

SPLASH MASTER

Volume 8 Number 2

June 2005

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- Functional training for swimmers

New Online

- New Look to Inland NW Masters Web site
- Short course records, bylaws and operating guidelines now online.



www.InlandNWMasters.org



Short Course Season Wrap Up

Simpson sets 200 Fly World Record, Hair honored with most dedicated

The USMS short course season opens for the Inland NW LMSC with the Fall Classic meet at the Sandpoint Athletic Club. After the holidays, the season resumes with meets all over the Northwest.

In late February at a short course meters meet in Bellevue, Washington, Susanne Simpson (45, SCM) broke the world record for the 200 Butterfly. Simpson, swimming in the 45-49 age group, clocked a time of 2:29.32 to break the old world

record of 2:32.52. During the same meet, she broke the USMS record in the 100 Butterfly, 1:07.99, and the NW Zone record in the 800-meter Freestyle, 9:42.24.

Back on the east side of the mountains, the Inland NW Masters short course season concluded at the end of March in Pullman. The two day championship meet had 57 swimmers participating in all 18 short course events, with the largest group

see **WRAP UP** on page 4

Inland NW Masters Calendar

June 25, 2005

1000 and 2000 Swim, Foster Lake, Oregon, www.swimmoregon.org for details

July 9, 2005

Early registration due for Sandpoint Long Bridge Swim, form on page 8.

July 14, 2005

Entry forms due for Steve Omi Swim, form on page 10.

July 16, 2005

Fat Salmon Swim, Lake Washington, Washington, www.fatsalmonswim.org for details

July 16, 2005

3000 and 1500 open water swim, Applegate Lake, Oregon, www.swimmoregon.org for details

July 17, 2005 (Sunday)

Steve Omi Swim, Sanders Beach, Lake Coeur d'Alene, Idaho. Check-in time is 8:45 am

July 29-30, 2005

1/4, 1/2, 1, 2 and 3 mile open water swims, Elk Lake, Oregon, www.swimmoregon.org for details

August 6, 2005 (Saturday)

Sandpoint Long Bridge Swim, Lake Pend Oreille, Idaho. Pre-race meeting is 8:00 am

August 10-14, 2005

USMS Long Course Championships, Mission Viejo, California, www.usms.org for details

August 13, 2005

500, 1500, 3000 open water swims Eel Lake, Oregon, www.swimmoregon.org for details

August 21, 2005

1 mile, 1000 equipment, 500 kick open water swims, Dorena Lake, Oregon, www.swimmoregon.org for details

August 28, 2005

Whitefish Lake Swim, Whitefish, Montana



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

March 26, 2005, Pullman, Washington

BOARD OF MANAGERS

Present: Virgil Crampton, Bernard Kingsly, Doug Garcia, Larry Krauser, Gordon Grey,* Susanne Simpson, Margaret Hair, Eric Ridgeway,* Brian Johnson
* non-voting member

Review/Approve Minutes of Last Meeting (2-5-05) – A motion was made to approve the minutes from the February 5, 2005, meeting and was unanimously approved.

Treasurer's Report – Virgil did receive expenses and the report from Jeanette Valandigham prior to the deadline established in the last meeting so the reimbursement for expenses has proceeded.

Newsletter Report – The next newsletter will be published in late May/early June. Results from IWMSC Short Course Championships Meet and results of IWMSC swimmers at Zone and National meets will be included. Also, the entry for the Steve Omi Swim and Long Bridge Swim will be included.

Gordon Grey is working with Doug Garcia and Margaret Hair to get the records online. This will probably occur this summer. Margaret will email Walt Reid and ask if IWMSC can get the programming code that PNA uses for their records so we can use.

Secretary's Report – Minutes from this meeting will be submitted to the National Office since this is our General Membership Meeting.

Doug Garcia proposed some changes to IWMSC Standing Rules and Policies so that the LMSC could operate more effectively with regards to the USMS House of Delegates (Convention). A friendly amendment to the proposed changes was accepted. The proposed changes were unanimously approved.

Top Ten/Data Entry – Margaret will submit the SCY top ten information prior to the deadline now that our meets are complete.

Meets/Sanctions – Brian Johnson solicited response from the clubs that

have been holding meets and other knowledgeable individuals regarding how the LMSC can best operate meets with Margaret stepping down from doing all the work. Brian handed out the different options and responses received. Discussion of the three options ensued and the Board decided to go forward with Option 2 which is:

“Find a volunteer to serve as the central contact for all pre- and post-meet operations. This would include maintaining Hy-Tek database of registered swimmers, receiving entries, inputting into Hy-Tek, seeding pre-entries, printing heat sheets, and swimmer cards or timer sheets (these last two might fall to the host team). This information will then be provided to the host team for use on meet day. The host team for the meet would be responsible to handle deck entries and seeding, load race results into the program during the meet, post results at the meet, and return results to the central contact. The central contact would then review results and submit document with results, team points, and individual points to the Newsletter Editor and Web Editor for publication. This option would require each host team to have someone knowledgeable of the Hy-Tek program, or perhaps link with the local age-group team in their area for such support.”

Doug Garcia will discuss the central contact volunteer with Brian Lamb. Secondly, Tom Lamar will talk with some Moscow swimmers if Brian cannot do it. It was noted that the central contact would be paid a nominal fee of around one dollar per entry.

Equipment – Margaret Hair will take the equipment home today after the meet and prep for the next meet. At that time she will be handing the equipment over to whomever. Maybe the meet hosts will be responsible to get the equipment from one place to the other or someone can ferry it between locations.

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Send address changes to: Sue Dills, Registrar

Send editorial comments to: Doug Garcia, Editor

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Zone Business – The following Zone information was reported:

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

New Business

Election Year – The Slate as presented was voted in—there were no write-ins. The following officers have been elected for a two-year term beginning at the conclusion of this meeting:

Chair: Susanne Simpson
Vice-Chair: Bernard Kingsly
Secretary: Larry Krauser
Treasurer: Virgil Crampton

Open Water National Event, USMS 1-3 mile Open Water Nationals (Long Bridge) – The Board discussed the logistics with Eric Ridgeway (Director of Long Bridge). Eric is enthusiastic to try to get the National event. His understanding is that we would run concurrent events with his group setting up safety, refreshments, starting, finishing, location-type stuff, etc. The LMSC would handle everything else for the National Event: bids, entries, money, awards, etc. The LMSC would deal with USMS and their requirements. A motion was made for the IWMSC to bid on the USMS 1-3 mile Open Water Nationals (Long Bridge) and was unanimously approved. Larry Krauser will handle submitting the bid and Susanne Simpson will present to the Long Distance Committee at Convention. The event will be the first Saturday in August 2007.

Clinic – The Board discussed holding a clinic in the fall. Susanne Simpson and Doug Garcia will work on setting this up. Proposed coaches are Kerry O'Brien, Bob Bruce and Brian Stack. There is no money

in the mentoring program that the LMSC can obtain this year so IWMSC would have to pay for everything. Doug and Tom Lamar will review dates in early November to hold the clinic. Of the proposed coaches Kerry O'Brien is our first choice.

Convention, Greensboro, NC, September 13–18, 2005—Three individuals expressed interest in going to Convention: Doug Garcia, Susanne Simpson and Virgil Crampton. Doug will be funded by the Zone. Susanne and Virgil would represent the IWMSC. A motion was made and unanimously approved that Virgil would be the LMSC Delegate. A motion was made and unanimously approved that Susanne would apply to be a Delegate-at-Large from the LMSC pending approval from USMS. A motion was made and unanimously approved that if Susanne does not receive the Delegate-at-Large status then Susanne would be the LMSC Delegate not Virgil. A motion was made and unanimously approved that the IWMSC would reimburse expenses as follows—50 percent of coach airfare, 50 percent of a double occupancy room, and 100 percent of the registration fee; the maximum total expenditure for IWMSC is \$1,000 (split equally if combined submitted expenses exceed \$1,000); and each IWMSC representative will write a report for the Splashmaster newsletter. Outside of the motion it was discussed that the \$1,000 limit could possibly be revised pending actual airfare costs. Both Susanne and Virgil will apply for Zone grants; Virgil to the NW Zone and Susanne to the Zone Committee.



XI FINA World Masters Championships Update

The dates of the XI FINA World Masters Championships have been established. Swimming competition will be between August 4–11, 2006.

The official Web site www.2006finamasters.org is now up. Information on the web site includes:

- Dates and schedule of the XI FINA World Masters Championships
- The meet qualification times
- Hotel availability and online booking

Hotels

The XI FINA World Masters Championships Organizing Committee has made arrangements for special pricing for hotels around the venue. You are encouraged to make reservations as soon as possible; there is only a limited amount of hotel space near the aquatic venue. You can make your reservations online at www.2006finamasters.org/index.php?topic=hotels or call 800-826-4630 toll free (US), 01-310-590-4721 international 01-310-649-3554 fax from 5 am to 6 pm Pacific time

To sign up for the FINA e-mail list, go to seven.pairlist.net/mailman/listinfo/finamasters.

C.J. Hamilton to be remembered

Lake City Masters (LCM) lost a long time swimmer and friend with the passing of C.J. Hamilton on May 5, 2005, at the age of 91. C.J. continued to swim for the Coeur d' Alene team even as the team changed its name through the years from Coeur d' Alene, CDA Athletic Club, CDA Sta-Fit, and Lake City Masters. C.J. currently holds 65 Inland Northwest records. C.J. set his longest-standing record in 1984. The most recent records were established at the Sandpoint meet in November 2003. C.J. set five new records in the 90-94 age group that day, including the 50 Butterfly and 100 Individual Medley. C.J. was an inspiration to the LCM swimmers with his attendance at competitions, 400 Individual Medley swim as an 83 year old, and 50 Butterfly and 100 Individual Medley in his last competition. Many stories were told over the years, including the way he drove his fast cars confidently to swim meets. More recently, the stories centered around his swims and his ascents and starts from the blocks in Sandpoint at the age of 90. C.J. will be greatly missed.

2005 Short Course Yards Champs Swim Meet

March 25-26, 2005, Pullman. Washington

WRAP UP from page 1

of participants coming from the Moscow Chinook Masters.

Five Inland NW Masters records were set at the meet, including: Christie Skrip (23, WSU) 100 Backstroke; Karli Spear (45, UNA) 50 Breaststroke; Jean Rudolph (83, MCM) 50 Freestyle and 50 Backstroke; Glen Murray (65, MCM) 50, 100 and 200 Breaststroke; and Bill Bresko (77, UNA) for the 400 Individual Medley. Gary Chase (65, PNA) broke the NW Zone 200 Backstroke record for the 65-69 age group.

Annual awards were presented at the meet, including Most Dedicated to Margaret Hair (49, LCM). Hair has been crunching meet data for Inland NW Masters meets for more than 10 years. Recently she has been working on converting the Inland NW Masters records to the Hy-tek system. Hair announced she will be retiring from doing meet entries.

The most inspirational swimmer Mary Adams (50, LCM) was noted by her nominee "as always trying to push herself to swim better."

Two Moscow Chinook (MCM) swimmers took home water log and high point awards. Glen Murray (65) and Deborah Bell (52) attended all Inland NW Masters meets and set records in their age groups to become high point winners. Other water log winners were Mary Adams, Sister Madonna Buder (74, UNA), Bill Bresko (77, UNA) and Larry Krauser (51, SCM).



Deborah Bell (52, MCM)
2004-05 high point female.



Glen Murray (65, MCM)
2004-05 high point male



Mary Adams (49, LCM)
2004-05 most inspirational

Zone Champs Meet

In April, Pacific Northwest Association hosted the NW Zone championship meet. The location was the world class King County Aquatic Facility. Inland NW Masters had six participants, five from WSU Masters. In total, 370 swimmers participated in the two-day meet (see results at right).

