

SPLASHMASTER

Volume 5 Number 1

January 2002

Starting and Finishing a Great Individual Medley

by Doug Garcia

Unless the only competitive events you swim are Freestyle, you'll eventually muster up the courage to swim Butterfly (fly), Backstroke (back) or Breaststroke (breast) or the Individual Medley (IM). Without question, the most technical of all events is the IM. An improper touch, pull or kick can disqualify you faster than a speeding bullet.

So when training for the IM, it's important to practice all aspects of the event. As the rule book notes, the IM is four events swam together, therefore each leg of the race must "stand on its own." A better way to describe it is, the 100 IM is 25 yards of fly, followed by a 25 yards of back and so forth, completing each event before moving to the next.

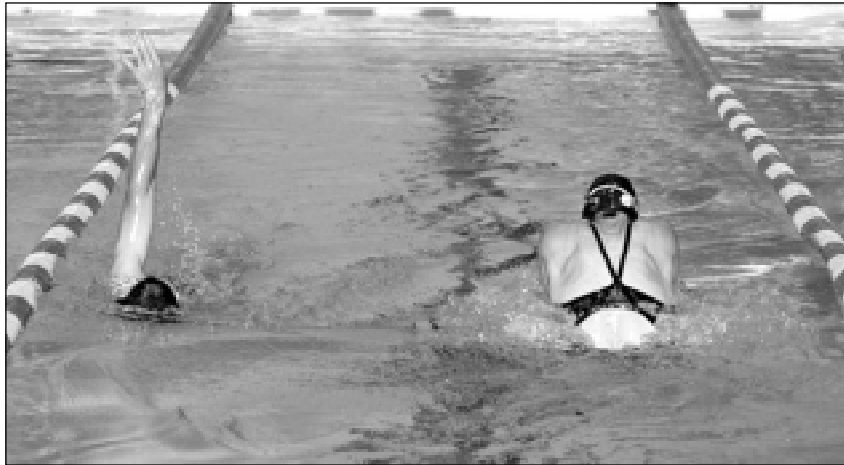
Butterfly

This sets the tone for the entire race, be it the 100, 200, or 400 IM, a bad fly leg will have you crawling to the finish line. The start should be explosive and you should stay underwater doing quick underwater dolphin kicks for at least 10-15 yards. Once you've finally surfaced and have started to swim, remember to press your "T" so you don't drop your hips. As soon as your hips drop, the undulating motion of the dolphin kick is lost and you'll begin to fight gravity, and gravity always wins. Try to breathe every other stroke, especially

at the 200 & 400 distances. When breathing, your head should be down looking at the water—don't crane your neck looking for the end of the pool. One of the most common mistakes with fly is lifting the head too high to breathe,

other benefit of going deep is to allow you to avoid the current the you've just created coming into the wall."

Once you've surfaced, keep that head up looking up towards the ceiling. One of the most common problems with Backstroke is a bobbing head, looking at the toes or wall. By keeping the head still and back and pressing your "T", your body position will allow you to move more efficiently through the water. A good back kick will have the knees below the surface of the water and the toes pointed to the wall. Rotate those hips to get the best possible reach.



getting out of the ideal body position, forcing the hips to drop. Your body should be horizontal and just below the surface of the water on every stroke of fly.

Backstroke

Hold on there, you didn't finish the fly leg. Remember to accelerate going into the wall and to touch the wall with both hands simultaneously before moving into Backstroke. Like the fly, leave the wall going deep and doing quick underwater dolphin kicks. "Deeper water is faster water," says Stanford Coach Skip Kenney at a recently coaches clinic. "The combination of being in a great streamline position, in deep water and having a great push off, will help you start a great back leg." The

Well, you still haven't finished the back leg. Be sure to finish on your back or on the side towards the back with one hand. You cannot flip from back to breast as that would not be the proper way to complete any back event. Start your breast leg with a great pull down. Remember you've just finished Backstroke and all that breathing—you can now go into a bit of O₂ debt if necessary for a great pull down. Breaststroke allows for breathing every stroke, so a long pull down can be easily recovered once you've started swimming. After you've started swimming, keep your head and spine in alignment. Like fly, your body should be horizontal and just below the surface of the water on every stroke.

See ***GREAT IM*** on page 3

BOARD MEETING MINUTES

November 24, 2001 • Sandpoint, Idaho

Attendees: Suzanne Dills, Susanne Simpson, Margaret Hair, Eric Ridgeway, Larry Krauser. Review/Approve Minutes of Last Meeting (6-7-01) - Minutes were approved.

Treasurer's Report - The report was received. We have a positive income so far for the year of \$ 286.73. Our current reserves in the bank are \$ 2,344.88 in the checking account, \$51.62 in the savings account, and \$2,167.89 in a CD. A question was asked on what our Fiscal Year was and it was speculated that it is year-end (same as National USMS). Also, in the future on the Income and Expenses sheet, the committee would like to see a date (i.e. as of 11-24-01) and to break out the Registrations to "This Year" and "Next Year".

Registrar's Report - We had 255 registrations for 2001 and have 15 already for 2002. Suzanne Dills will be the new Registrar once Elin can get her the information and computer program. A motion was made and approved to send out renewal notices for 2002 registrations.

Newsletter Report - The Editor still needs a copy of our non-profit certificate from the IRS. This is so we can get a break on Bulk Rate Mail.

Secretary's Report - We had a discussion on having "choice" events in our meets. It was decided to have "choice" relays in all future meets. This will allow you to swim any distance in the same race. On our entries we will need a different event number for each distance and sex (see the SCM Zone Championship entry in the last Splashmaster).

