

Meets & Triathlons—Meters & Open Water



Why is this woman smiling? This woman, Karen Bryce, placed first in all of her events at the Northwest Zone Long Course Meters Championship. Karen was intimidated by the length of the 50-meter pool, so she swam the breaststroke with her eyes closed and she still had a good time. For more information on this swim meet and the one at Oak Harbor, see inside.

LEADING OFF

By
Lee Carlson

Perhaps because it's fall, or perhaps it's a combination of enjoying the Munich World Masters Championships and seeing the outstanding swimming at the Olympics; I am energized and I am convinced: it is a good time for all of us to set goals and get in quality workouts to reach our objectives.

Congratulations to Sally Dillon and her Oak Harbor teammates. They ran an outstanding pentathlon on Saturday, September 16th. The meet moved along quickly with an amazing number of quality swims. Swimming in this type of meets fits in well to determine how you are doing to meet the requirements of the performance percentages outlined in last month's *WetSet*. It was also a good warmup for the Zone Championships to be held in early October.

Your PNA organization is fortunate to have ten members representing you at the USMS Convention in Kissimmee, Florida, October 11-15. Hugh Moore (Zone Chair) and Jeanne Ensign (Treasurer) are on the USMS Executive Committee. Sally Dillon (Long Distance Chair) is on the Board of Directors for USMS. Other delegates are Steve Peterson, Jan Kavadas, Walt Reid, Kathy Casey, Jane Moore, Sandy McNeel, and myself. The meeting will explore how we can serve you better and focus on effective types of promotional efforts and programs to potential new members. The PNA has 875 members of the 40,000 registered USMS swimmers. The organization is growing rapidly but has the potential for greater growth. Our objective is to raise the awareness of Masters swimming programs. We will also propose changes to rules and through committees we do much of the work of the organization. Check out the web page at USMS.org for discussions on these topics. Let us know what you think.

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**Volume 20 • Issue 8
October 2000**

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Meets/Sanctions: Hugh Moore

Publicity: Brad Palmer

Records/Top Ten: Walt Reid

Officiating: Jan Kavadas

Open Water: Sally Dillon

Safety: Kathy Casey

Social: Jett Vallandigham

LEADING OFF

By
Lee Carlson

(Continued from page 1)

It has also been almost a year since we held a planning session to develop objectives for the PNA. We have accomplished a number of our objectives. We wanted to improve our communications and we have done this. Both our website (swimpna.org) and this newsletter (*WetSet*) are improved. We wanted to conduct a swim clinic and open water event. We met both of these goals. We also wanted to simplify our bylaws and we have done this.

We have several items to work on to meet our other objectives. Among the planning goals to complete over the next year are shorter board meetings, greater member input, more participation from coaches, and conducting a fitness clinic. We also want to provide a team handbook.

Hugh and Jane Moore report that Nationals preparation is progressing well. Mary Ann White has created a fantastic logo. Sandy McNeel has put together a flyer to be handed out to convention delegates. Sally Dillon is working with Wilson Trophy to get bids for plaques as well as samples for convention. The draft entry information has been shared with the USMS championship committee. We still have a few positions available on the Nationals committee. Anyone interested in either being on the organizing committee or helping with the meet should contact Hugh and Jane Moore at weswim@mindspring.com or (253) 925-0803.

Your board is committed to improving your PNA. To do this we need your input, your talents, and your energy. Just contributing your thoughts and a few hours of your time will help us reach our goals.

New Team for West Seattle

West Seattle YMCA now includes Masters practices in its programs. Coached by Chaya Amiad, the workouts are Monday, Wednesday, and Fridays at 6 a.m. to 7 a.m.

Workouts are free to YMCA members. Others can attend by purchasing the daily YMCA pass.

A stroke technique class is also offered on Sunday at 10 a.m. and Mondays at 7 p.m.

West Seattle YMCA is located at 4515 36th Ave SW. The phone number is (206) 935-6000.

New Pool for Bainbridge Island

Bainbridge Island is getting a new addition to the Ray Williamson pool, where Bainbridge Area Masters practices. The ground breaking ceremony was September 15, 2000 and construction has started.

The existing pool will be the competition pool, kept at about 82 degrees. The new pool, which includes four lap lanes, will be kept at the warmer 85 to 87 degrees. A spa/therapy pool, sauna, and large locker rooms will be added.

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.

Training Hints for the 3000/6000 Yard Postal Swim

by Dr. Paul Hutinger

Although Paul Hutinger wrote this article for the October 3000/6000 Yard Postal Swim, the same principles can be used to train for the 1 Hour Postal Championship in next January.

Start your training program by setting your goal. Use your time for the 500 or 1650 as a base. You should be able to be close to your 1650 pace for this swim. The chart below will give you ideas on what kind of pace you would need for a specific time. If, for example, you would like to do 22:00, then practice on a 1:20 pace for a series of 20x100 yards on 2:00. As you improve, decrease the rest time so you can do the 1:20 pace at 1:30 (10 seconds rest) and increase the series to 40 x 100. This is an example of slow interval training. Use any of the distances and make up your own similar training schedules. You could do a set of 500 yard repeats on the pace of 1:20 for each 100 yards, which would be a 6:40. Do 4x500 at 8:00 and try to average 6:40. Increase the number of repeats until you can do 10x500 at an average pace of 6:40 every 7:00 (20 seconds rest between each 500). As you progress in your

training, try a challenge swim of 30 minutes and use this pace as a goal for your 3000 or 6000 pace time. This is an example of marathon training. This would give you 2250 yards in 30 minutes if you maintained the 1:20 pace and give you a goal of 40 minutes for the 3000 swim.

Since the event is scheduled for your own pool any time in September or October (*January*), swim in a lane where you can see the pace clock and use that to keep track of your pace. This pace may seem slow in the first 1000 yards, but as you get into the last 1000, you will realize how important it was to maintain your pace. Many swimmers are coached on doing negative splits, so that the last half of your swim would be faster than the first part. This is a more efficient way to plan your event and you will achieve a better performance if you avoid going into early oxygen debt. You need to maintain a pace that

enables your body to supply the energy at a steady state and then the last part of the event can gradually be increased in pace. This puts you into an oxygen debt that can be paid back after your race.

In summary, the Masters swimmer should use a variety of techniques for training. Set a goal time for yourself based on your best 1650 time. Establish a pace that you can maintain in a set of 40x100 yards with 10 seconds rest or 10x500 yards with 20 seconds rest. Take a 30 minute challenge swim to test yourself on your pace. Start training early, so you have two to three months to get ready for this Postal Swim. Rest is an important aspect to top performance. Your last training swim of 1500 (for the 3000) and 3000 (for the 6000), should be a week before your swim. Take the day off before you swim.

Good luck!!

1650 Swim Pace											
	1:00	1:10	1:20	1:30	1:40	1:50	2:00	2:05	2:15	2:30	3:00
100	1:00	1:10	1:20	1:30	1:40	1:50	2:00	2:05	2:15	2:30	3:00
200	2:00	2:20	2:40	3:00	3:20	3:40	4:00	4:10	4:30	5:00	6:00
300	3:00	3:30	4:00	4:30	5:00	5:30	6:00	6:15	6:45	7:30	9:00
400	4:00	4:40	5:20	6:00	6:40	7:20	8:00	8:20	9:00	10:00	12:00
500	5:00	5:50	6:40	7:30	8:20	9:10	10:00	10:25	11:15	12:30	15:00
600	6:00	7:00	8:00	9:00	10:00	11:00	12:00	12:30	13:30	15:00	18:00
700	7:00	8:10	9:20	10:30	11:40	12:50	14:00	14:35	15:45	17:30	21:00
800	8:00	9:20	10:40	12:00	13:20	14:40	16:00	16:40	18:00	20:00	24:00
900	9:00	10:30	12:00	13:30	15:00	16:30	18:00	18:45	20:15	22:30	27:00
1000	10:00	11:40	13:20	15:00	16:40	18:20	20:00	20:50	22:30	25:00	30:00
1100	11:00	12:50	14:40	16:30	18:20	20:10	22:00	22:55	24:45	27:30	33:00
1200	12:00	14:00	16:00	18:00	20:00	22:00	24:00	25:00	27:00	30:00	36:00
1300	13:00	15:10	17:20	19:30	21:40	23:50	26:00	27:05	29:15	32:50	39:00
1400	14:00	16:20	18:40	21:00	23:20	25:40	28:00	29:10	31:30	35:00	42:00
1500	15:00	17:30	20:00	22:30	25:00	27:30	30:00	31:15	33:45	37:30	45:00
1600	16:00	18:40	21:20	24:00	26:40	29:20	32:00	33:20	35:00	40:00	48:00
1650	16:30	19:15	22:00	24:45	28:30	30:15	33:00	34:22	36:07	41:15	49:30

Paul Hutinger is the coach of the Florida Maverick Masters, based in St. Petersburg, Florida. He holds numerous national and world records, including the Hour Swim in 1986. The Mavericks sponsored the 3000/6000 yard National Postal Championships in 1999 and placed 2nd in the 3000 yards team event.

