

THE WET SET

Pacific Northwest Association
of Masters Swimmers

Volume 29 • Issue 7

Masters Swimmers in Western Washington

September 2009

Senior Games: Yes, You can Have a Swimming Life After 50!

by
PNA President
Steve Peterson

The numbers were impressive.

Nearly 10,000 athletes traveled to Stanford University in early August to participate in the Summer National Senior Games. The NSG have been held every odd year since 1987, offering 18 medal sports plus six "demonstration" sports added this year. Among the 10,000 athletes were 275 from Washington state. These 275 Washingtonians included 26 swimmers, 14 of them PNA members.

Having enjoyed joining a dozen other Washington swimmers at the 2007 NSG in Louisville, Ken., and recalling a great time at the XI FINA Worlds at Stanford in 2006, I decided to attend this year's NSG in Palo Alto.

**Results for Mt. Hood
NW Zone Meet on
page 4.**



*Oldest and youngest competitors at Puget Sound Senior Games in Olympia on July 26:
PNA's Evelyn Hoffman (91) and Lynn Hatfield-Wingender (50)*

Who Runs this Senior Show?

The NSG are governed by the National Senior Games Association. Founded in 1985 to promote active lifestyles for adults 50 and over, this Baton-Rouge-based organization is a non-profit member of the USOC.

Qualifying for the NSG

To qualify for the NSG, swimmers must have placed third or better the preceding year in their state's Senior Games meet. PNA has recognized Washington's qualifying meets at Briggs YMCA since 2006. (Recognition allows PNA members' times from non-Masters meets to count.) Last year's Puget Sound Senior Games

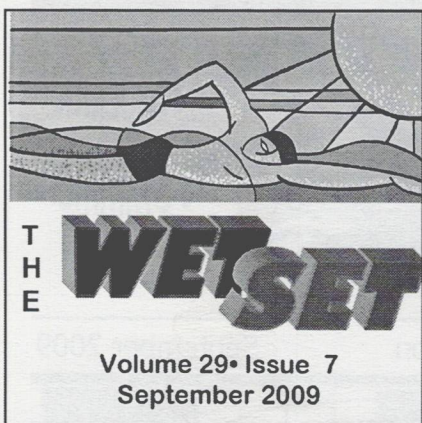
qualifying meet had over 70 competitors. PNA again recognized this year's July 26 meet along with the Northwest Senior Games in Kirkland June 20.

Half our Washington

(Continued on page 8)

Newsletter Editor Wanted

*The WetSet is looking
for a new editor.
Details on page 10.*



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Fitness: Sarah Welch
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Records/Top Ten: Walt Reid
Officiating: Kathy Casey/Jan Kavadas
Open Water: Sally Dillon
Publicity: Lynn Wells
Safety: Kathy Casey
Webmaster/Computer Apps:
Hugh Moore

Summer's over already? I hope your swimming adventures have been fun and fruitful as we return to fall work and workout schedules.

I'm writing this from Stanford University where I'm competing in the early-August 2009 Summer National Senior Games. Twenty-six swimmers (14 of them PNA members) represented Washington state. See the front-page article for details. About a dozen PNA members will travel to Indianapolis for USMS Long Course Nationals. (October's issue will have an article about this meet.)

What Suit Can I Wear?

It's been an exciting and controversial year, from the spectacular Beijing Olympics to the FINA "wardrobe-malfunction world championships" (USA Today) in Rome. There, Bremerton's Nathan Adrian anchored the men's 4x100m freestyle relay with a finish reminiscent of Jason Lezak's in Beijing. Meanwhile, Michael Phelps shelved an unsuccessful freestyle stroke change but stuck with his '08 LZR Racer to beat all-polyurethane Cavic in 100 Fly. And FINA decided to ban the fast suits.

Only "textile" suits of the navel-to-knee (men) and shoulder-to-knee (women) style will be legal for the elite swimmers. At the USMS convention later this month I'm hoping we'll hear the final USMS position on this "wardrobe" issue.

I won't be wearing my new Blue Seventy suit at Bainbridge (Oct. 10) or Oak Harbor (Nov. 22). At the Senior Games, I found that

LEADING OFF



By PNA
President
Steve
Peterson

my triathlon model wasn't quite tight enough to yield any advantage, so it's now relegated to casual open water swims or — depending on the FINA ruling — to the scrap heap.

Annual USMS Convention

Speaking of the upcoming USMS convention, it will be held September 16 to 20 in Chicago. PNA is sending 13 delegates to this event, which constitutes the organization's annual business meeting. Eight of us go by virtue of being national committee chairs or committee members, four have slots because of PNA's size and we've been granted one "at large" position.

A dozen of us are veterans who will be showing the ropes to our newest delegate, PNA Secretary Herb Cook. Now, here's my pitch: If you have any interest in how PNA or USMS runs, any concern about the direction either is going or just curiosity about one or both, please consider attending a PNA board meeting. We'd like to see more team reps attend (our emphasis continues to be club and team development), and we need "new blood" to keep PNA vital. And if you like travel, meeting people from around the country with similar fitness and competitive interests, and volunteering your skills of any

(Continued on page 8)

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 2009 CALENDAR

**OPEN
POSTAL SWIMS
MEETS
CLINICS**

Events in Washington, Oregon, British Columbia, Idaho and Alaska, plus USMS Championship events. "SCY" = Short Course Yards (25y); "SCM" = Short Course Meters (25m); "LCM" = Long Course Meters (50m). 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.

□ September 12, 2009
Swim Across America
Lake Washington, Seattle
1/2 mile or two mile course
Benefits Cancer Care Alliance
[www.swimacrossAmerica.org/
page.aspx?pid=601](http://www.swimacrossAmerica.org/page.aspx?pid=601)

□ September 12, 2009 USMS
2009 3-6 Mile Open Water
Championships (5 km)
Lake Michigan, Chicago, Ill.
Chris Sheean,
bigshoulders2009@yahoo.com;
usms.org/longdist/ldnats09

□ September 15 to November 15, 2009
USMS 2009 3000/6000 Yard
Postal Championships (25 yard
pools only)
Jacque Grossman, 864-646-8836,
jeig@innova.net; [usms.org/
longdist/ldnats09](http://usms.org/longdist/ldnats09)

□ September 15, 2009
Seattle Parks Department
Rainier Beach Pool Planning
Concept design meeting for new
pool
Rainier Beach Community Center
8825 Rainier Ave. S., Seattle
6:30 p.m. - 8:30 p.m.
David Graves; 206/684-7048 or
david.graves@seattle.gob

□ September 16-20, 2009
USMS Annual Convention
Chicago, Ill.

□ September 29, 2009
PNA Board Meeting
6:45 p.m.



