

Sandpoint West Athletic Club presents **PUMPKIN POWER MEET**

Saturday, November 13, 2010

Date/Times: Saturday, November 13, 2010. Warm-up starts at **9:00**, and the meet starts at **10:00 a.m.**

Location: Sandpoint West Athletic Club, 1905 Pine St., Sandpoint, ID. The facility houses a 25 meter, 6 lane pool with locker rooms.

Sponsor: Sandpoint West Athletic Club Masters of the Hydropower Masters Swim Club. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming, Inc. (USMS): sanction number 03501113.

Eligibility: All swimmers must be currently registered with USMS (or FINA affiliates). Registrations can be completed online at www.usms.org/re or at the meet.

Rules: All current USMS rules will apply. Certified stroke and turn judge will be present. Please consult the 2010 USMS Rulebook for proper stroke and turn rules (online at www.usms.org/rules.) Events will be seeded from slow to fast.

Conduct of the meet: Each participant may swim five individual and three relay events.

Deadlines: All early entries must be postmarked by November 6, 2010. Incomplete or late entries will be treated as "deck entries". **All deck entries**

must be in before 9:00a.m. for timely seeding of the meet. Relays are due by 10:00 a.m.

Fees: \$20 for entries sent before November 6; \$30 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 by 10:00 a.m. Individuals must be signed up with the club they represent in order to have their relay points count for that club. Age groups will be aggregate age of the swimmers: 72-99, 100-119, 120-159, 160-199, etc. 40 year increments as high as necessary.

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

Directions: Follow Hwy 95 north into Sandpoint to the traffic light at 5th and Cedar. Continue west on Cedar ~9 blocks to Division St. Turn left, then go 3 blocks to Pine St. Turn right and go ~1/3 mile to Sandpoint West Athletic Club (1905 Pine St.).

Postmarked by: November 6, 2010
 Mail Entries to: Robin Helm
 1195 West Oden Bay Rd.
 Sandpoint, ID 83864
 Entry fee: \$20.00 prior to November 6
 \$30.00 for deck entries

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Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ Email _____ USMS # _____ Club/Team _____

Please enter events using Meter seed times (NT if none) • Maximum of 5 Individual Events (3 Relay Events entered at meet)

- | | | |
|--|---------------------------------------|-------------------------------------|
| 1) 400 M Ind. Medley _____ | 6) 200 M Backstroke _____ | 14a) 200 M Medley relay _____ |
| 2) 800 M Freestyle _____ | 7) 50 M Butterfly _____ | 14b) 200 M Mixed Medley relay _____ |
| Second Warm-up at Approx. 10:45 a.m | 8) 200 M Ind. Medley _____ | |
| | 9a) 400 M Freestyle Relay _____ | |
| | 9b) 400 M Mixed Freestyle Relay _____ | |
| 3a) 200 M Freestyle Relay _____ | 10 Minute Break | 10 Minute Break |
| 3b) 200 M Mixed Freestyle Relay _____ | | 15) 200 M Freestyle _____ |
| 10 Minute Break | 10) 100 M Freestyle _____ | 16) 50 M Breaststroke _____ |
| | 11) 200 M Breaststroke _____ | 17) 100 M Backstroke _____ |
| 4) 50 M Freestyle _____ | 12) 50 M Backstroke _____ | 18) 200 M Butterfly _____ |
| 5) 100 M Breaststroke _____ | 13) 100 M Butterfly _____ | 19) 100 M Ind. Medley _____ |
| | | 20) 400 M Freestyle _____ |

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

Signature: _____ **Date:** _____

Swim the 2010 Brute Squad

DATES: November 1-December 31, 2010.

EVENT: 1650 yard (1500 meter) Freestyle, 400 yard/meter IM, 200 yard/meter Butterfly, at one workout or meet.

WHO: Any 2010 or 2011 USMS registered swimmer.

SPONSOR: Vortex Masters Swimming. Sanctioned by Colorado Masters Swimming (COMSA) for United States Masters Swimming Inc. (USMS) Sanction number 32-10-21-B

LOCATION:

Fitness/participation division, any pool.

Competitive division, any short course yards or short course meters pool. *All times will be converted to yard times by the Brute Squad staff.*

RESULTS: Posted at www.BruteSquadSwim.com by January 25, 2011. Printed results will be mailed if noted on the entry form.

SHIRT DESIGN: Will be posted at www.BruteSquadSwim.com by November 1, 2010

Fitness/Participation Division

RULES: Swim the 1650 yard (1500 meter) Freestyle, the 400 yard (meter) Individual Medley, and the 200 yard (meter) Butterfly all in one day. Events can be swum in any order with as much rest between as desired, all three events must be swum in the same 24 hour day. • All swimmers must be USMS registered for 2010 or 2011, a copy of the USMS registration must be included with all entries.

SCORING: All swimmers will receive one point for participating in the event. This point will count toward the club participation award.

AWARDS: Satisfaction of a job well done—not every one can swim these three events! • Points will be tallied for a club participation award. The club with the most swimmers completing the three swims win the club participation award.

Postmarked by: January 5, 2011
to be received no later than January 10

Mail to: Brute Squad
Attn: TJ Scholand
605 Wycombe Ct.
Windsor, CO 80525

Entry Fees: \$25.00 with dark red long sleeve t-shirt
\$35.00 with dark red hooded sweatshirt

Checks payable to: Vortex Masters Swimming

Questions: Contact Doug Garcia
douggarcia@usms.org
970-672-8011 (before 9 pm MST)
www.BruteSquadSwim.org

Competitive Division

RULES: Swim the 1650 yard (1500 meter) Freestyle, the 400 yard (meter) Individual Medley, and the 200 yard (meter) Butterfly all in one day. Events can be swum in any order with as much rest between as desired, all three events must be swum in the same 24 hour day. • 2010 USMS rules govern these events. • Drafting, flotation and propulsive devices (pull buoys, fins, paddles, wetsuits, etc.) are not permitted. • No more than two swimmers per lane, with each swimming on one side of the lane during the entire swim (i.e., no circle swimming). • Swimmers are on their honor to swim each event as indicated in the USMS Rule Book—no one armed Butterfly or fins. • Each swimmer must have a counter/timer to record cumulative splits to the nearest minute, second and tenth for each event. Split sheets must be included with the entry. • Swimmers who change age groups during the meet may enter twice, and must swim twice (once in each age group). • All swimmers must be USMS registered for 2010 or 2011, and include a copy of their USMS registration with their entry. Brute squad swims will not qualify for top-ten consideration unless swam at a USMS sanctioned meet with officials present.

TIME CONVERSION: Meter times will be converted to yard times using a common conversion formula.

SCORING: Swimmers will be competing in USMS age groups for short course yards (18-24, 25-29, etc). • The the sum of the times for each of the three events will determine placing. • Points will be given for first through third place in each age group, with points going towards club scoring. Clubs will compete in Women's, Men's and the Mixed categories. • All swimmers will receive a minimum of one point for participating in the event.

AWARDS: First through third place ribbons will be mailed to swimmers who have earned the recognition. First through third place clubs will receive certificates.

Find the 2010 Brute Squad Swim entry form online at www.BruteSquadSwim.org



New Registration Renewal
 USMS # _____

Last Name _____ First Name _____ Middle Initial _____
 / / .

Mailing Address _____ Apt # _____ Today's Date (required) _____

City _____ State _____ Zip _____

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

Date of Birth _____ Age _____ Male/Female _____
 Please check if you are a...
 Masters swim coach
 Certified swim official
 Are you a member of...
 YMCA
 USA Triathlon
 USA-Swimming
 Inland NW LMSC's SplashMaster newsletter is sent by email. Do you also want a paper copy mailed to you?
 YES NO

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

Signature _____
 Date _____

Club Affiliation

- Unattached Club (no participation in USMS relays)
- Spokane Waves Aquatic Masters (SWAT)
- Lewis-Clark Neptunes Masters Club (LCNM)
- Hydropower Masters Swim Club (HMS) - select a workout group/team within the club
 - Lake City Masters
 - Sandpoint West Athletic Club
 - Moscow Chinooks Masters
 - Fairchild AFB Masters
 - Spokane Club Masters
 - Spokane Masters Swim & Tri
 - Tri-Cities Atomic Sturgeons
 - 3 Rivers Masters Swimming
 - Moses Lake Manta Rays
 - Ellensburg Windy City Masters
 - Wenatchee Valley Masters
 - Central Washington St Univ
 - 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	\$40.00
<input type="checkbox"/> Senior (age 60+)	\$36.00
<input type="checkbox"/> Junior (age 18-24)	\$36.00
<input type="checkbox"/> Late Year (Sept & Oct)	\$30.00
I wish to contribute this amount to the USMS "Swimming Saves Lives" Fund:	\$
I wish to contribute this amount to the International Swimming Hall of Fame Foundation:	\$
Total Enclosed	\$

Benefits of Membership
 => **USMS Swimmer Magazine** subscription (\$8 of your membership)
 => **SplashMaster** newsletter and communications from the Inland NW Masters Swimming Committee
 => Secondary accident insurance in practices supervised by a USMS member or USA Swimming certified coach where all swimmers are USMS registered and in USMS sanctioned meets where all competitors are USMS registered.
 => Coached workouts in locations nationwide
 => Avenues for competition and fitness events
 => Camaraderie and FUN!

Make check payable to: IWMSC
Mail check & form to: Mark Taylor, Registrar
 714 Mabelle St.
 Moscow, ID 83843
 Questions? Email mabelleray@yahoo.com

Splashmaster

NEWSLETTER

VOLUME 13, ISSUE 4 WWW.INLANDNWMASTERS.ORG NOVEMBER 2010

What Affiliation in Masters Swimming is About

An out-of-cycle SplashMaster? Well, it seemed the best way to get the new 2011 USMS registration form into everyone's hands. Plus there are a couple of events that didn't make it into the September SplashMaster: The Pumpkin Power Meet and the Brute Squad Swim.

Now that you're renewing your registration I thought I might illuminate what affiliations are and spotlight all the great swimming groups we have around the Inland NW.

Clubs are the primary groups that register as a collective of people who workout together and can swim on relays together. When you participate in meet or postal event, your name and your club are associated with that swim.

Workout Groups are divisions within a club. Sometimes they are based on time (AM practice, PM practice) and sometimes they are based on location (Moscow, Wenatchee, Tri-Cities, etc.) It depends on what we need them to define. The Hydropower Masters Swim Club is defined as a regional club with individual workout groups. Spokane Waves and Lewis-Clark Neptunes are local clubs. Swimmers with SWAT and LCNM are recognized with their club for their swims. Those of us in HMS are recognized as HMS at the national level, but regionally we compete as if we were clubs. USMS has some trouble with this set up, but it means that we have a better chance of fielding relays at Zone and National meets where few swimmers from the Inland NW attend.

Here's a listing of the swim clubs and workout groups in our area.

Hydropower Masters Swim Club

Lake City Masters (Cda)
 Moscow Chimooks Masters
 Sandpoint West Athletic Club Masters
 3 Rivers Masters Swimming
 Central Washington St. Univ Masters
 Ellensburg Windy City Masters
 Fairchild AFB Masters
 Gonzaga Swim Masters
 Moses Lake Mantia Rays Masters
 Spokane Club Masters
 Spokane Masters Swim & Tri
 Tri-City Atomic Sturgeons
 Wenatchee Valley Masters

Lewis Clark Neptunes Masters Club

Chris & Nicole Engledow (Coach & Rep)
Spokane Waves Aquatic Masters Club
 Harn-Jan Steenhuis (representative)
 Kevin Wang (coach)

INSIDE THIS ISSUE:

If you don't typically workout with one of these groups but want to affiliate with them for competition, it's good practice to contact the team rep (listed on website) first in case there are fees. Many thanks to all those club and team reps who keep the groups together and fun!	Sandpoint's Pumpkin Power Meet	Pg 1
Brute Squad Swim—Postal Event		2
2011 USMS Registration Form		3
Affiliations in the Inland NW		4



U.S. MASTERS SWIMMING
 swimming for life! www.usms.org

INLAND NW MASTERS SWIMMING COMMITTEE
 714 MABELLE STREET
 MOSCOW, ID 83843

TO THE SWIMMING HOUSEHOLD OF: