

THE WET SET

Pacific Northwest Association
of Masters Swimmers

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Masters Swimmers in Western Washington

April 2008

Annual Bellevue Club Meet Draws a Crowd and Includes a World Record

By Paul Freeman

Luxurious locker rooms with showers galore, a large jacuzzi in the pool area and (aah!) freshly brewed coffee. When you're at a local meet with amenities like these, it can mean only one thing: You're competing at the Bellevue Club's annual Short Course Meters Meet.

Big crowd

Held this year on February 17, the meet drew 184 participants. According to Cory Hilderbrand, the Bellevue Club's aquatic director, that's about the same number as last year.



(Left to right) Ohana's Jane Moore and Kristine Antilla



(Left to right) Joy Ward (OR), Michael Nordby (UNAT) and Suzanne Dills (BC) at the start of 200M Backstroke

Bellevue Club Meet Photos by Ed Schulz & Paul Freeman

World record

Congratulations to Bert Peterson (OR), who set a world record in the 50M Fly (70-74) with a 31.55.

Other records

The women set nine PNA and 15 Zone records. Three national records were also set. Kandrus Hughes (OR) turned in a 2:39.76 in the 200M Backstroke (50-54), while Joy Ward (OR) clocked in at 3:14.13 in the 200M Backstroke (65-69).

In addition, the new national record for the women's 200 Medley Relay (240-279) is now 2:41.53. Swimming this record-setting relay (OR) were Barbara Frid, Ginger Pierson, Joy Ward and Sandi Rousseau.

The men set 11 PNA and 17 Zone records. As for national records, Roy Berg (INWM, 40-44) swam the 100 IM in 1:01.16 and the 200 IM in 2:12.16.

Many, many thanks

A successful event like this one doesn't just happen; it's the

result of a lot of work by many dedicated people. Thanks, of course, to Cory, Meet Referee Linda Vicik and the timers, Bellevue Club age groupers and their parents. Thanks as well to all the other volunteers and staff that made the meet a success.

Next year?

In case you're wondering if the Bellevue Club will be hosting this meet in 2009, the answer is "yes," says Cory. "We'll have the meet next year on the same weekend."

Can't wait to drink some of that great coffee!

Want your editor to
experience unparalleled
ecstasy?

Then submit a
swimming story or a
story idea to the editor
for *The WetSet*.
The editor will be
forever grateful.



THE WEA SET

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Hugh Moore

"I could swear those backstroke flags are placed differently than at my home pool. What d'ya think?" someone asked me at the Bellevue Club meet. I had to admit that I didn't know for sure, but that they're supposed to be uniform for competition. "It's always a good idea to practice your backstroke turns during warm-ups, anyway," I offered, as though I were a seasoned backstroker.

Later, I dug out my USMS Rule Book. Article 107.13 reminded me that for yards meets the flags are set at 15 feet, while for meters meets the distance is 5 meters (16 feet 5 inches). So, yes, there *is* a difference between the position of yards' and meters' flags.

Yes, I broke a rule

The Rule Book is an interesting document — sure, some items might be a bit dry, but everything you'd want to know about the rules governing our competitions is in there. In fact, for the 400 free I took advantage of the freestyle stroke definition (101.5.2), which allows "any style," and swam the event all breaststroke for variety. (To avoid confusion, I informed the official and my adjacent competitor what I was planning to do.) Ironically, the Rule Book again prevailed later in my 200 breast — the stroke & turn judge noticed that I failed to comply with the first sentence of 101.2.2 and DQ'd me!

Rules promote fairness

So our rules are important for fairness in competition. Occasionally I hear complaints of "give that swimmer a break!" when a DQ seems heartless, particularly for an older swimmer. But what if that swimmer sets a record? If I

LEADING OFF



By Steve Peterson,
PNA president

had done my faulty 200 Breast in record time, I wouldn't be particularly proud if allowed that mark. And Article 108 does provide guidelines for accommodating swimmers with disabilities so that all of us get a fair shot at the fun of competition.

Accessing the Rule Book

PNA provides each of its registered teams a copy of the Rule Book. It's also available under the Articles & Publications tab at USMS.org. You can view or download PDFs of its various sections or the whole thing. It's for sale in printed form, too.

Want to be a TV star?

On an entirely different note, I was contacted by KOMO-TV's Northwest Afternoon. "Would PNA be interested in doing a free public service announcement about your organization, reaching to up to 1.5 million people in Western Washington without spending a dime? You would bring 15 people to the show in exchange for 15 seconds of on-air time." This offer met with enthusiasm at the February board meeting, though I expressed my reluctance at being the spokesperson. If you're comfortable in front of the camera or would like to organize this adventure or would like to be part

(Continued on page 13)

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 WATER
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.*

April 12 to 13, 2008
SCY PNA Champs
Weyerhaeuser King County
Aquatic Center
Federal Way, Wash.

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

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

May 1 to May 4, 2008
USMS Short Course 2008
Nationals
Austin, Tex.

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

June 8, 2008
**Ohana Outdoor Long Course
Meet**
Titlow Pool,
Tacoma, Wash.
Entry form on page 16.

June 8, 2008
Anacortes SCM Meet
Anacortes, Wash.
Entry form on page 17.

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

July 19, 2008
Fat Salmon OW
Lake Washington,
falsalmonswim@gmail.com
See page 10.

August 2, 2008
Lake Padden OW
2.5K and 5K
Bellingham, Wash.
ianLT@comcast.net
Event website: b-m-s-c.org

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

August 14 to August 17, 2008
USMS National Long Course
Championships
Mt. Hood Community College
Gresham, Ore.
www.lcnationals2008.net

August 16, 2008
24th Emerald City OW swim

August 26, 2008
PNA Board Meeting
6:45 p.m.

September 6, 2008
Jewel on the Lake
Kirkland, Wash.

September 6 to 7, 2008
**Third Annual Orcas Open Water
Challenge**
Orcas, Island, Wash.

September 16, 2008
PNA Board Meeting
6:45 p.m.

September 21, 2008
**10th Annual Short Course
Pentathlon Meet**
Oak Harbor, Wash.

September 24 to 28, 2008
USAS Convention
Atlanta, GA

Going to Nationals in Austin and want to swim in relays? Then contact either PNA's Sally Dillon at salwmmr@verizon.net or Kathy Casey, Kathyj.casey@comcast.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

Bellevue Club Short Course Meters Meet February 17, 2008



Bellevue Club Meet Photos by
Ed Schulz & Paul Freeman



Megan and Jason Lassen (BMSC) blissfully together; remember, they got engaged at last year's Champs meet.



Emilie Ellis (UNAT) smiling and swimming at the meet



Coach Shona Pierce executes a near-perfect relay exchange with Tinnel Hillis in WWU's Women's 200M Free Freestyle Relay.



Allison Demeritt (QASC) and Dan Bailey (UNAT) racing in the 50M Breaststroke



Megan Lassen (BMSC) competing in the 400M IM



Allan McDougall (NWM) and his wife Lisa Philips (NWM) relaxing.



(Left to right): John Brunner (BEST) and Steven Rosaria (PRO)



Results: Bellevue Club Short Course Meters Meet February 17, 2008

ELLEVUE CLUB - PNA
02-17-08
SHORT COURSE METER
P = P.N.A. RECORD
Z = NORTHWEST ZONE RECORD
N = NATIONAL RECORD
W = WORLD RECORD
S = SPLIT TIME
U = UNOFFICAL TIME (1 WATCH)

WOMEN 19-24

50 M. FREE		
SHONA PIERCE	22 WWUS	29.48
ANGIE DOWDLE	19 WWUS	32.65
EMIKO MAR	22 WWUS	32.70
ELISHA NAYLOR	22 WWUS	34.08
100 M. FREE		
ANGIE DOWDLE	19 WWUS	1:09.96
TINNEL HILLIS	20 WWUS	1:17.11
200 M. FREE		
ANGIE DOWDLE	19 WWUS	2:36.14
EMMA COULSON	23 FWM	2:47.23
400 M. FREE		
ALLISON COX	24 BEST	4:54.11Z
ANGIE DOWDLE	19 WWUS	5:23.39
50 M. BACK		
SHONA PIERCE	22 WWUS	34.01Z
ALLISON COX	24 BEST	34.69
EMMA COULSON	23 FWM	37.51
ELISHA NAYLOR	22 WWUS	38.98
100 M. BACK		
SHONA PIERCE	22 WWUS	1:16.09
EMMA COULSON	23 FWM	1:19.42
ELISHA NAYLOR	22 WWUS	1:26.27
200 M. BACK		
EMMA COULSON	23 FWM	2:45.63
ELISHA NAYLOR	22 WWUS	3:09.26
50 M. FLY		
SHONA PIERCE	22 WWUS	34.36
EMIKO MAR	22 WWUS	36.96
TINNEL HILLIS	20 WWUS	38.59
100 M. FLY		
TINNEL HILLIS	20 WWUS	1:29.49
100 M. I.M.		
SHONA PIERCE	22 WWUS	1:14.78
200 M. I.M.		
ANGIE DOWDLE	19 WWUS	3:06.31

WOMEN 25-29

50 M. FREE		
AARON ELLIS	28 OST	38.53
MARCIA MARCY	29 OST	39.19
100 M. FREE		
AARON ELLIS	28 OST	1:29.89
400 M. FREE		
MARCIA MARCY	29 OST	7:42.89
100 M. BACK		
JACQUELYN FOLEY	26 CAC	1:13.92
200 M. BACK		
JACQUELYN FOLEY	26 CAC	2:32.34Z
50 M. BRST		
AARON ELLIS	28 OST	50.10
50 M. FLY		
MARCIA MARCY	29 OST	48.25

WOMEN 30-34

50 M. FREE		
COLLEEN PHILIPPS	32 LUNA	28.78P
100 M. FREE		
COLLEEN PHILIPPS	32 LUNA	1:01.04Z
ALLISON DEMERITT	33 QASC	1:12.31
400 M. FREE		
JEAN DILLON	34 LWS	5:11.23
ALLISON DEMERITT	33 QASC	5:19.11
EMLIE ELLIS	33 UNAT	5:29.00
1500 M. FREE		
EMLIE ELLIS	33 UNAT	21:41.82
200 M. BACK		
EMLIE ELLIS	33 UNAT	2:58.39
50 M. BRST		
JEAN DILLON	34 LWS	37.90
ALLISON DEMERITT	33 QASC	40.42
100 M. BRST		
JEAN DILLON	34 LWS	1:22.32
50 M. FLY		
COLLEEN PHILIPPS	32 LUNA	32.49
100 M. I.M.		
JEAN DILLON	34 LWS	1:16.51
200 M. I.M.		
COLLEEN PHILIPPS	32 LUNA	2:33.92Z
EMLIE ELLIS	33 UNAT	2:57.20
400 M. I.M.		
EMLIE ELLIS	33 UNAT	6:18.16



PNA President Steve Peterson moving at warp speed in the 200M Breaststroke

WOMEN 35-39

50 M. FREE		
NELLIS KIM	38 FWM	33.63
JANAE MCCULLOUGH	38 OST	40.95
100 M. FREE		
MEGAN LASSEN	38 BMSC	1:09.21
200 M. FREE		
MEGAN LASSEN	38 BMSC	2:37.57
LEONORE FAULDS	35 SSRM	3:29.08
400 M. FREE		
SUZANNE SCRIVEN	39 GYTB	5:11.26
MEGAN LASSEN	38 BMSC	5:17.17
SHANNON SINGER	37 SVY	7:00.88
JANAE MCCULLOUGH	38 OST	7:05.66
1500 M. FREE		
LEONORE FAULDS	35 SSRM	27:18.78
SHANNON SINGER	37 SVY	28:42.98
100 M. BACK		
JANAE MCCULLOUGH	38 OST	1:49.90
200 M. BACK		
SHANNON SINGER	37 SVY	3:44.99
50 M. BRST		
LINDA HEGERBERG	38 BMSC	37.71
JANAE MCCULLOUGH	38 OST	55.98

100 M. BRST		
LEONORE FAULDS	35 SSRM	1:58.18
200 M. BRST		
LINDA HEGERBERG	38 BMSC	2:54.62
100 M. I.M.		
SHANNON SINGER	37 SVY	1:44.99
JANAE MCCULLOUGH	38 OST	1:46.73
LEONORE FAULDS	35 SSRM	1:51.05
200 M. I.M.		
LINDA HEGERBERG	38 BMSC	2:39.06Z
400 M. I.M.		
MEGAN LASSEN	38 BMSC	6:14.44

WOMEN 40-44

50 M. FREE		
KRISTINE ANTILLA	40 OST	37.13
SUZANNE WAY	44 LWS	37.99
100 M. FREE		
RENEE QUISTORF	44 NEO	1:15.96
SUZANNE WAY	44 LWS	1:24.48
400 M. FREE		
SUZANNE WAY	44 LWS	6:44.24
1500 M. FREE		
LISA SCHER	41 CAC	24:07.55
100 M. BACK		
RENEE QUISTORF	44 NEO	1:28.15
RACHEL HERBERT	41 UNAT	1:41.72
CATIE RODEHEFFER	42 NWM	1:42.88
200 M. BACK		
RENEE QUISTORF	44 NEO	3:13.90
50 M. BRST		
KRISTINE ANTILLA	40 OST	46.81
CATIE RODEHEFFER	42 NWM	47.19
SUZANNE WAY	44 LWS	57.35
100 M. BRST		
KRISTINE ANTILLA	40 OST	1:42.62
CATIE RODEHEFFER	42 NWM	1:48.74
50 M. FLY		
KRISTINE ANTILLA	40 OST	41.84
100 M. I.M.		
RENEE QUISTORF	44 NEO	1:27.88
KRISTINE ANTILLA	40 OST	1:35.84
CATIE RODEHEFFER	42 NWM	1:38.76
200 M. I.M.		
RENEE QUISTORF	44 NEO	3:13.01
400 M. I.M.		
CATIE RODEHEFFER	42 NWM	7:32.71

WOMEN 45-49

50 M. FREE		
LISA DAHL	47 UNAT	28.76
KRIS SPEIR	45 OST	33.38
BECKY KLIEMAN	45 NWM	34.06
JONI RASMUSSEN	46 OST	51.75
100 M. FREE		
KRIS SPEIR	45 OST	1:13.24
JONI RASMUSSEN	46 OST	2:08.63
200 M. FREE		
SUZANNE SIMPSON	48 UNAT	2:18.40
LAURA LEE	47 UNAT	4:40.30
400 M. FREE		
KRIS SPEIR	45 OST	6:01.36
LAURA LEE	47 UNAT	4:19.90
50 M. BACK		
JONI RASMUSSEN	46 OST	1:07.45
200 M. BACK		
MARGARET DIDDAMS	47 NEO	2:50.07
50 M. BRST		
LISA DAHL	47 UNAT	38.44
BECKY KLIEMAN	45 NWM	46.23
100 M. BRST		
KRIS SPEIR	45 OST	1:33.44
CONNIE CRANE	45 SVY	1:56.16
200 M. BRST		
CONNIE CRANE	45 SVY	4:04.14
50 M. FLY		
LISA DAHL	47 UNAT	31.55
SUZANNE SIMPSON	48 UNAT	33.24
CYNTHIA KRASS	45 CAC	37.04
KRIS SPEIR	45 OST	37.43



Livia Walker, 86 (GLAD), finishing her Zone-record 200M Breaststroke

200 M. FLY		
SUZANNE SIMPSON	48 UNAT	2:41.74
100 M. I.M.		
BECKY KLIEMAN	45 NWM	1:27.92
CYNTHIA KRASS	45 CAC	1:28.81

WOMEN 50-54

50 M. FREE		
K.ANDRUS-HUGHES	50 OR	29.72
MARGARET HAIR	52 INWM	33.05
CAROLINE BROWN	51 PSC	34.75
REBECCA WADE	51 SVY	46.07
100 M. FREE		
MARGARET HAIR	52 INWM	1:15.92
CAROLINE BROWN	51 PSC	1:16.81
REBECCA WADE	51 SVY	1:46.87
KATHY MORRIS	53 BYMS	1:50.02
REBECCA LOGSDON	54 SAC	1:53.84
200 M. FREE		
CAROLINE BROWN	51 PSC	2:46.51
REBECCA WADE	51 SVY	3:49.06
400 M. FREE		
CAROLINE BROWN	51 PSC	5:48.35
REBECCA WADE	51 SVY	7:48.02
REBECCA LOGSDON	54 SAC	8:45.79
1500 M. FREE		
JEANNE CARLSEN	50 CALG	19:17.53
GUILA MUIR	53 UNAT	32:46.29
50 M. BACK		
K.ANDRUS-HUGHES	50 OR	33.27
KATHY MORRIS	53 BYMS	55.06
100 M. BACK		
REBECCA LOGSDON	54 SAC	2:02.73
200 M. BACK		
K.ANDRUS-HUGHES	50 OR	2:39.76N
REBECCA LOGSDON	54 SAC	4:16.12
50 M. BRST		
COLETTE CRABBE	52 OR	39.20Z
T.UTIGARD-RATHBUN	50 UNAT	43.60
50 M. FLY		
MARGARET HAIR	52 INWM	38.49
100 M. FLY		
COLETTE CRABBE	52 OR	1:14.79Z
MARGARET HAIR	52 INWM	1:32.43
200 M. FLY		
COLETTE CRABBE	52 OR	2:46.13Z
100 M. I.M.		
COLETTE CRABBE	52 OR	1:16.46
MARGARET HAIR	52 INWM	1:23.64
200 M. I.M.		
COLETTE CRABBE	52 OR	2:43.52Z