Top Ten/Data Entry - Top Ten for SCM will be sent out this week. We had one National Record broken at the Sandpoint Meet (200+ Mixed 800 Free Relay - Suzanne Dills, Michael Veith, Susanne Simpson, and Larry Krauser).

Meets/Sanctions - The following is the schedule of meets, as we know it:

- February 9, 2002 - Spokane Club (SCY)

- Early March, 2002 - Wenatchee (SCY)
- March 30 & 31, 2002 - Pullman, Inland NW Championships (SCY)
- July, 2002 - Possibly Wenatchee to host Zone Championships (LCM)
- 2003 - WSU Masters, will host 3000/6000 National Postal Championships

We discussed the possibility of bidding on the 2004 1-Mile Open Water National Championships (Steve Omi Swim). It was decided that we would not.

It was brought up that Doug had a \$24 expenditure at LC Nationals for relays and would like reimbursement. This was discussed and a motion made to clarify the LMSC's position for the future. The following motion was made and passed:

"The LMSC would make a one-time reimbursement to Doug Garcia for \$24 out-of-pocket expenses for relays at the 2001 LC Nationals. In the future, individuals will pay for their own relays; there will be no reimbursement from the LMSC."

Equipment - There are no equipment issues.

We had a discussion on using touch pads for all meets. It was decided that this would be more for the elite rather than the regular swimmers. We decided that we would not have for the regular meets; however, if we host a Zone Championship, we will have them. The additional cost will be handled by a surcharge for that meet.

National Convention - It was reported that 18 year olds will be allowed to participate in meters meets and in yards meets when their 19th birthday is prior to the last day of the meet.

Doug raised a question about reimbursement for rooms at the Convention. We reviewed the minutes from the last meeting and noted the following approved motion:

"...to reimburse Doug for one-half of his airfare and one-quarter of a double occupancy hotel room."

The committee determined that this would apply to Doug's entire time at the

convention and related activities.

New Business - We discussed the possibility of having swim caps for Inland Northwest. We discussed minimum orders, costs, who would use them, etc. and determined that it would not be a sufficient money maker for the LMSC to coordinate. We did decide that, if an Individual/Organization would like to deal with the logistics of organizing this task, the LMSC would authorize the Individual/Organization to obtain and sell the caps after approval of the design by the LMSC. The proceeds would all go to the Individual/Organization. This is contingent upon the LMSC's by-laws allowing the LMSC to authorize this.

The next meeting of the board is scheduled for after the Spokane Club Meet on February 9.

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GREAT IM from page 1

While breathing, you should be looking at an angle down to the bottom of the pool, not looking forward to the end of the pool. Start the sweep of the stroke once you've reached full extension in the front. One of the most common Breaststroke problems is hesitating at the bottom of the pull while getting a breath, so keep the hands quick and in continuous motion.

Freestyle

Be sure to finish that breaststroke leg accelerating into the wall and touching with both hands. Come off the wall doing some very fast underwater dolphin kicks before breaking out to swim. The Freestyle leg is nothing but a sprint in both the 100 & 200 IM's, though the 400 IM will require a bit more strategy as sprint for 100 yards after having worked hard for the previous 300 yards is usually not possible.

At the Pacific Coaches Clinic, Dr. Alan Goldberg, head coach at the University of Georgia, who has lead his women's teams to three consecutive NCAA Championships, says "the secret to success in the IM, particularly in short course, is fast walls."

Goldberg recommends doing lots of transition sets, such as going 100s or 200s where the first half is fly and the second half back. He also suggests practicing long underwater Breaststroke pull downs taking 2 or 3 pulls before starting to swim. John Collins from Badger Aquatics in New York and producer of many Olympians, has his swimmers train for the IM transition by doing mid-pool 50s starting with fly into the first wall, transitioning into back, then a Backstroke turn at the second wall, finishing mid-pool with Backstroke. The set continues with transitions between Backstroke into Breaststroke and Breaststroke into Freestyle.

Dr. Goldberg also recommends that time going off the blocks and doing fly stroke counts is critical in race planning. Goldberg also commented

that "its easy to work on the strokes you feel confident with, to be good at the IM you need to put in significant work on the strokes that are your weakness."



Tips for a Great Individual Medley

Butterfly

- Long quick underwater dolphins kicks after the start
- Breathe every other stroke
- Keep your head down - looking down at the water when you breathe

Backstroke

- Long quick underwater dolphins off the wall after the transition
- Rotate your hips to get onto your side
- Finish on your back towards the side
- Knees below the surface, head still looking up

Breaststroke

- Great pull downs
- Keep your head down
- Start the stroke at the full extension
- Keep the knees close together

Freestyle

- Great break outs, avoid taking your first breath before the flags
- Quick underwater dolphins after the glide
- Breathe every 3rd stroke (for a 50 try not to breathe more than 3 breathes)

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Corrections to this list should be sent to the *Splashmaster* Editor

SPOKANE CLUB MASTERS PRESENTS

February Frolic Swim Meet

SATURDAY FEBRUARY 9, 2002

Date/Times: Saturday, February 9, 2002. Warm-up starts at 8:30 am, meet starts at 9:00 am. Second warm-up will start at 10:00 am

Sponsor: Spokane Club Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 3520209.

Eligibility: All swimmers must be currently registered IWMSC/USMS swimmers. New IWMSC/USMS registrations (found in the *Splashmaster*) should be sent to Sue Dills or 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 2002 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

Deadline: All entries must be postmarked by January 30, 2002. Incomplete or late entries will be treated as "deck entries."

Fees: \$8.00 for entries sent before January 30, \$12.00 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

Relays: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

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

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

Directions: Spokane Club, 1002 West Main • **From I-90 east** take the Maple St. exit. Turn left onto Walnut St., follow the City Center signs, turning right onto 1st Ave., continue on 1st Ave. turning left onto Lincoln St. Continue north for 3 blocks, turn left onto Main St., stay in left lane, continue west through one stoplight. Spokane Club will be on the right. **From I-90 west** take the Lincoln Street exit, continue north on Lincoln St. for 6 blocks. Turn left onto Main St., stay in left lane, continue west through one stoplight. Spokane Club will be on your right.

Questions: can be answered by Susanne Simpson (509) 458-3982 or Todd Stoddard (509) 838-8511.

Postmarked by:	January 30, 2002
Mail Entries to:	Margaret Hair 408 Vista Drive Coeur d'Alene, ID 83815
Entry Fee:	\$8.00 prior to January 30 \$12.00 for Deck Entries
Checks payable to:	IWMSC

Name _____ Male Female Birthdate _____ Age _____

Address _____ City, State, Zip _____

Phone _____ USMS # _____ Team _____

Short Course Yard Times Please • Maximum of 5 Individual and 3 Relay Events.

- | | | |
|--|--|--|
| <p>1) 400 Individual Medley _____</p> <p>2) 1000 Freestyle _____</p> <p style="text-align: center;">Second Warm Up</p> <p>Event #3 will not begin before 10:30 am</p> <p>3 & 4) 200 & 400 Medley Relay _____</p> <p>5) 200 Butterfly _____</p> <p>6) 200 Backstroke _____</p> <p>7) 50 Breaststroke _____</p> <p>8) 100 Freestyle _____</p> | <p>10 Minute Break</p> <p><i>9, 10 & 11) 200, 400 & 800 Mixed Free Relay</i></p> <p>12) 200 Individual Medley _____</p> <p>13) 50 Butterfly _____</p> <p>14) 100 Backstroke _____</p> <p>15) 200 Breaststroke _____</p> <p>16) 50 Freestyle _____</p> <p>10 Minute Break</p> <p><i>17, 18 & 19) 200, 400, & 800 Free Relay</i></p> | <p>20) 100 Butterfly _____</p> <p>21) 50 Backstroke _____</p> <p>22) 100 Breaststroke _____</p> <p>23) 200 Freestyle _____</p> <p style="text-align: center;">10 Minute Break</p> <p>24) 100 Y Individual Medley _____</p> <p>25) 500 Y Freestyle _____</p> |
|--|--|--|

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 _____



*Nutritional information for swimmers
as compiled by Elin Zander, RD*



Many of us swim because we know that it is good for us now and that it will also benefit our future health and well-being. I wonder if we work as hard at our diet as we do at our swimming? I recently read in the newspaper that only 3% of Americans actually get 4-6 servings of fruits and vegetables and 6 servings of cereals/grains a day. The first question that came to my mind was “What the heck are they eating instead?” It didn’t take me long to realize that I really didn’t want to know.

Most of us realize that stroke and cardiovascular disease are a real threat to average Americans as we age. Each year about 600,000 Americans have a stroke and about 159,000 die of stroke. Many stroke survivors are left with neurological deficits that affect their ability to function, sometimes for the rest of their lives. Last year we read in *Splashmaster* about a masters swimmer who had a stroke at a relatively young age, and some participated in the USMS program “Strokes for Stroke” to raise money for stroke research programs. But are we doing a good job at managing our own risk for stroke? Among the 10 risk factors for stroke are hypertension, physical inactivity and diet. We’ve got the physical inactivity thing covered, but what about the rest?

Hypertension is one of the most common causes of stroke, and diet may

affect stroke risk most effectively by reducing hypertension. As excessive weight is often associated with increased blood pressure, eating a diet that allows you to maintain a healthy weight is an important step in reducing your risk for stroke. In addition, the kinds of food you eat can reduce your blood pressure and stroke risk in spite of what your weight might be. A recent, well-regarded study, Dietary Approaches to Stop Hypertension (DASH), looked at the effect of diet on hypertension and stroke risk. The DASH study found that the diet that was most protective against stroke was low in fat and sodium and provided 3 servings of nonfat/low fat dairy products and 8 to 10 servings of fruit and vegetables daily. Yikes! And it’s already a struggle to get people to eat just 4-6 servings of fruit and vegetables a day.

The American Heart Association has incorporated the DASH diet into its dietary guidelines and recent research has confirmed that the DASH diet may help reduce high blood pressure as much as some medications. Since ~50% of strokes occur in people with normal to high-normal blood pressures, even those of us with normal blood pressures could benefit from modifying our diet to lower our blood pressure even further. Optimal blood pressure is considered to be 120/80 or lower.

If you aren’t already making the effort to include low fat dairy products and lots of fruit and vegetables in your diet, now would be a good time to make that change. Your body will thank you, and hey, you might just outlive your competition!

Treating Stroke: Time is of the Essence

New drugs and therapies have greatly improved our ability to successfully treat most strokes. However, to be effective treatment must be started within the first few hours after the onset of stroke symptoms. If you or someone you know is experiencing any signs or symptoms of stroke, call 911 immediately! Warning signs of stroke include:

- > Dizziness, or loss of balance or coordination
- > Sudden blurred vision
- > Weakness, numbness or paralysis on one side
- > Facial droop
- > Difficulty speaking or understanding simple statements
- > Sudden severe headache

February Fitness Challenge

VIEW FROM THE CHAIR

by Susanne Simpson
Inland Northwest Masters Chair

I hope you all had a happy holiday season. For those of you who were not able to attend the Sandpoint Masters swim meet, we had a great event with about 50 swimmers participating.

