

# SPLASHMASTER

VOLUME 5 NUMBER 2

MARCH 2002

## Warm-up Etiquette,

OR A RANT BY A DOUBLE-CHECKING  
RELUCTANT BACKSTROKER

By Laurie J. Kilbourn

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

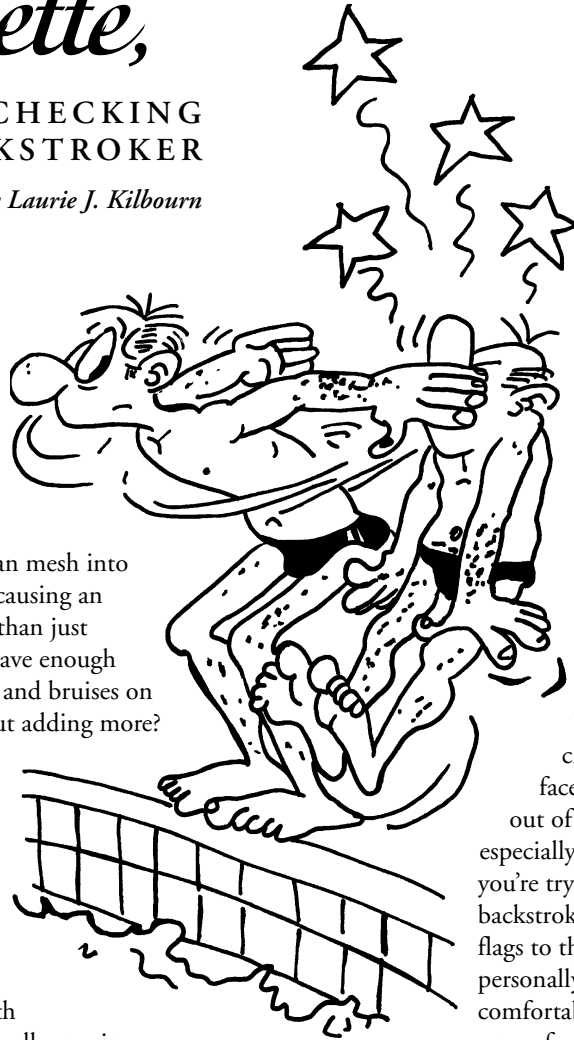
### Lane selection

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

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

## 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 29 & 30 **Inland NW Masters Short 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.

# 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*.

**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".

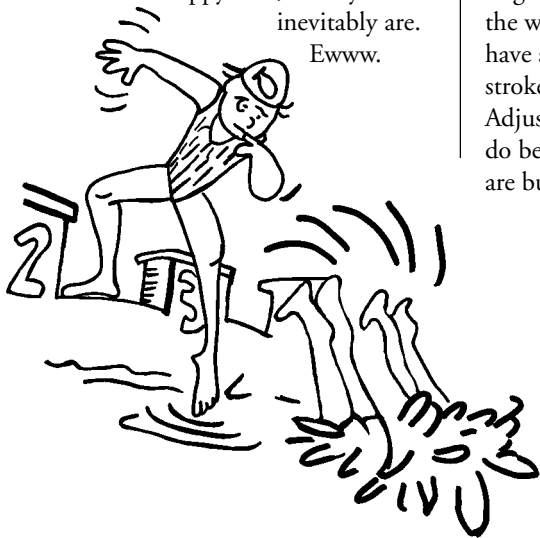
**Officials** - Elin asked that we have discussion about a Certification Clinic for Officials. The committee would like Elin to make a recommendation including the process to achieve this. Do we need additional Officials and how will they stay current?

**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 one-year 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.

## 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 inevitably are. Ewww.



## *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 feat.

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](http://www.usms.org).

