



Anacortes SCY Meet Draws Huge Turnout

By Sally Dillon

More than 165 swimmers from 27 teams, plus a few teams outside PNA, journeyed to Anacortes for the January 31 SCY meet. As usual, it was hosted by the Thunderbird Aquatic Club & Masters and Anacortes High School Swim Team. This year's attendance figure represented a big jump for the annual event, partly due to cancellation of the popular Bellevue Club February meet. The most recent PNA meet was in October. Bottom line: Competitors were "raring to go" in Anacortes!

Newbies and Goodie Bags

Thirty-plus swimmers at Anacortes swam in their first PNA meet. Those whom PNA Vice President Lisa Dahl contacted early went home with "new swimmer" goodie bags. Those who didn't learn about this PNA welcoming effort until the supply ran out can pick up bags at their next meet.

The bags were stuffed with a PNA cap, a t-shirt and a coupon from Sylvia's Swimwear. PNA board member and Swim Seattle Redhawk Team Representative Hallie Truswell spearheaded the goodie-bag effort and will continue to seek sponsors for additional items.



WEST's Mariana Cannon, Robin Cooley, Margaret Brunke, Pam Williamson and groupie Stephanie Borden enjoy the meet.

Initially, it appeared officials might be in short supply for the meet. But past PNA President Lee Carlson quickly exchanged his racing suit for PNS whites to officiate the meet. Anacortes meet director Myke Lund and two other officials also helped. Since no substitutes were available, the five-minute breaks for officials stretched out a bit longer, enabling volunteers to get off their feet. They deserve thanks for seeing the meet was well-run and according to USMS Rules.

Long But Relaxing

"It was a long meet but probably the most relaxed one I have been to," says North Whidbey Masters swimmer Becky Klieman (45). "Also, it was one of the friendliest meets. I talked to a lot of people and enjoyed that."

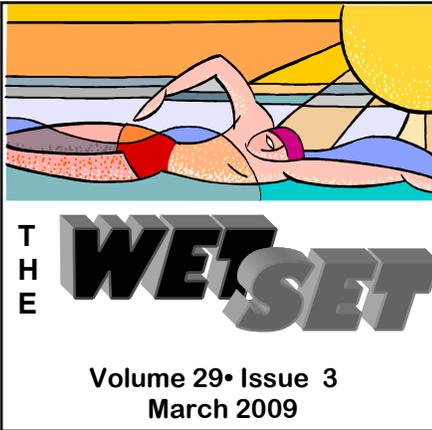
Friendly Rivalry

Ken Erickson came from Walnut Creek, Calif., to visit his son, a junior on the Anacortes High School boys' swim team. Ken signed up for the meet for friendly competition against his former University of New Mexico swim teammate, Jon Baca (Thunderbird Aquatic Masters). A quarter century hasn't slowed these guys in their 50 Free, Fly and Breast (check the results to see who prevailed!).

Four PNA Swimmers Set Seven Records

Harvey Prosser (80, NWM) set PNA standards in the 100 free (1:25.34), 200 free (3:04.43) and 500 free (8:17.97). His 500 was

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A grand Anacortes meet is helping me get back into the swim of things. My most recent competition had been September's Pentathlon as I just watched the BAMFest meet following double hernia surgery.

Wow, it felt great to get back on the blocks. Even though my last event seemed as spectacularly off my seed time as my first one had bettered it, I enjoyed the pre-race tension and post-race elation in all my swims.

Huge Turnout!

I was pleased to see meet attendees enjoying themselves so much. And there were so many participants! As the meet article on the front page describes, more than 160 of you signed up — an amazing turnout! The enthusiasm level was high and so was the number of new competitors.

Get Your Goodie Bags

Speaking of new swimmers, Swim Seattle Red Hawk Team Rep Hallie Truswell is gathering sponsors for goodie bags to welcome new PNA swimmers. PNA Vice President Lisa Dahl, also PNA's new-swimmer liaison, was busy handing out the first set of these bags at Anacortes and ran out! If you're new to competition and haven't picked up your bag, be sure to check the "first meet" checkbox on your next meet entry and see Lisa or Hallie at the meet to pick one up.

Feedback

At the meet a number of you thanked me for "what I do." I appreciate the acknowledgement, but it's really our officers, at-large and team representatives and committee members who make

LEADING OFF



By Steve Peterson, PNA president

PNA-sanctioned meets and other events happen. Along with the officials and meet directors and their staffs who do the field work putting on clinics and competitions. They all deserve your gratitude. So please thank the working volunteers on deck, too.

Encouraging Triathletes

In January the West Sound Triathlon Club held its inaugural meeting in my neck of the woods. Curious, though not intending to become a triathletes just yet, I attended. Suddenly I was designated that club's swim chairman! I drafted an article for its newsletter, touting the advantages of joining Masters swimming.

The day after that newsletter was out, new triathlon group member Beth emailed me to say my encouragement for the intimidated swimmer "hit it right on the head for me! I would love to join Masters but am the swimmer that feels I would be too slow."

My fellow Masters swimmers, keep doing what you're doing to make new PNA members feel comfortable, confident and able to thoroughly enjoy our chosen sport. And please encourage your triathlon friends to join Masters.

Sad Passing

Long-time PNA member

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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 2009 CALENDAR

**OPEN
POSTAL SWIMS
MEETS** **CLINICS**

*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events. "SCY" = Short Course Yards (25y); "SCM" = Short Course Meters (25m); "LCM" = Long Course Meters (50m). 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.*

March 14, 2009
PNA Clinic and Practice Meet for "New" Competitive Swimmers
Noon-5 p.m.
Helene Madison Pool
13401 Meridian N., Seattle

March 21, 2009
Tualatin Hills Pentathlon SCY
Beaverton, Ore. Marisa Frieder
(503) 452-7053
mmfrieder@yahoo.com

March 24, 2009
PNA Board Meeting
6:45 p.m.

March 28, 2009
SCY Beat the Clock Meet
Briggs YMCA
Olympia, Wash.
See ad on page 13.
Entry form on page 15.

April 4 & 5, 2009
2009 Northwest Zone SCY
Championships - Boise, ID
Jill Wright, 208-571-4254,
swimjmw@aol.com; Kristi Lee,
208-895-0481, kristidlee@aol.com;
www.sawtoothmasters.org;

April 10 & 11, 2009
Friday evening & Saturday
morning.
PNA Champs
Weyerhaeuser King County
Aquatic Center
Federal Way, Wash.
Entry form, pages 16 and 17.

April 28, 2009
PNA Board Meeting
6:45 p.m.

May 7 to 10, 2009
2009 USMS SCY Nationals
Clovis North H.S., Fresno,
Calif. CHECK REGISTRATION
DEADLINE at [http://](http://www.usms.org/comp/scnats09/)
www.usms.org/comp/scnats09/

May 11, 2009
USMS 1 Mile Open Water
Championships
Millerton Lake, Clovis, Calif.
Clovis Swim Club
Dowain Wright, (559) 285-0489,
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; Rich Axtell,
rich@minutemanmasters.com

May 26, 2009
PNA Board Meeting
6:45 p.m.

June 24, 2009
PNA Board Meeting
6:45 p.m.
Jan Kavadas' condo
Edmonds, Wash.

July 28, 2009
PNA Board Meeting
6:45 p.m.

August 6 to 10, 2009
2009 USMS LC Nationals (LCM)
[http://www.usms.org/comp/](http://www.usms.org/comp/scnats09/)
[scnats09](http://www.usms.org/comp/scnats09/)
IU Natatorium, Indianapolis, Ind.

September 12, 2009
USMS 2009 3-6 Mile Open Water
Championships (5 km) - Lake
Michigan, Chicago, IL
Chris Sheean,
bigshoulders2009@yahoo.com;
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,
jelg@innova.net; [usms.org/](http://usms.org/longdist/ldnats09)
[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
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

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Anacortes

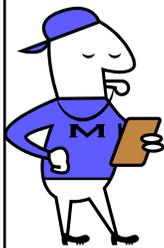
nearly a minute faster than the previous record. Harvey tells us he swam a 51+ 100 way back in 1950. That's quite a bit less than a one-second loss per year – impressive! Megan Oesting (35, ORCA) set marks in the 50 and 100 Free (24.82, 54.46). Tani Stenfjord (43, GLAD) lowered the 200 Free time (2:07.68). Frank Warner (60, OOPS) set the new 100 Free mark (58.69).

Octogenarian Evaluation

Bernice Phillips (81, Bainbridge) had this to say about the meet: "Congratulations to the Anacortes Swim Club who organized and carried out a very smooth meet; and let's not forget the professionalism of the officials.

"Part of competing is chatting with those you only see at meets, getting updates on what they have been doing, what's in their future for upcoming meets, and conversation other than swim meets. My teammates were, and always are, very supportive and helpful - especially now, since this is my first meet after my Nov. 21 hip surgery. It went better than I expected, but my stamina and energy was just not there. It was difficult, but I was determined to again challenge myself. After all, isn't that what competition is about – the challenge!"

Calling All Coaches!



Interested in coaching at upcoming Nationals in May. Contact Lisa Dahl to apply or for information: lisaisswimming@hotmail.com.

**Results:
Anacortes
Short Course Yards
January 30, 2009**



Photos by Steve Peterson and Lisa Dahl

ANACORTES
01-30-09
SHORT COURSE YARDS
P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD

WOMEN 18-24

50 YD. FREE			
SHONA PIERCE	23 WWUS	26.53	
ALLIE THOMAS	23 SVY	27.23	
MARISSA WENNER	19 WWUS	30.06	
100 YD. FREE			
ALLIE THOMAS	23 SVY	1:01.40	
CAITLIN SWITAI	19 WWUS	1:04.22	
TINNEL HILLIS	20 WWUS	1:10.27	
200 YD. FREE			
DANIELLE TORRE	23 PSC	2:06.42	
500 YD. FREE			
DANIELLE TORRE	23 PSC	5:40.25	
50 YD. BACK			
JESSICA DONOVAN	21 SVY	29.22	
SHONA PIERCE	23 WWUS	30.76	
MARISSA WENNER	19 WWUS	37.55	
100 YD. BACK			
JESSICA DONOVAN	21 SVY	1:03.26	
SHONA PIERCE	23 WWUS	1:07.16	
50 YD. BRST			
SHONA PIERCE	23 WWUS	35.83	
ALLIE THOMAS	23 SVY	36.99	
SARA DE SITTER	19 WWUS	38.80	
ANNE RIORDAN	21 WWUS	41.55	
100 YD. BRST			
SARA DE SITTER	19 WWUS	1:23.30	
ANNE RIORDAN	21 WWUS	1:29.03	
200 YD. BRST			
ANNE RIORDAN	21 WWUS	3:07.98	
50 YD. FLY			
CAITLIN SWITAI	19 WWUS	29.89	
SHOTA NARIAI	19 WWUS	31.38	
TINNEL HILLIS	20 WWUS	32.93	
100 YD. FLY			
CAITLIN SWITAI	19 WWUS	1:07.04	
SHOTA NARIAI	19 WWUS	1:11.96	
TINNEL HILLIS	20 WWUS	1:18.69	
100 YD. I.M.			
SHONA PIERCE	23 WWUS	1:06.59	
CAITLIN SWITAI	19 WWUS	1:12.25	
SHOTA NARIAI	19 WWUS	1:14.44	
MARISSA WENNER	19 WWUS	1:16.06	
SARA DE SITTER	19 WWUS	1:17.51	
200 YD. I.M.			
DANIELLE TORRE	23 PSC	2:25.02	
CAITLIN SWITAI	19 WWUS	2:40.33	

WOMEN 25-29

100 YD. FREE			
JILL SHRADER	29 PRO	1:03.87	
A.BLANKENSHIP	25 TACM	1:04.09	
200 YD. FREE			
JILL SHRADER	29 PRO	2:21.39	
500 YD. FREE			
KELLY CRANDELL	28 UNAT	6:16.90	
50 YD. BRST			
JILL SHRADER	29 PRO	38.88	
ERIN BUNKER	29 TACM	39.62	
A.BLANKENSHIP	25 TACM	41.65	

100 YD. BRST			
KELLY CRANDELL	28 UNAT	1:19.15	
ERIN BUNKER	29 TACM	1:26.47	
100 YD. I.M.			
KELLY CRANDELL	28 UNAT	1:12.52	
JILL SHRADER	29 PRO	1:13.85	
A.BLANKENSHIP	25 TACM	1:16.56	
ERIN BUNKER	29 TACM	1:19.57	

WOMEN 30-34

50 YD. FREE			
TAMARA DOTSON	32 OAC	27.32	
WHITNEY WEBBER	30 TACM	29.55	
HEATHER ROMANO	34 SVY	41.52	
100 YD. FREE			
TAMARA DOTSON	32 OAC	1:00.45	
WHITNEY WEBBER	30 TACM	1:09.35	
KATHRYN STEVENS	30 TACM	1:34.32	
200 YD. FREE			
KATHRYN STEVENS	30 TACM	3:32.03	
500 YD. FREE			
HEATHER ROMANO	34 SVY	9:09.47	
KATHRYN STEVENS	30 TACM	9:13.35	
50 YD. BACK			
TAMARA DOTSON	32 OAC	30.82	
100 YD. BACK			
TAMARA DOTSON	32 OAC	1:05.44	
50 YD. BRST			
KATHRYN STEVENS	30 TACM	56.82	
50 YD. FLY			
TAMARA DOTSON	32 OAC	29.82	
WHITNEY WEBBER	30 TACM	35.45	
100 YD. I.M.			
WHITNEY WEBBER	30 TACM	1:20.64	

WOMEN 35-39

50 YD. FREE			
MEGAN OESTING	35 ORCA	24.82 P	
NANCY CLARKE	36 MYM	32.67	
M.ELLRINGER	36 OAC	33.50	
JENNIFER BOHANNON	38 SVY	34.24	
AMANDA MURPHY	36 SWIM	35.56	
VALERIE HEGGENES	38 SWIM	36.25	
GRETA PERALES	38 SVY	41.98	
100 YD. FREE			
MEGAN OESTING	35 ORCA	54.46 P	
KIMBERLY JETER	37 UNAT	56.57	
KRISTI EAGER	36 SWIM	1:12.24	
NANCY CLARKE	36 MYM	1:15.71	
SHANNON SINGER	38 SVY	1:16.10	
JENNIFER BOHANNON	38 SVY	1:16.56	
KRISTA LOCRCHER	38 SWIM	1:17.96	
AMANDA MURPHY	36 SWIM	1:18.48	
GRETA PERALES	38 SVY	1:35.21	
200 YD. FREE			
KIMBERLY JETER	37 UNAT	2:04.93	
ALLISON FERCH	36 PRO	2:09.81	
SHANNON SINGER	38 SVY	2:49.61	
JENNIFER BOHANNON	38 SVY	3:02.90	
GRETA PERALES	38 SVY	3:21.58	
500 YD. FREE			
KIMBERLY JETER	37 UNAT	5:30.18	
WHITNEY SABIN	38 UNAT	6:29.24	
KRISTI EAGER	36 SWIM	6:59.07	
SHANNON SINGER	38 SVY	7:29.57	

50 YD. BACK		
KRISTEN YOUNG	38 SVY	37.34
M.ELLRINGER	36 OAC	37.82
100 YD. BACK		
KIMBERLY JETER	37 UNAT	1:10.76
KRISTA LOCRCHE	38 SWIM	1:28.82
NANCY CLARKE	36 MYM	1:30.41
50 YD. BRST		
ALLISON FERCH	36 PRO	35.77
KRISTEN YOUNG	38 SVY	41.00
VALERIE HEGGENES	38 SWIM	42.24
AMANDA MURPHY	36 SWIM	44.08
M.ELLRINGER	36 OAC	50.03
100 YD. BRST		
KRISTEN YOUNG	38 SVY	1:28.93
VALERIE HEGGENES	38 SWIM	1:34.54
200 YD. BRST		
WHITNEY SABIN	38 UNAT	2:52.74
50 YD. FLY		
KRISTEN YOUNG	38 SVY	35.55
M.ELLRINGER	36 OAC	40.49
100 YD. FLY		
KIMBERLY JETER	37 UNAT	1:05.64
ERIKA ADAMS	35 PRO	1:26.67
100 YD. I.M.		
KRISTEN YOUNG	38 SVY	1:20.60
ERIKA ADAMS	35 PRO	1:21.54
KRISTI EAGER	36 SWIM	1:23.10
KRISTA LOCRCHE	38 SWIM	1:26.04
M.ELLRINGER	36 OAC	1:27.27
SHANNON SINGER	38 SVY	1:29.14
200 YD. I.M.		
ALLISON FERCH	36 PRO	2:29.28
KRISTA LOCRCHE	38 SWIM	3:06.69

WOMEN 40-44

50 YD. FREE		
MARY ARMSTRONG	41 MYM	26.20
TANI STENFJORD	43 GLAD	26.96
BELINDA SCHUSTER	44 SVY	32.42
SARAH MANCHESTER	43 SWIM	32.74
100 YD. FREE		
TANI STENFJORD	43 GLAD	58.66
MARY ARMSTRONG	41 MYM	59.42
PAMELA WILLIAMSON	44 WEST	1:11.98
BELINDA SCHUSTER	44 SVY	1:13.56
SARAH MANCHESTER	43 SWIM	1:14.90
KATHERINE ROGERS	41 SWIM	1:15.28
MARGARET BRUNKE	41 WEST	1:16.81
200 YD. FREE		
TANI STENFJORD	43 GLAD	2:07.68P
RUTH MASTERS	41 TACM	2:53.82
500 YD. FREE		
SARAH MANCHESTER	43 SWIM	7:35.69
RUTH MASTERS	41 TACM	7:53.80
50 YD. BACK		
MARGARET BRUNKE	41 WEST	39.55
100 YD. BACK		
PAMELA WILLIAMSON	44 WEST	1:24.18
200 YD. BACK		
TANI STENFJORD	43 GLAD	2:30.49
PAMELA WILLIAMSON	44 WEST	2:54.67
50 YD. BRST		
MARY ARMSTRONG	41 MYM	33.49
MARGARET BRUNKE	41 WEST	45.16
KATHERINE ROGERS	41 SWIM	47.60
50 YD. FLY		
BELINDA SCHUSTER	44 SVY	36.48
PAMELA WILLIAMSON	44 WEST	37.93
KATHERINE ROGERS	41 SWIM	41.28
MARGARET BRUNKE	41 WEST	41.43
100 YD. I.M.		
MARY ARMSTRONG	41 MYM	1:05.64
BELINDA SCHUSTER	44 SVY	1:28.66
KATHERINE ROGERS	41 SWIM	1:29.24
MARGARET BRUNKE	41 WEST	1:30.52
200 YD. I.M.		
TANI STENFJORD	43 GLAD	2:28.26
PAMELA WILLIAMSON	44 WEST	2:59.68
KATHERINE ROGERS	41 SWIM	3:18.44

WOMEN 45-49

50 YD. FREE		
TERRIE PETERSON	45 MYM	34.26
DONNA RICE	46 SWIM	36.52
MARY MORRISON	49 TACM	51.31
100 YD. FREE		
MARIANA CANNON	45 WEST	1:11.95
KRISTAN WHEELER	47 SWIM	1:20.47
DONNA RICE	46 SWIM	1:23.86
MARY MORRISON	49 TACM	1:58.73
200 YD. FREE		
MARIANA CANNON	45 WEST	2:38.29
KRISTAN WHEELER	47 SWIM	2:46.14
500 YD. FREE		
BECKY KLIEMAN	45 NWM	6:31.20
KRISTAN WHEELER	47 SWIM	7:06.98
DONNA RICE	46 SWIM	7:52.56
50 YD. BACK		
JENNIFER FORDHAM	45 MYM	36.50
TERRIE PETERSON	45 MYM	44.98
100 YD. BACK		
JENNIFER FORDHAM	45 MYM	1:17.71
200 YD. BACK		
JENNIFER FORDHAM	45 MYM	2:49.52
50 YD. BRST		
TONYA BERG	49 GLAD	38.83
DONNA RICE	46 SWIM	44.67
KRISTAN WHEELER	47 SWIM	45.47
TERRIE PETERSON	45 MYM	45.79
MARY MORRISON	49 TACM	59.88
100 YD. BRST		
TONYA BERG	49 GLAD	1:22.77
200 YD. BRST		
TONYA BERG	49 GLAD	2:56.65
50 YD. FLY		
TERRIE PETERSON	45 MYM	46.75
100 YD. FLY		
BECKY KLIEMAN	45 NWM	1:16.48
100 YD. I.M.		
TONYA BERG	49 GLAD	1:17.58
BECKY KLIEMAN	45 NWM	1:17.98
JENNIFER FORDHAM	45 MYM	1:20.52
KRISTAN WHEELER	47 SWIM	1:29.26
MARIANA CANNON	45 WEST	1:31.74
DONNA RICE	46 SWIM	1:35.16
200 YD. I.M.		
BECKY KLIEMAN	45 NWM	2:48.49

WOMEN 50-54

50 YD. FREE		
ROBIN COOLEY	50 WEST	31.49

ROBIN HALL	54 GLAD	33.61
NANCY SPESER	51 PTMS	37.11
SANDI SPEEDY	50 SVY	47.08
100 YD. FREE		
NANCY SPESER	51 PTMS	1:28.06
SANDI SPEEDY	50 SVY	1:48.58
200 YD. FREE		
REBECCA WADE	52 SVY	3:19.04
SANDI SPEEDY	50 SVY	4:00.27
500 YD. FREE		
ROBIN HALL	54 GLAD	7:23.69
REBECCA WADE	52 SVY	8:56.28
SANDI SPEEDY	50 SVY	10:22.17
50 YD. BRST		
ROBIN COOLEY	50 WEST	40.71
JANET JOHNSON	54 PTMS	42.82
NANCY SPESER	51 PTMS	45.11
H.ADKINS-NARTE	54 BAM	51.88
100 YD. BRST		
ROBIN COOLEY	50 WEST	1:29.83
JANET JOHNSON	54 PTMS	1:32.83
ROBIN HALL	54 GLAD	1:39.26
NANCY SPESER	51 PTMS	1:42.10
H.ADKINS-NARTE	54 BAM	1:51.00
200 YD. BRST		
JANET JOHNSON	54 PTMS	3:23.33
H.ADKINS-NARTE	54 BAM	3:52.34
50 YD. FLY		
ANN BAILEY	52 PTMS	36.40
H.ADKINS-NARTE	54 BAM	1:00.18
100 YD. FLY		
ANN BAILEY	52 PTMS	1:23.92
100 YD. I.M.		
ROBIN COOLEY	50 WEST	1:23.49
ROBIN HALL	54 GLAD	1:27.85
JANET JOHNSON	54 PTMS	1:33.73
NANCY SPESER	51 PTMS	1:44.37

WOMEN 55-59

50 YD. FREE		
CHARLOTTE DAVIS	58 NEO	28.85
BARBARA ZIMMERMAN	57 SVY	52.92
100 YD. FREE		
BARBARA ZIMMERMAN	57 SVY	1:57.26
200 YD. FREE		
BARBARA ZIMMERMAN	57 SVY	4:18.81
500 YD. FREE		
SUSAN BOTTS	55 MYM	10:29.04
BARBARA ZIMMERMAN	57 SVY	11:18.30
50 YD. BACK		
SUSAN BOTTS	55 MYM	55.63
50 YD. FLY		



Orca members Joe Denton, Megan Oesting (with helpers Diggory and Mia) and Ross Linderman relax during a meet break.

CHARLOTTE DAVIS	58 NEO	31.13
100 YD. I.M.		
CHARLOTTE DAVIS	58 NEO	1:12.98
BARBARA ZIMMERMAN	57 SVY	2:13.58

WOMEN 60-64

50 YD. FREE		
SALLY DILLON	62 NWM	33.43
100 YD. FREE		
SALLY DILLON	62 NWM	1:12.86
200 YD. FREE		
SALLY DILLON	62 NWM	2:37.73
500 YD. FREE		
JEANNE ENSIGN	62 GLAD	8:46.38
50 YD. BACK		
MARSHA HANSEN	62 SVY	47.98
100 YD. BACK		
JEANNE ENSIGN	62 GLAD	1:57.45
50 YD. BRST		
MARSHA HANSEN	62 SVY	49.26
100 YD. BRST		
MARSHA HANSEN	62 SVY	1:52.65
200 YD. BRST		
MARSHA HANSEN	62 SVY	4:02.74
100 YD. I.M.		
MARSHA HANSEN	62 SVY	1:44.91

WOMEN 65-69

50 YD. FREE		
JANET GETZENDANER	68 NEO	43.70
50 YD. BACK		
PINKY WALKER	66 TACM	40.16
100 YD. BACK		
PINKY WALKER	66 TACM	1:31.69
JANET GETZENDANER	68 NEO	1:54.08
200 YD. BACK		
PINKY WALKER	66 TACM	3:22.58

WOMEN 80-84

50 YD. BACK		
BERNICE PHILLIPS	84 BAM	58.20
100 YD. BACK		
BERNICE PHILLIPS	84 BAM	2:06.13
200 YD. BACK		
BERNICE PHILLIPS	84 BAM	4:43.35

MEN 18-24

50 YD. FREE		
BRIAN GOLDMAN	23 WWUS	22.29
EDDIE SUEITAJ	24 UNAT	22.93
MARK FANNING	23 WWUS	24.16
MICHAEL SMITH	22 WWUS	26.55
ANDREW SAGE	19 WWUS	26.58
RYAN DEWEY	19 WWUS	27.61
PAUL WANZCK	18 WWUS	31.31
HAMBER PABLO	22 MYM	32.27
100 YD. FREE		
MICHAEL SMITH	22 WWUS	57.76
ANDREW SAGE	19 WWUS	58.50
200 YD. FREE		
EDDIE SUEITAJ	24 UNAT	1:51.17
500 YD. FREE		
MICHAEL SMITH	22 WWUS	5:57.12
ANDREW SAGE	19 WWUS	6:18.49
50 YD. BACK		
MARK FANNING	23 WWUS	27.58
RYAN DEWEY	19 WWUS	34.02
100 YD. BACK		
MARK FANNING	23 WWUS	1:00.45
50 YD. BRST		
BRIAN GOLDMAN	23 WWUS	33.12
HAMBER PABLO	22 MYM	36.64
PAUL WANZCK	18 WWUS	40.30
TOM GOSCIEWSKI	19 WWUS	42.05
100 YD. BRST		
HAMBER PABLO	22 MYM	1:21.73
PAUL WANZCK	18 WWUS	1:35.47



Meet Director Myke Lund

50 YD. FLY		
BRIAN GOLDMAN	23 WWUS	24.72
MARK FANNING	23 WWUS	27.82
RYAN DEWEY	19 WWUS	32.11
HAMBER PABLO	22 MYM	36.71
TOM GOSCIEWSKI	19 WWUS	38.66
200 YD. FLY		
EDDIE SUEITAJ	24 UNAT	2:01.89
100 YD. I.M.		
MICHAEL SMITH	22 WWUS	1:08.95
HAMBER PABLO	22 MYM	1:21.58
TOM GOSCIEWSKI	19 WWUS	1:28.27
400 YD. I.M.		
EDDIE SUEITAJ	24 UNAT	4:28.22

MEN 25-29

50 YD. FREE		
DAVID TOURIGNY	29 GLAD	25.11
100 YD. FREE		
STEVE POLUCHA	26 UNAT	41.63
DAVID TOURIGNY	29 GLAD	47.31
200 YD. FREE		
STEVE POLUCHA	26 UNAT	1:58.51
200 YD. I.M.		
STEVE POLUCHA	26 UNAT	2:15.60

MEN 30-34

50 YD. FREE		
JUSTIN BERRY	31 PRO	23.27
ADAM YANASAK	34 EMS	25.75
STATEN HANSEN	31 SAMM	26.39
MARK BOGER	34 TACM	28.23
100 YD. FREE		
STATEN HANSEN	31 SAMM	59.52
CLINT GAYLE	34 SVY	1:14.53
200 YD. FREE		
STATEN HANSEN	31 SAMM	2:19.50
JAMES WHITE	31 GGRRM	2:53.05
CLINT GAYLE	34 SVY	3:07.13
500 YD. FREE		
ADAM YANASAK	34 EMS	5:37.32
STEVEN ROSARIA	34 PRO	5:50.57
SCOTT BENDIG	34 UNAT	4:59.61
50 YD. BACK		
ROSS LINDERMAN	31 ORCA	30.54
100 YD. BACK		
ROSS LINDERMAN	31 ORCA	1:04.09
ADAM YANASAK	34 EMS	1:04.93
ERIC SMITH	32 EMS	1:05.65
MARK BOGER	34 TACM	1:13.15
50 YD. BRST		
JUSTIN BERRY	31 PRO	29.34
CLINT GAYLE	34 SVY	43.30
100 YD. BRST		
JUSTIN BERRY	31 PRO	1:04.58
STEVEN ROSARIA	34 PRO	1:10.90
50 YD. FLY		
ROSS LINDERMAN	31 ORCA	26.23
STEVEN ROSARIA	34 PRO	27.91

SCOTT BENDIG	34 UNAT	28.03
MARK BOGER	34 TACM	29.79
100 YD. FLY		
ERIC SMITH	32 EMS	1:00.92
SCOTT BENDIG	34 UNAT	1:01.54
STEVEN ROSARIA	34 PRO	1:06.37
100 YD. I.M.		
ADAM YANASAK	34 EMS	1:03.54
ROSS LINDERMAN	31 ORCA	1:04.26
MARK BOGER	34 TACM	1:12.13

MEN 35-39

50 YD. FREE		
DAVID MARGRAVE	37 UNAT	25.21
BRIAN CLARKE	35 MYM	26.44
JOE DENTON	37 ORCA	27.95
SHANE ANTHONY	39 MYM	29.45
KERRY NESS	39 SVY	32.86
SIMON PRICE	37 MYM	33.21
100 YD. FREE		
DAVID MARGRAVE	37 UNAT	56.67
BRIAN CLARKE	35 MYM	57.82
M.VANQUICKENBORNE	39 TACM	1:01.74
SHANE ANTHONY	39 MYM	1:06.96
SIMON PRICE	37 MYM	1:21.81
200 YD. FREE		
DOUG JELEN	35 UNAT	1:59.59
M.VANQUICKENBORNE	39 TACM	2:13.61
500 YD. FREE		
M.VANQUICKENBORNE	39 TACM	5:54.62
100 YD. BACK		
JOE DENTON	37 ORCA	1:10.20
200 YD. BACK		
DOUG JELEN	35 UNAT	2:09.95
50 YD. BRST		
KERRY NESS	39 SVY	38.83
SIMON PRICE	37 MYM	41.36
BRAD KICKERT	36 MIR	43.09
100 YD. BRST		
JOE DENTON	37 ORCA	1:15.65
KERRY NESS	39 SVY	1:26.69
SHANE ANTHONY	39 MYM	1:28.54
BRAD KICKERT	36 MIR	1:34.22
200 YD. BRST		
BRAD KICKERT	36 MIR	3:26.77
50 YD. FLY		
ZAC MONTGOMERY	37 GAM	27.57
DAVID MARGRAVE	37 UNAT	27.59
200 YD. FLY		
DOUG JELEN	35 UNAT	2:10.21
100 YD. I.M.		
DOUG JELEN	35 UNAT	1:02.04
DAVID MARGRAVE	37 UNAT	1:07.96
KERRY NESS	39 SVY	1:20.23
200 YD. I.M.		
M.VANQUICKENBORNE	39 TACM	2:39.99
400 YD. I.M.		
DOUG JELEN	35 UNAT	4:47.92

MEN 40-44

50 YD. FREE		
PATRICK PRESTON	42 UNAT	26.69
GUY MASTERS	42 TACM	32.43
100 YD. FREE		
PATRICK PRESTON	42 UNAT	1:00.21
PETER COLLINS	43 MYM	1:04.65
200 YD. FREE		
PETER COLLINS	43 MYM	2:25.77
MICHAEL GARCEAU	42 PRO	2:57.61
500 YD. FREE		
RICK FERRERO	44 SWIM	5:48.17
MICHAEL NELSON	44 LWS	5:54.04
PETER COLLINS	43 MYM	6:44.11
100 YD. BACK		
RICHARD SEIBERT	44 OAC	1:04.95
200 YD. BACK		
RICK FERRERO	44 SWIM	2:32.78
MICHAEL GARCEAU	42 PRO	3:03.67
50 YD. BRST		
PETER COLLINS	43 MYM	38.94
GUY MASTERS	42 TACM	41.19

100 YD. BRST		
PETER COLLINS	43 MYM	1:25.13
GUY MASTERS	42 TACM	1:27.20
200 YD. BRST		
MICHAEL GARCEAU	42 PRO	3:28.74
50 YD. FLY		
RICHARD SEIBERT	44 OAC	27.20
MICHAEL NELSON	44 LWS	28.82
100 YD. FLY		
RICHARD SEIBERT	44 OAC	1:04.74
MICHAEL NELSON	44 LWS	1:05.06
MICHAEL GARCEAU	42 PRO	1:28.60
100 YD. I.M.		
MICHAEL NELSON	44 LWS	1:06.14
RICK FERRERO	44 SWIM	1:07.72
PATRICK PRESTON	42 UNAT	1:14.57
200 YD. I.M.		
RICHARD SEIBERT	44 OAC	2:21.54
MICHAEL NELSON	44 LWS	2:27.47
RICK FERRERO	44 SWIM	2:33.22
MICHAEL GARCEAU	42 PRO	3:07.00

MEN 45-49

50 YD. FREE		
KEN ERICSON	48 UNAT	23.77
JON BACA	49 TACM	24.85
CARL HAYNIE	48 CAC	25.50
RICHARD DAVIES	46 PTMS	26.46
DOUGLAS REDFIELD	45 UNAT	29.61
PAUL SCHLOSSER	49 LWS	29.92
THOMAS STEVENS	47 TACM	49.63
100 YD. FREE		
RICHARD DAVIES	46 PTMS	59.35
DOUGLAS REDFIELD	45 UNAT	1:06.75
200 YD. FREE		
DOUGLAS REDFIELD	45 UNAT	2:25.09
ANDREW CLINE	45 SVY	2:25.26
500 YD. FREE		
DOUGLAS REDFIELD	45 UNAT	6:28.43
ANDREW CLINE	45 SVY	6:56.63
THOMAS STEVENS	47 TACM	10:49.22
50 YD. BACK		
CARL HAYNIE	48 CAC	28.73
100 YD. BACK		
CARL HAYNIE	48 CAC	1:01.16

50 YD. BRST		
KEN ERICSON	48 UNAT	29.68
JON BACA	49 TACM	31.19
CARL HAYNIE	48 CAC	33.35
PAUL SCHLOSSER	49 LWS	39.21
THOMAS STEVENS	47 TACM	46.13
100 YD. BRST		
KEN ERICSON	48 UNAT	1:04.90
200 YD. BRST		
CARL HAYNIE	48 CAC	2:49.53
THOMAS STEVENS	47 TACM	4:32.57
50 YD. FLY		
KEN ERICSON	48 UNAT	26.90
JON BACA	49 TACM	27.57
ANDREW CLINE	45 SVY	35.75
100 YD. I.M.		
KEN ERICSON	48 UNAT	1:00.93
RICHARD DAVIES	46 PTMS	1:08.41

MEN 50-54

50 YD. FREE		
MIKE MCGOORTY	50 LOGS	23.50
DALE CARY	51 GLAD	26.41
DAN BAILEY	51 UNAT	26.70
JOHN NUTTMAN	54 OAC	26.74
JEFF MORRISON	54 TACM	27.31
DEAN HEFLINGER	50 LWS	27.45
TYLER DALTON	54 BMSC	29.61
RICHARD ADCOCK	53 GHY	30.05
JEAN FANKHAUSER	54 SWIM	36.43
100 YD. FREE		
LARS DURBAN	51 MYM	57.14
DEAN HEFLINGER	50 LWS	59.29
RON RHINEHART	50 NWM	1:00.72
PETER BERNER-HAYS	52 PSC	1:01.55
JAY ORR	50 GAM	1:02.18
JEFF MORRISON	54 TACM	1:02.41
TYLER DALTON	54 BMSC	1:05.94
JEAN FANKHAUSER	54 SWIM	1:22.66
200 YD. FREE		
LARS DURBAN	51 MYM	2:04.81
DAN BAILEY	51 UNAT	2:13.95
RON RHINEHART	50 NWM	2:16.93
JIM GROSS	54 SVY	2:18.45
STEVEN WADE	50 SVY	2:35.47
500 YD. FREE		
LARS DURBAN	51 MYM	5:34.04

RON RHINEHART	50 NWM	6:07.63
JIM GROSS	54 SVY	6:12.85
PETER BERNER-HAYS	52 PSC	6:18.59
STEVEN WADE	50 SVY	7:05.89
JEAN FANKHAUSER	54 SWIM	8:23.54
50 YD. BACK		
MIKE MCGOORTY	50 LOGS	27.72
JOHN NUTTMAN	54 OAC	36.88
100 YD. BACK		
JAY ORR	50 GAM	1:12.58
50 YD. BRST		
DALE CARY	51 GLAD	33.82
RICHARD ADCOCK	53 GHY	37.88
JOHN NUTTMAN	54 OAC	38.05
100 YD. BRST		
JEFF MORRISON	54 TACM	1:28.00
50 YD. FLY		
MIKE MCGOORTY	50 LOGS	25.97
DALE CARY	51 GLAD	28.25
JAY ORR	50 GAM	32.43
JOHN NUTTMAN	54 OAC	33.13
100 YD. I.M.		
DEAN HEFLINGER	50 LWS	1:12.38
PETER BERNER-HAYS	52 PSC	1:13.61
JOHN NUTTMAN	54 OAC	1:13.78
RICHARD ADCOCK	53 GHY	1:17.41
JEFF MORRISON	54 TACM	1:18.03
TYLER DALTON	54 BMSC	1:18.85
200 YD. I.M.		
LARS DURBAN	51 MYM	2:32.55
DEAN HEFLINGER	50 LWS	2:37.75

MEN 55-59

50 YD. FREE		
JAMES KENDRICK	56 SVY	26.84
BARNEY VOEGTLEN	59 BAM	28.02
ERIC SCHROEDER	55 MYM	33.05
DAVE MATTENS	58 UNAT	35.69
100 YD. FREE		
JAMES KENDRICK	56 SVY	1:00.46
JOHN DEWIT	56 SWIM	1:02.04
BARNEY VOEGTLEN	59 BAM	1:05.40
ERIC SCHROEDER	55 MYM	1:12.86
KURT JOHNSON	55 SWIM	1:12.91
DAVE MATTENS	58 UNAT	1:28.00
200 YD. FREE		
JOHN DEWIT	56 SWIM	2:16.76
JAMES KENDRICK	56 SVY	2:22.99
500 YD. FREE		
JOHN DEWIT	56 SWIM	6:14.82
KURT JOHNSON	55 SWIM	7:24.05
RON HANSEN	59 SVY	7:25.54
DAVE MATTENS	58 UNAT	9:57.80
50 YD. BACK		
JOHN DEWIT	56 SWIM	36.64
100 YD. BACK		
RON HANSEN	59 SVY	1:39.37
50 YD. BRST		
DAN GREGORY	58 SWIM	33.98
ERIC SCHROEDER	55 MYM	40.33
RON HANSEN	59 SVY	42.85
100 YD. BRST		
DAN GREGORY	58 SWIM	1:17.73
ERIC SCHROEDER	55 MYM	1:27.19
RON HANSEN	59 SVY	1:37.65
200 YD. BRST		
DAN GREGORY	58 SWIM	2:56.04
ERIC SCHROEDER	55 MYM	3:12.25
50 YD. FLY		
BILL REEDER	56 GLAD	32.49
BARNEY VOEGTLEN	59 BAM	33.71
100 YD. I.M.		
BILL REEDER	56 GLAD	1:15.13
BARNEY VOEGTLEN	59 BAM	1:15.50
KURT JOHNSON	55 SWIM	1:22.12
RON HANSEN	59 SVY	1:35.04
200 YD. I.M.		
KURT JOHNSON	55 SWIM	3:07.70
400 YD. I.M.		
DAN GREGORY	58 SWIM	6:05.56



New swimmers check out their goodie bags.



Anacortes High School swimmer Scott Ericson cheers on dad, Ken, from Walnut Creek, Calif.

MEN 60-64

50 YD. FREE		
JOHN WILLIAMS	61 WAC	28.48
DOUG THOMPSON	60 TACM	31.39
ROGER BENNEY	61 SWIM	31.53
THOMAS TOMFOHR	64 FWK	31.67
JEFF JACOBSON	64 SWIM	37.37
100 YD. FREE		
FRANK WARNER	60 OOPS	48.69 P
JAMES MCCLEERY	63 NWM	48.90
JOHN WILLIAMS	61 WAC	1:06.20
JEFF JACOBSON	64 SWIM	1:16.45
ROGER BENNEY	61 SWIM	1:18.75
THOMAS WALKER	61 CAC	1:25.42
JOHN YAEGER	60 SVY	1:26.41
200 YD. FREE		
JAMES MCCLEERY	63 NWM	2:07.45
FRANK WARNER	60 OOPS	2:21.25
JEFF JACOBSON	64 SWIM	2:45.65
JOHN YAEGER	60 SVY	3:12.22
500 YD. FREE		
JAMES MCCLEERY	63 NWM	4:40.41
STEVEN PETERSON	62 OOPS	6:18.83
HUGH KIMBALL	62 GLAD	7:17.02
JOHN YAEGER	60 SVY	8:42.54
50 YD. BACK		
FRANK WARNER	60 OOPS	31.70
DOUG THOMPSON	60 TACM	39.84
ROGER BENNEY	61 SWIM	44.13
THOMAS WALKER	61 CAC	44.74
100 YD. BACK		
THOMAS WALKER	61 CAC	1:35.60
200 YD. BACK		
JAMES MCCLEERY	63 NWM	2:31.87
THOMAS WALKER	61 CAC	3:27.92
50 YD. BRST		
STEVEN PETERSON	62 OOPS	34.83
DOUG THOMPSON	60 TACM	40.26
HUGH KIMBALL	62 GLAD	43.13
100 YD. BRST		
STEVEN PETERSON	62 OOPS	1:18.82
THOMAS TOMFOHR	64 FWK	2:04.40
200 YD. BRST		
STEVEN PETERSON	62 OOPS	2:47.37
50 YD. FLY		
PETER LIEKKIO	61 GLAD	32.24
HUGH KIMBALL	62 GLAD	36.59

100 YD. I.M.		
DOUG THOMPSON	60 TACM	1:22.79
HUGH KIMBALL	62 GLAD	1:25.60
JEFF JACOBSON	64 SWIM	1:31.67
200 YD. I.M.		
HUGH KIMBALL	62 GLAD	3:11.65
JEFF JACOBSON	64 SWIM	3:20.74
THOMAS WALKER	61 CAC	3:38.25

MEN 65-69

50 YD. FREE		
DAVID SUMMERS	69 UNAT	44.96
100 YD. FREE		
DAVID SUMMERS	69 UNAT	1:48.83
200 YD. FREE		
BOB DAVIS	67 WAC	2:52.73
500 YD. FREE		
BOB DAVIS	67 WAC	7:52.32
50 YD. BRST		
DAVID SUMMERS	69 UNAT	48.46
100 YD. BRST		
DAVID SUMMERS	69 UNAT	1:55.57

MEN 70-74

50 YD. FREE		
HIRAM BRONSON	74 SVY	39.24
50 YD. BACK		
HIRAM BRONSON	74 SVY	56.73
100 YD. BACK		
TOM FOLEY	74 TIG	1:58.35
50 YD. BRST		
DOMINIQUE TRUONG	70 UNAT	41.71
100 YD. BRST		
TOM FOLEY	74 TIG	2:14.87
100 YD. FLY		
TOM FOLEY	74 TIG	2:31.99
100 YD. I.M.		
TOM FOLEY	74 TIG	1:58.35

MEN 80-84

50 YD. FREE		
GEORGE ROUDEBUSH	83 BAM	53.79
100 YD. FREE		
HARVEY PROSSER	80 NWM	1:25.34 P

200 YD. FREE		
HARVEY PROSSER	80 NWM	3:04.43P
500 YD. FREE		
HARVEY PROSSER	80 NWM	8:17.97 P
50 YD. BACK		
GEORGE ROUDEBUSH	83 BAM	1:00.79
100 YD. BACK		
GEORGE ROUDEBUSH	83 BAM	2:23.35
200 YD. BACK		
GEORGE ROUDEBUSH	83 BAM	4:59.42

RELAYS-WOMEN 200 YD. FREE

18 +		
ALLIE THOMAS	23 PNSV	1:57.09
SHANNON SINGER	38	
KRISTEN YOUNG	38	
JESSICA DONOVAN	21	

25 +		
WHITNEY WEBBER	30 PNTA	2:02.29
ERIN BUNKER	29	
PINKY WALKER	66	
A.BLANKENSHIP	25	

35 +		
MARIANA CANNON	45 PNWE	2:09.03
MARGARET BRUNKE	41	
PAMELA WILLIAMSON	44	
ROBIN COOLEY	50	

KATHERINE ROGERS	41 PNSW	2:12.92
KRISTA LOGRCHER	38	
KRISTAN WHEELER	47	
KRISTI EAGER	36	

TERRIE PETERSON	45 PNMY	2:20.59
NANCY CLARKE	36	
SUSAN BOTTS	55	
MARY ARMSTRONG	41	

DONNA RICE	46 PNSW	2:20.98
VALERIE HEGGENES	38	
SARAH MANCHESTER	43	
AMANDA MURPHY	36	

GRETA PERALES	38 PNSV	2:26.48
JENNIFER BOHANNON	38	
MARSHA HANSEN	62	
BELINDA SCHUSTER	44	

RELAYS-WOMEN 200 YD. MEDLEY

25 +		
ALLISON FERCH	36 PNPR	2:19.15
WHITNEY SABIN	38	
ERIKA ADAMS	35	
JILL SHRADER	29	

A.BLANKENSHIP	25 PNTA	2:24.47
ERIN BUNKER	29	
WHITNEY WEBBER	30	
RUTH MASTERS	41	

35 +		
JENNIFER FORDHAM	45 PNMY	2:26.65
MARY ARMSTRONG	41	
TERRIE PETERSON	45	
NANCY CLARKE	36	

MARGARET BRUNKE	41 PNWE	2:31.11
ROBIN COOLEY	40	
PAMELA WILLIAMSON	44	
MARIANA CANNON	45	

KRISTA LOCRCHER	38 PNSW	2:38.98
KRISTAN WHEELER	47	
KRISTI EAGER	36	
KATHERINE ROGERS	41	
SARAH MANCHESTER	43 PNSW	2:47.15
VALERIE HEGGENES	38	
DONNA RICE	46	
AMANDA MURPHY	36	

JESSICA DONOVAN	21 PNSV	1:52.68
KERRY NESS	39	
ALLIE THOMAS	23	
JAMES KENDRICK	56	
SHOTA NARIAI	19 PNWW	1:59.71
MARISSA WENNER	19	
TINNEL HILLIS	20	
RYAN DEWEY	19	

45 +		
RON RHINEHART	50 PNNW	1:57.59
BECKY KLIEMAN	45	
SALLY DILLON	62	
JAMES MCCLEERY	63	
JANET JOHNSON	54 PNPT	2:07.44
JIM NORRIS	61	
ANN BAILEY	52	
RICHARD DAVIES	46	

RELAYS-M E N 200 YD. FREE

25 +		
ADAM YANASAK	34 PNEM	1:41.15
DAN BAILEY	51	
DALE CARY	51	
ERIC SMITH	32	

JIM GROSS	54 PNSV	2:01.80
CLINT GAYLE	34	
RON HANSEN	59	
JAMES KENDRICK	56	

35 +		
RICK FERRERO	44 PNSW	1:50.59
DAN GREGORY	58	
KURT JOHNSON	55	
JOHN DEWIT	56	

LARS DURBAN	51 PNMY	1:52.45
SHANE ANTHONY	39	
ERIC SCHROEDER	55	
BRIAN CLARKE	35	

45 +		
ROGER BENNEY	61 PNSW	2:16.67
JEFF JACOBSON	64	
DAVE MATTENS	58	
JEAN FANKHAUSER	44	

RELAYS-M E N 200 YD. MED-LEY

18 +		
BRIAN CLARKE	35 PNMY	2:24.73
SHANE ANTHONY	39	
HAMBER PABLO	22	
SIMON PRICE	37	

25 +		
ADAM YANASAK	34 PNEM	1:58.19
DALE CARY	51	
ERIC SMITH	32	
DAN BAILEY	51	

MARK BOGER	34 PNTA	2:05.60
JON BACA	49	
M.VANQUICKENBORNE	39	
JEFF MORRISON	54	

35 +		
RICK FERRERO	44 PNSW	2:06.12
DAN GREGORY	48	
KURT JOHNSON	55	
JOHN DEWIT	56	

RELAYS-MIXED 200 YD. FREE

18 +		
MARK FANNING	23 PNWW	1:45.54
CAITLIN SWITAI	19	
MICHAEL SMITH	22	
SHONA PIERCE	23	

SARA DE SITTER	19 PNWW	2:11.93
TOM GOSCIEWSKI	19	
ANNE RIORDAN	21	
PAUL WANZCK	18	

25 +		
JILL SHRADER	29 PNPR	1:42.55
STEVEN ROSARIA	34	
ALLISON FERCH	36	
JUSTIN BERRY	31	

MARK BOGER	34 PNTA	1:49.84
RUTH MASTERS	41	
JON BACA	49	
JEFF MORRISON	54	

TANI STENFJORD	43 PNGL	1:52.90
DAVID TOURIGNY	29	
TONYA BERG	49	
BILL REEDER	56	

MARY MORRISON	49 PNTA	2:48.37
THOMAS STEVENS	47	
KATHRYN STEVENS	30	
JON BACA	49	

35 +		
MARY ARMSTRONG	41 PNMY	1:55.85
PETER COLLINS	43	
JENNIFER FORDHAM	45	
LARS DURBAN	51	

SARAH MANCHESTER	43 PNSW	2:21.10
DONNA RICE	46	
DAVE MATTENS	58	
JEAN FANKHAUSER	54	

NANCY CLARKE	36 PNMY	2:22.11
ERIC SCHROEDER	55	
SUSAN BOTTS	55	
SIMON PRICE	37	

ROBIN HALL	54 PNGL	2:24.75
PETER LIEKKIO	61	
JEANNE ENSIGN	62	
HUGH KIMBALL	62	

RELAYS-MIXED 200 YD. MED-LEY

18 +		
MARK FANNING	23 PNWW	1:58.00
SARA DE SITTER	19	
CAITLIN SWITAI	19	
BRIAN GOLDMAN	23	

SHONA PIERCE	23 PNWW	2:09.74
SHOTA NARIAI	19	
TINNEL HILLIS	20	
ANDREW SAGE	19	

RYAN DEWEY	19 PNWW	2:25.47
ANNE RIORDAN	21	
TOM GOSCIEWSKI	19	
MARISSA WENNER	19	

SUSAN BOTTS	55 PNMY	2:43.70
ERIC SCHROEDER	55	
HAMBER PABLO	22	
TERRIE PETERSON	45	

25 +		
DOUG THOMPSON	60 PNTA	2:41.91
KATHRYN STEVENS	30	
MARK BOGER	34	
RUTH MASTERS	41	

(Continued on page 11)



WEST's Margaret Brunke and Mariana Cannon cheer on anchor Robin Cooley as Pam Williamson touches in the 200 Free Relay. SVY's Marsha Hansen, Jennifer Bohannon, Greta Perales and Belinda Schuster wait behind the blocks.

Call for Nominations

Dawn Musselman Inspirational Swimmer Award



PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913-1986). Dawn, a long-time PNA member, inspired others and encouraged them to do their best. She was a gifted swimmer as well — check PNA’s records for ages 60 to 74! — but speed is not a criterion for this award.

Nominations are open to all PNA members. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming

Past recipients of the **Dawn Musselman Inspirational Swimmer Award** are:

1986 - Dawn Musselman	1994 - Marion Mueller	2002 - Barb Gundred
1987 - Marlene Holmes	1995 - Tammi Keeler	2003 - Chaya Amiad
1988 - Maxine Carlson	1996 - Ian Thompson	2004 - Kathy Casey
1989 - Jim Penfield	1997 - Suzanne Dills	2005 - Gene Crossett
1990 - Tom Foley	1998 - Clark Pace	2006 - Jeanne Ensign
1991 - Karen Jost	1999 - Dan Frost	2007 - Lee Carlson
1992 - Jan Kavadas	2000 - Joan Davis	2008 - June Van Leynseele
1993 - Robin O’Leary	2001 - Paul Ikeda	

You swim with someone who qualifies — compose a few paragraphs telling why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at the PNA Champs meet, April 10 and 11, at King County Aquatic Center in Federal Way.

Send your nomination to:

Steve Peterson
(360 692-1669
speterson@bandwagon.net
11165 Central Valley Road NW
Poulsbo WA 98370-7014

Please submit your nomination by March 31, 2009.



Time to Nominate PNA's "Coach of the Year"



Some coaches stand out from the crowd.

To recognize these individuals, PNA will present its fifth annual PNA Coach of the Year Award. The recipient will be honored at PNA Championships in April and receive a personal plaque. In addition, the recipient's name will be engraved on a perpetual trophy.

A three-member committee will review the nominations. The selection criteria may include:

- Improvement or enhancement of an ongoing program or establishment of a new program
- Sustained service over a long period of time
- Contributions to PNA
- Commitment to PNA

- Willingness to share coaching skills and information
- Loyalty of team members
- Inspiration to others and coaching accomplishments

Past recipients were Wendy and Malcolm Neely (2004, 1st annual), Michael McKinlay (2005), Neil Romney (2006), Robin O'Leary (2007) and Mel Smith (2008).

To nominate someone, simply submit a completed nomination form, together with a letter of support explaining why you're nominating this person. **Nominations must be received by March 31, 2009.**

You can find a nomination form on the following page. You can also find one on the PNA Web site at www.swimpna.org.

(Continued from page 2)

Leading Off

Susan Dearborn succumbed to ovarian cancer on the day of our January meet at age 72 (see www.legacy.com/seattlepi/Long at 72 (see www.legacy.com/seattlepi/Obituaries.asp?Page=LifeStory&PersonId=123779194). She was a multi-sport athlete and supported PNA long before I joined.

I enjoyed seeing Susan at meets over the years. Her last meet was 2006 Champs. She was an early champion of mediation for divorce dispute resolution, and did so through her mediation practice. In Susan's honor, PNA has made a memorial contribution to the King County Dispute Resolution Center.

(Continued from page 9)

Anacortes results

35 +		
JENNIFER FORDHAM	45 PNMY	2:08.35
MARY ARMSTRONG	41	
LARS DURBAN	51	
BRIAN CLARKE	35	
JIM NORRIS	61 PNPT	2:24.96
NANCY SPESER	51	
ANN BAILEY	52	
RICHARD DAVIES	46	

Count 'em Five Reasons to Compete at Champs

Still not sure whether to sign up for the 2008 Steve Engle Memorial PNA Championship Meet on April 10 and 11? Well, here are five excellent reasons why you should:

- Champs provides an opportunity for you to bring your whole team together and support one another.
- Champs is the only PNA event during the year when team points count.
- Each individual on a team can and does make a difference. Four people swimming five events can score enough points to place in the small team division. Ten people swim-

ming five events and participating both days can place in the top three in the intermediate divisions.

- Champs is held at the Weyerhaeser, King County Aquatic Center, a world-class facility that brings out the best in swimmers. For many of us, Champs is the meet where we swim our bests times.
- CHAMPS IS FUN, FUN, FUN!!!



Register Your Team To Compete for Points at Champs

Make sure your team registers for 2009 before Champs, so it can compete for points. You'll find a 2009 team registration form on page 18 and you'll also find one at www.swimpna.org.

Registration deadline: March 27 (postmarked) or March 31 (received).

2009 PNA Coach of the Year Nomination Information

PNA recognizes a coach annually for outstanding contributions to local Masters swimming programs. If you'd like to nominate a coach, submit either the attached nomination sheet (one page only) or a one-page letter of support addressing any or all of the following selection criteria: improvement or enhancement of ongoing program or establishment of a new program; sustained service over a long period of time; contributions to PNA; commitment to PNA; willingness to share coaching skills and information; loyalty of team members; coaching accomplishments; and/or inspiration to others. Please print or type legibly

Candidate

Nominator

Team _____ Address _____

Number years coaching this team _____ Phone _____

Average number of team members during this coach's tenure _____ Email _____

Candidate's coaching experience:

Candidate's coaching accomplishments:

Candidate's improvement/enhancement of program or development of a new program:

Candidate's contributions to PNA:

Evidence of candidate's coaching skills and knowledge:

Impact of coach's efforts on others:

Please submit nomination by March 31, 2009 to:

Wendy Neely
5416 SW 326th Ct
Federal Way, WA 98024

Phone (253) 838-8408
wendymal@mac.com



Beat the Clock Meet

Saturday, March 28, 2009

This is a short course yards meet hosted by the Briggs Master Swim Team, and is the last local meet to achieve qualifying and/or seed times for USMS SCY Nationals in Fresno, California. You can find an entry form at www.swimpna.org. Please have your entries postmarked no later than March 18, 2009.

Location: Briggs YMCA
1530 Yelm Hwy SE, Olympia WA 98501



We build strong kids,
strong families, strong communities



Welcome New Swimmers

Erika K Adams
Kristin C Anderson
Madeline M Banashak
Zachary S Baughman
Karen A Beck
Justin Berry
Mary E Boone
Susan Botts
Joan M Boyles
Suzanne L Braddock
Margaret A Brunke
Emily Carpenter
Brian K Carter
Nancy L Clarke
Brian Clarke
Robin L Cooley
Steven J Court
John M David
Richard L Davies
Sara M De Sitter

Derek W Dexheimer
Jessica A Donovan
Clint A Eddy
Kelly J Edwards
Mary B Foster
Timothy Frank
Michael P Frank
Clint G Gayle
Eric Hagemann
Catherine B Hall
Melanie Hanisco
Cliff C Hansen
Nathan M Haslip
Marsha A Haynes
Kathy J Hebard
Valerie A Heggenes
Kelly J Henriot
David Howenstine
Geoffrey T Huntington
Thomas P Johnson
James Kuan
Scott L Lessor
Chris B Lynch
Luciano Malta
Mary-Jane M Man
Sarah B Manchester

Garen L Martinson
Todd Mason
Hunter J McCallister
Rebecca McCoy
Rebekah Monette
Mary E Morrison
Susan M Mortimer
Amanda Murphy
George J Nancy
Shota Nariai
Gigi M Norman
James Oliphant
Laura C O'Meara
Coleen R Parnell
Brenda J Parnell
Danielle Parsons
Zappone L Peggy
Joshua M Peretti
Jerilyn Praul
Emily Prendergast
Simon E Price
Scott Roberts
Mark T Rowe
Corina E Rutledge
Andrew W Sage

(Continued on page 20)

Bad Bones: You Can Do Something About Them

By Jane Moore, M.D.

Osteoporosis or softening of the bones is a common problem. Current estimates are that 10 million Americans over age 50 have osteoporosis and that another 34 million are at risk.

How Bad Bones Hurt You

One-and-a-half million osteoporosis-related fractures occur each year. Each may lead to a downward spiral of physical and mental health with disability, diminished function, loss of independence and premature death. Twenty percent of senior citizens with a hip fracture die within one year. Healthy bones provide a frame for mobility, protection from injury and a storehouse for minerals essential to body functions.

The common view that osteoporosis is a normal part of aging must change. Appropriate nutrition and physical activity throughout life can significantly reduce bone disease and fractures. Prevention should begin at a young age and continue throughout life.

Treating Osteoporosis

Over the past 10 to 15 years, detection and treatment of osteoporosis has greatly improved. Bone density tests to detect early changes are more reliable and



available. Medications to treat early bone loss and restore bone mass are available. Medications and diseases that make osteoporosis more likely have been identified.

Preventing Osteoporosis

The mainstays of prevention are adequate calcium and vitamin D intake, exercise, and falls prevention.

The National Osteoporosis Foundation provides recommendations for calcium and vitamin D intake for adults. See www.nof.org

- Adults under age 50 need 1,000 mg of calcium daily; adults age 50 and over need 1,200 mg of calcium daily.

Vitamin D is produced by the skin with exposure to sunlight. However, older adults and those living in northern latitudes frequently don't receive enough sun exposure to create adequate vitamin D. Adults under age 50 need 400-800 IU of vitamin D daily, and adults age 50 and older need

800-1,000 IU of vitamin D daily.

(Note: In pharmacology, the International Unit, abbreviated as IU, is a unit of measurement for the amount of a substance, based on measured biological activity. The unit is used for vitamins, hormones, some medications, vaccines, blood products, and similar biologically active substances.)

Vitamin D can be obtained from fortified milk, egg yolks, saltwater fish, liver and supplements.



Value of Exercise

Traditionally, weight-bearing exercise (walking or running) or resistance exercise (weight training) have been recommended to strengthen bones. A small but growing amount of research seems to show that aquatic activities (swimming or water exercise) may also be effective in preventing osteoporosis.

Exercise Guidelines

Current guidelines for physical activity recommend at least two hours and 30 minutes a week of moderate activity or 75 minutes a week of vigorous activity. Activity should be for at least ten minutes at a time and at least three days per week. Muscle strengthening activities for all major muscle groups are suggested at least two days per week.

For more information about U.S. Government guidelines for physical activity, go to <http://www.health.gov/PAGuidelines/>.

REMINDER



Spring is just around the corner. . . okay maybe it's a few corners away. But it'll be here soon, and so will SCY Nationals. Plan on being there!

**May 7 to 10, 2009
Clovis North High School
Fresno, Calif.**

OLYMPIA MEET

SHORT COURSE YARDS MEET HOSTED BY THE BRIGGS MASTERS SWIM TEAM
Sanctioned by the Pacific Northwest Association of Masters Swimmers (PNA) for USMS,
Inc. Sanction #369-04

EVENTS (ORDER #4)	
#	Event
Saturday, March 28	
1	400 IM
2	1650 Free
Warm-up	
3	200 Free relay
4	50 Breast
5	100 Fly
6	200 Free
7	50 Back
8	100 IM
Break	
9	200 Mixed Free Relay
10	100 Breast
11	50 Fly
12	100 Free
13	200 Back
Break	
14	200 Medley Relay
15	200 Breast
16	200 Fly
17	50 Free
18	100 Back
19	200 IM
Break	
20	200 Mixed Medley Relay

DATE: Saturday, March 28, 2009

TIME: Warm-up: **8:30 AM**; Meet starts **9:00 AM**

A 30 minute warmup will be held after the 1650 free. Earliest starting time for remainder of the meet is 10:30 AM.

LOCATION: Briggs YMCA 1530 Yelm Hwy SE Olympia WA 98501. Phone: (360) 753- 6576

MEET DIRECTOR: Mel Smith
melcomplynow@msn.com (360) 970-9466

FACILITY: Six-lane 25-yard competition pool; separate warm- up pool next to the main pool.

Water temperature; 81.5 degrees F

CONCESSIONS: Available throughout the meet.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all USMS 2009 registered swimmers, 18 and above as of *March 28, 2009*.

SEEDING: Slow to fast **TIMING:** Electronic

AWARDS: Available for purchase at the Meet

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

CHECK IN: Positive check-in required for the 400 IM and 1650 Free. Deadline for both is 8:45 AM. Meet Director reserves right to limit # of entries on 1650.

DIRECTIONS: From the North-- take I-5 South to Exit 105. Stay to the right onto 105B and go left at first stop light (Henderson Blvd.). Stay to the left as the road makes a "Y" (do not take the Portland on-

ramp), go through the roundabout and continue to the corner of Yelm Hwy and Henderson Blvd. (approx. 2 miles). The Briggs YMCA is on that corner.

From the South--take I-5 North to Exit 101, Tumwater Blvd. Turn Right onto Tumwater Blvd. and follow it until it dead-ends at Henderson Blvd. Turn left and down a long hill; back up the other side to a light at the Yelm Highway. The Briggs YMCA is on that corner. **Website:** Formoreinformation, visit the PNA website (www.swimpna.org)

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT _____

PHONE NUMBER _____

OLYMPIA MEET

Short Course Yards Meet March 28, 2009 Hosted by Briggs Masters Swim Team

NAME: _____ M F AGE: _____

ADDRESS: _____

E-MAIL: _____ PHONE: _____

BIRTHDATE: _____ USMS# _____ - _____ LMSC _____ (PNA, Oregon, etc.)

Include a copy of your current Masters Registration card if you are not a PNA member

TEAM _____ or UNATTACHED _____

AGE GROUP (determined by your age as of March 28, 2009):

18 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45- 49 50 - 54 55 - 59
 60 - 64 65 - 69 70 - 74 75- 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME

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

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

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

Please make checks payable to: Aquatics Department, Briggs YMCA

Mail this entry form and fees to: Mel Smith, Masters Coach - c/o Aquatics Department
 1530 Yelm Highway SE
 Olympia, WA 98501

*****Please send entries postmarked no later than March 18, 2009**

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: _____

2009 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Friday, April 10th and Saturday, April 11th, 2009

Hosted by Federal Way Masters
 Sanctioned by the Pacific Northwest Association of Masters Swimmers
 for USMS, Inc. Sanction # 369-006

DATE: **Friday, April 10th and Saturday, April 11th, 2009**

TIMES: **Friday, April 10th: Warm-up: 5:30 – 6:20 PM, Meet starts: 6:30 PM**
Saturday, April 11th: Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM

PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,
 Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: Steve Freeborn. (253)941-6808 freebornlaw@qwest.net
 Hugh Moore (253)759-4956 swimmooore@comcast.net

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2009 USMS or foreign registered swimmers age 18 and above as of April 11th. Age groups will be based upon the swimmer's age as of April 11, 2009.

SEEDING: Two courses will be used for the 400 IM, 500 Freestyle, 1000 Freestyle and 1650 Freestyle. A single course will be used for all other events.

DIRECTIONS: From North or South Bound I-5 take exit 142 B, which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #B) (Seeding slow to fast / Deck enter relays at the meet.)

	Friday, April 10th:		Saturday, April 11th continued
1	400 Individual Medley	13	200 Breaststroke
2	1000 Free (check-in by 6:20 PM) *	14	200 Individual Medley
3	1650 Free (check-in by 6:20 PM) *		Special Awards Presentation
		15	100 Breaststroke
	Saturday April 11th	16	50 Butterfly
4	500 Freestyle (check-in by 8:30 AM)	17	200 Freestyle
5	Women's 200 Medley Relay	18	50 Breaststroke
6	Men's 200 Medley Relay	19	200 Backstroke
7	200 Mixed Freestyle Relay	20	100 Butterfly
8	50 Backstroke	21	100 Individual Medley
9	200 Butterfly	22	Women's 200 Freestyle Relay
10	100 Freestyle	23	Men's 200 Freestyle Relay
11	100 Backstroke	24	Mixed 200 Medley Relay
12	50 Freestyle		PNA Team Award

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

***1000 & 1650 Freestyles: Swimmers may swim either the 1000 or 1650, but not both. See note in additional information.**

Entry Confirmation: If entry confirmation is desired, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

Check-in: Check-in is required for the 1000 & 1650 Freestyles (Deadline 6:20 PM Friday) and the 500 Freestyle (Deadline: Saturday at 8:30 AM), Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 4,5 & 6, 8:30 AM Saturday; events 21, 22, & 23, end of event 15.

2009 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Friday, April 10th and Saturday, April 11th, 2009

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE _____ Email _____

BIRTHDATE: _____ USMS #: _____ - _____ Circle if first Masters meet **Y**

Include a copy of your Masters registration card if you are not a PNA member

LMSC _____ (PNA, Oregon, Inland NW, etc.) Club _____ (non-PNA members only)

TEAM _____ (note: PNA teams must register with PNA by 3/31/09)

AGE GROUP (Determined by your age as of April 11th, 2009):

18 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
 60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

Emergency Contact: _____ Phone Number: _____

ENTRY FEE: \$ 24.00 Surcharge
 Individual Events: + _____ \$2 per event. No charge for relays.
 No charge for need-basis or seniors (65 & over).
 T-shirts @ \$17 indicate size Adult fit (S ___ M ___ L ___ XL ___ 2XL ___)
 Women's fit (XS ___ S ___ M ___ L ___ XL ___ 2XL ___)

Total: \$ _____ **Please make checks payable to Federal Way Masters**

Mail this entry form and fees to: Holly Bork
 6233 S 233rd St
 Kent, WA 98032

Questions? Email Holly at holly.d.bork@boeing.com

Entries must be postmarked no later than Saturday, March 27th or received by March 31, 2009. All swimmers must have a valid 2009 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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 _____

Additional Information:

In Memory of Steve Engel
June 17, 1943 - February 17, 1996

PNA's annual Championship meet is dedicated to the memory of the co-founder and first president of the PNA. Steve lost his battle with complications from leukemia, but his energy and enthusiasm will long be remembered by those of us fortunate to have known him.

"Across America, there are now more than 30,000 of us. And one of the pioneer associations in the nation was right here in Steve Engel land. Thank You, Steve. Your vision long ago became a solid reality that will endure. It was not a false start. You have swum the entire distance to heaven."

- From Tom Taylor's tribute in the March 1996 WetSet

Scheduling: The only weekend that the Aquatic Center is available is on Easter weekend. As a result, a special Friday/Saturday order of events is offered, with most events on Saturday. The 400 IM, 1000 Freestyle, and 1650 Freestyle are scheduled for Friday evening.

1000/1650 Freestyle: Swimmers may swim either the 1000 or 1650 Freestyle, but not both. Check-in deadline is 6:20 p.m. Friday. At the referee's discretion the 1000 and 1650 may be swum at the same time.

Individual Awards: PNA Championship ribbons will be awarded first through 6th place in every age group in every event. PNA medals can be purchased for \$2 each.

Club/Team: PNA members must indicate the team that they plan to score points for during the meet. Non-PNA swimmers should indicate the club that they are registered with. For many swimmers the club is the same as the LMSC.

PNA Team Eligibility: To be eligible for team awards, teams must submit a 2009 team registration by the meet entry deadline. PNA team registration forms are available in the WetSet and on the PNA website, www.swimpna.org.

PNA Team Categories: Eligible PNA teams will be divided into three categories, (Large, Medium, and Small), based upon the number of swimmers entered from each team in the meet. Category assignments will be made after the meet entry deadline and announced during the meet.

Scoring: The meet shall be scored from places 1 through 12 in every age group for every event. Individual events will be scored 13-11-10-9-8-7-6-5-4-3-2-1. Relays score double the individual points. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.

PNA Team Awards: Plaques will be awarded to the top three teams in each category.

Website: Visit the PNA website at www.swimpna.org for updated information.

Motels: There are numerous motels within fifteen miles of the pool including

Name	Address	Distance to Pool	City	Phone
Holiday Inn Express	24287 Pacific Hwy S	1.4 miles	Federal Way	253-838-3164
Quality Inn	1400 S. 348th ST	1.4 miles	Federal Way	253-835-4141
Comfort Inn	31622 Pacific Hwy S.	5 miles	Federal Way	253-529-0101
LaQuinta	32124 25th Ave. S.	5 miles	Federal Way	800-531-5900
Courtyard by Marriott	31910 Gateway Ctr. Blvd. S.	5 miles	Federal Way	253-529-0200

PNA Coach of the Year and Dawn Musselman Awards: The 2009 PNA Coach of the Year and the 2009 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Saturday at the conclusion of event #14.

T-shirts. T-shirts are available for \$17, but must be ordered with your entry. The meet t-shirt design can be found on the PNA website at www.swimpna.org.

New PNA Swimmers: if this is your first Masters Swim Meet please contact Lisa Dahl lisaisswimming@hotmail.com (206) 251-1278) by 4/2/08. She will help you at the meet and has a PNA gift for you.

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 your 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

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

Mail this form and check to:

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

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

Below are the abbreviations currently in use; Bolded IDs are registered for 2009 as of Feb 3.

- | | | |
|--|---|--|
| BAM: Bainbridge Area Masters
BADD: Bellevue Aquatic Divas & Dudes
BC: Bellevue Club
BEST: Bellevue Eastside Masters
BMSC: Bellingham Masters Swim Club
BTAC: Bremerton Tennis & Athletic Club
BYMS: Briggs YMCA Masters Swim
CAC: Columbia Athletic Masters (All)
DSYM: Downtown Seattle YMCA Masters
EMS: Everett Masters Swimmers
ESC: Evergreen Swim Club Masters
FAST: Foothills Aquatics Swim Team
FWM: Federal Way Master
FSJ: Fins of the San Juans
FTS: Ft. Steilacoom
GHY: Gig Harbor YMCA
GCMS: Gold Creek Masters (GCM)
GAM: Gold's Aquatics Masters
GGRM: Gold's Gym Redmond Masters
GLAD: Green Lake Aqua Ducks
HMST: Husky Masters
IST: Issaquah Swim Team
LLUA: Little Lebowski Urban Achievers
LOGS: Logger Masters
LUNA: Team Luna | LWS: Lynnwood Sharks
MSVL: Marysville YMCA Masters
MICC: Mercer Island Country Club
MIR: Mercer Island Redwoods
MAMS: Middle Aged Marlins
MMM: Mighty Marlins Masters
FOIL: Milfoil Masters Swimmers
MYM: Monroe YMCA Masters
NHM: Newport Hills Masters
NEO: North End Otters
NSYG: Northshore Y's Guys
NWM: North Whidbey Masters
OAC: Olympic Aquatic Club
OOPS: Old Olympic Peninsula Swimmers
ORCA: Orca Swim Club
OST: Ohana Swim Team
PAC: Poseidon Aquatic Club
PSC: Phinney Ridge Swim Club
PTMS: Port Townsend Master Swimmers
PRO: Pro Sports Club
QASC: Queen Anne Swim Club
RAH: Redmond Aqua Hotshots
SAMM: Samena Masters
SAC: Seattle Athletic Club
SEMS: St. Ed's Master Swimmers | SVY: Skagit Valley YMCA
SSTM: South Sound Titans Masters
SWIM: South Whidbey Island Masters
SSRM: Swim Seattle Redhawk Masters
TACY: Tacoma Pierce County YMCA
TACM: Thunderbird Aquatic Masters
TIG: Tigers
TVAC: Tumwater Valley Athletic Club
UNAT: Unattached to a Team
UPAC: University Place Aquatic Club
VFC: Valley Fitness Center
WAC: Washington Athletic Club
WEST: West Coast Aquatics Masters
WSAS: West Seattle All-Stars
WSYD: West Seattle YMCA Dolphins
WWUS: Western WA U Masters Swimming
WCY: Whatcom County YMCA
YNOT: Y Nauts |
|--|---|--|

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

2/1/2009

United States Masters Swimming, Inc

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 and follow the instructions.

2009 Membership Application

New Swimmer

Returning USMS Swimmer

Pacific Northwest Association of Masters Swimmers

(Old Number if available _____)

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

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

1st Phone: (____) _____ cell, home, work **If you coach a Masters swim team check here**
I am interested helping the PNA committee
2nd 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

Make check payable to: **PNA**

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.)

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

→ **Signature** _____ **Date** _____

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

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

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Glenda G Schwarz
Stephanie Y Scott
Jill Shrader
Michael Smith
Michael J Smith
Michelle Spiegel
Dave Stahnke
Heather N Stewart
Tim J Stolmeier
David A Summers
Melanie L Tack
Jerry E Tauscher
Bruce L Taylor

Allie L Thomas
Stephanie E Trudel
Eric J Valpey
Mike VanQuickenborne
Mike Velling
Doug Vogel
Amy Wadley
Jonathan Wagher
Paul A Wanzek
Stephen A Wartes
Marissa C Wenner
Benjamin G Whitefield
Rachel M Wong
Ashley A Wright

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

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