GPLAGHMASTER

VOLUME 5 NUMBER 2

Warm-up Etiquette,

OR A RANT BY A DOUBLE-CHECKING RELUCTANT BACKSTROKER

By Laurie J. Kilbourn

Et Cau

have a modest proposal: let's make 'warm-ups more safe, more fun and more useful, in just a few steps.

Lane selection

The first step happens before you even enter the water. While you're standing at the edge of the pool, dipping your toe in, take a look at the folks already in the lane. If you hear the Sesame Street song "one of these things is not like the others" and you are the swimmer who's not like the others, see if there's another lane with swimmers suited more to your speed. Another fun

CALENDAR OF EVENTS

- February **February Fitness Challenge** (see page 6 for entry form, entry deadline March 17)
- March 8 Wenatchee March Madness Swim Meet (see entry form on page 4, deadline for entries is February 27)
- March Inland NW Masters Short 29 & 30 Course Yards Champs hosted by WSU Masters in Pullman, entry form on page 8, deadline for entries is March 20. No deck entries allowed.
- April 13-14 NW Zone Short Course Yards Championships, Federal Way Washington Entry form on page 11, deadline for entries is March 30. No deck entries allowed.
- May 14-17 USMS Short Course Yards Nationals, Honolulu, Hawaii see *Swim Magazine* for details.

thing to do while tucking your hair into a cap is figuring out which way the established swimmers are circling, and seeing how you can mesh into the lane without causing an uprising of more than just water. Don't we have enough holes in our head and bruises on our bodies without adding more?

Safe entry

"Safe entry" shouldn't sound like the title of a Tom Clancy novel. This means either enter the pool with

one hand on the wall, or using the ladder or stairs to get in the pool. During daily practice warm-ups, safe entry can mean jumping in when the zone near the end of the pool is clear, but it would be nice to check with the coach or lifeguard before trying it. With my young swimmers, the entire area from the wall to the flags should be clear before jumping or diving in, but masters swimmers are supposed to be adults, and adults should be able to decide when it's safe and when they are playing with other people's necks.

Outta my way Third is my favorite rant: the "outta my way" principle. A swimmer always has the right of way over folks who are resting, socializing, staring at the pace clock, or scanning the crowds for familiar faces. Please, just get out of the way. This is especially important when you're trying to count backstroke cycles from the flags to the wall. Speaking personally, I don't feel comfortable swimming in a new facility without

checking to see how many strokes it takes from the flags to the wall. I don't know how many extra lengths of backstroke I've done to get an accurate count, but as backstroke isn't my favorite stroke, rest assured it was way too many. I find if I'm in danger of bonking my head on the wall, I swim more tentatively, and tentative warm-ups yield tentative races.

But back to my point. If you are done, please move to the side of the lane. If the wall is full, start stacking up on the

see WARM UP ETIQUETTE on page 2

BOARD MEETING MINUTES

February 9, 2002 • Spokane Washington

Attendees: Doug Garcia, Larry Krauser, Margaret Hair, Susanne Simpson

Minutes of last meeting (11-24-01) were approved.

Treasurer's Report - The report was received and approved. It was reported that we have approximately \$3,500 in Checking, \$2,000 in a CD, and \$50 in Savings (mandatory). A question was asked if we need that much in checking or could we move it to a the CD? This will be looked into.

Registrar's Report - We have approximately 165 registrations so far this year. At the end of 2001 we had 255.

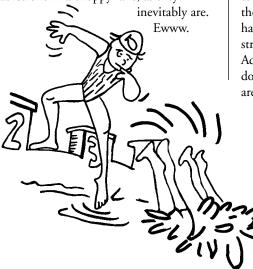
Newsletter Report - The Editor still needs a copy of our non-profit certificate from the IRS. This is so we can get a break on Bulk Rate Mail. Doug will send an e-mail to Jeannie Ensign, former USMS Treasurer and Marie Glynn to see if they have had any luck.

The next *Splashmaster* will be published prior to the Wenatchee meet.

The committee approved paying Doug for film and processing when he takes pictures for the *Splashmaster*.

WARM UP ETIQUETTE from page 1

outgoing side of the lane. I'd much rather start another length of the pool as if I was in open water, warming up my body from a stand-still, than do another length of backstroke in a choppy lane, as they



Top Ten/Data Entry - Top Ten for SCM has been sent in to the National Office.

Meets/Sanctions - The following is the schedule of meets, as we know it:

- March 9, 2002 Wenatchee, March Madness (SCY)
- March 29 & 30, 2002 Pullman, Inland NW Championships (SCY)
- July 21, 2002 Lake Coeur d'Alene, Steve Omi Swim (Open Water)
- 2003 WSU Masters, will host 3000/ 6000 National Postal Championships

We discussed the Inland NW Championships in Pullman. The meet will be Friday and Saturday (Sunday is Easter). On Friday afternoon/evening will be the 400 IM and the 1000/1650 Free option; all other events will be on Saturday. During the last break of the meet, the LMSC Awards ceremony will take place.

The Annual Membership Meeting will take place the end of May/early June - time and location to be announced.

Equipment - We need a new "suitcase" for the printer. The committee authorized

Margaret to spend up to \$100 to replace the "suitcase".

Officials - Elin asked that we have discussion about a Certification Clinic for Officials. The committee would like Elin to make a recommendation including the process to achieve this. Do we need additional Officials and how will they stay current?

Clinics - Doug Garcia will organize a swim clinic to take place this fall.

New Business - ASA, Adult Swimming Association. This is a new organization started by Keith Bell in Texas. Keith says it will complement USMS. He wanted us to have available registration forms at the meet today (we delayed until this meeting to discuss). They have age groups in oneyear increments and World Records for all age groups. World Records would be available in short course yards. It is the committee's recommendation that we want for an official stance by USMS before proceeding. Please go to USMS web discussion site for more information.

Push off and stop in the middle of the lane I know it's fun to push off the wall with great gusto and chase the unsuspecting person ahead of you, but c'mon, if you're moving faster than I am, give me a chance to get out of the way, rather than leaving the wall less than two seconds after I do. I have seen too many swimmers take a few strokes and stop in the middle of a lane. Adjusting your goggles is a good thing to do before a race, but unless your eyeballs are bulging like a leftover Halloween gag,

try to finish the length before stopping. Some slower swimmers are guilty of false advertising with a peppy push off, only to slowly kick or drill to the other wall. Please feel free to change lanes when you change techniques, and I'll feel free to do the same. The time spent



getting to know the details of another lane is negligible compared with the time wasted apologizing to me for kicking me in the stomach.

Respect

Pretty much sums it all up right there, doesn't it? See you in the pool!

Laurie Kilbourn, a competitive swimmer for over 20 years, is a coach for the Tualatin Hills Barracudas Masters Swim Team in Oregon

Ten Inland NW Swimmers Crack the 2001 Short Course Meters Top 10

Ten Inland NW Masters swimmers participating in this Fall's meet in Sandpoint qualified for the National Top-Ten category. This means these individuals swam one of the ten fastest times in the country in their age group for that particular event. Considering there are over 40,000 USMS registered swimmers nation wide, this is no small feet.

After each meet, our Top-Ten and Records Chair Margaret Hair, submits the times of all swims to the national records and tabulations committee, and volunteers compare those time to other times across the country to come up with the list of the ten best swims in each category. The number one swim is considered an All-American swim.

Top-Ten lists are kept for short course yards and meters as well as for long course meters. You can learn more about the Top-Ten program by visiting the USMS web site at www.usms.org.

Patches are available to those swimmers who reach the Top-Ten category. To learn more, go to www.swimgold.com

Women 19-24

Kami Blood (SWAC) 800 Freestyle 9th @ 13:10.38 Jennifer Weidert (IEY) 50 Backstroke 5th @ 34.98, 200 Backstroke 7th @ 2:57.80, 50 Breaststroke 7th @ 38.45), 100 Breaststroke 4th @ 1:21.98

Women 40-44

Susanne Simpson (SCM) 50 Freestyle 10th @ 29.64), 800 Freestyle 2nd @ 9:56.22, 50 Butterfly 3rd @ 31.85, 200 Butterfly 2nd @ 2:38.43

Women 55-59

Suzanne Dills (SCM) 800 Freestyle 2nd @ 12:05.78, 100 Butterfly 3rd @ 1:36.90, 100 Individual Medley 5th @ 1:30.22

Women 70-74 Madonna Buder (UNA) 800 Freestyle 9th @ 18:02.11, 100 Breaststroke 10th @ 2:35.19

Women 80-84

Jean Rudolph (MCM) 50 Freestyle 8th @ 1:03.12, 100 Freestyle 7th @ 2:26.57, 50 Backstroke 6th @ 1:11.03, 50 Breaststroke 9th @ 1:36.39, 100 Individual Medley 5th @ 2:57.45

Men 45-49

Larry Krauser (SCM) 100 Freestyle 10th @ 59.15, 800 Freestyle 3rd @ 9:47,81

Men 80-84

Imre Schmidt (SWAC) 100 Freestyle 9th @ 1:59.71, 800 Freestyle 3rd @ 19:38.27, 50 Breaststroke 9th @ 1:03.82

Men 85-89

Chuck Woolls (UNA) 50 Freestyle 5th @ 1:03.85, 100 Freestyle 4th @ 2:38.01), 50 Backstroke (8th @ 1:22.24)

Relays 200+

(SCM) Suzanne Dills, Michael Veith, Susanne Simpson, Larry Krauser; Mixed 800 Freestyle Relay 1st @ 9:36.62, New National Record

Inland Northwest Masters Swimming Committee BOARD AND TEAM REPRESENTATIVES

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Send editorial comments to: Doug Garcia, Splashmaster Editor

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Corrections to this list should be sent to the Splashmaster Editor

WENATCHEE VALLEY MASTERS PRESENTS March Madness Swim Meet SATURDAY MARCH 9, 2002

DATE/TIMES: Sunday, March 9, 2002. 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 States Masters Swimming Inc. (USMS) Sanction number 352309.

ELIGIBILITY: All swimmers must be currently registered IWMSC/ USMS swimmers. New IWMSC/USMS registrations (found in the *Splashmaster*) should be sent to Sue Dills 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 2002 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

DEADLINE: All entires must be postmarked by February 27, 2002. Incomplete or late entries will be treated as "deck entries."

FEES: \$8.00 for entries sent before February 27, \$12.00 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

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

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

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 27, 2002
MAIL ENTRIES TO:	Margaret Hair
	408 Vista Drive
	Coeur d'Alene, ID 83815
ENTRY FEE:	\$8.00 prior to February 27
	\$12.00 for Deck Entries
CHECKS PAYABLE TO:	IWMSC

NAME	O MALE O FEMALI	E BIRTHDATE AGE
IDDRESS	CITY, STATE, ZIP	
HONE	USMS #	TEAM
SHORT COURSE YARD TIM	ES PLEASE · MAXIMUM OF 5 IND	IVIDUAL AND 3 RELAY EVENTS.
1) 400 Y Individual Medley	7) 100 Y Freestyle	14) 200 Y Medley Relay
2) 1650 Y Freestyle	8) 200 Y Individual Medley	15) 200 Y Butterfly
If you are doing the 1650, would you be	10 MINUTE BREAK	16) 100 Y Backstroke
willing to share the lane with one other swimmer. O Yes O No	9) 200 Y Mixed Medley Relay	17) 200 Y Freestyle
SECOND WARM UP	10) 50 Y Backstroke	18) 50 Y Breaststroke
3) 200 Y Freesyle Relay	11) 100 Y Butterfly	10 MINUTE BREAK
 4) 50 Y Butterfly 	12) 50 Y Freestyle	19) 100 Y Individual Medley
5) 100 Y Breaststroke	13) 200 Y Breaststroke	20) 500 Y Freestyle
6) 200 Y Backstroke	10 MINUTE BREAK	Other relay distances available.

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 SWIM-MING, 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.

DATE

Tips to Help You Keep Exercising

The advances of modern technology from electric can openers to power steering to TV—have made our lives more comfortable and much less physically demanding. Yet, research has shown that our bodies still need physical activieity for physical and mental well-being, and maintaining a healthy weight.

The President's Council on Physical Fitness and Sports suggests the following tips to keep you exercising:

- Adopt a specific plan and write it down.
- Choose activities that you enjoy.
- Keep settgin realistic short-term goals as you go along, and remind yourself of them often.
- Set aside a regular exercise time.
- Vary you exercise program.

- Keep a log to record your progress and make sure to keep it up-to-date.
- Upgrade your fitness program as you progress.
- Enlist the support and company of your family and friends.
- Update others on your successes.
- Avoid injuries by pacing yourself and inlude a warm-up and cool down period as part of every workout.
- Reward yourself periodically for a job well d one!

Remember to check with your doctor before embarking on an exercise program. For free booklets on personal exercise programs, visit the President's Council on Physical Fitness and Sports web site at www.fitness.gov

-Exercise and Weight Control booklet, President's Council on Physical Fitness and Sports.

From the Editor

by Doug Garcia, Splashmaster Editor

The last two events of the Inland NW Masters short course season are the Wenatchee meet on March 9 and the Championship (Champs) meet in Pullman on March 29 and 30.

The Champs meet was originally scheduled for March 30 and 31. When the Inland NW Masters board met in Spokane recently, we realized that March 31 was Easter Sunday and a good number of our swimmers, timers and officials would be spending that Sunday with their families, so the meet has been moved to a Friday March 29 and Saturday March 30 schedule.

The Pacific NW Association will be hosting the NW Zone meet on April 13 and 14 in Federal Way. This group puts on a great meet, especially considering their world class pool, the King County Aquatic Center. If you have not participated in a large Masters meet, you should participate in this one, with over 200 swimmers expected, it will be a lot of fun.

The entry forms for all three meets can be found in this issue of the Splashmaster.

Awards and Annual Meeting

Inland NW Masters honors swimmers with four annual awards, those are: the high point male and female swimmer as determined by points accumulated during the short course season, and the most inspirational and dedicated as identified by your nominations to the recognition committee. Traditionally, these awards are handed out at the annual banquet during the Champs meet. Because of the Easter holiday, we will not be having a banquet during this year's Champs meet. These awards will be handed out during the final break of the Champs meet on Saturday (just before the 500 Freestyle). Please submit your nominations when you submit your meet entry forms.

Our bylaws also require us to have an annual membership meeting, where members can conduct business. The past few years we have been having a business meeting in late May or early June in addition to the gathering at the Champs meet. The Inland NW Masters board will again meet during this time frame. The meeting, as are all Masters swimming meetings, will be open to anyone, and will be announced in the next issue of the *Splashmaster*.

inland northwest masters Swimmer Profile



NAME: Vicki Marsh

age: 39

OCCUPATION: Health and Fitness Coordinator for the Downtown YMCA and Assistant Coach for Spokane Area Swimming

SWIM CLUB: Inland Empire YMCA

FAVORITE EVENT: 50 and 100 Breast, and the 100 IM when I'm feeling great.

WHY: I have good dives, turns and pull outs for the Breast

FAVORITE FOOD: Mexican, beer, good pizza, anything but liver and onions

FAVORITE MOVIE: Saturday Night Fever

FAVORITE MUSIC: Disco

FAVORITE BOOK: Skipping Christmas by John Grisham

LITTLE KNOWN FACT: The older I get the faster I was.

BEFORE A MEET I: a double tall latte

AFTER A MEET I: a good meal and a beer



SWIM MEET RESULTS 2002 FEBRUARY FOLIC SWIM MEET (SPOKANE CLUB

February 9, 2002 • Spokane Washington

WOMEN'S EVENTS

Women 19-24

50 Yard Freestyle			
Sadie Kuhlman	23	0:29.92	UNA
Kelly Crandell	21	0:30.18	WSU
Heather Heuer	22	0:33.82	WSU
200 Yard Freestyl	6		
Kelly Crandell	21	2:25.08	WSU
50 Yard Backstrol		2.23.00	1150
Jennifer Weidert	23	0.21 20	IEY
Sadie Kuhlman	23	0:31.39 0:37.25	UNA
		0:57.25	UNA
50 Yard Breaststr			
Jennifer Weidert	23	0:34.88	IEY
Sadie Kuhlman	23	0:40.71	UNA
100 Yard Breasts			
Jennifer Weidert	23	1:16.17	IEY
Kelly Crandell	21	1:23.32	WSU
Heather Heuer	22	1:34.69	WSU
50 Yard Butterfly			
Jennifer Weidert	23	0:30.40	IEY
Sadie Kuhlman	23	0:34.01	UNA
Kelly Crandell	21	0:34.30	WSU
100 Yard Individu	ial N	1edlev	
Sadie Kuhlman	23	1:20.07	UNA
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Vicki Marsh 200 Yard Individu Vicki Marsh 50 Yard Freestyle Susanne Simpson Cindy Clutter 100 Yard Freestyl Cindy Clutter 200 Yard Freestyl Susanne Simpson Cindy Clutter 1000 Yard Freestyl Susanne Simpson 50 Yard Backstrol	39 Jual M 39 n 40 41 42 e 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 42 e 41 42 42 e 41 42 42 e 41 42 42 e 41 42 42 e 41 42 42 e 41 42 41 42 41 42 41 42 41 42 41 42 41 42 41 42 41 42 41 42 41 42 41 42 41 42 41 42 41 42 41 42 41 41 41 41 41 41 41 41 41 41	1:12.56 Aedley 2:37.82 0:27.11 0:33.26 1:13.10 2:29.86 2:37.67 5:30.69 6:58.66	IEY SCM LCM UCM SCM LCM SCM
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Vicki Marsh 200 Yard Individu Vicki Marsh 50 Yard Freestyle Susanne Simpson Cindy Clutter 100 Yard Freestyl Cindy Clutter 200 Yard Freestyl Susanne Simpson Cindy Clutter 1000 Yard Freestyl Susanne Simpson 50 Yard Backstrol	39 39 39 41 42 e 42 e 41 42 e 41 42 41 42 41 42 41 42 41 42 41	1:12.56 Aedley 2:37.82 0:27.11 0:33.26 1:13.10 2:29.86 2:37.67 5:30.69 6:58.66 11:07.45	IEY SCM LCM UCM SCM LCM SCM
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Vicki Marsh 200 Yard Individu Vicki Marsh 50 Yard Freestyle Susanne Simpson Cindy Clutter 100 Yard Freestyl Cindy Clutter 200 Yard Freestyl Loretta Dragoo Cindy Clutter 1000 Yard Freestyl Susanne Simpson 50 Yard Breestyl Susanne Simpson 50 Yard Breestyl 50 Yard Breestyl	39 Jal N 39 41 42 e 42 42 42 42 42 41 42 42 41 42 42 41 42 41 42 42 41 42 42 41 42 42 41 42 42 42 41 42 42 42 42 42 42 42 42 42 42	1:12.56 Aedley 2:37.82 0:27.11 0:33.26 1:13.10 2:29.86 2:37.67 5:30.69 6:58.66 11:07.45 0:36.77	IEY SCM LCM LCM WSU LCM SCM SCM WSU
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Vicki Marsh 200 Yard Individi Vicki Marsh 50 Yard Freestyle Susanne Simpson Cindy Clutter 100 Yard Freestyl Cindy Clutter 200 Yard Freestyl Loretta Dragoo Cindy Clutter 500 Yard Freestyl Susanne Simpson 50 Yard Backstrol Loretta Dragoo 50 Yard Breaststr Loretta Dragoo 50 Yard Breaststr Loretta Dragoo 100 Yard Butterfil Susanne Simpson 200 Yard Butterfil Susanne Simpson	39 Jal N 39 n 40 41 42 e 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 f f f f f f f f	1:12.56 Aedley 2:37.82 0-44 0:27.11 0:33.26 1:13.10 2:29.86 2:37.67 5:30.69 6:58.66 11:07.45 0:36.77 0:41.34 1:02.66 2:22.94	IEY SCM LCM UCM SCM LCM SCM SCM WSU WSU
Vicki Marsh 200 Yard Individu Vicki Marsh 50 Yard Freestyle Susanne Simpson Cindy Clutter 100 Yard Freestyl Cindy Clutter 200 Yard Freestyl Loretta Dragoo Cindy Clutter 500 Yard Freestyl Susanne Simpson 50 Yard Breestyl Susanne Simpson 100 Yard Butterfi Susanne Simpson 200 Yard Butterfi Susanne Simpson 100 Yard Individu	39 Jal N 39 n 40 41 42 e 42 e 41 42 e 41 42 e 41 42 e 42 e 41 42 e 42 e 41 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 42 e 41 i e 41 i i i i i i i i	1:12.56 Aedley 2:37.82 0-44 0:27.11 0:33.26 1:13.10 2:29.86 2:37.67 5:30.69 6:58.66 11:07.45 0:36.77 0:41.34 1:02.66 2:22.94 Aedley	IEY SCM LCM UCM SCM SCM WSU WSU SCM SCM
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Women 45-49

100 Yard Freestyl	e		
Margaret Hair	46	1:07.65	LCM
100 Yard Breasts	troke		
Margaret Hair	46	1:28.23	LCM
200 Yard Breasts	troke	•	
Margaret Hair	46	3:06.49	LCM
200 Yard Butterf	ly .		
Margaret Hair	46	2:58.31	LCM
200 Yard Individ	ual M	edley	
Margaret Hair	46	2:46.93	LCM
Women 50-54			
Wome	n 50	-54	
Wome 50 Yard Backstrol		-54	
	ke		WVM
50 Yard Backstrol	ke 54		WVM
50 Yard Backstrol Shirley Schreiber	ke 54 oke	0:46.32	
50 Yard Backstrol Shirley Schreiber 100 Yard Backstro	ke 54 oke 54	0:46.32	
50 Yard Backstrol Shirley Schreiber 100 Yard Backstro Shirley Schreiber	ke 54 0ke 54 54	0:46.32	WVM
50 Yard Backstrol Shirley Schreiber 100 Yard Backstro Shirley Schreiber 200 Yard Backstro	ke 54 54 54 54 0ke 54	0:46.32 1:38.76 3:26.71	WVM
50 Yard Backstrol Shirley Schreiber 100 Yard Backstro Shirley Schreiber 200 Yard Backstro Shirley Schreiber	ke 54 54 54 54 54 54 10 ke	0:46.32 1:38.76 3:26.71 edley	WVM WVM

women 55-5

wonier		, ,,	
50 Yard Freestyle			
Pat Sharp Brown	57	0:39.45	SCM
Pat Kling	56	0:40.92	UNA
Ann Gouk	55	0:44.32	WKM
100 Yard Freestyle	е		
Pat Sharp Brown	57	1:24.43	SCM
Pat Kling	56	1:32.16	UNA
Ann Gouk	55	1:42.02	WKM
200 Yard Freestyle	е		
Ann Gouk	55	3:43.99	WKM
1000 Yard Freesty	le		
Virginia Lane	55	21:13.23	LSD
100 Yard Backstro	ke		
Pat Sharp Brown	57	1:42.86	SCM
Ann Gouk	55	2:17.35	WKM
200 Yard Backstro	ke		
Virginia Lane	55	4:29.92	LSD
50 Yard Breaststro	oke		
Pat Sharp Brown	57	0:44.51I	SCM
Pat Kling	56	0:47.94	UNA
Ann Gouk	55	0:56.84	WKM
100 Yard Breastst	rok	e	
Pat Sharp Brown	57	1:41.73	SCM
Pat Kling	56	1:50.87	UNA
200 Yard Breastst		e	
Pat Kling	56	3:50.02	UNA
50 Yard Butterfly			
Virginia Lane	55	1:12.18	LSD
100 Yard Individu	al I	Medley	
Virginia Lane	55	2:19.54	LSD
Womer		60	
women	10.	5-09	
50 Yard Freestyle			
A. Barbara Roberts		0:44.72	WKM
100 Yard Freestyle			
A. Barbara Roberts	65	1:40.61	WKM

50 Yard Butterfly A. Barbara Roberts	65	1:03.06	WKM	
100 Yard Individual Medley				
A. Barbara Roberts	65	2:06.46	WKM	
Wome	Women 70-74			
50 Yard Freestyle				
Mary Ellen Murray	70	0:42.71I	UNA	
Annette Orton	70	1:21.12	SWA	
100 Yard Freestyl	e			
Mary Ellen Murray	70	1:38.59I	UNA	
50 Yard Backstrok	æ			
Mary Ellen Murray	70	0:54.06I	UNA	
Annette Orton	70	1:43.04	SWA	
50 Yard Breaststre	oke			
Annette Orton	70	1:50.65	SWA	
50 Yard Butterfly				
Mary Ellen Murray	70	0:58.63I	UNA	
100 Yard Individu	ial M	edley		
Mary Ellen Murray	70	1:57.09I	UNA	
Annette Orton	70	3:46.44	SWA	

MEN'S EVENTS

Men 30-34			
50 Yard Freestyle			
Roy Berg	33	0:25.47	SCM
Matthew Johnson	30	0:28.96	WSU
Brian Hall	31	0:31.80	МСМ
100 Yard Freestyl	e		
Roy Berg	33	0:54.24	SCM
Ryan Moore	32	0:57.89	МСМ
Matthew Johnson	30	1:05.98	WSU
200 Yard Freestyl	е		
Matthew Johnson	30	2:36.74	WSU
50 Yard Backstrok	æ		
Ryan Moore	32	0:30.41	мсм
100 Yard Backstro	oke		
Ryan Moore	32	1:05.01	мсм
200 Yard Backstro	ke		
Ryan Moore	32	2:25.13	мсм
50 Yard Breaststr	nko		
Roy Berg	33	0:32.46	SCM
Brian Hall	31	0:39.88	MCM
100 Yard Breastst	roko		
Brian Hall	31	1:34.30	мсм
50 Yard Butterfly	51	1.54.50	men
Roy Berg	33	0:27.10	SCM
Brian Hall	33 31	0:27.10	MCM
Brian nate			мсм
100 Yard Individu		2	мсм
Ryan Moore Brian Hall	32 31		МСМ МСМ
DIIdii Hall	31	1:23.79	MUM
Men	40-4	44	
50 Yard Freestyle			

50 Yard Freestyle	2		
Thomas Lamar	41	0:28.75	мсм
Tim Dring	41	0:29.30	IEY
Doug Garcia	40	0:32.39	WSU
100 Yard Freesty	le		
Thomas Lamar	41	1:02.41	мсм
Tim Dring	41	1:06.30	IEY
Doug Garcia	40	1:10.38	WSU

200 Yard Freestyle Thomas Lamar 41 2:23.18 MCM Doug Garcia 40 2:48.43 WSU 500 Yard Freestyle Thomas Lamar 41 6:24.43 MCM A. Glenn Mabile 41 7:34.55 LCM 1000 Yard Freestyle David Hellenthal 41 13:42.25 SCM 50 Yard Backstroke Brian Johnson 40 0:30.23 MCM 100 Yard Backstroke 40 1:04.42 MCM Brian Johnson A. Glenn Mabile 41 1:31.08 LCM 200 Yard Backstroke 2:24.90 MCM Brian Johnson 40 41 3:21.61 LCM A. Glenn Mabile 50 Yard Breaststroke Bernard Kingsly 43 0:31.81 NSM 50 Yard Butterfly Bernard Kingsly 43 0:26.95 NSM Tim Dring 41 0:33.46 IEY 100 Yard Butterfly Bernard Kingsly 43 0:59.93 NSM A. Glenn Mabile 41 1:43.02 LCM 100 Yard Individual Medley Bernard Kingsly 43 1:02.65 NSM Brian Johnson 40 1:03.65 MCM Tim Dring 41 1:21.52 IEY 200 Yard Individual Medley 40 2:28.79 MCM Brian Johnson 41 2:32.82 MCM Thomas Lamar Doug Garcia 40 3:01.68 WSU 400 Yard Individual Medley Bernard Kingsly 43 5:15.97 NSM Men 45-49

50 Yard Freestyle	•		
Larry Krauser	48	0:23.63	SCM
Rod Wharton	45	0:27.08	LCM
Bernard Sauvé	47	0:28.59	WVM
Jack Bell	48	0:28.76	мсм
Richard Dragoo	49	0:32.70	WSU
100 Yard Freesty	le		
Richard Green	49	0:56.86	IEY
Rod Wharton	45	0:58.58	LCM
Robert Morrison	47	0:59.16	UNA
Bill Triol	47	1:01.59	WKM
Bernard Sauvé	47	1:02.15	WVM
Jack Bell	48	1:03.32	МСМ
200 Yard Freesty	le		
Rod Wharton	45	2:16.41	LCM
Stephen Murray	45	2:17.56	SMT
1000 Yard Freest	yle		
Larry Krauser	48	11:06.94	SCM
Stephen Murray	45	13:07.84	SMT

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

A. Barbara Roberts 65 19:14.48 WKM

1000 Yard Freestyle

50 Yard Backstrol			ccu
Larry Krauser	48	0:30.04	SCM
100 Yard Backstro Rod Wharton	оке 45	1:13.82	LCM
Bill Triol	4J 47	1:20.74	WKM
200 Yard Backstro			
Richard Green	49	2:29.16	IEY
Rod Wharton	45	2:48.74	LCM
50 Yard Breaststr			
Robert Morrison	47	0:32.62	UNA SCM
Larry Krauser Bernard Sauvé	48 47	0:34.64 0:34.77	WVM
100 Yard Breasts			
Robert Morrison	47	1:14.25	UNA
Bernard Sauvé	47	1:19.11	WVM
200 Yard Breastst		•	
Robert Morrison	47	2:49.33	UNA
50 Yard Butterfly		0 07 407	ccu
Larry Krauser Jack Bell	48 48	0:27.13I 0:31.80	SCM MCM
100 Yard Butterfl		0.51.00	mem
Bill Triol	. y 47	1:12.70	WKM
Jack Bell	48	1:19.76	МСМ
100 Yard Individu	ial M		
Robert Morrison	47	1:10.57	UNA
Bernard Sauvé Jack Bell	47 70	1:12.55	WVM MCM
200 Yard Individu	48 1 - M	1:15.61	MCM
Richard Green	49	2:31.56	IEY
50 Yard Breaststr		210 210 0	
Stephen Murray	45	2:43.62	SMT
400 Yard Individu	ial M	edley	
Bill Triol	47	6:06.28	WKM
Men	50-5	54	
200 Yard Backstro	nke		
Scott Thompson		2.57 16	TEV
Scott Thompson	51	2:57.16	IEY
50 Yard Butterfly	51		
50 Yard Butterfly Scott Thompson	51 51	0:32.77	IEY IEY
50 Yard Butterfly	51 51	0:32.77	
50 Yard Butterfly Scott Thompson 400 Yard Individu Scott Thompson	51 51 Jal M 51	0:32.77 edley 5:47.41	IEY
50 Yard Butterfly Scott Thompson 400 Yard Individu Scott Thompson Men	51 51 Jal M 51 55-5	0:32.77 edley 5:47.41	IEY
50 Yard Butterfly Scott Thompson 400 Yard Individu Scott Thompson Men 50 Yard Freestyle	51 51 Jal M 51 55-5	0:32.77 Iedley 5:47.41	IEY IEY
50 Yard Butterfly Scott Thompson 400 Yard Individu Scott Thompson Men 50 Yard Freestyle Steve Wolcott	51 51 Jal M 51 55-5 56	0:32.77 ledley 5:47.41 59	IEY
50 Yard Butterfly Scott Thompson 400 Yard Individu Scott Thompson Men 50 Yard Freestyle Steve Wolcott Wayne Brown	51 51 51 51 55-5 56 59	0:32.77 Iedley 5:47.41	IEY IEY UNA
50 Yard Butterfly Scott Thompson 400 Yard Individu Scott Thompson Men 50 Yard Freestyle Steve Wolcott	51 51 51 51 55-5 56 59	0:32.77 ledley 5:47.41 59	IEY IEY UNA
50 Yard Butterfly Scott Thompson 400 Yard Individu Scott Thompson 60 Yard Freestyle Steve Wolcott Wayne Brown 100 Yard Freestyl Steve Wolcott Wayne Brown	51 51 51 55-5 55-5 56 59 .e 56 59	0:32.77 edley 5:47.41 59 0:29.01 0:29.58	IEY IEY UNA WVM UNA
50 Yard Butterfly Scott Thompson 400 Yard Individu Scott Thompson 60 Yard Freestyle Steve Wolcott Wayne Brown 100 Yard Freestyl Steve Wolcott Wayne Brown 200 Yard Freestyl	51 51 51 51 55-5 56 59 .e 56 59 .e	0:32.77 edley 5:47.41 59 0:29.01 0:29.58 1:01.58 1:08.13	IEY IEY UNA WVM UNA WVM
50 Yard Butterfly Scott Thompson 400 Yard Individu Scott Thompson 50 Yard Freestyle Steve Wolcott Wayne Brown 100 Yard Freestyl Steve Wolcott Wayne Brown 200 Yard Freestyl Steve Wolcott	51 51 51 55-5 55-5 56 59 e 56 59 e 56 59	0:32.77 edley 5:47.41 59 0:29.01 0:29.58 1:01.58	IEY IEY UNA WVM UNA
50 Yard Butterfly Scott Thompson 400 Yard Individu Scott Thompson 50 Yard Freestyle Steve Wolcott Wayne Brown 100 Yard Freestyl Steve Wolcott Wayne Brown 200 Yard Freestyl Steve Wolcott 50 Yard Breaststr	51 51 51 55-5 55-5 56 59 e 56 59 e 56 59 e 56 59 ce 56 59	0:32.77 edley 5:47.41 59 0:29.01 0:29.58 1:01.58 1:08.13 2:24.82	IEY IEY UNA WVM UNA WVM UNA
50 Yard Butterfly Scott Thompson 400 Yard Individu Scott Thompson 50 Yard Freestyle Steve Wolcott Wayne Brown 100 Yard Freestyl Steve Wolcott Wayne Brown 200 Yard Freestyl Steve Wolcott 50 Yard Breaststr Wayne Brown	51 51 51 55-5 55 50 e 56 59 e 56 59 e 56 59 ce 56 59	0:32.77 edley 5:47.41 59 0:29.01 0:29.58 1:01.58 1:08.13 2:24.82 0:36.24	IEY IEY UNA WVM UNA WVM UNA
50 Yard Butterfly Scott Thompson 400 Yard Individu Scott Thompson 50 Yard Freestyle Steve Wolcott Wayne Brown 100 Yard Freestyl Steve Wolcott Wayne Brown 200 Yard Freestyl Steve Wolcott 50 Yard Breaststr Wayne Brown 100 Yard Breaststr	51 51 51 55-5 50 50 50 50 50 50 50 50 50 50 50 50 50	0:32.77 edley 5:47.41 59 0:29.01 0:29.58 1:01.58 1:08.13 2:24.82 0:36.24	IEY IEY UNA WVM UNA WVM UNA
50 Yard Butterfly Scott Thompson 400 Yard Individu Scott Thompson 50 Yard Freestyle Steve Wolcott Wayne Brown 100 Yard Freestyl Steve Wolcott Wayne Brown 200 Yard Freestyl Steve Wolcott 50 Yard Breaststr Wayne Brown 100 Yard Breaststr Wayne Brown	51 51 ial M 51 55-5 56 59 e 56 59 e 56 59 e 56 59 c k 56 59 c 56 59 c 56 59 c 56 59 c 56 59 c 56 59 c 57 50 57 50 57 50 50 50 50 50 50 50 50 50 50 50 50 50	0:32.77 edley 5:47.41 59 0:29.01 0:29.58 1:01.58 1:08.13 2:24.82 0:36.24	IEY IEY UNA WVM UNA WVM UNA
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50 Yard Butterfly Scott Thompson 400 Yard Individu Scott Thompson 50 Yard Freestyle Steve Wolcott Wayne Brown 100 Yard Freestyl Steve Wolcott 50 Yard Breestyl Steve Wolcott	51 51 51 55 55 56 59 e 56 59 ce 56 59 ce 56 59 56 59	0:32.77 edley 5:47.41 59 0:29.01 0:29.58 1:01.58 1:08.13 2:24.82 0:36.24 1:23.77 DQ	IEY IEY UNA WVM UNA WVM WVM
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George Spomer

64 19:25.94 MCM

50 Yard Freestyle	е		
Jack Bevier	69	0:34.69	WVM
100 Yard Freesty			
Jack Bevier	69	1:20.30	WVM
200 Yard Freesty			
Jack Bevier	69	3:12.11	WVM
500 Yard Freesty			
Jack Bevier	69	9:04.60	WVM
1000 Yard Freest	•	40.00.57	
Jack Bevier	69	18:08.57	WVM
Mer	ı 70-7	74	
50 Yard Freestyl	е		
Clark Thompson	70	0:40.82	YVM
William Bresko	74	0:46.85	UNA
100 Yard Freesty	le		
Clark Thompson	70	1:19.21	YVM
200 Yard Freesty	/le		
Clark Thompson	70	3:02.34	YVM
500 Yard Freesty	/le		
Clark Thompson	70	8:40.04	YVM
50 Yard Backstro	oke		
William Bresko	74	1:04.77	UNA
50 Yard Breastst	roke		
Clark Thompson	70	0:48.64	YVM
William Bresko	74	0:50.40	UNA
100 Yard Breasts	stroke	2	
William Bresko	74	2:06.23	UNA
Men	′s 85-	89	
50 Yard Freestyl	<u>م</u>		
Charles Woolls	86	1:00.80I	UNA
100 Yard Freesty	مار		
Charles Woolls	86	2:40.10	UNA
50 Yard Backstro		20100120	0
Charles Woolls	86	1:23.23	UNA
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Charles Woolls	86	3:07.40	UNA
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RELA	Y <u>ev</u> e	NTS	
Men's 200 Yard I	_		
MCM	25+	1:55.23	
Jack Bell	48	1.55.25	
Thomas Lamar	41		
Ryan Moore	32		
Brian Johnson	40		
Men's 200 Yard I	Medle	y Relav	
MCM	25+	2:06.90	
Ryan Moore	32		
Prian Johnson	10		

Men 65-69

Brian Johnson 40 Jack Bell 48 Thomas Lamar 41 Mixed 200 Yard Freestyle Relay WSU 19+ 2:03.16s Kelly Crandell 21 Matthew Johnson 30 **Richard Dragoo** 49 Heather Heuer 22

Eight New Records Established at February Folic Meet

There were 45 swimmers at the Spokane Club February Frolic Swim Meet. This was the first meet to be held by the Spokane Club Masters (SCM) in a number of years. The men's 45-49 age group was the most hotly contested group with six men participating.

Mary Ellen Murray (70), who swims unattached and was participating in her first meet, established five new Inland NW Masters records in the women's 70-74 age group. Her records included: a :42.71 in the 50 yard Freestyle, a 1:38.59 in the 100 yard Freestyle, a :54.06 in the 50 yard Backstroke, in the 50 Butterfly she set a new record at :58.63 and finally in the 100 yard Individual Medley her time of 1:57.09 established a new record.

Other records set included: the women's 55-59 age group 50 yard Breaststroke as swam by Pat Sharp Brown who went a :44.51, the men's 45-49 age group 50 yard Butterfly as swam by Larry Krauser with a time of :27.13. Our Canadian friend from the Nelson BC area, Chuck Woolls, established a new record in the men's 85-89 age group for the 50 yard Freestyle going a 1:00.80.

Season Team Points

Through the end of the Spokane Club February Frolic Meet

Spokane Club Masters (SCM) Moscow Chinook Masters (MCM) Sandpoint West Athletic Club Masters (SV Washington State University Masters (WS Lake City Masters (LCM) Inland Empire YMCA Masters (IEY) Wenatchee Valley Masters (WVM) Yakima Valley Masters (YVM) Spokane Masters and Tri (SMT)	278 WA) 262 SU) 220 194 165
Spokane Masters and Tri (SMT) North Spokane Masters (NSM)	12

Season Individual Points

The top 20 swimmers through the end of the Spokane Club February Frolic Meet

1.	Susanne Simpson (SCM) 80	
2.	Margaret Hair (LCM)72	
3.	A. Barbara Roberts (WKM) 72	
4.	Charles Woolls (UNA)	
5.	Bernard Kingsly (NSM) 60	
6.	Jennifer Weidert (IEY) 60	
7.	Ryan Moore (MCM)	
8.	Larry Krauser (SCM)	
9.	Thomas Lamar (MCM)54	
10.	Vicki Marsh (IEY)	
11.	Mary Ellen Murray (UNA) 50	
12.	William Bresko (UNA)	
13.	Jean Rudolph (MCM)	
14.	Sister Madonna Buder (UNA) 46	
15.	Rod Wharton (LCM)	
16.	Pat Kling (UNÀ)	
17.	Cindy Clutter (LCM) 42	
18.	Bill Triol (WKM)	
19.	Annette Orton (SWA)	
20.	Michael Veith (SCM)	

WASHINGTON STATE UNIVERSITY MASTERS PRESENTS INLAND NORTHWEST MASTERS (HAMPIONSHIPS

FRIDAY AND SATURDAY MARCH 29 & 30

DATE/TIMES: Friday, March 29 warm-up starts at 6:30 pm, meet starts at 7:30 pm. Saturday March 30 warm-up starts at 10:00 am, event 4 will begin at 11:00 am.

SPONSOR: Washington State University Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3520330.

ELIGIBILITY: All swimmers must be currently registered USMS swimmers. New registrations 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 2002 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

DEADLINE: All entires must be postmarked by March 20, 2002.

FEES: \$12.00, make checks payable to: IWMSC. Cash will not be accepted with entry forms or at the meet. **NO DECK ENTRIES.**

CONDUCT OF THE MEET: Each participant may swim six individual (no more than five in one day), and four relay events.

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.

AWARDS: Ribbons will be available free of charge.

LODGING: University residence halls will not be available for this year's meet. Go to http://www.aswsu-ddp.wsu.edu/new/Info/ Lodging.asp and scroll down for a list of area motels. The House Our Swimmers Tonight (HOST) program will also be available, please contact meet director Doug Garcia (see below) for details.

DIRECTIONS: *From Spokane*, take Highway 195 south to Pullman. Turn left at first stop light onto Grand Ave, go north on Grand to Stadium Way, and turn right. Follow Stadium Way to Colorado St., turn right. The WSU Athletic Complex will be on your left. *From Moscow*, Idaho, turn right onto Stadium Way travel to Colorado Street, and turn left. The WSU Athletic Complex will be on your left. *Gibb Pool* is in the Physical Education Building, next to the building with curved glass front. Do not park in the grey zone across from the pool, meters are ticketed on the weekends. Follow all parking signs.

QUESTIONS: Contact Meet Director Doug Garcia at 509-332-1621 evenings before 9 pm please, or email douggarcia@usms.org.

	M 1 20 2002
POSTMARKED BY:	March 20, 2002
MAIL ENTRIES TO:	Margaret Hair
	408 Vista Drive
	Coeur d'Alene, ID 83815
ENTRY FEE:	\$12.00 (No Deck Entries)
CHECKS PAYABLE TO:	IWMSC

Name	🗅 Male 📮 Fema	ale Birthdate Age
Address	City, State, Zip	
Phone	USMS No	Team
Yard times • Enter no more than 5 events per da	y • Include a copy of your USMS registration	card if you are from out of the Inland Northwest LMSC.
FRIDAY MARCH 29	BREAK	BREAK
Warm-up at 6:30 pm, meet starts 7:30 pm	10) 100 Individual Medley	21) 200 Individual Medley
1) 400 Individual Medley	11-12) Medley Relay	22-24) Freestyle Relay
2) 1650 Freestyle	13) 200 Backstroke	25) 200 Butterfly
3) 1000 Freestyle (you may swim 1650 or 1000, not both)	14) 50 Freestyle	
SATURDAY MARCH 30	15) 100 Butterfly BREAK	27) 50 Breaststroke BREAK
Warm-up at 10 am, meet starts 11 am		BREAN Recognition and Awards Announcements
4-6) Mixed Freestyle Relay	16 & 17) Mixed Medley Relay	0
7) 200 Freestyle	18) 200 Breaststroke	28) 500 Freestyle
8) 100 Breaststroke	19) 100 Freestyle	e ,
9) 50 Butterfly	20) 50 Backstroke	be available for all relay competitions.

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 SWIM-MING, 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.

2002 Northwest Zone and PNA Association **Championships**

April 13 & 14, 2002

Weyerhauser King County Aquatic Center – Federal Way, Washington

TIMES:

Saturday 13 April – Warm-up 11:00 AM – 11:50 AM Event #1 check-in closes 11:30 AM first heat 12:00 Noon Event #2 begins no earlier than 1:00 PM

Sunday 14 April - Warm-up 8:00AM – 8:50 AM Event #15 check-in closes 8:30 AM first heat 9:00 AM Event #16 begins no earlier than 10:00 AM

DEADLINE: Entries must be received by APRIL 4 th or postmarked by MARCH 30. Late entries will not be accepted. Changes to entries will not be accepted after April 4. Swimmers must be registered with USMS.

