

SPLASH MASTER

VOLUME 6 NUMBER 3

MARCH 2003

Focus Swimming Laps vs Obtaining Goals

by Doug Garcia, Head Coach WSU Masters Swimming

Whether you swim on your own or with a team, focusing on the details of what you're doing rather than just swimming up and down the pool can make your workout experience more worth while.

Granted many of us involved with Masters swimming do so for the enjoyment of being in the water, to release the stress and tedium of our work week or to get some much needed exercise. But going to the pool, hopping in and just swimming up and down for an hour is really not the best way to achieve results whatever your goals might be.

Focusing in on the details is where the body and mind meet when doing exercise. We've all heard that swimming faster means swimming smarter. This means that when you're developing a workout, including the mental as well as the physical is critical

For example, a set of 10 x 100 on the 1:30 can provide you with some great exercise, but if you do this week-after-week without much variation, the routine becomes boring and after a while not challenging. A way to provide some variety would be to descend in two groups of five, this pushes you to clean-up your technique as you try to move through the water faster towards the end of each group.

Distance sets are notorious for being boring, "ok, let's do a 1650," you can just hear the moans from a good majority of the swimmers. Break up the swim by focusing on making every single flip turn if that is a weakness in your swimming.

Other options for breaking up long swims can include sprinting a 25, 50 or



Coaches can help provide direction, variety and focus for improving your swimming and meeting your goals.

100 out of every 400 or 500 yards, doing a negative split swim, where you work on pacing, and really concentrate on not going out too fast, and turning on the heat after the halfway point.

Sprint sets and shorter distance sets by their nature can provide lots of variety, but don't let just variety become your focus. When doing shorter stroke work, focus on good technique, distance per stroke, great walls, breathing patterns, streamlines,

see **FOCUS** on page 2

Inland Northwest Masters CALENDAR

- March 19 **Entries due** postmarked for Inland NW Masters Short Course Yards Championships *Deck entries will not be taken at this meet. Entry form on page 4*
- March 22 **Entries due** postmarked for Pacific Northwest Association Short Course Yards Championships *Deck entries will not be taken at this meet. Entry form on page 8.*
- March 29 & 30 **Inland NW Masters Short Course Yards Championships** in Pullman at Washington State University. *Deck entries will not be taken.*
- April 12 & 13 **Pacific Northwest Association Short Course Yards Championships** Federal Way Washington *Deck entries will not be taken at this meet.*
- April 11 **Entries due** postmarked for Northwest Zone Short Course Yards Championships *Deck entries will not be taken at this meet. Entry form on page 10.*
- April 26 & 27 **Northwest Zone Short Course Yards Championships** in Hood River Oregon. *Deck entries will not be taken.*

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Teams not registered by March 15, 2003 will be taken off this list.

FOCUS from page 1

dolphin kicking under water are among the many things that you can focus on for sprint or shorter distance sets.

Drill and kicking sets are another area where many swimmers, "just want to get through the set." Though they can be quite slow, and tedious. But drill sets are one of the best ways to focus on improving the little things in your stroke. Drills generally focus on just one or two parts of a stroke. If you have a weak recovery, then work drills that focus on the recovery part of your stroke. So that you begin to improve that weak recovery.

As we approach the end of the short-course season with some swimmers

preparing for zone or national championship meets, now is the time to concentrate on those part of your events that need improving. Backstrokers, how is your underwater dolphin off the walls? Butterflies how is your start and underwater dolphins. Breaststrokers what are your pull-downs like. Focusing on these things in workouts mean that when you arrive at a meet, you'll be ready.

So the next time you go to the pool and your by yourself or even if a coach or swimming partner has given you a set, pick one or two things to focus on to make that set worth while. By setting smaller goals to focus on, the long-term bigger goals will start to fall into line at the end of the season.

USMS Coaches to Present at ASCA World Clinic

The American Swim Coaches Association (ASCA) is hosting its 2003 World Clinic in San Diego from September 2-7, 2003. Nine of the top Masters coaches in the country are scheduled to give presentations on Masters coaching and team building on Friday, September 5, and Saturday, September 6. The clinic is an outstanding opportunity for current masters coaches to enhance their knowledge, in addition to having an opportunity to go through the ASCA and Red Cross certification courses.

Last year was the first year that USMS was included in the clinic. Presenters included coaches Mike Collins, Kerry O'Brien, Mo Chambers, Emmitt Hines, Jim Miller and Doug Garcia in addition to others.

To enhance participation, USMS will pay the ASCA Member Clinic fee, a \$149 value, for a limited number of Masters coaches. Each LMSC is entitled to submit the registration for one coach whose clinic fee will be covered in full by USMS. There is a limit of 25 complimentary registrations on a first-come, first-served basis. Registration forms are due to Mel Goldstein by May 1, 2003.

For a complete list of tracks, major talks, speaker bios and program schools, along with hotel information, visit the ASCA web site at www.swimmingcoach.org.

If you are a masters coach in the Inland NW LMSC and would like to participate in the clinic, and would like to apply for the USMS grant money, please contact coaches representative Doug Garcia at dougarcia@usms.org for more details.

Elite Elder Athletes Profiled on National Public Radio

On February 11, 2003, National Public Radio reporter Tom Goldman reported on active seniors who compete in Master's Athletic Competitions, specifically swimmers and track athletes. The report focused on how researchers discovered that elder athletes had an excellent ability to maintain strength and fitness over time. Scientists expect the aging baby boomer generation to be just as active, but the fitness-fate of Generation X remains a big question mark.

To listen to the story, visit the National Public Radio web site at www.npr.org and search for Elite Elder Athletes, and the February 11 story which was aired on the news program Morning Edition with Bob Edwards, should show up on your search.

INLAND NW BOARD MEETING MINUTES

Spokane Club, February 22, 2003

Attending: Susanne Simpson (Chair), Tom Lamar (MCM), Larry Krauser (Secretary), Cindy (SWA), Virgil Crampton (Treasurer), Eric Ridgeway (Sanctions), Suzanne Dills (Registrar), Doug Garcia (Newsletter and Coaches), Margaret Hair (LCM and Top 10).

Old/Ongoing Business

Minutes—the minutes from the June 19, 2002, meeting and were approved.

Treasurer—A verbal treasurer's report was received. It was reported that we have approximately \$2,300 in checking, and \$2,300 in savings. The trend seems to be that we are spending about \$300 more each year than we are bringing in. Furthermore, this year we will have a large expense with the new computer.

A motion was made and approved to authorize the treasurer to move \$1,000 from savings into a 12 month CD.

Registrar—To date we have 192 registrations (similar to last year).

Four teams have not renewed their registrations to date. Sue will contact them to see if they want to re-register. At this point it was agreed to leave the teams in the *Splashmaster* for one more issue.

Sue will check on purchasing rulebooks for each team.

Newsletter—The editor has asked the treasurer to look into the IWMSC non-profit status. The next two *Splashmasters* will be mailed copies.

Secretary—The secretary recently received a copy of the IWMSC Constitution and By-Laws and distributed a copy to those present. Upon review it appears they need to be updated. The secretary will begin the update by contacting the USMS National Office to see if there are any specific requirements. After that the secretary will initiate the updating process.

The following items of business were discussed and approved by e-mail vote over the summer. However they needed to be approved by the full board as per our by-

laws. A motion was made and the following three items were approved:

- Authorize Margaret Hair to purchase a replacement notebook or laptop computer up to \$1,000.
- Authorize Doug Garcia to publish the *Splashmaster* as he has requested via the schedule of January, February, April, June, September, and November issues to be mailed. The remaining months will be on-line issues only.
- Open water and postal events sanctioned by IWMSC but not hosted by IWMSC, will be assessed a \$25 sanction fee.

Top Ten/Data Entry—Margaret has decided to step down as chair effective at the end the short course season. Doug and Margaret are discussing the position with Deb Snyder from WSU Masters.

The Top-Ten results for Short Course Meters is out and seven swimmers from the IWMSC made it. They were recognized in the February *Splashmaster*.

Meets/Sanctions—Eric has decided to step down as chair effective immediately. Tom Lamar will contact Brian Johnson to see if he will fill the position.

Equipment—The computer will cost \$25 more than originally authorized. A motion was made and approved to increase the computer purchase by \$25 to a maximum of \$1,025.

The board discussion on switching to Hytek meet software. A motion was made and approved that authorizes Margaret Hair to purchase Hytek software up to a maximum of \$400.

Clinics—Doug Garcia will put in the request for a fall clinic. If he cannot get a clinician to run the clinic, Doug will try to get the WSU women's team to put on the clinic again since they did such a wonderful job this year.

New Business

The board made a one-time decision to return Ira Swartz's entry from the Spokane

Club meet. He was not allowed across the border from Canada. A motion was made and approved.

The board discussed awards to be handed out at the championship meet. It was approved to give away Kastaways' Gift certificates as follows: High Point Male (\$25), High Point Female (\$25), Most Inspirational (\$40), and Most Dedicated (\$40). Additionally, a small knick-knack will be given to the "Water Logs" (those who attended all meets).

The board discussed swimming two per lane for the distance events at the NW Zone SCY Meet. Our recommendation was to let the participants volunteer to swim two per lane rather than dictating that they must. Doug, Zone Chair, indicated that he has already received the votes to allow the meet director to make the decision after receiving the entries.

The Zone Committee is looking at having a Zone Open Water Championship. A "trial run" will be held this summer in Oregon at Elk Lake, July 26 (in conjunction with the National Championship they are hosting).

Moscow Chinook Masters—have a new coach, Tara Strand—welcome!

Tom indicated that MCM would like to create a web site. They will work with Doug to tag onto the IWMSC site. In addition, MCM would like to host a SCY meet in September or October. The board is all in favor of this. Let's make it happen.

Brian Lamb has indicated that he will be stepping down as board Vice-Chair, though he will stay on until the elections next month.

The board thanks Eric and Margaret for their hard and service on the board.

The next meeting will be held March 29 at the Inland Northwest Masters Championships in Pullman. The meeting will take place following the meet prior to the Annual Awards Banquet.

WASHINGTON STATE UNIVERSITY MASTERS PRESENTS
INLAND NORTHWEST MASTERS CHAMPIONSHIPS

SATURDAY AND SUNDAY MARCH 29 & 30

DATE/TIMES: Saturday, March 29 warm-up starts at 11:00 am, meet starts at Noon. Sunday March 30 warm-up starts at 8:00 am, meet will begin at 9:00 am.

SPONSOR: Washington State University Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3530330.

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 2003 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

DEADLINE: All entries must be postmarked by March 19, 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.

POSTMARKED BY:	March 19, 2003
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 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.

SATURDAY MARCH 29

Warm-up at 11:00 am, meet starts Noon

1) 400 Individual Medley _____

2) 1650 Freestyle _____

3) 1000 Freestyle _____

(you may swim 1650 or 1000, not both)

Warm-up, event 4 not to begin before 1:30

4-6) *Mixed Freestyle Relay*

7) 50 Backstroke _____

8) 200 Butterfly _____

9) 100 Freestyle _____

BREAK

10) 100 Individual Medley _____

11-12) *Medley Relay*

13) 100 Backstroke _____

14) 50 Freestyle _____

15) 200 Breaststroke _____

BREAK

16 & 17) *Mixed Medley Relay*

ANNUAL AWARDS BANQUET

see award nomination on page 3

Location in Pullman to be determined (probably same as last year).

Lasagne dinner hosted by WSU Masters Swimming. **\$8 per/person (include with your meet entry fee)** including lasagne, salad, bread, beverages and dessert.

Reservations must be included with your entry form.

Yes, I will attend the banquet

Number of guests _____

SUNDAY MARCH 30

Warm-up at 8 am, meet starts 9 am

18) 100 Breaststroke _____

19) 50 Butterfly _____

20) 200 Freestyle _____

BREAK

21) 200 Individual Medley _____

22-24) *Freestyle Relay*

25) 50 Breaststroke _____

26) 200 Backstroke _____

27) 100 Butterfly _____

BREAK

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 _____

LIKE WATER FOR Chocolate

BY ALICE PHILLIPS

Few of you have many things you love as much as water, but I would wager that for some of you, chocolate ranks right up there. Come on, admit it—you'd do a 200 Fly for some homemade Toll House cookies and those Death by Chocolate desserts give you heart palpitations.

Okay, and for some of you, **not**.

But, the point is, having a food-related pleasure is a good thing. Whether it's chocolate or something else, it is actually healthy to indulge a craving. (I didn't say eat the whole pint of Haagen Daas...who could possibly do such a thing?) Recent research has even indicated that chocolate is good for you. Yes, good for you. Then again there's that famous quote about lies, damned lies, but since we live in the information age let's all continue to believe that the latest research is in fact the greatest.

So, here's what "they" (you know, the people who write press releases for researchers) have to say about chocolate:

Chocolate contains a number of essential nutrients as well as a collection of antioxidants called polyphenols. Antioxidants bind the body's biochemical garbage (free radicals) and can thus help prevent trash from turning into tumors.

The patriarchs in this polyphenol family are the flavonoids, also found in tea and wine. Flavonoids act as blood thinners, decreasing clotting. They also appear to reduce the build-up of plaque in the arteries by lowering LDL cholesterol.

Right about now, several of you more astute readers are thinking, "Yeh, so what



the significant woman in your life happy each month, you simply need to buy her a chocolate cheesecake. Just make sure you keep any comments to yourself about where that cheesecake is apt to end up on her body.

Pardon the voice of reason, but of course none of this is encouragement to add chocolate to every meal nor is it advice to enjoy

since the fat in chocolate increases cholesterol." In fact, it appears that the fat in chocolate has little effect on blood cholesterol. Chocolate contains three types of fatty acids. The oleic fatty acid is largely monounsaturated and thus heart healthy!

The stearic fatty acid is more saturated but appears to be neutral in terms of its effect on blood cholesterol. (Does this explain why the Swiss make such great chocolate?) Chocolate also contains some palmitic

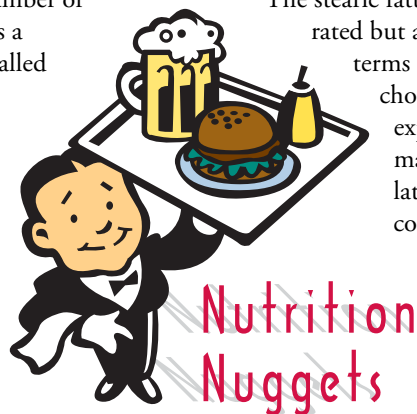
fatty acid, which is highly saturated and can increase cholesterol, but two out of three ain't bad.

The magnesium in chocolate may

explain why many women have premenstrual cravings for it, as magnesium appears to alleviate some of the symptoms of PMS. Apparently, if you want to make

anything but moderate amounts. (By the way, many people have asked me what the official serving size for Girl Scout Thin Mints is. Based on my "laboratory" observations, I would have to say one row, which equates to two servings per box.) Despite scads of diet book quacks (oops, I mean "authors") who would have you believe otherwise, one of the most essential rules in healthful eating is that nothing need truly be taboo. Balance, variety, and moderation are still the only rules that apply.

So, what do these concepts mean when it comes to mouthwatering chocolate? I've actually been feeding myself for some time now and I'm still not sure. According to Consumer Reports, Godiva makes the best variety of chocolate, followed by Teuscher and Dove. Some research says that dark chocolate is the most preferable variety because it's the least processed and thus retains the most antioxidants as well as the least added fat. Moderation, according to health guru Dr. Dean Ornish, is one piece



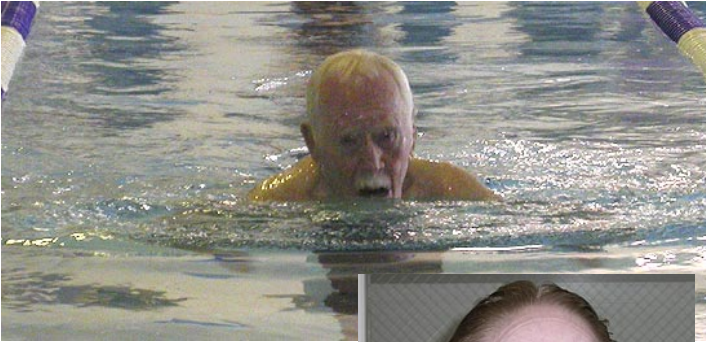
Nutritional information for swimmers

SWIM MEET RESULTS

FEBRUARY FROLIC MEET

Spokane, Washington February 22, 2003

SPOKANE CLUB



THE YOUNG AND THE RESTLESS: *C.J. Hamilton (89) of Lake City Masters and Kelly Crandall (22) of Pacific Northwest Association and WSU Masters, were the oldest and youngest swimmers at the February Frolic meet held at the Spokane Club.*

WOMEN'S RESULTS

Women 19-24

50 Yard Freestyle			
Kelly Crandell	22	0:28.82	PNA
200 Yard Freestyle			
Kelly Crandell	22	2:17.32	PNA
100 Yard Backstroke			
Kelly Crandell	22	1:23.53	PNA
200 Yard Backstroke			
Kelly Crandell	22	2:55.76	PNA
400 Yard Individual Medley			
Kelly Crandell	22	5:44.76	PNA

Women 25-29

200 Yard Freestyle			
Willow Foster	25	3:03.98	WSU
50 Yard Breaststroke			
Liz Edwards	26	0:36.05	WKM
100 Yard Breaststroke			
Liz Edwards	26	1:17.70	WKM
200 Yard Breaststroke			
Liz Edwards	26	2:49.33	WKM
Willow Foster	25	3:35.45	WSU
100 Yard Individual Medley			
Liz Edwards	26	1:12.82	WKM
200 Yard Individual Medley			
Liz Edwards	26	2:36.87	WKM

Women 35-39

50 Yard Freestyle			
Amy O'Hara	36	0:37.49	SWA

50 Yard Backstroke			
Susan Gambrel	35	0:35.99	SMT
100 Yard Backstroke			
Susan Gambrel	35	1:19.59	SMT
200 Yard Backstroke			
Susan Gambrel	35	2:45.05	SMT
Deborah Snyder	37	3:03.40	WSU
50 Yard Breaststroke			
Amy O'Hara	36	DQ	SWA
100 Yard Breaststroke			
Deborah Snyder	37	1:27.73	WSU
Amy O'Hara	36	1:38.37	SWA
200 Yard Breaststroke			
Deborah Snyder	37	3:06.46	WSU
50 Yard Butterfly			
Susan Gambrel	35	0:34.53	SMT
200 Yard Individual Medley			
Deborah Snyder	37	2:55.44	WSU

Women 40-44

500 Yard Freestyle			
Susanne Simpson	42	5:46.54	SCM
1000 Yard Freestyle			
Susanne Simpson	42	11:29.03	SCM
100 Yard Butterfly			
Susanne Simpson	42	1:05.99	SCM
200 Yard Butterfly			
Susanne Simpson	42	2:30.51	SCM
100 Yard Individual Medley			
Jan Thompson	44	1:23.51	SAS
200 Yard Individual Medley			
Susanne Simpson	42	2:32.58I	SCM

Women 45-49

50 Yard Backstroke			
Julianne Parnell	45	0:40.21	SWA
Mary Adams	48	0:46.08	LCM
200 Yard Backstroke			
Mary Adams	48	3:34.19	LCM
50 Yard Butterfly			
Julianne Parnell	45	0:34.63	SWA
Mary Adams	48	0:44.49	LCM
100 Yard Individual Medley			
Mary Adams	48	1:34.65	LCM

Women 50-54

500 Yard Freestyle			
Kathrine Casey	54	6:53.69	PNA
50 Yard Breaststroke			
Kathrine Casey	54	0:42.26	PNA
100 Yard Breaststroke			
Kathrine Casey	54	1:33.67	PNA
200 Yard Breaststroke			
Kathrine Casey	54	3:17.20	PNA
50 Yard Butterfly			
Kathrine Casey	54	0:37.10	PNA

Women 55-59

50 Yard Freestyle			
Renice Townsend	59	0:50.88	WKM
100 Yard Freestyle			
Suzanne Dills	57	1:12.76	SCM
Renice Townsend	59	2:01.06	WKM
200 Yard Freestyle			
Renice Townsend	59	4:55.24	WKM
1000 Yard Freestyle			
Suzanne Dills	57	14:02.41I	SCM
Virginia Lane	56	20:38.04	LSD

50 Yard Backstroke			
Virginia Lane	56	1:03.14	LSD
100 Yard Backstroke			
Suzanne Dills	57	1:29.09I	SCM
200 Yard Backstroke			
Virginia Lane	56	4:37.82	LSD
50 Yard Breaststroke			
Renice Townsend	59	1:33.52	WKM
100 Yard Breaststroke			
Suzanne Dills	57	1:38.49I	SCM
200 Yard Breaststroke			
Renice Townsend	59	DQ	WKM
100 Yard Butterfly			
Suzanne Dills	57	1:35.66	SCM
100 Yard Individual Medley			
Virginia Lane	56	2:21.79	LSD
200 Yard Individual Medley			
Virginia Lane	56	5:03.05	LSD

Women 65-69

50 Yard Freestyle			
Audrey B. Roberts	66	0:47.52	WKM
100 Yard Freestyle			
Audrey B. Roberts	66	1:45.77	WKM

1000 Yard Freestyle

Audrey B. Roberts	66	20:43.81	WKM
100 Yard Individual Medley			
Audrey B. Roberts	66	2:12.28	WKM
200 Yard Individual Medley			
Audrey B. Roberts	66	4:46.70	WKM

Women 70-74

50 Yard Freestyle			
Madonna Buder	72	0:49.50	UNA
Annette Orton	71	1:23.40	SWA
100 Yard Freestyle			
Madonna Buder	72	1:45.96	UNA
Annette Orton	71	3:08.33	SWA
1000 Yard Freestyle			
Madonna Buder	72	20:40.93I	UNA
50 Yard Backstroke			
Annette Orton	71	1:39.46	SWA
50 Yard Breaststroke			
Madonna Buder	72	1:06.04	UNA
Annette Orton	71	1:54.66	SWA
200 Yard Breaststroke			
Madonna Buder	72	5:11.61	UNA
100 Yard Individual Medley			
Annette Orton	71	3:41.23	SWA

Women 75-79

500 Yard Freestyle			
Elisabeth Brussel	78	11:02.43	WKM
100 Yard Backstroke			
Elisabeth Brussel	78	2:14.42	WKM
200 Yard Backstroke			
Elisabeth Brussel	78	4:39.34	WKM
100 Yard Breaststroke			
Elisabeth Brussel	78	2:25.51	WKM

MEN

Men 25-29

50 Yard Freestyle			
Jeremiah Pappe	26	0:23.27	UNA
Felix Bustos	29	0:26.45	UNA
100 Yard Freestyle			
Jeremiah Pappe	26	0:51.34	UNA
Chad France	28	0:58.77	WKM
200 Yard Freestyle			
Jeremiah Pappe	26	1:56.13	UNA
1000 Yard Freestyle			
Jeremiah Pappe	26	11:42.75	UNA
Chad France	28	13:48.41	WKM
50 Yard Backstroke			
Chad France	28	0:35.18	WKM
100 Yard Backstroke			
Chad France	28	1:16.99	WKM
50 Yard Breaststroke			
Jeremiah Pappe	26	0:29.21I	UNA
Felix Bustos	29	0:32.54	UNA
100 Yard Individual Medley			
Chad France	28	1:14.44	WKM

Men 30-34

100 Yard Freestyle			
Brian Hall	32	1:18.80	MCM
50 Yard Breaststroke			
Brian Hall	32	0:40.79	MCM
100 Yard Breaststroke			
Brian Hall	32	1:37.91	MCM
200 Yard Breaststroke			
Brian Hall	32	3:32.71	MCM
100 Yard Individual Medley			
Brian Hall	32	1:32.63	MCM

Men 35-39

50 Yard Freestyle			
Bill Volckening	36	0:24.93	NEM
Don Delcambre	39	0:29.53	SWA
Mike Brosnahan	39	0:29.84	SWA
100 Yard Freestyle			
Bill Volckening	36	0:54.76	NEM
Jeff Underwood	37	1:06.35	SCM
Mike Brosnahan	39	1:07.27	SWA
200 Yard Freestyle			
Bill Volckening	36	2:01.66	NEM
1000 Yard Freestyle			
Jeff Underwood	37	14:33.85	SCM
50 Yard Breaststroke			
Don Delcambre	39	0:38.43	SWA
100 Yard Breaststroke			
Mike Brosnahan	39	1:28.21	SWA

Men 40-44

50 Yard Freestyle			
Murray Allen	40	0:25.50	UNA
Jim Christian	40	0:26.07	UNA
Thomas Lamar	42	0:28.77	MCM
Thomas Simpson	42	0:31.21	SCM
100 Yard Freestyle			
Lincoln Djang	43	0:51.41	UNA
Murray Allen	40	0:58.90	UNA
Eric Ridgway	42	1:02.63	SWA
Thomas Lamar	42	1:02.75	MCM
Thomas Simpson	42	1:07.90	SCM
Doug Garcia	41	1:11.66	WSU
200 Yard Freestyle			
Thomas Simpson	42	2:30.12	SCM
500 Yard Freestyle			
Thomas Simpson	42	7:00.67	SCM
Doug Garcia	41	7:24.52	WSU

TEAM STANDINGS

West Kootenay Masters	365
Sandpoint West Athletic Club	320
Spokane Club	203
Lake City Masters	185
WSU Masters	142
Inland Empire YMCA	33
London Silver Dolphins	30
North Spokane Masters	30
Spokane Masters and Tri	20
Panhandle Masters	19

KEY FOR CODES

- U = Unofficial Time
- I = Inland Northwest Record
- Z = Northwest Zone Record
- N = USMS National Record
- W = World Record
- DQ = Disqualification
- All records are pending verification

1000 Yard Freestyle			
Lincoln Djang	43	10:39.06I	UNA
Thomas Simpson	42	DQ	SCM
50 Yard Breaststroke			
Jim Christian	40	0:32.87	UNA
Eric Ridgway	42	0:36.54	SWA
100 Yard Breaststroke			
Jim Christian	40	1:14.32	UNA
Eric Ridgway	42	1:16.71	SWA
200 Yard Breaststroke			
Eric Ridgway	42	2:48.35	SWA
50 Yard Butterfly			
Murray Allen	40	0:29.72	UNA
Thomas Lamar	42	0:31.22	MCM
100 Yard Butterfly			
Doug Garcia	41	1:31.27	WSU
100 Yard Individual Medley			
Eric Ridgway	42	1:11.35	SWA
Thomas Lamar	42	1:11.89	MCM
200 Yard Individual Medley			
Lincoln Djang	43	2:06.44I	UNA
Doug Garcia	41	3:07.48	WSU
400 Yard Individual Medley			
Doug Garcia	41	6:44.92	WSU

Men-45-49

50 Yard Freestyle			
Larry Krauser	49	0:23.51	SCM
Robert Morrison	48	0:30.40	IEY
100 Yard Freestyle			
Robert Morrison	48	0:59.55	IEY
Holger Caban	46	0:59.59	SCM
Bill Triol	48	1:03.04	WKM
200 Yard Freestyle			
Holger Caban	46	2:14.22	SCM
500 Yard Freestyle			
Bill Triol	48	6:39.93	WKM
1000 Yard Freestyle			
Larry Krauser	49	11:25.37	SCM
50 Yard Backstroke			
Bill Triol	48	0:36.28	WKM
200 Yard Backstroke			
Larry Krauser	49	2:22.63	SCM
50 Yard Breaststroke			
Robert Morrison	48	0:32.66	IEY
100 Yard Breaststroke			
Robert Morrison	48	1:13.34	IEY
Holger Caban	46	1:15.93	SCM
200 Yard Breaststroke			
Robert Morrison	48	2:45.57	IEY
Holger Caban	46	2:47.13	SCM
50 Yard Butterfly			
Bill Triol	48	0:30.13	WKM
100 Yard Individual Medley			
Larry Krauser	49	1:06.58	SCM
400 Yard Individual Medley			
Larry Krauser	49	5:01.99I	SCM

Men 50-54

100 Yard Backstroke			
Richard Green	50	1:07.13	IEY
200 Yard Backstroke			
Richard Green	50	2:29.07	IEY
100 Yard Breaststroke			
Michael Merrell	54	1:16.18	SWA
200 Yard Breaststroke			
Michael Merrell	54	2:43.73	SWA
200 Yard Butterfly			
Michael Merrell	54	2:44.21	SWA



NEW FOUND FRIENDSHIP: Jeremiah Pappe (26) left, and Lincoln Djang (43) found themselves in quite a race at the February Frolic meet. Pappe finished the 100 Freestyle in a :51.34 with Djang close behind at :51.41. Both swimmers swim unattached.

200 Yard Individual Medley			
Michael Merrell	54	2:44.06	SWA
400 Yard Individual Medley			
Michael Merrell	54	5:39.15	SWA

Men 55-59

50 Yard Freestyle			
Steve Wolcott	57	0:28.76	UNA
100 Yard Freestyle			
Steve Wolcott	57	1:03.37	UNA
Don Caskey	58	1:20.09	WKM
200 Yard Freestyle			
Steve Wolcott	57	2:28.39	UNA
Don Caskey	58	3:23.03	WKM
100 Yard Backstroke			
Don Caskey	58	1:37.42	WKM
200 Yard Backstroke			
Don Caskey	58	3:31.31	WKM
50 Yard Butterfly			
Steve Wolcott	57	0:32.90	UNA
100 Yard Individual Medley			
Don Caskey	58	1:44.73	WKM

Men 60-64

50 Yard Freestyle			
John Corn	61	0:41.04	SWA
50 Yard Breaststroke			
John Corn	61	0:49.79	SWA

Men 65-69

50 Yard Freestyle			
George Spomer	65	0:42.21	MCM
100 Yard Freestyle			
George Spomer	65	1:39.26	MCM
200 Yard Freestyle			
David Rusnell	69	3:11.42	WKM
George Spomer	65	3:39.60	MCM
500 Yard Freestyle			
David Rusnell	69	8:39.80	WKM
George Spomer	65	9:47.23	MCM
1000 Yard Freestyle			
George Spomer	65	19:15.83	MCM

50 Yard Backstroke			
David Rusnell	69	0:48.82	WKM
200 Yard Backstroke			
David Rusnell	69	3:54.99	WKM
50 Yard Butterfly			
David Rusnell	69	0:49.57	WKM

Men 75-79

50 Yard Freestyle			
Gerrit Brussel	79	0:50.80	WKM
50 Yard Backstroke			
Gerrit Brussel	79	1:10.45	WKM
50 Yard Breaststroke			
William Bresko	75	0:52.00	UNA
Gerrit Brussel	79	0:55.85	WKM
100 Yard Breaststroke			
William Bresko	75	2:03.31	UNA
Gerrit Brussel	79	2:21.37	WKM
50 Yard Butterfly			
William Bresko	75	1:20.66I	UNA
100 Yard Individual Medley			
William Bresko	75	2:12.76I	UNA
200 Yard Individual Medley			
William Bresko	75	5:03.94I	UNA

Men 85-89

100 Yard Freestyle			
C.J. Hamilton	89	3:46.79	LCM
100 Yard Backstroke			
C.J. Hamilton	89	3:18.05	LCM
100 Yard Breaststroke			
C.J. Hamilton	89	3:44.90	LCM
100 Yard Butterfly			
C.J. Hamilton	89	4:26.96	LCM
100 Yard Individual Medley			
C.J. Hamilton	89	3:35.25I	LCM

see FROLIC RESULTS on page 9

2003 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Hosted by Federal Way Masters
 Sanctioned by the Pacific Northwest Association of Masters Swimmers
 for USMS, Inc. Sanction # 033604

DATE: **Saturday, April 12th and Sunday, April 13th, 2003**
 TIMES: **Saturday, April 12th, Warm-up: 8:00 ñ 8:50 AM, Meet starts: 9:00 AM**
Sunday, April 13th, Warm-up: 8:00 ñ 8:50 AM, Meet starts: 9:00 AM

PLACE: WEYERHAEUSER KING COUNTY AQUATIC CENTER, 650 SW Campus Drive,
 Federal Way, WA 98023 (206)296-4444

MEET DIRECTOR: Hank Kirkland (253)941-3585 / fwmastersmd@juno.com

FACILITY: The venue is an indoor facility with spectator seating for 2500 people and elevator access to the deck level. It includes a 50-meter championship pool set up as two 25-yard courses, each with eight nine-foot-wide lanes and a water depth range of nine feet to ten and one-half feet and a seven-lane, 25-yard diving tank for continuous warm-up during the meet. Two championship courses will be used for events 500 yards and longer. Only one course will be used for events less than 500 yards. The championship pool is rated one of the fastest pools in the world. Deck-level, concrete surge gutters and lane lines minimize wave action. An Omega timing system is linked to a state-of-the-art, eight-lane readout scoreboard

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2003 USMS or MSC registered swimmers age 19 and above as of April 13th. Age groups will be based upon the swimmers age as of April 13, 2003.

DIRECTIONS: From North or South Bound I5 take exit 142 B which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

ORDER OF EVENTS (ORDER #B) (Seeding slow to fast / Deck enter relays at the meet.)

1	1000 Free (Check-in by 8:30)	13	500 Freestyle (Check-in by 8:30)
2	Event 2 will not start before 9:45	14	Event 14 will not start before 9:45
3	Women's 200 Freestyle Relay	15	Women's 200 Medley Relay
4	Men's 200 Freestyle Relay	16	Men's 200 Medley Relay
5	50 Backstroke	17	100 Breaststroke
6	200 Butterfly	18	50 Butterfly
7	100 Freestyle	19	200 Freestyle
8	10 minute break	20	10 minute Break
9	100 Individual Medley	21	200 Individual Medley
10	200 Mixed Medley Relay	22	200 Mixed Freestyle Relay
11	100 Backstroke	23	50 Breaststroke
12	50 Freestyle	24	200 Backstroke
	200 Breaststroke		100 Butterfly
	400 Individual Medley		1650 Freestyle (Check-in by noon)

WEBSITE: Visit the PNA website at www.swimpna.org for updated information.

SAFETY FIRST: NO DIVING DURING WARM LANS.

-UP EXCEPT INTO DESIGNATED SPRINT

Entry Confirmation: If entry confirmation is desired, include a self-addressed, stamped envelope or postcard with your entry. Swimmers should keep a copy of the completed entry form.

Check-in: Check-in is required for the 1000 Freestyle (Deadline: Saturday at 8:30 AM), the 500 Freestyle (Deadline: Sunday at 8:30 AM), and the 1650 Freestyle (Deadline: Sunday at 12 noon). Swimmers who do not check in by the deadline may be scratched from the event.

2003 STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET
Saturday, April 12th and Sunday, April 13th, 2003

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE _____ Email _____

BIRTHDATE _____ USMS #: _____ (note: team must register with PNA by 3/22/03)

PNA TEAM _____
 CLUB _____ or UNATTACHED _____ LMSC _____

AGE GROUP (Determined by your age as of April 13th, 2003):

19 - 24	25 ñ 29	30 - 34	35 - 39	40 - 44	45- 49	50 ñ 54	55 ñ 59
60 - 64	65 ñ 69	70 - 74	75 - 79	80 - 84	85 - 89	90 ñ 94	95+

ENTRY LIMIT: 6 INDIVIDUAL EVENTS (5 per day) PLUS RELAYS

EVENT NUMBER	EVENT	SEED TIME

ENTRY FEE: \$ 15.00 SurchARGE

Individual Events: \$ _____ T-shirts @ \$15 indicate size (M L XL) _____
 \$1 per event. No charge for relays.

Total: \$ _____ Please make checks payable to Federal Way Masters
 Mail this entry form and fees to: Holly Bork

25107 62nd AVE S #J-201
 Kent, WA 98032 (

Questions? Email Holly at holly.d.bork@boeing.com

Entries must be postmarked no later than Saturday, March 22nd or received by March 28th, 2003. **Include a copy of your Masters registration card if you are not a PNA member.** All swimmers must have a valid 2003 USMS (or foreign) registration prior to meet entry or submit an application accompanying the entry.

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. SIGNED: _____ DATE: _____

CHOCOLATE *from page 5*

per day, but does that mean a single Hershey miniature or a life-sized Easter Bunny? Balance must mean that if your slab of chocolate cake rolls off the plate when you're carrying it to the couch, then it's not balanced... or something like that.

In all honesty, if chocolate does bring joy to your mouth, your stomach, and maybe even your mind or your soul, then go for it. The experience of good food is truly one of the healthiest we have. Just as only a few amazing souls can swim the Chesapeake Bay, only a few of us can enjoy infinite flavors and quantities of chocolate without becoming a personal floatation device. The rest of us have to seek out our favorites and discover which types and amounts work best for us.

Alice Phillips is the Fitness Chair for the Virginia LMSC. Alice says, "If anyone asks you why they should trust what I say, feel free to tell them that no, I'm not a doctor, but I do play one on TV." Alice has been a worksite health educator for 10 years and has a Master's in health.

FROLIC RESULTS *from page 7*

RELAY RESULTS

Women's 200 Medley Relay

WKM	25+	3:50.56
Elisabeth Brussel	78	
Renice Townsend	59	
Liz Edwards	26	
Audrey B. Roberts	66	

Men's 200 Freestyle Relay

WKM	25+	2:32.54
Chad France	28	
Gerrit Brussel	79	
Don Caskey	58	
Bill Triol	48	

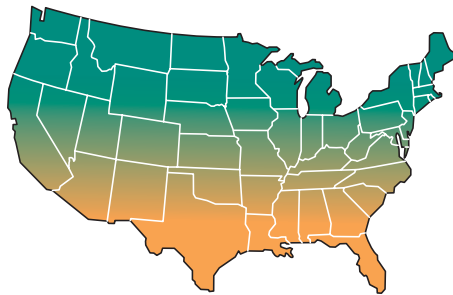
Men's 200 Medley Relay

WKM	25+	2:33.88
Don Caskey	58	
Bill Triol	48	
Chad France	28	
David Rusnell	69	

Mixed 200 Freestyle Relay

WKM	25+	2:21.94
Chad France	28	
Renice Townsend	59	
Don Caskey	58	
Liz Edwards	26	

SCM	35+	1:52.53I
Susanne Simpson	42	
Suzanne Dills	57	
Holger Caban	46	
Larry Krauser	49	



Virtual Geographic Swim Fitness Event

This event is a new USMS Fitness event designed to take the monotony out of your trips back and forth across the pool. Now you can "Swim America's Waterways" and join others throughout the country and world in applying any pool lengths you do to virtually swimming some of the most important bodies of water in the US.

Each swim was designed by a Masters swimmer who lives close to the featured waterway. Some of our virtual swims are actually open water courses, others are waters most would not dare to swim in. These virtual swims are also designed to educate you about the different places, and perhaps, lure you to visit someday.

Start by visiting the Fitness section of the USMS web site and picking a swim from the list (www.usms.org). The Fitness section also has information and forms to help you keep track of your efforts. Read the document, swim and record your yards (or meters) as miles on the chart provided. Record one log per swim. A generic log for is also provided to use if a swim body of water you want to swim is not on the list.

At the end of 2003, you can send in your logs for a personalized certificate, and possibly recognition online. T-shirts will also be available.

This event lasts all year, but the sooner you start, the more waterways you will travel.

Suggested waterways from our area include: the Columbia, Snake, Spokane or Clearwater Rivers, in addition to Lakes Pend Orielle, and Coeur d'Alene.

Swimmer Profile



Name: Larry Krauser

Age: 49, until June, then I age up

Occupation: Manager of Structural Steel Erector, a subcontractor in major construction projects.

Swim Club: Spokane Club

Years Swimming Masters: off and on for the past 20 years, the last five or six seriously.

Favorite Event: 200 Butterfly

Why: Because I like to watch it, not necessarily swim it though.

Favorite Author: W.E.B. Griffin, he does military and World War II type novels.

Favorite Movie: Papillon, Logan's Run

Favorite Music: Underground Acid (from the 60's and early 70's)

Before a Meet: Listen to music., usually a little Pink Floyd or Jimi Hendrix, and no food.

After a Meet: I like to have a steak and drink a beer

Little Known Fact: I was a disc jockey in college at Purdue University. I spun records for the dorm radio station where I played underground acid rock.

Editors note: Larry serves the Inland NW Masters Board as Secretary.

Northwest Zone Short Course Yards Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. i Sanction #373-04

Eligibility: Currently registered USMS swimmers, 19 years and older.

Unregistered swimmers must submit a 2003 registration form and fee with this form.

Hosted by: Columbia Gorge Masters &
Hood River Valley Swim Team
Hood River Aquatic Center
1601 May Street
Hood River, Oregon

DATE: Saturday & Sunday, April 26 & 27, 2003

SATURDAY: WARM-UPS: 1PM i MEET STARTS: 2PM
SUNDAY: WARM-UPS: 8AM i MEET STARTS: 9AM

8-10 lanes competition-electronic timing
Continuous warm-up/down area

Meet director: Shelly Rawding i Phone: 509-493-4679 i e-mail hrvst_coach@hotmail.com

Directions to the pool: Eastbound: Take I-84 to Exit#62 (first Hood River Exit), turn right onto Cascade and go toward town for 1.2 miles to the first stoplight. Turn right on 13th, go up the hill and turn right on May St (just past the hospital on the left). Pool will be on your left just past the park. Westbound: Take I-84 to Exit #63 (second Hood River Exit), turn left and go into town. Go through the blinking red light and go one block to State Street. Turn right and go .6 mile to 13th Street. Turn left, proceed up the hill and turn right on May Street (just past hospital). Pool will be on your left just past the park.

ALL ENTRANTS MUST SUBMIT A PHOTOCOPY OF THEIR CURRENT USMS REGISTRATION CARD WITH THIS ENTRY.

HOST (HOUSE OUR SWIMMERS TONIGHT): CONTACT SANDI ROUSSEAU 541-354-2580 OR E-MAIL SWIM@GORGE.NET

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY APRIL 11, 2003

FILL IN LOWER PORTION COMPLETELY RETURN LOWER PORTION FILL IN LOWER PORTION COMPLETELY

NAME _____
ADDRESS _____
CITY _____
STATE _____ ZIP _____
PHONE _____
E-MAIL _____

BIRTHDATE _____ AGE _____ SEX _____
2003 USMS # _____
USMS CLUB (OREG, MACO, PNA, ETC) _____
IS THIS YOUR FIRST MASTERS MEET? Yes No

AGE GROUPS: 19-24, 25-29, 30-34, ETC. UP TO 100+. RELAY AGE GROUPS: 19+, 25+, 35+, 45+, 55+, 65+, 75+, ETC. **YOU MAY ENTER A MAXIMUM OF 8 INDIVIDUAL EVENTS WITH NO MORE THAN 5 INDIVIDUAL EVENTS PER DAY PLUS RELAYS.** ENTER RELAYS AT THE MEET. IN EACH RELAY EVENT, RELAY TEAMS MAY SWIM DISTANCES OF 200Y, 400Y OR 800Y (800Y FOR FREE RELAYS ONLY). A PERSON MAY SWIM THE 200Y, 400Y & 800Y DISTANCE OF EACH RELAY ONCE. THE 400 AND 800 RELAY WILL BE SEEDED IN HEATS AFTER THE 200 RELAYS OF THE SAME EVENT. THE 500, 1000 AND 1650 FREESTYLES & 400 IM WILL BE DECK SEEDED. *CHECK IN FOR THESE EVENTS AND FOR THE RELAYS WILL CLOSE 30 MIN. BEFORE EVENT IS TO BE SWUM. CHECK IN FOR THE 1650 WILL OPEN MIDWAY THROUGH SUNDAY'S EVENTS. SHOULD IT BE NECESSARY, TWO PER LANE MAY BE REQUIRED FOR THE 1000 & 1650 FREESTYLES DEPENDENT ON THE MEET SIZE AND TIMELINE.* ALL EVENTS WILL BE SEEDED SLOW TO FAST.

Saturday, April 26, 2003

100 BACK (1) _____ : _____ . _____
50 BREAST (2) _____ : _____ . _____
200 FREE (3) _____ : _____ . _____
400 IM (4) _____ : _____ . _____

break

FREE RELAYS (5-10)

100 BREAST (11) _____ : _____ . _____
200 FLY (12) _____ : _____ . _____
50 FREE (13) _____ : _____ . _____

break

MIXED MEDLEY RELAYS (14-15)

1000 FREE (16) _____ : _____ . _____

Sunday, April 27, 2003

500 FREE (17) _____ : _____ . _____

Sunday (cont)

20 min. warm-up in competition pool. Event 18 will not start before 10AM

100 IM (18) _____ : _____ . _____
50 FLY (19) _____ : _____ . _____
200 BACK (20) _____ : _____ . _____
100 FREE (21) _____ : _____ . _____

break

MEDLEY RELAYS (22-25)

200 IM (26) _____ : _____ . _____
100 FLY (27) _____ : _____ . _____
200 BREAST (28) _____ : _____ . _____
50 BACK (29) _____ : _____ . _____

MIXED FREE RELAYS (30-32)

break

1650 FREE (33) _____ : _____ . _____

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 & 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.i

Meet Entry **\$18.00**
Each Extra Event (7th &/or 8th) \$3 ea. _____
Total enclosed _____

SIGNATURE _____ DATE _____

MEET ENTRY FEE: \$18.00 i MAKE CHECKS PAYABLE TO OREGON MASTERS SWIMMING.
SEND FORM(S) AND FEE(S) TO: GARY WHITMAN, 11015 NE MASON STREET, PORTLAND OR 97220

2003 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 2003

Date of Birth	Age	Sex	Today's Date (not good before 11/1/2002)
---------------	-----	-----	--

Team Affiliation

<input type="radio"/> Inland Empire YMCA	<input type="radio"/> Lake City Masters	<input type="radio"/> Moscow Chinook Masters	<input type="radio"/> North Spokane 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 team	<input type="radio"/> Unattached club

Unattached team means you will not be able to participate in relay events at Inland NW Masters meets, but can still participate in relays at zone or national meets as part of the Inland NW Masters club. **Unattached club** means you will not be able to participate in relay events at Inland NW Masters meets, zone or national meets.

I am a certified USA Swimming Official I am a certified high school swimming official I coach Masters Swimmers

B E N E F I T S O F M E M B E R S H I P I N C L U D E :

⇒ *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? ⇒ \$20.00 to United States Masters Swimming (\$7.00 for *Swim Magazine*) ⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

2003 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2003)

New Registration Renewal, my current USMS Number is _____

Please check appropriate level

Individual Registration \$30.00 Couples Registering together \$55.00 Senior Registration (age 60+) \$27.50

Late Year Registration fees not set (for those registering in September or October)

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

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

Make check payable to	IWMSC	Amount Enclosed
Mail check and form to:	Sue Dills	
	639 N. Riverpoint Blvd. #3W	
	Spokane, WA 99202	

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** _____



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Inland Northwest Masters Board of Directors

OFFICER ELECTIONS

Every two years, Inland Northwest Masters elects four members to serve as officers of the Board of Directors. These positions are Chair, Vice Chair, Treasurer, and Secretary.

Other positions that serve on the Inland Northwest Masters Board of Directors are: a representative of each registered team, and the chair person of each of the various committees as volunteered/appointed by the Board of Directors Chair with the approval of the Board of Directors. Some of these positions are: Top-Ten Chair, Newsletter Editor, Sanctions Chair, and other positions are necessary. All positions whether elected or appointed are volunteer.

Return completed ballots return to:

Margaret Hair
408 Vista Drive
Coeur d'Alene, ID 83815

Deadline for ballot submission is post-marked Wednesday March 19, 2003

CHAIR (vote for one)

Susanne Simpson (Spokane Club Masters)

Write In _____

VICE CHAIR (vote for one)

Bernie Kingsly (North Spokane Masters)

Write In _____

TREASURER (vote for one)

Virgil Crampton (WSU Masters)

Write In _____

SECRETARY (vote for one)

Larry Krauser (Spokane Club Masters)

Write In _____