



## Brutes, Animals and Sprinters Swim Their Stuff at 11th Annual Pentathlon

By Sally Dillon

More than 60 swimmers participated in the 11th Annual North Whidbey Masters Pentathlon this year. Behind the scenes, the meet's computer operators, plagued by program glitches, were tearing their hair out. But fortunately these glitches didn't bother the swimmers on deck.

Two swimmers entered this year's brute competition, which required swimming a 1500m Free, 400 IM and 200 Fly. Whew! Many more entered the animal version and swam 200 of each stroke and a 400 IM. As usual, though, the majority sprinted their way through the meet with 50's of each stroke and a 100 IM.

### New PNA and Zone Records

Even though the John Vanderzicht Memorial Pool in Oak Harbor is surprisingly fast, no world records were set this year. But there were plenty of PNA and Zone records. Sarah Welch (61) set a PNA record in the 100m Free (1:18.49) and Zone records in the 100 Fly (1:30.77) and the 200 IM (3:19.59). (For full results, see pages 4 to 6 and PNA's Web site.)



*Pentathlon officials, from left: Dennis Jepson, Nanette Streubel, Jeff Moorman, Sally Dillon and Heather Brennan*

As in the past, the meet drew a few Oregon and British Columbia swimmers.

No matter where they hailed from, all entrants received certificates of participation, affixed with the finish labels for their individual events. Special ribbons were presented to the top three finishers in each age group for the Pentathlon distances the and Brute division.

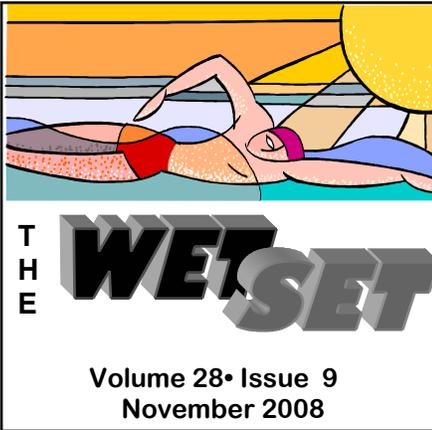
Members of the sponsoring North Whidbey Masters' team served lunch to volunteers, who worked the full day, and also to the 1500 Free swimmers during the break between that first event and the afternoon session.

### No Oyster Run

The annual Oyster Run in Anacortes, the largest motorcycle run in the Pacific Northwest, is usually held the same day as the Pentathlon. But this year it was moved to the following weekend. So Pentathlon participants didn't have to share the roads and ferries with a gazillion motorcycles.

No motorcycles, a terrific meet — it doesn't get any better than that!

Important reminder  
Coming this month: Your  
2009 USMS renewal  
notice



**THE WET SET**  
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**Officiating:** Kathy Casey/Jan Kavadas

**Open Water:** Sally Dillon

**Publicity:** Lynn Wells

**Safety:** Kathy Casey

**Webmaster/Computer Apps:**  
 Hugh Moore

Hey, thanks to Kathy Morris for her Leading Off item "Swim Buddies" last month. I encourage you to tell your story or thoughts, and I know Editor Paul would appreciate your input either here or as an article.

We covered Long Course Nationals in Gresham pretty well in the October issue, but I did want to acknowledge again the great job that Oregon Masters did – like China's hosting of the Olympics, this Nationals set a new performance standard.

**Arms Around Bainbridge**

The week before Nationals, BAM members staged the second Arms Around Bainbridge charity swim. I joined the two dozen other swimmers, planning to swim just part of my swim leg, but ended up accompanying my two relay mates the whole six miles. Some taper!

Curiously, only my tongue was sore for days after nearly three hours in the salt water. See JB Goessman's article in this issue of the newsletter about this year's event and beneficiary, plus take a gander at Pete Saloutos' terrific photos.

**Eleventh Pentathlon, Seventh BAMFest**

The 60-plus swimmers attending North Whidbey Masters' 11th annual Pentathlon enjoyed a fine fall day in Oak Harbor. BAMFest #7 is now history, too. *The WetSet* has stories about these events in this and next month's issues, respectively.

The 29th annual USAS Convention convened in Atlanta from September 24 through 28. A dozen of us attended, representing you as we conducted the business

**LEADING OFF**



**By Steve Peterson, PNA president**

of USMS in this "Rules" year. I always like Convention in a Summer Olympics year — among the young (or not so young) and famous we got to rub shoulders with were Mark Gangloff (100m Breast), Debbie Phelps (who accepted Swimmer of the Year for her son), and Rowdy Gaines (NBC commentator and banquet MC). Beneath her signature on my program Debbie Phelps added, "Michael's Mom." For more information about Convention, including actions taken of interest to PNA swimmers, see the three articles in this issue by Hugh Moore.

**Oversight Corrected**

My September column's highlight of Pacific Northwest swimmers at the Olympics overlooked Tacoma's Megan Jendrick. Megan placed fifth in 100m Breast and along with Margaret Hoelzer helped qualify our Women's 4 x 100 Medley Relay for the finals. (I'll forever wonder if that relay, with Tara Kirk swimming in place of Rebecca Soni, would have overcome the Australians' 0.61 second lead to take the gold.) Megan's other claim to fame: only the second woman to win Olympic swimming medals under two different names (Quann and Jendrick). Sign up to

*(Continued on page 6)*

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 2008/2009 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.*

□ September 15 to November 15, 2008  
USMS 2008 3000/6000 Yard Postal Championships  
Mark Gill (480) 784-7112  
[mark.gill@usms.org](mailto:mark.gill@usms.org);  
[www.usms.org/longdist/ldnats08](http://www.usms.org/longdist/ldnats08)

