



PNA Swimmers Fare Well at Short Course Nationals, Especially Charlotte Davis, Who Sets Five National Records

By Sarah Welch, PNA Treasurer

Fort Lauderdale, Fla., where this year's Short Course Nationals were held, is a long way off from The Pacific Northwest. So it was surprising – and gratifying – that 51 PNA swimmers registered for the meet, held May 19-23.

Armed with a new PNA banner, these swimmers swam as a team and placed 10th at Nationals. (USMS no longer classifies small, medium and large teams at Nationals, so every team competes against every other one.)

Superstar Charlotte

Among the PNA swimmers, the clear superstar was Charlotte Davis. Charlotte, who just aged up to 55, won each of the six events she entered: the 50 and 100 free, the 50 fly and the 100, 200 and 400 IM. More significantly, Charlotte shattered five national records at the meet, a first-ever achievement for a PNA swimmer. (Read more about Charlotte on page 11.)

Other Star Performers

A number of other PNA swimmers also turned in stellar

(Continued on page 4)



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

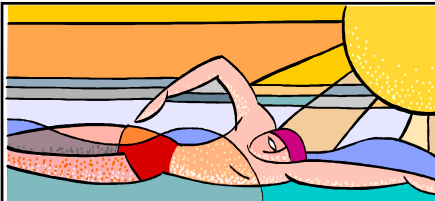
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Group shot of the many PNA swimmers who traveled to Nationals



WET SET

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PNA President Jeanne Ensign is taking a break from *Leading Off*, so this month's column is being written by your newsletter editor.

As you look over this issue, you'll find two articles that are the products of submissions from PNA members. The first, which starts on page 7, is a witty, first-hand account of what it's like to participate in the Plover Swim, a short swim in Blaine named after the MV Plover, a local ferry. The second article, on page 9, focuses on the accomplishments of three PNA women, two in their seventies and one in her eighties, who recently competed in The Senior Olympics in Pittsburgh.

Send Us Your Swimming Stories

Articles like these add a personal touch to the newsletter. So I encourage every PNA member who has a story to tell about their swimming exploits to submit that information to *The WetSet*. You can write the story yourself – that's what the Plover swimmer did – or submit the information and let us write it up.

In a sense the PNA members responsible for these two articles were PNA volunteers. Without volunteers, PNA couldn't function. That's especially true when it comes to board members, many of whom have faithfully served for a number of years.

Be a PNA Volunteer

To be a PNA volunteer, you don't have to become a board member or spend a lot of time. For example, on page 11 you'll find a "Volunteer Wanted" notice. The PNA board is looking for someone

LEADING OFF



By Paul Freeman,
Newsletter Editor

to compile a list of people that have PNA archive materials (like old board minutes and newsletters). This job involves talking to a few long-time PNA members and finding out what materials each has, then drawing up a list of those materials.

This isn't a huge job. But it's important. So if it's something you could do, please contact Jeanne Ensign, PNA president.

And if the archiving job doesn't appeal to you, but you'd still like to be a PNA volunteer, let Jeanne know that. PNA will be happy to use your talents in the near future.

One final thought about being a PNA volunteer. It's a rewarding experience and it can be a lot of fun!

**Don't forget to sign
Up for the Lake
Padden OW Swim in
July, the Pentathlon
in September and
BAMFEST in October.
Entry forms on pages
16-18.**

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 2005 CALENDAR

**OPEN
POSTAL SWIMS
MEETS**
CLINICS

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

January 1 to December 31, 2005

Fitness Check-Off Challenge

Mission: I.M. Possible

Hugh Moore

swimmoore@comcast.net

For forms see [http://](http://www.usms.org/fitness/fittessevents.shtml)

www.usms.org/fitness/fittessevents.shtml

May 15 to September 30, 2005

2005 USMS 5 & 10K Postal Championships

Christine Swanson

(813) 254-4514 (phone or fax)

ctswanson@yahoo.com

Livia Zien

(727) 821-8113

livia.zien@att.net

See pages 14-15 for entry form.

July 16, 2005

**Fat Salmon Open Water Swim
CANCELLED**

See story on page 6.

July 22 to July 31, 2005

World Masters Games SCM
Edmonton, Alberta, Canada

www.2005worldmasters.com

July 26, 2005

**PNA Board Meeting
7:00 p.m.**

Seattle Parks & Recreation Bldg.

July 30, 2005

Lake Padden Open Water Swim

Bob Fish; 360-733-2385

therealfish@msn.com

See page 16 for entry form.

July 30, 2005

2005 USMS 1-Mile Open Water
National Championships - Elk Lake
Bend, Ore.

Bob Bruce

bobbruce13@attglobal.net

Pam Himstreet

himstreet@bendnet.com

Sanctioned by OR LMSC

August 6, 2005

Long Bridge Open Water Swim
Sandpoint, ID

www.longbridgeswim.org

August 7, 2005

2005 USMS 5-Mi Open Water
National Championships-La Jolla
Bay, San Diego, Calif.

David Lamott; (619) 222-3436

JLamott@pacbell.net

Steve Dockstader

stevedocks@san.rr.com

August 11 to August 15, 2005

2005 LCM National Championships
Mission Viejo, Calif.

Mark Moore (949) 233-6521

coachmark@mastersmvnswim.org;

www.mastersmvnswim.org;

August 13, 2005

Puget Sound Crossing for Kids

www.crossingforkids.org

See article on page 10.

August 22, 2005

Dorena Lake, Ore.

NW Zone OW Championships

August 23, 2005

PNA Board Meeting; 7:00 p.m.

Seattle Parks & Recreation Bldg.

August 27, 2005

5K/10K pool time at Seattle's

Colman Pool, see page 13

September 11, 2005

Patriot Games, A Metric Pentathlon
Grass Valley Aquatic Center
Camas, Wash.

Bert Petersen

Petersen@exchangenet.net

September 24, 2005

**8th Annual Short Course Meters
Pentathlon Meet**

Oak Harbor, Wash.

Sally Dillon (360) 679-5038

salswmr@earthlink.net

See page 17 for entry form.

October 15, 2005

4th Annual BAMFEST

Bainbridge Island, WA

See page 18 for entry form.

Web Guide

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

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

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

(Continued from page 1)

Nationals

performances. Gary Chase, who just aged up to 65, captured first place in all six of his events—50, 100 and 200 back plus the breaststroke events at these same distances.

Alden Kroll (18-24) nabbed a first place in the 200 backstroke and 100 breast and a second in the 100 back. He also placed in the top 10 swimmers for all six of his events, in the process earning PNA valuable team points.

Mary Lippold (45-49) logged top 10 times with three fourth places, a third place and two six places. Nancy Townsend earned PNA points for all six of her races.

Lots of Relays

PNA Relays were fun and “deep,” with PNA frequently fielding an A and B and even a few C relay teams in some age categories. Since PNA swimmers signed up for relays before the meet, it was much easier for Lisa Pace and me to coordinate the relays.

Eleven women from the Western Washington U. Masters Swimming participated in several women’s relays in the 18+ age group. There were some interesting age ranges in certain relay teams. For example, the PNA’s 18+ mixed medley team, which took sixth place, matched two 21-year-olds, Naomi Jacobson and Laura Dowd, with 30-year-old Mark Arnold and 37-year-old David Kays. And in the men’s 200 free relay, the ages ranged from 19 to 53.

In the 200 mixed freestyle relay, PNA fielded three teams in the 45+ category, and these teams won a third, tenth and 14th place. PNA’s women’s teams took a fifth in the 35+ freestyle relay, a second in the 45+ relay and tenth in the

USMS Short Course Nationals Ft. Lauderdale, FL May 19-22, 2005

P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD

WOMEN 18-24

50 YD. FREE		
ERIN JACOBSON	20 PNA	26.67
ASHLEY SULLIVAN	21 PNA	27.11
NAOMI JACOBSON	21 PNA	27.48
LAURA DOWD	21 PNA	27.62
ERIN SALMAN	21 PNA	27.87
LAUREL SPRUANCE	18 PNA	29.83
SARAH JURICK	18 PNA	30.02
ERIN HUNTER	19 PNA	30.86
RILEY JONES	19 PNA	32.96
100 YD. FREE		
ERIN JACOBSON	20 PNA	57.31
ASHLEY SULLIVAN	21 PNA	59.28
NAOMI JACOBSON	21 PNA	59.32
ERIN SALMAN	21 PNA	1:03.79
SOFINA MORALES	19 PNA	1:04.71
ERIN HUNTER	19 PNA	1:08.29
SARAH JURICK	18 PNA	1:08.32
LAUREL SPRUANCE	18 PNA	1:09.58
RILEY JONES	19 PNA	1:13.42
200 YD. FREE		
NAOMI JACOBSON	21 PNA	2:09.15
ASHLEY SULLIVAN	21 PNA	2:10.23
SOFINA MORALES	19 PNA	2:22.67
LAUREL SPRUANCE	18 PNA	2:47.36
500 YD. FREE		
SOFINA MORALES	19 PNA	6:33.26
50 YD. BACK		
ERIN JACOBSON	20 PNA	31.42
LAURA DOWD	21 PNA	34.17
RILEY JONES	19 PNA	37.92
ERIN HUNTER	19 PNA	37.99
100 YD. BACK		
KASEY STEWART	21 PNA	1:15.85
200 YD. BACK		
KASEY STEWART	21 PNA	2:36.83
50 YD. BRST		
LAURA DOWD	21 PNA	35.79
SARAH JURICK	18 PNA	39.24
ERIN SALMAN	21 PNA	39.35
50 YD. FLY		
ASHLEY SULLIVAN	21 PNA	28.85
NAOMI JACOBSON	21 PNA	30.56
LAURA DOWD	21 PNA	30.76

45+ medley relay.

Many PNA swimmers commented that this was the “best nationals meet ever for PNA,” except for those PNA has hosted, and that “we really felt like a team.”

PNA encourages all its swimmers to attend national meets. You can’t beat Nationals for fun, camaraderie and an unforgettable swimming experience.

100 YD. I.M.		
ERIN JACOBSON	20 PNA	1:08.67
ASHLEY SULLIVAN	21 PNA	1:09.51
NAOMI JACOBSON	21 PNA	1:09.88
LAURA DOWD	21 PNA	1:09.97
ERIN SALMAN	21 PNA	1:12.93
KASEY STEWART	21 PNA	1:18.00
200 YD. I.M.		
NAOMI JACOBSON	21 PNA	2:31.35

WOMEN 35-39

50 YD. FREE		
TARA SIMSAK	35 PNA	26.60
100 YD. FREE		
TARA SIMSAK	35 PNA	57.37
50 YD. BACK		
TARA SIMSAK	35 PNA	30.40
50 YD. FLY		
TARA SIMSAK	35 PNA	28.14
100 YD. FLY		
TARA SIMSAK	35 PNA	1:02.72

WOMEN 40-44

50 YD. FREE		
LISA DAHL	44 PNA	25.67
LISA PACE	43 PNA	25.77
100 YD. FREE		
JAMIE WHITNEY	40 PNA	1:02.47
1000 YD. FREE		
LISA PACE	43 PNA	11:37.25
100 YD. BACK		
LISA PACE	43 PNA	1:06.73
50 YD. BRST		
JAMIE WHITNEY	40 PNA	37.44
200 YD. BRST		
JAMIE WHITNEY	40 PNA	3:07.34
100 YD. I.M.		
LISA PACE	43 PNA	1:05.27
200 YD. I.M.		
LISA PACE	43 PNA	2:20.17Z
400 YD. I.M.		
LISA PACE	43 PNA	5:04.88

WOMEN 45-49

50 YD. FREE		
MARY LIPPOLD	49 PNA	26.37
100 YD. FREE		
MARY LIPPOLD	49 PNA	57.99
200 YD. FREE		
MARY LIPPOLD	49 PNA	2:07.76
1000 YD. FREE		
MARY LIPPOLD	49 PNA	11:49.94
200 YD. BACK		
CATHY COOLEY	47 PNA	2:29.60
50 YD. BRST		
TONYA BERG	46 PNA	36.45
JUDY HAWKSWORTH	45 PNA	37.77
100 YD. BRST		
TONYA BERG	46 PNA	1:17.69
JUDY HAWKSWORTH	45 PNA	1:20.80
200 YD. BRST		
TONYA BERG	46 PNA	2:46.64
CATHY COOLEY	47 PNA	2:50.69
JUDY HAWKSWORTH	45 PNA	2:57.41
100 YD. FLY		
MARY LIPPOLD	49 PNA	1:04.75P
ROBIN O’LEARY	48 PNA	1:09.19
200 YD. FLY		
MARY LIPPOLD	49 PNA	2:32.10
ROBIN O’LEARY	48 PNA	2:36.19



100 YD. I.M.
CATHY COOLEY 47 PNA 1:09.15 P
200 YD. I.M.
CATHY COOLEY 47 PNA 2:29.62 P
JUDY HAWKSWORTH 45 PNA 2:38.79
400 YD. I.M.
JUDY HAWKSWORTH 45 PNA 5:42.44

WOMEN 50-54

50 YD. FREE
JANET JOHNSON 50 PNA 32.20
100 YD. FREE
NANCY TOWNSEND 50 PNA 1:04.01
200 YD. FREE
NANCY TOWNSEND 50 PNA 2:20.96
500 YD. FREE
NANCY TOWNSEND 50 PNA 6:19.49
1000 YD. FREE
NANCY TOWNSEND 50 PNA 12:53.18
100 YD. BACK
NANCY TOWNSEND 50 PNA 1:16.79
50 YD. BRST
JANET JOHNSON 50 PNA 42.53
100 YD. BRST
JANET JOHNSON 50 PNA 1:33.38
200 YD. BRST
JANET JOHNSON 50 PNA 3:25.88
200 YD. I.M.
NANCY TOWNSEND 50 PNA 2:38.95

WOMEN 55-59

50 YD. FREE
CHARLOTTE DAVIS 55 PNA 27.20 N
100 YD. FREE
CHARLOTTE DAVIS 55 PNA 59.08 N
200 YD. FREE
SARAH WELCH 58 PNA 2:41.01
500 YD. FREE
SARAH WELCH 58 PNA 7:17.29
1650 YD. FREE
KATE SUTHERLAND 57 PNA 32:24.35
200 YD. BRST
KATE SUTHERLAND 57 PNA 3:57.17
50 YD. FLY
CHARLOTTE DAVIS 55 PNA 29.96 Z
SARAH WELCH 58 PNA 37.99
100 YD. FLY
SARAH WELCH 58 PNA 1:27.24
100 YD. I.M.
CHARLOTTE DAVIS 55 PNA 1:09.27 N
200 YD. I.M.
CHARLOTTE DAVIS 55 PNA 2:29.14 N
SARAH WELCH 58 PNA 3:07.24
KATE SUTHERLAND 57 PNA 3:53.79
400 YD. I.M.
CHARLOTTE DAVIS 55 PNA 5:24.43 N
SARAH WELCH 58 PNA 6:44.75

WOMEN 80-84

200 YD. FREE
MARION CHADWICK 783 PNA 5:30.28
500 YD. FREE
MARION CHADWICK 83 PNA 15:05.03
1000 YD. FREE
MARION CHADWICK 83 PNA 31:41.37
100 YD. BACK
MARION CHADWICK 83 PNA 3:06.59
200 YD. BACK
MARION CHADWICK 83 PNA 6:28.12

MEN 18-24

50 YD. FREE
JASON MERRIFIELD 19 PNA 22.96
ALDEN KROLL 22 PNA 23.03
100 YD. FREE
ALDEN KROLL 22 PNA 50.13
JASON MERRIFIELD 19 PNA 50.71
100 YD. BACK
ALDEN KROLL 22 PNA 56.58

200 YD. BACK
ALDEN KROLL 22 PNA 2:05.72
50 YD. BRST
JASON MERRIFIELD 19 PNA 29.17
100 YD. BRST
ALDEN KROLL 22 PNA 1:02.00
100 YD. FLY
ALDEN KROLL 22 PNA 55.93
100 YD. I.M.
JASON MERRIFIELD 19 PNA 57.89

MEN 25-29

50 YD. BRST
GEORGE SAYAH 26 PNA 30.16
200 YD. BRST
GEORGE SAYAH 26 PNA 2:29.87
100 YD. I.M.
GEORGE SAYAH 26 PNA 1:00.86
200 YD. I.M.
GEORGE SAYAH 26 PNA 2:14.43

MEN 30-34

100 YD. FREE
MARK ARNOLD 30 PNA 49.86
100 YD. BACK
MARK ARNOLD 30 PNA 55.48
200 YD. BACK
MARK ARNOLD 30 PNA 2:04.25
50 YD. FLY
MARK ARNOLD 30 PNA 24.57
100 YD. I.M.
MARK ARNOLD 30 PNA 58.41

MEN 35-39

100 YD. FREE
KIRK NELSON 35 PNA 50.72
200 YD. FREE
KIRK NELSON 35 PNA 1:50.18
500 YD. FREE
KIRK NELSON 35 PNA 5:01.77P
DAVID KAYS 37 PNA 5:10.10
1650 YD. FREE
DAVID KAYS 37 PNA 17:59.94
KIRK NELSON 35 PNA 18:05.33
100 YD. BRST
DAVID KAYS 37 PNA 1:05.59
200 YD. BRST
DAVID KAYS 37 PNA 2:23.74
50 YD. FLY
DAVID KAYS 37 PNA 26.73
200 YD. FLY
KIRK NELSON 35 PNA 2:07.39
200 YD. I.M.
KIRK NELSON 35 PNA 2:09.77
400 YD. I.M.
DAVID KAYS 37 PNA 4:38.41

MEN 40-44

100 YD. FREE
JOE GASPER 43 PNA 54.77
100 YD. BRST
JOE GASPER 43 PNA 1:07.80
200 YD. BRST
JOE GASPER 43 PNA 2:31.57
100 YD. FLY
JOE GASPER 43 PNA 59.68
400 YD. I.M.
JOE GASPER 43 PNA 5:02.97

MEN 45-49

50 YD. FREE
JAMES LITTLEFIELD 45 PNA 24.56
100 YD. FREE
JAMES LITTLEFIELD 45 PNA 54.30
200 YD. FREE
JAMES LITTLEFIELD 45 PNA 2:02.68
FREDERICK GRAHAM 48 PNA 2:03.62

500 YD. FREE
FREDERICK GRAHAM 48 PNA 5:47.42
1000 YD. FREE
BRIAN RUSSELL 48 PNA 11:47.19
1650 YD. FREE
FREDERICK GRAHAM 48 PNA 20:34.43
50 YD. BACK
JAMES LITTLEFIELD 45 PNA 29.01
200 YD. BACK
JAMES LITTLEFIELD 45 PNA 2:19.72
100 YD. FLY
BRIAN RUSSELL 48 PNA 1:00.48
200 YD. I.M.
BRIAN RUSSELL 48 PNA 2:17.53

MEN 50-54

50 YD. FREE
DONALD GRAHAM 50 PNA 23.88
RONALD JACOBS 53 PNA 24.12
FRANK LEONARD 50 PNA 25.95
100 YD. FREE
RONALD JACOBS 53 PNA 52.96
FRANK LEONARD 50 PNA 57.92
200 YD. FREE
SCOTT LAUTMAN 52 PNA 1:55.48
RONALD JACOBS 53 PNA 2:00.33
50 YD. BACK
DONALD GRAHAM 50 PNA 28.05
RONALD JACOBS 53 PNA 28.82
100 YD. BACK
RONALD JACOBS 53 PNA 1:03.51
200 YD. BACK
RONALD JACOBS 53 PNA 2:18.82
50 YD. BRST
BILL REEDER 52 PNA 33.88
FRANK LEONARD 50 PNA 35.37
100 YD. BRST
BILL REEDER 52 PNA 1:14.93
50 YD. FLY
DONALD GRAHAM 50 PNA 25.14
SCOTT LAUTMAN 52 PNA 26.00
BILL REEDER 52 PNA 29.84
FRANK LEONARD 50 PNA 30.71
100 YD. FLY
SCOTT LAUTMAN 52 PNA 55.62
DONALD GRAHAM 50 PNA 56.18
200 YD. FLY
SCOTT LAUTMAN 52 PNA 2:05.60
100 YD. I.M.
DONALD GRAHAM 50 PNA 59.16 P
BILL REEDER 52 PNA 1:09.04
200 YD. I.M.
BILL REEDER 52 PNA 2:28.96
400 YD. I.M.
SCOTT LAUTMAN 52 PNA 4:54.27

MEN 55-59

50 YD. FREE
JOHN ANDERSON 56 PNA 35.60
100 YD. FREE
JAMES NORRIS 57 PNA 1:04.65
500 YD. FREE
MICHAEL MCCOLLY 59 PNA 5:48.45
JAMES NORRIS 57 PNA 6:11.01
1000 YD. FREE
MICHAEL MCCOLLY 59 PNA 12:02.66
JAMES NORRIS 57 PNA 12:28.98
100 YD. BACK
MICHAEL MCCOLLY 59 PNA 1:09.67
200 YD. BACK
MICHAEL MCCOLLY 59 PNA 2:27.31
50 YD. BRST
JOHN ANDERSON 56 PNA 44.67
100 YD. BRST
JOHN ANDERSON 56 PNA 1:44.62
200 YD. I.M.
MICHAEL MCCOLLY 59 PNA 2:29.75
400 YD. I.M.
MICHAEL MCCOLLY 59 PNA 5:18.66

MEN 60-64

50 YD. FREE		
DENNIS SAWYER	61 PNA	30.06
100 YD. FREE		
DENNIS SAWYER	61 PNA	1:07.52
50 YD. BACK		
WALT REID	64 PNA	35.94
100 YD. BACK		
WALT REID	64 PNA	1:20.56
50 YD. BRST		
WALT REID	64 PNA	37.14
DENNIS SAWYER	61 PNA	37.25
100 YD. BRST		
DENNIS SAWYER	61 PNA	1:21.18
WALT REID	64 PNA	1:23.22
MICHAEL NORDBY	64 PNA	1:23.96
100 YD. I.M.		
MICHAEL NORDBY	64 PNA	1:19.41
DENNIS SAWYER	61 PNA	1:25.99
200 YD. I.M.		
MICHAEL NORDBY	64 PNA	2:52.32

MEN 65-69

50 YD. BACK		
GARY CHASE	65 PNA	30.94
100 YD. BACK		
GARY CHASE	65 PNA	1:10.24
200 YD. BACK		
GARY CHASE	65 PNA	2:36.56
50 YD. BRST		
GARY CHASE	65 PNA	34.51
100 YD. BRST		
GARY CHASE	65 PNA	1:14.78
200 YD. BRST		
GARY CHASE	65 PNA	2:49.68

RELAYS-WOMEN 200 YD. FREE

18 +		
LAURA DOWD	21	1:47.70
ERIN SALMAN	21	
NAOMI JACOBSON	21	
ERIN JACOBSON	20	
SARAH JURICK	18	1:53.67
ASHLEY SULLIVAN	21	
SOFINA MORALES	19	
CATHY COOLEY	47	
RILEY JONES	19	2:05.65
KASEY STEWART	21	
ERIN HUNTER	19	
LAUREL SPRUANCE	18	