USMS Short Course Champs

Over 1600 swimmers competed in the four-day championship at the International Swimming Hall of Fame Pool in Fort Lauderdale, Florida. Susanne Simpson (45), Larry Krauser (51) and Suzanne Dills (60), all from the Spokane Club, brought home eight national championships.

Highlighting the meet for Inland NW was Suzanne Dills. Dills won the 500 Freestyle by over 25 seconds and the 100 Butterfly. Dills finished second in the 1650 Freestyle, making a fantastic comeback and almost overtaking the leader after losing her goggles on the start. Dills broke the national record in the 200 Individual Medley (2:48.23) but was barely touched out to finish second (see results on back cover).

NW Zone Short Course Yards Champs Results

Event	Time	Place
Schmal, Patience (23, WSU)		
50 Freestyle	33.59	11
100 Freestyle	1:20.59	12
50 Backstroke	41.67	8
Skrip, Christie (23, WSU)		
50 Backstroke	31.53	2
100 Backstroke	1:05.61	1
200 Backstroke	2:26.79	1
100 Butterfly	1:10.19	2
100 Individual Medley	1:10.46	3
200 Individual Medley	2:35.15	4
Schotzko, Teresa (35, WSU)		
100 Freestyle	1:05.05	4
200 Freestyle	2:20.79	3
500 Freestyle	6:22.82	5
1000 Freestyle	13:06.11	4
Doering, Eric (43, WSU)		
100 Freestyle	54.26	4
200 Freestyle	2:00.77	3
500 Freestyle	5:37.15	2
50 Backstroke	30.06	3
50 Butterfly	27.52	4
100 Individual Medley	1:03.14	5
Garcia, Doug (43, WSU)		
100 Freestyle	1:02.79	16
200 Freestyle	2:30.54	9
500 Freestyle	6:52.23	5
200 Individual Medley	2:51.09	6
400 Individual Medley	6:12.27	4
Kingsly, Bernard N (46, NSM)		
100 Freestyle	53.81	3
50 Breaststroke	31.80	2
50 Butterfly	26.64	1
100 Butterfly	1:01.14	2
WSU Masters Relays (18+)		
200 Mixed Freestyle Relay	1:52.38	5
Schotzko, Skrip, Garcia, Doering		
200 Mixed Medley Relay	2:06.89	4
Schmal, Skrip, Garcia, Doering		

WOMEN'S EVENTS

Women 18-24

50 Yard Freestyle			
Christie Skrip	23	WSU	27.85
100 Yard Freestyle			
Christie Skrip	23	WSU	1:03.75
1000 Yard Freestyle			
Emily Garrigues	22	WSU	14:13.91
50 Yard Backstroke			
Christie Skrip	23	WSU	31.59
100 Yard Backstroke			
Christie Skrip	23	WSU	1:06.67 (I)
50 Yard Butterfly			
Christie Skrip	23	WSU	32.01

Women 25-29

50 Yard Freestyle			
Ursel Schuette	29	MCM	30.78
Carrie Caselton	25	MCM	31.31
Kelly Dow	25	WSU	32.83
Danette Vargas	28	MCM	33.72
Noelani Reinker	28	WSU	34.30
100 Yard Freestyle			
Kelly Dow	25	WSU	1:20.29
200 Yard Freestyle			
Jennifer Bell	27	MCM	2:28.60
Noelani Reinker	28	WSU	2:50.98
500 Yard Freestyle			
Kelly Dow	25	WSU	8:12.29
1000 Yard Freestyle			
Kelly Dow	25	WSU	17:12.42
50 Yard Breaststroke			
Jennifer Bell	27	MCM	38.91
Danette Vargas	28	MCM	45.79
100 Yard Breaststroke			
Annika Nelson	25	WSU	1:16.69
Jennifer Bell	27	MCM	1:24.52
200 Yard Breaststroke			
Jennifer Bell	27	MCM	3:04.63
50 Yard Butterfly			
Annika Nelson	25	WSU	30.50
100 Yard Butterfly			
Annika Nelson	25	WSU	1:08.18
100 Yard Individual Medley			
Ursel Schuette	29	MCM	1:21.42
Carrie Caselton	25	MCM	1:23.62
Danette Vargas	28	MCM	1:37.34

Women 30-34

50 Yard Freestyle			
Tara Strand	30	MCM	29.41
Heather Crawford Carl	30	MCM	45.35
200 Yard Freestyle			
Keely Yenglin	33	MCM	2:12.16



The Young and the Restless: Devin Schmelzer (21, WSU) and Jean Rudolph (83, MCM) were the youngest and oldest swimmers at the champs meet. The meet was Schmelzer's first Masters meet. The more experienced Rudolph broke records in the 50 Backstroke and 50 Freestyle events.

500 Yard Freestyle	
Keely Yenglin	33 MCM 6:00.23
1000 Yard Freestyle	
Tara Strand	30 MCM 13:43.18
200 Yard Backstroke	
Keely Yenglin	33 MCM 2:24.71
50 Yard Breaststroke	
Heather Crawford Carl	30 MCM DQ
100 Yard Individual Medley	
Keely Yenglin	33 MCM 1:08.30

Women 35-39

50 Yard Freestyle	
Teresa Schotzko	35 WSU 30.91
Jennifer Morse	37 MCM 31.00 (U)
100 Yard Freestyle	
Jennifer Morse	37 MCM 1:10.76
200 Yard Freestyle	
Teresa Schotzko	35 WSU 2:29.94
500 Yard Freestyle	
Teresa Schotzko	35 WSU 6:48.05
1000 Yard Freestyle	
Tracy Brown	38 MCM 19:08.01
1650 Yard Freestyle	
Teresa Schotzko	35 WSU 23:10.29
100 Yard Breaststroke	
Jennifer Morse	37 MCM 1:29.95
100 Yard Butterfly	
Teresa Schotzko	35 WSU 1:23.61 (U)
200 Yard Individual Medley	
Jennifer Morse	37 MCM 3:01.21

Women 40-44

500 Yard Freestyle	
Susanne Simpson	44 SCM 5:38.66
100 Yard Butterfly	
Susanne Simpson	44 SCM 1:04.33

Women 45-49

50 Yard Freestyle	
Karli Spear	45 UNA 29.22
100 Yard Freestyle	
Karli Spear	45 UNA 1:08.92
50 Yard Breaststroke	
Karli Spear	45 UNA 38.09 (I)
Barbara Cosens	49 MCM 43.11

100 Yard Breaststroke	
Barbara Cosens	49 MCM 1:34.04
200 Yard Breaststroke	
Barbara Cosens	49 MCM 3:23.25
50 Yard Butterfly	
Karli Spear	45 UNA 34.27
100 Yard Individual Medley	
Karli Spear	45 UNA 1:15.51

Women 50-54

100 Yard Freestyle	
Candace Chenoweth	50 MCM 1:16.49
200 Yard Freestyle	
Deborah Bell	52 MCM 2:57.49
500 Yard Freestyle	
Deborah Bell	52 MCM 7:46.57
Mary Adams	50 LCM 8:36.38
1650 Yard Freestyle	
Deborah Bell	52 MCM 26:15.21
50 Yard Backstroke	
Candace Chenoweth	50 MCM 41.90
100 Yard Backstroke	
Candace Chenoweth	50 MCM 1:26.76
200 Yard Backstroke	
Mary Adams	50 LCM 3:45.00 (U)

50 Yard Breaststroke	
Mary Adams	50 LCM 48.17
50 Yard Butterfly	
Mary Adams	50 LCM 47.99
100 Yard Butterfly	
Mary Adams	50 LCM 1:55.46
200 Yard Butterfly	
Deborah Bell	52 MCM 3:54.92
100 Yard Individual Medley	
Candace Chenoweth	50 MCM 1:26.43
Deborah Bell	52 MCM 1:32.13
200 Yard Individual Medley	
Deborah Bell	52 MCM 3:28.38

Women 60-64

1650 Yard Freestyle	
Helen Holmes	62 WSU 35:10.95
50 Yard Breaststroke	
Elke Davis	62 UNA 56.03
100 Yard Breaststroke	
Elke Davis	62 UNA 2:01.29

Season Points Earned by Team

Meet Location	Dec 04 Sandpoint	Jan 05 Wenatchee	Feb 05 Spokane	March 05 Pullman	Season Total
Moscow Chinook Masters	86	68	88	726	968
WSU Masters	20	0	101	432	553
Lake City Masters	123	93	121	33	370
Spokane Club Masters	54	30	150	72	306
Wenatchee Valley Masters	0	267	0	0	267
West Kootenay Masters	134	0	78	0	212
Sandpoint West Athletic Club	48	0	22	30	100
North Spokane Masters	0	24	26	35	85
Yakima Valley Masters	0	21	0	0	21

200 Yard Breaststroke	
Elke Davis	62 UNA 4:24.72
50 Yard Butterfly	
Elke Davis	62 UNA 58.76
100 Yard Butterfly	
Elke Davis	62 UNA 2:17.87

Women 65-69

50 Yard Freestyle	
Marvel Kimball	68 WSU 39.50 (U)
100 Yard Freestyle	
Marvel Kimball	68 WSU 1:31.10
1000 Yard Freestyle	
Marvel Kimball	68 WSU 18:21.66
100 Yard Individual Medley	
Marvel Kimball	68 WSU 1:54.75

Women 70-74

500 Yard Freestyle	
Sister Madonna Buder	74 UNA 10:09.63
1650 Yard Freestyle	
Sister Madonna Buder	74 UNA 33:45.91
50 Yard Backstroke	
Sister Madonna Buder	74 UNA 1:12.59
200 Yard Breaststroke	
Sister Madonna Buder	74 UNA 5:10.06
100 Yard Butterfly	
Sister Madonna Buder	74 UNA DQ

Women 80-84

50 Yard Freestyle	
Jean Rudolph	83 MCM 1:01.52 (I)
50 Yard Backstroke	
Jean Rudolph	83 MCM 1:09.48 (I)
100 Yard Backstroke	
Jean Rudolph	83 MCM DQ
50 Yard Breaststroke	
Jean Rudolph	83 MCM 1:30.37
100 Yard Breaststroke	
Jean Rudolph	83 MCM 3:15.81

MEN'S EVENTS

Men 19-24	
50 Yard Freestyle	
Devin Schmelzer	21 WSU 25.27
Jonathan Ehlinger	21 WSU 25.36
100 Yard Freestyle	
Devin Schmelzer	21 WSU 1:00.26

200 Yard Freestyle	
Jonathan Ehlinger	21 WSU 2:05.91
50 Yard Backstroke	
Devin Schmelzer	21 WSU 31.88
100 Yard Individual Medley	
Devin Schmelzer	21 WSU 1:08.51
200 Yard Individual Medley	
Jonathan Ehlinger	21 WSU 2:27.78

Men 30-34

50 Yard Freestyle	
Robert Brown	34 MCM 27.39
Steven Wilson	31 WSU 27.45
Tony Allison	32 WSU 31.85
100 Yard Freestyle	
Robert Brown	34 MCM 1:00.85
Tony Allison	32 WSU 1:14.69
200 Yard Freestyle	
Robert Brown	34 MCM 2:17.40
500 Yard Freestyle	
Steven Wilson	31 WSU 7:11.71
Robert Brown	34 MCM 7:25.18
1000 Yard Freestyle	
Steven Wilson	31 WSU 15:29.44
1650 Yard Freestyle	
Tony Allison	32 WSU 29:02.42
50 Yard Backstroke	
Steven Wilson	31 WSU 33.74
50 Yard Breaststroke	
Steven Wilson	31 WSU 37.27

see CHAMPS RESULTS on page 6

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

CHAMPS RESULTS from page 5

50 Yard Butterfly
 Steven Wilson 31 WSU 32.89

100 Yard Individual Medley
 Tony Allison 32 WSU DQ

Men 40-44

50 Yard Freestyle
 Thomas Lamar 44 MCM 27.81

100 Yard Freestyle
 Eric Doering 43 WSU 56.32
 Eric Ridgway 44 SWAC 1:03.91
 Thomas Simpson 44 SCM 1:08.25
 Doug Garcia 43 WSU 1:09.00

