

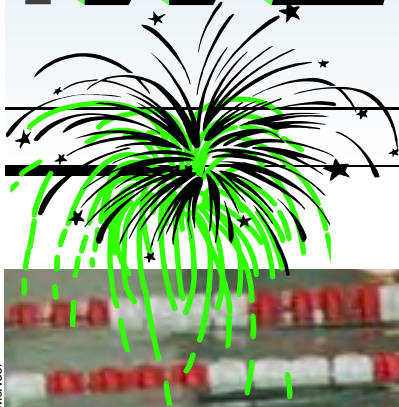
THE WET SET

Pacific Northwest Association
of Masters Swimmers



Volume 23 • Issue 1

January 2003



Happy New Year from PNA

LEADING OFF

By
Sarah Welch

What about January?

It's January and I volunteered to 'lead off' the year with the Leading Off article. For me January is a tough month and one of looking forward, goal setting, and renewal. On the 'tough' side of living in the Northwest, January is a very long month with 31 very wet, dreary days and very long nights. It's tough to get up at 5:20 am to get to my workout on time. (As my teammates know, I often drag into the pool closer to 6:00 than our normal start time of 5:45.) It's tough to be cold and wet and have it dark during all the hours outside my work day—the hours when I normally get to exercise and be outside.

Think positive, set goals—the days ARE getting longer

On the positive side of January, the days really are getting longer. January can be a month full of 'new years' resolutions...a time to resolve to do better, make changes, to improve... For me as a swimmer I've translated that oft archaic and fleeting notion of 'new years resolutions' into a commitment to set my goals for swimming for the coming year. I buy my new calendar notebook and start off the year making a daily record of my workouts and my results. I decide

(Continued on page 3)



Photo by Sandy McNeel

Stephen Freeborn swims the butterfly portion of the 400 IM at the recent meet at Puget Sound Naval Shipyard. Results are inside, starting on page 5.

What's inside this issue?

Results

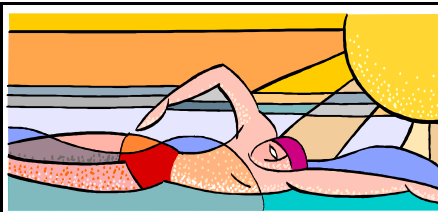
- PSNS Meet
- World Masters Melbourne
- 3000/6000 Postal Swim

Entry Forms

- Bellevue Club Meet
- Mercer Island Meet
- One Hour Postal Swim

Also in this issue

- 2003 Registration form
- King County Pools
- And other news



WETSET

Volume 23 • Issue 1
January 2003
Published 10 Times a Year

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Officiating: Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Social: Jett Vallandigham

MASTERS 2002/2003

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**.

January 1-31, 2003
1 Hour Postal Championship
Kristine Lewis (503) 641-9486
onehour@swimoregon.org
www.usms.org/longdist/
ldnats03/1hentry.pdf
Entry form in this issue

January 1– December 31, 2003
Short Course Meters Season

January 19, 2003
SCY PNA Meet
Anacortes, WA
Mike Bemis (360) 293-0673
aqualad1@attbi.com

January 25, 2003
SCY Tualatin Hills Pentathlon
Beaverton, Or
Kristi Riddle (503) 690-8687
kristinotbrinkly@aol.com

January 28, 2003
PNA Board Meeting
Seattle Parks & Recreation

February 3, 2003
PNA Board Meeting

February 16, 2003
SCM Meet
Bellevue Club
Cory Hildebrand (425)688-3127
coryh@bellevueclub.com
Entry form in this issue

March 14-16, 2003
Assn. SCY Meet
MAC Club, Portland
Bob Kabacy (503) 245-8122
rkabacy@kelrun.com

March 16, 2003
SCY Mercer Island Meet
Lee Carlson (425) 427-8430
leedee@cablespeed.com
Entry form in this issue

April 5, 2003
SCY Meet
Eugene, OR
Lynda Christiansen (541) 687-8379
ericandlynda@netzero.net

April 12-13, 2003
SCY PNA Champs
WKAC, Federal Way, WA
Hosted by Federal Way Masters

April 26-27, 2003
SCY Zone Meet
Hood River, OR
Shelly Rawding (509) 493-4679
hrvst_coach@hotmail.com

May 15-18, 2003
USMS Short Course Champs
Arizona State University,
Tempe, AZ
Mark Gill (480) 775-1485
mark.gill@asu.edu
www.usms.org

For PNA Board information, e-mail
Steve Peterson at
speterson@bandwagon.net.

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.



LEADING OFF

(Continued from page 1)

when I want to swim my best. (This year it will be in May for Nationals in Tempe, Arizona.) I encourage you to set swimming goals this month. Do you want to be able to sustain a set of 10 'hundreds' on a certain interval at workout? Are you aiming for a summer open water swim or a triathlon event? Do you just want to make it to the pool at least three days a week for the duration? Or, can you break a personal best time this year?

January events and activities

One of my favorite USMS activities slated for January is the One Hour Postal Swim. (See article on page 14.) This is a great event for the new year and you can do it in the comfort of your own workout pool as long as you can convince a pal to time and count your distance. PNA swimmers may also participate this month in the meet in Anacortes which should be a fun and well attended event by all reports. So, set yourself some goals that will carry you through these dark and wet days. Resolve to do the One Hour Postal Swim and even sign up for one of our PNA relay teams. Drag yourself through the dark to your local pool for your workout. Record your goals, your workouts, and your results. Review them routinely to see that you are making progress. Once you spend your time on these activities and put in your workout time, January will be gone, we'll be on to next month, and in no time we'll be at the longest day of the year.

—Sarah Welch

What's happening at the PNA Board Meetings?

PNA Board Meeting Minutes

by Steve Peterson



October 22, 2002—President Lee Carlson called the meeting to order at 7:04 pm at the Bellevue Club's Executive Meeting Room. Attendees included Carolyn Behse, Sally Dillon, Jeanne Ensign, Tom Foley, Jan Kavadas, Arni Litt, Sandy McNeel, Hugh Moore, Jo Moore, Clark Pace, Steve Peterson, Sarah Welch, and Lynn Wells. These 14 represented Bainbridge Area Masters, Bellevue Club, Federal Way Masters, GLAD, Mercer Island, North Whidbey, OOPS, Swim Seattle, Tigers, and the membership at large.

Minutes: The Board approved the September meeting minutes as corrected.

Treasurer's Report: The Board approved the Treasurer's report as presented. Total PNA assets are \$45,283 including the Wiggin Fund's \$2,792. The Board approved reimbursements of \$35 to reregister the domain name (Hugh), \$410 and \$419.85 for member registration envelopes (mail and return; Arni), \$232 for LCM meet host guarantee (GLAD), \$173.85 for 5K/10K swim entry fees and expenses (Sally), and \$27.80 for 500 USMS brochures to distribute (Lynn Wells). Sarah requested 2003 budget planning suggestions via e-mail.

Committee Reports

Membership: To date 1032 registered for 2002. The BAMFest meet encouraged 33 new competitors and three new teams, Downtown YMCA, Seattle Club Northgate, and Western Washington Masters. Arni noted that SQM, while not competing nationally recently, continues to register as a PNA club as a tribute to its founder and Masters activist, the late Watson Lawrence. The

Board approved spending up to \$230 to prepare and mail the Bylaws election and registration reminder forms, after suggestions to improve the former were introduced. The Board also approved closing the registration books on October 31, allowing for exceptions. The Board again discussed dues, then approved passing through the USMS \$5 increase and revising the registration form to set the regular fee at \$35 and reduced rate to \$25, with details to be worked out by Jeanne and Arni. Arni also thanked Sally for donating a fax/copy machine to the Registrar.

Fitness: The Board ratified Jo Moore's appointment as new chair and thanked Carolyn Behse for her many contributions.

Officials: Jan noted that LMSCs could create their own process. While this avoids the USA-S fees, a dual process is then required. The Board approved the recommendation to continue using the established PNS LSC officials certification process.

Meets: The Board ratified Hugh Moore as new meets chair. Hugh has worked hard to add winter 2002 meets. The Board approved tentative meets at PSNS (Dec. 8, a week before SCM Zones in Oregon) and Anacortes (Jan. 19) along with Hugh's motion to guarantee these meet hosts a minimum \$300 profit (subject to PNA's approval of expenses). The Orcas elected not to host a January meet. Also approved were Bellingham (Feb. 15, President's Day weekend) and Champs hosted by FWM at KCAC (Apr. 12-13). Mercer Island (Mar. 16) or Bellevue Club with its newly remodeled 7-

(Continued on page 4)

(Continued from page 3)

and 9-lane pools are potentials (or for May or June). Hugh has updated the Meet Bid Packet, including the new USMS provision for pool length certification. The Board approved purchasing the required steel measuring tape.

Constitution & Bylaws: The Board granted Jane discretion in completing the Bylaws changes, including comments to be received from Jeanne and Steve.

Newsletter: Input deadline for the December issue is November 20.

Old Business

Fitness Clinic: The date has been moved from January to May. Jo, Gary, Jane, Lee, Carolyn, and Lynn will confer.

Mentor Coach & Swimmer Clinic: Positive feedback indicates the clinic was well received. Forty-eight swimmers and 9 coaches registered; 14 coaches were on deck Saturday and 9 Sunday. The Board approved reimbursements for food, drinks, and caps plus a \$300 honorarium for Doug Garcia, \$300 to SU's collegiate team, \$80 to the Neely's for housing, and the

remaining \$180± to DVD video production.

King County Pools: Cities have expressed disinterest in taking over the pools in Auburn, Kent, Mercer Island, Northshore, Redmond, and Federal Way. Potential 501©3 partnerships are being discussed, as are legal ramifications of the original Forward Thrust bond legislation. December 31 is King County's deadline—write letters and enlighten council members as you can.

BAMFest Meet: Of BAM's 80 members, 43 were in the water and 33 first-timers attended. Lynn recommended refurbishing or replacing the PNA watches.

New Business

Thirty-Minute Swim: Postponed to next meeting.

Next Meetings

Tuesday, December 10, Lee Carlson's, Issaquah

Tuesday, January 28, Seattle Parks & Rec

The meeting was adjourned at 9:47 pm.

—Steve Peterson, Secretary

PNA Officers to be Elected in April

Nominations for the 2003-2004 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 team. One each is needed to represent swimmers from the following zip codes:

Less than 98100

98100-98199

Greater than 98199

If you or someone you know would like to serve on the PNA Board, please contact a member of the nominating committee:

Sally Dillon (360) 679-5038

salswmmr@earthlink.net

Walt Reid (253) 588-4879

walt.reid@weyerhaeuser.com

Lee Carlson (425) 427-8430

leedee@cablespeed.com

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

The deadline for nominations is February 1, 2003 and the election will take place in April.

Mark Your Calendar for Blossoms in the Hood River Valley!

Columbia Gorge Masters and the Hood River Valley Swim Team will be hosting the Northwest Zone Masters Short Course Yards Championship April 26-27, 2003. This will be the first Masters meet in the Hood River Valley Aquatic Center pool which is 25 yards x 25 meters (10 lanes SCY and SCM) plus a warmer therapy pool for those aching and cold bones!

The Masters competition will be in conjunction with a USA-Swimming meet Saturday am with the Masters competition Saturday afternoon and Sunday. If your Masters team is associated with a USA-Swimming team, you can bring both

groups and cheer the others to great swims.

This is an exquisitely gorgeous time in the Hood River Valley with blossoms galore on the pear and apple trees. Plan to bring the family, spend the entire weekend, and enjoy some of the valley's attractions. If you need information about the meets, contact Meet Director Shelly Rawding at (509) 493-4679 or [hvvst_coach@hotmail.com](mailto:hvst_coach@hotmail.com). If you need information about area attractions, please contact the Hood River County Chamber of Commerce at hoodriver.org or 1-800-366-3530.



PSNS Swim Meet

December 8, 2002
Short Course Meters

P PNA Record
Z Northwest Zone Record
N National Record
W World Record

A small group, a sunny pool, and many, many records broken . . .

WOMEN 19-24

50 M. FREE		
ERIN OKUNO	24 PNA	49.47
100 M. FREE		
ERIN OKUNO	24 PNA	1:44.82
50 M. BRST		
ERIN OKUNO	24 PNA	59.03
100 M. BRST		
ERIN OKUNO	24 PNA	1:58.46

WOMEN 25-29

50 M. FREE		
OLIVIA MC INTYRE	27 PNA	49.69
100 M. FREE		
JEAN DILLON	28 PNA	1:03.11 P
OLIVIA MC INTYRE	27 PNA	1:52.20
50 M. BRST		
JEAN DILLON	28 PNA	35.74 Z
200 M. BRST		
JEAN DILLON	28 PNA	2:47.40 Z
50 M. FLY		
OLIVIA MC INTYRE	27 PNA	55.29
200 M. I.M.		
JEAN DILLON	28 PNA	2:37.57 P

WOMEN 30-34

50 M. FREE		
JUNKO ANAZAWA	30 PNA	41.61
200 M. FREE		
LESLIE DOBRENSKI	32 PNA	3:00.04
JUNKO ANAZAWA	30 PNA	3:32.82
400 M. FREE		
JUNKO ANAZAWA	30 PNA	7:35.21
PATRICIA HENNESSY	34 PNA	8:09.84
100 M. BRST		
LESLIE DOBRENSKI	32 PNA	1:55.03
100 M. FLY		
LESLIE DOBRENSKI	32 PNA	1:42.00
100 M. I.M.		
LESLIE DOBRENSKI	32 PNA	1:31.68
JUNKO ANAZAWA	30 PNA	1:52.08

WOMEN 35-39

50 M. BACK		
KATHY MOORE	35 PNA	44.21
JULIE DELANEY	36 PNA	45.17
50 M. BRST		
JULIE DELANEY	36 PNA	47.79
KATHY MOORE	35 PNA	49.09
100 M. I.M.		
JULIE DELANEY	36 PNA	1:34.64

WOMEN 40-44

400 M. FREE		
MARCIA SMITH	42 PNA	6:28.50
KAMERA BAKER	44 AFAM	6:34.78
100 M. BACK		
KAMERA BAKER	44 AFAM	1:37.34
50 M. BRST		
KAMERA BAKER	44 AFAM	49.71
100 M. BRST		
KAMERA BAKER	44 AFAM	1:56.59

100 M. FLY		
MARCIA SMITH	42 PNA	1:38.38
100 M. I.M.		
MARCIA SMITH	42 PNA	1:35.84
KAMERA BAKER	44 AFAM	1:36.11

WOMEN 45-49

50 M. BRST		
A. LITZENBERGER	49PNA	41.86
100 M. BRST		
A. LITZENBERGER	49 PNA	1:28.19 P
100 M. I.M.		
A. LITZENBERGER	49 PNA	1:21.89

