



PNA Swimmers Make Strong Showing at Short Course Nationals

By Sarah Welch,
PNA Treasurer

PNA and the Pacific Northwest displayed a formidable presence at May's short course national championship meet in Coral Springs, Fla. Thirty-five PNA "national" swimmers entered the meet. And once again we placed in the top rankings, at seventh place overall against all teams swimming at the meet. Outstanding!

Some highlights:

Charlotte Davis (56) had six first place finishes. That included two zone records in the 50 and 100 yard fly (29.90 and 1:08.31, respectively), as well as first place in the 50 and 100 free and 100 and 400 IM races.

Mike McColly, who just turned 60, captured first place in the 500 and 1,000 free. He also set a zone record in the 200 backstroke (2:25.19) and finished second in that event.

Lisa Dahl (45) set a national record and took first in the 100 IM (1:03.62). Plus, she won her 50 fly event.

Scott Lautman (53) won his 200 fly event.

In addition to Charlotte Davis



Photo by Steve Peterson

Lisa Dahl (45), who set a national record in the record in the 100 IM, holds a banner indicating that the PNA women captured seventh place overall at Short Course Nationals.

and Mike McColly, other PNA swimmers who placed in the top 10 for all six events they entered were Todd Doherty (35), Shona Pierce (21), Alden Kroll (23) and Cathy Cooley (48).

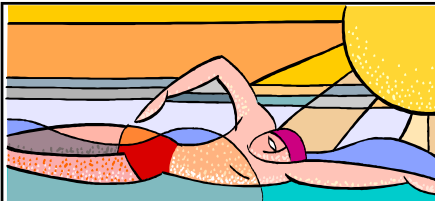
(Continued on page 4)



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

INSIDE

Leading Off	Page 2
Masters Calendar	Page 3
SC Nationals Results	Page 4
Arthur J. Ransom Award	Page 6
Performance Percentages	Page 7
Manhattan Island Marathon Swim	Page 9
Meet Entry Forms	Pages 12-14
PNA Registration Form	Page 15



WET SET

Volume 26 • Issue 6
July-August 2006

Editor

Paul Freeman (206) 283-3802
515 West Raye St.
Seattle WA 98119
pwriter@blarg.net

PNA Officers

President

Jeanne Ensign
511 East Roy Street #314
Seattle WA 98102
(206) 324-1354
jeanne@raincity.com

Vice President

Steve Peterson (360) 692-1669
speterson@bandwagon.net

Treasurer

Sarah Welch (206) 723-1814
sarahwelch@comcast.net

Secretary

Hugh Moore (253) 759-4956
swimmooore@comcast.net

Board Members at-Large

Kathy Casey (253) 588-4879
Tom Foley (206) 937-5585
Toby Coenen (425) 836-8943

PNA Volunteers

Registrar

Arni Litt (206) 849-1387
1920 10th Ave E
Seattle WA 98102-4253
arni@qwest.net

Awards: Kelly Crandell

Coaches: Wendy Neely

Constitution & Bylaws: Jane Moore

Fitness: Jo Moore

Historian: Tom Foley

Meets: Lee Carlson

Records/Top Ten: Walt Reid

Officiating: Kathy Casey/Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Rondamarie Smith

Ah, summer. Warm weather, warm water and plenty of sunshine. This is my favorite time or year. Daylight early in the morning and late into the evening – enough sleep is just a memory this time of year. I hope you are enjoying your swimming and that some of it is outdoors.

Swimmers in Mythology

Ladies, you could imagine that you are one of the Nereids who in Greek mythology are the 50 daughters of Nereus and Doris, and dwell in the Mediterranean Sea. These beautiful women were always friendly and helpful towards sailors fighting perilous storms. Gentlemen, maybe you visualize yourself as Leander, a young man who every night swam a distance of more than 1,300 meters across the Hellespont guided by the lamp which his mistress lit at the top of the tower.

You regularly lift your head during your swim, sighting off a distant landmark to keep a straight course in the water, and you see in the distance – what? It looks like, oh, it's the high rise by Madison Park. You are back swimming in Lake Washington, on your way back to Madison Beach. Try your own fantasy swim in the lake. It's like taking a vacation! See where it will take you.

Everyone Has a Story

Many of you have your own stories to tell about your actual swims (which can be a fantasy as well). Your story and swim are different than any one else's. I saw many of you at Fat Salmon and Lake Padden open water swims. Several PNA swimmers went to the Gay Games VII in Chicago, the third week of July. Others will take

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.

LEADING OFF



By Jeanne Ensign,
PNA President

on the Long Bridge Swim in Sandpoint, ID, and the Oregon open water swims. Many of you do solo swims, small group swims and swims out of the area. We would love to read your story. Read about Dan Robinson's participation in the Manhattan Island Marathon Swim in late June. His story is on page 9.

There is plenty to do this summer and into the fall. PNA has a full complement of pool meets coming up in the fall, including the SCM Zone Championships at the King County Aquatic Center in November. See the calendar on page 3 for dates and details.

Eighty-two PNA swimmers are going to the XI FINA World Masters Meet at Stanford in August. And in September, just after the Orcas Island Swim Fest at Cascade Lake, eleven PNA board members will go to Dearborn, Mich., for USMS' annual convention.

If you currently are not swimming with a team and would like to try a coached workout, check out "Where to Swim" on the PNA website (www.swimpna.org). We also are planning a coaches workshop and another stroke technique clinic in the fall. See our next issue for more information.

In the meantime, enjoy your swims and tell us your story!



MASTERS 2006 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**.*

☐ May 15 to September 15, 2006
USMS 5K and 10K Postal
Championships
PST-LD; Neil Salkind
(785) 841-0947
njs@sunflower.com

☐ **July 25, 2006**
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

☐ July 28-30, 2006
Cascade Lakes Festival & OMS
State Championships
Del Lake, Bend, Ore.

☐ July 29, 2006
USMS 1 Mile Open Water
Championships, Lake Erie,
Cleveland, OH
OW; Tom Spence, (216) 299-3858
talltom13@msn.com

☐ July 30, 2006
Washington State Senior Games
Swimming

☐ August 4 to August 10, 2006
2006 XI FINA World Masters
Championships, Palo Alto, Calif.
LCM

☐ August 6, 2006
Sandpoint Long Bridge Swim
OW
Sandpoint, ID

☐ August 20, 2006
OMS Open Water Swim
Dorena Lake, Cottage Grove, Ore.

☐ **August 22, 2006**
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

☐ August 27, 2006
Whitefish Lake 1-Mile
Whitefish, Mont.

☐ **September 9, 2006**
USMS 3-6 Mile Open Water
Championships
Lake Michigan
Chicago, Ill.

☐ **September 9 & 10, 2006**
Orcas Island Open Water
Challenge
Orcas Island, Wash.
<http://www.islandathleticevents.com/water-challenge/index.html>
Entry form on page 12.

☐ September 9, 2006
USMS 3-6 Mile Open Water
Championships (Big Shoulders 5K
OW Swim)
Lake Michigan, Chicago, Ill.
Chris Sheean
chris@bigshoulders.org

☐ September 10, 2006
OMS Pentathlon
Camas, Wash.

☐ September 15, 2006
USMS Postal 5K and 10K
Short Course Yards
Local pools

☐ **September 24, 2006**
9th Annual Short Course Meters
Pentathlon Meet
Oak Harbor, Wash.
Entry form on page 13.

☐ **September 26, 2006**
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

☐ **October 14, 2006**
5th Annual BAMFEST SCY Meet
Bainbridge Island Aquatic Center
Bainbridge Island, Wash.
Entry form on page 14.

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

Lisa Dahl, Jan Kavadas (75), Arni Litt (60), Jason Merrifield (20) and Les Morales (18) placed in the top 10 for five races.

Western Washington Squad

A relatively new and energetic feature of the PNA team at Nationals is the group from Western Washington, youthful competitors ages 18 to 23. They've become a regular addition to the PNA group and impress us all with their swimming abilities and team spirit. They brought 15 swimmers to Nationals and swam on nine of our 16 relays. The 18-year-old men, largely from Western Washington University, earned second place medals in both the 200 free and 200 medley relays, our highest ranking relays.



PNA Board Summary

The PNA board has remained active with board meetings on the fourth Tuesday of each month. Complete minutes are available at www.swimpna.org. As you have probably noticed there has been a full slate of activities including clinics, meets and open water events this spring and summer.

**USMS Short Course Nationals
Coral Gables, Fla.
May 11-14, 2006
Results for PNA Swimmers**

NATIONALS
05-14-06
SHORT COURSE YARDS
P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD
W = WORLD RECORD
S = SPLIT TIME

WOMEN 18-24

50 YD. FREE		
SHONA PIERCE	21 # 2	25.78
LAUREN SMITH	19	28.80
SARAH JURICK	19	29.26
EMIKO MAR	19	29.58
ERICA BARTLETT	18	30.16
ASHLEY MELSETH	19	30.26
ERIN HUNTER	20	30.69
100 YD. FREE		
SHONA PIERCE	21 # 8	58.02
ELISHA NAYLOR	19	1:06.33
SOFINA MORALES	19	1:06.95
EMIKO MAR	19	1:07.79
ERIN HUNTER	20	1:08.04
MEG HARRIS	19	1:08.06
ASHLEY MELSETH	19	1:08.36
200 YD. FREE		
SOFINA MORALES	19 # 10	2:25.83
MEG HARRIS	19	2:30.15
500 YD. FREE		
SOFINA MORALES	19 # 5	6:42.20
MEG HARRIS	19 # 6	6:46.22
50 YD. BACK		
LAUREN SMITH	19 # 8	32.53
ELISHA NAYLOR	19 # 10	33.65
ERIN HUNTER	20	38.82
100 YD. BACK		
SHONA PIERCE	21 # 7	1:08.10
LAUREN SMITH	19 # 10	1:11.27
50 YD. BRST		
SHONA PIERCE	21 # 6	34.57
SARAH JURICK	19 # 7	37.81
ERICA BARTLETT	18 # 10	42.54
100 YD. BRST		
SHONA PIERCE	21 # 8	1:17.04
50 YD. FLY		
LAUREN SMITH	19 # 7	29.35
ELISHA NAYLOR	19	33.22
ERICA BARTLETT	18	35.21
100 YD. FLY		
LAUREN SMITH	19 # 6	1:07.33
100 YD. I.M.		
SHONA PIERCE	21 # 6	1:06.70
LAUREN SMITH	19	1:09.37
ASHLEY MELSETH	19	1:18.20

WOMEN 40-44

500 YD. FREE		
RENEE QUISTORF	41	7:15.98
1650 YD. FREE		
RENEE QUISTORF	41 # 8	24:27.45
100 YD. BACK		
ANNE BERNHARD	41	1:12.04
MARGARET DIDDAMS	44	1:16.32
RENEE QUISTORF	41	1:23.66
200 YD. BACK		
ANNE BERNHARD	41	2:36.40

100 YD. BRST		
MARGARET DIDDAMS	44	1:25.27
50 YD. FLY		
ANNE BERNHARD	41	30.86
100 YD. I.M.		
ANNE BERNHARD	41	1:11.64
MARGARET DIDDAMS	44	1:15.98
200 YD. I.M.		
ANNE BERNHARD	41	2:38.39

WOMEN 45-49

50 YD. FREE		
LISA DAHL	45 # 2	24.92 Z
50 YD. BACK		
LISA DAHL	45 # 2	30.79 P
200 YD. BACK		
CATHY COOLEY	48 # 6	2:32.00
50 YD. BRST		
LISA DAHL	45 # 5	35.42 P
CATHY COOLEY	48 # 6	36.52
100 YD. BRST		
CATHY COOLEY	48 # 5	1:17.88
200 YD. BRST		
CATHY COOLEY	48 # 4	2:50.92
50 YD. FLY		
LISA DAHL	45 # 1	27.56 P
100 YD. I.M.		
LISA DAHL	45 # 1	1:03.62 N
CATHY COOLEY	48 # 8	1:10.11
200 YD. I.M.		
CATHY COOLEY	48 # 3	2:29.98

WOMEN 55-59

50 YD. FREE		
CHARLOTTE DAVIS	56 # 1	27.28
100 YD. FREE		
CHARLOTTE DAVIS	56 # 1	59.81
1650 YD. FREE		
KATE SUTHERLAND	58 # 4	32:09.27
200 YD. BRST		
KATE SUTHERLAND	58 # 3	4:03.44
50 YD. FLY		
CHARLOTTE DAVIS	56 # 1	29.90 Z
100 YD. FLY		
CHARLOTTE DAVIS	56 # 1	1:08.31 Z
100 YD. I.M.		
CHARLOTTE DAVIS	56 # 1	1:10.14
200 YD. I.M.		
KATE SUTHERLAND	58 # 5	4:09.92
400 YD. I.M.		
CHARLOTTE DAVIS	56 # 1	5:29.63

WOMEN 60-64

100 YD. FREE		
ARNI LITT	60 # 4	1:19.11
500 YD. FREE		
ARNI LITT	60 # 7	7:41.53
50 YD. BRST		
ARNI LITT	60 # 5	43.65
100 YD. BRST		
ARNI LITT	60 # 6	1:33.80
200 YD. BRST		
ARNI LITT	60 # 4	3:22.07

**WOMEN 75-79**

500 YD. FREE		
JANET KAVADAS	75 # 5	11:23.85
100 YD. BACK		
JANET KAVADAS	75 # 5	2:08.22
200 YD. BACK		
JANET KAVADAS	75 # 2	4:20.82
100 YD. BRST		
JANET KAVADAS	75 # 2	2:23.94
200 YD. BRST		
JANET KAVADAS	75 # 5	4:50.66

