



Bellevue Club Meet: Popular and World Class

By
Steve Peterson,
PNA Vice President

Wow! I didn't fully appreciate the popularity and productivity of this year's February favorite until I studied the results. Around 190 swimmers representing over 40 teams showed up on the cool February 18 morning for competition and camaraderie and the return of the 1500 Free. What resulted was a great time for all, not to mention 18 PNA records, 25 Zone records and four World records set at this very fast short course meters venue.

The 9-lane 25-meter pool is wave-free, cool and deep with an adjacent 25-yard pool for warmup/warmdown. Two hot tubs and other amenities (this *is* Bellevue, after all!) and the remodeled locker rooms (they needed a makeover?) added to the elegance of the day. The staff even had a shiny bolt cutter to quickly solve Hugh Moore's forgotten lock combination.

Two swimmers set those World records. Oregon's Tom Landis led the way with three (65-69: 400 Free, 4:55.56; 800 Free,



North Whidbey Masters swimmers Juli Wilson (left) and Joan Delgado. Joan set a new PNA record in the 1500 free (60-64).

10:27.01; and 1500 Free, 19:32.78), taking a combined 40 seconds off the previous marks held by swimming legend Graham Johnston. Tom not only demonstrated an effortless-appearing and splash-free stroke, but his 800 record was the split from his 1500! And congrats to North Whidbey's Jim McCleery, who lowered the 60-64 World record by four seconds in his 1500 (18:50.59).

The youngest record setter was HMST's Richard Jordan (18-24: 200 Back, 2:23.76P; 200 IM, 2:21.70P) while the most senior were BAM's Bernice Phillips (80-84: 50/100/200 Back, 1:00.74Z/2:15.42Z/4:57.93Z) and George Roudebush (80-84: 200

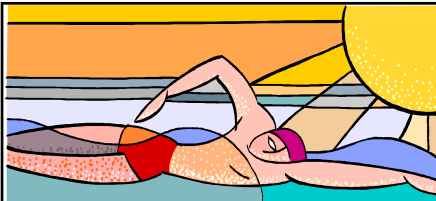
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Photo by Priscilla Clump

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THE WET SET

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In all the excitement surrounding PNA as host of the USMS Short Course National Championships in May, I have barely mentioned PNA Champs this year. Both meets are being held at the Weyerhaeuser King County Aquatic Center in Federal Way, and the national meet organizing committee is using Champs as another warm-up meet. Nationals will be the larger of the two meets but there is plenty happening at Champs.

Awards Time

During a break between events the second day of PNA Champs, awards for the Dawn Musselman Inspirational Swimmer of the Year and the PNA Coach of the Year are announced. If someone you know deserves one of these awards, submit a nomination! If there is a swimmer on your team or in your pool or a coach who inspires you and makes your day better—let us know. See the articles elsewhere in this issue and read the list of past recipients. Each person won that award because someone else thought he or she was special, and did something about it.

Team Points Count

PNA Champs is the only meet of the year where we track points by team, rather than all swimming for PNA, the club, as we will for Nationals. While we have team rivalries with history, we always see surprises from growing and new teams. Remember that if you haven't registered your team this year you must do so before the April 4 entry deadline for Champs in order to count team points. Champs, as always, will be a fun meet in a great facility.

United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers are now, as they always have been, concerned for the safety and health of their members. They will continue to disseminate such information concerning swimming safety and health as comes to their attention. However, United States Masters Swimming, Inc. and the Pacific Northwest Association of Masters Swimmers cannot and does not accept responsibility for the content of any information or material not authored by United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers. All opinions stated in any such material are solely those of the authors and not necessarily those of United States Masters Swimming, Inc. or the Pacific Northwest Association of Masters Swimmers.

LEADING OFF



By Jeanne Ensign,
PNA President

New PNA Meet

Before either Champs or nationals, the Briggs Masters Swim Team, a first-time PNA meet host, is putting on a meet March 24 at the Briggs YMCA in Olympia. They are looking forward to hosting us.

Whether or not you come to these spring meets, and I hope you do, remember that getting in the pool for any reason will make your day better. Meets are full of excitement and a time to visit with each other. Practices have their own rhythms. Open water is yet another world. Look for the quiet moments in the water; you just never know when or where you will find the next one.

Officer Elections

PNA elects new officers every two years and 2007 is an election year. You will find a ballot insert in this issue with a slate of officers and three at-large reps. Please vote your choice. Normally new officers start their term the first PNA meeting after Champs, but because we are hosting nationals (have I said that yet?) the new officers' first meeting will be the June board meeting. To the candidates, thank you for volunteering your time and talents in service to PNA.

Happy swimming!



MASTERS 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**.*

January 1 to December 31, 2007
Fitness Check-Off Challenge
Le Tour de Pool
Hugh Moore
swimmoore@comcast.net
Visit www.usms.org/fitness for entry form.

March 24, 2007
SCY Meet
Briggs YMCA
Lacey, Wash.

March 27, 2007
PNA Board Meeting, 6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

April 14 & 15, 2007
SCY PNA Champs
Weyerhaeuser King County Aquatic Center
Federal Way, Wash.
Entry form on pages 16 and 17

April 20 to April 22, 2007
Oregon Association/NW Zone SCY Championships - Bend, Ore.

April 24, 2007
PNA Board Meeting, 6:45 p.m.
Yesler Community Center
917 E. Yesler Way, Seattle

May 15 to September 15, 2007
USMS 5 and 10 km Postal Championships
Susan Ingraham; (210) 493-0388
aquatex101@aol.com

May 17 to May 20, 2007
USMS Short Course Championships
Weyerhaeuser King County Aquatic Center
Federal Way, Wash.
Jane Moore, (253) 759-4956
swimmoore@comcast.net

May 19, 2007
USMS 3-6 Mile Open Water Championships (5 km) - Gulf of Mexico, Ft. Myers Beach, Fla.

May 27, 2007
USMS 1 Mile Open Water Championships
Lake Audubon, Reston, Va.
Gordon Gerson (703) 845-SWIM
rmst@restonmasters.org;
www.restonmasters.org;

July 1, 2007
Canada Day OW
1km, 2km & 4km
Sasamat Lake, B.C.
www.vovsa.bc.com;
vovsa2007@gmail.com

July 14, 2007
Fat Salmon OW
1 & 3 miles distances
Lake Washington
fatsalmonswim@gmail.com

July 14, 2007
USMS 6+ Mile Open Water Championships (10 km) - Huntington Bay, Huntington, N.Y.

July 14, 2007
Lake Padden OW

July 22, 2007
Bay Challenge OW
10km-solo and team
Sandy Cover to Kits Beach. B.C.
www.vovsa.bc.com;
vovsa2007@gmail.com

July 28, 2007
Kits Challenge OW
1km, 2km & 4km
Kits Beach, B.C.
www.vovsa.bc.com;
vovsa2007@gmail.com



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



Bellevue Club Meet

Short Course Meters

February 18, 2007

PNA-BELLEVUE CLUB
02-18-07
SHORT COURSE METER
P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD
W = WORLD RECORD

WOMEN 19-24

50 M. FREE		
ERIN JACOBSON	22 WWUS	29.30
SHONA PIERCE	22 WWUS	29.64
BRIANNA VENABLE	23 UNAT	30.64
ANIKA AHMED	20 WWUS	30.93
ELISHA NAYLOR	21 WWUS	34.05
NICOLE THEBERGE	20 WWUS	37.28
100 M. FREE		
SHONA PIERCE	22 WWUS	1:06.08
ERIN JACOBSON	22 WWUS	1:06.78
BRIANNA VENABLE	23 UNAT	1:09.00
AMANDA SUCHANEK	23 NSYG	1:22.68
S.SLOAN-EVANS	19 WWUS	1:26.00
200 M. FREE		
S.SLOAN-EVANS	19 WWUS	3:09.83
400 M. FREE		
S.SLOAN-EVANS	19 WWUS	6:32.55
50 M. BACK		
SHONA PIERCE	22 WWUS	35.05
ANIKA AHMED	20 WWUS	39.11
ELISHA NAYLOR	21 WWUS	39.65
50 M. FLY		
BRIANNA VENABLE	23 UNAT	32.54
SHONA PIERCE	22 WWUS	34.68
ANIKA AHMED	20 WWUS	34.75
ERIN JACOBSON	22 WWUS	34.83
ELISHA NAYLOR	21 WWUS	38.26
AMANDA SUCHANEK	23 NSYG	44.50
100 M. FLY		
ERIN JACOBSON	22 WWUS	1:22.39
100 M. I.M.		
SHONA PIERCE	22 WWUS	1:17.28
BRIANNA VENABLE	23 UNAT	1:19.50
200 M. I.M.		
NICOLE THEBERGE	20 WWUS	3:29.44