□ **December 2, 2008**  
**PNA Board Meeting**  
**Arni Litt's house in Seattle**  
**For info, contact her at (206) 849-1387; [arnihope@gmail.com](mailto:arnihope@gmail.com)**

□ January 1 to 31, 2009  
USMS 2009 1 Hour Postal Championships  
Jane Moore (253) 759-4956,  
[swimmoore@comcast.net](mailto:swimmoore@comcast.net); Janae McCullough, (253) 228-5947  
[u2jem@u2.com](mailto:u2jem@u2.com); [usms.org/longdist/ldnats09](http://usms.org/longdist/ldnats09)

□ **April 10 & 11, 2009**  
**PNA Champs**  
**Weyerhaeuser King County Aquatic Center**  
**Federal Way, Wash.**

□ May 7 to 10, 2009  
2009 USMS Short Course Yards Nationals  
Clovis North High School, Fresno, Calif.

□ May 11, 2009  
USMS 1 Mile Open Water Championships  
Millerton Lake, Clovis, Calif.  
Clovis Swim Club  
Dowain Wright, (559) 285-0489,  
[rightswim@sbcglobal.net](mailto:rightswim@sbcglobal.net)

□ May 15 to September 15, 2009  
USMS 2009 5 and 10 Km Postal Championships (50 meter pools only)  
Susan Sotir, (339) 222-3165 (cell), (781) 257-5102 (home)  
[spsotir@rcn.com](mailto:spsotir@rcn.com); Rich Axtell, [rich@minutemanmasters.com](mailto:rich@minutemanmasters.com);  
[usms.org/longdist/ldnats09](http://usms.org/longdist/ldnats09)

□ July 11, 2009  
USMS 1-3 Mile Open Water Championships (2 miles)  
Canandaigua Lake, Canandaigua, N.Y.

□ August 1, 2009  
USMS 6+ Mile Open Water Championships (10 km)  
Little Traverse Bay, Lake Michigan, Harbor Springs, MI  
Hammerhead Swim Club  
John Cowing, (231) 330-8904,  
[johnc.marilyn@gmail.com](mailto:johnc.marilyn@gmail.com)  
Marilyn Early, (231) 526-9824,  
[johnc.marilyn@gmail.com](mailto:johnc.marilyn@gmail.com)

□ August 15, 2009  
USMS 2009 2-Mile Cable Championships - Mirror Lake, Lake Placid, NY  
Ann Svenson, 518.893.1967,  
[annb48@earthlink.net](mailto:annb48@earthlink.net); [usms.org/longdist/ldnats09](http://usms.org/longdist/ldnats09)

□ September 12, 2009  
USMS 2009 3-6 Mile Open Water Championships (5 km) - Lake Michigan, Chicago, IL  
Chris Sheean,  
[bigshoulders2009@yahoo.com](mailto:bigshoulders2009@yahoo.com);  
[usms.org/longdist/ldnats09](http://usms.org/longdist/ldnats09)

□ September 15 to November 15, 2009  
USMS 2009 3000/6000 Yard Postal Championships (25 yard pools only)  
Jacque Grossman, 864-646-8836,  
[jelq@innova.net](mailto:jelq@innova.net); [usms.org/longdist/ldnats09](http://usms.org/longdist/ldnats09)



## 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: 11th Annual Pentathlon Oak Harbor, Wash. September 21, 2008

OAK HARBOR PENT  
09-21-08  
SHORT COURSE METER  
P = P.N.A. RECORD  
Z = NORTHWEST ZONE RECORD  
N = NATIONAL RECORD  
W = WORLD RECORD  
S = SPLIT TIME  
U = UNOFFICAL TIME (1 WATCH)

## WOMEN 19-24

50 M. FREE		
AREIL ZORNES	18 UNAT	39.07
100 M. FREE		
CHELSEA ROBINSON	19 WRW	1:08.18
100 M. BACK		
CHELSEA ROBINSON	19 WRW	1:22.24
50 M. BRST		
AREIL ZORNES	18 UNAT	51.27
100 M. BRST		
CHELSEA ROBINSON	19 WRW	1:35.01
100 M. FLY		
CHELSEA ROBINSON	19 WRW	1:25.17
200 M. I.M.		
CHELSEA ROBINSON	19 WRW	3:06.14

## WOMEN 25-29

50 M. FREE		
KELLY JENSEN	25 TACM	30.96
LIANA ROBERTSHAW	28 UNAT	32.50
SARAH SHAFER	28 MYM	32.76
200 M. FREE		
VICKI MOORMAN	25 BMSC	2:36.46
1500 M. FREE		
ELLEN GEIGER	29 NWM	21:07.10
KELLY JENSEN	25 TACM	21:21.87
50 M. BACK		
LIANA ROBERTSHAW	28 UNAT	39.69
SARAH SHAFER	28 MYM	46.69
200 M. BACK		
VICKI MOORMAN	25 BMSC	2:52.48
50 M. BRST		
SARAH SHAFER	28 MYM	41.68
LIANA ROBERTSHAW	28 UNAT	46.53
200 M. BRST		
KELLY JENSEN	25 TACM	2:59.61
VICKI MOORMAN	25 BMSC	3:13.05
50 M. FLY		
KELLY JENSEN	25 TACM	33.42
SARAH SHAFER	28 MYM	35.37
LIANA ROBERTSHAW	28 UNAT	42.98
200 M. FLY		
VICKI MOORMAN	25 BMSC	2:56.53
100 M. I.M.		
KELLY JENSEN	25 TACM	1:14.57
SARAH SHAFER	28 MYM	1:27.62
LIANA ROBERTSHAW	28 UNAT	1:32.64
400 M. I.M.		
VICKI MOORMAN	25 BMSC	5:59.45

## WOMEN 30-34

50 M. FREE		
WHITNEY WEBER	30 TACM	33.47
SARAH RICHARDSON	31 BMSC	34.50
50 M. BACK		
SARAH RICHARDSON	31 BMSC	39.06
WHITNEY WEBER	30 TACM	42.91
50 M. BRST		
SARAH RICHARDSON	31 BMSC	48.26
WHITNEY WEBER	30 TACM	49.50
50 M. FLY		
SARAH RICHARDSON	31 BMSC	35.56
WHITNEY WEBER	30 TACM	39.30
100 M. I.M.		
SARAH RICHARDSON	31 BMSC	1:24.98
WHITNEY WEBER	30 TACM	1:42.63

## WOMEN 35-39

100 M. FREE		
SHANNON SINGER	38 SVY	1:31.30
1500 M. FREE		
SHANNON SINGER	38 SVY	27:12.92
50 M. BRST		
SHANNON SINGER	38 SVY	55.04
200 M. BRST		
SHANNON SINGER	38 SVY	4:14.17

## WOMEN 40-44

50 M. FREE		
MARY ARMSTRONG	41 MYM	29.20
KATHY MOORE	41 UNAT	39.36
50 M. BACK		
MARY ARMSTRONG	41 MYM	36.29
KATHY MOORE	41 UNAT	48.23
50 M. BRST		
MARY ARMSTRONG	41 MYM	<b>38.30Z</b>
KATHY MOORE	41 UNAT	50.98
50 M. FLY		
MARY ARMSTRONG	41 MYM	33.70
KATHY MOORE	41 UNAT	42.55
100 M. I.M.		
MARY ARMSTRONG	41 MYM	1:16.78
KATHY MOORE	41 UNAT	1:42.81

## WOMEN 45-49

50 M. FREE		
LISA DAHL	47 SSRM	28.50
JENNIFER FORDHAM	45 MYM	37.52
NANCY WATERMAN	46 WRW	46.05
100 M. FREE		
DEBBY SPENCE	46 NWM	1:12.02
WENDY HOFFMAN	46 MICC	1:19.02
200 M. FREE		
BECKY KLIEMAN	45 NWM	2:44.45
50 M. BACK		
LISA DAHL	47 SSRM	34.42
JENNIFER FORDHAM	45 MYM	42.17
NANCY WATERMAN	46 WRW	53.25
100 M. BACK		
DEBBY SPENCE	46 NWM	1:24.49
WENDY HOFFMAN	46 MICC	1:33.43
50 M. BRST		
LISA DAHL	47 SSRM	38.17
JENNIFER FORDHAM	45 MYM	47.87
NANCY WATERMAN	46 WRW	54.71
100 M. BRST		
DEBBY SPENCE	46 NWM	1:31.14
WENDY HOFFMAN	46 MICC	1:42.97
50 M. FLY		
LISA DAHL	47 SSRM	30.91
JENNIFER FORDHAM	45 MYM	47.13
NANCY WATERMAN	46 WRW	52.49
100 M. FLY		
DEBBY SPENCE	46 NWM	1:23.40
BECKY KLIEMAN	45 NWM	1:27.53
WENDY HOFFMAN	46 MICC	1:35.61
100 M. I.M.		
LISA DAHL	47 SSRM	1:13.43

JENNIFER FORDHAM	45 MYM	1:37.39
NANCY WATERMAN	46 WRW	1:57.64
200 M. I.M.		
DEBBY SPENCE	46 NWM	3:01.88
WENDY HOFFMAN	46 MICC	3:18.55
400 M. I.M.		
BECKY KLIEMAN	45 NWM	6:44.18

## WOMEN 50-54

50 M. FREE		
RHONDA ANSLOW	50 WRW	38.93
H.ADKINS-NARTE	54 BAM	1:02.59
50 M. BACK		
RHONDA ANSLOW	50 WRW	50.12
50 M. BRST		
RHONDA ANSLOW	50 WRW	52.35
200 M. BRST		
H.ADKINS-NARTE	54 BAM	5:40.87
50 M. FLY		
RHONDA ANSLOW	50 WRW	43.62
H.ADKINS-NARTE	54 BAM	1:19.65
100 M. I.M.		
RHONDA ANSLOW	50 WRW	1:38.86
H.ADKINS-NARTE	54 BAM	2:57.25



## WOMEN 55-59

50 M. FREE		
WENDY WIGNEY	57 MYM	47.15
1500 M. FREE		
BARBARA ZIMMERMAN	57 SVY	40:48.55
50 M. BACK		
WENDY WIGNEY	57 MYM	58.08
50 M. BRST		
WENDY WIGNEY	57 MYM	54.97
200 M. FLY		
BARBARA ZIMMERMAN	57 SVY	6:48.83
400 M. I.M.		
BARBARA ZIMMERMAN	57 SVY	11:21.49

## WOMEN 60-64

100 M. FREE		
SARAH WELCH	61 SSRM	1:18.49P
100 M. BACK		
SARAH WELCH	61 SSRM	1:38.51
100 M. BRST		
SARAH WELCH	61 SSRM	1:48.54
100 M. FLY		
SARAH WELCH	61 SSRM	1:30.77Z
200 M. I.M.		
SARAH WELCH	61 SSRM	3:19.59Z

