

# THE WET SET



Volume 21 • Issue 1

2000 USMS Newsletter of the Year

January 2001

## Trident Submarine Tour and Swimming for Two Days Good Times at the Bangor Meet

November 17-18, 2000—To the delight of meet director Marilyn Grindrod and assistant Steve Peterson, 103 swimmers signed up for the Bangor meet in Silverdale, Washington. At least 18 were "first timers". The meet was successful and kept its long-time reputation for fun.

Swimming was on Saturday and Sunday, but Friday 33 people took the opportunity to walk on a Trident submarine. Comments were: "Amazing." "Big." "Absolutely fascinating." For more information read Pascal Roncalez's article.

For meet results see pages 12-15.

### Swimmers Undersea in a Sub

By Pascal Roncalez

No matter what you think of about nuclear weapons, visiting a ballistic missile submarine and its support facilities at Bangor, Washington, is no ordinary tour. Being a French citizen, a "FORN" (Navyspeak for foreign national), I felt particularly honored and privileged to be granted the permission to join the tour. As an engineer, I was excited by the prospect of discovering the technological feat hidden under the hatches of these giant 168 meters (560-foot), 18,750-ton ships. In my

*(Continued on page 16)*

## LEADING OFF

By  
Lee Carlson

As many of you know, I work for a daily newspaper and this type of work requires tight deadlines and a commitment to get something out each day. One of the duties of the PNA President is to contribute to a monthly newsletter. Some months this task is easy and some months, like this one, it is much harder. I can't imagine what it would be like to have to publish a column daily.

This time of year, from Thanksgiving to January 1st, goes by very quickly—literally in a flash. The pace increases. More

*(Continued on page 2)*



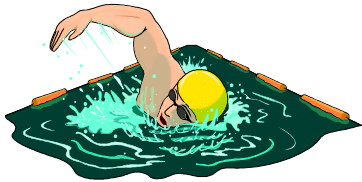
The Bangor meet was Livia Walker's first meet after two knee surgeries this summer.

### Inside . . . .

Page  
Calendar 5

Results:  
Bangor 12-15

Entry forms:  
Bellingham 4  
Mercer Island 11  
1 Hour Postal Swim 9-10  
February Fitness 6



# THE WET SET

Volume 21 • Issue 1  
January 2001

## Editor

Sandy McNeel (206) 324-0480  
2364 Fairview Ave E, #1  
Seattle, WA 98102  
E-mail: swim@troutlake.com

## PNA OFFICERS

### President

Lee Carlson (206) 232-3916  
2913 70th Ave SE  
Mercer Island WA 98040  
leedee@home.com

### Vice President

Carolyn Behse (425) 747-3889  
cbehse@yahoo.com

### Treasurer

Jeanne Ensign (206) 324-1354  
jeanne@raincity.com

### Secretary

Steve Peterson (360) 692-1669  
speterson@bandwagon.net

## Board Members at Large

Kathy Moore (253) 854-8715  
Kathy Casey (253) 588-4879

## PNA VOLUNTEERS

### Registrar

Suzanne Dills (509) 456-7281  
Cell (206) 779-3654  
639 N Riverpoint Blvd #3W  
Spokane, WA 99202

**Awards:** Sally Dillon

**Coaches:** Barb Gundred

**Computer Apps.:** Jim McCleery

**Constitution & By-Laws:** Jane Moore

**Fitness:** Carolyn Behse

**Historian:** Tom Foley

**LC Nationals:** Hugh Moore

**Meets/Sanctions:** Hugh Moore

**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)

deadlines, shopping, entertaining, transporting kids and grandkids. Our time becomes squeezed and our stress increases. This is why our swim workouts (or attitude adjustments), whether daily or every other day, are so important.

Whether you swim solo, work out with a friend, or swim with a Masters group it's a tough time of year to be regular with your workouts. Sometimes pool closures over the holiday weekend contribute to this problem. Don't fall into the "it would be OK to skip this swim workout." Here are some items that may keep you motivated.

- If you know the pool will be closed for a long weekend, build in an extra workout before the weekend.
- Join another workout at a local facility to make sure you are regularly getting in your swim time.
- If you travel, follow Mike Jones's excellent advice as outlined in last month's *WetSet* for locating a workout. Don't forget the *Places to Swim* web site linked to *swimpna.org*.
- If you can't get in the water do some dry land exercises or workouts. Remember both the abs and stretching. These are key for swimming.

One other idea you may want to consider is trying something different for the New Year. Four suggestions are:

- Start weight training for the New Year. Ideally, this is light

weights and frequent repetitions. Several excellent books are out, including *Body for LIFE* by Bill Phillips (retails at \$26).

- Plan on doing an open water swim this year. Two local events will be available this summer and Oregon has a number of open water events. Remember to do those longer swim sets.
- Consider the one-hour postal swim. This is not so much about time or speed—it's about doing it. This year we are sponsoring the event during the month of January and it raises money for the Swim Seattle Club and the PNA. It's a great opportunity for you to participate. Many teams are doing the swim by setting aside time and space. They are swimming two to a lane with the lap counters and timers to determine how far each can go in the one hour. Encourage a lane-partner to join in. Work on building your endurance. See *Training Hints for the 3000/6000 Yard Postal Swim* by Dr. Paul Hutinger in the October *WetSet*.
- Plan on swimming at Long Course Nationals. We have over 900 swimmers and we want at least half of you to join us and participate.

Let's have a wonderful new year.

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.

## PNA Web Site Wins MACA Web Award



This year is the second year Masters Aquatics Coaches Association (MACA) has sponsored awards for Masters swimming web sites. And this is the second year PNA made the Top Ten list for LMSCs.

Web sites were judged for design, navigation, content, speed/load time, and technical correctness.

Our PNA site was praised for its pristine design and excellent navigation. MACA also noted, "In last year's evaluation, PNA's web site was called 'one of the most influential and innovative LMSC sites'-and webmaster Jim McCleery has definitely upheld this rating."

Our thanks to both Jim and Mardi McCleery for their continued good work on our web site, [www.swimpna.org](http://www.swimpna.org).

## E-Mail to the President

Dear Lee,

I have to write and congratulate you on the wonderful article about the 'Tigers' and Maxine Carlson, in particular. This is what Masters swimming is all about: swimming for the fun of it, learning something new—whatever your age, personal fitness—and the possibility of beating your last personal best time at the next meet. Maxine always has a smile on her face and she looks happy and healthy. I want to be just like her when I grow up!

Let's have more articles celebrating our local swimmers.

Sincerely,

Carol McCaig



## Call for Nominations Dawn Musselman Inspirational Swimmer Award

PNA has presented the Dawn Musselman Inspirational Swimmer 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.

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! The award, consisting of a personal plaque and the perpetual trophy with recipient's name added, will be presented at PNA Champs at Highline Community College on Saturday, April 7.

Send your nomination to:

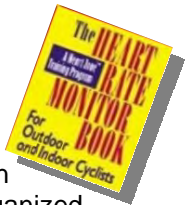
Steve Peterson  
(360) 692-1669  
[speterson@bandwagon.net](mailto:speterson@bandwagon.net)  
11165 Central Valley Rd NW  
Poulsbo, WA 98370-7014

**Please submit your nomination  
by March 31, 2000.**

### Past Dawn Award Winners Dawn Musselman Inspirational Swimmer

Dawn Musselman  
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  
Dan Frost  
Joan Davis

## Local Authors Release Fitness Book The Heart Rate Monitor Book



If you are bicycling to get fit, here's an interesting and organized way to do it: *The Heart Rate Monitor Book—A Heart Zone Training Program for Outdoor and Indoor cyclists*, written by local swimmers Sally Edwards and Sally Reed.

The book is a cycling program that uses a heart rate monitor as a guide to help get you healthier and fitter.

Our own PNA Registrar, Suzanne Dills, is mentioned in the book.

Remember if you order it from Amazon through the USMS link ([www.usms.org](http://www.usms.org)), USMS gets a 5% rebate.

PNA LOCAL MASTERS SWIMMING COMMITTEE  
 SHORT COURSE YARDS MEET: February 17, 2001 (Meet Sanction #013604)  
 Hosted by the Bellingham Masters Swim Club

Order of Events (#1)	Event
1	400 IM
2	1650 Freestyle
<b>Warm-up Break</b>	
3	200 Free Relay
4	50 Free
5	100 Breast
6	200 Back
7	50 Fly
8	200 IM
<b>5 minute break</b>	
9	200 Mixed Free Relay
10	100 Free
11	200 Breast
12	50 Back
13	100 Fly
14	200 Medley Relay
<b>5 minute break</b>	
15	200 Free
16	50 Breast
17	100 Back
18	200 Fly
19	100 IM
20	200 Mixed Medley Relay
21	500 Free

DATE: Saturday, February 17, 2001  
 TIME: Warm-up: 8:00 AM; Meet starts 8:45 AM  
 30 minute warm-up after Event #2  
 Meet will resume no earlier than 10:30 AM  
 PLACE: Arne Hanna Aquatic Center  
 Phone: 360-647-POOL

MEET DIRECTOR: Barb Gundred  
 360-734-8364 before 9PM/barbg@memes.com  
 FACILITY: Eight lane x 25 yard course. Lanes 2-7 will be used for competition. Lanes 1 and 8 will be used for continuous warm-up and warm-down. There is a diving tank which will be open for warm-up and warm-down, and a large whirlpool available for relaxation.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2001 USMS or MSC registered swimmers 19 and above as of 2/17/2001. Age groups based upon the swimmer's age as of 2/17/2001.

SEEDING: Slow to fast TIMING: Manual

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

T-shirts: Commemorative t-shirts are available at @12 each

DIRECTIONS: From I-5 Northbound: Take exit 253 (Lakeway Dr.). Take the exit empties onto Potter St. Proceed straight for two blocks. The pool is located just past the school on the right. From I-5 Southbound: Take exit 253 (Lakeway Dr.). Turn left onto Lakeway, and proceed to second light. Turn left onto Lincoln St., go one block past the school, and turn right onto Potter St. The pool is located just past the school on the right.

Website: Visit the BMSC website (<http://members.aol.com/Ariston844/bmsc.htm>) or the PNA website (<http://www.swimpna.org>)

SAFETY FIRST!  
 NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

PNA LOCAL MASTERS SWIMMING COMMITTEE  
 MEET ENTRY FORM: February 17, 2001 (Meet Sanction #013604)  
 Hosted by the Bellingham Masters Swim Club

NAME: \_\_\_\_\_ M F AGE as of 2/17/2001: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS or MSC #: \_\_\_\_\_  
 Local Team \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_

USMS Club Abbrev: \_\_\_\_\_ USMS Club Name: \_\_\_\_\_ or UNATTACHED \_\_\_\_\_  
 AGE GROUP (Circle one - determined by your age as of February 17, 2001):  
 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)

ENTRY FEES: \$ 6.00 (includes LMSC surcharge)  
 Individual Events: + \_\_\_\_\_ \$1 per event for swimmers under age 65.  
 No charge for swimmers 65 or over. No charge for Relays  
 T-shirts @ \$12 \_\_\_\_\_ Indicates size \_\_\_ M \_\_\_ L \_\_\_ XL  
 Total: \$ \_\_\_\_\_

Please make checks payable to: Bellingham Masters Swim Club  
 Mail this entry form and fees to: Barb Gundred  
 konabarb@hotmail.com 3880 GALA LOOP  
 360-734-8364 (h) Bellingham, WA 98226  
 Entries must be received no later than Friday, February 9 2001 Please allow appropriate time for mail.

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: \_\_\_\_\_



# 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.

## ■ January 1-31

### 2001 USMS 1 Hour Postal Championship

Greg Bruce

PO Box 22505

Seattle, WA 98122-0505

(206) 985-1850

brucegeg@u.washington.edu

## ■ January 13

### Queen City Splash Meet

Seattle/ Madison Pool

Jim Lasersohn (206) 325-8613

OrcaSwimJim@aol.com

## □ January 27

Emerald Aquatics "50's Challenge" SCY  
Eugene, OR

Lynda Christiansen (541) 687-8379

ericandynda@netzero.net

Deadline 01/12/01

## □ February 1-28

February Fitness Challenge

Postal fitness event

Bill Volckening, fitnessfrog@aol.com

## □ February 11

Cowichan Aquannis Masters SCM

Cowichan Aquannis Pool

Duncan, BC

Nancy Hamilton (250) 746-0450

## ■ February 17

### SCY President's Day Meet

Bellingham, WA

Barb Gundred (360) 734-8364

konabarb@hotmail.com

Deadline 02/09/01

## □ February 18

Mt Hood Community College SCY

Gresham, OR

Phillip King

Work: (503) 491-7244

Home: (503) 284-8946

kingp@mhcc.cc.or.us

Deadline 2/18/01

## □ March 4

March Madness Swim Meet

SCY Coeur d'Alene, ID

Margaret Hair (208) 667-3721

Deadline 2/21/01

## □ March 4

Victoria Masters LCM

Commonwealth Games Pool

Victoria, BC

Rod Carmichael (250) 598-5289

## ■ March 11

### Mercer Island Redwoods SCY

Mercer Island, WA

Lee Carlson (206) 232-3916

leedee@home.com

Deadline 03/04/01

## □ March 16-18

Oregon Association Championships  
SCY

Ashland, OR

Dan Gray (541) 944-0529

dangray45@hotmail.com

## ■ April 7-8

### PNA Champs

Highline Community College

## □ April 8-9

Inland Northwest Championships

Washington State University

Pullman, WA

## □ April 28-29

NW Zone Championships @ Parkrose  
SCY

Portland, OR

## □ May 12

LCM Anchorage, AK

(907) 344-5321

ginnyw@alaska.net

## □ May 15-September 30

2001 USMS 5K & 10K Postal  
Championship

Pam Himstreet

3339 NW Windwood Way

Bend, OR 97701

(541) 385-7770

him@cmc.net

Entry deadline 10/10/01

## □ May 17-20

SCY National Championships

Santa Clara, CA

Alma Guimarin, aguimarin@aol.com

## □ July 21 (tentative)

Fat Salmon

3-Mile and 1-Mile OW Swim

Seattle, WA

Michael Meyer, meyer@tempstore.net

For further information on Masters events outside of the PNA area, contact any of the following newsletter editors:

### Alaska

Janet Rumble

P.O. Box 33336

Juneau AK 99803

(907) 364-3106

jandean@alaska.net

### British Columbia

Vanda Stocks

PO Box 149 Stn Main

Duncan BC V9L 3X1

Canada

(250) 748-4628

vstocks@mail.island.net

### Idaho

Jill Wright

1626 Williams St

Boise, ID 83706

(208) 338-5287

swimjmw@aol.com

### Inland Northwest

Doug Garcia

P.O. Box 145

Albion WA 99102

(509) 332-1621

dmgarcia@pullman.com

### Oregon

Dave Radcliff (Northwest Zone Rep)

5832 SE Woll Pond Wy

Hillsboro OR 97123

(503) 648-7141

therads@home.com

### Utah

Karen Oliver

4597 Jupiter Dr.

Holladay, UT 84124

(801) 274-8004

oliver4597@aol.com



# February Fitness Challenge 2001



**Purpose:** To promote fitness through aquatics by encouraging participants to visit the pool regularly and to track results over a monthly period.

**Host:** Tualatin Hills Barracudas, Beaverton, Oregon.

**Sponsors:** NIKE and Maxwell Medals and Awards.

**Rules & Eligibility:** Use of training aids and equipment IS permitted. You must be at least 19 years of age.

**Three Challenges:** We have three challenges: 1) count your yardage; 2) count your days; and 3) count the number of people in your group.

**Group Participation:** To be eligible for one of the top Group Participation Awards, groups must send entries together, in one packet. Groups may consist of individuals who do either challenge. Please specify the group name and contact person on the entry form. There is no additional fee.

**Recording Results:** Beginning February 1, 2001, record on the form below: EITHER the number of YARDS completed each day (for lap swim, jog-a-lap, etc.), OR the number of days you visit the pool for an aquatic fitness activity (e.g. water aerobics, etc.). PLEASE BE AS ACCURATE AS POSSIBLE!

**Conversions:** To convert meters to yards for yardage counting, add 10% to the meter distance to obtain the yard distance.

**Monthly Totals:** At month's end, add daily results to obtain monthly total.

**Caution:** Use caution when attempting to improve fitness level. Increases in activity should be gradual over an extended period. If you have any questions or concerns, please consult your physician.

**Age Groups:** 19-24, 25-29, 30-34....etc., (in five-year increments). Age is determined by your age on February 28, 2001.

**Awards & Results:** All participants receive final results and an achievement certificate. Three female and three male lap swimmers in each age group with the highest monthly totals receive awards. Any participant who visits the pool every day during the month will receive awards. Please allow 30 days after deadline for mailing of results and awards.

**Group Awards:** This year, group participation will be rewarded. The top three groups with the largest number of participants will receive special awards.

**Entry Fees:** \$8.00 for one individual challenge. Select either "Counting Yardage" or "Counting Days" on the form (below). If you would like to do both individual challenges, select "Both" and add \$4 to your entry fee. All fees payable to **Tualatin Hills Barracudas**.

**T-Shirts & Caps:** \$14.00 for short sleeve, 100% cotton T-shirts, with the 2001 Fitness Frog. Custom Latex swim caps with frog logo available for \$4.00.

**Entry Deadline:** Entries must be RECEIVED by March 17, 2001. Late Entries will not be accepted.

**Entry Procedure:** Send form below and fees to:

FEBRUARY FITNESS CHALLENGE  
16055 SW Walker Road #126  
Beaverton, Oregon 97006

e-mail: FitnessFrog@aol.com

**International Entries:** \$8.00 additional postage fee required; mail early to ensure arrival by entry deadline.

**Workout Brochure:** Send self-addressed stamped envelope for a special February Fitness Challenge Workout Brochure. This year's brochure features swim workouts written by the Coaching Staff of the Tualatin Hills Barracudas.

\*\*\*\*\*

## February Fitness Challenge 2001: Entry Form (Please Print)

NAME: \_\_\_\_\_ AGE (as of 2/28/01): \_\_\_\_\_ SEX: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_  
ZIP: \_\_\_\_\_ COUNTRY: \_\_\_\_\_ PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_  
NAME OF GROUP: \_\_\_\_\_ GROUP CONTACT PHONE/ E-MAIL: \_\_\_\_\_

\*Select Your Challenge(s) (please check one): 1) Counting Yardage \_\_\_\_\_ 2) Counting Days \_\_\_\_\_ 3) Both \_\_\_\_\_

Yards/Days		Yards/Days		Yards/Days		Yards/Days	
THU	FEB 1	SUN	FEB 11	WED	FEB 21	SUN	FEB 25
FRI	FEB 2	MON	FEB 12	THU	FEB 22	MON	FEB 26
SAT	FEB 3	TUE	FEB 13	FRI	FEB 23	TUE	FEB 27
SUN	FEB 4	WED	FEB 14	SAT	FEB 24	WED	FEB 28
MON	FEB 5	THU	FEB 15				
TUE	FEB 6	FRI	FEB 16				
WED	FEB 7	SAT	FEB 17				
THU	FEB 8	SUN	FEB 18				
FRI	FEB 9	MON	FEB 19				
SAT	FEB 10	TUE	FEB 20				

MONTHLY TOTALS = \_\_\_\_\_ YARDS/DAYS

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

(I attest that the above results are accurate and true)

**FEES:** Entry Fee \$ 8.00 \_\_\_\_\_ (required)  
 2nd Challenge \$ 4.00 \_\_\_\_\_ (optional)  
 T-Shirt \_\_\_ x 14.00 \_\_\_\_\_ (optional)  
 \*Circle T-shirt size (s): S M L XL XXL  
 Swim Cap \_\_\_ x 4.00 \_\_\_\_\_ (optional)  
 International Fee 8.00 \_\_\_\_\_ (outside US)  
**TOTAL:** \_\_\_\_\_ (US funds only)

(Please make checks payable to **Tualatin Hills Barracudas**)

# PNA Board Meeting Minutes —by Steve Peterson, PNA Secretary

October 24, 2000—President Lee Carlson called the meeting to order at the McNeel & Associates offices. Attending were Ed Artis, Sally Dillon, Sue Dills, Jeanne Ensign, Tom Foley, Jan Kavadas, Sandy McNeel, Gregg Metzler, Michael Meyer, Hugh Moore, Kathy Moore, Steve Peterson, Walt Reid, Jett Vallandigham, and Sarah Welch. These folks represented Bellevue Club, Federal Way, Ft. Steilacoom, GLAD, North Whidbey, OOPS, QASC-Salmon Bay, Redwoods, Swim Seattle, Tigers, and the unattached.

**Treasurer's Report:** Total assets are \$30,825 including the Wiggin Fund's \$2,687. PNA will cover the cost of ribbons for the SCM Zone meet. The Board approved paying Colman Pool's \$224 bill (finally received) for last summer's workout and 5K swim. The Board approved Jeanne's report. Jeanne reminded all that it's budget planning time again.

**Membership:** PNA boasts over 900 members! New members can register November 1 to take advantage of "two months for free." Sue announced that she's moving to Spokane, but is willing to stay on as registrar through this re-registration season and as long as it takes to secure her replacement. Her cell phone number is toll-free from Seattle, and Sue assured the Board that she will be getting a reliable e-mail address. Sue handed "loose ends" regarding *WetSet* printing and labeling to Sandy McNeel. Jan Kavadas led the Board in applauding Sue's many years of service as registrar.

**Meets:** Hugh reported that dates are not materializing for KCAC unless a water polo event will swap—LCM Zones and Champs may have to be held elsewhere. Easter weekend remains open, but is not likely to draw well. Highline pool (8 lanes) appears to be the best alternative, followed by

Bellingham, Evergreen State (10), and Evergreen Pool (9). Steve will contact South Kitsap for LCM Zones if Hugh finds that nothing else appears available.

**Records/Top Ten:** Walt has processed "lots" of SCM Zone meet records, including three world times (Gary Chase, Rick Colella, Gail Roper). The pool measured out correctly. Walt sent the results to Margaret Hair (Inland Northwest) and distributed them to Zone recordkeepers.

**Newsletter:** The *WetSet* won top honors at Convention as USMS Newsletter of the Year! The "Teams and Pools" listing has many gaps to fill for the November issue. (Deadline is October 20.) Sandy will include Convention reports and Julie Corman's account of Duncan Mitchell's Hawaiian Ironman experience also.

**Social:** Jett is arranging an informal social after the Bangor meet at the Silver City Brewing Co.

**Officiating:** Issaquah Pool is the venue for a Stroke & Turn Clinic November 4. Jan was appointed as new liaison between the USMS Officiating and Championship committees, to promote more consistent officiating at Nationals. Jan observed that the backstroke turn was the hot topic.

**Constitution & Bylaws:** Policies regarding Meet Order of Events need to be updated to give meet directors freedom to switch relay events around.

**Ad Hoc Open Water:** Sally has contacted Lynne Cameron (Nike's Women's coordinator) and Scott Lautman (PNA member and English Channel swimmer) about promoting open water swims. Fat Salmon III (July 21) promoters Ed Artis and Michael Meyer discussed fees, guidelines, and related topics with the Board.

**LC Nationals 2001:** Hugh showed three award plaque samples. He suggested postponing the next organizing meeting until November 4, and preceding it with a 5K/10K work party.

**Electronic Communications Subcommittee:** The Board discussed using software like "Majordomo" to manage our own e-mail subscription lists on our server.

**Convention Reports:** Sandy will publish those received as space is available in subsequent *WetSet* issues.

**Convention Reimbursement:** The Board discussed the reimbursement plan because expenses this year averaged over \$700. Three delegates are fully reimbursed by USMS; the remaining seven would share the budgeted \$3000 (\$428 each). A motion made to increase this amount to \$4200 was based on the rationale that money spent on our delegates helped earn the money in our treasury, which in turn has earned much interest. Motion passed with 4 ayes, 7 abstaining.

**Snooper Loaner Program:** Underwater-view video cameras can be rented from USMS for \$75/month (see [www.usms.org/coach/snooper.shtml](http://www.usms.org/coach/snooper.shtml)). Would PNA be interested in buying one of the older units outright?

**Nominating Committee:** Walt Reid, Sally Dillon, Jett Vallandigham, and Tom Foley volunteered to seek nominees for spring's election of new PNA Officers and At Large Representatives.

**Planning Session:** Sally Dillon offered her Oak Harbor home as venue for another Planning Retreat, Saturday, January 20.

## WetSet Subscription / Change of Address Form

The *WetSet* is PNA's official newsletter. It is produced 10 times a year and is delivered free of charge to PNA members. Non-members may purchase an annual subscription to *The WetSet* for \$12, payable to "PNA MASTERS SWIMMERS". To request a change of address or a new subscription, please send this completed form to:

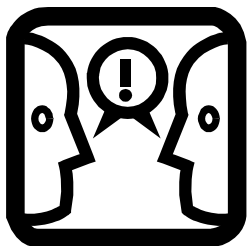
**Suzanne Dills**  
**PNA Registrar**  
 639 N Riverpoint Blvd #3W  
 Spokane WA 99202

**Important** —The *WetSet* is sent via bulk mail and is **not** forwarded by the US Postal Service.

- Change of Address
- New Subscription

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.

<b>Affix address label here</b>	
<b>Name</b>	_____
<b>Address</b>	_____ _____
<b>City / State / Zip Code</b>	_____
<b>Phone</b>	_____



# HAPPY BIRTHDAY

to the following PNA swimmers!

## What Club Am I?

What is the difference between a zone, LMSC, club, or team? When you filled out your 2001 Registration you may have noticed that you must pick both your club and your team.

Our national organization, United States Masters Swimming (USMS), has over 30,000 members. There are eight zones within USMS. Ours is the Northwest Zone and includes Washington, Oregon, Idaho, Montana, Utah, and Alaska.

USMS also has 54 LMSCs (Local Masters Swimming Committees) within the zones. Ours is Pacific Northwest Association of Masters Swimmers and includes western Washington. This is where the *WetSet* is delivered.

Within these LMSCs there are nationally about 500 registered clubs. For a nominal yearly fee to USMS, any group of swimmers of any size may register their USMS swimmers as a club. Currently, the Pacific Northwest Association has two clubs. The majority of our swimmers belong to Pacific Northwest Aquatics (PNA). We also have Sequim (SQM), a separate club within our LMSC.

Within each club, there are teams, such as Thunderbird Aquatic Masters, Bellevue Club Masters, or Husky Masters Swim Team.

When you enter a zone or national meet, you must list your club, not your local team name. But for local meets, you list and swim for your team. You may swim unattached at all levels: national, zone, and local. If you swim as unattached, list "unattached" as your club on your entry forms.

01 15 JOAN SMITH	01 30 BARBARA DELAUTER
01 16 KIRSTEN THOMASSEN	01 30 JAMES WEYAND
01 16 LESLIE HELM	02 01 CINDY ALLEN
01 17 NANCY PRICE	02 02 TIM MARKUS
01 17 IRA COOPER	02 03 JANELLE STOUT
01 17 JOHN PRIGGER	02 03 LINDA MATTESON
01 17 NANCY LAWRENCE	02 03 BRYAN ALBERT
01 18 BRIAN BROCHU	02 04 SCOTT MCKAY
01 18 ROXANNE MUSSER	02 04 JOHN THOMAS
01 19 GAY HUNTER	02 04 BRETT BUCKLEY
01 19 MARC BECK	02 04 DAVID WHITE
01 19 MARY SIPPLE	02 05 GREGORY HARRISON
01 20 CORAL BERNIER	02 05 ROBERT PARKER
01 20 PAUL WILCOX	02 05 JIM BRYAN
01 20 DIANE KENNEDY	02 06 JEFF COX
01 21 STEPHEN REESE	02 06 MIKE BAILEY
01 21 KYLE HEATON	02 07 MEGAN CONKLIN
01 21 GARY BROCK	02 07 DAVID ADDLEMAN
01 21 REBECCA REED	02 08 JON PAUOLE
01 22 MECHTHILD LUTZ	02 08 DAN PODZILINI
01 22 ANN BOYCE	02 08 MARK NEWPORT
01 22 GENE REESE	02 08 REBECCA UCHIO
01 23 JIM LASERSOHN	02 08 BETSY HALE
01 23 LISA HALLMON	02 09 DUANE REED
01 24 CHIP WATERBURY	02 10 MARGARET WINNIE
01 25 VICTORIA ZUKOWSKI	02 10 MARY ANN WHITE
01 25 STEPHEN LITTLE	02 10 KAETCHE MILLER
01 25 ERIC TWEIT	02 11 ANN ROEDER
01 25 WILLIAM ETNYRE	02 12 SEAN HILBERT
01 27 JOHN SYLVESTER	02 12 MICHAEL EATON
01 27 MAXINE CARLSON	02 13 DEMPSEY DYBDAHL
01 27 LINDA BINGLER	02 13 MARK MCELWAIN
01 29 GREG SCHUMACHER	02 13 CHIHO MIN
01 29 SELENA CALLAWAY	02 13 PATRICIA DOTSON
01 29 M. LEIGH JOHNSON	02 13 JEANNE JOHNSTON
01 29 DAVID KIENLEN	02 14 DONNA KEYSER
01 30 DAVID SANTOS	02 14 CYNTHIA HIRST
01 30 JENNIE GOLDBERG	02 14 LESLIE VANROMER
01 30 MARY LIPPOLD	02 14 SHANNON ELDREDGE
01 30 LOREN SPURGEON	





**25th Annual One Hour  
Postal Swim  
2001 United States Masters  
Swimming Long Distance  
National Championship**  
Sanctioned by the Pacific Northwest  
Association of Masters Swimmers  
for USMS, Inc.  
Sanction Number: 013602

**DATE:** All swims must take place during January 2001.

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

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

**ELIGIBILITY:** Each participant must be registered for 2001 with USMS or a similar body in the swimmer's country. **A COPY OF YOUR 2001 REGISTRATION CARD MUST ACCOMPANY YOUR ENTRY!**

**INDIVIDUAL EVENTS:** Men and women separately will compete as individuals in the following age groups: 19-24, 25-29, ..., 100+. The swimmer's age on the day the event is swum determines the entrant's age for the One Hour Swim.

**TEAM EVENT:** Two team events will be contested: 1) a 3 swimmer, same gender team and 2) a mixed 4 person team (2 men & 2 women). The team with the greatest total yardage will be declared the winner. The age of the youngest member determines the age group of the team: 19+, 25+, ..., 95+. Each team member must also have entered the individual event for his/her age group. All team members must be registered with the same club. Unattached teams are not permitted. Team entries must include copies of the individual entry forms if they are not submitted with the originals.

**CLUB EVENT:** Each club will be entered automatically in the club event. The three clubs accumulating the most yardage in each division will receive an award. Three divisions will be recognized based on the number of swimmers entered in the event from each club, as determined by the event host and Long Distance Committee chair. Team yards will not be counted.

**AWARDS:** USMS Championship medals will be awarded in each age group to the top 10 swimmers in the individual event and the top 6 teams in each team event. First place finishers in individual and team events also receive USMS Champion patches. Distinctive awards will be given to the top 3 clubs in each division of the Club event.

**RULES:** Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wet suits, etc.) are not permitted. To ensure that drafting does not occur, no more than two swimmers may share a lane. If two swimmers share a lane, they should each swim on one side of the lane during the entire race (i.e. no "circle" swimming). USMS Long Distance Swimming rules require a starter/referee be present during the swim. Each swimmer must have a verifier to count lengths, record cumulative splits and time the event with a stopwatch. The verifier must sign the official entry form. Distances are to be rounded down to the nearest completed five yard increment (i.e., round 2764 yards to 2760). (See above for conversion from meters to yards.) Swimmers who change age groups during January may enter twice but must swim the event twice, once in each age group. No adjustment may be made for swims completed at altitude. Split sheets must be kept for each swimmer and a copy included with your entry. Using a stopwatch, record cumulative split times to the nearest second, tenth or hundredth for each 50 split.

**FEES:** Individual entry fees are US \$5 per swimmer for US (\$8 for non-US swimmers). Team entry fees are US \$15 per relay (\$18 for non-US entries). All fees are non-refundable. Make checks payable to PNA Masters Swimmers and mail entries to the address below. International entrants please submit US funds via international money order or bank check drawn on a bank with a US affiliate. **DO NOT SEND** entries registered mail or other forms of mail requiring a signature for delivery. **ENTRIES MUST BE RECEIVED** by February 10, 2001. Swimmers submitting incomplete entries will be contacted by collect phone call.

**T-SHIRTS:** A 2001 USMS One Hour Postal National Championship T-shirt is available at a cost of \$15. (International orders please add US \$3 postage for each shirt.)

**MORE INFO:** Address questions to  
**Greg Bruce, Meet Director**  
**Swim Seattle, One Hour Postal Meet,**  
**PO Box 22505,**  
**Seattle, WA 98122-0505**  
**Phone: 206-985-1850.**  
**e-mail: bruceg@u.washington.edu**

Team Entry Form: Use only for team entries:

Club: \_\_\_\_\_ Contact Person: \_\_\_\_\_

Mail results/awards to:

Contact Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ Country: \_\_\_\_\_ Club Abbreviation: \_\_\_\_\_

Swimmer #1: _____	_____	_____	_____
Name as it appears on USMS Registration Card	Gender	Age	Yards Swum
Swimmer #2: _____	_____	_____	_____
Name as it appears on USMS Registration Card	Gender	Age	Yards Swum
Swimmer #3: _____	_____	_____	_____
Name as it appears on USMS Registration Card	Gender	Age	Yards Swum
Swimmer #4: _____	_____	_____	_____
Name as it appears on USMS Registration Card	Gender	Age	Yards Swum

Total Team Yards: \_\_\_\_\_  
Team Entry Fees: US \$15 (\$18 for non-US entries).  
Payment in US \$ from US Banks or  
International Money Order ONLY

**Please note: An individual entry form (next page) and individual event entry fees for each team participant must accompany this team entry form with the team entry fee. Individual Entry Form: Use only for individual entries.**

2001 USMS One Hour Postal Swim National Championship Individual Entry Form

NAME \_\_\_\_\_ REGISTRATION NUMBER \_\_\_\_\_  
(As it appears on registration card)

ADDRESS \_\_\_\_\_ PHONE \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_ GENDER M F

E-Mail Address: \_\_\_\_\_ CLUB \_\_\_\_\_ CLUB ABBR \_\_\_\_\_

AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_  
(MM/DD/YY)

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 CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS. I certify that I have read the rules of this competition and that on \_\_\_\_\_ I swam \_\_\_\_\_ yards at \_\_\_\_\_  
(Date) (Distance swum) (Pool name/City)

Swimmer's Signature \_\_\_\_\_

Entry Fee \$ 5.00 (US Only) \$8.00 (International/non-US) = \$ \_\_\_\_\_

T-shirt Order: Indicate T-shirt Quantity Ordered: \$15/shirt = \$ \_\_\_\_\_

Small \_\_\_ Medium \_\_\_ Large \_\_\_ X-Large \_\_\_ XX-Large \_\_\_

International @ \$19/shirt: = \$ \_\_\_\_\_

TOTAL (US \$): = \$ \_\_\_\_\_

Verifier's Signature \_\_\_\_\_

Include: Masters Registration Card,  
 Entry form and split sheet  
 Make Checks Payable To: PNA Masters Swimmers  
 Send Entries to: Swim Seattle, Attn: One Hour  
 Postal Meet, P.O. Box 22505, Seattle, WA 98122-0505.  
 Must be RECEIVED by February 10, 2001.



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

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

Total Yardage: \_\_\_\_\_

PNA LOCAL MASTERS SWIMMING COMMITTEE  
 Mercer Island Short Course Yards Meet: March 11, 2001 (Meet Sanction #013605)  
 Hosted by the Mercer Island Redwoods & Bellevue Club

ORDER OF EVENTS	
#	Event
1	200 Free Relay
2	50 Free
3	100 Breast
4	50 Fly
5	200 Mixed Free Relay
10 minute break	
6	100 Freee
7	50 Back
8	100 Fly
9	200 Medley Relay
10 minute break	
10	50 Breast
11	100 Back
12	100 IM
13	200 Mixed Medley Relay
10 minute break	
14	200 Free

DATE: Sunday, March 11, 2001  
 TIME: Warmup: 8:30 AM; Meet starts 9:30 AM  
 PLACE: King County Mercer Island Pool (a.k.a. Mary Wayte Pool), 8815 SE 40<sup>th</sup> St, Mercer Island WA. Phone (206)296-4370.  
 MEET DIRECTOR: Lee Carlson (206)232-3916. leedee@home.com  
 FACILITY: 6 lane x 25 yard pool with separate warm-up area. Spectator seating for 200.  
 RULES: Current USMS Rules will govern the meet.  
 ELIGIBILITY: Open to all year 2001 USMS or MSC registered swimmers 19 and above as of 3/11/2001. Age groups based upon the swimmer's age as of 3/11/2001.

SEEDING: Slow to fast      TIMING: Manual

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

DIRECTIONS: Coming to Mercer Island on I-90 from Seattle or the Eastside, take the Island Crest Way exit southbound. Drive approximately one mile south on Island Crest Way to SE 40<sup>th</sup> ST. (stop light) and turn left. Drive 1/4mile on SE 40<sup>th</sup> ST. - pool is on the right with plenty of parking available in adjacent lot.

Website: Visit PNA website (<http://www.swimpna.org>)  
 SAFETY FIRST!  
 NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

PNA LOCAL MASTERS SWIMMING COMMITTEE  
 Mercer Island Short Course Yards Meet: March 11, 2001 (Meet Sanction #013605)  
 Hosted by the Mercer Island Redwoods & Bellevue Club

NAME: \_\_\_\_\_ M F AGE as of 3/11/2001: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_  
 PHONE: \_\_\_\_\_ BIRTHDATE: \_\_\_\_\_ USMS or MSC #: \_\_\_\_\_  
 Local Team \_\_\_\_\_ or UNATTACHED \_\_\_\_\_ LMSC \_\_\_\_\_  
 USMS Club Abbrev: \_\_\_\_\_ USMS Club Name: \_\_\_\_\_ or UNATTACHED \_\_\_\_\_  
 AGE GROUP (Circle one - determined by your age as of March 11, 2001):  
 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)

ENTRY FEES: \$ 6.00 (includes LMSC surcharge)  
 Individual Events: + \_\_\_\_\_ \$1 per event for swimmers under age 65.  
 Total: \$ \_\_\_\_\_ No charge for Relays  
 Please make checks payable to: Steve Sussex  
 Mail this entry form and fees to: Steve Sussex  
 7550 EAST MERCER WAY  
 Mercer Island, WA 98040

Entries must be received no later than Saturday, March 3, 2001. Please allow appropriate time for mail.  
 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: \_\_\_\_\_



# NEWS ABOUT PNA SWIMMERS



## Bangor Results

Short Course Yards November 17-18, 2000

**P** PNA Record  
**Z** Zone Record

### WOMEN 19-24

<b>50 YD. FREE</b>		
CLAUDIA JONES	24 PNA	32.84
JESSICA KEEN	22 PNA	36.30
<b>100 YD. FREE</b>		
CINDY ALLEN	22 PNA	1:00.75
<b>200 YD. FREE</b>		
CINDY ALLEN	22 PNA	2:13.78
MAUREEN KELLY	23 PNA	2:28.57
<b>50 YD. BACK</b>		
JULIE BOWMAN	22 PNA	31.80
CLAUDIA JONES	24 PNA	36.68
<b>100 YD. BACK</b>		
CLAUDIA JONES	24 PNA	1:18.50
<b>50 YD. BRST</b>		
JULIE BOWMAN	22 PNA	36.32
<b>50 YD. FLY</b>		
CINDY ALLEN	22 PNA	29.45
JULIE BOWMAN	22 PNA	31.43
CLAUDIA JONES	24 PNA	34.31
<b>100 YD. FLY</b>		
CINDY ALLEN	22 PNA	1:05.55
<b>200 YD. FLY</b>		
CINDY ALLEN	22 PNA	2:23.97
<b>100 YD. I.M.</b>		
JULIE BOWMAN	22 PNA	1:10.38
CLAUDIA JONES	24 PNA	1:21.23
MAUREEN KELLY	23 PNA	1:26.89

### WOMEN 25-29

<b>50 YD. FREE</b>		
KATY DOBNER	25 PNA	28.15
<b>100 YD. FREE</b>		
JEAN DILLON	26 PNA	58.80
<b>200 YD. FREE</b>		
JEAN DILLON	26 PNA	2:10.60
<b>50 YD. BRST</b>		
KATY DOBNER	25 PNA	35.50

<b>200 YD. BRST</b>		
JEAN DILLON	26 PNA	2:35.66
<b>50 YD. FLY</b>		
KATY DOBNER	25 PNA	29.65
<b>100 YD. I.M.</b>		
KATY DOBNER	25 PNA	1:10.32

### WOMEN 30-34

<b>50 YD. FREE</b>		
TRISH SEUBERT	31 SDSM	26.68
KATHY MOORE	33 PNA	32.44
CHERYLYN SUITER	32 PNA	33.12
BRIDGET YOUNG	33 PNA	33.20
<b>100 YD. FREE</b>		
TRISH SEUBERT	31 SDSM	57.85
CHERYLYN SUITER	32 PNA	1:13.72
BRIDGET YOUNG	33 PNA	1:13.96
<b>200 YD. FREE</b>		
CHERYLYN SUITER	32 PNA	2:48.72
<b>500 YD. FREE</b>		
CHERYLYN SUITER	32 PNA	7:41.98
<b>50 YD. BACK</b>		
KATHY MOORE	33 PNA	39.19
BELLE BEZDICEK	31 PNA	44.91
DIANE KENNEDY	32 PNA	45.34
<b>100 YD. BACK</b>		
BELLE BEZDICEK	31 PNA	1:39.68
<b>50 YD. BRST</b>		
KATHY MOORE	33 PNA	45.09
BELLE BEZDICEK	31 PNA	46.38
<b>100 YD. BRST</b>		
BRIDGET YOUNG	33 PNA	1:32.59
<b>200 YD. BRST</b>		
BRIDGET YOUNG	33 PNA	3:18.08
<b>50 YD. FLY</b>		
TRISH SEUBERT	31 SDSM	29.16
<b>100 YD. I.M.</b>		
BRIDGET YOUNG	33 PNA	1:28.87
BELLE BEZDICEK	31 PNA	1:37.25
DIANE KENNEDY	32 PNA	1:38.34
<b>200 YD. I.M.</b>		
DIANE KENNEDY	32 PNA	3:37.78
<b>400 YD. I.M.</b>		
KAREN LEAHY	32 PNA	5:20.18

### WOMEN 35-39

<b>100 YD. FREE</b>		
WENDY HOFFMAN	38 PNA	1:09.42
KYMMBERLY MYRICK	36 PNA	1:13.29
<b>200 YD. FREE</b>		
WENDY HOFFMAN	38 PNA	2:27.87

<b>50 YD. BACK</b>		
KYMMBERLY MYRICK	36 PNA	41.18
<b>100 YD. BACK</b>		
KYMMBERLY MYRICK	36 PNA	1:24.90
<b>50 YD. BRST</b>		
KRIS SPEIR	37 PNA	38.69
SARAH FOOTH	37 PNA	48.67
<b>200 YD. BRST</b>		
WENDY HOFFMAN	38 PNA	3:11.09
<b>50 YD. FLY</b>		
KRIS SPEIR	37 PNA	32.95
<b>200 YD. FLY</b>		
WENDY HOFFMAN	38 PNA	3:09.58
<b>100 YD. I.M.</b>		
KRIS SPEIR	37 PNA	1:15.54
<b>200 YD. I.M.</b>		
KRIS SPEIR	37 PNA	2:43.56
WENDY HOFFMAN	38 PNA	2:51.63

### WOMEN 40-44

<b>50 YD. FREE</b>		
MARCIA SMITH	40 PNA	32.88
C. FULLER-KLING	40 PNA	33.26
<b>100 YD. FREE</b>		
MARCIA SMITH	40 PNA	1:11.69
C. FULLER-KLING	40 PNA	1:14.78
<b>1650 YD. FREE</b>		
D. KIKO VAN ZANDT	44 PNA	23:36.04
<b>200 YD. BACK</b>		
CATHY COOLEY	43 PNA	2:27.47
<b>100 YD. BRST</b>		
CATHY COOLEY	43 PNA	1:19.33
C. FULLER-KLING	40 PNA	1:36.09
<b>50 YD. FLY</b>		
C. FULLER-KLING	40 PNA	39.42
<b>100 YD. I.M.</b>		
CATHY COOLEY	43 PNA	1:09.54
MARCIA SMITH	40 PNA	1:28.37
<b>200 YD. I.M.</b>		
CATHY COOLEY	43 PNA	2:28.52
MARCIA SMITH	40 PNA	3:06.01
<b>400 YD. I.M.</b>		
D. KIKO VAN ZANDT	44 PNA	6:11.52

### Abbreviations

**PNA** Pacific Northwest Aquatics  
**SDSM** San Diego Swim Masters

### Web Guide

Check out these sites on the Internet for information on Masters swimming, news, events, workouts, and more from throughout the Northwest!