200 Yard Freestyle
 Eric Doering 43 WSU 2:02.37
 Thomas Lamar 44 MCM 2:14.92

500 Yard Freestyle
 Thomas Lamar 44 MCM 6:09.11
 Thomas Simpson 44 SCM 6:49.10
 Doug Garcia 43 WSU 7:18.31

1000 Yard Freestyle
 Thomas Lamar 44 MCM 12:37.95

50 Yard Backstroke
 Brian Johnson 43 MCM 29.26

100 Yard Backstroke
 Brian Johnson 43 MCM 1:05.16

200 Yard Backstroke
 Brian Johnson 43 MCM 2:21.40
 Doug Garcia 43 WSU 3:06.42

50 Yard Breaststroke
 Eric Doering 43 WSU 34.63
 Thomas Lamar 44 MCM 38.17

100 Yard Breaststroke
 Eric Ridgway 44 SWAC 1:15.66
 Thomas Lamar 44 MCM 1:20.71

200 Yard Breaststroke
 Eric Ridgway 44 SWAC 2:46.84

100 Yard Butterfly
 Eric Doering 43 WSU 1:08.62

100 Yard Individual Medley
 Brian Johnson 43 MCM 1:03.82
 Eric Doering 43 WSU 1:04.37
 Eric Ridgway 44 SWAC 1:11.03

200 Yard Individual Medley
 Eric Ridgway 44 SWAC 2:37.58

400 Yard Individual Medley
 Doug Garcia 43 WSU DQ

Men 45-49

50 Yard Freestyle
 Richard Zimmer 46 MCM 27.26
 Steve McGeehan 49 MCM 31.15
 Kevin Brackney 49 MCM 32.49

100 Yard Freestyle
 Richard Zimmer 46 MCM 1:00.14
 Kevin Brackney 49 MCM 1:21.72

500 Yard Freestyle
 Bernie Kingsly 46 NSM 6:00.57

1000 Yard Freestyle
 Steve McGeehan 49 MCM 16:20.82

50 Yard Backstroke
 Kevin Brackney 49 MCM 43.83

50 Yard Breaststroke

Bernie Kingsly 46 NSM 32.06
 Charles Gerke 45 MCM 34.15

100 Yard Breaststroke
 Charles Gerke 45 MCM 1:18.77

200 Yard Breaststroke
 Charles Gerke 45 MCM 3:03.91

50 Yard Butterfly
 Bernie Kingsly 46 NSM 27.71
 Richard Zimmer 46 MCM 29.42
 Kevin Brackney 49 MCM 43.84

100 Yard Butterfly
 Bernie Kingsly 46 NSM 59.63
 Richard Zimmer 46 MCM 1:07.60
 Steve McGeehan 49 MCM 1:42.51

100 Yard Individual Medley
 Bernie Kingsly 46 NSM 1:01.96
 Richard Zimmer 46 MCM 1:07.71
 Kevin Brackney 49 MCM DQ

Men 50-54

100 Yard Freestyle
 Larry Krauser 51 SCM 54.65

200 Yard Freestyle
 Larry Krauser 51 SCM 2:11.30

500 Yard Freestyle
 Larry Krauser 51 SCM 5:38.63

1000 Yard Freestyle
 Larry Krauser 51 SCM 11:54.13

200 Yard Backstroke
 Larry Krauser 51 SCM 2:24.03

50 Yard Breaststroke
 Robert Morrison 51 UNA 32.76

100 Yard Breaststroke
 Robert Morrison 51 UNA 1:13.24

200 Yard Breaststroke
 Robert Morrison 51 UNA 2:49.54

200 Yard Individual Medley
 Larry Krauser 51 SCM 2:26.38

400 Yard Individual Medley
 Larry Krauser 51 SCM 5:37.07

Men 55-59

50 Yard Freestyle
 Mel Lemons 56 WSU 38.70

100 Yard Freestyle
 Mel Lemons 56 WSU 1:35.34

200 Yard Freestyle
 Mel Lemons 56 WSU 3:20.76

500 Yard Freestyle
 Mel Lemons 56 WSU 9:22.54

Men 65-69

50 Yard Freestyle
 George Spomer 68 MCM 43.21

100 Yard Freestyle
 George Spomer 68 MCM 1:46.16

200 Yard Freestyle
 Glen Murray 66 MCM 3:06.87
 George Spomer 68 MCM 3:51.25

500 Yard Freestyle
 Glen Murray 66 MCM 8:21.93
 George Spomer 68 MCM 10:03.71

1000 Yard Freestyle

Glen Murray 66 MCM 16:41.97

1650 Yard Freestyle
 George Spomer 68 MCM 33:16.26

50 Yard Backstroke
 George Spomer 68 MCM 1:03.15

100 Yard Backstroke
 Gary Chase 65 PNA 1:12.19

200 Yard Backstroke
 Gary Chase 65 PNA 2:31.97 (Z)

50 Yard Breaststroke
 Gary Chase 65 PNA 35.98
 Glen Murray 66 MCM 43.19 (I)

100 Yard Breaststroke
 Glen Murray 66 MCM 1:33.81 (I)

200 Yard Breaststroke
 Glen Murray 66 MCM 3:26.47 (I)

100 Yard Individual Medley
 Gary Chase 65 PNA 1:14.38

400 Yard Individual Medley
 Gary Chase 65 PNA 6:06.09

Men 75-79

50 Yard Backstroke
 William Bresko 77 UNA 1:05.98

75-79 50 Yard Breaststroke
 William Bresko 77 UNA 53.70

75-79 100 Yard Breaststroke
 William Bresko 77 UNA 2:06.73

75-79 50 Yard Butterfly
 William Bresko 77 UNA 1:03.65

75-79 100 Yard Individual Medley
 William Bresko 77 UNA 2:08.45

75-79 400 Yard Individual Medley
 William Bresko 77 UNA 11:48.68 (I)

