

# SPLASH MASTER

## INLAND NORTHWEST MASTERS SWIMMING

### Inaugural Event for the First Fixed Length Cable Course West of the Mississippi



**A West Coast First:** Stephen, Matt, Larry, Paige at Foster Lake, the site of the 2011 U.S. Masters Swimming 1-mile cable Open Water Championship.

**Paige Buehler**  
*Chair, IWMSC*

After ten years of dreaming, planning, siting, permitting, fund-raising, surveying and constructing, there is now a fixed length open water cable course west of the Mississippi. And its inauguration was celebrated by being the site of the 2011 USMS 1-mile cable Open Water Championship.

The Central Oregon Masters Association of Oregon

Masters Swimming were fantastic hosts of this event held Saturday, July 2nd at Foster Lake just outside of Sweet Home, OR. They bussed over their swimmers and volunteers from Central Oregon to the 67-degree reservoir in the Willamette Valley about 2 hours south of Portland. Event Director Bob Bruce would have liked the water temperature to have been a little higher, but the 81 degree sunny day helped keep

most everyone warm.

What is a cable swim? As defined in the glossary of the USMS Rule Book, it is "a type of straightaway swim defined by a cable." The rules governing open water straightaway swims says that "the course shall be a straight, measured distance within +/-6 inches, in stationary water, and defined by a cable with floats or a continuous marking system visible to the swimmer. Floats on the course shall be a maximum of 10 yards apart." In this case, after the lake was drained, drums had been installed in the lake bed so that poles could be inserted into them to define a 1/4 mile distance between which a bright yellow nylon rope was run. Holding it on the water surface were the floats. And marking the poles were big, yellow buoys. The start line and the finish line were exactly offset to create the

CABLE SWIM *cont pg 4*

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[www.inlandnwmasters.org](http://www.inlandnwmasters.org)



**Inside: 3 Spring Nationals**

**7 Sink or Swim Meet Entry**

# From the Board of Managers

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Greetings Swimsters,

Since we had some trouble with getting the SplashMaster formatted for posting to the website in March, I wanted to reiterate some of my Chair Words from then and let you know what's up now.

The IWMSC finished 2010 with \$3400 net income. It is my goal not to repeat that in 2011! Our Board goals this year are 1) helping Tri-Cities host a meet, 2) distributing new member kits, 3) re-establishing the Yakima team, 4) increasing the number of Masters swim officials and 5) having prizes at meets/events. We are also working on other ways to increase our knowledge base and serve our membership. Working towards that goal, Larry Krauser of HMS-Spokane Club Masters, attended the "Protecting Athletes: Open Water Safety Conference" in San Francisco March 18-20 and will be serving as our Open Water Committee chair. Lisa Dahl of USMS Club & Coach Development Services came to the CdA meet and gave a brief overview of the opportunities for developing coaches who then can directly benefit USMS members through their programs. Supporting our area coaches to take advantage of these opportunities is another way I would like to see our financial resources used. Providing incentives to host more clinics around the LMSC and possibly develop a regional fitness program are other ideas.

Ultimately, we have financial resources but we have found that the volunteer-time resources are what are limited. Leveraging the money with the limited time people have to offer is how we will best put all of our resources to work. If you have ideas on how the IWMSC can do this, please toss them into the ring.

On Wednesday, September 14, Treasurer Alan Kirpes and I will be making the cross-country trek to Jacksonville, Florida for the USMS annual convention. The workshop topics include Officiating Masters Swimming, USMS.org Tips and Tricks, Qualities of a Successful Masters Program, Insurance Coverage/Liability, and Open Water Safety. We will also be trying to attend as many of the committee meetings as possible. I've been involved in the LMSC Development Committee over the past two years helping with the evaluation of how LMSCs are meeting the minimum standards approved at convention in 2009. It is a Legislation year which means we'll be discussing and voting on any changes to the sections of the USMS that don't involve the rules of pool or open water competitive swimming. Following convention I will publish a summary to the team representatives that we can make available on the IWMSC website.

Spokane Waves Aquatic Team Masters will be hosting their third annual Tri-Fusion "Sink or Swim" Meet on Saturday, October 22nd. You'll find the meet entry form included in this newsletter and we hope you can attend this first meet of the season.

