INLAND NORTHWEST MASTERS SWIMMING

SPLASHMASTER

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Six Zone and 13 Inland NW Records Fall in Pullman

Northwest Zone swimmers from as far as the Oregon coast, western Washington and Missoula Montana participated in a two day Zone Championship meet at Washington State University's Gibb Pool. The NW Zone Championships served as a warm up to the national championships which was held in Indianapolis in late April.

The youngest swimmers participating in the zone champs were WSU students Kelly Crandell and Monteo McCudden both 19, with the oldest swimmer being Charles Woolls (84) of British Columbia, in addition to Jean Rudolph (78) of Moscow and Marion Chadwick (78) of Mercer Island.

A total of six NW Zone records fell over the weekend including a blazing :23.00 for the 50 yard Butterfly. Tyler Jourdonnais (34) of Missoula broke the existing record of :23.34 to become the new record holder in one of swimming's most difficult sprint events. Jourdonnais a former University of Arizona swimmer, also clocked in a :54.61 for the 100 yard Backstroke for a new NW Zone record.

Former Olympian Barbara Jackson (70) also of Missoula, broke four NW Zone records in her 70-74 age group. Jackson shattered the 100 yard Backstroke record of 1:39.01 clocking in a 1:33.34. In addition, Jackson also set records in the 100 yard Individual Medley at 1:37.47 as well as the 50 and 200 yard Backstroke events at :42.91 and 3:24.48 respectively.

:23.00

In addition to the six NW Zone records to be broken, 13 Inland Northwest (INW) Masters records fell. In the Women's 35-39 age group, Susanne Simpson from the Spokane Club Masters broke records in the 50 and the 1000 Freestyle events, in addition to the 200 Backstroke.

Simpson would be presented the INW Most Inspirational Swimmer Award at the Saturday evening banquet. Chair Elin Zander who presented the award noted, "Suzanne shattered a finger in a car accident, and required surgery and a number of screws to put the finnger back together again. Susanne kept swimming and training for nationals (she had her doc make her a waterproof splint), and continues to swim exceptionally well. Congratulations and good luck at nationals Susanne!"

The women's 45-49 age group contributed five of the new INW records. Elin Zander of Inland Empire YMCA broke records in the 1650 Freestyle, as well as the 100 and 200 Breaststroke events, while Coeur d'Alene's Margaret Hair broke

See **NW ZONE CHAMPS** *on page 4*

"The Coeur d'Alene Connection," from left Margaret Hair holding "Coach Ray," Cindy Clutter, and David Daboll, all having a good time in Pullman at the Zone Champs Meet.

See page 2 for the Summer Events Calendar

Summer Events Calendar

May 18	**Inland Northwest Masters Board Meeting** 6:15 pm, Worley, Idaho—Tribal Casino. For details contact chair Elin Zander.
May 28	**Onion Man Triathlon**, Walla Walla, Washington. Go online at www.wallawallawa.com/onionmaninfo.htm for details. Entry deadline is May 12.
July 1	**USMS Open-Water Clinic** Dorena Lake near Cottage Grove Oregon
July 2	**Dorena Lake Open Water Swim** For details on either the clinic or the swim, contact Dan Gray at 541-944-0529
July 10 & 1	**NW Zone Long Course Meters Championships** Mt. Hood Community College, Portland Contact Mike Conrath at 503-669-7839 or email to mconrath@earthlink.net
July 15	**USMS Open Water National Championships** Applegate Lake in Southern Oregon. Go online at www.usms.org/longdst or www.swimoregon.org
July 16	**Steve Omi Memorial Swim**, Lake Coeur d'Alene, Idaho (entry form in this issue of the *Splashmaster*)
July 30	**Lake to Forest Triahlon**, Sandpoint, Idaho Go online at www.sandpoint.org/races email to streubel@sisna.com or call 208-263-3613.
August 13	**Coeur d'Alene Triahtlon**, for more details go online at www.cdatriathlon.com
August 19	**Long Bridge Swim**, Sandpoint Idaho (entry form in this issue of the *Splashmaster*)

For other swimming or triathlon races go online to: www.usms.org
www.signmeupsports.com
www.racecenter.com

View from the Chair

Many years ago, when I served my first term as president/chairman of the Inland Northwest LMSC, I thought it was a good idea to write a column for each newsletter. I still think it's a good idea, and it is done commonly in other LMSC's throughout the country. Unfortunately, it is not something that subsequent chairs in the Inland Northwest wanted to do. I can understand that, it's one more thing to do, and one has to think of something to say. I remember that my very first column started with the words: "There are as many reasons to participate in masters swimming as there are masters swimmers." Fifteen years later, I still believe that. The challenge for the LMSC is to try to meet the needs of all our members, on a slim budget and with a cast of several!

For those of you who were unable to attend the recent combined NW Zone and Inland NW Championship meet and banquet, you missed a great meet and a good time. Many thanks to Doug Garcia and the members of the WSU Masters team for their hard work, and the excellent and plentiful food! We had 26 swimmers from outside our LMSC and it was fun to see old friends and make some new ones. The pool was fast and so was the competition.

Short course season is over after USMS Nationals in April, but that is no reason to stop swimming. Besides triathlons, there are numerous swimming opportunities to be had this summer. Lake City Masters will host the annual Steve Omi Swim in July, Eric Ridgway and friends will be doing another Long Bridge Swim in August, and Oregon LMSC will be hosting the National 10K Open Water Championship this year. In addition, there will be the NW Zone LCM champs at Mt Hood Community College the first weekend in July! Our swimming cup runneth over. Stay in the water and stay healthy!

Elin Zander, Chair
Inland Northwest Masters Swimming Committee

Inland Northwest Masters Swimming Committee

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Open-Water Training

By Michael Collins

So, you're set to swim this year. You've worked-out hard for months to get ready for this race, gone religiously to Masters workouts and put in countless yards in preparation. You feel good in the water—like you could swim five miles without getting tired.

Suddenly, you are at the race and everything feels different. At 6 am, as you climb out of your toasty car into the brisk morning air, you forget all the hard training you've put in. You have only negative thoughts. You contemplate how cold and miserable the water will be. You remember your last race. Boy what a fiasco that turned out to be. You tripped and fell on you face running into the water at the start. Then , as you rounded the first buoy, it felt like you were in a washing machine full of piranhas. Your goggles got knocked off and 50 people swam right over you—and that happened in the first 100 meters! It didn't get much better because you got off course, swimming an extra 200-500 meters, and you swallowed half the ocean, or at least half a gallon, due to the choppy conditions. Finally, trying to run out of the water, you fell on your face again. Open-water swimming is hell!

Does any of this scene sound familiar? I think everyone has had at least one unfortunate experience in an open-water swim. The following suggestions for training and racing may help you avoid some bad situations.

Pool Training

First, remember that open-water swimming is very different from pool swimming. My first open-water swim several years ago illustrates this. I was really psyched up. I consider myself an accomplished distance swimmer, and I could swim 1500 meters—no problem. When I got to the race, I saw all these guys I knew who had done very well at the previous years' swim meets, and I knew I wouldn't have any problem beating them, since I usually could in the pool. I went down to the start, the gun went off, and I go my butt kicked. Much of the scenario I mentioned earlier happened to me. I knew how to pool swim, but I knew little about sight-breathing, drafting or swimming without a line on the bottom or lane lines. Before my next open-water, I adapted my pool workouts and had much more success with my next race. The following are tips on preparing for an open water swim without swimming in open water.

Get in two or three long, straight swims (1000-3000 meters) leading up to the race. Building swimming endurance is essential. If you come out of the water totally exhausted, it's going to be a long day on the bike and on the run. However, long, straight swims can become very boring and somewhat useless if certain goals aren't met. Keep track of your time, so you'll have a figure for comparison in the future. Calculate your goal pace per 100 and try to stick closely to it. If your goal workout time for a 1000 is 15:00 (1:30 average per 100), you shouldn't go out in 1:18 and then be swimming 1:38s at the end. Count your stroke every fourth length or so to check consistency and efficiency of your technique as you fatigue. In a 25 yard pool, a good stroke count is 17 per length, 18-20 is pretty good, 20-22 is average, and over 23 is inefficient (count each time the hand enters the water).

Stroke work, interval training and sprinting are also important. Good technique will prevent you from fatiguing too early and a strong sprint is helpful for race starts. Perfect form cannot be practiced for long periods of time. Cut

see **OPEN WATER TRAINING** *on page 8*

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2000 NORTHWEST ZONE & INLAND NORTHWEST SHORT COURSE YARDS CHAMPS

March 25 & 26 2000 • Pullman Washington

WOMEN'S INDIVIDUAL EVENTS

Women 19-24

50 Yard Freestyle

Kelly Crandell	19	0:28.11	PNA

100 Yard Freestyle

Monteo McCudden	19	1:00.38	WSU
Kelly Crandell	19	1:02.79	PNA

200 Yard Freestyle

Kelly Crandell	19	2:19.97	PNA

500 Yard Freestyle

Monteo McCudden	19	5:58.86	WSU

1000 Yard Freestyle

Tara Young	23	15:20.20	WSU

50 Yard Backstroke

Tara Young	23	0:38.81	WSU

100 Yard Backstroke

Monteo McCudden	19	1:10.07	WSU
Tara Young	23	1:21.71	WSU

50 Yard Butterfly

Kelly Crandell	19	0:34.06	PNA

100 Yard Butterfly

Monteo McCudden	19	1:08.15	WSU

100 Yard Individual Medley

Kelly Crandell	19	1:15.21	PNA

200 Yard Individual Medley

Monteo McCudden	19	2:31.72	WSU

Women 25-29

50 Yard Freestyle

Michelle Chapman	28	0:39.70	WSU

Women 30-34

Ellen Broido	34	0:31.21	ORE

50 Yard Backstroke

Kathryn Odell	33	0:48.33	WSU

100 Yard Backstroke

Ellen Broido	34	1:27.61	ORE

200 Yard Backstroke

Ellen Broido	34	3:09.19	ORE

100 Yard Breaststroke

Ellen Broido	34	1:28.79	ORE

50 Yard Butterfly

Ellen Broido	34	0:35.41	ORE

100 Yard Butterfly

Ellen Broido	34	1:19.23	ORE

100 Yard Individual Medley

Kathryn Odell	33	1:37.60	WSU

Women 35-39

50 Yard Freestyle

Susanne Simpson	39	0:26.92I	SCM
Sharon Linderman	36	0:33.40	WSU
Kathleen Hagen	36	0:36.52	WSU

100 Yard Freestyle

Susanne Simpson	39	0:57.56	SCM

200 Yard Freestyle

Susanne Simpson	39	2:04.69	SCM
Catherine Pariseau	39	3:09.98	SCM

500 Yard Freestyle

Susanne Simpson	39	5:37.10	SCM
Catherine Pariseau	39	8:38.46	SCM

1000 Yard Freestyle

Susanne Simpson	39	11:33.40I	SCM

200 Yard Backstroke

Susanne Simpson	39	2:26.45I	SCM

50 Yard Breaststroke

Catherine Pariseau	39	0:45.76	SCM

50 Yard Butterfly

Kathleen Hagen	36	0:41.09	WSU

100 Yard Individual Medley

Sharon Linderman	36	1:27.24	WSU
Kathleen Hagen	36	1:35.15	WSU

Women 40-44

50 Yard Freestyle

Cindy Clutter	40	0:32.95	LCM
Catherine Murphy	43	0:33.37	WSU
Robin Durant	44	0:35.92	YVM

100 Yard Freestyle

Cindy Clutter	40	1:11.82	LCM
Catherine Murphy	43	1:14.83	WSU
Robin Durant	44	1:18.95	YVM

200 Yard Freestyle

Cindy Clutter	40	2:35.81	LCM
Debbie Allen	42	2:49.17	MCM

500 Yard Freestyle

Cindy Clutter	40	6:55.42	LCM
Debbie Allen	42	7:46.38	MCM

1000 Yard Freestyle

Cindy Clutter	40	14:11.68	LCM
Jody Welborn	44	14:53.59	ORE

100 Yard Backstroke

Robin Durant	44	1:33.67	YVM

200 Yard Backstroke

Debbie Allen	42	3:12.65	MCM
Jody Welborn	44	3:25.83	ORE

50 Yard Breaststroke

Becky Obletz	40	0:34.54	MAC
Linda Klein	42	0:40.25	WSU
Cindy Clutter	40	0:40.64	LCM

100 Yard Breaststroke

Becky Obletz	40	1:14.75	MAC
Linda Klein	42	1:27.95	WSU
Jody Welborn	44	1:36.84	ORE

200 Yard Breaststroke

Becky Obletz	40	2:42.44	MAC
Robin Durant	44	3:36.88	YVM

100 Yard Individual Medley

Becky Obletz	40	1:10.27	MAC
Linda Klein	42	1:22.50	WSU
Catherine Murphy	43	1:26.34	WSU
Jody Welborn	44	1:29.32	ORE
Robin Durant	44	1:29.69	YVM

200 Yard Individual Medley

Jody Welborn	44	3:20.77	ORE

400 Yard Individual Medley

Robin Durant	44	6:59.98	YVM

Women 45-49

50 Yard Freestyle

Margaret Hair	45	0:28.90I	LCM
Coral Bernier	45	0:32.30	PNA
Cynthia Johnson	45	0:41.93	WSU

100 Yard Freestyle

Margaret Hair	45	1:05.41I	LCM

500 Yard Freestyle

Elin Zander	45	6:37.20	IEY
Coral Bernier	45	7:13.48	PNA

1650 Yard Freestyle

Elin Zander	45	22:45.71	IEY
Coral Bernier	45	23:23.38U	PNA
Deborah Bell	47	27:28.38	MCM

50 Yard Backstroke

Margaret Hair	45	0:36.08	LCM

100 Yard Backstroke

Deborah Bell	47	1:37.83	MCM

200 Yard Backstroke

Margaret Hair	45	2:54.72	LCM

100 Yard Breaststroke

Elin Zander	45	1:23.83I	IEY

200 Yard Breaststroke

Elin Zander	45	2:59.05I	IEY

50 Yard Butterfly

Margaret Hair	45	0:32.55	LCM
Coral Bernier	45	0:33.83	PNA

100 Yard Butterfly

Coral Bernier	45	1:18.44	PNA
Margaret Hair	45	1:18.74	LCM

100 Yard Individual Medley

Coral Bernier	45	1:21.34	PNA
Deborah Bell	47	1:32.75	MCM

200 Yard Individual Medley

Elin Zander	45	2:48.26	IEY

400 Yard Individual Medley

Elin Zander	45	5:59.95	IEY

Women 50-54

50 Yard Freestyle

Kathrine Casey	51	0:29.34	PNA
Kristi Rennebohm-Franz	53	0:39.67	WSU

100 Yard Freestyle

Sandi Rousseau	52	1:10.89	ORE

U = Unofficial Time
I = Inland Northwest Record
Z = Northwest Zone Record
N = National Record
W = World Record

All records pending verification

NW ZONE CHAMPS *from page 1*

records in the 50 and 100 Freestyle events. Many of the new records were the result of aging up.

In the men's 45-49 age group, Larry Krauser also of the Spokane Club Masters, would break four records in the 100, 200 and 500 Freestyle and the 100 Butterfly events. Also setting a record was Pat Sharp Brown (55 of Spoakne) in the 200 Breast.

