

SPLASH MASTER ONLINE ISSUE



The Best Possible Streamline Position

MAT LUEBBERS

How important is a streamline to a swimmer? I think it can make a world of difference, particularly in a short-course setting, since streamlines and the idea of reducing drag can be applied to starts, swimming, and turns. My take on swimming and streamlines is they are a way to make a minimum energy investment for a maximum speed return.

Not exactly a free lunch for a swimmer, but as close as it gets in the swimming pool. Initiating the first kick or pull is a matter of determining when the swimmer's speed is about to drop from faster than they can swim to their race swimming speed. Experiment with different timing

"Look at aquatic creatures to learn about streamlining and getting efficient in the water. Even large aquatic animals—like this sea lion at the Portland Zoo—get into a streamline position"

*—Doug Garcia, Head Coach
WSU Masters Swimming*

swimming portions of a race, any chances to reduce the external forces fighting against the swimmer's forward progress (like drag) can result in a faster race time. If a better body position through a slight adjustment of head position results in

see STREAMLINE on page 2

From a start, the speed gained from the push off of the block and from the force of gravity is faster than the swimmer can actually swim. If they can maintain that speed for any extra duration, and everything else is equal, their overall time for the race could be quicker. And all they had to do was perform an improved streamline.

During the swimming portions of a race, any chances to reduce the external forces fighting against the swimmer's forward progress (like drag) can result in a faster race time.

Inland Northwest Masters CALENDAR

- March 7 March Madness Meet in Wenatchee, deck entries taken

- March 11 Entry postmark deadline for USMS Short Course Yards Championships, Indianapolis, IN Go online to www.usms.org or see *Swim Magazine* for details.

- March 17 Entries due for Inland NW Masters Short Course Yards Champs. Deck entries will not be taken, entry form on page 3.

- March 27 & 28 Inland NW Masters Short Course Yards Championships in Pullman at WSU. Deck entries will not be taken.

- April 16 Entry postmark deadline for NW Zone Short Course Yards Championships, Corvallis, OR. Entry form found on page 8

- April 22-25 USMS Short Course Yards Championships, Indianapolis, IN

- May 1 & 2 NW Zone Short Course Yards Championships Corvallis Oregon. Deck entries will not be taken.

- May 30 Onionman Triathlon, Walla Walla, WA for details, visit www.wwmultisports.com

- July 18 Steve Omi Swim, Lake Coeur d'Alene, Idaho

- Aug. 21 Long Bridge Swim, Sandpoint, Idaho

Inland Northwest Masters

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Board and Team Representatives

full contact information available online
www.InlandNWMasters.org

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STREAMLINE *from page 1*

decreased drag, then the swimmer just got faster—without putting any real extra effort into moving forward any faster. Other ways to reduce drag include paying attention to hand entry and hand/arm position (both arms!) during the stroke cycle. And don't forget the legs. A wide kick might have more force to it for some swimmers, but it also increase drag, and it is likely that the wide kick's force is working to overcome the drag it creates, resulting in little or no added speed (in other words, a narrow kick could be more efficient).

What about turns? Lot's of chances to reduce drag on those things, open or flip. How is the direction being changed? Is there a loose limb sticking out someplace that is being "dragged" through the water instead of slipped through it? Is water being pushed

How about the swimmer's push off the pool wall. The swimmer's upper body must be in a streamline shape prior to the initiation of the push to maximize speed off of the wall. As the push-off continues, the swimmer must pull the rest of their body into a streamline so they are able to hold that speed (which should be faster than swimming) for as long as possible.

Things to check for a good streamline

The easiest place to make a quick change in streamlines is off a wall. These are the things I look for in a streamline after the swimmer as left the wall:

- One hand aligned on top of the other, with fingers pointing the direction of travel. The little finger and thumb of the top hand wrapped around the lower hand (to allow leverage and to prevent separation).
- The fingertips stretching and reaching

as far forward as possible.

- The arms extended, pointing the direction of travel, with the biceps behind the ears.
- The surface from the back of the swimmer's hands, along the arms, then down the shoulders and back should be one (relatively) smooth surface with no "head bump" sticking up on that side.
- The head bump is on the chest side.
- The swimmer's arms are actively squeezing in behind the head, as if they are trying to make their elbows touch.
- The swimmer's core is tight and straight—every muscle pulling in towards the center, trying to make the swimmer longer and thinner.
- The swimmer's legs are adducted (that is, squeezed in and together) with their toes are pointed.
- I want to see the swimmer become a strong, long torpedo, rocket, or pencil shape off the wall (and on a start).

We practice streamlines off starts and turns regularly. We include a few push offs that are purposely not streamlined to remind the swimmers how much easier it is when they do perform a great streamline. You can practice and use streamlining techniques every swim workout to help make yourself a better swimmer.