*Paige Buehler*  
IWMSC Chair

# Hydropower Masters 10th place at Spring Nationals

Ellora Wahle

CWST Team Representative

The Central Washington Master's Swim Team attended the USMS National Swim Meet in Mesa, AZ, on April 28-May 1. Several of the 11 swimmers we took posted personal bests, and most dropped time in their events. Baden Sprinkle, in particular, came home with six Top Ten finishes in the 18-24 Men's division.

Our Men's 200 Free and 200 Medley relay in 3rd and 8th respectively, and the Women's 200 Medley finished 9th. Hydropower Masters took 10th Place overall!

We had an outstanding time and are so happy to be participating in Masters swimming!



TOP - A Central Washington University Master's swimmer competes in the outdoor pool at Spring Nationals held April 28th through May 1st.

LEFT - Members of the Central Washington University Master's display the 10th place regional club award they helped earn as part of the Hydropower Masters Swim Club.



## 2011 U.S. Masters Swimming Spring National Championship Results for Inland Northwest Teams

### Hydropower Masters Swim Club

#### Women 18-24 50 Yard Freestyle

24 Henderson, Sierra 19 30.47  
27 Sharrett, Joanna 21 32.00

#### Women 18-24 200 Yard Freestyle

19 Wahle, Ellora 21 2:31.21

#### Women 18-24 500 Yard Freestyle

13 Tegeler, Kara 21 7:26.64

#### Women 18-24 100 Yard Breaststroke

11 Wahle, Ellora 21 1:21.68

Women 18-24 200 Yard Breaststroke  
6 Wahle, Ellora 21 2:56.62

#### Women 18-24 50 Yard Butterfly

22 Henderson, Sierra 19 35.56  
23 Sharrett, Joanna 21 36.36  
24 Tegeler, Kara 21 37.71

#### Women 18-24 100 Yd Ind Medley

30 Henderson, Sierra 19 1:19.60

#### Women 50-54 50 Yard Freestyle

31 Tomlinson-Macias, M. 52 35.03

#### Women 50-54 500 Yard Freestyle

20 Clutter, Cynthia G 51 6:46.29

Women 50-54 1650 Yard Freestyle  
9 Clutter, Cynthia G 51 23:28.64

#### Women 50-54 50 Yard Backstroke

14 Tomlinson-Macias, M. 52 45.67

#### Women 50-54 50 Yard Breaststroke

24 Clutter, Cynthia G 51 41.24

#### Women 50-54 100 Yard Breaststroke

29 Clutter, Cynthia G 51 1:31.27

#### Women 50-54 200 Yd Ind. Medley

17 Tomlinson-Macias, M. 52 3:44.73

#### Women 55-59 1000 Yard Freestyle

5 Hair, Margaret 56 13:51.58

Women 55-59 200 Yard Breaststroke  
3 Hair, Margaret 56 3:04.30

#### Women 55-59 100 Yard Butterfly

7 Hair, Margaret 56 1:19.48

#### Women 55-59 200 Yard Butterfly

4 Hair, Margaret 56 3:04.11

#### Women 55-59 100 Yd Ind Medley

7 Hair, Margaret 56 1:14.96

#### Women 55-59 400 Yd Ind Medley

5 Hair, Margaret 56 6:03.14

#### Women 65-69 1650 Yard Freestyle

2 Magee, Carolyn M 65 27:02.10

RESULTS cont pg 6

A veteran swimmer returns to the open water with . . .

# . . . No More Excuses

**Margaret Hair**

Lake City Masters

After a 5 year hiatus, I swam in the 18th Annual Steve Omi Memorial Swim on July 17th. Two things enticed me to swim this year. The Coeur d'Alene High School Swim Team agreed to organize the event, relieving me of my responsibilities along with my excuse for avoiding the plunge into the dark waters these past 5 years. The bigger draw was the shark shaped bottle opener for the top 3 finishers in each division. Having aged up to the Masters division, I had a chance to finish in the top 3 if I didn't linger along the way with backstroke and breaststroke. I still was concerned with the water



Margaret Hair, finishing 37th overall and first in the women's master's division.



