

SPLASHMASTER

Volume 4 Number 1

March 2001

Training Goals for Life

BY BOB BRUCE OF OREGON MASTERS SWIMMING

Have you ever found it difficult to stay with your fitness program, even when you've been training for a while? Do you find it difficult to stay focused on staying in shape when life's distractions pull you away from the pool? I think we all do at some time or another. The trick to pursuing lifelong fitness through swimming involves learning a few tricks to help you get through the hard times, the times when motivation seems to desert you. Here are a few tips that I have learned to help me to stay with it:

1. Determine your ultimate lifetime goal and mission statement. After all, we can be masters swimmers for 75 or 80 years, and we need to take the long view

now and then. This step clarifies your values, reminds you of the importance of the final result, and sometimes (by itself) helps to clear your mind of the distracting barriers that you seem to confront daily. When I state my personal goal—to break the national records in the 105-109 age group, or die trying—I usually get a laugh, but stating it also reminds me of the fundamental reasons why I participate.

2. Set some realistic short term goals that will help you to focus on the tasks currently facing you. Perhaps you would like to swim three times each week for the next month, or be specially well prepared for that meet in three weeks, or would like to improve one second per 100 on your favorite goal set. Goals like these refresh the daily challenge and displace the feeling of daily drudgery.

3. Keep training simple. Return to fundamentals. Sometimes we construct elaborate practice challenges that frustrate us (and occasionally hide the reason why we do them). There is nothing more fundamental for the dedicated fitness swimmer than good stroke technique and sound aerobic threshold swimming.

4. Get individual help. Ask a coach to help you review your goals, technique, and training plan, and stick with the suggestions. Our practice and technical habits often deteriorate without knowledgeable feedback, and we can back ourselves unknowingly into poor habits; when we discover the awful truth, the road back to good habits can seem miles too long. Often the change of focus from training to technique will refresh your outlook.

5. Learn from others. Coaches are excellent sources of wisdom, but coaches have no monopoly on good advice. Watching and listening to other swimmers

can be engaging and fruitful. Look at skills that others perform well, and see if you can assimilate those skills into your own repertoire. Ask questions of others to determine their performance secrets. Stay curious and willing to change if you find a better way.

6. Find practice friends. Training alone is incredibly difficult: hats off to the tough and disciplined few who seem to manage training over a long time without swimming partners. If you are currently swimming by yourself, look for others who to share your passion for swimming. If you train with a team, find others who share your similar speed, endurance, and mental outlook; you may have to change practice lanes in order to find them. Training partners are gems—I could never stay with it without them.

7. Think positively. Our negative self-talk and fears are often our most fearsome opponent. Chase the dark doubts away and replace them with simple positive statements about things which are going right. Remove the subtle mental barriers that plague all of us. Focus on what feels good, not on what hurts.

8. Stay consistent. The truly accomplished fitness swimmer, the one who will remain actively engaged in the sport through motivational ups and downs, will consistently go to practice even in the face of huge distractions. The most difficult step away towards the pool is the one out the front door, and the most difficult step at the pool is the first plunge. Taking these first steps creates consistency, the ultimate key to lifetime fitness, even on days when the desire is not there. Get to the pool and get in.

Good luck and good swimming.

CALENDAR OF EVENTS

February	February Fitness Challenge (entries due March 17)
March 28	Deadline for entries Inland Northwest Champs Deadline for sending in Election Ballots and Award Nominations.
April 7 & 8	Inland Northwest Championships, at Washington State University in Pullman. Entry deadline March 28. <i>There will be no deck entries.</i>
April 28 & 29	Northwest Zone Short Course Yards Champs at Parkrose in Portland. Entry form on page 10, deadline for entries is April 13
May 11	Copy deadline for Summer <i>Splashmaster</i>
July 22	Steve Omi Swim, entry in next <i>Splashmaster</i>

BOARD MEETING MINUTES

February 21, 2001 • Post Falls, Idaho

Present: Elin Zander (IEY), Margaret Hair (LCM), Eric Ridgway (SWAC), Mike Brosnahan (SWAC), Doug Garcia (WSU), Brian Lamb (WSU), Tom Lamar (MCM), Scott Thompson (IEY).

Treasurer's Report: none submitted.

Registrar's Report: registrations going well and a head of last year. One new team has registered Panhandle Masters in Coeur d'Alene (PMS).

Newsletter: Doug mentioned he had sent a letter to Jeannie Ensign to gain assistance in obtaining the non-profit status with the Pullman post office. He had not heard back from her. Elin said that she had received a request from Jeannie to grant power of attorney on our behalf. Elin had done so, and was forwarding the appropriate forms to Jeannie.

It was decided that Doug would not produce a *Splashmaster* until after the Wenatchee meet.

Discussion of a postcard survey was dropped once we discovered the cost of mailing the card both ways would be expensive. To obtain the information desired Doug agreed to formulate some questions and include them with the ballot and award nominations.

Meets/Sanctions: Wenatchee is scheduled for March 4, and Championships are scheduled for April 7 and 8 in Pullman.

Equipment: new starting system seems to be working well. Comments were made about hearing the announcements and the general consensus was pool echo was part of the problem.

Coaching: no report.

Nominating Committee: Margaret, Doug and Eric reported they had secured nominations for chair (Susanne Simpson, SCM), vice chair (Brian Lamb, WSU), treasurer (Marie Glynn, WSU) and for secretary (Scott Thompson, IEY). Elin commented that Eric Ridgway has agreed to take over as sanctions chair, and that Suzanne Dills will take over as registrar as soon as she is able to find a replacement for her duties as registrar for Pacific Northwest Association. Margaret Hair has agreed to continue as Top Ten chair, and

Doug Garcia has agreed to continue as newsletter editor.

March 4, 2001 • Wenatchee, Washington

Present: Elin Zander (IEY), Margaret Hair (LCM), Mike Brosnahan (SWAC), Doug Garcia (WSU), Brian Lamb (WSU), Susanne Simpson (SCM), Larry Krauser (SCM)

Treasurer's Report: Marie submitted a report in writing, and we are doing fine financially. Clay Evans lost his reimbursement check, the board approved sending him a new one without the \$10 service charge subtracted.

Registrar's Report: we are above 200 registrations and expect more to come in.

Newsletter: to fit everything into a 12-page newsletter, the board agreed to cut the USMS registration form from this issue.

Elin commented that if people need Inland

NW registration before zones, they need to do so before April 5, as she will be leaving the country for a few weeks.

Meet/Sanctions: Championships are set for Pullman on April 7 and 8. It was decided that High Point Male and Female would receive \$25 gift certificates for Kast Away, and Most Dedicated and Inspirational will receive \$40 certificates.

Officials: Elin said that she would be trying to pull together a clinic for officials in the fall using materials from San Diego/Imperial LMSC.

Clinics: Doug reported that he is working on getting Brian Stack of Manatee Masters to come up in the fall. We will be hosting with or without USMS seed money.

Coaching: Doug had no report. Elin suggested that we make contact with
see MINUTES on page 4

Inland Northwest Masters Swimming Committee

BOARD AND TEAM REPRESENTATIVES

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509-966-2361

View From the Chair

Since this is my last column as Inland Northwest Masters Swimming Committee Chair, I'd like to leave you with some profound thoughts. If I think of any, I will let you know.

I am excited by the talented and dedicated people you will find on your ballot for officers for the next two years. Included are three individuals who have never been involved in the administration of our LMSC before. Any organization will grow old and stale without the infusion of new ideas, energy and enthusiasm. I am counting on these folk to do just that. In addition, I hope that you will be encouraged to participate and to lend your ideas and energy as well. The more people we have involved, the more we can do and the better we can be.

I would like to thank the people who have made the last two years possible.

Margaret Hair has always been the gal that has kept the meets together. She has

One Hour Postal Swim Results Published

This year marked a new record in the number of One Hour Postal Swim participants. Nearly 2000 swimmers from around the country including four swimmers from Inland NW Masters (WSU) as well as entries from Australia, Japan and Holland rounded out this year's participants.

The meet recorded eight new records in many different age categories. Most notable among the accomplishments were: two swimmers doing the entire hour Butterfly, two swimmers doing Backstroke, one doing all Breaststroke, and one swimmer in her 39th week of pregnancy (she delivered 5 days after the swim).

Inland NW Masters Swimmers

Cathy Murphy (44, WSU)	3725 yards
Marvel Kimbal (64, WSU)	2975 yards
Chris McKay (37, WSU)	3575 yards
Brian Lamb (49, WSU)	3475 yards

handled the data entry & results (with help from Danny and Zach Taylor), has taken care of the meet equipment, including the purchase of a new starting system, and has handled the duties of Top Ten and records.

Doug Garcia has taken our newsletter and made it one of the best in the country. He has also been involved as our LMSC delegate to USMS and is now active on the USMS Coaches Committee.

Nancy Taylor has served as our secretary for several administrations, providing continuity for the Board and enhancing communication by providing minutes for publication in the Splashmaster.

Marie Glynn took over the monumental task of figuring out and cleaning up our financial situation. As a result of her efforts, we are in good financial shape and are staying up-to-date with our financial obligations.

I'd like to recognize all of those who make our swim meets possible, from the meet directors to the timers.

I would also like to acknowledge the coaches in our LMSC: it is because of their work in recruiting and retaining swimmers that our membership is growing by leaps and bounds. Thanks to all of you!

My hope is that all of us who benefit from masters swimming will take the time to thank the people that make it possible.

I'll see you in the pool!

Elin Zander, Chair

Inland Northwest Masters Swimming



Seven Swimmers Crack National Top Ten in Short Course Meters

Susanne Simpson (40-44, SCM)
400 Freestyle 2nd @ 4:51.28
800 Freestyle 1st @ 9:59.36
50 Butterfly 7th @ 32.37
100 Butterfly 3rd @ 1:11.56
200 Butterfly 1st @ 2:39.30

Elin Zander (45-49, IEY)
800 Freestyle 9th @ 11:52.51

Larry Krauser (45-49 SCM)
50 Freestyle 7th @ 26.17
100 Freestyle 6th @ 57.62
200 Freestyle 4th @ 2:09.32
400 Freestyle 6th @ 4:39.73
800 Freestyle 5th @ 9:54.75

Bill Bresko (70-74, UNA)
200 Breaststroke 4th @ 3:50.67

Imre Schmidt (80-84, SWAC)
800 Freestyle 3rd @ 19:21.73
50 Breaststroke 7th @ 1:04.60

C.J. Hamilton (85-89, LCM)
50 Freestyle 9th @ 1:20.93
50 Backstroke 6th @ 1:21.21
50 Breaststroke 5th @ 1:27.42
50 Butterfly 2nd @ 1:44.68
100 Individual Medley 2nd @ 3:18.72

Chuck Woolls (85-89, UNA)
50 Freestyle 7th @ 1:03.19
100 Freestyle 6th @ 2:42.77
50 Backstroke 7th @ 1:20.31

Congratulations to All!

SPLASHMASTER

Volume 4 • Number 1 • March 2001

Published irregularly by Washington State University
PO Box 645910 • Pullman WA 99164-5910

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GE-01002/OUPP

Swimmer Profile

NAME: Brian Lamb

AGE: 49 (aging up to 50 in May)

OCCUPATION: Professor of Civil & Environmental Engineering

SWIM CLUB: WSU Masters

YEARS SWIMMING MASTERS: 5 years

FAVORITE EVENT: Anything where my goggles don't fall off—Freestyle

FAVORITE FOOD: Mexican, I am not a picky eater.

FAVORITE MOVIE: Harold & Maude

FAVORITE BOOKS: Cold Mountain, and Einstein's Dreams

FAVORITE MUSIC: Country and pop

LITTLE KNOWN FACT: I once spent 4 weeks at the Deadhorse Hotel in Prudhoe Bay Alaska while doing research

AFTER A MEET I: drink a beer

EDITORS NOTE: Brian is running for Inland NW Masters Vice President. In addition Masters Swimming, Brian also serves swimming as meet director as well as other positions with the Pullman Swim Club



*Nutritional information for swimmers
as compiled by Elin Zander, RD*

Nutrition Resolutions

It may be a little late for New Year's resolutions, but it is never too late to make some nutrition resolutions. Many of you have probably resolved in the past to lose some weight. Often that resolution doesn't actually result in an improved nutritional intake. If you are interested in improving your health and fitness, you might try one or more of the resolutions below this year.

1) Eat 5 or more servings of fruits and vegetables each day, to decrease your risk for heart disease & cancer and to boost immune function. To get all of your servings in, you might need to substitute fruit for some of your snack food. This would be a good thing.

2) Drink plenty of water each day. The recommendation is 8 cups. You may substitute decaffeinated coffee, tea and maybe pop for some of your water intake. If you drink caffeinated beverages, you have to drink more water to replace water lost through increased urination. If you remain well hydrated, you will feel and swim better, and decrease your risk for kidney stones.

3) Don't go to nutrition extremes. A well balanced diet, including all of the food groups, is important in order to get all of the nutrients for good health. This means not only avoiding fads such as the high protein diet, but also not going too far the other way and eliminating proteins and/or fats. Even vegetarians need to be

careful to plan their food intakes to get all the nutrients they need.

4) Watch portion sizes. We are a nation of supersized and gigantic everything. Any diet can be a weight gain diet if one doesn't pay attention to how much one is taking in. Eat slowly and stop eating when you are full.

5) Plan your meals and snacks to get maximum benefit from what you eat. If you work out in the evenings, make sure you eat something in the afternoon so that you have enough energy to work out hard. Try to eat something that is high in carbohydrates within 30-60 minutes after working out to maximize muscle glycogen replacement. If you work out early in the morning, see if you can't tolerate a snack (like a banana or half a bagel) right after getting out of bed. For almost all of us, spacing our intake out more evenly during the day will be better than saving up most of our calories for the evening hours.

6) Eat a variety of foods. It's easy to get stuck in a nutrition rut and miss out on some important nutrients. Try a new fruit or vegetable each week. Eat cereal for breakfast a couple times a week instead of the same old bagel. Try bulgar instead of rice, rice instead of pasta, rye bread instead of whole wheat. Stuck on chicken? Try fish or pork or even beef this week. We are fortunate to have such a huge selection of foods to choose from—take advantage!

If it is true that we are what we eat, then what kind of person do you want to be this year?

MINUTES from page 2

coaches at the Spokane Masters and Tri to encourage them to participate in the clinic next fall.

Convention: Elin said that the Zone will be picking three small LMSC delegates and suggested that we apply for one of those positions. Doug said that he would apply this year. Elin also suggested that Susanne attend, and that she would be writing a letter to USMS President Nancy Ridout trying to obtain a delegate-at-large status for Susanne.

Other: Margaret noted that the Steve Omi swim will take place on July 22. It was discussed that the LMSC needs a web site, and that the new administration should tackle that task.

WASHINGTON STATE UNIVERSITY MASTERS PRESENTS
INLAND NORTHWEST MASTERS CHAMPIONSHIPS

SATURDAY & SUNDAY APRIL 7 & 8, 2001

DATE/TIMES: Saturday, April 7 warm-up starts at 11:00 am, meet starts at 12:00 noon. Second warm up will begin at 1:00, event 3 will not begin before 1:30 p.m. Sunday, April 8 warm-up starts at 8:00 am, event 17 will begin at 9:00 am.

SPONSOR: Washington State University Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3510408.

ELIGIBILITY: All swimmers must be currently registered USMS swimmers. New registrations will be available at the meet.

RULES: All current USMS rules will apply. Certified stroke and turn judge will be present at all IWMSC sanctioned meets. Please consult the 2001 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

DEADLINE: All entries must be postmarked by March 28, 2001.

FEES: \$12.00, make checks payable to: IWMSC. Cash will not be accepted with entry forms or at the meet. *No deck entries.*

CONDUCT OF THE MEET: Each participant may swim six individual (no more than five in one day), and four relay events.

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

AWARDS: Ribbons will be available free of charge.

SATURDAY EVENING DINNER: WSU Masters will host the annual awards dinner at St. Thomas More Catholic Newman Center. Directions will be provided at the meet check-in. The cost will be \$12/person.

LODGING: See below for lodging details.

DIRECTIONS: *From Spokane,* take Highway 195 south through Colfax to Pullman. Turn left at first stop light onto Grand Avenue, go north on Grand to Stadium Way, and turn right. Follow Stadium Way to Colorado Street and turn right. The WSU Athletic Complex will be on your left. *From Moscow,* Idaho, turn right onto Stadium Way to Colorado Street, and turn left. The WSU Athletic Complex will be on your left. *Gibb Pool* is in the Physical Education Building, next to the building with curved glass front. Do not park in the grey zone across from the pool, meters are ticketed on the weekends. Follow all parking signs.

QUESTIONS: Contact Meet Director Doug Garcia at 509-332-1621 evenings before 9 pm please, or email dougarcia@usms.org.

POSTMARKED BY:	March 28, 2001
MAIL ENTRIES TO:	Margaret Hair 408 Vista Drive Coeur d'Alene, ID 83815
ENTRY FEE:	\$12.00 (No Deck Entries)
CHECKS PAYABLE TO:	IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS No. _____ Team _____

Please include a copy of your USMS registration card if you are out of the Inland Northwest LMSC.

SATURDAY EVENING AWARDS DINNER: WSU Masters will be hosting the annual awards and recognition dinner Saturday starting at 6:30 pm. The charge will be \$12/person for the catered meal and will cover a selection of 2-3 entrees. Pre-registration and payment is strongly suggested as there will be a limited number of "extra meals."

LODGING: Washington State University residence hall rooms are available Friday and/or Saturday evening in Perham Hall for Inland Northwest Championship participants. The cost is \$13/ person for a double room or \$16/ person for a single room per night. These rooms are away from currently enrolled WSU residence hall students. Please contact Lois Roberts at (509) 335-7732 and mention that you are a WSU Masters Swimming participant. You will be asked to pay in advance with a credit card over the phone. See the reverse side of this form for other local lodging options.

Meet Entry, \$12.00 _____

Saturday Dinner \$12.00 _____

Total Amount Enclosed _____

Make Checks Payable to IWMSC

Do not include your housing payment!

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** _____

PULLMAN, WASHINGTON

To Palouse, WA (15 mi) 27

To Highway 195 & Spokane, WA (75 mi) 270

Grand Ave

Stadium Way

University Housing

Coliseum

Stadium

Gibb Pool

CUB

Hospital

Main St

To Highway 195, Lewiston, ID (35 mi) & Clarkston, WA (37 mi)

Bishop Blvd.

Grimes Way

Airport Rd

To Moscow, ID (8 mi)

270

Local lodging

Holiday Inn Express — Pullman
509-334-4473, or 800-465-4329

Quality Inn — Pullman
509-332-0500, or 800-669-3212

University Inn — Moscow
208-882-0550, or 800-325-8765

Super 8 — Moscow
208-883-1503

For additional lodging information call the Pullman Chamber of Commerce at 800-365-6948.

Name _____ Male Female Birthdate _____ Age _____

Short Course Yards Times Please • Maximum of 6 Individual (no more than five individual events in one day) and 4 Relay Events.

SATURDAY APRIL 7, 2001

- 1) 1650 Y Freestyle _____
- 2) 1000 Y Freestyle _____
(Individuals may swim either the 1650 or the 1000, not both events.)
- SECOND WARM UP**
(Event 3 will not begin before 1:30 pm)
- 3) 50 Y Freestyle _____
- 4) 200 Y Butterfly _____
- 5) 100 Y Backstroke _____
- 6) 200 Y Individual Medley _____

10 MINUTE BREAK

- 7) *Mixed Medley Relay*
(200, 400 and 800 will be offered)
- 10) 100 Y Freestyle _____

- 11) 50 Y Backstroke _____
- 12) 200 Y Breaststroke _____
- 10 MINUTE BREAK**
- 13) *Freestyle Relay*
(200, 400 and 800 will be offered)
- 16) 400 Y Individual Medley _____

Crazy Relays for Prizes

Awards Dinner at 6:30, St. Thomas More Catholic Newman Center

SUNDAY APRIL 8, 2001

- 17) *Medley Relay*
(200, 400 and 800 will be offered)
- 20) 200 Y Backstroke _____
- 21) 50 Y Breaststroke _____

- 22) 100 Y Butterfly _____
- 10 MINUTE BREAK**
- 23) *Mixed Freestyle Relay*
(200, 400 and 800 will be offered)
- 26) 100 Y Individual Medley _____
- 10 MINUTE BREAK**

- 27) 200 Y Freestyle _____
- 28) 100 Y Breaststroke _____
- 29) 50 Y Butterfly _____
- 30) 500 Y Freestyle _____
(Participants in the 500 must check-in to the clerk of course by the end of event 28, confirming their desire to swim the race.)

SWIM MEET RESULTS

2001 NEW YEARS SWIM MEET

January 21, 2001 • Post Falls, Idaho

WOMEN'S INDIVIDUAL EVENTS

Women 35-39

50 Yards Freestyle			
Marsha Lutz	38	0:32.12	SWA
Suzy Jones	39	0:36.74	PMS
100 Yards Freestyle			
Judy Kelsch	39	1:02.07	UNA
Suzy Jones	39	1:27.03	PMS
200 Yards Freestyle			
Judy Kelsch	39	2:19.26	UNA
100 Yards Backstroke			
Suzy Jones	39	1:43.29	PMS
50 Yards Breaststroke			
Marsha Lutz	38	0:41.50	SWA
100 Yards Breaststroke			
Marsha Lutz	38	1:33.88	SWA
50 Yards Butterfly			
Judy Kelsch	39	0:32.29	UNA
100 Yards Individual Medley			
Judy Kelsch	39	1:15.24	UNA

Women 40-44

50 Yards Freestyle			
Julianne Parnell	43	0:34.46	SWA
100 Yards Freestyle			
Dodi Sykes	42	1:12.30	SWA
200 Yards Freestyle			
Dodi Sykes	42	2:37.96	SWA
Cindy Clutter	41	2:38.92	LCM
500 Yards Freestyle			
Susanne Simpson	40	5:34.79Z	SCM
1650 Yards Freestyle			
Susanne Simpson	40	19:11.54I	SCM
Cindy Clutter	41	24:28.97	LCM
50 Yards Backstroke			
Dodi Sykes	42	0:39.34	SWA
100 Yards Breaststroke			
Cindy Clutter	41	1:33.09	LCM
50 Yards Butterfly			
Susanne Simpson	40	0:29.06I	SCM
Julianne Parnell	43	DQ	SWA
100 Yards Butterfly			
Susanne Simpson	40	1:04.15I	SCM
100 Yards Individual Medley			
Dodi Sykes	42	1:26.64	SWA
Julianne Parnell	43	1:28.53	SWA
400 Yards Individual Medley			
Susanne Simpson	40	5:13.25I	SCM

Women 45-49

100 Yards Freestyle			
Margaret Hair	45	1:07.44	LCM
500 Yards Freestyle			
Elin Zander	46	6:36.56	IEY
1650 Yards Freestyle			
Elin Zander	46	23:35.30	IEY
50 Yards Backstroke			
Margaret Hair	45	0:36.93	LCM
50 Yards Breaststroke			
Mary Adams	45	0:44.40	UNA

100 Yards Breaststroke

Elin Zander	46	1:25.41	IEY
Margaret Hair	45	1:27.49	LCM

200 Yards Breaststroke

Elin Zander	46	3:04.95	IEY
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50 Yards Butterfly

Mary Adams	45	0:40.87	UNA
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100 Yards Butterfly

Mary Adams	45	1:41.95	UNA
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100 Yards Individual Medley

Margaret Hair	45	1:17.00	LCM
Mary Adams	45	1:30.00	UNA

400 Yards Individual Medley

Elin Zander	46	6:08.55	IEY
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Women 50-54

50 Yards Freestyle

Diana Leake	54	0:31.58	SWA
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50 Yards Breaststroke

Diana Leake	54	0:42.76	SWA
-------------	----	---------	-----

50 Yards Butterfly

Diana Leake	54	0:36.03	SWA
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Women 55-59

50 Yards Freestyle

Pat Sharp Brown	56	0:35.88	SCM
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100 Yards Freestyle

Suzanne Dills	55	1:10.20	PNA
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Pat Sharp Brown	56	1:22.29	SCM
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50 Yards Backstroke

Pat Sharp Brown	56	0:48.01	SCM
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100 Yards Backstroke

Suzanne Dills	55	1:23.71	PNA
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50 Yards Breaststroke

Pat Sharp Brown	56	0:46.50I	SCM
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100 Yards Breaststroke

Suzanne Dills	55	1:31.29	PNA
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Pat Sharp Brown	56	1:40.30I	SCM
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100 Yards Butterfly

Suzanne Dills	55	1:22.37	PNA
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Women 60-64

500 Yards Freestyle

Suzy Mckinnon	60	11:27.46	MTM
---------------	----	----------	-----

50 Yards Backstroke

Suzy Mckinnon	60	0:58.35	MTM
---------------	----	---------	-----

100 Yards Backstroke

Suzy Mckinnon	60	2:12.77	MTM
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200 Yards Backstroke

Suzy Mckinnon	60	4:29.31	MTM
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100 Yards Individual Medley

Suzy Mckinnon	60	2:15.68	MTM
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U = Unofficial Time
 I = Inland Northwest Record
 Z = Northwest Zone Record
 N = National Record
 W = World Record
 All records pending verification

Women 70-74

50 Yards Freestyle

Sr Madonna Buder	70	0:50.21	UNA
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200 Yards Freestyle

Sr Madonna Buder	70	4:01.38I	UNA
------------------	----	----------	-----

500 Yards Freestyle

Sr Madonna Buder	70	10:16.48I	UNA
------------------	----	-----------	-----

1650 Yards Freestyle

Sr Madonna Buder	70	35:30.37I	UNA
------------------	----	-----------	-----

Women 75-79

50 Yards Freestyle

Jean Rudolph	79	0:54.25	MCM
--------------	----	---------	-----

50 Yards Backstroke

Jean Rudolph	79	1:01.41	MCM
--------------	----	---------	-----

Maureen Schmah	79	1:44.22	IEY
----------------	----	---------	-----

100 Yards Backstroke

Jean Rudolph	79	2:28.58	MCM
--------------	----	---------	-----

50 Yards Breaststroke

Jean Rudolph	79	1:20.87	MCM
--------------	----	---------	-----

Maureen Schmah	79	1:59.72	IEY
----------------	----	---------	-----

100 Yards Individual Medley

Jean Rudolph	79	2:38.29	MCM
--------------	----	---------	-----

Men 35-39

50 Yards Freestyle

Doug Garcia	39	0:29.53	WSU
-------------	----	---------	-----

Mike Brosnahan	37	0:29.89	SWA
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100 Yards Freestyle

Mike Brosnahan	37	1:08.93	SWA
----------------	----	---------	-----

Doug Garcia	39	1:10.02	WSU
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50 Yards Butterfly

Mike Brosnahan	37	0:35.40	SWA
----------------	----	---------	-----

100 Yards Individual Medley

Doug Garcia	39	1:24.10	WSU
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200 Yards Individual Medley

Doug Garcia	39	3:06.32	WSU
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Men 40-44

50 Yards Freestyle

Rod Wharton	44	0:27.85	LCM
-------------	----	---------	-----

Thomas Simpson	40	0:32.41	SCM
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100 Yards Freestyle

Rod Wharton	44	1:01.26	LCM
-------------	----	---------	-----

Thomas Lamar	40	1:02.47	MCM
--------------	----	---------	-----

Thomas Simpson	40	1:09.96	SCM
----------------	----	---------	-----

200 Yards Freestyle

Thomas Simpson	40	2:37.07	SCM
----------------	----	---------	-----

500 Yards Freestyle

Eric Ridgway	40	6:31.93	SWA
--------------	----	---------	-----

Rod Wharton	44	6:39.98	LCM
-------------	----	---------	-----

Thomas Simpson	40	6:59.92	SCM
----------------	----	---------	-----

1650 Yards Freestyle

Thomas Simpson	40	24:54.31	SCM
----------------	----	----------	-----

50 Yards Backstroke

Rod Wharton	44	0:34.32	LCM
-------------	----	---------	-----

100 Yards Backstroke

Rod Wharton	44	1:12.82	LCM
-------------	----	---------	-----

Thomas Lamar	40	1:13.44	MCM
--------------	----	---------	-----

50 Yards Breaststroke

Eric Ridgway	40	0:35.51	SWA
--------------	----	---------	-----

100 Yards Breaststroke

Eric Ridgway	40	1:19.17	SWA
--------------	----	---------	-----

200 Yards Breaststroke

Eric Ridgway	40	2:49.37	SWA
--------------	----	---------	-----

100 Yards Individual Medley

Thomas Lamar	40	1:12.01	MCM
--------------	----	---------	-----

200 Yards Individual Medley

Thomas Lamar	40	2:38.47	MCM
--------------	----	---------	-----

400 Yards Individual Medley

Thomas Lamar	40	5:40.66	MCM
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Men 45-49

50 Yards Freestyle

Brian Lamb	49	0:34.37	WSU
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100 Yards Freestyle

Brian Lamb	49	1:17.06	WSU
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200 Yards Freestyle

Brian Lamb	49	3:01.45	WSU
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Men 50-54

50 Yards Freestyle

Michael Veith	54	0:26.39	SCM
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Bill Travis	53	0:27.35	LCM
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see POST FALLS RESULTS on page 8

SWIM MEET RESULTS

2001 MARCH MADNESS SWIM MEET

March 4, 2001 • Wenatchee, Washington

WOMEN'S INDIVIDUAL EVENTS

Women 25-29

200 Yard Freestyle			
Jennifer Korfiatis	27	2:13.33	WVM
200 Yard Backstroke			
Jennifer Korfiatis	27	2:23.12	WVM

Women 30-34

50 Yard Freestyle			
Darcy Bruggman	33	0:29.14	WVM
100 Yard Freestyle			
Denise Gilman	32	1:21.43	WVM
50 Yard Backstroke			
Darcy Bruggman	33	0:33.86	WVM
100 Yard Backstroke			
Darcy Bruggman	33	1:12.47	WVM
50 Yard Breaststroke			
Denise Gilman	32	0:48.23	WVM
100 Yard Individual Medley			
Darcy Bruggman	33	1:12.41	WVM
Denise Gilman	32	1:34.31	WVM

Women 35-39

50 Yard Freestyle			
Mary Rathbun	37	0:34.65	WVM
Marsha Lutz	38	DQ	SWA
100 Yard Freestyle			
Mary Rathbun	37	1:22.52	WVM
500 Yard Freestyle			
Nancy Rose	39	6:02.38	UNA
1650 Yard Freestyle			
Nancy Rose	39	20:21.95	UNA
Susan Pheasant	38	29:56.88	WVM

100 Yard Backstroke			
Sheri Sinclair	37	1:28.51	WVM
50 Yard Breaststroke			
Mary Rathbun	37	0:42.86	WVM
Marsha Lutz	38	0:43.50	SWA
100 Yard Breaststroke			
Sheri Sinclair	37	1:22.19	WVM
Marsha Lutz	38	1:34.93	SWA
50 Yard Butterfly			
Nancy Rose	39	0:32.82	UNA
100 Yard Butterfly			
Nancy Rose	39	1:11.46	UNA
Sheri Sinclair	37	1:14.28	WVM
200 Yard Butterfly			
Nancy Rose	39	2:32.52	UNA
200 Yard Individual Medley			
Sheri Sinclair	37	2:43.99	WVM
400 Yard Individual Medley			
Sheri Sinclair	37	5:44.47	WVM

Women 40-44

50 Yard Freestyle			
Susanne Simpson	40	0:26.76	SCM
Lesley Allan	42	0:29.14	WVM
100 Yard Freestyle			
Susanne Simpson	40	0:57.20I	SCM
Lesley Allan	42	1:05.49	WVM
Dodi Sykes	42	1:11.70U	SWA
Laurie Riegert	42	1:21.92	WVM
200 Yard Freestyle			
Dodi Sykes	42	2:35.99	SWA
50 Yard Backstroke			
Dodi Sykes	42	0:40.89	SWA
Laurie Riegert	42	0:43.41	WVM

100 Yard Backstroke			
Susanne Simpson	40	1:08.60	SCM
100 Yard Breaststroke			
Laurie Riegert	42	1:38.41	WVM
50 Yard Butterfly			
Susanne Simpson	40	0:28.54I	SCM
Lesley Allan	42	0:34.28	WVM
100 Yard Individual Medley			
Susanne Simpson	40	1:08.48	SCM
Dodi Sykes	42	1:25.61	SWA
Laurie Riegert	42	1:30.50	WVM

Women 45-49

200 Yard Freestyle			
Elin Zander	46	2:28.57	IEY

Women 50-54

50 Yard Freestyle			
Diana Leake	54	0:32.69	SWA
Shirley Schreiber	53	0:40.72	WVM
100 Yard Freestyle			
Diana Leake	54	1:14.34	SWA
Shirley Schreiber	53	1:29.14	WVM
200 Yard Freestyle			
Shirley Schreiber	53	3:16.12U	WVM
50 Yard Backstroke			
Shirley Schreiber	53	0:46.63	WVM

U = Unofficial Time
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 All records pending verification

50 Yard Breaststroke			
Diana Leake	54	0:42.64	SWA
50 Yard Butterfly			
Diana Leake	54	0:35.08	SWA
100 Yard Individual Medley			
Diana Leake	54	1:26.74	SWA
Shirley Schreiber	53	1:37.61	WVM

Women 65-69

50 Yard Freestyle			
Peony Munger	66	0:51.36	WVM
50 Yard Backstroke			
Peony Munger	66	1:06.70	WVM
100 Yard Breaststroke			
Peony Munger	66	2:29.74	WVM
50 Yard Butterfly			
Peony Munger	66	1:15.81	WVM

MEN'S INDIVIDUAL EVENTS

Men 19-24

50 Yard Freestyle			
Eric Smith	24	0:24.25	WSU
Kyle Knott	23	0:26.09	WVM
100 Yard Freestyle			
Eric Smith	24	0:54.12	WSU
200 Yard Freestyle			
Eric Smith	24	2:07.47	WSU
50 Yard Breaststroke			
Kyle Knott	23	0:33.53	WVM
100 Yard Breaststroke			
Kyle Knott	23	1:13.25	WVM
100 Yard Individual Medley			
Eric Smith	24	1:03.12	WSU
Kyle Knott	23	1:05.29	WVM

POST FALLS RESULTS from page 7

100 Yards Freestyle			
Michael Veith	54	0:59.49	SCM
Bill Travis	53	1:01.99	LCM
200 Yards Freestyle			
Michael Veith	54	2:14.21I	SCM
500 Yards Freestyle			
Bill Travis	53	6:30.33	LCM
1650 Yards Freestyle			
Bill Travis	53	22:41.62	LCM
Brian Bartlett	52	26:34.96	UNA
200 Yards Backstroke			
Scott Thompson	50	2:41.91	IEY
50 Yards Breaststroke			
Brian Bartlett	52	0:38.78	UNA
100 Yards Breaststroke			
Brian Bartlett	52	1:27.22	UNA
200 Yards Breaststroke			
Brian Bartlett	52	3:07.38	UNA
50 Yards Butterfly			
Scott Thompson	50	0:29.44	IEY

100 Yards Individual Medley			
Scott Thompson	50	1:11.53	IEY
200 Yards Individual Medley			
Scott Thompson	50	2:40.38	IEY

Men 55-59

50 Yards Backstroke			
Hob Blank	55	0:44.18	LCM
50 Yards Breaststroke			
Hob Blank	55	DQ	LCM
50 Yards Butterfly			
Hob Blank	55	DQ	LCM
100 Yards Individual Medley			
Hob Blank	55	DQ	LCM

Men 60-64

50 Yards Freestyle			
Alan Brown	63	0:30.57	PMS
George Spomer	63	0:44.82	MCM
100 Yards Freestyle			
Alan Brown	63	1:20.59	PMS
George Spomer	63	1:41.82	MCM
200 Yards Freestyle			
George Spomer	63	3:40.75	MCM

500 Yards Freestyle			
Robert Mckinnon	63	7:51.16	MTM
Alan Brown	63	8:20.23	PMS
George Spomer	63	9:32.17	MCM
1650 Yards Freestyle			
George Spomer	63	32:58.73	MCM
50 Yards Backstroke			
Robert Mckinnon	63	0:42.44	MTM
50 Yards Breaststroke			
Robert Mckinnon	63	0:41.33	MTM
50 Yards Butterfly			
Robert Mckinnon	63	0:39.52	MTM
Alan Brown	63	0:39.97	PMS
100 Yards Individual Medley			
Robert Mckinnon	63	1:24.53	MTM

Men 70-74

50 Yards Breaststroke			
William Bresko	73	0:49.23	UNA
100 Yards Breaststroke			
William Bresko	73	2:06.87	UNA
200 Yards Breaststroke			
William Bresko	73	4:43.14	UNA

50 Yards Butterfly			
William Bresko	73	1:00.02	UNA
200 Yards Individual Medley			
William Bresko	73	4:55.14	UNA

Men 85-89

100 Yards Backstroke			
C.J. Hamilton	87	2:56.42I	LCM
50 Yards Breaststroke			
C.J. Hamilton	87	1:20.45	LCM
100 Yards Breaststroke			
C.J. Hamilton	87	3:17.17I	LCM
100 Yards Butterfly			
C.J. Hamilton	87	3:26.83I	LCM
200 Yards Individual Medley			
C.J. Hamilton	87	DQ	LCM

RELAYS

Women's 200 Yard Freestyle Relay			
SWA	35+	DQ	
Diana Leake	54		
Dodie Sykes	42		
Julianne Parnell	43		
Marsha Lutz	38		

200 Yard Individual Medley			
Kyle Knott	23	2:25.05	WVM
400 Yard Individual Medley			
Eric Smith	24	5:19.30	WSU

Men 25-29

1650 Yard Freestyle			
Brian Travis	29	23:01.47	WVM

Men 30-34

100 Yard Freestyle			
James Elwyn	33	0:56.58	WVM

500 Yard Freestyle			
Bryn Peterson	30	8:08.99	WVM

1650 Yard Freestyle			
James Elwyn	33	19:19.96	WVM

50 Yard Backstroke			
Tom Mcrae	34	0:32.47	WVM

50 Yard Breaststroke			
Tom Mcrae	34	0:35.80	WVM

200 Yard Breaststroke			
Bryn Peterson	30	3:29.29	WVM

50 Yard Butterfly			
Tom Mcrae	34	0:29.62	WVM
Bryn Peterson	30	0:40.04	WVM

100 Yard Individual Medley			
Tom Mcrae	34	1:07.80	WVM

Men 35-39

50 Yard Freestyle			
Zack Otruba	39	0:25.74	WVM
Scott Sinclair	39	0:26.86	WVM
Mike Brosnahan	37	0:29.56	SWA
Doug Garcia	39	0:30.93	WSU

100 Yard Freestyle			
Zack Otruba	39	0:58.61	WVM
Scott Sinclair	39	0:59.43	WVM

200 Yard Freestyle			
Scott Sinclair	39	2:20.04	WVM
Doug Garcia	39	2:44.27	WSU

50 Yard Breaststroke			
Mike Brosnahan	37	0:40.05	SWA

100 Yard Breaststroke			
Scott Sinclair	39	1:19.06	WVM
Doug Garcia	39	DQ	WSU

50 Yard Butterfly			
Zack Otruba	39	0:28.67	WVM
Mike Brosnahan	37	0:33.49	SWA

100 Yard Individual Medley			
Doug Garcia	39	1:22.59	WSU

200 Yard Individual Medley			
Doug Garcia	39	3:03.56	WSU

400 Yard Individual Medley			
Zack Otruba	39	5:42.29	WVM

Men 40-44

100 Yard Freestyle			
Bernard Kingsly	42	0:56.20	UNA
Marty Sitton	43	1:08.29	WVM

500 Yard Freestyle			
Marty Sitton	43	6:50.29	WVM

100 Yard Backstroke			
Marty Sitton	43	1:22.10	WVM

50 Yard Breaststroke			
Bernard Kingsly	42	0:32.21	UNA

100 Yard Breaststroke			
Marty Sitton	43	1:15.84	WVM

200 Yard Breaststroke			
Marty Sitton	43	2:48.92	WVM

50 Yard Butterfly			
Bernard Kingsly	42	0:27.52	UNA

100 Yard Individual Medley			
Bernard Kingsly	42	1:05.81	UNA

Men 45-49

50 Yard Freestyle			
Larry Krauser	47	0:23.52	SCM
Bernard Sauvé	46	0:27.57	WVM
Michael Neff	45	0:29.49	WVM
Brian Lamb	49	0:31.62	WSU
Lawrence Riegert	47	0:33.53	WVM

100 Yard Freestyle			
Larry Krauser	47	0:53.09	SCM
Bernard Sauvé	46	1:00.21	WVM
Michael Neff	45	1:09.74	WVM
Brian Lamb	49	1:13.91	WSU
Lawrence Riegert	47	1:16.03	WVM

200 Yard Freestyle			
Brian Lamb	49	2:51.36	WSU
Lawrence Riegert	47	2:59.66	WVM

500 Yard Freestyle			
Larry Krauser	47	5:45.89	SCM
Brian Lamb	49	7:51.27	WSU

50 Yard Breaststroke			
Larry Krauser	47	0:33.33	SCM
Bernard Sauvé	46	0:34.29	WVM

100 Yard Breaststroke			
Bernard Sauvé	46	1:14.39	WVM
Peter Himmel	47	1:18.25	WVM

50 Yard Butterfly			
Michael Neff	45	0:34.06	WVM
Lawrence Riegert	47	0:38.80	WVM

100 Yard Butterfly			
Larry Krauser	47	1:08.37U	SCM
Peter Himmel	47	1:11.11	WVM

100 Yard Individual Medley			
Peter Himmel	47	1:10.99	WVM
Bernard Sauvé	46	1:11.82	WVM
Michael Neff	45	1:17.10	WVM
Lawrence Riegert	47	1:26.55	WVM

200 Yard Individual Medley			
Peter Himmel	47	DQ	WVM

Men 50-54

50 Yard Freestyle			
Michael Veith	54	0:26.33	SCM
William Travis	52	0:28.22L	SCM
Steve Sturzl	50	0:37.70	WVM

100 Yard Freestyle			
Michael Veith	54	0:58.74I	SCM
Steve Sturzl	50	1:23.96	WVM

200 Yard Freestyle			
Michael Veith	54	2:15.62	SCM
Steve Sturzl	50	3:03.18	WVM

500 Yard Freestyle			
Michael Veith	54	6:17.99I	SCM
Brian Bartlett	52	7:52.88	UNA

1650 Yards Freestyle			
William Travis	52	23:21.35L	SCM
Steve Sturzl	50	28:14.73	WVM

50 Yard Breaststroke			
Brian Bartlett	52	0:38.18	UNA

100 Yard Breaststroke			
Brian Bartlett	52	1:25.13	UNA

200 Yard Breaststroke			
Brian Bartlett	52	3:08.40U	UNA

Men 55-59

50 Yard Freestyle			
Patrick Magee	59	0:36.08	WVM

100 Yard Freestyle			
Patrick Magee	59	1:27.90	WVM

200 Yard Freestyle			
Patrick Magee	59	3:43.89	WVM

100 Yard Breaststroke			
Patrick Magee	59	2:13.76	WVM

100 Yard Individual Medley			
Patrick Magee	59	2:03.34	WVM

Men 60-64

100 Yards Freestyle			
Gary Shaw	60	1:39.09U	WVM

Men 65-69

50 Yard Freestyle			
Jack Bevier	68	0:37.41	WVM

100 Yard Freestyle			
Jack Bevier	68	1:25.03	WVM

200 Yard Freestyle			
Jack Bevier	68	3:25.78U	WVM

500 Yard Freestyle			
Jack Bevier	68	9:22.14	WVM

Men 70-74

50 Yard Freestyle			
William Bresko	73	0:46.60	UNA

50 Yard Backstroke			
William Bresko	73	1:05.22	UNA

50 Yard Breaststroke			
William Bresko	73	0:50.93	UNA

50 Yard Butterfly			
William Bresko	73	1:03.64	UNA

100 Yard Individual Medley			
William Bresko	73	2:11.73	UNA

Men 75-79

50 Yard Freestyle			
Richard Munger	78	1:15.77	WVM

50 Yard Backstroke			
Richard Munger	78	1:32.63	WVM

50 Yard Breaststroke			
Richard Munger	78	1:16.13	WVM

WOMEN'S RELAY EVENTS

Women's 200 Yard Freestyle Relay			
WVM	35+	2:08.40	
Laurie Riegert	42		
Mary Rathbun	37		
Lesley Allan	42		
Sheri Sinclair	37		

Women's 200 Yard Medley Relay			
WVM	35+	2:35.73	
Sherry Sinclair	37		
Laurie Riegert	42		
Lesley Allan	42		
Mary Rathbun	37		

Men's 200 Yard Freestyle Relay			
WVM	25+	1:50.15U	
Brian Travis	29		
Bryn Peterson	30		
Tom Mcrae	34		
James Elwyn	33		

WVM	35+	1:57.07	
Scott Sinclair	39		
Randall Phillips	42		
Marty Sitton	43		
Zack Otruba	39		

WVM	45+	1:55.08	
Michael Neff	45		
Lawrence Riegert	47		
Bernard Sauvé	46		
Peter Himmel	47		

WVM	55+	3:08.59	
Richard Munger,78			
Jack Bevier,68			
Patrick Magee,59			
Gary Shaw,60,			

Men's 200 Medley Relay			
WVM	19+	2:00.32	
James Elwyn	33		
Kyle Knott	23		
Tom Mcrae	34		
Brian Travis	29		

WVM	35+	2:10.60U	
Ian Cunningham	44		
Marty Sitton	43		
Zack Otruba	39		
Scott Sinclair	39		

WVM	45+	2:26.62	
Michael Neff	45		
Peter Himmel	47		
Lawrence Riegert	47		
Steve Sturzl	50		

WVM	55+	4:13.58	
Richard Munger	78		
Jack Bevier	68		
Patrick Magee	59		
Gary Shaw	60		

200 Yard Mixed Medley Relay			
WVM	19+	2:01.84	
Jennifer Korfiatis	27		
Kyle Knott	23		
James Elwyn	33		
Darcy Bruggman	33		

WVM	35+	2:16.06U	
Sherry Sinclair	37		
Marty Sitton	43		
Zack Otruba	39		
Lesley Allan	42		

WVM	35+	2:44.22	
Mary Rathbun	37		
Bernard Sauvé	46		
Laurie Riegert	42		
Randall Phillips	42		

WVM	45+	3:01.73	
Shirley Schreiber	53		
Steve Sturzl	50		
Lawrence Riegert	47		
Peony Munger	66		

Zone Entry Form

We Want to Hear from YOU!

Please submit your **nominations for Most Inspirational and Most Dedicated swimmer of the year**. Write a brief statement explaining why you believe this person should receive the award. These two awards, along with the high point male and high point female will be presented at the awards dinner on April 7.

	Inland Northwest Officer Elections
<input type="checkbox"/> Chair	Susanne Simpson (SCM)
<input type="checkbox"/> Write in candidate	
<input type="checkbox"/> Vice Chair	Brian Lamb (WSU)
<input type="checkbox"/> Write in candidate	
<input type="checkbox"/> Treasurer	Marie Glynn (WSU)
<input type="checkbox"/> Write in candidate	
<input type="checkbox"/> Secretary	Scott Thompson (IEY)
<input type="checkbox"/> Write in candidate	
Voting ends upon the conclusion of events on April 7 at the Championship Meet. Results of the elections will be announced at the awards dinner on April 7.	

Splashmaster/Inland Northwest Masters Survey

Inland NW Masters would like to know how you feel about the following items.

- Yes No I like getting email reminders of meets and upcoming events.
- Yes No I like getting pdf attachments of entry forms in my email.
- Yes No I would prefer to get the *Splashmaster* only as a printed publication.
- Yes No I would prefer to get the *Splashmaster* as an electronic pdf file in my email.

- Yes No I would be willing to pay more in annual registration (from \$25 to \$30) to keep the *Splashmaster* coming to me in a printed form.
- Yes No I prefer to get the *Splashmaster* in as a pdf, and would like to keep the annual registration at \$25 for as long as possible.

Additional Comments

Please mail this entire page along with your Championship Meet entry form to:
Margaret Hair, 408 Vista Drive, Coeur d'Alene, ID 83815

SPLASHMASTER

Doug Garcia • Washington State University
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Bubbles are great for blowing, not for pulling

BY LINDA CONGER, SNAKE RIVER MASTERS SWIMMING

Get rid of those bubbles and you will go faster. The more bubbles you have coming off your hands as you swim the less efficient your stroke. Yes it is easier to pull your hand through the water but you don't get the leverage you need to get the most out of every stroke.

So how do you get rid of those nasty bubbles? During warm up or when doing skill drills is the perfect time to slow down and watch your stroke. Try not to breathe every stroke so you can watch your hands enter the water and start your stroke.

If you have lots of bubbles, the first place to start correcting the problem is to look how your hand enters the water. More than likely you are entering the water flat and not at an

angle. Remember in Freestyle your hand should enter the water at an angle, gently slipping your hand into the water. This will reduce the bubbles from the point of entry and could be all you need to do to improve your stroke efficiency.

If you need more bubble reduction, watch your hand as it pulls through the first part of your stroke. Play with the pitch of your hand to release more bubbles. Remember you want to pull and move water and not air, and bubbles represent air.

Any time you change your stroke it should feel a bit strange as you are retraining your muscle memory, so give your body some time to adjust to any changes.