

THE WET SET



Volume 23 • Issue 2

Masters Swimmers in Western Washington

February 2003

Time for Fitness and Fun in February



Photo by Dave Radcliff



Lane mates at the pool, and placed side by side in the 200 Free at Northwest Zone Champs in Oregon City. It was a close race, but Arni Litt (left) touched Jeanne Ensign (right) out at the finish by 17/100 second. Jeanne made up for it in the 1500 by swimming her best time of the last six years. Results for PNA swimmers are inside. Complete results are at www.swimregon.org/results/ZoneChampsSCM02.htm.

What's inside?

Results

- Anacortes Meet
- NW Zone Champs
- LCM National Top Ten

Entry Forms

- Mercer Island Meet
- PNA Champs

Also in this issue

- 2003 Registration form
- Postal Fitness Swims
- Backstroke Drills
- Team Registration
- Dawn Musselman Call for Entries
- And other news

LEADING OFF

By
Lee Carlson

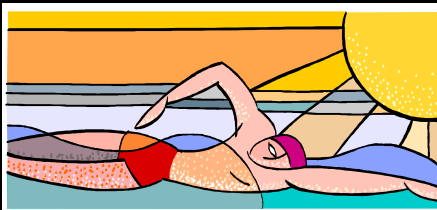
As I write this column it is a gorgeous winter day, clear and reasonably warm. I have just finished a walk of a little over two miles on the beach. I will take another walk tomorrow, a little shorter and slower with our grandsons ages two and six. Each day I give thanks that I am in good enough shape to take a walk and enjoy the spectacular beauty that the Northwest has to offer. One of the benefits Masters swimming offers is that through regular exercise we can stay fit.

Fitness

I know it's hard to make resolutions and to stay as fit as you might like, especially without a coach to help you stay on track. Three new fitness events can assist you with meeting your fitness goals. The first is the 30-Minute Swim. Swim continuously for 30 minutes. Don't be afraid, over 90% of Masters swimmers are capable of doing this. Have a pool guard, your coach, or a teammate certify that you swam continuously for 30

minutes. Keep track of your distance and submit your entry on the form found on the USMS website. Go to usms.org, then fitness, then 30-Minute Swim. You will receive a certificate of completion, you can order a t-shirt to recognize the accomplishment, and you have taken another step toward fitness. We encourage all coaches to have their teams take this fitness challenge over the next 11 months.

(Continued on page 2)



WETSET

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Officiating: Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

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LEADING OFF



(Continued from page 1)

Once you have done your 30-Minute Swim, you may be ready for a longer "virtual" swim such as the length of Lake Washington or the "forbidden" Crater Lake. Check out the USMS fitness web site for five virtual swims from the west coast to Florida to the lighthouses on Lake Michigan. Record your distance from each workout on the logs provided and you will have completed a 24 to 400-mile swim before you know it. Learn a little about geography and history and avoid the 50 degree temperature of the actual swims.

Two years ago Bill Winkler's faculty/staff fitness program at Oregon State kept track of the combined yardage of each swimmer in each workout and completed a round-the-world swim. Naturally they celebrated each milestone with buffet lunches of the type of food that they would find at the island or continent they just reached. Somebody once said "you can swallow an elephant bite by bite."

After the 30-Minute Swim Challenge and Virtual Challenge you have the Check-Off - Challenge. Swim each of the 16 events and check this off as you complete it during the year. Next year order a t-shirt that has the events listed and check them off.

Pools

While 7 of the 10 pools in King County remain open, the Auburn, Kent and Mt. Si pools remain mothballed. Mt. Si citizens vote in February on a tax levy to re-open their pool. The issues at Auburn and Kent are less clear. The citizens don't seem to have a voice or a coalition that can convince the cities and school districts to work together to keep the pools open. If you know of any of the users or key players at each pool let me know. The Masters swim teams, age group teams, water polo, synchro, water aerobics, mayor, council members, school board members are in this group. We would like to continue our efforts to re-open these pools. If enough voices come together this will happen.

Also be aware that the county is looking to close or turn over the county pools in unincorporated areas by the end of this year so we are a long way from hearing the last on the pool issue. Please become involved in your community to save our Seattle area pools.

Meets

For competitive swimmers, local meets will be held in Bellevue, Mercer Island, and Federal Way in February, March, and April. You have the time and opportunity to prepare for Nationals in Tempe, Arizona, held in May. Information is available at usms.org and you can register online. Set another goal for yourself and do it now.

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.



MASTERS 2002/2003

CALENDAR

CLINICS
 OPEN WATER
 POSTAL SWIMS
 MEETS

Events in Washington, Oregon, British Columbia, Idaho, and Alaska, plus USMS Championship events. PNA Events are listed in bold.

February 16
SCM Meet
Bellevue Club
Cory Hildebrand (425)688-3127
coryh@bellevueclub.com

February 26
PNA Board Meeting
Jane Moore's office, Tacoma

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

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

March 25
PNA Board Meeting
Seattle Parks & Recreation Bldg.

March 29-30
 SCY Inland NW Masters Champs
 WSU, Pullman, WA
 Doug Garcia (509) 332-1621
dougarcia@usms.org

April 12-13
SCY PNA Champs
WKAC, Federal Way, WA
Hank Kirkland (253) 941-3585
fwmastersmd@juno.com
Entry form in this issue

April 22
 PNA Board Meeting

April 26-27
 SCY Zone Meet
 Hood River, OR
 Shelly Rawding (509) 493-4679
rawding@gorge.net

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

May 15-September 30
 USMS 5K/10K Postal Champs
 Mel Goldstein (317) 253-8289
goldstein@mindspring.com

May 16-19
 Canadian Masters Swimming
 Championship
 Montreal, Quebec, Canada
 Luc Hurtubise (514) 251-1768
lhurtu@videotron.ca

May 27
PNA Board Meeting

June 14
 USMS 3K Open Water Champs
 Hartwell Lake, Clemson, SC
 Jacque Grossman (864) 654-4704
jelg@innova.net

Welcome to the swimmers who have recently joined PNA!