PNA Board Meeting Minutes

August 22, 2000

President Lee Carlson called the meeting to order at the Federal Way Regional Library at 7:05 p.m. Attending were Kathy Casey, Jeanne Ensign, Jan Kavadas, Sandy McNeel, Greg Metzler, Hugh Moore, Jane Moore, Steve Peterson, and Jett Vallandigham. Teams represented included Federal Way, Ft. Steilacoom, GLAD, Mercer Island, and OOPS.

Minutes:

The Board approved the July minutes as amended.

Treasurer's Report:

Total assets are \$29,801 including the Wiggin Fund's \$2,687. The Board approved expenditure of \$369.20 for two boxes of preprinted stamped envelopes for the November reregistration notification mailing.

Committee Reports:

Membership: Total registrations stand at 850 members to date. Sue awaits a report from the Fat Salmon Swim, as Ed Artis has some 17 one-event registrations to submit.

Meets: Not much has changed regarding KCAC date availability conflicts - Easter remains the only open date for Champs. Hugh will wait, possibly until after Convention, to see if any other sports (e.g., water polo) decide not to use their dates. Next meet after Bangor (November) is the Orca January meet at Helene Madison. No world meet is scheduled for 2001. Assessing the "Fat Salmon" Open Water swim, Hugh clarified PNA's position regarding meet fees to include refunding the \$100 meet deposit in addition to the previously approved waiving of the PNA per-swimmer fee. The Board concurred.

Records/Top Ten: Walt is busy processing the Zone records. Kathy noted that 47 world records were set at both Munich and Morocco, but there were three times the attendees (6187 vs. 1900). Was this attributable to the "small" beer schooners readily available? At LC Nationals in Baltimore, 64 national and 44 world records were set.

Newsletter: PNA was notified that the *WetSet* is among ten finalists for Newsletter of the Year. The September issue deadline is August 26.

Constitution & By-Laws: Jane noted that some outdated policies remain. Accordingly, the Board approved making housekeeping changes to bring these policies up to date: M24 - delete "This guarantee is retroactive to 9/1/96 and shall be in effect through 8/31/99." Remainder is unchanged. N-14, N-18, N-19 - delete all. G-1 - delete "at the banquet" for recognizing PNA award winners. G-6 (designates the Vice President as Safety Coordinator), G-9, G-15 - delete

all. G-7 - delete "The names and phone numbers of Sunshine committee members shall be published in the newsletter." Content of the "informal flyer" to accompany registrations, mentioned in R6, will be discussed at the next meeting. Jane will email a summary of these policy updates.

Safety: Lee agreed to deliver the safety equipment to the Oak Harbor Pentathlon.

Old Business:

LC Nationals 2001: The next organizing meeting is scheduled for September 9th at the Moore's.

Convention: Kathy, in noting her and Walt's busy travel schedules, said they met at a hotel to discuss convention issues, but the Board was skeptical....

Electronic Comm: Pacific LMSC has a listserv collection of some 5000 members. Hugh will contact Michael Moore for the operational details.

By-Laws Changes: The Board discussed Jeanne's proposal for an Executive Board structure; how to increase meeting

attendance; and reducing the number of meetings per year (fewer but larger?). There appeared to be no overwhelming pressure to alter the current meeting format other than to focus each agenda on a specific topic.

New Business:

UW Swim Program: Lee introduced Mary Coddington to discuss the UW's decision to cancel their swim program. Mary urged interested parties to attend a meeting on August 24 to address university officials. Jeanne will draft a letter as a USMS representative; Lee encouraged PNA members to write in as well.

Next Meetings:

Saturday, September 16, at Oak Harbor

Tuesday, October 24, at Robert McNeel Associates' office

Tuesday, December 5, at Lee Carlson's

The Board approved adjourning the meeting at 8:56 p.m.

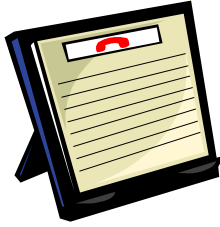
—Steve Peterson, Secretary



HAPPY BIRTHDAY

to the following PNA swimmers!

10 15 Susan Dearborn	10 29 Catherine Clark
10 15 Kari Einset	10 30 John Pressentin
10 17 Shirley Macleod	10 30 Jim Miles
10 18 Jack Andrews	10 30 Jeffrey Wolf
10 19 Stacie Brua	11 01 Teri Lawson
10 19 Steven Thrasher	11 01 Anne Healey
10 19 Russ Borgnin	11 02 Diana Ekstrom
10 19 Bill Fenner	11 02 David Thomson
10 19 Jill Nuss	11 03 Mary Coddington
10 20 Kathleen Pokorny	11 03 Loren McEwan
10 20 Robert Swaim	11 03 Nate Starling
10 20 Betty Kercheval	11 03 Teri Rexroat
10 21 Hillary Marshall	11 04 Larry Degroen
10 21 Paul Skoglund	11 04 Chuck Kriebel
10 21 Kerry Sussex	11 05 Evan Ferber
10 21 Karen Anderson	11 06 Erika Giste
10 21 Robert Moritz	11 08 Travis Hunter
10 22 Jeanne Ensign	11 08 Jim Williams
10 23 Robert Dorse	11 10 Pat Barr
10 23 Bill Reeder	11 11 Jane Moore
10 24 Sean McElligott	11 11 Maureen Gardner
10 25 Kathy Oves	11 11 Valerie Goulter
10 27 Paula Shepard	11 12 Karen Leahy
10 27 Michael Olson	11 13 Sherry Sullivan
10 27 Jennifer Leong	11 13 Deborah Bagg
10 28 Erin Miller	11 14 Jane Kessler
10 28 Hein Tran	11 14 Kristie Sailand
10 29 Patricia Nellis	11 14 Michael McColly
10 29 Anne Tillery	



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.

September 1—October 31
3000/6000 Yd Postal Championship
June Mather
(541) 482-0610
csmather@jeffnet.org

October 28
SCY Pentathlon—Tualatin Hills
Beaverton, OR
Sandi Rousseau
(503) 642-3679
tsrousse@ix.netcom.com

November 17-18
SCY Meet
Naval Submarine Base Bangor Pool
Steve Peterson
(360) 692-1669
speterson@bandwagon.net
Entry deadline 11/8/2000
See page 9 of this WetSet

November 19
SCY Tualatin, OR
Rose Gerstmar
(503) 620-3871
glennegers@aol.com

December 9
Alaska SCM Champs
Anchorage, AK
Ginny Wright
(907) 344-5321
ginnyw@alaska.net

January 1-31
2001 USMS 1 Hour Postal Championship
Greg Bruce
PO Box 22505
Seattle, WA 98122-0505
(206) 985-1850
bruceg@u.washington.edu
Entry deadline 2/10/2001

January 13, 2001
Orca Queen City
Seattle/ Madison Pool
Jim Lasersohn
(206) 325-8613
OrcasSwimJim@aol.com

2001 USMS 5K & 10K Postal Championship
Pam Himstreet
3339 NW Windwood Way
Bend, OR 97701
(541) 385-7770
him@cmc.net
Entry deadline 10/10/2001

May 17-20, 2001
SCY National Championships
Santa Clara, CA
Alma Guimarin
aguimarin@aol.com

August 4, 2001
2-Mile National Championship
Elk Lake, OR
Pam Himstreet
(541) 385-7770
him@bendnet.com
Entry deadline 10/10/2001

August 16-19, 2001
LCM National Championships
Federal Way, WA
Hugh Moore
weswim@mindspring.com

March 23-29, 2002
FINA Masters World Championships
Christchurch, New Zealand
www.eventnz.co.nz/masters-swimming/
index.htm

PNA Meetings

All PNA members are invited.

October 24
Board meeting
@ Robert McNeel & Associates
Topic: "What happened at the USMS Convention?"

December 5
Board meeting
@ Lee Carlson's house
Christmas potluck

For further information on Masters events, call or mail the point of contact, the WetSet editor, or any of the following newsletter editors...

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Oak Harbor Pentathlon

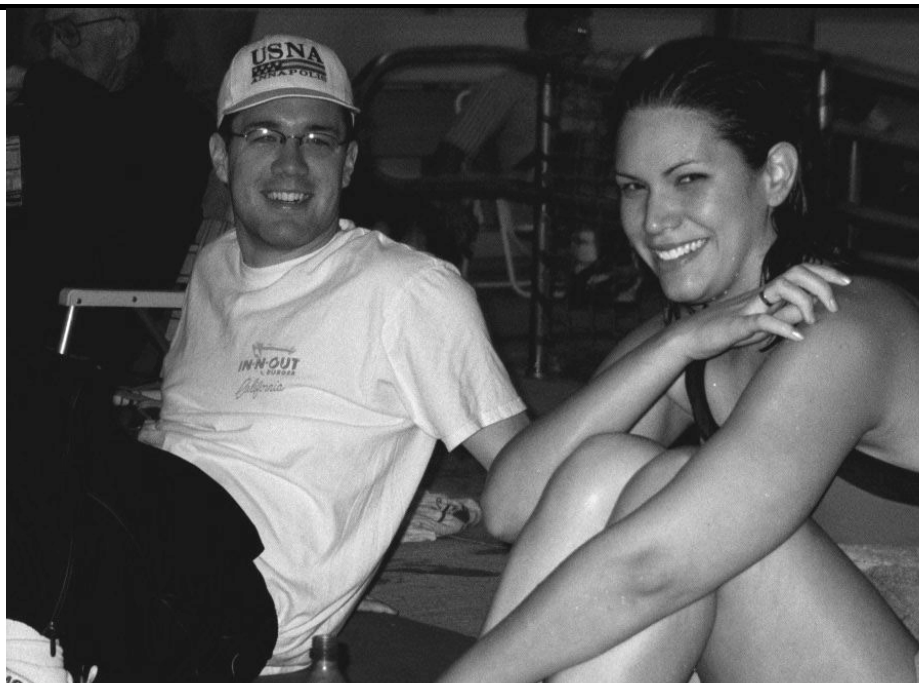
Oak Harbor, September 16, 2000- Choose your distance. Do you want to be a Sprinter, Middle Master, or an Animal? Thirty-seven swimmers picked their distances for the 3rd Annual Short Course Meters Pentathlon. About half chose the Sprinter's Choice (50 each of fly, back, breast, and free plus a 100 IM). The rest of the swimmers were fairly evenly divided between Middle Masters (100 each of fly, back, breast, and free plus a 200 IM) and Animals (200 each of fly, back, breast, and free plus a 400 IM).

Once again, several records were broken. When Karen Leahy set a PNA record in the 200 breaststroke she was astounded, as she thought breaststroke was her worst stroke. Time to think again, Karen. Zone records were set by Leslie McCullough, Linda Hegeberg, Steve Sussex, Gary Chase, and Harvey Prosser.

The new electronic timing system, installed only the day before the meet, was donated by the Oak Harbor community, the bulk by Island Thrift. Due to a computer default, the first fly heats were seeded by age group, but this was quickly changed to seeding by time and the meet ran smoothly.

Tom Foley graciously acknowledged the enthusiastic timers as he finished his 200 breaststroke, "I couldn't have made it without you." The meet was hosted by North Whidbey Masters and North Whidbey Aquatic Club.

The meet was followed by a noisy social and PNA meeting amidst beer and burgers at the Oak Harbor Pub and Brewery.



Several swimmers new to PNA meets dove into the Oak Harbor water for this meet: Salena Callaway (shown above with her husband, Lew) and Julie Wilson of North Whidbey Masters, and Megan Bussart and Carl Zarembo of Bellingham Masters.

Oak Harbor Results

John Vanderzicht Memorial Pool

Short Course Meters September 16, 2000

P = PNA Record

Z = Zone Record

WOMEN 19-24

50 M. FREE			
SELENA CALLAWAY	23 NWM		40.62
50 M. BACK			
SELENA CALLAWAY	23 NWM		50.72

WOMEN 30-34

50 M. FREE			
LESLIE MCCULLOUGH	31 BMSC		32.89
MEGAN BUSSART	30 BMSC		34.99
KATHY MOORE	33 UNA		35.61
100 M. FREE			
LINDA HEGERBERG	30 BMSC		1:09.78
200 M. FREE			
KAREN LEAHY	32 FWM		2:25.94
50 M. BACK			
LESLIE MCCULLOUGH	31 BMSC		37.68
MEGAN BUSSART	30 BMSC		42.65
KATHY MOORE	33 UNA		43.61
100 M. BACK			
LINDA HEGERBERG	30 BMSC		1:16.79
200 M. BACK			
KAREN LEAHY	32 FWM		2:47.42
50 M. BRST			
LESLIE MCCULLOUGH	Z 31 BMSC		34.13
MEGAN BUSSART	30 BMSC		45.57
KATHY MOORE	33 UNA		51.43
100 M. BRST			
LINDA HEGERBERG	Z 30 BMSC		1:20.12
200 M. BRST			
KAREN LEAHY	P 32 FWM		3:11.52
50 M. FLY			
LESLIE MCCULLOUGH	31 BMSC		35.85
MEGAN BUSSART	30 BMSC		41.37
KATHY MOORE	33 UNA		43.39

100 M. FLY			
LINDA HEGERBERG	30 BMSC		1:13.18
200 M. FLY			
KAREN LEAHY	32 FWM		2:49.18
100 M. I.M.			
LESLIE MCCULLOUGH	31 BMSC		1:21.38
MEGAN BUSSART	30 BMSC		1:29.12
KATHY MOORE	33 UNA		1:35.00
200 M. I.M.			
LINDA HEGERBERG	P 30 BMSC		2:39.33
400 M. I.M.			
KAREN LEAHY	P 32 FWM		5:52.24

WOMEN 35-39

50 M. FREE			
CAROLYN MATHEWS	38 BMSC		30.43
JANE ANDERSON	38 GLAD		35.27
50 M. BACK			
CAROLYN MATHEWS	38 BMSC		34.05
JANE ANDERSON	38 GLAD		45.43
50 M. BRST			
CAROLYN MATHEWS	38 BMSC		43.06
JANE ANDERSON	38 GLAD		47.66
50 M. FLY			
CAROLYN MATHEWS	38 BMSC		33.59
JANE ANDERSON	38 GLAD		42.81
100 M. I.M.			
CAROLYN MATHEWS	38 BMSC		1:17.82
JANE ANDERSON	38 GLAD		1:37.97

WOMEN 40-44

50 M. FREE			
MAIA HAYKIN	41 BMSC		46.36
100 M. FREE			
MAGGIE KINSELLA	43 BMSC		1:10.37
50 M. BACK			
MAIA HAYKIN	41 BMSC		53.65
100 M. BACK			
MAGGIE KINSELLA	43 BMSC		1:31.19
50 M. BRST			
MAIA HAYKIN	41 BMSC		54.87
100 M. BRST			
MAGGIE KINSELLA	43 BMSC		1:34.97
50 M. FLY			
MAIA HAYKIN	41 BMSC		1:05.64

100 M. FLY		
MAGGIE KINSELLA	43 BMSC	1:24.02
100 M. I.M.		
MAIA HAYKIN	41 BMSC	2:00.62
200 M. I.M.		
MAGGIE KINSELLA	43 BMSC	3:00.76

WOMEN 45-49

50 M. FREE		
JULIE WILSON	48 NWM	41.16
100 M. FREE		
BARB GUNDRED	49 BMSC	1:17.41
SANDY MCNEEL	48 GLAD	1:37.82
100 M. BACK		
BARB GUNDRED	49 BMSC	1:21.44
SANDY MCNEEL	48 GLAD	2:04.92
50 M. BRST		
JULIE WILSON	48 NWM	50.41
100 M. BRST		
BARB GUNDRED	49 BMSC	1:37.88
SANDY MCNEEL	48 GLAD	2:10.79
100 M. FLY		
BARB GUNDRED	P 49 BMSC	1:28.67
SANDY MCNEEL	48 GLAD	2:12.21
200 M. I.M.		
SANDY MCNEEL	48 GLAD	4:16.49

WOMEN 55-59

50 M. FREE		
FRANCESCA DRUM	59 OOPS	40.44
100 M. FREE		
BONNIE PRONK	58 VCSS	1:20.39
50 M. BACK		
FRANCESCA DRUM	59 OOPS	48.02
100 M. BACK		
BONNIE PRONK	58 VCSS	1:25.26
50 M. BRST		
FRANCESCA DRUM	59 OOPS	49.20
100 M. BRST		
BONNIE PRONK	58 VCSS	1:30.60
50 M. FLY		
FRANCESCA DRUM	59 OOPS	53.38
100 M. FLY		
BONNIE PRONK	58 VCSS	1:34.34
100 M. I.M.		
FRANCESCA DRUM	59 OOPS	1:44.46

WOMEN 65-69

50 M. FREE		
CAROLYN BALDWIN	66 TIGE	58.26
50 M. BACK		
CAROLYN BALDWIN	66 TIGE	1:14.10
50 M. BRST		
CAROLYN BALDWIN	66 TIGE	1:05.60
50 M. FLY		
CAROLYN BALDWIN	P 66 TIGE	1:07.32
100 M. I.M.		
CAROLYN BALDWIN	66 TIGE	2:20.01

WOMEN 75-79

50 M. FREE		
ELSA DELEUW	76 UNA	46.91
50 M. BACK		
ELSA DELEUW	76 UNA	1:04.62
50 M. BRST		
ELSA DELEUW	76 UNA	1:00.96
50 M. FLY		
ELSA DELEUW	76 UNA	1:08.04
100 M. I.M.		
ELSA DELEUW	76 UNA	2:06.90

MEN 25-29

50 M. FREE		
DAVID AUSTIN	26 BMSC	28.54
CARL ZAREMBA	27 BMSC	30.62
50 M. BACK		
CARL ZAREMBA	27 BMSC	35.18
DAVID AUSTIN	26 BMSC	38.53

50 M. BRST		
DAVID AUSTIN	26 BMSC	37.76
CARL ZAREMBA	27 BMSC	38.83
50 M. FLY		
CARL ZAREMBA	27 BMSC	32.31
DAVID AUSTIN	26 BMSC	35.85
100 M. I.M.		
CARL ZAREMBA	27 BMSC	1:17.35
DAVID AUSTIN	26 BMSC	1:17.57

MEN 30-34

100 M. FREE		
SAM ANDERSON	32 BMSC	1:01.54
TIM WELCH	31 ORCA	1:10.86
100 M. BACK		
SAM ANDERSON	32 BMSC	1:16.72
TIM WELCH	31 ORCA	1:18.34
100 M. BRST		
SAM ANDERSON	32 BMSC	1:25.99
TIM WELCH	31 ORCA	1:48.20
100 M. FLY		
SAM ANDERSON	32 BMSC	1:08.35
TIM WELCH	31 ORCA	1:15.64
200 M. I.M.		
SAM ANDERSON	32 BMSC	2:36.11
TIM WELCH	31 ORCA	2:56.77

MEN 35-39

50 M. FREE		
BOB FISH	37 BMSC	26.22
PATRICK GIBBS	35 UNA	27.77
MARK NEWPORT	36 BMSC	35.18
100 M. FREE		
DOUGLAS REDFIELD	37 BMSC	1:20.65
200 M. FREE		
DOUGLAS REDFIELD	37 BMSC	2:28.53
50 M. BACK		
BOB FISH	37 BMSC	31.56
PATRICK GIBBS	35 UNA	34.26
MARK NEWPORT	36 BMSC	42.19
50 M. BRST		
BOB FISH	37 BMSC	35.92
PATRICK GIBBS	35 UNA	37.29
MARK NEWPORT	36 BMSC	38.98
100 M. BRST		
DOUGLAS REDFIELD	37 BMSC	1:29.56
50 M. FLY		
BOB FISH	37 BMSC	29.95
PATRICK GIBBS	35 UNA	31.20
MARK NEWPORT	36 BMSC	38.33
DOUGLAS REDFIELD	37 BMSC	39.82
100 M. I.M.		
BOB FISH	37 BMSC	1:08.76
PATRICK GIBBS	35 UNA	1:13.63
MARK NEWPORT	36 BMSC	1:25.37
DOUGLAS REDFIELD	37 BMSC	1:27.25

MEN 40-44

50 M. FREE		
THOMAS JOWETT	42 FWM	40.08
200 M. FREE		
ERIC DYBDAHL	40 FWM	2:23.39
50 M. BACK		
THOMAS JOWETT	42 FWM	43.82
200 M. BACK		
ERIC DYBDAHL	40 FWM	2:43.69
50 M. BRST		
THOMAS JOWETT	42 FWM	44.30
200 M. BRST		
ERIC DYBDAHL	40 FWM	3:25.27
50 M. FLY		
THOMAS JOWETT	42 FWM	40.94
200 M. FLY		
ERIC DYBDAHL	40 FWM	2:44.37
100 M. I.M.		
THOMAS JOWETT	42 FWM	1:29.56
400 M. I.M.		
ERIC DYBDAHL	40 FWM	6:01.85

MEN 45-49

50 M. FREE		
JOHN METTLER	46 UNA	37.25
200 M. FREE		
STEVE SUSSEX	Z 45 GLAD	2:10.89
PETER CRUISE	48 EBBT	2:24.21
50 M. BACK		
JOHN METTLER	46 UNA	48.95
200 M. BACK		
STEVE SUSSEX	Z 45 GLAD	2:28.98
PETER CRUISE	48 EBBT	2:54.27
50 M. BRST		
JOHN METTLER	46 UNA	45.19
200 M. BRST		
STEVE SUSSEX	45 GLAD	2:55.12
PETER CRUISE	48 EBBT	3:02.49
50 M. FLY		
JOHN METTLER	46 UNA	43.42
200 M. FLY		
STEVE SUSSEX	P 45 GLAD	2:33.62
PETER CRUISE	48 EBBT	3:06.83
100 M. I.M.		
JOHN METTLER	46 UNA	1:37.28
400 M. I.M.		
STEVE SUSSEX	P 45 GLAD	5:24.09
PETER CRUISE	48 EBBT	5:51.14

MEN 50-54

50 M. FREE		
JERRY PLUNKETT	54 NSY	39.10
100 M. FREE		
STEVEN PETERSON	54 OOPS	1:12.34
50 M. BACK		
JERRY PLUNKETT	54 NSY	51.14
100 M. BACK		
STEVEN PETERSON	54 OOPS	1:29.91
50 M. BRST		
JERRY PLUNKETT	54 NSY	46.78
100 M. BRST		
STEVEN PETERSON	54 OOPS	1:24.12
50 M. FLY		
JERRY PLUNKETT	54 NSY	45.89
100 M. FLY		
STEVEN PETERSON	54 OOPS	1:29.36
100 M. I.M.		
JERRY PLUNKETT	54 NSY	1:37.37
200 M. I.M.		
STEVEN PETERSON	54 OOPS	2:57.55
200 M. BACK		
MIKE MCCOLLY	55 GLAD	2:50.80
400 M. I.M.		
MIKE MCCOLLY	55 GLAD	6:07.50

MEN 60-64

50 M. FREE		
HAROLD TAUSCHER	63 BMSC	37.87
100 M. FREE		
GARY CHASE	P 60 UNA	1:10.17
50 M. BACK		
HAROLD TAUSCHER	63 BMSC	45.57



Welcome to these
swimmers who have
recently joined PNA!

MEGAN BUSSART, SELENA
CALLAWAY, AIMEE JOVE, ERIN MAY,
AND CHERYL MOYD



The workers: Sally Dillon, meet director, with Sharon McIntyre and Gary Ciminski, helpful PNS officials.

Long Course Nationals Needs You

Mark your calendars for August 16-19 in Federal Way. Long Course Nationals is coming to town.

This is a PNA event and many jobs need filled. You and your team can provide assistance as a unit or you can volunteer as an individual. Experience is not necessarily a requirement. Enthusiasm is.

There are jobs that need to be done before the meet starts and there are jobs that are to be done during the meet (around your swims, of course).

Some particular positions need filled soon:

Social: How would you like to throw a party? PNA holds a social one

night at Long Course. You must arrange for the caterer, music, and other things.

Marketing: We need someone to gather up the ads for the heat sheet, the food donations for the volunteers, prizes, stuff for the goodie bags, or whatever you can dream up.

Hospitality: We provide the food for the volunteers and someone is needed to organize this. This includes gathering a crew together as servers for the duration of the meet.

Program / heat sheet: This is a big print job that needs done before the meet. This book includes the entries, schedules, policies, contacts, maps, plus other interesting facts and useful information for the swimmers.

Awards: Your team can help staff the awards booth to provide plaques for places in the meet to participants.

To help out see your local PNA board member or contact Hugh Moore at weswim@mindspring.com or (253) 925-0803.

100 M. BACK			
GARY CHASE	Z 60 UNA		1:17.23
50 M. BRST			
HAROLD TAUSCHER	63 BMSC		41.24
100 M. BRST			
GARY CHASE	P 60 UNA		1:27.00
50 M. FLY			
HAROLD TAUSCHER	63 BMSC		41.60
100 M. FLY			
GARY CHASE	Z 60 UNA		1:22.45
100 M. I.M.			
HAROLD TAUSCHER	63 BMSC		1:32.97
200 M. I.M.			
GARY CHASE	Z 60 UNA		3:00.26

MEN 65-69

50 M. FREE			
DAVE DRUM	65 OOPS		33.45
100 M. FREE			
DAVE DRUM	P 65 UNA		1:15.89
200 M. FREE			
DAVE DRUM	65 OOPS		2:53.94
TOM FOLEY	66 TIGE		4:20.40
50 M. BACK			
DAVE DRUM	P 65 OOPS		41.18
200 M. BACK			
TOM FOLEY	66 TIGE		4:14.76
200 M. BRST			
TOM FOLEY	66 TIGE		4:38.39
50 M. FLY			
DAVE DRUM	P 65 OOPS		36.98
200 M. FLY			
TOM FOLEY	66 TIGE		5:39.39
400 M. I.M.			
TOM FOLEY	66 TIGE		9:31.51

MEN 70-74

200 M. FREE			
HARVEY PROSSER	P 72 NWM		3:04.66
200 M. BACK			
HARVEY PROSSER	P 72 NWM		3:49.30
200 M. BRST			
HARVEY PROSSER	72 NWM		4:20.33
200 M. FLY			
HARVEY PROSSER	Z 72 NWM		4:24.04
400 M. I.M.			
HARVEY PROSSER	P 72 NWM		8:06.41



The players: After the meet, Tim Welch, Doug Redfield, and Tom Foley took advantage of the hot tub.

PNA LOCAL MASTERS SWIMMING COMMITTEE
SHORT COURSE YARDS MEET: November 17-18, 2000 (Meet Sanction #003610)
 Hosted by the MWR-NSB Bangor TRIDENTS Swim Team

ORDER OF EVENTS (#3)	Event
1	1650 Free
2	400 IM
Saturday Nov. 18	
3	200 Free Relay
4	200 Fly
5	200 Back
6	50 Breast
7	100 Free
5 minute break	
8	200 Mxd Free Rly
9	200 IM
10	50 Fly
11	100 Back
12	200 Breast
13	50 Free
5 minute break	
14	200 Medley Relay
15	100 Fly
16	50 Back
17	100 Breast
18	200 Free
19	100 IM
5 minute break	
20	200 Mixed Medley Relay
21	500 Free

north to the NSB Bangor Trigger Avenue or Main Gate exits...

From Bainbridge Island (Ferry), go north on Highway 305. At Poulsbo, go through all 6 lights to enter Highway 3 (South). Continue south to the NSB Bangor "Ordnance Annex" exit (just after Milepost 49). Turn RIGHT onto Luoto Road to Main Gate...

From Kingston (Ferry), follow Highway 104 from terminal, through 3rd light (which becomes Bond Road, Highway 307). Turn RIGHT at the Highway 305 intersection (9.3 mi). Continue straight through next light for Highway 3 (South) from left lane. Continue south to the NSB Bangor exit just after Milepost 49 (14.4 mi)...

From Main Gate: Go straight on Trident Blvd., turn LEFT at 3rd light onto Trigger Avenue. Turn LEFT at Ohio (2nd light) and park in front of Bldg. 2700 on your left.

From Trigger Avenue Gate: Proceed up Trigger to 1st light. Turn RIGHT onto Ohio and find Bldg. 2700 on your left.

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA LOCAL MASTERS SWIMMING COMMITTEE
SHORT COURSE YARDS MEET: November 17-18, 2000 (Meet Sanction #003610)
 Hosted by the MWR-NSB Bangor TRIDENTS Swim Team

NAME: _____ M F AGE as of 11/18/00: _____
 ADDRESS: _____

E-mail Address: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

TEAM _____ or UNATTACHED _____ LMSC _____

AGE GROUP (Circle one - determined by your age as of November 18, 2000):
 19 - 24 25 - 29 30 - 34 35 - 39 40 - 44 45 - 49 50 - 54 55 - 59
 60 - 64 65 - 69 70 - 74 75 - 79 80 - 84 85 - 89 90 - 94 95+

ENTRY LIMIT: 5 EVENTS PER DAY plus relays. Circle if your first Masters meet: **Y**

EVENT NUMBER	EVENT	SEED TIME (for SC YARDS)

GATE LIST: Driver: _____
 All Passengers: _____

ENTRY FEES: \$ 9.00 (includes LMSC and \$3 electronic timing surcharges)
 Individual Events: + _____ \$1 per event for swimmers under age 65.
 (No charge for swimmers 65 or over.)
 (Min: \$9 (Seniors or relays only) to Max: \$14)

Total: \$ _____
 Please make checks payable to: **STEVE PETERSON**
 Mail this entry form and fees to: **11165 CENTRAL VALLEY ROAD NW**
speterson@bandwagon.net POUSSBO WA 98370-7014
 360-692-1669 (h)

Please send entries **postmarked** no later than Wednesday, **November 8, 2000**.
Include a copy of your Masters registration card if you are not a PNA member.

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

SIGNED: _____ DATE: _____



Northwest Zone LC Meters Championship

Gresham, Oregon, July 29-30, 2000 — A little sunshine and a lot of 50-meter pool made a very nice meet in at Mt. Hood Community College.

Five Olympians were part of the group: Bonnie Pronk, Dave Radcliff, Barbara Jackson, Gail Roper, and Vinus Van Baalen.

Debbie Glassman was matched, stroke for stroke, with Robin Parisi of Oregon, in the same age group. Evenly matched and seeded next to each other. the race was close as Robin touched Debbie out by .07/100th of a second.

Greg Harrison swam the 400 Free all breaststroke and still passed other swimmers.

For the complete results see <http://www.swimoregon.org/results.htm>.



Karen Leahy, part of the relay team of Kareena King, Thomas Jowett, Eric Dybdahl.

Results

Long Course Meters

P = PNA Record Z = Zone Record

WOMEN 25-29

100 Free			
4 KAREENA KING	26		1:35.91
400 Free			
3 KAREENA KING	26		7:29.93
800 Free			
3 KAREENA KING	26		15:11.09
50 Fly			
1 KAREENA KING	26		58.88

WOMEN 30-34

50 Free			
2 KAREN LEAHY	32		31.27
100 Free			
2 KAREN LEAHY	32		1:08.22
400 Free			
1 KAREN LEAHY	32		5:04.00
800 Free			
2 KAREN LEAHY	32		10:34.49
1500 Free			
2 KAREN LEAHY	32		20:10.00
100 Breast			
1 KAREN LEAHY	32		1:33.11

WOMEN 35-39

200 Free			
1 WENDY HOFFMAN	38		2:53.10
200 Back			
1 WENDY HOFFMAN	38		3:25.97
50 Fly			
1 WENDY HOFFMAN	38		41.87

WOMEN 45-39

50 Free			
1 JO MOORE	45		30.66
2 DEBBIE GLASSMAN	47		31.09
100 Free			
2 DEBBIE GLASSMAN	47		1:09.07
3 CORAL BERNIER	45		1:24.00
4 SANDY MCNEEL	48		1:35.37
200 Free			
1 JO MOORE	45	Z	2:32.85
400 Free			
1 DEBBIE GLASSMAN	47		5:58.25
3 CORAL BERNIER	45		6:15.33
6 SANDY MCNEEL	48		7:19.51
800 Free			
1 CORAL BERNIER	45		12:41.91
4 SANDY MCNEEL	48		15:22.22
1500 Free			
1 CORAL BERNIER	45		24:12.79
100 Breast			
2 SANDY MCNEEL	48		2:14.80



Wendy Hoffman swimming the 200-meter backstroke.

50 Fly		
2 JO MOORE	45	34.09
3 CORAL BERNIER	45	40.78
100 Fly		
2 DEBBIE GLASSMAN	47	1:17.99
200 Fly		
1 DEBBIE GLASSMAN	47	3:03.40

WOMEN 65-69

50 Free		
1 KAREN BRYCE	67	50.54
100 Free		
1 KAREN BRYCE	67	1:59.64
50 Back		
1 KAREN BRYCE	67	1:03.34
50 Breast		
1 KAREN BRYCE	67	58.76
100 Breast		
1 KAREN BRYCE	67	2:25.06

WOMEN 75-79

200 Free		
1 MURIEL FLYNN	77 P	4:38.07
50 Breast		
1 MURIEL FLYNN	77	1:06.02
100 Breast		
1 MURIEL FLYNN	77	2:32.13
200 Breast		
2 MURIEL FLYNN	77	5:25.61

MEN 25-29

50 Free		
1 JOE DENTON	29	29.31
50 Breast		
1 JOE DENTON	29	36.55
100 Breast		
1 JOE DENTON	29	1:20.44
200 IM		
1 JOE DENTON	29	2:35.27

MEN 30-34

400 Free		
3 TIM WELCH	31	5:52.62
50 Back		
1 TIM WELCH	31	37.40
100 Back		
1 TIM WELCH	31	1:24.02
200 Back		
1 TIM WELCH	31	2:57.30
50 Fly		
2 TIM WELCH	31	34.00
100 Fly		
2 TIM WELCH	31	1:17.83

MEN 35-39

50 Free		
2 C.J. THRASHER	37	30.04
100 Free		
1 C.J. THRASHER	37	1:09.29
200 Free		
2 C.J. THRASHER	37	2:36.44
400 Free		
1 C.J. THRASHER	37	5:58.10
50 Back		
2 MATTHEW LIND	36	34.69
100 Back		
2 MATTHEW LIND	36	1:15.87
200 Back		
1 MATTHEW LIND	36	2:42.96
50 Breast		
1 C.J. THRASHER	37	36.48
100 Breast		
1 C.J. THRASHER	37	1:25.22
50 Fly		
3 MATTHEW LIND	36	31.71

MEN 40-44

400 Free		
3 ERIC DYBDAHL	40	5:25.38
800 Free		
3 ERIC DYBDAHL	40	11:12.74
1500 Free		
2 ERIC DYBDAHL	40	21:47.39
50 Back		
1 THOMAS JOWETT	42	44.02
200 Back		
2 ERIC DYBDAHL	40	2:55.74
50 Breast		
3 THOMAS JOWETT	42	45.34
100 Breast		
3 THOMAS JOWETT	42	1:41.57
200 Breast		
3 THOMAS JOWETT	42	3:41.81
100 Fly		
2 ERIC DYBDAHL	40	1:16.14
200 IM		
2 ERIC DYBDAHL	40	2:57.41

MEN 45-49

200 Free		
1 STEVE SUSSEX	45 Z	2:10.85
400 Free		
1 GREGORY HARRISON	48	6:15.17
800 Free		
1 STEVE SUSSEX	45 Z	9:30.02
1500 Free		
1 GREGORY HARRISON	48	24:07.95
50 Breast		
1 GREGORY HARRISON	48	37.90
200 Breast		
1 GREGORY HARRISON	48	2:52.88
400 IM		
1 STEVE SUSSEX	45 Z	5:25.32

MEN 50-54

50 Free		
4 STEVEN PETERSON	54	32.29
200 Free		
1 FRANK WARNER	51 P	2:20.42
800 Free		
1 JAMES MCCLEERY	54	10:33.19
200 Back		
1 FRANK WARNER	51	2:48.26
50 Breast		
1 STEVEN PETERSON	54	37.89
100 Breast		
1 STEVEN PETERSON	54	1:24.72
200 Breast		
2 STEVEN PETERSON	54	3:08.20
200 IM		
1 STEVEN PETERSON	54	2:58.74

MEN 55-59

50 Free		
2 SONNY GARRETT	56	30.66
3 JIM MILES	56	31.55
4 ELLIOTT KEPHART	58	41.49
100 Free		
2 JIM MILES	56	1:14.34
3 ELLIOTT KEPHART	58	1:32.03
200 Free		
2 JIM MILES	56	2:47.27
800 Free		
1 ELLIOTT KEPHART	58	14:35.85
1500 Free		
2 ELLIOTT KEPHART	58	28:23.85
100 Back		
1 ELLIOTT KEPHART	58	2:04.97
100 Breast		
1 JIM MILES	56	1:33.59
2 ELLIOTT KEPHART	58	2:07.35
50 Fly		
1 SONNY GARRETT	56	32.76
50 Breast		
1 JIM MILES	56	41.42

MEN 65-69

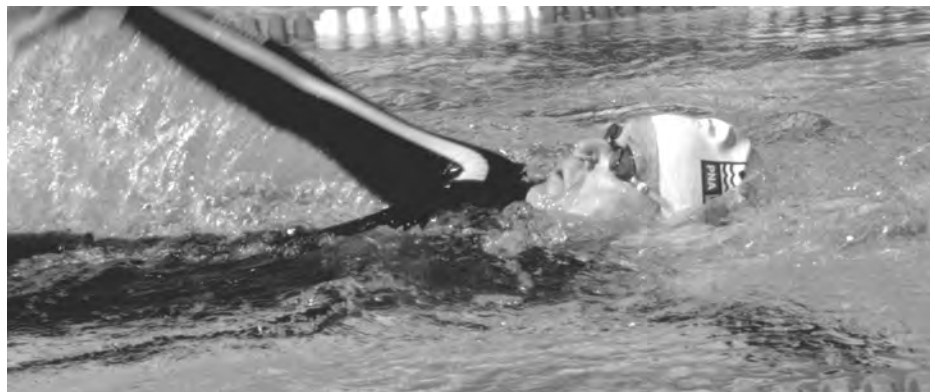
400 Free		
1 THOMAS TAYLOR	69 P	6:06.41
1500 Free		
1 THOMAS TAYLOR	69 P	24:09.18
200 Back		
1 THOMAS TAYLOR	69	3:34.67
50 Breast		
1 THOMAS TAYLOR	69	41.97
100 Breast		
1 THOMAS TAYLOR	69	1:37.43

MEN 75-79

200 Free		
1 H. HAROLD YOUNG	79	4:28.00
400 Free		
1 H. HAROLD YOUNG	79	9:57.93
800 Free		
1 H. HAROLD YOUNG	79	20:11.99
1500 Free		
1 H. HAROLD YOUNG	79	38:48.64

RELAYS-MIXED 800 FREE

1 120-159 Z		11:54.90
KAREENA KING	26	
THOMAS JOWETT	42	
ERIC DYBDAHL	40	
KAREN LEAHY	32	



Tom Taylor swam very good times and broke a PNA record in the 1500 Free. He claims that his new long suit makes a difference.

Swimming Is A Drag

or How About Those New Suits?

By Dave Addleman

We've all noticed the weird suits men are wearing these days. At first glance they're reminiscent of something from the roaring twenties, when modesty was a key issue. That's where the resemblance ends. The "funny looking" suits are technological marvels designed to reduce drag and end forever the penance of having to shave down.

If you look closely, you'll notice that only the fastest swimmers seem to be wearing the new suits. Then, sure enough, the guys in the new suits go faster, but didn't they always? It's difficult to separate the suit from the muscle.

There are two basic ways a swimmer can improve race times. (1) Increase propulsion and (2) decrease the amount of drag (water resistance). To improve the first, a swimmer can train harder, get stronger, and improve technique. To reduce drag, a swimmer has more options and can call upon science to help.

Let's talk about drag. The first type of drag is called frontal drag, and is due to the fact that a body pushing through water has to move water out of the way. This drag depends on the cross-section of the body pushing through the water. All other things being equal, a skinny person has less frontal drag than a bulkier person. Regardless of bulk, a swimmer can optimize frontal drag by minimizing the area that is exposed to the oncoming water. Head position, body roll, and kicking leg positions all reduce the effects of frontal drag.

Another type of drag is skin drag. In a perfect situation, water would flow smoothly (laminar flow) across all body surfaces and meet little resistance. However, a body moving through water is far from

such perfection. Even if skin surface is perfectly smooth, water flowing across it will eventually break off and create a turbulent wake that increases drag. It turns out that making a surface perfectly smooth won't necessarily help decrease drag.

Think of the golf ball. The dimples on the ball reduce drag significantly because they actually encourage a smoother flow of air over the ball.

Skin drag is significant in swimming, since winners may post times one-hundredth of a second under losers. For this reason, shaving down was once considered essential. (No, smooth skin isn't necessarily better, but it's better than hairy skin.)

Enter the new technology.

Speedo has developed a FastSkin suit based on the patterns of a shark's skin that they claim significantly improves the flow of water over the suit. A shark's skin is rough in a very special way. Up close, the skin looks like a series of stripes that cause water to circulate across it in a particular way. The result (for a shark) is that the skin creates less drag in the water.

The Speedo FastSkin is designed similarly. The vertical stripes are like channels that cause water to flow in a way such that the overall flow sees less drag. It works by creating a stable boundary layer. The channels trap a thin layer of water around the suit so that water flowing past the suit is "rubbing" against this trapped water layer, rather than the suit material, itself. The water layer is not perfectly still and is moving with the suit. It actually has columns of water rotating in the channels made by the stripes, but in the complicated world of fluid

dynamics, this turns out to be a stable flow pattern that allows an overall reduction in drag.

The same idea was introduced into America's Cup yachting during the last decade, when Dennis Connor attached ribbed material to the hull of his yacht.

Tests in flumes have shown that drag can be reduced by as much as 10% in some swimming positions for some of the suits. (Both Adidas and Speedo have suits that can do this.) The 10% drag reduction could correspond to as much as a 3-5% increase in speed. (Sorry, no 10% increase because drag increases roughly as the square of the speed.)

So, if you're a 100-yard freestyler whose personal best is, say, 1:10.0, what would 10% less drag mean to you? A 3% increase in speed would take off 2.1 seconds or give you a time of 1:07.9. A 5% increase in speed would result in a time of 1:06.5. The 50-yard races would be less dramatic: a normal time of 30 seconds could be improved to 29.1 (3% increase in speed) or 28.5 (5% increase in speed). Unfortunately, there are no guarantees regarding drag and speed. Prices? The "Millennium" male or female suit, by The Victor, covers the swimmer from mid-thigh to shoulders (bare arms) and costs \$79.95 (plus shipping).

So, the question is: Is it worth over \$80 to dress like a 20's flapper and pick up 3.5 seconds in your personal best 100? Hmmm.

Dave Addleman swims with the Federal Way Masters. After watching the Olympics and Ian Thorpe, he has been wrestling the notion of whether or not to buy a fast-suit.



NEWS ABOUT PNA SWIMMERS



Our "Special Assignment" reporters were busy outdoors this summer.

The Subaru Ironman Canada, in its 18th year, took place on August 27, 2000 in Penticton, B.C. One hundred and thirty qualifying spots for the Hawaiian Ironman World Championship, being held in Kona, Hawaii on October 14 were awarded, as well as \$75,000 in prize money. Tonya Berg trained and competed for that grueling race.

Locally, at the other end of the scale, Enviro-Sports sponsored the Escape from the Rock Triathlon, a "sprint" triathlon on Mercer Island for the third year. Cindy Martin tried her skills in that race.

Oh Canada!

by Tonya Berg

A 2.4-mile swim, 112-mile bike, and 26.2-mile run — this was the day 22 of our PNA Masters swimmers had been waiting and training for what seemed like forever! Biking, running, and, of course, swimming became our full-time second jobs . . . squeezing in as much as we could around our real, paying jobs.

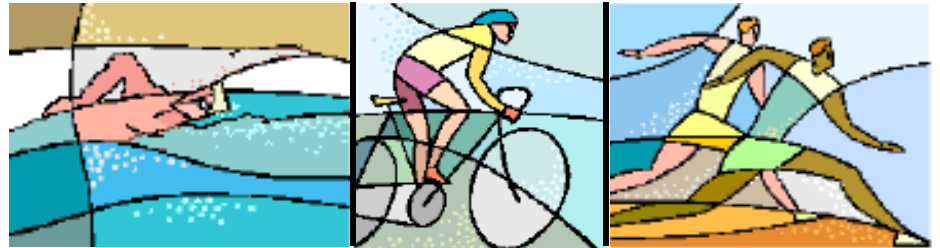
The day started out windy and threatened choppy seas but as 7:00 a.m. edged nearer the wind subsided. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 . . . Boom! We're off! The race is finally here!

What seemed like bushels of bananas, gallons of Gatorade, Pepsi, and water and multiple packets of Gu, PowerBars, pretzels, and chicken broth were behind us. We all finished or gave a very valiant effort.

Our PNA swimmers had a goal in sight and in the end achieved it to the best of the ability.

Bellingham swimmers included Kelly Molaski, Ted Molaski, Steve George (Hawaiian Ironman qualifier), Gregg Cronn, Leslie McCullough, Lisa Wayerski, Kip Wayerski, Lisa Perry (three-time Ironman Canada), Kirk Kaas-Lent, and Peter Cutbill. Way to go!

Seattle swimmers included Larry deGroen, Jan Beckman (Hawaiian Ironman qualifier and first in her age group), Michele Porter (Hawaiian Ironman qualifier and #6 female biker overall), Kevin



Krizek (Hawaiian Ironman qualifier), Jesse Pace, Clark Pace (Jesse and Clark were our inspirations and organizers), Pete Liekkio, Tonya Berg, Jeff Cox, Teresa Soucie (Hawaiian Ironman qualifier) of Green Lake Aqua Ducks along with Tim Peters, Donna Peters, Mike Schnitzius, Geoff Wilwerding, and Duncan Mitchell (Hawaiian Ironman qualifier). Duncan, in his first Ironman race, was aiming to break 13 hours. Instead, he completed the race in 11:41.

Special thanks to Jeanne Ensign, Geoff Anderson, Carlye Peterson, Kaia Halvorson, and Quynh Nguyen, along with the friends and relatives, that made the trip to Penticton to cheer everyone on. These special supporters did everything from standing out in the rain for five hours at Yellow Lake to giving many "Good luck" hugs and well wishes. They were all outstanding!

Three cheers for all. Thanks to our coaches and fellow training mates for loads of support and positive vibes. A good time was had by all. Let's do it again!

Kick butt and good luck to all Hawaiian Ironmen and Women. We'll be thinking of you on October 14th.

Oh Seattle!

by Cindy Martin

This year's "Escape from the Rock Triathlon" could have been called "Try to Escape from the Rain." The sprint triathlon was held September 10 at Luther Burbank Park on Mercer Island.

If you have ever toyed with the idea of trying a triathlon — do this one next year. The .5-mile swim is laid out in a triangle. That made this beginner swimmer very happy. It looked like three little pieces instead of one big one. The 11-mile bike route was over the I-90 express lane with a U-turn at Mariner's Stadium. The 2.5-mile run was a little hilly, but the downhill was to the finish line.

Much to my delight, several Green Lake Aqua Ducks (my home team), Jeanne Ensign, Clark and Jesse Pace, and Tonya Berg were volunteering at the race and I had a personal cheering squad.

See you there next year.

Long -- Long Course Nationals

By Dempsey Dybdahl

Long Course Nationals has been called the ugly stepchild of swimming. It doesn't get the attention of Short Course. The pool is lo-o-o-o-ong. Most people are used to 25 yards, so 50 meters feels like forever. And if it's foggy, it's hard to see the end of the pool. But this year, 1,380 swimmers registered to go to Baltimore, site of this year's Long Course, making it the largest USMS Long Course meet yet. The previous attendance record was in 1996, another Olympic year. There must be something to that. Forty-six states, the District of Columbia and seven foreign countries were represented. The youngest swimmer was 19. The oldest was 91 and named Tex, from Team Texas, in (where else) Texas. The state abounds with creativity. His pal, Jesse Coon, another Team Texas member and only 90 years old, also swam. I hope I live that long and healthy, and that the fountain of youth isn't in Texas.

Having swum in a 50-meter pool all summer, I felt confident about going to LC Nationals. I had it all planned; I was going to be a star. But then, a family crisis kept me out of the pool for a month. Following that, I came down sick and didn't swim for a couple of weeks. Only then did I board a plane for Baltimore and the swim meet.

So, it isn't my fault that I swam embarrassingly bad. (It's important to have excuses ready, and quickly blurt them out when swimming badly due to life interfering in a swim schedule. Whining is useful as well.)

Still, I had a good time in Maryland and the surrounding country and there was great swimming from some competent people. Jim McConica, from southern California, had a remarkable meet, clocking several world records. Zena Court-

Nationals Long Course Meters

Baltimore, MD

August 17-20, 2000

P = PNA Record

Z = Northwest Zone Record

WOMEN 30-34

50 M. FREE		
KAREN LEAHY	32 # 8	30.60
200 M. FREE		
KAREN LEAHY	32 # 9	2:26.39
400 M. FREE		
KAREN LEAHY	32 # 7	5:05.95
1500 M. FREE		
KAREN LEAHY	P 32 # 4	20:00.68
200 M. BACK		
KAREN LEAHY	32 # 7	2:53.12

WOMEN 40-44

50 M. BACK		
ZENA COURTNEY	41 # 4	36.82
100 M. BACK		
ZENA COURTNEY	41 # 4	1:19.81
200 M. BACK		
ZENA COURTNEY	41 # 1	2:48.05

WOMEN 45-49

50 M. FREE		
DEBBIE GLASSMAN	47 # 5	30.04
100 M. FREE		
DEBBIE GLASSMAN	47 # 3	1:07.87
50 M. FLY		
DEBBIE GLASSMAN	47 # 4	32.86
100 M. FLY		
DEBBIE GLASSMAN	Z 47 # 4	1:15.42
200 M. FLY		
DEBBIE GLASSMAN	47 # 4	3:00.43

WOMEN 50-54

100 M. FREE		
KATHRINE CASEY	52 # 8	1:17.61
DEMPSEY DYBDAHL	51	1:35.36
1500 M. FREE		
KATHRINE CASEY	52 # 3	23:09.59
50 M. BRST		
KATHRINE CASEY	52 # 7	45.90
DEMPSEY DYBDAHL	51 # 8	47.06
100 M. BRST		
DEMPSEY DYBDAHL	51 # 9	1:49.47
200 M. BRST		
DEMPSEY DYBDAHL	51 # 9	4:03.08

ney, from Federal Way, won the 200 back in her age group, 40-44. For three days, she had swum badly (just like me). However, she made no excuses about it and certainly didn't whine. Finally, on the last day in her last event, she swam the 200 back. For the first hundred, she led the pack. In the third fifty, the woman in the next lane started to move up on her, at one point passing her. Zena would have none of that. She reached back and with sheer determination and her fierce sense of competition, passed, and

50 M. FLY

KATHRINE CASEY	52 # 7	38.70
DEMPSEY DYBDAHL	51	45.65
200 M. FLY		
KATHRINE CASEY	P 52 # 2	3:29.63

WOMEN 60-64

50 M. FREE		
SUSAN DEARBORN	64 # 6	43.13
400 M. FREE		
SUSAN DEARBORN	64 # 8	7:57.22
200 M. BRST		
SUSAN DEARBORN	64 # 3	4:24.08

WOMEN 65-69

400 M. FREE		
JANET KAVADAS	69 # 5	10:16.42
200 M. BACK		
JANET KAVADAS	69 # 3	5:11.12
100 M. BRST		
JANET KAVADAS	69 # 9	2:26.71

MEN 40-44

200 M. FREE		
ERIC DYBDAHL	40	2:21.43
400 M. FREE		
ERIC DYBDAHL	40	5:05.86
1500 M. FREE		
ERIC DYBDAHL	40 # 9	20:36.22
200 M. BACK		
ERIC DYBDAHL	40 # 9	2:46.46
200 M. I.M.		
ERIC DYBDAHL	40	2:51.18

MEN 50-54

200 M. FREE		
FRANK WARNER	51 # 8	2:21.48
800 M. FREE		
FRANK WARNER	51 # 5	10:42.01
50 M. BACK		
FRANK WARNER	51 # 9	34.74
100 M. BACK		
FRANK WARNER	51 # 6	1:15.83
200 M. BACK		
FRANK WARNER	51 # 5	2:47.05

then pulled away from her competition, to win. It was not her world record time from last year, but it wasn't bad either.

Zena represents Nationals at its best. Just two months after giving birth to Hunter and out of the pool, she rose to the occasion and showed us all how it's done.

I swam better after that. It was my best day, following three bad swim days. And those three bad swim days? Did I mention that it wasn't my fault?



THE FINAL LAP



From the USMS Discussion Forum

Tom Ellison r.e. the Olympics:

I noticed that Ian Thorpe was breathing on every stroke in the 200/400. Also, off every turn... right up for air. What is that all about?

Emmett Hines, head coach of H2Ouston Swims, responds:

He was breathing every *other* (as opposed to every third or every) stroke. If you have excellent breathing technique (i.e. you can get a breath without slowing down or becoming unbalanced) there is positively *no* benefit to restricting how often you breathe. And, considering he was going about 29-30 strokes per 50, he only breathed 15 times per length. I'll bet you breathe that often or more....)



Never Look a Gift Salmon in the Mouth

Per Mike Schaeffer, last month's WetSet picture of Tim Peters holding up a salmon, the first prize in the Fat Salmon open

water swim, was mislabeled. This is what Mike said:

After the fabled lake race, Mike Jones ran into Dave and Jenny Thompson (Dave's wife and not the Olympic swimmer) at the Alcatraz swim. Jenny told Mike how she and Dave had invited friends and family over for a salmon barbeque after the Fat Salmon lake race. Dave rarely has much competition in the longer open water swims and was the heavy favorite. Apparently he



did not know it was Tim (pool training lane mate) ahead of him, and suffered not only the second largest swimming upset of the year (Misty Hyman beating Susie O'Neill for the Gold medal in the Olympics being the only greater upset) but he had to go home empty handed. Jenny had to go to the store and buy a salmon. She was still talking about it weeks later at the Alcatraz swim.

So that is why the photo captions should have said "Tim Peters holding up Dave Thompson's salmon".

The rumor that Tim does not even like salmon and was seen trolling the now several-week-old salmon carcass for sharks (in close proximity to Dave) at the Alcatraz swim is totally untrue.

I hope I have cleared up this controversy.

—Mike Schaeffer

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