35 +		
LISA DAHL	44	1:49.31
TONYA BERG	46	
MARY LIPPOLD	49	
TARA SIMSAK	35	

45 +		
ROBIN O'LEARY	48	2:00.38
JUDY HAWKSWORTH	45	
SARAH WELCH	58	
NANCY TOWNSEND	50	

RELAYS-WOMEN 200 YD. MEDLEY

18 +		
ERIN JACOBSON	20	2:05.35
LAURA DOWD	21	
NAOMI JACOBSON	21	
ERIN SALMAN	21	

SOFINA MORALES	19	2:15.64
ASHLEY SULLIVAN	21	
SARAH JURICK	18	
KASEY STEWART	21	

35 +		
JAMIE WHITNEY	40	2:05.72
LISA PACE	43	
TARA SIMSAK	35	
LISA DAHL	44	

45 +		
CATHY COOLEY	47	2:04.50
TONYA BERG	46	
CHARLOTTE DAVIS	55	
MARY LIPPOLD	49	

NANCY TOWNSEND	50	2:30.75
ROBIN O'LEARY	48	
SARAH WELCH	58	
KATE SUTHERLAND	57	

RELAYS-MEN 200 YD. FREE

18 +		
ALDEN KROLL	22	1:31.42
MARK ARNOLD	30	
RONALD JACOBS	53	
JASON MERRIFIELD	19	

45 +		
DONALD GRAHAM	50	1:38.81
FREDERICK GRAHAM	48	
FRANK LEONARD	50	
JAMES LITTLEFIELD	45	

RELAYS-MEN 200 YD. MEDLEY

18 +		
MARK ARNOLD	30	1:44.29
DAVID KAYS	37	
ALDEN KROLL	22	
JASON MERRIFIELD	19	

45 +		
JAMES LITTLEFIELD	45	1:49.55
FREDERICK GRAHAM	48	
SCOTT LAUTMAN	52	
RONALD JACOBS	53	

RELAYS-MIXED 200 YD. FREE

18 +		
JASON MERRIFIELD	19	1:39.19
NAOMI JACOBSON	21	
ERIN JACOBSON	20	
ALDEN KROLL	22	

35 +		
KIRK NELSON	35	1:39.44
TARA SIMSAK	35	
JOE GASPER	43	
LISA DAHL	44	

45 +		
CHARLOTTE DAVIS	55	1:40.84
DONALD GRAHAM	50	
RONALD JACOBS	53	
MARY LIPPOLD	49	

JAMES LITTLEFIELD	45	1:45.56
NANCY TOWNSEND	50	
CATHY COOLEY	47	
SCOTT LAUTMAN	52	

BILL REEDER	52	1:51.50
JUDY HAWKSWORTH	45	
ROBIN O'LEARY	48	
BRIAN RUSSELL	48	

55 +		
GARY CHASE	65	2:11.16
SARAH WELCH	58	
KATE SUTHERLAND	57	
JAMES NORRIS	57	

RELAYS-MIXED 200 YD. MEDLEY

18 +		
MARK ARNOLD	30	1:52.48
DAVID KAYS	37	
NAOMI JACOBSON	21	
LAURA DOWD	21	

ERIN SALMAN	21	1:52.86
ALDEN KROLL	22	
JASON MERRIFIELD	19	
ERIN JACOBSON	20	

35 +		
TARA SIMSAK	35	1:58.48
FRANK LEONARD	50	
LISA DAHL	44	
FREDERICK GRAHAM	48	

45 +		
RONALD JACOBS	53	1:56.85
DONALD GRAHAM	50	
ROBIN O'LEARY	48	
MARY LIPPOLD	49	

NANCY TOWNSEND	50	2:01.77
TONYA BERG	46	
SCOTT LAUTMAN	52	
JAMES LITTLEFIELD	45	

No Fat Salmon This Year

The organizers of Fat Salmon, which in 2004 drew more than 300 participants, have decided to convert the event into a biannual affair. So no Fat Salmon in 2005; the next one will occur in 2006.

Why this decision? According to the event's organizers, it's a lot of fun to produce, but a lot of work at the same time. In addition, they point out, many of the best salmon runs actually only occur every other year. Nobody knows why, but when a big salmon run comes back from a year off, everybody gets excited. The organizers decided the same thing should happen with the Fat Salmon race.



A First-Hand Account of Blaine's Famed Plover Swim

Editor's Note: The author, Tjalling Ypma, is a triathlete who swims with the Bellingham Masters. The Plover Swim, which he did last August, started several years ago as a fund-raising event for maintenance of the MV Plover. This historic ferry, which operates from Memorial Day through Labor Day, shuttles passengers between the Blaine, Wash., dock and the Semiahmoo Resort, where the swim takes place. According to Tjalling, about 15 people participated in last year's Plover Swim. The photos in the article were taken by Karl King and appeared in The Northern Light, a Blaine paper.

I am in my triathlon wetsuit; skintight neoprene from head to toe. The bearded fellow next to me is in an orange survival suit. He is wearing yellow ducky swim fins and clutching a boogie board. He shows me his mascot: a plastic model of ET.

On my other side are two teenagers in baggy pants sporting faded life vests over bony chests. A skinny little girl seems to be wearing cotton undies, and the crew-cut Marine has dog tags and board shorts. The other dozen participants are wearing shorty wetsuits, life jackets, swim fins or none of the above.

The assortment of body types is equally diverse; in several cases neoprene is stretched to the limit. Few of the participants possess swim goggles, and none seems ready to leap into the Pacific Ocean, which is what we are about to do.

We are standing on a ledge on the pier in Blaine, staring at the gray tide swirling below. The fact that there are few of us tells me something, but I ignore it. A dozen spectators are leaning against the wooden fence behind us, wonder-



It's the start of the 2004 Plover Swim as participants hit the water.

ing why anybody would pay to leap from a warm and perfectly serviceable pier into that frigid flood. Swimming across the 400-meter strait separating Blaine Harbor from Semiahmoo Spit holds some strange appeal. The proceeds of this annual event maintain the *Plover*, which plies the waters of

"As we line up for the start, the local pyromaniac has lined up a collection of cannons."

Drayton Harbor, so I get to indulge myself and feel charitable at the same time.

Behind us the local pyromaniac has lined up a collection of cannons. At unpredictable intervals he yells "Fire in the hole!" and unleashes a thundering salvo in the direction of Canada. I hope the

Canadians have been warned, lest they interpret this as a pre-emptive strike on their haven of pot-smoking hockey players and its socialist regime. I thought the first cannon shot was the starting gun and was ready to go, but nobody else showed any interest. Maybe we would just plunge into the waters in our own sweet time? They tell me that this was the ten-minute gun, so I settle down to enjoy the sun-sweet scene.

The snowy cone and rocky flanks of Mt. Baker have just popped out from under the clouds. Along with the jagged peaks of the Twin Sisters the volcano dominates the skyline. Rolling forests and lush farmlands sprawl the width of the land, reaching an abrupt end at the gray sweep of the bay whose waters are embraced by Blaine Harbor and the sandy Spit. Yacht masts puncture the sky, seagulls squawk over the mudflats and the occasional seal pops its head up from the waters to see what the commotion is about.

A collection of boats hovers near the pier, ready to pick up those overcome by the cold or swept away by the tide. For the benefit of the news photographer we are to leap off the pier simultaneously. The big guy next to me orchestrates the plunge. "Ready, Set, Go!" he yells. Everybody goes. Except me. I'm chicken. I don't want to meet my end by being jumped on by a big guy in an orange survival suit wearing yellow ducky swim fins. When I see his head emerge I take the plunge. A whoop, a splash, a gasp, and I'm in.

It's not as cold as I had feared. I look around to orient myself. Disembodied heads dot the water. If I go right, the next stop is Japan. If I go left, I will wind up amongst the seals on the docks of the marina. Those seals are big, they have teeth, and I prefer to be at the top of the food chain.

The ladder up the pier be-

"I don't want to meet my end by being jumped on by a big guy in an orange survival suit wearing yellow ducky swim fins."

hind me is inviting, but the faces smirking down at me discourage that exit. The only way is forward, across the gray-green waters to that sandy stretch between the rotting wooden piles on the spit across the water.

Our gunner launches another salvo, and smoke billows across the waves. It is time to go. I put down my head and am transformed into triathlon mode. I finally know what to do. Stroke, breathe, stroke, breathe, stroke, sight, and repeat. The salt water is buoyant and calm. Sighting off a building on the spit makes navigation easy.

I try not to think about what is lurking below the murky surface



Participants gather on the beach at the 2004 Plover Swim

– open water swims are much easier if you don't exercise your imagination. The mild current is causing the weaker swimmers and the navigationally challenged to go seriously adrift. The rescue boats set off to round up the strays. The press boat, a shabby dinghy with a smoky outboard engine, chugs by as we cross the middle of the channel. I sense a big win coming up.

Stroke, breathe, stroke, breathe. I brush accumulations of eelgrass off my head. The eelgrass gets thicker and snags on my body as I enter the shallows. The press boat has pulled up on shore and the photographer is ready for my arrival. I go hard until my fingers brush the bottom. I emerge from the depths, weeds fetchingly draped over goggles and limbs. There is a cheer from three mildly amused gentlemen, the long-suffering husbands of the brave women still thrashing about somewhere out there.

The others straggle in, having taken a circuitous route due to the incoming tide. The kids are holding onto a rope behind a motorboat. I am puzzled by a woman anxiously seeking confirmation that she has not swum off course. The big guy is the last ashore. He makes sure ET is safe, then points us towards the re-

freshments – a table bearing coffee and cookies stands in the scraggly grass bordering the beach. The photographer lines us up. As we give our names the anxious lady beside me adds "and I won this race last year." I realize the enormity of my blunder: she expected to win, and her dreams have been trashed by my unheralded appearance. I feel awful, since this event is of no significance to me while a win would have been a highlight for her. Had I known, I would gladly have

"Open water swimmers should put this event high on their calendar, but remember: let the locals win, and bring your pet ET."

drifted about in the water enjoying the view while she swam to victory.

Another triathlete and I swim back while the others get dragged across behind the boat, laughing and splashing. The seals come over to inspect the humans floundering about in their domain. Open water swimmers should put

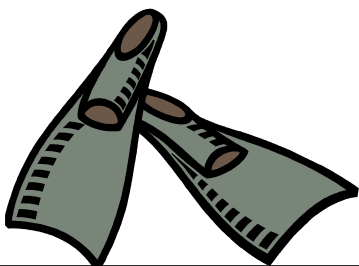


this fun little swim high on the calendar, but remember: let the locals win, and bring your pet ET.

Benefits of PNA Membership

Ever wondered what your PNA membership gives you? Here are the principal benefits:

- USMS Official Publication: Bi-monthly magazine sent to every current member
- USMS Events: Membership entitles members of all ages and ability levels to participate in any USMS sanctioned local, national and international meets, open water swims, fitness events, clinics and workshops
- USMS Website: Complete informational guide to USMS including event calendar, results, places to swim, details of member benefits, discussion forum and directory. www.usms.org
- USMS Video & Book Libraries: Videos and books that can be borrowed for a minimal fee plus deposit.
- Insurance: Excess accident and travel insurance
- *The WetSet*: Published 10 times a year



Three PNA Swimmers Prove That Age Doesn't Prevent You From Being an Olympian



(From Left: Karen Bryce, Bernice Phillips and Marion Chadwick at The Senior Olympics)

At 78, Bernice Phillips may seem a little old to capture an Olympic Medal. But last month Bernice, who swims with Bainbridge Aquatic Masters (BAM), won a bronze medal in the 50 yard backstroke (75-79) at The Summer National Senior Games - The Senior Olympics. The games, which are held every two years and feature an 18-sport competition for men and women 50 and over, took place in Pittsburgh.

And just as happens at the Olympic Games we watch on television, an official placed a medal around Bernice's neck and gave her a congratulatory handshake, after which the Olympic theme music played. "It brought tears and shivers," says Bernice, who also swam in the 200 free (7th place), 50 free (6th place) and 100 back (4th place).

Joining Bernice at The Senior Olympics were two other PNA members. Seventy-one-year-old Karen Bryce, who swims with

Green Lake Aqua Ducks swam in the (70-74) 50 breaststroke (6th place), 100 breaststroke (8th place) and 100 IM (9th place). Marion Chadwick, who is 83 and swims with the Bellevue Club, swam the (80-84) 100 free (4th place), 200 free (4th place), 500 free (2nd place) and 200 back (5th place).

In addition to medals for the top three finishers in each event, ribbons were awarded to those that placed fourth through eighth.

Swimming at The Senior Olympics isn't automatic. To qualify for the event, Bernice, Karen and Marion had to have placed first or second at a State Senior Games Competition in the year before The Senior Olympics. All three accomplished this feat at the 2004 Huntsman World Senior Games at St. George, UT, in October 2004.

Congratulations to the three of you, who proved that age is no boundary to being an Olympian.

Bainbridge Island Swimmers Prepare for the Puget Sound Crossing for Kids Event

Visit Mazanita Bay early Sunday morning and you'll find more than seals swimming in the chilly water. Twelve Bainbridge Island swimmers have signed up for Puget Sound Crossing For Kids, a 3.5 mile swim across Puget Sound in mid-August. The Sunday morning swims are part of their training program for this event.

"I swim in the Sound every summer, but I've never lasted more than 10 or 15 minutes, so the cold water was my biggest concern," says one of the swimmers, 54-year-old Rita Belserene. "My first day out in a wetsuit, I was relieved to discover that it really kept me warm. Once your face adjusts to the cold, it's great fun. And the view is beautiful."

Rita and the other swimmers are often accompanied by Lynn Wells, coach of the Bainbridge Aquatic Masters (BAM) swim team, to which most of the swimmers belong. Lynn provides backup and encouragement from her surfboard.

The Crossing for Kids swim, which will start at Bainbridge Island's Restoration Point and finish

at West Seattle's Alki Beach, is a fundraiser for Junior Achievement of Washington. Each participating swimmer agrees to use his or her best efforts to raise \$2,500 from sponsors. The 12 Bainbridge Island swimmers collectively have pledged to raise \$25,000.

There's also an entry fee of \$250. But in return each swimmer receives an Ironman "Stealth" full body wetsuit worth nearly twice that amount. Swimmers will cross Puget Sound in groups, or "pods," of seven, with each pod escorted by a boat.

Kevin Rabourn, the event's founder, sees the swim as more than a fundraiser. "Junior Achievement motivates kids to see their potential, making their future a brighter place to be. We're thrilled to see so many adults leading by example as swimmers, volunteers and sponsors."

There's still time to sign up for the swim. But it's limited to the first 250 people, so don't delay. For more information, see www.crossingforkids.org.

Welcome New PNA Swimmers

Lilliam Ambroggio
Dana C.M. Bridge
Shaun Cain
Christin Carey
Kevin Conroy
Harmony Danner
Lance David
Robert Dean
Danielle Dodgson
Shauna Eggen
Christabel Fowler
Alicia Gramann
Kathleen Jobe
Mike Kennedy
Tom Kerfonta
Malia Kim
Donna Klein
Eric Lewis
Iris Lima
David Lium
Steve Nicholls
Christopher Peabody
Jerry Richmond
Stephanie Roth
Michael Schutzler
Judith Sentz
McGregor Snow
Rachel Sparks
Kathryn Stamey
Jennifer Stapp
Thomas Taylor
Kristin Veal
Stephanie Wright
Buster Yonych
Slobodan Zemva

Looking for a Pool to Swim the USMS Annual 5K and 10K Postal Swims?

PNA has reserved pool space at West Seattle's Colman Pool on Saturday, August 27.

For more information and an entry form, see page 15.



Wanted: Your Story Ideas

The *WetSet* is always looking for story ideas. So if you've done something interesting involving swimming or you know someone else who has, please pass along the information to *The WetSet* editor, who will be eternally grateful to you.



Charlotte Davis: Olympic Coach, Nationals Record-Breaker and Cook Extraordinaire

When Charlotte Davis steps on the starting blocks, she's often struck by how much taller and muscular the other women competing with her are. "I see these women, who are big and buff," she says. But size – Charlotte is a diminutive 5'2" – didn't stop this 55-year-old from setting five national records at short course nationals in May. (See the article on the front page.)

Coaching is Key

What makes Charlotte such an awesome swimmer? Coaching, for one thing. Charlotte, who swims with the North End Otters in Shoreline, can't say enough about the team's coach, Robin O'Leary. "She's one of the top Masters coaches in the country."

Synchronized Swimming

Charlotte also credits her synchronized swimming experience with helping her develop excellent swimming technique. Charlotte started competing in synchronized swimming when she was 12. She was good enough that in both 1984 and 1988 she coached the U.S. Olympic synchronized swimming team. Later, she became director of the country's national synchronized swimming program. Although retired from that position since 2000, Charlotte continues to consult on synchronized swimming around the country.

Before starting synchronized swimming, Charlotte competed for a couple of years as an age grouper. And she swam in summer league until she was 18. She started doing Masters swimming when she was 30, after having her two children.

Charlotte tries to swim six days a week. She also walks her dogs couple of miles every day and works with stretch bands to strengthen her shoulders, which were injured two years ago.

Gourmet Cook

In addition to being a great swimmer, Charlotte is an excellent cook. At Nationals, she did all the cooking for her NEO teammates.

Charlotte and her husband used to own two restaurants, the Old Town Café in Pioneer Square and the Hungry U in the Seattle's University District. Charlotte and her sister also conduct immersion cooking weekends at a retirement home they own on Discovery Bay in Port Townsend. "We do a whole Northwest cuisine cooking school kind of thing," she says.

Charlotte already is looking ahead to the 2006 FINA World Masters Championships at Stanford University. "The biggest challenge will be the 50 meter pool," she says, explaining that she has virtually no experience swimming in such a pool. "Swimming a 400 IM will be quite difficult."

But it's a safe bet Charlotte will be up to the challenge.



Charlotte and her grandson, Beckham Davis

Volunteer Wanted To Compile Archives

PNA is looking for a volunteer to help compile a list of PNA archive records. This job consists of contacting several long-time PNA members, finding out from them what archive materials they possess and then compiling a list of these records. If you're interested, please contact PNA president, Jeanne Ensign, (2 0 6) 3 2 4 - 1 3 5 4 ; Jeanne@raincity.com.

Be a "Brute"

Remember to sign up for this year's Pentathlon, which includes a new "brute" category: 1500 free, 200 fly and 400 IM.

You can find an entry from on page 17.



Health and Fitness

Sleep

Editor's Note: The following article, by Jani and Sara, appeared in the June-July issue of Aqua Master, the newsletter of Oregon Master Swimmers.

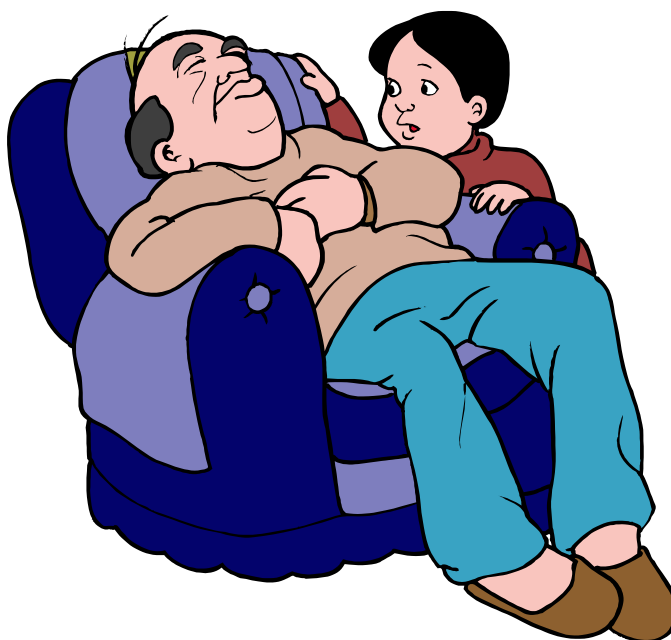
A recent poll for the National Sleep Foundation (NSF) reports that 75% of America's adults are not getting enough sleep and that they have symptoms of sleep problems. Such symptoms can include waking a lot during the night and/or snoring and are frequently ignored as potential sleep problems.

Why the concern? Poor sleep affects every part of our lives:

1. Driving hazards and safety concerns when drivers are drowsy.
2. Tardiness to work or the kids to school.
3. Missing work and activities or making errors at work.
4. Disrupting your partner's sleep.
5. Relationships can be affected if one partner has abnormal sleep.

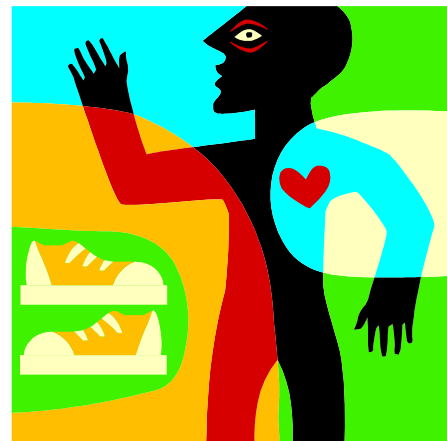
These were only a few that were on the list.

How many hours each night do you sleep? Sleep experts recommend 7 -9 hours of sleep a night. According to the poll, America's adults average 6.9 hours of sleep a night. And, since 1998, more people are sleeping less than 6 hours a night. It was reported that 6.5 hours a night is the minimum requirement for optimal function the next day, and only three quarters of respondents actually get this amount of sleep or more. Respondents also report feeling tired and fatigued at least one day a week. The conclusion: we are not getting enough sleep



and the quality of it is poor.

How well we are rested directly affects our health. It is known that being overweight may impact sleep. The results of the poll gathered body mass index (BMI) measurements from respondents and approximately two-thirds of the respondents were overweight or obese. This group of respondents also averaged less than 6 hours of sleep a night and experienced more episodes of daytime sleepiness.



The poll also gathered information on people with medical conditions (high blood pressure, arthritis, depression, heartburn) revealing that this group experiences only a few good nights sleep and commonly experiences daytime sleepiness. These groups of respondents are more likely to experience apnea, insomnia, restless leg syndrome and are more likely to think that they have a sleep problem.

What about naps? Naps were enjoyed by approximately 50% of the poll respondents and average around 50 minutes with a good size group napping 60 minutes or more. The recommended nap is 20-45 minutes. Are we trying to catch-up with longer naps? Active masters swimmers can always enjoy a nap - it comes down to finding the time to fit one in between work, family and (over) training!

To conclude, Americans need more sleep. By reducing our sleep we challenge our safety, health and happiness.

Happy Siesta!!!



PNA MASTERS SWIMMING “AWAY-FROM-HOME” SIGN-UP

USMS National Championship 5 & 10 K Postal Swims

PNA has reserved pool space at Colman Pool Saturday, August 27, to provide PNA swimmers the opportunity to swim and enter the annual 5 & 10 K postal swims.

5 & 10 K Swims

Saturday, August 27, 9 AM – NOON

Colman Pool

8603 Fauntleroy Way SW, Lincoln Park, West Seattle

For directions go to <http://www.seattle.gov/parks/aquatics/colman.htm>

LEGIBLY complete this form, enclose fee, and mail to the event coordinator listed below

Name: _____ 2005 USMS Number: _____
Address: _____ Phone: (____) _____
City: _____ Zip: _____ DOB: _____ Age: ____ Sex: ____
E-mail: _____ USMS Club: PNA
5K seed time: _____ OR 10K seed time: _____ (you may choose only one)

Purpose: The 5K & 10K USMS National Championship Postal Swims require a 50-meter pool. PNA's "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 5/10 K entry form published in this *WetSet*. First-come, first-served sign-up; day-of-event sign up accepted only IF space permits. Each swimmer must provide someone 12 years or older to count laps and record splits. If need be, events will be run 2-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 additional \$10 event entry fee, and a completed event entry form.

Sign up: Mail this form and your fees (MAKE CHECKS PAYABLE TO PNA) to the event coordinator: Sally Dillon, PO Box 845, Oak Harbor, WA 98277. Questions: 360-679-5038, salswmr@verizon.net.

[Sign-up deadline for Colman pool is August 23](#)

Team event: Teams are formed of 3 men, 3 women, or 4 mixed (2 men, 2 women). Results from each person's INDIVIDUAL swim will be used for the teams. The swims do not need to take place at the same time or place. PNA WILL FORM RELAY TEAMS FOR THIS EVENT just as we have done for the One Hour and the 3000/6000 yard postal swims. Anyone who participates at Colman on the 27th will be included. If a PNA member swims the 5K or 10K at any other time (or 50 meter pool) during the summer, they can be included in the PNA teams as well.

Please contact Sally Dillon (above) by August 31 if you swim either event so you can be included.



2005 UNITED STATES MASTERS SWIMMING
 5K & 10K National Postal Championships
Sponsored by the St. Pete Masters
 Sanctioned by the Florida LMSC for USMS, Inc. Sanction #: 145-001P

EVENTS: National Championships 5 Kilometer (5,000 meters) and 10 Kilometer (10,000 meters) timed swims. Submit official splits and entry form by mail.

LOCATION: To be swum in any 50-meter pool. The 5K is equal to 100 lengths and the 10K is equal to 200 lengths.

DATE: The swim must be completed on or between May 15 and September 15. **THE EVENT DIRECTOR MUST RECEIVE YOUR ENTRY BY OCTOBER 1, 2005.**

ELIGIBILITY: Open to all USMS members with a valid 2005 registration card. **A PHOTOCOPY OF YOUR 2005 USMS CARD MUST BE SENT WITH YOUR ENTRY.** Foreign swimmers 18 years or older are invited to participate. Proof of membership in your nation's recognized Masters swimming organization is required. Foreign swimmers are not eligible for USMS records or All-American selection.

INDIVIDUAL ENTRIES: Men and women compete separately in five year age groups: 18-24, 25-29, 30-34, ...100+. The swimmer's actual age on the day of their swim determines their age group. Individuals who change age groups during the time of the event may enter twice but must swim the event twice, one time in each age group.

TEAM EVENTS: Team events will be contested in three categories: 3 men, 3 women and 4 mixed (2 men/2 women). Each team member must enter the individual event and be registered with the same club. Unattached teams are not permitted. The youngest team member's age shall determine the team's age group. Teams must swim in the youngest age group for which they are eligible. Age groups are 18+, 25+, ...95+. The cumulative time for the individual swims will be the team time.

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

AWARDS: The top six finishers in each age group in the individual and top three in team events will receive USMS Long Distance National Championship medals. The first place finisher in each age group will also receive a USMS Championship patch.

RULES: The 2005 USMS Rules govern these events. Drafting, floatation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. When two swimmers share the same lane, each swimmer shall swim on one side of the lane during the entire race (no circle swimming). The referee shall establish procedures to prevent drafting if more than two swimmers are competing in a lane. An adult acting as a starter/head timer/referee shall be present at all times during the swim. Each swimmer shall have a counter to record split times for every two lengths (100 meters). One person may serve as a counter for no more than two swimmers per heat. The counter's name and phone number must be included on the entry form. Stopwatches or electronic timing must be used to ensure that an official swim can be recorded to the nearest hundredth of a second. Backup stopwatches should be started and left running in case the official timing system fails. A 5K split in the 10K event may be submitted for a record if requested in writing. It will not be accepted as an entry for the 5K; the events must be swum separately.

FEES: \$10 for each individual entry and \$15 for each team entry. Fees are non-refundable; **do not send cash.** Foreign entrants must submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

RESULTS: Complete results will be available by mail, via e-mail and on the Internet at www.stpetemasters.com. Awards and a commemorative swim cap will be mailed by November 1, 2005.

T-Shirts and Caps: Additional swim caps can be purchased with your entry for \$5.00. A special event designed T-shirt can be purchased for \$16 with your entry.

Questions: Contact event directors, Christine Swanson & Livia Zien (before 9 PM Eastern Time) (813) 340-9124 or (727) 641-6909
 E-mail: stpetemasters@yahoo.com

TEAM ENTRY FORM: EVENT: 3 X 5K 3 X 10K 4 X 5K 4 X 10K

Club Name: _____ Club Abbr. _____ M W Mixed Age Group: _____

Team Contact: _____ Phone/E-Mail: _____

Swimmer's Name	Gender (circle)	Age	Time
#1 _____	M F	_____	_____
#2 _____	M F	_____	_____
#3 _____	M F	_____	_____
#4 _____	M F	_____	_____

Total Time: ___ hr ___ m ___ s

SPM
St Pete
Masters

2005 UNITED STATES MASTERS SWIMMING
 5K & 10K Postal National Championships
 INDIVIDUAL ENTRY FORM Please fill out completely and legibly

Name: _____ Gender: (circle) M F Age: _____ Birthdate: ____ / ____ / ____

Address: _____ Club: _____ Abbr. _____

City: _____ State: _____ ZIP _____ Country: _____ USMS# _____ - _____

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

I would like to receive the official results via: (please check only one box) E-Mail Mailed hard copy

Name of your Timer / Counter: _____ Timer's Phone: (____) _____ - _____

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

Final Time must be recorded to the nearest one-hundredth of a second.

I certify that I have read the rules of this event on ____ / ____ 2005, I swam the 5K ____ 10K ____ (check only one), in the time of:

____ h ____ m ____ s ____ at (pool location/address) _____

Signature of Swimmer

Signature of Timer

- _____ = \$ 10 Individual Entry Fee
- _____ = \$15 Entry Fee per team
- _____ = \$5.00 for extra swim cap # _____
- _____ = \$16 T-Shirt # _____ Size: S, M, L, XL, XXL
- _____ = \$3.00 POSTAGE (NON-US Mailing Address)
- _____ = TOTAL enclosed with entry**

Make check payable to:
 St. Pete Masters

Mail to: St. Pete Masters
 USMS 5K / 10K Swim
 PO Box 1070
 St. Pete, FL 33731

- BE SURE TO INCLUDE:**
- Photocopy of 2005 registration card
 - Check for total fees
 - Completed form and split sheet
 - Self addressed & stamped envelope for entry receipt verification or specify e-mail verification of entry

ENTRIES MUST BE RECEIVED BY THE EVENT DIRECTOR BY OCTOBER 1, 2005

Split Sheet: Record **CUMULATIVE** (not split) time for each 100 meter (to 10ths) and final time (to 100ths).

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

5th Annual Lake Padden 2.5K and 5K Open Water Swims
Saturday, July 30, 2005
Hosted by Bellingham Masters Swim Club
Sanctioned by PNA for USMS # 053606

Name: _____ USMS # _____ - _____
Address: _____ City: _____ State: _____ Zip: _____

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

Email address: _____

Emergency contact & phone: _____

Indicate event choice (circle): **2.5K** **5K**

Entry fee: \$25
Canadian fee: \$30
Race Day Entry fee: \$28 (\$35 CAN)
One-event USMS fee: \$10
T-shirt size (circle) M L XL
For more information go to the PNA
Web site at www.swimpna.org

Make checks payable and mail to:
Bellingham Masters Swim Club
Bob Fish
1000 Racine Street
Bellingham, WA 98229
360-733-2385
therealfish@msn.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 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 THERE TO, 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 in herent in open water swimming and agree to assume those risks."

Must be signed and dated for acceptance.

Signed: _____ Date: _____

Events: 2.5K and 5K open water swims will be conducted on a triangular course in freshwater Lake Padden beginning at 9:00 a.m. The start will be in the water and the finish on the beach.

Schedule: 8:00 – 8:45 a.m. Check-in for all swimmers
 8:45 a.m. Pre-race briefing
 9:00 a.m. 5K start
 9:15 a.m. 2.5K start

Location: Lake Padden Park, Bellingham, WA. Hiking, biking, running trails, a large barbecue, and play area for the family are available. Restrooms, showers, and changing facilities are located at the start/finish area.

Eligibility: USMS or Canadian Masters registered swimmers 18 years of age and older as of July 30, 2005, are eligible to compete. All competitors without a USMS or Canadian Masters registration must pay a \$10 one-event USMS registration fee at check-in. Non-PNA swimmers must submit a copy of their current registration card with their entry.

Entry Fee: The \$25 (\$30 CAN) entry fee includes a long sleeved t-shirt. All entrants will receive and be required to wear the official race cap.

Entry deadline: Received by: 07/25/05. You may register race day for an additional \$3 but a **t-shirt will NOT be included** with your entry fee.

Rules: Current USMS rules will govern this event. The use of neoprene wetsuits is allowed. **No individual awards will be presented.**

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

Results: Results will be posted after each event and be available on the PNA web site shortly after the event. Age groups: 18-24, 25-29 . . . 100+.

Directions: Southbound I-5 take Exit 254. Follow exit to the light and stay in the left lane. Left at light onto Samish Way. Go across freeway and turn right at light. Follow road to entrance to Lake Padden – on the right about 2 miles. Northbound I-5 take exit 246. Follow exit right to stop sign. Turn left and follow road to the 2nd Lake Padden entrance. Park in the lots available. Registration will be by the building with the changing rooms.

8th ANNUAL SHORT COURSE METERS PENTATHLON MEET WITH ADDITIONAL "BRUTE" DIVISION (new in 2005)

Hosted by North Whidbey Masters (Sanction #053607)

ODER OF EVENTS (#1)	
#	Event
1	1500 free
2	200 fly
3	100 fly
4	50 fly
5	200 back
6	100 back
7	50 back
8	200 breast
9	100 breast
10	50 breast
11	200 free
12	100 free
13	50 free
14	400 IM
15	200 IM
16	100 IM

DATE: Saturday, September 24, 2005

TIME: 1500 – Warm-up at 9 am, meet starts at 10 am
check-in by 9:30 am
Pentathlon - Warm-up 12 pm Meet starts 1:00 pm
Check-in by 12:30 pm

LOCATION: 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@verizon.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 2005 USMS or MSC registered swimmers 18 and above as of 9/24/2005. Age groups based upon the swimmer's age as of 12/31/05. Entries must be received by the meet director by Saturday, September 17 with the following exception: **Race day entries will be accepted until 12:30 pm for an additional \$5.00 (US) late fee (9:30 am for the 1500 free).**

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

TIMING: Electronic timing will be used.

THE COMPETITION: In order to receive awards, swimmers must enter all of the events that "complete" a division. The divisions are:

"Sprinters Choice" Pentathlon Division 50 each of fly, back, breast, and free plus a 100 IM
 "Middle Masters" Pentathlon Division 100 each of fly, back, breast, and free plus a 200 IM
 "Animal" Pentathlon Division 200 each of fly, back, breast, and free plus a 400 IM
 "Brute" Division 200 fly, 400 IM, 1500 free

There will be a short break after each stroke. Pentathlon/brute results will be calculated by adding the total time swum in the division's events. Swimmers competing 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 competition.

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 competition. 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.

8th Annual Short Course Meters Pentathlon + Brute event

Hosted by North Whidbey Masters (Sanction #053607)

NAME: _____ M F AGE as of 12/31/2005: _____

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 _____

EMERGENCY CONTACT: _____ PHONE: _____

AGE GROUP (Circle one - determined by your age as of December 31, 2005)
 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: **Yes**

EVENT NUMBER	EVENT	SEED TIME (for SC METERS)

ENTRY FEES: \$14 (\$17 Canadian)
 \$10 (\$13 Canadian) for seniors (65 & over)
 \$10 (\$13 Canadian) for entering only the 1500 meter free
 Race day entries will be accepted until 12:30 AM for an additional US\$5.00 late fee

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

Pre-entries must be **received** no later than Saturday, September 17, 2005. **Add \$5 late fee for all others.**

Please include a copy of your Masters registration card if you're 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: _____

SAFETY FIRST!

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

4th Annual BAMFEST SCY Swim Meet- Sanction #053608
Hosted by the Bainbridge Aquatic Masters

ORDER OF EVENTS "High School" Format	
#	EVENT
1 & 2	200 MEDLEY RELAY W/M
3	200 FREE
4	200 IM
5	50 FREE
15 minute Break	
6	100 FLY
7	100 FREE
8	500 FREE
9 & 10	200 FREE RELAY W/M
11	100 BACK
12	100 BREAST
13	200 Mixed Fantasy Relay

DATE & TIME:

Saturday, October 15, 2005

Warm-up: **9:00 AM** Meet starts 10:00 AM.

Check-in with Clerk of Course upon arrival and **positive** check-in **required** for the **500 Free** prior to the break.

LOCATION:

Bainbridge Island Aquatic Center: High School Road & Madison Ave., @ **the East campus entrance**, Bainbridge Island WA phone: 206-842-2302-pool

***25-yard course 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 exactly one mile to NE High School Road. Turn left (west) and proceed ¼ mile. Turn right (north) at traffic circle onto Madison Ave. Proceed ¼ mile – take first left for driveway entrance to pool.

From Westsound: Take SR305 to Madison Ave. N and turn right (south). Proceed 0.6 miles to the pool.

ELIGIBILITY:

Open to all 2004 USMS or MSC registered swimmers age 18 and above on 10/15/05. Age groups determined by the swimmer's age on 10/15/05.

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. *Fantasy Relay* instructions to be announced at the meet.

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

MEET DIRECTOR: Brian Russell, (425) 985-2677, brian.russell@earthtech.com

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

SAFETY FIRST!

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

MEET ENTRY FORM: October 15, 2005 4th Annual BAMFEST
Hosted by BAM (Bainbridge Aquatic Masters) - Sanction #053608

NAME: _____ M F AGE (on10/15/05) _____

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: **BAM**

P.O. Box 10848

Bainbridge Island, WA 98110

*****Entries must be received by Wed. Oct. 5, 2005**

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: _____

EMERGENCY CONTACT: _____ Phone: _____



2005 Membership Application
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer
 (Old Number if available) _____

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

Name: _____ Birth date: _____
Last First Initial Month Day Year

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

_____ E-Mail: _____
City State Zip+4 please print carefully

Telephone: (____) _____

If you coach a Masters swim team check here

If you are an Official please check here

I am interested helping the PNA committee

CLUB: Pacific NW Aquatics (PNA) **AND** **Team :** _____ ,or
 OR Unattached Unattached

2005 Annual Fee: Of your membership fee \$20 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication).

Choose a membership level below.

Regular: 11/01/04 thru 12/31/05	\$35	Make check payable to: PNA
Need-based or Seniors (65 & over):	\$25	Mail to: Arni H. Litt, Registrar
Foreign address, add	US\$10	1920 10th Ave E
<i>Optional Donations:</i>		Seattle, WA 98102-4253
USMS Endowment Fund	\$ _____	
TOTAL	\$ _____	Questions: (206) 323-4712, arni@qwest.net

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

→ Signature _____ **Date** _____

The United States Masters Swimming Policy on the privacy of member information is at: www.usms.org/admin/privacy.shtml

When the option becomes available, I would like to receive the PNA newsletter, *The WetSet*, by electronic mail (e-mail) or be informed by email that it is available on the PNA website **YES NO Maybe (Circle one)**

TEAMS

- | | | |
|--|---|--|
| BAM: Bainbridge Area Masters | MIR: Mercer Island Redwoods | TIG: Tigers |
| BC: Bellevue Club | NEO: North End Otters | TMS: Thorbecke's Masters Swimming |
| BEST: Bellevue Eastside Masters | NHM: Newport Hills Masters | TOSC: Thurston Olympians Swim Club |
| BMSC: Bellingham Masters Swim Club | NSYG: Northshore Y's Guys | TSC: Tacoma Swim Club |
| CAC: Columbia Athletic Masters | NWM: North Whidbey Masters | TUMV: Tumwater Valley Masters |
| DSYM: Downtown Seattle YMCA Masters | OOPS: Old Olympic Peninsula Swimmers | UNAT: Unattached to a Team |
| EM: Evergreen Masters | ORCA: Orca Swim Club | UPAC: University Place Aquatic Club |
| FSJ: Fins of the San Juans | PRO: Pro Sports Club | VAM: Vashon Aquatic Masters |
| FTSW: Ft. Steilacoom - WAKO | PSC: Phinney Ridge Swim Club | VAST: Valley Aquatic Swim Team |
| FWM: Federal Way Master | PTMS: Port Townsend Master Swimmers | VFC: Valley Fitness Center |
| GACM: Gateway Athletic Club | QASC: Queen Anne Swim Club | WAC: Washington Athletic Club |
| GCMS: Gold Creek Masters (GCM) | RAH: Redmond Aqua Hotshots | WCY: Whatcom County YMCA |
| GLAD: Greenlake Aquaducks | RTB: Raise the Bar | WEST: West coast Aquatics Masters |
| HMST: Husky Masters | SAC: Seattle Athletic Club | WIS: S Whidbey Island Swells |
| ISST: Issaquah Swim Team Masters | SAM: Samena Club | WSAS: West Seattle All-Stars |
| JAM: Juanita Aquatic Masters | SSEA: Swan Seattle | WSYD: West Seattle YMCA Dolphins |
| LUNA: Team Luna | SVM: Skagit Valley YMCA Chinooks | WWUS: Western WA U Masters Swimming |
| LWS: Lynnwood Sharks | TACM: Thunderbird Aquatic Masters | YNOT: Y Nauts |
| MILL: Mill Creek Masters | TACY: Tacoma Pierce County YMCA | |



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 _____

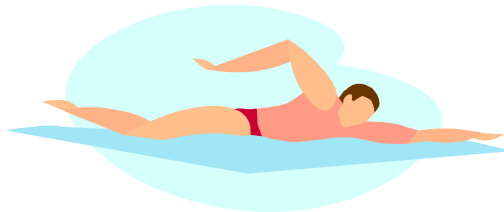
Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription

July-August 2005 Issue



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

CHANGE SERVICE REQUESTED

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