

The WetSet



Volume 16 Issue 9

September 1997

President's Letter

Dear Swimmers:

We're leaving on vacation in a few hours so I don't have long to compose a letter. We're going to Orlando to take part in the USMS LC Nationals. We may find time to visit a few of the tourist attractions in the area. Sarah (now 11) may have something to say about that.

Hugh and I have swam in more events in the past month than we had in the past year. It's nice to be swimming more and spending less time organizing meets. We went to the LC Zone meet at the Multonomah Athletic Club in Portland on July 26-27. The MAC club did a great job running the meet. Larry Nordell from the PNA set a number of zone records. On August 10th we participated in two lake swims (1500 M and 3000 M) in Cottage Grove, Oregon. The weather was perfect and the water was great. If we could only get rid of the boats and jet skis.

The day after we get back from Orlando we'll be going to the PNA's 25th Anniversary Party. We're also looking forward to the two Lake Washington swims on September 6th and 21st. Then it's off to convention at the end of September. Now it's time to pack.

Jane Moore

Where Have All the Masters Gone? An "open" letter

By Dan Frost

This year, the Pacific Northwest Association of Masters Swimmers has, for the first time, over 800 active members. A significant part of that total includes many new swimmers that have only recently joined the PNA. Overall, this is a clear sign that we are doing many of the right things to attract new members and encourage all members to stay. To everyone who joined us this year, I hope you found that your membership provided you with all that you were expecting, and then some. I further wish to all members, both new and "experienced", that you will choose to take part in another exciting year of participation in the best sport in which to exercise and socialize.

With that theme in mind, I respectfully submit to you a fictitious "open" letter from the next swimmer to join your Masters swimming group. It is based on a few experiences I have had or have heard, and I trust that it strikes a chord with each of us.

Dear Masters swim team,

I recently made the decision to take up swimming for exercise on a regular basis. Perhaps, I decided to swim because I wanted to improve my health. Or, maybe it was because I remember how much fun it was to swim on the youth team when I was growing up. It could be a wish to change from those other sports I did that left me bruised and sore. It also seems like a great opportunity as both a refresher from the daily grind of life, and a chance to take on a challenge someday like crossing the English Channel or finishing the Ironman triathlon.

I recently heard that there actually was such a thing as adult swimming. I can't remember if I heard it mentioned

from my friends, read it in a book, saw an advertisement, or stumbled upon it as I was browsing through the Internet. In any case, it sounded like joining your group could just be the right thing for me.

I do have some questions to ask about your group. Questions such as how much prior swimming experience is required, what are the workouts like, and how much does it cost. However, I have had great difficulty finding anybody who knows the answers. I looked up the phone number of the local pool and called, but the person who answered didn't know much about your program. I found an e-mail listing for a swimmer who lives in the region, but he could not tell me any specifics about your group either. Through my Internet search, I did find a small, seemingly outdated note about your program, with a phone number for either your coach or your club president. However, I never got through to anybody when I called that number. I finally went by the local pool in person, but I found no information about your

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by Gordon Gray

Long Course Nationals Results

Race Entry Forms

Northwest Zone Champs

3000/6000 Postal Champs

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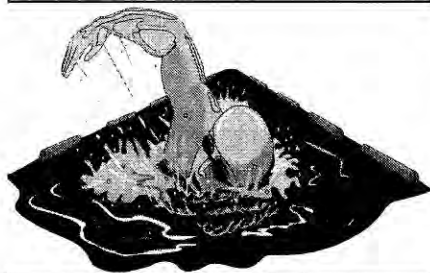
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1997 MEET SCHEDULE

PNA Meets

<u>Date</u>	<u>Event</u>	<u>Location</u>
9/1 to 10/31	SCY	3000/6000 USMS National Postal Championships - Any Pool
Nov 15-16	SCM	NW Zone Championships - Oak Harbor (see entry form)
Dec 14	SCY	Bellingham Aquatic Center - Bellingham
Mar 21	SCY	Helene Madison Pool - Seattle

Other Local Events

Sep 6	OW	Seattle SwimFest .25/.5/1/2 mile - Mercer Island (see entry form)
Sep 7	TRI	Escape from the Rock Triathlon - Mercer Island (see entry form)
Sep 21	OW	Floating Bridge Swim - Lake Washington (see entry form)

Oregon

Sep 1	OW	Columbia River Cross Channel Swim 1.1 mile - Hood River
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Idaho

Aug 2	OW	Long Bridge 1.76 Mile Swim - Lake Pend Oreille, Sandpoint, Idaho
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British Columbia/Canada

Sep 3-6		BC Seniors Games
Nov 22		Nanaimo Ebttides
Jan 25		Cowichan Aquannis

Vancouver Open Water Swim Association (604) 290-9425

Aug 9	OW	Kitsilano Challenge 2.5k
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National/International

May - Oct		USMS Postal 10k 2-person relay (Mike Stott 804-288-8808)
May - Sep		USMS Postal 5k and 10k (Scott Rabalais [FAX#] 504-766-5937)
Aug 14-18	LCM	USMS Long Course National Championships - Orlando, Florida
Aug 9-22	1998	Nike World Masters Games - Portland
Sep 9	OW	USMS 5k & 1 Mile Open Water Champs - Catalina Island, California
Sep 25-28		USMS Convention - Burlingame, California

For Information on Meets Outside of the PNA Area

Inland Empire Rich Swoboda 9366 N Kayla Ct Hayden Lake, ID 83835 (208) 772-9450	Oregon Eric Guest 44861 SE Highway 26 Sandy, OR 97055 (503) 668-4465	Snake River Jeff Erwin 422 Sherman St #101 Boise, ID 83703 (208) 344-6733
Northwest Zone Rep Elin Zander S 13927 Traver Lane Valleyford, WA 99036 (509) 448-5250	Utah Annette Taylor 1709 E 1700 Street Salt Lk. City, UT 84108 (801) 467-8713	Montana Steve Holloway 232 S 6th Street E Missoula, MT 59801 (406) 542-0535
Alaska Ed Cronick 7851 Alatna Avenue Anchorage, AK 99516 (907) 345-4228	British Columbia Mary Lou Monteith 2363 Seine Road Duncan B.C. V9L3B2 (604) 748-0527/FAX (604) 748-0517 e-mail: mmonteit@clm.etc.bc.ca	

Visit the PNA Web Site created by Dan Frost at: www.whidbey.net/frosty/pna

UNITED STATES MASTERS SWIMMING, INC.
1997 REGISTRATION APPLICATION
 Pacific Northwest Association of Masters Swimmers

REGISTER WITH THE SAME NAME YOU WILL USE FOR COMPETITION
 Please Print Clearly

RENEWAL

My current USMS number is _____

NEW Registration

Name:

Last

First

Initial

Address:

Street or box number

Apt number

City

State

Zip code

Telephone:

Area code

Date of birth:

Month Day Year

Age:

M/F:

My club is:

Pacific NW Aquatics (PNA)

Sequim (SQM)

Pro Sports Club (PRO)

Puyallup Aquatic (PAC)

Unattached

My team is:

Team Name

Unattached

If you coach a Masters swim team check here:

PLEASE MAKE CHECKS PAYABLE TO: **PNA MASTERS SWIMMERS**

Your LMSC fee includes a subscription to the WetSet

Your USMS fee includes a subscription to SWIM Magazine

	<u>Total 1997 Fee</u>	<u>If after September 1 (1997 registration only)</u>
Under 65	\$30	\$15.00
Senior: 65 & over	\$23	\$11.50

Mail to: **Suzanne Dills, Registrar**
1101 N. Northlake Way
Seattle, WA 98103
(206) 547-1654 (work)

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 _____

Minutes of the PNA Board Meeting

June 24, 1997

The Meeting was called to order at 7:10 P.M. at Jan Kavadas' home, presided over by the new Board: President Jane Moore, Veep Lee Carlson, and Secretary Steve Peterson. New Treasurer Jeanne Ensign was unable to attend. Also present were Sue Dills, Tom Foley, Dan Frost, Tammi Keeler, Jan Kavadas, Nancy Lawrence, Gary Maynard, Jane Moore, Suzie Ness, Frank Newquist, Robin O'Leary, and Jeanette Vallandigham. Teams represented were Mercer Island, Bellevue Club, Tigers, North Whidbey, GLAD, Sequim, Samena Club, Federal Way, Orca, OOPS, and Tacoma Y.

MINUTES: The April minutes stand approved as published in the June WetSet. (No meeting was held in May.)

TREASURER'S REPORT/FINANCE COMMITTEE: Tammi Keeler's final financial report was MSA'd as submitted. The PNA balance is \$9,632.93, and the Wiggin Fund balance is \$2,502.93. It was MSA'd to reimburse expenses for meet bid package preparation (\$45.48, Suzie Ness) and Champs telephoning (\$26.80, Jane Moore). Pool rental and incidental expenses for the PNA Anniversary party (not to exceed \$100) were approved pending final budget preparation. Tammi raised a question originally proposed by Orca: should PNA revise the fee structure if meet sponsors are not making any money? Meet directors in Seattle and surrounding areas will be solicited for budget review information.

COMMITTEE REPORTS:

A. Membership -- Sue Dills reported that PNA membership now stands at 839. Amazingly, 30 of these came from teams after Nationals. Sue would like team information for mail groupings. Suzie Ness volunteered to help develop a team information questionnaire with Lee Carlson (who, by virtue of a recent PNA policy expanding the VP role, also serves as teams registrar). Dan Frost suggested that we examine team growth for recognition, and consider a monthly WetSet article to highlight individual PNA teams.

B. Meets -- Suzie Ness reported receiving three meet bids: Oak Harbor (SCM Zones, Nov. 15-16); Bellingham (SCY, Dec. 13 or 14), and Orca (SCY, March 21 or Jan. 17). A bid is expected from Bangor (March), and Suzie will send bid packets to the Summer

(potential Champs sponsors) and Mill Creek Swim Clubs. A September bid is needed soon, to meet the WetSet printing deadline. Anyone to sponsor an October meet? The Board MSA'd the primary dates for the three bids received, with a proviso to accommodate Bangor in March (if Orca is willing to swap for January, if Anacortes doesn't bid...).

