

SPLASH MASTER ONLINE ISSUE

A Toast to Mike

Editors Note: On Sunday, August 3, 2003 Michael Veith (55 SCM) died about 125 yards short of the Medical Lake shoreline in the swimming leg of the Troika Triathlon.

Mike was a Vietnam combat veteran and was an experienced open water swimmer. He finished seventh just a few weeks earlier at the Steve Omi Swim.

Mike is survived by his wife Crisit of 36 years and two sons.

The following poem was read at the memorial service for Mike.

Inland Northwest Masters CALENDAR

- | | |
|-------------|--|
| Oct. 29 | Deadline for entries NW Zone Short Course Meters Champs , South Kitsap Pool, Port Orchard, WA. Deck entries not taken, see page 10 for entry form. |
| Nov. 5 | Deadline for entries Moscow Chinook Masters Pentathlon Meet , Moscow, ID. See page 5 |
| Nov. 10 | Entries due for 3000/6000 yard Naitonal Postal Champs. |
| Nov. 8 & 9 | NW Zone Short Course Meters Championships , South Kitsap Pool, Port Orchard, WA hosted by Pacific NW Association. Deck entries not taken. See page 10. |
| Nov. 15 | Moscow Chinook Masters Pentathlon Meet |
| Nov. 19 | Deadline for entires Fall Classic Swim Meet in Sandpoint |
| Nov. 29 | Fall Classic Swim Meet in Sandpoint |
| Dec 13 & 14 | Mentor Coach & Swimmers Clinic in Seattle, for details visit www.swimpna.org |
| Dec. 31 | All 2003 USMS Registrations expire, renew yours TODAY! |

BY JAY UNDERWOOD

We gather today to honor a friend,
No understanding why his time had to end;
He touched our hears in so many ways,
And will be remembered so foundly for all of our days.

A finer man you'd be hard-pressed to find,
Compassionate, caring, and extremely kind;
He always was smiling and enjoying life,
Loving his family, friends, and especially his wife.

His competitive spirit he tried to conceal,
The disdain for losing was an easy reveal;
Yet in his success, he was ever so humble,
And when he was beat, he never would grumble.

He was developing a business that was incredibly cool,
Producing clean energy from an alternative fuel;
A passionate man with great drive and determination,
His dream will survive and become a realization.

Swimming was a passion he thoroughly enjoyed,
His departure has left the pool with an un-fillable void;
Every lap was a race, he didn't have the slows,
see TOAST on page 2



Inland Northwest Masters

Local Masters Swimming Committee

Board and Team Representatives

full contact information available online

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VIEW FROM THE CHAIR

BY SUSANNE SIMPSON

INLAND NORTHWEST MASTERS CHAIR

Greetings fellow lovers of chlorine! I hope this finds you happy and enjoying a beautiful Fall!

This summer the Inland Northwest Masters lost a wonderful man, Mike Veith. Mike died August 3rd during the swim leg of a triathlon, when he suffered a heart-stroke in his wetsuit. He was 57 years old and was in the best shape he'd ever been in during his entire adult life.

Mike swam with the Spokane Club Masters group. He grew up swimming in Bellevue and swam throughout his adult life, but never with an organized group until he moved to Spokane. Mike's passion for swimming flourished here! His smile and goofy laugh, his happiness and enthusiasm, his competitive spirit and gentle heart are sorely missed by his Spokane Club swimming partners.

I swam with Mike five days a week. He was never very good at counting laps, so when he'd swim a 350 instead of a 300, he'd say... "Oops, I had a senior moment." In response I'd say, "Mike, I don't think you're old enough to have a senior moment." He would laugh and grin... he



had a fabulous grin!

One day a few summers ago Mike and I rode our bikes to the pool together. His bike had a motor! He'd turn it on while

going up a hill and then try to engage me in conversation while I was huffing and puffing. "This hill isn't so bad," he'd say to me with a grin while his bike motor was pushing him up the hill.

The void that is felt by the loss of Mike has made me realize that my swimming group is much more than a "group." Each of us are an intricate part of a family. A family that shares the love of swimming and working out together. A family that will never be the same with the loss of Mike... a family that will never be the same because of what we gained from Mike. My hope is that you all are blessed with... SWIMMING FAMILIES!

TOAST from page 1

To make him go faster you could just touch his toes.

He worked his way up to lead the middle lane,
But keeping track of the laps was definitely not his game;
He didn't care much for strokes other than free,
And we should honor him annually by swimming Waikiki.

So lets raise our glasses and offer a toast,
To the man who today is our honorable host;
A great husband, father and friend named Mike,

He's the kind of person we should all strive to be like.

We wish you the best in the place that you are,
And hope there's a pool to swim in that's never too far;
We expect you to reserve a lane just for us friends,
So we can circle with you again, when our time ends.

And to Chris...

May God allow Mike to keep swimming, leading you through the rough waters, breaking the waves, and creating a smooth wake for you to draft behind!

SPLASHMASTER

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INLAND NW BOARD MEETING MINUTES

Spokane, Washington, June 18, 2003

Attending—Susanne Simpson, Doug Garcia, Brian Johnson, Catherine Albaugh, Margaret Hair, Bernard Kingsly, and Karen Carlberg.

Reports and Old business

Minutes—of the March 29, 2003 meeting held in Pullman were approved.

Treasurer's Report—Doug presented the report in Virgil's absence. Additional sources of income were considered to balance expenditures. Discussion included changing the newsletter printer, and increasing meet entry fees. Discrepancies in the report of approximately \$1500 were cited; a motion to table the report was approved.

Registrar's Report—Susanne stated registrations for the year to date was 217.

Newsletter—Doug reported on the non-profit status and indicated we were getting closer to solving the problem.

Meets/Sanctions—Brian's report was an account of his familiarization with the sanctions procedures. His concerns with the scheduling process were answered. A proposed online meet registration was discussed. Doug mentioned the possibility of having a Snake River Swim hosted by the WSU Women's Swim Team.

By-Laws—Susanne gave the report in Larry's absence. The poor response to meetings regarding the quorum requirement of representatives was noted. The motion to approve the constitution and by-laws revisions in order to distribute the documents to members was tabled until the fully revised documents were available for representative approval.

Top-10/Data Processing—Doug and Margaret reported for Deborah. Margaret discussed the slow-moving process of learning the new software, citing both advantages and disadvantages. The new program seems to work well for age group swimming but not for masters swimming. If necessary, the old program can be used

although it requires lots of manual entries due to rule changes. Once Margaret is proficient with the new program, she will pass the laptop off to Deborah and instruct her about using the new program.

Margaret Hair took suggestions for getting rid of the old computer. A motion was passed that the equipment be disposed of appropriately.

Clinics—Doug discussed details for a fall clinic in Pullman, a suggestion was made to schedule the clinic on the same weekend as a meet (either in Pullman or Moscow) to draw more people. Doug stated that if a clinician could not be secured, the WSU Women's Swim Team might be able to run a clinic similar to last fall's clinic that was a success.

New Business

USMS convention—a motion was passed to have Susanne attend the USMS convention in San Diego as the LMSC delegate. Expenses including airfare, room, and convention fee will be reimbursed up to \$500. It was expected that she would receive funding from the NW Zone to help offset expenses. Doug will also be attending as the NW Zone Representative.

Zone Proposals—At the last zone meeting a number of measures requiring approval from each of the LMSCs were proposed. The measures were: dropping the 800M Freestyle relay event from the 2003 LCM Champs meet to help cut expenses, to allow the meet director to seed two swimmers per lane for the 800M and 1500M Freestyle events, and to distribute the NW Zone Chatter via the Web site and email and to distribute hard copies only by request. Each of the measures were approved.

Zone Meeting Representative—Susanne brought up the possibility of having Doug Garcia represent the Inland NW at zone meetings in the absence of other Inland NW representatives. It was

discussed that Doug could be said representative and that there was no motion needed for this matter.

Spokane Teams Pool Problems—Karen Carlberg of the Spokane Masters Swim and Tri called attention to troubles her team is having with the city administration, pool quality and availability. She stated they would need more members in order to meet expenses. A question was raised as to whether the number of masters teams in the Spokane were spread too thin, and if it might be possible to consolidate teams. The general consensus was more communication between teams was needed, and collaboration scheduling swims could help increase participation and ease budget stresses for teams.

Annual Report—Margaret Hair also notified the board that the USMS has not yet received the Inland NW's annual meeting report from the 2002 meeting. It was agreed that information from last year's meeting would be collected and sent.

Data Base Management—Doug mentioned his use of a trial, web-based, data management service at WSU Masters. It was agreed that Doug use the service for Inland NW as long as it remains cost-free.

Sanction Package—Margaret and Brian began discussion of the host evaluation form and how it help in the process of trying to host better meets. Concern was expressed that its stringencies might seem to scare potential hosts. A conclusion was reached to put the evaluation forms aside for now and compose a list of things needed for meets that hosts could consult. Further discussion of this matter was held for after adjournment .

The meeting was adjourned at 8:15pm.

SANDPOINT WEST ATHLETIC CLUB MASTERS

Fall Classic Swim Meet

SATURDAY NOVEMBER 29, 2003

Date/Times: Saturday, November 29, 2003. Warm-up starts at 8:30 am, Meet starts at 9:00 am, second warm-up at 10:00.

Sponsor: Sandpoint Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United State Masters Swimming Inc. (USMS) Sanction number 3531129.

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

Deadline: All entries must be postmarked by November 19, 2003. Incomplete or late entries will be treated as "deck entries."

Fees: \$8.00 for entries sent before November 19, \$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.

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

Directions: Take I-90 east or west to US Highway 95 in Couer d'Alene. Go north on Highway 95 to Sandpoint. Cross the long bridge into town traveling on First Street. Stay on First Street through town, staying in the left lane. First Street turns left onto Cedar, continue on Cedar through stoplight at Chevron station and turn left (south) onto Division. Turn right onto Pine and look for Sandpoint West Athletic Club on the left. For more information call Mike Brosnahan at (208) 263-6633.

Postmarked by: November 19, 2003
Mail Entries to: Margaret Hair
 408 Vista Drive
 Coeur d'Alene, ID 83815
Entry Fee: \$8.00 prior to November 19
 \$12.00 for Deck Entries
Checks payable to: IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Team _____

Meter Times Please • Maximum of 5 Individual and 3 Relay Events.

- | | | |
|--|--|---|
| 1) 400 M Ind. Medley _____
2) 800 M Freestyle _____
Second Warm-Up at Approx. 10:00 am
3) 200 M Freestyle Relay _____
<p style="text-align: center;">10 Minute Break</p> 4) 50 M Freestyle _____
5) 100 M Breaststroke _____
6) 200 M Backstroke _____ | 7) 50 M Butterfly _____
8) 200 M Ind. Medley _____
9) 400 M Mixed Freestyle Relay _____
<p style="text-align: center;">10 Minute Break</p> 10) 100 M Freestyle _____
11) 200 M Breaststroke _____
12) 50 M Backstroke _____
13) 100 M Butterfly _____ | 14) 200 M Medley Relay _____
<p style="text-align: center;">10 Minute Break</p> 15) 200 M Freestyle _____
16) 50 M Breaststroke _____
17) 100 M Backstroke _____
18) 200 M Butterfly _____
19) 100 M Ind. Medley _____
20) 400 M Freestyle _____ |
|--|--|---|

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.

Your Signature _____ Date _____

MOSCOW CHINOOK MASTERS

Palouse Pentathlon Swim Meet

SATURDAY NOVEMBER 15, 2003

Date/Times: Saturday, November 15, 2003. Warm-up starts at 9:00 am, Meet starts at 10:00 am.

Sponsor: Moscow Chinook Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United State Masters Swimming Inc. (USMS) Sanction number 3531115.

Eligibility: Swimmers must be currently registered USMS swimmers. New 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. Stroke and turn judges will be present. 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 November 5, 2003. Incomplete or late entries will be treated as "deck entries."

Fees: \$8.00 for entries sent before November 5, \$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: Swimmers may choose to compete as an individual or as a Pentathlete. **Individual** swimmers may swim in any combination of individual events (limit of five individual events and two relays). **Pentathletes** are required to choose one of the following sets of events: 'Sprint' Pentathlon (swim 50s of each stroke, plus the 100 IM) or the 'Distance' Pentathlon (100s of each stroke, plus the 200 IM).

Relays: Submit relay cards to the clerk of course during the warm-ups. All relays will be mixed and include two males and two females. Teams can choose either a 200- or 400-yard relay.

Awards: will be presented for individual and relay events. Special awards will be presented to Pentathletes in both the Sprint and Distance Pentathlons. Pentathlon awards will be determined by the cumulative time of all five events. Team scores will be determined by scoring of individual and relay events (i.e., Pentathlon winners do not garner additional points for their team beyond the points earned in each of the individual events).

Directions from Pullman: Take SR 270 east to Moscow. Turn right at the second light onto Perimeter Drive. Turn left onto Sixth Street (first left). Turn right at second right onto Rayburn Street and go up the hill—the Kibbie Dome will be on your right—turn left into Parking Lot #39. Access the Swim Center through Memorial Gym. **Directions from Coeur d' Alene:** Take US 95 south to Moscow. Turn right at fourth light onto Sixth Street. Turn left onto Rayburn Street (first street past the stop sign) and go up the hill—the Kibbie Dome will be on your right—turn left into Parking Lot #39. Access Swim Center through Memorial Gym. **Parking:** Park on Rayburn Street or in Parking Lot #39. Parking meters/restrictions not enforced on the weekend, however avoid parking in designated service or delivery spaces.

Special Event: note that WSU Cougar Football will be hosting Arizona State in Pullman on Saturday afternoon, November 15. Please plan for slower traffic on all the roads in the Palouse region. For more information visit football-weekends.wsu.edu

Postmarked by:	November 5, 2003
Mail Entries to:	Margaret Hair 408 Vista Drive Coeur d'Alene, ID 83815
Entry Fee:	\$8.00 prior to November 5 \$12.00 for 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 • Include a copy of your USMS registration card if you are from out of the Inland Northwest LMSC.

Warm-up at 9:00 am, meet starts 10:00 am

BREAK

BREAK

- 1 & 2) 200 or 400 Mixed Medley Relay _____
- 3) 50 Breaststroke _____
- 4) 100 Butterfly _____
- 5) 50 Freestyle _____

- 6) 100 Backstroke _____
- 7) 100 Individual Medley _____
- 8) 100 Breastsroke _____
- 9) 50 Butterfly _____

- 10) 100 Freestyle _____
- 11) 50 Backstroke _____
- 12) 200 Individual Medley _____
- 13 & 14) 200 or 400 Mixed Freestyle Relay _____

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 _____

Swimmer Profile



Name: Mary Adams

Age: 48

Occupation: Retired, I retired with my husband and now we play!

Swim Club: Lake City Masters

Years Swimming Masters: 3

Favorite Event: 200 Backstroke

Why: Because a few years ago I finally figured out how to do a legal Backstroke turn, and I like doing them, especially when I make them all in a 200.

Favorite Author: I am an avid reader, I like to read fiction particularly westerns.

Favorite Movie: Butch Cassidy and the Sundance Kid

Before a Meet: I don't eat much, try to relax and think positive.

After a Meet: Take a nap, no question about it.

Little Known Fact: Originally from Colorado, but I spent 17 years in Alaska, then retired with my husband to North Idaho.

My swimming mentor: is my older sister who swims with Rocky Mountain Masters in Colorado. she's always encouraging me. She has also come out to do the Long Bridge swim with me a number of times.

Kicking Butt

BY BILL VOLCKENING

In 1999, University of Michigan swimmer Tim Siciliano came out of nowhere to win the 400 Individual Medley at the NCAA Division I Swimming Championships. Siciliano's story is intriguing because his bicep and shoulder injuries earlier in the year caused him to spend several months doing only kicking workouts.

Heavy emphasis on kicking not only contributes to leg strength, but it helps swimmers develop a stronger aerobic capacity. Because the leg muscles are larger than most of the upper body muscles, they have the potential to consume more oxygen while working hard. So, if you're looking for a few ways to kick butt in the swimming pool, the following drills will help.

Titanic Kick: This Backstroke kicking drill is one of the most advanced kicking drills. It takes a high level of effort to maintain the proper position. Without strong effort, swimmers 'sink like the Titanic' —hence the name. To do the drill, flutter kick on the back with arms in a streamlined position, with fingertips pointing directly toward the ceiling or sky. Arms should be perfectly straight (no bent elbows). Start by using fins and work toward completing the drill without fins. By doing 'Titanic Kick,' swimmers gain an understanding of the amount of effort it takes to lift any part of the body out of the water while trying to maintain balance and propulsion. It's also a great workout!

"I Dream of Jeannie:" The name of this drill is a reference to Barbara Eden's character from the popular television rerun of the same title. This name refers to Jeannie's ability to make magic by folding her arms and blinking. To do the drill, face the pool bottom and fold the arms above the head while kicking Breaststroke. By doing 'Jeannie-Style' kick, swimmers are able to maintain better balance with hips high in the water. In contrast, kicking Breaststroke with a board often causes the hips to sink because of the unnatural flotation given to the upper body. The drill

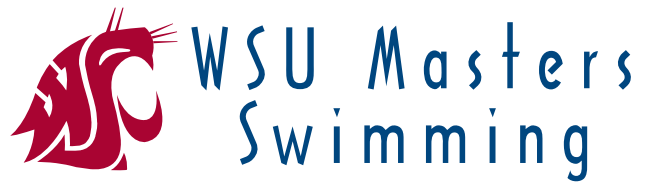
also provides additional frontal resistance and a method for maintaining high elbows while kicking. It's a great way to kick Breaststroke without a board, because it discourages sculling and pulling. Some swimmers say it's 'more comfortable' to kick this way.

5-Kick-3-Pull Fly: This drill is helpful in providing a method for swimmers to develop Butterfly. It is also a good transition drill when switching from short course yards to the long course meters season. To do the drill, maintain a streamlined position facing the pool bottom and take five dolphin kicks while submerged. Follow the five kicks with three full stroke cycles (including kick) at the surface. By doing the 5-kick-3-pull fly, swimmers have the opportunity to emphasize kicking to strengthen the Butterfly. This kicking strength is particularly beneficial in long course swimming. This is a terrific drill to do with fins.

OPEN WATER RESULTS

Looking for the results from this summer's Steve Omi and Sandpoint Long Bridge Swims? You'll find the complete results, online at www.InlandNWMasters.org.

2003 United States Masters Swimming 3000/6000 Yard National Postal Championships



Sponsored by Washington State University Masters Swim Team • www.WSUMastersSwimming.org

Sanctioned by Inland Northwest Masters LMSC for United States Masters Swimming (Sanction #3531031P)

Events • National Championship 3000 yard and 6000 yard timed swims. Submit official splits and entry form by mail.

Location • Swim in any 25 yard pool. The 3000 yard event is 120 lengths and the 6000 yard event is 240 lengths. No conversions from metric pools are permitted.

Dates • The swim must be completed on or between September 1 and October 31, 2003. The event director must receive your entry by November 10.

Eligibility • Open to all USMS members with a valid 2003 registration. A photocopy of your 2003 registration card must be included with your entry.

Individual Entry/Age Groups • Men and women compete separately in five year age groups: 19-24, 25-29, 30-34, etc. The swimmer's actual age on the day of their swim determines their age group. Individuals who change age groups during the time of the event may enter twice but must swim the event twice, one time at each age.

Team Events • Six team events will be contested: 1) Three women, each swimming 3000 yards; 2) Three men, each swimming 3000 yards; 3) Three women, each swimming 6000 yards; 4) Three men, each swimming 6000 yards; 5) Two women and

two men, each swimming 3000 yards; 6) Two women and two men, each swimming 6000 yards. The cumulative time for the individual swims will be the team time.

Scoring • Club scoring will be tabulated based on the top-ten individual finishers in each age group (11-9-8-7-6-5-4-3-2-1). Scores will be tabulated for the men, women and combined in both the 3000 and 6000 yard events.

Awards • The top-six finishers in each age group in the individual and the team events will receive USMS Long Distance National Championship medals. First place finishers in each age group will also receive a USMS Championship patch. Certificates will be presented to the top-three clubs in each category.

Rules • 2003 USMS Rules will govern these events. Drafting, flotation and propulsion devices (pull buoys, fins, paddles, wet suits, etc) are not permitted. No more than two swimmers may share a lane and each swimmer must swim on either the right or the left side of the lane for the entire race (circle swimming is not allowed). Each swimmer shall have a counter to record split times for every two lengths. One person may serve as a counter

for no more than two swimmers per heat. The counter's name and phone number must be included on the entry form. Stopwatches or electronic timing must be used to ensure that an official swim can be recorded to the nearest hundredth of a second. Backup stopwatches should be started and left running in case the official timing system fails. A 3000 yard split in the 6000 yard event may be submitted for a record if requested in writing. It will not be accepted as an entry for the 3000 yard event; the events must be swum separately.

Fees • \$10 for each individual entry and \$12 for each team entry. Fees are non-refundable, cash will not be accepted.

Results • Complete results will be sent by mail (or by email as a pdf file) along with t-shirts and awards by December 10, 2003.

T-Shirts • Event t-shirts may be purchased for \$16.00 when sending in your entry. Shirt design can be seen online at www.WSUMastersSwimming.org starting in August 2003

Questions • Contact event director Doug Garcia at douggarcia@usms.org or call 509-332-1621 (before 9 pm PST please).

Team Entry Form

Event: Women's 3 x 3000 Men's 3 x 3000 Mixed (2 women and 2 men) 4 x 3000
(please select only one event) Women's 3 x 6000 Men's 3 x 6000 Mixed (2 women and 2 men) 4 x 6000

Club Name	Club Abbreviation	Age Group	
Captain's Name	Phone	Email	
Swimmer's Name	Sex	Age	Time
1)	<input type="checkbox"/> Female <input type="checkbox"/> Male		
2)	<input type="checkbox"/> Female <input type="checkbox"/> Male		
3)	<input type="checkbox"/> Female <input type="checkbox"/> Male		
4)	<input type="checkbox"/> Female <input type="checkbox"/> Male		
Total Time			

2003 United States Masters Swimming **3000/6000 Yard National Postal Championship**

Individual Entry Form

Please Fill Out Legibly and Completely

Name: _____ Female Male Age: _____ Birthdate: _____

Address: _____

City: _____ State: _____ Zip: _____ Country: _____

Phone Number: (with area code) _____ Email Address: _____

USMS Registration Number: _____ *All entrants must provide a photocopy of their USMS registration card*

Club Name: _____ Club Abbreviation: _____

Name of your timer/counter: _____ Phone Number (with area code): _____

Liability Release: 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. ASA 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** _____

I certify that I have read the rules of this event on September or October _____, 2003

I swam 3000 Yards or 6000 Yards The total time was _____ : _____ : _____ (to the 100th's please)

Pool Name & Location (City/State) _____

Swimmer's Signature _____ **Timer/counter signature:** _____

Amount Enclosed: \$10 for each Individual Entry **Mail entry form and check to:**
 \$12 for each Team Entry Brian Lamb
 \$16 for each T-Shirt (specify size) 1540 NW Clifford
 Small Medium Large XLarge XXLarge Pullman, WA 99163
 Please send my results via email, as a pdf attachment.
 I do not care to receive awards should I qualify.

Total Amount Enclosed (Checks payable to WSU Masters Swimming)

Split Sheet: record cumulative (not split) time for each 50 yards to the 10th's and final time to the 100th's

50	1050	2050	3050	4050	5050
100	1100	2100	3100	4100	5100
150	1150	2150	3150	4150	5150
200	1200	2200	3200	4200	5200
250	1250	2250	3250	4250	5250
300	1300	2300	3300	4300	5300
350	1350	2350	3350	4350	5350
400	1400	2400	3400	4400	5400
450	1450	2450	3450	4450	5450
500	1500	2500	3500	4500	5500
550	1550	2550	3550	4550	5550
600	1600	2600	3600	4600	5600
650	1650	2650	3650	4650	5650
700	1700	2700	3700	4700	5700
750	1750	2750	3750	4750	5750
800	1800	2800	3800	4800	5800
850	1850	2850	3850	4850	5850
900	1900	2900	3900	4900	5900
950	1950	2950	3950	4950	5950
1000	2000	3000	4000	5000	6000

Northwest Zone Swimmers Receive Honors at Annual Convention

USMS to bid for 2006 Masters World Championships

AS COMPILED BY HUGH MOORE, PNA SECRETARY

Recognition & Awards: The Northwest Zone in particular Oregon Masters Swimming was well represented in Award Ceremonies at this year's United States Masters Swimming annual convention.

Sandi Rousseau from Oregon was the recipient of the 2003 Ransom J. Arthur Award. Sandi has been active in USMS for many years, in particular in working on national championships.

The Coaches Committee presented its annual Coach of the Year Award to Oregon's Bob Bruce. Bob coaches the team in Central Oregon (Bend) and has created a devoted following of open water swimmers. Bob is a level 5 Masters Coach.

Winners of the 2003 Dorothy Donnelly USMS Service Award from the Northwest Zone were: Pam Himstreet, and Dave Radcliff, both of Oregon Masters.

The last award for the Northwest Zone and Inland Northwest Masters was for the *Splashmaster* Newsletter, which brought home newsletter of the year honors.

International/Championship: USMS will submit a bid to FINA for the 2006 Masters World Championships to be held at Stanford University. If this meet is awarded to USMS, there will not be a USMS Long Course National Championship meet in 2006. World Championships include swimming, open water swimming, diving, water polo, and synchronized swimming.

The Amateur Swimming Union of the Americas (ASUA) has recently formed a Masters Committee. They propose organizing Masters Pan American Games every two years starting in 2005.

Upcoming USMS Championship meets include: 2004 Short Course, Indianapolis, Ind., April 22-25; 2004 Long Course, Savannah, Ga., August 12-15; and 2005 Long Course, Mission Viejo, Calif., August 10-14. The location for 2005 Short Course meet will be determined later this year.

A proposal is being developed for a Short Course Meters National Championship Meet. This would consist of four or five large regional short course meters meets with results pooled together for final results.

Coaches: The coaches committee has requested the online workouts be in a "members only" section of the USMS website. The coaches committee also recommended that USMS allow online registration for membership in 2004. The Masters coaches Conference at ASCA was extremely successful and three mentor coach and swimmers clinics grants are available USMS for the remainder of 2003.

Finance: Finance Committee presented a balanced budget for 2004 with revenues of \$990,000 based on membership remaining stable at 43,000.

Fitness: During the year the Fitness Web site has been developed and contains three main fitness events: the check-off challenge, virtual swim series and 30-minute swim. USMS members and teams are encouraged to do both the 30-minute swim and virtual swim this year. A fitness handbook is being developed.

Legislation: Most significant among the 22 approved legislation changes is a fully rewritten Part 4, "Participation, Conduct, Hearings, and Appeals." It defines swimmers' rights of participation and procedures for a National Board of Review in the event an LMSC cannot resolve a local grievance.

Long Distance: 2005 events awarded include the One Hour Postal (Indy SwimFit); 5k&10 K postal (St Pete), 3000/6000 postal (Clemson); One Mile Open Water (Central Oregon); 2 mile OW (Adirondack); 1-3 mile OW (Chicago); 3-6 mile OW (La Jolla); and 6+ mile OW (Swim Florida).

Registration: Important issues discussed during the Registration meetings

included the privacy of members' data and the National Database. Be assured that your personal information is not shared with others. Although it is necessary to provide meet directors with your birth date, it goes no further than the applicable meet and records. USMS is working toward the option of on-line annual registration and local meet entries.

Safety Education: The safety handbook will be completed and distributed via the Web site. A safety section of the USMS Web site will be completed. Meet directors are encouraged to include space for emergency contact name and phone number on entry forms. Site specific waivers were discussed and the use of these was discouraged.

Records & Tabulation: The process for getting USMS Recognition of a meet sanctioned by a FINA Member Federation so the USMS swimmers can submit those times for USMS Records and Top 10 has been simplified. LMSC Top 10 recorders have begun the process of including USMS ID# when submitting the LMSC Top 10 for compiling the USMS Top 10. This should make the USMS Top 10 more accurate as it should only contain USMS registered swimmers.

Rules: Pools measured prior to January 1, 2003, will have to be remeasured if those measurements do not meet the current measurement criteria (e.g., if all lanes were not measured or a fiberglass tape was used). Pool length measurements are not required for pools outside the United States if the meets are held under the sanction of other FINA governing bodies (except for World Records). In pools with water depth 3 feet 6 inches to less than 4 feet at the starting end, the swimmer must start from the deck or from the water. In pools with water depth less than 3 feet 6 inches at the starting end, the swimmer must start from the water.

Sports Medicine: The Sports Medicine Committee will undertake a study of Masters athletes and aging. Testing will be done at National Championship meets and elsewhere beginning at 2004 Short Course Nationals in Indianapolis. Work on a Sports Medicine section of the USMS Web site continues. If World Championships are awarded to the United States, a sports medicine conference on The Aging Athlete will be held in conjunction with the meet.

2003 NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIP MEET

Hosted by **Puget Sound Swim Club**
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 033608

DATE: **Saturday, November 8 and Sunday, November 9, 2003**

TIMES: **Saturday, November 8:** Warm-up: 11:00 – 11:50 AM, Meet starts: 12:00 PM
Sunday, November 9: Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM

PLACE: South Kitsap High School pool,
425 Mitchell Avenue, Port Orchard WA 98366. 360-874-5741

MEET DIRECTOR: Steve Peterson (360-692-1669 or speterson@bandwagon.net)

FACILITY: This indoor venue has seating for 200+ people. The six-lane 50-meter pool is divided to provide competition water depth of four to ten feet. The shallow end of the pool will be available continuously for warm-up and warm-down.

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2003 USMS and foreign registered swimmers age 19 and above as of December 31, 2003.

DIRECTIONS: From I-5: Take Highway 16 toward Bremerton. Take the Sedgwick exit (19 miles from the bridge). Turn right onto Sedgwick, head east...
From Bremerton: Take Highway 16 toward Tacoma. Take the Tremont exit, head east. Continue as Tremont becomes Lund Ave...
Turn left at Bethel Rd (stop light). Bear right at 'Y' onto Mitchell Road, which becomes Mitchell Avenue. High School is on right after approximately 1 mile.

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

	Saturday, November 8, 12 Noon	Sunday, November 9, 9 AM
1	400 IM (check in by 11:30)	16 400 Freestyle (check in by 8:30)
2	Women's 200 Freestyle Relay	17 Women's 200 Medley Relay
3	Men's 200 Freestyle Relay	18 Men's 200 Medley Relay
4	Women's 400 Freestyle Relay	19 Women's 400 Medley Relay
5	Men's 400 Freestyle Relay	20 Men's 400 Medley Relay
6	50 Breast	21 100 Backstroke
7	100 Butterfly	22 50 Freestyle
8	200 Freestyle	23 200 Breaststroke
	10 minute break	10 minute break
9	200 Mixed Medley Relay	24 200 Mixed Free Relay
10	400 Mixed Medley Relay	25 400 Mixed Free Relay
11	100 Breaststroke	26 50 Backstroke
12	200 Backstroke	27 200 Butterfly
13	50 Butterfly	28 100 Freestyle
	10 minute break	10 minute break
14	100 Individual Medley	29 200 Individual Medley
15	800 Freestyle (check in by 1:30)	30 1500 Freestyle (check in by 11:30)

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

SAFETY FIRST:

NO DIVING DURING WARM-UP EXCEPT INTO DESIGNATED SPRINT LANES.

Entry Confirmation: Include legible email or a self-addressed, stamped envelope or postcard with your entry if you desire entry confirmation. You should bring a copy of your completed entry form.

Check-in: Check-in is required for the 400 IM (deadline is 11:30 Saturday), 800 Free (deadline is 1:30 Saturday), 400 Freestyle (deadline is 8:30 Sunday), 1500 Free (deadline is 11:30 Sunday). Swimmers who do not check in by the deadline may be scratched from the event.

2003 NORTHWEST ZONE SHORT COURSE METERS CHAMPIONSHIP MEET
Saturday, November 8 and Sunday, November 9, 2003

NAME: _____ **M** **F** **AGE:** _____

ADDRESS: _____

PHONE _____ **Email** _____

BIRTHDATE: _____ **USMS #:** _____

CLUB _____ or **UNATTACHED** _____ **LMSC** _____

AGE GROUP (Determined by your age as of December 31, 2003):

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

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

EVENT NUMBER	EVENT	SEED TIME (SCMeters)

ENTRY FEE: \$ 13.00 Surcharge (Includes \$1 Northwest Zone meet surcharge)

Individual Events: + _____ \$1 per event. No charge for relays.
Optional for age 65 and over and needs-based swimmers.

Total: \$ _____ Please make checks payable to **PNA**
Mail this entry form and fees to: Steve Peterson
11165 Central Valley NW
Poulsbo WA 98370

Questions? Email speterson@bandwagon.net

Entries must be postmarked no later than **October 29** or received by **October 31, 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 entry.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware 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 A COMMITTEE 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:** _____

2004 UNITED STATES MASTERS SWIMMING & INLAND NORTHWEST MASTERS MEMBER REGISTRATION

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

Last Name	First Name	Middle Initial	For Office Use
Street Address	Apt.#		
City	State	Zip	
Phone (with area code)		Email: (to be used for online newsletter, and will not be sold for junk email)	

USMS 2004

Date of Birth	Age	Sex	
Team Affiliation			
<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	
<p>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.</p>			
<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

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 12/31/2004)

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 \$10 (for those registering in September or October)

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

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

SPLASHMASTERDOUG GARCIA • WASHINGTON STATE UNIVERSITY
PO BOX 641227 • PULLMAN WA 99164-1227Non-Profit Org.
U.S. Postage Paid
Pullman, WA
Permit No.1**Nine Swimmers Crack
TOP TEN***2002-2003 Short Course Yards***Julie Pittsinger** (WVM, 35-39)
1650 Freestyle, 5th @ 18:46.15
200 Butterfly, 5th @ 2:30.51**Susanne Simpson** (SCM, 40-44)
1000 Freestyle, 5th @ 11:29.03
200 Butterfly, 5th @ 2:30.51**Suzanne Dills** (SCM, 55-59)
1000 Freestyle, 4th @ 14:02.41**Carolyn Magee** (WVM, 55-59)
200 Butterfly, 7th @ 3:22.10**Peony Munger** (WVM, 65-69)
200 Butterfly, 8th @ 5:47.22
400 Individual Medley 8th @ 9:32.04**Lincoln Djang** (UNA, 40-44)-
1000 Freestyle, 7th @ 10:33.70
400 Individual Medley, 2nd @ 4:25.11**Larry Krauser** (SCM, 45-49)
1650 Freestyle, 5th @ 18:23.49**Imre Schmidt** (SWAC, 80-84)
1650 Freestyle, 7th @ 37:53.20**C.J. Hamilton** (LCM, 85-89)
100 Breaststroke, 8th @ 3:44.90
100 Butterfly, 3rd @ 4:26.96
100 Individual Medley, 8th @ 3:35.25***What percentage of the human
body is composed of water?***

Different people have different percentages of their bodies made up of water. Babies have the most, being born at about 78 percent. By one year of age, that amount drops to about 65 percent. In adult men, about 60 percent of their bodies are water. However, fat tissue does not have as much water as lean tissue.

In adult women, fat makes up more of the body than men, so they have about 55 percent of their bodies made of water. Fat men also have less water (as a percentage) than thin men.

So you can see three possible reasons for the discrepancies you have found:

- 1) Babies and kids have more water (as a percentage) than adults.
- 2) Women have less water than men (as a percentage).
- 3) Fat people have less water than thin people (as a percentage).

A fourth reason is that different people measure per cent water a little differently, causing small differences in the answer.

—Jeffrey Utz, M.D., *Neuroscience, pediatrics,*
Allegheny University