WOMEN 55-59

50 M. FREE		
ELIZABETH KASSEN	56 BYMS	35.06
JANE GRAY	57 OR	42.00
SANDY MCNEEL	56 NEO	45.55

JANE MOORE	58 OST	47.84
BARBARA ZIMMERMAN	57 SVY	56.07
100 M. FREE		
JANE GRAY	57 OR	1:31.53
1500 M. FREE		
BARBARA ZIMMERMAN	57 SVY	40:18.48
50 M. BACK		
JANE MOORE	58 OST	1:01.76
BARBARA ZIMMERMAN	57 SVY	1:07.89
200 M. BACK		
ELIZABETH KASSEN	56 BYMS	3:22.53
BARBARA ZIMMERMAN	57 SVY	5:17.68
50 M. BRST		
SANDY MCNEEL	56 NEO	59.21
JANE MOORE	58 OST	1:07.62
100 M. BRST		
ELIZABETH KASSEN	56 BYMS	1:40.31P
DIANNE SHERWOOD	55 OR	1:47.15
50 M. FLY		
SANDY MCNEEL	56 NEO	1:04.31
100 M. I.M.		
BARBARA ZIMMERMAN	57 SVY	2:31.50

WOMEN 60-64

50 M. FREE		
SANDI ROUSSEAU	61 OR	36.54
SALLY DILLON	62 NWM	36.87
100 M. FREE		
SALLY DILLON	62 NWM	1:19.31P
SANDI ROUSSEAU	61 OR	1:21.32
JUDY WILLIAMS	60 FWM	1:34.51
200 M. FREE		
SUZANNE DILLS	63 BC	2:54.77P
SALLY DILLON	62 NWM	2:59.34
400 M. FREE		
SUZANNE DILLS	63 BC	6:11.64P
KATHERINE CASEY	60 FTSW	6:13.64
JOAN DELGADO	63 NWM	6:53.42
ARNI LITT	62 GLAD	7:02.64
JUDY WILLIAMS	60 FWM	7:03.22
1500 M. FREE		
SALLY DILLON	62 NWM	24:15.08P
KATHERINE CASEY	60 FTSW	24:45.07
JEANNE ENSIGN	62 GLAD	29:38.03
CARTER CASE	61 BC	37:42.43
50 M. BACK		
ELIZABETH SMITH	60 WINS	41.09
KATHERINE CASEY	60 FTSW	45.75
SUZANNE DILLS	63 BC	46.15
100 M. BACK		
ELIZABETH SMITH	60 WINS	1:24.56
KATHERINE CASEY	60 FTSW	1:35.16P
SUZANNE DILLS	63 BC	1:37.19
200 M. BACK		
ELIZABETH SMITH	60 WINS	3:06.96
KATHERINE CASEY	60 FTSW	3:20.54P
JOAN DELGADO	63 NWM	3:50.75
50 M. BRST		
GINGER PIERSON	62 OR	43.56
SARAH WELCH	61 SSRM	49.52
ARNI LITT	62 GLAD	50.73
100 M. BRST		
GINGER PIERSON	62 OR	1:34.89
ARNI LITT	62 GLAD	1:52.62
200 M. BRST		
GINGER PIERSON	62 OR	3:26.73Z
ARNI LITT	62 GLAD	3:55.11
50 M. FLY		
SANDI ROUSSEAU	61 OR	39.82
JOAN DELGADO	63 NWM	50.29
JUDY WILLIAMS	60 FWM	54.74
100 M. FLY		
SARAH WELCH	61 SSRM	1:32.25
200 M. FLY		
SARAH WELCH	61 SSRM	3:28.29P
100 M. I.M.		
ELIZABETH SMITH	60 WINS	1:29.57
SARAH WELCH	61 SSRM	1:33.09P
SANDI ROUSSEAU	61 OR	1:39.06
JUDY WILLIAMS	60 FWM	1:52.30
200 M. I.M.		
ARNI LITT	62 GLAD	3:56.25

WOMEN 65-69

50 M. FREE		
BARBARA FRID	66 OR	36.89
50 M. BACK		
JOY WARD	66 OR	42.58
BARBARA FRID	66 OR	45.33
100 M. BACK		
BONNIE PRONK	66 MSBC	1:28.56
JOY WARD	66 OR	1:31.68
200 M. BACK		
BONNIE PRONK	66 MSBC	3:05.30
JOY WARD	66 OR	3:14.13N
50 M. BRST		
BONNIE PRONK	66 MSBC	42.75
BARBARA FRID	66 OR	47.20Z
50 M. FLY		
BARBARA FRID	66 OR	41.31
100 M. I.M.		
BARBARA FRID	66 OR	1:33.56Z
BONNIE PRONK	66 MSBC	1:33.91

WOMEN 70-74

100 M. FREE		
ANNE OLSON	70 UNAT	1:34.76P
PEG CLOUTIER	73 BYMS	1:46.73
400 M. FREE		
ANNE OLSON	70 UNAT	7:19.38P
PEG CLOUTIER	73 BYMS	8:21.96

WOMEN 75-79

50 M. FREE		
GAIL GLADWELL	77 BC	1:03.08
100 M. FREE		
GAIL GLADWELL	77 BC	2:22.15
400 M. FREE		
JANET KAVADAS	77 NEO	9:46.37
200 M. BACK		
JANET KAVADAS	77 NEO	5:03.74
50 M. BRST		
GAIL GLADWELL	77 BC	1:10.17
100 M. BRST		
GAIL GLADWELL	77 BC	2:43.87
JANET KAVADAS	77 NEO	2:46.72
100 M. I.M.		
GAIL GLADWELL	77 BC	2:38.80

WOMEN 80-84

50 M. FREE		
BERNICE PHILLIPS	81 BAM	1:07.45
50 M. BACK		
BERNICE PHILLIPS	81 BAM	1:02.53
100 M. BACK		
BERNICE PHILLIPS	81 BAM	2:24.88

WOMEN 85-89

100 M. BRST		
LIVIA WALKER	86 GLAD	3:53.32Z
200 M. BRST		
LIVIA WALKER	86 GLAD	8:34.74Z



Jacquelyn Foley swims the leadoff leg of CAC's 200M Medley Relay.



MEN 19-24

50 M. FREE		
RICHARD JORDAN	22 BC	27.35
MARK FANNING	23 WWUS	27.65
100 M. FREE		
RICHARD JORDAN	22 BC	59.44
AARON WHIPPLE	23 UNAT	1:10.53
400 M. FREE		
AARON WHIPPLE	23 UNAT	6:12.94
50 M. BACK		
MARK FANNING	23 WWUS	31.07
AARON WHIPPLE	23 UNAT	39.49
100 M. BACK		
MARK FANNING	23 WWUS	1:07.06P
RICHARD JORDAN	22 BC	1:07.35
200 M. BACK		
MARK FANNING	23 WWUS	2:30.26
50 M. BRST		
RICHARD JORDAN	22 BC	35.14
50 M. FLY		
RICHARD JORDAN	22 BC	30.01
AARON WHIPPLE	23 UNAT	36.57

MEN 25-29

50 M. FREE		
TROY DAVIDSON	27 BC	24.30P
100 M. FREE		
TROY DAVIDSON	27 BC	52.77Z
JONATHAN BLOCK	26 LWS	1:08.65
400 M. FREE		
SHINGO ITO	25 WWUS	4:56.49
50 M. FLY		
SHINGO ITO	25 WWUS	30.28
100 M. FLY		
SHINGO ITO	25 WWUS	1:07.15

