

THE WETSET

Pacific Northwest Association
of Masters Swimmers



Volume 26 • Issue 10

Masters Swimmers in Western Washington

December 2006

Records Fall, Romance Blooms at Zone Meet

By Paul Freeman, *The WetSet* editor

Maybe there was something special in the water November 18 and 19 at the Weyerhaeuser King County Aquatic Center. Or maybe those competing there in the 2006 Northwest Zone Short Course Meters Championship were willing to extend themselves like never before. Whatever the explanation, the result was an unusually large number of new records and one marriage proposal.

First the records: 26 PNA and 28 Zone records, four National and four World records.

World and National Records

Oregon's Dennis Baker clocked a world record time of 2:06.40 in the 200 fly (45-49). Plus he was on the Men's 240-279 200 Meter Relay squad from Oregon that set a world record time of 1:50.57.

The other two world records were also achieved by Oregon swimmers. The Men's 240-279 200 Meter Medley Relay team from Oregon swam this event in 2:03.09 while Oregon's Mixed 200-239 200 Meter Medley Relay team had a time of 2:01.94.

(Continued on page 4)



Photo by Steve Peterson

There was PNA romance at the Zone meet. Jason Lassen conspired with the Aquatic Center staff to substitute the above display at the end of Megan Bussart's 800 Free. Find out Megan's response to Jason's marriage proposal on page 4.

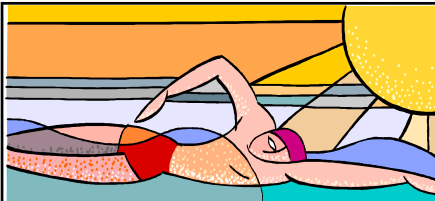
YOUR USMS REGISTRATION IS ABOUT TO EXPIRE

All 2006 USMS memberships expire on December 31. Renew your membership today so you can keep receiving *The WetSet* and *USMS Swimmer* magazine, and participate in PNA clinics and meets.

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THE WET SET

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No sooner has Thanksgiving passed than the holidays are upon us. This is the time of year we express our gratitude for friends and family, our good health and all the blessings large and small that make our lives rewarding. Not to be forgotten is the wealth of good that comes from swimming. For all of us, love of swimming is our common denominator.

Earlier this month, at a PNA board meeting, we talked about what we would like to do for the next year and what we can do for you, our members. Many current board members have volunteered with PNA for years in various capacities. That includes staffing meets and events; keeping records for everything from pool times to financial data to registration information; publishing our newsletter and performing a variety of other administrative tasks. Our focus was to inject some new ideas and energy into PNA.

Life after Nationals

As you know, PNA is hosting USMS SC Nationals this spring at the Weyerhaeuser King County Aquatic Center in Federal Way. Many, if not all, PNA board members are on the meet organizing committee. If you've helped with past Nationals, you know the scope of the commitment and the amount of volunteer hours necessary.

We want to make sure we don't put all our 2007 efforts into this meet then go on cruise control the rest of the year.

New PNA Projects

We have some great new ideas that we believe will benefit you, our

LEADING OFF



By Jeanne Ensign,
PNA
President

members. Here are a few for the coming year that are funded in our 2007 budget.

Meet preparation clinic. We held our first one this past fall. It included information about rules, starts, general meet information and protocol for meet participants, both returning and new swimmers – in total, lots of information about meets. We plan to hold this clinic as often as necessary, and for sure prior to Nationals.

New swimmer liaison. A seasoned and enthusiastic swimmer, who will meet and visit with as many new swimmers as possible – at your pool, your workout, a meet, by email, by phone – to welcome new swimmers into the fold. The liaison also will contact those of you who are already members and want more contact from us.

PNA coach for National meets. A person on the deck and at the meet devoted to helping you have a better meet – making sure you get to your events on time, taking your splits, giving you that last little word of encouragement just before you step up on the blocks, putting together relays. Whether it's one person or more will depend on the number of swimmers at the meet.

Stay tuned for more details on

(Continued on page 11)

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have 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 2006/2007 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**.*

September 15 to November 15, 2006
3000/6000 Yard Postal Championships
Max Veltman, (915) 584-0227
max_veltman@yahoo.com

November 1 to December 31, 2006
Brute Squad 2006 Postal Event (1650 free, 400 IM and 200 Fly)
Sponsored by Washington State University Masters Swimming
For information, see <http://www.WSUMastersSwimming.org/BruteSquad>

December 31, 2006
All 2006 USMS memberships expire; please renew.

January 1 to December 31, 2007
Fitness Check-Off Challenge
Le Tour de Pool
Hugh Moore
swimmooore@comcast.net
Visit www.usms.org/fitness for entry form.

January 1 to January 31, 2007
USMS One Hour Postal Championships
Margie Hutingler
(727) 521-1172; phut@usms.org
Entry form on pages 13-15.

January 20, 2007
SCY PNA Meet
Fidalgo Pool
Anacortes, Wash.
Entry form on page 16.

January 23, 2007
PNA Board Meeting, 6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

February 10 & 11, 2007
Freestyle clinics
Medgar Evers Pool, Seattle
Information and sign up form on page 12.

February 18, 2007
SCM Meet
Bellevue Club
Bellevue, Wash.
Cory Hilderbrand
cory@bellevueclub.com
Entry form on page 17.

February 27, 2007
PNA Board Meeting, 6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

March 24, 2007
SCY Meet
Briggs YMCA
Lacey, Wash.

March 27, 2007
PNA Board Meeting, 6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

April 14 & 15, 2007
SCY PNA Champs
Weyerhaeuser King County Aquatic Center
Federal Way, Wash.

April 20 to April 22, 2007
Oregon Association/NW Zone SCY Championships - Bend, Ore.

April 24, 2007
PNA Board Meeting, 6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

May 15 to September 15, 2007
USMS 5 and 10 km Postal Championships
Susan Ingraham; (210) 493-0388
aquatex101@aol.com

May 17 to May 20, 2007
USMS Short Course Championships
Weyerhaeuser King County Aquatic Center
Federal Way, Wash.
Jane Moore, (253) 759-4956
swimmooore@comcast.net;
Sanctioned by PNA

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)

Zone Meet

PNA's Lisa Dahl set two national records. The first was in the 50 meter freestyle (45-49) with a time of 27.80, the second in the 50 meter butterfly with a time of 30.18. Oregon's Karen Andrus-Hughes swam the 50 meter backstroke (45-49) in 32.63 for a new national record in that event.

Will You Marry Me?

At the end of the meet's opening day, PNA's Jason Lassen floated a marriage proposal to PNA's Megan Bussart on the Aquatic Center's electronic scoreboard. (See page 1 photo.) Megan saw it after swimming the 800 free and turning to look at her time. She said "yes."

Big Turnout

According to Meet Director Jane Moore, 225 swimmers signed up for the Zone meet. As might be expected, PNA swimmers – 131 strong – were in the majority. There was also a sizeable contingent – 83 individuals – from Oregon.

"From past records, it appears there were 158 swimmers at last year's SCM Zone Champs and the same number the year before," says Jane. "So our turnout was super."

Smoothly Run Meet

Special thanks to Jane; Holly Bork, entries and clerk of course; Walt Reid and Kathy Casey, timers; Dave Coddington, meet referee; Mary Ann White, t-shirt designer; and Steve Freeborn and Jon Baca, announcers.

Jane sees the Zone meet as a preview for the short course Nationals coming to the Aquatic Center next year. "For both Champs and Nationals, we have lots of room for volunteers. And we'll make sure that volunteering won't interfere with your swimming."

2006 Northwest Zone Short Course Meters Championship November 18 and 19, 2006 Federal Way, Wash.



PNA Treasurer Sarah Welch performing safety marshal duties in between swims



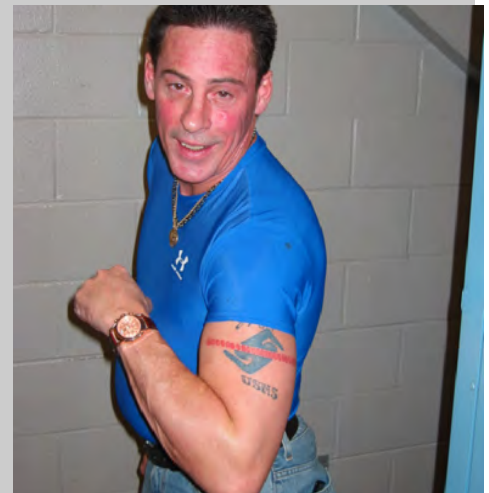
Jason Lassen and Megan Bussart, who became engaged at the meet (See picture on page 1)



From left, Andy Holden (87) and Willard Lamb (84), both from Oregon



Timer Walt Reid



Check out the USMS tattoo on the bulging bicep



PNA
11-19-06
SHORT COURSE METER

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

WOMEN 19-24

50 M. FREE		
SHONA PIERCE	21 PNA	29.47
ERIN JACOBSON	21 PNA	29.73
EMIKO MAR	20 PNA	32.72
ELISHA NAYLOR	20 PNA	32.77
100 M. FREE		
ERIN JACOBSON	21 PNA	1:06.28
SHONA PIERCE	21 PNA	1:06.99
MEG HARRIS	19 PNA	1:18.55
JULIA GARRISON	20 PNA	1:19.97
200 M. FREE		
MEG HARRIS	19 PNA	2:53.77
JENNIFER BOWMAN	23 PNA	2:57.97
T.MILLER-RHEES	22 PNA	4:06.65
400 M. FREE		
MEG HARRIS	19 PNA	6:00.55
JENNIFER BOWMAN	23 PNA	6:16.40
800 M. FREE		
MEG HARRIS	19 PNA	12:21.66
50 M. BACK		
SHONA PIERCE	21 PNA	34.20Z
ERIN JACOBSON	21 PNA	36.05
ELISHA NAYLOR	20 PNA	37.71
100 M. BACK		
ANGELA FULTS	23 OREG	1:14.21
JULIA GARRISON	20 PNA	1:35.16
200 M. BACK		
ANGELA FULTS	23 OREG	2:41.78
50 M. BRST		
KATIE ASP	23 PNA	53.67
100 M. BRST		
ANGELA FULTS	23 OREG	1:26.93
T.MILLER-RHEES	22 PNA	1:56.46
200 M. BRST		
ANGELA FULTS	23 OREG	3:06.69
50 M. FLY		
ERIN JACOBSON	21 PNA	33.88
SHONA PIERCE	21 PNA	35.07
EMIKO MAR	20 PNA	36.48
ELISHA NAYLOR	20 PNA	37.68
100 M. I.M.		
SHONA PIERCE	21 PNA	1:17.23
ANGELA FULTS	23 OREG	1:17.25
EMIKO MAR	20 PNA	1:30.54
JULIA GARRISON	20 PNA	1:32.26
MEG HARRIS	19 PNA	1:32.53