## WOMEN 65-69

50 M. FREE		
LINDA PERRY	66 MYM	57.01
50 M. BACK		
LINDA PERRY	66 MYM	1:18.75

## WOMEN 80-84

50 M. FREE		
ELSA DE LEEUW	84 WRW	49.99
50 M. BACK		
ELSA DE LEEUW	84 WRW	1:09.51
50 M. BRST		
ELSA DE LEEUW	84 WRW	1:07.08
50 M. FLY		
ELSA DE LEEUW	84 WRW	1:20.78
100 M. I.M.		
ELSA DE LEEUW	84 WRW	2:23.24

**MEN 19-24**

50 M. FREE		
HAMBER PABLO	22 MYM	37.91
50 M. BRST		
HAMBER PABLO	22 MYM	46.09
100 M. I.M.		
HAMBER PABLO	22 MYM	1:57.44

**MEN 30-34**

50 M. FREE		
MARK BOGER	34 TACM	31.40
100 M. FREE		
JARRETT WHEELER	30 BMSC	1:02.28
STEVEN ROSARIA	34 PRO	1:02.33
1500 M. FREE		
ADAM YANASAK	33 EMS	20:14.01
50 M. BACK		
STEVEN ROSARIA	34 PRO	35.06
MARK BOGER	34 TACM	37.05
100 M. BACK		
JARRETT WHEELER	30 BMSC	1:13.81
50 M. BRST		
ADAM YANASAK	33 EMS	38.93
MARK BOGER	34 TACM	41.27
100 M. BRST		
JARRETT WHEELER	30 BMSC	1:16.73
50 M. FLY		
STEVEN ROSARIA	34 PRO	31.46
MARK BOGER	34 TACM	34.30
100 M. FLY		
JARRETT WHEELER	30 BMSC	1:07.53
200 M. FLY		
ADAM YANASAK	33 EMS	2:45.46
100 M. I.M.		
MARK BOGER	34 TACM	1:21.32
400 M. I.M.		
ADAM YANASAK	33 EMS	5:39.94

**MEN 35-39**

50 M. FREE		
DAVID MARGRAVE	37 HMST	28.25
100 M. FREE		
DOUG JELEN	35 UNAT	1:02.34
50 M. BACK		
DOUG JELEN	35 UNAT	31.33
DAVID MARGRAVE	37 HMST	36.34
200 M. BACK		
DOUG JELEN	35 UNAT	2:26.15
50 M. BRST		
DAVID MARGRAVE	37 HMST	38.54
DOUG JELEN	35 UNAT	38.79
50 M. FLY		
DAVID MARGRAVE	37 HMST	31.36
100 M. I.M.		
DOUG JELEN	35 UNAT	1:10.31
DAVID MARGRAVE	37 HMST	1:12.75

**MEN 40-44**

100 M. FREE		
TRACY HARTLAY	44 UNAT	1:05.43
DAVID HOLLENBACK	42 EMS	1:08.65
1500 M. FREE		
PETER COLLINS	43 MYM	27:03.43
100 M. BACK		
TRACY HARTLAY	44 UNAT	1:19.53
DAVID HOLLENBACK	42 EMS	1:23.50
100 M. BRST		
TRACY HARTLAY	44 UNAT	1:19.87
50 M. FLY		
DAVID HOLLENBACK	42 EMS	32.68
100 M. FLY		
TRACY HARTLAY	44 UNAT	1:08.22
200 M. I.M.		
TRACY HARTLAY	44 UNAT	2:39.95

**MEN 45-49**

50 M. FREE		
PATRICK CONSTANS	45 UNAT	30.34

GARY WEISS	46 WRW	33.58
100 M. FREE		
BOB FISH	45 BMSC	1:01.93
200 M. FREE		
CARL HAYNIE	48 CAC	2:24.68
50 M. BACK		
PATRICK CONSTANS	45 UNAT	41.06
GARY WEISS	46 WRW	50.26
100 M. BACK		
BOB FISH	45 BMSC	1:12.52
200 M. BACK		
CARL HAYNIE	48 CAC	2:35.93
50 M. BRST		
PATRICK CONSTANS	45 UNAT	40.09
GARY WEISS	46 WRW	49.66
100 M. BRST		
BOB FISH	45 BMSC	1:24.23
200 M. BRST		
CARL HAYNIE	48 CAC	3:10.92
50 M. FLY		
PATRICK CONSTANS	45 UNAT	35.49
GARY WEISS	46 WRW	39.12
100 M. FLY		
BOB FISH	45 BMSC	1:08.56
200 M. FLY		
CARL HAYNIE	48 CAC	3:12.92
100 M. I.M.		
PATRICK CONSTANS	45 UNAT	1:28.81
GARY WEISS	46 WRW	1:41.71
400 M. I.M.		
CARL HAYNIE	48 CAC	5:59.90

