



Champs Volunteers are True "Champs"

by
Mary Pat Lawlor

Meet Director Jane Moore kept thinking she should be doing something at Champs, but there wasn't anything she needed to do. "My job as meet director was exceptionally easy due to the efforts of the meet organizing committee," said Jane, adding that she would like to extend hearty thanks to the entire 2007 USMS Short Course Nationals Organizing Committee, which put on the annual SCY PNA Champs. (See sidebar)

The committee used Champs, which was held at the Weyerhaeuser King County Aquatic Center, as a warm-up to the USMS Nationals Short Course Championships in May — great practice since the Nationals will be held at the same venue.

The Champs volunteers weren't the only ones warming up for Nationals. Attendance at this year's Champs, held April 14 – 15, was up by a few dozen swimmers from last year.

The meet finished early both days, evidence of how well-organized it was. Two pools were used concurrently for all events except relays since there weren't enough heats to require two

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(From left) Lynn Wells (BAM), Wendy Neely (FWM) and Sandy McNeel (NEO) accept the top point-count place plaques for their respective teams in the Large Team category.

Photo by Steve Peterson

Competing at Nationals?

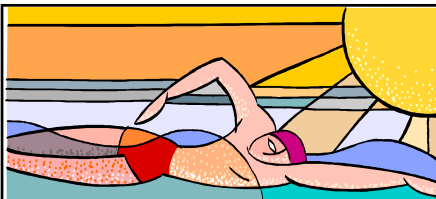
Then you'll want to read the Nationals articles on page 4. They include:

- Important information on relays
- Detailed explanation of key volunteer positions we need to fill, including your time commitment
- Reminders to help you maximize your Nationals experience

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THE WET SET

Volume 27 • Issue 5
May-June 2007

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Open Water: Sally Dillon

Publicity: Lynn Wells

Safety: Kathy Casey

Webmaster/Computer Apps: Rondamarie Smith

Four years ago I agreed to run for the office of PNA chair, and then again two years later. And just like that, four years has passed. A lot has changed and at the same time nothing has changed. We are still swimming, going to meets and clinics, testing the waters of the lake and Sound. In that time I've worn out more than a couple of swim suits, retired several pair of goggles and just plain worn out some swim caps. At swim practice and meets, I see many new faces among the familiar. I miss terribly some who have left, moved away and now swim elsewhere. But we are all still swimming and that part hasn't changed.

During the last four years PNA has remained a vibrant contributor to our area's Masters swimming community. Lee Carlson was chair before me and I wondered if I would be able to keep everything running as smoothly as he did when I stepped into his shoes: a regular meets schedule, a workshop or two each year, smoothly running registration, good safety and officiating at meets and open water swims, ten good issues a year of *The Wet-Set*, and ongoing communication with swimmers, coaches and team reps.

With the help of a committed, active and capable board, we have had a successful four years. We have gone from about a thousand to over 1,200 swimmers, due in no small part to the efforts of our registrar. Our newsletter won USMS Newsletter of the Year in 2005. Two years ago we successfully bid to host the 2007 SC National Championships and if you look at the roster of the meet organizing committee

LEADING OFF



By Jeanne Ensign,
PNA President

you can see names of people that have been volunteering for PNA for years and years. Some of these folks have been on the organizing committee for all four nationals that PNA has hosted, starting in 1992. And the same two individuals keep volunteering to be meet director. Two other members of the committee served as PNA chair in the 80s!

Well, it has been my good fortune to have these swimmer volunteers on the PNA board with me. I said from the very beginning that if I were going to be chair of an LMSC, being chair of PNA was best. We have a very active board.

Thank you to my fellow officers: Steve Peterson, Hugh Moore and Sarah Welch. Thank you to Lee Carlson, Kathy Casey, Toby Coenen, Kelly Crandell, Lisa Dahl, Sally Dillon, Tom Foley, Paul Freeman, Jan Kavadas, Arni Litt, Jim McCleery, Jane Moore, Wendy Neely, Walt Reid, Rondamarie Smith and Lynn Wells. I am in awe of the dedication and passion these volunteers show for our sport of swimming. You have all made me look good.

Good luck to our incoming officers: Steve Peterson, Lisa Dahl, Jo Moore and Toby Coenen and to the At Large Reps: Tom Foley, Kathy Casey and Herb Cook.

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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.



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.

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

June 9, 2007
Northwest Senior Games
Peter Kirk Pool
Kirkland, Wash.
bob.regan@verizon.net
www.northwestseniorgames.org
Recognized by PNA

June 26, 2007
PNA Board Meeting
6:45 p.m.
Jan Kavadas' condo, Edmonds

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 mile distances
Lake Washington
fatsalmonswim@gmail.com
Entry form on page 21

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

July 21, 2007
Lake Padden OW
Bellingham, Wash.
2.5 and 5K swims
Ian Thompson;
ianlt@comcast.net
Entry form on page 22

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 29, 2007
Washington State Senior Games
Briggs YMCA, Olympia, Wash.
Gloria Tolaro 360-373-6553
19gloria@sprintmail.com
Recognized by PNA

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

August 4, 2007
USMS 1-3 Mile Open Water Championships (1.76 mi) - Lake
Pend Oreille, Sandpoint, ID

August 10 to August 13, 2007
USMS Long Course Championships - The Woodlands,
Tex., tomboak@houston.rr.com

September 8 and 9, 2007
Second Annual Orcas Open Water Challenge, Orcas Island
More info in next *The Wet Set*

September 23, 2007
10th Annual Short Course Meters Pentathlon Meet
Oak Harbor, Wash.
Entry form on page 23
salswmmr@verizon.net

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

Important Information for Nationals

Relays, Relays, Relays, Relays

If you're among the 325-plus PNA swimmers who signed up for Nationals, by now the Relay Guys (Lisa Dahl, Holly Bork and Steve Peterson) have contacted you about participating in relays. **If you haven't responded yet, please contact us today.**

Relays add excitement and camaraderie to the competition, and you don't have to be an elite speedster to enjoy all the fun. As an added perk, PNA is paying the \$12 entry fee for each relay.

You may swim on any or all of four relays – Mixed Medley (Friday), Free (Friday), Medley (Saturday) and Mixed Free (Sunday). The Relay Guys are analyzing the 50-yard time estimates you submitted to assemble as many relays of each type for as many age groups as we can from everyone who expressed interest. If you have a "special relay" (family members, close friends, local teammates, record-seekers, what-have-you), we will be happy to accommodate!

Even if you are designated as an alternate, chances are good that you'll swim, and also be thanked for helping solve those inevitable last-minute changes on deck. So come by the PNA Relay Table often for the latest information, and plan to have a great time swimming relays!

Relay Guys Contact Info

Lisa Dahl
(lisaisswimming@hotmail.com)
Holly Bork
(holly.d.bork@boeing.com)
Steve Peterson
(speterson@bandwagon.net)
(360) 692-1669

Top Ten Reasons to Swim Relays at Short Course Nationals:

10. The Mixed Medley and Free Relays will give you something to do on Friday between your 200 Free and 400 IM.

9. If you're a willing alternate, Lisa Dahl can grow her hair longer without worrying about pulling it out rounding up no-shows.

8. You're likely to meet three like-minded people you haven't met before.

7. Unlike Long Course, you have three times as many teammates to chat with at the starting block.

6. You get to swim up to four extra races at no extra cost.

5. You have a greater incentive to swim a personal best.

4. If you're the leadoff swimmer, you could set a PNA, Zone or National record.

3. You have three more people to hold your wallet and socks while you swim your 50.

2. You'll help PNA crush the rest of the country in point totals.

1. PNA Team Spirit!

Helpful Reminders for Nationals

Nationals can be a once-in-a-lifetime experience, particularly if you're well prepared. Below are some reminders to help you maximize your Nationals experience.

Remember your goggles, swimsuits, caps, towel and pool-side clothes.

Sign up for the Saturday night

(Continued on page 5)



Everything You Wanted to Know About Volunteering at Nationals

Thinking about volunteering at Nationals? Good, because we need you. And, if you volunteer for 10 or more hours, you'll receive a unique meet logo polo shirt.

Here's a description of the volunteer positions that still need to be filled, including the time commitment.

Parking Lot Attendants and Parking Lot Coordinator Thursday through Saturday. 5:30 a.m.-10:00 a.m. Duties: direct traffic, monitor use of delivery spaces, re-direct cars to overflow lot (when Aquatic Center lots are full) We need four of you.

Back-Up Timers Thursday through Saturday. 7:45 a.m.-1:00 p.m. and noon-end of meet (approximately 5:00 p.m.). Duties: operate stop watch during the meet; must be able to pay attention and read a stop watch (training provided). We need 8-10 of you.

Safety Marshals Thursday through Saturday 6:30 a.m.-8:00 a.m. Duties: Watch pools during warm-up times, remind swimmers of no-diving rule, watch sprint lane.

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(Continued from page 4)

Nationals Reminders

social, if you haven't already; there are still spaces available.

Read each daily Nationals newsletter.

Bring cash, your checkbook and a credit card so you can buy souvenirs, all of which have a meet logo. Below is a partial list of what you can purchase:

- T shirts (Hanes unisex style); white, stone washed blue, heather grey
- Mock turtleneck, long sleeve, knit: black or red
- Performance brushed back soft shell jacket: water resistant, breathable, stylish: men's, stone; women's, opal blue
- Baseball cap
- Precious Cargo toddler tee: light blue
- Stainless steel travel hot drink tumbler
- Orca stuffed animal
- Swim caps in four colors

See you there!

Never Too Soon To Plan for 10TH Annual Pentathlon

September is just around the corner. So is the 10th Annual Short Course Meters Pentathlon, which will take place in Oak Harbor on Sunday, September 23. Hosted by the North Whidbey Masters, the meet includes traditional pentathlon events plus the newer Brute competition. The 1500-meter free-style will be offered as a single

(Continued from page 4)

Volunteers at Nationals

We need six of you. Note: Marshals are not lifeguards.

Banquet/Social Workers Saturday evening 5:30 p.m.-9:00 p.m.
We need two people at registration table from 5:30 p.m.-7:00 p.m. Duties: take tickets, greet guests and answer questions. We also need four bar servers for our two no-host bar areas. Duties: serve and pour beverages.

Hospitality-Delivery Driver Thursday through Saturday. 9:30 a.m.-1:00 p.m. We need someone with a car/van to pick up donated meals and deliver to Aquatic Center.

To volunteer contact:

Sarah Welch

sarahwelch@comcast.net

(206) 723-1814

Joan Weisberg

joanclimb@psnw.com



event.

Warm-ups will begin at 9:00 a.m. for the 1500 (10:00 a.m. start) and 11:00 a.m. (noon start) for all other events.

Special rosette ribbons will be awarded to the age group winners of each division:

Sprinter's choice – swim 50 each of fly, back, breast, free and 100 IM

Middle Masters – 100 of each stroke and 200 IM

Animals – 200 of each stroke and 400 IM

Brute – 200 fly, 400 IM and

Challenge Yourself in Orca Open Water San Juans Swim

The Second Annual Orcas Open Water Challenge will be held Saturday and Sunday, September 8 and 9. This year's Challenge is expected to feature four open water swim competitions in Cascade Lake at Moran State Park on Orcas Island in the San Juans. The 2006 events were the 1/2 mile, 1 mile and 3 mile individual swims plus a 4x 1/2 mile relay.

Although day trips will be possible, participants are encouraged to stay overnight for both days. You can camp at Moran State Park (reservations recommended). Or you can stay at a local lodging establishment, including nearby Rosario Resort and Spa, just walking distance from Cascade Lake.

Look for entry information in the July/August issue of the Wet-Set You can also contact: Paul Hopkins at (360) 472-0908 or phopkins@rockisland.com.

1500 free

Suppose you don't want to swim all four strokes. No problem. Enter as many as five individual events. But steer clear of back-to-back events, because there's very little rest between distances of each stroke.

Besides swimming, there are plenty of fun things to do on Whidbey Island for the morning or weekend. You can visit Deception Pass State Park or stroll along Pioneer Avenue in old town Oak Harbor. Also on the island are Fort Casey and the historic towns of Coupeville and Langley.

Entry form on page 22.

SCY PNA Champs

Weyerhaeuser King County Aquatic Center

Federal Way, Wash.

April 14 and 15, 2007

PNA CHAMPS
04-15-07
SHORT COURSE YARDS
P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD
S = SPLIT TIME

WOMEN 18-24

50 YD. FREE		
SHONA PIERCE	22 WWUS	26.20
BRITTANY KUNZE	23 LWS	27.97
ELISHA NAYLOR	20 WWUS	29.57
EMIKO MAR	20 WWUS	30.10
100 YD. FREE		
SHONA PIERCE	22 WWUS	58.29
STEPHANIE MILLER	24 HMST	1:00.12
ELISHA NAYLOR	20 WWUS	1:07.82
EMILY MARETT	24 INWM	1:09.44
200 YD. FREE		
STEPHANIE MILLER	24 HMST	2:08.36
SHONA PIERCE	22 WWUS	2:12.15
500 YD. FREE		
STEPHANIE MILLER	24 HMST	5:34.34
MEGAN BEATTIE	20 AKMS	6:42.46
EMILY MARETT	24 INWM	6:46.49
1000 YD. FREE		
STEPHANIE MILLER	24 HMST	11:21.67P
MEGAN BEATTIE	20 AKMS	13:39.69
50 YD. BACK		
SHONA PIERCE	22 WWUS	31.19
BRITTANY KUNZE	23 LWS	31.92
ELISHA NAYLOR	20 WWUS	35.16
100 YD. BACK		
COURTNEY LADD	23 UN-O	1:19.36
50 YD. BRST		
MEGAN BEATTIE	20 AKMS	41.09
100 YD. BRST		
BRITTANY KUNZE	23 LWS	1:16.06
COURTNEY LADD	23 UN-O	1:28.53
50 YD. FLY		
BRITTANY KUNZE	23 LWS	31.00
EMIKO MAR	20 WWUS	34.34
ELISHA NAYLOR	20 WWUS	34.50
COURTNEY LADD	23 UN-O	36.26
100 YD. FLY		
STEPHANIE MILLER	24 HMST	1:06.18
EMILY MARETT	24 INWM	1:21.32
200 YD. FLY		
EMILY MARETT	24 INWM	3:00.04
100 YD. I.M.		
SHONA PIERCE	22 WWUS	1:07.53
BRITTANY KUNZE	23 LWS	1:08.49
COURTNEY LADD	23 UN-O	1:19.98
EMIKO MAR	20 WWUS	1:20.17
MEGAN BEATTIE	20 AKMS	1:20.46
EMILY MARETT	24 INWM	1:21.36
200 YD. I.M.		
STEPHANIE MILLER	24 HMST	2:24.99
SHONA PIERCE	22 WWUS	2:29.22
BRITTANY KUNZE	23 LWS	2:29.27
COURTNEY LADD	23 UN-O	2:56.62
400 YD. I.M.		
COURTNEY LADD	23 UN-O	6:05.79

WOMEN 25-29

50 YD. FREE		
ERIN BUNKER	27 TACM	29.13
SARAH JONES	27 UN-P	29.13

MEGAN MCCULLOUGH	27 NSPN	29.87
BECCA BADGER	25 FWM	31.05
MARY WELCH	25 PTMS	33.02
MARCIA MARCY	27 OHAN	35.40
ROBIN LESH	29 NEO	36.96
100 YD. FREE		
MEGAN LIVINGSTON	29 BAM	56.72
KELLY CRANDELL	26 FTSW	1:02.00
SARAH JONES	27 UN-P	1:04.17
ERIN BUNKER	27 TACM	1:05.60
BECCA BADGER	25 FWM	1:09.78
MARY WELCH	25 PTMS	1:11.58
ROBIN LESH	29 NEO	1:26.11
MARCIA MARCY	27 OHAN	1:32.54
200 YD. FREE		
MARY WELCH	25 PTMS	2:36.88
500 YD. FREE		
ROBIN LESH	29 NEO	8:37.62
50 YD. BACK		
MEGAN MCCULLOUGH	27 NSPN	33.86
BECCA BADGER	25 FWM	36.51
100 YD. BACK		
MEGAN LIVINGSTON	29 BAM	1:03.85
MEGAN MCCULLOUGH	27 NSPN	1:11.57
BECCA BADGER	25 FWM	1:18.46
ROBIN LESH	29 NEO	1:40.91
200 YD. BACK		
MEGAN LIVINGSTON	29 BAM	2:20.53
100 YD. BRST		
KELLY CRANDELL	26 FTSW	1:18.33
200 YD. BRST		
KELLY CRANDELL	26 FTSW	2:51.15
50 YD. FLY		
KELLY CRANDELL	26 FTSW	32.74
100 YD. FLY		
MEGAN LIVINGSTON	29 BAM	1:03.17
KELLY CRANDELL	26 FTSW	1:15.34
200 YD. FLY		
MEGAN LIVINGSTON	29 BAM	2:20.52
100 YD. I.M.		
SARAH JONES	27 UN-P	1:14.79
ERIN BUNKER	27 TACM	1:15.30
MEGAN MCCULLOUGH	27 NSPN	1:17.43
ROBIN LESH	29 NEO	1:38.84
MARCIA MARCY	27 OHAN	1:42.92
200 YD. I.M.		
MEGAN LIVINGSTON	29 BAM	2:19.50

