 OREG	5:02.93
MICHAEL NELSON	43 LWS	5:32.78
RICK FERRERO	44 SWIM	5:37.87
MEN	45-49	
50 YD. FREE		
VICTOR SWANSON	48 LOGS	23.84
ERIC VALLEY	46 NS	24.70

DAVE MCDERMOTT	45 BEST	24.91
ERIC DOERING	46 HMS	25.19
RICK PARNELL	49 PAC	25.65
PERRY MORIN	49 GLAD	25.98
JON-ERIC SCHAFER	49 UN	26.00
BOB SCHLEMMER	48 GLAD	26.08
BRUCE BOYTLER	49 FWM	26.40
PATRICK YALUNG	49 BAM	26.79
PAUL STOERMER	47 FWM	26.85
STEVE LAHAIE	45 OAC	26.95
JIM KOHNKE	45 OAC	27.01
KEITH KENNEDY	45 FWM	27.20
WILLIAM NELSON	49 OST	27.82
GREGG METZLER	49 FWM	29.01
RON OREN	48 LWS	29.53
PAUL SCHLOSSER	48 LWS	30.56
JOHN HUCKABEE	49 NEO	32.81
100 YD. FREE		
VICTOR SWANSON	48 LOGS	52.78
ERIC VALLEY	46 NS	53.51
DAVE MCDERMOTT	45 BEST	55.41
DAN SMITH	45 FWM	55.41
ERIC DOERING	46 HMS	55.56
BOB SCHLEMMER	48 GLAD	56.61
RICK PARNELL	49 PAC	56.69
PERRY MORIN	49 GLAD	56.77
DOUG ASBURY	48 OREG	56.81
KIRBY SCHAUFLE	48 MAMS	57.43
TOM GRANDINE	49 MIR	57.68
PATRICK YALUNG	49 BAM	59.12
JON-ERIC SCHAFER	49 UN	59.26
BRUCE BOYTLER	49 FWM	59.70
JIM KOHNKE	45 OAC	1:01.08
GREG WISONT	47 SWIM	1:01.57
WILLIAM NELSON	49 OST	1:04.18
DOUG GARCIA	46 HMS	1:04.42
PAUL SCHLOSSER	48 LWS	1:11.53
200 YD. FREE		
ERIC VALLEY	46 NS	1:59.40
ERIC DOERING	46 HMS	2:00.74
DOUG ASBURY	48 OREG	2:02.83
BOB SCHLEMMER	48 GLAD	2:04.12
RICK PARNELL	49 PAC	2:08.63
KIRBY SCHAUFLE	48 MAMS	2:15.48
DOUG GARCIA	46 HMS	2:24.27
500 YD. FREE		
DOUG ASBURY	48 OREG	5:25.30
DAN SMITH	45 FWM	5:26.24
ERIC VALLEY	46 NS	5:30.21
KIRBY SCHAUFLE	48 MAMS	5:54.61
RICK PARNELL	49 PAC	6:04.26
ERIC DYBDAHL	48 FWM	6:18.01
JIM KOHNKE	45 OAC	6:21.73
DOUG GARCIA	46 HMS	6:38.05
PAUL IKEDA	48 ORCA	7:21.63



NEO's Sean Rody





1000 YD. FREE		
DOUG ASBURY	48 OREG	11:10.62
TOM GRANDINE	49 MIR	11:37.48
BOB SCHLEMMER	48 GLAD	11:48.01
RICK PARNELL	49 PAC	12:22.98
KIRBY SCHAUFLE	48 MAMS	12:37.89
ERIC DYBDAHL	48 FWM	13:07.48
JOHN HUCKABEE	49 NEO	16:37.74
1650 YD. FREE		
BOB SCHLEMMER	48 GLAD	19:59.96
KIRBY SCHAUFLE	48 MAMS	21:36.36
ERIC DYBDAHL	48 FWM	22:09.34
JOHN HUCKABEE	49 NEO	28:14.27
50 YD. BACK		
JAMES LITTLEFIELD	47 FWM	30.37
JON-ERIC SCHAFA	49 UN	33.43
KEITH KENNEDY	45 FWM	34.03
RON OREN	48 LWS	36.50
JOHN HUCKABEE	49 NEO	43.78
100 YD. BACK		
ROBERT MOORE	47 LOGS	1:03.81
JAMES LITTLEFIELD	47 FWM	1:05.68
TOM GRANDINE	49 MIR	1:08.18
PAUL STOERMER	47 FWM	1:09.30
200 YD. BACK		
JAMES LITTLEFIELD	47 FWM	2:26.99
RICK PARNELL	49 PAC	2:44.03
50 YD. BRST		
VICTOR SWANSON	48 LOGS	29.79
DAN SMITH	45 FWM	32.08
WILLY GEVERS	48 NS	33.69
ERIC DOERING	46 HMS	34.40
KEITH KENNEDY	45 FWM	35.68
JOHN HUCKABEE	49 NEO	36.26
STEVE LAHAIE	45 OAC	37.08
PAUL IKEDA	48 ORCA	38.59
100 YD. BRST		
DAN SMITH	45 FWM	1:09.22
CHRIS ERICKSON	48 UN	1:12.00
PAUL IKEDA	48 ORCA	1:25.65
200 YD. BRST		
DAN SMITH	45 FWM	2:34.31
50 YD. FLY		
VICTOR SWANSON	48 LOGS	25.84
DAVE MCDERMOTT	45 BEST	26.90
BOB SCHLEMMER	48 GLAD	27.97
KIRBY SCHAUFLE	48 MAMS	28.85
BRUCE BOYTLER	49 FWM	28.98
WILLY GEVERS	48 NS	31.37
KEITH KENNEDY	45 FWM	31.83
STEVE LAHAIE	45 OAC	31.88
JIM KOHNKE	45 OAC	32.05
JOHN HUCKABEE	49 NEO	38.63
100 YD. FLY		
DAN SMITH	45 FWM	1:01.53
DAVE MCDERMOTT	45 BEST	1:02.18
CHRIS ERICKSON	48 UN	1:03.61
BRUCE BOYTLER	49 FWM	1:08.24
ERIC DYBDAHL	48 FWM	1:09.95
100 YD. I.M.		
VICTOR SWANSON	48 LOGS	1:00.04
ERIC VALLEY	46 NS	1:03.41
ERIC DOERING	46 HMS	1:04.16
PATRICK YALUNG	49 BAM	1:06.30
PAUL STOERMER	47 FWM	1:06.50
JON-ERIC SCHAFA	49 UN	1:08.03
PERRY MORIN	49 GLAD	1:10.53
BRUCE BOYTLER	49 FWM	1:11.45
JIM KOHNKE	45 OAC	1:12.47
KEITH KENNEDY	45 FWM	1:12.87
STEVE LAHAIE	45 OAC	1:13.17
ERIC DYBDAHL	48 FWM	1:14.73
WILLIAM NELSON	49 OST	1:17.04
DOUG GARCIA	46 HMS	1:17.49
PAUL SCHLOSSER	48 LWS	1:23.93
200 YD. I.M.		
VICTOR SWANSON	48 LOGS	2:16.79
JIM KOHNKE	45 OAC	2:46.96
PAUL IKEDA	48 ORCA	3:07.76
400 YD. I.M.		
ERIC VALLEY	46 NS	4:53.86
TOM GRANDINE	49 MIR	5:15.86

DOUG GARCIA	46 HMS	6:04.75
<b><u>MEN 50-54</u></b>		
50 YD. FREE		
JOHN SYLVESTER	51 GLAD	25.39
JOHN BRUNNER	50 BEST	25.92
STEVE FREEBORN	52 FWM	26.24
JEFF MORRISON	53 TACM	28.06
DAVID KEITH	51 CAC	28.91
BOB HARTWIG	53 FWM	29.10
RICK ROBERTSON	52 FWM	31.21
JESSE MACIAS	50 HMS	57.09
100 YD. FREE		
JOHN SYLVESTER	51 GLAD	55.47
JOHN BRUNNER	50 BEST	57.40
DONALD SPENCER	50 PRO	57.49
MATTHEW SMITH	51 BEST	1:01.94
JEFF MORRISON	53 TACM	1:03.53
BILL RAYNOLDS	51 NEO	1:06.25
DAVID KEITH	51 CAC	1:06.37
JESSE MACIAS	50 HMS	2:31.40
200 YD. FREE		
DALE CARY	50 EMS	2:06.87
JOHN BRUNNER	50 BEST	2:08.28
ORLANDO BOLEDA	53 BAM	2:09.81
KURT JOHNSON	54 SWIM	2:47.71
500 YD. FREE		
JOHN BRUNNER	50 BEST	5:50.51
ORLANDO BOLEDA	53 BAM	5:54.98
JEFF MORRISON	53 TACM	7:15.03
KURT JOHNSON	54 SWIM	7:21.44
1000 YD. FREE		
ORLANDO BOLEDA	53 BAM	12:04.44
JOHN BRUNNER	50 BEST	12:12.29
1650 YD. FREE		
DALE CARY	50 EMS	20:18.21
ORLANDO BOLEDA	53 BAM	20:41.22
50 YD. BACK		
LOREN BAKER	53 BEST	31.50
JOHN SYLVESTER	51 GLAD	31.57
STEVE FREEBORN	52 FWM	32.31
MATTHEW SMITH	51 BEST	33.00
DAVID KEITH	51 CAC	33.18
BOB HARTWIG	53 FWM	40.10
JESSE MACIAS	50 HMS	1:18.66
100 YD. BACK		
LOREN BAKER	53 BEST	1:07.60
JOHN SYLVESTER	51 GLAD	1:09.25
MATTHEW SMITH	51 BEST	1:10.38
50 YD. BRST		
RICHARD ADCOCK	52 GHY	35.17
BILL RAYNOLDS	51 NEO	36.61
JEFF MORRISON	53 TACM	39.58
KURT JOHNSON	54 SWIM	39.95
BOB HARTWIG	53 FWM	41.20
100 YD. BRST		
DALE CARY	50 EMS	1:14.70

RICHARD ADCOCK	52 GHY	1:18.69
BILL RAYNOLDS	51 NEO	1:25.12
KURT JOHNSON	54 SWIM	1:26.27
200 YD. BRST		
BILL RAYNOLDS	51 NEO	3:02.07
JESSE MACIAS	50 HMS	7:06.57
50 YD. FLY		
STEVE FREEBORN	52 FWM	27.69
DALE CARY	50 EMS	27.89
BOB HARTWIG	53 FWM	33.42
100 YD. FLY		
DALE CARY	50 EMS	1:03.58
STEVE FREEBORN	52 FWM	1:03.70
200 YD. FLY		
DONALD SPENCER	50 PRO	2:35.41
100 YD. I.M.		
LOREN BAKER	53 BEST	1:04.39
DONALD SPENCER	50 PRO	1:06.71
JOHN SYLVESTER	51 GLAD	1:07.93
STEVE FREEBORN	52 FWM	1:08.97
MATTHEW SMITH	51 BEST	1:12.06
RICHARD ADCOCK	52 GHY	1:13.77
BOB HARTWIG	53 FWM	1:19.43
JEFF MORRISON	53 TACM	1:21.71
JESSE MACIAS	50 HMS	2:49.21
200 YD. I.M.		
STEVE FREEBORN	52 FWM	2:31.19

**MEN 55-59**

50 YD. FREE		
SCOTT LAUTMAN	55 FWM	25.36
GORDON CLARK	56 BAM	25.57
JAMES KENDRICK	55 SVY	25.87
PHILLIP STANLEY	55 FWM	26.67
MARC JOBSON	58 TVAC	30.11
100 YD. FREE		
PHILLIP STANLEY	55 FWM	57.73
GORDON CLARK	56 BAM	57.90
JAMES KENDRICK	55 SVY	58.89
MARC JOBSON	58 TVAC	1:08.18
500 YD. FREE		
BRIAN CARLTON	58 NSYG	6:52.79
RON HANSEN	58 SVY	7:39.09
1000 YD. FREE		
WILLIAM PENN	56 TVAC	11:29.56
SCOTT LAUTMAN	55 FW	11:36.43
JOHN DEWIT	55 SWIM	13:11.63
BRIAN CARLTON	58 NSYG	13:55.93
RON HANSEN	58 SVY	15:33.44
1650 YD. FREE		
SCOTT LAUTMAN	55 FWM	19:11.24
WILLIAM PENN	56 TVAC	19:41.24
BRIAN CARLTON	58 NSYG	23:27.30
RON HANSEN	58 SVY	26:52.86
50 YD. BACK		
GORDON CLARK	56 BAM	30.66
100 YD. BACK		
RON HANSEN	58 SVY	1:35.82
50 YD. BRST		
ALLEN STARK	59 OREG	31.37
DAN GREGORY	57 SWIM	33.33
MARTIN KLEMPNER	59 UN	37.59
100 YD. BRST		
ALLEN STARK	59 OREG	1:08.22
DAN GREGORY	57 SWIM	1:14.05
RON HANSEN	58 SVY	1:41.60
200 YD. BRST		
ALLEN STARK	59 OREG	2:28.59Z
50 YD. FLY		
SCOTT LAUTMAN	55 FWM	25.92Z
GORDON CLARK	56 BAM	29.43
MARTIN KLEMPNER	59 UN	32.00
DAN GREGORY	57 SWIM	43.02
100 YD. FLY		
SCOTT LAUTMAN	55 FWM	57.31Z
ALLEN STARK	59 OREG	1:08.69
200 YD. FLY		
SCOTT LAUTMAN	55 FWM	2:09.41Z
100 YD. I.M.		
GORDON CLARK	56 BAM	1:07.57
PHILLIP STANLEY	55 FWM	1:11.89
RON HANSEN	58 SVY	1:31.50



Sandi Rousseau (OREG)



(From left), BAM's Angela Tinker, Al Morrow and Orlando Boleda

**MEN 60-64**

50 YD. FREE		
JEFF JACOBSEN	63 SWIM	33.75
MICHAEL MCKINLAY	64 BEST	37.72
DENNIS SAWYER	64 BAM	38.11
EUGENE HUNN	64 NEO	42.75
100 YD. FREE		
JON STOUT	61 OREG	1:01.55
STEVEN PETERSON	61 OOPS	1:05.00
HUGH KIMBALL	61 GLAD	1:11.86
JEFF JACOBSEN	63 SWIM	1:14.32
EUGENE HUNN	64 NEO	1:40.06
200 YD. FREE		
JEFF JACOBSEN	63 SWIM	2:46.63
500 YD. FREE		
MICHAEL MCCOLLY	62 NEO	5:59.53
JEFF JACOBSEN	63 SWIM	7:18.56
THOMAS WALKER	61 CAC	8:15.96
1000 YD. FREE		
MICHAEL MCCOLLY	62 NEO	12:34.48
HUGH KIMBALL	61 GLAD	14:49.54
JEFF JACOBSEN	63 SWIM	14:58.41
EUGENE HUNN	64 NEO	19:30.09
50 YD. BACK		
JON STOUT	61 OREG	33.76
RICK SPENCER	60 OOPS	33.91
MICHAEL MCKINLAY	64 BEST	39.94
EUGENE HUNN	64 NEO	48.74
100 YD. BACK		
MICHAEL MCCOLLY	62 NEO	1:11.36
RICK SPENCER	60 OOPS	1:13.67
MICHAEL MCKINLAY	64 BEST	1:31.06
THOMAS WALKER	61 CAC	1:35.65
200 YD. BACK		
MICHAEL MCCOLLY	62 NEO	2:30.91
THOMAS WALKER	61 CAC	3:24.52
50 YD. BRST		
STEVEN PETERSON	61 OOPS	33.77
DENNIS SAWYER	64 BAM	38.24
MICHAEL MCKINLAY	64 BEST	47.79
100 YD. BRST		
STEVEN PETERSON	61 OOPS	1:13.02
DENNIS SAWYER	64 BAM	1:24.01
MICHAEL MCKINLAY	64 BEST	1:50.45
200 YD. BRST		
STEVEN PETERSON	61 OOPS	2:41.93
EUGENE HUNN	64 NEO	3:43.93
100 YD. I.M.		
JON STOUT	61 OREG	1:09.73
HUGH KIMBALL	61 GLAD	1:25.83
DENNIS SAWYER	64 BAM	1:26.25
MICHAEL MCKINLAY	64 BEST	1:35.71
THOMAS WALKER	61 CAC	1:38.63
200 YD. I.M.		
MICHAEL MCCOLLY	62 NEO	2:35.92
STEVEN PETERSON	61 OOPS	2:38.89
THOMAS WALKER	61 CAC	3:33.25
400 YD. I.M.		
MICHAEL MCCOLLY	62 NEO	5:25.18
HUGH KIMBALL	61 GLAD	6:37.46

**MEN 65-69**

50 YD. FREE		
TOM LANDIS	66 OREG	26.21
100 YD. FREE		
TOM LANDIS	66 OREG	56.68
200 YD. FREE		
MELVIN SMITH	65 BYMS	2:40.96
BOB DAVIS	66 FWM	3:01.42
500 YD. FREE		
MELVIN SMITH	65 BYMS	6:52.95
BOB DAVIS	66 FWM	7:56.17
1000 YD. FREE		
MELVIN SMITH	65 BYMS	13:52.19
1650 YD. FREE		
TOM LANDIS	66 OREG	19:38.26
MELVIN SMITH	65 BYMS	24:25.86
100 YD. BACK		
MELVIN SMITH	65 BYMS	1:28.66
200 YD. BACK		
MICHAEL NORBY	66 NEO	2:55.34
MELVIN SMITH	65 BYMS	3:16.11
50 YD. FLY		
MICHAEL NORBY	66 NEO	34.69
200 YD. FLY		
MICHAEL NORBY	66 NEO	3:18.47
100 YD. I.M.		
MICHAEL NORBY	66 NEO	1:18.64
200 YD. I.M.		
TOM LANDIS	66 OREG	2:26.55Z
MICHAEL NORBY	66 NEO	2:52.05
400 YD. I.M.		
TOM LANDIS	66 OREG	5:23.48
MICHAEL NORBY	66 NEO	6:07.11P

**MEN 70-74**

50 YD. FREE		
GEORGE THAYER	72 OREG	30.17
HIRAM BRONSON	73 SVY	34.53
AL MORROW	73 BAM	40.28
DON JELINEK	74 MM	44.83
100 YD. FREE		
GEORGE THAYER	72 OREG	1:09.05
BILL KING	74 OREG	1:14.07
HIRAM BRONSON	73 SVY	1:29.85
200 YD. FREE		
GEORGE THAYER	72 OREG	2:40.21
BILL KING	74 OREG	2:49.67
1000 YD. FREE		
BILL KING	74 OREG	17:10.42
50 YD. BACK		
DON JELINEK	74 MM	54.97
100 YD. BACK		
TOM FOLEY	73 TIG	1:53.00
200 YD. BACK		
GEORGE THAYER	72 OREG	2:58.46
TOM FOLEY	73 TIG	3:57.23
50 YD. BRST		
DON REHFELDT	73 UN	46.97
DON JELINEK	74 MM	50.51
100 YD. BRST		
DON REHFELDT	73 UN	1:42.95
DON JELINEK	74 MM	1:53.70
200 YD. BRST		
DON REHFELDT	73 UN	3:44.82
DON JELINEK	74 MM	4:13.15
50 YD. FLY		
AL MORROW	73 BAM	49.82
100 YD. I.M.		
AL MORROW	73 BAM	1:52.16
DON JELINEK	74 MM	1:54.02
TOM FOLEY	73 TIG	1:56.94
200 YD. I.M.		
AL MORROW	73 BAM	4:03.41
TOM FOLEY	73 TIG	4:11.36
400 YD. I.M.		
DON REHFELDT	73 UN	8:03.77
TOM FOLEY	73 TIG	9:07.78

**MEN 75-79**

50 YD. FREE		
BOB DORSE	76 TIG	32.83

JACK BEVIER	75 HMS	34.72
100 YD. FREE		
BOB DORSE	76 TIG	1:16.56
JACK BEVIER	75 HMS	1:21.18
200 YD. FREE		
JACK BEVIER	75 HMS	3:04.84
500 YD. FREE		
JACK BEVIER	75 HMS	8:20.03
1000 YD. FREE		
JACK BEVIER	75 HMS	17:26.96
100 YD. FLY		
JACK BEVIER	75 HMS	2:12.80
100 YD. I.M.		
BOB DORSE	76 TIG	1:35.66
200 YD. I.M.		
BOB DORSE	76 TIG	3:42.20

**MEN 80-84**

50 YD. BACK		
GEORGE ROUDEBUSH	82 BAM	58.53
100 YD. BACK		
GEORGE ROUDEBUSH	82 BAM	2:20.77
200 YD. BACK		
GEORGE ROUDEBUSH	82 BAM	4:58.73

**RELAYS-WOMEN 200 YD. FREE**

18 +		
EMMA COULSON	23 FWM	1:57.10
MICHELLE MENKENS	51	
ZENA COURTNEY	48	
JENNIFER MESLER	37	
EMIKO MAR	21 WWUS	1:58.40
ASHLEY MELSETH	21	
TINNEL HILLIS	19	
SHONA PIERCE	23	
ARNI LITT	61 GLAD	2:18.05
TONYA BERG	49	
CYNTHIA WEINTRAUB	50	
BRITTANY KUNZE	24	
25 +		
KELLY CRANDELL	27 OST	1:58.79
KRISTINE ANTILLA	39	
MEGAN MCCULLOUGH	28	
KRIS SPEIR	44	
JEAN BLACKBURN	56 FWM	2:15.31
MICHELLE SIMMONS	33	
LEE SPENCER	47	
DIANE BOYER	47	
NELLIS KIM	37 FWM	2:16.75
HOLLY BORK	31	
JULIE MONTIEL	38	
JILL REDDOCH	38	
JONI RASMUSSEN	45 OST	2:26.07
AERON ELLIS	27	
JANAE MCCULLOUGH	37	
MARCIA MARCY	28	
RENEE QUISTORF	43 NEO	2:35.38
JANET KAVADAS	77	
KATE TRETTEVIK	28	
ROBIN LESH	30	
35 +		
KAREN KUYKENDALL	44 FWM	3:10.76
CATHY DOONAN	58	
PAT DUGGAN	54	
TINA VESPER	47	
45 +		
CATHY COOLEY	50 NEO	2:00.58
SHERYL MELVIN	50	
JANET BULMAN	49	
MARY LIPPOLD	52	



**RELAYS-WOMEN 200 YD.**

**MEDLEY**

18 +  
ELISHA NAYLOR 21 WWUS 2:16.69  
ANNE RIORDAN 20  
ANGIE DOWDLE 18  
ASHLEY MELSETH 21

EMMA COULSON 23 FWM 2:20.89  
JENNIFER MESLER 37  
MICHELLE MENKENS 51  
ZENA COURTNEY 48

LEAH DEPAOLI 23 NEO 2:40.60  
KATE TRETTEVIK 28  
ROBIN LESH 30  
MAUREEN COLAIZZI 38

25 +  
MEGAN MCCULLOUGH 28 OST 2:15.95  
KRISTINE ANTILLA 39  
KELLY CRANDELL 27  
KRIS SPEIR 44

SHANNON CASEY 30 FWM 2:25.82  
MICHELLE SIMMONS 33  
NELLIS KIM 37  
JILL REDDOCH 38

D.FITZPATRICK 36 FWM 2:45.47  
HOLLY BORK 31  
JESSICA HICKEL 49  
JULIE MONTIEL 38

35 +  
AUDREY BLOMBERG 42 MAMS 2:49.66  
MARCELLE THILL 40  
SUE COLLINS 51  
JAN COLEMAN 47

45 +  
CATHY COOLEY 50 NEO 2:19.10  
SHERYL MELVIN 50  
DAWN JAEGER 51  
MARY LIPPOLD 52

JANET BULMAN 49 NEO 2:53.17  
JENNIFER SEVERIN 53  
SANDY MCNEEL 55  
SUSIE MAIN 49

55 +  
BARBARA FRID 65 OREG 2:25.75  
GINGER PIERSON 62  
SANDI ROUSSEAU 60  
JOY WARD 65

**RELAYS-M E N 200 YD.**

**FREE**

18 +  
STEVE LAHAIE 45 OAC 1:47.07  
JIM KOHNKE 45  
AARON WHIPPLE 24  
RICH SEIBERT 43

25 +  
ERIC SMITH 31 EMS 1:41.72  
ADAM YANASAK 33  
DALE CARY 50  
DAVID HOLLENBACK 41

ZACH BRITTLE 34 NEO 1:57.51  
JOHN HUCKABEE 49  
BILL RAYNOLDS 51  
T. SEAN RODY 41

MIKE MCCULLOUGH 41 OST 1:59.02  
BRIAN MARCY 28  
MELVIN CARDEN 33  
DAN BALDERSON 41

35 +  
JOHN WILLIAMS 39 FWM 1:39.90  
DAN SMITH 45  
JAMES LITTLEFIELD 47  
SCOTT LAUTMAN 55

LUIS DIAZ 36 FWM 1:49.31  
DAVID DUCOLON 44  
ERIC DYBDAHL 48  
STEVE FREEBORN 52

ERIN DUNN 37 BEST 1:50.83  
JOHN BRUNNER 50  
MITCH NOVACK 49  
DAVE MCDERMOTT 45

RICK FERRERO 44 SWIM 2:00.33  
KURT JOHNSON 54  
JEFF JACOBSEN 63  
DAN GREGORY 57

BOB HARTWIG 53 FWM 2:04.38  
KEITH KENNEDY 45  
JEFF MUSIAK 44  
RICK ROBERTSON 52

55 +  
GORDON CLARK 56 BAM 2:28.50  
AL MORROW 73  
DENNIS SAWYER 64  
GEORGE ROUDEBUSH 82

**RELAYS-M E N 200 YD. MED-**

**LEY**

18 +  
ELLIOTT JOHNSON 23 FWM 1:56.04  
BRENT NORDYKE 32  
CHRIS HINDS 32  
JOHN WILLIAMS 39

25 +  
MARK ARNOLD 33 HMST 1:51.66  
KIRK NELSON 37  
VLADIMIR SCHMIDT 39  
DMITRI PARAMONOV 29

35 +  
TOM SCHUTTE 38 GLAD 1:59.40  
PERRY MORIN 49  
BOB SCHLEMMER 48  
JOHN SYLVESTER 51

PHILLIP STANLEY 55 FWM 2:03.92  
DAVID DUCOLON 44  
ERIC DYBDAHL 48  
STEVE FREEBORN 52

RICK FERRERO 44 SWIM 2:13.12  
JEFF JACOBSEN 63  
JOHN DEWIT 55  
GREG WISONT 47

KEITH KENNEDY 45 FWM 2:16.54  
LUIS DIAZ 36  
BOB HARTWIG 53  
GREGG METZLER 49

45 +  
PAUL STOERMER 47 FWM 1:56.61  
DAN SMITH 45  
SCOTT LAUTMAN 55  
JAMES LITTLEFIELD 47

MATTHEW SMITH 51 BEST 1:58.80  
LOREN BAKER 53  
DAVE MCDERMOTT 45  
JOHN BRUNNER 50

MICHAEL MCCOLLY 62 NEO 2:13.21  
JOHN HUCKABEE 49  
MICHAEL NORBY 66  
BILL RAYNOLDS 51

**RELAYS-MIXED 200 YD.**

**FREE**

18 +  
ERIN DUNN 37 BEST 1:42.88  
ALLISON COX 23  
CARRIE NORDBERG 32  
DAVE MCDERMOTT 45

SHANNON CASEY 30 FWM 1:46.91  
EMMA COULSON 23  
BRENT NORDYKE 32  
JOHN WILLIAMS 39

BRITTANY KUNZE 24 GLAD 1:50.63  
DAVID TOURIGNY 28  
TONYA BERG 49  
PERRY MORIN 49

ELLIOTT JOHNSON 23 FWM 1:51.67  
ZENA COURTNEY 48  
CHRIS HINDS 32  
MICHELLE MENKENS 51

25 +  
MEGAN LIVINGSTON 30 BAM 1:51.14  
TAMARA TULOU 34  
PATRICK YALUNG 49  
GORDON CLARK 56

ZACH BRITTLE 34 NEO 1:57.11  
MARY LIPPOLD 52  
CATHY COOLEY 50  
T. SEAN RODY 41

BRIAN MARCY 28 OST 1:57.62  
MELVIN CARDEN 33  
MEGAN MCCULLOUGH 28  
KELLY CRANDELL 27

PAUL STOERMER 47 FWM 2:04.70  
DAN SMITH 45  
PATTI CUNNINGHAM 54  
MICHELLE SIMMONS 33

JULIE MONTIEL 38 FWM 2:09.42  
HOLLY BORK 31  
KEITH KENNEDY 45  
GREGG METZLER 49

35 +  
JENNIFER MESLER 37 FWM 1:50.20  
NELLIS KIM 37  
SCOTT LAUTMAN 55  
JAMES LITTLEFIELD 47

JOHN DEWIT 55 SWIM 2:03.66  
KATHERINE ROGERS 41  
KRISSE WHEELER 46  
GREG WISONT 47

MIKE MCCULLOUGH 41 OST 2:08.59  
KRISTINE ANTILLA 39  
KRIS SPEIR 44  
WILLIAM NELSON 49

STEVE FREEBORN 52 FWM 2:08.81  
D.FITZPATRICK 36  
JILL REDDOCH 38  
ERIC DYBDAHL 48

PHILLIP STANLEY 55 FWM 2:10.39  
 DAVID DUCOLON 44  
 PAT DUGGAN 54  
 JEAN BLACKBURN 56

LUIS DIAZ 36 FWM 2:13.46  
 KELVIN BATTLE 39  
 KAREN KUYKENDALL 44  
 LEE SPENCER 47

BOB HARTWIG 53 FWM 2:22.28  
 KENNETH KREER 44  
 JUDY WILLIAMS 60  
 BARBARA HENDERSON 50

55 +  
 JANET KAVADAS 77 NEO 2:53.99  
 EUGENE HUNN 64  
 SANDY MCNEEL 55  
 MICHAEL NORBY 66

**RELAYS-MIXED 200 YD. MEDLEY**

18 +  
 EMMA COULSON 23 FWM 1:59.10  
 DAN SMITH 45  
 SCOTT LAUTMAN 55  
 MICHELLE MENKENS 51

MARK FANNING 22 WWUS 1:59.42  
 SHONA PIERCE 23  
 BRIAN GOLDMAN 22  
 ANGIE DOWDLE 18

BRITTANY KUNZE 24 GLAD 2:03.52  
 TONYA BERG 49  
 DAVID TOURIGNY 28  
 BOB SCHLEMMER 48

25 +  
 MEGAN MCCULLOUGH 28 OST 2:11.00  
 MELVIN CARDEN 33  
 KELLY CRANDELL 27  
 BRIAN MARCY 28

JAMES LITTLEFIELD 47 FWM 2:12.28  
 MICHELLE SIMMONS 33  
 STEVE FREEBORN 52  
 NELLIS KIM 37

HOLLY BORK 31 FWM 2:38.73  
 DIANE BOYER 47  
 RICK ROBERTSON 52  
 KENNETH KREER 44

AL MORROW 73 BAM 2:47.92  
 ANGELA TINKER 38  
 TAMARA TULOU 34  
 DAVID CUTHBERT 34

JANET KAVADAS 77 NEO 2:55.04  
 BILL RAYNOLDS 51  
 MICHAEL NORBY 66  
 KATE TRETTEVIK 28

35 +  
 ZENA COURTNEY 48 FWM 2:05.60  
 JENNIFER MESLER 37  
 ERIC DYBDAHL 48  
 JOHN WILLIAMS 39

MIKE MCCULLOUGH 41 OST 2:22.70  
 KRISTINE ANTILLA 39  
 DAN BALDERSON 41  
 KRIS SPEIR 44

CATHY DOONAN 58 FWM 3:17.74  
 KEITH KENNEDY 45  
 LUIS DIAZ 36  
 PAT DUGGAN 54

45 +  
 SHERYL MELVIN 50 NEO 2:17.02  
 JOHN HUCKABEE 49  
 CATHY COOLEY 50  
 MICHAEL MCCOLLY 62

**Calendar these Upcoming PNA Events**



*July 19, Fat Salmon  
 August 2, Lake Padden  
 September 21, NWM SCM Pentathlon*

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.

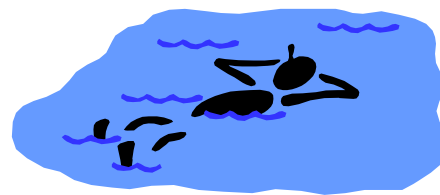


*(Continued from page 2)*

**Leading Off**

Whidbey Master's 11<sup>th</sup> Pentathlon, September 21.

I hope you've taken my opening sentences about "taking that trip" to heart and signed up for one or more of these events. Enjoy!



**Backstroke Requirements on *Finish*: You Must Finish on Your Back!**

*By PNA President Steve Peterson*

At February's Bellevue meet, an official asked if I would please mention the backstroke requirements, as some swimmers didn't seem to be aware of the differences between backstroke turns and finishes.

So here's the rule: You can roll over and take a continuous arm pull to initiate a flip turn, *but*

*When finishing a backstroke event, you cannot roll over. You must make the touch while face up!*

you cannot roll over at the finish — you must touch the wall while on your back. This also is true in the IM — the back-to-breast transition requires a backstroke finish, so you must make the touch while face up!

You're allowed to grab the wall on a rollover backstroke turn, so long as it's done in a reasonably continuous motion. (See Rule Book Articles 101.4.3, 101.4.4, and 101.6.3B(2) for specifics.)



## PNA Presents Fifth Annual “Coach of the Year” Award to Briggs YMCA Coach Mel Smith

Coaches are an essential for Masters swimming. To recognize PNA’s top coaches, PNA has instituted a Coach of the Year Award that’s handed out every year at Champs. This year’s award went to Mel Smith, who coaches the Briggs Y team.

### Text of Award Speech

Of the several wonderful and worthy coaches nominated for this year’s Coach of the Year Award, our finalist comes from South Sound with universal acclaim from his Briggs YMCA team. PNA is proud to acknowledge our Coach of the Year, **Mel Smith**.

Mel, since his arrival in 2005 from Illinois, has not only built a thriving and enthusiastic Masters group at Briggs YMCA, but has served as lifeguard, lap swim coach, high school coach, recruiter and competitor. Mel has single-handedly brought Masters swimming to a new, more competitive level at Briggs Y and has increased its visibility and viability in the Olympia area.

Mel projects an attitude of “you can do it” and creates an environment of competition mixed with fun. Whether it’s sending out his thrice-weekly workout emails to all his Masters swimmers, recruiting competitors for various local open water and PNA events, or organizing swimmers to meet for outdoor workouts, Mel Smith devotes a tremendous amount of his time and energy to promoting the benefits of adult swimming.



Coach of the Year Mel Smith holding his trophy, together with PNA President Steve Peterson.

Not only has Mel encouraged his swimmers to participate, he has created events for them to participate in. The Monster Mile one-mile meet, the Prairie Shark two-mile event, and Rudolph’s Plunge pentathlon meet are all his invention. Better known to most of us is Briggs Y’s “Beat The Clock” PNA-sanctioned meet, now having completed its second edition just last month.

Quoting swimmer Kim Reykdal, “Mel Smith eats, sleeps, breathes, *lives* swimming! In my 27 years as a competitive swimmer, I have never met anyone more dedicated to the sport than Mel. ...He has spent over 40 years of his life bringing the joy of competitive swimming to countless individuals in more than one state in this country. The PNA and Briggs YMCA are lucky to have such an advocate for the sport who continues to work hard, introducing fledgling and experienced swimmers to new endeavors. I am just one of the many lives he has touched since coming to Olympia.”

Peg Cloutier adds that Mel skillfully brings out the best in all

his swimmers.

Elizabeth Kassen concludes, “Is there any doubt why I choose to drive 50-plus miles round trip five days a week into Olympia to swim under Mel Smith?”

Mel, as a fitting tribute to a man who has given his heart and soul to the sport, never asking for anything in return, the PNA is proud to name you our 2008 Coach of the Year.



## NEO's June Van Leynseele Receives 2008 Dawn Musselman Inspirational Swimmer Award



*PNA President Steve Peterson and NEO's June Van Leynseele, this year's recipient of the Dawn Musselman Inspirational Swimmer Award*

The PNA has presented this Inspirational Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913–1986). Dawn was a long-time PNA member. Not only was she a gifted competitor (still holding 10 SCY, 12 LCM and 4 SCM records from 1976–1985 for ages 60 to 74!), Dawn was the kind of person who inspired others and encouraged them to do their best. In her early days she was an Olympics hopeful. In her last days she continued to inspire her teammates until cancer took its toll.

Besides Dawn, subsequent award winners include Marlene Holmes, Maxine Carlson, Jim Penfield, Tom Foley, Karen Jost, Jan Kavadas, Robin O'Leary, Marion Mueller, Tammi Keeler, Ian Thompson, Suzanne Dills, Clark Pace, Dan Frost, Joan Davis, Paul Ikeda, Barb Gundred, Chaya

Amiad, Kathy Casey, Gene Crossett, Jeanne Ensign and Lee Carlson. PNA President Steve Peterson presented our twenty-third Musselman award honoree a personal plaque, the perpetual trophy and this statement at the PNA Championships meet, April 13, 2008.

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The Pacific Northwest Association Local Masters Swimming Committee proudly presents the 2008 Dawn Musselman Inspirational Swimmer Award to June Van Leynseele.

June, your NEO teammates nominated you for this award for the inspiration you have brought since joining Masters Swimming and NEO in 2003. From hip replacement surgery a decade ago to your first PNA Champs and then local open water challenges including Puget Sound in 2003, you es-

tablished your niche as chief organizer and supporter of NEO's participation in Alcatraz swims and the Trans Tahoe Relay. Finally, you added "participant" to your other roles to do the Alcatraz swim in 2005 at age 65 and last year swam the Trans Tahoe Relay on one of NEO's three teams.

Coach (and 1993 Inspirational Swimmer) Robin O'Leary notes how you come to workouts with positive intent and a willingness to adapt. As a swimmer in NEO's slowest lane, you frequently share the responsibility with your lane mates for teaching new swimmers lane procedures and etiquette. Your forthrightness, patience and humor have helped innumerable rookies understand various otherwise unintelligible and arcane instructions such as "50's on the 50, fly down and breast drill back."

But perhaps most significantly, you were the moving force behind NEO's contribution to the hospital-ity room at the 2007 Short Course Nationals. You organized the shifts for staffing the room while taking most of the week off work to be on site to see that all ran smoothly. Despite occasional glitches and difficulties in that capacity, you never lost your perspective or sense of humor.

As someone who has turned to Masters swimming later in life, June epitomizes what it is all about. Her embrace of camaraderie, mutual support and staying fit are an inspiration to all who know her. Best of all, she has a great time in the water! June has fulfilled multiple roles for both her team and for Masters swimming over the past five years. We look forward to her continuing support and smiling face in the years to come.

June, for your inspiration to the entire membership of the Pacific Northwest Association of Masters Swimmers, and by your example of good sportsmanship, encouragement and commitment, PNA is proud to recognize you as our 2008 Dawn Musselman Inspirational Swimmer.



## Past PNA President Jeanne Ensign Receives PNA's Distinguished Service Award



At the end of 500 free at PNA Champs, a surprised Jeanne Ensign, who served as PNA's president for four years, received PNA's Distinguished Service Award. The award was presented by Steve Peterson, current PNA president, and Lee Carlson, himself a past PNA president

In giving Jeanne the award, here's what Steve and Lee said:

**Lee:** It's a pleasure to give overdue recognition in the form of the Pacific Northwest Association Distinguished Service Award to a special recipient for her many years of service to the local swimming community, to PNA and to United States Masters swimming.

### Local and PNA service

A Leader and Treasurer of a large PNA team and an organizer of a popular open water swim. A major contributor to the 1997, 2001 and 2007 National Championships held here at Federal Way. A PNA officer for 15 years, performing an outstanding job as treasurer, vice president, and president of the organization.

Known for accuracy, energy and full participation, this individual also cares about all levels of swimming. Our recognized individual participates in meets and open

water events even when the workload is so heavy that most people would choose not to compete. Our award winner has guided the growth of local and Association organizations evenly, skillfully and in a mentoring capacity.

### National USMS service

Our Distinguished Service Award Winner is currently a member of two key USMS committees and one national task force, and serves as an at-large director to the USMS Board of Directors.

What can you say about an individual who has done it all? In the corporate world this person would be the next Chairman of the Board. The credentials are perfect: audit committee member, finance chair, treasurer and an individual with ethics and integrity.

**Steve:** By now you know our honoree — Jeanne Ensign. We'd intended to present this award last year, but other things came up, like her Ransom Arthur award.

Jeanne has been a role model for many of us, particularly me as she is my mentor and coach as Immediate Past President (now an official PNA position, by the way). She has joined the ranks of other former PNA presidents who, thankfully, have remained active on the PNA board.

We have seen Jeanne working and competing at numerous local, national and international events, always helpful and ready to serve. So now, along with her PNA Distinguished Service Award, we're also giving Jeanne a gift certificate that we hope she will use for a special, enjoyable experience. Congratulations! You are the best.

## Longtime PNS and PNA Volunteer Official Dick LaFave Dies



He wasn't a competitive swimmer, but Dick LaFave was well known to competitors at countless Northwest swim competitions. Dick, who two years ago was inducted into the Pacific Northwest Swimming Hall of Fame, died on April 16. He was 73.

Dick worked as a swimming official for 40 years at a variety of levels, including Washington state's high school swim championships, the Special Olympics swim Championships and, of course, PNA meets.

Evidence of Dick's commitment to swimming was the wedding of his daughter Kathi Clement, who pointed out that when planning her wedding, it couldn't be held on a day Dick had a swim meet.

"Dick was a consummate official who volunteered his time and expertise so many times through the years to officiate at PNA meets," says PNA president Steve Peterson. "We all will miss his warm smile, fair judgment and wonderful dedication to the sport we all love."

"Speaking for my fellow PNA members, I want to extend PNA's sincere condolences to Dick's family."

# PNA Swimmers Travel to Australia For Worlds

By Sarah Welch

**F**ive PNA swimmers —

Lisa Dahl, Joan Delgado, Elizabeth Casson, Walt Reid and Sarah Welch — traveled halfway around the world to Perth, Australia, to compete in April's XII FINA World Championships.

We expected a typical Western Australian autumn with temperatures in the 70s or even 80s and that blazing Australian sun. USMS rented three awnings poolside at the outdoor competition pool to protect the athletes from the elements, which didn't include sun and warmth. In fact, Perth had the rainiest April ever recorded with inches of rainfall nearly every day during the meet. Fortunately, one competition pool was indoors, with seating, and one outdoors. The 60° temperatures were of course familiar to our small band of North-westerners.

Weather aside, Perth was an unforgettable experience. For the two PNA swimmers new to international competition, Joan and Elizabeth, the 5,000-plus-competitor meet was a blast. (See below what Joan says about her experience.)

USMS hired three coaches to rally the United States team and offer support. And PNA's own Walt Reid served as FINA Masters Recorder.

Some highlights:

- ◆ Lisa Dahl's (45-49) three second places in 50 M free, back and fly. In each event, she was out-touched by an international swimmer, one from Japan, Sweden and Australia.
- ◆ Sarah (60-64) captured first in 200 butterfly with a 3:30.69,

setting a personal best as well as a Northwest Zone record.

- ◆ Lisa also took a silver medal with her Aussie 45+ water polo team. Since the USA didn't have a 45+ team, Lisa and another USMS swimmer competed with the Queensland Blues.
- ◆ PNA mustered two women's relays, which placed sixth and ninth in the freestyle and medley relays, respectively.

*Joan Delgado shares her experiences as a first-time Worlds swimmer.*

The largest meet I had swum was the Short Course Nationals in Federal Way the previous spring. My last long course meet was around 1974, so getting used to long course was my goal. The adjustment was easier than I had thought.

The two most fun days were competing in the two relays, and watching Sarah's exciting finish in the 200 fly.

There were many women on the Japanese team in my age group (60-64), so I dusted off my survival-level Japanese and enjoyed visiting with some of the Japanese women in the marshaling area and after heats.

I was satisfied with my performance in the events, which included two personal bests. These were in keeping with my current motto: "older and faster." But since I only returned to swimming in March 2006, I know the "older and faster" trend will be reversed sooner or later.

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Contact Arni Litt  
PNA Registrar  
PO Box 12172, Seattle, WA

## Results: PNA Swimmers At Worlds

WORLD - PERTH  
04-24-08  
LONG COURSE METERS  
P = P.N.A. RECORD  
Z = NORTHWEST ZONE RECORD  
N = NATIONAL RECORD  
W = WORLD RECORD

### WOMEN 45-49

50 M. FREE			
LISA DAHL	47 # 2	28.89	
50 M. BACK			
LISA DAHL	47 # 2	34.64	
50 M. BRST			
LISA DAHL	47 # 5	39.37	
50 M. FLY			
LISA DAHL	47 # 2	31.16	

### WOMEN 55-59

50 M. FREE			
ELIZABETH KASSEN	56 #22	36.67	
100 M. BRST			
ELIZABETH KASSEN	56 #16	1:47.32	
50 M. FLY			
ELIZABETH KASSEN	56 #16	41.29	
200 M. I.M.			
ELIZABETH KASSEN	56 #12	3:29.43	
400 M. I.M.			



Worlds photos by Sarah Welch

*PNA's Sarah Welch (far left) and Lisa Dahl (second from right) pose with out-of-state competitors.*

ELIZABETH KASSEN	56 #13	7:40.96	
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### WOMEN 60-64

800 M. FREE			
JOAN DELGADO	63 #18	14:23.69	
100 M. BACK			
JOAN DELGADO	63 #15	1:49.07	
200 M. BACK			
JOAN DELGADO	63 #15	3:58.51	
50 M. FLY			
SARAH WELCH	61 # 4	38.47 P	
100 M. FLY			
SARAH WELCH	61 # 3	1:30.92 Z	
200 M. FLY			
SARAH WELCH	61 # 1	3:30.69 Z	
200 M. I.M.			
SARAH WELCH	61 # 6	3:20.01 P	
400 M. I.M.			

(Continued on page 17)





55+ Women's 200 Mixed Free Relay at Nationals (from left:) Jean Blackburn, Andra Jaunzeme, Kathy Casey and Sally Dillon



(Continued from page 16)

### Worlds Results

SARAH WELCH 61 # 6 7:12.49 P

#### MEN 65-69

50 M. BACK  
WALT REID 68 #14 40.33  
100 M. BACK  
WALT REID 68 #13 1:33.16  
50 M. BRST  
WALT REID 68 #19 42.27  
100 M. BRST  
WALT REID 68 #21 1:39.86

#### RELAYS-WOMEN 200 M. FREE

200-239  
SARAH WELCH 61 # 6 2:17.01  
ELIZABETH KASSEN 56  
JOAN DELGADO 63  
LISA DAHL 47

#### RELAYS-WOMEN 200 M. MEDLEY

200-239  
JOAN DELGADO 63 # 9 2:44.03  
LISA DAHL 47  
SARAH WELCH 61  
ELIZABETH KASSEN 56



PNA tents at Perth

## Short Course Nationals: Fast Pool, Great Spot to Watch Swimming and Sunny Weather

### First-hand Account by Sally Dillon

I really was looking forward to this meet. Two decades had gone by since I attended the previous meet hosted by the University of Texas. I was curious to see what 20 years had done to my swimming. That 1988 meet was one of my best and the last meet in which I reached certain milestones — like breaking a minute for the 100 free and six minutes for the 500.

Fast forward to the 2008 and, yikes, I've slowed down. I can't blame a slower pool and the expensive suit I bought to give me an edge. Instead, blame the passage of time and life's changes to my training routine.

The University of Texas is a terrific place not only to compete but also to watch swimming. The pool is fast, and giant scoreboards spell out your name and your team's name. One scoreboard even displays your 50 splits.

With over 1,800 swimmers, the days were long but PNA swimmers did well, both individually and in relays.

PNA Coach, BAM's Lynn Wells, did an outstanding job organizing relays, taking pictures, watching swimmers in two courses and providing feedback on races. She logged long hours on the pool deck and on her computer at the hotel.

### Women's medley team shines

One PNA highlight was our women's 55+ free relay team holding onto the first place we captured at last year's Nationals at Federal

Way. We would have won the medley relay on Sunday except three of our group headed to the airport before the relays took place. At least the two records we set last year weren't broken.

The meet was well run. From where I was sitting — and swimming — everything went smoothly, and the volunteers were enthusiastic and helpful. I hope Austin doesn't wait another 20 years to bid for a Nationals!

### Sunny weather

Austin's weather was terrific, at least from a Northwesterner's perspective. Temps were in the mid-to-upper 80s and no rain until the meet was over.

I'm thrilled to be back attending Nationals on a regular basis. Last year's Nationals hosted by PNA helped me realize that my husband Glen and I can make the trips and that I can manage our travel challenges (Glen uses a wheelchair) and still have good swims. I love the big meets and the opportunity they provide to get tapered and focused once or twice a year. And it's fun talking with swimmers from around the country I've known for many years.

### Time for long course

I'm going to Portland for long course Nationals in August — already have my reservations. I hope PNA will have a great showing. The Portland folks put on great meets, and they have TWO socials this year!

(Continued on page 18)

(Continued from page 17)

## Nationals

Don't be afraid of the long course distance — it's fun! If you don't have a long course pool to train in, do lake swims. Long lake swims make a 50-meter pool seem short. Sign up for Portland today!



PNA's designated coach Lynn Wells hard at work on her computer.

Nationals photos by Lynn Wells

# Results PNA Swimmers 2008 USMS SC Nationals Jamail Texas Swim Center May 1-4, 2008

### Women 18-24 50 Yard Freestyle

6	Pierce, Shona D	23	PNA	25.49
12	Dowdle, Angela M	19	PNA	27.39
16	Mar, Emiko	21	PNA	29.26

### Women 18-24 100 Yard Freestyle

8	Dowdle, Angela M	19	PNA	59.90
12	Hillis, Tinnel N	19	PNA	1:08.95

### Women 18-24 200 Yard Freestyle

4	Pierce, Shona D	23	PNA	2:07.90
5	Dowdle, Angela M	19	PNA	2:08.06

### Women 18-24 500 Yard Freestyle

4	Dowdle, Angela M	19	PNA	5:52.60
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### Women 18-24 50 Yard Backstroke

2	Pierce, Shona D	23	PNA	<b>28.57 Z</b>
8	Naylor, Elisha M	21	PNA	32.94

### Women 18-24 100 Yard Backstroke

3	Pierce, Shona D	23	PNA	1:03.72
14	Naylor, Elisha M	21	PNA	1:14.44

### Women 18-24 200 Yard Backstroke

7	Naylor, Elisha M	21	PNA	2:38.71
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### Women 18-24 50 Yard Breaststroke

9	Riordan, Anne	20	PNA	38.74
10	Melseth, Ashley B	21	PNA	40.42

### Women 18-24 100 Yard Breaststroke

3	Pierce, Shona D	23	PNA	1:11.09
8	Riordan, Anne	20	PNA	1:24.27
9	Melseth, Ashley B	21	PNA	1:26.26

### Women 18-24 200 Yard Breaststroke

4	Riordan, Anne	20	PNA	3:04.08
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### Women 18-24 50 Yard Butterfly

13	Hillis, Tinnel N	19	PNA	31.19
14	Dowdle, Angela M	19	PNA	31.25
16	Mar, Emiko	21	PNA	31.88

### Women 18-24 100 Yard Butterfly

11	Hillis, Tinnel N	19	PNA	1:13.59
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### Women 18-24 100 Yard IM

3	Pierce, Shona D	23	PNA	1:03.04
16	Melseth, Ashley B	21	PNA	1:17.01
17	Mar, Emiko	21	PNA	1:17.88

### Women 18-24 200 Yard IM

6	Dowdle, Angela M	19	PNA	2:35.77
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### Women 30-34 500 Yard Freestyle

19	Lesh, Robin M	30	PNA	7:32.83
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### Women 30-34 50 Yard Butterfly

33	Lesh, Robin M	30	PNA	40.69
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### Women 30-34 100 Yard IM

24	Lesh, Robin M	30	PNA	1:28.22
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### Women 40-44 500 Yard Freestyle

26	Quistorf, Renee	43	PNA	6:44.50
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### Women 40-44 50 Yard Backstroke

17	Johnson, Anne T Peters	43	PNA	31.84
25	Bernhard, Anne E	43	PNA	33.93

### Women 40-44 100 Yard Backstroke

16	Johnson, Anne T Peters	43	PNA	1:09.84
---	Bernhard, Anne E	43	PNA	NS

### Women 40-44 200 Yard Backstroke

21	Bernhard, Anne E	43	PNA	2:43.46
24	Quistorf, Renee	43	PNA	2:47.78

### Women 40-44 50 Yard Butterfly

23	Bernhard, Anne E	43	PNA	31.09
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### Women 40-44 10

33	Bernhard, Anne E	43	PNA	1:14.43
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### Women 40-44 200 Yard IM

21	Quistorf, Renee	43	PNA	2:55.91
---	Bernhard, Anne E	43	PNA	NS

### Women 50-54 50 Yard Freestyle

5	Lippold, Mary B	52	PNA	26.72
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### Women 50-54 100 Yard Freestyle

5	Lippold, Mary B	52	PNA	58.73
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### Women 50-54 200 Yard Freestyle

5	Lippold, Mary B	52	PNA	2:10.34
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### Women 50-54 1000 Yard Freestyle

