

THE WET SET



VOLUME 20 • ISSUE 5

MAY — JUNE 2000

PNA Champs

Two Days Packed Full of Swimming



Carolyn Behse and Abbie Morris, Bellevue Club Masters, enthusiastic swimmers at Champs.

April 8-9, 2000—From the Star Spangled Banner at the start of the meet, to the long 1650 swim at the end, PNA Champs was a successful meet. With Hugh and Jane Moore as meet directors, the meet was typically well-run. The popular Federal Way pool drew 251 swimmers and lots of relay participation. Swimmers showed up from teams as far away as Arizona, New Mexico, and San Diego.

Green Lake Aqua Ducks took first in the Large Team Division. Mercer Island Redwoods took first in the Medium Teams, while Fort Steilacoom Masters were winners for the Small Teams. Team points were accumulated by swimmers who placed first through tenth.

While often run as a three-day meet, this PNA Champs was

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LEADING OFF

By
Lee Carlson

Last month we looked at a swim meet through the eyes of different audiences. We looked at meets from the perspective of the new swimmer who is both nervous and enthusiastic. We also reviewed the responsibilities of a meet host in putting together the meet and how it all comes together during the meet.

Now let's look at meets through the eyes of the meet officials and the coaches.

Officials

That group in blue trousers and white shirts assures that the competition is fair and that each swimmer has an equal chance. The officials work as a team.

The **referee** for a meet is certified as a stroke and turn judge, starter, or referee, by a USMS-approved certifying body. The meet referee has control over the other officials, decides questions on the conduct of the meet, and can overturn the interpretation of another official that he or she has personally observed. The referee may also be a stroke and turn judge but not the starter.

A second official is the **starter**. The starter has control of the swimmers until a fair start has been

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LEADING OFF

By
Lee Carlson

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observed. The new "whistle start" and "no false start" rules have required some new skills for this official. The starter may also be a stroke and turn judge.

The **stroke and turn judge** reports any technical violation to the meet referee. The judge must personally see the rule violation, raise a hand, and report it to the referee on a signed slip. The judge then makes "every reasonable effort" to seek out the swimmer or the swimmer's coach and inform them of the reason for the disqualification.

These officials also work to apply the standards uniformly from meet to meet and swimmer to swimmer, for older swimmers as well as younger swimmers, for example.

We have been fortunate to have good support from USA Swimming certified officials at our local and national meets. Currently the PNA membership also has several certified officials. Jan Kavadas has been PNA's Officials Chair for about 10 years and a track and swimming official for over 15 years. Sally Dillon, Mary Coddington, John Metler, Tom Hughes, and yours truly are also certified officials.

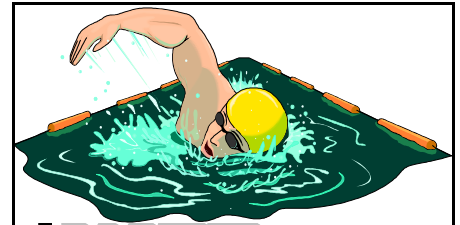
Coaches

This part is more from observation rather than as a coach. Personally, I always feel better prepared when coaching is available at the meet.

One function of the coach is to support and encourage their swimmers. This typically begins before the meet with the coach giving the swimmer some idea of what a reasonable time may be or perhaps encouraging the swimmer to enter a new event.

The coach will begin by working on starts and sprint technique with the swimmer. At the meet, a coach and swimmer often discuss the race strategy and what the target splits should be for each part of the race. During the event, the coach records the splits. Following the event, the coach and the swimmer often discuss what went well and what could be better. Many times the coach also puts together the relays.

The coach's work doesn't start or end with the meet. Much of their effort is directed toward helping their swimmers achieve short and long term swimming and fitness goals and objectives. The PNA is fortunate to have a group of 20 or more dedicated coaches who work hard and who are successful in developing individuals and teams.



THE WET SET

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Open Water: Sally Dillon

Safety: Kathy Casey

Social: Jett Vallandigham



WELCOME TO THE FOLLOWING SWIMMERS WHO HAVE RECENTLY JOINED THE PNA!

JERRY AKERS, DAVID BAER, BILL BUSH, DAN CLARK, LISA DAVIS, PATRICK DWYER, JOE GROSS, ELISE HANSON, LAURA HOUSTON, MAUREEN KELLY, MARTIN KLEMPNER, SANDY LAURENCE, TERI LAWSON, KIMBERLEY MAY, SCOTT MCCLEERY, CATHERINE MCCOY, KATHY METZLER, JOSEPH MICHEL, CHIHO MIN, THOMAS MITCHELL, VALERIE MORGENSTERN, BRIDGET OCONNELL, JEANETTE OPIELA, MARK ROWE, TOM SCHUTTE, DAVID STERN, ANN THORN, KRISTI THORSEN, ROBERT TIECKELMANN, GLORIA TOLARO, REBECCA UCHIO, ED WARDIAN, AND JAMES WATERS



HAPPY BIRTHDAY

TO THE FOLLOWING PNA SWIMMERS!

05 15 BRIAN RUSSELL	06 02 KATHY BYERS	06 29 KRAIG TREGO
05 15 KATHERINE JOHNSON	06 02 MARK HIRAYAMA	07 01 THOMAS MITCHELL
05 15 PASCAL RONCALEZ	06 03 WENDY NEELY	07 01 BETH PURCELL
05 16 GRETCHEN MCNABB	06 03 DOUGLAS FRAZIER	07 01 GREGORY STONER
05 16 JEAN DILLON	06 04 MICHAEL JONES	07 02 LEN MCCOLLAM
05 17 SANDY STANFORD	06 04 GERALD VAN HOOSIER	07 02 TOM SCHUTTE
05 17 ERIC KNAPP	06 06 GARRY STUTZ	07 02 ALEXANDRA SMITH
05 17 WILLIAM MONROE	06 07 ANN LENNARTZ	07 02 BILL BUSH
05 17 MAGGIE KINSSELLA	06 08 CHERYL CURRAN	07 03 JAY BURNHAM
05 18 RON OREN	06 08 CLARENCE JOHNSON	07 03 SHARON BELK-KREBS
05 18 CLAIRE EADIE	06 09 YURIKO SATO POEHLMAN	07 04 NANCY LANE
05 18 DAVID BROWN	06 09 GREGORY MARTIN	07 04 TIMOTHY PETERS
05 18 DAVID BARCLIFT	06 12 DOUGLAS REDFIELD	07 04 BEN DOTSON
05 19 AL RUBECK	06 12 DON REHFELDT	07 05 BRIDGET BRODERICK
05 19 JERRY AKERS	06 12 QUYNH NGUYEN	07 05 MARK STOREY
05 19 BRITT PENNISTON	06 13 GARY HOLMQUIST	07 05 DAVID SCHIRMER
05 19 MAIA HAYKIN	06 14 LUANN SPARKS	07 06 RUSSELL KNUDSEN
05 20 MINH NGUYEN	06 15 JANE ANDERSON	07 06 MICHAEL MCKINLAY
05 20 JENNIFER NEWTON	06 15 TOM LEONARD	07 06 PAUL FREEMAN
05 20 CINDY SPRENGER	06 16 DOUG PORTELANCE	07 06 JAMES WORREL
05 21 STEVE GEORGE	06 17 ROBERT MORA	07 06 JUDITH HUTCHISON
05 21 MICHELLE MALLARI	06 17 ELISA PANELLI	07 07 KELLY CRANDELL
05 23 MAGGIE DOUR	06 18 DIANNE BRANDT	07 07 POLLY PHIPPS
05 23 NANCY FAEGENBURG	06 19 CATHERINE BARMORE	07 07 SHEILA MCCUE
05 24 DAVID THOMPSON	06 20 DAVID DEMOREST	07 08 K SOUTHARD-DEAN
05 25 LARISSA PATTERSON	06 20 MARK ROWE	07 08 SAM LAKE
05 26 SCOTT STLUKA	06 20 GORDON STUBBE	07 09 KAREN THOMAS
05 27 TOM KING	06 20 JANE LINDLEY	07 10 ILLES BOGNAR
05 27 DAVID STERN	06 21 SALLY PARRY	07 10 MARGARET MCCLEERY
05 28 CAROL TROUP	06 21 STEVEN NIELSEN	07 11 WADE PRAGER
05 28 HAROLD TAUSCHER	06 22 GORDON GRAY	07 11 LOWELL JOHNSON
05 28 SUNNY SMALLWOOD	06 22 THOMAS FOLEY	07 11 MARCI WRIGHT
05 29 DAN FENTON	06 23 PAT MATTHIESEN	07 11 DAVID NIELSEN
05 29 SUZANNE STROM-REED	06 24 TRACEY SPENSER	07 11 JOY ROSS
05 30 DEBRA ANDERSON	06 24 DAVID DRUM	07 11 REGAN SCHEIBER
05 30 JOHN SAYRE	06 27 LORRAINE EADIE	07 13 KAIA HALVORSON
05 31 GARRETT HAGEMAN	06 27 SARA MACDUFF	07 13 LINDA HENNING
06 01 BRIAN HERRING	06 28 LYNN DEE WATKINS	07 13 J VALLANDIGHAM
06 01 AMY RUST	06 28 ABBIE MORRIS	07 13 TAMMIE MORRIS
06 02 ADAM GISH	06 29 SALLY BROWN	07 13 ALAN CROWE

New Editor— New Kind of Life

by Sandy McNeel

Perhaps you've noticed – you have a new *WetSet* editor.

How did I stumble in to this job? Me? Do volunteer work? Attend committee meetings? Who would want to do such things?

The PNA Officers have been churning out the *WetSet*, minus an editor, for several months. One hard worker was Lee Carlson. Besides handling his duties as PNA president, he pulled the newsletter together and recently organized the Mercer Island meet. Plus he has a demanding full-time job on the side.

I was swimming with Lee Carlson and Jeanne Ensign, our PNA and USMS treasurer. They were discussing the progress of the *WetSet*. Interested, I merely raised my eyebrows. Jeanne saw that and the next thing I knew, at her suggestion, I was headed to a PNA board meeting, volunteering to paste up the *WetSet*. My qualifications: I can operate Publisher software.

My concept of a board meeting is a group of intimidating people implementing a bunch of rules. I discovered that they are really just people who love swimming, although I'm still intimidated.

Part of the board members' chat that first evening was their stories of the pools they encountered in their world travels. These people are as crazy about swimming as I am. For example, I've traveled to Barcelona, Spain, and come back with a slide show of the Olympic pool. I'm convinced the PNA board would do the same thing.

So, they were OK people and I volunteered to work on the *WetSet*. The Board checked me out. I checked them out. And it was fun. It was so much fun that I ended up editor.

So be careful when you raise your eyebrows around a board member. You, too, could end up having the time of your life.

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has 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.

PNA Board Meeting Minutes

March 28, 2000—President Lee Carlson called the meeting to order at the Bellevue Club at 7:12 p.m. Attending were Carolyn Behse, Sally Dillon, Sue Dills, Cynthia Hirst, Jan Kavadas, Sandy McNeel, Hugh Moore, Kathy Moore, Suzie Ness, Steve Peterson, Walt Reid, and Sarah Welch. Teams represented included Bellevue Club, Federal Way, Ft. Steilacoom, GLAD, Mercer Island, North Whidbey, OOPS, Orca, Samena Club, and Swim Seattle.

Minutes:

The Board approved the February minutes as corrected.

Treasurer's Report:

The Board approved Jeanne's report as submitted (fortunately a "quiet month during an accountant's busiest time of year"). Total assets are \$29,163 including the Wiggin Fund's \$2,687.

Committee Reports:

Membership: Sue reported that 777 are currently registered, about 80 more than last year at this time.

Meets: KCAC hosts USAS Senior Nationals this week—volunteers will get free admission (contact Bob Regan). Up to 250 are expected for Champs (Hugh has over 200 entries yet to open!).

Jan noted that the new starting blocks include a strobe light on each one.

Sarah reserved Colman Pool for June 18 from four dates available. We can get in early, but must clear in time for the noon open swim. Sue suggested taking the later July 1-2 dates instead for the warmer weather (but this would conflict with the Orca meet). Hugh again asked who would be Meet Director? Carolyn thought an age group club might want to run it as a fundraiser, but Hugh said there's too short of notice for a first time effort. Instead, organize it as a 5K official swim (PNA is postal sponsor), an LC workout, or both? Lee will contact GLAD. A 5K would need two heats for swimmer/timer trade off. An announcement will appear at Champs, be sent to teams, and be placed in the May/June *WetSet*.

Regarding the \$14 flat fee proposal for the Orca meet, Kathy Moore thought that Orca's numbers showed greater than \$3/swimmer profit at PNA's ex-

pense; Sue suggested letting hosts charge what they may without PNA getting too involved in the finances. Should we avoid further precedent and count all swimmers at a meet in the PNA fee calculation? Hugh proposed approving a \$15 flat fee (\$11 for Seniors); that Orca pay PNA \$1.75 for each and every swimmer; and that Orca may incur all reasonable marketing expenses to guarantee a \$3 per swimmer profit, which the Board accepted. Suzie asked for approval to add a 10x50 relay event, which the Board also accepted.

The Mercer Island meet had 145 swimmers, generating over \$400 in profit.

Hugh plans to issue the PNA Meet Bid Packet in early May, following detailed discussion at the next meeting. The SCM Zone Champs previously approved for October 7-8 seem too early in the season in retrospect, but fits the only available KCAC dates. This pushes up NWM's SCM Pentathlon meet, too.

Cynthia Hirst's coaching clinic, tentatively scheduled for September 16-17 at Samena's outdoor pool, may conflict with Dick Hannula's annual clinic and be impacted by the Olympics. Lee suggested that perhaps the clinic was trying to accomplish too much. Since PNA has wanted to host a mentor clinic and now has permission to apply, why not combine forces? Lee will contact Bill Volckening on behalf of PNA and Samena to coordinate a mentor or Nike Championship clinic.

Steve reported that seven PNA swimmers had a great time at the NW Zone SC and INW Champs at WSU.

Records/Top Ten: Walt said the Bellingham results were slow coming but are now complete; the MIR results are ready; the SCM Top Ten are out; and USMS All-American status is up to date.

Newsletter: The Board applauded Sandy's superb effort producing recent *WetSet* issues and promptly appointed her as Editor on nomination. Sandy seeks feedback for the draft April issue; the deadline for the May/June issue is April 20.

Awards: Sally has ribbons and medals to pass to Hugh for Champs. So far about 125 first, 40 second, and 25 third place medals of the new variety have

been sold. Two color schemes were bought and only the first has been tapped.

Fitness: Twenty-seven teams are now registered. Pat Matthiesen and Jim Penfield were featured in recent Seattle Times articles. Carolyn handed out flyers about PNA to each of the 140 women who attended the Nike Women's triathlon clinic at Sammamish Club.

Computer Applications: Photos from recent meets are posted on the website. Sandy offered storage on her server to circumvent limited capacity on our site, but Jim McCleery found added space on an alternate host.

Safety: Hugh has the PNA cones.

Ad Hoc Open Water: Sally has mailed a letter to teams encouraging any and all to host an open water swim.

Old Business:

Nationals Relays: An announcement is in the *WetSet* to contact coordinator Kathy Casey. While 1-Hour Postal Swim relays did not come together, the 19 PNA swimmers who participated could have mounted an impressive challenge. Sally said we should organize better advertising to promote relays along with general participation in next year's PNA-hosted national event. Lee noted that greater coach involvement is needed, too.

Team Handbook: Jane has only received Sally's updates; it won't be ready by Champs. She will announce a revised deadline at the next meeting.

Ransom Arthur Award: Kathy Casey has prepared and submitted PNA's nomination.

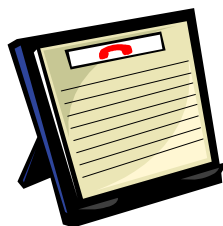
New Business:

Champs Teams: Walt, Lee, and Steve will determine Team Divisions by size.

Nationals: Set aside 30 minutes or have separate planning meetings? A draft brochure is needed by Convention; new motels are available; and the 2001 World Junior Synchro Champs will have an impact (but let's work with them on printing and hospitality!).

President Lee adjourned the meeting at 9:29 p.m.

—Steve Peterson, Secretary



MASTERS CALENDAR

OPEN WATER
POSTAL SWIMS
MEETS
CLINICS

Events in Washington, Oregon, British Columbia, Idaho, and Alaska, plus USMS Championship events.
PNA Events are listed in **BOLD**. All events subject to change.

May 15 – September 30, 2000
USMS 5 & 10 K Postal Championship
Jane Moore (253) 925-0803
167 58th St NE
Tacoma WA 98422-1517
E-Mail: weswim@mindspring.com

June 3, 2000
Nike Clinic
Samena Swim and Recreation Club
See page 21

June 9-11, 2000
Pacific Rim Classic Swimming
Invitational
Federal Way Aquatic Center

June 18, 2000
Long course practice, time trials, 5K swim
Colman Pool
See page 6

June 21-24
United States Diving Olympic Trials
Federal Way Aquatic Center

July 1, 2000
Orca Summer Meet
Helene Madison Pool
Jim Lasersohn (206) 325-8613
E-mail: orcaswimjim@aol.com

July 1, 2000 Open Water Clinic
Dorena Lake, OR
Dan Gray (541) 944-0529
Ashland OR 97520
E-mail: oregonopenwater@usms.org

July 1, 2000
Vancouver Open Water Swimming
Canada Day Challenge
<http://www.vovsa.bc.ca/>

July 2, 2000
3000/5000 Open Water Swim
Dorena Lake, OR
Steve Johnson (541) 683-5758

July 9, 2000
Vancouver Open Water Swimming
Jim Briggs Classic
<http://www.vovsa.bc.ca/>

July 15, 2000
USMS Open Water National
Championships—10K Swim
Applegate Lake, Jacksonville OR
Dan Gray (541) 944-0529
8975 Hwy 66
Ashland OR 97520
E-mail: oregonopenwater@usms.org

July 16, 2000
Steve Omi 1 Mi Swim
Lake Coeur d'Alene, ID
Margaret Hair
(208) 667-3721(h), (208) 765-2086(w)
E-mail: ramgolf@gocougs.wsu.edu

July 23, 2000
Vancouver Open Water Swimming
Bay Challenge
<http://www.vovsa.bc.ca/>

July 27 - August 9, 2000
FINA Masters World Championships
Munich, Germany (LCM)
USMS National Office, PO Box 185,
Londonderry, NH 03053-0185
(603) 537-0203
E-mail: usms@usms.org
www.munich-2000.de

Oh no! What did I miss? Deadlines

June 12, 2000: Orca entry must be postmarked.

June 27 2000: Entries due for World Championships, Munich.

July 1, 2000: Let Steve Peterson know if you are interested in a Nov 17th Trident tour. See page 21.

July 10, 2000: Postmark deadline for LC National Championships, Baltimore.

July 13, 2000: Entries due for LC National Championships, Baltimore.

July 14, 2000: Postmark deadline for LCM Zone Champs, Gresham.

PNA Board Meetings

May 23, 2000
Jan Kavadas' house

June 27, 2000
Robert McNeel & Associates

For further information on Masters events, call or mail the point of contact, the *WetSet* editor, or any of the following newsletter editors...

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Snake River
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Juneau AK 99803
(907) 364-3106
jandean@alaska.net

Northwest Zone Championship

Short Course Yards — Pullman, WA

March 26, 2000—Seven PNA members traveled to Pullman for a great weekend of swimming at the Northwest Zone Championship Meet, held at the Gibb Pool on the Washington State University campus.

Kelly Crandell, 19, was one of the youngest swimmers participating. Kelly is following the footsteps, or swimming wake, of her mother, Kathy Casey, and making blue ribbons a habit. In a close 100 IM, she squeaked by Kathy in the second half of the race, to win by .61 second.

One of the oldest swimmers was Marion Chadwick, 78, of Mercer Island. She placed first in her six events.



It's a PNA family affair: Walt Reid, Kathy Casey, and Kelly Crandell with Steve Peterson.

WOMEN 19-24

50 YD. FREE		
KELLY CRANDELL	19 # 1	28.11
100 YD. FREE		
KELLY CRANDELL	19 # 2	1:02.79
200 YD. FREE		
KELLY CRANDELL	19 # 1	2:19.97
50 YD. FLY		
KELLY CRANDELL	19 # 1	34.06
100 YD. I.M.		
KELLY CRANDELL	19 # 1	1:15.21

WOMEN 45-49

50 YD. FREE		
CORAL BERNIER	45 # 2	32.30
500 YD. FREE		
CORAL BERNIER	45 # 2	7:13.48
1650 YD. FREE		
CORAL BERNIER	45 # 2	23:23.38
50 YD. FLY		
CORAL BERNIER	45 # 2	33.83
100 YD. FLY		
CORAL BERNIER	45 # 1	1:18.44
100 YD. I.M.		
CORAL BERNIER	45 # 1	1:21.34

WOMEN 50-54

50 YD. FREE		
KATHRINE CASEY	51 # 1	29.34
1000 YD. FREE		
KATHRINE CASEY	51 # 1	13:25.66
50 YD. BRST		
KATHRINE CASEY	51 # 2	38.55
100 YD. BRST		
KATHRINE CASEY	51 # 2	1:25.50
200 YD. BRST		
KATHRINE CASEY	51 # 2	3:08.48
100 YD. I.M.		
KATHRINE CASEY	51 # 1	1:15.82

WOMEN 75-79

200 YD. FREE		
MARION CHADWICK	78 # 1	5:04.20
500 YD. FREE		
MARION CHADWICK	78 # 1	13:34.59
1000 YD. FREE		
MARION CHADWICK	78 # 1	27:00.73
200 YD. BACK		
MARION CHADWICK	78 # 1	6:23.51
100 YD. FLY		
MARION CHADWICK	78 # 1	4:57.20
200 YD. I.M.		
MARION CHADWICK	78 # 1	7:07.21

MEN 50-54

50 YD. FREE		
GORDON GRAY	54 # 2	30.99
100 YD. FREE		
STEVEN PETERSON	53 # 2	1:01.78
200 YD. FREE		
GORDON GRAY	54 # 1	2:35.18
500 YD. FREE		
GORDON GRAY	54 # 1	6:56.20

1650 YD. FREE

GORDON GRAY	54 # 1	23:44.27
200 YD. BACK		
GORDON GRAY	54 # 1	2:59.99
50 YD. BRST		
STEVEN PETERSON	53 # 1	33.27
100 YD. BRST		
STEVEN PETERSON	53 # 1	1:14.57
200 YD. BRST		
STEVEN PETERSON	53 # 1	2:46.45
100 YD. I.M.		
GORDON GRAY	54 # 1	1:20.40
200 YD. I.M.		
STEVEN PETERSON	53 # 1	2:36.23

MEN 55-59

50 YD. BACK		
WALT REID	59 # 1	35.73
100 YD. BACK		
WALT REID	59 # 1	1:19.93
50 YD. BRST		
WALT REID	59 # 1	36.48
100 YD. BRST		
WALT REID	59 # 1	1:24.61

A Long Course Opportunity

Reserve the morning of June 18 for a long course practice at Colman Pool.

We'll do time trials for 50s, 100s, and 200s. You can use these to log qualifying times for long course nationals, although these times will not be submitted to USMS.

A 5K swim for the Postal National Championship will be included. Bring your timer/counter and your entry form if you plan on swimming the 5K. (See pages 21-22.)

Robin O'Leary is coaching the practice. Cost is \$10. Drop in between 7:30 a.m. and noon.

Also, if you ordered one of the navy blue PNA T-shirts you can pick it up from Robin then.



NEWS ABOUT PNA SWIMMERS



Joan Davis— Dawn Musselman Inspirational Swimmer

April 8, 2000, Federal Way—At the PNA Championships meet, the fifteenth annual Musselman award was presented to **Joan Davis**. For her inspiration to her team and her example to the PNA, Joan was awarded a personal plaque to keep and the perpetual trophy till next year.

PNA has presented this inspirational award annually since 1986. Dawn Musselman (1913 - 1986) was a long-time PNA member and our "ultimate Masters swimmer". Not only was she a gifted swimmer (check the record books for ages 60 to 74!), Dawn was the kind of person who inspired others and encouraged them to do their best. In her early days she was an Olympics hopeful. In her last days she continued to inspire her teammates until cancer took its toll.

Joan's teammate, Jesse Pace, wrote the following:

"This year Joan ages up to 70 and still sets an example for fitness for everyone on the team. My father had suffered a stroke when Clark and I moved to Seattle and joined Green Lake Aqua Ducks. During introductory conversations, Joan offered helpful literature and talked about her own experiences, having recently suffered a stroke herself. Her compassion and self-motivation inspired me to continue swimming with the team despite having begun swimming just two years earlier. 'I was 57 when I started swimming,' she encouraged.

"Over the last five years now I've marveled at Joan's consistency in her dedication to fitness and to the team as a group and individually. She doesn't just make it to workouts every day. She leaves her house at 4:30 every morning and walks the mile to the pool, arriving early enough to put the lane lines in for 5 a.m. warm-up. After workouts, while many of us drag into the sauna, Joan puts a mat on the deck, does 20 to 30 straight-legged push-ups, a few sets of sit-ups, and closes with some great stretches. Seeing her out there has inspired many of us to join her on deck. Asked where her motivation comes from, Joan replied, 'Oh, I see stretching as a reward for having swum.' After major foot surgery last year that kept her from swimming for several months, we visited her at her home and observed that, although she was not able to get around, she still had free weights and a mat set up to stay in shape.

"Joan has a unique ability to bind our team. Her lane mates, many of them new swimmers, talk of her encouragement and motivation. Her quiet compassion and encouragement not only inspire us during workouts but extend to our daily lives. During illnesses or surgeries, she shows up with flowers, magazines, food, and love. She's never failed. She always volunteers to help at swim meets in whatever capacity is needed. Joan has shown all of us that Masters Swimming is not just about swimming."



PNA Web Site in MACA Top 10

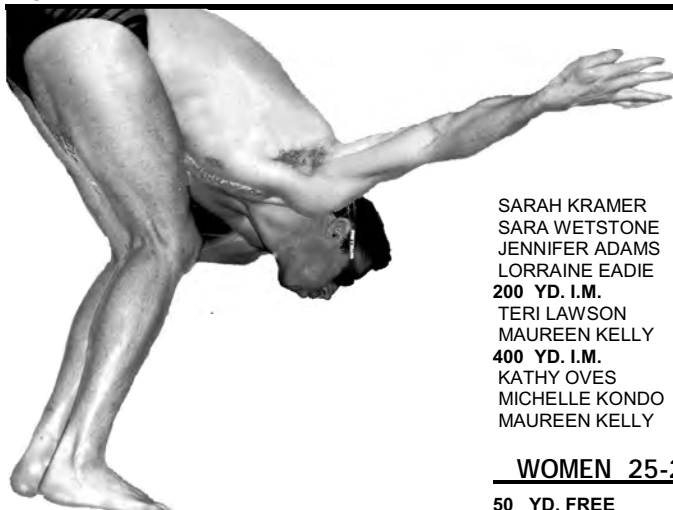
Look on our web site and you'll see "1999 MACA Top 10". What does this mean? Annually, the Masters Aquatic Coaches Association (MACA) evaluates all of the web sites found in the USMS links, checking for navigation, speed, design, content, and use of technology.

MACA rated our PNA web site, www.swimpna.org, as one of their Top 10 LMSC Web Sites:

"When Jim McCleery took over as the PNA webmaster in 1999, he was fortunate to have a good foundation which had been established by Dan Frost. McCleery not only moved the site to a new location and upgraded the design, he added some excellent new features. The site includes a PDF registration form, Northwest Zone Records, and a new NCAA conversion applet. Visitors can enter times for conversion between short course yards, short course meters, and long course meters. PNA is a sleeper, but it is certainly one of the most influential and innovative LMSC sites."



Jim McCleery, PNA Webmaster.



SARAH KRAMER	23 BMSC	1:12.74
SARA WETSTONE	24 GLAD	1:21.01
JENNIFER ADAMS	24 FWM	1:26.52
LORRAINE EADIE	23 GLAD	1:32.26
200 YD. I.M.		
TERI LAWSON	23 FWM	2:25.10
MAUREEN KELLY	23 SSEA	2:50.03
400 YD. I.M.		
KATHY OVES	22 HMST	Z 5:00.15
MICHELLE KONDO	23 HMST	5:07.58
MAUREEN KELLY	23 SSEA	6:14.89

WOMEN 25-29

50 YD. FREE		
JANE VITKUSKE	29 GLAD	31.57
BRIDGET O'CONNELL	26 GLAD	33.86
CORYN GJERDRUM	28 GLAD	34.60
100 YD. FREE		
JEAN DILLON	25 UNAT	58.75
JANE VITKUSKE	29 GLAD	1:07.72
BRIDGET O'CONNELL	26 GLAD	1:20.34
KAREENA KING	25 FWM	1:27.97
200 YD. FREE		
KARI OSTERHAUG	29 GLAD	2:42.20
KAREENA KING	25 FWM	3:05.23
500 YD. FREE		
JANE VITKUSKE	29 GLAD	6:17.05
CORYN GJERDRUM	28 GLAD	7:40.11
KAREENA KING	25 FWM	7:52.93
1000 YD. FREE		
ERIKA HABERZETTL	26 GLAD	13:08.26
KAREENA KING	25 FWM	16:29.27
1650 YD. FREE		
JANE VITKUSKE	29 GLAD	21:22.46
CORYN GJERDRUM	28 GLAD	26:52.77
50 YD. BACK		
BRIDGET O'CONNELL	26 GLAD	36.50
100 YD. BACK		
JENNIFER LELAND	29 GLAD	1:15.37
BRIDGET O'CONNELL	26 GLAD	1:21.92
200 YD. BACK		
JENNIFER LELAND	29 GLAD	2:45.74
KARI OSTERHAUG	29 GLAD	3:12.07
50 YD. BRST		
JEN NEWTON	28 ISST	P 32.98
KARI OSTERHAUG	29 GLAD	41.91
100 YD. BRST		
JEAN DILLON	25 UNAT	1:11.86
JEN NEWTON	28 ISST	1:14.75
50 YD. FLY		
WENDY NEELY	25 FWM	32.95
ERIKA HABERZETTL	26 GLAD	33.32
100 YD. FLY		
JEAN DILLON	25 UNAT	1:03.61
WENDY NEELY	25 FWM	1:12.59
ERIKA HABERZETTL	26 GLAD	1:18.86
JENNIFER LELAND	29 GLAD	1:19.57
100 YD. I.M.		
WENDY NEELY	25 FWM	1:14.32
ERIKA HABERZETTL	26 GLAD	1:16.21
JENNIFER LELAND	29 GLAD	1:16.36
KARI OSTERHAUG	29 GLAD	1:25.14
200 YD. I.M.		
JEAN DILLON	25 UNAT	2:23.11
BRIDGET O'CONNELL	26 GLAD	3:08.03
KAREENA KING	25 FWM	3:30.69
400 YD. I.M.		
ERIKA HABERZETTL	26 GLAD	6:02.43

WOMEN 30-34

50 YD. FREE		
LESLIE MCCULLOUGH	30 BMSC	28.87
CHIHO MIN	33 MIR	30.56
KATHY MOORE	33 UNAT	32.06

100 YD. FREE		
LESLIE MCCULLOUGH	30 BMSC	1:03.70
CONNIE COBB	31 SQM	1:06.90
KATHY MOORE	33 UNAT	1:12.33
200 YD. FREE		
TRISH SEUBERT	31 SDSM	2:05.64
KAREN LEAHY	31 FWM	2:07.82
SHARON FILIPOWSKI	34 SAM	2:11.97
KAREN OYAMA	32 FWM	2:16.63
MICHELE MEHAFFEY	30 GLAD	2:25.14
PATTY SEVERSON	30 SAM	2:30.07
500 YD. FREE		
KAREN LEAHY	31 FWM	5:42.02
LINDA HEGERBERG	30 BMSC	5:47.16
KAREN OYAMA	32 FWM	6:12.73
LEEANN MCGHIE	34 FWM	6:29.47
CONNIE COBB	31 SQM	6:29.47
CLARE PAINTER	31 GLAD	6:38.83
1000 YD. FREE		
KAREN LEAHY	31 FWM	11:43.89
CONNIE COBB	31 SQM	13:14.75
CLARE PAINTER	31 GLAD	14:04.34
1650 YD. FREE		
KAREN LEAHY	31 FWM	19:36.86
KAREN LEWIS	34 GLAD	24:23.74
50 YD. BACK		
LESLIE MCCULLOUGH	30 BMSC	33.56
KATHY MOORE	33 UNAT	37.82
CHIHO MIN	33 MIR	38.30
100 YD. BACK		
LESLIE MCCULLOUGH	30 BMSC	1:11.57
200 YD. BACK		
LINDA HEGERBERG	30 BMSC	2:22.78
KAREN LEAHY	31 FWM	2:27.05
50 YD. BRST		
LINDA HEGERBERG	30 BMSC	33.09
CATHERINE HERRING	33 BMSC	36.53
MICHELE MEHAFFEY	30 GLAD	37.74
KELLY WELCH	34 NHM	38.21
CHIHO MIN	33 MIR	40.42
KATHY MOORE	33 UNAT	44.16
100 YD. BRST		
LINDA HEGERBERG	30 BMSC	P 1:11.85
CATHERINE HERRING	33 BMSC	1:19.80
MICHELE MEHAFFEY	30 GLAD	1:20.61
KAREN LEWIS	34 GLAD	1:21.51
CLARE PAINTER	31 GLAD	1:24.35
CHIHO MIN	33 MIR	1:26.02
200 YD. BRST		
LINDA HEGERBERG	30 BMSC	Z 2:34.22
KAREN LEWIS	34 GLAD	2:53.57
CLARE PAINTER	31 GLAD	2:54.93
50 YD. FLY		
TRISH SEUBERT	31 SDSM	28.89
KELLY WELCH	34 NHM	30.10
SHARON FILIPOWSKI	34 SAM	30.57
LESLIE MCCULLOUGH	30 BMSC	31.38
KAREN OYAMA	32 FWM	32.04
MICHELE MEHAFFEY	30 GLAD	33.19
CATHERINE HERRING	33 BMSC	34.65
100 YD. FLY		
TRISH SEUBERT	31 SDSM	1:03.01
CONNIE COBB	31 SQM	1:14.20
KAREN LEWIS	34 GLAD	1:24.26
100 YD. I.M.		
LESLIE MCCULLOUGH	30 BMSC	1:11.46
KAREN OYAMA	32 FWM	1:13.74
MICHELE MEHAFFEY	30 GLAD	1:13.89
CATHERINE HERRING	33 BMSC	1:14.41
KELLY WELCH	34 NHM	1:14.90
CONNIE COBB	31 SQM	1:16.41
200 YD. I.M.		
LINDA HEGERBERG	30 BMSC	2:23.54
KAREN LEAHY	31 FWM	2:29.52
KAREN OYAMA	32 FWM	2:34.43
CONNIE COBB	31 SQM	2:50.49
KAREN LEWIS	34 GLAD	2:54.53

WOMEN 35-39

50 YD. FREE		
LISA WILSON	38 GLAD	27.03
TRACEY SPENSER	39 UNAT	30.75
SUZANNE WAY	36 LYNN	32.77

PNA Championships

Federal Way, WA
 Short Course Yards April 8-9, 2000
 P = PNA Record
 Z = Northwest Zone Record

WOMEN 19-24

50 YD. FREE		
KELLY CRANDELL	19 FTS	28.22
SARA WETSTONE	24 GLAD	30.33
100 YD. FREE		
KELLY CRANDELL	19 FTS	1:02.57
SARA WETSTONE	24 GLAD	1:08.80
JENNIFER ADAMS	24 FWM	1:18.01
HOLLY BORK	23 FWM	1:22.78
200 YD. FREE		
MICHELLE KONDO	23 HMST	2:08.47
KELLY CRANDELL	19 FTS	2:18.98
SARA WETSTONE	24 GLAD	2:40.54
HOLLY BORK	23 FWM	3:00.97
500 YD. FREE		
MAUREEN KELLY	23 SSEA	6:27.73
JENNIFER ADAMS	24 FWM	7:39.31
HOLLY BORK	23 FWM	7:52.15
1000 YD. FREE		
LORRAINE EADIE	23 GLAD	14:29.68
50 YD. BACK		
KELLY CRANDELL	19 FTS	37.17
SARA WETSTONE	24 GLAD	37.31
HOLLY BORK	23 FWM	43.11
100 YD. BACK		
TERI LAWSON	23 FWM	1:07.90
SARA WETSTONE	24 GLAD	1:21.15
MAUREEN KELLY	23 SSEA	1:21.27
JENNIFER ADAMS	24 FWM	1:33.83
200 YD. BACK		
MICHELLE KONDO	23 HMST	2:24.72
SARAH KRAMER	23 BMSC	2:29.26
50 YD. BRST		
KATHY OVES	22 HMST	34.62
JENNIFER ADAMS	24 FWM	43.37
HOLLY BORK	23 FWM	44.74
LORRAINE EADIE	23 GLAD	45.15
100 YD. BRST		
KATHY OVES	22 HMST	1:13.27
KELLY CRANDELL	19 FTS	1:23.91
JENNIFER ADAMS	24 FWM	1:35.41
LORRAINE EADIE	23 GLAD	1:38.45
HOLLY BORK	23 FWM	1:39.74
50 YD. FLY		
SARAH KRAMER	23 BMSC	30.43
KELLY CRANDELL	19 FTS	34.75
100 YD. FLY		
SARAH KRAMER	23 BMSC	1:07.10
MAUREEN KELLY	23 SSEA	1:22.40
100 YD. I.M.		
KATHY OVES	22 HMST	1:08.16

BARB GEHRKE	36 GLAD	33.66
DIANA EKSTROM	39 FWM	35.98
NANCY LANE	35 FWM	37.58
100 YD. FREE		
KATHY BYERS	39 FWM	58.55
SUZANNE WAY	36 LYNN	1:12.46
WENDY HOFFMAN	37 GLAD	1:13.03
NANCY LANE	35 FWM	1:28.47
200 YD. FREE		
SUZANNE WAY	36 LYNN	2:44.21
CAROL TROUP	35 MIR	3:11.36
NANCY LANE	35 FWM	3:15.11
500 YD. FREE		
LISA WILSON	38 GLAD	5:42.93
PAULA SHEPARD	35 FWM	6:51.18
SUZANNE WAY	36 LYNN	7:21.18
1000 YD. FREE		
NANCY LANE	35 FWM	18:15.21
1650 YD. FREE		
ALLISON BEADLE	35 WSYD	21:37.18
50 YD. BACK		
TRACEY SPENSER	39 UNAT	34.30
SUZIE NESS	38 ORCA	36.66
WENDY HOFFMAN	37 GLAD	42.31
100 YD. BACK		
TRACEY SPENSER	39 UNAT	1:14.24
SUZIE NESS	38 ORCA	1:20.41
WENDY HOFFMAN	37 GLAD	1:27.08
200 YD. BACK		
CYNTHIA HIRST	37 SAM	2:48.33
SUZIE NESS	38 ORCA	2:53.79
50 YD. BRST		
ANNAMARIE TERHAAR	38 ISST	37.16
JANE ANDERSON	37 GLAD	43.90
JO CHRISTOPHERSON	36 BAM	43.96
SUZANNE WAY	36 LYNN	48.80
100 YD. BRST		
ALLISON BEADLE	35 WSYD	1:15.85
JO CHRISTOPHERSON	36 BAM	1:37.02
200 YD. BRST		
ALLISON BEADLE	35 WSYD	2:46.76
WENDY HOFFMAN	37 GLAD	3:15.99
50 YD. FLY		
KATHY BYERS	39 FWM	28.60
KRIS SPEIR	36 TACY	32.76
CAROL TROUP	35 MIR	47.24
100 YD. FLY		
KATHY BYERS	39 FWM	1:02.37
ALLISON BEADLE	35 WSYD	1:05.02
CYNTHIA HIRST	37 SAM	1:17.15
SUZIE NESS	38 ORCA	1:19.05
200 YD. FLY		
ALLISON BEADLE	35 WSYD	2:29.05
100 YD. I.M.		
KATHY BYERS	39 FWM	1:07.08
TRACEY SPENSER	39 UNAT	1:14.84
KRIS SPEIR	36 TACY	1:14.87
CYNTHIA HIRST	37 SAM	1:15.77
SUZIE NESS	38 ORCA	1:20.12
JANE ANDERSON	37 GLAD	1:28.42
CAROL TROUP	35 MIR	1:41.96
200 YD. I.M.		
KATHY BYERS	39 FWM	2:25.20
LISA WILSON	38 GLAD	2:26.06
WENDY HOFFMAN	37 GLAD	2:57.54
400 YD. I.M.		
ALLISON BEADLE	35 WSYD	5:23.69

WOMEN 40-44

50 YD. FREE		
MARY LIPPOLD	44 GLAD	26.90
KIM BOGGS	41 FWM	29.67
MAGGIE KINSELLA	42 BMSC	29.73
MARY ANN WHITE	41 FWM	30.28
LINDA SULLIVAN	43 FWM	31.86
SANDY LAURENCE	43 GCM	32.10
TERI REXROAT	41 BMSC	35.43
MICHELLE PETRICK	44 FWM	36.55
MAIA HAYKIN	40 BMSC	42.01
100 YD. FREE		
MARY LIPPOLD	44 GLAD	1:00.18
KIM BOGGS	41 FWM	1:04.69
MARY ANN WHITE	41 FWM	1:07.65



Hugh Moore, Federal Way Masters and one of the meet directors.

LINDA SULLIVAN	43 FWM	1:08.81
SANDY LAURENCE	43 GCM	1:13.77
TERI REXROAT	41 BMSC	1:17.97
MICHELLE PETRICK	44 FWM	1:30.70
MAIA HAYKIN	40 BMSC	1:35.28
200 YD. FREE		
MAGGIE KINSELLA	42 BMSC	2:12.58
BETH BEYERS	40 BMSC	2:36.69
B.SCHINDLER	43 GLAD	2:56.33
KATHY METZLER	40 TIGR	3:58.79
500 YD. FREE		
MARY LIPPOLD	44 GLAD	5:53.40
MAGGIE KINSELLA	42 BMSC	5:56.98
ANN BAILEY	44 UNAT	7:26.42
1000 YD. FREE		
MAGGIE KINSELLA	42 BMSC	P 12:08.50
MARY ANN WHITE	41 FWM	13:37.36
ROBIN DURANT	44 INWM	14:42.82
ANN BAILEY	44 UNAT	15:14.15
B.SCHINDLER	43 GLAD	16:23.35
1650 YD. FREE		
MAGGIE KINSELLA	42BMSC	P 20:21.31
JAN BECKMAN	44 GLAD	22:22.60
MARY ANN WHITE	41 FWM	22:49.53
50 YD. BACK		
SANDY LAURENCE	43 GCM	40.82
MAIA HAYKIN	40 BMSC	47.92
100 YD. BACK		
BETH BEYERS	40 BMSC	1:27.44
200 YD. BACK		
ROBIN DURANT	44 INWM	3:18.67
50 YD. BRST		
CATHY COOLEY	42 GLAD	36.16
TONYA BERG	41 GLAD	36.36
LINDA CHAPMAN	44 JAM	38.49
LINDA SULLIVAN	43 FWM	38.70
BETH BEYERS	40 BMSC	42.87
100 YD. BRST		
TONYA BERG	41 GLAD	1:17.03
LINDA CHAPMAN	44 JAM	1:21.51
ADAIR DINGLE	40 MIR	1:23.39
LINDA SULLIVAN	43 FWM	1:23.61
BETH BEYERS	40 BMSC	1:35.48
MICHELLE PETRICK	44 FWM	1:44.52
200 YD. BRST		
TONYA BERG	41 GLAD	2:45.26
LINDA CHAPMAN	44 JAM	2:53.40
LINDA SULLIVAN	43 FWM	3:04.51
BETH BEYERS	40 BMSC	3:24.69
TERI REXROAT	41 BMSC	3:36.60
50 YD. FLY		
KIM BOGGS	41 FWM	31.79
MARY ANN WHITE	41 FWM	33.38
LINDA CHAPMAN	44 JAM	34.88

**2000 PNA Champs
Final Team Scores**

Large teams

Green Lake	2642
Federal Way Masters	1888
Bellingham Masters	933

Medium teams

Mercer Island Redwoods	415
Orca Swim Team	296
Sequim Masters	230.5
Bellevue Club Masters	189

Small teams

Fort Steilacoom Masters	288
North Whidbey Masters	146
North Shore Y's Guys	135
Tacoma Pierce Co YMCA	112
Tigers	111
Swim Seattle	106
Bellevue Eastside	91
Husky Masters Swim Team	75
Vashon Aquatic Club Mstrs	72
Issaquah Swim Team	64.5
Old Olympic Peninsula	58
Samena Club	50
Skagit Valley YMCA	42
Bainbridge Area Masters	36
Pro Club	22
Gold Creek Club Masters	22

The following **unregistered teams** also joined the meet:

Newport Hills Masters, Lynnwood Flying Fish, West Seattle YMCA, Juanita Area Masters, Millcreek Masters, Wave, Queen Anne Swim Club, and Y Nauts.

ANN BAILEY	44 UNAT	35.34
LAURA MAIN	40 MILL	35.83
LANI DOELY	44 GLAD	37.32
B.SCHINDLER	43 GLAD	40.51
BETH BEYERS	40 BMSC	41.01
100 YD. FLY		
ADAIR DINGLE	40 MIR	1:11.67
ANN BAILEY	44 UNAT	1:21.32
LANI DOELY	44 GLAD	1:23.04
ROBIN DURANT	44 INWM	1:41.81
200 YD. FLY		
MARY LIPPOLD	44 GLAD	2:33.35
LANI DOELY	44 GLAD	3:24.99
100 YD. I.M.		
CATHY COOLEY	42 GLAD	1:08.96
TONYA BERG	41 GLAD	1:13.38
KIM BOGGS	41 FWM	1:17.20
LINDA CHAPMAN	44 JAM	1:18.06
LAURA MAIN	40 MILL	1:20.01
LANI DOELY	44 GLAD	1:20.89
B.SCHINDLER	43 GLAD	1:30.56

ROBIN DURANT	44 INWM	1:30.86
200 YD. I.M.		
TONYA BERG	41 GLAD	2:36.30
LINDA CHAPMAN	44 JAM	2:47.78
LANI DOELY	44 GLAD	3:00.58
400 YD. I.M.		
CATHY COOLEY	42 GLAD	5:12.85
ADAIR DINGLE	40 MIR	5:40.40
JAN BECKMAN	44 GLAD	5:55.00
LANI DOELY	44 GLAD	6:19.07
LINDA SULLIVAN	43 FWM	6:28.20

WOMEN 45-49

50 YD. FREE		
ELIZABETH SCOTT	48 YNTS	32.70
KATHY GILL	46 FWM	35.84
JEANINE VEDERA	46 NSYG	42.81
CINDY MARTIN	48 GLAD	47.85
100 YD. FREE		
KATHY GILL	46 FWM	1:25.44
200 YD. FREE		
MARGARET HAIR	45 INWM	2:24.91
EILEEN COLLOPY	45 BCM	2:28.39
SANDY MCNEEL	47 GLAD	3:07.55
JANE MOORE	49 FWM	3:13.31
500 YD. FREE		
DEBBIE GLASSMAN	46 GLAD	6:30.69
CORAL BERNIER	45 NSYG	6:50.33
1000 YD. FREE		
CORAL BERNIER	45 NSYG	13:51.33
JANE MOORE	49 FWM	17:33.73
1650 YD. FREE		
CORAL BERNIER	45 NSYG	23:10.09
SANDY MCNEEL	47 GLAD	28:43.43
JANE MOORE	49 FWM	30:43.52
50 YD. BACK		
ABBIE MORRIS	45 BCM	39.16
ELIZABETH SCOTT	48 YNTS	40.42
JESSE PACE	47 GLAD	41.04
KATHY GILL	46 FWM	42.93
SANDY MCNEEL	47 GLAD	51.08
JEANINE VEDERA	46 NSYG	52.53
100 YD. BACK		
MARGARET HAIR	45 INWM	1:18.09
DEBBIE GLASSMAN	46 GLAD	1:18.15
ABBIE MORRIS	45 BCM	1:24.65
ELIZABETH SCOTT	48 YNTS	1:26.70
JESSE PACE	47 GLAD	1:29.88
JANE MOORE	49 FWM	1:49.67

200 YD. BACK		
EILEEN COLLOPY	45 BCM	3:03.47
JESSE PACE	47 GLAD	3:09.33
SANDY MCNEEL	47 GLAD	3:55.76
JANE MOORE	49 FWM	3:58.13
50 YD. BRST		
MARGARET HAIR	45 INWM	38.13
ABBIE MORRIS	45 BCM	41.17
KATHY GILL	46 FWM	47.34
JEANINE VEDERA	46 NSYG	49.54
50 YD. FLY		
DEBBIE GLASSMAN	46 GLAD	29.42
KATHY GILL	46 FWM	41.76
100 YD. FLY		
DEBBIE GLASSMAN	46 GLAD	1:07.97
CORAL BERNIER	45 NSYG	1:18.24
100 YD. I.M.		
DEBBIE GLASSMAN	46 GLAD	1:11.90
MARGARET HAIR	45 INWM	1:14.76
JESSE PACE	47 GLAD	1:28.65
KATHY GILL	46 FWM	1:36.22
CINDY MARTIN	48 GLAD	2:07.77
200 YD. I.M.		
DEBBIE GLASSMAN	46 GLAD	2:39.80
MARGARET HAIR	45 INWM	2:42.17
CORAL BERNIER	45 NSYG	2:55.47
JESSE PACE	47 GLAD	3:11.98
400 YD. I.M.		
CORAL BERNIER	45 NSYG	6:17.17
ABBIE MORRIS	45 BCM	6:30.49
JESSE PACE	47 GLAD	6:44.73

WOMEN 50-54

50 YD. FREE		
SALLY DILLON	53 NWM	32.46
DEMPSEY DYBDAHL	51 FWM	34.68
ARNI LITT	53 GLAD	39.40
LINDA HENNING	52 FWM	39.63
100 YD. FREE		
SARAH WELCH	53 SSEA	1:15.74
200 YD. FREE		
SALLY DILLON	53 NWM	2:29.20
DEMPSEY DYBDAHL	51 FWM	2:56.31
500 YD. FREE		
SALLY DILLON	53 NWM	6:47.40
LINDA MARIZ	51 BMSC	7:47.22
JUDY WILLIAMS	51 FWM	8:06.35
LINDA HENNING	52 FWM	8:20.74
JEANNE ENSIGN	53 GLAD	8:24.43
1000 YD. FREE		
SALLY DILLON	53 NWM	13:44.13
JANE KESSLER	53 FTS	15:14.49
LINDA MARIZ	51 BMSC	15:40.73
LINDA HENNING	52 FWM	17:05.55
1650 YD. FREE		
SUZANNE DILLS	54 BCM	22:28.32
KATHRINE CASEY	51 FTS	22:46.25
ARNI LITT	53 GLAD	32:27.05
50 YD. BACK		
LINDA MARIZ	51 BMSC	39.19
DEMPSEY DYBDAHL	51 FWM	43.65
ARNI LITT	53 GLAD	50.17
100 YD. BACK		
KATHRINE CASEY	51 FTS	1:17.86
200 YD. BACK		
KAETCHE MILLER	53 MIR	3:12.50
DEMPSEY DYBDAHL	51 FWM	3:33.73
50 YD. BRST		
KATHRINE CASEY	51 FTS	39.56
KAETCHE MILLER	53 MIR	41.42
DEMPSEY DYBDAHL	51 FWM	41.53
ARNI LITT	53 GLAD	46.95
100 YD. BRST		
KATHRINE CASEY	51 FTS	1:24.20
SALLY DILLON	53 NWM	1:29.34
KAETCHE MILLER	53 MIR	1:30.78
200 YD. BRST		
KATHRINE CASEY	51 FTS	3:05.98
50 YD. FLY		
SARAH WELCH	53 SSEA	36.47
LINDA MARIZ	51 BMSC	38.54
ARNI LITT	53 GLAD	47.12

100 YD. FLY		
SUZANNE DILLS	54 BCM	1:21.69
SARAH WELCH	53 SSEA	1:23.20
200 YD. FLY		
SARAH WELCH	53 SSEA	3:13.34
100 YD. I.M.		
LINDA MARIZ	51 BMSC	1:20.64
KAETCHE MILLER	53 MIR	1:24.49
LINDA HENNING	52 FWM	1:43.47
ARNI LITT	53 GLAD	1:45.25
200 YD. I.M.		
SARAH WELCH	53 SSEA	3:04.11
LINDA MARIZ	51 BMSC	3:09.26
DEMPSEY DYBDAHL	51 FWM	3:15.31
400 YD. I.M.		
SUZANNE DILLS	54 BCM	5:59.48
KATHRINE CASEY	51 FTS	6:04.96
SARAH WELCH	53 SSEA	6:28.86

WOMEN 55-59

50 YD. FREE		
JOY ROGERS	58 GLAD	35.41
CLAIRE EADIE	57 GLAD	38.68
JANET GETZENDANER	59 GLAD	40.58
DIANE LEWIS	56 ARIZ	45.03
100 YD. FREE		
JOY ROGERS	58 GLAD	1:21.58
CLAIRE EADIE	57 GLAD	1:31.18
JANET GETZENDANER	59 GLAD	1:33.71
200 YD. FREE		
JANET GETZENDANER	59 GLAD	3:18.98
CLAIRE EADIE	57 GLAD	3:24.30
500 YD. FREE		
JOY ROGERS	58 GLAD	8:53.33
1000 YD. FREE		
CLAIRE EADIE	57 GLAD	18:51.69
50 YD. BACK		
JOY ROGERS	58 GLAD	38.33
JANET GETZENDANER	59 GLAD	51.05
DIANE LEWIS	56 ARIZ	52.54
100 YD. BACK		
JOY ROGERS	58 GLAD	1:30.12
JANET GETZENDANER	59 GLAD	1:50.93
200 YD. BACK		
JANET GETZENDANER	59 GLAD	4:04.88
50 YD. BRST		
CAROLYN BEHSE	56 BCM	43.92
BRITA ENFIELD	58 NSYG	49.44
DIANE LEWIS	56 ARIZ	58.71
100 YD. BRST		
CAROLYN BEHSE	56 BCM	1:36.39
BRITA ENFIELD	58 NSYG	1:49.78
50 YD. FLY		
CAROLYN BEHSE	56 BCM	44.36
100 YD. FLY		
CAROLYN BEHSE	56 BCM	1:34.54
100 YD. I.M.		
DIANE LEWIS	56 ARIZ	2:04.88
WOMEN 65-69		
50 YD. FREE		
KAREN BRYCE	66 GLAD	41.54
MARGARET WINNIE	67 GLAD	52.33
100 YD. FREE		
KAREN BRYCE	66 GLAD	1:42.02
1000 YD. FREE		
JANET KAVADAS	69 GLAD	20:54.89
50 YD. BACK		
JANET KAVADAS	69 GLAD	58.64
JOAN DAVIS	69 GLAD	1:00.65
100 YD. BACK		
JANET KAVADAS	69 GLAD	2:03.66
200 YD. BACK		
JANET KAVADAS	69 GLAD	4:16.78
50 YD. BRST		
KAREN BRYCE	66 GLAD	48.73
MARGARET WINNIE	67 GLAD	54.56
JANET KAVADAS	69 GLAD	57.09
JOAN DAVIS	69 GLAD	1:03.97
100 YD. BRST		
KAREN BRYCE	66 GLAD	2:02.90



Stephen Sullivan, who timed both days, cheers for his mom, Linda Sullivan, of the Federal Way Masters.

100 YD. I.M.		
JOAN DAVIS	69 GLAD	2:23.03
200 YD. I.M.		
JANET KAVADAS	69 GLAD	4:35.93

WOMEN 75-79

50 YD. FREE		
BETTY KERCHEVAL	75 MIR	Z 44.20
MURIEL FLYNN	77 TACY	44.43
200 YD. FREE		
MARION CHADWICK	78 BCM	5:03.39
1000 YD. FREE		
MARION CHADWICK	78 BCM	27:13.76
50 YD. BACK		
BETTY KERCHEVAL	75 MIR	59.34
200 YD. BACK		
MARION CHADWICK	78 BCM	6:07.95
50 YD. BRST		
MURIEL FLYNN	77 TACY	54.76
100 YD. BRST		
MURIEL FLYNN	77 TACY	2:04.18
200 YD. BRST		
MURIEL FLYNN	77 TACY	4:31.61
50 YD. FLY		
BETTY KERCHEVAL	75 MIR	Z 53.08
100 YD. FLY		
BETTY KERCHEVAL	75 MIR	Z 2:07.36
MARION CHADWICK	78 BCM	4:12.18
100 YD. I.M.		
BETTY KERCHEVAL	75 MIR	Z 1:56.91
MURIEL FLYNN	77 TACY	2:01.58
MARION CHADWICK	78 BCM	3:15.75
200 YD. I.M.		
BETTY KERCHEVAL	75 MIR	4:17.07

WOMEN 80-84

50 YD. FREE		
HELEN SCHUCHART	81 MIR	1:03.96
100 YD. FREE		
HELEN SCHUCHART	81 MIR	2:21.98
50 YD. BACK		
HELEN SCHUCHART	81 MIR	1:20.14
50 YD. BRST		
HELEN SCHUCHART	81 MIR	1:33.09
100 YD. BRST		
HELEN SCHUCHART	81 MIR	3:33.31
100 YD. I.M.		
HELEN SCHUCHART	81 MIR	2:52.09

MEN 19-24

50 YD. FREE		
MARK WILLIAMSON	24 UNAT	5:30.29
50 YD. BRST		
MARK WILLIAMSON	24 UNAT	29.17
100 YD. BRST		
MARK WILLIAMSON	24 UNAT	1:04.25
200 YD. BRST		
MARK WILLIAMSON	24 UNAT	2:25.76
100 YD. I.M.		
MARK WILLIAMSON	24 UNAT	58.59

MEN 25-29

50 YD. FREE		
JOE GROSS	29 WAVE	22.64
DAVID AUSTIN	25 BMSC	23.89
JOHN ORAM	29 MSBC	23.98
100 YD. FREE		
JOHN CROSS	29 PRO	50.80
JOHN ORAM	29 MSBC	51.43
JOE GROSS	29 WAVE	51.56
DAVID AUSTIN	25 BMSC	55.91
SCOTT KELLEY	26 NHM	56.16
JAMES SHERMAN	28 GLAD	1:02.43
200 YD. FREE		
JOHN ORAM	29 MSBC	1:52.84
DAVID AUSTIN	25 BMSC	2:11.08
500 YD. FREE		
GEORGE GONZALEZ	29 ORCA	6:19.22
50 YD. BACK		
JOHN ORAM	29 MSBC	26.07



Betty Kerchival's comment on breaking four zone records, "It's a good weekend to swim."

JOHN CROSS	29 PRO	28.20
100 YD. BACK		
JOHN ORAM	29 MSBC	56.24
SCOTT KELLEY	26 NHM	1:00.74
200 YD. BACK		
JOHN ORAM	29 MSBC	2:04.07
SCOTT KELLEY	26 NHM	2:17.72
50 YD. BRST		
JAMES SHERMAN	28 GLAD	36.71
100 YD. BRST		
DAVID AUSTIN	25 BMSC	1:10.24
JOE DENTON	28 ORCA	1:10.55
TOM GERGEN	28 GLAD	1:26.35
200 YD. BRST		
DAVID AUSTIN	25 BMSC	2:34.53
50 YD. FLY		
JOE GROSS	29 WAVE	24.51
TOM GERGEN	28 GLAD	38.79
100 YD. FLY		
JOE GROSS	29 WAVE	56.63
SCOTT KELLEY	26 NHM	1:02.87
100 YD. I.M.		
SCOTT KELLEY	26 NHM	1:01.64
DAVID AUSTIN	25 BMSC	1:05.53
GEORGE GONZALEZ	29 ORCA	1:11.60
JAMES SHERMAN	28 GLAD	1:14.41
TOM GERGEN	28 GLAD	1:23.63
200 YD. I.M.		
SCOTT KELLEY	26 NHM	2:21.56
GEORGE GONZALEZ	29 ORCA	2:39.73
400 YD. I.M.		
JOE DENTON	28 ORCA	4:57.56

MEN 30-34

50 YD. FREE		
SCOTT STONE	30 GLAD	22.61
GARY HOOD	34 FWM	23.63
TODD SMALL	32 UNAT	24.12
TOM TAYLOR	32 FWM	26.68
BARRY GJERDRUM	30 GLAD	28.59
KERRY NESS	30 SVY	29.35
100 YD. FREE		
SCOTT STONE	30 GLAD	51.57
GARY HOOD	34 FWM	52.35
JOHN WOODSIDE	32 GLAD	59.03
TOM TAYLOR	32 FWM	1:00.38
BRIAN HERRING	34 BMSC	1:01.08
KERRY NESS	30 SVY	1:10.37

200 YD. FREE		
GARY HOOD	34 FWM	1:56.30
TOM TAYLOR	32 FWM	2:06.48
DAVID PARSONS	34 GLAD	2:08.54
BRIAN HERRING	34 BMSC	2:13.74
TOM SCHUTTE	30 GLAD	2:27.68
500 YD. FREE		
PAUL SKOGLUND	32 QASC	5:08.67
GARY HOOD	34 FWM	5:26.15
TOM TAYLOR	32 FWM	5:56.86
BRIAN HERRING	34 BMSC	6:10.00
STEVE GEORGE	34 BMSC	6:20.94
JOHN WOODSIDE	32 GLAD	6:48.92
BARRY GJERDRUM	30 GLAD	7:07.27
TIM WELCH	30 ORCA	7:19.87
1000 YD. FREE		
BRIAN HERRING	34 BMSC	12:44.11
DAVID PARSONS	34 GLAD	12:44.65
JOHN WOODSIDE	32 GLAD	14:13.04
1650 YD. FREE		
STEVE GEORGE	34 BMSC	22:07.11
BARRY GJERDRUM	30 GLAD	25:11.75
50 YD. BACK		
ED WARDIAN	34 UNAT	P 25.64
100 YD. BACK		
ED WARDIAN	34 UNAT	55.55
PAUL SKOGLUND	32 QASC	1:04.50
DAVID PARSONS	34 GLAD	1:12.34
TIM WELCH	30 ORCA	1:12.40
200 YD. BACK		
ED WARDIAN	34 UNAT	2:04.95
TIM WELCH	30 ORCA	2:41.61
DAVID PARSONS	34 GLAD	2:42.26
50 YD. BRST		
SCOTT STONE	30 GLAD	30.41
TODD SMALL	32 UNAT	32.97
KERRY NESS	30 SVY	37.97
100 YD. BRST		
TOM SCHUTTE	30 GLAD	1:07.01
SCOTT STONE	30 GLAD	1:09.39
KERRY NESS	30 SVY	1:23.59
200 YD. BRST		
KERRY NESS	30 SVY	3:11.11
50 YD. FLY		
SCOTT STONE	30 GLAD	27.37
GARRICK SNIDER	34 NMMS	28.61
TOM TAYLOR	32 FWM	30.22
TIM WELCH	30 ORCA	31.03
BRIAN HERRING	34 BMSC	31.67



Gene Crossett, flying through a relay start.

100 YD. FLY			
GARRICK SNIDER	34 NMMS	1:03.34	
TIM WELCH	30 ORCA	1:07.96	
JOHN WOODSIDE	32 GLAD	1:14.20	
200 YD. FLY			
GARRICK SNIDER	34 NMMS	2:32.76	
STEVE GEORGE	34 BMSC	2:51.11	
DAVID PARSONS	34 GLAD	2:51.91	
100 YD. I.M.			
ED WARDIAN	34 UNAT	57.53	
GARY HOOD	34 FWM	1:00.98	
SCOTT STONE	30 GLAD	1:01.10	
TOM SCHUTTE	30 GLAD	1:01.86	
GARRICK SNIDER	34 NMMS	1:03.75	
TODD SMALL	32 UNAT	1:04.07	
KERRY NESS	30 SVY	1:14.10	
200 YD. I.M.			
PAUL SKOGLUND	32 QASC	2:09.30	
GARY HOOD	34 FWM	2:13.37	
GARRICK SNIDER	34 NMMS	2:19.08	
TODD SMALL	32 UNAT	2:20.58	
DAVID PARSONS	34 GLAD	2:35.02	
TIM WELCH	30 ORCA	2:48.37	
400 YD. I.M.			
GARRICK SNIDER	34 NMMS	4:59.87	

MEN 35-39

50 YD. FREE			
BOB FISH	36 BMSC	23.26	
TOM LEONARD	37 FWM	24.26	
GREG MARTIN	39 VAM	25.26	
RICH MCKEOWN	36 NWM	26.07	
AARON BROWN	38 GLAD	37.41	
100 YD. FREE			
BOB FISH	36 BMSC	51.37	
TOM LEONARD	37 FWM	53.62	
GREG MARTIN	39 VAM	55.31	
RICH MCKEOWN	36 NWM	58.23	
MARK NEWPORT	36 BMSC	1:09.40	
200 YD. FREE			
STEVE RUITER	35 GLAD	1:55.20	
BOB FISH	36 BMSC	1:56.25	
GEOFF ANDERSON	39 GLAD	1:57.06	
MICHAEL YOUNG	37 UNAT	2:00.35	
ERIC KNAPP	36 UNAT	2:02.73	
GEOFF WILWERDING	38 GLAD	2:02.82	
MICHAEL JONES	39 MIR	2:04.61	
RICH MCKEOWN	36 NWM	2:06.06	
DOUGLAS REDFIELD	36 BMSC	2:12.09	
AARON BROWN	38 GLAD	3:22.14	
500 YD. FREE			
STEVE RUITER	35 GLAD	5:11.78	
TIM PETERS	37 QASC	5:15.16	

MICHAEL YOUNG	37 UNAT	5:34.93	
RICH MCKEOWN	36 NWM	5:47.40	
GREG MARTIN	39 VAM	5:49.48	
DOUGLAS REDFIELD	36 BMSC	6:03.78	
AARON BROWN	38 GLAD	9:37.00	
1000 YD. FREE			
ERIC KNAPP	36 UNAT	11:27.61	
GEOFF WILWERDING	38 GLAD	11:54.32	
JIM LASERSOHN	35 ORCA	12:45.13	
DOUGLAS REDFIELD	36 BMSC	13:06.40	
1650 YD. FREE			
DOUGLAS REDFIELD	36 BMSC	21:08.81	
50 YD. BACK			
BOB FISH	36 BMSC	27.70	
100 YD. BACK			
BOB FISH	36 BMSC	59.60	
200 YD. BACK			
BOB FISH	36 BMSC	2:11.96	
TOM HARRYLOCK	38 GLAD	2:34.06	
50 YD. BRST			
GREG MARTIN	39 VAM	31.60	
MICHAEL YOUNG	37 UNAT	32.07	
JIM LASERSOHN	35 ORCA	32.33	
TOM LEONARD	37 FWM	32.52	
MARK NEWPORT	36 BMSC	35.73	
AARON BROWN	38 GLAD	49.19	
100 YD. BRST			
JOHN GOESSMAN	35 UNAT	1:08.11	
GREG MARTIN	39 VAM	1:08.48	
MICHAEL YOUNG	37 UNAT	1:08.76	
JIM LASERSOHN	35 ORCA	1:11.69	
TOM LEONARD	37 FWM	1:11.81	
MARK NEWPORT	36 BMSC	1:17.02	
200 YD. BRST			
MICHAEL YOUNG	37 UNAT	2:29.73	
MARK NEWPORT	36 BMSC	2:47.02	
50 YD. FLY			
CHRIS BOENSEL	36 GLAD	27.43	
TOM LEONARD	37 FWM	27.81	
ERIC KNAPP	36 UNAT	28.81	
DOUGLAS REDFIELD	36 BMSC	33.26	
100 YD. FLY			
CHRIS BOENSEL	36 GLAD	58.85	
MICHAEL JONES	39 MIR	59.54	
TOM HARRYLOCK	38 GLAD	1:14.96	
200 YD. FLY			
STEVE RUITER	35 GLAD	2:04.88	
100 YD. I.M.			
STEVE RUITER	35 GLAD	1:01.03	
GEOFF ANDERSON	39 GLAD	1:01.24	
JOHN GOESSMAN	35 UNAT	1:02.20	
GREG MARTIN	39 VAM	1:02.52	
TOM LEONARD	37 FWM	1:05.74	
RICH MCKEOWN	36 NWM	1:07.11	

JIM LASERSOHN	35 ORCA	1:08.14
TOM HARRYLOCK	38 GLAD	1:09.89
MARK NEWPORT	36 BMSC	1:17.77
200 YD. I.M.		
STEVE RUITER	35 GLAD	2:07.85
RICH MCKEOWN	36 NWM	2:30.72
400 YD. I.M.		
STEVE RUITER	35 GLAD	4:33.66
TOM HARRYLOCK	38 GLAD	5:36.72

MEN 40-44

50 YD. FREE			
JAMES WATERS	44 FWM	25.97	
RON OREN	40 LYNN	28.76	
GREGG METZLER	41 FWM	29.62	
100 YD. FREE			
JAMES WATERS	44 FWM	58.49	
RON OREN	40 LYNN	1:03.50	
GREGG METZLER	41 FWM	1:07.52	
200 YD. FREE			
JAMES WATERS	44 FWM	2:04.65	
ERIC DYBDAHL	40 FWM	2:07.30	
TODD KOWALSKI	41 BAM	2:09.50	
PAUL IKEDA	40 ORCA	2:34.62	
500 YD. FREE			
JOHN BAILEY	44 UNAT	5:35.35	
ERIC DYBDAHL	40 FWM	6:00.83	
RON OREN	40 LYNN	6:34.59	
1000 YD. FREE			
STEVE SUSSEX	44 GLAD	10:34.63	
JACK STAVROS	40 GLAD	10:44.89	
ERIC DYBDAHL	40 FWM	12:29.10	
KENT MOBERLY	44 UNAT	14:12.99	
PAUL IKEDA	40 ORCA	14:35.85	
1650 YD. FREE			
PAUL IKEDA	40 ORCA	25:06.07	
50 YD. BACK			
STEVE FREEBORN	44 FWM	31.52	
PAUL IKEDA	40 ORCA	37.53	
THOMAS JOWETT	41 FWM	38.15	
100 YD. BACK			
JAMES WATERS	44 FWM	1:05.63	
STEVE FREEBORN	44 FWM	1:08.65	
THOMAS JOWETT	41 FWM	1:24.54	
200 YD. BACK			
STEVE SUSSEX	44 GLAD	2:16.36	
ERIC DYBDAHL	40 FWM	2:28.53	
THOMAS JOWETT	41 FWM	3:06.77	
50 YD. BRST			
ROBERT JACKSON	40 UNAT	Z 27.42	
JIM WILLIAMS	43 BMSC	31.93	
B SPARROWHAWK	44 GLAD	33.23	
MICHAEL SCHAEFFER	43 GLAD	34.14	
TIM MARKUS	41 YNTS	36.11	
KENT MOBERLY	44 UNAT	36.22	
SCOTT ENGELHARD	43 VAM	37.87	
GREGG METZLER	41 FWM	37.95	
MATTHEW BITTNER	40 UNAT	38.29	
100 YD. BRST			
ROBERT JACKSON	40 UNAT	Z 59.95	
JIM WILLIAMS	43 BMSC	1:12.65	
MICHAEL SCHAEFFER	43 GLAD	1:14.58	
B SPARROWHAWK	44 GLAD	1:15.22	
KENT MOBERLY	44 UNAT	1:21.06	
SCOTT ENGELHARD	43 VAM	1:21.31	
MATTHEW BITTNER	40 UNAT	1:28.43	
200 YD. BRST			
JIM WILLIAMS	43 BMSC	2:45.94	
PAUL IKEDA	40 ORCA	2:51.31	
50 YD. FLY			
STEVE FREEBORN	44 FWM	27.80	
ANTONIO ANDERSON	40 UNAT	29.88	
MICHAEL SCHAEFFER	43 GLAD	30.06	
TODD KOWALSKI	41 BAM	30.70	
JIM WILLIAMS	43 BMSC	30.79	
B SPARROWHAWK	44 GLAD	30.94	
STEPHEN KICINSKI	43 VAM	36.16	
100 YD. FLY			
STEVE FREEBORN	44 FWM	1:03.44	
STEPHEN KICINSKI	43 VAM	1:24.17	
200 YD. FLY			
ERIC DYBDAHL	40 FWM	2:33.06	

100 YD. I.M.		
STEVE SUSSEX	44 GLAD	59.70
JOHN BAILEY	44 UNAT	1:01.64
STEVE FREEBORN	44 FWM	1:05.32
JIM WILLIAMS	43 BMSC	1:08.10
B SPARROWHAWK	44 GLAD	1:08.78
TIM MARKUS	41 YNTS	1:09.69
TODD KOWALSKI	41 BAM	1:11.22
ANTONIO ANDERSON	40 UNAT	1:12.11
KENT MOBERLY	44 UNAT	1:16.69
SCOTT ENGELHARD	43 VAM	1:19.69
STEPHEN KICINSKI	43 VAM	1:23.00
GREGG METZLER	41 FWM	1:25.27
200 YD. I.M.		
STEVE FREEBORN	44 FWM	2:27.50
ERIC DYBDAHL	40 FWM	2:28.95
400 YD. I.M.		
JOHN BAILEY	44 UNAT	4:52.17
PAUL IKEDA	40 ORCA	6:08.86

MEN 45-49

50 YD. FREE		
CLARK PACE	47 GLAD	26.94
BERNARD SAUVE	45 INWM	27.54
DAVID BAER	47 UNAT	29.08
JAMES STEPHENS	45 FWM	30.19
WALLER TAYLOR	47 ISST	30.19
CHIP WATERBURY	45 ORCA	34.43
100 YD. FREE		
BERNARD SAUVE	45 INWM	59.62
SCOTT MCCLEERY	47 UNAT	1:02.23
WALLER TAYLOR	47 ISST	1:06.99
JAMES STEPHENS	45 FWM	1:08.81
GREG STONER	47 FWM	1:08.81
200 YD. FREE		
PAUL VERNER	45 ORCA	2:18.70
SCOTT MCCLEERY	47 UNAT	2:22.99
JAMES STEPHENS	45 FWM	2:34.43
500 YD. FREE		
GREGORY HARRISON	48 FWM	6:08.82
HUGH MOORE	45 FWM	6:15.77
PAUL VERNER	45 ORCA	6:26.87
GREG STONER	47 FWM	6:31.47
1000 YD. FREE		
GREGORY HARRISON	48 FWM	12:28.59
JOHN METTLER	45 ISST	16:12.64
1650 YD. FREE		
GREGORY HARRISON	48 FWM	22:45.46
50 YD. BACK		
CLARK PACE	47 GLAD	34.22
CHIP WATERBURY	45 ORCA	44.71
100 YD. BACK		
PAUL VERNER	45 ORCA	1:18.28

200 YD. BACK		
PAUL VERNER	45 ORCA	2:42.13
50 YD. BRST		
GREGORY HARRISON	48 FWM	32.67
DAVID BAER	47 UNAT	33.03
BERNARD SAUVE	45 INWM	33.11
ROB TRIPPLE	45 MILL	34.58
CLARK PACE	47 GLAD	35.01
BILL REEDER	47 GLAD	36.06
AL RUBECK	45 UNAT	43.21
100 YD. BRST		
GREGORY HARRISON	48 FWM	1:09.83
BERNARD SAUVE	45 INWM	1:13.55
DAVID BAER	47 UNAT	1:14.30
200 YD. BRST		
GREGORY HARRISON	48 FWM	2:29.48
DAVID BAER	47 UNAT	2:49.33
50 YD. FLY		
HUGH MOORE	45 FWM	29.20
CLARK PACE	47 GLAD	31.04
GREG STONER	47 FWM	31.31
SCOTT MCCLEERY	47 UNAT	31.41
DAVID BAER	47 UNAT	31.56
100 YD. FLY		
HUGH MOORE	45 FWM	1:03.52
GREG STONER	47 FWM	1:11.71
100 YD. I.M.		
BERNARD SAUVE	45 INWM	1:08.02
BILL REEDER	47 GLAD	1:08.06
ROB TRIPPLE	45 MILL	1:09.41
DAVID BAER	47 UNAT	1:10.36
CLARK PACE	47 GLAD	1:11.32
SCOTT MCCLEERY	47 UNAT	1:12.00
GREG STONER	47 FWM	1:15.61
200 YD. I.M.		
BERNARD SAUVE	45 INWM	2:35.51
HUGH MOORE	45 FWM	2:37.64
GREG STONER	47 FWM	2:43.09
WALLER TAYLOR	47 ISST	2:51.14
400 YD. I.M.		
HUGH MOORE	45 FWM	5:22.91
BILL REEDER	47 GLAD	5:27.45

MEN 50-54

50 YD. FREE		
DAN CLARK	50 SQM	26.73
PATRICK SULLIVAN	52 FWM	30.16
JOHN LEET	54 FWM	30.42
PATRICK DWYER	53 LYNN	30.90
GERRY PLUNKETT	53 NSYG	32.71
100 YD. FREE		
DAN CLARK	50 SQM	59.73
STEVEN PETERSON	53 OOPS	1:02.85
PATRICK SULLIVAN	52 FWM	1:06.90
JOHN LEET	54 FWM	1:10.04

PATRICK DWYER	53 LYNN	1:11.85
200 YD. FREE		
RICHARD BATLEY	52 MILL	2:30.79
500 YD. FREE		
MICHAEL MCCOLLY	54 GLAD	5:54.33
JIM NORRIS	52 UNAT	6:26.73
PATRICK SULLIVAN	52 FWM	7:12.07
JOHN LEET	54 FWM	7:18.93
GERRY PLUNKETT	53 NSYG	7:44.44
1000 YD. FREE		
JIM MCCLEERY	54 NWM	11:39.58
MICHAEL MCCOLLY	54 GLAD	12:25.90
JIM NORRIS	52 UNAT	13:17.15
GORDON GRAY	54 NSYG	14:00.47
RICHARD BATLEY	52 MILL	14:06.27
1650 YD. FREE		
JIM MCCLEERY	54 NWM	19:31.66
50 YD. BACK		
THOMAS WALKER	53 UNAT	43.44
200 YD. BACK		
MICHAEL MCCOLLY	54 GLAD	2:32.92
GORDON GRAY	54 NSYG	2:55.18
50 YD. BRST		
STEVEN PETERSON	53 OOPS	33.04
PATRICK SULLIVAN	52 FWM	36.02
MARTY KLEMPNER	51 UNAT	36.28
JOHN LEET	54 FWM	37.23
GENE REESE	51 LYNN	38.05
THOMAS WALKER	53 UNAT	42.72
100 YD. BRST		
STEVEN PETERSON	53 OOPS	1:13.68
JOHN LEET	54 FWM	1:24.32
PATRICK SULLIVAN	52 FWM	1:25.55
THOMAS WALKER	53 UNAT	1:33.40
200 YD. BRST		
STEVEN PETERSON	53 OOPS	2:41.89
THOMAS WALKER	53 UNAT	3:23.46
50 YD. FLY		
LARRY WRIGHT	51 NHM	26.82
THOMAS MARSHALL	53 GLAD	29.58
DAN CLARK	50 SQM	29.60
PETE LIEKKIO	52 GLAD	30.37
MARTY KLEMPNER	51 UNAT	31.51
100 YD. FLY		
LARRY WRIGHT	51 NHM	1:04.67
DAN CLARK	50 SQM	1:10.22
PETE LIEKKIO	52 GLAD	1:15.29
100 YD. I.M.		
LARRY WRIGHT	51 NHM	1:04.49
THOMAS MARSHALL	53 GLAD	1:09.74
DAN CLARK	50 SQM	1:10.11
STEVEN PETERSON	53 OOPS	1:10.18
MARTY KLEMPNER	51 UNAT	1:15.66
PETE LIEKKIO	52 GLAD	1:16.56
JIM NORRIS	52 UNAT	1:17.85
PATRICK SULLIVAN	52 FWM	1:19.12
GORDON GRAY	54 NSYG	1:19.33
THOMAS WALKER	53 UNAT	1:26.88
GENE REESE	51 LYNN	1:27.92
200 YD. I.M.		
MICHAEL MCCOLLY	54 GLAD	2:34.17
STEVEN PETERSON	53 OOPS	2:34.94
DAN CLARK	50 SQM	2:38.52
THOMAS WALKER	53 UNAT	3:14.50
GERRY PLUNKETT	53 NSYG	3:17.58

MEN 55-59

50 YD. FREE		
SONNY GARRETT	56 UNAT	26.77
ROGER RUDOLPH	56 SQM	33.34
ROBERT LAKE	58 SQM	34.74
ROBERT PARKER	59 GLAD	38.35
100 YD. FREE		
MICHAEL MCKINLAY	56 BEST	1:02.99
ROGER RUDOLPH	56 SQM	1:16.82
ROBERT LAKE	58 SQM	1:19.35
ELLIOTT KEPHART	57 FWM	1:21.40
200 YD. FREE		
ROBERT LAKE	58 SQM	2:50.48
500 YD. FREE		
LEE CARLSON	59 MIR	7:38.33
ROBERT LAKE	58 SQM	7:51.92
ROBERT PARKER	59 GLAD	8:46.70



Erika Haberzettl, Green Lake Aqua Ducks.

1000 YD. FREE		
ELLIOTT KEPHART	57 FWM	16:20.11
ROBERT LAKE	58 SQM	16:45.78
50 YD. BACK		
MICHAEL MCKINLAY	56 BEST	30.99
WALT REID	59 FTS	36.18
LEE CARLSON	59 MIR	36.71
ELLIOTT KEPHART	57 FWM	46.83
100 YD. BACK		
MICHAEL MCKINLAY	56 BEST	1:08.44
WALT REID	59 FTS	1:21.33
LEE CARLSON	59 MIR	1:25.47
ELLIOTT KEPHART	57 FWM	1:50.80
200 YD. BACK		
MICHAEL MCKINLAY	56 BEST	2:33.96
LEE CARLSON	59 MIR	3:06.48
50 YD. BRST		
WALT REID	59 FTS	36.47
LEE CARLSON	59 MIR	41.44
ROBERT PARKER	59 GLAD	42.16
100 YD. BRST		
WALT REID	59 FTS	1:21.87
ROBERT PARKER	59 GLAD	1:34.74
ELLIOTT KEPHART	57 FWM	1:58.17
200 YD. BRST		
WALT REID	59 FTS	3:09.49
ROBERT PARKER	59 GLAD	3:41.70
50 YD. FLY		
SONNY GARRETT	56 UNAT	28.87
ROGER RUDOLPH	56 SQM	39.80
100 YD. FLY		
ROGER RUDOLPH	56 SQM	1:31.04
100 YD. I.M.		
MICHAEL MCKINLAY	56 BEST	1:11.10
LEE CARLSON	59 MIR	1:26.26
ROGER RUDOLPH	56 SQM	1:30.89
200 YD. I.M.		
ROGER RUDOLPH	56 SQM	3:24.70

MEN 60-64

100 YD. FREE		
GARY CHASE	60 FTS	1:06.56
HAROLD TAUSCHER	62 BMSC	1:16.44
200 YD. FREE		
PAUL OLMSTEAD	60 BMSC	2:49.18
500 YD. FREE		
PAUL OLMSTEAD	60 BMSC	7:37.42
1000 YD. FREE		
PAUL OLMSTEAD	60 BMSC	16:01.93
1650 YD. FREE		
PAUL OLMSTEAD	60 BMSC	26:55.72
50 YD. BACK		
GARY CHASE	60 FTS	Z 30.10

100 YD. BACK		
GARY CHASE	60 FTS	1:06.95
200 YD. BACK		
GARY CHASE	60 FTS	Z 2:29.31
50 YD. BRST		
GARY CHASE	60 FTS	34.82
HAROLD TAUSCHER	62 BMSC	36.03
100 YD. BRST		
HAROLD TAUSCHER	62 BMSC	1:23.30
200 YD. BRST		
HAROLD TAUSCHER	62 BMSC	3:08.33
50 YD. FLY		
HAROLD TAUSCHER	62 BMSC	37.14
100 YD. I.M.		
GARY CHASE	60 FTS	Z 1:08.26

MEN 65-69

50 YD. FREE		
BOB DORSE	68 TIGR	31.35
100 YD. FREE		
BOB DORSE	68 TIGR	1:13.63
200 YD. FREE		
DON REHFELDT	65 GLAD	3:01.08
500 YD. FREE		
TOM TAYLOR	69 FWM	6:57.55
DON REHFELDT	65 GLAD	8:02.16
1000 YD. FREE		
TOM TAYLOR	69 FWM	14:16.01
50 YD. BACK		
TOM TAYLOR	69 FWM	39.43
DON REHFELDT	65 GLAD	46.87
100 YD. BACK		
DON REHFELDT	65 GLAD	1:44.57
TOM FOLEY	65 TIGR	1:44.62
200 YD. BACK		
TOM FOLEY	65 TIGR	3:38.45
50 YD. BRST		
DON REHFELDT	65 GLAD	42.11
BOB DORSE	68 TIGR	42.50
JACK AKAMINE	67 BEST	46.06
100 YD. BRST		
TOM TAYLOR	69 FWM	1:25.64
DON REHFELDT	65 GLAD	1:35.56
JACK AKAMINE	67 BEST	1:48.88
50 YD. FLY		
BOB DORSE	68 TIGR	42.57
100 YD. FLY		
JACK AKAMINE	67 BEST	1:44.98
TOM FOLEY	65 TIGR	1:57.46
200 YD. FLY		
TOM FOLEY	65 TIGR	4:37.81
100 YD. I.M.		
BOB DORSE	68 TIGR	1:25.80
JACK AKAMINE	67 BEST	1:35.61
200 YD. I.M.		
TOM FOLEY	65 TIGR	3:46.55

MEN 70-74

50 YD. FREE		
JERRY GALLAHER	71 MIR	38.80
200 YD. FREE		
HARVEY PROSSER	71 NWM	2:44.37
1000 YD. FREE		
HARVEY PROSSER	71 NWM	15:03.23
50 YD. BACK		
JERRY GALLAHER	71 MIR	50.99
100 YD. BACK		
JERRY GALLAHER	71 MIR	1:48.04
50 YD. BRST		
JERRY GALLAHER	71 MIR	42.97
100 YD. BRST		
JERRY GALLAHER	71 MIR	1:41.66
50 YD. FLY		
HARVEY PROSSER	71 NWM	43.28
100 YD. I.M.		
JERRY GALLAHER	71 MIR	1:55.39

MEN 75-79

200 YD. FREE		
HAROLD YOUNG II	78 TACY	3:42.54

500 YD. FREE		
HAROLD YOUNG II	78 TACY	10:19.42
1000 YD. FREE		
HAROLD YOUNG II	78 TACY	20:58.46
1650 YD. FREE		
HAROLD YOUNG II	78 TACY	37:17.05

MEN 85-89

50 YD. FREE		
GENE CROSSETT	86 GLAD	43.56
100 YD. FREE		
GENE CROSSETT	86 GLAD	1:49.50
200 YD. FREE		
GENE CROSSETT	86 GLAD	3:54.84
500 YD. FREE		
GENE CROSSETT	86 GLAD	11:09.53
1000 YD. FREE		
GENE CROSSETT	86 GLAD	21:38.88

RELAYS-WOMEN 200 YD. FREE

19 +		
SARAH KRAMER	23 BMSC	1:55.64
CATHERINE HERRING	33	
LINDA HEGERBERG	30	
LESLIE MCCULLOUGH	30	
JENNIFER LELAND		
	29 GLAD	2:04.18
LORRAINE EADIE		
	23	
MICHELE MEHAFFEY		
	30	
SARA WETSTONE		
	24	
KATHY BYERS		
	39 FWM	2:17.49
NANCY LANE		
	35	
HOLLY BORK		
	23	
JENNIFER ADAMS		
	24	
25 +		
ERIKA HABERZETTL		
	26 GLAD	2:01.29
CLARE PAINTER		
	31	
KAREN LEWIS		
	34	
KARI OSTERHAUG		
	29	
KAREN LEAHY		
	31 FWM	2:03.29
KAREENA KING		
	25	
WENDY NEELY		
	25	
KAREN OYAMA		
	32	
35 +		
DEBBIE GLASSMAN		
	46 GLAD	1:55.43
TONYA BERG		
	41	
JAN BECKMAN		
	44	
CATHY COOLEY		
	42	
MICHELLE PETRICK		
	44 FWM	2:10.00
LINDA SULLIVAN		
	43	
MARY ANN WHITE		
	41	
KIM BOGGS		
	41	
JESSE PACE		
	47 GLAD	2:32.14
CINDY MARTIN		
	48	
WENDY HOFFMAN		
	37	
LANI DOELY		
	44	
HELEN SCHUCHART		
	81 MIR	3:09.73
KAETCHE MILLER		
	53	
BETTY KERCEVAL		
	75	
CAROL TROUP		
	35	
45 +		
JANE MOORE		
	49 FWM	2:32.13
LINDA HENNING		
	52	
KATHY GILL		
	46	
DEMPSEY DYBDAHL		
	51	
CLAIRE EADIE		
	57 GLAD	2:36.95
SANDY MCNEEL		
	47	
ARNI LITT		
	53	
J GETZENDANER		
	59	



Jesse Pace cheers for her husband, Clark, in the 50 Free, when he took first place in his age group.



"The 200 yard free. Mr. Starter . . .," Tom Taylor passes the microphone on to the starter. Tom is the voice you hear at most Federal Way meets. Besides keeping the meet running timely, he points out potential record setters and other interesting facts to the viewers. Tom has been announcing for around 20 years and swimming for 26.

CINDY MARTIN	48	GLAD	3:12.81
ARNI LITT	53		
SANDY MCNEEL	47		
CLAIRE EADIE	57		
65 +			
JOAN DAVIS	69	GLAD	Z 3:50.05
MARGARET WINNIE	67		
JANET KAVADAS	69		
KAREN BRYCE	66		

35 +			
BOB FISH	36	BMSC	2:05.67
JIM WILLIAMS	43		
DOUGLAS REDFIELD	36		
PAUL OLMSTEAD	60		
THOMAS JOWETT	41	FWM	2:12.58
GREGG METZLER	41		
JAMES WATERS	44		
ERIC DYBDAHL	40		

RELAYS-MEN 200 YD. FREE

25 +			
SCOTT STONE	30	GLAD	1:38.12
TOM SCHUTTE	30		
DAVID PARSONS	34		
CHRIS BOENSEL	36		
GARY HOOD	34	FWM	1:40.67
ERIC DYBDAHL	40		
TOM TAYLOR	32		
TOM LEONARD	37		
BRIAN HERRING	34	BMSC	1:46.85
DAVID AUSTIN	25		
MARK NEWPORT	36		
BOB FISH	36		

45 +			
HUGH MOORE	45	FWM	2:08.18
G HARRISON	48		
GREG STONER	47		
JAMES STEPHENS	45		
JOHN LEET	54	FWM	2:27.75
TOM TAYLOR	69		
PATRICK SULLIVAN	52		
ELLIOTT KEPHART	57		
MICHAEL MCCOLLY	54	GLAD	2:48.45
ROBERT PARKER	59		
DON REHFELDT	65		
GENE CROSSETT	86		

RELAYS-MIXED 200 YD. FREE

JIM LASERSOHN	35	ORCA	1:48.50
GEORGE GONZALEZ	29		
TIM WELCH	30		
JOE DENTON	28		
JOHN WOODSIDE	32	GLAD	1:59.71
TOM HARRYLOCK	38		
AARON BROWN	38		
TOM GERGEN	28		
35 +			
STEVE SUSSEX	44	GLAD	1:37.81
STEVE RUITER	35		
GEOFF ANDERSON	39		
GEOFF WILWERDING	38		

19 +			
TERI LAWSON	23	FWM	1:57.27
GREGORY HARRISON	48		
JENNIFER ADAMS	24		
HUGH MOORE	45		
KATHRINE CASEY	51	FTS	1:57.47
WALT REID	59		
GARY CHASE	60		
KELLY CRANDELL	19		
SARA WETSTONE	24	GLAD	1:57.73
CORYN GJERDRUM	28		
DAVID PARSONS	34		
BARRY GJERDRUM	30		
HOLLY BORK	23	FWM	2:25.02
KAREENA KING	25		
THOMAS JOWETT	41		
ELLIOTT KEPHART	57		

65 +			
JOAN DAVIS	69	GLAD	3:25.58
MARGARET WINNIE	67		
JANET KAVADAS	69		
KAREN BRYCE	66		

RELAYS-WOMEN 200 YD. MEDLEY

19 +			
TERI LAWSON	23	FWM	2:10.19
LEEANN MCGHIE	34		
KAREN OYAMA	32		
KAREN LEAHY	31		
SARA WETSTONE	24	GLAD	2:31.02
LANI DOELY	44		
CORYN GJERDRUM	28		
BARB GEHRKE	36		
JENNIFER ADAMS	24	FWM	2:36.40
HOLLY BORK	23		
PAULA SHEPARD	35		
DIANA EKSTROM	39		
25 +			
JENNIFER LELAND	29	GLAD	2:23.50
CLARE PAINTER	31		
BRIDGET O'CONNELL	26		
JANE VITKUSKE	29		
35 +			
LISA WILSON	38	GLAD	2:07.52
TONYA BERG	41		
MARY LIPPOLD	44		
JAN BECKMAN	44		
LINDA MARIZ	51	BMSC	2:32.32
TERI REXROAT	41		
BETH BEYERS	40		
MAGGIE KINSELLA	42		
45 +			
JANE MOORE	49	FWM	2:55.81
KATHY GILL	46		
LINDA HENNING	52		
JUDY WILLIAMS	51		

MICHAEL SCHAEFFER	43	GLAD	1:58.47
ROBERT PARKER	59		
PETE LIEKKIO	52		
B SPARROWHAWK	44		
45 +			
THOMAS MARSHALL	53	GLAD	1:50.18
MICHAEL MCCOLLY	54		
CLARK PACE	47		
BILL REEDER	47		
JOHN LEET	54	FWM	2:10.28
PATRICK SULLIVAN	52		
TOM TAYLOR	69		
ELLIOTT KEPHART	57		

RELAYS-MEN 200 YD. MEDLEY

25 +			
GARY HOOD	34	FWM	1:54.45
TOM LEONARD	37		
STEVE FREEBORN	44		
TOM TAYLOR	32		
DAVID PARSONS	34	GLAD	2:02.72
SCOTT STONE	30		
JOHN WOODSIDE	32		
BARRY GJERDRUM	30		
DAVID AUSTIN	25	BMSC	2:05.51
MARK NEWPORT	36		
BRIAN HERRING	34		
STEVE GEORGE	34		
PAUL VERNER	45	ORCA	2:11.52
PAUL IKEDA	40		
TIM WELCH	30		
GEORGE GONZALEZ	29		

25 +			
BRIAN HERRING	34	BMSC	1:47.65
LESLIE MCCULLOUGH	30		
LINDA HEGERBERG	30		
DAVID AUSTIN	25		
SCOTT STONE	30	GLAD	1:50.68
JANE VITKUSKE	29		
CLARE PAINTER	31		
STEVE RUITER	35		
RON OREN	40	LYNN	2:00.19
SUZANNE WAY	36		
PATRICK DWYER	53		
JEAN DILLON	25		
CONNIE COBB	31	SQM	2:04.81
ROBERT LAKE	58		
LINDA BINGLER	42		
DAN CLARK	50		
35 +			
TOM LEONARD	37	FWM	1:47.67
KIM BOGGS	41		
STEVE FREEBORN	44		
KATHY BYERS	39		
DOUGLAS REDFIELD	36	BMSC	1:54.43
LINDA MARIZ	51		
MAGGIE KINSELLA	42		
BOB FISH	36		

Swim the Relays

Going to the World Championships in Munich? The PNA is organizing relays and wants **you** to be on a team!

- Teams are fun.
- Relays are fun.
- Relays are an extra chance to win a medal.
- With help of others, you could set PNA, Zone, National, or World records.

Contact either:

- Kathy Casey, (253) 588-4879
reidw@wdni.com
- Sally Dillon, (360) 679-5038
salswmr@oakharbor.net

Let them know which relays you are interested in, what days you are available, and your age for the meet.

ERIC DYBDAHL	40 FWM	1:57.91	25 +	GEOFF ANDERSON	39 GLAD	2:05.18
LINDA SULLIVAN	43			MICHELE MEHAFFEY	30	
GREGG METZLER	41			CLARE PAINTER	31	
MARY ANN WHITE	41			CHRIS BOENSEL	36	
JAN BECKMAN	44 GLAD	2:02.77		GARY HOOD	34 FWM	2:05.55
WENDY HOFFMAN	37			TOM TAYLOR	32	
STEVE RUITER	35			KAREN OYAMA	32	
AARON BROWN	38			KAREN LEAHY	31	
PAUL OLMSTEAD	60 BMSC	2:10.76		ERIKA HABERZETTL	26 GLAD	2:06.86
TERI REXROAT	41			TOM SCHUTTE	30	
BETH BEYERS	40			JAN BECKMAN	44	
JIM WILLIAMS	43			SCOTT STONE	30	
45 +				LESLIE MCCULLOUGH	30 BMSC	2:08.86
MICHAEL MCCOLLY	54 GLAD	1:55.25		CATHERINE HERRING	33	
CLARK PACE	47			JIM WILLIAMS	43	
DEBBIE GLASSMAN	46			BRIAN HERRING	34	
JESSE PACE	47			LINDA BINGLER	42 SQM	2:20.82
GREG STONER	47 FWM	2:15.35		CONNIE COBB	31	
JANE MOORE	49			DAN CLARK	50	
JAMES STEPHENS	45			ROGER RUDOLPH	56	
KATHY GILL	46			JAMES STEPHENS	45 FWM	2:27.45
PATRICK SULLIVAN	52 FWM	2:16.27		JOHN LEET	54	
DEMPSEY DYBDAHL	51			WENDY NEELY	25	
JOHN LEET	51			KAREENA KING	25	
LINDA HENNING	52			JENNIFER LELAND	29 GLAD	2:30.82
55 +				ROBERT PARKER	59	
JERRY GALLAHER	71 MIR	3:06.87		KAREN LEWIS	34	
HELEN SCHUCHART	81			AARON BROWN	38	
BETTY KERCHEVAL	75			35 +		
LEE CARLSON	59			CATHY COOLEY	42 GLAD	1:59.35
65 +				TONYA BERG	41	
DON REHFELDT	65 GLAD	2:54.90		STEVE RUITER	35	
MARGARET WINNIE	67			STEVE SUSSEX	44	
GENE CROSSETT	86			STEVE FREEBORN	44 FWM	2:03.72
KAREN BRYCE	66			LINDA SULLIVAN	43	
				KATHY BYERS	39	
				TOM LEONARD	37	
RELAYS-MIXED 200 YD. MEDLEY						
19 +				ERIC DYBDAHL	40 FWM	2:15.35
GARY CHASE	60 PNA	2:14.90		MICHELLE PETRICK	44	
WALT REID	59			JAMES WATERS	44	
KATHRINE CASEY	51			MARY ANN WHITE	41	
KELLY CRANDELL	19			TOM HARRYLOCK	38 GLAD	2:16.71
SARA WETSTONE	24 GLAD	2:20.13		LANI DOELY	44	
TOM GERGEN	28			JANE ANDERSON	37	
KARI OSTERHAUG	29			B SPARROWHAWK	44	
GEOFF WILWERDING	38			THOMAS JOWETT	41 FWM	2:25.52
DAVID PARSONS	34 GLAD	2:29.97		GREGG METZLER	41	
LORRAINE EADIE	23			KIM BOGGS	41	
JOHN WOODSIDE	32			NANCY LANE	35	
CLAIRE EADIE	57			BETH BEYERS	40 BMSC	2:30.65
ELLIOTT KEPHART	57 FWM	2:43.40		HAROLD TAUSCHER	62	
KAREN LEAHY	31			LINDA MARIZ	51	
JENNIFER ADAMS	24			PAUL OLMSTEAD	60	
HOLLY BORK	23					

PNA Champs . . .

(Continued from page 1)

packed in to two days, Saturday and Sunday. Hugh Moore commented on the change, "People have a hard time getting here on Friday night."

The new whistle start rules were used and explained several times for those new to the rules. And the judges were competent, yet friendly.

Twelve zone records were broken by Betty Kercheval, Gary Chase, Robert Jackson, Kathy Oves, Linda Hegeberg, and the relay team of Joan Davis, Margaret Winnie, Janet Kavadas, and Karen Bryce. Maggie Kinsella, Jen Newton, Linda Hegeberg, and Ed Wardian helped break seventeen PNA records.

WORLD WIDE 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
U.S. MASTERS SWIMMING
MASTERS SWIMMING CANADA
OREGON MASTERS
B.C. MASTERS
BELLINGHAM MASTERS
ORCA SWIM TEAM

www.swimpna.org

www.usms.org

www.compumart.ab.ca/masterssc/

www.swimoregon.org

www.island.net/~bpronk

members.aol.com/Ariston844/bmsc.htm

www.teamseattle.org/orca

45 +			
JESSE PACE	47 GLAD	2:12.72	
CLARK PACE	47		
THOMAS MARSHALL	53		
DEBBIE GLASSMAN	46		
JANE MOORE	49 FWM	2:29.87	
DEMPSEY DYBDAHL	51		
HUGH MOORE	45		
PATRICK SULLIVAN	52		
KATHY GILL	46 FWM	2:30.32	
GREGORY HARRISON 48			
GREG STONER	47		
LINDA HENNING	52		
J GETZENDANER	59 GLAD	2:37.91	
MICHAEL MCCOLLY	54		
PETE LIEKKIO	52		
SANDY MCNEEL	47		
65 +			
JOAN DAVIS	69 GLAD	3:26.95	
DON REHFELDT	65		
KAREN BRYCE	66		
GENE CROSSETT	86		

Shake the Salt Out of Your Diet



Before refrigeration, salt served as a valuable way to preserve food. Unfortunately, in some people, high-sodium diets are linked to high blood pressure, and an accumulation of fluid, called edema. (Salt is 40 percent sodium and 60 percent chloride.)

The taste for salt is acquired, not inborn. So it's possible to wean yourself off salt with no ill effects. Here are some ideas:

- Put away your salt shaker and forget about using it while cooking or at the table.
- Use less seasoned salt, soy sauce, barbecue sauce, or other salty condiments.
- Buy only unsalted varieties of snack foods.
- Avoid foods prepared with salt brine, like pickles, olives, or sauerkraut.
- Limit foods like smoked fish, kippered herring, anchovies, sardines, and caviar.
- Prepare meals from fresh ingredients instead of relying heavily on commercial products that contain salt or other sodium compounds.
- When dining out, ask that foods be made to order, with no salt.

Reprinted from *A Year of Health Hints—365 Practical Ways to Feel Better and Live Longer* © 1998 by Don R. Powell. American Institute for Preventive Medicine.

USMS Safety Tip

Hypothermia can occur in 80 degree water!

Symptoms: Shivering (this may be absent in severe hypothermia), slow, irregular pulse, numbness, glassy stare, apathy, decreasing levels of consciousness.

The very young and very old are most prone to hypothermia.

First aid: Warm, dry clothing. Don't give fluids to a person not fully conscious, and never give alcoholic beverages.

USMS Safety Education News

WetSet Subscription / Change of Address Form

The WetSet is PNA's official newsletter. It is produced 10 times a year and is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for \$12, payable to "PNA MASTERS SWIMMERS". To request a change of address or a new subscription, please send this completed form to:

Suzanne Dills
PNA Registrar
 1101 N Northlake Way
 Seattle WA 98103

IMPORTANT NOTICE—*The WetSet* is sent via bulk mail and is NOT forwarded by the U.S. Postal Service.

CHANGE OF ADDRESS

NEW SUBSCRIPTION

If you would like to become a PNA member or renew your membership, and receive The WetSet and Swim Magazine, please use the Member Registration Form on the back cover of this newsletter.

AFFIX ADDRESS LABEL HERE	
NAME _____	
ADDRESS _____	
CITY/STATE/ZIP CODE _____	
PHONE _____	USMS # _____

Postal Swim News

by Sally Dillon
USMS Long Distance Committee Chairman

May 15th is the "start date" for the annual 5/10K Postal National Championships. Once again, the PNA is hosting this long distance event which runs through September 30th. The official entry form can be found in this *WetSet* on the following two pages. Since most of us don't have access to 50-meter pools, two dates have been set aside for PNA swimmers to participate.

The first opportunity will be Sunday, June 18th, at the Colman Pool. More information is on page 6.

The second opportunity will be August 12th at Federal Way. Each swimmer will need to pay up to \$20 toward the lane rental at the pool. To swim at Federal Way, contact Hugh or Jane Moore at (253) 925-0803 or weswim@mindspring.com.

Participants need to provide their own timers/counters. Swimmers in the 5K event could pair up and count for each other in the time allowed.

It's Open Water Season!

Be on the lookout for swimmers with a gleam in their eyes as summer approaches. You can bet they're watching out for opportunities to swim in our gorgeous lakes—and maybe the Sound. Several open water swims are available for northwest open water enthusiasts. A four swim series is offered in July and August in the Vancouver, BC area. The annual Emerald City swim takes place August 19th in Lake Washington.

Our neighbors to the south, Oregon Masters Swimming, are hosting a number of swims including the USMS National Championships 6-mile event in July. Check out our calendar in this *WetSet* on page 5 or go to the PNA web site, www.swimpna.org, for more open water events.



National One Hour Postal Swim Results

The PNA placed third in the small team division in the 24th Annual One Hour Postal National Championship this past January. Nineteen swimmers swam a cumulative 69,585 yards. **Way to go!**

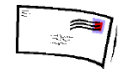
Unfortunately, only two PNA swimmers inquired about participating on relays so none were entered. If our 19 swimmers had combined for relays, PNA could have placed second in women's 45+, fifth in the women's 19+, eighth in the men's 45+ and sixth in the mixed 45+. What a shame that we missed the opportunity!

Top 10 PNA finishers in their age groups were:

A Tallacksen (23)	4875 yds	5th
Karen Leahy (31)	4675 yds	10th
Kathy Casey (51)	4360 yds	2nd
Sally Dillon (53)	4185 yds	4th

Other PNA competitors were:

Kareena King (25)	3325 yds
Nancy Lane (35)	2790 yds
Mary Ann White (40)	4015 yds
Joanne Kirkland (41)	2650 yds
Natasha Eshabana (41)	2590 yds
Deborah Amandoli (46)	3600 yds
Judy Williams (51)	3365 yds
Dempsey Dybdahl (50)	3350 yds
Eric Dybdahl (39)	4460 yds
Hugh Moore (45)	4335 yds
Loren Baker (45)	3915 yds
John Mettler (45)	3100 yds
Elliott Kephart (57)	3370 yds
David Addleman (64)	3600 yds
Jack Akamine (67)	3025 yds



What is a Postal Swim?

Postal swims are simply swims in which you mail your time or distance results to the event host. USMS has specific rules for these events. You need an official timer/counter to record your splits and final time.

Postal swims are a handy way to compete on your own terms, usually in your own pool at a time of your choosing.

- The National One Hour Postal Swim can be done in any length of pool. Just swim for a continuous hour and convert your results to yards for the entry form you mail in to the host team. The person who swims the farthest in an hour is declared the winner. This annual event is held in January.
- The National 5/10K Postal Swims have to be done in 50-meter pools. That's why the PNA finds pool time locally for you. You can swim 5,000 meters, 10,000 meters, or both—the fastest time wins! This event runs May 15 through September 30.
- The National 3000 & 6000 yard Postal Swims have to be done in a 25-yard pool and the fastest time wins these events too. This event runs from September 1 through October 31.
- Other postal events are run by teams around the country. You'll find information about them in *SWIM Magazine*.

A postal swim is a great opportunity to get together with teammates for some fun and fellowship. You can count laps and keep time for each other, cheer each other on, and go celebrate afterward with a well-deserved meal. Team competition is fierce in other Local Masters Swim Committees (LMSCs). Maybe we can generate some enthusiasm here in the PNA!

2000 United States Masters Swimming 5 Kilometer & 10 Kilometer Postal National Championships

Sponsored and Sanctioned by the Pacific Northwest Association of Masters Swimmers. Sanction # 003605.

EVENT: Both the 5 Kilometer (5000 meters) and the 10 Kilometer (10,000 meters) postal swims are National Championship Events.

LOCATION: Any 50 meter pool. The 5K is 100 lengths and the 10K is 200 lengths of a 50 meter pool.

DATE: The swim must be completed on or between May 15 and September 30, 2000. **The event director must receive entries by October 10, 2000.**

ELIGIBILITY: Open to all USMS members with valid 2000 registration. **A photocopy of your 2000 USMS card must be sent with your entry.** Foreign swimmers 19 years of age and older are invited to participate. Proof of membership in your nation's recognized Masters swimming governing organization is required. Foreign swimmers are not eligible for USMS records or All-American status.

CATEGORIES:

INDIVIDUAL: Men and women will compete separately as individuals in five year age groups 19-24, 25-29, 30-34,...100+. The swimmer's actual age on the day of the swim determines the entrant's age group.

INDIVIDUAL DUAL ENTRY: Individuals who change age groups during the time of the event may enter twice but must swim the event twice, one time at each age.

TEAM EVENTS: Team competitions will be held in 3 categories: Men (3 male swimmers), Women (3 female swimmers), and Mixed (2 male and 2 female swimmers). The team whose swimmers have the lowest cumulative time shall be declared the winner. The next lowest cumulative times will be used to determine second, third, and subsequent places.

Each member of a team must also have entered the individual event for their age group. All team members must be registered with the same club. Unattached teams are not permitted. All entries must be made by registered clubs and signed by an authorized official of the club making the entry. The age of the youngest team member shall determine the age group. Teams must swim in the oldest age group for which they are eligible. Age groups are 19+, 25+, 35+...95+.

SCORING: Club scoring will be tabulated based on the top ten individual finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be kept for the men, women, and combined in three categories: 5K, 10K, and Combined.

AWARDS: USMS Long Distance National Championship medals will be awarded to the top three finishers in each age group for the 5K and 10K Championships for men, women, men's teams, women's teams, and mixed teams. First place finishers in each age group will also receive USMS Championship patches. Certificates will be presented to the top three clubs in each category.

RULES: The 2000 USMS Rules govern this event. Drafting, flotation and propulsive devices (pull buoy, fins, paddles, wet suits, etc.) are not permitted. When two swimmers are sharing the same lane, each swimmer shall swim on one side of the lane during the entire race (no circle swimming). The referee shall establish procedures to prevent drafting if more than two swimmers are competing per lane. There shall be an adult acting as a starter/head timer/referee present at all times during the swim. Each swimmer shall have a counter to record split times for every two lengths. One person may serve as a counter for a maximum of two swimmers per heat. A stopwatch or electronic timing system may be used. We suggest that 2 watches with fresh batteries be used to ensure that an official swim can be recorded, to the nearest hundredth of a second.

A 5K National Record may be established by using a swimmer's 5K split time from a completed 10K swim if the intent to record a split time is brought to the attention of the event director in writing.

FEES: The individual entry fee for each event is \$10.00 per swimmer. The team entry fee is \$12.00 per team. All fees are non-refundable. Do not send cash. Make checks payable to PNA Masters Swimmers. Foreign entrants, please submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

RESULTS: Results will be mailed to each entrant. Please allow 4-6 weeks after entry deadline for delivery of results, T-shirts, and awards.

T-SHIRTS: Commemorative T-shirts may be purchased for \$15. For non-US delivery include \$5 for foreign postage for each shirt.

INFORMATION: Questions should be addressed to Jane Moore, Event Director, 1867 58th St NE, Tacoma, WA 98422; (253) 925-0803 (before 10 p.m. Pacific Time).

E-mail: weswim@mindspring.com.

TEAM ENTRY FORM:

Club Name: _____ Club Code: _____ M F Mixed Age Group: _____ 5K 10K

Swimmer's Name	Age	Time
#1 _____ M F	_____	_____
#2 _____ M F	_____	_____
#3 _____ M F	_____	_____
#4 _____ M F	_____	_____

TOTAL TIME

Club Rep Signature: _____ Date: _____

2000 USMS 5K & 10K Postal National Championships

INDIVIDUAL ENTRY FORM:

E-mail address: _____

Name: _____ M F Age: _____ Birthdate: ____/____/____

Address: _____ City: _____ State: _____ Country: _____ Zip: _____

USMS#: _____ - Club Name and Code: _____ Phone: (____) _____ - _____

LIABILITY RELEASE: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR 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.

SIGNATURE: _____ DATE: _____

OFFICIAL TIME: ____: ____: ____ . ____ Final time must be recorded to the nearest one-hundredth second.

We certify that on ____/____/____ (date) the entrant completed the 5K_/10K_ (check only one), in the official time recorded above.

Signature of Swimmer (Required) _____ Signature of Verifier (Required) _____

Mail to: Jane Moore 1867 58th St NE Tacoma, WA 98422-1517 USA

Include: completed entry form split sheet with time for each 100 meters photocopy of USMS card
 signed liability release check for entry fees (entry, T-shirt, and self addressed, stamped postcard
 signed time verification foreign postage or proof of membership if for entry receipt verification
from another country

Fees: Individual Entry Fee (\$10.00 each) _____
Team Entry Fee (\$12.00 per team) _____ TOTAL - payable to PNA Masters Swimmers
T-shirts (\$15.00 each) Size(s) S ___ M ___ L ___ XL ___ XXL ___
Foreign T-shirt postage (\$5.00) _____

SPLIT SHEET:		Record CUMULATIVE time for each 100 meters (to 10ths) and final time (to 100ths).				
100 _____	2100 _____	4100 _____	6100 _____	8100 _____		
200 _____	2200 _____	4200 _____	6200 _____	8200 _____		
300 _____	2300 _____	4300 _____	6300 _____	8300 _____		
400 _____	2400 _____	4400 _____	6400 _____	8400 _____		
500 _____	2500 _____	4500 _____	6500 _____	8500 _____		
600 _____	2600 _____	4600 _____	6600 _____	8600 _____		
700 _____	2700 _____	4700 _____	6700 _____	8700 _____		
800 _____	2800 _____	4800 _____	6800 _____	8800 _____		
900 _____	2900 _____	4900 _____	6900 _____	8900 _____		
1000 _____	3000 _____	5000 _____	7000 _____	9000 _____		
1100 _____	3100 _____	5100 _____	7100 _____	9100 _____		
1200 _____	3200 _____	5200 _____	7200 _____	9200 _____		
1300 _____	3300 _____	5300 _____	7300 _____	9300 _____		
1400 _____	3400 _____	5400 _____	7400 _____	9400 _____		
1500 _____	3500 _____	5500 _____	7500 _____	9500 _____		
1600 _____	3600 _____	5600 _____	7600 _____	9600 _____		
1700 _____	3700 _____	5700 _____	7700 _____	9700 _____		
1800 _____	3800 _____	5800 _____	7800 _____	9800 _____		
1900 _____	3900 _____	5900 _____	7900 _____	9900 _____		
2000 _____	4000 _____	6000 _____	8000 _____	10000 _____		



THE FINAL LAP



Thanks for the Meet

This e-mail, regarding the 2000 Steve Engle Memorial PNA Champs Meet, was sent to Hugh Moore:

I was at the meet both days and it will rank as an important memory to me.

I am new to Masters Swimming. I joined the Green Lake Aqua Ducks last October. I am 48 years old and I have never been able to swim. My brother was blessed with fish-like abilities from a very early age, so the comparison made my rock-like tendencies even more apparent.

I felt like I was in the Olympics this weekend. What a beautiful facility the Federal Aquatic Center is.

This was my second meet and it was a learning experience. I learned that relay team members are very understanding if you take an extra stroke in the breaststroke turn and "DQ". I learned that you hear whistles at the blocks but when you hear the horn you should go—right then!

I learned that all ages and abilities are honored. That was the best thing I learned. Joan Davis is my lane mate at swim practices and I was so grateful that her kindness to new swimmers was recognized and celebrated. I couldn't have thought of a more fitting tribute.

Thank you so much for a wonderful experience. I am going to every meet between now and the next regional meet that I can do.

*See you next year,
Cindy Martin*

**VISIT OUR WEBSITE AT
WWW.SWIMPNA.ORG**

Swim Like a Champion—Nike Champions Clinic

Attend the Nike Champions and Coaches Clinic with B.J. Bedford on June 3rd.

B.J. Bedford, a world class backstroker (1:01 for 100 meters) and sprint freestyler, is the winner of five national titles and a World Championships bronze medal.

The Nike clinic's morning session starts at 8 a.m. and is geared to swimmers. It includes two hours pool and two hours classroom time, plus lunch at noon. A big part of the Nike Clinic is direct feedback from B.J. and the on-deck coaches assisting.

The afternoon coaches session is geared to coaches. It starts with lunch at noon and is followed by the

classroom session at 1 p.m. Topics include coaching certification, club development, event promotion, and communication.

Costs are \$45 for the morning session, \$35 for the afternoon—lunch included.

Call Samena Club at (425) 746-1160 to sign up. Then grab your swimming or coaching gear and head on over to Samena Swim and Recreation Club, 15231 Lake Hills Blvd., Bellevue, Washington on June 3rd.

Space is limited to the first 50 people to sign up. The Nike Clinic is hosted by PNA and the Samena Swim and Recreation Club.



Tom Foley Trident Submarine Tour!

Are you interested in a tour of a Trident submarine and its support facilities at Bangor Submarine Base near Silverdale? I have applied for a tour at the suggestion (and pleading and begging) of tenacious Tiger swimmer Tom Foley. Both are *tentative*—the tour application must be submitted six months in advance and Old Olympic Peninsula Swimmers haven't yet bid for a November meet. I'm requesting the tour for Friday, November 17, to coincide with a meet that Friday evening and Saturday. If enough of us are interested, I'll follow through with arrangements.

The standard tour takes all day, starting at 8:45 a.m., for groups of 15 to 35. We will view a presentation in the Trident Training Facility and see the simulators that the submariners use to develop their navigational, self-defense, and ballistic missile offense skills. After lunch

we'll be bused to the Delta pier for a tour of an actual "boomer." The tour concludes at 3:30 p.m. Your only cost will be \$6-\$8 for lunch, plus any souvenirs (ball caps, shirts, etc.) you might purchase from the ship's store.

You must be able to climb "ladders" (stairs) of 30 feet and be reasonably agile. If you are a "FORN" (Navyspeak for foreign national), we'll need a little extra time to process your passport or green card.

Please let me know if you are interested by July 1—you're welcome to include any and all interested parties. E-mail or snail-mail me at the addresses below, or see me at (but no later than) Orca's "Summer Splash" meet!

Steve Peterson
(360) 692-1669
11165 Central Valley Road
Poulsbo, WA 98370-7014

UNITED STATES MASTERS SWIMMING, INC.
2000 REGISTRATION APPLICATION
 Pacific Northwest Association of Masters Swimmers
 REGISTER WITH SAME NAME YOU WILL USE FOR COMPETITION
 Please print clearly

RENEWAL My current USMS number is _____ **NEW registration**

Name: Print clearly

Last
 First
 Initial

Address:

Street or box number
 Apt number

City
 State
 Zip code

Telephone

Area Code

EMAIL ADDRESS

Date of birth:

Month
 Day
 Year

Age:

M/F:

My club is: Pacific NW Aquatics (PNA)
 Unattached
 Sequim (SQM)

My Team is: _____
 Team Name
 Unattached

If you coach a Masters swim team check here:

1999 ANNUAL FEE Your fee includes a subscription to the WetSet and to SWIM Magazine

Under 65 **\$30** (If after Sep 1, 2000 for 2000: \$15.00) \$ _____
 Senior: 65 & over **\$23** (If after Sep 1, 2000 for 2000: \$11.50) _____
 Canadian fee **\$35** _____

Optional Donations:

Donation of \$1.00 (or \$_____) to the International Swimming Hall of Fame _____
 Donation of \$1.00 (or \$_____) to the USMS Endowment Fund _____

PLEASE MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS TOTAL \$ _____

Mail to: Suzanne Dills, Registrar
 1101 N. Northlake Way
 Seattle, WA 98103
 (206) 779-3654 (w)

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.

Signature _____ Date _____

Pacific Northwest Association of Masters Swimmers
 1867 58th St NE, Tacoma WA 98422

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