



## Beat The Clock III: Well Attended, Fun Sprinter Meet

By Steve Peterson

The Orca YMCA Swim Team (OYST) hosted a well-run meet on March 28 at the Briggs Community Y in Olympia.

While Briggs Y Masters Coach Mel Smith was off visiting Disneyland with his grandkids and relaxing in Phoenix, his able-bodied crew ran this third edition of the Beat The Clock Meet. Meet Co-directors Connie Groven and Mica Marquez made sure their OYSTers' volunteer crew had everything covered, from safety marshals to officials to meet wrap-up.

Something not seen before at a local meet was opening a third sprint lane during the main warm-up session. The 90 or so swimmers participating — more than last year — apparently wanted extra start and speed practice.

### Lost Eye Recovered

Another "first": the abrupt need to halt the warm-up to locate a lost optic. No, not a contact lens, but a prosthetic eye! It was quickly recovered and reunited with its owner.



From left: BAM's George Roudebush, Bernice Phillips, Jay Stemmler and Heather Adkins-Narte enjoy a good time (photo by Lynn Wells).

### Weird Weather

Also unusual was the weather. Those leaving as the meet wrapped up were greeted with huge snowflakes; hence the term "sprinter" in the meet title, referring not necessarily to meet events but to an improvised name for this season, the combination of "spring" and "winter"! Fortunately, despite brief blizzard-like conditions on I-5, it wasn't quite cold enough for the snow to stick.

At least one OYST timer parent remarked how the age-group volunteer timers were impressed by the competitiveness of the Masters participants.

Overheard in the warm-up/cool-down pool from Kate Ellwanger, a Brigg's lifeguard and OYST competitor: "That's my mom about to swim an event!" Mom

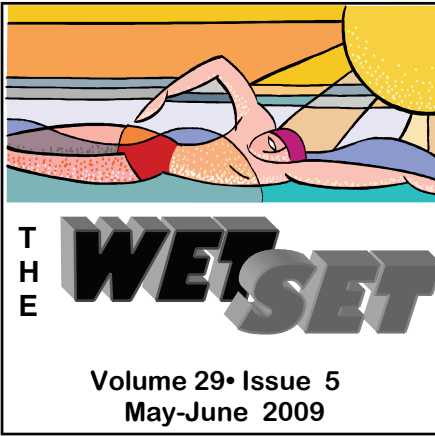
Kimberly swam three events and three relays

Twenty-three teams were represented, led by Briggs Masters (12) and BAM (5). As typical, the 50, 100 and 200 freestyle and 100 IM events were the most popular. Three heats of the 1650 Free had 15 entrants and a dozen finishers. The 400 IM was the only individual event with zero no-shows — all nine entrants swam and finished.

### 200 Fly Produces Multiple New Records

The 200 Fly, though the least popular event, accounted for half the new records set by its two finishers. Eddie Switaj (UNAT, 18-24) established a Zone 200 Fly record in 1:57.20 and Sarah

(Continued on page 5)



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**Records/Top Ten:** Walt Reid

**Officiating:** Kathy Casey/Jan Kavadas

**Open Water:** Sally Dillon

**Publicity:** Lynn Wells

**Safety:** Kathy Casey

**Webmaster/Computer Apps:**  
Hugh Moore

## Is It Spring Yet?

Despite the "sprinter" (spring + winter) weather we've been having, my *Leading Off* column a year ago lamented pretty much the same thing. But I wasn't expecting to be driving home in snow showers after Briggs' "Beat The Clock" meet!

Our cover article tells about the large turnout and other indoor happenings at this March 28 event. Two weeks later, despite one or two sunny days promising a warm Easter, continuing cool weather provided added incentive to swim indoors and have fun at Champs.

## Steve LaHaie and Lynn Wells Capture PNA's two Big Yearly Awards

Congratulations to OAC member Steve LaHaie, who received the Dawn Musselman Inspirational Swimmer Award, and to BAM coach Lynn Wells, PNA's Coach of the Year. (Details on Champs will follow in the July-August issue.)

## New Digs for USMS

The USMS Board of Directors (BOD) has decided to relocate our national headquarters to Sarasota, Fla., selected from 11 candidate cities. The BOD also created a USMS Community Partner designation for "localities that commit to increasing public awareness of USMS and promote adult fitness through Masters swimming." The first designees are Sarasota and the Raleigh-Durham-Chapel Hill triangle.

To help develop stronger LMSCs, the USMS Zone Committee is drafting a description of minimum competencies in areas such as leadership, administration,

# LEADING OFF



By PNA  
President  
Steve  
Peterson, PNA

communication, officials and events. I'm confident that PNA already rates in the top ten of our 52 member LMSCs, because PNA has long enjoyed such a strong core of dedicated and skilled volunteers.

On a personnel note, Rob Butcher's assistant and Marketing Director Ashley Gangloff, who's been instrumental in writing the frequent articles you now see on the USMS home page, will be leaving USMS to pursue her doctorate at Auburn University.

## PNA Nationals' Coaches Heading to Fresno

Your board designated coaches Lynn Wells and Shannon Singer as PNA's Short Course Nationals Coaches at Fresno. Their job is twofold: provide on-deck support to PNA's 55 swimmers attending the meet, and assemble PNA relay teams. National championships are busy, hectic and bordering on the chaotic, but great fun!

USMS Executive Director Rob Butcher's 1st quarter 2009 business report notes that at the meet there'll be "other event enhancements as we continue to receive support from our partners. In addition, the meet host has secured FloSwimming.org to broadcast the Short Course Championship live."

(Continued on page 17)

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.*

□ 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)

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

□ **June 23, 2009**  
**PNA Board Meeting**  
**6:45 p.m.**  
**Jan Kavadas' condo**  
**Edmonds, Wash.**

□ July 10-12, 2009  
Gil Young Memorial LCM Meet/  
Northwest Zone Long Course  
Meters Meet  
Mt. Hood Community College  
Gresham, Ore.  
Entry form on page 20.

□ **July 18, 2009**  
**Fat Salmon**  
**1.2 & 3.2 mile open water swims**  
**in Lake Washington; Liz Rosen**  
[fatsalmonswim@gmail.com](mailto:fatsalmonswim@gmail.com)  
**Entry form on page 21.**

□ July 26, 2009  
Washington State Senior Games  
meet  
[www.pugetsoundgames.com](http://www.pugetsoundgames.com)  
Briggs Community YMCA  
Olympia, Wash.  
Gloria Tolaro, 360-273-6553,  
[19Gloria@sprintmail.com](mailto:19Gloria@sprintmail.com)  
**NOTE: Corrected date from last  
issue**  
See article on page 16.

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

□ **August 1, 2009**  
**Lake Padden**  
**2.5K & 5K Open Water swims**  
**near Bellingham**  
**Lisa Kaufman**  
[lbkauf@clearwire.net](mailto:lbkauf@clearwire.net)  
**Entry form on page 22.**

□ August 6 to 10, 2009  
2009 USMS LC Nationals (LCM)  
IU Natatorium, Indianapolis, Ind.  
<http://www.usms.org/comp/scnats09>. Also, complete meet information  
has been published in release of  
the May/June 2009 issue of [USMS](#)  
[SWIMMER](#) magazine.

□ **August 25, 2009**  
**PNA Board Meeting**  
**6:45 p.m.**

□ September 12, 2009  
USMS 2009 3-6 Mile Open Water  
Championships (5 km) - Lake  
Michigan, Chicago, Ill.  
Chris Sheean,  
[bigshoulders2009@yahoo.com](mailto:bigshoulders2009@yahoo.com);  
[usms.org/longdist/dnats09](http://usms.org/longdist/dnats09)

□ September 15 to November 15,  
2009  
USMS 2009 3000/6000 Yard  
Postal Championships (25 yard  
pools only)  
Jacque Grossman, 864-646-8836,  
[ielg@innova.net](mailto:ielg@innova.net); [usms.org/  
longdist/dnats09](http://usms.org/longdist/dnats09)

□ **September 22, 2009**  
**PNA Board Meeting**  
**6:45 p.m.**

□ September 16-20, 2009  
USMS Annual Convention  
Chicago, Ill.

**Note: the annual SCM**  
**Pentathlon Meet in Oak Harbor,**  
**Wash., usually held in**  
**September, is being replaced.**  
**See page 18.**

## 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)



# What Kind of Swimsuit Can You Wear at Meets? New USMS Interpretation Answers that Question, at Least for Now.

By Kathy Casey  
USMS Rules Chair



## #1. NEW USMS SWIMWEAR INTERPRETATION

FINA approval or rejection of new swimwear introduced after September 30, 2007, will be accepted by U.S. Masters Swimming for USMS sanctioned and recognized competition.

The following interpretation regarding the use of two suits during competition is effective immediately. This interpretation conforms to the recent interpretations issued by FINA (03/15/09) and USA Swimming (03/18/09).

## #2. NEW USMS SWIMWEAR INTERPRETATION

For purposes of Article 102.14 of U.S. Masters Swimming Rules of Competition, Swimwear, the use of more than one suit at a time during any USMS sanctioned or recognized competition is prohibited.

### QUESTIONS & ANSWERS:

**Question:** Can I wear a regular racing suit that is not a body suit?

**Answer:** Yes, suits introduced prior to September 30, 2007, are legal for U.S.M.S. competition.

**Question:** Can I wear my LZR at nationals in May?

**Answer:** At this point questions about suits (those introduced after September 30, 2007) for nationals cannot be answered because the new list of FINA-approved suits has not been published nor is there a set date for

publication of that list by FINA. Until FINA publishes the new list of approved suits, the current status of approved or rejected suits is in effect; therefore, your LZR is currently approved for competition until the new FINA list is published.

However, should USMS officially receive information that any of currently marketed suits introduced after September 30, 2007, has been rejected by FINA, those suits will no longer be considered legal.

**Question:** Why can't questions about suits for nationals be answered now?

**Answer:** According to the Dubai Charter (published by FINA 03/15/09), manufacturers must resubmit their suits for approval by March 31, 2009. The suits will be retested under a new system for buoyancy (no more than 1 Newton), material (no thicker than 1 mm), and construction (no trapping of air), just to mention a few criteria. At the point of publication by FINA of newly approved suits, the questions about legal suits for nationals can be answered.

**Question:** How will this impact Masters competitors?

**Answer:** That LZR, TYR or Bluseventy suit you bought after September 30, 2007, is legal at this moment, but it could be illegal after the new FINA-approved swimsuit list is published. Regardless of the new list, that old Fastskin that you have will be legal

since it was introduced prior to September 30, 2007.

**Question:** My coach is forcing me to swim the 1650 Free as a training swim. Can I wear a drag suit over my jammers?

**Answer:** No. Although wearing an extra drag suit may not be perceived as having an advantage, the interpretation is that only one swimsuit is permitted.

**Question:** Does "one suit for competition" mean I can only wear one suit for the whole meet?

**Answer:** No. You can change suits during the meet, but you can only wear one suit at a time. This restriction applies only to the actual races (competition). You can wear more than one suit during warm-up and warm-down. This restriction applies to all types, makes and models of swim suits, but it is not intended to apply to athletic supporters or modesty type wear (a single pair of "briefs" or "bikini bottoms or top" or a sports bra worn to ensure modesty and privacy).

Time to Sign up for 2009  
USMS LC Nationals  
(LCM)  
August 6 to 10, 2009  
IU Natatorium, Indianapolis, Ind.  
<http://www.usms.org/comp/lcnats09/>



## BAM's Lynn Wells Named PNA Coach of the Year



From left: Unidentified BAM member and BAM's Barney Voegtien accept the award from PNA Coaches Chair Wendy Neely.

**N**amed PNA Coach of the Year, BAM's Lynn Well was unable to attend Champs because

of a broken collarbone suffered while skiing.

Text of the award will appear in the next newsletter.

(Continued from page 1)

### Briggs

Welch (CAAT, 60-64) set the PNA mark at 3:01.40. Bob Pilger (GHY, 65-69) set PNA marks in the 50 and 100 Free (26.91 and 1:02.58).

### Youngest and Oldest

The youngest competitor was Heather Bonar, 19 and unattached, who swam three events and the 200 Mixed Medley relay. Oldest was 87-year-old Hal Young from TACY, swimming his first meet since last summer. Hal swam the 50 and 100 Free, supported by his daughter Rondi White and Lowell Johnson and cheered by all at the end of his events. Rondi is a past PNA president and both she and

Lowell are former Masters meet regulars.

PNA Vice President Lisa Dahl presented New Competitor Goodie Bags to the following new swimmers: Heather Adkins, Brian Allen, Theresa Beauchene, Tamara Cullen, Jill Gifford, Ron Jones, Jay Stemmler, Tim Stolmeier, Mary Teppner and Caroline Whetham.

Many thanks to the Briggs and OYST volunteers for another great meet: Meet Co-directors Connie Groven and Mica Marquez; head timer Rick Parnell and his team; officials Laurie Shannon (starter), Adriana Carmichael, Bob Campbell, Fran Eide and Yasko Howell (stroke & turn); and timing operators Lisa Bartley, Sharon Gard and Chris Toomey.

## Welcome New PNA Swimmers

Brian L Allen  
 William J Ansell  
 Evan P Bacon  
 Devan R Bacon  
 Jonny Bartsch  
 Theresa L Beauchene  
 Brad Benner  
 Brandee Broberg  
 Kathleen A Brooker  
 Roberta L Brooks  
 John I Burns  
 Lars Carver  
 Hunter A Chumbley  
 Christopher J B Clifford  
 Diane J Coburn  
 Roy M Colven  
 Becki L DeVries  
 Richard J Dibble  
 Cecilia B Duenas  
 Suzanna Dunn  
 Teresa Forsyth  
 Kristina L Gaston  
 Helen P Gilbert  
 Gianna Gorski  
 Jason Gregory  
 Garrett J Grigas  
 Brent J Hardy  
 James Hulbert  
 Justin A Jablonowski  
 Paul K Johnson  
 Helene LaPorte  
 Chris A LaValley  
 Heather A Lyon  
 Katy Magee  
 Mary C Mann  
 Evan Markovich  
 Emily N Marr  
 Samantha Mazer  
 Joseph James Milne  
 Michael R Mullen  
 Matthew H Nelson  
 Brooks D Phillips  
 James Schuyleman  
 Nicole Settlemeyer  
 Liliya Shtikel  
 Bailey E Silver  
 Anthony D Smith  
 Jay Stemmler  
 Kathy L Stephenson  
 Deena Strom  
 Melissa Stromberg  
 Mary Teppner  
 Emily A Wagster  
 Erin E Wallace  
 Caroline A Whetham  
 George Wright  
 Chong YI



# Orca

## Short Course Yards Meet

### Seattle University Connolly Center Pool

### March 7, 2009

PNA-ORCA  
03-07-09  
SHORT COURSE YARDS  
P = P.N.A. RECORD  
Z = NORTHWEST ZONE RECORD  
N = NATIONAL RECORD  
W = WORLD RECORD  
S = SPLIT TIME  
U = UNOFFICAL TIME (1 WATCH)

#### WOMEN 18-24

50 YD. FREE		
SHONA PIERCE	23 WWUS	26.73
CAITLIN SWITAJ	19 UNAT	29.72
AMY WADLEY	21 BYMS	30.93
100 YD. FREE		
JAKI BRAGGIN	22 HMST	1:03.00
MADLINE BANASHAK	18 WWUS	1:03.65
MARY JANE MANN	22 WWUS	1:05.89
HEATHER BONAR	19 GHY	1:06.61
TINNEL HILLIS	20 WWUS	1:07.52
AMY WADLEY	21 BYMS	1:10.56
200 YD. FREE		
MADLINE BANASHAK	18 WWUS	2:19.02
MARY JANE MANN	22 WWUS	2:25.47
EMMA COULSON	23 UNAT	2:28.25
1650 YD. FREE		
MADLINE BANASHAK	18 WWUS	21:42.41
EMMA COULSON	23 UNAT	22:53.89
50 YD. BACK		
SHONA PIERCE	23 WWUS	30.72
EMMA COULSON	23 UNAT	33.93
100 YD. BACK		
CAROLE TRIEM	20 UNAT	1:04.92
SHONA PIERCE	23 WWUS	1:09.18
EMMA COULSON	23 UNAT	1:12.18
200 YD. BACK		
EMMA COULSON	23 UNAT	2:31.53
50 YD. BRST		
CAROLE TRIEM	20 UNAT	34.13
AMY WADLEY	21 BYMS	36.47
CAITLIN SWITAJ	19 UNAT	40.48
100 YD. BRST		
CAROLE TRIEM	20 UNAT	1:14.83
JAKI BRAGGIN	22 HMST	1:20.43
SHONA PIERCE	23 WWUS	1:20.70
AMY WADLEY	21 BYMS	1:21.39
50 YD. FLY		
CAITLIN SWITAJ	19 UNAT	30.64
TINNEL HILLIS	20 WWUS	33.40
HEATHER BONAR	19 GHY	33.63
100 YD. FLY		
TINNEL HILLIS	20 WWUS	1:22.40
200 YD. FLY		
CAITLIN SWITAJ	19 UNAT	2:34.84
100 YD. I.M.		
CAROLE TRIEM	20 UNAT	1:06.09
SHONA PIERCE	23 WWUS	1:08.48
HEATHER BONAR	19 GHY	1:16.80
AMY WADLEY	21 BYMS	1:19.77
200 YD. I.M.		
JAKI BRAGGIN	22 HMST	2:38.47
MARY JANE MANN	22 WWUS	2:51.27

#### WOMEN 25-29

50 YD. FREE		
DEBORAH FORINASH	26 HMST	26.69
ADELE BOTHA	28 ORCA	29.28
EMILY PRENDERGAST	26 SWIM	30.65

100 YD. FREE		
DEBORAH FORINASH	26 HMST	57.36
ADELE BOTHA	28 ORCA	1:03.63
EMILY PRENDERGAST	26 SWIM	1:09.26
50 YD. BACK		
EMILY PRENDERGAST	26 SWIM	35.49
50 YD. BRST		
BETHANY BURROW	27 OST	41.35
50 YD. FLY		
DEBORAH FORINASH	26 HMST	29.86
EMILY PRENDERGAST	26 SWIM	33.74
ADELE BOTHA	28 ORCA	34.14
BETHANY BURROW	27 OST	35.75
100 YD. I.M.		
BETHANY BURROW	27 OST	1:18.87

#### WOMEN 30-34

50 YD. FREE		
TAMARA DOTSON	32 OAC	27.71
100 YD. FREE		
TAMARA DOTSON	32 OAC	59.88
50 YD. BACK		
TAMARA DOTSON	32 OAC	30.32
100 YD. BACK		
TAMARA DOTSON	32 OAC	1:06.52
50 YD. FLY		
TAMARA DOTSON	32 OAC	29.36

#### WOMEN 35-39

50 YD. FREE		
NELLIS KIM	38 FWM	29.61
STACIA PETER	38 GHY	36.03
100 YD. FREE		
NELLIS KIM	38 FWM	1:06.61
KRISTA LOERCHER	38 SWIM	1:15.72
STACIA PETER	38 GHY	1:16.41
200 YD. FREE		
MICHELLE BEHRENS	36 GHY	2:35.44
50 YD. BACK		
NELLIS KIM	38 FWM	38.15
100 YD. BACK		
KRISTA LOERCHER	38 SWIM	1:29.66
200 YD. BACK		
MICHELLE BEHRENS	36 GHY	2:55.59
100 YD. BRST		
SUSANNE ELIZER	37 SSRM	1:29.68
200 YD. BRST		
SUSANNE ELIZER	37 SSRM	3:15.85
MICHELLE BEHRENS	36 GHY	3:15.95
100 YD. I.M.		
KRISTA LOERCHER	38 SWIM	1:25.41
200 YD. I.M.		
KRISTA LOERCHER	38 SWIM	3:03.47

#### WOMEN 40-44

50 YD. FREE		
JENNIFER MCMANUS	40 GHY	32.08
KRISTINE ANTILLA	40 OST	33.28
SUSAN TOWNSEND	42 UNAT	33.96
100 YD. FREE		
G.HAEGEN	41 BYMS	1:04.56
SUSAN TOWNSEND	42 UNAT	1:19.96
1650 YD. FREE		
G.HAEGEN	41 BYMS	21:54.78
KATHERINE ROGERS	41 SWIM	24:54.89
50 YD. BRST		
KRISTINE ANTILLA	40 OST	42.58

100 YD. BRST		
KRISTINE ANTILLA	40 OST	1:29.04
50 YD. FLY		
JENNIFER MCMANUS	40 GHY	34.28
KRISTINE ANTILLA	40 OST	40.52
100 YD. FLY		
KATHERINE ROGERS	41 SWIM	1:43.83
100 YD. I.M.		
KRISTINE ANTILLA	40 OST	1:24.36
JENNIFER MCMANUS	40 GHY	1:24.48
200 YD. I.M.		
KATHERINE ROGERS	41 SWIM	3:16.69

#### WOMEN 45-49

50 YD. FREE		
LISA DAHL	47 FOIL	25.78
TRACEY SPENSER	48 UNAT	31.40
J.BREITBARTH	45 OAC	43.72
100 YD. FREE		
KRIS SPEIR	45 OST	1:06.22
1650 YD. FREE		
KRIS SPEIR	45 OST	23:10.22
50 YD. BACK		
TRACEY SPENSER	48 UNAT	35.17
100 YD. BACK		
TRACEY SPENSER	48 UNAT	1:17.76
50 YD. BRST		
LISA DAHL	47 FOIL	33.93
KRIS SPEIR	45 OST	38.31
J.BREITBARTH	45 OAC	54.87
100 YD. BRST		
KRIS SPEIR	45 OST	1:24.65
50 YD. FLY		
LISA DAHL	47 FOIL	27.93
KRIS SPEIR	45 OST	32.83
100 YD. I.M.		
LISA DAHL	47 FOIL	1:04.97

#### WOMEN 50-54

50 YD. FREE		
CAROLINE BROWN	51 PSC	33.81
100 YD. FREE		
CAROLINE BROWN	51 PSC	1:12.61
1650 YD. FREE		
CAROLINE BROWN	51 PSC	22:53.03
50 YD. BRST		
H.ADKINS-NARTE	54 BAM	51.31
100 YD. BRST		
H.ADKINS-NARTE	54 BAM	1:50.38
200 YD. BRST		
H.ADKINS-NARTE	54 BAM	3:57.92
50 YD. FLY		
H.ADKINS-NARTE	54 BAM	1:01.03
100 YD. I.M.		
H.ADKINS-NARTE	54 BAM	1:59.85

#### WOMEN 55-59

50 YD. FREE		
JEAN BLACKBURN	57 FWM	34.02
100 YD. FREE		
ELIZABETH KASSEN	56 BYMS	1:12.64
JEAN BLACKBURN	57 FWM	1:18.18
50 YD. FLY		
ELIZABETH KASSEN	56 BYMS	38.31
JEAN BLACKBURN	57 FWM	38.48
100 YD. I.M.		
ELIZABETH KASSEN	56 BYMS	1:23.45
JEAN BLACKBURN	57 FWM	1:29.84





**WOMEN 60-64**

200 YD. FREE			
SARAH WELCH	62 SSRM	2:40.15	
50 YD. FLY			
SARAH WELCH	62 SSRM	35.47	
100 YD. FLY			
SARAH WELCH	62 SSRM	1:22.76	
100 YD. I.M.			
SARAH WELCH	62 SSRM	1:24.22	
200 YD. I.M.			
SARAH WELCH	62 SSRM	2:56.24	

**WOMEN 80-84**

-50 YD. FREE			
BERNICE PHILLIPS	81 BAM	1:06.19	
50 YD. BACK			
BERNICE PHILLIPS	81 BAM	56.76	
100 YD. BACK			
BERNICE PHILLIPS	81 BAM	2:07.12	
200 YD. BACK			
BERNICE PHILLIPS	81 BAM	4:53.11	

**MEN 18-24**

50 YD. FREE			
BRIAN GOLDMAN	23 WWUS	21.71	
MARK FANNING	23 WWUS	24.79	
B.WHITEFIELD	19 WWUS	25.04	
ANDREW SAGE	19 WWUS	26.05	
100 YD. FREE			
B.WHITEFIELD	19 WWUS	56.79	
ANDREW SAGE	19 WWUS	58.57	
RYAN DEWEY	19 WWUS	1:02.92	
200 YD. FREE			
EDDIE SWITAJ	24 UNAT	1:50.52	
ANDREW SAGE	19 WWUS	2:18.25	
1650 YD. FREE			
EDDIE SWITAJ	24 UNAT	17:39.86	
BRIAN GOLDMAN	23 WWUS	20:10.24	
50 YD. BACK			
MARK FANNING	23 WWUS	29.06	
RYAN DEWEY	19 WWUS	33.71	
100 YD. BACK			
MARK FANNING	23 WWUS	1:01.98	
RYAN DEWEY	19 WWUS	1:10.79	
50 YD. BRST			
ANDREW SAGE	19 WWUS	37.35	
TOM GOSCIEWSKI	19 WWUS	43.60	
100 YD. BRST			
TOM GOSCIEWSKI	19 WWUS	1:39.31	
50 YD. FLY			
TOM GOSCIEWSKI	19 WWUS	39.71	
100 YD. FLY			
EDDIE SWITAJ	24 UNAT	54.88	
200 YD. FLY			
EDDIE SWITAJ	24 UNAT	2:08.02	
TOM GOSCIEWSKI	19 WWUS	3:30.74	
100 YD. I.M.			
B.WHITEFIELD	19 WWUS	1:09.57	
TOM GOSCIEWSKI	19 WWUS	1:32.04	

**MEN 25-29**

50 YD. FREE			
GEOFF HUNTINGTON	29 ORCA	23.84	
STEVE POLUCHA	27 HMST	24.02	
100 YD. FREE			
GEOFF HUNTINGTON	29 ORCA	51.91	
STEVE POLUCHA	27 HMST	52.10	
50 YD. BRST			
GEOFF HUNTINGTON	29 ORCA	30.50	
100 YD. BRST			
GEOFF HUNTINGTON	29 ORCA	1:08.34	
100 YD. FLY			
STEVE POLUCHA	27 HMST	1:00.18	
100 YD. I.M.			
GEOFF HUNTINGTON	29 ORCA	1:01.00	

**MEN 30-34**

50 YD. FREE			
DIMITRI PARAMONOV	30 HMST	24.54	
STATEN HANSEN	31 SAMM	25.90	
ASHLEY BROWN	31 ORCA	31.11	
100 YD. FREE			
DIMITRI PARAMONOV	30 HMST	55.36	
STATEN HANSEN	31 SAMM	56.09	
JASON STONE	33 ORCA	59.33	
ASHLEY BROWN	31 ORCA	1:15.42	
200 YD. FREE			
JASON STONE	33 ORCA	2:18.88	
1650 YD. FREE			
ASHLEY BROWN	31 ORCA	26:47.98	
100 YD. BACK			
JASON STONE	33 ORCA	1:21.59	
50 YD. BRST			
NICK KLEM	30 ORCA	35.54	
100 YD. BRST			
NICK KLEM	30 ORCA	1:18.27	
100 YD. FLY			
JASON STONE	33 ORCA	1:19.70	

**MEN 35-39**

50 YD. FREE			
ZAC MONTGOMERY	37 GAM	23.60	
DAN MARTIN	37 TVA	25.62	
MARK HANDEL	35 ORCA	30.88	
CHRIS CHIANG	37 TSUN	31.03	
DAVID LANDERS	36 ORCA	32.32	
100 YD. FREE			
ZAC MONTGOMERY	37 GAM	52.23	
KIRK NELSON	38 HMST	54.18	
DOUG JELEN	35 UNAT	54.34	
DAN MARTIN	37 TVA	56.07	
CHRIS CHIANG	37 TSUN	1:08.28	
200 YD. FREE			
KIRK NELSON	38 HMST	2:00.90	
DAN MARTIN	37 TVA	2:05.18	
GEORGE GONZALEZ	38 ORCA	2:19.84	
KEVIN WARNER	36 SAW	2:30.46	
CHRIS CHIANG	37 TSUN	2:37.54	
DAVID LANDERS	36 ORCA	2:40.37	
1650 YD. FREE			
GEORGE GONZALEZ	38 ORCA	22:31.56	
KEVIN WARNER	36 SAW	23:52.93	
MORIAKI KIDA	37 TSUN	25:04.84	
JASON PRODOEHL	37 TSUN	25:29.60	
STEPHEN LARDERI	36 ORCA	30:26.56	
50 YD. BACK			
MORIAKI KIDA	37 TSUN	36.41	
100 YD. BACK			
DOUG JELEN	35 UNAT	59.33	
TIM WELCH	39 UNAT	1:08.49	
MORIAKI KIDA	37 TSUN	1:24.81	
200 YD. BACK			
DOUG JELEN	35 UNAT	2:07.32	
TIM WELCH	39 UNAT	2:27.29	
MORIAKI KIDA	37 TSUN	3:05.73	
50 YD. BRST			
TOM SCHUTTE	39 GLAD	30.79	
JASON PRODOEHL	37 TSUN	49.25	
100 YD. BRST			
TOM SCHUTTE	39 GLAD	1:09.39	
JOE DENTON	37 ORCA	1:13.60	
200 YD. BRST			
TOM SCHUTTE	39 GLAD	2:29.57	
JOE DENTON	37 ORCA	2:44.82	
JASON PRODOEHL	37 TSUN	3:39.56	
50 YD. FLY			
GEORGE GONZALEZ	38 ORCA	31.53	
MARK HANDEL	35 ORCA	32.17	
JASON PRODOEHL	37 TSUN	37.94	
100 YD. FLY			
DOUG JELEN	35 UNAT	58.51	
KIRK NELSON	38 HMST	1:02.32	
TIM WELCH	39 UNAT	1:07.98	
STEPHEN LARDERI	36 ORCA	1:26.02	
200 YD. FLY			
JASON PRODOEHL	37 TSUN	3:20.32	

STEPHEN LARDERI	36 ORCA	3:29.03	
100 YD. I.M.			
TOM SCHUTTE	39 GLAD	1:04.13	
DAN MARTIN	37 TVA	1:05.82	
200 YD. I.M.			
DOUG JELEN	35 UNAT	2:11.83	
KIRK NELSON	38 HMST	2:16.48	
JOE DENTON	37 ORCA	2:25.09	
KEVIN WARNER	36 SAW	2:55.81	
MORIAKI KIDA	37 TSUN	3:04.89	

**MEN 40-44**

50 YD. FREE			
PATRICK PRESTON	42 UNAT	26.60	
VLADIMIR SCHMIDT	40 HMST	27.22	
ED HAMILTON	43 UNAT	27.64	
MARK THOMAS	43 GHY	27.92	
PHIL BRENNAN	43 ORCA	29.73	
SPENCER COTTON	43 ORCA	31.77	
DAN JAS	43 UNAT	32.79	
100 YD. FREE			
IAN WRIGHTSON	44 UNAT	58.08	
TODD NELSON	42 UNAT	58.14	
RICK FERRERO	44 PSC	59.25	
VLADIMIR SCHMIDT	40 HMST	1:00.01	
MARK THOMAS	43 GHY	1:01.73	
ED HAMILTON	43 UNAT	1:03.20	
PATRICK PRESTON	42 UNAT	1:06.14	
LUIS ALONSO	40 ORCA	1:06.52	
SPENCER COTTON	43 ORCA	1:12.81	
DAN JAS	43 UNAT	1:16.72	
200 YD. FREE			
RICHARD SEIBERT	44 OAC	1:57.26	
VLADIMIR SCHMIDT	40 HMST	2:15.31	
LUIS ALONSO	40 ORCA	2:26.48	
PHIL BRENNAN	43 ORCA	2:34.99	
1650 YD. FREE			
RICK FERRERO	44 PSC	20:08.47	
LUIS ALONSO	40 ORCA	21:58.86	
50 YD. BACK			
LUIS ALONSO	40 ORCA	36.50	
100 YD. BACK			
ED HAMILTON	43 UNAT	1:14.59	
LUIS ALONSO	40 ORCA	1:20.48	
50 YD. BRST			
TODD NELSON	42 UNAT	36.24	
PATRICK PRESTON	42 UNAT	36.42	
100 YD. BRST			
TODD NELSON	42 UNAT	1:21.15	
200 YD. BRST			
IAN WRIGHTSON	44 UNAT	2:25.77	
PHIL BRENNAN	43 ORCA	3:05.00	
50 YD. FLY			
VLADIMIR SCHMIDT	40 HMST	30.15	
100 YD. I.M.			
PHIL BRENNAN	43 ORCA	1:21.42	
200 YD. I.M.			
RICHARD SEIBERT	44 OAC	2:13.41	
TODD NELSON	42 UNAT	2:25.09	
RICK FERRERO	44 PSC	2:34.21	
PHIL BRENNAN	43 ORCA	2:51.58	

**MEN 45-49**

100 YD. FREE			
ERIC VALLEY	47 UNAT	54.71	
200 YD. FREE			
MICHAEL HOCHÉ	48 UNAT	2:06.86	
1650 YD. FREE			
PAUL IKEDA	49 ORCA	25:36.15	
100 YD. BRST			
ROD SONODA	49 ORCA	1:25.91	
50 YD. FLY			
PAUL GLEZEN	48 UNAT	27.53	
100 YD. FLY			
MICHAEL HOCHÉ	48 UNAT	1:05.78	
200 YD. FLY			
ERIC VALLEY	47 UNAT	2:26.10	
100 YD. I.M.			
PAUL GLEZEN	48 UNAT	1:04.48	

ROD SONODA 49 ORCA 1:23.09  
 200 YD. I.M.  
 MICHAEL HOCHÉ 48 UNAT 2:25.44  
 400 YD. I.M.  
 ERIC VALLEY 47 UNAT 5:02.30  
 PAUL GLEZEN 48 UNAT 5:04.13

**MEN 50-54**

100 YD. FREE  
 JAY ORR 50 UNAT 1:00.90  
 1650 YD. FREE  
 PETER BERNER-HAYS 52 PSC 22:28.52  
 50 YD. BACK  
 JAY ORR 50 UNAT 34.89  
 100 YD. BACK  
 JAY ORR 50 UNAT 1:16.13  
 50 YD. BRST  
 RICHARD ADCOCK 53 GHY 36.90  
 100 YD. BRST  
 RICHARD ADCOCK 53 GHY 1:22.68  
 100 YD. I.M.  
 RICHARD ADCOCK 53 GHY 1:16.19

**MEN 55-59**

50 YD. FREE  
 JACK HUBBARD 57 TSUN 33.29  
 BILL MALCOLM 55 UNAT 34.94  
 100 YD. FREE  
 JACK HUBBARD 57 TSUN 1:11.88  
 BILL MALCOLM 55 UNAT 1:20.05  
 200 YD. FREE  
 WILLIAM PENN 57 UNAT 2:12.88  
 JACK HUBBARD 57 TSUN 2:39.68  
 BILL MALCOLM 55 UNAT 2:57.69  
 1650 YD. FREE  
 WILLIAM PENN 57 UNAT 19:59.31  
 JACK HUBBARD 57 TSUN 24:59.05  
 50 YD. BRST  
 BILL MALCOLM 55 UNAT 50.91  
 50 YD. FLY  
 JACK HUBBARD 57 TSUN 39.31  
 100 YD. I.M.  
 WILLIAM PENN 57 UNAT 1:14.64  
 200 YD. I.M.  
 WILLIAM PENN 57 UNAT 2:41.32  
 400 YD. I.M.  
 WILLIAM PENN 57 UNAT 5:40.59

**MEN 60-64**

50 YD. FREE  
 JOHN WILLIAMS 61 FWM 29.29  
 STEVEN PETERSON 62 OOPS 30.57  
 ROGER BENNEY 61 SWIM 32.25  
 JERRY TAUSCHER 63 UNAT 33.32  
 JEFF JACOBSEN 64 SWIM 34.22  
 100 YD. FREE  
 FRANK WARNER 60 OOPS 59.51  
 JOHN WILLIAMS 61 FWM 1:06.83  
 ROGER BENNEY 61 SWIM 1:16.35  
 JEFF JACOBSEN 64 SWIM 1:16.71  
 200 YD. FREE  
 JEFF JACOBSEN 64 SWIM 2:50.50  
 50 YD. BACK  
 THOMAS WALKER 62 CAC 44.55  
 ROGER BENNEY 61 SWIM 44.79  
 JERRY TAUSCHER 63 UNAT 45.09  
 100 YD. BACK  
 FRANK WARNER 60 OOPS 1:11.91  
 THOMAS WALKER 62 CAC 1:36.33  
 200 YD. BACK  
 THOMAS WALKER 62 CAC 3:28.42  
 50 YD. BRST  
 STEVEN PETERSON 62 OOPS 34.45  
 100 YD. FLY  
 STEVEN PETERSON 62 OOPS 1:21.41  
 100 YD. I.M.  
 STEVEN PETERSON 62 OOPS 1:15.18

THOMAS WALKER 62 CAC 1:39.18  
 200 YD. I.M.  
 JEFF JACOBSEN 64 SWIM 3:21.90  
 400 YD. I.M.  
 THOMAS WALKER 62 CAC 7:33.06

**MEN 65-69**

50 YD. FREE  
 RON JONES 68 GHY 30.54  
 DENNIS SAWYER 65 BAM 32.56  
 PAUL FREEMAN 65 UNAT 36.97  
 DAVID SUMMERS 69 UNAT 46.27  
 MIKE DORMANN 68 UNAT 1:06.02  
 100 YD. FREE  
 RON JONES 68 GHY 1:11.69  
 PAUL FREEMAN 65 UNAT 1:24.94  
 DAVID SUMMERS 69 UNAT 1:42.92  
 50 YD. BACK  
 MIKE DORMANN 68 UNAT 1:12.92  
 50 YD. BRST  
 DENNIS SAWYER 65 BAM 39.22  
 DAVID SUMMERS 69 UNAT 48.98  
 PAUL FREEMAN 65 UNAT 50.05  
 100 YD. BRST  
 DENNIS SAWYER 65 BAM 1:28.95  
 DAVID SUMMERS 69 UNAT 1:54.32  
 200 YD. BRST  
 PAUL FREEMAN 65 UNAT 3:46.40  
 100 YD. I.M.  
 DENNIS SAWYER 65 BAM 1:30.44

**MEN 70-74**

50 YD. BRST  
 DOMINIQUE TRUONG 70 UNAT 43.73  
 100 YD. BRST  
 DOMINIQUE TRUONG 70 UNAT 1:38.42

**MEN 80-84**

50 YD. FREE  
 GEORGE ROUDEBUSH 83 BAM 54.03  
 50 YD. BACK  
 GEORGE ROUDEBUSH 83 BAM 1:00.94  
 200 YD. BACK  
 GEORGE ROUDEBUSH 83 BAM 4:55.47

**RELAYS-WOMEN 200 YD. FREE**

18 +  
 MADELINE BANASHAK 18 PNWW 1:57.50  
 TINNEL HILLIS 20  
 MARY JANE MANN 22  
 SHONA PIERCE 23  
 EMILY PURBAUGH 23 PNGH 2:07.76  
 STACIA PETER 38  
 JENNIFER MCMANUS 40  
 HEATHER BONAR 19

**RELAYS-WOMEN 200 YD. MEDLEY**

18 +  
 MICHELLE BEHRENS 36 PNGH 2:24.55  
 EMILY PURBAUGH 23  
 JENNIFER MCMANUS 40  
 HEATHER BONAR 19

**RELAYS-MEN 200 YD. FREE**

25 +  
 JOE DENTON 37 PNOR 1:45.39  
 NICK KLEM 30  
 GEORGE GONZALEZ 38  
 GEOFF HUNTINGTON 29  
 LUIS ALONSO 40 PNOR 1:59.97  
 SPENCER COTTON 43  
 PHIL BRENNAN 43  
 JASON STONE 33

**RELAYS-MEN 200 YD. MED-LEY**

25 +  
 PHIL BRENNAN 43 PNOR 2:23.38  
 GEOFF HUNTINGTON 29  
 MARK HANDEL 35  
 JASON STONE 33

**RELAYS-MIXED 200 YD. FREE**

25 +  
 JEFF JACOBSEN 64 PNSW 2:10.63  
 EMILY PRENDERGAST 26  
 KATHERINE ROGERS 41  
 ROGER BENNEY 61

35 +  
 SUSAN TOWNSEND 42 PNOA 2:00.17  
 RICHARD SEIBERT 44  
 ED HAMILTON 43  
 J.BREITBARTH 45

MARK THOMAS 43 PNGH 2:08.09  
 MICHELLE BEHRENS 36  
 RON JONES 68  
 STACIA PETER 38

45 +  
 BERNICE PHILLIPS 81 PNBA 3:20.07  
 DENNIS SAWYER 65  
 GEORGE ROUDEBUSH 83  
 H.ADKINS-NARTE 54

**RELAYS-MIXED 200 YD. MED-LEY**

18 +  
 MARK FANNING 23 PNWW 2:00.49  
 SHONA PIERCE 23  
 CAITLIN SWITAJ 19  
 BRIAN GOLDMAN 23

B.WHITEFIELD 19 PNWW 2:23.19  
 TOM GOSCIEWSKI 19  
 TINNEL HILLIS 20  
 MARY JANE MANN 22

RON JONES 68 PNGH 2:24.06  
 RICHARD ADCOCK 53  
 HEATHER BONAR 19  
 EMILY PURBAUGH 23

25 +  
 TAMARA DOTSON 32 PNOA 2:20.36  
 ED HAMILTON 43  
 RICHARD SEIBERT 44  
 J.BREITBARTH 45

EMILY PRENDERGAST 26 PNSW 2:34.91  
 JEFF JACOBSEN 64  
 KRISTA LOERCHER 38  
 ROGER BENNEY 61





# Briggs' Beat the Clock III

## Short Course Yards

### Briggs YMCA

#### Olympia, Wash.

#### March 28, 2009



PNA-BRIGGS  
03-28-09  
SHORT COURSE YARDS  
P = P.N.A. RECORD  
Z = NORTHWEST ZONE RECORD  
N = NATIONAL RECORD

#### WOMEN 18-24

50 YD. FREE		
HEATHER BONAR	19 UNAT	30.18
EMILY PURBAUGH	23 GHY	31.50
CARISSA SUNDSMO	24 CWST	31.95
100 YD. FREE		
CAROLINE WHETHAM	20 WSYD	1:19.63
200 YD. FREE		
CARISSA SUNDSMO	24 CWST	2:32.96
CAROLINE WHETHAM	20 WSYD	2:47.37
50 YD. BACK		
HEATHER BONAR	19 UNAT	35.57
50 YD. BRST		
EMILY PURBAUGH	23 GHY	40.52
100 YD. BRST		
EMILY PURBAUGH	23 GHY	1:29.04
CAROLINE WHETHAM	20 WSYD	1:38.65
50 YD. FLY		
CARISSA SUNDSMO	24 CWST	38.92
CAROLINE WHETHAM	20 WSYD	41.83
100 YD. I.M.		
CARISSA SUNDSMO	24 CWST	1:23.21
400 YD. I.M.		
HEATHER BONAR	19 UNAT	5:55.27

#### WOMEN 25-29

200 YD. FREE		
ABBY OLSON	29 CAC	2:15.23
1650 YD. FREE		
JACQUELYN FOLEY	27 CAC	19:03.09
200 YD. BACK		
JACQUELYN FOLEY	27 CAC	2:21.95
50 YD. BRST		
ABBY OLSON	29 CAC	39.62
50 YD. FLY		
ABBY OLSON	29 CAC	30.31
100 YD. I.M.		
JACQUELYN FOLEY	27 CAC	1:11.56
200 YD. I.M.		
ABBY OLSON	29 CAC	2:32.02

#### WOMEN 30-34

50 YD. BACK		
KAMI SCHWEIGER	30 WSYD	37.49

#### WOMEN 35-39

50 YD. FREE		
JILL GIFFORD	38 UNAT	29.21
TAMARA CULLEN	38 WSYD	32.53
100 YD. FREE		
KAREN BOEHMER	39 UNAT	1:14.22
TAMARA CULLEN	38 WSYD	1:14.64

50 YD. BACK		
MEGAN OESTING	35 UNAT	31.50
KAREN BOEHMER	39 UNAT	38.28
50 YD. BRST		
MEGAN OESTING	35 UNAT	35.15
50 YD. FLY		
MEGAN OESTING	35 UNAT	28.99
KAREN BOEHMER	39 UNAT	37.45
100 YD. I.M.		
MEGAN OESTING	35 UNAT	1:04.86
KAREN BOEHMER	39 UNAT	1:23.53
TAMARA CULLEN	38 WSYD	1:26.14

#### WOMEN 40-44

50 YD. BRST		
HALEIGH WERNER	40 UNAT	35.73
50 YD. FLY		
THERESA BEAUCHENE	40 UNAT	36.06
100 YD. FLY		
HALEIGH WERNER	40 UNAT	1:08.52
400 YD. I.M.		
HALEIGH WERNER	40 UNAT	5:11.97

#### WOMEN 45-49

50 YD. FREE		
LISA DAHL	47 UNAT	25.58
JILL MCJUNKIN	45 CAC	33.91
100 YD. FREE		
KRIS SPEIR	45 OST	1:08.43
FRAN EIDE	49 BYMS	1:11.63
LISA CHRISTEN	49 OAC	1:31.78
1650 YD. FREE		
KRIS SPEIR	45 OST	24:16.92
LISA CHRISTEN	49 OAC	28:54.00
50 YD. BACK		
LISA DAHL	47 UNAT	31.14
100 YD. BACK		
FRAN EIDE	49 BYMS	1:24.48
50 YD. BRST		
LISA DAHL	47 UNAT	34.54
KRIS SPEIR	45 OST	38.57
100 YD. BRST		
KRIS SPEIR	45 OST	1:25.72
50 YD. FLY		
LISA DAHL	47 UNAT	27.99
JILL MCJUNKIN	45 CAC	39.85
100 YD. I.M.		
KRIS SPEIR	45 OST	1:17.55
FRAN EIDE	49 BYMS	1:23.54
JILL MCJUNKIN	45 CAC	1:29.20
400 YD. I.M.		
MAUREEN DEVLIN	46 WSYD	7:13.96

#### WOMEN 50-54

50 YD. FREE		
CORALIE GUSTAFSON	51 UNAT	34.25
K.ELLWANGER	50 BYMS	36.23
COLEEN PARNELL	51 BYMS	45.46
100 YD. FREE		
CORALIE GUSTAFSON	51 UNAT	1:16.01
200 YD. FREE		

CORALIE GUSTAFSON		
51 UNAT	2:51.39	
KATHY MORRIS		
53 BYMS	3:35.43	
50 YD. BACK		
COLEEN PARNELL	51 BYMS	59.58
100 YD. BACK		
KATHY MORRIS	53 BYMS	:02.71
50 YD. BRST		
K.ELLWANGER	50 BYMS	45.27
H.ADKINS-NARTE	54 BAM	53.07
100 YD. BRST		
CORALIE GUSTAFSON	51 UNAT	1:34.65
H.ADKINS-NARTE	54 BAM	1:55.55
50 YD. FLY		
KATHY MORRIS	53 BYMS	50.01
H.ADKINS-NARTE	54 BAM	58.26
100 YD. I.M.		
CORALIE GUSTAFSON	51 UNAT	1:27.63
K.ELLWANGER	50 BYMS	1:31.17
H.ADKINS-NARTE	54 BAM	1:57.52

#### WOMEN 55-59

50 YD. FREE		
JEAN BLACKBURN	57 FWM	33.53
100 YD. FREE		
JANE MOORE	58 UNAT	1:38.08
1650 YD. FREE		
JANE MOORE	58 UNAT	31:10.63
100 YD. BACK		
ELIZABETH KASSEN	57 BYMS	1:27.24
JANE MOORE	58 UNAT	1:57.54
100 YD. BRST		
ELIZABETH KASSEN	57 BYMS	1:33.55
50 YD. FLY		
JEAN BLACKBURN	57 FWM	37.01
100 YD. FLY		
ELIZABETH KASSEN	57 BYMS	1:28.81
100 YD. I.M.		
JEAN BLACKBURN	57 FWM	1:25.54
JANE MOORE	58 UNAT	1:56.48

#### WOMEN 60-64

50 YD. FREE		
SALLY DILLON	62 NWM	33.15



Most senior swimmer at the meet, Hal Young, at the 100 Free finish

100 YD. FREE		
SALLY DILLON	62 NWM	1:10.77
JOAN DELGADO	64 UNAT	1:23.40
200 YD. FREE		
SALLY DILLON	62 NWM	2:37.51
JOAN DELGADO	64 UNAT	3:04.30
100 YD. BACK		
JOAN DELGADO	64 UNAT	1:45.04
100 YD. FLY		
SARAH WELCH	62 UNAT	1:20.85
200 YD. FLY		
SARAH WELCH	62 UNAT	3:01.40P
100 YD. I.M.		
SARAH WELCH	62 UNAT	1:21.12
400 YD. I.M.		
JOAN DELGADO	64 UNAT	7:36.21

400 YD. I.M.		
EDDIE SWITAJ	24 UNAT	4:32.10

**MEN 25-29**

50 YD. FREE		
ALEX DUNN	29 YTSM	26.69
100 YD. FREE		
ALEX DUNN	29 YTSM	59.18
200 YD. FREE		
JONNY BARTSCH	26 BYMS	1:52.03
ALEX DUNN	29 YTSM	2:06.81
200 YD. BACK		
JONNY BARTSCH	26 BYMS	2:09.31
50 YD. BRST		
LUCAS WILLS	29 UNAT	33.78
100 YD. BRST		
ALEX DUNN	29 YTSM	1:16.78
LUCAS WILLS	29 UNAT	1:16.92
100 YD. I.M.		
JONNY BARTSCH	26 BYMS	58.18
ALEX DUNN	29 YTSM	1:08.13
LUCAS WILLS	29 UNAT	1:10.60
200 YD. I.M.		
JONNY BARTSCH	26 BYMS	2:05.97

**MEN 30-34**

50 YD. FREE		
DMITRI PARAMONOV	30 HMST	24.50
KYLE ODEGARD	34 YTSM	27.83
CHRIS DURKIN	34 TVA	32.17
100 YD. FREE		
DMITRI PARAMONOV	30 HMST	54.91
CHRIS DURKIN	34 TVA	1:12.86
200 YD. FREE		
STEVEN ROSARIA	34 PRO	2:06.41
CHRIS DURKIN	34 TVA	2:48.46
200 YD. BACK		
STEVEN ROSARIA	34 PRO	2:37.46
100 YD. BRST		
CHRIS DURKIN	34 TVA	1:34.03
200 YD. BRST		
STEVEN ROSARIA	34 PRO	2:52.64
CHRIS DURKIN	34 TVA	3:17.08
50 YD. FLY		
KYLE ODEGARD	34 YTSM	29.81
100 YD. FLY		
KYLE ODEGARD	34 YTSM	1:12.14
100 YD. I.M.		
STEVEN ROSARIA	34 PRO	1:07.86
KYLE ODEGARD	34 YTSM	1:12.63
200 YD. I.M.		
STEVEN ROSARIA	34 PRO	2:36.64

**MEN 35-39**

50 YD. FREE		
DAN MARTIN	37 TVA	26.56
100 YD. FREE		
DAN MARTIN	37 TVA	56.63
200 YD. FREE		
DAN MARTIN	37 TVA	2:03.75
1650 YD. FREE		
DAN MARTIN	37 TVA	20:17.52
100 YD. BRST		
BRIAN ALLEN	37 BYMS	1:09.72
100 YD. FLY		
BRIAN ALLEN	37 BYMS	58.47
100 YD. I.M.		
DAN MARTIN	37 TVA	1:06.79
200 YD. I.M.		
BRIAN ALLEN	37 BYMS	2:13.00

**MEN 40-44**

50 YD. FREE		
VLADIMIR SCHMIDT	40 HMST	25.95
DANIEL JAS	43 GAM	32.94
100 YD. FREE		
VLADIMIR SCHMIDT	40 HMST	56.72
DANIEL JAS	43 GAM	1:17.40

200 YD. FREE		
SCOTT ROBERTS	41 UNAT	1:59.30
VLADIMIR SCHMIDT	40 HMST	2:09.86
1650 YD. FREE		
DAVID KAYS	41 PRO	17:40.36
RICHARD SEIBERT	44 OAC	19:16.31
PETER COLLINS	43 MYN	23:30.66
50 YD. BACK		
SCOTT ROBERTS	41 UNAT	29.30
200 YD. BACK		
RICHARD SEIBERT	44 OAC	2:21.37
100 YD. FLY		
RICHARD SEIBERT	44 OAC	1:00.02
100 YD. I.M.		
SCOTT ROBERTS	41 UNAT	1:03.72

**MEN 45-49**

50 YD. FREE		
TIM STOLMEIER	46 GAM	26.13
WILLY GEVERS	49 UNAT	27.14
100 YD. FREE		
TIM STOLMEIER	46 GAM	58.03
200 YD. FREE		
DAN SMITH	46 FWM	2:03.82
100 YD. BACK		
CARL HAYNIE	48 CAC	1:01.34
DAN SMITH	46 FWM	1:15.13
200 YD. BACK		
CARL HAYNIE	48 CAC	2:22.58
50 YD. BRST		
CARL HAYNIE	48 CAC	32.45
WILLY GEVERS	49 UNAT	34.27
TIM STOLMEIER	46 GAM	37.68
100 YD. BRST		
DAN SMITH	46 FWM	1:13.51
WILLY GEVERS	49 UNAT	1:15.50
CARL HAYNIE	48 CAC	1:16.66
100 YD. I.M.		
CARL HAYNIE	48 CAC	1:02.93
200 YD. I.M.		
HOWARD LLOYD	48 BYMS	2:43.52
400 YD. I.M.		
HOWARD LLOYD	48 BYMS	5:51.83

**MEN 50-54**

50 YD. FREE		
DAN BAILEY	51 WEST	26.81
JOHN NUTTMAN	54 OAC	27.67
JAY STEMMLER	52 BAM	28.55
TYLER DALTON	54 BMSC	30.17
100 YD. FREE		
JAMES ORR	50 GAM	59.53
DAVID AMPERSE	54 YTSM	1:02.30
JAY STEMMLER	52 BAM	1:04.46
TYLER DALTON	54 BMSC	1:06.25
200 YD. FREE		
JAY STEMMLER	52 BAM	2:22.92
TYLER DALTON	54 BMSC	2:27.37
1650 YD. FREE		
RANDY ROGERS	50 BAM	20:03.31
TOM LORANGER	51 UNAT	25:31.70
50 YD. BACK		
JAMES ORR	50 GAM	33.09
JOHN NUTTMAN	54 OAC	36.96
100 YD. BACK		
JAMES ORR	50 GAM	1:11.30
50 YD. BRST		
RICHARD ADCOCK	53 GHY	35.68
JOHN NUTTMAN	54 OAC	38.71
100 YD. BRST		
RICHARD ADCOCK	53 GHY	1:19.99
200 YD. BRST		
DAVID AMPERSE	54 YTSM	3:01.81
50 YD. FLY		
JOHN NUTTMAN	54 OAC	33.33
JAY STEMMLER	52 BAM	33.95
TYLER DALTON	54 BMSC	37.29
100 YD. FLY		
RANDY ROGERS	50 BAM	1:05.65
DAVID AMPERSE	54 YTSM	1:10.91



Lowell Johnson and Rondi White, a past PNA president, brought Rondi's dad Hal Young to the meet.

**WOMEN 65-69**

100 YD. FREE		
BARBARA YOUNG	67 BYMS	2:23.11
50 YD. BACK		
BARBARA YOUNG	67 BYMS	1:01.13
50 YD. BRST		
BARBARA YOUNG	67 BYMS	1:10.80

**WOMEN 70-74**

50 YD. FREE		
PEG CLAUTIER	74 BYMS	43.00
100 YD. FREE		
PEG CLAUTIER	74 BYMS	1:38.51
200 YD. FREE		
PEG CLAUTIER	74 BYMS	3:39.38

**WOMEN 75-79**

50 YD. FREE		
GLORIA TOLARO	78 BYMS	48.50
100 YD. FREE		
GLORIA TOLARO	78 BYMS	1:50.67
200 YD. FREE		
GLORIA TOLARO	78 BYMS	4:11.82
50 YD. BRST		
GLORIA TOLARO	78 BYMS	59.33

**WOMEN 80-84**

50 YD. BACK		
BERNICE PHILLIPS	81 BAM	54.61
100 YD. BACK		
BERNICE PHILLIPS	81 BAM	2:06.92
200 YD. BACK		
BERNICE PHILLIPS	81 BAM	4:47.05

**MEN 18-24**

100 YD. FLY		
EDDIE SWITAJ	24 UNAT	54.37
200 YD. FLY		
EDDIE SWITAJ	24 UNAT	1:57.20Z



100 YD. I.M.		
RICHARD ADCOCK	53 GHY	1:14.27
JOHN NUTTMAN	54 OAC	1:16.46
200 YD. I.M.		
DAVID AMPERSE	54 YTSM	2:43.05

**MEN 55-59**

50 YD. FREE		
MARK JOBSON	59 TVA	30.26
100 YD. FREE		
JOHN DEWIT	56 UNAT	1:01.66
MARK JOBSON	59 TVA	1:08.60
200 YD. FREE		
WILLIAM PENN	57 TVA	2:14.64
JOHN DEWIT	56 UNAT	2:19.99
MARK JOBSON	59 TVA	2:39.18



From left: Sharon Gard, Lisa Bartley and Chris Toomley run the computer systems.

1650 YD. FREE		
WILLIAM PENN	57 TVA	19:50.21
JOHN DEWIT	56 UNAT	21:36.05
100 YD. I.M.		
WILLIAM PENN	57 TVA	1:16.77
MARK JOBSON	59 TVA	1:27.81
200 YD. I.M.		
WILLIAM PENN	57 TVA	2:44.42
400 YD. I.M.		
WILLIAM PENN	57 TVA	5:37.26

**MEN 60-64**

50 YD. FREE		
JOHN WILLIAMS	61 WAC	29.25
JERRY TAUSCHER	63 UNAT	33.69
100 YD. FREE		
JOHN WILLIAMS	61 WAC	1:07.59
JEFF JACOBSEN	64 SWIM	1:14.78
200 YD. FREE		
JEFF JACOBSEN	64 SWIM	2:47.07
50 YD. BACK		
THOMAS WALKER	62 CAC	44.32
100 YD. BACK		
THOMAS WALKER	62 CAC	1:36.40
200 YD. BACK		
THOMAS WALKER	62 CAC	3:23.73
50 YD. BRST		
STEVEN PETERSON	62 OOPS	34.66
JERRY TAUSCHER	63 UNAT	44.82
100 YD. BRST		
STEVEN PETERSON	62 OOPS	1:17.72
200 YD. BRST		
STEVEN PETERSON	62 OOPS	2:48.57
100 YD. I.M.		
JERRY TAUSCHER	63 UNAT	1:30.00
200 YD. I.M.		
STEVEN PETERSON	62 OOPS	2:43.70
400 YD. I.M.		
JEFF JACOBSEN	64 SWIM	7:09.11
THOMAS WALKER	62 CAC	7:26.45

**MEN 65-69**

50 YD. FREE		
ROBERT PILGER	65 GHY	26.91P
RON JONES	68 GHY	30.47
DAVID SUMMERS	69 UNAT	46.16
100 YD. FREE		
ROBERT PILGER	65 GHY	1:02.58P
RON JONES	68 GHY	1:09.46
BOB DAVIS	67 WAC	1:18.57
DAVID SUMMERS	69 UNAT	1:49.78
200 YD. FREE		
ROBERT PILGER	65 GHY	2:36.17
RON JONES	68 GHY	2:48.10
BOB DAVIS	67 WAC	2:51.76
50 YD. BRST		
DAVID SUMMERS	69 UNAT	51.61
100 YD. BRST		
DAVID SUMMERS	69 UNAT	1:57.31
100 YD. I.M.		
BOB DAVIS	67 WAC	1:40.66

**MEN 70-74**

50 YD. BRST		
DON REHFELDT	74 UNAT	47.31
100 YD. BRST		
DON REHFELDT	74 UNAT	1:48.15
100 YD. I.M.		
DON REHFELDT	74 UNAT	1:43.28
200 YD. I.M.		
DON REHFELDT	74 UNAT	3:52.25

**MEN 80-84**

50 YD. FREE		
GEORGE ROUDEBUSH	83 BAM	53.77
50 YD. BACK		
GEORGE ROUDEBUSH	83 BAM	1:01.05
100 YD. BACK		
GEORGE ROUDEBUSH	83 BAM	2:17.20
200 YD. BACK		
GEORGE ROUDEBUSH	83 BAM	4:57.69

**MEN 85-89**

50 YD. FREE		
HAL YOUNG	87 TACY	1:18.06
100 YD. FREE		
HAL YOUNG	87 TACY	3:05.39
200 YD. FREE		
HAL YOUNG	87 TACY	6:11.69

**RELAYS-WOMEN 200 YD. FREE**

18 +		
KAMI SCHWEIGER	30 PNWS	2:10.95
MAUREEN DEVLIN	46	
TAMARA CULLEN	38	
CAROLINE WHETHAM	20	
35 +		
JILL GIFFORD	38 UNAT	1:57.03
THERESA BEAUCHENE	40	
MARY TEPPNER	40	
MEGAN OESTING	35	
45 +		
K.ELLWANGER	50 PNBY	2:32.97
COLEEN PARNELL	51	
KATHY MORRIS	53	
ELIZABETH KASSEN	57	

**RELAYS-WOMEN 200 YD. MEDLEY**

35 +		
MARY TEPPNER	40 UNAT	2:18.49
THERESA BEAUCHENE	40	
JILL GIFFORD	38	
MEGAN OESTING	35	
45 +		
FRAN EIDE	49 PNBY	2:46.66
K.ELLWANGER	50	
ELIZABETH KASSEN	57	
COLEEN PARNELL	51	

**RELAYS-MEN 200 YD. MEDLEY**

35 +		
JAMES ORR	50 PNA	2:08.11
RICHARD SEIBERT	44	
TIM STOLMEIER	46	
DANIEL JAS	43	

**RELAYS-MIXED 200 YD. FREE**

25 +		
ABBY OLSON	29 PNCA	2:06.25
THOMAS WALKER	62	
JILL MCJUNKIN	45	
CARL HAYNIE	48	
COLEEN PARNELL	51 PNBY	2:16.25
HOWARD LLOYD	48	
K.ELLWANGER	50	
JONNY BARTSCH	26	

**RELAYS-MIXED 200 YD. MEDLEY**

18 +		
RON JONES	68 PNA	2:18.16
RICHARD ADCOCK	53	
HEATHER BONAR	19	
EMILY PURBAUGH	23	
25 +		
JACQUELYN FOLEY	27 PNCA	2:14.09
CARL HAYNIE	48	
ABBY OLSON	29	



Meet officials Adriana Carmichael, Laurie Shannon and Bob Campbell





# One Hour National Championship Postal Swim: PNA Results 2009

Summary: 76 participants from PNA.  
Top ten in each age group receive awards. 14 of 22 relays medaled (2 relays placing in the top three)

Name	Place	Age Group	Distance
<b>PNA WOMEN</b>			
Stephanie Miller	4	25-29	4830
Bethany Burrow	55	25-29	3790
Laura Reed	64	30-34	3570
Marion Dorer	47	35-39	3975
Kristi Eager	64	35-39	3715
Shannon Singer	76	35-39	3630
Mary Henneberger	118	35-39	3160
Renee Quistorf	36	40-44	4170
Katherine Rogers	64	40-44	3810
Heidi Hutchinson	119	40-44	3350
Amy Jensen	160	40-44	2845
Becky Klieman	55	45-49	4095
Kris Speir	73	45-49	3915
Francine Eide	84	45-49	3815
Adair Dingle	90	45-49	3785
Lisa Christen	163	45-49	3250
Melia Munro	199	45-49	3000
Melanie Tack	206	45-49	2935
Terrie Peterson	207	45-49	2925
Anne Healey	56	50-54	3705
Carolyn Davidson	71	50-54	3555
Coralie Gustafson	71	50-54	3555
Julie Buktenica	117	50-54	3030
Sandi Speedy	138	50-54	2695
Lisa Gerardi	143	50-54	2635
Connie Williams	169	50-54	1965
Elizabeth Rosane	27	55-59	3605
Jane Moore	71	55-59	2885
Susan Botts	95	55-59	2475
Barbara Zimmerman	96	55-59	2415
Sandra Smith	98	55-59	2290
Sally Dillon	2	60-64	4005
Joan Delgado	21	60-64	3240
Carter Case	41	60-64	2650
Glena Kelso	57	60-64	2165
Janet Kavadas	7	75-79	2435
Bernice Phillips	6	80-84	2190

Name	Place	Age Group	Distance
<b>PNA MEN</b>			
Hamber Pablo	26	18-24	3455
Chris Tremonte	4	25-29	5250
Jonathan Wagher	35	30-34	4065
Clint Gayle	62	30-34	2860
Jaime Comstock	35	35-39	4530
Tom Schulz	56	35-39	4105
Shane Anthony	91	35-39	3525
David Kays	5	40-44	5365
Richard Seibert	41	40-44	4600
Todd Nelson	82	40-44	4050
Peter Collins	99	40-44	3925
Edward Hamilton	102	40-44	3900
Michael Garceau	122	40-44	3685
Don MacLane	57	45-49	4385
James Kohnke	114	45-49	4000
Marc Lacrampe	138	45-49	3740
Andrew Cline	156	45-49	3500
Thomas Grandine	10	50-54	4810
Bill Fenner	15	50-54	4750
Lars Durban	30	50-54	4495
Jim Gross	50	50-54	4295
Ron Rhinehart	61	50-54	4200
John Vranesh	76	50-54	4100
Hugh Moore	92	50-54	4010
Alan Bell	3	55-59	5090
John Dewit	29	55-59	4345
Howard Jess	70	55-59	3890
Ron Hansen	97	55-59	3590
Dave Mattens	153	55-59	2840
James McCleery	4	60-64	4910
Steven Peterson	22	60-64	4060
Greg Collins	40	60-64	3770
Craig Carlson	46	60-64	3740
Jeff Jacobsen	57	60-64	3590
Roger Benney	76	60-64	3225
John Yaeger	92	60-64	3065
Tom Robertson	23	65-69	3565
Don Ellingson	15	75-79	2300
Harvey Prosser	2	80-84	3165

Relay results on page 18.

Congratulations to every PNA swimmer who participated in the 2009 One Hour National Championship Postal Swim.



Counters doing their thing for NWM and SWIM swimmers



## Steve LaHaie Receives 2009 Dawn Musselman Inspirational Swimmer Award



From left: Dawn Musselman Inspirational Swimmer Award recipient Steve LaHaie and PNA President Steve Peterson

**P**NA has presented this Inspirational Award annually since 1986 in memory of our “ultimate Masters swimmer,” Dawn Musselman (1913–1986). Dawn was a long-time PNA member. Not only was she a gifted competitor (still holding 7 SCY, 10 LCM, and 4 SCM records from 1976–1985 for ages 65 to 74!), she inspired and encouraged others to excel, and continued to do so until cancer took her life.

PNA President Steve Peterson presented our twenty-fourth Musselman award honoree a personal plaque, the perpetual trophy and this statement at the PNA Championships meet, April 11, 2009.

### Text of award

Pacific Northwest Association Local Masters Swimming Committee proudly presents the 2009 Dawn Musselman Inspirational Swimmer Award to Steve LaHaie.

Steve, you have inspired many swimmers in our community to get involved in our sport. You unconditionally promote Masters swimming, serving as a role model for swimmers of all levels. You volunteer as coach of the boys high school swim team, the girls water polo team and as assistant coach to the girls high school swim team. Your OAC teammate Rich Seibert writes, “Steve’s energy and commitment has made a big impact on our local community, with hundreds of athletes benefiting from his willingness to share his passion for swimming and water polo. Steve is a role model for volunteerism.”

Steve, you are a great sportsman to your teammates, coaches and fellow competitors. You participate in PNA meets throughout the season. You’re the first to congratulate others on their swims and are always respectful of the meet volunteers and officials.

Adds Rich, “I have wit-

nessed on many occasions a fellow swimmer having a bad swim or being disqualified. Steve will offer a quick word to help that swimmer accept what has happened, learn from it, and quickly focus on the important next event. As a coach and official himself, he understands the roles and needs of all the players.”

You assist fellow swimmers during practice, open water swimming, and during swim meets. Although very busy with other commitments, you recently found time to help develop and deliver a two-hour stroke clinic for Masters swimmers and triathletes. As always, you gave 100%, providing one on one feedback and swimming tips. Before and during meets, you give new competitors information to help them prepare for that first event, guiding them through race day preparation and helping to ease their race day jitters.

Steve, you are part of a core group that has brought the OAC Masters team from a handful of swimmers in December of 2007 to close to 50 active swimmers today. You have encouraged your friends, neighbors and relatives to join. Swimmers at all levels find an instant supporter in you as you are quick to welcome new members to the team. You have volunteered your time to help design the team’s future, reviewing documents and partnering with local recreation representatives and the OAC age-group club to develop a solid business plan. You have helped forge a good working relationship between these two organizations.

Steve, for your inspiration to the entire membership of the Pacific Northwest Association of Masters Swimmers, by your example of good sportsmanship, encouragement and commitment, the PNA is proud to recognize you as our 2009 Dawn Musselman Inspirational Swimmer.



## Fitness Swimmer or Competitor, You need a “Base Pace” to Improve

By Sarah Welch

Whether you're a fitness swimmer or a high-end competitor, it pays to establish a “base pace.” This training tool will measure your conditioning and help you set and reach your goals.

If you swim with a team, your coach probably gives you sets using a base pace. But even if you swim on your own, you still can use a base pace to build your own sets.

### Establishing Your Base

Time yourself for a continuous 30-minute freestyle swim, and make sure you count your lengths. When finished, divide the number of lengths by four. Assuming a 25-yard or meter pool, this calculation produces your base pace for four lengths, that is, for 100s. Next, divide that number into 1,800; this step converts the minutes of your 30-minute swim into seconds and yields your base pace.

When training with 100 frees, your intervals should be this base-time plus 10 seconds. You can then work off that pace for training at different distances.

Say you swim 2,000 yards (80 lengths) in the 30-minute swim (nice job!). Divide 80 by 4 and you get 20. Then divide 1,800 (seconds) by 20, which gives you 90 seconds. Your base pace then is 1:30. Therefore your standard 100 free interval should be 1:40. You can extrapolate from the base pace for longer distances; for example, your base pace for a 200 free interval is 3:20.

Once you have a base pace, you can use it in training.



### Endurance Training

Swim distance sets (for example, 100, 200, 400 repeats) and keep your times for the entire set at or better than your base pace. Suppose your base pace is 1:25. Your interval pace would be 1:35. Swim five 200s on a 3:10 interval. Your times should consistently be 2:50, which means you get a 20-second rest. Your ability to consistently maintain your base pace or go faster is a measure of your endurance. If you're a distance swimmer, this type of training will build your endurance.

After some time, you may find your intervals become easier. Re-evaluate your base pace at least every six months by doing another 30-minute swim.

### High Intensity Pace Work

Include some high intensity training in your workouts by swimming more intensely one or two days a week. Achieve this intensity by decreasing your time interval and increasing your rest. Suppose your base pace is 1:25. Swim five 100s at 1:20 or better and increase your rest to 30 seconds. You'll swim these on a 1:50 or even two minutes interval, but hold your time under 1:20-giving you a 30-40 second rest. You can judge your ability to sustain higher peak performance, for example, swimming faster for a fixed distance, decreasing your time and resting longer.

### Sprint or Race Pace Work

Even if you don't consider yourself a sprinter, try to integrate into your workouts race-pace work three times a week. Give yourself a minute to one-minute-thirty seconds rest per hundred. With a base pace of 1:25 you might set a goal for sprint work at 1:15 to 1:18. This training models the intensity of a race in your workout. Swim your race from a dive if you can do this in your pool.

When initially including race pace work in your workout, consider starting with shorter distances — even 50s benefit the distance swimmer. Try to maintain a consistent time for each 50. Can you build one, two or three 50-yard repeats with a faster time on each 50? This type of training improves cardiovascular capacity and develops muscle memory and fast reactions for races.

Simply put, setting and using your base pace in training is the key to building conditioning. If you're not doing base pace work in your team practices, encourage your coach to include it. Don't miss the opportunity to build your fitness conditioning, endurance and speed — and also the opportunity to have fun.

By the way, if you train on your own, workouts are available at [www.usms.org](http://www.usms.org). You find them at USMS/discussion forum/workouts.





## Where, Oh Where, do my PNA Fees Go? Here's Where!



**D**o you ever wonder where your PNA fees go? The table below shows PNA's 2009 budget and actual expenses for 2008.

PNA sends \$25 of your annual \$40 registration fee to USMS, which provides each of us with insurance and USMS Swimmer magazine. That \$25 also pays for the administration of USMS, its Web site, national meets, development, and coaching programs and other services.

This year's PNA budget reflects one significant change from previous years. If you registered online this year, the \$25 of your

registration fee that goes to USMS was not processed through PNA. Instead, the fee went directly to USMS. Consequently, PNA no longer includes that \$25 in our budget as either income or an expense.

The remaining \$15 of the fee, plus income from meets and clinics, which is a relatively small amount, stays with PNA. Among other things, this money is used to pay for PNA's Web site, office supplies, postage and mailings to members, as well as sending PNA reps to the annual USMS convention. Our biggest administrative expense is *The WetSet*, currently published 10 times a year to inform

you about opportunities, activities and meet results. As you're aware, we're asking members to consider having issues sent to them via email, a change that will reduce our newsletter expense.

Every clinic run by PNA is designed to generate enough revenue from participants to pay for the clinic's expense. Similarly, local meets hosted by PNA or local teams usually pay for themselves through fees collected from participants.

If you have questions about PNA's budget, contact Toby Coenen, PNA treasurer, at [toby-coenen@comcast.net](mailto:toby-coenen@comcast.net).

## 2009 PNA Budget and 2008 Results

	2009 Budget	2008 Actual
<b>Income</b>		
Registration Fees	35,880	61,350
Meets & Awards	1,900	1,850
Clinic Income	7,500	4,350
Interest Earnings	1,200	1,400
<b>Total Income</b>	<b>46,480</b>	<b>68,950</b>
<b>Expense</b>		
USMS Registration ( <i>Swimmer</i> magazine, insurance & admin)	12,770	39,545
Meets & Safety Equipment	1,290	7,895
Clinics	8,500	4,810
Swimmer, Team & Coaches Support	8,145	4,690
<i>The WetSet</i> (printing, postage & mailing)	14,200	11,195
PNA Administration (postage, supplies, Web site)	8,625	6,820
Pacific NW Aquatics account debit	0	515
<b>Total Expense</b>	<b>53,530</b>	<b>75,470</b>
<b>NET INCOME 2008</b>	<b>(7,050)</b>	<b>(6,520)</b>

## Being a 50-Year-or-Older Swimmer has Certain Perks. One of them: You're Eligible to Compete in the Washington State Senior Games.

If you're 50 or older and looking for some swimming fun and competition with age group peers, consider participating in the Washington State Senior Games. WSSG is a member of the National Senior Games Association ([www.NSGA.com](http://www.NSGA.com)), a nonprofit member of the United States Olympic Committee. WSSG and NSGA are dedicated to motivating men and women 50 and older to lead a healthy lifestyle through the senior games movement.

The 2009 WSSG will be

held in the South Sound area, primarily in the cities of Olympia,



Lacey and Tumwater. Swimming, one of 23 individual and team sports featured, will be contested Sunday, July 26, at the Briggs YMCA in Olympia. Events include

25 through 200 yard distances in each stroke, plus the 500 Free.

PNA member Gloria Tolaro, in her fourth year as WSSG Swimming Commissioner, emphasizes that this meet will be a PNA-recognized event. That means times will count for Masters participants.

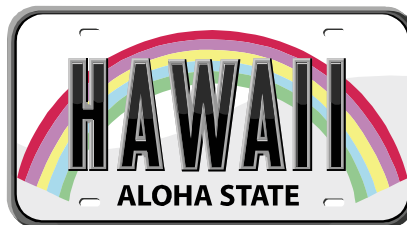
Gloria encourages every PNA member 50 and older by Dec. 31, 2009, to register for the meet. You'll find an entry form at [www.pugetsoundgames.com/2009/EntryForm.pdf](http://www.pugetsoundgames.com/2009/EntryForm.pdf). For questions, email Gloria at [19gloria@sprintmail.com](mailto:19gloria@sprintmail.com).

The NSGA swimming competition is held in odd-numbered years. Stanford University is this year's venue for the event, which will be held in early August. Senior swimmers qualify for this meet at their state meet in the preceding even year. Look for articles on both the WSSG and NSGA in upcoming issues of *The WetSet*.

### Join Me for Open Water Swimming in Hawaii!

Hello fellow swimmers. This summer I will be staying at the Luana Inn on the big island of Hawaii and would like some company for open water swimming in fabulous Kealakekua Bay! Consider booking a few days at the Luana Inn and we can hit the warm tropical water, swim over the beautiful coral and see the amazing fish. Summer is the best time for warmest and calmest ocean conditions so come on over!

Jim McCleery, [jim.mccleery@usms.org](mailto:jim.mccleery@usms.org)



Stay in the Luana Inn Bed & Breakfast <http://www.luanainn.com/>

Perched on a secluded location up a private palm-lined drive, the Luana Inn is surrounded by gracious grounds and spectacular ocean views. We offer five immaculate guest rooms, each with a private entrance, bath and kitchenette. The calm, understated modern interiors offer serene relaxation. You'll find Luana tucked away, hidden from the hustle and bustle, yet right in the heart of the string of charming old villages that make up South Kona. It's a convenient base to explore the entire island. At only three hundred feet above sea level in South Kona's tranquil Kealakekua Bay Historical Reserve, Luana is just a short stroll from some of the most beautiful waters in the Hawaiian Islands. We're within walking distance of Napo'opo'o and Manini beaches excellent for open water swimming. Swimmer discounts available.



**G.L.A.D.**



Green Lake Aqua Ducks

## 2009 Summer Saturday Workouts at COLMAN POOL

GLAD is hosting coached workouts at Colman Pool during May and June. Please join us from 6:30 a.m. – 8 a.m. on the following days: May 23, 30, June 6, 13 & 20.

- Everyone welcome
- Cost \$8 per workout
- Must be registered with U.S. Masters Swimming. For more information talk to the coach or go to [www.swimpna.org](http://www.swimpna.org) or [www.usms.org](http://www.usms.org)
- No Saturday workouts during July and August
- Saturday workouts start again at Evans Pool September 12<sup>th</sup>

For directions go to <http://www.cityofseattle.net/parks/aquatics/colman.htm#directions>

**Don't Forget  
Long Course  
Nationals  
August 6 to 10,  
2009  
IU Natatorium,  
Indianapolis,  
Ind.**



Celebrate “Be Kind to Your Editor Month“!

And what better way to celebrate this meaningful event than submitting a swimming story or a swimming story idea to the editor for *The WetSet*.

Do this, and you can be assured of a celebration you'll long remember.

*(Continued from page 2)*

### Leading Off

An article about Nationals will appear in the July-August issue.

### Open Water Season Arrives

The next local pool meet is the Washington State Senior Games competition in Olympia on July 26, limited, of course, to those of us who have turned at least 50 by December 31, 2009. But, remember, there's always open water! On April 19, seven of us kicked off a new open water season with a mile swim at Kitsap County's Wildcat Lake (with wetsuits). It won't be long before Fat Salmon (July 18) and Lake Padden (August 1) are here.

Indoors or out, keep swimming and get ready for some challenging outdoor events.



# One Hour National Championship Postal Swim: PNA Results 2009

(Continued from page 19)

## Why do You Swim?

RELAY	AgeGrp	Place	Distance
<b>Female</b>	<b>25+</b>	11	12190
Miller, Burrow , Reed			
<b>Female</b>	<b>35+</b>	9	11955
Quistorf , Dorer, Rogers			
<b>Female</b>	<b>35+</b>	10	10695
Eager. Singer, Hutchinson			
<b>Female</b>	<b>45+</b>	10	11825
Klieman, Speir, Eide			
<b>Female</b>	<b>45+</b>	13	11045
Dingle, Healey, Davidson			
<b>Female</b>	<b>55+</b>	4	10850
Dillon, Rosane, Delgado			
<b>Female</b>	<b>55+</b>	8	7775
Moore, Botts, Zimmerman			
<b>Male</b>	<b>18+</b>	3	12770
Tremonte, Wagher, Pablo			
<b>Male</b>	<b>35+</b>	7	14495
Kays, Seibert, Comstock			
<b>Male</b>	<b>35+</b>	15	12055
Schulz, Nelson, Hamilton			
<b>Male</b>	<b>45+</b>	7	14055
Grandine, Fenner, Durban			
<b>Male</b>	<b>45+</b>	11	12880
MacLane, Gross, Rhinehart			
<b>Male</b>	<b>55+</b>	1	14345
Bell, McCleery, Dewit			
<b>Male</b>	<b>55+</b>	10	11720
Peterson, Jess, Collins			
<b>Male</b>	<b>65+</b>	6	9030
Robertson, Prosser, Ellingson			
<b>Mixed</b>	<b>25+</b>	10	17935
Miller, Burrow, Wagher, Tremonte			
<b>Mixed</b>	<b>35+</b>	5	18110
Quistorf, Dorer, Kays, Seibert			
<b>Mixed</b>	<b>35+</b>	11	16160
Rogers, Eager, Comstock, Schulz			
<b>Mixed</b>	<b>45+</b>	7	17570
Klieman, Speir, Grandine, Fenner			
<b>Mixed</b>	<b>45+</b>	10	16280
Eide, Dingle, MacLane, Gross			
<b>Mixed</b>	<b>55+</b>	3	17610
Dillon, Rosane, Bell, McCleery			
<b>Mixed</b>	<b>55+</b>	8	14530
Delgado, Moore, Dewit, Peterson			
<b>Mixed</b>	<b>65+</b>	7	11355
Kavadas, Phillips, Robertson, Prosser			

into the cold water, often at times of the day when the earliest of birds are still asleep in their nests, and endure the long workouts and damaged hair. Your responses have reminded us that there is not one single reason that we all swim. We each have our own motivation, reasons and purpose for doing what we do.

Why do you swim? Email us at [press@usms.org](mailto:press@usms.org) and tell us why. .

**Don't Forget  
Long Course  
Nationals  
August 6 to 10,  
2009  
IU Natatorium,  
Indianapolis,  
Ind.**

**Bad News: No  
Pentathlon  
Good News:  
Replacement  
Meet**

**N**o Pentathlon this year. But don't despair. In its place, there'll be a short meters meet in November in the same venue where the Pentathlon has been held. Details in next newsletter.



## Why We Swim...

*Recently, USMS' e-newsletter asked members this simple question: Why do you swim? Here's an article from USMS about the responses.*

**M**ost of us know why we swim, but when asked to communicate these reasons, many of us struggle. To some, our question begged an answer larger than "to stay fit" or "because I do triathlons."

Some responses were short, sweet and to the point, others nothing less than labors of love. We read every response and were moved by the thoughtfulness of some. Here are some of our favorite responses.

"I swim because I feel more connected to who I am and awake for the day," says Jenny Holzaepfel.

"I swim because in this technological age, the pool is one spot where the phone doesn't ring, email ding, nor children SING my name at the top of their lungs!! It is one of the last bastions of quiet in a crazy, hectic world ... (the longer the distance, the better!)." Trish Brown

"Hi, my name is Christine and I am a swimaholic. I tell myself it is a good addiction. However, my hair is wrecked, my skin is dry, I get too much sun, I'm tired by 4:00 in the afternoon, and I itch. I smell like chlorine when I sweat and my shoulders hurt if I lay on my side at night. I look forward to my workout before I get there and I think about how great it was when I am done. It is my time. I swim because I can and I will keep swimming until I can't. I do it because I love it."

"I swim because it's the 'sanity' in my stressful life. When I am in the water I am in the present moment. Swimming is the thing I love doing the best in my life. I am safe and at peace in the water.

"I swim because it challenges my mind, body and spirit, at age 49. I'm amazingly at my second athletic prime, the first being 30."

"I also swim because it is something I can do to actively help nonprofits raise money for their cause, such as the Massachusetts Breast Cancer Coalition.

"I swim as long as I am able to. Hopefully, well into my elderly years! Thank you." Sally Wiesman

"WHY I SWIM: To stay alive for my kids. I got married very late, have three young children and would love to see them all graduate at least from high school. My youngest is Sedona (14 months) and I will be 60 on May 5. Yipes!" Craig Bitler

"You ask why I swim? It began when a friend invited me. I went because I have always loved the water. It continued because it calms me and helps me to sleep at night. It's my meditation time just for me and I love it!! I love the opportunity to improve with the help of coaches. One serendipity is that I have lost three sizes due to the swimming." D. Edwards

"When you dive into the pool and the water washes over you it washes away everything else that is going on in your life. That first rush invigorates your body, mind and soul. The water offers you the quiet solitude that keeps you sane. Masters is the place where you make friends with people you would otherwise have never met. You become a network of support for each other. You will form bonds that go way beyond the pool. Your coach will push you to go farther and faster than you ever thought you could, simply because he believes in you."

"Why do I swim? I swim because I love the water. I was a diver and loved the adrenaline rush associated with falling, flipping and twisting with a grand finale of slicing through the cool water.

"It's funny, when you are standing on top of a platform, no matter how many times the announcer says, "Please remain quiet for the competitors," the pool and its surrounding area is composed of a million little sounds and noises, but the minute you enter the water there is an immediate quiet that has the power to separate you from the rest of the world.

"When I finished my diving career, I never thought I'd experience that feeling again. I was terrified that I'd lose the memory. Well, I did experience the power of the water again and it happened in my first Masters meet. I stood on the block and I could hear everything from the ticking of the clock to the person on the pool deck opening a granola bar wrapper. There was noise all around me, but as soon as the beep went off, I dove in and it was quiet, still.

"I do like staying in shape, but my love of swimming is the initial plunge into the water. I continue to swim because I long for that feeling of the loud chaos of life mixed with nerves quickly quieted by the cool calmness of the water. Sometimes I find it at practice, other times it takes a race. Swimming, to me, is like living in a memory. Whether it is my memories from diving or being 7 years old at the old country club, I love to dive into the water and "be" wherever and whenever I choose. Swimming takes me out of noisy reality and places me in my most favorite places and times."

So, this seemingly straightforward question is no longer as simple as originally intended. It has forced us all to think, feel and remember why we continue to dive

*(Continued on page 18)*

# GIL YOUNG MEMORIAL LCM MEET / NORTHWEST ZONE LONG COURSE METERS MEET

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #379-06

Eligibility: Currently registered USMS swimmers, 18 years and older.

Swimmers must submit a copy of their 2009 card and unregistered swimmers must submit a 2009 registration form and fee with this entry.

Location: Mt. Hood Community College

Outdoor pool

26000 SE Stark

Gresham, Oregon

7 lanes competition, elec. timing, Lane 8 for warm-up/down

DATES: Friday-Sunday, July 10-12, 2009

**FRIDAY WARM-UPS: 4PM**

**MEET STARTS: 5PM**

**SATURDAY AND SUNDAY WARM-UPS: 3PM**

**MEET STARTS: 4PM**

Meet Director: Aubree Gustafson • 971-404-6968 • gustafsona@usa.redcross.org

Directions to the pool: Take I-84. Use Exit 17. Follow Frontage Road to 257th and take a right. Follow 257th past Stark St. to 17th St. and take a left. Take the first left after the soccer field and left again into the aquatic center parking lot.

**ALL REGISTERED MASTERS SWIMMERS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.**

**ENTRY DEADLINE: POSTMARKED BY FRIDAY, JUNE 19, 2009**



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

BIRTHDATE \_\_\_\_\_ AGE (AS OF 12-31-09) \_\_\_\_\_ SEX \_\_\_\_\_

2009 USMS # \_\_\_\_\_

USMS CLUB (OREG, PNA, ETC) \_\_\_\_\_

IS THIS YOUR FIRST MASTERS MEET?  YES  NO

AGE GROUPS: 18-24, 25-29, 30-34, ETC. UP TO 95+. RELAY AGES: 72-99, 100-119, 120-159, 160-199, 200-239, 240-279, 280-319, & 320-359. YOU MAY ENTER A MAXIMUM OF 5 INDIVIDUAL EVENTS PLUS UNLIMITED RELAYS. YOUR COMPETITION AGE IS THE AGE YOU WILL BE ON DEC. 31ST, 2009. ENTER RELAYS AT THE MEET. THE 1500 FREESTYLE & 400 IM WILL BE DECK SEEDED. CHECK IN WILL OPEN ONE HOUR BEFORE AND WILL CLOSE 30 MINUTES BEFORE EACH OF THESE EVENTS IS TO BE SWUM. ALL EVENTS WILL BE SEEDED SLOW TO FAST.

## Friday, July 10, 2009

**400 IM (1)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**1500 FREE (2)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

## Saturday, July 11, 2009

**800 FREE (3)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\* (event #4 will not begin before 5pm)

**200 BACK (4)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 FREE (5)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 BREAST (6)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

**WOMENS 200 MEDLEY RELAY (7)**

**MENS 200 MEDLEY RELAY (8)**

**WOMENS 400 MEDLEY RELAY (9)**

**MENS 400 MEDLEY RELAY (10)**

**50 FLY (11)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 FREE (12)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

**100 BACK (13)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 IM (14)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**MIXED 200 FREE RELAY (15)**

**MIXED 400 FREE RELAY (16)**

**MIXED 800 FREE RELAY (17)**

## Sunday, July 12, 2009

**200 FLY (18)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BREAST (19)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**100 FREE (20)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

**MIXED 200 MEDLEY RELAY (21)**

**MIXED 400 MEDLEY RELAY (22)**

**100 FLY (23)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**50 BACK (24)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

**200 BREAST (25)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

\*\*\*break\*\*\*

**WOMENS 200 FREE RELAY (26)**

**MENS 200 FREE RELAY (27)**

**WOMENS 400 FREE RELAY (28)**

**MENS 400 FREE RELAY (29)**

**WOMENS 800 FREE RELAY (30)**

**MENS 800 FREE RELAY (31)**

**400 FREE (32)** \_\_\_\_\_ : \_\_\_\_\_ . \_\_\_\_\_

"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 & competition), including possible permanent disability or death, and agree to assume all 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, HOSTS 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 \_\_\_\_\_

MEET ENTRY FEE: \$10.00 SURCHARGE AND \$4.00 PER EVENT • MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.

MAIL FORM(S) AND FEE(S) TO: OMS DATA MANAGER, PO BOX 1072, CAMAS, WA 98607-1072

2009 Fat Salmon Open Water Swim – 10<sup>th</sup> Annual – 1.2 & 3.2 Mile Events

Saturday, July 18, 2009 Lake Washington, Seattle, WA

Sponsored by Green Lake Aqua Ducks (GLAD)

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS – Sanction No. 369OW-01

**EVENT:** The fattest swim of the summer...

***This is the 10<sup>th</sup> Annual Fat Salmon Open Water Swim!***

The 1.2-mile and 3.2-mile open water swims return once again to beautiful Lake Washington. The event has filled to capacity early two years in a row, so be sure to register EARLY!



**RACE-DAY SCHEDULE (July 18, 2009):**

**MADISON PARK**

6:15 - 7:15 am Pre-Race Check-in for *both* races

7:30 am **Mandatory** Competitors' Meeting for *ALL* swimmers

7:45 am 3.2 mile swimmers carpool to **Day Street Boat Ramp**.  
1.2 mile swimmers can relax for a while, and then walk or carpool to **Denny Blaine Park**.

**DAY STREET BOAT RAMP**

8:30 AM **Estimated** start of 3.2-mile race

**DENNY BLAINE PARK**

9:15 am **Estimated** start of 1.2-mile race

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

See race map at <http://www.fatsalmonswim.org>

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

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

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

**ELIGIBILITY:** Swimmers must be 18 years of age as of July 18, 2009 **and:**

- Currently registered with USMS or Canadian Masters (CM), **or...**
- Pay an **additional** \$15 "One-Event USMS Registration" fee if **NOT-USMS or CM members**.
- Any USMS or CM swimmer not registered with PNA **must** submit a copy of their 2009 registration card to the race registrar.

**ONLINE REGISTRATION ONLY – starting May 1<sup>st</sup>**

**TO REGISTER:** Go to <http://www.active.com/swimming> and search for "Fat Salmon"

**FEES:**

\$35.00 – Early entry *before* July 1

\$45.00 – July 1 to July 15

\$15.00 – One-Event USMS registration (as needed, see eligibility)

**REGISTRATION CLOSES** at 11:59 pm Weds. July 15<sup>th</sup> *or sooner if race is FULL*

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

If you don't know your USMS number to put on your entry form – look it up here: [https://www.clubassistant.com/club/forgot\\_usms\\_number.cfm](https://www.clubassistant.com/club/forgot_usms_number.cfm)

**THERE WILL BE NO DAY-OF-RACE REGISTRATION!!!  
EVERYONE MUST PRE-REGISTER ONLINE – no paper entry in 2009**

**QUESTIONS?** LOTS MORE INFORMATION at <http://www.fatsalmonswim.org>

*OR* contact Liz Rosen, Race Director

*via email:* [fatsalmonswim@gmail.com](mailto:fatsalmonswim@gmail.com) *or phone* 206.898.8992

**DIRECTIONS:**

From Northbound I-5: Take the Seneca Street exit (#165), merge onto Seneca; travel 0.1 miles; turn left onto 5th Avenue. Follow directions from 5th Avenue (see below).

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



# 9<sup>th</sup> Annual Lake Padden 2.5K and 5K Open Water Swim

Saturday, August 1, 2009

Hosted by Bellingham Masters Swim Club

Sanctioned by Pacific Northwest Association of Masters Swimmers for USMS, Inc. - Sanction No. 369OW-02

Name: _____	USMS # <sup>1</sup> _____	- _____
Street: _____	DOB (mm/dd/yy) _____	
City: _____	State: _____	Zip: _____
Email: _____	Phone: _____	
Emergency contact: _____	Phone: _____	
Event choice (circle):	<b>2.5K</b> <b>5K</b>	Gender: <b>M</b> <b>F</b>
<b>Fee calculation:</b>		<b>Make checks payable and mail to:</b>
Entry fee: _____	\$30	Bellingham Masters Swim Club
One-event USMS fee <sup>1</sup> (\$15) _____		Lisa Kaufman
		2200 D Street
		Bellingham, WA 98225
<b>Total remitted (US or CAN):</b> _____		<a href="mailto:lbkauf@clearwire.net">lbkauf@clearwire.net</a>

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

**Schedule:**

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

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

**Eligibility:**

- USMS or Canadian Masters (CM) registered swimmer **or**
- \$15 "One Event USMS Registration" fee for non-USMS or CM
- 18 years of age and older as of August 1, 2009
- Non-PNA swimmers (CM or out of area USMS) – photocopy of current registration card required with entry.

**Entry Fee:** \$30 (US or Canadian). Fee includes official race swim cap, which must be worn during the swim.

**Entry Deadline:** Advance registration must be received by July 17, 2009. Day-of registration is permitted, but discouraged.

**Awards:** Complete registrations received by the entry deadline will receive a commemorative mesh equipment bag. No other awards will be provided.

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

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

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

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

**NEW THIS YEAR** – USA-Swimming registered swimmers, ages 13-18 will be offered a 2.5K event. Separate entry forms are available from Lisa, above.

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

**Must be signed and dated for acceptance.**

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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

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



**U.S. MASTERS SWIMMING**

**Pacific Northwest Association of Masters Swimmers  
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.

**2009 Membership Application**

**New Swimmer**

**Returning USMS Swimmer**

(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

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

1<sup>st</sup> Phone: (\_\_\_\_) \_\_\_\_\_ cell, home, work

**\*Send The WetSet newsletter by US Postal Mail \***

**I am interested helping the PNA committee**

2<sup>nd</sup> Phone: (\_\_\_\_) \_\_\_\_\_ cell, home, work

Coach , Certified Official , YMCA , USA Swimming , USA Triathlon

**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**

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

*Optional Donations:*

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

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

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

Questions: (206) 849-1387

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

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

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## Inside this issue:

- ***Steve Peterson's story about Briggs meet, front page.***
- ***Orca and Briggs Results pages 6 to 12.***
- ***Fitness article on "base" pace." Page 14.***