

THE WET SET



VOLUME 20 • ISSUE 2

FEBRUARY 2000

THE WATER'S FINE IN SOUTHEAST ASIA SWIMMING OVERSEAS

By Robert Fiddes

Heading for the Southeast Asia region for an upcoming business trip or South Seas vacation and afraid you will miss your regular swimming workouts? Fear not! Pack your normal swimming gear for the trip and plan on not missing a workout.

Six years ago when my wife and I were transferred to Southeast Asia. I was afraid that my Master's swimming program would be put on hold while we were expatriates living overseas. However, after living and working in three different countries, I can report favorably on my pool and open water swimming experiences. Although there were not always Masters programs where we lived and traveled (in fact these programs proved to be more of the exception than the rule), pool and ocean workouts were always available.

Since the equator basically bisects the region, just about all pools are outdoors and open year round. The ocean is always warm enough for swimming open water workouts. It is not until you reach Hong Kong and the northern regions that the seasonal variations result in more indoor pools, and open water is reserved for the warm and generally hot summer days.

All major cities in the region have numerous pools with schedules for lap swimming for both the visitor and the temporary resident. The five-star hotels and most apartment complexes boast extensive pools. Some are 25+ meters and landscaped to make you feel that you are swimming through a tropical Garden of Eden (although I never did see Adam or Eve). Beach

(Continued on page 4)

LEADING OFF

By Lee Carlson

MAKING MASTERS FUN

"What we do is too important to be taken seriously." This was the introduction to a workshop last September during United States Masters Swimming Convention on Making Masters Fun. The moderators pointed out that competition was really second to staying fit for life. With these two thoughts in mind, let's explore some ideas on how we can keep enjoying what we do and possibly make it even more fun.

Lets start with the workout. Things we have done the last two months to make swimming more fun include the following:

- Millennium or special event swim. To celebrate the new century we did 100 times 50 yards but fortunately we broke the 50s up

(Continued on page 2)



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

JACK AKAMINE, DEBORAH AMANDOLI, JANE ANDERSON, MIKE BAILEY, LOREN BAKER, PAT BARR, NICOLE BAUER, BETH BEYERS, VIOLA BILTZ, ANNIE CAMPBELL, MARC COTTRELL, STEVEN DILL, SHANNON ELDRIDGE, BARRY GJERDRUM, CORYN GJERDRUM, CINDY GOULD, MARGIE GOULDEN, DAVE HANNULA, ANN HELSER, KARIN HEUSTED, DAVE HILL, GARY HOOD, TRAVIS HUNTER, ERIC JOHNSON, JOANNE KIRKLAND, RICHARD KROEKER, SAM LAKE, ARNI LITT, SCOTT LORENZEN, MICHELLE MALLARI, RENEE MARCEAU, GREGORY MARTIN, JANELLE MCCOY, ERIN MILLER, STEVEN MITCHELL, JAMES NORRIS, PAUL OLMSTEAD, ANNE PETERS-JOHNSON, CAROLINE PRATHER, TERI REXROAT, RICK SCHULTZ, JEFF STRAND, GARRY STUTZ, ERIKA SWICK, HAROLD TAUSCHER, CYNTHIA TODD, LAURA TORZEWSKI, KRAIG TREGO, AMY TURI, JEFFREY WOLF, AND HILARY WOODS

VISIT OUR WEBSITE AT WWW.SWIMPNA.ORG

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LEADING OFF

By
Lee Carlson

(Continued from page 1)

into kicking, pulling, drill, stroke, as well as free. We all made it.

- Kicking drills. First, a free kick for two minutes in the deep end in a vertical position, then another minute of a windmill or eggbeater kick. We kept this up for 10 minutes.
- Relays at the end of a workout. Just divide the group up equally and do in-the-pool starts for a medley relay, free relay, underwater relay, etc.
- Drills help me have fun. Try a few lengths of fist swimming with your fist balled up tight or use fist gloves and then notice the difference with open palms. Kicking on your side for free and back are a great exercise. Another drill is to count your strokes and then take off a stroke for the next four lengths. You really need to stretch it out.

Other workout activities:

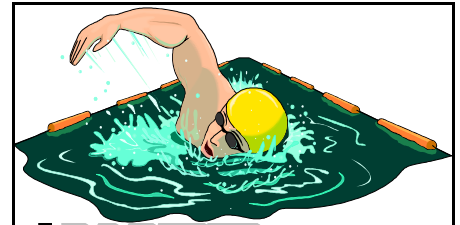
- Many teams have special days where you do a certain type of workout on a given day. An example would be IM Wednesdays, distance Mondays, and sprint Fridays.
- Have a swimmer be "Coach for a Day". Here the coach meets with the swimmer after workout and together they set up the next workout. Rotate these through interested swimmers.
- Each lane could also do something different. This can include zigzag workouts where after a different 10-minute set the entire lane moves to the next lane for that set.
- For triathletes or non-stroke swimmers. Let them swim freestyle only. Use sighting drills at the end of the lanes or pool for open water swims. Explain the benefits and purpose of the drills.

Club activities are really a key. Some great ideas volunteered were:

- Have a holiday theme workout and then follow up with a party afterward.
- Have the club host and sponsor a team dinner to welcome newer members.
- Have a monthly birthday party for team members who age up. Have the honoree swim a 50 on their birthday with a T-shirt.
- At the Orca and Anacortes meets fun relays add to the setting. Relays riding the inflated Orcas and relays, which exchange several articles of clothing, are always fun for the swimmers and spectators.
- Donuts or Starbucks after a morning workouts and pizza after later workouts has become a tradition at many clubs.
- Use cool-down as the chat time with the aid of a kickboard.
- Assign a veteran or mentor to novice swimmers to introduce them around and get them off to a good start with the new team.

Most of us recognize the support and camaraderie provided by teammates on a difficult set or workouts. Being there for each other is important.

One of the best parts of this position is getting to know you all better. Jim Penfield returned a volunteer application saying, "I am only three months short of age 92. I don't have much in the way of skills left but I'm convinced that PNA swimming is the reason for my healthy old age." Jim went on to break a world record at the Orca Meet two weeks ago with a 2:27.6 in the 100 Breast. This time is a two second drop from the previous record. We sure can learn from his attitude and consistency.



THE WET SET

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MASTERS CALENDAR

POSTAL SWIMS
CLINICS
MEETS

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

February 1 – 29, 2000

February Fitness Challenge (Postal fitness event)

Bill Volckening (503) 533-5567

E-mail: volckening@aol.com

Look for information at

www.barracudas.portland.or.us/swim/

February 20, 2000

Bellingham Masters SCY meet

See entry form in this issue of *The Wet-Set*

February 4, 2000

Freestyle SCY Pentathlon

Bend, OR

Pam Himstreet (541) 593-9101

E-mail: him@cmc.net

March 5, 2000

Victoria Masters LC meet

Victoria, BC / Saanich Commonwealth Place

Rod Carmichael (250) 598-5289

March 12, 2000

Mercer Island Redwoods SCY meet

See entry form in this issue of *The Wet-Set*

March 25-26, 2000

Northwest Zone Championship SCY Meet

Pullman, WA

Entry form at [http://www.swimpna.org/pdf/](http://www.swimpna.org/pdf/NWZoneChamps.pdf)

[NWZoneChamps.pdf](http://www.swimpna.org/pdf/NWZoneChamps.pdf)

March 25-26, 2000

SCY State Meet

University of Montana

Ellen Mills, PO Box 1324, Condon, MT

E-mail: ellenmm@montana.com

March 25, 2000

Cowichan Aquannis Masters SCM Meet

Duncan BC / Cowichan Aquatic Centre

Nancy Hamilton (250) 746-0450

April 7 – 9, 2000

PNA Championships (SCY)

Federal Way WA / King Co. Aquatic Ctr.

Look for entry form in this issue of *The WetSet*

April 27 – 30, 2000

USMS Short Course Nationals (SCY)

Indianapolis IN / Indiana University Natatorium

Look for information on this and other National /International meets on the web at www.usms.org and in your Swim Magazine.

April 28 – 30, 2000

BC Masters Provincial Championships (LC)

Richmond BC

Cheryl Miniato (604) 946-1597

May 12 – 15, 2000

2000 Canadian National Masters Championships, SCM

Halifax, Nova Scotia, Canada

Swim Nova Scotia (902) 425-5450(x314)

E-mail: bobconnon@ns.sympatico.ca

www3.ns.sympatico.ca/sportns/swimns/index.html

May 14, 2000

SCY Parkrose

Portland, OR

Bert Petersen (503) 252-6081

May 15 – September 30, 2000

2000USMS 5 & 10 K Postal Championship

Jane Moore (253) 925-0803

E-mail: weswim@mindspring.com

Future PNA Meetings:

Sunday, February 20:
after Bellingham meet
(social)

Tuesday, March 28 at The Seattle Times

Saturday, April 8:

at Champs/KCAC

(annual membership meeting)

Nike All Women's Triathlon Clinic

Swimming women of PNA—If you would like to add another dimension to your swimming opportunities try The Nike All Women's Triathlon Clinics:

- **Beginners' Clinic**, Saturday, March 18th, 8:00 am - noon; \$40.
Optional swim, bike, and run workshops offered in the afternoon, 1:00-3:00 pm.
Learn the basics of swimming, biking, and running along with how to prepare for your first triathlon.
- **Advanced Clinic**, Sunday, March 19th: 8:00 am -5:00 pm; \$50.
This clinic offers a full day of "hands on" workshops with qualified triathlon coaches. This clinic is designed to teach you how to race faster and farther.

For more information call Margot Navarre at (425) 313-3131, Sammamish Club. Or call Carolyn Behse at (425) 747-3889.

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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NEWS ABOUT PNA SWIMMERS



Evening workout now available

Are you an "owl" trying to function on "lark's" schedule? Do you function better after 9:00 pm than you do before 9:00 am? Does 5:30 am sound like the middle of the night to you? Do you swim or work out better in the evenings than in the mornings? Do you want a coached, 90-minute workout, five days a week?

If the answer to any or all of these questions is **Yes**, then the newly formed **Husky Masters Swim Team** may be the team for you!

Coached by the UW Assistant Swim Coaches, Rickey Perkins and Emily Buckley, Husky Masters meets Monday-Friday, 6:00-7:00 pm at the Hec Ed Pavilion pool on the University of Washington campus (near Husky Stadium). Husky Masters offer an hour and a half workout, excellent coaching and good camaraderie. Cost is \$40/month (plus yearly USMS registration if needed) or \$5/session drop-in fee. Everyone is welcome!

Variety of workouts is a plus. Yardage usually averages between 4000-5000 yards per workout. If you are interested in trying workouts with Husky Masters, please call either Rickey Perkins (206) 543-6644) or Emily Buckley (206)543-2172 for more information.



(Swimming Overseas: Continued from page 1)

resorts offer both open water swimming and generally also have large pools. Go early to the pools if you want your laps to be uninterrupted by thousands of kids, and watch the high and low tides when going in the ocean. Coral reefs sometimes leave nasty cuts if you decide to swim at low tide. Although most beaches are unguarded, the nearby pool attendants at the resorts can generally tell you about the currents and jellyfish. The currents are not severe as at Hawaiian beaches, and jellyfish prove to be more of an annoyance than a danger.

Formal Master's programs do not abound in the region as they do in Japan, Australia, and New Zealand. If you find a program, it will generally be at one of the international grade schools and high schools or at the American Clubs that are located in most capitals and major cities. As swimmers and coaches there are more transient, most programs tend to come and go depending on the coaching situation. What you find listed today may not be there a year from now. However, do not despair! You most always find a group of triathletes (triathlons are very popular in the region) or former competitive swimmers working out as a group. You just have to follow that swimming nose of yours and "smell out" the pools and programs.

Singapore is a swimmer's Mecca. We were fortunate to have our first assignment in this tiny amazing country. This small island nation of 3 million people boasts more 50-meter pools per capita than anywhere else in the world. I seem to remember 25 or more pools open to the public. On the 15-mile drive to and from work every day, I had the choice of three different pools for my morning workout. At the time we lived there ('94 to '96) a Masters' program was in the embryo stages, but I was able to find several groups of competitive swimmers and triathletes to join in their workout sessions. One of

our coaches had an amazing background. Mr. Liu was a political refugee from China, and while in China, ran a school for swimming coaches. I'll never forget his instructions, although he could not speak a word of English, nor I Mandarin Chinese. I always knew whether what I was doing was right or wrong by his body language as he jabbered away at me. Rarely did my fellow swimmers who spoke Chinese have to translate for me.

Hong Kong is another interesting swimming story. We never lived in Hong Kong. However, I transited through the then-British crown colony regularly while working in China. I had the choice of two indoor 50-meter competition pools for my workouts. Hong Kong, like Singapore, is a very crowded country. With very few swimming pools in Hong Kong, they are always crowded. The amazing thing I remember is that neither pool, although dedicated exclusively to lane swimming, used lane markers and the pools were always full of fitness swimmers. At times I counted over 100 swimmers doing laps with most swimmers doing breaststroke. Somehow civility prevailed and everyone had their own space without too many mid-pool collisions.

Our final assignment was in Jakarta, Indonesia. There were no Masters programs in the city of 11 million people but a 25-meter pool in our apartment complex was well used during our Indonesian stay. A New Zealand neighbor down the hall became a training companion. Terry boasted five **IRONMAN** Triathlon finishes and provided lots of motivation and challenging workouts.

What Jakarta lacked in pool swimming facilities, the country of 17,000 islands more than made up for it in open water swimming. Bali and Lombok, two magnificent resort islands just east of the most populated island of Java

(where Jakarta is located), have beaches that rival the Hawaiian beaches where I grew up. The island beaches offered warm water, no major current problems, and reefs abounding in beautiful coral and abundant marine life. There were times when I felt like I was swimming in an aquarium.

Malaysia and Thailand both offer numerous destination resorts on their west and east coasts. The Thai beaches stand out as Southeast Asia's best and most beautiful. Key resorts like Tioman Island and Penang in Malaysia and Phuket in Thailand allow you to swim literally for miles among the most beautiful tropical settings in the world.

So, if you have a chance for an assignment in Southeast Asia or are planning that next far-flung vacation, take it or do it! Take along your swimming gear and sun tan lotion, and count on some of the most memorable swimming experiences in the world. If that isn't enough, your fellow swimmers, whether you are at a pool in Singapore or swimming offshore at Tioman Island in Malaysia, will be from all over the world. You will be able to trade swimming stories and have experiences to tell the folks back home. Go and have the time of your life!

Robert Fiddes, a triathlete and former marathon runner, and his wife are new to the Puget Sound area. Bob currently swims with the BEST Masters. Prior to relocating to Southeast Asia, he was a member of the Plano (TX) Wetcats Masters Club.



HAPPY BIRTHDAY

TO THE FOLLOWING PNA SWIMMERS!

- | | |
|----------------------------|-------------------------|
| 02 15 KENT DE VIGNE | 03 02 FRANK LEONARD |
| 02 16 PATRICIA SEVERSON | 03 02 MARION MUELLER |
| 02 17 MARILYNN GOTTLIEB | 03 04 MURIEL FLYNN |
| 02 18 HILARY WOODS | 03 04 JOHN CROSS |
| 02 20 EDWARD PHILLIPS | 03 05 LANI DOELY |
| 02 20 MELISSA NOBLE | 03 06 TOM ROBERTSON |
| 02 21 CAROLINE MILLER | 03 07 DAVID NUNN |
| 02 21 DALE WATANABE | 03 07 JO MOORE |
| 02 22 GARY CHASE | 03 07 THOMAS WALKER |
| 02 22 PATRICIA(SUZIE) NESS | 03 07 MATTHEW LIND |
| 02 22 MICHAEL KELF | 03 07 GARY SCOTT |
| 02 24 JOHN GOESSMAN | 03 09 COLIN NESS |
| 02 24 SCOTT STONE | 03 09 MALCOLM NEELY |
| 02 24 SUZANNE WAY | 03 10 BRIAN CARLTON |
| 02 24 ANNE PETERS-JOHNSON | 03 10 CASH O'DONNELL |
| 02 25 PEGGY POMEROY | 03 10 DAVE HANNULA |
| 02 26 GARY MAYNARD | 03 10 ROBERT LAKE |
| 02 27 EILEEN MCSHERRY | 03 10 P. CAROL ANNING |
| 02 27 TONYA BERG | 03 10 DARRYL SWENSON |
| 02 27 RICK GOULD | 03 10 SHARON FILIPOWSKI |
| 03 01 ANTONIO ANDERSON | 03 11 MATTHEW STAUFFER |
| 03 01 C.J. THRASHER | 03 11 SHEILA MOORE |
| 03 01 MICHAEL WALSTEAD | 03 11 LINDA HEGERBERG |
| 03 02 WAYNE WAGER | 03 13 TRACY LARSON |
| 03 02 KATHERINE OLSON | 03 13 GARY HOOD |
| 03 02 NICHOLAS SMITH | 03 14 JOHN KIRKMAN |

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Suzanne Dills
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CHANGE OF ADDRESS

NEW SUBSCRIPTION

AFFIX ADDRESS LABEL HERE

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CITY/STATE/ZIP CODE _____

PHONE _____

USMS # _____

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.

Orca Meet Results

Short Course Yards January 15, 2000

P = PNA Record
Z = Northwest Zone Record
N = National Record

WOMEN 25-29

50 YD. FREE				
ERIN MILLER	26	MMST	27.80	
100 YD. FREE				
ERIN MILLER	26	MMST	1:01.52	
50 YD. BACK				
JEN LELAND	28	GLAD	35.84	
50 YD. BRST				
KAIA HALVORSON	29	GLAD	49.70	
50 YD. FLY				
ERIN MILLER	26	MMST	30.08	
JEN LELAND	28	GLAD	33.45	
JEN KIPER	27	KCWV	35.91	
100 YD. FLY				
JEN LELAND	28	GLAD	1:15.06	
JEN KIPER	27	KCWV	1:22.14	
200 YD. FLY				
JEN KIPER	27	KCWV	3:08.63	
100 YD. I.M.				
JEN LELAND	28	GLAD	1:16.32	
JEN KIPER	27	KCWV	1:21.88	
400 YD. I.M.				
JEN KIPER	27	KCWV	6:22.17	

WOMEN 30-34

50 YD. FREE				
KARIN GARDNER	31	GLAD	27.18	
KAREN LEAHY	31	FWM	27.27	
L McCULLOUGH	30	BMSC	28.70	
RENEE MARCEAU	31	VAC	33.06	
S. THORNTON	34	PMS	34.60	
100 YD. FREE				
KARIN GARDNER	31	GLAD	1:00.43	
S. THORNTON	34	PMS	1:15.69	
DIANE KENNEDY	31	LFF	1:24.77	
200 YD. FREE				
KAREN LEAHY	31	FWM	2:09.76	
500 YD. FREE				
KAREN LEAHY	31	FWM	5:42.16	
KARIN GARDNER	31	GLAD	5:59.21	
S. THORNTON	34	PMS	7:28.16	
50 YD. BACK				
CHRISTY TAYLOR	31	MMST	30.63	
L McCULLOUGH	30	BMSC	33.17	
200 YD. BACK				
L. MCCULLOUGH	30	BMSC	2:36.21	
50 YD. BRST				
RENEE MARCEAU	31	VAC	40.17	
ELLEN BROIDO	34	OREG	40.36	
SUSAN THORNTON	34	PMS	44.77	
100 YD. BRST				
RENEE MARCEAU	31	VAC	1:27.21	
SUSAN THORNTON	34	PMS	1:32.86	
50 YD. FLY				
CHRISTY TAYLOR	31	MMST	28.46	
L McCULLOUGH	30	BMSC	32.48	
BRITT PENNISTON	30	PNA	33.78	
100 YD. FLY				
CHRISTY TAYLOR	31	MMST	1:06.95	
BRITT PENNISTON	30	PNA	1:21.50	
200 YD. FLY				
CHRISTY TAYLOR	31	MMST	2:37.50	
ELLEN BROIDO	34	OREG	3:08.02	

100 YD. I.M.

KARIN GARDNER	31	GLAD	1:10.61
L McCULLOUGH	30	BMSC	1:12.20
KARIN HEUSTED	31	LFF	1:12.24
ELLEN BROIDO	34	OREG	1:19.38
DIANE KENNEDY	31	LFF	1:39.86

200 YD. I.M.

KAREN LEAHY	31	FWM	2:31.24
BRITT PENNISTON	30	PNA	2:54.43
DIANE KENNEDY	31	LFF	3:44.71

WOMEN 35-39

50 YD. FREE				
JANET JAEGER	38	MMST	31.54	
SUZANNE WAY	35	LFF	33.43	
ANN BOYCE	36	LFF	34.37	
J. CHRISTOPHERSON	36	AM	37.90	
100 YD. FREE				
JANET JAEGER	38	MMST	1:10.67	
SUZANNE WAY	35	LFF	1:14.02	
ANN BOYCE	36	LFF	1:18.14	
J. CHRISTOPHERSON	36	BAM	1:22.46	
200 YD. FREE				
LISA WILSON	38	GLAD	2:08.84	
JAMIE WHITNEY	35	BAM	2:43.27	
SUZANNE WAY	35	LFF	2:44.59	
50 YD. BACK				
ALLISON BEADLE	35	PNA	37.41	
SUZIE NESS	37	ORCA	38.72	
ANN BOYCE	36	LFF	41.88	
200 YD. BACK				
LISA WILSON	38	GLAD	2:30.89	
WENDY HOFFMAN	37	GLAD	3:02.69	
50 YD. BRST				
CAROLYN MATHEWS	37	BMSC	38.08	
J. CHRISTOPHERSON	36	BAM	42.50	
SUZANNE WAY	35	LFF	51.79	
100 YD. BRST				
CAROLYN MATHEWS	37	BMSC	1:24.61	
J. CHRISTOPHERSON	36	BAM	1:35.64	
200 YD. BRST				
JAMIE WHITNEY	35	BAM	3:07.13	
WENDY HOFFMAN	37	GLAD	3:15.44	
50 YD. FLY				
ALLISON BEADLE	35	PNA	30.34	
CAROLYN MATHEWS	37	BMSC	30.35	
JANET JAEGER	38	MMST	35.74	
100 YD. FLY				
ALLISON BEADLE	35	PNA	1:09.56	
CAROLYN MATHEWS	37	BMSC	1:10.10	
WENDY HOFFMAN	37	GLAD	1:25.50	
JANET JAEGER	38	MMST	1:25.79	
100 YD. I.M.				
JAMIE WHITNEY	35	BAM	1:20.65	
WENDY HOFFMAN	37	GLAD	1:21.15	
200 YD. I.M.				
CAROLYN MATHEWS	37	BMSC	2:32.59	
WENDY HOFFMAN	37	GLAD	2:54.00	
400 YD. I.M.				
LISA WILSON	38	GLAD	5:11.17	
ALLISON BEADLE	35	PNA	5:34.77	

WOMEN 40-44

50 YD. FREE				
SUSAN CARLETON	40	VASH	29.74	
BRENDA NIXDORF	42	GALM	32.68	
BETH BEYERS	40	BMSC	32.79	
CINDY GOULD	42	BAM	33.81	



Zena Courtney in a near world record 200 back

100 YD. FREE

MARY LIPPOLD	43	GLAD	58.84
MAGGIE KINSELLA	42	BMSC	1:02.31
SUSAN CARLETON	40	VASH	1:05.30
BRENDA NIXDORF	42	GALM	1:11.08
BETH BEYERS	40	BMSC	1:12.88
SARAH WILLIS	43	QAM	1:15.46
CINDY GOULD	42	BAM	1:20.63

200 YD. FREE

SUSAN CARLETON	40	VASH	2:27.08
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500 YD. FREE

MAGGIE KINSELLA	42	BMSC	5:50.10
MARY LIPPOLD	43	GLAD	5:54.22

50 YD. BACK

ZENA COURTNEY	40	FWM	Z 30.88
BRENDA NIXDORF	42	GALM	37.16
SARAH WILLIS	43	QAM	40.08

100 YD. BACK

BRENDA NIXDORF	42	GALM	1:23.47
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200 YD. BACK

ZENA COURTNEY	40	FWM	2:21.20
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50 YD. BRST

TONYA BERG	40	GLAD	36.66
CINDY GOULD	42	BAM	42.62
KERRY SUSSEX	44	GLAD	42.74
BETH BEYERS	40	BMSC	44.45

100 YD. BRST

TONYA BERG	40	GLAD	1:18.32
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200 YD. BRST

TONYA BERG	40	GLAD	2:47.04
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50 YD. FLY

SARAH WILLIS	43	QAM	35.89
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100 YD. FLY

MARY LIPPOLD	43	GLAD	1:07.76
MAGGIE KINSELLA	42	BMSC	1:15.86

100 YD. I.M.

TONYA BERG	40	GLAD	1:14.10
MAGGIE KINSELLA	42	BMSC	1:15.80
BRENDA NIXDORF	42	GALM	1:20.63
SARAH WILLIS	43	QAM	1:25.15
BETH BEYERS	40	BMSC	1:25.71
KERRY SUSSEX	44	GLAD	1:31.13

200 YD. I.M.

MAGGIE KINSELLA	42	BMSC	2:40.75
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WOMEN 45-49

50 YD. FREE

LOREN MCEWAN	46	BAM	36.78
SANDY McNEEL	47	GLAD	38.53
CINDY MARTIN	48	GLAD	43.44

100 YD. FREE

LOREN MCEWAN	46	BAM	1:20.94
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200 YD. FREE

DEBBIE GLASSMAN	46	GLAD	2:23.14
BARB GUNDRED	48	BMSC	2:27.38
SANDY McNEEL	47	GLAD	3:02.70

500 YD. FREE

P KAWAKAMI	49	QUAC	6:11.06
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50 YD. BACK

JESSE PACE	47	GLAD	41.76
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50 YD. BRST

BARB GUNDRED	48	BMSC	39.74
JESSE PACE	47	GLAD	45.52

100 YD. BRST

P KAWAKAMI	49	QUAC	1:23.27
BARB GUNDRED	48	BMSC	1:25.81

200 YD. BRST

P KAWAKAMI	49	QUAC	2:58.70
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50 YD. FLY

BARB GUNDRED	48	BMSC	34.31
JESSE PACE	47	GLAD	41.81
SANDY McNEEL	47	GLAD	51.86

100 YD. I.M.

JESSE PACE	47	GLAD	1:28.44
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400 YD. I.M.

DEBBIE GLASSMAN	46	GLAD P	5:42.71
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WOMEN 50-54**100 YD. FREE**

DEMPSEY DYBDAHL	50	FWM	1:20.45
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500 YD. FREE

JANE KESSLER	53	PNA	7:30.03
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50 YD. BACK

KATHRINE CASEY	51	FTST P	35.70
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100 YD. BACK

KATHRINE CASEY	51	FTST	1:17.32
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200 YD. BACK

KATHRINE CASEY	51	FTST P	2:45.07
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50 YD. BRST

DEMPSEY DYBDAHL	50	FWM	41.42
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100 YD. BRST

DEMPSEY DYBDAHL	50	FWM	1:32.36
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50 YD. FLY

KATHRINE CASEY	51	FTST	34.08
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100 YD. FLY

KATHRINE CASEY	51	FTST	1:21.63
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100 YD. I.M.

DEMPSEY DYBDAHL	50	FWM	1:29.70
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WOMEN 60-64**100 YD. FREE**

M SCHANOFSKI	61	EBSC	2:12.16
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50 YD. FLY

M SCHANOFSKI	61	EBSC	1:05.09
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100 YD. FLY

M SCHANOFSKI	61	EBSC	2:31.70
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100 YD. I.M.

M SCHANOFSKI	61	EBSC	2:17.82
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200 YD. I.M.

M SCHANOFSKI	61	EBSC	5:01.56
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WOMEN 65-69**500 YD. FREE**

JANET KAVADAS	68	GLAD	10:16.60
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50 YD. BACK

JANET KAVADAS	68	GLAD	1:00.62
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200 YD. BACK

JANET KAVADAS	68	GLAD	4:14.79
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100 YD. I.M.

JANET KAVADAS	68	GLAD	2:11.46
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MEN 19-24**50 YD. FREE**

BRETT YOUNG	22	DSST	27.84
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100 YD. FREE

BRETT YOUNG	22	DSST	1:00.87
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200 YD. FREE

BRETT YOUNG	22	DSST	2:13.94
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50 YD. BRST

BRETT YOUNG	22	DSST	38.13
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100 YD. BRST

BRETT YOUNG	22	DSST	1:25.41
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MEN 25-29**50 YD. FREE**

BRIAN JACOBSON	26	ICE	21.27
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JARON RUSSON	25	QUAC	24.29
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NICHOLAS PERKINS	25	ICE	26.07
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ROY KIM	28	EBSC	33.27
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100 YD. FREE

BRIAN JACOBSON	26	ICE	47.97
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JARON RUSSON	25	QUAC	54.10
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500 YD. FREE

GEORGE GONZALEZ	29	ORCA	6:19.00
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VICTOR CUTTING	26	EBSC	6:34.13
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50 YD. BRST

BRIAN JACOBSON	26	ICE	27.18
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JARON RUSSON	25	QUAC	30.77
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NICHOLAS PERKINS	25	ICE	36.37
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100 YD. BRST

JOE DENTON	28	ORCA	1:11.78
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ROY KIM	28	EBSC	1:27.67
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50 YD. FLY

NICHOLAS PERKINS	25	ICE	29.40
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VICTOR CUTTING	26	EBSC	31.79
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100 YD. FLY

GEORGE GONZALEZ	29	ORCA	1:11.35
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100 YD. I.M.

BRIAN JACOBSON	26	ICE	54.38
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JARON RUSSON	25	QUAC	1:00.04
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200 YD. I.M.

JOE DENTON	28	ORCA	2:19.40
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VICTOR CUTTING	26	EBSC	2:36.64
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GEORGE GONZALEZ	29	ORCA	2:40.07
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400 YD. I.M.

JOE DENTON	28	ORCA	4:57.91
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MEN 30-34**50 YD. FREE**

B GLYN-WILLIAMS	32	EBSC	24.12
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GREG HAMILTON	30	EBSC	25.38
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MARC COTTRELL	32	MMST	26.31
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RAYMOND REITSMA	34	EBSC	27.68
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PHIL BRENNAN	31	ORCA	27.95
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PHIL CALDER	34	EBSC	28.50
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McDOUGALL-GOULET	34	EBSC	28.81
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JOHN STOVER	30	TSUN	28.82
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C MELANSON	32	EBSC	31.50
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GREG FLOYD	34	EBSC	35.44
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100 YD. FREE

MARK OLDHAM	30	EBSC	48.53
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GREG HAMILTON	30	EBSC	54.72
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MARC COTTRELL	32	MMST	58.36
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PHILIP TIBBO	34	MWSC	1:01.91
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PHIL BRENNAN	31	ORCA	1:03.89
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JOHN STOVER	30	TSUN	1:07.06
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C MELANSON	32	EBSC	1:15.66
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200 YD. FREE

MARK OLDHAM	30	EBSC	1:50.54
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KEVIN WILLIAMS	30	TSUN	2:05.17
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LUIS ALONSO	34	EBSC	2:17.63
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500 YD. FREE

GREG HAMILTON	30	EBSC	5:49.93
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JIM LASERSOHN	34	ORCA	5:56.42
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LUIS ALONSO	34	EBSC	6:10.38
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50 YD. BACK

JOHN STOVER	30	TSUN	38.02
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C MELANSON	32	EBSC	42.88
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100 YD. BACK

GREG HAMILTON	30	EBSC	1:11.96
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LUIS ALONSO	34	EBSC	1:13.85
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50 YD. BRST

JIM LASERSOHN	34	ORCA	32.54
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PHILIP TIBBO	34	MWSC	33.51
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MARC COTTRELL	32	MMST	33.53
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ROBERT KING	33	QAM	34.63
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RAYMOND REITSMA	34	EBSC	35.45
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PHIL CALDER	34	EBSC	35.50
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GREG FLOYD	34	EBSC	38.44
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C MELANSON	32	EBSC	41.16
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100 YD. BRST

KEVIN WILLIAMS	30	TSUN	1:07.42
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JIM LASERSOHN	34	ORCA	1:12.77
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PHIL CALDER	34	EBSC	1:18.16
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200 YD. BRST

MARK OLDHAM	30	EBSC	2:27.63
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50 YD. FLY

B GLYN-WILLIAMS	32	EBSC	27.69
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GREG HAMILTON	30	EBSC	28.87
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RAYMOND REITSMA	34	EBSC	29.74
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McDOUGALL-GOULET	34	EBSC	32.49
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LUIS ALONSO	34	EBSC	33.62
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PHIL CALDER	34	EBSC	35.97
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100 YD. FLY

GARRICK SNIDER	33	NMMS	1:04.52
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McDOUGALL-GOULET	34	EBSC	1:24.02
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200 YD. FLY

GARRICK SNIDER	33	NMMS	2:29.25
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100 YD. I.M.

MARK OLDHAM	30	EBSC	56.24
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GARRICK SNIDER	33	NMMS	1:05.68
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PHILIP TIBBO	34	MWSC	1:08.21
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ROBERT KING	33	QAM	1:11.41
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PHIL BRENNAN	31	ORCA	1:14.59
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McDOUGALL-GOULET	34	EBSC	1:17.24
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200 YD. I.M.

GARRICK SNIDER	33	NMMS	2:20.61
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ROBERT KING	33	QAM	2:34.93
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PHILIP TIBBO	34	MWSC	2:35.41
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400 YD. I.M.

MARK OLDHAM	30	EBSC	4:43.26
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GARRICK SNIDER	33	NMMS	5:04.97
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MEN 35-39**50 YD. FREE**

JOHN OTTERSBERG	37	USFM	25.17
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JEFF GUSTAVSON	38	TSUN	26.09
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STEVEN MITCHELL	37	YNAU	27.81
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STEPHEN NELSON	38	ICE	28.01
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NICK SMITH	37	ORCA	28.41
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(Continued from page 7)

100 YD. FREE

JACK STAVROS	39	GLAD	53.43
MICHAEL YOUNG	37	PNA	55.45
ERIC DYBDAHL	39	FWM	57.75
JEFF GUSTAVSON	38	TSUN	59.06
WILSON RUMBLE	39	TSUN	59.45
MICHAEL JONES	39	MIR	1:01.32
PATRICK GRAY	39	EBSC	1:01.76
PAUL CARTER	37	EBSC	1:02.39
ERIC TWEIT	36	ORCA	1:03.36
GREGORY HEAD	38	EBSC	1:03.37
JACOB AUSTIN	37	ORCA	1:04.85
STEVEN MITCHELL	37	YNAU	1:04.97
NICK SMITH	37	ORCA	1:04.91
AARON BROWN	38	GLAD	1:21.94

200 YD. FREE

JACK STAVROS	39	GLAD	1:58.21
MICHAEL YOUNG	37	PNA	2:00.10
JOHN OTTERSBERG	37	USFM	2:02.91
ERIC DYBDAHL	39	FWM	2:07.86
MICHAEL JONES	39	MIR	2:08.53
JEFF GUSTAVSON	38	TSUN	2:12.11
WILSON RUMBLE	39	TSUN	2:12.38
GREG MARTIN	39	VAC	2:12.61
PAUL CARTER	37	EBSC	2:18.28
ERIC TWEIT	36	ORCA	2:20.68
PAUL JOHNSON	38	EBSC	2:22.95
STEVEN MITCHELL	37	YNAU	2:36.81

500 YD. FREE

BOB FISH	36	BMSC	5:29.23
JOHN OTTERSBERG	37	USFM	5:29.85
MICHAEL JONES	39	MIR	5:51.94
ERIC DYBDAHL	39	FWM	5:56.83
WILSON RUMBLE	39	TSUN	5:59.70
GREG MARTIN	39	VAC	5:59.84
JEFF GUSTAVSON	38	TSUN	6:00.65
PAUL JOHNSON	38	EBSC	6:18.57
PAUL CARTER	37	EBSC	6:19.34

50 YD. BACK

BOB FISH	36	BMSC	27.19
MATT LIND	35	ORCA	29.33
PATRICK GRAY	39	EBSC	31.62
STEPHEN NELSON	38	ICE	33.68

100 YD. BACK

MATT LIND	35	ORCA	1:04.83
ERIC DYBDAHL	39	FWM	1:08.43
JOHN BELL	38	EBSC	1:09.57
PATRICK GRAY	39	EBSC	1:11.91

200 YD. BACK

MATT LIND	35	ORCA	2:19.51
GREG MARTIN	39	VAC	2:36.34

50 YD. BRST

MICHAEL YOUNG	37	PNA	30.70
STEPHEN NELSON	38	ICE	31.92
JACOB AUSTIN	37	ORCA	36.86
GREGORY HEAD	38	EBSC	36.97
AARON BROWN	38	GLAD	47.96

100 YD. BRST

MICHAEL YOUNG	37	PNA	1:08.06
STEPHEN NELSON	38	ICE	1:09.24
JOHN OTTERSBERG	37	USFM	1:10.32
JOHN BELL	38	EBSC	1:14.64
WILSON RUMBLE	39	TSUN	1:18.34
GREGORY HEAD	38	EBSC	1:19.06
AARON BROWN	38	GLAD	1:49.16

200 YD. BRST

MICHAEL YOUNG	37	PNA	2:28.39
STEPHEN NELSON	38	ICE	2:36.97

50 YD. FLY

TOM KEMPLE	37	EBSC	26.25
BOB FISH	36	BMSC	26.46
BRAD PALMER	39	ORCA	34.57
PAUL JOHNSON	38	EBSC	36.11

100 YD. FLY

TOM KEMPLE	37	EBSC	57.59
JOHN BELL	38	EBSC	1:01.88

200 YD. FLY

TOM KEMPLE	37	EBSC	2:13.39
BOB FISH	36	BMSC	2:25.19
WILSON RUMBLE	39	TSUN	2:45.46

100 YD. I.M.

TOM KEMPLE	37	EBSC	1:01.82
MATT LIND	35	ORCA	1:04.26
GREGORY HEAD	38	EBSC	1:10.88
JEFF GUSTAVSON	38	TSUN	1:14.05
NICK SMITH	37	ORCA	1:16.39
STEVEN MITCHELL	37	YNAU	1:20.65
JEFF WOLF	36	ORCA	1:23.24

200 YD. I.M.

JOHN BELL	38	EBSC	2:20.93
STEVEN MITCHELL	37	YNAU	3:11.13

MEN 40-44**50 YD. FREE**

SCOTT LORENZEN	41	WAC	25.47
DAVID BROWN	42	LFF	25.61
TIM MARKUS	40	YNAU	26.03
MIKE SCHAEFFER	43	GLAD	26.16
TODD KOWALSKI	41	BAM	27.04
RICK SHULTZ	42	PNA	27.25
RON OREN	40	LFF	28.06
MICHAEL NAYLOR	40	EBSC	30.88
LARRY MUNN	44	EBSC	31.24
SCOTT ENGELHARD	43	PNA	34.32
CHIP WATERBURY	44	ORCA	34.58

100 YD. FREE

SCOTT LORENZEN	41	WAC	58.23
JOE HEALY	40	TSUN	58.69
TODD KOWALSKI	41	BAM	59.04
RICK SHULTZ	42	PNA	1:02.59
RON OREN	40	LFF	1:03.03
JOS ARPINK	40	EBSC	1:06.24
LANCE CALISCH	44	YNAU	1:08.80
LARRY MUNN	44	EBSC	1:11.72
PAUL DUNSTAN	44	EBSC	1:12.14
MICHAEL NAYLOR	40	EBSC	1:13.71
SCOTT ENGELHARD	43	PNA	1:18.68



Mike Jones, who swims the 100 butterfly in the 100 free heats

200 YD. FREE

MIKE SCHAEFFER	43	GLAD	2:14.68
JOE HEALY	40	TSUN	2:19.00
DAVID BAUER	44	SJAM	2:30.41
LARRY MUNN	44	EBSC	2:41.96
PAUL DUNSTAN	44	EBSC	2:43.81
CHIP WATERBURY	44	ORCA	2:58.14

500 YD. FREE

TODD KOWALSKI	41	BAM	6:05.46
JOE HEALY	40	TSUN	6:11.44
PAUL IKEDA	40	ORCA	6:58.38
LARRY MUNN	44	EBSC	7:17.10

50 YD. BACK

PETER METZGER	44	PMS	27.75
TIM MARKUS	40	YNAU	31.96
GARY SEILHEIMER	42	UNAT	32.86
CHIP WATERBURY	44	ORCA	44.98

100 YD. BACK

PETER METZGER	44	PMS	59.90
DAVID BAUER	44	SJAM	1:15.00
PAUL IKEDA	40	ORCA	1:20.20

200 YD. BACK

GARY SEILHEIMER	42	UNAT	2:43.22
DAVID BAUER	44	SJAM	2:49.17
PAUL IKEDA	40	ORCA	2:52.55

50 YD. BRST

PAUL IKEDA	40	ORCA	36.06
TIM MARKUS	40	YNAU	37.25
LANCE CALISCH	44	YNAU	41.45
CHIP WATERBURY	44	ORCA	44.73

100 YD. BRST

PETER METZGER	44	PMS	1:10.75
SCOTT ENGELHARD	43	PNA	1:22.67
LARRY MUNN	44	EBSC	1:31.59

50 YD. FLY

PETER METZGER	44	PMS	26.78
DAVID BROWN	42	LFF	27.84
JOE HEALY	40	TSUN	28.99
RICK SHULTZ	42	PNA	29.18
GARY SEILHEIMER	42	UNAT	29.43
MIKE SCHAEFFER	43	GLAD	30.27
RALPH DOORE	42	TSUN	36.70

100 YD. FLY

STEVE SUSSEX	44	GLAD	1:00.77
PETER METZGER	44	PMS	1:01.61
JOE HEALY	40	TSUN	1:06.99
LANCE CALISCH	44	YNAU	1:14.99

100 YD. I.M.

DAVID BROWN	42	LFF	1:05.14
TIM MARKUS	40	YNAU	1:07.13
SCOTT LORENZEN	41	WAC	1:07.27
TODD KOWALSKI	41	BAM	1:14.27
RON OREN	40	LFF	1:17.86
LANCE CALISCH	44	YNAU	1:22.42
MICHAEL NAYLOR	40	EBSC	1:23.52
PAUL DUNSTAN	44	EBSC	1:29.97
RALPH DOORE	42	TSUN	1:30.85
CHIP WATERBURY	44	ORCA	1:34.06

200 YD. I.M.

SCOTT LORENZEN	41	WAC	2:30.18
DAVID BAUER	44	SJAM	2:50.00

MEN 45-49**50 YD. FREE**

MARC FAIRBANKS	48	BMSC	26.03
GILLES BEAUDIN	45	EBSC	27.59
KENT DEVIGNE	46	ORCA	33.95
JOHN METTLER	45	IST	35.63



Don Rehfeldt and Gene Crossett after a full day of competition.

100 YD. FREE

RONALD JACOBS	48	GLAD	54.15
MARC FAIRBANKS	48	BMSC	58.35
KEVIN SIMPSON	48	EBSC	1:01.74
KENT DEVIGNE	46	ORCA	1:19.61
JOHN METTLER	45	IST	1:27.59

200 YD. FREE

RONALD JACOBS	48	GLAD	2:03.74
MARC FAIRBANKS	48	BMSC	2:10.19
JOHN METTLER	45	IST	3:17.25

500 YD. FREE

KEVIN SIMPSON	48	EBSC	6:23.99
KENT DEVIGNE	46	ORCA	8:06.00
JOHN METTLER	45	IST	8:54.71

50 YD. BACK

RONALD JACOBS	48	GLAD	28.71
KENT DEVIGNE	46	ORCA	56.86

100 YD. BACK

KEVIN SIMPSON	48	EBSC	1:19.75
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200 YD. BACK

DYAL HENNACY	45	QUAC	2:51.29
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50 YD. BRST

BILL KRIEGER	45	SVY	31.35
DANA COX	48	ORCA	31.82
GILLES BEAUDIN	45	EBSC	33.54
CLARK PACE	47	GLAD	34.16
DYAL HENNACY	45	QUAC	38.80

100 YD. BRST

BILL KRIEGER	45	SVY	1:08.02
GILLES BEAUDIN	45	EBSC	1:13.22
DANA COX	48	ORCA	1:13.42
KENT DEVIGNE	46	ORCA	2:09.25

200 YD. BRST

GILLES BEAUDIN	45	EBSC	2:42.42
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50 YD. FLY

DANA COX	48	ORCA	29.31
CLARK PACE	47	GLAD	31.40

100 YD. I.M.

GILLES BEAUDIN	45	EBSC	1:09.73
CLARK PACE	47	GLAD	1:10.61
MARC FAIRBANKS	48	BMSC	1:11.72
DYAL HENNACY	45	QUAC	1:16.31

MEN 50-54

50 YD. FREE

GENE REESE	50	LFF	31.68
BILL ETNYRE	52	ORCA	46.20

100 YD. FREE

STEVEN PETERSON	53	OOPS	1:01.95
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200 YD. FREE

IAN THOMPSON	50	BMSC	2:10.61
THOMAS WALKER	52	UNAT	2:51.63

500 YD. FREE

STEVEN PETERSON	53	OOPS	6:13.88
GORDON GRAY	54	NYG	6:51.16

50 YD. BACK

GORDON GRAY	54	NYG	38.33
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100 YD. BACK

STEVEN PETERSON	53	OOPS	1:20.66
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200 YD. BACK

IAN THOMPSON	50	BMSC	2:44.07
GORDON GRAY	54	NYG	2:57.12

50 YD. BRST

GENE REESE	50	LFF	37.90
THOMAS WALKER	52	UNAT	42.94

100 YD. BRST

STEVEN PETERSON	53	OOPS	1:14.52
GENE REESE	50	LFF	1:27.29
GORDON GRAY	54	NYG	1:32.82
THOMAS WALKER	52	UNAT	1:35.39

200 YD. BRST

IAN THOMPSON	50	BMSC	2:43.34
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100 YD. FLY

STEVEN PETERSON	53	OOPS	1:17.74
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200 YD. FLY

IAN THOMPSON	50	BMSC	3:01.20
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100 YD. I.M.

THOMAS WALKER	52	UNAT	1:28.83
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200 YD. I.M.

IAN THOMPSON	50	BMSC	2:33.11
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MEN 55-59

50 YD. FREE

RICHARD GOERS	58	QUAC	37.77
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100 YD. FREE

RICHARD GOERS	58	QUAC	1:33.63
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500 YD. FREE

IVAN OAKES	56	BMSC	9:29.20
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50 YD. BRST

RICHARD GOERS	58	QUAC	39.11
IVAN OAKES	56	BMSC	45.30

100 YD. BRST

RICHARD GOERS	58	QUAC	1:28.63
IVAN OAKES	56	BMSC	1:44.59

MEN 60-64

100 YD. FREE

PAUL OLMSTEAD	60	BMSC	1:17.47
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200 YD. FREE

PAUL OLMSTEAD	60	BMSC	2:52.96
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500 YD. FREE

PAUL OLMSTEAD	60	BMSC	7:50.88
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MEN 65-69

50 YD. FREE

BOB DORSE	68	TIG	30.24
HERB LARSON	69	PNA	48.38

100 YD. FREE

BOB DORSE	68	TIG	1:11.99
DON REHFELDT	65	PNA	1:20.62

500 YD. FREE

DON REHFELDT	65	PNA	8:13.39
HERB LARSON	69	PNA	13:24.75

50 YD. BACK

TOM FOLEY	65	TIG	49.31
HERB LARSON	69	PNA	1:13.38

50 YD. BRST

TOM FOLEY	65	TIG	48.29
HERB LARSON	69	PNA	1:24.16

200 YD. BRST

DON REHFELDT	65	PNA	3:32.27
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50 YD. FLY

TOM FOLEY	65	TIG	47.63
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100 YD. I.M.

DON REHFELDT	65	PNA	1:33.52
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200 YD. I.M.

DON REHFELDT	65	PNA	3:32.08
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MEN 85-89

50 YD. FREE

GENE CROSSETT	86	GLAD	42.78
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100 YD. FREE

GENE CROSSETT	86	GLAD	1:40.66
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200 YD. FREE

GENE CROSSETT	86	GLAD	3:43.67
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500 YD. FREE

GENE CROSSETT	86	GLAD	10:39.08
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MEN 90-94

50 YD. BRST

JIM PENFIELD	91	FTST	58.17
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100 YD. BRST

JIM PENFIELD	91	FTST	2:27.59
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100 YD. I.M.

JIM PENFIELD	91	FTST	2:23.19
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RELAYS—WOMEN 200 YD. MEDLEY

25 +

L McCULLOUGH	30	BMSC	2:18.07
BETH BEYERS	40		
CAROLYN MATHEWS	37		
MAGGIE KINSELLA	42		

ANN BOYCE	36	LFF	2:45.88
SUZANNE WAY	35		
KARIN HEUSTED	31		
DIANE KENNEDY	31		

RELAYS—MEN 200 YD. FREE

25 +

GREG HAMILTON	30	EBSC	1:39.67
JOHN BELL	38		
TOM KEMPLE	37		
MARK OLDHAM	30		

B. GLYN-WILLIAMS	32	EBSC	1:47.66
PATRICK GRAY	39		
LUIS ALONSO	34		
GREGORY HEAD	38		

ROY KIM	28	EBSC	2:00.48
LARRY MUNN	44		
PHIL CALDER	34		
VICTOR CUTTING	26		

McDOUGALL-GOULET	34	EBSC	2:10.52
GREG FLOYD	34		
PAUL DUNSTAN	44		
C MELANSON	32		

35 +

PAUL CARTER	37	EBSC	1:58.83
JOS ARPINK	40		
KEVIN SIMPSON	48		
PAUL JOHNSON	38		

RELAYS—MEN 200 YD. MEDLEY

25 +

LUIS ALONSO	34	EBSC	1:53.88
MARK OLDHAM	30		
B GLYN-WILLIAMS	32		
GREG HAMILTON	30		

(Continued on page 10)

(Continued from page 9)

MATT LIND	35	ORCA	2:00.69
JIM LASERSOHN	34		
GEORGE GONZALEZ	29		
JOE DENTON	28		

MICHAEL NAYLOR	40	EBSC	2:21.52
RAYMOND REITSMA	34		
McDOUGALL-GOULET	34		
LARRY MUNN	44		

35 +

PATRICK GRAY	39	EBSC	1:58.21
GILLES BEAUDIN	45		
TOM KEMPLE	37		
JOHN BELL	38		

IAN THOMPSON	50	BMSC	2:13.35
BOB FISH	36		
MARC FAIRBANKS	48		
PAUL OLMSTEAD	60		

NICK SMITH	37	ORCA	2:17.81
ERIC TWEIT	36		
JEFF WOLF	36		
JACOB AUSTIN	37		

KEVIN SIMPSON	48	EBSC	2:18.59
JOS ARPINK	40		
PAUL JOHNSON	38		
PAUL CARTER	37		

CHIP WATERBURY	44	ORCA	2:22.95
DANA COX	48		
PAUL IKEDA	40		
KENT DEVIGNE	46		

RELAYS—MIXED 200 YD. FREE

25 +

MARC COTTRELL	32	MMST	1:53.30
JANET JAEGER	38		
ERIN MILLER	26		
CHRISTY TAYLOR	31		

DAVID BROWN	42	LFF	2:00.22
KARIN HEUSTED	31		
DIANE KENNEDY	31		
RON OREN	40		

SUSAN CARLETON	40	VAC	2:05.05
RENEE MARCEAU	31		
SCOTT ENGELHARD	43		
GREG MARTIN	39		

35 +

RONALD JACOBS	48	GLAD	1:43.61
LISA WILSON	38		
MARY LIPPOLD	43		
JACK STAVROS	39		

RELAYS—MIXED 200 YD. MEDLEY

25 +

BOB FISH	36	BMSC	2:18.09
BETH BEYERS	40		
L McCULLOUGH	30		
PAUL OLMSTEAD	60		

35 +

RONALD JACOBS	48	GLAD	1:56.01
LISA WILSON	38		
MARY LIPPOLD	43		
JACK STAVROS	39		

CAROLYN MATHEWS	37	BMSC	2:04.95
IAN THOMPSON	50		
MARC FAIRBANKS	48		
MAGGIE KINSELLA	42		

Great Time at Orca Meet

About 150 swimmers enjoyed the hospitality, good food and relays at the Queen City Splash & Ski 2000 Meet on January 15th. Highlights of the Meet were Jim Penfield's world record in the 100 Breast. Competing in the 90-94 year old age group, Jim swam the event in 2:27.59, chopping nearly two seconds off his prior record.

Mike Jones of the Mercer Island Redwoods again swam the 100 fly during the 100 free event and kept up with the group. As usual, announcer John Horman was in good form and the Pink Flamingo relay was great. Congratulations to meet directors Jim Lasersohn and Brad Palmer for a well run meet.

This was also the first meet where the whistle start and no recalls on false starts was held. (Those swimmers leaving early will be disqualified at the end of the race rather than a general recall of all swimmers). Most competitors responded very well to these two changes.

First time swimmers at the meet were Beth Beyers, Marc Cottrell, Joe Denton, Cindy Gould, Kaia Halvorson, Karin Heusted, Brian Jacobson, Robert King, Herb Larson, Scott Lorenzen, Renee Marleau, Cindy Martin, Loren McEwan, Erin Miller, Steven, Mitchell, Paul Olmstead, Raymond Reitsma, Teri Rexroat, John Stover, and Jeff Wolf.

Dawn Musselman Inspirational Swimmer Award

The PNA has presented this Inspirational Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913 - 1986). Dawn was a long-time PNA member. Not only was she a gifted swimmer (check the record books for ages 60 to 74!), Dawn was the kind of person who inspired others and encouraged them to do their best. Besides Dawn, subsequent award winners include Marlene Holmes, Maxine Carlson, Jim Penfield, Tom Foley, Karen Jost, Jan Kavadas, Robin O'Leary, Marion Mueller, Tammi Keeler, Ian Thompson, Suzanne Dills, Clark Pace, and Dan Frost.

Nominations are open to all PNA members. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming

You swim with someone who qualifies - compose a couple paragraphs telling why! Send your nomination to Steve Peterson (Silverdale: (360) 692-1669; speterson@bandwagon.net). The award, consisting of a personal plaque and the perpetual trophy with recipient's name added, will be presented at PNA Champs at the King County Aquatic Center on Saturday, April 8.

Please submit your nomination by March 31, 2000.

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
- B.C. MASTERS
- SAWTOOTH (Idaho) MASTERS
- BELLINGHAM MASTERS
- ORCA SWIM TEAM

www.swimpna.org

- www.usms.org
- www.compumart.ab.ca/masterssc/
- www.swimoregon.org
- www.island.net/~bpronk
- ricdavis.micron.net/~ricdavis/Sawtooth/index.html
- members.aol.com/Ariston844/bmsc.htm
- www.teamseattle.org/orca

News from the PNA Board

Notes from the December Board Meeting

President Lee Carlson called the meeting to order at 7:10pm. Attending were Walt Raid, Lee Carlson, Hugh Moore, Kathy Casey, Jeannette Vallandigham, Carolyn Behse, Jan Kavadis, Jeanne Ensign, Sue Dills, and new members/guests Bob Fiddes and Sandy McNeel.

Minutes: The Board approved the October minutes as amended.

Treasurer's Report: The Board reviewed the Treasurer's report. The Northwest zone meet (July) shows a profit; postage costs are up; newsletter used a 10% discount coupon from the printer. Report was approved by the Board. Sue Dills spent \$185.20 for stamped envelopes. Reimbursement of these costs was approved by the Board.

Membership: Sue Dills reported registration is at 408; anticipate up to 450 by 12-31-99. The constitutional amendments were approved. 233 of 408 registrants returned ballots. Running places to swim in The WetSet helps membership.

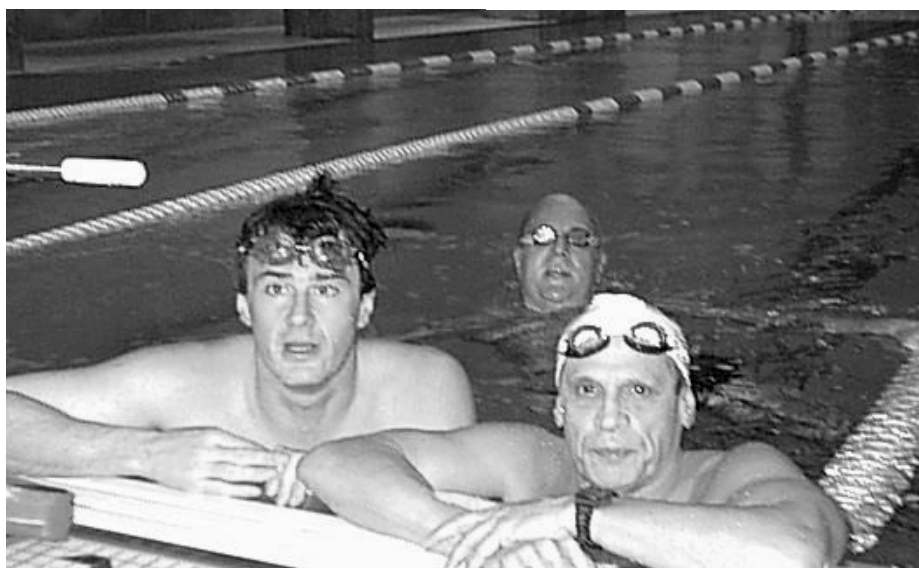
Meets: Bangor meet—70 people attended. There were 12 age 70 plus swimmers and seven couples. GLAD meet—30 plus swam all events. Halloween swim caps and Halloween masks were awarded. The "animal" aspect was represented by decorations. Tom Foley finished his 1000 freestyle with the 25 fly, "I hate freestyle." Oregon Zone meet—Largest meters zone meet as of November 30. Down the hall was 50-meter pool for warm-up. No bids yet for Short Course Yard Zones. Champs was recommended as a two-day meet. (Friday is too hard to get to Aquatic Center.) Noon start on Saturday and early start on Sunday. Officials will demonstrate the whistle start at each meet and to champs. Will ask the starters to repeat event description (which is optional). Kathy Casey will coordinate.

For 2000-2001 meet season PNA will establish the Meet Review Committee. The Registrar will continue to provide the meet director with a list of registered swimmers.

PNA Approved Budget

January through December 2000

Income		Expense	
Registration	25,495	Registration	13,245
2000 5K/10K Postal Meet (net)	1,500	WetSet	10,600
Local meets	1,000	Convention 2000	3,000
Interest	896	Other	1,874
Other	412	Postage	850
		Website	500
Total Income	29,303	Total Expense	30,069
		Net Income (Loss)	(766)



Hugh Moore and Mel Goldstein at the recent USMS planning session in San Francisco. (Hugh is USMS Zone Committee chair.) OK, this is actually swimming at The Olympic Club between planning sessions.

Records: No Bangor report in **December Newsletter.** January will include PNA, USMS Top 10 for long course meters, Bangor, Zone results. (Latter will be condensed to PNA swimmers only.)

Publicity: No report. Newsletter: Lee will continue content coordination. Needs an assistant on production familiar with Publisher. Sandy McNeel uses Publisher and will help.

Awards: No report.

Social: 14-16 attended an informal social after the Bangor meet.

Officiating: Jan Kavadas reported there would be a Stroke and Turn Clinic on December 18th 8-10 am at Helene Madison. Recommended to call Orca regarding clinic.

Computer Applications: Web sites for PNA, MACA, top 10 USMS are active. Jim and Mardi McCleery are doing PNA website.

Safety: Steve will get equipment to Orca by warm-ups on the 15th.

Open Water: No report.

At Large Rep: No report.

Team Reps: Bob Fiddes representing Best—Had no report. Samena Club—Dean Sawhill resigned; looking for a coach.

Old Business: PNA Handbook—Inputs are not in. Volunteers Lorraine Eadie and Mary Ann White will help with Long Course Nationals and one hour swim.

New Business: A budget for 2000 was approved.