WOMEN 25-29

50 M. FREE		
RENEE HUKKANEN	29 PNA	29.81
MEG UPSHAW	29 OREG	32.01
TAMMY TAYLOR	29 OREG	41.34
100 M. FREE		
KELLY CRANDELL	26 PNA	1:09.51
MEG UPSHAW	29 OREG	1:10.45
800 M. FREE		
KELLY CRANDELL	26 PNA	11:44.12
100 M. BRST		
KELLY CRANDELL	26 PNA	1:28.22
200 M. BRST		
KELLY CRANDELL	26 PNA	3:10.07
50 M. FLY		
TAMMY TAYLOR	29 OREG	48.26
100 M. FLY		
KELLY CRANDELL	26 PNA	1:26.28
100 M. I.M.		
RENEE HUKKANEN	29 PNA	1:10.96P
400 M. I.M.		
RENEE HUKKANEN	29 PNA	5:22.70

WOMEN 30-34

50 M. FREE		
E.STRAUSBAUGH	30 OREG	33.39
100 M. FREE		
ELLEN KRAMER	31 OREG	1:11.68
E.STRAUSBAUGH	30 OREG	1:13.40
JANETTE WELLS	34 OREG	1:14.97
ANDREA PARE	32 OREG	1:18.59
200 M. FREE		
ELLEN KRAMER	31 OREG	2:40.81
E.STRAUSBAUGH	30 OREG	2:45.11
HOLLY BORK	30 PNA	3:22.35
400 M. FREE		
ANDREA PARE	32 OREG	6:08.08
800 M. FREE		
ANICIA CRISCIONE	33 OREG	11:53.33
1500 M. FREE		
ANICIA CRISCIONE	33 OREG	22:36.51
100 M. BACK		
ANDREA PARE	32 OREG	1:33.35
200 M. BACK		
ANDREA PARE	32 OREG	3:18.39
50 M. BRST		
JANETTE WELLS	34 OREG	41.35
E.STRAUSBAUGH	30 OREG	41.43
ANICIA CRISCIONE	33 OREG	43.64
ELLEN KRAMER	31 OREG	44.01
HOLLY BORK	30 PNA	49.63
100 M. BRST		
JANETTE WELLS	34 OREG	1:28.90
E.STRAUSBAUGH	30 OREG	1:31.04
ELLEN KRAMER	31 OREG	1:34.75
200 M. BRST		
JANETTE WELLS	34 OREG	3:13.55
ANICIA CRISCIONE	33 OREG	3:24.22
HOLLY BORK	30 PNA	3:54.95
100 M. I.M.		
E.STRAUSBAUGH	30 OREG	1:22.92
JANETTE WELLS	34 OREG	1:24.87
ELLEN KRAMER	31 OREG	1:25.50
ANDREA PARE	32 OREG	1:32.48
200 M. I.M.		
JANETTE WELLS	34 OREG	3:05.53
ANDREA PARE	32 OREG	3:18.42
400 M. I.M.		
ANICIA CRISCIONE	33 OREG	6:32.89

WOMEN 35-39

50 M. FREE		
KRISTEN WINN	37 PNA	30.02
SUSAN SHAW	39 OREG	35.69
SHANNON SINGER	36 PNA	37.24
STEPHANIE OLBRICH	37 OREG	45.65
100 M. FREE		
RONDAMARIE SMITH	36 PNA	1:05.02
KRISTEN WINN	37 PNA	1:07.63
SUSAN SHAW	39 OREG	1:16.80
BLANCHE BYBEE	38 PNA	1:25.19
200 M. FREE		
SUSAN SHAW	39 OREG	2:52.75
LINNEA ALVORD	37 MACO	3:01.98
JILL REDDOCH	37 PNA	3:04.20
SHANNON SINGER	36 PNA	3:07.79
JANAE MCCULLOUGH	36 PNA	3:17.11
PATRICIA HENNESSY	38 PNA	3:51.40
400 M. FREE		
SUSAN SHAW	39 OREG	5:54.93
JILL REDDOCH	37 PNA	6:25.95
BLANCHE BYBEE	38 PNA	6:34.78
SHANNON SINGER	36 PNA	6:37.87
800 M. FREE		
MEGAN BUSSART	36 PNA	11:42.90
SUSAN SHAW	39 OREG	12:09.02
1500 M. FREE		
SUSAN SHAW	39 OREG	23:39.14
LINNEA ALVORD	37 MACO	25:45.22
SHANNON SINGER	36 PNA	26:41.61
50 M. BACK		
KRISTEN WINN	37 PNA	37.77
ROBIN LEWIS	39 OREG	42.11
SHANNON SINGER	36 PNA	44.58

STEPHANIE OLBRICH	37 OREG	53.10
100 M. BACK		
BLANCHE BYBEE	38 PNA	1:37.28
50 M. BRST		
MEGAN BUSSART	36 PNA	40.68
ROBIN LEWIS	39 OREG	45.11
BLANCHE BYBEE	38 PNA	50.64
STEPHANIE OLBRICH	37 OREG	55.52
JANAE MCCULLOUGH	36 PNA	57.93
100 M. BRST		
MEGAN BUSSART	36 PNA	1:29.63
ROBIN LEWIS	39 OREG	1:41.00
200 M. BRST		
LINDA HEGERBERG	36 PNA	2:53.71Z
RONDAMARIE SMITH	36 PNA	2:54.44
MEGAN BUSSART	36 PNA	3:15.43
ROBIN LEWIS	39 OREG	3:37.21
50 M. FLY		
BLANCHE BYBEE	38 PNA	47.80
STEPHANIE OLBRICH	37 OREG	58.06
100 M. I.M.		
RONDAMARIE SMITH	36 PNA	1:13.24Z
LINDA HEGERBERG	36 PNA	1:13.95
KRISTEN WINN	37 PNA	1:21.11
BLANCHE BYBEE	38 PNA	1:37.40
200 M. I.M.		
JILL REDDOCH	37 PNA	3:23.33
400 M. I.M.		
RONDAMARIE SMITH	36 PNA	5:33.13Z
LINDA HEGERBERG	36 PNA	5:34.84
JILL REDDOCH	37 PNA	7:14.38

WOMEN 40-44

50 M. FREE		
ARLENE DELMAGE	44 OREG	29.53
STEPHANIE SIMMONS	40 OREG	34.52
AMI DANSBY	44 OREG	36.65
CYNTHIA HIRST	43 PNA	36.90
SUZANNE WAY	42 PNA	37.37
JACQUELINE WURSTA	40 OREG	43.01
100 M. FREE		
KRIS SPEIR	43 PNA	1:13.76
RENEE QUISTORF	42 PNA	1:15.90
WENDY HOFFMAN	44 PNA	1:20.55
CYNTHIA HIRST	43 PNA	1:21.25
AMI DANSBY	44 OREG	1:21.58
SUZANNE WAY	42 PNA	1:23.64
JACQUELINE WURSTA	40 OREG	1:35.83
200 M. FREE		
STEPHANIE SIMMONS	40 OREG	2:54.96
400 M. FREE		
RENEE QUISTORF	42 PNA	6:03.64
800 M. FREE		
KRIS SPEIR	43 PNA	12:08.44
1500 M. FREE		
ARLENE DELMAGE	44 OREG	19:59.46Z
50 M. BACK		
CYNTHIA HIRST	43 PNA	39.82
STEPHANIE SIMMONS	40 OREG	40.77
LAURA DEL RIO	41 PNA	43.68
SUZANNE WAY	42 PNA	49.24
100 M. BACK		
CYNTHIA HIRST	43 PNA	1:30.04
WENDY HOFFMAN	44 PNA	1:35.20
SUZANNE WAY	42 PNA	1:43.84
200 M. BACK		
RENEE QUISTORF	42 PNA	3:21.23
50 M. BRST		
LAURA DEL RIO	41 PNA	46.05
AMI DANSBY	44 OREG	49.47
100 M. BRST		
KRIS SPEIR	43 PNA	1:32.56
LAURA DEL RIO	41 PNA	1:37.90
WENDY HOFFMAN	44 PNA	1:44.38
200 M. BRST		
KRIS SPEIR	43 PNA	3:25.59
LAURA DEL RIO	41 PNA	3:28.22
50 M. FLY		
ARLENE DELMAGE	44 OREG	31.52
AMI DANSBY	44 OREG	42.56
200 M. FLY		
ARLENE DELMAGE	44 OREG	2:41.95

100 M. I.M.		
RENEE QUISTORF	42 PNA	1:26.79
CYNTHIA HIRST	43 PNA	1:32.13
WENDY HOFFMAN	44 PNA	1:32.98
AMI DANSBY	44 OREG	1:35.76
SUZANNE WAY	42 PNA	1:40.95
200 M. I.M.		
KRIS SPEIR	43 PNA	3:10.62
LAURA DEL RIO	41 PNA	3:14.95
WENDY HOFFMAN	44 PNA	3:16.69
RENEE QUISTORF	42 PNA	3:19.48
400 M. I.M.		
ARLENE DELMAGE	44 OREG	5:48.06Z
LAURA DEL RIO	41 PNA	6:47.87
WENDY HOFFMAN	44 PNA	7:03.57

WOMEN 45-49

50 M. FREE		
LISA DAHL	45 PNA	27.80N
SHARON FOLEY	46 MACO	30.31
KAREN BUTTRAM	49 PNA	35.08
ROXANNE REDWINE	47 OREG	37.50
KAREN MAHER	49 PNA	1:09.61
100 M. FREE		
SHARON FOLEY	46 MACO	1:09.98
LYNN GROSS	46 PNA	1:13.16
KAREN BUTTRAM	49 PNA	1:18.01
CINDY CLUTTER	46 INWM	1:19.80
CHRISTINA FOX	46 OREG	1:22.22
KAREN MAHER	49 PNA	2:39.45
200 M. FREE		
K.ANDRUS-HUGHES	49 OREG	2:30.33
JOANIE KREHBIEL	45 OREG	2:43.26
CINDY CLUTTER	46 INWM	2:54.08
CHRISTINA FOX	46 OREG	3:02.62
400 M. FREE		
JOANIE KREHBIEL	45 OREG	5:42.06
CINDY CLUTTER	46 INWM	5:59.64
800 M. FREE		
JOANIE KREHBIEL	45 OREG	11:36.87
CINDY CLUTTER	46 INWM	12:08.69
KAREN BUTTRAM	49 PNA	12:42.56
1500 M. FREE		
LYNN GROSS	46 PNA	22:32.64
CINDY CLUTTER	46 INWM	23:33.71
50 M. BACK		
K.ANDRUS-HUGHES	49 OREG	32.63N
LISA DAHL	45 PNA	33.60P
ZENA COURTNEY	47 PNA	35.94
MARGARET DIDDAMS	45 PNA	40.44
KAREN BUTTRAM	49 PNA	47.34
100 M. BACK		
K.ANDRUS-HUGHES	49 OREG	1:12.50
ZENA COURTNEY	47 PNA	1:14.38P
MARGARET DIDDAMS	45 PNA	1:27.87
CHRISTINA FOX	46 OREG	1:32.19
200 M. BACK		
ZENA COURTNEY	47 PNA	2:42.41P
CHRISTINA FOX	46 OREG	3:18.85
50 M. BRST		
LISA DAHL	45 PNA	38.73P
LAURIE BALL	49 PNA	43.05
MARGARET DIDDAMS	45 PNA	44.52
ROXANNE REDWINE	47 OREG	46.15
100 M. BRST		
LAURIE BALL	49 PNA	1:35.92
PAM SNIDER	45 OREG	1:36.91
MARGARET DIDDAMS	45 PNA	1:37.92
ROXANNE REDWINE	47 OREG	1:42.04
CHRISTINA FOX	46 OREG	1:42.09
200 M. BRST		
PAM SNIDER	45 OREG	3:23.69
CHRISTINA FOX	46 OREG	3:36.97
50 M. FLY		
LISA DAHL	45 PNA	30.18N
SHARON FOLEY	46 MACO	33.62
ZENA COURTNEY	47 PNA	34.13
100 M. FLY		
SHARON FOLEY	46 MACO	1:20.03
JOANIE KREHBIEL	45 OREG	1:25.12
MARGARET DIDDAMS	45 PNA	1:44.73
200 M. FLY		
JOANIE KREHBIEL	45 OREG	3:05.78

100 M. I.M.		
LISA DAHL	45 PNA	1:12.18Z
K.ANDRUS-HUGHES	49 OREG	1:16.29
LYNN GROSS	46 PNA	1:27.38
MARGARET DIDDAMS	45 PNA	1:30.60
ROXANNE REDWINE	47 OREG	1:33.79
200 M. I.M.		
ZENA COURTNEY	47 PNA	2:47.10P
PAM SNIDER	45 OREG	3:07.38
400 M. I.M.		
PAM SNIDER	45 OREG	6:41.62

WOMEN 50-54

50 M. FREE		
JANET JOHNSON	52 PNA	37.08
TONI BROWN	51 OREG	40.77
MAGGI YOUNG	51 OREG	45.28
PAT DUGGAN	53 PNA	47.12
100 M. FREE		
ELIZABETH BUDD	52 OREG	1:15.94
PAT DUGGAN	53 PNA	1:40.49
MAGGI YOUNG	51 OREG	1:47.80
200 M. FREE		
TONI BROWN	51 OREG	3:16.12
MAGGI YOUNG	51 OREG	3:43.30
400 M. FREE		
ELIZABETH BUDD	52 OREG	5:55.50
TONI BROWN	51 OREG	6:47.44
CONNIE PETERSON	51 OREG	7:55.02
800 M. FREE		
ELIZABETH BUDD	52 OREG	11:55.92
PAT DUGGAN	53 PNA	15:48.03
CONNIE PETERSON	51 OREG	16:05.02
1500 M. FREE		
MARGARET HAIR	51 INWM	23:04.45
ELIZABETH BUDD	52 OREG	23:16.02
50 M. BACK		
MARGARET HAIR	51 INWM	41.43
100 M. BACK		
MARGARET HAIR	51 INWM	1:30.13
CALLI ROBERTS	52 OREG	1:46.77
200 M. BACK		
MARGARET HAIR	51 INWM	3:18.92
CALLI ROBERTS	52 OREG	3:44.11
50 M. BRST		
JANET JOHNSON	52 PNA	45.13
100 M. BRST		
JANET JOHNSON	52 PNA	1:41.56
200 M. BRST		
MARGARET HAIR	51 INWM	3:25.29
JANET JOHNSON	52 PNA	3:41.89
100 M. I.M.		
JANET JOHNSON	52 PNA	1:44.04
CALLI ROBERTS	52 OREG	1:45.37
CONNIE PETERSON	51 OREG	2:00.80
200 M. I.M.		
MARGARET HAIR	51 INWM	3:01.64Z

WOMEN 55-59

50 M. FREE		
SANDI ROUSSEAU	59 OREG	37.64
JEAN BLACKBURN	55 PNA	38.53
100 M. FREE		
SANDI ROUSSEAU	59 OREG	1:25.31
JEAN BLACKBURN	55 PNA	1:27.91
JUDY WILLIAMS	58 PNA	1:34.49
JANE MOORE	56 PNA	1:43.40
400 M. FREE		
KATHRINE CASEY	58 PNA	6:17.95
50 M. BACK		
KATHRINE CASEY	58 PNA	44.13
SANDI ROUSSEAU	59 OREG	46.99
50 M. BRST		
KATHRINE CASEY	58 PNA	48.07
100 M. BRST		
JANE MOORE	56 PNA	2:24.92
50 M. FLY		
SARAH WELCH	59 PNA	40.96P
SANDI ROUSSEAU	59 OREG	41.40
100 M. FLY		
SARAH WELCH	59 PNA	1:39.27
SANDI ROUSSEAU	59 OREG	1:50.22

100 M. I.M.		
SARAH WELCH	59 PNA	1:35.49
KATHRINE CASEY	58 PNA	1:37.33
JEAN BLACKBURN	55 PNA	1:40.35
JUDY WILLIAMS	58 PNA	1:48.65
JANE MOORE	56 PNA	2:13.21

WOMEN 60-64

50 M. FREE		
JOY WARD	64 OREG	35.57
PINKY WALKER	64 PNA	37.99
100 M. FREE		
PINKY WALKER	64 PNA	1:22.49
JOY WARD	64 OREG	1:22.60
ARNI LITT	60 PNA	1:37.07
200 M. FREE		
ARNI LITT	60 PNA	3:24.77
400 M. FREE		
PEGGY WHITER	63 OREG	7:39.57
800 M. FREE		
ARNI LITT	60 PNA	14:40.78
50 M. BACK		
PINKY WALKER	64 PNA	43.89P
PEGGY WHITER	63 OREG	54.71
K.FRANZ	60 PNA	1:02.24
100 M. BACK		
PINKY WALKER	64 PNA	1:39.25P
50 M. BRST		
GINGER PIERSON	60 MACO	43.92
ARNI LITT	60 PNA	49.13
MARSHA HANSEN	60 PNA	54.78
100 M. BRST		
GINGER PIERSON	60 MACO	1:37.63
ARNI LITT	60 PNA	1:45.72
MARSHA HANSEN	60 PNA	2:01.83
200 M. BRST		
GINGER PIERSON	60 MACO	3:34.86
ARNI LITT	60 PNA	3:46.82P
100 M. FLY		
JOY WARD	64 OREG	1:35.40
200 M. FLY		
GINGER PIERSON	60 MACO	3:38.57
100 M. I.M.		
PINKY WALKER	64 PNA	1:42.35P
200 M. I.M.		
JOY WARD	64 OREG	3:23.86

WOMEN 65-69

100 M. FREE		
PEGGIE HODGE	66 OREG	1:44.49
DOLORES DINNEEN	69 OREG	2:04.76
800 M. FREE		
DOLORES DINNEEN	69 OREG	19:35.80
1500 M. FREE		
DOLORES DINNEEN	69 OREG	37:44.64
50 M. BRST		
PEGGIE HODGE	66 OREG	57.22
100 M. BRST		
PEGGIE HODGE	66 OREG	2:02.55
100 M. I.M.		
PEGGIE HODGE	66 OREG	1:53.19
200 M. I.M.		
PEGGIE HODGE	66 OREG	4:19.00
400 M. I.M.		
PEGGIE HODGE	66 OREG	8:43.72

WOMEN 70-74

50 M. FREE		
PATRICIA HASTINGS	71 PNA	48.63
100 M. FREE		
PATRICIA HASTINGS	71 PNA	1:53.87
KALEO SCHRODER	70 OREG	2:01.01
200 M. FREE		
PATRICIA HASTINGS	71 PNA	4:26.33
KALEO SCHRODER	70 OREG	4:36.28
50 M. BACK		
KALEO SCHRODER	70 OREG	1:00.45
100 M. BACK		
KALEO SCHRODER	70 OREG	2:16.95
100 M. BRST		
PATRICIA HASTINGS	71 PNA	2:20.50



KALEO SCHRODER 70 OREG 2:32.33

WOMEN 75-79

50 M. FREE
BERNICE PHILLIPS 79 PNA 54.79
1500 M. FREE
JANET KAVADAS 75 PNA 37:47.60Z
200 M. BACK
JANET KAVADAS 75 PNA 4:53.94
100 M. BRST
JANET KAVADAS 75 PNA 2:32.72

WOMEN 80-84

100 M. FREE
MARGARET WELLS 80 OREG 3:02.02
50 M. BACK
MARGARET WELLS 80 OREG 1:22.68
100 M. BACK
MARGARET WELLS 80 OREG 2:55.80
50 M. BRST
MARGARET WELLS 80 OREG 1:42.22

WOMEN 85-89

50 M. FREE
PAULINE STANGEL 85 OREG 1:03.75
100 M. FREE
PAULINE STANGEL 85 OREG 2:28.38Z
200 M. FREE
PAULINE STANGEL 85 OREG 5:26.73Z
50 M. BRST
PAULINE STANGEL 85 OREG 1:22.35Z

WOMEN 90-94

50 M. FREE
HILDA BUEL 92 OREG 2:08.86
100 M. BACK
HILDA BUEL 92 OREG 4:36.60Z
50 M. BRST
HILDA BUEL 92 OREG 3:05.97
50 M. FLY
HILDA BUEL 92 OREG 5:22.79
100 M. I.M.
HILDA BUEL 92 OREG 6:11.08

MEN 19-24

50 M. FREE
JONATHAN BLOCK 24 PNA 32.68
100 M. FREE
KYLE CIMINSKI 20 PNA 55.42
JONATHAN BLOCK 24 PNA 1:10.02
200 M. FREE
DAVID O'HERN 23 PNA 2:34.29
800 M. FREE
KEVIN CLEARY 23 OREG 11:19.60
1500 M. FREE
DAVID O'HERN 23 PNA 21:42.68
50 M. BACK
JONATHAN BLOCK 24 PNA 37.54
100 M. BACK
RICHARD JORDAN 20 PNA 1:07.18P
KYLE CIMINSKI 20 PNA 1:07.31
JONATHAN BLOCK 24 PNA 1:23.71
200 M. BACK
KEVIN CLEARY 23 OREG 3:02.89
50 M. BRST
KYLE CIMINSKI 20 PNA 31.37
KEVIN CLEARY 23 OREG 36.96
100 M. BRST
KEVIN CLEARY 23 OREG 1:24.99
DAVID O'HERN 23 PNA 1:28.83
200 M. BRST
KYLE CIMINSKI 20 PNA 2:37.37Z
RICHARD JORDAN 20 PNA 2:44.03
KEVIN CLEARY 23 OREG 3:09.66
DAVID O'HERN 23 PNA 3:13.83
50 M. FLY
KYLE CIMINSKI 20 PNA 26.20Z
PHILIP ANDREWS 23 PNA 37.25

100 M. FLY
KYLE CIMINSKI 20 PNA 1:00.58
PHILIP ANDREWS 23 PNA 1:31.39
200 M. FLY
DAVID O'HERN 23 PNA 3:12.06
400 M. I.M.
RICHARD JORDAN 20 PNA 5:04.23Z
DAVID O'HERN 23 PNA 5:59.59

MEN 25-29

50 M. FREE
MICHAEL CHUNG 28 PNA 26.42
ERIC HUKKANEN 28 PNA 27.45
DMITRI PARAMONOV 28 PNA 27.60
NICK KLEM 28 PNA 30.29
ERIC KELLEY 28 PNA 32.01
100 M. FREE
NICK KLEM 28 PNA 1:06.63
ERIC KELLEY 28 PNA 1:11.84
800 M. FREE
ERIC KELLEY 28 PNA 12:01.02
50 M. BACK
MICHAEL CHUNG 28 PNA 31.56
ERIC KELLEY 28 PNA 39.59
200 M. BRST
NICK KLEM 28 PNA 3:02.96
100 M. I.M.
ERIC HUKKANEN 28 PNA 1:14.23

MEN 30-34

50 M. FREE
W.FITZPATRICK 33 OREG 25.58
JON WALKER 31 PNA 26.94
PETER GELINAS 30 PNA 27.49
JUSTIN ERIKSON 32 PNA 28.14
STEVEN ROSARIA 32 PNA 30.15
100 M. FREE
JON WALKER 31 PNA 58.92
STEVEN ROSARIA 32 PNA 1:02.81
PETER GELINAS 30 PNA 1:03.02
JUSTIN ERIKSON 32 PNA 1:03.29
SAMUEL VERKHOVSKY 33 PNA 1:18.42
JASON LASSEN 34 PNA 1:22.63
400 M. FREE
ROBERT VAN ANDEL 32 OREG 4:30.64
DOUG JELEN 33 PNA 4:39.90
SAMUEL VERKHOVSKY 33 PNA 5:45.71
800 M. FREE
ROBERT VAN ANDEL 32 OREG 9:20.47
JUSTIN ERIKSON 32 PNA 10:49.08
STEVEN ROSARIA 32 PNA 11:13.31
SAMUEL VERKHOVSKY 33 PNA 11:53.68
1500 M. FREE
ROBERT VAN ANDEL 32 OREG 17:46.27
STEVEN ROSARIA 32 PNA 20:47.89
SAMUEL VERKHOVSKY 33 PNA 22:30.61
50 M. BACK
W.FITZPATRICK 33 OREG 30.29
100 M. BACK
DOUG JELEN 33 PNA 1:08.73
50 M. BRST
ROBERT VAN ANDEL 32 OREG 34.38
PETER GELINAS 30 PNA 35.36
STEVEN ROSARIA 32 PNA 35.39
JASON LASSEN 34 PNA 41.85
100 M. BRST
PETER GELINAS 30 PNA 1:13.83
STEVEN ROSARIA 32 PNA 1:19.99
JASON LASSEN 34 PNA 1:33.49
200 M. BRST
ROBERT VAN ANDEL 32 OREG 2:41.26
PETER GELINAS 30 PNA 2:56.23
DOUG JELEN 33 PNA 2:58.88
JASON LASSEN 34 PNA 3:23.82
50 M. FLY
DOUG JELEN 33 PNA 30.02
100 M. FLY
SAMUEL VERKHOVSKY 33 PNA 1:32.84
100 M. I.M.
JON WALKER 31 PNA 1:07.62
200 M. I.M.
DOUG JELEN 33 PNA 2:29.24

400 M. I.M.
ROBERT VAN ANDEL 32 OREG 4:59.93
DOUG JELEN 33 PNA 5:15.28

MEN 35-39

50 M. FREE
KERRY NESS 37 PNA 34.76
100 M. FREE
JOHN KEPPELER 39 PNA 55.43P
DAVID KAYS 39 PNA 57.82
KIRK NELSON 36 PNA 59.06
RADEK POSPISIL 37 OREG 1:02.93
200 M. FREE
JOHN KEPPELER 39 PNA 2:02.47P
400 M. FREE
DAVID KAYS 39 PNA 4:26.62P
KIRK NELSON 36 PNA 4:37.85
1500 M. FREE
DAVID KAYS 39 PNA 17:49.63Z
50 M. BACK
JOHN KEPPELER 39 PNA 28.13P
KERRY NESS 37 PNA 45.28
100 M. BACK
JOHN KEPPELER 39 PNA 1:02.65
200 M. BACK
JOHN KEPPELER 39 PNA 2:15.88
50 M. BRST
RADEK POSPISIL 37 OREG 34.90
DAVID KAYS 39 PNA 35.43
KERRY NESS 37 PNA 42.52
100 M. BRST
RADEK POSPISIL 37 OREG 1:16.90
KERRY NESS 37 PNA 1:36.50
200 M. BRST
RADEK POSPISIL 37 OREG 2:50.84
50 M. FLY
DAVID KAYS 39 PNA 28.80P
100 M. I.M.
KERRY NESS 37 PNA 1:27.92
400 M. I.M.
DAVID KAYS 39 PNA 5:06.56
KIRK NELSON 36 PNA 5:19.39

MEN 40-44

50 M. FREE
BOB FISH 43 PNA 26.60
JIM IVELICH 44 OREG 26.91
100 M. FREE
KRIS CALVIN 44 OREG 1:01.65
DAVID TURNER 44 PNA 1:04.32
MIKE BLUME 40 PNA 1:16.08
200 M. FREE
KRIS CALVIN 44 OREG 2:14.95
DAN SMITH 44 PNA 2:17.76
MIKE BLUME 40 PNA 2:54.91
MIKE MCCULLOUGH 40 PNA 3:45.64
400 M. FREE
BOB FISH 43 PNA 4:41.61
KRIS CALVIN 44 OREG 4:48.20
800 M. FREE
KRIS CALVIN 44 OREG 10:06.96
STEVE WURSTA 41 OREG 11:43.03
1500 M. FREE
KEITH SZOT 41 PNA 19:07.16P
DAN SMITH 44 PNA 19:23.35
50 M. BACK
GANO BUTCHER 42 OREG 31.77
BOB FISH 43 PNA 31.79
JIM IVELICH 44 OREG 35.74
CHRIS GAARDER 41 OREG 38.20
STEVE WURSTA 41 OREG 40.93
100 M. BACK
BOB FISH 43 PNA 1:07.55
GANO BUTCHER 42 OREG 1:09.18
200 M. BACK
BOB FISH 43 PNA 2:24.76P
MIKE BLUME 40 PNA 3:16.26
50 M. BRST
TODD EGGERS 41 PNA 33.85
CHRIS GAARDER 41 OREG 34.75
JIM IVELICH 44 OREG 35.86

WADE JUSTICE	43 UNAT	37.61
STEVE WURSTA	41 OREG	39.16
100 M. BRST		
TODD EGGERS	41 PNA	1:16.64
CHRIS GAARDER	41 OREG	1:17.91
DAVID TURNER	44 PNA	1:24.86
200 M. BRST		
DAN SMITH	44 PNA	2:51.45
DAVID TURNER	44 PNA	3:06.61
STEVE WURSTA	41 OREG	3:13.48
50 M. FLY		
JIM IVELICH	44 OREG	31.05
CHRIS GAARDER	41 OREG	32.06
100 M. FLY		
GANO BUTCHER	42 OREG	1:07.50
KRIS CALVIN	44 OREG	1:09.57
100 M. I.M.		
GANO BUTCHER	42 OREG	1:06.81
CHRIS GAARDER	41 OREG	1:12.06
JIM IVELICH	44 OREG	1:13.16
DAVID TURNER	44 PNA	1:17.64
MIKE BLUME	40 PNA	1:27.94
200 M. I.M.		
GANO BUTCHER	42 OREG	2:28.43
STEVE WURSTA	41 OREG	3:00.87
400 M. I.M.		
KRIS CALVIN	44 OREG	5:32.96
DAN SMITH	44 PNA	5:33.61

MEN 45-49

50 M. FREE		
JON BACA	46 PNA	26.90
ERIC VALLEY	45 PNA	27.36
BRENT WASHBURNE	45 OREG	27.45
JAMES LITTLEFIELD	46 PNA	27.83
COLIN CHINN	48 PNA	27.96
BILL SUMERFIELD	46 OREG	28.06
ALLEN IGAWA	45 PNA	29.33
PAUL HAVICK	45 PNA	30.90
RON OREN	47 PNA	32.58
100 M. FREE		
JON BACA	46 PNA	59.27
PAT ALLENDER	48 OREG	59.60
BRENT WASHBURNE	45 OREG	1:00.88
ERIC VALLEY	45 PNA	1:01.31
STEVE GEORGE	47 OREG	1:01.64
BILL SUMERFIELD	46 OREG	1:01.92
COLIN CHINN	48 PNA	1:02.15
JAMES LITTLEFIELD	46 PNA	1:03.33
ERIC DYBDAHL	46 PNA	1:06.51
THOMAS FARRELL	47 PNA	1:08.88
ALLEN IGAWA	45 PNA	1:09.29
PAUL HAVICK	45 PNA	1:10.54
RON OREN	47 PNA	1:14.01
200 M. FREE		
ERIC VALLEY	45 PNA	2:15.42
COLIN CHINN	48 PNA	2:21.71
BILL SUMERFIELD	46 OREG	2:23.86
FREDERICK GRAHAM	49 PNA	2:26.10
400 M. FREE		
COLIN CHINN	48 PNA	5:03.72
FREDERICK GRAHAM	49 PNA	5:15.68
ERIC DYBDAHL	46 PNA	5:19.37
JERRY TREIMAN	46 UTAH	5:25.45
800 M. FREE		
COLIN CHINN	48 PNA	10:45.73
ERIC DYBDAHL	46 PNA	10:55.71
THOMAS FARRELL	47 PNA	11:01.40
JERRY TREIMAN	46 UTAH	11:13.24
1500 M. FREE		
ERIC VALLEY	45 PNA	19:48.95
JERRY TREIMAN	46 UTAH	21:25.39
FREDERICK GRAHAM	49 PNA	21:27.28
ERIC DYBDAHL	46 PNA	21:32.15
50 M. BACK		
STEVE GEORGE	47 OREG	31.80
JAMES LITTLEFIELD	46 PNA	32.31
CARL HAYNIE	46 PNA	32.96
BRENT WASHBURNE	45 OREG	33.05
PAT ALLENDER	48 OREG	34.51
THOMAS FARRELL	47 PNA	40.37
RON OREN	47 PNA	40.51

100 M. BACK		
STEVE GEORGE	47 OREG	1:09.43
JAMES LITTLEFIELD	46 PNA	1:11.12
CARL HAYNIE	46 PNA	1:12.09
THOMAS FARRELL	47 PNA	1:23.69
200 M. BACK		
STEVE GEORGE	47 OREG	2:30.89
50 M. BRST		
JON BACA	46 PNA	32.50Z
PAT ALLENDER	48 OREG	34.28
BILL SUMERFIELD	46 OREG	37.59
COLIN CHINN	48 PNA	38.97
100 M. BRST		
JON BACA	46 PNA	1:13.25
PAT ALLENDER	48 OREG	1:13.44
BILL SUMERFIELD	46 OREG	1:23.07
200 M. BRST		
PAT ALLENDER	48 OREG	2:38.89
50 M. FLY		
JON BACA	46 PNA	29.42
BRIAN RUSSELL	49 PNA	29.89
STEVE GEORGE	47 OREG	30.18
KEVIN MCNEAL	45 PNA	34.29
100 M. FLY		
DENNIS BAKER	45 OREG	58.35Z
BRIAN RUSSELL	49 PNA	1:06.61
200 M. FLY		
DENNIS BAKER	45 OREG	2:06.40W
100 M. I.M.		
STEVE GEORGE	47 OREG	1:09.69
BRENT WASHBURNE	45 OREG	1:11.06
CARL HAYNIE	46 PNA	1:11.29
BRIAN RUSSELL	49 PNA	1:11.80
THOMAS FARRELL	47 PNA	1:24.10
PAUL HAVICK	45 PNA	1:24.91
RON OREN	47 PNA	1:28.65
200 M. I.M.		
PAT ALLENDER	48 OREG	2:26.62
BRIAN RUSSELL	49 PNA	2:34.85
ERIC DYBDAHL	46 PNA	2:58.58
400 M. I.M.		
ERIC DYBDAHL	46 PNA	6:19.59

MEN 50-54

50 M. FREE		
JAMES NELSON	51 PNA	37.89
100 M. FREE		
MIKE PENDLETON	54 OREG	1:04.66
TED HACKETT	52 PNA	1:06.84
BOB HARTWIG	51 PNA	1:14.14
200 M. FREE		
MIKE PENDLETON	54 OREG	2:25.25
THOMAS SHUMAN	53 OREG	3:15.99
400 M. FREE		
STEVE KEVAN	52 OREG	4:54.70
MIKE PENDLETON	54 OREG	5:15.41
THOMAS SHUMAN	53 OREG	7:15.90
800 M. FREE		
HUGH MOORE	52 PNA	11:44.05
THOMAS SHUMAN	53 OREG	14:57.90
1500 M. FREE		
HUGH MOORE	52 PNA	22:49.96
50 M. BACK		
TED HACKETT	52 PNA	35.16
STEPHEN FREEBORN	51 PNA	35.64
100 M. BACK		
STEPHEN FREEBORN	51 PNA	1:17.84
TED HACKETT	52 PNA	1:20.15
THOMAS SHUMAN	53 OREG	1:42.11
50 M. BRST		
CHARLES TAYLOR	50 OREG	37.69
100 M. BRST		
CHARLES TAYLOR	50 OREG	1:22.78
50 M. FLY		
STEVE KEVAN	52 OREG	29.50
STEPHEN FREEBORN	51 PNA	30.71
CHARLES BANNAN	54 OREG	32.27
100 M. FLY		
HUGH MOORE	52 PNA	1:15.77
STEPHEN FREEBORN	51 PNA	1:15.87
200 M. FLY		
HUGH MOORE	52 PNA	2:53.55
100 M. I.M.		

WES EDWARDS	53 OREG	1:10.20
STEPHEN FREEBORN	51 PNA	1:16.63
MIKE PENDLETON	54 OREG	1:17.21
TED HACKETT	52 PNA	1:18.51
THOMAS SHUMAN	53 OREG	1:44.57
200 M. I.M.		
STEVE KEVAN	52 OREG	2:31.45
STEPHEN FREEBORN	51 PNA	2:47.61
400 M. I.M.		
STEVE KEVAN	52 OREG	5:30.66

MEN 55-59

50 M. FREE		
BOB BRUCE	58 OREG	28.39
BUSTER YONYCH	55 PNA	28.77P
BRIAN STATON	59 MSBC	29.28
GREGORY JOANNIDES	58 PNA	32.71
REGGIE SHERWOOD	55 OREG	33.94
100 M. FREE		
FRANK WARNER	57 TYR	1:02.54
BRIAN STATON	59 MSBC	1:06.49
REGGIE SHERWOOD	55 OREG	1:18.72
200 M. FREE		
REGGIE SHERWOOD	55 OREG	2:59.72
400 M. FREE		
BILL PENN	55 PNA	5:05.39
MARK WORDEN	55 OREG	5:14.26
800 M. FREE		
BILL PENN	55 PNA	10:28.97
MARK WORDEN	55 OREG	11:04.63
BRIAN CARLTON	56 PNA	12:32.00
RON HANSEN	57 PNA	14:27.22
1500 M. FREE		
BOB BRUCE	58 OREG	20:04.73
BILL PENN	55 PNA	20:58.53
RON HANSEN	57 PNA	27:41.52
50 M. BACK		
BUSTER YONYCH	55 PNA	32.87P
FRANK WARNER	57 TYR	33.00
BRIAN STATON	59 MSBC	39.25
GREGORY JOANNIDES	58 PNA	43.53
RON HANSEN	57 PNA	48.49
100 M. BACK		
RON HANSEN	57 PNA	1:42.01
200 M. BACK		
FRANK WARNER	57 TYR	2:40.61
50 M. BRST		
REGGIE SHERWOOD	55 OREG	43.66
RON HANSEN	57 PNA	47.58
100 M. BRST		
ALLEN STARK	57 OREG	1:15.95
REGGIE SHERWOOD	55 OREG	1:35.11
RON HANSEN	57 PNA	1:48.94
200 M. BRST		
ALLEN STARK	57 OREG	2:48.34
REGGIE SHERWOOD	55 OREG	3:32.86
50 M. FLY		
BRIAN STATON	59 MSBC	34.41
100 M. FLY		
MARK WORDEN	55 OREG	1:11.98
200 M. FLY		
MARK WORDEN	55 OREG	3:04.18
100 M. I.M.		
BRIAN STATON	59 MSBC	1:20.55
BILL PENN	55 PNA	1:20.84
GREGORY JOANNIDES	58 PNA	1:31.20
200 M. I.M.		
MARK WORDEN	55 OREG	2:43.58
BILL PENN	55 PNA	3:01.74
BRIAN STATON	59 MSBC	3:07.97
400 M. I.M.		
BILL PENN	55 PNA	6:10.31

MEN 60-64

50 M. FREE		
ROBERT SMITH	63 OREG	27.98
SONNY GARRETT	62 PNA	30.69
DON SCHAEFER	62 PNA	34.31
PAUL FREEMAN	63 PNA	38.85
RICHARD JUHALA	63 OREG	40.93
100 M. FREE		



TOM LANDIS	64 OREG	1:03.30
STEVEN PETERSON	60 PNA	1:10.22
JOHN LEET	61 PNA	1:13.03
HUGH KIMBALL	60 PNA	1:19.71
JOHN ELLIS	60 OREG	1:24.94
JOHN JELEN	60 PNA	1:25.26
PAUL FREEMAN	63 PNA	1:29.23
JEFF JACOBSEN	62 PNA	1:29.91
RICHARD JUHALA	63 OREG	1:31.18
200 M. FREE		
TOM LANDIS	64 OREG	2:37.04
HUGH KIMBALL	60 PNA	2:54.77
ROY LAMBERT	60 OREG	3:01.28
JOHN JELEN	60 PNA	3:17.32
400 M. FREE		
STEVEN PETERSON	60 PNA	5:25.33
800 M. FREE		
TOM LANDIS	64 OREG	11:01.24
HUGH KIMBALL	60 PNA	12:58.86
JOHN ELLIS	60 OREG	13:46.39
1500 M. FREE		
JAMES MCCLEERY	60 PNA	19:22.76Z
TOM LANDIS	64 OREG	20:08.21
HUGH KIMBALL	60 PNA	24:39.09
JOHN LEET	61 PNA	25:20.88
50 M. BACK		
JOHN LEET	61 PNA	43.13
JOHN JELEN	60 PNA	48.44
RICHARD JUHALA	63 OREG	51.74
100 M. BACK		
JOHN LEET	61 PNA	1:34.29
200 M. BACK		
ROBERT SMITH	63 OREG	3:12.03
JOHN LEET	61 PNA	3:25.62
50 M. BRST		
STEVEN PETERSON	60 PNA	36.58P
HUGH KIMBALL	60 PNA	45.46
RICHARD JUHALA	63 OREG	45.62
100 M. BRST		
ROY LAMBERT	60 OREG	1:31.51
JOHN JELEN	60 PNA	1:52.43
200 M. BRST		
STEVEN PETERSON	60 PNA	2:59.67Z
JOHN ELLIS	60 OREG	3:36.59
JOHN JELEN	60 PNA	3:59.44
50 M. FLY		
SONNY GARRETT	62 PNA	32.59P
JOHN LEET	61 PNA	39.09
RICHARD JUHALA	63 OREG	48.70
100 M. I.M.		
ROBERT SMITH	63 OREG	1:15.87
JOHN ELLIS	60 OREG	1:35.80
HUGH KIMBALL	60 PNA	1:36.68
RICHARD JUHALA	63 OREG	1:38.92
200 M. I.M.		
STEVEN PETERSON	60 PNA	2:51.71
400 M. I.M.		
TOM LANDIS	64 OREG	6:11.36
JOHN ELLIS	60 OREG	7:44.79

MEN 65-69

50 M. FREE		
RONALD NAKATA	67 OREG	31.53
100 M. FREE		
RONALD NAKATA	67 OREG	1:12.23
MICHAEL NORDBY	65 PNA	1:16.77
BOB DAVIS	65 PNA	1:28.85
LEE CARLSON	66 PNA	1:29.59
200 M. FREE		
RALPH MOHR	65 OREG	2:58.58
400 M. FREE		
MICHAEL NORDBY	65 PNA	5:49.76P
RALPH MOHR	65 OREG	6:11.35
BRENT LAKE	68 OREG	6:40.04
BOB DAVIS	65 PNA	6:57.82
800 M. FREE		
BRENT LAKE	68 OREG	13:22.78
BOB DAVIS	65 PNA	14:46.54
1500 M. FREE		
RALPH MOHR	65 OREG	24:28.33
50 M. BACK		
BRENT LAKE	68 OREG	41.19
LEE CARLSON	66 PNA	44.69

BOB DAVIS	65 PNA	55.76
100 M. BACK		
BRENT LAKE	68 OREG	1:30.98
200 M. BACK		
MICHAEL NORDBY	65 PNA	3:13.06
BRENT LAKE	68 OREG	3:20.85
50 M. BRST		
ALLAN MCDUGALL	65 PNA	41.56
100 M. BRST		
ALLAN MCDUGALL	65 PNA	1:31.04Z
200 M. BRST		
ALLAN MCDUGALL	65 PNA	3:22.37Z
MICHAEL NORDBY	65 PNA	3:28.36
50 M. FLY		
BERT PETERSEN	68 OREG	32.26
RONALD NAKATA	67 OREG	34.30
100 M. FLY		
RALPH MOHR	65 OREG	1:36.30
100 M. I.M.		
RONALD NAKATA	67 OREG	1:20.58Z
200 M. I.M.		
RONALD NAKATA	67 OREG	3:08.46
MICHAEL NORDBY	65 PNA	3:13.50P

MEN 70-74

100 M. FREE		
BILL KING	73 OREG	1:20.51
200 M. FREE		
BILL KING	73 OREG	3:05.53
DON REHFELDT	72 PNA	3:38.46
800 M. FREE		
BILL KING	73 OREG	14:41.82
DON REHFELDT	72 PNA	15:57.12
50 M. BACK		
GEORGE THAYER	70 OREG	41.40
DON JELINEK	73 MM	1:01.58
100 M. BACK		
GEORGE THAYER	70 OREG	1:33.37
200 M. BACK		
GEORGE THAYER	70 OREG	3:21.29
50 M. BRST		
DON REHFELDT	72 PNA	49.83
DON JELINEK	73 MM	55.43
100 M. BRST		
GEORGE THAYER	70 OREG	1:52.12
DON REHFELDT	72 PNA	1:53.26
DON JELINEK	73 MM	2:05.77
200 M. BRST		
DON REHFELDT	72 PNA	4:08.70
DON JELINEK	73 MM	4:43.03
100 M. I.M.		
GEORGE THAYER	70 OREG	1:38.60

MEN 75-79

50 M. FREE		
BOB DORSE	75 PNA	36.23P
100 M. FREE		
BOB DORSE	75 PNA	1:25.03Z
100 M. I.M.		
BOB DORSE	75 PNA	1:47.77P

MEN 80-84

50 M. FREE		
WILLARD LAMB	84 OREG	37.31Z
400 M. FREE		
WILLARD LAMB	84 OREG	7:12.04Z
800 M. FREE		
WILLARD LAMB	84 OREG	14:50.91Z
1500 M. FREE		
WILLARD LAMB	84 OREG	29:05.37Z
GILBERT YOUNG	84 OREG	31:13.02
50 M. BRST		
GILBERT YOUNG	84 OREG	1:03.57

MEN 85-89

50 M. FREE		
ANDREW HOLDEN	87 OREG	41.31
50 M. BACK		
ANDREW HOLDEN	87 OREG	52.47
50 M. FLY		

ANDREW HOLDEN	87 OREG	52.76
100 M. I.M.		
ANDREW HOLDEN	87 OREG	2:03.54

MEN 90-94

50 M. FREE		
GENE CROSSETT	93 PNA	1:15.84
100 M. FREE		
GENE CROSSETT	93 PNA	2:51.85
200 M. FREE		
GENE CROSSETT	93 PNA	6:52.32

RELAYS-WOMEN 200 M. FREE

160-199		
LYNN GROSS	46 PNA	2:29.88
HOLLY BORK	30	
ZENA COURTNEY	47	
PATRICIA HENNESSY	38	

KRIS SPEIR	43 PNA	2:31.31
JANAE MCCULLOUGH	36	
JANE MOORE	56	
KELLY CRANDELL	26	

JOANIE KREHBIEL	45 OREG	2:43.39
TONI BROWN	51	
CONNIE PETERSON	51	
CALLI ROBERTS	52	

200-239		
LISA DAHL	45 PNA	2:14.28P
KATHRINE CASEY	58	
SARAH WELCH	59	
RENEE QUISTORF	42	

RELAYS-WOMEN 200 M. MED-LEY

76 - 99		
ELISHA NAYLOR	20 PNA	2:32.15
SHONA PIERCE	21	
JULIA GARRISON	20	
EMIKO MAR	20	

120-159		
ANDREA PARE	32 OREG	2:42.57
JANETTE WELLS	34	
E. STRAUSBAUGH	30	
TAMMY TAYLOR	29	

160-199		
ANICIA CRISCIONE	33 OREG	2:54.35
PAM SNIDER	45	
ELIZABETH BUDD	52	
STEPHANIE OLBRICH	37	

200-239		
LYNN GROSS	46 PNA	3:08.60
JUDY WILLIAMS	58	
JEAN BLACKBURN	55	
PAT DUGGAN	53	

240-279		
PINKY WALKER	64 PNA	2:50.88Z
ARNI LITT	60	
SARAH WELCH	59	
KATHRINE CASEY	58	

PEGGY WHITER	63 OREG	3:40.47
PEGGIE HODGE	66	
CONNIE PETERSON	51	
KALEO SCHRODER	70	

RELAYS-MEN 200 M. FREE

160-199		
DAVID KAYS	39 PNA	1:50.14
ERIC KELLEY	28	
BRIAN RUSSELL	49	

COLIN CHINN	48		
ERIC DYBDAHL	46 PNA	1:54.72	
STEPHEN FREEBORN	51		
DAN SMITH	44		
PETER GELINAS	30		
240-279			
DENNIS BAKER	45 OREG	1:50.57W	
BERT PETERSEN	68		
TOM LANDIS	64		
ROBERT SMITH	63		
240-279			
THOMAS SHUMAN	53 OREG	2:15.92	
GEORGE THAYER	70		
RALPH MOHR	65		
BOB BRUCE	58		

JANET JOHNSON	52		
STEPHEN FREEBORN	51		
PETER GELINAS	30		
200-239			
K.ANDRUS-HUGHES	49 OREG	2:01.94W	
ALLEN STARK	57		
ARLENE DELMAGE	44		
WES EDWARDS	53		
320-359			
JOY WARD	64 OREG	5:42.87	
HILDA BUEL	92		
ANDREW HOLDEN	87		
WILLARD LAMB	84		

RELAYS-M E N 200 M. MEDLEY

100-119			
DAVID O'HERN	23 PNA	2:04.45	
RICHARD JORDAN	20		
KIRK NELSON	36		
ERIC HUKKANEN	28		
240-279			
KYLE CIMINSKI	20 PNA	2:05.32	
MICHAEL CHUNG	28		
DAVID KAYS	39		
STEVEN ROSARIA	32		
160-199			
STEVE GEORGE	47 OREG	2:05.73	
PAT ALLENDER	48		
KEVIN CLEARY	23		
MARK WORDEN	55		
240-279			
ERIC DYBDAHL	46 PNA	2:15.70	
JON BACA	46		
COLIN CHINN	48		
DAN SMITH	44		
240-279			
WES EDWARDS	53 OREG	2:03.09W	
ALLEN STARK	57		
BERT PETERSEN	68		
ROBERT SMITH	63		

RELAYS-MIXED 200 M. FREE

120-159			
RADEK POSPISIL	37 OREG	2:00.00	
K.ANDRUS-HUGHES	49		
CHRIS GAARDER	41		
MEG UPSHAW	29		
240-279			
GANO BUTCHER	42 OREG	2:01.65	
STEPHANIE SIMMONS	40		
ELLEN KRAMER	31		
DENNIS BAKER	45		

RELAYS-MIXED 200 M. MEDLEY

160-199			
ZENA COURTNEY	47 PNA	2:04.33Z	
JON BACA	46		
LISA DAHL	45		
BOB FISH	43		
240-279			
STEVE GEORGE	47 OREG	2:19.03	
PAM SNIDER	45		
PAT ALLENDER	48		
ANICIA CRISCIONE	33		
240-279			
ERIC DYBDAHL	46 PNA	2:26.83	
LAURIE BALL	49		
DAN SMITH	44		
LYNN GROSS	46		
320-359			
HOLLY BORK	30 PNA	2:39.16	

Welcome New and Returning PNA Swimmers

- Laura Andersen
- Kristine Antilla
- Laurie Ball
- Sarah Barnes
- Carole Baumgartner
- Dana Belkholm
- Bart Berg
- Jonathan Block
- Mike Blume
- Linda Chapman
- Katelyn Conway
- David Cuthbert
- Dan Davis
- Hannah DeMeritt
- Irene Echenique
- Kathleen Engeln
- Jay Evans
- Thomas Ganzfried
- Julia Garrison
- Kathleen Hall
- Karin Harris
- Jessica Henderson
- Sangeeta Hingorani
- John Jelen
- Gregory Joannides
- Christopher Jones
- Ann Judd
- Elizabeth Kassen
- Rosanne Keltner
- Mike Koenig
- Holly Krahn
- Karen Kuykendall
- Clayton Lewis
- Karen Maher
- Marcia Marcy
- Marianne Mason
- Mike McCullough

Looking for upcoming meets?

There are plenty to choose from.

- Anacortes, Jan. 20**
(entry form on page 16)
- Bellevue Club, Feb. 18**
(entry form on page 17)
- Briggs YMCA**
Lacey, Wash.,
March 24
- PNA Champs**
Federal Way, Wash.
April 14 and 15

WEB

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

- Michelle Menkens
- Keely Merrigan
- Tiffany Miller-Rhees
- Karrie Monohon
- Rebecca Osborn
- Monica Owings
- Joseph Parsons
- Kainoa Pauole-Roth
- Philip Pearl
- Morgan Poster
- Mary Prieve
- Jordan Rice
- Amanda Rice
- Danielle T. C. Rideout
- Jeff Roberts
- Stacey Simmons
- Benjamin Smith
- Suzette Stevenson



(Continued from page 2)

Leading Off

these projects in future newsletters.

Elections

PNA elects officers every other year in the spring; look for the ballot in your February issue of *TheWetSet*. As always, our nominating committee is making every effort to fashion a slate of officers who will be devoted, provide us with continuity and bring new energy to the board and PNA. (All the board members know that a sure way to NOT be asked to run for office is to volunteer for the nominating committee! Seriously, thank you to the nominating committee members, Sally Dillon, Tom Foley and Walt Reid.)

Meet Results Redux

It's not often that the PNA board makes a change and then reverts to the old way again. A while back, we decided to no longer publish local meet results in *The WetSet* since they're available online (www.swimpna.org). Many of you expressed disappointment at this change. So this year we've budgeted for extra pages to bring results to you again in print, starting with this issue.

It has been a great year for PNA and we look forward to 2007. I hope you consider your swimming year a success as well. Enjoy the beauty of the season and all the best to you in the New Year.

When You Register for 2007, Support the USMS Endowment Fund

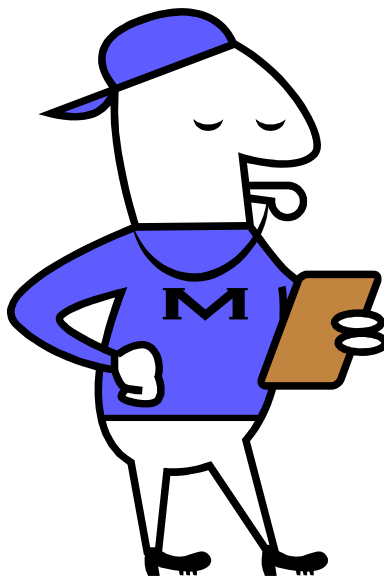
Every year, USMS members have an opportunity at registration time to add to their registration fee a dollar or more for the USMS Endowment Fund.

The fund was started several years ago as a means of:

- Honoring and recognizing individuals or organizations for a particular reason
- Raising money for research and grants benefiting Masters swimmers

As you register for the year 2007, please keep this in mind: your contribution to the Endowment Fund, added to all the other contributions, will provide the means by which important research can be conducted that will help us all understand more about the benefits, risks and rewards of swimming.

To find out more about the Endowment Fund, contact Doug Church, chair of the fund; his email is dchurch@cchalaw.com. Or go to www.usms.org.



New PNA Coaching Position Created

PNA is in the process of developing a new position, PNA Coach for National Championship Meets in 2007. The position will include meet expenses and a stipend.

Anyone who is interested or wants further details should contact either Wendy Neely at wendymal@mac.com or Lisa Dahl at lisaisswimming@hotmail.com

Want to Make PNA an even better organization?

Like any volunteer organization, PNA needs members willing to step up with new ideas and enthusiasm. You can make a difference by becoming a PNA volunteer. Right now we're looking for volunteers for the upcoming Champs and Nationals meets in Federal Way.

To sign up as a volunteer or find out more about how you can help PNA, please contact Jeanne Ensign, (206) 324-1354, jeanne@raincity.com; Jane Moore, (253) 759-4956, swimmoore@comcast.net; or Sarah Welch, volunteer coordinator for Champs and Nationals,

Get FAST Freestyle Clinic

Tired of your old stroke? Do you seem to work harder but not go any faster? Would you like to become a more efficient -- and faster -- swimmer?

PNA has invited **Karlyn Pipes-Neilsen** and **Eric Neilsen** to conduct two identical freestyle clinics in February at Medgar Evers Pool in central Seattle. Each clinic will be limited to 20 swimmers and cost \$85.

These clinics will offer the following:

- Videotaping with stroke analysis
- Step-by-step freestyle stroke progression
- Emphasis on correct head and body position
- Gradual progression to a faster, more efficient stroke
- Training and recovery suggestions

When and where: Saturday, February 10, 3:00 p.m.-7 p.m. OR Sunday, February 11, noon-4 p.m. At Medgar Evers Pool, 500 23rd Ave Seattle, Wash. (Directions: From either I-5 N or S take the James Street exit. Go east on James, which turns into E. Cherry St. Continue on E. Cherry until you reach 23rd Ave. Turn right on 23rd Ave. Medgar Evers Pool will be on your left. Park in front of the pool on 23rd Ave. or a block south on the west side of the street in a lot for the pool.)

Karlyn Pipes-Neilsen: Has her own DVD entitled *Freestyle Swimming with Karlyn Pipes-Neilsen* available from Go Swim (visit www.goswim.tv to watch a preview). She is the 2004 World Masters Swimmer of the Year and holds 46 FINA Masters World records. Karlyn has been teaching and coaching both youth and adult swimmers for over 25 years. For more info, do a "Google" search.

Eric Neilsen: A tried and true multi-sport athlete with over 15 years of experience coaching and teaching both Masters and youth swimmers. Eric is also an All-American Masters swimmer and a 2:57 marathon runner. He is a certified Level 4 coach by the American Swim Coaches Association (ASCA).

Cost is \$85 and space is limited. Complete registration form below and mail with payment to: Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144. Important: provide your USMS registration number. If you are not a registered USMS swimmer, you may request a 'day of event' registration for and additional \$10. Forms will be available at the clinic.

Questions: contact Sarah Welch at sarahwelch@comcast.net or call 206-723-1814

✂-----

Saturday, Feb. 10, 3 pm

Sunday, Feb 11, 12 noon

First Name _____ Last _____

Address _____ City _____ State _____ Zip _____

Phone: () _____ Email _____

Emergency contact info: _____

USMS Registration Number: _____

Please identify one goal for the clinic: _____

Cost: \$85 per person (add \$10 if non-USMS swimmer)

Total Amount Enclosed: \$ _____

Send payment and form to: Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144.



**30th Annual
National Championship
One Hour Postal Swim
2007 United States Masters
Swimming Long Distance
National Championship**
Sanctioned by the Florida LMSC
for USMS, Inc.
Sanction Number: 147-003P

DATE: All swims must take place during January, 2007.

OBJECTIVE: To swim as far as possible in one hour. The total number of yards swum determines the order of finish. If two or more swimmers complete the same distance, a tie will be declared.

VENUE: Any pool 25 yards or longer. (For events swum in meter pools, multiply the distance swum by 1.0936 and round down to the nearest five yard increment. Submit the distance in yards.)

ELIGIBILITY: Each participant must be registered for 2007 with USMS or a similar body in the swimmer's country. A COPY OF YOUR 2007 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!

INDIVIDUAL EVENTS: Men and women will compete separately as individuals in the following age groups: 18-24, 25-29, ..., 100+. Age is determined on the day the event is swum. Swimmers who change age groups during January may enter twice, but must swim the event twice, once in each age group. Swimmers submitting incomplete entries will be contacted by collect phone call or e-mail.

RELAY EVENTS: Three relay events will be contested: Women (3), Men (3), and Mixed Gender (2 women & 2 men). The age of the youngest member determines the age group of the relay: 18+, 25+, 35+..., 95+. Each relay member MUST also have entered the individual event for his/her age group and must be registered with the same club. Unattached swimmers are not permitted on relays. The relay with the greatest total yardage will be declared the winner.

CLUB EVENTS: Each club will be automatically entered in the club event. At least three divisions will be recognized, based on the number of individual entries from each club, as determined by the

event host and Long Distance Committee chair. Relay yards will not be included.

AWARDS: USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 relay teams in each relay age group. First place finishers in individual and relay events also receive USMS Champion patches, no more than one per participant. Distinctive awards will be given to the top 3 or 4 clubs in each division of the Club event.

FUN AWARDS: Awarded to each relay of four, same club, who completes a One Hour Medley Relay, swimming all four strokes. Each of the swimmers must complete his/her entire hour swim in a different stroke, free, back, breast or fly. We are open to similar relay suggestions (all back; breast; fly; kicking, no board; etc).

USMS LONG DISTANCE RULES: Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. Only two swimmers may share a lane, and they shall each swim on one side of the lane during the entire race (i.e. no "circle" swimming). A person acting as a starter/referee must be present during the swim. Each swimmer must have a verifier to time the event with a stopwatch and record cumulative 50 splits, to the nearest second, tenth (or hundredth). A split sheet must be kept for each swimmer and a copy included with the entry form, signed by the verifier. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760). See Venue section for conversion from meters to yards. One person may serve as a counter for no more than two swimmers per heat. No adjustment may be made for swims completed at altitude.

T-SHIRTS: 2007 USMS One Hour Postal National Championship T-shirts are available. The cost for USMS members is US\$ 17 OR, for other FINA Masters, US\$ 22.

FEES: Individual entry fees are US\$ 6, USMS OR, US\$ 10 for other FINA Masters. ALL Relay team fees are US\$ 18 per entry. All fees are non-refundable. International entrants please submit US funds via International money order or bank check drawn on a bank with a US affiliate.

QUESTIONS? COMMENTS?

**Margie Hutinger - Phone: 727-521-1172 (10AM-9PM EST)
Internet: phut@usms.org AND www.maverickswim.org
Results posted at www.maverickswim.org by March 5, 2007.**

Relay Entry Form

Circle Event: Women - (3) Men - (3) Mixed - (2 Women & 2 Men) Age Group: _____

Club Name: _____ Club Abbreviation: _____

Contact Person: _____ Phone # or e-mail: _____

Please note: It is NOT necessary to send duplicate individual forms with this relay entry form. Relay awards will be mailed to individual swimmers.

	<u>Swimmer</u>	<u>Gender, circle</u>	<u>Age</u>	<u>Yards Swum</u>
#1:	_____	W or M	_____	_____
	Name as it appears on Registration Card			
#2:	_____	W or M	_____	_____
	Name as it appears on Registration Card			
#3:	_____	W or M	_____	_____
	Name as it appears on Registration Card			
#4:	_____	W or M	_____	_____
	Name as it appears on Registration Card			

Total Yards: _____

Relay Entry Fees: US\$ 18 (Payment in US\$ or International Money Order ONLY.)

Make checks payable to: Florida Maverick Masters, Inc

Send Entries to: One Hour Postal Meet
1755 Georgia Ave NE
St Petersburg, FL 33703-4320

Deadline: RECEIVED by February 12, 2007.

2007 USMS ONE HOUR POSTAL SWIM NATIONAL CHAMPIONSHIP

Individual Entry Form

NAME: _____ GENDER: M or F AGE: _____ BIRTHDATE: ____/____/____
Name as it appears on Registration Card - Last, First Circle one Day of swim MM DD YY

ADDRESS: _____ PHONE: _____ - _____ - _____

CITY: _____ STATE: _____ ZIP: _____ COUNTRY _____

CLUB: _____ CLUB ABBR: _____ REGISTRATION NUMBER: _____ - _____

E-Mail Address: _____ SEND RESULTS: (Check ONE box.) E-Mail OR Mailed Hard Copy

Check if you don't want any medals you may earn. Results posted at: <http://www.usms.org/longdist/ldnats07> by March 5, 2007.

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not otherwise been 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.

I certify that I have read the rules of this competition and that on January _____, 2007, I swam _____ yards OR _____ meters at

Pool name/City _____ Swimmer's Signature _____
 Verifier's Name, printed _____ Verifier's Phone Number OR e-mail address _____

Entry Fee: US\$ 6, USMS _____ OR US\$ 10, other FINA Masters _____ = US\$ _____

T-shirts: Indicate Quantity Ordered
 Small ___ Medium ___ Large ___ X-Large ___ XX-Large ___
 US\$ 17 each, USMS _____ OR US\$ 22 each, other FINA Masters _____ = US\$ _____

TOTAL US\$ _____

Include: 2007 MASTERS REGISTRATION CARD
 Entry form and split sheet
 Check payable to: Florida Maverick
 Masters, Inc.

Send to: One Hour Postal Meet
 1755 Georgia Ave NE
 St Petersburg, FL 33703-4320

Must be RECEIVED by February 12, 2007.

Record Split Entries using CUMULATIVE 50 split times to the nearest second, tenth, (or hundredth).

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

(Total Meters _____ x 1.0936 = _____)

Total Yards:



COMING IN JANUARY TO YOUR LOCAL POOL!



30th Annual - USMS National Championship ONE HOUR POSTAL SWIM

You must have 2007 USMS registration - register today if you haven't done so already.

THE INDIVIDUAL SWIM:

- Read the directions on the entry form carefully. You'll find the form on pages 13 and 14 in this *WetSet*.
- Swim the event at a pool of your choice – yards or meters.
- Swim for one continuous hour any time in the month of January – last chance is January 31.
- Swim with no more than 2 swimmers per lane – circle swimming and drafting is not allowed.
- Have someone time you, count your laps, and record your official splits.
- Mail your entry form and individual \$6 fee to the event host – Florida Maverick Masters (see entry form).

PNA WILL ENTER YOU IN A RELAY TEAM EVENT

At no cost to you!

BUT WE NEED YOUR SPLIT SHEET

TEAM EVENTS:

- Team events are “postal relays” where we combine your results with those of other PNA swimmers.
- Teams are formed by age group (19+, 25+, etc.), sex (male, female – 3 each), and mixed (2+2).
- The PNA team coordinators will form the best teams possible.
- Every effort will be made to include you swimmer on a team.

When you submit your entry, also MAIL A COPY OF YOUR ENTRY FORM to:

PNA One Hour Swim
c/o Sally Dillon
PO Box 845
Oak Harbor, WA 98277

IMPORTANT DEADLINES:

Your swim must take place in the **month of January**

Sally must receive a copy of your entry form no later than **Wednesday, February 7**

QUESTIONS? Contact Sally at 360-679-5038, salswmr@verizon.net

ORGANIZE YOUR FRIENDS AND TEAMMATES AND SET ASIDE A DAY OR TWO IN JANUARY TO DO THE ONE HOUR SWIM. LET'S HAVE A GREAT PNA TURNOUT THIS YEAR!

* PNA relay teams will only be formed with swimmers whose “club” is PNA (check your registration card if you are unsure). Unattached swimmers are not eligible for relay teams.

PNA LOCAL MASTERS SWIMMING COMMITTEE
 SHORT COURSE YARDS MEET: January 20, 2007 (Meet Sanction #0367-01)
 Hosted by Thunderbird Aquatic Club & Masters and
 Anacortes High School Boys Swim Team

EVENTS (ORDER #2)	
#	Event
Saturday, Jan. 20	
1	500 Free
break	
2	200 Free Relay
3	100 Back
4	200 Free
5	50 Fly
6	200 Breast
7	100 IM
break	
8	200 Mixed Free Relay
9	200 Back
10	50 Free
11	100 Fly
12	50 Breast
break	
13	200 Medley Relay
14	50 Back
15	100 Free
16	200 Fly
17	100 Breast
18	200 IM
Break	
19	200 Mixed Medley Relay
20	400 IM

DATE: Saturday, January 20, 2007
TIME: Warm-up: 9:00 AM
 Meet starts 10:00 AM

PLACE: Fidalgo Pool, Anacortes, WA
 1603 22nd
 Anacortes, WA
360-293-0673 ext. 14

MEET DIRECTOR: Myke Lund
 360-293-0673 (daytime)
h2obug101@yahoo.com

FACILITY: Six-lane 25 yard pool
 Warm-up: 42 ft. by 23 ft.
 Water temperature: ~ 83 °F

CONCESSIONS: None

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all USMS 2007 registered swimmers, 18 and above as of *January 20, 2007*.

SEEDING: Slow to fast **TIMING:** Electronic

RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. Mark your relay entry card *carefully* to ensure correct intent and results.

Positive check-in required for 500 Free by 8:45 and for the 400 IM by the end of Event 12.

DIRECTIONS: From I-5, take exit 230. Go west on Highway 20 to its end in Anacortes. Turn right onto Commercial Ave. Go about ten blocks to 22nd street. Turn left. Go up the hill about six blocks to J Ave. Fidalgo Pool is on the left.

Motels:

The Marina Inn.....3300 Commercial..... 360-293-1100
 Anaco Bay Inn.....916 33rd (kitchens)..... 360-299-3320
 Islands Inn3401 Commercial
(complimentary Dutch breakfast) 360-293-4644

EMERGENCY CONTACT _____

PHONE NUMBER _____

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: January 20, 2007 Meet Sanction #0367-01
 Hosted by TAC/TACM/AHS Boys Swim Team

NAME: _____ M F AGE: ____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: ____

AGE GROUP (determined by your age as of JANUARY 20, 2007):

18 - 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 PER DAY plus relays. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME (S C Yards)

ENTRY FEES: \$ 13.00 (includes LMSC and electronic timing surcharges)

Individual Events: + _____ (\$1 each; optional for age 65 and over or needs based. No charge for relays.)

Total: \$ _____ [from \$13.00 (relays only) to \$18.00 (five events)]

Please make checks payable to: **T A C**
 Mail this entry form and fees to: January Masters Meet
 C/O Myke Lund
 1603 22nd
 Anacortes, WA 98221
 Myke Lund → h2obug101@yahoo.com
 Questions?

Please send entries postmarked no later than **Wednesday, January 10**

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: _____

Pacific Northwest Association of Masters Swimmers

2007 Local Team Registration

To register your team for 2007, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held each April. All team members competing in the meet must be currently registered with USMS.

PNA will provide each team with a USMS Rule Book, which contains rules for Swimming, Competition, Long distance Swimming, Athletes' Rights, and Organization and Bylaws. Please indicate who should receive the USMS Rule Book

Team Name:	Abbreviation (4 letters max):	
Team Rep	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
Team Coach	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
Workout Pools	Pool name:	
	Address:	
Workout Times		
Rule Book	Please send to:	

Below are the abbreviations currently in use. Teams written in **BOLD** were registered in 2006.

Mail this form and check to:

Arni Litt, Registrar arni@qwest.net
 1920 10th Ave East
 Seattle, WA 98102-4253

Application fee: \$12
 Make check payable to: **PNA Masters**

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

Don't see your team? Have your coach or Team Representative fill out the form and it will be added to the list.

United States Masters Swimming, Inc

2007 Membership Application

Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

(Old Number if available _____)

2007 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.)

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

Telephone: ()

If you coach a Masters swim team check here

2nd Phone: ()

I am interested helping the PNA committee

CLUB: Pacific NW Aquatics (PNA)

AND

Team : Unattached

OR Unattached

OR Unattached

Choose a membership level A or B below.

A. Regular: 11/01/06 thru 12/31/07 \$35

B. Need-based or Seniors (65 & over): \$25

Canada & foreign addresses, add \$10

Make check payable to: PNA

Mail to: Arni H. Litt, Registrar

1920 10th Ave E

Seattle, WA 98102-4253

Optional Donations:

USMS Endowment Fund \$

International Swimmers Hall of Fame \$

TOTAL \$

Questions: (206) 849-1387, arni@qwest.net

On rare occasions, USMS may need to inform you of important issues. I DO / DO NOT wish to receive these. A USMS sponsor may wish to offer you information emailed from the USMS National Office. I DO / DO NOT wish to receive this. (Email addresses are not supplied to the sponsor.)

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
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BEST: Bellevue Eastside Masters
BBST: Bellingham Bay Swim Team
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CAC: Columbia Athletic Masters-Pine Lake
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ESC: Evergreen Swim Club Masters
FSJ: Fins of the San Juans
FTSW: Ft. Steilacoom - WAKO
FWM: Federal Way Master
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GCMS: Gold Creek Masters (GCM)
GLAD: Greenlake Aquaducks
HMST: Husky Masters
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JAM: Juanita Aquatic Masters
LUNA: Team Luna
LWS: Lynnwood Sharks
MIR: Mercer Island Redwoods
NEO: North End Otters
NHM: Newport Hills Masters
NSYG: Northshore Y's Guys
NWM: North Whidbey Masters
OOPS: Old Olympic Peninsula Swimmers
ORCA: Orca Swim Club
PAC: Poseidon Aquatic Club
PAM: PAMS
PRO: Pro Sports Club
PSC: Phinney Ridge Swim Club
PTMS: Port Townsend Master Swimmers
QASC: Queen Anne Swim Club
RAH: Redmond Aqua Hotshots
RAT: Rice Athletic Team
RFST: Redmond Foothills Swim Team
SAC: Seattle Athletic Club
SAMM: Samena Club
SSRM: Swim Seattle Redhawk Masters
STRM: Storm Lake Aquatics
SVY: Skagit Valley YMCA
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WEST: West Coast Aquatics Masters
WSAS: West Seattle All-Stars
WSYD: West Seattle YMCA Dolphins
WWUS: Western WA U Masters Swimming
YNOT: Y Nauts



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 _____

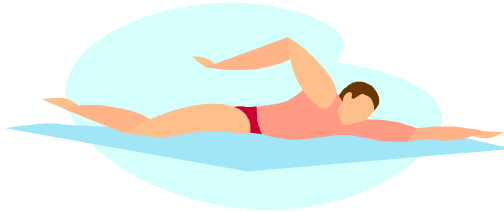
Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription

December 2006 Issue



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

CHANGE SERVICE REQUESTED

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