Top Ten Chair Margaret Hair presented the High Point Male and Female award at the Saturday banquet. Hair noted, "even without counting in Sunday morning events, the high point male swimmer would be Larry Krauser, and the high point female would be Elin Zander."

In addition to the swimming awards presented at the Saturday evening banquet, INW chair Elin Zander also announced the Most Dedicated Award. The Most Dedicated Award recognizes the individual who has given the most to the organization over the past year or years. This year the award was presented to Marie Glynn of WSU Masters for the work she has done as LMSC treasurer. In presenting the award Zander commented, "unfortunately our financial management and books had been rather neglected for the past couple of years, and she has had (and has) the enormous task of deciphering the information and getting us back on track again. I don't know what we would have done without her efforts!"

Zander also recognized the efforts of Nancy Taylor, secretary; Zach Taylor, data entry; Doug Garcia, newsletter editor and champs/zone meet director; Diana Leake, sanctions chair (who has submitted her resignation); Margaret Hair, top ten and records.

For the rest of the Zone Champs results, see above.

—Doug Garcia, Margaret Hair, and Elin Zander

200 Yard Freestyle

Sandi Rousseau	52	2:40.92	ORE

1000 Yard Freestyle

Kathrine Casey	51	13:25.66	PNA

50 Yard Backstroke

Kristi Rennebohm-Franz	53	0:49.11	WSU

50 Yard Breaststroke

Ginger Pierson	54	0:37.73	MAC
Kathrine Casey	51	0:38.55	PNA

100 Yard Breaststroke

Ginger Pierson	54	1:21.64	MAC
Kathrine Casey	51	1:25.50	PNA

200 Yard Breaststroke

Ginger Pierson	54	3:01.84	MAC
Kathrine Casey	51	3:08.48	PNA

50 Yard Butterfly

Sandi Rousseau	52	0:33.21	ORE

100 Yard Butterfly

Sandi Rousseau	52	1:19.36	ORE
Ginger Pierson	54	1:22.32	MAC

200 Yard Butterfly

Ginger Pierson	54	2:53.65	MAC
Sandi Rousseau	52	3:15.87	ORE

100 Yard Individual Medley

Kathrine Casey	51	1:15.82	PNA
Ginger Pierson	54	1:17.29	MAC
Kristi Rennebohm-Franz	53	1:53.23	WSU

Women 55-59

50 Yard Freestyle

Sue Morris	56	0:33.40	ORE
Pat Sharp Brown	55	0:38.26	UNA
Iris Murray	56	0:45.60	MCM

100 Yard Freestyle

Sue Morris	56	1:15.37	ORE
Pat Sharp Brown	55	1:24.31	UNA
Iris Murray	56	1:47.61	MCM

200 Yard Freestyle

Iris Murray	56	3:53.22	MCM

500 Yard Freestyle

Iris Murray	56	10:33.74	MCM

1000 Yard Freestyle

Sue Morris	56	16:19.29	ORE
Iris Murray	56	20:56.73	MCM

50 Yard Backstroke

Pat Sharp Brown	55	0:49.26	UNA

100 Yard Backstroke

Pat Sharp Brown	55	DQ	UNA

200 Yard Breaststroke

Pat Sharp Brown	55	3:33.43I	UNA

Women 60-64

50 Yard Freestyle

Susanne Schumann	62	0:34.13	MAC
A. Barbara Roberts	63	0:43.61	WKM

100 Yard Freestyle

Susanne Schumann	62	1:18.35	MAC
A. Barbara Roberts	63	1:40.50	WKM

200 Yard Freestyle

A. Barbara Roberts	63	3:39.36	WKM

500 Yard Freestyle

A. Barbara Roberts	63	9:39.51	WKM

1650 Yard Freestyle

A. Barbara Roberts	63	32:29.01	WKM

50 Yard Breaststroke

Susanne Schumann	62	0:43.18	MAC

100 Yard Breaststroke

Susanne Schumann	62	1:36.97	MAC

200 Yard Breaststroke

Susanne Schumann	62	3:31.22	MAC

50 Yard Butterfly

A. Barbara Roberts	63	0:59.96	WKM

Women 70-74

50 Yard Freestyle

Barbara Jackson	70	0:35.25	MM

50 Yard Backstroke

Barbara Jackson	70	0:42.91Z	MM

100 Yard Backstroke

Barbara Jackson	70	1:33.34Z	MM

200 Yard Backstroke

Barbara Jackson	70	3:24.48Z	MM

50 Yard Breaststroke

Barbara Jackson	70	0:53.66	MM

100 Yard Individual Medley

Barbara Jackson	70	1:37.47Z	MM

Women 75-79

50 Yard Freestyle

Jean Rudolph	78	0:58.60	MCM

200 Yard Freestyle

Marion Chadwick	78	5:04.20	PNA

500 Yard Freestyle

Marion Chadwick	78	13:34.59	PNA

1000 Yard Freestyle

Marion Chadwick	78	27:00.73	PNA

50 Yard Backstroke

Jean Rudolph	78	1:03.40	MCM

100 Yard Backstroke

Jean Rudolph	78	2:24.40	MCM

200 Yard Backstroke

Marion Chadwick	78	6:23.51	PNA

100 Yard Butterfly

Marion Chadwick	78	4:57.20	PNA

100 Yard Individual Medley

Jean Rudolph	78	2:39.35	MCM

200 Yard Individual Medley

Marion Chadwick	78	7:07.21	PNA

MEN'S INDIVIDUAL EVENTS

Men 19-24

50 Yard Butterfly

Eric Smith	23	0:27.80	WSU

100 Yard Butterfly

Eric Smith	23	1:02.08	WSU

200 Yard Individual Medley

Eric Smith	23	2:22.71	WSU

Men 25-29

50 Yard Freestyle

Hiroharu Okochi	27	0:24.89	WSU

100 Yard Freestyle

Hiroharu Okochi	27	0:54.47	WSU

Men 30-34

50 Yard Backstroke

Tyler Jourdonnais	34	0:25.83	MM
Ryan Moore	30	0:30.65	MCM

100 Yard Backstroke

Tyler Jourdonnais	34	0:54.61Z	MM
Ryan Moore	30	1:06.63	MCM

200 Yard Backstroke

Ryan Moore	30	2:27.15	MCM

50 Yard Breaststroke

Tyler Jourdonnais	34	DQ	MM

50 Yard Butterfly

Tyler Jourdonnais	34	0:23.00Z	MM
Ryan Moore	30	0:28.00	MCM

100 Yard Individual Medley

Tyler Jourdonnais	34	0:54.15	MM

Men 35-39

50 Yard Freestyle

Eric Ridgway	39	0:26.55	SWA
Thomas Lamar	39	0:27.44	MCM
David Hellenthal	39	0:27.69	SCM

100 Yard Freestyle

David Hellenthal	39	1:04.31	SCM

200 Yard Freestyle

Thomas Simpson	39	2:38.70	SCM

500 Yard Freestyle

Eric Ridgway	39	6:44.26	SWA

1000 Yard Freestyle

David Hellenthal	39	13:17.04	SCM

50 Yard Backstroke

Thomas Lamar	39	0:34.57	MCM

100 Yard Backstroke

Thomas Lamar	39	1:11.76	MCM

200 Yard Backstroke

Thomas Lamar	39	2:37.11	MCM

50 Yard Breaststroke

Eric Ridgway	39	0:33.61	SWA
David Hellenthal	39	0:39.31	SCM

100 Yard Breaststroke

Eric Ridgway	39	1:12.32	SWA

200 Yard Breaststroke

Eric Ridgway	39	2:39.13	SWA

50 Yard Butterfly

Thomas Lamar	39	0:29.59	MCM

100 Yard Individual Medley

Eric Ridgway	39	1:07.00U	SWA
David Hellenthal	39	1:15.45	SCM
Doug Garcia	38	1:23.91	WSU
Thomas Lamar	39	DQ	MCM

200 Yard Individual Medley

David Hellenthal	39	2:55.92	SCM
Doug Garcia	38	3:00.29	WSU

Men 40-44

50 Yard Freestyle

Charles Helm	43	0:30.41	ORE

100 Yard Freestyle

Charles Helm	43	1:14.06	ORE

200 Yard Freestyle

Barclay Klinger	44	2:15.17	SCM
Charles Helm	43	2:46.15	ORE

500 Yard Freestyle

Barclay Klinger	44	6:27.10	SCM

1000 Yard Freestyle

Charles Helm	43	16:15.95	ORE

50 Yard Breaststroke

Charles Helm	43	0:48.67	ORE

50 Yard Butterfly

Charles Helm	43	0:43.77	ORE

Men 45-49

50 Yard Freestyle

Larry Krauser	46	0:23.54	SCM
Robert Maestre	49	0:25.13	MAC
Bernard Sauvé	45	0:27.46	WVM
Brian Lamb	48	0:31.86	WSU

100 Yard Freestyle

Larry Krauser	46	0:52.18I	SCM
Robert Maestre	49	0:56.70	MAC
Brian Lamb	48	1:15.22	WSU

200 Yard Freestyle

Larry Krauser	46	1:55.98I	SCM
Robert Maestre	49	2:12.01	MAC

500 Yard Freestyle

Larry Krauser	46	5:24.82I	SCM
Brian Lamb	48	7:51.56	WSU

1650 Yard Freestyle

Larry Krauser	46	18:37.42I	SCM
Jack Bell	46	23:37.08	MCM

100 Yard Backstroke

Robert Maestre	49	1:09.77	MAC

200 Yard Backstroke

Robert Maestre	49	2:30.07	MAC
Scott Thompson	49	2:40.64	IEY

50 Yard Breaststroke

Bernard Sauvé	45	0:36.16	WVM

100 Yard Breaststroke

Bernard Sauvé	45	1:15.06	WVM

200 Yard Breaststroke

Bernard Sauvé	45	2:51.20	WVM
Jack Bell	46	2:59.31	MCM

50 Yard Butterfly

Scott Thompson	49	0:29.42	IEY

100 Yard Butterfly

Larry Krauser	46	1:04.40I	SCM
Robert Maestre	49	1:09.92	MAC

100 Yard Individual Medley

Bernard Sauvé	45	1:10.02	WVM

200 Yard Individual Medley

Scott Thompson	49	2:38.57	IEY
Bernard Sauvé	45	2:41.89	WVM

Men 50-54

50 Yard Freestyle

Michael Veith	53	0:26.31	SCM
Gordon Gray	54	0:30.99	PNA

100 Yard Freestyle

Michael Veith	53	0:59.34	SCM
Steven Peterson	53	1:01.78	PNA

200 Yard Freestyle

Gordon Gray	54	2:35.18	PNA

500 Yard Freestyle

Gordon Gray	54	6:56.20	PNA

1650 Yard Freestyle

Gordon Gray	54	23:44.27	PNA

200 Yard Backstroke

Gordon Gray	54	2:59.99	PNA

50 Yard Breaststroke

Steven Peterson	53	0:33.27	PNA

100 Yard Breaststroke

Steven Peterson	53	1:14.57	PNA

200 Yard Breaststroke

Steven Peterson	53	2:46.45	PNA

100 Yard Individual Medley

Gordon Gray	54	1:20.40	PNA

200 Yard Individual Medley

Steven Peterson	53	2:36.23	PNA

Men 55-59

50 Yard Freestyle

Rich Juhala	56	0:34.28	ORE

50 Yard Backstroke

Walt Reid	59	0:35.73	PNA
Rich Juhala	56	0:43.47	ORE

100 Yard Backstroke

Walt Reid	59	1:19.93	PNA

50 Yard Breaststroke

Walt Reid	59	0:36.48	PNA
Rich Juhala	56	0:39.70	ORE

see **ZONE RESULTS** *on page 6*

Long Bridge Swim Entry

ZONE RESULTS *from page 5*

100 Yard Breaststroke
Walt Reid 59 1:24.61 PNA
100 Yard Individual Medley
Rich Juhala 56 1:24.92 ORE
200 Yard Individual Medley
Rich Juhala 56 3:24.73 ORE
400 Yard Individual Medley
Rich Juhala 56 7:08.49 ORE

Men 60-64

50 Yard Freestyle
Tom Levak 61 0:28.35 MAC
Dave Daboll 63 0:30.39 LCM
George Spomer 63 0:40.72 MCM
100 Yard Freestyle
Tom Levak 61 1:05.22 MAC
Glen Murray 61 1:22.47 MCM
George Spomer 63 1:35.83 MCM
200 Yard Freestyle
George Spomer 63 3:30.33 MCM
500 Yard Freestyle
Glen Murray 61 8:06.18 MCM
George Spomer 63 9:17.36 MCM
1650 Yard Freestyle
Glen Murray 61 26:39.36 MCM
George Spomer 63 32:04.59 MCM
50 Yard Backstroke
Dave Daboll 63 0:39.92 LCM
50 Yard Breaststroke
Dave Daboll 63 0:35.50 LCM
Glen Murray 61 0:43.34 MCM
100 Yard Breaststroke
Dave Daboll 63 1:21.29 LCM
Glen Murray 61 1:34.72 MCM
200 Yard Breaststroke
Glen Murray 61 3:22.36 MCM
100 Yard Individual Medley
Dave Daboll 63 1:20.07 LCM
200 Yard Individual Medley
Dave Daboll 63 3:04.44 LCM

Men 65-69

50 Yard Freestyle
E. Jack Bevier 67 0:38.25 WVM
100 Yard Freestyle
David Radcliff 65 1:03.72 ORE
E. Jack Bevier 67 1:24.50 WVM
200 Yard Freestyle
E. Jack Bevier 67 3:26.54 WVM
500 Yard Freestyle
David Radcliff 65 6:34.78 ORE
E. Jack Bevier 67 9:17.55 WVM
1000 Yard Freestyle
E. Jack Bevier 67 19:08.95 WVM
200 Yard Butterfly
David Radcliff 65 DQ ORE
200 Yard Individual Medley
David Radcliff 65 2:58.58 ORE

Men 70-74

50 Yard Breaststroke
William Bresko 72 0:49.61 UNA
100 Yard Breaststroke
William Bresko 72 DQ UNA
200 Yard Breaststroke
William Bresko 72 4:36.85 UNA
50 Yard Butterfly
William Bresk 72 DQ UNA
100 Yard Individual Medley
William Bresko 72 2:03.84 UNA
200 Yard Individual Medley
William Bresko 72 4:49.10 UNA

Men 75-79

50 Yard Freestyle
Aubrey Dodd 77 0:51.25 UNA
100 Yard Freestyle
Aubrey Dodd 77 2:09.11 UNA
50 Yard Backstroke
Aubrey Dodd 77 1:17.83 UNA
100 Yard Individual Medley
Aubrey Dodd 77 2:41.43 UNA

Men 80-84

50 Yard Freestyle
Charles M.A. Woolls84 0:58.22 UNA
100 Yard Freestyle
Charles M.A. Woolls84 2:25.53 UNA
50 Yard Backstroke
Charles M.A. Woolls84 1:13.40 UNA
100 Yard Backstroke
Charles M.A. Woolls84 2:48.53 UNA
50 Yard Breaststroke
Charles M.A. Woolls84 1:26.53 UNA
100 Yard Breaststroke
Charles M.A. Woolls84 3:58.14 UNA

Team Point Totals for Championship Meeet

WSU Masters	278 points
Moscow Chinook Masters	266 points
Pacific Northwest Association	246 points
Oregon Masters	233 points

RELAY EVENTS

Women's 200 Yard Freestyle Relay
WSU 19+ 2:17.00U
Kathryn Odell 33
Linda Klein 42
Michelle Chapman 28
Monteo McCudden 19

WSU 35+ 2:24.53
Cynthia Johnson 45
Kathleen Hagen 36
Catherine Murphy 43
Sharon Linderman 36

Men's 200 Yard Freestyle Relay
MCM 25+ 2:03.71
Glen Murray 61
Ryan Moore 30
Jack Bell 46
Thomas Lamar 39

Men's 200 Yard Medley Relay
MCM 19+ 2:05.02
Ryan Moore 30
Eric Smith 23
Thomas Lamar 39
Brian Lamb 48

Mixed 200 Yard Freestyle Relay
WSU 19+ 2:02.97
Brian Lamb 48
Linda Klein 42
Eric Smith 23
Monteo McCudden 19

MCM 25+ 2:06.02
Kathleen Hagen 36
Debbie Allen 42
Thomas Lamar 39
Ryan Moore 30

Mixed 200 Yard Medley Relay
WSU 19+ 2:40.95
Brian Lamb 48
Tara Young 23
Sharon Linderman 36
Hiroharu Okochi 27

ORE 25+ 2:31.24
David Radcliff 65
Jody Welborn 44
Ellen Broido 34
Charles Helm 43,

MCM 25+ 3:03.95
Ryan Moore 30
Deborah Bell 47
Thomas Lamar 39
Jean Rudolph 78,

WSU 35+ 2:28.59
Jack Bell 46
Linda Klein 42
Catherine Murphy 43
Doug Garcia 38,

INLAND NORTHWEST MASTERS

Swimmer Profile

NAME: Bernard Sauvé

AGE: 45

OCCUPATION: Self employed automated lubrication systems technician

CLUB: Wenatchee Valley Masters

YEARS SWIMMING MASTERS: 10

FAVORITE EVENT: 100 Yard Individual Medley

WHY: The scenery changes at each wall

FAVORITE FOOD: Steak

FAVORITE MOVIE: currently Armegedon

FAVORITE MUSIC: Dallas Holm, Contemporary Christian

LITTLE KNOWN FACT: "I am a master diver as well as master swimmer. I am also in the top ten nationally for my age group in all three events, 1 meter, 3 meter and platform diving."

BEOFRE A MEET: "I skip practice the Friday before and always swim hungry."

AFTER A MEET: "I get unhungry real fast."

EDITORS NOTE: Bernard also contributed a case of Wenatchee Valley Apples to the NW Zone Champs meet, THANKS BERNIE!

From the Editor

The short course season is over, but there still is a lot of swimming yet to do this year. If you haven't done an open-water swim do one this summer, there are many opportunities here in the Northwest.

As the summer starts, the Inland Northwest board will begin planning the next short course season which will begin in September. This past season there were only 3 meets in our LMSC, do we need more? Maybe we want clinics, like the one last year at Gonzaga University. Whatever it is you want in terms of swimming activities, the board needs to hear from you. Consider attending the board meeting on May 18 in Worley Idaho or by making your ideas know to your team representative. If the board doesn't hear from you, we can't provide the activities that you want!

—Doug Garcia

OPEN-WATER TRAINING *from page 3*

distances down to a point where you can hold excellent form the entire way, (maybe 25s or 50s), rest and repeat. Eventually you will be able to maintain proper technique longer.

Practice sight-breathing (lifting your head for bearing and air without losing rhythm or speed). From May through September, triathlete and open-water swimmers complete most distance sets sight-breathing twice each length. The goal is to swim as fast sight-breathing as without. At first these workout may slow your times considerably and tire your neck and shoulders—but it's better to learn this in a workout than in a race.

Occasionally practice drafting close behind others of a similar ability. Learning how to draft right behind someone else's feet can be a valuable skill, but it takes practice to be perfect. We make this a game in workouts, switching the lead every 100-300 yards.

Swim with your eyes closed (25s) to see how straight you swim. You will learn whether you ten to veer off to one side and make adjustments accordingly.

Triathlon/Open-Water Racing

The more time you spend in open-water, the more comfortable and consistent racer you will become. Practice open-water swimming if possible. Get used to cold and murkey water, waves, currents, and all the variables you will experience.

Once at a race, there are several steps you can take to increase the probability of a successful swim: If possible, look at a map of the swim course before the race. Know how many buoys there are and on which side of them you should be swimming. A mental picture of the course will help you keep on track. Look for landmarks around the swim start to help guide you. Turn wide around the buoys if the swim is crowded. The distance saved by turning tight against the buoy is usually lost in combat with others.

Check the bottom conditions at points where you enter and exit the water. Knowing of holes, rocks, seaweed and slippery boat docks can prevent an embarrassing and time-losing fall. Also, swim as close to the finish as possible, until your hands are scraping the bottom, so you won't have to run barefoot across hazardous conditions.

Draft behind someone slightly faster if possible. Drafting can save as much as 5 to 10% effort. Don't sprint the swim finish (unless it's for a swim preem). It's more important to keep your hear rate low. Save the hard effort for later in the race.

