

SPLASH MASTER

VOLUME 12 ISSUE 2

MARCH 2009

Football in the Pool: Swimming with the Djang's

A Wenatchee Valley Masters swimmer writes about his first swim clinic experience

by Jack Bevier
WVM Swimmer

When Lincoln Djang and his wife Amanda recently came to Wenatchee and put on a swim clinic, I was not enthusiastic when I heard I would have to part with my money to attend. After all, I already have an excellent coach who goes to every clinic within a day's drive and lays it all on us the next day at practice. But this clinic was in our pool, my coach was excited, so I anted up.

Lincoln introduced Amanda to us as his wife and coach. He then describes himself as an engineer and a fifty-year-old physical disaster. He takes medication for high blood pressure, has a heart murmur, and has been medically advised to have shoulder surgery. Because Lincoln loves to swim, he and Amanda decided he should learn to swim smarter, not harder. With that thought in mind, Amanda and Lincoln



Photo by Carolyn Magee

Critical Eyes - Clinic swimmers watch for improvement in underwater footage of their swimming. From left to right - Dennis Osier, Nadine Lemur, Teresa Wendel, Jack Bevier, Kurt Wendel, Denise Lancaster, Alan Kirpes, Amanda Djang and Lincoln Djang.

began taking their video camera to the pool for every weekend workout. At home, they would analyze the their recording, and together decide what specific weakness Lincoln should work on the following week. Now he is swimming faster than he did in college and holds the

world record in the short course 400m IM.

Going to the white board, Lincoln draws a series of rectangles connected by horizontal lines, and tells us to imagine it is a swimmer. He continues by explaining flow

see FOOTBALL on page 2

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2009 Inland Northwest Elections

by Carolyn Magee
WVM Coach

It is that time again! Time to select your Inland Northwest Board of Managers. This year Shirley Schreiber headed up the elections committee for our region. A big "Thank You" goes out to her and to all who helped put together this year's ballot.

If you have not participated in an election before, (or you have and want a

reminder), it works like this. If you are a registered member of Inland Northwest Masters Swimming, you will have the opportunity to vote in one of two places. You can cast your vote in person at the Championship Meet March 28 & 29. Or, if you forget at the meet, or want to get your votes in early, use our online voting portal at www.inlandnwmasters.org.

see CANDIDATES on page 2

U.S. Masters Swimming
Local Masters Swim Committee
Inland Northwest Masters
2007 - 2009 Board of Managers

- Chair: Michael Hartley (WVM)
Past Chair: Doug Garcia
Vice Chair: Carolyn MaGee (WVM)
Top Ten & Records: Margaret Hair (LCM)
Treasurer: Virgil Crampton (WSU)
Meet/Sanctions: Brian Johnson (MCM)
Secretary: Paige Buehler (MCM)
SplashWaster Editor: Carolyn MaGee (WVM)
Registrar: Paige Buehler (MCM)

Team Representatives

- Central Washington: Susan Quick
Spokane Masters Swim & Tri: Karen Carlberg
Coeur d' Alene - Lake City Masters: Margaret Hair
Spokane Waves: Harm-Jan Steenhuis
Fairchild AF Base Masters: Matthew Bronson
Tri City Atomic Sturgeons: Wes Bratton
Moscow Chinook Masters: Lauren Torok
Wenatchee Valley Masters: Shirley Schreiber
Moses Lake: Steve Witcher
WSU Masters: Laura Chapman
Sandpoint West Athletic Club: Robin Helm
Yakima Valley Masters: Brian McGuire
Spokane Club: Larry Krauser
Lewis Clark Neptunes Masters: Nicole Engledow

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from ELECTIONS page 1

2009 Inland Northwest Masters Swimming Board of Managers Candidates

- Chair: Paige Buehler, Moscow
Vice Chair: Matt Bronson, Fairchild AF Base
Secretary: Kristen Heath, Wenatchee
Treasurer: Alan Kirpes, Wenatchee
Virgil Crampton, Pullman

Thanks to everyone willing to help out and serve on the LCS board!

from FOOTBALL page 1

dynamics, body balance, and other esoteric theories that happen as a swimmer moves through the water. As you know, engineers find it impossible to explain things in ordinary English. Fortunately, Amanda was there to translate. Every so often she would interject with, "he means drag," or "he is talking about bubbles." You soon realize you are not listening to an old water-logged, has-been of a swimmer. You are listening to a type A engineer enthusiastically applying his professional knowledge of computer simulations and mathematical models to his love of swimming.

You are not listening to an old water-logged, has-been of a swimmer...

~Jack Biever

After we heard about the flow over the toes, it was time for us to get in the water and apply the theory. While we were swimming, Lincoln was swimming underneath us with flippers and a camera. When we got out of the water, the photos were downloaded into a computer and projected on the wall. Then he analyzed every photo of every swimmer. We looked at correct and incorrect examples of every movement a swimmer makes. And with the help of Amanda, we again heard an impassioned explanation of the detrimental effects of drag and bubbles. I'm sure Michael Phleps never received a more

thorough critique.

After the critique, we went back in the water and one by one swam several 25's in the outside lane, trying to apply the personalized film critique. As we swam, Lincoln would run along the side cheering us on. When we reached the end of the pool he would give us positive feedback. Meanwhile, Amanda was answering a constant stream of individual concerns. The Djang's make a great team.

Was it worth the cost? Let me put it this way. At least once a week for the past ten years one of my well-meaning swimming partners have cautioned me about my stroke cross-over. They have brought me articles to read and devices and gadgets to practice with. Nothing worked for more than a day or two. To me, Lincoln pointed out that proper hand entry helps to maintain proper body position and prevent cross-over. He said, "Put your hands in at ten and two." Amanda threw her arms up like her team had just scored a touchdown.

Since the clinic on February 8th, Lincoln Djang has set a new world mark in the 200 Breaststroke. I am not at all surprised!

for more photos from the clinic and the Djang's principles, see page 5

Why do you SWIM?

Because you're a role model.

Because you're wondering if your children will, too.

And your grandchildren.

Because it's broiling hot outside.

Because it's raining.

Because you can, and others can't.

Because that heart-pounding, leg-shaking thing is all about nervous energy.

Because you can't fly.

Because you can fly.

Because your personal best is just that, yours. And no one can ever take it away from you.

Because you like the feeling the water gives you.

Because you like the feeling you give the water.

Just Because.

Inland Northwest Master Swimming

Calendar of Events

March Madness Meet, Wenatchee WA	3/7/09
INW Champs, Moscow ID	3/28/09 - 3/29/09
Zone Championships, Boise ID	4/4/09 - 4/5/09
PNA Champs, Federal Way WA	4/11/09 - 4/12/09
Tom Jager Swim Clinic, Moscow ID	5/2/09
USMS Short Course Nationals, Clovis CA	5/7/09 - 5/10/09
USMS National 1 Mile Open Water Swim, Fresno CA	5/2/09
Lewiston Open Water Swim	7/4/09

Looking ahead to...

...The Lewiston Open Water Swim

“ Lewis Clark Neptunes (& Masters) have finally received our approval from the Army Corp of Engineers, and we will be having an open water swim July 4th on the Snake River in Clarkston Washington. We are working on the entry form, sanction, etc. This is a great town to spend 4th of July weekend. The rivers offer an abundance of outdoor recreation, and the city puts on a large firework show (at Clarkston High) over the river. It should be a lot of fun, and we will send you more info as it becomes available.

