



Champs 2009: Big, Fun and Well-Run

It's three months since Champs 2009, but if you competed in this event, held as usual at the Weyerhaeuser King County Aquatic Center, you probably haven't forgotten the great time you had.

As PNA member Willy Givers put it so well in a post-meet email to PNA President Steve Peterson, "The meet was incredible. It was well-attended, very well-organized and a treat to be part of. I know how much work it takes to put on a meet of that magnitude and from my perspective as a swimmer, everything went flawlessly. Big kudos to you, the PNA board and all the volunteers for putting on such a wonderful event."

Champs 2009 was big — 349 entrants, substantially more than Champs 2008, which, despite also being a zone meet, drew only 281 entrants. In fact, turnout for Champs 2009 was the largest since 2005, when the event drew 370 entrants.

Oops! Copier Glitch

Every meet has at least one glitch, and Champs 2009 was no exception. Pressed for time, Co-meet Director Hugh Moore began printing the program only about an hour before Friday night check-in. No big deal, he figured, because



Co-meet Directors, Steve Freeborn, left, and Hugh Moore

the printing was being done on the Aquatic Center's high-powered-no-problem-in-the-past copier. But the copier malfunctioned. To the rescue came Hugh's wife Jane, who headed to Kinko's after she swam the 1000 free and then spent the next two hours running the needed copies.

Lesson About Meet Program

Every meet has lessons for organizers. Here's one for Champs 2009, says Hugh: "I'm considering suggesting that we move up the entry deadline next year so that we have more time to process entries, seed the meet and prepare the meet program. I then could post the program in the middle of the week before the meet. I think all competitors would appreciate that."

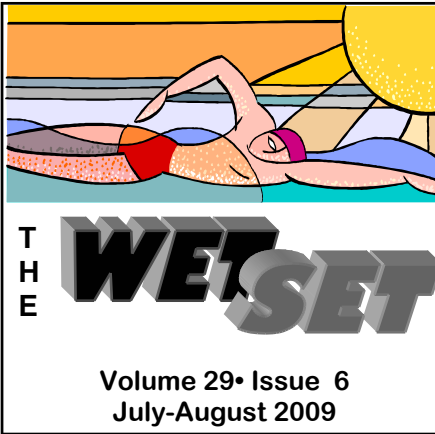
So Many People to Thank

Lots of effort and lots of dedicated volunteers are needed to organize and put on a meet the size of Champs. "There are so many people that I need to thank for organizing the meet and keeping it running smoothly including Steve Freeborn, who served as Co-Meet Director with me," says Hugh.

You'll find a volunteer thank-you list on the back page.

And you'll find Champs 2009 results beginning on page 8.

Short Course Yards Nationals' Story and Results:
Pages 4 to 7.



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Fitness: Sarah Welch

Historian: Tom Foley

Meets: Cathy Cooley/Mike McColly

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

Who's minding the store? The PNA store, that is. The PNA's board of directors.

The board consists of seven elected positions (the officers and three representatives at large), the immediate past president, representatives of registered teams with eight or more members and the committee chairs.

This being an election years, your ballots have changed the makeup of the elected positions for the next two years. Rest assured, the members of this leadership team are fully committed to making Masters swimming this side of the Cascades better than ever.

Late for a Reason

Typically the board transition occurs during and is announced at Champs in April. My 2007-2009 board, however, started a month late so that the previous leadership team could remain intact through the end of our PNA-hosted Short Course Yards Nationals (May 2007).

This year, the new board's term again started a bit late. The primary reason: several issues took precedence, including consideration of ways to improve membership voting. In addition to many changes already proposed, we need to update our bylaws to permit online balloting! (We will be presenting the revised bylaws for your approval later this year.)

Your New Officers

So, who's on the 2009-2011 board? I remain as your president, beginning my second term. Lisa Dahl continues as vice president. The secretary is Herb Cook, a fairly new but active PNA

LEADING OFF



**By PNA
 President
 Steve
 Peterson, PNA**

member. Herb succeeds Jo Moore. Kelly Crandell, a PNA member since before she was born (her mom is Kathy Casey), takes over as treasurer from Toby Coenen. But Toby isn't fading away. He's replaced Herb as one of our at-large representatives; the other two are Kathy Casey and Tom Foley. Last, but certainly not least, there's Jeanne Ensign, who will continue to provide counsel as our immediate past president.

Thank You, Board!

I sincerely want to thank my 2007-2009 board members for their guidance and tolerance as I continued to learn the president's role. Lisa brought "big picture" ideas to balance my concern with minutiae. Jo graciously took time from her family and international volunteering to give back to PNA by serving as secretary chronicling our meetings. Toby managed the budget and books well and I'm glad that we'll continue to benefit from his thoughtful consideration and dry wit. Tom keeps our members' interests at heart while Kathy strives to keep us mindful of safety and the rules. I especially appreciate Jeanne, who tries her best to keep me focused (at times a herculean task). I'm honored that these last three in particular continue their long commitment to

(Continued on page 7)

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; Rich Axtell, rich@minutemanmasters.com See article on page 18.

□ July 18, 2009
Fat Salmon
1.2 & 3.2 mile open water swims in Lake Washington; Liz Rosen fatsalmonswim@gmail.com Event is full.

□ July 26, 2009
Washington State Senior Games meet
www.pugetsoundgames.com
Briggs Community YMCA
Olympia, Wash.
Gloria Tolaro, 360-273-6553, 19Gloria@sprintmail.com

□ 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

□ August 23, 2009
5K and 10K Postal Swim Opportunity at South Kitsap Pool Contact Sally Dillon; article and contact info on page 18.

□ 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;
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,
ielq@innova.net; usms.org/longdist/ldnats09

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

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

□ November 22, 2009
Get Ready for Thanksgiving SCM meet
John Vanderzicht Memorial Pool
Oak Harbor, Wash.
Look for entry form in future issue and at www.swimpna.org
Jim.mccleery@usms.org
See article on page 18.

□ October 10, 2009
BAMFest SCY Meet
Ray Williamson Memorial Pool
Bainbridge Island, Wash.
Look for entry form in future issue and at www.swimpna.org

□ October 27, 2009
PNA Board Meeting
6:45 p.m.



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

PNA Captures Second Place in Short Course Yards Nationals

By Steve Peterson, PNA president

There was a lot to like at Short Course Nationals, held May 7 to 10 in Fresno, Calif.

Let's start with how PNA placed overall: This was the first meet to use the revised USMS National Championships scoring. Ranking by point totals in "Combined," "Men" and "Women" was replaced with overall placement by "Local" or "Regional" status. PNA is a Regional club because we compete as one club at Nationals and as separate teams and workout groups at home.

The top three Regional clubs each had about 50 competitors. PNA took second place with a score of 1,013 points, behind Colorado's 1,337 points but 7.5 points ahead of Oregon's 1,005.5!

Bernice Phillips was our top point producer (55 points), followed by Sue Dills (51), Charlotte Davis and Sarah Welch (50) and Lisa Dahl (46). While not all 53 competitors scored individual points (for tenth place or better), the overall average was 19.1 points per swimmer.

Fourteen of our relays finished in the top ten, including the first place 18+ Women's Free, made up of Angie Dowdle (20), Shona Pierce (24), Tammy Coulter (32), and led off by Lisa Dahl (48)!

In addition to great results, we enjoyed a great venue, the Clovis North High School aquatics complex. Here in the Puget Sound area, the local economy has put our pools in peril. Apparently not so in Fresno, where each of the city's four high schools has its own long course pool. (Yes, you read this



PNA's Nationals Coaches, from left, Lynn Wells and Shannon Singer

right.)

One notable exception — Clovis North has *two pools!* This spanking new school is actually a 7–12 campus not yet fully complete. When the current freshmen are seniors, the school's student population will exceed 2,400.

According to the North High's assistant principal, Fresno's ability to construct facilities like these is attributable to the voters' willingness to continue approving levies. Voters, he explained, trust the Unified School District, which delivers projects on time and within budget. Probably doesn't hurt that the Clovis Swim Club is a strong entity, too.

Just as phenomenal as the venue were the Floswimming videos of the event, from individual vignettes to recording each heat, put up on line each day. Check out the interviews of PNA members Pete Colbeck, Kirk Nelson, and Brian Goldman. You can still view a race you or a teammate swam.

www.floswimming.org/videos/coverage/view/234996-2009-usms-short-course-nationals

Something else notable

about the event: "Fresno Bee" sportswriter Matt James' superb job writing about the meet. One sample: "On Friday, Ambrose "Rowdy" Gaines IV swam the 200 Freestyle and then a few heats later 86-year-old housewife Margery Meyer gingerly climbed the same starting blocks. The difference being that only one of them had the national record. The other was just some TV commentator with three Olympic gold medals and a great nickname.

As it turns out, Gaines and Meyer both broke national records in the event ... [she] smashing her own mark by a full 6 seconds. This from a woman who two years ago suffered a fractured pelvis when ... accidentally knocked down at a triathlon in Santa Cruz. (We will now take a short break to feel old and contemplate how in the world Rowdy Gaines could possibly be 50 years old)."

Whether or not capturing points, each PNA swimmer was important to the team, and the team supported all the swimmers. PNA's Nationals Coaches Lynn Wells and Shannon Singer did a great job marshaling relays and tirelessly providing us advice.

Wow, what a Nationals!



2009 USMS Short Course Yards Nationals Fresno, Calif. May 7 to 10, 2009

NATIONALS

05-10-09

SHORT COURSE YARDS

P = P.N.A. RECORD

Z = NORTHWEST ZONE RECORD

N = NATIONAL RECORD

WOMEN 18-24

50 YD. FREE		
SHONA PIERCE	24 # 5	25.66
MARISSA WENNER	20	27.88
ANGELA DOWDLE	20	28.07
MADELINE BANASHAK	18	28.31
100 YD. FREE		
ANGELA DOWDLE	20	1:00.00
MADELINE BANASHAK	18	1:01.09
MARISSA WENNER	20	1:04.04
MARY-JANE MAN	22	1:05.86
200 YD. FREE		
ANGELA DOWDLE	20 # 5	2:07.74
MADELINE BANASHAK	18 #10	2:14.38
MARY-JANE MAN	22	2:22.11
500 YD. FREE		
ANGELA DOWDLE	20 # 7	5:47.27
MADELINE BANASHAK	18 #10	5:58.29
1650 YD. FREE		
MADELINE BANASHAK	18 # 1	20:42.90
50 YD. BACK		
SHONA PIERCE	24 # 3	29.36
MARISSA WENNER	20	36.99
100 YD. BACK		
SHONA PIERCE	24 # 3	1:04.83
50 YD. BRST		
SHONA PIERCE	24 # 6	33.29
SARA DE SITTER	20	37.30
100 YD. BRST		
SHONA PIERCE	24 # 9	1:13.97
SARA DE SITTER	20	1:20.93
100 YD. I.M.		
SHONA PIERCE	24 # 8	1:04.94
ANGELA DOWDLE	20	1:12.97
MARISSA WENNER	20	1:14.11
SARA DE SITTER	20	1:16.62
200 YD. I.M.		
ANGELA DOWDLE	20	2:34.86
SARA DE SITTER	20	2:45.89
MARY-JANE MAN	22	2:48.98

WOMEN 30-34

50 YD. FREE		
TAMARA COULTER	32 # 4	25.19
100 YD. FREE		
TAMARA COULTER	32 # 6	55.60
500 YD. FREE		
ROBIN LESH	31	6:54.19
50 YD. BACK		
TAMARA COULTER	32 # 2	28.54 P
100 YD. BACK		
TAMARA COULTER	32 # 3	1:01.01
50 YD. FLY		
TAMARA COULTER	32 # 2	27.30
ROBIN LESH	31	37.69
100 YD. I.M.		
ROBIN LESH	31	1:22.77

WOMEN 35-39

500 YD. FREE		
SHANNON SINGER	39	7:10.61
1000 YD. FREE		
SHANNON SINGER	39 # 4	14:42.59

WOMEN 45-49

50 YD. FREE		
LISA DAHL	48 # 1	24.73 Z
50 YD. BACK		
LISA DAHL	48 # 2	30.44 P
50 YD. BRST		
LISA DAHL	48 # 5	33.50 Z
50 YD. FLY		
LISA DAHL	48 # 1	27.01 Z
100 YD. I.M.		
LISA DAHL	48 # 2	1:03.12 Z

WOMEN 50-54

50 YD. FREE		
ZAPPONE PEGGY	50	31.46
50 YD. BRST		
TONYA BERG	50 # 8	37.27
ZAPPONE PEGGY	50	39.35
100 YD. BRST		
TONYA BERG	50 # 8	1:19.61
ZAPPONE PEGGY	50	1:28.63
200 YD. BRST		
TONYA BERG	50 # 6	2:52.10

WOMEN 55-59

50 YD. FREE		
CHARLOTTE DAVIS	59 # 3	26.99 Z
DEBBIE GLASSMAN	55 # 6	27.79
JEAN BLACKBURN	57	33.09
100 YD. FREE		
CHARLOTTE DAVIS	59 # 3	59.76
DEBBIE GLASSMAN	55 # 7	1:03.75
JEAN BLACKBURN	57	1:15.74
100 YD. BACK		
DEBBIE GLASSMAN	55 # 6	1:19.06
50 YD. FLY		
CHARLOTTE DAVIS	59 # 4	30.21
DEBBIE GLASSMAN	55 # 5	31.26
JEAN BLACKBURN	57	36.48
100 YD. FLY		
DEBBIE GLASSMAN	55 # 4	1:13.03
200 YD. FLY		
DEBBIE GLASSMAN	55 # 4	2:47.04 Z
100 YD. I.M.		
CHARLOTTE DAVIS	59 # 2	1:08.54 Z
JEAN BLACKBURN	57	1:24.06
200 YD. I.M.		
CHARLOTTE DAVIS	59 # 2	2:29.98
400 YD. I.M.		
CHARLOTTE DAVIS	59 # 2	5:30.21

WOMEN 60-64

50 YD. FREE		
SALLY DILLON	62 # 4	30.90
KATHRINE CASEY	60	34.15
100 YD. FREE		
SALLY DILLON	62 # 3	1:07.97

KATHRINE CASEY	60	1:18.67
200 YD. FREE		
SALLY DILLON	62 # 4	2:28.30
SUZANNE DILLS	64 # 5	2:30.88
500 YD. FREE		
SUZANNE DILLS	64 # 4	6:40.20
KATHRINE CASEY	60 # 7	7:27.78
1650 YD. FREE		
SUZANNE DILLS	64 # 4	22:44.53
SALLY DILLON	62 # 5	23:05.36
200 YD. BACK		
SUZANNE DILLS	64 # 1	2:54.36 P
KATHRINE CASEY	60 # 4	3:08.48
50 YD. BRST		
SALLY DILLON	62 # 5	40.62
MARSHA HANSEN	62	48.21
100 YD. BRST		
SALLY DILLON	62 # 3	1:30.31
MARSHA HANSEN	62 # 8	1:48.01
50 YD. FLY		
SARAH WELCH	62 # 4	34.59 P
MARSHA HANSEN	62	43.78
100 YD. FLY		
SARAH WELCH	62 # 3	1:18.46 Z
200 YD. FLY		
SARAH WELCH	62 # 2	2:59.13 P
KATHRINE CASEY	60 # 6	3:48.41
100 YD. I.M.		
SARAH WELCH	62 # 2	1:19.69
KATHRINE CASEY	60	1:35.46
MARSHA HANSEN	62	1:42.19
200 YD. I.M.		
SUZANNE DILLS	64 # 1	2:51.02 P
SARAH WELCH	62 # 2	2:51.60
400 YD. I.M.		
SUZANNE DILLS	64 # 2	6:14.59 P
SARAH WELCH	62 # 3	6:16.54

WOMEN 75-79

50 YD. FREE		
KAREN BRYCE	75 # 7	55.55
100 YD. FREE		
KAREN BRYCE	75 # 3	2:01.47
50 YD. BACK		
KAREN BRYCE	75 # 2	1:05.37
50 YD. BRST		
KAREN BRYCE	75 # 1	1:05.03

WOMEN 80-84

50 YD. FREE		
BERNICE PHILLIPS	82 # 1	57.61
50 YD. BACK		
BERNICE PHILLIPS	82 # 1	55.48
100 YD. BACK		
BERNICE PHILLIPS	82 # 1	2:10.04
200 YD. BACK		
BERNICE PHILLIPS	82 # 1	4:48.80
100 YD. I.M.		
BERNICE PHILLIPS	82 # 1	2:57.47

MEN 18-24

50 YD. FREE		
BRIAN GOLDMAN	23 # 2	21.35
MARK FANNING	23 # 9	23.24
B.WHITFIELD	19	24.60
ANDREW SAGE	19	25.19

RYAN DEWEY	20	26.09
PAUL WANZEK	19	29.44
100 YD. FREE		
B.WHITEFIELD	19	55.25
ANDREW SAGE	19	56.64
RYAN DEWEY	20	57.33
500 YD. FREE		
BRIAN GOLDMAN	23 # 3	5:02.43
ANDREW SAGE	19 # 8	6:02.01
50 YD. BACK		
MARK FANNING	23 # 5	26.67
100 YD. BACK		
MARK FANNING	23 # 7	1:00.08
RYAN DEWEY	20 #10	1:06.42
200 YD. BACK		
MARK FANNING	23 # 6	2:11.57
100 YD. BRST		
PAUL WANZEK	19 # 7	1:25.06
50 YD. FLY		
BRIAN GOLDMAN	23 # 4	23.74
MARK FANNING	23	26.87
100 YD. I.M.		
MARK FANNING	23	59.89
B.WHITEFIELD	19	1:06.17
PAUL WANZEK	19	1:15.00

MEN 35-39

50 YD. FREE		
DAN MARTIN	37	24.81
100 YD. FREE		
KIRK NELSON	38	50.83
DAN MARTIN	37	54.04
200 YD. FREE		
KIRK NELSON	38 # 5	1:49.31 P
DAN MARTIN	37	1:57.50
500 YD. FREE		
KIRK NELSON	38 # 1	4:53.45 P
DAN MARTIN	37 # 8	5:14.86
1000 YD. FREE		
DAN MARTIN	37 # 6	10:58.00
1650 YD. FREE		
KIRK NELSON	38 # 2	17:07.82
100 YD. BACK		
TOM SCHUTTE	39	58.39
200 YD. BACK		
TOM SCHUTTE	39 # 5	2:07.00
50 YD. BRST		
TOM SCHUTTE	39	29.33
100 YD. BRST		
TOM SCHUTTE	39 # 8	1:02.97
KERRY NESS	39	1:20.19
200 YD. BRST		
TOM SCHUTTE	39 # 5	2:18.57
KERRY NESS	39 #10	3:00.53
200 YD. FLY		
KIRK NELSON	38 # 3	2:04.68
100 YD. I.M.		
DAN MARTIN	37	1:02.80
KERRY NESS	39	1:15.39
200 YD. I.M.		
TOM SCHUTTE	39	2:06.97
400 YD. I.M.		
KIRK NELSON	38 # 2	4:24.43

MEN 40-44

50 YD. FREE		
RICHARD SEIBERT	44	23.75
VLADIMIR SCHMIDT	41	25.54
100 YD. FREE		
MAX HANSON	41	51.70
VLADIMIR SCHMIDT	41	55.54
200 YD. FREE		
DAVID KAYS	41 # 8	1:47.68
MAX HANSON	41	1:55.30
500 YD. FREE		
DAVID KAYS	41 # 5	4:48.45
MAX HANSON	41	5:16.29
1000 YD. FREE		
DAVID KAYS	41 # 2	9:57.25 P

1650 YD. FREE		
DAVID KAYS	41 # 3	16:54.00 P
50 YD. BACK		
RICHARD SEIBERT	44 # 9	28.91
100 YD. BACK		
RICHARD SEIBERT	44	1:01.59
50 YD. BRST		
MICHAEL GARCEAU	43	43.04
100 YD. BRST		
MICHAEL GARCEAU	43	1:33.25
50 YD. FLY		
VLADIMIR SCHMIDT	41	27.49
100 YD. FLY		
VLADIMIR SCHMIDT	41	1:02.12
200 YD. FLY		
DAVID KAYS	41 # 7	2:05.78
MICHAEL GARCEAU	43	3:20.05
100 YD. I.M.		
RICHARD SEIBERT	44	59.60
200 YD. I.M.		
RICHARD SEIBERT	44	2:13.69
MAX HANSON	41	2:14.84
400 YD. I.M.		
DAVID KAYS	41 # 6	4:24.67
MAX HANSON	41	4:52.36

MEN 45-49

100 YD. FREE		
PETE COLBECK	47	51.72
200 YD. FREE		
PETE COLBECK	47 # 8	1:51.86
LYLE NALLI	49	1:52.52
ERIC VALLEY	47	1:52.91
500 YD. FREE		
PETE COLBECK	47 # 2	5:02.29
LYLE NALLI	49 # 4	5:04.10
ERIC VALLEY	47 # 8	5:09.32
1000 YD. FREE		
PETE COLBECK	47 # 4	10:33.15
ERIC VALLEY	47 # 7	10:40.48
1650 YD. FREE		
LYLE NALLI	49 # 7	18:20.05
100 YD. BACK		
JAMES LITTLEFIELD	49	1:04.01
200 YD. BACK		
LYLE NALLI	49 # 3	2:05.49 P
100 YD. FLY		
PETE COLBECK	47	57.35
200 YD. FLY		
ERIC VALLEY	47 # 5	2:12.80
200 YD. I.M.		
ERIC VALLEY	47 #10	2:10.87
400 YD. I.M.		
LYLE NALLI	49 # 6	4:32.05
ERIC VALLEY	47 #10	4:44.46

MEN 55-59

50 YD. FREE		
RONALD JACOBS	57 # 8	25.14
100 YD. FREE		
RONALD JACOBS	57 # 8	54.70
200 YD. FREE		
ALAN BELL	59 # 8	1:58.78 P
JOHN DEWIT	56	2:13.37
500 YD. FREE		
ALAN BELL	59 # 8	5:20.35 Z
WILLIAM PENN	57	5:33.52
JOHN DEWIT	56	6:13.18
1000 YD. FREE		
ALAN BELL	59 # 4	11:01.00 Z
WILLIAM PENN	57 # 6	11:11.40
1650 YD. FREE		
ALAN BELL	59 # 4	18:28.66 P
WILLIAM PENN	57 # 6	19:19.10
50 YD. BACK		
RONALD JACOBS	57 # 7	30.36
100 YD. BACK		
RONALD JACOBS	57 # 9	1:05.88
50 YD. BRST		

BILL REEDER	56 #10	36.14
100 YD. BRST		
BILL REEDER	56	1:18.35
50 YD. FLY		
BILL REEDER	56	30.37
100 YD. FLY		
SCOTT LAUTMAN	56 # 1	57.71
BILL REEDER	56 # 9	1:11.24
200 YD. FLY		
SCOTT LAUTMAN	56 # 1	2:10.60
ALAN BELL	59 # 2	2:18.80
100 YD. I.M.		
BILL REEDER	56 #10	1:11.96
WILLIAM PENN	57	1:12.57
200 YD. I.M.		
WILLIAM PENN	57 # 9	2:34.14
400 YD. I.M.		
WILLIAM PENN	57 # 8	6:00.55

MEN 60-64

50 YD. FREE		
LARRY WRIGHT	60 #10	26.24
100 YD. FREE		
DAN KIRKLAND	60 # 6	58.04 P
LARRY WRIGHT	60 # 8	58.72
STEVEN PETERSON	62	1:04.82
500 YD. FREE		
DAN KIRKLAND	60 # 4	5:42.00
100 YD. BACK		
LARRY WRIGHT	60 # 5	1:11.01
200 YD. BACK		
DAN KIRKLAND	60 # 3	2:25.93
50 YD. BRST		
STEVEN PETERSON	62 # 9	33.89
100 YD. BRST		
STEVEN PETERSON	62 # 9	1:14.34
200 YD. BRST		
STEVEN PETERSON	62 # 8	2:45.53
50 YD. FLY		
LARRY WRIGHT	60 # 5	27.98
100 YD. FLY		
LARRY WRIGHT	60 # 8	1:04.53 P
100 YD. I.M.		
LARRY WRIGHT	60 #10	1:06.92
200 YD. I.M.		
STEVEN PETERSON	62 # 9	2:42.08

MEN 65-69

50 YD. FREE		
SONNY GARRETT	65 #10	28.45
DENNIS SAWYER	65	29.97
100 YD. BACK		
MICHAEL NORDBY	67 # 9	1:20.84
200 YD. BACK		
MICHAEL NORDBY	67 # 8	2:55.41
50 YD. BRST		
DENNIS SAWYER	65 # 5	36.41
100 YD. BRST		
DENNIS SAWYER	65 # 6	1:20.35
200 YD. BRST		
DENNIS SAWYER	65 # 6	3:03.84
50 YD. FLY		
SONNY GARRETT	65 # 8	31.05
MICHAEL NORDBY	67 #10	34.96
100 YD. I.M.		
MICHAEL NORDBY	67	1:19.97
DENNIS SAWYER	65	1:20.39
200 YD. I.M.		
MICHAEL NORDBY	67	2:56.76
400 YD. I.M.		
MICHAEL NORDBY	67 # 6	6:20.07

MEN 70-74

50 YD. BRST		
DOMINIQUE TRUONG	70 # 6	42.89
100 YD. BRST		
DOMINIQUE TRUONG	70 # 5	1:38.03



RELAYS-WOMEN 200 YD. FREE

18 +			
LISA DAHL	48	# 1	1:43.57 Z
ANGELA DOWDLE	20		
TAMARA COULTER	32		
SHONA PIERCE	24		

MADLINE BANASHAK	18	#10	2:06.23
MARSHA HANSEN	62		
SARA DE SITTER	20		
MARY-JANE MAN	22		

35 +			
TONYA BERG	50		2:07.93
JEAN BLACKBURN	57		
SHANNON SINGER	39		
SALLY DILLON	62		

55 +			
SARAH WELCH	62	# 2	1:57.59 N
SUZANNE DILLS	64		
DEBBIE GLASSMAN	55		
CHARLOTTE DAVIS	59		

RELAYS-WOMEN 200 YD. MEDLEY

18 +			
SHONA PIERCE	24	# 5	2:00.90
SARA DE SITTER	20		
TAMARA COULTER	32		
MADLINE BANASHAK	18		

45 +			
LISA DAHL	48	#10	2:16.20
TONYA BERG	50		
JEAN BLACKBURN	57		
SARAH WELCH	62		

55 +			
SUZANNE DILLS	64	# 2	2:16.47
SALLY DILLON	62		
CHARLOTTE DAVIS	59		
DEBBIE GLASSMAN	55		

RELAYS-M E N 200 YD.

FREE

18 +			
BRIAN GOLDMAN	23	# 5	1:31.86
ERIC VALLEY	47		
PETE COLBECK	47		
MARK FANNING	23		

RYAN DEWEY	20		1:43.94
PAUL WANZEK	19		
ANDREW SAGE	19		
B.WHITFIELD	19		

35 +			
DAN MARTIN	37	#10	1:35.48
MAX HANSON	41		
KIRK NELSON	38		
RICHARD SEIBERT	44		

55 +			
RONALD JACOBS	57	# 6	1:48.33
SONNY GARRETT	65		
BILL REEDER	56		
JOHN DEWIT	56		

RELAYS-M E N 200 YD. MED-LEY

35 +			
RICHARD SEIBERT	44		1:46.05 P
TOM SCHUTTE	39		
PETE COLBECK	47		
ERIC VALLEY	47		

RELAYS-MIXED 200 YD.

FREE

18 +			
B.WHITFIELD	19		1:50.22
MADLINE BANASHAK	18		
MARY-JANE MAN	22		

PAUL WANZEK	19		
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MARISSA WENNER	20		1:52.15
RYAN DEWEY	20		
SARA DE SITTER	20		
ANDREW SAGE	19		

25 +			
LISA DAHL	48	# 3	1:36.47
TAMARA COULTER	32		
KIRK NELSON	38		
ERIC VALLEY	47		

35 +			
MAX HANSON	41		1:48.67
SARAH WELCH	62		
SALLY DILLON	62		
RICHARD SEIBERT	44		

55 +			
DEBBIE GLASSMAN	55	# 2	1:45.69 N
JOHN DEWIT	56		
CHARLOTTE DAVIS	59		
RONALD JACOBS	57		

RELAYS-MIXED 200 YD. MED-LEY

LEY

18 +			
MARK FANNING	23	# 8	1:52.23
SHONA PIERCE	24		
TAMARA COULTER	32		
RICHARD SEIBERT	44		

MAX HANSON	41		2:01.54
ERIC VALLEY	47		
ANGELA DOWDLE	20		
MADLINE BANASHAK	18		

35 +			
TOM SCHUTTE	39		1:54.60
TONYA BERG	50		
LISA DAHL	48		
KIRK NELSON	38		

55 +			
RONALD JACOBS	57	# 2	2:01.96 N
STEVEN PETERSON	62		
CHARLOTTE DAVIS	59		
DEBBIE GLASSMAN	55		

BILL REEDER	56	#10	2:17.98
SALLY DILLON	62		
SARAH WELCH	62		
JOHN DEWIT	56		

(Continued from page 2)

Leading Off

serving our LMSC in the true spirit of volunteerism.

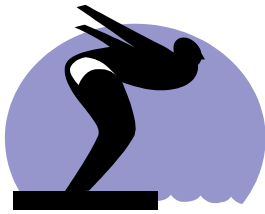
PNA has over a dozen standing committees, whose chairs serve at the pleasure of the president. Please look for their names on the newsletter masthead (page 2, left) and along with me say "thanks!" for their continuing service. Among them are former PNA Presidents Hugh Moore and Jane Moore.

While Registrar Arni Litt and Newsletter Editor Paul Freeman are the most visible through their efforts, PNA could not function without the work done by Sarah Welch, Walt Reid, Sally Dillon, Jan Kavadas, Wendy Neely, Lynn Wells, Kelly Crandell and Jon Walker.

I also want to thank our most recent recruits, Meets Co-chairs Cathy Cooley and Mike McColly. I thank previous Meets Chair Lee Carlson for a great job, too, and I'm pleased to announce that Lee will co-chair with Cathy as this new year of meet preparations begins. Another contributor is Hallie Truswell, who has been instrumental in bringing PNA's New Swimmer Goodie Bag project to fruition

Volunteers Appreciated!

Is there room for you to help PNA? You bet! I'll be following up with those of you who told us, when you joined or renewed, that you're willing to serve. Even if you can't take on a PNA assignment, you're always welcome to attend a board meeting just to see what we're all about — no obligation! Like the rest of the world, those of us on the board are a diverse group, and the interactions are always interesting, even if not quite as scintillating as the latest TV reality show.



PNA Champs SCY Nationals Weyerhaeuser King County Aquatic Center April 7 to 10, 2009

PNA CHAMPS - KCAC
04-11-09
SHORT COURSE YARDS
P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD

WOMEN 18-24

50 YD. FREE		
CAITLIN SWITAJ	19 WWUS	28.41
ANGELA DOWDLE	20 WWUS	28.47
MARISSA WENNER	20 WWUS	30.31
100 YD. FREE		
JAKI BRAGGIN	22 HMST	1:00.99
ANGELA DOWDLE	20 WWUS	1:01.11
CAITLIN SWITAJ	19 WWUS	1:01.41
MARY-JANE MAN	22 WWUS	1:05.33
SAMANTHA MAZER	23 FWM	1:06.31
MARISSA WENNER	20 WWUS	1:06.63
SARA DE SITTER	20 WWUS	1:07.89
200 YD. FREE		
ALLISON COX	24 BEST	2:04.45
ANGELA DOWDLE	20 WWUS	2:11.19
MADLINE BANASHAK	18 WWUS	2:19.50
SAMANTHA MAZER	23 FWM	2:23.21
EMMA COULSON	24 FWM	2:26.18
MARY-JANE MAN	22 WWUS	2:26.41
500 YD. FREE		
ALLISON COX	24 BEST	5:32.64
ANGELA DOWDLE	20 WWUS	5:54.80
MADLINE BANASHAK	18 WWUS	6:10.94
1000 YD. FREE		
CAITLIN SWITAJ	19 WWUS	12:27.66
1650 YD. FREE		
MADLINE BANASHAK	18 WWUS	21:14.58
SAMANTHA MAZER	23 FWM	21:23.62
EMMA COULSON	24 FWM	22:52.90
50 YD. BACK		
ALLISON COX	24 BEST	30.11
BAILEY SILVER	20 BEST	31.83
HEATHER BONAR	19 GHY	35.15
MARISSA WENNER	20 WWUS	37.69
EMILY WAGSTER	18 MYM	46.38
100 YD. BACK		
BRYN MOONEY	23 HMST	1:00.46
ALLISON COX	24 BEST	1:06.01
200 YD. BACK		
BRYN MOONEY	23 HMST	2:12.89
EMMA COULSON	24 FWM	2:32.63
50 YD. BRST		
LILIYA SHTIKEL	19 NEO	35.40
JAKI BRAGGIN	22 HMST	36.70
HEATHER BONAR	19 GHY	38.77
EMILY PURBAUGH	23 GHY	39.36
EMILY WAGSTER	18 MYM	50.89
100 YD. BRST		
LILIYA SHTIKEL	19 NEO	1:15.20
SARA DE SITTER	20 WWUS	1:23.52
EMILY PURBAUGH	23 GHY	1:26.29
EMILY WAGSTER	18 MYM	1:49.22
200 YD. BRST		
JAKI BRAGGIN	22 HMST	2:46.20

50 YD. FLY		
BRYN MOONEY	23 HMST	27.01
CAITLIN SWITAJ	19 WWUS	30.00
HEATHER BONAR	19 GHY	32.88
100 YD. FLY		
CAITLIN SWITAJ	19 WWUS	1:05.59
BAILEY SILVER	20 BEST	1:08.62
100 YD. I.M.		
LILIYA SHTIKEL	19 NEO	1:07.97
ANGELA DOWDLE	20 WWUS	1:15.48
SARA DE SITTER	20 WWUS	1:17.83
200 YD. I.M.		
BRYN MOONEY	23 HMST	2:16.17Z
LILIYA SHTIKEL	19 NEO	2:27.81
EMMA COULSON	24 FWM	2:38.84
HEATHER BONAR	19 GHY	2:44.24
MARY-JANE MAN	22 WWUS	2:49.98
400 YD. I.M.		
LILIYA SHTIKEL	19 NEO	5:22.93

WOMEN 25-29

50 YD. FREE		
HEATHER REICHMANN	28 HMST	27.34
SARAH SHAFER	28 MYM	28.94
KRISTEN HEATH	26 INWM	29.30
EMILY PRENDERGAST	27 SWIM	30.87
BETHANY BURROW	27 OST	31.14
KATE TRETTEVIK	29 NEO	32.83
DEVAN BACON	29 MYM	36.60
HELEN GILBERT	29 BAM	39.26
100 YD. FREE		
DEBRA FORINASH	26 HMST	54.73
LAURA O'MEARA	26 UN	1:00.14
HEATHER REICHMANN	28 HMST	1:00.49
ABIGAIL OLSON	29 CAC	1:00.95
SARAH SHAFER	28 MYM	1:06.18
EMILY PRENDERGAST	27 SWIM	1:09.98
DEVAN BACON	29 MYM	1:18.63
HELEN GILBERT	29 BAM	1:27.06
200 YD. FREE		
DEBRA FORINASH	26 HMST	1:57.55P
BECKI DEVRIES	29 SWIM	2:35.30
DEVAN BACON	29 MYM	3:01.23
500 YD. FREE		
M.CHAMBERLIN	28 DSYM	5:27.86
JACQUELYN FOLEY	27 CAC	5:38.37
LAURA O'MEARA	26 UN	6:02.02
KRISTEN HEATH	26 INWM	6:37.24
1000 YD. FREE		
ABIGAIL OLSON	29 CAC	12:20.26
SUZANNA DUNN	26 BEST	13:55.79
BECKI DEVRIES	29 SWIM	14:31.57
1650 YD. FREE		
JACQUELYN FOLEY	27 CAC	18:41.72
KRISTEN HEATH	26 INWM	23:02.46
50 YD. BACK		
KRISTEN HEATH	26 INWM	39.95
100 YD. BACK		
BECKI DEVRIES	29 SWIM	1:19.00
200 YD. BACK		
JACQUELYN FOLEY	27 CAC	2:19.10
50 YD. BRST		
BRITTANY KUNZE	25 GLAD	34.19

SUZANNA DUNN		
SARAH SHAFER	28 MYM	37.65
KATE TRETTEVIK	29 NEO	41.86
100 YD. BRST		
M.CHAMBERLIN	28 DSYM	1:09.35
BRITTANY KUNZE	25 GLAD	1:11.45
LAURA O'MEARA	26 UN	1:14.03
SUZANNA DUNN	26 BEST	1:20.81
KATE TRETTEVIK	29 NEO	1:33.95
200 YD. BRST		
M.CHAMBERLIN	28 DSYM	2:25.13Z
BRITTANY KUNZE	25 GLAD	2:34.22
50 YD. FLY		
ABIGAIL OLSON	29 CAC	30.25
SARAH SHAFER	28 MYM	31.59
HEATHER REICHMANN	28 HMST	33.11
BECKI DEVRIES	29 SWIM	33.87
EMILY PRENDERGAST	27 SWIM	33.88
BETHANY BURROW	27 OST	35.55
HELEN GILBERT	29 BAM	48.81
100 YD. FLY		
BRITTANY KUNZE	25 GLAD	1:04.34
DEBRA FORINASH	26 HMST	1:04.60
200 YD. FLY		
BRITTANY KUNZE	25 GLAD	2:22.73
100 YD. I.M.		
M.CHAMBERLIN	28 DSYM	1:05.11
HEATHER REICHMANN	28 HMST	1:11.35
ABIGAIL OLSON	29 CAC	1:11.95
SUZANNA DUNN	26 BEST	1:16.84
SARAH SHAFER	28 MYM	1:16.87
BETHANY BURROW	27 OST	1:19.50
KATE TRETTEVIK	29 NEO	1:30.26
200 YD. I.M.		
M.CHAMBERLIN	28 DSYM	2:16.78
JACQUELYN FOLEY	27 CAC	2:22.67
LAURA O'MEARA	26 UN	2:26.88
ABIGAIL OLSON	29 CAC	2:30.17
400 YD. I.M.		
M.CHAMBERLIN	28 DSYM	4:53.55

WOMEN 30-34

50 YD. FREE		
TAMARA COULTER	32 OAC	26.15
T.MORRISSEY	34 HMST	28.09
R.RHOADES-PAYNE	33 FWM	29.98
ROBIN LESH	31 NEO	32.27
100 YD. FREE		
COLLEEN PHILIPPS	32 LLUA	55.59
T.MORRISSEY	34 HMST	1:00.79
TINA ALKEZWEENY	34 FWM	1:09.80
ROBIN LESH	31 NEO	1:12.31
MICHELLE SIMMONS	34 FWM	1:20.48
200 YD. FREE		
TINA ALKEZWEENY	34 FWM	2:37.64
MICHELLE SIMMONS	34 FWM	3:05.06
500 YD. FREE		
COLLEEN PHILIPPS	32 LLUA	5:30.30
CARRIE NORDBERG	33 BEST	5:39.91
SHANNON CASEY	31 FWM	6:06.92
R.RHOADES-PAYNE	33 FWM	6:47.49
ROBIN LESH	31 NEO	6:59.45



1000 YD. FREE		
SHANNON CASEY	31 FWM	12:26.02
1650 YD. FREE		
MICHELLE SIMMONS	34 FWM	28:02.92
50 YD. BACK		
TAMARA COULTER	32 OAC	29.02P
TINA ALKEZWEENY	34 FWM	36.59
HOLLY BORK	32 FWM	45.84
100 YD. BACK		
TAMARA COULTER	32 OAC	1:01.62
TINA ALKEZWEENY	34 FWM	1:22.17
50 YD. BRST		
R.RHOADES-PAYNE	33 FWM	36.63
HOLLY BORK	32 FWM	44.76
100 YD. BRST		
CARRIE NORDBERG	33 BEST	1:13.74
MICHELLE SIMMONS	34 FWM	1:41.64
200 YD. BRST		
HOLLY BORK	32 FWM	3:40.98
50 YD. FLY		
TAMARA COULTER	32 OAC	27.48
T.MORRISSEY	34 HMST	30.03
TINA ALKEZWEENY	34 FWM	36.94
ROBIN LESH	31 NEO	38.62
100 YD. FLY		
T.MORRISSEY	34 HMST	1:06.98
100 YD. I.M.		
CARRIE NORDBERG	33 BEST	1:06.82
R.RHOADES-PAYNE	33 FWM	1:15.56
ROBIN LESH	31 NEO	1:25.20
200 YD. I.M.		
COLLEEN PHILIPPS	32 LLUA	2:19.44
CARRIE NORDBERG	33 BEST	2:21.89

WOMEN 35-39

50 YD. FREE		
KIMBERLY JETER	37 UN	25.38
TAUNYA ROBERTS	35 FWM	27.34
JULIE BARASHKOFF	37 SSRM	27.96
ANNETTE KEMPF	37 BEST	29.05
NELLIS KIM	38 FWM	30.08
NANCY CLARKE	36 MYM	31.78
JENNIFER BOHANNON	38 SVMS	32.32
TAMARA CULLEN	38 WSYD	32.45
M.ELLRINGER	36 OAC	34.72
100 YD. FREE		
KIMBERLY JETER	37 UN	54.06P
MEGAN LASSEN	38 OREG	57.61
TAMARA CULLEN	38 WSYD	1:12.91
LEONORE FAULDS	35 SSRM	1:13.17
KRISTA LOERCHER	38 SWIM	1:14.34
NANCY CLARKE	36 MYM	1:16.24
JENNIFER BOHANNON	38 SVMS	1:16.81
JULIE MONTIEL	39 FWM	1:21.50
200 YD. FREE		
KIMBERLY JETER	37 UN	2:00.79
KRISTI EAGER	36 SWIM	2:34.83
SHANNON SINGER	39 SVMS	2:46.99
NANCY CLARKE	36 MYM	2:53.35
JENNIFER BOHANNON	38 SVMS	3:05.17
500 YD. FREE		
KIMBERLY JETER	37 UN	5:23.90
MEGAN LASSEN	38 OREG	5:43.63
TAUNYA ROBERTS	35 FWM	5:46.47
MICHELLE BEHRENS	36 GHY	6:45.74
JENNIFER MESLER	38 FWM	6:48.13
SHANNON SINGER	39 SVMS	7:23.30
LEONORE FAULDS	35 SSRM	7:37.01
JULIE MONTIEL	39 FWM	7:59.13
1000 YD. FREE		
MEGAN LASSEN	38 OREG	11:50.84
NELLIS KIM	38 FWM	13:38.68
KRISTI EAGER	36 SWIM	14:31.19
SHANNON SINGER	39 SVMS	15:18.85
1650 YD. FREE		
JENNIFER KABACY	38 FWM	22:10.65
LEONORE FAULDS	35 SSRM	26:27.46
50 YD. BACK		
TAUNYA ROBERTS	35 FWM	32.10
NELLIS KIM	38 FWM	38.30
M.ELLRINGER	36 OAC	38.61

SHANNON SINGER	39 SVMS	40.01
NANCY CLARKE	36 MYM	41.09
TAMARA TULOU	35 BAM	43.75
100 YD. BACK		
KRISTI EAGER	36 SWIM	1:23.50
KIRSTEN YOUNG	38 SVMS	1:25.28
NANCY CLARKE	36 MYM	1:29.72
TAMARA TULOU	35 BAM	1:38.39
200 YD. BACK		
TAUNYA ROBERTS	35 FWM	2:27.55
MEGAN LASSEN	38 OREG	2:27.64
MICHELLE BEHRENS	36 GHY	2:56.99
KRISTA LOERCHER	38 SWIM	3:09.31
50 YD. BRST		
NELLIS KIM	38 FWM	39.69
100 YD. BRST		
NELLIS KIM	38 FWM	1:27.76
SHANNON SINGER	39 SVMS	1:41.20
200 YD. BRST		
KIRSTEN YOUNG	38 SVMS	3:17.20
50 YD. FLY		
TAUNYA ROBERTS	35 FWM	29.61
ANNETTE KEMPF	37 BEST	31.02
KIRSTEN YOUNG	38 SVMS	36.18
TAMARA TULOU	35 BAM	45.12
100 YD. FLY		
KIMBERLY JETER	37 UN	1:05.55
100 YD. I.M.		
NELLIS KIM	38 FWM	1:17.46
MICHELLE BEHRENS	36 GHY	1:21.78
KRISTI EAGER	36 SWIM	1:22.82
KRISTA LOERCHER	38 SWIM	1:25.39
SHANNON SINGER	39 SVMS	1:30.09
JULIE MONTIEL	39 FWM	1:37.06
200 YD. I.M.		
MEGAN LASSEN	38 OREG	2:27.59
KRISTA LOERCHER	38 SWIM	3:03.91

WOMEN 40-44

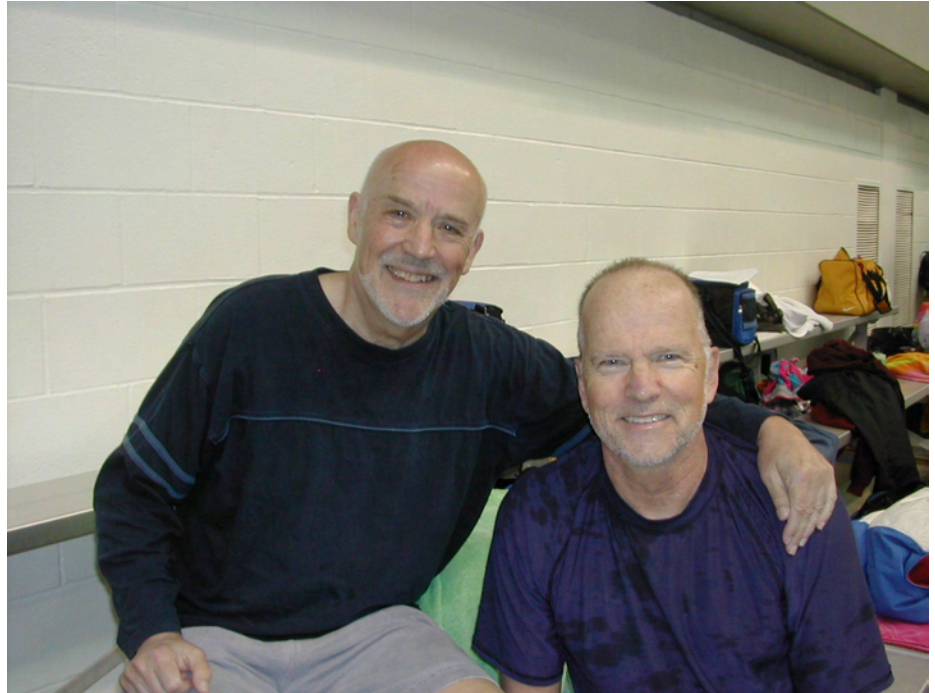
50 YD. FREE		
MARY ARMSTRONG	41 MYM	25.37
DEENA STROM	41 SVMS	30.05
KRISTINE ANTILLA	40 OST	32.47
KATHY MOORE	42 NS	32.87
100 YD. FREE		
G.VANDERHAEGEN	41 BYMS	1:03.91
DEENA STROM	41 SVMS	1:06.90
BELINDA SCHUSTER	44 SVMS	1:09.63
KATY MAGEE	43 MAMS	1:13.78
KRISTINE ANTILLA	40 OST	1:14.58
NANCY HUNTAMER	44 NEO	1:19.06
MARY BURRIS	43 NEO	1:31.12
200 YD. FREE		
DEENA STROM	41 SVMS	2:32.02
BELINDA SCHUSTER	44 SVMS	2:46.41
NANCY HUNTAMER	44 NEO	2:53.47
500 YD. FREE		
G.VANDERHAEGEN	41 BYMS	6:18.19
KATHERINE ROGERS	42 SWIM	7:20.26
NANCY HUNTAMER	44 NEO	7:58.13
TERESA FORSYTH	41 SWIM	8:46.00
EMMA SIEBER	41 WSYD	8:46.22
1000 YD. FREE		
G.VANDERHAEGEN	41 BYMS	12:57.75
KATHERINE ROGERS	42 SWIM	14:56.12
1650 YD. FREE		
DONNIE NORTH	43 NEO	27:31.84
50 YD. BACK		
MARY ARMSTRONG	41 MYM	30.96
KATHY MOORE	42 NS	39.11
100 YD. BACK		
DONNIE NORTH	43 NEO	1:29.56
50 YD. BRST		
MARY ARMSTRONG	41 MYM	32.07Z
KRISTINE ANTILLA	40 OST	40.66
KATHY MOORE	42 NS	45.41
JULIE DELANEY	42 MAMS	47.57
MARY BURRIS	43 NEO	48.83
100 YD. BRST		
MARY ARMSTRONG	41 MYM	1:10.52Z
HALEIGH WERNER	40 UN	1:17.54

KRISTINE ANTILLA	40 OST	1:30.13
TERESA FORSYTH	41 SWIM	1:38.19
JULIE DELANEY	42 MAMS	1:42.38
MARY BURRIS	43 NEO	1:50.91
200 YD. BRST		
JULIE DELANEY	42 MAMS	3:51.88
MARY BURRIS	43 NEO	3:57.62
50 YD. FLY		
DEENA STROM	41 SVMS	35.09
KATHY MOORE	42 NS	38.54
KATHERINE ROGERS	42 SWIM	40.01
100 YD. FLY		
BELINDA SCHUSTER	44 SVMS	1:29.88
200 YD. FLY		
HALEIGH WERNER	40 UN	2:30.04
100 YD. I.M.		
MARY ARMSTRONG	41 MYM	1:06.54
KRISTINE ANTILLA	40 OST	1:24.36
KATHERINE ROGERS	42 SWIM	1:30.52
TERESA FORSYTH	41 SWIM	1:34.06
NANCY HUNTAMER	44 NEO	1:34.77
JULIE DELANEY	42 MAMS	1:38.28
MARY BURRIS	43 NEO	1:47.21
200 YD. I.M.		
HALEIGH WERNER	40 UN	2:27.74
KATY MAGEE	43 MAMS	3:10.31
BELINDA SCHUSTER	44 SVMS	3:16.79
NANCY HUNTAMER	44 NEO	3:22.12
400 YD. I.M.		
MARY ARMSTRONG	41 MYM	5:09.93

WOMEN 45-49

50 YD. FREE		
LISA DAHL	47 CAAT	25.46
TRACEY SPENSER	48 UN	29.54
J.MCJUNKIN	45 UN	32.93
SUZANNE WAY	45 LWS	33.33
LEE SPENCER	48 FWM	34.63
TERRIE PETERSON	46 MYM	35.26
KAREN KUYKENDALL	45 FWM	37.49
LISA CHRISTEN	49 OAC	38.61
ANGELA TURLEY	45 FWM	39.62
KELLY HENRIOT	48 SWIM	50.09
100 YD. FREE		
MJ CASWELL	48 OREG	59.81
KRIS SPEIR	45 OST	1:05.71
SUZANNE WAY	45 LWS	1:13.73
LEE SPENCER	48 FWM	1:19.19
LISA CHRISTEN	49 OAC	1:26.65
KELLY HENRIOT	48 SWIM	1:46.06
200 YD. FREE		
LIB RUST	49 NEO	2:45.97
KAREN KUYKENDALL	45 FWM	3:03.58
ANGELA TURLEY	45 FWM	3:12.76
500 YD. FREE		
LIB RUST	49 NEO	7:08.53
SUZANNE WAY	45 LWS	7:24.00
LISA CHRISTEN	49 OAC	8:37.38
KELLY HENRIOT	48 SWIM	9:59.95
1000 YD. FREE		
MARY FOSTER	49 UN	18:56.87
1650 YD. FREE		
ZENA COURTNEY	49 FWM	20:06.10
DIANE BOYER	48 FWM	23:32.01
LEE SPENCER	48 FWM	27:17.81
KAREN KUYKENDALL	45 FWM	29:20.49
50 YD. BACK		
LISA DAHL	47 CAAT	30.58P
TRACEY SPENSER	48 UN	33.67
JENNIFER FORDHAM	45 MYM	35.18
MARGARET DIDDAMS	47 NEO	35.95
TERRIE PETERSON	46 MYM	42.04
LISA CHRISTEN	49 OAC	52.27
100 YD. BACK		
TRACEY SPENSER	48 UN	1:13.86
JENNIFER FORDHAM	45 MYM	1:16.46
MARGARET DIDDAMS	47 NEO	1:17.84
SUZANNE WAY	45 LWS	1:35.95
50 YD. BRST		
LISA DAHL	47 CAAT	34.41
KRIS SPEIR	45 OST	38.64

ZENA COURTNEY	49 FWM	39.27
MARGARET DIDDAMS	47 NEO	39.64
DIANE BOYER	48 FWM	40.37
TRACEY SPENSER	48 UN	40.84
JENNIFER FORDHAM	45 MYM	41.07
JAN COLEMAN	48 MAMS	44.60
100 YD. BRST		
KRIS SPEIR	45 OST	1:24.00
ZENA COURTNEY	49 FWM	1:24.38
MARGARET DIDDAMS	47 NEO	1:28.77
JENNIFER FORDHAM	45 MYM	1:29.08
DIANE BOYER	48 FWM	1:29.12
TERRIE PETERSON	46 MYM	1:41.68
200 YD. BRST		
ZENA COURTNEY	49 FWM	2:59.27
DIANE BOYER	48 FWM	3:08.14
JAN COLEMAN	48 MAMS	3:36.16
50 YD. FLY		
MJ CASWELL	48 OREG	29.04
KRIS SPEIR	45 OST	33.89
J.MCJUNKIN	45 UN	36.95
TERRIE PETERSON	46 MYM	44.88
100 YD. FLY		
MJ CASWELL	48 OREG	1:05.95
CYNTHIA KRASS	45 CAC	1:13.85
200 YD. FLY		
ZENA COURTNEY	49 FWM	2:39.77
100 YD. I.M.		
LISA DAHL	47 CAAT	1:05.93
ZENA COURTNEY	49 FWM	1:09.91
TRACEY SPENSER	48 UN	1:14.92
KRIS SPEIR	45 OST	1:17.90
MARGARET DIDDAMS	47 NEO	1:18.86
JENNIFER FORDHAM	45 MYM	1:24.63
JAN COLEMAN	48 MAMS	1:32.75
TERRIE PETERSON	46 MYM	1:33.24
400 YD. I.M.		
WENDY HOFFMAN	46 MICC	6:20.07
JENNIFER FORDHAM	45 MYM	6:20.18



PNA Secretary Herb Cook., left, and Newsletter Editor Paul Freeman

WOMEN 50-54

50 YD. FREE		
MARY LIPPOLD	53 NEO	27.83
MICHELLE MENKINS	52 FWM	29.46
KATHY ABRAMS	53 GLAD	30.34
CYNTHIA WEINTRAUB	51 GLAD	38.15
ERIN KITTLEMAN	50 GLAD	42.57
COLEEN PARNELL	51 BYMS	44.10
SANDI SPEEDY	50 SVMS	47.13
100 YD. FREE		
MARY LIPPOLD	53 NEO	1:00.40
JESSIE HICKEL	50 FWM	1:06.19
ROBIN HALL	54 GLAD	1:12.71
SHARAN DANIEL	50 NEO	1:29.04
ERIN KITTLEMAN	50 GLAD	1:38.48
SANDI SPEEDY	50 SVMS	1:49.13
200 YD. FREE		
SANDI SPEEDY	50 SVMS	3:58.29
ERIN KITTLEMAN	50 GLAD	4:00.14
500 YD. FREE		
MARY LIPPOLD	53 NEO	6:04.51
KATHY ABRAMS	53 GLAD	6:24.38
MICHELLE MENKINS	52 FWM	6:24.62
CAROLINE BROWN	51 PSC	6:53.44
ROBIN HALL	54 GLAD	7:14.45
ERIN KITTLEMAN	50 GLAD	9:54.43
1000 YD. FREE		
ERIN KITTLEMAN	50 GLAD	20:13.85
KATHY MORRIS	53 BYMS	20:30.41
SANDI SPEEDY	50 SVMS	20:48.00
1650 YD. FREE		
KATHY ABRAMS	53 GLAD	21:14.97
JESSIE HICKEL	50 FWM	22:05.42
GUILA MUIR	54 UN	30:45.52
MIRIAM RABITZ	53 NEO	43:47.28
50 YD. BACK		
K.ANDRUS-HUGHES	51 OREG	29.31
JESSIE HICKEL	50 FWM	39.54
MIRIAM RABITZ	53 NEO	1:04.56
100 YD. BACK		

K.ANDRUS-HUGHES	51 OREG	1:04.10
JESSIE HICKEL	50 FWM	1:20.69
KATHY MORRIS	53 BYMS	2:01.29
MIRIAM RABITZ	53 NEO	2:15.47
200 YD. BACK		
KATHY ABRAMS	53 GLAD	2:59.36
KATHY MORRIS	53 BYMS	4:20.39
MIRIAM RABITZ	53 NEO	4:49.85
50 YD. BRST		
TONYA BERG	50 GLAD	37.83
LAURIE BALL	51 FWM	39.21
JANET JOHNSON	54 PTMS	42.18
CYNTHIA WEINTRAUB	51 GLAD	46.30
SHARAN DANIEL	50 NEO	48.15
H.ADKINS-NARTE	54 BAM	52.95
SANDI SPEEDY	50 SVMS	1:01.45
100 YD. BRST		
TONYA BERG	50 GLAD	1:20.80
LAURIE BALL	51 FWM	1:24.81
JANET JOHNSON	54 PTMS	1:31.81
ROBIN HALL	54 GLAD	1:36.91
CYNTHIA WEINTRAUB	51 GLAD	1:41.15
H.ADKINS-NARTE	54 BAM	1:52.97
MIRIAM RABITZ	53 NEO	2:27.56
200 YD. BRST		
TONYA BERG	50 GLAD	2:54.52
JANET JOHNSON	54 PTMS	3:24.06
SHARAN DANIEL	50 NEO	3:39.69
50 YD. FLY		
MICHELLE MENKINS	52 FWM	33.67
ANN BAILEY	53 PTMS	36.60
KATHY MORRIS	53 BYMS	49.77
H.ADKINS-NARTE	54 BAM	58.73
100 YD. FLY		
MARY LIPPOLD	53 NEO	1:10.70
ANN BAILEY	53 PTMS	1:24.01
200 YD. FLY		
ANN BAILEY	53 PTMS	3:08.73
JESSIE HICKEL	50 FWM	3:11.60
100 YD. I.M.		
TONYA BERG	50 GLAD	1:17.06
ROBIN HALL	54 GLAD	1:26.68
KATHY ABRAMS	53 GLAD	1:30.95
JANET JOHNSON	54 PTMS	1:32.47
SHARAN DANIEL	50 NEO	1:45.27
200 YD. I.M.		
TONYA BERG	50 GLAD	2:43.62

400 YD. I.M.		
JESSIE HICKEL	50 FWM	5:57.63
MIRIAM RABITZ	53 NEO	10:36.95

WOMEN 55-59

50 YD. FREE		
CHARLOTTE DAVIS	58 NEO	28.11
JEAN BLACKBURN	57 FWM	33.38
WENDY WIGNEY	58 MYM	36.63
PATTI CUNNINGHAM	55 FWM	37.47
REBECCA LOGSDON	55 SAC	48.60
PAT DUGGAN	55 FWM	50.66
SANDRA SMITH	56 SVMS	55.98
100 YD. FREE		
CHARLOTTE DAVIS	58 NEO	1:00.63
JEAN BLACKBURN	57 FWM	1:16.44
JANE GRAY	57 OREG	1:17.68
PAT DUGGAN	55 FWM	1:47.90
REBECCA LOGSDON	55 SAC	1:49.63
SANDRA SMITH	56 SVMS	2:12.42
200 YD. FREE		
SHELIA MCCUE	56 SWIM	2:55.98
JANE GRAY	57 OREG	2:57.43
JANE MOORE	58 OST	3:18.98
PAT DUGGAN	55 FWM	3:43.70
500 YD. FREE		
JANE GRAY	57 OREG	7:40.07
JANE MOORE	58 OST	8:33.87
PAT DUGGAN	55 FWM	9:24.49
SANDRA SMITH	56 SVMS	
12:17.00		
1000 YD. FREE		
JANE GRAY	57 OREG	
15:47.17		
LOIS MARQUART	59 FTS	17:35.37
JANE MOORE	58 OST	17:52.46
50 YD. BACK		
WENDY WIGNEY	58 MYM	49.13
JANE MOORE	58 OST	51.15
REBECCA LOGSDON	55 SAC	53.68
PAT DUGGAN	55 FWM	1:13.42
100 YD. BACK		
REBECCA LOGSDON	55 SAC	1:58.17
200 YD. BACK		
JANE MOORE	58 OST	3:59.76



50 YD. BRST		
WENDY WIGNEY	58 MYM	45.13
200 YD. BRST		
JANE MOORE	58 OST	4:39.99
50 YD. FLY		
CHARLOTTE DAVIS	58 NEO	30.66
JEAN BLACKBURN	57 FWM	38.27
100 YD. I.M.		
CHARLOTTE DAVIS	58 NEO	1:10.22
JEAN BLACKBURN	57 FWM	1:25.65
PATTI CUNNINGHAM	55 FWM	1:35.79
WENDY WIGNEY	58 MYM	1:50.08
400 YD. I.M.		
CHARLOTTE DAVIS	58 NEO	5:28.86

WOMEN 60-64

50 YD. FREE		
SALLY DILLON	62 NWM	32.68
SANDI ROUSSEAU	61 OREG	33.17
JEANNE ENSIGN	62 GLAD	43.23
100 YD. FREE		
SALLY DILLON	62 NWM	1:11.71
SANDI ROUSSEAU	61 OREG	1:13.50
JUDY WILLIAMS	60 FWM	1:26.56
JEANNE ENSIGN	62 GLAD	1:35.12
200 YD. FREE		
SALLY DILLON	62 NWM	2:37.66
M. LEIGH JOHNSON	60 NEO	2:46.79
JULIA BENT	61 NEO	2:52.50
500 YD. FREE		
JULIA BENT	61 NEO	7:38.54
1000 YD. FREE		
SALLY DILLON	62 NWM	14:36.19
HELENE LA PORTE	60 FWM	24:08.38
1650 YD. FREE		
JUDY WILLIAMS	60 FWM	27:46.46
50 YD. BACK		
M. LEIGH JOHNSON	60 NEO	41.50
100 YD. BACK		
JULIA BENT	61 NEO	1:28.80
M. LEIGH JOHNSON	60 NEO	1:31.25
JEANNE ENSIGN	62 GLAD	1:54.75
200 YD. BACK		
JULIA BENT	61 NEO	3:10.36
50 YD. BRST		
GINGER PIERSON	63 OREG	40.24
JUDY WILLIAMS	60 FWM	46.37
100 YD. BRST		
GINGER PIERSON	63 OREG	1:26.60
SALLY DILLON	62 NWM	1:36.38
200 YD. BRST		
GINGER PIERSON	63 OREG	3:06.33
50 YD. FLY		
SANDI ROUSSEAU	61 OREG	35.13
SARAH WELCH	62 CAAT	35.48
100 YD. FLY		
SARAH WELCH	62 CAAT	1:21.57
SANDI ROUSSEAU	61 OREG	1:30.79
200 YD. FLY		
SARAH WELCH	62 CAAT	3:02.99
100 YD. I.M.		
GINGER PIERSON	63 OREG	1:30.11
JULIA BENT	61 NEO	1:30.77
JUDY WILLIAMS	60 FWM	1:41.03
200 YD. I.M.		
SARAH WELCH	62 CAAT	2:56.41
400 YD. I.M.		
SARAH WELCH	62 CAAT	6:15.31P

WOMEN 65-69

50 YD. BACK		
JOY WARD	66 OREG	37.47Z
100 YD. BACK		
JOY WARD	66 OREG	1:22.25Z
200 YD. BACK		
JOY WARD	66 OREG	2:56.80
50 YD. FLY		
JOY WARD	66 OREG	35.33

WOMEN 70-74

50 YD. FREE		
PEG CLOUTIER	74 BYMS	43.41
100 YD. FREE		
PEG CLOUTIER	74 BYMS	1:36.09

WOMEN 75-79

50 YD. FREE		
MARILYNN SISCO	75 BYMS	50.38
GAIL GLADWELL	77 BC	1:00.10
100 YD. FREE		
KAREN BRYCE	75 GLAD	2:00.20
MARILYNN SISCO	75 BYMS	2:02.72
GAIL GLADWELL	77 BC	2:14.56
500 YD. FREE		
JANET KAVADAS	78 NEO	11:37.81
1650 YD. FREE		
BARBARA ALLEN	75 UN	40:07.21
50 YD. BACK		
BARBARA ALLEN	75 UN	53.76
MARILYNN SISCO	75 BYMS	59.53
KAREN BRYCE	75 GLAD	1:01.50
GAIL GLADWELL	77 BC	1:09.65
100 YD. BACK		
BARBARA ALLEN	75 UN	2:00.48
JANET KAVADAS	78 NEO	2:12.11
200 YD. BACK		
JANET KAVADAS	78 NEO	4:44.05
50 YD. BRST		
KAREN BRYCE	75 GLAD	1:05.83
GAIL GLADWELL	77 BC	1:06.98
MARILYNN SISCO	75 BYMS	1:09.79
100 YD. BRST		
JANET KAVADAS	78 NEO	2:07.31
100 YD. I.M.		
GAIL GLADWELL	77 BC	2:40.03

WOMEN 80-84

50 YD. BRST		
ILSE WALTERS	81 UN	1:16.97

MEN 18-24

50 YD. FREE		
BRIAN GOLDMAN	23 WWUS	21.09
WILLIAM ANSELL	24 DSYM	23.02
MARK FANNING	23 WWUS	23.57
JORDAN RICE	24 NEO	23.59
JAMES SCHALYMAN	21 CAAT	23.81
KLAYTON SCHAUFLE	18 WWUS	24.12
BROOKS PHILLIPS	21 CAAT	25.89
B.WHITFIELD	19 WWUS	26.03
ANDREW SAGE	19 WWUS	26.09
RICHARD DIBBLE	20 MYM	26.74
RYAN DEWEY	19 WWUS	27.18
PAUL WANZEK	19 WWUS	29.53
HAMBER PABLO	23 MYM	29.87
100 YD. FREE		
B.WHITFIELD	19 WWUS	56.71
GARRETT GRIGAS	18 UN	58.65
RYAN DEWEY	19 WWUS	59.40
RICHARD DIBBLE	20 MYM	59.73
ANDREW SAGE	19 WWUS	59.79
HAMBER PABLO	23 MYM	1:07.67
200 YD. FREE		
GARRETT GRIGAS	18 UN	2:18.26
ANDREW SAGE	19 WWUS	2:21.63
RICHARD DIBBLE	20 MYM	2:23.80
500 YD. FREE		
EDDIE SWITAJ	24 WWUS	4:51.28
ANDREW SAGE	19 WWUS	6:09.39
1000 YD. FREE		
EDDIE SWITAJ	24 WWUS	9:59.78Z
50 YD. BACK		
MARK FANNING	23 WWUS	26.93
JAMES SCHALYMAN	21 CAAT	27.22

RYAN DEWEY	19 WWUS	32.34
100 YD. BACK		
MARK FANNING	23 WWUS	59.37
50 YD. BRST		
KLAYTON SCHAUFLE	18 WWUS	30.18
JORDAN RICE	24 NEO	30.61
100 YD. BRST		
KLAYTON SCHAUFLE	18 WWUS	1:07.12
MATT NELSON	18 NS	1:07.93
JORDAN RICE	24 NEO	1:08.22
BROOKS PHILLIPS	21 CAAT	1:18.26
HAMBER PABLO	23 MYM	1:23.12
PAUL WANZEK	19 WWUS	1:29.13
200 YD. BRST		
MATT NELSON	18 NS	2:27.05
KLAYTON SCHAUFLE	18 WWUS	2:31.00
TOM GOSCIIEWSKI	19 WWUS	3:28.37
50 YD. FLY		
BRIAN GOLDMAN	23 WWUS	23.19Z
JAMES SCHALYMAN	21 CAAT	25.21
MARK FANNING	23 WWUS	26.71
JORDAN RICE	24 NEO	28.34
TOM GOSCIIEWSKI	19 WWUS	39.58
100 YD. FLY		
EDDIE SWITAJ	24 WWUS	53.13P
GARRETT GRIGAS	18 UN	1:09.13
TOM GOSCIIEWSKI	19 WWUS	1:32.90
200 YD. FLY		
EDDIE SWITAJ	24 WWUS	1:58.30
TOM GOSCIIEWSKI	19 WWUS	3:29.46
100 YD. I.M.		
JORDAN RICE	24 NEO	1:01.55
MARK FANNING	23 WWUS	1:03.01
KLAYTON SCHAUFLE	18 WWUS	1:03.03
MATT NELSON	18 NS	1:03.95
B.WHITFIELD	19 WWUS	1:07.21
PAUL WANZEK	19 WWUS	1:15.66
HAMBER PABLO	23 MYM	1:19.36
200 YD. I.M.		
GARRETT GRIGAS	18 UN	2:35.22
HAMBER PABLO	23 MYM	3:05.10
400 YD. I.M.		
KLAYTON SCHAUFLE	18 WWUS	5:02.87

MEN 25-29

50 YD. FREE		
ALDEN KROLL	26 HMST	22.62
DAVID TOURIGNY	29 GLAD	25.58
100 YD. FREE		
STEVE POLUCHA	27 HMST	49.54
ALDEN KROLL	26 HMST	51.44
DAVID TOURIGNY	29 GLAD	57.13
200 YD. FREE		
STEVE POLUCHA	27 HMST	1:50.82
100 YD. BACK		
JASON GREGORY	26 WSYD	1:05.15
50 YD. BRST		
LUCAS WILLS	29 UN	34.24
200 YD. BRST		
LUCAS WILLS	29 UN	2:48.14
50 YD. FLY		
ALDEN KROLL	26 HMST	26.04
DAVID TOURIGNY	29 GLAD	28.56
LUCAS WILLS	29 UN	29.97
100 YD. FLY		
KEVIN CLEARY	25 OREG	57.49
ALDEN KROLL	26 HMST	57.58
100 YD. I.M.		
STEVE POLUCHA	27 HMST	57.61
200 YD. I.M.		
STEVE POLUCHA	27 HMST	2:05.82
JASON GREGORY	26 WSYD	2:23.44

MEN 30-34

50 YD. FREE		
DMITRI PARAMONOV	30 HMST	23.99
EVAN BACON	30 MYM	24.55
A. JASON MORRIS	32 FWM	24.79

STATEN HANSEN	31 BEST	25.42
100 YD. FREE		
BRIAN WISNIEWSKI	31 HMST	45.85Z
MARK ARNOLD	34 HMST	52.51
DMITRI PARAMONOV	30 HMST	53.23
JAMES ADAMS	31 INWM	53.71
EVAN BACON	30 MYM	55.64
A. JASON MORRIS	32 FWM	57.23
STATEN HANSEN	31 BEST	57.28
MELVIN CARDEN	34 OST	1:00.88
ERIC KELLEY	31 DSYM	1:04.08
CHRIS DURKIN	34 NS	1:10.48
200 YD. FREE		
BRIAN WISNIEWSKI	31 HMST	1:40.22Z
JAMES ADAMS	31 INWM	2:01.68
STATEN HANSEN	31 BEST	2:15.89
ERIC KELLEY	31 DSYM	2:24.43
CHRIS DURKIN	34 NS	2:46.52
500 YD. FREE		
JAMES ADAMS	31 INWM	5:36.08
50 YD. BACK		
EVAN BACON	30 MYM	31.70
ERIC KELLEY	31 DSYM	34.87
100 YD. BACK		
BRIAN WISNIEWSKI	31 HMST	54.01P
MARK ARNOLD	34 HMST	58.53
EVAN BACON	30 MYM	1:11.68
200 YD. BACK		
BRIAN WISNIEWSKI	31 HMST	1:56.33Z
50 YD. BRST		
DMITRI PARAMONOV	30 HMST	30.37
A. JASON MORRIS	32 FWM	32.21
100 YD. BRST		
A. JASON MORRIS	32 FWM	1:10.01
CHRIS DURKIN	34 NS	1:31.66
200 YD. BRST		
CHRIS DURKIN	34 NS	3:14.10
50 YD. FLY		
MARK ARNOLD	34 HMST	26.11
ERIC KELLEY	31 DSYM	32.53
100 YD. FLY		
JAMES ADAMS	31 INWM	1:03.70
100 YD. I.M.		
CHRIS DURKIN	34 NS	1:31.17
200 YD. I.M.		
JAMES ADAMS	31 INWM	2:16.54
ERIC KELLEY	31 DSYM	2:48.49

MEN 35-39

50 YD. FREE		
GREG KABACY	36 FWM	22.84
ZAC MONTGOMERY	37 GAM	23.58
KIRK NELSON	38 HMST	23.77
DAVID MARGRAVE	38 HMST	24.73
BRIAN CLARKE	36 MYM	26.19
CHRISTIAN BRUHN	36 SAC	26.36
100 YD. FREE		
GREG KABACY	36 FWM	49.85
ZAC MONTGOMERY	37 GAM	52.08
ERIN DUNN	38 BEST	54.61
DAN MARTIN	37 UN	55.06
BRIAN CLARKE	36 MYM	56.78
CHRISTIAN BRUHN	36 SAC	1:00.37
ZACH BRITTLE	35 NEO	1:01.37
JASON LASSEN	36 OREG	1:07.29
LUIS DIAZ	37 FWM	1:09.21
200 YD. FREE		
KIRK NELSON	38 HMST	1:49.72
ERIN DUNN	38 BEST	2:00.34
DAN MARTIN	37 UN	2:00.59
BRIAN CLARKE	36 MYM	2:12.54
JASON LASSEN	36 OREG	2:32.06
500 YD. FREE		
KIRK NELSON	38 HMST	4:54.76
DAN MARTIN	37 UN	5:25.37
JASON LASSEN	36 OREG	6:48.26
DAVID CUTHBERT	35 BAM	7:07.78
LUIS DIAZ	37 FWM	7:17.58
1000 YD. FREE		
KIRK NELSON	38 HMST	10:13.00P

DAN MARTIN	37 UN	11:16.30
DAVID MARGRAVE	38 HMST	12:03.05
JASON LASSEN	36 OREG	14:12.97
KERRY NESS	39 SVMS	14:48.41
LUIS DIAZ	37 FWM	15:26.69
1650 YD. FREE		
DAVID CUTHBERT	35 BAM	26:26.07
50 YD. BACK		
DAVID MARGRAVE	38 HMST	31.64
KERRY NESS	39 SVMS	42.33
100 YD. BACK		
DOUG JELEN	35 UN	58.10
TOM SCHUTTE	39 GLAD	1:03.34
200 YD. BACK		
GREG KABACY	36 FWM	2:02.72
DOUG JELEN	35 UN	2:06.96
TOM SCHUTTE	39 GLAD	2:22.33
50 YD. BRST		
ZAC MONTGOMERY	37 GAM	31.16
DAVID MARGRAVE	38 HMST	32.89
ZACH BRITTLE	35 NEO	32.95
KERRY NESS	39 SVMS	36.85
100 YD. BRST		
TOM SCHUTTE	39 GLAD	1:10.14
ZACH BRITTLE	35 NEO	1:11.50
BRIAN CLARKE	36 MYM	1:19.09
KERRY NESS	39 SVMS	1:22.70
200 YD. BRST		
TOM SCHUTTE	39 GLAD	2:32.28
KERRY NESS	39 SVMS	3:01.83
50 YD. FLY		
GREG KABACY	36 FWM	24.39
ZAC MONTGOMERY	37 GAM	26.60
DAVID MARGRAVE	38 HMST	27.41
ZACH BRITTLE	35 NEO	29.68
100 YD. FLY		
GREG KABACY	36 FWM	55.67
200 YD. FLY		
DOUG JELEN	35 UN	2:07.20
100 YD. I.M.		
DOUG JELEN	35 UN	1:02.79
ZAC MONTGOMERY	37 GAM	1:02.86
DAVID MARGRAVE	38 HMST	1:04.43
DAN MARTIN	37 UN	1:06.16
BRIAN CLARKE	36 MYM	1:12.14
KERRY NESS	39 SVMS	1:19.33
LUIS DIAZ	37 FWM	1:24.55
200 YD. I.M.		
KIRK NELSON	38 HMST	2:08.95
DOUG JELEN	35 UN	2:12.73
TOM SCHUTTE	39 GLAD	2:15.53
ERIN DUNN	38 BEST	2:18.21
LUIS DIAZ	37 FWM	3:11.00
400 YD. I.M.		
DOUG JELEN	35 UN	4:41.46

MEN 40-44

50 YD. FREE		
SCOTT ROBERTS	41 UN	23.61
JOHN WILLIAMS	40 FWM	23.90
RICHARD SEIBERT	44 OAC	23.95
VLADIMIR SCHMIDT	40 HMST	25.58
ROB DUNLOP	41 GLAD	25.80
ED HAMILTON	43 OAC	26.28
TODD NELSON	42 NWM	26.29
PATRICK PRESTON	42 UN	26.87
DANIEL JAS	44 GAM	31.96
MICHAEL GARCEAU	43 PRO	34.75
100 YD. FREE		
JOHN WILLIAMS	40 FWM	51.25
RICHARD SEIBERT	44 OAC	52.10
SCOTT ROBERTS	41 UN	52.33
VLADIMIR SCHMIDT	40 HMST	56.64
ROB DUNLOP	41 GLAD	56.74
TODD NELSON	42 NWM	57.34
ED HAMILTON	43 OAC	58.87
PATRICK PRESTON	42 UN	1:00.89
PETER COLLINS	44 MYM	1:04.28
DANIEL JAS	44 GAM	1:14.62

200 YD. FREE		
JOHN WILLIAMS	40 FWM	1:55.90
ED HAMILTON	43 OAC	2:23.89
PETER COLLINS	44 MYM	2:24.74
500 YD. FREE		
JOHN WILLIAMS	40 FWM	5:11.18
ROB DUNLOP	41 GLAD	5:50.47
PETER COLLINS	44 MYM	6:30.60
1000 YD. FREE		
JOHN WILLIAMS	40 FWM	10:57.87
C. CLIFFORD	44 FWM	20:27.10
1650 YD. FREE		
PETER COLLINS	44 MYM	23:09.58
MICHAEL GARCEAU	43 PRO	26:01.16
50 YD. BACK		
SCOTT ROBERTS	41 UN	27.56
RICHARD SEIBERT	44 OAC	29.15
MICHAEL GARCEAU	43 PRO	39.94
50 YD. BRST		
JAMES CORBEAU	44 OREG	27.88
PATRICK PRESTON	42 UN	35.79
100 YD. BRST		
JAMES CORBEAU	44 OREG	1:01.01
PETER COLLINS	44 MYM	1:25.06
50 YD. FLY		
VLADIMIR SCHMIDT	40 HMST	28.04
JAY BURNHAM	40 FWM	28.20
MICHAEL GARCEAU	43 PRO	38.42
100 YD. FLY		
JOHN WILLIAMS	40 FWM	59.01
RICHARD SEIBERT	44 OAC	1:00.10
VLADIMIR SCHMIDT	40 HMST	1:01.86
TODD NELSON	42 NWM	1:12.31
100 YD. I.M.		
RICHARD SEIBERT	44 OAC	1:01.28
MICHAEL GARCEAU	43 PRO	1:26.82
200 YD. I.M.		
TODD NELSON	42 NWM	2:33.53
PETER COLLINS	44 MYM	2:56.64
400 YD. I.M.		
MICHAEL GARCEAU	43 PRO	6:35.68

MEN 45-49

50 YD. FREE		
RICH LOUDEN	48 UN	23.83
BILL SUMMERFIELD	48 OREG	24.85
RICK FERRERO	45 SWIM	25.80
MICHAEL JONES	48 MIR	25.91
WILLY GEVERS	49 SAMM	25.94
KIRBY SCHAUFLE	49 MAMS	26.06
TIM STOLMEIER	46 GAM	26.14
STEVE LAHAIE	46 OAC	26.92
PAUL JOHNSON	46 BEST	27.18
JIM KOHNKE	46 OAC	27.59
KEITH KENNEDY	46 FWM	28.02
ROBERT DEAN	49 FWM	28.58
PAUL HAVICK	48 FWM	28.59
KENNETH KREER	45 FWM	37.31
100 YD. FREE		
PETE COLBECK	47 NEO	52.00
BILL SUMMERFIELD	48 OREG	54.27
DAVID HATHAWAY	48 OREG	54.53
ERIC VALLEY	47 UN	54.65
DAN SMITH	46 FWM	54.79
RICK FERRERO	45 SWIM	57.68
MICHAEL JONES	48 MIR	58.11
TIM STOLMEIER	46 GAM	58.41
RICHARD DAVIES	46 PTMS	58.87
PAUL JOHNSON	46 BEST	58.88
STEVE LAHAIE	46 OAC	1:00.22
JIM KOHNKE	46 OAC	1:00.83
JOHN TACKE	45 FWM	1:01.33
THOMAS FARRELL	49 DSYM	1:01.85
KEITH KENNEDY	46 FWM	1:02.18
PAUL HAVICK	48 FWM	1:03.44
CHRIS LAVALLEY	47 BEST	1:04.99
ROBERT DEAN	49 FWM	1:05.62
KENNETH KREER	45 FWM	1:23.61
200 YD. FREE		
ERIC VALLEY	47 UN	2:00.22
KIRBY SCHAUFLE	49 MAMS	2:09.60



RICHARD DAVIES	46 PTMS	2:13.20
FRANCIS LOZIERE	46 HMST	2:13.52
KEITH KENNEDY	46 FWM	2:22.28
RICH LOUDEN	48 UN	2:29.59
ROBERT DEAN	49 FWM	2:38.19
500 YD. FREE		
PETE COLBECK	47 NEO	5:05.62
STEVE VELA	48 QASC	5:21.24
ERIC VALLEY	47 UN	5:24.03
DAVID HATHAWAY	48 OREG	5:28.75
MICHAEL JONES	48 MIR	5:56.55
LEO ESPINOSA	48 DSYM	5:58.78
THOMAS FARRELL	49 DSYM	5:59.01
FRANCIS LOZIERE	46 HMST	6:07.69
KEITH KENNEDY	46 FWM	6:23.97
1000 YD. FREE		
PETE COLBECK	47 NEO	10:37.84
ERIC VALLEY	47 UN	11:25.10
DAVID HATHAWAY	48 OREG	11:26.15
BILL SUMMERFIELD	48 OREG	11:47.97
JEFF MUSIAK	45 FWM	16:27.49
1650 YD. FREE		
DAN SMITH	46 FWM	18:35.70
BOB SCHLEMMER	49 GLAD	19:28.72
RICK FERRERO	45 SWIM	20:09.98
ERIC DYBDAHL	49 GLAD	23:17.52
50 YD. BACK		
GANO BUTCHER	45 OREG	28.14
BRENT WASHBURNE	47 OREG	29.20
TOM HARRYLOCK	47 GLAD	33.11
LARRY DEGROEN	47 GLAD	33.62
THOMAS FARRELL	49 DSYM	35.71
TIM STOLMEIER	46 GAM	37.01
100 YD. BACK		
GANO BUTCHER	45 OREG	1:01.32
CARL HAYNIE	48 CAC	1:01.51
LEO ESPINOSA	48 DSYM	1:09.88
LARRY DEGROEN	47 GLAD	1:10.12
TOM HARRYLOCK	47 GLAD	1:12.10
ERIC DYBDAHL	49 GLAD	1:17.38
200 YD. BACK		
LARRY DEGROEN	47 GLAD	2:27.64
TOM HARRYLOCK	47 GLAD	2:42.93
50 YD. BRST		
BRENT WASHBURNE	47 OREG	31.44
DAN SMITH	46 FWM	31.65
CARL HAYNIE	48 CAC	32.10
WILLY GEVERS	49 SAMM	32.76
DAVID HATHAWAY	48 OREG	33.50

100 YD. BRST		
DAN SMITH	46 FWM	1:08.87
BRENT WASHBURNE	47 OREG	1:08.93
BILL SUMMERFIELD	48 OREG	1:11.28
CARL HAYNIE	48 CAC	1:11.36
WILLY GEVERS	49 SAMM	1:13.11
FRANCOIS LARRIVEE	46 BEST	1:18.02
FRANCIS LOZIERE	46 HMST	1:19.40
STEVE LAHAIE	46 OAC	1:22.70
200 YD. BRST		
DAN SMITH	46 FWM	2:32.96
FRANCOIS LARRIVEE	46 BEST	2:47.95
LARRY DEGROEN	47 GLAD	2:49.94
50 YD. FLY		
GANO BUTCHER	45 OREG	25.69
STEVE VELA	48 QASC	25.91
PAUL STOERMER	48 FWM	28.40
MICHAEL JONES	48 MIR	28.66
FRANCIS LOZIERE	46 HMST	28.70
PAUL JOHNSON	46 BEST	29.16
RICK FERRERO	45 SWIM	29.85
ERIC DYBDAHL	49 GLAD	30.92
JOHN TACKE	45 FWM	31.30
CHRIS LAVALLEY	47 BEST	32.03
PAUL HAVICK	48 FWM	32.23
JIM KOHNKE	46 OAC	32.41
ROBERT DEAN	49 FWM	34.66
100 YD. FLY		
STEVE VELA	48 QASC	57.20
DAN SMITH	46 FWM	1:03.59
KIRBY SCHAUFLE	49 MAMS	1:07.25
HOWARD LLOYD	48 BYMS	1:15.53
200 YD. FLY		
ERIC VALLEY	47 UN	2:24.42
KIRBY SCHAUFLE	49 MAMS	2:40.14
100 YD. I.M.		
BRENT WASHBURNE	47 OREG	1:00.00
STEVE VELA	48 QASC	1:00.55
CARL HAYNIE	48 CAC	1:02.47
DAVID HATHAWAY	48 OREG	1:03.89
RICHARD DAVIES	46 PTMS	1:07.53
BILL SUMMERFIELD	48 OREG	1:08.24
TOM HARRYLOCK	47 GLAD	1:12.53
STEVE LAHAIE	46 OAC	1:13.13
JOHN TACKE	45 FWM	1:13.21
THOMAS FARRELL	49 DSYM	1:15.36
ERIC DYBDAHL	49 GLAD	1:16.06
PAUL HAVICK	48 FWM	1:16.23

200 YD. I.M.		
DAVID HATHAWAY	48 OREG	2:20.37
FRANCIS LOZIERE	46 HMST	2:28.25
RICK FERRERO	45 SWIM	2:29.43
LARRY DEGROEN	47 GLAD	2:32.21
KIRBY SCHAUFLE	49 MAMS	2:32.60
TOM HARRYLOCK	47 GLAD	2:41.60
HOWARD LLOYD	48 BYMS	2:42.99
400 YD. I.M.		
LARRY DEGROEN	47 GLAD	5:19.30
ERIC DYBDAHL	49 GLAD	6:17.18

MEN 50-54

50 YD. FREE		
MARK APPLEBY	50 FWM	24.61
SCOTT NEUHAUS	54 LWS	26.34
JOHN MARK NUTTMAN	54 OAC	26.85
JAMES ORR	50 GAM	26.97
RON RHINEHART	50 NWM	27.11
JEFF MORRISON	54 TACM	27.51
GREGG METZLER	50 FWM	29.35
TYLER DALTON	54 BMSC	29.89
BILL RAYNOLDS	52 NEO	30.73
DAVE STEWART	53 FWM	32.27
JOHN HUCKABEE	50 NEO	32.30
100 YD. FREE		
MARK APPLEBY	50 FWM	54.41
LARS DURBAN	51 MYM	57.12
RICK PARNELL	50 TOSC	57.38
JAMES ORR	50 GAM	59.03
RON RHINEHART	50 NWM	59.50
SCOTT NEUHAUS	54 LWS	59.95
MATTHEW SMITH	52 BEST	1:01.82
JEFF MORRISON	54 TACM	1:02.00
KEITH WELLMAN	51 SWIM	1:03.31
TYLER DALTON	54 BMSC	1:03.84
200 YD. FREE		
MARK APPLEBY	50 FWM	2:07.07
LARS DURBAN	51 MYM	2:08.14
RICK PARNELL	50 TOSC	2:08.56
DEAN HEFFLINGER	50 LWS	2:15.52
RON RHINEHART	50 NWM	2:18.80
500 YD. FREE		
LARS DURBAN	51 MYM	5:34.95
RICK PARNELL	50 TOSC	5:57.20
MATTHEW SMITH	52 BEST	6:05.53
STEPHEN FREEBORN	53 FWM	6:11.79
RON RHINEHART	50 NWM	6:11.95
JOHN HUCKABEE	50 NEO	8:02.93
1000 YD. FREE		
RON RHINEHART	50 NWM	12:34.44
1650 YD. FREE		
JOHN HUCKABEE	50 NEO	27:36.11
50 YD. BACK		
KEITH WELLMAN	51 SWIM	31.78
LOREN BAKER	54 BEST	32.51
JOHN MARK NUTTMAN	54 OAC	36.17
100 YD. BACK		
MATTHEW SMITH	52 BEST	1:13.06
200 YD. BACK		
MATTHEW SMITH	52 BEST	2:34.67
JAMES ORR	50 GAM	2:35.94
50 YD. BRST		
MIKE DOWD	50 OREG	33.24
LOREN BAKER	54 BEST	33.92
RICHARD ADCOCK	53 GHY	34.44
BILL RAYNOLDS	52 NEO	36.98
JOHN HUCKABEE	50 NEO	37.36
JOHN MARK NUTTMAN	54 OAC	37.64
JEFF MORRISON	54 TACM	38.47
GREGG METZLER	50 FWM	39.64
100 YD. BRST		
MIKE DOWD	50 OREG	1:11.93
RICHARD ADCOCK	53 GHY	1:17.23
BILL RAYNOLDS	52 NEO	1:23.16
200 YD. BRST		
MIKE DOWD	50 OREG	2:37.54
BILL RAYNOLDS	52 NEO	3:01.51
50 YD. FLY		
STEPHEN FREEBORN	53 FWM	27.76



Members of SWIMS, from left, Rikv Ferrero, Jeff Jacobsen, John de Wit and Keith Wellman

Table of swimmer results with columns for name, distance, and time. Includes swimmers like KEITH WELLMAN, JOHN MARK NUTTMAN, TYLER DALTON, LARS DURBAN, etc.

MEN 65-69

Table of swimmer results for the MEN 65-69 age group, including events like 50 YD. FREE, 100 YD. FLY, and 1500 YD. FREE.

MEN 60-64

Table of swimmer results for the MEN 60-64 age group, including events like 50 YD. FREE, 100 YD. FREE, and 1000 YD. FREE.

MEN 55-59

Table of swimmer results for the MEN 55-59 age group, including events like 50 YD. FREE, 100 YD. FREE, and 1650 YD. FREE.

MEN 70-74

Table of swimmer results for the MEN 70-74 age group, including events like 100 YD. FREE and 50 YD. BRST.



MEN 75-79

50 YD. FREE		
BOB DORSE	77 TIG	33.82
100 YD. FREE		
BILL KING	75 OREG	1:15.01
200 YD. FREE		
BILL KING	75 OREG	2:52.61
1000 YD. FREE		
BILL KING	75 OREG	16:21.83
50 YD. FLY		
BOB DORSE	77 TIG	49.64
100 YD. I.M.		
BOB DORSE	77 TIG	1:38.90

35 +		
ZENA COURTNEY	49 FWM	2:00.95
JEAN BLACKBURN	57	
JENNIFER MESLER	38	
MICHELLE MENKINS	52	
BELINDA SCHUSTER	44 SVMS	2:08.32
JENNIFER BOHANNON	38	
DEENA STROM	41	
SHANNON SINGER	39	
45 +		
MARGARET DIDDAMS	47 NEO	2:18.89
SHARAN DANIEL	50	
LIB RUST	49	
MARY LIPPOLD	53	

45 +		
ZENA COURTNEY	49 FWM	2:16.78
DIANE BOYER	48	
MICHELLE MENKINS	52	
JEAN BLACKBURN	57	
ROBIN HALL	54 GLAD	2:46.46
CYNTHIA WEINTRAUB	51	
TONYA BERG	50	
ERIN KITTLEMAN	50	

MEN 80-84

50 YD. FREE		
J.MILNE	80 UN	38.11
GEORGE ROUDEBUSH	83 BAM	53.32
100 YD. FREE		
J.MILNE	80 UN	1:27.79
200 YD. FREE		
J.MILNE	80 UN	3:22.78
50 YD. BACK		
GEORGE ROUDEBUSH	83 BAM	58.35
100 YD. BACK		
GEORGE ROUDEBUSH	83 BAM	2:16.16
200 YD. BACK		
GEORGE ROUDEBUSH	83 BAM	4:45.75

TONYA BERG	50 GLAD	2:25.98
ERIN KITTLEMAN	50	
CYNTHIA WEINTRAUB	51	
ROBIN HALL	54	
55 +		
JULIA BENT	61 NEO	2:41.22
M. LEIGH JOHNSON	60	
JANIE LAYMAN	59	
CHARLOTTE DAVIS	58	

SHARAN DANIEL	50 NEO	3:02.77
MARGARET DIDDAMS	47	
LIB RUST	49	
CHARLOTTE DAVIS	58	
PAT DUGGAN	55 FWM	3:15.92
LAURIE BALL	51	
JUDY WILLIAMS	60	
KAREN KUYKENDALL	45	

55 +		
JANIE LAYMAN	59 NEO	3:06.99
JANET KAVADAS	78	
M. LEIGH JOHNSON	60	
JULIA BENT	61	

RELAYS-WOMEN 200 YD. MEDLEY

RELAYS-WOMEN 200 YD. FREE

18 +		
DEBRA FORINASH	26 HMST	2:01.90
JAKI BRAGGIN	22	
T.MORRISSEY	34	
HEATHER REICHMANN	28	
BRYN MOONEY	23	
ALLISON COX	24 BEST	2:02.87
CARRIE NORDBERG	33	
BAILEY SILVER	20	
ANNETTE KEMPF	37	
CARRIE NORDBERG	33	
EMMA COULSON	24 FWM	2:17.82
R.RHOADES-PAYNE	33	
TAUNYA ROBERTS	35	
SAMANTHA MAZER	23	
LILIYA SHTIKEL	19 NEO	2:18.14
KATE TRETTEVIK	29	
ROBIN LESH	31	
MARY LIPPOLD	53	
NANCY CLARKE	36 MYM	2:35.67
EMILY WAGSTER	18	
SARAH SHAFER	28	
DEVAN BACON	29	
25 +		
SARAH SHAFER	28 MYM	1:59.33
NANCY CLARKE	36	
JENNIFER FORDHAM	45	
MARY ARMSTRONG	41	
EMILY PRENDERGAST	27 SWIM	2:11.10
KRISTI EAGER	36	
KRISTA LOERCHER	38	
KATHERINE ROGERS	42	
TINA ALKEZWEENY	34 FWM	2:15.05
JULIE MONTIEL	39	
R.RHOADES-PAYNE	33	
MICHELLE SIMMONS	34	
BECKI DEVRIES	29 SWIM	2:31.50
TERESA FORSYTH	41	
KELLY HENRIOT	48	
SHELIA MCCUE	56	
HOLLY BORK	32 FWM	2:43.02
K. KUYKENDALL	45	
LEE SPENCER	48	
DIANE BOYER	48	

18 +		
DEBRA FORINASH	26 HMST	2:01.90
JAKI BRAGGIN	22	
T.MORRISSEY	34	
HEATHER REICHMANN	28	
ALLISON COX	24 BEST	2:02.87
CARRIE NORDBERG	33	
BAILEY SILVER	20	
ANNETTE KEMPF	37	
EMMA COULSON	24 FWM	2:17.82
R.RHOADES-PAYNE	33	
TAUNYA ROBERTS	35	
SAMANTHA MAZER	23	
LILIYA SHTIKEL	19 NEO	2:18.14
KATE TRETTEVIK	29	
ROBIN LESH	31	
MARY LIPPOLD	53	
NANCY CLARKE	36 MYM	2:35.67
EMILY WAGSTER	18	
SARAH SHAFER	28	
DEVAN BACON	29	
25 +		
JACQUELYN FOLEY	27 CAC	2:15.08
CYNTHIA KRASS	45	
ABIGAIL OLSON	29	
J.MCJUNKIN	45	
JENNIFER MESLER	38 FWM	2:27.22
MICHELLE SIMMONS	34	
LEE SPENCER	48	
NELLIS KIM	38	
KRISTA LOERCHER	38 SWIM	2:32.57
KATHERINE ROGERS	42	
EMILY PRENDERGAST	27	
KRISTI EAGER	36	
35 +		
SHANNON SINGER	39 SVMS	2:23.67
KIRSTEN YOUNG	38	
BELINDA SCHUSTER	44	
DEENA STROM	41	
JENNIFER FORDHAM	45 MYM	2:27.32
MARY ARMSTRONG	41	
TERRIE PETERSON	46	
WENDY WIGNEY	58	

RELAYS-MEN 200 YD. FREE

18 +		
ZACH BRITTLE	35 NEO	1:53.85
MICHAEL MCCOLLY	63	
BILL RAYNOLDS	52	
JORDAN RICE	24	
25 +		
KIRK NELSON	38 HMST	1:30.22P
STEVE POLUCHA	27	
ALDEN KROLL	26	
BRIAN WISNIEWSKI	31	
GREG KABACY	36 FWM	1:36.90
A. JASON MORRIS	32	
JOHN WILLIAMS	40	
MARK APPELBY	50	
CHRIS LAVALLEY	47 BEST	1:43.35
STATEN HANSEN	31	
PAUL JOHNSON	46	
ERIN DUNN	38	
EVAN BACON	30 MYM	1:47.02
LARS DURBAN	51	
BRIAN CLARKE	36	
PETER COLLINS	44	
DAVID TOURIGNY	29 GLAD	1:59.01
TOM SCHUTTLE	39	
MICHAEL GARCEAU	43	
HUGH KIMBALL	62	
35 +		
STEVE LAHAIE	46 OAC	1:46.32
JOHN MARK NUTTMAN	54	
ED HAMILTON	43	
RICHARD SEIBERT	44	
JAMES ORR	50 GAM	1:49.17
DANIEL JAS	44	
TIM STOLMEIER	46	
ZAC MONTGOMERY	37	

45 + JOHN TACKE DAN SMITH STEPHEN FREEBORN PAUL STOERMER	45 FWM 46 53 48	1:46.96	45 + STEPHEN FREEBORN JOHN TACKE PAUL HAVICK MARK APPLEBY	53 FWM 45 48 50	2:05.63	25 + MARK APPLEBY NELLIS KIM ZENA COURTNEY A. JASON MORRIS	50 FWM 38 49 32	1:45.86
KEITH WELLMAN JOHN DEWIT JEFF JACOBSEN RICK FERRERO	51 SWIM 56 64 45	1:55.51	TOM HARRYLOCK BILL REEDER ERIC DYBDAHL HUGH KIMBALL	47 GLAD 56 49 62	2:12.84	SUZANNA DUNN STATEN HANSEN CARRIE NORDBERG ERIN DUNN	26 BEST 31 33 38	1:46.45
BILL REEDER LARRY DEGROEN ERIC DYBDAHL TOM HARRYLOCK	56 GLAD 47 49 47	1:55.85	RICK FERRERO JEFF JACOBSEN JOHN DEWIT KEITH WELLMAN	45 SWIM 64 56 51	2:14.12	STEVE LAHAIE TAMARA COULTER M.ELLRINGER RICHARD SEIBERT	46 OAC 32 36 44	1:49.45
SCOTT LAUTMAN HUGH MOORE GREGG METZLER DAVE STEWART	56 FWM 54 50 53	2:01.91	MICHAEL MCCOLLY MICHAEL NORDBY BILL RAYNOLDS PETE COLBECK	63 NEO 67 52 47	2:14.40	ROB DUNLOP BRITTANY KUNZE DAVID TOURIGNY TONYA BERG	41 GLAD 25 29 50	1:49.91
KENNETH KREER ROBERT DEAN PAUL HAVICK KEITH KENNEDY	45 FWM 49 48 46	2:02.84	55 + WES EDWARDS ALLEN STARK LARRY PHILBRICK MIKE TENNANT	55 OREG 60 56 55	1:45.32N	JAY BURNHAM R.RHOADES-PAYNE MICHELLE SIMMONS STEPHEN FREEBORN	40 FWM 33 34 53	1:58.10
55 + MIKE TENNANT DOUG BROCKBANK WES EDWARDS LARRY PHILBRICK	55 OREG 55 55 56	1:32.18N	GEORGE ROUDEBUSH DENNIS SAWYER BARNEY VOEGTLEN ALLAN THORPE	83 BAM 65 60 59	2:43.64	LUIS DIAZ JULIE MONTIEL HOLLY BORK KEITH KENNEDY	37 FWM 39 32 46	2:11.62
GEORGE ROUDEBUSH ALLAN THORPE BARNEY VOEGTLEN DENNIS SAWYER	83 BAM 59 60 65	2:25.04	<u>RELAYS-MIXED 200 YD. FREE</u>			HELEN GILBERT TAMARA TULOU DAVID CUTHBERT ALLAN THORPE	29 BAM 35 35 59	2:16.86
<u>RELAYS-M E N 200 YD. MEDLEY</u>			18 + MARK ARNOLD DEBRA FORINASH JAKI BRAGGIN KIRK NELSON	34 HMST 26 22 38	1:42.04	35 + BILL KNOWLTON LARS CARVER TAMARA CULLEN EMMA SIEBER	56 WSYD 48 38 41	2:03.89
18 + BRIAN CLARKE HAMBER PABLO LARS DURBAN RICHARD DIBBLE	36 MYM 23 51 20	2:03.67	GREG KABACY TAUNYA ROBERTS SAMANTHA MAZER JOHN WILLIAMS	36 FWM 35 23 40	1:44.26	HOWARD LLOYD KATHY MORRIS MELVIN SMITH G.VANDERHAEGEN	48 BYMS 53 66 41	2:17.15
25 + LARRY DEGROEN TOM SCHUTTE DAVID TOURIGNY ROB DUNLOP	47 GLAD 39 29 41	1:57.58	LISA DAHL SARAH WELCH BROOKS PHILLIPS JAMES SCHALYMAN	47 CAAT 62 21 21	1:44.55	45 + BILL RAYNOLDS MARY LIPPOLD PETE COLBECK CHARLOTTE DAVIS	52 NEO 53 47 58	1:48.21
GARY ERNST BILL KNOWLTON JASON GREGORY LARS CARVER	64 WSYD 56 26 48	2:09.52	B.WHITEFIELD CAITLIN SWITAJ MADELINE BANASHAK KLAYTON SCHAUFLEER	19 WWUS 19 18 18	1:46.75	DAN SMITH MICHELLE MENKINS JEAN BLACKBURN SCOTT LAUTMAN	46 FWM 52 57 56	1:54.21
MICHAEL MCKINLAY FRANCOIS LARRIVEE ERIN DUNN STATEN HANSEN	65 BEST 46 38 31	2:10.46	ALLISON COX PAUL JOHNSON ANNETTE KEMP LOREN BAKER	24 BEST 46 38 54	1:49.34	BILL REEDER ROBIN HALL KATHY ABRAMS HUGH KIMBALL	56 GLAD 54 53 62	2:06.44
35 + GREG KABACY DAN SMITH SCOTT LAUTMAN JOHN WILLIAMS	36 FWM 46 56 40	1:48.04	LILIYA SHTIKEL KATE TRETTEVIK ZACH BRITTLE JORDAN RICE	19 NEO 29 35 24	1:51.80	JIM NORRIS JANET JOHNSON ANN BAILEY RICHARD DAVIES	61 PTMS 54 53 46	2:07.34
KEITH KENNEDY JAY BURNHAM PAUL STOERMER ROBERT DEAN	46 FWM 40 48 49	2:04.08	JOHN TACKE JENNIFER MESLER EMMA COULSON PAUL STOERMER	45 FWM 38 24 48	1:58.10	PAUL HAVICK PATTI CUNNINGHAM LAURIE BALL GREGG METZLER	48 FWM 55 51 50	2:08.41
ED HAMILTON STEVEN PETERSON JIM KOHNKE JOHN MARK NUTTMAN	43 OAC 62 46 54	2:04.60	ANDREW SAGE MARISSA WENNER SARA DE SITTER PAUL WANZEK	19 WWUS 20 20 19	1:58.12	DAVE STEWART JUDY WILLIAMS LEE SPENCER HUGH MOORE	53 FWM 60 48 54	2:14.80
LUIS DIAZ GREGG METZLER HUGH MOORE DAVE STEWART	37 FWM 50 54 53	2:22.39	SARAH SHAFER RICHARD DIBBLE DEVAN BACON EVAN BACON	28 MYM 20 29 30	1:58.70			

(Continued on page 17)



SHELIA MCCUE	56 SWIM	2:39.63
DAVE MATTENS	58	
KELLY HENRIOT	48	
JEFF JACOBSEN	64	
THOMAS TOMFOHR	64 FWM	2:44.71
PAT DUGGAN	55	
KAREN KUYKENDALL	45	
KENNETH KREER	45	
55 +		
MICHAEL NORDBY	67 NEO	2:13.21
JULIA BENT	61	
M. LEIGH JOHNSON	60	
MICHAEL MCCOLLY	63	

RELAYS-MIXED 200 YD. MEDLEY

18 +		
MARK FANNING	23 WWUS	1:54.34
EDDIE SWITAJ	24	
CAITLIN SWITAJ	19	
ANGELA DOWDLE	20	
EMMA COULSON	24 FWM	1:57.60
DAN SMITH	46	
GREG KABACY	36	
TAUNYA ROBERTS	35	
ALLISON COX	24 BEST	1:57.79
LOREN BAKER	54	
CARRIE NORDBERG	33	
ERIN DUNN	38	
BAILEY SILVER	20 BEST	2:03.92
SUZANNA DUNN	26	
PAUL JOHNSON	46	
STATEN HANSEN	31	
LILIYA SHTIKEL	19 NEO	2:05.29
ZACH BRITTLE	35	
JORDAN RICE	24	
KATE TRETTEVIK	29	
JENNIFER FORDHAM	45 MYM	2:05.35
MARY ARMSTRONG	41	
LARS DURBAN	51	
RICHARD DIBBLE	20	
NANCY CLARKE	36 MYM	2:16.00
SARAH SHAFER	28	
HAMBER PABLO	23	
EVAN BACON	30	
25 +		
ZENA COURTNEY	49 FWM	2:01.20
R.RHOADES-PAYNE	33	
JOHN WILLIAMS	40	
JOHN TACKE	45	
BRITTANY KUNZE	25 GLAD	2:10.94
TONYA BERG	50	
DAVID TOURIGNY	29	
HUGH KIMBALL	62	
JACQUELYN FOLEY	27 CAC	2:12.44
CARL HAYNIE	48	
ABIGAIL OLSON	29	
THOMAS WALKER	62	
PAUL HAVICK	48 FWM	2:21.00
HOLLY BORK	32	
MICHELLE MENKINS	52	
MARK APPLEBY	50	
JEFF JACOBSEN	64 SWIM	2:30.63
TERESA FORSYTH	41	
BECKI DEVRIES	29	
DAVE MATTENS	58	

All PNA Swimmers at OW Nationals Place in Top Six of Their Age Groups



Women's 60-64 age group. From left, Barbara Dunbar, Linda Schoenberger, PNA's Sally Dillon, Lydia Young, Marcia Anziano and Sheila Monaghan

By Sally Dillon

If you like open water swimming and picturesque lakes, you would have liked the "Millerton Mile."

That's the name for USMS 1-Mile Open Water Championship at Millerton Lake that was held immediately following May's USMS Short Course Yards pool championships in Fresno.

Millerton Lake was created in the 1940s by the building of a dam. Mountain snow and streams feed the lake, but thanks to the warm San Joaquin Valley on May 11, when the swim took place, the water temperature was a delightful 72 degrees. In addition, the sky was blue and the air comfortably warm.

PAT DUGGAN	55 FWM	3:09.39
LUIS DIAZ	37	
HUGH MOORE	54	
TINA ALKEZWEENY	34	

35 +		
SHANNON SINGER	39 SVMS	2:23.71
KERRY NESS	39	
DEENA STROM	41	
JAMES KENDRICK	56	

(Continued on page 21)

The swim took place on a buoyed course that was clearly visible to all spectators. Although the event hosts expected a large turnout (the cutoff was 1,000 swimmers) only 200 swimmers signed up and 182 showed up on race day.

The youngest and oldest competitors were both women (21 and 86 respectively). The fastest woman overall was Heidi George (33) from Los Altos Mountain View Masters in a time of 17:46.8. The fastest man was Jeff Erwin (44) from Sawtooth Masters in a time of 17:09.6. Coming from Boise, Jeff is well known to swimmers in the Northwest and an accomplished pool and open water swimmer.

PNA was represented by four swimmers, all of whom finished in the Top Six of their age groups. Shannon Singer, 39 and a PNA coach for the pool meet, was 6th with a time of 27:45.1. Sally Dillon (62 and 3rd) posted a time of 25:38.8. Alan Bell (58) and Bill Penn (57) competed against each other in the 55-59 age group, with Alan taking 2nd in 19:46.3 and Bill 5th in 20:58.8.

Swim the Ninth Annual Lake Padden OW Event and Experience a "Young" Twist.



By Lisa Kaufmann

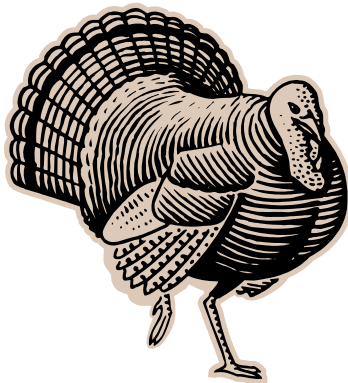
Yes, the always-popular Lake Padden Open Water Swim will be held this year, on Saturday, August 1, 2009. It's Version 9.0, and once again will be masterfully staged by the Bellingham Masters Swim Club.

As always, you can choose between a 2.5K and a 5K race with or without wet suits. The course is the traditional triangle. Check in starts at 7:30. The race begins at 9 a.m.

But you'll find one big difference this year: a concurrent 2.5K race for USA Swimming-registered 13-to-18-year olds! Having the "kids" should make the swim more fun than ever.

For those of you unfamiliar with this event, know that there's ample parking, restrooms and picnic areas. Plus, plenty of nutritious snack food and lively music.

This year's swim will be held in memory of Maia Hakin, a long-time Bellingham Masters swimmer and race volunteer. She did the artwork on the mugs handed out in 2008 to swimmers and volunteers.



The perfect way to get ready for Thanksgiving 2009!

The North Whidbey Masters invite you to our first "Get Ready for Thanksgiving" Short Course Meters meet.

The meet will be held on November 22, 2009, at the John Vanderzicht Memorial Pool, 85 SE Jerome St., Oak Harbor, Wash. 98277. This fast pool has hosted numerous top-ten times, national records, and even world records.

Fast or slow, young or old, come have a blast at our inaugural *Get ready for Thanksgiving* meet!

Look for an entry form in a future issue of *The WetSet*. If you have any questions please contact Jim McCleery; you can reach him jim.mccleery@usms.org.

Maia died last spring in a bicycle accident. Her enthusiasm, dedication and friendliness long will be remembered by her fellow Bellingham Masters swimmers.

In Maia's honor, a portion of the proceeds will be donated to the Bellingham Food Bank.

Entry forms can be downloaded at www.b-m-s-c.org, or email Lisa Kaufman, Race Director, at lbkauf@clearwire.net.

Need a 50-Meter Pool for Your 5K and 10K Postal Swims? PNA has Made one Available.

PNA once again has rented the South Kitsap 50-meter pool so PNA swimmers have an opportunity to participate in the 5K or 10K championship postal swims.

The swims for this postal event must take place in a 50-meter facility, and there are not a lot of them in Western Washington.

The South Kitsap pool, in Port Orchard, will be "ours" on Sunday, August 23; from 10 a.m. to 2 p.m.

You will need to bring along someone to time and record your laps. You also need an official entry form and split sheet. You can find these on the USMS Web site at usms.org/longdist, or you can get one from PNA Long Distance Chair Sally Dillon: Her contact info is salswmr@verizon.net or (360) 679-5038. The PNA fee for participating is \$10. **Please contact Sally if you wish to participate.**

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



Why We Swim...

Recently, USMS' e-newsletter asked members this simple question: *Why do you swim?* Here's an article from one of our fellow PNA swimmers, Louise Pietrafesa.

A foreign swim vacation?

Several years ago I read in *The WetSet* about a group of swimmers who went on a swim adventure vacation in Greece. Hmmmm, I thought, I'll just have to put that kind of trip on my lifetime "to do" list.

I found the Web site for the company that runs such trips and bookmarked it. Over the next several years, I started sorting the trips they offered by location — a sunny one, please — and warm water temperature in September, my preferred vacation time. I checked out various locations on Google Earth. I talked to friends who had visited the places I was considering.

Commitment Time

Finally, in March 2008, I committed to a five-day experience in Croatia. The Web site described magnificent coastlines; calm, deep-blue 70° water; and achievable swimming distances between islands. I was psyched!

When I arrived in Croatia, it was sunny and warm. But the next day some clouds moved in, and it was cool as I made the trip to Privic Luca, the small island that was to be our base for the next five days. But those Web site images were so strong I dismissed the overcast as unusual.

Yikes, I'm the Oldest!

That night, we met as a group to introduce ourselves and be briefed by our leader Mia. As we went around a circle, I realized that at 58 I was the oldest by 20 years. My first thought was, "Oh!



Louise, left, and Mia, her guide on the Croatian swim

I'm in trouble. These young people are going to kick my butt. I should have trained more. I might always be last!"

Letting Go of the Fantasy

Mia explained that the water temp had dropped significantly, to 62°. While she reassured us there were plenty of wetsuits on board that we could use, my heart sunk. I can swim in cold water in Seattle! What was the week going to be like?

She told us the winds were too strong to allow for safe swims of 2 to 2.5 miles between islands, so crossings might be impossible. Instead, she planned to set up coastal swims instead. Huh? I can swim along the shores of Lake Washington.

That night, as I waited for sleep, I felt disappointed. I realized this was not going to be the experience I expected. But I wanted it to be an experience I would cherish. So I decided I had to embrace the REAL trip, and let go of the fantasy trip.

From that point on, I thoroughly enjoyed every aspect of my trip. On the two days that were

overcast and cold, with choppy water conditions, I embraced my "hardiness" and was grateful that my wetsuit had long sleeves. I

"Once I stopped being upset because my real trip didn't match my fantasy trip, I enjoyed myself immensely."

swam at my usual pace and wasn't last in my group. Swimming along the coastline, I saw exquisite, small black starfish; rock formations; and plant life I had never seen before. I looked at the land as I passed in front of it. I savored every stroke and the feel of the water.

Lessons Learned

What did I learn from my Croatian experience? That swimming teaches me valuable life lessons, like this one: Expect a great experience, but be ready to embrace what occurs; take joy in what life gives you; and believe in yourself. You might do it slower or you might do it faster but YOU ARE DOING IT!

Text of PNA Coach of the Year Award for BAM's Lynn Wells

Lynn Well, BAM's coach, was the recipient of the 2009 PNA Coach of the Year Award. Although the award was announced at Champs in April, Lynn was not present, So there was no picture of her receiving the award in our May-June issue. And the issue didn't include the text of the award.

For those of you who want to see a picture of Lynn, you can find one on page 4. For those of you who want to read the text of the award, here it is:

This year's Coach of the Year Award goes to a long time Masters swim coach.

- *Nationals Coach for 2008 & 2009*
- *Coach of the New Swimmers PNA Clinic*
- *Regular attendee of the annual ASCA Clinic*
- *Coached numerous swimmers who have obtained: World, National, Zone and PNA records*

She is a student of the sport and enthusiastic about learning. Her philosophy is to make swimming available to all abilities and ages. She is also known to support swimmers that are not a part of her team.

Her deep love for swimming is infectious and is also what attracts many to the sport.

This year's Coach of the Year Award goes to Lynn Wells.

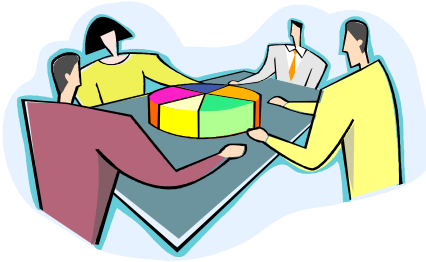
Welcome New PNA Swimmers

Lexi Abel
Cindy Baker
Jason Barrows
Matt Beebe
Jessica Bennett-Dunn
Katherine Breen
Mark Budos
Brad Carlson
Graham Clark
Brian Collins
Guy Dalrymple
Peter Davis
Cindi Dawson
Eva Day
Linda Ding
Noelle Dwarzski
Rebecca Eaton
Blair Elander
Gloria Elliott
Raymond Endres
Chris Fassel
Bruce Folden
Joan Forsyth
Deb Frisbie
Michelle Garred
Elizabeth Garrison Garrison
Mary Harm
Colleen Hay
Alison Heidergott
Christina Hohn
HR Huntsman
Haze Jentz
Dan Kirkland
Madeline Klobuchar
Richard Kocher
Tim Lafferty
Cynthia Land
Dan Larson
Matthew LePley
Luisa Lopez
MaryEllen Maccio
Barbara Marcouiller
Jacob Marcus
Courtney Marshall

Scott Matthews
Brian McCleary
Erin McCormick
Kristina Mullins
Carol Mus
Caren Nessel
Kelli Nichols
Evonne Noble
Martin Nunez-Bello
Jay Nygaard
Marsha Olch
Rebekah Olds
Rodger Olsen
Ara Jane Olufson
Bradley Page
Ashley Pak
Naman Parekh
Raghava Pavor
Mona Petrou
Katherine Powell
Niamh Prince
Carol Ray
Nicole Rodriguez
Kevin Rooney
Hillary Bassett Ross
Cheryl Salazar
Derek Salmond
Randy Lee Schroeder
John Silver
Robert Simpson
Rebecca Sobus
Shokofeh Tabaraie
Christy Taylor
Dan Terry
Brian Thiel
Steve Trudelle
Charles Vona
Jack Walsh
Hao Wang
Emily Weber
Kim Williams
Nan Wilson
Brien Wood
Cynthia Wright
Bridget Zaro



Summary of PNA Board Meetings in February, March and April



February

Nominating Committee: Lee Carlson and Sarah Welch reported Kelly Crandell and Herb Cook agreed to be nominated for election as Treasurer and Secretary, respectively.

Advertising Policy: The board agreed to await guidance from USMS before adopting a policy on local advertising by USMS National Sponsors.

Donation: The board approved a \$100 donation to the King County Dispute Resolution Center in memory of Susan Dearborn.

Champs Committees: Kathy Casey, Jan Kavadas, Steve Peterson and Lee Carlson were appointed to the Protest Committee. Sarah Welch, Jan Kavadas and Walt Reid were appointed to the Team Size Committee.

Long Distance: Sally Dillon reported that Lisa Kaufman has become meet director for the Lake Padden Open Water Swim, and Liz Rosen has become meet director for the Fat Salmon Open Water Swim.

March

New Competitor Goody Bags: The Board amended the 2009 Budget to add \$800 for goody bags, and accepted the goody bag sponsorship letter and agreement, as revised by Hallie Truswell.

Club Development: The board approved sending an online survey to solicit the opinions, needs and recommendations of Masters coaches and team representatives.

Nationals Coaches: Lynn Wells and Shannon Singer were selected as head coach and assistant coach, respectively, for PNA swimmers at the SCY Nationals, May 7-10, in Fresno, Calif.

ACQUA Clinic: The board sanctioned the ACQUA freestyle and backstroke clinic to be held in Des Moines, Wash., on May 3 by Megan Jendrick and Margaret Hoelzer.

USMS SwimFest '09: The board endorsed Lynn Wells to attend this USMS clinic for swimmers and coaches, May 22-24 in Shendoah, Tex., and agreed to reimburse \$200 each for travel expenses to Lynn Wells and Wendy Neely, who will share what they learn with all PNA coaches.

Open Water: The board agreed to support (with USA Swimming) the 2009 5K Open Water Grand Prix in the Seattle area on August 9. The Board sanctioned the Fat Salmon Open Water Swim on July 18, and the Lake Padden Open Water Swim on August 1.

Budget Revisions: As proposed in February by Treasurer Toby Coenen, the board eliminated from the income and expense sides of the 2009 PNA Budget the estimated \$28,778 of Online Registration Fees that goes directly to the USMS national office without passing through PNA's treasury. The board also transferred \$440 from the LMSC Account to the PNA Club Account for purchase of swim caps, and increased the Awards budget from \$200 to \$1,000.

Convention Delegates: By virtue of national offices or committee memberships, eight PNA members will be automatic Delegates to the USMS Convention in Chicago, September 14-20: Jeanne Ensign, Sally Dillon, Kathy Casey, Hugh Moore, Jane Moore, Steve Peter-

son, Ami Litt and Sarah Welch. The board recommended Walt Reid as an at-large Delegate; and Jan Kavadas, Kelly Crandell, Lisa Dahl and Herb Cook for PNA's four additional delegate positions.

Northwest Zone: The board voted that the Zone surcharge be increased from \$1 to \$1.50 per LMSC member, that the NW Zone assume from the host team the obligation to fund awards at Zone Championships, and that NW Zone Long Course Meters meets alternate between Washington and Oregon.

Senior Games: The board approved an application for recognition from the Washington State Senior Games, to be held at Briggs YMCA on July 26.

(Continued from page 17)

Champs 2009 Results

JULIE MONTIEL	39 FWM	2:24.36
DIANE BOYER	48	
PAUL STOERMER	48	
KEITH KENNEDY	46	
TAMARA TULOU	35 BAM	2:40.34
H.ADKINS-NARTE	54	
BARNEY VOEGTLEN	60	
DAVID CUTHBERT	35	
45 +		
STEPHEN FREEBORN	53 FWM	2:11.99
LAURIE BALL	51	
SCOTT LAUTMAN	56	
JEAN BLACKBURN	57	
MARGARET DIDDAMS	47 NEO	2:16.30
JOHN HUCKABEE	50	
MARY LIPPOLD	53	
BILL RAYNOLDS	52	
LARRY DEGROEN	47 GLAD	2:20.92
ROBIN HALL	54	
ERIC DYBDAHL	49	
KATHY ABRAMS	53	
TOM HARRYLOCK	47 GLAD	2:36.75
CYNTHIA WEINTRAUB	51	
BILL REEDER	56	
ERIN KITTLEMAN	50	
KENNETH KREER	45 FWM	2:54.46
THOMAS TOMFOHR	64	
JUDY WILLIAMS	60	
PATTI CUNNINGHAM	55	
MELVIN SMITH	66 BYMS	3:02.40
HOWARD LLOYD	48	
KATHY MORRIS	53	
COLEEN PARNELL	51	

Healthy Aging — The Investment Hypothesis

By Jane Moore, M.D.

Suppose you practice healthy habits throughout life. Will function later in life be better than if you adopt these habits only later? Can you invest in health when you're young and reap the benefits when you are older?

Researchers have started to study differences in behaviors and the relationship to function and disability.

After birth, your functional ability increases until peaking when you are a young adult. Abilities then gradually decrease. At some point, ability falls below a disability threshold, and loss of function occurs.

It seems plausible that if childhood physical activity is increased, the ability peak will come somewhat later. Similarly, it seems plausible that if physical activity is continued or increased



later in life, the decline in function will occur more slowly, and you'll have functional ability longer.

Both of these theories have been the subject of, and supported by, ongoing research. For example, in 1960 the University of Saskatchewan began a long-term study of children. Since then, the participating children have been followed for measures of bone and muscle mass.



What researchers found is that weight-bearing physical activity during childhood and adolescence increases peak bone and muscle mass. And, during young adulthood, it helps maintain peak mass.

In later adult years, weight-bearing physical activity reduces the rate of loss of bone and muscle. This helps you maintain function and reduces the likelihood of fractures.

Weight-bearing Exercise, Function and Fractures

New research is examining the importance of early life brain health to late life function. With aging, the brain shrinks; circulation decreases; and neurotransmitter levels decrease, especially in the frontal, parietal and temporal lobes of the brain. These are the areas that control executive function and memory.

Degenerative processes in the brain remain asymptomatic until a critical level is reached; this is the threshold of cognitive decline. Physical activity increases circulation and oxygenation, increases neurotransmitters and increases production of nerve cells. Exercise may also shift the threshold for cognitive decline so that a person remains asymptomatic longer. In addition, larger brains can tolerate more tissue loss.

Exercise and Dementia Risk

Aerobic capacity also is

positively related to brain mass in both men and women. This suggests that exercise between the ages of 25 and 50 may reduce the odds of dementia 30 years later.

Exercise and Cardiac Risk

Unfortunately, research on cardiovascular function is not as encouraging. It strongly suggests that a person's current state of exercise training is more important to cardiovascular function and health than the level of training or activity in childhood.

A large study of Harvard alumni evaluated the relative risk of death based on levels of physical activity in college and in later life. Those with no regular physical activity in college and no

*"People who have been active
all their lives have the lowest
risk of cardiac death."*

regular physical activity currently were assigned a relative risk of 1. Risk for those active in college but now sedentary was 1.1 or 10% higher. Those inactive in college but currently active had a risk of .86. Those who had always been active had a risk of .8. In other words, when it comes to exercise lowering your risk of cardiac death, your current activity level is the most critical factor.

The lesson: Exercise early in life helps prevent problems with bone and muscle mass and brain functioning, but you must continue to exercise to maintain heart health. In other words, investing in health is a smart idea.

Pacific Northwest Aquatics (PNA) Registered Teams 2008-2009

Team/Abbreviation	Team Rep/Coach	Pool	Workout Times
Bainbridge Area Masters BAM www.bainbridgeaquaticmasters.org/	Lynn Wells (206) 371-6710 swimlynn@usms.org	Bainbridge Aquatic Center High School Rd & Madison Ave Bainbridge Island, WA 98110 (206) 842-2302	5:15- 6:30 am M - Th 9:00 -10:15 am M -Th Noon -1:15 pm M -Th 7:00 - 8:30 am Sat
Bellevue Club BC http://bellevuewa.gov/aquatic_program.htm	Karen Dugan 425)688-3127 kidugan@comcast.net Jo Moore (206) 240-4665 mdec@halcyon.com	Bellevue Club 11200 SE 6th St Bellevue, WA 98004 (425) 455-1616	5:05 - 6:30 am M, W 5:45 - 7:00 am T,Th 5:45 - 7:00 am F 9:00 - 10:00 am T, TH Noon - 1pm M - F 7-8:30 am Sat
Bellevue Eastside Swim Team Masters BEST //Bestmasters.home.comcast.net	Michael McKinlay (425) 417-9770 mmckinlay@acm.org	Bellevue Eastside YMCA 14230 Bel-Red Rd Bellevue, 98007 (425) 746-9900	6:00-7:30 am M, W, F
Bremerton Aquatics Club BTAC http://www.bremertontennis.com/	Krysta Gomes kdgomes@comcast.net Kate Flikkema (740) 739-0955 kateflik@yahoo.com	Bremerton Tennis & Athletic Club 1909 NE John Carlson Rd Bremerton WA 98311	6:30-8:00 am T, with coach 6:30-8:00 am F without coach
Briggs YMCA Masters Swim BYMS www.southsoundymca.org	Melvin Smith (360)753-6579 melcomplynow@msn.com Paul Avery (360) 753-6579 averyp@ssymca.net	Briggs Community YMCA 1530 Yelm Hgwy SE Olympia WA 98501	6:45-8:00 am M, W, F
Central Area Aquatics Team CAAT	Sarah Welch (206) 359-2588 sarahwelch@comcast.net Lisa Dahl (206) 251-1278 lisaisswimming@hotmail.com	Medgar Evers Pool 500 23 rd Ave Seattle, WA 98116-4553	12:00 noon T
Columbia Athletic Masters CAC www.columbiaathletic.com	Vincent Cucinell (425) 313-0123 Vincentc@columbiaathletic.com Cynthia Krass (425) 313-0123 Cynthia@soundmultisport.com	Columbia Athletic Clubs – Pine Lk 2930 228 th Ave SE Sammamish WA 98075	5:30 – 6:45 am T, Th 7:00 – 8:30 am Sat
Downtown Seattle YMCA DSYM	Melissa Chamberlin (206) 344-3183 mchamberlin@seattleyymca.org Leo Espanosa (206) 344-3183 mchamberlin@seattleyymca.org	Downtown Seattle YMCA 909 4 th Ave Seattle, WA 98104	6:00 - 7:00 am T, Th 12:30 - 1:30 pm M, W 5:30 - 6:30 pm T 6:00 - 7:00 pm Th 9:00 - 10:00 am Sat
Everett Masters Swimmers EMS	Adam Yanasak (425) 691-0348 ayanasak@hotmail.com Dale Cary (425) 238-7532	Forest Park Swim Center 802 E Mukilteo Blvd Everett WA	5:00 – 6:00 pm M, W 4:30 – 5:30 pm F 5:00 – 6:00 pm occasionally T, Th
Evergreen Swim Club ESC www.evergreenswimclub.org	Mary Ellen Jones (360) 867-9103 hannagirl@comcast.net Ken Rice swimkenswim@yahoo.com	Evergreen State College Pool 2700 Evergreen Parkway NW Olympia, WA 98505	5:30 - 7:00 pm M, W, F 7:30 - 10:00 am Sat
Federal Way Masters FWM www.fwmasters.com	Judy Williams (206) 242-7802 FWMTreasurer@comcast.net Wendy Neely (253) 838-8408 wendymal@mac.com	1. Weyerhaeuser King County Aquatic Center 650 SW Campus Dr, Fed. Way (253) 296-4444 2. Federal Way Community Center 876 S. 333rd Street Federal Way, WA 98003 3. Kent Meridian Pool (KMP) 25316 101st Ave SE Kent, 98030	1. 5:30 – 6:45 am M, T, Th, F 9:30 – 10:45 am M, W, F 9:00 – 8:00 pm M, T, W, Th 2. 7:00 – 8:00 am Sat 3. 5:30 – 6:30 am M, W, F Check the Website for time changes and corrections
Fins of the San Juans FSJ	Brenda Becket bb@bbeckett.us	San Juan Island Fitness Cntr. 435 Argyle Friday Harbor, WA 98250 (360) 378-4449	6:30-7:30 am M, F 12:15-1:30 pm T, Th 1:00 – 2:00 pm M
Fort Steilacoom FTS	Kathrine Casey (253) 588-4879 Kathyj.casey@comcast.net	Clover Park High School 11023 Gravelly Lake Drive SW Lakewood, WA 98498	6:00-7:15 am M, W, F
Gig Harbor :YMCA GHY	Emily Purbaugh (253) 229-4847 Epurb1@hotmail.com	Gig Harbor YMCA 10550 Harbor Hill Dr Gig Harbor WA 98332	5:00 - 6:00 am T, Th 7:00 - 8:30 am Sat 7:00 - 8:00 pm M, W, F
Gold's Aquatics Masters GAM	Tom Wundelich (425) 418-6016 tomw@goldsgymwa.com	Aquatics Center at Gold's Gym 18600 Woodinville Snohomish Rd Ste 100 Woodinville, WA 98072	5:00 - 6:00 am M – F 8:00 – 9:00 am M - F 12:00 – 1:00 pm M, W, F

Team/Abbreviation	Team Rep/Coach	Pool	Workout Times
Greenlake Aquaducks GLAD www.gladswim.org	John Sylvester (206) 660-9563 johnsylvester@seattleprostate.com David Tourigny (206) 719-3695 tourigd@yahoo.com	1. Evans Pool 7201 E Green Lake Dr N Seattle, 98115-5301 (206) 684-4961 2. Colman Pool (Outdoor, 50m) Lincoln Park, West Seattle	1. 5:00-6:00 am M - F 7:00-8:30 Sat 2. Saturdays : 6:30-8:00 am July 4 & 25 Aug 22 & 29r Colman Pool. Open to all USMS members - \$8.00
Husky Masters HMST www.huskymasters.org	Kiko & Charlie VanZandt (206) 524-2417 cvanzan@comcast.net Tommy Hannan (206) 685-1536 flyliquid@hotmail.com	U of W Pool, Hec Ed Pavillion University of Washington Seattle, 98195	5:30 - 7:00 pm M-F Be sure to check the website for updates
Issaquah Swim Team IST www.istsockeyes.org	Kathleen Haase (425) 392-3996 office@istsockeyes.org Kyle Johnson (425) 392-3996 iamcoach@aol.com	Julius Boehm Pool 50 SE Clark St Issaquah, WA 98027	5:00-6:30 am M, W, F
Logger Masters LOGS	Bob Moore (206) 268-0646 Bob.moore@publicis-usa.com	Washington Athletic Club Sand Point	Various
Lynnwood Sharks LWS	Terence Calhoun, Philip Andrews tcalhoun@ci.lynnwood.wa.us (425) 670-5528	Lynnwood Pool 18900 44 th Ave W Lynnwood 98012-5737	8:15-9:30 pm M, W
Marysville YMCA Masters MSVL	Rebecca Minelga (360) 651-1604 rminelga@ymca-snoco.org Janning Chow jchow@seattleyymca.org	Marysville Family YMCA 6420 60 th Dr NE Marysville, 98270	5:30 am – 7:00 am T/R
Mercer Island Redwoods MIR www.mercerwood.com	Thomas Grandine (425) 391-7833 Thomas@grandine.org Stephanie Miller swmcruz@gmail.com	Mercerwood Shore Club 4150 E. Mercer Way Mercer Island, WA 98040	6:00 – 7:00 am T, Th 5:30 – 7:00 am F
Middle Aged Marlin Swimmers MAMS	Kirby Schaufler (360) 653-6630 kirbsch@comcast.net	Marysville – Pilchuck High School 5611 108 th St NE Marysville 98271	5:30-7:00 am M, W, F
Millfoil Masters Swimmers FOIL	Deborah Harvey (206) 369-5658 Deborahharvey1@hotmail.com Erin Wallace (253) 282-3949 ewallaceswim@gmail.com (253) 383-8768	Medgar Evans Pool 500 23rd Ave Seattle, 98122 (206) 684-4766	12:00 -1:30 pm Sunday 8:00 - 9:00 pm M, W
Monroe YMCA Masters MYM	Vicotor Tanis (360) 805-1879 Jennifer Fordham (425) 923-3535 fordhamjen@aol.com	Monroe YMCA 14033 Fryelands Blvd Monroe, WA 98272 (360) 805-1879	6:00 - 7:00 am T, Th, F 8:00 – 9:15 am Sat
North End Otters NEO	Robin O'Leary (206) 525-7725 robinoleary@clearwire.net	Shoreline Pool, (206) 296-4345 19030 1st Ave NE Shoreline, 98155	7:00-8:00 am M - F
Northshore Y's Guys NSYG	Gary Kamikawa (425) 208-1060 gkamikawa@gmail.com Marc Norsen snailfish@comcast.net	Northshore YMCA 11811 NE 195 th St Bothell, 98011	5:00-6:30 am M - F 8:30–9:45 pm M, W
North Whidbey Masters NWM www.oakharborpool.com/nway/nwm	Sally Dillon (360) 679-5038 salswmr@verizon.net Neil Romney 360-675-7665 headcoach@oakharborpool.com	John Vanderzicht Memorial Pool 85 SE Jerome St Oak Harbor 98277 (360) 675-7665	5:30-6:30 am M, T,Th Noon-1:15 pm M,W,F 8:00-10:00 am Sat
Ohana Swim Team OST www.ohanaswimteam.com	Kris Speir (253) 627-5727 kdspeir@fedins.com Dan Balderson (253) 209-7693 Balderson.d@comcast.net	Stadium High School 111 N E St Tacoma WA 98403	6:45-8:15 pm M - F
Olympic Aquatic Club OAC www.oacswim.org	Marilyn Grindrod (360) 638-1435 coachmarilyn@centurytel.net	1. Olympic High School 7070 Stampede Blvd Bremerton WA 98311-8927 2. Jarstad Pool 50 Magnusen Way Bremerton, WA	1. 7:15 – 8:30 pm M, W 2. 6:00 – 7:00 pm F

Pacific Northwest Aquatics (PNA) Registered Teams 2008-2009

Team/Abbreviation	Team Rep/Coach	Pool	Workout Times
Bainbridge Area Masters BAM www.bainbridgeaquaticmasters.org/	Lynn Wells (206) 371-6710 swimlynn@usms.org	Bainbridge Aquatic Center High School Rd & Madison Ave Bainbridge Island, WA 98110 (206) 842-2302	5:15- 6:30 am M - Th 9:00 -10:15 am M -Th Noon -1:15 pm M -Th 7:00 - 8:30 am Sat
Bellevue Club BC http://bellevuewa.gov/aquatic_program.htm	Karen Dugan 425)688-3127 kidugan@comcast.net Jo Moore (206) 240-4665 mdec@halcyon.com	Bellevue Club 11200 SE 6th St Bellevue, WA 98004 (425) 455-1616	5:05 - 6:30 am M, W 5:45 - 7:00 am T,Th 5:45 - 7:00 am F 9:00 - 10:00 am T, TH Noon - 1pm M - F 7-8:30 am Sat
Bellevue Eastside Swim Team Masters BEST //Bestmasters.home.comcast.net	Michael McKinlay (425) 417-9770 mmckinlay@acm.org	Bellevue Eastside YMCA 14230 Bel-Red Rd Bellevue, 98007 (425) 746-9900	6:00-7:30 am M, W, F
Bremerton Aquatics Club BTAC http://www.bremertontennis.com/	Krysta Gomes kdgomes@comcast.net Kate Flikkema (740) 739-0955 kateflik@yahoo.com	Bremerton Tennis & Athletic Club 1909 NE John Carlson Rd Bremerton WA 98311	6:30-8:00 am T, with coach 6:30-8:00 am F without coach
Briggs YMCA Masters Swim BYMS www.southsoundymca.org	Melvin Smith (360)753-6579 melcomplynow@msn.com Paul Avery (360) 753-6579 averyp@ssymca.net	Briggs Community YMCA 1530 Yelm Hgwy SE Olympia WA 98501	6:45-8:00 am M, W, F
Central Area Aquatics Team CAAT	Sarah Welch (206) 359-2588 sarahwelch@comcast.net Lisa Dahl (206) 251-1278 lisaisswimming@hotmail.com	Medgar Evers Pool 500 23 rd Ave Seattle, WA 98116-4553	12:00 noon T
Columbia Athletic Masters CAC www.columbiaathletic.com	Vincent Cucinell (425) 313-0123 Vincentc@columbiaathletic.com Cynthia Krass (425) 313-0123 Cynthia@soundmultisport.com	Columbia Athletic Clubs – Pine Lk 2930 228 th Ave SE Sammamish WA 98075	5:30 – 6:45 am T, Th 7:00 – 8:30 am Sat
Downtown Seattle YMCA DSYM	Melissa Chamberlin (206) 344-3183 mchamberlin@seattleyymca.org Leo Espanosa (206) 344-3183 mchamberlin@seattleyymca.org	Downtown Seattle YMCA 909 4 th Ave Seattle, WA 98104	6:00 - 7:00 am T, Th 12:30 - 1:30 pm M, W 5:30 - 6:30 pm T 6:00 - 7:00 pm Th 9:00 - 10:00 am Sat
Everett Masters Swimmers EMS	Adam Yanasak (425) 691-0348 ayanasak@hotmail.com Dale Cary (425) 238-7532	Forest Park Swim Center 802 E Mukilteo Blvd Everett WA	5:00 – 6:00 pm M, W 4:30 – 5:30 pm F 5:00 – 6:00 pm occasionally T, Th
Evergreen Swim Club ESC www.evergreenswimclub.org	Mary Ellen Jones (360) 867-9103 hannagirl@comcast.net Ken Rice swimkenswim@yahoo.com	Evergreen State College Pool 2700 Evergreen Parkway NW Olympia, WA 98505	5:30 - 7:00 pm M, W, F 7:30 - 10:00 am Sat
Federal Way Masters FWM www.fwmasters.com	Judy Williams (206) 242-7802 FWMtreasurer@comcast.net Wendy Neely (253) 838-8408 wendymal@mac.com	1. Weyerhaeuser King County Aquatic Center 650 SW Campus Dr, Fed. Way (253) 296-4444 2. Federal Way Community Center 876 S. 333rd Street Federal Way, WA 98003 3. Kent Meridian Pool (KMP) 25316 101st Ave SE Kent, 98030	1. 5:30 – 6:45 am M, T, Th, F 9:30 – 10:45 am M, W, F 9:00 – 8:00 pm M, T, W, Th 2. 7:00 – 8:00 am Sat 3. 5:30 – 6:30 am M, W, F Check the Website for time changes and corrections
Fins of the San Juans FSJ	Brenda Becket bb@bbeckett.us	San Juan Island Fitness Cntr. 435 Argyle Friday Harbor, WA 98250 (360) 378-4449	6:30-7:30 am M, F 12:15-1:30 pm T, Th 1:00 – 2:00 pm M
Fort Steilacoom FTS	Kathrine Casey (253) 588-4879 Kathyj.casey@comcast.net	Clover Park High School 11023 Gravelly Lake Drive SW Lakewood, WA 98498	6:00-7:15 am M, W, F
Gig Harbor :YMCA GHY	Emily Purbaugh (253) 229-4847 Epurb1@hotmail.com	Gig Harbor YMCA 10550 Harbor Hill Dr Gig Harbor WA 98332	5:00 - 6:00 am T, Th 7:00 - 8:30 am Sat 7:00 - 8:00 pm M, W, F
Gold's Aquatics Masters GAM	Tom Wundelich (425) 418-6016 tomw@goldsgymwa.com	Aquatics Center at Gold's Gym 18600 Woodinville Snohomish Rd Ste 100 Woodinville, WA 98072	5:00 - 6:00 am M – F 8:00 – 9:00 am M - F 12:00 – 1:00 pm M, W, F

Pacific Northwest Association of Masters Swimmers

2009 Local Team Registration

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

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

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 July 1.

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| 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
CAAT: Central Area Aquatics Team
CAC: Columbia Athletic Masters (All)
DSYM: Downtown Seattle YMCA Masters
EMS: Everett Masters Swimmers
ESC: Evergreen Swim Club Masters
FAST: Foothills Aquatics Swim Team
FOIL: Milfoil Maters Swimmers
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
SVMS: Skagit Valley Master Swimming
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
VAC: Vashon Aquatic Club
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.



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 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

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

1st Phone: (____) _____ cell, home, work

A link to the PNA newsletter, The WetSet, will be sent by email, unless you choose to have The WetSet sent by US Postal Mail.

2nd Phone: (____) _____ cell, home, work

***Send The WetSet newsletter by US Postal Mail**
I am interested helping the PNA committee

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

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.

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

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Thanks to Champs 2009 Co-meet Directors Hugh Moore and Steve Freeborn, along with the other volunteers who made the meet a success.

- Federal Way Masters board (Jean Blackburn, Julie Montiel, Judy Williams, Mike Murphy, and myself), together with Steve Freeborn and Holly Bork, who have been organizing the meet since late last year.
- Aquatic Center staff and the officials
- Wendy Neely, who helped arrange timers from Thomas Jefferson High School

- Western Washington University Masters volunteer safety marshals
- Mike Murphy, meet referee.
- Kim Boggs, Mary and Dave Coddington, and Jim Davidson, who also officiated
- Mary Ann White, who designed the meet logo and shirts
- Judy Williams and Julie Montiel, who arranged hospitality
- Hilary Smith, head announcer, joined by daughter Courtney, who sang the National Anthem
- Holly Bork, the "Jill of all trades," who did data entry, check-in and award distribution
- And thanks also to the many others who helped with timing, check-in, awards distribution, posting results, etc.

Inside this issue:

- ***Article about Champs 2009 on front page; results follow.***
- ***Article on SCY Nationals on page 17; results follow.***
- ***PNA member tells why she swims. Page 19.***