WOMEN 25-29

50 M. FREE		
ERIN BUNKER	28 TACM	32.34
MARCIA MARCY	28 UPAC	38.74
100 M. FREE		
ERIN BUNKER	28 TACM	1:13.79
400 M. FREE		
CASI HEINTZMAN	26 SSRM	6:39.84
50 M. FLY		
MARCIA MARCY	28 UPAC	49.34
100 M. FLY		
KELLY CRANDELL	27 UPAC	1:22.36
200 M. FLY		
KELLY CRANDELL	27 UPAC	3:11.13
100 M. I.M.		
KELLY CRANDELL	27 UPAC	1:18.55
ERIN BUNKER	28 TACM	1:24.73
MARCIA MARCY	28 UPAC	1:50.41
200 M. I.M.		
KELLY CRANDELL	27 UPAC	2:51.07

WOMEN 30-34

50 M. FREE		
RHAE SHAW	32 PRO	32.10

100 M. FREE		
RHAE SHAW	32 PRO	1:09.96
200 M. FREE		
RHAE SHAW	32 PRO	2:38.06
400 M. FREE		
RHAE SHAW	32 PRO	5:37.25
1500 M. FREE		
RHAE SHAW	32 PRO	22:45.75
50 M. BRST		
JEAN DILLON	33 LWS	38.50
100 M. BRST		
JEAN DILLON	33 LWS	1:23.69
100 M. FLY		
JEAN DILLON	33 LWS	1:14.79

WOMEN 35-39

50 M. FREE		
JENNY WARD	36 WSYD	29.01
LIZ SHIMIZU	38 SSRM	34.34
PATTY BREDICE	37 NSYG	35.06
KRISTINE ANTILLA	39 UPAC	37.24
JANAE MCCULLOUGH	37 UPAC	42.06
100 M. FREE		
MEGAN BUSSART	37 BMSC	1:11.24
PATTY BREDICE	37 NSYG	1:16.93
SHANNON SINGER	37 SVY	1:24.32
D.PROFFITT-SCHRAG	35 CAC	1:54.50
200 M. FREE		
PATTY BREDICE	37 NSYG	2:50.77
BLANCHE BYBEE	39 FSJ	2:59.86
400 M. FREE		
JENNY WARD	36 WSYD	5:10.86
MEGAN BUSSART	37 BMSC	5:20.33
LIZ SHIMIZU	38 SSRM	5:41.19
PATTY BREDICE	37 NSYG	6:09.30
BLANCHE BYBEE	39 FSJ	6:14.80
SHANNON SINGER	37 SVY	6:50.75
JANAE MCCULLOUGH	37 UPAC	7:04.72
1500 M. FREE		
SARA NELSON	35 OR	19:28.92
LIZ SHIMIZU	38 SSRM	22:26.24
SHANNON CALLIES	38 CAC	27:37.75
50 M. BACK		
SHANNON SINGER	37 SVY	47.51
100 M. BACK		
MEGAN BUSSART	37 BMSC	1:23.53
JANAE MCCULLOUGH	37 UPAC	1:43.00
200 M. BACK		
SARA NELSON	35 OR	2:52.53
50 M. BRST		
KRISTINE ANTILLA	39 UPAC	47.07
JANAE MCCULLOUGH	37 UPAC	56.13
100 M. BRST		
MEGAN BUSSART	37 BMSC	1:33.99
KRISTINE ANTILLA	39 UPAC	1:43.83
50 M. FLY		
JENNY WARD	36 WSYD	33.78
KRISTINE ANTILLA	39 UPAC	44.90
D.PROFFITT-SCHRAG	35 CAC	1:00.98
100 M. I.M.		
SHANNON SINGER	37 SVY	1:42.99
JANAE MCCULLOUGH	37 UPAC	1:54.86
D.PROFFITT-SCHRAG	35 CAC	2:13.42
200 M. I.M.		
SARA NELSON	35 OR	2:48.57
400 M. I.M.		
LIZ SHIMIZU	38 SSRM	6:41.76

WOMEN		
40-44		
50 M. FREE		
KATHERINE ROGERS	40 SWIM	35.37
JOAN BRINDLE	43 UNAT	38.60

100 M. FREE		
KRIS SPEIR	44 UPAC	1:14.16
KATHERINE ROGERS	40 SWIM	1:19.67
SUZANNE WAY	43 LWS	1:20.41
PAM WILLIAMSON	43 WEST	1:22.64
CATIE RODEHEFFER	41 NWM	1:28.33
JOAN BRINDLE	43 UNAT	1:31.36
200 M. FREE		
PAM WILLIAMSON	43 WEST	2:54.47
SUZANNE WAY	43 LWS	2:58.24
400 M. FREE		
KRIS SPEIR	44 UPAC	5:57.27
PAM WILLIAMSON	43 WEST	6:10.75
1500 M. FREE		
CYNTHIA KRASS	44 CAC	22:11.03
CATIE RODEHEFFER	41 NWM	26:21.76
100 M. BACK		
PAM WILLIAMSON	43 WEST	1:33.32
SUZANNE WAY	43 LWS	1:43.11
50 M. BRST		
JOAN BRINDLE	43 UNAT	52.32
SUZANNE WAY	43 LWS	55.06
100 M. BRST		
KRIS SPEIR	44 UPAC	1:34.01
50 M. FLY		
KRIS SPEIR	44 UPAC	36.86
CYNTHIA KRASS	44 CAC	37.24
KATHERINE ROGERS	40 SWIM	43.88
100 M. FLY		
CYNTHIA KRASS	44 CAC	1:23.93
200 M. FLY		
TATYANA MISHEL	44 SSRM	3:24.19P
100 M. I.M.		
TATYANA MISHEL	44 SSRM	1:31.54
SUZANNE WAY	43 LWS	1:40.17
KATHERINE ROGERS	40 SWIM	1:40.46
200 M. I.M.		
PAM WILLIAMSON	43 WEST	3:17.97
CATIE RODEHEFFER	41 NWM	3:44.36
400 M. I.M.		
TATYANA MISHEL	44 SSRM	6:57.39

WOMEN 45-49

50 M. FREE		
LISA DAHL	46 BAM	29.84
CINDY SHELTON	47 UNAT	32.15
LISA WALKER	46 UNAT	33.45
MARTHA WAYS	49 SAC	35.85
MARCIA SMITH	47 LWS	37.13
MOLLY O'NEIL	49 FSJ	42.51
TERI CAPP	47 WSYD	47.42
LESLEY WEINBERG	48 WSYD	48.05
GRACE BENNETT	46 WSYD	49.39
100 M. FREE		
ZENA COURTNEY	48 FWM	1:07.84
CINDY SHELTON	47 UNAT	1:13.26
MARTHA WAYS	49 SAC	1:20.47
WENDY HOFFMAN	45 MICC	1:21.25
MARCIA SMITH	47 LWS	1:22.65
GRACE BENNETT	46 WSYD	1:53.72
TERI CAPP	47 WSYD	1:54.60
200 M. FREE		
LISA PACE	46 NEO	2:25.57P
ZENA COURTNEY	48 FWM	2:25.86
LISA WALKER	46 UNAT	2:43.59
GRACE BENNETT	46 WSYD	4:20.01
400 M. FREE		
LISA PACE	46 NEO	5:05.36P
LISA WALKER	46 UNAT	5:41.34
MARTHA WAYS	49 SAC	6:15.02
MARCIA SMITH	47 LWS	6:19.09



GRACE BENNETT	46 WSYD	8:53.64
50 M. BACK		
ZENA COURTNEY	48 FWM	35.14
100 M. BACK		
ZENA COURTNEY	48 FWM	1:15.44
LISA WALKER	46 UNAT	1:27.78
200 M. BACK		
ZENA COURTNEY	48 FWM	2:41.84P
MARGARET DIDDAMS	46 NEO	3:09.65
50 M. BRST		
LISA DAHL	46 BAM	41.82
TONYA BERG	48 GLAD	41.98
TERRY RATHBUN	49 UNAT	42.46
MOLLY O'NEIL	49 FSJ	1:04.78
100 M. BRST		
TONYA BERG	48 GLAD	1:30.05
TERRY RATHBUN	49 UNAT	1:31.44
200 M. BRST		
TONYA BERG	48 GLAD	3:13.33P
MARGARET DIDDAMS	46 NEO	3:32.03
100 M. I.M.		
TERRY RATHBUN	49 UNAT	1:23.42
TONYA BERG	48 GLAD	1:25.83
MARGARET DIDDAMS	46 NEO	1:27.44
WENDY HOFFMAN	45 MICC	1:33.03
200 M. I.M.		
LISA PACE	46 NEO	2:45.87P
WENDY HOFFMAN	45 MICC	3:19.25
MARCIA SMITH	47 LWS	3:34.58

WOMEN 50-54

50 M. FREE		
MARY LIPPOLD	51 NEO	30.88P
JO MOORE	52 BC	31.23
DEBBIE GLASSMAN	54 CAC	31.94
MICHELLE MENKENS	51 FWM	33.76
MARIANNE MASON	52 TVA	36.80
KAREN MAHER	50 BADD	1:06.91
100 M. FREE		
MARY LIPPOLD	51 NEO	1:07.16Z
JO MOORE	52 BC	1:08.84
DEBBIE GLASSMAN	54 CAC	1:13.20
MICHELLE MENKENS	51 FWM	1:15.26
CAROLINE BROWN	50 PSC	1:15.53
MARIANNE MASON	52 TVA	1:21.39
KAREN MAHER	50 BADD	2:40.15
200 M. FREE		
MARY LIPPOLD	51 NEO	2:30.63Z
JO MOORE	52 BC	2:30.73
MARIANNE MASON	52 TVA	2:55.77
CHRISTINE PRUNEAU	50 WSYD	3:13.64
400 M. FREE		
JO MOORE	52 BC	5:12.93Z
MARY LIPPOLD	51 NEO	5:16.56
CAROLINE BROWN	50 PSC	5:40.99
MARGARET HAIR	52 INWM	6:00.06
1500 M. FREE		
JO MOORE	52 BC	20:51.18Z
50 M. BACK		
KAREN MAHER	50 BADD	1:27.79
100 M. BACK		
CHRISTINE PRUNEAU	50 WSYD	1:52.71
200 M. BACK		
DAWN JAEGER	51 NEO	3:06.35
50 M. BRST		
MARGARET HAIR	52 INWM	43.07
50 M. FLY		
DEBBIE GLASSMAN	54 CAC	35.30
MICHELLE MENKENS	51 FWM	40.30
CHRISTINE PRUNEAU	50 WSYD	48.89
100 M. FLY		
MARY LIPPOLD	51 NEO	1:18.61Z
200 M. FLY		
DEBBIE GLASSMAN	54 CAC	3:10.86
MARGARET HAIR	52 INWM	3:20.97
100 M. I.M.		
DAWN JAEGER	51 NEO	1:27.20
200 M. I.M.		
DAWN JAEGER	51 NEO	3:03.69
400 M. I.M.		
DAWN JAEGER	51 NEO	6:29.15Z

WOMEN 55-59

50 M. FREE		
LYNN MARTINDELL	59 CAC	35.65
JEAN BLACKBURN	56 FWM	39.19
JULIANA WILSON	55 NWM	40.05
100 M. FREE		
CHARLOTTE DAVIS	57 NEO	1:09.11Z
LYNN MARTINDELL	59 CAC	1:20.51
JEAN BLACKBURN	56 FWM	1:28.03
JULIANA WILSON	55 NWM	1:29.35
SANDY MCNEEL	55 NEO	1:36.65
JANE MOORE	57 FWM	1:38.95
200 M. FREE		
LYNN MARTINDELL	59 CAC	3:08.23
MEL LEBSACK	59 UNAT	3:13.65
JULIANA WILSON	55 NWM	3:18.09
400 M. FREE		
JANE MOORE	57 FWM	7:32.60
1500 M. FREE		
BRENDA BECKETT	58 FSJ	23:58.14
KATHRINE CASEY	59 FTSW	24:34.49
MEL LEBSACK	59 UNAT	25:31.38
100 M. BACK		
KATHRINE CASEY	59 FTSW	1:31.93
JANE MOORE	57 FWM	2:03.61
200 M. BACK		
KATHRINE CASEY	59 FTSW	3:16.50
100 M. BRST		
JANE MOORE	57 FWM	2:26.77
200 M. BRST		
MEL LEBSACK	59 UNAT	4:15.82
50 M. FLY		
CHARLOTTE DAVIS	57 NEO	34.85Z
SANDY MCNEEL	55 NEO	1:03.10
100 M. I.M.		
JEAN BLACKBURN	56 FWM	1:42.20
LYNN MARTINDELL	59 CAC	1:44.01
JANE MOORE	57 FWM	2:05.63
200 M. I.M.		
CHARLOTTE DAVIS	57 NEO	2:56.37Z
400 M. I.M.		
CHARLOTTE DAVIS	57 NEO	6:10.45Z
KATHRINE CASEY	59 FTSW	7:16.94
MEL LEBSACK	59 UNAT	8:17.27

WOMEN 60-64

50 M. FREE		
SANDI ROUSSEAU	60 OR	37.86
ARNI LITT	61 GLAD	41.45

100 M. FREE		
SANDI ROUSSEAU	60 OR	1:20.90
400 M. FREE		
ARNI LITT	61 GLAD	6:50.54
JOAN DELGADO	62 NWM	6:56.15
JEANNE ENSIGN	61 GLAD	7:55.09
1500 M. FREE		
JOAN DELGADO	62 NWM	27:48.25P
JEANNE ENSIGN	61 GLAD	30:14.85
100 M. BACK		
JOAN DELGADO	62 NWM	2:12.29
200 M. BACK		
JOAN DELGADO	62 NWM	3:51.00
50 M. BRST		
ARNI LITT	61 GLAD	50.51
100 M. BRST		
ARNI LITT	61 GLAD	1:48.46
200 M. BRST		
ARNI LITT	61 GLAD	3:49.56
50 M. FLY		
SARAH WELCH	60 NEO	39.77P
SANDI ROUSSEAU	60 OR	41.31
100 M. FLY		
SARAH WELCH	60 NEO	1:40.78
SANDI ROUSSEAU	60 OR	1:40.79
200 M. FLY		
SARAH WELCH	60 NEO	3:39.90
100 M. I.M.		
SANDI ROUSSEAU	60 OR	1:37.98

WOMEN 65-69

50 M. BACK		
JOY WARD	65 OR	41.82Z
100 M. BACK		
JOY WARD	65 OR	1:31.22Z
CHAYA AMIAD	69 WSYD	2:47.95
200 M. BACK		
JOY WARD	65 OR	3:17.17Z
200 M. FLY		
CHAYA AMIAD	69 WSYD	7:03.75
400 M. I.M.		
CHAYA AMIAD	69 WSYD	13:19.35

WOMEN 70-74

100 M. FREE		
BARBARA ALLEN	74 UNAT	2:08.82
50 M. BACK		
BARBARA ALLEN	74 UNAT	59.44
100 M. BACK		
BARBARA ALLEN	74 UNAT	2:12.16



Karen Dugan and Meet Director Cory Hilderbrand

Photo by Priscilla Clump

Photo by Priscilla Clump



NWM Assistant Coach Catie Rodeheffer

DOUG JELEN	34 UNAT	2:16.21
400 M. FREE		
STEVEN ROSARIA	33 PRO	5:07.14
ERIC SMITH	31 WSU	5:16.70
1500 M. FREE		
STEVEN ROSARIA	33 PRO	20:48.58
50 M. BACK		
KELLY JAHNS	34 UNAT	36.21
200 M. BACK		
STEVEN ROSARIA	33 PRO	2:57.86
50 M. BRST		
KELLY JAHNS	34 UNAT	38.02
DOUG JELEN	34 UNAT	40.11
100 M. BRST		
DOUG JELEN	34 UNAT	1:27.03
200 M. BRST		
STEVEN ROSARIA	33 PRO	3:04.92
50 M. FLY		
BRIAN KNITTLE	34 UNAT	27.94
JON WALKER	32 TVA	29.71
100 M. FLY		
JON WALKER	32 TVA	1:05.74
200 M. FLY		
DOUG JELEN	34 UNAT	2:28.14
100 M. I.M.		
JON WALKER	32 TVA	1:07.32
BRIAN KNITTLE	34 UNAT	1:09.01
KELLY JAHNS	34 UNAT	1:15.71
200 M. I.M.		
KELLY JAHNS	34 UNAT	2:43.09
400 M. I.M.		
STEVEN ROSARIA	33 PRO	6:16.27

200 M. BACK		
BARBARA ALLEN	74 UNAT	4:50.30P

WOMEN 75-79

50 M. FREE		
GAIL GLADWELL	76 BC	1:02.08
100 M. FREE		
GAIL GLADWELL	76 BC	2:16.45
400 M. FREE		
JANET KAVADAS	76 NEO	10:00.50
50 M. BACK		
JANET KAVADAS	76 NEO	1:08.11
GAIL GLADWELL	76 BC	1:18.86
100 M. BACK		
JANET KAVADAS	76 NEO	2:15.90
200 M. BACK		
JANET KAVADAS	76 NEO	4:53.60
50 M. BRST		
GAIL GLADWELL	76 BC	1:09.38
100 M. BRST		
JANET KAVADAS	76 NEO	2:38.97

WOMEN 80-84

50 M. FREE		
BERNICE PHILLIPS	80 BAM	1:05.15
100 M. FREE		
BERNICE PHILLIPS	80 BAM	2:23.63
50 M. BACK		
BERNICE PHILLIPS	80 BAM	1:00.74Z
100 M. BACK		
BERNICE PHILLIPS	80 BAM	2:15.42Z
200 M. BACK		
BERNICE PHILLIPS	80 BAM	4:57.93Z

WOMEN 85-89

50 M. BRST		
LIVIA WALKER	85 GLAD	1:43.19

MEN 19-24

50 M. FREE		
JORDAN RICE	23 RAT	26.78
RICHARD JORDAN	21 HMST	27.15
SCHUYLAR SMART	24 UNAT	28.14
SHINGO ITO	24 WWUS	29.29
ADAM CLUMP	24 NWM	30.65
100 M. FREE		
RICHARD JORDAN	21 HMST	57.29

