



Splashmaster



WHAT ARE ALL THOSE BELLS AND WHISTLES?

It has been interesting to watch, at the beginning of each meet, what happens when the referee and starter begin blowing their whistles at the beginning of each event. The swimmers behind the blocks start looking at each other and wondering what to do. One swimmer will make a move, sometimes right and sometimes wrong, and most of the other swimmers assume he knows what he is doing and follow his lead.

What do all the whistles mean? The vocal commands at the start of each event have basically been replaced by different whistles (I guess in order to save the starters voice so it will last the entire meet). Hopefully this will help everyone understand what the whistles mean and how they should respond accordingly.

The rules on starts from the USMS 2008 rulebook are as follows: On all forward starts, "at the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear, followed by a long whistle indicating that they should take their positions with at least one foot at the front of the starting platform, the edge of the pool, or on the wall before the command 'Take your mark.'" In other words, on the short whistles get ready behind your block. On the long whistle, step up onto the block and make sure at least one foot is at the front. Have goggles adjusted, etc. as the next command is "Take your mark".

The backstroke start is a little different stating that, "at the commencement of each heat, the referee shall signal to the swimmers by a short series of whistles to remove all clothing except for swimwear. At the referee's first long whistle, the swimmers shall immediately enter the water and at the second long whistle shall return without undue delay to the starting position."

At some meets you may have also noticed the ringing of bells on the distance events. In the events that are 500 yards or longer, the referee will ring the bell when the swimmer has two lengths left to swim. Formerly, this was done only for the lead swimmer and a starting gun was fired. This may still be done at some meets but I think they are trying to get away from the gun firing. This is obviously done for the timers and counters, I guess. As a swimmer, I don't think I have ever heard the bells when I am in the water. Oh well, now we all at least know what it means.

Hopefully this is helpful and I'm sure at the next meet, swimmers will confidently step onto the block at the appropriate whistle and won't have to panic and look at their fellow swimmers wondering if they are doing the right thing. Remember, step up on the LONG WHISTLE. Also remember that on the short series of whistles you "remove all clothing EXCEPT FOR SWIMWEAR." We do want to keep Masters Swimming a family affair. See you at the meets.

MEET FEES TO CHANGE

Meet fees will change starting in 2009. This change was voted into place at the LMSC board meeting in Oct. In the past some clubs have lost money when hosting meets. Although the LMSC has covered any loss, we would like clubs to make a little money when hosting meets. As we would like clubs to step forth and be willing to host meets in a variety of locations we felt we needed to increase the financial benefit they receive for doing so. Meet fees will now be \$20.00 for entries mailed in by the deadline and \$25.00 for deck entries. You will notice this change in the entry for the Nuclear Winter Sprint Meet in Moses Lake on Jan.17. Please support this change by attending meets in full force. I know you will agree that the fun, competition, and camaraderie are worth every penny.

Upcoming Events:

- Jan. 17**
Nuclear Winter Sprint meet in Moses Lake
(entry enclosed)
- Feb. 8**
Clinic by Lincoln Djang in Wenatchee
- March 7**
March Madness Meet in Wenatchee (entry enclosed)
- March 28 & 29**
SCY Championships in Moscow.
- April 4-5**
NW Zone Champs in Boise
- April 10-11**
PNA Champs in Federal Way
- May 7-10**
USMS SCY National Champs, Fresno, CA
- May 11**
USMS National 1 mile open water swim,
Fresno, CA

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WELCOME to the WAVES FROM SPOKANE

We have several new clubs in our LMSC. We are thrilled to see this growth. We hope to highlight a new team each month. This month I asked Harm-Jan Steen-

huis, the team rep for the Spokane Waves to write an article introducing his team. Thanks for a great article and for hosting a great meet.



Waves swimmers eagerly awaiting their events



Lincoln Djang (Unat), Jack Bevier (WVM) and Kurt Wendel (WVM)

An Introduction to the Spokane Waves

By Harm-Jan Steenhuis, SWAT-representative

The Spokane Waves initiated a new Masters swim team in 2008 and this is to give you a little insight into its history. I started swimming in 2005 with the Spokane Masters & Tri team (SMT). Most swimmers did not compete but I found a fellow swimmer, Armin Arndt (many of you will know him) who was interested and we went to our first swim meet in November 2005 in Sandpoint. The SMT team was essentially organized on a quarter by quarter basis which meant that each quarter we had to see whether there was enough people interested in swimming, whether we could get a pool, and what price it was going to be. Then in April 2007, we lost use of the high school pool that we had been using because it was demolished. So, swimming became an irregular activity for me.

In September 2007, my daughter joined the Spokane Waves (SWAT). Seeing the practices of all of the age groups I was ready to jump in with them. So, during a general membership meeting in October, I talked to

the president of SWAT, Ron McGregor, to see whether they had or were interested in a Masters team. He indicated that some other parents had shown interest. In December 2007 the SWAT coach resigned and Kevin Wang became the head-coach for the Waves. By February, the three of us had talked and based on this, Ron and Kevin worked on a survey for Waves parents to get an indication of the interest level. By March, I sent out a request for information on how other teams in our LMSC were doing things. We combined our findings and our Masters team was officially started in April 2008. Initially, we've had several parents of Waves swimmers and some SMT members. Then, from word of mouth many triathletes from a local triathlon club (Tri-fusion) started joining to improve their swimming. We've had up to 40 people swimming with us although currently we have about 25 active members.

Practice times have varied a bit. In Spring we practiced 5 days a week from 5:30-7am, currently we are practicing three evenings from 8:30-

10pm and Saturday morning from 5:30-7am. Kevin Wang is a great coach to have. In 2001, 2002, 2003 and 2004 he was an All-American NCAA Division III swimmer and several times first on the 400 IM. He is an assistant coach of the Whitworth University swim team (we use their pool) and the head-coach of the Waves. It was recently announced that our age-group teams have made the most progress across the US in the last year under his supervision. He knows a lot about swimming and aside from swimming sets, we also practice: drills, dives, turns, we swim with paddles, flippers, and were recently introduced to beeping devices to steady our rhythm.

Of course this is all in the past now, so let me give you a little insight into our goals for the future. As captain of our SWAT-Masters team I have to have plans for the team (the other team members may not know these yet so I'll see what type of feedback I get). First goal is to become the biggest team in the LMSC. We have not yet decided how we will do this but one option is to simply merge with

another team, ideally the Wenatchee team because that serves several purposes as I will get to in a moment. We might also try to simply merge all Spokane teams into the Waves. Or, we might try to get more members ourselves, but that is a lot of work so probably least desirable.

Second goal is to become the most successful team. That means at least beating the Wenatchee team. Frankly, we were a bit appalled when they finished first in the meet we organized last October. I thought it was common courtesy to let the host team win the event but apparently the Wenatchee swimmers weren't aware of that. Of course in meets you initially do your best but once they realized that they were going to win the event, it seems rather straightforward to ease up a bit. Initially, we planned for revenge in Wenatchee, i.e. we would finish first in their home pool. Then, we thought better about it and figured we should set the right example. That is why we only showed up with four swimmers, figuring that this would be enough of a challenge for the Wenatchee team to beat. It took a lot of my talking as team-captain to convince some of our best swimmers to stay in Spokane. We had over 50 people from our team who wanted to go and take revenge. Luckily, ultimately I was successful so we saved the Wenatchee team from a painful embarrassment. We ended third in Wenatchee, so on hindsight we probably should have had a couple more swimmers to make at least second place. Anyway, I am getting side-tracked. To become the most successful team, we again can follow different strategies. Merging with Wenatchee is a good option since they are leading the competition. Of course we want to keep practicing at Whitworth so they will have to do the drive to Spokane three times a week. Since we currently practice at night, that

shouldn't be a problem, if they leave by 5pm they can make it to our pool and they can be back early enough in the morning to go to work. Another option is merging the Spokane teams. Getting people like Larry Krauser to merge with our team is obviously a smart idea. We think that his personality will fit great with our fun team. We do still have some questions about his swimming capabilities but we expect that we can resolve these. These two goals are more short-term goals, the third and fourth goal are more long-term. Once we take over the LSMC, the third goal kicks in: we plan to dominate the nationals and after that obviously, the fourth is to dominate the Olympics. We may not be ready for 2012, in that case we'll simply delay four years. At our age, what is another four years? Plus, Michael Phelps and Dara Torres showed us what is already possible, we want to show what else is possible. We are already working on increasing practice intensity to do at least 10,000 yards for each hour of practice. We currently do about 8,000 so it is quite a percentage increase but, and this may come as a surprise, we are not afraid to set lofty goals.

Okay, so now you have an idea how our team came into being and what our next plans are. At this point I am expecting that several teams will be interested in discussing some of our plans in a little more detail. Of course we are willing to do this, so you can get in touch with me. Whether ultimately will be able to join the Waves of course depends upon our stringent screening process and what you're willing to offer for going to be part of this awesome team (we might loosen up the screening a bit for people like Larry Krauser).

I'm looking forward to your phone-call.



Peony Munger (WVM) putting the youngsters to shame by swimming the 400 IM.



George Spomer (MCM)



Cindy Clutter & Margaret Hair (LCM)



Larry Krauser (SCM), Debbie Bell (MCM) and the better part of Suzi Billington (MCM) whose left shoulder had been bugging her so Carolyn left it out of the picture.)

TIME FOR MEMBERSHIP RENEWAL

The time has come for all of us to renew our membership in USMS. Some of you may ask, "What are the benefits of doing so?" For some it is required by the pool as a source of insurance. Some like to swim in the meets. However, there are several additional benefits. One of those benefits is receiving USMS Swimmer Magazine every month. The following article was sent from the USMS National office reminding us of the benefit of this magazine.

Let's make 2009 a record year for registrations in our LMSC. The process is easy. You may register online at USMS.org, send in the enclosed registration or register at any of our meets.

USMS SWIMMER Magazine: For Us, About Us, By Us

As each of us sorts through electric bills, bank statements and junk mail, we are thrilled every other month when we receive a publication for us, about us and by us. *USMS SWIMMER* magazine tells the stories of countless U.S. Masters swimmers, teaches us perfect stroke technique and provides us with calendar updates and other important U.S. Masters Swimming news. Why join a local Masters program and why join USMS? As a U.S. Masters Swimming member you receive information from around the country about the sport you're dedicated to and people who you call family.

The first publication about U.S. Masters Swimming, *Swim-Master*, began distribution in the early 1970s. This grassroots newsletter was written, printed and distributed by June Krauser and circulated for nearly 20 years. Many volunteers such as Gail Dummer, Suzanne Rague and Nancy Ridout, to name a few, contributed to the ongoing publication and distribution of U.S. Masters swimming news and information to the general membership. In 1992 U.S. Masters Swimming partnered with Sports Publications to publish *SWIM Magazine*. In 2005 U.S. Masters Swimming made the decision to publish its own magazine geared specifically towards its members. Current editor Bill Volckening (a long-time Masters swimmer), has contributed to the U.S. Masters Swimming publication for eight years and continues to satisfy our hunger for information.

Bill's interest in writing and publishing began in high school, where he was the co-editor at the Peddie School in New Jersey. Bill earned a bachelor of fine arts in photography at the School of Visual Arts in New York and a graduate degree from NYU. He also studied at the Rhode Island School of Design and the International Center of Photography. "I joined the aquatics staff at Peddie where I started a Masters club and grew it to 100 members in one year. That's when I started writing and publishing newsletters and writing more articles. My first feature in *SWIM Magazine* was published in 1995," says Bill. A year later Bill moved to Oregon to coach another Masters group and started writing for his club's newsletter. After receiving the Newsletter of the Year award at the U.S. Masters Swimming convention, Bill was asked if he would be interested in volunteering as the USMS editor for *SWIM Magazine*. Bill has and continues to play a key role in the progress and growth of the U.S. Masters Swimming publication and continues to bring a smile when each of us opens our mailboxes to find our *USMS SWIMMER* magazine waiting for us.

With roughly 50,000 members, how do Bill and the U.S. Masters Swimming volunteers determine what stories should be told in each issue? "We spend a lot of time reviewing ideas. Fortunately, we receive more than enough great ideas and stories from our readers. The trick is keeping our finger on the pulse of Masters swimming and our members' interests," according to Bill. The neoprene feature from earlier this year serves as a perfect example of Bill's talent of predicting successful features and stories. "We knew the wetsuit debate would be among the most passionate topics at the convention and that's why we wanted our readers to know about it in advance. We planned that feature in August of 2007 and published the feature in May of 2008." Coupled with time,

Dedication and total commitment from Bill and the U.S. Masters Swimming volunteers, a well-organized editorial plan serves as the most important element in the success of *USMS SWIMMER* magazine.

Why is *SWIMMER* so successful among us? Bill thinks, "Our readers love *SWIMMER* because it is member-driven and published specifically for Masters swimmers. We profile Masters swimmers and those of interest to our members." Bill continues, "In the proposal stages, *SWIMMER* was called *Swimming Magazine*. I felt strongly about the name *SWIMMER* because the magazine was meant for each and every swimmer."

The publication of an edition of *USMS SWIMMER* involves weeks of planning, hard work, information-gathering, writing, printing and distributing. Dozens of people, including handfuls of U.S. Masters Swimming volunteers, spend countless hours on each issue before it arrives in each of our mailboxes. The January/February issue is the largest run of copies, but general circulation is over 48,000 copies every other month.

If you have a story or idea for the member magazine, please send it to Bill Volckening at williamvolckening@comcast.net

SINK OR SWIM MEET RESULTS—Spokane October 18,2008

Women 18-24 100 Yard Free			
1 Sheri Markwardt	23	WVM-IW	1:04.29
Women 18-24 50 Yard Back			
1 Sheri Markwardt	23	WVM-IW	36.80
Women 18-24 50 Yard Breast			
1 Sheri Markwardt	23	WVM-IW	37.16
Women 18-24 100 Yard Breast			
1 Sheri Markwardt	23	WVM-IW	1:17.71
Women 18-24 100 Yard IM			
1 Sheri Markwardt	23	WVM-IW	1:17.58
Women 25-29 50 Yard Free			
1 Lisa Nuffer	27	TCAS-IW	35.12
Women 25-29 100 Yard Free			
1 Lisa Nuffer	27	TCAS-IW	1:15.31
Women 25-29 50 Yard Breast			
1 Serena Wang	25	SWAT-IW	34.29
2 Lisa Nuffer	27	TCAS-IW	46.43
Women 25-29 100 Yard IM			
1 Serena Wang	25	SWAT-IW	1:10.52
2 Lisa Nuffer	27	TCAS-IW	1:30.30
Women 30-34 50 Yard Free			
1 Heidi Reynolds	34	UNAT-IW	29.33
2 Jessi Thompson	31	SWAT-IW	30.24
Women 30-34 100 Yard Free			
1 Jessi Thompson	31	SWAT-IW	1:08.22
Women 30-34 500 Yard Free			
1 Jessi Thompson	31	SWAT-IW	7:30.38
Women 30-34 50 Yard Fly			
1 Heidi Reynolds	34	UNAT-IW	31.67
Women 30-34 100 Yard IM			
1 Heidi Reynolds	34	UNAT-IW	1:13.67
Women 35-39 100 Yard Free			
1 Patti Quartararo	37	UNAT-IW	1:09.89
Women 35-39 500 Yard Free			
1 Suzanne Billington	38	MCM-IW	6:34.69
2 Patti Quartararo	37	UNAT-IW	6:44.04
Women 35-39 1000 Yard Free			
1 Suzanne Billington	38	MCM-IW	13:25.35
2 Patti Quartararo	37	UNAT-IW	13:32.42
Women 35-39 50 Yard Back			
1 Suzanne Billington	38	MCM-IW	38.92
Women 35-39 100 Yard Breast			
1 Patti Quartararo	37	UNAT-IW	1:34.90
Women 35-39 200 Yard IM			
1 Suzanne Billington	38	MCM-IW	2:53.43
Women 40-44 50 Yard Free			
1 Paige Buehler	40	MCM-IW	29.50
2 Chris Stapleton	41	SWAT-IW	36.63
Women 40-44 100 Yard Free			
1 Paige Buehler	40	MCM-IW	1:08.40
2 Chris Stapleton	41	SWAT-IW	1:25.97
Women 40-44 200 Yard Free			
1 Paige Buehler	40	MCM-IW	2:35.52
2 Chris Stapleton	41	SWAT-IW	3:03.97
Women 40-44 50 Yard Back			
1 Susan Pfursich	41	SWAT-IW	35.59

2 Paige Buehler	40	MCM-IW	37.66
3 Lauren Torok	43	MCM-IW	37.97
Women 40-44 100 Yard Back			
1 Susan Pfursich	41	SWAT-IW	1:18.54
2 Lauren Torok	43	MCM-IW	1:24.46
Women 40-44 50 Yard Breast			
1 Lauren Torok	43	MCM-IW	42.86
Women 40-44 100 Yard Breast			
1 Lauren Torok	43	MCM-IW	1:31.46
Women 40-44 50 Yard Fly			
1 Susan Pfursich	41	SWAT-IW	35.05
2 Paige Buehler	40	MCM-IW	35.16
Women 40-44 100 Yard IM			
1 Susan Pfursich	41	SWAT-IW	1:20.86
Women 40-44 200 Yard IM			
1 Lauren Torok	43	MCM-IW	3:05.09
Women 45-49 50 Yard Free			
1 Grace Volsen	46	SWAT-IW	31.70
2 Joanna Pignolet	45	SWAC-IW	42.78
Women 45-49 500 Yard Free			
1 Cindy Clutter	48	LCM-IW	6:58.92
Women 45-49 1000 Yard Free			
1 Cindy Clutter	48	LCM-IW	14:19.13
Women 45-49 50 Yard Back			
1 Cindy Clutter	48	LCM-IW	45.43
Women 45-49 50 Yard Breast			
1 Cindy Clutter	48	LCM-IW	42.80
Women 45-49 100 Yard Breast			
1 Cindy Clutter	48	LCM-IW	1:35.92
2 Joanna Pignolet	45	SWAC-IW	1:49.35
Women 45-49 100 Yard IM			
1 Grace Volsen	46	SWAT-IW	1:29.11
2 Joanna Pignolet	45	SWAC-IW	1:54.72
Women 45-49 200 Yard IM			
1 Grace Volsen	46	SWAT-IW	3:14.86
Women 50-54 50 Yard Free			
1 Robin Helm	52	SWAC-IW	39.86
Women 50-54 200 Yard Free			
1 Margaret Hair	53	LCM-IW	2:53.59
Women 50-54 1000 Yard Free			
1 Margaret Hair	53	LCM-IW	15:32.19
Women 50-54 50 Yard Back			
1 Robin Helm	52	SWAC-IW	50.06
Women 50-54 200 Yard Back			
1 Margaret Hair	53	LCM-IW	3:31.52
Women 50-54 50 Yard Breast			
1 Terry Utigard-Rathbu	50	UNAT-PN	39.05
2 Robin Helm	52	SWAC-IW	47.96
Women 50-54 100 Yard Breast			
1 Terry Utigard-Rathbu	50	UNAT-PN	1:23.66
2 Margaret Hair	53	LCM-IW	1:33.73
Women 50-54 200 Yard Breast			
1 Margaret Hair	53	LCM-IW	3:21.27
Women 50-54 50 Yard Fly			
1 Robin Helm	52	SWAC-IW	42.93
Women 50-54 100 Yard IM			

