

# THE WETSET

Pacific Northwest Association  
of Masters Swimmers



Volume 28 • Issue 3

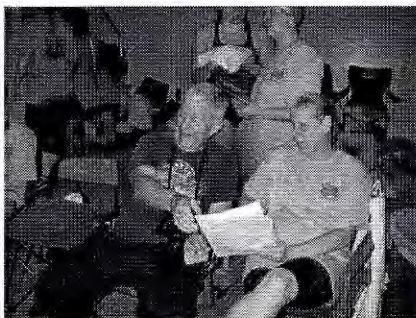
Masters Swimmers in Western Washington

March 2008

## Once again at Anacortes, the Masters Show How It's Done

*Editor's note: Author Leslie Baca is a senior at Anacortes High School. She wrote this article for the "Anacortes American" and graciously offered it to The WetSet, just as she did last year. Leslie is the daughter of Thunderbird Aquatic Masters swimmers Terri Porter and Jon Baca. The WetSet editor has edited the article, including adding a few items.*

It's often said that old age is the second youth, a maxim validated at the January 19 Masters meet at the Fidalgo Pool and Fitness Center in Anacortes. Some unexpected competitor antics caused the timers from Anacortes High School (AHS) Boys' Swim Team, who traditionally run the meet, to shake their heads and chuckle as they glanced down the heat sheet to verify that the swimmers were indeed over 18, not eight and under.



Duff and Pinky Walker (TACM) consult a heat sheet.



Anacortes Photos by Leslie Baca and Ed Schultz

### Raucous and fun

Unlike the typically dreary western Washington winter day outside, the atmosphere in the pool under the yellow glare of the overhead lights was raucous. "Everybody was having fun," said AHS senior Trenton Holmes. "To them, finishing is the main goal, and they aren't disappointed." His assessment was accurate: Finishing wasn't a problem at this meet, though over-finishing was a common theme.

### Yikes! I swam too far.

Mark Boger, (33, TACM), a newcomer to the Masters arena, was so excited to swim in his first meet that he just could not stop, swimming 200 yards in the prescribed 100 yard backstroke. Though disqualified, at least he

had the chance to practice his backstroke and burn a few more calories. Another TACM member, 24-year-old Kelly Jensen, also swimming her first Masters meet at her home pool, overdid the 500 yard freestyle by a 50, despite the faithful counter at the end of her lane. Another 500-yard freestyle anomaly occurred when PNA President Steve Peterson (61, OOPS), decided to take the "free" bit of freestyle to heart by swimming his 500 all breaststroke.

### Spousal surprise

At the other end of the spectrum, there was one obvious, and hilarious, case of under-finishing. Terri Porter (46, TACM) artistically subtracted a 50 from her 100 yard breaststroke, giving her

(Continued on page 4)



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“Paul, why do you keep editing that swimming newsletter? You haven’t been swimming for a long time.”

My wife Lynne posed this question a couple of months ago when we were walking our dog. The question was a good one. Health problems had kept me out of the pool for the past year. And though I continued to edit *The WetSet*, I hadn’t considered why.

So I gave Lynne’s question considerable thought. And eventually I realized there were three reasons why, despite not swimming for that year (I’ve since started back again), I continued as editor.

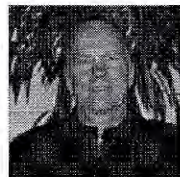
#### Reason #1: like to write

I love to write and edit. Good thing, I suppose, since that’s how I’ve been making a living for the past 15 years. I’m also a “recovering lawyer.” Law, which I practiced for many years, is more remunerative than freelance writing/editing. But for me, law wasn’t much fun and not very creative.

Speaking of creative, I can’t carry a tune and have trouble drawing even stick figures. But I’m a capable nonfiction writer and editor, and even though many people think the only truly “creative” writers are the fiction folks, that’s not so. We nonfiction writers are creative, albeit in a different way.

Beside providing me with one more opportunity to write and edit, *The WetSet* offers me an opportunity to play around with the newsletter’s “look and feel.” I’d never make it as a graphic designer, but it’s fun each issue to try to assemble text and visuals in

# LEADING OFF



By Paul Freeman,  
newsletter editor

a way that hopefully attracts you readers.

#### Reason #2: like to swim

I can’t remember when I learned to swim. Perhaps it was when I was four or five, during the summer when my family vacationed for a month in Connecticut on Long Island Sound. Those first lessons weren’t great; I didn’t develop the smooth, powerful strokes that many of you have and of which I am so envious. I did swim for two years on my high school swim team, but our coach spent most of the workouts in a room away from the pool where he would toss several shots of booze while we swam. Needless to say, I got no coaching from him and my strokes didn’t improve.

I know I’ll never break any Masters records — unless I outlive most of my competition — but I thoroughly enjoy swimming. I took it up again as an adult after four surgeries on one knee and one surgery on the other. No more tennis, skiing or running. Fortunately, bad knees don’t keep me from swimming.

After working out in a pool for an hour or so, I feel great, especially when the day has been stressful. (Yes, I know, you

(Continued on page 15)

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 2008 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**. Unless otherwise noted, all PNA board meetings are at Yesler Community Center, 917 E. Yesler Way, Seattle.*

January 1 to December 31, 2008  
From Block to Wall...Swim Them All!  
2008 USMS Challenge  
See [www.usms.org](http://www.usms.org), health and fitness tab.

March 8 & 13, 2008  
**PNA Swim Clinics with Karlyn Pipes-Neilsen & Eric Nielsen**  
For details, see page 2.

March 8, 2008  
**Orca SCY Meet**  
**Helene Madison Pool**  
**Seattle, Wash.**  
Entry form at [swimpna.org](http://swimpna.org)

March 15, 2008  
Victoria Masters 28th Annual Swim Meet, LCM  
Victoria, B.C.  
[www.mastersswimming.bc.ca](http://www.mastersswimming.bc.ca)

March 25, 2008  
**PNA Board Meeting**  
**6:45 p.m.**

March 27-29, 2008  
NCAA Swimming and Diving Championships  
Weyerhaeuser King County Aquatic Center  
Federal Way, Wash.

March 29, 2008  
**SCY Beat the Clock Meet**  
**Briggs YMCA**  
**Lacey, Wash.**  
Entry form at [swimpna.org](http://swimpna.org)

April 12-13, 2008  
**SCY PNA Champs**  
**Weyerhaeuser King County Aquatic Center**  
**Federal Way, Wash.**  
Entry form on pages 16-17.

April 17 to April 25, 2008  
XII FINA Masters World Championships - Perth

April 22, 2008  
**PNA Board Meeting**  
**6:45 p.m.**

May 1 to May 4, 2008  
USMS Short Course 2008 Nationals  
Austin, Tex.  
See relay information on page 15.

May 27, 2008  
**PNA Board Meeting**  
**6:45 p.m.**



June 7, 2008  
**Ohana Outdoor Long Course Meet**  
**Titlow Pool,**  
**Tacoma, Wash.**  
*Note: This is a date change.*

June 8, 2008  
**Anacortes SCM Meet**  
**Anacortes, Wash.**

June 24, 2008  
**PNA Board Meeting**  
**6:45 p.m.**  
Jan Kavadas, Edmonds [

July 19, 2008  
**Fat Salmon OW**  
**Lake Washington,**  
**[falsalmonswim@gmail.com](mailto:falsalmonswim@gmail.com)**

August 2, 2008  
**Lake Padden OW**  
**Bellingham, Wash.**  
**[ian@comcast.net](mailto:ian@comcast.net)**  
*Note: This is a date change.*

August 14 to August 17, 2008  
USMS National Long Course Championships  
Gresham, Ore.  
[www.lcnationals2008.net](http://www.lcnationals2008.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](http://www.swimpna.org)  
[www.usms.org](http://www.usms.org)  
[www.northwestzone.org](http://www.northwestzone.org)  
[www.swimoregon.org](http://www.swimoregon.org)  
[www.akmswim.org](http://www.akmswim.org)  
[www.utahmasters.org](http://www.utahmasters.org)  
[www.mastersswimming.bc.ca](http://www.mastersswimming.bc.ca)

(Continued from page 1)

### Anacortes Meet

husband Jon Baca a scare when he looked at the results on the time display board.

The 47-year-old Baca, TACM coach and a veteran breastroker, didn't see anyone close to him in the heat. He was sure of his victory until he looked up and saw that Porter in lane six had out touched him by a half a second. The expression on his face was priceless, though Porter won such an expression merely by sacrificing her own 100 breaststroke as she paused right next to the wall after a lone 50 to lay in wait for her

*"There's way more cheering at this Masters meet than at a high school meet."*

unsuspecting husband, much to the amusement of the spectators.

Porter's practical joke was appreciated by all, adding to the fun and carefree atmosphere of the event. AHS senior Holmes, who has attended this meet all four years of high school, says his favorite part is the atmosphere and the "great sportsmanship" of the meet. "There is way more cheering here than at a high school meet." Even the source of that cheering is unconventional.

### Kids cheer parents

The Fidalgo Pool and Fitness Center is home to high school and age group meets, where parents are the primary source of noise. In this Masters meet, however, children have to step up to the plate and cheer on their moms and dads. AHS freshman Ryan Thompson, serving as a timer, took a break to shout encouragement to his father, Doug

Thompson (59, TACM). "My dad is a role model for me," says Ryan. "He encourages me to keep swimming." Doug, who is recovering from a shoulder injury yet still gamely competes, reciprocates the sentiment, saying, "I love having [my kid] here. It's great."

But not everyone at this meet was parent age. For example, the Western Washington University Swim Club Vikings were

*"Those old people swim a lot faster than I thought."*

a major presence at this meet, bringing with them 18-year-old Kyndra Eide, the meet's youngest swimmer. WWU has no swim team, so club president Shona Pierce, 22, who swam all through high school, brought some young blood to the Masters circle, as well as Viking-helmeted Mathew Munsen (see photo on page 7) for "moral support" for nervous first-time competitors.

Although tension at this meet was low, Ruth Masters (40, TACM), says it "takes way more chutzpah to get up on the block" than one might suspect. Still, brothers Justin and Taylor Holden were impressed. Watching the ranks of those many times their age swim faster than most high school swimmers, they jointly commented that "old people swim a lot faster than I thought." Harvey Prosser (79, NWM), was arguably the most well-seasoned competitor



Dale Cary (UNAT) in the 100 fly.

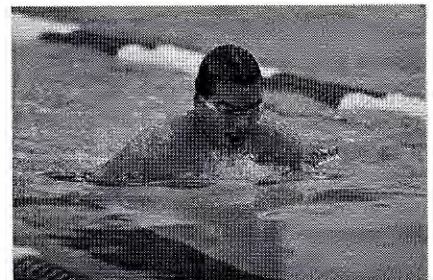
at the meet, earning an extra round of applause upon finishing his 500 yard freestyle.

### Hilarity and a warm heart

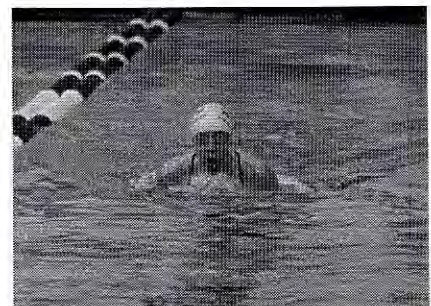
As the swimmers completed their final events and left the brightness and chlorine-scented air indoors for the gray world of wet pavement outside, they carried with them a bit of hilarity of the meet. While the remembered laughs that were the hallmark of the meet might not have warmed their hands on the cold steering wheel on the drive back home, there was warmth in their hearts at the pure, simple fun for all age groups in Anacortes that day.



Timers from Anacortes High School.



Adam Negrete (SVY) swimming the 50 breast.



Catie Rodenheffer (NWM) swimming the 100 breast.



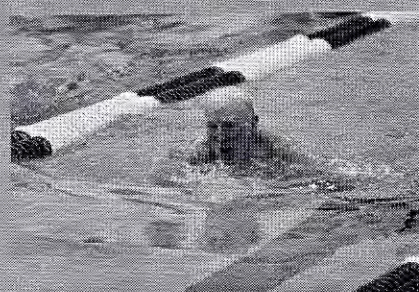
## More Pictures Anacortes Short Course Yards Meet January 19, 2008



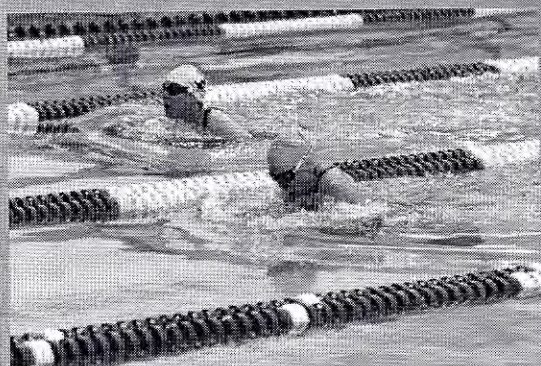
Leslie Baca, who wrote this month's lead article, and mom Terri Porter (TACM) share a hug.



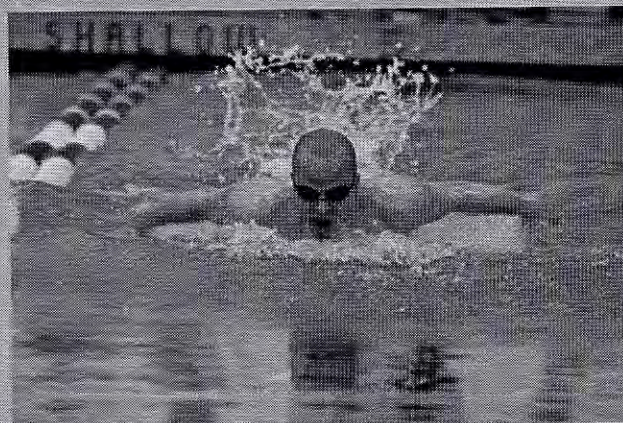
Adam Yanasak (UNAT) takes off in the 500 free.



Tom Foley (TIG) speeds along in the 100 breast.



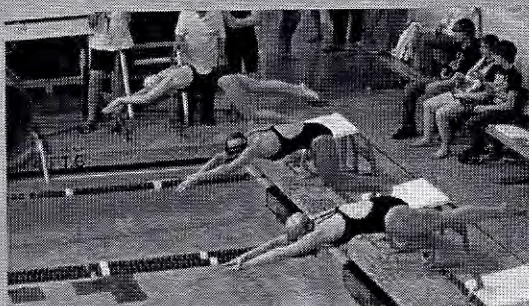
Rose Garceau (GLAD), left, and Peggy Hodge (COMA) dueling together in the 100 breast.



Dave Hollenback (UNAT) in the 200 IM.



Debbie Gallo (NWM) and North Whidbey masters Coach Neil Romney.



From left: Caroline Brown (PSC), Karen Morrison (WCM) and Renee Quistorf (NEO) take off in the 100 free.

# Results

## Anacortes Short Course Yards Meet

### January 19, 2008

P = P.N.A. RECORD  
 Z = NORTHWEST ZONE RECORD  
 N = NATIONAL RECORD

#### WOMEN 18-24

50 YD. FREE		
SHONA PIERCE	22 WWUS	26.10
ANGIE DOWDLE	19 WWUS	28.30
EMIKO MAR	21 WWUS	30.30
KYNDRA EIDE	18 WWUS	31.14
SHELBY WADE	22 SVY	39.86
100 YD. FREE		
KELLY JENSEN	24 TACM	8.90
ANGIE DOWDLE	19 WWUS	1:01.75
TINNEL HILLIS	19 WWUS	1:11.38
SHELBY WADE	22 SVY	1:33.08
200 YD. FREE		
ANGIE DOWDLE	19 WWUS	2:14.10
500 YD. FREE		
ANGIE DOWDLE	19 WWUS	6:09.77
KELLY JENSEN	24 TACM	6:14.97
50 YD. BACK		
SHONA PIERCE	22 WWUS	29.46
KYNDRA EIDE	18 WWUS	33.81
100 YD. BACK		
SHONA PIERCE	22 WWUS	1:06.44
KYNDRA EIDE	18 WWUS	1:12.05
SHELBY WADE	22 SVY	1:41.86
50 YD. BRST		
KELLY JENSEN	24 TACM	32.44
50" YD. FLY		
KELLY JENSEN	24 TACM	28.53
EMIKO MAR	21 WWUS	33.82
TINNEL HILLIS	19 WWUS	34.65
100 YD. FLY		
TINNEL HILLIS	19 WWUS	1:23.83
100 YD. I.M.		
KELLY JENSEN	24 TACM	1:04.48
SHONA PIERCE	22 WWUS	1:06.61
KYNDRA EIDE	18 WWUS	1:15.59
SHELBY WADE	22 SVY	1:41.22

#### WOMEN 25-29

50 YD. FREE		
KATHERYN STEVENS	29 TACM	46.57
100 YD. FREE		
KATHERYN STEVENS	29 TACM	1:47.19
200 YD. BACK		
KELLY CRANDELL	27 OST	2:48.21
100 YD. BRST		
KELLY CRANDELL	27 OST	1:20.71
100 YD. I.M.		
KELLY CRANDELL	27 OST	1:13.44

#### WOMEN 30-34

50 YD. FREE		
J.GUTIERREZ	33 UNAT	30.47
CHALLIS STRINGER	32 SWIM	36.52
100 YD. FREE		
VALARIE BARTELME	30 TACM	1:23.91
200 YD. FREE		
SARA MCGRATH	30 NWM	2:19.12
500 YD. FREE		
J.GUTIERREZ	33 UNAT	7:04.62
CHALLIS STRINGER	32 SWIM	7:42.89
50 YD. BRST		
J.GUTIERREZ	33 UNAT	37.52
VALARIE BARTELME	30 TACM	39.97
100 YD. BRST		
J.GUTIERREZ	33 UNAT	1:21.15

50 YD. FLY		
SARA MCGRATH	30 NWM	34.18
100 YD. I.M.		
J.GUTIERREZ	33 UNAT	1:14.78
SARA MCGRATH	30 NWM	1:17.09
CHALLIS STRINGER	32 SWIM	1:35.35
200 YD. I.M.		
SARA MCGRATH	30 NWM	2:40.49

#### WOMEN 35-39

50 YD. FREE		
LIZ SHIMIZU	38 UNAT	30.84
AMY LOU HAROLD	38 FSJ	31.89
SHANNON SINGER	37 SVY	35.16
JANAE MCMCULLOUGH	37 OST	38.00
100 YD. FREE		
JANAE MCMCULLOUGH	37 OST	1:29.47
200 YD. FREE		
KIRSTI EAGER	35 SWIM	2:34.13
SHANNON SINGER	37 SVY	2:56.98
500 YD. FREE		
KIRSTI EAGER	35 SWIM	7:01.58
SHANNON SINGER	37 SVY	8:25.76
50 YD. BACK		
SHANNON SINGER	37 SVY	42.49
100 YD. BACK		
AMY LOU HAROLD	38 FSJ	1:20.64



Terri Porter (TACM) being congratulated by Colin Chin (NWM), left, and Terri's husband, Jon Baca (TACM)

200 YD. BACK		
MEGAN LASSEN	37 BMSC	2:40.68
50 YD. BRST		
JANAE MCMCULLOUGH	37 OST	50.68
100 YD. I.M.		
LIZ SHIMIZU	38 UNAT	1:18.96
KIRSTI EAGER	35 SWIM	1:23.58
SHANNON SINGER	37 SVY	1:32.69
JANAE MCMCULLOUGH	37 OST	1:37.58
200 YD. I.M.		
MEGAN LASSEN	37 BMSC	2:43.15
400 YD. I.M.		
MEGAN LASSEN	37 BMSC	5:36.05
LIZ SHIMIZU	38 UNAT	6:05.11

#### WOMEN 40-44

50 YD. FREE		
LESLIE GRIMM	44 UNAT	28.81
KRIS SPEIR	44 OST	30.13
TATYANA MISHEL	44 UNAT	31.79
RUTH MASTERS	40 TACM	35.76
MOLLY ONEIL	40 FSJ	39.48
100 YD. FREE		
BECKY KLIEMAN	44 NWM	1:05.40
KRIS SPEIR	44 OST	1:06.66
RENEE QUISTORF	43 NEO	1:10.01
MEGAN SCUDDER	41 SWIM	1:35.90
200 YD. FREE		
KRIS SPEIR	44 OST	2:30.09
RUTH MASTERS	40 TACM	3:02.00
TATYANA MISHEL	44 UNAT	3:11.37
500 YD. FREE		
CATIE RODEHEFFER	41 NWM	7:41.85

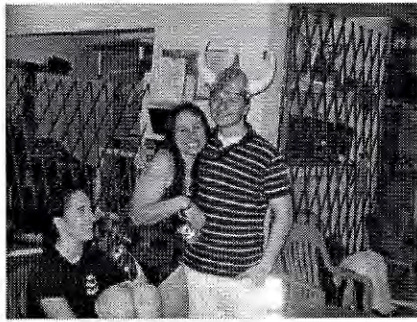
MEGAN SCUDDER	41 SWIM	9:49.07
50 YD. BACK		
LESLIE GRIMM	44 UNAT	31.79
RUTH MASTERS	40 TACM	44.25
100 YD. BACK		
RENEE QUISTORF	43 NEO	1:21.21
200 YD. BACK		
RENEE QUISTORF	43 NEO	2:52.68
100 YD. BRST		
CATIE RODEHEFFER	41 NWM	1:36.08
50 YD. FLY		
LESLIE GRIMM	44 UNAT	31.80
BECKY KLIEMAN	44 NWM	32.84
TATYANA MISHEL	44 UNAT	34.33
100 YD. FLY		
BECKY KLIEMAN	44 NWM	1:14.96
100 YD. I.M.		
LESLIE GRIMM	44 UNAT	1:12.38
KRIS SPEIR	44 OST	1:16.73
RENEE QUISTORF	43 NEO	1:19.23
TATYANA MISHEL	44 UNAT	1:22.01
MOLLY ONEIL	40 FSJ	1:49.89
200 YD. I.M.		
BECKY KLIEMAN	44 NWM	2:46.31
400 YD. I.M.		
BECKY KLIEMAN	44 NWM	5:52.96

#### WOMEN 45-49

50 YD. FREE		
KAREN MORRISON	49 WCM	28.64
TERRI PORTER	46 TACM	29.00
FRAN EIDE	47 BYMS	32.55
JOANNA RASMUSSEN	45 OST	45.94
100 YD. FREE		
TERRI PORTER	46 TACM	1:04.99
KAREN MORRISON	49 WCM	1:05.21
WHEELER-MCINVAILL	45 SWIM	1:14.47
200 YD. FREE		
ROSE GARCEAU	45 GLAD	3:48.66
500 YD. FREE		
WHEELER-MCINVAILL	45 SWIM	7:09.32
ROSE GARCEAU	45 GLAD	10:22.98
50 YD. BACK		
FRAN EIDE	47 BYMS	40.26
JOANNA RASMUSSEN	45 OST	59.77
50 YD. BRST		
TERRI PORTER	46 TACM	37.16
WHEELER-MCINVAILL	45 SWIM	43.03
JOANNA RASMUSSEN	45 OST	55.26
ROSE GARCEAU	45 GLAD	59.55
100 YD. BRST		
MARGARET DIDDAMS	46 NEO	1:32.82
ROSE GARCEAU	45 GLAD	2:01.21
200 YD. BRST		
ROSE GARCEAU	45 GLAD	4:06.78
50 YD. FLY		
KAREN MORRISON	49 WCM	31.09
MARGARET DIDDAMS	46 NEO	35.95
100 YD. FLY		
MARGARET DIDDAMS	46 NEO	1:28.12
100 YD. I.M.		
TERRI PORTER	46 TACM	1:17.16
FRAN EIDE	47 BYMS	1:22.90
WHEELER-MCINVAILL	45 SWIM	1:26.13
400 YD. I.M.		
MARGARET DIDDAMS	46 NEO	6:18.01

#### WOMEN 50-54

50 YD. FREE		
CAROLINE BROWN	50 PSC	31.62
REBECCA WADE	51 SVY	42.41
100 YD. FREE		
CAROLINE BROWN	50 PSC	1:09.05
REBECCA WADE	51 SVY	1:36.70
200 YD. FREE		
CAROLINE BROWN	50 PSC	2:32.20
REBECCA WADE	51 SVY	3:23.99
500 YD. FREE		
CAROLINE BROWN	50 PSC	6:37.00
DEBBIE GALLO	53 NWM	7:25.30
REBECCA WADE	51 SVY	8:54.82



Three members of the WWUS squad having fun.

50 YD. BRST		
PEGGIE HODGE	67 COMA	2.02
100 YD. BRST		
PEGGIE HODGE	67 COMA	1:54.24
100 YD. I.M.		
PEGGIE HODGE	67 COMA	1:48.95

**WOMEN 75-79**

500 YD. FREE		
JANET KAVADAS	76 NEO	11:09.24
100 YD. BACK		
JANET KAVADAS	76 NEO	2:12.15
50 YD. BRST		
JANET KAVADAS	76 NEO	1:10.63

**MEN 18-24**

50 YD. FREE			
BRIAN GOLDMAN	22 FSJ	22.26	
MARK FANNING	22 WWUS	24.11	
RYAN DEWEY	18 WWUS	27.67	
ADAM NEGRETE	19 SVY	34.74	
100 YD. FREE			
BRIAN GOLDMAN	22 FSJ	50.76	
ADAM NEGRETE	19 SVY	1:16.39	
200 YD. FREE			
BRIAN GOLDMAN	22 FSJ	1:55.90	
ADAM NEGRETE	19 SVY	2:51.23	
500 YD. FREE			
ADAM NEGRETE	19 SVY	8:24.02	
50 YD. BACK			
MARK FANNING	22 WWUS	28.32	
RYAN DEWEY	18 WWUS	32.53	
100 YD. BACK			
MARK FANNING	22 WWUS	1:03.86	
RYAN DEWEY	18 WWUS	1:12.35	
50 YD. BRST			
SHINGO ITO	24 WWUS	31.55	
ADAM NEGRETE	19 SVY	43.96	
50 YD. FLY			
SHINGO ITO	24 WWUS	27.57	

**MEN 25-29**

50 YD. FREE			
DMITRI PARAMONOV	29 HMST	24.50	
NICK CONNOLLY	28 NWM	24.83	
100 YD. FREE			
NICK CONNOLLY	28 NWM	55.51	
DMITRI PARAMONOV	29 HMST	55.88	
50 YD. BACK			
DMITRI PARAMONOV	29 HMST	33.03	
50 YD. BRST			
DMITRI PARAMONOV	29 HMST	32.10	
50 YD. FLY			
NICK CONNOLLY	28 NWM	28.31	
DMITRI PARAMONOV	29 HMST	28.59	
100 YD. I.M.			
NICK CONNOLLY	28 NWM	1:06.49	
200 YD. I.M.			
NICK CONNOLLY	28 NWM	2:40.74	

**MEN 30-34**

50 YD. FREE			
ADAM YANASAK	33 UNAT	25.85	
100 YD. FREE			
ADAM YANASAK	33 UNAT	56.72	
200 YD. FREE			
ADAM YANASAK	33 UNAT	2:05.11	
ERIC SMITH	31 UNAT	2:06.18	
500 YD. FREE			
ADAM YANASAK	33 UNAT	6:07.15	
100 YD. FLY			
ERIC SMITH	31 UNAT	1:01.63	
100 YD. I.M.			
ADAM YANASAK	33 UNAT	1:04.53	
MARK BOGER	33 TACM	1:09.89	

**MEN 35-39**

50 YD. FREE			
DAVID MARGRAVE	36 SAMM	25.57	

JASON FRIEDMAN	37 UPAC	25.70	
VLADIMIR SCHMIDT	39 HMST	27.50	
KERRY NESS	38 SVY	33.65	
100 YD. FREE			
DAVID MARGRAVE	36 SAMM	56.46	
VLADIMIR SCHMIDT	39 HMST	1:01.35	
200 YD. FREE			
KIRK NELSON	37 HMST	2:00.46	
500 YD. FREE			
DAVID MARGRAVE	36 SAMM	5:54.85	
50 YD. BACK			
JASON FRIEDMAN	37 UPAC	33.06	
100 YD. BACK			
JASON FRIEDMAN	37 UPAC	1:14.85	
200 YD. BACK			
JASON LASSEN	35 BMSC	3:01.58	
50 YD. BRST			
KERRY NESS	38 SVY	37.48	
100 YD. BRST			
JASON FRIEDMAN	37 UPAC	1:19.26	
JASON LASSEN	35 BMSC	1:21.55	
KERRY NESS	38 SVY	1:24.96	
200 YD. BRST			
JASON LASSEN	35 BMSC	2:54.46	
50 YD. FLY			
DAVID MARGRAVE	36 SAMM	28.58	
VLADIMIR SCHMIDT	39 HMST	31.70	
100 YD. I.M.			
KIRK NELSON	37 HMST	1:03.06	
DAVID MARGRAVE	36 SAMM	1:04.86	
JASON FRIEDMAN	37 UPAC	1:09.27	
KERRY NESS	38 SVY	1:18.35	
400 YD. I.M.			
KIRK NELSON	37 HMST	4:48.30	
JASON LASSEN	35 BMSC	6:09.16	

**MEN 40-44**

50 YD. FREE			
DAVID KAYS	40 PRO	24.27	
C.HANSON	41 SVY	35.41	
100 YD. FREE			
DAVID KAYS	40 PRO	51.29	
DAVID HOLLENBACK	41 UNAT	1:00.97	
JOEL BERGSBAKEN	40 WWUS	1:02.35	
C.HANSON	41 SVY	1:21.90	
200 YD. FREE			
DAVID KAYS	40 PRO	1:50.83	
DAVE MARTIN	43 WAC	2:03.77	
DAVID HOLLENBACK	41 UNAT	2:12.00	
MICHAEL GARCEAU	41 GLAD	2:58.97	
C.HANSON	41 SVY	3:21.21	
500 YD. FREE			
MICHAEL GARCEAU	41 GLAD	8:09.06	
C.HANSON	41 SVY	9:28.77	
200 YD. BACK			
RICK FERRERO	43 PSC	2:31.82	
MICHAEL GARCEAU	41 GLAD	3:22.81	
50 YD. BRST			
JOEL BERGSBAKEN	40 WWUS	35.72	
200 YD. BRST			
MICHAEL GARCEAU	41 GLAD	3:39.73	
100 YD. FLY			
DAVID HOLLENBACK	41 UNAT	1:04.00	
100 YD. I.M.			
DAVID KAYS	40 PRO	59.27	

**WOMEN 55-59**

50 YD. FREE			
JULIANA WILSON	55 NWM	36.07	
SANDRA SMITH	55 SVY	3.36	
BARBARA ZIMMERMAN	56 SVY	7.48	
100 YD. FREE			
JEAN BLACKBURN	56 FWM	1:17.62	
BARBARA ZIMMERMAN	56 SVY	2:08.72	
200 YD. FREE			
SANDRA SMITH	55 SVY	4:54.50	
500 YD. FREE			
JULIANA WILSON	55 NWM	7:48.84	
50 YD. FLY			
JEAN BLACKBURN	56 FWM	38.19	
100 YD. FLY			
JEAN BLACKBURN	56 FWM	1:32.20	
100 YD. I.M.			
JULIANA WILSON	55 NWM	1:35.38	
BARBARA ZIMMERMAN	56 SVY	2:24.94	

**WOMEN 60-64**

50 YD. FREE			
SALLY DILLON	61 NWM	33.11	
100 YD. FREE			
SALLY DILLON	61 NWM	1:12.85	
ARNI LITT	61 GLAD	1:24.31	
200 YD. FREE			
SALLY DILLON	61 NWM	2:39.13	
ARNI LITT	61 GLAD	2:59.14	
JEANNE ENSIGN	61 GLAD	3:16.55	
500 YD. FREE			
JOAN DELGADO	62 NWM	8:08.25	
JEANNE ENSIGN	61 GLAD	8:37.41	
50 YD. BACK			
GINGER PIERSON	61 OM	43.86	
100 YD. BACK			
GINGER PIERSON	61 OM	1:31.32	
50 YD. BRST			
GINGER PIERSON	61 OM	40.11	
ARNI LITT	61 GLAD	45.29	
100 YD. BRST			
GINGER PIERSON	61 OM	1:27.03	
ARNI LITT	61 GLAD	1:39.04	
200 YD. BRST			
GINGER PIERSON	61 OM	3:13.14	
ARNI LITT	61 GLAD	3:30.10	
100 YD. I.M.			
JEANNE ENSIGN	61 GLAD	1:58.57	

**WOMEN 65-69**

50 YD. FREE			
PINKY WALKER	65 TACM	33.14	
200 YD. FREE			
PEGGIE HODGE	67 COMA	3:40.49	
500 YD. FREE			
PINKY WALKER	65 TACM	7:29.41P	
50 YD. BACK			
PINKY WALKER	65 TACM	38.86P	
PEGGIE HODGE	67 COMA	4.83	
100 YD. BACK			
PINKY WALKER	65 TACM	1:26.51P	



Jason Friedman (UPAC) swimming the 100 fly.

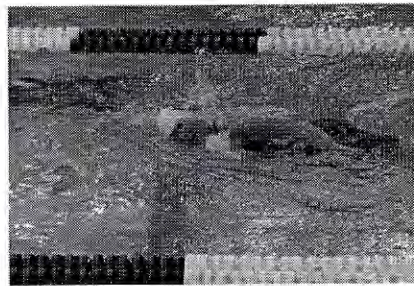
DAVE MARTIN	43 WAC	1:04.42
JOEL BERGSBAKEN	40 WWUS	1:14.95
200 YD. I.M.		
DAVID HOLLENBACK	41 UNAT	2:28.07
400 YD. I.M.		
RICK FERRERO	43 PSC	5:27.58

**MEN 45-49**

50 YD. FREE		
JON BACA	47 TACM	24.53
ERIC VALLEY	46 TVA	25.00
JEFF JONES	45 WCM	25.08
PERRY MORIN	49 GLAD	25.50
COLIN CHINN	49 NWM	25.56
BOB SCHLEMMER	48 GLAD	26.32
STEVEN WADE	49 SVY	31.71
THOMAS STEVENS	46 TACM	49.47
100 YD. FREE		
ERIC VALLEY	46 TVA	54.95
JEFF JONES	45 WCM	56.15
PERRY MORIN	49 GLAD	56.48
BOB SCHLEMMER	48 GLAD	58.09
RON VOLLBRECHT	45 SWIM	1:00.33
BILL RODEHEFFER	49 NWM	1:02.40
GREGORY WISORT	47 SWIM	1:02.81
STEVEN WADE	49 SVY	1:11.14
200 YD. FREE		
ERIC VALLEY	46 TVA	2:00.94
COLIN CHINN	49 NWM	2:07.59
RON VOLLBRECHT	45 SWIM	2:15.92
LARRY DEGROEN	46 GLAD	2:36.06
STEVEN WADE	49 SVY	2:40.97
BOB SCHLEMMER	48 GLAD	2:49.07
THOMAS STEVENS	46 TACM	4:07.03
500 YD. FREE		
BILL RODEHEFFER	49 NWM	6:34.50
STEVEN WADE	49 SVY	7:10.34
PAUL IKEDA	48 ORCA	7:22.88
GREGORY WISORT	47 SWIM	7:23.89
THOMAS STEVENS	46 TACM	11:08.47
100 YD. BACK		
GREGORY WISORT	47 SWIM	1:25.36
200 YD. BACK		
LARRY DEGROEN	46 GLAD	2:24.32
50 YD. BRST		
JON BACA	47 TACM	31.47
PERRY MORIN	49 GLAD	34.57
ERIC VALLEY	46 TVA	34.81
PAUL IKEDA	48 ORCA	38.18
100 YD. BRST		
JON BACA	47 TACM	1:10.99
COLIN CHINN	49 NWM	1:14.25
PERRY MORIN	49 GLAD	1:17.19
50 YD. FLY		
JON BACA	47 TACM	26.70
BOB SCHLEMMER	48 GLAD	29.82
JEFF JONES	45 WCM	29.84
PAUL IKEDA	48 ORCA	34.28
100 YD. I.M.		
PERRY MORIN	49 GLAD	1:09.41
RON VOLLBRECHT	45 SWIM	1:11.49
200 YD. I.M.		
ERIC VALLEY	46 TVA	2:21.98
RON VOLLBRECHT	45 SWIM	2:38.13
BILL RODEHEFFER	49 NWM	2:50.82
PAUL IKEDA	48 ORCA	3:05.85

**MEN 50-54**

50 YD. FREE		
KEITH WELLMAN	50 SWIM	25.84
JEFF MORRISON	53 TACM	26.92
DAVID KEITH	50 CAC	28.39
BOB HARTWIG	53 FWM	30.06
100 YD. FREE		
KEITH WELLMAN	50 SWIM	56.93
DALE CARY	50 UNAT	58.55
JEFF MORRISON	53 TACM	1:02.12
DAVID KEITH	50 CAC	1:08.45
JEAN FANKHAUSER	53 SWIM	1:22.22
200 YD. FREE		
DALE CARY	50 UNAT	2:09.66
JOHN BRUNNER	50 BEST	2:11.22



Arni Litt (GLAD), swimming the 100 free.

JEAN FANKHAUSER	53 SWIM	3:00.72
500 YD. FREE		
JEAN FANKHAUSER	53 SWIM	8:24.89
50 YD. BACK		
DAVID KEITH	50 CAC	33.36
BOB HARTWIG	53 FWM	41.75
100 YD. BACK		
DAVID KEITH	50 CAC	1:12.18
JOHN BRUNNER	50 BEST	1:13.72
50 YD. BRST		
RICHARD ADCOCK	52 UNAT	37.25
JEFF MORRISON	53 TACM	38.15
BOB HARTWIG	53 FWM	40.25
100 YD. BRST		
DALE CARY	50 UNAT	1:16.47
RICHARD ADCOCK	52 UNAT	1:24.11
200 YD. BRST		
JOHN BRUNNER	50 BEST	3:09.10
50 YD. FLY		
DALE CARY	50 UNAT	29.01
KEITH WELLMAN	50 SWIM	29.58
JOHN BRUNNER	50 BEST	31.26
BOB HARTWIG	53 FWM	32.87
100 YD. FLY		
DALE CARY	50 UNAT	1:04.82
100 YD. I.M.		
KEITH WELLMAN	50 SWIM	1:06.94
RICHARD ADCOCK	52 UNAT	1:18.77
BOB HARTWIG	53 FWM	1:20.26

**MEN 55-59**

50 YD. FREE		
RONALD JACOBS	56 GLAD	24.92
DOUG THOMPSON	59 TACM	30.95
100 YD. FREE		
RONALD JACOBS	56 GLAD	55.26
JOHN DEWIT	55 SWIM	1:01.97
DOUG THOMPSON	59 TACM	1:11.04
200 YD. FREE		
SCOTT LAUTMAN	55 FWM	
2:00.90P		
JOHN DEWIT	55 SWIM	2:17.68
BILL REEDER	55 GLAD	2:44.21
RON HANSEN	58 SVY	2:54.20
500 YD. FREE		
JOHN DEWIT	55 SWIM	6:15.63
DOUG THOMPSON	59 TACM	7:29.85
RON HANSEN	58 SVY	7:56.76
100 YD. BACK		
RONALD JACOBS	56 GLAD	1:05.89



Karen Morrison (WCM) showing good form in the 100 free.

200 YD. BACK		
RON HANSEN	58 SVY	3:26.73
50 YD. BRST		
RON HANSEN	58 SVY	42.26
100 YD. BRST		
RON HANSEN	58 SVY	1:40.86
50 YD. FLY		
BILL REEDER	55 GLAD	32.74
100 YD. FLY		
SCOTT LAUTMAN	55 FWM	8.55Z
200 YD. FLY		
SCOTT LAUTMAN	55 FWM	2:09.68Z
100 YD. I.M.		
RONALD JACOBS	56 GLAD	1:07.03
BILL REEDER	55 GLAD	1:15.37
DOUG THOMPSON	59 TACM	1:20.03
400 YD. I.M.		
SCOTT LAUTMAN	55 FWM	4:55.50Z

**MEN 60-64**

50 YD. FREE		
STEVEN PETERSON	61 OOPS	29.31
DON SCHAEFER	63 SWIM	31.75
JEFF JACOBSEN	63 SWIM	33.27
100 YD. FREE		
JEFF JACOBSEN	63 SWIM	1:14.69
HUGH KIMBALL	61 GLAD	1:15.18
DON SCHAEFER	63 SWIM	1:17.47
JOHN STOCKAMP	63 SVY	1:58.52
200 YD. FREE		
HUGH KIMBALL	61 GLAD	2:38.26
JEFF JACOBSEN	63 SWIM	2:44.22
JOHN STOCKAMP	63 SVY	4:39.66
500 YD. FREE		
MICHAEL MCCOLLY	62 NEO	6:05.45
HUGH KIMBALL	61 GLAD	7:13.73
JEFF JACOBSEN	63 SWIM	7:20.00
STEVEN PETERSON	61 OOPS	7:22.97
JOHN STOCKAMP	63 SVY	12:35.86
50 YD. BACK		
STEVEN PETERSON	61 OOPS	38.15
THOMAS WALKER	60 CAC	45.87
100 YD. BACK		
CHARLES VANZANDT	60 HMST	1:27.98
THOMAS WALKER	60 CAC	1:37.30
200 YD. BACK		
MICHAEL MCCOLLY	62 NEO	2:29.28
CHARLES VANZANDT	60 HMST	3:07.78
THOMAS WALKER	60 CAC	3:33.25
50 YD. BRST		
STEVEN PETERSON	61 OOPS	33.73
100 YD. BRST		
MICHAEL MCCOLLY	62 NEO	1:24.60
50 YD. FLY		
PAUL MONOHON	62 TACM	29.71
STEVEN PETERSON	61 OOPS	32.40
CHARLES VANZANDT	60 HMST	37.80
100 YD. FLY		
HUGH KIMBALL	61 GLAD	1:27.79
200 YD. FLY		
THOMAS WALKER	60 CAC	4:11.39
100 YD. I.M.		
CHARLES VANZANDT	60 HMST	1:24.69
HUGH KIMBALL	61 GLAD	1:26.75
400 YD. I.M.		
MICHAEL MCCOLLY	62 NEO	5:27.70
PAUL MONOHON	62 TACM	6:12.95
THOMAS WALKER	60 CAC	7:35.23

**MEN 65-69**

100 YD. FREE		
BOB DAVIS	66 WAC	1:17.45
200 YD. FREE		
BOB DAVIS	66 WAC	2:55.87
500 YD. FREE		
BOB DAVIS	66 WAC	8:07.44
50 YD. BACK		
LEE CARLSON	67 TACM	39.98
100 YD. BACK		
ALLAN MCDUGALL	66 NWM	1:17.81
LEE CARLSON	67 TACM	1:27.88





200 YD. BACK		
ALLAN MCDUGALL	66 NWM	2:49.75
100 YD. BRST		
ALLAN MCDUGALL	66 NWM	1:24.41
200 YD. BRST		
ALLAN MCDUGALL	66 NWM	3:04.75
100 YD. I.M.		
BOB DAVIS	66 WAC	1:41.83

**MEN 70-74**

100 YD. BACK		
TOM FOLEY	73 TIG	1:58.16
100 YD. BRST		
TOM FOLEY	73 TIG	2:06.57
100 YD. FLY		
TOM FOLEY	73 TIG	2:29.49
100 YD. I.M.		
TOM FOLEY	73 TIG	2:02.47

**MEN 75-79**

50 YD. FREE		
BOB DORSE	76 TIG	32.60
100 YD. FREE		
BOB DORSE	76 TIG	1:16.24
500 YD. FREE		
HARVEY PROSSER	79 NWM	8:02.76
50 YD. BRST		
HARVEY PROSSER	79 NWM	1.59
100 YD. I.M.		
BOB DORSE	76 TIG	1:36.10
HARVEY PROSSER	79 NWM	1:43.55

**RELAYS-WOMEN 200 YD. FREE**

18 +		
KATHERYN STEVENS	29 PNTA	2:20.46
VALARIE BARTELME	30	
TERRI PORTER	46	
KELLY JENSEN	24	

25 +		
SARA MCGRATH	30 PNNW	2:08.89
BECKY KLIEMAN	44	
SALLY DILLON	61	
JOAN DELGADO	62	

KIRSTI EAGER	35 PNSW	2:25.57
CHALLIS STRINGER	32	
MEGAN SCUDDER	41	
KRISSY MCINVILLE	45	

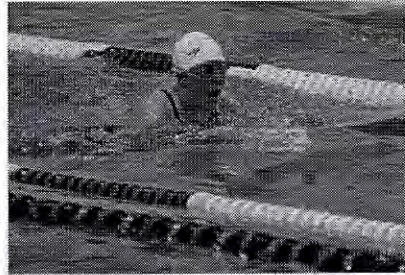
35 +		
TATYANA MISHL	44 PNGL	2:20.44
ARNI LITT	61	
JEANNE ENSIGN	61	
LIZ SHIMIZU	38	

**RELAYS-WOMEN 200 YD. MEDLEY**

18 +		
BARBARA ZIMMERMAN	56 PNSV	3:21.39
CHALLIS STRINGER	32	
SHELBY WADE	22	
REBECCA WADE	51	

25 +		
JOAN DELGADO	62 PNNW	2:35.97
CATIE RODEHEFFER	41	
SARA MCGRATH	30	
SALLY DILLON	61	

KIRSTI EAGER	35 PNSW	2:50.48
CHALLIS STRINGER	32	
KRISSY MCINVILLE	45	
MEGAN SCUDDER	41	



Joni Rasmussen (OST) in the 50 breast.