**MEN 50-54**

50 M. FREE		
DALE CARY	51 EMS	29.75
BRYAN SPARROWHAWK	52 MYM	30.42
JEFF MORRISON	53 TACM	30.56
JOHN MARK NUTTMAN	54 OOPS	30.87
RICHARD ADCOCK	53 GHY	32.55
100 M. FREE		
LARS DURBAN	51 MYM	1:05.37
200 M. FREE		
MIKE DOWD	50 OREG	2:41.04
50 M. BACK		
DALE CARY	51 EMS	37.43
RICHARD ADCOCK	53 GHY	42.97
JOHN MARK NUTTMAN	54 OOPS	43.23
JEFF MORRISON	53 TACM	43.94
BRYAN SPARROWHAWK	52 MYM	43.98
100 M. BACK		
LARS DURBAN	51 MYM	1:23.54
200 M. BACK		
MIKE DOWD	50 OREG	3:16.55
50 M. BRST		
DALE CARY	51 EMS	37.93
BRYAN SPARROWHAWK	52 MYM	39.25
RICHARD ADCOCK	53 GHY	41.45
JOHN MARK NUTTMAN	54 OOPS	42.21
JEFF MORRISON	53 TACM	44.46
100 M. BRST		
LARS DURBAN	51 MYM	1:33.02
200 M. BRST		
MIKE DOWD	50 OREG	2:58.30
50 M. FLY		
DALE CARY	51 EMS	31.72
RICHARD ADCOCK	53 GHY	34.98
BRYAN SPARROWHAWK	52 MYM	36.48
JOHN MARK NUTTMAN	54 OOPS	37.56
JEFF MORRISON	53 TACM	42.55
100 M. FLY		
LARS DURBAN	51 MYM	1:12.17
200 M. FLY		
MIKE DOWD	50 OREG	3:05.91
100 M. I.M.		
DALE CARY	51 EMS	1:16.41
BRYAN SPARROWHAWK	52 MYM	1:23.25
RICHARD ADCOCK	53 GHY	1:24.15
JOHN MARK NUTTMAN	54 OOPS	1:28.05
JEFF MORRISON	53 TACM	1:29.96
200 M. I.M.		
LARS DURBAN	51 MYM	2:54.53

400 M. I.M.		
MIKE DOWD	50 OREG	6:37.60

**MEN 55-59**

50 M. FREE		
R BARNEY VOEGTLEN	59 BAM	31.67
200 M. FREE		
RON HANSEN	59 SVY	3:19.51
1500 M. FREE		
RON HANSEN	59 SVY	27:17.60
50 M. BACK		
R BARNEY VOEGTLEN	59 BAM	40.93
200 M. BACK		
FRANK WARNER	59 TYR	3:09.74
RON HANSEN	59 SVY	4:13.10
50 M. BRST		
R BARNEY VOEGTLEN	59 BAM	44.34
100 M. BRST		
RON HANSEN	59 SVY	1:51.44
50 M. FLY		
R BARNEY VOEGTLEN	59 BAM	38.69
100 M. I.M.		
R BARNEY VOEGTLEN	59 BAM	1:24.31
RON HANSEN	59 SVY	1:54.66

**MEN 60-64**

50 M. FREE		
PAUL MONOHON	63 TACM	32.75
DOUG THOMPSON	60 TACM	34.64
JIM JONES	60 UNAT	43.71
100 M. FREE		
STEVEN PETERSON	62 OOPS	1:14.74
200 M. FREE		
THOMAS WALKER	61 CAC	3:45.25
50 M. BACK		
PAUL MONOHON	63 TACM	37.85
DOUG THOMPSON	60 TACM	41.24
JIM JONES	60 UNAT	57.37
100 M. BACK		
STEVEN PETERSON	62 OOPS	1:31.77
200 M. BACK		
THOMAS WALKER	61 CAC	3:45.93
50 M. BRST		
PAUL MONOHON	63 TACM	39.19
DOUG THOMPSON	60 TACM	43.98
JIM JONES	60 UNAT	1:20.39
100 M. BRST		
STEVEN PETERSON	62 OOPS	1:24.67
200 M. BRST		
THOMAS WALKER	61 CAC	4:34.37
50 M. FLY		
PAUL MONOHON	63 TACM	33.96
DOUG THOMPSON	60 TACM	42.09
JIM JONES	60 UNAT	1:00.61
100 M. FLY		
STEVEN PETERSON	62 OOPS	1:30.45
200 M. FLY		
THOMAS WALKER	61 CAC	4:38.50
100 M. I.M.		
PAUL MONOHON	63 TACM	1:25.86
DOUG THOMPSON	60 TACM	1:30.45
JIM JONES	60 UNAT	2:14.53
200 M. I.M.		
STEVEN PETERSON	62 OOPS	3:04.25
400 M. I.M.		
THOMAS WALKER	61 CAC	9:06.60



**MEN 70-74**

50 M. FREE		
DON REHFELDT	74 UNAT	44.28
K.MERSCHENZ	72 WRW	47.16
100 M. FREE		
DICK PETERSON	71 UNAT	1:26.86
50 M. BACK		
K.MERSCHENZ	72 WRW	50.75
DON REHFELDT	74 UNAT	52.02
100 M. BACK		
DICK PETERSON	71 UNAT	1:38.61
50 M. BRST		
DON REHFELDT	74 UNAT	50.87
K.MERSCHENZ	72 WRW	56.82
100 M. BRST		
DICK PETERSON	71 UNAT	1:37.49
50 M. FLY		
DON REHFELDT	74 UNAT	59.51
100 M. FLY		
DICK PETERSON	71 UNAT	1:55.79
100 M. I.M.		
DON REHFELDT	74 UNAT	1:54.76
200 M. I.M.		
DICK PETERSON	71 UNAT	3:28.31

**MEN 75-79**

50 M. FREE		
JACK FRITZ	75 TUC	44.09
1500 M. FREE		
BILL KING	75 OREG	27:12.18
50 M. BACK		
JACK FRITZ	75 TUC	1:01.81
50 M. BRST		
JACK FRITZ	75 TUC	1:02.92
50 M. FLY		
JACK FRITZ	75 TUC	59.92
100 M. I.M.		
JACK FRITZ	75 TUC	2:29.61

**MEN 80-84**

50 M. FREE		
HARVEY PROSSER	80 NWM	43.47
50 M. BACK		
HARVEY PROSSER	80 NWM	1:02.87
50 M. BRST		
HARVEY PROSSER	80 NWM	1:07.86
50 M. FLY		
HARVEY PROSSER	80 NWM	1:01.49
100 M. I.M.		
HARVEY PROSSER	80 NWM	2:10.64

**Get Ready for 1-hour USMS Postal Swim**

Thousands of Masters swimmers nationwide will swim as many laps as possible in an hour any time during January. Work up to this by doing 10-, 20- and 30-minute swims during November and December. Talk to coaches and teammates about where and when you can do your swim.