”

Pentathlon Meet & Potluck hosted by Wenatchee Valley



Photo by Carolyn MaGee

by Carolyn MaGee
WVM Coach

Lake City Masters - pose for a photo during the fast paced and competitive WVM November Pentathlon.

The Pentathlon, hosted by the Wenatchee Valley Masters, proved to be an enjoyable format, and a bit of a break from the regular-meet routine. Swimmers could enter any event they chose, but, to be considered for overall awards they had to enter all five events in any given category. The categories were sprint, which consisted of 50's of each stroke plus the 100 IM. The middle distance was 100 of each stroke and the 200 IM, while the ironman division was the 200 of each stroke plus the 400 IM. Not to leave out any triathletes or dedicated freestylers, there was the freestyle category where everyone swam the 50, 100, 200, 500 and 1000 all freestyle. The winner in each division was the person with the lowest total time for all five events. There were several winners by default as they were the only one in a given category in their age group. On the other hand, we had some very competitive divisions where the total time for all five events was mere seconds apart. Winners in each age group were given a certificate, while the overall winners in each division were awarded a medal. The awards were given out at a very enjoyable potluck hosted by the Wenatchee Valley Masters after the meet. It was a fun time and enjoyable to visit and get to know each other better. It is also fun to see what everyone looks like in real clothes.




Photo by Carolyn MaGee

At the blocks - WVM swimmers Alexis Smart and Lesley Allan prep for a race.

for individual results from the Wenatchee Pentathlon see page 8, for team results see page 10

Wenatchee Pentathlon Age Group and Category Winners


Women's Sprint

19-24	Sheri Markwardt	3:25.36	
25-29	Kristen Heath	3:44.94	
30-34	Holly Taylor	4:06.01	
35-39	Heather Colburn	4:24.16	
40-44	Denise Lancaster	4:33.77	
50-54	Lesley Allan	3:50.92	
55-59	Teresa Wendel	5:45.96	
60-64	Shirley Schreiber	4:55.90	
65-69	Suzy NcJubbib	6:52.36	
75-70	Jan Hasse	7:46.38	


Women's Middle Distance

50-54	Margaret Hair	8:54.92	
60-64	Carolyn MaGee	9:40.79	


Women's Ironman

70-74	Peony Munger	30:18.61	
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Women's Freestyle

35-39	Jennifer Korfiatis	22:42.53	
40-44	Heidi Friedman	23:33.22	
45-49	Cindy Clutter	25:40.58	


Men's Sprint

35-39	Mike Hartley	3:21.80	
40-44	Harm-Jan Steenhuis	3:30.61	
45-49	Lincoln Djang	2:41.26	
55-59	Kaz Lorentz	3:51.27	
65-69	Wayne Brown	3:46.66	
80-84	Bill Bresko	7:28.38	


Men's Middle Distance


30-34	Marcos Donolo	6:05.06	
55-59	Vincent Scovazzo	8:00.05	

Men's Ironman

70-74	Bob McKinnon	23:32.41	
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Men's Freestyle

40-44	James Elwyn	20:44.82	
50-54	Craig Scrivner	21:59.79	
70-74	Dennis Osier	32:27.25	
75-79	Jack Bevier	30:41.43	

 indicates category winner

Swimming with the Djang's: Swim Clinic Principles

by *Amanda Djang*
Clinic Coach

Fundamentally, when I work with swimmers, I coach some basic principles and allow the swimmers to adjust them to fit their individual needs. I believe that the swimmers brings their own talents to the sport. It is my goal to make the best of it.

There are three basic biomechanics that all swimmers must be able to master, but beyond that, the strokes belong to the individuals themselves.

First principle

Both gravity and buoyancy work on their bodies. My coaching of stroke technique is to find a dynamic balance between these forces as the swimmers propel themselves through the water.



Each individual has different gravity and buoyancy characteristics that determine what stroke technique may be best used by that individual.

Gravity: Typically, a swimmer's center of gravity is located near their midsection.

Buoyancy: There are differences

between the center of buoyancy for a male versus a female. They are as follows. Males: lungs Females: lungs and distribution of body fat.

The key difference that I have coached is that a female with body fat on her hips and legs will have a different stroke technique than one with more upper body fat stores. Both body types can be effective and fast. The challenge is to coach all swimmers to use of these differences to their advantage.

Second principle



Swimmers can also use the position of their head to balance buoyancy and gravity forces in opposition. Most often, people are surprised at how much influence their head position can make in their streamline body position. If their head is too high, they drag their legs – which creates tremendous drag forces. Adjusting the head to ride deeper allows the legs to rise.

Third principle

Swimmers must learn how the dynamic nature of the stroke cycle creates symmetric shifts that the swimmer can employ for propulsion. Here are my observations on freestyle and breaststroke.

Freestyle: Many swimmers initial hand placement is incorrect. One typical consequence is that their kick action is outward



and lateral to balance their stroke and establish symmetry.

Breaststroke: Several swimmers struggle with how to time their arm pull and leg kick. When I coached Lincoln to his recent World Record, the adjustment I made for him was to allow his leg kick to finish, before he started his arm pull. This adjustment permitted him to conserve his forward momentum and make good use of his effective power. From 2006 to 2008, he dropped from 1:12.34 to 1:09.21 in the 100m breast.

Our thanks to the Wenatchee Valley Masters for hosting our clinic.

(top right) - Lincoln Djang films improvements in the water.

(center) - Husband and wife, Kurt and Teresa Wendel, review with Lincoln.

(bottom left) - Lincoln Djang puts the magic triangle into action.

Photos by Carolyn MaGee

Would you like to see an article about your team in the next **SPLASH MASTER** ?

Do you have some photos from your last team event to share?

Please share with the rest of INW Masters as well!

Send your newsletter submissions to Carolyn MaGee at wenswim@aol.com

A New Look for U.S. Masters Swimming

Executive Director Rob Butcher writes about the new branding and logo

Dear U.S. Masters Swimming members and partners,

We are excited to share the new U.S. Masters Swimming brand logo and accompanying standards. This document is intended to strengthen our brand identity and illustrate approved uses of this new logo.

U.S. Masters Swimming was organized in the early 70s to serve the needs of adults in their commitment to swimming for fitness and competition. For more than 35 years, our nonprofit organization has operated and grown primarily through the spirit of volunteerism. As membership and commitment to the cause has grown, so too have the responsibilities of the organization.

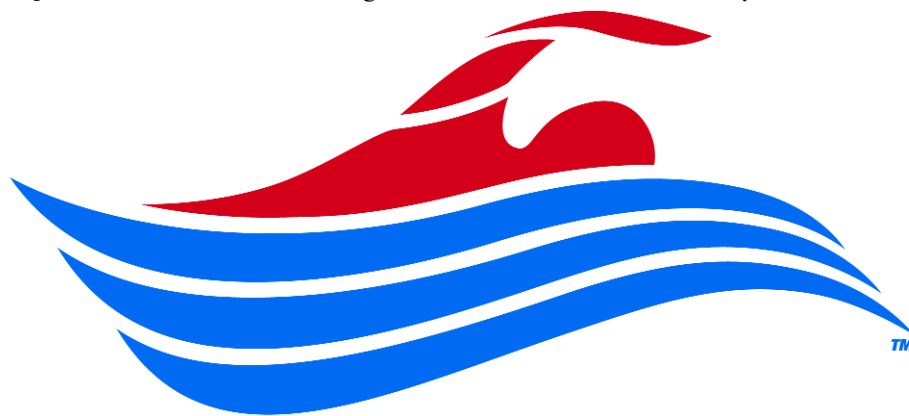
In 2008, the Board of Directors hired me to serve as its Executive Director. Together with my staff, our charge is to move forward the mission of promoting adult fitness, health and wellness through aquatics. Competition and fitness challenges are a

key part of what we do, and we will continue to add opportunities for participation to add value to your membership.