- Darlene Azure, Matthew Bennett, Peter Berner-Hays, Jean Blackburn, Kristina Coglon, Jenny Emsky, Romi Epstein, Regan Erskine, Kristin Etter, Martin Fernandez, Steve Finney, Patty Haller, Anita Hansen, Kaori Ikeda, Heidi Iverson, John Kennedy, Hugh Kimball, Jaapje Kukors, Rebecca Logsdon, John Lorton, Gaylen Masters, Sarah McCarthy, Amy Molen, Sean Morrison, Rebecca Nugent, Carol Peterman, Louise Pietrafesa, Brad Pool, Stephen R Reebbs, Kathy Rowell, Stephen Roxborough, Luke Ruggeri, Patricia Russell, Jeremy Schultz, Frank Senecal, Daniel C Smith, Kevin Stapleton, Michelle Steen, Gregg Trunnell, Preston Walls, Brant Weber, Christine Wendt, Julie Wilson

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
- USMS Northwest Zone
- Oregon Masters
- Alaska LMSC
- Utah Masters
- Masters Swimming of BC

- www.swimpna.org
- www.usms.org
- www.northwestzone.org
- www.swimoregon.org
- akmswim.org
- www.utahmasters.org
- www.mastersswimming.bc.ca

Nutrition Resolutions

Nutritional information for swimmers
compiled by Elin Zander, RD
Inland Northwest LMSC

It may be a little late for New Year's resolutions, but it is never too late to make some nutrition resolutions. Many of you have probably resolved in the past to lose some weight. Often that resolution doesn't actually result in an improved nutritional intake. If you are interested in improving your health and fitness, you might try one or more of the resolutions below this year.

1. **Eat five or more servings of fruits and vegetables each day, to decrease your risk for heart disease and cancer and to boost immune function.** To get all of your servings in, you might need to substitute fruit for some of your snack food. This would be a good thing.
2. **Drink plenty of water each day.** The recommendation is eight cups. You may substitute decaffeinated coffee, tea, and maybe pop for some of your water intake. If you drink caffeinated beverages, you have to drink more water to replace water lost through increased urination. If you remain well hy-

drated, you will feel and swim better, and decrease your risk for kidney stones.

3. **Don't go to nutrition extremes.** A well balanced diet, including all of the food groups, is important in order to get all of the nutrients for good health. This means not only avoiding fads such as the high protein diet, but also not going too far the other way and eliminating proteins and fats. Even vegetarians need to be careful to plan their food intakes to get all the nutrients they need.
4. **Watch portion sizes.** We are a nation of supersized and gigantic everything. Any diet can be a weight gain diet if one doesn't pay attention to how much one is taking in. Eat slowly and stop eating when you are full.
5. **Plan your meals and snacks to get maximum benefit from what you eat.** If you work out in the evenings, make sure you eat something in the afternoon so that you have enough energy to work out hard. Try to eat something that is high in carbohydrates within 30-60 minutes

after working out to maximize muscle glycogen replacement. If you work out early in the morning, see if you can't tolerate a snack (like a banana or half a bagel) right after getting out of bed. For almost all of us, spacing our intake out more evenly during the day will be better than saving up most of our calories for the evening hours.

6. **Eat a variety of foods.** It's easy to get stuck in a nutrition rut and miss out on some important nutrients. Try a new fruit or vegetable each week. Eat cereal for breakfast a couple times a week instead of the same old bagel. Try bulgur instead of rice, rice instead of pasta, rye bread instead of whole wheat. Stuck on chicken? Try fish or pork or even beef this week. We are fortunate to have such a huge selection of foods to chose from—take advantage!

If it is true that we are what we eat, then what kind of person do you want to be this year?



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.



Anacortes Meet

January 19, 2003
Short Course Yards

P PNA Record
Z Northwest Zone Record

Anacortes, January 19, 2003—
The Anacortes meet was smooth and enjoyable. Under the leadership of Mike Bemis and Pinky Walker Anacortes sponsored its first meet in several years. Those of us who attended want to make sure they do it again next year. About 80 participants swam 325 events in less than 4 hours.

A meet highlight was the number of senior swimmers who swam well. Gene Crossett, 89 years young, had good swims and felt very comfortable in the water. Jan Kavadas (71), Don Rehfeldt (68), Harold Tauscher (65), and Tom Foley (68) all dispelled myths that they are slowing down. All but Harold stayed to the last event and swam the 500.

Another treat was Ginger Pierson and Bill Volckening joining us from Oregon.

The next meet is at Bellevue Club on February 16th. It is reported their new 25-meter pool is very fast.



Photo by Aaron Smith

Dave Tourigny from Western Washington University.

WOMEN 19-24

50 YD. FREE		
LAURA DOWD	19 WWU	27.77
200 YD. FREE		
AMY JAHNKE	19 WWU	2:14.97
500 YD. FREE		
MARY LASSITER	20 SSEA	5:40.93
200 YD. BACK		
MARY LASSITER	20 SSEA	2:18.84
50 YD. FLY		
LAURA DOWD	19 WWU	30.75
AMY JAHNKE	19 WWU	31.06
100 YD. FLY		
AMY JAHNKE	19 WWU	1:08.59
100 YD. I.M.		
MARY LASSITER	20 SSEA	1:09.14
LAURA DOWD	19 WWU	1:09.59
200 YD. I.M.		
MARY LASSITER	20 SSEA	2:31.05
400 YD. I.M.		
MARY LASSITER	20 SSEA	5:17.05

WOMEN 25-29

50 YD. FREE		
JEAN DILLON	28 LSS	26.43
MELODY WOJAK	28 UNA	29.78
100 YD. FREE		
JEAN DILLON	28 LSS	57.11

MELODY WOJAK	28 UNA	1:06.47
CHRISTINE WENDT	29 SAC	1:20.38
200 YD. FREE		
CHRISTINE WENDT	29 SAC	2:57.45
50 YD. FLY		
JEAN DILLON	28 LSS	28.57
MELODY WOJAK	28 UNA	33.49
CHRISTINE WENDT	29 SAC	46.49
100 YD. I.M.		
JEAN DILLON	28 LSS	1:05.49
MELODY WOJAK	28 UNA	1:18.17

WOMEN 30-34

50 YD. FREE		
JODI STEBBINS	34 LSS	32.25
100 YD. FREE		
MEGAN BUSSART	32 BMSC	58.33
JODI STEBBINS	34 LSS	1:11.05
200 YD. FREE		
MEGAN BUSSART	32 BMSC	2:17.90
KRISTINA COLGON	30 UNA	3:03.37
500 YD. FREE		
MEGAN BUSSART	32 BMSC	6:20.49
50 YD. BACK		
JODI STEBBINS	34 LSS	41.12
50 YD. FLY		
JODI STEBBINS	34 LSS	42.73
KRISTINA COLGON	30 UNA	43.20

100 YD. I.M.		
JODI STEBBINS	34 LSS	1:34.17

WOMEN 35-39

50 YD. FREE		
ANNE BERNHARD	37 NEO	29.57
GRETLL GALGON	37 ASF	30.88
100 YD. FREE		
GRETLL GALGON	37 ASF	1:11.51
MELISSA SWANSON	36 SAC	1:20.64
500 YD. FREE		
MELISSA SWANSON	36 SAC	7:56.83
50 YD. FLY		
ANNE BERNHARD	37 NEO	31.45
MELISSA SWANSON	36 SAC	47.72
100 YD. FLY		
ANNE BERNHARD	37 NEO	1:11.45
200 YD. FLY		
ANNE BERNHARD	37 NEO	2:53.89
100 YD. I.M.		
ANNE BERNHARD	37 NEO	1:13.02

WOMEN 40-44

50 YD. FREE		
LISA DAHL	41 UNA	28.26
100 YD. FREE		
LISA WILSON	41 NEO	1:00.62
200 YD. FREE		
KAMERA BAKER	44 AFAM	2:46.21

Team Abbreviations

AFAM	Air Force Aquatic Masters
ASF	
BAM	Bainbridge Area Masters
BMSC	Bellingham Masters Swim
FTSW	Ft Steilacoom WACO
GCM	Gold Coast Masters
GLAD	Green Lake Aqua Ducks
LSS	Lynnwood Sharks
MACO	Multnomah Athletic Club
MIR	Mercer Island Redwoods
NEM	New England Masters
NEO	North End Otters
NSYG	Northshore Y's Guys
NWM	North Whidbey Masters
ORCA	ORCA
SAC	Seattle Athletic Club
SSEA	Swim Seattle
SVY	Skagit Valley Y
SWIS	
TACY	Tacoma Pierce Co YMCA
TIG	Tigers
UNA	Unattached
VSC	
WSY	West Seattle YMCA Dolphins
WWU	Western Washington Univ

500 YD. FREE			
LISA WILSON	41 NEO	5:55.91	
LISA DAHL	41 UNA	7:18.31	
50 YD. BACK			
LISA DAHL	41 UNA	33.07	
100 YD. BACK			
KAMERA BAKER	44 AFAM	1:23.44	
200 YD. BACK			
LISA DAHL	41 UNA	2:45.68	
KAMERA BAKER	44 AFAM	2:58.03	
50 YD. BRST			
KAMERA BAKER	44 AFAM	42.58	
PATTY HALLER	40 SAC	51.64	
200 YD. BRST			
KAMERA BAKER	44 AFAM	3:57.04	
50 YD. FLY			
PATTY HALLER	40 SAC	57.79	
100 YD. FLY			
LISA WILSON	41 NEO	1:10.99	
100 YD. I.M.			
PATTY HALLER	40 SAC	1:59.21	
200 YD. I.M.			
LISA WILSON	41 NEO	2:28.35	

WOMEN 45-49

50 YD. FREE			
MARY LIPPOLD	46 NEO	27.31	
DEBBIE GLASSMAN	49 NEO	28.87	
KATHRYN CRIST	47 UNA	34.32	
JANET JOHNSON	48 UNA	36.13	
100 YD. FREE			
MARY LIPPOLD	46 NEO	1:01.07	
KATHRYN CRIST	47 UNA	1:18.77	
CHRISTINE PRUNEAU	45 WSY	1:20.85	
200 YD. FREE			
MARY LIPPOLD	46 NEO	2:13.31	
REBECCA LOGSDON	48 SAC	4:12.29	
50 YD. BACK			
DEBBIE GLASSMAN	49 NEO	37.26	
100 YD. BACK			
CHRISTINE PRUNEAU	45 WSY	1:38.01	
50 YD. BRST			
A.LITZENBERGER	49 UNA	36.69	
JANET JOHNSON	48 UNA	45.94	

100 YD. BRST			
A.LITZENBERGER	49 UNA	1:18.93	
JANET JOHNSON	48 UNA	1:41.37	
CHRISTINE PRUNEAU	45 WSY	1:41.96	
200 YD. BRST			
A.LITZENBERGER	49 UNA	2:48.14	P
50 YD. FLY			
DEBBIE GLASSMAN	49 NEO	31.30	
MARY LIPPOLD	46 NEO	31.42	
CHRISTINE PRUNEAU	45 WSY	43.59	
100 YD. FLY			
MARY LIPPOLD	46 NEO	1:08.28	
200 YD. FLY			
DEBBIE GLASSMAN	49 NEO	2:46.65	
100 YD. I.M.			
DEBBIE GLASSMAN	49 NEO	1:15.91	
KATHRYN CRIST	47 UNA	1:34.56	
200 YD. I.M.			
A.LITZENBERGER	49 UNA	2:34.77	

WOMEN 50-54

50 YD. FREE			
SHEILA MCCUE	50 SWIS	31.59	
SUE AMOTT	54 GCM	36.10	
100 YD. FREE			
SHEILA MCCUE	50 SWIS	1:10.90	
DEBRA DRAGOVICH	51 SAC	1:29.74	
200 YD. FREE			
DEBRA DRAGOVICH	51 SAC	3:17.18	
500 YD. FREE			
KATHRINE CASEY	54 FTSW	6:55.30	
SHEILA MCCUE	50 SWIS	8:05.70	
SUE AMOTT	54 GCM	8:21.20	
DEBRA DRAGOVICH	51 SAC	9:07.85	
50 YD. BACK			
KATHRINE CASEY	54 FTSW	37.64	
SUE AMOTT	54 GCM	47.93	
100 YD. BACK			
BARB GUNDRED	51 BMSC	1:07.67	
200 YD. BACK			
BARB GUNDRED	51 BMSC	2:24.87	Z
50 YD. BRST			
KATHRINE CASEY	54 FTSW	41.16	
SUE AMOTT	54 GCM	46.06	
100 YD. BRST			
KATE SUTHERLAND	54 SWIS	1:45.88	
200 YD. BRST			
KATHRINE CASEY	54 FTSW	3:19.29	
KATE SUTHERLAND	54 SWIS	3:42.41	
50 YD. FLY			
SUE AMOTT	54 GCM	43.31	
100 YD. I.M.			
BARB GUNDRED	51 BMSC	1:11.68	
KATHRINE CASEY	54 FTSW	1:22.13	
KATE SUTHERLAND	54 SWIS	1:41.96	
200 YD. I.M.			
KATE SUTHERLAND	54 SWIS	3:40.72	

WOMEN 55-59

50 YD. FREE			
SALLY DILLON	56 NWM	31.68	
ARNI LITT	56 GLAD	39.67	
100 YD. FREE			
SALLY DILLON	56 NWM	1:09.95	
ARNI LITT	56 GLAD	1:26.83	
200 YD. FREE			
SALLY DILLON	56 NWM	2:31.62	
500 YD. FREE			
SALLY DILLON	56 NWM	6:52.46	
50 YD. BRST			
GINGER PIERSON	56 MACO	37.83	
ARNI LITT	56 GLAD	47.12	
100 YD. BRST			
GINGER PIERSON	56 MACO	1:22.53	
ARNI LITT	56 GLAD	1:40.45	
200 YD. BRST			
GINGER PIERSON	56 MACO	2:59.35	
ARNI LITT	56 GLAD	3:34.92	
200 YD. FLY			
GINGER PIERSON	56 MACO	2:58.75	
100 YD. I.M.			
GINGER PIERSON	56 MACO	1:18.17	

WOMEN 65-69

50 YD. FREE			
PEG CLOUTIER	67 VSC	41.46	
100 YD. FREE			
PEG CLOUTIER	67 VSC	1:30.92	
200 YD. FREE			
PEG CLOUTIER	67 VSC	3:28.62	

WOMEN 70-74

100 YD. FREE			
JANET KAVADAS	71 NEO	2:01.20	
500 YD. FREE			
JANET KAVADAS	71 NEO	10:59.69	
100 YD. BACK			
JANET KAVADAS	71 NEO	2:07.11	
200 YD. BACK			
JANET KAVADAS	71 NEO	4:27.46	
100 YD. I.M.			
JANET KAVADAS	71 NEO	2:18.37	

MEN 19-24

50 YD. FREE			
DMITRI PARAMONOV	24 UNA	23.85	
DANIEL SONNTAG	23 UNA	24.14	
AARON SMITH	21 WWU	24.37	
DAVID TOURIGNY	23 WWU	25.95	
100 YD. FREE			
DMITRI PARAMONOV	24 UNA	53.48	
DANIEL SONNTAG	23 UNA	53.79	
AARON SMITH	21 WWU	53.85	
DAVID TOURIGNY	23 WWU	58.33	
PAUL HANSON	19 WWU	1:01.07	
50 YD. BACK			
DANIEL SONNTAG	23 UNA	30.77	
DMITRI PARAMONOV	24 UNA	31.37	
50 YD. FLY			
AARON SMITH	21 WWU	26.72	
DANIEL SONNTAG	23 UNA	27.97	
100 YD. FLY			
DAVID TOURIGNY	23 WWU	1:06.11	

MEN 30-34

50 YD. FREE			
KERRY NESS	33 SVY	30.11	
100 YD. FREE			
KERRY NESS	33 SVY	1:12.45	
200 YD. FREE			
SAM ANDERSON	34 BMSC	1:59.38	
500 YD. FREE			
SAM ANDERSON	34 BMSC	5:26.21	
50 YD. BRST			
KERRY NESS	33 SVY	37.24	
100 YD. BRST			
KERRY NESS	33 SVY	1:25.35	
200 YD. BRST			
MATT JOHNSON	32 UNA	2:52.53	
100 YD. FLY			
SAM ANDERSON	34 BMSC	1:00.14	
200 YD. I.M.			
SAM ANDERSON	34 BMSC	2:17.89	
MATT JOHNSON	32 UNA	2:34.48	

MEN 35-39

50 YD. FREE			
DOUG RADFIELD	39 BMSC	28.64	
100 YD. FREE			
CHARLES NORMAN	36 UNA	58.01	
DOUG RADFIELD	39 BMSC	1:03.53	
200 YD. FREE			
DOUG RADFIELD	39 BMSC	2:10.81	
500 YD. FREE			
DOUG RADFIELD	39 BMSC	5:50.25	
50 YD. BRST			
JOE HOLIDAY	35 UNA	31.98	
100 YD. BRST			
JOE HOLIDAY	35 UNA	1:08.26	
CHARLES NORMAN	36 UNA	1:11.63	
200 YD. BRST			
JOE HOLIDAY	35 UNA	2:35.32	
CHARLES NORMAN	36 UNA	2:35.64	



100 YD. FLY		
CHARLES NORMAN	36 UNA	1:10.63
200 YD. I.M.		
CHARLES NORMAN	36 UNA	2:32.95
400 YD. I.M.		
BILL VOLCKENING	36 NEM	4:49.24

MEN 40-44

50 YD. FREE		
CHUCK KROLL	44 SAC	25.58
STEVEN WADE	44 SVY	30.76
100 YD. FREE		
JOE GASPER	40 UNA	55.68
CHUCK KROLL	44 SAC	57.57
STEVEN WADE	44 SVY	1:07.96
200 YD. FREE		
STEVEN WADE	44 SVY	2:41.08
500 YD. FREE		
STEVEN WADE	44 SVY	7:23.38
50 YD. BACK		
CHUCK KROLL	44 SAC	31.68
100 YD. BACK		
CHUCK KROLL	44 SAC	1:09.87
50 YD. BRST		
PAUL IKEDA	43 ORCA	37.08
100 YD. BRST		
PAUL IKEDA	43 ORCA	1:21.78
100 YD. FLY		
JOE GASPER	40 UNA	1:03.32
200 YD. FLY		
PAUL IKEDA	43 ORCA	3:14.55
100 YD. I.M.		
CHUCK KROLL	44 SAC	1:06.41
200 YD. I.M.		
JOE GASPER	40 UNA	2:27.22
PAUL IKEDA	43 ORCA	3:02.13
400 YD. I.M.		
PAUL IKEDA	43 ORCA	6:11.06

MEN 45-49

50 YD. FREE		
BRUCE CRIST	46 UNA	24.94
JIM GROSS	48 SVY	27.14
ERNIE FLOWERS	46 WSY	37.13
JEAN FANKHAUSER	48 SWIS	39.91
100 YD. FREE		
BRUCE CRIST	46 UNA	56.19
JIM GROSS	48 SVY	1:00.06
PETER BERNER-HAYS	46 UNA	1:02.36
STEVE ROXBOROUGH	49 TAC	1:05.46
CHARLES FIEDLER	49 UNA	1:08.35
JEAN FANKHAUSER	48 SWIS	1:28.52
200 YD. FREE		
BRUCE CRIST	46 UNA	2:05.89
JIM GROSS	48 SVY	2:17.06
PETER BERNER-HAYS	46 UNA	2:22.55
KURT JOHNSON	49 SWIS	2:45.32
ERNIE FLOWERS	46 WSY	3:08.19
500 YD. FREE		
BRAD FIEDLER	46 UNA	7:24.31
KURT JOHNSON	49 SWIS	7:39.75
CHARLES FIEDLER	49 UNA	7:43.70
JEAN FANKHAUSER	48 SWIS	9:47.38
50 YD. BACK		
BRIAN RUSSELL	45 BMSC	29.98

ERNIE FLOWERS	46 WSY	53.04
100 YD. BACK		
BRUCE CRIST	46 UNA	1:06.31
200 YD. BACK		
STEVE ROXBOROUGH	49 TAC	2:41.70
50 YD. BRST		
KEVIN AMES	45 UNA	35.14
ERNIE FLOWERS	46 WSY	52.04
100 YD. BRST		
KEVIN AMES	45 UNA	1:14.60
200 YD. BRST		
KEVIN AMES	45 UNA	2:44.56
STEVE ROXBOROUGH	49 TAC	2:48.76
50 YD. FLY		
ERNIE FLOWERS	46 WSY	47.94
100 YD. I.M.		
KEVIN AMES	45 UNA	1:08.12
200 YD. I.M.		
BRIAN RUSSELL	45 BMSC	2:22.30
400 YD. I.M.		
BRIAN RUSSELL	45 BMSC	4:57.19