WOMEN 50-54

50 M. FREE		
ARNI LITT	56 PNA	45.00
100 M. FREE		
ARNI LITT	56 PNA	1:39.77
50 M. BACK		
BONNIE RAUME	58 PNA	1:02.48
50 M. BRST		
ARNI LITT	56 PNA	51.87
BONNIE RAUME	58 PNA	1:05.49
100 M. BRST		
ARNI LITT	56 PNA	1:51.22
BONNIE RAUME	58 PNA	2:21.66
200 M. BRST		
ARNI LITT	56 PNA	3:55.80

WOMEN 65-69

50 M. FREE		
PEG CLOUTIER	67 PNA	47.76
100 M. FREE		
PEG CLOUTIER	67 PNA	1:45.32
200 M. FREE		
PEG CLOUTIER	67 PNA	4:04.54 P

MEN 19-24

50 M. FREE		
DMITRI PARAMONOV	24 PNA	26.23
A. CHMELIOVAS	20 PNA	27.19
100 M. FREE		
DMITRI PARAMONOV	24 PNA	1:00.02
A. CHMELIOVAS	20 PNA	1:03.54
50 M. BRST		
DMITRI PARAMONOV	24 PNA	34.44
A. CHMELIOVAS	20 PNA	36.22

MEN 30-34

100 M. FREE		
ROBERT MC GARR	32 PNA	1:03.42
200 M. FREE		
ROBERT MC GARR	32 PNA	2:19.70
400 M. FREE		
CHRIS KERKERING	30 PNA	6:42.08
100 M. BRST		
ROBERT MC GARR	32 PNA	1:22.63
CHRIS KERKERING	30 PNA	1:43.48
100 M. FLY		
ROBERT MC GARR	32 PNA	1:12.73
CHRIS KERKERING	30 PNA	1:50.32
400 M. I.M.		
ROBERT MC GARR	32 PNA	5:47.79

MEN 35-39

50 M. FREE		
MICHAEL LANG	38 PNA	30.79
KEITH FROST	36 PNA	42.13
100 M. FREE		
MICHAEL LANG	38 PNA	1:09.42



Eric Dybdahl and Hugh Moore in the warmup/warmdown lane.

Photo by Sandy McNeel



Lynn Wells, Bainbridge Aquatic Masters coach, rounds her shoulders to demonstrate butterfly tips to Gary Chase. Gary is still learning even after breaking four records at the meet, including a World record in the 100-meter back.

200 M. I.M.	STEPHEN FREEBORN	47 PNA	2:41.00
400 M. I.M.	STEPHEN FREEBORN	47 PNA	5:55.77

MEN 50-54

50 M. FREE	BARNEY VOEGTLEN	53 PNA	30.97
	RICHARD BATLEY	54 PNA	35.62
100 M. FREE	FRANK WARNER	53 MINN	1:02.50
	BARNEY VOEGTLEN	53 PNA	1:17.53
	RICHARD BATLEY	54 PNA	1:20.05
200 M. FREE	FRANK WARNER	53 MINN	2:14.72
	RICHARD BATLEY	54 PNA	2:51.57
400 M. FREE	RICHARD BATLEY	54 PNA	6:00.66
200 M. BACK	FRANK WARNER	53 MINN	2:49.09
50 M. FLY	BARNEY VOEGTLEN	53 PNA	36.29
	RICHARD BATLEY	54 PNA	41.25
100 M. I.M.	BARNEY VOEGTLEN	53 PNA	1:27.57

MEN 55-59

100 M. FREE	STEVEN PETERSON	56 PNA	1:11.63
200 M. FREE	GORDON GRAY	57 PNA	3:04.90
400 M. FREE	MICHAEL MC COLLY	57 PNA	5:00.36 Z
	GORDON GRAY	57 PNA	6:02.13
200 M. BACK	GORDON GRAY	57 PNA	3:29.20

50 M. BRST	STEVEN PETERSON	56 PNA	37.32 P
100 M. BRST	STEVEN PETERSON	56 PNA	1:24.54
	GORDON GRAY	57 PNA	1:51.28
200 M. BRST	STEVEN PETERSON	56 PNA	3:01.01 P
200 M. I.M.	MICHAEL MC COLLY	57 PNA	2:49.87

MEN 60-64

50 M. BACK	GARY CHASE	62 PNA	33.36 N
100 M. BACK	GARY CHASE	62 PNA	1:12.06 W
100 M. BRST	GARY CHASE	62 PNA	1:24.42 P
100 M. I.M.	GARY CHASE	62 PNA	1:15.41 Z

MEN 65-69

400 M. FREE	DON REHFELDT	68 PNA	7:37.71
200 M. BACK	THOMAS FOLEY	68 PNA	4:14.79
50 M. BRST	HAROLD TAUSCHER	65 PNA	41.72 P
	DON REHFELDT	68 PNA	49.26
100 M. BRST	HAROLD TAUSCHER	65 PNA	1:36.84
200 M. BRST	HAROLD TAUSCHER	65 PNA	3:32.65
	DON REHFELDT	68 PNA	3:57.34
100 M. FLY	HAROLD TAUSCHER	65 PNA	1:46.51 P

200 M. FREE	MICHAEL LANG	38 PNA	2:35.76
50 M. BACK	KEITH FROST	36 PNA	1:00.60
50 M. BRST	KEITH FROST	36 PNA	1:00.31
100 M. I.M.	KEITH FROST	36 PNA	1:56.62

MEN 40-44

50 M. FREE	ERIC DYBDAHL	42 PNA	29.39
400 M. FREE	ERIC DYBDAHL	42 PNA	4:59.88
50 M. FLY	ERIC DYBDAHL	42 PNA	32.59
200 M. FLY	ERIC DYBDAHL	42 PNA	2:45.60

MEN 45-49

50 M. FREE	KEVIN AMES	45 PNA	31.06
	LANCE CALISCH	47 PNA	33.53
100 M. FREE	HUGH MOORE	48 PNA	1:12.77
	LANCE CALISCH	47 PNA	1:15.40
100 M. BACK	HUGH MOORE	48 PNA	1:24.54
50 M. BRST	KEVIN AMES	45 PNA	38.20
100 M. BRST	KEVIN AMES	45 PNA	1:23.11
	HUGH MOORE	48 PNA	1:31.29
50 M. FLY	STEPHEN FREEBORN	47 PNA	29.59
	LANCE CALISCH	47 PNA	36.69
100 M. FLY	STEPHEN FREEBORN	47 PNA	1:07.54
	HUGH MOORE	48 PNA	1:15.59
100 M. I.M.	STEPHEN FREEBORN	47 PNA	1:12.02
	KEVIN AMES	45 PNA	1:14.93
	HUGH MOORE	48 PNA	1:20.42



Harold Tauscher set three PNA records in the 65-69 age group.



200 M. FLY		
THOMAS FOLEY	68 PNA	5:20.46
400 M. I.M.		
HAROLD TAUSCHER	65 PNA	7:55.13 P
THOMAS FOLEY	68 PNA	9:28.83

RELAYS-WOMEN 200 M. FREE

100-119		
JUNKO ANAZAWA	30 PNA	2:50.69
ERIN OKUNO	24	
OLIVIA MC INTYRE	27	
LESLIE DOBRENSKI	32	

RELAYS-WOMEN 200 M. MEDLEY

100-119		
OLIVIA MC INTYRE	27 PNA	3:27.26
ERIN OKUNO	24	
LESLIE DOBRENSKI	32	
JUNKO ANAZAWA	30	

RELAYS-M E N 200 M. FREE

120-159		
MICHAEL LANG	38 PNA	2:13.83
KEITH FROST	36	
CHRIS KERKERING	30	
ROBERT MC GARR	32	

RELAYS-MIXED 200 M. FREE

120-159		
OLIVIA MC INTYRE	27 PNA	2:44.88
KEITH FROST	36	
JUNKO ANAZAWA	30	
ROBERT MC GARR	32	

RELAYS-MIXED 200 M. MEDLEY

100-119		
OLIVIA MC INTYRE	27 PNA	3:05.60
CHRIS KERKERING	30	
ROBERT MC GARR	32	
JUNKO ANAZAWA	30	

120-159

KEITH FROST	36 PNA	3:08.43
ERIN OKUNO	24	
LESLIE DOBRENSKI	32	
MICHAEL LANG	38	

Pacific Northwest Association of Masters Swimmers

Local Team Registration

To register your team for 2003, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held in the spring. All team members competing in the meet must be currently registered with USMS. (See the individual registration form elsewhere in this issue.)

Team Reps: PNA will provide your team with a USMS Rule Book which contains rules for Swimming, Competition, Long Distance Swimming, Athletes' Rights, and Organization and Bylaws. They will be available in January.

Team Name:		Abbreviation (4 letters max):	
Team Rep	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	E-Mail:		
Team Coach	Name:		
	Address:		
	City:	Zip:	
	Phone:		
	E-Mail:	Home Pool:	
Workout Pools	Pool name:		
	Address:		
Workout Times			

Mail this form and check to:

Jeanne Ensign
511 East Roy, #314
Seattle, WA 98102
(206) 324-1354
E-mail jeanne@raincity.com

Application Fee: \$10

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

Zoning into Fitness for Life

by Doug Garcia
WSU Masters Swimming Head Coach

Mid-life finally hits, career, mortgage, young family, and turning 40. As a swim coach trying to promote a healthy lifestyle through swimming and eating right, I found myself not living that lifestyle. My pants were getting tighter, my times were getting slower, and I was starting to look... robust. Sure I was swimming but that was it for the fitness department. Even though I was eating low-fat everything, I continued to put on weight. This plan was no longer meeting my fitness and swimming goals. After reading *Body for Life* by Bill Phillips, I recognized the level of exercise intensity and detail to diet were the reason for my slump.

Into the weight room

With all the responsibilities of life, spending hours in the weight room was not what I was

looking for, but it was clear through the Body for Life method (BFL) I would need to spend some time in the weight room if I wanted to achieve my goals (a fit body and decreasing swim times). The BFL method requires a minimal amount of time in the weight room (three, one-hour sessions per week). According to Phillips, it is critical that the time spent in the weight room be focused and the intensity closely monitored. All muscle groups are worked on a 12, 10, 8, 6, 12 repetition sets, with a final high-point set of 12 working the same muscle group but using a different exercise. The rest between sets is only one-minute and the last two sets of 12, though at a lighter weight should be intense.

Now to the pool

Alternating days with the weight exercises come with your choice of aerobic activity. For most of us in Masters swimming, that would be hitting the pool.

Like the weight activity, the time working out can be short, if the intensity is closely monitored. Getting in and swimming for 30 minutes straight will not reap as great a benefit as doing descending sets and monitoring your heart rate to maintain a good aerobic level for your age. A swimming workout that might meet the BFL criteria:

- 3-5 minutes of on-deck stretching
- 5 minutes swimming warm-up including swimming, drilling, and kicking
- Set #1
 - 6 or 9 x 100 swim, descend in groups of 3 at a fairly long interval allowing for adequate recovery but not enough time for the heart rate to drop.

- #1 100 in @ 1:30 leave @ 1:45
 - #2 100 in @ 1:25 leave @ 1:45
 - #3 100 in @ 1:20 leave @ 1:45
 - #4 100 in @ 1:30 leave @ 1:45
- and so forth. Of course the swim times will need to be adjusted for your ability level. This could also be done doing Individual Medley, 50s or 200s

Other sets that could work in the BFL method might be

- 2 x 400 descend with a minute rest between 400s
- 6 or 8 x 75 the first 25 to be stroke, the remaining 50 yards freestyle building the intensity throughout the 75 yards.

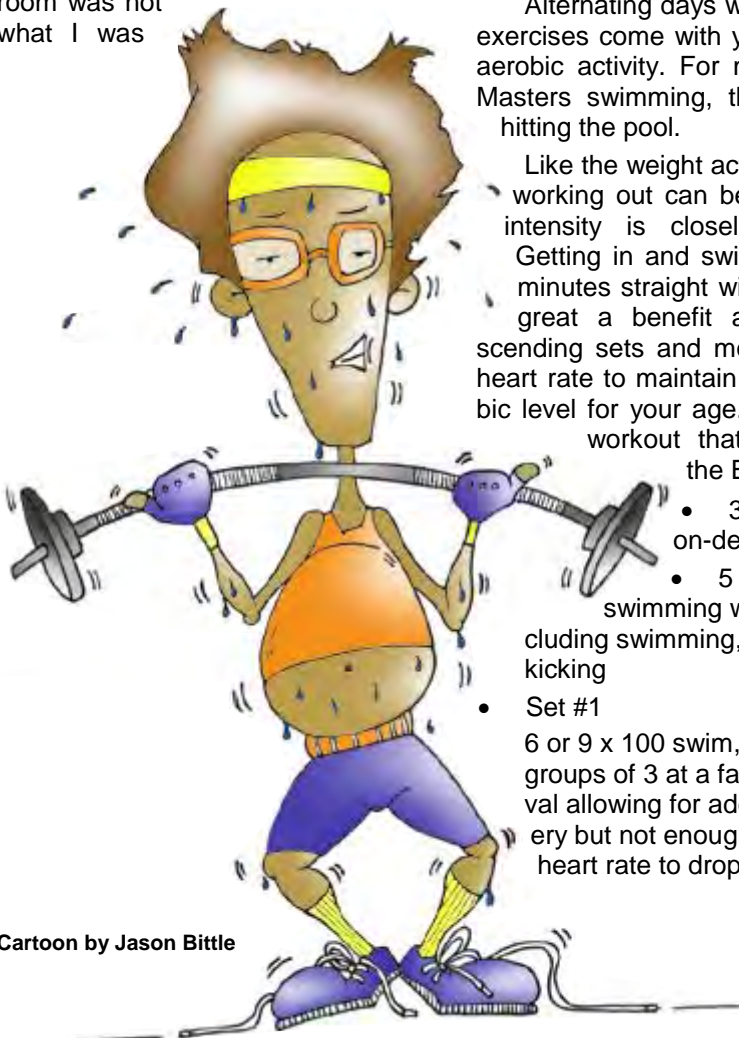
Phillips proclaims that only 20 minutes of aerobic activity is necessary to burn the fat required for a "body for life." To improve your swimming skills additional time in the water is necessary. More critical than just merely logging in lots of yards is the quality and intensity of those yards. One of the benefits of using this method for your swimming is that you can focus on technique and not necessarily make a tight interval.

Carbo-loading, low-fat, low-protein

As we have all been hearing for several years, keeping your diet low in fat is necessary to maintain a healthy and fit body. According to Phillips, consuming large quantities of low-fat carbohydrates can still lead to an increase in body fat.

By far the most difficult part of the BFL program is the diet. Phillips method requires six small meals per day, keeping the carbohydrate, protein and fat ratios closely in check, in addition to consuming 10 cups of water per day.

For me it was best measured as a 180-pound male, I would need to consume 180 grams of low-fat protein per day spread out over six meals, as well as 30-40 grams of carbohydrates per meal, in addition



Cartoon by Jason Bittle



to a least two servings of vegetables per day.

Once you start looking at the food labels, you quickly realize that most foods in our culture eat a significant quantity of carbohydrates which easily convert to fat not to mention the fat already in the food. Foods that we all consider healthy such as fruits, juices, and pastas are all high in carbohydrates. In addition they are simple carbohydrates which convert to fat more quickly. Foods such as whole wheat pastas and brown rice take longer to break down and don't convert to fat as easily.

Don't get me wrong, fruits and juices are good for you and still remain a part of my diet, just in moderation. The most important part of

the diet was the increase in protein consumption.

Preparing these meals was a challenge at the beginning, but as time went on I was able to develop a good pattern with a fair amount of variety. Phillips' company, EAS, sells a variety of meal replacement shakes and bars that are proportioned to meet dietary needs. One thing is for certain, planning and preparation is required.

The BFL program is designed for most any type of person, as can be seen in Phillips book. The amazing part of the program is that you start to see and feel results within a short period of time. To prove the effectiveness of the program, Phillips encourages people to engage in a 12-week contest, where a be-

fore and after picture is taken along with body measurements.

For me the results were gratifying, starting in January with a 19-percent body fat to a 12-percent body fat in April. In addition my swimming times are decreasing with my increased strength and decreased body fat. I have not lost weight; I have shifted it from fat to muscle.

Certainly this program is not for everyone and as with any diet or fitness program you should consult your physician before you begin. To learn more about the Body for Life program, including the weight lifting routines, diet, and aerobics recommendations, pick up a copy of the book or visit the Body for Life web site at www.BodyforLife.com.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Odd Weeks	Upper Body Weights	Aerobics Swimming	Lower Body Weights	Aerobics Swimming	Upper Body Weights	Aerobics Swimming	Off Day
Even Weeks	Lower Body Weights	Aerobics Swimming	Upper Body Weights	Aerobics Swimming	Lower Body Weights	Aerobics Swimming	Off Day

Stroke: Know the Signs and Act in Time

Stroke is the third leading cause of death in the United States and a leading cause of serious, long-term disability in adults. About 600,000 new strokes are reported in the U.S. each year. The good news is that treatments are available that can greatly reduce the damage caused by a stroke. However, you need to recognize the symptoms of a stroke and get to a hospital quickly. Getting treatment within 60 minutes can prevent disability.

What are the symptoms of a stroke?

The symptoms of a stroke are distinct because they happen quickly:

- Sudden numbness or weakness of the face, arm, or leg (especially on one side of the body)

- Sudden confusion, trouble speaking or understanding speech
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

What should a bystander do?

If you believe someone is having a stroke—if he or she suddenly loses the ability to speak, or move an arm or leg on one side, or experiences facial paralysis on one side—call 911 immediately. Every minute counts.

What can I do to prevent a stroke?

The best treatment for stroke is prevention. There are several risk

factors that increase your chances of having a stroke:

- High blood pressure
- Heart disease
- Smoking
- Diabetes
- High cholesterol

If you smoke—quit. If you have high blood pressure, heart disease, diabetes, or high cholesterol, getting them under control—and keeping them under control—will greatly reduce your chances of having a stroke.

Source: "Know Stroke. Know the Signs. Act in Time," National Institute of Neurological Disorders and Stroke, <http://www.ninds.nih.gov>.

PNA LOCAL MASTERS SWIMMING COMMITTEE
 SHORT COURSE METERS MEET: February 16, 2003 (Meet Sanction #033602)
 Hosted by the Bellevue Club

EVENTS (ORDER #4)	
#	Event
Sunday, February 16	
1	400 Free
2	400 IM
3	200 Free Relay
4	50 Breast
5	100 Fly
6	200 Free
7	50 Back
5 minute break	
8	200 Mixed Free Relay
9	100 Breast
10	50 Fly
11	100 Free
12	200 Back
5 minute break	
13	200 Medley Relay
14	200 Breast
15	200 Fly
16	50 Free
17	100 Back
18	200 IM
5 minute break	
19	200 Mixed Medley Relay
20	1500 Free

DATE: Sunday, February 16, 2003
TIME: Warmup: 8:00 AM; Meet starts 9:00 AM
PLACE: Bellevue Club
 11200 SE Sixth ST
 Bellevue, WA 98004
 Phone: 425-637-4610

MEET DIRECTOR: Cory Hildebrand
coryh@bellevueclub.com
 425-688-3127

FACILITY: Nine-lane 25 meter pool
 Warmup: separate 25-yard pool
 Water temperature: ~ 81 degrees F

CONCESSIONS: Espresso Bar Available

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 2003 registered swimmers, 19 and above as of December 31, 2003.

SEEDING: Slow to fast **TIMING:** Electronic
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: From I-405 take exit 12 (SE 8th Street). Go west on SE 8th Street. Turn right at 114th Ave. SE. Turn left on SE 6th Street. The Bellevue Club is on the right. Please enter at the Sport Entrance.

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: February 16, 2003 (Meet Sanction #033602)
 Hosted by the Bellevue Club

NAME: _____ **M** **F** **AGE:** _____
ADDRESS: _____
PHONE: _____ **BIRTHDATE:** _____ **USMS #:** _____
CLUB/TEAM: _____ or **UNATTACHED:** _____ **ASSOCIATION:** _____

AGE GROUP (determined by your age as of DECEMBER 31, 2003):

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 METERS)

ENTRY FEES: \$ 9.00 (includes LMSC and electronic timing surcharges)

Individual Events: + _____ (\$5 max @ \$1 each; no charge for relays or if 65 and up)

Total: \$ _____ [from \$9.00 (relays only or senior) to \$14.00 (six events)]

Please make checks payable to: Bellevue Club
 Mail this entry form and fees to: **CORY HILDEBRAND** 425-688-3127(w)
C/O BELLEVUE CLUB
 11200 SE Sixth ST
 Bellevue, WA 98004
coryh@bellevueclub.com

Please send entries postmarked no later than Wednesday, **February 4th, 2003.**

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:** _____

PNA LOCAL MASTERS SWIMMING COMMITTEE
 SHORT COURSE YARDS MEET: March 16, 2003 (Meet Sanction #033603)
 Hosted by Mercer Island Redwoods

PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: March 16, 2003
 Meet Sanction #033603
 Hosted by Mercer Island Redwoods

EVENTS (ORDER #3)	
#	Event
Sunday, March 16	
1	200 Free Relay
2	50 Free
3	100 Breast
4	50 Fly
5	200 Mixed Free Relay
10 minute break	
6	100 Free
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 16, 2003**
 TIME: Warmup: **8:30 AM**; Meet starts **9:30 AM**

PLACE: Mercer Island Pool (Mary Wayte Pool)
 8815 SE 40th ST, Mercer Island, WA

Phone: **206-296-4370**

MEET DIRECTOR: **Lee Carlson**
 425.427-8430
leedee@cablespeed.com

FACILITY: Six-lane 25 yard pool
 Separate warmup area
 Spectator seating for 200

CONCESSIONS: None

RULES: Current USMS Rules will govern the meet

ELIGIBILITY: Open to all USMS 2003 registered swimmers, 19 and above as of *March 16, 2003*.

SEEDING: Slow to fast TIMING: Electronic

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: From I-90 east or west: Take Island Crest Way southbound exit. Proceed approximately one mile south on Island Crest Way to SE 40th St. (stop light) and turn left. Go ¼ mile on SE 40th St. Pool is on the right with ample parking available in adjacent lot.

Website: For more information, visit the PNA website (www.swimpna.org)

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of March 16, 2003):

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

ENTRY FEES: \$ 9.00 (includes LMSC and electronic timing surcharges)

Individual Events: + _____ (\$1 each; optional for age 65 and over) (no charge for relays)

Total: \$ _____ [from \$9.00 (relays only) to \$14.00 (six events)]

Please make checks payable to: **STEVE SUSSEX**

Mail this entry form and fees to: 7550 E. Mercer Way
 Mercer Island, WA 98040

Please send entries postmarked no later than **Thursday, March 6th**.

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: _____



PNA SWIMMING NEWS - NEWS - NEWS



My Perspective on the King County Pools

By Lee Carlson

Until the legal documents are finalized and signed off on by all parties the status and schedules of these City pools may change. As the changes shown may not happen before January 1st; the County may mothball some of the pools

currently listed above as "open" for several weeks or longer. It's best to check with your pool for their posted hours if it is one of these pools.

The negotiations have been incredibly complex because of the

number of parties involved, (the city or several cities, the county, school district and private parties). It has also been complex because the County does not want the pools back and the cities, in many cases, were not interested in the expense of operating the pools. Also, the cities cited a lack of expertise in running pools. While the cities have known of the County's plan for well over one year, the last four months when proposals were requested and activity increased has been a short time to accomplish what needs to be done.

During the last six months, I attended council meeting in numerous areas, committee meetings dedicated to "saving the pools," contacted involved parties, wrote letters to the editor, prepared ads, signed petitions, and discussed alternatives based on what actions the County and City decided to take. I know many of you have taken similar actions.

In December, Jeanne Ensign and Tom Foley joined me at the County Parks and Recreation Committee and the County Council meetings. I spoke for our organization against mothballing any of the pools until negotiations were completed. First, mothballing loses the customer base and customers are slow to return. Second, mothballing encourages staff to leave and they are difficult to replace. Third, mothballing accelerates the deterioration and damage to the facility.

The young, those learning to swim, and seniors using the pool as a primary exercise source will be harmed the most by closure or mothballing as they are the least mobile. Closure of a pool does af-

Constantly Changing: Seven Successes, Three Failures?

"We're locking the doors and boarding the windows." That's the message we got from King County six months ago. As part of an effort to make up for a \$52 million shortfall, ten pools were scheduled to be shut down unless someone else could step in. Citizens, organizations, and cities jumped in the save the swimming pools. At this time, seven are scheduled to stay open, while three are to be closed up. But even as we go to press some of these plans appear to be falling apart.

Per the Seattle Times, "It was the elderly, the disabled and the children who started turning up by the hundreds at city meetings and demanding that pools be kept open." Nick Perry wrote a good article for the Seattle Times, December 15, "Last-minute deals keep most county parks, pools open" outlining the odyssey to save the King County pools and parks.

Auburn Pool—No deals to transfer pool. Mothballed. City officials still talking to County.

Enumclaw Pool—Operating until the city holds a levy election in February.

Kenneth Jones Pool (Federal Way)—County will operate first six months of 2003 for a fee. The lease will be transferred to the city.

Kent Pool—No deals to transfer pool. Will be mothballed December 31st. City officials still talking to County.

Mary Wayte Pool (Mercer Island), Northshore Pool—To be transferred to the nonprofit Northwest Center. Mercer Island, Bothell, Woodinville, and Northshore School District to provide financial support, although last minute negotiations may be a snag in the deal.

Redmond Pool—Operations paid for by the city of Redmond for a year. Northwest Center is continuing talks about taking over the pool.

Mount Rainier Pool—To be operated by Highline School District, City of Des Moines, City of Normandy Park, and City of SeaTac. A transfer agreement is on hold.

Mt. Si View Pool—Will close but could reopen in February if voters there agree to establish a parks district.

South Central Pool—Transferring to Tukwila.

fect many—the swim teams, the water aerobics and exercise classes, Masters swimmers, lap swimmers, and youth programs. A pool is truly a community resource. I also spoke in favor of the innovative Northwest Center proposal and all partnerships to assure the pools remain open.

The outcome is not 100% favorable in that several pools may close and some may be mothballed for a period of time. However, according to County Council Natural Resources & Parks Committee Chair Carolyn Edmonds, “pools are no longer taken for granted,” nor are the pool users as they have made their wishes known. Whether we have spoken forcefully enough remains to be seen.

Pool fees will go up and some hours may go down. Many of the pools will develop more programs and may provide you and other swimmers with more services. We will see some combined private-public partnerships with companies like Starbucks helping local pools. Please join with these efforts and support your local pool.

Lee Carlson
PNA Chair

Swimming in the Caribbean

St. Croix, United States Virgin Islands, October 27, 2002—Two of our PNA swimmers joined swimmers from the US, Japan, Canada, Mexico, UK, and Venezuela in the 7th Annual St. Croix 5-Mile Coral Reef Swim.

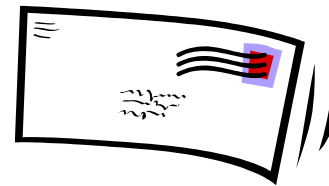
Chuck Kriebel and Alan Bell swam both the 5-mile and the 10-mile race, although the 10-mile race was stopped because of rough winds and seas.

Alan says, “The 5-mile race was great fun” and said that Chuck and he outswam the escort paddlers on the 10-mile race.

Alan, age 52 and from Redmond, Washington, was 4th overall with a time of 1:42.28.

The oldest swimmer was Olympian Graham Johnston of Houston, Texas, age 71, who was 46th, completing the course with a time of 2:9.42.

As in previous races, the unique event began this year at 7 am with the blowing of a conch shell to signal the participants to begin swimming.



3000/6000 K National Postal Championship

Three National records were set by PNA swimmers in the 3000/6000 USMS National Postal Championships, held September 1 through October 31st, 2002.

Complete results for the event will be published on the USMS web site at usms.org/longdist.

Women's 3000:

55-59	1 st	Sally Dillon	43:48.85
National Record			
W 70-74	7 th	Jan Kavadas	1:08:22.40

Men's 3000:

55-59	1 st	Jim McCleery	36:10.77
National Record			

Men's 6000:

55-59	1 st	Jim McCleery	1:14:10.75
National Record			



WetSet Subscription / Change of Address Form

The WetSet is PNA's official newsletter. It is produced ten 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 subscribe, please send this completed form to:

Important —The WetSet is sent via bulk mail and is **not** forwarded by the US Postal Service. Please inform us of address changes.

Arni Litt
PNA Registrar
1920 10th Ave E
Seattle, WA 98102-4253

Attach old address label here (if available)

Name _____

Address _____

City / State / Zip Code _____

Phone _____ USMS # _____

Change of Address

New Subscription

Subscription Renewal

If you would like to become a PNA member or renew your membership, and receive The WetSet and Swim Magazine, please use the 2003 Registration Application elsewhere in this newsletter.

Coming Soon to Your Local Pool! 26th Annual USMS National Championship One Hour Postal Swim

PNA will enter you in a team event in the postal swim
and . . . PNA will pay your team event fee!*

- Team events are “postal relays.”
- Teams are organized by age group 19+, 25+ . . . and are 3 male, 3 female and 4 mixed (2+2).
- The team “relay” coordinators will form the best teams possible.
- Every effort will be made to include every swimmer on a team.
- The team coordinators will mail your individual and team entries to the event director for you.

The swim

- The official entry form is in THIS *WetSet*.
- Your USMS registration must be current (2003). Register today if you haven't done so already.
- Read the directions on the entry form carefully.
- Swim the event at a pool of your choice.
- Swim for one continuous hour any time in January.
- Have a friend or teammate count your laps and time you.
- No drafting or circle swimming; no more than two swimmers per lane.
- Mail your entry form and individual \$5 fee (payable to PNA please) to the PNA team coordinators.
DO NOT send your form and fees to Tualatin Hills Barracudas.

The team coordinators

Sally Dillon (360) 679-5038, salswmmr@earthlink.net
Sarah Welch (206) 723-1814, sarah.welch@ci.seattle.wa.us

Mail your official entry form and your individual entry fee of \$5 (payable to PNA) to:

*Sarah Welch
3704 Cheasty Blvd. S
Seattle, WA 98144*

Important deadlines

- Your swim must take place by January 31.
- Sarah must receive your entry form by Tuesday, February 4.

DON'T DELAY

MAIL YOUR ENTRY FORM TO SARAH AS SOON AS YOU COMPLETE YOUR SWIM!

Sarah and Sally will arrange the teams and then mail your entry to the event director by the deadline.

ORGANIZE YOUR FRIENDS AND TEAMMATES AND SET ASIDE A DAY OR TWO IN JANUARY TO DO THE ONE HOUR SWIM. LET'S HAVE A GREAT PNA TURNOUT THIS YEAR!

* Unattached swimmers are not eligible to participate on relay teams. Sequim Masters swimmers may form relay teams within their own club and the PNA LMSC will reimburse them for the relay team costs upon written request.



26th Annual One Hour Postal Swim
2003 United States Masters Swimming Long Distance National Championship

Sanctioned by the Oregon LMSC for USMS, Inc.
 Sanction Number: 373-P01

Date: All swims must take place during January 2003.

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 2003 with USMS or if non-US a similar body in the swimmer's country. **A COPY OF YOUR 2003 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.

RELAY EVENT: Two team relay 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. Relay 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 relay teams in each age group relay team event. First place finishers in individual and team relay 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, floatation 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 Venue section 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 and tenth or hundredths 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 Tualatin Hills Barracudas 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. **ENTRIES MUST BE RECEIVED by February 10, 2003.** Swimmers submitting incomplete entries will be contacted by collect phone call or email.

T-SHIRTS: A 2003 USMS One Hour Postal National Championship T-shirt is available at a cost of \$15. (International orders please add US \$5 postage for each shirt.)

MORE INFO: Address questions to

Kristine Lewis, Event Director - Tualatin Hills Barracudas
 16055 SW Walker Rd #126 Beaverton, OR 97006
 503-641-9486
 email: onehour@swimoregon.org
 Additional entries / info: www.barracudas.org



Relay Entry Form - Use only for relay 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.

2003 USMS One Hour Postal Swim National Championship Individual Entry Form

NAME _____ USMS Reg. NUMBER _____
(As it appears on registration card) (Include COPY of 2003 USMS Reg.)

ADDRESS _____ PHONE _____

CITY _____ STATE _____ ZIP _____ GENDER M F

E-Mail Address: _____ AGE _____ BIRTHDATE _____
(MM/DD/YY)

CLUB _____ CLUB ABBR. _____

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 @ \$20/shirt: (includes shipping) = \$ _____

TOTAL (US \$): = \$ _____

Verifier's Signature

Include: PHOTOCOPY of Masters 2003 Registration Card,
 Official Entry form and split sheet
 Check Payable To: PNA - Pacific Northwest Aquatics
 Send Entries to: Sarah Welch - PNA One Hour Swim
 Postal Meet 3704 Cheasty Blvd S., Seattle, WA 98144
 Must be RECEIVED by February 3, 2003

Results: Electronic results via email address listed above
 Paper results via US Postal

Awards: Please check if you **DO NOT** wish to receive your
 - Championship Medal
 - Patch



Record Split Entries using **CUMULATIVE** split times to the nearest second and 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: _____



HAPPY BIRTHDAY

to the following
PNA swimmers!

1	15	Philippa Krausen	1	25	David Coons	2	4	Scott Mckay
1	15	Barbara Morrison	1	25	William Etnyre	2	4	Maria Ruckwardt
1	15	Jeremy Schultz	1	26	Jackie Marr	2	4	John Thomas
1	15	Joan Smith	1	26	Carrie Nordberg	2	5	Jim Bryan
1	16	Morris Sorrels	1	27	Linda Bingler	2	5	Christine Caputo
1	17	Elizabeth Davis	1	27	Maxine Carlson	2	5	Gregory Harrison
1	17	Lindsay Harron	1	27	Catherine Denardo	2	5	Robert Parker
1	17	Troy Jackson	1	27	John Sylvester	2	6	Mike Bailey
1	17	Nancy Lawrence	1	29	Ronald Belleza	2	6	Jeff Cox
1	17	Gisela Paz	1	29	Jennifer Cruze	2	6	Catie Rodeheffer
1	17	Nancy Price	1	29	M. Leigh Johnson	2	7	David Addleman
1	17	John Prigger	1	29	Chad Lukenbill	2	7	Megan Conklin
1	17	Amy-marie Webber	1	29	Chuck Meis	2	8	William Cann
1	18	Aaron Burby	1	30	Jennie Goldberg	2	8	Betsy Hale
1	18	Matthew Delaney	1	30	Melisa Kennedy	2	8	Annette Harris
1	19	Kelly Boring	1	30	David Landes	2	8	Jon Pauole
1	19	Gay Hunter	1	30	Mary Lippold	2	8	Maria Raftree
1	19	Dennis Sawyer	1	30	Norma Mason	2	8	Sarah Scherer
1	20	Coral Bernier	1	30	David Santos	2	9	Kevin Bernadt
1	20	Diane Kennedy	1	30	Loren Spurgeon	2	9	Sandra Lafontaine
1	20	Melissa Kirmayer	1	30	Penny Therrien	2	9	Donald Luby
1	20	Judy Wick	1	30	James Weyand	2	10	Jessica Ivey
1	21	Scott Allen	1	31	Pamela Bosnyak	2	10	Kaetche Miller
1	21	Bart Berg	1	31	Jacob Gano	2	10	Mary ann White
1	21	David Cretin	1	31	James Jacobson	2	10	Margaret Winnie
1	21	Bill Killebrew	1	31	Marty Krafcik	2	11	Meryl Martin
1	21	Stephen Resse	2	1	Sheila Burroughs	2	11	Timothy Rody
1	22	John Koschwanez	2	1	Lori Dale	2	11	Ann Roeder
1	22	Cynthia Parker	2	1	Bruce Kvam	2	11	Lisa Wintler
1	22	Gene Reese	2	1	Karl Olson	2	12	Michael Eaton
1	23	Lisa Hallmon	2	1	Kim Van den wymelenberg	2	12	Linda Meyer
1	23	Jim Lasersohn	2	2	Pete Colbeck	2	13	Dempsey Dybdahl
1	24	Debbie Fish	2	3	Nancy Hunn	2	13	Veena Mariyappa
1	24	Karen Gervais	2	3	Beth Johnson	2	13	Erin Okuno
1	24	Susan Kosanke	2	3	Holly Nelson	2	14	Cynthia Hirst
1	24	Rolf Mifflin	2	3	Janelle Stout	2	14	Donna Keyser
1	24	Chip Waterbury	2	4	Brett Buckley	2	14	Leslie Van Romer

United States Masters Swimming (USMS) is a national organization that provides organized workouts, competitions, clinics, and workshops for adults age 18 and over. Programs are open to all adult swimmers (fitness, triathlete, competitive, and non-competitive) who are dedicated to improving their fitness through swimming, and is organized with 500 clubs throughout the nation.