Swim On!

—*Mathew Luebbers is a professional swim coach, working with all ages of competitive swimmers, fitness swimmers, and triathletes. Currently the Mat is the Head Coach and Program Director for the Marine Corp Community Services Semper Parit Aquatics Okinawa Dolphins Swim Team in Japan. Luebbers past coaching duties have included the Appleton YMCA Marlins, Lake Forest Swim Club, and Lake Forest College. Mat also enjoys cycling, triathlons, and the occasional marathon.*

SPLASHMASTER

VOLUME 7 NUMBER 2
FEBRUARY/MARCH 2004
WWW.INLANDNWMASTERS.ORG

Published irregularly by Washington State University
PO Box 641227 • Pullman WA 99164-1227

Send address changes to: Sue Dills, Registrar

Send editorial comments to: Doug Garcia, Editor
UP103659/GE04004

INLAND NORTHWEST MASTERS CHAMPIONSHIPS

SATURDAY AND SUNDAY MARCH 27 & 28

DATE/TIMES: Saturday, March 27 warm-up starts at 11:00 am, meet starts at Noon. Sunday March 28 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 3540328.

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 2004 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

DEADLINE: All entries must be postmarked by March 17, 2004.

FEES: \$15.00, 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 team they represent to have relay points count for that team. **CRAZY**

RELAYS will be organized upon the conclusion of Saturday's events, and be open to all swimmers regardless of team affiliation.

AWARDS: Ribbons will be available free of charge.

LODGING: 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, Grand Ave to Stadium Way, turn right. Stadium Way to Colorado St., turn right. The athletic complex will be on your left. *From Moscow*, turn right onto Stadium Way travel to Colorado Street (4th light), turn left. The athletic complex will be on your left. *Gibb Pool* is in the Physical Education Building, to the right of the building with curved windows. Follow all parking signs. For details visit: www.WSUMastersSwimming.org

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

UNDERWATER VIDEOTAPING: will be available prior to the meet on Saturday and after the meet on Sunday. For details contact Doug Garcia.

POSTMARKED BY:	March 17, 2004
MAIL ENTRIES TO:	Margaret Hair 408 Vista Drive Coeur d'Alene, ID 83815
ENTRY FEE:	\$15.00 (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.
 All USMS regulation relay distances will be available for all relay competitions.

SATURDAY MARCH 27

Underwater videotaping will be available by reservation before the warm ups, contact Doug Garcia for details.

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) 100 Backstroke _____
- 8) 50 Breaststroke _____
- 9) 200 Freestyle _____

BREAK

- 10) 100 Individual Medley _____
- 11-12) *Medley Relay*
- 13) 100 Breaststroke _____
- 14) 200 Butterfly _____
- 15) 50 Freestyle _____

BREAK

16 & 17) *Mixed Medley Relay*

Crazy Relays for all Swimmers

ANNUAL AWARDS DINNER

see award nomination on page 12

Mexican dinner hosted by WSU Masters Swimming starting at 6:15 pm, location to be announced. **\$13 per/person** (include reservation and and payment with your meet entry fee).

Number of guests _____

SUNDAY MARCH 28

Warm-up at 8 am, meet starts 9 am

- 18) 50 Butterfly _____
- 19) 200 Backstroke _____
- 20) 100 Freestyle _____

BREAK

- 21) 200 Individual Medley _____
- 22-24) *Freestyle Relay*

25) 100 Butterfly _____

26) 200 Breaststroke _____

27) 50 Backstroke _____

BREAK

28) 500 Freestyle _____

Underwater videotaping will be available by reservation after the meet, contact Doug Garcia for details.

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 _____

Cheetos as Health Food?

Trans Fatty Acids



*Nutritional information for swimmers
as compiled by Michael Costello*

Don't think that Cheetos will ever gain broad acceptance as health food. But Frito Lay is now promoting the health benefits of the snack food as being "trans fat free." The same goes for Doritos, Tostitos, Lay's Potato Chips and Ruffles Potato Chips. Riding the tide of anti-trans fat fever, Frito Lay and other grease peddlers are reacting to a flood of negative publicity regarding trans fatty acids and their affect on cardiovascular health and are modifying their processes to answer consumer demand.

Trans fatty acids have become fairly ubiquitous in the American diet. They are prevalent in such food as Oreos, as well as shortening, margarine, and most vegetable oils. The trans fatty acids are by-products of hydrogenation, a process that saturates polyunsaturated fatty acids. By unsaturated, we mean that the long hydrocarbon chain that makes up most of a fatty acid contains double bonds. Double bonds cause a fat to exhibit a lower melting point. Cooking oils are liquid primarily because they are composed of unsaturated fats. Butter is solid at room temperature because butterfat is mostly saturated.