Throughout the meet I had the opportunity to chat with several fellow masters swimmers and inquire as to why they are committed to swimming. Imre Schmidt (81) from Sandpoint, has been



involved in masters swimming since 1992. He was the oldest swimmer to complete the Long Bridge Swim this year. Imre is a master's swimmer due to Mike Brosanhan's (the Sandpoint West Athletic Club coach) encouragement, enthusiasm and introduction to the sport. For those of us who know Mike, we can understand how his infectious spirit could entice someone to keep fit in the water!

On the other end of the age spectrum is Jennifer Weidert (23) who was attending her first masters meet. Jennifer swam competitively throughout her childhood and college education. Why is she swimming masters today? Jennifer missed swimming and believes she will most likely "swim forever." How fortunate we are to have the opportunity within USMS to be able to do just that, swim forever. I know I will!

Bernard Kingsly (43) started swimming again 15 years ago because he needed the exercise (don't we all?). Due to his work schedule, Bernard trains alone in the water. He adamantly states he does not like training. So why was he participating in the meet? For Bernard, the joy of competition is what it's all about.

Vicki Marsh started swimming when she was 14 and has been a masters swimmer off and on since 1986. Initially she began swimming again because she was not satisfied with her college career, which concluded when Vicki was still swimming faster, not having reached her peak potential. At 39, Vicki now states she's back swimming because she "missed how it felt to be in the water...the inner peace. I can run and teach aerobics, but there's just something about being in the water. Also, it's fun to be at a swim meet!"

Our next Inland Northwest Masters Swim Meet will be February 9 at the Spokane Club (look for the entry form in this *Splashmaster*.) I hope to see many of you there! Whether you are swimming primarily for lifelong fitness or for competition adrenaline, swim meets are fun!

INLAND NORTHWEST MASTERS

Swimmer Profile



NAME: Michael Costello

AGE: 49

OCCUPATION: Food Science Researcher

SWIM CLUB: WSU Masters

YEARS SWIMMING MASTERS: 3 years

FAVORITE EVENT: Triathlon

WHY: I like the variety, and I really like endurance racing

FAVORITE FOOD: Oysters on the half shell and key lime pie

FAVORITE BOOK: Pillar of the Earth by Ken Follet, and Making of the Atomic Bomb by Richard Rhodes

FAVORITE MOVIE: The Music Man

FAVORITE MUSIC: Head banger rock and roll, my teenage son sometimes has to ask me to turn down the volume on the car radio.

LITTLE KNOWN FACT: I cry at movies

BEFORE AN ENDURANCE EVENT I: Eat carrot cake

AFTER AN ENDURANCE EVENT I: drink lots of water and gatorade, and take ibuprofen

SWIM MEET RESULTS

2001 FALL CLASSIC SWIM MEET

November 24, 2001 • Sandpoint, Idaho

The Fall Classic was held at the Sandpoint West Athletic Club on November 24, 2001 with Mike Brosnahan showing off his new baby. Congratulations Mike!

The pool temperature was cool, making for a fast pool. There were 29 new Inland Northwest (INW) records, 2 new zone records and 1 national record established. Jean Rudolph established an INW record with each swim. She is the first 80-year-old woman in our LMSC to continue swimming competitively as she ages up. Sue Dills, new to our area and our new registrar, set INW records in her 3 events. Susanne Simpson, our chairperson, set 2 INW and 2 zone records in her 4 events. A national record was established in the 800-mixed free relay by Sue Dills, Michael Veith, Susanne Simpson and Larry Krauser from the Spokane Club Masters. These guys are fast!

Final point tally was Sandpoint West Athletic Club- 244, Spokane Club- 161, WSU- 134, Lake City and Moscow- 106, West Kootenay- 71 and Inland Empire Y- 66. The high point swimmers were Susanne Simpson and Jean Rudolph, each with 50 points.

WOMEN'S EVENTS

Women 19-24

200 Meter Freestyle			
Briana R. Staglund	20	2:43.29	SWA
Kami Blood	24	2:53.70	SWA
800 Meter Freestyle			
Kami Blood	24	13:10.38	SWA
50 Meter Backstroke			
Jennifer Weidert	23	0:34.98	IEY
200 Meter Backstroke			
Briana R. Staglund	20	2:57.80	SWA
50 Meter Breaststroke			
Jennifer Weidert	23	0:38.451	IEY
100 Meter Breaststroke			
Jennifer Weidert	23	1:21.981	IEY
50 Meter Butterfly			
Jennifer Weidert	23	0:33.171	IEY
Kami Blood	24	0:46.76	SWA
100 Meter Butterfly			
Briana R. Staglund	20	1:23.84	SWA
100 Meter Individual Medley			
Briana R. Staglund	20	1:26.68	SWA

Women 30-34

100 Meter Freestyle			
Sarah Ziring	30	1:18.74	WSU
200 Meter Freestyle			
Sarah Ziring	30	2:46.52	WSU
400 Meter Freestyle			
Sarah Ziring	30	5:49.09	WSU
200 Meter Individual Medley			
Sarah Ziring	30	3:14.27	WSU

Women 35-39

50 Meter Freestyle			
Wendy Dunn	35	0:30.80	SWA
Vicki Marsh	39	0:31.81U	IEY
Marsha Lutz	39	0:36.96	SWA

50 Meter Backstroke

Vicki Marsh	39	0:36.161	IEY
Wendy Dunn	35	0:36.21U	SWA

50 Meter Breaststroke

Vicki Marsh	39	0:39.911	IEY
Marsha Lutz	39	0:46.33	SWA

50 Meter Butterfly

Vicki Marsh	39	0:35.02	IEY
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100 Meter Individual Medley

Wendy Dunn	35	1:21.531	SWA
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Women 40-44

50 Meter Freestyle

Susanne Simpson	41	0:29.641	SCM
Dodi Sykes	43	0:37.19	SWA

100 Meter Freestyle

Cindy Clutter	41	1:23.10	LCM
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200 Meter Freestyle

Dodi Sykes	43	2:53.21	SWA
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400 Meter Freestyle

Cindy Clutter	41	6:13.70	LCM
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800 Meter Freestyle

Susanne Simpson	41	9:56.22Z	SCM
Dodi Sykes	43	13:04.85	SWA

50 Meter Backstroke

Dodi Sykes	43	0:44.13	SWA
Cindy Clutter	41	0:47.25	LCM

100 Meter Breaststroke

Cindy Clutter	41	1:46.33	LCM
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50 Meter Butterfly

Susanne Simpson	41	0:31.851	SCM
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200 Meter Butterfly

Susanne Simpson	41	2:38.43Z	SCM
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Women 45-49

100 Meter Freestyle

Margaret Hair	46	1:16.571	LCM
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800 Meter Freestyle

Margaret Hair	46	12:55.04	LCM
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50 Meter Backstroke

Margaret Hair	46	0:42.52	LCM
Mary Adams	46	0:48.05	UNA

50 Meter Breaststroke

Margaret Hair	46	0:45.181	LCM
Mary Adams	46	0:51.16	UNA

50 Meter Butterfly

Mary Adams	46	0:45.64	UNA
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100 Meter Individual Medley

Margaret Hair	46	1:25.971	LCM
Mary Adams	46	1:39.35	UNA

Women 55-59

800 Meter Freestyle

Suzanne Dills	56	12:05.781	SCM
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100 Meter Butterfly

Suzanne Dills	56	1:36.901	SCM
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100 Meter Individual Medley

Suzanne Dills	56	1:30.221	SCM
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Women 65-69

50 Meter Freestyle

Barbara Roberts	65	0:50.24	WKM
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100 Meter Freestyle

Barbara Roberts	65	1:54.91	WKM
-----------------	----	---------	-----

800 Meter Freestyle

Barbara Roberts	65	17:06.06	WKM
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50 Meter Butterfly

Barbara Roberts	65	1:10.53	WKM
-----------------	----	---------	-----

100 Meter Individual Medley

Barbara Roberts	65	2:22.83U	WKM
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Women 70-74

50 Meter Freestyle

Sr. Madonna Buder	71	0:53.041	UNA
Annette Orton	70	1:33.04U	SWA

100 Meter Freestyle

Sr. Madonna Buder	71	2:00.761	UNA
Annette Orton	70	3:33.03	SWA

800 Meter Freestyle

Sr. Madonna Buder	71	18:02.111	UNA
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50 Meter Backstroke

Annette Orton	70	1:48.33	SWA
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50 Meter Breaststroke

Annette Orton	70	2:04.96	SWA
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100 Meter Breaststroke

Sr. Madonna Buder	71	2:35.191	UNA
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200 Meter Breaststroke

Sr. Madonna Buder	71	5:33.81U	UNA
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100 Meter Individual Medley

Annette Orton	70	DQ	SWA
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Women 80-84

50 Meter Freestyle

Jean Rudolph	80	1:03.121	MCM
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100 Meter Freestyle

Jean Rudolph	80	2:26.571	MCM
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50 Meter Backstroke

Jean Rudolph	80	1:11.031	MCM
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50 Meter Breaststroke

Jean Rudolph	80	1:36.391	MCM
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100 Meter Individual Medley

Jean Rudolph	80	2:57.451	MCM
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MEN'S EVENTS

Men 19-24

50 Meter Freestyle

Lance Jones	22	0:30.61U	WSU
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100 Meter Freestyle

Lance Jones	22	1:11.11	WSU
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200 Meter Freestyle

Lance Jones	22	2:46.34	WSU
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50 Meter Butterfly

Lance Jones	22	0:35.08	WSU
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Men 25-29

50 Meter Freestyle

Eric Smith	25	0:27.30	WSU
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100 Meter Freestyle

Eric Smith	25	1:04.43	WSU
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100 Meter Individual Medley

Eric Smith	25	1:12.48	WSU
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200 Meter Individual Medley

Eric Smith	25	2:45.37	WSU
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400 Meter Individual Medley

Eric Smith	25	6:01.13	WSU
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Men 30-34

100 Meter Freestyle

Ryan Moore	32	1:01.93	MCM
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50 Meter Backstroke

Ryan Moore	32	0:33.35	MCM
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100 Meter Backstroke

Ryan Moore	32	1:15.07	MCM
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200 Meter Backstroke

Ryan Moore	32	2:46.72	MCM
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100 Meter Individual Medley

Ryan Moore	32	1:12.62U	MCM
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Men 35-39

50 Meter Freestyle

Tim Traynor	38	0:31.87	WSU
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Mike Brosnahan	38	0:32.60	SWA
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Scott Dunn	37	0:34.41	SWA
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100 Meter Freestyle

Tim Traynor	38	1:11.49	WSU
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Mark Saravise	36	1:15.12	SWA
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400 Meter Freestyle

Tim Traynor	38	5:38.35	WSU
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50 Meter Backstroke

Scott Dunn	37	0:46.44	SWA
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50 Meter Breaststroke

Scott Dunn	37	DQ	SWA
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50 Meter Butterfly

Tim Traynor	38	0:34.93	WSU
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Scott Dunn	37	0:43.82	SWA
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100 Meter Individual Medley

Scott Dunn	37	1:33.24	SWA
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U = Unofficial Time
 I = Inland Northwest Record
 Z = Northwest Zone Record
 N = National Record
 W = World Record

All records pending verification

Men 40-44			
50 Meter Freestyle			
Thomas Simpson	41	0:35.60	SCM
A. Glenn Mabile	41	0:35.63U	LCM
100 Meter Freestyle			
Bernard Kingsly	43	1:03.74U	UNA
Thomas Lamar	41	1:11.41	MCM
Thomas Simpson	41	1:18.03	SCM
200 Meter Freestyle			
Thomas Lamar	41	2:37.02	MCM
Thomas Simpson	41	2:52.08U	SCM
400 Meter Freestyle			
Thomas Lamar	41	5:32.04	MCM
Thomas Simpson	41	6:12.20	SCM
800 Meter Freestyle			
Thomas Simpson	41	12:21.65	SCM
50 Meter Backstroke			
Thomas Lamar	41	0:38.69	MCM
A. Glenn Mabile	41	0:45.80	LCM
50 Meter Breaststroke			
Bernard Kingsly	43	0:36.50	UNA
A. Glenn Mabile	41	0:47.72	LCM
100 Meter Breaststroke			
Eric Ridgway	40	1:21.37	SWA
200 Meter Breaststroke			
Eric Ridgway	40	2:58.76	SWA
50 Meter Butterfly			
Bernard Kingsly	43	0:30.34	UNA
Thomas Lamar	41	0:34.08	MCM
A. Glenn Mabile	41	0:47.91	LCM
100 Meter Butterfly			
Bernard Kingsly	43	1:08.96	UNA
200 Meter Butterfly			
Eric Ridgway	40	3:19.82	SWA
100 Meter Individual Medley			
Bernard Kingsly	43	1:11.55	UNA
A. Glenn Mabile	41	1:41.30	LCM
Men 45-49			
50 Meter Freestyle			
Larry Krauser	48	0:26.24U	SCM
William Thomson	49	0:29.16	WSU
Rod Wharton	45	0:30.20	LCM
Scott Burgstahler	45	0:30.49	SWA
Scott Hall	45	0:35.31	SWA
100 Meter Freestyle			
Larry Krauser	48	0:59.15	SCM
William Thomson	49	1:06.10	WSU
Bill Triol	47	1:11.38	WKM
Rod Wharton	45	1:12.04	LCM
Scott Hall	45	1:26.32	SWA
200 Meter Freestyle			
William Thomson	49	2:28.26	WSU
Rod Wharton	45	2:34.96	LCM
Scott Hall	45	DQ	SWA
400 Meter Freestyle			
William Thomson	49	5:28.59	WSU
800 Meter Freestyle			
Larry Krauser	48	9:47.81	SCM
100 Meter Backstroke			
Rod Wharton	45	1:34.77	LCM
200 Meter Backstroke			
Rod Wharton	45	3:03.32	LCM
50 Meter Breaststroke			
Bill Triol	47	0:44.07	WKM
50 Meter Butterfly			
Bill Triol	47	0:34.41	WKM
100 Meter Individual Medley			
Bill Triol	47	1:23.72	WKM
Scott Hall	45	2:01.97	SWA

Men 50-54			
50 Meter Freestyle			
Brian Bartlett	53	0:35.40	UNA
400 Meter Freestyle			
Michael Merrell	53	5:29.92	SWA
800 Meter Freestyle			
Brian Bartlett	53	13:52.30	UNA
50 Meter Backstroke			
Brian Bartlett	53	0:47.84	UNA
200 Meter Backstroke			
Michael Merrell	53	3:05.08	SWA
50 Meter Breaststroke			
Brian Bartlett	53	0:44.74	UNA
200 Meter Breaststroke			
Michael Merrell	53	3:01.52	SWA
200 Meter Butterfly			
Michael Merrell	53	3:06.27	SWA
100 Meter Individual Medley			
Brian Bartlett	53	1:37.75U	UNA
400 Meter Individual Medley			
Michael Merrell	53	6:08.78	SWA

Men 55-59			
50 Meter Freestyle			
Michael Veith	55	0:28.67	SCM
100 Meter Freestyle			
Michael Veith	55	1:04.79	SCM
50 Meter Backstroke			
Michael Veith	55	0:38.94	SCM
50 Meter Breaststroke			
Michael Veith	55	0:41.51	SCM

Men 70-74			
50 Meter Freestyle			
William Bresko	73	0:52.02U	UNA
50 Meter Backstroke			
William Bresko	73	1:16.12	UNA
50 Meter Breaststroke			
William Bresko	73	0:58.17	UNA
50 Meter Butterfly			
William Bresko	73	1:12.38	UNA
100 Meter Individual Medley			
William Bresko	73	2:25.72	UNA

Men 80-84			
50 Meter Freestyle			
Imre Schmidt	81	0:48.62U	SWA
100 Meter Freestyle			
Imre Schmidt	81	1:59.71	SWA
800 Meter Freestyle			
Imre Schmidt	81	19:38.27	SWA
50 Meter Breaststroke			
Imre Schmidt	81	1:03.82	SWA

Men 85-89			
50 Meter Freestyle			
Charles Woolls	86	1:03.85	UNA
100 Meter Freestyle			
Charles Woolls	86	2:38.01	UNA
50 Meter Backstroke			
Charles Woolls	86	1:22.24	UNA
50 Meter Breaststroke			
Charles Woolls	86	1:39.09U	UNA

RELAY EVENTS			
Women's 200 Meter Medley Relay			
SWA	120+	2:39.78	
Wendy Dunn	35		
Marsha Lutz	39		
Briana Staglund	20		
Dodi Sykes	43		
Men's 200 Meter Freestyle Relay			
WSU	120+	1:59.92	
Tim Trayer	38		
William Thomson	49		
Lance Jones	22		
Eric Smith	25		

