

SPLASHMASTER

DECEMBER 2013

INLAND NW MASTERS SWIMMING COMMITTEE

TURKEY TRIFECTA MEET SUMMARY

While in horse racing a trifecta is a bet on which three horses will place first, second and third in order, the Moscow Chinooks borrowed the term for their November meet. Swimmers could enter in a trifecta for their favorite stroke and the person swimming the fastest cumulative times in all three distances (50, 100, 200) won. Brute Squad (1650 free+400 IM+200 fly) and Brute+Butterfly trifecta events were also offered. The extra incentive brought out 83 swimmers!

After the meet over 30 swimmers and supporters gathered for dinner at a local restaurant. Thanks to everyone who participated. Individual and relay results are posted at www.inlandnwmasters.org.

Trifecta Winners

Combo Trifecta - Brute Squad + Butterfly
 W50-59 Nancy Rose HMS-WWM
 W60-69 Debbie Bell HMS-MCM
 M18-29 Matt Edde HMS-MCM
 M30-39 James Adams HMS-WVM
 M40-49 Matt Bronson HMS-FAF

Brute Squad (1650 Free, 400 IM, 200 Fly)
 W18-29 Lana Lawrence HMS-LCM
 M18-29 Bryan Brosious HMS-MCM
 W60-69 Peggy Stringer MM

Butterfly
 M80-89 Jack Bevier HMS-WVM

Backstroke
 W40-49 Paige Buehler HMS-MCM
 M50-59 Kevin Brackney HMS-MCM

Breaststroke
 W20-29 Phoebe Fortunate MM
 W30-39 Kathy Amarasinghe HMS-WVM
 W40-49 Marie Eriksson HMS-MCM
 W50-59 Margaret Hair HMS-LCM
 W80-89 Charlotte Sanddal MM
 M60-69 Jim Watkins MM
 M70-79 Glen Murray HMS-MCM

Freestyle
 W30-39 Andrea Noble Stuen HMS-MCM
 W40-49 Kathy Farrell Guizar HMS-WVM
 W50-59 Cindy Clutter HMS-LCM
 W70-79 Pat Hastings MM
 M18-29 Jaegger Olden CWST
 M40-49 Ted Beatty TCAS
 M50-59 David Strottmann LCNM
 M60-69 Rick Acosta HMS-WVM

What's Inside

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Upcoming Events

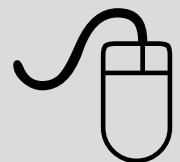
Sunday, January 12
Winter Invitational
 Wenatchee H.S. Pool
 Wenatchee, WA

Friday & Saturday, March 7-8
Spring Splash
 Kroc Center Pool
 Coeur d'Alene, ID

Distance events on Friday evening. Pancake breakfast followed by Saturday events.



Enter Meets Online



www.inlandnwmasters.org

IWMSC BOARD

Chair, 2013-2015

Matthew Bronson (FAF)
gr8white1965@yahoo.com

Vice-Chair, 2013-2015

Patrick Bucknam (WVM)
patrick@bucknumfamily.net

Secretary, 2013-2015

Thomas Williams (MCM)
tomw@uidaho.edu

Treasurer, 2013-2015

Rick Acosta (WVM)
acostarichard58@gmail.com

Past Chair, 2009-2013

Paige Buehler (MCM)
swim@galacticnorth.net

The following also serve on the Board of Managers in Appointed Positions

Registrar

Sean Murphy (TCAS)
kennewick.murphy@gmail.com

Top Ten Chair

James Adams (WVM)
jamesalbertadams@yahoo.com

Sanctions Chair

Brian Johnson (MCM)
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Fitness Chair

Margaret Hair (LCNM)
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Open Water Chair

Larry Krauser (SCM)
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Newsletter Editor

Paige Buehler (MCM)

Coaches Chair

Matt Edde (MCM)
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Officials Chair

Wes Bratton (TCAS)
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Web Dude

James Adams (WVM)
jamesalbertadams@yahoo.com

Plus Club and Team representatives found at

www.inlandnwmasters.org/leadership

CLUBS/TEAMS IN THE INLAND NW

By sean murphy, registrar

Club	Acronym
Coeur d'Alene Tribal Masters	CDAT
Central Wash. Swim Team	CWST
Hydropower Masters Swim	HMS
Lewis Clark Neptunes Masters	LCNM
Rolling Hills Masters	RHM
TriCity Atomic Sturgeons	TCAS
WS Twente	WST
Yakima Aquatic Club Masters	YAC
<u>Workout Groups under HMS</u>	
3 Rivers Masters Swimming	3RMS
Ellensburg Windy City Masters	EWCM
Fairchild AFB Masters	FAFM
Lake City Kroc Masters	LCM
Moscow Chinooks Masters	MCM
Sandpoint West Athletic Club	SWAC
Spokane Club Masters	SCM
Spokane Sturgeons Swim Club	STRG
Walla Walla Masters	WWM
Wenatchee Valley Masters	WVM

Changes to how Clubs and Workout Groups are recognized in USMS created a few changes in our LMSC. Some workout groups under the regional club, Hydropower, became their own clubs in 2014 (CWST and TCAS). Welcome to three new clubs in the Inland Northwest: Rolling Hills Masters in Pullman, YAC in Yakima and WS Twente in Spokane. Spokane Masters Tri changed its name to Spokane Sturgeons and SWAT has not yet renewed its club membership. Eighteen groups around the region!

There were 359 individual members in 2013 in the Inland Northwest LMSC.

BRUTE SQUAD FOOD SQUAD

The Moscow Chinooks challenged the Loveland Masters in Colorado to a second annual Brute Squad Food Squad this December. MCM Coach Matt Edde decided in 2012 that since former WSU Masters coach Doug Garcia, current coach of the Loveland Masters, wasn't holding a Brute Squad postal event that we should put our unspent postal entry fees into non-perishables for the local food bank.

This year the Chinooks rallied 32 swimmers to complete the Brute Squad set (200 Fly, 400 IM, 1650 Free) and collected over 337 pounds of food. The Loveland Masters mustered 6 Brutes but collected over 24 pounds of food donations per swimmer.



Loveland Masters, Loveland, CO



Moscow Chinooks Masters, Moscow, ID

Wenatchee Valley Masters of the Hydropower Masters Swim Club Presents:
A WINTER INVITATIONAL

Sunday, January 12, 2014

- Date/Time:** Sunday, January 12, 2014. Warmup 9:30am, Meet starts 10:00am. 2nd warmup will follow Event #2, with Event 3 starting no earlier than 12:00pm.
- Sponsor:** Wenatchee Valley Masters of the Hydropower Masters Swim Club. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming (USMS). Sanction # 354-S001
- Facility:** Wenatchee High School (WHS), 25 Yard competition pool with 6 lanes and automatic timing system. 1 lane available for continuous warmup or cooldown.
"The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1."
- Eligibility:** All swimmers must be currently registered (2014) USMS swimmers or foreign equivalent. New members can register online at: www.usms.org/reg
- Rules:** 2014 USMS Rules will apply. Available at www.usms.org/rules and at the meet. Certified officials will be present. Events will be seeded slow to fast.
- Deadline/Fees:** \$30 for all entries. All paper entries must be postmarked by Saturday, January 4, 2014. Please make check payable to "Wenatchee Valley Masters". Online entries completed by Thursday, January 9, 2014. Online registrations charged on your credit card will appear as "ClubAssistant.com Events". Online entries available at www.inlandnwmasters.org
- Conduct of the Meet:** Each participant may swim a maximum of 5 individual events and 3 relay events.
- Relays:** Submit relay cards to clerk of course by 11:00am. A swimmer may only participate in one of each relay events (Events 3&4, 10&11, 17&18) (i.e. may not swim in event 3 & 4). Individuals must be registered with the team/club they represent in order for their points to count toward that club.
- Awards:** First through Third Place ribbons will be available free of charge.
- Directions:** From Interstate 90: Take Quincy/Wenatchee exit, following signs toward Wenatchee. Entering Wenatchee, cross the bridge over Columbia River and get in the right lane. ***NEW*** Take the Ferry Street exit, then turn left at light onto Ferry St. Continue up the hill on Ferry Street to the 3rd stoplight. Turn left on Miller St (WHS is located on this corner), then turn right into the parking lot, following it around the south side of the building. The pool entrance is marked. Address of WHS: 1101 Millerdale Avenue, Wenatchee, WA 98801
- Lodging:** (H.O.S.T. – House Our Swimmers Tonight) – members of WVM will be happy to house you for the night. Please contact Carolyn at wenswim@gmail.com for more information.

Entry Fee: \$30, postmark by January 4, 2014 or online by January 9, 2014.

Checks payable to: Wenatchee Valley Masters

Mail Entries to: Carolyn Magee, 1580 S. Miller St, Wenatchee, WA 98801

A Winter Invitational Swim Meet Entry Form, Sanction # 354-S001
Wenatchee, WA – Sunday, January 12, 2014

Name: _____ Male/Female: _____

Address: _____ City, State, Zip: _____

Birthdate: _____ Age: _____ Club/Team: _____

Phone: _____ USMS#: _____

Email: _____

Enter Using Yard Times – Maximum of 5 Events and 3 Relays

1) 400Y IM _____

2) 1650Y Free _____

2nd Warmup – Approx. 11:30am

3) 400Y Free Relay (M/W)

4) 400Y Free Relay (Mixed)

5) 50Y Free _____

6) 200Y Back _____

7) 100Y Fly _____

8) 50Y Breast _____

9) 200Y Free _____

Break (10 minutes)

10) 200Y Medley Relay (M/W)

11) 200Y Medley Relay (Mixed)

12) 100Y IM _____

13) 200Y Breast _____

14) 50Y Back _____

15) 100Y Free _____

16) 200Y Fly _____

Break (10 minutes)

17) 200Y Free Relay (M/W)

18) 200Y Free Relay (Mixed)

19) 200Y IM _____

20) 100Y Breast _____

21) 100Y Back _____

22) 50Y Fly _____

23) 500Y Free _____

RELEASE OF LIABILITY BY PARTICIPANT: 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 of the risks inherent in swimming (training & competition), including possible permanent disability or death, and agree to assume all of those risks. AS A CONDITION OF MY PARTICIPATION IN THE SWIMMING PROGRAM OR ANY OTHER ACTIVITY INCIDENT THERETO, I HEREBY WAIVE ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, THE 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 Swimming.

Signature: _____ Date: _____

INLAND NORTHWEST 2013

A REVIEW IN PICTURES



(Above) Birthday Boy Bill Bresko, FAFM (85) and Matt Edde, Moscow Chinooks (23)
 (Right) Charlotte Sanddal, Montana Masters (90) and Lana Lawrence, Lake City Masters (20)

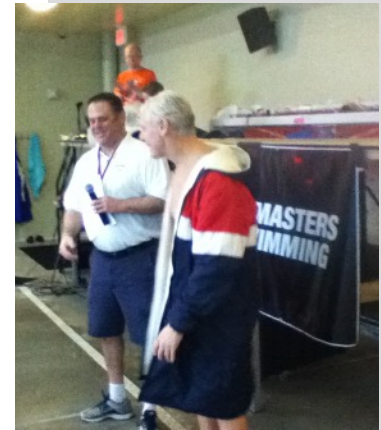
Oldest & Youngest swimmers at the Winter Invitational



Lee Vierling, Lance Hamma and Jake Weaver counting laps at the 2013 Inland NW champs meet.



Long Bridge Swim - August
 (Above) Chinooks Allen Tedrow and Marie Eriksson show off their inverse athlete numbers, 661 & 199.
 (Right) Carolyn MaGee of Wenatchee Valley Masters was thankful she only had to use the crutches on land. One hip replacement down in early October...one to go.



Larry Krauser is recognized at the Spring Splash for breaking the Men's 55-59 SCM World Record in the 200-meter Freestyle



IW Chair Matt Bronson at the Fitter Faster clinic in Bellingham with Olympian Peter Vanderkaay and OW National Champion Ashley Twichell.



Happy Moscow Chinooks during their 7-week migration to the outdoor pool in summer.



Delegates voting at USMS convention in Anaheim, California in September.

2013 LONG COURSE METERS TOP TEN & ALL-AMERICAN SWIMMERS

Congratulations to James Adams (WVM) and Larry Krauser (SCM) who posted five and six top ten times (respectively) among all other USMS swimmers in their age groups in long course meters events. Larry swept the free-style events while James' top tens look more like a Brute Squad set.

In addition both achieved a first place in the top ten earning them the title "All-American." Larry was ranked #1 in the Men's 60-64 200 Free and James earned his in the Men's 35-39 200 Butterfly.

It should be noted that Jack Bevier (WVM) also earned an All-American distinction in short course yards events in the Men's 80-84 200-yard Butterfly. It also says a lot that his was the ONLY time posted for that event. Way to go where others won't follow!

All USMS Top 10 results are available at www.usms.org/comp/tt



See [your](#) meet results at MyUSMS at usms.org

SPLASHMASTER

Inland NW Masters Swimming Committee
PO Box 161
Richland, WA 99352

RENEW YOUR USMS MEMBERSHIP FOR 2014

Be sure to renew your US Masters Swimming membership if you haven't already.

www.usms.org/reg

Check out the article on page 2 to find out which club or workout group to affiliate with.

Your renewal will ensure you continue to receive your USMS benefits:

- Bimonthly magazine, SWIMMER
- Access to coach-written workouts on the USMS Forums
- MyUSMS and fitness logs
- Sponsor discounts
- Participation in pool, fitness and postal events

Questions? Contact Registrar Sean Murphy at IWRRegistrar@usms.org

JOIN | RENEW | UPDATE
MEMBERSHIP

To the Swimming Household of: