



From left to right: Mark Braun (OR), April Robinson (OR), Alan Kirpes (IW), Lo Knapp (UT), Ken Winterberger (AK), and Rich Siebert (PN) Six new delegates joined 18 veteran Northwest Zone delegates at the USMS convention in Jacksonville, FL on September 14-18, 2011.

From the Chair

By Paige Buehler, INWM LMSC Chair

In September, both Treasurer Alan Kirpes and I attended the USMS annual meeting and convention in Jacksonville, FL. Overall, it was one of the more calm conventions I have attended. Nadine Day from Illinois was elected to be the new president of USMS and she is off to a fast start getting national committees set up and mobilizing the Board of Directors to implement the plans coming out of the 2011 Strategic Plan (available at usms.org).

Continued on Page: 2

INLAND NORTHWEST MASTERS

Serving Eastern Washington and Northern Idaho



Mark your calendars for these upcoming events

Inland Northwest Masters Meet info:

Saturday, March 3 – Coeur d’Alene Meet

Saturday – Sunday, March 31 - April 1 – Champs Meet (Moscow)

Saturday, June 9 – Spokane Long Course Meters Meet

National Events:



Co-Meet Directors for the 2012 Spring Nationals are Don Gilchrist, and Hill Carrow. Hill previously served as Meet Director for both the 1984 USMS Long Course National Championships and the 1992 USMS Short Course National Championships.

For inquiries, please feel free to email Don Gilchrist at tomatoz@bellsouth.net or Hill Carrow at hcarrow@sportsproperties.com.

Thursday – Sunday, April 26-29 USMS Spring Nationals (Greensboro, NC)

<http://www.usms.org/comp/scnats12/>

Board of Managers contact information:

Position	Name	Phone number	Email
Chair:	Paige Buehler	208-892-1328	swim@galacticnorth.net
Vice-Chair:	Kristen Heath	253-906-1580	kristen.heath@gmail.com
Secretary:	Lincoln Djang	509-528-1113	swim.3rivers@hotmail.com
Treasurer:	Alan Kirpes	509-662-5595	alan.kirpes@farm-credit.com
Past Chair:	Michael Hartley	509-663-8484	hartley.m@mail.wsd.wednet.edu
Registrar:	Sean Murphy	509-783-0765	kennewick.murphy@gmail.com
Top Ten:	James Adams	509-888-2347	jamesalbertadams@yahoo.com
Fitness:	Margaret Hair	208-667-3721	margareth20@frontier.com
Sanctions:	Brian Johnson	208-883-4949	johnsonb@uidaho.edu
Open Water:	Larry Krauser	509-455-7789	larry.krauser@kcgl.net
Newsletter:	Amanda Djang	509-528-1113	swim.3rivers@hotmail.com
Coaches Chair:	Amanda Djang	509-528-1113	swim.3rivers@hotmail.com
Officials:	Wes Bratton	509-628-8190	wbratton7@gmail.com
Webmaster:	Brian Carhart	208-819-4245	briancarhart@gmail.com

From The Chair

Continued from Page 1

Legislation changes were centered on defining in our rule book what “workout groups” were and how to make them more visible at the National level. Issues surround that because then they wouldn’t be under the direct domain of the clubs and National could charge National fees to register a “Chapter” (the proposed language). It all failed and the organizational structure remains the same.

Open water and pool one-event registrations are now defined separately in USMS rules.

The NW Zone also held a meeting at convention where we re-elected Wes Edwards as the NW zone chair. The 2012 season will see two USMS Open Water National championships in the NW:

1. a 2-mile cable swim at Foster Lake, Sweet Home, Oregon and
2. a 10k swim in Applegate Lake, south of Grants Pass, Oregon

There are two great national awards for excellence in grassroots coaching and service to the LMSC & USMS. The Kerry O'Brien Coaching Award has "the goal of recognizing coaches who are building our membership in communities throughout our country." The Dorothy Donnelly Service Award recognizes volunteers whose "service stands out in its scope and its impact on the program and the USMS members who have benefited from their efforts on the local, regional, and national level." Both of these awards honor multiple people throughout USMS each year. The complete criteria and information can be found at www.usms.org/admin/awards/. Nominations should be submitted by June 10, 2012 to the Inland NW Board of Managers.

Congratulations to Eric Ridgway and Robin Helm!

In other news from around our region, two of our members from Sandpoint, Idaho deserve some recognition. Eric Ridgway, director of the famous Long Bridge Swim in early August, was interviewed and included in the article about vegetarianism and athletics that appeared in the Sept/Oct issue of USMS Swimmer magazine. Robin Helm, the Sandpoint West Sharks Masters team rep and pediatrician, has recently published a children's book called "The Land of Starry Night" along with a local artist. Back on swimming news, I dropped a fat envelope of 10 Brute Squad postal registrations into the mail last month. All of the 27 Moscow Chinooks who came to practice on December 7th did the Brute Squad swim as their workout. Here's hoping Hydropower Masters Swim Club wins the Club Award again this year!

It's been a long, dry spell for swim competitions for me since I couldn't attend the SWAT Sink or Swim due to a teammate's wedding. I look forward to seeing lots of you at the meets in Wenatchee, Coeur d'Alene and Moscow as well as at the open water clinic in February!

From the Coaches Chair - A Note About USMS Insurance:



**Amanda Djang, Head Coach 3RMS
INWM Coaches Chairperson**

We would like to encourage **all** coaches to be registered USMS members.

USMS registered members are provided excess accident insurance, when

1. In practices supervised by a USA Swimming certified coach or a USMS member where **all** swimmers are registered with USMS, and
2. In all USMS sanctioned meets where **all** competitors are registered USMS members.

USMS Coaching Certification Clinic

By: Lincoln Djang

I had the opportunity to attend the Level I and Level II ASCA and USMS certification course held in Seattle on October 21 and 22, 2011, sponsored by PNA. Our hosts were Lisa Dahl, PNA Club Development and Rich Siebert, PNA Vice President. The presenters were Susan Ingraham, Head Coach, Master of South Texas; Stu Kahn, Head Coach, Davis Aquatics; and Lisa Dahl, PNA Chairperson.



(Left to Right: Susan Ingraham, Lisa Dahl, and Stu Kahn.)

There were over 30 coaches in attendance at the clinic. Attendees ranged from those starting a Master's swim program to those who were completely new to Master's swimming. The certification program provided information on philosophy, business practices, open water, writing workouts, dry land exercises, and instruction on all four strokes.

The certification program is a good first step towards establishing a Master's certification program for all of USMS coaches. The instructors announced that major improvements were in development, including new editions of Level II, III, IV and V. The attendees were in favor of working towards this goal, because of the huge benefit to the Membership, the Coaches Committee, the Club Development, and the Coaching Services Teams. I will be coordinating a clinic in conjunction with my new certification as a USMS and ASCA Level 2 coach. My thanks to the INWM LSMC for providing me with this opportunity.

- Lincoln Djang
Assistant Coach, 3 Rivers Masters
Certified USMS and ASCA Level 2

Meet Our New Club and Coach Services Director



Bill Brenner,
Director of USMS Club and Coach Services

Bill Brenner is USMS's new Club and Coach Services Director, and he is dedicating himself to expanding the quantity and quality of our local clubs and coaching. A mid and long distance freestyler who also places well in the longer breaststroke events, Brenner, 53, swims for the Sarasota YMCA Sharks and has also served as meet director for numerous Masters meets. A longtime Masters swimmer and coach who has a Level 2 Masters coach certification, Brenner is a natural leader who demands excellence of himself and those around him. He has also attended the last three annual conventions and has been a member of both the Championship Committee and the Coaches Committee.

Meet Our New USMS President



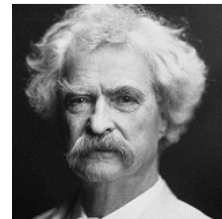
Nadine Day
President, United States Masters Swimming

Her philosophy:

Don't fight the water and yourself. You need to enjoy swimming to swim fast. Drills are as important as yardage.

A Masters swimmer once told me: "There is no point in proving yourself superior to another person. There is much to be gained by becoming superior to your former self."

**“A person who won't swim has
no advantage over one who
can't.” - Mark Twain**



Update for USMS Summer Nationals

USMS Summer Nationals meet (LCM) will be the week after US Olympic trials in Omaha, NE July 5-8, 2012. Great opportunity, so see more information at www.usms.org/comp/lcnats12/.

Lake City Masters SPRING SPLASH

Entry Form
Saturday, March 3rd, 2012

Date/Times: Saturday, March 3, 2012. Warm-up at 8:30 am. Meet starts at 9:00 am. Event 3 will not start before 11:00 am.

Location: The Salvation Army Ray and Joan Kroc Center, 1765 W. Golf Course Road, Coeur d'Alene, Idaho 83815

Eligibility: All swimmers must be currently registered with US Masters Swimming or foreign equivalent. 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 registered outside Inland NW Masters.

Rules: All current USMS rules will apply. Please consult www.usms.org/rules about proper stroke and turn rules. Events will be seeded slow to fast.

Conduct of the Meet: Participants are limited to five individual events (four individual events for deck entries) and three relay events.

Check-in: All deck entries must be checked-in by 8:40 am. Positive check-in required for 1500 free & 400 free. Deadline for 1500 free is 8:40 am. Deadline for 400 free is 1:00pm.

Relays: Submit relay cards to the clerk of course by 10:30 am. Individuals must be signed up with the club/workout group they represent to have their relay points count for that club/workout group. Mixed relays require 2 men and 2 women.

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

Fees: \$25 for entries postmarked by February 25, 2012. \$35 for deck entries. Incomplete or late entries will be treated as deck entries. Make checks payable to: The Salvation Army Kroc Center. Cash will not be accepted with entry forms or at the meet. Online registration available at www.InlandNWMasters.org.

Sponsor: Lake City Masters (LCM) of the Hydropower Masters Swim Club (HMS). Sanctioned by Inland Northwest Masters Swimming Committee (IWMSC) for United States Masters Swimming Inc. (USMS). Sanction number 03520303.

Directions to The Salvation Army Ray and Joan Kroc Center Competition Pool: From I-90 take the Northwest Blvd (exit 11). From exit ramp, turn North onto N. Ramsey Rd. and continue for .4 miles. Turn left onto W. Golf Course Rd.

Questions: Can be answered by Noelle Adams, 208-651-6733, noelleterese@yahoo.com.

Note: Nourishment will not be provided. Concessions available in the lobby. Please no food on pool deck.

DISCLAIMER: The LCM, HMS, IWMSC, USMS are not owned or operated by The Salvation Army. This content and the conduct of its programs are not controlled or supervised by The Salvation Army Ray and Joan Kroc Center.

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.

In case of illness or accident, the Salvation Army Kroc Center is authorized to secure emergency medical treatment at my expense. The Salvation Army Kroc Center reserves the right to dismiss any participant who does not show respect for the facility, including but not limited to: property, equipment, policies, other members and staff. Members who are dismissed will not be given a refund of fees paid. The Salvation Army Kroc Center assumes no responsibility for personal property that is either in or out of lockers. By signing this entry form, I hereby waive any and all claims against The Salvation Army Kroc Center. I understand that the use of the facilities and equipment at The Salvation Army Kroc Center may involve risk of bodily injury or property damage and I agree to assume any such risks. I understand that it is up to me to consult physicians and other professionals to make sure that I can safely participate in this swim meet at The Salvation Army Kroc Center. I also understand and agree that by signing this Entry Form, I am giving up my right to make any claim against The Salvation Army Kroc Center, its agents, employees and volunteers, including the right to sue them, for bodily injury or property damage or any other loss that I might suffer while using The Salvation Army Kroc Center facilities and services, except as limited by law.