In the water - 135 swimmers brave the 62 degree water at the 18th Annual Steve Omi Memorial Open Water Swim.

temperature being cooler than I like with the wet, cold and way-too-long spring. A perfect excuse to avoid another lake swim. My desire for the shark bottle opener was too strong, so I borrowed Cindy Clutter's long sleeve wetsuit. What a difference that made, not just in my body temperature but in my speed. With a focus rarely seen in me during a lake swim, I methodically stroked my way through the course with only a rare pause to sight the next turn buoy. It was ideal conditions for my return to the Omi Swim. Along with 134 other swimmers, I enjoyed the sunshine, calm water and course layout. And yes, I did bring home a shark bottle opener.

## CABLE SWIM from pg 1

course.

Swimmers were seeded by their 1650 yd times into heats of 8-10 swimmers. Each heat was started 20 seconds after the one before it, so there was minimal passing.

The 2-mile cable swim (not a national championship, but it will be next year) was held first. Bob Bruce flipped a coin to determine in which direction the 2-mile race would be swum: counter-clockwise. That also determined the 1-mile cable swim would be the opposite direction, which was wonderful for me since I LOVE breathing to the right. Par-

ticipants for the 2-mile cable assembled in their heats, swam to the start line and raced around the course four times. Lots of people used the 2-mile event as their warm up for the 1-mile, but some we're aiming to set new national records. My carpool-mate down from Portland, Dave Radcliff, held every freestyle record in every course except for the 1- and 2-mile cable and he was on a mission...a successful one!

Hydropower Masters Swimmers stuck to the 1-mile championships. Larry Krauser (Spokane Club Masters) would

have set a new USMS record in Men's 55-59 with his time of 22:23.96, if only he had edged out Sandy McDonald for first! Matt Bronson (Fairchild AFB Masters) and Stephen Harger (Moses Lake Manta Rays) joined me on the two loops around the course which we all completed between 28 and 30 minutes.

Matt said of the event, "Hey, cable swims are so fun even Paige is converted to open water swimming!" And I would agree. Swimming alongside a bright yellow cable is about as comforting as it gets for a pool swimmer.

# CAST Classic 2011

## Finish Times

Below is the order of finish for each finish and their time, for the open water swim held August 27th in Lake Coeur d'Alene and hosted by the CdA Area Swim Team. Full results, including USA-Swimming participants, are available at [www.swimcast.net](http://www.swimcast.net).

### Masters Male 2.5K

Jason Jablonski 1:03.22  
Steve McGeehan 1:03.58  
Alex Endo 1:29.43

### Masters Female 2.5K

Carey Gazis 1:12.50

### Masters Male 5K

Craig Scrivner 1:30.18  
James Devere 1:32.31  
Tim Burmhan 1:33.03  
Evan Eck 1:38.04  
Mathew Bronson 1:50.10  
Jon Connolly 1:53.15  
James Adams DNF

### Masters Female 5K

Annie Warner 1:25.34  
Michelle McRae 1:29.37  
Jennifer Korfiatis 1:32.37  
Erika Balz 1:34.20  
Dallas Turner 1:42.07  
Paige Buehler 1:44.49  
Jennifer Polello 1:44.58  
Aubrey Curtis 1:45.15

### Masters Male 10K

Ricky Edge 2:30.04  
Johnny Van Vielthuyzen 2:43.24  
Marcos Donolo 2:57.13  
Mark Rabold (wetsuit) 3:18.53  
Eric Treveline 3:27.58  
John Kormanik 3:45.36  
Kevin Hanley 3:49.02

### Masters Female 10K

Carrie Stryke 3:05.52  
Linda Snyder 3:05.55  
Paula Moores 3:44.10  
Jill Wright DNF

