

# SPLASHMASTER

VOLUME 12 ISSUE 3

SUMMER 2009

## First-Class Aquatics Facility Opens in Coeur d'Alene

*After many years of struggle and determination by dedicated people in the community, Coeur d'Alene has a new state of the art swimming pool located in the Kroc Center.*

*We are looking forward to masters meets there in the coming years. Congratulations Coeur d'Alene!*

*Dave Barnes gave us the following article on their great pool.*

~ Carolyn MaGee,  
SplashMaster Editor

by Dave Barnes  
Masters Swimmer

Joan Kroc died in 2003 and left \$1.5B (a large piece of the McDonald's restaurant fortune) to the Salvation Army. Her request was for them to spend the money prudently and build life-changing community centers throughout the U.S. She wanted them to be affordable, first-class facilities offering both a physical and spiritual "beacon of hope" to those in need. The lengthy, and competitive, application process began in 2004 and culminated, several years later, with CDA being selected for a Ray and Joan Kroc Corps



Photo courtesy of Ray & Joan Kroc Center Coeur d'Alene.

*Transforming Lives* - Opened in May of 2009, the Kroc Center has "been designed to stimulate the mind, body and spirit, to provide hope, and to transform the life of each and every member of the community." ([www.kroccda.org](http://www.kroccda.org))

Community Center. The \$38M facility opened to the public in May of 2009.

Out of the 20-30 centers being planned, Coeur d'Alene was the smallest community to receive the gift from the Salvation

Army. It was also one of the first to be completed. Widespread community support and a successful fund-raising campaign convinced the Army that a center in

see KROC on page 4

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## Tom Jager Swim Clinic in Review

by Lauren Torok  
Moscow Swim Team Representative

Moscow, Idaho May 2<sup>nd</sup>, 2009

Tom Jager is a member of the International Swimming Hall of Fame, the UCLA Athletic Hall of Fame and the USA Swim Team of the Century. He held the 50-meter freestyle record from 1990 to 2000. He is one of just two swimmers in history to compete in three Olympics

(1984, 1988, 1992). On May 2<sup>nd</sup> he held a clinic for Masters Swimmers at the University of Idaho Swim Center.

There were 25 participants who spent the three hours practicing, listening and asking Tom questions. We started with a quick 20 minute introduction on deck and then proceeded to the warm-up. Tom says a Masters Swimmer should always do the same warm up, every day, always the same

see JAGER on page 3

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**Letter from the INWM Chair...**

**Short Course Re-Cap; New INWM Board**

Congratulations to the Moscow Chinooks who hosted a fantastic Championship Meet on March 28 and 29. Good times were swum by many and a good time was had by all. The only thing that didn't cooperate was the weather. We can't complain too much though because the snow was at least off the main highways by the time we all departed on Sunday.

The banquet on Saturday night was another example of the Moscow Masters going above and beyond to provide a great dinner for everyone at a more the reasonable price. Awards for the season were presented to Paige Buehler for Most Dedicated, Teresa and Kurt Wendel for Most Inspirational, and Carolyn MaGee and Wayne Brown for High Point female and male for the season.

The Waterloggers for the year attending all 4 meets for the 2008-2009 season were Wayne Brown, Bill Bresko, Jack Bevier, Dennis Osier, Kurt Wendel, Harm-Jan Steenhuis, Carolyn MaGee, Peony Munger, Margaret Hair, and Shirley Schreiber. Moscow Chinooks won the Championship meet with the Wenatchee Valley Masters being the high point team for the year.

New board members for the coming year were announced with Paige Buehler as Chairman, Matt Bronson as Vice Chair, Kristen Heath as Secretary, and Alan Kirpes as Treasurer. Thanks to all for your willingness to serve.



Mike Hartley, Outgoing Chair  
Paige Buehler, New Chair

## Wenatchee Valley Masters Couple Receive 2009 Most Inspirational Swimmers Award

by Carolyn MaGee  
*SplashMaster Editor*

Kurt and Teresa Wendel epitomize what Masters Swimming is all about. When they first appeared on the deck at the Wenatchee High School pool it was obvious they were rather inexperienced in the sport of swimming. Teresa had on her flowered suit with a cute little skirt while Kurt had on his baggies.

From that humble beginning they have become avid competitors, great team members, and stroke technicians who never miss practice and always work hard. They are so deserving of this award as they are an inspiration to everyone around them. Just before the Moscow Championship, meet Teresa tore her ACL, leaving her stuck on dry land. Although she was unable to swim at the meet, she was there taking splits and cheering her teammates on while hobbling around on crutches.

THAT IS INSPIRATION.



photo by Carolyn MaGee

*Inspirational* - Teresa and Kurt Wendel pose with the edible Most Inspirational trophy at the 2009 banquet.

Read *Teresa's Story*; Teresa Wendel shares the story of her season ending injury on [page 6](#)

from JAGER [page 1](#)

way 400 yd Swim, 200 Kick, 200 Skull. This gives the swimmer the ability to get into swim mode without thinking about it. Gives them time to put away the family, work, stresses, etc and get ready to swim.

After the warm-up, we did Freestyle, breaststroke and butterfly drills. We practiced going off the blocks near the end of the clinic before taking a quick shower and sitting down to ask questions. Questions focused on tapering, drills, and yardage and what Tom's thoughts are for those participating in Masters Swimming and/or Triathlons.

A query was put out after the clinic to see what people remember that Tom stressed, and here they are:

- ☛ *Keep your elbow positioned above your wrist in freestyle. Easy to say, hard to remember to do, and sometimes without another person looking on, you don't know you aren't doing it!!*

- ☛ *For those participating in Triathlons: if*

*you aren't kicking because you are trying to save your strength for the bike/run portions, this is actually detrimental to your success. Your leg muscles are your strongest muscle and will help you through your swim without draining your entire body of energy like your arms do.*

- ☛ *Cupping your hand doesn't help your stroke. Cupping your hand holds water (like drinking from it) and this isn't the purpose of your stroke. Your purpose is to push through the water, not hold onto it. Keeping your fingers slightly spread is a more efficient stroke than cupping.*

- ☛ *The "S" curve in freestyle is the most efficient with the least wear on your shoulders. Although there are Olympic swimmers who do the windmill, it wears on your shoulders more. Sculling should be practiced every time you are in the water and used in your stroke for the best results. There are three locations to practice sculling: in front of the body, alongside the shoulder, and at the end of the stroke. Once you*

*get used to sculling in these three areas, the "S" curve will become more natural for you.*

- ☛ *Spiral streamline (without a kickboard) kicking drill can actually help your breathing and can get you more relaxed in the water. This drill will build your core muscles and help out with rotating through the water.*

*Kicking with a board is harder on your shoulders than streamline kicking. All of Tom's kicking drills are without a board for this very reason.*

- ☛ *The Importance of Play in the water is key. Yardage isn't the only reason to get in the pool, and taking a practice to play rather than produce yardage is a good thing..... it keeps swimming fun and less mundane.*

Everyone that I have talked with regarding the clinic appreciated the time Tom took to give the clinic and the friendliness of those who attended.

Thanks Tom for your guidance and time!! It was much appreciated.

from KROC page 1

CDA would serve a large region and could help to fulfill Joan Kroc's dream. The grant also included a matching endowment to help defray the ongoing costs of the community center. The "other" \$38M is managed/invested by the Salvation Army (and was profitable in 2008!!) The CDA Kroc Center will still need to generate \$2-3M a year to stay viable (memberships/rentals) and, thus far, it seems to be an attainable goal. Initial estimates of membership and usage have been tremendously underestimated and "the joint is jumpin!"

The facility is owned and operated by the Salvation Army and has weekly Christian worship services in the Chapel. The entire facility is 123,000 square feet and includes a 400-seat chapel/theater, 2 Myrtha pools (competition and play), a triple gym, exercise equipment, climbing wall, meeting rooms, commercial kitchen, dance and recording studios, and more.

Joan Kroc would be proud!

# Drills for Thrills

## Better Hip Rotation through "Board Wag"

by Kerry O'Brien  
*USMS Article*

Using a kickboard as a pull buoy has its challenges as far as keeping it in place. But it can also provide a very useful tool for both swimmer and coach to draw attention to the need for hip rotation on both freestyle and backstroke stroke mechanics. The idea is to position the board long-ways, so that part of the board is underwater and part sticks up like a shark fin. The part of the board underneath creates a resistant force that requires more hip drive into the hand entry. Swimmers will feel the pressure immediately, and coaches can see these boards wag-

ging in the air as their swimmers focus on hip rotation.

