

SPLASHMASTER

Volume 8 Number 1

2003 USMS Newsletter of the Year

February 2005

The Flu or Performance Anxiety

BY DAVID GRILLI

Have you ever wondered why you feel like the flu is coming on just before a meet or an important event? I have known swimmers who can actually will themselves to feel sick days before a meet.

Many of the high school kids I coach are convinced they are about to die prior to the 100 fly. Similarly, I have felt a sudden sapping of strength as I approach the starting blocks. I try to tell my swimmers that this ill feeling is temporary and due to anxiety. Typically teen agers, who listen as well as house cats, are only concerned with the here and now and will not look beyond the moment at hand.

My advice is always the same, "the instant you hit the water, the feeling will vanish." It is amazing but true. As soon as your dreaded race is underway, shazam! you're all better.

What causes this and how do we avoid it?

Performance Anxiety can hit us at the worst times. We can feel nervous, scared,

insecure, and weak. Not to mention sick. It affects some worse than others but I have seen it turn people to jello.

The best way to handle Performance Anxiety is to have done the prerequisite preparation for your meet. That would be the workouts. If you are confident your training has been honest, that will take care of the fear.

Eliminating the insecurity is accomplished by practicing racing. In your preparation for the meet, check your goggles. Are they tight so as not to fall off on your dive? Have you checked out the backstroke flags? Practiced your turns?

Eliminating the sick feeling is the difficult task. You just have to get your mind off of the meet. Read a book, listen to music, play a game. I have seen



swimmers do these things with great effect. Don't get too relaxed. I have also seen people miss their events.

Nervousness is the key. You actually want to be a little nervous before a race. The slightly heightened pulse rate will help your body prepare for the upcoming burst of energy. If you are getting ready for a sprint you want your fast twitch muscle fibers stimulated and ready. If your impending race is a distance event, your slightly higher pulse rate will have your body ready to feed the muscles the energy they need. I always ask my high school swimmers if they are nervous before a race. They will look at me with that "deer in the headlights look" and reply with a kurt "ya." I will say "good, you are ready." Nine times out of ten they do just fine.

Avoid the extremes however. Too nervous is not good. Your body may actually start to shut down and your performance will suffer. Too calm will make you too slow.

So, when you're approaching your next big event, whether it is a swim meet, a presentation at work, or any other type of situation when you need to perform at your best—just remember, it's OK to feel a little nervous.

Inland NW Masters Calendar

March 16, 2005

Entry forms due postmarked for Inland NW Masters (SCY) Championships to be held at Gibb Pool, Pullman, WA, No deck entries allowed. Form on page 3

March 25 & 26, 2005

Inland NW Masters Championships (SCY) Gibb Pool, Pullman, WA, No deck entries allowed.

March 26, 2005

Entry forms due postmarked for NW Zone (SCY) Championships to be held at King County Aquatic Center, Federal Way, WA, Deck entries not taken. Form on page 9.

April 9 & 10, 2005

NW Zone Short Course Yards Champs King County Aquatic Center, Federal Way, WA No deck entries allowed.

May 19-22, 2005

Fort Lauderdale Aquatic Complex in Fort Lauderdale, Florida. Entry forms found online at USMS.org or in the January issue of *Swim Magazine*.

July 17, 2005

Steve Omi One Mile Open Water Swim. Entry form in the next *Splashmaster*.

August 6, 2005

Sandpoint Long Bridge Swim. Entry form in the next *Splashmaster*.



Inland Northwest Masters

Local Masters Swimming Committee Board and Team Representatives full contact information available online www.InlandNWMasters.org

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Board Meeting

February 5, 2005, Spokane, Washington

BOARD OF MANAGERS

Attending: voting members, Virgil Crampton, Suzanne Dills, Brian Johnson, Doug Garcia, Bernard Kingsly, Larry Krauser, Margaret Hair, Susanne Simpson, non-voting members: Helen Holmes, Gordon Grey

Minutes—A motion was made to approve the minutes from the March 27, 2004, meeting and was unanimously approved.

Treasurer's Report—A verbal treasurer's report was presented. It was reported that we have approximately \$3,622 in checking, savings, etc. Last year at this time we had \$3,818. The expenses are typically publications, printing, postage, and computer.

It was noted and discussed that expense reimbursement for convention expenses should be submitted prior to the end of the year. A motion was made and unanimously approved as follows:

The treasurer will contact (call and letter) any person that attended the 2004 convention and has not submitted expenses by February 12, 2005. The treasurer will let them know they must get their expenses and *Splashmaster* report submitted by March 1, 2005. If the March 1 deadline is not met, no reimbursement will be made.

Registrar's Report—To date we have 158 registrations (last year at this time we had 146).

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

Newsletter Report—The next *Splashmaster* will be published soon. Results from Sandpoint, Wenatchee, and Spokane Club meets will be as well as the entry forms for the Pullman and NW Zone championship meets.

There will be one *Splashmaster* published after the Pullman meet with

champs results and entries for the Steve Omi and Long Bridge Swims.

Gordon Grey will work with and assist Doug with web site updates.

Secretary's Report—Minutes from our last meeting in March were submitted to the National Office since this was our General Membership Meeting.

Top Ten/Data Entry—Margaret has been working on the records for the LMSC. The following is the status: into Hytec and proofed—men's SCM/women's SCY; into Hytec but not proofed—men's SCY/women's SCM; and beginning to input into Hytec—men's and women's LCM and all relays. SCM times have been submitted for top ten.

Margaret will be stepping down from doing the meet entries next year but will continue to do top-ten and records. A discussion ensued that maybe the club's holding the meets could collect entries, input data, and issue results. This is how it is handled in many other LMSC's.

This would allow the clubs to be more in control of their meets. IWMSC has the Hytec program disk that could be used by the clubs for IWMSC Masters Meets.

Brian will look at other LMSC's meet policies (PNA) and discuss the above concept with teams holding meets to get their feedback.

Because the teams would possibly be allowed to set their own entry fees, the LMSC would have a set Sanction Fee. Virgil will look into a proposed amount for the Sanction Fee.

Meets/Sanctions—The IWMSC Short Course Championship Meet will be held, March 25 & 26 (this is Easter weekend). The General Membership Meeting will be held at the conclusion of the meet.

Equipment—There are no issues with the equipment. Margaret would like to pass on the duty of caring for the equipment and getting it to meets.

see MINUTES on page 8

WSU MASTERS SWIMMING
Inland NW Masters Championships

FRIDAY & SATURDAY MARCH 25 & 26, 2005

DATE/TIMES: Friday, March 25, 2005. Warm-up starts at 6:30 pm, meet starts at 7:15 pm, **Saturday**, March 26, 2005. Warm-up starts at 9:00 am, meet starts at 10:00 am.

SPONSOR: WSU Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3550325.

ELIGIBILITY: All currently registered USMS swimmers.

RULES: All current USMS rules will apply. Certified stroke and turn judge will be present. Consult the 2005 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

DEADLINE: All entries must be postmarked by March 16, 2005.

FEES: \$15.00, make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet. **No deck entries.**

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 their relay points count for that team. **Crazy relays** will be organized upon the conclusion of Saturday's events and will be open to all swimmers regardless of team affiliation.

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

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

DIRECTIONS: **From Spokane,** take Highway 195 south to Pullman. Turn left at the first stop light onto Grand Ave. Take Grand Ave to Stadium Way, turn right. Stadium Way to Colorado St., turn right. The athletic complex will be on your left. **From Moscow, ID** 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

Postmarked by:	March 16, 2005
Mail Entries to:	Margaret Hair 408 Vista Drive Coeur d'Alene, ID 83815
Entry Fee:	\$15.00
Checks payable to:	IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Team _____

Maximum of 5 individual events per day. • Include a copy of your USMS registration card if you are from outside Inland Northwest LMSC.

Friday March 25, 2005

Warm up at 6:30, event 1 at 7:15

- 1) 400 Individual Medley _____
- 2) 1650 Freestyle _____
- 3) 1000 Freestyle _____
(participants may swim the 1650 or the 1000, not both)

Saturday March 26, 2005

Warm up at 9:00 am, event 4 at 10 am

- 4-6) *Mixed Freestyle Relay*
- 7) 200 Backstroke _____

8) 50 Freestyle _____

9) 100 Breaststroke _____

B R E A K

10) 100 Individual Medley _____

11-12) *Medley Relay*

13) 50 Butterfly _____

14) 200 Freestyle _____

15) 100 Backstroke _____

B R E A K

16-17) *Mixed Medley Relay*

18) 200 Butterfly _____

19) 50 Breaststroke _____

20) 100 Freestyle _____

B R E A K

21) 200 Individual Medley _____

22-24) *Freestyle Relay*

25) 100 Butterfly _____

26) 50 Backstroke _____

27) 200 Breaststroke _____

**B R E A K ,
AWARDS ANNOUNCEMENT**

28) 500 Freestyle _____

**ANNUAL MEETING,
location to be announced.**

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 _____

2005 New Year's Splash Swim Meet RESULTS

January 23, 2005, Wenatchee, Washington

WOMEN'S EVENTS

Women 40-44

1650 Yard Freestyle			
Anne Higley	41	WVM	36:00.17
50 Yard Freestyle			
Lesley Allan	46	WVM	29.41
Cindy Clutter	45	LCM	34.69

Women 45-49

100 Yard Freestyle			
Lesley Allan	46	WVM	1:06.41
Cindy Clutter	45	LCM	1:16.41
Robin Durant	49	YVM	1:20.76

200 Yard Freestyle			
Lesley Allan	46	WVM	2:35.44
Cindy Clutter	45	LCM	2:44.01

500 Yard Freestyle			
Lesley Allan	46	WVM	7:01.55
Cindy Clutter	45	LCM	7:02.32

1650 Yard Freestyle			
Cindy Clutter	45	LCM	23:59.76

50 Yard Backstroke			
Margaret Hair	49	LCM	37.49
Robin Durant	49	YVM	45.82

100 Yard Backstroke			
Mary Adams	49	LCM	1:45.57

200 Yard Backstroke			
Margaret Hair	49	LCM	3:04.20

50 Yard Breaststroke			
Margaret Hair	49	LCM	39.18
Robin Durant	49	YVM	47.34

200 Yard Breaststroke			
Margaret Hair	49	LCM	3:05.11

50 Yard Butterfly			
Lesley Allan	46	WVM	34.22
Robin Durant	49	YVM	45.46
Mary Adams	49	LCM	45.56

100 Yard Butterfly			
Mary Adams	49	LCM	1:55.26

200 Yard Butterfly			
Margaret Hair	49	LCM	3:01.30

100 Yard Individual Medley			
Robin Durant	49	YVM	1:30.06
Mary Adams	49	LCM	1:31.95

200 Yard Individual Medley			
Mary Adams	49	LCM	3:35.45

Women 50-54

200 Yard Freestyle			
Deborah Bell	52	MCM	2:56.72

1650 Yard Freestyle			
Deborah Bell	52	MCM	26:13.71

100 Yard Butterfly			
Deborah Bell	52	MCM	1:49.45

100 Yard Individual Medley			
Deborah Bell	52	MCM	1:34.63

200 Yard Individual Medley			
Deborah Bell	52	MCM	3:20.28

Women 55-59

500 Yard Freestyle			
Carolyn Magee	59	WVM	8:05.29

Women 55-59 1650 Yard Freestyle			
Carolyn Magee	59	WVM	27:47.41

400 Yard Individual Medley			
Shirley Schreiber	57	WVM	7:24.45

Women 70-74

100 Yard Freestyle			
Sister Madonna Buder	74	UNA	1:51.03

1650 Yard Freestyle			
Sister Madonna Buder	74	UNA	34:11.70

100 Yard Breaststroke			
Sister Madonna Buder	74	UNA	2:26.55

200 Yard Breaststroke			
Peony Munger	70	WVM	(1)4:56.06

50 Yard Butterfly			
Peony Munger	70	WVM	1:01.64
Sister Madonna Buder	74	UNA	1:36.74

200 Yard Butterfly			
Peony Munger	70	WVM	(1)5:31.93

200 Yard Individual Medley			
Peony Munger	70	WVM	(1)4:37.04
Sister Madonna Buder	74	UNA	5:18.76

400 Yard Individual Medley			
Peony Munger	70	WVM	(1)9:47.37

MEN'S EVENTS

Men 40-44

50 Yard Freestyle			
Zack Otruba	43	WVM	25.95
Scott Sinclair	43	WVM	26.90
Michael Turcott	41	PNA	27.83
Carter Willis	44	WVM	X28.04

100 Yard Freestyle			
Zack Otruba	43	WVM	59.48
Scott Sinclair	43	WVM	59.50
Carter Willis	44	WVM	1:01.52
Michael Turcott	41	PNA	1:02.73

200 Yard Freestyle			
Zack Otruba	43	WVM	2:13.60
Carter Willis	44	WVM	2:23.84

100 Yard Backstroke			
Michael Turcott	41	PNA	1:26.31

50 Yard Breaststroke			
Scott Sinclair	43	WVM	35.57

50 Yard Butterfly			
Scott Sinclair	43	WVM	29.82
Michael Turcott	41	PNA	32.79
Zack Otruba	43	WVM	X28.20

100 Yard Individual Medley			
Zack Otruba	43	WVM	1:10.31
Scott Sinclair	43	WVM	1:10.37
Michael Turcott	41	PNA	1:16.21

Men 45-49

50 Yard Freestyle			
Rick Schultz	47	PNA	26.72
Alan Kirpes	46	WVM	DQ

100 Yard Freestyle			
Rick Schultz	47	PNA	59.41

50 Yard Backstroke			
Alan Kirpes	46	WVM	39.31

100 Yard Backstroke			
Alan Kirpes	46	WVM	1:29.19

50 Yard Breaststroke			
Bernie Kingsly	46	NSM	32.14

50 Yard Butterfly			
Rick Schultz	47	PNA	27.99
Bernie Kingsly	46	NSM	DQ

100 Yard Butterfly			
Bernie Kingsly	46	NSM	1:02.72

100 Yard Individual Medley			
Bernie Kingsly	46	NSM	1:04.36
Alan Kirpes	46	WVM	1:25.05

200 Yard Individual Medley			
Bernie Kingsly	46	NSM	2:31.15

400 Yard Individual Medley			
Alan Kirpes	46	WVM	7:12.38

Men 50-54

50 Yard Freestyle			
Ted Hackett	50	PNA	27.01
Steve Tanner	51	LCM	30.76

100 Yard Freestyle			
Larry Krauser	51	SCM	55.19
Ted Hackett	50	PNA	59.13
Steve Tanner	51	LCM	1:08.96

200 Yard Freestyle			
Ted Hackett	50	PNA	2:11.69

1650 Yard Freestyle			
Larry Krauser	51	SCM	18:54.23

50 Yard Backstroke			
Ted Hackett	50	PNA	31.51

100 Yard Backstroke			
Larry Krauser	51	SCM	1:10.28
Peter Himmel	51	WVM	1:16.30
Steve Tanner	51	LCM	1:23.21

200 Yard Backstroke			
Peter Himmel	51	WVM	2:54.06

50 Yard Breaststroke			
Peter Himmel	51	WVM	37.61

200 Yard Breaststroke			
Peter Himmel	51	WVM	DQ

50 Yard Butterfly			
Ted Hackett	50	PNA	29.10
Steve Tanner	51	LCM	38.38

100 Yard Butterfly			
Larry Krauser	51	SCM	1:06.55

100 Yard Individual Medley			
Larry Krauser	51	SCM	1:03.88
Peter Himmel	51	WVM	1:14.73
Steve Tanner	51	LCM	DQ

Men 60-64

50 Yard Freestyle			
Wayne Brown	62	WVM	28.44

100 Yard Freestyle			
Wayne Brown	62	WVM	1:07.67

50 Yard Breaststroke			
Wayne Brown	62	WVM	36.38

50 Yard Butterfly			
Wayne Brown	62	WVM	34.78

100 Yard Individual Medley			
Wayne Brown	62	WVM	1:17.05

see SPLASH on page 8

Codes

Inland NW Masters Record	(I)
NW Zone Record	(Z)
USMS Record	(U)
World Record	(W)
Unofficial	(X)
Disqualified	(DQ)

Key for Teams

Lake City Masters	LCM
Moscow Masters	MCM
North Spokane Masters	NSM
Pacific Northwest Masters	PNA
Spokane Club Masters	SCM
Unattached	UNA
WSU Masters	WSU
Wenatchee Valley Masters	WVM
Yakima Valley Masters	YVM

Team Points After Wenatchee

Wenatchee Valley Masters	267
Lake City Masters	93
Moscow Masters	68
Pacific Northwest Masters	63
Unattached	56
Spokane Club Masters	30
North Spokane Masters	24
Yakima Valley Masters	21

MINDFUL SWIMMING, MINDFUL LIVING

and 12 Keys to a Healthy Diet

FROM THE OREGON MASTERS
SWIMMING AQUA MASTER

BY JANI SUTHERLAND
& SARA QUAN

Happy New Year! Welcome 2005 and welcome to all of our New Year's resolutions. Yes, it's that time of year again to set goals. How about being more mindful? Here's how to do it: pay attention to your thoughts, feelings, behavior and environment on a daily basis. It's that simple! Mindfulness can enhance your swimming too; it can make it more fascinating, forgiving and effortless. Mindfulness allows for s-l-o-w-i-n-g down so we can observe and reflect on what is going on right NOW.

To work towards being mindful, ask yourself some of the following questions:

- What am I doing right now? What am I thinking right now?
- What am I feeling right now?

- What am I noticing right now? - What am I doing as I work on my goals?
- What am I thinking as I work on my goals?
- What am I feeling as I work on my goals?
- What am I noticing as I work on my goals?
- What am I doing/feeling/ thinking/ noticing before I start working on my goals?
- What am I doing/feeling/thinking/ noticing after I work on my goals?
- What external things are interfering with the accomplishment of my goals?
- What external things are helping me accomplish my goals?
- How can I be fully present to commitment today?
- What ideas, beliefs, and memories impact my learning goals?
- What is the music that describes this moment?

12 Keys to a Healthy Diet from the Foundation of Wellness courtesy of UC Berkeley

1. Limit total fat intake. Fat should supply less than 30 percent of your total daily calories.

2. Limit intake of saturated fat. This kind of fat is mostly found in animal products. This fat is responsible for elevating blood cholesterol levels in addition to other adverse health effects.

3. Keep daily cholesterol intake below 300 milligrams per day. The foods that contain cholesterol are animal products including, egg yolks, dairy products, poultry, game.

4. Eat complex carbohydrates. The foods rich in complex carbs include: fruits, vegetables, grains, and legumes. Carbohydrates should supply at least 55 percent of total daily calories. Complex carbs provide many vitamins, minerals and phytochemicals. Six or more servings per day can add up to 20-30 grams of the necessary dietary fiber.

5. Be cautious with too much sugar. Foods that are high in sugar are commonly high in fat.

6. Add colorful fruits and vegetables including carrots, broccoli, and citrus fruits. They provide antioxidants that act as preventative measures to enhance our health.

7. Protein is important for muscle repair and normal energy expenditure. Moderate portions make up about 12 percent of total daily calories.

8. Variety tastes better and is more fun! Eat a wide assortment of foods to ensure daily intake of the necessary nutrients. Try to get vitamins and minerals from foods.

9. Be cautious with sodium. It is recommended to ingest no more than 2400 milligrams per day. This is the same as about a teaspoon of salt.

10. Moderate alcohol consumption, if you drink alcohol. Moderate is one drink for women and two drinks for men, per day.

11. Balance and maintain a healthy body weight. Eat right and exercise!

12. If all else fails, a pint of Ben & Jerry's isn't that bad, is it?

Top Ten Reasons to Attend a Meet

BY JON CLARK, OREGON
MASTERS COACHES
REPRESENTATIVE

The thrill of competition, reaching personal goals, team goals, and catching up with our fellow OMS and MAC swimmers are just a few great reasons to get to some Masters meets this winter. Having meet goals may be that last bit of motivation we need to avoid turning off that early morning alarm clock! Here are a few less obvious reasons that may help us get those meet forms sent in.

- 10 To prove to my lane mates that I never need to do any Butterfly training by signing up for only freestyle events.
- 9 To justify spending \$150 on a full body suit besides helping me suck in my stomach.
- 8 I need an excuse to sleep in more often by tapering for several weeks.
- 7 I really miss trying to race with my

- goggles in my mouth after a block start.
- 6 I can dedicate several workouts to starts and turns instead of hypoxic training.
- 5 I need an excuse to wear only a speedo and flip-flops all day in January without being questioned by police.
- 4 I can sandbag my seed time and get coupons for free stuff by winning my heat.
- 3 I have too much Ben-Gay and Ibuprophen on hand and I need to use some up before the expiration date.
- 2 I can have someone else count to 66 laps for my mile, as I can never keep track on my own in workout.
- 1 I needed one more excuse to go out and drink beer with my friends on the weekend.
Choose any combination of obvious or "other" reasons and get signed up!

February Frolic Swim Meet RESULTS

February 5, 2005, Spokane, Washington

WOMEN'S EVENTS

Women 18-24

100 Yard Freestyle			
Christie Skrip	23	WSU	1:04.18
50 Yard Backstroke			
Christie Skrip	23	WSU	32.87
100 Yard Backstroke			
Christie Skrip	23	WSU	1:09.04
200 Yard Backstroke			
Christie Skrip	23	WSU	(1)2:25.66
100 Yard Individual Medley			
Christie Skrip	23	WSU	1:13.77

Women 40-44

50 Yard Freestyle			
Suzanne Jones	43	LCM	36.90
100 Yard Freestyle			
Suzanne Jones	43	LCM	1:21.27
200 Yard Freestyle			
Suzanne Jones	43	LCM	3:07.81
1000 Yard Freestyle			
Susanne Simpson	44	SCM	11:40.69
50 Yard Backstroke			
Susanne Simpson	44	SCM	34.36
100 Yard Backstroke			
Susanne Simpson	44	SCM	1:09.73
200 Yard Backstroke			
Susanne Simpson	44	SCM	(1)2:27.14
50 Yard Butterfly			
Suzanne Jones	43	LCM	56.02

Women 45-49

200 Yard Freestyle			
Cindy Clutter	45	LCM	2:43.25
500 Yard Freestyle			
Cindy Clutter	45	LCM	7:01.95
1000 Yard Freestyle			
Cindy Clutter	45	LCM	14:14.59
June Bergquist	48	LCM	14:21.44
100 Yard Backstroke			
Mary Adams	49	LCM	1:50.75
50 Yard Breaststroke			
Cindy Clutter	45	LCM	42.34
Mary Adams	49	LCM	48.90
100 Yard Butterfly			
Mary Adams	49	LCM	1:56.79
200 Yard Butterfly			
Cindy Clutter	45	LCM	3:21.50
100 Yard Individual Medley			
Mary Adams	49	LCM	1:37.86
200 Yard Individual Medley			
Mary Adams	49	LCM	3:38.85

Women 50-54

100 Yard Freestyle			
Deborah Bell	52	MCM	1:21.60
1000 Yard Freestyle			
Deborah Bell	52	MCM	16:18.96
100 Yard Butterfly			
Deborah Bell	52	MCM	1:48.80
100 Yard Individual Medley			
Deborah Bell	52	MCM	1:35.54
200 Yard Individual Medley			
Deborah Bell	52	MCM	3:22.31

Women 55-59

50 Yard Freestyle			
Suzanne Dills	59	SCM	(1)32.87
1000 Yard Freestyle			
Suzanne Dills	59	SCM	14:06.48
50 Yard Breaststroke			
Suzanne Dills	59	SCM	45.49
50 Yard Butterfly			
Suzanne Dills	59	SCM	38.31
100 Yard Individual Medley			
Suzanne Dills	59	SCM	1:26.58

Women 60-64

200 Yard Freestyle			
Renice Townsend	60	WKM	5:12.01
500 Yard Freestyle			
Helen Holmes	62	WSU	10:42.48
Renice Townsend	60	WKM	14:09.81
1000 Yard Freestyle			
Helen Holmes	62	WSU	21:22.64
Renice Townsend	60	WKM	28:26.04
50 Yard Butterfly			
Renice Townsend	60	WKM	1:38.29
100 Yard Individual Medley			
Renice Townsend	60	WKM	3:15.65

Women 70-74

50 Yard Freestyle			
Sister Madonna Buder	74	UNA	49.99
100 Yard Freestyle			
Sister Madonna Buder	74	UNA	1:51.66
1000 Yard Freestyle			
Sister Madonna Buder	74	UNA	(1)20:38.55
50 Yard Breaststroke			
Sister Madonna Buder	74	UNA	1:04.45
200 Yard Individual Medley			
Sister Madonna Buder	74	UNA	5:30.73



The Young and the Restless—Bill Bresko (77, UNA) and Christie Skrip (23, WSU) were the oldest and youngest at the Spokane Club meet on February 5. Christie, in her first ever Masters meet, broke the Inland NW Masters women's 18-24 200 Yard Backstroke record, going a 2:25.66, congratulations Christie.

MEN'S EVENTS

Men 40-44

50 Yard Freestyle			
Murray Allen	42	SCM	25.50
Wes Bratton	40	UNA	25.75
Brian Johnson	43	MCM	26.49
Thomas Simpson	44	SCM	31.35
100 Yard Freestyle			
Eric Doering	43	WSU	55.57
Wes Bratton	40	UNA	56.32
Murray Allen	42	SCM	58.23
Eric Ridgway	44	SWAC	1:02.16
Thomas Simpson	44	SCM	1:08.29
200 Yard Freestyle			
Eric Doering	43	WSU	2:02.04
Thomas Simpson	44	SCM	2:29.52
500 Yard Freestyle			
Thomas Simpson	44	SCM	6:49.31
Doug Garcia	43	WSU	7:29.86
1000 Yard Freestyle			
Thomas Simpson	44	SCM	13:51.68
50 Yard Backstroke			
Brian Johnson	43	MCM	29.19
Wes Bratton	40	UNA	30.11
Doug Garcia	43	WSU	40.49
100 Yard Backstroke			
Wes Bratton	40	UNA	1:05.39

50 Yard Breaststroke			
Brian Johnson	43	MCM	33.75
Doug Garcia	43	WSU	40.74
100 Yard Breaststroke			
Eric Ridgway	44	SWAC	1:15.27
200 Yard Breaststroke			
Eric Ridgway	44	SWAC	2:43.25
Doug Garcia	43	WSU	3:11.26
50 Yard Butterfly			
Eric Doering	43	WSU	27.84
Murray Allen	42	SCM	28.38
Brian Johnson	43	MCM	28.40
200 Yard Butterfly			
Doug Garcia	43	WSU	3:25.38
100 Yard Individual Medley			
Brian Johnson	43	MCM	1:03.63
Eric Doering	43	WSU	1:05.53
Wes Bratton	40	UNA	1:05.73
Eric Ridgway	44	SWAC	1:12.57
200 Yard Individual Medley			
Eric Ridgway	44	SWAC	2:40.54

Men 45-49

50 Yard Freestyle			
Lincoln Djang	45	MVN	24.10
100 Yard Freestyle			
Lincoln Djang	45	MVN-SP	52.51
Holger Caban	48	SCM	59.10

500 Yard Freestyle			
Holger Caban	48 SCM	6:22.87	
50 Yard Backstroke			
Lincoln Djang	45 MVN-SP	27.74	
50 Yard Breaststroke			
Lincoln Djang	45 MVN-SP	30.34	
Bernie Kingsly	46 NSM	32.06	
100 Yard Breaststroke			
Holger Caban	48 SCM	1:15.34	
200 Yard Breaststroke			
Holger Caban	48 SCM	2:44.90	
50 Yard Butterfly			
Lincoln Djang	45 MVN-SP	26.38	
Bernie Kingsly	46 NSM	27.33	
100 Yard Butterfly			
Bernie Kingsly	46 NSM	1:06.62	
100 Yard Individual Medley			
Bernie Kingsly	46 NSM	1:02.95	
Holger Caban	48 SCM	1:13.06	
400 Yard Individual Medley			
Bernie Kingsly	46 NSM	5:27.31	

Men 50-54

50 Yard Freestyle			
Larry Krauser	51 SCM	24.07	
Steve Tanner	51 LCM	31.41	
100 Yard Freestyle			
Steve Tanner	51 LCM	1:07.85	
1000 Yard Freestyle			
Larry Krauser	51 SCM	11:40.60	
Bill Triol	50 WKM	13:50.50	
Steve Tanner	51 LCM	14:43.62	
50 Yard Backstroke			
Larry Krauser	51 SCM	34.77	
50 Yard Breaststroke			
Larry Krauser	51 SCM	38.51	
50 Yard Butterfly			
Larry Krauser	51 SCM	30.00	
Steve Tanner	51 LCM	40.54	
100 Yard Butterfly			
Bill Triol	50 WKM	1:16.68	
200 Yard Butterfly			
Bill Triol	50 WKM	3:01.73	
100 Yard Individual Medley			
Steve Tanner	51 LCM	1:19.75	
200 Yard Individual Medley			
Bill Triol	50 WKM	2:51.03	

Men 55-59

500 Yard Freestyle			
Gordon Gray	59 UNA	7:15.29	
1000 Yard Freestyle			
Gordon Gray	59 UNA	14:54.27	
100 Yard Backstroke			
Gordon Gray	59 UNA	1:29.87	
200 Yard Backstroke			
Gordon Gray	59 UNA	3:07.59	

Men 60-64

1000 Yard Freestyle			
Donald Caskey	60 WKM	18:37.88	
50 Yard Backstroke			
Donald Caskey	60 WKM	45.57	

Eat to Swim

BY KELLY DOW, WSU MASTERS

It is well known that a person should not eat just before a swim, but what are the reasons for this? How long is it necessary to wait after you eat to get into the water? And what food choices are best that will allow you to sustain a hard workout?

Depending on the intensity and length of a workout, excellent food choices should be made to get the most out of your time and effort. If you are planning a long lasting endurance workout, a meal rich in complex carbohydrates (such as high fiber foods) would be a wise choice. Compared to high sugar, low fiber, low fat foods, most complex carbohydrates take some time to digest giving an individual a stable flow of energy. Protein can also be used as a source of fuel although it is not a major fuel source during high-intensity workouts.

So what do you do if your workouts are at 5:30 am and it would be unreasonable to wake up an hour or two earlier just to allow your optimal high fiber breakfast to digest? After you eat a meal blood flows to the organs of the intestinal tract to digest and transport nutrients. During a workout there is an increase in blood flow to muscles. A workout immediately after a large meal would cause a conflict between the digestive system and muscles and performance would suffer. Rather than skipping breakfast altogether, an excellent alternative would be an easily digestible meal, one that is less than 200Kcals and low in fiber and fat. This ensures your body will



have enough available energy and not limit performance. Some foods I have found which have done well with me are yogurt, bananas, breakfast shakes, and sports drinks. Although these small meals benefit the body in the short term, any intense workout is sure to use up the energy from 6 oz. of yogurt rather quickly. A solution to this problem is to take sips from a sports drink such as Gatoraid® throughout your workout.

A food diary can also be used to determine which foods do best with your body. By keeping track of what and when you ate, the quantity, and how you felt during your workout, you will be able to see trends that will enable you to modify your diet accordingly.

The key is to do what is best for your body. Experiment with different foods and keep track of your performance. Over time you are sure to see the results you want.

200 Yard Backstroke			
Donald Caskey	60 WKM	3:29.01	
100 Yard Individual Medley			
Donald Caskey	60 WKM	1:46.09	
200 Yard Individual Medley			
Donald Caskey	60 WKM	3:55.10	
100 Yard Freestyle			
Glen Murray	65 MCM	1:31.06	
500 Yard Freestyle			
Glen Murray	65 MCM	8:29.84	
50 Yard Breaststroke			
Glen Murray	65 MCM	(1)44.69	
100 Yard Breaststroke			
Glen Murray	65 MCM	1:39.43	

200 Yard Breaststroke			
Glen Murray	65 MCM	3:36.12	

Men 75-79

50 Yard Breaststroke			
William Bresko	77 UNA	53.26	
100 Yard Breaststroke			
William Bresko	77 UNA	2:47.26	
50 Yard Butterfly			
William Bresko	77 UNA	1:05.00	
100 Yard Butterfly			
William Bresko	77 UNA	2:50.56	

100 Yard Individual Medley			
William Bresko	77 UNA	2:22.41	

RELAY EVENTS

Women 35+ 200 Yard Medley Relay			
LCM		2:57.10	
Mary Adams 49	Margaret Hair 49		
Suzanne Jones 43	June Bergquist 48		
Mixed 19+ 200 Yard Freestyle Relay			
WSU		2:21.78	
Helen Holmes 62	Doug Garcia 43		
Christie Skrip 23	Eric Doering 43		

MEMBER PROFILE



Name: Lincoln Djang
Age: 45
Team: Mission Viejo Natadors (but he lives in Tri-Cities) I joined Mission Viejo because I worked on a project there a couple of years ago. They're great people, so I'm going to stay on their team.
How long swimming masters: Just a couple of years, and it's more fun than I thought it would be.
Occupation: Hanford Tank Farms Engineer
Favorite event: 400 M Individual Medley
Favorite movie: Finding Nemo, because our two year old twins love this movie
Favorite food: Anything my wife Amada makes, she's amazing
Little known fact: My oldest brother Philipp is a very accomplished Masters Swimmer and former Masters World Record Holder
Before a race I: like to loosen up
After a race I: I really need to loosen up
World Records Held: 400 M Individual Medley—short course, not the long course record, someone from Brazil broke it.
Swam College: Columbia University, New York City

MINUTES from page 2

Zone Business—The following Zone information was reported:

- Elections for Zone Representative will be held at Convention this year
- There will be a Zone meeting during the Zone Championship meet April 9-10.
- Applications for Zone Convention Travel Grants are due by June 1 and confirmed by July 1.

New Business

Election Year—It was noted that Officers for the LMSC will be voted upon this year at the General Membership Meeting. All current officers have indicated their interest in continuing to serve. Anyone can be nominated and considered for an Officer's position.

By-Law Amendment—Doug will email Larry proposed By-Law Amendments for distribution to the Board of Managers and voting at the next meeting.

Open Water National Event—Larry discussed the possibility of bidding for the 2007 USMS 1-3 mile Open Water Nationals (Long Bridge). There would be two starts, one for the USMS Nationals

and one for everyone else. Only the participants in the USMS Nationals would have to be registered with masters. The bid would need to be presented at this years Convention. Larry will look into the bid process and discuss with Eric Ridgeway.

LMSC Awards—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 little something will be given to the "Water Logs" (those who attended all meets); the total amount for all "Water Logs" gifts totals no more than \$50. A motion was made and unanimously approved authorizing Margaret to order the Gift Certificates and "Water Logs" gifts 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 Margaret.

Splash from page 5

Men 65-69			Men 75-79		
100 Yard Freestyle			50 Yard Backstroke		
Glen Murray	65 MCM	X1:28.90	William Bresko	77 UNA	1:10.87
50 Yard Breaststroke			Men 75-79 50 Yard Breaststroke		
Glen Murray	65 MCM	(1)45.17	William Bresko	77 UNA	52.74
100 Yard Breaststroke			100 Yard Breaststroke		
Glen Murray	65 MCM	(1)1:36.87	William Bresko	77 UNA	2:04.85
200 Yard Breaststroke			100 Yard Individual Medley		
Glen Murray	65 MCM	3:29.50	William Bresko	77 UNA	2:06.60
100 Yard Individual Medley			200 Yard Individual Medley		
Glen Murray	65 MCM	X1:44.42	William Bresko	77 UNA	X5:02.90
Men 70-74			Men 80-84		
50 Yard Freestyle			50 Yard Freestyle		
Jack Bevier	72 WVM	34.17	Dick Munger	82 WVM	1:20.12
100 Yard Freestyle			50 Yard Breaststroke		
Jack Bevier	72 WVM	1:22.17	Dick Munger	82 WVM	DQ
200 Yard Freestyle					
Jack Bevier	72 WVM	3:16.18			
500 Yard Freestyle					
Jack Bevier	72 WVM	9:19.43			
1650 Yard Freestyle					
Jack Bevier	72 WVM	31:22.29			

**2005 NORTHWEST ZONE SHORT COURSE YARD CHAMPIONSHIPS
& STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET**

Hosted by Federal Way Masters
Sanctioned by the Pacific Northwest Association of Masters Swimmers
for USMS, Inc. Sanction # 053603

DATE: Saturday, April 9th and Sunday, April 10th, 2005

**TIMES: Saturday, April 9th Warm-up: 11:00 – 11:50 AM, Meet starts: Noon
Sunday, April 10th, Warm-up: 8:00 – 8:50 AM, Meet starts: 9:00 AM**

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

MEET DIRECTOR: Hilary Smith (253)661-6448 / qhsmith@nwlink.com

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

RULES: Current USMS Rules will govern the meet.

ELIGIBILITY: Open to all year 2005 USMS or MSC registered swimmers age 18 and above as of April 10th. Age groups will be based upon the swimmer's age as of April 10, 2005.

DIRECTIONS: From North or South Bound I-5 take exit 142 B, which directs traffic west on S 348th (a continuation of westbound Highway 18). Continue west on S 348th across Pacific Highway S (Highway 99) and across 1st Ave S (NOTE: 348th becomes SW Campus Drive after crossing 1st Ave S). The pool is on the right about 1/2 mile past 1st Ave S.

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

	Saturday, April 9th: Noon	Sunday, April 10th 9 AM
1	400 Individual Medley	17 500 Freestyle
2	50 Breaststroke	18 100 Backstroke
3	100 Butterfly	19 50 Freestyle
4	200 Freestyle	20 200 Breaststroke
5/6	Women's /Men's 200 Medley Relay*	21 200 Individual Medley
7/8	Women's /Men's 400 Medley Relay*	22/23/24 Women's 200/400/800 Freestyle*
9	100 Breaststroke	25/26/27 Men's 200/400/800 Freestyle Relay*
10	200 Backstroke	Special Awards Presentation
11	50 Butterfly	28 50 Backstroke
12	100 Individual Medley	29 200 Butterfly
13/14/15	200/400/800 Mixed Freestyle Relay*	30 100 Freestyle
16	1000 Freestyle	31/32 Mixed 200/400 Medley Relay*
		33 1650 Freestyle
		PNA Team Awards

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

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

***Relay Information:** Per Zone policy, 400 and 800 relays will be offered. However, they will not be scored for PNA Champs.

Check-in: Check-in is required for the 1000 Freestyle (Deadline end of event 8), the 500 Freestyle (Deadline: Sunday at 8:30 AM), and the 1650 Freestyle (Deadline: end of event 27). Swimmers who do not check in by the deadline may be scratched from the event. **Relay check-in deadlines:** events 5-8, end of event 1; events 13-15 end of 8; events 22-27 end of event 17; and events 31-32 end of event 27.

**2005 NORTHWEST ZONE SHORT COURSE YARD CHAMPIONSHIPS
& STEVE ENGLE MEMORIAL PNA CHAMPIONSHIP MEET**
Saturday, April 9th and Sunday, April 10th, 2005

NAME: _____ M F AGE: _____

ADDRESS: _____

PHONE _____ Email _____

BIRTHDATE: _____ USMS #: _____

Include a copy of your Masters registration card if you are not a PNA member

LMSC _____ (PNA, Oregon, Inland NW, etc.) Club _____ (non-PNA members only)

TEAM _____ (note: PNA teams must register with PNA by 3/27/05)

AGE GROUP (Determined by your age as of April 10th, 2005):

18 - 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

Emergency Contact: _____ Phone Number: _____

ENTRY FEE: \$ 17.00 Surcharge \$2 per event. No charge for relays.

Individual Events: + _____ No charge for need-basis or seniors (65 & over).

Total: \$ _____ T-shirts @ \$15 indicate size (M ___ L ___ XL ___)

Mail this entry form and fees to: **Please make checks payable to Federal Way Masters**

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

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

Entries must be postmarked no later than Saturday, March 26th or received by March 31st, 2005. All

swimmers must have a valid 2005 USMS (or foreign) registration prior to meet entry or submit an

application accompanying the entry.

WAIVER: I, the undersigned participant, intending to be legally bound, hereby certify that I am physically

fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks

inherent in Masters Swimming (training and competition), including possible permanent disability or death,

and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE MASTERS

SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL

RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES

CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES

MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST

FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE

MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the

rules of USMS.

SIGNED: _____ DATE: _____

2004 Fall Classic Swim Meet RESULTS

December 11, 2004, Sandpoint, Idaho

WOMEN'S EVENTS

Women 40-44

200 Meter Freestyle Cindy Clutter	44	LCM	2:59.12
400 Meter Freestyle Cindy Clutter	44	LCM	6:06.09
800 Meter Freestyle Cindy Clutter	44	LCM	12:26.49
50 Meter Butterfly Cindy Clutter	44	LCM	41.76
200 Meter Butterfly Cindy Clutter	44	LCM	3:43.87

Women 45-49

100 Meter Freestyle Mary Adams	49	LCM	1:33.85
200 Meter Backstroke Mary Adams	49	LCM	4:08.44
50 Meter Breaststroke Mary Adams	49	LCM	56.82
100 Meter Butterfly Mary Adams	49	LCM	2:05.91
100 Meter Individual Medley Mary Adams	49	LCM	1:51.73

Women 50-54

100 Meter Freestyle Deborah Bell	52	MCM	1:30.99
400 Meter Freestyle Deborah Bell	52	MCM	6:46.99
800 Meter Freestyle Deborah Bell	52	MCM	X14:00.95
200 Meter Individual Medley Deborah Bell	52	MCM	(1)3:46.20
50 Meter Freestyle Nancy Larsen	58	WKM	1:11.72

Women 55-59

50 Meter Backstroke Nancy Larsen	58	WKM	1:09.14
50 Meter Breaststroke Nancy Larsen	58	WKM	1:10.60

Women 60-64

400 Meter Freestyle Renice Townsend	60	WKM	11:57.29
800 Meter Freestyle Renice Townsend	60	WKM	23:55.53
50 Meter Butterfly Renice Townsend	60	WKM	1:44.00
100 Meter Butterfly Renice Townsend	60	WKM	4:14.25

100 Meter Individual Medley Renice Townsend	60	WKM	3:30.51
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Women 65-69

50 Meter Freestyle Audrey Roberts	68	WKM	X54.43
=100 Meter Freestyle Audrey Roberts	68	WKM	2:01.85
=200 Meter Freestyle Audrey Roberts	68	WKM	4:28.23
800 Meter Freestyle Audrey Roberts	68	WKM	(1)18:40.78
200 Meter Backstroke Audrey Roberts	68	WKM	5:36.51

Women 70-74

50 Meter Freestyle Sister Madonna Buder	74	UNA	56.51
100 Meter Freestyle Sister Madonna Buder	74	UNA	2:02.44
800 Meter Freestyle Sister Madonna Buder	74	UNA	(1)16:58.00
100 Meter Breaststroke Sister Madonna Buder	74	UNA	2:37.67
200 Meter Individual Medley Sister Madonna Buder	74	UNA	(1)6:05.42

MEN'S EVENTS

Men 40-44

50 Meter Freestyle Eric Ridgway	43	SWAC	33.73
100 Meter Freestyle Doug Garcia	43	WSU	1:19.22
200 Meter Freestyle Eric Ridgway	43	SWAC	2:58.92
400 Meter Freestyle Eric Ridgway	43	SWAC	6:03.10
50 Meter Backstroke Brian Johnson	43	MCM	32.54
100 Meter Backstroke Brian Johnson	43	MCM	1:16.09
Doug Garcia	43	WSU	1:40.26
100 Meter Breaststroke Eric Ridgway	43	SWAC	1:28.53
Doug Garcia	43	WSU	1:38.16
200 Meter Breaststroke Eric Ridgway	43	SWAC	3:11.99
100 Meter Butterfly Doug Garcia	43	WSU	1:44.13
100 Meter Individual Medley Brian Johnson	43	MCM	1:14.10
200 Meter Individual Medley Brian Johnson	43	MCM	2:43.37

Men 45-49

50 Meter Freestyle Rodney Wharton	48	LCM	31.88
200 Meter Freestyle Holger Caban	48	SCM	2:28.47
400 Meter Freestyle Rodney Wharton	48	LCM	5:47.36
800 Meter Freestyle Rodney Wharton	48	LCM	12:06.62
100 Meter Backstroke Rodney Wharton	48	LCM	1:25.65
200 Meter Backstroke Rodney Wharton	48	LCM	3:07.99
100 Meter Breaststroke Holger Caban	48	SCM	1:24.89
200 Meter Breaststroke Holger Caban	48	SCM	3:09.27
100 Meter Individual Medley Holger Caban	48	SCM	1:25.29

Men 50-54

50 Meter Freestyle Bill Triol	50	WKM	32.93
Steve Tanner	51	LCM	35.34
100 Meter Freestyle Bill Triol	50	WKM	1:12.49
400 Meter Freestyle Steve Tanner	51	LCM	6:08.30
800 Meter Freestyle Bill Triol	50	WKM	12:15.78
Steve Tanner	51	LCM	12:45.23
50 Meter Backstroke Larry Krauser	51	SCM	34.06
Steve Tanner	51	LCM	42.66
200 Meter Backstroke Larry Krauser	51	SCM	2:39.40
50 Meter Breaststroke Robert Morrison	50	UNA	36.15
100 Meter Breaststroke Robert Morrison	50	UNA	1:23.05
200 Meter Breaststroke Robert Morrison	50	UNA	3:07.74
50 Meter Butterfly Larry Krauser	51	SCM	30.06
Bill Triol	50	WKM	35.01
Steve Tanner	51	LCM	44.78
200 Meter Butterfly Larry Krauser	51	SCM	2:44.57
100 Meter Individual Medley Bill Triol	50	WKM	1:25.89
200 Meter Individual Medley Robert Morrison	50	UNA	2:55.78
400 Meter Individual Medley Larry Krauser	51	SCM	5:36.91
Robert Morrison	50	UNA	6:38.00

Men 60-64

800 Meter Freestyle Donald Caskey	60	WKM	DQ
50 Meter Backstroke Donald Caskey	60	WKM	49.59
200 Meter Backstroke Donald Caskey	60	WKM	X4:05.84
100 Meter Individual Medley Donald Caskey	60	WKM	2:05.10
200 Meter Individual Medley Donald Caskey	60	WKM	4:43.00
100 Meter Freestyle Glen Murray	65	MCM	1:39.68
400 Meter Freestyle Glen Murray	65	MCM	7:31.03
800 Meter Freestyle Glen Murray	65	MCM	15:07.77
50 Meter Breaststroke Glen Murray	65	MCM	51.38
100 Meter Breaststroke Glen Murray	65	MCM	(1)1:49.72

Men 75-79

50 Meter Backstroke William Bresko	76	UNA	1:17.75
200 Meter Backstroke William Bresko	76	UNA	6:26.42
50 Meter Breaststroke William Bresko	76	UNA	59.25
50 Meter Butterfly William Bresko	76	UNA	(1)1:12.31
100 Meter Individual Medley William Bresko	76	UNA	(1)2:30.55

Men 80-84

50 Meter Freestyle Imre Schmidt	84	SWAC	53.64
100 Meter Freestyle Imre Schmidt	84	SWAC	2:14.01
800 Meter Freestyle Imre Schmidt	84	SWAC	21:14.72

RELAY EVENTS

Mixed 160-199

400 Meter Freestyle Relay LCM	A	6:46.58
Rodney Wharton	48	
Cindy Clutter	44	
Steve Tanner	51	
Mary Adams	49	

United States Masters Swimming & Inland Northwest Masters 2005 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 2005

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 | |

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

Benefits of Membership Include:

⇒ *USMS Swimmer 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 *USMS Swimmer Magazine*)
 ⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

2005 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2005)

Please check appropriate level • You may start registering for 2005 memberships on November 1, 2004

- 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, 2005)

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

United States Masters Swimming Endowment Fund

In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund

International Swimming Hall of Fame Endowment Fund

In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund

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

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

SIGNATURE	DATE
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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 CHAMPIONSHIP MEET ON SATURDAY MARCH 26** during the last break before the start of the 500 yard Freestyle. 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 ramgold@gocougs.wsu.edu.



Most Inspirational

Most Dedicated

Inland NW Masters Officer Elections

Every two years, Inland NW Masters holds officer elections. The following candidates have submitted their name for office. Please submit your ballots with your entries for the Championship meet, or mail them into Margaret Hair separately. Please vote for only one candidate per office

Chair:

- Susanne Simpson
- Write in candidate _____

Vice Chair:

- Bernie Kingsly
- Write in candidate _____

Secretary:

- Larry Krauser
- Write in candidate _____

Treasurer:

- Virgil Crampton
- Write in candidate _____