Postmarked by: February 25, 2012
Mail Entries to: Noelle Adams
3228 Fernan Terrace Drive
Coeur d'Alene, Idaho 83814

Checks Payable to: The Salvation Army Kroc
Entry Fees:

- \$25 for online entries completed by midnight Pacific time on Feb. 28, 2012 (online entries are preferred). Online entries are charged to your credit card by "ClubAssistant.com Events." Online meet registration is available at www.InlandNWMasters.org.
- \$25 for paper entries postmarked by Feb. 25, 2012.
- \$35 for deck entries.
- Incomplete or late entries will be treated as deck

Lake City Masters SPRING SPLASH

Entry Form
Saturday, March 3rd, 2012



Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Inland NW Team _____ Email _____
(Or Foreign Equivalent)

By signing and submitting this form, I agree to the terms of the "Liability Release."

Your Signature _____ Date _____



Short Course Meter Times

Maximum of 5 Individual (maximum 4 Individual for Deck Entries) and 3 Relay Events

- | | | |
|--|---------------------------------------|-----------------------------------|
| 1. 400 M Individual Medley _____ | <i>10 Minute Break</i> | <i>10 Minute Break</i> |
| 2. 1500 M Freestyle _____
(Limited to first 18 entrants.) | 10. 400 M Medley Relay _____ | 18. 200 M Breaststroke _____ |
| <i>Event 3 will start no earlier than 11:00 am</i> | 11. 400 M Mixed Medley Relay _____ | 19. 200 M Butterfly _____ |
| 3. 200 M Freestyle Relay _____ | 12. 100 M Breaststroke _____ | 20. 50 M Freestyle _____ |
| 4. 200 M Mixed Freestyle Relay _____ | 13. 50 M Butterfly _____ | 21. 100 M Backstroke _____ |
| 5. 50 M Breaststroke _____ | 14. 100 M Freestyle _____ | 22. 200 M Individual Medley _____ |
| 6. 100 M Butterfly _____ | 15. 200 M Backstroke _____ | <i>5 Minute Break</i> |
| 7. 200 M Freestyle _____ | 16. 800 M Freestyle Relay _____ | 23. 400 M Freestyle _____ |
| 8. 50 M Backstroke _____ | 17. 800 M Mixed Freestyle Relay _____ | |
| 9. 100 M Individual Medley _____ | | |

Mail page 2 of the entry form to the address listed above. Please keep page 1 for your personal reference.

Summer Plunge Meet

Spokane Waves Aquatic Masters

Saturday, June 9th 2012 at Witter Pool, Spokane, WA

Date/Times: Saturday, June 9th, 2012. Warm-up starts at 12:30pm, Meet starts at 1:00 pm.

Location: Witter Pool, an outdoor 50 meter facility with deck space and changing facilities. The aquatic center is wheelchair accessible. Warm-up will be in the competition pool.

Sponsor: Spokane Waves Aquatic Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 03520609.

Eligibility: All swimmers must be currently registered USMS swimmers or foreign equivalent. New IWMSC/USMS registration forms can be found in the *Splashmaster* newsletter or can be completed online: 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 2012 USMS Rulebook www.usms.org/rules about proper stroke and turn rules. Events will be seeded slow to fast. Note that the competitive pool water depth varies from 12 feet at the start end to 3.6 feet at the turn end. The 200 meter relays will

have starts for the 50m and the 150m exchanges from within the water.

Deadline: All entries must be postmarked by June 1st, 2012. Incomplete or late entries will be treated as "deck entries".

Fees: \$20 for entries sent before June 1st, \$30 for "deck entries." Make checks payable to: SWAT.

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

Relays: Submit relay cards to the Clerk of Course during warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club. Events 15a & 15b will be swum in combined heats and swimmers may participate in one or the other; likewise for event 16. However, each relay will be scored separately.

Awards: First-Third place ribbons will be available for pick up by swimmers who, having earned them, would like them.

Directions: Witter pool, Mission Park, 1400 East Mission, Spokane. Take I-90 east or west to exit 282. Go north on Hamilton. Take a right on Mission. Across the train tracks to your right is the Witter pool.

Postmarked by:	June 1, 2012
Mail Entries to:	Harm-Jan Steenhuis 12424 N. Perry St. Spokane, WA 99218
Entry fee:	\$20.00 w/ postmark prior to June 1 \$30.00 for Deck Entries

----- ✂ -----

Name _____ oMale o Female Birthdate _____ Age _____
 Address _____ City, State, Zip _____
 Phone _____ USMS # _____ Club/Team _____
 Email: _____

Please Enter Using LC Meter Times • Maximum of 5 Individual and 2 Relay Events.

- | | | |
|-----------------------------|-----------------------------|----------------------------------|
| 1) 400 M Freestyle _____ | 7) 50 M Breaststroke _____ | 13) 100 M Breaststroke _____ |
| 2) 50 M Butterfly _____ | 8) 100 M Butterfly _____ | 14) 200 M Freestyle _____ |
| 3) 100 M Backstroke _____ | 9) 50 M Freestyle _____ | 15a) 200 M Medley relay |
| 4) 200 M Breaststroke _____ | 10) 200 M Backstroke _____ | 15b) 200 M Mixed Medley relay |
| 5) 200 M Freestyle _____ | | |
| 10 Minute Break | | |
| 6) 50 M Backstroke _____ | 11) 100 M Freestyle _____ | 16a) 200 M Freestyle Relay |
| | 12) 200 M Ind. Medley _____ | 16b) 200 M Mixed Freestyle Relay |

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.

Your signature _____ Date _____

Moscow Chinooks Masters Swimming of Hydropower Masters Swim Club hosts Northwest Zone Masters Championship Swim Meet 2012

SATURDAY MARCH 31 & SUNDAY APRIL 1, 2012

DATE/TIMES: Saturday, March 31, 2012 warm-up starts at 11 am, meet starts at 12 pm, event #3 will not begin before 1:00pm.

Sunday, April 1 warm-up starts at 8:30 am, meet starts at 9:30 am, event #19 will not begin before 10:15 am.

FACILITY: University of Idaho Swim Center (Rayburn St., Moscow, ID) is an indoor pool with eight 25-yard competition lanes and a separate four-lane pool for warm-up/-down. Locker rooms adjacent to pool. Snacks/drinks for swimmers and volunteers provided.

SPONSOR: Moscow Chinooks Masters Swim Team of the Hydropower Masters Swim Club. Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc. #03520331.

ELIGIBILITY: All currently registered Masters swimmers. Entry must include 2012 membership number. **Copy of membership card or proof of registration outside USMS is required.**

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

NO DIVING DURING WARM-UP EXCEPT IN DESIGNATED SPRINT LANES.

DEADLINES & FEES: \$30 fee by postmark deadline of March 22nd. Make payment by check or money order payable to MCM. **Cash will not be accepted.** Online registrations with credit card will be accepted until midnight PDT, Tuesday, March 27th.

RELAYS: Submit relay cards to the clerk of course during each day's warm-ups for deck seeding. 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.

* The entries for Women's Relays and Men's Relays will be swum in combined heats.

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.

AWARDS: NW Zone ribbons will be awarded in each event.

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. Additional parking on Rayburn St. Obey all parking signs.

SWIM GREEN: NW Zone 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.

H.O.S.T. (House our Swimmers Tonight): Moscow Chinooks are happy to house you (and your family) for the night. Contact the meet director. Nearby hotels are the Idaho Inn, Palouse Inn, Super 8 Moscow and the Best Western University Inn.

QUESTIONS: Contact Meet Director Steve McGeehan at (208) 301-1027 before 9pm PT or email slmcgeehan@gmail.com.

Postal Fee Deadline: Saturday, March 22nd postmark
Check payable to : MCM \$30 + opt social event
Mail Entries to: Paige Buehler
814 Mabelle St.
Moscow, ID 83843

Online Entries: www.inlandnwmasters.org
Deadline: Tuesday, March 27 11:59pm PDT
Online registrations are charged to a credit card. The charge on your card will be from "ClubAssistant.com Events" for this meet.

Saturday, March 31st

11am warm up, meet starts at Noon

1. 1650 Y Freestyle
 2. 400 Y Individual Medley
- Event #3 will not begin before 1:00pm
3. 50 Y Freestyle
 4. 200 Y Butterfly
 5. 100 Y Backstroke
 6. 200 Y Mixed Freestyle Relay
- 10 Minute Break**
7. 400 Y Mixed Freestyle Relay
 8. 100 Y Freestyle
 9. 50 Y Backstroke
 10. 200 Y Breaststroke
 11. 100 Y Individual Medley
- 10 Minute Break**
- 12/13. 200 W/M* Freestyle Relay
 - 14/15. 400 W/M* Freestyle Relay
 - 16/17. 800 W/M* Freestyle Relay

Sunday, April 1st

8:30am warm up, meet starts at 9:30am

18. 500 Y Freestyle
- Event #19 will not begin before 10:15am
19. 200 Y Backstroke
 20. 50 Y Breaststroke
 21. 100 Y Butterfly
 - 22/23. 200 Women's/Men's* Medley Relay
- 10 Minute Break**
- 24/25. 400 Women's/Men's* Medley Relay
 26. 200 Y Freestyle
 27. 100 Y Breaststroke
 28. 50 Y Butterfly
 29. 200 Y Individual Medley
- 10 Minute Break**
30. 200 Y Mixed Medley Relay
 31. 400 Y Mixed Medley Relay
 32. 800 Y Mixed Freestyle Relay
 33. 1000 Y Freestyle

SATURDAY EVENING SOCIAL: Will be held at 5:30pm at LaMadrid Restaurant in the Eastside Marketplace, Moscow. Dinner offering chicken, beef, pork and vegetarian choices with sides for \$15 per person (drinks separate—full bar and chocolate milk available.) Please include payment with your entry.

The IWMSC annual meeting will follow dinner.

IMSC AWARDS: The Inland NW Masters Swimming Committee recognizes **Most Dedicated** and **Most Inspirational** swimmers and volunteers each year. **Send your nominations** to Margaret Hair (margareth20@frontier.com) so we can recognize those who make a difference in and out of the pool. Thanks!!

VOLUNTEERS TO TIME: If someone is coming to the meet with you and would like to time and cheer for you, please contact the meet director.

Moscow Chinooks Masters Swimming of the Hydropower Masters Swim Club hosts
Northwest Zone Masters Championship Swim Meet 2012

Sanctioned by the Inland NW Masters Swimming Committee for USMS, Inc. Sanction #03520331

Name _____ Circle if this is your FIRST Masters swim meet: **Y**

Phone (____) _____ E-mail address _____

Address _____

City _____ State/Prov _____ Zip _____

Male Female Birth date ____/____/____ Age _____ USMS or MSC # _____

Team Name _____ Team Abbrev _____ LMSC _____

USMS Club Name _____ USMS Club Abbrev _____ or UNATTACHED

AGE GROUPS (Determined by your age as of 3/31/2012): 18-24 25-29 30-34 35-39 40-44 45-49 50-54 55-59 60-64 65-69 70-74 75-79 80-84 85-89 90-94 95+
 RELAY AGE GROUPS: 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+. The age of the youngest relay team member shall determine the age group.

Maximum of 6 Individual Events (up to 5 max in one day)

EVENT #	EVENT NAME	SEED TIME (yds) or NT if no time avail

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.

X Your Signature _____ **Date** _____

Fees: Meet Fee \$30	\$ _____
Social Event Fee \$15 x _____ ppl	\$ _____
Total enclosed (no cash)	\$ _____

Postal Fee Deadline:	Saturday, March 22nd postmark
Check payable to:	MCM
Mail Entries to:	Paige Boehler 814 Mabelle St. Moscow, ID 83843
Online Entries:	www.inlandnwmasters.org
Deadline:	Tuesday, March 27 midnight PDT



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...
 VMCA
 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)

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

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 Univ
- Walla Walla Masters
- Unattached Team (relays at zone/rail meets, none at Inland NW meets)

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 around the Inland NW and at usms.org/training
- ⇒ Avenues for competition and fitness events
- ⇒ Camaraderie and FUN!

Make check payable to: IWMSC
Mail check & form to: Sean Murphy, Registrar
PO Box 161
Richland, WA 99352
Questions? Email IWRegistrar@usms.org



Sean Murphy
P. O. Box 161
Richland, Washington 99352

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