

# THE WET SET



VOLUME 18 • ISSUE 6

JULY – AUGUST 1999

## A Unique Nationals, Santa Clara, California

By Dan Frost

In some respects, the Santa Clara nationals were just what you would expect. There was a quality 25-yard pool, good officials, and Masters swimmers from all over the world. After that, these nationals were unique in numerous ways.

First, it was in sunny California. REALLY sunny California. During the entire four-day event, there was at most only one sighting of clouds. However, that did not mean that the conditions were always pleasant. Most Masters realized by the end of the second day that in Santa Clara, the weather goes through three seasons every day. Swimmers showing up for the early warm-up and the first event of the day would come to the pool seeing a gently rising fog of vapor mist rising from the pool into the mid-50 degree air. At mid-morning, the sun was at full strength, temperatures were up to the 80s, and eye and skin protection from the sun became a necessity. Once the afternoon came, it brought those infamous cool and strong ocean breezes right off of San Francisco Bay just as the large grandstand overhang covered the pool with shadows.

Second, it was in Northern California, the hotbed of Masters swimming. Just over 2000 Masters registered for the nationals, making it the second largest USMS national championship meet ever. Many, of course, came from the 8000 member Pacific Masters LMSC encompassing the Bay Area and surrounding counties. Despite the large number of participants, the meet ran smoothly every day, with the first events starting every morning at 8 AM and the final relays finishing near 5 PM. Also, those Masters who signed up to swim in six events were allowed to swim all

*(Continued on page 7)*

## LEADING OFF

By  
Lee Carlson

I know each of us has butterflies or nervous tension from time to time. Giving a talk in front of a group produces nervous energy for me. I get this same feeling before a National Meet. Remember, you don't need to be a star to go to Nationals (you don't even need to meet time standards to swim one's first three events) but being in shape is a good idea.

For about three weeks I had been doing broken swims and sprinting to get ready for the USMS Short Course National Championships in Santa Clara, Calif. My times were OK but, then I

*(Continued on page 2)*



**WELCOME TO THE FOLLOWING  
SWIMMERS WHO HAVE RECENTLY  
JOINED THE PNA!**

MICHELLE BALL•ALLYSON BOND•RUSS BORGNIN•HOLLY CASE•  
DAVID CONNER•KELLY CRANDELL•JOHN DEWIT•LINDA FORST-  
DUKE•BETH LEVINE•BARBARA MACDONELL•MARIELLE MAR-  
TIN•NORA MASTERS•MARY MERKER•ALAN MILLER•  
KYMMBERLY MYRICK•MICHELLE PATRICK•BETH PURCELL•  
RACHEL ROBERTS•KRISTIE SAILAND•TERESA SOUCIE•  
HERSHELL THOMPSON•SHAWN UNDERWOOD•CRAIG WILLIAMS

**VISIT OUR WEBSITE AT WWW.SWIMPNA.ORG**

## Inside

Results  
USMS SC  
Nationals



A Unique Nationals by Dan Frost  
Page 1/7

Masters Events Calendar  
Page 3

Orca Swim Team takes trophy at the 10th IGLA  
Championships in Atlanta  
Page 19

Entry Forms  
5/10K Postal Championship Article Page 10  
SCM Pentathlon

# LEADING OFF

By  
Lee Carlson

(Continued from page 1)

had only been swimming three days a week. When I got outside the Santa Clara venue and looked at the 20 lanes side by side my adrenaline really started flowing.

My first event was the 50 back. Mentally I knew I was ready and in a short event there are only three areas to screw up -- the start, the turn, and the finish. All seemed to come together and I swam my best time in the last seven years for that event, even bettering my goal time. This set the stage for two other good swims and some personal best times.

The motivation at Nationals is different for each of us. Husband Steve told

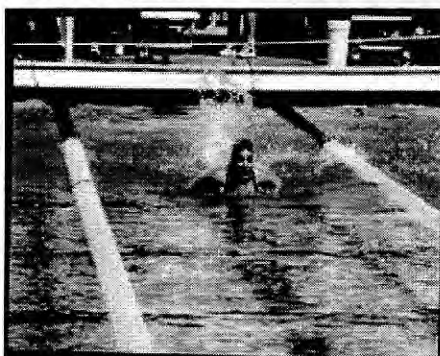
Kerry Sussex, who would be swimming in her first Nationals meet, that she "couldn't come just to party", that she had to swim. Kerry observed "yes", she was nervous and that it felt like she

needed to visit the bathroom before each event. For Mike Jones, competing with a time of under 1:00 in the 100 fly. He also learned that at Nationals the heats proceed so quickly that if one misses their fly heat the event has to be swum in the free-style heats.

For Dan Frost, the satisfaction was in service to PNA by doing a great job arranging the relays and helping to move the women into a 6<sup>th</sup> place and

the men into 12<sup>th</sup> place. This also resulted in the overall team of 47 placing 9<sup>th</sup> overall. For Sue Dills and Sally Dillon, both recovering from injuries, the reward was in finishing surprisingly well. Sue won the 1650 and Sally was 2<sup>nd</sup> and 3<sup>rd</sup> in two of her Breaststroke events. For Bob Miller it was finishing a pool length ahead in his race and completing the 200 back in a time people 20 years younger would love to achieve.

Sarah Welch swam next to a college teammate - She wasn't about to let that schoolmate swim a faster 100 free — than she did. Kathy Casey scared a number of swimmers with her strong performance and was within 5 one-hundredths of a second of placing 1<sup>st</sup> in

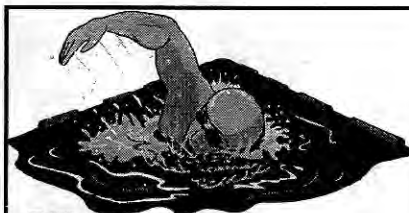


the 200 Butterfly. Mike Schaefer together with Steve Sussex led the PNA contingent in cheering and really was fired up before his race by enthusiastic and supportive PNA swimmers.

We watched Bill Reeder struggle to get into a super-suit and were amazed when his grandfather, also Bill Reeder swam the 1650--Backstroke. Pretty much everyone swam his or her (or better) seed times. Karin Gardner and Debbie Glassman swam six events and did well in each. Jan Beckman and Frank Leonard had special support from their kids. Claire Painter and Tonya Berg not only had good swims but also had a fun drive to the meet in

(Continued on page 18)

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always has been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot, and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.



## THE WET SET

Volume 18 • Issue 6  
July - August 1999

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# MASTERS CALENDAR

OPEN WATER  
POSTAL SWIMS  
MEETS  
CLINICS

Events in Washington, Oregon, British Columbia, Idaho, and Alaska, plus USMS Championship events.  
PNA Events are listed in **BOLD**. All events subject to change.