Polyunsaturated vegetable oils are hydrogenated through a chemical process known as reduction. By exposing an oil to a strongly reducing chemical reducing environment, we are able to force hydrogen into those double bonds, thus saturating them. As a side reaction, some of the



double bonds are converted from their native "cis" form into the trans configuration.

We all know that saturated fats are bad for us and polyunsaturated fats are supposedly good, right? So when then why would everyone want to take an unsaturated fat and saturate it? Is it because food companies are mean?

It is true that polyunsaturated fatty acids are considered more healthy than saturated fats., But polyunsaturated fatty acids have their faults too, both in functionality and stability. As mentioned above, polyunsaturated fatty acids have a low melting point and are liquid at room temperature. Some are liquid even at refrigerator temperatures. This is not good at all when one wishes to make margarine or shortening, each of which needs to be semi-solid at room temperature. Saturating those fats raises the melting point until it approximates that of butter.

Additionally, even vegetable oils that we want in a liquid form needs to be partially saturated. That's because polyunsaturated fats spontaneously oxidize, and in storage will quickly begin to smell and behave like linseed oil. The chemical processes can progress fast enough that paper towels or rags soaked with polyunsaturated fatty

acids can spontaneously combust upon exposure to air.

Partial saturation slows this process considerably allowing us to buy vegetable oils in half-gallon jugs. Without partial saturation, the vegetable oil would spoil long before we used the entire bottle.

The problem with this is that side reaction that yields trans fatty acids.

Trans fatty acids are not unknown in nature. Beef contains a small percentage of trans fatty acids. Butterfat and beef fat contain between two-five percent trans fatty acids. The rumen, where most ruminant digestion occurs is also a strongly reducing environment.

But products like soybean margarine about 20 percent trans fatty acid. Soybean cooking oil (the most common cooking oil) is about 10 percent trans fatty acid. But don't think that you're escaping trans fats by using canola oil. Canola oil must also be partially saturated for the same reasons as soybean oil and actually tends to form trans fatty acids more easily.

The problem with trans fatty acids is the effect they have on heart health. The recent concern was sparked by a study in the 1980s comparing diets and cardiovascular health of Scandinavians and Americans.

see TRANS FATS on page 5

TRANS FATS *from page 4*

Scandinavians consume large quantities of saturated fats, but much lower amounts of trans fatty acids than the average American. The incidence of coronary heart disease is significantly lower among Scandinavians, a finding that seems to absolve saturated fats and indict trans fats.

Indeed, attention was being focused upon trans fat at least a decade earlier, although the evidence was less dramatic than the Scandinavian study. Physiochemical studies show that cholesterol esterified with trans fatty acid formed atherosclerotic lesions in cardiac arteries. That last sentence probably tells you why the popular press did not pick up on the earlier studies.

So, what is being done? First of all, labeling laws are changing. Just as current

food labels require saturated fat content to be disclosed, by 2006 trans fat content must also shown. In response, food manufacturers are changing their processes to reduce trans fat content in anticipation. I will not go into detail here on the technical details, but rest assured that trans fatty acid content will continue to go down just as it has for the last decade.

What can you do now? First, you can use butter instead of margarine. Use lard instead of shortening. And, you can use olive oil instead of soybean, canola or corn oil in your own cooking.

These are more expensive options, and that expense is the main reason why we have margarine, shortening and vegetable oil on our shelves now.

Swim Camp in Italy

“NUOTO” means in Italian “SWIMMING,” and “NUOTO+” means “More than Just Swimming.”

Giovanni Franceschi, two time European champion and record-holder, and 41 time Italian Championship, and creator of the summer swim camp “NUOTO+,” is happy to present the 2004 “NUOTO+” camp schedule.

- June 27–July 3 Viareggio (Lucca)
- July 11–17 Numana (Ancona)
- July 24–31 ClubMed Cervina (Aosta)
- August 1–7 Viareggio (Lucca)
- August 29–September 4 Viareggio (Lucca)
- September 5–11 Citta’ del Mare (Palermo)

This series of swim camps are held in some of the most beautiful locations in Italy, where beginners as well as advanced swimmers can improve the practical and theoretical knowledge of their favorite sport. Participants will work with Italian National team coaches Domenico Fioravanti and Alberto Castagnetti, to name a few.

The philosophy which characterizes NUOTO+ swim camps, which are central to the program, are surrounded by a program in which ethical, behavioral, and sports values are very important, and this qualifies NUOTO+ as an educational experience, not only from a technical point of view. For further information:

Online: www.giovanifranceschi.it

Call: 335 61 72453,

Email: info@giovanifranceschi.it

or

lokken@nuoto.it

Write: NUOTO+

Via Raffaello Sanzio

196-50053

Empoli (Florence) ITALY

INLAND NORTHWEST MASTERS

Swimmer Profile



Name: Hob Blank

Age: 48

Occupation: owner, Recycled Cycles

Swim Club: Lake City Masters

Years Swimming Masters: 12 years

Favorite Event: 400 IM & 200 Fly

Why: I like the more demanding events. (note by reporter, the 400 IM has only been in workouts, and the 200 Fly was a DQ.)

Favorite Book: Cat in the Hat

Favorite Movie: Navajo Joe

Favorite Food: a really fresh corndog

Before a Workout: Check pool temperature (see photo)

After a Workout: Eat donuts

Little Known Fact: Exceptionally gifted athlete (except in the pool) without the killer instinct.

My Swimming Mentor: myself

submitted by Margaret Hair

SWIM MEET RESULTS

FEBRUARY FROLILC SWIM MEET

Spokane, WA • February 21, 2004

SPOKANE

WOMEN'S EVENTS

Women 40-44

50 Yard Freestyle			
Robin Sullenberger	43	0:30.79	UNA
200 Yard Freestyle			
Cindy Clutter	44	2:40.51	LCM
500 Yard Freestyle			
Susanne Simpson	43	5:43.42	SCM
Cindy Clutter	44	7:01.81	LCM
1000 Yard Freestyle			
Susanne Simpson	43	11:28.58	SCM
Cindy Clutter	44	14:12.01	LCM
50 Yard Backstroke			
Laura Winslow	44	0:36.52	ARIZ
50 Yard Breaststroke			
Laura Winslow	44	0:37.30	ARIZ
Robin Sullenberger	43	0:38.63	UNA
Cindy Clutter	44	0:42.60	LCM
50 Yard Butterfly			
Susanne Simpson	43	0:28.94	SCM
Robin Sullenberger	43	0:33.57	UNA
100 Yard Butterfly			
Susanne Simpson	43	1:04.09	SCM
200 Yard Butterfly			
Susanne Simpson	43	2:24.22	SCM
Cindy Clutter	44	3:23.51	LCM
100 Yard Individual Medley			
Laura Winslow	44	1:15.34	ARIZ

Women 45-49

50 Yard Freestyle			
Mary Adams	49	0:36.20	LCM

50 Yard Backstroke			
Mary Adams	49	0:46.96	LCM
50 Yard Breaststroke			
Mary Adams	49	0:45.88	LCM
50 Yard Butterfly			
Mary Adams	49	0:42.98	LCM
200 Yard Butterfly			
Margaret Hair	48	3:13.78	LCM
100 Yard Individual Medley			
Mary Adams	49	1:34.74	LCM

Women 55-59

50 Yard Freestyle			
Jett Vallandigham	57	0:45.26	UNA
Virginia Lane	57	0:48.00	LSD
100 Yard Freestyle			
Suzanne Dills	58	1:13.68	SCM
Jett Vallandigham	57	1:44.12	UNA
1000 Yard Freestyle			
Suzanne Dills	58	13:47.11I	SCM
Virginia Lane	57	20:41.20	LSD
100 Yard Backstroke			
Suzanne Dills	58	1:26.57I	SCM
200 Yard Backstroke			
Virginia Lane	57	4:39.27	LSD
50 Yard Breaststroke			
Jett Vallandigham	57	0:50.57	UNA
100 Yard Breaststroke			
Suzanne Dills	58	1:39.02	SCM
Jett Vallandigham	57	2:01.91	UNA
200 Yard Breaststroke			
Jett Vallandigham	57	4:24.46	UNA
100 Yard Butterfly			
Suzanne Dills	58	1:34.41	SCM



Eric Ridgway (43, SWA) before swimming one of his events, he was just happy to be at the meet swimming among friends.

100 Yard Individual Medley			
Virginia Lane	57	2:23.40	LSD
200 Yard Individual Medley			
Virginia Lane	57	4:58.26	LSD

Women 60-64

50 Yard Freestyle			
Iris Murray	60	0:50.77	MCM
100 Yard Freestyle			
Iris Murray	60	1:56.13	MCM
200 Yard Freestyle			
Iris Murray	60	4:20.45	MCM
500 Yard Freestyle			
Iris Murray	60	11:10.62	MCM
1000 Yard Freestyle			
Iris Murray	60	22:25.47	MCM

Women 65-69

50 Yard Freestyle			
Audrey B. Roberts	67	0:45.54	WKM
100 Yard Freestyle			
Audrey B. Roberts	67	1:48.09	WKM
200 Yard Freestyle			
Audrey B. Roberts	67	3:49.25	WKM

Women 70-74

50 Yard Freestyle			
Madonna Buder	73	0:50.53	UNA
100 Yard Freestyle			
Madonna Buder	73	1:57.07	UNA
500 Yard Freestyle			
Annette Orton	72	16:12.84	SWA
1000 Yard Freestyle			
Madonna Buder	73	20:50.13	UNA
200 Yard Backstroke			
Annette Orton	72	7:38.03	SWA

50 Yard Breaststroke			
Madonna Buder	73	DQ	UNA
200 Yard Breaststroke			
Madonna Buder	73	5:17.14	UNA
Annette Orton	72	7:27.65	SWA
100 Yard Butterfly			
Annette Orton	72	3:59.03I	SWA
200 Yard Individual Medley			
Annette Orton	72	7:08.57	SWA

Women 80-84

50 Yard Freestyle			
Jean Rudolph	82	1:05.86	MCM
100 Yard Freestyle			
Jean Rudolph	82	2:24.89	MCM
50 Yard Backstroke			
Jean Rudolph	82	1:17.59	MCM
100 Yard Backstroke			
Jean Rudolph	82	2:33.94I	MCM
50 Yard Breaststroke			
Jean Rudolph	82	1:23.24I	MCM

MEN'S EVENTS

Men 40-44

50 Yard Freestyle			
Murray Allen	41	0:25.36	SCM
Christopher Wood	42	0:27.41	SCM
100 Yard Freestyle			
Lincoln Djang	44	0:51.65	MVN
Murray Allen	41	0:57.67	SCM
Christopher Wood	42	1:02.26	SCM
David Hellenthal	43	1:02.58	SCM
Eric Ridgway	43	1:04.08	SWA
Thomas Simpson	43	1:07.67	SCM
Doug Garcia	42	1:09.85	WSU



Cindy Clutter (44, LSC) and Tom Simpson (43, SCM) after swimming the 1000 Freestyle. Simpson finished with a time of 14:01, Clutter finished close behind with a time of 14:12.

200 Yard Freestyle

Christopher Wood	42	2:18.66	SCM
David Hellenthal	43	2:18.74	SCM
Doug Garcia	42	2:41.87	WSU

500 Yard Freestyle

Eric Ridgway	43	6:47.54	SWA
Doug Garcia	42	7:24.74	WSU

1000 Yard Freestyle

Thomas Simpson	43	14:01.50	SCM
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50 Yard Backstroke

Brian Johnson	42	0:29.28	MCM
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100 Yard Backstroke

Lincoln Djang	44	0:59.12	MVN
Brian Johnson	42	1:03.97	MCM

200 Yard Backstroke

Brian Johnson	42	2:23.70	MCM
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50 Yard Breaststroke

Christopher Wood	42	0:36.31	SCM
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100 Yard Breaststroke

Lincoln Djang	44	1:07.70	MVN
Eric Ridgway	43	1:16.46	SWA

50 Yard Butterfly

Murray Allen	41	0:29.06	SCM
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100 Yard Butterfly

Lincoln Djang	44	0:57.74	MVN
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100 Yard Individual Medley

Brian Johnson	42	1:04.24	MCM
Christopher Wood	42	1:17.92	SCM

100 Yard Individual Medley

David Hellenthal	43	1:22.30	SCM
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200 Yard Individual Medley

Eric Ridgway	43	2:36.55	SWA
David Hellenthal	43	2:56.33	SCM
Doug Garcia	42	3:08.25	WSU

400 Yard Individual Medley

Lincoln Djang	44	4:29.55	MVN
Doug Garcia	42	6:28.08	WSU

Men 45-49**50 Yard Breaststroke**

Bernard Kingsly	45	0:32.30	NSM
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50 Yard Butterfly

Bernard Kingsly	45	0:26.78I	NSM
-----------------	----	----------	-----

100 Yard Butterfly

Bernard Kingsly	45	1:03.62I	NSM
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100 Yard Individual Medley

Bernard Kingsly	45	1:03.81	NSM
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400 Yard Individual Medley

Bernard Kingsly	45	5:33.31	NSM
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Men 50-54**100 Yard Freestyle**

Larry Krauser	50	0:51.66z	SCM
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100 Yard Backstroke

Larry Krauser	50	1:12.52	SCM
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100 Yard Breaststroke

Larry Krauser	50	1:15.97	SCM
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The Young and the Restless: Jean Rudolph (82, MCM) the February Frolic Meet senior swimmer, and Brian Johnson (42, MCM) one of the meet's youngest swimmers waiting for their events. Rudolph set two Inland NW Masters—100 Backstroke and the 50 Breaststroke.

100 Yard Butterfly

Larry Krauser	50	1:09.70I	SCM
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400 Yard Individual Medley

Larry Krauser	50	4:59.90I	SCM
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Men 55-59**500 Yard Freestyle**

Gordon Gray	58	7:13.37	UNA
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50 Yard Backstroke

Don Caskey	59	0:42.84	WKM
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100 Yard Backstroke

Gordon Gray	58	1:29.88	UNA
Don Caskey	59	DQ	WKM

200 Yard Backstroke

Gordon Gray	58	3:06.03	UNA
Don Caskey	59	3:26.42	WKM

100 Yard Individual Medley

Don Caskey	59	1:38.22	WKM
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200 Yard Individual Medley

Don Caskey	59	3:45.56	WKM
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400 Yard Individual Medley

Gordon Gray	58	6:42.22	UNA
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Men 75-79**50 Yard Breaststroke**

William Bresko	76	0:54.30	UNA
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50 Yard Butterfly

William Bresko	76	1:11.29I	UNA
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100 Yard Individual Medley

William Bresko	76	2:12.16	UNA
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200 Yard Individual Medley

William Bresko	76	5:07.24	UNA
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400 Yard Individual Medley

William Bresko	76	12:51.83	UNA
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RELAY EVENTS**Men's 200 Yard Freestyle Relay**

SCM	35+	1:48.10
Murray Allen	41	
Christopher Wood	42	
David Hellenthal	43	
Larry Krauser	50	

Cumulative Team Points after February Frolic Meet

Moscow Chinook Masters	380
Lake City Masters	258
West Kootenay	198
Sandpoint West Ath. Club	176
Inland Empire YMCA	100
Spokane Club Masters	96
WSU Masters	96
North Spokane Masters	38
Mission Viejo Natados	30
London Silver Dolphins	26

Cumulative Individual Points after February Frolic Meet*(top four women)*

Mary Adams (LCM)	100
Jean Rudolph (MCM)	68
Barb Roberts (WKM)	64
Deb Bell (MCM)	60

(top four men)

Larry Krauser (SCM)	131
Bill Bresko (UNA)	95
Eric Ridgway (SWAC)	68
C.J. Hamilton (LCM)	55

Code to the right of time

U	Unofficial
I	Inland NW Masters Record
Z	Northwest Zone Record
N	National Record
W	World Record
DQ	Disqualification
All records pending verification	

Team Code

SWA	Sandpoint West Athletic Club
SMT	Spokane Masters & Tri
LSD	London Silver Dolphins (Canadian)
WKM	West Kootenay Masters (Canadian)
MCM	Moscow Chinook Masters
WSU	Washington State University Masters
NSM	North Spokane Masters
LCM	Lake City Masters
SCM	Spokane Club Masters
UNA	Unattached

Northwest Zone Short Course Yards Championship

Sanctioned by Oregon Masters Swimming, Inc. for USMS, Inc. • Sanction #374-06

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

Unregistered swimmers must submit a 2004 registration form and fee with this form.

Hosted by: Osborn Aquatic Center
1940 NW Highland Dr.
Corvallis, OR 97330
25 yards • 8 lanes competition - electronic timing
6 lane continuous warm-up/down area

DATE: Saturday & Sunday, May 1-2, 2004

SATURDAY WARM-UPS: 12 NOON MEET STARTS: 1PM
SUNDAY WARM-UPS: 8AM MEET STARTS: 9AM

Meet director: Mark Worden • phone: 541-766-6300 • email: marklauraworden@comcast.net

Directions to the pool: Take I-5 to Exit 228 (Highway 34). Go west on Highway 34, following signs to Corvallis. Hwy 34 turns left, but keep going straight over the Willamette River. Continue straight through 4 stoplights. Turn right at the 5th light onto 9th Street. Take 9th Street to Circle Blvd and turn left. Go one block, turn left at Highland Drive, and pool is on your right.

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

HOST (HOUSE OUR SWIMMERS TONIGHT): CONTACT MARK WORDEN • 541-753-5726 • marklauraworden@comcast.net

ENTRY DEADLINE: POSTMARK NO LATER THAN FRIDAY APRIL 16, 2004



FILL IN LOWER PORTION COMPLETELY

RETURN LOWER PORTION

FILL IN LOWER PORTION COMPLETELY

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

BIRTHDATE _____ AGE _____ SEX _____
2004 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 SEDED IN HEATS AFTER THE 200 RELAYS OF THE SAME EVENT. THE 500, 1000 AND 1650 FREESTYLES & 400 IM WILL BE DECK SEDED. *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.* ALL EVENTS WILL BE SEDED SLOW TO FAST.

Saturday, May 1, 2004

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

break

FREE RELAYS (5-10)

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

break

MIXED MEDLEY RELAYS (14-15)

1000 FREE (16) _____ : _____ . _____

Sunday, May 2, 2004

500 FREE (17) _____ : _____ . _____

Sunday (con't)

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

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

break

MEDLEY RELAYS (22-25)

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

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

SIGNATURE _____ DATE _____

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

INLAND NW MASTERS BOARD MEETING MINUTES

Spokane, Washington, February 21, 2004

Attending: voting members: Bernard Kingsly, Virgil Crampton, Larry Krauser, Suzanne Dills, Doug Garcia, Susanne Simpson, Margaret Hair, Brian Johnson, non-voting members: Bill Bresko, Jean Rudolf, Jeanette Valandigham

Northwest Zone Champs Accommodations in Corvallis, Oregon

The following hotels/motels are available in Corvallis area. Many hotels in the area are already booked due to the OSU Mom's weekend, but there are some rooms reserved for Masters swimmers at the following two motels. Book a room early and identify yourself as a 'Masters Swimmer' when booking.

Motel 6—935 NW Garfield Ave; 541-758-9125, less than a mile from the pool; 10 percent discount for swimmers. No other discounts apply.

Econo Lodge—345 NW 2nd; 541-752-9601, 3 miles from pool

Camping: KOA Campground off Highway 34 between Albany and Corvallis 541-967-8521 and Benton Oakes RV Campground (fairgrounds) 541-757-1521 www.bentonoaks.com

HOST (House Our Swimmers Tonight): Contact Mark or Laura Worden at marklauraworden@comcast.net if you would like to stay with a local swimmer and meet some new friends or prefer camping.

Social: Information regarding an informal gathering after the meet on Saturday will be available at the meet.

Northwest Zone Meeting: Doug Garcia, NW Zone Chair, is planning a Zone meeting on Saturday, May 1, 2004, at 10:30 AM, prior to the start of warm-ups at the pool. Please plan to attend to represent your LMSC, all are welcome.

Minutes—A motion was made to approve the minutes from the June 18, 2003 meeting and was approved.

Treasurer's Report—A verbal treasurer's report was received. It was reported that we have approximately \$3,612 in checking, savings, and CD's. Last year at this time we had \$4,688. The difference is the LMSC replaced the laptop computer used for meets and bought the HyTek Meet Manager Program (this totaled around \$1,300).

Registrar's Report—To date we have 146 registrations (similar to last year at this time).

On Renewal Registration Forms, the line item asking for "last year's registration number" can be eliminated.

The clubs that have paid their club registration fees are: Lake City Masters, Moscow Chinook Masters, North Spokane Masters, Sandpoint West Athletic Club, Spokane Club Masters, Spokane Masters Swim & Tri, and WSU Masters.

Late Year Registration fees need to be revised. We pay the National Office more than is being charged—we are losing money. This will be discussed when we discuss the changes to the IWMSC Standing Rules and Policies later in the meeting.

Newsletter Report – The next Newsletter will be published once the results from the Spokane Club meet are received and incorporated. It is anticipated that this will be in early March.

The nonprofit status has been clarified and certified so that we are now receiving the nonprofit bulk rate mail rate.

Secretary's Report—We discussed proposed changes to the IWMSC Constitution, By-Laws, and Standing Rules and Policies. Motions were made to accept the changes and they were unanimously approved. In the near future, the IWMSC Constitution, By-Laws, and Standing Rules and Policies will be on the website.

Top Ten/Data Entry—Margaret is learning the ins and outs of the HyTek Meet Manager Program and will be using it in no time.

Meets/Sanctions—Brian has developed a condensed Meet Package that he will send to all of the Board of Managers.

Teams that are hoisting meets must return their signed meet sanctions form. Brian must receive the signed meet sanctions form prior to the team receiving their reimbursements.

A motion was made and unanimously passed to charge \$15 for the IWMSC Short Course Championship Meet (\$6 to the IWMSC and \$9 to the host team).

Equipment—The equipment is OK.

Zone Business—Doug Garcia has given Susanne the Zone Package. Important items are:

- Proposed Zone Awards for the 1500/1650 and 400 IM (in alternate years). The awards will be given for individuals breaking zone records in these events.
- Applications for Zone Convention Travel Grants are now available.

New Business

The board discussed the awards to be handed out at the championship meet. Kastaways' Gift certificates will again be given. They are as follows: High Point Men (\$25), High Point Women (\$25), Most Inspirational (\$40), and Most Dedicated (\$40). Additionally, a small knick-knack (\$5) will be given to the "Water Logs" (those who attended all meets). A motion was made and unanimously approved authorizing Margaret to order the Gift Certificates in the amounts shown above.

A form for nominating individuals for Most Inspirational and Most Dedicated will be in the next Splashmaster to be returned with IWMSC Short Course Championship Meet entry or e-mailed to

WHY THE SCALE LIES

We've all been told or have heard that daily weighing is not necessary. However, a lot of us can't resist stepping onto the scales every morning. If you can't bring yourself to throw out the scales, there are some things you should know that can influence its readings. Once you understand the factors influencing weight gain you can free yourself from the daily bathroom scale battle.

Water Retention

Water makes up about 60% of our total body mass. Two factors influence water retention: water consumption and salt intake. Crazy as it sounds, the less water you drink the more water your body retains. If you are even a little dehydrated

"It may sound crazy, but the less water you drink the more water your body retains."

your body will keep what water it has, which may cause the number on your bathroom scales to creep upward. The solution is to drink plenty of water.

Excess sodium (salt) can also affect water retention. A single teaspoon of salt contains over 2,000 mg. of sodium. Generally speaking we should be consuming between 1,000 and 3,000 mg. of sodium daily, so its easy to overdo.

Sodium is sneaky. A food doesn't have to taste salty to contain a lot of sodium. We expect chips, crackers and salted nuts to be salty. Half a cup of instant pudding actually contains four times as much sodium as one ounce of salted nuts. The more highly processed a food is the more likely it is to have a high salt content. It's wise to stick to the basics: fruits, vegetables, lean meat, beans, whole grains. Be sure to read labels on canned and processed foods and frozen dinners.

Women can retain several pounds of

water prior to menstruation. This is quite common and the weight disappears as quickly as it appears. This water-weight gain can be minimized by drinking plenty of water, maintaining an exercise program and keeping high sodium foods to a minimum.

Glycogen

Think of glycogen as a fuel tank full of stored carbohydrates. Some glycogen is stored in the liver and some in the muscles. This glycogen energy reserve weighs more than a pound and when stored it has 3-4 pounds of water with it. Your glycogen supply will shrink during the day if you don't take in enough carbohydrates. Your body will normally restore this fuel reserve along with its water due to a small but imperceptible appetite increase. It's normal to experience water and glycogen weight shifts up to two pounds a day with no changes in activity level or calorie intake. These fluctuations don't have anything to do with weight loss.

Weigh Yourself Early

If you must weigh yourself, do it first thing in the morning before eating or drinking. If you weigh yourself after a meal the weight gain that you experience is not fat but the actual weight of everything you've had to eat or drink. The added weight of the meal will be gone in several hours after you have finished digesting it.

Lose a Pound, Gain a Pound

Exercise physiologists tell us that to store a pound of fat you will need to eat 3,500 more calories than your body is capable of burning. In other words, to store a dinner as five pounds of fat you would have to eat 17,500 calories. Very unlikely, and not humanly possible! So when the scale goes up a few pounds overnight it's likely water, glycogen and the weight of your dinner.

Keep in mind the 3,500 rule works in reverse. To lose one pound you will need to burn 3,500 more calories than you take in.



Usually it's only possible to lose 1-2 pounds of fat per week. When you are on a strict, low calorie diet that causes weight to drop ten pounds a week, it's physically impossible for all of that to be fat. You are losing water, glycogen and muscle.

Scales don't just weigh fat. They weigh muscle, bone, internal organs and water. When you lose weight it doesn't necessarily mean you've lost fat. The scales can't tell what you've lost or gained. You don't want to lose muscle.

Muscle is a metabolically active tissue. The more muscle you have the more calories your body burns, even when you are not exercising. A fit, active person is able to eat more than the person who is dieting and unknowingly destroying muscle.

If you are exercising and eating right don't be discouraged by small gains on the scale. Fluctuations are normal.

Editor's Note: This article appeared in the March 2003 issue of Oregon's Aqua-Master newsletter, from a monthly column called "Get Fit with Jani and Sara."

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	
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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	

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.

2004 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2004)

Please check appropriate level • You may start registering for 2004 memberships on November 1, 2003

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

Late Year Registration \$18 (for those registering in September-December, to expire on December 31, 2004)

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

Waiver: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNATURE _____ **DATE** _____

SPLASHMASTER

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Awards Nominations Sought

Please submit your suggestions for the Most Inspirational and the Most Dedicated Swimmer of the year award. Write a brief statement as to why these individuals should receive the award (it might actually be read at the awards announcement, so nothing too embarrassing). These two awards, along with the high point male and female swimmer will be ANNOUNCED AT THE ANNUAL AWARDS DINNER OF THE CHAMPIONSHIP MEET ON SATUDAY MARCH 27. Send your suggestions when you submit your meet entries to: Margaret Hair, 408 Vista Drive, Coeur d'Alene ID 83815, please use additional paper if necessary. Or you may email your nominations to Margaret at ramgolf@gocougs.wsu.edu.

Most Inspirational

Most Dedicated