3	Lippold, Mary B	52	PNA	12:09.50
13	O'Leary, Robin C	50	PNA	13:42.94

### Women 50-54 50 Yard Backstroke

8	O'Leary, Robin C	50	PNA	32.73
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### Women 50-54 100 Yard Backstroke

10	O'Leary, Robin C	50	PNA	1:11.64
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13 Jaeger, Dawn	51 PNA	1:15.06
<b>Women 50-54 200 Yard Backstroke</b>		
9 Cooley, Cathy L	50 PNA	2:32.53
--- Jaeger, Dawn	51 PNA	NS
<b>Women 50-54 50 Yard Breaststroke</b>		
6 Cooley, Cathy L	50 PNA	36.02
<b>Women 50-54 100 Yard Breaststroke</b>		
7 O'Leary, Robin C	50 PNA	1:20.69
<b>Women 50-54 200 Yard Breaststroke</b>		
4 Cooley, Cathy L	50 PNA	2:52.36
<b>Women 50-54 50 Yard Butterfly</b>		
10 O'Leary, Robin C	50 PNA	30.11
<b>Women 50-54 100 Yard Butterfly</b>		
2 Lippold, Mary B	52 PNA	1:05.11
9 Jaeger, Dawn	51 PNA	1:14.30
<b>Women 50-54 200 Yard Butterfly</b>		
4 Lippold, Mary B	52 PNA	2:33.41
<b>Women 50-54 100 Yard IM</b>		
11 Cooley, Cathy L	50 PNA	1:10.86
20 Jaeger, Dawn	51 PNA	1:16.00
<b>Women 50-54 200 Yard IM</b>		
7 Cooley, Cathy L	50 PNA	2:32.93
--- Jaeger, Dawn	51 PNA	NS
<b>Women 50-54 400 Yard IM</b>		
--- Jaeger, Dawn	51 PNA	DQ
Non-simultaneous touch - breast		
--- Cooley, Cathy L	50 PNA	SCR
<b>Women 55-59 50 Yard Freestyle</b>		
14 Blackburn, Jean L	56 PNA	32.67
<b>Women 55-59 500 Yard Freestyle</b>		
9 Casey, Kathrine J	59 PNA	6:58.11
<b>Women 55-59 50 Yard Backstroke</b>		
7 Casey, Kathrine J	59 PNA	40.36
<b>Women 55-59 100 Yard Backstroke</b>		
12 Casey, Kathrine J	59 PNA	1:26.12
<b>Women 55-59 50 Yard Breaststroke</b>		
3 Jaunzeme, Andra	55 PNA	<b>36.21 P</b>
<b>Women 55-59 100 Yard Breaststroke</b>		
2 Jaunzeme, Andra	55 PNA	<b>1:18.23 P</b>
<b>Women 55-59 200 Yard Breaststroke</b>		
1 Jaunzeme, Andra	55 PNA	<b>2:50.32 N</b>
11 Casey, Kathrine J	59 PNA	3:37.61
<b>Women 55-59 50 Yard Butterfly</b>		
9 Blackburn, Jean L	56 PNA	36.45
<b>Women 55-59 100 Yard Butterfly</b>		
6 Blackburn, Jean L	56 PNA	1:29.75
7 Casey, Kathrine J	59 PNA	1:33.01
<b>Women 55-59 200 Yard Butterfly</b>		
3 Casey, Kathrine J	59 PNA	3:20.67
<b>Women 55-59 100 Yard IM</b>		
1 Jaunzeme, Andra	55 PNA	1:11.11
11 Blackburn, Jean L	56 PNA	1:26.14
<b>Women 55-59 200 Yard IM</b>		
1 Jaunzeme, Andra	55 PNA	2:34.74
<b>Women 60-64 50 Yard Freestyle</b>		
6 Dillon, Sally A	61 PNA	31.40
<b>Women 60-64 100 Yard Freestyle</b>		
3 Dillon, Sally A	61 PNA	1:07.28
<b>Women 60-64 200 Yard Freestyle</b>		
2 Dillon, Sally A	61 PNA	<b>2:26.00 P</b>
<b>Women 60-64 1650 Yard Freestyle</b>		
1 Dillon, Sally A	61 PNA	23:48.71

<b>Women 60-64 50 Yard Breaststroke</b>		
4 Dillon, Sally A	61 PNA	<b>40.19 P</b>
<b>Women 60-64 100 Yard Breaststroke</b>		
5 Dillon, Sally A	61 PNA	1:30.64
<b>Women 75-79 50 Yard Freestyle</b>		
2 Gladwell, Gail A	76 PNA	56.06
<b>Women 75-79 100 Yard Freestyle</b>		
2 Gladwell, Gail A	76 PNA	2:06.24
<b>Women 75-79 50 Yard Breaststroke</b>		
2 Gladwell, Gail A	76 PNA	1:01.76
<b>Women 75-79 100 Yard Breaststroke</b>		
4 Gladwell, Gail A	76 PNA	2:22.77
<b>Women 75-79 100 Yard IM</b>		
2 Gladwell, Gail A	76 PNA	2:22.70
<b>Women 80-84 50 Yard Freestyle</b>		
2 Phillips, Bernice M	80 PNA	56.42
<b>Women 80-84 100 Yard Freestyle</b>		
2 Phillips, Bernice M	80 PNA	2:15.11
<b>Women 80-84 50 Yard Backstroke</b>		
1 Phillips, Bernice M	80 PNA	<b>51.82 Z</b>
<b>Women 80-84 100 Yard Backstroke</b>		
2 Phillips, Bernice M	80 PNA	2:02.60
<b>Women 80-84 200 Yard Backstroke</b>		
--- Phillips, Bernice M	80 PNA	NS
<b>Women 80-84 100 Yard IM</b>		
--- Phillips, Bernice M	80 PNA	DQ
Alternating Kick - fly		
<b>Men 18-24 50 Yard Freestyle</b>		
2 Goldman, Brian M	22 PNA	<b>21.04 P</b>
11 Fanning, Mark A	22 PNA	22.62
22 Dewey, Ryan L	19 PNA	25.98
<b>Men 18-24 100 Yard Freestyle</b>		
11 Fanning, Mark A	22 PNA	51.41
15 Dewey, Ryan L	19 PNA	57.88
<b>Men 18-24 50 Yard Backstroke</b>		
3 Fanning, Mark A	22 PNA	<b>26.08 P</b>
8 Dewey, Ryan L	19 PNA	31.13
<b>Men 18-24 100 Yard Backstroke</b>		
5 Fanning, Mark A	22 PNA	57.69
12 Dewey, Ryan L	19 PNA	1:07.47
<b>Men 18-24 200 Yard Backstroke</b>		
5 Fanning, Mark A	22 PNA	2:07.60
<b>Men 18-24 50 Yard Breaststroke</b>		
10 Ito, Shingo	24 PNA	30.40
<b>Men 18-24 50 Yard Butterfly</b>		
14 Ito, Shingo	24 PNA	27.06
16 Dewey, Ryan L	19 PNA	29.53
<b>Men 18-24 100 Yard Butterfly</b>		
10 Ito, Shingo	24 PNA	59.47
<b>Men 18-24 100 Yard IM</b>		
19 Ito, Shingo	24 PNA	1:03.10
<b>Men 30-34 50 Yard Freestyle</b>		
--- Linderman, Ross A	31 PNA	NS
<b>Men 30-34 100 Yard Freestyle</b>		
--- Linderman, Ross A	31 PNA	NS
<b>Men 30-34 200 Yard Freestyle</b>		
--- Linderman, Ross A	31 PNA	NS
<b>Men 30-34 500 Yard Freestyle</b>		
--- Linderman, Ross A	31 PNA	SCR
<b>Men 30-34 50 Yard Butterfly</b>		
--- Linderman, Ross A	31 PNA	NS
<b>Men 30-34 100 Yard IM</b>		
--- Linderman, Ross A	31 PNA	NS

<b>Men 35-39 200 Yard Freestyle</b>		
15 Nelson, Kirk E	37 PNA	1:50.13
<b>Men 35-39 500 Yard Freestyle</b>		
3 Nelson, Kirk E	37 PNA	5:00.37
<b>Men 35-39 1650 Yard Freestyle</b>		
1 Nelson, Kirk E	37 PNA	17:16.07
<b>Men 35-39 200 Yard Butterfly</b>		
5 Nelson, Kirk E	37 PNA	2:06.72
<b>Men 35-39 200 Yard IM</b>		
10 Nelson, Kirk E	37 PNA	2:07.44
<b>Men 35-39 400 Yard IM</b>		
5 Nelson, Kirk E	37 PNA	4:28.73
<b>Men 40-44 50 Yard Freestyle</b>		
25 Nygren, Mats O	41 PNA	22.92
43 Kays, David E	40 PNA	23.90
<b>Men 40-44 100 Yard Freestyle</b>		
26 Kays, David E	40 PNA	50.79
--- Nygren, Mats O	41 PNA	NS
--- Bergsbaken, Joel A	40 PNA	NS
<b>Men 40-44 200 Yard Freestyle</b>		
7 Nygren, Mats O	41 PNA	1:47.98
11 Kays, David E	40 PNA	1:49.06
<b>Men 40-44 500 Yard Freestyle</b>		
3 Kays, David E	40 PNA	4:52.47
5 Nygren, Mats O	41 PNA	4:58.58
<b>Men 40-44 1000 Yard Freestyle</b>		
1 Kays, David E	40 PNA	<b>10:02.58 P</b>
<b>Men 40-44 100 Yard Backstroke</b>		
6 Nygren, Mats O	41 PNA	57.26
<b>Men 40-44 200 Yard Backstroke</b>		
5 Nygren, Mats O	41 PNA	2:04.95
<b>Men 40-44 50 Yard Breaststroke</b>		
--- Bergsbaken, Joel A	40 PNA	NS
<b>Men 40-44 100 Yard IM</b>		
--- Bergsbaken, Joel A	40 PNA	NS
<b>Men 40-44 400 Yard IM</b>		
7 Kays, David E	40 PNA	4:26.66
<b>Men 45-49 50 Yard Freestyle</b>		
36 Swanson, Victor B	48 PNA	23.59
40 Valley, Eric S	46 PNA	23.90
52 Nalli, Lyle A	48 PNA	24.37
<b>Men 45-49 100 Yard Freestyle</b>		
35 Nalli, Lyle A	48 PNA	53.69
54 Littlefield, James R	47 PNA	59.23
--- Valley, Eric S	46 PNA	NS
<b>Men 45-49 200 Yard Freestyle</b>		
21 Valley, Eric S	46 PNA	1:54.11
22 Nalli, Lyle A	48 PNA	1:54.27
<b>Men 45-49 500 Yard Freestyle</b>		
13 Valley, Eric S	46 PNA	5:15.38
31 Dybdahl, Eric T	48 PNA	6:12.04
<b>Men 45-49 1000 Yard Freestyle</b>		
12 Valley, Eric S	46 PNA	11:19.03
<b>Men 45-49 1650 Yard Freestyle</b>		
13 Dybdahl, Eric T	48 PNA	21:57.85
<b>Men 45-49 50 Yard Backstroke</b>		
23 Littlefield, James R	47 PNA	30.18
<b>Men 45-49 100 Yard Backstroke</b>		
17 Littlefield, James R	47 PNA	1:03.84
<b>Men 45-49 200 Yard Backstroke</b>		
7 Nalli, Lyle A	48 PNA	2:09.43
12 Moore, Robert B	47 PNA	2:15.81
16 Littlefield, James R	47 PNA	2:20.66

24 Dybdahl, Eric T	48 PNA	2:37.57
<b>Men 45-49 50 Yard Breaststroke</b>		
8 Jackson, Robert L	48 PNA	29.01
17 Swanson, Victor B	48 PNA	30.05
<b>Men 45-49 100 Yard Breaststroke</b>		
14 Swanson, Victor B	48 PNA	1:07.04
<b>Men 45-49 50 Yard Butterfly</b>		
33 Swanson, Victor B	48 PNA	25.87
<b>Men 45-49 100 Yard Butterfly</b>		
19 Moore, Robert B	47 PNA	58.85
<b>Men 45-49 200 Yard Butterfly</b>		
8 Moore, Robert B	47 PNA	2:16.36
--- Dybdahl, Eric T	48 PNA	DNF
Did not finish		
<b>Men 45-49 100 Yard IM</b>		
25 Swanson, Victor B	48 PNA	58.85
32 Valley, Eric S	46 PNA	1:00.53
<b>Men 45-49 200 Yard IM</b>		
14 Moore, Robert B	47 PNA	2:15.51
--- Swanson, Victor B	48 PNA	NS
<b>Men 45-49 400 Yard IM</b>		
8 Moore, Robert B	47 PNA	4:50.90
<b>Men 50-54 50 Yard Freestyle</b>		
8 McGoorty, Mike	50 PNA	<b>23.12 P</b>
<b>Men 50-54 100 Yard Freestyle</b>		
9 McGoorty, Mike	50 PNA	<b>50.99 P</b>
26 Spencer, Donald L	50 PNA	56.10
<b>Men 50-54 50 Yard Backstroke</b>		
10 McGoorty, Mike	50 PNA	<b>27.46 P</b>
<b>Men 50-54 100 Yard Butterfly</b>		
20 Spencer, Donald L	50 PNA	1:03.11
<b>Men 50-54 200 Yard Butterfly</b>		
--- Spencer, Donald L	50 PNA	NS
<b>Men 50-54 100 Yard IM</b>		
32 Spencer, Donald L	50 PNA	1:04.40
<b>Men 55-59 50 Yard Freestyle</b>		
5 Jacobs, Ronald	56 PNA	<b>24.00 P</b>
<b>Men 55-59 100 Yard Freestyle</b>		
5 Jacobs, Ronald	56 PNA	<b>53.53 Z</b>
<b>Men 55-59 200 Yard Freestyle</b>		
10 Lautman, Scott M	55 PNA	2:01.59
11 Jacobs, Ronald	56 PNA	2:01.87
<b>Men 55-59 500 Yard Freestyle</b>		
--- Lautman, Scott M	55 PNA	SCR
<b>Men 55-59 50 Yard Backstroke</b>		
5 Jacobs, Ronald	56 PNA	29.41
--- Koenig, Mike	56 PNA	NS
<b>Men 55-59 100 Yard Backstroke</b>		
11 Jacobs, Ronald	56 PNA	1:04.60
--- Koenig, Mike	56 PNA	NS
<b>Men 55-59 200 Yard Backstroke</b>		
8 Jacobs, Ronald	56 PNA	2:20.96
--- Koenig, Mike	56 PNA	NS
<b>Men 55-59 50 Yard Breaststroke</b>		
2 Colella, Rick P	56 PNA	<b>28.74 Z</b>
21 Reeder, Bill D	55 PNA	35.78
<b>Men 55-59 100 Yard Breaststroke</b>		
2 Colella, Rick P	56 PNA	<b>1:03.07 N</b>
17 Reeder, Bill D	55 PNA	1:16.70
<b>Men 55-59 200 Yard Breaststroke</b>		
2 Colella, Rick P	56 PNA	<b>2:17.05 N</b>
<b>Men 55-59 50 Yard Butterfly</b>		
25 Reeder, Bill D	55 PNA	30.23



<b>Men 55-59 100 Yard Butterfly</b>			
2	Lautman, Scott M	55 PNA	<b>56.14 Z</b>
18	Reeder, Bill D	55 PNA	1:09.64
<b>Men 55-59 200 Yard Butterfly</b>			
1	Lautman, Scott M	55 PNA	<b>2:06.09 Z</b>
<b>Men 55-59 100 Yard IM</b>			
3	Colella, Rick P	56 PNA	<b>58.64 Z</b>
21	Reeder, Bill D	55 PNA	1:11.87
<b>Men 55-59 200 Yard IM</b>			
2	Colella, Rick P	56 PNA	<b>2:05.15 N</b>
12	Lautman, Scott M	55 PNA	2:19.39
<b>Men 55-59 400 Yard IM</b>			
1	Colella, Rick P	56 PNA	<b>4:30.18 N</b>
4	Lautman, Scott M	55 PNA	4:50.06
<b>Men 60-64 100 Yard Freestyle</b>			
18	Peterson, Steven B	61 PNA	1:04.94
<b>Men 60-64 500 Yard Freestyle</b>			
4	McColly, Michael	62 PNA	5:44.17
<b>Men 60-64 1000 Yard Freestyle</b>			
3	McColly, Michael	62 PNA	11:58.01
<b>Men 60-64 100 Yard Backstroke</b>			
5	McColly, Michael	62 PNA	1:08.15
<b>Men 60-64 200 Yard Backstroke</b>			
3	McColly, Michael	62 PNA	2:24.87
<b>Men 60-64 50 Yard Breaststroke</b>			
4	Peterson, Steven B	61 PNA	32.50
<b>Men 60-64 100 Yard Breaststroke</b>			
5	Peterson, Steven B	61 PNA	1:13.16
<b>Men 60-64 200 Yard Breaststroke</b>			
---	Peterson, Steven B	61 PNA	DQ
Arms two strokes underwater			
<b>Men 60-64 200 Yard IM</b>			
5	McColly, Michael	62 PNA	2:28.09
10	Peterson, Steven B	61 PNA	2:38.48
<b>Men 60-64 400 Yard IM</b>			
1	McColly, Michael	62 PNA	5:14.44
<b>Men 65-69 200 Yard Backstroke</b>			
3	Nordby, Michael C	66 PNA	3:04.02
<b>Men 65-69 100 Yard Butterfly</b>			
5	Nordby, Michael C	66 PNA	1:27.05
<b>Men 65-69 200 Yard Butterfly</b>			
---	Nordby, Michael C	66 PNA	NS

<b>Men 65-69 100 Yard IM</b>			
5	Nordby, Michael C	66 PNA	1:16.77
<b>Men 65-69 200 Yard IM</b>			
3	Nordby, Michael C	66 PNA	2:59.86
<b>Men 65-69 400 Yard IM</b>			
---	Nordby, Michael C	66 PNA	NS
<b>Men 70-74 50 Yard Freestyle</b>			
11	Morrow, Albert (Al)	73 PNA	38.90
<b>Men 70-74 50 Yard Butterfly</b>			
7	Morrow, Albert (Al)	73 PNA	51.33
<b>Men 70-74 100 Yard IM</b>			
9	Morrow, Albert (Al)	73 PNA	1:46.28
<b>Men 70-74 200 Yard IM</b>			
---	Morrow, Albert (Al)	73 PNA	DQ
One hand touch - breast			
<b>Men 75-79 50 Yard Freestyle</b>			
2	Dorse, Robert O	76 PNA	32.48
<b>Men 75-79 100 Yard Freestyle</b>			
2	Dorse, Robert O	76 PNA	1:16.17
<b>Men 75-79 200 Yard Freestyle</b>			
1	Miller, Bob K	78 PNA	2:41.29
2	Dorse, Robert O	76 PNA	3:07.41
<b>Men 75-79 500 Yard Freestyle</b>			
---	Miller, Bob K	78 PNA	SCR
<b>Men 75-79 1000 Yard Freestyle</b>			
---	Miller, Bob K	78 PNA	DNF
Did not finish			
<b>Men 75-79 50 Yard Backstroke</b>			
1	Miller, Bob K	78 PNA	37.93
<b>Men 75-79 100 Yard Backstroke</b>			
1	Miller, Bob K	78 PNA	1:21.66
<b>Men 75-79 200 Yard Backstroke</b>			
1	Miller, Bob K	78 PNA	2:55.30
<b>Men 75-79 100 Yard IM</b>			
1	Dorse, Robert O	76 PNA	1:35.34
<b>Men 75-79 200 Yard IM</b>			
1	Dorse, Robert O	76 PNA	3:47.26
<b>Men 80-84 50 Yard Backstroke</b>			
2	Roudebush, George M	83 PNA	58.34
<b>Men 80-84 100 Yard Backstroke</b>			
3	Roudebush, George M	83 PNA	2:17.97
<b>Men 80-84 200 Yard Backstroke</b>			
4	Roudebush, George M	83 PNA	5:02.28
<b>Women 18+ 200 Yard Freestyle Relay</b>			
7	PNA	A	1:51.36
1)	Pierce, Shona D	W23	2) Mar, Emiko W21
3)	Bernhard, Anne E	W43	4) Dowdle, Angela M W19
10	PNA	B	2:01.77
1)	Naylor, Elisha M	W21	2) Hillis, Tinnel N W19
3)	Riordan, Anne W20	4) Melseth, Ashley B W21	
<b>Women 18+ 200 Yard Medley Relay</b>			
4	PNA	A	2:06.29
1)	Pierce, Shona D	W23	2) Melseth, Ashley B W21
3)	Bernhard, Anne E	W43	4) Dowdle, Angela M W19
5	PNA	B	2:13.17
1)	Naylor, Elisha M	W21	2) Riordan, Anne W20
3)	Mar, Emiko W21	4) Hillis, Tinnel N W19	
<b>Women 35+ 200 Yard Freestyle Relay</b>			
15	PNA	A	1:58.85
1)	Quistorf, Renee	W43	2) Cooley, Cathy L W50
3)	Johnson, Anne	W43	4) O'Leary, Robin C W50



18+ 200 Mixed Free Relay (from left) Shingo Ito, Emiko Mar, Elisha Naylor and Ryan Dewey

**Women 45+ 200 Yard Medley Relay**

5 PNA A 2:09.72  
 1) O'Leary, Robin C W50 2) Cooley, Cathy L W50  
 3) Lippold, Mary B W52 4) Dillon, Sally A W61

**Women 55+ 200 Yard Freestyle Relay**

1 PNA A 2:06.85  
 1) Dillon, Sally A W61 2) Casey, Kathrine J W59  
 3) Blackburn, Jean L W56 4) Jaunzeme, Andra W55

**Men 18+ 200 Yard Freestyle Relay**

8 PNA A 1:36.33  
 1) Goldman, Brian M M22 2) Dewey, Ryan L M19  
 3) Ito, Shingo M24 4) Fanning, Mark A M22

**Men 18+ 200 Yard Medley Relay**

7 PNA A 1:46.13  
 1) Fanning, Mark A M22 2) Ito, Shingo M24  
 3) Goldman, Brian M M22 4) Dewey, Ryan L M19

**Men 35+ 200 Yard Freestyle Relay**

15 PNA A 1:34.38  
 1) Kays, David E M40 2) Valley, Eric S M46  
 3) Jacobs, Ronald M56 4) Nelson, Kirk E M37

**Men 35+ 200 Yard Medley Relay**

--- PNA A NS  
 2) Kays, David E M40 3) Lautman, Scott M M55

**Men 45+ 200 Yard Freestyle Relay**

9 PNA A 1:34.53  
 1) Swanson, Victor B M48 2) McGoorty, Mike M50  
 3) Nalli, Lyle A M48 4) Moore, Robert B M47  
 --- PNA B NS

1) Miller, Bob K M78  
 3) Nordby, Michael C M66 4) Dybdahl, Eric T M48

**Men 45+ 200 Yard Medley Relay**

5 PNA A 1:45.66 Z  
 1) McGoorty, Mike M50 2) Jackson, Robert L M48  
 3) Nalli, Lyle A M48 4) Swanson, Victor B M48  
 --- PNA B NS

1) Jacobs, Ronald M56 2) Peterson, Steven B M61  
 3) Moore, Robert B M47 4) Dybdahl, Eric T M48

**Men 55+ 200 Yard Freestyle Relay**

8 PNA A 1:48.60  
 1) Lautman, Scott M M55 2) McColly, Michael M62  
 3) Peterson, Steven B M61 4) Reeder, Bill D M55

**Men 55+ 200 Yard Medley Relay**

--- PNA A DQ

Not enough swimmers

1) Miller, Bob K M78 2) Nordby, Michael C M66  
 4) Morrow, Albert (Al) M73

**Mixed 18+ 200 Yard Freestyle Relay**

5 PNA A 1:36.40  
 1) Goldman, Brian M M22 2) Dowdle, Angela M W19  
 3) Pierce, Shona D W23 4) Fanning, Mark A M22  
 20 PNA B 1:49.55  
 1) Mar, Emiko W212) Dewey, Ryan L M19  
 3) Naylor, Elisha M W21 4) Ito, Shingo M24  
 21 PNA C 1:51.97  
 1) Kays, David E M40 2) Hillis, Tinnel N W19  
 3) Melseth, Ashley B W21 4) Dybdahl, Eric T M48