**May 15 - September 30**  
**USMS 5k & 10k Postal Championship**  
**Jane Moore (253) 925-0803**  
**See entry article in this issue of *The Wet-Set***

July 17  
Snake River 8.5 mile OW Swim  
King Hill ID to Glens Ferry ID  
Dick Cooke (208) 853-9999  
E-mail: richcooke@aol.com

July 18  
Steve Omi 1mi OW Swim  
Coeur d'Alene ID  
Margaret Hair (208) 667-3721 [h] / (208) 765-2086 [w]

July 24  
Senior Masters Sports Festival LCM  
(ages 30 and over)  
Echo Hollow Pool / Eugene OR  
Arden Adams (541) 688-4013

**July 31 - August 1**  
**Northwest Zone LC Championships**  
**Federal Way WA**  
**Hugh and Jane Moore (253) 925-0803**  
**Entry Form in May/June issue of *The Wet-Set***

July 31 - August 1  
Central Oregon Masters 1.5k/3k OW swims  
Elk Lake OR  
Dan Gray (541) 944-0529  
E-mail: openwater@swimoregon.org

August 7  
Kitsilano Challenge OW swim (1k/2.5k)  
Kitsilano Beach / Vancouver BC  
VOWSA (604) 290-9425

August 14 - 15  
Oregon Masters OW swim clinic (Aug. 14)  
and OW Championships (Aug. 15) - 1.5k/3k  
Cottage Grove OR  
Dan Gray (541) 944-0529  
E-mail: openwater@swimoregon.org

August 19 - 23  
USMS Long Course National Championships  
Minneapolis MN  
Paul Windrath (612) 388-8524  
E-mail: pwindrath@compuserve.com  
See on-line information at [www.usms.org](http://www.usms.org) or see entry form in the May/June 1999 issue of *Swim Magazine*

August 21  
Emerald City 0.5 mile & 1 mile OW swim  
Lake Washington / Seattle  
Kristen Schuler (206) 684-4766

August 21  
Longbridge 1.75 mile OW swim  
Lake Pend Oreille / Sandpoint ID  
Eric Ridgway (208) 265-5412  
Website: [www.keokee.com/longbridgeswim](http://www.keokee.com/longbridgeswim)

August 28  
North Bend 1.5k/3k OW swims  
Eel Lake / North Bend OR  
Dan Gray (541) 944-0529  
E-mail: openwater@swimoregon.org

September 1 - October 31  
USMS 3000 yd & 6000 yd Postal Championships  
Marie Hufinger (727) 521-1172  
Look for information by visiting the web site listed below.

September 6  
Columbia River Cross Channel 1 mile OW swim  
Hood River OR: Hood River City Chamber of Commerce (800) 366-3530

September 12th, "Gatorman/Gatorwoman"  
1 & 3-Mi Rough Water Swims - La Jolla, CA OW;  
LJRWS, PO Box 46, La Jolla, CA 92038, 619-456-2100; Phone number gives 24-hour recorded info.;  
Entry deadline 9/3/99

**Oak Harbor-Short Course Meters - Pentathlon**  
**October 2**  
**John Vanderzicht Memorial Pool**  
**Sally Dillon (360) 679-5038**  
**E-mail: [salswmr@oakharbor.net](mailto:salswmr@oakharbor.net)**  
**See meet entry this issue of *The WetSet***

**October 30**  
**GLAD-Robin O'Leary**  
Look for information and entry form in the September issue of *The WetSet*

**November 22**  
**Bangor, Navel Submarine Base**  
**Steve Peterson**  
Look for information in a future issue of *The WetSet*

**Orca Annual Snow Ball Meet 2000**  
**January 15**  
**Helen Madison Pool, Seattle WA**  
**Brad Palmer (206) 223-9359**  
**E-mail: [orcaNews@yahoo.com](mailto:orcaNews@yahoo.com)**  
**Look for meet entry in future issue of *The WetSet***

May 11-14, 2000  
2000 USMS SC Nationals - Phoenix, AZ  
SCY; Pierre LaFontaine, 2902 E Campbell, Phoenix, AZ 85016, 602-468-9088, 602-468-0319 (fax)

For further information on Masters events, call or mail the point of contact, the WetSet editor, or any of the following newsletter editors... (also, see The Final Lap for World Wide Web addresses)

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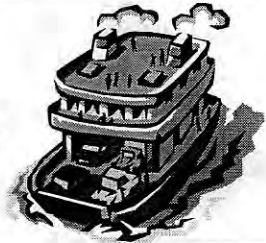
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# NEWS ABOUT PNA SWIMMERS



## THE BABY JOINS MASTERS: A tribute to all who helped raise her By Mom (Kathy Casey)

Kelly Casey (Crandell) turned 19 on July 7th. She's been part of Masters Swimming since before she was born. A few months before Kelly's birth, somebody met Mom at the end of a race and jokingly told her she was "going to be D-QED" because there were too many people in her lane! Kelly first appeared at the pool one week after she was born. She had black, curly hair that frizzed up while she was on deck. She sat in her infant seat and scowled the whole time. Mom later decided that the scowl was because she wanted to go swimming. In the water with Mom, Kelly knew where she wanted to go, she could do rotary breathing, and she would stand on the bottom of the pool and wait for Mom to pick her up (Mom still wonders how she did that). She would pull in next to Mom's butterfly and match his stroke for stroke in her water wings and little green fins. When Kelly's water wing developed a hole, "worried" Mom put her in the pool with strict instructions to swim across the corner of the pool while Mom hovered over her. Kelly swam into the middle of the pool and never looked back. She knew how to swim and Mom didn't know it! Kelly thought swimming was like walking; everybody just did it. Because she started so young, Kelly holds the record for doing the most deep-water tests for every new lifeguard so she could go off the diving board.

Kelly learned social skills by visiting with swimmers from her playpen at workouts and at all the meets Mom would attend. You were all so kind! If Kelly woke up from a nap while Mom was swimming the 500, one of you would pick her up and hold her until Mom finished with the workout or race. [Kelly could nap 10 yards from a starting gun, sleep on a towel in the locker room, or sleep under a bed in a college dorm room]. Many of played game with her for years and even shared your food with her. She had a penchant for fruit and she knew who brought it to meets. Kelly and her green "blankie" traveled to lots of pool decks with Mom. Just before Kelly turned two, she practiced eating on her knees in a real chair before a swim trip (no room in the VW bug for a high chair). At the banquet on her knees in a chair, she ate and ate spaghetti while her older brother slept under the table.

Kelly grew up helping with records and top ten, the USMS rulebook, answering calls from swimmers all over the nation, and helping at meets. Last August she did record documentation at long course nationals in Walt's place. She's traveled all over with Mom and Walt, and she's met many different people. Thanks to all of YOU masters swimmers, she has learned how to relate well with people and has a great sense of self-confidence. Hillary Clinton is right. It does "take a village to raise a child." Growing up on the pool deck with masters' swimmers isn't half-bad! **Happy Birthday, Kelly!**

## WetSet Subscription / Change of Address Form

The *WetSet* is PNA's official newsletter. It is produced 10 times a year and 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 request a change of address or a new subscription, please send this completed form to:

Suzanne Dills  
PNA Registrar  
1101 N Northlake WY  
Seattle WA 98103

IMPORTANT NOTICE - *The WetSet* is sent via Bulk Mail, and is NOT forwarded by the U.S. Postal Service.

- CHANGE OF ADDRESS
- NEW SUBSCRIPTION

<b>AFFIX ADDRESS LABEL HERE</b>	
NAME _____	_____
ADDRESS _____	_____
CITY/STATE/ZIP CODE _____	_____
PHONE _____	USMS #36 _____

If you would like to become a PNA member or renew your membership, and receive *The WetSet* and *Swim Magazine*, please use the Member Registration Form on the back cover of this newsletter.

**Performance Percentages** by Gordon Gray

Following are the 1998/1999 short course yards swim percentages based on the national records for age groups). Of the 328 PNA swimmers (of 778 registered) who swam any event, 134 swam at least five different events to qualify for this calculation, i.e., ranking by average of their five best events.