An independent observer must record your splits accurately on the entry form. You'll find the form in the November/December issue of "USMS SWIMMER" and on the USMS and PNA Web sites. PNA will organize relay teams so be

**Welcome New PNA Swimmers**

- Karen L. Aliabadi
- Robert Black
- Lynne M Cadigan
- Peter Collins
- John Di Croce
- Lisa P Gerardi
- David A Hansen
- Matthew Henn
- Luis E Hernandez
- Hanna L Johansson
- Kristina K Liggett
- Rusty L Martin
- Jim M Miles
- Theresa M Miller
- Mary E Prendergast
- Liana Robertshaw
- Nick Rohrbach
- Morgan Rohrbach
- David Rojas
- Katherine J Russell
- Laura A Russell
- Ryan M Tennant
- Danielle Torre
- Win Van Pelt
- Allen Vieira
- Scott Warner
- Wendy K Wigney
- Sharon Wright
- Brett A Yount
- Maureen T Zalewski

sure relay chair Sally Dillon gets your information when you enter the event. Look for more details in December's *The WetSet*

**Attention USMS 3000/6000 yard Postal Participants**

Send a photocopy of your entry form and split sheet to Sally Dillon, at PO Box 845, Oak Harbor, WA 98277. Questions? Contact Sally at [salswmr@verizon.net](mailto:salswmr@verizon.net). Entry form is on the PNA Web site.



**Board Meeting Summary for Month of August**

The PNA board has been working hard on the PNA bylaws' revision, with the effort led by Jane Moore. A final approval vote will be taken when all bylaw revisions have been presented and discussed.

Membership fees for 2009 will be the same as for 2010.

Lisa Dahl had presented the coach review questions to Frank Comerford, PNA's designated coach at August's long course Nationals. The board received a lot of useful input from Frank's comments.

Convention is coming up and Walt Reid reminded us that this is a rules year. There will be five debatable rules change proposals and others that are minor.

*(Continued from page 2)*

**Leading Off**

meet Megan in person at her November 9 breaststroke clinic. You can find details and a registration form in October's *The WetSet*.

Regardless of what name you go by or whether or not you compete, keep swimming for fitness and fun!



## Actions Taken at Convention of Interest to PNA Members

All Convention information written by Hugh Moore

Once again, PNA was well represented at this year's USMS Convention, which was held in Atlanta from September 24 to 28.

USMS administration has undergone significant changes in recent years. The most notable one: hiring an executive director, Rob Butcher. Over the next few years, you can expect a more efficient organization, with many tasks now performed by volunteers performed instead by professional staff. Most importantly, member benefits will be expanded.

Significant action items of interest to PNA members:

- ◆ The Vision and Action Plan outlined by the executive director was endorsed by the board of directors and the plan's related budget approved by the House of Delegates. Details of the plan are available at <http://www.usms.org/admin/conv08/actionplan.pdf>
- ◆ In 2010, member registration fees will be increased \$2 to help pay for increased member services. Yearly increases of \$2 are planned for 2011 to 2016.
- ◆ Jeanne Ensign, PNA's immediate past president, was re-elected as an at-large director on the USMS board of directors.
- ◆ Team awards at national championship meets will undergo two changes. First, regional teams such as Pacific Northwest Aquatics will receive awards in a separate division



*A rousing voting round in the House of Delegates*

from traditional teams. Second, men's and women's scores will no longer be tabulated; only combined scores will be kept.

- ◆ 2010 USMS Short Course Yard National Championships was awarded to Georgia Tech in Atlanta, May 20 to 23.
- ◆ 2010 USMS Long Course Meters National Championships was awarded to San Juan, Puerto Rico, August 9 to 12.
- ◆ PNA members Tom Foley and Sarah Welch received Dorothy Donnelly USMS Service Awards.
- ◆ Marilyn Grindrod (Olympic Aquatic Club Masters) and Cynthia Krass (Columbia Athletic Club Masters) received Kerry O'Brien Coaching awards.



## What Happens at Convention? Find out Here!

This year 241 delegates registered. All delegates serve in the House of Delegates, and most also serve on one or more committees. Each of the USMS 52 LMSCs is entitled to at least one delegate. But some LMSCs, and PNA is one of them, are given additional delegates because of the number of registered swimmers; this year PNA was entitled to three additional delegates.

Approximately half the convention delegates are LMSC delegates. The rest include members of the USMS board of directors, USMS committee chairs and all members of the Rules, Legislation, Finance and Open Water/Long Distance Committees.

(Other committees are Championship, Coaches, Communications, Fitness, History and

*(Continued on page 8)*

(Continued from page 7)

### What Happens at Convention

Archives, International, Marketing, Officials, Publications Management, Recognition and Awards, Records and Tabulations, Registration, Sports Medicine and Science, and Zone.)



From left, Sally Dillon (PNA), Donn Livoni (Montana) and Paige Buehler (Inland North-

From Thursday (9/25) through Saturday (9/28), each day was filled with nearly 12 hours of non-stop meetings. Most Convention decisions are made at the committee level, but each committee's actions are then approved or amended by the House of Delegates.

Complete meeting minutes are available at <http://www.usms.org/admin/conv08/>



From left, delegates Paige Buehler (Inland Northwest), Mary Sweat (Oregon) and Jill Wright (Snake River)

### Wanted

#### Your Story/Story Idea

Have a swimming story or a story idea for *The Wet Set*? Tell your editor, so he can sleep at night.

## At Convention, who Represents YOU?

Here are the PNA swimmers that attended Convention on your behalf:

- ◆ Kathy Casey (Chair USMS Rules Committee)
- ◆ Lisa Dahl (PNA delegate)
- ◆ Sally Dillon (Chair USMS Recognition and Awards Committee)
- ◆ Jeanne Ensign (member USMS Board of Directors)
- ◆ Arni Litt (member USMS Legislation Committee)
- ◆ Jan Kavadas (PNA delegate)
- ◆ Hugh Moore (Chair USMS Communications Committee)
- ◆ Jane Moore (Chair USMS Sports Medicine & Science Committee)
- ◆ Steve Peterson (member USMS Legislation Committee)
- ◆ Walt Reid (PNA delegate)
- ◆ Sarah Welch (member USMS Finance Committee)

## Why Contribute to Endowment Fund and ISHOF ?

Ever wonder about those two lines on your registration form, the ones that ask you to donate to the USMS Endowment Fund and to the International Swimming Hall of Fame?

Let's take a look at both lines and see why making these contributions is a good idea for every Masters swimmer.

### Endowment Fund Helps You

The USMS Endowment Fund benefits a broad range of programs involving Masters swimmers, including the following areas:

- ◆ Medical and health research focused on the benefits resulting from swimming fitness programs for adults.
- ◆ Development assistance for

(Continued on page 9)



USMS Rules Committee members, including PNA's two members, Chair Kathy Casey, (first row, third from left) and Sally Dillon (first row, far right)



## Arms Around Bainbridge Raises \$14,000

By JB Goessman

Entering Puget Sound for a swim is always an invigorating experience. Entering at 4:20 a.m. on August 10 introduces an element of concern that quickly turns to controlled panic if, as happened to me, your kayaker begins to lecture you on the dawn feeding habits of the six-gilled shark.

Though that lecture made the event's start a bit inauspicious, the planning for the second annual Arms Around Bainbridge charity swim promised a great time, and that it was.

The planning had been in full swing for months. Board members Orlando Boleda, Brian Rus-



Megan Livingston helps navigate Brian Russell's eight-mile leg.

sell, Sharon Kane, Ken Goodman, Paul Webber, Pete Saloutos and yours truly had solicited donations, services and volunteers. Our objective: use the swim to benefit selected local resident and cancer survivor Kristi Rudolph.

The 32-mile swim circumnavigating Bainbridge Island was divided into five color-coded segments. Despite scheduling the swim for the weekend before Long Course Nationals in Gresham, Ore., 2008 registrations surpassed last year's. The twenty-four participating swimmers were assigned to teams that swam as a continuous



JB Goessman swims the initial 11 miles against the Seattle skyline.

relay to complete each section.

This year's schedule and counterclockwise direction minimized the likelihood of swimmers having to fight strong currents. Overall the weather cooperated despite somewhat choppy conditions for those swimming the morning leg on the east side of Bainbridge.

To provide support and drinks to those in the water, a small armada of kayakers was recruited from among friends and family. Power boats also were on hand to retrieve and insert swimmers when a relay change needed to be off shore. In addition, swimmers could choose to swim timed distances of 5 and 10 km along the same route.

Entry fees, donations, sales of t-shirts and photographs totaled over \$14,000, all of which went to Kristi. The event's principal aim is to generate funds to offset medical expenses for an uninsured community member. However, both this and last year's beneficiaries experienced a second and perhaps more meaningful benefit. At the post-event gathering overlooking the finish line, Kristi told us how much the support had meant to her and how it had strengthened her both emotionally and spiritually.

All of us that were part of this swim look forward to seeing Kristi next year.

(Continued from page 8)

### Endowment and ISHOF

- ◆ Outreach to other adult fitness organizations to help coordinate programs and facilities.
- ◆ Education to improve leadership, address contemporary swimming and adult fitness issues and help Masters swimming programs with special needs.

Want to know more? See [http://www.usms.org/admin/lmschb/lmsc\\_hb\\_endowment.pdf](http://www.usms.org/admin/lmschb/lmsc_hb_endowment.pdf)

### ISHOF Promotes Masters Swimming

Located in Fort Lauderdale, Fla., the International Swimming Hall of Fame (ISHOF) promotes the benefits and importance of swimming as a key to fitness, good health, quality of life and the water safety of children. ISHOF is dedicated to the history, memory and recognition of famous swimmers, divers, water polo players, synchronized swimmers, and persons involved in life-saving activities and education throughout the world, whose lives and accomplishments inspire, educate and serve as role models for all those participating in the hall of fame's experience and programs.

# Pacific Northwest Association of Masters Swimmers

## 2009 Local Team Registration

To register your team for 2009, please fill out and return the form below. (Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held each April. All team members competing in the meet must be currently registered with USMS.) **As of 2009, the definition of a team is a group of four (4) or more swimmers. If you do not expect our team to have four swimmers, please contact me.**

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

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

Mail this form and check to:

Arni Litt, Registrar     [pnaRegistrar@usms.org](mailto:pnaRegistrar@usms.org)  
 PO Box 12172  
 Seattle, WA 98102-0172

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

Below are the abbreviations currently in use.