65+ 200 Mixed Medley Relay (from left) Michael Nordby (NEO), Gail Gladwell (UNAT), Bernice Phillips (BAM) and Bob Miller (BAM)

**Mixed 35+ 200 Yard Freestyle Relay**

26 PNA A 1:45.36  
 1) Nelson, Kirk E M37 2) Quistorf, Renee W43  
 3) Bernhard, Anne E W43 4) Swanson, Victor B M48

**Mixed 35+ 200 Yard Medley Relay**

30 PNA A 1:59.19  
 1) Jaeger, Dawn W51 2) Colella, Rick P M56  
 3) Bernhard, Anne E W43 4) Nelson, Kirk E M37

**Mixed 45+ 200 Yard Freestyle Relay**

13 PNA A 1:44.33  
 1) Valley, Eric S M46 2) Cooley, Cathy L W50  
 3) Lippold, Mary B W52 4) Littlefield, James R M47

**Mixed 45+ 200 Yard Medley Relay**

13 PNA A 1:58.34  
 1) Cooley, Cathy L W50 2) Swanson, Victor B M48  
 3) O'Leary, Robin C W50 4) Nalli, Lyle A M48

**Mixed 55+ 200 Yard Freestyle Relay**

2 PNA A 1:52.39  
 1) Jacobs, Ronald M56 2) Blackburn, Jean L W56  
 3) Dillon, Sally A W61 4) Lautman, Scott M M55

**Mixed 55+ 200 Yard Medley Relay**

2 PNA A 2:02.77  
 1) Jacobs, Ronald M56 2) Jaunzeme, Andra W55  
 3) Lautman, Scott M M55 4) Dillon, Sally A W61  
 11 PNA B 2:20.74

1) McColly, Michael M62 2) Casey, Kathrine J W59  
 3) Reeder, Bill D M55 4) Blackburn, Jean L W56

**Mixed 65+ 200 Yard Freestyle Relay**

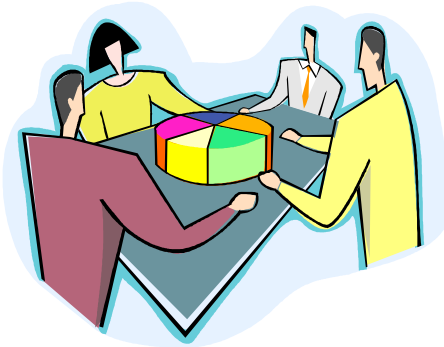
6 PNA A 3:08.81  
 1) Miller, Bob K M78 2) Phillips, Bernice M W80  
 3) Gladwell, Gail A W76 4) Dorse, Robert O M76

**Mixed 65+ 200 Yard Medley Relay**

4 PNA A 3:12.71  
 1) Miller, Bob K M78 2) Gladwell, Gail A W76  
 3) Nordby, Michael C M66 4) Phillips, Bernice M W80



## Board Summary for March



The board:

- Approved Lynn Wells as coach for the Nationals in Austin.
- Adopted an interim policy for reimbursing a PNA coach at Na-

tionals in an amount not to exceed \$1600.

—Approved a requirement that a coach seeking reimbursement must submit a written report after the meet for review by the Coaches Committee.

—Adopted a requirement that there be an evaluator of a PNA coach at a Nationals meet who doesn't have to be a member of the Coaches Committee.

—Thanked Lee Carlson, who is retiring as meets chair, for his many years of great service.

—Approved reimbursement of Ohana for the software, Meet Manager.

—Sanctioned this year's Fat Salmon Swim and the Lake Padden Open Water swim.

## Join the Fun! Swim the 8th Annual Lake Padden Open Water Swim



On Saturday, August 2, the 8th Annual Lake Padden Open Water Swim will be held. The race has an "in water" start over a simple triangle course,

once around for the 2.5K and twice around for the 5K. In early August the water temp is almost always over 70 degrees. But wetsuits are allowed.

There are locker rooms, showers and easy adjacent parking. There also will be plenty of snacks, music and a host of enthusiastic, friendly volunteers. Kayakers in the water will escort the swimmers, and five lifeguards will be on duty. All participants will receive a Lake Padden event coffee mug. Entry form on page 26.

## 11th Annual Pentathlon Coming

The North Whidbey Masters will host their annual short course meters pentathlon meet in Oak Harbor on Sunday, September 21.

Three world records were set in last year's meet, so count on a

fast pool to log those rare short course meter swims. The meet includes three distances of traditional pentathlon events, plus the Brute competition. It includes the 1500-meter freestyle, also offered as a single event. Entry form on page 27.

## Welcome New PNA Swimmers

Rachel Akins  
 Kim R Alvord-Yuska  
 Francois G Barbanson  
 Ashley K Beehler  
 Alisa J Blitz-Seibert  
 Eric T Bloomquist  
 Karen E Boehmer  
 Allison R Boomer  
 David W Caldwell  
 Jose H Collas  
 Andres Cubero  
 Tricia A Cudney  
 Laurie A Cyr  
 Leah N DePaoli  
 Susanne N Elizer  
 Ben Elmer  
 Lynn Erickson  
 Nick A Fay  
 Deborah J Flynn  
 Neal A Freeland  
 Eric Gedney  
 Glenn Gervais  
 Kyle G Heaton  
 Dean Hefflinger  
 Peter Hubbard  
 Eric Kapfhammer  
 Glenna S Kelso  
 Melissa C Kirmayer  
 Kim M Knudsen  
 Sarah K Koenig  
 Marc J Lacrampe  
 Allyson R Land  
 Michael E Matz  
 Victoria McDonald  
 Walter S McGraw  
 Norma J Mears  
 Megan D Oesting  
 James W Orr  
 William Perkins  
 David W Perry  
 Jacqueline Przybelinski  
 Elisha L Rain  
 Amber L Ricketts  
 Lynne M Sandilands  
 Jon-Eric Schafer  
 Steven L Scheller  
 John Sewell  
 Craig S Sharman  
 Elizabeth M Shipley  
 Carrie Shriver  
 Thomas R Tomfohr  
 Susan Y Townsend  
 Danielle Trevino  
 Geraldine E Vander Haegen  
 Steven L VanderStaa  
 Thomas C Villalon

## Need-to-Know Information About Heart Palpitations

*Editor's note: This is the first part of a two-part article by Jane Moore, a physician and long-time PNA member. The second part, which will appear in the September issue of The WetSet, will discuss atrial fibrillation.*

**D**o you ever feel that your heart is beating harder or faster than usual or that it is skipping a beat or two? You may feel a thumping, pounding, racing sensation or fluttering in your chest. This is a palpitation. Palpitations are an uncomfortable awareness of your heartbeat.

Palpitations are common and often normal. They are a symptom, not a disease. However, it is important to determine their cause as some types of palpitations could result in serious medical problems.

### Causes of palpitations

Palpitations may be brought on by:

- ◆ Exercise
- ◆ Stress, anxiety, or fear
- ◆ Smoking
- ◆ Alcohol
- ◆ Cocaine
- ◆ Too much caffeine from coffee, colas or tea
- ◆ Anemia
- ◆ Heart problems, such as mitral valve prolapse (a condition where one of the heart valves is "floppy" and doesn't always close properly)
- ◆ Thyroid problems
- ◆ Medicines, such as diet pills and decongestants, or overdoses of such medicines as theophylline (a little-used asthma medicine) and anti-

# Health Fitness



depressants (older antidepressants that are not too common now)

- ◆ Premenstrual syndrome (PMS)
- ◆ Lack of certain vitamins or minerals
- ◆ Low blood sugar or an insulin reaction in diabetics

### How your heart works

Normally, the four chambers of the heart (two atria and two ventricles) contract in a very specific, coordinated manner. The electrical impulse that signals your heart to contract in a synchronized manner begins in the sinoatrial node (SA node), which is your heart's natural



pacemaker. The signal leaves the SA node and travels through the two upper chambers (atria). Then the signal passes through another node (the AV node), and finally, through the lower chambers (ventricles). This path enables the chambers to contract in a coordinated fashion. Problems can occur anywhere along this conduction

system, causing various arrhythmias.

### Treatment for palpitations

Treatment of palpitations depends on the cause. Most often, no treatment is needed because the heart is otherwise normal. Drinking less coffee or alcohol, or none at all, may be all you need to do. Trying to reduce the stress in your life may help. Some medicines can decrease or eliminate the palpitations. Talk with your health care provider about this.

Call your health care provider right away if:

- ◆ You have palpitations that last a few hours.
- ◆ They occur often.
- ◆ You also have sweating, shortness of breath, lightheadedness, nausea, vomiting, or pain in the chest, arm, back, or jaw.

If the palpitations happen often, particularly if you also have chest pain, breathlessness, or dizziness, you may have another medical problem that your health care provider can identify and treat.





**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	<b>Mandatory</b> Competitors' Meeting
DAY STREET BOAT RAMP	
8:30 am	Start of 3.2-mile race
DENNY BLAINE PARK	
9:15 am	<b>Estimated</b> 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](http://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](http://www.fatsalmon.org) or contact one of the following:

<b>Toby Coenen, race co-director</b>	<b>(425) 836-8943</b>
<b>Liz Shimizu, race co-director</b>	<b>(206) 898-8992</b>
<b>Email:</b>	<a href="mailto:fatsalmonswim@gmail.com">fatsalmonswim@gmail.com</a>

Name: \_\_\_\_\_ USMS # \_\_\_\_\_ - \_\_\_\_\_

Address: \_\_\_\_\_

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

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

Email address: \_\_\_\_\_

Emergency contact & phone: \_\_\_\_\_

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

<b>Register Online at <a href="http://www.active.com/swimming/">www.active.com/swimming/</a> &amp; search for "Fat Salmon"</b>		
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

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

<b>A note about that USMS One-Event Fee...</b> 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 ( <a href="mailto:PNARegistrar@usms.org">PNARegistrar@usms.org</a> ) for info!
--

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

**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: \_\_\_\_\_

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

**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.

# 11<sup>th</sup> 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. 1<sup>st</sup>-3<sup>rd</sup> place rosette ribbons will be presented to the swimmers with the fastest cumulative times in each age group for each division of competition. No separate awards will be given for individual events.

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

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

Pentathlon/brute results will be calculated by adding the total time swum in the division's events. Swimmers will have a "time penalty" if they are disqualified in an event. It will be assessed as follows: ADD 5 seconds for each 50 of the event (i.e. 200 = 20 second penalty). Swimmers who try to abuse the disqualification system will be eliminated from the competition. There will be a **brief** break after each stroke series.

**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)

# 11<sup>th</sup> 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: \_\_\_\_\_

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

## Inside this issue:



- ◆ *Articles, pictures and results for Champs, Short Course Nationals and Worlds.*



- ◆ *Calendar of upcoming meets and open water swims. See page 3.*
- ◆ *Clarification of the rules that require a backstroke finish to be face up. See page 12.*
- ◆ *Articles about recipients of PNA awards given at Champs. See pages 13-15.*
- ◆ *Health article explaining what you need to know about heart palpitations. See page 24.*

**Wow! This is a huge issue. And there's plenty of good stuff in it. Don't dally. Drop what you're doing, slip into a comfortable easy chair and start reading your favorite newsletter.**

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

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