Bob Miller led with the top percentage of 99.8%, just shy of the elusive 100%. He broke 2 national and 4 zone records at nationals. Last year's winner Jim Penfield took a break this year, swimming only 3 events and therefore not qualifying for this ranking. The percentages are based upon national records in the current age group and the next age group up and are calculated by day, according to one's birth-date. [For a more detailed discussion see the December, 1998 WetSet.]

One might ask how easy it is to compute these percentages. Unfortunately, computers haven't evolved to the point of automatically doing everything, so a certain amount of work (including programming) is involved. The data comes from the monthly meets and the results compared and collated—double checking against the PNA registration database. Problems arise when there are different spellings of names, incorrect ages, etc. You can help by completing registration and swim entry forms neatly and by using the same name you register with when you enter meets. Also, ensure that your registration is current when entering a meet (a meet director doesn't need the added problem of tracking down unregistered swimmers).

## PNA 1998/1999 Short Course Yards - By Percentage

001 Bob Miller 70	99.8080	043 Joseph Keenan 52	85.4193
002 Steve Sussex 43	97.0696	044 Jim Williams 42	85.1760
003 Muriel Flynn 76	94.8954	045 Suzanne Strom-Reed 50	84.8726
004 Zena Courtney 39	94.4550	046 Reb Cobb 27	84.8451
005 Suzanne Dills 54	93.5301	047 Hugh Moore 44	84.7081
006 Gary Chase 59	93.5247	048 Sarah Welch 52	84.6013
007 Mary Lippold 43	93.3251	049 Tracy Larson 37	84.5877
008 Sally Dillon 52	92.8014	050 Mark Blagdon 44	84.5679
009 Debbie Glassman 44	92.6506	051 Michael Schaeffer 42	83.8246
010 Kathrine Casey 50	92.2332	052 Bill Reeder 46	83.7812
011 Lisa Wilson 37	92.1670	053 Jennifer Londergan 26	83.4792
012 Larry Wright 50	91.8536	054 Frank Leonard 44	83.4317
013 Tom Taylor 68	91.8500	055 Araina Bennatts 24	83.3536
014 Ronald Jacobs 47	91.8461	056 Carol McCaig 36	83.3520
015 Bob Fish 35	91.6944	057 Betty Kercheval 74	83.1763
016 Gene Crossett 84	91.6035	058 Dan Frost 30	83.14740
017 Tonya Berg 40	91.4051	059 Michael McKinlay 55	82.9626
018 Kathy Byers 38	91.1297	060 Jeff Schulz 45	82.8688
019 Janice Miller 60	91.0456	061 Pascal Roncalez 39	82.5272
020 Steve Ruitter 34	90.5035	062 Kelly Welch 33	82.4563
021 Linda Hegeberg 29	90.0476	063 James Worrel 76	82.4440
022 Jim McCleery 53	89.9857	064 Bob Dorse 67	82.2926
023 Michael McColly 53	89.9568	065 Larry De Groen 37	82.2355
024 Jeff Stride 29	89.7132	066 Michael Jones 38	82.2093
025 Frank Warner 50	89.4906	067 Patrick Gibbs 33	82.2011
026 Harvey Prosser 70	89.0630	0068 Deborah Taylor 41	81.8735
027 Rick Peterson 47	88.9157	069 Betsy Herring 52	81.7626
028 Carolyn Mathews 36	88.8215	070 Joy Rogers 57	81.5396
029 Cathy Cooley 41	88.4804	071 Carolyn Behse 56	81.0295
030 Pinky Walker 56	88.0669	072 Lani Doely 43	80.5157
031 Steve Peterson 52	87.7423	073 Jim Lasersohn 34	80.3352
032 Pat Matthiesen 82	87.6143	074 Dempsey Dybdahl 50	80.1586
033 Eric Hutchinson 56	87.2673	075 Wendy Van Desompele 32	80.1449
034 Chris Cushman 24	87.0045	076 Eric Dybdahl 39	79.6889
035 Jan Beckman 44	86.5436	077 Matthew Lind 34	79.5431
036 Tom Leonard 36	86.5395	078 Erik Swenson 46	79.3458
037 Gregory Harrison 47	86.2339	079 Gordon Gray 53	79.3323
038 John Sylvester 42	85.7921	080 Clark Pace 46	79.2310
039 Karin Gardner 30	85.6670	081 Linda Sullivan 42	79.1624
040 Lee Lindenau 32	85.6255	082 Clare Painter 30	79.1479
041 David Addleman 64	85.5663	083 M. Leigh Johnson 50	78.7419
042 Jack Stavros 38	85.4828		

(Continued on page 6)

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084 James Scantland 63	78.6224
085 Lee Carlson 58	78.5273
086 Phoebe Terhaar 42	78.3496
087 Cynthia Hirst 36	77.8994
088 Maxine Carlson 79	77.0966
089 Charles Thrasher 36	77.0903
090 David Austin 24	76.7766
091 Patrick Sullivan 51	76.5489
092 Jett Vallandigham 52	76.0208
093 Paul Verner 44	76.0004
094 Wendy Hoffman 36	75.6789
095 Jeff Gross 48	75.0930
096 Jennifer Leland 28	74.6266
097 Leslie McCullough 29	74.5476
098 Paul Senuty 36	74.5331
099 John Semanick 25	74.2801
100 Hope Dean 40	74.2331
101 Jeanne Ensign 52	73.7491
102 Hal Young 77	73.5699
103 Steve Plate 45	73.4841
104 Jesse Pace 46	73.1573
105 Janet Kavadas 67	72.4870
106 Kerry Sussex 43	72.3585
107 Scott Engelhard 42	71.0117
108 Lance Calisch 44	71.0096
109 Sheila Finn 29	70.7927
110 Kathy Moore 32	70.6914
111 Tom Foley 64	70.1571
112 Colleen Decillia 37	69.9786
113 Lorraine Eadie 22	69.9723
114 Duane Reed 60	69.8986
115 Carolyn Baldwin 65	69.2202
116 Gerry Plunkett 52	68.7323
117 Kerry Ness 29	68.7205
118 Jane Moore 47	68.6708
119 Don Gallagher 51	68.3890
120 Robert Parker 58	67.0825
121 Tom Walker 52	67.0776
122 Marilyn Sisco 65	66.9241
123 Helen Schuchart 80	66.8182
124 Janet Getzendaner 58	66.8077
125 Marion Chadwick 77	66.7224
126 Sandy McNeel 46	66.4319
127 Jennifer Adkins 19	65.6409
128 Everett Cassell 85	65.2813
129 Kari Einset 39	65.0619
130 John Mettler 44	63.9595
131 Barbara Young 57	58.1049
132 Chip Waterbury 44	57.5032
133 Willa Dawson 52	53.8972
134 Forest Brooks 51	45.7205

The second list shows the percentage improvement over the 1998 percentage. Of the 66 swimmers who are listed in both 1998 and 1999, 39 bettered last year's efforts. Don't take these numbers too seriously. For example, a distance swimmer who enters only a sprint meet in one year will have a lower percentage compared with other years.

PNA 1998/1999 Short Course Yards - Percentage of Improvement

1 Linda Hegeberg 29	8.8719
2 Hal Young 77	7.8524
3 Jan Beckman 44	7.1751
4 Charles Thrasher 36	6.9630
5 Steve Sussex 43	6.5595
6 Sandy McNeel 46	5.5093
7 Dempsey Dybdahl 50	4.9577
8 Muriel Flynn 76	4.5531
9 Marion Chadwick 77	4.4682
10 Pat Matthiesen 82	4.3143
11 Carolyn Mathews 36	4.2373
12 Jesse Pace 46	4.1692
13 Jim Williams 42	4.0534
14 Gerry Plunkett 52	3.6880
15 Jeanne Ensign 52	3.6426
16 Bob Fish 35	3.4719
17 Lisa Wilson 37	3.3604
18 Wendy Hoffman 36	3.2129
19 Eric Dybdahl 39	2.6055
20 Mary Lippold 43	2.5323
21 Lee Carlson 58	2.1625
22 Michael Schaeffer 42	2.0077
23 Clark Pace 46	1.9961
24 Bill Reeder 46	1.8507
25 Debbie Glassman 44	1.8320
26 Steve Peterson 52	1.6446
27 Pinky Walker 56	1.4665
28 Tom Foley 64	1.4211
29 Gordon Gray 53	1.3026
30 John Sylvester 42	1.1181
31 Kathrine Casey 50	0.9835
32 Jett Vallandigham 52	0.8279
33 Lani Doely 43	0.7915
34 Tonya Berg 40	0.6013
35 Betsy Herring 52	0.5437
36 James Worrel 76	0.4504
37 Janet Kavadas 67	0.1550
38 Karin Gardner 30	0.1393
39 David Austin 24	0.0898

The 3rd list shows all swimmers for the past five years who obtained better than 95% (let's call this Olympic caliber!). The numbers in parentheses indicate those who have made this list multiple times.

## 1995-1999 Best Ever Percentages

Jim Penfield 1998 90	111.3390 (4)
Bob Miller 1999 70	99.8080 (2)
Rick Colella 1997 45	99.4256
Nick Templeman 1997 66	99.1859
Steve Thrasher 1997 55	98.7769 (3)
Zena Courtney 1997 37	97.4573
Camille Thompson 1997 42	97.1449 (2)
Steve Sussex 1999 43	97.0696
Charlotte Davis 1997 47	96.0146 (2)
Margee Curran 1997 36	96.6281
Alan Cardwell 1997 44	96.3688
Barb Gundred 1997 45	96.0236
Sally Dillon 1998 51	95.5980

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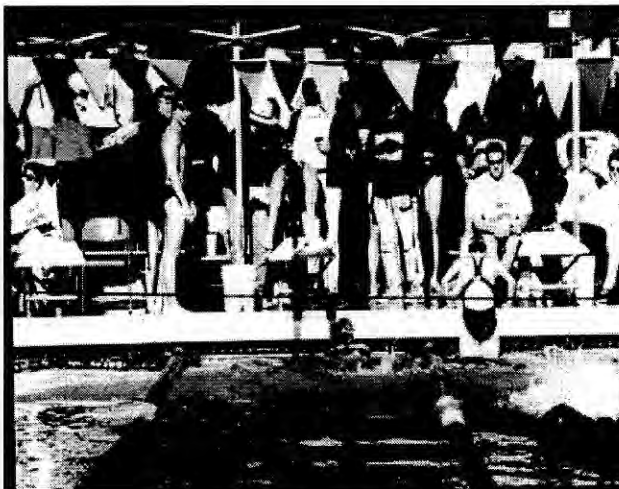
six, thanks in part to the large Santa Clara International Swim Center pool which contained two 10-lane swim courses.

The meet itself had some star power, as a number of Olympians (many of whom were Olympic medallists) participated in the meet. Olympians such as Angel Martino, Roque Santos, Jon Olsen, and Anthony Mosse (plus numerous others) wowed the crowd while swimming their specialties. The Olympians didn't steal the whole show, as there were many other special human-interest facets to the meet. Participants included one swimmer who was a double-leg amputee, and another swimmer who was blind. The youngest swimmer was 19, and the oldest swimmer was in his 90s. Plenty of other swimmers established new USMS records, and they did so profusely. Over 100 new records were set, with many previous records broken by more than one swimmer.

The Pacific Northwest Aquatics team was a very visible presence at the Santa Clara nationals, in more ways than one. The new Pacific Northwest Aquatics team t-shirts were popular not just with the team members, but drew raves from many of the other swimmers in attendance. The new PNA swim caps were both good looking and extremely hydrodynamic, boosting our swimmers' confidence in the pool and earning some extra style points as well.

Speaking of points, the Pacific Northwest Aquatics swimmers score bunches of them. The women's team was one of the largest in numbers in the medium-team division, and had a good chance to break into the top three teams against the strong local competition. In the end, the women finished just outside the top three, barely, coming away with a strong fourth-place finish. The men came into the meet with smaller numbers and stiffer competition, but still fared well with a middle-of-the-pack finish in the men's medium-team division. The combined women and men's team also finished near the center of the pack among the medium-sized teams. (It's worth noting that all the medium-team divisions this year were extremely competitive, given that only two to three teams were assigned to the large-team divisions).

While the swimmers of the Pacific Northwest Aquatics had plenty of individual achievements, some of the best swims came in the relays. For this meet, I spent many sleepless nights trying to come up with just the right relay combinations, hoping to strike it rich with a more than just a few top-ten finishes. Well, some of my combinations worked really well, and some fizzled, but all that participated had a great time. Then again, the ones who had the best time, both on and off the scoreboard, were the women of the 45+ freestyle and medley relays who won the USMS championship in both events. Their swims were outstanding, with perfect exchanges (I'm certain due to my great advice on relay starts). It turns out that the swims had to be outstanding to win in yet another highly competitive age group (The freestyle relay won by less than a fifth of a second!).



There were some other special PNA moments, too. The ones I remember most certainly include the women's relays. Another relay that I was happy to see was our mixed (two women and two men) medley relay team in the 65+ age division. Sure, I had to talk them into it (including Harvey Prosser, a fellow swimmer from Whidbey Island, who swam the butterfly leg after I was begging from my knees), but it is amazing to have such healthy and talented seniors among us. Bill Reeder got to count for his grandfather during the 1650 freestyle. Bill's grandfather is a sprite 88 years old, and swam the entire distance on his back. Bob Fish had his friends and family from Bellingham rooting for him to make his goal of swimming the 100 freestyle in less than 50 seconds (he did!). For Jeff Stride, the meet was a homecoming as the former Santa Clara swimmer swam very well in front of his family. It was a special homecoming of sorts for myself as well. Growing up in somewhat-nearby Sacramento, though never participating in swimming until leaving for college, the Santa Clara nationals were a chance for my parents to see me swim competitively for the first time. It almost did not happen, for somehow I did not inherit the gift of expert navigation from my parents ("You were supposed to drive through Milpitas... only once!").

Next spring, the USMS Short Course Nationals will be in Phoenix. It promises to be another great time in the sun for Pacific Northwest Aquatic swimmers. The meet organizers preparations are well underway, as well as the preparations of some swimmers. I'm preparing, too. I've got 10 months to finish my operation research project... writing a computer program that will automatically build relay teams•

## 1999 United States Masters Swimming 5 Kilometer & 10 Kilometer Postal National Championships

Sponsored and Sanctioned by the Pacific Northwest Association of Masters Swimmers. Sanction # 993606.

**EVENT:** Both the 5 Kilometer (5000 meters) and the 10 Kilometer (10,000 meters) postal swims are National Championship Events.

**LOCATION:** Any 50 meter pool. The 5K is 100 lengths and the 10K is 200 lengths of a 50 meter pool.

**DATE:** The swim must be completed between May 15 and September 30, 1999. **THE EVENT DIRECTOR MUST RECEIVE ENTRIES BY OCTOBER 10, 1999.**

**ELIGIBILITY:** Open to all USMS members with valid 1999 registration. **A PHOTOCOPY OF YOUR 1999 USMS CARD MUST BE SENT WITH YOUR ENTRY.** Foreign swimmers 19 years of age and older are invited to participate. Proof of membership in your nation's recognized Masters swimming governing organization is required. Foreign swimmers are not eligible for USMS records or All-American status.

**INDIVIDUAL ENTRIES:** Men and women will compete separately as individuals in five year age groups 19-24, 25-29, 30-34, etc., (5-year age groups as high as is necessary). Your actual age on the day of your swim determines your age group. Individuals who change age groups during the time of the event may enter twice but must swim the event twice, one time at each age. Swimmers may enter both the 5K and 10K but must swim each event separately. You may not use a split time from the 10K for a 5K entry.

**TEAM ENTRIES:** Team competitions will be held in 3 categories: Men (3 male swimmers), Women (3 female swimmers), and Mixed (2 male and 2 female swimmers). The team whose swimmers have the lowest cumulative time shall be declared the winner. The next lowest cumulative times will be used to determine second, third, and subsequent places. Each member of a team must also have entered the individual event for their age group. All team members must be registered with the same club. Unattached teams are not permitted. All entries must be made by registered clubs and signed by an authorized official of the club making the entry. The age of the youngest team member shall determine the age group. Teams must swim in the oldest age group for which they are eligible. Age groups are 19+, 25+, 35+, ... (10 year increments as high as is necessary).

**SCORING:** Club scoring will be tabulated based on the top ten individual finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be kept for the men, women, and combined in three categories: 5K, 10K, and Combined.

**AWARDS:** USMS Long Distance National Championship medals will be awarded to the top three finishers in each age group for the 5K and 10K Championships for men, women, men's teams, women's teams, and mixed teams. First place finishers in each age group will also receive USMS Championship patches. Certificates will be presented to the top three clubs in each category.

**RULES:** The 1999 USMS Rules govern this event. Drafting, flotation and propulsive devices (pull buoy, fins, paddles, wet suits, etc.) are not permitted. When two swimmers are sharing the same lane, each swimmer shall swim on one side of the lane during the entire race (no circle swimming). The referee shall establish procedures to prevent drafting if more than two swimmers are competing per lane.

There shall be an adult acting as a starter/head timer/referee present at all times during the swim. Each swimmer shall have a counter to record split times for every two lengths. One person may serve as a counter for a maximum of two swimmers per heat. A stopwatch or electronic timing system may be used. We suggest that 2 watches with fresh batteries be used to ensure that an official swim can be recorded, to the nearest hundredth of a second. A 5K National Record may be established by using a swimmer's 5K split time from a completed 10K swim if the intent to record a split time is brought to the attention of the event director in writing.

**FEES:** The individual entry fee for each event is \$10.00 per swimmer. The team entry fee is \$12.00 per team. All fees are non-refundable. **Do not send cash.** Make checks payable to PNA Masters Swimmers. Foreign entrants, please submit fees in USA funds via international money order or bank check drawn on a bank with a USA affiliate.

**RESULTS:** Results will be mailed to each entrant. Please allow 4-6 weeks after entry deadline for delivery of results, T-shirts, and awards.

**T-SHIRTS:** Commemorative T-shirts may be purchased for \$15. For non-US delivery include \$5 for foreign postage for each shirt.

**INFORMATION:** Questions should be addressed to Jane Moore, Event Director, 1867 58<sup>th</sup> ST NE, Tacoma, WA 98422; 253-925-0803 (before 9 PM Pacific Time); e-mail: weswim@mindspring.com.

### TEAM ENTRY FORM:

Club Name: _____		Club Code: _____		M F Mixed Age Group: _____	
Swimmer's Name		Age		Yards Swum	
#1 _____	M F _____	_____	_____	_____	_____
#2 _____	M F _____	_____	_____	_____	_____
#3 _____	M F _____	_____	_____	_____	TOTAL YARDS
#4 _____	M F _____	_____	_____	_____	_____
Club Rep Signature: _____			Date: _____		



# 1999 USMS 5K & 10K Postal National Championships

## INDIVIDUAL ENTRY FORM:

Name: \_\_\_\_\_ M F Age: \_\_\_\_\_ Birthdate: \_\_\_\_/\_\_\_\_/\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Country: \_\_\_\_\_ Zip: \_\_\_\_\_  
 USMS#: \_\_\_\_\_ Club Name & Code: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

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

OFFICIAL TIME: \_\_\_\_: \_\_\_\_: \_\_\_\_ Final time must be recorded to the nearest one-hundredth second.  
 We certify that on \_\_\_\_/\_\_\_\_/\_\_\_\_ (date) the entrant completed the 5K\_/10K\_ (check only one), in the official time recorded above.

Signature of Swimmer (Required)	Signature of Verifier (Required)
Mail to: Jane Moore 1867 58th ST NE Tacoma, WA 98422-1517 USA	
Include: <input type="checkbox"/> completed entry form	<input type="checkbox"/> split sheet with time for each 100 meters
<input type="checkbox"/> signed liability release	<input type="checkbox"/> check for entry fees (entry, T-shirt, & foreign postage)
<input type="checkbox"/> signed time verification	<input type="checkbox"/> self addressed, stamped postcard for entry receipt verification
country _____	<input type="checkbox"/> photocopy of USMS card or proof of membership if from another country
FEES: Individual Entry Fee (\$10.00 each) _____	TOTAL - payable to PNA Masters Swimmers _____
Team Entry Fee (\$12.00 per team) _____	
T-shirts (\$15.00 each) Size(s) S ___ M ___ L ___ XL ___ XXL ___	
Foreign T-shirt postage (\$5.00) _____	

### -----SPLIT SHEET-----

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

**PACIFIC NORTHWEST MASTERS****SHORT COURSE METERS -  
PENTATHLON****SATURDAY, OCTOBER 2, 1999**

Sanctioned by: Pacific Northwest Association for USMS, Inc. #993609 Hosted by: North Whidbey Masters

**Time:** Warm-up: 9:00 am      **LOCATION:** John Vanderzicht Memorial Pool  
 Meet Starts: 10:00 am      85 SE Jerome ST, Oak Harbor WA 98277  
 Check in: by 9:45 am      (360) 675 - Pool

**Directions:** Take Hwy 20 to Oak Harbor. Turn East onto Whidbey Avenue. Proceed . 5 mile to SE Jerome St. Turn right onto Jerome - the pool will be on the right.

**Facility:** Six lane, 25m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1 -5 will be used for competition. A hot tub and sauna are also available.

**Rules** Current USMS rules will govern the meet. All 1999 registered Masters swimmers age 19 and over as of October 2, are welcome to participate. Age for this meet is determined by your age as of 12/31/99.

Entries must be received by the meet director by Saturday, September 25 with the following exception: RACE DAY ENTRIES WILL BE ACCEPTED UNTIL 9:30 AM FOR AN ADDITIONAL \$5.00 LATE FEE.

**DIRECTOR:** Sally Dillon (360) 679-5038 email: <salswmmr@oakharbor.net>

**SPECIAL PENTATHLON FORMAT**

**THE PENTATHLON:** Swimmers should enter the five events that "complete" a pentathlon, but may enter fewer. The Pentathlon categories are:

"SPRINTER'S CHOICE" DIVISION	50 each of fly, back, breast and free plus a 100 IM
"MIDDLE MASTERS" DIVISION	100 each of fly, back, breast and free plus a 200 IM
"ANIMAL" DIVISION	2 00 each of fly, back, breast and free plus a 400 IM

There will be a short break after each stroke. Pentathlon "results" will be calculated by adding the total seconds swum in the five events. Swimmers competing in the pentathlon will have a "time penalty" if they are disqualified in an event. It will be assessed as follows: ADD 5 seconds for 50's, ADD 10 seconds for 100's, ADD 20 seconds for the 200's and ADD 40 seconds for the 400. Swimmers who try to abuse the disqualification system will be eliminated from the Pentathlon competition. Entry forms for the Minnesota Masters Postal Pentathlon will be available at the meet

**AWARDS** Special awards will be presented to the fastest 3 swimmers in each age group for each type of pentathlon. No separate awards will be given for individual events but PNA medals will be available for purchase.

**SEEDING** Slow to fast with ages and sexes mixed. All events will be deck seeded and check-in is required.

**TIMING** Manual timing will be used.

**CONCESSION** Light snacks will be available for purchase. Some swim equipment (caps, goggles) will also be available.

**SAFETY** NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

**PACIFIC NORTHWEST MASTERS SHORT COURSE METERS - PENTATHLON**  
**SATURDAY, OCTOBER 2, 1999**

- |               |              |
|---------------|--------------|
| 1. 200 fly    | 10. 200 free |
| 2. 100 fly    | 11. 100 free |
| 3. 50 fly     | 12. 50 free  |
| 4. 200 back   | 13. 400 IM   |
| 5. 100 back   | 14. 200 IM   |
| 6. 50 back    | 15. 100 IM   |
| 7. 200 breast |              |
| 8. 100 breast |              |
| 9. 50 breast  |              |

ENTRY LIMIT: 5 Individual events.

"Animals" enter events # 1, 4, 7, 10, 13

"Middles" enter events # 2, 5, 8, 11, 14

"Sprinters" enter events # 3, 6, 9, 12, 15

A short break will occur after each stroke.

Swimmers not registered with Pacific Northwest LMSC Must attach a photocopy of their current USMS Or MSC registration card.

ENTRY FEE: \$10.00 (\$14.00 Canadian)

*Swimmers 65 and older may pay a reduced entry fee of \$6 (\$8.50 Canadian)*

RACE DAY ENTRIES WILL BE ACCEPTED AT THE POOL UNTIL 9:30 AM FOR AN ADDITIONAL \$5.00 ENTRY FEE.

**MAKE CHECKS PAYABLE TO NWAC AND MAIL WITH COMPLETED ENTRY FORM TO:**

**SALLY DILLON PO BOX 845 OAK HARBOR WA 98277**

-----DETACH HERE-----

PRE-ENTRIES MUST BE RECEIVED BY SEPTEMBER 25

Name: \_\_\_\_\_ Male \_\_\_ Female \_\_\_ Age on 12/31/99 \_\_\_\_\_

Local Team: \_\_\_\_\_ Club: \_\_\_\_\_ LMSC: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

\*USMS or MSC registration number: \_\_\_\_\_ - \_\_\_\_\_ Entry fee enclosed: \_\_\_\_\_

AGE GROUP [CIRCLE ONE / determined by your age as of 12 / 31 / 99]

- |         |         |         |         |         |         |         |         |
|---------|---------|---------|---------|---------|---------|---------|---------|
| 19 - 24 | 25 - 29 | 30 - 34 | 35 - 39 | 40 - 44 | 45 - 49 | 50 - 54 | 55 - 59 |
| 60 - 64 | 65 - 69 | 70 - 74 | 75 - 79 | 80 - 84 | 85 - 89 | 90 - 94 | 95 - 99 |

EVENT NUMBER      EVENT NAME      ENTRY TIME (for short course meters)

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## News From The PNA Board



The May 25th board meeting was held in Edmonds at Jan Kavadas' home. Eight board members were in attendance. The Treasurer's balance sheet indicates total assets of \$27,214 including the Wiggin Fund's \$2,631.

A tentative lineup of meets for 1999 and 2000 was discussed with email input from Hugh who was unable to attend. Brad Palmer met with Dan Frost one time to discuss and review WetSet standard and requirements for production of the WetSet. An upgraded version of the Publisher program is required for the newsletter and purchase was approved. Jim Williams will sit-in as Webmaster for our website while Jim McCleery is on sabbatical leave.

The Board discussed hosting the Long Course Masters Nationals for the year 2001 and the Board was very interested in doing so. The Board will contact Sandi Rousseau, the Chair of the National Championship Committee regarding our possibilities. The meeting wrapped up with interest being expressed in a PNA handbook. Sally Dillon and Jane Moore volunteered to produce this guideline to be distributed to all the PNA registered teams.

The June 22nd board meeting was held at Lee Carlson's home. Membership is at 805 up approximately 15 from last year. The 13 board members approved the actions taken at the May board meeting since a quorum was not present at the earlier meeting.

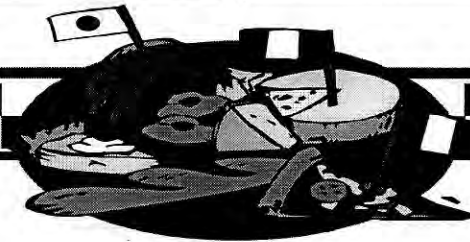
The meets schedule was outlined by Hugh Moore. Approximate dates were provided. These include: Oak Harbor-October 02, GLAD-October 30, Bangor-November 22, Multnomah Oregon-early December, ORCA-January 15, Bellingham-February 20, Mercer Island-March 12, King County Aquatic Center April 7-9, ORCA-July 12.

Brad Palmer was appointed WetSet editor for a period of three months. Jane Moore presented the current constitution, bylaws and policies for review and asked for comments and discussion on these in order by subject at each of the next three-board meetings.

The second part of the planning and brainstorming session will be held in Oak Harbor on October 1st.

A second discussion on hosting the Long Course Masters Nationals in August of 2001 at Federal Way was held. Hugh and Jane Moore were appointed as Meet Chairs and they will make a bid in August so that may be voted on at the Convention.

Delegates to the USMS convention in September were selected by secret ballot of the board. Five applications were received and the following delegates were selected: Lee Carlson, Sue Dills, Walt Reid and alternate Carolyn Behse.



*Following Competition on Saturday [7/31] Join Fellow Swimmers for Fun, Food, & Drinks -at Billy McHale's Restaurant. (Only a short distance from the Aquatic Center). @1800 So. 320th Street, Federal Way, 253-839-4200. A private room has been reserved for Long Course Zone Swimmers, Volunteers and their guest.*



**WORLD, FRENCH, U.S. RECORDS BROKEN BY IGLA SWIMMERS IN ATLANTA**

Seven pending world masters marks and another 17 national records were set American and International gay and lesbian swimmers at The Tenth International Gay & Lesbian Aquatics (IGLA) Championships held June 18-20 at the Georgia Tech Olympic Pool in Atlanta. These swimmers are representative of teams from Atlanta, Philadelphia, Salt Lake City, San Francisco, **Seattle**, Washington, D. C., and West Hollywood. Swimmers from Paris broke five French national marks. "We knew we had a facility where swimmers could do their personal bests," said Meet Director John Brown of host team, Atlanta Rainbow Trout. "It was great watching the swimmers come through day after day." This years' IGLA Championships were the largest yet and included Competition in swimming, diving and water polo. A special diving exhibition was presented by openly gay U.S. Olympic Diver David Pichler.

"Michele Girard's French record in the 1500m freestyle was the first National mark set by a European woman at IGLA, and that makes us very Proud," Said Roberto Mantaci of Paris Aquatique, host team of the 2000 IGLA Championships April 21-25. "I think we'll see a lot of Europeans inspired by the success of the IGLA meets to come to Paris and swim fast." Among other highlights of the 1999 IGLA Championships: D.C. Aquatics Club (DCAC) won the Large Team Trophy for an unprecedented fourth straight time. Strong in both sexes and in all age groups, DCAC's relays -three of which set U.S. records - were particularly outstanding. DCAC was the first team to bring more than 100 participants to an IGLA Championship. Salt Lake City's Queer Utah Aquatics Club (QUAC) won the Medium Team Trophy and the **Seattle Orca's won the Small Team Trophy**. For the first time, a women's water polo match was held-between eventual winner Atlanta Rainbow Trout and Out to Swim London. The Pink Flamingo skits - which are many participants' favorite part of the meet - drew unprecedented attendance from Atlanta's local Community. Paris Aquatique charmed and impressed the judges over nine other teams with "Le Jazz Hot" from "Victor/Victoria," featuring a synchronized swimming routine with four lifts and perfect lip-synching by their on-deck "Julie Andrews." Toronto's Downtown Swim Club was chosen to host the 2001 IGLA Championships.

Records set include: U.S. Records  
 Women  
 400m Individual Medley 40-44  
 Robyn Masters, 5:22.59 (World Record)

Men 30-34  
 100m Freestyle  
 John Keppeler 50.97  
 200m Freestyle  
 John Keppeler 1:52.04  
 100m Backstroke  
 John Keppeler 56.25 (World Record)  
 200m Backstroke  
 John Keppeler 2:02.91 (World Record)  
 100m Individual Medley  
 Lorenzo Benucci 58.64  
 200m Individual Medley  
 Jerry Frentsos 2:08.42  
 400m Individual Medley  
 Jerry Frentsos 4:32.23 (World Record)

Men 35-39  
 200m Individual Medley Charlie Johnson 2:12.27  
 400m Individual Medley Charlie Johnson 4:44.18

Men 45-49  
 100m Backstroke  
 Tom Reudy 1:04.68  
 100m Individual Medley  
 Tom Reudy 1:02.99 (World Record)  
 200m Individual Medley  
 Tom Reudy 2:16.97 (World Record)  
 400m Individual Medley  
 Tom Reudy 4:57.34 (World Record)

400m Freestyle Relay  
 100+ D.C. Aquatics Club, 3:39.47  
 Corey Carlisle, John O'Keefe, Neill Williams, Marcus Chung

400m Freestyle Relay,  
 160+ D.C. Aquatics Club, 3:46.15  
 Jose Cunningham, Geoff Heuchling, Alan Godfrey, Dean Putterman

400m Medley Relay, 120-159  
 D.C. Aquatics Club, 4:04.80  
 Jerry Frentsos, Matt Kinney, Corey Carlisle, Stan Young





# HAPPY BIRTHDAY

TO THE FOLLOWING PNA SWIMMERS!

07/15 JEFF WAGENBACH, ALLISON MOORE  
 07/16 THEO DE VOS  
 07/17 BRUCE LOMAX  
 07/18 BETH LEVINE, ARNOLD KAS, LEO ESPINOSA, PEGGY RODMAN, JOANIE WILLIAMS, MICHELLE RUESS, JOHN HALLIGAN  
 07/19 MARK TERRELL, THOMAS MARSHALL  
 07/20 GALEN ATWOOD, MARK AMBERSON  
 07/21 MARIA BREUHAUS, STEPHEN FREEBORN, ALLISON BEADLE, ZENA COURTNEY, ROS BIRD, CLARE PAINTER, MARK BLAGDON  
 07/22 BRAD COLLINS, SAMUEL DAY, PETER GILLIS  
 07/23 ARNE SKOG, MATTHEW WOARE, RALPH BUSCH  
 07/24 STEVE SUSSEX, EILEEN COLLOPY, JANICE MILLER  
 07/25 ERIKA HOFFMAN, KAREENA KING, ROBERT WILSON, JAMES BICKFORD, PAUL VERNER  
 07/26 LEE CARLSON  
 07/27 HOLLY BORK, HOLLY CORNER  
 07/28 ERIC HUTCHINSON  
 07/29 KRIS SPEIR, ELLIOTT KEPHART, LYNN MARTINDELL  
 07/31 PHILIP KEZELE, SHERRY GRINDELAND  
  
 08/01 DAVID O'NEIL, THOMAS HARRYLOCK  
 08/02 JAMI BURKE, CHRIS LAUTMAN, JACOB AUSTIN, WENDY HOFFMAN  
 08/03 ANDREW FLAVELL, ADRIENNE REARDON, STEPHEN KICINSKI, KERRY NESS  
 08/04 KARLAN JESSEN, MEL LEBSACK, CLARK PACE, HUGH MOORE  
 08/05 KENT MOBERLY, SUSANNAH ILTIS  
 08/06 ANNAMARIE TERHAAR, SHAWN UNDERWOOD, RICHARD PETERSON  
 08/07 AUGA GOODWIN, KAREN BRYCE, LESLIE MCCULLOUGH  
 08/10 WALTER REID  
 08/11 ANNE WICKNICK, DANIEL KOLTON, ROSE ROBERTS  
 08/12 MARILYN FILLEY, ERIC BORNFLETH  
 08/13 PHILIP DAY, STANLEY WHITTEMORE  
 08/14 STEPHANIE SELDEN, LINDA FORST-DUKE

08/15 LIVIA WALKER, LAURA YOUNG, LAURA KEEGAN  
 08/16 RICHARD FLETCHER, DAVID TEMPEST, GREGG METZLER  
 08/18 JENNIFER LONDERGAN  
 08/19 BRIAN PAYNE, CLAIRE GORDON, ALLISON DEMERITT  
 08/20 TOM DAVIS, RONALD JACOBS  
 08/22 SANDY MC NEEL  
 08/23 KATIE SAVAGE, LAURISA MILLER, CARLEEN GOSNEY, PATRICK GIBBS  
 08/24 DAVE ALLES, RICHARD LING  
 08/25 JULIA LAWRENCE, SUZANNE BIGELOW  
 08/26 KAY DERKACHT, LANCE CARTER-RANDOLPH, LYNN WELLS  
 08/28 RICHARD MCMONIGAL, HARVEY PROSSER, ALAN COOPER, MARK URQUHART  
 08/29 ROBERT FISH, CAROLYN DAVIDSON, CHRISTOPHER HATTASCH, MICHAEL GARRETT  
 08/30 MARK SUTTON, BARBARA MAC-



DONELL, BARTON DANIEL  
 08/31 DON MACLANE, MICHELE TEIFKE  
 09/01 JANET GETZENDANER, KATY HARRIS, BRENDA NIXDORF, JOHN LORIMER, ROLLIE ROBERTS  
  
 09/02 NANCY SCOLES, TIM DAHL, LEE LINDENAU  
 09/03 LINDA STANCHI, SALLY DILLON, EDWARD EGGLETON, JOHN MAKI  
 09/04 JESSE PACE, ERIK SWENSON, MARIA SICILIANO, GEORGE GRANT, TOM TAYLOR  
 09/05 SPENCER BUFFINGTON, PAUL SENUTY  
 09/06 BARBARA GUNDRED, NORA MASTERS, IVAN OAKES  
 09/09 PAULA TERHAAR  
 09/10 OLIVER PRESS, HERB LARSON, JOHN METTLER  
 09/11 CAROL MCCAIG  
 09/12 LISA WILSON, KAREN OYAMA  
 09/13 RANDY LAMB, CRAIG WILLIAMS,

# LEADING OFF

By  
Lee Carlson

(Continued from page 2)

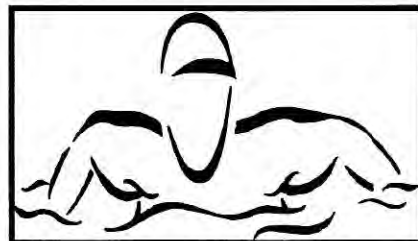
Larry DeGroen's new VW Bug. Getting to the meet was a highlight for all three. Lisa Halman and Mary Lippold had some great swims, as did Carolyn Mathews.

Marion Chadwick, Gene Crossett, Bob Miller and Harvey Prosser reminded us how young they look and that swimming is a lifelong sport-not bad for ages 77, 85, 70 and 70.

Carol McCaig and Steve Sussex were in awe of some of the swims turned in by the 38 current and former Olympians. A common refrain was "this is the kind of swimming I am not familiar with." Jon Olsen went a 1:38.03 in the 200 Free and 44.5 in the 100 Free - seemingly without effort. Angel Martino, Karlyn Pipes-Neilsen, Roque Santos, and Karen Burton inspired us all.

Gerry Plunkett and I especially enjoyed the Fish Market, a great eating spot, after the third day of the meet. Jeanne Ensign just enjoyed being done with tax season and the great social at the pool, complete with a very good swing band.

I believe each of us took away something different from this Short Course Nationals Meet in Santa Clara, Calif. Most of it was very positive and we came back better prepared to face the daily challenges of our work. ☺



# THE FINAL LAP



Warm-Down/Recovery Protocol

Edward Nessil, R.PH MS, MP  
Swimming Coach  
Edison, NJ

No more than 3 minutes rest after race, before starting warm-down/recovery.

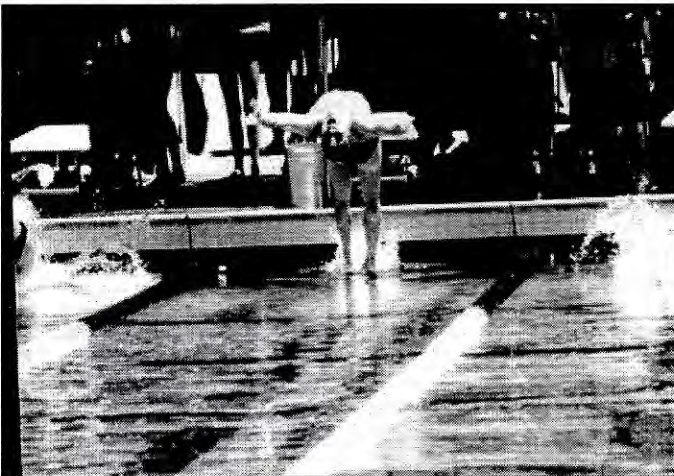
200 free swim @ about 60% effort...relaxed but not too slow; rest for about 30 seconds.

4 x 50 stroke/free using stroke just raced (on 50-60 sec) @ 60% effort; rest for one minute (heart rate 130-140).

4x50 free/stroke same as above; rest 1 minute (HR 130-140).

200 straight swim, then stop.

8 minutes of this type of swimming will cut blood lactate in half or more!! This particular protocol should drop blood lactate to about 1/3 or less!! 60% effort utilizes lactate as fuel to eliminate it.



## USMS TOP TEN PATCHES

Top Ten Patches are available to USMS swimmers who have earned them in any event, in any course (short course yards, short course meters, long course meters). Top Ten Patches and stroke segments can be ordered for the present year and as far back as 1982. Actual size of patch is 4 x 2 1/2 inches.

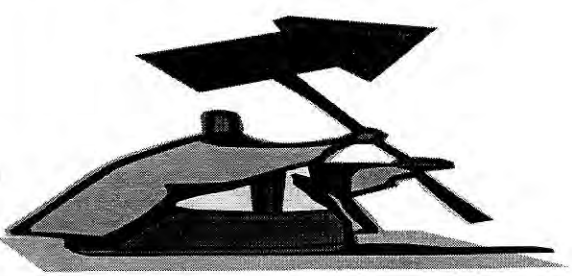
Master swimmers are eligible to obtain a Top-Ten Patch (with stroke segments) if they are listed in the Top Ten in any event during the year. Members of Top-Ten relay teams are also eligible. USMS publishes three Top-Ten listings each year-- one for each course. Listings from 1993 and later are on the internet at: <<http://www.swimgoid.com>>.

Patches can purchased for \$5.00 each (includes one stroke segment). Additional stroke segments can be purchased for \$1.25 each.

Orders may be sent to: **Dar Ferguson**  
4917 Walden Circle,  
Orlando, FL 32811,  
407-248-2624

The order must include your name, address, year, course, age group, and event in which you placed in the Top Ten.

Please make checks payable to: "Lake Erie LMSC".



### WORLD WIDE 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
- U.S. MASTERS SWIMMING
- MASTERS SWIMMING CANADA
- OREGON MASTERS
- BC MASTERS
- SAWTOOTH (Idaho) MASTERS
- ALASKA MASTERS
- BELLINGHAM MASTERS
- ORCA SWIM TEAM

- [www.swimpna.org](http://www.swimpna.org)
- [www.usms.org](http://www.usms.org)
- [www.compusmart.ab.ca/masterssc/](http://www.compusmart.ab.ca/masterssc/)
- [www.swimoregon.org](http://www.swimoregon.org)
- [www.island.net/~bpronk](http://www.island.net/~bpronk)
- [netron.micron.net/~ricdavis/Sawtooth/index.html](http://netron.micron.net/~ricdavis/Sawtooth/index.html)
- [www.alaska.net/~billings/AKMS.htm](http://www.alaska.net/~billings/AKMS.htm)
- [members.aol.com/Ariston844/bmsc.htm](http://members.aol.com/Ariston844/bmsc.htm)
- [www.teamseattle.org/Orca](http://www.teamseattle.org/Orca)

**UNITED STATES MASTERS SWIMMING, INC.**  
**1999 REGISTRATION APPLICATION**  
**Pacific Northwest Association of Masters Swimmers**  
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**RENEWAL**  
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**E-mail Address:**

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**Date of birth:**

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 Month Day Year

**Age:**

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**My club is:**  Pacific NW Aquatics (PNA)  
 Unattached

**My Team is:**  \_\_\_\_\_  
 Team Name  
 Unattached

**If you coach a Masters swim team check here:**

**1999 ANNUAL FEE** Your fee includes a subscription to the WetSet and to SWIM Magazine

Under 65 **\$30** (If after Sep 1, 1999 for 1999: \$15.00) \$ \_\_\_\_\_  
 Senior: 65 & over **\$23** (If after Sep 1, 1999 for 1999: \$11.50) \$ \_\_\_\_\_

**Optional Donations:**

Donation of \$1.00 or (\$ \_\_\_\_\_) to the International Swimming Hall of Fame \$ \_\_\_\_\_  
 Donation of \$1.00 or (\$ \_\_\_\_\_) to the USMS Endowment Fund \$ \_\_\_\_\_

**PLEASE MAKE CHECK PAYABLE TO: PNA MASTERS SWIMMERS TOTAL \$ \_\_\_\_\_**

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

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** \_\_\_\_\_

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