



INSIDE

Leading Off	Page 2
Masters Calendar	Page 3
Dawn Musselman Award	Page 4
Champs Results	Page 5
Champs Team Scores	Page 16
New PNA Officers	Page 17
Federal Way Masters Coaches	Page 17
PNA Board Minutes	Page 18
Fitness Clinic	Page 19
Lake Padden Open Water Swim	Page 22
Fat Salmon Open Water Swim	Page 24
50-Meter Pools for Postal Swims	Page 25
PNA Registration Form	Page 26
Final Lap	Page 27

PNA Champs Fun, Full and Fast

More than 300 swimmers competed in this year's PNA Short Course Yards Championship Meet at the Weyerhaeuser King County Aquatics Center. Thanks to meet director Hank Kirkland and his band of dedicated volunteers, the meet was well-organized and lots of fun.

A number of records fell. Muriel Flynn from TACY set national records for women 80-84 in the 100 breast (2:01) and 200 breast (4:23.47).

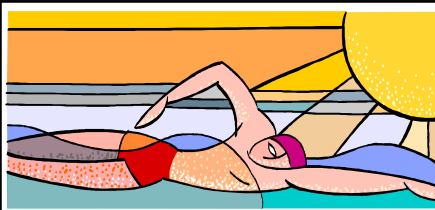
But the group setting the most records was women 60-64. Joy Ward from OREG set a new national record of 32.43 in the 50 fly. She also set a zone record in the 400 IM. Pinky Walker from TACM set a zone record in the 200 IM and PNA records in the 100 free, 50 and 200 back, and IM. Francesca Dunn set PNA records in the 100 and 200 breast.

Meet results start on page 5. For splits log on to the PNA Website (www.swimpna.org).

Photo by Paul Freeman



No, it's not the new look in goggles. It's how Nancy Hunn from North End Otters had to swim an IM event (60-64) at Champs after her goggles slipped at the start.



WET SET

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Officiating: Kathy Casey/Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster: Jim Williams

The arrival of spring heralds a shift of focus in our swimming. This shift may mean new fitness or cross-training goals. It may mean specific goals for Short Course Nationals in Tempe. It may mean lazy summer afternoons of open water swimming or not so leisurely open water competitions.

Successful Champs Meet

Each spring PNA holds its association championships. Our thanks to Federal Way Masters, to meet director Hank Kirkland and to numerous other volunteers for another successful PNA Champs held last month at the Weyerhaeuser King County Aquatic Center. Over 300 swimmers turned out and many had fast swims.

Special Awards for Special People

Champs is when we present the annual Dawn Musselman Inspirational Swimmer Award. This year's winner was Chaya Amiad. (See article on page 4.)

Also at Champs this year, PNA presented its Distinguished Service Award to Lee Carlson. This is only the second time this award has been given.

Lee received it in recognition of his outstanding efforts to preserve and keep open King County swimming pools. So far nine of ten pools have been kept open, thanks to Lee's efforts and creative solutions by swimmers, King County staff and Council members, pool-location cities and private organizations.

LEADING OFF



By Jeanne Ensign,
PNA
President

Officers Introduced

Also at Champs, PNA's newly elected officers were announced. As your new president, I am excited about the challenges and opportunities ahead. Special thanks to outgoing president, Lee Carlson, who has set a standard of activity and achievement that is both inspirational and daunting.

Our new vice president is Steve Peterson, PNA's able secretary for many years. He has already requested that I not miss any board meetings, but should that happen we will be in good hands.

Hugh Moore is the new secretary. He has served PNA and the board in too many capacities to name, and he and his laptop will capably discharge the secretary's duties.

Sarah Welch, who fits us into her busy schedule, continues as treasurer.

Helping You Meet Your Goals

My primary goal for the next two years is to enable you and every PNA member to better meet your swim goals. Those might include more or different coaching,

(Continued on page 21)

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.



MASTERS 2003 CALENDAR

**OPEN
POSTAL SWIMS
MEETS**
CLINICS

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

May 15-18
USMS Short Course Champs
Arizona State University
Tempe, AZ
Mark Gill (480) 775-1485
mark.gill@asu.edu
www.usms.org

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

May 16-19
Canadian Masters Swimming
Championship
Montreal, Quebec, Canada
Luc Hurtubise (514) 251-1768
lhurtu@videotron.ca

May 27
PNA Board Meeting

June 7
**Fitness Clinic for Swimmers
Bellevue Club
(See pages 19-20 for details)**

June 14
USMS 3K Open Water Champs
Hartwell Lake, Clemson, SC
Jacque Grossman (864) 654-4704
jelg@innova.net

June 21
**Lake Padden Open Water Swim
2.5K/5K
Bellingham, WA
Barb Gundred
konabarb@hotmail.com
(See page 22 for entry form)**

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

June 25
PNA Board Meeting

July 19
**Fat Salmon OW Swim
(See pages 23-24 for details)**

July 26-27
NW Zone 1500M Open Water
Championship
OW 5K National Championships
Elk Lake, Bend, OR
Pam Himstreet
himstreet@bendcable.com

July 27-28
Hawaii International Masters Swim
Meet SCM
Kihei Aquatic Center, Maui, Hawaii
Janet Renner (808) 573-8656
chair@hawaiimastersswim.org

August 2
**5K Postal Swim
South Kitsap High School Pool
Port Orchard, WA
(See page 25 for details)**

August 9-10
**LCM Zones
KCAC, Federal Way, WA**

August 14-17
USMS Long Course
Championships
Rutgers University, Piscataway, NJ
Edward Nessel (908) 561-5339
ednessel@aol.com
www.usms.org

August 23
**5K & 10K Postal Swims
South Kitsap High School Pool
Port Orchard, WA
(See page 25 for details)**

September 1-October 31
USMS 3000/6000 Yd Postal
Champs
Doug Garcia (509) 332-1621
dougarcia@usms.org

September 7-14
US Aquatic Sports Convention
San Diego, CA

Oct 1, 2003-Sep 30, 2004
Long Course Meters Season

Web Guide

Check out these sites on the Internet for information on Masters swimming, news, events, workouts, and more from throughout the Northwest!

PNA Masters Swimming
US Masters Swimming
USMS Northwest Zone
Oregon Masters
Alaska LMSC
Utah Masters
Masters Swimming of BC

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

Well-Deserving Chaya Amiad Receives Dawn Musselman Award

One highlight of PNA Champs is the presentation of the Dawn Musselman Inspirational Swimmer Award.

Dawn Musselman (1913-1986) was a gifted swimmer, who still holds 14 SCY, 14 LCM and 4 SCM records for ages 60 to 74. She inspired others and encouraged them to do their best until cancer finally overcame her.

This year's recipient was Chaya Amiad. Founder and coach of the West Seattle YMCA Masters team, Chaya is proof that physical disabilities don't have to prevent a person from living a rich life and making significant contributions to others.

Text of Award Speech Written by Chaya's WSYD Teammates and Read by Barbara Gundred, 2001 Winner

The Pacific Northwest Association Local Masters Swimming Committee proudly presents the 2002 Dawn Musselman Inspirational Swimmer Award to Chaya Amiad.

Chaya, back surgery and rehabilitation brought you to swimming. Jan Kavadas, our '92 Inspirational Swimmer, introduced you to Masters in 1977. You were inspired to improve your stroke technique and speed. Soon, with expert training and hard work, you earned national Top 10 honors in the 100/200 Breast, 50/100/200 Back, 100/200 Fly and the dreaded 400IM!

After winning these coveted awards, coaching was the next natural step. After earning a Bachelor of Science, you studied Exercise Physiology and Swim Coaching while attending graduate



Photo by Paul Freeman

PNA Vice President Steve Peterson and Chaya Amiad, 2003 winner of the Dawn Musselman Inspirational Swimmer Award.

school. As a volunteer, you started Masters teams at the Downtown Seattle YMCA and Gateway Athletic Clubs, leading to your current position as founder and coach of the West Seattle YMCA team. At the Gateway and Downtown clubs you coached six workouts daily, and volunteered time and expertise to two additional workouts each week for stroke skills instruction. Today, you remain a volunteer coach for workouts at the YMCA and continue your stroke technique classes for Masters and non-Masters alike.

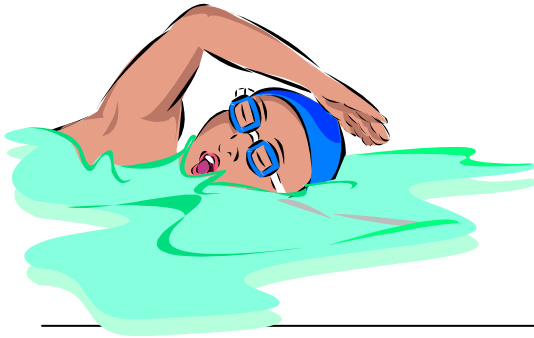
You are a qualified trainer by virtue of education and your own athletic history. Your accomplishments alone have inspired many West Seattle team members. That inspiration comes from knowing what you have had to overcome in the midst of these achievements. Throughout your swimming career, even while aiming for new PNA records, you have had to deal with

rheumatoid arthritis, arachnoiditis, severe asthma, and progressive spinal cord disease.

Teammate Christine Pruneau said, "The first time I saw Chaya at the pool, she was coaching from a wheelchair. I later learned that she had been in and out of this chair for several years. After multiple surgeries she has been able to return to swimming temporarily, but only until her next bout with her health. In spite of this, she rises at 4 a.m. three mornings a week to catch the bus that brings her to the pool. It takes a lot to keep Chaya from coaching."

Christine continues, "Nearly all of the swimmers at the West Seattle YMCA know Chaya. After Masters workouts, the non-Master swimmers hit her up for free coaching advice. She gives it gladly, and encourages all swimmers to attend her weekly

(Continued on page 21)



PNA CHAMPS Meet Results

April 12-13, 2003
Short Course Yards

P PNA Record
Z Northwest Zone Record
N National Record

WOMEN 19-24

50 YD. FREE		
LAURA DOWD	19 WWU	27.53
ERIN SALMAN	19 WWU	27.67
KRYS POSTMA	23 FWM	28.66
SHAWNA CHASE	23 FWM	30.59
MEGAN MURPHY	23 BMSC	30.63
100 YD. FREE		
MARY LASSITER	20 GLAD	58.13
ERIN SALMAN	19 WWU	1:00.31
MARTINA KUBEC	21 HMST	1:00.64
KRYS POSTMA	23 FWM	1:01.80
SHAWNA CHASE	23 FWM	1:07.33
MEGAN MURPHY	23 BMSC	1:07.63
200 YD. FREE		
MARY LASSITER	20 GLAD	2:07.63
M.KURAIASA-AMOTT	19 GCMS	2:59.29
500 YD. FREE		
MARY LASSITER	20 GLAD	5:39.86
AMY JAHNKE	20 WWU	5:49.33
CARRIE BREED	23 FWM	6:05.84
KRYS POSTMA	23 FWM	6:15.42
JULIE JOHNSON	23 FWM	6:37.91
M.KURAIASA-AMOTT	19 GCMS	7:59.42
1650 YD. FREE		
MARY LASSITER	20 GLAD	19:28.04
CARRIE BREED	23 FWM	21:22.56
50 YD. BACK		
MICHELLE BLOXHAM	20 WWU	31.42
ROSANNE RITCH	23 SSEA	33.51
CARRIE BREED	23 FWM	34.13
MEGAN MURPHY	23 BMSC	34.86
ERIN SALMAN	19 WWU	36.15
SASHA SPEER	21 WWU	36.70
100 YD. BACK		
MARY LASSITER	20 GLAD	1:06.68
MICHELLE BLOXHAM	20 WWU	1:07.91
ROSANNE RITCH	23 SSEA	1:15.63
200 YD. BACK		
MARY LASSITER	20 GLAD	2:24.51
ROSANNE RITCH	23 SSEA	2:40.37
SASHA SPEER	21 WWU	2:41.81
50 YD. BRST		
LAURA DOWD	19 WWU	36.41
JESSICA HEIMAN	19 GLAD	37.68
ERIN SALMAN	19 WWU	38.33
SASHA SPEER	21 WWU	39.30
100 YD. BRST		
FAYE LIMING	23 NEO	1:18.27
ERIN SALMAN	19 WWU	1:21.55
SASHA SPEER	21 WWU	1:21.57
CARRIE BREED	23 FWM	1:21.88
BEVERLY LI	24 MIR	1:24.25

200 YD. BRST		
SASHA SPEER	21 WWU	2:53.98
JESSICA HEIMAN	19 GLAD	2:55.67
50 YD. FLY		
MARTINA KUBEC	21 HMST	29.37
AMY JAHNKE	20 WWU	29.97
LAURA DOWD	19 WWU	30.39
JULIE JOHNSON	23 FWM	33.27
ROSANNE RITCH	23 SSEA	34.58
100 YD. FLY		
AMY JAHNKE	20 WWU	1:06.75
MARTINA KUBEC	21 HMST	1:07.05
200 YD. FLY		
AMY JAHNKE	20 WWU	2:26.88
100 YD. I.M.		
MARTINA KUBEC	21 HMST	1:08.43
LAURA DOWD	19 WWU	1:08.70
CARRIE BREED	23 FWM	1:11.92
ROSANNE RITCH	23 SSEA	1:15.19
SHAWNA CHASE	23 FWM	1:15.42
MEGAN MURPHY	23 BMSC	1:16.08
JESSICA HEIMAN	19 GLAD	1:16.51
SASHA SPEER	21 WWU	1:16.62
200 YD. I.M.		
MARTINA KUBEC	21 HMST	2:27.97
JESSICA HEIMAN	19 GLAD	2:43.94
ROSANNE RITCH	23 SSEA	2:44.76

BEVERLY LI	24 MIR	2:46.87
JULIE JOHNSON	23 FWM	2:49.29
400 YD. I.M.		
CARRIE BREED	23 FWM	5:23.24
JESSICA HEIMAN	19 GLAD	5:59.21

WOMEN 25-29

50 YD. FREE		
STACY MILLER	25 SSEA	28.49
R.SHAW	27 PRO	30.39
ERIN OKUNO	25 DSYM	36.67
100 YD. FREE		
CASEY MURPHY	25 LUNA	54.47
CARRIE NORDBERG	27 BEST	58.80
STACY MILLER	25 SSEA	1:00.81
R.SHAW	27 PRO	1:07.32
SUSAN SCHEERENS	29 GLAD	1:11.36
ERIN OKUNO	25 DSYM	1:22.34
HOLLY BORK	26 FWM	1:26.34
200 YD. FREE		
CASEY MURPHY	25 LUNA	2:00.81
JOANNA PIERCE	26 SAC	2:20.78
HEIDI HANSEN	25 ORCA	2:28.98
HOLLY BORK	26 FWM	3:03.50
500 YD. FREE		
CASEY MURPHY	25 LUNA	5:18.78 P
JOANNA PIERCE	26 SAC	6:19.62

Photo by Paul Freeman



Suzie Ness and daughter Zoe. Suzie, who swims with ORCA, competed in the 50 back, 100 back and 100 IM (40-44).