**RELAYS-MEN 200 YD. FREE**

25 +		
JEFF MORRISON	53 PNTA	1:48.09
DOUG THOMPSON	59	
MARK BOGER	33	
JON BACA	47	

35 +		
KEITH WELLMAN	50 PNSW	1:47.69
RICK FERRERO	43	
RON VOLLBRECHT	45	
JOHN DEWIT	55	

45 +		
BILL REEDER	55 PNGL	1:47.19
BOB SCHLEMMER	48	
LARRY DEGROEN	46	
PERRY MORIN	49	

GREGORY WISORT	47 PNSW	2:13.82
DON SCHAEFER	63	
JEAN FANKHAUSER	53	
JEFF JACOBSEN	63	

**RELAYS-MEN 200 YD. MEDLEY**

25 +		
ALLAN MCDUGALL	66 PNNW	2:19.50
COLIN CHINN	49	
NICK CONNOLLY	28	
HARVEY PROSSER	79	

35 +		
RICK FERRERO	43 PNSW	2:05.71
KEITH WELLMAN	50	
RON VOLLBRECHT	45	
GREGORY WISORT	47	

**RELAYS-MIXED 200 YD. FREE**

18 +		
EMIKO MAR	21 PNNW	1:50.95
MARK FANNING	22	
TINNEL HILLIS	19	
SHINGO ITO	24	

SHELBY WADE	22 PNSV	2:18.68
KERRY NESS	38	
SHANNON SINGER	37	
STEVEN WADE	49	

25 +		
COLIN CHINN	49 PNNW	1:59.32
JULIANA WILSON	55	
NICK CONNOLLY	28	
SARA MCGRATH	30	

VALARIE BARTELME	30 PNTA	2:07.96
PAUL MONOHON	62	
RUTH MASTERS	40	
JON BACA	47	

35 +		
LARRY DEGROEN	46 PNGL	1:55.12
TATYANA MISHL	44	

LIZ SHIMIZU	38	
PERRY MORIN	49	

ARNI LITT	61 PNGL	2:36.93
ROSE GARCEAU	45	
MICHAEL GARCEAU	41	
HUGH KIMBALL	61	

55 +		
SALLY DILLON	61 PNNW	2:18.63
ALLAN MCDUGALL	66	
JOAN DELGADO	62	
HARVEY PROSSER	79	

**RELAYS-MIXED 200 YD. MEDLEY**

18 +		
MARK FANNING	22 PNNW	1:58.92
EMIKO MAR	21	
SHINGO ITO	24	
SHONA PIERCE	22	

KELLY JENSEN	24 PNTA	2:02.27
TERRI PORTER	46	
PAUL MONOHON	62	
JEFF MORRISON	53	

MEGAN LASSEN	37 PNA	2:17.71
JASON LASSEN	35	
PAUL IKEDA	48	
ANGIE DOWDLE	19	

SHANNON SINGER	37 PNSV	2:43.68
ADAM NEGRETE	19	
SHELBY WADE	22	
KERRY NESS	38	

25 +		
ALLAN MCDUGALL	66 PNNW	2:15.36
COLIN CHINN	49	
BECKY KLIEMAN	44	
SARA MCGRATH	30	

LEE CARLSON	67 PNTA	2:27.62
VALARIE BARTELME	30	
JON BACA	47	
RUTH MASTERS	40	

Have a swimming story or a story idea for *The Wet Set*? Every time a story or a story idea is submitted, your editor experiences paroxysms of joy.

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## Don't be Sad if You have SAD; You can beat it

By Jane Moore, M.D

*Editor's note: Jane is a family practice physician and chairs PNA's Constitution and Bylaws Committee.*

**C**abin-fever, winter blues and winter blahs: many of us are familiar with these feelings. Lethargy, lack of energy and motivation, eating and sleeping more seem to sneak up on us every winter as the days grow shorter and darkness falls earlier.

### SAD described

To some degree, these are common, normal reactions. However, some people suffer from a severe level of symptoms with depression. This is called seasonal affective disorder or SAD. If you are one of these people, you don't have to dread fall and winter and just tough it out until spring. There are effective treatments for SAD.

Symptoms of winter-onset SAD include depression, feelings of hopelessness, anxiety, social

*"Swimming is a great exercise for treating or preventing SAD."*

withdrawal, loss of interest in activities you once enjoyed, appetite changes, especially a craving for foods high in carbohydrates (sweets or starches), weight gain, and difficulty concentrating and processing information. Severe, untreated SAD can result in social withdrawal, school or work problems, substance abuse or suicide.

### Possible causes

The cause of SAD isn't known. It appears to be related to light



since light therapy can relieve symptoms. Shorter daylight hours during winter and frequent cloudy days aggravate SAD. It may also be affected by each person's circadian rhythm, melatonin levels or serotonin levels. SAD seems to be more common in people who live farther from the equator and may be hereditary.

Milder cases of SAD can usually be self-managed. Light is the mainstay of treatment. Make your home sunnier and brighter. Open blinds, add skylights and trim tree branches that block sunlight. Get outdoors on sunny days, even during winter. Take a long walk, eat lunch at a nearby park or simply sit peacefully on a bench and soak up the sun.

Take care of yourself. Get enough rest, eat a balanced diet and take time to relax. Don't turn to alcohol or unprescribed drugs for relief. Learn how to better manage stress. Unmanaged stress can lead to depression, overeating or other unhealthy thoughts and behaviors.

Socialize. Stay connected with people you enjoy being around. They can offer support, a shoulder to cry on or a joke to give you a little boost.

Light therapy with special lights for about 30 minutes a day is one of the most effective treatments for SAD. More severe cases may require antidepressant medications.

### Get physical

Regular exercise is another important factor in managing SAD. Physical exercise helps relieve stress and anxiety, both of which can increase SAD symptoms. Being more fit can make you feel better about yourself, too, which can lift your mood.

Swimming is a great choice for treatment or prevention of SAD. It combines physical activity with socialization. So, instead of crawling back into bed and pulling the covers over your head, get out and go to the pool. You'll feel better.



## Call for Nominations

# Dawn Musselman Inspirational Swimmer Award



PNA has presented the Dawn Musselman Inspirational Swimmer Award annually since 1986 in memory of our "ultimate Masters swimmer," Dawn Musselman (1913-1986). Dawn, a long-time PNA member, inspired others and encouraged them to do their best. She was a gifted swimmer as well—check PNA's records for ages 60 to 74! — but speed is not a criterion for this award.

Nominations are open to all PNA members. We're looking for the candidate who:

- Is an inspiration to all PNA swimmers
- Willingly shares information, training, or coaching tips
- Offers encouragement to other swimmers
- Exhibits good sportsmanship at all times
- Shows a strong commitment to PNA Masters Swimming

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

1986 - Dawn Musselman	1994 - Marion Mueller	2002 - Barb Gundred
1987 - Marlene Holmes	1995 - Tammi Keeler	2003 - Chaya Amiad
1988 - Maxine Carlson	1996 - Ian Thompson	2004 - Kathy Casey
1989 - Jim Penfield	1997 - Suzanne Dills	2005 - Gene Crossett
1990 - Tom Foley	1998 - Clark Pace	2006 - Jeanne Ensign
1991 - Karen Jost	1999 - Dan Frost	2007 - Lee Carlson
1992 - Jan Kavadas	2000 - Joan Davis	
1993 - Robin O'Leary	2001 - Paul Ikeda	

You swim with someone who qualifies—compose a few paragraphs telling why! The award, consisting of a personal plaque and the perpetual trophy with the recipient's name added, will be presented at the PNA Champs meet, April 12 and 13, at King County Aquatic Center in Federal Way.

Send your nomination to:

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

**Please submit your nomination by March 30, 2008.**

**TWO NEW SWIM CLINICS FROM KARLYN PIPES-NEILSEN AND ERIC NEILSEN**

March 8 9am-1pm – Freestyle Clinic, Samena Club, Bellevue  
March 8 1:30-5:30pm – Multi-stroke Clinic, Samena Club, Bellevue  
March 13 5:30pm-9:30pm – Freestyle Clinic, Seattle University,

Karlyn & Eric will teach you the SECRETS to swimming faster with less effort!

**These clinics will offer video taping and feedback, step-by-step stroke progression, emphasis on correct head and body position, gradual progression to a faster, more efficient stroke, training and recovery suggestions.**

**Karlyn Pipes-Neilsen:** Has set a World record in every stroke! She is a 2007 inductee into the International Masters Swimming Hall of Fame and the 2004 World Masters Swimmer of the Year. For swimming articles or information about her Aquatic Edge swim camps and clinics visit [www.aquaticedge.org](http://www.aquaticedge.org)

**Eric Neilsen:** A tried and true multi-sport athlete with over 15 years of experience coaching and teaching both masters and youth swimmers. Eric is also an All-American Masters swimmer and a 2:56 Boston marathon runner. Eric is a certified Level 4 coach by the American Swim Coaches Assoc. (ASCA)

**Dates and Locations**

**March 8-Samena Club, Bellevue** 15231 Lake Hills Blvd, Bellevue. (425) 746-1160. Directions: take I-90 east to 148th SE. Take the 148th S. E. exit toward Bellevue Community College turning north (left) on 148th at the end of the exit. Go North (about three miles) on 148th to Lake Hills Blvd. Turn right on Lake Hills Blvd. The Samena Swim and Recreation Club is 1/4 mile on the right.

**March 13 Seattle University.** At Connolly Center, 550 14<sup>th</sup> Avenue (14<sup>th</sup> Avenue at East Cherry Street) (206) 296-6441. Take the James Street Exit East off I5 North or South. Go east 2 miles to 14<sup>th</sup> Avenue. James becomes Cherry Street along the way. Turn right in front of Connolly Center. Find on-street parking.

Bring suit, towel, sweats, etc., so you're comfortable in and out of the water. Swim fins are a big help during the drill session, so bring them if you have them. Snacks will be provided at the clinic.

**Go Swim Freestyle Swimming with Karlyn Pipes-Neilsen** DVD will be available at the clinic for \$35.

**Cost is \$90 or \$170 for both clinics (save \$10). Space is limited to 20 participants each session.**

**Registration form** and check made to PNA go to: Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144. For questions, contact Sarah at [sarahwelch@comcast.net](mailto:sarahwelch@comcast.net) or call 206-359-2588.

-----

First Name \_\_\_\_\_ Last \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Cell \_\_\_\_\_ Email: \_\_\_\_\_

USMS Reg Number: \_\_\_\_\_ Age: \_\_\_\_\_

Circle your swimming level:    beginner    intermediate    masters    multi-sport

Please identify one goal for the clinic: \_\_\_\_\_ Amount Enclosed: \$ \_\_\_\_\_

Send form and check made to PNA to: Sarah Welch, 3704 Cheasty Blvd. South, Seattle, WA 98144



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



Some coaches stand out from the crowd.

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

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

- Improvement or enhancement of an ongoing program or establishment of a new program
- Sustained service over a long period of time
- Contributions to PNA
- Commitment to PNA

- Willingness to share coaching skills and information
- Loyalty of team members
- Inspiration to others and coaching accomplishments

Past recipients were Wendy and Malcolm Neely (2004, 1st annual), Michael McKinlay (2005), Neil Romney (2006) and Robin O'Leary (2007).

