

# SPLASH MASTER

## INLAND NORTHWEST MASTERS SWIMMING

### What Not to Wear: Swimsuit Edition

#### *U.S. Masters adopts FINA swimwear decision*

Compiled by Carolyn  
MaGee  
*SplashMaster Editor*

Calling to all Master Swimmers!!!!

If you have not heard, the swim suit decision has been made. So get all those World Records and personal best swims in before June 1, 2010. With the new suit rule going in effect Jan. 1, 2010 for the rest of the swimming world, FINA has ruled that the rule will not go into affect for Masters swimming short course yards until June 1, 2010. The rule change is in affect, however, immediately for SCM and LC swims. Take advantage of these last few months of being able to race in that suit you bought to make you faster than ever or just to wear

the it out because you spent so much money for it.

To summarize what you can wear:

1. Swimsuits for men may not extend above the navel or



below the knee and for women may not cover the neck or extend past the shoulders or below the knee;

2. No zippers or other fastening devices are allowed ex-

cept for a waist tie on a brief or jammer;

3. Suits must be of textile material and must not be made of any rubberized type of material such as polyurethane or neoprene.

If you have questions regarding this, please send an email to U.S. Masters Swimming [info@usms.org](mailto:info@usms.org). You may also get a complete list of the suits that will be allowed by going into [www.usaswimming.org](http://www.usaswimming.org) and following the link to more usa swimming news: FINA issues final 2010 suit list.

If you are the lucky owner of one of those suits that will soon be illegal, be sure to get lots of swims in before June 1, 2010.

Happy Swimming in any suit you wear.

See page 10 for the exact U.S. Masters rule.

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Our new treasurer Alan Kirpes has been hard at work to give us an accounting of the finances of our organization. As of Dec. 31, 2009 the revenues and expenses for the LMSC were as follows:

Revenues:		
	Individual registrations	\$6,753.50
	Swim Meet Fees	4, 951.50
	Interest Revenue	29.88
		\$11,734.88
Expenditures:		
	Registration/Dues to USMS	\$3,211.00
	Printing/publications/materials	572.64
	Phone bridge expense	402.33
	Office expenses and supplies	647.15
	Fees and Expenses for Meets	3,428.75
	National Convention	1,213.80
	Bank & Check fees	30.00
	Equipment	00
	Mixc. Expenses	389.12
		\$9,894.79
<b>Net income:</b>		<b>\$1,840.09</b>

Thanks Alan for all your hard work. He is now in the process of splitting the Hydropower Masters Club funds from the LMSC funds so that we will be in compliance with the requirements from USMS. One dollar of the registration of all members of the Hydropower Masters goes into that account.

# 2009 National Convention Report

from IW secretary and new delegate  
kristen heath

4:52 am, Thursday morning, on a charter bus smelling faintly of betulie oil I sat and in the back and wondered what I was doing here. At the moment I am in Chicago Illinois, headed to swim practice with a bus full of masters' swimmers who already know each other and sorting out lane assignments. With my internal clock, and watch for that matter, still operating on Pacific time, it is way to early to do more that keep my eyes open when the very full bus pulled away from the curb at 5 am.

As a new delegate I did my best to read my delegate packet as soon as possible; which means I got to it on the plane ride to Convention. Don't get me wrong-I had every intent of reading and studying the packet diligently before leaving; somehow I never got around to doing more than just skimming the file containing 147 pages worth of committee agendas, letters from the board, yearly reports and legislative notes. About page 50, I needed a break (and a plane transfer), while I digested despite my avid reading of Swimmer, LMSC Board of Managers meeting attendance, and

lurking around the USMS forums, I knew virtually nothing about the governance of our 50,000 member organization.

Reading further, on the last leg of travel, I began to not just doubt my foundational knowledge of U.S. Masters Swimming, but why they needed me to be here at all! As I highlighted and notated my way through the various committee agendas, one committee after another was recommending and voting on their own disbanding. Inland Northwest's trusty president Paige and I would be dividing to conquer the committees, planning on meeting up at meals and full house of delegate sessions to share information and strategies.



morning practice!

Back on the bus, I was doing my best to see as much of the greater Chicago area with only the glow of city lights to help. The gigantic University of Illinois, Chicago sign on the building near the freeway exit helped me get my bearings; or would have if I knew anything about Chicago. In the predawn light, the steeple of St Ignatius watched as we all filed off the buses and into the University's sports complex.

Settled into my warm up pace, I finally started waking up and found myself reviewing what I hoped would be my agenda for the day.

As practice finished, the vicious rumor of no women's locker room was validated over an on-deck continental breakfast. A quick change in what passed for an alcove, a banana and bagel later we were all back on the bus headed for the hotel and a full day of being delegates. Unfortunately Chicago traffic did not understand the necessity of me attending the New Delegate orientation at 7:30 am, so the sympathetic and experienced delegate/swimmers (Chris Colburn included!),

## My Schedule

<b>Wednesday</b>	
10pm	Arrive in Chicago!
<b>Thursday</b>	
5am	On bus to Swim Practice
7:30am-8:30am	New Delegate Orientation
8:45am-9:45am	House of Delegates 1
10:00 am-11:15am	Fitness Education Committee
11:30am-12:45 pm	Coaches Committee
12:45pm-2pm	Lunch with New Delegates
2pm-3:15pm	Sports Medicine & Science Committee
3:30pm-4:45pm	Open Water & Long Distance Committee
<b>Friday</b>	
8am-9:45am	House of Delegates 2
10:00 am-12pm	Coaches Presentation
12:15pm-1:15pm	Sports Medicine Presentation
1:30pm-4:30pm	House of Delegates 3
<b>Saturday</b>	
8:00am-10:00am	Northwest Zone meeting
10:15am-11:45am	Coaches Roundtable
1:30pm-6:15pm	House of Delegates 4
<b>Sunday</b>	
4pm	Arrive in Wenatchee!





*House of delegates session 1. Can you find Paige and Kristen in this picture?*

seated around me gave their own impromptu orientation as the bus crawled through rush hour traffic.

1. Make sure you find the Hospitality Room
2. Everyone is nice; don't be afraid to ask questions since everyone was a new delegate once.
3. Read and obey Robert's Rules of Order
4. Go to the hospitality room for food and networking between sessions and after hours
5. Don't miss a House of Delegates Session.
6. Don't miss out on the Hospitality Room!

Thus armed with my orientation, I snuck a quick shower and met up with Paige who helped get me checked in as an official voting delegate of the Inland Northwest LMSC. This was very exciting because I made voting delegate #2 for IW, which was awarded when we registered swimmer 250 for our LMSC. Also at the registration table we were asked to cast our first votes as delegates; voting on the rule book cover for 2010. I was so impressed by the four other entries, yes; those were 'other' entries, as I had entered a design as well. So there I was my first vote as a delegate, and I had to defer to a later session. Oh how I was dreading legislation voting!

Fortunately for me, Legislative voting would not take place until Saturday, and as the senior member of our delegation, Paige volunteered to attend all seven and half hours of Legislation Committee sessions. Seven and a half hours of discussion, editing, rewriting and rehashing over 25 pages or 71 separate changes to legislation. Thank you Paige!

After an enthusiastic House of Delegates, where I got my first in person look at our illustrious (and wearing matching shirts) National Office staff and Board of Directors, I headed to the Fitness Education committee. Do you know what a FLOG is? I didn't either when the Fitness Education committee was called to session. A FLOG is an online fitness log, a necessity if you would like to participate in the 'Go the Distance (GTD) program. All you have

to do is keep track of how far you swim every day, and enter it into your personal FLOG and volie! you are FLOGging! But wait there is more! At different milestones (50 miles, 100 miles, 250 miles, etc., you earn prizes! Did I mention this is all free? For more information and to sign up (for free!) go to <http://www.usms.org/fitness/content/gothedistance>

The Fitness Education Committee also heard bids from potential sponsors of the Check off Challenge. This challenge does have an entry fee (\$22) but includes a shirt to keep score on. Yup! Your t-shirt includes a score card, this year it looks like a BINGO card, to keep track of 18 different swimming

distances to swim this year. Like all BINGO cards you get a FREE Space, and there is even an open water swim square. This is a great challenge for any swimmer since you have a whole year to complete all of them! And coaches: you can get a free shirt if your team has 10 or more entries!



*More proof that Paige and Kristen were in the House!*

Speaking of coaches, the Coaches Committee was my next stop and wow. I am good about reading my copy of Swimmer (then 'leaving' it at gym for other potential swimmers), always enjoying the training advice, technique tips and other topics that coaches contribute to. Then there I was, sitting in a room with ALL of them! Okay not all of them, but a lot of them, and there was so much to say! The Coaches Committee and attendees weighed in about the removal of USMS supported coaching staff for Worlds (don't

worry, we voted some funds back in during Finance), the revamping of a Masters Coaches certification curriculum, and the revival of the Masters High Altitude Performance Training Camp. The committee also took the time to remind the delegates present about



*Kristen attending a packed Coaches Committee.*

USMS Mentor Clinics and the grants that are available to clubs that want to host a clinic with an accomplished USMS Coach.

1:35 pm and Paige has introduced me to the Hospitality Room. I didn't get it. There was food. There were other delegates. I got all that at the New Delegate



*House of delegates 3. Front right, Rob Dumouchel; middle left Zach Gray and Son Nguyen; yours truly is looking studios behind them!*

filled with Distance and Open Water Swimming as well as some Sports Medicine and Science!

The first session of the Long Distance and Open Water Committee was dedicated to the presentations by the clubs bidding for the 2010 open water championships. It even had me, a newbie to open water swimming, wanting to swim at every course!

By my fourth committee session of the day I was starting to see familiar faces in the same sessions I was attending. Poor Rob Dumouchel was on the receiving end of my frustrated side commentary during the Sports Medicine and Science Committee. Of course it is just like me to get impassioned over the ethical implications of swimming research. Rob kindly listened to my furiously whispered opinion on the committee's reasoning behind their recommendation to not endorse a health researcher's request for U.S. Master's Swimmers demographic data. As I expressed to the committee chair, Jane Moore after the session; I am in complete agreement with the committee's recommendation, but for different reasons. What I agreed with: We as members have never agreed to release any of our information, anonymous or otherwise, for research purpose, therefore the request should be denied until the permission has been granted by the membership. What I disagreed with: With USMS data, the research may indicate a potential negative influence from participation in USMS, and we don't want anything bad about swimming to be said, therefore the request should be denied. I am a big fan of research performed well, after all, well constructed and carried

Lunch the previous hour. Even better, I had a member of the Zone Committee forced kind enough to sit and talk with me. Mary Hull of South Pacific is an old hand at this and had lots of great advice for me about Masters Swimming and the Convention. But where was I? Right! Gathering myself for an afternoon

out research makes breakthroughs that have constructed our today's and is engineering our tomorrows. But to withhold information because of the fear that we might find something bad, in my opinion that is as bad as a sponsor dictating the results of the study. (Little did I know then, but the delivery of my dissenting opinion started a small series of conversations that have ended with my appointment to the Sports Medicine and Science Committee. I phone into my first meeting on March 7th!)

Somehow I made it back to find Paige who quickly introduced me to several delegates from our own Northwest Zone, several from Hawaii and then we were eating dinner and sharing previous convention stories. Wait there's more! Apparently no evening is complete at the convention without a visit to the Hospitality Room, and my experience was no exception.

I spent time on each evening of the convention socializing and partaking in the amazing hospitality of the hosts, Illinois Masters. I met other twenty something's to trade stories with, and we were in turn met with enthusiasm by the seventy something's as we reviewed recent changes and predicted future directions. I met the coach of the year and talked shop with other coaches. My camera had it's own adventure one evening, and was returned unharmed, but filled with pictures of delegates I had yet to meet (you can check out those pictures and other convention photos on my facebook page). Yup, I am a fan of the Hospitality Room, who wouldn't be?

I did not greet Friday morning from the pool, but I did make it through 5 hours of House of Delegates sessions, leaving me amazed and overwhelmed. The big ticket items on the agenda for the day were the election of board members and the proposed LMSC Minimum Standards.

As predicted the LMSC Minimum Standards sparked LOTS of discussion from large and small LMSC's alike. The biggest changes are the full separation of LMSC





and Club funds and administrative duties. In small LMSC's this might be a hardship as members of the LMSC boards may have to don multiple administrative hats in both their LMSC and Club. These standards come with built in support-the National office has full time staff that are dedicated to helping LMSC's through this transition, to strengthen the organization as a whole.

While the Zone Committee was off counting ballots for the first time, the winning Rule Book Cover was announced. I was pleasantly surprised and then sufficiently embarrassed as the cover I designed was projected on a two story high screen while my cutesy auto-biographical paragraph was read for the House. I was able to add that into my introductions for the rest of the convention; "HI I am Kristen Heath...the one who designed the rule book cover." The rest of the afternoon went something like this:

LMSC Min Stds tabled

Election results in a tie. Everyone votes again.

LMSC Min Stds resumed.

LMSC Min Stds tabled.

Election results in a tie. Everyone votes again after Paige (and Kristen) suggests one minute speeches from the candidates.

LMSC Min Stds resumed.

LMSC Min Stds tabled.

Election results in a tie. Everyone votes again.

LMSC Min Stds resumed.

LMSC Min Stds tabled.

Announcement of election results and ....a winner!

*9:47 pm finds me staring a very sad* scoreboard for the Chicago White Sox, in their own stadium! Maine delegates Zachary Gray and Son Nguyen invited me to join them on their Chicago leg of their Masters Convention/ Baseball Stadium hopping adventure. Chicago was game five and the final stop on their tour. Zach and Son are incredibly enthusiastic about Masters Swimming, and if at all possible, even more excited about Maine Masters swimming. If the Maine Masters facebook fan page is any indication, they are infectious! 323 members include U.S. Masters dignitaries and former Olympians too! We may not boast an LMSC fan page on facebook (yet), but at least I help my own against them when it came to LMSC geographic trivia.

Saturday was destined to end great, as the USAS banquet would follow the final House of Delegates session. First we had to get through the LMSC Minimum Standards that had been tabled the previous afternoon...and we did...to tackle Legislation...eventually...

The Northwest Zone meeting was a wonderful way to start my final convention day. I will admit I was dragging a bit (conversations in the Hospitality Room were too engrossing to retire early), but the lively discussion and updates from our entire zone kept my attention focused. The other LMSCs really liked our postcard size advertisement distrib-



uted in local U.S. Masters sanctioned open water events last year, inspiring other ideas and actions.

To the amazement and joy of the House of Delegates, Legislation was not the endless monster of discussions and motions and seconds that I feared. To be fair, Paige and many other delegates spent almost eight hours of their convention time do-

ing all of that for the rest of us. The Legislative voting was painless compared to the repeated elections runoff's the day before, and the ongoing Minimum Standards saga. You can read about the Legislative changes enacted in the Convention minutes (and any other minutes for that matter), on the USMS website

The USAS banquet was themed 'Speakeasy' and all of us swimmers do clean up rather nicely. I was a bit surprised by the seating arrangements- all of the Masters were relegated to tables in the back of the banquet hall- but it quickly became apparent why that is done. My goodness we are a rowdy bunch! During a Jeopardy inspired presentation of an award to a Masters Swimmer, I was pretty sure we would have been rushing the stage had it been within reach! Many of the USS swimmers started out the evening giving our section sidelong glances whenever tittering or outright laughter would break out. By the end of the banquet, our laughter, cheers and enthusiasm had spread and I doubt any of them will think of Masters Swimmers the same way after experiencing us at the 2009 National Convention. I know I won't!

*Paige and Kristen all dressed up at the USAS banquet!*



Convention Photos by Cokie Lepinski, snapshots by Kristen Heath.  
USMS Jeopardy-<http://www.swimmingworld.tv/2009-usas/2009/9/23/usas-masters-jeopardy.html>  
USMS Meeting Minutes-<http://www.usms.org/admin/minutes>

# Our Own Lincoln Djang Sets World Record

**Amanda Djang**  
3 Rivers Masters Coach

November 24 2009, Richland,  
Washington

During a PNA short course Masters meet held at Whidbey Island, Washington, Lincoln Djang of 3 Rivers Masters Swimming (3RMS) broke a FINA Masters world record.

Djang clocked a time of 4:55.50 in the men's 50-54 400 IM at the meet, cutting more than two seconds off Italy's Lorenzo Marugo's 2004 standard of 4:57.52.

The record has had some serious progression since Tod Spieker posted the last 5:00+ time of 5:12.31 back in 1999.

This was Djang's fourth world record. He currently holds the men's 50-54 age group 200 meter breaststroke mark, and he previously had the records in the 45-49 long course individual medley and 400 meter short course medley.

His coach and wife Amanda chose this meet to attack the record, because she knew the pool was fast and "the competition would be solid." He credited his wife for changes in his stroke that made the record possible.

"This was the 1<sup>st</sup> swim on record for 3 Rivers Masters. We wanted to this swim to set the tone for our group, to set a World Record with our very first swim."



Coach and wife Amanda with record setting Lincoln.

## 2008-2009 Top Ten Award Recipients from Inland Northwest

### SHORT COURSE METERS

#### MEN

**Roy Berg** 40-44, 50 Breast (5th- 31.62), 100 IM (4th- 1:00.16), 200 IM (4th- 2:12.16)

**Larry Krauser** 50-54, 100 Free (8th- 1:00.77), 400 Free (2nd- 4:36.79), 1500 Free (3rd- 18:40.59)

### LONG COURSE METERS

#### WOMEN

**Elizabeth Hess** 18-24, 50 Back (5th- 34.83), 200 Back (5th- 2:49.76)

### SHORT COURSE YARDS

#### WOMEN

**Carolyn MaGee** 60-64, 400IM (10th- 6:59.60)

**Peony Munger** 70-74, 200 fly (10th- 5:37.14)

**Madonna Buder** 75-79, 1000 free (9th- 22:18.90)

**Jean Rudolph** 85-89, 50 free (10th- 1:15.77), 100 free (7th- 2:53.78), 50 back (5th- 1:23.97), 100 back (4th- 3:08.31), 50 breast (9th- 1:56.77), 100 breast (6th- 4:18.21)

#### MEN

**Larry Krauser** 55-59, 4th 50 free (4th- 23.14), 100 free (6th- 51.36), 200 free (2nd- 1:53.10), 500 free (7th- 5:16.06), 1000 free (10th- 11:08.27), 1650 free (5th- 18:22.20)

**Dennis Osier** 70-74, 1650 free (8th- 30:01.10)

# Sink of Swim Masters Meet Results

## 10/10/2009

<b>Women 18-24 50 Yard Free</b>		<b>Women 40-44 200 Yard Free</b>		<b>Women 50-54 100 Yard Breast</b>	
1 Danielle Van der Baan 19 SWAT-IW 28.90		1 Heidi Friedman 41 SWAT-IW 2:19.59		1 Margaret Hair 54 LCM-IW 1:28.44	
2 Kristine Wilkie 23 FAF-IW 29.90		2 Brenda Speakman 40 SWAC-IW 3:00.25		2 Robin Helm 53 SWAC-IW 1:50.34	
<b>Women 18-24 500 Yard Free</b>		<b>Women 40-44 500 Yard Free</b>		<b>Women 50-54 100 Yard IM</b>	
1 Danielle Van der Baan 19 SWAT-IW 6:23.41		1 Paige Buehler 41 MCM-IW 6:53.21		1 Robin Helm 53 SWAC-IW 1:42.15	
<b>Women 18-24 50 Yard Breast</b>		<b>Women 40-44 50 Yard Back</b>		<b>Women 55-59 50 Yard Free</b>	
1 Kristine Wilkie 23 FAF-IW 37.86		1 Paige Buehler 41 MCM-IW 37.54		1 Teresa Wendel 56 WVM-IW 41.37	
<b>Women 18-24 50 Yard Fly</b>		<b>Women 40-44 100 Yard Back</b>		2 Cynthia Thiel 56 SWAT-IW 57.29	
1 Kristine Wilkie 23 FAF-IW 32.40		1 Paige Buehler 41 MCM-IW 1:26.08		<b>Women 55-59 100 Yard Free</b>	
<b>Women 18-24 100 Yard Fly</b>		<b>Women 40-44 50 Yard Fly</b>		1 Teresa Wendel 56 WVM-IW 1:42.26	
1 Danielle Van der Baan 19 SWAT-IW 1:15.00		1 Heidi Friedman 41 SWAT-IW 31.76		2 Cynthia Thiel 56 SWAT-IW 2:07.30	
2 Kristine Wilkie 23 FAF-IW 1:15.78		<b>Women 40-44 100 Yard IM</b>		<b>Women 55-59 500 Yard Free</b>	
<b>Women 18-24 100 Yard IM</b>		1 Heidi Friedman 41 SWAT-IW 1:14.58		1 Teresa Wendel 56 WVM-IW 10:00.39	
1 Kristine Wilkie 23 FAF-IW 1:17.08		<b>Women 45-49 50 Yard Free</b>		<b>Women 55-59 50 Yard Back</b>	
<b>Women 18-24 200 Yard IM</b>		1 Jennifer Tonkyn 47 TCAS-IW 30.42		1 Teresa Wendel 56 WVM-IW 51.09	
1 Danielle Van der Baan 19 SWAT-IW 2:37.55		2 Jane Borg 48 MLMR-IW 34.89		<b>Women 60-64 50 Yard Free</b>	
<b>Women 25-29 50 Yard Free</b>		<b>Women 45-49 100 Yard Free</b>		1 Jett Vallandigham 63 UNA-IW 49.01	
1 Lisa Nuffer 28 TCAS-IW 34.23		1 Jane Borg 48 MLMR-IW 1:17.27		<b>Women 60-64 100 Yard Free</b>	
<b>Women 25-29 100 Yard Free</b>		<b>Women 45-49 200 Yard Free</b>		1 Jett Vallandigham 63 UNA-IW 1:56.15	
1 Lisa Nuffer 28 TCAS-IW 1:16.75		1 Grace Volsen 47 SWAT-IW 2:41.70		<b>Women 60-64 500 Yard Free</b>	
<b>Women 25-29 50 Yard Breast</b>		2 Jane Borg 48 MLMR-IW 2:53.41		1 Carolyn MaGee 63 WVM-IW 8:50.87	
1 Lisa Nuffer 28 TCAS-IW 43.68		<b>Women 45-49 500 Yard Free</b>		<b>Women 60-64 50 Yard Back</b>	
<b>Women 25-29 100 Yard IM</b>		1 Cindy Clutter 49 LCM-IW 7:04.17		1 Carolyn MaGee 63 WVM-IW 51.21	
1 Lisa Nuffer 28 TCAS-IW 1:31.95		<b>Women 45-49 1000 Yard Free</b>		<b>Women 60-64 50 Yard Breast</b>	
<b>Women 30-34 50 Yard Free</b>		1 Cindy Clutter 49 LCM-IW 14:11.56		1 Carolyn MaGee 63 WVM-IW 50.09	
1 Nadine Lehrer 33 WVM-IW 38.69		2 Grace Volsen 47 SWAT-IW 14:19.80		2 Jett Vallandigham 63 UNA-IW 58.08	
<b>Women 30-34 1000 Yard Free</b>		<b>Women 45-49 50 Yard Back</b>		<b>Women 60-64 100 Yard Breast</b>	
1 Nadine Lehrer 33 WVM-IW 16:19.56		1 Jennifer Tonkyn 47 TCAS-IW 35.97		1 Carolyn MaGee 63 WVM-IW 1:49.75	
<b>Women 30-34 50 Yard Fly</b>		2 Cindy Clutter 49 LCM-IW 47.86		2 Jett Vallandigham 63 UNA-IW 2:04.76	
1 Nadine Lehrer 33 WVM-IW 45.11		<b>Women 45-49 50 Yard Breast</b>		<b>Women 60-64 200 Yard Breast</b>	
<b>Women 30-34 100 Yard IM</b>		1 Jennifer Tonkyn 47 TCAS-IW 40.61		1 Carolyn MaGee 63 WVM-IW 3:55.09	
1 Nadine Lehrer 33 WVM-IW 1:35.04		2 Cindy Clutter 49 LCM-IW 43.67		2 Jett Vallandigham 63 UNA-IW 4:46.01	
<b>Women 30-34 200 Yard IM</b>		<b>Women 45-49 100 Yard Breast</b>		<b>Women 70-74 100 Yard Breast</b>	
1 Nadine Lehrer 33 WVM-IW 3:31.23		1 Cindy Clutter 49 LCM-IW 1:36.45		1 Peony Munger 74 WVM-IW 2:31.02	
<b>Women 35-39 50 Yard Free</b>		<b>Women 45-49 200 Yard IM</b>		<b>Women 70-74 200 Yard Breast</b>	
1 Heather Colburn 37 TCAS-IW 36.94		1 Grace Volsen 47 SWAT-IW 3:15.28		1 Peony Munger 74 WVM-IW 5:25.10	
<b>Women 35-39 50 Yard Breast</b>		<b>Women 50-54 100 Yard Free</b>		<b>Women 70-74 100 Yard Fly</b>	
1 Heather Colburn 37 TCAS-IW 47.30		1 Margaret Hair 54 LCM-IW 1:08.90		1 Peony Munger 74 WVM-IW 2:50.03	
<b>Women 40-44 50 Yard Free</b>		2 Robin Helm 53 SWAC-IW 1:38.39		<b>Women 70-74 200 Yard Fly</b>	
1 Heidi Friedman 41 SWAT-IW 28.02		<b>Women 50-54 200 Yard Free</b>		1 Peony Munger 74 WVM-IW 5:55.03	
2 Paige Buehler 41 MCM-IW 29.22		1 Margaret Hair 54 LCM-IW 2:36.19		<b>Women 70-74 400 Yard IM</b>	
3 Brenda Speakman 40 SWAC-IW 35.23		<b>Women 50-54 1000 Yard Free</b>		1 Peony Munger 74 WVM-IW 10:13.27	
<b>Women 40-44 100 Yard Free</b>		1 Margaret Hair 54 LCM-IW 14:18.29		<b>Men 18-24 100 Yard Free</b>	
1 Heidi Friedman 41 SWAT-IW 1:02.22		<b>Women 50-54 100 Yard Back</b>		1 Dustin Ferguson 20 SWAT-IW 55.22	
2 Paige Buehler 41 MCM-IW 1:07.66		1 Robin Helm 53 SWAC-IW 1:57.17		<b>Men 18-24 200 Yard Free</b>	
3 Brenda Speakman 40 SWAC-IW 1:22.29		<b>Women 50-54 200 Yard Back</b>		1 Josh Hadway 21 SWAT-IW 2:23.03	
		1 Margaret Hair 54 LCM-IW 3:11.24			



<b>Men 18-24 500 Yard Free</b>	1 Josh Hadway	21	SWAT-IW	6:28.11	<b>Men 40-44 500 Yard Free</b>	1 Tim Trese	44	MCM-IW	6:50.68	<b>Men 45-49 100 Yard IM</b>	1 Bruce Groth	46	TCAS-IW	1:08.96
											2 Roland Giller	46	WVM-IW	1:14.20
<b>Men 18-24 50 Yard Breast</b>	1 Dustin Ferguson	20	SWAT-IW	29.41	<b>Men 40-44 50 Yard Back</b>	1 Wesley Bratton	44	TCAS-IW	28.73		3 Eric Ridgway	48	SWAC-IW	1:15.27
						2 Harm-Jan Steenhuis	42	SWAT-IW	36.18	<b>Men 45-49 200 Yard IM</b>	1 Eric Ridgway	48	SWAC-IW	2:49.57
<b>Men 18-24 100 Yard Breast</b>	1 Dustin Ferguson (I)	20	SWAT-IW	1:05.03	<b>Men 40-44 50 Yard Breast</b>	1 Harm-Jan Steenhuis	42	SWAT-IW	34.22	<b>Men 50-54 50 Yard Free</b>	1 Stephen Harger	50	MLMR-IW	26.49
<b>Men 18-24 100 Yard Fly</b>	1 Dustin Ferguson	20	SWAT-IW	1:01.72	<b>Men 40-44 100 Yard Breast</b>	1 Harm-Jan Steenhuis	42	SWAT-IW	1:14.39	<b>Men 50-54 100 Yard Free</b>	1 Stephen Harger	50	MLMR-IW	59.08
<b>Men 18-24 200 Yard IM</b>	1 Dustin Ferguson	20	SWAT-IW	2:13.25	<b>Men 40-44 50 Yard Fly</b>	1 Wesley Bratton	44	TCAS-IW	26.25	<b>Men 50-54 500 Yard Free</b>	1 Stephen Harger	50	MLMR-IW	6:46.63
						2 Harm-Jan Steenhuis	42	SWAT-IW	36.95					
<b>Men 25-29 200 Yard Free</b>	1 Mike Cochran	29	WVM-IW	3:10.07	<b>Men 40-44 100 Yard IM</b>	1 Wesley Bratton	44	TCAS-IW	1:01.68	<b>Men 50-54 50 Yard Breast</b>	1 Stephen Harger	50	MLMR-IW	36.17
						2 Harm-Jan Steenhuis	42	SWAT-IW	1:16.48					
<b>Men 25-29 100 Yard Breast</b>	1 Mike Cochran	29	WVM-IW	1:33.47	<b>Men 40-44 200 Yard IM</b>	1 Tim Trese	44	MCM-IW	2:53.13	<b>Men 50-54 100 Yard IM</b>	1 Stephen Harger	50	MLMR-IW	1:11.11
<b>Men 25-29 200 Yard Breast</b>	1 Mike Cochran	29	WVM-IW	3:29.70	<b>Men 45-49 50 Yard Free</b>	1 Bill Jaquish	48	TCAS-IW	25.74	<b>Men 55-59 50 Yard Free</b>	1 Kurt Wendel	56	WVM-IW	32.97
						2 Bruce Groth	46	TCAS-IW	26.71					
<b>Men 25-29 100 Yard IM</b>	1 Mike Cochran	29	WVM-IW	1:31.50		3 Tom Lamar	49	MCM-IW	29.16	<b>Men 55-59 100 Yard Free</b>	1 Vincent Scovazzo	56	TCAS-IW	1:04.08
						4 James Breidenbach	45	SWAT-IW	30.47		2 Kurt Wendel	56	WVM-IW	1:18.13
<b>Men 30-34 50 Yard Free</b>	1 Jesse Weston	30	SWAT-IW	25.24	<b>Men 45-49 100 Yard Free</b>	1 Bill Jaquish	48	TCAS-IW	57.32	<b>Men 55-59 200 Yard Free</b>	1 Kurt Wendel	56	WVM-IW	2:59.96
						2 Tom Lamar	49	MCM-IW	1:03.94					
<b>Men 30-34 100 Yard Free</b>	1 James Adams	32	WVM-IW	54.52		3 James Breidenbach	45	SWAT-IW	1:09.02	<b>Men 55-59 500 Yard Free</b>	1 Kurt Wendel	56	WVM-IW	8:27.75
<b>Men 30-34 200 Yard Free</b>	1 James Adams	32	WVM-IW	2:14.44	<b>Men 45-49 200 Yard Free</b>	1 Eric Ridgway	48	SWAC-IW	2:36.44	<b>Men 55-59 1000 Yard Free</b>	1 Larry Krauser	56	SCM-IW	12:32.80
<b>Men 30-34 50 Yard Fly</b>	1 Jesse Weston	30	SWAT-IW	28.63	<b>Men 45-49 500 Yard Free</b>	1 Roland Giller	46	WVM-IW	6:58.61	<b>Men 55-59 50 Yard Back</b>	1 Larry Krauser (I)	56	SCM-IW	30.57
						2 James Breidenbach	45	SWAT-IW	7:01.27					
<b>Men 30-34 100 Yard IM</b>	1 James Adams	32	WVM-IW	1:03.23	<b>Men 45-49 1000 Yard Free</b>	1 James Breidenbach	45	SWAT-IW	14:11.28	<b>Men 55-59 50 Yard Breast</b>	1 Mark Amara	59	MLMR-IW	45.53
<b>Men 30-34 200 Yard IM</b>	1 James Adams	32	WVM-IW	2:18.13	<b>Men 45-49 50 Yard Back</b>	1 Bruce Groth	46	TCAS-IW	34.92	<b>Men 55-59 100 Yard Breast</b>	1 Robert Morrison	55	SCM-IW	1:15.76
											2 Mark Amara	59	MLMR-IW	1:38.96
<b>Men 30-34 400 Yard IM</b>	1 James Adams	32	WVM-IW	5:00.59	<b>Men 45-49 100 Yard Back</b>	1 Roland Giller	46	WVM-IW	1:16.18	<b>Men 55-59 100 Yard IM</b>	1 Larry Krauser (I)	56	SCM-IW	1:02.69
											2 Mark Amara	59	MLMR-IW	1:39.00
<b>Men 35-39 100 Yard Free</b>	1 Nathaniel Wilson	36	TCAS-IW	1:01.04	<b>Men 45-49 50 Yard Breast</b>	1 Bruce Groth	46	TCAS-IW	34.07		3 Kurt Wendel	56	WVM-IW	1:49.41
	2 Eric Worden	39	SWAT-IW	1:09.92										
<b>Men 35-39 200 Yard Free</b>	1 Eric Worden	39	SWAT-IW	2:40.77	<b>Men 45-49 100 Yard Breast</b>	1 Eric Ridgway	48	SWAC-IW	1:19.09	<b>Men 55-59 200 Yard IM</b>	1 Larry Krauser (I)	56	SCM-IW	2:27.31
											2 Vincent Scovazzo	56	TCAS-IW	2:50.69
<b>Men 35-39 1000 Yard Free</b>	1 Eric Worden	39	SWAT-IW	15:40.81	<b>Men 45-49 200 Yard Breast</b>	1 Eric Ridgway	48	SWAC-IW	3:00.16	<b>Men 55-59 400 Yard IM</b>	1 Larry Krauser (I)	56	SCM-IW	5:08.17
<b>Men 35-39 100 Yard Breast</b>	1 Nathaniel Wilson	36	TCAS-IW	1:12.30	<b>Men 45-49 50 Yard Fly</b>	1 Bruce Groth	46	TCAS-IW	29.22	<b>Men 60-64 100 Yard Free</b>	1 Steve Wolcott	63	UNA-IW	2:07.30
						2 Bill Jaquish	48	TCAS-IW	29.38					
<b>Men 35-39 100 Yard IM</b>	1 Nathaniel Wilson	36	TCAS-IW	1:07.73		3 Tom Lamar	49	MCM-IW	31.84	<b>Men 70-74 50 Yard Free</b>	1 Dennis Osier	71	WVM-IW	37.69
						4 Roland Giller	46	WVM-IW	32.55					
<b>Men 35-39 200 Yard IM</b>	--- Nathaniel Wilson	36	TCAS-IW	DQ		5 James Breidenbach	45	SWAT-IW	41.26	<b>Men 70-74 100 Yard Free</b>	1 Dennis Osier	71	WVM-IW	1:24.46
<b>Men 40-44 50 Yard Free</b>	1 Rene Guerrero	40	SWAT-IW	33.53	<b>Men 45-49 100 Yard Fly</b>	1 Bill Jaquish	48	TCAS-IW	1:10.52	<b>Men 70-74 200 Yard Free</b>	1 Dennis Osier	71	WVM-IW	3:16.55
<b>Men 40-44 100 Yard Free</b>	1 Wesley Bratton	44	TCAS-IW	56.02										
	2 Rene Guerrero	40	SWAT-IW	1:17.41										

<b>Men 70-74 500 Yard Free</b>	1 Dennis Osier	71	WVM-IW	9:11.93	<b>Women 18+ 200 Yard Free Relay</b>	1 SWAT-IW	B	2:25.74	<b>Men 35+ 200 Yard Medley Relay</b>	1 TCAS-IW	A	2:08.21	
						Cynthia Thiel 56	Danielle Van der Baan			Wesley Bratton 44	Bruce Groth 46		
<b>Men 70-74 1000 Yard Free</b>	1 Dennis Osier	71	WVM-IW	18:34.79		Heidi Friedman 41	Grace Volsen 47			Bill Jaquish 48	Vincent Scovazzo 56		
<b>Men 75-79 50 Yard Free</b>	1 Jack Bevier	76	WVM-IW	35.57	<b>Women 18+ 200 Yard Medley Relay</b>	1 SWAT-IW	B	2:51.06	<b>Men 45+ 200 Yard Medley Relay</b>	1 WVM-IW	A	3:01.05	
						Grace Volsen 47	Danielle VanderBaan			Jack Bevier 76	Kurt Wendel 56		
<b>Men 75-79 100 Yard Free</b>	1 Jack Bevier	76	WVM-IW	1:25.22	<b>Women 25+ 200 Yard Free Relay</b>	1 WVM-IW	B	2:50.12	<b>Mixed 25+ 200 Yard Free Relay</b>	2 TCAS-IW	A	2:40.05	
						Nadine Lehrer 33	Teresa Wendel 56						
<b>Men 75-79 50 Yard Back</b>	1 Jack Bevier	76	WVM-IW	1:01.68		Peony Munger 74	Carolyn MaGee 63			<b>Mixed 25+ 200 Yard Medley Relay</b>	1 TCAS-IW	A	2:21.60
					<b>Women 25+ 200 Yard Medley Relay</b>	1 WVM-IW	A	3:21.62		Lisa Nuffer 28	Vincent Scovazzo 56		
<b>Men 75-79 50 Yard Breast</b>	1 Jack Bevier	76	WVM-IW	1:02.51		Carolyn MaGee 63	Peony Munger 74			Heather Colburn 37	Wesley Bratton 44		
					<b>Men 18+ 200 Yard Free Relay</b>	1 SWAT-IW	A	2:01.73	<b>Mixed 45+ 400 Yard Free Relay</b>	1 MLMR-IW (I)	A	5:13.02	
<b>Men 75-79 100 Yard IM</b>	1 Jack Bevier	76	WVM-IW	1:54.10		Eric Worden 39	Josh Hadway 21			Natalie Sandberg 56	Mark Amara 59		
					<b>Men 18+ 200 Yard Medley Relay</b>	1 SWAT-IW	A	2:10.50		Jane Borg 48	Stephen Harger 50		
<b>Men 80-84 50 Yard Free</b>	1 William Bresko	81	FAF-IW	55.27		James Breidenbach 45	Rene Guerrero 40						
					<b>Men 18+ 200 Yard Medley Relay</b>	1 SWAT-IW	A	2:10.50	<b>Mixed 45+ 200 Yard Medley Relay</b>	1 MLMR-IW	A	2:31.33	
<b>Men 80-84 50 Yard Back</b>	1 William Bresko	81	FAF-IW	1:24.08		Dustin Ferguson 20	Harm-Jan Steenhuis			Mark Amara 59	Jane Borg 48		
						Jesse Weston 30	Rene Guerrero 40			Stephen Harger 50	Natalie Sandberg 56		
<b>Men 80-84 50 Yard Breast</b>	1 William Bresko	81	FAF-IW	1:05.37	<b>Men 25+ 200 Yard Free Relay</b>	1 WVM-IW	A	1:55.96	<b>Mixed 55+ 200 Yard Medley Relay</b>	1 WVM-IW	A	3:34.42	
						Roland Giller 46	Mike Cochran 29			Teresa Wendel 56	Kurt Wendel 56		
<b>Men 80-84 100 Yard Breast</b>	1 William Bresko	81	FAF-IW	2:43.94		Kurt Wendel 56	James Adams 32			Peony Munger 74	Dennis Osier 71		
<b>Men 80-84 50 Yard Fly</b>	1 William Bresko	81	FAF-IW	1:27.25									

## U.S. Masters Swimming Statement on Swimsuits: Emergency Rule Change

January 20, 2010

Due to the change in Masters swimwear rules published by FINA January 16, 2010, and pursuant to Article 601.4.8, the USMS Rules Committee and the USMS Executive Committee have approved the following emergency changes to the USMS swimwear rules. These changes are effective immediately for short course meters and long course meters competition. The changes are effective June 1, 2010 for short course yards competition. Note that the new swimwear rules no longer allow modesty/privacy wear underneath the competition suit nor zippers or fasteners of any kind except for a waist tie on a brief or jammer. The new swimwear rules will not govern the One Hour Swim being conducted January 2010.

Changes to the swimwear rules are underlined below.

### 102.14 SWIMWEAR

102.14.1 Design-The swimsuits worn for competition shall be non-transparent and conform to the current concept of the appropriate. The referee shall have authority to bar offenders from competition until they comply with this rule.

102.14.2 Swimwear shall include only a swimsuit, cap and goggles (a nose clip and ear plugs are allowed). Arm bands or leg bands shall not be regarded as parts of the swimsuit and are not allowed.

102.14.3 In swimming competitions, the competitor must wear only one swimsuit in one or two pieces. All swimsuits shall be made from textile materials. Except for open water competitions, for men, the swimsuit shall not extend above the navel nor below

the knees, and for women, shall not cover the neck, extend past the shoulder, nor extend below the knees.

102.14.4 Only swimsuits complying with FINA swimsuit specifications may be worn in any U.S. Masters Swimming sanctioned or recognized competition.

102.14.5 Exemptions to the foregoing restrictions may be granted to a swimmer, on a case by case basis, by the Chair of the Rules Committee or designee. Exemptions will be granted only for conflicts due to the swimmer's verified religious beliefs or verified medical conditions.

A Procedures for applying for an exemption will be established by the Rules Committee and posted on the U.S. Masters Swimming website.

B No exemption to these restrictions will be granted for a swimsuit that will give the swimmer a competitive advantage.

C The decision of the Rules Chair may be appealed only to the entire Rules Committee whose decision shall be final and binding on all parties.

102.14.6 Swimmers are not permitted to wear or use any device or substance or swimsuit to help their speed, pace, buoyancy or endurance during a race (such as webbed gloves, flippers, fins, etc.). Goggles may be worn, and rubdown oil applied if not considered excessive by the Referee. Any kind of tape on the body is not permitted unless approved by the Referee.

102.14.7 Advertising-Products involving tobacco, alcohol or pharmaceuticals containing drugs banned under IOC or FINA rules may not be advertised, but the advertiser's name only may be used. Offenders may be barred from competition until they comply with this rule.

# Pumpkin Power Meet Results

## 11/14/2009

<b>Women 35-39 50 SC Meter Free</b>	1 McCray, Jodi	35 SWAC	33.66	<b>Women 40-44 200 SC Meter IM</b>	1 Torok, Lauren	44 MCM	3:22.84	<b>Women 55-59 50 SC Meter Fly</b>	1 Stringer, Peggy	58 MTM	49.40
<b>Women 35-39 100 SC Meter Free</b>	1 McCray, Jodi	35 SWAC	1:16.70	<b>Women 45-49 400 SC Meter Free</b>	1 Clutter, Cindy	49 LCM	6:06.78	<b>Women 55-59 100 SC Meter IM</b>	1 Stringer, Peggy	58 MTM	1:41.63
<b>Women 35-39 200 SC Meter Free</b>	1 McCray, Jodi	35 SWAC	2:52.37	<b>Women 45-49 800 SC Meter Free</b>	1 Clutter, Cindy	49 LCM	12:37.96	2 Bell, Deborah	57 MCM	1:45.66	
<b>Women 35-39 800 SC Meter Free</b>	1 Nelsen, Meleah	35 SWAC	12:57.25	<b>Women 45-49 50 SC Meter Breast</b>	1 Clutter, Cindy	49 LCM	49.95	<b>Women 55-59 400 SC Meter IM</b>	1 Bell, Deborah (I)	57 MCM	8:08.17
<b>Women 35-39 50 SC Meter Breast</b>	1 McCray, Jodi	35 SWAC	47.47	2 Pignolet, Jody	46 SWAC	51.37	<b>Women 75-79 50 SC Meter Free</b>	1 Orton, Annette (I)	78 SWAC	1:57.36	
<b>Women 35-39 100 SC Meter Breast</b>	1 Nelsen, Meleah	35 SWAC	1:33.64	<b>Women 45-49 100 SC Meter Breast</b>	1 Clutter, Cindy	49 LCM	1:49.18	<b>Women 75-79 50 SC Meter Back</b>	1 Orton, Annette	78 SWAC	2:12.09
<b>Women 35-39 200 SC Meter Breast</b>	1 Nelsen, Meleah	35 SWAC	3:26.09	<b>Women 45-49 200 SC Meter Breast</b>	1 Clutter, Cindy	49 LCM	3:54.47	<b>Women 75-79 50 SC Meter Breast</b>	1 Orton, Annette	78 SWAC	2:19.45
<b>Women 35-39 50 SC Meter Fly</b>	1 McCray, Jodi	35 SWAC	37.92	<b>Women 50-54 50 SC Meter Free</b>	1 Helm, Robin	53 SWAC	46.22	<b>Women 75-79 50 SC Meter Fly</b>	--- Orton, Annette	78 SWAC	DQ
<b>Women 35-39 200 SC Meter IM</b>	1 Nelsen, Meleah	35 SWAC	3:04.60	<b>Women 50-54 200 SC Meter Free</b>	1 Hair, Margaret (I)	54 LCM	2:57.00	<b>Women 75-79 100 SC Meter IM</b>	1 Orton, Annette (I)	78 SWAC	4:39.59
<b>Women 35-39 400 SC Meter IM</b>	1 Nelsen, Meleah	35 SWAC	6:56.24	<b>Women 50-54 50 SC Meter Back</b>	1 Hair, Margaret	54 LCM	49.84	<b>Women 85-89 400 SC Meter Free</b>	1 Sanddal, Charlotte E (U)	87MTM	12:39.95
<b>Women 40-44 50 SC Meter Free</b>	1 Buehler, Paige	41 MCM	34.28	2 Adams, Mary	54 LCM	57.01	<b>Women 85-89 200 SC Meter Back</b>	1 Sanddal, Charlotte E (Z)	87 MTM	6:33.56	
2 Speakman, Brenda	40 SWAC	40.55	<b>Women 50-54 100 SC Meter Back</b>	1 Hair, Margaret	54 LCM	1:44.63	<b>Women 85-89 200 SC Meter Breast</b>	1 Sanddal, Charlotte E (Z)	87 MTM	7:47.31	
3 Bell, TinaMarie	44 LCM	41.41	2 Adams, Mary	54 LCM	2:00.52	<b>Women 50-54 50 SC Meter Breast</b>	1 Helm, Robin	53 SWAC	55.33		
<b>Women 40-44 100 SC Meter Free</b>	1 Buehler, Paige	41 MCM	1:17.78	<b>Women 50-54 100 SC Meter Breast</b>	1 Hair, Margaret	54 LCM	1:48.05	<b>Women 85-89 50 SC Meter Fly</b>	1 Sanddal, Charlotte E (Z)	87 MTM	1:23.04
2 Bell, TinaMarie	44 LCM	1:37.94	<b>Women 50-54 50 SC Meter Fly</b>	1 Adams, Mary	54 LCM	56.25	<b>Women 85-89 200 SC Meter IM</b>	1 Sanddal, Charlotte E (Z)	87 MTM	7:00.74	
<b>Women 40-44 400 SC Meter Free</b>	1 Buehler, Paige	41 MCM	6:04.99	<b>Women 50-54 100 SC Meter IM</b>	1 Adams, Mary	54 LCM	1:54.38	<b>Men 30-34 100 SC Meter Free</b>	1 Adams, James	32 WVM	1:00.18
2 Bell, TinaMarie (U)	44 LCM	7:41.62	2 Helm, Robin (I)	53 SWAC	1:59.99	<b>Men 30-34 200 SC Meter Free</b>	1 Adams, James (I)	32 WVM	2:12.72		
<b>Women 40-44 200 SC Meter Back</b>	1 Torok, Lauren	44 MCM	3:14.77	<b>Women 50-54 200 SC Meter IM</b>	1 Hair, Margaret (U)	54 LCM	3:26.72	<b>Men 30-34 800 SC Meter Free</b>	1 Adams, James	32 WVM	10:06.69
<b>Women 40-44 50 SC Meter Breast</b>	1 Torok, Lauren	44 MCM	47.44	2 Adams, Mary	54 LCM	4:09.71	<b>Men 30-34 100 SC Meter Fly</b>	1 Adams, James	32 WVM	1:07.70	
2 McClelland, Karen	42 SWAC	50.41	<b>Women 55-59 100 SC Meter Free</b>	1 Stringer, Peggy	58 MTM	1:26.03	<b>Men 30-34 200 SC Meter Fly</b>	1 Adams, James	32 WVM	2:39.87	
3 Bell, TinaMarie (U)	44 LCM	56.61	<b>Women 55-59 400 SC Meter Free</b>	1 Bell, Deborah (I)	57 MCM	6:59.99	<b>Men 35-39 50 SC Meter Free</b>	1 Thorley, Joseph	37 WKM	29.13	
<b>Women 40-44 100 SC Meter Breast</b>	1 Bell, TinaMarie (U)	44 LCM	2:04.59	<b>Women 55-59 100 SC Meter Back</b>	1 Bell, Deborah (I)	57 MCM	1:50.72	2 Wilder, David	38 MCM	31.77	
<b>Women 40-44 50 SC Meter Fly</b>	1 Buehler, Paige	41 MCM	41.80	<b>Women 55-59 50 SC Meter Breast</b>	1 Stringer, Peggy	58 MTM	54.51	<b>Men 35-39 100 SC Meter Free</b>	1 Thorley, Joseph	37 WKM	1:05.46
2 McClelland, Karen	42 SWAC	51.36	<b>Women 55-59 100 SC Meter Breast</b>	1 Stringer, Peggy	58 MTM	1:58.11	2 Wilder, David	38 MCM	1:10.39		
<b>Women 40-44 200 SC Meter Fly</b>	1 Buehler, Paige	41 MCM	3:51.89	<b>Women 55-59 200 SC Meter Free</b>	1 Stringer, Peggy	58 MTM	1:58.11	<b>Men 35-39 200 SC Meter Free</b>	1 Wilder, David (U)	38 MCM	2:38.87
<b>Women 40-44 100 SC Meter IM</b>	1 Torok, Lauren	44 MCM	1:30.79								
2 McClelland, Karen	42 SWAC	1:43.48									



<b>Men 35-39 400 SC Meter Free</b>	1 Wilder, David	38	MCM	5:53.32	<b>Men 45-49 200 SC Meter IM</b>	1 Ridgway, Eric	48	SWAC	3:01.34	<b>Women 160-199 200 SC Meter Medley Relay</b>	1 SWAC (U)	B	2:59.90
						2 Dunn, Scott	45	SWAC	3:37.80		Nelsen, Meleah 35	McCray, Jodi 35	
											Speakman, Brenda 40	Helm, Robin 53	
<b>Men 35-39 800 SC Meter Free</b>	1 Thorley, Joseph	37	WKM	12:17.04	<b>Men 50-54 200 SC Meter Free</b>	1 Zuberbuhler, Jim	51	SWAC	3:01.49	<b>Women 200-239 200 SC Meter Free Relay</b>	1 LCM (I)	A	2:45.25
											Adams, Mary 54	Bell, TinaMarie 44	
											Clutter, Cindy 49	Hair, Margaret 54	
<b>Men 35-39 50 SC Meter Fly</b>	1 Thorley, Joseph	37	WKM	33.41	<b>Men 50-54 800 SC Meter Free</b>	1 Zuberbuhler, Jim	51	SWAC	13:34.97		2 SWAC (U)	B	4:02.56
											Speakman, Brenda 40	McClelland, Karen 42	
<b>Men 40-44 50 SC Meter Free</b>	1 Werner, Steffen	42	MCM	32.45	<b>Men 55-59 100 SC Meter Free</b>	1 McGeehan, Steve	55	MCM	1:26.47		Pignolet, Jody 46	Orton, Annette 78	
<b>Men 40-44 100 SC Meter Free</b>	1 Werner, Steffen	42	MCM	1:16.60	<b>Men 55-59 200 SC Meter Free</b>	1 McGeehan, Steve	55	MCM	3:10.81	<b>Women 200-239 200 SC Meter Medley Relay</b>	1 LCM (U)	A	3:14.31
											Adams, Mary 54	Bell, TinaMarie 44	
<b>Men 40-44 200 SC Meter Free</b>	1 Werner, Steffen	42	MCM	2:51.06	<b>Men 55-59 200 SC Meter Back</b>	1 Henager, Bob	59	UNA	4:14.88		Clutter, Cindy 49	Hair, Margaret 54	
<b>Men 40-44 800 SC Meter Free</b>	1 Werner, Steffen	42	MCM	13:24.79	<b>Men 55-59 50 SC Meter Breast</b>	1 Henager, Bob	59	UNA	44.76	<b>Men 160-199 200 SC Meter Free Relay</b>	1 MCM	A	2:11.76
											Werner, Steffen 42	Wilder, David 38	
<b>Men 45-49 50 SC Meter Free</b>	1 Lamar, Thomas	49	MCM	31.63	<b>Men 55-59 100 SC Meter Breast</b>	1 Henager, Bob	59	UNA	1:47.83		McGeehan, Steve 55	Lamar, Thomas 49	
	2 Brosnahan, Mike	46	SWAC	33.76							--- SWAC	A	DQ
											Brosnahan, Mike 46	Dunn, Scott 45	
<b>Men 45-49 100 SC Meter Free</b>	1 Lamar, Thomas	49	MCM	1:11.52	<b>Men 55-59 200 SC Meter Breast</b>	1 Henager, Bob	59	UNA	4:05.59		Zuberbuhler, Jim 51	Adams, James 32	
<b>Men 45-49 800 SC Meter Free</b>	1 Ridgway, Eric	48	SWAC	13:02.71	<b>Men 55-59 100 SC Meter Fly</b>	1 McGeehan, Steve	55	MCM	1:52.01	<b>Men 160-199 200 SC Meter Medley Relay</b>	1 MCM	A	2:50.76
											Werner, Steffen 42	Lamar, Thomas 49	
<b>Men 45-49 100 SC Meter Back</b>	1 Dunn, Scott	45	SWAC	1:48.41	<b>Men 80-84 50 SC Meter Free</b>	1 Bresko, William	81	FAF	58.07		McGeehan, Steve 55	Wilder, David 38	
<b>Men 45-49 50 SC Meter Breast</b>	1 Brosnahan, Mike	46	SWAC	44.55	<b>Men 80-84 50 SC Meter Back</b>	1 Bresko, William	81	FAF	1:36.36	<b>Mixed 160-199 200 SC Meter Free Relay</b>	1 MCM	A	2:12.16
											Werner, Steffen 42	Torok, Lauren 44	
<b>Men 45-49 100 SC Meter Breast</b>	1 Ridgway, Eric	48	SWAC	1:30.81	<b>Men 80-84 50 SC Meter Breast</b>	1 Bresko, William	81	FAF	1:12.61		Wilder, David 38	Buehler, Paige 41	
	2 Dunn, Scott (U)	45	SWAC	1:47.11							2 SWAC (U)	A	2:30.77
<b>Men 45-49 200 SC Meter Breast</b>	1 Ridgway, Eric	48	SWAC	3:16.19	<b>Men 80-84 50 SC Meter Fly</b>	1 Bresko, William (I)	81	FAF	1:29.66		Dunn, Scott 45	McClelland, Karen 42	
											Speakman, Brenda 40	Zuberbuhler, Jim 51	
<b>Men 45-49 50 SC Meter Fly</b>	1 Lamar, Thomas	49	MCM	35.91	<b>Men 80-84 100 SC Meter IM</b>	1 Bresko, William	81	FAF	3:01.20	<b>Mixed 160-199 200 SC Meter Medley Relay</b>	1 SWAC (U)	B	2:58.62
											Dunn, Scott 45	Helm, Robin 53	
<b>Men 45-49 200 SC Meter Fly</b>	1 Ridgway, Eric	48	SWAC	3:51.07	<b>Men 85-89 50 SC Meter Free</b>	1 Rangell, Lupercio	85	UNA	1:07.67		Ridgway, Eric 48	Nelsen, Meleah 35	
<b>Men 45-49 100 SC Meter IM</b>	1 Lamar, Thomas	49	MCM	1:21.57	<b>Men 85-89 50 SC Meter Breast</b>	1 Rangell, Lupercio	85	UNA	1:07.63	<b>Mixed 200-239 200 SC Meter Medley Relay</b>	1 MCM	A	2:46.56
	2 Brosnahan, Mike	46	SWAC	1:28.39							Torok, Lauren 44	Bell, Deborah 57	
	3 Dunn, Scott (U)	45	SWAC	1:35.84							Lamar, Thomas 49	McGeehan, Steve 55	

(I) Inland Northwest Record  
(Z) Zone Record  
(U) Unofficial Record

# Moscow Chinooks Masters Swimming of Hydropower Masters Swim Club hosts Inland Northwest Masters Championship Swim Meet 2010

## SATURDAY MARCH 27 & SUNDAY MARCH 28, 2010

**DATE/TIMES:** Saturday, March 27, 2010 warm-up starts at 11 am, meet starts at 12 pm, event #3 will not begin before 1:00pm.

Sunday, March 28 warm-up starts at 8:30 am, meet starts at 9:30 am, event #16 will not begin before 10:00 am.

**FACILITY:** University of Idaho Swim Center (Rayburn St., Moscow, ID) is an indoor pool with eight (8) 25-yard competition lanes with a separate four-lane pool for warm-up/-down. Locker rooms adjacent to pool. Snacks/drinks for swimmers and volunteers provided.

**SPONSOR:** Moscow Chinooks Masters Swim Team of the Hydropower Masters Swim Club. Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc. #035100327.

**ELIGIBILITY:** All currently registered Masters swimmers. **Copy of membership card or proof of registration outside of Inland NW LMSC and USMS is required.**

**RULES:** All current USMS rules will apply. Certified stroke and turn judges will be present. Consult the current USMS Rulebook ([www.usms.org/rules](http://www.usms.org/rules)) for complete swimming rules.

**NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.**

**DEADLINES & FEES:** \$25 early fee by postmark deadline of March 20th. Deck entry by 11:15am Saturday and 8:45am Sunday is \$35. Make payment by check or money order payable to IWMSC. **Cash will not be accepted.**

**DECK ENTRY REGULATIONS:** Deadline for deck entry is 11:15am Saturday and 8:45am Sunday so that heats may be seeded in a timely manner. You may email the meet director your events and pay at the check in.

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

**RELAYS:** Submit relay cards to the clerk of course during each day's warm-ups for deck seeding. Individuals must be signed up with the club/team they represent to have their relay points count for that club/team. Mixed relays = 2 male + 2 female swimmers. \*The entries for Women's Relays and Men's Relays will be swum in combined heats

**CONDUCT OF THE MEET:** Short course yards events will be seeded slowest to fastest. Participants may swim no more than six individual events with no more than five events in one day, plus four relay events.

**DIRECTIONS:** **1a.** From ID Hwy 95 come into Moscow and head west on Sixth St. toward the Univ of Idaho campus. **1b.** From Pullman on WA270/ID8 turn right at 2nd signal onto Perimeter Rd. then left onto Sixth St. **2.** Turn south on Rayburn St. and continue to parking lot #39 opposite the Kibbie Dome east side. Enter Memorial Gym and follow signs to the Swim Center. Obey all parking signs.

**SWIM GREEN:** Champs strives to be a no waste event. Please use provided recycling/compost bins and reusable containers for food/drink swimmers and spectators may bring.

**H.O.S.T. (House our Swimmers Tonight):** Moscow Chinooks are happy to house you (and your family) for the night. Contact the meet director. Nearby hotels are the Super 8 Moscow and the Best Western University Inn.

**QUESTIONS:** Contact meet director Steve McGeehan at (208) 301-1027 before 9pm or email [mcgeehan@uidaho.edu](mailto:mcgeehan@uidaho.edu).

<b>Early Fee Deadline:</b>	Friday, March 19th postmark
<b>Check payable to :</b>	IWMSC \$25 (\$35 deck entry)
<b>Mail Entries to:</b>	Paige Buehler 814 Mabelle St. Moscow, ID 83843

### Saturday, March 27th

#### 11am warm up, meet starts at Noon

- 400 Y Individual Medley
- 1650 Y Freestyle

#### Event #3 will not begin before 1:00pm

- 100 Y Backstroke
- 50 Y Breaststroke
- 200 Y Freestyle
- 200 Y Mixed Medley Relay

#### 10 Minute Break

- 400 Y Mixed Medley Relay
- 100 Y Breaststroke
- 100 Y Indiv Medley
- 200 Y Butterfly
- 50 Y Freestyle

#### 10 Minute Break

- 12/13. 200 W/M\* Freestyle Relay
- 14/15. 400 W/M\* Mixed Freestyle Relay
- 16/17. 800 W/M\* Mixed Freestyle Relay

### Sunday, March 28th

#### 8:30am warm up, meet starts at 9:30am

- 1000 Y Freestyle

#### Event #18 will not begin before 10:00am

- 200 Y Indiv Medley
- 50 Y Butterfly
- 200 Y Backstroke
- 100 Y Freestyle
- 23/24. 200 Women's/Men's\* Medley Relay

#### 10 Minute Break

- 25/26. 400 Women's/Men's\* Medley Relay
- 100 Y Butterfly
- 200 Y Breaststroke
- 50 Y Backstroke

#### 10 Minute Break

- 500 Y Freestyle
- 200 Y Mixed Freestyle Relay
- 400 Y Mixed Freestyle Relay
- 800 Y Mixed Freestyle Relay

**SATURDAY EVENING SOCIAL:** The Inland NW Masters Swimming Committee annual meeting and awards banquet will be held at 5:30pm at Smoky Mountain Pizzeria and Grill in Moscow's Palouse Mall (1838 W. Pullman Rd/Idaho Hwy 8). Dinner will be a pizza/pasta/salad/bread buffet including soft drink for \$15 per person. Please include payment with your entry.

**LMSC AWARDS:** The Inland NW Masters Swimming Committee recognizes **Most Dedicated** and **Most Inspirational** swimmers and volunteers each year.

**Send your nominations** to Margaret Hair ([margareth20@verizon.net](mailto:margareth20@verizon.net)) so we can recognize those who make a difference in and out of the pool. Thanks!!

**VOLUNTEERS TO TIME:** If someone is coming to the meet with you and would like to time \*and\* cheer for you, please contact Lauren at [thetoroks@verizon.net](mailto:thetoroks@verizon.net)

# Moscow Chinooks Masters Swimming of the Hydropower Masters Swim Club hosts Inland Northwest Masters Championship Swim Meet 2010

Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc. Sanction #035100327

Name \_\_\_\_\_ Circle if this is your FIRST Masters swim meet: Y

Phone (\_\_\_\_) \_\_\_\_\_ E-mail address \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State/Prov \_\_\_\_\_ Zip \_\_\_\_\_

Male  Female Birthdate \_\_\_\_/\_\_\_\_/\_\_\_\_ Age \_\_\_\_\_ USMS or MSC # \_\_\_\_\_

Team Name \_\_\_\_\_ Team Abbrev \_\_\_\_\_ LMSC \_\_\_\_\_

USMS Club Name \_\_\_\_\_ USMS Club Abbrev \_\_\_\_\_ or UNATTACHED

AGE GROUPS (Determined by your age as of 3/28/2010):  
18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59  
60-64 65-69 70-74 75-79 80-84 85-89 90-94 95+

RELAY AGE GROUPS: 18+, 25+, 35+, 45+,  
55+, 65+, 75+, 85+, 95+. The age of the youngest  
relay team member shall determine the age group.

Maximum of 6 Individual Events (up to 5 max in one day)

EVENT #	EVENT NAME	SEED TIME (yds) or NT if no time avail

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 \_\_\_\_\_

Fees: Early Bird Meet Fee \$25 \_\_\_\_\_  
Deck Entry Meet Fee \$35 \_\_\_\_\_  
Social Event Fee \$15 x \_\_\_\_ ppl \_\_\_\_\_  
Total enclosed (no cash) \$ \_\_\_\_\_

Early Fee Deadline: Friday, March 19th postmark  
Check payable to : IWMSC  
Mail Entries to: Paige Buehler  
814 Mabelle St.  
Moscow, ID 83843



# United States Masters Swimming & Inland Northwest LMSC

## Member Registration



# 2010

New Registration     Renewal

USMS # \_\_\_\_\_

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_

Mailing Address \_\_\_\_\_ Apt # \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Email Address (*internal use only*) \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Male/Female \_\_\_\_\_

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

Are you a member of...  
 YMCA  
 USA Triathlon  
 USA-Swimming

Inland NW LMSC's  
 Splashmaster newsletter  
 is sent by email. Do you  
 want a paper copy mailed  
 to you?  
 YES     NO

### 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.

**Use of Image/Likeness:** I grant permission to US Masters Swimming and its affiliates to use my likeness and/or image in photographs, video, motion pictures, recordings, or any other record for legitimate purpose

**Signature** \_\_\_\_\_

### Club Affiliation

Unattached Club (no participation in USMS relays)    **Date** \_\_\_\_\_

Spokane Waves Aquatic Masters (SWAT)

Lewis-Clark Neptunes Masters Club (LCNM)

*Questions about affiliating with the right Club/Team?  
 Talk with your coach, team rep, or the Inland NW registrar*

### 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"/> Tri-Cities Atomic Sturgeons  | <input type="checkbox"/> 3 Rivers Masters Swimming  |
| <input type="checkbox"/> Moses Lake Manta Rays | <input type="checkbox"/> Ellensburg Windy City Masters | <input type="checkbox"/> Wenatchee Valley Masters     | <input type="checkbox"/> Unattached team (relays at zone/<br>natl meets, none at Inland NW meets) |

### 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	\$
<b>Total Enclosed</b>	<b>\$</b>

### 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!

Make check payable to: IWMSC  
 Mail check & form to: Mark Taylor, Registrar  
 714 Mabelle St.  
 Moscow, ID 83843

Questions? Email [mabelleray@yahoo.com](mailto:mabelleray@yahoo.com)

**SplashMaster Winter 2010**

**[www.inlandnwmasters.org](http://www.inlandnwmasters.org)**

**To the swimming household of:**