Patches are available to those swimmers who reach the Top-Ten category. To learn more, go to [www.swimgold.com](http://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

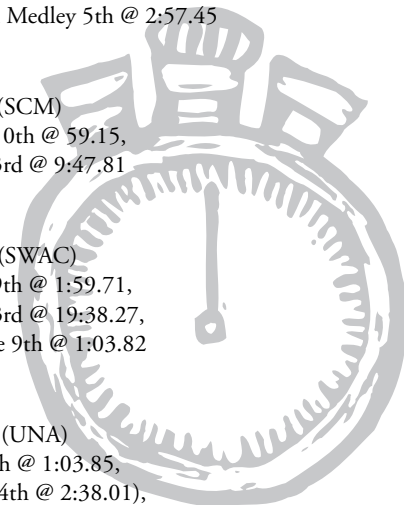
Imre Schmidt (SWAC)  
100 Freestyle 9th @ 1:59.71,  
800 Freestyle 3rd @ 19:38.27,  
50 Breaststroke 9th @ 1:03.82

## 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

#### Chair

Susanne Simpson  
3117 S. Jefferson  
Spokane, WA 99203  
509-458-3982  
Email: SBSBFLY@aol.com

#### Vice Chair

Brian Lamb  
1540 NW Clifford  
Pullman, WA 99163  
509-334-5262  
Email: lambo@turbonet.com

#### Treasurer

Marie Glynn  
1600 NW Valhalla Drive  
Pullman WA 99163  
509-230-4469  
Email: maireglynn@pullman.com

#### Secretary

Larry Krauser  
1111 W 28th Ave  
Spokane, WA 99203  
509-455-7789  
Email: krauser@sowles.com

#### Registrar and Spokane Club Rep (SCM)

Suzanne Dills  
639 N. Riverpoint Blvd. #3W  
Spokane, WA 99202  
509-456-7281  
Email: jacksuedills@qwest.net

#### Past Chair

Elin Zander  
13927 S. Traver Lane  
Valleyford, WA 99036  
509-448-5250  
Email: elinswims@usms.org

#### Top Ten & Lake City Masters Rep (LCM)

Margaret Hair  
408 Vista Dr.  
Coeur d'Alene, ID 83815  
208-667-3721  
Email: ramgolf@gocougs.wsu.edu

#### Meets/Sanctions

Eric Ridgway  
85 Bird Creek Ln  
Sagle, ID 83860  
208-265-5412  
Email: sage1199@yahoo.com

#### Splashmaster Editor & Coaches Rep

Doug Garcia  
PO Box 145  
Albion WA 99102-0145  
509-332-1621  
Email: douggarcia@usms.org

#### Team Representatives

##### Inland Empire YMCA (IEY)

Todd Marsh  
509-326-7546  
Email: marsh@omnicast.com

##### Moscow Chinook Masters (MCM)

Tom Lamar  
208-883-3741  
Email: tlamar@moscow.com

##### Panhandle Masters Swimming (PMS)

Lynne Pulizzi  
208-667-0927  
Email: lapulizzi@hotmail.com

##### Sandpoint West Athletic Club (SWAC)

Mike Brosnahan  
208-265-8362  
Email: mbroz@televar.com

##### Spokane Masters Swim & Tri (SMT)

Kelle Vigeland  
509-325-3022  
Email: kelle.vigeland@kaiserwd.com

#### Washington State University Masters (WSU)

Nick Jarman  
509-332-8160  
Email: nickjarms58@hotmail.com  
Web: [www.WSUMastersSwimming.org](http://www.WSUMastersSwimming.org)

#### Wenatchee Valley Masters (WVM)

Carolyn Magee  
509-662-6012  
Email: wenswim@aol.com

#### Yakima Valley Masters (YVM)

Dave Krueger  
509-966-2361  
Email: krueger@nwinfo.net

## SPLASHMASTER

VOLUME 5 NUMBER 2  
MARCH 2002

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Send address changes to:  
Sue Dills, Registrar

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 entries 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.

**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:** 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** \_\_\_\_\_  **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 \_\_\_\_\_

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 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** \_\_\_\_\_

# 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 activity 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 setting realistic short-term goals as you go along, and remind yourself of them often.
- Set aside a regular exercise time.
- Vary your 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 include a warm-up and cool down period as part of every workout.
- Reward yourself periodically for a job well done!

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](http://www.fitness.gov)

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

## 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

## 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*.



# 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 Freestyle

Kelly Crandell	21	2:25.08	WSU
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#### 50 Yard Backstroke

Jennifer Weidert	23	0:31.39	IEY
Sadie Kuhlman	23	0:37.25	UNA

#### 50 Yard Breaststroke

Jennifer Weidert	23	0:34.88	IEY
Sadie Kuhlman	23	0:40.71	UNA

#### 100 Yard Breaststroke

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 Individual Medley

Sadie Kuhlman	23	1:20.07	UNA
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### Women 35-39

#### 50 Yard Backstroke

Vicki Marsh	39	0:33.61	IEY
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#### 50 Yard Breaststroke

Vicki Marsh	39	0:35.87	IEY
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#### 100 Yard Individual Medley

Vicki Marsh	39	1:12.56	IEY
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#### 200 Yard Individual Medley

Vicki Marsh	39	2:37.82	IEY
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### Women 40-44

#### 50 Yard Freestyle

Susanne Simpson	41	0:27.11	SCM
Cindy Clutter	42	0:33.26	LCM

#### 100 Yard Freestyle

Cindy Clutter	42	1:13.10	LCM
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#### 200 Yard Freestyle

Loretta Dragoo	41	2:29.86	WSU
Cindy Clutter	42	2:37.67	LCM

#### 500 Yard Freestyle

Susanne Simpson	41	5:30.69	SCM
Cindy Clutter	42	6:58.66	LCM

#### 1000 Yard Freestyle

Susanne Simpson	41	11:07.45	SCM
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#### 50 Yard Backstroke

Loretta Dragoo	41	0:36.77	WSU
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#### 50 Yard Breaststroke

Loretta Dragoo	41	0:41.34	WSU
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#### 100 Yard Butterfly

Susanne Simpson	41	1:02.66	SCM
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#### 200 Yard Butterfly

Susanne Simpson	41	2:22.94	SCM
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#### 100 Yard Individual Medley

Loretta Dragoo	41	1:20.05	WSU
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### Women 45-49

#### 100 Yard Freestyle

Margaret Hair	46	1:07.65	LCM
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#### 100 Yard Breaststroke

Margaret Hair	46	1:28.23	LCM
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#### 200 Yard Breaststroke

Margaret Hair	46	3:06.49	LCM
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#### 200 Yard Butterfly

Margaret Hair	46	2:58.31	LCM
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#### 200 Yard Individual Medley

Margaret Hair	46	2:46.93	LCM
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### Women 50-54

#### 50 Yard Backstroke

Shirley Schreiber	54	0:46.32	WVM
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#### 100 Yard Backstroke

Shirley Schreiber	54	1:38.76	WVM
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#### 200 Yard Backstroke

Shirley Schreiber	54	3:26.71	WVM
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#### 100 Yard Individual Medley

Shirley Schreiber	54	1:38.29	WVM
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### Women 55-59

#### 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

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

Ann Gouk	55	3:43.99	WKM
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#### 1000 Yard Freestyle

Virginia Lane	55	21:13.23	LSD
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#### 100 Yard Backstroke

Pat Sharp Brown	57	1:42.86	SCM
Ann Gouk	55	2:17.35	WKM

#### 200 Yard Backstroke

Virginia Lane	55	4:29.92	LSD
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#### 50 Yard Breaststroke

Pat Sharp Brown	57	0:44.51	SCM
Pat Kling	56	0:47.94	UNA
Ann Gouk	55	0:56.84	WKM

#### 100 Yard Breaststroke

Pat Sharp Brown	57	1:41.73	SCM
Pat Kling	56	1:50.87	UNA

#### 200 Yard Breaststroke

Pat Kling	56	3:50.02	UNA
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#### 50 Yard Butterfly

Virginia Lane	55	1:12.18	LSD
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#### 100 Yard Individual Medley

Virginia Lane	55	2:19.54	LSD
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### Women 65-69

#### 50 Yard Freestyle

A. Barbara Roberts	65	0:44.72	WKM
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#### 100 Yard Freestyle

A. Barbara Roberts	65	1:40.61	WKM
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#### 1000 Yard Freestyle

A. Barbara Roberts	65	19:14.48	WKM
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### 50 Yard Butterfly

A. Barbara Roberts	65	1:03.06	WKM
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### 100 Yard Individual Medley

A. Barbara Roberts	65	2:06.46	WKM
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### Women 70-74

#### 50 Yard Freestyle

Mary Ellen Murray	70	0:42.71	UNA
Annette Orton	70	1:21.12	SWA

#### 100 Yard Freestyle

Mary Ellen Murray	70	1:38.59	UNA
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#### 50 Yard Backstroke

Mary Ellen Murray	70	0:54.06	UNA
Annette Orton	70	1:43.04	SWA

#### 50 Yard Breaststroke

Annette Orton	70	1:50.65	SWA
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#### 50 Yard Butterfly

Mary Ellen Murray	70	0:58.63	UNA
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#### 100 Yard Individual Medley

Mary Ellen Murray	70	1:57.09	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	MCM

#### 100 Yard Freestyle

Roy Berg	33	0:54.24	SCM
Ryan Moore	32	0:57.89	MCM
Matthew Johnson	30	1:05.98	WSU

#### 200 Yard Freestyle

Matthew Johnson	30	2:36.74	WSU
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#### 50 Yard Backstroke

Ryan Moore	32	0:30.41	MCM
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#### 100 Yard Backstroke

Ryan Moore	32	1:05.01	MCM
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#### 200 Yard Backstroke

Ryan Moore	32	2:25.13	MCM
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#### 50 Yard Breaststroke

Roy Berg	33	0:32.46	SCM
Brian Hall	31	0:39.88	MCM

#### 100 Yard Breaststroke

Brian Hall	31	1:34.30	MCM
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#### 50 Yard Butterfly

Roy Berg	33	0:27.10	SCM
Brian Hall	31	0:39.64	MCM

#### 100 Yard Individual Medley

Ryan Moore	32	1:07.25	MCM
Brian Hall	31	1:23.79	MCM

### Men 40-44

#### 50 Yard Freestyle

Thomas Lamar	41	0:28.75	MCM
Tim Dring	41	0:29.30	IEY
Doug Garcia	40	0:32.39	WSU

#### 100 Yard Freestyle

Thomas Lamar	41	1:02.41	MCM
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 Hellenenthal	41	13:42.25	SCM
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### 50 Yard Backstroke

Brian Johnson	40	0:30.23	MCM
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### 100 Yard Backstroke

Brian Johnson	40	1:04.42	MCM
A. Glenn Mabile	41	1:31.08	LCM

### 200 Yard Backstroke

Brian Johnson	40	2:24.90	MCM
A. Glenn Mabile	41	3:21.61	LCM

### 50 Yard Breaststroke

Bernard Kingsly	43	0:31.81	NSM
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### 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

Brian Johnson	40	2:28.79	MCM
Thomas Lamar	41	2:32.82	MCM
Doug Garcia	40	3:01.68	WSU

### 400 Yard Individual Medley

Bernard Kingsly	43	5:15.97	NSM
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### Men 45-49

#### 50 Yard Freestyle

Larry Krauser	48	0:23.63	SCM
Rod Wharton	45	0:27.08	LCM
Bernard Sauv�	47	0:28.59	WVM
Jack Bell	48	0:28.76	MCM
Richard Dragoo	49	0:32.70	WSU

#### 100 Yard Freestyle

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 Sauv�	47	1:02.15	WVM
Jack Bell	48	1:03.32	MCM