THE FINAL LAP



Livia Walker and Karen Bryce at the 2002 World Masters Games in Melbourne, Australia.

World Masters Games October 7-13, 2002 Melbourne, Australia

MEN 50-54

100 M. FREE Frank Warner	# 3	2:42.07
200 M. FREE Frank Warner	# 3	2:19.18
800 M. FLY Frank Warner	# 3	10:44.01
50 M. BACK Frank Warner	# 6	33.66
200 M. BACK Frank Warner	# 4	1:03.01

WOMEN 80-84

100 M. FREE Marion Chadwick	# 2	3:05.63
200 M. FREE Marion Chadwick	# 1	6:28.72
400 M. FREE Marion Chadwick	# 1	13:42.29
800 M. FREE Marion Chadwick	# 1	29:16.75
200 M. BACK Marion Chadwick	# 2	7:43.72
50 M. BRST Livia Walker	# 1	1:39.16
100 M. BRST Livia Walker	# 1	3:31.21
200 M. BRST Livia Walker	# 1	7:40.78

WOMEN 65-70

50 M. FREE Karen Bryce	# 9	52.62
100 M. FREE Karen Bryce	# 11	2:11.02
50 M. BACK Karen Bryce	# 11	1:06.32
50 M. BRST Karen Bryce	# 12	1:07.94

outback, river cruises, a dinner party, and so on.

The Aquatic Center, where the competitions took place, was fabulous. It had a 50-meter pool, a diving tank, and two other smaller pools. The meet was run very efficiently, starting at 8 am and continuing each of the seven days until around 6 or 7. As it turns out, not only do they drive on the left side in Australia, in the big hallways at the Aquatic Center the foot traffic went mostly on the left and in the warm up pool we swam in circles, to our thinking the wrong way.

The World Masters Games in Melbourne

by Livia Walker
(assisted by Karen Bryce)

Karen Bryce and I wanted to swim in the "2002 World Masters Games" in Melbourne, Australia. We both swam in the World Masters games in Portland in 1998, but Portland was close by. How could we manage this big trip?

Well, it worked out. Karen's church put up a collection and my son paid for my complete trip. That was his gift for my 80th birthday. Karen's daughter Laura, who lives in California, also came along.

We both prepared for a full year for this big adventure. Long before the games you could see all the registered people and their times on the Internet. I could see that I had a chance for a medal in my age group, 80-84. Karen's chances in the 65-69 were not as good.

When we registered in Melbourne we all got bright blue and yellow backpacks and a tag to wear around our neck. It showed which

country we came from, our picture and name; it also included a map in case we got lost in the big city. With this tag we had free rides on all public transportation during the games. All over town for the next week we saw athletes with their backpacks. The people from Melbourne were very hospitable and friendly.

There were 97 countries represented and over 25,000 athletes participating in 25 venues. The opening ceremony was incredible—marching into the stadium with 25,000 other athletes and watching the torch being brought in and the flags raised. A 99-year-old man from Australia, who was entered in the 100-meter dash and the oldest athlete in the meet, was the last person to carry the torch.

There were many different activities planned for the athletes when they were not competing, for example, seeing the little penguins on Phillips Island, a barbeque in the



UNITED STATES MASTERS SWIMMING, INC.

2003 REGISTRATION APPLICATION

Pacific Northwest Association of Masters Swimmers

Please print clearly and fill out the entire form. Register with the same name you have or will use for competition. If your name has changed, please include old and new names.

Name _____ Birth date _____
 Last First Initial Month Day Year
 Address _____ Age _____ M/F _____
 Street or box number
 City State Zip+4 E-Mail _____
 Telephone (_____) _____

If you coach a Masters swim team check here

My Club is Pacific NW Aquatics (PNA) My Team is _____
 Sequim (SQM) Unattached Unattached

2003 Annual Fee: Your fee includes a subscription to the *WetSet* and to *SWIM Magazine*

Regular:	\$35	\$ _____
Need-based or Seniors (65 & over):	\$25	\$ _____
After September 1, 2003:	\$20	\$ _____
Canadian:	\$40 (US dollars)	\$ _____

Optional donations:

USMS Endowment Fund	(\$1 or \$ _____)	\$ _____
International Swimming Hall of Fame	(\$1 or \$ _____)	\$ _____
		TOTAL \$ _____

Mail to: Arni H. Litt, Registrar
 1920 10th Ave East
 Seattle, WA 98102-4253

Make check payable to: **PNA**
 Questions: (206) 323-4712, arni@qwest.net

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, THE HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

➔ **Signature** _____ **Date** _____

To help you out, here are definitions of a few terms:

- LMSC (Local Masters Swim Committee): Pacific Northwest Association of Master Swimmers (PNA) is the division of United States Masters Swimming (USMS) that covers (roughly) western Washington.
- Clubs are part of the LMSC. Currently there are two clubs in the PNA LMSC. Those are Pacific Northwest Aquatics (also abbreviated PNA) and Sequim (SQM). Swimmers not belonging to either club may register as "unattached." Use your club affiliation any time you register for a meet. To swim as part of a relay team at Zone or National meets, all swimmers on that relay must be registered with the same club. Swimmers unattached to a club may not swim in a relay.
- Teams are local groups with which people swim; e.g. Federal Way, Orca, GLAD. Team affiliations are used is to earn points at PNA Champs.

This could be your last *WetSet!*

Registration for 2003 started November 1st. More than 450 of you have already sent in your registration application. Please review the information on your card and let me know if it isn't correct. For those of you who are still procrastinating, remember that as of January 1, 2003 you are no longer a registered USMS swimmer. Not only are you in danger of missing the next issue of both SWIM Magazine and the *WetSet*, but also you are jeopardiz-

ing the insurance of the other Masters swimmers in your workout.

Coaches, I will be mailing a list of all registered swimmers mid January.

We have two clubs in PNA, Sequim (Club No. 003-SQM) and Pacific Northwest Aquatics (Club No. 001-PNA). Some swimmers have chosen not to register with either of these clubs (Club No. 000-UNAT). Swimmers not registered with a club may not be part of a re-

lay team at Zone and National meets. All swimmers on a relay must be registered with the same club. (Unattached is not a club.)

Anytime during the year, a swimmer may transfer to another club in PNA or to any other USMS club. If you transfer, please be aware there is a \$2 fee to cover the transfer cost and there is a waiting period for competition in certain instances.

Swimmers may change local workout teams without incurring any fee and it is not necessary to request a new USMS card. The team symbol on your card in the lower right corner is for your convenience. However, I would like to be informed if you do switch, since I periodically send out team lists to the coaches and team reps. When unattached swimmer join a teams, the \$2 fee is incurred since the swimmer also transfers into one of the Clubs. There are many benefits to being part of a team; do not let the fee be a deterrent.

As your registrar, I am here to help you get registered and to answer any questions you might have.

—Arni Litt



Welcome to the swimmers who have recently joined PNA!

Margaret Barrett, Audrius Chmeliovas, Amy Cocanour, Doug Collins, Daniel Gregory, Kerry Harrington, James Harwell, Yasko Howell, Matt Johnson, Kurt Johnson, R. Dixie Jones, Caroline Kho, Stephanie Koshel, Gaylen Masters, Ken Miller, Jennifer Mirabelli, Claudia Morlan, Michael Mullaney, Dmitri Paramonov, Cynthia Parker, Judy Pratt, Theresa Ray, Leslie Rorty, Mack Schmidt, Jim Stretch, Julia White, Jeff Woerner, Melody Wojcik

Pacific Northwest Association of Masters Swimmers
1000 Cabin Cr Lane SW D301
Issaquah, WA 98027

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