Gary Maynard reported that the 3K/6K National Postal Championship (September 1 through October 31, 1997) is on track. Jane noted that the Hour Swim was a lot more work than the 5K/10K Postal (1000 entrants versus 200), but also generated a greater profit. To bid on a Postal meet for 1999, a sponsoring team must commit at least ten people to prepare the Swim magazine entry, process and verify entries, create a database, and prepare and send awards and certificates. The Board MSA'd a proposal to submit bids in preferred order for the (1) Hour Swim, (2) 5K/10K Postal, and (3) 3K/6K Postal. PNA will sponsor, with support to be provided by the membership.

C. Records/Top Ten -- No report (Walt Reid is attending Pan Pacifics in Maui).

D. Publicity -- AnnaMarie Terhaar has been trying to acquire copies of the local TV coverage of the Nationals.

E. Newsletter -- Gary Maynard reported that the July WetSet has gone to print.

F. Awards -- Phoebe Terhaar has retired from this post, so a new chair is needed. New awards must be ordered.

G. Social -- No report (Linda Sullivan has retired from this post, so a new chair is needed). Tom Foley, chair of the PNA 25th Anniversary Blast, reported good progress on the party planning. Details will appear in the July WetSet about this family-oriented potluck brunch sans workout at Arbor Heights Swim Club (SW Seattle), August 23. Carolyn Baldwin and Jett Vallandigham volunteered to assist Tom with RSVPs. Tom said the event will feature lots of leftover "Roca Bits" and soda pop from Nationals. (Ask to see Tom's souvenir photo of the "Roca Bits" layout in the Nationals Hospitality Suite...)

H. Officiating -- Jan Kavadas attended a USS Officials meeting last Monday. Nationals went well, and they are awaiting a check from PNA via Lee Carlson. Jan, Lee, Jane, and Hugh will make a formal "thank you" presentation on behalf of PNA.

I. Fitness -- Phyllis Gill was unavailable. Several national fitness events are planned (see *Swim* magazine). A USMS fitness ques-

tionnaire was sent to LMSC Fitness chairs.

J. Computer Applications -- Chair position was transferred to Dan Frost, our Webmaster and prolific WetSet contributor. The PNA home page is alive and well (proving useful for a potential Atlanta transplant), with some 400 "hits" on PNA topics and 900 on Nationals information. Dan passed around some sample printouts from the current page.

K. Constitution and By-Laws -- Hugh Moore is on travel.

L. Safety -- Kathy Casey is out of town.

M. At-Large Reps -- "Thrilling!" reports Gary Maynard.

N. Team Reps -- Nancy Lawrence (Sequim) says more team reps should attend Board meetings (amen!). Gary Maynard offered to contact Phyllis Gill about resurrecting the Ad Hoc Coaches Committee.

OLD BUSINESS:

A. 1997 Short Course National Championships -- Jeanne Ensign, in absentia, projected a net income exceeding \$21,000 (whereupon, Tom Foley announced that the Anniversary Party Committee has some added expenses...!)

B. Dawn Musselman Swim -- Ann Martin reports that 33,144 yards and \$2,000 were accumulated at this tenth annual event. Special recognition goes out to Allison Moore, who collected \$772.60!

NEW BUSINESS:

A. USMS Convention -- PNA policy G-14 defines the qualifications required of PNA delegates (e.g., current member, actively involved, attending Board meetings). Following discussion and a review of attendance statistics presented by Jane, a motion to grant Lee Carlson credit for his Nationals duties was MSA'd (since he cannot attend the July meeting but needs the qualifying attendance). A motion to select Dan Frost, Steve Peterson, and Lee Carlson (with Robin O'Leary as alternate) as PNA delegates was then approved. Room sharing details were resolved into plan. 1997 being an odd year, legislation (how USMS is run) is the convention focus. Jane proposed a single legislation change adding the zone chair to Articles 504 (Officers) and 505 (Board of Directors), because these persons are national officers and therefore should be elected by the House of Delegates (although in the "off year" to avoid conflict). The Board

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PNA 1996/1997 Short Course Yards - By Percentage Gordon Gray

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MSA'd submitting this proposal by the July 10 deadline as presented.

B. USMS and Zone Business -- USMS Editor for *Swim*: Scott Rabalais is retiring, opening this position to interested parties (e-mail ScottRabalais@compuserve.com for job details). USMS Service Awards: nominations are due by August 1 with rationale. Up to fifteen candidates are selected annually. Zone Representative: Elin Zander is retiring, so a nomination is needed for convention voting. Zone Reps wield power, as they work with the USMS Zone Committee, which constitutes the national Nominating Committee.

C. USMS Coach of the Year -- Nominations are being solicited from teams, clubs, and individuals and are due July 15. Frank Newquist proposed forming a committee to promote a PNA coach next year. Likely candidates include Robin O'Leary and Dan Frost (though neither is actively involved in MACA, we must be aggressive!).

D. Open Water Swims -- Gary Maynard suggested that PNA sponsor an open water swim event next year. Possibly something at Colman Pool? He would be willing to participate in either.

E. USMS Issues -- Jane was asked by the USMS Planning Committee to solicit "urgent issues facing USMS in the next few years." Pool space and lane etiquette are Robin O'Leary's concerns, while Jan Kavadas sees continuing disparity in promoting fitness versus competition.

NEXT MEETINGS:

Tuesday, July 29, Jett Valandigham's (Tacoma)

Tuesday, September 16, Lee Carlson's (Mercer Island)

The meeting was adjourned at 9:05 P.M.

Respectfully submitted,
Steve Peterson, Secretary.

Following are the 1996/1997 short course yards swim percentages based on the National records in your age group(s). Out of the 451 PNA swimmers that swam one event, 222 swam at least five different events to qualify for the a percentage, ie the average of their five best events. Congratulations to Jim Penfield, the winner for the 3rd consecutive year!

The second list of percentages shows those swimmers that improved over their 1996 percentage(see SEP 1996 WetSet). Out of the 87 swimmers that are listed in both 1996/1997, 51 improved. Your percentage is based upon national records in both your current age group and the next age group up -- prorated on where your birthdate is within the age group. For example a swimmer 45 swims the 1650 5 seconds faster than a swimmer 49, but the 45 year old will have a lower percentage than the 49 year old. If you have improved in a certain event the past year, it is still possible that you can have a lower percentage because the national record may have been lowered. For example the record for the men's 50-54 breaststroke was lowered by over 10 seconds to 2:17.16 -- which means you would have to also swim faster in that event to improve.

1 JIM PENFIELD	PNA 89 99.5526	48 STEVE WARMENHOVEN	PNA 35 88.5149
2 RICK COLELLA	PNA 45 99.4256	49 KATHLEEN HOFSTETTER	PNA 41 88.5114
3 NICK TEMPLEMAN	PNA 66 99.1859	50 BILL PENN	TVM 45 88.437
4 STEVE THRASHER	PNA 55 98.7769	51 DAVE DRUM	PNA 61 88.3337
5 ZENA COURTNEY	PNA 37 97.4573	52 SCOTT STONE	PNA 26 88.1208
6 CAMILLE THOMPSON	PRO 42 97.1449	53 BARB THRASHER	PNA 32 87.9999
7 MARGEE CURRAN	PNA 36 96.6281	54 STEVE PETERSON	PNA 50 87.7910
8 ALAN CARDWELL	PNA 44 96.3688	55 TRACY LARSON	PNA 35 87.7568
9 BARB GUNDRED	PNA 45 96.0236	56 PAUL SKOGLUND	PNA 29 87.7357
10 CHARLOTTE DAVIS	PNA 47 96.0146	57 JIM WILLIAMS	PNA 40 87.6827
11 MARY ELLEN JENKINS	PNA 23 94.9587	58 ROBIN O'LEARY	PNA 39 87.6377
12 STEVE SUSSEX	PNA 41 93.5250	59 JEFF PARADEE	PNA 37 87.5548
13 LAWRENCE NORDELL	PNA 56 93.1023	60 YVONNE YOKOTA	SQM 44 87.2466
14 LARRY WRIGHT	PNA 48 92.9381	61 KAREN LEAHY	PNA 28 87.0567
15 MURIEL FLYNN	PNA 73 92.8118	62 JOSEPH KEENAN	PNA 50 86.9978
16 JACK STAVROS	PNA 36 92.6647	63 DAVID ADDLEMAN	PNA 61 86.9772
17 SUZANNE DILLS	PNA 52 92.3644	64 PAT MATTHIESEN	PNA 80 86.8425
18 GARY HAFER	PNA 46 92.2493	65 STEVE FREEBORN	PNA 41 86.8054
19 GREG HARRISON	PNA 45 92.0980	66 PINKY WALKER	PNA 54 86.6223
20 MARY LIPPOLD	PNA 41 91.9662	67 ERIK STROM	TVM 30 86.562
21 TONYA BERG	PNA 38 91.2952	68 GARY BROCK	PNA 43 86.3788
22 JIM MC CLEERY	PNA 50 91.2478	69 ALLISON BEADLE	PNA 32 86.1686
23 RANDALL YURCHAK	PNA 24 91.1838	70 JEFF SHEARSTONE	PNA 24 86.0519
24 LISA WILSON	PNA 35 91.1599	71 BETTY KERCHEVAL	PNA 72 85.9997
25 TAUNYA ROBERTS	PNA 24 90.9287	72 CURT TROUPE	PNA 39 85.5551
26 TRISHA SCHWERZLER	PNA 29 90.9033	73 TINA HALL	PNA 22 85.4673
27 RONALD JACOBS	PNA 45 90.7082	74 CLARK PACE	PNA 44 85.4492
28 JAY WALTERS	PNA 42 90.5777	75 HOLLY CORNER	PNA 30 85.2296
29 KATHRINE CASEY	PNA 48 90.4037	76 ELIZABETH HENDERSON	PNA 26 85.2147
30 MICHAEL MC KINLAY	PNA 53 90.2717	77 KIKO VAN ZANDT	PNA 41 85.1863
31 FRANK WARNER	PNA 48 90.1276	78 MARIANNE MASON	TVM 41 85.116
32 JULIE CORMAN	PNA 48 89.7494	79 MARC FAIRBANKS	PNA 45 85.0056
33 GENE CROSSETT	PNA 83 89.7258	80 MARC BECK	PRO 28 84.8409
34 CHRIS MILLER	PNA 25 89.5523	81 GIGI BAKER	PNA 31 84.8113
35 BERNIE KINGSLEY	PNA 38 89.4924	82 DAN FROST	PNA 28 84.7212
36 IAN THOMPSON	PNA 47 89.4557	83 MATTHEW SMITH	PNA 40 84.6868
37 MATT STAUFFER	PNA 32 89.4226	84 JEFF GROSS	PNA 45 84.3927
38 ANDY LOVAN	PRO 30 89.2508	85 JOY ROGERS	PNA 55 84.3511
39 PAUL MONOHON	PNA 51 89.2025	86 KARIN GARDNER	PNA 28 84.0288
40 CHARLES ROOT	PNA 24 89.1772	87 DANA COX	PNA 45 84.0234
41 JERRI FREIMUTH	PNA 32 89.1632	88 HARVEY PROSSER	PNA 68 83.9553
42 JEFF STRIDE	PRO 27 89.1188	89 DEBORAH TAYLOR	PNA 39 83.8592
43 RALPH BUSCH	PNA 40 89.1080	90 FRANCESCA DRUM	PNA 55 83.7029
44 MARK HEINRICH	PNA 39 89.0153	91 SHELLEY BIRNIE	PNA 27 83.6366
45 LINDA HEGERBERG	PNA 26 88.9653	92 MARY PAT LAWLOR	PNA 36 83.5198
46 NADINE BOWEN	PNA 30 88.9217	93 SUZANNE STROM-REED	PNA 48 83.5093
47 DEBBIE GLASSMAN	PNA 43 88.6385		