WOMEN

1 Robin Helm	52	SWAC-IW	1:40.40
Women 55-59 50 Yard Free			
1 Teresa Wendel	55	WVM-IW	42.15
Women 55-59 100 Yard Free			
1 Teresa Wendel	55	WVM-IW	1:40.01
Women 55-59 1000 Yard Free			
1 Deborah Bell	56	MCM-IW	16:18.53
Women 55-59 50 Yard Back			
1 Deborah Bell	56	MCM-IW	47.27
Women 55-59 100 Yard Back			
1 Deborah Bell	56	MCM-IW	1:43.79
Women 55-59 50 Yard Breast			
1 Teresa Wendel	55	WVM-IW	1:01.00
Women 55-59 100 Yard Breast			
1 Deborah Bell	56	MCM-IW	1:44.36
Women 55-59 200 Yard IM			
1 Deborah Bell	56	MCM-IW	3:23.74
Women 60-64 50 Yard Free			
1 Shirley Schreiber	61	WVM-IW	44.27
Women 60-64 200 Yard Free			
1 Carolyn MaGee	62	WVM-IW	3:04.35
Women 60-64 50 Yard Back			
1 Carolyn MaGee	62	WVM-IW	45.90
Women 60-64 100 Yard Back			
1 Shirley Schreiber	61	WVM-IW	1:47.30
Women 60-64 50 Yard Breast			
1 Shirley Schreiber	61	WVM-IW	51.39
Women 60-64 100 Yard Breast			
1 Carolyn MaGee	62	WVM-IW	1:44.45
Women 60-64 50 Yard Fly			
1 Shirley Schreiber	61	WVM-IW	50.00
Women 60-64 100 Yard IM			
1 Carolyn MaGee	62	WVM-IW	1:36.60
Women 60-64 200 Yard IM			
1 Carolyn MaGee	62	WVM-IW	3:22.18
Women 65-69 50 Yard Free			
1 Suzy McKinnon	67	MM-MT	52.40
Women 65-69 100 Yard Free			
1 Suzy McKinnon	67	MM-MT	2:08.75
Women 65-69 50 Yard Back			
1 Suzy McKinnon	67	MM-MT	1:04.85
Women 65-69 200 Yard Back			
1 Suzy McKinnon	67	MM-MT	5:00.53
Women 65-69 50 Yard Breast			
1 Suzy McKinnon	67	MM-MT	1:17.50
Women 70-74 100 Yard Breast			
1 Peony Munger	73	WVM-IW	2:31.96
Women 70-74 200 Yard Breast			
1 Peony Munger	73	WVM-IW	5:25.24
Women 70-74 200 Yard Fly			
1 Peony Munger	73	WVM-IW	5:54.15
Women 70-74 400 Yard IM			
1 Peony Munger	73	WVM-IW	10:20.91

SINK OR SWIM MEET RESULTS—Spokane October 18,2008

MEN

Men 25-29 50 Yard Free	1 Matthew Bronson 42 FAF-IW 36.47	Men 55-59 50 Yard Back	1 Kurt Wendel 55 WVM-IW 46.85
1 Steve Anderson 26 SWAT-IW 26.08	Men 40-44 100 Yard IM	Men 55-59 100 Yard Back	1 Larry Krauser 55 SCM-IW 1:09.44(I)
2 Nate Duncan 25 SWAT-IW 29.66	1 Wes Bratton 43 TCAS-IW 1:04.92	Men 55-59 200 Yard Back	1 Larry Krauser 55 SCM-IW 2:32.02(I)
Men 25-29 100 Yard Free	2 Harm-Jan Steenhuis 41 SWAT-IW 1:17.20	Men 55-59 100 Yard Breast	1 Tim Larson 56 WVM-IW 1:50.90
1 Steve Anderson 26 SWAT-IW 1:01.25	3 Matthew Bronson 42 FAF-IW 1:24.22	Men 55-59 50 Yard Fly	1 Kurt Wendel 55 WVM-IW 44.61
2 Thomas Lamar 28 MCM-IW 1:02.89	4 Jim Breidenbach 44 SWAT-IW 1:28.82	Men 55-59 100 Yard Fly	1 Larry Krauser 55 SCM-IW 1:09.59(I)
3 Nate Duncan 25 SWAT-IW 1:08.90	Men 45-49 50 Yard Free	Men 55-59 100 Yard IM	--- Tim Larson 56 WVM-IW DQ
Men 25-29 200 Yard Free	1 Lincoln Djang 49 UNAT-OR 23.92	Men 60-64 50 Yard Free	1 Steve Wolcott 62 UNAT-IW 29.23
1 Nate Duncan 25 SWAT-IW 2:31.55	Men 45-49 100 Yard Free	Men 60-64 100 Yard Free	1 Steve Wolcott 62 UNAT-IW 1:09.31
Men 25-29 500 Yard Free	1 Lincoln Djang 49 UNAT-OR 52.31	Men 60-64 50 Yard Fly	1 Steve Wolcott 62 UNAT-IW 33.85
1 Steve Anderson 26 SWAT-IW 7:19.06	2 Bruce Groth 45 TCAS-IW 59.46	Men 60-64 100 Yard IM	1 Steve Wolcott 62 UNAT-IW 1:21.28
Men 25-29 50 Yard Back	Men 45-49 500 Yard Free	Men 65-69 50 Yard Free	1 Wayne Brown 66 WVM-IW 30.00
--- Thomas Lamar 28 MCM-IW DQ	1 Eric Ridgway 47 SWAC-IW 6:58.54	2 Mike Hinnen 66 SCM-IW 33.38	
Men 25-29 100 Yard Fly	Men 45-49 50 Yard Back	Men 65-69 100 Yard Free	1 Mike Hinnen 66 SCM-IW 1:17.60
1 Thomas Lamar 28 MCM-IW 1:12.43	1 Lincoln Djang 49 UNAT-OR 27.22	Men 65-69 50 Yard Breast	1 Wayne Brown 66 WVM-IW 37.31
Men 25-29 100 Yard IM	Men 45-49 50 Yard Breast	2 Mike Hinnen 66 SCM-IW 43.88	
1 Thomas Lamar 28 MCM-IW 1:12.92	1 Bruce Groth 45 TCAS-IW 33.70	Men 65-69 100 Yard Breast	1 Mike Hinnen 66 SCM-IW 1:36.51
Men 35-39 50 Yard Free	Men 45-49 100 Yard Breast	Men 65-69 200 Yard Breast	1 Wayne Brown 66 WVM-IW 3:18.09
1 Kelly Jahns 35 UNAT-IW 27.01	1 Lincoln Djang 49 UNAT-OR 1:07.45	Men 65-69 50 Yard Fly	1 Wayne Brown 66 WVM-IW 38.91
2 Roger Thompson 37 SWAT-IW 27.16	2 Bruce Groth 45 TCAS-IW 1:11.96	Men 65-69 100 Yard IM	1 Wayne Brown 66 WVM-IW 1:21.95
3 Gregory Gallagher 39 SWAT-IW 28.75	3 Eric Ridgway 47 SWAC-IW 1:18.65	2 Mike Hinnen 66 SCM-IW 1:29.13	
Men 35-39 100 Yard Free	Men 45-49 200 Yard Breast	Men 70-74 50 Yard Free	1 Bob McKinnon 70 MM-MT 36.24
1 Roger Thompson 37 SWAT-IW 57.75	1 Eric Ridgway 47 SWAC-IW 2:50.77	2 George Spomer 71 MCM-IW 55.53	
2 Kelly Jahns 35 UNAT-IW 1:02.98	Men 45-49 50 Yard Fly	Men 70-74 100 Yard Free	1 George Spomer 71 MCM-IW 2:16.23
3 Gregory Gallagher 39 SWAT-IW 1:04.79	1 Lincoln Djang 49 UNAT-OR 26.54	Men 70-74 200 Yard Free	1 Dennis Osier 70 WVM-IW 3:23.02
Men 35-39 200 Yard Free	2 Bruce Groth 45 TCAS-IW 29.42	Men 70-74 500 Yard Free	1 Dennis Osier 70 WVM-IW 9:18.01
1 Roger Thompson 37 SWAT-IW 2:09.51	Men 45-49 100 Yard IM	Men 70-74 1000 Yard Free	1 Dennis Osier 70 WVM-IW 18:04.21
2 Kelly Jahns 35 UNAT-IW 2:18.54	1 Bruce Groth 45 TCAS-IW 1:07.60	2 Bob McKinnon 70 MM-MT 18:27.08	
3 Gregory Gallagher 39 SWAT-IW 2:25.96	Men 45-49 200 Yard IM	Men 70-74 50 Yard Back	1 Bob McKinnon 70 MM-MT 48.06
Men 35-39 500 Yard Free	1 Eric Ridgway 47 SWAC-IW 2:45.30	Men 70-74 50 Yard Breast	1 Bob McKinnon 70 MM-MT 48.53
1 Roger Thompson 37 SWAT-IW 5:51.16	Men 45-49 400 Yard IM	Men 70-74 50 Yard Fly	1 Bob McKinnon 70 MM-MT 45.57
2 Gregory Gallagher 39 SWAT-IW 6:40.12	1 Eric Ridgway 47 SWAC-IW 5:52.63	Men 70-74 50 Yard Fly	1 Bob McKinnon 70 MM-MT 45.57
Men 35-39 1000 Yard Free	Men 50-54 50 Yard Free		
1 Roger Thompson 37 SWAT-IW 11:50.72	1 Robert Morrison 54 SCM-IW 25.68		
Men 35-39 100 Yard IM	2 David Cabrey 52 TCAS-IW 26.88		
1 Kelly Jahns 35 UNAT-IW 1:08.37	Men 50-54 100 Yard Free		
Men 35-39 200 Yard IM	1 Robert Morrison 54 SCM-IW 58.17		
1 Kelly Jahns 35 UNAT-IW 2:29.44	2 David Cabrey 52 TCAS-IW 1:00.62		
Men 40-44 50 Yard Free	Men 50-54 50 Yard Breast		
1 Harm-Jan Steenhuis 41 SWAT-IW 28.88	1 Robert Morrison 54 SCM-IW 32.58		
2 Jim Breidenbach 44 SWAT-IW 30.25	Men 50-54 100 Yard Breast		
3 Matthew Bronson 42 FAF-IW 30.82	1 Robert Morrison 54 SCM-IW 1:17.21		
Men 40-44 100 Yard Free	Men 50-54 200 Yard Breast		
1 Wes Bratton 43 TCAS-IW 55.73	1 Robert Morrison 54 SCM-IW 2:51.70		
2 Jim Breidenbach 44 SWAT-IW 1:08.91	Men 50-54 50 Yard Fly		
3 Matthew Bronson 42 FAF-IW 1:10.14	1 David Cabrey 52 TCAS-IW 30.65		
Men 40-44 200 Yard Free	Men 50-54 100 Yard IM		
1 Wes Bratton 43 TCAS-IW 2:06.51	1 David Cabrey 52 TCAS-IW 1:11.32		
2 Jim Breidenbach 44 SWAT-IW 2:36.65	Men 55-59 50 Yard Free		
3 Matthew Bronson 42 FAF-IW 2:37.34	1 Larry Krauser 55 SCM-IW 24.78(I)		
Men 40-44 50 Yard Back	2 Tim Larson 56 WVM-IW 31.65		
1 Wes Bratton 43 TCAS-IW 29.10	3 Kurt Wendel 55 WVM-IW 32.31		
2 Harm-Jan Steenhuis 41 SWAT-IW 35.90	Men 55-59 100 Yard Free		
Men 40-44 200 Yard Back	1 Kurt Wendel 55 WVM-IW 1:18.66		
1 Wes Bratton 43 TCAS-IW 2:19.57	2 Tim Larson 56 WVM-IW 1:23.18		
Men 40-44 50 Yard Breast	Men 55-59 1000 Yard Free		
1 Harm-Jan Steenhuis 41 SWAT-IW 33.82	1 Larry Krauser 55 SCM-IW 11:42.78(I)		
Men 40-44 50 Yard Fly			

SINK OR SWIM MEET RESULTS—Spokane October 18,2008

Men 75-79 50 Yard Free

1 Jack Bevier 76 WVM-IW 35.77

Men 75-79 100 Yard Free

1 Jack Bevier 76 WVM-IW 1:23.00

Men 75-79 500 Yard Free

1 Jack Bevier 76 WVM-IW 8:34.25

Men 75-79 1000 Yard Free

1 Jack Bevier 76 WVM-IW 17:13.56(I)

Men 80-84 50 Yard Breast

1 William Bresko 80 FAF-IW 1:03.31

Men 80-84 100 Yard Breast

1 William Bresko 80 FAF-IW 2:30.95

Men 80-84 200 Yard Breast

1 William Bresko 80 FAF-IW 5:45.49

Men 80-84 50 Yard Fly

1 William Bresko 80 FAF-IW 1:18.89

Men 80-84 100 Yard IM

1 William Bresko 80 FAF-IW 2:37.05

RELAYS

Women 18+ 200 Yard Free Relay

1 WVM-IW B 2:42.44

Carolyn MaGee 62Shirley Schreiber 61

Peony Munger 73Sheri Markwardt 23

Women 25+ 400 Yard Free Relay

--- SWAT-IW B 4:54.09 (X)

Grace Volsen 46Chris Stapleton 41

Susan Pfursich 41Serena Wang 25

Women 35+ 200 Yard Free Relay

1 MCM-IW A 2:11.65

Suzanne Billington 38Deborah Bell 56

Lauren Torok 43Paige Buehler 40

Women 35+ 200 Yard Medley Relay

1 MCM-IW A 2:33.52

Paige Buehler 40Lauren Torok 43

Suzanne Billington 38Deborah Bell 56

Women 55+ 200 Yard Medley Relay

1 WVM-IW B 2:51.78

Shirley Schreiber 61Peony Munger 73

Carolyn MaGee 62Teresa Wendel 55

Men 25+ 200 Yard Free Relay

1 SWAT-IW A 1:50.26

Steve Anderson 26Roger Thompson 37

Gregory Gallagher 39Nate Duncan 25

---TCAS-IW A 1:54.18 (X)

Lisa Nuffer 27Bruce Groth 45

David Cabrey 52Wes Bratton 43

--- SWAT-IW B 2:05.81 (X)

Jim Breidenbach 44Chris Stapleton 41

Harm-Jan Steenhuis 41Jessi Thompson 31

Men 25+ 200 Yard Medley Relay

---TCAS-IW A 2:08.16 (X)

David Cabrey 52Bruce Groth 45

Wes Bratton 43Lisa Nuffer 27

--- UNAT-IW A 2:13.41 (X)

Kelly Jahns 35

Heidi Reynolds 34Patti Quartararo 37

--- SWAT-IW B 2:16.24 (X)

Roger Thompson 37Serena Wang 25

Jim Breidenbach 44Steve Anderson 26

MEN (cont.) & RELAYS

Men 35+ 200 Yard Medley Relay

--- SWAT-IW A 2:20.81 (X)

Susan Pfursich 41Harm-Jan Steenhuis 41

Grace Volsen 46Gregory Gallagher 39

Men 55+ 200 Yard Free Relay

1 WVM-IW A 2:07.91 (I)

Jack Bevier 76Kurt Wendel 55

Tim Larson 56Wayne Brown 66

Men 55+ 200 Yard Medley Relay

1 WVM-IW A 2:51.92

Kurt Wendel 55Wayne Brown 66

Jack Bevier 76Tim Larson 56

Mixed 25+ 400 Yard Free Relay

1 WVM-IW A 5:53.74

Sheri Markwardt 23Jack Bevier 76

Peony Munger 73Dennis Osier 70

---SWAT-IW A 4:15.65 (X)

Steve Anderson 26Gregory Gallagher 39

Nate Duncan 25Roger Thompson 37

Mixed 55+ 400 Yard Free Relay

1 WVM-IW B 5:34.48 (I)

Tim Larson 56Carolyn MaGee 62

Shirley Schreiber 61Wayne Brown 66

KEY

DQ = Disqualified

(I) = Inland NW LMSC record

(X) = not counted in standings (esp. mixed relays not swum as 2 men+2 women!)

ELECTION TIME

UPCOMING ELECTIONS

Now is the time to get involved, or to convince your fellow swimmers to get involved. Elections for officers for our LMSC are coming up in March. Offices up for re-election are Chair, Vice-Chair, Secretary, and Treasurer. We would like to have at least 2 people nominated for each position. They will be elected for 2 years. It is a great way to get involved and help out in the sport that we all love.

The nomination process is as follows:

- The nominee must be registered with USMS.
- A petition supporting the nomination of that individual and signed by at least 3 USMS registered swimmers must accompany the nomination.
- Written consent from the nominee must be included.
- The committee will not accept more than 2 nominees from any one team.

Shirley Schreiber has agreed to head up the nominations committee. Nominations must be mailed to her by Feb. 1, 2009, at 2527 Cascade Ave. NW, East Wenatchee, WA, 98802. For more information as to what the duties of each position entails go to www.inlandnwmasters.org and look under "Leadership" then "Bylaws."

Female Individual Scores

Place	Name	Age	Team	Points
1	Carolyn MaGee	62	WVM	35
1	Suzy McKinnon	67	MM-MT	35
1	Cindy Clutter	48	LCM	35
1	Deborah Bell	56	MCM	35
1	Sheri Markwardt	23	WVM	35
6	Robin Helm	52	SWAC	33
6	Margaret Hair	53	LCM	33
8	Paige Buehler	40	MCM	31
9	Lauren Torok	43	MCM	30
10	Peony Munger	73	WVM	28
10	Suzanne Billington	38	MCM	28
10	Susan Pfursich	41	SWAT	28
10	Shirley Schreiber	61	WVM	28
14	Lisa Nuffer	27	TCAS	24
14	Patti Quartararo	37	UNAT	24
16	Grace Volsen	46	SWAT	21
16	Heidi Reynolds	34	UNAT	21
16	Teresa Wendel	55	WVM	21
19	Jessi Thompson	31	SWAT	19
20	Chris Stapleton	41	SWAT	15
20	Joanna Pignolet	45	SWAC	15
22	Serena Wang	25	SWAT	14
22	Terry Utigard-Rathbun	50	PNA	

Combined Team Scores

Place	Team	Points
1.	Wenatchee Valley Masters WVM	366
2.	Spokane Waves SWAT	302
3.	Moscow Chinook Masters MCM	183
4.	Tri-City Atomic Sturgeons TCAS	140
5.	Spokane Club Masters SCM	114
6.	Sandpoint West Aquatic Club SWAC	80
7.	Lake City Masters LCM	68
8.	Fairchild AFB Masters FAF	58

Male Individual Scores

Place	Name	Age	Team	Points
1	Larry Krauser	55	SCM	50
2	Wayne Brown	66	WVM	35
2	Wes Bratton	43	TCAS	35
2	Robert Morrison	54	SCM	35
2	William Bresko	80	FAF	35
2	Lincoln Djang	49	ORE	35
7	Bob McKinnon	70	MM-MT	33
7	Roger Thompson	37	SWAT	33
9	Eric Ridgway	47	SWAC	32
10	Kelly Jahns	35	UNAT	31
10	Jack Bevier	76	WVM	31
12	Bruce Groth	45	TCAS	29
12	Mike Hinnen	66	SCM	29
14	Steve Wolcott	62	UNAT	28
15	Kurt Wendel	55	WVM	25
16	Harm-Jan Steenhuis	41	SWAT	24
16	David Cabrey	52	TCAS	24
18	Matthew Bronson	42	FAF	23
19	Dennis Ossier	70	WVM	21
19	Steve Anderson	26	SWAT	21
21	Thomas Lamar	28	MCM	19
22	Jim Breidenbach	44	SWAT	18
23	Gregory Gallagher	39	SWAT	17
23	Tim Larson	56	WVM	17
25	Nate Duncan	25	SWAT	16
26	George Spomer	71	MCM	12



Wenatchee team at the Sink or Swim meet

Tim Larson, Dennis Ossier, Sheri Markwardt, Peony Munger, Shirley Schreiber, Carolyn MaGe, Wayne Brown (top), Jack Bevier (below), Teresa & Kurt Wendel.

WENATCHEE VALLEY MASTERS (WVM) PRESENTS GET READY FOR 2009 SWIM CLINIC AND LESSONS



What: Want to get ready for swimming this season?
Masters World Record Holder Lincoln Djang can help you get ready.
Lessons will cover swimming technique, training, and drills.

Where: Wenatchee Valley Masters (WVM) Pool

When: Sunday, FEB. 8, 2009

AM Session 9:00 AM-12:00 NOON

Mid-day Session 12:00 NOON-1:00PM

PM Session 1:00PM-4:00PM

How: Each participant will receive personal in-water and dry-land instruction.

PLUS a personalized instruction sheet with specific drills and improvement reminders. Still photos and underwater video will be incorporated, depending on quality of lighting.

Lesson Format: AM session: individual instruction on stroke technique

Mid-day session: group starts and turns

PM session: individual instruction on stroke technique

Cost: \$20 per individual per AM / PM Session. Limit 8 participants.

\$10 per Mid-day Session. Limit 16 participants.

Contact: Coach Carolyn MaGee, wenswim@aol.com

Inland Northwest Masters Board
www.InlandNWMasters.org

Chair

Michael Hartley (WVM)
1503 Songbird
Wenatchee, WA 98801
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miandjosi@yahoo.comednet.edu

Vice Chair

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wenswim@aol.com

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Splashmaster Editor

Carolyn MaGee (WVM)
509-662-6012
wenswim@aol.com

**Hydropower Masters Swim Club -
Team Reps**

Central Washington

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425-478-3347
quicks@cwu.edu

Coeur d' Alene—Lake City Masters

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rmhairgolf@cougarmail.org

Fairchild AF Base Masters

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509-327-7794
suzymatt@aol.com

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ChinookSwimming.org

Moses Lake

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805-290-2256
Switch1049@yahoo.com

Sandpoint West Athletic Club

Robin Helm
208-255-7360
robinhelm@wildblue.net

Spokane Club

Larry Krauser
509-455-7789
larry.krauser@kcgl.net

Spokane Masters Swim & Tri

Karen Carlbert
509-624-6989
karencarlberg@comcast.net

Spokane Waves

Harm-Jan Steenhuis
509-466-2126
hjsteenhuis@hotmail.com

Tri City Atomic Sturgeons

Wes Bratton
509-628-8190
c.bratton@verizon.net

Wenatchee Valley Masters

Shirley Schreiber
509-884-4540
canineheaven@charter.net

WSU Masters

Laura Chapman
509-432-1514
chappy43@gmail.com
WSUMastersSwimming.org

Yakima Valley Masters

Brian McGuire
509-952-0157
brian@cpclasses.com

**Lewis Clark Neptunes Masters
(new club)**

Nicole Engledow
208-843-2768
Nmcraft@aol.com
Coach: Chris Engledow

HAVE A WONDERFUL
HOLIDAY SEASON
WE WILL SEE YOU IN THE
POOL IN 2009

United States Masters Swimming & Inland Northwest LMSC Member Registration

2009

New Registration

Renewal

USMS # _____

Last Name	First Name	Middle Initial	For Office Use
Mailing Address		Apt #	
City	State	Zip	
Home Phone	Cell Phone	Email Address (internal use only)	
Date of Birth	Age	Male/Female	

Club Affiliation

- Unattached Club (no participation in USMS relays)
 Lewis-Clark Neptunes Masters Club (LCNM)

Hydropower Masters Swim Club (HMS) - select a workout group/team within the club

- | | | | |
|--|---|---|--|
| <input type="checkbox"/> Lake City Masters | <input type="checkbox"/> Moscow Chinooks Masters | <input type="checkbox"/> Sandpoint West Athletic Club | <input type="checkbox"/> Fairchild AFB Masters |
| <input type="checkbox"/> Spokane Club Masters | <input type="checkbox"/> Spokane Masters Swim & Tri | <input type="checkbox"/> Spokane Waves Aquatic Team | <input type="checkbox"/> Central Washington |
| <input type="checkbox"/> Yakima Valley Masters | <input type="checkbox"/> Tri-Cities Atomic Sturgeons | <input type="checkbox"/> Wenatchee Valley Masters | <input type="checkbox"/> Moses Lake Manta Rays |
| <input type="checkbox"/> WSU Masters | <input type="checkbox"/> Unattached team (relays at zone/natl meets, none at Inland NW meets) | | |

Questions about affiliating with the right Club/Team?

Talk with your coach, team rep, or the Inland NW registrar

Fees	Total
<input type="checkbox"/> Individual	\$35.00
<input type="checkbox"/> Senior (age 60+)	\$32.50
<input type="checkbox"/> Couples registering together (both sign)	\$60.00
<input type="checkbox"/> Late Year (Sept & Oct)	\$23.00
USMS Endowment	\$
ISHOF Endowment	\$
Total Enclosed	\$

US Masters Swimming Endowment Fund

Just \$1 from each of us has the potential to add \$48,000 annually to further adult swimming opportunities, sports medicine research, education and outreach through grants. <http://www.usms.org/admin/lmschbl>

International Swimming Hall of Fame Endowment Fund

Promotes the benefits and importance of swimming as a key to fitness, good health, quality of life, and the water safety of children through operation of the International Swimming Hall of Fame, a dynamic shrine dedicated to the history, memory, and recognition of famous swimmers. <http://www.ishof.org>

Please consider making a tax-deductible donation to one or both of these funds.

Please check if you are a...
 Masters swim coach
 Certified swim official

Make check payable to: IWMSC
 Mail check & form to: Paige Buehler, Registrar
 814 Mabelle St.
 Moscow, ID 83843

Questions? Email swim@galacticnorth.net

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

Benefits of Membership

- ⇒ USMS Swimmer Magazine subscription
- ⇒ **Splashmaster** newsletter and communications from the Inland NW Masters Swimming Committee
- ⇒ Secondary accident insurance
- ⇒ Coached workouts in locations nationwide
- ⇒ Avenues for competition and fitness events
- ⇒ Camaraderie and FUN!

Signature _____

Date _____

TriCity Atomic Sturgeons and the Moses Lake Manta Ray Masters Present

NUCLEAR WINTER SPRINT

Swim for your Life
Saturday, January 17, 2009

Date/Times: Saturday, January 17, 2009 at the Moses Lake High School Swimming Complex. Warm-up at 12:00 noon, Meet starts at 1 pm.

Sponsor: Tri-City Atomic Sturgeon and Moses Lake Manta Ray Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 03590117.

Eligibility: All swimmers must be currently registered Masters Swimmers. To register/renew with USMS visit www.usms.org/reg or www.InlandNWMasters.org for the form. You may also register at the meet. Include a copy of your registration card if from outside Inland NW Masters.

Rules: All current USMS rules will apply. Certified stroke and turn judges will be present at all IWMSC sanctioned meets. Please consult www.usms.org/rules about proper stroke and turn rules. Events will be seeded slow to fast.

Deadline: All entries must be postmarked by January 8, 2009 to qualify for the early bird entry fee. Incomplete or late entries will be treated as "deck entries."