To nominate someone, simply submit a completed nomination form, together with a letter of support explaining why you're nominating this person. **Nominations must be received by March 30, 2008.**

You can find a nomination form on the following page. You can also find one on the PNA website at [www.swimpna.org](http://www.swimpna.org).

## Count 'em . . . . Five Reasons to Compete at Champs

Still not sure whether to sign up for the 2008 Steve Engle Memorial PNA Championship Meet on April 12 and 13? Well, here are five excellent reasons why you should:

- Champs provides an opportunity for you to bring your whole team together and support one another.
- Champs is the only PNA event during the year when team points count.
- Each individual on a team can and does make a difference. Four people swimming five events can score enough points to place in the small team division. Ten people swim-

ming five events and participating both days can place in the top three in the intermediate divisions.

- Champs is held at the Weyerhaesuer, King County Aquatic Center, a world-class facility that brings out the best in swimmers. For many of us, Champs is the meet where we swim our bests times.
- CHAMPS IS FUN, FUN, FUN!!!



## Going to Nationals in Austin?



If you are, PNA hopes you will be available for *relays*.

Please contact PNA's relay coordinators below ASAP if you're interested. Entry deadline is March 20. Entry form on USMS Web site.

- Sally Dillon, (360) 679-5038 [salswmr@verizon.net](mailto:salswmr@verizon.net)
- Kathy Casey, [Kathyj.casey@comcast.net](mailto:Kathyj.casey@comcast.net)

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

Make sure your team registers for 2008 before Champs, so it can compete for points. You'll find a 2008 team registration form on page 18 or at [www.swimpna.org](http://www.swimpna.org).

The deadline for registering is March 25 (postmarked) or April 2 (received).

### 2008 PNA Coach of the Year Nomination Information

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

**Candidate**

**Nominator**

\_\_\_\_\_

Team \_\_\_\_\_ Address \_\_\_\_\_

Number years coaching this team \_\_\_\_\_ Phone \_\_\_\_\_

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

Candidate's coaching experience:

Candidate's coaching accomplishments:

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

Candidate's contributions to PNA:

Evidence of candidate's coaching skills and knowledge:

Impact of coach's efforts on others:

Please submit nomination by March 30, 2008 to:

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

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



(Continued from page 2)

### Leading Off

picture a freelance writer/editor working at home dressed in sweats and a t-shirt and you think to yourself — this guy's got a stressful job? Trust me, turning out magazine articles, Website content, brochure copy and the like has some exceedingly stressful moments.)

Because swimming has been good to me, I want to give something back to swimming. And one way for me to do that is editing *The WetSet*, which I've done for nearly five years.

### Reason #3: like the people

I haven't competed at a meet for about year and half, though plan to do so shortly. But in the past, when I have competed, I've always been impressed by how genuine and friendly everybody at the meet is. Swimmers are good people.

And that's doubly true of the PNA board, of which I'm a member. These people really love swimming, and they're fully committed to Masters swimming. They put in loads of time to advance Masters swimming, whether it's organizing meets, running clinics or backing efforts to have more public pools built. They're committed to enhancing the Masters experience for you and PNA's other 1400-plus members. It's a pleasure and inspiring to work with them.

So there you have it, the answer to my wife's question why I stayed on as editor of *The WetSet* despite not swimming. I intend to continue editing, and hope that you continue to enjoy reading the newsletter as much as I enjoy putting it together.

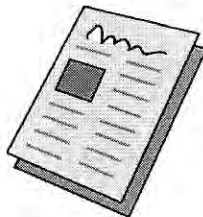
See you in the pool!

## Welcome New PNA Swimmers

Hossein Abadi  
Jacob Abbott  
Joel Bergsbaken  
Mark Boger  
Helen Tanya Braumiller  
Lora Burge  
Kelsea Chandless  
Susan Collins  
Sally Conrad  
Weintraub Cynthia  
James Czech  
Ryan Dewey  
Angela Dowdle  
Chris Durkin  
Matt Dykema  
Kyndra Eide  
Aaron Ellis  
Joshua Feyen  
Rose Foley  
Russell Garner  
Gretchen Gende  
Thomas Hagensick  
Janna Hagensick  
Christopher Hanson  
Anne Harmann  
Amy Lou Harold  
Janette Hatcher  
Claude Hatoum  
J T (John) Heffernan  
Rachel Herbert  
Tinnel Hillis  
David Hollenback

Valeri Houtary  
Heidi Hutchinson  
Kelly Jensen  
Mark Jobson  
Elliott Johnson  
Jill Kelly  
James Kohnke  
David Landers  
Chris Leak  
Katie Ledbetter  
Laura Lee  
Emily Loeb  
Francis Lozier  
Terry Margaret  
Stephanie Merkens  
Guila Muir  
Melia Munro  
Robyn Nelson  
Karen Peterson-Gerrior  
David Pitkethly  
Eric Platt  
Peter Radulescu  
Bill Rodeheffer  
Rachel Schaub  
Michael Schnitzius  
Staci Schuster  
Megan Scudder  
Seri Sedlacek  
Michelle Simmons  
Perry Sjogren  
Lee Spencer  
Tracey Spenser  
Rebecca Steiner  
CarolJean Stemper-Czech  
Lesley Stephens  
Angela Tinker  
Lynne Vagt  
Ron Vollbrecht

To subscribe to *The WetSet*  
or change your mailing  
address,



Contact Arni Litt, PNA  
Registrar,  
PO Box 12172, Seattle, WA  
98102-0172.

### Coming Attraction



Did you participate in the  
**One Hour Postal** swim?  
Then be sure to check the  
next issue for results.

**2008 NORTHWEST ZONE SHORT COURSE YARD CHAMPIONSHIPS  
& STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET**

Hosted by Federal Way Masters  
Sanctioned by the Pacific Northwest Association of Masters Swimmers  
for USMS, Inc. Sanction # 368-05

DATE: **Saturday, April 12<sup>th</sup> and Sunday, April 13<sup>th</sup>, 2008**

TIMES: **Saturday, April 12<sup>th</sup>: Warm-up: 11:00 – 11:50 AM, Meet starts: Noon**  
**Sunday, April 13<sup>th</sup>: Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM**

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

MEET DIRECTOR: Steve Freeborn. (253)941-6808 [freebornlaw@gwest.net](mailto:freebornlaw@gwest.net)

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

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2008 USMS or foreign registered swimmers age 18 and above as of April 13<sup>th</sup>. Age groups will be based upon the swimmer's age as of April 13, 2008.

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

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

Saturday, April 12th: Noon		Sunday, April 13th: 9 AM	
1	400 Individual Medley	13	500 Freestyle
2	50 Backstroke	14	100 Breaststroke
3	200 Butterfly	15	50 Butterfly
4	100 Freestyle	16	200 Freestyle
5	Women's 200 Medley Relay	17	200 Individual Medley
6	Men's 200 Medley Relay	18	Women's 200 Freestyle Relay
7	100 Backstroke	19	Men's 200 Freestyle Relay
8	50 Freestyle		Special Awards Presentation
9	200 Breaststroke	20	50 Breaststroke
10	100 Individual Medley	21	200 Backstroke
11	200 Mixed Freestyle Relay	22	100 Butterfly
12	1000 Freestyle	23	Mixed 200 Medley Relay
		24	1650 Freestyle
			PNA Team Awards

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

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

**Check-in:** Check-in is required for the 1000 Freestyle (Deadline end of event 6), the 500 Freestyle (Deadline: Sunday at 8:30 AM), and the 1650 Freestyle (Deadline: end of event 19). Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 5&6, end of event 1; event 11 end of event 6; events 18-19 end of event 13; and event 23 end of event 19.

**2008 NORTHWEST ZONE SHORT COURSE YARD CHAMPIONSHIPS  
& STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET  
Saturday, April 12<sup>th</sup> and Sunday, April 13<sup>th</sup>, 2008**

NAME: \_\_\_\_\_ M F AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE \_\_\_\_\_ Email \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ USMS #: \_\_\_\_\_ Circle if first Masters meet **Y**

Include a copy of your Masters registration card if you are not a PNA member

LMSC \_\_\_\_\_ (PNA, Oregon, Inland NW, etc.) Club \_\_\_\_\_ (non-PNA members only)

TEAM \_\_\_\_\_ (note: PNA teams must register with PNA by 4/2/08)

AGE GROUP (Determined by your age as of April 13th, 2008):

18 - 24    25 - 29    30 - 34    35 - 39    40 - 44    45 - 49    50 - 54    55 - 59  
60 - 64    65 - 69    70 - 74    75 - 79    80 - 84    85 - 89    90 - 94    95+

**ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS**

EVENT NUMBER	EVENT	SEED TIME

Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

ENTRY FEE: \$ 20.00 Surcharge – includes \$1 zone surcharge  
Individual Events: + \_\_\_\_\_ \$2 per event. No charge for relays.  
No charge for need-basis or seniors (65 & over).  
T-shirts @ \$17 indicate size Adult fit (S \_ M \_ L \_ XL \_ 2XL \_ )  
Women's fit (XS \_ S \_ M \_ L \_ XL \_ 2XL \_ )

Total: \$ \_\_\_\_\_ **Please make checks payable to PNA**

Mail this entry form and fees to: Holly Bork  
6233 S 233rd St  
Kent, WA 98032

Questions? Email Holly at [holly.d.bork@boeing.com](mailto:holly.d.bork@boeing.com)

**Entries must be postmarked no later than Saturday, March 29th or received by April 2nd, 2008.**  
**All swimmers must have a valid 2008 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.**

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

SIGNED: \_\_\_\_\_ DATE \_\_\_\_\_



Additional Information:

**In Memory of Steve Engel  
June 17, 1943 - February 17, 1996**

PNA's annual Championship meet is dedicated to the memory of the co-founder and first president of the PNA. Steve lost his battle with complications from leukemia, but his energy and enthusiasm will long be remembered by those of us fortunate to have known him.

"Across America, there are now more than 30,000 of us. And one of the pioneer associations in the nation was right here in Steve Engel land. Thank You, Steve. Your vision long ago became a solid reality that will endure. It was not a false start. You have swum the entire distance to heaven."

- From Tom Taylor's tribute in the March 1996 WetSet

**Combined Meet:** This is a combined PNA and Northwest Zone Championship meet. All swimmers will be seeded together, but results will be separated for the two meets. PNA members will be listed in results for both meets. Non-PNA members will be listed in results for the Northwest Zone meet only.

**Individual Awards:** PNA Championship and Northwest Zone ribbons will be awarded first through 6<sup>th</sup> place in every age group in every event. PNA medals can be purchased for \$2 each.

**Club/Team:** PNA members must indicate the team that they plan to score points for during the meet. Non-PNA swimmers should indicate the club that they are registered with. For many swimmers the club is the same as the LMSC.

**PNA Team Eligibility:** To be eligible for team awards, teams must submit a 2008 team registration by the meet entry deadline. PNA team registration forms are available in the WetSet and on the PNA website, [www.swimpna.org](http://www.swimpna.org).

**PNA Team Categories:** Eligible PNA teams will be divided into three categories, (Large, Medium, and Small), based upon the number of swimmers entered from each team in the meet. Category assignments will be made after the meet entry deadline and announced during the meet.

**Scoring:** The meet shall be scored from places 1 through 12 in every age group for every event. Individual events will be scored 13-11-10-9-8-7-6-5-4-3-2-1. Relays score double the individual points. Non-PNA swimmers will not score points and will not displace PNA swimmers from scoring points.

**PNA Team Awards:** Plaques will be awarded to the top three teams in each category.

**Website:** Visit the PNA website at [www.swimpna.org](http://www.swimpna.org) for updated information.

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

Name	Address	Distance to Pool	City	Phone
Holiday Inn Express	24287 Pacific Hwy S	1.4 miles	Federal Way	253-838-3164
Quality Inn	1400 S. 348th ST	1.4 miles	Federal Way	253-835-4141
Comfort Inn	31622 Pacific Hwy S.	5 miles	Federal Way	253-529-0101
LaQuinta	32124 25th Ave. S.	5 miles	Federal Way	800-531-5900
Courtyard by Marriott	31910 Gateway Ctr. Blvd. S.	5 miles	Federal Way	253-529-0200

**PNA Coach of the Year and Dawn Musselman Awards:** The 2008 PNA Coach of the Year and the 2008 PNA Inspirational Swimmer Award, named in honor of Dawn Musselman, will be presented on Sunday at the conclusion of event #19.

**T-shirts.** T-shirts are available for \$17, but must be ordered with your entry. The meet t-shirt design can be found on the PNA website at [www.swimpna.org](http://www.swimpna.org).

**New PNA Swimmers:** if this is your first Masters Swim Meet please contact Lisa Dahl [lisaisswimming@hotmail.com](mailto:lisaisswimming@hotmail.com) (206) 251-1278) by 4/2/08. She will help you at the meet and has a PNA gift for you.

## Pacific Northwest Association of Masters Swimmers 2008 Local Team Registration

To register your team for 2008, please fill out and return the form below. Teams must be registered to compete as a team and to be eligible for team awards at the SCY PNA Championships held each April. All team members competing in the meet must be currently registered with USMS.

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

<b>Team Name:</b>	<b>Abbreviation (4 letters max):</b>
<b>Team Rep</b>	Name:
	Address:
	City: <span style="float: right;">Zip:</span>
	Phone:
	e-mail:
<b>Team Coach</b>	Name:
	Address:
	City: <span style="float: right;">Zip:</span>
	Phone:
	e-mail:
<b>Workout Pools</b>	Pool name:
	Address:
<b>Website</b>	
<b>Workout Times</b>	
<b>Rule Book</b>	Please send to:

Mail this form and check to:

Arni Litt, Registrar     [pnaRegistrar@usms.org](mailto:pnaRegistrar@usms.org)  
 PO Box 12172  
 Seattle, WA 98102-0172

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

Below are the abbreviations currently in use.

- |  |   |  |
|--|---|--|
| <p>BAM: Bainbridge Area Masters<br/>       BADD: Bellevue Aquatic Divas &amp; Dudes<br/>       BC: Bellevue Club<br/>       BEST: Bellevue Eastside Masters<br/>       BBST: Bellingham Bay Swim Team<br/>       BMSC: Bellingham Masters Swim Club<br/>       BYMS: Briggs YMCA Masters Swim<br/>       BS: Brooks Swimming<br/>       CAC: Columbia Athletic Masters (All)<br/>       DSYM: Downtown Seattle YMCA Masters<br/>       ECMT: Emerald City Multisport Team<br/>       ESC: Evergreen Swim Club Masters<br/>       FAST: Foothills Aquatics Swim Team<br/>       FWM: Federal Way Master<br/>       FSJ: Fins of the San Juans<br/>       FTS: Ft. Steilacoom<br/>       GACM: Gateway Athletic Club<br/>       GLAD: Greenlake Aquaducks<br/>       GCMS: Gold Creek Masters (GCM)<br/>       GGRM: Gold's Gym Redmond Masters<br/>       GC: Gordon Club<br/>       HMST: Husky Masters<br/>       IST: Issaquah Swim Team<br/>       JAM: Juanita Aquatic Masters<br/>       LOGS: Logger Masters</p> | <p>LUNA: Team Luna<br/>       LIS: Lynnwood Sharks<br/>       MICC: Mercer Island Country Club<br/>       MIR: Mercer Island Redwoods<br/>       MAMS: Middle Aged Marlins<br/>       NHM: Newport Hills Masters<br/>       NEO: North End Otters<br/>       NSYG: Northshore Y's Guys<br/>       NWM: North Whidbey Masters<br/>       OAC: Olympic Aquatic Club<br/>       OOPS: Old Olympic Peninsula Swimmers<br/>       ORCA: Orca Swim Club<br/>       OST: Ohana Swim Team<br/>       PAC: Poseidon Aquatic Club<br/>       PSC: Phinney Ridge Swim Club<br/>       PTMS: Port Townsend Master Swimmers<br/>       PRO: Pro Sports Club<br/>       QASC: Queen Anne Swim Club<br/>       RAH: Redmond Aqua Hotshots<br/>       RFST: Redmond Foothills Swim Team<br/>       SAMM: Samena Club<br/>       SAC: Seattle Athletic Club<br/>       SVY: Skagit Valley YMCA<br/>       SSTM: South Sound Titans Masters<br/>       SWIM: South Whidbey Island Masters</p> | <p>STRM: Storm Lake Aquatics<br/>       SSRM: Swim Seattle Redhawk Masters<br/>       TACY: Tacoma Pierce County YMCA<br/>       TACM: Thunderbird Aquatic Masters<br/>       TMS: Thorbecke's Masters Swimming<br/>       TIG: Tigers<br/>       TVA: Tumwater Valley Authority<br/>       UNAT: Unattached to a Team<br/>       UPAC: University Place Aquatic Club<br/>       VFC: Valley Fitness Center<br/>       VAM: Vashon Aquatic Masters<br/>       WAC: Washington Athletic Club<br/>       WEST: West Coast Aquatics Masters<br/>       WSAS: West Seattle All-Stars<br/>       WSYD: West Seattle YMCA Dolphins<br/>       WWUS: Western WA U Masters Swimming<br/>       WCY: Whatcom County YMCA<br/>       YNOT: Y Nauts</p> |
|--|---|--|
- Teams in **Bold** are registered for 2008.
- Don't see your team? Have your coach or Team Rep, fill out and mail the form.

United States Masters Swimming, Inc

**2008 Membership Application**

New Swimmer

Returning USMS Swimmer

**Pacific Northwest Association of Masters Swimmers**

(Old Number if available \_\_\_\_\_)

**2008 Annual Fee:** Of your membership fee \$25 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: \_\_\_\_\_ Birth date: \_\_\_\_\_  
Last First Initial Month Day Year

Address: \_\_\_\_\_ Age: \_\_\_\_\_ Male Female (circle one)  
Street or box number

\_\_\_\_\_ E-Mail: \_\_\_\_\_  
City State Zip+4 please print carefully

Telephone: (\_\_\_\_) \_\_\_\_\_

If you coach a Masters swim team check here

2<sup>nd</sup> Phone: (\_\_\_\_) \_\_\_\_\_

I am interested helping the PNA committee

I am interested in receiving The WetSet by email

**CLUB:**  Pacific NW Aquatics (PNA)  
or  Unattached

**AND Team :** \_\_\_\_\_  
or  Unattached

**Choose a membership level A or B below.**

- A. Regular:** 11/01/07 thru 12/31/08 \$40
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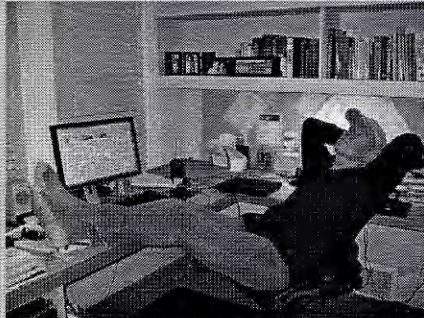
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Newsletter editor at work



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