RELAY EVENTS

Women's 19+ 200 Yard Medley Relay
 WSU A 2:32.33
 Christie Skrip 23 Kelly Dow 25
 Teresa Schotzko 35 Noelani Reinker 28

Women's 25+ 200 Yard Freestyle Relay
 MCM B 2:05.84
 Jennifer Bell 27 Keely Yenglin 33
 Ursel Schuette 29 Danette Vargas 28

Women's 25+ 200 Yard Freestyle Relay
 MCM A 2:28.88
 Heather Crawford Carls Barbara Cosens 49
 Jennifer Morse 37 Candace Chenoweth 50

Women's 25+ 200 Yard Medley Relay
 MCM A 2:25.90
 Ursel Schuette 29 Jennifer Bell 27
 Keely Yenglin 33 Danette Vargas 28

Women's 35+ 200 Yard Medley Relay
 MCM A 2:43.99
 Jennifer Morse 37 Barbara Cosens 49
 Deborah Bell 52 Candace Chenoweth 50

Mens' 19+ 200 Yard Freestyle Relay
 WSU A 1:49.91
 Devin Schmelzer 21 Doug Garcia 43
 Eric Doering 43 Jonathan Ehlinger 21

Mens' 19+ 200 Yard Medley Relay

WSU A 2:30.81
 Doug Garcia 43 Tony Allison 32
 Devin Schmelzer 21 Mel Lemons 56

Men's 25+ 200 Yard Medley Relay
 MCM A 2:38.34
 Kevin Brackney 49 Glen Murray 66
 Steve McGeehan 49 Robert Brown 34

Men's 35+ 200 Yard Freestyle Relay
 MCM A 1:50.33
 Thomas Lamar 44 Brian Johnson 43
 Richard Zimmer 46 Charles Gerke 45

Men's 35+ 200 Yard Medley Relay
 MCM A 2:10.14
 Brian Johnson 43 Charles Gerke 45
 Thomas Lamar 44 Richard Zimmer 46

Mixed 19+ 200 Yard Freestyle Relay
 WSU A 1:51.14
 Devin Schmelzer 21 Steven Wilson 31
 Christie Skrip 23 Teresa Schotzko 35
 WSU B 1:58.44

Mixed 19+ 200 Yard Medley Relay
 WSU A 2:32.76
 Teresa Schotzko 35 Kelly Dow 25
 Devin Schmelzer 21 Tony Allison 32

Mixed 25+ 200 Yard Freestyle Relay
 MCM A 1:57.53
 Carrie Caselton 25 Danette Vargas 28
 Robert Brown 34 Brian Johnson 43
 MCM B 2:20.31
 Tara Strand 30 Heather Crawford Carls
 Marveth Kimball 49 Steve McGeehan 49

Mixed 25+ 400 Yard Freestyle Relay
 MCM B 4:19.09
 Jennifer Bell 27 Ursel Schuette 29
 Charles Gerke 45 Richard Zimmer 46
 MCM A 4:30.02
 Thomas Lamar 44 Jennifer Morse 37
 Barbara Cosens 49 Robert Brown 34

Mixed 25+ 200 Yard Medley Relay
 MCM C 2:13.92
 Keely Yenglin 33 Charles Gerke 45
 Thomas Lamar 44 Barbara Cosens 49
 MCM B 2:46.07
 Robert Brown 34 Jennifer Bell 27
 Danette Vargas 28 George Spomer 68
 WSU A 2:59.07
 Marvel Kimball 68 Doug Garcia 43
 Noelani Reinker 28 Mel Lemons 56
 MCM A 3:00.20
 Steve McGeehan 49 Kevin Brackney 49
 Carrie Caselton 25 Heather Crawford Carls
 Mixed 35+ 200 Yard Medley Relay
 MCM A 2:14.15
 Brian Johnson 43 Jennifer Morse 37
 Richard Zimmer 46 Candace Chenoweth 50

Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
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 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
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 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
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 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
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Mixed 45+ 200 Yard Freestyle Relay
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Mixed 45+ 200 Yard Freestyle Relay
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 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
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Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
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Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
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Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
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Mixed 45+ 200 Yard Freestyle Relay
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 Deborah Bell 52 Candace Chenoweth 50
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Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

Mixed 45+ 200 Yard Freestyle Relay
 MCM A 2:34.43
 Deborah Bell 52 Candace Chenoweth 50
 George Spomer 68 Glen Murray 66

FUNCTIONAL TRAINING

MEDICINE BALL AND FIT BALL TRAINING FOR SWIMMERS

BY RYAN HITE, NSCA-CPT

Whether participating in sport for competition, fitness or fun, strength training can add enjoyment and performance to any sport. Swimming is no different; various strength training exercises can help to improve stroke power and efficiency. Strength training also helps to promote muscle balance (leading to greater efficiency as you do not have to fight against your own muscles). Muscle balance also reduces the risk of overuse injuries (i.e. swimmer's shoulder).

While many traditional forms of strength training are good for improving maximum strength, it is also important to incorporate non-traditional and more functional exercises.

Functional training has cropped up around the fitness industry over recent

years. It is training that mimics the specific total body movement patterns seen in sport. In a nut shell, functional training trains movement patterns. If you only train your muscles to be strong, but forget to train them how to move, you have just bought a gun without a bullet. Functional training is the bullet by which you can direct your strength toward

a specific movement or purpose. Here are some exercises that will help promote muscle balance, flexibility and swimming efficiency. For starters, try incorporating 2-3 sets of 8-12 reps into your workout routine.

Overhead Squat: Hold a medicine ball overhead. Then sit back as if you were sitting in a chair. Try to get so that your thighs are parallel with the floor. From this position stand back up. Holding the medicine ball overhead increases the demands of the exercise on the core. It also simulates a streamline position in swimming. Incorporating the squat into this exercise mimics a push off of the wall after a turn. Push



Overhead Squat



Ball Rollout

from the legs and keep the ball high in the air (streamline position).

Ball Rollout: This exercise places great demands on the core. Start by holding a plank position on the ball (at left, top). When this becomes comfortable, press the elbows forward and start to lengthen the body (at left, bottom). From here, roll the ball back to the original plank position. The key to rolling the ball back is to pull in using the armpits. This exercise can also be done on the knees (instead of the feet) to decrease the intensity when beginning. This exercise is great for developing core strength that is needed in any activity. It also really emphasizes pulling from the back muscles (under the armpit). These muscles are also the primary pullers in freestyle and butterfly swimming.

see **FUNCTIONAL** on back cover

Purchase a video of the swim for only \$20 VHS (plus \$5 S&H) or DVD \$25 (plus \$5 S&H) • past years videos also available • Call Chuck Smith at 208.263.7171

THE 11TH ANNUAL LAKE PEND OREILLE LONG BRIDGE SWIM SANDPOINT, IDAHO



*The Northwest's
Premier Open Water
Swimming Event*

A 1.76 mile swim from
the south end of the
Long Bridge to Dog Beach.

IRS Non-Profit
Tax ID #82-0484120

TAKE THE CHALLENGE, TAKE THE PLUNGE!

DATE: Saturday, August 6, 2005

TIME: Check-in begins at 6:30 a.m all swimmers must sign liability release. All swimmers under 18 must have parent or guardian present to sign liability release. Pre-swim meeting 8 a.m. • Swim start 9 a.m. • 2.5 hours time limit for swim

LOCATION: Park at the north end of the Long Bridge in the lot next to the Texaco station. We will shuttle all swimmers to the south end of the bridge where the swim starts. When you finish at Dog Beach your car will be waiting for you.

SAFETY: Safety is our #1 priority. Qualified safety personnel have the authority to pull any swimmer out of the event for safety reasons. Wetsuits are recommended, but not required. It will make you safer and swim faster! The swim will proceed in all but lightning and severe wind/cold. Refunds will not be given if cancelled due to weather or any other reason. Participants wearing fins will not qualify for "speed" awards.

STICK AROUND AFTER THE SWIM! Swimmers and volunteers will enjoy food, music, prizes and raffle drawings. Prizes will not be of great material value. The real prize is the satisfaction of participating in the healthful – and somewhat crazy – activity of swimming all the way across Lake Pend Oreille.

For more information or to share your ideas, please contact Eric Ridgway at 208-265-5412

or check out past pictures on our website at: www.sandpoint.org/longbridgeswim • email: longbridgeswim@yahoo.com

**Great spectator viewing along the entire course. Bring friends and cameras!
Spend a weekend of fun in Sandpoint! Call (800) 800-2106 for lodging reservations**

Cut Here ✂

Early registration - \$12 (postmarked by July 9, 2005)

Regular registration - \$16 (postmarked by July 23, 2005) • Late registration - \$20 (no guarantee of T-shirt) • If no T-shirt is wanted subtract \$5

Name: _____ Phone: (_____) _____

Male Female Age (as of 6/05) _____ Date of birth: _____ Your email, we'll email results _____

Address: _____

Fun and unusual information: (swimming experience, teams/years, honors/accomplishments, obstacles overcome): _____

We want to know everything, so please elaborate on back! _____

Circle years you've participated in this swim 95 96 97 98 99 00 01 02 03 04

T-shirts will be given out before event - circle size: Youth S M L • Adult S M L XL (XXL XXXL add \$2)

Extra T-shirts \$8, indicate size & number. _____ Video \$20 • DVD \$25 (both plus \$5 S&H) Total \$ _____

Make checks payable to: Long Bridge Swim • 2023 Sandpoint West Drive • Sandpoint, ID 83864 or register online at: www.active.com

Catch the Thursday, Friday or Saturday night concerts at The Festival at Sandpoint. Call (888) 265-4554 for details.

Are you a Masters swimmer who does not swim Masters competitions? Do you love to swim but conventional swim meets don't excite you? Then you are known as a "fitness swimmer," and you make up an estimated 50-60 percent of all Masters members.

A great thing about being an adult swimmer is that you are able to define your own goals, and those are more likely to be fitness, stress reduction and camaraderie than being a competitive shark. But being a fitness swimmer doesn't mean that you wouldn't benefit from having goals to work toward, participating in an occasional event with friends, and going out afterward for pizza or burgers.

There is a way for fitness swimmers to get more out of swimming and the Masters program without betraying their fitness identity. For the answer, we need to look at running, where fitness runners routinely enter 5-mile, 10-K, and mini- and full-marathon events. These are events which are looked forward to, entered with friends and part of many recreational runners' fitness programs.

Recreational runners generally do not participate in the 100 meter dash or 110 meter hurdles at track meets. Those events are too dissimilar to their everyday running. But in swimming, novice competitors are steered to the 50 free or other short events. An all-out sprint where the racing dive and full-speed turn consume 25 percent of the race? No wonder experienced lap swimmers feel like a fish out of water at their first meet!

It is time for some original thinking. What do you like to swim? What do your workouts prepare you for? How are you comfortable moving in the water? For most of us, this would be a longer Freestyle event—maybe a 500, 1000, or 1650 yard Freestyle—or even a one mile open-water swim. These are among the most popular events in Masters, and they are popular because they are actually fun to swim.

There are some practical guidelines for picking and swimming an event to ensure a good experience:



FITNESS TO Competition

BY SUZANNE RAGUE

Choose a distance with which you will be comfortable. What distance can you see yourself swimming continuously, pushing the pace a bit but still being confident—500 yards or a mile?