HEIDI HANSEN	25 ORCA	6:36.29
R. SHAW	27 PRO	6:41.34
KAREENA KING	28 FWM	8:52.60
1000 YD. FREE		
R. SHAW	27 PRO	14:05.50
SUSAN SCHEERENS	29 GLAD	14:53.86
KAREENA KING	28 FWM	18:33.35
1650 YD. FREE		
R. SHAW	27 PRO	23:33.85
MELANY RICHMOND	28 GLAD	27:11.51
50 YD. BACK		
CASEY MURPHY	25 LUNA	28.78 Z
REBEKAH CELVER	25 FWM	31.55
MELANY RICHMOND	28 GLAD	37.00
KATIE RICHTER	25 WSYD	43.69
HOLLY BORK	26 FWM	45.88
100 YD. BACK		
REBEKAH CELVER	25 FWM	1:09.68
HEIDI HANSEN	25 ORCA	1:16.70
MELANY RICHMOND	28 GLAD	1:24.30
HOLLY BORK	26 FWM	1:42.94
200 YD. BACK		
ALI WICK	28 LUNA	2:35.57
50 YD. BRST		
JEAN DILLON	28 LYN	32.47
HOLLY BORK	26 FWM	45.37
ERIN OKUNO	25 DSYM	47.60
100 YD. BRST		
JEAN DILLON	28 LYN	1:09.95
R. SHAW	27 PRO	1:25.25
HEIDI HANSEN	25 ORCA	1:25.83
200 YD. BRST		
JEAN DILLON	28 LYN	2:29.84
HEIDI HANSEN	25 ORCA	3:03.71
KATIE RICHTER	25 WSYD	3:35.51
50 YD. FLY		
CASEY MURPHY	25 LUNA	28.01
REBEKAH CELVER	25 FWM	30.25
100 YD. FLY		
JEAN DILLON	28 LYN	1:02.52
REBEKAH CELVER	25 FWM	1:09.13
100 YD. I.M.		
CASEY MURPHY	25 LUNA	1:03.00 P
JEAN DILLON	28 LYN	1:05.10
CARRIE NORDBERG	27 BEST	1:08.21
REBEKAH CELVER	25 FWM	1:09.23
STACY MILLER	25 SSEA	1:10.41
KATIE RICHTER	25 WSYD	1:32.24
KAREENA KING	28 FWM	1:45.41
200 YD. I.M.		
ALI WICK	28 LUNA	2:42.63
MELANY RICHMOND	28 GLAD	3:11.66

WOMEN 30-35

50 YD. FREE		
ANNETTE HARRIS	31 BEST	27.07
JULIE BARASHKOFF	31 SAM	27.75
ELLEN CULLOM	32 SAC	43.55
100 YD. FREE		
JULIE BARASHKOFF	31 SAM	1:00.81
MEGAN BUSSART	32 BMSC	1:01.32
KATIE FARRELL	30 SSEA	1:10.74
ELLEN CULLOM	32 SAC	1:34.90
200 YD. FREE		
MEGAN BUSSART	32 BMSC	2:17.80
KAREEN BREWER	30 SAC	2:23.22
ELLEN CULLOM	32 SAC	3:44.05
500 YD. FREE		
CHERYL CHOY	32 HMST	5:43.18
MEGAN BUSSART	32 BMSC	6:05.69
1000 YD. FREE		
HALEIGH WERNER	34 GLAD	11:41.55
CHERYL CHOY	32 HMST	11:58.69
MEGAN BUSSART	32 BMSC	12:35.24
AMY COCANOUR	32 FWM	13:42.63
KATHLEEN MORRIS	34 ORCA	14:36.18
1650 YD. FREE		
MEGAN BUSSART	32 BMSC	21:09.82
50 YD. BACK		
KATHLEEN MORRIS	34 ORCA	42.18

Photo by Paul Freeman



Jo Moore from the Bellevue Club doing the butterfly leg of the 100 IM. She was first in her age group (45-49) with a 1:11.84.

100 YD. BACK		
TARA SIMSAK	33 BAM	1:09.49
ANNETTE HARRIS	31 BEST	1:12.71
KATHLEEN MORRIS	34 ORCA	1:31.88
50 YD. BRST		
LESLIE DOBRENSKI	32 DSYM	42.36
ELLEN CULLOM	32 SAC	48.03
200 YD. BRST		
CHERYL CHOY	32 HMST	2:42.61
50 YD. FLY		
TARA SIMSAK	33 BAM	29.06
LESLIE DOBRENSKI	32 DSYM	35.75
100 YD. FLY		
TARA SIMSAK	33 BAM	1:06.13
200 YD. FLY		
ANNETTE HARRIS	31 BEST	2:27.88
TARA SIMSAK	33 BAM	2:35.79
HALEIGH WERNER	34 GLAD	2:36.10
100 YD. I.M.		
HALEIGH WERNER	34 GLAD	1:10.31
200 YD. I.M.		
TARA SIMSAK	33 BAM	2:29.97
400 YD. I.M.		
TARA SIMSAK	33 BAM	5:23.31

WOMEN 35-39

50 YD. FREE		
SARAH HOISINGTON	35 BC	26.50
TATYANA MISHL	39 GLAD	30.67
SUZANNE WAY	39 LYN	32.24
YAM HUANG SIEBER	35 WSYD	36.94

100 YD. FREE		
SARAH HOISINGTON	35 BC	56.88
KAREN OYAMA	35 FWM	1:03.01
ANNE BERNHARD	38 NEO	1:03.26
SUZANNE WAY	39 LYN	1:11.40
MELISSA SWANSON	37 SAC	1:17.58
YAM HUANG SIEBER	35 WSYD	1:25.22
200 YD. FREE		
SARAH HOISINGTON	35 BC	2:05.83
SHARON ARROYO	37 MIR	2:12.71
LAURA DEL RIO	37 NEO	2:39.47
PATRICIA HENNESSY	35 BAM	3:11.08
YAM HUANG SIEBER	35 WSYD	3:15.08
500 YD. FREE		
SARAH HOISINGTON	35 BC	5:39.66
WENDY CRABB	35 GLAD	6:31.21
CATHERINE MCCOY	39 GLAD	6:36.49
ORNA KRISTAL	37 NEO	6:51.22
SEUJAN BERTRAM	36 SSEA	7:52.86
PATRICIA HENNESSY	35 BAM	8:40.27
1000 YD. FREE		
SARAH HOISINGTON	35 BC	11:35.32
WENDY CRABB	35 GLAD	13:32.62
CATHERINE MCCOY	39 GLAD	13:55.22
PATRICIA HENNESSY	35 BAM	18:08.86
1650 YD. FREE		
CATHERINE MCCOY	39 GLAD	22:54.91
50 YD. BACK		
ORNA KRISTAL	37 NEO	37.36
SUZANNE WAY	39 LYN	42.67
100 YD. BACK		
WENDY CRABB	35 GLAD	1:15.43
ORNA KRISTAL	37 NEO	1:21.29
SUZANNE WAY	39 LYN	1:29.95



200 YD. BACK		
ORNA KRISTAL	37 NEO	2:52.27
50 YD. BRST		
LAURA DEL RIO	37 NEO	40.73
MELISSA SWANSON	37 SAC	45.08
YAM HUANG SIEBER	35 WSYD	50.82
100 YD. BRST		
MELISSA SWANSON	37 SAC	1:37.80
YAM HUANG SIEBER	35 WSYD	1:49.96
200 YD. BRST		
JAMIE WHITNEY	38 BAM	3:06.28
MELISSA SWANSON	37 SAC	3:28.77
50 YD. FLY		
ANNE BERNHARD	38 NEO	30.40
SHARON ARROYO	37 MIR	30.84
WENDY CRABB	35 GLAD	32.62
TATYANA MISHEL	39 GLAD	32.92
SEUJAN BERTRAM	36 SSEA	43.54
100 YD. FLY		
ANNE BERNHARD	38 NEO	1:10.43
WENDY CRABB	35 GLAD	1:16.49
LAURA DEL RIO	37 NEO	1:23.63
TATYANA MISHEL	39 GLAD	1:24.08
200 YD. FLY		
WENDY CRABB	35 GLAD	2:58.52
JAMIE WHITNEY	38 BAM	3:29.03
100 YD. I.M.		
ANNE BERNHARD	38 NEO	1:10.85
KAREN OYAMA	35 FWM	1:12.18
JAMIE WHITNEY	38 BAM	1:18.98
CATHERINE MCCOY	39 GLAD	1:19.27
TATYANA MISHEL	39 GLAD	1:19.58
SUZANNE WAY	39 LYN	1:31.37
YAM HUANG SIEBER	35 WSYD	1:43.89
200 YD. I.M.		
ANNE BERNHARD	38 NEO	2:35.96
ORNA KRISTAL	37 NEO	2:48.96
LAURA DEL RIO	37 NEO	2:55.83
TATYANA MISHEL	39 GLAD	2:56.63
SEUJAN BERTRAM	36 SSEA	3:23.72

Photo by Paul Freeman



PNA Champs Meet Director Hank Kirkland and daughter Maggie.

400 YD. I.M.		
ANNE BERNHARD	38 NEO	5:47.34
ORNA KRISTAL	37 NEO	6:06.27
TATYANA MISHEL	39 GLAD	6:31.44

WOMEN 40-44

50 YD. FREE		
HEATHER HOFFMAN	43 FWM	29.84
DEBORAH HAMMOND	41 LUNA	30.41
MARY ANN WHITE	44 FWM	30.52
LYNN GROSS	42 FWM	31.29
TOMLINSON-MACIAS	44 INWM	33.82
100 YD. FREE		
ZENA COURTNEY	43 FWM	1:02.79
DEBORAH HAMMOND	41 LUNA	1:08.06
TOMLINSON-MACIAS	44 INWM	1:18.83
200 YD. FREE		
ZENA COURTNEY	43 FWM	2:11.55
PATTY HALLER	41 SAC	3:53.99
500 YD. FREE		
LYNN GROSS	42 FWM	6:30.13
PATTY HALLER	41 SAC	9:58.53
1000 YD. FREE		
TONYA BERG	44 GLAD	13:15.10
LYNN GROSS	42 FWM	13:19.40
MARY ANN WHITE	44 FWM	13:22.43
ZENA COURTNEY	43 FWM	14:20.96
HEATHER HOFFMAN	43 FWM	14:28.64
1650 YD. FREE		
ZENA COURTNEY	43 FWM	20:33.16
MARY ANN WHITE	44 FWM	22:37.13

50 YD. BACK		
ZENA COURTNEY	43 FWM	34.31
SUZIE NESS	41 ORCA	37.75
100 YD. BACK		
SUZIE NESS	41 ORCA	1:23.74
200 YD. BACK		
ZENA COURTNEY	43 FWM	2:26.99
LISA DAHL	41 UNA	2:43.77
50 YD. BRST		
MARY ANN WHITE	44 FWM	38.22
JOANNE KIRKLAND	44 FWM	47.80
PATTY HALLER	41 SAC	51.47
NATASHA ESUABANA	44 FWM	51.94
100 YD. BRST		
KARI EINSET	43 WSYD	1:35.26
PATTY HALLER	41 SAC	1:54.63

200 YD. BRST		
KARI EINSET	43 WSYD	3:28.19
50 YD. FLY		
LISA DAHL	41 UNA	30.70
MARY ANN WHITE	44 FWM	32.84
HEATHER HOFFMAN	43 FWM	33.73
KARI EINSET	43 WSYD	38.77
TOMLINSON-MACIAS	44 INWM	40.27
100 YD. I.M.		
TONYA BERG	44 GLAD	1:14.39
LYNN GROSS	42 FWM	1:18.84
SUZIE NESS	41 ORCA	1:21.19
KARI EINSET	43 WSYD	1:28.41
TOMLINSON-MACIAS	44 INWM	1:29.43
200 YD. I.M.		
KARI EINSET	43 WSYD	3:15.69

WOMEN 45-49

50 YD. FREE		
JO MOORE	48 BC	26.69
KATHY ABRAMS	47 GLAD	29.58
SANDY LAURENCE	46 GCMS	32.31
LINDA SULLIVAN	46 FWM	33.37
JANET JOHNSON	48 PTM	35.43
MICHELLE PETRICK	47 FWM	36.96
UTE CRAY	48 FWM	37.81
KATHY LINDSEY	48 SAC	1:01.05
100 YD. FREE		
JO MOORE	48 BC	58.22
ANNE HEALEY	47 SSEA	1:07.78
KAMERA BAKER	45 AFAM	1:10.91
LINDA SULLIVAN	46 FWM	1:14.06
CHRISTINE PRUNEAU	46 WSYD	1:20.00
MICHELLE PETRICK	47 FWM	1:24.83
UTE CRAY	48 FWM	1:27.04
JENNIE GOLDBERG	49 SSEA	1:37.13
200 YD. FREE		
MARY LIPPOLD	47 NEO	2:12.42
DEBBIE GLASSMAN	49 NEO	2:23.23
CHRISTINE PRUNEAU	46 WSYD	2:56.13
JENNIE GOLDBERG	49 SSEA	3:22.81
REBECCA LOGSDON	49 SAC	4:06.52
500 YD. FREE		
KATHY ABRAMS	47 GLAD	6:05.14
JULIE BRUNO	48 FWM	7:04.69
CHRISTINE PRUNEAU	46 WSYD	8:06.21
JENNIE GOLDBERG	49 SSEA	8:58.14
REBECCA LOGSDON	49 SAC	9:50.31

Photo by Paul Freeman



Sally Dillon, who swims with NWM, turned in a 1:30.53 in the 100 Breast (55-59).

1000 YD. FREE		
JO MOORE	48 BC	11:57.00
KATHY ABRAMS	47 GLAD	12:28.23
JULIE BRUNO	48 FWM	14:29.06
K.BLANCHARD	47 SSEA	15:04.39
JENNIE GOLDBERG	49 SSEA	18:40.97
1650 YD. FREE		
MARY LIPPOLD	47 NEO	20:36.58
JULIE BRUNO	48 FWM	24:25.00
50 YD. BACK		
JEMA DELISTRATY	45 INWM	32.78
SANDY LAURENCE	46 GCMS	39.66
K.BLANCHARD	47 SSEA	41.75
CHRISTINE PRUNEAU	46 WSYD	44.66
JENNIE GOLDBERG	49 SSEA	1:00.75
100 YD. BACK		
JEMA DELISTRATY	45 INWM	1:09.66
KAMERA BAKER	45 AFAM	1:23.05
CHRISTINE PRUNEAU	46 WSYD	1:35.77
200 YD. BACK		
KATHY ABRAMS	47 GLAD	2:40.48
KAMERA BAKER	45 AFAM	3:05.42
50 YD. BRST		
LINDA SULLIVAN	46 FWM	39.83
JANET JOHNSON	48 PTM	43.76
NANCY SPESER	46 PTM	44.22
UTE CRAY	48 FWM	44.88
100 YD. BRST		
LINDA SULLIVAN	46 FWM	1:27.60
JANET JOHNSON	48 PTM	1:35.45
NANCY SPESER	46 PTM	1:37.75
UTE CRAY	48 FWM	1:38.06
50 YD. FLY		
DEBBIE GLASSMAN	49 NEO	30.77
KAMERA BAKER	45 AFAM	34.39
ANN BAILEY	47 PTM	34.83
JENNIE GOLDBERG	49 SSEA	1:03.09
100 YD. FLY		
MARY LIPPOLD	47 NEO	1:07.87
DEBBIE GLASSMAN	49 NEO	1:10.98
ANN BAILEY	47 PTM	1:18.32
200 YD. FLY		
ANN BAILEY	47 PTM	2:59.32
100 YD. I.M.		
JO MOORE	48 BC	1:11.84
ANNE HEALEY	47 SSEA	1:19.09
KAMERA BAKER	45 AFAM	1:22.22
LINDA SULLIVAN	46 FWM	1:24.83
CHRISTINE PRUNEAU	46 WSYD	1:31.50

WOMEN 50-54

50 YD. FREE		
JEAN BLACKBURN	51 FWM	35.82
RENEE STEWART	53 SAC	36.20
DEBRA DRAGOVICH	51 SAC	38.36
CATHERINE BARMORE	52 TACY	38.90
SUSAN ELLIOTT	52 WSYD	41.37
100 YD. FREE		
CHARLOTTE DAVIS	52 NEO	59.38 Z
JEAN BLACKBURN	51 FWM	1:21.19
RENEE STEWART	53 SAC	1:23.22
DEBRA DRAGOVICH	51 SAC	1:25.77
JANE MOORE	52 FWM	1:25.89
SUSAN ELLIOTT	52 WSYD	1:39.76
200 YD. FREE		
KATHERINE CASEY	54 FTSW	2:32.66
M LEIGH JOHNSON	54 NEO	2:39.94
JANE MOORE	52 FWM	3:10.78
500 YD. FREE		
BARB GUNDRED	51 BMSC	6:02.19
M LEIGH JOHNSON	54 NEO	7:03.95
JESSE PACE	50 GLAD	8:09.38
JANE MOORE	52 FWM	8:27.29
1000 YD. FREE		
BARB GUNDRED	51 BMSC	12:26.75
M LEIGH JOHNSON	54 NEO	14:23.42
JANE MOORE	52 FWM	17:11.00
JESSE PACE	50 GLAD	17:14.01
CINDY MARTIN	51 GLAD	18:07.20
1650 YD. FREE		
KATHERINE CASEY	54 FTSW	23:26.43