MEN 18-24

50 YD. FREE		
ALDEN KROLL	23 # 3	22.40
JASON MERRIFIELD	20 # 7	22.56
MARK FANNING	20	23.92
BRIAN DAVIS	21	24.22
100 YD. FREE		
ALDEN KROLL	23 # 4	50.10
JASON MERRIFIELD	20 # 5	50.12
BRIAN DAVIS	21	54.63
MARK FANNING	20	1:00.07
LES MORALES	18	1:01.73
200 YD. FREE		
LES MORALES	18 # 3	1:56.98
500 YD. FREE		
BRIAN GOLDMAN	20 # 2	5:11.34
100 YD. BACK		
ALDEN KROLL	23 # 3	57.12
MARK FANNING	20 # 6	1:00.78
200 YD. BACK		
MARK FANNING	20 # 4	2:16.94
50 YD. BRST		
LES MORALES	18 # 4	28.97
JASON MERRIFIELD	20 # 5	29.02
100 YD. BRST		
ALDEN KROLL	23 # 4	1:01.57
LES MORALES	18 # 5	1:01.71
50 YD. FLY		
JASON MERRIFIELD	20 # 6	25.91
MARK FANNING	20	27.36
100 YD. FLY		
ALDEN KROLL	23 # 3	54.77
100 YD. I.M.		
ALDEN KROLL	23 # 4	55.46
JASON MERRIFIELD	20 # 6	57.97
LES MORALES	18 # 8	58.60
BRIAN DAVIS	21	1:02.64
200 YD. I.M.		
LES MORALES	18 # 4	2:08.48
BRIAN DAVIS	21 # 8	2:32.46

MEN 35-39

200 YD. FREE		
DAVID KAYS	38	1:56.05
1000 YD. FREE		
DAVID KAYS	38 # 4	10:49.45
1650 YD. FREE		
DAVID KAYS	38 # 3	18:28.30
200 YD. BACK		
TODD DOHERTY	35 # 7	2:09.63
100 YD. BRST		
TODD DOHERTY	35 # 5	1:02.77
200 YD. BRST		
TODD DOHERTY	35 # 3	2:20.31
DAVID KAYS	38 # 5	2:25.74
100 YD. I.M.		
TODD DOHERTY	35 # 6	56.19
200 YD. I.M.		
TODD DOHERTY	35 # 5	2:06.51
400 YD. I.M.		
TODD DOHERTY	35 # 6	4:37.89

MEN 45-49

50 YD. FREE		
JAMES LITTLEFIELD	46	26.44
100 YD. FREE		
JAMES LITTLEFIELD	46	54.69
FREDERICK GRAHAM	49	56.44

200 YD. FREE		
JAMES LITTLEFIELD	46	2:03.87
FREDERICK GRAHAM	49	2:04.77
500 YD. FREE		
FREDERICK GRAHAM	49	5:49.64
1650 YD. FREE		
ROBERT SCHLEMMER	46 # 8	19:41.05
FREDERICK GRAHAM	49 # 9	20:11.75
50 YD. BACK		
JAMES LITTLEFIELD	46	29.45
100 YD. BACK		
JAMES LITTLEFIELD	46	1:03.23
200 YD. BACK		
JAMES LITTLEFIELD	46 # 8	2:19.16

MEN 50-54

50 YD. FREE		
FRANK LEONARD	51	26.10
100 YD. FREE		
FRANK LEONARD	51	58.72
200 YD. FREE		
SCOTT LAUTMAN	53 # 4	1:56.89
500 YD. FREE		
FRANK LEONARD	51	6:50.32
1000 YD. FREE		
FRANK LEONARD	51 # 10	14:02.91
50 YD. BRST		
FRANK LEONARD	51	35.16
50 YD. FLY		
SCOTT LAUTMAN	53 # 9	26.28
FRANK LEONARD	51	33.63
100 YD. FLY		
SCOTT LAUTMAN	53 # 3	56.36
200 YD. FLY		
SCOTT LAUTMAN	53 # 1	2:05.55

MEN 55-59

100 YD. FREE		
STEVEN PETERSON	59	1:00.59
50 YD. BRST		
STEVEN PETERSON	59 # 7	32.67 P
100 YD. BRST		
STEVEN PETERSON	59 # 10	1:12.59
50 YD. FLY		
STEVEN PETERSON	59	31.98
200 YD. I.M.		
STEVEN PETERSON	59 # 7	2:31.94

MEN 60-64

500 YD. FREE		
MICHAEL MCCOLLY	60 # 1	5:45.16
1000 YD. FREE		
MICHAEL MCCOLLY	60 # 1	11:57.08
100 YD. BACK		
MICHAEL MCCOLLY	60 # 4	1:08.11
200 YD. BACK		
MICHAEL MCCOLLY	60 # 2	2:25.19 Z
MICHAEL NORDBY	64	2:53.37
200 YD. BRST		
MICHAEL NORDBY	64 # 10	3:03.11
100 YD. I.M.		
MICHAEL NORDBY	64	1:15.55
200 YD. I.M.		
MICHAEL MCCOLLY	60 # 4	2:26.23 P
MICHAEL NORDBY	64	2:47.86
400 YD. I.M.		
MICHAEL MCCOLLY	60 # 2	5:10.16 Z

RELAYS-WOMEN 200 YD.**FREE**

18 +		
SHONA PIERCE	21 # 5	1:55.31
LAUREN SMITH	19	
ELISHA NAYLOR	19	
SARAH JURICK	19	
SOFINA MORALES	19 # 6	1:59.74
MEG HARRIS	19	

ERICA BARTLETT	18	
EMIKO MAR	19	

35 +		
CHARLOTTE DAVIS	56 # 5	1:50.21
CATHY COOLEY	48	
ANNE BERNHARD	41	
LISA DAHL	45	

RELAYS-WOMEN 200 YD. MEDLEY

18 +		
SHONA PIERCE	21 # 6	2:07.99
SOFINA MORALES	19	
LAUREN SMITH	19	
EMIKO MAR	19	
ERIN HUNTER	20 # 7	2:20.16
ASHLEY MELSETH	19	
ELISHA NAYLOR	19	
ERICA BARTLETT	18	

35 +		
MARGARET DIDDAMS	44 # 7	2:12.16
CATHY COOLEY	48	
ANNE BERNHARD	41	
RENEE QUISTORF	41	

55 +		
KATE SUTHERLAND	58 # 4	3:07.91
JANET KAVADAS	75	
CHARLOTTE DAVIS	56	
ARNI LITT	60	

RELAYS-MEN 200 YD.**FREE**

18 +		
ALDEN KROLL	23 # 2	1:30.70
JASON MERRIFIELD	20	
LES MORALES	18	
BRIAN GOLDMAN	20	
MARK FANNING	20 # 6	1:35.38
JAMES LITTLEFIELD	46	
TODD DOHERTY	35	
DAVID KAYS	38	

RELAYS-MEN 200 YD.**MEDLEY**

18 +		
ALDEN KROLL	23 # 2	1:40.78
LES MORALES	18	
BRIAN GOLDMAN	20	
JASON MERRIFIELD	20	
MARK FANNING	20 # 5	1:45.54
TODD DOHERTY	35	
SCOTT LAUTMAN	53	
BRIAN DAVIS	21	

45 +		
JAMES LITTLEFIELD	46 # 9	1:58.58
STEVEN PETERSON	59	
FRANK LEONARD	51	
FREDERICK GRAHAM	49	

RELAYS-MIXED 200 YD. FREE

18 +		
JASON MERRIFIELD	20 # 4	1:38.77
SHONA PIERCE	21	
ELISHA NAYLOR	19	
BRIAN GOLDMAN	20	

(Continued on page 6)

(Continued from page 5)

MARK FANNING	20	1:45.88
LAUREN SMITH	19	
EMIKO MAR	19	
BRIAN DAVIS	21	

35 +		
LISA DAHL	45 # 8	1:38.45
TODD DOHERTY	35	
SCOTT LAUTMAN	53	
CHARLOTTE DAVIS	56	

RELAYS-MIXED 200 YD. MEDLEY

18 +		
SHONA PIERCE	21 # 3	1:50.33
ALDEN KROLL	23	
LAUREN SMITH	19	
BRIAN GOLDMAN	20	

MARK FANNING	20	2:01.14
DAVID KAYS	38	
ELISHA NAYLOR	19	
SARAH JURICK	19	

35 +		
LISA DAHL	45 # 6	1:52.74 P
TODD DOHERTY	35	
SCOTT LAUTMAN	53	
CHARLOTTE DAVIS	56	

Need Paper Copies of Meet Results?

To receive them, either for a particular meet or on an ongoing basis, contact Walt Reid at (253) 5 8 8 - 4 8 7 9 or at walt.reid@comcast.net.

NEO's 75-Year-Old Jan Kavadas Urges Older Swimmers to Keep Competing

Recently several older Masters swimmers I know haven't wanted to compete because they're *too slow*. Well, I get slower, too. In fact, as we age, we all get slower.

When I decided to compete, I recall wondering if I really wanted to do so when I needed help getting on the blocks. I decided, yes, I

Sally Dillon from North Whidbey Masters Wins Prestigious USMS Arthur J. Ransom Award

Sally Dillon from North Whidbey Masters is this year's recipient of the Ransom J. Arthur Award, United States Masters Swimming's highest award.

The award is given in honor of Captain Ransom J. Arthur, M.D., who established the Masters swimming program in the United States. The award is given annually to the person who has done the most to further the objectives of Masters swimming.

Sally has served as National Long Distance Committee Chair and Secretary of USMS. She founded and ran the Donner Lake Swim for 15 years and has run pool meets for many years, in both California and Washington. She coached age group swimming, and sometimes Masters, and has been a certified official for 30-plus years. She is an outstanding national competitor and quite active with PNA and North Whidbey Masters.

Sally is the fortieth person to win this award, which was established in



Sally Dillon holding the Ransom J. Arthur award

1973.

The official presentation of the award will take place in Dearborn, Mich., in September at the USMS annual convention

The next time you see Sally, be sure to congratulate her.



would compete.

Those of us that are older may never get faster, but we shouldn't stop swimming.

Competition provides a measure of our daily workout—maybe a less than positive one. But generally a meet will speed you up.

At a meet, there is support for all swimmers. And swimmers that are younger and faster must remember that cheering, pats on the

back and other support are very important for those of us who swim daily by ourselves.

For those of you that are older like me, please continue to swim. We want to see you compete at meets and join your swimming friends. Even the slowest of us can participate on an "older" relay.

You're only as old as you feel. Don't compare yourself to a 50-year-old.

Please continue to provide inspiration for the rest of us.





NEO's Charlotte Davis Sets National Record at Titlow Meet

The air and water temperature may have been a bit on the chilly side at Tacoma's historic outdoor Titlow pool on June 17, but that didn't faze Charlotte Davis. The 56-year-old NEO member swam the 100 meter I.M. in 2:57.49 and set a new national record in that event in her age group.

This long course meters spring meet attracted about 70 participants. They had 10 events to choose from and most swam five. The meet took only about two-and-a-half hours.

The meet was hosted by Metro



Photo by Steve Peterson

Titlow Pool After the Meet

Parks Tacoma. Jane Moore and Dane Wolfram did a good job running the meet. Jan Kavadas and

Lee Carlson ran the officiating. Dane has indicated that he's interested in hosting a meet next year.

Wonder How Well Your Swimming Stacks Up Against The Best? Wonder How Well You're Doing from Year to Year? Then Read Gordon Gray's Article on Performance Percentages

Listed below is your 2005/2006 short course yards swim performance percentage (an average of your five best event percentages), which ranks your performance against the USMS National records by age group. PNA's Charlotte Davis, setting national records in the 50 and 100 freestyles at Coral Springs, was the best percentage repeat winner and is only our third swimmer to break the 100% barrier. The other two are Barb Gundred and the late Jim Penfield, who went over 100% multiple times.

The percentages are based upon national records in your cur-

rent age group and the next age group up and are prorated by day according to your birth date. The calculations used are similar to the AGE-GRADED TABLES published by the *National Masters News* (the official world and U.S. publication for Masters (over age 40) track & field, long distance running and race walking).

There are two differences – (1) the AGE-GRADED TABLES use age (by year) versus the birth date (by date) and (2) the AGE-GRADED TABLES performances are compared to a theoretical performance as opposed to the national age-group record. The latter

difference makes the swim performances more of a "moving target" since a new national record will create a higher standard the next year (an incentive to improve!). This will be more pronounced in the older age groups.

What does your percentage mean? Aside from indicating your relative rank against national records, perhaps the best way to use it is to gauge your performance from year to year. The calculation considers your age position within two age groups, so aging up will have no effect.

A couple of questions may arise:

1. *I swim faster than my teammate – how come my average percentage is lower?*

You may not have competed in your strongest events this year. Or, your teammate, even if in the same age group, may be four years older than you. Therefore, your teammate's swim performance benefits more from the presumably slower

record times in the upper of the two age groups.

2. *OK – but how do I know which are my strongest events?*

To see your best swims and corresponding percentages for most years going back to 1995, go to home.earthlink.net/~swimpercent/. (This site shows a detailed example of the algorithm, provides a comprehensive compilation of your percentages by individual event, and represents a mountain of work by Gordon. If you enjoy it, let him know! – ed.)

Following are two lists of percentages: The first shows the 151 PNA swimmers who swam at least five events and the average of their best five performance percentages. Note that PNA currently has 1,125 registered swimmers and that 329 swimmers swam at least one event.