It is common to start in the water in longer freestyle events. This eliminates the dive from the starting block, and you can wear goggles without worrying that they will come off during the dive. (Be sure to check with the starter before you get in the water.)

You can practice "pace swimming" for a longer event. Developing a sense of pace will give you a lot of confidence, for your body will know the feel of the speed it should go in the event. For example, if you enter the 500 freestyle, practice doing five swims of 100 yards each, keeping a constant pace with 15-30 seconds of rest between each swim; if you can comfortably hold a 1:45 pace for 100 yards, aim to do 5 x 100 yard swims, completing each one in 1:45, starting each one every 2 minutes or 2 minute and 15 seconds.

Avoid the major distance disaster -- going out too fast at the start and having the "piano land on your back" later in the event. Doing pace work in training helps avoid this. Another good idea is to use the first 100 yards of the event as a warm-up. Stretch out, settle in, then pick up the pace later if you want.

The bottom line is, not everyone at a swim meet is there for the same reason. As a fitness swimmer, there are Masters events that fit with how you swim, and can make your total swimming experience more enjoyable. There may be Masters open-water events in your area, and these are tailor made for fitness swimmers. If not, look for a 500, 1000 or 1650 yard pool event. Either way, talk other swimming friends into going along, and take the plunge!

Suzanne Rague is a past recipient of the Ransom Arthur Award—United States Masters Swimming highest honor—and a long-time fitness and competitive swimmer.

1 2 T H A N N U A L

Steve Omi Memorial Open Water Swim

Date: **Sunday July 17, 2005**

Time: Check In At 8:45 am

Place: 12th Street Entrance Sanders Beach Lake Coeur d' Alene

Course: One Mile, along Sanders Beach Public Swim Area To
Coeur d' Alene Resort Golf Course

Fee: \$25 includes mesh gear bag, or \$15 without towel

*Additional donations to Steve Omi Scholarship accepted
Wet suits permitted*

NAME	AGE	
ADDRESS	EMAIL ADDRESS	
CITY	STATE	ZIP
DAYTIME PHONE	EVENING PHONE	

Make checks payable to: Steve Omi Swim

Mail to: Steve Omi Swim, 408 Vista Drive Coeur d'Alene ID 83815

Enclosed is my \$25 registration fee. Please have entry postmarked by July 14, 2005

Enclosed is my \$15 registration fee, without mesh gear bag.

For more information call 208-667-3721, 208-772-6753 or e-mail: swim@steveomi.org

ACCIDENT WAIVER AND RELEASE OF LIABILITY: I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risk include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to participants, volunteers, spectators, coaches, event officials, and event monitors, and/or producers of the event and lack of hydration. These risk are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers, in which I may participate and that it may govern my actions and responsibilities at said events.

In consideration of my application and permitting me to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to

me including my traveling to and from this event, THE FOLLOWING ENTITIES OR PERSONS: STEVE OMI SWIM organizers, their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by negligence or releases or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video, or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and assigns.

The Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document; and, I understand its content.

Print Participant's Name	Age	Signature (If under 18 years old Parent or Guardian must sign)	Date
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PARENT GUARDIAN WAIVER FOR MINOR (Under 18 years old)

The undersigned parent and natural guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Print Participant's Name	Age	Signature of Parent or Guardian	Date
--------------------------	-----	---------------------------------	------

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.)

<p>United States Masters Swimming Endowment Fund</p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund</p>	<p>International Swimming Hall of Fame Endowment Fund</p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund</p>
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Make check payable to	IWMSC	Amount Enclosed
Mail check and form to:	Sue Dills	
	639 N. Riverpoint Blvd. #3W	
	Spokane, WA 99202	

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

SIGNATURE	DATE
------------------	-------------

SPLASHMASTER

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 PO BOX 641227 • PULLMAN WA 99164-1227

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 Pullman, WA
 Permit No.1

USMS Short Course Yards Champs Results

Event	Time	Place
Allen, Murray G (42, SCM)		
100 Butterfly	1:04.44	31
50 Freestyle	24.66	28
100 Freestyle	55.09	38
50 Butterfly	27.38	27
Dills, Suzanne (60, SCM)		
500 Freestyle	6:32.46	1
100 Butterfly	1:19.39	1
200 Individual Medley	2:48.23	2
100 Individual Medley	1:17.73	2
200 Freestyle	2:29.32	2
1650 Freestyle	22:02.41	2
Kingsly, Bernard N (46, NSM)		
50 Breaststroke	30.10	12
100 Butterfly	58.13	11
100 Individual Medley	59.82	14
100 Freestyle	52.25	16
50 Butterfly	26.30	20
Krauser, Larry B (51, SCM)		
1000 Freestyle	10:46.65	3
1650 Freestyle	17:55.07	1
500 Freestyle	5:09.66	6
50 Freestyle	22.84	5
100 Freestyle	50.19	6
200 Freestyle	1:50.41	3
Simpson, Susanne (45, SCM)		
1650 Freestyle	18:03.61	1
100 Butterfly	1:00.50	1
500 Freestyle	5:22.00	1
200 Butterfly	2:14.99	1
50 Butterfly	28.03	3
200 Freestyle	1:59.87	1



FUNCTIONAL from page 7

M-T-I Extensions: These extensions may seem easy, but if done right can be extremely effective. Lie on a FIT ball with your stomach/hips on the ball (make it comfortable). Start by extending your arms out and to the rear (top). While keeping your thumbs pointing upwards, move your arms down toward the floor and then back towards the ceiling. The next position is a “T.” Extend your arms straight out from your shoulders (middle). Again raise your arms up and down. The third position is the “I” (bottom). Extend the arms straight out above the head, and raise and lower your arms. It is important to really squeeze your shoulder blades together when raising your arms toward the ceiling. The more you squeeze, the more the exercises will work. These exercises strengthen the rotator cuff muscles, and enhance your shoulder stability. Training your shoulder in this way will allow for greater reach through the water during all swim strokes. Training for shoulder blade stability will also help to prevent impingement syndrome (swimmers shoulder).