## 2011 USMS Top Ten SCY for Inland Northwest

Place	Age Group	Event	Name	Time
10	W55-59	200 Breast	Margaret Hair	3:04.30Y
9	W55-59	200 Fly	Margaret Hair	3:04.11Y
8	W55-59	400 IM	Margaret Hair	5:59.80Y
4	W65-69	500 Free	Carolyn Magee	7:17.96Y
6	W65-69	1000 Free	Carolyn Magee	15:34.17Y
5	W65-69	1650 Free	Carolyn M Magee	27:02.10Y
9	W65-69	50 Fly	Carolyn M Magee	40.29Y
8	W65-69	100 Fly	Carolyn M Magee	1:35.36Y
6	W65-69	200 Fly	Carolyn M Magee	3:35.60Y
10	W65-69	200 IM	Carolyn M Magee	3:26.87Y
6	W65-69	400 IM	Carolyn M Magee	7:12.55Y
8	W75-79	100 Fly	Peony Munger	2:56.13Y
4	W75-79	200 Fly	Peony Munger	6:05.18Y
5	W75-79	400 IM	Peony Munger	10:31.00Y
5	W80-84	1000 Free	Madonna M Buder	21:57.77Y
6	W80-84	1650 Free	Madonna M Buder	38:33.98Y
9	W85-89	100 Free	Jean C Rudolph	3:02.93Y
6	W85-89	50 Back	Jean C Rudolph	1:24.61Y
5	W85-89	100 Back	Jean C Rudolph	3:01.45Y
8	W85-89	50 Breast	Jean C Rudolph	2:02.37Y
7	W85-89	100 Breast	Jean C Rudolph	4:26.85Y
7	M18-24	500 Free	Baden P Sprinkle	5:06.91Y
6	M30-34	1650 Free	James A Adams	18:07.57Y
7	M50-54	50 Breast	Michael L Hamm	29.63Y
6	M50-54	100 Breast	Michael L Hamm	1:04.27Y
8	M50-54	200 Breast	Michael L Hamm	2:28.20Y
4	M55-59	1650 Free	Larry B Krauser	19:23.29Y
9	M75-79	1000 Free	Jack Bevier	17:30.83Y
9	M75-79	1650 Free	Jack Bevier	29:18.02Y
3	M75-79	200 Fly	Jack Bevier	4:35.81Y



Classic line up - Paige Buehler (MCM), Matt Bronson (FAFB), Rick Edge (UNAT), Marcos Donolo (MCM), James Adams (WVM), Jennifer Korfiatis (WVM), and Steve McGeehan (MCM) of Inland Northwest Masters make last minute preparations before the CAST Classic.