The development of our new brand logo and identity was a collaborative effort by many people. We conducted focus groups and talked with our members to answer the question "How should we identify ourselves?"

We considered many options, including USMS, United States Masters Swimming, U.S. Masters Swimming, Masters Swimming and other monikers such as Adult Swimming. Ultimately, we decided on "U.S. Masters Swimming."

Please note that AP writing style indicates we should use a "." after the U and "." after the S. Therefore, it should always be written as "U.S. Masters Swimming" rather than US Masters Swimming. We discovered that others, such as "United States Marshal Service" and "U.S. Merchant Services," sometimes use the USMS acronym; therefore USMS is



U.S. MASTERS SWIMMING

Full Executive Letter and Guidelines available at www.usms.org



U.S. MASTERS SWIMMING

swimming for life! www.usms.org

not part of our new brand logo identity. You may, however, use USMS in text paragraph format provided the USMS acronym is first accompanied by U.S. Masters Swimming. For example, it would be acceptable to type "U.S. Masters Swimming (USMS)" in an introductory sentence then continue with the USMS acronym through the remainder of the document. Please note, since USMS is not a part of our brand logo the acronym may not be used in conjunction with the icon.

From there, we evaluated more than 30 different icon and text concepts. The end result is a fluid new icon and text treatment which serves as the logo identifier for the U.S. Masters Swimming brand. The gender-neutral swimmer icon maintains the tradition of the pool swimmer and is also inviting to many other forms of aquatic exercise such as open water, triathlon, recreational and fitness swimming.

We will continue to maintain www.usms.org as our Web identity. More than 5,000 aliases have been assigned to the domain, and it is simple and easy to remember. Further, we were able to secure www.usmastersswimming.org which acts as a second portal pointed to www.usms.org.

We are phasing in the new brand logo into www.usms.org, the member magazine and all other forms of communication, and we encourage you to do the same anywhere the old logo is being used. If you are an LMSC, member club or sanctioned event authorized to use the new brand logo and you have existing merchandise (t-shirts, bags, etc.) with the old logo, you may sell through your current inventory. However, your next order of merchandise must use the new logo.

Lastly, any vendors or partners who

desire to use the brand logo for commercial purposes must be a sponsor of U.S. Masters Swimming and/or have a license. All licensees must abide by the accompanying style guide of use for the brand logo. Interested vendors who do not have a license may contact our office directly.

Thank you for continued support of U.S. Masters Swimming.

Swimming for Life,

Rob Butcher

Executive Director
U.S. Masters Swimming
Member since 1996

General Editing Guidelines

Our new brand and style treatments will carry across all of our communication, marketing and branding. As such, all our members, clubs, partners and affiliated organizations are asked to adhere to the following style guidelines:

- *The logo and/or icon or text must be in the approved Pantone colors, black and white, or grayscale only. No deviation of color scheme or substitution of colors is permitted except as noted.*
- *Our organization should be referred to as "U.S. Masters Swimming" on all printed materials and communications. Per AP style, a period (.) should be placed after "U" and "S" at all times.*
- *"USMS" and "Masters Swimming" are not acceptable substitutions.*
- *The only usage of "USMS" shall be our website domain of "usms.org," however we have registered "usmastersswimming.org," which will redirect to "usms.org." This is being kept the same to make it easier to type into a browser and to keep our staff email addresses reasonably short.*
- *Please contact Ashley Gangloff at agangloff@usms.org with any questions regarding an intended use prior to printing, use or dissemination.*
- *Our member clubs and partners may download logos and usage guidelines at www.usms.org/logos.*

WVM Pentathlon Meet Individual Results

Women 18-24 50 Yard Free

- 1 Sheri Markwardt 24 WVM 28.63
- 2 Carissa Sundsmo 24 CWST 31.93

Women 18-24 50 Yard Back

- 1 Sheri Markwardt 24 WVM 34.99
- 2 Carissa Sundsmo 24 CWST 40.36

Women 18-24 50 Yard Breast

- 1 Sheri Markwardt 24 WVM 36.40
- 2 Carissa Sundsmo 24 CWST 44.57

Women 18-24 50 Yard Fly

- 1 Sheri Markwardt 24 WVM 31.64
- 2 Carissa Sundsmo 24 CWST 37.07

Women 18-24 100 Yard IM

- 1 Sheri Markwardt 24 WVM 1:13.70
- 2 Carissa Sundsmo 24 CWST 1:22.22

Women 25-29 50 Yard Free

- 1 Kristen Heath 26 WVM 29.61
- 2 Tricia Matz 25 SWAT 32.20

Women 25-29 50 Yard Back

- 1 Kristen Heath 26 WVM 38.39
- 2 Tricia Matz 25 SWAT 39.36

Women 25-29 50 Yard Breast

- 1 Tricia Matz 25 SWAT 37.25
- 2 Kristen Heath 26 WVM 39.48

Women 25-29 50 Yard Fly

- 1 Tricia Matz 25 SWAT 34.78
- 2 Kristen Heath 26 WVM 37.11

Women 25-29 100 Yard IM

- 1 Kristen Heath 26 WVM 1:20.35
- Tricia Matz 25 SWAT DQ

Women 30-34 50 Yard Free

- 1 Holly Taylor 30 SWAT 34.04

Women 30-34 100 Yard Free

- 1 Nadine Leher 32 WVM 1:35.43

Women 30-34 50 Yard Back

- 1 Holly Taylor 30 SWAT 40.36

Women 30-34 100 Yard Back

- Nadine Leher 32 WVM DQ

Women 30-34 50 Yard Breast

- 1 Holly Taylor 30 SWAT 42.71

Women 30-34 100 Yard Breast

- 1 Nadine Leher 32 WVM 1:57.02

Women 30-34 50 Yard Fly

- 1 Holly Taylor 30 SWAT 39.41

Women 30-34 100 Yard Fly

- Nadine Leher 32 WVM DQ

Women 30-34 100 Yard IM

- 1 Holly Taylor 30 SWAT 1:29.49

Women 30-34 200 Yard IM

- 1 Nadine Leher 32 WVM 3:58.57

Women 35-39 50 Yard Free

- 1 Jennifer Korfiatis 35 WVM 29.19
- 2 Lynda Finegold 38 WVM 31.47
- 3 Andrea Hartley 38 WVM 35.50
- 4 Heather Colburn 36 TCAS 35.83

Women 35-39 100 Yard Free

- 1 Jennifer Korfiatis 35 WVM 1:02.41
- 2 Lynda Finegold 38 WVM 1:11.58
- 3 Andrea Hartley 38 WVM 1:22.29

Women 35-39 200 Yard Free

- 1 Jennifer Korfiatis 35 WVM 2:26.09
- 2 Lynda Finegold 38 WVM 2:34.86
- 3 Andrea Hartley 38 WVM 3:15.03

Women 35-39 500 Yard Free

- 1 Jennifer Korfiatis 35 WVM 6:12.84
- 2 Lynda Finegold 38 WVM 7:01.49
- 3 Andrea Hartley 38 WVM 9:19.04

Women 35-39 1000 Yard Free

- 1 Jennifer Korfiatis 35 WVM 12:32.00
- 2 Lynda Finegold 38 WVM 14:12.76

Women 35-39 50 Yard Back

- 1 Heather Colburn 36 TCAS 46.92

Women 35-39 50 Yard Breast

- 1 Heather Colburn 36 TCAS 46.34

Women 35-39 50 Yard Fly

- 1 Heather Colburn 36 TCAS 42.19

Women 35-39 100 Yard IM

- 1 Heather Colburn 36 TCAS 1:32.88

Women 40-44 50 Yard Free

- 1 Heidi Friedman 40 SWAT 28.98
- 2 Denise Lancaster 40 WVM 38.92

Women 40-44 100 Yard Free

- 1 Heidi Friedman 40 SWAT 1:03.11

Women 40-44 200 Yard Free

- 1 Heidi Friedman 40 SWAT 2:21.89

Women 40-44 500 Yard Free

- 1 Heidi Friedman 40 SWAT 6:27.59

Women 40-44 1000 Yard Free

- 1 Heidi Friedman 40 SWAT 13:11.65

Women 40-44 50 Yard Back

- 1 Denise Lancaster 40 WVM 47.18

Women 40-44 50 Yard Breast

- 1 Denise Lancaster 40 WVM 46.42

Women 40-44 50 Yard Fly

- 1 Denise Lancaster 40 WVM 45.55

Women 40-44 100 Yard IM

- 1 Denise Lancaster 40 WVM 1:35.88

- 2 Teresa Wendel 55 WVM 1:01.99

Women 45-49 50 Yard Free

- 1 Cindy Clutter 48 LCM 34.55

Women 45-49 100 Yard Free

- 1 Cindy Clutter 48 LCM 1:15.56

Women 45-49 200 Yard Free

- 1 Cindy Clutter 48 LCM 2:42.95

Women 45-49 500 Yard Free

- 1 Cindy Clutter 48 LCM 7:05.92

Women 45-49 1000 Yard Free

- 1 Cindy Clutter 48 LCM 14:10.60

Women 50-54 50 Yard Free

- 1 Lesley Allan 50 WVM 30.49
- 2 Mary Scovazzo 53 TCAS 38.61

Women 50-54 100 Yard Free

- 1 Margaret Hair 53 LCM 1:14.28

Women 50-54 50 Yard Back

- 1 Lesley Allan 50 WVM 39.87
- 2 Mary Scovazzo 53 TCAS 44.90

Women 50-54 100 Yard Back

- 1 Margaret Hair 53 LCM 1:32.82

Women 50-54 50 Yard Breast

- 1 Lesley Allan 50 WVM 42.20
- 2 Mary Scovazzo 53 TCAS 44.71

Women 50-54 100 Yard Breast

- 1 Margaret Hair 53 LCM 1:31.63

Women 50-54 50 Yard Fly

- 1 Lesley Allan 50 WVM 35.60
- 2 Mary Scovazzo 53 TCAS 41.74

Women 50-54 100 Yard Fly

- 1 Margaret Hair 53 LCM 1:27.70

Women 50-54 100 Yard IM

- 1 Lesley Allan 50 WVM 1:22.76
- 2 Mary Scovazzo 53 TCAS 1:31.12

Women 50-54 200 Yard IM

- 1 Margaret Hair 53 LCM 3:08.49

Women 55-59 50 Yard Free

- 1 Teresa Wendel 55 WVM 40.59
- 2 Alexis Smart 57 WVM 48.06

Women 55-59 50 Yard Back

- 1 Alexis Smart 57 WVM 53.03
- 2 Teresa Wendel 55 WVM 55.94

Women 55-59 50 Yard Breast

- 1 Alexis Smart 57 WVM 50.33
- 2 Teresa Wendel 55 WVM 1:02.58

Women 55-59 50 Yard Fly

- 1 Alexis Smart 57 WVM 48.43

Women 55-59 100 Yard IM

- 1 Alexis Smart 57 WVM 1:57.00
- 2 Teresa Wendel 55 WVM 2:04.86

Women 60-64 50 Yard Free

- 1 Shirley Schreiber 61 WVM 45.24

Women 60-64 100 Yard Free

- 1 Carolyn Magee 63 WVM 1:21.82

Women 60-64 50 Yard Back

- 1 Shirley Schreiber 61 WVM 47.78

Women 60-64 100 Yard Back

- 1 Carolyn Magee 63 WVM 1:38.09

Women 60-64 50 Yard Breast

- 1 Shirley Schreiber 61 WVM 49.68

Women 60-64 100 Yard Breast

- 1 Carolyn Magee 63 WVM 1:46.62

Women 60-64 50 Yard Fly

- 1 Shirley Schreiber 61 WVM 49.87

Women 60-64 100 Yard Fly

- 1 Carolyn Magee 63 WVM 1:31.41

Women 60-64 100 Yard IM

- 1 Shirley Schreiber 61 WVM 1:43.33

Women 60-64 200 Yard IM

- 1 Carolyn Magee 63 WVM 3:22.85

Women 65-69 50 Yard Free

- 1 Suzy McKinnon 68 MTM 51.43

Women 65-69 50 Yard Back

- 1 Suzy McKinnon 68 MTM 1:03.53

Women 65-69 50 Yard Breast

- 1 Suzy McKinnon 68 MTM 1:12.93

Women 65-69 50 Yard Fly

- 1 Suzy McKinnon 68 MTM 1:16.53

Women 65-69 100 Yard IM

- 1 Suzy McKinnon 68 MTM 2:27.94

Women 70-74 200 Yard Free

- 1 Peony Munger 74 WVM 4:02.42



Photo by Carolyn Magee

Pentathlon - Shirley Schreiber swims the 50 breaststroke.



Women 70-74 200 Yard Back

1 Peony Munger 74 WVM 4:57.26

Women 70-74 200 Yard Breast

1 Peony Munger 74 WVM 5:04.90

Women 70-74 200 Yard Fly

1 Peony Munger 74 WVM 6:04.32

Women 70-74 400 Yard IM

1 Peony Munger 74 WVM 10:09.71

Women 75-79 50 Yard Free

1 Jane Hasse 76 WVM 55.61

Women 75-79 50 Yard Back

1 Jane Hasse 76 WVM 1:14.16

Women 75-79 50 Yard Breast

1 Jane Hasse 76 WVM 1:26.53

Women 75-79 50 Yard Fly

1 Jane Hasse 76 WVM 1:21.82

Women 75-79 100 Yard IM

1 Jane Hasse 76 WVM 2:48.26

Men 30-34 100 Yard Free

1 Marcos Donolo 33 WSU 57.21

Men 30-34 100 Yard Back

1 Marcos Donolo 33 WSU 1:10.44

Men 30-34 100 Yard Breast

1 Marcos Donolo 33 WSU 1:17.68

Men 30-34 100 Yard Fly

1 Marcos Donolo 33 WSU 1:10.14

Men 30-34 200 Yard IM

1 Marcos Donolo 33 WSU 2:26.80

Men 35-39 50 Yard Free

1 Mike Hartley 39 WVM 27.93

Men 35-39 50 Yard Back

1 Mike Hartley 39 WVM 34.69

Men 35-39 50 Yard Breast

1 Mike Hartley 39 WVM 34.31

Men 35-39 50 Yard Fly

1 Mike Hartley 39 WVM 31.20

Men 35-39 100 Yard IM

1 Mike Hartley 39 WVM 1:13.29

Men 40-44 50 Yard Free1 Todd Cory 43 LCM 25.80
2 James Elwyn 41 WVM 25.84
3 Craig Scrivner 42 CWST 27.33
4 Harm-Jan Steenhuis 41 SWAT 29.81**Men 40-44 100 Yard Free**1 James Elwyn 41 WVM 56.82
2 Todd Cory 43 LCM 58.39
3 Craig Scrivner 42 CWST 59.08**Men 40-44 200 Yard Free**1 James Elwyn 41 WVM 2:10.54
2 Craig Scrivner 42 CWST 2:12.02**Men 40-44 500 Yard Free**1 James Elwyn 41 WVM 5:36.74
2 Craig Scrivner 42 CWST 5:58.32**Men 40-44 1000 Yard Free**1 James Elwyn 41 WVM 11:34.88
2 Craig Scrivner 42 CWST 12:23.04**Men 40-44 50 Yard Back**

1 Harm-Jan Steenhuis 41 SWAT 35.19

Men 40-44 50 Yard Breast1 Harm-Jan Steenhuis 41 SWAT 34.07
2 Todd Cory 43 LCM 34.20**Men 40-44 50 Yard Fly**1 Todd Cory 43 LCM 27.85
2 Harm-Jan Steenhuis 41 SWAT 34.46**Men 40-44 100 Yard IM**1 Todd Cory 43 LCM 1:08.90
2 Harm-Jan Steenhuis 41 SWAT 1:15.96**Men 45-49 50 Yard Free**1 Lincoln Djang 49 ORE 23.56
2 Kevin Knight 49 WVM 26.46
3 Scott Sinclair 47 WVM 27.27**Men 45-49 50 Yard Back**1 Lincoln Djang 49 ORE 26.96
2 Kevin Knight 49 WVM 34.86
3 Scott Sinclair 47 WVM 36.64**Men 45-49 50 Yard Breast**1 Lincoln Djang 49 ORE 30.19
2 Kevin Knight 49 WVM 36.71
3 Scott Sinclair 47 WVM 36.83**Men 45-49 50 Yard Fly**1 Lincoln Djang 49 ORE 25.80
2 Scott Sinclair 47 WVM 29.89
3 Kevin Knight 49 WVM 31.15**Men 45-49 100 Yard IM**1 Lincoln Djang 49 ORE 57.98
2 Scott Sinclair 47 WVM 1:13.44**Men 50-54 1000 Yard Free**

1 Alan Kirpes 50 WVM 16:42.29

Men 55-59 50 Yard Free1 Casimir Lorentz 57 WVM 31.31
2 Steve Tanner 55 LCM 32.77
3 Kurt Wendel 55 WVM 32.98**Men 55-59 100 Yard Free**1 Vincent Scovazzo 56 TCAS 1:04.59
2 Peter Himmel 55 WVM 1:10.01**Men 55-59 50 Yard Back**1 Steve Tanner 55 LCM 38.48
2 Casimir Lorentz 57 WVM 39.70
3 Kurt Wendel 55 WVM 45.06**Men 55-59 100 Yard Back**1 Peter Himmel 55 WVM 1:22.80
2 Vincent Scovazzo 56 TCAS 1:23.16**Men 55-59 50 Yard Breast**1 Steve Tanner 55 LCM 41.90
2 Casimir Lorentz 57 WVM 43.90
3 Kurt Wendel 55 WVM 1:03.03**Men 55-59 100 Yard Breast**1 Peter Himmel 55 WVM 1:22.78
2 Vincent Scovazzo 56 TCAS 1:31.74**Men 55-59 50 Yard Fly**1 Casimir Lorentz 57 WVM 34.92
2 Steve Tanner 55 LCM 39.13
3 Kurt Wendel 55 WVM 46.52**Men 55-59 100 Yard Fly**1 Vincent Scovazzo 56 TCAS 1:16.06
2 Peter Himmel 55 WVM 1:17.86**Men 55-59 100 Yard IM**1 Steve Tanner 55 LCM 1:24.02
2 Casimir Lorentz 57 WVM 1:25.64
3 Kurt Wendel 55 WVM 1:53.25**Men 55-59 200 Yard IM**1 Vincent Scovazzo 56 TCAS 2:44.50
2 Peter Himmel 55 WVM 2:49.88**Men 65-69 50 Yard Free**

1 Wayne Brown 66 WVM 30.28

Men 65-69 50 Yard Back

1 Wayne Brown 66 WVM 38.57

Men 65-69 50 Yard Breast

1 Wayne Brown 66 WVM 36.68

Men 65-69 50 Yard Fly

1 Wayne Brown 66 WVM 38.89

Men 65-69 100 Yard IM

1 Wayne Brown 66 WVM 1:20.35

Men 70-74 50 Yard Free

1 Dennis Osier 70 WVM 37.66

Men 70-74 100 Yard Free

1 Dennis Osier 70 WVM 1:27.13

Men 70-74 200 Yard Free1 Robert McKinnon 71 MTM 3:12.50
2 Dennis Osier 70 WVM 3:14.11**Men 70-74 500 Yard Free**

1 Dennis Osier 70 WVM 9:11.05

Men 70-74 1000 Yard Free

1 Dennis Osier 70 WVM 17:57.40

Men 70-74 200 Yard Back

1 Robert McKinnon 71 MTM 4:03.96

Men 70-74 200 Yard Breast

1 Robert McKinnon 71 MTM 3:55.39



Photo by Carolyn McGee

Team Spirit - Jennifer Korfitis and Jack Bevier are ready for the next heat.

Men 70-74 200 Yard Fly

1 Robert McKinnon 71 MTM 4:11.22

Men 70-74 400 Yard IM

1 Robert McKinnon 71 MTM 8:09.34

Men 75-79 50 Yard Free1 Jack Bevier 76 WVM 34.82
2 Don Jelinek 75 MTM 45.20**Men 75-79 100 Yard Free**

1 Jack Bevier 76 WVM 1:26.31

Men 75-79 200 Yard Free

1 Jack Bevier 76 WVM 3:06.68

Men 75-79 500 Yard Free

1 Jack Bevier 76 WVM 8:31.42

Men 75-79 1000 Yard Free

1 Jack Bevier 76 WVM 17:02.21

Men 75-79 50 Yard Back

1 Don Jelinek 75 MTM 58.34

Men 75-79 50 Yard Breast

1 Don Jelinek 75 MTM 53.27

Men 75-79 50 Yard Fly

— Don Jelinek 75 MTM DQ

Men 75-79 100 Yard IM

1 Don Jelinek 75 MTM 2:05.50

Men 80-84 50 Yard Free

1 William Bresko 80 FAF 54.98

Men 80-84 50 Yard Back

1 William Bresko 80 FAF 1:21.64

Men 80-84 50 Yard Breast

1 William Bresko 80 FAF 1:01.28

Men 80-84 50 Yard Fly

1 William Bresko 80 FAF 1:12.58

Men 80-84 100 Yard IM

1 William Bresko 80 FAF 2:37.54

On Deck...

... at the WVM Pentathlon



One Masters Swimmer's Makes a Comeback in College Competition

article provided by USMS

In 1977 Suzanne Heim-Bowen was a founding member of the women's swimming team at California Polytechnic State University, San Obispo, Cal. (Cal Poly), but only competed for two seasons during her college career. With remaining eligibility, Suzanne enrolled in classes and joined the swim team at Diablo Valley College, a two-year community college, in early 2009 at the age of 50. Suzanne maintains her full-time job as a school psychologist, attends a full schedule of college courses, and manages to swim with not one, but three, teams in her local area!

"My husband is one of the water polo coaches at Diablo Valley College and was approached by the captain of the swim team," said Suzanne. She continued, "The captain knew that I was a distance swimmer and asked my husband if I had eligibility left." The Diablo Valley College swim team needed a miler to assist them in their quest for a conference title this season and hopes of landing a top three place in the state. Suzanne, a renowned distance and open water swimmer, was a perfect solu-

tion. "When my husband told me about the conversation he had had at the pool, how could I say no?" exclaimed Suzanne.

Suzanne, whose college swimming experience never seemed complete, was thrilled to get the opportunity to be a part of the team and the team was even more enthused to have such an experienced swimmer in their lanes. "They have really accepted me," shared Suzanne, who joked, "They call me the team mom. I guess I should be happy that they are not calling me the team grandma." Because of Suzanne's demanding schedule, which begins with college classes at 6:30 a.m. moves into work, practice then more classes, she continues to swim with her local Masters program, Walnut Creek Masters, during the week and swims with her college team on the weekends and over holidays.

The level of enthusiasm among the college swimmers provides Suzanne with a great environment in which to train hard and have fun. "The team does cheers, high-fives one another, and provides support during tough sets," said Suzanne. "I am doing pretty well against the college

continued on page 14

Wenatchee Valley Masters Pentathlon Team Results

Place	Team	Points
1	Wenatchee Valley Masters	WVM 627
2	Lake City Masters	LCM 112
3	Spokane Waves Aquatic Team	SWAT 102
4	Montana Masters	MTM 82
5	Tri Cities Atomic Sturgeons	TCAS 72
6	Central Washington Swim Team	CWST 38
7	Washington State Masters	WSU 30
7	Fairchild Afb Masters	FAF 30
7	Oregon Masters	ORE 30

Wenatchee Valley Masters Present
Wenatchee March Madness Meet
Saturday, March 7, 2009

This Saturday!!!
It is not too late for a deck entry!

Date/Times: Saturday, March 7, 2009 at the Wenatchee High School Pool. Warm-up at 11:30 am; Meet starts at 12:30 pm with Event 3 (200Y Free Relay) not to begin before 1:30pm.

Sponsor: Wenatchee Valley Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 03590307.

Eligibility: All swimmers must be currently registered Masters Swimmers. To register/renew with USMS visit www.usms.org/reg or www.InlandNWMasters.org for the form. You may also register at the meet. Include a copy of your registration card if from outside Inland NW Masters.

Rules: All current USMS rules will apply. Certified stroke and turn judges will be present at all IWMSC sanctioned meets. Please consult www.usms.org/rules about proper stroke and turn rules. Events will be seeded slow to fast.

Deadline: All entries must be postmarked by February 28, 2009 to qualify for the early bird entry fee. Incomplete or late entries will be treated as "deck entries."

Conduct of the Meet: Participants are limited to five individual events and three relay events.

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

Questions: can be answered by Carolyn 509-662-6012 or wenswim@aol.com

Fees: \$20.00 for entries postmarked by February 28, and \$25.00 for "deck entries." Make checks payable to IWMSC, cash will not be accepted with entry forms or at the meet.

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.

Directions: From I-90 take Wenatchee exit traveling thru Quincy and into E. Wenatchee. Follow signs to Wenatchee across the Columbia River bridge. After bridge, turn Right onto Mission, get in Left lane for immediate Left onto Ferry (1st light). Follow Ferry (name changes to Russell along way) to Miller. At Miller, Russell becomes Millerdale and high school is on this corner. Turn Left on Miller and Right into parking lot behind the school and follow it to the end. The pool door is marked and will be propped open.

Postmarked by: February 28, 2009 for early fee
Mail Entries to: Carolyn Magee
1580 South Miller
Wenatchee, WA 98801
Entry Fee: \$20.00 prior to February 28
\$25.00 for Deck Entries
Check Payable to: IWMSC

Name _____ Male Female Birthdate _____ Age _____
Address _____ City, State, Zip _____
Phone _____ USMS # _____ Inland NW Team _____ email _____

Short Course Yard Times Please • Maximum of 5 Individual Events

- 1. 400 Y Individual Medley
2. 1650 Y Freestyle
3. 200 Y Mixed Free Relay
4. 50 Y Butterfly
5. 100 Y Breaststroke
6. 200 Y Backstroke
7. 100 Y Freestyle
8. 200 Y Indiv Medley
10 Minute Break
9. 200 Mixed Medley Relay
10. 50 Y Backstroke
11. 100 Y Butterfly
12. 50 Y Freestyle
13. 200 Y Breaststroke
10 Minute Break
14. 200 Y M/W Medley Relay
15. 200 Y Butterfly
16. 100 Y Backstroke
17. 200 Y Freestyle
18. 50 Y Breaststroke
10 Minute Break
19. 100 Y Indiv Medley
20. 500 Y Freestyle

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 _____

Moscow Chinooks Masters Swimming hosts
Inland Northwest Masters Championship Swim Meet
SATURDAY MARCH 28 & SUNDAY MARCH 29, 2009

DATE/TIMES: Saturday, March 28, 2009 warm-up starts at 11 am, meet starts at 12 pm, event #3 will not begin before 1:00pm.

Sunday, March 29 warm-up starts at 8:30 am, meet starts at 9:30 am, event #16 will not begin before 10:00 am.

SPONSOR: Moscow Chinooks Masters Swim Team of the Hydro-power Masters Swim Club. Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc. Sanction number 03590328.

ELIGIBILITY: All currently registered Masters swimmers. Proof of registration outside of USMS is required.

RULES: All current USMS rules will apply. Certified stroke and turn judges will be present. Consult the 2009 USMS Rulebook (www.usms.org/rules) for complete swimming rules.

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

RELAYS: Submit relay cards to the clerk of course during each day's warm-ups. Individuals must be signed up with the club/team they represent to have their relay points count for that club/team. Mixed relays = 2 male + 2 female swimmers.

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

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

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

SATURDAY EVENING SOCIAL: The Inland NW Masters annual meeting and awards banquet will be held at 5:30pm at the 1912 Center (412 E. 3rd Street) in Moscow. Dinner will be provided by the Chinooks for \$5 per person. Please include payment with your entry.

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

QUESTIONS OR NEED HOUSING: Contact meet director Steve McGeehan at (208) 301-1027 before 9pm or email mcgeehan@uidaho.edu.

Early Fee Deadline: Friday, March 20th postmark
Check payable to : IWMSC \$25 (\$35 deck entry)
Mail Entries to: Paige Buehler
 814 Mabelle St.
 Moscow, ID 83843

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Inland NW Team _____ email _____

Maximum of 6 Individual Events (up to 5 max in one day) • Indicate event entry using your Short Course Yard seed time

- | | | |
|--|--|----------------------------------|
| Saturday, March 28th | | |
| 11am warm up, meet starts at Noon | | |
| 1. 400 Y Individual Medley _____ | 10. 50 Y Freestyle _____ | 19. 200 Y Freestyle _____ |
| 2. 1650 Y Freestyle _____ | 11. 200 Y Breaststroke _____ | 20. 200 Mixed Medley Relay _____ |
| Event #3 will not begin before 1:00pm | | |
| 3. 50 Y Backstroke _____ | 10 Minute Break | |
| 4. 200 Y Butterfly _____ | 12. 200 Mixed Freestyle Relay _____ | 21. 400 Mixed Medley Relay _____ |
| 5. 100 Y Freestyle _____ | 13. 400 Mixed Freestyle Relay _____ | 22. 50 Y Breaststroke _____ |
| 6. 200 Y Medley Relay _____ | 14. 800 Mixed Freestyle Relay _____ | 23. 200 Y Backstroke _____ |
| 10 Minute Break | | |
| 7. 400 Y Medley Relay _____ | Sunday, March 29th | |
| 8. 100 Y Backstroke _____ | 8:30am warm up, meet starts at 9:30am | |
| 9. 200 Y Indiv Medley _____ | 15. 1000 Y Freestyle _____ | 24. 100 Y Butterfly _____ |
| Event #16 will not begin before 10:00am | | |
| 16. 100 Y Indiv Medley _____ | 10 Minute Break | |
| 17. 100 Y Breaststroke _____ | 25. 500 Y Freestyle _____ | 26. 200 Y Freestyle Relay _____ |
| 18. 50 Y Butterfly _____ | 27. 400 Y Freestyle Relay _____ | 28. 800 Y Freestyle Relay _____ |

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** _____

Northwest Zone Meet (SCY)

April 4 – 5, 2009

Boise, Idaho

- Location:** West YMCA Boise Aquatic Center
5959 N. Discovery Place
- Directions:** From airport – Interstate 84 West to Eagle Rd. exit 46 (right) – North on Eagle Rd (4 1/2 miles) to Chinden. Turn Right (East) – at 1st stop light turn right (south) on Discovery Place – YMCA is approximately 2 blocks on the right.
- Facilities:** 25 yd. pool - 10 lanes available – 2 lanes warm up – 8 lanes for competition.
- Entries:** -Please submit short course yard times for proper seeding. All events will be seeded, according to submitted times and swum slowest to fastest.
-Swimmers may enter 4 individual events per day and 1 – 200 yd relay and 1 – 400 yd relay. Mixed relays are composed of 2 men and 2 women in any order.
- Entry Fees:** \$4 per individual event plus a surcharge of \$6.50 per swimmer for pre-registered entries, and a \$10 per swimmer surcharge for late or deck entries. All relays will be no charge. There are no refunds.
- Deadline:** -Pre-registered entries **must be received** by Monday, March 23, 2009.
-Make checks payable to Sawtooth Masters.
-Mail entry form, check, and a copy of your 2009 USMS registration card to:
Paula Moores/Sawtooth Masters
1816 S. Empire
Boise, Idaho 83709
- Officials:** We appreciate the help of certified officials from other clubs. If you know of an official attending the meet, please have them contact the meet official, Joe Burquist, in advance. jburquist@gmail.com
- Rules:** All events will be governed by current USMS rules. All events will be swum as timed finals. At the Meet Referee's discretion, events may be combined by age, gender, distance, and/or stroke provided there is at least one empty lane between such combined events.
- Misc.:** Swimmers are asked to use the Aquatic Dressing Rooms only. Volunteers will be needed for timing.
- Results:** Will be available at www.SawtoothMasters.org
- Awards:** Zone Ribbons
- Contact:** Paula Moores at pj@interplususa.net
- Social Event:** Dinner Saturday night – (time announced at meet) \$15 per person
- Hotel Information:** Hotels that are in the Boise Area located near the West YMCA:

Holiday Inn Express	208-288-2100
Courtyard by Marriott	208-888-0800
Shilo Inn	208-344-3521
Springhill Suites by Marriott	208-939-8266
Hampton Inn and Suites	208-887-3600
Townplace Suites by Marriott	208-884-8550

2009 Northwest Zone Meet (SCY)

OFFICIAL ENTRY FORM

West YMCA Aquatic Center, Boise Idaho, April 4-5, 2009 >>> Sanctioned by Snake River Masters by USMS Inc. Sanction number: 599-001

Last Name: * _____ First: _____ MI: _____

Street Address: _____ City: _____ State: _____ ZIP: _____

E-Mail: _____ Day Phone: _____ Eve. Phone: _____

Emergency Contact: _____ Phone: _____ Age: _____ (on 4/4/2009)**

D.O.B: _____ Sex: _____ Club Name or Unattached: _____

USMS #: _____

*Print name as it appears on USMS registration card. **18-year-olds must be 18 on 4/4/09

Event #	Entry Time - WOMEN	Event	Event #	Entry Time - MEN
Saturday, April 4, 2009				
		Warm-Up 10:30am		Start 11:00am
1		1000 yd Freestyle	2	
Saturday, April 4, 2009				
		Warm-Up 11:30am		Start 12:00pm
3		200 yd Freestyle	4	
5		50 yd Butterfly	6	
7		200 yd Free Relay	8	
		(men, women, mixed)		
9		100 yd Backstroke	10	
11		100 yd Breaststroke	12	
13		200 yd Butterfly	14	
15		200 yd Medley Relay	16	
		(men, women, mixed)		
17		50 yd Freestyle	18	
19		200 yd IM	20	
Sunday, April 5, 2009				
		Warm-Up 8:30am		Start 9:30am
21		500 yd Freestyle	22	
23		100 yd Butterfly	24	
25		50 yd Breaststroke	26	
27		400 yd Medley Relay	28	
		(men, women, mixed)		
29		200 yd Backstroke	30	
31		100 yd Freestyle	32	
33		200 yd Breaststroke	34	
35		400 yd Free Relay	36	
		(men, women, mixed)		
37		50 yd Backstroke	38	
39		100 yd IM	40	

***** MAIL ENTRIES TO:**
Paula Moores/Sawtooth Masters
1816 S. Empire
Boise, Idaho 83709

***** ENTRIES MUST BE RECEIVED BY MARCH 23, 2009**



***** FEES:**

Meet surcharge (required for all events) \$6.50

Number of Individual Events x \$4 _____

Social Event x \$15 _____

TOTAL FEES ENCLOSED \$ _____

Check or money order payable to Sawtooth Masters

Liability Release: "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."

Signature: _____

Date: _____

The 2009 Check Off Challenge!

Sanctioned by Florida Gold Coast Masters LMSC for USMS, Inc. # 509-001

It's time to make some waves in the pool. The new swimming season is approaching quickly so it's time to think about your fitness goals for 2009. Challenge yourself to swim all the pool events whether in practice or in meets including that dreaded 200 butterfly! This is a great way to stay focused in practice and to join in the camaraderie at the local swim meets.

PLEASE PRINT CLEARLY:

NAME _____ SEX ____ AGE 1/1/09 ____ BIRTH DATE ____/____/____
 ADDRESS _____ CITY _____ STATE ____ ZIP _____
 PHONE (____) _____ - _____ EMAIL _____
 TEAM OR CLUB _____ USMS# _____

T-shirt Qty: ____ S ____ M ____ L ____ XL @ \$20 ea. = \$ _____ TOTAL = \$ _____

Liability Release Waiver: I, the undersigned participant, intending to be leally 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, EVENT SPONSORS, EVENT COMMITTEES, OR ANY INDIVIDUALS SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

SIGNED: _____ DATE: _____

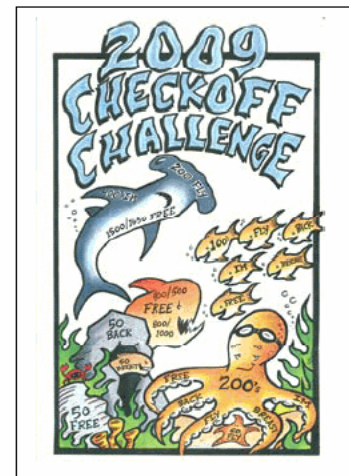
Please visit www.usms.org/fitness for additional entry forms, and feel free to distribute copies.

Mail this form and your check payable to "Hammerhead Aquatics" to: Larry Caldwell – Attn: "Check off Challenge" 3230 NE 15th Avenue, No. 1, Oakland Park, FL 33334.

Questions? Call Larry at (954) 682-7220 or email larrycaldwell01@msn.com

COACHES: Sign up your entire team and use the event as a team challenge. Spread out the events over a period of time during practice sessions, progressively building up to the tougher events. The entire team can work together, completing all of the events. The event is open to registered Masters swimmers. Enter by filling out the entry form above.

Entries that are received by the 15th of each month, shirts will be mailed at the end of that month. T-shirts are custom-designed by California cartoonist, Chris Aubin.



2009 CHECK OFF CHALLENGE

EVENT TRACKING FORM

Check off the events as you complete them throughout the year!

Event	Date Complete	Time	Location	Comments
50 Freestyle				
100 Freestyle				
200 Freestyle				
400/500 Freestyle				
800/1000 Freestyle				
1500/1650 Freestyle				
50 Backstroke				
100 Backstroke				
200 Backstroke				
50 Breaststroke				
100 Breaststroke				
200 Breaststroke				
50 Butterfly				
100 Butterfly				
200 Butterfly				
100 IM				
200 IM				
400 IM				

from RETURN page 10

swimmers [in distance sets], but don't ask me to sprint against any of them ... they are amazing," replied Suzanne when asked how she was holding up compared to her teammates.

Diablo Valley College, like many community colleges, welcomes athletes of various skill levels. "There

really is a place for everyone," Suzanne explained. Suzanne is not only getting support from her teammates, but has provided insight and

encouragement to them as well. "One girl discussed her plans to move on to a four year college in the future; however, she

said that she would not continue swimming."

"I reminded her that even though she will not compete on the college team at a four year college, that there is always a place for her within U.S. Masters Swimming. I shared my Masters experiences with her and encouraged her to stay in the water. I

// I am thrilled to get the opportunity to raise awareness about Masters swimming ~Suzanne Heim-Bowen //

am thrilled to get the opportunity to raise awareness about Masters swimming," said Suzanne. Suzanne continued by

explaining the level of respect among various USA Swimming teams, U.S. Masters Swimming teams and college teams in her

local area.

"It is like an evolution of swimming," continued Suzanne. "When an athlete is finished with one team he or she can move on to the next. There is always a next step for anyone who is interested in continuing their swimming career." Suzanne is an incredible advocate for U.S. Masters Swimming and continues to inspire young athletes everywhere to continue to have fun in the water.

Suzanne, though juggling a busy schedule, will be attending multiple U.S. Masters Swimming events this year. She intends to compete at the 2009 U.S. Masters Swimming Short Course Nationals as well as various open water events throughout the year.

United States Masters Swimming & Inland Northwest LMSC Member Registration

2009

New Registration

Renewal

USMS # _____

For Office Use

Last Name _____ First Name _____ Middle Initial _____

Mailing Address _____ Apt # _____

City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____ Email Address (internal use only) _____

Date of Birth _____ Age _____ Male/Female _____

Club Affiliation

Unattached Club (no participation in USMS relays)

Hydropower Masters Swim Club (HMS) - select a workout group/team within the club

- | | | | |
|--|---|---|--|
| <input type="checkbox"/> Lake City Masters | <input type="checkbox"/> Moscow Chinooks Masters | <input type="checkbox"/> Sandpoint West Athletic Club | <input type="checkbox"/> Fairchild AFB Masters |
| <input type="checkbox"/> Spokane Club Masters | <input type="checkbox"/> Spokane Masters Swim & Tri | <input type="checkbox"/> Spokane Waves Aquatic Team | <input type="checkbox"/> Central Washington |
| <input type="checkbox"/> Yakima Valley Masters | <input type="checkbox"/> Tri-Cities Atomic Sturgeons | <input type="checkbox"/> Wenatchee Valley Masters | <input type="checkbox"/> Moses Lake Manta Rays |
| <input type="checkbox"/> WSU Masters | <input type="checkbox"/> Unattached team (relays at zone/
natl meets, none at Inland NW meets) | | |

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

Fees	Total
<input type="checkbox"/> Individual	\$35.00
<input type="checkbox"/> Senior (age 60+)	\$32.50
<input type="checkbox"/> Couples registering together (both sign)	\$60.00
<input type="checkbox"/> Late Year (Sept & Oct)	\$23.00
USMS Endowment	\$
ISHOF Endowment	\$
Total Enclosed	\$

US Masters Swimming Endowment Fund

- Just \$1 from each of us has the potential to add \$48,000 annually to further adult swimming opportunities, sports medicine research, education and outreach through grants. <http://www.usms.org/admin/lmschbl>

International Swimming Hall of Fame Endowment Fund

- Promotes the benefits and importance of swimming as a key to fitness, good health, quality of life, and the water safety of children through operation of the International Swimming Hall of Fame, a dynamic shrine dedicated to the history, memory, and recognition of famous swimmers. <http://www.ishof.org>

Please consider making a tax-deductible donation to one or both of these funds.

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

Make check payable to: IWMSC
 Mail check & form to: Paige Buehler, Registrar
 814 Mabelle St.
 Moscow, ID 83843

Questions? Email swim@galacticnorth.net

Waiver

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

Benefits of Membership

- ⇒ USMS Swimmer Magazine subscription
- ⇒ Splashmaster newsletter and communications from the Inland NW Masters Swimming Committee
- ⇒ Secondary accident insurance
- ⇒ Coached workouts in locations nationwide
- ⇒ Avenues for competition and fitness events
- ⇒ Camaraderie and FUN!

Signature _____

Date _____



Refine your stroke technique in a three-hour clinic taught by the 1990s “Fastest Man in the World in the Water”

Sat.
May 2, 2009
11:00am—2:00pm
UI Swim Center
Moscow, Idaho
30 participants max
In-water clinic \$20
USMS members only

Clinic Coordinator

Lauren Torok
2310 Weymouth Street
Moscow, ID 83843

Questions?

(208) 892-0595 before 9pm or
email: thetoroks@verizon.net

In 1990, Tom Jager swam 50 meters in 21.81 seconds. A standout at UCLA, he competed in the 1984, 1988, and 1992 Olympic games, and made it to the finals of the '96 trials as the oldest swimmer in the pool. His Olympic efforts earned him 5 Gold Medals. Jager is now the head coach of the University of Idaho women's swim team and owner/director of the Gold Medal Swim Club in Moscow, Idaho.

Brought to you by the
Inland Northwest Masters
Swimming Committee



Clinic Registration

Name _____

Address _____

City/St/Zip _____

Phone _____

Email _____

Club/Team Affiliation _____

USMS # _____

Make \$20 check/money order
payable to: IWMSC

Mail registration form and fee to

Lauren Torok
2310 Weymouth Street
Moscow, ID 83843

The swimming household of: