



Lady Luck Smiles on *Beat the Clock* Meet

by
Steve Peterson,
PNA Vice President

“**L**uck” was the word of the day for the March 24 *Beat the Clock* meet at Lacey’s Briggs Community YMCA. Initially, the adjective “bad” seemed more appropriate, as my Caravan threw a belt and left me stranded in the rain on Primrose Lane a half mile from the Y. Plus, a communications glitch at the pool between the timing system and meet management software temporarily interrupted the early goings of the competition.

But providence was smiling. The young racecar owner/mechanic whose house I broke down in front of graciously drove me to the meet in his street-legal racecar, and the timing system gremlin magically disappeared.

This was the inaugural Masters meet for Meet Director Mel Smith and the Briggs YMCA ORCAs Swim Team families and volunteers, although it’s been the long-time venue for the Puget Sound Senior Games meet.

Last year, PNA recognized that meet for the first time.



Photo by Steve Peterson

Jim Nelson and Megan Bussart show off their tattoos at the Beat the Clock meet .

Whether because of that, the meet hosts’ abilities or just plain luck, the meet’s attendance almost tripled. Likewise, whether it was the upcoming Champs or Nationals meet, swimmers geared up for competition, or a touch of luck, *Beat the Clock* was well attended with around 120 competitors. Swimmers came from the far reaches of PNA; I even saw friends from Ellensburg and Coeur d’Alene.

Organization Top-Notch

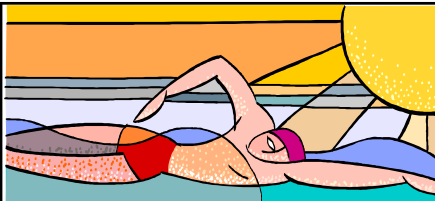
The meet’s organizing committee oversaw many volunteers who skillfully handled data entry, advertising, hospitality and concessions, safety marshals and awards. They also assembled

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THE WET SET

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Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Rondamarie Smith

Have you ever wondered how PNA is able to accomplish so much? It's because we've been fortunate to have many people who volunteer their time and energy. These volunteers include the organization's officers and directors. They also include the dedicated folks that staff PNA meets by serving as starters, referees, stroke and turn judges and in other capacities.

Who are these people and why do they volunteer? Some are Master swimmers, others are individuals who don't swim but believe strongly in the value of Masters swimming and are willing to help PNA.

Perhaps, from time to time, you've considered volunteering with PNA. Well, here's your chance; as the rest of my column explains, we have a position that needs to be filled. It will take little of your time, and you'll be doing a great service for fellow PNA members.

Wanted: Volunteer with Computer Skills

One important service provided by PNA is the publication of meet results, including posting results on our website.

Jim McCleery has done this posting seamlessly for several years. More than a year ago, however, Jim asked for us to find a replacement. Since then he has been very gracious about continuing while we look, but time has run out. Bottom line: We are still looking for a person to take over for Jim.

I know that at least one of you readers has the computer skills to do this. The time commitment is no more than an hour per meet or per set of meet results. Most years,

LEADING OFF



By Jeanne Ensign,
PNA President

PNA has eight to 10 meets. That translates to eight to 10 hours per YEAR. If you have been wondering what you can do to give back to swimming and PNA, this is your chance. It would mean a lot to those of us who have plenty of enthusiasm but not the right skills.

You do not have to go to meets, come to board meetings or even see any of us in person (if you don't want to). Walt Reid, our very able PNA records and tabulation person, prepares and emails the results in files ready to be posted.

If you've been hesitating about helping PNA, now is the time to do it. If you are interested, please contact me (jeanne@raincity.com) or Jim McCleery (Jim.McCleery@skaqit.edu or (360) 679-5365). If you want to know more about the technical nature of this work, contact Jim and he'll be glad to explain.

We're standing by waiting to hear from you. Please step up.

Wanted: Volunteers for Nationals

We still need volunteers for Nationals. For more information and to volunteer, contact Sarah Welch. Email: sarahwelch@comcast.net; Phone number: (206) 723-1814.

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 2007 CALENDAR

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

*Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events. PNA events, including PNA Board meetings, are listed in **bold**.*

January 1 to December 31, 2007
Fitness Check-Off Challenge
Le Tour de Pool
Hugh Moore
swimmoore@comcast.net
Visit www.usms.org/fitness for entry form.

April 14 & 15, 2007
SCY PNA Champs
Weyerhaeuser King County Aquatic Center
Federal Way, Wash.

April 20 to April 22, 2007
Oregon Association/NW Zone SCY Championships - Bend, Ore.

April 24, 2007
PNA Board Meeting, 6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

May 15 to September 15, 2007
USMS 5 and 10 km Postal Championships
Susan Ingraham; (210) 493-0388
aquatex101@aol.com



May 17 to May 20, 2007
USMS Short Course Championships
Weyerhaeuser King County Aquatic Center
Federal Way, Wash.
Jane Moore, (253) 759-4956
swimmoore@comcast.net

May 19, 2007
USMS 3-6 Mile Open Water Championships (5 km) - Gulf of Mexico, Ft. Myers Beach, Fla.

May 27, 2007
USMS 1 Mile Open Water Championships
Lake Audubon, Reston, Va.
Gordon Gerson (703) 845-SWIM
rmst@restonmasters.org;
www.restonmasters.org;

July 1, 2007
Canada Day OW
1km, 2km & 4km
Sasamat Lake, B.C.
www.vovsa.bc.com;
vovsa2007@gmail.com

July 14, 2007 (pending)
Fat Salmon OW
1 & 3 mile distances
Lake Washington
fatsalmonswim@gmail.com

July 14, 2007
USMS 6+ Mile Open Water Championships (10 km) - Huntington Bay, Huntington, N.Y.

July 14, 2007
Lake Padden OW
Bellingham, Wash.
2.5 and 5K swims
Ian Thompson;
ianit@comcast.net

July 22, 2007
Bay Challenge OW
10km-solo and team
Sandy Cover to Kits Beach. B.C.
www.vovsa.bc.com;
vovsa2007@gmail.com

July 28, 2007
Kits Challenge OW
1km, 2km & 4km
Kits Beach, B.C.
www.vovsa.bc.com;
vovsa2007@gmail.com

August 4, 2007
USMS 1-3 Mile Open Water Championships (1.76 mi) - Lake Pend Oreille, Sandpoint, ID

August 10 to August 13, 2007
USMS Long Course Championships - The Woodlands, Tex.

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



Beat the Clock Meet

Briggs Community YMCA

Lacey, Wash.

March 24, 2007

PNA – BRIGGS YMCA
03-24-07
SHORT COURSE YARDS
P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD

WOMEN 18-24

50 YD. FREE			
MARION GALLAGHER	23 SSRM	26.43	
CHRISTY JONES	21 OOPS	31.41	
100 YD. FREE			
KACIE LUNDRES	23 BYMS	1:01.73	
CHRISTY JONES	21 OOPS	1:12.99	
200 YD. FREE			
MARION GALLAGHER	23 SSRM	2:03.64	
500 YD. FREE			
CHRISTY JONES	21 OOPS	6:57.97	
50 YD. BACK			
CHRISTY JONES	21 OOPS	35.39	
50 YD. BRST			
MARION GALLAGHER	23 SSRM	32.44	
KACIE LUNDRES	23 BYMS	36.95	
100 YD. BRST			
MARION GALLAGHER	23 SSRM	1:10.48	
200 YD. BRST			
MARION GALLAGHER	23 SSRM	2:33.24Z	
100 YD. I.M.			
KACIE LUNDRES	23 BYMS	1:11.00	

WOMEN 25-29

50 YD. FREE			
COURTNEY LANDAU	28 BYMS	29.75	
100 YD. FREE			
MEGAN LIVINGSTON	29 BAM	56.64	
COURTNEY LANDAU	28 BYMS	1:07.21	
200 YD. FREE			
MEGAN LIVINGSTON	29 BAM	2:03.62	
KATIE VANDENBERG	28 NSYG	2:20.84	
500 YD. FREE			
KATIE VANDENBERG	28 NSYG	6:17.05	
100 YD. BACK			
MEGAN LIVINGSTON	29 BAM	1:03.82	
100 YD. BRST			
KELLY CRANDELL	26 UNAT	1:20.73	
200 YD. BRST			
KELLY CRANDELL	26 UNAT	2:53.23	
50 YD. FLY			
KATIE VANDENBERG	28 NSYG	34.32	
100 YD. FLY			
KELLY CRANDELL	26 UNAT	1:18.01	
200 YD. FLY			
MEGAN LIVINGSTON	29 BAM	2:22.08	
100 YD. I.M.			
KATIE VANDENBERG	28 NSYG	1:18.31	
COURTNEY LANDAU	28 BYMS	1:19.52	
200 YD. I.M.			
KELLY CRANDELL	26 UNAT	2:40.35	

WOMEN 30-34

200 YD. FREE			
MICHELLE MCRAE	31 BADD	2:13.15	
100 YD. BACK			
MICHELLE MCRAE	31 BADD	1:10.71	
200 YD. BACK			
MICHELLE MCRAE	31 BADD	2:34.35	

WOMEN 35-39

50 YD. FREE			
HALEIGH WERNER	38 TVA	28.31	
KATHERINE ROGERS	39 SWIM	32.50	
100 YD. FREE			
KATHERINE ROGERS	39 SWIM	1:09.88	
200 YD. FREE			
TARA SIMSAK	37 BAM	2:21.17	
500 YD. FREE			
JENNY WARD	35 WSYD	5:52.58	
KATHERINE ROGERS	39 SWIM	7:04.14	
50 YD. BACK			
JENNY WARD	35 WSYD	31.33	
100 YD. BACK			
KIM REYKDAL	35 BYMS	1:12.00	
200 YD. BACK			
TARA SIMSAK	37 BAM	2:40.85	
MEGAN BUSSART	36 BMSC	2:42.19	
50 YD. BRST			
HALEIGH WERNER	38 TVA	36.47	
100 YD. BRST			
MEGAN BUSSART	36 BMSC	1:21.96	
50 YD. FLY			
KIM REYKDAL	35 BYMS	31.95	
100 YD. FLY			
JENNY WARD	35 WSYD	1:12.50	
200 YD. FLY			
HALEIGH WERNER	38 TVA	2:33.82	
100 YD. I.M.			
KIM REYKDAL	35 BYMS	1:12.09	
TARA SIMSAK	37 BAM	1:14.49	
KATHERINE ROGERS	39 SWIM	1:25.67	
200 YD. I.M.			
TARA SIMSAK	37 BAM	2:43.40	
400 YD. I.M.			
HALEIGH WERNER	38 TVA	5:17.67	
MEGAN BUSSART	36 BMSC	5:45.64	

WOMEN 40-44

50 YD. FREE			
SUZANNE WAY	43 LWS	33.08	
KATHY MOORE	40 UNAT	34.41	
100 YD. FREE			
SUZANNE WAY	43 LWS	1:13.01	
200 YD. FREE			
SUZANNE WAY	43 LWS	2:42.31	
500 YD. FREE			
CYNTHIA HIRST	44 BADD	6:48.62	
50 YD. BACK			
CYNTHIA HIRST	44 BADD	35.98	
KATHY MOORE	40 UNAT	39.93	
200 YD. BACK			
CYNTHIA HIRST	44 BADD	2:59.93	
SUZANNE WAY	43 LWS	3:18.90	
50 YD. BRST			
KATHY MOORE	40 UNAT	44.21	
50 YD. FLY			
KATHY MOORE	40 UNAT	39.11	
100 YD. I.M.			
SUZANNE WAY	43 LWS	1:31.11	

WOMEN 45-49

50 YD. FREE			
FRAN EIDE	47 BYMS	33.33	
K.ELLWANGER	48 BYMS	34.51	
KAREN MAHER	49 BADD	57.17	
100 YD. FREE			
YVONNE DYMERSEKI	46 FWM	1:07.60	

FRAN EIDE	47 BYMS	1:11.49	
K.ELLWANGER	48 BYMS	1:18.44	
CONNIE VASEK	48 BYMS	1:23.20	
LYNN BYRNES	46 BYMS	1:33.70	
KAREN MAHER	49 BADD	2:15.56	
500 YD. FREE			
LYNN BYRNES	46 BYMS	9:12.10	
50 YD. BACK			
CONNIE VASEK	48 BYMS	41.45	
K.ELLWANGER	48 BYMS	46.78	
LYNN BYRNES	46 BYMS	59.04	
KAREN MAHER	49 BADD	1:13.33	
100 YD. BACK			
FRAN EIDE	47 BYMS	1:25.59	
CONNIE VASEK	48 BYMS	1:33.50	
50 YD. BRST			
TERRY RATHBUN	48 UNAT	38.47	
MARGARET DIDDAMS	45 NEO	40.30	
K.ELLWANGER	48 BYMS	45.04	
100 YD. BRST			
TERRY RATHBUN	48 UNAT	1:22.48	
LYNN BYRNES	46 BYMS	1:52.96	
200 YD. BRST			
TERRY RATHBUN	48 UNAT	3:00.69	
50 YD. FLY			
YVONNE DYMERSEKI	46 FWM	32.50	
MARGARET DIDDAMS	45 NEO	36.00	
100 YD. FLY			
YVONNE DYMERSEKI	46 FWM	1:13.24	
100 YD. I.M.			
TERRY RATHBUN	48 UNAT	1:15.28	
FRAN EIDE	47 BYMS	1:23.21	
200 YD. I.M.			
MARGARET DIDDAMS	45 NEO	2:57.83	

WOMEN 50-54

50 YD. FREE			
DEBBIE GLASSMAN	53 CAC	29.00	
L.VONROSENSTIEL	52 SWIM	29.63	
ELIZABETH KASSEN	54 BYMS	32.47	
KATHY MORRIS	51 BYMS	42.32	
100 YD. FREE			
DEBBIE GLASSMAN	53 CAC	1:05.23	
L.VONROSENSTIEL	52 SWIM	1:06.49	
KATHY MORRIS	51 BYMS	2:28.97	
500 YD. FREE			
MARGARET HAIR	52 UNAT	6:43.87	
50 YD. BACK			
MARGARET HAIR	52 UNAT	37.86	
ELIZABETH KASSEN	54 BYMS	40.93	
50 YD. BRST			
ANDRA JAUNZEME	54 UNAT	38.15	
JANET JOHNSON	52 PTMS	41.87	
ELIZABETH KASSEN	54 BYMS	43.49	
100 YD. BRST			
ANDRA JAUNZEME	54 UNAT	1:21.89	
JANET JOHNSON	52 PTMS	1:33.33	
200 YD. BRST			
JANET JOHNSON	52 PTMS	3:23.32	
50 YD. FLY			
MARGARET HAIR	52 UNAT	34.28	
ELIZABETH KASSEN	54 BYMS	37.55	
KATHY MORRIS	51 BYMS	48.96	
100 YD. FLY			
DEBBIE GLASSMAN	53 CAC	1:12.84	
200 YD. FLY			
MARGARET HAIR	52 UNAT	3:07.25	
100 YD. I.M.			
ANDRA JAUNZEME	54 UNAT	1:14.72	
DEBBIE GLASSMAN	53 CAC	1:16.30	



MARGARET HAIR	52 UNAT	1:16.74
ELIZABETH KASSEN	54 BYMS	1:25.36
JANET JOHNSON	52 PTMS	1:33.84
KATHY MORRIS	51 BYMS	1:52.52

WOMEN 55-59

50 YD. FREE		
JEAN BLACKBURN	55 FWM	36.35
LOIS MARQUART	57 FTSW	37.80
100 YD. FREE		
KATHRINE CASEY	58 UNAT	1:14.15
JEAN BLACKBURN	55 FWM	1:20.58
LOIS MARQUART	57 FTSW	1:25.19
200 YD. FREE		
MEL LEBSACK	58 UNAT	2:52.42
LOIS MARQUART	57 FTSW	3:09.73
500 YD. FREE		
MEL LEBSACK	58 UNAT	7:24.68
50 YD. BACK		
KATHRINE CASEY	58 UNAT	39.77
50 YD. BRST		
KATHRINE CASEY	58 UNAT	44.17
200 YD. BRST		
KATHRINE CASEY	58 UNAT	3:35.46
100 YD. FLY		
JEAN BLACKBURN	55 FWM	1:30.66
100 YD. I.M.		
JEAN BLACKBURN	55 FWM	1:31.76
200 YD. I.M.		
KATHRINE CASEY	58 UNAT	3:13.59

WOMEN 60-64

100 YD. FREE		
SALLY DILLON	60 NWM	1:11.34P
200 YD. FREE		
SALLY DILLON	60 NWM	2:37.43P
500 YD. FREE		
SALLY DILLON	60 NWM	7:04.51P
100 YD. BRST		
SALLY DILLON	60 NWM	1:33.49

WOMEN 65-69

100 YD. BACK		
CHAYA AMIAD	68 UNAT	2:32.16
200 YD. BACK		
CHAYA AMIAD	68 UNAT	5:11.26
100 YD. FLY		
CHAYA AMIAD	68 UNAT	3:00.35
200 YD. FLY		
CHAYA AMIAD	68 UNAT	6:31.36
400 YD. I.M.		
CHAYA AMIAD	68 UNAT	11:47.76

WOMEN 70-74

500 YD. FREE		
MARILYNN SISCO	73 BYMS	11:22.15

WOMEN 75-79

50 YD. FREE		
GLORIA TOLARO	76 BYMS	46.19
50 YD. BACK		
GLORIA TOLARO	76 BYMS	50.51P
100 YD. I.M.		
GLORIA TOLARO	76 BYMS	2:07.04

MEN 18-24

50 YD. BACK		
DAVID O'HERN	23 HMST	31.91
200 YD. BACK		
DAVID O'HERN	23 HMST	2:22.64
400 YD. I.M.		
DAVID O'HERN	23 HMST	5:25.41

MEN 25-29

50 YD. FREE		
NICK KLEM	28 ORCA	27.81

100 YD. FREE		
GARY KAMIKAWA	29 NSYG	57.81
50 YD. BACK		
MAC SNOW	27 WSYD	27.66
GARY KAMIKAWA	29 NSYG	30.91
50 YD. BRST		
MAC SNOW	27 WSYD	31.70
NICK KLEM	28 ORCA	34.97
100 YD. BRST		
NICK KLEM	28 ORCA	1:17.30
200 YD. BRST		
NICK KLEM	28 ORCA	2:46.20
100 YD. FLY		
GARY KAMIKAWA	29 NSYG	1:01.55
100 YD. I.M.		
MAC SNOW	27 WSYD	1:00.09

MEN 30-34

50 YD. FREE		
ANDREW MCEACHERN	34 UNAT	23.90
ROSS LINDERMAN	30 ORCA	24.97
BRANDON AUSTIN	34 BYMS	25.61
DAVID AUSTIN	32 BEST	26.36
100 YD. FREE		
CASEY ALEX	34 UNAT	52.22
ANDREW MCEACHERN	34 UNAT	52.27
JON WALKER	32 TVA	54.02
DOUG JELEN	33 UNAT	56.01
STEVEN ROSARIA	32 PRO	56.68
GREG MARTIN	32 UNAT	58.33
BRANDON AUSTIN	34 BYMS	58.35
200 YD. FREE		
DOUG JELEN	33 UNAT	1:59.30
JON WALKER	32 TVA	2:00.04
ROSS LINDERMAN	30 ORCA	2:05.33
STEVEN ROSARIA	32 PRO	2:05.55
GREG MARTIN	32 UNAT	2:05.74
500 YD. FREE		
JON WALKER	32 TVA	5:18.64
JASON LASSEN	34 BMSC	7:40.39
50 YD. BACK		
JASON LASSEN	34 BMSC	40.75
200 YD. BACK		
ROSS LINDERMAN	30 ORCA	2:27.86
50 YD. BRST		
BRANDON AUSTIN	34 BYMS	31.70
STEVEN ROSARIA	32 PRO	32.23
DAVID AUSTIN	32 BEST	33.87
JASON LASSEN	34 BMSC	37.52
100 YD. BRST		
BRANDON AUSTIN	34 BYMS	1:09.18
DAVID AUSTIN	32 BEST	1:18.32

JASON LASSEN	34 BMSC	1:21.73
200 YD. BRST		
JASON LASSEN	34 BMSC	2:56.17
50 YD. FLY		
ANDREW MCEACHERN	34 UNAT	25.37
ROSS LINDERMAN	30 ORCA	27.07
100 YD. FLY		
CASEY ALEX	34 UNAT	56.97
ANDREW MCEACHERN	34 UNAT	57.96
JON WALKER	32 TVA	59.60
200 YD. FLY		
DOUG JELEN	33 UNAT	2:13.30
STEVEN ROSARIA	32 PRO	2:41.49
100 YD. I.M.		
CASEY ALEX	34 UNAT	59.58
JON WALKER	32 TVA	1:01.86
DOUG JELEN	33 UNAT	1:04.77
ROSS LINDERMAN	30 ORCA	1:08.14
GREG MARTIN	32 UNAT	1:08.89
400 YD. I.M.		
DOUG JELEN	33 UNAT	4:46.71

MEN 35-39

50 YD. FREE		
DEVIN WHATLEY	38 UNAT	24.11
100 YD. FREE		
DEVIN WHATLEY	38 UNAT	52.07
TOM SCHULZ	36 BYMS	1:00.96
200 YD. FREE		
DEVIN WHATLEY	38 UNAT	1:53.87
KIRK NELSON	36 HMST	1:57.78
TOM SCHULZ	36 BYMS	2:13.17
500 YD. FREE		
KIRK NELSON	36 HMST	5:20.84
TOM SCHULZ	36 BYMS	6:16.50
100 YD. BRST		
TOM SCHULZ	36 BYMS	1:21.54
100 YD. I.M.		
TOM SCHULZ	36 BYMS	1:14.55
400 YD. I.M.		
KIRK NELSON	36 HMST	4:46.46

MEN 40-44

50 YD. FREE		
BRIAN LAGERBERG	44 TVA	26.16
JOE KABEL	44 TVA	26.32
DAVID TURNER	44 WEST	26.45
MICHAEL TURCOTT	43 UNAT	28.72
DEVIN GILES	43 BYMS	30.44
100 YD. FREE		
DAVID TURNER	44 WEST	57.67



Steve Peterson and Kathy Casey poolside

Photo by Tom Foley

Photo by Steve Peterson



Relay underway

BRIAN LAGERBERG	44 TVA	58.43
MICHAEL TURCOTT	43 UNAT	1:06.34
DEVIN GILES	43 BYMS	1:11.06
200 YD. FREE		
BRIAN LAGERBERG	44 TVA	2:09.15
DAVID TURNER	44 WEST	2:15.66
500 YD. FREE		
DAVID TURNER	44 WEST	6:09.82
50 YD. BACK		
MATT LIND	43 ORCA	29.77
50 YD. BRST		
DEVIN GILES	43 BYMS	43.56
100 YD. BRST		
JOHN GOESSMAN	42 BAM	1:09.50
200 YD. BRST		
JOHN GOESSMAN	42 BAM	2:36.96
50 YD. FLY		
MATT LIND	43 ORCA	28.82
JOE KABEL	44 TVA	28.99
ROB MARTIN	41 TVA	29.30
100 YD. FLY		
JOHN GOESSMAN	42 BAM	1:00.33
MICHAEL TURCOTT	43 UNAT	1:27.95
100 YD. I.M.		
ROB MARTIN	41 TVA	1:10.63
200 YD. I.M.		
JOHN GOESSMAN	42 BAM	2:21.37

MEN 45-49

50 YD. FREE		
JAY LEIGH	48 UNAT	23.85
DAN BAILEY	49 WEST	27.00
ALLEN IGAWA	45 FWM	27.04
RON BYRNES	45 BYMS	27.88
RON OREN	47 LWS	29.79
100 YD. FREE		
JAY LEIGH	48 UNAT	53.23
BRIAN RUSSELL	49 BAM	57.85
MICHAEL JONES	46 UNAT	57.85
MARC NORSEN	49 NSYG	58.74
ALLEN IGAWA	45 FWM	59.61
DAN BAILEY	49 WEST	1:00.83
RON BYRNES	45 BYMS	1:03.00
RICHARD LOUDON	46 ISST	1:05.03
GREG DYMERSKI	47 FWM	1:12.54
200 YD. FREE		
JAY LEIGH	48 UNAT	1:58.90
MARC NORSEN	49 NSYG	2:08.62
STEVEN WADE	48 SVY	2:37.86
GREG DYMERSKI	47 FWM	2:42.64
500 YD. FREE		
DALE CARY	49 UNAT	5:55.50

STEVEN WADE	48 SVY	6:56.64
GREG DYMERSKI	47 FWM	7:22.99
50 YD. BACK		
BRIAN RUSSELL	49 BAM	30.37
50 YD. BRST		
JOHN BRYANT	45 ORCA	32.19
100 YD. BRST		
JOHN BRYANT	45 ORCA	1:11.30
DALE CARY	49 UNAT	1:15.22
50 YD. FLY		
DALE CARY	49 UNAT	28.95
MARC NORSEN	49 NSYG	29.17
DAN BAILEY	49 WEST	31.50
RON OREN	47 LWS	36.84
100 YD. FLY		
MICHAEL JONES	46 UNAT	1:04.19
DALE CARY	49 UNAT	1:05.21
200 YD. FLY		
BRIAN RUSSELL	49 BAM	2:18.49
100 YD. I.M.		
RICHARD LOUDON	46 ISST	1:01.59
JOHN BRYANT	45 ORCA	1:07.06
DAN BAILEY	49 WEST	1:09.43
RON BYRNES	45 BYMS	1:12.68
HOB LLOYD	46 BYMS	1:17.65
RON OREN	47 LWS	1:20.01
200 YD. I.M.		
DALE CARY	49 UNAT	2:30.47
HOB LLOYD	46 BYMS	2:46.63
400 YD. I.M.		
BRIAN RUSSELL	49 BAM	4:57.57
HOB LLOYD	46 BYMS	5:59.18

MEN 50-54

50 YD. FREE		
JAMES NELSON	51 UNAT	35.27
100 YD. FREE		
BILL KNOWLTON	54 UNAT	59.36
JOHN DEWIT	54 UNAT	1:00.88
200 YD. FREE		
BILL KNOWLTON	54 UNAT	2:14.84
JOHN DEWIT	54 UNAT	2:15.53
500 YD. FREE		
JOHN DEWIT	54 UNAT	6:14.43
50 YD. BACK		
TIM TYNAN	52 TVA	30.14
100 YD. BACK		
BILL KNOWLTON	54 UNAT	1:08.48
50 YD. FLY		
RON PORTELANCE	50 GLAD	29.35
100 YD. FLY		
RON PORTELANCE	50 GLAD	1:04.99

100 YD. I.M.		
RON PORTELANCE	50 GLAD	1:09.74
400 YD. I.M.		
RON PORTELANCE	50 GLAD	5:13.12

MEN 55-59

50 YD. FREE		
GORDON CLARK	55 GCM	26.18
BARNEY VOEGTLEN	58 BAM	27.80
WILLIAM PENN	55 TVA	28.12
MIKE KOENING	55 BADD	29.12
RICHARD BATLEY	58 UNAT	31.61
100 YD. FREE		
GORDON CLARK	55 GCM	59.08
WILLIAM PENN	55 TVA	1:01.66
BARNEY VOEGTLEN	58 BAM	1:02.03
RICHARD BATLEY	58 UNAT	1:09.02
JIM NORRIS	59 PTMS	1:11.13
200 YD. FREE		
WILLIAM PENN	55 TVA	2:12.44
JIM NORRIS	59 PTMS	2:29.11
RICHARD BATLEY	58 UNAT	2:34.55
500 YD. FREE		
WILLIAM PENN	55 TVA	5:48.81
JIM NORRIS	59 PTMS	6:28.33
RICHARD BATLEY	58 UNAT	6:55.41
50 YD. BACK		
GORDON CLARK	55 GCM	31.08
MIKE KOENING	55 BADD	34.91
100 YD. BACK		
GORDON CLARK	55 GCM	1:11.92
50 YD. FLY		
RICHARD BATLEY	58 UNAT	36.19
100 YD. I.M.		
GORDON CLARK	55 GCM	1:09.40
BARNEY VOEGTLEN	58 BAM	1:14.24

MEN 60-64

50 YD. FREE		
ROBERT PILGER	63 SKMS	26.78
JOHN LEET	61 UNAT	29.23
STEVEN PETERSON	60 OOPS	29.62
DON SCHAEFER	62 SWIM	32.58
MICHAEL MCKINLAY	63 BEST	32.89
GARY ERNST	61 WSYD	36.33
100 YD. FREE		
ROBERT PILGER	63 SKMS	1:03.20
DON SCHAEFER	62 SWIM	1:17.32
GARY ERNST	61 WSYD	1:22.45
200 YD. FREE		
MEL SMITH	64 BYMS	2:38.53
GORDON GRAY	61 NEO	2:44.42
GARY ERNST	61 WSYD	3:08.63
500 YD. FREE		
MEL SMITH	64 BYMS	7:00.02
ROBERT PILGER	63 SKMS	7:02.90
GORDON GRAY	61 NEO	7:05.44
GARY ERNST	61 WSYD	8:53.25
50 YD. BACK		
MICHAEL MCKINLAY	63 BEST	37.01
STEVEN PETERSON	60 OOPS	37.32
100 YD. BACK		
MICHAEL MCKINLAY	63 BEST	1:28.79
200 YD. BACK		
MICHAEL MCKINLAY	63 BEST	3:05.77
GORDON GRAY	61 NEO	3:09.67
50 YD. BRST		
STEVEN PETERSON	60 OOPS	33.22
JOHN LEET	61 UNAT	36.83
MICHAEL MCKINLAY	63 BEST	45.65
JIM FLEISHER	61 UNAT	45.91
100 YD. BRST		
STEVEN PETERSON	60 OOPS	1:14.97
JOHN LEET	61 UNAT	1:24.74
50 YD. FLY		
STEVEN PETERSON	60 OOPS	33.50
100 YD. I.M.		
JOHN LEET	61 UNAT	1:16.58
200 YD. I.M.		
JOHN LEET	61 UNAT	2:57.01



MEN 65-69

100 YD. FREE		
MICHAEL NORDBY	65 NEO	1:12.79
BOB DAVIS	65 WAC	1:19.70
500 YD. FREE		
BOB DAVIS	65 WAC	7:52.48
50 YD. BRST		
ROY DAVIS	65 UNAT	38.21
100 YD. BRST		
ROY DAVIS	65 UNAT	1:23.42
200 YD. BRST		
ROY DAVIS	65 UNAT	2:56.65
100 YD. FLY		
MICHAEL NORDBY	65 NEO	1:26.61
100 YD. I.M.		
BOB DAVIS	65 WAC	1:41.45
400 YD. I.M.		
MICHAEL NORDBY	65 NEO	6:13.46

MEN 70-74

500 YD. FREE		
BILL KING	73 UNAT	7:50.46
200 YD. BACK		
TOM FOLEY	72 TIG	4:05.91
50 YD. BRST		
DON REHFELDT	72 UNAT	47.07
100 YD. BRST		
DON REHFELDT	72 UNAT	1:45.78
200 YD. BRST		
DON REHFELDT	72 UNAT	3:48.67
100 YD. FLY		
TOM FOLEY	72 TIG	2:30.92
200 YD. I.M.		
TOM FOLEY	72 TIG	4:23.66

MEN 75-79

50 YD. FREE		
HERB LARSON	76 YNOT	55.69
100 YD. FREE		
BOB DORSE	75 TIG	1:14.98P
50 YD. BRST		
HERB LARSON	76 YNOT	1:21.25
50 YD. FLY		
HERB LARSON	76 YNOT	1:26.75
100 YD. I.M.		
BOB DORSE	75 TIG	1:35.50P
200 YD. I.M.		
BOB DORSE	75 TIG	3:45.69
HERB LARSON	76 YNOT	6:39.90

RELAYS-WOMEN 200 YD.

FREE

18 +		
KATHY MORRIS	51 BYMS	2:48.52
MARILYNN SISCO	73	
GLORIA TOLARO	76	
KACIE LUNDRES	23	

45 +

K.ELLWANGER	48 BYMS	2:25.28
LYNN BYRNES	46	
CONNIE VASEK	48	
FRAN EIDE	47	

RELAYS-WOMEN 200 YD.

MEDLEY

18 +

KIM REYKDAL	35 BYMS	2:19.12
ELIZABETH KASSEN	54	
KACIE LUNDRES	23	
COURTNEY LANDAU	28	

45 +

CONNIE VASEK	48 BYMS	2:48.61
LYNN BYRNES	46	
FRAN EIDE	47	
K.ELLWANGER	48	

RELAYS-MEN 200 YD. FREE

25 +

JOHN BRYANT	45 ORCA	1:43.64
NICK KLEM	28	
MATT LIND	43	
ROSS LINDERMAN	30	

BRIAN LAGERBERG

WILLIAM PENN	44 TVA	1:43.99
ROB MARTIN	55	
JON WALKER	41	
	32	

35 +

TOM SCHULZ	36 BYMS	1:57.07
HOB LLOYD	46	
DEVIN GILES	43	
RON BYRNES	45	



Lois Marquart (first-time Masters meet swimmer) and Jim Norris

Photo by Tom Foley

RELAYS-MEN 200 YD. MEDLEY

25 +

MATT LIND	43 ORCA	1:56.93
JOHN BRYANT	45	
ROSS LINDERMAN	30	
NICK KLEM	28	

HOB LLOYD

BRANDON AUSTIN	46 BYMS	2:10.87
TOM SCHULZ	34	
RON BYRNES	36	
	45	

RELAYS-MIXED 200 YD. FREE

18 +

COURTNEY LANDAU	28 BYMS	1:53.24
TOM SCHULZ	36	
KACIE LUNDRES	23	
BRANDON AUSTIN	34	

25 +

MEGAN LIVINGSTON	29 BAM	1:48.09
BRIAN RUSSELL	49	
TARA SIMSAK	37	
BARNEY VOEGTLEN	58	

35 +

DEVIN GILES	43 BYMS	2:20.96
ELIZABETH KASSEN	54	
KATHY MORRIS	51	
MEL SMITH	64	

45 +

RON BYRNES	45 BYMS	2:07.44
HOB LLOYD	46	
CONNIE VASEK	48	
FRAN EIDE	47	

RELAYS-MIXED 200 YD. MEDLEY

18 +

COURTNEY LANDAU	28 BYMS	2:08.93
BRANDON AUSTIN	34	
KACIE LUNDRES	23	
TOM SCHULZ	36	

25 +

TARA SIMSAK	37 BAM	2:01.32
MEGAN LIVINGSTON	29	
BRIAN RUSSELL	49	
JOHN GOESSMAN	42	

35 +

KATHY MORRIS	51 BYMS	2:41.36
DEVIN GILES	43	
ELIZABETH KASSEN	54	
MEL SMITH	64	

Photo by Steve Peterson



Timing/Meet Manager operators (from left) Rosalie Martens, Connie Groven, Roberta Bell and Jon Bell

(Continued from page 1)

Beat the Clock Meet

a great heat sheet.

High school junior Lara Root sang the national anthem. PNA's Jan Kavadas and Lee Carlson were our referee and starter, with stroke and turn judging by Tom Dedrick, Ed O'Brien, John Harn, Fran Eide, Mel Smith, Y Aquatics Director Paul Avery and Yasko Howell. These capable volunteers kept things moving at just the right pace.

A six-lane, 25-yard pool was the featured main course. "We shut the heater off yesterday morning," a pool employee informed us just as Mel was telling me about all the preparations that would produce the ideal water temperature.

For warm up and warm down, swimmers used the shallow pool in the adjacent room, and the hot tub in the main room grew more popular as the meet progressed through a rainy Saturday.

Records Set

Seven PNA records (including one Zone) were set by four swimmers. Sally Dillon (North Whidbey, 60-64) set new marks in the 100, 200 and 500 Freestyles (1:11.34, 2:37.43, 7:04.51); Gloria Tolaro (Briggs Y, 75-79) lowered the 50 Back by 0.04 second to 50.51. Bob Dorse (Tigers, 75-79) set the 100 Free (1:14.98) and 100 IM (1:35.50), the latter previously owned since 1984 by the late Jim Penfield. Marion Gallagher (Swim Seattle Redhawks, 18-24) completed her capture of the PNA Breaststrokes with a Zone mark in the 200 (2:33.24).

For me, luck didn't help much with my times, but I had fun and was fortunate in other ways. My new mechanic friend helped me wrestle the fan belt back on after the meet, and my van still runs fine. On the way home, I even won \$3 with a Lotto ticket.

One-Hour Swim Results

Individual — Women

Age Grp Place	Name	Age	Distance
3	Stephanie J. Miller	24	4900
56	Laura A. Reed	32	3525
48T	Tara W. Simsak	37	3970
48T	Katherine P. Rogers	39	3970
80	Shannon R. Singer	36	3440
102	Debbie L. Platz	37	2950
113	Merry C. Henneberger	37	2735
49	Laura Del Rio	41	4010
51	Rene Quistorf	42	3985
88	Catie M. Rodeheffer	40	3575
99	Meg Misenti	41	3520
128	Carolyn Euker	42	3200
12	Zena Courtney	47	4530
87	Jane Lindley	45	3670
108	Marcia G. Smith	46	3510
124	Alison Craig	48	3390
43	Elizabeth B. Rosane	54	3655
57	Juliana L. Wilson	54	3395
123	Connie A. Williams	52	1800
14	Rita Belserene	55	3860
18	Katherine J. Casey	58	3730
41	Judy K. Williams	58	3320
75	Sandy Bratz	59	2715
89	Cathy A. Doonan	57	1870
1	Sally A. Dillon	60	3980
10	Arni H. Litt	60	3420
16	Joan D. Delgado	61	3245
15	Barbara A. Allen	73	2490
10	Janet D. Kavadas	75	2560
16	Bernice M. Phillips	79	2180

Individual — Men

Age Grp Place	Name	Age	Distance
73	David Cuthbert	33	3260
58	Mark J. Handel	33	3925
1	David E. Kays	39	5400
19	Philip G. Spencer	39	4840
17	Daniel C. Smith	44	4930
42	Jim A. Lasersohn	41	4405
80	Miike L. Bailey	42	4015
20	Thomas A. Grandine	48	4755
48	Ken M. Perantoni	49	4450
49	Brian Russell	49	4425
54	Eric Dybdahl	46	4375
122	Paul Stoermer-back	46	3740
8	Scott Lautman	54	4920
17	Bill R. Fenner	51	4565
27	John de Wit	54	4445
35	Jim R. Gross	52	4325
46	Hugh C. Moore	52	4195
98	David F. Thompson	52	3740
139	Ralph Teller	54	3300
3	Alan Bell	56	5045
42	Greg Collins	58	3910
69	Craig C. Carlson	59	3650
58	Howard A. Jess	55	3450
80	Ron P. Hansen	57	3415
90	Michael C. Spence	55	3145
1	James T. McCleery	61	4970
24	Hugh Kimball	60	3825
26	Gordon R. Gray	61	3815
5	Michael C. Nordby	65	3850
38	Dick A. Levin	74	1900
2	Thomas T. Taylor	76	3835
4	Harvey Prosser	78	3580

PNA Relay Team Entries

Relay Teams	Age	Yds	Total
Women's 18+			
Stephanie J. Miller	24	4900	
Laura A. Reed	32	3525	
Catie M. Rodeheffer	40	3575	12000
Women's 35+			
Tara W. Simsak	37	3970	
Katherine P. Rogers	39	3970	
Rene Quistorf	42	3985	11925
Women's 45+ A			
Zena Courtney	47	4530	
Jane Lindley	45	3670	
Elizabeth B. Rosane	54	3655	11855
Women's 55+A			
Sally A. Dillon	60	3980	
Rita Belserene	55	3860	
Katherine J. Casey	58	3730	11570
Women's 55+ B			
Arni H. Litt	60	3420	
Judy K. Williams	58	3320	
Joan D. Delgado	61	3245	9985
Women's 65+ B			
Janet D. Kavadas	75	2560	
Barbara A. Allen	73	2490	
Bernice M. Phillips	79	2180	7230
Men's 25+ A			
David Cuthbert	33	3260	
Mark J. Handel	33	3925	
Jim A. Lasersohn	41	4405	11590
Men's 35+ A			
David E. Kays	39	5400	
Daniel C. Smith	44	4930	
Philip G. Spencer	39	4840	15170
Men's 45+ A			
Scott Lautman	54	4920	
Thomas A Grandine	48	4755	
Bill R. Fenner	51	4565	14240
Men's 45+ B			
Ken M. Perantoni	49	4450	
John de Wit	54	4445	
Brian Russell	49	4425	13320
Men's 55+ A			
Alan Bell	56	5045	
James T. McCleery	61	4970	
Greg Collins	58	3910	13925
Men's 55+ B			
Hugh Kimball	60	3825	
Gordon R. Gray	61	3815	
Craig C. Carlson	59	3650	11290
Men's 65+ A			
Michael C. Nordby	65	3850	
Harvey Prosser	78	3580	
Thomas T. Taylor	76	3835	11265
Mixed 18+ A			
Stephanie J. Miller	24	4900	
Laura A. Reed	32	3525	
David Cuthbert	33	3260	
Mark J. Handel	33	3925	15610
Mixed 35+ A			
Tara W. Simsak	37	3970	
Rene Quistorf	42	3985	
David E. Kays	39	5400	
Daniel C. Smith	44	4930	18285

(Continued on page 9)

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Mixed 45+ A				6th
Zena Courtney	47	4530		
Jane Lindley	45	3670		
Scott Lautman	54	4920		
Thomas A Grandine	48	4755	17875	
Mixed 45+ B				8th
Elizabeth B Rosane	54	3655		
Marcia G. Smith	46	3510		
Bill R. Fenner	51	4565		
Ken M. Perantoni	49	4450	16180	
Mixed 55+ A				1st
Sally A. Dillon	60	3980		
Rita Belserene	55	3860		
Alan Bell	56	5045		
James T. McCleery	61	4970	17855	
Mixed 55+ B				8th
Katherine J. Casey	58	3730		
Arni H. Litt	60	3420		
Greg Collins	58	3910		
Hugh Kimball	60	3825	14885	
Mixed 75+ A				1st
Janet D. Kavadas	75	2560		
Bernice M. Phillips	79	2180		
Harvey Prosser	78	3580		
Thomas T. Taylor	76	3835	12155	

PNA Board Meeting Summary for March



Fourteen members of the PNA board met at the Yesler Community Center in Seattle on March 27. The main focus for the meeting was organizing the upcoming PNA Champs and USMS Short Course National swim meets. Minutes of past board meetings can be found at www.swimpna.org.



Galina Makhlof
 Firag Makhlof
 Jerry Malmo
 Michael Martens
 Greg Martin
 Rita Mauley
 Michael McCarthy
 David McDermott
 Timothy McDonald
 John McNeill
 Donald Mitchell
 Timmion Nichols
 Mary Jo O'Neill
 Jeremy Pack
 Janet Pearson
 Dai Trang Phan
 Karla Pratt
 Yosuke Sato
 Victor Swanson
 Brian Thompson
 Paul Von Destinon
 Martha Weiss

Welcome New PNA Swimmers

Casey Alex
 Brian Alkire
 Amy Berman
 Valerie Beyer
 Rebecca Brittle
 Lynn Byrnes
 Sean Cassidy
 Candy Taylor
 Melissa Coffey
 Jean Enersen
 James Fleisher
 Devin Giles
 Jennifer Glasgow
 Jay Gore
 Edward Groden
 Mike Hansen
 Shelly Hanson
 Barbara Henderson
 Wendy Hermandorfer
 Steven Huber
 Keith Jarrett
 Trevor Jones
 Sarah Jones
 Brittany Kunze
 Brian Lagerberg
 Ted Lee
 Hsienchih Lu



Volunteer At Nationals

We still need volunteers at Nationals. To volunteer and learn more about the different volunteer positions, call Sarah Welch at

(206) 723-1814

or email her at

sarahwelch@comcast.net

Elvis Returns for Nationals

Plan on attending the Saturday Night Social (May 19). It includes delicious food as well as Steve Adams, a fantastic Elvis impersonator, and his band Kentucky Rain.



SPLASH is Making a Big “Splash” on the Eastside

by
Mary Pat Lawlor

Expect to hear a lot more in the future about SPLASH.

This non-profit organization on the Eastside wants to emulate Forward Thrust’s visionary campaign in the 1960s and 1970s, which funded much of Seattle’s public works.

SPLASH is Born

SPLASH was formed more than a year ago in response to the Eastside’s huge growth and the realization that transportation wasn’t the only piece of the growth puzzle missing. While Bellevue’s 1997 long-range plan included a new aquatic facility, other than being in this document, little else had gone forward.

SPLASH’S Mission

According to SPLASH’s website, its mission is to plan, fund and develop a state-of-the-art *multipurpose* public aquatics facility on the Eastside. Why multipurpose? Because the group’s business model research for a viable aquatic facility showed that the multipurpose aspect is crucial.

Sharon Simas, SPLASH’s founder and president of its board of directors, explains why. “To those of us in the swimming community, having an aquatic facility for competitions is a singular goal. But financial viability is difficult to realize unless recreational facilities for lessons and classes, water therapy and rentals are included.” The facility envisioned by SPLASH will serve the needs of residents of all ages

so that recreation, competition, education, wellness and social activities can take place.

Besides Sharon, the other members of the board, all with a love of water, include coaches, medical practitioners and business owners. Aware that widespread support is essential for any large-scale project, SPLASH lists 25 endorsers. These include elected officials, schools and swimming clubs (including PNA).

Bellevue and Fund Raising Move Forward

Bellevue has agreed to do a feasibility study using the research and specifications provided by SPLASH. Meanwhile, the organization is on a parallel track to raise funds for an operating endowment. Realizing that the competition aspect for aquatic facilities often is reduced or taken out of projects altogether — an indoor 50-meter pool can be costly to operate — SPLASH will provide operating endowment funds only if the aquatic facility includes competitive features.

Congratulations to SPLASH for what it’s achieved so far. The organization can be a model for other communities to follow.

Looking for More Information About SPLASH?

For more information, SPLASH’s website is at <http://splashforall.org/index.html>.

You can take a virtual tour of model facilities at <http://splashforall.org/photos.html>.

Get on SPLASH’s newsletter list through <http://splashforall.org/newsletter.aspx>.

You also can help SPLASH by donating ideas or time or by making a financial contribution. To do this, email SPLASH at info@splashforall.org.

Look for upcoming information on the website for SPLASH’s first major fundraiser, SPLASH-A-THON, in late June.

The *WetSet* Wants to Hear from *You*

The *WetSet* is always looking for interesting stories from PNA members. So if you’ve done something momentous or unusual connected with swimming, we’d love to hear about it.

Relays at Nationals

Stay tuned for more information about relays for Nationals



Web

Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our website at www.swimpna.org.

United States Masters Swimming, Inc

2007 Membership Application

Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

(Old Number if available _____)

2007 Annual Fee: Of your membership fee \$20 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication.)

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

Name: Last First Initial Birth date: Month Day Year
Address: Street or box number Age: Male Female (circle one)
City State Zip+4 E-Mail: please print carefully

Telephone: ()

If you coach a Masters swim team check here

2nd Phone: ()

I am interested helping the PNA committee

CLUB: Pacific NW Aquatics (PNA)
OR Unattached

AND Team:
OR Unattached

Choose a membership level A or B below.

- A. Regular: 11/01/06 thru 12/31/07 \$35
B. Need-based or Seniors (65 & over): \$25
Canada & foreign addresses, add \$10

Make check payable to: PNA
Mail to: Arni H. Litt, Registrar
1920 10th Ave E
Seattle, WA 98102-4253

Optional Donations:

USMS Endowment Fund \$
International Swimmers Hall of Fame \$
TOTAL \$

Questions: (206) 849-1387, arni@qwest.net

On rare occasions, USMS may need to inform you of important issues. I DO / DO NOT wish to receive these.
A USMS sponsor may wish to offer you information emailed from the USMS National Office. I DO / DO NOT wish to receive this.
(Email addresses are not supplied to the sponsor.)

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

TEAMS

- BAM: Bainbridge Area Masters
BADD: Bellevue Aquatic Divas & Dudes
BC: Bellevue Club
BEST: Bellevue Eastside Masters
BMSC: Bellingham Masters Swim Club
BYMS: Briggs YMCA Masters Swim
CAC: Columbia Athletic Masters
DSYM: Downtown Seattle YMCA Masters
ECMT: Emerald City Multisport Team
ESC: Evergreen Swim Club Masters
FSJ: Fins of the San Juans
FTSW: Ft. Steilacoom - WAKO
GACM: Gateway Athletic Club
GLAD: Greenlake Aquaducks
GCMS: Gold Creek Masters (GCM)
GC: Gordon Club
HMST: Husky Masters
IST: Issaquah Swim Team
LOGS: Logger Masters
LLUA: Little Lebowksi Urban Achievers
LUNA: Team Luna
LWS: Lynnwood Sharks
MICC: Mercer Island Country Club
MIR: Mercer Island Redwoods
MMM: Mighty Marlin Masters
NHM: Newport Hills Masters
NEO: North End Otters
NSYG: Northshore Y's Guys
NWM: North Whidbey Masters
OST: Ohana Swim Team
OOPS: Old Olympic Peninsula Swimmers
ORCA: Orca Swim Club
PAC: Poseidon Aquatic Club
PAM: PAMS
PSC: Phinney Ridge Swim Club
PTMS: Port Townsend Master Swimmers
PRO: Pro Sports Club
QASC: Queen Anne Swim Club
RAH: Redmond Aqua Hotshots
RAT: Rice Athletic Team
RFST: Redmond Foothills Swim Team
SAMM: Samena Club
SAC: Seattle Athletic Club
SVY: Skagit Valley YMCA
SSTM: South Sound Titans Masters
SWIM: South Whidbey Island Masters
STRM: Storm Lake Aquatics
SSRM: Swim Seattle Redhawk Masters
TACY: Tacoma Pierce County YMCA
TACM: Thunderbird Aquatic Masters
TIG: Tigers
TVA: Tumwater Valley Authority
UNAT: Unattached to a Team
UPAC: University Place Aquatic Club
VFC: Valley Fitness Center
VAM: Vashon Aquatic Masters
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



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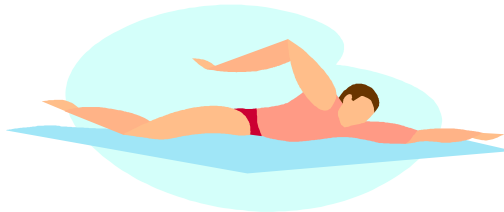
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