- |  |  |  |
|--|--|--|
| BAM: Bainbridge Area Masters<br>BADD: Bellevue Aquatic Divas & Dudes<br>BC: Bellevue Club<br>BEST: Bellevue Eastside Masters<br>BMSC: Bellingham Masters Swim Club<br>BTAC: Bremerton Tennis & Athletic Club<br>BYMS: Briggs YMCA Masters Swim<br>CAC: Columbia Athletic Masters (All)<br>DSYM: Downtown Seattle YMCA Masters<br>EMS: Everett Masters Swimmers<br>ESC: Evergreen Swim Club Masters<br>FAST: Foothills Aquatics Swim Team<br>FWM: Federal Way Master<br>FOIL: Milfoil Masters Swimmers<br>FSJ: Fins of the San Juans<br>FTS: Ft. Steilacoom<br>GHY: Gig Harbor YMCA<br>GCMS: Gold Creek Masters (GCM)<br>GAM: Gold's Aquatics Masters<br>GGRM: Gold's Gym Redmond Masters<br>GLAD: Green Lake Aqua Ducks<br>HMST: Husky Masters<br>IST: Issaquah Swim Team<br>LLUA: Little Lebowski Urban Achievers | LOGS: Logger Masters<br>LUNA: Team Luna<br>LWS: Lynnwood Sharks<br>MICC: Mercer Island Country Club<br>MIR: Mercer Island Redwoods<br>MAMS: Middle Aged Marlins<br>MMM: Mighty Marlins Masters<br>MYM: Monroe YMCA Masters<br>NHM: Newport Hills Masters<br>NEO: North End Otters<br>NSYG: Northshore Y's Guys<br>NWM: North Whidbey Masters<br>OAC: Olympic Aquatic Club<br>OOPS: Old Olympic Peninsula Swimmers<br>ORCA: Orca Swim Club<br>OST: Ohana Swim Team<br>PAC: Poseidon Aquatic Club<br>PSC: Phinney Ridge Swim Club<br>PTMS: Port Townsend Master Swimmers<br>PRO: Pro Sports Club<br>QASC: Queen Anne Swim Club<br>RAH: Redmond Aqua Hotshots<br>SAMM: Samena Masters<br>SAC: Seattle Athletic Club | SVY: Skagit Valley YMCA<br>SSTM: South Sound Titans Masters<br>SWIM: South Whidbey Island Masters<br>SSRM: Swim Seattle Redhawk Masters<br>TACY: Tacoma Pierce County YMCA<br>TACM: Thunderbird Aquatic Masters<br>TIG: Tigers<br>TVAC: Tumwater Valley Athletic Club<br>UNAT: Unattached to a Team<br>UPAC: University Place Aquatic Club<br>VFC: Valley Fitness Center<br>WAC: Washington Athletic Club<br>WEST: West Coast Aquatics Masters<br>WSAS: West Seattle All-Stars<br>WSYD: West Seattle YMCA Dolphins<br>WWUS: Western WA U Masters Swimming<br>WCY: Whatcom County YMCA<br>YNOT: Y Nauts |
|--|--|--|
- Don't see your team? Have your coach or Team Rep, fill out and mail the form.

## TWO WAYS TO BECOME A MEMBER

You may fill out the paper form below and mail it with a check or register online with a credit card at <https://www.clubassistant.com/club/USMS.cfm?l=36> or through the link for online registration at [www.swimpna.org](http://www.swimpna.org) and follow the instructions.

United States Masters Swimming, Inc

### 2009 Membership Application

New Swimmer

Returning USMS Swimmer

Pacific Northwest Association of Masters Swimmers

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

**2009 Annual Fee:** Of your membership fee \$25 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication.)

**Please print clearly and fill out the entire form. Register with the same name you will use for competition. If your name has changed, please include old and new names.**

Name: \_\_\_\_\_ Birth date: \_\_\_\_\_  
Last First Initial Month Day Year

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

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

1<sup>st</sup> Phone: (\_\_\_\_) \_\_\_\_\_ cell, home, work **If you coach a Masters swim team check here**

**I am interested helping the PNA committee**

2<sup>nd</sup> Phone: (\_\_\_\_) \_\_\_\_\_ cell, home, work **Send The WetSet newsletter only by email**

**CLUB:**  Pacific NW Aquatics – 001 ( PNA) **AND Team:** \_\_\_\_\_  
or  Unattached or  Unattached

### Choose a membership level A or B below.

11/01/08 thru 12/31/09

**A. Regular:** \$40

**B. Need-based or Seniors (65 & over):** \$30

*Optional Donations:*

USMS Endowment Fund \$ \_\_\_\_\_

International Swimmers Hall of Fame \$ \_\_\_\_\_

**TOTAL** \$ \_\_\_\_\_

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

Questions: (206) 849-1387

[pnaRegistrar@usms.org](mailto:pnaRegistrar@usms.org)

Make check payable to: **PNA**

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

➔ **Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

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

Remember to check out your LMSC website at [www.swimpna.org](http://www.swimpna.org) and the USMS website at [www.usms.org](http://www.usms.org) for information, updates, and changes.

## Inside this issue:



- ♦ *Article and results for Pentathlon  
See page 1 and pages 4 to 6.*
- ♦ *Articles about annual USMS  
Convention and what it means to  
you. See pages 7 and 8.*
- ♦ *Reasons to contribute to the USMS  
Endowment Fund and ISHOF.  
See page 8.*
- ♦ *Article about second annual Arms  
Around Bainbridge charity swim.  
See page 9.*



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Another  
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Read your  
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your spouse,  
friends or  
significant  
other  
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Pacific Northwest Association of Masters Swimmers  
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Seattle, WA 98102-0172

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