JESSE PACE	50 GLAD	28:36.03
JANE MOORE	52 FWM	29:32.13
50 YD. BACK		
BARB GUNDRED	51 BMSC	31.88
JULIE CORMAN	54 SSEA	35.03
JESSE PACE	50 GLAD	40.88
JEAN BLACKBURN	51 FWM	43.95
100 YD. BACK		
BARB GUNDRED	51 BMSC	1:07.33
M LEIGH JOHNSON	54 NEO	1:28.09
JANE MOORE	52 FWM	1:51.74
200 YD. BACK		
KATHERINE CASEY	54 FTSW	2:49.88
50 YD. BRST		
SUSAN ELLIOTT	52 WSYD	54.01
100 YD. BRST		
KATHERINE CASEY	54 FTSW	1:27.66
200 YD. BRST		
M LEIGH JOHNSON	54 NEO	3:24.08
50 YD. FLY		
CHARLOTTE DAVIS	52 NEO	29.77 Z
JESSE PACE	50 GLAD	41.82
100 YD. I.M.		
CHARLOTTE DAVIS	52 NEO	1:10.01
JEAN BLACKBURN	51 FWM	1:29.03
SUSAN ELLIOTT	52 WSYD	1:51.17
200 YD. I.M.		
CHARLOTTE DAVIS	52 NEO	2:32.93 Z
KATHERINE CASEY	54 FTSW	2:51.87
400 YD. I.M.		
CHARLOTTE DAVIS	52 NEO	5:31.53 Z
JESSE PACE	50 GLAD	6:52.95

WOMEN 55-59

50 YD. FREE		
SALLY DILLON	56 NWM	31.84
100 YD. FREE		
SALLY DILLON	56 NWM	1:09.04
KAETCHE MILLER	56 LUNA	1:18.97
JULIA BENT	55 NEO	1:21.65
ARNI LITT	56 GLAD	1:21.96
JEANNE ENSIGN	56 GLAD	1:29.98
200 YD. FREE		
SALLY DILLON	56 NWM	2:29.80
SARAH WELCH	56 SSEA	2:38.46
JULIA BENT	55 NEO	2:56.98
ARNI LITT	56 GLAD	3:01.66
SUE AMOTT	55 GCMS	3:05.55
500 YD. FREE		
SALLY DILLON	56 NWM	6:42.39
SARAH WELCH	56 SSEA	7:11.24
JULIA BENT	55 NEO	8:01.27
JUDY WILLIAMS	55 FWM	8:05.44
1000 YD. FREE		
JULIA BENT	55 NEO	16:43.84
JEANNE ENSIGN	56 GLAD	16:45.73
50 YD. BACK		
KAETCHE MILLER	56 LUNA	39.91
JULIA BENT	55 NEO	46.92
50 YD. BRST		
GINGER PIERSON	57 MACO	36.48
KAETCHE MILLER	56 LUNA	43.26
ARNI LITT	56 GLAD	44.51
KATE SUTHERLAND	55 WIS	49.51
100 YD. BRST		
GINGER PIERSON	57 MACO	1:20.65
SALLY DILLON	56 NWM	1:30.53
KAETCHE MILLER	56 LUNA	1:35.67
ARNI LITT	56 GLAD	1:37.06
SUE AMOTT	55 GCMS	1:37.07
KATE SUTHERLAND	55 WIS	1:48.21
200 YD. BRST		
GINGER PIERSON	57 MACO	2:57.88
ARNI LITT	56 GLAD	3:29.13
100 YD. FLY		
GINGER PIERSON	57 MACO	1:20.53
200 YD. FLY		
GINGER PIERSON	57 MACO	2:52.28
SARAH WELCH	56 SSEA	3:21.42
100 YD. I.M.		
GINGER PIERSON	57 MACO	1:16.94
SALLY DILLON	56 NWM	1:22.99 P

KAETCHE MILLER	56 LUNA	1:27.56
JULIA BENT	55 NEO	1:33.64
ARNI LITT	56 GLAD	1:38.04
200 YD. I.M.		
SARAH WELCH	56 SSEA	3:03.05
KATE SUTHERLAND	55 WIS	3:45.69
400 YD. I.M.		
SARAH WELCH	56 SSEA	6:40.29

WOMEN 60-64

50 YD. FREE		
PINKY WALKER	60 TACM	33.40
JOY WARD	60 OREG	36.07
J.LEYNSEELE	62 NEO	55.19
100 YD. FREE		
PINKY WALKER	60 TACM1	1:14.30 P
CHARLOTTE SNOW	63 TACY	1:47.77
J.LEYNSEELE	62 NEO	2:03.77
200 YD. FREE		
JOY ROGERS	61 NEO	3:07.66
500 YD. FREE		
JOY ROGERS	61 NEO	8:41.66
NANCY HUNN	60 NEO	9:13.63
50 YD. BACK		
JOY WARD	60 OREG	36.96
PINKY WALKER	60 TACM	38.46 P
FRANCESCA DRUM	61 OOPS	42.25
NANCY HUNN	60 NEO	53.71
J.LEYNSEELE	62 NEO	1:01.79
100 YD. BACK		
J.LEYNSEELE	62 NEO	2:18.17
200 YD. BACK		
JOY WARD	60 OREG	2:51.93
PINKY WALKER	60 TACM3	3:11.10 P
50 YD. BRST		
FRANCESCA DRUM	61 OOPS	44.19
CHARLOTTE SNOW	63 TACY	59.28
100 YD. BRST		
FRANCESCA DRUM	61 OOPS1	1:33.19 P
CHARLOTTE SNOW	63 TACY	2:00.53
200 YD. BRST		
FRANCESCA DRUM	61 OOPS3	2:31.35 P
CHARLOTTE SNOW	63 TACY	4:17.06
50 YD. FLY		
JOY WARD	60 OREG	32.43 N
JOY ROGERS	61 NEO	48.05
100 YD. I.M.		
PINKY WALKER	60 TACM1	2:26.25 P
FRANCESCA DRUM	61 OOPS	1:33.65
NANCY HUNN	60 NEO	1:47.01

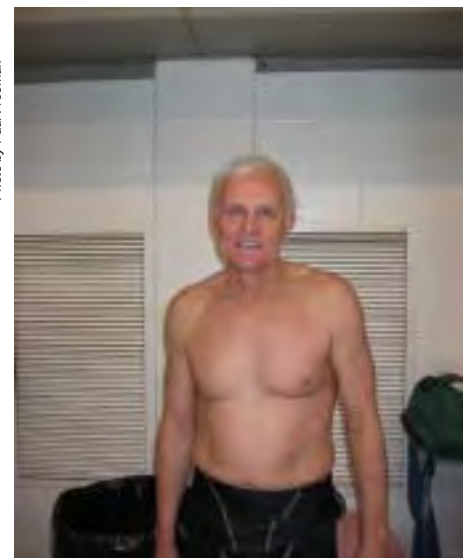


Photo by Paul Freeman

Gary Chase, who swims with TACY, competed in the 50 back, 100 back and 100 IM (60-64).



200 YD. I.M.		
PINKY WALKER	60 TACM	3:11.64 Z
FRANCESCA DRUM	61 OOPS	3:27.22
NANCY HUNN	60 NEO	4:03.36
400 YD. I.M.		
JOY WARD	60 OREG	6:29.26 Z
NANCY HUNN	60 NEO	8:16.73

WOMEN 65-69

50 YD. FREE		
PEG CLOUTIER	68 VAM	40.74
CAROLYN BALDWIN	69 WSYD	54.53
100 YD. FREE		
PEG CLOUTIER	68 VAM	1:32.37
200 YD. FREE		
PEG CLOUTIER	68 VAM	3:25.61
500 YD. FREE		
CHAYA AMIAD	65 WSYD	13:00.26
1000 YD. FREE		
CHAYA AMIAD	65 WSYD	26:56.84
1650 YD. FREE		
CHAYA AMIAD	65 WSYD	46:02.07
50 YD. BACK		
CHAYA AMIAD	65 WSYD	1:04.95
CAROLYN BALDWIN	69 WSYD	1:05.10
100 YD. BACK		
CHAYA AMIAD	65 WSYD	2:19.41
CAROLYN BALDWIN	69 WSYD	2:20.39
200 YD. BACK		
CHAYA AMIAD	65 WSYD	4:58.04
50 YD. BRST		
CAROLYN BALDWIN	69 WSYD	1:02.61
100 YD. BRST		
CAROLYN BALDWIN	69 WSYD	2:10.40
100 YD. I.M.		
CAROLYN BALDWIN	69 WSYD	2:09.84

WOMEN 70-74

50 YD. FREE		
MARGARET WINNIE	70 NEO	55.82
1650 YD. FREE		
JANET KAVADAS	72 NEO	37:27.00
200 YD. BACK		
JANET KAVADAS	72 NEO	4:29.76
50 YD. BRST		
MARGARET WINNIE	70 NEO	57.92
100 YD. BRST		
JANET KAVADAS	72 NEO	2:16.80
50 YD. FLY		
MARGARET WINNIE	70 NEO	1:27.07
100 YD. I.M.		
MARGARET WINNIE	70 NEO	2:21.30
200 YD. I.M.		
JANET KAVADAS	72 NEO	4:48.07

WOMEN 75-79

50 YD. FREE		
BERNICE PHILLIPS	75 BAM	53.58
ELIZABETH KEEN	75 INWM	1:03.96
100 YD. FREE		
ELIZABETH KEEN	75 INWM	2:20.73
50 YD. BACK		
BERNICE PHILLIPS	75 BAM	57.90
ELIZABETH KEEN	75 INWM	1:09.20
100 YD. BACK		
ELIZABETH KEEN	75 INWM	2:28.96
50 YD. BRST		
BERNICE PHILLIPS	75 BAM	1:30.40

WOMEN 80-84

50 YD. FREE		
MARION CHADWICK	81 BC	1:01.65
100 YD. FREE		
MARION CHADWICK	81 BC	2:26.67
1000 YD. FREE		
MARION CHADWICK	81 BC	31:12.58

Photo by Paul Freeman



PNA Champs was the first Masters meet for Troy Griffith from the Bellevue Club. A former UC Berkeley swimmer, Troy (30-34) captured first in the 100 free and 100 IM and second in the 50 free.

50 YD. BACK		
MARION CHADWICK	81 BC	1:19.25
100 YD. BACK		
MARION CHADWICK	81 BC	2:50.64
50 YD. BRST		
MURIEL FLYNN	80 TACY	55.89 Z
LIVIA WALKER	80 GLAD	1:18.52
100 YD. BRST		
MURIEL FLYNN	80 TACY	2:01.00 N
LIVIA WALKER	80 GLAD	3:03.17
200 YD. BRST		
MURIEL FLYNN	80 TACY	4:23.47 N
LIVIA WALKER	80 GLAD	7:01.79
100 YD. I.M.		
MURIEL FLYNN	80 TACY	2:01.26 Z

WOMEN 85-89

100 YD. FREE		
PAT MATTHIESEN	86 TIG	2:33.60 P
50 YD. BACK		
PAT MATTHIESEN	86 TIG	1:16.61
200 YD. BACK		
PAT MATTHIESEN	86 TIG	6:03.84
50 YD. BRST		
PAT MATTHIESEN	86 TIG	1:30.32 P
50 YD. FLY		
PAT MATTHIESEN	86 TIG	1:37.61 Z
100 YD. I.M.		
PAT MATTHIESEN	86 TIG	3:04.90 P

MEN 19-24

50 YD. FREE		
DMITRI PARAMONOV	24 HMST	23.17
JASEN SPEER	21 LYN	23.46
AARON SMITH	21 WWU	24.02
EDUARDO FONG	24 WWU	24.23
DAVID TOURIGNY	23 WWU	24.88
100 YD. FREE		
ALDEN KROLL	20 HMST	49.85
DMITRI PARAMONOV	24 HMST	52.02
JASEN SPEER	21 LYN	52.12
EDUARDO FONG	24 WWU	53.85
AARON SMITH	21 WWU	53.97

200 YD. FREE		
MILES LIPPOLD	19 HMST	1:54.28
ALDEN KROLL	20 HMST	1:55.15
DAVID TOURIGNY	23 WWU	2:01.85
500 YD. FREE		
AARON SMITH	21 WWU	5:29.16
EDUARDO FONG	24 WWU	5:32.25
DAVID TOURIGNY	23 WWU	5:40.87
100 YD. BACK		
ROBERT HOWELLS	21 HMST	57.15 P
ALDEN KROLL	20 HMST	57.70
200 YD. BACK		
ALDEN KROLL	20 HMST	2:07.63 P
JASEN SPEER	21 LYN	2:25.32
50 YD. BRST		
LEO TANAKA	24 BC	30.17
GEORGE SAYAH	24 GLAD	31.70
LUCAS WILLS	23 UNA	33.00
100 YD. BRST		
ALDEN KROLL	20 HMST	1:02.59
LEO TANAKA	24 BC	1:06.39
GEORGE SAYAH	24 GLAD	1:10.19
TREVOR WAYMACK	21 GLAD	1:11.67
LUCAS WILLS	23 UNA	1:12.64
JASEN SPEER	21 LYN	1:12.94
200 YD. BRST		
LEO TANAKA	24 BC	2:29.95
GEORGE SAYAH	24 GLAD	2:34.93
LUCAS WILLS	23 UNA	2:40.99
50 YD. FLY		
MILES LIPPOLD	19 HMST	25.29
AARON SMITH	21 WWU	26.84
TREVOR WAYMACK	21 GLAD	30.53
100 YD. FLY		
MILES LIPPOLD	19 HMST	56.05
EDUARDO FONG	24 WWU	56.93
DAVID TOURIGNY	23 WWU	1:00.47
LUCAS WILLS	23 UNA	1:06.34
100 YD. I.M.		
EDUARDO FONG	24 WWU	1:01.63
DAVID TOURIGNY	23 WWU	1:02.91
GEORGE SAYAH	24 GLAD	1:04.11
200 YD. I.M.		
JASEN SPEER	21 LYN	2:18.01
GEORGE SAYAH	24 GLAD	2:18.39
LUCAS WILLS	23 UNA	2:30.73

400 YD. I.M.			
ROBERT HOWELLS	21 HMST	4:35.84	
JASEN SPEER	21 LYN	5:13.86	

MEN 25-29

50 YD. FREE			
K.WYMELENBERG	25 HMST	22.02	
STEVEN ROSARIA	28 PRO	24.98	
DAVID AUSTIN	28 BMSC	25.19	
100 YD. FREE			
K.WYMELENBERG	25 HMST	48.62	
BRENT NORDYKE	27 GLAD	49.15	
JIRI RICHTER	29 PRO	54.27	
STEVEN ROSARIA	28 PRO	55.35	
200 YD. FREE			
BRENT NORDYKE	27 GLAD	1:48.63	
JIRI RICHTER	29 PRO	2:01.58	
STEVEN ROSARIA	28 PRO	2:05.94	
500 YD. FREE			
BRIAN FENN	25 PRO	6:10.07	
DAVID AUSTIN	28 BMSC	6:40.79	
1000 YD. FREE			
K.WYMELENBERG	25 HMST	11:35.40	
JIRI RICHTER	29 PRO	12:00.50	
BRIAN FENN	25 PRO	12:43.20	
THOMAS HAYES	29 SSEA	13:20.52	
1650 YD. FREE			
JIRI RICHTER	29 PRO	20:02.05	
BRIAN FENN	25 PRO	21:22.65	
50 YD. BACK			
DAVID CRETIN	28 SSEA	31.23	
STEVEN ROSARIA	28 PRO	31.53	
100 YD. BACK			
JIRI RICHTER	29 PRO	1:01.95	
DAVID CRETIN	28 SSEA	1:11.64	
50 YD. BRST			
BRENT NORDYKE	27 GLAD	28.94	
STEVEN ROSARIA	28 PRO	31.83	
100 YD. BRST			
BRENT NORDYKE	27 GLAD	1:00.77	
STEVEN ROSARIA	28 PRO	1:08.95	
DAVID AUSTIN	28 BMSC	1:12.17	
50 YD. FLY			
BRIAN FENN	25 PRO	30.89	
100 YD. I.M.			
K.WYMELENBERG	25 HMST	55.62	
BRENT NORDYKE	27 GLAD	55.69	
THOMAS HAYES	29 SSEA	1:06.88	
BRIAN FENN	25 PRO	1:09.00	
200 YD. I.M.			
BRENT NORDYKE	27 GLAD	2:01.25	
BRIAN FENN	25 PRO	2:33.74	