Conduct of the Meet: Participants are limited to five individual events and two relay events.

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

Fees: \$20.00 for entries postmarked by January 8 and \$25.00 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

Relays: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

Directions to the Moses Lake High School Swimming Complex from I90: Take exit 179 for WA17 north to Moses Lake, Ephrata. WA 17 is Pioneer Ave. Turn Left on Sharon Ave. Pool is at the back of the HS Gym.

Questions: can be answered by Jennifer 509-783-9612 or Wes 509-628-8190

Postmarked by: January 8, 2009 for early fee
Mail Entries to: Wes Bratton
1714 Darby Place
Richland, WA 99352
Entry Fee: \$20.00 prior to January 8
\$25.00 for Deck Entries
Checks Payable to: IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Inland NW Team _____ email _____

Short Course Yard Times Please • Maximum of 5 Individual Events

1. 200 Individual Medley _____

10 Minute Break

2. 50 Freestyle _____

9. 500 Freestyle _____

3. 200 Mixed Free Relay

10. 50 Backstroke _____

15 Minute Break

11. 100 Butterfly _____

4. 200 Freestyle _____

12. 100 Individual Medley _____

5. 100 Backstroke _____

15 Minute Break

6. 50 Butterfly _____

14. 100 Freestyle _____

7. 100 Breaststroke _____

15. 50 Breaststroke _____

8. 200 Mixed Medley Relay

16. 200 Men's/Women's Freestyle Relay

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks. As a condition of my participation in the Masters Swimming Program or any activities incident thereto, I hereby waive any and all rights to claims for loss or damages, including all claims for loss or damages caused by the negligence, active or passive, of the following: United States Masters Swimming, Inc, the Local Masters Swimming Committees, the clubs, host facilities, meet sponsors, meet committees, or any individuals officiating at the meets or supervising such activities. In addition I agree to abide by and be governed by the rules of USMS.

Your Signature _____ Date _____

Wenatchee Valley Masters Present
Wenatchee March Madness Meet

Saturday, March 7, 2009

Date/Times: Saturday, March 7, 2009 at the Wenatchee High School Pool. Warm-up at 11:30 am; Meet starts at 12:30 pm with Event 3 (200Y Free Relay) not to begin before 1:30pm.

Sponsor: Wenatchee Valley Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 03590307.

Eligibility: All swimmers must be currently registered Masters Swimmers. To register/renew with USMS visit www.usms.org/reg or www.InlandNWMasters.org for the form. You may also register at the meet. Include a copy of your registration card if from outside Inland NW Masters.

Rules: All current USMS rules will apply. Certified stroke and turn judges will be present at all IWMSC sanctioned meets. Please consult www.usms.org/rules about proper stroke and turn rules. Events will be seeded slow to fast.

Deadline: All entries must be postmarked by February 28, 2009 to qualify for the early bird entry fee. Incomplete or late entries will be treated as "deck entries."

Conduct of the Meet: Participants are limited to five individual events and three relay events.

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

Questions: can be answered by Carolyn 509-662-6012 or wenswim@aol.com

Fees: \$20.00 for entries postmarked by February 28, and \$25.00 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

Relays: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

Directions: From I-90 take Wenatchee exit traveling thru Quincy and into E. Wenatchee. Follow signs to Wenatchee across the Columbia River bridge. After bridge, turn Right onto Mission, get in Left lane for immediate Left onto Ferry (1st light). Follow Ferry (name changes to Russell along way) to Miller. At Miller, Russell becomes Millerdale and high school is on this corner. Turn Left on Miller and Right into parking lot behind the school and follow it to the end. The pool door is marked and will be propped open.

Postmarked by:	February 28, 2009 for early fee
Mail Entries to:	Carolyn Magee 1580 South Miller Wenatchee, WA 98801
Entry Fee:	\$20.00 prior to February 28 \$25.00 for Deck Entries
Checks Payable to:	IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Inland NW Team _____ email _____

Short Course Yard Times Please • Maximum of 5 Individual Events

- | | | |
|----------------------------------|---------------------------------|----------------------------------|
| 1. 400 Y Individual Medley _____ | 8. 200 Y Indiv Medley _____ | 14. 200 Y M/W Medley Relay _____ |
| 2. 1650 Y Freestyle _____ | 10 Minute Break | 15. 200 Y Butterfly _____ |
| Second Warm up | 9. 200 Mixed Medley Relay _____ | 16. 100 Y Backstroke _____ |
| 3. 200 Y Mixed Free Relay _____ | 10. 50 Y Backstroke _____ | 17. 200 Y Freestyle _____ |
| 4. 50 Y Butterfly _____ | 11. 100 Y Butterfly _____ | 18. 50 Y Breaststroke _____ |
| 5. 100 Y Breaststroke _____ | 12. 50 Y Freestyle _____ | 10 Minute Break |
| 6. 200 Y Backstroke _____ | 13. 200 Y Breaststroke _____ | 19. 100 Y Indiv Medley _____ |
| 7. 100 Y Freestyle _____ | 10 Minute Break | 20. 500 Y Freestyle _____ |

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.

The 2009 Check Off Challenge!

Sanctioned by Florida Gold Coast Masters LMSC for USMS, Inc. # 509-001

It's time to make some waves in the pool. The new swimming season is approaching quickly so it's time to think about your fitness goals for 2009. Challenge yourself to swim all the pool events whether in practice or in meets including that dreaded 200 butterfly! This is a great way to stay focused in practice and to join in the camaraderie at the local swim meets.

PLEASE PRINT CLEARLY:

NAME _____ SEX ____ AGE 1/1/09 ____ BIRTH DATE ____/____/____
ADDRESS _____ CITY _____ STATE ____ ZIP _____
PHONE (____) _____ - _____ EMAIL _____
TEAM OR CLUB _____ USMS# _____
T-shirt Qty: ____ S ____ M ____ L ____ XL @ \$20 ea. = \$ _____ TOTAL = \$ _____

Liability Release Waiver: I, the undersigned participant, intending to be leally 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, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

Please visit www.usms.org/fitness for additional entry forms, and feel free to distribute copies.

Mail this form and your check payable to "Hammerhead Aquatics" to: Larry Caldwell – Attn: "Check off Challenge" 3230 NE 15th Avenue, No. 1, Oakland Park, FL 33334.

Questions? Call Larry at (954) 682-7220 or email larrycaldwell01@msn.com

COACHES: Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the events. The event is open to registered Masters swimmers. Enter by filling out the entry form above. Entries that are received by the 15th of each month, shirts will be mailed at the end of that month. T-shirts are custom-designed by California cartoonist, Chris Aubin.

Inland Northwest Masters

Splashmaster

1580 S. Miller St
Wenatchee, WA 98801