<b>50 Yard Backstroke</b>			
Larry Krauser	48	0:30.04	SCM
<b>100 Yard Backstroke</b>			
Rod Wharton	45	1:13.82	LCM
Bill Triol	47	1:20.74	WKM
<b>200 Yard Backstroke</b>			
Richard Green	49	2:29.16	IEY
Rod Wharton	45	2:48.74	LCM
<b>50 Yard Breaststroke</b>			
Robert Morrison	47	0:32.62	UNA
Larry Krauser	48	0:34.64	SCM
Bernard Sauvé	47	0:34.77	WVM
<b>100 Yard Breaststroke</b>			
Robert Morrison	47	1:14.25	UNA
Bernard Sauvé	47	1:19.11	WVM
<b>200 Yard Breaststroke</b>			
Robert Morrison	47	2:49.33	UNA
<b>50 Yard Butterfly</b>			
Larry Krauser	48	0:27.13I	SCM
Jack Bell	48	0:31.80	MCM
<b>100 Yard Butterfly</b>			
Bill Triol	47	1:12.70	WKM
Jack Bell	48	1:19.76	MCM
<b>100 Yard Individual Medley</b>			
Robert Morrison	47	1:10.57	UNA
Bernard Sauvé	47	1:12.55	WVM
Jack Bell	48	1:15.61	MCM
<b>200 Yard Individual Medley</b>			
Richard Green	49	2:31.56	IEY
<b>50 Yard Breaststroke</b>			
Stephen Murray	45	2:43.62	SMT
<b>400 Yard Individual Medley</b>			
Bill Triol	47	6:06.28	WKM

#### Men 50-54

<b>200 Yard Backstroke</b>			
Scott Thompson	51	2:57.16	IEY
<b>50 Yard Butterfly</b>			
Scott Thompson	51	0:32.77	IEY
<b>400 Yard Individual Medley</b>			
Scott Thompson	51	5:47.41	IEY

#### Men 55-59

<b>50 Yard Freestyle</b>			
Steve Wolcott	56	0:29.01	UNA
Wayne Brown	59	0:29.58	WVM
<b>100 Yard Freestyle</b>			
Steve Wolcott	56	1:01.58	UNA
Wayne Brown	59	1:08.13	WVM
<b>200 Yard Freestyle</b>			
Steve Wolcott	56	2:24.82	UNA
<b>50 Yard Breaststroke</b>			
Wayne Brown	59	0:36.24	WVM
<b>100 Yard Breaststroke</b>			
Wayne Brown	59	1:23.77	WVM
<b>50 Yard Butterfly</b>			
Steve Wolcott	56	DQ	UNA
<b>100 Yard Individual Medley</b>			
Wayne Brown	59	1:16.95	WVM
<b>50 Yard Freestyle</b>			
George Spomer	64	0:41.22	MCM
<b>100 Yard Freestyle</b>			
George Spomer	64	1:36.20	MCM
<b>200 Yard Freestyle</b>			
George Spomer	64	3:47.11	MCM
<b>500 Yard Freestyle</b>			
George Spomer	64	9:41.67	MCM
<b>1000 Yard Freestyle</b>			
George Spomer	64	19:25.94	MCM

#### Men 65-69

<b>50 Yard Freestyle</b>			
Jack Bevier	69	0:34.69	WVM
<b>100 Yard Freestyle</b>			
Jack Bevier	69	1:20.30	WVM
<b>200 Yard Freestyle</b>			
Jack Bevier	69	3:12.11	WVM
<b>500 Yard Freestyle</b>			
Jack Bevier	69	9:04.60	WVM
<b>1000 Yard Freestyle</b>			
Jack Bevier	69	18:08.57	WVM

#### Men 70-74

<b>50 Yard Freestyle</b>			
Clark Thompson	70	0:40.82	YVM
William Bresko	74	0:46.85	UNA
<b>100 Yard Freestyle</b>			
Clark Thompson	70	1:19.21	YVM
<b>200 Yard Freestyle</b>			
Clark Thompson	70	3:02.34	YVM
<b>500 Yard Freestyle</b>			
Clark Thompson	70	8:40.04	YVM
<b>50 Yard Backstroke</b>			
William Bresko	74	1:04.77	UNA
<b>50 Yard Breaststroke</b>			
Clark Thompson	70	0:48.64	YVM
William Bresko	74	0:50.40	UNA
<b>100 Yard Breaststroke</b>			
William Bresko	74	2:06.23	UNA

#### Men's 85-89

<b>50 Yard Freestyle</b>			
Charles Woolls	86	1:00.80I	UNA
<b>100 Yard Freestyle</b>			
Charles Woolls	86	2:40.10	UNA
<b>50 Yard Backstroke</b>			
Charles Woolls	86	1:23.23	UNA
<b>100 Yard Backstroke</b>			
Charles Woolls	86	3:07.40	UNA
<b>50 Yard Breaststroke</b>			
Charles Woolls	86	1:32.91	UNA

#### RELAY EVENTS

<b>Men's 200 Yard Freestyle Relay</b>			
MCM	25+	1:55.23	
Jack Bell	48		
Thomas Lamar	41		
Ryan Moore	32		
Brian Johnson	40		
<b>Men's 200 Yard Medley Relay</b>			
MCM	25+	2:06.90	
Ryan Moore	32		
Brian Johnson	40		
Jack Bell	48		
Thomas Lamar	41		
<b>Mixed 200 Yard Freestyle Relay</b>			
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)	287
Moscow Chinook Masters (MCM)	278
Sandpoint West Athletic Club Masters (SWA)	262
Washington State University Masters (WSU)	220
Lake City Masters (LCM)	194
Inland Empire YMCA Masters (IEY)	165
Wenatchee Valley Masters (WVM)	95
Yakima Valley Masters (YVM)	30
Spokane Masters and Tri (SMT)	12
North Spokane Masters (NSM)	30

### 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)	62
5. Bernard Kingsly (NSM)	60
6. Jennifer Weidert (IEY)	60
7. Ryan Moore (MCM)	58
8. Larry Krauser (SCM)	54
9. Thomas Lamar (MCM)	54
10. Vicki Marsh (IEY)	54
11. Mary Ellen Murray (UNA)	50
12. William Bresko (UNA)	50
13. Jean Rudolph (MCM)	50
14. Sister Madonna Buder (UNA)	46
15. Rod Wharton (LCM)	45
16. Pat Kling (UNA)	44
17. Cindy Clutter (LCM)	42
18. Bill Triol (WKM)	39
19. Annette Orton (SWA)	38
20. Michael Veith (SCM)	36

WASHINGTON STATE UNIVERSITY MASTERS PRESENTS  
**INLAND NORTHWEST MASTERS CHAMPIONSHIPS**

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 week-ends. Follow all parking signs.

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

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

Name \_\_\_\_\_  Male  Female Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ USMS No. \_\_\_\_\_ Team \_\_\_\_\_

Yard times • Enter no more than 5 events per day • Include a copy of your USMS registration card if you are from out of the Inland Northwest LMSC.

**FRIDAY MARCH 29**

Warm-up at 6:30 pm, meet starts 7:30 pm

- 1) 400 Individual Medley \_\_\_\_\_
- 2) 1650 Freestyle \_\_\_\_\_
- 3) 1000 Freestyle \_\_\_\_\_  
(you may swim 1650 or 1000, not both)

**SATURDAY MARCH 30**

Warm-up at 10 am, meet starts 11 am

- 4-6) *Mixed Freestyle Relay*
- 7) 200 Freestyle \_\_\_\_\_
- 8) 100 Breaststroke \_\_\_\_\_
- 9) 50 Butterfly \_\_\_\_\_

**BREAK**

- 10) 100 Individual Medley \_\_\_\_\_
- 11-12) *Medley Relay*
- 13) 200 Backstroke \_\_\_\_\_
- 14) 50 Freestyle \_\_\_\_\_
- 15) 100 Butterfly \_\_\_\_\_

**BREAK**

- 16 & 17) *Mixed Medley Relay*
- 18) 200 Breaststroke \_\_\_\_\_
- 19) 100 Freestyle \_\_\_\_\_
- 20) 50 Backstroke \_\_\_\_\_

**BREAK**

- 21) 200 Individual Medley \_\_\_\_\_
- 22-24) *Freestyle Relay*
- 25) 200 Butterfly \_\_\_\_\_
- 26) 100 Backstroke \_\_\_\_\_
- 27) 50 Breaststroke \_\_\_\_\_

**BREAK**

*Recognition and Awards Announcements*

- 28) 500 Freestyle \_\_\_\_\_
- All USMS regulation relay distances will 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 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 \_\_\_\_\_



# 2002 Northwest Zone and PNA Association Championships

April 13 & 14, 2002

Weyerhaeuser 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 post-marked 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 five-year 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 deck-entered 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](http://www.northwestzone.org)).

**RESULTS:** Meet results will be printed in The WetSet and posted at both [www.swimpna.org](http://www.swimpna.org) and [www.northwestzone.org](http://www.northwestzone.org).

See next page for entry form.



# 2002 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: <i>(to be used for online newsletter, and will not be sold for junk email)</i>	

# USMS 2002

Date of Birth	Age (must be at least 18 year old)	Sex	Today's Date
<b>Team Affiliation</b> <i>(if left blank you will be considered unattached)</i>			
<input type="radio"/> Inland Empire YMCA	<input type="radio"/> Lake City Masters	<input type="radio"/> Moscow Chinook Masters	<input type="radio"/> Other _____
<input type="radio"/> Panhandle Masters	<input type="radio"/> Sandpoint West Athletic Club	<input type="radio"/> Spokane Club Masters	<input type="radio"/> Spokane Masters and Tri
<input type="radio"/> WSU Masters	<input type="radio"/> Wenatchee Valley Masters	<input type="radio"/> Yakima Valley Masters	<input type="radio"/> Unattached
<input type="radio"/> I am a certified USA Swimming Official		<input type="radio"/> I am a certified high school swimming official	<input type="radio"/> I coach Masters Swimmers

Please help us understand your swimming habits	Yes	No
I swim with a coached team three times a week or more	<input type="radio"/>	<input type="radio"/>
I would like to swim with a coached team	<input type="radio"/>	<input type="radio"/>
I swim on my own most of the time without a team	<input type="radio"/>	<input type="radio"/>
I would like more meets and other swimming events	<input type="radio"/>	<input type="radio"/>
I would like more swim clinics	<input type="radio"/>	<input type="radio"/>
I join USMS primarily to be able to compete	<input type="radio"/>	<input type="radio"/>
I join USMS because its required by my local team	<input type="radio"/>	<input type="radio"/>
<i>Other comments, please use other side of this form</i>		

**BENEFITS OF MEMBERSHIP INCLUDE:** ⇨ *SWIM Magazine* for the length of the membership ⇨ the *Splashmaster* newsletter, other mailing and emails from Inland Northwest Masters Swimming ⇨ Secondary accident insurance ⇨ Coached workouts in locations nationwide.

**WHERE DO MY REGISTRATION FEES GO?** ⇨ \$15.00 to United States Masters Swimming (\$7.00 for *Swim Magazine*) ⇨ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

**2002 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION** *(Membership will expire 12/31/2002)*

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 12/31/2002)

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

<p><b>United States Masters Swimming Endowment Fund</b></p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund</p>	<p><b>International Swimming Hall of Fame Endowment Fund</b></p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund</p>
---	---

**Mail check and form to:** Sue Dills  
639 N. Riverpoint Blvd. #3W  
Spokane, WA 99202

**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  
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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 embarrassing). 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.

### Most Inspirational

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### Most Dedicated

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