Don't freak! Try to stay calm and relaxed, regardless of the conditions or competition. In most circumstances, your biggest enemy isn't the weather or other racers: it's your own insecurity. A mind clear of anxiety will think much better and allow your body to perform better as well. Good luck at the races!

Mike Collins coaches the Bruin Masters at UCLA. He is an accomplished open-water swimmer and coach. In 1991, he was awarded the USMS Coach of the Year Award.

Open-Water the focus of Montana Clinic

The Missoula Montana YMCA recently played host to a USMS Mentor Coach clinic. Mentor Coach clinics bring in an expert coach to teach to local coaches, who then aide the expert coach to a group of swimmers.

Mo Chambers from Los Gatos California was the coach leading the Missoula clinic. Her session with the afternoon swimmers focused on open-water training. One area in which she emphasized was swimming in a crowd. To often swimmers like to swim in a lane by themselves, and this does not simulate the open-water swim environment. "The solo swim in a quiet lap pool will not prepare you for the coziness of open-water swimming," commented Chambers.

A few sets that she has used to emphasize a crowded open-water swim include:

4 x [3 x 25; 1 x 50]
- the 25s are fast, swimming three abreast in the lane and leaveing the wall at 2 second intervals.
- the 50s are easy swim or drill

3 x 500
- swim in a circle, leaving at 2 second intervals to allow drafting
- switch the leader after each 100
- the leader tries to loose the group

Chambers also noted that open-water swimming will require many changes in your heart rate, particularly at the start, the buoys, passing and drafting. A sample set that would simulate such swimming can be:

Pace 600s resting 1:00 after each and broken as follows:

#1 200 fast/200 moderate/200 build
#2 200 moderate/200 build/200 fast
#3 200 fast/200 moderate/200 fast

- when settling back to moderate pace focus on technique and rhythm.

3000/6000 Yard Postal Champs entry

3000/6000 Yard Postal Champs entry

2000 United States Masters Swimming Membership Registration

Register with the name you will use for competition, please print clearly

Last Name	First Name	Middle Initial	For Office Use

Street Address _____ Apt.# _____

City _____ State _____ Zip _____

Phone (with area code) _____ Email: _____

Date of Birth _____ Age _____ Sex _____ Today's Date _____

Club Name or Unattached _____

❍ I am a certified USA Swimming Official

❍ I coach Masters Swimmers

❍ I am a certified high school swimming official

❍ Please keep this information confidential

Benefits of membership include:

- Subscription to *SWIM Magazine* for the length of the membership
- Periodic mailings from the Local Masters Swimming Committee (the *Splashmaster* newsletter)
- Secondary accident insurance: in practices supervised by a USMS member or a USS certified coach or in USMS sanctioned meets where all swimmers are USMS registered.
- Coached workouts in locations throughout the country when you travel

Where do my registration fees go?

$15.00 to United States Masters Swimming ($7.00 for *Swim Magazine* subscription)

$10.00 to Inland Northwest Local Masters Swimming Committee

2000 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION

Membership will expire 12/31/2000

❍ New Registration ❍ Renewal, my current USMS Number is _____

Please check appropriate level.

❍ Individual Registration $25.00 ❍ Couples Registering together $45.00 ❍ Senior Registration (age 60+) $22.50

SWIMMING ENDOWMENT FUNDS

Please consider making a donation one or both of these swimming endowment funds.

United States Masters Swimming Endowment Fund

❍ In addition to my registration fee, I have enclosed $ _____ for the USMS Endowment Fund

International Swimming Hall of Fame Endowment Fund

❍ In addition to my registration fee, I have enclosed $ _____ for the International Swimming Hall of Fame Endowment Fund

Mail check and form to: Elin Zander
13927 South Traver Lane
Valleyford, WA 99036

Total Amount Enclosed _____

Make checks payable to: IWMSC

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 _____

THE 7TH ANNUAL

Steve Omi Memorial Open Water Swim

Date: Sunday July 16, 2000
Time: Check in at 8:45 am. • Swim begins at 9:30 am.
Place: 11th Street entrance to Sanders Beach, Lake Coeur d'Alene
Course: One mile along Sanders Beach public Swim area to Couer d'Alene Resort Golf Course and back.
Fee: $25 includes cotton baggy shorts, or $15 without shorts (additional donations to the Steve Omi Scholarship accepted)

Sanctioned by Inland Northwest Masters Swimming for United States Masters Swimming Inc. (Sanction #3500716) • Must be 19 years of age to participate • Wet suits permitted • For additional details contact: Margaret Hair at 208-667-3721, or email to ramgolf@gocougs.wsu.edu or Nancy Taylor at 208-772-6753

Name _____

Address _____

City, State, Zip _____

Daytime Phone _____

Email _____

Sex: ❍ Male ❍ Female

Age _____ USMS Number _____

Please include a copy of your registration

Short Size: ❍ Small ❍ Medium ❍ Large ❍ XLarge

❍ Enclosed is my $25 registration fee. Postmarked by July 11

❍ Enclosed is my $15 registration fee, no shorts.

❍ Additional $5 late registration fee if postmarked after July 11

❍ Additional contribution to the Steve Omi Scholarship Fund

Please make checks payable to: The Steve Omi Scholarship Fund
Mail to: The Steve Omi Swim
408 Vista Drive
Coeur d'Alene ID 83815

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

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