

THE WETSET

2009 USMS Convention Report

by Hugh Moore, PNA Delegate

Pacific Northwest Association
of Masters Swimmers



The Business of Swimming

This year's USMS Convention was in Chicago September 16-20, although since we rarely leave the hotel during convention, it really could have been in any city. Much like any other business trip - lots of work and not much time for sight-seeing!

PNA Participation

The PNA was once again well-represented, with twelve PNA swimmers in attendance. The list included:

- 4 representatives allowed PNA on the basis of our membership numbers: Herb Cook, Jan Kavadas, Lisa Dahl, and Walt Reid
- 4 USMS Committee Chairs: Kathy Casey (Rules), Sally Dillon (Recognition & Awards), Hugh Moore (Communications), and Jane Moore (Sports Medicine & Science)
- 4 delegates eligible because of their position within USMS: Jeanne Ensign (member of Board of Directors), Arni Litt (member of the Legislation Committee), Steve Peterson (member of the Legislation Committee), and Sarah Welch (member of the Finance Committee).

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The winning Caterpillar Relay team from Olympic Aquatic Club celebrate at last month's BAMFest Meet. Clockwise from bottom: Tamara Coulter, Josh Dotson, Justin Jablonowski, and Rich Siebert Read the related article on page 4.

Fitness

TRAINING AND TRAVELING

by Lisa Dahl

We're all creatures of habit, comfortable in our well-established training routines... and then we have to travel. What can we do?

I try to minimize the impact of travel - or any similar disruption in my regular routine - by following some simple steps.

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Competition

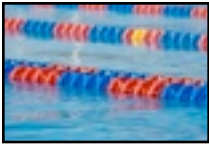
THE HIGH-ELBOW CATCH - THE KEY TO SWIMMING PROPULSION

by Neil Romney, Head Coach, North Whidbey Masters

In all four strokes, effective propulsion requires the primary pulling surface, the underside of the forearm and palm of the hand, to be oriented backward, a position known as the "high-elbow catch" (HEC) or "early

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LEADING OFF



BY PNA PRESIDENT
STEVE PETERSON

We don't normally associate the

political process with swimming, but once a year a group of our fellow swimmers donate their time and energy to keeping USMS running smoothly. I encourage you to read Hugh Moore's article (on page 1) summarizing this year's USMS Convention in Chicago. 2009 is a "legislation" year, in which we address everything in our Rule Book except the swimming rules. As a member of the Legislation Committee, I will add to Hugh's account the note that the committee reviewed over 70 amendment proposals – possibly a record – for House of Delegates action. A lot of work, but a joy to witness the skill, passion, and dedication brought forth by 250-plus delegates from around the country. Their efforts keep U.S. Masters Swimming thriving.

Beginning this month, you can renew your USMS and PNA membership for 2010. Online registration makes this a quick and painless task (www.usms.org/reg/), or you can mail in the form

at the end of this issue. Last year USMS decided to raise dues by \$2 per year over the next five years; PNA's portion will remain at \$15, so basic 2010 dues will be \$42. Other rates are detailed on the form.

The eighth edition of the BAMFest Meet saw a turnout of nearly 100 swimmers. Meet Director Tamara Tolou contributed her summary, found on page 4 of this issue. Read her account to learn about the many relays, including the Caterpillar Relay finale (with a trophy for the winning team!). Put this event on your calendar for 2010!

A dozen of us spent a constructive day at PNA's retreat on October 24. Led again by independent facilitator Ethan Smith, we focused on improving "efficiency and effectiveness" as my employer would say. I'll summarize our takeaways in next month's issue of *The WetSet*.

Have you sent in your entry in for the first annual "Get Ready For Thanksgiving" SCM meet in Oak Harbor (November 22)? Remember you can use December to catch up on "Go The Distance" and the "Checkoff Challenge" and other postal and online events. I'll see you at our next meet in Anacortes, January 10.

Happy Turkey Day!

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimming 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 Swimming 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 Swimming. 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 Swimming.

The WetSet

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PNA Board Meeting (Aug 25)

Appointment of Treasurer. The Board accepted the resignation of Kelly Crandell as Treasurer, elected Jeanne Ensign to serve as Treasurer for the balance of Kelly's term, and authorized Board members Sarah Welch and Toby Coenen to sign PNA checks.

USMS Convention. Board members discussed proposals to be presented at the USMS Convention in Chicago, Sept. 16-20, including adoption of Minimum Standards for Local Masters Swimming Committees (LMSCs); elimination of the Zone Committee; creation of a new LMSC Development Committee; and division of the Open Water and Long Distance Committee into separate committees.

PNA Retreat. Arni Litt reported that the PNA Board Retreat would be held on Oct. 24 in Seattle.

Revised Bylaws. Jane Moore updated the Board on proposed amendments to the PNA Bylaws. After discussion, Board members agreed that voting by proxy should not be permitted in PNA elections. Jane advised the Board that the proposed repeal of the PNA Constitution requires a 2/3 majority vote by at least 25% of registered PNA members, and amending the Bylaws requires a simple majority vote by at least 30% of registered PNA members. Board members agreed the votes should coincide with PNA's annual membership renewal cycle.

Club/Team Development. Steve Peterson reported considerable interest in inviting Mel Goldstein, national USMS Club and Coach Services coordinator, to visit Seattle early in 2010. The Board voted to reimburse Lisa Dahl for mileage to participate in Goldstein's Club Development seminar in Oregon on October 10.

Newsletter. Steve reported that Paul Freeman submitted his resignation after six commendable years as *The WetSet* editor, but agreed to continue until a successor has been recruited and trained. (Note: Ron Rhinehart subsequently volunteered and took over as *The WetSet* editor, effective this issue.)

USMS & PNA Rules

Don't forget that when you renew your U.S. Masters Swimming registration for 2010, we are asking you to vote on changes to the PNA bylaws. Every vote is important because changes to the current constitution require a two-thirds majority vote by at least 25% of the membership. Changes to the current bylaws require a simple majority of 30% of the membership.

The proposed changes were discussed in last month's issue of *The WetSet*. You can review the current and proposed documents on-line. The current constitution & bylaws are posted at <http://www.swimpna.org/pdf/misc/PNAbylawscurrent.pdf>

The proposed revisions are posted at <http://www.swimpna.org/pdf/misc/PNAbylawsrev2009.pdf>

If you have questions, contact Jane Moore at swimmoore@comcast.net.

Time To Renew Your Registration!

A reminder from PNA Registrar Arni Litt

Yes, it's that time of year again; time to renew your USMS membership. Your membership is valid through December 31, 2009, but it is always good to renew early.

The 2010 membership fee is \$42; \$27 for USMS and \$15 for PNA.

In early November, you will receive an email reminder and a link to your personalized online membership renewal form. Members without email addresses will receive a renewal form by mail. Please check all data carefully, and correct any errors. After you renew your membership, you can print your card online or choose to receive one by mail.

Note that seniors and need-based renewals will need to use the paper form since that discount is offered by PNA, not USMS.

Also note that you will be asked to vote on the changes to the PNA Bylaws. **In order for your registration to be complete, you MUST vote to Approve, Disapprove, or Abstain!**

Training And Traveling

(continued from page 1)

First of all, I recognize that traveling and staying on “my” training schedule is not possible. As much as I treasure my established routine at home, I have to accept that I can’t take it with me and get my head around the notion that I am still able to train effectively, even though I’m on the road.

How do I do that?

1. I stay flexible, giving myself permission to do “what I can, when I can” while traveling.
2. I set my intent to work out.
3. I try to create as familiar a routine as possible.
4. If a gym or pool does not work, I will try a different one when possible.
5. I let go of keeping my diet the same, but keep true to the basics (protein 4-5 times a day, vegetables and plenty of water). I take food with me, so I have some familiarity to my diet (usually protein).
6. I do research before I leave, checking out places to swim and places to work out. Check www.usms.org for places to swim. A “Y” membership can provide swim and gym options. Check your local fitness facility for its network of fitness centers while on the road - many health clubs have networks for travelers. If necessary, I call a cab to get to a fitness location or pool that meets my needs.
7. With a little advance planning, I can have some idea what training supplies to bring. Simple equipment like exercise bands and a yoga mat can turn a hotel room into a workout area.
8. If I’m traveling with a group, such as a seminar for work, I take off and do my own thing while everyone else is hanging out. I’m willing to give up some networking because I know my needs for training are more important.

Even with the best plans, I may not get the same intensity of workout I would at home. Sometimes I just need to give that up, wait until I get home, and get right back into my routine. I tell myself it’s okay to miss some workouts - and then I jump right back into my comfortable, well-established routine!

BAMFest 2009 Meet

by Tamara Tolou, Meet Director

The Bainbridge Area Masters were excited to host over 100 swimmers at the 8th annual BAMFest meet on October 10th. The meet featured its popular menu of 50, 100, and 200-yard individual events, a 500-yard freestyle event for the distance swimmers, two 200-yard relays, and the ever-popular BAMFest Fantasy Relay. We received entries from all around Puget Sound and Oregon, including 15 swimmers who competed in their first Masters meet.

New Records

Two swimmers set PNA records at the Ray Williamson Pool. Paloma Dinkel (unattached), 21, turned in record times in three events, swimming the 50- and 100-yard breaststroke in 30.88 and 1:06.05 and the 200 IM in 2:13.25.

Swimming in his last BAMFest before he moves back to Arizona, Bob Miller (BAM), 80, finished the 200-yard freestyle in 2:51.61 and the 50- and 100-yard backstroke events in 39.87 and 1:25.74.

Congratulations to Paloma and Bob!

Fantasy Relay

The fantasy relay is a tradition at BAMFest. The Caterpillar 500 was introduced last year and was such a hit we decided to repeat it this year, with the addition of the Golden Caterpillar trophy for the first place team. This is similar to a 200-yard freestyle relay, but the swimmers don’t get out of the water; subsequent swimmers must link up, with the swimmer entering the water grabbing onto the ankle of the last swimmer in the chain. The “500” comes from counting all of yards swum individually (200+150+100+50).

Keeping in tradition with the light spirit of the fantasy relay, all sorts of equipment were allowed, including fins and pull buoys.

All six lanes were filled for the relay, providing an outrageous spectacle for the onlookers. Kudos went to this year's first place winners, the Olympic Athletic Club team consisting of Tamara Coulter, Josh Dotson, Justin Jablonowski, and Rich Seibert (whose picture graces the front page of this issue).

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The High-Elbow Catch

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vertical forearm” position. Images from a video of Grant Hackett (holder of world records at 800m and 1500m freestyle) provide an excellent illustration of this position in the freestyle (below). His right arm remains horizontal while his hand-forearm unit is vertical and thus oriented optimally for pushing water backward.



Less accomplished swimmers often press too hard on the water upon entry, pushing water downward rather than backward. This increases drag while sacrificing the potential propulsion. The key to a “high-elbow catch” (HEC) in freestyle is to flex the arm at the elbow as the hand enters the water and extend until the elbow is oriented over the hand. Some outward motion of the hand during this initial downsweep may facilitate the HEC position. In backstroke, the same principles apply but the outward component of the initial sweep will be more pronounced because of the shoulder’s reduced range of motion in this position. Butterflyers and breaststrokers will sweep the arms outward while flexing at the elbows until the HEC has been attained.

HEC drills:

1) Fist swimming while counting strokes: focus on using the forearm as a pulling surface. Stroke count should be one or (at most) two



cycles per 25y or 25m higher than with regular swimming.

2) Three-sculls-and-catch: lie on your side-belly (freestyle), side-back (backstroke), or flat belly (fly or breast) with arm or arms extended. While kicking, make the initial sweep down or out to the HEC before returning the arm(s) to the extended and horizontal position. Repeat. On the third scull, complete the stroke. Ensure you are not pressing downward from the shoulder before achieving the HEC position. This drill can be followed by one-arm swimming with the non-stroking arm, focusing on the initial sweep to the catch.

3) Catch-up drill for freestyle: wait until the recovering arm is fully extended in front of the body before beginning the opposite arm’s stroke. Focus on the actions of only the stroking limb. To prevent crossing over of the arm on entry, modify the catch-up so that the hand enters and extends on the shoulder line.

(Hackett photo originally published in Schwimmverein Limmat Zurich, by Felix K. Gmunder)

Attention PNA Coaches!

Do you have a favorite workout, or key technique tip, to share?

Contribute to the PNA swimming community by writing an article for our Competition section. Contact Ron Rhinehart (ron@creative-island.net) for details.

Editor's Note: WetSet Re-Design

Starting this month, our PNA newsletter is sporting a new look and feel. The difference will be especially noticeable for those of you who read the online edition, where you will find the color that we can't use in print.

Other than a fresh new font and graphic layout, some changes should make it easier for you to find the information of most interest to you.

A new section called Fitness is devoted to health and fitness topics. The Competition section will feature articles targeted at those of us with a burning desire to find out just how fast we can go between the lane lines.

We've retained popular features such as Leading Off, the Calendar, and event entry forms.

Thanks to Paul Freeman for six years of dedicated work editing *The WetSet*, and for his support during the handoff.

If Turkeys Swam, They'd Be At The "Get Ready For Thanksgiving" Meet

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, WA 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!

You can find an entry form on page 13. If you have any questions, please contact Jim McCleery at jim.mccleery@usms.org.

Entries due by November 11 - no day-of-event registration!

Welcome New PNA Swimmers

Nancy Abraham
David Alexander
Bui Allison
Sylvia Angel
Steve Attwood
Skie Bender
Chris Booher
Christy Johnson
Brody Coleman
Cheri Golden
Allison Greely
Jason Hansen
Heather Hayes
Sarah Hicks
Chip Horton
Julie Huebner
Melinda Irvine
Bill Kelly
Joyce Leslie
Christie Lotz
Pamela Manix
David McCarty
Betsey Moon
Matthew Moore
Kristen Ohlson-Kiehn
Monte Prentice
Karen Ryan
Darren Selvage
Jeri Sisco
Rachel Suits
Jon Sullenberger
Dan Underbrink
John West
Curtis Williams
Andrea Wilson
Patrick Wineman, Sr.
Gary Zimberg

8th Annual BAMFest Meet

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Volunteers Setting the Pace

Once again, a small army of 30+ volunteers kept BAMFest humming along smoothly. Between timing, running computers, feeding athletes, and checking in and directing swimmers, everything ran like clockwork. Special thanks go out to our officials: Teri White (referee), Robert Huber, Mike Murphy, and Carol Pendleton; Rick Stafford (announcer); and Steve Peterson (PNA President) for keeping the meet running on schedule.

This year, the customized BAMFest award ribbons proved so popular that we ran out! Those who gave their names on the sign-up sheet for missing ribbons should receive them by mid-November.

Thanks to everyone who came to BAMFest! We're looking forward to seeing you at the 9th BAMFest in 2010!

Start Training for the Annual One Hour Postal Swim!

What is a postal swim? It's a swim that you do in your local pool with your friends and teammates – and then you “mail” your official entry and results to the event host. In 2009 the postal swims have gone paperless – sort of, as you can enter online but you still need to “mail” your official splits.

The USMS National Championship One Hour Postal Swim is the premier event of all the USMS postal swims. Thousands of Masters swimmers of all abilities take the “one hour challenge” each year. Taking place during the month of January, swimmers find that training for and completing the event is an excellent way to build their base for their 2010 goals. Many swimmers choose this event as an annual opportunity to monitor their conditioning and gauge how Father Time is treating them.

The One Hour Swim can be swum in yard or meter pools, which makes it much easier to organize for our PNA teams. Here's what you need to do:

- * Talk to your coaches and/or teammates and get as many members of your team signed up as possible.
- * Start working up to the January swim by doing 10-, 20-, and 30-minute swims in November and December.
- * Reserve pool space so you can get together to do your swim on the same day.
- * Each participant must have an official timer who will record accurate splits on the official split form. You can take turns swimming and timing each other if necessary.

The official entry form should be included in the November/December issue of *USMS SWIMMER* and will also be available on the USMS web site at www.usms.org/longdist. PNA will organize relay teams again this year, so be sure the relay chair gets your information when you enter the event.

Look for more information in the December issue of *The WetSet!*

Time is running out for the 3000 yd & 6000 yd USMS National Championship Postal Swims!

You still have an opportunity to participate in one of this year's USMS Championship postal swims. All you have to do - during the next couple weeks - is complete a 3000 and/or 6000-yard swim. The event runs from September 15–November 15 and the individual entries are due to the event host, Clemson Aquatic Team, by November 25.

These swims must be done in a 25-yard pool. Entry forms can be found on the USMS website at www.usms.org/longdist. Please be sure to send a photocopy of your entry form and split sheet to:

Sally Dillon
PNA Relay Team Coordinator
100 Timber Ridge Way NW #6103
Issaquah, WA 98027

Questions? Contact Sally at salswmr@comcast.net or at 425-961-0023.

U.S. Masters Swimming Statement on Swimsuits

Dateline: October 11, 2009

The FINA Masters Committee has recommended that the FINA Bureau, meeting in mid-January, approve the committee's recommendation that Masters swimmers be governed by the same swimsuit rules as the elite pool swimmers. If the Bureau approves the committee's recommendation, it is anticipated it would go into effect after the Bureau meeting. If this recommendation becomes policy with the FINA Bureau, USMS will implement it for our sanctioned swim meets.

For the time being and until the FINA Bureau issues its policy for Masters, the June 1, 2009 ruling that allowed technical suits in USMS swim meets is still in effect. If you choose to compete in a USA Swimming sanctioned meet, you must follow USA Swimming rules.

Contact: Kathy Casey, Rules Committee Chair, rules@usms.org.

2009 USMS Convention report

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Items of interest

Convention proceedings included site selection for major upcoming events:

- 2011 Short Course Nationals will be in Mesa, Arizona
- 2011 Long Course Nationals will be in Auburn, Alabama
- 2011 Open Water National Championships will be hosted in five locations; Noblesville (Indiana), Ft. Myers (Florida), Coney Island (New York), Lake Placid (New York), and Madison (Wisconsin).

The one mile open water championship will be swum in Foster Reservoir near Sweet Home, Oregon, tentatively scheduled for July 3rd.

Technical Suits

As expected, there was discussion about technical suits. A recommendation was sent forward from the FINA Master Committee to the FINA Bureau, that Masters swimmers be governed by the same swimsuit rules as the elite pool swimmers. No change will take effect until after the FINA Bureau meets in mid-January, however. All USMS members should have received a message from USMS – if you missed yours, it is reprinted in its entirety on page 7 of this issue.

A convention wrap-up article is available at <https://www.usms.org/features.php?id=154>. Minutes from the various committees are available at <http://www.usms.org/admin/minutes/>.

A Dynamic Organization

The USMS Board of Directors and House of Delegates have led USMS through some dramatic changes within the administration of USMS over the past few years, including staffing, facilities, and funding. A decade ago, USMS employed only two part-time people at the national level, who took care of secretarial and registration functions. Since then, the organization hired part-time staff to help with finance, information technology, magazine

editing, and national sponsors. The past two years have seen the hiring of an Executive Director and a significant expansion of the national office staff.

Just recently, the National Office staff has moved to an office building in Sarasota, Florida. Funding for the national office staff will come from three sources; a membership fee increase of \$2 this year and further increases of \$2 for each of the next four years, anticipated increases in national sponsorship, and continued membership growth. On that last point, there has already been a noticeable increase in USMS membership. A few years ago we were hovering around 43,000 members, while we currently have over 51,000 members.

As USMS transitions from a nearly all-volunteer organization to one that augments its volunteers with national office staff, we can expect to see significant changes in the benefits provided to our members, clubs, and LMSCs. PNA will likely benefit as USMS puts more effort into coaching and club development, two major areas of focus for our regional organization. Some of the changes will include improved and more regular communications from the national office, an improved website, reduced workload for volunteers, and support for coaches and teams. And finally, an end-to-end meet management system that tracks events from the moment they are sanctioned and ensures that times are submitted to the website and Top Ten databases will also be developed.

PNA Members Receive Awards

Congratulations to Lisa Dahl and Paul Freeman, recipients of 2009 Dorothy Donnelly Service Awards, given annually to honor “volunteers whose service stands out in scope and impact... on the local, regional and national level.” Well-deserved recognition for a lot of hard work! Please congratulate both Lisa and Paul when you see them.

BAMFEST				SHANNON SINGER	39 SVMS	33.24	50 YD. BRST		
10-10-09				DEBBIE PLATZ	39 BAM	37.04	J.MCJUNKIN	46 CAC	43.96
SHORT COURSE YARDS				100 YD. FREE			50 YD. FLY		
P = P.N.A. RECORD				SHERI HART	38 CMS	54.13	J.MCJUNKIN	46 CAC	37.30
Z = NORTHWEST ZONE RECORD				JENNIFER BOHANNON	39 SVMS	1:13.26	LISA RIVERA	45 UNAT	45.97
N = NATIONAL RECORD				DEBBIE PLATZ	39 BAM	1:26.08	100 YD. I.M.		
-----				200 YD. FREE			JENNIFER FORDHAM	45 MYM	1:22.03
WOMEN 18-24				SHANNON SINGER	39 SVMS	2:38.42	200 YD. I.M.		
-----				500 YD. FREE			WENDY HOFFMAN	47 MICC	2:59.47
50 YD. FREE				SHANNON SINGER	39 SVMS	7:10.55	JENNIFER FORDHAM	45 MYM	3:04.21
JESSIE DONOVAN	22 SVMS	26.58		50 YD. BACK			-----		
50 YD. BACK				SHERI HART	38 CMS	27.88	WOMEN 50-54		
JESSIE DONOVAN	22 SVMS	29.31		100 YD. BACK			-----		
100 YD. BACK				SHERI HART	38 CMS	59.10	50 YD. FREE		
JESSIE DONOVAN	22 SVMS	1:10.11		SHANNON SINGER	39 SVMS	1:32.04	COLLEEN PARNELL	51 SSMS	43.05
50 YD. BRST				50 YD. BRST			100 YD. FREE		
PALOMA DINKEL	21 UNAT	30.88Z		GRETCHEN GENDE	39 BAM	46.55	COLLEEN PARNELL	51 SSMS	1:36.54
LILIYA SHTIKEL	20 NEO	35.07		DEBBIE PLATZ	39 BAM	49.39	50 YD. BACK		
100 YD. BRST				100 YD. I.M.			COLLEEN PARNELL	51 SSMS	56.16
PALOMA DINKEL	21 UNAT	1:06.05Z		SHERI HART	38 CMS	1:01.65	-----		
LILIYA SHTIKEL	20 NEO	1:14.80		-----			WOMEN 55-59		
100 YD. I.M.				-----			-----		
JESSIE DONOVAN	22 SVMS	1:06.65		WOMEN 40-44			50 YD. FREE		
LILIYA SHTIKEL	20 NEO	1:09.33		-----			JEAN BLACKBURN	58 FWM	34.66
200 YD. I.M.				50 YD. FREE			WENDY WIGNEY	58 MYM	36.19
PALOMA DINKEL	21 UNAT	2:13.25Z		KATE CARR	43 BAM	28.89	KIM WILLIAMS	57 BAM	37.99
LILIYA SHTIKEL	20 NEO	2:33.87		BELINDA SCHUSTER	44 SVMS	32.80	PAT DUGGAN	56 FWM	40.97
-----				KATHY MOORE	42 UNAT	33.94	200 YD. FREE		
WOMEN 25-29				SUSAN TOWNSEND	43 OAC	34.01	RITA BELSERENE	58 BAM	2:44.67
-----				ANDREA WILSON	41 BAM	34.87	PAT DUGGAN	56 FWM	3:12.26
50 YD. FREE				100 YD. FREE			500 YD. FREE		
EMILY PRENDERGAST	27 SWIM	29.60		KATE CARR	43 BAM	1:04.68	ELIZABETH KASSEN	57 BYMS	6:55.32
KRISTINA MULLINS	26 BAM	31.68		BELINDA SCHUSTER	44 SVMS	1:11.41	PAT DUGGAN	56 FWM	8:22.19
MELISSA STROMBERG	25 OAC	32.18		MEG MISENTI	43 BAM	1:17.27	50 YD. BACK		
100 YD. FREE				SUSAN TOWNSEND	43 OAC	1:20.04	ELIZABETH KASSEN	57 BYMS	41.16
EMILY PRENDERGAST	27 SWIM	1:05.80		200 YD. FREE			KIM WILLIAMS	57 BAM	43.94
500 YD. FREE				PAMELA MANIX	42 UNAT	2:32.43	JEAN BLACKBURN	58 FWM	44.70
ILDIKO POLYAK	27 BAM	6:22.71		MEG MISENTI	43 BAM	2:44.30	WENDY WIGNEY	58 MYM	46.78
50 YD. BACK				500 YD. FREE			50 YD. BRST		
KRISTINA MULLINS	26 BAM	39.04		PAMELA MANIX	42 UNAT	6:48.55	WENDY WIGNEY	58 MYM	44.78
100 YD. BACK				50 YD. BACK			KIM WILLIAMS	57 BAM	48.73
ILDIKO POLYAK	27 BAM	1:15.67		MARY ARMSTRONG	42 MYM	31.99	H.ADKINS-NARTE	55 BAM	52.08
50 YD. FLY				KATE CARR	43 BAM	36.13	100 YD. BRST		
EMILY PRENDERGAST	27 SWIM	32.36		KATHY MOORE	42 UNAT	41.18	H.ADKINS-NARTE	55 BAM	1:56.65
MELISSA STROMBERG	25 OAC	35.44		ANDREA WILSON	41 BAM	42.16	50 YD. FLY		
KRISTINA MULLINS	26 BAM	39.00		100 YD. BACK			ELIZABETH KASSEN	57 BYMS	37.50
100 YD. I.M.				MARY ARMSTRONG	42 MYM	1:14.53	JEAN BLACKBURN	58 FWM	38.95
EMILY PRENDERGAST	27 SWIM	1:16.82		50 YD. BRST			H.ADKINS-NARTE	55 BAM	1:05.70
MELISSA STROMBERG	25 OAC	1:21.36		MARY ARMSTRONG	42 MYM	33.56	100 YD. FLY		
KRISTINA MULLINS	26 BAM	1:24.83		KATE CARR	43 BAM	38.40	RITA BELSERENE	58 BAM	1:30.91
200 YD. I.M.				KATHY MOORE	42 UNAT	45.62	100 YD. I.M.		
ILDIKO POLYAK	27 BAM	2:36.50		ANDREA WILSON	41 BAM	46.77	RITA BELSERENE	58 BAM	1:25.98
-----				50 YD. FLY			KIM WILLIAMS	57 BAM	1:39.46
WOMEN 30-34				BELINDA SCHUSTER	44 SVMS	35.68	WENDY WIGNEY	58 MYM	1:46.97
-----				PAMELA MANIX	42 UNAT	36.51	H.ADKINS-NARTE	55 BAM	2:03.88
50 YD. FREE				ANDREA WILSON	41 BAM	39.88	200 YD. I.M.		
TAMARA COULTER	33 OAC	27.68		KATHY MOORE	42 UNAT	40.90	RITA BELSERENE	58 BAM	3:05.61
DEVAN BACON	30 MYM	37.55		100 YD. FLY			-----		
100 YD. FREE				PAMELA MANIX	42 UNAT	1:24.12	WOMEN 60-64		
DEVAN BACON	30 MYM	1:22.75		100 YD. I.M.			-----		
200 YD. FREE				KATE CARR	43 BAM	1:15.22	50 YD. FREE		
DEVAN BACON	30 MYM	3:08.12		BELINDA SCHUSTER	44 SVMS	1:26.52	CLAUDIA TOLAR	60 UNAT	47.35
500 YD. FREE				ANDREA WILSON	41 BAM	1:28.33	50 YD. BACK		
DEVAN BACON	30 MYM	8:21.50		MEG MISENTI	43 BAM	1:30.82	CLAUDIA TOLAR	60 UNAT	53.33
50 YD. BACK				-----			50 YD. BRST		
TAMARA COULTER	33 OAC	30.02		WOMEN 45-49			CLAUDIA TOLAR	60 UNAT	1:01.36
50 YD. BRST				-----			100 YD. I.M.		
TAMARA COULTER	33 OAC	37.53		50 YD. FREE			CLAUDIA TOLAR	60 UNAT	2:05.11
50 YD. FLY				J.MCJUNKIN	46 CAC	32.96	-----		
TAMARA COULTER	33 OAC	29.50		LISA RIVERA	45 UNAT	40.41	WOMEN 65-69		
100 YD. I.M.				100 YD. FREE			-----		
TAMARA COULTER	33 OAC	1:08.41		JENNIFER FORDHAM	45 MYM	1:09.49	50 YD. FREE		
-----				WENDY HOFFMAN	47 MICC	1:11.50	FRANCESCA DRUM	68 OOPS	37.50
WOMEN 35-39				LISA RIVERA	45 UNAT	1:34.30	JANET GETZENDANER	69 BAM	43.52
-----				200 YD. FREE			50 YD. BACK		
50 YD. FREE				WENDY HOFFMAN	47 MICC	2:37.74	FRANCESCA DRUM	68 OOPS	46.07
SHERI HART	38 CMS	24.98		50 YD. BACK			JANET GETZENDANER	69 BAM	51.40
GRETCHEN GENDE	39 BAM	32.28		JENNIFER FORDHAM	45 MYM	36.43	100 YD. BACK		
JENNIFER BOHANNON	39 SVMS	32.94		100 YD. BACK			JANET GETZENDANER	69 BAM	1:50.78
				JENNIFER FORDHAM	45 MYM	1:17.96			

50 YD. BRST			50 YD. BACK			100 YD. BRST						
FRANCESCA DRUM	68	OOPS	47.72	GARY KAMIKAWA	31	NSYG	32.07	J.B. GOESSMAN	44	BAM	1:13.28	
-----			-----			-----						
WOMEN 80-84												
-----			-----			-----						
50 YD. BRST			50 YD. BRST			J.B. GOESSMAN	44	BAM	27.71			
ILSE WALTERS	81	UNAT	1:22.48	GABE BUSH	32	FWM	34.73	DAVID MCCARTY	44	UNAT	28.47	
100 YD. BRST				JOSH DOTSON	31	OAC	37.02	MONTE PRENTICE	44	UNAT	30.72	
ILSE WALTERS	81	UNAT	2:57.36	50 YD. FLY				100 YD. FLY				
-----			-----			-----						
M E N 18-24						J.B. GOESSMAN			44	BAM	1:00.07	
-----			-----			100 YD. I.M.						
50 YD. FREE				GARY KAMIKAWA	31	NSYG	26.83	ALAN FLORSHEIM	42	SAMM	1:06.97	
RICHARD DIBBLE	21	MYM	25.49	GABE BUSH	32	FWM	27.99	KERRY NESS	40	SVMS	1:22.12	
100 YD. FREE				ROB BECHTLOFF	31	SVMS	32.36	200 YD. I.M.				
RICHARD DIBBLE	21	MYM	58.28	100 YD. FLY				IAN WRIGHTSON	44	UNAT	2:09.80	
200 YD. FREE				GARY KAMIKAWA	31	NSYG	1:02.96	DAVID MCCARTY	44	UNAT	2:23.08	
RICHARD DIBBLE	21	MYM	2:11.85	EVAN BACON	31	MYM	1:20.67	PETER COLLINS	44	MYM	2:51.36	
GARRETT GRIGAS	19	UNAT	2:12.23	100 YD. I.M.				-----				
50 YD. BACK				JOEL SCHWEIGER	33	UNAT	1:00.31	M E N 45-49				
HAMBER PABLO	23	MYM	36.64	GABE BUSH	32	FWM	1:05.85	-----				
100 YD. BACK				ROB BECHTLOFF	31	SVMS	1:17.21	-----				
GARRETT GRIGAS	19	UNAT	1:14.61	M E N 35-39								
HAMBER PABLO	23	MYM	1:19.33	-----			-----					
100 YD. BRST				50 YD. FREE				RICHARD SEIBERT	45	OAC	24.66	
GARRETT GRIGAS	19	UNAT	1:17.30	DAVID MARGRAVE	38	HMST	25.23	JON SULLENBERGER	47	UNAT	26.72	
50 YD. FLY				CHRIS CORTELYOU	37	PSC	27.95	STEVE LAHAIE	46	OAC	27.27	
RICHARD DIBBLE	21	MYM	28.83	GARY ZIMBERG	35	UNAT	29.19	ROD CORY	46	OST	27.49	
100 YD. FLY				100 YD. FREE				100 YD. FREE				
RICHARD DIBBLE	21	MYM	1:10.15	CHRIS CORTELYOU	37	PSC	1:00.68	ROD CORY	46	OST	1:02.02	
100 YD. I.M.				GARY ZIMBERG	35	UNAT	1:07.46	200 YD. FREE				
HAMBER PABLO	23	MYM	1:16.23	50 YD. BACK				DAN SMITH	46	FWM	2:03.08	
200 YD. I.M.				DAVID MARGRAVE	38	HMST	32.06	ERIC VALLEY	48	UNAT	2:03.36	
GARRETT GRIGAS	19	UNAT	2:36.49	100 YD. BACK				CARL HAYNIE	49	CAC	2:09.04	
HAMBER PABLO	23	MYM	2:53.85	DOUG JELEN	35	UNAT	1:01.91	MICHAEL NELSON	45	LWS	2:11.17	
-----			-----			-----			500 YD. FREE			
M E N 25-29									ERIC VALLEY			
-----			-----			-----			48 UNAT			
50 YD. FREE				DAVID MARGRAVE	38	HMST	33.61	CARL HAYNIE	49	CAC	5:52.19	
JORDAN RICE	25	NEO	24.26	CHRIS CORTELYOU	37	PSC	35.89	50 YD. BACK				
DAVE WHITBECK	27	UNAT	24.82	50 YD. FLY				MICHAEL NELSON	45	LWS	33.14	
J. JABLONOWSKI	29	OAC	26.32	DOUG JELEN	35	UNAT	27.07	100 YD. BACK				
SETH BROWN	25	ORCA	26.87	DAVID MARGRAVE	38	HMST	28.26	MICHAEL NELSON	45	LWS	1:09.87	
100 YD. FREE				100 YD. FLY				50 YD. BRST				
JORDAN RICE	25	NEO	54.41	DOUG JELEN	35	UNAT	59.07	ROD CORY	46	OST	37.57	
SETH BROWN	25	ORCA	59.55	100 YD. I.M.				STEVE LAHAIE	46	OAC	38.22	
J. JABLONOWSKI	29	OAC	1:00.07	DOUG JELEN	35	UNAT	1:03.16	JON SULLENBERGER	47	UNAT	39.41	
200 YD. FREE				DAVID MARGRAVE	38	HMST	1:05.78	100 YD. BRST				
DAVE WHITBECK	27	UNAT	1:56.99	CHRIS CORTELYOU	37	PSC	1:12.95	DAN SMITH	46	FWM	1:11.77	
SETH BROWN	25	ORCA	2:14.43	200 YD. I.M.				RICHARD SEIBERT	45	OAC	1:12.53	
50 YD. BRST				DOUG JELEN	35	UNAT	2:16.44	MICHAEL NELSON	45	LWS	1:18.78	
DAVE WHITBECK	27	UNAT	33.02	M E N 40-44						ROD CORY	46	OST
100 YD. BRST				-----			-----			46 OST	1:24.74	
JORDAN RICE	25	NEO	1:10.31	-----			-----			50 YD. FLY		
50 YD. FLY				-----			-----			CARL HAYNIE	49	CAC
DAVE WHITBECK	27	UNAT	27.27	50 YD. FREE				JON SULLENBERGER	47	UNAT	29.62	
J. JABLONOWSKI	29	OAC	28.73	ALAN FLORSHEIM	42	SAMM	26.04	STEVE LAHAIE	46	OAC	32.63	
100 YD. FLY				MONTE PRENTICE	44	UNAT	26.33	100 YD. FLY				
J. JABLONOWSKI	29	OAC	1:06.77	SPENCER COTTON	44	ORCA	32.05	RICHARD SEIBERT	45	OAC	1:02.11	
100 YD. I.M.				KERRY NESS	40	SVMS	32.06	DAN SMITH	46	FWM	1:02.80	
DAVE WHITBECK	27	UNAT	1:02.08	100 YD. FREE				CARL HAYNIE	49	CAC	1:07.65	
JORDAN RICE	25	NEO	1:04.03	ALAN FLORSHEIM	42	SAMM	57.67	ERIC VALLEY	48	UNAT	1:08.07	
-----			-----			-----			100 YD. I.M.			
M E N 30-34									RICHARD SEIBERT			
-----			-----			-----			45 OAC			
50 YD. FREE				MONTE PRENTICE	44	UNAT	57.95	ERIC VALLEY	48	UNAT	1:04.98	
JOEL SCHWEIGER	33	UNAT	24.80	TOM SCHUTTE	40	GLAD	58.14	DAN SMITH	46	FWM	1:06.73	
GABE BUSH	32	FWM	25.34	PETER COLLINS	44	MYM	1:05.48	ROD CORY	46	OST	1:17.44	
EVAN BACON	31	MYM	25.45	SPENCER COTTON	44	ORCA	1:11.97	200 YD. I.M.				
JOSH DOTSON	31	OAC	30.95	200 YD. FREE				ERIC VALLEY	48	UNAT	2:25.96	
100 YD. FREE				DAVID MCCARTY	44	UNAT	2:07.96	-----				
JOEL SCHWEIGER	33	UNAT	50.68	MONTE PRENTICE	44	UNAT	2:10.33	M E N 50-54				
JOSH DOTSON	31	OAC	1:14.17	PETER COLLINS	44	MYM	2:21.60	-----				
200 YD. FREE				500 YD. FREE				-----				
JOEL SCHWEIGER	33	UNAT	1:54.78	DAVID MCCARTY	44	UNAT	5:51.83	50 YD. FREE				
EVAN BACON	31	MYM	2:15.50	PETER COLLINS	44	MYM	6:31.52	BRYAN SPARROWHAWK	53	MYM	27.19	
ROB BECHTLOFF	31	SVMS	2:21.29	MONTE PRENTICE	44	UNAT	6:45.32	100 YD. FREE				
500 YD. FREE				50 YD. BACK				BRYAN SPARROWHAWK	53	MYM	1:01.38	
ROB BECHTLOFF	31	SVMS	6:26.54	SPENCER COTTON	44	ORCA	45.04	DAN UNDERBRINK	53	MYM	1:03.80	
-----			-----			-----			200 YD. FREE			
-----			-----			-----			DAN UNDERBRINK			
-----			-----			-----			53 MYM			
-----			-----			-----			2:18.43			
-----			-----			-----			ORLANDO BOLEDA			
-----			-----			-----			54 BAM			
-----			-----			-----			2:18.62			
-----			-----			-----			500 YD. FREE			
-----			-----			-----			ORLANDO BOLEDA			
-----			-----			-----			54 BAM			
-----			-----			-----			6:20.71			
-----			-----			-----			50 YD. BACK			
-----			-----			-----			DAN UNDERBRINK			
-----			-----			-----			53 MYM			
-----			-----			-----			37.03			
-----			-----			-----			ROBERT HARTWIG			
-----			-----			-----			54 FWM			
-----			-----			-----			40.23			

100 YD. BACK				EUGENE HUNN	66 NEO	42.97										
DAN UNDERBRINK	53 MYM	1:18.26		DAVID SUMMERS	69 UNAT	43.29	25 +									
50 YD. BRST				50 YD. BACK			KATE CARR	43 PNBA	2:23.06							
BRYAN SPARROWHAWK	53 MYM	34.99		EUGENE HUNN	66 NEO	47.49	MEG MISENTI	43								
BILL RAYNOLDS	52 NEO	37.17		50 YD. BRST			ILDIKO POLYAK	27								
100 YD. BRST				DENNIS SAWYER	65 BAM	38.06	KRISTINA MULLINS	26								
BRYAN SPARROWHAWK	53 MYM	1:19.05		EUGENE HUNN	66 NEO	47.97										
BILL RAYNOLDS	52 NEO	1:23.65		DAVID SUMMERS	69 UNAT	50.32	WENDY WIGNEY	58 PNMY	2:32.11							
50 YD. FLY				100 YD. BRST			JENNIFER FORDHAM	45								
ROBERT HARTWIG	54 FWM	34.82		DENNIS SAWYER	65 BAM	1:27.39	MARY ARMSTRONG	42								
100 YD. I.M.				DAVID SUMMERS	69 UNAT	1:53.32	DEVAN BACON	30								
DAN UNDERBRINK	53 MYM	1:13.98		50 YD. FLY												

M E N 55-59																

50 YD. FREE				EUGENE HUNN	66 NEO	51.94	35 +									
JAMES KENDRICK	56 SVMS	26.65		100 YD. I.M.			ANDREA WILSON	41 PNBA	2:53.87							
WILLIAM PENN	57 SSMS	28.68		DENNIS SAWYER	65 BAM	1:28.31	DEBBIE PLATZ	39								
100 YD. FREE				EUGENE HUNN	66 NEO	1:45.08	KIM WILLIAMS	57								
JAMES KENDRICK	56 SVMS	1:00.07		DAVID SUMMERS	69 UNAT	1:58.14	GRETCHEN GENDE	39								
WILLIAM PENN	57 SSMS	1:02.80		-----												
200 YD. FREE				M E N 70-74												
WILLIAM PENN	57 SSMS	2:13.10		50 YD. FREE			-----									
JAMES KENDRICK	56 SVMS	2:14.20		DAVE DRUM	74 OOPS	33.27	18 +									
500 YD. FREE				JAY BOWDITCH	71 BAM	43.12	EVAN BACON	31 PNMY	1:50.04							
WILLIAM PENN	57 SSMS	5:45.95		100 YD. FREE			PETER COLLINS	44								
100 YD. I.M.				DAVE DRUM	74 OOPS	1:18.63	DAN UNDERBRINK	53								
WILLIAM PENN	57 SSMS	1:16.93		200 YD. FREE			RICHARD DIBBLE	21								

M E N 60-64																

50 YD. FREE				DAVE DRUM	74 OOPS	2:59.55										
BARNEY VOEGTLEN	60 BAM	28.17		50 YD. BACK			KEN TOLAR (RELAY)	61 PNUN	1:51.98							
ALLAN THORPE	60 BAM	30.98		JAY BOWDITCH	71 BAM	50.98	A. (RELAY)	42								
KEN TOLAR	61 UNAT	36.33		-----												
100 YD. FREE				M E N 75-79												
BARNEY VOEGTLEN	60 BAM	1:02.12		200 YD. FREE			MONTE PRENTICE	44								
KEN TOLAR	61 UNAT	1:22.44		BILL KING	76 OREG	2:56.71	GARRETT GRIGAS	19								
THOMAS WALKER	62 CAC	1:25.87		500 YD. FREE			-----									
200 YD. FREE				BILL KING	76 OREG	8:15.97	25 +									
MICHAEL MCCOLLY	63 NEO	2:35.09		-----												
ALLAN THORPE	60 BAM	2:40.65		M E N 80-84												
500 YD. FREE				200 YD. FREE			ROB BECHTLOFF	31 PNSV	2:06.83							
MICHAEL MCCOLLY	63 NEO	6:08.82		BOB MILLER	80 BAM	2:51.61Z	RON HANSEN	60								
RON HANSEN	60 SVMS	7:53.24		50 YD. BACK			KERRY NESS	40								
50 YD. BACK				BOB MILLER	80 BAM	39.87Z	JAMES KENDRICK	56								
RICK SPENCER	61 OOPS	34.65		BOB MILLER	80 BAM	1:25.74Z	-----									
BARNEY VOEGTLEN	60 BAM	35.42		RELAYS-WOMEN 200 YD. FREE												
THOMAS WALKER	62 CAC	42.68		18 +			18 +									
RON HANSEN	60 SVMS	46.90		BELINDA SCHUSTER	44 PNSV	2:05.55	DAN UNDERBRINK	53 PNMY	2:05.13							
KEN TOLAR	61 UNAT	52.06		JENNIFER BOHANNON	39		HAMBER PABLO	23								
100 YD. BACK				SHANNON SINGER	39		RICHARD DIBBLE	21								
MICHAEL MCCOLLY	63 NEO	1:13.00		JESSIE DONOVAN	22		BRYAN SPARROWHAWK	53								
RICK SPENCER	61 OOPS	1:15.82		25 +			-----									
THOMAS WALKER	62 CAC	1:36.42		ILDIKO POLYAK	27 PNBA	2:04.03	25 +									
RON HANSEN	60 SVMS	1:41.80		KRISTINA MULLINS	26		RICHARD SEIBERT	45 PNOA	2:07.28							
KEN TOLAR	61 UNAT	1:49.78		MEG MISENTI	43		STEVE PETERSON	63								
50 YD. BRST				KATE CARR	43		STEVE LAHAIE	46								
STEVE PETERSON	63 OAC	34.54		JENNIFER FORDHAM	45 PNMY	2:16.10	JOSH DOTSON	31								
RON HANSEN	60 SVMS	43.61		WENDY WIGNEY	58		RON HANSEN	60 PNSV	2:20.17							
100 YD. BRST				DEVAN BACON	30		KERRY NESS	40								
STEVE PETERSON	63 OAC	1:18.05		MARY ARMSTRONG	42		ROB BECHTLOFF	31								
RON HANSEN	60 SVMS	1:43.83		-----												
THOMAS WALKER	62 CAC	1:53.38		RELAYS-WOMEN 200 YD. MEDLEY												
50 YD. FLY				18 +			-----									
BARNEY VOEGTLEN	60 BAM	33.41		JESSIE DONOVAN	22 PNSV	2:22.73	35 +									
ALLAN THORPE	60 BAM	37.31		SHANNON SINGER	39		BOB MILLER	80 PNBA	2:16.51							
100 YD. FLY				BELINDA SCHUSTER	44		BARNEY VOEGTLEN	60								
THOMAS WALKER	62 CAC	2:00.65		JENNIFER BOHANNON	39		J.B. GOESSMAN	44								
100 YD. I.M.				-----												
BARNEY VOEGTLEN	60 BAM	1:14.39		RELAYS-WOMEN 200 YD. MEDLEY												
KEN TOLAR	61 UNAT	1:47.66		18 +			-----									
200 YD. I.M.				JESSIE DONOVAN	22 PNSV	2:22.73	18 +									
STEVE PETERSON	63 OAC	2:42.46		SHANNON SINGER	39		DAN UNDERBRINK	53 PNMY	2:05.13							

M E N 65-69																

50 YD. FREE				BELINDA SCHUSTER	44		HAMBER PABLO	23								
DENNIS SAWYER	65 BAM	31.82		JENNIFER BOHANNON	39		RICHARD DIBBLE	21								

MASTERS CALENDAR

LOCAL EVENTS**November 22, 2009**

“Get Ready For Thanksgiving” SCM Meet
 John Vanderzicht Memorial Pool, Oak Harbor, WA
 (See article on page 6. Entry form available on page 13 and at www.swimpna.org)
 Contact:
jim.mccleery@usms.org

December 1, 2009

PNA Board Meeting
 at Arni Litt’s home
 Contact: Arni Litt at
Registrar@pnaregistrar@usms.org

January 10, 2010

Anacortes SCY Meet
Fidalgo Pool, Anacortes, WA
 Contact: Myke Lund,
h2obug101@yahoo.com

January 26, 2010**PNA Board Meeting****February 23, 2010****PNA Board Meeting****March 23, 2010****PNA Board Meeting****April 27, 2010****PNA Board Meeting**

(Refer to current WetSet or www.swimpna.org for meeting location)

NATIONAL EVENTS**Jan 1-Dec 31, 2009**

“Check-off Challenge”
 Swim all 18 pool events.
 (Information at
www.swimpna.org)

Jan 1-Dec 31, 2009

“Go The Distance” National Fitness Event
 (Information at www.usms.org/fitness/content/fitnessevents)

Sept 15-Nov 15, 2009

USMS 3000/6000 Yard Postal Championships
 Note: 25 yard pools only
 (See article on page 5.
 Information at
www.swimpna.org)

January 1-31, 2010

USMS 1 Hour Postal Championships
 (See article on page 5.)
 Contact: Jessica Jakobi,
jjakobi@comcast.net or Jon Haveman,
jon@haveman.org

May 20-23, 2010

USMS SCY Championships
 Georgia Tech, Atlanta, GA
 (Information at www.usms.org)
 Contact: Ed Saltzman,
es7204@att.com

August 9-12, 2010

USMS LCM Championships
 San Juan, Puerto Rico
 (Information at www.usms.org)
 Contact: Mark Gill,
mark.gill@usms.org

INTERNATIONAL EVENTS**July 27-August 7, 2010**

XIII FINA World Masters Championships
 Goteborg, Boras & Boindal, Sweden
 (Information at www.usms.org)
 Contact:
info@2010finamasters.org

August 1-6, 2010
2010 Gay Games

Cologne, Germany
 (Information at www.usms.org)
 Contact: Jessica Seaton,
igla@usms.org

**SANCTIONED BY PNA FOR USMS INC. SANCTION#369-008
FIRST ANNUAL WHIDBEY ISLAND SCM MEET
HOSTED BY THE NORTH WHIDBEY MASTERS**

#	Events Order (#3)
	Event
	Sunday, November 22, 2009
1	400 Free break
2	200 Free Relay
3	200 Fly
4	200 Back
5	50 Breast
6	100 Free break
7	200 Mixed Free Relay
8	200 IM
9	50 Fly
10	100 Back
11	200 Breast
12	50 Free
13	400 IM
14	200 Medley Relay break
15	100 Fly
16	50 Back
17	100 Breast
18	200 Free
19	100 IM
20	200 Mixed Medley Relay break
21	1500 Free

Directions

From North or Southbound I-5 take exit 230 for WA-20 toward Anacortes, stay left on WA-20 toward Whidbey Island. In Oak Harbor turn east (left) onto Whidbey Avenue. Turn right after 1/2 mile onto SE Jerome. Turn right at second parking lot.

From South Whidbey follow WA-20 north. In Oak Harbor turn east (right) onto Whidbey Avenue. Turn right after 1/2 mile onto SE Jerome. Turn right at second parking lot.

Date: Sunday, November 22, 2009
Time: Warm-Up: 9:00 AM. Meet starts at 10:00 AM
Location: John Vanderzicht Memorial Pool
85 SE Jerome St
Oak Harbor, WA 98277
(360) 675-7665

Meet Director: Jim McCleery
jim.mccleery@usms.org
(360) 632-5595

Facility: Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.
Rules: Current USMS Rules will govern the meet.

Eligibility: Open to all USMS & MSC registered swimmers 18 and above as of 11/22/09. **Include a copy of your Masters registration card if you are not a PNA member.**

Seeding: All events other than the 400 Free and the 1500 Free will be pre-seeded slow to fast.

Relays: Deck-enter relays at the meet. Mixed relays require two men and two women. Mark your relay entry card carefully with proper aggregate age group (e.g. 160-199) to ensure correct intent and results.

Check-In: Positive check-in required for 400 & 1500 free. Deadline for 400 free is 9:40 am. Deadline for 1500 free is 12:30 pm. Swimmers who do not check in by the deadline may be scratched from the event.

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES

FIRST ANNUAL WHIDBEY ISLAND SCM MEET
MEET ENTRY FORM: **November 22, 2009** Meet Sanction #XXX-XX
Hosted by the North Whidbey Masters

NAME: _____ M F AGE: _____
ADDRESS: _____
E-MAIL ADDRESS: _____
PHONE: _____ BIRTH DATE: _____ USMS #: _____
CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____
EMERGENCY CONTACT: _____
EMERGENCY PHONE NUMBER: _____

AGE GROUP (determined by your age as of December 31, 2009):

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

ENTRY LIMIT: five EVENTS PER DAY plus relays. Check if your first Masters meet.

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEES: \$ 13 US or Canadian (includes LMSC & timing surcharges)

Individual Events: _____ \$1 per event. No charge for relays.
Total: \$ _____ No charge for need-based seniors (65 & over)

Please make checks payable to:	NWAC
Mail this entry form and fees to:	Jim McCleery 485 SW Bayshore Drive, Apt. D203 Oak Harbor, WA 98277
Questions:	jim.mccleery@usms.org 360-632-5595
Entries must be received by Wednesday, November 11. NO race day entries accepted.	

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

SIGNED: _____ DATE: _____



Pacific Northwest Association of Masters Swimmers

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.

2010 Membership Application

New Swimmer Returning USMS Swimmer (Permanent ID if available)

Name: Last First Initial Birth date: Month Day Year

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

City State Zip+4 E-Mail: Home Phone Cell Phone Work Phone

CLUB Affiliation Pacific NW Aquatics (PNA) or Unattached to a Club TEAM Affiliation see team list on next page

Coach Certified Official YMCA USA Swimming USA Triathlon

Choose a membership level A or B below for 11/01/2009 thru 12/31/2010.

Table with membership levels: A. Regular (\$42), B. Need-based or Seniors (65 & over) (\$30), Optional Donations (USMS Endowment Fund, International Swimmers Hall of Fame), TOTAL

Make check payable to: PNA Questions: (206) 849-1387 or pnaRegistrar@usms.org Mail check & form to: Arni Litt, Registrar PO Box 12172 Seattle, WA 98102-0172

A link to the PNA newsletter, The WetSet, will be sent by email 10 times/year, unless you check here to have The WetSet sent by U.S. Postal Mail. PNA is seeking volunteers to help with meets, clinics and committees. Check here to volunteer and someone will contact you about where you could make a difference.

2010 Annual Fee: Of your membership fee \$27 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication Swimmer Magazine. (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

Use of Image/Likeness: I grant permission to U.S. Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose.

YOU MUST VOTE

Please read the attached information regarding By-Laws changes and mark your ballot. Your membership will not be processed without a vote (Approve, Disapprove, or Abstain).

APPROVE CHANGES DISAPPROVE CHANGES ABSTAIN

Pacific Northwest Association of Masters Swimmers 2010 Local Team Registration

To register your team for 2010, 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 2010 as of November 1, 2009.

BAM: Bainbridge Area Masters	LWS: Lynnwood Sharks	SSTM: South Sound Titans Masters
BADD: Bellevue Aquatic Divas & Dudes	MSVL: Marysville YMCA Masters	SWIM: South Whidbey Island Masters
BC: Bellevue Club	MICC: Mercer Island Country Club	SSMS: South Sound Masters Swim
BEST: Bellevue Eastside Masters	MIR: Mercer Island Redwoods	SSRM: Swim Seattle Redhawk Masters
BMSC: Bellingham Masters Swim Club	MAMS: Middle Aged Marlins	TACY: Tacoma Pierce County YMCA
BTAC: Bremerton Tennis & Athletic Club	FOIL: Milfoil Masters Swimmers	TACM: Thunderbird Aquatic Masters
CAAT: Central Area Aquatics Team	MYM: Monroe YMCA Masters	TIG: Tigers
CAC: Columbia Athletic Masters (All)	NHM: Newport Hills Masters	TOSC: Thurston Olympians Swim Club
DSYM: Downtown Seattle YMCA Masters	NEO: North End Otters	TVAC: Tumwater Valley Athletic Club
EMS: Everett Masters Swimmers	NSYG: Northshore Y's Guys	UNAT: Unattached to a Team
ESC: Evergreen Swim Club Masters	NWM: North Whidbey Masters	UPAC: University Place Aquatic Club
FAST: Foothills Aquatics Swim Team	OAC: Olympic Aquatic Club	VFC: Valley Fitness Center
FWM: Federal Way Master	OOPS: Old Olympic Peninsula Swimmers	VAC: Vashon Aquatic Club
FSJ: Fins of the San Juans	ORCA: Orca Swim Club	WAC: Washington Athletic Club
FTS: Ft. Steilacoom	OST: Ohana Swim Team	WAVE: WAVE
GHY: Gig Harbor YMCA	PAC: Poseidon Aquatic Club	WEST: West Coast Aquatics Masters
GCMS: Gold Creek Masters (GCM)	PSC: Phinney Ridge Swim Club	WSAS: West Seattle All-Stars
GAM: Gold's Aquatics Masters	PTMS: Port Townsend Master Swimmers	WSYD: West Seattle YMCA Dolphins
GGRM: Gold's Gym Redmond Masters	PRO: Pro Sports Club	WWUS: Western WA U Masters Swimming
GLAD: Green Lake Aqua Ducks	QASC: Queen Anne Swim Club	WCY: Whatcom County YMCA
HMST: Husky Masters	RAH: Redmond Aqua Hotshots	YNOT: Y Nauts
IST: Issaquah Swim Team	SAMM: Samena Masters	
LLUA: Little Lebowski Urban Achievers	SAC: Seattle Athletic Club	10/14/2009
LOGS: Logger Masters	SVMS: Skagit Valley Masters Swimming	
LUNA: Team Luna	SVY: Skagit Valley YMCA Masters	

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

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