



PNA Swimmers Break Records at Worlds and Share Their Experiences

The 2006 FINA Worlds competition is now history, but competing at Stanford was an experience PNA swimmers will carry with them for a lifetime. Of the approximately 5,400 "speed swimmers" and 900 or so open water swimmers competing at Worlds in Stanford last month, more than 75 were PNA members.

In the California sunshine they shattered a number of PNA and Zone records. In addition, they set three world records.

Two of these were set by Charlotte Davis (56), who turned in a 2:53.15 in the 200 LC meter IM and a 6:07.72 in the 400 meter version of this event. The third world record was set in the Women's 200-239 200 LC meter freestyle relay, with Lisa Dahl (45), Debbie Glassman (53), Charlotte Davis (56) and Mary Lippold (50) cranking out a time of 1:57.21.

Here's how several PNA members described their Worlds experience:

Kelly Crandell (26)

The weather was perfect, unless backstroke was the only thing you were doing....While I waited for my heats, I had the opportunity to talk with other women from all over (Portugal,



Group shot at the 3K Open Water Swim (From left): Rita Belserene, Brian Russell, Zena Courtney, James Littlefield, Glen Dillon, Sally Dillon, Jo Moore, Eric Dybdahl, Steve Peterson and Scott Lautman

Brazil, Japan, etc.) and from all age groups. The language barrier wasn't ever a problem. A lot of us had the same story, too: "I haven't trained for this, I just wanted to come be a part of it."

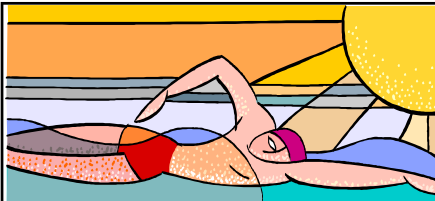
Lisa Dahl (45)

Having spent three years of my life dedicated to this one experience, I can say without any doubt it was satisfying, rewarding and just plain fun....Since the age of five I have dreamed of being the best swimmer in the world. (Ed: Lisa was also a member of the USMS Flying Flamingos, which captured a bronze medal in the women's 40+ water polo competition.)

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WET SET

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Editor

Paul Freeman (206) 283-3802
515 West Raye St.
Seattle WA 98119
pwriter@blarg.net

PNA Officers

President

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

Vice President

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

Treasurer

Sarah Welch (206) 723-1814
sarahwelch@comcast.net

Secretary

Hugh Moore (253) 759-4956
swimmooore@comcast.net

Board Members at-Large

Kathy Casey (253) 588-4879
Tom Foley (206) 937-5585
Toby Coenen (425) 836-8943

PNA Volunteers

Registrar

Arni Litt (206) 849-1387
1920 10th Ave E
Seattle WA 98102-4253
arni@qwest.net

Awards: Kelly Crandell

Coaches: Wendy Neely

Constitution & Bylaws: Jane Moore

Fitness: Jo Moore

Historian: Tom Foley

Meets: Lee Carlson

Records/Top Ten: Walt Reid

Officiating: Kathy Casey/Jan Kavadas

Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Rondamarie Smith

Welcome to another great issue of *The WetSet*—heralding the end of summer and coming of fall. I hope you enjoyed summer swimming this year as much as I did. Each year I want to do everything that I have done every other summer, all packed into one and as you well know it just isn't possible. This summer, though, I took more time for open water swimming: early morning lake swims, open water races and swims, and just time hanging out in the water.

The XI FINA World Masters Championships are now history and what a terrific opportunity it was to participate. I had a wonderful eight days there, the first week at the pool, the last day swimming the 3K open water, then watching women's water polo the morning of my travel day home.

The meet included all of the swimming disciplines—synchro, diving, water polo, open water and “speed” swimming. It was a huge undertaking for the host committee and congratulations to them for a successful meet. Congratulations, too, to all our PNA swimmers. I enjoyed the camaraderie and hanging out under the PNA banner. The sheer size of the meet was humbling. For example, the men's 50 free had 136 heats! It brings new meaning to placing in the top ten or in medal position.

In addition to our two PNA perennial open water swims, Fat Salmon and Lake Padden, I did some other swims of interest this summer. The 22nd annual Emerald City at Seward Park in August is a summer standby; the first-time Swim Without Borders from Canada to the United States near Blaine was such a fun concept, swimming from one country to another; the Park to Park swim

LEADING OFF



By Jeanne Ensign,
PNA
President

across the north end of Lake Washington was great; and the wind and the current in the Masters World Championship 3K swim near Alameda in San Francisco Bay made for a very exciting swim!

I hope you all share my feeling of good fortune in being a swimmer. Swimming brings me together with so many of you that without our common interest I would never have met. Plus, just plain and simple, we get to swim.

There is much to look forward to this fall. PNA is hosting another stroke clinic with Bob and Barb Bruce, and for the first time PNA is hosting a meet preparation clinic. Federal Way Masters has been running similar clinics for quite some time—to introduce swimmers new to meets to the process. Maybe that's why Federal Way Masters has so many swimmers participating in PNA Champs!

There are several PNA pool meets coming up: the North Whidbey Masters' Pentathlon in Oak Harbor, the BAM high school format meet in October at the Bainbridge Island Aquatic Center, the Northwest Zone SCM Championships at Federal Way and Anacortes in January.

As always, we love to hear your stories about your swimming. Happy swimming and I hope to see you at an upcoming event!

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 2006/2007 CALENDAR

**OPEN
POSTAL SWIMS
MEETS** **CLINICS**

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

September 9 & 10, 2006
Orcas Island Open Water Challenge
Orcas Island, Wash.
<http://www.islandathleticevents.com/water-challenge/index.html>

September 13-17, 2006
USMS Annual Convention
[Hyatt Regency Dearborn](http://www.hyatt.com),
Dearborn, MI

September 15 to November, 15, 2006
3000/6000 Yard Postal Championships
PST-LD; Max Veltman, (915) 584-0227, max_veltman@yahoo.com

September 24, 2006
9th Annual Short Course Meters Pentathlon Meet
Oak Harbor, Wash.
See reminder on page 13.

September 26, 2006
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

October 14, 2006
5th Annual BAMFEST SCY Meet
Bainbridge Island Aquatic Center
Bainbridge Island, Wash.
Entry form on page 18.

October 24, 2006
PNA Board Meeting
6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

October 28, 2006
PNA-Sponsored Meet Preparation Clinic
Tukwila Pool
For information and an entry form, see page 16.

November 4 and 5, 2006
PNA-sponsored Stroke Clinic
Seattle University's Connolly Center; for information and entry form see page 17.



November 18 and 19, 2006
2006 Northwest Zone Short Course Masters Championship Meet
Weyerhaeuser King County Aquatic Center
Federal Way, Wash.
Jane Moore;
swimmoore@comcast.net
Entry form on page 14.

December 5, 2006
PNA Board Meeting
6:45 p.m.
1920 10th Ave. E, Seattle
RSVP arni@qwest.net

January 1 to January 31, 2007
USMS One Hour Postal Championships
PST-LD; Margie Hutinger, (727) 521-1172, phut@usms.org

January 20, 2007
SCY PNA Meet
Fidalgo Pool
Anacortes, Wash.

February 18, 2007
SCM Meet
Bellevue Club
Bellevue, Wash.

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
www.akmswim.org
www.utahmasters.org
www.mastersswimming.bc.ca

2006 XI FINA World Masters Championships Palo Alto, Calif. August 4 to August 11, 2006



Scott Lautman (54) swimming the 100 LC meter butterfly, in which he came in seventh



Lisa Dahl (45) gets a great start for the breaststroke leg of Women 200-239 LC meter medley relay. She and her teammates took fifth in the event.



Janet Johnson (52) at top swimming breaststroke in the Women 160-199 LC meter medley relay



Baker pool in front of Avery Stadium at Stanford

Worlds Photos by Kirk Nelson, Sally Dillon, Steve Peterson and Sarah Welch



(Continued from page 1)

Worlds

Robin O'Leary (49)

I love that PNA teammates that you know only slightly, now become someone that is familiar—a friend....I really liked having a day to volunteer as a timer. To sit with others from around the country and around the world and to learn something sweet about them. To have brief, happy interactions with the swimmers in my lane.

Mary Lippold (50)

It was fun trying to communicate with people without speaking their language and also to see the beautiful facilities at Stanford. I had good swims, but the highlight was being on our 200+ world-record-setting 200 free relay with Lisa Dahl, Debbie Glassman and Charlotte Davis.

Jo Moore (51)

Meeting swimmers from all over the world and trading T-shirts, towels water bottles and pins were highlights....I got my 81-year-old mom to be my coach. Having her on deck was a highlight for both of us....The open water swim was awesome. No wetsuit was allowed, but the water in the bay was warm. I encourage you all to definitely sign up for Worlds in the future!

Rita Belserene (55)

One of the inspiring things for me was watching the many heats of older women—four heats of the 50 free were made up of women over eighty, and one of these was just women in their nineties!...The open water swim was exhilarating. The water temperature was perfect, and we had a chance to swim both in great waves and in smooth protected water in different portions of the course.

Arni Litt (60)

Most interesting was sitting in the marshaling area waiting for my heat. We waited with six other heats, moving from chair to chair as

the next heat moved to behind the blocks. Within talking space there often would be six different women from six different nations. Some spoke perfect English and others not a word, but I was always able to communicate with each on some level. Sometimes a swimmer would offer a pin representative of their city or country and I found myself offering whatever I had, PNA swim cap, USMS sticker, a hand shake or usually just a “have a great swim.”

Scott Lautman (54)

Some of us from PNA went to dinner with the Guatemalan team and had a great time. They will be inviting us (and anyone else interested in going) to Guatemala for an 8K lake swim next year....The PNA women had spectacular swims! World records, national records, Zone records, PNA records and too many top ten placings to count! They rocked.

Steve Peterson (60)

I was timing the 400 IM, the day's first event, and soon the buzz came down the line, “Have you seen the guy wearing the red sequined suit? He's from San Francisco, you know...” as though

to explain. In a few moments, “Duke” showed up at my Lane 3, a friendly, muscular guy a couple years younger than me. His cap had “USF” on it, so I told him USF was my alma mater too. “University of San Francisco?” Duke asked. “Nope. University of South Florida, Tampa” said I. We laughed at the coincidence, and Duke started his race. When he returned to gather his things, I told him I noticed that his last name was the same as my grandmother's maiden name and my brother's middle name. “Do you have Swedish relatives?” I asked. “A few, also Portuguese and Hawaiian” he said. We laughed again at our several coincidences on that cool Sunday morning.

Dennis Sawyer (62)

Beautiful campus, beautiful weather, beautiful facility. Great experience to see and meet swimmers from all over the world as well as compete with them (The competition was a little humbling). Plenty of time between events to lounge around the PNA area or BAM tent and socialize.

(Continued on page 15)



Steve Peterson (60) grins ecstatically at finishing fifth in the 200 LC meter breaststroke

RESULTS FOR PNA MEMBERS AT WORLDS

RECORDS: P=PNA, Z=ZONE, M=MEET,W=WORLD

Women 25-29 50 LC Meter Freestyle - Belardi Pool

16 Lotts, Kelly C 29 29.67

Women 25-29 100 LC Meter Freestyle - Belardi Pool

26 Lotts, Kelly C 29 1:05.93

Women 25-29 50 LC Meter Breaststroke - Belardi Pool

10 Lotts, Kelly C 29 38.01

Women 25-29 100 LC Meter Breaststroke - Belardi Pool

14 Lotts, Kelly C 29 1:24.14

40 Crandell, Kelly J 26 1:32.79

Women 25-29 50 LC Meter Butterfly - Baker Pool

17 Lotts, Kelly C 29 32.78

Women 25-29 200 LC Meter IM - Belardi Pool

38 Crandell, Kelly J 26 3:01.56

Women 30-34 50 LC Meter Freestyle - Belardi Pool

56 Farinas, Jennifer R 34 34.70

Women 30-34 100 LC Meter Freestyle - Belardi Pool

60 Farinas, Jennifer R 34 1:14.66

Women 30-34 200 LC Meter Freestyle - Baker Pool

50 Farinas, Jennifer R 34 2:43.42

Women 30-34 50 LC Meter Backstroke - Belardi Pool

24 Tulou, Tamara 32 40.65

Women 30-34 100 LC Meter Backstroke - Baker Pool

23 Farinas, Jennifer R 34 1:25.56

25 Tulou, Tamara 32 1:30.40

Women 30-34 200 LC Meter Backstroke - Belardi Pool

22 Farinas, Jennifer R 34 3:02.36

Women 35-39 100 LC Meter Freestyle - Belardi Pool

41 Bussart, Megan M 36 1:10.57

Women 35-39 200 LC Meter Freestyle - Baker Pool

30 Bussart, Megan M 36 2:28.87

Women 35-39 800 LC Meter Freestyle - Baker Pool

20 Bussart, Megan M 36 10:39.37

Women 40-44 50 LC Meter Freestyle - Belardi Pool

59 Whitney, Jamie F 42 32.93

Women 40-44 100 LC Meter Freestyle - Belardi Pool

62 Whitney, Jamie F 42 1:14.92

Women 40-44 200 LC Meter Freestyle - Baker Pool

57 Whitney, Jamie F 42 2:49.92

Women 40-44 50 LC Meter Breaststroke - Belardi Pool

38 Whitney, Jamie F 42 44.33

Women 40-44 100 LC Meter Breaststroke - Belardi Pool

47 Whitney, Jamie F 42 1:37.78

Women 45-49 50 LC Meter Freestyle - Belardi Pool

2 Dahl, Lisa A 45 28.02

Women 45-49 50 LC Meter Backstroke - Belardi Pool

3 Dahl, Lisa A 45 34.21 P

10 Courtney, Zena H 47 35.12

Women 45-49 100 LC Meter Backstroke - Baker Pool

8 Courtney, Zena H 47 1:15.58 P

27 O'Leary, Robin C 49 1:23.99

Women 45-49 200 LC Meter Backstroke - Belardi Pool

5 Courtney, Zena H 47 2:42.68 Z

31 O'Leary, Robin C 49 3:02.10

Women 45-49 50 LC Meter Breaststroke - Belardi Pool

13 Dahl, Lisa A 45 40.40 P

21 Berg, Tonya K 47 42.01

Women 45-49 100 LC Meter Breaststroke - Belardi Pool

17 Berg, Tonya K 47 1:30.85 P

Women 45-49 200 LC Meter Breaststroke - Baker Pool

11 Berg, Tonya K 47 3:20.61 P

Women 45-49 50 LC Meter Butterfly - Baker Pool

1 Dahl, Lisa A 45 30.55 P,M

Women 45-49 200 LC Meter IM - Belardi Pool

12 Courtney, Zena H 47 2:49.89 P

19 O'Leary, Robin C 49 2:56.61

Women 45-49 400 LC Meter IM - Baker Pool

8 Courtney, Zena H 47 6:02.03 P

Women 50-54 50 LC Meter Freestyle - Belardi Pool

6 Lippold, Mary B 50 30.02 Z

9 Moore, Jo 51 30.85

13 Glassman, Debbie A 53 31.44

58 Johnson, Janet S 52 36.50

Women 50-54 100 LC Meter Freestyle - Belardi Pool

5 Lippold, Mary B 50 1:06.39 Z

8 Moore, Jo 51 1:08.37

10 Glassman, Debbie A 53 1:09.53

Women 50-54 200 LC Meter Freestyle - Baker Pool

4 Lippold, Mary B 50 2:26.14 Z

8 Moore, Jo 51 2:32.54

Women 50-54 400 LC Meter Freestyle - Belardi Pool

5 Moore, Jo 51 5:15.42

29 Blanchard, Kathleen M 51 6:42.30

Women 50-54 800 LC Meter Freestyle - Baker Pool

4 Lippold, Mary B 50 10:39.81 Z

6 Moore, Jo 51 10:50.25

47 Blanchard, Kathleen M 51 14:21.66

Women 50-54 50 LC Meter Breaststroke - Belardi Pool

35 Johnson, Janet S 52 46.66

Women 50-54 100 LC Meter Breaststroke - Belardi Pool

32 Jaeger, Dawn 50 1:38.91

45 Johnson, Janet S 52 1:43.04

Women 50-54 200 LC Meter Breaststroke - Baker Pool

27 Johnson, Janet S 52 3:46.55

Women 50-54 50 LC Meter Butterfly - Baker Pool

12 Glassman, Debbie A 53 34.60

Women 50-54 100 LC Meter Butterfly - Belardi Pool

4 Lippold, Mary B 50 1:14.80 Z

7 Glassman, Debbie A 53 1:22.72

Women 50-54 200 LC Meter Butterfly - Baker Pool

3 Glassman, Debbie A 53 3:03.13

Women 50-54 200 LC Meter IM - Belardi Pool

12 Jaeger, Dawn 50 3:13.37

Women 50-54 400 LC Meter IM - Baker Pool

16 Jaeger, Dawn 50 7:02.39

Women 55-59 50 LC Meter Freestyle - Belardi Pool

4 Davis, Charlotte M 56 30.56 Z

34 Welch, Sarah 59 36.64

Women 55-59 100 LC Meter Freestyle - Belardi Pool

2 Davis, Charlotte M 56 1:07.15 Z

Women 55-59 200 LC Meter Freestyle - Baker Pool

23 Welch, Sarah 59 3:03.57

Women 55-59 400 LC Meter Freestyle - Belardi Pool

3 Gundred, Barb L 55 5:28.73 Z

16 Casey, Kathrine J 58 6:17.74

18 Belserene, Rita 55 6:20.05

20 Welch, Sarah 59 6:22.70

Women 55-59 800 LC Meter Freestyle - Baker Pool			Women 75-79 100 LC Meter Backstroke - Baker Pool				
2	Gundred, Barb L	55	11:16.23	6	Phillips, Bernice M	79	2:13.38
Women 55-59 50 LC Meter Backstroke - Belardi Pool			8	Kavadas, Janet D	75	2:20.68	
5	Gundred, Barb L	55	38.34	Women 75-79 200 LC Meter Backstroke - Belardi Pool			
Women 55-59 100 LC Meter Backstroke - Baker Pool			5	Kavadas, Janet D	75	4:53.03	
2	Gundred, Barb L	55	1:22.30	Women 75-79 50 LC Meter Breaststroke - Belardi Pool			
Women 55-59 200 LC Meter Backstroke - Belardi Pool			10	Gladwell, Gail A	75	1:10.33	
2	Gundred, Barb L	55	2:55.34	Women 75-79 100 LC Meter Breaststroke - Belardi Pool			
Women 55-59 200 LC Meter Breaststroke - Baker Pool			13	Gladwell, Gail A	75	2:41.81	
29	Casey, Kathrine J	58	4:10.10	14	Kavadas, Janet D	75	2:42.48
Women 55-59 50 LC Meter Butterfly - Baker Pool			Women 75-79 200 LC Meter Breaststroke - Baker Pool				
1	Davis, Charlotte M	56	33.26	9	Kavadas, Janet D	75	5:36.58
Women 55-59 100 LC Meter Butterfly - Belardi Pool			Women 85-89 100 LC Meter Freestyle - Belardi Pool				
10	Belserene, Rita	55	1:36.83	6	Chadwick, Marion K	85	2:45.73
17	Casey, Kathrine J	58	1:45.80	Women 85-89 200 LC Meter Freestyle - Baker Pool			
Women 55-59 200 LC Meter Butterfly - Baker Pool			5	Chadwick, Marion K	85	6:20.21	
3	Belserene, Rita	55	3:39.35	Women 85-89 100 LC Meter Backstroke - Baker Pool			
8	Casey, Kathrine J	58	3:52.21	4	Chadwick, Marion K	85	3:45.79
Women 55-59 200 LC Meter IM - Belardi Pool			Women 85-89 200 LC Meter Backstroke - Belardi Pool				
1	Davis, Charlotte M	56	2:53.15	4	Chadwick, Marion K	85	7:42.96
9	Belserene, Rita	55	3:23.86	Men 30-34 50 LC Meter Freestyle - Baker Pool			
15	Welch, Sarah	59	3:32.86	72	Rosaria, Steven M	32	28.29
17	Casey, Kathrine J	58	3:38.02	Men 30-34 100 LC Meter Freestyle - Baker Pool			
Women 55-59 400 LC Meter IM - Baker Pool			81	Rosaria, Steven M	32	1:03.43	
1	Davis, Charlotte M	56	6:07.72	Men 30-34 50 LC Meter Breaststroke - Baker Pool			
9	Welch, Sarah	59	7:22.07	43	Rosaria, Steven M	32	37.31
Women 60-64 50 LC Meter Freestyle - Belardi Pool			Men 30-34 100 LC Meter Breaststroke - Baker Pool				
10	Dillon, Sally A	60	36.12	35	Rosaria, Steven M	32	1:20.94
33	Behse, Carolyn C	63	42.72	Men 35-39 200 LC Meter Freestyle - Belardi Pool			
45	Hansen, Marsha P	60	45.56	22	Nelson, Kirk E	36	2:07.37
Women 60-64 100 LC Meter Freestyle - Belardi Pool			Men 35-39 800 LC Meter Freestyle - Belardi Pool				
6	Dillon, Sally A	60	1:18.22	12	Nelson, Kirk E	36	9:24.10
13	Litt, Arni H	60	1:26.21	30	Kays, David E	39	10:09.19
31	Behse, Carolyn C	63	1:39.95	Men 35-39 50 LC Meter Breaststroke - Baker Pool			
Women 60-64 200 LC Meter Freestyle - Baker Pool			11	Doherty, Todd S	35	33.05	
7	Dillon, Sally A	60	2:54.99	27	Kays, David E	39	35.55
28	Ensign, Jeanne	60	3:46.74	Men 35-39 100 LC Meter Breaststroke - Baker Pool			
Women 60-64 400 LC Meter Freestyle - Belardi Pool			11	Doherty, Todd S	35	1:14.53	
4	Dillon, Sally A	60	6:12.73	25	Kays, David E	39	1:19.24
13	Litt, Arni H	60	6:46.44	Men 35-39 200 LC Meter Breaststroke - Belardi Pool			
25	Ensign, Jeanne	60	7:47.50	8	Doherty, Todd S	35	2:45.97
Women 60-64 800 LC Meter Freestyle - Baker Pool			Men 35-39 100 LC Meter Butterfly - Baker Pool				
4	Dillon, Sally A	60	12:51.38	29	Nelson, Kirk E	36	1:05.27
20	Behse, Carolyn C	63	15:21.37	Men 35-39 200 LC Meter IM - Baker Pool			
24	Ensign, Jeanne	60	15:45.95	10	Doherty, Todd S	35	2:25.98
Women 60-64 50 LC Meter Breaststroke - Belardi Pool			15	Nelson, Kirk E	36	2:27.06	
29	Hansen, Marsha P	60	55.08	Men 35-39 400 LC Meter IM - Belardi Pool			
Women 60-64 100 LC Meter Breaststroke - Belardi Pool			16	Nelson, Kirk E	36	5:14.13	
12	Litt, Arni H	60	1:46.41	19	Doherty, Todd S	35	5:23.30
27	Hansen, Marsha P	60	2:03.32	Men 40-44 50 LC Meter Freestyle - Baker Pool			
Women 60-64 200 LC Meter Breaststroke - Baker Pool			80	Ehrenheim, Daryl S	42	28.29	
12	Litt, Arni H	60	3:48.52	94	wagner, blake J	40	28.67
Women 60-64 50 LC Meter Butterfly - Baker Pool			145	Turcott, Michael L	43	31.54	
20	Hansen, Marsha P	60	54.15	148	Towle, Jacob D	40	31.76
Women 60-64 400 LC Meter IM - Baker Pool			Men 40-44 100 LC Meter Freestyle - Baker Pool				
8	Litt, Arni H	60	8:09.31	82	wagner, blake J	40	1:02.10
Women 70-74 50 LC Meter Breaststroke - Belardi Pool			96	Lang, Joseph J	43	1:03.52	
21	Winnie, Margaret I	73	1:06.18	127	Ehrenheim, Daryl S	42	1:05.97
23	Bryce, Karen G	73	1:08.52	160	Towle, Jacob D	40	1:10.45
Women 75-79 50 LC Meter Freestyle - Belardi Pool			Men 40-44 200 LC Meter Freestyle - Belardi Pool				
18	Phillips, Bernice M	79	58.09	43	Lang, Joseph J	43	2:15.54
Women 75-79 100 LC Meter Freestyle - Belardi Pool			49	wagner, blake J	40	2:16.49	
14	Gladwell, Gail A	75	2:14.35	Men 40-44 400 LC Meter Freestyle - Baker Pool			
Women 75-79 50 LC Meter Backstroke - Belardi Pool			20	Lang, Joseph J	43	4:45.72	
5	Phillips, Bernice M	79	1:01.19	Men 40-44 800 LC Meter Freestyle - Belardi Pool			
			23	Lang, Joseph J	43	9:51.36	

Men 40-44 50 LC Meter Butterfly - Belardi Pool			
56 Wagner, Blake J	40	29.18	
Men 45-49 50 LC Meter Freestyle - Baker Pool			
23 Baca, Jon L	46	26.88	
34 Loudon, Rich	46	27.21	
45 Kelly, Michael W	47	27.61	
61 Valley, Eric S	45	28.45	
Men 45-49 100 LC Meter Freestyle - Baker Pool			
46 Valley, Eric S	45	1:01.52	
87 Littlefield, James R	46	1:04.97	
111 Dybdahl, Eric T	46	1:07.94	
Men 45-49 200 LC Meter Freestyle - Belardi Pool			
48 Valley, Eric S	45	2:18.15	
62 Littlefield, James R	46	2:23.22	
72 Dybdahl, Eric T	46	2:25.47	
Men 45-49 400 LC Meter Freestyle - Baker Pool			
40 Dybdahl, Eric T	46	5:19.53	
Men 45-49 800 LC Meter Freestyle - Belardi Pool			
43 Dybdahl, Eric T	46	10:56.13	
Men 45-49 50 LC Meter Backstroke - Baker Pool			
19 Kelly, Michael W	47	34.04	
21 Littlefield, James R	46	34.19	
Men 45-49 100 LC Meter Backstroke - Belardi Pool			
19 Littlefield, James R	46	1:14.02	
24 Russell, Brian A	49	1:16.10	
Men 45-49 200 LC Meter Backstroke - Baker Pool			
22 Littlefield, James R	46	2:40.57	
42 Dybdahl, Eric T	46	3:06.15	
Men 45-49 50 LC Meter Breaststroke - Baker Pool			
8 Baca, Jon L	46	33.28 Z	
39 Kelly, Michael W	47	37.17	
Men 45-49 100 LC Meter Breaststroke - Baker Pool			
15 Baca, Jon L	46	1:16.56	
Men 45-49 200 LC Meter Breaststroke - Belardi Pool			
17 Baca, Jon L	46	2:56.02	
Men 45-49 50 LC Meter Butterfly - Belardi Pool			
34 Baca, Jon L	46	29.30	
44 Russell, Brian A	49	29.99	
Men 45-49 100 LC Meter Butterfly - Baker Pool			
24 Russell, Brian A	49	1:08.33	
Men 45-49 200 LC Meter IM - Baker Pool			
43 Russell, Brian A	49	2:41.31	
45 Valley, Eric S	45	2:41.40	
Men 45-49 400 LC Meter IM - Belardi Pool			
28 Russell, Brian A	49	5:45.20	
Men 50-54 50 LC Meter Freestyle - Baker Pool			
30 Graham, Donald G	52	28.00	
79 Hardesty, Richard H	52	31.26	
Men 50-54 100 LC Meter Freestyle - Baker Pool			
75 Foss, Lachlan P	50	1:08.87	
92 Hardesty, Richard H	52	1:12.10	
Men 50-54 200 LC Meter Freestyle - Belardi Pool			
41 Hackett, Ted J	52	2:28.13	
54 Hardesty, Richard H	52	2:43.28	
Men 50-54 400 LC Meter Freestyle - Baker Pool			
17 Lautman, Scott M	54	4:51.98	
31 Hackett, Ted J	52	5:18.68	
Men 50-54 800 LC Meter Freestyle - Belardi Pool			
35 Hackett, Ted J	52	10:53.30	
Men 50-54 50 LC Meter Backstroke - Baker Pool			
5 Graham, Donald G	52	31.52	
29 Foss, Lachlan P	50	35.76	
31 Hackett, Ted J	52	36.25	
Men 50-54 50 LC Meter Breaststroke - Baker Pool			
57 Jaeger, Mark	53	39.79	
Men 50-54 100 LC Meter Breaststroke - Baker Pool			
55 Jaeger, Mark	53	1:30.17	
Men 50-54 200 LC Meter Breaststroke - Belardi Pool			
35 Jaeger, Mark	53	3:28.47	
Men 50-54 50 LC Meter Butterfly - Belardi Pool			
11 Graham, Donald G	52	28.73	
52 Foss, Lachlan P	50	32.10	
57 Hackett, Ted J	52	32.37	
Men 50-54 100 LC Meter Butterfly - Baker Pool			
7 Lautman, Scott M	54	1:04.86	
9 Graham, Donald G	52	1:06.64	
Men 50-54 200 LC Meter Butterfly - Belardi Pool			
1 Lautman, Scott M	54	2:23.19	
Men 50-54 400 LC Meter IM - Belardi Pool			
3 Lautman, Scott M	54	5:28.83	
Men 55-59 50 LC Meter Freestyle - Baker Pool			
7 Jacobs, Ronald	55	27.82 P	
83 Carlton, Brian L	56	34.58	
Men 55-59 100 LC Meter Freestyle - Baker Pool			
12 Jacobs, Ronald	55	1:02.66 Z	
85 Carlton, Brian L	56	1:17.18	
Men 55-59 200 LC Meter Freestyle - Belardi Pool			
7 Jacobs, Ronald	55	2:18.64 Z	
53 Carlton, Brian L	56	2:52.27	
Men 55-59 800 LC Meter Freestyle - Belardi Pool			
42 Carlton, Brian L	56	12:35.61	
Men 55-59 50 LC Meter Backstroke - Baker Pool			
10 Jacobs, Ronald	55	35.01	
Men 55-59 100 LC Meter Backstroke - Belardi Pool			
10 Jacobs, Ronald	55	1:15.31	
Men 60-64 50 LC Meter Freestyle - Baker Pool			
63 Behse, Dean P	63	34.41	
64 Sawyer, Dennis L	62	34.76	
65 Schaefer, Don H	62	34.98	
Men 60-64 100 LC Meter Freestyle - Baker Pool			
41 Peterson, Steven B	60	1:10.97	
64 Sawyer, Dennis L	62	1:19.10	
66 Behse, Dean P	63	1:19.95	
Men 60-64 200 LC Meter Freestyle - Belardi Pool			
48 Behse, Dean P	63	2:58.37	
54 Sawyer, Dennis L	62	3:06.80	
Men 60-64 400 LC Meter Freestyle - Baker Pool			
4 McColly, Michael	61	5:11.83	
Men 60-64 800 LC Meter Freestyle - Belardi Pool			
3 McCleery, James T	60	10:16.84 Z	
8 McColly, Michael	61	10:56.75	
42 Behse, Dean P	63	13:26.59	
Men 60-64 200 LC Meter Backstroke - Baker Pool			
8 McColly, Michael	61	2:52.08	
Men 60-64 50 LC Meter Breaststroke - Baker Pool			
15 Peterson, Steven B	60	38.81	
30 Sawyer, Dennis L	62	42.75	
Men 60-64 100 LC Meter Breaststroke - Baker Pool			
16 Peterson, Steven B	60	1:27.34	
28 Sawyer, Dennis L	62	1:33.22	
Men 60-64 200 LC Meter Breaststroke - Belardi Pool			
5 Peterson, Steven B	60	3:05.69 Z	
Men 60-64 200 LC Meter IM - Baker Pool			
12 McColly, Michael	61	2:54.33 P	
15 Peterson, Steven B	60	2:59.52	
Men 60-64 400 LC Meter IM - Belardi Pool			
5 McColly, Michael	61	6:10.23 Z	
Men 65-69 50 LC Meter Backstroke - Baker Pool			
13 Reid, Walt E	66	40.96	
23 Carlson, Lee A	66	43.93	
Men 65-69 100 LC Meter Backstroke - Belardi Pool			
15 Reid, Walt E	66	1:33.35	
19 Carlson, Lee A	66	1:38.59	

Men 65-69 200 LC Meter Backstroke - Baker Pool
 8 Nordby, Michael C 65 3:15.92 P

Men 65-69 50 LC Meter Breaststroke - Baker Pool
 12 Reid, Walt E 66 41.43

Men 65-69 100 LC Meter Breaststroke - Baker Pool
 16 Reid, Walt E 66 1:38.50
 17 Nordby, Michael C 65 1:38.65

Men 65-69 200 LC Meter Breaststroke - Belardi Pool
 9 Nordby, Michael C 65 3:34.58

Men 65-69 200 LC Meter IM - Baker Pool
 9 Nordby, Michael C 65 3:16.83

Men 65-69 400 LC Meter IM - Belardi Pool
 7 Nordby, Michael C 65 7:00.97 Z

Men 75-79 200 LC Meter Freestyle - Belardi Pool
 2 Miller, Bob K 77 2:59.52 Z

Men 75-79 400 LC Meter Freestyle - Baker Pool
 2 Taylor, Thomas T 75 6:24.16

Men 75-79 800 LC Meter Freestyle - Belardi Pool
 2 Miller, Bob K 77 12:56.97 Z
 3 Taylor, Thomas T 75 13:03.06
 6 Prosser, Harvey W 78 13:46.31

Men 75-79 200 LC Meter Backstroke - Baker Pool
 1 Miller, Bob K 77 3:17.54 Z

Men 75-79 50 LC Meter Breaststroke - Baker Pool
 5 Taylor, Thomas T 75 46.00

Men 75-79 100 LC Meter Breaststroke - Baker Pool
 8 Taylor, Thomas T 75 1:46.24 Z

Men 75-79 200 LC Meter Breaststroke - Belardi Pool
 5 Taylor, Thomas T 75 3:58.26 P

Women 160-199 200 LC Meter Freestyle - Belardi Pool Relay
 19 A 2:08.22
 1) Courtney, Zena H W47 2) Johnson, Janet S W52
 3) Whitney, Jamie F W42 4) Lotts, Kelly C W29

Women 160-199 200 LC Meter Medley - Belardi Pool Relay
 18 A 2:26.00
 1) Courtney, Zena H W47 2) Johnson, Janet S W52
 3) Lotts, Kelly C W29 4) Whitney, Jamie F W42

Women 200-239 200 LC Meter Freestyle - Belardi Pool Relay
 1 A 1:57.21 W
 1) Dahl, Lisa A W45 2) Glassman, Debbie A W53
 3) Davis, Charlotte M W56 4) Lippold, Mary B W50

Women 200-239 200 LC Meter Medley - Belardi Pool Relay
 5 A 2:21.10 Z
 1) Davis, Charlotte M W56 2) Dahl, Lisa A W45
 3) Glassman, Debbie A W53 4) Lippold, Mary B W50

Women 240-279 200 LC Meter Freestyle - Belardi Pool Relay
 7 A 2:34.29 P
 1) Behse, Carolyn C W63 2) Litt, Arni H W60
 3) Welch, Sarah W59 4) Dillon, Sally A W60

Women 240-279 200 LC Meter Medley - Belardi Pool Relay
 5 A 3:04.30 P
 1) Behse, Carolyn C W63 2) Casey, Kathrine J W58
 3) Welch, Sarah W59 4) Dillon, Sally A W60

Women 280-319 200 LC Meter Freestyle - Belardi Pool Relay
 6 A 3:58.69 P
 1) Phillips, Bernice M W79 2) Bryce, Karen G W73
 3) Gladwell, Gail A W75 4) Kavadas, Janet D W75

Men 120-159 200 LC Meter Freestyle - Belardi Pool Relay
 27 A 1:46.34
 1) Doherty, Todd S M35 2) Nelson, Kirk E M36
 3) Kays, David E M39 4) Rosaria, Steven M M32

Men 160-199 200 LC Meter Freestyle - Belardi Pool Relay
 46 A 1:54.54
 1) Valley, Eric S M45 2) Turcott, Michael L M43
 3) Littlefield, James R M46 4) Russell, Brian A M49

Men 160-199 200 LC Meter Medley - Belardi Pool Relay
 47 B 2:12.32
 1) Kelly, Michael W M47 2) Towle, Jacob D M40
 3) Durban, Lars R M49 4) Dybdahl, Eric T M46

49 A 2:13.53
 1) Littlefield, James R M46 2) Turcott, Michael L M43
 3) Russell, Brian A M49 4) Valley, Eric S M45

Men 200-239 200 LC Meter Freestyle - Belardi Pool Relay
 6 A 1:46.88 Z
 1) Graham, Donald G M52 2) Baca, Jon L M46
 3) Lautman, Scott M M54 4) Jacobs, Ronald M55

Men 200-239 200 LC Meter Medley - Belardi Pool Relay
 7 A 2:00.45 P
 1) Graham, Donald G M52 2) Baca, Jon L M46
 3) Lautman, Scott M M54 4) Jacobs, Ronald M55
 31.83

Men 240-279 200 LC Meter Freestyle - Belardi Pool Relay
 18 A 2:15.99 P
 1) Nordby, Michael C M65 2) Sawyer, Dennis L M62
 3) Reid, Walt E M66 4) Peterson, Steven B M60

Men 240-279 200 LC Meter Medley - Belardi Pool Relay
 12 A 2:28.47 P
 1) Reid, Walt E M66 2) Peterson, Steven B M60
 3) McColly, Michael M61 4) Nordby, Michael C M65

Mixed 200-239 200 LC Meter Freestyle - Belardi Pool Relay
 5 A 1:50.44 Z
 1) Dahl, Lisa A W45 2) Lippold, Mary B W50
 3) Graham, Donald G M52 4) Jacobs, Ronald M55

35 B 2:09.97
 1) Jaeger, Dawn W50 2) O'Leary, Robin C W49
 3) Foss, Lachlan P M50 4) Jaeger, Mark M53

Mixed 200-239 200 LC Meter Medley - Belardi Pool Relay
 4 A 2:07.75 P
 1) Courtney, Zena H W47 2) Baca, Jon L M46
 3) Lautman, Scott M M54 4) Davis, Charlotte M W56

20 B 2:21.08
 1) Kelly, Michael W M47 2) Johnson, Janet S W52
 3) Russell, Brian A M49 4) Glassman, Debbie A W53

Mixed 240-279 200 LC Meter Medley - Belardi Pool Relay
 11 A 2:38.96 P
 1) Casey, Kathrine J W58 2) Peterson, Steven B M60
 3) Welch, Sarah W59 4) Nordby, Michael C M65

31 B 3:04.28
 1) Carlson, Lee A M66 2) Sawyer, Dennis L M62
 3) Litt, Arni H W60 4) Ensign, Jeanne W60

3K Results

Overall Place	Name	Place/Age Group	Time
241	Cathy Cooley (49)	9 F 45-49	52:24
246	Zena Courtney (47)	11 F 45-49	52:30
250	Jo Moore (51)	5 F 50-54	52:42
548	Rita Belserene (55)	23 F 55-59	1:07:17
493	Sally Dillon (60)	3 F 60-64	1:03:38
639	Jeanne Ensign (60)	16 F 60-64	1:22:59.6
44	Joseph Lang (43)	13 M 40-44	44:30
138	James Littlefield (46)	20 M 45-49	48:29
182	Brian Russell (49)	25 M 45-49	49:40
207	Eric Dybdahl (46)	28 M 45-49	50:53
34	Scott Lautman (54)	7 M 50-54	43:41
92	James McCleery (60)	1 M 60-64	46:25
334	Steve Peterson (60)	17 M 60-64	55:53

6th Annual Lake Padden 2.5K Zone Championship And 5K Open Water Swim Bellingham, Wash. July 22, 2006

On a warm and sunny July 22nd morning, 97 swimmers competed in the 6th Annual Lake Padden Open Water Swim and 2.5K Zone Champs. Conditions were perfect for the triangle course: flat, calm water at a comfortable 70 degrees.

In the wetsuit division, Bob Fish took first in the 2.5K event, while Linda Hegeberg won the 5K. For the non-wetsuit division, the winners were Jof Abshire and Jim Gross.

In the 2.5K, 12 women wore wetsuits, 25 did not; 11 men wore wetsuits, 16 did not. In the 5K, 10 women wore wetsuits, six did not; six men wore wetsuits, six did not.

Planning for the 7th Annual Lake Padden Swim, which will be held on a Saturday near the end of July, is already underway. With ample free parking, locker rooms with showers in a pristine forested park



2.5K Winner Bob Fish



5K Winner Linda Hegeberg

and really cool T-shirts, Lake Padden is a terrific event. Put it on your 2007 schedule.

Text by Meet Director Ian Thompson; photos by Ian and Maia Haykin.



A big smile for Lake Padden swim



Meet Director Ian Thompson explains the rules to participants



Happy competitors



Fat Salmon Open Water Swim Lake Washington July 15, 2006



Event Director Toby Coenen and PNA President Jeanne Ensign display Fat Salmon T-shirt



Swimmers at the start of the 3+ mile swim underneath the I-90 bridge

“Get Psyched for Worlds” Long Course Meter Meet Port Orchard, Wash. July 8, 2006



(From left) Paul Ikeda, PNA President Jeanne Ensign and Debbie Glassman

It seems almost anticlimactic as I write this on my return from the FINA Worlds competition. But 81 swimmers, PNA, non-PNA and *new* PNA, experienced another well-run meet hosted by the Puget Sound Swim Club (PSSC) at South Kitsap High School in Port Orchard on July 8.

I enjoyed the return to competition, or at least to this meet, of two swimmers I hadn't seen for some time. Frank Newquist, past PNA secretary, bettered his seed times in his three events (unlike yours truly) while Dave Addleman, former PNA regular, visited all the way from his current home in Phoenix to compete.

Margaret Hair and Cindy Clutter came over from Coeur D'Alene. Barbara and Dick Bower, visiting from Texas, deck-entered the meet.

I was especially pleased to see my new teammate, Becci Stewart, since she'd just registered with PNA and thought she'd like to try a meet. I know she had a good time, having

not competed since college, but unfortunately I haven't seen her at workout lately – Becci, where are you?

Bonnie Pronk, who came down from Campbell River, B.C., sent me a follow-up note: “Thanks for running a great meet; good idea, perfect timing... the playing of O Canada was a classy touch!”

Another classy touch: Marion Chadwick included a note with her entry form saying we should start the next heat of 400 free before she finished hers because she would be “so slow.” On race day meet referee Cliff Rousell informed her there was no way he would allow Heat 2 to start before she could complete her swim and hear everyone's cheers!

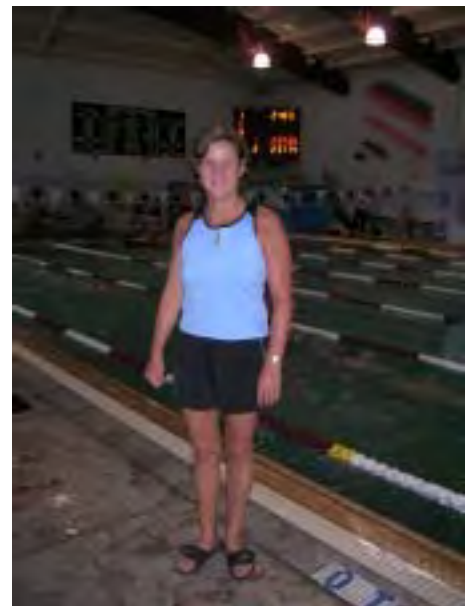
Sally Dillon helped organize the 5K swim following the meet to give interested PNA swimmers an opportunity to compete in this postal event. In typical—though totally unexpected—fashion, PSSC volunteers and officials stayed to the “bitter end” as five

swimmers completed their 50 laps.

Jane and Hugh Moore and Scott Lautman from Federal Way Masters and Arni Litt and Dan Robinson from GLAD enjoyed the benefit of enthusiastic youthful counters, and the rest of us marveled at the close race between the first two finishers (Dan touched out Scott by 2/10 second).

Thanks again to Cliff Rousell, Leroy Smith, and their PSSC parents and swimmers and officials Carrie Broncheau, Grace Holloway, Chad Peterson and Raul Carmona.

—Text by Meet Director Steve Peterson; photos by Sarah Welch



Charlotte Davis (56), who broke the world record for the 400 LC meter IM and then broke that record again three weeks later at Worlds



Fred Wiggin Fund Available to Help Swimmers Pay Meet Fees and Officials Get Training

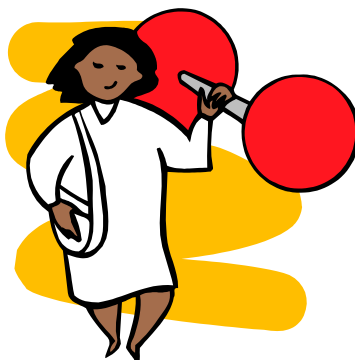
The Fred Wiggin Fund was established in honor of Fred Wiggin, a loyal Masters swimmer in PNA from 1973 until 1991. Fred held many PNA records as well as national and world records. In fact, he still holds two long course records (set in 1986) and one short course meter record (set in 1991).

Fred's family and PNA established the fund to recognize and help swimmers and officials. The fund is available to assist swimmers who have difficulty paying meet fees and officials who need training.

To apply for assistance, write a one-page letter detailing the need and intended use of the money. Mail, email or fax your letter to Kathy Casey, 11114 -111th Street SW, Tacoma, WA 98498-1331; kathy.casey@comcast.net; or (253) 589-8321 (fax). You can also mail the letter to Jan Kavadas, 217 Alder Street, Apartment 305, Edmonds, WA 98020-3532.

USMS 5K/10K POSTAL SWIM

September 15 is the last day to swim the national championship postal 5K and 10K postal events in a 50 meter pool. Sally Dillon is putting together the relay teams for these events, so if you have swum the events (or plan to) please contact her by email at swmr@verizon.net or phone (360-679-5038) ASAP so you can be included on a team.



Still Time to be a "Brute"

Remember to swim in this year's Pentathlon on September 24. The event includes the new "brute" category introduced last year: 1500 free, 200 fly and 400 IM.

You can find a registration form on www.swimpna.org. And there's *day-of-race registration*.

Update on 2007 Nationals From Meet Director Jane Moore

Don't take too long a break in your training after World Champs because Nationals will be here in no time—May 17-20, 2007.

Plans for Nationals are moving along well. Maybe you saw our logo on the brown T-shirts worn by organizing committee members and swimmers at Worlds. Our meet information has been sent to the USMS Championship Committee for review and approval.

Lisa Dahl is now our marketing chair. She's coordinating donations. If you, or someone you know, is interested in purchasing an ad in the program or in donating some-

Welcome New PNA Swimmers

Kristi Rennebohm Franz
Colin Chinn
Rebecca Bicknell
Ralph Teller
Leslie Pagilagan
Debra Knickerbocker
Gordon Grove
Meaghan McKasy
Christine Godlewski
Chad Peterson
Jason Lassen
Deirdre Fitzpatrick
Kristen Kraemer
Peter Daiser
Jeffrey Shuck
Allison Schletzbaum
Shauna Riely
Shari Wassmann
Keith Kennedy
Francois Henneberger
Kevin McNeal
Collette Clemens
Jodi Connolly
Jonathan Ives
Becci Trost-Stewart

thing for swimmers' goodie bags, volunteer hospitality or another part of the meet, please contact Lisa at lisaisswimming@hotmail.com.

The meet organizing committee will sharpen its skills by hosting the 2006 Northwest Zone Short Course Meters Championships at the Weyerhaeuser King County Aquatic Center November 18 and 19. We need volunteers to help run this meet. If you can volunteer, please contact Sarah Welch at sarahwelch@comcast.net. We'll make sure you don't miss any swims due to volunteer duties.

If you have questions about either meet, please contact Hugh Moore or me. You can reach us at 2007scnationals@comcast.net.



Additional Information for November's Northwest Zone Short Course Meters Championship Meet (entry form on previous page)

Individual Awards: NW Zone ribbons will be awarded first through 6th place in every age group in every event. PNA medals can be purchased for \$2 each.

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

Motels: There are numerous motels within fifteen miles of the pool including

Name	Distance to Pool	City	Phone
Holiday Inn Express	1.4 miles	Federal Way	253-838-3164
Best Western Executel	5 miles	Federal Way	253-941-6000
Super 8 Motel	2.4 miles	Federal Way	253-838-8808
Motel 6	7 miles	Fife	253-922-1270

Shirts: Shirts are available for \$17, but must be ordered with your entry. The meet shirt design and size description can be found on the PNA website at www.swimpna.org. Please note that women's sizes will run smaller than unisex sizes.

Benefits of Your PNA Membership

Ever wondered what your PNA membership gives you? Here are the principal benefits:

- USMS Official Publication: Bi-monthly magazine sent to every current member
- USMS Events: Membership entitles members of all ages and ability levels to participate in any USMS sanctioned local, national and international meets, open water swims, fitness events, clinics and workshops
- USMS Website: Complete informational guide to USMS including event calendar, results, places to swim, details of member benefits, discussion forum and directory. www.usms.org

- USMS Video & Book Libraries: Videos and books that can be borrowed for a minimal fee plus deposit.

Want to Swim a Relay in the November Zone Meet?

Lisa Dahl is putting relays together. Please contact her at lisaisswimming@hotmail.com.



For Upcoming PNA Swim Clinics, see pages 16 and 17



Looking for meet results, places to swim, past newsletters or other information about PNA? Check out our Web site at www.swimpna.org.

(Continued from page 5)

Worlds

Lee Carlson (66)

Shortly before the start of the 50 back I was asked to help Jim, who was 88 and in the first heat, find the men's dressing room. I did so and then led him back to the staging area before his heat was called. In thanking me Jim confided his doctor had told him not to swim too fast in the 50 back. Jim took fifth in his heat and when I asked him if he was satisfied with this he said yes, but he was looking forward to the 400 free, because there were only two competitors so he was guaranteed at least second place.

Little Things that Make a Big Difference: Rules, Starts & Turns

A PNA-Sponsored Meet Preparation Clinic

Ever wondered what to do when the judge blows the whistle? If so, this clinic is for you! PNA is sponsoring a Meet Preparation Clinic on Saturday, October 28. Cost is a modest \$25 per swimmer. This clinic is for anyone who has never participated in a swim meet as well as all other swimmers that would like to know more about the little things that in competition make a big difference.

Do you know USMS Rules? This clinic will cover them. Would you like to improve your starts and turns? Also covered.

Sign up now. Space is limited to the first 36 entrants.

Location:

Tukwila Pool

4414 S. 144th, Tukwila, WA 98168

206-657-2350

From I-5, Take exit 154, 518 West toward Burien. Take Hwy 99 North exit. Turn right on 154th. Turn left (north on Hwy 99 (International Blvd.)). Turn right on 144th.

Schedule

October 28, 2006

8-8:30 a.m. Registration and healthy snacks

8:30-9:15 Q & A Bleacher Talk - Mary Coddington , USA-Swimming Official will review USMS Rules

9:20-11:30 Pool Session - PNA Coaches

Wendy Neely, PNA 2005 Coach of the Year, and Lynn Wells, BAM coach, will lead a contingent of PNA coaches for the pool session. The coaches will cover the following items:

Starts – Dive progression: Start with formal commands (whistle starts) and relay exchanges

Turns – Intro to flip turns, stationary drills; timing into the wall (to dolphin kick or not)

All participants will receive a PNA swim cap.

Bring suit, towel, sweats, etc., so you're comfortable in and out of the water. .

Registration Form (Please detach or copy and mail with your \$25 check payable to PNA)

Meet Preparation Clinic –October 28th. Entry Deadline Postmark October 21st

First Name

Last Name

Address--Street

City/State

Zip

USMS Registration Number (required)

email address

@

\$

Phone Number(s)

(home)

(work)

(cell)

Amt Enclosed \$25

Checks payable to PNA. Mail to Wendy Neely, 5416 S.W. 326th Ct., Federal Way WA 98023

Improve Your Swimming Technique!

PNA is sponsoring 2 one-day stroke clinics in Seattle November 4th and 5th at Seattle University's Connolly Center Pools. Swimmers may sign up for one or both days. Saturday will focus on Freestyle and Backstroke, while Sunday will focus on Breaststroke and Butterfly. A refresher clinic on Sat a.m. for former participants will feature a video tape and feedback session.

Bob Bruce--2003 USMS Coach of the Year, Head Masters Coach in Bend, OR, and chair of the USMS Coaches Committee--and star video analyst Barb Harris will return to Seattle to teach a PNA sponsored clinic for the fourth year. They will talk about correct stroke technique, videotape your stroke and provide immediate feedback, provide drills and tips for improvement, and mail you a follow up tape/DVD with individualized voice-over comments on your technique.

Schedule and Format and Fees: The freestyle/backstroke clinic will run from 10:00am-4:00pm on Saturday, and the breaststroke/butterfly clinic from 9:00am-3:00pm on Sunday. Registrations will be limited to 26 swimmers per day. If the clinic is oversubscribed, the date your registration is received by PNA will determine your enrollment. PNA will confirm registrations by phone or email. Please make sure your contact information is current.

- **Clinic Fee: One Day--\$50 per PNA registered swimmer. Both Days--\$80.** (Non-USMS Swimmers are welcome to attend upon purchase of a 'day of event' USMS registration which costs \$10 additional fee). **Special rate for coaches who help on deck: FREE!**
- **Refresher Clinic: 'Bob Bruce Clinic Grads'** are invited for a single-stroke video refresher for a \$25 fee at 9:00 am Saturday.

Location: Seattle University, Connolly Center. Located at 550 14th Avenue at the corner of 14th Avenue and East Cherry Street. For more information about Connolly Center: (206) 296-6441. Bring suit, towel, sweats, etc., so you're comfortable in and out of the water. Bring swim fins for the drill session. Snacks provided.

Schedule of Clinic Activities:

1.5 hour	Registration, introductions and presentation on stroke and technique
1.25 hour	Change clothes, in pool video session, change clothes
1.25 hour	Video review (in two groups, one with each coach)
1.25 hour	Pool session for skills & drills, Change clothes
½ hour	Ask-the-Coach Q&A and Closing

Registration Form (Please detach or copy and mail with your check made out to PNA)

Freestyle/Backstroke Clinic Saturday, November 4 -- 10:00am – 4:00 a.m. (limit 26 swimmers)

Breaststroke/Butterfly Clinic, Sunday, November 5 -- 9:00am – 3:00 a.m. (limit 26 swimmers)

Refresher Video Clinic Saturday, November 4 -- 9:00 am – 10:00 a.m. (limit 10 swimmers)

First Name Last Name

Address-- Street City/State Zip

USMS Registration Number (required) email address

Phone Number(s) (home) (work) (cell) @ \$ Amt Enclsd \$25, \$50 or \$80

Checks payable to PNA. Mail to Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144. For information call 206-723-1814 or contact sarahwelch@comcast.net

PNA Local Masters Swimming Committee
5th Annual BAMFEST SCY Swim Meet- Sanction # 063608
 Hosted by Bainbridge Area Masters (BAM)

MEET ENTRY FORM: October 14, 2006 5th Annual BAMFEST
 Hosted by Bainbridge Area Masters (BAM) - Sanction # 063608

ORDER OF EVENTS Modified "High School" Format	EVENT
#	EVENT
1 & 2	200 MEDLEY RELAY W/M
3	200 FREE
4	50 BACK
5	200 IM
6	50 FREE
15	15 minute Break
7	100 FLY
8	50 BREAST
9	100 FREE
10	500 FREE
11	100 IM
12 & 13	200 FREE RELAY W/M
14	100 BACK
15	50 FLY
16	100 BREAST
17	200 Mixed Fantasy Relay

DATE & TIME: Saturday, October 14, 2006
 Warm-up: 9:00 AM Meet starts: 10:00 AM
 Check-in with Clerk of Course upon arrival and positive check-in required for the 500FR prior to the break.

LOCATION: Bainbridge Island Aquatic Center: High School Rd. & Madison Ave., @ the East campus entrance, Bainbridge Island WA; pool phone: 206-842-2302. 25-yard course with six lanes used for competition and two lanes for continuous warm-up. The jacuzzi will be available during the meet for competitors only. Electronic timing will be used.

DIRECTIONS:
 From Seattle: Take the 7:55 AM ferry to Bainbridge Island. Proceed straight from the ferry terminal on SR305 exactly one mile to NE High School Road. Turn left (west) on High School Rd. Turn right (north) at traffic circle onto Madison Ave. Take first left for driveway entrance to pool.
 From Westsound: Take SR305 to Madison Ave. N and turn right (south). Proceed 0.6 miles to the pool.

ELIGIBILITY: Open to all 2006 USMS registered swimmers age 18 and above on 10/14/06. Age groups determined by the swimmer's age on 10/14/06.

RULES: Current USMS rules will govern meet.

AGE GROUPS (individual events): 18-24, 25-29, and 5-year age groups as high as necessary.

RELAYS: Deck-enter relays at the meet. Age groups 18+, 25+, 35+, and 10-year increments as high as necessary. Age of the youngest relay swimmer determines the age group of the relay. Fantasy relay instructions will be announced at the meet. (NOTE: the relay often utilizes inner tubes, backwards swimming, water polo balls, sculling, flower caps, and/or other exciting and goofy challenges).

SEEDING: Slow to fast. Check-in with the clerk of course.

MEET DIRECTOR: Tara Simsak TaraSimsak@aol.com, 206-780-3687; 206-550-2969
WEBSITE: For more information, visit the PNA website (www.swimpna.org), or BAM website (www.bainbridgeaquaticmasters.org)

SAFETY FIRST

No diving during warm-up/warm-down except into designated sprint lanes.

NAME: _____ M F AGE (on10/14/06) _____

ADDRESS: _____

E-MAIL: _____ PHONE: _____

BIRTHDATE: _____ USMS# _____ Team or Unattached
 Include a copy of your current Masters Registration card if you are not a PNA member.

EMERGENCY CONTACT: _____ PHONE: _____

ENTRY LIMIT: Five individual events, plus relays. Circle if your first Masters meet: Y

EVENT #	EVENT NAME	SEED TIME (Short Course Yards)

ENTRY FEES: \$ 13.00 Surcharge (Includes LMSC & electronic timing fees)

Individual Events: \$ _____ \$1.00 per event. No charge for relays.

TOTAL \$ _____ Optional for age 65 and over, or if needs based

Mail this entry form and fees to: Tara Simsak

8416 NE Beck Rd.
 Bainbridge Island, WA 98110

Entries must be postmarked by Oct. 4 or received by Oct. 7, 2006.
 Late entries will not be accepted.

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.

SIGNATURE: _____ DATE: _____



2006 Membership Application
Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer
 (Old Number _____)

Please print clearly and fill out the entire form. Register with the same name you 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: _____ Male Female (circle one)
Street or box number
 _____ E-Mail: _____
City State Zip+4 please print carefully

Telephone: (____) _____
If you coach a Masters swim team check here
If you are an Official please check here
I am interested helping the PNA committee

CLUB: Pacific NW Aquatics (PNA) **AND** **Team :** _____
 or Unattached **OR** Unattached

2006 Annual Fee: Of your membership fee \$20 is sent to USMS and \$15 remains with PNA to support our programs. \$8 of the USMS portion is designated for the national publication. (There is no discount for those not wishing to receive the national publication).

Choose a membership level A, B, or C below.

- A. Regular:** ~~11/01/05 thru 12/31/06~~ ~~\$35~~
- B. Need-based or Seniors (65 & over):** ~~\$25~~
- C. End of Year 09/01/06-12/31/06** \$20
- Foreign address, add \$10

Make check payable to: **PNA**
 Mail to: Arni H. Litt, Registrar
 1920 10th Ave E
 Seattle, WA 98102-4253

Optional Donations:

USMS Endowment Fund \$ _____
 International Swimmers Hall of Fame \$ _____
TOTAL \$ _____

Questions: (206) 849-1387, 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** _____

The United States Masters Swimming Policy on the privacy of member information is at: www.usms.org/admin/privacy.shtml

TEAMS

- | | | |
|---|---|--|
| BAM: Bainbridge Area Masters | MMST: Meredith Mathews E Madison | SSRM: Swim Seattle Redhawk Masters |
| BC: Bellevue Club | YMCA Mudskippers | STRM: Storm Lake Aquatics |
| BEST: Bellevue Eastside Masters | MIR: Mercer Island Redwoods | SVY: Skagit Valley YMCA |
| BBST: Bellingham Bay Swim Team | NEO: North End Otters | SWIM: South Whidbey Island Masters |
| BMSC: Bellingham Masters Swim Club | NHM: Newport Hills Masters | TACM: Thunderbird Aquatic Masters |
| BS: Brooks Swimming | NSYG: Northshore Y's Guys | TACY: Tacoma Pierce County YMCA |
| CAC: Columbia Athletic Masters-Pine Lake | NWM: North Whidbey Masters | TIG: Tigers |
| DSYM: Downtown Seattle YMCA Masters | OOPS: Old Olympic Peninsula Swimmers | TSC: Tacoma Swim Club |
| ESC: Evergreen Swim Club Masters | ORCA: Orca Swim Club | TMS: Thorbecke's Masters Swimming |
| FSJ: Fins of the San Juans | PAC: Poseidon Aquatic Club | TVA: Tumwater Valley Authority |
| FTSW: Ft. Steilacoom - WAKO | PAM: PAMS | UNAT: Unattached to a Team |
| FWM: Federal Way Master | PRO: Pro Sports Club | UPAC: University Place Aquatic Club |
| GACM: Gateway Athletic Club | PSC: Phinney Ridge Swim Club | VAM: Vashon Aquatic Masters |
| GCMS: Gold Creek Masters (GCM) | PTMS: Port Townsend Master Swimmers | VFC: Valley Fitness Center |
| GLAD: Greenlake Aquaducks | QASC: Queen Anne Swim Club | WAC: Washington Athletic Club |
| HMST: Husky Masters | RAH: Redmond Aqua Hotshots | WCY: Whatcom County YMCA |
| ISST: Issaquah Swim Team | RTB: Raise the Bar | WEST: West coast Aquatics Masters |
| JAM: Juanita Aquatic Masters | RFST: Redmond Foothills Swim Team | WSAS: West Seattle All-Stars |
| LUNA: Team Luna | SAC: Seattle Athletic Club | WSYD: West Seattle YMCA Dolphins |
| LWS: Lynnwood Sharks | SAMM: Samena Club | WWUS: Western WA U Masters Swimming |
| MMM: Mighty Marlins Masters | | YNOT: Y Nauts |



WetSet Subscription/Change of Address Form

The WetSet is PNA's official newsletter. Produced ten times a year, it 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 Arni Litt, PNA Registrar, 1920 10th Ave E, Seattle, WA 98102-4253.

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

Attach old address label here (if available)

Name _____

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City / State / Zip Code _____

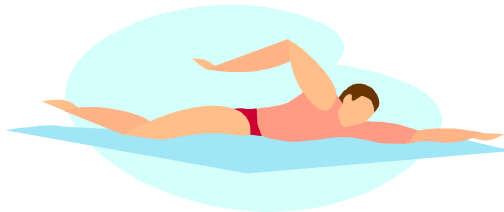
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E-MAIL _____

Change of Address

New Subscription

September 2006 Issue



Pacific Northwest Association of Masters Swimmers
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Seattle, WA 98102-4253

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