MEN 30-34

50 M. FREE		
DMITRI PARAMONOV	30 HMST	27.04
ROSS LINDERMAN	31 ORCA	27.49
NICK CONNOLLY	30 NWM	27.50
JON WALKER	33 TVA	27.62
A.CHMELIOVAS	30 HMST	28.11
ADAM YAMASAK	33 UNAT	28.51
STEVEN ROSARIA	34 PRO	28.93
GREG MARTIN	34 UNAT	30.09
100 M. FREE		
JON WALKER	33 TVA	59.66
ROSS LINDERMAN	31 ORCA	1:00.92
DMITRI PARAMONOV	30 HMST	1:01.21
SCOTT BENDIG	33 UNAT	1:01.44
ADAM YAMASAK	33 UNAT	1:02.06
NICK CONNOLLY	30 NWM	1:02.25
STEVEN ROSARIA	34 PRO	1:03.06
GREG MARTIN	34 UNAT	1:04.16
200 M. FREE		
ADAM YAMASAK	33 UNAT	2:22.30
400 M. FREE		
JON WALKER	33 TVA	4:46.05
ADAM YAMASAK	33 UNAT	4:57.51
50 M. BACK		
A.CHMELIOVAS	30 HMST	34.14
NICK CONNOLLY	30 NWM	35.84
100 M. BACK		
JON WALKER	33 TVA	1:10.27
GREG MARTIN	34 UNAT	1:18.00
STEVEN ROSARIA	34 PRO	1:21.84
100 M. BRST		
STEVEN ROSARIA	34 PRO	1:21.84
50 M. FLY		
PETER GOLTZ	30 UNAT	26.34P
SCOTT BENDIG	33 UNAT	29.81
ROSS LINDERMAN	31 ORCA	30.09
NICK CONNOLLY	30 NWM	32.51
100 M. FLY		
PETER GOLTZ	30 UNAT	57.78P
100 M. I.M.		
NICK CONNOLLY	30 NWM	1:15.23



Emiko Mar swims the fly leg of WWU's 200M Medley Relay.

200 M. I.M.		
ADAM YAMASAK	33 UNAT	2:36.85
GREG MARTIN	34 UNAT	2:45.15

MEN 35-39

50 M. FREE		
ERIN DUNN	38 BEST	28.32
TOM SCHULZ	37 BYMS	31.32
KERRY NESS	39 SVY	36.48
100 M. FREE		
KIRK NELSON	38 HMST	57.47
ERIN DUNN	38 BEST	1:02.41
TOM SCHULZ	37 BYMS	1:06.48
LUIS DIAZ	37 FWM	1:17.84
JASON LASSEN	36 BMSC	1:23.85
400 M. FREE		
KIRK NELSON	38 HMST	4:28.77
DAVID MARGRAVE	37 SAMM	5:14.56
JASON LASSEN	36 BMSC	6:31.74
KERRY NESS	39 SVY	6:37.18
LUIS DIAZ	37 FWM	7:14.28
1500 M. FREE		
KIRK NELSON	38 HMST	17:58.31
DAVID MARGRAVE	37 SAMM	21:38.98
LUIS DIAZ	37 FWM	25:40.00
50 M. BACK		
DAVID MARGRAVE	37 SAMM	35.65
JASON LASSEN	36 BMSC	43.81
50 M. BRST		
DAVID MARGRAVE	37 SAMM	38.88
JJ SATO	37 BC	38.92
TOM SCHULZ	37 BYMS	40.47
KERRY NESS	39 SVY	43.26
100 M. BRST		
TOM SCHULZ	37 BYMS	1:29.34
KERRY NESS	39 SVY	1:35.32
200 M. BRST		
JASON LASSEN	36 BMSC	3:18.18
TOM SCHULZ	37 BYMS	3:18.92
50 M. FLY		
DOUG JELEN	35 UNAT	29.40
KIRK NELSON	38 HMST	30.13
100 M. FLY		
DOUG JELEN	35 UNAT	1:04.67
200 M. FLY		
DOUG JELEN	35 UNAT	2:22.98



(Left to right) Graham Welbourn (GYTB) and David Kays (PRO) in the 200M Freestyle

100 M. I.M.		
ERIN DUNN	38 BEST	1:12.10
JASON LASSEN	36 BMSC	1:31.58
KERRY NESS	39 SVY	1:32.66
LUIS DIAZ	37 FWM	1:38.90
200 M. I.M.		
DOUG JELEN	35 UNAT	2:29.50
ERIN DUNN	38 BEST	2:41.24
400 M. I.M.		
DOUG JELEN	35 UNAT	5:14.25

MEN 40-44

50 M. FREE		
VLADIMIR SCHMIDD	40 HMST	30.10
SEAN CASSIDY	42 IST	30.80
MICHAEL TURCOTT	44 ORCA	33.39
JAY GORE	43 BC	33.69
MIKE MCCULLOUGH	42 OST	39.99
100 M. FREE		
DAVID KAYS	41 PRO	56.46
DAVID HOLLENBACK	42 UNAT	1:06.07
VLADIMIR SCHMIDD	40 HMST	1:07.94
SEAN CASSIDY	42 IST	1:11.02
MICHAEL TURCOTT	44 ORCA	1:15.46
200 M. FREE		
DAVID KAYS	41 PRO	2:01.62Z
BRYAN HOKE	42 CAC	2:30.11
400 M. FREE		
DAVID KAYS	41 PRO	4:20.27Z
MICHAEL TURCOTT	44 ORCA	6:05.12
MICHAEL GARCEAU	42 GLAD	7:00.66
MIKE MCCULLOUGH	42 OST	8:00.65
1500 M. FREE		
MICHAEL GARCEAU	42 GLAD	28:26.94
50 M. BACK		
JAY GORE	43 BC	39.72
200 M. BACK		
MICHAEL GARCEAU	42 GLAD	3:39.13
50 M. BRST		
ROY BERG	40 INWM	31.62Z
JAY GORE	43 BC	45.53
100 M. BRST		
SEAN CASSIDY	42 IST	1:40.36
50 M. FLY		
VLADIMIR SCHMIDD	40 HMST	35.18
JAY GORE	43 BC	42.03
MICHAEL TURCOTT	44 ORCA	42.49
100 M. FLY		
BRYAN HOKE	42 CAC	1:08.85
DAVID HOLLENBACK	42 UNAT	1:13.86
100 M. I.M.		
ROY BERG	40 INWM	1:00.16N
BRYAN HOKE	42 CAC	1:13.28
SEAN CASSIDY	42 IST	1:25.92
JAY GORE	43 BC	1:33.34
200 M. I.M.		
ROY BERG	40 INWM	2:12.16N
BRYAN HOKE	42 CAC	2:41.01
DAVID HOLLENBACK	42 UNAT	2:43.31
MICHAEL GARCEAU	42 GLAD	3:42.61

MEN 45-49

50 M. FREE		
TOMAS OLIVA	46 OR	26.86
ERIC VALLEY	47 TVA	27.75
DAVE MCDERMOTT	46 BEST	27.95
RON OREN	49 LWS	33.55
PAUL SCHLOSSER	49 LWS	33.88
100 M. FREE		
GRAHAM WELBOURN	47 GYTB	56.43
ERIC VALLEY	47 TVA	1:00.82
DANIEL SMITH	46 FWM	1:01.95
DAVE MCDERMOTT	46 BEST	1:02.94
RON OREN	49 LWS	1:15.71
PAUL SCHLOSSER	49 LWS	1:19.09
200 M. FREE		
GRAHAM WELBOURN	47 GYTB	2:03.14
ERIC VALLEY	47 TVA	2:14.04
400 M. FREE		
GRAHAM WELBOURN	47 GYTB	4:20.74
DANIEL SMITH	46 FWM	4:45.53

ERIC VALLEY	47 TVA	4:47.79
ERIC DYBDAHL	48 FWM	5:26.83
PAUL IKEDA	49 ORCA	6:21.22
1500 M. FREE		
ERIC DYBDAHL	48 FWM	21:56.94
50 M. BACK		
CARL HAYNIE	48 CAC	31.90
TOMAS OLIVA	46 OR	33.78
RON OREN	49 LWS	42.23
100 M. BACK		
CARL HAYNIE	48 CAC	1:08.99
ERIC DYBDAHL	48 FWM	1:22.94
200 M. BACK		
CARL HAYNIE	48 CAC	2:36.44
50 M. BRST		
TOMAS OLIVA	46 OR	33.10
PAUL IKEDA	49 ORCA	42.39
200 M. BRST		
DANIEL SMITH	46 FWM	2:50.35
50 M. FLY		
TOMAS OLIVA	46 OR	29.58
DAVE MCDERMOTT	46 BEST	31.26
PAUL IKEDA	49 ORCA	39.36
100 M. FLY		
DANIEL SMITH	46 FWM	1:08.95
ERIC DYBDAHL	48 FWM	1:17.51
200 M. FLY		
ERIC DYBDAHL	48 FWM	2:54.66
100 M. I.M.		
TOMAS OLIVA	46 OR	1:08.20
CARL HAYNIE	48 CAC	1:10.94
DANIEL SMITH	46 FWM	1:13.18
DAVE MCDERMOTT	46 BEST	1:14.96
RON OREN	49 LWS	1:33.14
PAUL SCHLOSSER	49 LWS	1:35.64
200 M. I.M.		
ERIC VALLEY	47 TVA	2:39.44
400 M. I.M.		
PAUL IKEDA	49 ORCA	7:09.79

MEN 50-54

50 M. FREE		
JOHN BRUNNER	51 BEST	29.54
DAN BAILEY	50 UNAT	29.83
RICHARD HARDESTY	54 BC	30.44
DAVID KEITH	51 CAC	31.31
100 M. FREE		
DON SPENCER	51 PRO	1:03.33
DALE CARY	51 UNAT	1:06.16
SCOTT PAUL	51 UNAT	1:06.16
DAN BAILEY	50 UNAT	1:07.63
RICHARD HARDESTY	54 BC	1:09.74
BILL RODEHEFFER	50 UNAT	1:11.74
DAVID KEITH	51 CAC	1:15.57
200 M. FREE		
DON SPENCER	51 PRO	2:28.36
DALE CARY	51 UNAT	2:29.43
400 M. FREE		
JOHN BRUNNER	51 BEST	5:09.30
DALE CARY	51 UNAT	5:11.22
TED HACKETT	53 UNAT	5:20.62
STEVEN WADE	50 SVY	6:31.65
1500 M. FREE		
GLENN CARLSEN	51 CALG	18:19.35
BILL RODEHEFFER	50 UNAT	22:51.86
50 M. BACK		
DAVID KEITH	51 CAC	37.34
100 M. BACK		
STEVE FREEBORN	53 FWM	1:19.59
200 M. BACK		
JOHN BRUNNER	51 BEST	2:59.00
50 M. BRST		
DAN BAILEY	50 UNAT	39.86
RICHARD ADCKOCK	53 UNAT	41.00
100 M. BRST		
RICHARD ADCKOCK	53 UNAT	1:32.56
50 M. FLY		
DALE CARY	51 UNAT	32.10
DON SPENCER	51 PRO	32.52
SCOTT PAUL	51 UNAT	33.05
100 M. FLY		
DALE CARY	51 UNAT	1:14.77



Jan Kavadas (NEO) taking a break

DON SPENCER	51 PRO	1:16.68
HUGH MOORE	54 FWM	1:16.93
STEVE FREEBORN	53 FWM	1:17.30
JOHN BRUNNER	51 BEST	1:18.16
200 M. FLY		
HUGH MOORE	54 FWM	2:57.60
100 M. I.M.		
SCOTT PAUL	51 UNAT	1:18.23
RICHARD HARDESTY	54 BC	1:23.71
RICHARD ADCKOCK	53 UNAT	1:27.50
200 M. I.M.		
JOHN BRUNNER	51 BEST	2:51.57
STEVE FREEBORN	53 FWM	2:54.30
HUGH MOORE	54 FWM	2:57.09

MEN 55-59

50 M. FREE		
MIKE TENNANT	55 OR	25.94Z
LARRY KRAUSER	55 INWM	27.51
STEVE MANN	56 OR	28.43
DOUG BROCKBANK	55 OR	28.61
GORDON CLARK	57 GC	29.28
JAMES KENDRICK	56 SVY	29.89
GENE REESE	59 LWS	39.21
100 M. FREE		
MIKE TENNANT	55 OR	57.52Z
LARRY KRAUSER	55 INWM	1:00.77
JAMES KENDRICK	56 SVY	1:06.67
REGGIE SHERWOOD	57 OR	1:12.21
200 M. FREE		
MIKE TENNANT	55 OR	2:14.83Z
LARRY KRAUSER	55 INWM	2:26.61
JAMES KENDRICK	56 SVY	2:39.27
RON HANSEN	59 SVY	3:13.70
400 M. FREE		
LARRY KRAUSER	55 INWM	4:36.79Z
ALAN BELL	57 UNAT	4:47.22P
MIKE TENNANT	55 OR	4:56.88
BILL PENN	57 TVA	5:13.69
JAMES KENDRICK	56 SVY	5:35.40
RON HANSEN	59 SVY	6:47.29
1500 M. FREE		
LARRY KRAUSER	55 INWM	18:40.59Z
SCOTT LAUTMAN	56 FWM	19:39.18
BILL PENN	57 TVA	19:49.66
RON HANSEN	59 SVY	27:35.19
50 M. BACK		
WES EDWARDS	55 OR	31.54
STEVE MANN	56 OR	32.27
DOUG BROCKBANK	55 OR	33.65
GORDON CLARK	57 GC	35.02
GENE REESE	59 LWS	51.18
100 M. BACK		
WES EDWARDS	55 OR	1:06.05Z
STEVE MANN	56 OR	1:13.70
GORDON CLARK	57 GC	1:16.86
RON HANSEN	59 SVY	1:46.14

200 M. BACK		
GORDON CLARK	57 GC	2:52.00
50 M. BRST		
STEVE MANN	56 OR	36.52
GREG COLLINS	59 FWM	39.68
GENE REESE	59 LWS	44.44
RON HANSEN	59 SVY	46.70
100 M. BRST		
GREG COLLINS	59 FWM	1:28.87
REGGIE SHERWOOD	57 OR	1:31.48
200 M. BRST		
REGGIE SHERWOOD	57 OR	3:20.55
GREG COLLINS	59 FWM	3:20.66
50 M. FLY		
SCOTT LAUTMAN	56 FWM	29.94P
DOUG BROCKBANK	55 OR	32.80
100 M. FLY		
SCOTT LAUTMAN	56 FWM	1:06.25Z
200 M. FLY		
SCOTT LAUTMAN	56 FWM	2:25.95Z
ALAN BELL	57 UNAT	2:45.32
BILL PENN	57 TVA	3:20.87
100 M. I.M.		
WES EDWARDS	55 OR	1:09.00Z
STEVE MANN	56 OR	1:11.29
REGGIE SHERWOOD	57 OR	1:23.79
GENE REESE	59 LWS	1:46.28

MEN 60-64

100 M. FREE		
THOMAS WALKER	61 CAC	1:30.35
400 M. FREE		
BOB BRUCE	60 OR	4:58.78
STEVEN PETERSON	62 OOPS	6:22.13
1500 M. FREE		
BOB BRUCE	60 OR	19:46.65
50 M. BACK		
THOMAS WALKER	61 CAC	50.33
100 M. BACK		
MICHAEL MCCOLLY	63 NEO	1:18.46
THOMAS WALKER	61 CAC	1:48.65
200 M. BACK		
MICHAEL MCCOLLY	63 NEO	2:46.59
THOMAS WALKER	61 CAC	3:54.48
100 M. BRST		
STEVEN PETERSON	62 OOPS	1:23.69
400 M. I.M.		
BOB BRUCE	60 OR	5:55.37
MICHAEL MCCOLLY	63 NEO	6:07.14
THOMAS WALKER	61 CAC	8:30.98

MEN 65-69

50 M. FREE		
MINE DORMANN	68 UNAT	1:03.11
100 M. FREE		
TOM LANDIS	66 OR	1:04.44
PAUL FREEMAN	65 UNAT	1:30.26
200 M. FREE		
TOM LANDIS	66 OR	2:28.45Z
400 M. FREE		
TOM LANDIS	66 OR	5:42.39
100 M. BACK		
ALLAN MCDUGALL	67 NWM	1:25.91P
MICHAEL NORBY	67 UNAT	1:33.65
200 M. BACK		
ALLAN MCDUGALL	67 NWM	3:04.52
MICHAEL NORBY	67 UNAT	3:14.43
50 M. BRST		
PAUL FREEMAN	65 UNAT	50.68
100 M. BRST		
ALLAN MCDUGALL	67 NWM	1:32.04
100 M. FLY		
MICHAEL NORBY	67 UNAT	1:40.44
100 M. I.M.		
MICHAEL NORBY	67 UNAT	1:30.57
200 M. I.M.		
MICHAEL NORBY	67 UNAT	3:13.94



MEN 70-74

100 M. FREE		
THOMAS LONG	71 UNAT	1:20.06
FRANK NEWQUIST	71 FWM	1:36.54
400 M. FREE		
FRANK NEWQUIST	71 FWM	7:23.92
DON REHFELDT	74 UNAT	7:39.30
50 M. BACK		
GEORGE THAYER	72 OR	42.07
100 M. BACK		
GEORGE THAYER	72 OR	1:31.25
200 M. BACK		
GEORGE THAYER	72 OR	3:22.93
50 M. BRST		
THOMAS LONG	71 UNAT	45.12P
DON REHFELDT	74 UNAT	51.64
100 M. BRST		
THOMAS LONG	71 UNAT	1:40.97P
DON REHFELDT	74 UNAT	1:57.92
200 M. BRST		
DON REHFELDT	74 UNAT	4:15.26
50 M. FLY		
BERT PETERSEN	70 OR	31.55W
200 M. FLY		
TOM FOLEY	74 TIG	6:30.44
100 M. I.M.		
TOM FOLEY	74 TIG	2:12.06
400 M. I.M.		
TOM FOLEY	74 TIG	10:36.65

MEN 75-79

50 M. FREE		
BOB DORSE	77 TIG	36.51
100 M. FREE		
BILL KING	75 OR	1:21.57Z
200 M. FREE		
BILL KING	75 OR	3:08.31Z
100 M. I.M.		
BOB DORSE	77 TIG	1:48.99

MEN 80-84

50 M. FREE		
HARVEY PROSSER	80 NWM	41.10P
GEORGE ROUDEBUSH	83 BAM	58.82
100 M. FREE		
HARVEY PROSSER	80 NWM	1:31.34P
400 M. FREE		
HARVEY PROSSER	80 NWM	7:04.66Z
50 M. BACK		
GEORGE ROUDEBUSH	83 BAM	1:06.74
100 M. BACK		
GEORGE ROUDEBUSH	83 BAM	2:34.06
200 M. BACK		
GEORGE ROUDEBUSH	83 BAM	5:35.16
100 M. I.M.		
HARVEY PROSSER	80 NWM	1:53.06P



Gail Gladwell (Bellevue Club)

RELAYS-WOMEN 200 M. FREE

160-199		
BARBARA ZIMMERMAN	57 PNSV	3:15.03
CONNIE CRANE	45	
REBECCA WADE	51	
SHANNON SINGER	37	

RELAYS-WOMEN 200 M. MED-LEY

76 - 99		
ELISHA NAYLOR	22 PNWW	2:28.21
SHONA PIERCE	22	
EMIKO MAR	22	
ANGIE DOWDLE	19	

120-159		
JACQUELYN FOLEY	26 PNCA	2:42.60
LISA SCHER	41	
CYNTHIA KRASS	45	
SHANNON CALLIES	38	

240-279		
BARBARA FRID	66 OROR	2:41.53N
GINGER PIERSON	62	
JOY WARD	66	
SANDI ROUSSEAU	61	

RELAYS-MEN 200 M. FREE

160-199		
ADAM YAMASAK	33 PNUN	1:58.75
DALE CARY	51	
DAVID HOLLENBACK	42	
DAN BAILEY	50	

(Continued from page 12)

Daughter made me cry

ming, I cannot imagine life without this activity.

One year ago, the Ohana Swim Team was formed. It has both a Masters and an age group program, swimming alongside each other. My daughter and I usually swim in the same lane.

As I was writing in my times on the ORCA meet entry form, they seemed close to Courtney's. So I checked out her seed times; they were lower. Her 100 IM topped mine by over two seconds. I had to cry, way to go Courtney! I will take tears of pride from a 12-year-old's accomplishments any day, even if it means she swims faster than mom.

But at the Orca meet, I beat her in the 100 IM. This nearly 40-year-old is not giving up without a serious fight.

Board Meeting Summary for January



The following action was taken at the January meeting.

- To meet new USMS fiduciary requirements, a separate account was set up for PNA (Aquatics) and Sarah Welch will replace Jeanne Ensign on the PNA (Association) checking account to provide for better internal control.
- Hugh Moore is working hard on revamping PNA's Website. *The WetSet* is available online.
- The board agreed to charge a \$20 entry fee (including the Zone \$1 surcharge) and a \$2 per event fee for the upcoming Zone/Champs Meet at the Federal Way pool.
- We now have a coaches committee and an editorial task force for *The WetSet*. Soon we'll also have club development trainers.
- A resolution about having coaches advertise in *The WetSet* was tabled.

Note: Future board meetings can be attended via conference call Contact your Team Rep for details.

Register Early: Last Year's Swim Sold Out

Volunteers Needed, Especially People with Boats and Kayaks



The 2008 Fat Salmon OWS is on Saturday, July 19. Be warned: Last year, the swim sold out without any day-of-race registration or formal advertising! Our sanctioning allows for only 300 swimmers to participate in this great race. Form will be available by May!!

The GLAD swim team is the swim's official host. But if you're interested in helping organize Fat Salmon in the next couple of months, we'd love to hear from you. Everyone's invited to pitch in any way they'd like to.

Here's what we *really really really* need well ahead of time, like now: motor-boat owners/drivers and kayak owners/paddlers to support the racers in the water. It's always a challenge to round up this posse. If you, or anyone you know, has a boat and is willing to join us for a Saturday morning party, WE NEED YOU. No boat support, no race. Please let us know as soon as possible if you or your friends and family can do this. Thank you.

Contact fatsalmonswim@gmail.com if you have questions and want to volunteer.

Happy Swimming,

Liz Shimizu, on behalf of the Fat Salmon Open Water Swim

Welcome New PNA Swimmers

Michelle R Behrens
Heather M Bonar
Melvin E Carden
Adams Dave
Troy F Davidson
Erin A Dunn
Scott C Eagan
Diana Fridly
Rohana P Galnaido
Kaylee E Garrett
Gabrielle D Gundersen
John W Hansen
Donald T Harrington
Michelle R Heinlein
Daniel P Jas
Nancy R Juhlin
Rebecca A Kimball
Kathy J Korsch
Jeanne L Koruga
Maja Kralj
Krista Loercher
Mark Lough
Fran Marquart
Neva L Martin
Michael C Nelson
William R Nelson
Andrea O'Malley-Jones
Doug R Pfeiffer
Cindy Rach
Anne Riordan
Lisa M Scher
Victoria W Sheldon
Laura V Swanson
Mark A Thomas
Beth A Vickery
Mark H Watson
Tom E Wunderlich

USMS Registration Goes Digital

As you all already know, if you need to find your membership number, you can look it up on the PNA website at http://www.swimpna.org/pna_info.htm, then scroll down to PNA Membership by team and find your name and your number. Or look at the

mailing label on this issue.

What you may not know yet is that online registration is now a reality. New or renewing members can find the form at <http://registration.usms.org/>. MasterCard and Visa are the accepted credit cards.

You can still mail the paper

registration form and in November everyone will still receive a paper renewal form. However, especially for you stragglers that wait until the last day for a meet or Nationals, you can register online, get a number and complete your entry form.





Past PNA President Bobby G Dies

PNA past President "Bobby G," as Robert L. Gallegos was known, succumbed to hepatitis complications on March 4. Bobby G, who was 57, served as PNA president from 1989 to 1991.

Born in Bremerton, he grew up in Port Orchard and graduated from South Kitsap High School in 1969. He served in the Air Force two years, then worked at Puget Sound Naval Shipyard for 35 years, retiring in 2006.

PNA activities

Bobby G joined PNA in the mid-1980s. Since then he has maintained his membership and is listed as one of our coaches, though he hadn't competed in recent years. PNA member Tom Foley remembers that Bobby G used to bring his guitar and play after meets.

Personal interests

Bobby G was active in many community events, which inspired him to run for Port Orchard mayor in 1999. His personal interests and hobbies included Masters swimming and coaching, composing and performing music on the guitar, biking, racing sailboats and restoring classic cars.

At the time of his death, he was only a few instructional hours away from qualifying for his pilot's license.

Bobby G's first wife passed away in 1976. He is survived by his mother, his wife of two years, two brothers and a sister. His daughter Jessica Gallegos-White is a PNA member who lives in Bellingham with husband Joe and daughter Zoe.



Bobby G's PNA farewell letter

Bobby G's farewell president's letter in *The WetSet* (April 1991 issue) concluded with these words: "And to the PNA ... to USMS ... to all swimmers everywhere ... thank you for my present ... thank you for my future ... I owe my life to swimming."

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

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

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

Help!!!! PNA Needs a New Meets Chair

After nearly five years as PNA's competent meets chair, Lee Carlson has tendered his resignation, effective April 15.

