

# SPLASHMASTER

Volume 4 Number 1

March 2001

## Training Goals for Life

BY BOB BRUCE OF OREGON MASTERS SWIMMING

**H**ave 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

#### Chair & Registrar

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## 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**

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99102-0145 email: douggarcia@usms.org

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](mailto:dougarcia@usms.org).

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

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

To Moscow, ID (8 mi)

Local lodging

Holiday Inn Express — Pullman 509-334-4473, or 800-465-4329	University Inn — Moscow 208-882-0550, or 800-325-8765
Quality Inn — Pullman 509-332-0500, or 800-669-3212	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

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

### Women 40-44

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

### Women 45-49

<b>100 Yards Freestyle</b>			
Margaret Hair	45	1:07.44	LCM
<b>500 Yards Freestyle</b>			
Elin Zander	46	6:36.56	IEY
<b>1650 Yards Freestyle</b>			
Elin Zander	46	23:35.30	IEY
<b>50 Yards Backstroke</b>			
Margaret Hair	45	0:36.93	LCM
<b>50 Yards Breaststroke</b>			
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
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#### 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
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#### 50 Yards Backstroke

Suzy Mckinnon	60	0:58.35	MTM
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#### 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  
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 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
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#### 500 Yards Freestyle

Sr Madonna Buder	70	10:16.48I	UNA
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#### 1650 Yards Freestyle

Sr Madonna Buder	70	35:30.37I	UNA
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### Women 75-79

#### 50 Yards Freestyle

Jean Rudolph	79	0:54.25	MCM
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#### 50 Yards Backstroke

Jean Rudolph	79	1:01.41	MCM
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Maureen Schmahl	79	1:44.22	IEY
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#### 100 Yards Backstroke

Jean Rudolph	79	2:28.58	MCM
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#### 50 Yards Breaststroke

Jean Rudolph	79	1:20.87	MCM
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Maureen Schmahl	79	1:59.72	IEY
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#### 100 Yards Individual Medley

Jean Rudolph	79	2:38.29	MCM
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### Men 35-39

#### 50 Yards Freestyle

Doug Garcia	39	0:29.53	WSU
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Mike Brosnahan	37	0:29.89	SWA
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#### 100 Yards Freestyle

Mike Brosnahan	37	1:08.93	SWA
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Doug Garcia	39	1:10.02	WSU
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#### 50 Yards Butterfly

Mike Brosnahan	37	0:35.40	SWA
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#### 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
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Thomas Simpson	40	0:32.41	SCM
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#### 100 Yards Freestyle

Rod Wharton	44	1:01.26	LCM
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Thomas Lamar	40	1:02.47	MCM
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Thomas Simpson	40	1:09.96	SCM
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#### 200 Yards Freestyle

Thomas Simpson	40	2:37.07	SCM
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#### 500 Yards Freestyle

Eric Ridgway	40	6:31.93	SWA
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Rod Wharton	44	6:39.98	LCM
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Thomas Simpson	40	6:59.92	SCM
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#### 1650 Yards Freestyle

Thomas Simpson	40	24:54.31	SCM
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#### 50 Yards Backstroke

Rod Wharton	44	0:34.32	LCM
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#### 100 Yards Backstroke

Rod Wharton	44	1:12.82	LCM
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Thomas Lamar	40	1:13.44	MCM
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#### 50 Yards Breaststroke

Eric Ridgway	40	0:35.51	SWA
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#### 100 Yards Breaststroke

Eric Ridgway	40	1:19.17	SWA
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#### 200 Yards Breaststroke

Eric Ridgway	40	2:49.37	SWA
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#### 100 Yards Individual Medley

Thomas Lamar	40	1:12.01	MCM
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#### 200 Yards Individual Medley

Thomas Lamar	40	2:38.47	MCM
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#### 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

<b>200 Yard Freestyle</b>			
Jennifer Korfiatis	27	2:13.33	WVM
<b>200 Yard Backstroke</b>			
Jennifer Korfiatis	27	2:23.12	WVM

### Women 30-34

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

### Women 35-39

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

<b>100 Yard Backstroke</b>			
Sheri Sinclair	37	1:28.51	WVM
<b>50 Yard Breaststroke</b>			
Mary Rathbun	37	0:42.86	WVM
Marsha Lutz	38	0:43.50	SWA

<b>100 Yard Breaststroke</b>			
Sheri Sinclair	37	1:22.19	WVM
Marsha Lutz	38	1:34.93	SWA

<b>50 Yard Butterfly</b>			
Nancy Rose	39	0:32.82	UNA

<b>100 Yard Butterfly</b>			
Nancy Rose	39	1:11.46	UNA
Sheri Sinclair	37	1:14.28	WVM

<b>200 Yard Butterfly</b>			
Nancy Rose	39	2:32.52	UNA

<b>200 Yard Individual Medley</b>			
Sheri Sinclair	37	2:43.99	WVM

<b>400 Yard Individual Medley</b>			
Sheri Sinclair	37	5:44.47	WVM

### Women 40-44

<b>50 Yard Freestyle</b>			
Susanne Simpson	40	0:26.76	SCM
Lesley Allan	42	0:29.14	WVM

<b>100 Yard Freestyle</b>			
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

<b>200 Yard Freestyle</b>			
Dodi Sykes	42	2:35.99	SWA

<b>50 Yard Backstroke</b>			
Dodi Sykes	42	0:40.89	SWA
Laurie Riegert	42	0:43.41	WVM

<b>100 Yard Backstroke</b>			
Susanne Simpson	40	1:08.60	SCM

<b>100 Yard Breaststroke</b>			
Laurie Riegert	42	1:38.41	WVM

<b>50 Yard Butterfly</b>			
Susanne Simpson	40	0:28.54I	SCM
Lesley Allan	42	0:34.28	WVM

<b>100 Yard Individual Medley</b>			
Susanne Simpson	40	1:08.48	SCM
Dodi Sykes	42	1:25.61	SWA
Laurie Riegert	42	1:30.50	WVM

### Women 45-49

<b>200 Yard Freestyle</b>			
Elin Zander	46	2:28.57	IEY

### Women 50-54

<b>50 Yard Freestyle</b>			
Diana Leake	54	0:32.69	SWA
Shirley Schreiber	53	0:40.72	WVM

<b>100 Yard Freestyle</b>			
Diana Leake	54	1:14.34	SWA
Shirley Schreiber	53	1:29.14	WVM

<b>200 Yard Freestyle</b>			
Shirley Schreiber	53	3:16.12U	WVM

<b>50 Yard Backstroke</b>			
Shirley Schreiber	53	0:46.63	WVM

U = Unofficial Time  
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 All records pending verification

<b>50 Yard Breaststroke</b>			
Diana Leake	54	0:42.64	SWA

<b>50 Yard Butterfly</b>			
Diana Leake	54	0:35.08	SWA

<b>100 Yard Individual Medley</b>			
Diana Leake	54	1:26.74	SWA
Shirley Schreiber	53	1:37.61	WVM

### Women 65-69

<b>50 Yard Freestyle</b>			
Peony Munger	66	0:51.36	WVM

<b>50 Yard Backstroke</b>			
Peony Munger	66	1:06.70	WVM

<b>100 Yard Breaststroke</b>			
Peony Munger	66	2:29.74	WVM

<b>50 Yard Butterfly</b>			
Peony Munger	66	1:15.81	WVM

## MEN'S INDIVIDUAL EVENTS

### Men 19-24

<b>50 Yard Freestyle</b>			
Eric Smith	24	0:24.25	WSU
Kyle Knott	23	0:26.09	WVM

<b>100 Yard Freestyle</b>			
Eric Smith	24	0:54.12	WSU

<b>200 Yard Freestyle</b>			
Eric Smith	24	2:07.47	WSU

<b>50 Yard Breaststroke</b>			
Kyle Knott	23	0:33.53	WVM

<b>100 Yard Breaststroke</b>			
Kyle Knott	23	1:13.25	WVM

<b>100 Yard Individual Medley</b>			
Eric Smith	24	1:03.12	WSU
Kyle Knott	23	1:05.29	WVM

## POST FALLS RESULTS from page 7

<b>100 Yards Freestyle</b>			
Michael Veith	54	0:59.49	SCM
Bill Travis	53	1:01.99	LCM

<b>200 Yards Freestyle</b>			
Michael Veith	54	2:14.21I	SCM

<b>500 Yards Freestyle</b>			
Bill Travis	53	6:30.33	LCM

<b>1650 Yards Freestyle</b>			
Bill Travis	53	22:41.62	LCM
Brian Bartlett	52	26:34.96	UNA

<b>200 Yards Backstroke</b>			
Scott Thompson	50	2:41.91	IEY

<b>50 Yards Breaststroke</b>			
Brian Bartlett	52	0:38.78	UNA

<b>100 Yards Breaststroke</b>			
Brian Bartlett	52	1:27.22	UNA

<b>200 Yards Breaststroke</b>			
Brian Bartlett	52	3:07.38	UNA

<b>50 Yards Butterfly</b>			
Scott Thompson	50	0:29.44	IEY

<b>100 Yards Individual Medley</b>			
Scott Thompson	50	1:11.53	IEY

<b>200 Yards Individual Medley</b>			
Scott Thompson	50	2:40.38	IEY

### Men 55-59

<b>50 Yards Backstroke</b>			
Hob Blank	55	0:44.18	LCM

<b>50 Yards Breaststroke</b>			
Hob Blank	55	DQ	LCM

<b>50 Yards Butterfly</b>			
Hob Blank	55	DQ	LCM

<b>100 Yards Individual Medley</b>			
Hob Blank	55	DQ	LCM

### Men 60-64

<b>50 Yards Freestyle</b>			
Alan Brown	63	0:30.57	PMS
George Spomer	63	0:44.82	MCM

<b>100 Yards Freestyle</b>			
Alan Brown	63	1:20.59	PMS
George Spomer	63	1:41.82	MCM

<b>200 Yards Freestyle</b>			
George Spomer	63	3:40.75	MCM

<b>500 Yards Freestyle</b>			
Robert Mckinnon	63	7:51.16	MTM
Alan Brown	63	8:20.23	PMS
George Spomer	63	9:32.17	MCM

<b>1650 Yards Freestyle</b>			
George Spomer	63	32:58.73	MCM

<b>50 Yards Backstroke</b>			
Robert Mckinnon	63	0:42.44	MTM

<b>50 Yards Breaststroke</b>			
Robert Mckinnon	63	0:41.33	MTM

<b>50 Yards Butterfly</b>			
Robert Mckinnon	63	0:39.52	MTM
Alan Brown	63	0:39.97	PMS

<b>100 Yards Individual Medley</b>			
Robert Mckinnon	63	1:24.53	MTM

### Men 70-74

<b>50 Yards Breaststroke</b>			
William Bresko	73	0:49.23	UNA

<b>100 Yards Breaststroke</b>			
William Bresko	73	2:06.87	UNA

<b>200 Yards Breaststroke</b>			
William Bresko	73	4:43.14	UNA

<b>50 Yards Butterfly</b>			
William Bresko	73	1:00.02	UNA

<b>200 Yards Individual Medley</b>			
William Bresko	73	4:55.14	UNA

### Men 85-89

<b>100 Yards Backstroke</b>			
C.J. Hamilton	87	2:56.42I	LCM

<b>50 Yards Breaststroke</b>			
C.J. Hamilton	87	1:20.45	LCM

<b>100 Yards Breaststroke</b>			
C.J. Hamilton	87	3:17.17I	LCM

<b>100 Yards Butterfly</b>			
C.J. Hamilton	87	3:26.83I	LCM

<b>200 Yards Individual Medley</b>			
C.J. Hamilton	87	DQ	LCM

## RELAYS

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

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

**Men 25-29**

<b>1650 Yard Freestyle</b>			
Brian Travis	29	23:01.47	WVM

**Men 30-34**

<b>100 Yard Freestyle</b>			
James Elwyn	33	0:56.58	WVM

<b>500 Yard Freestyle</b>			
Bryn Peterson	30	8:08.99	WVM

<b>1650 Yard Freestyle</b>			
James Elwyn	33	19:19.96	WVM

<b>50 Yard Backstroke</b>			
Tom Mcrae	34	0:32.47	WVM

<b>50 Yard Breaststroke</b>			
Tom Mcrae	34	0:35.80	WVM

<b>200 Yard Breaststroke</b>			
Bryn Peterson	30	3:29.29	WVM

<b>50 Yard Butterfly</b>			
Tom Mcrae	34	0:29.62	WVM
Bryn Peterson	30	0:40.04	WVM

<b>100 Yard Individual Medley</b>			
Tom Mcrae	34	1:07.80	WVM

**Men 35-39**

<b>50 Yard Freestyle</b>			
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

<b>100 Yard Freestyle</b>			
Zack Otruba	39	0:58.61	WVM
Scott Sinclair	39	0:59.43	WVM

<b>200 Yard Freestyle</b>			
Scott Sinclair	39	2:20.04	WVM
Doug Garcia	39	2:44.27	WSU

<b>50 Yard Breaststroke</b>			
Mike Brosnahan	37	0:40.05	SWA

<b>100 Yard Breaststroke</b>			
Scott Sinclair	39	1:19.06	WVM
Doug Garcia	39	DQ	WSU

<b>50 Yard Butterfly</b>			
Zack Otruba	39	0:28.67	WVM
Mike Brosnahan	37	0:33.49	SWA

<b>100 Yard Individual Medley</b>			
Doug Garcia	39	1:22.59	WSU

<b>200 Yard Individual Medley</b>			
Doug Garcia	39	3:03.56	WSU

<b>400 Yard Individual Medley</b>			
Zack Otruba	39	5:42.29	WVM

**Men 40-44**

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

<b>500 Yard Freestyle</b>			
Marty Sitton	43	6:50.29	WVM

<b>100 Yard Backstroke</b>			
Marty Sitton	43	1:22.10	WVM

<b>50 Yard Breaststroke</b>			
Bernard Kingsly	42	0:32.21	UNA

<b>100 Yard Breaststroke</b>			
Marty Sitton	43	1:15.84	WVM

<b>200 Yard Breaststroke</b>			
Marty Sitton	43	2:48.92	WVM

<b>50 Yard Butterfly</b>			
Bernard Kingsly	42	0:27.52	UNA

<b>100 Yard Individual Medley</b>			
Bernard Kingsly	42	1:05.81	UNA

**Men 45-49**

<b>50 Yard Freestyle</b>			
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

<b>100 Yard Freestyle</b>			
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

<b>200 Yard Freestyle</b>			
Brian Lamb	49	2:51.36	WSU
Lawrence Riegert	47	2:59.66	WVM

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

<b>50 Yard Breaststroke</b>			
Larry Krauser	47	0:33.33	SCM
Bernard Sauvé	46	0:34.29	WVM

<b>100 Yard Breaststroke</b>			
Bernard Sauvé	46	1:14.39	WVM
Peter Himmel	47	1:18.25	WVM

<b>50 Yard Butterfly</b>			
Michael Neff	45	0:34.06	WVM
Lawrence Riegert	47	0:38.80	WVM

<b>100 Yard Butterfly</b>			
Larry Krauser	47	1:08.37U	SCM
Peter Himmel	47	1:11.11	WVM

<b>100 Yard Individual Medley</b>			
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

<b>200 Yard Individual Medley</b>			
Peter Himmel	47	DQ	WVM

**Men 50-54**

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

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

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

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

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

<b>50 Yard Breaststroke</b>			
Brian Bartlett	52	0:38.18	UNA

<b>100 Yard Breaststroke</b>			
Brian Bartlett	52	1:25.13	UNA

<b>200 Yard Breaststroke</b>			
Brian Bartlett	52	3:08.40U	UNA

**Men 55-59**

<b>50 Yard Freestyle</b>			
Patrick Magee	59	0:36.08	WVM

<b>100 Yard Freestyle</b>			
Patrick Magee	59	1:27.90	WVM

<b>200 Yard Freestyle</b>			
Patrick Magee	59	3:43.89	WVM

<b>100 Yard Breaststroke</b>			
Patrick Magee	59	2:13.76	WVM

<b>100 Yard Individual Medley</b>			
Patrick Magee	59	2:03.34	WVM

**Men 60-64**

<b>100 Yards Freestyle</b>			
Gary Shaw	60	1:39.09U	WVM

**Men 65-69**

<b>50 Yard Freestyle</b>			
Jack Bevier	68	0:37.41	WVM

<b>100 Yard Freestyle</b>			
Jack Bevier	68	1:25.03	WVM

<b>200 Yard Freestyle</b>			
Jack Bevier	68	3:25.78U	WVM

<b>500 Yard Freestyle</b>			
Jack Bevier	68	9:22.14	WVM

**Men 70-74**

<b>50 Yard Freestyle</b>			
William Bresko	73	0:46.60	UNA

<b>50 Yard Backstroke</b>			
William Bresko	73	1:05.22	UNA

<b>50 Yard Breaststroke</b>			
William Bresko	73	0:50.93	UNA

<b>50 Yard Butterfly</b>			
William Bresko	73	1:03.64	UNA

<b>100 Yard Individual Medley</b>			
William Bresko	73	2:11.73	UNA

**Men 75-79**

<b>50 Yard Freestyle</b>			
Richard Munger	78	1:15.77	WVM

<b>50 Yard Backstroke</b>			
Richard Munger	78	1:32.63	WVM

<b>50 Yard Breaststroke</b>			
Richard Munger	78	1:16.13	WVM

**WOMEN'S RELAY EVENTS**

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

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

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

WVM	35+	1:57.07	
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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,			

<b>Men's 200 Medley Relay</b>			
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		

<b>200 Yard Mixed Medley Relay</b>			
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 Sauve'	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.

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	<b>Inland Northwest Officer Elections</b>
<input type="checkbox"/> <b>Chair</b>	Susanne Simpson (SCM)
<input type="checkbox"/> Write in candidate	
<input type="checkbox"/> <b>Vice Chair</b>	Brian Lamb (WSU)
<input type="checkbox"/> Write in candidate	
<input type="checkbox"/> <b>Treasurer</b>	Marie Glynn (WSU)
<input type="checkbox"/> Write in candidate	
<input type="checkbox"/> <b>Secretary</b>	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

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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  
PO Box 645910 • Pullman WA 99164-5910

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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.