JORDAN RICE	23 RAT	59.98
MARK FANNING	21 WWUS	1:02.23
200 M. FREE		
ADAM CLUMP	24 NWM	2:34.94
50 M. BACK		
MARK FANNING	21 WWUS	31.87
100 M. BACK		
MARK FANNING	21 WWUS	1:14.14
200 M. BACK		
RICHARD JORDAN	21 HMST	2:23.76P
50 M. BRST		
SCHUYLAR SMART	24 UNAT	36.27
ADAM CLUMP	24 NWM	41.19
200 M. BRST		
RICHARD JORDAN	21 HMST	2:40.27
50 M. FLY		
SHINGO ITO	24 WWUS	31.29
JORDAN RICE	23 RAT	31.74
100 M. I.M.		
JORDAN RICE	23 RAT	1:08.18
200 M. I.M.		
RICHARD JORDAN	21 HMST	2:21.70P

MEN 25-29

50 M. FREE		
SANDER BOGDAN	29 PRO	29.70
400 M. FREE		
MAC SNOW	28 WSYD	4:46.22
50 M. BACK		
MAC SNOW	28 WSYD	30.70
100 M. BACK		
MAC SNOW	28 WSYD	1:22.52
50 M. BRST		
SANDER BOGDAN	29 PRO	34.25
50 M. FLY		
SANDER BOGDAN	29 PRO	32.46
100 M. I.M.		
SANDER BOGDAN	29 PRO	1:14.66

MEN 30-34

50 M. FREE		
JON WALKER	32 TVA	26.98
ERIC SMITH	31 WSU	27.96
DOUG JELEN	34 UNAT	28.76
KELLY JAHNS	34 UNAT	30.11
100 M. FREE		
JON WALKER	32 TVA	59.07
ERIC SMITH	31 WSU	1:00.96
200 M. FREE		

MEN 35-39

50 M. FREE		
ZAC MONTGOMERY	36 WEST	27.93
MARIO DELNAGRO	35 SVY	28.20
TOM SCHULZ	36 UNAT	30.56
KERRY NESS	38 SVY	34.48
100 M. FREE		
KIRK NELSON	37 HMST	58.97
ZAC MONTGOMERY	36 WEST	1:02.07
MARIO DELNAGRO	35 SVY	1:03.91
TOM SCHULZ	36 UNAT	1:06.87
200 M. FREE		
TOM SCHULZ	36 UNAT	2:30.45
400 M. FREE		
KIRK NELSON	37 HMST	4:34.65
LUIS DIAZ	36 UNAT	6:48.43
JASON LASSEN	35 BMSC	6:52.00
1500 M. FREE		
LUIS DIAZ	36 UNAT	26:58.94
50 M. BACK		
MARIO DELNAGRO	35 SVY	37.81
50 M. BRST		
TODD DOHERTY	36 BC	33.45
KAS BADIOZAMANI	39 BC	42.07
JASON LASSEN	35 BMSC	42.22
KERRY NESS	38 SVY	43.19
100 M. BRST		
ZAC MONTGOMERY	36 WEST	1:20.19
JASON LASSEN	35 BMSC	1:31.38
KERRY NESS	38 SVY	1:37.50
200 M. BRST		
TODD DOHERTY	36 BC	2:48.60
JASON LASSEN	35 BMSC	3:17.74
KAS BADIOZAMANI	39 BC	3:38.35
50 M. FLY		
ZAC MONTGOMERY	36 WEST	31.97
MIKE GRIMM	39 PRO	35.23
100 M. I.M.		
TODD DOHERTY	36 BC	1:05.89
ZAC MONTGOMERY	36 WEST	1:13.71
MIKE GRIMM	39 PRO	1:19.71
TOM SCHULZ	36 UNAT	1:24.18
KAS BADIOZAMANI	39 BC	1:27.69
KERRY NESS	38 SVY	1:33.96
200 M. I.M.		
KIRK NELSON	37 HMST	2:30.19
MIKE GRIMM	39 PRO	2:52.30
TOM SCHULZ	36 UNAT	3:01.69



MEN 40-44

50 M. FREE		
PAUL GARDNER	40 WSYD	32.21
100 M. FREE		
TIMOTHY NELSON	42 OR	1:00.76
RICK FERRERO	43 PSC	1:05.29
PAUL GARDNER	40 WSYD	1:18.53
200 M. FREE		
DAVID KAYS	40 PRO	2:05.17P
BRIAN HOKE	41 CAC	2:30.37
400 M. FREE		
DAVID KAYS	40 PRO	4:22.82Z
TIMOTHY NELSON	42 OR	4:36.53
RICK FERRERO	43 PSC	5:14.31
BRIAN HOKE	41 CAC	5:21.07
1500 M. FREE		
DAVID KAYS	40 PRO	17:30.39Z
TIMOTHY NELSON	42 OR	18:46.52
50 M. BACK		
STEVE RUITER	42 GLAD	33.95
100 M. BACK		
RICK FERRERO	43 PSC	1:21.21
200 M. BACK		
STEVE RUITER	42 GLAD	2:27.76
TIMOTHY NELSON	42 OR	2:39.28
50 M. BRST		
JB GOESSMON	42 BAM	41.24
100 M. BRST		
MARK YANG	42 CAC	1:44.74
200 M. BRST		
TIMOTHY NELSON	42 OR	3:02.93
50 M. FLY		
DAVID KAYS	40 PRO	28.62
PAUL GARDNER	40 WSYD	39.89
100 M. FLY		
STEVE RUITER	42 GLAD	1:06.23
BRIAN HOKE	41 CAC	1:12.18
200 M. FLY		
MARK YANG	42 CAC	3:40.44
100 M. I.M.		
RICK FERRERO	43 PSC	1:18.39
200 M. I.M.		
BRIAN HOKE	41 CAC	2:42.35
MARK YANG	42 CAC	3:33.59
400 M. I.M.		
STEVE RUITER	42 GLAD	5:19.38
MARK YANG	42 CAC	7:27.45

MEN 45-49

50 M. FREE		
JON BACA	47 TACM	26.40
ERIC VALLEY	46 TVA	27.90
DAVID TURNER	45 WEST	29.10
PAUL WEBBER	49 BAM	30.55
STEVEN WADE	49 SVY	35.89
100 M. FREE		
ERIC VALLEY	46 TVA	1:01.15
DAVID TURNER	45 WEST	1:04.34
PAUL WEBBER	49 BAM	1:06.35
PETER OAKLEY	46 SWIM	1:11.40
STEVEN WADE	49 SVY	1:19.67
200 M. FREE		
ERIC VALLEY	46 TVA	2:18.04
ERIC DYBDAHL	47 FWM	2:31.82
PETER OAKLEY	46 SWIM	2:39.17
STEVEN WADE	49 SVY	2:55.77
400 M. FREE		
DAN SMITH	45 FWM	4:49.73
ERIC VALLEY	46 TVA	4:55.43
STEVE REESE	49 WSYD	5:11.16
ERIC DYBDAHL	47 FWM	5:12.45
DAVID TURNER	45 WEST	5:23.43
PETER OAKLEY	46 SWIM	5:38.10
STEVEN WADE	49 SVY	6:08.39
1500 M. FREE		
STEVEN WADE	49 SVY	23:52.43
50 M. BACK		
CARL HAYNIE	47 CAC	33.62
100 M. BACK		
CARL HAYNIE	47 CAC	1:11.34
200 M. BACK		
CARL HAYNIE	47 CAC	2:40.98

50 M. BRST		
JON BACA	47 TACM	32.69
DAN SMITH	45 FWM	35.01
DAVID WARREN	47 QASC	45.62
100 M. BRST		
JON BACA	47 TACM	1:13.26
DAN SMITH	45 FWM	1:17.70
DAVID TURNER	45 WEST	1:26.09
STEVE REESE	49 WSYD	1:31.30
200 M. BRST		
DAN SMITH	45 FWM	2:51.22
STEVE REESE	49 WSYD	3:12.13
50 M. FLY		
JON BACA	47 TACM	29.43
PAUL WEBBER	49 BAM	33.90
KEVIN MCNEAL	46 UNAT	34.07
DAVID WARREN	47 QASC	35.43
100 M. FLY		
PAUL WEBBER	49 BAM	1:18.69
200 M. FLY		
ERIC DYBDAHL	47 FWM	2:51.78
100 M. I.M.		
CARL HAYNIE	47 CAC	1:13.75
DAVID WARREN	47 QASC	1:25.64
200 M. I.M.		
ERIC DYBDAHL	47 FWM	2:59.90
DAVID TURNER	45 WEST	3:01.03