MEET DIRECTORS: Hank Kirkland [(253) 941-3585 / hankland1@attbi.com] and Dan Frost [(360) 679-1812 / northwest@usms.org]

DIRECTIONS: Take I-5 to exit 142B. Proceed west approximately 1 mile. The pool will be on the right. Ample parking is available in at the pool.

FACILITY: King County Aquatic Center is an indoor facility with two 25-yard courses of eight lanes each equipped with automatic timing. One course will be used for competition and one course will be used for warm-up, except both courses will be used for competition during the 500, 1000, and 1650 Freestyle events. Warm-up will also be available in the six-lane,25-yard diving well. Large seating area for competitors and spectators. A snack bar will be open.

RULES: Current 2002 USMS Rules will govern the meet.

ELIGIBILITY: Open to all 2002 USMS or MSC registered swimmers who will be age 19 and above on April 14, 2002.

ENTRY LIMITS: Swimmers are limited to a total of six individual events for the meet and may swim no more than five individual events on any day. Swimmers may swim in an unlimited number of relay events, but may swim only once per relay event.

AGE GROUPS: Age groups will be based upon the swimmer's age on April 14, 2002. For individual events: 19-24, 25-29, and fiveyear age groups as high as necessary. For relays: 19+, 25+, 35+, and 10-year increments as high as necessary. The age of the youngest relay swimmer determines the age group of the relay.

RELAYS: There is no charge for relay entries. Relays will be deckentered at the meet. Deadlines for relay entries will be announced at the meet, but are generally 30 minutes before the anticipated start of the relay event. ENTRY CONFIRMATION: If entry confirmation is desired, include a stamped postcard or SASE with your entry. Swimmers should keep a copy of their completed entry form for their records.

CHECK-IN: Check-in is required for the 1000 Freestyle (Deadline: Saturday at 11:30 AM), the 500 Freestyle (Deadline: Sunday at 8:30 AM) and the 1650 Freestyle (Deadline: Sunday at 12:00 noon). Swimmers entered in these events that do not check-in by the corresponding deadline will be scratched from the event. Check-in is not required for any other events.

SEEDING: Seeding for all events will be slow-to-fast. Women and men will swim in combined heats (except for Mixed Relays). All individual events 400 yards or less will be pre-seeded. All relays and individual events requiring check-in (500 yards and up) will be deck-seeded.

HEAT SHEETS: Heat sheets for all events will be posted at various locations on the pool deck. A meet program with heat sheets will be available for purchase at the meet. Complimentary programs will be provided to coaches.

WARM-UPS AND BREAKS: The main competition course will be open for warm-up one hour before the first event of each day. The scoreboard-end course will be open for warm-up at all times except during the 500, 1000, and 1650 Freestyle events. The diving well will be open for warm-up at all times. Diving into any of the pools is not permitted except into designated one-way sprint lanes in the main competition course. Sprint lanes will be opened only during the pre-meet warm-up periods.

AWARDS: Zone Championship ribbons will be awarded from first through sixth place in every age group in every event.

SWIMMERS' SOCIAL: Details about our swimmers' social on Saturday evening will be announced at the meet.

NORTHWEST ZONE MEETING: Representatives of the participating LMSCs and others interested are welcome to the Northwest Zone meeting on Sunday from 7:00 AM – 8:00 AM in the hospitality room. The meeting agenda will be distributed to LMSC representatives and will also be posted on the Northwest zone website (www.northwestzone.org).

RESULTS: Meet results will be printed in The WetSet and posted at both www.swimpna.org and www.northwestzone.org.

See next page for entry form.

2002 Northwest Zone and PNA Association Championships

April 13 & 14, 2002 · Weyerhauser King County Aquatic Center – Federal Way, Washington

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2002 United States Masters Swimming & Inland Northwest Masters Member Registration

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

						For Office Use
Last Name	First Name			Middle Initial		
Street Address				Apt.#		
City	State			Zip		
Phone (with area code)	001			Email: (to be used for online news	letter, and will not be s	old for junk email)
Date of Birth	Age (must be at least 18 yea	ar old)		Sex	Today's Date	
Team Affiliation (if left blan	nk you will be considered unattached))				
${f O}$ Inland Empire YMCA	O Lake City Masters		0	Moscow Chinook Masters	••••••••••••••••••••••••••••••••••••••	
O Panhandle Masters	O Sandpoint West Athle			Spokane Club Masters	O Spokane Mast	ters and Tri
O WSU Masters	O Wenatchee Valley Mas	sters	0	Yakima Valley Masters	O Unattached	
O I am a certified USA Swi	mming Official O I am	a certifie	d hi	gh school swimming official	O I coach Mast	ers Swimmers
Please help us understand	your swimming habits	Yes N	lo	BENEFITS OF MEMBERSH	IIP INCLUDE: 🕫 🖇	SWIM Magazine
I swim with a coached team	three times a week or more	O	С	for the length of the mem		
I would like to swim with a	coached team	O (С	newsletter, other mailing		
I swim on my own most of	the time without a team	O (С	Masters Swimming ⋪ Secondary accident insurance ⋪		
I would like more meets and	d other swimming events	O	С	Coached workouts in locations nationwide.		
I would like more swim clin	ics	O (С	WHERE DO MY REGISTRA		
I join USMS primarily to be	able to compete	O	С	United States Masters Swimming (\$7.00 for <i>Swim Magazine</i>)		
I join USMS because its req	uired by my local team	O (С	⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.		
Other comments, please use	other side of this form					•
2002 UNITED STATE	S MASTERS SWIMMING N	M E M B E R	R	EGISTRATION (Membershi	p will expire 12/31	./2002)
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Mail check and form to:	:heck and form to: Sue Dills					
	639 N. Riverpoint Blvd. #3W			Total Amount Enclosed		
Spokane, WA 99202				MAKE CHECKS PAYABLE TO: IWMSC		
	cicipant, intending to be legally bour f all the risks inherent in Masters Swi					

acknowledge that I am aware of all the risks inherent in Masters swimming (training and competition), including possible permanent disability of 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 COMMIT-TEES, 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.

DATE

SIGNATURE





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



Awards Nominations Sought

Please submit your suggestions for the Most Inspirational and the Most Dedicated Swimmer of the year award. Write a brief statement as to why these individuals should receive the award (it might actually be read at the awards announcement, so nothing too embarassing). These two awards, along with the high point male and female swimmer will be ANNOUNCED AT THE FINAL BREAK OF THE CHAMPIONSHIP MEET ON SATUDAY MARCH 30. Send your suggestions when you submit your meet entries to: Margaret Hair, 408 Vista Drive, Coeur d'Alene ID 83815. Please use additional paper if necessary.