PNA Masters Swimming  
US Masters Swimming  
Masters Swimming Canada  
Oregon Masters  
Masters Swimming of BC  
Utah Masters  
Pacific Masters (CA)

[www.swimpna.org](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.compumart.ab.ca/masterssc/](http://www.compumart.ab.ca/masterssc/)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.mastersswimming.bc.ca/](http://www.mastersswimming.bc.ca/)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.pacificmasters.org/index.shtml](http://www.pacificmasters.org/index.shtml)



**MEN 35-39****50 YD. FREE**

PATRICK GIBBS	35 PNA	24.78
DAVID DUCOLON	37 PNA	24.86
KEN RAGSDALE	37 PNA	27.17

**100 YD. FREE**

PATRICK GIBBS	35 PNA	53.46
DAVID DUCOLON	37 PNA	54.88
KEVIN PRIGGER	37 PNA	55.28
KEN RAGSDALE	37 PNA	1:05.16

**200 YD. FREE**

DAVID DUCOLON	37 PNA	2:04.93
JIM LASERSON	35 PNA	2:12.28

**50 YD. BRST**

JOHN GOESSMAN	35 PNA	32.13
DAVID DUCOLON	37 PNA	32.95
JIM LASERSON	35 PNA	33.97

**100 YD. BRST**

JOHN GOESSMAN	35 PNA	1:07.98
---------------	--------	---------

**200 YD. BRST**

JOHN GOESSMAN	35 PNA	2:33.71
JIM LASERSON	35 PNA	2:45.61

**50 YD. FLY**

KEN RAGSDALE	37 PNA	29.73
--------------	--------	-------

**100 YD. FLY**

KEVIN PRIGGER	37 PNA	1:04.71
JIM LASERSON	35 PNA	1:08.25

**100 YD. I.M.**

JOHN GOESSMAN	35 PNA	1:03.14
KEVIN PRIGGER	37 PNA	1:04.43
KEN RAGSDALE	37 PNA	1:11.33

**200 YD. I.M.**

JOHN GOESSMAN	35 PNA	2:17.83
PATRICK GIBBS	35 PNA	2:21.72
KEVIN PRIGGER	37 PNA	2:22.15

**400 YD. I.M.**

KEVIN PRIGGER	37 PNA	5:04.00
---------------	--------	---------

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

TODD KOWALSKI	42 PNA	26.67
BING DEUTSCH	44 PNA	27.97
RON OREN	41 PNA	28.15
GUNNAR FORSMAN	42 PNA	30.27
GREGG METZLER	42 PNA	30.33
ERIK SMITH	43 PNA	31.05
MATTHEW BITTNER	41 PNA	31.38

**100 YD. FREE**

MICHAEL JONES	40 PNA	56.36
ERIC DYBDAHL	40 PNA	57.86
TODD KOWALSKI	42 PNA	58.92
RON OREN	41 PNA	1:02.74
BING DEUTSCH	44 PNA	1:03.13
GUNNAR FORSMAN	42 PNA	1:05.73
ERIK SMITH	43 PNA	1:09.06
GREGG METZLER	42 PNA	1:12.87

**200 YD. FREE**

ERIC DYBDAHL	40 PNA	2:06.29
MICHAEL JONES	40 PNA	2:09.65
RON OREN	41 PNA	2:26.43

**1650 YD. FREE**

ERIC DYBDAHL	40 PNA	20:12.53
PASCAL RONCALEZ	41 PNA	21:15.36
BING DEUTSCH	44 PNA	23:30.19

**50 YD. BACK**

THOMAS JOWETT	42 PNA	40.33
---------------	--------	-------

**100 YD. BACK**

ERIK SMITH	43 PNA	1:23.05
THOMAS JOWETT	42 PNA	1:25.76

**200 YD. BACK**

THOMAS JOWETT	42 PNA	3:11.92
---------------	--------	---------

**50 YD. BRST**

GUNNAR FORSMAN	42 PNA	35.98
ERIK SMITH	43 PNA	36.24
BING DEUTSCH	44 PNA	38.85
MATTHEW BITTNER	41 PNA	39.16
GREGG METZLER	42 PNA	39.29

**100 YD. BRST**

GUNNAR FORSMAN	42 PNA	1:19.77
BING DEUTSCH	44 PNA	1:27.50
ERIK SMITH	43 PNA	1:28.06
MATTHEW BITTNER	41 PNA	1:29.31

**200 YD. BRST**

GUNNAR FORSMAN	42 PNA	2:55.42
BING DEUTSCH	44 PNA	3:11.89
THOMAS JOWETT	42 PNA	3:12.15

**50 YD. FLY**

TODD KOWALSKI	42 PNA	33.29
GREGG METZLER	42 PNA	41.03

**100 YD. FLY**

MICHAEL JONES	40 PNA	1:02.15
---------------	--------	---------

**200 YD. FLY**

ERIC DYBDAHL	40 PNA	2:26.09
--------------	--------	---------

**100 YD. I.M.**

TODD KOWALSKI	42 PNA	1:13.20
---------------	--------	---------

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

STEVE SUSSEX	45 PNA	24.17
ROB TRIPPLE	45 PNA	26.43
BERNARD SAUVE	45 PNA	27.60
GREG COLE	49 PNA	31.11
MIKE SAUNDERS	48 PNA	32.92

**100 YD. FREE**

STEVE SUSSEX	45 PNA	52.78
BERNARD SAUVE	45 PNA	1:00.00
ROB TRIPPLE	45 PNA	1:00.06
HUGH MOORE	46 PNA	1:02.75
BRIAN PAYNE	49 PNA	1:03.71
GREG COLE	49 PNA	1:12.84

**200 YD. FREE**

STEVE SUSSEX	45 PNA	2:02.02
GREG COLE	49 PNA	2:48.40

**500 YD. FREE**

STEVE SUSSEX	45 PNA	5:19.13 P
BRIAN PAYNE	49 PNA	6:32.80
MIKE SAUNDERS	48 PNA	7:32.78

**100 YD. BACK**

HUGH MOORE	46 PNA	1:15.70
------------	--------	---------

**50 YD. BRST**

BERNARD SAUVE	45 PNA	33.45
BRIAN PAYNE	49 PNA	33.57
MIKE SAUNDERS	48 PNA	42.64
AL RUBECK	46 PNA	44.74

**100 YD. BRST**

BERNARD SAUVE	45 PNA	1:14.15
BRIAN PAYNE	49 PNA	1:14.37
HUGH MOORE	46 PNA	1:20.86

**50 YD. FLY**

ROB TRIPPLE	45 PNA	30.93
-------------	--------	-------

**100 YD. FLY**

HUGH MOORE	46 PNA	1:07.59
MIKE SAUNDERS	48 PNA	1:38.74

**100 YD. I.M.**

BERNARD SAUVE	45 PNA	1:09.65
---------------	--------	---------

**200 YD. I.M.**

BRIAN PAYNE	49 PNA	2:35.71
MIKE SAUNDERS	48 PNA	3:23.34

**400 YD. I.M.**

BERNARD SAUVE	45 PNA	6:01.74
---------------	--------	---------

**MEN 50-54****50 YD. FREE**

GALEN ATWOOD	50 PNA	28.82
--------------	--------	-------

GENE REESE	51 PNA	30.63
PATRICK DWYER	54 PNA	31.17
PETE KYNION	53 PNA	39.41

**100 YD. FREE**

STEVEN PETERSON	54 PNA	1:02.20
DAVID STERN	50 PNA	1:03.36
PATRICK DWYER	54 PNA	1:13.66
PETE KYNION	53 PNA	1:25.70

**200 YD. FREE**

FRANK WARNER	51 PNA	2:05.67
PETE KYNION	53 PNA	3:14.83

**500 YD. FREE**

RICHARD BATLEY	52 PNA	6:54.76
----------------	--------	---------

**1650 YD. FREE**

RICHARD BATLEY	52 PNA	23:28.79
----------------	--------	----------

**50 YD. BACK**

FRANK WARNER	51 PNA	31.25
DAVID STERN	50 PNA	32.70

**100 YD. BACK**

FRANK WARNER	51 PNA	1:07.63
DAVID STERN	50 PNA	1:09.53

**200 YD. BACK**

FRANK WARNER	51 PNA	2:26.18
--------------	--------	---------

**50 YD. BRST**

STEVEN PETERSON	54 PNA	33.88
MARTIN KLEMPNER	51 PNA	36.65
GENE REESE	51 PNA	37.89

**100 YD. BRST**

STEVEN PETERSON	54 PNA	1:16.17
MARTIN KLEMPNER	51 PNA	1:20.44
GENE REESE	51 PNA	1:25.06

**200 YD. BRST**

STEVEN PETERSON	54 PNA	2:45.53
-----------------	--------	---------

**50 YD. FLY**

MARTIN KLEMPNER	51 PNA	31.49
-----------------	--------	-------

**100 YD. I.M.**

STEVEN PETERSON	54 PNA	1:12.17
-----------------	--------	---------

**400 YD. I.M.**

JAMES MC CLEERY	54 PNA	5:01.47
-----------------	--------	---------

**MEN 55-59****1650 YD. FREE**

GORDON GRAY	55 PNA	24:05.33
-------------	--------	----------

**200 YD. BACK**

GORDON GRAY	55 PNA	3:04.37
-------------	--------	---------

**50 YD. BRST**

JOHN LEET	55 PNA	37.39
-----------	--------	-------

**100 YD. BRST**

JOHN LEET	55 PNA	1:22.77
-----------	--------	---------

**200 YD. BRST**

JOHN LEET	55 PNA	3:02.61
-----------	--------	---------

**100 YD. I.M.**

JOHN LEET	55 PNA	1:18.43
-----------	--------	---------

**200 YD. I.M.**

GORDON GRAY	55 PNA	2:59.91
JOHN LEET	55 PNA	3:00.45

**MEN 60-64****400 YD. I.M.**

GARY CHASE	60 PNA	5:49.24 P
------------	--------	-----------

**MEN 65-69****50 YD. FREE**

DAVE DRUM	65 PNA	30.35
DAN NELLIS	69 PNA	34.37
DANNY DICKSON	65 PNA	44.45
JOSEPH MICHEL	66 PNA	52.71

**100 YD. FREE**

DAVE DRUM	65 PNA	1:06.38 P
DAN NELLIS	69 PNA	1:20.31
DANNY DICKSON	65 PNA	1:40.54
JOSEPH MICHEL	66 PNA	2:01.78

<b>200 YD. FREE</b>		
DAVE DRUM	65 PNA	2:34.12
<b>500 YD. FREE</b>		
DON REHFELDT	66 PNA	8:10.14
<b>50 YD. BACK</b>		
DANNY DICKSON	65 PNA	1:11.12
<b>100 YD. BACK</b>		
THOMAS FOLEY	66 PNA	1:47.59
<b>50 YD. BRST</b>		
DON REHFELDT	66 PNA	42.85
JOSEPH MICHEL	66 PNA	1:03.51
<b>100 YD. BRST</b>		
DON REHFELDT	66 PNA	1:34.13
JOSEPH MICHEL	66 PNA	2:16.75
<b>200 YD. BRST</b>		
DON REHFELDT	66 PNA	3:22.54
<b>50 YD. FLY</b>		
DAVE DRUM	65 PNA	33.57
<b>200 YD. FLY</b>		
THOMAS FOLEY	66 PNA	4:48.77
<b>200 YD. I.M.</b>		
THOMAS FOLEY	66 PNA	3:51.78

**MEN 70-74**

<b>1650 YD. FREE</b>		
HARVEY PROSSER	72 PNA	25:33.59

**MEN 75-79**

<b>500 YD. FREE</b>		
HAL YOUNG	79 PNA	10:27.10
<b>1650 YD. FREE</b>		
HAL YOUNG	79 PNA	37:17.50
<b>50 YD. BACK</b>		
JAMES WORREL	78 PNA	51.07
<b>200 YD. BACK</b>		
JAMES WORREL	78 PNA	4:01.21
<b>200 YD. BRST</b>		
JAMES WORREL	78 PNA	4:00.76
<b>100 YD. I.M.</b>		
JAMES WORREL	78 PNA	1:47.11
<b>200 YD. I.M.</b>		
JAMES WORREL	78 PNA	3:55.38

**RELAYS-WOMEN 200 YD FREE**

<b>19 +</b>		
CHERYLYN SUITER	32 PNA	2:12.65
JESSICA KEEN	22	
DIANE KENNEDY	32	
JULIE BOWMAN	22	
<b>35 +</b>		
KYMMBERLY MYRICK	36 PNA	2:14.34
KATHY COLE	49	
SARAH FOOTH	37	
BARBY CAHILL	45	

**RELAYS-WOMEN 200 YD MEDLEY**

<b>35 +</b>		
C. FULLER-KLING	40 PNA	2:37.62
BARBY CAHILL	45	
KYMMBERLY MYRICK	36	
KATHY COLE	49	

**RELAYS-MEN 200 YD FREE**

<b>35 +</b>		
TODD KOWALSKI	42 PNA	1:56.18
GUNNAR FORSMAN	42	
GREG COLE	49	
DAVID STERN	50	

**RELAYS-MEN 200 YD MEDLEY**

<b>35 +</b>		
DAVID STERN	50 PNA	2:12.46
GUNNAR FORSMAN	42	
TODD KOWALSKI	42	
GREG COLE	49	
<b>RON OREN</b>		
41 PNA	2:35.74	
<b>PETE KYNION</b>		
53		
<b>GENE REESE</b>		
51		
<b>PATRICK DWYER</b>		
54		

**RELAYS-MIXED 200 YD FREE**

<b>19 +</b>		
DIANE KENNEDY	32 PNA	2:21.59
PATRICK DWYER	54	
JESSICA KEEN	22	
PETE KYNION	53	
<b>25 +</b>		
RON OREN	41 PNA	2:06.02
MARCIA SMITH	40	
GENE REESE	51	
CHERYLYN SUITER	32	
<b>MIKE SAUNDERS</b>		
48 PNA	2:11.54	
<b>BRIDGET YOUNG</b>		
33		
<b>BELLE BEZDICEK</b>		
31		
<b>KEVIN PRIGGER</b>		
37		
<b>35 +</b>		
ERIK SMITH	43 PNA	2:00.71
BARBY CAHILL	45	
KEN RAGSDALE	37	
C. FULLER-KLING	40	

GUNNAR FORSMAN	42 PNA	2:13.08
KATHY COLE	49	
KYMMBERLY MYRICK	36	
GREG COLE	49	

**RELAYS-MIXED 200 YD MEDLEY**

<b>19 +</b>		
JULIE BOWMAN	22 PNA	2:17.57
GENE REESE	51	
MARCIA SMITH	40	
RON OREN	41	

<b>25 +</b>		
KATY DOBNER	25 PNA	2:17.16
KEN RAGSDALE	37	
DEMPSEY DYBDAHL	51	
ERIK SMITH	43	

BELLE BEZDICEK	31 PNA	2:32.16
BRIDGET YOUNG	33	
MIKE SAUNDERS	48	
KEVIN PRIGGER	37	

<b>35 +</b>		
KYMMBERLY MYRICK	36 PNA	2:20.97
BARBY CAHILL	45	
DAVID STERN	50	
TODD KOWALSKI	42	

## PNA Officers to be Elected in April

Nominations for 2001-2001 PNA officers are now being accepted. A nominating committee has been formed to find candidates for the two-year terms. Candidates for the following positions are to be selected:

President  
Vice President  
Secretary  
Treasurer  
At Large Representatives (3)

The At Large Representatives must be swimmers who are either unattached or belong to small teams. We need one each to represent swimmers from the following zip codes:

Less than 98100  
98100-98199  
Greater than 98199

To serve on the PNA board, contact a member of the nominating committee:

Sally Dillon (360) 679-5038  
[salswmmr@oakharbor.net](mailto:salswmmr@oakharbor.net)  
Tom Foley (206) 937-5585  
Walt Reid (253) 588-4879  
[reidw@wdni.com](mailto:reidw@wdni.com)

If you do not go through the nominating committee, you can nominate someone by submitting 30 signatures of registered Masters swimmers.

Deadline for nominations is February 1, 2001 and the election will take place in April.

(Sub, continued from page 1)

home country, chances of such a visit are probably slimmer than me winning an Olympic title--although I keep trying! Until recently, all Frenchmen were required to serve in the Military for one year after they turned 18. I personally served as an officer in the Strategic Command of the French Air Force. This visit was a unique opportunity to compare some aspects of national defense for both countries.

Located just a few strokes away from the Emerald city, Bangor serves the Navy as a home port for the Trident Submarine Launched Ballistic Missile System, a component of the nation's strategic deterrent triad, which also includes land-based missile systems and manned bombers. My first surprise came as

MSSN Jeremy Wadzinski, a cook aboard the USS Ohio, greeted our small group of 33 Master swimmers, including friends and relatives, in an atmosphere of excitement and adventure. In France, where a formal attitude is "de rigueur" (still rules) inside public and in too many private institutions, a high ranking officer would have acquired this mission of public relations. What I quickly realized, though, is that even a cook on board a US nuclear sub knows a lot more than Friday night pizza and Coke! As a matter of fact, beyond his own specialty, each crew member is able to back up virtually any responsibility in the ship. To say that our guide knew a lot about submarines is an understatement. As

MSSN Wadzinski started to unfold the details of the visit and the mission assigned to the Pacific fleet of Trident submarines, a sincere respect towards all personnel involved grew quickly within the group. Also, the recent tragedy of the Russian submarine "Kursk" was on our minds. This event marked our visit with a particularly strong emotional level.

The whole morning was dedicated to the shore-based training facilities, where complex simulators replicated the operation of the major compartments of the submarine, as well as the situations a crew will likely face at sea. All presentations were fascinating, but the water leak trainer was the most spectacular. This is where sub



**Pacific Northwest Association of Masters Swimmers**

**Local Team Registration**

To register your team for 2001, please fill out and return the form below. Registrations must be received by April 7, 2001 in order to compete as a team and be eligible for team awards at the 2001 Champs. All team members competing in the meet must be paid members of PNA Masters Swimmers.

Team Name:		Abbreviation (4 letters max):	
<b>Team Rep</b>	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	E-Mail:		
<b>Team Coach</b>	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	E-Mail:		

Mail this form and check to:

Carolyn Behse  
 1321 177th Ave NE  
 Bellevue, WA 98008  
 (425) 747-3889  
 E-mail cbehse@yahoo.com  
 Fax (425) 747-3851

Application Fee: \$10

Make check payable to: **PNA Masters Swimmers**



crews are taught critical survival skills, and as I noticed several times, low-tech solutions proved to be the best defense against high-tech failures. In no time, we were taught how to use rope, steel strap, wood shims, chain-link pliers, and curved steel "strongbacks" to stop any of eleven different leaks that can greatly exceed the maximum flow of your bathtub (up to 1200 gallons per minute)! We were equally impressed by the capabilities of the command and control center simulator that hydraulically "rocks and rolls" crews as they practice standard as well as exceptional operations such as multiple "surface and dive" operations, or emergency blows.

Finally came the long awaited moment in the afternoon: a visit to the USS Georgia, being prepared dockside at the Delta pier for its next mission. It is difficult to express the feeling we experienced when we walked above the 24 nuclear missile compartments, to enter the sub down a hatch located on the aft of the ship. Right under our feet would be enough destructive power to declare the Georgia the third nuclear power of the world after the US and the former Soviet Union, once at sea. We gathered in the dining room, where we were greeted by CDR C.S. Ratliff, commanding officer of the Blue crew of the ship, Supply Officer LT Bill McKinley, and the eight enlisted men, still boys really, served as our guides inside the sub. Our group was split in parties of five, to more easily visit all the major areas of the ship, except the classified ones such as the Sonar room and the engine compartment, where the nuclear reactor sits. When we stopped in the central command compartment, I built a precious memory of my 11-year-old daughter, Florence, seated at the controls of the USS Georgia. For a few seconds, she had tamed the beast...

Comfort is a superfluous luxury in this environment of switches, valves, cables, and pipes. Red painted raised spots on the floor

mark the presence of airflow intakes from which the crewmen plug their air masks in the eventuality of a fire. When smoke starts filling the compartments, the only possibility to move within the ship is to plug the air mask from one intake to another, holding your breath in between. Privacy is a premium in a nuclear sub, reduced to a curtain surrounding each bunk, under which a shallow drawer is supposed to hold all the clothes and any other belongings necessary to sustain an 80-day trip. Health care is also limited to its simplest expression, with an Independent Duty corpsman specially trained to provide medical and dental treatment to the crew, as well as minor surgery. His role is important though, as in such a confined environment the simplest virus contracted by one individual is very likely to affect the entire crew in a matter of a few days.

But what sets apart a submarine from any other transportation means is the absence of windows. Serving aboard a submarine is a voluntary act. Because of the length of their missions beneath the sea, candidates have to pass severe psychological tests. It takes an extraordinary courage to serve for so

long in total blindness, on top of other outstanding risks associated with submarine operations, even in peacetime. This also explains the large influence the cooks have over crew morale, as food takes a central part in the few distractions offered to the crew. And if there is one thing the French know about, it is food! Therefore, allow me to disclose a little secret received straight from the French submariners, and suggest to accompany the main meals aboard the ship with a small bottle of wine... because, we shall never forget that a nuclear sub is above all, a human adventure.

Editor's note: Steve Peterson "finally" arranged a Trident submarine tour after Tom Foley's gentle reminders in recent years at the Bangor meet. (Tours must be requested six months in advance and are typically filled on the first booking day.) Pascal, an unattached swimmer living in Woodinville, and his daughter Florence were among the 33 people who toured the Georgia prior to this year's Bangor meet. Steve thanks Tom for initiating the idea and especially Pascal for his perspective on the result.

## Wanted

# Swimming Coach

## Green Lake Aquaducks Masters Swim Team

**Workouts at Evans Pool, Seattle**

Monday-Friday 5:00-6:00 a.m.


Saturdays 7:00-8:30 a.m.

### Qualifications

Lifeguard Training, Safety Training for Swim Coaches, First Aid, & CPR  
Experience preferred

### For information contact

Robin O'Leary  
6323 19th Ave NE  
Seattle, WA 98115-6903  
GLAD1@excite.com  
(206) 525-7725

 <h2 style="display: inline;">Split Notification Form</h2>		
Event		
Event #	Heat #	Lane #
Split event		Time
Swimmer's name		
Sex	Age	
Meet	Date	
Approved by		
<p>Initial split times from an individual or relay event will be accepted as an Individual performance and will be considered for a World Record/USMS Record/Top 10 if recorded by an automatic timing system. In addition, split times for World Records will be accepted if recorded by three watches.</p> <p>The swimmer must notify the Meet Referee of the intent to record an initial split time.</p>		

## Split Requests

If you want your splits—your times from during the race and not just the finish—you must request this in writing. Above is a Split Notification Form to do that. Except for backstroke and relay splits, split requests need to be done before the end of the meet. For backstroke and relay events the split requests must be requested before the swim.

## Coming Soon to a Pool Near You!

### 25th Annual One Hour Postal Swim A USMS National Long Distance Championship

**The facts are:**

The event takes place during January  
 The PNA is sponsoring the event this year  
 PNA swimmers should participate  
 Entry forms are in this *WetSet*  
 Workout teams should get organized now!

**The procedures are:**

USMS registration must be current (2001)  
 Swim for one continuous hour  
 Swim at a pool of your choice  
 No drafting, no circle swimming  
 Only 2 swimmers per lane  
 Someone counts your laps and times  
 Mail in your entry form and fee (It's only \$5)

**Great reasons to participate:**

It's a great way to start the new year  
 It's a great way to measure your fitness  
 It's a great way to involve the whole team  
 It's a great way to support the PNA  
 It's a great way to bring recognition to PNA

**Enter as both an individual and a team:**

PNA swimmers can form teams  
 You only swim one hour, one time  
 Teams are by age group 19+, 25+ . . .  
 Teams are 3 male or female  
 and 4 mixed (2+2)



Jan Kavadas



Walt Reid and Kathy Casey



Jeanne Ensign



# THE FINAL LAP



## December Recognition Awards

At the December Board meeting certificates of appreciation were given together with a special thanks for those that work so hard to make the PNA successful.

It's difficult to know where to start outlining some of the special achievements but Jan Kavadas is a good place. Jan has been a swimmer, contributor and official's chair for as long as we can remember. Walt Reid and Kathy Casey have been part of the glue that has held this organization together for years and they literally are at every meet. Jeanne Ensign has been a steady-ing force and our financial consultant for years. Steve Peterson and Sally Dillon run meets, have responsible board positions and share their time and energy on your behalf. Sandy McNeel is your outstanding newsletter editor and Carolyn Behse promotes fitness and teams as your Vice President. Please thank these individuals for their efforts on your behalf.

As your President, I gave two special recognition awards at our

December meeting. I would like to share these awards with you. Our web site *swimpna.org* has continued to grow and improve in terms of information provided, attractiveness, and ease of use. Jim and Mardi McCleery have done an outstanding job with this web site. They have made the changes on their own initiative and they review and change the site as needed, keeping things up-to-date

Jane and Hugh Moore continue to devote a substantial part of themselves to the PNA. Jane updated the Constitution and Bylaws and was responsible with Sally Dillon for a new Team Handbook. Jane and Hugh are our meet directors, for the third time, for the Nationals this summer in Federal Way. Hugh is the Meets and Sanctions Chair and has done a great job with this function. If we didn't have Jane and Hugh we wouldn't be nearly as good an organization as we are now.

Thanks again to this group.

*Lee Carlson*  
President



*Carolyn Behse*



*Jim and Mardi McCleery*



*Sally Dillon and Steve Peterson*



*Sandy McNeel*



*Hugh and Jane Moore*