MEN 50-54

50 M. FREE		
WES EDWARDS	54 OR	26.43
RALPH BUSCH	51 NSYG	27.18
DALE CARY	50 UNAT	29.57
GARRY DUSCHL	52 UNAT	29.77
JIM GROSS	53 SVY	29.86
MARC NORSEN	50 NSYG	30.19
DAN BAILEY	50 UNAT	30.69
DAVID KEITH	50 UNAT	31.71
BOB HARTWIG	52 FWM	33.66
100 M. FREE		
RALPH BUSCH	51 NSYG	1:02.18
FREDERICK GRAHAM	50 WAC	1:05.04
MARC NORSEN	50 NSYG	1:05.60
JIM GROSS	53 SVY	1:07.09
GARRY DUSCHL	52 UNAT	1:07.87
DAN BAILEY	50 UNAT	1:08.63
BOB HARTWIG	52 FWM	1:14.62
200 M. FREE		
FREDERICK GRAHAM	50 WAC	2:24.12
DALE CARY	50 UNAT	2:26.29
JIM GROSS	53 SVY	2:32.40
400 M. FREE		
FREDERICK GRAHAM	50 WAC	5:10.51
DALE CARY	50 UNAT	5:14.70
PETER BERNER-HAYS	51 PSC	5:28.60
JIM GROSS	53 SVY	5:29.86
1500 M. FREE		
FREDERICK GRAHAM	50 WAC	21:02.22
JIM GROSS	53 SVY	22:03.20
50 M. BACK		
WES EDWARDS	54 OR	31.57
GARRY DUSCHL	52 UNAT	35.95
DAVID KEITH	50 UNAT	37.16
DAN BAILEY	50 UNAT	38.19
100 M. BACK		
BOB HARTWIG	52 FWM	1:39.81
200 M. BACK		
STEVE FREEBORN	52 FWM	2:53.67
50 M. BRST		
DALE CARY	50 UNAT	38.42
DAVID KEITH	50 UNAT	42.84
50 M. FLY		
STEVE FREEBORN	52 FWM	31.12
DALE CARY	50 UNAT	31.65
MARC NORSEN	50 NSYG	32.63
HUGH MOORE	53 FWM	32.73
DAN BAILEY	50 UNAT	36.30
100 M. FLY		
BRIAN RUSSELL	50 BAM	1:07.05
STEVE FREEBORN	52 FWM	1:14.16
HUGH MOORE	53 FWM	1:14.57
200 M. FLY		
HUGH MOORE	53 FWM	2:51.33

100 M. I.M.		
STEVE FREEBORN	52 FWM	1:18.01
GARRY DUSCHL	52 UNAT	1:19.24
PETER BERNER-HAYS	51 PSC	1:20.84
BOB HARTWIG	52 FWM	1:31.97
200 M. I.M.		
BRIAN RUSSELL	50 BAM	2:35.05

MEN 55-59

50 M. FREE		
JIM KENDRICK	55 SVY	29.13
GORDON CLARK	56 GC	29.31
BILL PENN	56 TVA	30.24
DOUG THOMPSON	59 TACM	33.63
MICHAEL SPENCE	56 NWM	39.22
100 M. FREE		
GORDON CLARK	56 GC	1:06.08
JIM KENDRICK	55 SVY	1:06.29
BILL PENN	56 TVA	1:07.81
JOHN DEWIT	55 SWIM	1:08.25
BRIAN CARLTON	57 NSYG	1:15.55
MICHAEL SPENCE	56 NWM	1:32.09
200 M. FREE		
JIM KENDRICK	55 SVY	2:36.96
400 M. FREE		
BILL PENN	56 TVA	5:00.68
JOHN DEWIT	55 SWIM	5:30.06
JIM KENDRICK	55 SVY	5:35.69
BRIAN CARLTON	57 NSYG	6:05.49
DOUG THOMPSON	59 TACM	6:15.83
MICHAEL SPENCE	56 NWM	7:09.45
1500 M. FREE		
BILL PENN	56 TVA	20:02.82
JOHN DEWIT	55 SWIM	21:53.97
BRIAN CARLTON	57 NSYG	23:35.31
MICHAEL SPENCE	56 NWM	29:07.51
RON HANSEN	58 SVY	29:08.15
50 M. BACK		
GORDON CLARK	56 GC	34.97
DOUG THOMPSON	59 TACM	41.55
200 M. BACK		
RON HANSEN	58 SVY	3:41.76
50 M. BRST		
GREGORY JOANNIDES	59 FWM	41.58
DOUG THOMPSON	59 TACM	43.28
100 M. BRST		
GREGORY JOANNIDES	59 FWM	1:41.19
RON HANSEN	58 SVY	1:48.17
MICHAEL SPENCE	56 NWM	1:59.76
200 M. BRST		
RON HANSEN	58 SVY	4:00.51
50 M. FLY		
GORDON CLARK	56 GC	33.35P
100 M. I.M.		
GORDON CLARK	56 GC	1:17.51
DOUG THOMPSON	59 TACM	1:29.72
GREGORY JOANNIDES	59 FWM	1:35.87
RON HANSEN	58 SVY	2:24.22

MEN 60-64

50 M. FREE		
ROBERT PILGER	64 UNAT	29.80
JOHN LEET	62 FWM	32.48
MICHAEL MCKINLAY	64 BEST	36.91



Terri White, Starter (left) and Linda Vicik, Meet Referee

100 M. FREE		
ROBERT PILGER	64 UNAT	1:11.27
JOHN LEET	62 FWM	1:14.30
JEFF JACOBSEN	63 SWIM	1:27.34
200 M. FREE		
ROBERT PILGER	64 UNAT	2:49.28
JEFF JACOBSEN	63 SWIM	3:17.60
400 M. FREE		
GARY ERNST	62 WSYD	8:11.68
1500 M. FREE		
JAMES MCCLEERY	61 NWM	18:50.59W
50 M. BACK		
MICHAEL MCKINLAY	64 BEST	40.98
100 M. BACK		
MICHAEL MCCOLLY	62 NEO	1:19.47
MICHAEL MCKINLAY	64 BEST	1:31.03
200 M. BACK		
MICHAEL MCCOLLY	62 NEO	2:47.86
MICHAEL MCKINLAY	64 BEST	3:16.41
50 M. BRST		
JOHN LEET	62 FWM	40.89
100 M. BRST		
STEVE PETERSON	61 OOPS	1:22.18P
100 M. FLY		
MICHAEL MCCOLLY	62 NEO	1:35.21
200 M. FLY		
STEVE PETERSON	61 OOPS	3:16.63Z
100 M. I.M.		
MICHAEL MCCOLLY	62 NEO	1:21.69
200 M. I.M.		
STEVE PETERSON	61 OOPS	2:52.74
JEFF JACOBSEN	63 SWIM	3:56.00

MEN 65-69

50 M. FREE		
BOB DAVIS	66 WAC	39.40
100 M. FREE		
TOM LANDIS	65 OR	1:02.12Z
BOB DAVIS	66 WAC	1:30.29

50 M. BACK		
LEE CARLSON	67 TACM	44.24
100 M. BACK		
LEE CARLSON	67 TACM	1:40.10
200 M. BACK		
LEE CARLSON	67 TACM	3:34.31
50 M. FLY		
MICHAEL NORDBY	66 NEO	37.11
200 M. FLY		
MICHAEL NORDBY	66 NEO	3:42.51Z
100 M. I.M.		
MICHAEL NORDBY	66 NEO	1:25.87P
400 M. I.M.		
MICHAEL NORDBY	66 NEO	6:46.66Z

MEN 70-74

100 M. FREE		
BILL KING	74 OR	1:25.04
FRANK NEWQUIST	70 FWM	1:39.85
400 M. FREE		
DAVID RADCLIFF	73 OR	5:18.28Z
FRANK NEWQUIST	70 FWM	7:22.05
1500 M. FREE		
DAVID RADCLIFF	73 OR	21:24.18Z
50 M. BACK		
GEORGE THAYER	71 OR	40.73
100 M. BACK		
GEORGE THAYER	71 OR	1:31.54
200 M. BACK		
GEORGE THAYER	71 OR	3:22.92
FRANK NEWQUIST	70 FWM	4:33.90
50 M. BRST		
DON REHFELDT	73 UNAT	52.06
100 M. BRST		
DON REHFELDT	73 UNAT	1:59.02
200 M. BRST		
DON REHFELDT	73 UNAT	4:15.25
100 M. I.M.		
DON REHFELDT	73 UNAT	2:03.93

MEN 75-79

50 M. FREE		
BOB DORSE	76 TIG	36.49
HARVEY PROSSER	79 NWM	40.06
DICK LEVIN	75 BAM	55.13
100 M. FREE		
BOB DORSE	76 TIG	1:25.45
HARVEY PROSSER	79 NWM	1:28.91
400 M. FREE		
FRED LOCKE	75 UNAT	9:19.02
DICK LEVIN	75 BAM	10:20.77
1500 M. FREE		
HARVEY PROSSER	79 NWM	27:08.48
50 M. BRST		
JERRY GALLAHER	79 MIR	57.75
100 M. BRST		
JERRY GALLAHER	79 MIR	2:19.74
200 M. BRST		
JERRY GALLAHER	79 MIR	5:00.20
50 M. FLY		
DICK LEVIN	75 BAM	1:20.92
100 M. I.M.		
BOB DORSE	76 TIG	1:48.15

MEN 80-84

50 M. BACK		
GEORGE ROUDEBUSH	82 BAM	1:07.55
100 M. BACK		
GEORGE ROUDEBUSH	82 BAM	2:35.54
200 M. BACK		
GEORGE ROUDEBUSH	82 BAM	5:24.26P
100 M. I.M.		
GEORGE ROUDEBUSH	82 BAM	3:02.68

RELAYS-WOMEN 200 M. FREE

76 - 99		
NICOLE THEBERGE	20 PNWW	2:07.25Z
ANIKA AHMED	20	
ELISHA NAYLOR	21	
SHONA PIERCE	22	

160-199		
CATIE RODEHEFFER	41 PNA	2:26.22
JULIANA WILSON	55	
KATHERINE ROGERS	40	
ERIN BUNKER	28	
CYNTHIA KRASS	44 PNCA	2:37.18
SHANNON CALLIES	38	
D.PROFFITT-SCHRAG	35	
LYNN MARTINDELL	59	

RELAYS-WOMEN 200 M. MEDLEY

120-159		
JANAE MCCULLOUGH	37 PNUP	2:59.15
KRISTINE ANTILLA	39	
MARCIA MARCY	28	
KRIS SPEIR	44	

160-199		
ERIN BUNKER	28 PNA	2:58.28
KATHERINE ROGERS	40	
CATIE RODEHEFFER	41	
JULIANA WILSON	55	

D.PROFFITT-SCHRAG	35 PNCA	3:13.86
LYNN MARTINDELL	59	
CYNTHIA KRASS	44	
SHANNON CALLIES	38	

RELAYS-MEN 200 M. FREE

160-199		
JIM GROSS	53 PNSV	2:03.65
JIM KENDRICK	55	
STEVEN WADE	49	
MARIO DELNAGRO	35	

MARK YANG	42 PNCA	2:03.70
BRIAN HOKE	41	
CARL HAYNIE	47	
LACHLAN FOSS	51	

MICHAEL SPENCE	56 PNA	2:08.71
ADAM CLUMP	24	
JON BACA	47	
PETER OAKLEY	46	

RELAYS-MEN 200 M. MEDLEY

160-199		
BRIAN HOKE	41 PNCA	2:21.69
CARL HAYNIE	47	
LACHLAN FOSS	51	
MARK YANG	42	

MARIO DELNAGRO	35 PNSV	2:23.28
KERRY NESS	38	
JIM GROSS	53	
JIM KENDRICK	55	
PETER OAKLEY	46 PNA	2:36.23
ADAM CLUMP	24	
JOHN DEWIT	55	
MICHAEL SPENCE	56	

RELAYS-MIXED 200 M. FREE

76 - 99		
MARK FANNING	21 PNWW	1:57.10Z
SHONA PIERCE	22	
ERIN JACOBSON	22	
SHINGO ITO	24	

160-199		
MARK YANG	42 PNCA	2:17.83
LYNN MARTINDELL	59	
CYNTHIA KRASS	44	
BRIAN HOKE	41	



Photo by Priscilla Clump

Oregon's Tom Landis, who set three World records in the 65-69 age group.

400 M. FREE		
TOM LANDIS	65 OR	4:55.56W
BOB DAVIS	66 WAC	7:19.20
1500 M. FREE		
TOM LANDIS	65 OR	19:32.78W



CARL HAYNIE 47 PNCA 2:25.57
 SHANNON CALLIES 38
 D.PROFFITT-SCHRAG 35
 LACHLAN FOSS 51

(Continued from page 1)

Bellevue Club Meet

ADAM CLUMP 24 PNA 2:26.39
 MICHAEL SPENCE 56
 JULIANA WILSON 55
 KATHERINE ROGERS 40

MAC SNOW 28 PNWS 2:30.37
 GRACE BENNETT 46
 GARY ERNST 62
 JENNY WARD 36

STEVE REESE 49 PNWS 2:44.52
 LESLEY WEINBERG 48
 CHRISTINE PRUNEAU 50
 PAUL GARDNER 40

200-239
 SHANNON SINGER 37 PNSV 2:26.23
 STEVEN WADE 49
 MARSHA HANSEN 61
 JIM KENDRICK 55

RELAYS-MIXED 200 M. MEDLEY

160-199
 D.PROFFITT-SCHRAG 35 PNCA 2:28.06
 MARK YANG 42
 LACHLAN FOSS 51
 SHANNON CALLIES 38

ERIN BUNKER 28 PNA 2:39.24
 JON BACA 47
 CATIE RODEHEFFER 41
 PETER OAKLEY 46

SHANNON SINGER 37 PNSV 2:50.45
 KERRY NESS 38
 MARIO DELNAGRO 35
 MARSHA HANSEN 61

CARL HAYNIE 47 PNCA 3:04.77
 BRIAN HOKE 41
 CYNTHIA KRASS 44
 LYNN MARTINDELL 59

Back, 5:24.26P). Two others besides Tom, NEO's Charlotte Davis and Mary Lippold, set four records each. Interestingly, the events with the most records set (six each) were the 200 Back and 1500 Free. The age groups accomplishing most records set (seven each) were Women 50-54 and Men 65-69. Check out the tables in the next column for two summaries of the 47 records set this day and see the PNA website for additional details about these and other record setters.

Photo by Steve Peterson



Bellevue Club's remodeled quarters

Teams Western Washington U Masters, University Place Aquatic Club, North End Otters, North Whidbey Masters and Federal Way Masters were among those well represented.

Meet Director Cory Hilderbrand and Karen Dugan again assembled a great crew of volunteers and officials. Linda Vicik served as Meet Referee, with Starter Teri White and Stroke & Turn judges Connie Abell, Lee Carlson, Mark Jaeger, Colleen Kwan, Jeff Mock, and David Warren. Linda pointed out that Teri, Colleen, and David are among the most experienced PNS officials currently on deck. For the PNA let me say "Thanks!" to the entire crew of officials and timers and to Cory and Karen for presenting a superb meet.

Tables Prepared by Steve Peterson Analyzing Bellevue Club Records

By Event	P	W	Z	Totals
100 Back			2	2
100 Breast	1			1
100 Fly			1	1
100 Free			3	3
100 IM	1			1
1500 Free	1	2	3	6
200 Back	4		2	6
200 Breast	1			1
200 Fly	1		2	3
200 Free	2		1	3
200 Free Relay	1		1	2
200 IM	2		1	3
400 Free	1	1	3	5
400 IM			3	3
50 Back			2	2
50 Fly	2		1	3
50 Free	1			1
800 Free		1		1
Totals:	18	4	25	47

By Age Group	P	W	Z	Totals
M18-24	2			2
M40-44	1		2	3
M55-59	1			1
M60-64	1	1	1	3
M65-69	1	3	3	7
M70-74			2	2
M80-84	1			1
W40-44	1			1
W45-49	5			5
W50-54	1		6	7
W55-59			4	4
W60-64	2			2
W65-69			3	3
W70-74	1			1
W80-84			3	3
Wmn76-99 Relay	1			1
Mxd76-99 Relay			1	1
Totals:	18	4	25	47

Requested Splits
 800 Free Split from 1500 Free
 Men 60-64 James McCleery 9:59.43
 Men 65-69 Tom Landis 10:27.01W
 Men 70-74 David Radcliff 11:25.19
 Women 35-39 Sara Nelson 10:27.24



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.

Past recipients of the **Dawn Musselman Inspirational Swimmer Award** are:

1986 - Dawn Musselman	1993 - Robin O’Leary	2000 - Joan Davis
1987 - Marlene Holmes	1994 - Marion Mueller	2001 - Paul Ikeda
1988 - Maxine Carlson	1995 - Tammi Keeler	2002 - Barb Gundred
1989 - Jim Penfield	1996 - Ian Thompson	2003 - Chaya Amiad
1990 - Tom Foley	1997 - Suzanne Dills	2004 - Kathy Casey
1991 - Karen Jost	1998 - Clark Pace	2005 – Gene Crossett
1992 - Jan Kavadas	1999 - Dan Frost	2006 – Jeanne Ensign

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 14 and 15, at King County Aquatic Center in Federal Way.

Send your nomination to:

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

Please submit your nomination by March 28, 2007.



It's Time to Nominate PNA's "Coach of the Year"

Some coaches stand out from the crowd.

To recognize these individuals, PNA will give its fourth annual PNA Coach of the Year Award. The recipient will be honored at PNA Championships in April and receive a personal plaque. In addition, the recipient's name will be engraved on a permanent trophy.

A three-member committee will review the nominations. The selection criteria may include:

- Improvement or enhancement of an ongoing program or establishment of a new program
- Sustained service over a long period of time
- Contributions to PNA
- Commitment to PNA
- Willingness to share coaching skills and information

- Loyalty of team members
- Inspiration to others and coaching accomplishments

Past recipients are (2004, 1st annual) Wendy and Malcolm Neely, (2005) Michael McKinlay and (2006) Neil Romney.

To nominate someone, simply submit a completed nomination form or a one-page letter of support. **Nominations must be received by March 30, 2007.**

A nomination form is on the following page. You can also find one on the PNA website at www.swimpna.org. If you're going to submit a letter, please review the instructions in the opening paragraph of the form.



PNA Board Meeting Summary for February



Thirteen members of the PNA board met at the Yesler Community Center in Seattle on February 27.

In addition to normal board activities of making sure that we have quality meets and clinics, the board decided to nominate Jeanne Ensign for the Ransom Arthur award. The board also agreed to cancel the May board meeting so that we can all rest following nationals. Complete minutes of all PNA board meetings can be found at www.swimpna.org.

Welcome New PNA Swimmers

- Becca Badger
- McKenna Barlow
- Grace Bennett
- Christopher Blacker
- Scott Breiler
- Janet Burchfield
- Ron Byrnes
- James Callahan
- Shannon Callies
- Teri Capp
- Marc Carvajal
- Donald Chamberlain
- Jayden Chapman
- Sally Dankas
- Julie Donegan
- Mike Dormann
- Kimberly Ellwanger
- Gary Ernst
- Jason Friedman
- Heather Golden

- Anna Grunwald
- Hans Heussy
- Jessie Hickel
- Evelyn Hoffman
- Bryan Hoke
- Shingo Ito
- Leo Kosenkranius
- Rebecca Lance
- Howard Lloyd
- Fred Locke
- Lucas Lusier
- Kathy Morris
- Shannon Percival
- Roman Piper
- Mary Powers
- Dawn Proffitt-Schrag
- James Sanders
- Alexandr Shafer
- Cindy Shelton
- Justin Siegal
- Rebecca Simpson
- Schuyler Smart
- Nicole Theberge
- Virginia Tremblay
- Katie VandenBerg
- Connie Vasek

- Brianna Venable
- Thomas Vires
- Amy Vires
- Angela Wilson

2007 PNA Coach of the Year Nomination Information

PNA recognizes a coach annually for outstanding contributions to local Masters swimming programs. If you'd like to nominate a coach, submit either the attached nomination sheet (one page only) or a one-page letter of support addressing any or all of the following selection criteria: improvement or enhancement of ongoing program or establishment of a new program; sustained service over a long period of time; contributions to PNA; commitment to PNA; willingness to share coaching skills and information; loyalty of team members; coaching accomplishments; and/or inspiration to others. Please print or type legibly

Candidate

Nominator

Team _____ Address _____

Number years coaching this team _____ Phone _____

Average number of team members during this coach's tenure _____ Email _____

Candidate's coaching experience:

Candidate's coaching accomplishments:

Candidate's improvement/enhancement of program or development of a new program:

Candidate's contributions to PNA:

Evidence of candidate's coaching skills and knowledge:

Impact of coach's efforts on others:

Please submit nomination by March 30, 2007 to:

Wendy Neely
5416 SW 326th Ct
Federal Way, WA 98024

Phone (253) 838-8408
wendymal@mac.com



Short Course Nationals Are Just Around the Corner Get Ready to Participate

By Jane Moore,
Meet Director
2007scnationals@comcast.net

The Short Course National Championship meet is rapidly approaching. Everyone should be preparing to participate—both by volunteering at the meet and by entering. Remember, everyone may enter up to three events without meeting any qualifying times (see the article below about one person's experience at the last nationals held in Federal Way).

Hosting a National Championship meet is a major undertaking but well worth the effort. It is great fun to see Masters swimmers of all ages and levels of experience attempting to swim their best against outstanding competition.

Unlike local meets where seeding is done only by entry time, Nationals are mostly seeded by gender and age group as well as by entry time. Distance events are seeded by time only.

Volunteer opportunities range from being a runner—posting results around the aquatic center to specialized tasks such as computer data entry and officiating. Again, everyone can participate.

Sarah Welch is in charge of volunteers. You can contact her at sarahwelch@comcast.net Or call her at (206) 723-1814.

I look forward to seeing all of you at Nationals in May.



Volunteer and Help Make Nationals A Big Success

As the meet host, PNA is responsible for providing all the volunteer support for the upcoming Short Course Nationals meet in Federal Way. We need your help and the help of you family members to make this meet a memorable success for all our visitors. Even if you're swimming some days, you could volunteer for a time when you don't have events. In addition, any family members attending Nationals also could volunteer.

We need people Wednesday to Sunday, beginning with registrations and safety marshalling for warm-ups and ending when the meet ends. Some jobs are 'on deck' where you can see the action, others behind the scenes. Here are examples of some volunteer opportunities:

Timers: preferably for shifts from 7:45 a.m.-1:00 p.m. and 1:00 p.m. to day's end (around 6:00 p.m.)

Runners: posting results and splits and heat sheets, carrying results to head officials

Parking lot coordinators: directing cars to lots where parking is open

Catering pick up and delivery:

What Was It Like at the Last Nationals Held at Federal Way? One Swimmer, Gregg Metzler, Shares His Experiences

Hello fellow swimmers! With Nationals fast approaching does everyone know that you don't have to qualify to enter this meet?

A USMS-registered swimmer (such as yourself) can enter up to three events, even if you can't swim faster than the qualifying times. It's actually pretty fun! PNA hosted long course nationals in 2001 and the only things I qualified for were janitorial duties and the cannon ball event. Yet, I still entered the meet and had a great time. Let me just

briefly describe for you how I even came about entering the event and the end result. Hopefully, I can persuade each of you to enter this year as well.

One month before the swim meet I decided this is just like any other swim meet, only bigger, so I entered. I mean if I am going to get beaten it might as well be by the fastest. In fact just before the start of the 50 fly event, the announcer said, "Ladies and gentlemen, please keep your eyes on lane 3,

(Continued on page 14)

(Continued on page 14)

WEB

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

(Continued from page 13)

Volunteers

picking up donated food and delivering it to hospitality.

Safety marshals: during warm-ups, monitor swimmer compliance with USMS rules (not a lifeguard).

Volunteers logging 10 hours or more will receive a unique shirt as thanks for your work.

Please contact Sarah Welch at sarahwelch@comcast.net if you can volunteer. Or call her at (206) 723-1814. We need you!



**Volunteer
at
Nationals**

(Continued from page 13)

2001 Nationals

he's an Olympic gold medal winner!" I got off my starting block to look and noticed, hey, that's not my lane number! So of course I was not going to look left and make eye contact. I wanted the dude to know I was ready and not intimidated by him or any of the other seven swimmers standing on the blocks.

Even when the official made me take my fins off, I kept my cool. I stood on top of my perch, the starting block of lane 6. Twitching and fidgeting with my goggles and shoulder strap of my suit to get everything right. I soaked in every minute. The crowd yelling and cheering for lane 3 and Wendy yelling for me on lane 6.

The smell of BenGay mixed with chlorine seeped through my nose plug and made me wish I would have washed my hands. I had my swim cap pulled slightly over my goggles so when I hit the water with my full body velocity—probably rated at about mach 7—my goggles would stay in my eye sockets.

When the official announced "Swimmers take your mark," my feet were now warm so I took my socks off and prepared for lightning speed. One more glance at the crowd then over to the pool deck. Wendy is there along with many other teammates wishing me well. That felt good knowing lane 6 had support as well and it gave me a spark of motivation. I took my wallet out of my back pocket and gave it to the timer to hold and lowered my head for the start.

"BAM!" Man, I was fast off that block. The water felt refreshing as I powered through it. Getting the most out of each stroke, concentrating on rhythm. Then the turn, I know I had the fastest turn, I could feel it. I again concentrated on body position and streamlining off the wall.



The final stretch, I could taste my tofu hamburger and Little Debbie sandwich cookie I had just eaten minutes before my event and I told myself I could have more if I just kept up the pace. I didn't need to use my peripheral vision to see if any swimmers were behind me because I could see all their feet in front of me. To me that was a challenge. I kicked harder and when I touched the wall I had one of my fastest times ever for the fly. A personal best and the feeling of giving it all during that event was my reward.

After the race I went over and shook hands with the Olympic dude and congratulated him on his win. I told him I was right on his heels and if it would have been a 100, I would have reeled him in. Then of course when I was looking at the results wall he was there too and began questioning my story "I thought you said . . ." Does it really matter? I mean just to have the opportunity to compete at this level is exciting and inspiring to want to improve swim times. If nothing else I made him look good and added points to our swim team, plus I had a great time!

See you at the upcoming Nationals.



Wanted: Coaches and Relay Coordinators for Nationals

PNA is looking for a head coach, several assistant coaches and relay coordinators to assist PNA swimmers at Nationals. Besides exceptional abilities to maximize relay participation, track down missing participants and ignore any criticisms, we're looking for coaches and swimmers who can accomplish the following duties. If qualified, one individual could assume duties of both the head coach and a relay coordinators position.

Head Coach Duties

- Attend the pre-meet technical meeting if possible
- Offer guidance and splits during warm-up
- Offer pre-race guidance and post-race comments to swimmers throughout the meet
- Serve as advocate for PNA swimmers regarding protests and administrative problems
- Coordinate several assistant coaches for PNA athletes during Nationals

Relay Coordinator Duties

Assist coaches to perform the following:

- Prepare and send a pre-event letter or email to all PNA swimmers who enter the meet
- Solicit information for the development of relay line-ups
- Develop relay lineups and enter them in a timely manner
- Prepare a written report to PNA board on meet

Steps for Interested and Qualified Candidates

Applications will be available at www.swimpna.org. You can also contact the chair of the PNA Coaches Committee, Wendy Neely. Her email address is wendymal@mac.com.

A stipend and reimbursement for reasonable travel and lodging expenses will be paid.



Five Reasons to Compete at Champs

Still not sure whether to sign up for the 2007 Steve Engle Memorial PNA Championship Meet on April 14 and 15? Well, here are five excellent reasons why you should:

- Champs provides an opportunity for you to bring your whole team together and support one another.
- Champs is the only PNA event during the year when team points count.
- Each individual on a team can and does make a difference. Four people swimming five events can score enough points to place in the small team division. Ten people swimming five events and participating both days can place in the top three in the intermediate divisions.
- Champs is held at the Weyerhaesuer, King County Aquatic Center, a world-class facility that brings out the best in swimmers. For many of us, Champs is the meet where we swim our bests times.
- CHAMPS IS FUN, FUN, FUN!!!

To Compete for Points at Champs, Your Team Needs to Be Registered

Has your team registered for 2007? Make sure your team registers before Champs, so it can compete for points. You'll find a 2007 team registration form on page 18 or at www.swimpna.org.

The deadline for registering is April 4.

Champs Entry Form Page 1



Champs Entry Form Page 2

Pacific Northwest Association of Masters Swimmers

2007 Local Team Registration

To register your team for 2007, 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 each April. All team members competing in the meet must be currently registered with USMS.

PNA will provide each team with a USMS Rule Book, which contains rules for Swimming, Competition, Long distance Swimming, Athletes' Rights, and Organization and Bylaws. Please indicate who should receive the USMS Rule Book

Team Name:	Abbreviation (4 letters max):	
Team Rep	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
Team Coach	Name:	
	Address:	
	City:	Zip:
	Phone:	
	e-mail:	
Workout Pools	Pool name:	
	Address:	
Workout Times		
Rule Book	Please send to:	

Below are the abbreviations currently in use. Teams written in **BOLD** have registered for 2007.

Mail this form and check to:

Arni Litt, Registrar arni@qwest.net
 1920 10th Ave East
 Seattle, WA 98102-4253

Application fee: \$12
 Make check payable to: **PNA Masters**

- | | | |
|---|---|--|
| <p>BAM: Bainbridge Area Masters
 BADD: Bellevue Aquatic Divas & Dudes
 BC: Bellevue Club
 BEST: Bellevue Eastside Masters
 BBST: Bellingham Bay Swim Team
 BMSC: Bellingham Masters Swim Club
 BYMS: Briggs YMCA Masters Swim
 BS: Brooks Swimming
 CAC: Columbia Athletic Masters (All)
 DSYM: Downtown Seattle YMCA Masters
 ECMT: Emerald City Multisport Team
 ESC: Evergreen Swim Club Masters
 FWM: Federal Way Master
 FSJ: Fins of the San Juans
 FTSW: Ft. Steilacoom - WAKO
 GACM: Gateway Athletic Club
 GLAD: Greenlake Aquaducks
 GCMS: Gold Creek Masters (GCM)
 GC: Gordon Club
 HMST: Husky Masters
 IST: Issaquah Swim Team
 JAM: Juanita Aquatic Masters
 LOGS: Logger Masters
 LUNA: Team Luna</p> | <p>LWS: Lynnwood Sharks
 MICC: Mercer Island Country Club
 MIR: Mercer Island Redwoods
 NHM: Newport Hills Masters
 NEO: North End Otters
 NSYG: Northshore Y's Guys
 NWM: North Whidbey Masters
 OOPS: Old Olympic Peninsula Swimmers
 ORCA: Orca Swim Club
 PAC: Poseidon Aquatic Club
 PAM: PAMS
 PSC: Phinney Ridge Swim Club
 PTMS: Port Townsend Master Swimmers
 PRO: Pro Sports Club
 QASC: Queen Anne Swim Club
 RAH: Redmond Aqua Hotshots
 RAT: Rice Athletic Team
 RFST: Redmond Foothills Swim Team
 SAMM: Samena Club
 SAC: Seattle Athletic Club
 SVY: Skagit Valley YMCA
 SSTM: South Sound Titans Masters
 SWIM: South Whidbey Island Masters
 STRM: Storm Lake Aquatics</p> | <p>SSRM: Swim Seattle Redhawk Masters
 TACY: Tacoma Pierce County YMCA
 TACM: Thunderbird Aquatic Masters
 TMS: Thorbecke's Masters Swimming
 TIG: Tigers
 TVA: Tumwater Valley Authority
 UNAT: Unattached to a Team
 UPAC: University Place Aquatic Club
 VFC: Valley Fitness Center
 VAM: Vashon Aquatic Masters
 WAC: Washington Athletic Club
 WEST: West Coast Aquatics Masters
 WSAS: West Seattle All-Stars
 WSYD: West Seattle YMCA Dolphins
 WWUS: Western WA U Masters Swimming
 WCY: Whatcom County YMCA
 YNOT: Y Nauts</p> |
|---|---|--|

Don't see your team? Have your coach or Team Rep, fill out and mail the form.

United States Masters Swimming, Inc

2007 Membership Application

Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

(Old Number if available _____)

2007 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.)

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: Last First Initial Birth date: Month Day Year
Address: Street or box number Age: Male Female (circle one)
City State Zip+4 E-Mail: please print carefully

Telephone: () If you coach a Masters swim team check here
2nd Phone: () I am interested helping the PNA committee

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

Choose a membership level A or B below.

- A. Regular: 11/01/06 thru 12/31/07 \$35
B. Need-based or Seniors (65 & over): \$25
Canada & foreign addresses, 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

On rare occasions, USMS may need to inform you of important issues. I DO / DO NOT wish to receive these.
A USMS sponsor may wish to offer you information emailed from the USMS National Office. I DO / DO NOT wish to receive this.
(Email addresses are not supplied to the sponsor.)

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
BADD: Bellevue Aquatic Divas & Dudes
BC: Bellevue Club
BEST: Bellevue Eastside Masters
BMSC: Bellingham Masters Swim Club
BYMS: Briggs YMCA Masters Swim
CAC: Columbia Athletic Masters
DSYM: Downtown Seattle YMCA Masters
ECMT: Emerald City Multisport Team
ESC: Evergreen Swim Club Masters
FSJ: Fins of the San Juans
FTSW: Ft. Steilacoom - WAKO
GACM: Gateway Athletic Club
GLAD: Greenlake Aquaducks
GCMS: Gold Creek Masters (GCM)
GC: Gordon Club
HMST: Husky Masters
IST: Issaquah Swim Team
LOGS: Logger Masters
LLUA: Little Lebowksi Urban Achievers
LUNA: Team Luna
LWS: Lynnwood Sharks
MICC: Mercer Island Country Club
MIR: Mercer Island Redwoods
MMM: Mighty Marlin Masters
NHM: Newport Hills Masters
NEO: North End Otters
NSYG: Northshore Y's Guys
NWM: North Whidbey Masters
OST: Ohana Swim Team
OOPS: Old Olympic Peninsula Swimmers
ORCA: Orca Swim Club
PAC: Poseidon Aquatic Club
PAM: PAMS
PSC: Phinney Ridge Swim Club
PTMS: Port Townsend Master Swimmers
PRO: Pro Sports Club
QASC: Queen Anne Swim Club
RAH: Redmond Aqua Hotshots
RAT: Rice Athletic Team
RFST: Redmond Foothills Swim Team
SAMM: Samena Club
SAC: Seattle Athletic Club
SVY: Skagit Valley YMCA
SSTM: South Sound Titans Masters
SWIM: South Whidbey Island Masters
STRM: Storm Lake Aquatics
SSRM: Swim Seattle Redhawk Masters
TACY: Tacoma Pierce County YMCA
TACM: Thunderbird Aquatic Masters
TIG: Tigers
TVA: Tumwater Valley Authority
UNAT: Unattached to a Team
UPAC: University Place Aquatic Club
VFC: Valley Fitness Center
VAM: Vashon Aquatic Masters
WAC: Washington Athletic Club
WEST: West Coast Aquatics Masters
WSAS: West Seattle All-Stars
WSYD: West Seattle YMCA Dolphins
WWUS: Western WA U Masters Swimming
WCY: Whatcom County YMCA
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 _____

Address _____

City / State / Zip Code _____

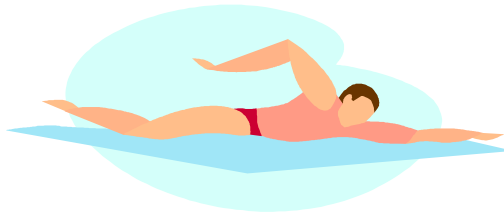
Phone _____ USMS # _____

E-MAIL _____

Change of Address

New Subscription

March 2007 Issue



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1920 10th Ave East
Seattle, WA 98102-4253

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