# 2011 U.S. Masters Swimming Spring National Championship Results for Inland Northwest Teams

Women 65-69 50 Yard Butterfly 5 Magee, Carolyn M 65 40.29	Men 18-24 50 Yard Backstroke 11 Williamson, Eric R 20 29.15	Men 30-34 200 Yard Butterfly 8 Adams, James A 33 2:07.12	Women 18+ 200 Yard Medley Relay 9 "A" 2:24.72 1) Sharrett, J 2) Wahle, E 3) Henderson, S 4) Tegeler, K
Women 65-69 100 Yard Butterfly 6 Magee, Carolyn M 65 1:35.36	Men 18-24 100 Yard Backstroke 7 Sprinkle, Baden P 23 56.64	Men 30-34 200 Yard Ind Medley 8 Adams, James A 33 2:08.82	Men 18+ 200 Yard Freestyle Relay 3 "A" 1:29.71 1) Williamson, E 2) Bettini, F 3) Sprinkle, B 4) Clark, S
Women 65-69 200 Yard Butterfly 3 Magee, Carolyn M 65 3:35.60	Men 18-24 200 Yard Backstroke 5 Sprinkle, Baden P 23 2:06.58	Men 50-54 50 Yard Freestyle 61 Macias, Jesse G 53 1:00.87	Men 18+ 200 Yard Medley Relay 8 "A" 1:47.01 1) Williamson, E 2) Sprinkle, B 3) Bettini, F 4) Clark, S
Women 65-69 200 Yd Ind Medley 4 Magee, Carolyn M 65 3:29.99	Men 18-24 50 Yard Butterfly 13 Peterson, Matthew A 21 26.10 22 Vimislik, Jeremy 22 29.57	Men 50-54 100 Yard Backstroke 11 Hamm, Michael L 53 1:02.13	Mixed 18+ 200 Yard Freestyle Relay 19 "A" 1:49.00 1) Peterson, M 2) Tegeler, K 3) Wahle, E 4) Williamson, E
Women 65-69 400 Yd Ind Medley 7 Magee, Carolyn M 65 7:19.02	Men 18-24 100 Yard Butterfly 14 Peterson, Matthew A 21 58.51 15 Bettini, Federico 21 58.75	Men 50-54 200 Yard Backstroke 9 Hamm, Michael L 53 2:17.98	Mixed 18+ 200 Yard Medley Relay 21 "A" 2:15.57 1) Halvorson, J 2) Wahle, E 3) Vimislik, J 4) Henderson, S
Women 75-79 200 Yard Backstroke 3 Munger, Peony 76 5:18.32	Men 18-24 200 Yard Butterfly 3 Peterson, Matthew A 21 2:12.72	Men 50-54 50 Yard Breaststroke 4 Hamm, Michael L 53 29.63	<b>Spokane Waves Aquatic Masters</b>
Women 75-79 200 Yard Breaststroke 4 Munger, Peony 76 5:19.94	Men 18-24 100 Yard Ind Medley 9 Sprinkle, Baden P 23 57.27 23 Bettini, Federico 21 1:00.98 25 Williamson, Eric R 20 1:03.62 30 Vimislik, Jeremy 22 1:08.41	Men 50-54 100 Yard Breaststroke 4 Hamm, Michael L 53 1:04.27	Men 40-44 50 Yard Freestyle Finals 61 Steenhuis, H 43 SWAT 27.89
Women 75-79 100 Yard Butterfly 1 Munger, Peony 76 2:56.13	Men 18-24 200 Yard Ind Medley 8 Peterson, Matthew A 21 2:18.23	Men 65-69 100 Yard Freestyle 16 Magee, Patrick J 69 1:48.71	Men 40-44 50 Yard Breaststroke Finals 25 Steenhuis, H 43 SWAT 32.65
Women 75-79 200 Yard Butterfly 1 Munger, Peony 76 6:05.18	Men 25-29 100 Yard Freestyle 12 Clark, Samuel 25 49.35	Men 65-69 1650 Yard Freestyle 10 Magee, Patrick J 69 42:44.76	Men 40-44 100 Yard Breaststroke 25 Steenhuis, H 43 SWAT 1:11.68
Women 75-79 400 Yd Ind Medley 1 Munger, Peony 76 10:31.00	Men 25-29 50 Yard Butterfly 10 Clark, Samuel 25 25.02	Men 75-79 200 Yard Freestyle 5 Bevier, Jack 78 3:09.41	Men 50-54 50 Yard Freestyle Finals 43 Sheahan, Dan 53 SWAT 26.68
Men 18-24 50 Yard Freestyle 7 Sprinkle, Baden P 23 22.53 18 Bettini, Federico 21 23.69 22 Williamson, Eric R 20 23.98 31 Vimislik, Jeremy 22 26.01 33 Halvorson, John T 20 27.73	Men 30-34 200 Yard Freestyle 17 Adams, James A 33 1:54.93	Men 75-79 500 Yard Freestyle 4 Bevier, Jack 78 8:31.16	Men 50-54 100 Yard Freestyle Finals 31 Sheahan, Dan 53 SWAT 59.11
Men 18-24 100 Yard Freestyle 5 Sprinkle, Baden P 23 48.48 17 Bettini, Federico 21 52.24 27 Halvorson, John T 20 1:00.66	Men 30-34 500 Yard Freestyle 11 Adams, James A 33 5:14.22	Men 75-79 1650 Yard Freestyle 3 Bevier, Jack 78 29:18.02	Men 50-54 200 Yard Freestyle Finals 30 Sheahan, Dan 53 SWAT 2:09.16
Men 18-24 200 Yard Freestyle 11 Peterson, Matthew A 21 1:58.73	Men 30-34 100 Yard Backstroke 14 Adams, James A 33 1:01.54	Men 75-79 50 Yard Butterfly 5 Bevier, Jack 78 46.24	
Men 18-24 500 Yard Freestyle 3 Sprinkle, Baden P 23 5:06.91 9 Halvorson, John T 20 6:08.80	Men 30-34 100 Yard Butterfly 14 Adams, James A 33 56.84	Men 75-79 100 Yard Butterfly 3 Bevier, Jack 78 1:58.18	
		Men 75-79 200 Yard Butterfly 1 Bevier, Jack 78 4:37.51	
		Women 18+ 200 Yard Freestyle Relay 11 "A" 2:07.75 1) Henderson, S 2) Sharrett, J 3) Tegeler, K 4) Wahle, E	



Spokane Waves Aquatic Team Masters organizes the 4<sup>th</sup> annual

# Sink or Swim Meet

Saturday, October 22<sup>nd</sup>, 2011

**Date/Times:** Saturday, October 22<sup>nd</sup>, 2011. Warm-up starts at 1:00pm, Meet starts at 1:30 pm.

**Sponsor:** Spokane Waves Aquatic Team. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 03511022.

**Eligibility:** All swimmers must be currently registered USMS swimmers or foreign equivalent. New IWMSC/USMS registrations (found in the *Splashmaster*) should be sent to Mark Taylor or can be completed online: [www.usms.org/reg](http://www.usms.org/reg). One event USMS registration is also available for \$15. Forms 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 2011 USMS Rulebook about proper stroke and turn rules or see online at [www.usms.org/rules/](http://www.usms.org/rules/). Events will be seeded slow to fast.

**Deadline:** All entries must be postmarked by October 16th, 2011. Incomplete or late entries will be treated as "deck entries". **All Deck entries must be in before 1:00 PM. Competition starts at 1:30**

**Fees:** \$20 for entries sent before October 16<sup>th</sup>, \$30 for "deck entries." Make checks payable to: **SWAT**.

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

**Relays:** Submit relay cards to the Clerk of Course by 1:30 PM. Individuals must be signed up with the club they represent to have their relay points count for that club.

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

**Directions:** Meet is at the Whitworth University pool. Take I-90 east or west to exit 280. Take 395 North. Take a left on West Hawthorne Rd (there is a Shell station on your right.) Stay straight at the traffic lights. Take the second street on your right (College). Follow the road through the curve left, and then the curve right. Take your first left. The parking lot is on your right hand side, the pool is in the far right back.

Postmarked by: October 16, 2010  
 Mail Entries to: Harm-Jan Steenhuis  
 12424 N. Perry.  
 Spokane, WA 99218

Entry fee: \$20.00 prior to October 16  
 \$30.00 for Deck Entries

Checks payable to: SWAT

Name \_\_\_\_\_  Male  Female Birthdate \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_ USMS # \_\_\_\_\_ Club/Team \_\_\_\_\_

Enter events using Yard Times • Maximum of 5 Individual and 3 Relay Events.

- |                                          |                                       |                                     |
|------------------------------------------|---------------------------------------|-------------------------------------|
| 1) 400 Y Ind. Medley _____               | 6) 200 Y Backstroke _____             |                                     |
| 2) 1000 Y Freestyle _____                | 7) 50 Y Butterfly _____               | 14a) 200 Y Medley relay _____       |
|                                          | 8) 200 Y Ind. Medley _____            | 14b) 200 Y Mixed Medley relay _____ |
| <b>Second Warm-up at Approx. 2:00 pm</b> | 9a) 400 Y Freestyle Relay _____       |                                     |
|                                          | 9b) 400 Y Mixed Freestyle Relay _____ | <b>10 Minute Break</b>              |
| 3a) 200 Y Freestyle Relay _____          |                                       | 15) 200 Y Freestyle _____           |
| 3b) 200 Y Mixed Freestyle Relay _____    | <b>10 Minute Break</b>                | 16) 50 Y Breaststroke _____         |
|                                          | 10) 100 Y Freestyle _____             | 17) 100 Y Backstroke _____          |
| <b>10 Minute Break</b>                   | 11) 200 Y Breaststroke _____          | 18) 200 Y Butterfly _____           |
| 4) 50 Y Freestyle _____                  | 12) 50 Y Backstroke _____             | 19) 100 Y Ind. Medley _____         |
| 5) 100 Y Breaststroke _____              | 13) 100 Y Butterfly _____             | 20) 500 Y 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:** \_\_\_\_\_

**Printed Name:** \_\_\_\_\_



714 Mabelle Street  
Moscow, ID 83843

RETURN SERVICE REQUESTED