If you're interested in this position, or want more information about it, please contact PNA President Steve Peterson: speter-son@bandwagon.net or (360) 692-1669

Here are the most important duties of the meets chair:

- ◆ Preparing a meet bid packet annually for distribution to PNA teams
- ◆ Providing the order of events to each meet host
- ◆ Working with the meet host to prepare the meet entry form
- ◆ Obtaining PNA board ap-

proval of meets that are bid (7-10 meets per year)

- ◆ Obtaining insurance riders, when necessary
- ◆ Providing meet entry forms to *The WetSet*, the PNA website and USMS calendar
- ◆ Assisting meet hosts in preparing for their meets
- ◆ Following up on meet financial reports

Lee has a comprehensive meets notebook for his successor. He'll also provide a CD containing past meet entry forms, sanction and recognition information and a meet bid packet.

Lee will mentor and work with the new meets chair over a several-month period, answering questions and otherwise helping his replacement get up to speed.

Here's an opportunity for someone to fill an extremely important PNA role.

My 12-Year-Old Daughter Made Me Cry

By Kristine Antilla (Ohana)

My beautiful, sweet little princess made me cry. For the first time, she was faster than her mom!

I was an average age group swimmer. Did the meets, had fun with fellow teammates and ate as much as I wanted with no weight gain. Life was good. But after two years of high school swimming, the



team disbanded and swimsuits and goggles were pushed aside.

Fast forward 20 years: I'm taking my daughter Courtney to swim

lessons and watching her swim on her local Y swim team. She then changed swim locations, and her new team had a Masters program. I eventually joined the team and started swimming in the same lane as she swam.

For the first three months, I thought I was going to die during each practice. My lane coach, an 18-year-old family friend, had absolutely no sympathy for me. In fact, I think she secretly enjoyed watching me suffer. If I wanted more rest, "swim faster" she would say. But I stuck it out and now, after one-and-a-half years of swim-

(Continued on page 9)

Don't See Your Team in the List Below? Have your Coach or Team Rep Fill Out and Mail a Team Registration Form on Page 18



BAM: Bainbridge Area Masters
 BADD: Bellevue Aquatic Divas & Dudes
 BC: Bellevue Club
 BEST: Bellevue Eastside Masters
 BBST: Bellingham Bay Swim Team
 BMSC: Bellingham Masters Swim Club
 BYMS: Briggs YMCA Masters Swim
 BS: Brooks Swimming
 CAC: Columbia Athletic Masters (All)
 DSYM: Downtown Seattle YMCA Masters
 ECMT: Emerald City Multisport Team
 ESC: Evergreen Swim Club Masters
 FAST: Foothills Aquatics Swim Team
 FWM: Federal Way Master
 FSJ: Fins of the San Juans
 FTS: Ft. Steilacoom
 GACM: Gateway Athletic Club
 GAM: Gold's Aquatics Masters
 GLAD: Greenlake Aquaducks
 GCMS: Gold Creek Masters (GCM)
 GGRM: Gold's Gym Redmond Masters
 GHY: Gig Harbor YMCA
 GC: Gordon Club
 HMST: Husky Masters
 IST: Issaquah Swim Team
 JAM: Juanita Aquatic Masters
 LOGS: Logger Masters

LUNA: Team Luna
 LWS: Lynnwood Sharks
 MICC: Mercer Island Country Club
 MIR: Mercer Island Redwoods
 MAMS: Middle Aged Marlins
 NHM: Newport Hills Masters
 NEO: North End Otters
 NSYG: Northshore Y's Guys
 NWM: North Whidbey Masters
 OAC: Olympic Aquatic Club
 OOPS: Old Olympic Peninsula Swimmers
 ORCA: Orca Swim Club
 OST: Ohana Swim Team
 PAC: Poseidon Aquatic Club
 PSC: Phinney Ridge Swim Club
 PTMS: Port Townsend Master Swimmers
 PRO: Pro Sports Club
 QASC: Queen Anne Swim Club
 RAH: Redmond Aqua Hotshots
 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
 TMS: Thorbecke's Masters Swimming
 TIG: Tigers
 TVA: Tumwater Valley Authority
 UNAT: Unattached to a Team
 UPAC: University Place Aquatic Club
 VFC: Valley Fitness Center
 VAM: Vashon Aquatic Masters
 WAC: Washington Athletic Club
 WEST: West Coast Aquatics Masters
 WSAS: West Seattle All-Stars
 WSYD: West Seattle YMCA Dolphins
 WWUS: Western WA U Masters Swimming
 WCY: Whatcom County YMCA
 YNOT: Y Nauts





So, Where do My PNA Fees Go?

Do you ever wonder where your PNA fees go? The table below shows PNA's 2008 budget and actual expenses for 2007.

PNA sends \$25 of your \$40 registration fee to USMS, which provides each of us with insurance and USMS Swimmer magazine. That \$25 also pays for the administration of USMS, its website, national meets, development and coaching programs and other services.

The remaining \$15 of the fee, plus a small amount of income from meets and clinics, stays with PNA. Among other things, this money is used to pay for PNA's Website, office supplies, postage and mailings to members, and sending PNA reps to the annual USMS convention. Our biggest administrative expense is *The WetSet*, currently published 10 times a year to inform members of opportunities, activities and meet results.

Every clinic run by PNA is designed to generate enough revenue from participants to pay for the clinic's expense. Similarly, local meets hosted by PNA or local teams usually pay for themselves through fees collected from participants.

If you have questions about PNA's budget, contact Toby Coenen, PNA treasurer, at tcoenen@wilsonengineering.com.

PNA Financials 2007 Actual and 2008 Budget

	2008 Budget	2007 Actual
Income		
Registration Fees	56,380	50,517
Meets & Awards	2,400	12,095
Clinic Income	7,500	6,360
Interest Earnings	2,000	2,204
Nationals, Net Income	0	18,976
Use of PNA Fund Balance	9,890	—
Total Income	78,170	90,152
Expense		
USMS Registration (<i>Swimmer</i> magazine, insurance & admin)	36,725	29,632
Meets & Safety Equipment	1,900	9,201
Clinics	8,700	6,307
Swimmer, Team & Coaches Support	5,520	1,103
<i>The WetSet</i> (printing, Postage & mailing)	15,300	16,522
PNA Administration (postage, supplies, website, special mailings)	10,025	8,904
Total Expense	78,170	71,668
NET INCOME 2007		18,484



Five Reasons to Compete at Champs

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

(Continued from page 2)

Leading Off

of our audience, here's another chance to be a PNA volunteer and have a lot of fun! Shoot me an email if you're interested (speterson@bandwagon.net).

How Our Physiology Changes as We Age

Note: This article, authored by Rachel Skoss, appeared in the March issue of Aqua-Master, the official newsletter of the Oregon LMSC. It has been edited.

You may have noticed changes over the years. Perhaps you can't get into that swimsuit you wore in college, gravity may have pulled some body parts southwards, or you've developed some distinctive road-maps on your face.

Various physiological functions usually reach their peak somewhere around 30. After that, there is a decline in various functional measures. However, the path is not necessarily steep, and swimming is a great way to reduce that slope!

Muscle strength generally declines due to a loss of the muscular cross-sectional area with age. The reduced muscle mass can occur through aging, but also through inactivity — so use it or lose it. Habitual training can delay the loss of strength, so it's never too late to start a strength training program. Just do it with supervision from a trained professional and with an okay from your doctor.

Diving off the blocks

Neural function diminishes as we age, with a progressive loss of spinal cord axons, a reduction in the conduction velocity along our nerves and a loss in the elasticity of our connective tissue. What does this mean? We may not be able to do certain activities as well as we used to. For example, when diving off the blocks at the start of a race, we first must detect the gun going off. Then we need to process

that information in our head, before sending a message to our muscles to get going. Our ability to process the information is affected by aging. However, by being active, we can reduce the decline in our ability and not be caught standing on the blocks.

Maintaining cardiovascular function

Measurements of cardiovascular function have been shown to decline with the years. Maximal heart rate, stroke volume, myocardial contractility and peripheral blood flow capacity all decline with aging. However while maximal oxygen uptake — very important for swimmers — declines with age, longitudinal studies have shown that the rate of decline in active individuals is half the rate in sedentary people. One study showed that men who followed a regular endurance exercise program for 10 years managed to prevent the usual 9% to 15% decline in maximal aerobic power and work capacity, and at age 55, had the same values of maximal oxygen uptake they had

at 45 (not to mention same blood pressure and body weight).

It's never too late

Older folk may not be able to improve their capacity for strength and endurance at the same rate as younger folk. But there still are gains to be made whatever your age. Your improvement is likely to be partly dependent on factors like your initial fitness, age and the type and intensity of training that you do.

No matter what age you are, regular vigorous physical activity produces improvements in physiological capacity. In addition, habitual physical activity helps retard the aging process.

The moral: Keep on swimming!



GOLDEN TECHNIQUE

Masters Swimming Workshop

Date: Sunday April 20th, 2008

Time: 10:30am - 1:00pm

Location: Husky Pool

Cost: \$75.00

Instructors: TOMMY HANNAN - Assistant UW Swim Coach

2000 Olympic Gold Medalist

WHITNEY HITE - Head UW Swim Coach

JOHN FEDINA - Assistant UW Swim Coach

HELEN RYCHECKY - Assistant UW Swim Coach

What: Above and below water Video Analysis

Stroke drills and technique work for all strokes

Starts and Turns

Contact: GoldenTechnique@hotmail.com

Limited spots available...Please RSVP!

TITLOW MEET
PNA LOCAL MASTERS SWIMMING COMMITTEE MEET SANCTION #368-07
LONG COURSE SPRINT MEET: June 08, 2008
 Hosted by: Ohana Swim Team

SPRINT EVENTS	
#	Event
Sunday, June 08	
1	200 Free
2	50 Fly
3	100 Back
4,5	400 Free Relay men, women and mixed
6	50 Breast
Break	
7	100 Fly
8	50 Free
9	100 Breast
10	100 Free
11	50 Back
13	200 IM
Break	
14,15	400 Medley Relay men, women and mixed

DATE: Sunday, June 08, 2008
TIME: Warm-up: 9:00 AM; Meet starts 10:00 AM
LOCATION: 8355 6th Ave Tacoma
 Titlow Pool is an outdoor 50-meter pool with a minimum depth of 3 feet and a maximum depth of 10 feet.
PHONE: (253) 228-5947 for questions before meet.
MEET DIRECTOR: Janae McCullough
CONCESSIONS: Available
RULES: Current USMS Rules will govern the meet.
ELIGIBILITY: Open to all USMS 2006 registered swimmers, 18 and above as of *June 08, 2008*. Swimmers from outside PNA must send a copy of their current registration card.
SEEDING: Slow to fast
TIMING: Semiautomatic with two buttons per lane
Awards: Available for purchase at the Meet
RELAYS: Deck-enter relays at the meet. Mixed relays require 2 men and 2 women. **Mark your relay entry card carefully to ensure correct intent and results.**
DIRECTIONS: From I-5 North or South, take Highway 16 West to Jackson Ave. Turn left on Jackson and drive 0.2 miles to Sixth Ave; turn right and follow to the pool. Pool will be on your right at the bottom of the hill.
Website: For more information, visit www.ohanaswimteam.com or the PNA website (www.swimpna.org). BBQ following meet if

weather cooperates

NO DIVING

DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

EMERGENCY CONTACT: _____

PHONE NUMBER: _____

TITLOW MEET Hosted by Ohana Swim Team
PNA LOCAL MASTERS SWIMMING COMMITTEE
 MEET ENTRY FORM: June 08, 2008 Meet Sanction # 368-07
PLEASE PRINT CLEARLY

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

TEAM: _____ or UNAT: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of December 31, 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: 5 EVENTS plus relays. Circle if this is your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME (meters)

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

Individual Events: + _____ (\$1 each; optional for age 65 & over or if needs based (no charge for relays)

Total: \$ _____ [from \$13.00 (relays only) to \$18.00 (five events)]

Please make checks payable to: **Ohana Swim Team**

Mail this entry form and fees to: Janae' McCullough
 6204 43rd Ave. NW
 Gig Harbor, WA 98335

Entries must be received by: **May 28, 2008**

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: _____

SANCTIONED BY PNA FOR USMS INC. SANCTION#368-06

SHORT COURSE METERS MEET: Sunday, June 8, 2008

Hosted by Thunderbird Aquatic Club & Masters and
Anacortes High School Girls Swim Team

EVENTS	
#	Event
Sunday, June 8	
1	400 IM
break	
2	400 Free
break	
3	800 Free
break	
4	1500 Free
break	
5	Mixed 800 Free Relay

DATE: Sunday, June 8, 2008

TIME: Warm-up: 9:00 AM;
Meet starts 10:00 AM

PLACE: Fidalgo Pool, Anacortes, WA
1603 22nd
Anacortes, WA

Phone: 360-293-0673 ext. 14

MEET DIRECTOR: Myke Lund
360-293-0673 ext. 14 (daytime)
h2obug101@yahoo.com

FACILITY: Six-lane 25 meter pool

Warm-up: Two 45 ft. by 16 ft. areas
adjacent to competition pool.

Water temperature: ~ 83 degrees F

CONCESSIONS: None

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all USMS 2008 registered
swimmers, 18 and above as of June 8, 2008.

SEEDING: Fast to slow **TIMING:** Electronic

Positive check in required for all events by 9:30.
**Swimmers must provide their own counters. (if
desired)**

DIRECTIONS: From I-5, take exit 230. Go west on Highway
20 to its end in Anacortes. Turn right onto Commercial Ave.
and go about ten block to 22nd street and turn left. Go up the
hill to J Ave (about six blocks) Fidalgo pool is on the left.

Motels:

The Marina Inn 3300 Commercial 360-293-1100
Anaco Bay Inn 916 33rd (kitchens) 360-299-3320
Islands Inn 3401 Commercial (complimentary Dutch breakfast) 360-293-4644

EMERGENCY CONTACT _____

PHONE NUMBER _____

NO DIVING DURING WARMUP EXCEPT INTO DESIGNATED SPRINT LANES

PNA LOCAL MASTERS SWIMMING COMMITTEE

MEET ENTRY FORM: June 8, 2008

Hosted by TAC/TACM/AHS Girls Swim Team

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE: _____ BIRTHDATE: _____ USMS #: _____

CLUB/TEAM: _____ or UNATTACHED: _____ ASSOCIATION: _____

AGE GROUP (determined by your age as of December 31, 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: 4 EVENTS PER DAY plus relay. Circle if your **first Masters meet: Y**

EVENT NUMBER	EVENT	SEED TIME (meters)

ENTRY FEES: \$ 13.00 (includes LMSC and electronic timing surcharges)

Individual Events: + _____ (\$1 each; optional for age 65 and over or needs based)
(No charge for relays)

Total: \$ _____ [from \$13.00 (relay only) to \$17.00 (four events)]

Please make checks payable to: **FPFC**

Mail this entry form and fees to: June Masters Meet
C/O Myke Lund
1603 22nd
Anacortes, WA 98221

Questions? Myke Lund h2obug101@yahoo.com

Please send entries postmarked no later than **Monday, June, 02nd.**

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 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

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

Mail this form and check to:

Arni Litt, Registrar 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.

- | | | |
|---|---|--|
| BAM: Bainbridge Area Masters
BADD: Bellevue Aquatic Divas & Dudes
BC: Bellevue Club
BEST: Bellevue Eastside Masters
BBST: Bellingham Bay Swim Team
BMSC: Bellingham Masters Swim Club
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DSYM: Downtown Seattle YMCA Masters
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FSJ: Fins of the San Juans
FTS: Ft. Steilacoom
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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 |
|---|---|--|
- 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

Pacific Northwest Association of Masters Swimmers

New Swimmer

Returning USMS Swimmer

(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

2nd Phone: (____) _____

I am interested helping the PNA committee

Send The WetSet newsletter only 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**
- B. Need-based or Seniors (65 & over):** **\$30**
- C. After September 1, 2008 to Dec. 2008** **\$25**

Make check payable to: **PNA**
Mail to: PNA Registrar, Arni H. Litt,
P O Box 12172
Seattle, WA 98102-0172

Optional Donations:

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

Questions: (206) 849-1387

pnaRegistrar@usms.org

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

Remember to check out your LMSC website at www.swimpna.org and the USMS website at www.usms.org for information, updates, and changes.

Inside this issue:



- ◆ *Story about Bellevue meet on page 1; meet results on pages 5 to 9.*



- ◆ *How PNA's President Steve Peterson got himself disqualified at the Bellevue Club meet. See *Leading Off*, page 2.*

- ◆ *Fat Salmon info and call for volunteers, page 10.*
- ◆ *Entry forms for upcoming meets, pages 16 to 17.*
- ◆ *Help Wanted: PNA needs a new Meets Chair. See page 11.*

***Gosh,
it's
here
Again,
this
month's
newsletter.
And,
as
usual,
it's
chock
full
of
great
material.***

Pacific Northwest Association of Masters Swimmers
PO Box 12172
Seattle, WA 98102-0172

CHANGE SERVICE REQUESTED

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Permit No. 2334

368H-02KJG
Sandy McNeel
1024 W McGraw St
Seattle WA 98119-2853

NEO

