



Nationals News

Issue 5 ~ Page 1 ~ Friday, May 18, 2007

PACIFIC NORTHWEST ASSOCIATION OF MASTERS SWIMMERS



DAY 2, FULL THROTTLE

First, my apologies to **James McCleery** (61,PNA) for mistyping his name and his time in yesterday's newsletter. He actually set a record in the 1650 Free with a 18:49.29. Sorry, Jim, I should've known, after all I was in your heat!

The venue filled up as the full complement of participants showed up to bring on the second day of racing. It does make parking more difficult and warming up more challenging with twelve per lane, but it also increases the excitement, enjoyment and camaraderie of the event with everyone here. Add to that the first group of relays which gets everyone involved and cheering, and it was definitely an exciting day.

There were six men and eleven women who set individual records Friday, and also three relay records were set. They are shown on page 2.

One of the most exciting races I witnessed yesterday was the showdown in the Mixed 25+ Medley Relay between the 'A' Relays from the **Dallas Aquatic Masters (DAMM)** and **The Olympic Club (TOC)**. DAMM was ahead by three one-hundredths of a second after 150 yards and both teams left it to the women to duke it out in the final 50 free. **Katie Lyons** from TOC went a stellar 24:71 and picked up two hundredths of a second, but **Michelle Chow** went an equally stellar 24.73 to hold off the charge, and bring home the victory for DAMM by a margin of one one-hundredth of a second! TOC did great but the winner was DAMM good!

In addition to the 20 new national records set Friday, there were innumerable personal bests, and I'm sure a few disappointments. But however your outcome today, it all starts over again today with new races, new hopes, new chances and another day of fun.

CLINK AND CLANK OF THE PRECIOUS METALS (MEDALS)

Awards. Okay, admit it, you think about them, but of course in a humble way. After all, you don't want to seem preoccupied. So wearing them through airport security on the way home is probably not the most discrete way to be able to explain to a complete stranger how you medaled in 4 of 6 events at Nationals, all the while they are wanding you up and down and disemboweling your carry-on.

Setting them on your desk at work is appropriate, but draping them over your computer screen so they impair your vision is probably a bit much. Especially when the boss is expecting you to make up all that work you missed last week.

Leaving them around your house for your kids to find is a good tactic, subtle yet effective. This way they discover how well you did and bring the medal TO YOU to ask you about it, eliminating any accusations of bragging. Be careful where you leave them though. Leaving them in their

cereal bowl in the morning is a bit of a flagrant pride faux pas, plus they may think they actually won it from their box of Lucky Charms.

So go ahead and make the long trek down the hallway to pick up your awards. Think of it as a victory lap. We'll understand, even if your are draped in a US Flag.



At the Awards Table, Colin Chinn from Pacific Northwest Aquatics has one of the happiest jobs at the meet



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Special Relays at the conclusion of Saturday's events

SYNCHRO SWIMMING DUET AND SPECIAL RELAYS

Stay through the end of the meet Saturday and you will get a real treat. There will be some special relays which are still being formed, but are rumored to include a relay from Group Health, one of the meets sponsors, relays from the USMS Executive committee, and maybe even local news celebrities. Stay and see who shows up.

In addition to the relays, there will be a synchro duet performance featuring **LeeAnn McGhie-Stoermer** and **Christine Stabile**. LeeAnn's Mum signed her up at the age of 9 and then asked if she wanted to do it. She loved it and stayed with the club for 9 years after that. Mum must have been right. She spent 23 years away from competing although she has spent the last 10 years coaching synchro.

Christine got a job as a lifeguard at 16 with a prerequisite that she swim in the pool's synchro swim show. She went on to swim with Indiana U's Synchro Team and has competed ever since.

There is a lot to like about synchro. It is unique, and an enjoyable feeling being in the water, be-

ing strong yet flexible, and challenging making something extremely difficult look effortless.

"TEAM" takes on new meaning when you are trying to synchronize yourself with 7 others. The closeness you feel in the water translates to closeness out of the water. LeeAnn still has team reunions 30 years later.

Christine likes the ever changing nature of the sport. Every practice she learns something new. The music keeps it fun and the fancy suits and sequins are a big draw also.

Both commented on how much synchro helps swimming. The core strength needed to swim synchro translates directly into better balance in swimming. Breath control and endurance has put LeeAnn in better condition than lap swimming ever did alone. Christine has a better feel for the water because of synchro.

Synchro is not just for women anymore, men are also starting to get involved. Anyone interested should check out www.usasynchro.org.

NATIONALS RECORDS SET FRIDAY

Congratulations to all who set records Friday:

100 Fly

Women 55-59	Val, Laura B	1:02.43
Women 60-64	Boak, Carolyn F	1:13.06

50 Breast

Men 30-34	Commings, Jeff P	25.78
Women 30-34	McClelland, Katie	29.20
Women 45-49	Crouch, Kim H	32.59
Women 45-49	Krattli, Caroline M	30.17
Women 50-54	Crittenden, Leianne S	33.38

100 Back

Men 50-54	Djang, Philipp A	57.26
Women 45-49	Pipes-Neilsen, Karlyn	1:00.00
Women 70-74	Jordan, Betsy T	1:22.08

200 Free

Men 75-79	Johnston, Graham M	2:21.77
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Women 45-49	Pipes-Neilsen, Karlyn	1:55.35
Women 55-59	Val, Laura B	2:00.50

400 IM

Men 25-29	Scalise, Erik L	3:52.43
Men 45-49	Kenny, John	4:22.71
Men 65-69	Landis, Tom	5:19.23
Women 55-59	Davis, Charlotte M	5:20.36

Mixed 55+ 200 Medley Relay

Pacific Northwest Aquatics - 'A'	2:02.70
G Clark, S Peterson, C Davis, S Dillon	

Men 75+ 200 Freestyle Relay

San Diego Swim Masters - 'A'	2:08.37
F Piemme, D Hubbard, D Webster, K Kimball	

Women 55+ 200 Freestyle Relay

Pacific Northwest Aquatics - 'A'	2:01.59
J Blackburn, S Welch, S Dillon, C Davis	