PNA 2005/2006 Short Course Yards - By Percentage

1 Charlotte Davis	56	100.9370
2 Michael McColly	60	96.7836
3 Lisa Dahl	45	96.4072
4 Scott Lautman	53	93.9993
5 Cathy Cooley	48	93.2772
6 Kyle Ciminski	19	93.2545
7 Mary Lippold	50	92.2205
8 Zena Courtney	46	91.8124
9 Debbie Glassman	52	91.6034
10 Steve Peterson	59	91.5300
11 Karl Weiss	45	91.1186
12 Alden Kroll	23	89.7432
13 Pinky Walker	63	89.4457
14 Eric Valley	44	89.1646
15 John Bailey	50	89.1029
16 Stephanie Miller	23	88.0526
17 Shona Pierce	20	87.8900
18 Linda Hegeberg	36	87.8562
19 Jason Merrifield	20	87.7605
20 Paul Glezen	45	87.6525
21 Tara Simsak	36	87.3166
22 Les Morales	18	87.1950
23 David Kays	38	87.0570
24 Sarah Welch	59	86.9792
25 Todd Doherty	35	86.9268
26 James Littlefield	46	86.6816
27 Kathrine Casey	57	86.6138
28 Jim Norris	58	86.3395
29 Harvey Prosser	77	86.0314
30 Michael Nordby	64	85.7412
31 Frederick Graham	49	85.7322
32 Bob Schlemmer	46	85.2400
33 Lauren Smith	19	85.0832
34 Carrie Nordberg	30	84.7680
35 Judy Hawksworth	46	84.7459
36 Kirk Nelson	35	84.7017
37 Katie Hathaway	22	84.6303
38 Carl Haynie	45	84.4617
39 Doug Jelen	32	84.1986
40 Arni Litt	59	84.0505
41 Stephanie Wong	25	83.9599
42 Dawn Jaeger	49	83.7252
43 Dan Smith	42	83.4054

44 Mark Fanning	20	83.1460
45 Tracy Maschman-Morrissey	31	83.1344
46 Kevin Ames	48	82.6524
47 Brenda Beckett	56	82.6449
48 John Leet	60	82.5848
49 Ted Hackett	51	82.5123
50 Anne Bernhard	41	82.4565
51 Debby Spence	44	82.4394
52 Daryl Ehrenheim	41	82.0882
53 Dale Cary	48	81.9201
54 Bruce Boytler	47	81.8752
55 Steve Freeborn	50	81.8108
56 Michael Mc Kinlay	62	81.7852
57 Rita Belsereene	54	81.7507
58 Katie Tomarelli Thompson	24	81.6665
59 Alyssa Smith	25	81.6069
60 Orlando Boleda	51	81.5055
61 Perry Morin	47	81.3697
62 Megan Bussart	35	81.2297
63 Bob Dorse	74	81.0687
64 Kris Speir	42	80.7305
65 Michael Chung	27	80.5889
66 Margaret Diddams	44	80.2982
67 Bernice Phillips	78	80.1975
68 David Tourigny	26	80.1050
69 Dennis Sawyer	62	79.9093
70 Carrie Breed	26	79.8505
71 Dan Bailey	48	79.2466
72 Jamie Whitney	41	79.0240
73 Krys Postma	26	78.8753
74 Eric Asp	47	78.8517
75 Eric Smith	29	78.8289
76 Linda Sullivan	49	78.7945
77 Hugh Moore	51	78.3620
78 Karen Curry	27	78.2750
79 David Turner	43	78.0752
80 Kelly Crandell	25	78.0258
81 Frank Leonard	51	77.7707
82 Elisha Naylor	19	77.0422
83 Gordon Gray	60	76.8279
84 Charles Norman	39	76.7409
85 Sarah Jurick	19	75.4235
86 Fran Eide	46	75.3354
87 Doug Redfield	42	75.3208
88 Judy Williams	57	75.0850
89 Mike Anderson	49	75.0540
90 Richard Batley	57	74.9182
91 Jean Blackburn	54	74.6566
92 Hugh Kimball	59	74.5400
93 Robert Densmore	28	74.5223
94 Laura Main	46	74.4942
95 Adam Clump	22	74.2802
96 Dave O'hern	22	74.0091
97 Janet Johnson	51	73.9390
98 Lee Carlson	65	73.8150
99 Judith Sentz	54	73.5081
100 Pam Stewart	41	73.3429
101 Brian Carlton	56	73.2856
102 Meg Harris	19	73.1447
103 Ashley Melseth	19	72.8930
104 Anne Dulong	35	72.0573
105 Janet Kavadas	75	71.9550
106 Tom Dean	47	71.9452
107 Doug Parrish	45	70.9280
108 Tamara Tulou	32	70.8538
109 Kathy Moore	39	70.5788
110 Michael Turcott	42	70.3024
111 Renee Quistorf	41	70.2248
112 Suzanne Way	42	69.9511
113 Paul Ikeda	46	69.8013
114 Bob Hartwig	51	69.5848
115 Ron Oren	46	69.5765
116 Tina Alkezweeny	30	69.1216
117 Pam Williamson	41	69.0889
118 Ron Hansen	56	68.9388
119 Blanche Bybee	38	68.9016
120 Gail Gladwell	74	68.7179
121 Gregg Metzler	47	68.6720
122 Scott White	40	68.3400

123 Gene Reese	56	68.0811
124 Peter Roach	39	67.7597
125 David Carnahan	38	67.7357
126 Taylor Holmes	25	67.0271
127 Phillip Hutchison	59	66.6742
128 Jill Reddoch	36	66.4740
129 Kerry Ness	36	66.1813
130 Rachel Smith	49	66.1500
131 Paul Hopkins	45	65.6040
132 Thomas Walker	58	65.4438
133 Carolyn Euker	41	65.3705
134 Shannon Singer	36	65.1475
135 Jodi Stebbins	37	64.8573
136 Jane Moore	55	64.6951
137 David Lium	37	64.5892
138 Tom Foley	71	64.1058
139 Taan Donoso	54	64.0837
140 Wanda Ramos	30	63.9649
141 Marion Chadwick	84	63.7087
142 Sandy Mc Neel	53	63.4257
143 Michael Spence	54	62.1650
144 Lynn Johnson	54	61.2913
145 Jennifer Gratzner	36	59.7864
146 Katie Asp	22	57.9827
147 Erika Miller	34	57.5236
148 Rebecca Logsdon	51	55.4299
149 Rita Vasquez	74	54.6079
150 Lisa Merz	44	52.3313
151 Ernie Flowers	49	51.7970

The second list shows the percentage improvement over the 1996 percentages from ten years ago. Out of 17 swimmers that are listed in both 1996 and 2006, eight bettered their five-event average percentage of ten years ago!

PNA 1996 - 2006 Short Course Yards - Percentage of Improvement

1 Sarah Welch	59	6.3974
2 Charlotte Davis	56	6.0216
3 Pinky Walker	63	5.2078
4 Michael McColly	60	5.1236
5 Janet Kavadas	75	2.3293
6 Eric Valley	44	2.2091
7 Steve Peterson	59	1.6351
8 Debbie Glassman	52	0.4546

Now You Can Work Out in Covington

Federal Way Masters has just started an additional coached workout at Covington Aquatic Center, which is on the Tahoma High School campus. Workouts are Monday, Wednesday and Friday, from 5:30 a.m. to 6:30 a.m. For more information, contact Wendy Neely, head coach of Federal Way Masters, at wendy-mal@mac.com or (253) 838-8408.



Dan Robinson Completes Manhattan Island Marathon Swim as First Male Finisher

The next time you find yourself moaning and groaning about doing a distance set at one of your workouts, reflect on what 48-year-old Dan Robinson accomplished on June 24. Dan, who swims with GLAD, completed the 24th annual Manhattan Island Marathon Swim (MIMS). Yep, that means he swam 28.5 miles around New York City's Manhattan Island.

Dan, a project manager at a Seattle construction firm, did more than complete the swim—he finished second with a time of 7:49.27. And he was the first male finisher. (The winner was Randy Opdycke, a 22-year-old lifeguard originally from Mercer Island but currently residing in La Jolla, Calif. Her time was 7:27.26.)

This was Dan's second shot at MIMS. He entered last year, but after five hours and 20 minutes, the officials called the swim because of lightning.

Major Yardage

What is it like to train for a marathon swim? Well, Dan swam five days a week. His serious training began in January, when he logged 22,000 yards per week. He then bumped up his yardage each succeeding month until he hit 35,000 weekly yards during May.

Beginning that month, Dan swam only in open water and without a wetsuit. He did much of his swimming in Seattle's Green Lake, sometimes swimming twice around the lake's perimeter. When he started swimming in Green Lake, the temperature was a bracing 62



Dan Robinson (center) with Marty Berger (left), who founded the Manhattan Island Foundation that runs MIMS and Drury Gallagher, who started the swim in 1982.

degrees.

Last year Dan and his wife Kathy, who was part of his support crew, made MIMS one event in an East Coast vacation. This year, they went to New York only for the swim. On swim day, the couple had to wake up in their hotel room at 3:30 a.m. to prepare for the swim.

The swim, which had 22 solo swimmers and 17 relays, started at Battery Park at the southern end of Manhattan Island. It then proceeded north up the East River to the Harlem River. At Manhattan's northern tip, the swimmers entered the Hudson River and headed south. Shortly after Dan entered the Hudson, MIMS officials ordered all swimmers out of the water because of concerns about a possible squall. After 38 minutes, the swim was back on and there were no further delays.

During the swim, Dan ate, drank and peed frequently, and he ingested substantial amount of mocha Goo. The night after the swim, Dan had trouble sleeping because he

had so much caffeine from eating all that Goo.

Jetsam and Flotsam

Maybe you're wondering about the quality of the water in which Dan and other MIMS participants spent several hours. Consider this: The MIMS website says "[t]here may be random jetsam and flotsam in the waterway." Also, all MIMS swimmers are required to have updated tetanus protection. As an additional precaution, Dan had shots to protect him from hepatitis. When he exited the Hudson during the squall threat, he blew his nose and whatever came out was, he reports, black.

After the swim, which didn't allow wetsuits, Dan learned that the water temperature in the East River was a chilly 67, and it was 70 and 71 in the Harlem and Hudson Rivers, respectively.

Will Dan do MIMS again? Kathy, who was extremely supportive of Dan's participation, has indicated that MIMS will not be on the couple's 2007 travel schedule.

Health and Fitness

Editor - This article appeared in the August 2006 issue of Aqua Master, the newsletter of Oregon Masters Swimming. The author, Jane Higdon, was tragically killed in May while biking. Jane worked as a scientist at the Linus Pauling Institute, where she studied the effects of nutrition on disease.

Although it hasn't been proven that a daily multivitamin supplement containing 100% of the Daily Value of most vitamins and essential minerals will lead to better health for well-nourished people, recent research indicates that several of the nutrients found in standard multivitamin supplements play important roles in preventing chronic diseases like heart disease, cancer, and osteoporosis. A daily multivitamin supplement ensures an adequate intake of several micronutrients that are not always present in the diet in optimal amounts:

Folic acid

Birth defects like spina bifida are less common in the infants of women who start taking folic acid supplements prior to conception. Increased folic acid intakes can lower homocysteine levels, and high homocysteine levels are associated with increased risk of cardiovascular diseases and Alzheimer's disease. Increased folic acid intake may decrease the risk of some types of cancer, especially in those who drink alcoholic beverages.

Vitamin B12

In many people, the ability to absorb vitamin B12 from food but not from supplements declines with age. For this reason, the Institute of Medicine recommends that adults over the age of 50 obtain the RDA for vitamin B12 from supplements or fortified foods.

Since it is only found in animal products, strict vegetarians also need to get vitamin B12 from a

supplement or fortified foods.

Vitamin D

In many parts of the world, there is insufficient ultraviolet light for vitamin D synthesis in the skin during winter. Using sunscreen and avoiding sun exposure to prevent skin damage also prevents vitamin D synthesis. Vitamin D synthesis in the skin declines with age.

Iron

Iron deficiency is the most common micronutrient deficiency worldwide and is a significant problem in the U.S. Although uncommon in men and postmenopausal women, iron deficiency is still common in children, adolescents, and premenopausal women.

Reading supplement labels

Although one would expect the Daily Values (DV) listed on supplement labels to reflect the latest intake recommendations from the U.S. Institute of Medicine, most of them are actually based on outdated recommendations made in 1968.

The latest nutrient intake recommendations from the Institute of Medicine are called Dietary Reference Intakes (DRIs), which have been set for males and females throughout the lifespan. They include the Recommended Dietary Allowance (RDA) as well as the Adequate Intake (AI), which is established for a nutrient when there is insufficient data to calculate an RDA. Supplement labels continue to display the outdated DV. (A table comparing the DVs and the DRIs for adults will be included in the next issue of *The WetSet*.)

Choosing multivitamin supplements

Most multivitamin supplements contain at least the RDA for folic acid, niacin, pantothenic acid, thia-



min, riboflavin, vitamin B6, vitamin B12, chromium, copper, iodine, manganese, molybdenum, and zinc. Supplements that contain more than 100% of the DV for these micronutrients are not necessary for most people.

Don't worry about the relatively small amounts of chloride, phosphorus, and potassium in multivitamin supplements. Most people get plenty of chloride from salt, and phosphorus and potassium are best obtained from diets rich in fruits, vegetables, and whole grains.

Trace elements like boron, nickel, silicon, tin, and vanadium are not necessary since they may not even be required by humans.

Vitamin A: Vitamin A in supplements may come from retinol, beta-carotene, or both. Recent research suggests there may be an association between higher retinol intakes (5,000 IU/day) and an increased risk of osteoporosis in older men and women. However, vitamin A intakes from beta-carotene have not been associated with an increased risk of osteoporosis. Look for supplements containing no more than 2,500 IU of vitamin A or, if unavailable, supplements containing 5,000 IU, of which at least 50% comes from beta-carotene.

Vitamin C: Although the current RDA for vitamin C is 75-90 mg/day, most multivitamin supplements contain only 60 mg (the DV for vitamin C). Five servings of fruits and vegetables may provide about 200 mg. Aim for a total daily intake of at least 400 mg, which is associated with



the saturation of plasma and circulating cells.

Vitamin D: People over the age of 65 may need an additional 200-400 IU/day.

Vitamin E: Few multivitamin supplements contain more than 30 IU, which is close to the RDA of 22 IU/day. LPI recommends an extra supplement of 200 IU natural d-alpha-tocopherol daily.

Vitamin K: The current intake recommendation for vitamin K is 90-120 mcg/day, but few multivitamin supplements contain even as much as the DV (80 mcg). Broccoli and dark green leafy vegetables are excellent sources of vitamin K. Individuals on anticoagulant medicine like warfarin (Coumadin) should avoid sudden changes in their vitamin K intake from supplements or foods.

Biotin: Although the DV is 300 mcg, the most recent recommended intake for biotin is 30 mcg/day.

Calcium: No multivitamin supplement contains the RDA for calcium (1,000-1,200 mg/day) because the resulting pill would be too large to swallow. People who don't consume the RDA for calcium from their diet will need an extra calcium supplement to make up the difference.

Iron: Premenopausal women should look for a multivitamin supplement that provides 18 mg. Men and postmenopausal women should generally look for a supplement without iron.

Magnesium: Few multivitamin supplements contain more than 100 mg. Because magnesium is plentiful in foods, eating a varied diet that provides green vegetables and whole grains daily should provide the rest of the RDA for magnesium (310-420 mg/day).

Selenium: The RDA for selenium is 55 mcg/day, while the DV for selenium is 70 mcg. One study of people with a history of skin cancer found that selenium supplementation at a dose of 200 mcg/

day decreased the incidence of prostate cancer by 50%, but increased the risk of one type of skin cancer (squamous cell carcinoma) by 25%. A much larger clinical trial designed to test the effect of selenium supplementation on the risk of prostate cancer is under way, but final results are not expected for another ten years.

Quality and cost

In March 2003, the U.S. Food and Drug Administration proposed new regulations that would, for the first time, establish standards to ensure that dietary supplements are not adulterated with contaminants or impurities and are labeled accurately. However, these regulations are not yet finalized or implemented.

The United States Pharmacopeia (USP) has a voluntary testing program called the Dietary Supplement Verification Program. The USP Dietary Supplement Verification mark shows that the supplement has passed USP tests to ensure that it contains the ingredients listed on the label, contains the amount of each ingredient listed on the label, dissolves effectively, does not contain harmful contaminants, and was manufactured using safe and sanitary procedures.

Higher costs of particular brands don't necessarily mean higher quality. Generic brands are often indistinguishable from brand name supplements, but have lower prices. A year's supply may cost as little as \$30.

- William Cray
- Tara DeFoe
- Joline Esparza
- Nicole Even
- Richard Fabian
- Jennifer Farinas
- Marion Gallagher
- Stephen Gwinn
- Julie Hazelton
- Michelle Hester
- Karyn Holyk
- Jennifer Horton
- Neil Kaneshiro
- Michael Kelly
- Heather Klassen
- Suzanne Klobuchar
- Brittany Kunze
- McGrann Laurie
- Kenneth Lowry
- Robert Mains
- Sam Massey
- Eric Mathson
- Adam Negrete
- Abigail Olson
- Kari Pederson
- Peter Phan
- Laura Probst
- James Radovich
- Karin Robinson
- Timothy Sean Rody
- Jeffrey Schoner
- Lorna Shanks
- Pei-Fang Shen
- Michael Silves
- Anne Sommer
- Rod Stevens
- Linda Stevenson
- Douglas Stotland
- Charlene Tarolli
- Linda Thompson
- Rebecca Trost-Stewart
- Pamela Vesterby
- Milan Vidakovic
- Linda Warren
- Sue Williams-Judge
- Joseph Zimmerman III

**Welcome
New PNA
Swimmers**

- Frank Alarcon
- Mark Alexander
- Lawrence Amron
- Tyler Box
- Deborah Boyer
- Mitchell Chapman
- R Jason Coryell



Orcas Open Water Challenge

Saturday & Sunday, September 9-10, 2006

Hosted by Island Athletic Events and FINS of the San Juans

Sanctioned by PNA for USMS # 060W3602

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): **.5-mile, 1-mile, 3-mile, 4 X .5-mile relay**
Wetsuit / Non-wetsuit (circle one)

Entry fee: \$30, each additional event: \$5
Canadian fee: \$33

Race Day Entry fee: \$35 (\$35 CAN)

One-event USMS fee: \$10

T-shirt size (circle) S M L XL

For more information and updates go to:

www.islandathleticevents.com

Enter online at www.active.com or
Make checks payable and mail to:

Island Athletic Events

Paul Hopkins

PO Box 1184

Friday Harbor, WA 98250

phopkins@rockisland.com

Eligibility: USMS or Canadian Masters registered swimmers 18 years of age and older as of September 9, 2006 are eligible to compete. 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.

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

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

Location: Cascade Lake is located in beautiful Moran State Park on Orcas Island, WA. Water temp is approximately 70 degrees. Camping is available in four different camping areas, and the closest to the start is the Northend campground. For reservations visit <http://www.parks.wa.gov>. Lodging is also available at nearby Rosario Resort, <http://rosario.rockresorts.com>, which is a .25-mile hike to the start area. More lodging information is available at the race website. Hiking, biking, running trails, swim area, paddleboat rental, fishing, picnic areas, and a play area for the family are available. Restrooms are located at the start/finish area. Showers are available in the nearby campground.

Events: The .5-mile and 4 person X .5-mile relay swims will be conducted along a buoyed line, The 1-mile swim will be on a triangular course, and the 3-mile swim on a trapezoidal course. All races will start in the water and finish on shore. *Swimmers must check in for all events.*

Schedule:

Saturday:	1:00pm – 1:45pm	Check-in for all swimmers
	1:45pm	Pre-race briefing
	2:00pm	1-mile start
	3:00pm	4 X .5-mile relay start
Sunday:	8:30 – 9:15 a.m.	Check-in for all swimmers
	9:15 a.m.	Pre-race briefing
	9:30 a.m.	.5-mile start
	10:30 a.m.	3-mile start

Entry Fee: The \$30 (\$33 CAN) entry fee includes a t-shirt and swim cap. Each additional race will cost \$5.

Entry deadline: Entry must be received by: 08/26/06. You may register race day for an additional \$5 but **t-shirts will only be available as supplies last.**

Safety: Lifeguards and safety boats will monitor the entire racecourse. Swimmers *must wear the swim cap provided* during the swim 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 and at www.islandathleticevents.com shortly after the event. There will be both wetsuit and non-wetsuit divisions.

Awards: Ribbons will be awarded for first, second & third place finishes.

Directions: Take I-5 to the Hwy 20/ Burlington exit. Following the signs to the Anacortes ferry landing and take the ferry to Orcas Island. After disembarking the ferry follow the signs to Moran State Park. The race venue will be located at the Cascade Lake picnic area across from the Northend campground. Your link to ferry info is <http://www.wsdot.wa.gov/ferries/>. A shuttle will be available for walk-ons. Contact Paul Hopkins at (360-472-0908/ phopkins@rockisland.com) for information.

9th ANNUAL SHORT COURSE METERS PENTATHLON MEET WITH ADDITIONAL "BRUTE" DIVISION

Hosted by North Whidbey Masters (Sanction # 063607)

ORDER 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: Sunday, September 24, 2006

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: salswmmr@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 2006 USMS or MSC registered swimmers 18 and above as of 9/24/2006. Age groups based upon the swimmer's age as of 12/31/06. Entries must be received by the meet director by Saturday, September 16 with the following exception: **Race day entries will be accepted for an additional \$5.00 (US) late fee until 9:30 am for the 1500 free and 12:30 pm for all other events.**

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

TIMING: Electronic timing will be used.

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.

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.

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

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

SAFETY FIRST!

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

9th Annual Short Course Meters Pentathlon + Brute event

Sunday, September 24, 2006

(Sanction #063606)

NAME: _____ M F AGE as of 12/31/2006: _____

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, 2006)

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 for an additional US \$5.00 late fee (see Eligibility)

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

Pre-entries must be **received** no later than Saturday, September 16, 2006. **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

PNA Local Masters Swimming Committee
5th Annual BAMFEST SCY Swim Meet- Sanction # 063608
 Hosted by Bainbridge Area Masters (BAM)

MEET ENTRY FORM: October 14, 2006 5th Annual BAMFEST
 Hosted by Bainbridge Area Masters (BAM) - Sanction # 063608

ORDER OF EVENTS Modified "High School" Format	EVENT
#	EVENT
1 & 2	200 MEDLEY RELAY W/M
3	200 FREE
4	50 BACK
5	200 IM
6	50 FREE
15	15 minute Break
7	100 FLY
8	50 BREAST
9	100 FREE
10	500 FREE
11	100 IM
12 & 13	200 FREE RELAY W/M
14	100 BACK
15	50 FLY
16	100 BREAST
17	200 Mixed Fantasy Relay

DATE & TIME: Saturday, October 14, 2006
 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 500FR prior to the break.

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

DIRECTIONS:
 From Seattle: Take the 7:55 AM ferry to Bainbridge Island. Proceed straight from the ferry terminal on SR305 exactly one mile to NE High School Road. Turn left (west) on High School Rd. Turn right (north) at traffic circle onto Madison Ave. 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 2006 USMS registered swimmers age 18 and above on 10/14/06. Age groups determined by the swimmer's age on 10/14/06.

RULES: Current USMS rules will govern meet.

AGE GROUPS (individual events): 18-24, 25-29, and 5-year age groups as high as necessary.

RELAYS: Deck-enter relays at the meet. Age groups 18+, 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 will be announced at the meet. (NOTE: the relay often utilizes inner tubes, backwards swimming, water polo balls, sculling, flower caps, and/or other exciting and goofy challenges).

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

MEET DIRECTOR: Tara Simsak TaraSimsak@aol.com, 206-780-3687; 206-550-2969
WEBSITE: For more information, visit the PNA website (www.swimpna.org), or BAM website (www.bainbridgeaquaticmasters.org)

SAFETY FIRST

No diving during warm-up/warm-down except into designated sprint lanes.

NAME: _____ M F AGE (on10/14/06) _____

ADDRESS: _____

E-MAIL: _____ PHONE: _____

BIRTHDATE: _____ USMS# _____ Team or Unattached
 Include a copy of your current Masters Registration card if you are not a PNA member.

EMERGENCY CONTACT: _____ PHONE: _____

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

EVENT #	EVENT NAME	SEED TIME (Short Course Yards)

ENTRY FEES: \$ 13.00 Surcharge (Includes LMSC & electronic timing fees)

Individual Events: \$ _____ \$1.00 per event. No charge for relays.

TOTAL \$ _____ Optional for age 65 and over, or if needs based

Mail this entry form and fees to: Tara Simsak

8416 NE Beck Rd.
 Bainbridge Island, WA 98110

Entries must be postmarked by Oct. 4 or received by Oct. 7, 2006.
 Late entries will not be accepted.

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

SIGNATURE: _____ DATE: _____



2006 Membership Application
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer
 (Old Number _____)

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
 City State Zip+4 E-Mail: _____
 Telephone: (____) _____ please print carefully

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 Unattached **OR** Unattached

2006 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 A, B, or C below.

A. Regular:	11/01/05 thru 12/31/06	\$35	Make check payable to: PNA
B. Need-based or Seniors (65 & over):		\$25	Mail to: Arni H. Litt, Registrar
C. End of Year	09/01/06-12/31/06	\$20	1920 10th Ave E
Foreign address, add		\$10	Seattle, WA 98102-4253

Optional Donations:

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

TEAMS

- | | | |
|---|---|--|
| BAM: Bainbridge Area Masters | MMST: Meredith Mathews E Madison | STRM: Storm Lake Aquatics |
| BC: Bellevue Club | YMCA Mudskippers | SVY: Skagit Valley YMCA |
| BEST: Bellevue Eastside Masters | MIR: Mercer Island Redwoods | SWIM: South Whidbey Island Masters |
| BBST: Bellingham Bay Swim Team | NEO: North End Otters | TACM: Thunderbird Aquatic Masters |
| BMSC: Bellingham Masters Swim Club | NHM: Newport Hills Masters | TACY: Tacoma Pierce County YMCA |
| BS: Brooks Swimming | NSYG: Northshore Y's Guys | TIG: Tigers |
| CAC: Columbia Athletic Masters-Pine Lake | NWM: North Whidbey Masters | TSC: Tacoma Swim Club |
| DSYM: Downtown Seattle YMCA Masters | OOPS: Old Olympic Peninsula Swimmers | TMS: Thorbecke's Masters Swimming |
| ESC: Evergreen Swim Club Masters | ORCA: Orca Swim Club | TVA: Tumwater Valley Authority |
| FSJ: Fins of the San Juans | PAC: Poseidon Aquatic Club | UNAT: Unattached to a Team |
| FTSW: Ft. Steilacoom - WAKO | PAM: PAMS | UPAC: University Place Aquatic Club |
| FWM: Federal Way Master | PRO: Pro Sports Club | VAM: Vashon Aquatic Masters |
| GACM: Gateway Athletic Club | PSC: Phinney Ridge Swim Club | VFC: Valley Fitness Center |
| GLAD: Gold Creek Masters (GCM) | PTMS: Port Townsend Master Swimmers | WAC: Washington Athletic Club |
| GLAD: Greenlake Aquaducks | QASC: Queen Anne Swim Club | WCY: Whatcom County YMCA |
| HMST: Husky Masters | RAH: Redmond Aqua Hotshots | WEST: West coast Aquatics Masters |
| ISST: Issaquah Swim Team | RTB: Raise the Bar | WSAS: West Seattle All-Stars |
| JAM: Juanita Aquatic Masters | RFST: Redmond Foothills Swim Team | WSYD: West Seattle YMCA Dolphins |
| LUNA: Team Luna | SAC: Seattle Athletic Club | WWUS: Western WA U Masters Swimming |
| LWS: Lynnwood Sharks | SAMM: Samena Club | YNOT: Y Naut |
| | SSRM: Swim Seattle Redhawk Masters | |



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 _____

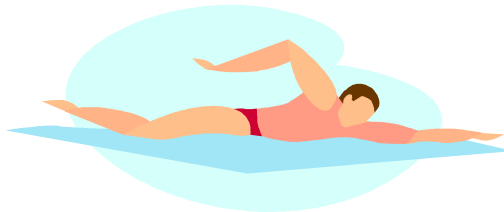
Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription

July-August 2006 Issue



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

CHANGE SERVICE REQUESTED

Non-Profit Org.
US Postage
Paid
Seattle, WA
Permit No. 2334