WOMEN 30-34

50 YD. FREE		
JEAN DILLON	32 LWS	27.82
100 YD. FREE		
MICHELLE MCRAE	31 BADD	58.96
200 YD. FREE		
TAUNYA ROBERTS	33 FWM	2:07.92
MICHELLE MCRAE	31 BADD	2:10.40
KRISTI EAGER	34 SWIM	2:35.60
HOLLY BORK	30 FWM	3:02.11
500 YD. FREE		
TAUNYA ROBERTS	33 FWM	5:36.17
JEAN DILLON	32 LWS	5:47.76
MICHELLE MCRAE	31 BADD	5:56.91
1000 YD. FREE		
MICHELLE MCRAE	31 BADD	12:09.78
1650 YD. FREE		
KRISTI EAGER	34 SWIM	24:42.73
50 YD. BACK		
TAUNYA ROBERTS	33 FWM	30.64

100 YD. BACK		
TAUNYA ROBERTS	33 FWM	1:06.06
MICHELLE MCRAE	31 BADD	1:08.72
HOLLY BORK	30 FWM	1:45.09
200 YD. BACK		
TAUNYA ROBERTS	33 FWM	2:21.49
50 YD. BRST		
HOLLY BORK	30 FWM	44.52
100 YD. BRST		
JEAN DILLON	32 LWS	1:13.39
HOLLY BORK	30 FWM	1:39.39
200 YD. BRST		
JEAN DILLON	32 LWS	2:39.33
HOLLY BORK	30 FWM	3:35.96
100 YD. FLY		
JEAN DILLON	32 LWS	1:06.18
200 YD. FLY		
TAUNYA ROBERTS	33 FWM	2:20.00

WOMEN 35-39

50 YD. FREE		
JENNY WARD	35 WSYD	25.55P
KRISTEN WINN	37 GLAD	26.93
LINDA HEGERBERG	37 BMSC	27.59
TARA SIMSAK	37 BAM	29.43
M.MCCONNELL	39 PTMS	29.55
ANNE DULONG	36 WSYD	30.49
SHANNON SINGER	37 SVY	32.52
KRISTINE ANTILLA	38 OHAN	33.02
CRISTINE CASHATT	36 INWM	34.12
JANAE MCCULLOUGH	36 OHAN	36.76
MARY PRIEVE	38 NEO	38.50
100 YD. FREE		
JENNY WARD	35 WSYD	56.90
KRISTEN WINN	37 GLAD	59.31
MEGAN BUSSART	36 BMSC	1:01.81
M.MCCONNELL	39 PTMS	1:04.67
TARA SIMSAK	37 BAM	1:04.97
ANNE DULONG	36 WSYD	1:08.85
CRISTINE CASHATT	36 INWM	1:15.93
JILL REDDOCH	37 FWM	1:18.30
KRISTINE ANTILLA	38 OHAN	1:18.30
JULIE FAY	37 FWM	1:21.13
JANAE MCCULLOUGH	36 OHAN	1:24.40
MARY PRIEVE	38 NEO	1:27.23
200 YD. FREE		
M.MCCONNELL	39 PTMS	2:24.87
CRISTINE CASHATT	36 INWM	2:51.63
SHANNON SINGER	37 SVY	2:59.07
500 YD. FREE		
JENNY WARD	35 WSYD	5:46.56
MEGAN BUSSART	36 BMSC	6:00.14
JEN MESLER	36 FWM	6:18.54
KAREN OYAMA	39 FWM	6:28.12
BLANCHE BYBEE	39 FSJ	7:25.19
CRISTINE CASHATT	36 INWM	7:27.34
JULIE FAY	37 FWM	7:47.03
SHANNON SINGER	37 SVY	8:03.27
1000 YD. FREE		
MEGAN BUSSART	36 BMSC	12:19.65
1650 YD. FREE		
JEN MESLER	36 FWM	21:57.96
KAREN OYAMA	39 FWM	22:22.44
50 YD. BACK		
JENNY WARD	35 WSYD	31.00
SHANNON SINGER	37 SVY	41.93
JANAE MCCULLOUGH	36 OHAN	43.14
MARY PRIEVE	38 NEO	51.36



100 YD. BACK		
JEN MESLER	36 FWM	1:10.06
MEGAN BUSSART	36 BMSC	1:12.28
TARA SIMSAK	37 BAM	1:12.48
50 YD. BRST		
LINDA HEGERBERG	37 BMSC	33.70
CRISTINE CASHATT	36 NWM	43.65
SHANNON SINGER	37 SVY	47.16
100 YD. BRST		
LINDA HEGERBERG	37 BMSC	1:13.54
200 YD. BRST		
LINDA HEGERBERG	37 BMSC	2:35.69Z
50 YD. FLY		
JENNY WARD	35 WSYD	30.41
KAREN OYAMA	39 FWM	32.45
MEGAN BUSSART	36 BMSC	33.70
100 YD. I.M.		
LINDA HEGERBERG	37 BMSC	1:05.51
JENNY WARD	35 WSYD	1:07.40
KRISTEN WINN	37 GLAD	1:10.34
JEN MESLER	36 FWM	1:15.07
ANNE DULONG	36 WSYD	1:24.60
KRISTINE ANTILLA	38 OHAN	1:25.16
CRISTINE CASHATT	36 INWM	1:27.08
JILL REDDOCH	37 FWM	1:27.35
BLANCHE BYBEE	39 FSJ	1:28.10
SHANNON SINGER	37 SVY	1:31.49
JANAE MCCULLOUGH	36 OHAN	1:35.88
JULIE FAY	37 FWM	1:38.07
200 YD. I.M.		
LINDA HEGERBERG	37 BMSC	2:23.08
KAREN OYAMA	39 FWM	2:38.43
MEGAN BUSSART	36 BMSC	2:43.87
JULIE FAY	37 FWM	3:27.61
400 YD. I.M.		
JILL REDDOCH	37 FWM	6:36.08

WOMEN 40-44

50 YD. FREE		
JAMIE WHITNEY	42 BAM	30.17
RENEE QUISTORF	42 NEO	30.80
YVETTE KILIAN	40 UN-P	31.31
MARTHA WEISS	44 MIR	31.68
KATHY MOORE	40 UN-P	32.47
SUZANNE WAY	43 LWS	32.73
100 YD. FREE		
MARTHA LAYZER	42 NEO	1:04.39
JAMIE WHITNEY	42 BAM	1:06.48
YVETTE KILIAN	40 UN-P	1:08.31
RENEE QUISTORF	42 NEO	1:10.24
CYNTHIA KRASS	43 CAC	1:11.01
KATHERINE ROGERS	40 SWIM	1:11.95
SUZANNE WAY	43 LWS	1:12.01
200 YD. FREE		
MARTHA LAYZER	42 NEO	2:21.81
RENEE QUISTORF	42 NEO	2:32.70
CYNTHIA HIRST	44 BADD	2:36.84
VALERIE BEYER	44 UN-P	2:46.19
500 YD. FREE		
MARTHA LAYZER	42 NEO	6:17.44
LAURA DEL RIO	41 NEO	6:46.09
KATHERINE ROGERS	40 SWIM	7:08.02
1000 YD. FREE		
CYNTHIA KRASS	43 CAC	13:04.49
CYNTHIA HIRST	44 BADD	14:11.75
JEN JOHNSTON	41 CAC	14:48.56
SUZANNE WAY	43 LWS	15:38.58
1650 YD. FREE		
SHELLY HANSON	42 UN-P	23:08.77
KATHERINE ROGERS	40 SWIM	24:26.28
50 YD. BACK		
MARTHA WEISS	44 MIR	35.51
KATHY MOORE	40 UN-P	40.51
100 YD. BACK		
A.JOHNSON	42 RAH	1:09.62
RENEE QUISTORF	42 NEO	1:23.31
SUZANNE WAY	43 LWS	1:31.16
200 YD. BACK		
CYNTHIA HIRST	44 BADD	2:50.79
50 YD. BRST		
JAMIE WHITNEY	42 BAM	40.08
LAURA DEL RIO	41 NEO	40.32
KATHY MOORE	40 UN-P	45.06

100 YD. BRST		
LAURA DEL RIO	41 NEO	1:26.67
JAMIE WHITNEY	42 BAM	1:26.91
VALERIE BEYER	44 UN-P	1:36.85
DONNIE NORTH	41 NEO	1:36.93
200 YD. BRST		
LAURA DEL RIO	41 NEO	3:05.91
DONNIE NORTH	41 NEO	3:24.52
50 YD. FLY		
MARTHA LAYZER	42 NEO	33.25
KATHY MOORE	40 UN-P	38.37
VALERIE BEYER	44 UN-P	39.83
100 YD. FLY		
VALERIE BEYER	44 UN-P	1:29.37
DONNIE NORTH	41 NEO	1:30.44
200 YD. FLY		
DONNIE NORTH	41 NEO	3:20.11
100 YD. I.M.		
MARTHA LAYZER	42 NEO	1:14.72
JAMIE WHITNEY	42 BAM	1:19.33
CYNTHIA HIRST	44 BADD	1:19.81
YVETTE KILIAN	40 UN-P	1:20.26
RENEE QUISTORF	42 NEO	1:20.47
VALERIE BEYER	44 UN-P	1:22.06
KATHY MOORE	40 UN-P	1:24.64
KATHERINE ROGERS	40 SWIM	1:26.76
SUZANNE WAY	43 LWS	1:28.89
DONNIE NORTH	41 NEO	1:29.41
200 YD. I.M.		
MARTHA LAYZER	42 NEO	2:43.84
LAURA DEL RIO	41 NEO	2:50.97
CYNTHIA HIRST	44 BADD	2:58.09
RENEE QUISTORF	42 NEO	2:58.85
VALERIE BEYER	44 UN-P	3:07.56
DONNIE NORTH	41 NEO	3:09.02
400 YD. I.M.		
LAURA DEL RIO	41 NEO	6:08.48

WOMEN 45-49

50 YD. FREE		
LISA DAHL	45 BAM	26.00
KARLI SPEAR	47 INWM	29.02
YVONNE DYMERKY	46 FWM	30.01
TRACY BURROWS	45 WSYD	31.46
JANET BULMAN	48 NEO	31.93
SHERYL MELVIN	49 NEO	32.03
SUSIE MAIN	48 NEO	32.25
CAROLINE BROWN	49 PSC	33.10
B.HENDERSON	49 FWM	38.42
100 YD. FREE		
KARLI SPEAR	47 INWM	1:05.48
YVONNE DYMERKY	46 FWM	1:06.83
CAROLINE BROWN	49 PSC	1:09.56
SHERYL MELVIN	49 NEO	1:11.17
JANET BULMAN	48 NEO	1:13.12
WHEELER-MCINVAILL	45 SWIM	1:17.07
200 YD. FREE		
ZENA COURTNEY	47 FWM	2:13.36
YVONNE DYMERKY	46 FWM	2:28.76
JANET BULMAN	48 NEO	2:45.76
500 YD. FREE		
SHERYL MELVIN	49 NEO	7:07.24
JANET BULMAN	48 NEO	7:41.44
1000 YD. FREE		
LIB RUST	47 NEO	14:22.73
WHEELER-MCINVAILL	45 SWIM	15:54.26
1650 YD. FREE		
LYNN GROSS	46 FWM	22:34.75
50 YD. BACK		
LISA DAHL	45 BAM	32.61
LISA HALLMON	47 WAC	36.91
SUSIE MAIN	48 NEO	44.70
100 YD. BACK		
MARGARET DIDDAMS	45 NEO	1:18.94
LISA HALLMON	47 WAC	1:21.00
JESSICA HICKEL	48 FWM	1:22.75
TRACY BURROWS	45 WSYD	1:28.87
200 YD. BACK		
ZENA COURTNEY	47 FWM	2:21.65Z
LISA HALLMON	47 WAC	2:52.66
SHERYL MELVIN	49 NEO	3:03.28
50 YD. BRST		
LISA DAHL	45 BAM	35.35P

TONYA BERG	48 GLAD	37.19
KARLI SPEAR	47 INWM	39.20
MARGARET DIDDAMS	45 NEO	39.30
100 YD. BRST		
TONYA BERG	48 GLAD	1:20.72
KARLI SPEAR	47 INWM	1:26.53
MARGARET DIDDAMS	45 NEO	1:26.82
200 YD. BRST		
TONYA BERG	48 GLAD	2:50.48
MARGARET DIDDAMS	45 NEO	3:10.45
TRACY BURROWS	45 WSYD	3:16.45
50 YD. FLY		
LISA DAHL	45 BAM	29.16
YVONNE DYMERKY	46 FWM	32.35
KARLI SPEAR	47 INWM	34.20
LISA HALLMON	47 WAC	37.69
JANET BULMAN	48 NEO	39.90
100 YD. FLY		
YVONNE DYMERKY	46 FWM	1:14.40
200 YD. FLY		
JESSICA HICKEL	48 FWM	3:19.91
100 YD. I.M.		
LISA DAHL	45 BAM	1:08.13
KARLI SPEAR	47 INWM	1:15.06
TONYA BERG	48 GLAD	1:15.57
LYNN GROSS	46 FWM	1:18.18
LISA HALLMON	47 WAC	1:20.76
SHERYL MELVIN	49 NEO	1:21.23
JANET BULMAN	48 NEO	1:24.44
TRACY BURROWS	45 WSYD	1:25.10
WHEELER-MCINVAILL	45 SWIM	1:29.31
B.HENDERSON	49 FWM	1:44.90
200 YD. I.M.		
ZENA COURTNEY	47 FWM	2:29.00P
MARGARET DIDDAMS	45 NEO	2:55.76
SHERYL MELVIN	49 NEO	2:59.68
400 YD. I.M.		
JESSICA HICKEL	48 FWM	6:05.89
MARGARET DIDDAMS	45 NEO	6:12.54

WOMEN 50-54

50 YD. FREE		
MARY LIPPOLD	51 NEO	27.62
MICHELLE MENKENS	50 FWM	29.98
NANCY TOWNSEND	51 NEO	30.03
KAREN WOLF	50 SSRM	33.26
MARIANNE MASON	51 TVA	33.47
HERMIE VALDEZ	53 BAM	33.95
JANET JOHNSON	52 PTMS	34.24
NANCY SPESER	50 PTMS	35.52
PATTI CUNNINGHAM	53 FWM	35.92
KATHY MORRIS	51 BYMS	42.07
PAT DUGGAN	53 FWM	43.20
SANDRA SMITH	54 SVY	56.71
100 YD. FREE		
MARY LIPPOLD	51 NEO	59.78
DEBBIE GLASSMAN	53 CAC	1:02.91
MICHELLE MENKENS	50 FWM	1:06.24
NANCY TOWNSEND	51 NEO	1:06.48
MARIANNE MASON	51 TVA	1:13.52
NANCY SPESER	50 PTMS	1:26.78
PAT DUGGAN	53 FWM	1:35.58
SANDRA SMITH	54 SVY	2:22.35
200 YD. FREE		
MARY LIPPOLD	51 NEO	2:15.27
DEBBIE GLASSMAN	53 CAC	2:25.91
NANCY TOWNSEND	51 NEO	2:31.15
MARIANNE MASON	51 TVA	2:35.60
PAT DUGGAN	53 FWM	3:25.03
500 YD. FREE		
MARY LIPPOLD	51 NEO	6:07.50
NANCY TOWNSEND	51 NEO	6:39.08
LINDA SULLIVAN	50 FWM	7:38.88
PAT DUGGAN	53 FWM	8:57.58
REBECCA LOGSDON	53 SAC	10:04.23
1000 YD. FREE		
NANCY TOWNSEND	51 NEO	13:41.93
50 YD. BACK		
HERMIE VALDEZ	53 BAM	41.53
REBECCA LOGSDON	53 SAC	54.96
100 YD. BACK		
DAWN JAEGER	50 NEO	1:18.28

LINDA SULLIVAN	50 FWM	1:38.69	100 YD. BACK			200 YD. FREE		
REBECCA LOGSDON	53 SAC	1:53.94	BARB GUNDRED	55 UN-P	1:10.04Z	SALLY DILLON	60 NWM	2:37.80
200 YD. BACK			KATHRINE CASEY	58 FTSW	1:26.03	500 YD. FREE		
REBECCA LOGSDON	53 SAC	4:06.24	M.LEIGH JOHNSON	58 NEO	1:28.26	ARNI LITT	60 GLAD	7:59.29
50 YD. BRST			JULIA BENT	59 NEO	1:30.42	JEANNE ENSIGN	60 GLAD	9:05.71
ANDRA JAUNZEME	54 UN-P	36.71	JANIE LAYMAN	57 NEO	1:42.00	1000 YD. FREE		
JANET JOHNSON	52 PTMS	41.87	CATHY DOONAN	57 FWM	2:55.22	SALLY DILLON	60 NWM	14:52.17P
NANCY SPESER	50 PTMS	45.35	200 YD. BACK			50 YD. BACK		
100 YD. BRST			BARB GUNDRED	55 UN-P	2:30.38Z	PINKY WALKER	64 TACM	39.29
ANDRA JAUNZEME	54 UN-P	1:21.30	CATHY DOONAN	57 FWM	5:55.90	100 YD. BACK		
JANET JOHNSON	52 PTMS	1:33.10	200 YD. BRST			JOY WARD	64 OREG	1:22.97
NANCY SPESER	50 PTMS	1:40.04	KATE CARRUTHERS	58 BAM	3:26.43	PINKY WALKER	64 TACM	1:26.82
200 YD. BRST			JANE MOORE	56 FTSW	4:36.00	200 YD. BACK		
ANDRA JAUNZEME	54 UN-P	2:50.73	50 YD. FLY			JOY WARD	64 OREG	2:55.49
JANET JOHNSON	52 PTMS	3:22.34	CHARLOTTE DAVIS	56 NEO	30.62	50 YD. BRST		
LINDA SULLIVAN	50 FWM	3:27.92	JEAN BLACKBURN	55 FWM	39.91	GINGER PIERSON	61 OREG	39.04
50 YD. FLY			JUDY WILLIAMS	59 FWM	47.54	SALLY DILLON	60 NWM	41.68P
DEBBIE GLASSMAN	53 CAC	31.24	JULIA BENT	59 NEO	47.79	ARNI LITT	60 GLAD	44.14
DAWN JAEGER	50 NEO	33.27	100 YD. FLY			MARSHA HANSEN	60 NSPN	48.77
MICHELLE MENKENS	50 FWM	34.18	JANE MOORE	56 FTSW	2:20.99	100 YD. BRST		
ANN BAILEY	51 PTMS	36.83	100 YD. I.M.			GINGER PIERSON	61 OREG	1:26.41
100 YD. FLY			CHARLOTTE DAVIS	56 NEO	1:11.96	SALLY DILLON	60 NWM	1:38.13
MARY LIPPOLD	51 NEO	1:08.79	ELIZABETH KASSEN	55 BYMS	1:23.00	ARNI LITT	60 GLAD	1:38.48
DEBBIE GLASSMAN	53 CAC	1:12.42	M.LEIGH JOHNSON	58 NEO	1:27.81	MARSHA HANSEN	60 NSPN	1:53.00
ANN BAILEY	51 PTMS	1:22.93	KATHRINE CASEY	58 FTSW	1:27.96	200 YD. BRST		
200 YD. FLY			KATE CARRUTHERS	58 BAM	1:28.40	GINGER PIERSON	61 OREG	3:13.09
DEBBIE GLASSMAN	53 CAC	2:47.41	JEAN BLACKBURN	55 FWM	1:29.69	ARNI LITT	60 GLAD	3:23.98
KAREN WOLF	50 SSRM	2:56.35	LYNN MARTINDELL	58 CAC	1:32.97	50 YD. FLY		
ANN BAILEY	51 PTMS	3:11.36	JULIA BENT	59 NEO	1:33.54	JOY WARD	64 OREG	34.04
100 YD. I.M.			200 YD. I.M.			SARAH WELCH	60 NEO	36.28P
ANDRA JAUNZEME	54 UN-P	1:13.02	CHARLOTTE DAVIS	56 NEO	2:36.53	MARSHA HANSEN	60 NSPN	48.02
DEBBIE GLASSMAN	53 CAC	1:16.04	JUDY WILLIAMS	59 FWM	3:36.05	NANCY HUNN	64 NEO	57.20
DAWN JAEGER	50 NEO	1:16.45	400 YD. I.M.			100 YD. FLY		
NANCY TOWNSEND	51 NEO	1:17.08	CHARLOTTE DAVIS	56 NEO	5:27.38	SARAH WELCH	60 NEO	1:22.12P
HERMIE VALDEZ	53 BAM	1:25.97	ELIZABETH KASSEN	55 BYMS	6:31.39	200 YD. FLY		
LINDA SULLIVAN	50 FWM	1:29.45	KATHRINE CASEY	58 FTSW	6:44.52	SARAH WELCH	60 NEO	3:07.67P
PATTI CUNNINGHAM	53 FWM	1:36.84	JANE MOORE	56 FTSW	8:50.81	GINGER PIERSON	61 OREG	3:07.92
NANCY SPESER	50 PTMS	1:48.76				100 YD. I.M.		
200 YD. I.M.						JOY WARD	64 OREG	1:26.23
DAWN JAEGER	50 NEO	2:42.26				200 YD. I.M.		
LINDA SULLIVAN	50 FWM	3:19.86				SARAH WELCH	60 NEO	2:58.78P
JANET JOHNSON	52 PTMS	3:29.91				JOY WARD	64 OREG	3:05.81
400 YD. I.M.						NANCY HUNN	64 NEO	4:01.12
DAWN JAEGER	50 NEO	5:45.69				400 YD. I.M.		
						SARAH WELCH	60 NEO	6:18.24P

WOMEN 60-64

50 YD. FREE			60 NWM	31.82
SALLY DILLON			64 TACM	32.87
PINKY WALKER			60 GLAD	35.76
ARNI LITT				
100 YD. FREE				
SALLY DILLON	60 NWM	1:10.27P		
JOY WARD	64 OREG	1:14.73		
ARNI LITT	60 GLAD	1:21.86		

WOMEN 55-59

50 YD. FREE				
CHARLOTTE DAVIS	56 NEO	28.42		
LYNN MARTINDELL	58 CAC	31.95		
JEAN BLACKBURN	55 FWM	34.35		
KATE CARRUTHERS	58 BAM	34.85		
LOIS MARQUART	57 FTSW	37.38		
JUDY WILLIAMS	59 FWM	38.37		
100 YD. FREE				
CHARLOTTE DAVIS	56 NEO	1:01.18		
KATHRINE CASEY	58 FTSW	1:14.47		
JULIA BENT	59 NEO	1:20.85		
JUDY WILLIAMS	59 FWM	1:23.41		
LOIS MARQUART	57 FTSW	1:26.38		
CATHY DOONAN	57 FWM	2:46.90		
200 YD. FREE				
KATHRINE CASEY	58 FTSW	2:46.76		
JULIA BENT	59 NEO	2:59.81		
CATHY DOONAN	57 FWM	5:38.26		
500 YD. FREE				
JULIA BENT	59 NEO	7:58.84		
JUDY WILLIAMS	59 FWM	8:01.18		
JANE MOORE	56 FTSW	9:24.40		
1000 YD. FREE				
BARB GUNDRED	55 UN-P	12:23.14Z		
BRENDA BECKETT	57 FSJ	14:30.72		
M.LEIGH JOHNSON	58 NEO	14:58.51		
JANE MOORE	56 FTSW	19:00.74		
1650 YD. FREE				
BRENDA BECKETT	57 FSJ	24:09.25		
KATHRINE CASEY	58 FTSW	25:57.89		
50 YD. BACK				
ELIZABETH KASSEN	55 BYMS	40.11		
JEAN BLACKBURN	55 FWM	44.24		
JANIE LAYMAN	57 NEO	47.52		
CATHY DOONAN	57 FWM	1:20.75		



GLAD relay team (from left): Tonya Berg, Bill Reeder, Kirsten Winn and Perry Morin



Photo by Tom Foley



Meet director Jane Moore and husband Hugh Moore

WOMEN 65-69

50 YD. FREE		
MIDGE KRAETZER	68 WCM	37.06
100 YD. FREE		
MIDGE KRAETZER	68 WCM	1:25.09
50 YD. BACK		
MIDGE KRAETZER	68 WCM	47.92
100 YD. BACK		
MIDGE KRAETZER	68 WCM	1:44.66
50 YD. FLY		
CHAYA AMIAD	69 WSYD	1:15.76

WOMEN 75-79

50 YD. FREE		
GAIL GLADWELL	75 BC	52.50
BERNICE PHILLIPS	79 BAM	54.07
RITA VASQUEZ	75 WEST	55.58
100 YD. FREE		
GAIL GLADWELL	75 BC	1:59.84
RITA VASQUEZ	75 WEST	2:09.52
200 YD. FREE		
BERNICE PHILLIPS	79 BAM	4:47.81
1000 YD. FREE		
JANET KAVADAS	76 NEO	23:04.29
50 YD. BACK		
BERNICE PHILLIPS	79 BAM	54.82
GAIL GLADWELL	75 BC	1:05.05
RITA VASQUEZ	75 WEST	1:29.36
100 YD. BACK		
BERNICE PHILLIPS	79 BAM	2:05.67
200 YD. BACK		
JANET KAVADAS	76 NEO	4:16.92P
BERNICE PHILLIPS	79 BAM	4:49.26
50 YD. BRST		
GAIL GLADWELL	75 BC	59.87
BERNICE PHILLIPS	79 BAM	1:28.57
100 YD. BRST		
JANET KAVADAS	76 NEO	2:21.80
100 YD. I.M.		
GAIL GLADWELL	75 BC	2:20.78
JANET KAVADAS	76 NEO	2:27.10

WOMEN 85-89

50 YD. FREE		
MARION CHADWICK	85 BC	1:31.28
100 YD. FREE		
MARION CHADWICK	85 BC	3:32.51

50 YD. BACK		
MARION CHADWICK	85 BC	1:46.64
100 YD. BACK		
MARION CHADWICK	85 BC	3:47.94

MEN 18-24

50 YD. FREE		
TYSON SULLIVAN	3 FWM	23.77
JORDAN RICE	22 NEO	24.29
HANS HEUSSY	24 NEO	24.47
A.CHMELIORAS	24 UN-P	25.25
ALEX SHAFER	21 SVY	25.77
SHINGO ITO	23 WWUS	26.55
YOSUKE SATO	21 WWUS	29.20
100 YD. FREE		
DAVE WHITBECK	24 HMST	51.10
TYSON SULLIVAN	23 FWM	52.50
JORDAN RICE	22 NEO	53.94
HANS HEUSSY	24 NEO	55.64
SHINGO ITO	23 WWUS	56.33
ALEX SHAFER	21 SVY	59.31
200 YD. FREE		
DAVE WHITBECK	24 HMST	1:51.11
ALDEN KROLL	24 HMST	1:58.78
SHINGO ITO	23 WWUS	2:05.24
HANS HEUSSY	24 NEO	2:05.72
500 YD. FREE		
DAVE WHITBECK	24 HMST	4:59.01
HANS HEUSSY	24 NEO	5:58.63
50 YD. BACK		
A.CHMELIORAS	24 UN-P	30.04
ALEX SHAFER	21 SVY	33.65
100 YD. BACK		
ALEX SHAFER	21 SVY	1:13.02
200 YD. BACK		
ALDEN KROLL	24 HMST	2:06.37
50 YD. BRST		
TYSON SULLIVAN	23 FWM	28.47
JORDAN RICE	22 NEO	31.05
YOSUKE SATO	21 WWUS	32.28
100 YD. BRST		
TYSON SULLIVAN	23 FWM	1:04.15
JORDAN RICE	22 NEO	1:08.97
SHINGO ITO	23 WWUS	1:10.85
50 YD. FLY		
SHINGO ITO	23 WWUS	29.72
YOSUKE SATO	21 WWUS	30.23
100 YD. FLY		
ALDEN KROLL	24 HMST	55.54

DAVE WHITBECK	24 HMST	55.74
SHINGO ITO	23 WWUS	1:02.18
200 YD. FLY		
DAVE WHITBECK	24 HMST	2:02.71
100 YD. I.M.		
TYSON SULLIVAN	23 FWM	58.99
DAVE WHITBECK	24 HMST	59.05
JORDAN RICE	22 NEO	1:02.20
YOSUKE SATO	21 WWUS	1:05.66

MEN 25-29

50 YD. FREE		
DAN TAYLOR	25 INWM	23.06
DMITRI PARAMONOV	28 UN-P	23.77
GARY KAMIKAWA	29 NSYG	25.92
100 YD. FREE		
DAN TAYLOR	25 INWM	51.16
DMITRI PARAMONOV	28 UN-P	53.82
DAVID TOURIGNY	27 LWS	55.48
GARY KAMIKAWA	29 NSYG	1:02.00
200 YD. FREE		
DAVID TOURIGNY	27 LWS	2:04.69
TIMOTHY GRIMES	28 WEST	2:05.26
500 YD. FREE		
CHRIS TREMONTE	26 PRO	5:19.43
CHRIS TREMONTE	26 PRO	18:18.33
50 YD. BACK		
DAN TAYLOR	25 INWM	27.60
GARY KAMIKAWA	29 NSYG	31.30
100 YD. BACK		
DAN TAYLOR	25 INWM	58.66
TIMOTHY GRIMES	28 WEST	1:03.18
GARY KAMIKAWA	29 NSYG	1:07.87
50 YD. BRST		
SANDER BOGDAN	28 PRO	30.07
100 YD. BRST		
SANDER BOGDAN	28 PRO	1:07.37
50 YD. FLY		
TIMOTHY GRIMES	28 WEST	25.86
DAVID TOURIGNY	27 LWS	28.22
100 YD. FLY		
TIMOTHY GRIMES	28 WEST	58.32
DAVID TOURIGNY	27 LWS	1:02.75
200 YD. FLY		
DAVID TOURIGNY	27 LWS	2:32.20
100 YD. I.M.		
DAN TAYLOR	25 INWM	1:00.47
TIMOTHY GRIMES	28 WEST	1:00.73
DAVID TOURIGNY	27 LWS	1:04.79
SANDER BOGDAN	28 PRO	1:05.74
400 YD. I.M.		
TIMOTHY GRIMES	28 WEST	4:52.25

MEN 30-34

50 YD. FREE		
BRENT NORDYKE	31 FWM	22.57
ANDREW MCEACHERN	34 UN-P	23.02
CASEY ALEX	34 UN-P	23.66
ROSS LINDERMAN	30 ORCA	24.30
CHRISTOPHER HINDS	31 FWM	28.60
100 YD. FREE		
ANDREW MCEACHERN	34 UN-P	50.30
CASEY ALEX	34 UN-P	51.15
MARK ARNOLD	32 HMST	52.75
ROSS LINDERMAN	30 ORCA	54.29
CHRISTOPHER HINDS	31 FWM	1:01.36
200 YD. FREE		
JON WALKER	32 TVA	1:55.52
CASEY ALEX	34 UN-P	1:55.64
ROSS LINDERMAN	30 ORCA	2:03.48
GREG MARTIN	32 UN-P	2:04.12
500 YD. FREE		
JON WALKER	32 TVA	5:14.98
1000 YD. FREE		
STEVEN ROSARIA	32 PRO	12:27.91
1650 YD. FREE		
STEVEN ROSARIA	32 PRO	20:58.61
50 YD. BACK		
DOUG JELEN	33 UN-P	29.21
100 YD. BACK		
MARK ARNOLD	32 HMST	57.93

DOUG JELEN	33 UN-P	1:01.64
ROSS LINDERMAN	30 ORCA	1:06.27
STEVEN ROSARIA	32 PRO	1:10.33
JASON LASSEN	34 BMSC	1:30.22
200 YD. BACK		
MARK ARNOLD	32 HMST	2:08.75
DOUG JELEN	33 UN-P	2:11.51
ROSS LINDERMAN	30 ORCA	2:23.27
STEVEN ROSARIA	32 PRO	2:44.34
50 YD. BRST		
BRENT NORDYKE	31 FWM	27.82
DUKE EIDE	33 TVA	33.77
DOUG JELEN	33 UN-P	35.48
JASON LASSEN	34 BMSC	36.62
CHRISTOPHER HINDS	31 FWM	38.66
100 YD. BRST		
BRENT NORDYKE	31 FWM	1:01.87
DOUG JELEN	33 UN-P	1:15.05
DUKE EIDE	33 TVA	1:15.98
JASON LASSEN	34 BMSC	1:19.22
200 YD. BRST		
BRENT NORDYKE	31 FWM	2:14.78P
DOUG JELEN	33 UN-P	2:41.50
JASON LASSEN	34 BMSC	2:48.86
50 YD. FLY		
BRIAN KNITTLE	33 UN-P	24.62
CASEY ALEX	34 UN-P	25.55
MARK ARNOLD	32 HMST	25.61
ROSS LINDERMAN	30 ORCA	26.34
JON WALKER	32 TVA	26.43
GREG MARTIN	32 UN-P	28.87
CHRISTOPHER HINDS	31 FWM	32.02
100 YD. FLY		
CASEY ALEX	34 UN-P	55.15
BRIAN KNITTLE	33 UN-P	57.85
ANDREW MCEACHERN	34 UN-P	59.94
JON WALKER	32 TVA	1:00.33
100 YD. I.M.		
BRENT NORDYKE	31 FWM	57.32
CASEY ALEX	34 UN-P	57.93
MARK ARNOLD	32 HMST	1:00.89
CHRISTOPHER HINDS	31 FWM	1:11.68
200 YD. I.M.		
BRENT NORDYKE	31 FWM	2:02.35
JON WALKER	32 TVA	2:18.10
GREG MARTIN	32 UN-P	2:26.41
JASON LASSEN	34 BMSC	2:58.24
400 YD. I.M.		
STEVEN ROSARIA	32 PRO	5:24.78

MEN 35-39

50 YD. FREE		
DEVIN WHATLEY	38 HMST	23.75
TODD DOHERTY	36 BC	23.81
JOHN WILLIAMS	38 FWM	24.18
KIRK NELSON	36 HMST	24.32
TOM SCHULZ	36 BYMS	27.32
MICHAEL HARTLEY	37 INWM	27.49
KERRY NESS	37 SVY	31.09
LUIS DIAZ	35 FWM	31.47
100 YD. FREE		
DEVIN WHATLEY	38 HMST	50.90
DAVID KAYS	39 PRO	50.96
JOHN WILLIAMS	38 FWM	52.43
KIRK NELSON	36 HMST	54.27
TOM SCHULZ	36 BYMS	59.00
LUIS DIAZ	35 FWM	1:10.58
200 YD. FREE		
DEVIN WHATLEY	38 HMST	1:54.06
JOHN WILLIAMS	38 FWM	1:59.75
DAN MARTIN	35 TVA	2:02.31
TOM SCHULZ	36 BYMS	2:11.49
JASON FRIEDMAN	37 UPAC	2:23.07
500 YD. FREE		
DAVID KAYS	39 PRO	4:59.01P
JOHN WILLIAMS	38 FWM	5:26.18
DAN MARTIN	35 TVA	5:30.26
TOM SCHULZ	36 BYMS	6:08.80
GEORGE GONZALEZ	36 ORCA	6:28.62
LUIS DIAZ	35 FWM	7:23.40
1000 YD. FREE		
DAVID KAYS	39 PRO	10:18.04P
KIRK NELSON	36 HMST	11:04.41
JOHN WILLIAMS	38 FWM	11:30.02
GEORGE GONZALEZ	36 ORCA	13:24.44
1650 YD. FREE		
DAVID KAYS	39 PRO	17:26.78P
JOHN WILLIAMS	38 FWM	19:33.19
LUIS DIAZ	35 FWM	25:35.47
50 YD. BACK		
MIKE GRIMM	38 PRO	35.69
50 YD. BRST		
TODD DOHERTY	36 BC	28.84
MICHAEL HARTLEY	37 INWM	32.94
JASON FRIEDMAN	37 UPAC	36.08
BARRY GJERDRUM	37 NEO	36.83
KERRY NESS	37 SVY	38.55
100 YD. BRST		
TODD DOHERTY	36 BC	1:04.92
MICHAEL HARTLEY	37 INWM	1:13.08

KERRY NESS	37 SVY	1:26.53
200 YD. BRST		
KIRK NELSON	36 HMST	2:37.10
MICHAEL HARTLEY	37 INWM	2:42.03
KERRY NESS	37 SVY	3:18.48
50 YD. FLY		
JASON FRIEDMAN	37 UPAC	29.72
MIKE GRIMM	38 PRO	31.86
100 YD. FLY		
GEORGE GONZALEZ	36 ORCA	1:16.65
100 YD. I.M.		
TODD DOHERTY	36 BC	57.86
MIKE GRIMM	38 PRO	1:10.61
TOM SCHULZ	36 BYMS	1:13.16
KERRY NESS	37 SVY	1:26.51
200 YD. I.M.		
DAVID KAYS	39 PRO	2:10.11
MIKE GRIMM	38 PRO	2:34.25
BARRY GJERDRUM	37 NEO	2:40.32
TOM SCHULZ	36 BYMS	2:41.20
JASON FRIEDMAN	37 UPAC	2:41.26

MEN 40-44

50 YD. FREE		
DAVE MCDERMOTT	44 BEST	24.48
BOB FISH	43 BMSC	24.53
DAVID DUCOLON	43 FWM	25.18
KEITH KENNEDY	44 FWM	26.99
JOHN TACKE	43 FWM	27.59
MIKE MCCULLOUGH	41 OHAN	39.46
100 YD. FREE		
DAVE MCDERMOTT	44 BEST	54.60
CHARLES NORMAN	40 PAC	55.17
DAN SMITH	44 FWM	55.30
DAVID DUCOLON	43 FWM	55.71
RICK FERRERO	43 PSC	57.42
JOHN TACKE	43 FWM	59.63
KEITH KENNEDY	44 FWM	1:01.64
MIKE MCCULLOUGH	41 OHAN	1:33.66
200 YD. FREE		
STEVE RUITER	42 GLAD	2:01.80
JOSEPH LANG	44 UN-P	2:04.88
DAVID DUCOLON	43 FWM	2:05.43
500 YD. FREE		
JOSEPH LANG	44 UN-P	5:28.69
STEVE RUITER	42 GLAD	5:33.37
1000 YD. FREE		
JOSEPH LANG	44 UN-P	11:27.11
1650 YD. FREE		
DAN SMITH	44 FWM	18:56.39
50 YD. BACK		
BOB FISH	43 BMSC	29.19
100 YD. BACK		
BOB FISH	43 BMSC	1:02.28
200 YD. BACK		
BOB FISH	43 BMSC	2:13.48
STEVE RUITER	42 GLAD	2:14.67
MARK YANG	42 CAC	3:10.51
50 YD. BRST		
DAN SMITH	44 FWM	31.76
CHARLES NORMAN	40 PAC	33.55
KEITH KENNEDY	44 FWM	35.94
FRANCOIS LARRIVEE	44 BEST	35.96
100 YD. BRST		
DAN SMITH	44 FWM	1:09.36
CHARLES NORMAN	40 PAC	1:10.52
FRANCOIS LARRIVEE	44 BEST	1:16.63
MARK YANG	42 CAC	1:27.65
200 YD. BRST		
DAN SMITH	44 FWM	2:33.85
CHARLES NORMAN	40 PAC	2:36.50
MARK YANG	42 CAC	3:08.96
50 YD. FLY		
DAVE MCDERMOTT	44 BEST	27.10
STEVE RUITER	42 GLAD	28.01
ROB MARTIN	41 TVA	28.79
CHARLES NORMAN	40 PAC	29.26
JOSEPH LANG	44 UN-P	29.92
FRANCOIS LARRIVEE	44 BEST	30.55
KEITH KENNEDY	44 FWM	31.14
100 YD. FLY		
DAVE MCDERMOTT	44 BEST	1:01.90
BOB FISH	43 BMSC	1:01.96

Photo by Tom Foley



Meet officials (from left) Lisa Vetterlein, Teri White, Stacy Kutz and Shelly Lindsay



CHARLES NORMAN	40 PAC	1:04.60
ROB MARTIN	41 TVA	1:04.96
FRANCOIS LARRIVEE	44 BEST	1:08.34
200 YD. FLY		
DAN SMITH	44 FWM	2:19.14
MARK YANG	42 CAC	3:06.90
100 YD. I.M.		
RICK FERRERO	43 PSC	1:07.36
JOSEPH LANG	44 UN-P	1:08.33
FRANCOIS LARRIVEE	44 BEST	1:10.55
JOHN TACKE	43 FWM	1:11.73
200 YD. I.M.		
STEVE RUITER	42 GLAD	2:14.60
MARK YANG	42 CAC	2:55.54
400 YD. I.M.		
MARK YANG	42 CAC	6:25.20

MEN 45-49

50 YD. FREE		
BRAD HERING	45 NSPN	23.06P
RICH LOUDON	46 UN-P	23.19
JAY LEIGH	48 UN-P	23.34
MIKE MCGOORTY	48 LOGS	23.63
KARL WEISS	46 MIR	23.75
VICTOR SWANSON	47 LOGS	23.88
ERIC VALLEY	45 TVA	24.04
MICHAEL KELLY	48 UN-P	24.38
STEVE FINNEY	47 WSYD	24.38
BRUCE BOYTLER	48 FWM	25.64
PERRY MORIN	48 GLAD	25.67
ROMAN PIPER	47 LOGS	25.80
DAN BAILEY	49 UN-P	26.23
DALE CARY	49 UN-P	26.23
ALLEN IGAWA	45 FWM	26.34
PAUL WEBBER	48 BAM	26.47
PAUL HAVICK	46 FWM	28.10
ROBERT DEAN	47 FWM	28.97
RON BYRNES	45 BYMS	29.03
GREG WISONT	46 SWIM	29.50
JOHN HUCKABEE	48 NEO	31.25
STEVEN WADE	48 SVY	31.64
100 YD. FREE		
BRAD HERING	45 NSPN	50.55P
JAY LEIGH	48 UN-P	51.82
PETE COLBECK	45 NEO	52.45
KARL WEISS	46 MIR	52.77
ERIC VALLEY	45 TVA	53.42
MIKE MCGOORTY	48 LOGS	53.63
STEVE FINNEY	47 WSYD	53.70
PAUL OLLIGES	45 LOGS	53.89
VICTOR SWANSON	47 LOGS	54.26
LEO KOSENKRANIUS	47 LOGS	55.24
JAMES LITTLEFIELD	46 FWM	56.66
BRUCE BOYTLER	48 FWM	56.75
PERRY MORIN	48 GLAD	57.03
DALE CARY	49 UN-P	57.77
MARC NORSEN	49 NSYG	57.85
MICHAEL JONES	46 MIR	58.00
DAN BAILEY	49 UN-P	58.83
ALLEN IGAWA	45 FWM	59.49
PAUL WEBBER	48 BAM	1:00.00
PAUL HAVICK	46 FWM	1:02.79
RON BYRNES	45 BYMS	1:03.13
GREG WISONT	46 SWIM	1:08.24
ROBERT DEAN	47 FWM	1:08.99
STEVEN WADE	48 SVY	1:10.05
200 YD. FREE		
PETE COLBECK	45 NEO	1:51.55
JAY LEIGH	48 UN-P	1:57.26
ERIC VALLEY	45 TVA	1:59.16
PAUL OLLIGES	45 LOGS	2:00.79
LARS DURBAN	49 UN-P	2:06.22
VICTOR SWANSON	47 LOGS	2:08.09
BRUCE BOYTLER	48 FWM	2:08.63
MARC NORSEN	49 NSYG	2:08.87
MICHAEL JONES	46 MIR	2:14.05
500 YD. FREE		
PETE COLBECK	45 NEO	5:03.79
ERIC VALLEY	45 TVA	5:23.10
JAY LEIGH	48 UN-P	5:27.73
LARS DURBAN	49 UN-P	5:52.71
ERIC DYBDAHL	47 FWM	5:57.64
PAUL STOERMER	46 FWM	6:01.43

BRUCE BOYTLER	48 FWM	6:04.60
PAUL HAVICK	46 FWM	6:23.33
1000 YD. FREE		
PETE COLBECK	45 NEO	10:33.55
ERIC VALLEY	45 TVA	11:21.63
ERIC DYBDAHL	47 FWM	12:22.43
RON BYRNES	45 BYMS	13:22.31
STEVEN WADE	48 SVY	14:30.24
1650 YD. FREE		
PETE COLBECK	45 NEO	17:50.03Z
STEVE VELA	46 GLAD	18:43.61
PAUL OLLIGES	45 LOGS	20:02.11
KEVIN AMES	49 PTMS	20:34.12
LARS DURBAN	49 UN-P	20:44.23
ERIC DYBDAHL	47 FWM	20:44.33
PAUL STOERMER	46 FWM	21:12.06
50 YD. BACK		
PAUL OLLIGES	45 LOGS	28.56
MIKE MCGOORTY	48 LOGS	28.64
KARL WEISS	46 MIR	29.14
CARL HAYNIE	46 CAC	29.31
ERIC WOLGEMUTH	45 LOGS	29.31
BRIAN RUSSELL	49 BAM	29.94
MICHAEL KELLY	48 UN-P	30.11
ROMAN PIPER	47 LOGS	30.87
KEVIN AMES	49 PTMS	33.65
GREG WISONT	46 SWIM	40.63
JOHN HUCKABEE	48 NEO	46.26
100 YD. BACK		
PAUL OLLIGES	45 LOGS	1:00.44P
CARL HAYNIE	46 CAC	1:02.70
JAMES LITTLEFIELD	46 FWM	1:03.15
ROMAN PIPER	47 LOGS	1:07.47
200 YD. BACK		
PAUL OLLIGES	45 LOGS	2:11.35P
LEO KOSENKRANIUS	47 LOGS	2:18.56
CARL HAYNIE	46 CAC	2:20.99
BRIAN RUSSELL	49 BAM	2:21.07
ROMAN PIPER	47 LOGS	2:29.30
50 YD. BRST		
MICHAEL KELLY	48 UN-P	32.70
MARC NORSEN	49 NSYG	32.91
KEVIN AMES	49 PTMS	33.41
ERIC VALLEY	45 TVA	34.37
DAN BAILEY	49 UN-P	35.22
JOHN HUCKABEE	48 NEO	36.55
100 YD. BRST		
LEO KOSENKRANIUS	47 LOGS	1:11.78
CARL HAYNIE	46 CAC	1:12.43
KEVIN AMES	49 PTMS	1:13.26
MARC NORSEN	49 NSYG	1:14.67
DALE CARY	49 UN-P	1:14.72
JOHN HUCKABEE	48 NEO	1:23.33
50 YD. FLY		
KARL WEISS	46 MIR	25.49
JAY LEIGH	48 UN-P	25.57
STEVE VELA	46 GLAD	25.69
STEVE FINNEY	47 WSYD	26.43
VICTOR SWANSON	47 LOGS	26.67
MICHAEL KELLY	48 UN-P	26.99
BRIAN RUSSELL	49 BAM	27.14
BRUCE BOYTLER	48 FWM	27.64
DALE CARY	49 UN-P	28.21
PAUL STOERMER	46 FWM	28.94
MARC NORSEN	49 NSYG	29.14
DAN BAILEY	49 UN-P	30.47
ROBERT DEAN	47 FWM	33.33
PAUL HAVICK	46 FWM	33.53
JOHN HUCKABEE	48 NEO	39.44
100 YD. FLY		
STEVE VELA	46 GLAD	56.44
KARL WEISS	46 MIR	58.25
STEVE FINNEY	47 WSYD	1:00.13
MICHAEL JONES	46 MIR	1:02.51
BRUCE BOYTLER	48 FWM	1:03.29
DALE CARY	49 UN-P	1:03.37
ERIC DYBDAHL	47 FWM	1:05.26
PAUL STOERMER	46 FWM	1:05.78
ROBERT DEAN	47 FWM	1:32.57
200 YD. FLY		
CAMERON GREEN	47 BC	2:11.32
BRIAN RUSSELL	49 BAM	2:18.61
ERIC DYBDAHL	47 FWM	2:29.18



Volunteers Kerri Godwin, daughter of PNA's Tom Foley, and her son Matthew

Photo by Tom Foley

100 YD. I.M.		
BRAD HERING	45 NSPN	57.54P
JAY LEIGH	48 UN-P	1:00.78
RICH LOUDON	46 UN-P	1:01.50
VICTOR SWANSON	47 LOGS	1:02.11
LEO KOSENKRANIUS	47 LOGS	1:02.68
CARL HAYNIE	46 CAC	1:03.10
STEVE FINNEY	47 WSYD	1:04.01
ERIC WOLGEMUTH	45 LOGS	1:04.12
KEVIN AMES	49 PTMS	1:05.87
DAN BAILEY	49 UN-P	1:10.51
PERRY MORIN	48 GLAD	1:10.65
RON BYRNES	45 BYMS	1:13.86
PAUL HAVICK	46 FWM	1:14.29
JOHN HUCKABEE	48 NEO	1:27.61
200 YD. I.M.		
BRIAN RUSSELL	49 BAM	2:17.39
VICTOR SWANSON	47 LOGS	2:17.71
LEO KOSENKRANIUS	47 LOGS	2:20.05
CARL HAYNIE	46 CAC	2:25.73
400 YD. I.M.		
BRIAN RUSSELL	49 BAM	5:06.53
LEO KOSENKRANIUS	47 LOGS	5:10.35
KEVIN AMES	49 PTMS	5:16.22
ERIC DYBDAHL	47 FWM	5:29.74

MEN 50-54

50 YD. FREE		
RALPH BUSCH	50 NSYG	24.37
JOHN SYLVESTER	50 GLAD	25.16
JIM KENDRICK	54 SVY	25.57
ROBERT MORRISON	53 INWM	25.72
GARRY DUSCHL	52 UN-P	26.03
JOHN MCMANUS	52 MSBC	26.25
SCOTT NEUHAUS	52 LWS	26.33
LACHLAN FOSS	50 CAC	26.43
LOREN BAKER	52 BEST	26.59
DAVID KEITH	50 UN-P	29.20
JAMES NELSON	51 UN-P	33.76
100 YD. FREE		
RALPH BUSCH	50 NSYG	55.50
JOHN SYLVESTER	50 GLAD	55.53
ROBERT MORRISON	53 INWM	56.54
JIM KENDRICK	54 SVY	57.65
JOHN MCMANUS	52 MSBC	57.90
JOHN DEWIT	54 SWIM	1:00.51
ORLANDO BOLEDA	52 BAM	1:01.74
MATTHEW SMITH	50 BEST	1:01.82
DON WILLIAMS	53 FWM	1:05.23
WILLIAM RAYNOLDS	50 WEST	1:06.32
JOHN KOKES	51 WSYD	1:10.51
200 YD. FREE		
PHILLIP STANLEY	54 FWM	2:08.18
ORLANDO BOLEDA	52 BAM	2:11.69
JOHN DEWIT	54 SWIM	2:18.75
DON WILLIAMS	53 FWM	2:23.38
JEAN FANKHAUSER	52 SWIM	3:01.06
500 YD. FREE		
ORLANDO BOLEDA	52 BAM	5:53.89
ERIC DURBAN	51 FWM	6:05.02
JOHN DEWIT	54 SWIM	6:20.69
WILLIAM RAYNOLDS	50 WEST	6:43.56
KURT JOHNSON	53 SWIM	7:22.58
JEAN FANKHAUSER	52 SWIM	8:02.29