MEN 50-54

50 YD. FREE		
RICHARD BATLEY	54 LSS	32.57
100 YD. FREE		
RONALD JACOBS	51 NEO	54.86
BILL KNOWLTON	50 WSY	58.25
RICHARD BATLEY	54 LSS	1:00.62
200 YD. FREE		
RONALD JACOBS	51 NEO	2:03.86
BILL KNOWLTON	50 WSY	2:15.73
JOHNNY DEWIT	50 SWIS	2:17.47
RICHARD BATLEY	54 LSS	2:33.83
500 YD. FREE		
JOHNNY DEWIT	50 SWIS	6:24.22
50 YD. BACK		
BILL KNOWLTON	50 WSY	31.81
100 YD. BACK		
RONALD JACOBS	51 NEO	1:03.58
BILL KNOWLTON	50 WSY	1:08.98
200 YD. BACK		
RONALD JACOBS	51 NEO	2:19.17
50 YD. BRST		
DAN GREGORY	52 SWIS	32.91
50 YD. FLY		
DAN GREGORY	52 SWIS	31.15
RICHARD BATLEY	54 LSS	36.57
100 YD. I.M.		
DAN GREGORY	52 SWIS	1:11.30

200 YD. I.M.		
DAN GREGORY	52 SWIS	2:51.36

MEN 55-59

50 YD. FREE		
JIM NORRIS	55 UNA	28.50
STEVEN PETERSON	56 OOPS	29.07
DENNIS SAWYER	59 BAM	31.44
100 YD. FREE		
JAMES MCCLEERY	57 NWM	56.11 P
JIM NORRIS	55 UNA	1:02.36
JOHN LEET	57 UNA	1:09.51
PETE KYNION	55 LSS	1:23.93
200 YD. FREE		
JIM NORRIS	55 UNA	2:20.24
PETE KYNION	55 LSS	3:11.87
500 YD. FREE		
JAMES MCCLEERY	57 NWM	5:30.31 Z
JIM NORRIS	55 UNA	6:10.42
JOHN LEET	57 UNA	7:09.09
50 YD. BACK		
PETE KYNION	55 LSS	50.36
50 YD. BRST		
STEVEN PETERSON	56 OOPS	33.90
DENNIS SAWYER	59 BAM	37.61
JOHN LEET	57 UNA	38.83
PETE KYNION	55 LSS	49.53
100 YD. BRST		
STEVEN PETERSON	56 OOPS	1:16.48
JOHN LEET	57 UNA	1:22.06
DENNIS SAWYER	59 BAM	1:26.93
200 YD. BRST		
JOHN LEET	57 UNA	3:08.21
50 YD. FLY		
PETE KYNION	55 LSS	49.09
100 YD. I.M.		
STEVEN PETERSON	56 OOPS	1:12.38
DENNIS SAWYER	59 BAM	1:31.43
200 YD. I.M.		
STEVEN PETERSON	56 OOPS	2:38.38

MEN 60-64

50 YD. FREE		
GARY CHASE	62 TACY	27.30
500 YD. FREE		
LEE CARLSON	62 MIR	7:29.36
50 YD. BACK		
GARY CHASE	62 TACY	30.82
LEE CARLSON	62 MIR	38.48



Photo by Bill Volckening

Our PNA members who just keep on going: Don Rehfeldt, Gene Crossett, and Jan Kavadas.

Check Your PNA Bookmark

If you have been using www.swimpna.usms.org listed recently in the *WetSet*, you need to change your bookmark to www.swimpna.org.

You'll find meet entry forms, meet results, places to swim, and links to USMS and other fun swim sites.

100 YD. BACK		
J.GOESSMAN	64 SAC	2:13.34
200 YD. BACK		
LEE CARLSON	62 MIR	3:08.16
50 YD. BRST		
GARY CHASE	62 TACY	34.12
50 YD. FLY		
GARY CHASE	62 TACY	30.60

MEN 65-69

200 YD. BACK		
TOM FOLEY	68 TIG	3:44.51
50 YD. BRST		
HAROLD TAUSCHER	65 BMSC	37.10
DON REHFELDT	68 UNA	44.28
100 YD. BRST		
DON REHFELDT	68 UNA	1:40.18
200 YD. BRST		
HAROLD TAUSCHER	65 BMSC	3:09.76
DON REHFELDT	68 UNA	3:39.65
100 YD. FLY		
HAROLD TAUSCHER	65 BMSC	1:30.26
TOM FOLEY	68 TIG	2:02.32
100 YD. I.M.		
HAROLD TAUSCHER	65 BMSC	1:23.10
200 YD. I.M.		
TOM FOLEY	68 TIG	3:51.24

MEN 85-89

50 YD. FREE		
GENE CROSSETT	89 GLAD	48.47
100 YD. FREE		
GENE CROSSETT	89 GLAD	1:52.29
200 YD. FREE		
GENE CROSSETT	89 GLAD	4:16.68

RELAYS-WOMEN 200 YD. FREE

25 +		
CHRISTINE WENDT	29 SAC	2:31.67
MELISSA SWANSON	36	
PATTY HALLER	40	
KRISTINA COLGON	30	

RELAYS-WOMEN 200 YD. MEDLEY

25 +		
MELISSA SWANSON	36 SAC	3:02.44
PATTY HALLER	40	
CHRISTINE WENDT	29	
DEBORAH LODISH	47	

RELAYS-MEN 200 YD. FREE

45 +		
DAN GREGORY	52 SWIS	1:53.93
MARTY FERNANDOZ	45	
KURT JOHNSON	49	
JOHNNY DEWIT	50	
ROBERT MC GARR	32	

RELAYS-MEN 200 YD. MEDLEY

25 +		
MATT JOHNSON	32 SWIS	2:06.48
DAN GREGORY	52	
JOHNNY DEWIT	50	
MARTY FERNANDOZ	45	

RELAYS-MIXED 200 YD. FREE

19 +		
DAVID TOURIGNY	23 BMSC	1:46.77
LAURA DOWD	19	
AMY JAHNKE	19	
AARON SMITH	21	

35 +		
SHEILA MCCUE	50 SWIS	2:23.82
KATE SUTHERLAND	54	
JEAN FANKHAUSER	48	
PAUL IKEDA	43	

MELISSA SWANSON	36 SAC	2:47.26
J.GOESSMAN	64	
REBECCA LOGSDON	48	
CHUCK KROLL	44	

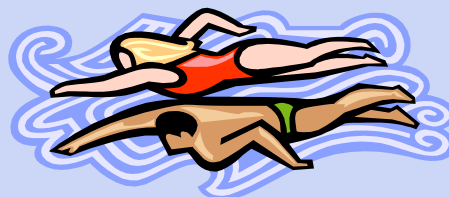
RELAYS-MIXED 200 YD MEDLEY

19 +		
AMY JAHNKE	19 BMSC	2:03.24
LAURA DOWD	19	
AARON SMITH	21	
DAVID TOURIGNY	23	

45 +		
RONALD JACOBS	51 UNA	1:58.88
A.LIZENBERGERGER	49	
BRIAN RUSSELL	45	
MARY LIPPOLD	46	
SHEILA MCCUE	50 SWIS	2:54.94
KURT JOHNSON	49	
KATE SUTHERLAND	54	
JEAN FANKHAUSER	48	



The line-up for the relay team of David Tourigny, Aaron Smith, Laura Dowd, and Amy Jahnke.



Swim Coach Wanted

The Green Lake Aqua Ducks Masters Swim Team (GLAD) at Evans Pool in Seattle is accepting applications for a USMS-eligible or "credentialed" coach 5-6 am M-F and Sat 7-8:30 am.

Responsibilities include maintaining coaching certifications, developing daily workouts and long term goals for all swimming levels, coaching for safety and skills, and communicating with the GLAD board for team improvements. Compensated for time on deck, swim meets, clinics, etc. We offer above average compensation and paid vacation time.

If you or anyone you know is interested call (206) 525-3925 today.

PNA LOCAL MASTERS SWIMMING COMMITTEE
 SHORT COURSE YARDS MEET: 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)

N O D I V I N G DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

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

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 (five 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:** _____

2003 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Hosted by Federal Way Masters
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 033604

2003 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Saturday, April 12th and Sunday, April 13th, 2003

DATE: **Saturday, April 12th and Sunday, April 13th, 2003**

TIMES: **Saturday, April 12th, Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM**
Sunday, April 13th, Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM

PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,
Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: Hank Kirkland (253)941-3585 / fwmastersmd@juno.com

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet; and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses will be used for events 500 yards and longer. Only one course will be used for events less than 500 yards. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2003 USMS or MSC registered swimmers age 19 and above as of April 13th. Age groups will be based upon the swimmer's age as of April 13, 2003.

DIRECTIONS: From North or South Bound I-5 take exit 142 B which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #B) (Seeding slow to fast / Deck enter relays at the meet.)

1	Saturday, April 12th: 9 AM	Sunday, April 13th 9 AM
	1000 Free (Check-in by 8:30)	500 Freestyle (Check-in by 8:30)
2	Event 2 will not start before 9:45	Event 14 will not start before 9:45
3	Women's 200 Freestyle Relay	Women's 200 Medley Relay
4	Men's 200 Freestyle Relay	Men's 200 Medley Relay
5	50 Backstroke	100 Breaststroke
6	200 Butterfly	50 Butterfly
7	100 Freestyle	200 Freestyle
8	10 minute break	10 minute Break
9	100 Individual Medley	200 Individual Medley
10	200 Mixed Medley Relay	200 Mixed Freestyle Relay
11	100 Backstroke	50 Breaststroke
12	50 Freestyle	200 Backstroke
13	200 Breaststroke	100 Butterfly
14	400 Individual Medley	1650 Freestyle (Check-in by noon)

WEBSITE: Visit the PNA website at www.swimpna.org for updated information.

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

Entry Confirmation: If entry confirmation is desired, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

Check-in: Check-in is required for the 1000 Freestyle (Deadline: Saturday at 8:30 AM), the 500 Freestyle (Deadline: Sunday at 8:30 AM), and the 1650 Freestyle (Deadline: Sunday at 12 noon). Swimmers who do not check in by the deadline may be scratched from the event.

NAME: _____ M F AGE: _____
ADDRESS: _____

PHONE _____ Email _____

BIRTHDATE: _____ USMS #: _____

PNA TEAM _____ (note: team must register with PNA by 3/22/03)

CLUB _____ or UNATTACHED _____ LMSC _____

AGE GROUP (Determined by your age as of April 13th, 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: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEE: \$ 15.00 Surcharge

Individual Events: \$ _____ T-shirts @ \$15 indicate size (M L XL)

Total: \$ _____ \$1 per event. No charge for relays.

Mail this entry form and fees to: _____ No charge for need-basis or seniors (65 & over).

_____ Please make checks payable to Federal Way Masters

Holly Bork
25107 62nd AVE S #J-201
Kent, WA 98032 (

Questions? Email Holly at holly.d.bork@boeing.com

Entries must be postmarked no later than Saturday, March 22nd or received by March 28th, 2003.

Include a copy of your Masters registration card if you are not a PNA member. All swimmers must have a valid 2003 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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

USMS Fitness Events

The USMS Fitness Committee is planning some fun, challenging events for 2003. Besides the 30-Minute Swim Challenge, they have also planned the Virtual Geographic Swim Series, the Check-Off Challenge, and several long distance Postal Swims.

These events are less competitive in nature and can be done any time at any pool. You can use an event to set a goal, which will make your time in the pool more interesting, challenging, and fun. Your goals could be learning a new stroke, swimming faster, swimming

greater distances, logging your distance over time, or other possibilities. Having a goal is an ideal way to enhance your exercise and fitness experience, so consider trying one of the USMS Fitness Events.

For The Virtual Geographic Swim Series, you keep track of your swimming mileage in a pool and chart your progress on a designated Virtual Swim. Both Lake Washington and Crater Lake are included in the virtual swims.

For more information on these check the web site at www.usms.org/fitness/fitnessevents.html.



30-Minute Swim Challenge

The 30-Minute Swim is here!! PNA and the USMS Fitness Committee have created a new 30-minute swim challenge. The objective of this swim is to challenge yourself to swim continuously for 30 minutes. See how far you can swim, and send in your best distance. Do the swim periodically to chart your progress. There will be a commemorative prize or t-shirt available for those who enter.

For more information on these check the web site at www.usms.org/fitness/fitnessevents.html.



National Top Ten

Long Course Meters

September 30, 2002

Women 19-24

100 M. FREE			
MARY LASSITER	20 # 7	1:07.07	
200 M. FREE			
MARY LASSITER	20 # 6	2:27.19	
400 M. FREE			
MARY LASSITER	20 # 4	5:02.71	
200 M. BRST			
MARY LASSITER	20 #10	3:19.47	

Women 25-29

400 M. FREE			
JEAN DILLON	28 # 7	5:09.24	
50 M. BRST			
JEAN DILLON	28 # 3	37.32	
100 M. BRST			
JEAN DILLON	28 # 2	1:21.05	
200 M. FLY			
JEN RICHTER	29 #10	4:32.40	

Women 30-34

200 M. BRST			
KARIN HEUSTED	34 #10	3:24.18	
400 M. I.M.			
KARIN HEUSTED	34 # 8	6:17.14	

Women 40-44

100 M. BRST			
TONYA BERG	43 # 9	1:30.99	
200 M. BRST			
TONYA BERG	43 # 7	3:16.39	

Women 45-49

50 M. FLY			
DEBBIE GLASSMAN	49 # 7	33.85	
100 M. FLY			
DEBBIE GLASSMAN	49 # 5	1:17.40	
200 M. FLY			
DEBBIE GLASSMAN	49 # 6	3:03.98	
KAREN WOLF	46 # 9	3:11.16	

Women 50-54

800 M. FREE			
BARBARA GUNDRED	51 # 4	10:42.95	
50 M. BACK			
BARBARA GUNDRED	51 # 4	35.43	
100 M. BACK			
BARBARA GUNDRED	51 # 3	1:17.81	
200 M. BACK			
BARBARA GUNDRED	51 # 2	2:47.52	
200 M. FLY			
KATHRINE CASEY	54 # 9	3:44.71	
200 M. I.M.			
KATHRINE CASEY	54 # 8	3:18.93	
400 M. I.M.			
KATHRINE CASEY	54 # 7	7:01.32	

Women 55-59

50 M. FREE			
SARAH WELCH	55 # 5	35.22	
100 M. FREE			
SALLY DILLON	56 # 3	1:15.40	
200 M. FREE			
SALLY DILLON	56 # 3	2:45.11	

SARAH WELCH	55 #10	3:04.59
400 M. FREE		
SALLY DILLON	56 # 4	5:53.86
800 M. FREE		
SALLY DILLON	56 # 4	12:33.56
100 M. BRST		
SALLY DILLON	56 # 4	1:39.42
50 M. FLY		
SARAH WELCH	55 # 5	41.69

Women 80-84

400 M. FREE		
MARION CHADWICK	81 #10	13:04.46
100 M. BACK		
MARION CHADWICK	81 # 9	3:17.15
200 M. BACK		
MARION CHADWICK	81 #10	7:04.82
50 M. BRST		
LIVIA WALKER	80 # 6	1:33.96
100 M. BRST		
LIVIA WALKER	80 # 9	3:36.12
200 M. BRST		
LIVIA WALKER	80 # 8	7:43.65

Men 19-24

50 M. FREE		
JASEN SPEER	21 # 7	26.41
100 M. FREE		
ALDEN KROLL	19 # 3	58.44
JASEN SPEER	21 # 5	58.89
200 M. FREE		
JASEN SPEER	21 # 7	2:17.97

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**



100 M. BACK
 ALDEN KROLL 19 # 4 1:07.47
200 M. BACK
 ALDEN KROLL 19 # 6 2:38.25
 JASEN SPEER 21 # 8 2:48.88
100 M. BRST
 ALDEN KROLL 19 # 3 1:16.32
 JASEN SPEER 21 #10 1:29.18
200 M. BRST
 JASEN SPEER 21 # 6 3:25.66
200 M. I.M.
 ALDEN KROLL 19 # 6 2:37.14

Men 35-39
100 M. BRST
 KEVIN ESKO 36 #10 1:18.41
Men 40-44
100 M. BACK
 DOUG PORTELANCE 44 # 8 1:07.87
Men 50-54
200 M. BRST
 GREGORY HARRISON 50 # 6 2:52.73
Men 55-59
50 M. FREE
 DAVID LANDES 55 #10 28.28

Men 65-69
50 M. BRST
 HAROLD TAUSCHER 65 # 6 41.70
100 M. BRST
 HAROLD TAUSCHER 65 # 5 1:36.79
200 M. BRST
 HAROLD TAUSCHER 65 # 8 3:39.01
400 M. I.M.
 HAROLD TAUSCHER 65 # 7 7:32.29
Men 80-84
400 M. FREE
 HAROLD YOUNG 80 # 7 10:08.03



Northwest Zone Champs

Oregon City, Oregon

December 14-15, 2002
Short Course Meters

WOMEN 30-34

100 M. FREE			
Tara Simsak	#1 33	1:09.57	
Patricia Hennessy	#3 34	1:41.21	
400 M. FREE			
Patricia Hennessy	#2 34	8:02.35	
50 M. FLY			
Tara Simsak	#2 33	34.96	
100 M. FLY			
Tara Simsak	#2 33	1:21.19	
100 M. I.M.			
Tara Simsak	#2 33	1:19.10	
200 M. I.M.			
Tara Simsak	#1 33	2:57.43	
400 M. I.M.			
Tara Simsak	#1 33	6:16.94	

WOMEN 35-39

200 M. FREE			
Jamie Whitney	#1 38	2:49.08	
400 M. FREE			
Jamie Whitney	#2 38	6:10.38	
50 M. BRST			
Jamie Whitney	#1 38	43.99	
200 M. BRST			
Jamie Whitney	#1 38	3:30.97	
100 M. I.M.			
Jamie Whitney	#3 38	1:31.13	

WOMEN 40-44

200 M. FREE			
Tracey Schmidt	#1 42	3:28.00	
50 M. BRST			
Tracey Schmidt	#1 42	47.81	

100 M. BRST			
Tracey Schmidt	#1 42	1:42.50	
200 M. BRST			
Tracey Schmidt	#1 42	3:43.31	

WOMEN 55-59

50 M. FREE			
Arni Litt	#3 56	41.33	
100 M. FREE			
Arni Litt	#3 56	1:34.47	
200 M. FREE			
Arni Litt	#4 56	3:25.98	
Jeanne Ensign	#5 56	3:26.15	
400 M. FREE			
Jeanne Ensign	#3 56	7:18.39	
1500 M. FREE			
Jeanne Ensign	#1 56	28:08.13	
50 M. BRST			
Arni Litt	#2 56	49.93	
100 M. BRST			
Arni Litt	#2 56	1:47.06	
200 M. BRST			
Arni Litt	#2 56	3:53.41	

MEN 30-34

50 M. FREE			
Kerry Ness	#2 33	33.55	
100 M. FREE			
Kerry Ness	#3 33	1:19.75	
50 M. BRST			
Kerry Ness	#1 33	42.01	
100 M. BRST			
Kerry Ness	#1 33	1:33.88	
200 M. BRST			
Kerry Ness	#1 33	3:33.92	
100 M. I.M.			
Kerry Ness	#2 33	1:33.25	

MEN 40-44

100 M. IM			
Eric Dybdahl	#2 42	1:17.33	
200 M. IM			
Eric Dybdahl	#2 42	2:53.47	
400 M. IM			
Eric Dybdahl	#2 42	6:15.59	

MEN 45-49

50 M. FLY			
Brian Russell	#1 45	29.94	
100 M. I.M.			
Brian Russell	#1 45	1:10.38	

MEN 60-64

50 M. BACK			
Gary Chase	#1 62	34.40	
100 M. BACK			
Gary Chase	#1 62	1:13.38	
200 M. BACK			
Gary Chase	#1 62	2:44.66	
50 M. BRST			
Gary Chase	#1 62	38.12	
100 M. I.M.			
Gary Chase	#1 62	1:15.83	
200 M. I.M.			
Gary Chase	#1 62	2:50.14	

RELAYS-MIXED 200 M. MEDLEY

160-199			
Gary Chase	#1	2:22.58	
Jamie Whitney			
Brian Russell			
Tara Simsak			



HAPPY BIRTHDAY

to the following PNA swimmers!

2	15	Andra Litzenberger	3	2	Nicholas Smith
2	15	Larry Gross	3	3	Linda Caputo
2	16	Orlando Boleda	3	4	Nathaniel Heeg
2	16	John Heffernan	3	4	John Cross
2	17	Marilynn Gottlieb	3	4	Tracey Schmidt
2	17	Roseanne Ritch	3	4	Muriel Flynn
2	17	James Stephens	3	5	Anne Bernhard
2	18	Charles Bies	3	5	Lani Doely
2	18	Sarah Welch	3	6	Seujan Bertram
2	19	Tracy Burrows	3	6	Tom Robertson
2	19	Nancy Speser	3	6	Theresa Ray
2	20	Edward Phillips	3	7	Thomas Walker
2	20	Martin Fernandez	3	7	Jo Moore
2	21	Dale Watanabe	3	7	Matthew Lind
2	22	Gary Chase	3	8	Alison Wohlust
2	22	Patricia (Suzie) Ness	3	9	Malcolm Neely
2	24	Scott Stone	3	9	Frank Senecal
2	24	John Goessman	3	10	Sharon Arroyo
2	24	Suzanne Way	3	10	Brian Carlton
2	24	Anne Peters-Johnson	3	10	Robert Lake
2	25	Peggy Pomeroy	3	10	Michelle Cunningham
2	25	David Damm	3	10	Cash O'Donnell
2	26	Gary Maynard	3	11	James Mays
2	27	Robert Tieckelmann	3	11	Matthew Stauffer
2	27	Tonya Berg	3	11	Linda Hegeberg
2	27	Haleigh Werner	3	11	Sheila Moore
3	1	Joseph Lang	3	11	Melissa Swanson
3	1	Michael Walstead	3	12	Dennis P (Pete) Kynion
3	1	Antonio Anderson	3	13	Tracy Larson
3	2	Frank Leonard	3	13	Gary Hood
3	2	Greg Bear	3	14	John Kirkman

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
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 Seattle, WA 98102-4253

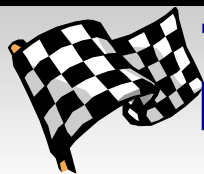
Make check payable to: **PNA**
 Questions: (206) 323-4712, arni@qwest.net

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.

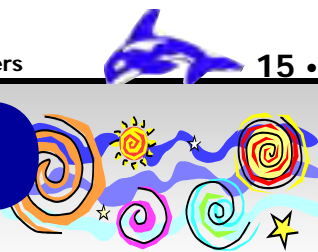
➔ **Signature** _____ **Date** _____

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; for example, Federal Way, Orca, GLAD. Team affiliations are used to earn points at PNA Champs.



THE FINAL LAP



Backstroke Drills

By Bill Volckening



The following list of backstroke tips and drills was developed to help swimmers learn about relaxed, efficient backstroke. Done properly, these drills should contribute to a more enjoyable backstroke swimming experience.

Body/Head Position

One of the most common difficulties in swimming backstroke is a natural tendency to resist achieving the proper body position. Swimmers tend to look down at their feet, raising their head too high out of the water. The result is increased drag in the water as the hips drop when the head is raised. The following kicking drill works well.

Kicking on the back with arms above the head in a streamline, tilt your head back, lifting the chin off of the neck, and drawing the chin back to align the spinal cord through the neck. Shrug the shoulders forward as if to make your back into a canoe shape. Make an effort to press the hips and belly toward the surface and kick up toward the surface. Since looking down at the feet will cause the lower body to drop in the water, try looking at the feet while not kicking and see what happens. Swimmers who have difficulty with this drill may try using fins.

Body Rotation

"Backstroke" is actually a misnomer. The world's greatest backstroke swimmers spend more time on their sides than on their backs. Although many coaches describe the body rotation in terms

of "shoulder roll," this term isn't entirely accurate. To achieve outstanding body rotation, the power in the rotation should come from the hips. Try kicking on the back with arms at the side. Make sure your pool has backstroke flags, and be aware of the wall to avoid a head-on collision. Kick on the side looking up to the ceiling or sky with the chin on one shoulder. Kick for a few seconds and rotate body to the other side while keeping the head perfectly steady. Place the chin on the opposite shoulder, and continue by alternating from side to side. Remember to use the hips to rotate the body.

Six-Count

This drill is another kicking drill, similar to the body rotation drill. It is similar to a deliberately slow backstroke with exaggerated rotation. Kick on the side with one arm extended above the head and the other arm at the side. Keep the chin on the shoulder of the arm that is at the side. This side should be at the surface while the other side should be toward the bottom. Kick for six seconds on each side, rotating from side to side with one arm stroke for each rotation. Make sure to get the chin on the shoulder each time the body rotates. Once again, think about the hips as a center of power for this body rotation.

Hockey Puck Drill

Over the years, this drill has been used by coaches and

swimmers with several different types of objects, such as coins, goggles and pebbles. I like using a hockey puck because it is heavy, flat and doesn't float. Place the hockey puck on the forehead and swim backstroke with exaggerated body rotation. Make sure the head stays steady and the puck does not fall off the head. This drill helps swimmers maintain a steady head while adding body rotation.

Double Arm

Sometimes called the "elementary backstroke" this drill is useful for adjusting arm placement. One of the most common flaws with backstroke swimmers is the "crossover." Swimmers tend to let the arms cross over the center point of the body on the recovery. This crossover causes all sorts of problems, including wiggling and crooked swimming. Swimming on the back, raise both arms at the same time and place them above the shoulders. Imagine the hands of a clock with one hand on "11" and the other on "1." Rather than using a breaststroke kick, use a flutter kick.

Bill Volckening is a Masters swimmer, Editor of the USMS section of SWIM Magazine, and a former USMS coach. He was head coach at the 2001 USMS High Altitude Training Camp and has also coached one of the USMS Mentor clinics. He writes for SWIM, Swimming World, Swimming Technique and (coming soon!) Triathlete Magazine.

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, a long-time PNA member, inspired others and encouraged them to do their best. She was a gifted swimmer as well—check PNA's records for ages 60 to 74! —but speed is not a criterion for this award.

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 few paragraphs telling why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at the PNA Champs meet, April 12 and 13, at King County Aquatic Center in Federal Way. Send your nomination to:

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

Please submit your nomination by March 28, 2003.



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