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94 JENNIFER SANTILLANO	PNA	44	83.5057	159 JEFF ZIESEMER	TVM	21	77.8923
95 DAVE SCHMALZ	PNA	42	83.4922	160 JOHN JOSEPH	PNA	40	77.7943
96 WALT REID	PNA	56	83.4523	161 STEVEN LAY	PNA	43	77.6018
97 CORAL BERNIER	PNA	41	83.3007	162 ROY INGHAM	PNA	72	77.3657
98 JOHN LORIMER	PNA	45	83.2016	163 MARCKE LHYLE	PRO	28	76.7875
99 RENEE MAUCHE	PNA	35	83.1806	164 BETSY HERRING	PNA	50	76.5987
100 DAVE COREY	PNA	26	83.0873	165 ALISON ELIASON	PNA	33	76.4819
101 JAMES TWINING	PNA	40	83.0134	166 GEOFF BUTLER	PNA	21	76.4464
102 SARAH WELCH	PNA	50	82.9350	167 PATRICK SULLIVAN	PNA	49	76.0559
103 LINDA SULLIVAN	PNA	40	82.8707	168 SACHIN KUKREJA	PRO	27	75.9467
104 SHERRY VAN SANT	PNA	26	82.8602	169 PAUL IKEDA	PNA	37	75.8025
105 LAURA LOVATO	PNA	27	82.7478	170 DAVID DEMOREST	PNA	54	75.7879
106 MIKE JONES	PNA	36	82.6367	171 JEANETTE VALLANDIGHAM			
107 JIM BYFIELD	PNA	38	82.5004		PNA	50	75.7538
108 RYAN ROBERTS	PNA	24	82.4451	172 JENNIFER BLAIR	PNA	25	75.5866
109 PASCAL RONCALEZ	PNA	37	82.4217	173 AMY BARIBEAU	PNA	26	75.5346
110 BOB DORSE	PNA	65	82.3870	174 JANET KAVADAS	PNA	66	75.4033
111 PEGGY CARON	PNA	30	82.3575	175 BLAIR MURRAY	PNA	34	75.2873
112 DONNA KEYSER	PNA	39	82.2717	176 ANN MARTIN	PNA	58	75.1309
113 JIM LASERSOHN	PNA	32	82.1140	177 MIMI WYNDHAM	PNA	35	75.0149
114 LIZ MC CORMACK	PNA	39	82.0772	178 ERIC DYBDAHL	PNA	37	74.8395
115 JEREMY GERKING	PNA	23	81.7968	179 BELINDA HERRING	PNA	31	74.7085
116 CAROL MC CAIG	PRO	34	81.7837	180 DAWN PAXTON	PNA	32	74.5364
117 PAUL VAN SANT	PNA	27	81.7821	181 KATIE BUCKNER	PNA	39	74.5356
118 PETE GILLIS	PNA	41	81.7796	182 JESSE PACE	PNA	44	74.5046
119 DAVE STEELE	PNA	52	81.7180	183 MARK AARSTOL	PNA	35	74.1826
120 YVONNE DYMERSKI	PNA	36	81.6540	184 MARK WATLING	PNA	45	73.9908
121 JAMES WORREL	PNA	74	81.5976	185 MARION MUELLER	PNA	85	72.9947
122 WAYNE METHNER	PNA	43	81.5881	186 HAL YOUNG	PNA	75	72.6915
123 ALAN CAPRON	PNA	27	81.4964	187 CHARLES THRASHER	PNA	34	71.8300
124 WENDY VAN DESOMPELE	PNA	31	81.4293	188 PAUL SENUTY	PNA	34	71.8185
125 CYNTHIA HIRST	PNA	34	81.1461	189 DUNCAN MITCHELL	PNA	46	71.7749
126 ALLISON MOORE	PNA	27	81.0884	190 MICHAEL PETERS	PNA	27	71.7065
127 MEL LEBSACK	PNA	48	81.0103	191 WALLER TAYLOR	PNA	44	71.3574
128 BRYAN SPARROWHAWK	PNA	41	80.9698	192 MARCIA STOCK	PNA	42	71.2480
129 KEVIN PRIGGER	PNA	33	80.9683	193 TOM FOLEY	PNA	62	70.8735
130 JACK HALLIGAN	PNA	29	80.9647	194 KERRY NESS	PNA	27	70.7075
131 KAREN KOWALCHYK	PNA	32	80.8891	195 CAROLYN BALDWIN	PNA	62	70.6315
132 JAMES KETTLEBOROUGH	PNA	29	80.8583	196 KATHY MOORE	PNA	29	70.5916
133 JULIE TARADAY	PNA	26	80.8071	197 MARION CHADWICK	PNA	75	70.5373
134 CATHERINE BROOKS	PNA	48	80.8028	198 JANET MYERS	PNA	30	70.0164
135 LINDA MARIZ	PNA	48	80.7422	199 RICK FULLMER	PNA	35	69.9139
136 BECKY SKAGGS	PNA	26	80.6848	200 JENISE DOTY	PNA	49	68.5600
137 LANI DOELY	PNA	40	80.4986	201 CYNTHIA ROSIK	PNA	64	68.0984
138 ANN LEMKE	PNA	27	80.0467	202 JOAN DAVIS	PNA	66	67.5055
139 EMILY ANDERSON	PNA	22	79.8950	203 SANDY MC NEEL	PNA	44	67.3583
140 STEVE DELEHOY	PNA	43	79.8509	204 DEBORAH BAGG	PNA	43	67.2306
141 INGELA THOMSEN	PNA	29	79.8256	205 EVERETT CASSELL	PNA	83	66.3113
142 MAXINE CARLSON	PNA	77	79.7590	206 HELEN SCHUCHART	PNA	78	65.7860
143 B J SLATER	PNA	25	79.7534	207 NANCY LAWRENCE	SQM	74	65.6574
144 TAMMI KEELER	PNA	28	79.4168	208 CHAYA AMIAD	PNA	58	65.5998
145 DAVE ALLES	PRO	24	79.3880	209 DAVID NUNN	PNA	33	64.7651
146 GORDON GRAY	PNA	51	79.2889	210 MIKE SAUNDERS	PNA	44	63.9062
147 JULIE BRUNO	PNA	42	79.1886	211 ELLIOTT KEPHART	PNA	54	63.8327
148 KRISTY GLAZE	PNA	40	79.1616	212 MARGARET WINNIE	PNA	64	62.9887
149 ABBIE MORRIS	PNA	42	79.0600	213 FRED LOCKE	PNA	64	62.7904
150 SUSAN DEARBORN	PNA	60	79.0331	214 GERRY PLUNKETT	PRO	50	62.5048
151 MARK JAEGER	PNA	43	78.9775	215 KAREENA KING	PNA	22	61.2478
152 DAVID HARGER	PNA	35	78.8492	216 HUGH JAMES	PNA	55	60.7530
153 MICHAEL SCHAEFFER	PNA	40	78.6950	217 PEGGY POMEROY	PNA	66	60.2738
154 PATRICIA SCHIMMEL	PNA	35	78.1508	218 ROLLIE ROBERTS	PNA	61	59.9223
155 LEE CARLSON	PNA	56	78.1133	219 RUSSELL KNUDSEN	PNA	74	57.8482
156 TERRI COLBECK	PNA	34	78.0719	220 COLIN MAILER	PNA	58	57.2361
157 TARA CANNAVA	PNA	31	77.9826	221 JIM LEMIEUX	PNA	39	54.7820
158 STEVE GILES	PNA	28	77.9006	222 FOREST BROOKS	PNA	49	47.6545

PNA 1996/1996 Short Course Yards Percentage of Improvement

1 DAN FROST	PNA	28	8.3724
2 JANET KAVADAS	PNA	66	7.2332
3 ROLLIE ROBERTS	PNA	61	7.0948
4 MEL LEBSACK	PNA	48	6.8141
5 CHARLES THRASHER			
	PNA	34	6.0431
6 JEANETTE VALLANDIGHAM			
	PNA	50	5.9574
7 ROY INGHAM	PNA	72	5.6939
8 LIZ MC CORMACK	PNA	39	4.6611
9 PAUL SKOGLUND	PNA	29	4.3130
10 ABBIE MORRIS	PNA	42	3.9783
11 ERIC DYBDAHL	PNA	37	3.9020
12 JENISE DOTY	PNA	49	3.5191
13 KRISTY GLAZE	PNA	40	3.4327
14 CORAL BERNIER	PNA	41	3.3586
15 JIM MC CLEERY	PNA	50	3.2664
16 JOAN DAVIS	PNA	66	3.1199
17 LAWRENCE NORDELL			
	PNA	56	3.0407
18 MIKE SAUNDERS	PNA	44	2.9332
19 GENE CROSSETT	PNA	83	2.7621
20 BETTY KERCHEVAL	PNA	72	2.7263
21 CYNTHIA ROSIK	PNA	64	2.4867
22 LISA WILSON	PNA	35	2.4748
23 MURIEL FLYNN	PNA	73	2.3489
24 LANI DOELY	PNA	40	2.2983
25 MARK WATLING	PNA	45	2.2616
26 LINDA SULLIVAN	PNA	40	1.9814
27 PINKY WALKER	PNA	54	1.8869
28 JEREMY GERKING	PNA	23	1.7414
29 STEVE THRASHER	PNA	55	1.6717
30 CLARK PACE	PNA	44	1.5800
31 CAMILLE THOMPSON			
	PRO	42	1.4845
32 GORDON GRAY	PNA	51	1.4660
33 ERIK STROM	TVM	30	1.4612
34 SARAH WELCH	PNA	50	1.4503
35 MARY PAT LAWLOR			
	PNA	36	1.4168
36 JEFF PARADEE	PNA	37	1.3673
37 BERNIE KINGSLEY	PNA	38	1.3203
38 DEBORAH BAGG	PNA	43	1.3161
39 ALLISON BEADLE	PNA	32	1.2758
40 TAMMI KEELER	PNA	28	1.2552
41 HELEN SCHUCHART			
	PNA	78	1.2281
42 DONNA KEYSER	PNA	39	1.0272
43 CHARLOTTE DAVIS	PNA	47	0.8512
44 MARC FAIRBANKS	PNA	45	0.5591
45 GREG HARRISON	PNA	45	0.4460
46 HAL YOUNG	PNA	75	0.3684
47 RICK FULLMER	PNA	35	0.3411
48 PASCAL RONCALEZ			
	PNA	37	0.3266
49 SUZANNE STROM-REED			
	PNA	48	0.3033
50 IAN THOMPSON	PNA	47	0.2490
51 PAT MATTHIESEN	PNA	80	0.2430

North Whidbey Masters
1121 SW Barrington Dr #4
Oak Harbor WA 98277-4585

July 7, 1997

Dear Masters swimmers,

The North Whidbey Masters wish to invite you to visit the beautiful Puget Sound region of western Washington this November for the 1997 USMS Northwest Zone Short Course Meters Championships. For the second consecutive year, we will host this meet at the John Vanderzicht Memorial Pool in Oak Harbor, Washington on November 15 and 16.

Oak Harbor is located on Whidbey Island, the longest island in the continental United States. A comfortable two-hour drive from either Seattle or Vancouver brings you across scenic Deception Pass. Washington State Ferries also connect Whidbey to the mainland at Mukilteo (near Everett) and Port Townsend on the Olympic Peninsula. Harbor Airlines, a corporate partner with Alaska Airlines, has several flights daily between Oak Harbor and Seattle-Tacoma International Airport.

Oak Harbor and Whidbey Island are abundant in both heritage and natural beauty. Both the cities of Oak Harbor and Coupeville, as well as Ebey's Landing National Historical Reserve, preserve the rural character of life present since the first Dutch settlements on the island. The island's shoreline varies from the sheer-sided cliffs of Deception Pass to the flat, gentle beaches along Penn Cove, known for its world-famous mussels. Three state parks on the north end of Whidbey are abundant with old-growth forests and various recreational opportunities. The island is also home to a large U.S. Navy air station, home to the Navy's maritime patrol and electronic combat squadrons. November weather is generally cool, but mild. Shadowed by the Olympic Mountains, Whidbey Island typically receives half as much rain as Seattle and other Puget Sound communities.

Enclosed is a meet entry form and additional information about the meet. Additional information about lodging and sightseeing is available upon request. Details about post-meet socials will be forthcoming. In addition to Northwest Zone swimmers, we will be inviting swimmers from British Columbia to participate. Of course, all Masters swimmers, their families, and their friends are welcome.

One unique facet of this meet is that we will make relay event distances discretionary to the swimmers. That is, relay teams will choose the distance (200m, 400m, or 800m) that they desire to swim. This is being specifically done to raise interest in the relays and to allow expanded opportunities for club, regional, national, and world records to be broken.

We wish you all good workouts this fall and trust that you will have an enjoyable Whidbey Island experience at the Zone Championships.

Sincerely,



Dan Frost
Meet Director
(360) 675-5751 / frosty@usms.org

HAPPY BIRTHDAY - PNA SWIMMERS

09/16	TIMOTHY GILMORE	10/03	PHIL BRENNAN
09/17	STEVEN PETERSON	10/04	ANDY GORSKI
09/17	AMY BARIBEAU	10/04	JEFFREY PARADEE
09/18	FRANCIS LANGLOIS	10/04	DENISE KLISKEY
09/19	PATRICK SULLIVAN	10/05	KATHRINE CASEY
09/20	PILAR BOESEN	10/05	KEITH SZOT
09/20	JOHN KOKES	10/05	HAROLD (HAL) YOUNG II
09/20	SABRINA LIGHTBOURN	10/05	CATHERINE BROOKS
09/21	ALISON DILLOW	10/06	JEFF STRIDE
09/21	MICHAEL LAMB	10/06	JOAN DAVIS
09/21	ROGER RUDOLPH	10/06	DUKE EIDE
09/21	STEVEN LAY	10/07	RONALD RAUCH
09/23	GERRY PLUNKETT	10/07	JEAN CANTU
09/23	RICHARD BREUHAUS	10/08	KATHLEEN BLANCHARD
09/24	JENNY BROWN	10/08	ERIC CROSS
09/24	WHITNEY THOMPSON	10/08	DAVID GOLDMAN
09/25	NICHOLAS PARRY	10/08	HOLLY OLMSTED
09/25	JEFFREY DAHL	10/09	GARY KELSBERG
09/26	JOE BERNOLFO	10/09	STUART SCARFF
09/26	BOBBY GALLEGOS	10/09	JULIA BENT
09/26	ALAN CARDWELL	10/10	CORI WELLS
09/26	RICK FULLMER	10/11	JANELLE MCCOY
09/27	LYNN BANDY-GROSS	10/11	TAMMI KEELER
09/28	ALICIA CAMERON	10/11	DOUGLAS THOMPSON
09/28	KIRSTEN GAGNAIRE	10/12	BOB JEANS
09/28	JEFF ZIESEMER	10/12	RICHARD FOXLEE
09/29	MARTHA PETERS	10/13	RUTH AFFLACK
09/29	DAVID TONEY	10/13	WENDY WARNE
09/30	BILL CARTER	10/13	ANNE MC CLENAN
10/01	DENNIS DACEY	10/13	PATRICIA SCHIMMEL
10/01	JULIE BRUNO	10/13	ANDREW EPPERSON
10/02	JOAN RANDISH	10/14	MARK HEINRICH
10/02	C.A. MANSFIELD	10/14	ERIC SMITH
10/02	MARION CHADWICK	10/15	KARI EINSET
10/02	WILLIAM BROWN	10/15	SUSAN DEARBORN
10/02	SHARON MARCOE	10/15	STEPHEN BERGMANN
10/03	DONNA HUSS		
10/03	SALLY REED		

WELCOME TO THE PNA

CHARLES BELL
 JACQUES BERGERON
 WILLIAM BROWN
 SPENCER BUFFINGTON
 KATIE BURNETT
 CHRIS COX
 TYREE CRUZ
 NINA CUNNINGHAM
 MELVIN DRIVER
 ANNEMARIE HOBBS
 MARY IGARTA
 EVAN KAPLAN
 TODD LANTRY
 ANDREW LYLE
 MOLLY MUNRO
 SUZANNE PERMUTH
 DAWN REEDER
 JOHN SEMANICK
 DAVID TURNER
 STEVE WRIGHT



(Continued from page 1)

team posted, and again the receptionist at the front desk didn't help me very much, except to say that he would pass this letter on to you. Frankly, I do not understand why I should be bending over backwards trying this hard to contact you.

I still wish to learn more about your adult swimming group, with the intent on possibly joining it in the future. Thank you for your prompt reply.

Signed,

Wood B. Master

1997 USMS Long Distance 3000/6000 Yard National Postal Championship - Individual Entry Form

Swim may take place anytime from September 1 through October 31, 1997

Name _____ Sex _____ Age _____ DOB _____ Phone _____
 Address _____ City _____ State _____ Zip _____
 Registration # (USMS #) _____ Official's Signature _____ Date _____
 Club _____ Recorder's Signature _____ Date _____

Release From Liability:

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

Competitor's Signature _____ Date _____

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

Entries must be postmarked in the 50 states by November 9, 1997 or received by November 15, 1997

USMS rules require a time to be recorded for every 50 yards. You must record the cumulative time for each 50 yards and may record the lap or split time as well. Record cumulative times to the nearest tenth of a second and record the final cumulative time to the nearest 100th of a second.

A Complete Entry Includes:

- 1) Complete entry form with all cum splits and three signatures.
- 2) Check or money order for US \$10 made out to PNA.
- 3) Copy of 1997 USMS (or foreign national) registration.

Circle T-Shirt Size
 1st T-Shirt Size S M L XL XXL
 2nd T-Shirt Size S M L XL XXL

Mail Entries To: Gary Maynard
 13818 SE 7th Street
 Bellevue, WA 98005

Individual Fee Calculation	
Individual Entry Fee	\$10.00
T-shirts @ \$12 each +	_____
Total =	_____