MEN 30-34

50 YD. FREE			
MATTHEW DELANEY	31 HMST	22.94	
TROY GRIFFITH	31 BC	22.96	
JOHN CROSS	32 PRO	23.16	
BRANDON AUSTIN	30 UNA	23.94	
JOHN WILLIAMS	34 FWM	24.25	
CHRISTIAN BRUHN	30 SAC	25.94	
JAMIE SHERMAN	31 GLAD	28.25	
KERRY NESS	33 SVY	31.37	
100 YD. FREE			
TROY GRIFFITH	31 BC	49.75	
JOHN CROSS	32 PRO	51.61	
JOHN WILLIAMS	34 FWM	52.92	
BRANDON AUSTIN	30 UNA	54.65	
SCOTT SKOGLUND	31 GLAD	54.83	
TOM SCHULTZ	32 UNA	1:00.98	
KERRY NESS	33 SVY	1:08.49	
JERRY SANCHEZ	31 GLAD	1:10.02	
200 YD. FREE			
MATTHEW DELANEY	31 HMST	1:52.00	
AMON EMEKA	34 UNA	1:52.85	
SAM ANDERSON	34 BMSC	1:58.46	
KIRK NELSON	32 HMST	1:58.99	
JOHN WILLIAMS	34 FWM	2:00.92	
MIKE GRIMM	34 PRO	2:13.52	
TOM SCHULTZ	32 UNA	2:16.26	

500 YD. FREE			
SAM ANDERSON	34 BMSC	5:24.14	
KIRK NELSON	32 HMST	5:25.81	
JOHN WILLIAMS	34 FWM	5:37.47	
TOM SCHULTZ	32 UNA	6:29.63	
1000 YD. FREE			
SCOTT SKOGLUND	31 GLAD	11:47.87	
JOHN WILLIAMS	34 FWM	11:56.63	
GEORGE GONZALEZ	32 ORCA	13:15.18	
TOM SCHULTZ	32 UNA	13:41.94	
JERRY SANCHEZ	31 GLAD	14:48.56	
1650 YD. FREE			
JOHN WILLIAMS	34 FWM	20:15.44	
MARK DAVIES	32 SSEA	22:22.12	
50 YD. BACK			
WILL CANN	30 HMST	26.50	
JOHN CROSS	32 PRO	28.49	
SEAN HILBERT	34 PRO	30.69	
SCOTT SKOGLUND	31 GLAD	30.99	
CHRISTIAN BRUHN	30 SAC	34.22	
100 YD. BACK			
MATTHEW DELANEY	31 HMST	56.25	
TOM SCHUTTE	33 NEO	1:03.12	
SEAN HILBERT	34 PRO	1:04.60	
200 YD. BACK			
TOM SCHUTTE	33 NEO	2:17.09	
SEAN HILBERT	34 PRO	2:22.82	
50 YD. BRST			
BRANDON AUSTIN	30 UNA	30.37	
JOHN SWERDLOFF	34 GLAD	31.91	
JAY BURNHAM	34 FWM	33.51	
100 YD. BRST			
BRANDON AUSTIN	30 UNA	1:06.86	
TOM SCHUTTE	33 NEO	1:07.25	
JAY BURNHAM	34 FWM	1:12.45	
SEAN HILBERT	34 PRO	1:15.84	
MIKE GRIMM	34 PRO	1:18.73	
JAMIE SHERMAN	31 GLAD	1:21.42	
KERRY NESS	33 SVY	1:23.61	
200 YD. BRST			
TOM SCHUTTE	33 NEO	2:27.09	
WILL CANN	30 HMST	2:27.41	
50 YD. FLY			
JOHN SWERDLOFF	34 GLAD	26.64	
CHRISTIAN BRUHN	30 SAC	27.92	

JAY BURNHAM	34 FWM	28.52
KERRY NESS	33 SVY	35.87
100 YD. FLY		
CHRISTIAN BRUHN	30 SAC	1:11.15
100 YD. I.M.		
TROY GRIFFITH	31 BC	56.95
WILL CANN	30 HMST	57.25
TOM SCHUTTE	33 NEO	1:01.22
CHRISTIAN BRUHN	30 SAC	1:08.57
GEORGE GONZALEZ	32 ORCA	1:12.67
JAMIE SHERMAN	31 GLAD	1:13.37
TOM SCHULTZ	32 UNA	1:14.00
MIKE TORCH	31 DSYM	1:38.42
200 YD. I.M.		
TOM SCHUTTE	33 NEO	2:16.29
KIRK NELSON	32 HMST	2:18.79
JAY BURNHAM	34 FWM	2:25.68
TOM SCHULTZ	32 UNA	2:42.51
400 YD. I.M.		
ROBERT MCGARR	32 DSYM	4:58.70

MEN 35-39

50 YD. FREE			
MATT STAUFFER	39 FWM	23.81	
ERIC BORNFLETH	37 UNA	24.01	
MICHAEL PIPTA	38 ORCA	24.97	
RICK DUNWIDDIE	39 ORCA	24.98	
MIKE CASEY	35 FWM	28.58	
JESSE HEIN	37 DSYM	29.24	
100 YD. FREE			
ERIC BORNFLETH	37 UNA	54.18	
MICHAEL PIPTA	38 ORCA	55.92	
CHARLES NORMAN	36 UNA	57.31	
MIKE CASEY	35 FWM	1:02.13	
JESSE HEIN	37 DSYM	1:05.76	
KEITH FROST	36 DSYM	1:19.64	
200 YD. FREE			
DOUG REDFIELD	39 BMSC	2:06.46	
1000 YD. FREE			
BILL VOLCKENING	37 NEM	11:18.43	
1650 YD. FREE			
DOUG REDFIELD	39 BMSC	20:18.44	
50 YD. BACK			
ED WARDIAN	37 LUNA	26.70	
CHRIS AUGUSTINE	35 SAC	27.65	



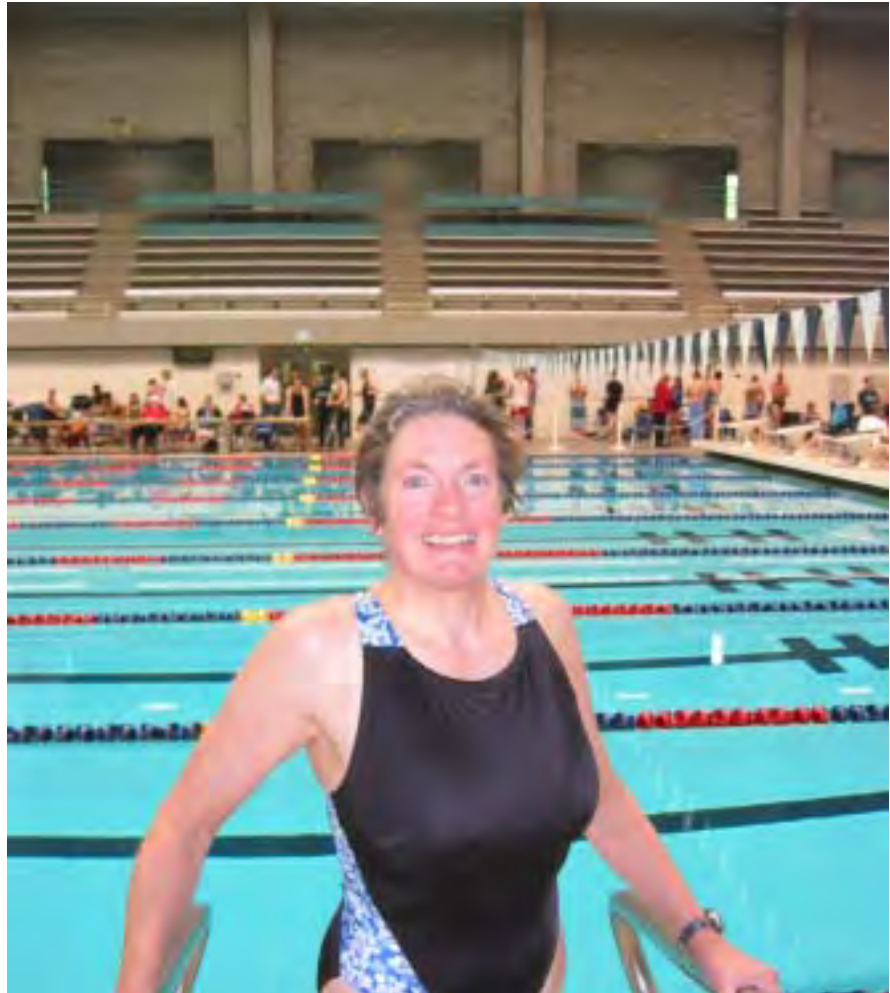
Photo by Paul Freeman

Incoming president Jeanne Ensign with outgoing president Lee Carlson, who received PNA's Distinguished Service Award.



JESSE HEIN	37 DSYM	38.25
100 YD. BACK		
ED WARDIAN	37 LUNA	55.45 P
JESSE HEIN	37 DSYM	1:26.51
200 YD. BACK		
ED WARDIAN	37 LUNA	2:04.77
50 YD. BRST		
KEVIN ESKO	37 UNA	29.55
RICK DUNWIDDIE	39 ORCA	29.75
CHARLES NORMAN	36 UNA	33.35
100 YD. BRST		
RICK DUNWIDDIE	39 ORCA	1:05.83
CHARLES NORMAN	36 UNA	1:10.46
200 YD. BRST		
KEVIN ESKO	37 UNA	2:24.55
CHARLES NORMAN	36 UNA	2:35.45
50 YD. FLY		
CHRIS AUGUSTINE	35 SAC	24.73 P
MATT STAUFFER	39 FWM	25.02
KEVIN ESKO	37 UNA	25.60
JB GOESSMAN	38 BAM	26.75
ERIC BORNFLETH	37 UNA	26.81
MICHAEL PIPTA	38 ORCA	27.18
100 YD. FLY		
CHRIS AUGUSTINE	35 SAC	54.60
MATT STAUFFER	39 FWM	55.49
ERIC BORNFLETH	37 UNA	1:01.18
BILL VOLCKENING	37 NEM	1:01.74
CHARLES NORMAN	36 UNA	1:05.59
200 YD. FLY		
MATT STAUFFER	39 FWM	2:05.66
100 YD. I.M.		
CHRIS AUGUSTINE	35 SAC	59.17
MATT STAUFFER	39 FWM	1:01.12
RICK DUNWIDDIE	39 ORCA	1:02.22
MICHAEL PIPTA	38 ORCA	1:04.48
MIKE CASEY	35 FWM	1:14.42
200 YD. I.M.		
JB GOESSMAN	38 BAM	2:17.52
RICK DUNWIDDIE	39 ORCA	2:22.19
MICHAEL PIPTA	38 ORCA	2:23.82
CHARLES NORMAN	36 UNA	2:30.30
KEITH FROST	36 DSYM	3:39.09

Photo by Paul Freeman



Francesca Drum (60-64) from OOPS set PNA records in the 100 breast (1:33.19) and the 200 breast (3:21.35).

MEN 40-44

50 YD. FREE		
JAMES LITTLEFIELD	42 SAC	24.73
MURRAY ALLEN	40 INWM	25.15
PERRY MORIN	44 GLAD	25.34
LINDSAY HARRON	41 SAC	25.35
DAN SMITH	40 UNA	25.84
CHUCK KROLL	44 SAC	26.44
GREGG METZLER	44 FWM	29.18
RON OREN	43 LYN	29.20
JOHN LEMR	43 LUNA	29.81
JEFF FOSTER	42 FWM	32.24
100 YD. FREE		
JAMES LITTLEFIELD	42 SAC	55.01
PERRY MORIN	44 GLAD	55.77
LINDSAY HARRON	41 SAC	56.23
DAN SMITH	40 UNA	56.80
MURRAY ALLEN	40 INWM	57.99
MITCH NOVACK	44 BEST	58.83
CHUCK KROLL	44 SAC	59.26
RON OREN	43 LYN	1:03.57
GREGG METZLER	44 FWM	1:08.28
JEFF FOSTER	42 FWM	1:12.85
JOHN HUCKABEE	44 NEO	1:16.14
200 YD. FREE		
ERIC DYBDAHL	43 FWM	2:01.46
JAMES LITTLEFIELD	42 SAC	2:03.19
MIKE DOWD	44 MACO	2:13.82
IVAR HILDAHL	42 NEO	2:27.55
JOHN HUCKABEE	44 NEO	2:57.16
500 YD. FREE		
LINCOLN DJANG	43 INWM	5:05.84
ERIC DYBDAHL	43 FWM	5:32.37
IVAR HILDAHL	42 NEO	6:55.86
1000 YD. FREE		
LINCOLN DJANG	43 INWM	10:33.70
GEOFFREY ANDERSON	42 GLAD	10:51.55

ERIC DYBDAHL	43 FWM	11:38.31
MARK BICKFORD	44 BAM	13:03.74
PAUL IKEDA	43 ORCA	14:54.71
1650 YD. FREE		
JACK STAVROS	43 NEO	18:01.57
GEOFFREY ANDERSON	42 GLAD	18:01.72
50 YD. BACK		
CHUCK KROLL	44 SAC	32.71
MITCH NOVACK	44 BEST	33.84
DAN SMITH	40 UNA	34.77
PAUL IKEDA	43 ORCA	37.95
100 YD. BACK		
JAMES LITTLEFIELD	42 SAC	1:03.63
PAUL IKEDA	43 ORCA	1:22.38
200 YD. BACK		
JAMES LITTLEFIELD	42 SAC	2:21.19
ERIC DYBDAHL	43 FWM	:30.02
MIKE DOWD	44 MACO	2:56.93
50 YD. BRST		
MIKE DOWD	44 MACO	34.07
PAUL IKEDA	43 ORCA	36.86
JOHN HUCKABEE	44 NEO	37.52
GREGG METZLER	44 FWM	38.92
100 YD. BRST		
JOE GASPER	41 UNA	1:09.20
MIKE DOWD	44 MACO	1:14.03

PAUL IKEDA	43 ORCA	1:20.37
JOHN HUCKABEE	44 NEO	1:23.74
IVAR HILDAHL	42 NEO	1:25.68
200 YD. BRST		
DAN SMITH	40 UNA	2:40.48
MITCH NOVACK	44 BEST	2:51.08
PAUL IKEDA	43 ORCA	2:58.79
JOHN HUCKABEE	44 NEO	3:23.07
50 YD. FLY		
JOHN LEMR	43 LUNA	35.30
GREGG METZLER	44 FWM	35.95
100 YD. FLY		
MIKE DOWD	44 MACO	1:12.56
200 YD. FLY		
LINCOLN DJANG	43 INWM	2:05.20
ERIC DYBDAHL	43 FWM	2:23.18
100 YD. I.M.		
LINDSAY HARRON	41 SAC	1:02.65
CHUCK KROLL	44 SAC	1:08.09
RON OREN	43 LYN	1:18.90
200 YD. I.M.		
IVAR HILDAHL	42 NEO	2:48.73
400 YD. I.M.		
ERIC DYBDAHL	43 FWM	5:24.93

MEN 45-49

50 YD. FREE		
JOHN SYLVESTER	46 GLAD	24.49
DALE CARY	45 UNA	26.03
WILL DELONY	47 TSC	26.35
LOREN BAKER	48 BEST	27.02
JOHN HIXSON	46 LUNA	27.23
MIKE ANDERSON	46 FWM	28.88
JAMES STEPHENS	48 FWM	29.16
JOEL LEWIS	45 FWM	29.35
ERNIE FLOWERS	46 WSYD	36.56
JESSE MACIAS	45 INWM	52.65
100 YD. FREE		
DONALD SPENCER	45 PRO	54.87
ROBERT MORRISON	49 INWM	57.07
DALE CARY	45 UNA	57.26
LOREN BAKER	48 BEST	58.73
WILL DELONY	47 TSC	1:00.04
MATTHEW SMITH	46 BEST	1:00.41
JOHN HIXSON	46 LUNA	1:01.50
JAMES STEPHENS	48 FWM	1:06.26
MIKE ANDERSON	46 FWM	1:06.52
ERNIE FLOWERS	46 WSYD	1:24.69
JESSE MACIAS	45 INWM	2:11.14
200 YD. FREE		
JOHN SYLVESTER	46 GLAD	2:01.61
DONALD SPENCER	45 PRO	2:03.89
DALE CARY	45 UNA	2:09.72
STEVE REESE	45 WSYD	2:11.27
MIKE ANDERSON	46 FWM	2:32.73
JOHN KIRKMAN	45 UNNO	2:48.52
ERNIE FLOWERS	46 WSYD	2:58.92
JEAN FANKHAUSER	48 WIS	3:17.64
500 YD. FREE		
STEVE REESE	45 WSYD	5:53.58
JOHN SYLVESTER	46 GLAD	6:03.62
STEPHEN REEBBS	46 GLAD	6:08.47
JAMES STEPHENS	48 FWM	6:40.80
BRADLEY FIEDLER	46 UNA	7:19.50
JOEL LEWIS	45 FWM	7:35.37
JEAN FANKHAUSER	48 WIS	9:04.71
1000 YD. FREE		
STEPHEN REEBBS	46 GLAD	12:50.04
JOEL LEWIS	45 FWM	15:58.93
1650 YD. FREE		
JOEL LEWIS	45 FWM	26:12.37
50 YD. BACK		
KEVIN AMES	45 UNA	33.65
JAMES STEPHENS	48 FWM	35.01
MIKE ANDERSON	46 FWM	37.81
100 YD. BACK		
MATTHEW SMITH	46 BEST	1:09.46
STEPHEN FREEBORN	47 FWM	1:10.02
200 YD. BACK		
JOHN SYLVESTER	46 GLAD	2:28.25
50 YD. BRST		
ROBERT MORRISON	49 INWM	31.03
KEVIN AMES	45 UNA	32.88
JIM WILLIAMS	46 BMSC	34.05
STEVE REESE	45 WSYD	35.89
MIKE ANDERSON	46 FWM	40.32
ERNIE FLOWERS	46 WSYD	51.52
JESSE MACIAS	45 INWM	1:14.69
100 YD. BRST		
ROBERT MORRISON	49 INWM	1:09.63
DAN ROBINSON	45 GLAD	1:12.35
KEVIN AMES	45 UNA	1:12.85
STEVE REESE	45 WSYD	1:15.57
JIM WILLIAMS	46 BMSC	1:15.78
ERNIE FLOWERS	46 WSYD	1:55.78
200 YD. BRST		
DAN ROBINSON	45 GLAD	2:36.11
ROBERT MORRISON	49 INWM	2:39.83
ERNIE FLOWERS	46 WSYD	4:02.59
50 YD. FLY		
STEPHEN FREEBORN	47 FWM	26.42
BRIAN RUSSELL	45 BAM	26.69
JOHN SYLVESTER	46 GLAD	27.86
HUGH MOORE	48 FWM	30.24
JIM WILLIAMS	46 BMSC	32.30
JAMES STEPHENS	48 FWM	34.59

100 YD. FLY		
BRIAN RUSSELL	45 BAM	59.33
STEPHEN FREEBORN	47 FWM	1:00.45
DAN ROBINSON	45 GLAD	1:01.39
DALE CARY	45 UNA	1:05.28
HUGH MOORE	48 FWM	1:05.93
200 YD. FLY		
BRIAN RUSSELL	45 BAM	2:16.29
DAN ROBINSON	45 GLAD	2:19.76
HUGH MOORE	48 FWM	2:33.16
100 YD. I.M.		
JOHN BAILEY	47 PTM	1:02.51
STEPHEN FREEBORN	47 FWM	1:04.05
LOREN BAKER	48 BEST	1:04.74
DAN ROBINSON	45 GLAD	1:05.08
DONALD SPENCER	45 PRO	1:05.44
KEVIN AMES	45 UNA	1:06.49
MATTHEW SMITH	46 BEST	1:11.69
HUGH MOORE	48 FWM	1:14.86
200 YD. I.M.		
BRIAN RUSSELL	45 BAM	2:15.63
DAN ROBINSON	45 GLAD	2:20.35
STEPHEN FREEBORN	47 FWM	2:22.97
HUGH MOORE	48 FWM	2:41.07
400 YD. I.M.		
BRIAN RUSSELL	45 BAM	4:53.42
HUGH MOORE	48 FWM	5:37.49

MEN 50-54

50 YD. FREE		
RONALD JACOBS	51 NEO	24.68
DICK GREEN	50 INWM	24.86
TIM GILMORE	53 SSEA	27.54
CLARK PACE	50 GLAD	28.11
BILL REEDER	50 GLAD	28.55
ROBERT MITCHELL	52 SSEA	32.55
100 YD. FREE		
RONALD JACOBS	51 NEO	53.98
DICK GREEN	50 INWM	55.75
CASH O'DONNELL	54 HMST	57.10
LARRY WRIGHT	54 NH	58.35
BILL KNOWLTON	50 WSYD	58.63
TIM GILMORE	53 SSEA	1:02.71
ROBERT MITCHELL	52 SSEA	1:12.66
200 YD. FREE		
RONALD JACOBS	51 NEO	2:00.52
BILL PENN	51 UNA	2:04.36
DICK GREEN	50 INWM	2:05.01
500 YD. FREE		
BILL PENN	51 UNA	5:24.48
BILL KNOWLTON	50 WSYD	6:12.39
WATT TAYLOR	50 ISST	6:59.34
1000 YD. FREE		
GREGORY HARRISON	51 FWM	13:16.19
1650 YD. FREE		
BILL PENN	51 UNA	18:34.25
SCOTT LAUTMAN	50 GLAD	19:27.19
GREGORY HARRISON	51 FWM	22:40.58
50 YD. BACK		
RONALD JACOBS	51 NEO	28.99
BILL KNOWLTON	50 WSYD	30.35
DICK GREEN	50 INWM	30.44
TIM GILMORE	53 SSEA	33.51
CLARK PACE	50 GLAD	35.33
100 YD. BACK		
RONALD JACOBS	51 NEO	1:03.45
LARRY WRIGHT	54 NH	1:07.47
BILL KNOWLTON	50 WSYD	1:08.09
CASH O'DONNELL	54 HMST	1:10.11
TIM GILMORE	53 SSEA	1:12.42
200 YD. BACK		
RONALD JACOBS	51 NEO	2:17.71
DICK GREEN	50 INWM	2:22.05
BILL KNOWLTON	50 WSYD	2:28.07
50 YD. BRST		
GREGORY HARRISON	51 FWM	33.06
DAN GREGORY	52 WIS	33.15
LARRY WRIGHT	54 NH	33.72
CLARK PACE	50 GLAD	34.86
JEFFREY ANDERSON	52 UNA	36.08
BILL REEDER	50 GLAD	36.46

100 YD. BRST		
GREGORY HARRISON	51 FWM	1:09.65
DAN GREGORY	52 WIS	1:14.66
JEFFREY ANDERSON	52 UNA	1:21.11
WATT TAYLOR	50 ISST	1:26.46
200 YD. BRST		
GREGORY HARRISON	51 FWM	2:27.46
50 YD. FLY		
LARRY WRIGHT	54 NH	27.35
BILL KNOWLTON	50 WSYD	30.19
BILL REEDER	50 GLAD	31.10
CLARK PACE	50 GLAD	32.41
100 YD. FLY		
SCOTT LAUTMAN	50 GLAD	57.82
200 YD. FLY		
SCOTT LAUTMAN	50 GLAD	2:09.20 P
100 YD. I.M.		
LARRY WRIGHT	54 NH	1:05.55
BILL REEDER	50 GLAD	1:10.39
200 YD. I.M.		
GREGORY HARRISON	51 FWM	2:27.60
BILL REEDER	50 GLAD	2:30.71
400 YD. I.M.		
SCOTT LAUTMAN	50 GLAD	5:01.21
BILL REEDER	50 GLAD	5:28.68

MEN 55-59

50 YD. FREE		
STEVE WOLCOTT	57 INWM	27.28
JIM NORRIS	55 PTM	28.30
MICHAEL MCKINLAY	59 BEST	29.99
PATRICK SULLIVAN	55 FWM	30.49
DENNIS SAWYER	59 BAM	31.52
PAUL FREEMAN	59 SSEA	31.61
GORDON GRAY	57 UNA	33.03
100 YD. FREE		
JAMES MCCLEERY	57 NWM	56.92
STEVE WOLCOTT	57 INWM	1:01.23
JIM NORRIS	55 PTM	1:02.36
STEVEN PETERSON	56 OOPS	1:02.92
JOHN LEET	57 FWM	1:05.99
MICHAEL MCKINLAY	59 BEST	1:07.55
PATRICK SULLIVAN	55 FWM	1:08.40
RICHARD BATLEY	55 LYN	1:10.89
PAUL FREEMAN	59 SSEA	1:11.36
HUGH KIMBALL	56 GLAD	1:15.09
THOMAS WALKER	56 UNA	1:21.14
200 YD. FREE		
JIM NORRIS	55 PTM	2:17.82
STEVE WOLCOTT	57 INWM	2:19.65
RICHARD BATLEY	55 LYN	2:32.18
PATRICK SULLIVAN	55 FWM	2:42.37
HUGH KIMBALL	56 GLAD	2:47.10
500 YD. FREE		
MICHAEL MCCOLLY	57 NEO	5:44.88
JIM NORRIS	55 PTM	6:06.81
RICHARD BATLEY	55 LYN	6:50.44
GORDON GRAY	57 UNA	6:59.94
HUGH KIMBALL	56 GLAD	7:36.10
THOMAS WALKER	56 UNA	8:17.15
1000 YD. FREE		
JAMES MCCLEERY	57 NWM	11:26.32
MICHAEL MCCOLLY	57 NEO	11:56.44
JIM NORRIS	55 PTM	12:37.46
RICK STAFFORD	55 BAM	13:30.37
RICHARD BATLEY	55 LYN	14:02.76
GORDON GRAY	57 UNA	14:19.84
THOMAS WALKER	56 UNA	17:26.53
1650 YD. FREE		
MICHAEL MCCOLLY	57 NEO	20:30.57
JIM NORRIS	55 PTM	21:07.06
RICHARD BATLEY	55 LYN	22:44.06
GORDON GRAY	57 UNA	24:01.51
50 YD. BACK		
MICHAEL MCKINLAY	59 BEST	33.20
100 YD. BACK		
MICHAEL MCCOLLY	57 NEO	1:10.70
MICHAEL MCKINLAY	59 BEST	1:11.53
EUGENE HUNN	59 NEO	1:40.55



200 YD. BACK		
MICHAEL MCCOLLY	57 NEO	2:31.73
GORDON GRAY	57 UNA	3:04.09
THOMAS WALKER	56 UNA	3:31.42
50 YD. BRST		
STEVEN PETERSON	56 OOPS	33.99
GARY STAMPER	57 GLAD	35.90
JOHN LEET	57 FWM	36.51
DENNIS SAWYER	59 BAM	36.90
PATRICK SULLIVAN	55 FWM	36.96
PAUL FREEMAN	59 SSEA	38.84
HUGH KIMBALL	56 GLAD	41.29
EUGENE HUNN	59 NEO	44.91
LARRY GROSS	56 FWM	45.87
100 YD. BRST		
STEVEN PETERSON	56 OOPS	1:14.57
JOHN LEET	57 FWM	1:19.87
DENNIS SAWYER	59 BAM	1:24.45
PAUL FREEMAN	59 SSEA	1:27.00
EUGENE HUNN	59 NEO	1:38.35
THOMAS WALKER	56 UNA	1:41.20
LARRY GROSS	56 FWM	1:45.10
200 YD. BRST		
STEVEN PETERSON	56 OOPS	2:46.45
RICK STAFFORD	55 BAM	2:48.27
JOHN LEET	57 FWM	3:00.86
PAUL FREEMAN	59 SSEA	3:14.81
WILFRID CAMERON	55 WSYD	4:05.03
50 YD. FLY		
STEVE WOLCOTT	57 INWM	30.57
PATRICK SULLIVAN	55 FWM	36.47
WILFRID CAMERON	55 WSYD	49.90
100 YD. I.M.		
RICK STAFFORD	55 BAM	1:14.30
JOHN LEET	57 FWM	1:15.67
GARY STAMPER	57 GLAD	1:20.89
PATRICK SULLIVAN	55 FWM	1:24.49
DENNIS SAWYER	59 BAM	1:25.28
HUGH KIMBALL	56 GLAD	1:29.25
EUGENE HUNN	59 NEO	1:40.38
200 YD. I.M.		
STEVEN PETERSON	56 OOPS	2:40.31
JOHN LEET	57 FWM	2:52.52
EUGENE HUNN	59 NEO	3:43.23
400 YD. I.M.		
MICHAEL MCCOLLY	57 NEO	5:21.31
GORDON GRAY	57 UNA	6:35.39
THOMAS WALKER	56 UNA	7:28.39

MEN 60-64

50 YD. FREE		
TOM LANDIS	61 OREG	25.97
ROBERT LAKE	61 SQM	35.33
100 YD. FREE		
TOM LANDIS	61 OREG	56.34
ROBERT LAKE	61 SQM	1:16.87
200 YD. FREE		
TOM LANDIS	61 OREG	2:04.96
ROBERT LAKE	61 SQM	2:50.47
ROBERT PARKER	62 NEO	3:16.96
500 YD. FREE		
TOM LANDIS	61 OREG	5:43.15
ROBERT LAKE	61 SQM	7:44.28
LEE CARLSON	62 MIR	7:47.27
ROBERT PARKER	62 NEO	8:38.18
1000 YD. FREE		
TOM LANDIS	61 OREG	11:52.59
LEE CARLSON	62 MIR	15:31.43
50 YD. BACK		
GARY CHASE	63 TACY	30.77
WALT REID	62 FTSW	36.51
LEE CARLSON	62 MIR	39.37
100 YD. BACK		
GARY CHASE	63 TACY	1:08.33
WALT REID	62 FTSW	1:20.15
200 YD. BACK		
LEE CARLSON	62 MIR	3:12.92
50 YD. BRST		
WALT REID	62 FTSW	36.76
ROBERT PARKER	62 NEO	43.35
J.GOESSMAN	64 SAC	53.50
100 YD. BRST		
WALT REID	62 FTSW	1:23.36
ROBERT PARKER	62 NEO	1:34.01
50 YD. FLY		
ROBERT LAKE	61 SQM	39.39
100 YD. FLY		
TOM LANDIS	61 OREG	1:10.02
100 YD. I.M.		
GARY CHASE	63 TACY	1:07.97

MEN 65-69

50 YD. FREE		
DAVID ADDLEMAN	68 FWM	29.67
DAVE DRUM	67 OOPS	29.88

100 YD. FREE		
DAVE DRUM	67 OOPS	1:08.31
DAVID ADDLEMAN	68 FWM	1:09.32
DON REHFELDT	68 NEO	1:28.81
200 YD. FREE		
DON REHFELDT	68 NEO	3:10.37
500 YD. FREE		
DAVE DRUM	67 OOPS	7:00.73
DON REHFELDT	68 NEO	8:36.80
1000 YD. FREE		
DAVE DRUM	67 OOPS	14:36.81
DON REHFELDT	68 NEO	18:17.99
1650 YD. FREE		
DON REHFELDT	68 NEO	30:12.92
50 YD. BACK		
DAVID ADDLEMAN	68 FWM	39.61
100 YD. BACK		
TOM FOLEY	68 TIG	1:48.72
200 YD. BACK		
TOM FOLEY	68 TIG	3:48.96
50 YD. BRST		
HAROLD TAUSCHER	65 BMSC	36.50
DAVID ADDLEMAN	68 FWM	42.09
100 YD. BRST		
HAROLD TAUSCHER	65 BMSC	1:23.64
200 YD. BRST		
HAROLD TAUSCHER	65 BMSC	3:08.36
DON REHFELDT	68 NEO	3:39.90
50 YD. FLY		
DAVE DRUM	67 OOPS	35.18
DAVID ADDLEMAN	68 FWM	36.13
100 YD. FLY		
HAROLD TAUSCHER	65 BMSC	1:31.34
TOM FOLEY	68 TIG	2:08.37
200 YD. FLY		
TOM FOLEY	68 TIG	4:41.05
100 YD. I.M.		
HAROLD TAUSCHER	65 BMSC	1:21.67
200 YD. I.M.		
HAROLD TAUSCHER	65 BMSC	3:09.17
TOM FOLEY	68 TIG	3:50.98
400 YD. I.M.		
TOM FOLEY	68 TIG	8:24.41

MEN 70-74

50 YD. FREE		
BOB DORSE	71 TIG	32.13
100 YD. FREE		
BOB DORSE	71 TIG	1:15.70
200 YD. FREE		
HARVEY PROSSER	74 NWM	2:56.34
500 YD. FREE		
HARVEY PROSSER	74 NWM	7:50.73
BOB DORSE	71 TIG	9:07.79
50 YD. BRST		
JERRY GALLAHER	74 MIR	44.29
100 YD. BRST		
JERRY GALLAHER	74 MIR	1:42.45
100 YD. FLY		
HARVEY PROSSER	74 NWM	1:50.97
100 YD. I.M.		
BOB DORSE	71 TIG	1:32.71
200 YD. I.M.		
BOB DORSE	71 TIG	3:44.39

MEN 80-84

200 YD. FREE		
GILBERT YOUNG	81 OREG	3:01.08
1000 YD. FREE		
HAL YOUNG	81 TACY	23:05.84
1650 YD. FREE		
GILBERT YOUNG	81 OREG	29:04.72
HAL YOUNG	81 TACY	40:21.18

MEN 85-89

50 YD. FREE		
GENE CROSSETT	89 NEO	51.77
100 YD. FREE		
GENE CROSSETT	89 NEO	1:54.80



Seujan Bertram, Rosanne Ritch and Sarah Welch, all from SSEA, enjoy a break on the benches.

200 YD. FREE			
GENE CROSSETT	89 NEO	4:23.46	
500 YD. FREE			
GENE CROSSETT	89 NEO	11:41.75	
1000 YD. FREE			
GENE CROSSETT	89 NEO	23:31.82	

RELAYS-WOMEN 200 YD. FREE

19 +			
JULIE CORMAN	54 SSEA	1:58.36	
KATIE FARRELL	30		
ROSANNE RITCH	23		
STACY MILLER	25		
JULIE JOHNSON	23 FWM	2:01.24	
KRYS POSTMA	23		
REBEKAH CELVER	25		
SHAWNA CHASE	23		
JESSICA HEIMAN	19 GLAD	2:03.10	
MARY LASSITER	20		
MELANY RICHMOND	28		
SUSAN SCHEERENS	29		
25 +			
HALEIGH WERNER	34 GLAD	2:00.51	
TONYA BERG	44		
CATHERINE MCCOY	39		
WENDY CRABB	35		
AMY COCANOUR	32 FWM	2:01.07	
LYNN GROSS	42		
HEATHER HOFFMAN	43		
KAREN OYAMA	35		
BERNICE PHILLIPS	75 BAM	2:27.40	
TARA SIMSAK	33		
PATRICIA HENNESSY	35		
JAMIE WHITNEY	38		
35 +			
ANNE BERNHARD	38 NEO	2:01.46	
M LEIGH JOHNSON	54		
ORNA KRISTAL	37		
CHARLOTTE DAVIS	52		
MARY ANN WHITE	44 FWM	2:11.41	
JULIE BRUNO	48		
JUDY WILLIAMS	55		
NATASHA ESUABANA	44		
45 +			
SARAH WELCH	56 SSEA	2:18.83	
JENNIE GOLDBERG	49		
K.BLANCHARD	47		
ANNE HEALEY	47		
CINDY MARTIN	51 GLAD	2:19.69	
JESSE PACE	50		
ARNI LITT	56		
KATHY ABRAMS	47		
JEAN BLACKBURN	51 FWM	2:24.18	
UTE CRAY	48		
MICHELLE PETRICK	47		
LINDA SULLIVAN	46		
55 +			
J.LEYNSEELE	62 NEO	3:10.05	
MARGARET WINNIE	70		
NANCY HUNN	60		
JULIA BENT	55		

Photo by Paul Freeman



Jon, Vicky and Julia Swerdloff. Jon, who swims with GLAD, competed in the 50 breast and 50 fly (30-34).

RELAYS-WOMEN 200 YD. MEDLEY

19 +			
MICHELLE BLOXHAM	20 WWU	2:07.12	
SASHA SPEER	21		
AMY JAHNKE	20		
LAURA DOWD	19		
ORNA KRISTAL	37 NEO	2:12.54	
LAURA DEL RIO	37		
ANNE BERNHARD	38		
FAYE LIMING	23		
K.BLANCHARD	47 SSEA	2:33.18	
ROSANNE RITCH	23		
SEUJAN BERTRAM	36		
SARAH WELCH	56		
25 +			
JOANNA PIERCE	26 SAC	2:32.59	
MELISSA SWANSON	37		
KAREEN BREWER	30		
ELLEN CULLOM	32		
35 +			
ZENA COURTNEY	43 FWM	2:25.87	
LINDA SULLIVAN	46		
HEATHER HOFFMAN	43		
LYNN GROSS	42		
JANE MOORE	52 FWM	2:46.05	
UTE CRAY	48		
MARY ANN WHITE	44		
JUDY WILLIAMS	55		
45 +			
CHARLOTTE DAVIS	52 NEO	2:16.06	
M LEIGH JOHNSON	54		
DEBBIE GLASSMAN	49		
MARY LIPPOLD	47		

55 +			
JOY ROGERS	61 NEO	3:10.87	
JANET KAVADAS	72		
JULIA BENT	55		
NANCY HUNN	60		

RELAYS-M E N 200 YD. FREE

19 +			
MATTHEW DELANEY	31 HMST	1:29.47 P	
ROBERT HOWELLS	21		
WILL CANN	30		
K.WYMELENBERG	25		
TREVOR WAYMACK	21 GLAD	1:40.37	
ZAKARIYA PALSHA	21		
BRENT NORDYKE	27		
SCOTT SKOGLUND	31		
25 +			
RICK DUNWIDDIE	39 ORCA	1:47.13	
PAUL IKEDA	43		
GEORGE GONZALEZ	32		
MICHAEL PIPTA	38		
HUGH KIMBALL	56 GLAD	1:57.32	
GARY STAMPER	57		
JOHN SWERDLOFF	34		
PERRY MORIN	44		
PAUL FREEMAN	59 SSEA	1:58.64	
ROBERT MITCHELL	52		
DAVID CRETIN	28		
TIM GILMORE	53		
35 +			
LINDSAY HARRON	41 SAC	1:38.80	
CHUCK KROLL	44		
JAMES LITTLEFIELD	42		
CHRIS AUGUSTINE	35		
ERIC DYBDAHL	43 FWM	1:51.72	
STEPHEN FREEBORN	47		
GREGORY HARRISON	51		
JEFF FOSTER	42		



JOHN HUCKABEE 44 NEO 2:02.42
 EUGENE HUNN 59
 MICHAEL MCCOLLY 57
 RONALD JACOBS 51

45 +
 DAN ROBINSON 45 GLAD 1:48.40
 BILL REEDER 50
 CLARK PACE 50
 SCOTT LAUTMAN 50

MIKE ANDERSON 46 FWM 1:58.36
 JOEL LEWIS 45
 HUGH MOORE 48
 JAMES STEPHENS 48

RELAYS-M E N 200 YD.

MEDLEY

19 +
 MATTHEW DELANEY 31 HMST 1:44.11
 ALDEN KROLL 20
 KIRK NELSON 32
 MILES LIPPOLD 19

25 +
 ERIC DYBDAHL 43 FWM 1:52.96
 JAY BURNHAM 34
 MATT STAUFFER 39
 JOHN WILLIAMS 34

35 +
 JAMES STEPHENS 48 FWM 2:19.46
 PATRICK SULLIVAN 55
 GREGG METZLER 44
 JOEL LEWIS 45

45 +
 STEPHEN FREEBORN 47 FWM 2:03.63
 GREGORY HARRISON 51
 HUGH MOORE 48
 MIKE ANDERSON 46

BILL KNOWLTON 50 WSYD 2:35.26
 STEVE REESE 45
 WILFRID CAMERON 55
 ERNIE FLOWERS 46

55 +
 MICHAEL MCCOLLY 57 NEO 2:50.95
 ROBERT PARKER 62
 EUGENE HUNN 59
 GENE CROSSETT 89

RELAYS-MIXED 200 YD.

FREE

19 +
 AARON SMITH 21 WWU 1:42.43
 ERIN SALMAN 19
 MICHELLE BLOXHAM 20
 EDUARDO FONG 24

MATT STAUFFER 39 FWM 1:43.62
 KRYS POSTMA 23
 REBEKAH CELVER 25
 JOHN WILLIAMS 34

JESSICA HEIMAN 19 GLAD 1:52.90
 MARY LASSITER 20
 TREVOR WAYMACK 21
 ZAKARIYA PALSHA 21

SARAH WELCH 56 SSEA 2:02.57
 PAUL FREEMAN 59
 MARK DAVIES 32
 ROSANNE RITCH 23

JAY BURNHAM 34 FWM 2:02.97
 UTE CRAY 48
 JULIE JOHNSON 23
 GREGORY HARRISON 51

25 +
 JOANNA PIERCE 26 SAC 1:45.03
 JAMES LITTLEFIELD 42
 KAREEN BREWER 30
 CHRIS AUGUSTINE 35

CASEY MURPHY 25 LUNA 1:45.46
 ALI WICK 28
 JOHN LEMR 43
 ED WARDIAN 37

BRENT NORDYKE 27 GLAD 1:46.02
 JOHN SYLVESTER 46
 WENDY CRABB 35
 CATHERINE MCCOY 39

JOHN SWERDLOFF 34 GLAD 2:01.37
 HUGH KIMBALL 56
 KATHY ABRAMS 47
 TATYANA MISHL 39

BILL REEDER 50 GLAD 2:07.46
 CLARK PACE 50
 JESSE PACE 50
 MELANY RICHMOND 28

JAMES STEPHENS 48 FWM 2:10.28
 JULIE BRUNO 48
 HOLLY BORK 26
 JOEL LEWIS 45

PATTY HALLER 41 SAC 2:39.58
 J.GOESSMAN 64
 MELISSA SWANSON 37
 CHRISTIAN BRUHN 30

35 +
 ERIC DYBDAHL 43 FWM 1:48.67
 ZENA COURTNEY 43
 LYNN GROSS 42
 STEPHEN FREEBORN 47

GREGG METZLER 44 FWM 1:56.17
 HEATHER HOFFMAN 43
 MARY ANN WHITE 44
 MIKE ANDERSON 46

KARI EINSET 43 WSYD 2:05.98
 STEVE REESE 45
 CHRISTINE PRUNEAU 46
 BILL KNOWLTON 50

DAVID ADDLEMAN 68 FWM 2:35.95
 JOANNE KIRKLAND 44
 NATASHA ESUABANA 44
 JOHN LEET 57

YAM HUANG SIEBER 35 WSYD 2:53.11
 CAROLYN BALDWIN 69
 WILFRID CAMERON 55
 ERNIE FLOWERS 46

45 +
 PATRICK SULLIVAN 55 FWM 2:09.77
 LINDA SULLIVAN 46
 JANE MOORE 52
 HUGH MOORE 48

RELAYS-MIXED 200 YD.

MEDLEY

19 +
 AARON SMITH 21 WWU 2:01.62
 SASHA SPEER 21
 AMY JAHNKE 20
 EDUARDO FONG 24

ZENA COURTNEY 43 FWM 2:07.70
 JAY BURNHAM 34
 HUGH MOORE 48
 KRYS POSTMA 23

JESSICA HEIMAN 19 GLAD 2:10.97
 MARY LASSITER 20
 TREVOR WAYMACK 21
 ZAKARIYA PALSHA 21

HOLLY BORK 26 FWM 2:17.65
 SHAWNA CHASE 23
 MIKE CASEY 35
 JOHN WILLIAMS 34

25 +
 TARA SIMSAK 33 BAM 2:04.67
 JAMIE WHITNEY 38
 BRIAN RUSSELL 45
 MARK BICKFORD 44

ERIC DYBDAHL 43 FWM 2:06.94
 AMY COCANOUR 32
 MATT STAUFFER 39
 KAREN OYAMA 35

STACY MILLER 25 SSEA 2:07.21
 KATIE FARRELL 30
 DAVID CRETIN 28
 THOMAS HAYES 29

MELANY RICHMOND 28 GLAD 2:07.22
 SUSAN SCHEERENS 29
 BRENT NORDYKE 27
 SCOTT SKOGLUND 31

KATHLEEN MORRIS 34 ORCA 2:16.66
 RICK DUNWIDDIE 39
 SUZIE NESS 41
 MICHAEL PIPTA 38

CHUCK KROLL 44 SAC 2:26.99
 MELISSA SWANSON 37
 CHRISTIAN BRUHN 30
 ELLEN CULLOM 32

JOEL LEWIS 45 FWM 2:29.85
 UTE CRAY 48
 REBEKAH CELVER 25
 JEFF FOSTER 42

35 +
 STEPHEN FREEBORN 47 FWM 2:06.66
 GREGORY HARRISON 51
 HEATHER HOFFMAN 43
 LYNN GROSS 42

RONALD JACOBS 51 NEO 2:11.55
 JOHN HUCKABEE 44
 ANNE BERNHARD 38
 CHARLOTTE DAVIS 52

DAVID ADDLEMAN 68 FWM 2:20.32
 JOHN LEET 57
 MARY ANN WHITE 44
 LINDA SULLIVAN 46

CHRIS AUGUSTINE 35 SAC 2:20.66
 RENEE STEWART 53
 LINDSAY HARRON 41
 DEBRA DRAGOVICH 51

ARNI LITT 56 GLAD 2:23.51
 TATYANA MISHL 39
 GARY STAMPER 57
 PERRY MORIN 44

JAMES STEPHENS 48 FWM 2:31.23
 GREGG METZLER 44
 JEAN BLACKBURN 51
 MICHELLE PETRICK 47

PNA Champs Meet — Combined Team Scores



Place	Team	Points
Large Teams		
1	FEDERAL WAY MASTERS	FWM 2,077
2	GREENLAKE AQUADUCKS	GLAD 1,571
3	NORTH END OTTERS	NEO 1,456

Medium-sized Teams

1	WEST SEATTLE YMCA DOLPHINS	WSYD 619
2	SWIM SEATTLE	SSEA 597
3	SEATTLE ATHLETIC CLUB	SAC 587
4	HUSKY MASTERS	HMST 476
5	WESTERN WASHINGTON UNIVERSITY	WWU 446
6	BAINBRIDGE AQUATIC MASTERS	BAM 395
7	PRO CLUB	PRO 373
8	ORCA	ORCA 341
9	BELLINGHAM MASTERS SWIM CLUB	BMSC 327
10	DOWNTOWN SEATTLE YMCA	DSYM 120



Small Teams

1	TEAM LUNA	LUNA 279
2	BELLEVUE CLUB	BC 256
3	LYNNWOOD SHARKS	LYN 240
4	TIGERS	TIG 215
5	OLD OLYMPIC PENINSULA SWIMMERS	OOPS 197
6	BELLEVUE EASTSIDE SWIM TEAM	BEST 187
7	PORT TOWNSEND MASTERS	PTM 166
8	TACOMA YMCA	TACY 157
9	NORTH WHIDBEY MASTERS	NWM 143
10	MERCER ISLAND REDWOODS	MIR 112
11	FORT STEILACOOM - WAKO	FTSW 111
12	SEQUIM MASTERS	SQM 65
13	WHIDBEY ISLAND SWELLS	WIS 63
14	GOLD CREEK MASTERS	GCMS 58
15	ISSAQUAH SWIM TEAM	ISST 19



Non-Registered Teams

THUNDERBIRD AQUATIC MASTERS	TACM-PN	78
NEWPORT HILLS	NH-PN	57
VASHON AQUATIC MASTERS	VAM-PN	39
SKAGIT VALLEY Y	SVY-PN	26
SAMENA CLUB	SAM-PN	24
TACOMA SWIM CLUB	TSC-PN	19



Meet Your New PNA Officers

PNA is led by its four executive officers. Each has been involved for many years with Masters swimming and the PNA.

President **Jeanne Ensign** is a Seattle CPA. A Masters swimmer since 1985, Jeanne swims with GLAD and likes distance events and open water swims. "I'm involved with PNA," says Jeanne, "because swimming has given me so much, it's a way of giving back."

Vice President **Steve Peterson** is a contract engineer supporting the Navy at Keyport. A Masters swimmer since 1985, Steve swims with OOPS. He has competed in most meet events and is an excellent breaststroker. "I think the caliber of people I've met through Masters swimming is what made me want to become active in PNA and contribute to its success," he says.

Secretary **Hugh Moore** is an electrical engineer at Boeing. He's been a Masters swimmer for 27 years and swims with FWM. Both



New PNA officers (l. to r.): Secretary Hugh Moore, Treasurer Sarah Welch, President Jeanne Ensign and Vice President Steve Peterson.

he and his wife Jane, also a Masters swimmer, have been involved with PNA since 1983. "My favorite stroke is butterfly and my best event is the 200 Fly — when I'm in shape," says Hugh.

Treasurer **Sarah Welch** is finance director for the Seattle Department of Parks & Recreation. She started Masters swimming in

1980 and swims with SSEA. Seven years ago, Sarah began swimming the 200 fly. "You have a better chance for a medal in this event," says Sarah, adding that her two favorite meet events are the 200 IM and 400 IM.



Husband-Wife Coaching Duo Lead Federal Way Masters



Malcolm and Wendy Neely and their children: Ciara, 6, and Shasta, 4.

One reason Federal Way Masters (FWM) took top honors in the large team category at PNA Champs is that FWM has two excellent coaches: Malcolm and Wendy Neely.

The couple, who have coached FWM for eight of the ten years of their marriage, met at the Weyerhaeuser King County Aquatics Center, where most FWM workouts occur. Malcolm, who is aquatics coordinator for Tukwila, runs the morning practices, while Wendy, who coaches at Thomas Jefferson High School in Federal Way, handles evening and Saturday practices and "brunch" practices that start at 10:15 a.m.

Wendy says FWM welcomes people of all ages and abilities. "It's never too late to try a new sport, especially Masters swimming. Swimming isn't as hard on the body as many other activities."

Wendy and Malcolm emphasize proper stroke technique. "That's the key to minimizing injury," says Wendy.

The people joining FWM tend to be triathletes or fitness swimmers. "We don't push people into competition," says Wendy. But many who join for fitness later decide to compete. And, as PNA Champs demonstrated, they compete pretty darn well.

Find Out What Your PNA Board is Doing

PNA Board Meeting Minutes

by Hugh Moore, PNA Secretary



Minutes of the PNA Board Meeting: March 25, 2003 (prepared by former PNA secretary Steve Peterson).

Vice President Jeanne Ensign called the meeting to order at 7:05 PM in the Seattle Parks and Recreation Offices. Attendees included Kathy Casey, Sally Dillon, Tom Foley, Paul Freeman, Arni Litt, Hugh Moore, Jo Moore, Steve Peterson, Walt Reid, and Sarah Welch. These 11 represented Federal Way, Fort Steilacoom/WAKO, GLAD, North Whidbey, OOPS, Swim Seattle, Tigers, and the membership at large.

MINUTES: The Board approved the February meeting minutes as corrected.

TREASURER'S REPORT: The Board approved the Treasurer's report as corrected. Total PNA assets are \$51,876 including the Wiggin Fund's \$2,792.

BOARD FOCUS: A. At Large Rep (<98100): Lee will e-mail members in this zip code range, seeking a representative. B. Champs Team Divisions: Walt, Jeanne, and Sarah will set divisions by team size. C. *WetSet* Thoughts: Should the minutes be published in full or summarized? Full disclosure is paramount; minutes should also be posted on the Web. Methods for conducting an audience survey were discussed. A one-day planning session to encompass policies on e-mail lists, website posting, *WetSet* advertising, and volunteer reimbursement was discussed but tabled as a date could not be decided upon. Sarah, Paul, Tom, Lee, and

Jeanne will meet some evening to discuss the *WetSet* issues.

OLD BUSINESS: A. Fitness Clinic: An announcement will appear in the Bellevue Club magazine; Jo will see that Paul gets a copy for the *WetSet*. Two speakers, Gary Chase and Sue Maytas, are lined up. To maintain liability coverage, "Registered Masters swimmers and Bellevue Club members are welcome to join in the morning workout." The Board approved charging \$25 for the Clinic. B. King County Pools: The Save the Pools group will meet March 27. Ten of 11 pools are open; Auburn has closed. Lee feels PNA should back away from any further legal action, as the primary goal has been achieved.

COMMITTEE REPORTS:

Awards: An announcement about medals will appear in the April *WetSet*. **Membership:** 942 have registered to date with another 6 in the mail and 5 from the Mercer Island meet.

Meets: Jo will approach Bellevue Club about hosting SCM Zones this fall. PNA will host LCM Zones at KCAC August 9-10. Arni will accept registrations; a meet director is needed. North Whidbey's pentathlon will be Saturday September 27.

Open Water: Lake Padden is June 21; Fat Salmon is July 19. Jeanne suggested post-poning an Open Water Clinic this year as we have already planned LCM Zones, SCM Zones, and a Fitness Clinic.

Newsletter: Paul is assembling the April *WetSet* today and tomorrow.

NEW BUSINESS: A. Mercer Island Meet: Pool rental plus staff was about \$100 per hour. The meet made money, but the break-even point is now 150 swimmers. This largest non-Champs non-Zone meet garnered 28 new competitors and \$86 in medals. B. Hour Swim Relays: Sally prepared a *WetSet* article to applaud the 35 PNA participants. C. Relay Coordinator: Sarah will be in Tempe with the checkbook. We have no policy on paying volunteers. Other members (Webmaster, *WetSet* Editor, Registrar, etc.) donate large amounts of time. Position is as Relay Coordinator and not as a coach. Jeanne will contact Lynn Wells and Rosanne Ritch, both of whom expressed interest. D. ASCA Conference: USMS will cover the \$149 fee for 25 applicants. The conference precedes Convention in San Diego. E. KUOW "Masters Athletes": This March 17 talk-radio show featured Lee Carlson as one of three adult athlete representatives. F. PNSA Officials Grant: The Board approved a \$1,000 grant to the PNSA Officials Committee with the stipulation that it be spent on training. Sarah recommended that we include this as an annual budget item. G. PNA Email List Use: Discussion tabled. H. PNA Distinguished Service Award: The Board approved presenting this award to Lee Carlson in recognition of his outstanding effort to preserve the swimming pools for the greater community of King County. Hugh will manage the plaque; Sally and Jo will determine the specific gift. Jeanne will present the award at Champs. The Board authorized \$350 total.



Get Fit and Improve Your Swimming

A fitness clinic presented by
Pacific Northwest Association of Masters Swimmers and the Bellevue Club
Saturday Morning, June 7, 2003
At The Bellevue Club-11200 SE Sixth St, Bellevue



A special clinic at the Bellevue Club will provide *competitive and fitness swimmers* the opportunity to improve their stroke technique, core strength and nutrition. The clinic is for intermediate and advanced swimmers and triathletes who want to enhance performance through a continuing reassessment and improvement of technique. Learn from experts in stroke mechanics, workout strategy, injury management and prevention, glycogen replacement, flexibility and strength development. Keynote presenters include Gary Chase and Sue Maytas.

Gary Chase has a Masters in Exercise Physiology and has been a professor at Pacific Lutheran University for 30 years. He has over 40 years experience in coaching swimming at all levels, age group, college and Masters. He has competed in swimming at high school state, NCAA championships, Olympic Trials and numerous Masters National Championship meets. Gary is the holder of a number of Masters records. His experience in research, coaching and swimming make him one of our top fitness consultants.

Sue Maytas is the Fitness and Group Exercise Director at the Bellevue Club, a position she has held for the last eight years. Sue has a masters in Exercise Science as well as an NSCA certification and has been in the fitness industry for over 22 years. She is responsible for all aspects of fitness and group exercise at the Bellevue Club, including yoga and pilates. She can develop high-level programs for professional athletes or motivate the non-exerciser. She was a competitive college athlete and has competed or trained in tennis, field hockey, basketball, running, and swimming. Sue's motivation and personality make her a top exercise instructor.

Time	Activity	Instructor
7:00 a.m.— 8:00 a.m.	Workout with the Bellevue Club (only for registered Masters swimmers & Bellevue Club members)	Masters Coaches
8:00 a.m. — 8:30 a.m.	Stroke skill demonstration	Gary Chase, M.S.
9:00 a.m. — 9:30 a.m.	Workout strategy and event preparation	Gary Chase, M.S.
9:30 a.m. — 10:15 a.m.	Injury management and prevention	Gary Nicholson, Athletic Trainer
10:15 a.m.— 11:00 a.m.	Nutrition with emphasis on glycogen replacement	Cindy Farricker, Licensed Dietician
11:00 a.m. — 11:45 a.m.	Developing core strength and flexibility with balance balls and other tools	Sue Maytas, M.S.

Bring a swimsuit (if you want to do the Masters workout) and exercise clothes with supportive tennis shoes (for the clinic's final segment). Directions: From I-405 take exit 12 (SE 8th Street). Go west on SE 8th Street. Turn right at 114th Ave. SE. Turn left on SE 6th Street. The Bellevue Club is on the right. Please enter at the Sport Entrance.

Fitness Clinic Registration Form

To register for the Fitness Clinic, complete and return the registration form below to Lee Carlson, 1000 Cabin Creek LN SW, D301, Issaquah WA 98027 or fax to 425-427-8430.

Please print clearly Registration deadline June 4, 2003 Make checks payable to PNA

Last Name, First Name, MI

Home Phone / Work Phone (please include area code)

Email Address

Clinic fee is \$25; registered PNA coaches may attend without charge. Clinic location is the Bellevue Club pool, main ballroom and adjacent exercise room. Please enter at the athletic entrance. Exercise fitness balls will be available for purchase. Fitness balls are \$32.50. Please indicate if you are interested in purchasing by circling the item.

The following waiver must be signed.

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: _____

Champs Results

(Continued from page 15)

		45 +		
		TIM GILMORE	53 SSEA	2:19.61
		PAUL FREEMAN	59	
		SARAH WELCH	56	
		ANNE HEALEY	47	
		CINDY MARTIN	51 GLAD	2:19.71
		JESSE PACE	50	
		CLARK PACE	50	
		SCOTT LAUTMAN	50	
BILL KNOWLTON	50 WSYD	2:47.81		
CHRISTINE PRUNEAU	46			
WILFRID CAMERON	55			
YAM HUANG SIEBER	35			
JULIE CORMAN	54 SSEA	2:52.27		
ROBERT KING	36			
ROBERT MITCHELL	52			
JENNIE GOLDBERG	49			
		55 +		
		MICHAEL MCCOLLY	57 NEO	2:45.92
		EUGENE HUNN	59	
		NANCY HUNN	60	
		JULIA BENT	55	





Leading Off

(Continued from page 2)

enhanced fitness, increased competition, open water swim competitions and venues or more pool time. Tell us what you want and need, and we'll do our best to respond. The PNA Board is here to serve you.

Contacting the Board

The board consists of your elected officers, committee chairs, team reps and members-at-large reps. You can find contact information for officers and members-at-large on the masthead.

Share your views with any of us or your team rep. Encourage your rep to become a regular at board meetings. They're open to all and listed in the newsletter's Calendar of Events.

Elsewhere in this issue you can read about the many activities planned for the coming months. We hope there is something for you. Enjoy your swimming.

Good Luck



PNA Swimmers

at

Nationals

Dawn Musselman Award

(continued from page 4)

stroke class (regardless of YMCA membership). Many a swimmer who has taken her advice has gone on to join Masters! I am one of those people, and Chaya has patiently reconfigured all four of my strokes. She instills a certain confidence in her swimmers and has much faith in our abilities. Chaya seems to know better than many of us what we are capable of. After all, it's hard to whine when directed to do 100 fly knowing this arthritic 65-year-old is doing it! It just seems wimpy to say "I can't" to Chaya!"

Chaya, for your inspiration to the West Seattle YMCA Dolphins and as an example for our organization, the PNA is proud to recognize you as the Dawn Musselman Inspirational Swimmer for 2003.



WetSet Subscription/Change of Address Form

The WetSet is PNA's official newsletter. Produced ten times a year, it 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 Arni Litt, PNA Registrar, 1920 10th Ave E, Seattle, WA 98102-4253.

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

Attach 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 2003 Registration Application on page 26.*

Lake Padden 2.5K & 5K Open Water Swim
Saturday, June 21, 2003
Hosted by Bellingham Masters Swim Club
“Sanctioned by the PNA for USMS #3603-OW1”

Name: _____ USMS # _____

Address: _____ City _____ State _____ Zip _____

Date of Birth: _____ Age:(on race day) _____ Sex: M _____ F _____

Phone (home): _____ Phone(work): _____

E-mail address: _____

Emergency contact & Phone: _____

Indicate Event 2.5k 5k

Entry Fee: \$28 per swimmer

Race Day Entry Fee \$35

T-shirt size _____M_____L_____XL

Checks Payable and Mail To:
Bellingham Masters Swim Club
3880 Gala Loop
Bellingham, Wa 98226
Attn: Barb Gundred
(360) 734 8364
Konabarb@hotmail.com

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 of 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.”

Must be signed and dated for acceptance.

Signed _____ Date _____

Events: A 2.5K and 5K open water lake swim will be held at Lake Padden beginning at 9:00 a.m. A triangular course will be marked with large orange buoys. The start will be in the water with the finish on the beach.

Location: Lake Padden Park, Bellingham, Washington. This is a beautiful lake which has hiking, biking and running trails. It also has a large barbecue and play area for the entire family. The swim area is equipped with restrooms, showers and changing areas.

Eligibility: USMS or Canadian Masters registered swimmers 19 years of age and older, as of June 21, 2003, are eligible to compete. For all competitors without a USMS or Canadian Master registration an \$8 one-event USMS registration will be required at check-in. Non PNA swimmers must submit a copy of their current registration card with their entry.

Entry Fees: \$28 per event. Entry fee includes a long sleeved T-shirt, participant medal and swim cap.

Entry deadline: 6/12/03. You may register race day, but a T-shirt will not be included with your entry fee.

Late entry fee/race day entry is \$35.00

Rules: Current USMS rules will govern this event. The use of neoprene wetsuits is allowed in all distances.

Safety: Lifeguards and safety boats will monitor the entire course. Swimmers must wear the swim cap provided and their race number on their arm, leg or hand.

Schedule:

8:00 a.m. – 8:45 a.m. -- Check in.

8:45 a.m. -- Pre-race meeting

9:00 a.m. –5K Start

9:15 a.m. –2.5K Start

Awards: Each participant will receive a medal of participation. Entries meeting the June 12 deadline will receive an event Long Sleeve T-Shirt.

Results: Final results will be posted upon completion of each event.

Age Groups: Age groups are 19-24, 25-29, 30-34 and so on in five-year increments as high as necessary for both men and women.

Directions: Southbound: I-5 to Exit 254 the Samish Way exit. Follow the exit to the light and stay in the left lane. Turn left at the light onto Samish Way. Go across freeway overpass and turn right at the light. Follow road to the entrance to Lake Padden on the right side about 2 miles. Park in the lots available and registration will be by the building which has the changing rooms.

Northbound: I-5 to exit 246. Follow exit right to the stop sign. Turn left, drive to the 2nd Lake Padden entrance. Park in the lots.

2003 Fat Salmon Open Water Swim 1 & 3 Mile Races

July 19, 2003 Lake Washington, Seattle, WA
Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS Inc
Sanction Number: 3603-002

This event is subject to review and approval by the City of Seattle Special Events Committee. If permitting is not received this event will not occur. Please visit our website at www.fatsalmon.org May 21 for final word.



The Fat Salmon Open Water Swimming Championships is an open water swim competition located in Seattle, Washington, an area with many waterways and lakefront areas in and around the city. The first Fat Salmon race was held in 1999 with seventeen entrants competing in the three-mile event. By 2002, the race grew to 180 swimmers.

Open water swim events involve a substantial amount of risk. Please do not participate if you are not comfortable swimming these distances in cold water. Time Guidelines: 1 Mile Race participants should be able to swim a 1650 free in 35 minutes or less. 3 Mile Race participants should be able to swim a 5000 yard free in less than 1 hour 40 minutes. Participants who have not finished the three-mile swim in less than two hours will be pulled from the water.

Whenever an event involves immersion in cold water for any period of time there is a substantial risk of exposure to hypothermia and drowning. Therefore participants are required to sign a waiver removing all responsibility of the organizing entities and persons, and representing that the competitor will be able to complete the event without any assistance from any other person or floatation device. Water temperature is typically 58 to 65 degrees Fahrenheit and many participants choose to wear a wetsuit.

A mandatory safety meeting will be held prior to the start of the event. Those wishing information in advance can go to the website at www.fatsalmon.org.

LOCATION: Madison Park Beach, Lake Washington, Seattle, Washington

ELIGIBILITY: This event is open to all USMS and MSC registered swimmers 19 years of age or older as of July 19, 2003. Any swimmer not registered with PNA must submit a photocopy of their registration card with their entry. USMS One-event registration is available for \$8.00.

RULES: Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire is allowed. The use of fins and pull buoys is not allowed.

ENTRY FEES: Received by July 1, 2003 \$27.00
Received after July 1, 2003 \$37.00

Day of race entries will be accepted but not encouraged. A maximum of 300 entries will be accepted. No refunds will be issued. T-shirts and caps will be provided to all competitors. Food and refreshments will be available for competitors at the end of the race.

PRERACE CHECK-IN & MANDATORY MEETING:

Day of Race, July 19, 2003:

6:15 am Check-in begins

7:15 am Check-in closes

7:20 am Competitors' Meeting

** All competitors are required to attend **

RACE START: The 3 Mile Race starts at approximately 8:30 a.m. The One Mile Race starts at approximately 9:15 (when the first 3 mile swimmers pass the 1 Mile Race starting point. (See race map). Car-pooling is encouraged to transport swimmers to the race start.

TIMING: Chip timing will be provided by AA Sports.

SAFETY: Support craft (i.e. motorized boats, kayaks) will accompany competitors on the course. Swimmers are required to wear the swim caps provided to them on the day of the race.

AWARDS/CERTIFICATES: All swimmers will receive a certificate of participation. Additionally, a whole salmon will be awarded to the fastest male and female swimmers in both the wetsuit and non-wetsuit divisions. For the 1 Mile Race one-half of a salmon will be awarded to the fastest male and female swimmers in both divisions. No age-group awards will be presented.

DIRECTIONS: From Northbound I-5: Take the Seneca Street exit (#165), merge onto Seneca; travel 0.1 miles; turn left onto 5th Avenue. Follow directions from 5th Avenue (see below). From Southbound I-5: Take the Union Street exit (#165B), travel 0.1 miles; turn left onto 5th Avenue. From 5th Avenue: Travel 0.2 miles; turn left onto Spring Street, travel 0.1 miles; turn right onto 7th AVE, travel 0.2 miles; turn left onto Madison Street, travel 2.9 miles; Turn SLIGHTLY RIGHT on to East Howe Street, travel 0.1 miles; Turn LEFT onto 43RD Avenue East. Park

QUESTIONS? Jason Nadal jasonnadal@hotmail.com (206) 579-4853, or Jeanne Ensign jeanne@raincity.com (206) 324-1354/948-1354

2003 Fat Salmon Open Water Swim

ENTRY FORM & LIABILITY RELEASE

1 & 3 Mile Races July 19, 2003 Lake Washington, Seattle, WA
www.fatsalmon.org

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS Inc
Sanction Number: 3603-002

This event is subject to review and approval by the City of Seattle Special Events Committee. If permitting is not received this event will not occur. Please visit our website at www.fatsalmon.org May 21 for final word.

Please write legibly.

Name: _____ USMS (or MSC) No: _____
If not USMS or MSC registered, One-Event Registration required. See below.

Address: _____ Club Name: _____

City: _____ State: _____ Zip: _____ Club Abbr: _____

Date of Birth: ___/___/___ Age as of 7/19/2003 _____ Sex (Circle One): Male Female

E-Mail address: _____ Phone number: (____) _____

Emergency contact person: _____ Phone Number: (____) _____

RACE DISTANCE: (*Circle One*) 1 Mile 3 Mile

T-SHIRT SIZE: (*Circle One*)

CATEGORY: (*Circle One*) Wetsuit Non Wetsuit S M L XL XXL

ENTRY FEES: All competitors must be registered with USMS or MSC. One-event registration is available for \$8. Day of race entries will be accepted up to a maximum of 300 entries. No refunds will be issued.

Entry Fee:	Received by July 1, 2003	\$27.00	\$_____	Mail entry to: Jeanne Ensign
	Received after July 1, 2003	\$37.00	\$_____	511 E Roy St #314
	One Event Registration fee	\$ 8.00	\$_____	Seattle, WA 98102
TOTAL ENCLOSED WITH ENTRY Total			\$_____	Make check payable to: GLAD

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 the 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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks.

PARTICIPANT SIGNATURE: _____ DATE: _____



Take Advantage of Away-From-Home 50-Meter Pools USMS National Championship 5K & 10K Postal Swims

Postal Swim Pools



Looking for a 50-meter pool that you need to swim the annual 5K or 10 K postal swims? PNA has reserved pool space at the 50-meter South Kitsap Pool in Port Orchard on two different occasions (see contact and sign-up information below).

5K swimmers may be able to join GLAD swimmers at the 50-meter outdoor Colman Pool in West Seattle on Saturdays throughout the summer. GLAD will hold practices on those days from 6:30 a.m.-8:00 a.m., and each week space in one lane may be available for 2-3 swimmers. Contact Coach Mary Lassiter at 206/443-5555, X295, or msfish@usms.org. **Space must be reserved in advance.**

PNA Masters Swimming Away-from-Home Signup for Postal Swims
Complete entry form, enclose fee and mail to the event coordinator listed below:

Name: _____		2003 USMS Number: _____	
Address: _____		Phone: (____) _____	
City: _____	Zip: _____	DOB: _____	Age: _____ Sex: ____
E-mail: _____		USMS Club: _____ Local team: _____	

Purpose: The 5K & 10K National Postal Swims require a 50-meter pool. "Away-From-Home" Postal Swims provide 50-meter pool space that enables PNA swimmers an opportunity to participate in the events.

Rules: USMS Postal Rules apply. Refer to the official 5K/10 K entry form published in the next *WetSet* and *SWIM Magazine*. First-come, first-served sign-up; day-of-event sign up accepted IF space permits. Each swimmer must provide some-one 12 years or older to count laps and record splits. Events will usually be run two-per-lane. Each swimmer will be required to sign the USMS Liability Release at the event.

Fees: \$10/swimmer pool fee to help defray our pool rental costs. If you wish to enter the National Championship event, please also bring a photocopy of your USMS card, the \$10 entry fee and a completed event entry form.

Sign up: Check the location, event, and indicate your seed time. You may only swim one event each day.

5K Swim - Kitsap Pool

Saturday, August 2, 11 :00a.m.-1:00 p.m.
(July 28 sign-up deadline)
South Kitsap HS Pool
425 Mitchell Rd., Port Orchard, WA
____ 5K seed time: _____

We will start immediately so please be on time!
PNA has the whole pool at South Kitsap

5K & 10K Swims - Kitsap Pool

Saturday, August 23, 11:00 a.m.-3:00 p.m.
(August 18 sign-up deadline)
____ South Kitsap HS Pool
425 Mitchell Rd., Port Orchard, WA
____ 5K seed time: _____
____ 10K seed time: _____

UNITED STATES MASTERS SWIMMING, INC.
2003 REGISTRATION APPLICATION

Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

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

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

If you coach a Masters swim team check here

CLUB: Pacific NW Aquatics (PNA) **Team :** _____
 Sequim (SQM) Unattached Unattached

2003 Annual Fee: Your fee includes subscriptions to *The WetSet* and *SWIM Magazine*

Regular:	\$35	\$ _____
Need-based or Seniors (65 & over):	\$25	\$ _____
After September 1, 2003:	\$20	\$ _____
Canadian:	\$40 (US dollars)	\$ _____
<i>Optional Donations:</i>		
USMS Endowment Fund	(\$1 or \$ _____)	\$ _____
International Swimming Hall of Fame	(\$1 or \$ _____)	\$ _____
	TOTAL	\$ _____

I am interested in serving on a committee.

Mail to: Arni H. Litt, Registrar Make check payable to: **PNA**
1920 10th Ave East Questions: (206) 323-4712, arni@qwest.net
Seattle, WA 98102-4253

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

➔ **Signature** _____ **Date** _____

To help you out, here are definitions of a few terms:

- LMSC (Local Masters Swim Committee): Pacific Northwest Association of Master Swimmers (PNA) is the division of United States Masters Swimming (USMS) that covers (roughly) western Washington.
- Clubs are part of the LMSC. Currently there are two clubs in the PNA LMSC. These are Pacific Northwest Aquatics (also abbreviated PNA) and Sequim (SQM). Swimmers not belonging to either club may register as "unattached." Use your club affiliation any time you register for a meet. To swim as part of a relay team at Zone or National meets, all swimmers on that relay must be registered with the same club. Swimmers unattached to a club may not swim in a relay.
- Teams are local groups with which people swim; for example, Federal Way, Orca, GLAD. Team affiliations are used to earn points at PNA Champs.



THE FINAL LAP

NEO Swimmers Remember a Dear Friend

By Anne Peters Johnson

The North End Otters (NEO) recently lost a friend and teammate to violence. The horrific crime that took the life of Kari Osterhaug and her unborn child was in the news for weeks.

Her teammates wanted to share the events of her life, not the details of her death. So the rest of this story contains memories of this wonderful person.

NEO coach Robin O'Leary liked Kari's positive aura, and found her a pleasure to coach. "She loved her zoomers. She never complained and was always late, but always smiling!"

Lorraine Eadie found Kari happy and full of laughter. "Somehow Kari made you feel



Look closely at the left sleeve of Robin O'Leary's shirt and you'll see Kari's name. Robin, who coaches NEO, and other team members wore the shirts at Champs.

New PNA Swimmers

- Regina Ahn
- Michael Anderson
- Nicole Artino
- Christopher Augustine
- Julie Barashkoff
- Chris Blair
- Moirra Bradshaw
- Scott Byron
- Sharon Carter
- Aurora Chang
- Juli Ciotta
- Katherine Cuevas
- Sally Culverwell
- Will Cummins
- Dean De Koster
- Rene DeVine (Pillard)
- Karen Dugan
- Erika Edwards
- Joseph Enbody
- Jana Flinn
- Eduardo Fong
- Tana Gaines
- Cameron Green
- Troy Griffith
- Joe Griggs
- Dana Gunter

- Annette Harris
- Janet Hawkins
- Jessica Heiman
- Mark Irvine
- Martina Kubec
- Edward Mack
- Erin Markquart
- Cecilia Matta
- Stacy Miller
- Gerald Neveux
- Ryan Packer
- Zakariya Palsha
- Jill Patty
- Joanna Pierce
- Robert Rotz
- Jennifer Sams
- Sasha Speer
- Jackie Stagliano
- Eric Stelter
- Dave Stewart
- Leo Tanaka
- Joy Tanaka
- Eloise Travess
- Frank Travess
- Cynthia Van Buskirk
- Trevor Waymack
- Doug Webb
- Brenden Witte
- Joyce Yi

good just to be around her. She was healthy and vital, and often would laugh at herself in a way that wasn't negative. The laugh expressed her easy-going, happy approach to life. She also had a way of communicating that happiness to people around her that was unique and wonderful."

Julia Bent didn't know Kari outside swimming – until Julia went to a plant salvage sponsored by King County. "By chance Kari also went. She helped me identify plants I was interested in saving.

Every spring, when the trillium she helped me collect blooms in my front yard, I will remember her assistance and good cheer."

Kari was a perfect blend of all swimmers: hard working yet not overly serious. She didn't start problems in the lane; instead, her presence promoted cohesiveness and hard work. Her stories of adventures outside swimming entertained all of us at the North End Otters.

She will be greatly missed.



HAPPY BIRTHDAY

to the following PNA swimmers!

Ken Miller 5 15
 Brian Russell 5 15
 Jenny LaRose 5 15
 Robert Mucklestone 5 15
 Michael Nordby 5 15
 Jean Dillon 5 16
 Christopher Cutting 5 16
 Eric Knapp 5 17
 Renee Stewart 5 17
 Margaret Barrett 5 18
 Ron Oren 5 18
 Sarah McCarthy 5 18
 Claire Eadie 5 18
 Maggie Kinsella 5 19
 Brian Gilbert 5 19
 David Battisti 5 19
 Al Rubeck 5 19
 Maia E Haykin 5 19
 Lori Brizee 5 20
 Steve George 5 21
 Mark Arnold 5 23
 Nancy Faegenburg 5 23
 Lucas Wills 5 23
 Steven Rosaria 5 24
 Alan Levis 5 24

David Thompson 5 24
 Leina Tani 5 25
 William Hayes 5 25
 Larissa Patterson 5 25
 Cathy Mackay 5 25
 Joy Tanaka 5 25
 Gavin Morlan 5 26
 Jim Gross 5 26
 Moira Bradshaw 5 26
 Michael Mullaney 5 27
 Gary Stamper 5 27
 Harold Tauscher 5 28
 Carol Troup 5 28
 Sunny Smallwood 5 28
 Suzanne Strom-Reed 5 29
 Maggie Coon 5 30
 Debra Anderson 5 30
 Tim O'Brien 5 31
 Peter Ray 5 31
 Christian Bruhn 5 31
 Cary Lassen 6 1
 Krys Postma 6 1
 J Brian Herring 6 1
 Kathy Byers 6 2
 Jasen Speer 6 2

Bill Knowlton 6 3
 Wendy Neely 6 3
 Julie Wilson 6 3
 Eric Stelter 6 3
 Emma (Yam Huang)
 Sieber 6 4
 Michael Jones 6 4
 Stephen Roxborough 6 4
 Regan Erskine 6 5
 Larry Pilcher 6 6
 Jack Hilovsky 6 6
 Julie Delaney 6 6
 Daniel Brightwell 6 6
 June
 Van Leynseele 6 6
 Michelle
 Campillo-Peters 6 7
 Ann Lennartz 6 7
 John Williams 6 8
 Cheryl Curran 6 8
 Jean Fankhauser 6 9
 Yuriko Poehlman 6 9
 Jon Bernhoft 6 9
 Don Rehfeldt 6 12
 Douglas Redfield 6 12
 Hudson Murrell 6 12
 Gary Holmquist 6 13
 Heidi Hansen 6 13
 Christopher Kerkering 6 13
 Joel Lewis 6 13
 Michael O'Leary 6 14
 Laura Del Rio 6 14

Pacific Northwest Association of Masters Swimmers
 1920 10th Ave East
 Seattle, WA 98102-4253

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