After a few laps of "Board Wag," remove the kickboard, and the added effort that was required before is now transferred into a hip-driven entry that also creates more core force through the power phase of the arm cycle. We have found it to be beneficial to limit the "Board Wag" to single laps (be they 25 yards or 50 meters), as turns will often launch the board airborne, or what we refer to as "popping toast." Wag your way to a more rotational long-axis stroke!

*Kerry is the Head Coach of Walnut Creek Masters. Kerry is a former U.S. Masters Swimming Coach of the Year Award recipient and was one of seven featured coaches SwimFest'09.*



Photos by Carolyn Macgee



# Kroc Center Opening Celebrates Dedication of Northern Idaho Swimming Communities and Volunteers

The following was read by Dave Barnes to the group of swimmers gathered at the Kroc Center at 12:01AM on opening day:

**“** *This group of midnight swimmers represents the core of people that have kept the aquatic programs alive in this community. In spite of significant handicaps, for the last 2 decades Northern Idaho has always had swimming teams and enough life guards to keep our public beaches open. It has been possible because you were willing to be more than a consumer of the sport, more than just a swimmer. You became a teacher, a coach, a trainer, and an advocate. Because of you, the programs survived. You became givers and servants and ideal partners for the Salvation Army in this historic project.*

*“Needy and worthy” were the criteria for the location of a Salvation Army Kroc Center. There is no shortage of communities that are needy, and we certainly qualified. But what does “worthy” look like? It looks like this group of volunteers, and others much like it. Many have given of their time and talents, and persisted, to keep a dream alive. Because of this community’s willingness to be involved and “step up” to fill a need, we were found to be “worthy.” Worthy, not just of a \$75 million investment, but also as partners in a vision that will impact the entire region for generations to come. We all played a small but important role in this center’s presence in CDA and we can be proud of the results.*

*Tonight this is our pool to enjoy.*

**”**

**Opening Day Attendees**-Carolyn MaGee, Sue Thilo, Dave Daboll, Mike Earin, Glen Mabile, Cindy Clutter, Rod Wharton, Bob Wood, Dave Barnes, Rich Swoboda, Kelly Erickson, Eydie Kendall, Todd Putren, Lynn Paluzzi, Gloria Waggoner, Friends/Family.  
**Unable to attend**-Nancy Taylor, Margaret Hair, Dan Taylor, Cyndie Johnson, Desirae Johnson, Cameron Barcliff, Jonathon Ziegler.

Read more about the funding and building of the Kroc Center on [page 1](#)

## Teresa's Story:

I am passionate about only two things... well, on second thought, make that three. After all, I took up both skiing and swimming only five years ago, while Kurt has put up with me for thirty-seven. In fact, selflessly endeavoring to indulge me with all three of my passions, the dear man recently took the day off work so we could hit the slopes after our morning swim.

"Better go easy today," he advised as we rode up the chairlift. "We don't want to get hurt before the Moscow swim meet."

My husband knows that I prefer obstacles to speed, and that I seek out off-run trails that meander around tamaracks and Douglas firs. Such narrow passages often open up to ungroomed slopes of powder.

Kurt lacks my sense of adventure, yet he gallantly followed behind me. He hesitated, however, at the top of a chute that we'd navigated many times.

"You go ahead, but not me," he said, mindful of our upcoming swim meet.

"I'll meet you at the bottom then," I said, tipping my skis over the edge.

In the middle of my third tight turn, I heard two pops, gave a yelp, and crumpled. Ignoring the pain in my left knee, my only thought was: *How can I patch this*

“How can I patch this up so I won't miss the swim meet?”

“Better go easy today. We don't want to get hurt before the Moscow swim meet.”

-Kurt

up so I won't miss the swim meet? No doubt in my mind that if jagged bones had protruded from my arms and legs while the snow beneath them turned blood-red, I still would have racked my brain for a way to make that meet.

Kurt was still lingering at the top of the chute, and saw me take the fall. *No easy way down for him now*, I thought, then hollered that I was hurt. My reluctant rescuer proceeded down the chute and came to my aid. Once he released my skis and untangled my legs, I pulled down my ski pants and packed my knee with a mound of snow.

"When it's numb," I told Kurt, "I can walk to the bottom of the chute, put my skis back on, and carefully make my way down the mountain." Kurt adamantly opposed my plan, but I struggled to my feet, took three downward steps, yelped again, and collapsed.

"I guess it's time to call out the ski patrol," I grudgingly conceded.

That marked the first time that

I'd ridden down the ski slope on a toboggan.

Several hours later, the emergency room doc predicted that I'd ski again—but not until the following winter. And although I pleaded and begged for clearance to swim in the Moscow meet, he said I'd be a fish out of water for weeks to come.

My only consolation was the ten pain pills that I'd scored.

And yet, despite the doc's dispiriting prognosis, this die-hard swimmer remains undaunted. *Fish out of water indeed!* Obviously the man's never heard of the simple training gadget called a pull buoy.



*Teresa Wendel is a freelance writer who, with her husband, swims with Wenatchee Valley Masters. In five short years she has gone from having an unhelathy fear of the water to a self proclaimed swimming addict!*

Read more about Teresa and Kurt Wendel on page 2

Update 9/6/09: Teresa was back in the water as soon as the swelling went down, both post-injury and post-surgery, after convincing her doctor and physical therapist that the pool was the best place for her knee. After her ACL replacement, Teresa is almost 100%, with a full range of motion just around the corner! - KH

# Wenatchee March Madness Meet Results

Hosted by the Wenatchee Valley Masters March 9th, 2009

## Women 18-24 100 Yard Free

1 Sheri Markwardt 24 WVM-IW 1:10.81

## Women 18-24 500 Yard Free

1 Sheri Markwardt 24 WVM-IW 6:42.35

## Women 18-24 100 Yard Breast

1 Sheri Markwardt 24 WVM-IW 1:16.19 (I)

## Women 18-24 200 Yard Breast

1 Sheri Markwardt 24 WVM-IW 2:58.88

## Women 18-24 100 Yard Fly

1 Sheri Markwardt 24 WVM-IW 1:17.88

## Women 25-29 50 Yard Free

1 Lisa Nuffer 27 TCAS-IW 34.20

## Women 25-29 100 Yard Free

1 Lisa Nuffer 27 TCAS-IW 1:16.34

## Women 25-29 50 Yard Breast

1 Lisa Nuffer 27 TCAS-IW 42.70

## Women 25-29 100 Yard IM

1 Lisa Nuffer 27 TCAS-IW 1:29.27

## Women 35-39 50 Yard Free

1 Jennifer Korfiatis 35 WVM-IW 28.84  
2 Patricia Elzey 36 SWAT-IW 32.98

## Women 35-39 100 Yard Free

1 Patricia Elzey 36 SWAT-IW 1:13.17

## Women 35-39 1650 Yard Free

1 Jennifer Korfiatis 35 WVM-IW 20:48.05

## Women 35-39 100 Yard Back

1 Jennifer Korfiatis 35 WVM-IW 1:09.47 (I)

## Women 35-39 200 Yard Back

1 Jennifer Korfiatis 35 WVM-IW 2:27.76

## Women 35-39 50 Yard Breast

1 Patricia Elzey 36 SWAT-IW 43.61

## Women 35-39 50 Yard Fly

1 Patricia Elzey 36 SWAT-IW 37.97

## Women 35-39 100 Yard IM

1 Patricia Elzey 36 SWAT-IW 1:26.14

## Women 40-44 50 Yard Free

1 Heidi Friedman 41 SWAT-IW 28.45  
2 Paige Buehler 40 MCM-IW 29.96

## Women 40-44 100 Yard Free

1 Heidi Friedman 41 SWAT-IW 1:02.02  
2 Paige Buehler 40 MCM-IW 1:08.16

## Women 40-44 200 Yard Free

1 Heidi Friedman 41 SWAT-IW 2:20.80

## Women 40-44 500 Yard Free

1 Paige Buehler 40 MCM-IW 6:51.08

## Women 40-44 50 Yard Back

1 Lauren Torok 43 MCM-IW 38.02

## Women 40-44 100 Yard Back

1 Lauren Torok 43 MCM-IW 1:22.07  
2 Paige Buehler 40 MCM-IW 1:23.76

## Women 40-44 50 Yard Breast

1 Lauren Torok 43 MCM-IW 41.59

## Women 40-44 100 Yard Breast

1 Lauren Torok 43 MCM-IW 1:29.28

## Women 40-44 50 Yard Fly

1 Heidi Friedman 41 SWAT-IW 31.45  
2 Paige Buehler 40 MCM-IW 35.17

## Women 40-44 100 Yard IM

1 Heidi Friedman 41 SWAT-IW 1:15.02

## Women 40-44 200 Yard IM

1 Lauren Torok 43 MCM-IW 2:59.97

## Women 45-49 50 Yard Free

1 Mary Symonds 45 WVM-IW 40.61  
2 Louise Simons 45 WVM-IW 47.98

## Women 45-49 50 Yard Back

1 Mary Symonds 45 WVM-IW 46.59

## Women 45-49 100 Yard Back

1 Mary Symonds 45 WVM-IW 1:45.01

## Women 45-49 50 Yard Breast

1 Louise Simons 45 WVM-IW 51.83

## Women 45-49 100 Yard Breast

1 Louise Simons 45 WVM-IW 1:53.66

## Women 45-49 50 Yard Fly

1 Mary Symonds 45 WVM-IW 44.83

## Women 45-49 100 Yard IM

1 Mary Symonds 45 WVM-IW 1:39.88

## Women 50-54 50 Yard Free

1 Lesley Allan 50 WVM-IW 30.35  
2 Margaret Hair 54 LCM-IW 31.38

## Women 50-54 100 Yard Free

1 Lesley Allan 50 WVM-IW 1:09.30

## Women 50-54 50 Yard Back

1 Margaret Hair 54 LCM-IW 40.34

## Women 50-54 50 Yard Breast

1 Margaret Hair 54 LCM-IW 41.16  
2 Vivian Sarles 51 WVM-IW 45.59

## Women 50-54 100 Yard Breast

1 Vivian Sarles 51 WVM-IW 1:39.86

## Women 50-54 200 Yard Breast

1 Vivian Sarles 51 WVM-IW 3:37.27

## Women 50-54 50 Yard Fly

1 Margaret Hair 54 LCM-IW 35.45  
2 Lesley Allan 50 WVM-IW 35.59

## Women 50-54 100 Yard Fly

1 Vivian Sarles 51 WVM-IW 1:58.50

## Women 50-54 100 Yard IM

1 Vivian Sarles 51 WVM-IW 1:40.44

## Women 50-54 400 Yard IM

1 Margaret Hair 54 LCM-IW 6:25.30

## Women 55-59 50 Yard Free

1 Teresa Wendel 56 WVM-IW 40.68

## Women 55-59 100 Yard Free

1 Teresa Wendel 56 WVM-IW 1:36.84

## Women 55-59 500 Yard Free

1 Teresa Wendel 56 WVM-IW 9:45.10

WVM MEET continued on page 8

WVM MEET Continued from page 7

**Women 55-59 50 Yard Back**

1 Alexis Smart 57 WVM-IW 52.00

**Women 55-59 50 Yard Breast**

1 Alexis Smart 57 WVM-IW 52.13  
2 Teresa Wendel 56 WVM-IW 55.55

**Women 55-59 100 Yard Breast**

1 Alexis Smart 57 WVM-IW 1:52.92

**Women 55-59 200 Yard Breast**

1 Alexis Smart 57 WVM-IW 4:13.76

**Women 55-59 100 Yard IM**

1 Alexis Smart 57 WVM-IW 2:02.98

**Women 60-64 50 Yard Free**

1 Carolyn MaGee 63 WVM-IW 36.24

**Women 60-64 100 Yard Free**

1 Shirley Schreiber 61 WVM-IW 1:33.24

**Women 60-64 50 Yard Back**

1 Carolyn MaGee 63 WVM-IW 46.09

**Women 60-64 100 Yard Back**

1 Shirley Schreiber 61 WVM-IW 1:43.23

**Women 60-64 50 Yard Breast**

1 Carolyn MaGee 63 WVM-IW 47.61

**Women 60-64 100 Yard Breast**

1 Shirley Schreiber 61 WVM-IW 1:51.26

**Women 60-64 50 Yard Fly**

1 Carolyn MaGee 63 WVM-IW 39.87

**Women 60-64 100 Yard Fly**

1 Shirley Schreiber 61 WVM-IW 1:50.97

**Women 60-64 100 Yard IM**

1 Shirley Schreiber 61 WVM-IW 1:45.80

**Women 60-64 400 Yard IM**

1 Carolyn MaGee 63 WVM-IW 7:06.40

**Women 65-69 50 Yard Free**

1 Kathleen Miller 66 WVM-IW 1:04.14

**Women 65-69 50 Yard Back**

1 Kathleen Miller 66 WVM-IW 1:09.52

**Women 65-69 50 Yard Breast**

1 Kathleen Miller 66 WVM-IW 1:13.50

**Women 65-69 50 Yard Fly**

—Kathleen Miller 66 WVM-IW DQ

**Women 65-69 100 Yard IM**

1 Kathleen Miller 66 WVM-IW 2:42.15

**Women 70-74 100 Yard Breast**

1 Peony Munger 74 WVM-IW 2:33.66

**Women 70-74 200 Yard Breast**

1 Peony Munger 74 WVM-IW 5:29.29

**Women 70-74 200 Yard Fly**

1 Peony Munger 74 WVM-IW 5:48.48

**Women 70-74 200 Yard IM**

1 Peony Munger 74 WVM-IW 4:51.68

**Women 70-74 400 Yard IM**

1 Peony Munger 74 WVM-IW 10:05.84

**Men 25-29 50 Yard Free**

1 Schuyler Smart 25 WVM-IW 29.43

**Men 25-29 50 Yard Back**

1 Schuyler Smart 25 WVM-IW 34.57

**Men 25-29 50 Yard Fly**

1 Schuyler Smart 25 WVM-IW 30.60

**Men 35-39 50 Yard Free**

1 Jason Jablonski 35 WVM-IW 28.94

**Men 35-39 100 Yard Free**

1 Andrew Whitford 39 TCAS-IW 1:09.44

**Men 35-39 200 Yard Free**

1 Andrew Whitford 39 TCAS-IW 2:34.03

**Men 35-39 500 Yard Free**

1 Jason Jablonski 35 WVM-IW 6:25.32  
2 Michael Hartley 39 WVM-IW 7:11.49

**Men 35-39 1650 Yard Free**

1 Jason Jablonski 35 WVM-IW 22:30.41  
2 Michael Hartley 39 WVM-IW 24:06.50

**Men 35-39 200 Yard Back**

1 Jason Jablonski 35 WVM-IW 3:17.65

**Men 35-39 50 Yard Breast**

1 Michael Hartley 39 WVM-IW 36.38  
2 Andrew Whitford 39 TCAS-IW 37.88

**Men 35-39 100 Yard Breast**

1 Andrew Whitford 39 TCAS-IW 1:21.50

**Men 35-39 200 Yard IM**

1 Michael Hartley 39 WVM-IW 2:43.53

**Men 40-44 50 Yard Free**

1 Harm-Jan Steenhuis 41 SWAT-IW 29.36

**Men 40-44 200 Yard Free**

1 Wes Bratton 44 TCAS-IW 1:59.00

**Men 40-44 500 Yard Free**

1 Wes Bratton 44 TCAS-IW 5:38.68

**Men 40-44 50 Yard Back**

1 Wes Bratton 44 TCAS-IW 27.88 (I)

**Men 40-44 200 Yard Back**

1 Wes Bratton 44 TCAS-IW 2:10.10

**Men 40-44 50 Yard Breast**

1 Harm-Jan Steenhuis 41 SWAT-IW 33.08

**Men 40-44 100 Yard Breast**

1 Harm-Jan Steenhuis 41 SWAT-IW 1:15.95

**Men 40-44 100 Yard IM**

1 Harm-Jan Steenhuis 41 SWAT-IW 1:15.22

**Men 45-49 50 Yard Free**

1 Bill Jaquish 47 TCAS-IW 26.63  
2 Kevin Knight 49 WVM-IW 27.21

**Men 45-49 100 Yard Free**

1 Bill Jaquish 47 TCAS-IW 59.55

**Men 45-49 200 Yard Free**

1 Bill Jaquish 47 TCAS-IW 2:16.03

**Men 45-49 500 Yard Free**

1 Sean Murphy 45 TCAS-IW 6:35.63

**Men 45-49 1650 Yard Free**

1 Kevin Knight 49 WVM-IW 23:16.28

**Men 45-49 100 Yard Back**

1 Sean Murphy 45 TCAS-IW 1:47.58

**Men 45-49 200 Yard Back**

1 Lincoln Djang 49 ORE-OR 2:09.21

**Men 45-49 50 Yard Breast**

1 Kevin Knight 49 WVM-IW 39.30

**Men 45-49 100 Yard Breast**

1 Lincoln Djang 49 ORE-OR 1:03.00  
2 Sean Murphy 45 TCAS-IW 1:24.66

WVM MEET Continued on page 9





*WVM MEET Continued from page 8*

**Men 45-49 50 Yard Fly**

1 Bill Jaquish 47 TCAS-IW 29.34

**Men 45-49 100 Yard Fly**

1 Sean Murphy 45 TCAS-IW 1:16.39

**Men 45-49 100 Yard IM**

1 Bill Jaquish 47 TCAS-IW 1:10.87  
2 Kevin Knight 49 WVM-IW 1:14.00

**Men 45-49 200 Yard IM**

1 Kevin Knight 49 WVM-IW 2:50.41

**Men 50-54 50 Yard Free**

1 Alan Kirpes 50 WVM-IW 31.37

**Men 50-54 100 Yard Free**

1 Alan Kirpes 50 WVM-IW 1:10.00

**Men 50-54 1650 Yard Free**

1 Ted Hackett 54 PNA-PN 21:06.95

**Men 50-54 50 Yard Back**

1 Ted Hackett 54 PNA-PN 32.73  
2 Alan Kirpes 50 WVM-IW 38.76

**Men 50-54 100 Yard Back**

1 Ted Hackett 54 PNA-PN 1:13.58

**Men 50-54 50 Yard Fly**

1 Ted Hackett 54 PNA-PN 29.53  
2 Alan Kirpes 50 WVM-IW 34.27

**Men 55-59 50 Yard Free**

1 Tim Larson 56 WVM-IW 32.06  
2 Casimir Lorentz 57 WVM-IW 32.32  
3 Kurt Wendel 55 WVM-IW 32.69  
4 Stephen Tanner 55 LCM-IW 33.01

**Men 55-59 100 Yard Free**

1 Tim Larson 56 WVM-IW 1:17.89  
2 Kurt Wendel 55 WVM-IW 1:18.46

**Men 55-59 200 Yard Free**

1 Kurt Wendel 55 WVM-IW 3:06.44

**Men 55-59 500 Yard Free**

1 Kurt Wendel 55 WVM-IW 8:20.24

**Men 55-59 1650 Yard Free**

1 Stephen Tanner 55 LCM-IW 25:30.76

**Men 55-59 50 Yard Back**

1 Stephen Tanner 55 LCM-IW 37.93  
2 Casimir Lorentz 57 WVM-IW 39.47  
3 Kurt Wendel 55 WVM-IW 47.01

**Men 55-59 100 Yard Back**

1 Stephen Tanner 55 LCM-IW 1:28.78

**Men 55-59 50 Yard Breast**

1 Tim Larson 56 WVM-IW 43.18  
2 Casimir Lorentz 57 WVM-IW 44.98

**Men 55-59 100 Yard Breast**

1 Tim Larson 56 WVM-IW 1:41.00

**Men 55-59 50 Yard Fly**

1 Casimir Lorentz 57 WVM-IW 35.68

**Men 55-59 100 Yard IM**

1 Stephen Tanner 55 LCM-IW 1:24.56  
2 Casimir Lorentz 57 WVM-IW 1:26.00  
3 Tim Larson 56 WVM-IW 1:39.94

**Men 65-69 50 Yard Free**

1 Wayne Brown 66 WVM-IW 29.51

**Men 65-69 100 Yard Free**

1 Wayne Brown 66 WVM-IW 1:07.68

**Men 65-69 200 Yard Free**

1 Wayne Brown 66 WVM-IW 2:37.15

**Men 65-69 50 Yard Fly**

1 Wayne Brown 66 WVM-IW 37.09

**Men 65-69 100 Yard IM**

1 Wayne Brown 66 WVM-IW 1:19.11

**Men 70-74 50 Yard Free**

1 Dennis Osier 70 WVM-IW 38.34

**Men 70-74 100 Yard Free**

1 Dennis Osier 70 WVM-IW 1:31.18

**Men 70-74 200 Yard Free**

1 Dennis Osier 70 WVM-IW 3:25.33

**Men 70-74 500 Yard Free**

1 Dennis Osier 70 WVM-IW 9:15.15

**Men 70-74 1650 Yard Free**

1 Dennis Osier 70 WVM-IW 30:41.58

**Men 75-79 50 Yard Free**

1 Jack Bevier 76 WVM-IW 34.11

**Men 75-79 100 Yard Free**

1 Jack Bevier 76 WVM-IW 1:19.61

**Men 75-79 200 Yard Free**

1 Jack Bevier 76 WVM-IW 3:05.85

**Men 75-79 50 Yard Breast**

1 Jack Bevier 76 WVM-IW 59.24

**Men 80-84 50 Yard Breast**

1 William Bresko 81 FAF-IW 1:01.68

**Men 80-84 100 Yard Breast**

1 William Bresko 81 FAF-IW 2:42.80

**Men 80-84 200 Yard Breast**

1 William Bresko 81 FAF-IW 5:31.99

**Men 80-84 50 Yard Fly**

1 William Bresko 81 FAF-IW 1:18.05

**Men 80-84 100 Yard IM**

1 William Bresko 81 FAF-IW 2:50.03

**Women 18+ 200 Yard Medley Relay**

1 WVM-IW A 2:29.41  
Jennifer Korfiatis 35 Louise Simons 45  
Sheri Markwardt 24 Lesley Allan 50

**Women 55+ 200 Yard Medley Relay**

1 WVM-IW A 3:02.19 (I)  
Shirley Schreiber 61 Alexis Smart 57  
Carolyn MaGee 63 Teresa Wendel 56

**Men 25+ 200 Yard Medley Relay**

1 WVM-IW A 2:21.37  
Alan Kirpes 50 Michael Hartley 39  
Schuyler Smart 25 Kevin Knight 49

**Men 35+ 200 Yard Medley Relay**

1 TCAS-IW A 2:03.96  
Wes Bratton 44 Andrew Whitford 39  
Bill Jaquish 47 Sean Murphy 45

**Men 55+ 200 Yard Medley Relay**

1 WVM-IW A 2:31.68 (I)  
Tim Larson 56 Wayne Brown 66  
Casimir Lorentz 57 Kurt Wendel 55

**Mixed 18+ 200 Yard Free Relay**

1 WVM-IW C 1:54.43  
Michael Hartley 39 Jennifer Korfiatis 35  
Sheri Markwardt 24 Schuyler Smart 25

**Mixed 18+ 200 Yard Medley Relay**

1 WVM-IW C 2:07.77  
Jennifer Korfiatis 35 Michael Hartley 39  
Sheri Markwardt 24 Schuyler Smart 25

*WVM MEET Continued on page 10*

WVM MEET Continued from page 9

**Mixed 35+ 200 Yard Free Relay**

1 WVM-IW B 2:36.64 (I)  
Kurt Wendel 55 Alexis Smart 57  
Louise Simons 45 Tim Larson 56

**Mixed 35+ 200 Yard Medley Relay**

— WVM-IW B DQ  
Alexis Smart 57 Louise Simons 45  
Tim Larson 56 Kurt Wendel 55

**Mixed 45+ 200 Yard Free Relay**

1 WVM-IW D 2:11.05  
Lesley Allan 50 Alan Kirpes 50  
Vivian Sarles 51 Kevin Knight 49

**Mixed 45+ 200 Yard Medley Relay**

1 WVM-IW D 2:42.43  
Alan Kirpes 50 Kevin Knight 49  
Vivian Sarles 51 Lesley Allan 50

**Mixed 55+ 200 Yard Free Relay**

1 WVM-IW E 2:17.13 (I)  
Carolyn MaGee 63 Teresa Wendel 56  
Casimir Lorentz 57 Wayne Brown 66

**Mixed 55+ 200 Yard Medley Relay**

1 WVM-IW E 2:40.17 (I)  
Shirley Schreiber 61 Wayne Brown 66  
Carolyn MaGee 63 Casimir Lorentz 57

**Mixed 65+ 200 Yard Free Relay**

1 WVM-IW A 3:07.55  
Kathleen Miller 66 Peony Munger 74  
Jack Bevier 76 Dennis Osier 70

**Mixed 65+ 200 Yard Medley Relay**

1 WVM-IW A 3:49.93  
Kathleen Miller 66 Peony Munger 74  
Jack Bevier 76 Dennis Osier 70

*Do you share the pool, or even your lane with a family member?*

*Did you meet your significant other in the pool?*

**SPLASH MASTER**

*is writing a series of feature stories about swimmer couples, relationships and families that have made Masters Swimming a part of thier lives.*

*Please send pictures, articles or contact information to Carolyn MaGee at wenswim@aol.com*

**Inland Northwest Master Swimming**

**Calendar of Events**

USMS National Convention	9/16/09 - 9/20/09
Sink or Swim Meet; Spokane, WA	10/10/09
Pumpkin Power Meet; Sandpoint, ID	11/14/09

# 2009 Inland Northwest SCY Championships

Hosted by the Moscow Chinooks March 28th & 29th, 2009

## Women 18-24 50 Yard Free

1 Norra Stroh 19 MCM-IW 26.78

## Women 18-24 500 Yard Free

1 Sharnay Brown 23 MCM-IW 6:12.48

## Women 18-24 1650 Yard Free

1 Bridget Schwenne 20 MCM-IW 32:59.97

## Women 18-24 50 Yard Back

1 Elizabeth Hess 18 MCM-IW 30.15 (I)  
2 Norra Stroh 19 MCM-IW 30.88

## Women 18-24 200 Yard Back

1 Norra Stroh 19 MCM-IW 2:23.91 (I)

## Women 18-24 50 Yard Breast

1 Elizabeth Hess 18 MCM-IW 37.43

## Women 18-24 50 Yard Fly

1 Sharnay Brown 23 MCM-IW 30.81

## Women 18-24 200 Yard Fly

— Bridget Schwenne 20 MCM-IW DQ

## Women 18-24 100 Yard IM

1 Norra Stroh 19 MCM-IW 1:06.33  
2 Elizabeth Hess 18 MCM-IW 1:08.98  
3 Sharnay Brown 23 MCM-IW 1:11.19

## Women 18-24 200 Yard IM

1 Norra Stroh 19 MCM-IW 2:20.82 (I)  
— Bridget Schwenne 20 MCM-IW DQ

## Women 18-24 400 Yard IM

— Bridget Schwenne 20 MCM-IW DQ

## Women 25-29 50 Yard Free

1 Kristen Heath 26 WVM-IW 29.68

## Women 25-29 100 Yard Free

1 Kristen Heath 26 WVM-IW 1:06.60

## Women 25-29 1650 Yard Free

1 Kristen Heath 26 WVM-IW 22:57.18

## Women 25-29 50 Yard Breast

1 Kristen Heath 26 WVM-IW 40.03

## Women 25-29 100 Yard Breast

1 Kristen Heath 26 WVM-IW 1:26.61

## Women 30-34 500 Yard Free

1 Nadine Lehrer 32 WVM-IW 8:09.76

## Women 30-34 200 Yard Back

1 Nadine Lehrer 32 WVM-IW 3:36.77

## Women 30-34 100 Yard Breast

1 Nadine Lehrer 32 WVM-IW 1:52.53

## Women 30-34 50 Yard Fly

1 Nadine Lehrer 32 WVM-IW 45.32

## Women 30-34 100 Yard IM

1 Nadine Lehrer 32 WVM-IW 1:35.30

## Women 35-39 50 Yard Free

1 Andrea Hartley 38 WVM-IW 34.87

## Women 35-39 100 Yard Free

1 Andrea Hartley 38 WVM-IW 1:19.12

## Women 35-39 200 Yard Free

1 Andrea Hartley 38 WVM-IW 3:11.55

## Women 35-39 500 Yard Free

1 Suzanne Billington 39 MCM-IW 6:39.26  
2 Andrea Hartley 38 WVM-IW 8:45.55

## Women 35-39 1000 Yard Free

1 Suzanne Billington 39 MCM-IW 13:28.59

## Women 35-39 1650 Yard Free

1 Suzanne Billington 39 MCM-IW 23:24.20

## Women 35-39 50 Yard Back

1 Andrea Hartley 38 WVM-IW 48.81

## Women 35-39 50 Yard Breast

1 Suzanne Billington 39 MCM-IW 43.62  
2 Rebecca Quinn 35 MCM-IW 1:03.03

## Women 35-39 100 Yard Breast

1 Rebecca Quinn 35 MCM-IW 2:18.95

## Women 35-39 50 Yard Fly

1 Suzanne Billington 39 MCM-IW 35.11  
2 Andrea Hartley 38 WVM-IW 45.23

## Women 35-39 200 Yard IM

1 Suzanne Billington 39 MCM-IW 2:52.77

## Women 40-44 50 Yard Free

1 Paige Buchler 40 MCM-IW 29.92

## Women 40-44 500 Yard Free

1 Paige Buchler 40 MCM-IW 6:53.08

## Women 40-44 50 Yard Back

1 Lauren Torok 43 MCM-IW 36.35

## Women 40-44 100 Yard Back

1 Lauren Torok 43 MCM-IW 1:19.86

## Women 40-44 50 Yard Breast

1 Lauren Torok 43 MCM-IW 41.33

## Women 40-44 100 Yard Breast

1 Lauren Torok 43 MCM-IW 1:31.69

## Women 40-44 200 Yard Fly

1 Paige Buchler 40 MCM-IW 3:12.10

## Women 40-44 100 Yard IM

1 Lauren Torok 43 MCM-IW 1:19.32  
2 Paige Buchler 40 MCM-IW 1:19.81

## Women 40-44 200 Yard IM

1 Lauren Torok 43 MCM-IW 3:02.34

## Women 45-49 50 Yard Free

1 Denise Town 46 MCM-IW 58.24

## Women 45-49 200 Yard Free

1 Sonia Tonnemaker 48 MLMR-IW 3:07.51

## Women 45-49 500 Yard Free

1 Sonia Tonnemaker 48 MLMR-IW 8:39.20

## Women 45-49 1000 Yard Free

1 Sonia Tonnemaker 48 MLMR-IW 16:58.07

## Women 45-49 50 Yard Back

1 Denise Town 46 MCM-IW 1:06.42

## Women 45-49 50 Yard Breast

1 Sonia Tonnemaker 48 MLMR-IW 51.54

CHAMPIONSHIP continued on page 10

CHAMPIONSHIP Continued from page 11

**Women 45-49 100 Yard Breast**

1 Sonia Tonnemaker 48 MLMR-IW1:46.65

**Women 50-54 50 Yard Free**

1 Robin Helm 52 SWAC-IW 41.38

**Women 50-54 100 Yard Free**

1 Margaret Hair 54 LCM-IW 1:10.51  
2 Robin Helm 52 SWAC-IW1:40.64

**Women 50-54 1000 Yard Free**

1 Margaret Hair 54 LCM-IW14:48.15

**Women 50-54 50 Yard Back**

1 Robin Helm 52 SWAC-IW 49.30

**Women 50-54 100 Yard Back**

1 Robin Helm 52 SWAC-IW1:51.33

**Women 50-54 200 Yard Back**

1 Margaret Hair 54 LCM-IW 3:17.82

**Women 50-54 50 Yard Breast**

1 Robin Helm 52 SWAC-IW 47.99

**Women 50-54 200 Yard Breast**

1 Margaret Hair 54 LCM-IW 3:12.40

**Women 50-54 100 Yard IM**

1 Margaret Hair 54 LCM-IW 1:21.25  
2 Robin Helm 52 SWAC-IW1:41.07

**Women 50-54 200 Yard IM**

1 Margaret Hair 54 LCM-IW 2:57.75

**Women 55-59 500 Yard Free**

1 Natalie Sandberg 56 MLMR-IW7:43.43

**Women 55-59 1000 Yard Free**

1 Natalie Sandberg 56 MLMR-IW15:47.88

**Women 55-59 1650 Yard Free**

1 Deborah Bell 56 MCM-IW26:39.78

**Women 55-59 50 Yard Back**

1 Deborah Bell 56 MCM-IW 48.78  
2 Alexis Smart 57 WVM-IW 52.76

**Women 55-59 100 Yard Back**

1 Alexis Smart 57 WVM-IW 2:01.98

**Women 55-59 200 Yard Breast**

1 Alexis Smart 57 WVM-IW 4:10.61

**Women 55-59 50 Yard Fly**

1 Natalie Sandberg 56 MLMR-IW 40.08  
2 Deborah Bell 56 MCM-IW 49.32

**Women 55-59 100 Yard Fly**

1 Deborah Bell 56 MCM-IW 1:52.37

**Women 55-59 100 Yard IM**

1 Natalie Sandberg 56 MLMR-IW1:27.59

**Women 55-59 200 Yard IM**

1 Deborah Bell 56 MCM-IW 3:28.10

**Women 60-64 50 Yard Free**

1 Shirley Schreiber 61 WVM-IW 41.47  
2 Jett Vallandigham 62 UNA-IW 46.70

**Women 60-64 100 Yard Free**

1 Shirley Schreiber 61 WVM-IW 1:33.39  
2 Jett Vallandigham 62 UNA-IW 1:42.46

**Women 60-64 500 Yard Free**

1 Jett Vallandigham 62 UNA-IW10:24.17

**Women 60-64 1000 Yard Free**

1 Carolyn Magee 63 WVM-IW16:28.53

**Women 60-64 50 Yard Back**

1 Shirley Schreiber 61 WVM-IW 47.94

**Women 60-64 100 Yard Back**

1 Shirley Schreiber 61 WVM-IW 1:45.03

**Women 60-64 200 Yard Back**

1 Shirley Schreiber 61 WVM-IW 3:41.24

**Women 60-64 50 Yard Breast**

1 Jett Vallandigham 62 UNA-IW 53.43

**Women 60-64 100 Yard Breast**

1 Shirley Schreiber 61 WVM-IW 1:48.00  
2 Jett Vallandigham 62 UNA-IW 2:01.29

**Women 60-64 200 Yard Breast**

1 Carolyn Magee 63 WVM-IW 3:44.92  
2 Jett Vallandigham 62 UNA-IW 4:39.46

**Women 60-64 50 Yard Fly**

1 Carolyn Magee 63 WVM-IW 41.30

**Women 60-64 100 Yard Fly**

1 Carolyn Magee 63 WVM-IW 1:37.89

**Women 60-64 200 Yard Fly**

1 Carolyn Magee 63 WVM-IW 3:34.12

**Women 60-64 400 Yard IM**

1 Carolyn Magee 63 WVM-IW 6:59.60

**Women 70-74 100 Yard Breast**

1 Peony Munger 74 WVM-IW 2:26.31

**Women 70-74 200 Yard Breast**

1 Peony Munger 74 WVM-IW 5:06.06

**Women 70-74 100 Yard Fly**

1 Peony Munger 74 WVM-IW 2:38.11

**Women 70-74 200 Yard Fly**

1 Peony Munger 74 WVM-IW 5:37.14

**Women 70-74 200 Yard IM**

1 Peony Munger 74 WVM-IW 4:43.08

**Women 70-74 400 Yard IM**

1 Peony Munger 74 WVM-IW 10:21.54

**Women 75-79 200 Yard Free**

1 Madonna Buder 78 UNAT 4:20.87

**Women 75-79 1000 Yard Free**

1 Madonna Buder 78 UNAT 22:18.90 (I)

**Women 75-79 100 Yard Breast**

1 Madonna Buder 78 UNAT 2:34.66

**Women 75-79 50 Yard Fly**

1 Madonna Buder 78 UNAT 1:52.80 (I)

**Women 75-79 100 Yard IM**

1 Madonna Buder 78 UNAT 2:34.81

**Women 85-89 50 Yard Free**

1 Jean Rudolph 87 MCM-IW 1:15.77

**Women 85-89 100 Yard Free**

1 Jean Rudolph 87 MCM-IW 2:53.78 (I)

**Women 85-89 50 Yard Back**

1 Jean Rudolph 87 MCM-IW 1:23.97

**Women 85-89 100 Yard Back**

1 Jean Rudolph 87 MCM-IW 3:08.31

**Women 85-89 50 Yard Breast**

1 Jean Rudolph 87 MCM-IW 1:56.77

**Women 85-89 100 Yard Breast**

1 Jean Rudolph 87 MCM-IW 4:18.21

CHAMPIONSHIP Continued on page 13

CHAMPIONSHIP Continued from page 12

**Men 18-24 50 Yard Free**

1 Jake Green 20 MCM-IW 31.48

**Men 18-24 200 Yard Free**

1 Adam Blalock 23 MCM-IW 2:08.57

**Men 18-24 1650 Yard Free**

1 Adam Blalock 23 MCM-IW22:19.72

**Men 18-24 50 Yard Back**

1 Jake Green 20 MCM-IW 46.33

**Men 18-24 100 Yard Breast**

1 Adam Blalock 23 MCM-IW 1:11.79

**Men 18-24 200 Yard IM**

1 Adam Blalock 23 MCM-IW 2:29.21

**Men 30-34 100 Yard Free**

1 Marcos Donolo 33 WSU-IW 56.29

**Men 30-34 500 Yard Free**

1 Marcos Donolo 33 WSU-IW 5:46.04

**Men 30-34 50 Yard Breast**

1 Marcos Donolo 33 WSU-IW 32.56

**Men 30-34 100 Yard Fly**

1 Marcos Donolo 33 WSU-IW 1:09.17

**Men 30-34 100 Yard IM**

1 Marcos Donolo 33 WSU-IW 1:04.72

**Men 30-34 200 Yard IM**

1 Marcos Donolo 33 WSU-IW 2:22.87

**Men 35-39 50 Yard Free**

1 David Wilder 38 MCM-IW 27.61  
 2 Jake Weaver 36 MCM-IW 30.53  
 3 Lee Vierling 38 MCM-IW 31.82  
 4 Mark Taylor 35 MCM-IW 37.57

**Men 35-39 100 Yard Free**

1 David Wilder 38 MCM-IW 59.45  
 2 Lee Vierling 38 MCM-IW 1:07.25  
 3 Jake Weaver 36 MCM-IW 1:11.19  
 4 Mark Taylor 35 MCM-IW 1:26.08

**Men 35-39 200 Yard Free**

1 David Wilder 38 MCM-IW 2:17.64

**Men 35-39 500 Yard Free**

1 Michael Hartley 39 WVM-IW 7:02.98  
 2 Jake Weaver 36 MCM-IW 7:51.93

**Men 35-39 1000 Yard Free**

1 Lee Vierling 38 MCM-IW15:56.34

**Men 35-39 50 Yard Breast**

1 Michael Hartley 39 WVM-IW 34.53  
 2 Mark Taylor 35 MCM-IW 46.76

**Men 35-39 200 Yard Breast**

1 Michael Hartley 39 WVM-IW 2:55.85

**Men 35-39 50 Yard Fly**

1 Lee Vierling 38 MCM-IW 38.37  
 — Jake Weaver 36 MCM-IW DQ

**Men 35-39 100 Yard Fly**

1 Lee Vierling 38 MCM-IW 1:32.18

**Men 35-39 100 Yard IM**

1 Michael Hartley 39 WVM-IW 1:13.70  
 2 Jake Weaver 36 MCM-IW 1:29.07

**Men 35-39 200 Yard IM**

1 Michael Hartley 39 WVM-IW 2:49.08  
 2 Lee Vierling 38 MCM-IW 3:19.26

**Men 35-39 400 Yard IM**

1 Michael Hartley 39 WVM-IW 6:07.22

**Men 40-44 50 Yard Free**

1 Matthew Bronson 43 FAF-IW 31.12

**Men 40-44 100 Yard Free**

1 Steffen Werner 42 MCM-IW 1:06.81  
 2 Matthew Bronson 43 FAF-IW 1:12.55

**Men 40-44 1000 Yard Free**

1 Steffen Werner 42 MCM-IW15:06.79

**Men 40-44 1650 Yard Free**

1 Steffen Werner 42 MCM-IW23:24.16

**Men 40-44 50 Yard Back**

1 Matthew Bronson 43 FAF-IW 42.27

**Men 40-44 50 Yard Breast**

1 Harm-Jan Steenhuis 41 SWAT-IW 34.26

**Men 40-44 100 Yard Breast**

1 Harm-Jan Steenhuis 41 SWAT-IW 1:14.01

**Men 40-44 200 Yard IM**

1 Matthew Bronson 43 FAF-IW 3:13.38

**Men 45-49 100 Yard Free**

1 Charles Gerke 49 MCM-IW 1:05.10  
 2 Eric Ridgway 48 SWAC-IW1:10.87

**Men 45-49 200 Yard Free**

1 Eric Doering 47 WSU-IW 2:01.95

**Men 45-49 500 Yard Free**

1 Eric Doering 47 WSU-IW 5:41.17  
 2 Eric Ridgway 48 SWAC-IW7:32.17

**Men 45-49 1000 Yard Free**

1 Charles Gerke 49 MCM-IW14:05.77

**Men 45-49 50 Yard Breast**

1 Charles Gerke 49 MCM-IW 35.25

**Men 45-49 100 Yard Breast**

1 Eric Ridgway 48 SWAC-IW1:18.24  
 2 Charles Gerke 49 MCM-IW 1:20.10

**Men 45-49 200 Yard Breast**

1 Eric Ridgway 48 SWAC-IW2:58.53  
 2 Charles Gerke 49 MCM-IW 3:02.24

**Men 45-49 100 Yard Fly**

1 Eric Ridgway 48 SWAC-IW1:28.70

**Men 45-49 100 Yard IM**

1 Eric Doering 47 WSU-IW 1:03.13

**Men 45-49 400 Yard IM**

1 Eric Ridgway 48 SWAC-IW6:29.79

**Men 50-54 50 Yard Free**

1 Kevin Brackney 53 MCM-IW 34.81

**Men 50-54 1650 Yard Free**

1 Steven McGeehan 53 MCM-IW27:04.37

**Men 50-54 50 Yard Back**

1 Kevin Brackney 53 MCM-IW 43.99

**Men 55-59 50 Yard Free**

1 Kurt Wendel 55 WVM-IW 32.01

**Men 55-59 100 Yard Free**

1 Larry Krauser 55 SCM-IW 54.53 (I)  
 2 John McInturff 55 UNA-IW 1:01.77  
 3 Kurt Wendel 55 WVM-IW 1:18.41

**Men 55-59 200 Yard Free**

1 John McInturff 55 UNA-IW 2:13.54  
 2 Kurt Wendel 55 WVM-IW 3:01.15

CHAMPIONSHIP Continued on page 14

CHAMPIONSHIP Continued from page 13

**Men 55-59 500 Yard Free**

- 1 John McInturff 55 UNA-IW 6:13.34
- 2 Kurt Wendel 55 WVM-IW 8:26.58

**Men 55-59 1650 Yard Free**

- 1 Larry Krauser 55 SCM-IW 19:53.64 (I)
- 2 John McInturff 55 UNA-IW 21:25.23

**Men 55-59 50 Yard Back**

- 1 Kurt Wendel 55 WVM-IW 46.05

**Men 55-59 200 Yard Back**

- 1 John McInturff 55 UNA-IW 2:41.74

**Men 55-59 50 Yard Breast**

- 1 Mark Amara 58 MLMR-IW 44.89
- 2 Kurt Wendel 55 WVM-IW 56.20

**Men 55-59 100 Yard Breast**

- 1 Mark Amara 58 MLMR-IW 1:39.61

**Men 55-59 100 Yard IM**

- 1 Mark Amara 58 MLMR-IW 1:37.94

**Men 55-59 200 Yard IM**

- 1 John McInturff 55 UNA-IW 2:46.19

**Men 65-69 50 Yard Free**

- 1 Wayne Brown 66 WVM-IW 29.51
- 2 Patrick Magee 67 WVM-IW 44.86

**Men 65-69 100 Yard Free**

- 1 Wayne Brown 66 WVM-IW 1:07.02
- 2 Patrick Magee 67 WVM-IW 1:49.22

**Men 65-69 200 Yard Free**

- 1 Wayne Brown 66 WVM-IW 2:39.09

**Men 65-69 1000 Yard Free**

- 1 Patrick Magee 67 WVM-IW 25:05.72

**Men 65-69 50 Yard Back**

- 1 Patrick Magee 67 WVM-IW 58.38

**Men 65-69 100 Yard Back**

- 1 Patrick Magee 67 WVM-IW 2:16.03

**Men 65-69 50 Yard Breast**

- 1 Wayne Brown 66 WVM-IW 36.37 (I)
- 2 Patrick Magee 67 WVM-IW 1:08.90

**Men 65-69 100 Yard Breast**

- 1 Wayne Brown 66 WVM-IW 1:23.85

**Men 65-69 200 Yard Breast**

- 1 Wayne Brown 66 WVM-IW 3:09.96 (I)

**Men 70-74 50 Yard Free**

- 1 Dennis Osier 70 WVM-IW 36.13
- 2 George Spomer 72 MCM-IW 57.71

**Men 70-74 100 Yard Free**

- 1 Dennis Osier 70 WVM-IW 1:23.86
- 2 Glen Murray 70 MCM-IW 1:32.54
- 3 George Spomer 72 MCM-IW 2:09.97

**Men 70-74 200 Yard Free**

- 1 Dennis Osier 70 WVM-IW 3:08.33

**Men 70-74 500 Yard Free**

- 1 Dennis Osier 70 WVM-IW 8:56.24
- 2 Glen Murray 70 MCM-IW 9:10.25

**Men 70-74 1000 Yard Free**

- 1 Dennis Osier 70 WVM-IW 18:40.12

**Men 70-74 1650 Yard Free**

- 1 Dennis Osier 70 WVM-IW 30:01.10

**Men 70-74 50 Yard Back**

- 1 George Spomer 72 MCM-IW 1:16.09

**Men 70-74 50 Yard Breast**

- 1 Glen Murray 70 MCM-IW 45.44 (I)

**Men 70-74 200 Yard Breast**

- 1 Glen Murray 70 MCM-IW 3:42.48 (I)

**Men 70-74 100 Yard IM**

- 1 Glen Murray 70 MCM-IW 1:49.88

**Men 75-79 50 Yard Free**

- 1 Jack Bevier 76 WVM-IW 34.83

**Men 75-79 100 Yard Free**

- 1 Jack Bevier 76 WVM-IW 1:21.31

**Men 75-79 200 Yard Free**

- 1 Jack Bevier 76 WVM-IW 3:11.92

**Men 75-79 500 Yard Free**

- 1 Jack Bevier 76 WVM-IW 8:37.39

**Men 75-79 1000 Yard Free**

- 1 Jack Bevier 76 WVM-IW 18:11.59

**Men 75-79 200 Yard Breast**

- Jack Bevier 76 WVM-IW DQ

**Men 80-84 50 Yard Free**

- 1 William Bresko 81 FAF-IW 55.94

**Men 80-84 100 Yard Free**

- 1 William Bresko 81 FAF-IW 2:03.20

**Men 80-84 50 Yard Back**

- 1 William Bresko 81 FAF-IW 1:17.27

**Men 80-84 100 Yard Back**

- 1 William Bresko 81 FAF-IW 2:50.55

**Men 80-84 200 Yard Breast**

- 1 William Bresko 81 FAF-IW 5:52.53

**Women 18+ 200 Yard Free Relay**

- 1 MCM-IW A 1:58.50
- Sharnay Brown 23 Norra Stroh 19
- Paige Buchler 40 Elizabeth Hess 18

**Women 25+ 400 Yard Free Relay**

- 1 WVM-IW A 5:49.60
- Kristen Heath 26 Andrea Hartley 38
- Nadine Lehrer 32 Alexis Smart 57

**Women 25+ 800 Yard Free Relay**

- 1 WVM-IW A 11:57.14
- Shirley Schreiber 61 Nadine Lehrer 32
- Carolyn Magee 63 Kristen Heath 26

**Women 35+ 200 Yard Free Relay**

- 1 MCM-IW A 2:34.56
- Lauren Torok 43 Deborah Bell 56
- Rebecca Quinn 35 Suzanne Billington 39

**Women 35+ 200 Yard Medley Relay**

- 1 MCM-IW A 2:30.11
- Lauren Torok 43 Deborah Bell 56
- Suzanne Billington 39 Paige Buchler 40

**Women 55+ 200 Yard Free Relay**

- 1 WVM-IW A 3:03.36
- Shirley Schreiber 61 Alexis Smart 57
- Peony Munger 74 Carolyn Magee 63

**Men 18+ 400 Yard Free Relay**

- 1 MCM-IW A 4:18.43
- Charles Gerke 49 David Wilder 38
- Steffen Werner 42 Adam Blalock 23

**Men 18+ 400 Yard Medley Relay**

- 1 MCM-IW A 5:35.12
- Lee Vierling 38 Charles Gerke 49
- Adam Blalock 23 Steffen Werner 42

CHAMPIONSHIP Continued on page 15

CHAMPIONSHIP *Continued from page 14*

**Men 35+ 200 Yard Free Relay**

1 MCM-IW	A	1:58.55
Charles Gerke 49	Steffen Werner 42	
Lee Vierling 38	David Wilder 38	

**Men 35+ 400 Yard Free Relay**

1 WVM-IW	A	5:45.29
Patrick Magee 67	Kurt Wendel 55	
Michael Hartley 39	Wayne Brown 66	

**Men 35+ 800 Yard Free Relay**

1 WVM-IW	A	12:39.53
Jack Bevier 76	Dennis Osier 70	
Michael Hartley 39	Kurt Wendel 55	

**Men 35+ 200 Yard Medley Relay**

1 MCM-IW	A	2:30.20
Mark Taylor 35	Kevin Brackney 53	
Steven McGeehan 53	Jake Weaver 36	

**Men 65+ 200 Yard Free Relay**

1 WVM-IW	A	2:30.91
Patrick Magee 67	Dennis Osier 70	
Jack Bevier 76	Wayne Brown 66	

**Mixed 18+ 200 Yard Free Relay**

1 MCM-IW	A	1:52.71
Elizabeth Hess 18	Charles Gerke 49	
Norra Stroh 19	David Wilder 38	
2 MCM-IW	C	2:01.50
Kevin Brackney 53	Paige Buehler 40	
Adam Blalock 23	Lauren Torok 43	
3 MCM-IW	B	2:42.06
Jake Green 20	Bridget Schwenne 20	
Mark Taylor 35	Denise Town 46	

**Mixed 18+ 200 Yard Medley Relay**

1 MCM-IW	A	2:11.09
Sharnay Brown 23	Charles Gerke 49	
Suzanne Billington 39	David Wilder 38	

**Mixed 18+ 400 Yard Medley Relay**

1 MCM-IW	A	4:42.20
Elizabeth Hess 18	Adam Blalock 23	
Norra Stroh 19	Steffen Werner 42	

**Mixed 25+ 200 Yard Free Relay**

1 WVM-IW	C	2:10.79
Kristen Heath 26	Andrea Hartley 38	
Kurt Wendel 55	Michael Hartley 39	

**Mixed 25+ 800 Yard Free Relay**

1 WVM-IW	A	11:43.78
Andrea Hartley 38	Kurt Wendel 55	
Kristen Heath 26	Michael Hartley 39	

**Mixed 35+ 200 Yard Medley Relay**

1 MCM-IW	A	2:29.99
Lauren Torok 43	Glen Murray 70	
Paige Buehler 40	Lee Vierling 38	
— MCM-IW	B	DQ
Jake Weaver 36	Rebecca Quinn 35	
Deborah Bell 56	Mark Taylor 35	

**Mixed 45+ 200 Yard Medley Relay**

— MLMR-IW	A	2:38.61 (X)
Natalie Sandberg 56	Mark Amara 58	
Sonia Tonnemaker 48		

**Mixed 45+ 400 Yard Medley Relay**

— MLMR-IW	A	6:18.20 (X)
Natalie Sandberg 56	Mark Amara 58	
Sonia Tonnemaker 48		

**Mixed 55+ 200 Yard Free Relay**

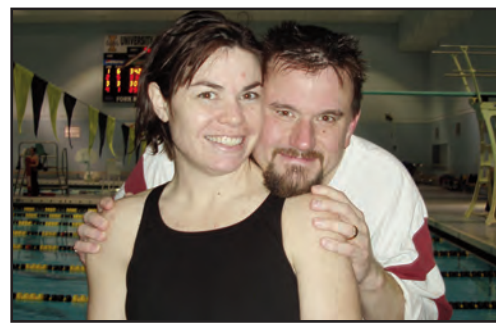
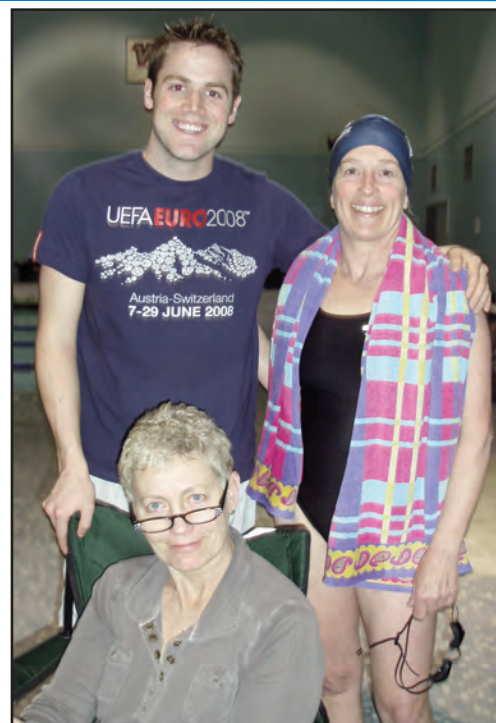
1 WVM-IW	B	2:27.76
Carolyn Magee 63	Jack Bevier 76	
Shirley Schreiber 61	Wayne Brown 66	
2 WVM-IW	A	3:04.92
Patrick Magee 67	Alexis Smart 57	
Peony Munger 74	Dennis Osier 70	

**Mixed 55+ 400 Yard Free Relay**

1 WVM-IW	A	8:10.69
Patrick Magee 67	Alexis Smart 57	
Peony Munger 74	Wayne Brown 66	

**Mixed 55+ 800 Yard Free Relay**

1 WVM-IW	B	13:11.07 (I)
Carolyn Magee 63	Dennis Osier 70	
Shirley Schreiber 61	Jack Bevier 76	





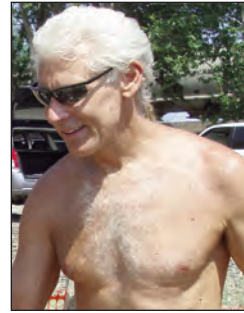
# more 2009 Championships







# Long Bridge Open Water Swim 2009



# 16th Annual Steve Omí Memorial Swim



# SANDPOINT WEST ATHLETIC CLUB presents PUMPKIN POWER MEET

**Date/Times:** Saturday, November 14, 2009. Warm-up starts at 9:00am, Meet starts at 10:00 am, second warm-up at approximately 10:30 am.

**Sponsor:** Sandpoint West Athletic Club. Sanctioned by Inland

Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 035091114.

**Eligibility:** All swimmers must be currently registered Masters swimmers. New registrations (form in the *Splashmaster*) should be sent to Mark Taylor or can be completed online: [www.usms.org/reg](http://www.usms.org/reg).

**Rules:** All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2009 USMS Rulebook about proper stroke and turn rules, see online at [www.usms.org/rules/](http://www.usms.org/rules/). Events will be seeded slow to fast.

**Deadline:** All early entries must be postmarked by November 7, 2009. Incomplete or late entries will be treated as "deck entries".

**Fees:** \$20 for entries postmarked by November 7, \$25 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

**Conduct of the meet:** Each participant may swim five individual and three relay events.

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

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

**Directions:** Swim is at the Sandpoint West Athletic Club pool. Take Hwy 95 north into Sandpoint, down First Ave. and left onto Cedar. Continue north on Cedar (some 13 blocks) until you reach Division St. Turn left. Go three blocks, then turn right on Pine. Follow Pine approximately 1/4 mile until you reach SWAC (corner of Pine and Lincoln).

**Postmarked by:** November 7, 2009

**Mail Entries to:** Robin Helm

52 Wildwood Lane, Sandpoint, ID 83864

**Entry fee:** \$20.00 prior to November 7 and \$25.00 for Deck Entries

Checks payable to: **IWMSC**  
(no cash for accounting purposes, please)

Name \_\_\_\_\_ Male \_\_\_ Female \_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_  
Address, City, State, Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ USMS # \_\_\_\_\_ Club/Team \_\_\_\_\_  
Email Address \_\_\_\_\_

Enter using METER times for seeding (NT if no time avail). Maximum of 5 individual and 3 relay events.

- |                                     |                              |                              |
|-------------------------------------|------------------------------|------------------------------|
| 1) 200 M Ind. Medley _____          | 8) 200 M Backstroke _____    | <b>10 Minute Break</b>       |
| 2) 400 M Freestyle _____            | 9) 50 M Freestyle _____      | 16) 200 M MIXED Medley Relay |
| <b>Second Warm-up at ~ 10:30 am</b> | 10) 100 M Butterfly _____    | 17) 200 M Butterfly _____    |
| 3) 100 M Indiv. Medley _____        | <b>10 Minute Break</b>       | 18) 100 M Backstroke _____   |
| 4) 200 M Freestyle _____            | 11) 200 M MIXED Free Relay   | 19) 50 M Breaststroke _____  |
| 5) 100 M Breaststroke _____         | 12) 200 M Breaststroke _____ | 20) 200 M Free Relay         |
| 6) 50 M Butterfly _____             | 13) 100 M Freestyle _____    | <b>5 Minute Break</b>        |
| <b>10 Minute Break</b>              | 14) 50 M Backstroke _____    | 21) 800 M Freestyle _____    |
| 7) 200 M Medley Relay               | 15) 400 M Indiv Medley _____ |                              |

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

Your signature \_\_\_\_\_ Date \_\_\_\_\_

The swimming household of: