

THE WETSET

Pacific Northwest Association
of Masters Swimmers



Volume 22 • Issue 7

Masters Swimmers in Western Washington

September 2002

Summer Meets, Open Water Swims, Postals, and More

What's inside this issue?

As the summer heat ebbs into fall, we remember this summer's events:

Results

LCM Meet at KCAC

LCM Nationals at
Cleveland

National Top 10

Nationals Open Water
for 10K, 5 Mile, and 1
Mile

Then we have fall indoor meets to look forward to:

Entry Forms

BAMFEST

Oak Harbor Pentathlon

Also in this issue:

PNA Teams and Pools

Tips on getting in shape,
food, and workouts

Gordon Gray's
Performance
Percentages

PNA Board meeting
minutes

Backstroke rule change
3000/6000 Yd Postal
Swim



Photo by Sandy McNeel

Jo Moore, Meet Director for the LCM Meet at Weyerhaeuser King County Aquatic Center, squeezed in a couple of first place swims.

LEADING OFF

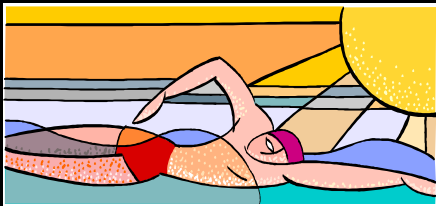
By
Sally Dillon—Guest columnist

Greetings everyone,

The summer light is fading and so are our memories of some fine open water swims. What a nice summer we've had for swimming outdoors! I hope you had an opportunity to enjoy at least one of the many activities on the PNA schedule. While we only sanctioned two open water swims this year (Lake Padden and Fat Salmon) there are events all around us that

PNA swimmers attend. Vancouver, BC, puts on a four event series in lakes and the bay. Idaho has events in lakes and even rivers, and Oregon hosts so many open water events it's hard to keep track. This year Oregon hosted the 1 Mile Open Water National Championship in Cottage Grove and you'll find more information on it elsewhere in this *WetSet*. Hopefully you have had lots of great

(Continued on page 2)



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Officiating: Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Social: Jett Vallandigham

LEADING OFF

(Continued from page 1)

swims and excellent memories—it's such a delight to swim without lane lines and walls each summer!

PNA also provided a long course opportunity for pool swimmers with a meet in July at the Weyerhaeuser King County Aquatic Center in Federal Way. Thanks to GLAD for being the host and organizers. Fast swims and good times were had by all who attended. A good number of hearty souls stuck around after the meet to do 5K and 10K swims for entry in the USMS Postal Championship. On August 18, four more PNA swimmers tackled the event at the long course pool in Port Orchard. Best of luck to all of those who participated in the postal event. The individual results will be combined for relay teams that PNA will support. I am the coordinator for this event so, if you haven't already done so, please send me your official entry form with your splits.

As you head indoors for fall training, I hope you'll consider entering one or both of our fall swim meets. There's nothing like a challenge against the stopwatch to help you decide if you're in shape or not. If you've never swum in a pool event, both of these fall meets promise to be low key and lots of fun. This may be a good time to give competition a try.

The 5th annual SCM Pentathlon will be held in Oak Harbor on Whidbey Island, September 28. This year the warm-ups are at noon and the competition begins at 1 pm. That makes for an easy "get up" and drive to get there

in time! If you've never attended the pentathlon, maybe this is the year to try it out. The concept is for you to swim five events, one of each stroke plus an IM. You can select from three different divisions: Sprinters swim a 50 of each stroke and a 100 IM. The more ambitious swim a 100 of each stroke and a 200 IM. **And, the really ambitious "animals"** swim 200 of each stroke and a 400 IM. Whew! Makes me tired thinking of it but it's a popular event, honest! It's okay if you want to swim just two or three events also but special awards go to those who swim a pentathlon. The schedule is such that the three distances of one stroke are held before going on to the next so it's inadvisable to enter more than one distance of any particular stroke.

The other meet planned for this fall is the 1st Annual BAMFEST SCY Swim Meet. That means, if we support it with our attendance we can expect a second annual event next year! The Bainbridge Area Masters team has a new pool that they want to show off and they'll be hosting a "high school format" meet on October 19. Unlike "high schoolers" you are not limited to three events and you can swim up to five of the events offered. There are relays too so encourage your teammates to show up. You'll find the official entry form for both of these meets in this *WetSet*.

Hope to see you there!

Sally



MASTERS 2002 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**.

May 15-September 30
USMS 5K/10K Postal Champs
[http://www.usms.org/longdist/
ldnats02/5k10kentry.pdf](http://www.usms.org/longdist/ldnats02/5k10kentry.pdf)

September 1-October 31
USMS 3000/6000 Yd Postal
Champs
Marty Hamburger
(404) 325-4177
marty@dynamomasters.com
[http://www.usms.org/longdist/
ldnats02/30006000entry.pdf](http://www.usms.org/longdist/ldnats02/30006000entry.pdf)

September 8-15
US Aquatic Sports Convention
Dallas/Fort Worth, TX

September 14
Jewish Community Ctr Meet SCM
Salt Lake City, UT
Doug Smith
(801) 521-8075
swmdocdou@aol.com

September 28
Whidbey Island Pentathlon SCM
Oak Harbor, WA
Sally Dillon
(360) 679-5038
salswmr@earthlink.net

September 28
PNA Board Meeting
Oak Harbor, WA
(after Pentathlon meet)

For PNA Board information, e-mail
Steve Peterson at
speterson@bandwagon.net.

September 21
2nd Annual George Hale Memorial
Invitational Swim Meet
Anchorage, AK, SCM
Dave Leonard
dleonard@ak.net

Oct 1, 2002-Sep 30, 2003
Long Course Meter Season

October 7-13
LCM World Masters Games
Melbourne, Australia
info@2002worldmasters.org
www.2002worldmasters.org

October 19
Bainbridge Island Meet, SCY
Bainbridge Island
Lynn Wells
(206) 824-2302 X17
swimlynn@usms.org

October 20
Deadline for articles for November
WetSet

October 22
PNA Board Meeting

May 15-18, 2003
Short Course Nationals
Arizona State University
Tempe, AZ

May 15-September 30, 2003
2003 USMS 5K/10K Postal
Championship
Mel Goldstein
(317) 253-8289
goldstein@mindspring.com

June 4, 2003
2003 USMS 3K Open Water
Championship
Hartwell Lake, Clemson, SC
Jacque Grossman
(864) 654-4704
jelg@innova.net

June 21, 2003
USMS 1-Mile Open Water
Championship
Eagle Creek Reservoir,
Indianapolis, IN
Mel Goldstein (317) 253-8289
goldstein@mindspring.com

Got something to say?

Submit your material for the
October WetSet by September 20th
to swim@troutlake.com.

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
Pacific Northwest LMSC
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

www.swimpna.usms.org
www.usms.org
www.northwestzone.org
www.swimoregon.org
www.swimoregon.org
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

What's happening at the PNA Board Meetings?

PNA Board Meeting Minutes

By Steve Peterson
PNA Secretary



May 22, 2002—President Lee Carlson called the meeting to order at 7:12 pm following pizza at the Kelkari Condominiums, Issaquah. Attendees included Kathy Casey, Jeanne Ensign, Cindy Martin, Hugh Moore, Jane Moore, Steve Peterson, and Sarah Welch. These eight represented Federal Way, Ft. Steilacoom—WAKO, GLAD, OOPS, Swim Seattle, and the membership at large. There being no quorum present, the motions approved will be adopted by accepting these minutes next month.

Minutes: The Board approved the April meeting minutes as amended.

Treasurer's Report: The Board approved the Treasurer's report as presented. Total PNA assets are \$51,487 including the Wiggin Fund's \$2,792. The Board approved an expenditure of \$264.70 to cover ribbons for Zones/Champs. Jeanne completed and filed the IRS Form 990 tax return.

Membership: To date, 867 swimmers are registered. Cindy has had some trouble with the registration database software, reinstalled following repair of her PC. Hugh is familiar with the database, so will contact Cindy to assist.

Awards: Hugh and Jane Moore were selected as this year's Ransom Arthur Award winners. Since the Moores were not attending Short Course Nationals, Kathy Casey invited them to Azteca with Lee and Dee, Jeanne, Tom and Elaine Taylor, and Walt—presenting the award within hours of USMS President Jim Miller's announcement in Hawaii.

Newsletter: June 17 is the submission deadline for the July/August issue. Sandy has moved the *WetSet* printing to Kinko's.

Constitution and Bylaws: Jane notes that now is the time to consider changes, should any be warranted.

Meets: The Board approved GLAD as the meet host for the July 27 LCM meet at KCAC. Jeanne and the meet co-directors will contact KCAC to finalize meet arrangements. Jeanne commented on Fat Salmon Swim (July 20) preparations. This year's swim will be capped at 300 swimmers. More volunteers (70 to 80) are needed. Kathy and Cindy will send her the names of race timing outfits.

Open Water Clinic: Sally arranged with Michael Collins to instruct. Sarah Welch will pick him up at SeaTac June 29th. Mike will be returning to do the Mentor Coaches Clinic, October 12-13. **Fitness Clinic:** Gary Chase will be a presenter.

King County Park and Pool Closures: King County's weekly informal online poll asked visitors to select their "most valued recreational facility." An e-mail effort today caused "Pools" to rise from 1% to 10%. "Off-leash dog areas in parks" hovered around 70%. For more details, go to www.metrokc.gov/comments/comment.cfm. E-mail comments to the Metropolitan Parks Task Force at MetropolitanParks@attbi.com.

Nationals Relays: Lynn Wells, SC Nationals relay coordinator, came up about \$62 short. Steve will work with her to collect the fees from participating swimmers.

Sunshine Committee: Word came that Coupeville swimmers Steve

and Debbie Crocker were injured at their business recently.

USMS Planning Committee: Lee drafted a response to Betsy Durrant's questionnaire, "How can USMS help your LMSC?" summarizing PNA's strong and weak points.

USMS History and Archives Committee: Jeanne stated that Meegan and Jim Wilson seek input including stories and oral histories on swimmers that have been named USMS All Americans. Many have already been collected and are posted at <http://www.swimgold.org/zone/>. Lee will contact Tom Foley for his archives; Hugh will contact Dave Addleman about writing.

The Board approved adjourning the meeting at 8:52 pm.

June 25, 2002—President Lee Carlson called the meeting to order at 7 pm at Jan Kavadas' condominium, Edmonds. Attendees included Kathy Casey, Sally Dillon, Jeanne Ensign, Jan Kavadas, Sandy McNeel, Hugh Moore, Steve Peterson, Walt Reid, and Sarah Welch. These ten represented Federal Way, Ft. Steilacoom—WAKO, GLAD, Mercer Island, North Whidbey, OOPS, Swim Seattle, and the membership at large.

Minutes: The Board approved the May meeting minutes as corrected, thereby accepting all motions approved but for lack of a quorum.

Treasurer's Report: The Board approved the Treasurer's report as presented. Total PNA assets are \$50,849 including the Wiggin



Fund's \$2,792. Sarah suggested investing a portion and Jeanne recommended no longer than one year. The Board approved purchasing a 6-month CD and a one-year CD (\$10K each). The Board also approved a \$14 check to cover Lynn Wells' shortfall in Nationals relay fees (above the \$50 previously allocated) and \$23 for mailing plaques to Champs Zone Meet Team Division winners.

Committee Reports: Lee's introductory remarks included kudos to all for a successful Nationals and to our Ransom Arthur Award winners. But challenges lay ahead in big shoes to fill with our webmaster leaving and two clinics to present.

Newsletter: Sandy will add the entry form for the Zone Champs Meet (Utah). Lee delegated "Leading Off" article writing as follows:

September—Sally

October—Lee

November—Jeanne

January—Sarah

March—Steve

The Board approved a dinner certificate for Sandy for her continuing outstanding work as Newsletter Editor.

Open Water: Sally suggested removing "ad hoc" to make this a standing committee and updating the name to Long Distance. Hugh will check with Jane on policy and procedure.

Lake Padden Open Water Swim: The weather and event went well with 68-degree water, 83 swimmers, and commemorative towels available for early registrants. The public address system worked well, and Barb Gundred led the way dancing to rock music.

Fat Salmon Open Water Swim: Jeanne reported that more kayakers are needed. The entrants limit is set at 300. Ed Artis suggested that the PNA or other

entity take over sponsoring this event next year. Event details can be found at www.kavalogics.com.

Computer Applications: The McCleerys have resigned as PNA webmasters to pursue other interests. The Board approved a \$50 restaurant gift certificate for Jim and Mardi with applause for their service.

Constitution And Bylaws: Lee suggested a co-Chair format to replace the President/Chair, to spread the load of promoting Masters, preserving pools, and writing articles for the *WetSet*.

Fitness: Pam Himstreet (Oregon Masters/USMS Fitness) is asking LMSCs to suggest local bodies of water for "virtual swims" (Lake Washington came to mind immediately). Swimmers would then log distances completed against their venue of choice. Lee will contact Carolyn Behse with the details. This item will be discussed next meeting.

Meets: Dan Frost noted that BAM is on track for their October meet. The Board approved the date while the specific event order (high school format) remains to be accepted. Sally suggested that the meet bid package be prepared now to foster and solicit meets for fall and 2003. Kathy Casey wants a pool length certification question (for 25 and 50 meter pools) added to the bid application. **Long Course Meet (July 27):** Jeanne reported that planning is proceeding. The only hang-up has been establishing contact with the KCAC staff.

Officials: The National Disability Championships at KCAC (June 13-17) were successful and well staffed with officials. Kiko Van Zandt was co-meet Director. Pictures will be tracked down for the *WetSet*. Participants especially appreciated the door monitor staff, which included Jan Kavadas.

Top Ten: Walt is tracking down one relay omitted from the Zone Champs results. Walt will also verify that Mike McColly swam the 200

Mixed Free Relay (55+) in place of Sonny Garrett in Hawaii.

Safety: Kathy notes that the Safety Equipment inventory should still accompany the meet financial report. How can we simplify this procedure to guarantee compliance?

Clinics: Open Water Clinic (June 29th): To date, 23 have registered. Lake Washington's water is "warm."

Mentor Coaches Clinic (October 12-13): Lee seeks help to coordinate this; Michael Collins will be the featured mentor. **Fitness Clinic:** Plans are progressing for this January event.

Convention: The Board discussed the makeup of the PNA delegation, approving Jane as a regular delegate. Lee's delegate status is authorized by policy (and acclamation). PNA will relinquish one of its two at large positions to accommodate the Inland Northwest LMSC.

King County Park and Pool Closures: Hugh attended a King County Parks Task Force meeting last week. There is a very real danger of pools closing because of a \$25 million budget shortfall. Cities may be pressured to take over the county pools. The Board members will write to King County Executive Ron Sims and County Council members. Online discussion is available on Sim's "e-clips" page (www.MetroKC.gov).

National Relay Fee Policy: The Board approved the wording proposed by Sally and Sarah as amended, whereby PNA will fund relay fees for national meet and postal competitions. Sally will update and distribute the policy. Sally also volunteered to serve as relay coordinator for the 5 K / 10 K postal.

Ransom Arthur Award: Kathy Casey seeks ammunition on Hugh and Jane for the traditional presentation at Convention.

The Board approved adjourning the meeting at 9:27 pm.



PNA SWIMMING NEWS - NEWS - NEWS



King County Pools

This is the current status of King County's plans for the following pools:

- Auburn Pool—mothball January 1, 2003
- Cottage Lake Pool—keep open
- Enumclaw Pool—transfer or mothball
- Evergreen Pool—keep open
- Federal Way Pool—transfer or mothball
- Kent Pool—transfer or mothball
- Mercer Island Pool—transfer or mothball
- Mt. Rainier Pool—transfer or mothball
- Northshore Pool—transfer or mothball
- Redmond Pool—transfer or mothball
- Renton Pool—keep open
- Si View Pool—transfer or mothball
- South Central Pool—transfer or mothball
- Tahoma Pool—keep open
- Vashon Pool—keep open
- Weyerhaeuser King County Aquatic Center—keep open



If you live in King County, contact your County Councilmen and find out if they support the plan. Contact information is available at <http://www.metrokc.gov/mkcc/Members/members.htm>.

New PNA Web Master Announced

The job is maintaining and updating the PNA web site (www.swimpna.org) is now being handed over to Jim Williams. Jim swims with Bellingham Masters and formerly maintained the Bellingham Masters web site. Jim's e-mail address is psw@attbi.com.

Long Bridge Swim, Sandpoint, Idaho

The results from the Long Bridge Swim in Sandpoint, Idaho, are now posted on the web site: <http://sandpoint.org/longbridgeswim>. This popular 1.76-mile open water swim was held on August 17.

PNA Long Course Meters Meet King County Aquatic Center

Weyerhaeuser King County Aquatic Center, July 27, 2002—PNA swimmers got to test their swimming in a 50-meter pool at the Long Course Meters swim meet, hosted by Greenlake Aquaducks.

Nine PNA records were set by Harrold Tauscher, Livia Walker, Mary Lassiter, Jean Dillon, and Sarah Welch. Harrold broke four PNA records, the most of any swimmer in the meet. Livia broke two records.

Eight Zone records set by Karen Andrus-Hughes (3 records), Mary Lassiter (2 records), Barbara Frid (2 records), Joy Ward, and Gilbert Young.

One National record set by Joy Ward in the 50-meter fly. Joy is a 60-year old who traveled from Oregon to swim in our meet. Apparently she was just warming up at our meet, as three weeks later Joy traveled to the USMS Long Course Nationals in Cleveland and broke two world records.

- P PNA Record
- Z Northwest Zone Record
- N National Record

Results

July 27, 2002
Long Course Meters

WOMEN 19-24

100 M. FREE			
MARY LASSITER	20 GLAD	1:07.07	P
200 M. FREE			
MARY LASSITER	20 GLAD	2:27.19	Z
400 M. FREE			
MARY LASSITER	20 GLAD	5:02.71	Z
50 M. BACK			
ROSANNE RITCH	22 SWIM	38.41	
100 M. BACK			
MARY LASSITER	20 GLAD	1:19.50	
ROSANNE RITCH	22 SWIM	1:26.94	
200 M. BACK			
ROSANNE RITCH	22 SWIM	3:04.77	



50 M. BRST		
JAMI SCHWAB	20 LYN	43.95
ROSANNE RITCH	22 SWIM	45.20
100 M. BRST		
JAMI SCHWAB	20 LYN	1:36.72
200 M. BRST		
MARY LASSITER	20 GLAD	3:19.47

WOMEN 25-29

50 M. FREE		
STEFFY ECKERS	27 EBSC	29.91
HEIDI HANSEN	25 ORCA	32.53
HEATHER PARKER	27 OWET	32.84
JESSICA IVEY	26 PNA	34.80
100 M. FREE		
STEFFY ECKERS	27 EBSC	1:04.11
HEATHER PARKER	27 OWET	1:13.78
HEIDI HANSEN	25 ORCA	1:17.46
JESSICA IVEY	26 PNA	1:24.46
200 M. FREE		
LISA PERMENTIER	27 OWET	2:43.68
SARAH MARCHILDON	28 EBSC	2:51.34
400 M. FREE		
JEAN DILLON	28 LYN	5:09.24
LISA PERMENTIER	27 OWET	5:43.79
SARAH MARCHILDON	28 EBSC	6:06.20
50 M. BACK		
HEIDI HANSEN	25 ORCA	39.86
100 M. BACK		
HEIDI HANSEN	25 ORCA	1:32.98
SARAH MARCHILDON	28 EBSC	1:41.57
50 M. BRST		
JEAN DILLON	28 LYN	37.32 P
JESSICA IVEY	26 PNA	43.66
100 M. BRST		
JEAN DILLON	28 LYN	1:21.05
50 M. FLY		
STEFFY ECKERS	27 EBSC	31.79
HEATHER PARKER	27 OWET	36.34
JESSICA IVEY	26 PNA	37.96
HEIDI HANSEN	25 ORCA	38.21
SARAH MARCHILDON	28 EBSC	40.38
JEN RICHTER	29 WSYD	56.31
100 M. FLY		
HEATHER PARKER	27 OWET	1:20.12
JEN RICHTER	29 WSYD	2:05.08
200 M. FLY		
SARAH MARCHILDON	28 EBSC	3:46.78
JEN RICHTER	29 WSYD	4:32.40
200 M. I.M.		
STEFFY ECKERS	27 EBSC	2:49.53
HEATHER PARKER	27 OWET	3:00.66
LISA PERMENTIER	27 OWET	3:12.26
JEN RICHTER	29 WSYD	4:27.33
400 M. I.M.		
STEFFY ECKERS	27 EBSC	5:59.86
JEN RICHTER	29 WSYD	9:08.40

WOMEN 30-34

50 M. FREE		
KARIN HEUSTED	34 LYN	31.56
JOANNA HUPP	32 UNAT	33.21
100 M. FREE		
YURIKO POEHLMAN	33 TIG	1:07.58
JOANNA HUPP	32 UNAT	1:19.45
400 M. FREE		
ANNELLE HARMER	34 EBSC	5:53.66
50 M. BACK		
ANNELLE HARMER	34 EBSC	42.32
JOANNA HUPP	32 UNAT	43.95
50 M. BRST		
JOANNA HUPP	32 UNAT	44.74
200 M. BRST		
KARIN HEUSTED	34 LYN	3:24.18
50 M. FLY		
KARIN HEUSTED	34 LYN	32.87
JOANNA HUPP	32 UNAT	36.93
ANNELLE HARMER	34 EBSC	37.26
200 M. I.M.		
KARIN HEUSTED	34 LYN	2:55.40
ANNELLE HARMER	34 EBSC	3:07.03

400 M. I.M.		
KARIN HEUSTED	34 LYN	6:17.14

WOMEN 35-39

50 M. FREE		
MAYA BUTTERFIELD	38 EBSC	36.85
YAM SIEBER	35 WSYD	42.81
100 M. FREE		
YAM SIEBER	35 WSYD	1:39.55
200 M. FREE		
YAM SIEBER	35 WSYD	3:47.53
TERRI NELSON	39 FST	3:49.07
50 M. BACK		
YAM SIEBER	35 WSYD	1:03.38
50 M. BRST		
YAM SIEBER	35 WSYD	58.91
100 M. BRST		
TERRI NELSON	39 FST	2:37.40
50 M. FLY		
MAYA BUTTERFIELD	38 EBSC	46.81
100 M. FLY		
MAYA BUTTERFIELD	38 EBSC	1:46.61
200 M. FLY		
SEUJAN BETRAM	35 WSYD	4:33.06
200 M. I.M.		
TERRI NELSON	39 FST	4:39.62
400 M. I.M.		
SEUJAN BETRAM	35 WSYD	8:37.60

WOMEN 40-44

50 M. BACK		
PATRICIA NESS	40 ORCA	43.01
50 M. BRST		
TONYA BERG	43 GLAD	41.20
100 M. BRST		
TONYA BERG	43 GLAD	1:30.99
200 M. BRST		
TONYA BERG	43 GLAD	3:16.39
50 M. FLY		
PATRICIA NESS	40 ORCA	41.09
200 M. I.M.		
PATRICIA NESS	40 ORCA	3:22.37

WOMEN 45-49

50 M. FREE		
DEBBIE GLASSMAN	49 GLAD	31.71
CHRISTINE PRUNEAU	45 WSYD	39.00
100 M. FREE		
JO MOORE	47 GLAD	1:10.58
DEBBIE GLASSMAN	49 GLAD	1:11.08
CHRISTINE PRUNEAU	45 WSYD	1:31.13
200 M. FREE		
JO MOORE	47 GLAD	2:35.11
CHRISTINE PRUNEAU	45 WSYD	3:14.14

Team Abbreviations

BEST	Bellevue Eastside Masters
BMSC	Bellingham Masters
EBSC	English Bay Swim Club BC
FISH	Fish Stick Masters Oregon
FWM	Federal Way Masters
GLAD	Green Lake Aqua Ducks
HMST	Husky Masters
LYN	Lynnwood Sharks
MAC-	Multnomah Athletic Club
MIR	Mercer Island Redwoods
MSBC	Masters Swimmers of BC
NEO	North End Otters
NH	Newport Hills Swim Team
NWM	North Whidbey Masters
ORCA	ORCA
OREG	Oregon Master Swimmers
OWET	Oregon Wet Masters
PNA	Pacific Northwest Association
PRO	PRO
SDSM	San Diego Swim Masters
SWIM	Swim Seattle
SPM	St. Pete Masters
TACY	Tacoma Pierce Co YMCA
TIG	Tigers
UNAT	Unattached
WSYD	West Side YMCA Dolphins

400 M. FREE		
K.ANDRUS-HUGHES	45 OWET	5:13.29 Z
50 M. BACK		
K.ANDRUS-HUGHES	45 OWET	33.75 Z
TERI HENDRIX	49 MAC-	39.74
K.BLANCHARD	47 SWIM	46.04
CHRISTINE PRUNEAU	45 WSYD	50.64
100 M. BACK		
K.ANDRUS-HUGHES	45 OWET	1:14.61 Z
K.BLANCHARD	47 SWIM	1:49.09
CHRISTINE PRUNEAU	45 WSYD	1:51.82
200 M. BACK		
K.ANDRUS-HUGHES	45 OWET	2:48.12
TERI HENDRIX	49 MAC-	3:06.04
K.BLANCHARD	47 SWIM	3:47.74
50 M. BRST		
LANI DOELY	46 GLAD	47.70



Thomas Walker and Seujan Betram swim a close race in the 400 IM.

Photo by Sandy McNeel



Alden Kroll from Husky Masters in the 200 IM.

100 M. BRST			
TERI HENDRIX	49 MAC-	1:36.07	
LANI DOELY	46 GLAD	1:44.95	
200 M. BRST			
LANI DOELY	46 GLAD	3:42.87	
50 M. FLY			
DEBBIE GLASSMAN	49 GLAD	33.85	
KAREN WOLF	46 SWIM	38.60	
K.BLANCHARD	47 SWIM	47.44	
100 M. FLY			
DEBBIE GLASSMAN	49 GLAD	1:17.40	
KAREN WOLF	46 SWIM	1:23.03	
200 M. FLY			
DEBBIE GLASSMAN	49 GLAD	3:03.98	
KAREN WOLF	46 SWIM	3:11.16	
400 M. I.M.			
TERI HENDRIX	49 MAC-	6:40.98	

WOMEN 50-54

50 M. FREE			
SANDY MCNEEL	50 GLAD	42.44	
100 M. FREE			
SANDY MCNEEL	50 GLAD	1:34.06	
200 M. FREE			
JANE MOORE	52 FWM	3:37.74	
400 M. FREE			
SANDY MCNEEL	50 GLAD	7:30.88	
100 M. BRST			
JANE MOORE	52 FWM	2:14.48	

WOMEN 55-59

50 M. FREE			
SARAH WELCH	55 SWIM	35.22	
JACKIE QUATTRO	55 FISH	36.14	
ARNI LITT	56 GLAD	45.22	
100 M. FREE			
JACKIE QUATTRO	55 FISH	1:23.14	
200 M. FREE			
SARAH WELCH	55 SWIM	3:04.59	
400 M. FREE			
JACKIE QUATTRO	55 FISH	6:22.25	
JEANNE ENSIGN	56 GLAD	7:46.25	
50 M. BACK			
JACKIE QUATTRO	55 FISH	47.06	
SARAH WELCH	55 SWIM	49.82	
50 M. BRST			
GINGER PIERSON	56 MAC-	43.16	
ARNI LITT	56 GLAD	52.74	
100 M. BRST			
GINGER PIERSON	56 MAC-	1:37.12	
ARNI LITT	56 GLAD	1:53.61	
200 M. BRST			
GINGER PIERSON	56 MAC-	3:35.93	
ARNI LITT	56 GLAD	4:07.14	
50 M. FLY			
SARAH WELCH	55 SWIM	41.69	
ARNI LITT	56 GLAD	55.85	

100 M. FLY			
GINGER PIERSON	56 MAC-	1:37.55	
200 M. I.M.			
GINGER PIERSON	56 MAC-	3:23.87	
SARAH WELCH	55 SWIM	3:34.77 P	

WOMEN 60-64

50 M. FREE			
JOY WARD	60 OREG	34.64 Z	
BARBARA FRID	60 OREG	34.96	
100 M. FREE			
BARBARA FRID	60 OREG	1:19.70	
50 M. BACK			
BARBARA FRID	60 OREG	42.17 Z	
JOY WARD	60 OREG	42.52	
100 M. BACK			
BARBARA FRID	60 OREG	1:38.29	
50 M. BRST			
BONNIE PRONK	60 MSBC	41.02	
BARBARA FRID	60 OREG	46.31 Z	
200 M. BRST			
BONNIE PRONK	60 MSBC	3:18.21	
50 M. FLY			
JOY WARD	60 OREG	36.61 N	
400 M. I.M.			
BONNIE PRONK	60 MSBC	6:54.22	

WOMEN 65-69

50 M. FREE			
KAREN BRYCE	69 GLAD	54.11	
100 M. FREE			
CAROLYN BALDWIN	68 TIG	2:12.23	
200 M. FREE			
LAVELLE STOINOFF	69 MAC-	2:58.76	
BARBARA ATWOOD	69 SPM	4:11.57	
400 M. FREE			
LAVELLE STOINOFF	69 MAC-	6:10.32	
50 M. BACK			
BARBARA ATWOOD	69 SPM	51.98	
CAROLYN BALDWIN	68 TIG	1:16.77	
100 M. BACK			
BARBARA ATWOOD	69 SPM	1:54.70	
200 M. BACK			
LAVELLE STOINOFF	69 MAC-	3:34.15	
BARBARA ATWOOD	69 SPM	4:17.21	
50 M. BRST			
CAROLYN BALDWIN	68 TIG	1:10.74	
200 M. I.M.			
BARBARA ATWOOD	69 SPM	4:54.42	

WOMEN 70-74

400 M. FREE			
JANET KAVADAS	71 NEO	10:45.28	
50 M. BRST			
JANET KAVADAS	71 NEO	1:14.50	
200 M. I.M.			
GAIL ROPER	73 UNAT	3:41.61	
400 M. I.M.			
GAIL ROPER	73 UNAT	7:56.70	

WOMEN 80-84

100 M. FREE			
MARION CHADWICK	81 PNA	2:47.92	
200 M. FREE			
MARION CHADWICK	81 PNA	6:09.91	
400 M. FREE			
MARION CHADWICK	81 PNA	13:04.46	
100 M. BACK			
MARION CHADWICK	81 PNA	3:17.15	
200 M. BACK			
MARION CHADWICK	81 PNA	7:04.82	
50 M. BRST			
LIVIA WALKER	80 GLAD	1:33.96	
100 M. BRST			
LIVIA WALKER	80 GLAD	3:36.12 P	
200 M. BRST			
LIVIA WALKER	80 GLAD	7:43.65 P	

MEN 19-24

100 M. FREE			
ALDEN KROLL	19 HMST	58.44	
200 M. FREE			
JASEN SPEER	21 SWIM	2:23.37	
100 M. BACK			
ALDEN KROLL	19 HMST	1:07.47	
JASEN SPEER	21 SWIM	1:20.27	
200 M. BACK			
ALDEN KROLL	19 HMST	2:38.25	
JASEN SPEER	21 SWIM	2:56.00	
100 M. BRST			
ALDEN KROLL	19 HMST	1:16.32	
JASEN SPEER	21 SWIM	1:32.08	
200 M. BRST			
JASEN SPEER	21 SWIM	3:25.66	
200 M. I.M.			
ALDEN KROLL	19 HMST	2:37.14	

MEN 25-29

50 M. FREE			
KEVIN SIVERSTSON	27 OWET	28.22	
ROSS LINDERMAN	25 ORCA	28.30	
STEVEN ROSARIA	28 PRO	28.85	
100 M. FREE			
KEVIN SIVERSTSON	27 OWET	1:02.86	
ROSS LINDERMAN	25 ORCA	1:04.35	
MATT LUSK	28 ORCA	1:05.00	
STEVEN ROSARIA	28 PRO	1:05.37	
200 M. FREE			
STEVEN ROSARIA	28 PRO	2:28.13	
MATT LUSK	28 ORCA	2:28.36	
400 M. FREE			
MATT LUSK	28 ORCA	5:17.40	
50 M. BACK			
ROSS LINDERMAN	25 ORCA	34.86	
DAVID CRETIN	27 UNAT	38.30	
100 M. BACK			
DAVID CRETIN	27 UNAT	1:28.06	
200 M. BACK			
ROSS LINDERMAN	25 ORCA	3:10.07	
DAVID CRETIN	27 UNAT	3:16.69	
50 M. BRST			
STEVEN ROSARIA	28 PRO	36.05	
100 M. BRST			
STEVEN ROSARIA	28 PRO	1:24.41	
50 M. FLY			
KEVIN SIVERSTSON	27 OWET	29.32	
ROSS LINDERMAN	25 ORCA	29.97	
100 M. FLY			
KEVIN SIVERSTSON	27 OWET	1:08.26	
DAVID CRETIN	27 UNAT	1:26.87	
200 M. I.M.			
KEVIN SIVERSTSON	27 OWET	2:48.38	
MATT LUSK	28 ORCA	2:49.70	

MEN 30-34

50 M. FREE			
MARK OLDHAM	33 EBSC	25.90	
SCOTT SKOGLUND	31 GLAD	27.37	
100 M. FREE			
MARK OLDHAM	33 EBSC	57.19	
SCOTT SKOGLUND	31 GLAD	1:01.07	
TOM SCHULTZ	31 PNA	1:09.99	
200 M. FREE			
SCOTT SKOGLUND	31 GLAD	2:14.18	
MARK OLDHAM	33 EBSC	2:14.89	
TOM SCHULTZ	31 PNA	2:37.89	
MARK DAVIS	32 SWIM	2:50.66	
400 M. FREE			
MARK OLDHAM	33 EBSC	4:50.14	
TOM SCHULTZ	31 PNA	5:43.82	
MARK DAVIS	32 SWIM	6:03.13	
50 M. FLY			
DAN FROST	34 NWM	31.67	
200 M. FLY			
DAN FROST	34 NWM	2:50.23	
200 M. I.M.			
TOM SCHULTZ	31 PNA	3:09.09	



Before the meet, Bill Reeder, the Announcer, chats with Frank Toles, one of the Meet Officials.

MEN 35-39

50 M. FREE		
GANO BUTCHER	38 OWET	28.45
CHRIS GAARDER	37 OWET	29.10
JAMES MCNAMARA	35 ORCA	29.84
100 M. FREE		
CHRIS GAARDER	37 OWET	1:02.87
JACK HILOVSKY	39 ORCA	1:30.14
200 M. FREE		
CHRIS GAARDER	37 OWET	2:23.96
JACK HILOVSKY	39 ORCA	3:33.93
50 M. BACK		
STEVEN PARMENTIER	37 OWET	31.48
GANO BUTCHER	38 OWET	35.30
50 M. BRST		
KEVIN ESKO	36 UNAT	34.81
CHRIS GAARDER	37 OWET	35.64
GANO BUTCHER	38 OWET	36.05
JIM LASERSOHN	37 ORCA	38.49
ROBERT KING	36 SWIM	40.67
JACK HILOVSKY	39 ORCA	51.37
100 M. BRST		
KEVIN ESKO	36 UNAT	1:18.41
JIM LASERSOHN	37 ORCA	1:29.39
ROBERT KING	36 SWIM	1:32.92

200 M. BRST

KEVIN ESKO	36 UNAT	3:05.24
JIM LASERSOHN	37 ORCA	3:11.05
JACK HILOVSKY	39 ORCA	4:05.50
50 M. FLY		
MATT STAUFFER	38 FWM	29.58
STEVEN PARMENTIER	37 OWET	30.16
GANO BUTCHER	38 OWET	30.34
JAMES MCNAMARA	35 ORCA	34.90
100 M. FLY		
MATT STAUFFER	38 FWM	1:07.15
200 M. FLY		
MATT STAUFFER	38 FWM	2:43.81
200 M. I.M.		
GANO BUTCHER	38 OWET	2:42.86
ROBERT KING	36 SWIM	3:07.50
400 M. I.M.		
JIM LASERSOHN	37 ORCA	6:25.10
ROBERT KING	36 SWIM	6:50.41

MEN 40-44

50 M. FREE		
JAMES LITTLEFIELD	42 UNAT	28.35
PERRY MORIN	44 GLAD	29.38
JON PALANUK	42 OWET	30.73
RON OREN	43 LYN	32.48
100 M. FREE		
JAMES LITTLEFIELD	42 UNAT	1:03.79
PERRY MORIN	44 GLAD	1:05.12
DANIEL CHARETTE	40 EBSC	1:07.05
MICHAEL JONES	42 MIR	1:09.10
RON OREN	43 LYN	1:13.43
MATHEW BITTNER	43 UNAT	1:21.76
BRAD PALMER	42 ORCA	1:26.02
200 M. FREE		
PERRY MORIN	44 GLAD	2:27.24
RON OREN	43 LYN	2:49.00
MATHEW BITTNER	43 UNAT	3:27.00
400 M. FREE		
MICHAEL JONES	42 MIR	5:29.48
50 M. BACK		
JAMES LITTLEFIELD	42 UNAT	34.03
DANIEL CHARETTE	40 EBSC	38.07
JON PALANUK	42 OWET	38.16
100 M. BACK		
DOUG PORTELANCE	44 UNAT	1:07.87

JAMES LITTLEFIELD	42 UNAT	1:15.93
DANIEL CHARETTE	40 EBSC	1:22.21
50 M. BRST		
MIKE DOWD	44 MAC-	39.83
JON PALANUK	42 OWET	40.28
BRAD PALMER	42 ORCA	53.86
100 M. BRST		
MIKE DOWD	44 MAC-	1:28.95
200 M. BRST		
MIKE DOWD	44 MAC-	3:17.41
50 M. FLY		
JON PALANUK	42 OWET	33.42
100 M. FLY		
MICHAEL JONES	42 MIR	1:13.77
MIKE DOWD	44 MAC-	1:27.93
200 M. I.M.		
MIKE DOWD	44 MAC-	3:10.24
BRAD PALMER	42 ORCA	4:06.32

MEN 45-49

100 M. FREE		
GILLES BEAUDIN	48 EBSC	1:08.39
PATRICK MCGOWN	45 EBSC	1:09.70
BILL BUTLER	46 SDSM	1:15.44
200 M. FREE		
PATRICK MCGOWN	45 EBSC	2:37.78
50 M. BRST		
GILLES BEAUDIN	48 EBSC	38.47
BILL BUTLER	46 SDSM	42.49
100 M. BRST		
GILLES BEAUDIN	48 EBSC	1:25.93
PATRICK MCGOWN	45 EBSC	1:31.18
200 M. BRST		
GILLES BEAUDIN	48 EBSC	3:08.47
PATRICK MCGOWN	45 EBSC	3:14.68
BILL BUTLER	46 SDSM	3:29.85
50 M. FLY		
HUGH MOORE	48 FWM	33.03
PHILIP MOSELEY	49 NH	34.85
100 M. FLY		
HUGH MOORE	48 FWM	1:17.57
200 M. I.M.		
GILLES BEAUDIN	48 EBSC	2:59.38
PATRICK MCGOWN	45 EBSC	3:08.77

MEN 50-54

100 M. FREE		
BILL PENN	50 PNA	1:10.08
200 M. FREE		
FRANK WARNER	53 UNAT	2:24.88
BILL PENN	50 PNA	2:29.85
400 M. FREE		
BILL PENN	50 PNA	5:09.99
50 M. BACK		
FRANK WARNER	53 UNAT	35.99
KEVIN SIMPSON	51 EBSC	41.57
200 M. BACK		
HARRY LOWARD	53 EBSC	3:51.09
50 M. BRST		
GREGORY HARRISON	50 FWM	38.01
JEFFREY ANDERSON	52 PNA	40.68
GENE REESE	53 LYN	42.57
100 M. BRST		
GREGORY HARRISON	50 FWM	1:21.64
JEFFREY ANDERSON	52 PNA	1:30.35
GENE REESE	53 LYN	1:36.74
HARRY LOWARD	53 EBSC	1:50.17
200 M. BRST		
GREGORY HARRISON	50 FWM	2:52.73
200 M. FLY		
BILL REEDER	50 GLAD	3:23.87
200 M. I.M.		
GENE REESE	53 LYN	4:08.54

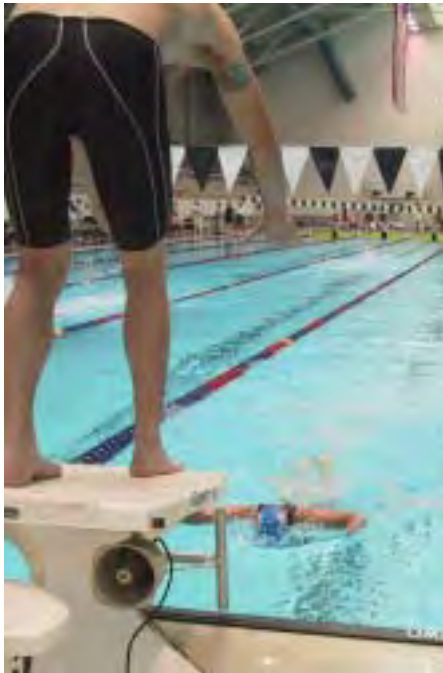
MEN 55-59

400 M. FREE		
THOMAS WALKER	55 UNAT	7:22.99
50 M. BACK		
MICHAEL MCKINLAY	59 BEST	38.48
100 M. BACK		
MICHAEL MCKINLAY	59 BEST	1:23.46



Photo by Sandy McNeal

Swim Seattle's new coach, Rosanne Rich, explains to Mark Davis, "There are spots available in the 200 fly."



Jasen Speer prepares to start as Sarah Welch comes in for the 200-meter Medley Relay.

400 M. I.M.
HARROLD TAUSCHER 65 BMSC 7:32.29 P

MEN 80-84

50 M. FREE
 HAROLD YOUNG 80 TACY 55.44
100 M. FREE
 GILBERT YOUNG 81 OREG 1:31.44
 HAROLD YOUNG 80 TACY 2:12.09
200 M. FREE
 HAROLD YOUNG 80 TACY 4:47.62
400 M. FREE
GILBERT YOUNG 81 OREG 7:19.56 Z
 HAROLD YOUNG 80 TACY 10:08.03
50 M. BACK
 GILBERT YOUNG 81 OREG 53.67

RELAYS-WOMEN 200 M. FREE

120-159
 STEFFY ECKERS 27 EBSC 2:15.41
 MAYA BUTTERFIELD 38
 SARAH MARCHILDON 28
 ANNELLE HARMER 34
160-199
 LANI DOELY 46 GLAD 2:22.54
 TONYA BERG 43
 JO MOORE 47
 KATHY ABRAM 47
 MELANY RICHMOND 27 GLAD 3:23.87
 MARY LASSITER 20
 LIVIA WALKER 80
 SANDY MCNEEL 50

RELAYS-WOMEN 200 M. MEDLEY

120-159
 ANNELLE HARMER 34 EBSC 2:42.94
 STEFFY ECKERS 27
 MAYA BUTTERFIELD 38
 SARAH MARCHILDON 28
160-199
 MELANY RICHMOND 28 GLAD 2:52.10
 JO MOORE 47
 MARY LASSITER 51
 SANDY MCNEEL 50
 K.BLANCHARD 47 SWIM 2:58.91
 ROSANNE RITCH 22
 KAREN WOLF 46
 SARAH WELCH 55

RELAYS-MEN 200 M. FREE

120-159
 JIM LASERSOHN 37 ORCA 2:06.75
 ROSS LINDERMAN 25
 BRAD PALMER 42
 MATT LUSK 28
160-199
 MARK OLDHAM 33 EBSC 1:59.29
 KEVIN SIMPSON 51
 PATRICK MCGOWN 45
 GILLES BEAUDIN 48
 PERRY MORIN 44 GLAD 2:10.41
 SCOTT SKOGLUND 31
 BILL REEDER 50
 BOB FARREL 43

RELAYS-MEN 200 M. MEDLEY

120-159
 STEVEN PARMENTIER 37 OWET 2:06.15
 CHRIS GAARDER 37
 GANO BUTCHER 38
 KEVIN SIVERSTSON 27

160-199
 KEVIN SIMPSON 51 EBSC 2:20.01
 GILLES BEAUDIN 48
 MARK OLDHAM 33
 PATRICK MCGOWN 45

PERRY MORIN 44 GLAD 2:38.06
 SCOTT SKOGLUND 31
 BILL REEDER 50
 BOB FARREL 43

RELAYS-MIXED 200 M. FREE

120-159
 HEIDI HANSEN 25 ORCA 2:09.09
 PATRICIA NESS 40
 ROSS LINDERMAN 25
 JAMES MCNAMARA 35
 K.BLANCHARD 47 SWIM 2:17.16
 KAREN WOLF 46
 MARK DAVIS 32
 JASEN SPEER 21
160-199
 TONYA BERG 43 GLAD 2:08.17
 JO MOORE 47
 BILL REEDER 50
 PERRY MORIN 44
 BOB FARREL 43 GLAD 2:26.25
 SCOTT SKOGLUND 31
 KATHY ABRAM 47
 LANI DOELY 46

RELAYS-MIXED 200 M. MEDLEY

120-159
 K.ANDRUS-HUGHES 45 OWET 2:19.86
 GANO BUTCHER 38
 HEATHER PARKER 27
 STEVEN PARMENTIER 37
 ROSANNE RITCH 22 SWIM 2:31.99
 ROBERT KING 36
 SARAH WELCH 55
 JASEN SPEER 21
 PATRICIA NESS 40 ORCA 2:41.70
 HEIDI HANSEN 25
 BRAD PALMER 42
 JAMES MCNAMARA 35
160-199
 PERRY MORIN 44 GLAD 2:32.14
 BILL REEDER 50
 TONYA BERG 43
 JO MOORE 47

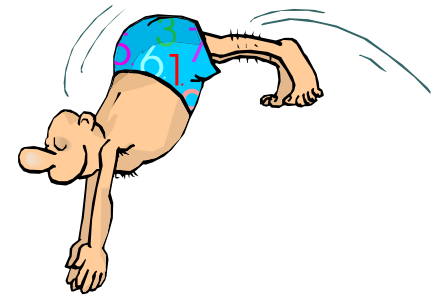
200 M. BACK
 MICHAEL MCKINLAY 59 BEST 3:13.47
 THOMAS WALKER 55 UNAT 3:59.75
50 M. BRST
 JOHN LEET 57 FWM 42.53
100 M. BRST
 JOHN LEET 57 FWM 1:34.90
200 M. BRST
 JOHN LEET 57 FWM 3:29.66
 THOMAS WALKER 55 UNAT 4:13.32
50 M. FLY
 MICHAEL MCKINLAY 59 BEST 36.41
 THOMAS WALKER 55 UNAT 52.99
200 M. I.M.
 JOHN LEET 57 FWM 3:32.15
400 M. I.M.
 THOMAS WALKER 55 UNAT 8:21.34

MEN 60-64

50 M. FREE
 DAVID KEUDELL 62 OREG 39.06
100 M. FREE
 DAVID KEUDELL 62 OREG 1:30.76
50 M. BRST
 DAVID KEUDELL 62 OREG 44.29
100 M. BRST
 DAVID KEUDELL 62 OREG 1:40.57
200 M. BRST
 DAVID KEUDELL 62 OREG 3:50.39

MEN 65-69

400 M. FREE
 DON REHFELDT 68 UNAT 7:46.38
50 M. BRST
HARROLD TAUSCHER 65 BMSC 41.70 P
 DON REHFELDT 68 UNAT 49.75
100 M. BRST
HARROLD TAUSCHER 65 BMSC 1:36.79 P
 DON REHFELDT 68 UNAT 1:51.21
200 M. BRST
HARROLD TAUSCHER 65 BMSC 3:39.01
 DON REHFELDT 68 UNAT 4:05.82
200 M. I.M.
HARROLD TAUSCHER 65 BMSC 3:26.73 P



PNA Local Masters Swimming Committee
1st Annual BAMFEST SCY Swim Meet- Sanction #023607
Hosted by the Bainbridge Area Masters

PNA LOCAL MASTERS SWIMMING COMMITTEE
MEET ENTRY FORM: October 19, 2002 1st Annual BAMFEST
Hosted by BAM (Bainbridge Area Masters) - Sanction #023607

ORDER OF EVENTS "High School" Format	
#	EVENT
1	200 MEDLEY RELAY
2	200 FREE
3	200 IM
4	50 FREE
Break for Demo's	
6	100 FLY
7	100 FREE
8	500 FREE
9	200 FREE RELAY
10	100 BACK
11	100 BREAST
12	400 FREE RELAY

DATE & TIME:
Saturday, October 19, 2002
 Warm-up: **8:00 AM** Meet starts 9:00 AM
 Check-in with Clerk of Course by **8:30 AM** and **positive** check-in **required** for the **500FR** prior to the break.

LOCATION:
 Bainbridge Island Aquatic Center: High School Rd. & Madison Ave., @ **the East campus entrance**, Bainbridge Island WA phone: 206-842-2302-pool.
 ***25-yard pool with six lanes used for competition and two lanes for continuous warm-up. The spa will be available during the meet for competitors only. Electronic timing will be used.

DIRECTIONS:
From Seattle: Take the ferry to Bainbridge Island. Proceed straight from the ferry terminal on SR305 one mile to NE High School Road. Turn left (west) and at the roundabout go right onto Madison Ave., pool is 1st drive on the left. **FREE Shuttle from the 6:20 am SEA ferry**, please advise if you need a ride.
From Westsound: Take SR305 to Madison Ave. N and turn right (south). Proceed 0.6 miles to the pool.

ELIGIBILITY:
 Open to all 2002 USMS or MSC registered swimmers age 19 and above on 10/19/02. Age groups determined by the swimmer's age on 10/19/02.

RULES: Current USMS rules will govern the meet.
AGE GROUPS (individual events): 19-24, 25-29, and 5-year age groups as high as necessary.

RELAYS: Deck-enter relays at the meet. Age groups 19+, 25+, 35+, and 10-year increments as high as necessary. Age of the youngest relay swimmer determines the age group of the relay.

SEEDING: Slow to fast. Check-in with the clerk of course.

MEET DIRECTOR: Brian Russell
 (206) 842-5849
 brian_a_russell@urscorp.com

WEBSITE: For more information, visit the PNA website (www.swimpna.org)

SAFETY FIRST!
NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

NAME: _____ M F AGE (on 10/19/02) _____
 ADDRESS: _____
 E-MAIL ADDRESS: _____
 PHONE: _____ BIRTHDATE: _____ USMS or MSC #: _____
 Team Name, Club Name or Unattached: _____

Include a copy of your current Masters registration card if you are not a PNA member.

ENTRY LIMIT: Five individual events, plus relays. Circle if your **first Masters meet: Y**

EVENT #	EVENT NAME	SEED TIME

ENTRY FEES: \$ 9.00USD/\$14.00CAD Surcharge
 (Includes electronic timing and facility rental surcharges)
 \$ _____ Individual events:
 (\$1 per event for swimmers under 65.)
No charge for swimmers 65 or over. No charge for relays.
TOTAL \$ _____ Please make checks payable to: **BAM**

Mail this entry form and fees to:
 Lynn Wells
 Attn: BAM
 11055 Sunrise Dr. NE
 Bainbridge Island, WA 98110
swimlynn@usms.org
 206-842-2302x17-B
 206-780-5378-H
*****Entries must be received by Wed. Oct. 9, 2002**

Waiver: 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: _____



HAPPY BIRTHDAY

to the following PNA swimmers!

09 15 Daniela Ahmed	09 24 Karin Heusted	10 04 Bradley Fiedler
09 15 Francesca Drum	09 24 Jamie Whitney	10 04 Greg Cole
09 16 Buck Cameron	09 25 Todd Kowalski	10 04 Jeffrey Paradee
09 16 Timothy Gilmore	09 25 Nicholas Parry	10 05 Seanna Jordan
09 16 Steven Marshall	09 25 Kevin Van Den Wymelenberg	10 05 H Harold (Hal) Young
09 16 David Austin	09 27 Jodi Stebbins	10 05 Cathy Cooley
09 17 John Kessler	09 27 Lynn Gross	10 05 George Gonzalez
09 17 Michael Casey	09 28 Bridget Young	10 05 Kathrine Casey
09 17 Thomas Goebel	09 28 Soeren Poulsen	10 06 Joan Davis
09 17 Steven Peterson	09 28 Kirsten Gagnaire	10 06 Greg Collins
09 18 Francis Langlois	09 29 David Toney	10 06 Mark Bickford
09 18 Thomas Jowett	09 29 Kathleen Moffat	10 06 Jeff Stride
09 19 John Skroch	09 29 Margrit Klewin	10 07 Steven Ruthford
09 19 Patrick Sullivan	09 30 Rebecca Payne	10 07 Lynn Johnson
09 20 Rick Almberg	10 01 Marcia Smith	10 08 Kenneth Simons
09 20 James Norris	10 01 Jeff Horsager	10 08 Kathleen Blanchard
09 20 John Kokes	10 02 Sharon Marcoe	10 09 Sandy Bratz
09 21 Roger Schimmeyer	10 02 Marion Chadwick	10 09 Julia Bent
09 21 Michael Lamb	10 02 Dominique Hampton	10 09 Janie Layman
09 21 Michelle Petrick	10 02 William Brown	10 09 Jim Flynn
09 21 Alison Dillow	10 03 Donna Huss	10 09 Gary Kelsberg
09 21 Roger Rudolph	10 03 Phil Brennan	10 10 Katherine Kirkland
09 21 Celia Spence	10 03 Mary Lassiter	10 10 Shannon Lacey
09 22 Connie Drake	10 03 Coryn Gjerdrum	10 10 David McAlpine
09 23 Richard Breuhaus	10 03 Sally Reed	10 11 Richard Wilson
09 23 Jerry Plunkett	10 04 Kenneth Gund	10 11 Douglas Thompson
09 23 Dick Todd	10 04 Ronald Portelance	10 12 Matt Buchan
09 23 Ann Cooke	10 04 Nerina Brautigam	10 12 Heath Foxlee
09 24 Laurie Stallings	10 04 Aaron Brown	10 14 Daniel Sonntag

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.

The Self Coached Swimmer

Getting Back in Shape

By David Grilli

You have just had a relaxing summer vacation and you are now getting back to your normal life. You haven't been in the pool for a few weeks and you are missing it. You are concerned about how long it will take to get back in shape. If you do it right, it won't be so bad.

The good news

Although you are out of shape, at least you are well rested. The key factors are your age and how long your layoff was. At a young

age, say under 30, you can probably take up to two months off and get back into shape rather quickly. But as you age, it is highly recommended that you do not take too much time off. For instance a 50-year-old should probably not take more than three weeks off and a 60-year-old should not have more than a two week break.

Getting back into shape takes patience and, if done properly, not too much time.

First warm up

Increase the length of your warm up and do not worry about how long it takes. For instance, if you typically do a 500-yard warm up, now do a 1000-yard warm up. If your typical warm up was 10 x 50 on 1:00, now do 12 x 50 on 1:15.

Second warm up

Your second stage warm up, which is typically used to raise your heart rate, won't have to be as hard as normal. If you typically would do a kick set or a stroke set, you can probably do half your normal distance but increase your interval time.

Main set

Your main set can be your typical main set, say 4 x 200 or 8 x 100. Just add more time to your interval. If you usually do your 200s on 3:00, now do them on 3:30. If you do your 100s on 1:45, now do them on 2:00.

Cool down

Your favorite part of the workout becomes more important than ever. A correct cool down will help your body prepare for the next workout. If your normal cool down is 4 x 50, now do 6 x 50.

Remember

Stay well hydrated during and after your workout and don't be afraid to take a day off every now and then.

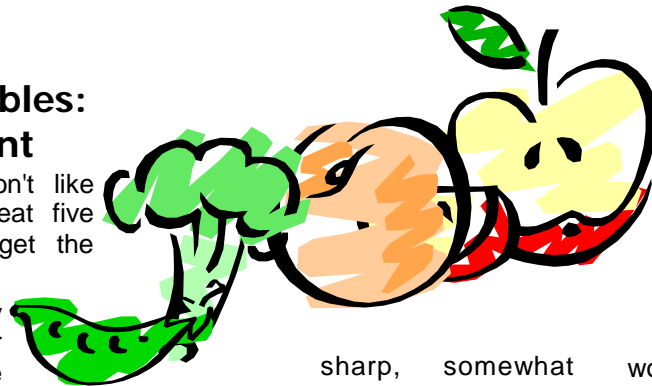
Reprinted with permission from NEM News, New England Masters Swimming.

Nutrition Wise

Fruits and Vegetables: Both Are Important

Question: Since I don't like many vegetables, can I eat five fruits a day instead to get the nutrients I need?

Answer: Eating plenty of fruit is certainly better than skipping the produce department, and it's true that many of the nutrients in vegetables can also be found in fruit. To get a broad array of these nutrients, including fiber, vitamins, minerals and disease-fighting phytochemicals, eating a wide variety of fruit is crucial. But even doing this will not completely compensate for a lack of vegetables. For example, the phytochemicals found in cruciferous vegetables like broccoli and cauliflower are not found in meaningful amounts in any fruit (as best we know today). These substances are powerful cancer-fighters that influence hormones and affect activation and detoxification of carcinogens. If your preference for fruit means that your taste buds are sensitive to the



sharp, somewhat bitter flavor of some vegetables, try adding a little olive oil or seasonings that could smooth out their "bite." The sweet flavors in cranberry-orange sauce and Chinese hoisin sauce, or the rich flavor of grated cheese, salad dressings, or marinades may be enough to turn you into a vegetable lover. And don't limit yourself to five servings of vegetables and fruits a day. Five is the minimum for good health, but more than that provides better protection against chronic health problems like heart disease, diabetes and cancer.

Source: Reprinted with permission from Nutrition Wise by Karen Collins, MS, RD, CDN, American Institute for Cancer Research, www.aicr.org, (800) 843-8114.

PNA Teams

Teams Abbreviation	Team Rep	Team Coach	Pool	Workout Times
Bainbridge Area Masters BAM	Ken Ragsdale (206) 780-2129 goodgray@hotmail.com	Lynn Wells (206) 780-5378 swimlynn@usms.org	Ray Williamson Pool NE High School Rd Bainbridge Island	5:30-6 am M-Th 9-10 am M-Tu Noon-1 pm Th 7-8 pm Tu 7-8:30 am Sat
Bellevue Club BC	Carolyn Behse (425) 747-3889 cbehse@yahoo.com	Cory Hilderbrand (425) 445-1616 ext 4641 coryh@bellevueclub.com	Bellevue Club 11200 SE Sixth St (425) 455-1616	Noon-1 pm MWThF 6-7 am TuThF 9:30-10:30 am Tu 10:00-11:30 am Sat
Bellevue Eastside Masters BEST	Michael McKinlay (425) 417-9770 mmckinlay@acm.org	Michael McKinlay (425) 417-9770 mmckinlay@acm.org	Bellevue Eastside Y 14230 Bel-Red Rd (425) 746-9900	6:30-7:30 am MWF
Bellevue Lunchtime Aquatic Masters BLAM	Karen Lynn Maher (425) 893-9108 karen.legacyone@attbi.com	Scott Armstrong (425) 452-6803 sarmstrong@ci.bellevue.wa.us	Bellevue Aquatic Center 601 143rd NE (425) 452-6803	Noon-1 pm MWF
Bellingham Masters BMSC		Barb Gundred (360) 734-8364 konabarb@hotmail.com	Arne Hanna Aquatic Center Bellingham (360) 647-POOL (7665)	5:30-7 am M-F 7-8:30 pm TuTh
Evergreen Masters EM	Bob Pease (360) 770-5908	Bob Pease (360) 770-5908		
Federal Way Masters FWM	Hugh Moore (253) 925-0803 weswim@mindspring.com	Malcolm & Wendy Neely (253) 838-8408 malwen9@mac.com	King County Aquatic Center (253) 296-4444	5:45-7 am M-F Noon-1 pm MW 7:00-8 pm M-Th 7-8 am Sat
Ft. Steilacoom - WAKO FTSW	Kathy Casey (253) 588-4879 kcasey@cloverpark.k12.wa.us	Kathy Casey (253) 588-4879 kcasey@cloverpark.k12.wa.us	Lakes High School 10320 Farwest Dr SW Lakewood	5-6:30 am MWF 6:30-7:30 pm M-Th
Gold Creek Masters GCM	Susan Amott (425) 881-2849 imswimmer@earthlink.net	Dave Leonard (206) 352-0385 davidleonard@home.com	Gold Creek Tennis & Spa Club Woodinville	8-9 pm TuTh
Greenlake Aquaducks GLAD	Clark Pace (206) 525-3925 (before 8 pm) pace@u.washington.edu	Scott Skoglund sskogs@hotmail.com	Evans Pool 7201 E Green Lake (206) 684-4961	5-6 am M-F 7-8:30 am Sat
Husky Masters HM	Rickey Perkins (206) 543-6644 rperkins@u.washington.edu	Matt Delonely (206) 322-1841 hanuman@email.msn.com	University of Washington Hec Ed Pavilion Pool (206) 543-6644	5:40-7:00 pm MWF
Lynnwood Sharks LYNN	Karin Heusted (425) 402-6413 karinarnp@aol.com	Laurie Stallings (206) 306-3975 kelmella@hotmail.com		
Mercer Island Redwoods MIR	Steve Sussex (206) 232-9263 swimguy24@aol.com		Mary Wayte Pool 8815 SE 40 th Ave Mercer Island (206) 296-4370	6-7 am M-F
North End Otters NEO	Robin O'Leary (206) 525-7725	Robin O'Leary (206) 525-7725	Shoreline Pool 19030 1st Ave NE (206) 296-4345	7-8 am M-F
North Whidbey Masters NWM	Sally Dillon (360) 679-5038 salswmr@earthlink.net	Sally McLaren Meuer (360) 675-7665	Vanderzicht Pool 85 SE Jerome St Oak Harbor (360) 675-7665	12:15-1:30 pm MWF 5-7 am TuTh 8-9:30 am Sat (not always)



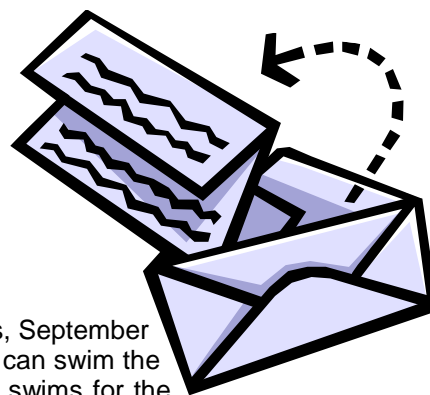
PNA Teams

Teams Abbreviation	Team Rep	Team Coach	Pool	Workout Times
Northshore Y's Guys NSYG	Joanne Bushnell (425) 788-6035 joannbushnell@hotmail.com	Pete Gillis (425) 487-0420 petegillis@hotmail.com	Northshore Y 18111 NE 195 th Bothell (425) 485-9787	5-6:30 am M-F
Old Olympic Peninsula Swimmers OOPS	Steve Peterson (360) 692-1669 speterson@bandwagon.net	Frank Warner (360) 692-1040	Bangor Subase Pool Silverdale (360) 535-5941	4-5:30 pm WF
Orca ORCA	Tim Welch (206) 217-0754 tpwelch@juno.com	John Crowley (206) 723-6668 crowleyjj@msn.net	Seattle University Connolly Center 14 th & Cherry (206) 296-6404	7-8:15 pm TuF 8-9:15 pm Th 5 pm Sun
Pro Sports Club PRO	Dave Alles (206) 633-7841	Camille Thompson (425) 8828-3623 kcthompson3cattbi.com	Pro Club Pool 4455 148 th Ave NE Bellevue (425) 885-5566	6:30-7:30am MWF (posted) 6:30-7:30pm TuTh (coached) 9-10 am Sat (posted)
Queen Anne Swim Club QASC	Edward J Artis (206) 793-3099	Ed Artis and Jason Nadal	Queen Anne Pool 1920 First Ave W (206) 386-4282	8-9:30 pm WF 9:30-11 am Sun
Seattle Athletic Club/ Northgate SAC	Christian Bruhn (206) 522-9400 cbruhn@sacng.com	Christian Bruhn (206) 522-9400 cbruhn@sacng.com		
Swim Seattle SWIM	Sarah Welch (206) 723-1814 sarah.welch@ci.seattle.wa.us	Rosanne Ritch (206) 954-8290 rosanne@swimseattle.org	Seattle U, Connolly Center 14 th & Cherry (206) 296-6404	5:45-7 am M-F
Tacoma Pierce Co YMCA TACY	Cathy Barmore (253) 460-8838 cbarmore@ymcatacoma.org	Cathy Barmore (253) 564-9622 Beverly Eredia Paul Fischer	Morgan Family Y (253) 564-9622 Mel Korum Family YMCA (253) 841-9622 Lakewood Family YMCA (253) 584-9622 Tacoma Center YMCA (253) 597-6444	9-10 am MTuWTh 7-8:30 pm M-W 6:30-7:30 am Tu-Th 8:15-9:15 pm M-W 6:30-7:30 am Tu-Th 7:30-8:30 pm MWF 6:30-7:30 pm MTh
Thunderbird Aquatic Club Masters TAC	Pinky Walker (360) 424-8755		Fidalgo Pool 1603 22 nd St Anacortes (360) 293-0673	8-9:30 am MWF 11 am-1 pm M-F 5-6:30 pm M-F 5:30-7:30 pm TuTh
Tigers TIG	Tom Foley (206) 937-5585			
Vashon Aquatics Masters VAM	Greg Martin (206) 567-5789 modzart@aol.com	Michelle Richard (206) 463-6453 michelle@hotmail.com	Vashon King Co Pool (summer) Vashon Athletic Club (fall, winter, spring)	5:30-6:30 am M-F
West Seattle YMCA Dolphins WSYD	Chaya Amiad (206) 706-9712	Chaya Amiad (206) 706-9712	West Seattle YMCA 4515 36 th Ave SW	6-7 am MWF 10-11-30 am Sun (stroke)
Western Washington University Master WWUS	Mary Lassiter (206) 283-6231 lassitm@cc.wvu.deu	Mary Lassiter (206) 283-6231 lassitm@cc.wvu.deu	William Caver Gym	
Whidbey Island Swells WIS	Kate Sutherland (360) 331-3116 maddy@whidbeynet.com	Kristi Eager (360) 321-4469 kritty@pioneer.net	Island Athletic Club	7:30-8:30 pm MW

USMS
Long Course Nationals
 Long Course Meters
 August 15-18, 2002
 Cleveland, Ohio

P PNA Record
 Z Northwest Zone Record

**USMS National
 Championship
 3000 and 6000
 Yd Postal Swim**



What . . . another postal swim? Yes, September and October are the months when you can swim the last two National Championship postal swims for the year, the 3000 and 6000 yard events. Fortunately, these swims require only a 25-yard pool so most PNA swimmers should find the event less difficult to accomplish than the summer's postal events—the 5 and 10 kilometer swims that required a 50-meter course. Additionally, the distances are significantly shorter so most anyone can at least tackle the 3000.

The entry form for these events has been published in SWIM Magazine and can also be located on the USMS web site at usms.org/longdist. **PNA will be organizing relay teams for this event.** Do the swim at the pool of your choice and then send your entry form/split sheet to the PNA event coordinator.

WOMEN 50-54

800 M. FREE		
BARB GUNDRED	51 # 2	10:49.07
1500 M. FREE		
KATHRINE CASEY	54 # 8	24:00.52
50 M. BACK		
BARB GUNDRED	51 # 3	35.43 Z
100 M. BACK		
BARB GUNDRED	51 # 2	1:18.18
KATHRINE CASEY	54	1:33.36
200 M. BACK		
BARB GUNDRED	51 # 1	2:48.46
KATHRINE CASEY	54 # 6	3:21.31
200 M. BRST		
KATHRINE CASEY	54 # 7	3:48.25
200 M. FLY		
KATHRINE CASEY	54 # 4	3:44.71

MEN 19-24

50 M. FREE		
JASEN SPEER	21 # 2	26.81
100 M. FREE		
JASEN SPEER	21 # 1	59.33
50 M. BACK		
JASEN SPEER	21 # 3	34.11
50 M. FLY		
JASEN SPEER	21 # 3	29.79

MEN 55-59

50 M. FREE		
DAVID LANDES	55 # 8	28.28 P
100 M. FREE		
DAVID LANDES	55 # 9	1:04.62 P
200 M. FREE		
DAVID LANDES	55 # 8	2:28.94 P
400 M. FREE		
DAVID LANDES	55 # 9	5:26.61

RELAYS-MIXED 200 M. FREE

160-199		
DAVID LANDES	55 #10	2:00.86
KATHRINE CASEY	54	
BARB GUNDRED	51	
JASEN SPEER	21	

RELAYS-MIXED 200 M. MEDLEY

160-199		
BARB GUNDRED	51 # 7	2:20.83
KATHRINE CASEY	54	
JASEN SPEER	21	
DAVID LANDES	55	

Important details:

- Swim the event as an individual and your results are used to form the relay teams.
- USMS registration must be current (2002).
- Completed entry form, individual entry fee (\$10), and copy of your USMS registration card must be in the hands of the coordinator by **November 2, 2002.**
- Checks should be **payable to PNA.**
- Teams will be organized by age group 19+, 25+ . . . and are 3 male, 3 female, and 4 mixed (2+2).

Mail your completed entry form and your individual entry fee of \$10 (payable to PNA) to the coordinator:

Sally Dillon
 PO Box 845
 Oak Harbor, WA 98277
 Questions? Contact Sally at salswmmr@earthlink.net or 360-679-5038.

Do not mail your entry directly to the event director. The coordinator will mail your individual entry for you after forming the relay teams.





Letter from Bainbridge

To: Fellow Swimmers

RE: BAMFEST swim Meet

Bainbridge Masters Swimmers invite you to our first annual BAM Swim Meet Saturday, October 19, 2002. The meet will be held in the new Bainbridge Island Aquatic Center. The Center is located just two miles from the ferry terminal. We are excited to show off our new state-of-the-art facility to everyone. The pool will be open at 8:00 am for warm-up and check-in and the meet will commence at 9:00 am.

For those who want to walk there will be a free shuttle from the 6:20 am ferry from Seattle. If you choose to drive over, there is plenty of parking at the pool.

Why not make an event of this meet? Plan on spending a little time exploring our island. Spend Friday or Saturday night (or both) at any of our many B&B's. Eat at one (or more!) of several fine restaurants. Sample coffee and pastries at all of our excellent coffee houses and bakeries. To find out more visit <http://www.bainbridgechamber.com>. Shop the art galleries and boutiques in old town Winslow!

And bring the family! The Nakata Pool will be open to the public after the swim meet. Kids (young and old) will enjoy the lazy river and the water slide. And the adults will definitely enjoy the adults-only jetted hot tub (102°F) which will be available to meet participants during the meet!

We hope your swim club will participate and help make our annual swim meet a success! If you have any questions or need any help please e-mail swimlynn@usms.org.

See you in October.

Lynn Wells, Coach

Bainbridge Area Masters



WetSet Subscription / Change of Address Form

The WetSet is PNA's official newsletter. It is produced ten 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 subscribe, please send this completed form to:

Important —The WetSet is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.

Arni Litt
PNA Registrar
1920 10th Ave E
Seattle, WA 98102-4253

Affix old address label here (if available)

Name _____

Address _____

City / State / Zip Code _____

Phone _____ USMS # _____

Change of Address

New Subscription

Subscription Renewal

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

Nationals Top 10

Short Course Yards 2001-2002



Sarah Welch placed in the Nationals Top 10 in five events of fly and IM.

WOMEN 19-24

1000 YD. FREE		
KIRA MORIN	19 # 8	11:36.47
50 YD. BACK		
K LYSOGORSKY	23 # 7	29.47
50 YD. BRST		
K LYSOGORSKY	23 #10	33.47

WOMEN 25-29

100 YD. BACK		
TAUNYA ROBERTS	28 # 6	1:02.72
200 YD. BACK		
TAUNYA ROBERTS	28 # 9	2:18.50
50 YD. BRST		
JEAN DILLON	28 # 4	31.48
100 YD. BRST		
JEAN DILLON	28 # 4	1:09.23
200 YD. BRST		
JEAN DILLON	28 # 3	2:28.54
200 YD. FLY		
TAUNYA ROBERTS	28 # 7	2:19.04

WOMEN 35-39

200 YD. BACK		
CAROLYN MATHEWS	39 # 9	2:19.43

WOMEN 40-44

1000 YD. FREE		
LISA WILSON	40 # 6	11:32.86
50 YD. BACK		
ZENA COURTNEY	42 # 8	29.82
100 YD. BACK		
ZENA COURTNEY	42 # 8	1:03.95
200 YD. BACK		
ZENA COURTNEY	42 # 6	2:19.61
LISA WILSON	40 #10	2:25.09
200 YD. I.M.		
LISA WILSON	40 # 8	2:22.03
ZENA COURTNEY	42 # 9	2:22.49
400 YD. I.M.		
LISA WILSON	40 # 5	5:03.82
ZENA COURTNEY	42 #10	5:16.38

WOMEN 45-49

50 YD. FREE		
MARY LIPPOLD	46 # 5	26.27
JO MOORE	47 # 7	26.37
DEBBIE GLASSMAN	48 #10	26.87
100 YD. FREE		
MARY LIPPOLD	46 # 4	57.63
JO MOORE	47 # 7	58.61
200 YD. FREE		
JO MOORE	47 # 2	2:07.37
MARY LIPPOLD	46 # 7	2:13.08
KATHY ABRAMS	46 # 9	2:15.02
500 YD. FREE		
MARY LIPPOLD	46 # 6	5:46.92
1000 YD. FREE		
MARY LIPPOLD	46 # 3	11:53.98
JO MOORE	47 # 4	11:59.28
KATHY ABRAMS	46 #10	12:20.70
1650 YD. FREE		
KATHY ABRAMS	46 #10	20:44.42
50 YD. BACK		
BARBY CAHILL	46 #10	33.05
BARBY CAHILL	46 # 4	1:09.71
200 YD. BACK		
BARBY CAHILL	46 # 4	2:31.60

50 YD. FLY		
DEBBIE GLASSMAN	48 #10	29.33
100 YD. FLY		
MARY LIPPOLD	46 # 3	1:05.01
DEBBIE GLASSMAN	48 #10	1:07.08
200 YD. FLY		
MARY LIPPOLD	46 # 3	2:25.05

WOMEN 50-54

50 YD. FREE		
CHARLOTTE DAVIS	52 # 5	27.20
100 YD. FREE		
CHARLOTTE DAVIS	52 # 4	59.83
500 YD. FREE		
BARBARA GUNDRED	50 # 2	5:45.06
1000 YD. FREE		
BARBARA GUNDRED	50 # 3	12:00.62
50 YD. BACK		
BARBARA GUNDRED	50 # 5	31.09
CHARLOTTE DAVIS	52 # 8	32.92
100 YD. BACK		
BARBARA GUNDRED	50 # 2	1:06.44
200 YD. BACK		
BARBARA GUNDRED	50 # 2	2:28.10
200 YD. BRST		
KATHRINE CASEY	53 #10	3:13.24
50 YD. FLY		
CHARLOTTE DAVIS	52 # 5	29.94
100 YD. I.M.		
CHARLOTTE DAVIS	52 # 4	1:09.46
200 YD. I.M.		
KATHRINE CASEY	53 # 7	2:50.79
400 YD. I.M.		
KATHRINE CASEY	53 # 6	6:06.86

WOMEN 55-59

50 YD. FREE		
SALLY DILLON	55 # 4	29.99
100 YD. FREE		
SALLY DILLON	55 # 3	1:04.86
200 YD. FREE		
SALLY DILLON	55 # 2	2:22.85
500 YD. FREE		
SALLY DILLON	55 # 2	6:28.59
1000 YD. FREE		
SALLY DILLON	55 # 2	13:18.22
1650 YD. FREE		
SALLY DILLON	55 # 1	22:05.87
100 YD. BRST		
SALLY DILLON	55 # 6	1:26.81
200 YD. BRST		
SALLY DILLON	55 # 5	3:12.20
50 YD. FLY		
SARAH WELCH	55 #10	36.91
100 YD. FLY		
SARAH WELCH	55 #10	1:24.11
200 YD. FLY		
SARAH WELCH	55 # 2	3:14.55
200 YD. I.M.		
SARAH WELCH	55 # 9	3:04.92
400 YD. I.M.		
SARAH WELCH	55 # 6	6:28.81

WOMEN 60-64

50 YD. BRST		
FRANCESCA DRUM	60 # 5	42.81
100 YD. BRST		
FRANCESCA DRUM	60 # 5	1:33.78
200 YD. BRST		
FRANCESCA DRUM	60 # 5	3:23.61

WOMEN 75-79

100 YD. BRST		
MURIEL FLYNN	79 # 6	2:01.50
200 YD. BRST		
MURIEL FLYNN	79 # 5	4:30.54
50 YD. FLY		
BETTY KERCHEVAL	77 # 4	53.96
100 YD. I.M.		
MURIEL FLYNN	78 # 8	2:01.68
BETTY KERCHEVAL	77 # 9	2:06.87
200 YD. I.M.		
BETTY KERCHEVAL	77 # 6	4:32.41

WOMEN 80-84

1000 YD. FREE		
MARION CHADWICK	80 # 7	29:24.01
200 YD. BACK		
MAXINE CARLSON	82 # 6	4:57.08
100 YD. BRST		
MARION CHADWICK	80 # 8	4:12.23

WOMEN 85-90

200 YD. FREE		
PAT MATTHIESEN	85 #10	5:41.57
50 YD. BRST		
PAT MATTHIESEN	85 # 4	1:33.35
100 YD. BRST		
PAT MATTHIESEN	85 # 3	3:53.73
50 YD. FLY		
PAT MATTHIESEN	85 # 2	1:39.62
200 YD. I.M.		
PAT MATTHIESEN	85 # 1	6:47.47

MEN 19-24

50 YD. FREE		
K WYMELLENBERG	24 # 8	22.17
100 YD. FREE		
K WYMELLENBERG	24 # 4	48.25
200 YD. FREE		
K WYMELLENBERG	24 # 9	1:48.59
50 YD. FLY		
K WYMELLENBERG	24 # 6	24.07
200 YD. FLY		
DANNY PARINE	19 # 7	2:06.20
100 YD. I.M.		
K WYMELLENBERG	24 # 6	56.43
200 YD. I.M.		
K WYMELLENBERG	24 # 2	2:02.22

MEN 30-34

200 YD. BRST		
TOM SCHUTTE	32 #10	2:19.60

MEN 40-44

500 YD. FREE		
PETE COLBECK	40 # 7	4:59.85



1000 YD. FREE		
PETE COLBECK	40 # 8	10:26.83
1650 YD. FREE		
PETE COLBECK	40 # 6	17:25.54
50 YD. FLY		
DAVID MCALPINE	41 # 6	24.04
100 YD. FLY		
DAVID MCALPINE	41 # 5	53.19
100 YD. I.M.		
DAVID MCALPINE	41 # 9	55.81
200 YD. I.M.		
DAVID MCALPINE	41 # 8	2:04.24

MEN 45-49

400 YD. I.M.		
JOHN BAILEY	46 # 9	4:44.89
BRIAN RUSSELL	45 #10	4:45.63

MEN 50-54

50 YD. FREE		
RICK PETERSEN	50 # 8	23.55
ROLAND JACOBS	50 #10	23.57
200 YD. FREE		
ROLAND JACOBS	50 # 6	1:57.06
500 YD. FREE		
BILL PENN	50 # 4	5:20.01
FRANK WARNER	53 # 8	5:28.89
1000 YD. FREE		
BILL PENN	50 # 3	10:48.40
1650 YD. FREE		
BILL PENN	50 # 2	18:16.05
100 YD. BACK		
ROLAND JACOBS	50 # 9	1:01.17
200 YD. BACK		
ROLAND JACOBS	50 # 5	2:13.25
200 YD. BRST		
GREGORY HARRISON	50 # 4	2:27.06

MEN 55-59

500 YD. FREE		
MICHAEL MCCOLLY	56 # 3	5:33.64
1000 YD. FREE		
MICHAEL MCCOLLY	56 # 8	11:45.92
1650 YD. FREE		
JIM MCCLEERY	56 # 1	19:01.39
200 YD. BACK		
MICHAEL MCCOLLY	56 # 9	2:28.71
200 YD. BRST		
STEVEN PETERSON	55 #10	2:40.87
100 YD. I.M.		
JON STOUT	55 # 9	1:04.33
400 YD. I.M.		
MICHAEL MCCOLLY	56 # 8	5:13.77

MEN 60-64

50 YD. BACK		
GARY CHASE	62 # 1	29.59
100 YD. BACK		
GARY CHASE	62 # 1	1:05.12
200 YD. BACK		
GARY CHASE	62 # 1	2:26.36
50 YD. BRST		
GARY CHASE	62 # 8	34.26
100 YD. BRST		
GARY CHASE	62 # 5	1:14.69
100 YD. I.M.		
GARY CHASE	62 # 2	1:05.75
200 YD. I.M.		
GARY CHASE	62 # 4	2:29.47
400 YD. I.M.		
GARY CHASE	62 # 5	5:42.20

MEN 80-84

500 YD. FREE		
HAROLD YOUNG	80 #10	10:24.61
1000 YD. FREE		
HAROLD YOUNG	80 # 9	27:00.76
1650 YD. FREE		
HAROLD YOUNG	80 # 6	40:12.98

MEN 85-89

50 YD. FREE		
GENE CROSSETT	88 # 8	47.25
100 YD. FREE		
GENE CROSSETT	88 # 5	1:47.28
200 YD. FREE		
GENE CROSSETT	88 # 3	4:08.57
500 YD. FREE		
GENE CROSSETT	88 # 3	11:05.96
1000 YD. FREE		
GENE CROSSETT	88 # 2	22:11.12

RELAYS-WOMEN 200 YD. FREE

35 +		
CAROLYN MATHEWS	39 # 8	1:48.17
TONYA BERG	43	
LISA WILSON	40	
ZENA COURTNEY	42	

45 +		
JO MOORE	47 # 2	1:45.48
CHARLOTTE DAVIS	52	
DEBBIE GLASSMAN	48	
MARY LIPPOLD	46	

RELAYS-WOMEN 200 YD. MEDLEY

19 +		
K LYSOGORSKY	23 # 9	2:02.58
KIRA MORIN	19	
SARAH HOISINGTON	34	
LIZ ROSEN	32	

35 +		
CAROLYN MATHEWS	39 # 4	1:59.20
TONYA BERG	43	
ZENA COURTNEY	42	
LISA WILSON	40	

45 +		
CHARLOTTE DAVIS	52 # 8	2:17.47
SALLY DILLON	55	
SARAH WELCH	55	
MARY LIPPOLD	46	

65 +		
JANET KAVADAS	71 # 8	4:09.48
KAREN BRYCE	68	
CAROLYN BALDWIN	68	
MARGARET WINNIE	69	

RELAYS-MEN 200 YD. FREE

19 +		
MATT DELANEY	30 # 9	1:33.48
MARK ARNOLD	27	
JEFF STRAND	31	
K WYMELENBERG	24	

45 +		
JOHN SYLVESTER	45 # 6	1:36.41
ROLAND JACOBS	50	
BRIAN RUSSELL	45	
STEPHEN FREEBORN	46	

55 +		
MICHAEL MCCOLLY	56 # 9	1:48.81
GARY CHASE	62	
STEVEN PETERSON	55	
SONNY GARRETT	58	

RELAYS-MEN 200 YD. MEDLEY

19 +		
MARK ARNOLD	27 # 9	1:46.28
JEFF STRAND	31	
MATT DELANEY	30	
K WYMELENBERG	24	

55 +		
GARY CHASE	62 # 7	1:58.41
STEVEN PETERSON	55	
SONNY GARRETT	58	
MICHAEL MCCOLLY	56	

RELAYS-MIXED 200 YD. FREE

45 +		
ROLAND JACOBS	50 # 3	1:39.99
MARY LIPPOLD	46	
DEBBIE GLASSMAN	48	
DONALD GRAHAM	47	

RELAYS-MIXED 200 YD. MEDLEY

45 +		
ROLAND JACOBS	50 #10	1:58.41
BILL REEDER	49	
DEBBIE GLASSMAN	48	
MARY LIPPOLD	46	

55 +		
SARAH WELCH	55 # 2	2:14.80
STEVEN PETERSON	55	
SONNY GARRETT	58	
SALLY DILLON	55	



Jasen Speer does a legal start at the LCM Zones meet.

Backstroke Rule Changes

USMS has adopted a change to the rules of competition based upon changes made by USA Swimming. The change was made to the Backstroke start rules. Swimmers are no longer prohibited from raising their feet above the water level after the starting signal has been given. However, swimmers are **not** allowed to place their toes or feet in or on the gutter during or after the start. Thus the rule effectively allows a change from the current practice only in flat walled pools and pools with the water level below the gutter. The current legal start is still legal. These changes were effective June 1, 2002.

Open Water Swimming

PNA was well represented in USMS National Championship open water events this summer. It was fortunate that two of the five events were held on the west coast and one of our swimmers traveled to the east coast to compete as well. The PNA results follow:

10 KM Open Water Championship

Hartwell Lake, Clemson, SC, June 15

Alan Bell 1st 50-54 2:26:46
(13th overall)

Alan reports that the water temperature (at 85°) was too warm! He trains in a pool that is not heated so it runs in the mid 60's. There were 55 swimmers from across the US who competed in this event.

5 Mile Open Water Championship

Pacific Ocean, La Jolla, CA, August 4

Alan Bell 2nd 50-54 1:51:05
(4th overall)
Michael Meyer 2nd 35-39 1:53.25
(8th overall)
Scott Lautman 3rd 45-49 2:03:33
(17th overall)
Eric Dybdahl 7th 40-44 2:18:36
(39th overall)
Sally Dillon 1st 55-59 2:25:21
(56th overall)

Sally reports that the water temperature was an excellent 69° and all 87 entrants finished. Conditions were slightly rough with swells and mild chop throughout the swim and the morning was cloudy but not cold. The day before the race Sally joined the locals for a swim at the race venue and saw dozens of leopard sharks and a large bat ray. During the race, which was held in deeper water for the most part, the kelp beds were the biggest adventure. After the race the La Jolla Swim Club put in a terrific spread with pizza, salad, and cookies.

1 Mile Open Water Championship

Dorena Lake, Cottage Grove, OR, August 11

Jim McCleery 1st 55-59 23:43
(19th overall)
Hugh Moore 5th 50-54 27:06
(53rd overall)

Sally Dillon 1st 55-59 27:11
(56th overall)
Jane Moore 9th 50-54 37:09
(108th overall)
Marion Chadwick 1st 80-84 67:17
(114th overall)

The morning swim was held in a calm lake on a bright and sunny day with a water temperature in the mid-70's. All 114 competitors finished and most agreed it was a bit long in distance although still a "sprint" for open water swimmers. The host team provided great refreshments.

Mark your calendar! A 5K Open Water Championship will be held at Elk Lake, Bend, OR July 26 next year. It will be the fourth consecutive year an Open Water National Championship has been held in Oregon. The venue is terrific—an alpine lake (that's clear water for those of us in the Seattle area) and a



PNA swimmers at the USMS 5-Mile Championship in La Jolla: Scott Lautman, Alan Bell, Sally Dillon, Michael Meyer, and Eric Dybdahl.

campground within a short walk to the race start. Lots of good motels close by in Bend; great restaurants and shopping too! The National Championships are for **anyone** who likes to swim open water, not just for the experts.

For complete results and other information go to the USMS Long Distance web site at usms.org/longdist.



Welcome to the swimmers who have recently joined PNA!

Ann Butler, Buck Cameron, William Cann, Robert Collard, Maggie Coon, Gina Craig, David Cretin, Jeffrey Down, Robert Dyer, Lauri Elrod, Ruth Ettinger, Ernie Flowers, Ruth Frobe, Jacob Gano, Shawn Guillot, Joan Haab, Judy Hawksworth, Thomas Hayes, Candace Ito, Troy Jackson, Katie Jones, Seanna Jordan, Becky Klieman, Orna Kristal, Alden Kroll, Megan Kuraisa-Amott, Mary Lassiter, Joel Lewis, Faye Liming, James Littlefield, Matt Lusk, Kristen Mendenhall, Michael Meyer, Diana Miller, Rob Mirabelli, Sarah Mitchell, Peter Nelson, Shawna Nelson, Brent Nordyke, J Page, Karla Pratt, Maria Raftree, Elizabeth Rice, Roseanne Ritch, Maria Ruckwardt, Alex Ryan, Tracey Schmidt, Craig Scrivner, Jim Simpson, Tara Simsak, Sunaina Singh, Rachel Sparks, Jodi Stebbins, Barbara Stevens, Todd Stevenson, Jeffrey Stratton, Jon Swerdloff, Penny Therrien, Heather Thompson, Larry Thompson, Maureen Trainor, Jerry Trump, Elizabeth Turpin, Ryan Vanderloop, Amy Waeschle, Edward Waldron, Felicity Walker, Susan Whiting, Alison Wohlust, Collins Woodside, Beto Zuniga

PNA LOCAL MASTERS SWIMMING COMMITTEE
5th ANNUAL SHORT COURSE METERS PENTATHLON MEET
 Hosted by North Whidbey Masters (Meet Sanction #02-3606)

ORDER OF EVENTS (#1)	
#	Event
1	200 fly
2	100 fly
3	50 fly
4	200 back
5	100 back
6	50 back
7	200 breast
8	100 breast
9	50 breast
10	200 free
11	100 free
12	50 free
13	400 IM
14	200 IM
15	100 IM

DATE: Saturday, September 28, 2002

TIME: Warm-up 12:00 noon Meet starts 1:00 PM
 Check in by 12:45

PLACE: John Vanderzicht Memorial Pool
 85 SE Jerome St
 Oak Harbor, WA 98277
 Phone: 360-675-POOL

MEET DIRECTOR: Sally Dillon
 Phone: (360) 679-5038
 E-mail: salswmr@earthlink.net

FACILITY: Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2002 USMS or MSC registered swimmers 19 and above as of 9/28/2002. Age groups based upon the swimmer's age as of 12/31/02. Entries must be received by the meet director by Saturday, September 21 with the following exception: **Race day entries will be accepted until 12:30 PM for an additional \$5.00 late fee.**

SEEDING: Slow to fast. ALL EVENTS WILL BE DECK SEEDED. CHECK-IN IS REQUIRED.

TIMING: Electronic timing will be used.
THE PENTATHLON: Swimmers must enter the five events that "complete" a pentathlon division to receive awards. The Pentathlon divisions are:

- "Sprinters Choice" Division 50 each of fly, back, breast, and free plus a 100 IM
- "Middle Masters" Division 100 each of fly, back, breast, and free plus a 200 IM
- "Animal" Division 200 each of fly, back, breast, and free plus a 400 IM

There will be a short break after each stroke. Pentathlon results will be calculated by adding the total time swam in the five events. Swimmers competing in the pentathlon will have a "time penalty" if they are disqualified in an event. It will be assessed as follows: ADD 5 seconds for each 50 of the event. Swimmers who try to abuse the disqualification system will be eliminated from the Pentathlon competition. Entry forms for the Minnesota Masters Postal Pentathlon will be available at the meet.

AWARDS: All participants will receive a certificate. Special awards will be presented to the fastest 3 swimmers in each age group for each division of the pentathlon. No separate awards will be given for individual events.

WEB SITE: Visit the PNA website at www.swimpna.org for updated information.

DIRECTIONS: Take highway 20 to Oak Harbor. Turn east onto Whidbey Avenue. Proceed 1/2 mile to SE Jerome St. Turn right onto Jerome—the pool will be on the right.

SAFETY FIRST!
NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

PNA LOCAL MASTERS SWIMMING COMMITTEE
5th ANNUAL SHORT COURSE METERS PENTATHLON MEET
 Hosted by North Whidbey Masters (Meet Sanction #02-3606)

NAME: _____ M F AGE as of 12/31/2002: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

E-MAIL ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS or MSC #: _____

Local Team _____ or UNATTACHED _____ LMSC _____

USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED _____

AGE GROUP (Circle one - determined by your age as of December 31, 2002:
 19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
 60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS. Circle if your first Masters meet: **Y**

EVENT NUMBER	EVENT	SEED TIME (for SC METERS)

ENTRY FEES: \$10.00 (\$15 Canadian)

Swimmers 65 and over may pay a reduced fee of \$6 (\$9 Canadian)

Race day entries will be accepted until 12:30 AM for an additional \$5.00 late fee

Please make checks payable to: **NWAC**
 Mail this entry form and fees to: **Sally Dillon**
PO Box 845
 salswmr@earthlink.net
Oak Harbor, WA 98277
 (360)-679-5038 (h)

Pre-entries must be received no later than Saturday, September 21, 2002. Add \$5 for all others.

Include a copy of your Masters registration card if you are not a PNA member.

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

SIGNED: _____ DATE: _____



THE FINAL LAP



Performance Percentages By Gordon Gray



Here are the 2001/2002 short course yards swim percentages based on USMS National records by age group. Of the 301 PNA swimmers who swam in at least one meet, 140 swam five or more different races to qualify for a percentage, i.e., a ranking by average of their five best events.

The percentages are based upon national records in the current age group plus the next age group up and are calculated by day, according to your date of birth. Therefore, it doesn't matter where you are in your age group. For example, let's say the Women's 50-54 200 free record is 2:08 and the 55-59 record is 2:15. A woman exactly 50 would divide her time into 2:08 to get the percentage. A woman exactly 55 would divide her time into 2:15. Accordingly, a woman halfway between (exactly 52.5) would divide her time into 2:11.50.

For the second year in a row Barb Gundred had the best percentage and improved by a full percentage point! Also, for the second year in a row the over-40 swimmers dominated the top positions (14 of the first 15 in both years). However, this year there are more 20-some swimmers in the next 10, and the most improved swimmer, Jasen Speer, is only 20.

How can one use the percentages? Well, in my case they have encouraged me to swim more yardage and more meets during the short course season. The past several years my emphasis has been triathlons during the summer season. Since swimming can sometimes be de-emphasized in triathlon training, it would be easy to "slack off." However, the percentages have encouraged me to continue to attend meets. I believe using swimming as my base for winter training has also helped my overall triathlon performance since, I believe (at least in my case), it conditions my cardiovascular system better than either running or bicycling.

PNA 2001/2002 Short Course Yards—By Percentage

1 BARB GUNDRED	50	102.2845%	33 HOLLY CORNER	35	85.9452%	65 LINDA SULLIVAN	45	81.4037%
2 CHARLOTTE DAVIS	51	98.7219%	34 MICHAEL MC KINLAY	58	85.8755%	66 JIM NORRIS	54	81.2398%
3 GARY CHASE	62	98.5422%	35 JOHN SYLVESTER	45	85.6336%	67 KEVIN NOAH	30	81.2191%
4 JO MOORE	47	96.0217%	36 KARIN HEUSTED	33	85.5446%	68 PERRY MORIN	43	81.1997%
5 ZENA COURTNEY	42	95.5616%	37 LEO ESPINOSA	41	85.4769%	69 DEMPSEY DYBDAHL	53	80.5904%
6 DAVID MC ALPINE	41	95.5252%	38 LINDA MARIZ	53	85.4073%	70 JENNIFER OGLE	34	80.3469%
7 MARY LIPPOLD	46	95.2643%	39 MATT STAUFFER	38	85.1390%	71 JERRI FREIMUTH	37	80.2033%
8 DEBBIE GLASSMAN	48	95.0561%	40 BILL KNOWLTON	49	85.0778%	72 DONA WILLIAMS	48	80.1031%
9 SALLY DILLON	55	94.4998%	41 JB GOESSMAN	37	84.8301%	73 MEGAN BUSSART	31	79.9959%
10 PETE COLBECK	40	93.6375%	42 SARAH WELCH	55	84.8013%	74 GEORGE SAYAH	23	79.9523%
11 DONALD GRAHAM	47	93.5087%	43 BRIAN MAGNUSSEN	43	84.7145%	75 MICHAEL NORDBY	60	79.9372%
12 MICHAEL MC COLLY	56	93.2705%	44 ROSS LINDERMAN	25	84.7071%	76 KRIS SPEIR	38	79.9106%
13 RONALD JACOBS	50	93.2407%	45 RON BELLEZA	27	84.4693%	77 CHARLES NORMAN	35	79.8998%
14 LISA WILSON	40	92.9942%	46 FRANCESCA DRUM	60	84.3758%	78 JIM LASERSOHN	37	79.8056%
15 JEAN DILLON	28	92.2375%	47 GREG MARTIN	41	84.2357%	79 LYNN GROSS	41	79.7608%
16 FRANK WARNER	53	91.7461%	48 BRANDON AUSTIN	29	84.1217%	80 STEVEN ROSARIA	27	79.6674%
17 KEVIN WYMELENBERG	24	91.1830%	49 JASEN SPEER	20	84.0126%	81 CLARK PACE	49	79.5504%
18 BRIAN RUSSELL	45	90.9796%	50 JIM WILLIAMS	45	83.8379%	82 KATE CARRUTHERS	53	79.3794%
19 JOHN BAILEY	46	90.1354%	51 ERIC KNAPP	38	83.4913%	83 LEINA TANI	31	79.3105%
20 BARBY CAHILL	46	90.0762%	52 KRIS VAN GIESON	41	83.1978%	84 DAVE ALLES	29	79.2793%
21 KATHRINE CASEY	53	89.9942%	53 MIKE WALSTEAD	45	83.1588%	85 JAMI SCHWAB	19	79.0938%
22 KIMBERLY LYSOGORSKI	23	89.9856%	54 ERIC DYBDAHL	42	83.0849%	86 LIZ ROSEN	32	78.7677%
23 BILL PENN	50	89.8365%	55 BETTY KERCHEVAL	77	82.9574%	87 GORDON GRAY	56	78.6991%
24 TAUNYA ROBERTS	28	89.4257%	56 DAVID ADDLEMAN	67	82.8443%	88 KEN RAGSDALE	39	78.2364%
25 STEVE FREEBORN	46	88.5024%	57 MICHAEL JONES	41	82.8330%	89 JAMIE WHITNEY	37	77.7396%
26 GENE CROSSETT	88	87.8541%	58 NATHANIEL HEEG	38	82.5094%	90 DAVID AUSTIN	27	77.1195%
27 GREGORY HARRISON	50	87.4526%	59 LEIGH JOHNSON	53	82.1308%	91 BRENDA KNUTSON	43	76.9340%
28 TOM SCHUTTE	32	87.4428%	60 DAN FROST	33	82.0603%	92 RICHARD BATLEY	54	76.2792%
29 JACK STAVROS	41	87.2799%	61 ANNE BERNHARD	37	81.9926%	93 ARNI LITT	55	76.2547%
30 MATT DELANEY	30	86.7232%	62 LANI DOELY	46	81.8070%	94 STEVE REESE	44	76.2224%
31 DON SPENCER	44	86.2071%	63 DAVE DRUM	66	81.7186%	95 TRACY BURROWS	39	76.0829%
32 STEVE PETERSON	55	86.1867%	64 BILL REEDER	49	81.5495%	96 LAURA DEL RIO	36	75.9647%



5K and 10K Pool Swimmers

PNA hosted 5 and 10 Kilometer swims at Federal Way (July 27) and South Kitsap (August 18). If you did the swim at any other time please be sure to mail your entry form / split sheet to Sally Dillon so she can get you on a relay team. If you haven't swum yet but would like to, you have until September 30 to complete the swim (assuming you can find "long course water").

Details are:

- You only swim the event once as an individual. Your results are used to form the relay teams.
- Your USMS registration must be current (2002).
- Your completed entry form, individual entry fee, and copy of USMS registration must be in the hands of the coordinators by **September 25, 2002**.
- Teams are organized by age group 19+, 25+ . . . and are 3 male, 3 female and 4 mixed (2+2).
- If you want to be part of a relay, **do not** mail your entry directly to the event director (Jill Wright).
- The coordinators will mail your individual entry for you after forming the relay teams.

Mail your completed entry form and your individual entry fee of \$10 (payable to PNA) to:

*Sally Dillon
PO Box 845
Oak Harbor, WA 98277*

The Team Coordinators:

*Sally Dillon 360-679-5038,
salswmr@earthlink.net
Dan Frost 360-679-1812,
northwest@usms.org*

97 WENDY HOFFMAN	39	75.7634%
98 HEIDI HANSEN	24	75.3683%
99 PEG NORMAN	44	74.9764%
100 SUZIE NESS	39	74.9024%
101 PAUL IKEDA	42	74.2844%
102 JESSE PACE	49	74.1971%
103 MIKE GRIMM	33	74.0311%
104 PATRICK SULLIVAN	54	73.4483%
105 MARCIA SMITH	41	73.4212%
106 DEMI ALLEN	39	73.4129%
107 RON OREN	42	72.6373%
108 RHAЕ-CHRISTIE SHAW	26	72.5436%
109 KATE SUTHERLAND	54	72.2579%
110 JANET KAVADAS	71	71.2523%
111 KATHY MOORE	35	70.9538%
112 KERRY NESS	32	70.9223%
113 KARI EINSET	42	70.9061%
114 SUZANNE WAY	37	70.7309%
115 SENECA STORM	29	70.4810%
116 PAT MATTHIESEN	85	70.2125%
117 WALLER TAYLOR	49	69.6804%
118 GENE REESE	53	69.5272%
119 TIM WELCH	32	69.3830%
120 DICK TODD	50	68.7634%
121 SANDY MC NEEL	49	68.2818%
122 TERI REXROAT	43	67.9937%
123 CHRISTINE PRUNEAU	45	67.9930%
124 PHIL BRENNAN	36	67.9733%
125 SUSAN ELLIOTT	51	67.1936%
126 TOM FOLEY	67	66.2587%
127 THOMAS WALKER	54	65.4860%
128 KATIE RICHTER	24	65.2827%
129 JETT VALLANDIGHAM	55	65.1350%
130 JOHN MAKI	43	64.4372%
131 CHAYA AMIAD	63	64.1220%
132 MARION CHADWICK	80	61.4378%
133 GISELA PAZ	37	61.3306%
134 EUGENE HUNN	58	61.1313%
135 LYNN BOYLE	25	60.9539%
136 PETE KYNION	54	60.7735%
137 HOLLY BORK	25	59.9004%
138 SEUJAN BERTRAM	35	59.0500%
139 CAROLYN BALDWIN	67	56.5716%
140 JEN RICHTER	28	51.8242%

The second list shows the percentage improvement over your 2000 percentage. Out of the 66 swimmers that are listed in both 2001 and 2002, 40 bettered last year's percentages.

PNA 2001/2002 Short Course Yards— Percentage Improvement

1 JASEN SPEER	20	10.5395
2 PETE KYNION	54	7.9978
3 DAVID MC ALPINE	41	5.5373
4 GREGORY HARRISON	50	5.5001
5 JAMIE WHITNEY	37	4.5911
6 STEVE FREEBORN	46	4.2696
7 JO MOORE	47	4.1533
8 JEAN DILLON	28	3.7179
9 LEO ESPINOSA	41	3.6594
10 MEGAN BUSSART	31	3.4611
11 KATE CARRUTHERS	53	3.3699
12 KERRY NESS	32	3.3520
13 LEIGH JOHNSON	53	3.0819
14 JOHN BAILEY	46	3.0247

15 TRACY BURROWS	39	2.9586
16 KARIN HEUSTED	33	2.8966
17 LINDA SULLIVAN	45	2.8682
18 SARAH WELCH	55	2.5605
19 ANNE BERNHARD	37	2.4613
20 KEN RAGSDALE	39	2.4216
21 GARY CHASE	62	2.1514
22 JESSE PACE	49	2.0067
23 JIM LASERSOHN	37	1.7607
24 TAUNYA ROBERTS	28	1.6618
25 LANI DOELY	46	1.6163
26 RONALD JACOBS	50	1.4258
27 FRANCESCA DRUM	60	1.2749
28 DAVE ALLES	29	1.0114
29 MARY LIPPOLD	46	1.0096
30 DEBBIE GLASSMAN	48	0.9847
31 BARB GUNDRED	50	0.9575
32 SALLY DILLON	55	0.8699
33 FRANK WARNER	53	0.7478
34 MARCIA SMITH	41	0.6370
35 GENE CROSSETT	88	0.2154
36 LAURA DEL RIO	36	0.2152
37 RON OREN	42	0.1920
38 CHARLOTTE DAVIS	51	0.1724
39 TOM FOLEY	67	0.0643
40 MICHAEL MC COLLY	56	0.0476

The third list shows the percentage improvement over the 1997 percentages. Out of the 47 swimmers that are listed in both 1997 and 2002, 18 bettered their percentage of five years ago. No—we aren't really getting slower. The percentages are compared to the year we had Short Course Nationals in Federal Way, where many swimmers had the opportunity to psyche up for some very fast swims.

PNA 1997-2002 Short Course Yards— Percentage Improvement

1 ERIC DYBDAHL	42	11.0174
2 DEBBIE GLASSMAN	48	7.2402
3 BARB GUNDRED	50	6.5202
4 LINDA MARIZ	53	5.7778
5 MARY LIPPOLD	46	3.5862
6 CHARLOTTE DAVIS	51	2.8197
7 RONALD JACOBS	50	2.7919
8 SARAH WELCH	55	2.2503
9 LISA WILSON	40	2.0122
10 STEVE FREEBORN	46	1.9549
11 FRANK WARNER	53	1.7958
12 LANI DOELY	46	1.6254
13 BILL PENN	50	1.5816
14 SANDY MC NEEL	49	1.3710
15 HOLLY CORNER	35	0.8396
16 FRANCESCA DRUM	60	0.8039
17 KATHY MOORE	35	0.5131
18 KERRY NESS	32	0.3038