1000 YD. FREE			RICHARD BATLEY	59 WEST	30.98	RICK SPENCER	59 OOPS	1:14.61
ORLANDO BOLEDA	52 BAM	12:15.50	BRIAN CARLTON	57 NSYG	32.15	MIKE KOENIG	55 BADD	1:16.58
JOHN MCMANUS	52 MSBC	12:26.39	RON HANSEN	57 SVY	35.09	RON HANSEN	57 SVY	1:37.91
ERIC DURBAN	51 FWM	12:44.51	100 YD. FREE			200 YD. BACK		
HUGH MOORE	52 FWM	13:36.22	ALAN BELL	57 UN-P	57.39	RONALD JACOBS	55 GLAD	2:24.07
PATRICK MURPHY	52 SSRM	14:02.95	GORDON CLARK	55 GC	58.17	DAVID TEMPEST	56 MIR	2:27.70
KURT JOHNSON	53 SWIM	15:00.33	LARRY WRIGHT	58 NHM	1:00.14	50 YD. BRST		
1650 YD. FREE			BARNEY VOEGTLEN	58 BAM	1:00.42	GREG COLLINS	58 FWM	36.06
ORLANDO BOLEDA	52 BAM	20:39.26	JOHN GAIR	59 PTMS	1:00.47	BARNEY VOEGTLEN	58 BAM	36.68
ERIC DURBAN	51 FWM	20:53.60	WILLIAM PENN	55 TVA	1:01.85	MARTIN KLEMPNER	58 WEST	37.10
JOHN DEWIT	54 SWIM	22:34.37	RICHARD BATLEY	59 WEST	1:07.85	GENE REESE	58 LWS	39.01
HUGH MOORE	52 FWM	22:55.25	BRIAN CARLTON	57 NSYG	1:08.13	100 YD. BRST		
KENNARD GOODMAN	53 BAM	24:56.87	JIM NORRIS	59 PTMS	1:08.54	GREG COLLINS	58 FWM	1:18.87
RICK ROBERTSON	51 FWM	28:18.69	200 YD. FREE			GENE REESE	58 LWS	1:27.05
50 YD. BACK			RONALD JACOBS	55 GLAD	2:05.27P	50 YD. FLY		
GARRY DUSCHL	52 UN-P	31.73	WILLIAM PENN	55 TVA	2:12.08	MARTIN KLEMPNER	58 WEST	31.85
LACHLAN FOSS	50 CAC	31.74	DAVID TEMPEST	56 MIR	2:13.85	BARNEY VOEGTLEN	58 BAM	32.84
STEPHEN FREEBORN	51 FWM	32.10	JIM NORRIS	59 PTMS	2:25.05	RICHARD BATLEY	59 WEST	35.25
JOHN SYLVESTER	50 GLAD	32.11	RICHARD BATLEY	59 WEST	2:31.00	CRAIG HARRIS	56 UN-P	36.70
LOREN BAKER	52 BEST	32.12	BRIAN CARLTON	57 NSYG	2:36.00	100 YD. FLY		
DAVID KEITH	50 UN-P	35.73	500 YD. FREE			CRAIG HARRIS	56 UN-P	1:26.16
100 YD. BACK			WILLIAM PENN	55 TVA	5:47.79	200 YD. FLY		
JOHN SYLVESTER	50 GLAD	1:08.27	JIM NORRIS	59 PTMS	6:17.05	ALAN BELL	57 UN-P	2:18.46Z
STEPHEN FREEBORN	51 FWM	1:08.57	RICHARD BATLEY	59 WEST	6:46.50	100 YD. I.M.		
MATTHEW SMITH	50 BEST	1:09.96	BRIAN CARLTON	57 NSYG	6:48.25	BUSTER YONYCH	56 UN-P	1:08.37
PHILLIP STANLEY	54 FWM	1:10.13	RON HANSEN	57 SVY	7:41.11	GORDON CLARK	55 GC	1:08.48
LACHLAN FOSS	50 CAC	1:12.41	1000 YD. FREE			BARNEY VOEGTLEN	58 BAM	1:11.58
50 YD. BRST			ALAN BELL	57 UN-P	11:14.13Z	GEORGE BEHLMER	58 HMST	1:13.46
G.HOFFMANN	50 NOVA	29.85	WILLIAM PENN	55 TVA	11:57.44	GREG COLLINS	58 FWM	1:14.54
ROBERT MORRISON	53 INWM	31.71	DAVID TEMPEST	56 MIR	12:18.89	RON HANSEN	57 SVY	1:38.56
WILLIAM RAYNOLDS	50 WEST	37.94	JIM NORRIS	59 PTMS	12:34.28	200 YD. I.M.		
BOB HARTWIG	52 FWM	39.91	JOHN GAIR	59 PTMS	12:56.40	BARNEY VOEGTLEN	58 BAM	2:47.49
100 YD. BRST			RICHARD BATLEY	59 WEST	13:55.79	GENE REESE	58 LWS	3:27.19
G.HOFFMANN	50 NOVA	1:06.12	BRIAN CARLTON	57 NSYG	13:59.34	400 YD. I.M.		
ROBERT MORRISON	53 INWM	1:11.19	RON HANSEN	57 SVY	16:26.83	WILLIAM PENN	55 TVA	5:28.63
KURT JOHNSON	53 SWIM	1:23.08	1650 YD. FREE					
BOB HARTWIG	52 FWM	1:30.65	WILLIAM PENN	55 TVA	20:20.48			
200 YD. BRST			JIM NORRIS	59 PTMS	21:28.78			
G.HOFFMANN	50 NOVA	2:24.51	BRIAN CARLTON	57 NSYG	24:13.26			
ROBERT MORRISON	53 INWM	2:48.77	50 YD. BACK					
WILLIAM RAYNOLDS	50 WEST	3:05.94	BUSTER YONYCH	56 UN-P	30.13			
50 YD. FLY			GORDON CLARK	55 GC	31.42			
G.HOFFMANN	50 NOVA	25.98	RICK SPENCER	59 OOPS	34.17			
STEPHEN FREEBORN	51 FWM	27.29	MIKE KOENIG	55 BADD	34.24			
HUGH MOORE	52 FWM	30.09	100 YD. BACK					
100 YD. FLY			BUSTER YONYCH	56 UN-P	1:06.36			
STEPHEN FREEBORN	51 FWM	1:01.70	GORDON CLARK	55 GC	1:07.89			
HUGH MOORE	52 FWM	1:06.28	DAVID TEMPEST	56 MIR	1:08.93			
DON WILLIAMS	53 FWM	1:15.79	LARRY WRIGHT	58 NHM	1:11.26			
JEAN FANKHAUSER	52 SWIM	1:51.97						
200 YD. FLY								
HUGH MOORE	52 FWM	2:35.33						
ERIC DURBAN	51 FWM	2:48.04						
BILL REEDER	54 GLAD	2:52.00						
DON WILLIAMS	53 FWM	2:56.96						
100 YD. I.M.								
G.HOFFMANN	50 NOVA	1:00.42						
RALPH BUSCH	50 NSYG	1:04.03						
LOREN BAKER	52 BEST	1:04.73						
STEPHEN FREEBORN	51 FWM	1:06.78						
JOHN SYLVESTER	50 GLAD	1:07.45						
GARRY DUSCHL	52 UN-P	1:09.89						
JOHN MCMANUS	52 MSBC	1:11.06						
MATTHEW SMITH	50 BEST	1:11.73						
SCOTT NEUHAUS	52 LWS	1:12.31						
BILL REEDER	54 GLAD	1:12.76						
HUGH MOORE	52 FWM	1:12.90						
WILLIAM RAYNOLDS	50 WEST	1:20.53						
KURT JOHNSON	53 SWIM	1:20.65						
JOHN KOKES	51 WSYD	1:21.17						
200 YD. I.M.								
G.HOFFMANN	50 NOVA	2:13.60						
STEPHEN FREEBORN	51 FWM	2:30.24						

MEN 55-59

50 YD. FREE					
GORDON CLARK	55 GC	26.10			
LARRY WRIGHT	58 NHM	26.85			
JOHN GAIR	59 PTMS	27.05			
BARNEY VOEGTLEN	58 BAM	28.02			
GEORGE BEHLMER	58 HMST	28.45			
JIM NORRIS	59 PTMS	29.17			
RICK SPENCER	59 OOPS	29.73			



Announcers Hilary Smith and Steve Freeborn face the flag as 12-year-old Alexandra Hosphenthal sings the national anthem.



100 YD. FREE	
ROBERT PILGER	63 UN-P 1:03.08
STEVE WOLCOTT	61 INWM 1:04.18
JOHN LEET	61 FWM 1:04.59
STEVEN PETERSON	60 OOPS 1:04.83
CRAIG CARLSON	60 NWM 1:08.05
MICHAEL MCKINLAY	63 BEST 1:14.91
DON SCHAEFER	62 SWIM 1:15.92
JEFF JACOBSEN	62 SWIM 1:16.14
GARY ERNST	62 WSYD 1:20.77
200 YD. FREE	
JEFF JACOBSEN	62 SWIM 2:46.75
GORDON GRAY	61 NEO 2:51.01
500 YD. FREE	
GORDON GRAY	61 NEO 7:16.65
JEFF JACOBSEN	62 SWIM 7:26.42
EUGENE HUNN	63 NEO 9:15.09
1000 YD. FREE	
MICHAEL MCCOLLY	61 NEO 12:37.45
ROBERT PILGER	63 UN-P 14:17.33
GORDON GRAY	61 NEO 14:38.51
JEFF JACOBSEN	62 SWIM 15:17.13
GARY ERNST	62 WSYD 18:01.69
1650 YD. FREE	
CRAIG CARLSON	60 NWM 23:51.66
GORDON GRAY	61 NEO 24:43.42
50 YD. BACK	
MICHAEL MCCOLLY	61 NEO 34.18
MICHAEL MCKINLAY	63 BEST 36.86
100 YD. BACK	
MICHAEL MCCOLLY	61 NEO 1:12.16
MICHAEL MCKINLAY	63 BEST 1:24.83
200 YD. BACK	
MICHAEL MCCOLLY	61 NEO 2:30.07
GORDON GRAY	61 NEO 3:09.81
50 YD. BRST	
STEVEN PETERSON	60 OOPS 33.37
JOHN LEET	61 FWM 36.54
CRAIG CARLSON	60 NWM 38.34
JIM FLEISHER	62 UN-P 45.56
EUGENE HUNN	63 NEO 46.16
100 YD. BRST	
STEVEN PETERSON	60 OOPS 1:14.63
JOHN LEET	61 FWM 1:21.81
CRAIG CARLSON	60 NWM 1:24.49
EUGENE HUNN	63 NEO 1:41.54
200 YD. BRST	
STEVEN PETERSON	60 OOPS 2:43.20
JOHN LEET	61 FWM 2:58.36
EUGENE HUNN	63 NEO 3:34.45
50 YD. FLY	
PAUL MONOHON	61 TACM 30.29
100 YD. FLY	
PAUL MONOHON	61 TACM 1:13.14P
100 YD. I.M.	
STEVE WOLCOTT	61 INWM 1:16.08
CRAIG CARLSON	60 NWM 1:19.34
MICHAEL MCKINLAY	63 BEST 1:25.26
EUGENE HUNN	63 NEO 1:43.56
200 YD. I.M.	
MICHAEL MCCOLLY	61 NEO 2:34.22
STEVEN PETERSON	60 OOPS 2:35.94
JOHN LEET	61 FWM 2:53.72
PAUL MONOHON	61 TACM 2:55.24
400 YD. I.M.	
MICHAEL MCCOLLY	61 NEO 5:24.52
GORDON GRAY	61 NEO 6:38.86
EUGENE HUNN	63 NEO 7:44.92

MEN 65-69

50 YD. FREE	
STEVEN HUBER	65 UN-P 33.09
BOB DAVIS	65 WAC 34.32
100 YD. FREE	
MICHAEL NORDBY	65 NEO 1:10.29
STEVEN HUBER	65 UN-P 1:19.00
BOB DAVIS	65 WAC 1:19.28
500 YD. FREE	
BOB DAVIS	65 WAC 8:10.20
1000 YD. FREE	
BOB DAVIS	65 WAC 16:45.72



PNA President Jeanne Ensign (left) and Lisa Dahl, PNA vice president elect

50 YD. BACK	
LEE CARLSON	66 TACM 40.50
100 YD. BACK	
LEE CARLSON	66 TACM 1:28.87
200 YD. BACK	
MICHAEL NORDBY	65 NEO 2:56.93
LEE CARLSON	66 TACM 3:13.96
50 YD. BRST	
ROY DAVIS	65 UN-P 37.97
100 YD. BRST	
ROY DAVIS	65 UN-P 1:21.61
200 YD. BRST	
ROY DAVIS	65 UN-P 2:51.75
50 YD. FLY	
MICHAEL NORDBY	65 NEO 34.47
STEVEN HUBER	65 UN-P 40.70
100 YD. I.M.	
MICHAEL NORDBY	65 NEO 1:19.46
400 YD. I.M.	
MICHAEL NORDBY	65 NEO 6:09.57

MEN 70-74

50 YD. FREE	
HIRAM BRONSON	72 SVY 39.42
AL MORROW	72 BAM 39.61
100 YD. FREE	
HIRAM BRONSON	72 SVY 1:30.10
1650 YD. FREE	
FRED LOCKE	74 UN-P 39:27.04
50 YD. BACK	
TOM FOLEY	72 TIG 52.52
200 YD. BACK	
TOM FOLEY	72 TIG 4:02.18
50 YD. BRST	
DON REHFELDT	72 UN-P 46.70
100 YD. BRST	
DON REHFELDT	72 UN-P 1:41.58
200 YD. BRST	
DON REHFELDT	72 UN-P 3:46.05
50 YD. FLY	
AL MORROW	72 BAM 49.73
TOM FOLEY	72 TIG 1:00.91
100 YD. FLY	
TOM FOLEY	72 TIG 2:25.64
200 YD. FLY	
TOM FOLEY	72 TIG 5:44.39
100 YD. I.M.	
AL MORROW	72 BAM 1:53.88

400 YD. I.M.	
TOM FOLEY	72 TIG 9:17.04

MEN 75-79

50 YD. FREE	
BOB DORSE	75 TIG 32.53
100 YD. FREE	
BOB DORSE	75 TIG 1:14.78P
200 YD. FREE	
DONALD HUBBARD	79 SDSM 3:32.62
500 YD. FREE	
DONALD HUBBARD	79 SDSM 9:20.92
1000 YD. FREE	
BOB MILLER	77 BAM 14:23.47
1650 YD. FREE	
BOB MILLER	77 BAM 24:03.52Z
50 YD. BACK	
BOB MILLER	77 BAM 38.58Z
100 YD. BACK	
BOB MILLER	77 BAM 1:21.68Z
200 YD. BACK	
BOB MILLER	77 BAM 2:52.43
50 YD. BRST	
JERRY GALLAHER	78 MIR 50.44
DONALD HUBBARD	79 SDSM 54.17
100 YD. BRST	
JERRY GALLAHER	78 MIR 1:54.79
DONALD HUBBARD	79 SDSM 2:03.38
50 YD. FLY	
BOB DORSE	75 TIG 46.45
100 YD. I.M.	
BOB MILLER	77 BAM 1:26.81P
BOB DORSE	75 TIG 1:34.96
200 YD. I.M.	
BOB DORSE	75 TIG 3:40.63P

MEN 80-84

50 YD. FREE	
DAVE NEWTON	80 SAC 38.78
100 YD. FREE	
DAVE NEWTON	80 SAC 1:33.05
MEN 85-89	
50 YD. FREE	
GILBERT YOUNG	85 OREG 38.05
100 YD. FREE	
GILBERT YOUNG	85 OREG 1:28.75Z
500 YD. FREE	
GILBERT YOUNG	85 OREG 9:29.35Z
1000 YD. FREE	
GILBERT YOUNG	85 OREG 20:14.43Z

Photo by Paul Freeman



NEO's Michael Nordby and Renee Quistorf

RELAYS-WOMEN 200 YD. FREE

25 +		
JEN MESLER	36 FWM	1:55.92
LYNN GROSS	46	
TAUNYA ROBERTS	33	
YVONNE DYMERKY	46	
MICHELLE MENKENS	50 FWM	2:04.36
ZENA COURTNEY	47	
KAREN OYAMA	39	
HOLLY BORK	30	
MEGAN LIVINGSTON	29 BAM	2:18.85
BERNICE PHILLIPS	79	
JAMIE WHITNEY	42	
LISA DAHL	45	
MARY WELCH	25 PTMS	2:18.95
JANET JOHNSON	52	
ANN BAILEY	51	
NANCY SPESER	50	
35 +		
SHERYL MELVIN	49 NEO	2:05.92
LAURA DEL RIO	41	
RENEE QUISTORF	42	
MARTHA LAYZER	42	
JULIE FAY	37 FWM	2:25.47
JEAN BLACKBURN	55	
JUDY WILLIAMS	59	
LINDA SULLIVAN	50	
45 +		
MARY LIPPOLD	51 NEO	1:56.25
NANCY TOWNSEND	51	
DAWN JAEGER	50	
CHARLOTTE DAVIS	56	
55 +		
NANCY HUNN	64 NEO	2:47.57
JANET KAVADAS	76	
SARAH WELCH	60	
JULIA BENT	59	

RELAYS-WOMEN 200 YD. MEDLEY

25 +		
MEGAN LIVINGSTON	29 BAM	2:11.23
KATE CARRUTHERS	58	
LISA DAHL	45	
JAMIE WHITNEY	42	
JEN MESLER	36 FWM	2:14.71
LYNN GROSS	46	
YVONNE DYMERKY	46	
TAUNYA ROBERTS	33	
JESSICA HICKEL	48 FWM	2:30.76
HOLLY BORK	30	
MICHELLE MENKENS	50	
BECCA BADGER	25	
MARY WELCH	25 PTMS	2:36.98
JANET JOHNSON	52	
ANN BAILEY	51	
NANCY SPESER	50	
ROBIN LESH	29 NEO	2:41.86
MARY PRIEVE	38	
SARAH WELCH	60	
SUSIE MAIN	48	
KATHRINE CASEY	58 FTSW	2:49.36
JANE MOORE	56	
KELLY CRANDELL	26	
LOIS MARQUART	57	
35 +		
LYNN MARTINDELL	58 CAC	2:24.83
CYNTHIA KRASS	43	
DEBBIE GLASSMAN	53	
JEN JOHNSTON	41	
JILL REDDOCH	37 FWM	2:47.45
JULIE FAY	37	
JEAN BLACKBURN	55	
PATTI CUNNINGHAM	53	
45 +		
NANCY TOWNSEND	51 NEO	2:13.13
DAWN JAEGER	50	
MARY LIPPOLD	51	
CHARLOTTE DAVIS	56	

MARGARET DIDDAMS	45 NEO	2:28.44
SHERYL MELVIN	49	
LIB RUST	47	
JANET BULMAN	48	

PAT DUGGAN	53 FWM	3:06.82
JUDY WILLIAMS	59	
LINDA SULLIVAN	50	
B.HENDERSON	49	

55 +		
JANIE LAYMAN	57 NEO	3:13.59
M.LEIGH JOHNSON	58	
JULIA BENT	59	
JANET KAVADAS	76	

RELAYS-M E N 200 YD. FREE

18 +		
ALDEN KROLL	24 HMST	1:34.18
MARK ARNOLD	32	
DAVE WHITBECK	24	
DEVIN WHATLEY	38	

CHRISTOPHER HINDS	31 FWM	1:38.72
TYSON SULLIVAN	23	
BRENT NORDYKE	31	
JOHN WILLIAMS	38	

JORDAN RICE	22 NEO	1:40.47
BARRY GJERDRUM	37	
PETE COLBECK	45	
HANS HEUSSY	24	

25 +		
STEVEN ROSARIA	32 PRO	1:41.79
MIKE GRIMM	38	
CHRIS TREMONTE	26	
DAVID KAYS	39	

WILLIAM RAYNOLDS	50 WEST	1:56.53
MARTIN KLEMPNER	58	
RICHARD BATLEY	59	
TIMOTHY GRIMES	28	

35 +		
STEPHEN FREEBORN	51 FWM	1:48.26
DAN SMITH	44	
BRUCE BOYTLER	48	
JOHN LEET	61	

ERIC DYBDAHL	47 FWM	1:48.98
KEITH KENNEDY	44	
ERIC DURBAN	51	
PAUL STOERMER	46	

DAVID DUCOLON	43 FWM	1:50.41
JOHN TACKE	43	
PAUL HAVICK	46	
LUIS DIAZ	35	

45 +		
PAUL OLLIGES	45 LOGS	1:39.30
ROMAN PIPER	47	
LEO KOSENKRANIUS	47	
VICTOR SWANSON	47	

PHILLIP STANLEY	54 FWM	1:56.19
GREG COLLINS	58	
HUGH MOORE	52	
BOB HARTWIG	52	

BRIAN RUSSELL	49 BAM	1:57.21
BOB MILLER	77	
KENNARD GOODMAN	53	
BARNEY VOEGTLEN	58	

DON SCHAEFER	62 SWIM	2:01.80
KURT JOHNSON	53	
JEFF JACOBSEN	62	
JOHN DEWIT	54	



55 +
 MICHAEL NORDBY 65 NEO 2:18.14
 EUGENE HUNN 63
 GORDON GRAY 61
 MICHAEL MCCOLLY 61

**RELAYS-M E N 200 YD. MED-
 LEY**

18 +
 MARK ARNOLD 32 HMST 1:48.20
 DAVE WHITBECK 24
 KIRK NELSON 36
 DEVIN WHATLEY 38

CHRISTOPHER HINDS 31 FWM 1:51.66
 TYSON SULLIVAN 23
 BRENT NORDYKE 31
 JOHN WILLIAMS 38

PETE COLBECK 45 NEO 1:56.96
 JOHN HUCKABEE 48
 HANS HEUSSY 24
 JORDAN RICE 22

35 +
 STEPHEN FREEBORN 51 FWM 1:56.00
 DAN SMITH 44
 BRUCE BOYTLER 48
 JAMES LITTLEFIELD 46

MATTHEW SMITH 50 BEST 1:59.73
 FRANCOIS LARRIVEE 44
 DAVE MCDERMOTT 44
 LOREN BAKER 52

ERIC DYBDAHL 47 FWM 2:07.51
 KEITH KENNEDY 44
 ERIC DURBAN 51
 ALLEN IGAWA 45

ROBERT DEAN 47 FWM 2:17.31
 JOHN TACKE 43
 PAUL HAVICK 46
 LUIS DIAZ 35

RON HANSEN 57 SVY 2:27.33
 KERRY NESS 37
 STEVEN WADE 48
 JIM KENDRICK 54

45 +
 ERIC WOLGEMUTH 45 LOGS 1:51.66
 LEO KOSENKRANIUS 47
 VICTOR SWANSON 47
 MIKE MCGOORTY 48

BRIAN RUSSELL 49 BAM 2:03.33
 BARNEY VOEGTLEN 58
 PAUL WEBBER 48
 ORLANDO BOLEDA 52

PHILLIP STANLEY 54 FWM 2:08.27
 GREG COLLINS 58
 HUGH MOORE 52
 DON WILLIAMS 53

JEFF JACOBSEN 62 SWIM 2:19.28
 KURT JOHNSON 53
 JOHN DEWIT 54
 GREG WISONT 46

55 +
 GORDON GRAY 61 NEO 2:31.89
 EUGENE HUNN 63
 MICHAEL NORDBY 65
 MICHAEL MCCOLLY 61

RELAYS-MIXED 200 YD. FREE

18 +
 JEN MESLER 36 FWM 1:45.65
 TAUNYA ROBERTS 33
 JOHN WILLIAMS 38
 TYSON SULLIVAN 23

HANS HEUSSY 24 NEO 1:45.88
 MARTHA LAYZER 42
 MARY LIPPOLD 51
 JORDAN RICE 22

SHINGO ITO 23 WWUS 1:51.49
 EMIKO MAR 20
 YOSUKE SATO 21
 ELISHA NAYLOR 20

SANDRA SMITH 54 SVY 2:21.92
 ALEX SHAFER 21
 SHANNON SINGER 37
 JIM KENDRICK 54

25 +
 PAUL WEBBER 48 BAM 1:44.62
 LISA DAHL 45
 BRIAN RUSSELL 49
 MEGAN LIVINGSTON 29

BRENT NORDYKE 31 FWM 1:56.71
 JESSICA HICKEL 48
 LYNN GROSS 46
 BRUCE BOYTLER 48

LINDA SULLIVAN 50 FWM 1:58.63
 MICHELLE MENKENS 50
 CHRISTOPHER HINDS 31
 DAVID DUCOLON 43

HOLLY BORK 30 FWM 2:06.31
 ERIC DYBDAHL 47
 PATTI CUNNINGHAM 53
 DAN SMITH 44

35 +
 BILL REEDER 54 GLAD 1:52.11
 TONYA BERG 48
 KRISTEN WINN 37
 PERRY MORIN 48

M.MCCONNELL 39 PTMS 1:59.83
 JANET JOHNSON 52
 JIM NORRIS 59
 JOHN GAIR 59

KATHERINE ROGERS 40 SWIM 2:06.57
 DON SCHAEFER 62
 WHEELER-MCINVAILL 45
 JOHN DEWIT 54

JULIE FAY 37 FWM 2:10.09
 LUIS DIAZ 35
 JILL REDDOCH 37
 ALLEN IGAWA 45

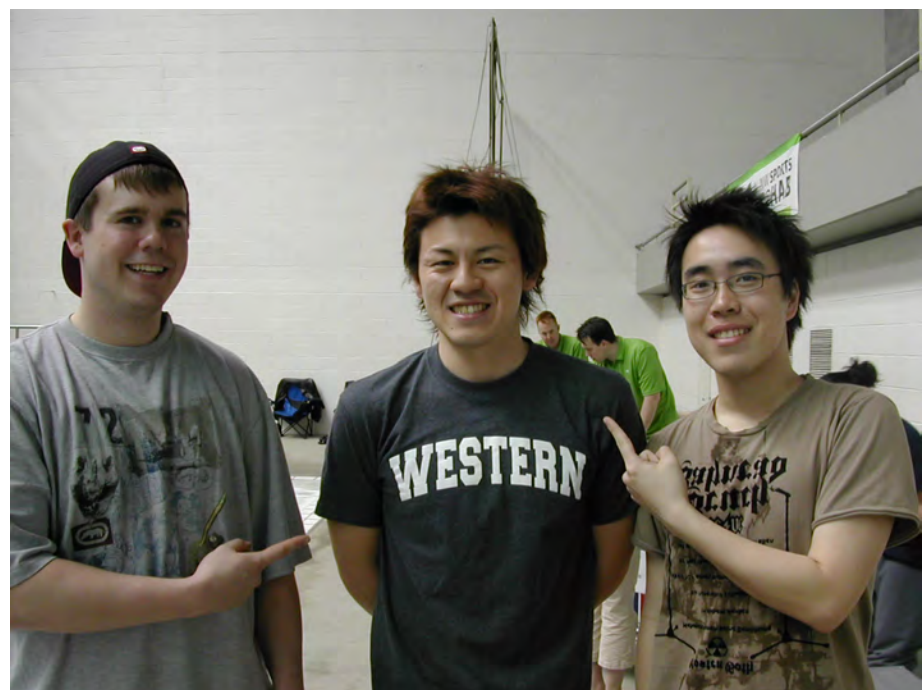
45 +
 PETE COLBECK 45 NEO 1:56.19
 JOHN HUCKABEE 48
 DAWN JAEGER 50
 NANCY TOWNSEND 51

PAT DUGGAN 53 FWM 2:17.62
 ERIC DURBAN 51
 B.HENDERSON 49
 PHILLIP STANLEY 54

55 +
 MICHAEL MCCOLLY 61 NEO **2:00.54P**
 SARAH WELCH 60
 MICHAEL NORDBY 65
 CHARLOTTE DAVIS 56

JULIA BENT 59 NEO 2:28.75
 EUGENE HUNN 63
 M.LEIGH JOHNSON 58
 GORDON GRAY 61

(Continued on page 16)



Corey Sanford (left) and Lawrence Keung (right) came to cheer on their friend Shingo Ito (WWUS)

Photo by Steve Peterson

(Continued from page 15)

RELAYS-MIXED 200 YD. MED-LEY

18 +			
JEN MESLER	36 FWM	1:55.23	
TYSON SULLIVAN	23		
TAUNYA ROBERTS	33		
JOHN WILLIAMS	38		
ELISHA NAYLOR	20 WWUS	1:59.81	
YOSUKE SATO	21		
SHINGO ITO	23		
SHONA PIERCE	22		
25 +			
LISA DAHL	45 BAM	1:57.57	
MEGAN LIVINGSTON	29		
BRIAN RUSSELL	49		
BARNEY VOEGTLEN	58		
ZENA COURTNEY	47 FWM	2:00.51	
BRENT NORDYKE	31		
BRUCE BOYTLER	48		
LYNN GROSS	46		
STEPHEN FREEBORN	51 FWM	2:12.98	
KAREN OYAMA	39		
MICHELLE MENKENS	50		
CHRISTOPHER HINDS	31		
KRISTI EAGER	34 SWIM	2:19.29	
KURT JOHNSON	53		
JOHN DEWIT	54		
KATHERINE ROGERS	40		
BOB HARTWIG	52 FWM	2:24.44	
HOLLY BORK	30		
DAN SMITH	44		
YVONNE DYMERSKY	46		
35 +			
RONALD JACOBS	55 GLAD	2:10.91	
TONYA BERG	48		
STEVE RUITER	42		
ARNI LITT	60		
BARRY GJERDRUM	37 NEO	2:14.85	
JOHN HUCKABEE	48		
MARY LIPPOLD	51		
MARTHA LAYZER	42		
KEVIN AMES	49 PTMS	2:21.06	
M.MCCONNELL	39		
ANN BAILEY	51		
JIM NORRIS	59		
JEAN BLACKBURN	55 FWM	2:46.66	
JULIE FAY	37		
PAUL HAVICK	46		
LUIS DIAZ	35		
45 +			
DAWN JAEGER	50 NEO	2:19.79	
EUGENE HUNN	63		
NANCY TOWNSEND	51		
PETE COLBECK	45		
LINDA SULLIVAN	50 FWM	2:30.60	
ERIC DURBAN	51		
PHILLIP STANLEY	54		
PAT DUGGAN	53		
CATHY DOONAN	57 FWM	3:15.41	
RICK ROBERTSON	51		
JOHN LEET	61		
JUDY WILLIAMS	59		

55 +			
MICHAEL MCCOLLY	61 NEO	2:16.37	
MICHAEL NORDBY	65		
CHARLOTTE DAVIS	56		
SARAH WELCH	60		

REQUESTED SPLITS

WOMEN 55-59		
50 BACK		
KATHRINE CASEY	40.61	
500 FREE		
KATHRINE CASEY	7:59.61	
JANE MOORE	9:23.13	
1000 FREE		
KATHRINE CASEY	15:52.85	
MEN 65-69		
100 BREAST		
101 ROY DAVIS	1:20.67	

**Relay Team Breaks
1982 Relay Record at
Champs**

The PNA Mixed 200 Free Age 55+ relay team, consisting of Michael McColly, Sarah Welch, Michael Nordby and Charlotte Davis, swam this event in 2:00.54, more than eight seconds faster than the previous record time of 2:08.78, set in 1982. Included on that 1982 team was Dawn Musselman, after whom PNA's Annual Inspiration Swimmer Award (see page 19) is named.

Congratulations to the new record holders!

(Continued from page 1)

Champs

pools, and relays need extra officials. But, according to Jane, at Nationals relays will be held in the two pools. Jane and her husband Hugh Moore are Nationals meet directors.

Another Nationals warm-up at Champs: 12-year-old swimmer Alexandra Hospenthal from UPAC graced those at the meet with the national anthem both mornings. She'll also be singing at Nationals, this time on Sunday morning.

**Volunteers at
Champs Who
Deserve to Be
Thanked**

Thanks to:

Holly Bork for working on pre-meet registration, check-in and clerk of course

Walt Reid for his work on timers and records

Renee Miller, Tom Foley, his daughter *Kerri Godwin* and grandson *Matthew Godwin* for hospitality arrangements

Sarah Welch for overseeing the volunteers

For officials recruitment, thanks to *Lee Carlson*

Meet referee *Ken Breiding*

Kelly Crandell for office management

Head Safety Marshall *Inez Lomatawama*

Others to thank:

Sally Dillon for awards distribution

Hugh Moore for putting together heat sheet

Janet Johnson for Champs meet logo

Wendy Neely for picking up team and special awards

Announcers *Steve Freeborn, Hilary Smith* and *Aaron Smith*

Western Washington University swimmers who served as safety marshals

All the other PNA volunteers, swimmers, family members and friends who helped with various jobs such as timers, safety marshals and runners

Swim meets can sink or go swimmingly due to the efforts of volunteers. There are many ways you can help as a Nationals volunteer.

For more information about volunteering, see the article on page 4.



Wanted: GLAD Swim Coach

GLAD (Green Lake Aqua Ducks) is looking for a coach for weekday mornings 5:00 a.m.-6:00 a.m. and Saturday 7:00 a.m.-8:30 a.m. for a highly motivated group of swimmers.

Coach needs to develop daily workouts and long-term goals for all levels of swimmers. Above average compensation for time on deck, swim meets, clinics, etc. for experienced, enthusiastic coach. If you or anyone you know is interested contact John at (206) 660-9563 or johnsylvester@seattleprostate.com



PNA Champs April 14-15, 2007 Combined Team Scores

Place	Team	Points
Large Teams		
1	Federal Way Masters FWM	2,274.5
2	North End Otters NEO	1,929
3	Bainbridge Area Masters BAM	802
Medium Teams		
1	Greenlake Aquaducks GLAD	406
2	Husky Masters HMST	393
3	Port Townsend Master Swimmers PTMS	377
4	South Whidbey Island Masters SWIM	311
5	Columbia Athletic Masters CAC	291.5
6	Logger Masters LOGS	290.5
7	Lynnwood Sharks LWS	283
8	Skagit Valley YMCA SVY	258
9	West Coast Aquatic Masters WEST	241
10	West Seattle YMCA Dolphins WSYD	209.5
Small Teams		
1	Pro Sports Club PRO	254
2	Bellingham Masters Swim Club BMSC	246
3	Bellevue Eastside Masters BEST	213
4	Ft. Steliacoom - Wako FTSW	208
5	Bellevue Club BC	178
6	North Whidbey Masters NWM	142
7	Thunderbird Aquatic Masters TACM	141
8	Tigers TIG	139
9	Bellevue Aquatic Divas & Dudes BADD	128
10	Briggs YMCA Masters Swim BYMS	102
11	Old Olympic Peninsula Swimmers OOPS	94
12	Orca Swim Club ORCA	87
13	Ohana OHANA	71.5
14	Seattle Athletic Club SAC	68
15	Poseidon Aquatic Club PAC	63
16	Gordon Club GC	57
17	University Place Aquatic Club UPAC	40
18	Phinney Ridge Swim Club PSC	38
19	Fins of the San Juans FSJ	37
20	Swim Seattle Redhawk Masters SSRM	29

PNA Presents Fourth Annual “Coach of the Year” Award to North End Otters Coach Robin O’Leary

Coaches are an essential part of Masters swimming. To recognize PNA’s top coaches, PNA has instituted a Coach of the Year Award that’s handed out every year at Champs. This year’s award went to Robin O’Leary, who coaches the North End Otters.