SWA	160+	2:17.35	
Mark Saravise	36		
Kay Duchow	61		
Scott Dunn	37		
Scott Burgstahler	45		
Men's 200 Meter Medley Relay			
SWA	160+	DQ	
Mark Saravise	36		
Kay Duchow	61		
Scott Dunn	37		
Scott Burgstahler	45		
Mixed 800 Meter Freestyle Relay			
SCM	200+	9:36.62	
Suzanne Dills	56		
Michael Veith	55		
Susanne Simpson	41		
Larry Krauser	48		

Elections and Changes from 2001 USMS Convention

A new United States Masters Swimming (USMS) executive board was elected at the November 2001 Louisville Kentucky convention, in addition, new representatives for each of the USMS zones. Elected for two year terms are president Jim Miller of Virginia, a medical doctor and coach; vice president Scott Rabalais, a coach from Georgia; treasurer Doug Church, an accountant from Indiana; and secretary Sally Dillona retired coach from Oak Harbor, WA.

A new zone representative was elected at the zone meeting to replace outgoing rep. Dave Radcliff. Dan "Frosty" Frost was elected as the new Northwest Zone Representative. Frosty has been involved in many aspects of Masters Swimming. He has been meet director for numerous Oak Harbor meets, and was the editor of the *Wet Set*, the award winning PNA newsletter. He is currently the sanctions chair for PNA and will co-direct this April's zone short course yards champs in Federal Way. When he is not involved with masters swimming, he serves his country as a Navy pilot.

Changes as a result of the USMS convention included FINA changes to the Butterfly kick, and allowing 18 year olds to participate in USMS workouts and meets.

FINA has accepted our request to allow Masters swimmers to use a Breaststroke kick for the period of September 20, 2001 thru May 23, 2002. This means that we return to the rules prior to September 20 which allowed the Breaststroke kick to be used in Butterfly events. Records set during the intervening time will be acceptable with either kick as long as they otherwise qualify.

USMS changed its minimum age of membership to 19 effective November 18, 2001. Members must insure that the registration form is dated on or after the potential member's 18th birthday. We cannot accept forms signed while the person is 17.

Members can compete in USMS meets when they meet the requirements for being 19 for a given meet. For short course yard meets, a memeber can compete as long as their 19th birthday occurs on or prior to the last day of the meet. For both short course and long course meter meets, an 18 year-old member may compete in the year in which his/her 19th birthday occurs. In all cases, they will be compete as 19 year-olds for the purpose individual and relay age group determination.

WENATCHEE VALLEY MASTERS PRESENTS

March Madness Swim Meet

SATURDAY MARCH 9, 2002

DATE/TIMES: Sunday, March 9, 2002. Warm-up starts at 8:30 am, Meet starts at 9:30 am. Event 3 (200 Yard Freestyle Relay) not to begin before 11:00 am

SPONSOR: Wenatchee Valley Masters. Sanctioned by Inland Northwest Masters Swimming (IWMSC) for United States Masters Swimming Inc. (USMS) Sanction number 352309.

ELIGIBILITY: All swimmers must be currently registered IWMSC/USMS swimmers. New IWMSC/USMS registrations (found in the *Splashmaster*) should be sent to Sue Dills or 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 2002 USMS Rulebook about proper stroke and turn rules. Events will be seeded slow to fast.

DEADLINE: All entries must be postmarked by February 27, 2002. Incomplete or late entries will be treated as "deck entries."

FEES: \$8.00 for entries sent before February 27, \$12.00 for "deck entries." Make checks payable to: IWMSC, cash will not be accepted with entry forms or at the meet.

CONDUCT OF THE MEET: Each participant may swim five individual, and three relay events.

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

RELAYS: Submit relay cards to the clerk of course during the warm-ups. Individuals must be signed up with the club they represent to have their relay points count for that club.

DIRECTIONS: Off Interstate 90 take Wenatchee exit, traveling through the town of Quincy and into East Wenatchee. Follow the signs to Wenatchee taking you across the Columbia River bridge. After crossing the bridge turn right onto Mission and get in left lane for immediate left on Ferry (first light). Follow Ferry until you hit Miller (note Ferry changes name to Russell). At Miller, Russell becomes Millerdale and the high school is on this corner. Turn left onto Miller, then turn right into the parking lot behind the high school and follow it to the end. The pool door is marked and will be propped open.

POSTMARKED BY:	February 27, 2002
MAIL ENTRIES TO:	Margaret Hair 408 Vista Drive Coeur d'Alene, ID 83815
ENTRY FEE:	\$8.00 prior to February 27 \$12.00 for Deck Entries
CHECKS PAYABLE TO:	IWMSC

NAME _____ MALE FEMALE BIRTHDATE _____ AGE _____

ADDRESS _____ CITY, STATE, ZIP _____

PHONE _____ USMS # _____ TEAM _____

SHORT COURSE YARD TIMES PLEASE • MAXIMUM OF 5 INDIVIDUAL AND 3 RELAY EVENTS.

1) 400 Y Individual Medley _____

2) 1650 Y Freestyle _____

If you are doing the 1650, would you be willing to share the lane with one other swimmer. Yes No

SECOND WARM UP

3) 200 Y Freestyle Relay _____

4) 50 Y Butterfly _____

5) 100 Y Breaststroke _____

6) 200 Y Backstroke _____

7) 100 Y Freestyle _____

8) 200 Y Individual Medley _____

10 MINUTE BREAK

9) 200 Y Mixed Medley Relay _____

10) 50 Y Backstroke _____

11) 100 Y Butterfly _____

12) 50 Y Freestyle _____

13) 200 Y Breaststroke _____

10 MINUTE BREAK

14) 200 Y Medley Relay _____

15) 200 Y Butterfly _____

16) 100 Y Backstroke _____

17) 200 Y Freestyle _____

18) 50 Y Breaststroke _____

10 MINUTE BREAK

19) 100 Y Individual Medley _____

20) 500 Y Freestyle _____

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

YOUR SIGNATURE _____ DATE _____

2002 United States Masters Swimming & Inland Northwest Masters Member 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: (to be used for online newsletter, and will not be sold for junk email)	

USMS 2002

Date of Birth	Age (must be at least 18 year old)	Sex	Today's Date
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Team Affiliation (if left blank you will be considered unattached)

- | | | | |
|--|--|--|--|
| <input type="radio"/> Inland Empire YMCA | <input type="radio"/> Lake City Masters | <input type="radio"/> Moscow Chinook Masters | <input type="radio"/> Other _____ |
| <input type="radio"/> Panhandle Masters | <input type="radio"/> Sandpoint West Athletic Club | <input type="radio"/> Spokane Club Masters | <input type="radio"/> Spokane Masters and Tri |
| <input type="radio"/> WSU Masters | <input type="radio"/> Wenatchee Valley Masters | <input type="radio"/> Yakima Valley Masters | <input type="radio"/> Unattached |
| <input type="radio"/> I am a certified USA Swimming Official | | <input type="radio"/> I am a certified high school swimming official | <input type="radio"/> I coach Masters Swimmers |

Please help us understand your swimming habits	Yes	No
I swim with a coached team three times a week or more	<input type="radio"/>	<input type="radio"/>
I would like to swim with a coached team	<input type="radio"/>	<input type="radio"/>
I swim on my own most of the time without a team	<input type="radio"/>	<input type="radio"/>
I would like more meets and other swimming events	<input type="radio"/>	<input type="radio"/>
I would like more swim clinics	<input type="radio"/>	<input type="radio"/>
I join USMS primarily to be able to compete	<input type="radio"/>	<input type="radio"/>
I join USMS because its required by my local team	<input type="radio"/>	<input type="radio"/>
<i>Other comments, please use other side of this form</i>		

BENEFITS OF MEMBERSHIP INCLUDE: ⇒ *SWIM Magazine* for the length of the membership ⇒ the *Splashmaster* newsletter, other mailing and emails from Inland Northwest Masters Swimming ⇒ Secondary accident insurance ⇒ Coached workouts in locations nationwide.

WHERE DO MY REGISTRATION FEES GO? ⇒ \$15.00 to United States Masters Swimming (\$7.00 for *Swim Magazine*) ⇒ \$10.00 to Inland Northwest Masters Swimming Committee for local programming and communications.

2002 UNITED STATES MASTERS SWIMMING MEMBER REGISTRATION (Membership will expire 12/31/2002)

- 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
- Late Year Registration \$15.00 (for anyone registering in September and October only, membership will expire 12/31/2002)

SWIMMING ENDOWMENT FUNDS (Please consider making a donation one or both of these swimming endowment funds.)

<p>United States Masters Swimming Endowment Fund</p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the USMS Endowment Fund</p>	<p>International Swimming Hall of Fame Endowment Fund</p> <p><input type="radio"/> In addition to my registration fee, I have enclosed \$ _____ for the International Swimming Hall of Fame Endowment Fund</p>
---	---

Mail check and form to: Sue Dills
639 N. Riverpoint Blvd. #3W
Spokane, WA 99202

Total Amount Enclosed _____

MAKE CHECKS PAYABLE TO: IWMS

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** _____

SPLASHMASTER

Doug Garcia • Washington State University
PO Box 645910 • Pullman WA 99164-5910

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CALENDAR OF EVENTS

January	One Hour Postal Swim (see <i>Swim Magazine</i> for entry form, entries due by February 10)
Feb 9	Spokane Club Swim Meet (see page 4 for entry form, entry deadline January 30)
February	February Fitness Challenge (see page 6 for entry form, entry deadline March 17)
March 8	Wenatchee March Madness Swim Meet (see entry form on page 10 deadline for entries is February 27)
March 30 & 31	Inland NW Masters Short Course Yards Champs hosted by WSU Masters in Pullman, entry form in the next issue of the <i>Splashmaster</i>
April 13-14	NW Zone Short Course Championship, Federal Way Washington , entry form in the next issue of the <i>Splashmaster</i>

You Might Be A Swimmer ...

- ⇒ When you go through so much latex in one season you could wallpaper your room,
- ⇒ If a friend asks how a certain guy dresses and you reply, "I only see him without his clothes",
- ⇒ If the first place you go when you're stressed out is a swimming pool,
- ⇒ If among your heroes are Summer or Lenny,
- ⇒ If your daily apparel is held together by knots or is torn and see thru,
- ⇒ If being fish-like is a compliment,
- ⇒ If your friends don't even call you anymore because they know that you have no time to do anything,
- ⇒ If the phrase, "50 double armed Backstroke with a Breaststroke kick makes you happier than anything,
- ⇒ If your nightmares consist of a series of numbers ending in 0 or 5,
- ⇒ If you sweat chlorine even after showering,
- ⇒ If getting smacked on the butt doesn't bother you at all,
- ⇒ If you cut yourself every time you shave, because you only do it 3 or 4 times a year and are out of practice,
- ⇒ If you are determined, strong, smart and tough,

Adapted from Jill Gellatly, Gulf LMSC. To be continued in a future Splashmaster.