

SPLASHMASTER

Breast & Fly Clinic Prepares Swimmers for Short Course Season

BY MARGARET HAIR

Clay Evans, head coach for Southern California Aquatics (SCAQ), was in the Inland NW October 29 for a Breaststroke and Butterfly clinic at Washington State University. In addition to the Pullman clinic, coach Evans also lead two shorter clinics in Coeur d'Alene as well as an evening clinic at the Spokane Club on Monday October 30.

Coach Evans oversees 650 swimmers, 18 coaches, seven different pools throughout the west Los Angeles area. A silver medalist at the 1976 Montreal games, Coach Evans has been involved with

swimming in a variety of capacities for over 25 years.

In Pullman, the clinic started in the classroom for an hour discussion on body types, and some of the finer points of the two strokes. The remainder of the morning was spent video taping swimmers doing butterfly and breaststroke. The WSU Masters team hosted lunch which also included a review of the morning video tape session. After lunch and the video review, it was back to the pool for more work on the two strokes and starts and turns for those who were interested.

General notes

Coach Evans started the morning classroom session with a few Freestyle notes, including that the power from the first half of the stroke is from the body roll. In the Freestyle the fingers should be flat & together. The thumb should be slightly out from the fingers with a slight bend.

Ankle flexibility is important in all the strokes. Evans suggested to "Take a few moments each evening to stretch the ankles, a good stretch is to sit on your ankles, be cautious if this bothers your knees."



Good Breaststroke technique should find the swimmer with the head and spine in alignment.

Photo Courtesy of Washington State University Swimming.

If a technical difficulty score was assigned to each stroke, breaststroke and fly would each receive 20 points as the least technical. The actions in these two strokes are symmetrical. Backstroke would receive 40 points. The left side is doing an action different from the right side, but the arm stroke consists of opposite movements (e.g. when right arm is above the head, the left arm is at the thigh).

Clay considered the crawl stroke more difficult than the other three strokes together. The right arm recovers to the head before the left arm starts its stroke. The arms are not pulling straight through the water but stroking out, in and up. Combine these actions with the timing of a body roll and you have a high degree of difficulty.

Evans suggested that in his experience, 90 percent of shoulder problems are caused by the forward extension in the crawl

see CLINIC on page 2

CALENDAR OF EVENTS

Jan 21	Lake City Masters New Years Swim Meet , (entry forms due January 10, see pages 6 for details)
January	National One Hour Postal Swim (entry form in Dec. <i>Swim Magazine</i>)
February	February Fitness Challenge (entry form on page 14 in)
March 4	Wenatchee Valley Masters March Madness Swim Meet , (entry forms due February 21, see pages 9 for details)
April 8 & 9	Inland Northwest Championships , at Washington State University in Pullman. Details in the next <i>Splashmaster</i> .
April 28 & 29	Northwest Zone Short Course Yards Champs at Parkrose in Portland. Look for details in the next <i>Splashmaster</i> .

CLINIC from page 1

stroke, particularly on the non-breathing side. This problem is caused by the cantilever position of the arm in relationship to the shoulder. The solution is to keep the elbow up, bending the elbow first before starting the pull.

Breaststroke

There are many variations of breaststroke, and all are seen at the elite levels of swimming. Coach Evans noted that the wave action breaststroke is no better than the more conventional flat breaststroke. The determining factor is what works best for you.

Whatever the style, keep the arm stroke in front of the chest and finish the kick before starting the arm pull. Don't break the glide by starting the pull too soon. The head position should be in line with the back through the whole stroke (see photograph). Imagine a yardstick against your back and head,

keeping the head still (the head should not bob). In addition, the elbow and arm recovery should remain inside the width of the chest while at the same time narrowing the shoulders to minimize resistance on the recovery. The hand position in the glide should have thumbs down, palms out. Coach Evans felt the sculling part of the stroke provides about



Good Freestyle technique has the elbow bent with a slightly bent thumb out from the fingers.

Butterfly

The key is to finish the arm stroke at the same time as the down kick. That gets the body and arms up and over for the recovery, coordination is the key. Long legs in proportion to the torso have a disadvantage in fly, whereas longer torso in relationship to leg length tends to be the more natural butterfly. It's tough for

those long legs to be in the proper place at the right time.

Thumbs down, elbows up in the recovery and entry. The entry should be shoulder width (have someone tell you when it's shoulder width since perceptions can be deceiving). The head down position during the stroke is to get the body up.

Starts

Feet should be shoulder distance apart. Grab the block inside the feet with the first row of knuckles. Arms should be straight, but relaxed. The initial quick pull of the arms towards the block is to get the legs into the start. Don't anticipate the start, stay relaxed, think explosion when you hear the start. Clay had his theory on track versus forward start. Both feet forward is recommended for the breaststroke and butterfly, as this provides the same symmetry that is seen in these two strokes.

Photo Courtesy of Washington State University Swimming.

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50 percent of the power. This "fanning" or sculling in is a motion similar to wiping crumbs off a table top with your hand and arm. The hands are at a 45-degree angle on the insweep. Evans suggested that the wrists should not bend at the outstroke and insweep of the breaststroke. Don't go past 90 degrees on the first part of the kick.

Individual Medley

Practices should focus about 40 percent on backstroke, and about 40 percent of kicking should be breaststroke. Coach Evans suggested that in racing Individual Medley, build the first 25 yards of each stroke (in distances over 100 yards), this allows the muscles and technique a chance to adapt to the new stroke.

DO YOU KNOW YOUR BACKSTROKE RULES?

By Gary Wallis Officials Chair, Oregon Masters

In this month's installment of reviewing the rules of USMS swimming we will take a look at backstroke. All of the United States Swimming rules of competition can be found in the USMS Rule Book. If you would like your own copy of the rule book it may be purchased from USMS at their web site: www.usms.org. The rules are also available on-line at www.usms.org/rules. Be aware that USMS rules vary from FINA and USA Swimming in a few places. We'll touch on these differences as we go through each stroke and again in a later article.

Start Rules:

A. Short course yards—The swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. The feet may be placed in any position on the wall or on the gutter of the pool, and the swimmer may assume any desired starting position that does not remove either foot completely from the water, or either hand from the

starting grips or the pool edge. Standing in or on the gutter is not permitted at any time before the start. A backstroke starting block may not be used. (101.4.1)

B. Short course and long course meter—the swimmers shall line up in the water facing the starting end with both hands placed on the gutter or on the starting grips. Prior to the command "Take your mark," and until the feet leave the wall at the starting signal, the swimmer's feet including the toes shall be placed under the surface of the water. Standing in or on the gutter is not permitted at any time before the start. A backstroke starting block may not be used. (101.1.2)

The Interpretation

In any meter course event (long or short) the toes must be below the surface prior to the start. Short course yard start rules differ from FINA and USA Swimming. USMS rules allow the toes to be on the gutter so long as some part of the foot remains in contact with the water.

Standing in or on the gutter is not permitted. However, the rules are not clear when a starting position becomes "standing" and that has sparked some controversy. USMS tells me they are considering clarification language. Until then the best guidance I can share comes from Leo Lentendre (USMS Rules Committee Chair) "... if the person is getting all of their propulsion from the top of the gutter, they probably had to be standing on the gutter. If their foot is essentially flat and parallel to the surface of the water with no attempt to get part of the foot to be touching the vertical portion of the wall, they are probably standing on the gutter."

Start Rules Change for 2001

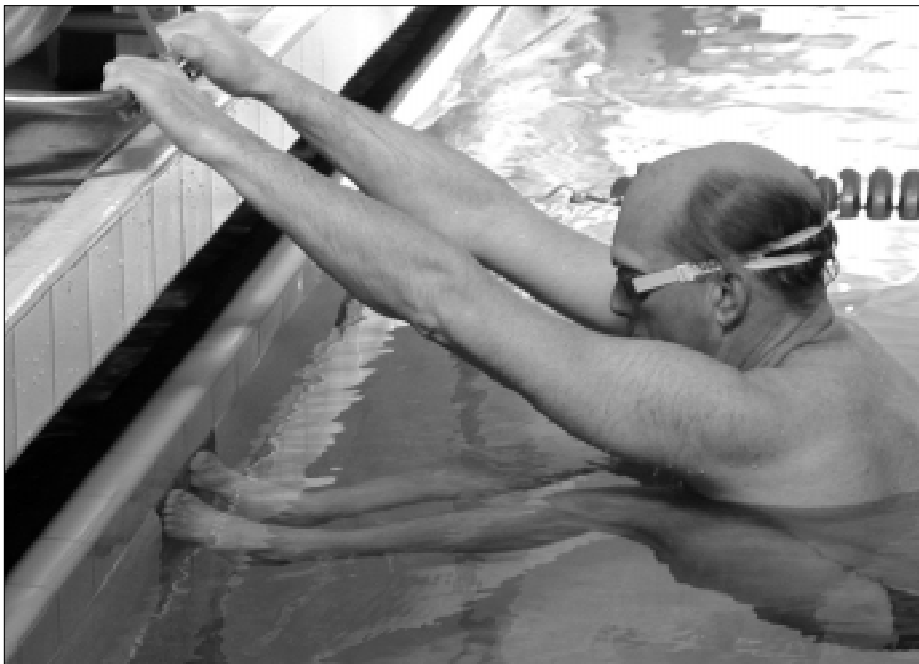
An important change was adopted at this year's USMS Convention that affects the backstroke start. The current rule allows toes to be above the surface of the water prior to the start in short course yard events. The new rule says the toes must be below the surface of the water at the start — yards and meters. The effective date of the change is January 1, 2001.

Swimming Rules:

Standing in or on the gutter (all courses) or curling the toes over the lip of the gutter (short course meters or long course meters) is not permitted immediately after the start. Swimmers shall push off on their backs and continue swimming on their backs throughout the race. Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 meters (16.4 yards) after the start and after each turn. By that point, the head must have broken the surface of the water. (101.4.2)

Pretty simple: surface by the 15 meter mark, stay on your back and don't pull on the lane line.

see BACKSTROKE RULES on page 4



Photos Courtesy of the Oregon Aquamaster

A legal Backstroke start in all courses starting January 1, 2001, toes under the water.

Turn Rules

Upon completion of each length, some part of the swimmer must touch the wall. During the turn the shoulders may turn past the vertical toward the breast, after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to execute the turn. Once the body has left the position on the back, there shall be no kick or arm pull independent of a continuous turning action. The swimmer must have returned to a position on the back upon leaving the wall. (101.4.3)

Was that clear? If not, here is what officials look at on a flip turn. Once you leave a position on your back, one arm or both arms will be extended. The official will watch the arm(s) to be certain they are constantly moving. A pause of the arms at



An **illegal** Backstroke start, where the swimmer has the toes above the surface of the water. All Backstroke starts in all courses (starting in 2001) must have the toes below the surface of the water.

FREQUENTLY DISQUALIFIED AREAS FOR BACKSTROKE

These are the infractions that are most commonly observed:

- ➔ Non-continuous turn (generally a pause observed after the hand stops at the hips).
- ➔ Not on back either during the swim, on the turn as the feet leave the wall or at the finish.

the start of the pull or during the pull constitutes a non-continuous motion and is a disqualification. If you are a two arm puller, they have to move together. Once the hand(s) reaches the hip the pull has stopped and the official's attention shifts to the head. The head must either be dipping downward or may bob upward if immediately followed by a downward dip. If neither of these head movements are observed then the turn is non-continuous and a disqualification occurs. Note that the rules allow kicking throughout the turn so long as the turn is continuous.

You don't have to do a flip turn. You may stay on your back, touch the wall and then turn. Once the wall is touched you may turn however you like. The official will look to see that your shoulders are at or past vertical towards the back as your feet leave the wall.

What if you turn late and crash into the wall? That's okay and grabbing

the wall constitutes the end of the turn. So, simply push off the wall on your back. What if you turn too soon and miss the wall? Too bad. Missing the wall is a disqualification and sculling back to the wall is not allowed.

Finish Rules:
Upon the finish of the race, the swimmer must touch the wall while on the back. (101.4.4)

Finish Rules:

Upon the finish of the race, the swimmer must touch the wall while on the back. (101.4.4)

Pretty simple. Stay on your back until you have touched the wall. "On the back" means you can rotate but not more than 90 degrees.

Some part of the body must be above the surface of the water after the 15 meter mark, so you might avoid a deep dive into the wall at the finish for fear that you might be totally submerged at the finish.



An correct Backstroke finish, where the swimmer is on the back or on the side towards the back.



An **illegal** Backstroke finish, where the swimmer is on the breast. All Backstroke finishes must be on the back or on the side towards the back.

FROM THE CHAIR

You will find this issue of *Splashmaster* chock full of great information. Our editor, Doug Garcia seems to have been especially inspired. It may have been due to the fact that the *Splashmaster* was named one of the top ten masters swimming newsletters in the country this year. Way to go Doug! I'm guessing that you will find it worth your while to take the time to read it.

I also want to thank Doug Garcia, Margaret Hair and Muriel Blevins for their work in making the recent swim clinics with Clay Evans possible. We had a grand total of 55 swimmers take part in the clinics. We even had some repeaters who wanted to learn more of the strokes! I hope that all that participated enjoyed it as much as I did. A special thanks to Clay for coming up and doing the clinics for his expenses only. We sure worked him hard. In this issue, Margaret Hair has written a nice summary of the Pullman clinic that

participants and non-participants alike should find helpful.

For those of you who didn't make the journey north, you missed another great meet put on by our friends at the Sandpoint West Athletic Club. Thanks to Mike Brosnahan, meet director for a well organized and run meet. For anyone who needs pointers on how to count for long distance events, Eric Ridgway is the man! Special kudos to Susanne Simpson for a number of NW Zone record setting swims.

Nominations are now open for the positions of LMSC President, Vice-President, Secretary and Treasurer. Doug Garcia, Eric Ridgway and Margaret Hair will be acting as our nominating committee. Please give careful consideration to giving back to masters swimming by getting involved in our LMSC. Feel free to contact our current officers to find out



more about what the jobs entail. If you are interested in running, contact myself or any member

of the nominating committee – it's that simple! The ballot will go out in the next newsletter, so don't delay.

We have a great slate of meets coming up that pretty well span the boundaries of the Inland Northwest. I hope that you will have the opportunity to join us at one or more of them. Maybe that would be a handy New Year's resolution. In the meantime, best wishes for a joyous holiday season and a happy, healthy New Year!

Inland Northwest Local Masters Swimming Committee

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509-966-2361

The Whistle Starting Procedures

Do you understand what the whistles mean when its time for YOUR race?

Three short "toots" from the whistle:

Take off your sweats, adjust your goggles, and stand behind the block ready to swim.

One long "toot" from the whistle:

Take your position on the starting block or the edge of the pool. At least one foot should be on the edge of the starting block or pool. If you are swimming backstroke get in the water.

Backstroke and Medley Relay events only: Second "toot" from the whistle: return to the wall and place at least one hand on the starting block.

At this point, the whistle blower turns you over to the starter. At some meets, the whistle blower may also give you verbal instructions. But eventually, the starts will be whistles only!

LAKE CITY MASTERS PRESENTS
NEW YEARS SWIM MEET

SUNDAY JANUARY 21, 2001

DATE/TIMES: Sunday, January 21, 2001. Warm-up starts at 8:30 am, meet starts at 9:30 am (there will be no second warm up).

SPONSOR: Lake City Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United State Masters Swimming Inc. (USMS) Sanction number 3500121.

ELIGIBILITY: All swimmers must be currently registered IWMSC/ USMS swimmers. New IWMSC/USMS registrations (found in the *Splashmaster*) should be sent to Elin Zander or will be available at the meet.

RULES: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2001 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

DEADLINE: All entries must be postmarked by January 10, 2001. Incomplete or late entries will be treated as "deck entries."

FEES: \$8.00 for entries sent before January 10, \$12.00 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

CONDUCT OF THE MEET: Each participant may swim five individual, and three relay events.

AWARDS: First-Third place ribbons will be available free of charge.

RELAYS: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

DIRECTIONS: Address is 1220 N. Idaho, Post Falls. *From Spokane* take I-90 east to Exit 5 (Spokane St.). Turn left on Spokane St. Second stoplight is Seltice Way. Turn right on Seltice Way. Go East on Seltice Way to Idaho St. which is the next stoplight. Turn left on Idaho St. From Idaho St. turn right into the first parking lot after 12th Ave. The pool is at the northeast corner of the parking lot. *From Coeur d'Alene* take I-90 west to Exit 6 (Seltice Way). Turn right on Seltice Way. Turn right at next stoplight (Idaho St.). Go north on Idaho St. Turn right into the first parking lot after 12th Ave. For more information call Margaret Hair at (208) 667-3721.

POSTMARKED BY: January 10, 2001
MAIL ENTRIES TO: Margaret Hair
 408 Vista Drive
 Coeur d'Alene, ID 83815
ENTRY FEE: \$8.00 prior to January 10
 \$12.00 for Deck Entries
CHECKS PAYABLE TO: IWMSC

NAME _____ MALE FEMALE BIRTHDATE _____ AGE _____

ADDRESS _____ CITY, STATE, ZIP _____

PHONE _____ USMS NO. _____ TEAM _____

SHORT COURSE YARD TIMES PLEASE • MAXIMUM OF 5 INDIVIDUAL AND 3 RELAY EVENTS.

1) 500 Y Freestyle _____

10 MINUTE BREAK

2) 200 Y Freestyle Relay _____

3) 100 Y Butterfly _____

4) 200 Y Backstroke _____

5) 50 Y Breaststroke _____

6) 100 Y Freestyle _____

7) 400 Y Individual Medley _____

10 MINUTE BREAK

8) 200 Y Medley Relay _____

9) 50 Y Backstroke _____

10) 100 Y Freestyle _____

11) 200 Y Butterfly _____

12) 100 Y Breaststroke _____

13) 100 Y Individual Medley _____

10 MINUTE BREAK

14) 200 Y Mixed Freestyle Relay _____

15) 200 Y Breaststroke _____

16) 100 Y Backstroke _____

17) 50 Y Butterfly _____

18) 200 Y Freestyle _____

10 MINUTE BREAK

19) 200 Y Individual Medley _____

20) 1650 Y Freestyle _____

If you are doing the 1650, would you be willing to share the lane with one other swimmer. Yes No

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.

YOUR SIGNATURE _____

DATE _____



Nutrition Nuggets

Nutritional information for swimmers as compiled by Elin Zander



HIGH PROTEIN DIETS

Fact or Fallacy?

High protein diets seem to be the current rage for athletes and non-athletes alike. We have all heard and read testimonials by individuals who have followed the diet and lost weight, enhanced their performance and/or improved their lipid profiles. So, what's not to like? Lots!

If you ask most Americans what's one thing they should do to improve their diets, they are likely to answer with "Eat more fruits and vegetables." What does the high protein diets ask you to do? Eat less vegetables and especially fruits! Diets high in fruits and vegetables have been linked to all sorts of good things, for example: decreased risk of heart disease, cancers and diabetes, improved athletic performance and recovery, and enhanced immune function. There is no research that supports any long-term health benefits of following a high protein diet that is limited in fruits and/or vegetables.

Many of the high protein diets suggest that you supplement your diet with certain vitamins

and minerals. The reason is obvious; the diet is inadequate in vital micronutrients! Research has long shown that taking supplements is not an adequate substitute for getting the same nutrients in foods. The most likely reason is that it is the combination of nutrients and other substances (such as bioflavonoids and phytochemicals) found in fruits and vegetables that optimize nutritional health. Unfortunately, those substances are not also provided in standard vitamin/mineral supplements.

High protein diets are too low in carbohydrate to support high intensity swimming training. If you train and race hard, then you could very well be limiting your



ability to achieve your potential by following a high protein diet plan.

Finally, many of the examples used to showcase the effectiveness of the diet simply aren't true. For example, the Stanford

swimmers never strictly followed the Zone Diet as claimed. And that whole thing about regulating your insulin levels? Not shown to be of benefit by the research.

So, why does it seem to work? Any time you follow a hypocaloric diet (i.e. a diet that is lower in calories than what you are expending) you will lose weight and, at least temporarily, improve your lipid profile. Heck, if you are pushing less water, you might even swim faster! Unfortunately, there is no research to tell us what the long-term effects (either beneficial or detrimental) of following this kind of diet are.

The take away message for masters swimmers: 1. Eat your fruits and vegetables. 2. Make sure you get enough complex carbohydrates in your diet to fuel your training and competition. 3. Limit simple sugars and fats, especially if you need to lose weight. 4. Be sure to include some high quality protein in your meals, but don't make it the focus of your diet.



Aging and the Masters Swimmer

By Bob Bruce, Oregon Masters Coaches Representative

As we age, our bodies gradually change. These changes effect the way we work, eat, sleep, live, and (alas) swim. This month I will summarize some of these changes, and list some considerations to help you cope with aging.

At age twenty-five, we possess superhuman powers (well, it seems that way in retrospect). As we approach or pass our forty-fifth birthday, we notice significant change. As we approach or pass our sixtieth birthday, changes are dramatic. Here is a short list of physical changes associated with aging:

- Reduced cardiac output: our maximum heart rate slows and our stroke volume (the amount of blood moved each heartbeat) decreases.

Membership Renewals are Due

That's right folks, your membership in Inland NW Masters Swimming is about to expire. Everyone's USMS membership expires on December 31 of each calendar year. The renewal period starts on November 1 of each year, so if you have renewed already congratulations! If you have not renewed yet, don't delay renew today. The benefits of joining USMS/Inland NW Masters Swimming are:

- Participation in workouts,
- The *Splashmaster* newsletter,
- *Swim Magazine*,
- Insurance coverage,
- The opportunity to participate in meets,
- A lifetime sport and friends.

See registration renewal form on page 15 of this issue.

- Lower aerobic capacity: our maximum oxygen carrying capacity declines.
- Less strength and power: our muscle mass—particularly our fast-twitch fiber—declines.
- Less flexibility: connective tissue becomes less pliable, which in turn leads to changes in stroke technique and possible injuries.
- More body fat: need I say more?

We do not accept the truth happily. It is inevitable that we get slower as we grow older. But there is good news—we don't have to accept the rapid decline of physical capacities shown in untrained people! Research has clearly shown that smart and hard training allows us to age more slowly than our couch potato counterparts. I repeat—we can slow the aging process with appropriate training!

Here are some considerations in planning your total training program to maximize your efforts and to slow or delay the aging process

- Train at the anaerobic threshold level: this accomplishes two things. First, despite the drop in aerobic capacity with age, training at this level can maintain high aerobic ability, within the limits of our maximum aerobic capacity. Second, threshold training is the least stressful kind of challenging training, allowing relatively fast recovery from training session to session. Smart swimmers plan to do a large part of their training at or close to their anaerobic threshold level.
- Train vigorously: pure aerobic swimming isn't enough to slow the aging process. In order to maintain our fast-twitch muscle fibers, we need to swim fast during some of our training. Obviously, this is important training for sprinters, but this even applies to distance swimmers. Sprint occasionally.

- Visit the weight room regularly: The many benefits of establishing a weight-training program to supplement your swimming include building strength, maintaining bone density, and even burning fat faster. This is particularly important as you reach sixty. Plan your program carefully, start slowly (and with supervision if possible), and stay at it faithfully.
- Stretch: maintain and even increase your flexibility through daily stretching. Good flexibility allows the best stroke skills and helps to avoid injury. Stretch lightly before you swim, but focus on flexibility gains after you train, when your muscle temperature is warm and stretching gains can be greater. Work gradually and regularly to maintain a flexible frame.
- Reduce body fat and maintain body weight: the more you weigh, the more your drag through the water. Maintain diet control with your training. Of all of the above recommendations, I know that this is probably the most difficult; remember how swimmers behave at a buffet? Stay with it!
- Rest: We can retain dynamic lives and training as we age if we adjust our rest. As we age, we need to plan to increase rest in many ways. Take slightly more time between intervals (we call this the 'senior discount'). Alternate short hard anaerobic swims with lighter longer aerobic ones. Plan extra rest days into your training week. And get your sleep (naps are good too). Remember that training gains come during rest, not during training.
Good luck and good swimming.

Editors Note: Look for another article on aging and the Master Swimmer in the next issue of the Splashmaster.

WENATCHEE VALLEY MASTERS PRESENTS

March Madness Swim Meet

SUNDAY MARCH 4, 2001

DATE/TIMES: Sunday, March 4, 2001. Warm-up starts at 8:30 am, Meet starts at 9:30 am. Event 3 (200 Yard Freestyle Relay) not to begin before 11:00 am

SPONSOR: Wenatchee Valley Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United State Masters Swimming Inc. (USMS) Sanction number 351304.

ELIGIBILITY: All swimmers must be currently registered IWMSC/USMS swimmers. New IWMSC/USMS registrations (found in the *Splashmaster*) should be sent to Elin Zander or will be available at the meet.

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RELAYS: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

DIRECTIONS: Off Interstate 90 take Wenatchee exit, traveling through the town of Quincy and into East Wenatchee. Follow the signs to Wenatchee taking you across the Columbia River bridge. After crossing the bridge turn right onto Mission and get in left lane for immediate left on Ferry (first light). Follow Ferry until you hit Miller (note Ferry changes name to Russell). At Miller, Russell becomes Millerdale and the high school is on this corner. Turn left onto Miller, then turn right into the parking lot behind the high school and follow it to the end. The pool door is marked and will propped open.

POSTMARKED BY: February 21, 2001
MAIL ENTRIES TO: Margaret Hair
408 Vista Drive
Coeur d'Alene, ID 83815
ENTRY FEE: \$8.00 prior to February 21
\$12.00 for Deck Entries
CHECKS PAYABLE TO: IWMSC

NAME _____ MALE FEMALE BIRTHDATE _____ AGE _____

ADDRESS _____ CITY, STATE, ZIP _____

PHONE _____ USMS # _____ TEAM _____

SHORT COURSE YARD TIMES PLEASE • MAXIMUM OF 5 INDIVIDUAL AND 3 RELAY EVENTS.

1) 400 Y Individual Medley _____

2) 1650 Y Freestyle _____

If you are doing the 1650, would you be willing to share the lane with one other swimmer. Yes No

SECOND WARM UP

3) 200 Y Freestyle Relay _____

4) 50 Y Butterfly _____

5) 100 Y Breaststroke _____

6) 200 Y Backstroke _____

7) 100 Y Freestyle _____

8) 200 Y Individual Medley _____

10 MINUTE BREAK

9) 200 Y Mixed Medley Relay _____

10) 50 Y Backstroke _____

11) 100 Y Butterfly _____

12) 50 Y Freestyle _____

13) 200 Y Breaststroke _____

10 MINUTE BREAK

14) 200 Y Medley Relay _____

15) 200 Y Butterfly _____

16) 100 Y Backstroke _____

17) 200 Y Freestyle _____

18) 50 Y Breaststroke _____

10 MINUTE BREAK

19) 100 Y Individual Medley _____

20) 500 Y Freestyle _____

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.

YOUR SIGNATURE _____

DATE _____

SWIM MEET RESULTS

FALL CLASSIC • SANDPOINT WEST ATHLETIC CLUB

November 26, 2000 • Sandpoint Idaho

INDIVIDUAL WOMEN

Women 19-24

50 Meter Freestyle			
Judith Coyle	23	0:29.82	WSU
100 Meter Freestyle			
Judith Coyle	23	1:05.63	WSU
200 Meter Freestyle			
Judith Coyle	23	2:25.70	WSU
50 Meter Butterfly			
Judith Coyle	23	0:36.91	WSU
100 Meter Individual Medley			
Judith Coyle	23	1:17.16	WSU

Women 30-34

50 Meter Freestyle			
Wendy Dunn	34	0:31.29	SWA
Jennifer Pollard	32	0:34.64	SWA
50 Meter Backstroke			
Wendy Dunn	34	0:37.48	SWA
50 Meter Breaststroke			
Jennifer Pollard	32	0:42.87	SWA
100 Meter Individual Medley			
Wendy Dunn	34	1:21.29	SWA
Jennifer Pollard	32	1:28.96	SWA

Women 35-39

50 Meter Freestyle			
Jane Rockwell	36	0:32.61	SWA
Marsha Lutz	38	0:34.74	SWA
Tracey Lane	36	0:42.17	WSU
100 Meter Freestyle			
Jane Rockwell	36	1:12.44	SWA
200 Meter Freestyle			
Jane Rockwell	36	2:43.55	SWA
50 Meter Backstroke			
Jane Rockwell	36	0:39.29	SWA
200 Meter Backstroke			
Jane Rockwell	36	2:58.91	SWA
50 Meter Breaststroke			
Marsha Lutz	38	0:43.94	SWA
Tracey Lane	36	0:53.99	WSU

Women 40-34

50 Meter Freestyle			
Debra Heil	42	0:35.95	SWA
Dodi Sykes	42	0:36.20	SWA
Cindy Clutter	40	0:36.70	LCM
Julianne Parnell	43	0:38.37	SWA
100 Meter Freestyle			
Cindy Clutter	40	1:21.98	LCM
200 Meter Freestyle			
Dodi Sykes	42	2:51.77	SWA
Cindy Clutter	40	2:52.31	LCM
400 Meter Freestyle			
Susanne Simpson	40	4:51.28Z	SCM
Cindy Clutter	40	6:10.13	LCM
800 Meter Freestyle			
Susanne Simpson	40	9:59.36Z	SCM
50 Meter Backstroke			
Debra Heil	42	0:40.63	SWA
Dodi Sykes	42	0:43.94	SWA

50 Meter Breaststroke

Debra Heil	42	0:45.90	SWA
Cindy Clutter	40	0:46.34	LCM

50 Meter Butterfly

Susanne Simpson	40	0:32.37	SCM
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100 Meter Butterfly

Susanne Simpson	40	1:11.56	SCM
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200 Meter Butterfly

Susanne Simpson	40	2:39.30Z	SCM
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100 Meter Individual Medley

Dodi Sykes	42	1:37.36	SWA
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Women 45-49

50 Meter Freestyle			
Margaret Hair	45	0:34.00	LCM
Lynne Urfer-Lovrin	48	0:43.01	SWA
100 Meter Freestyle			
Lynne Urfer-Lovrin	48	1:37.50	SWA
400 Meter Freestyle			
Elin Zander	46	5:46.09	IEY
800 Meter Freestyle			
Elin Zander	46	11:52.51	IEY
50 Meter Breaststroke			
Margaret Hair	45	0:46.16	LCM
Lynne Urfer-Lovrin	48	0:57.82	SWA
100 Meter Breaststroke			
Elin Zander	46	1:34.66	IEY
200 Meter Breaststroke			
Elin Zander	46	3:26.89	IEY
200 Meter Individual Medley			
Margaret Hair	45	3:11.60	LCM

Women 60-64

800 Meter Freestyle			
A. Barbara Roberts	64	17:28.21	WKM

Women 65-69

50 Meter Freestyle			
Annette Orton	69	1:28.07	SWA
100 Meter Freestyle			
Annette Orton	69	3:20.53	SWA
50 Meter Backstroke			
Annette Orton	69	1:45.17	SWA
50 Meter Breaststroke			
Annette Orton	69	1:55.00	SWA
100 Meter Individual Medley			
Annette Orton	69	4:13.93	SWA

INDIVIDUAL MEN

Men 19-24

50 Meter Freestyle			
Joshua Donart	19	0:29.32	WSU
Lance Jones	21	0:31.24	WSU
Shane Maixner	23	0:32.01	SWA
100 Meter Freestyle			
Joshua Donart	19	1:06.60	WSU
Lance Jones	21	1:09.17	WSU
Shane Maixner	23	1:13.32	SWA

50 Meter Backstroke

Lance Jones	21	0:38.17	WSU
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50 Meter Butterfly

Joshua Donart	19	0:30.71	WSU
Lance Jones	21	0:34.06	WSU

100 Meter Butterfly

Joshua Donart	19	1:10.98	WSU
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100 Meter Individual Medley

Joshua Donart	19	1:16.99	WSU
Lance Jones	21	1:18.53	WSU

Men 35-39

50 Meter Freestyle			
Mike Brosnahan	37	0:33.28	SWA
Doug Garcia	39	0:35.78	WSU
800 Meter Freestyle			
Eric Ridgway	39	11:52.46	SWA
50 Meter Breaststroke			
Eric Ridgway	39	0:41.19	SWA
100 Meter Breaststroke			
Eric Ridgway	39	1:29.29	SWA
200 Meter Breaststroke			
Eric Ridgway	39	3:06.15	SWA
50 Meter Butterfly			
Mike Brosnahan	37	0:40.05	SWA
100 Meter Individual Medley			
Eric Ridgway	39	1:15.44	SWA
Doug Garcia	39	1:33.55	WSU
200 Meter Individual Medley			
Doug Garcia	39	3:29.78	WSU

Men 40-44

50 Meter Freestyle			
Thomas Lamar	40	0:31.84	MCM
Rod Wharton	44	0:31.87	LCM
Scott Hall	44	0:34.82	SWA
Thomas Simpson	40	0:36.03	SCM
100 Meter Freestyle			
Rod Wharton	44	1:09.17	LCM
Thomas Lamar	40	1:09.59	MCM
Andrew Austin	40	1:17.89	UNA
Thomas Simpson	40	1:19.12	SCM
Scott Hall	44	1:22.58	SWA
200 Meter Freestyle			
Thomas Simpson	40	2:40.18	SCM
Andrew Austin	40	2:55.08	UNA
400 Meter Freestyle			
Rod Wharton	44	5:45.97	LCM
Thomas Simpson	40	6:20.38	SCM
800 Meter Freestyle			
Thomas Simpson	40	12:38.24	SCM
Andrew Austin	40	13:49.07	UNA
50 Meter Backstroke			
Rod Wharton	44	0:39.05	LCM

U = Unofficial Time
 I = Inland Northwest Record
 Z = Northwest Zone Record
 N = National Record
 W = World Record
 All records pending verification

100 Meter Backstroke

Thomas Lamar	40	1:22.76	MCM
Rod Wharton	44	1:25.31	LCM

50 Meter Butterfly

Thomas Lamar	40	0:34.96	MCM
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100 Meter Individual Medley

Thomas Lamar	40	1:21.93	MCM
Andrew Austin	40	1:33.21	UNA
Scott Hall	44	2:00.09	SWA

Men 45-49

400 Meter Freestyle			
Larry Krauser	47	4:51.17	SCM
800 Meter Freestyle			
Larry Krauser	47	9:54.75	SCM
50 Meter Backstroke			
Larry Krauser	47	0:35.84	SCM
100 Meter Butterfly			
Larry Krauser	47	1:17.95	SCM
100 Meter Individual Medley			
Larry Krauser	47	1:13.69	SCM

Men 50-54

50 Meter Freestyle			
Michael Veith	54	0:29.18	SCM
Michael Merrell	52	0:31.11	SWA
100 Meter Freestyle			
Michael Veith	54	1:06.63	SCM
Michael Merrell	52	1:11.01	SWA
200 Meter Freestyle			
Michael Veith	54	2:34.80	SCM
50 Meter Backstroke			
Michael Merrell	52	0:39.31	SWA
100 Meter Backstroke			
Michael Merrell	52	1:22.88	SWA
50 Meter Breaststroke			
Brian Bartlett	52	0:45.76	SWA
100 Meter Breaststroke			
Brian Bartlett	52	1:40.24	SWA
200 Meter Individual Medley			
Michael Merrell	52	2:59.47	SWA

Men 70-74

50 Meter Breaststroke			
William Bresko	72	0:57.69	UNA
100 Meter Breaststroke			
William Bresko	72	2:31.28	UNA
200 Meter Breaststroke			
William Bresko	72	3:50.67	UNA
50 Meter Butterfly			
William Bresko	72	1:09.63	UNA
100 Meter Individual Medley			
William Bresko	72	2:31.40	UNA

Men 80-84

50 Meter Freestyle			
Imre Schmidt	80	0:49.38	SWA
100 Meter Freestyle			
Imre Schmidt	80	2:00.68	SWA
800 Meter Freestyle			
Imre Schmidt	80	19:21.73	SWA

50 Meter Breaststroke
 Imre Schmidt 80 1:04.60 SWA

Men 85-989

50 Meter Freestyle

Charles Woolls 85 1:03.191 UNA
 C.J. Hamilton 87 1:20.93 LCM

100 Meter Freestyle

Charles Woolls 85 2:42.771 UNA

50 Meter Backstroke

C.J. Hamilton 87 1:20.211 LCM
 Charles Woolls 85 1:20.31 UNA

50 Meter Breaststroke

C.J. Hamilton 87 1:27.421 LCM

50 Meter Butterfly

C.J. Hamilton 87 1:44.681 LCM

100 Meter Individual Medley

C.J. Hamilton 87 3:18.72 LCM

RELAYS

Women's 200 Meter Freestyle Relay

SWA 120+ 2:13.551

Jane Rockwell 36
 Wendy Dunn 34
 Jennifer Pollard 32
 Marsha Lutz 38

SWA 160+ 2:34.59

Julianne Parnell 43
 Lynne Urfer-Lovrin 48
 Debra Heil 42
 Dodi Sykes 42

Women's 200 Meter Medley Relay

SWA 120+ 2:33.051

Jane Rockwell 36
 Wendy Dunn 34
 Jennifer Pollard 32
 Marsha Lutz 38

SWA 160+ 2:53.07

Dodi Sykes 42
 Debra Heil 43
 Julianne Parnell 42
 Lynn Urfer-Lovrin 48

Men's 200 Meter Freestyle Relay

WSU 100+ DQ

Tom Lamar 40
 Lance Jones 21
 Doug Garcia 39
 Josh Donart 19

SWA 160+ 2:07.63

Mike Merrell 52
 Eric Ridgway 39
 Brian Bartlett 52
 Shane Maixner 23

200 Meter Medley Relay

SWA 160+ 2:31.02

Mike Merrell 52
 Eric Ridgway 39
 Mike Brosnahan 37
 Scott Hall 44

SWA 240+ DQ

Brian Bartlett 52
 Imre Schmidt 80
 Ann Horton 69
 Scott Hall 45

BOARD MINUTES

November 26, 2000 • Sandpoint Idaho

Present: Elin Zander, Margaret Hair, Doug Garcia, Tom Lamar, Zach Taylor, Eric Ridgway, and Mike Brosnahan.

Minutes from last meeting were approved.

Treasurer • A written report was submitted by Marie Glynn. a) Elin will get name of the person who bounced the check from the a meet last season and collect the funds if they try to register again. b) Elin requested and was approved for \$120.98 for an extra night stay at the national convention. c) The treasurer's report was approved.

Registration • Fees were discussed and it was decided that fees for September and October will be reduced to \$15 for individual, \$30 for couples, and \$15 for seniors. It was reminded that November registrations goes towards the next year.

Discussion of how to get registration forms out to people- snail mail vs. e-mail. Both ways to be used.

Newsletter • Doug and Marie are working hard to get a non-profit status for the LMSC. In order to get lower postage rate this must be proven to the post office.

Discussion was had on whether the LMSC should send its newsletter out via mail or email as a pdf attachment. In order to utilize bulk mail rate, we must send out 200 newsletters. If we send out the newsletter by email via an attachment to only some of the members, we will reduce the number of snail mail newsletters sent and then lose the ability to use bulk mail rate as our numbers will dip way below 200. Doug will look into doing a post card survey asking the membership their preferences on hard copy newsletters or one that is sent via pdf. The survey will also include ballot for this Spring's LMSC board elections. It was proposed that return postage will be paid by the LMSC for only the surveys that will be returned. A decision will be made at the next board meeting.

Meets • The 2001 meet schedule has been set and will be held: January 21, in Post Falls, March 4, in Wenatchee, April 7 and 8- Championships in Pullman, and April 28 and 29- Short Course Zones Championships in Portland.

A new order of events for IWMSC meets was approved and put into the bylaws.

In order to improve attendance at meets, the following were suggested: create meet themes, to include crazy relays to be determined by the host team, to have meet-like practices like a dual meet.

Officials • Mike Brosnahan invited any registered master swimmer to attend his USA Officials Clinic, he will send details to Doug for an email announcement or a short note in the *Splashmaster*.

Elin says that we can certify our own officials and that we are covered for officials for the rest of this season.

Clinics • Everyone expressed appreciation for Clay's clinic that he presented four times for free. It was suggested and agreed upon that we pay up to \$25 for Clay's Monday evening dinner.

Coaching • Elin reported that the Spokane Valley YMCA doesn't look like it will get a coach any time soon. Discussion took place on how to support coaching and coaches in our LMSC.

New Pools • Also reported that Spokane Club may build a new 50-meter indoor pool. Also there is some talk of a pool to be built in Moscow.

Board Elections • The nominating committee for the upcoming elections consists of Margaret, Doug and Eric, they will be seeking nominations for people to serve on the LMSC Board. Positions that will be up for election are: President, Vice President, Treasurer, and Secretary. It was noted that other volunteer positions need filling.

Approval was given to amend bylaws so that there no longer needs to be three signatures for a perspective officer to be nominated.

Special thanks to Eric Ridgway for taking minutes for me at the Board Meeting. It seems my busy schedule as a single working mother, involved in TOO many things, makes it difficult for me to give up the majority of my Sunday to attend "another" meeting. I find myself becoming more and more selfish with my "spare" time. I am dedicated to the master's program, but I find that the pressure of competition just does not intrigue me. I fully support the efforts to make it more enticing for people to be a part of master's swimming.

What is the United States Masters Swimming

C O N V E N T I O N ?

BY DOUG GARCIA WITH EXCERPTS FROM A REPORT BY JUNE KRAUSER

It all seems like a mystery. Why would 200-300 adults get together every year, taking time away from their families and jobs, to discuss... "swimming?" Having been a delegate to the USMS Convention for three years now, I now understand the mystery.

So that you understand how all of this works, here is a little background. As many of you know, United States Masters Swimming (USMS) is divided into small geographic areas called Local Masters Swimming Committees (LMSC). Some LMSCs cover a large geographic area such as Inland Northwest and Montana, others are small geographically, but have a large population base such as Pacific Northwest Association covering western Washington.

In addition, each LMSC is a part of a zone. In the case of Inland Northwest, other LMSC members of our Northwest Zone include: Pacific NW Association (western Washington), Oregon, Montana, Alaska, Snake River (southern Idaho) and Utah.

Each year at least one representative from each LMSC is encouraged to attend the USMS convention. This convention is where the rules, regulations and decisions of the organization are decided. Rules such as where your toes will be for a legal backstroke start in short course yard events which differ from short course meter events to deciding where the national championship swim meets will be held (of course everyone wants them in their back yard).

At the convention, each LMSC has representation based upon the membership of the LMSC (similar to that of the US Congress). Once all together, this body is called the House of Delegates (HOD). The House of Delegates meets and is divided into committees based on the various delegates interests. Those committees meet and discuss more in-depth, the details of the organization. Some of the committees, include:

Championship

Decides the location of the two national pool championships in addition to monitoring how those championships are administered.

This year there were three bids for short course nationals in the year 2002, University of Hawaii, Stanford University and Carson City, Nevada. The University of Hawaii won for its proposed dates of May 15-19, 2002.

Only one bid for long course nationals was presented, and Cleveland State University won for its August 15-19, 2002 proposal.

To recap, Short Course Nationals in 2001 will be in Santa Clara, California May 17-20 and Long Course Nationals will be in Federal Way Washington August 16-19. Check *Swim Magazine* for entry forms and details.

Coaches

The committee promotes the growth of coaching in masters swimming, provides for clinics including the US Olympic Training Center/USMS camp; mentor coach and swimmer clinics; open water clinics (which I coordinate); and administers the coach of the year award.

Computer On-line

Manages the USMS web site. If you haven't been there you should take a look (www.usms.org).

This year the focus was on selecting a new service provider, drafting a privacy policy, and outlining steps to make the webmaster a contract position.

Fitness

Helps foster such events as the February Fitness Challenge that encourages non-competitive swimmers to participate in fitness oriented events.

Events adopted this year included the Swim Around Revilla (total of 135 miles sponsored by Ketchikan, Alaska Masters),

The Y2K Training Triathlon and the Check-Off Challenge.

International

Serves as the liaison between USMS and FINA the international governing body of swimming.

This year, reported on the recently concluded World Masters Championships held in Munich, Germany. Announced that the IX World Masters Championships will be in Christchurch, New Zealand March 21 through April 3, 2002.

Legislation

Chaired by our own Elin Zander, deals with the overall administrative governance of the organization.

This year approved renaming the Computer On Line committee to Communications Committee which will now encompass the USMS website and the *Swim Magazine* editors' position.

One measure that brought a fair amount of discussion was allowing 18 year olds to join the organization (currently we restrict membership to those 19 and above). Though the measure failed, it is expected to be a topic for next convention.

Long Distance

Responsible for postal events and national long distance and open water competitions. This year among the many discussions was talk of a wet suit category in National Championships.

Distance events were granted to:

- One-Hour Postal Swim, Florida Maverick Masters;
- 5 & 10K Postal, Sawtooth Masters;
- 3000 & 6000 yard Postal swims, Dynamo Masters, Georgia;
- One-Mile Open Water Swim, Emerald Aquatics, Cottage Grove, Oregon;
- Two Mile Cable Swim, Virginia Masters Charlottesville, VA;
- 1-3 Mile Open Water Swim, OHIO Masters, Cleveland, Ohio;

- 3-6 Mile Open Water Swim, LaJolla Cove Swim Club, LaJolla, California;
- 6+ Mile Open Water Swim, Clemson AI Team, Lake Clemson South Carolina

Officials

Works to certify officials for USMS competitions.

This year the committee sent a proposal to USA Swimming allowing certification of Masters officials by working a combination of USA/TJSMS meets.

Records and Tabulations

Keeps track of all records submitted by each LMSC's Top Ten Chair. This is how the organization knows who was fastest in specific events and age/gender classification for each event each year.

This year, the committee proposed a change to the Top Ten section of the USMS web site to improve navigation. There will be a survey of LMSCs to determine the different methods and software used by Top Ten recorders.

Rules

Focuses on the specific rules of competition for pool events.

Rules that underwent changes this year included:

- the backstroke start. Starting in 2001, the toes must be under the water for all starts in all courses.
- referee to be notified in writing of the intent to record an initial split before

the conclusion of the meet.

- short course national championships may be either yards or meters.

Other Committees

Safety, Insurance, Marketing, Finance, Sports Medicine and Awards to name a few.

This year, the USMS Convention was held in Orlando, Florida. So if you think it was a vacation, think again, as we rarely have time to see the outside of the hotel complex, with meetings often times going into the evening. Though it is all work, there is a certain enjoyment since it's all for swimming and the good of the organization.

What's even more special about this convention is that we share the facilities every year with our fellow aquatic sports organizations (USA Swimming, USA Water Polo, USA Diving, US Synchronized Swimming). At the end of each convention is an awards banquet for all of the sports to attend. This year we were introduced to some of the members of the US Olympic swimming and diving teams. Being in the presence of these athletes is very inspiring, even though I am just a low level masters swimmer from the Palouse Washington. One thing is for certain, the young athletes from the other sports recognize USMS as a group of old but very young at heart people who like to have fun swimming!

Swimmer Profile



NAME: Susanne Simpson

AGE: 40

OCCUPATION: Former CPA

SWIM CLUB: Spokane Club Masters

YEARS SWIMMING MASTERS: 3 years

FAVORITE EVENT: 200 Butterfly

WHY: More challenging, and it takes a lot of thought.

FAVORITE FOOD: French Fries

FAVORITE MOVIE: Ferris Bueller's Day Off

FAVORITE AUTHORS: James Michener and John Grisham

FAVORITE MUSIC: Jimmy Buffet

LITTLE KNOWN FACT: Swam in college (University of Washington) for 3 weeks, and then did not get in a pool for the next 15 years.

BEFORE A MEET I: have a double latte

AFTER A MEET I: eat french fries and have a couple of beers.

EDITORS NOTE: Susanne broke three Northwest Zone Records at the Sandpoint West Athletic Club meet last month. Those new records included 400 Meter Freestyle 4:51.28, 800 Meter Freestyle 9:59.36 and the 200 Meter Butterfly 2:39.30. Congratulations Susanne!

SWIMMING ON THE ROAD

If you travel for work, there is no need to miss a swim workout. Many United States Masters Swimming clubs and teams around the country welcome visitors, some for free others for a small drop in charge of up to \$5.00.

It's real easy to find a masters swim club while on the road. Just go to the USMS web site (www.usms.org), and click on the places to swim link. Under that link you will find a wealth of resources of places to swim. Some of the listings are by LMSC (Local Masters Swimming Committee) and then on down to local teams, others are general listings of pools that may or may not have a coached masters workout. One thing is for certain, there usually is a masters workout in most major US cities.

So don't forget to pack your suit and goggles.



2001 United States Masters Swimming & Inland Northwest Masters Member Registration

Register with the name you will use for competition, please print clearly

Last Name			First Name			Middle Initial			For Office Use
Street Address			Apt.#						
City			State			Zip			
Phone (with area code)						Email: (to be used for online newsletter)			

USMS 2001

Date of Birth	Age	Sex	Today's Date
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Team Affiliation (if left blank you will be considered unattached)

- Lake City Masters
- Moscow Chinook Masters
- WSU Masters
- I am a certified USA Swimming Official
- Inland Empire YMCA
- Sandpoint West Athletic Club
- Wenatchee Valley Masters
- I am a certified high school swimming official
- Other _____
- Spokane Club Masters
- Yakima Valley Masters
- Spokane Masters and Tri
- Unattached
- I coach Masters Swimmers

Benefits of membership include:

- ⇒ Subscription to *SWIM Magazine* for the length of the membership
- ⇒ Periodic mailings and emails from the Local Masters Swimming Committee (the *Splashmaster* newsletter)
- ⇒ Secondary accident insurance: in practices supervised by a USMS member or a USS certified coach or in USMS sanctioned meets where all swimmers are USMS registered.
- ⇒ Coached workouts in locations throughout the country when you travel

Where do my registration fees go?

- ⇒ \$15.00 to United States Masters Swimming (\$7.00 for *Swim Magazine* subscription)
- ⇒ \$10.00 to Inland Northwest Local Masters Swimming Committee

2001 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2001)

- New Registration
- Renewal, my current USMS Number is _____
Please check appropriate level
- Individual Registration \$25.00
- Couples Registering together \$45.00
- Senior Registration (age 60+) \$22.50
- Late Year Registration \$15.00 (for anyone registering in September and October only, membership will expire 12/31/2001)

SWIMMING ENDOWMENT FUNDS (Please consider making a donation one or both of these swimming endowment funds.)

United States Masters Swimming Endowment Fund

- In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund


International Swimming Hall of Fame Endowment Fund

- In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund

Mail check and form to: Elin Zander
13927 South Traver Lane
Valleyford, WA 99036

Total Amount Enclosed _____ Make checks payable to: IWMSC
--

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.

SIGNATURE  _____ DATE _____

SPLASHMASTER

Doug Garcia • Washington State University
PO Box 645910 • Pullman WA 99164-5910

Presorted Standard
U.S. Postage Paid
Pullman, WA
Permit No.1

WSU Cougars drown the Washington Huskies

Washington State University made its 123-82 victory over Washington in Gibb Pool look easy. One would wonder why it has taken so long.

The two teams met in Gibb Pool during Apple Cup week, with a record 315 in attendance. Cougar Football Coach Mike Price along with other Cougar gridiron members helped cheer the WSU women to victory.

The Cougar women won seven of 11 events in recording their first-ever dual-meet win against Washington in a rivalry that includes 24 dual meets over 30 years.

The win improved the Cougars' dual-meet record to 3-0 under third-year coach Rocco Aceto.

"It was good for all Cougars, past, present and future, to break this type of dual-meet streak," he said. "This win is a stepping stone for our program, but our focus will continue to be on the Pac-10

and NCAA Championship."

Five additions to WSU's all-time top 10 lists also highlighted the meet.



Andrea-Anne Leroy, freshman from Nanimo, British Columbia, won two individual events and helped lead the 400 medley relay team to victory.

Her time in the 200 individual medley (2:06.87) tied her for second place on the Cougars' all-time list, just .02 seconds off the school record.



Sophomore Melissa Hubley, Dartmouth, Nova Scotia, won the 200 butterfly (2:04.86) and led the victorious 400 medley relay team.

Freshman Taryn Ternent, Edenvale, South Africa, captured the 50 freestyle

(24.01, fourth fastest ever at WSU) and started for the successful 400 freestyle relay team.

Seattle sophomore Jill Olson added a win in the 1,000 freestyle (10:25.54).



The Cougar Women's Swim Team enjoying a successful season.

Photo Courtesy of Washington State University Swimming.