Text of Award Speech

PNA is proud to present the fourth annual Coach of the Year Award in recognition of coaching excellence, dedication and spreading the joy of Masters swimming to others.

This year’s honoree has over 25 years of coaching experience. She started off her coaching career in age group swimming, then moved into Masters swimming.

She has founded and led two different successful Masters’ teams, leading her teams to multiple regional championships. She also has coached swimmers at all levels, even National and World Champions as well as National and World record holders. Since her team’s inception she has developed a vibrant, hard-working group that not only swims together, but hikes, bikes and parties together.

I am proud to present the



Photo by Steve Peterson

Robin O’Leary (second from left), recipient of PNA’s Coach of the Year Award, and some of her North End Otters swimmers

fourth annual PNA Coach of the year award to Robin O’Leary, coach of the North End Otters.

Your entire team has honored you. They nominated and cited your many strengths, talents and accomplishments. Your interesting and varied workouts keep them coming back for more. During your coaching tenure you have started two fabulous teams that are still thriving. You have the skills to develop the beginning and elite swimmer and are also known to teach 50-plus swimmers to do butterfly. You are a master of lane dynamics, but yet have loose structure that creates a successful and positive environment.

You have worked to promote swimming outside of traditional team workouts and meets. That includes promoting open water swimming and traveling with the team to events like the Alcatraz Shark Fest and the Trans Tahoe

swim as well as many local events.

Your enthusiasm has inspired an extremely loyal following. You have a positive impact on all your swimmers. You have created the “coaches’ dream,” a team that is diverse with different religious and political views, different education levels and different interests outside swimming. Yet your swimmers are all great friends in and out of the pool. This is due to you!

Thank you for your contribution to Masters swimming.



PNA Vice President Steve Peterson presents Coach of the Year Award to Robin O’Leary





Former PNA President Lee Carlson Receives 2007 Dawn Musselman Inspirational Swimmer Award

Photo by Tom Foley



PNA Vice President Steve Peterson presenting Dawn Musselman Inspirational Swimmer Award to Lee Carlson

There's no doubt as to your commitment to PNA, as a past president, interim newsletter editor and continuing board member.

You represent us well at the national level, too, as a member of the Coaches Committee and through your interests in officiating and fitness. You've contributed USMS Fitness Articles of the Month. Through your initiative, PNA inaugurated the USMS Thirty Minute Swim Challenge and is currently hosting this national event in its fifth year, with you as our coordinator.

Perhaps our only regret is that when you and Dee moved to LaConner, we lost a strong advocate for the long-running Mercer Island March Sprint meet. Tom Foley reminds us that a favorite feature of that event was the post-meet taper at the historic Roanoke Tavern, where swimmers gathered to discuss and improve their times.

Lee, for your inspiration to the entire membership of the Pacific Northwest Association of Masters Swimmers, and by your example of good sportsmanship, encouragement and commitment, the PNA is proud to recognize you as our 2007 Dawn Musselman Inspirational Swimmer.

PNA has presented this Inspirational Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913–1986). Dawn was a long-time PNA member. Not only was she a gifted competitor (still holding 13 SCY, 12 LCM, and 4 SCM records from 1976–1985 for ages 60 to 74!), Dawn was the kind of person who inspired others and encouraged them to do their best. In her early days she was an Olympics hopeful. In her last days she continued to inspire her teammates until cancer took its toll.

Besides Dawn, subsequent award winners include Marlene Holmes, Maxine Carlson, Jim Penfield, Tom Foley, Karen Jost, Jan Kavadas, Robin O'Leary, Marion Mueller, Tammi Keeler, Ian Thompson, Suzanne Dills, Clark Pace, Dan Frost, Joan Davis, Paul Ikeda, Barb Gundred, Chaya Amiad, Kathy Casey, Gene Crossett, and Jeanne Ensign. Steve Peterson presented our twenty-second Musselman award honoree a personal plaque,

the perpetual trophy, and this statement at the PNA Championships meet, April 15, 2007

Text of Award Speech

Lee, you have served the PNA membership over the years in many ways. We present this award to acknowledge the inspirational side of your contributions. You have been instrumental in nurturing Masters' programs at Mercer Island, North Whidbey and now Anacortes.

You have helped to coordinate meets at your home pool and currently serve as our meets committee chair. Jan Kavadas notes that you extended your influence beyond Masters by working hard to improve the 2006 Washington State Senior Games as a participant and USMS rules observer. "He's a good backstroker, too," says Jan

As a certified deck official, whether swimming, officiating or doing both, your always-smiling easy-going demeanor inspires all of us to exhibit good sportsmanship.



Welcome New PNA Swimmers

Paul Avery
 Sarah Barnes
 Blake Barrett
 Carment Blankenship
 Audrey Blomberg
 Erin Carson
 Van Chappell
 Jan Coleman
 Sue Collins
 Ken Collins
 Herb Cook
 Robert Decker
 Kelsey Draper
 Tom Dunning
 Duke Eide
 Mychajlo Eliaszewskij
 Emilie Ellis
 Jerold Everard
 Brenna Galbraith
 Jorge Garza
 William Gevers
 Russell Goedde
 Kater Hake
 Mike Hansen
 Jessica Hayden-Spear
 Jack Hedge
 Christopher Heide
 Brad Hering
 Sergio Jara-Kessi
 Yvette Kilian
 Nellis Kim
 Lauren Lochner
 Daniel McCollough
 Sara McGrath
 Peter McGrath
 Jill Minehan
 Patrick Murphy
 Natalie Noborikawa
 Mats Nygren
 Jeanne O'Dell
 Trevor Oldershaw
 Paul Olliges
 Shauna Ousley
 Carolyn Pratt
 Joni Rasmussen
 Maureen Rea
 Wendy Reid
 Jaime Rodriguez
 Rachid Romdane
 George Roudebush
 Linnea Roy

(Continued from page 2)

Leading Off

And last but not least, last month I asked for a volunteer to take over Jim McCleery's job posting results on the PNA website and the response was overwhelming. Six of you emailed within a day of receiving *The WetSet*. Thank you to Jon Walker for taking the spot.

Happy Swimming!

Saturday Swims at Colman Pool

You are invited to Saturday morning swim workouts at Colman Pool starting May 26, 6:30 a.m. to 8:00 a.m. (start time changes to 7:00 a.m. from July 29 on). All currently registered Masters swimmers are welcome. \$7 drop-in fee.

Workouts will continue through September 8. But no workout July 7 and 15, or August 18. Workouts sponsored by GLAD.

This is a great chance to swim in a beautiful outdoor salt water pool. Take advantage of this opportunity!



Kirby Schaufler
 Kami Schweiger
 Kim Smerekanych
 Gaylynn Smith
 Tracey Sondgroth
 Christopher Tessin
 Chris Tremonte
 Roxanne Turner
 Douglas Updyke
 Houston Wade
 Theresa Wardle
 Keith Wellman
 Gregory Wisont

PNA Board Meeting Summary for April

BY Hugh Moore,
PNA Secretary



Fifteen members of the PNA board met at the Yesler Community Center on Tuesday, April 24. Jane Moore, meet director for both Champs and Nationals, commented about how smoothly Champs went due to all the volunteers who stepped forward. We need to keep the momentum going for Nationals.

The board approved recognizing the Northwest Senior Games in Kirkland on June 9 and the Puget Sound Senior Games at the Briggs YMCA in Olympia on July 29.

The board selected Toby Coenen, Lisa Dahl, Jan Kavadas and Walt Reid to be delegates at this year's USMS convention. They will be joined by Kathy Casey, Kelly Crandell, Sally Dillon, Jeanne Ensign, Arni Litt, Hugh Moore, Jane Moore, Steve Peterson and Sarah Welch, all of whom are already delegates due to their USMS positions.

Our new PNA officers will take over at the next board meeting. I'd like to personally thank Jeanne Ensign, Sarah Welch and Steve Peterson for their work over the past four years and also thank Steve, Lisa Dahl, Toby Coenen and Jo Moore in advance for their work over the next two or more years.

2007 Fat Salmon Open Water Swim – 1.2 & 3.2 Mile Events

Saturday, July 14, 2007

Lake Washington, Seattle, WA

Sponsored by Green Lake Aqua Ducks (GLAD)

Sanctioned by Pacific Northwest Association of Masters Swimmers, Inc. for USMS – Sanction No. 367OW-01

Event: 1.2-mile and 3.2-mile open water swims in beautiful Lake Washington.

Race-Day Schedule (July 14, 2007):

MADISON PARK

6:15 - 7:15 am Pre-Race Check-in

7:30 am **Mandatory** Competitors' Meeting

DAY STREET BOAT RAMP

8:30 am Start of 3.2-mile race

DENNY BLAINE PARK

9:15 am **Estimated** start of 1.2-mile race



Location: The event runs between the I-90 and 520 floating bridges along Seattle's Lake Washington waterfront. The 3.2 Mile Race starts at Day Street Boat Ramp at the west end of the I-90 Bridge span, and ends at Madison Park in Seattle (E. Madison St. & E. Howe St). The 1.2 Mile Race starts at Denny Blaine Park, 200 Lake Washington Blvd. E, and also ends at Madison Park. **Check-In at Madison Park** where both races end. **Swimmers are responsible for transportation from the registration area to the race starts.** Parking at both start areas is extremely limited; carpooling is encouraged. See race map at www.fatsalmon.org.

Eligibility: Swimmers must be 18 years of age or older as of July 14, 2007 and:

- Currently registered with USMS or Canadian Masters (CM), **or...**
- Pay a \$10 "One-Event USMS Registration" fee if not-USMS or CM members. **The \$10 fee is in addition to the base entry fee noted on this application!**
- Any USMS or CM swimmer not registered with PNA **must** submit a photocopy of their 2007 registration card with their entry.

Entry Fees: See specific registration information for entry fees. Fee includes swim cap, t-shirt and post-race refreshments. Again, the base entry fee DOES NOT include the \$10 USMS one-event registration required for non-USMS or non-CM members.

Rules: Current USMS rules will govern this event. The use of neoprene wet suits or other nonporous attire is allowed. The use of fins or pull buoys is not allowed.

Safety: The course will be marked with large orange buoys. Motor boats, kayaks and lifeguards will be located along the course. Swimmers must wear the swim caps furnished at check-in. A mandatory safety meeting will be held before the event start.

Awards: A whole salmon will be awarded to the fastest male and female swimmers in both the wetsuit and non-wetsuit divisions of the 3.2 Mile Race. For the 1.2 Mile Race one-half of a salmon will be awarded to the fastest male and female swimmers in both divisions. Ribbons will be presented to the top three finishers in all 5-yr age groups.

Directions: From Northbound I-5: Take the Seneca Street exit (#165), merge onto Seneca; travel 0.1 miles; turn left onto 5th Avenue. Follow directions from 5th Avenue (see below). From Southbound I-5: Take the Union Street exit (#165B), travel 0.1 miles; turn left onto 5th Avenue. From 5th Avenue: Travel 0.2 miles; turn left onto Spring Street, travel 0.1 miles; turn right onto 7th AVE, travel 0.2 miles; turn left onto Madison Street, travel 2.9 miles; Turn **SLIGHTLY RIGHT** on to East Howe Street, travel 0.1 miles; Turn **LEFT** onto 43RD Avenue East. Park.

Questions? More information at www.fatsalmon.org or contact one of the following:

Toby Coenen, race director

(425) 836-8943

Liz Shimizu, registrar

(206) 898-8992

Email:

fatsalmonswim@gmail.com

More Information at www.fatsalmon.org

Name: _____ USMS # _____ - _____

Address: _____

City _____ State _____ Zip _____

Date of Birth: _____ Age on 07/14/07: _____ Gender (circle): M F

Email address: _____

Emergency contact & phone: _____

Race Distance (circle):	1.2 Mile	3.2 Mile
Category (circle)	Wetsuit	Non Wetsuit
T-Shirt Size (circle)	S M L XL XXL	

Register Online at www.active.com/swimming/ & search for "Fat Salmon"

Fees: Early entry before July 1	\$34.00
July 1 to July 12 (online registration closes 11:59 pm Thursday)	\$45.00
USMS one-event registration (if needed)	\$10.00

Register by Mail

Fees: Early entry before June 17	\$39.00	Make checks payable to GLAD and mail with this entry form to: Liz Shimizu 6000 36 th Avenue SW Seattle, WA 98126
June 17 to June 30	\$50.00	
USMS one-event registration (if needed)	\$10.00	

**We will not accept entries postmarked after June 30!
You must register online after June 30!!!**

**THERE WILL BE NO DAY-OF-RACE REGISTRATION!!!
EVERYONE MUST PRE-REGISTER BY MAIL OR ONLINE**

Liability Release: "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. Finally, I specifically acknowledge that I am aware of all the risks inherent in open water swimming and agree to assume those risks."

Must be signed and dated for acceptance.

Signed: _____ Date: _____

Direct your questions to fatsalmonswim@gmail.com

**7th Annual Lake Padden 2.5K and 5K Open Water Swim
Saturday, July 21, 2007**

Hosted by Bellingham Masters Swim Club

Sanctioned by PNA for USMS #367OW-02

Events 2.5K and 5K open water swims will be conducted on a triangular course in freshwater Lake Padden. Both events start in the water and finish on the beach.

Schedule: 7:30 – 8:30 a.m. Check-in for all events
8:45 a.m. Pre-race briefing
9:00 a.m. Joint Start (2.5K/5.0K)

Location: Lake Padden Park, Bellingham, WA. Restrooms, showers, and changing facilities are located at the start/finish area. Hiking, biking, running trails, a large barbecue, and a play area for the family are available. The park includes a first-rate municipal golf course (<http://www.lakepadden.com>).

Eligibility:

- USMS or Canadian Masters registered swimmer or
- \$10 "One Event USMS Registration" fee for non-USMS or CM
- 18 years of age and older as of July 21, 2007
- Non-PNA swimmers (CM or out of area USMS) – photocopy of current registration card required with entry.

Entry Fee: \$30 (US or Canadian funds). Entry fee includes official race swim cap, which must be worn during the swim. Complete registrations received by the entry deadline receive complimentary embroidered swim towel (no race awards). Race towels will be available on race day for \$11.

Entry Deadline: Advance registrations must be received and complete by July 14, 2007 to be guaranteed the complimentary race towel.

Rules: Current USMS rules will govern this event. Neoprene wetsuits are allowed.

Safety: Lifeguards and safety boats will monitor the entire racecourse. Swimmers must wear the swim cap provided and race number on hand and upper arm or leg.

Results: Results will be posted one hour after the final finisher and will be available on the PNA web site (<http://www.swimpna.org/>) shortly after the event.

- Directions:** Race start/finish is at bathhouse adjacent to main parking lot
- Southbound: I-5 exit 254, left at light onto Samish Way. Cross freeway, right at light (S. Samish Way), main entrance to park (not golf course) is 2.4 miles on right.
 - Northbound: I-5 exit 246, left at stop sign (S. Samish Way), main entrance to park is beyond the golf course entrance, 2.5 miles on left.

Notes: 1) USMS or Canadian Masters number required. Canadian or non-PNA USMS must enclose photocopy of current USMS to complete registration. Those without current registration must enclose \$10 for "One Event USMS Entry" to complete registration.
2) Advance registrations complete by the entry deadline receive a complimentary race towel. Race towels may be purchased on race day for \$11.

NAME: _____	USMS # ¹ _____ - _____
Street: _____	
City: _____	State: _____ Zip: _____
DOB (mm/dd/yy): _____	Email: _____
Emergency Contact (name): _____ (phone): _____	
Event Choice (circle): 2.5K 5K	Gender: M F
Fee Calculation:	Checks payable and mail to:
Entry Fee: _____	\$30. Bellingham Masters Swim Club
One-event USMS fee ¹ (\$10) _____	Corey Chaplin
Same-day Race towel ² (\$11) _____	3101 Maple Ridge Court
	Bellingham, WA 98229-2391
Total remitted (US or CAN): _____	happychaps@comcast.net

Liability Release: "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 DAMAGE, 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. Finally, I specifically acknowledge that I am aware of the all the risks inherent in open water swimming and agree to assume those risks."

Must be signed and dated for acceptance.

Signed: _____ **Date:** _____

10th ANNUAL SHORT COURSE METERS PENTATHLON MEET WITH ADDITIONAL "BRUTE" DIVISION

Hosted by North Whidbey Masters (Sanction #0367-06)

ORDER OF EVENTS (#1)	
#	Event
1	1500 free
2	200 fly
3	100 fly
4	50 fly
5	200 back
6	100 back
7	50 back
8	200 breast
9	100 breast
10	50 breast
11	200 free
12	100 free
13	50 free
14	400 IM
15	200 IM
16	100 IM

DATE: Sunday, September 23, 2007

TIME: 1500 – Warm-up at 9 am, meet starts at 10 am
check-in by 9:30 am
Pentathlon - Warm-up 11 AM Meet starts at noon.
Check-in by 11:30 pm

LOCATION: John Vanderzicht Memorial Pool
85 SE Jerome St
Oak Harbor, WA 98277
Phone: 360-675-POOL

MEET DIRECTOR: Sally Dillon
Phone: (360) 679-5038
E-mail: salswmr@verizon.net

FACILITY: Six lane, 25 m course. Lane 6 will be available for continuous warm-up/warm-down. Lanes 1-5 will be used for competition.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2007 USMS or MSC registered swimmers 18 and above as of 9/23/2007. Age groups based upon the swimmer's age as of 12/31/07. Entries must be received by the meet director by Saturday, September 15 with the following exception: **Race day entries will be accepted for an additional \$5.00 (US) late fee until 9:30 am for the 1500 free and 11:30 am for all other events.**

SEEDING: Slow to fast. **ALL EVENTS WILL BE DECK SEEDED - CHECK-IN IS REQUIRED.**

TIMING: Electronic timing will be used.

AWARDS: All participants will receive a participation certificate. 1st-3rd place rosette ribbons will be presented to the swimmers with the fastest cumulative times in each age group for each division of competition. No separate awards will be given for individual events.

THE COMPETITION: In order to receive awards, swimmers must enter and finish all of the events that "complete" a division. The divisions are:

"Sprinters Choice" Pentathlon Division 50 each of fly, back, breast, and free plus a 100 IM
 "Middle Masters" Pentathlon Division 100 each of fly, back, breast, and free plus a 200 IM
 "Animal" Pentathlon Division 200 each of fly, back, breast, and free plus a 400 IM
 "Brute" Division 200 fly, 400 IM, 1500 free

Pentathlon/brute results will be calculated by adding the total time swum in the division's events. Swimmers will have a "time penalty" if they are disqualified in an event. It will be assessed as follows: ADD 5 seconds for each 50 of the event (i.e. 200 = 20 second penalty). Swimmers who try to abuse the disqualification system will be eliminated from the competition. There will be a **brief** break after each stroke series.

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

DIRECTIONS: Take highway 20 to Oak Harbor. Turn east onto Whidbey Avenue. Proceed 1/2 mile to SE Jerome St. Turn right onto Jerome—the pool will be on the right.

SAFETY FIRST!

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

10th Annual Short Course Meters Pentathlon + Brute event

Sunday, September 23, 2007

(Sanction #0367-06)

NAME: _____ M F AGE AS OF 12/31/2007: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

E-MAIL ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS or MSC #: ____-____

Local Team _____ or UNATTACHED _____ LMSC _____

USMS Club Abbrev: _____ USMS Club Name: _____ or UNATTACHED _____

EMERGENCY CONTACT: _____ PHONE: _____

AGE GROUP (Circle one - determined by your age as of December 31, 2007)							
19 - 24	25 - 29	30 - 34	35 - 39	40 - 44	45 - 49	50 - 54	55 - 59
60 - 64	65 - 69	70 - 74	75 - 79	80 - 84	85 - 89	90 - 94	95+
ENTRY LIMIT: 5 EVENTS Circle if your first Masters meet: Yes							
EVENT NUMBER	EVENT	SEED TIME (for SC METERS)					

ENTRY FEES: \$15 (\$17 Canadian)
 \$10 (\$13 Canadian) for seniors (65 & over)
 \$10 (\$13 Canadian) for entering only the 1500 meter free
 Race day entries will be accepted for an additional US \$5.00 late fee (see Eligibility)

Please make checks payable to: **NWAC** Direct questions to Sally at:
 Mail this entry form and fees to: **Sally Dillon** salswmr@verizon.net
PO Box 845 360-679-5038
Oak Harbor, WA 98277

Pre-entries must be **received** no later than Saturday, September 15, 2007. **Add \$5 late fee for all others.**

Please include a copy of your Masters registration card if you're NOT a PNA member.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

Pacific Northwest Aquatics (PNA) Registered Teams 2007

Team/Abbreviation	Team Rep/Coach	Pool	Workout Times
Bainbridge Area Masters BAM http://www.bainbridgeaquaticmasters.org/	Brian Russell (206) 842-5849 Brian.russell@earthtech.com Lynn Wells (206) 371-6710 swimlynn@usms.org	Bainbridge Aquatic Center High School Rd & Madison Ave Bainbridge Island, WA 98110	5:30- 6:30 am T/Th 5:30-6:30 am M, W, F Uncoached 9:00-10:00 am M-Th Noon-1:00 pm M-Th 6:30-8:30 am Sat
Bellevue Aquatic Divas & Dudes BADD	Cynthia Hirst The.hirsts@comcast.net Scott Armstrong sarmstrong@ci.bellevue.wa.us	Bellevue Aquatic Center 601 143 rd Ave NE Bellevue, WA 98007	12:00-1:00 pm M, W, Th, F
Bellevue Club BC	Karen Dugan Cory Hidlebrand (425) 445-19616 ext 4641 coryh@bellevueclub.com	Bellevue Club 11200 SE 6 th St Bellevue, WA98004	12:00-1:00 pm M-F 5:45-6:00 am T, Th, F 7:00-8:30 am Sat
Bellevue Eastside Swim Team Masters BEST	Michael McKinlay (425) 417-9770 mmckinlay@acm.org http://home.comcast.net/~BESTMasters/	Bellevue Eastside YMCA 14230 Bel-Red Road Bellevue, 98007 (425) 746-9900	6:30-7:30 am MWF
Bellingham Masters Swim Club BMSC	Bob Fish (360) 738-1678 thefish102@comcast.com Lisa Kaufman (360) 734-2506	Arne Hanna Aquatic Center 1114 Potter St, Bellingham (360) 647-7665	5:30-7:00 am M,T,Th,F 7:00-8:00 pm T-Th
Briggs YMCA Masters Swim BYMS	Melvin Smith (360) 970-9466 melcomplynow@msn.com	Briggs Community YMCA 1530 Yelm Hgwy SE Olympia WA 98501	6:45-8:00 am M,W,F
Columbia Athletic Masters CAC	Vincent Cucinell (425) 313-0123 Vincentc@columbiaathletic.com Cynthia Krass (425) 313-0123 Cynthia@soundmultisport.com	Columbia Athletic Clubs – Pine Lk 2930 228 th Ave SE Sammamish WA 98075	5:45 – 7 am T, Th 7:00 – 8:30 am Sat
Downtown Seattle YMCA DSYM	Danica Bilicich (206) 382-5010 dbilicich@seattleymca.org	Downtown Seattle YMCA 909 4 th Ave Seattle, WA 98104	6:00-7:00 am T, Th, F
Emerald City Multisport Team ECMT	Mary Lassiter (206) 799-0601 Superstar_tri@yahoo.com	TBA	TBA
Federal Way Masters FWM www.fwmasters.com	Hugh Moore (253) 925-0803 swimmooore@comcast.net Wendy Neely (253) 838-8408 wendymal@mac.com	1. Weyerhaeuser King County Aquatic Center 650 SW Campus Dr, Fed. Way (253) 296-4444 2. Federal Way High School Pool (Kenneth James Pool) 30421 16th Ave S Federal Way, WA 98003	Check the website for multiple swim times and locations
Fins of the San Juans FSJ	Brenda Becket bb@bbeckett.us	San Juan Island Fitness Cntr. 435 Argyle Friday Harbor, WA 98250 (360) 378-4449	6:15-7:30 am M, T, Th, F 10:15-11:30 am Sat
Fort Steilacoom - WAKO FTSW	Kathrine Casey (253) 588-4879 Kathjy.casey@comcast.net	Lakes High School Pool 9401 Farwest Dr SW Lakewood, 98498 Clover Park High School 11023 Gravelly Lake Drive SW Lakewood, WA 98498	5:30-6:30 pm M,W 6:00-7:15 am M-F
Gordon Club GC	Gordon Clark (360) 460-9178 sempervirens@olympen.com	William Shore Pool 225 E 54 th St Port Angeles 98362	
Greenlake Aquaducks GLAD	John Sylvester (425) 745-0666 johnsylvester@seattleprostate.com Jeanne Ensign (206) 324-1354 Jeanne@raincity.com	1. Evans Pool 7201 E Green Lake Dr N Seattle, 98115-5301 (206) 684-4961 2. Colman Pool (Outdoor, 50m) Lincoln Park, West Seattle	1. 5:00-6:00 am M-F 7:00-8:30 Sat 2. Saturdays : 5/20 – 7/22 6:30-8:00 am 7/29- 9/2 7:00-8:30 am. Open to all USMS members - \$7.00
Husky Masters HMST	Kiko VanZandt (206) 524-2417 cvanzan@comcast.net Erin Kloss 206-910-5160 Emk2@u.washington.edu	U of W Pool, Graves Annex University of Washington Seattle, 98195	5:40 pm – (varies) M-F http://groups.yahoo.com/group/huiskymasters/

Team/Abbreviation	Team Rep/Coach	Pool	Workout Times
Issaquah Swim Team IST	Ty Rudolph (425) 392-3996 office@istsockeyes.com Stephanie Wang (425) 392-3996 Office@istsockeyes.com	Julius Boehm Pool 50 SE Clark St Issaquah, WA 98027	5:30-6:30 am M, W, F
Logger Masters LOGS	Robert Moore (206) 268-0646 Bob.moore@publicis-usa.com	Washington Athletic Club Sand Point	Various
Little Lebowski Urban Achievers LLUA	Maureen Rea (206) 383-2257 mophilipps@hotmail.com	Various	Various
Lynnwood Sharks LWS	Terence Calhoun, Philip Andrews Tcalhoun21@gmail.com (425) 244-7884	Lynnwood Pool 18900 44 th Ave W Lynnwood 98012-5737	8:15-9:30 pm M, W
Mercer Island Country Club MICC	Wendy Hoffman (232) 7940 Chris Simpson (206) 232-5000 ext 20 aquatic@mercerislandcc.com	Mercer Island Country Club 8700 SE 71 st Mercer Island 98040	6:00 - &:00am M, W, F
North End Otters NEO	Robin O'Leary (206) 525-7725 robinoleary@comcast.net	Shoreline Pool, (206) 296-4345 19030 1st Ave NE Shoreline, 9155	7:00-8:00 am M-F
Northshore Y's Guys NSYG	Pete Gillis (425) 489-4373 petegill@exchange.microsoft.com	Northshore YMCA 11811 NE 195 th St Bothell, 98011	5:00-6:30 am M-F 8:30-9:45 pm M, W
North Whidbey Masters NWM http://www.oakharborpool.com/nway/nwm	Sally Dillon (360) 679-5038 salswmr@verizon.net Neil Romney 360-675-7665 headcoach@oakharborpool.com	John Vanderzicht Memorial Pool 85 SE Jerome St Oak Harbor 98277 (360) 675-7665	5:30-7:00 am M,T,Th 12:00-1:15 pm M,W,F 8:00-10:00 am Sat
Ohana Swim Team OST http://www.ohanaswimteam.com	Jane Moore (253) 759-4956 Swimmooore@comcast.net Dan Balderson (253) 209-7693 Balderson.d@comcast.net	Lincoln High School 6229 S Tyler Tacoma, WA 98409-2522	6:30-7:45 pm M, W, F 6:300-8:00 pm T, Th
Old Olympic Peninsula Swimmers OOPS	Steve Peterson (360) 692-1669 speterson@bandwagon.net Frank Warner (360) 692-1040 frank@frankwarnercpa.com	Naval Base Kitsap Bangor MWR Pool Ohio St Bangor WA 98315	4:30-5:30 pm
Orca Swim Team ORCA http://www.teamseattle.org/orca/	Ross Linderman pna@orcawimteam.org Paul Ikeda, Coaches@orcawimteam.org www.teamseattle.org/orca	Seattle U-Connolly Center 14th Ave & Cherry St	5 pm Sun 7:30 pm M 7:00 pm W, F 7:30 pm Th
Poseidon Aquatic Club PAC	Charlie Norman (360) 754-9031 cgcslam@aol.com Kelli Denney 360-956-1948	North Thurston/River Ridge HS Pools Lacy	5:30-7:00 am Tu, Th, F
PRO Sports Club PRO	David Kays ((425) 765-8876 dkays@microsoft.com Justin Berry (425) 895-6588 jberry@proclub.com	Pro Sports Club Pool 445 148 th Ave NE Bellevue, WA 98007 (425) 885-5566	T, Th 6:30-7:30 pm
Phinney Ridge Swim Club PSC	Caroline Brown (206) 783-4436 mcleanbrown@comcast.net Peter 206-Hays (206) 706-1184 petbernerhays206@aol.com	1. Ballard Pool 2. Queen Anne Pool 3. Lake Washington	1. 6:00 - 7:00 am T, Th 2. 7:30-9:00 am Sat 3. May - September
Port Townsend Masters PTMS	Ann Bailey (360) 385-6351 johnnann@olympen.com	City of Port Townsend Municipal Pool 1919 Blaine St Pt. Townsend	10:30-Noon Sun 6:30-8:30 pm Wed
Seattle Athletic Club/Northgate SAC	Rebecca Logsdon (206) 522-9400 Christian Bruhn (206) 362-3696 Cbruhn31@hotmail.com	Seattle Athletic Club Northgate 333 NE 97 th Seattle, 98115	Varies
South Sound Titans Masters SSTM	Shawn Jones (360) 897-9611 sstheadcoach@comcast.net Diana ekstrom (360) 897-9611 coachdiana@comcast.net	Sumner High School	5:45-7:00 M-F
Swim Seattle Redhawk Masters SSRM	Marion Gallagher(425) 422-8041 mp_gallagher@yahoo.com Emily Weber Emily70480@hotmail.com	Seattle U. -Connolly Center 14th Ave & Cherry St Seattle, 98122	6:00 - 7:00 am M-F 7:00 – 8:00 am M, W, F

Team/Abbreviation	Team Rep/Coach	Pool	Workout Times
Skagit Valley YMCA SVY	Shannon Singer (619) 665-1093 Ssinger70@aol.com	Skagit Valley Family YMCA 215 E Fulton St Mount Vernon, WA 98273 (360) 419-7207	Varies, Call or email Shannon for information
South Whidbey Island Swells SWIM	Kathy Rogers (206) 442-6815 KatherinePRogers@hotmail.com Kristi Eager (360) 321-4469 kritty@whidbey.com	Island Athletic Club 5522 Freeland Ave Freeland, WA 98249	5:10-6:30 am M, W, F 5:30-7:30 pm W
Thunderbird Aquatic Masters TACM	Pinky Walker (360) 424-8755 pinkymwalker@yahoo.com Lee Carlson (360) 466-0127 leedee17340@msn.com Myke Lund (360) 293-0673 H2obug101@yahoo.com	Fidalgo Pool & Fitness Center 1603 22nd St Anacortes, WA 98221 (360) 293-0673	5:30-6:30 pm T, Th 8:00-9:30 am Sat
Tigers TIG	Tom Foley (206) 937-5585 lilmot@hotmail.com	Various pools and times	
Tumwater Valley Athletic Club TVAC	Eric Valley (360) 486-4959 evalley@hctc.com Dan Martin (360) 790-9534 Danmartin1971@hotmail.com Don Martin	The Valley Athletic Club Tumwater WA	5:30-7:00 am M,W, F
University Place Aquatic Club UPAC		Curtis High School 8425 40 th W University Place, WA 98466	4:30 6:25 pm M-F
West Coast Aquatics Masters WEST	Kelly McDermott (425) 330-2778 westswimmom@comcast.net	West Coast Family Aquatic Center 15622 Country Club Dr Mill Creek, WA 98012	6:15 – 7:45 am M,W,F 9:0 - 10:30 am M,W,F 8:00 – 9:30 am T/Th 10:00 – 11:00 am Sat
West Seattle YMCA Dolphins WSYD	Jenny Ward (206) 938-0756 ward.jenny@gmail.com	West Seattle YMCA 4515 36th Ave SW Seattle, WA 98126	5:30-6:40 am M,W,F 7:15-8:15 pm W
Western Washington U. Masters Swimming WWUS	Emiko Mar (206) 658-7675 mare@cc.wvu.edu	Wade King Recreation Center Western Washington U	7:00-9:00 pm T, W 8:00-9:00 Th When school is in session
Whatcom County YMCA WCY	Taan Donoso (360) 354-0807 t2an@comcast.net	Lynden/Whatcom County YMCA	5:30-8:00 am 11:00 am -1:00 pm 6:00-7:30 pm M, W, Th

Updated 04/28/2007

The above information may change with personnel changes, seasons and pool maintenance. Please contact the Team Representatives and Coaches for up-to-date information. Send all corrections to this page to arni@qwest.net

If you do not see your team on this list, it is because it was not register this year and we do not have current information. Please see <http://www.swimpna.org> and follow the links for the 2007 team registration form.

More Champs Photos



United States Masters Swimming, Inc

2007 Membership Application

Pacific Northwest Association of Masters Swimmers

New Swimmer

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(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: ()

2nd Phone: ()

If you coach a Masters swim team check here

I am interested helping the PNA committee

CLUB: Pacific NW Aquatics (PNA)

OR Unattached

AND

Team : Unattached

OR Unattached

Choose a membership level A or B below.

A. Regular: 11/01/06 thru 12/31/07 \$35

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Optional Donations:

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Make check payable to: PNA

Mail to: Arni H. Litt, Registrar

1920 10th Ave E

Seattle, WA 98102-4253

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
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
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



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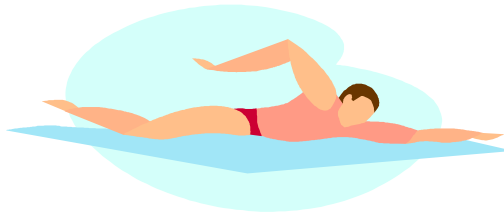
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May-June 2007 Issue



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