□ October 10, 2009
BAMFest SCY Meet
Ray Williamson Memorial Pool
Bainbridge Island, Wash.
Look for entry form in future
issue and at www.swimpna.org
Entry form of page 12.

October 11, 2009
Swim Pink for Hope
Briggs Community YMCA
Olympia
Benefits "Casting for Recovery,"
annual women's fly fishing breast
cancer retreat, and Briggs YMCA
Strong Kids Campaign."

For more details, check with
www.swimforhope.squarespace

□ October 27, 2009
PNA Board Meeting
6:45 p.m.

□ November 22, 2009

**Get Ready for Thanksgiving
SCM meet**

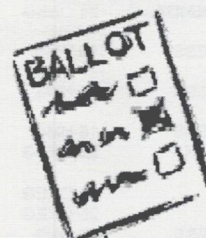
John Vanderzicht Memorial Pool
Oak Harbor, Wash.

See article on page 10 and entry
form of page 13 and at

www.swimpna.org

Jim.mccleery@usms.org

PNA ByLaw Changes Coming Your Way



We need your vote
when you register for
2010.

More info in
October issue.

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



NW ZONE LONG COURSE METERS MEET MT. HOOD COMMUNITY COLLEGE, GRESHAM, ORE. July 10-12, 2009

P = PNA record
Z = Northwest Zone RECORD
N = Nationals Record
W = World Record

WOMEN 19-24

50 M. FREE		
BRIANA WILLIA	23 OREG	29.40
CHRISTINE SOMERA	24 OREG	29.71
A.MITSCHLE	21 OREG	32.00
ELIZABETH HESS	19 HMS	32.81
TERESA SCHNAIDT	24 OREG	34.93
EMILY GOODMAN	22 OREG	49.56
100 M. FREE		
CHRISTINE SOMERA	24 OREG	1:05.63
EMILY HALEY	20 OREG	1:15.68
TERESA SCHNAIDT	24 OREG	1:16.93
EMILY GOODMAN	22 OREG	2:01.16
200 M. FREE		
BRIANA WILLIA	23 OREG	2:26.86
A.MITSCHLE	21 OREG	2:37.98
400 M. FREE		
A.MITSCHLE	21 OREG	5:39.35
800 M. FREE		
LAILA HORNLI	20 OREG	13:30.22
1500 M. FREE		
LAILA HORNLI	20 OREG	26:30.87
50 M. BACK		
ELIZABETH HESS	19 HMS	34.83
TERESA SCHNAIDT	24 OREG	43.49
100 M. BACK		
ELIZABETH HESS	19 HMS	1:20.11
200 M. BACK		
ELIZABETH HESS	19 HMS	2:49.76
50 M. BRST		
ELIZABETH HESS	19 HMS	43.21
EMILY GOODMAN	22 OREG	1:04.29
100 M. BRST		
CASSI GRIER	23 OREG	1:30.71
EMILY HALEY	20 OREG	1:35.51
ELIZABETH HESS	19 HMS	1:38.60
200 M. BRST		
CASSI GRIER	23 OREG	3:15.53
50 M. FLY		
CHRISTINE SOMERA	24 OREG	34.18
CASSI GRIER	23 OREG	35.08
A.MITSCHLE	21 OREG	37.20
EMILY HALEY	20 OREG	37.88
TERESA SCHNAIDT	24 OREG	41.17
EMILY GOODMAN	22 OREG	1:04.00
100 M. FLY		
CHRISTINE SOMERA	24 OREG	1:22.66
200 M. FLY		
CASSI GRIER	23 OREG	3:06.20
200 M. I.M.		
BRIANA WILLIA	23 OREG	2:48.70
CASSI GRIER	23 OREG	2:59.97
EMILY HALEY	20 OREG	3:17.68
TERESA SCHNAIDT	24 OREG	3:18.64

WOMEN 25-29

50 M. BRST		
AUBREE GUSTAFSON	28 OREG	40.75
200 M. BRST		
AUBREE GUSTAFSON	28 OREG	3:15.71

WOMEN 30-34

50 M. FREE		
COLLEEN PHILIPPS	33 PNA	28.99P
TAMARA COULTER	33 PNA	30.31
MELISSA ARATA	33 OREG	32.44
100 M. FREE		
COLLEEN PHILIPPS	33 PNA	1:03.56
MELISSA ARATA	33 OREG	1:11.52
KEALEY SITLER	32 OREG	1:15.37
ELLEN KRAMER	34 OREG	1:15.91
200 M. FREE		
COLLEEN PHILIPPS	33 PNA	2:18.85
EVELYN PRYOR	32 OREG	2:43.55
ANNE MOLENDIA	34 OREG	2:46.56
400 M. FREE		
COLLEEN PHILIPPS	33 PNA	5:04.68
KATHLEEN THAYER	30 OREG	5:43.07
ELLEN KRAMER	34 OREG	6:03.56
800 M. FREE		
KATHLEEN THAYER	30 OREG	11:36.43
ELLEN KRAMER	34 OREG	11:40.64
50 M. BACK		
MELISSA ARATA	33 OREG	36.81
KEALEY SITLER	32 OREG	43.67
100 M. BACK		
MELISSA ARATA	33 OREG	1:17.92
200 M. BACK		
MELISSA ARATA	33 OREG	2:45.91
KATHLEEN THAYER	30 OREG	3:06.39
EVELYN PRYOR	32 OREG	3:17.13
50 M. BRST		
ANNE MOLENDIA	34 OREG	42.03
100 M. BRST		
ANNE MOLENDIA	34 OREG	1:33.02
200 M. BRST		
ELLEN KRAMER	34 OREG	3:43.54
50 M. FLY		
TAMARA COULTER	33 PNA	33.41
ELLEN KRAMER	34 OREG	40.15
200 M. I.M.		
EVELYN PRYOR	32 OREG	3:10.47

WOMEN 35-39

50 M. FREE		
BONNIE EDWARDS	37 OREG	34.31
LISA HAASE	38 OREG	39.75
E.HARRISON	35 OREG	49.28
100 M. FREE		
MELINDA WALTERS	39 OREG	1:16.90
BONNIE EDWARDS	37 OREG	1:17.44
LISA HAASE	38 OREG	1:29.37
E.HARRISON	35 OREG	1:47.84
200 M. FREE		
BONNIE EDWARDS	37 OREG	2:53.45
E.HARRISON	35 OREG	3:50.16
800 M. FREE		
ANICIA CRISCIONE	36 OREG	11:51.54
1500 M. FREE		
ANICIA CRISCIONE	36 OREG	23:02.49
200 M. BACK		
ANICIA CRISCIONE	36 OREG	3:05.95
50 M. BRST		
MELINDA WALTERS	39 OREG	45.52
50 M. FLY		
E.HARRISON	35 OREG	1:02.93
200 M. I.M.		
E.HARRISON	35 OREG	5:03.33

WOMEN 40-44

50 M. FREE		
SHANNON CORBEAU	43 OREG	29.33
STEPHANIE SIMMONS	43 OREG	35.31
800 M. FREE		
ELIZABETH WATKINS	44 OREG	10:58.65
SUSAN SHAW	42 OREG	12:31.56
1500 M. FREE		
SUSAN SHAW	42 OREG	24:12.14
200 M. BACK		
LORI FISH	40 OREG	2:49.94
100 M. BRST		
MARISA FRIEDER	40 OREG	1:33.43
50 M. FLY		
SHANNON CORBEAU	43 OREG	32.29
LORI FISH	40 OREG	36.42
MARISA FRIEDER	40 OREG	45.28
ANNE SCHMIDT	43 OREG	1:27.84

WOMEN 45-49

50 M. FREE		
VALERIE JENKINS	46 OREG	31.18
TERRI TYNNISMAA	47 OREG	33.06
C.WELTY-FICK	45 OREG	40.76
JENNY HOWD	47 OREG	41.85
LYNN HUNTER	49 OREG	54.55
100 M. FREE		
VALERIE JENKINS	46 OREG	1:07.55
MJ CASWELL	48 OREG	1:07.84
CHRISTINA FOX	49 OREG	1:27.61
JENNY HOWD	47 OREG	1:35.04
LYNN HUNTER	49 OREG	2:05.85
200 M. FREE		
TERRI TYNNISMAA	47 OREG	2:41.22
PAM SNIDER	48 OREG	2:58.29
CHRISTINA FOX	49 OREG	3:04.00
400 M. FREE		
VALERIE JENKINS	46 OREG	5:14.53
MJ CASWELL	48 OREG	5:55.96
800 M. FREE		
TERRI TYNNISMAA	47 OREG	11:44.24
PAM SNIDER	48 OREG	12:15.36
1500 M. FREE		
TERRI TYNNISMAA	47 OREG	22:29.84
TRACY CHOSA	46 OREG	32:19.59
50 M. BACK		
VALERIE JENKINS	46 OREG	34.18
JENNY HOWD	47 OREG	48.78
100 M. BACK		
JENNY HOWD	47 OREG	1:41.68
200 M. BACK		
JENNY HOWD	47 OREG	3:35.50
50 M. BRST		
CHRISTINA FOX	49 OREG	49.45
100 M. BRST		
MJ CASWELL	48 OREG	1:30.41
PAM SNIDER	48 OREG	1:38.32
CHRISTINA FOX	49 OREG	1:44.68
C.WELTY-FICK	45 OREG	1:47.33
200 M. BRST		
CHRISTINA FOX	49 OREG	3:47.45
50 M. FLY		
VALERIE JENKINS	46 OREG	33.07
100 M. FLY		
MJ CASWELL	48 OREG	1:15.86

**WOMEN 50-54**

50 M. FREE		
DONNA BUCK	50 OREG	31.78
NANCY VINCENT	50 OREG	34.20
PEGGY ZAPPONE	51 PNA	35.81
KATHY MORRIS	54 PNA	45.02
100 M. FREE		
NANCY VINCENT	50 OREG	1:17.71
SHERRY BENDER	50 OREG	1:29.53
200 M. FREE		
COLETTE CRABBE	53 OREG	2:43.76
NANCY VINCENT	50 OREG	2:55.37
400 M. FREE		
COLETTE CRABBE	53 OREG	5:33.08
ANN GOODMAN	50 OREG	6:14.49
SHERRY BENDER	50 OREG	6:57.40
800 M. FREE		
ANN GOODMAN	50 OREG	12:25.14
SHERRY BENDER	50 OREG	14:08.99
1500 M. FREE		
SHERRY BENDER	50 OREG	27:54.80
50 M. BACK		
K.ANDRUS-HUGHES	52 OREG	34.16
ANN GOODMAN	50 OREG	38.43
100 M. BACK		
ANN GOODMAN	50 OREG	1:26.24
200 M. BACK		
K.ANDRUS-HUGHES	52 OREG	2:45.51Z
ANN GOODMAN	50 OREG	3:06.38
50 M. BRST		
NANCY VINCENT	50 OREG	42.74
PEGGY ZAPPONE	51 PNA	45.59
ROXANNE REDWINE	50 OREG	46.15
100 M. BRST		
COLETTE CRABBE	53 OREG	1:28.90
NANCY VINCENT	50 OREG	1:34.32
DONNA BUCK	50 OREG	1:34.40
PEGGY ZAPPONE	51 PNA	1:44.60
200 M. BRST		
COLETTE CRABBE	53 OREG	3:09.09
NANCY VINCENT	50 OREG	3:25.36
50 M. FLY		
ANN GOODMAN	50 OREG	39.26
SHERRY BENDER	50 OREG	58.05
200 M. I.M.		
COLETTE CRABBE	53 OREG	2:55.78
400 M. I.M.		
COLETTE CRABBE	53 OREG	6:06.25

WOMEN 55-59

50 M. FREE		
WENDY WIGNEY	58 PNA	43.47
KAYE CUSHING	58 OREG	1:12.38
200 M. FREE		
JANE GRAY	58 OREG	3:26.40
NANCY MILNER	58 OREG	3:27.10
800 M. FREE		
ELIZABETH KASSEN	57 PNA	13:18.80
NANCY MILNER	58 OREG	14:46.18
JANE GRAY	58 OREG	14:53.41
1500 M. FREE		
JEANNA SUMMERS	55 OREG	25:00.78
JANE GRAY	58 OREG	28:41.49
50 M. BACK		
JEANNA SUMMERS	55 OREG	41.53
LINDA COFFEEN	58 OREG	1:04.02
KAYE CUSHING	58 OREG	1:18.21
100 M. BACK		
LINDA COFFEEN	58 OREG	2:13.76
200 M. BACK		
LINDA COFFEEN	58 OREG	4:35.30
100 M. BRST		
ELIZABETH KASSEN	57 PNA	1:49.56
50 M. FLY		
ELIZABETH KASSEN	57 PNA	42.50
200 M. I.M.		
NANCY MILNER	58 OREG	4:01.50

WOMEN 60-64

50 M. FREE		
JANET GETTLING	61 OREG	35.03
100 M. FREE		
SARAH WELCH	62 PNA	1:20.52
LAUREN BINDER	62 OREG	1:32.82
ESTHER ELLIS	64 OREG	2:03.29
200 M. FREE		
JANET GETTLING	61 OREG	3:08.37
400 M. FREE		
LAUREN BINDER	62 OREG	6:48.35
ESTHER ELLIS	64 OREG	9:12.06
1500 M. FREE		
JANET GETTLING	61 OREG	26:05.89
ESTHER ELLIS	64 OREG	35:22.10
50 M. BACK		
JANET GETTLING	61 OREG	45.56
CAROL STARK	61 OREG	56.02
100 M. BACK		
SANDI ROUSSEAU	62 OREG	1:41.83
CAROL STARK	61 OREG	2:11.94
ESTHER ELLIS	64 OREG	2:33.48
200 M. BACK		
SANDI ROUSSEAU	62 OREG	3:45.77
CAROL STARK	61 OREG	4:53.51
50 M. BRST		
GINGER PIERSON	63 OREG	44.81
JANET GETTLING	61 OREG	45.07
SANDI ROUSSEAU	62 OREG	52.94
LAUREN BINDER	62 OREG	1:02.98
100 M. BRST		
GINGER PIERSON	63 OREG	1:38.24
ESTHER ELLIS	64 OREG	3:10.35
200 M. BRST		
GINGER PIERSON	63 OREG	3:39.13
SANDI ROUSSEAU	62 OREG	4:28.89
ESTHER ELLIS	64 OREG	6:10.06
50 M. FLY		
SARAH WELCH	62 PNA	40.02
100 M. FLY		
SARAH WELCH	62 PNA	1:39.77
200 M. I.M.		
SARAH WELCH	62 PNA	3:27.64
JANET GETTLING	61 OREG	3:35.13
GINGER PIERSON	63 OREG	3:40.87
400 M. I.M.		
SARAH WELCH	62 PNA	7:22.11

WOMEN 65-69

50 M. FREE		
NANCY BROOKS	67 RINC	38.50
JANET GETZENDANER	69 PNA	47.06
100 M. FREE		
JANET GETZENDANER	69 PNA	1:51.00
50 M. BACK		
BONNIE PRONK	67 MSBC	42.06
JOY WARD	67 OREG	43.99
NANCY BROOKS	67 RINC	50.59
JANET GETZENDANER	69 PNA	57.86
100 M. BACK		
JOY WARD	67 OREG	1:34.27
JOY WARD	67 OREG	1:35.02
JANET GETZENDANER	69 PNA	2:07.62
200 M. BACK		
JOY WARD	67 OREG	3:21.17
50 M. BRST		
BONNIE PRONK	67 MSBC	45.03
NANCY BROOKS	67 RINC	47.23
JOYCE LEE-WESTDAL	68 OREG	1:02.88
100 M. BRST		
BONNIE PRONK	67 MSBC	1:40.57
NANCY BROOKS	67 RINC	1:49.99
JOYCE LEE-WESTDAL	68 OREG	2:20.53
200 M. BRST		
NANCY BROOKS	67 RINC	4:04.14
JOYCE LEE-WESTDAL	68 OREG	4:57.26
200 M. I.M.		
BONNIE PRONK	67 MSBC	3:27.20

WOMEN 70-74

50 M. FREE		
KALEO SCHRODER	73 OREG	59.48
50 M. BACK		
KALEO SCHRODER	73 OREG	1:10.96
100 M. BACK		
KALEO SCHRODER	73 OREG	2:41.72
50 M. BRST		
KALEO SCHRODER	73 OREG	1:19.15
100 M. BRST		
KALEO SCHRODER	73 OREG	2:52.33
200 M. BRST		
KALEO SCHRODER	73 OREG	6:10.01

WOMEN 75-79

50 M. FREE		
BONNIE SPEER	75 OREG	1:16.54
100 M. FREE		
G.KAWABATA	75 OREG	1:55.90
B.L'ESPERANCE	77 OREG	2:52.87
200 M. FREE		
BONNIE SPEER	75 OREG	5:58.24
B.L'ESPERANCE	77 OREG	6:17.66
800 M. FREE		
EULAH VARTY	75 MSBC	17:25.63
BONNIE SPEER	75 OREG	25:45.76
1500 M. FREE		
BARBARA ALLEN	76 PNA	41:44.26
BONNIE SPEER	75 OREG	47:45.41
50 M. BACK		
G.KAWABATA	75 OREG	1:10.73
B.L'ESPERANCE	77 OREG	1:26.57
100 M. BACK		
BARBARA ALLEN	76 PNA	2:13.50
B.L'ESPERANCE	77 OREG	3:16.51
200 M. BACK		
BARBARA ALLEN	76 PNA	4:52.32Z
B.L'ESPERANCE	77 OREG	6:48.02
100 M. BRST		
EULAH VARTY	75 MSBC	2:10.02
BONNIE SPEER	75 OREG	3:35.92
50 M. FLY		
EULAH VARTY	75 MSBC	1:03.32
200 M. FLY		
EULAH VARTY	75 MSBC	6:02.19
400 M. I.M.		
EULAH VARTY	75 MSBC	9:38.07

WOMEN 80-84

100 M. BACK		
BETSY AUSTEN	82 OREG	3:31.06

MEN 19-24

100 M. FREE		
JACOB BENJAMIN	23 OREG	1:09.87
50 M. FLY		
JACOB BENJAMIN	23 OREG	34.63
100 M. FLY		
JACOB BENJAMIN	23 OREG	1:20.19
200 M. I.M.		
JACOB BENJAMIN	23 OREG	3:12.17

MEN 25-29

50 M. FREE		
WILL KADEN	29 OREG	27.56
ALEXANDER COOK	27 OREG	30.12
MICHAEL KALK	29 OREG	31.47
100 M. FREE		
WILL KADEN	29 OREG	1:03.52
400 M. FREE		
KEVIN CLEARY	26 OREG	5:31.56
MICHAEL KALK	29 OREG	5:49.01
50 M. BACK		
KEVIN CLEARY	26 OREG	38.55

50 M. BRST

WILL KADEN	29 OREG	36.95
100 M. BRST		
WILL KADEN	29 OREG	1:29.44
ALEXANDER COOK	27 OREG	1:33.30
50 M. FLY		
WILL KADEN	29 OREG	31.27
ALEXANDER COOK	27 OREG	34.25
200 M. FLY		
KEVIN CLEARY	26 OREG	2:49.20
200 M. I.M.		
MICHAEL KALK	29 OREG	3:19.06

MEN 30-34

50 M. FREE		
JEFF BEREBITSKY	34 OREG	29.07
STEVEN JOHNSON	34 OREG	32.29
JOSH DOTSON	31 PNA	32.87
100 M. FREE		
JOSH DOTSON	31 PNA	1:19.70
200 M. FREE		
STEVEN JOHNSON	34 OREG	3:15.16
800 M. FREE		
CHIP POLITO	33 OREG	9:26.79
50 M. BACK		
NICK BATEMAN	32 OREG	32.58
JOSH DOTSON	31 PNA	46.90
100 M. BACK		
STEVEN JOHNSON	34 OREG	1:47.54
50 M. BRST		
JOSH DOTSON	31 PNA	45.48
50 M. FLY		
JEFF BEREBITSKY	34 OREG	32.62
200 M. I.M.		
JEFF BEREBITSKY	34 OREG	2:59.05

MEN 35-39

50 M. FREE		
GABE DUUS	39 OREG	27.03
MARK BRAUN	38 OREG	30.32
ERIC KREPS	37 OREG	38.56
100 M. FREE		
DOUG JELEN	36 PNA	1:05.59
200 M. FREE		
KIRK NELSON	39 PNA	2:05.72P
400 M. FREE		
DOUG JELEN	36 PNA	4:56.34
800 M. FREE		
KIRK NELSON	39 PNA	9:13.97P
50 M. BACK		
ERIC KREPS	37 OREG	56.74
50 M. BRST		
MARK BRAUN	38 OREG	39.04
ERIC KREPS	37 OREG	46.93
100 M. BRST		
MARK BRAUN	38 OREG	1:26.75
200 M. BRST		
DOUG JELEN	36 PNA	3:07.16
MARK BRAUN	38 OREG	3:16.69
50 M. FLY		
GABE DUUS	39 OREG	27.90
100 M. FLY		
DOUG JELEN	36 PNA	1:05.45
200 M. FLY		
DOUG JELEN	36 PNA	2:25.76
200 M. I.M.		
KIRK NELSON	39 PNA	2:26.34

MEN 40-44

50 M. FREE		
ERIC WAN	43 OREG	25.85
W.CLYDESDALE	42 OREG	27.10
DAVID SHOUP	43 OREG	27.12
PATRICK PRESTON	43 PNA	29.07
DARYL COURTNEY	40 OREG	39.93

100 M. FREE

ERIC WAN	43 OREG	56.94
DAVID SHOUP	43 OREG	1:01.17
PATRICK PRESTON	43 PNA	1:05.66
200 M. FREE		
DAVID SHOUP	43 OREG	2:15.21
1500 M. FREE		
TIMOTHY WAUD	42 OREG	19:56.89
50 M. BACK		
DAVID SHOUP	43 OREG	34.56
W.CLYDESDALE	42 OREG	34.67
PATRICK PRESTON	43 PNA	38.44
DARYL COURTNEY	40 OREG	57.72
100 M. BACK		
TOM SCHUTTE	40 PNA	1:09.80
50 M. BRST		
TOM SCHUTTE	40 PNA	34.58
W.CLYDESDALE	42 OREG	34.65
PATRICK PRESTON	43 PNA	40.15
DARYL COURTNEY	40 OREG	49.68
100 M. BRST		
TOM SCHUTTE	40 PNA	1:13.68
TIMOTHY WAUD	42 OREG	1:21.26
200 M. BRST		
TOM SCHUTTE	40 PNA	2:45.54
50 M. FLY		
ERIC WAN	43 OREG	29.66
W.CLYDESDALE	42 OREG	29.85
200 M. I.M.		
TOM SCHUTTE	40 PNA	2:31.35
W.CLYDESDALE	42 OREG	2:36.47

MEN 45-49

50 M. FREE		
BRENT WASHBURN	48 OREG	26.34
DAVID HATHAWAY	49 OREG	28.16
JON ANDERSON	47 OREG	29.91
GERARD DOWNEY	48 SAWS	31.75
JAMES DOWNEY	49 UNAT	35.08
100 M. FREE		
RICHARD SEIBERT	45 PNA	1:01.08
LOU BOONE	48 OREG	1:08.93
JAMES DOWNEY	49 UNAT	1:15.45
200 M. FREE		
DENNIS BAKER	48 OREG	1:59.34W
STEVEN VELA	49 PNA	2:18.60
GERARD DOWNEY	48 SAWS	2:42.33
JAMES DOWNEY	49 UNAT	2:57.53
ROBIN BRAGG	49 OREG	3:25.83
400 M. FREE		
STEVEN VELA	49 PNA	4:49.69
DAVID HATHAWAY	49 OREG	4:51.22
LOU BOONE	48 OREG	5:58.94
800 M. FREE		
LOU BOONE	48 OREG	12:15.55
ROBIN BRAGG	49 OREG	14:21.01
1500 M. FREE		
DAVID HATHAWAY	49 OREG	19:11.45
ROBIN BRAGG	49 OREG	27:26.07
50 M. BACK		
RICHARD SEIBERT	45 PNA	35.99
LOU BOONE	48 OREG	37.93
JAMES DOWNEY	49 UNAT	42.26
100 M. BACK		
RICHARD SEIBERT	45 PNA	1:14.94
ROBIN BRAGG	49 OREG	2:19.18
200 M. BACK		
ROBIN BRAGG	49 OREG	4:39.41
50 M. BRST		
BRENT WASHBURN	48 OREG	37.37
100 M. BRST		
JAMES CORBEAU	45 OREG	1:11.71Z
RICHARD SEIBERT	45 PNA	1:20.90
50 M. FLY		
BRENT WASHBURN	48 OREG	28.70
DAVID HATHAWAY	49 OREG	30.39
LOU BOONE	48 OREG	33.72
JON ANDERSON	47 OREG	35.80
GERARD DOWNEY	48 SAWS	38.52

JAMES DOWNEY	49 UNAT	41.85
100 M. FLY		
STEVEN VELA	49 PNA	1:08.56
BRENT WASHBURN	48 OREG	1:11.65
RICHARD SEIBERT	45 PNA	1:12.48
200 M. FLY		
DENNIS BAKER	48 OREG	2:07.54
DAVID HATHAWAY	49 OREG	2:54.15
200 M. I.M.		
STEVEN VELA	49 PNA	2:35.98
LOU BOONE	48 OREG	2:57.07
JON ANDERSON	47 OREG	3:04.86

MEN 50-54

50 M. FREE		
CHARLES DWIGHT	54 OREG	29.82
MARK WREN	51 OREG	30.07
JAY GILBERG	51 OREG	32.44
DAN GIPE	50 OREG	35.03
CHARLIE HELM	53 OREG	36.81
100 M. FREE		
MARK WREN	51 OREG	1:09.62
200 M. FREE		
JAY GILBERG	51 OREG	2:51.18
DAN GIPE	50 OREG	3:20.53
CHARLIE HELM	53 OREG	3:20.73
400 M. FREE		
CHARLIE HELM	53 OREG	7:36.32
800 M. FREE		
CHARLIE HELM	53 OREG	15:46.17
50 M. BACK		
RICHARD ADCOCK	54 PNA	42.34
CHARLIE HELM	53 OREG	1:03.60
100 M. BACK		
JAY GILBERG	51 OREG	1:39.37
50 M. BRST		
PATRICK ALLENDER	51 OREG	33.91
CHARLES DWIGHT	54 OREG	39.41
MIKE DOWD	51 OREG	39.42
RICHARD ADCOCK	54 PNA	41.76
DAN GIPE	50 OREG	48.22
CHARLIE HELM	53 OREG	55.91
100 M. BRST		
PATRICK ALLENDER	51 OREG	1:12.22Z
MIKE DOWD	51 OREG	1:26.53
RICHARD ADCOCK	54 PNA	1:30.08
DAN GIPE	50 OREG	1:39.11
200 M. BRST		
PATRICK ALLENDER	51 OREG	2:41.65
LINCOLN DJANG	50 OREG	2:43.43
MIKE DOWD	51 OREG	3:12.28
50 M. FLY		
CHARLES DWIGHT	54 OREG	32.29
MARK WREN	51 OREG	33.03
RICHARD ADCOCK	54 PNA	36.12
JAY GILBERG	51 OREG	37.99
200 M. FLY		
MIKE DOWD	51 OREG	3:13.27
200 M. I.M.		
PATRICK ALLENDER	51 OREG	2:32.19
MARK WREN	51 OREG	3:02.89
MIKE DOWD	51 OREG	3:05.32
JAY GILBERG	51 OREG	3:23.45
400 M. I.M.		
MIKE DOWD	51 OREG	6:49.38

MEN 55-59

50 M. FREE		
MIKE TENNANT	56 OREG	25.89
KERMIT YENSEN	56 OREG	29.55
CHARLES BANNAN	57 OREG	29.83
100 M. FREE		
KERMIT YENSEN	56 OREG	1:06.32
WILLIAM PENN	58 PNA	1:07.13
ALLEN LARSON	56 OREG	1:13.08
200 M. FREE		
ALAN BELL	59 PNA	2:17.27P
STEPHEN KEVAN	55 OREG	2:17.85

RELAYS-MIXED 200 M.

FREE

160-199		
SHERRY BENDER	50 OREG	2:27.78
STEPHEN DARNELL	55	
JENNY HOWD	47	
DAVID SHOUP	43	

RELAYS-MIXED 200 M. MED-

LEY

200-239		
K.ANDRUS-HUGHES	52 OREG	2:06.09
LINCOLN DJANG	50	
DENNIS BAKER	48	
LAURA HARSEY	51	

RELAYS-MIXED 400 M.

FREE

160-199		
ERIC WAN	43 OREG	4:13.97Z
MJ CASWELL	48	
ERIANA WILLIA	23	
ERENT WASHBURN	48	

RICHARD SEIBERT	45 PNA	4:37.59P
TAMARA COULTER	33	
ELIZABETH KASSEN	57	
KIRK NELSON	39	

RELAYS-MIXED 400 M. MED-

LEY

160-199		
JOY WARD	67 OREG	5:26.71
AUBREE GUSTAFSON	28	
NICK BATEMAN	32	
MARK WREN	51	

RELAYS-MIXED 800 M.

FREE

160-199		
DENNIS BAKER	48 OREG	9:02.03N
VALERIE JENKINS	46	
CHRISTINE SOMERA	24	
DAVID HATHAWAY	49	

240-279		
DAVID RADCLIFF	75 OREG	10:32.71
SANDI ROUSSEAU	62	
COLETTE CRABBE	53	
PATRICK ALLENDER	51	

(Continued from page 2)

Leading Off

variety to a national organization, consider becoming a PNA delegate at next year's convention!

I've already mentioned two upcoming meets: BAMFest 8 with its traditional "high school" format

(Continued on page 10)

(Continued from page 1)

Senior Games

contingent of 14 (see the table on page 9) earned one or more very impressive, Olympic-size medals. Rick (57), Dan (60) and Evelyn (91) medaled in all of their events. I was the fourth gold medalist for my effort in the 200 Breast. All our swimmers managed places from 27th through gold for the combined 66 events swum. The most popular races were the 50 and 100 Free; the least popular was the 200 IM, which just Rick and I swam (for gold and bronze in our respective age groups).

Quirks: Different Than Masters

Our state's senior games meets offer 25-yard events; the NSG meets do not. The 14 NSG races include the 100- and 200-IM plus 50-, 100-, and 200-yard distances in all strokes — except there's no 200 butterfly! The longest distance is 500 Free.

This year's NSG meet

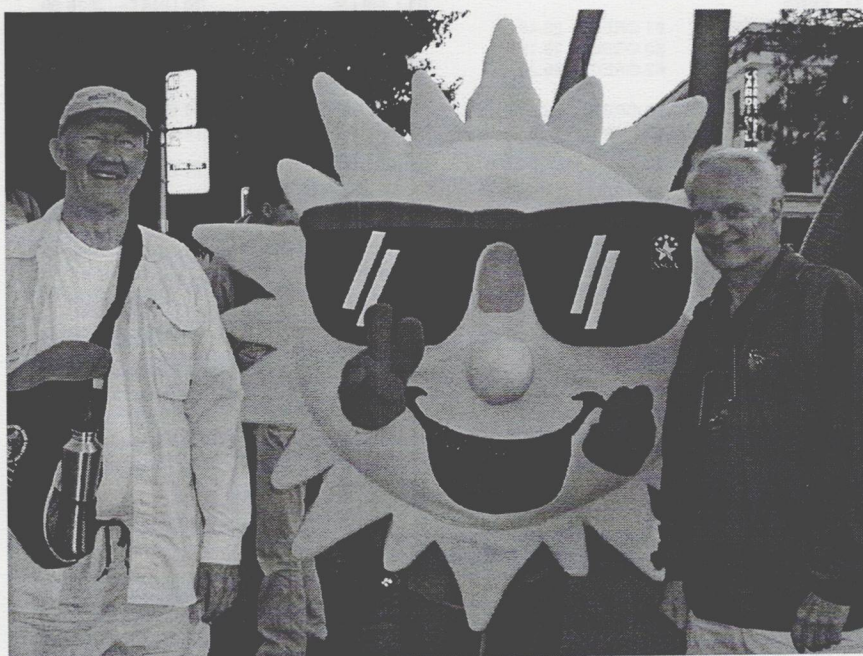
seeding skewed some lane lineups: Only seed times from the qualifying meets, not necessarily swimmers' best times, were used. Swimmers could also enter two "bonus" events if we'd qualified in a longer distance — but for these, NSG used a seed time of NT (no time)! So, for example, while I used my 100 Free qualification to also enter the 50 Free, I had to swim that 50 in my age group's slowest heat (but the spectators were impressed)!

Fewer Swimmers, Less Competitive

This year's swimming events were spread over five days, August 1 to 5. There were about 200 fewer swimmers than the 840 who swam at the 2007 games in Louisville, possibly attributable to the economy or to the West Coast location or to USMS Long Course Nationals, which were held the same week.

The level of competition seemed slightly down from two years ago. A notable exception:

(Continued on page 9)



Walter Rothfus and PNA President Steve Peterson pose with NSG's mascot Sunny.



(Continued from page 8)

Senior Games

our own Olympian Rick Colella and several senior swimmers who set records in the upper age groups.

Competitors in all 24 sports came from every state and the District of Columbia. (I don't know the swimmer attendance by state.) North Dakota had the smallest contingent (1) while California, naturally, had the largest (1300). Besides PNA's own Evelyn Hoffman in swimming at 91, the oldest male was a tennis and bowling competitor from Florida at age 100.

Oops! Wrong Start Time

The only glitch I noticed came from a small mistake in the published meet timeline. The final event, 50 Back, was listed to start at 2 p.m., but it was under way at noon. To quell the understandable protests, the officials re-ran the entire 17 heats again at 2 p.m., though each swimmer was allowed to swim only once. I'd guess that half swam at noon and the rest in the repeat. (Swimmers at Masters Nationals quickly learn that timelines are strictly estimates and that they must be ready accordingly.)

The Athletes Village offered daily entertainment (a couple bands and movies shown on a large outdoor screen), a food court, a cyber café for us email junkies, and, of course, lots of information from pharmaceutical companies and health care insurers. 23andMe, a genetics information company, offered a free analysis of our DNA to reveal our ancestry, disease risk and predispositions for athletics in return for gathering lifestyle information. From this experience I learned that the trick for generating the required saliva volume is to rub your cheeks before you spit into the tube.

All in all, everyone at the

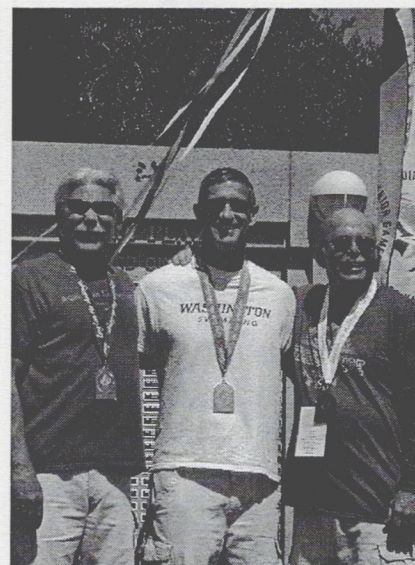
Summer National Senior Games: PNA Member Results

WA Swimmer	Team	Age Group	Events	Gold	Silver	Bronze
Peg Cloutier	BYMS	70-74	4			1
Rick Colella	Unat	55-59	6	6		
Bob Davis	WAC	65-69	5			
Pat Duggan	FWM	55-59	4			
Evelyn Hoffman	Unat	90-94	4	2	2	
Elizabeth Kas-	BYMS	55-59	6			2
Dan Kirkland	Unat	60-64	5	1	4	
Kathy Morris	BYMS	50-54	4			
Dave Newton	SAC	80-84	3			
Steve Peterson	OAC	60-64	6	1	2	1
Dennis Sawyer	BAM	65-69	3		1	1
Marilyn Sisco	BYMS	75-79	5			
Dave Suther-	HMST	50-54	5			
Barbara Young	YNOT	65-69	6			
PNA Totals:			66	10	9	5
Non-PNA (12)			47	4	5	3
WA Totals:			113	14	10	8

NSG looked like they were having a great time — I certainly did. Are you soon to be 50 or older? Then consider swimming in next summer's state Senior Games to qualify for the 2011 Summer National Senior Games in Houston! You'll have a great time, too.

Related web sites:
www.nsga.com,
www.2009seniorgames.org,
www.23andMe.com

*"Get Ready for
Thanksgiving"*
 SCM Meet
 November 22
 Oak Harbor, Wash.



Jim Clemmons (CA), Rick Colella (PNA) and Jim Kennedy (CA) at the 200 Breast awards' ceremony

Wanted: PNA Newsletter Editor



- Want an opportunity to use your creativity?
- Want to work with a committed group of Masters swimmers who also are terrific people?
- Want to help keep PNA vibrant and successful?

Then consider becoming editor of PNA's newsletter *The WetSet*.

Paul Freeman, the current editor, is stepping down. But he'll help you take over as editor.

To find out what being the editor involves, please contact Paul. You can reach him at 206/283-3802 or at pfwriter@blarg.net.

If Turkeys Swam, They'd Compete in November's *"Get Ready for Thanksgiving Meet."*

The North Whidbey Masters invite you to our first "Get Ready for Thanksgiving" Short Course Meters meet.

The meet will be held on November 22, 2009, at the John Vanderzicht Memorial Pool, 85 SE Jerome St., Oak Harbor, Wash. 98277. This fast pool has hosted numerous top-ten times, national records, and even world records.

Fast or slow, young or old, come have a blast at our inaugural *Get ready for Thanksgiving* meet!

You can find an entry form on page 13. If you have any questions please contact Jim McCleery at jim.mccleery@usms.org.

(Continued from page 8)

Leading Off

on October 10 at Bainbridge and the inaugural NWM "Get Ready For Thanksgiving" event on November 22 in Oak Harbor. (This meet replaces NWM's popular September Pentathlon meet. Many thanks to Sally Dillon, the driving force behind all eleven Pentathlon editions; she and husband Glen moved to Issaquah.)

You'll find entry forms for these two upcoming meets inside and on line. Find information and links to other events and entry forms on the Calendar (page 3).

Swim in Good Health!"

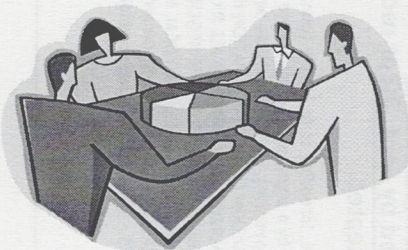
Welcome New PNA Swimmers

Kristen Andersen
Loren Ashton
Rob Bechtloff
Briley Boggs
Tim Brockman
Sarah Brockman
Seth Brown
James Collins
Christopher Cortelyou
Rod Cory
Judith Coyle
Carolyn Crinnion
Wilson Defiesta
Jaculin Dougher
Jolee Fairfield
Lynda Fitzpatrick
James Flood
Aristy Gill
Robert Gilmore
Naomi Goldick - Davis
Nelson Hager
Shiela Harvey
John Holliday
Lucy Key
Claudine Kim-Murphy
Susie Larson
Mary Latta
Jessica Lowe
Jon McGillis
Rebecca McMakin
Loreen Milbrath
Ildiko Polyak
Kelly Richards
Travis Shaw
Suna Sullivan
Stan Swanson
Lori Taggart
Branson Veal
Penny White
Paul Wilkins





Summary of PNA Board Meetings in May and June 2009



May 26

Election Results: Jeanne Ensign certified the unopposed election of new officers Kelly Crandell (Treasurer) and Herb Cook (Secretary), and At-Large Director (north) Toby Coenen. Remaining in office are President Steve Peterson, Vice President Lisa Dahl, Past President Jeanne Ensign and At-Large Directors Tom Foley (central) and Kathy Casey (south).

Club/Team Development: Sarah Welch reported that 27 coaches and team reps indicated their needs through an online survey. PNA's Club/Team Development Committee will discuss next steps, possibly including a coaches clinic.

SCY Nationals: Coach Lynn Wells reported that the 54 PNA swimmers participating at SCY Nationals, May 7-10 in Fresno, CA, entered 25 relays, won seven individual championships and one relay championship, and set many PRs. Lynn commended the effort and enthusiasm of assistant coach Shannon Singer.

Postal Swim: The Board approved rental of the 50-meter South Kitsap Community Pool for a 5k/10k Postal Swim on August 23.

Meets: Lee Carlson volunteered to co-chair the PNA Meets

Committee with Cathy Cooley. The Board agreed to recognize a SCY meet at Peter Kirk Pool in Kirkland on June 20, and to sanction a SCM meet at John Vanderzicht Memorial Pool in Oak Harbor (Whidbey Island) on Nov. 22.

June 23

Club/Team Development: Jeanne Ensign reported that she, Lisa Dahl, Steve Peterson and Rich Seibert had agreed on focus areas to assist PNA coaches:

- 1) Enhancing the PNA website to offer coaching resources and web links.
- 2) Adding a "Coaches' Corner" feature to *The WetSet*.
- 3) Offering a PNA Coaches Clinic.

The Board agreed to pay registration fees and the cost of ASCA level 2 certification for PNA coaches attending the Northwest Swim Coaches' Clinic, directed by Dick Hannula, at the University of Puget Sound in Tacoma, September 18-19.

Convention Delegates: The Board agreed to contribute \$500 toward the expenses of delegates from smaller Northwest Zone LMSCs to the USMS Convention in Chicago, Sept. 16-20, and challenged Oregon Masters to match or beat PNA's contribution.

Meet Bid Packet: The Board approved the 2009-2010 Meet Bid Packet presented by Meets Committee Chairs Lee Carlson and Cathy Cooley. The packet may be downloaded from the PNA website, www.swimpna.org.

Membership: Registrar Arni Litt reported 1,417 PNA members as of June 22.

Meets: The Board approved changing the date of BAMFest 2009 (Bainbridge Aquatic Masters) from October 17 to October 10.

**BAMFest SCY Meet
October 10
Bainbridge**

Rules to Swim By



By Kathy
Casey
USMS
Rules
Chair

Swimwear Interpretation:

Question: I understand FINA just passed new swimsuit rules. How does that impact USMS?

Answer: The current USMS swimwear interpretation, dated June 1, 2009, is still in effect. FINA rule changes normally go into effect two months after a decision is made. However, the current FINA-approved swimsuit list is valid through December 31, 2009. Masters swimmers should, however, stay tuned for updated information from the USMS Rules Committee about swimsuits. If any changes are made to the USMS swimwear interpretation or rule, all USMS members will be notified immediately.

Changing the Program of Events:

Question: A relay event was added to a recognized meet we attended. They can't do that, can they?

Answer: Yes, they can for a USMS-recognized meet but not for a USMS-sanctioned meet. The relevant rules for recognized meets are listed in 202.2.1E. The order of events for a USMS-sanctioned meet cannot be changed (102.13.1). Article 102.13.1 is not a relevant rule for USMS-recognized meets.

Pacific Northwest Association of Masters Swimmers

2009 Local Team Registration

To register your team for 2009, 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.) As of 2009, the definition of a team is a group of four (4) or more swimmers. If you do not expect our team to have four swimmers, please contact me.

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; Bolded IDs are registered for 2009 as of July 1.

BAM: Bainbridge Area Masters BADD: Bellevue Aquatic Divas & Dudes BC: Bellevue Club BEST: Bellevue Eastside Masters BMSC: Bellingham Masters Swim Club BTAC: Bremerton Tennis & Athletic Club BYMS: Briggs YMCA Masters Swim CAAT: Central Area Aquatics Team CAC: Columbia Athletic Masters (All) DSYM: Downtown Seattle YMCA Masters EMS: Everett Masters Swimmers ESC: Evergreen Swim Club Masters FAST: Foothills Aquatics Swim Team FOIL: Milfoil Maters Swimmers FWM: Federal Way Master FSJ: Fins of the San Juans FTS: Ft. Steilacoom GHY: Gig Harbor YMCA GCMS: Gold Creek Masters (GCM) GAM: Gold's Aquatics Masters GGRM: Gold's Gym Redmond Masters GLAD: Green Lake Aqua Ducks HMST: Husky Masters IST: Issaquah Swim Team LLUA: Little Lebowski Urban Achievers	LOGS: Logger Masters LUNA: Team Luna LWS: Lynnwood Sharks MSVL: Marysville YMCA Masters MICC: Mercer Island Country Club MIR: Mercer Island Redwoods MAMS: Middle Aged Marlins MMM: Mighty Marlins Masters FOIL: Milfoil Masters Swimmers MYM: Monroe YMCA Masters 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 SAMM: Samena Masters	SAC: Seattle Athletic Club SVMS: Skagit Valley Master Swimming SSTM: South Sound Titans Masters SWIM: South Whidbey Island Masters SSRM: Swim Seattle Redhawk Masters TACY: Tacoma Pierce County YMCA TACM: Thunderbird Aquatic Masters TIG: Tigers TOSC: Thurston Olympians Swim club TVAC: Tumwater Valley Athletic Club UNAT: Unattached to a Team UPAC: University Place Aquatic Club VFC: Valley Fitness Center VAC: Vashon Aquatic Club WAC: Washington Athletic Club WEST: West Coast Aquatics Masters WSAS: West Seattle All-Stars WSYD: West Seattle YMCA Dolphins WWUS: Western WA U Masters Swimming WCY: Whatcom County YMCA YNOT: Y Nauts
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Don't see your team? Have your coach or Team Rep, fill out and mail the form. 8/24/2009